

## Approximate Wave Timings for 2019

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### THESE TIMES ARE SUBJECT TO CHANGE.

If you need to make a wave change, please contact [propertytriathlon@eu.jll.com](mailto:propertytriathlon@eu.jll.com) before the deadline of Wednesday 19 June and state which wave you would like to move from and to.

Please note that if you change waves you will not be eligible for a prize.

After 9.00 am on Wednesday 19 June, all changes will incur a fee of £10.00 per change and will need to be submitted via your active account.

Wave	Time	Race Category
1	08.00 am	Duathlon
2	08.00 am	Swim (surnames A-K)
3	08.05 am	Swim (surnames L-Z)
4	09:00 am	Men 55+
5	09.20 am	Female U35
6	09.40 am	Female 35+ & Female Relay Teams
7	10.00 am	Men 50-54
8	10.20 am	Men 45-49
9	10.45 am	Men 42-44
10	11.10 am	Male Relay Teams: Team names A-G
11	11.35 am	Men 40-41
12	12.00 pm	Fancy Dress Wave
13	12.25 pm	Mixed Relay Team: Team names A-J
14	12.50 pm	Men 38-39
15	13.15 pm	Mixed Relay Team: Team names K-Z
16	13.40 pm	Men 35-37
17	14.05 pm	Male Relay Teams: Team names H-Z
18	14.30 pm	Men 32-34
19	14.55 pm	Men 30-31
20	15.20 pm	Men 28-29
21	15.45 pm	Men Under 28