



Wave Timings for 2023*

****These times are subject to change***

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

Wave allocation will be determined by the age you are by 31 December this year.

Please be at the start **10 minutes** before your race time where there will be a short briefing.

If you need to make a wave change, please contact propertytriathlon@eu.jll.com **before the deadline of 9.00 am Wednesday 21 June** and state which wave you would like to move from and to. After this date no further changes can be made.

Please arrive **1hr 30 minutes** before the start of your wave to help us maintain a steady flow throughout the day and prevent overcrowding.

We will not be able to make changes to wave times or team members on the day. Thank you for your understanding.

Wave	Time	Race Category
1	08.00 am	Duathlon
2	08.00 am	Swim Male
3	08.05 am	Swim Female
4	09.00 am	Men 52+
5	09.20 am	Female U30
6	09.40 am	Female Relay Teams
7	10:00am	Female 30+
8	10.20 am	Men 47-51
9	10.40 am	Men 43-46
10	11.00 am	Men 40-42
11	11.20 am	Mixed Relay Teams; Team names A - E Including symbols / numbers
12	11.40 am	Men 37-39

13	12.00 pm	Fancy Dress Relay
13	12.00 pm	Fancy Dress Individuals
14	12.25 pm	Mixed Relay Team; Team names F - P
15	12.50 pm	Men 34-36
16	13.15 pm	Mixed Relay Team; Team names Q - Z
17	13.40 pm	Men 32-33
18	14.05 pm	Male Relay Teams
19	14.30 pm	Men 30-31
20	14.55 pm	Men 28-29
21	15.20 pm	Men 26-27
22	15.45pm	Men Under 26