

## ESTIMATE START TIMES

WAVE	CATEGORY	AGE	Est.START
1	M1,F1	14-19	8:30
2	M2,F2	3-5	8:50
3	F3	12-13	9:18
4	M3	12-13	9:33
5	F4	6-7	10:10
6	M4	6-7	10:30
7	F5	8-9	10:45
8	M5	8-9	10:57
9	F6	10-11	11:21
10	M6	10-11	11:50

## RACE DISTANCES

AGE	SWIM/LAPS	BIKE/LAPS	RUN/LAPS	FLAGS
3 to 5	25m/1	500m/1	500m/1	BLUE
6 to 7	50m/2	1.5k/1	500m/1	YELLOW
8 to 9	100m/4	5k/2	1k/1	GREEN
10 to 11	200m/8	5k/2	2k/1	ORANGE
12 to 13	300m/12	10k/3	2.5k/1	WHITE
14 to 19	500m/20	10k/3	4k/2	BLACK