

RUN SHEET

SUNDAY 1ST FEB 2026



WAVE TIME	EVENT	CATEGORY	ACTIVITY	CAP COLOUR
8.45am	2.5 km swim	Males	Marshall at start area	
8.50am	2.5 km swim	Females	Marshall at start area	
8.50am	2.5 km Course	IRB to run over the	full course	
9.00am	2.5 km swim	Males	Start	White
9.05am	2.5 km swim	Females	Start	Dark Green
10.05am	PRESENTATIONS			
10.15am	1.2 km swim	70+ Males	Marshall at start area	
10.20am	1.2 km swim	70+ Females	Marshall at start area	
10.20am	1.2 km Course	IRB to run over the	full course	
10.25am	1.2 km swim	60+ Males	Marshall at Start Area	
10.30am	1.2 km swim	60+ Females	Marshall at start area	
10.30am	1.2 km swim	70+ Males	Start	Light Blue
10.35am	1.2 km swim	70+ Females	Start	Dark Blue
10.35am	1.2 km swim	50+ Males	Marshall at start area	
10.40am	1.2 km swim	50+ Females	Marshall at start area	
10.40am	1.2 km swim	60+ Males	Start	Light Green
10.45am	1.2 km swim	60+ Females	Start	Pink
10.45am	1.2 km swim	40+ Males	Marshall at start area	
10.50am	1.2 km swim	40+ Females	Marshall at start area	
10.50am	1.2 km swim	50+ Males	Start	Dark Blue
10.55am	1.2 km swim	50+ Females	Start	Dark Green
10.55am	1.2 km swim	30+ Males	Marshall at start area	A comment
11.00am	1.2 km swim	30+ Females	Marshall at start area	
11.00am	1.2 km swim	40+ Males	Start	Pink
11.05am	1.2 km swim	40+ Females	Start	Yellow
11.05am	1.2 km swim	Junior Males	Marshall at start area	
11.10am	1.2 km swim	Junior Females	Marshall at start area	
11.10am	1.2 km swim	30+ Males	Start	Dark Green
11.15am	1.2 km swim	30+ Females	Start	Red
11.15am	1.2 km swim	Open Males	Marshall at start area	
11.20am	1.2 Km swim	Open Females	Marshall at start area	
11.20am	1.2 km swim	Junior Males	Start	Red
11.25am	1.2 km swim	Junior Females	Start	Light Blue
11.30 am	1.2 km swim	Open Males	Start	Yellow
11.35am	1.2 km swim	Open Females	Start	Light Green
12:05pm	PRESENTATIONS			

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