

2025



Overall Schedule

Athletes must attend the Safety Briefing

Athletes must be registered at least 1 hour before race start time

Saturday, July 26, 2025

Swimmer Briefing	8:00	Volleyball Court			
Race / Registration Time	Wave Time	Age Group	Wave #	Cap Colour	Number of Swimmers
5K Race Registration Opens at 7:30am	8:30	14 & Over Male	1	Light Blue	27
	8:40	14 & Over Female	1	Yellow	13
	8:50	Masters Men	1	Red	13
	8:50	Masters Women		White	9
3K Race Registration Opens at 8:00am	9:15	14 & Over Men	1	Orange	29
	9:30		2	Lavender	29
	9:45	14 & Over Women	1	Pink	30
	10:00		2	Green	30
	10:30	Masters Men	1	Yellow	23
	10:45	Masters Women	1	Light Blue	22
Swimmer Briefing	12:00	Volleyball Court			
4x500m Relay Registration Opens at 11:00am	12:30	Age Group Relays	1	Club Cap/Red*	26
	13:15		2	Club Cap/Yellow*	27
	14:00	Masters Relays	1	Club Cap/White*	14
*swimmers competing in both the Relay + 1K should register at the same time			*first 3 swimmers will wear club cap, the 4th swimmer wears coloured cap		
1K Race Registration Opens at 12:30pm	14:45	14 & Over Men	1	Light Blue	24
	14:55		2	Yellow	24
	15:05	14 & Over Women	1	Red	17
	15:15		2	White	17
	15:25	11-14 Boys	1	Orange	26
	15:35		2	Pink	26
	15:45		3	Green	26
	15:55		4	Lavender	27
	16:05	11-14 Girls	1	Light Blue	28
	16:15		2	Yellow	28
	16:25		3	Red	28
	16:35		4	White	28
	16:45		5	Orange	29
	16:55		6	Lavender	29
	17:05	Masters Men	1	Pink	17
	17:15	Masters Women	1	Green	22
	17:25		2	Light Blue	23