



# WAVE STARTS



City of  
Joondalup

## #1 Triathlon

11<sup>th</sup> December 2016

#Start times subject to change without notice

Category	Time	Cap Colour
	7.00	Light Blue

### Duathlon

Category	Time	Cap Colour
All	7.30	N/A

### Enticer

Category	Time	Cap Colour
Junior 12-13	7.30	Yellow
Junior 14-19	7.32	Dark Blue
Male 20+	7.34	Light Green
Female 20-39	7.37	Pink
Female 40+	7.40	Dark Green
Teams & Mates Wave	7.42	Light Blue

### Pursuit

Category	Time	Cap Colour
Male Open & Male Junior	8.00	Red
Female Open & Female Junior	8.01	White
Paratriathletes	8.02	Orange
Males 65+ & Females 40-49	8.03	Red
Females 20-29	8.09	Yellow
Females 30-34 & 50+	8.16	Dark Blue
Males 55-59 & Females 35-39	8.26	Light Green
Males 40-44 & 60-64	8.31	White
Males 20-24 & 45-49	8.37	Light Blue
Males 35-39	8.42	Pink
Males 30-34	8.47	Dark Green
Males 25-29 & 50-54	8.50	Orange
Teams & Mates Wave	8.53	White