



Overall Schedule

Athletes must attend the Safety Briefing
Athletes must be registered at least 1 hour before race start time

Saturday, July 25, 2026

Swimmer Briefing	8:00 AM	Volleyball Court			
Race / Registration Time	Wave Time	Age Group	Wave #	Cap Colour	Number of Swimmers
3K Race Registration Opens at 7:30am	8:30 AM	15 & Over Men	1	Light Blue	29
	8:45 AM		2	Yellow	29
	9:00 AM	15 & Over Women	1	Pink	26
	9:15 AM		2	Green	25
	9:30 AM	12-14 Boys	1	Red	22
	9:45 AM		2	White	22
	10:00 AM	12-14 Girls	1	Purple	30
	10:15 AM	Masters Men	1	Orange	17
	10:30 AM	Masters Women	1	Light Blue	28
12:00 PM	END OF 3K EVENT				
Swimmer Briefing	12:00 PM	Volleyball Court			
Race / Registration Time	Wave Time	Age Group	Wave #	Cap Colour	Number of Swimmers
4x500m Relay Registration Opens at 11:00am	12:45 PM	Age Group Relays	1	Club Cap/Yellow*	30
	1:30 PM		2	Club Cap/Pink*	30
	2:15 PM		3	Club Cap/Green*	11
	2:15 PM	Masters Relays	3	Club Cap/Red*	9
	3:00 PM	END OF RELAY EVENT			
*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		
Swimmer Briefing	2:30 PM	Volleyball Court			
Race / Registration Time	Wave Time	Age Group	Wave #	Cap Colour	Number of Swimmers
1K Race Registration Opens at 1:30pm	3:00 PM	15 & Over Men	1	White	27
	3:10 PM	15 & Over Women	1	Purple	22
	3:20 PM		2	Orange	21
	3:30 PM	11-14 Boys	1	Light Blue	26
	3:40 PM		2	Yellow	25
	3:50 PM		3	Pink	25
	4:00 PM		4	Green	25
	4:10 PM	11-14 Girls	1	Red	31
	4:20 PM		2	White	30
	4:30 PM		3	Purple	30
	4:40 PM		4	Orange	30
	4:50 PM		5	Light Blue	30
	5:00 PM	Masters Men	1	Yellow	25

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	5:10 PM	Masters Women	1	Pink	22
	5:20 PM		2	Green	22
	6:00 PM	END OF 1K EVENT			

Sunday, July 26, 2026

Swimmer Briefing	8:00 AM	Volleyball Court			
Race / Registration Time	Wave Time	Age Group	Wave #	Cap Colour	Number of Swimmers
5K Race Registration Opens at 7:30am	8:30 AM	14 & Over Men	1	Red	20
	8:45 AM	14 & Over Women	1	White	19
	9:00 AM	Masters Men	1	Purple	12
	9:03 AM	Masters Women	1	Orange	5
	11:30 AM	END OF 5K EVENT			
Swimmer Briefing	11:45 AM	Volleyball Court			
Race / Registration Time	Wave Time	Age Group	Wave #	Cap Colour	Number of Swimmers
2K Race Registration Opens at 11:00am	12:15 PM	15 & Over Men	1	Light Blue	3
	12:15 PM	Masters Men	1	Red	15
	12:25 PM	15 & Over Women	1	Yellow	22
	12:35 PM	Masters Women	1	White	16
	12:45 PM	11-14 Boys	1	Pink	16
	12:55 PM	11-14 Girls	1	Green	23
	1:30 PM	END OF 2K EVENT			