



WAVE STARTS



Triathlon

29th January 2017

Category	Time	Cap Colour
	7.00	Red

Duathlon

Category	Time	Cap Colour
All	7.30	N/A

Enticer

Wave	Category	Time	Cap Colour
1	Junior 12-19	7:30	Red
2	Males 20+	7:33	Dark Blue
3	Females 20+	7:35	Yellow
4	Teams & Mates Wave	7:37	Light Green

Standard Distance Pursuit

Wave	Category	Time	Cap Colour
5	Open, Paratriathletes & Juniors 15-19	8:00	White
6	Females 30+	8.03	Pink
7	Females 20-29 & Males 50+	8:06	Dark Green
8	Males 35-49	8:10	Light Blue
9	Males 20-34	8:14	Orange
10	Teams & Mates Wave	8:18	Red

*Subject to change without notice.