



SCHEDULE

Saturday July 15 - Morning Session		Waves
8:30am - 1 KM Check-In begins		
<u>1KM Event Start</u>		
9:15am – 15 & over Male Waves – EVENT 1		1
9:30am – 15 & over Female Waves – EVENT 2		1
9:45am – 11-14 Male Waves – EVENT 3		1
10:00am – 11-14 Female Waves – EVENT 4		2
combined		
10:30am – Masters Male Waves – EVENT 101		1
10:30am – Masters Female Waves – EVENT 102		
10:30am - 2 KM Check-In begins		
<u>2KM Event Start</u>		
11:15am – 15& over Male Waves – EVENT 5		2
11:30am – 15 & over Female Waves – EVENT 6		2
11:45am – 12-14 Male Waves – EVENT 7		2
12:00pm – 12-14 Female Waves – EVENT 8		2
1:00pm – Masters Male Waves – EVENT 105		1
1:15pm – Masters Female Waves – EVENT 106		1
BREAK FOR LUNCH		



SCHEDULE

Saturday July 15 - Afternoon Session	
2:15pm – 4 x 500m Mixed Relay Check-In begins	
4 x 500m Mixed Relay Event Start	
3:00 pm - 4 x 500m Mixed 11&Over Relay Age Group Waves – EVENT 9	4
4:45 pm - 4 x 500m Mixed Masters Relay – EVENT 209	1
Sunday July 16 - Morning Session	
8:30am – 3 KM Check-In begins	
3 KM Event Start	
9:15 am – 14&Over Male Waves – EVENT 11	1
9:30 am - 14&Over Female Waves – EVENT 12	1
combined	
9:45 am – Masters Male Waves s – EVENT 111	1
9:45 am – Masters Female Waves – EVENT 112	
11:00 am – 5 KM Check-In begins	
5KM Event start	
11:45am – 14&Over Male Waves – EVENT 13	1
12:00pm – 14&Over Female Waves – EVENT 14	1
combined	
12:15 pm – Masters Male Waves – EVENT 113	1
12:15 pm – Masters Female Waves – EVENT 114	