

Approximate Wave Timings for 2022

THESE TIMES ARE SUBJECT TO CHANGE.

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

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 22 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 (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 plus & 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