




















2025 Mooloolaba Triathlon Swim Starts

Sprint Distance - Saturday 8 March

| Time | Category | Gender | Cap Colour |
|--------|----------------|-------------|--|
| 6:15am | Paratriathlete | Mixed |  Neon Orange |
| 6:15am | U 35 | Male |  Yellow |
| 6:40am | 35 - 44 years | Male/Female |  Purple |
| 7:20am | U 35 | Female |  Dark Green |
| 8:01am | 45 + | Male/Female |  Fluro Pink |
| 8:31am | Mates | Male/Female |  White |

Standard Distance - Sunday 9 March

| Time | Category | Gender | Cap Colour |
|--------|-----------------------|--------|--|
| 6:15am | Open | Male |  Black |
| 6:17am | Open | Female |  Silver |
| 6:18am | Paratriathlete | Mixed |  Neon Orange |
| 6:21am | Legends | Mixed |  Gold |
| | Premium Mates | Mixed |  Maroon |
| 6:34am | Aquabike | Mixed |  Fluro Pink |
| 6:46am | 15 - 29 years | Mixed |  White |
| 6:59am | 30 - 39 years | Mixed |  Yellow |
| 7:17am | Athenas | Mixed |  Powder Blue |
| | Clydesdales & Athenas | | |
| 7:29am | 50+ | Mixed |  Dark Blue |
| 7:43am | Mates | Mixed |  Orange |
| 8:07am | 40 - 49 years | Mixed |  Purple |
| 8:25am | Relay Teams | Mixed |  Dark Green |

*Please arrive 15minutes before your Race Start

**Swim start subject to change

No changes to Starting Categories