



JLL Property Triathlon 2024

Wave Timings for 2024*

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

Your wave allocation will be determined by your age at the point that you entered the event, not the age of the participant on the event day.

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

If you need to request a wave change, please contact propertytriathlon@eu.jll.com before the deadline of **17:30 on Friday 14th June**. Changes to wave times or team members cannot be accommodated on the day. Also, keep in mind that changing waves will make you ineligible for a prize.

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

Wave	Time	Race Category
1	08.00 am	Duathlon
2	08.00 am	Swim Only, Mixed, 40 & Under
3	08.05 am	Mixed, Over 40
4	08.10 am	5K Run
5	09.00 am	Individual Tri Male + Open, 55+
6	09.20 am	Individual Tri Female, U30
7	09.40 am	Relay Mixed, A-B
8	10.00 am	Individual Tri Female, 30 & Over
9	10.15 am	Individual Triathlon, Sub 1hr20
10	10.30 am	Individual Tri Male + Open 50-54
11	10.40 am	Individual Tri Male + Open 46-49
12	11.00 am	Individual Tri Male + Open, 43-45
13	11.20 am	Relay Mixed, P-S
14	11.40 am	Individual Tri Male + Open, 40-42

15	12.00 pm	Relay Mixed, T-Z
16	12.25 pm	Relay Mixed, Symbols, Numbers, L - O
17	12.50 pm	Individual Tri Male + Open, 37 - 39
18	13.15 pm	Relay Mixed, F - K
19	13.40 pm	Individual Tri Male + Open, 34 - 36
20	14.05 pm	Relay Mixed, C - E
21	14.30 pm	Individual Tri Male + Open, 31 - 33
22	14.55 pm	Individual Tri Male + Open, 28 - 30
23	15.20 pm	Individual Tri Male + Open, 25 - 27
24	15.45 pm	Individual Tri Male + Open, U25