




















# 2025 Mooloolaba Triathlon Swim Starts

## Sprint Distance - Saturday 8 March

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

\*Please arrive 15minutes before your Race Start

\*\*Swim start subject to change

No changes to Starting Categories