


















2025 Mooloolaba Triathlon Swim Starts

Sprint Distance - Saturday 29 March

Time	Category	Gender	Cap Colour
6:14am	Paratriathlete	Male/Female	 Neon Orange
6:15am	U 35	Male	 Yellow
6:40am	35 - 44 years	Male/Female	 Purple
7:22am	U 35	Female	 Dark Green
8:05am	45 +	Male/Female	 Fluro Pink
8:32am	Mates	Male/Female	 White

Standard Distance - Sunday 30 March

Time	Category	Gender	Cap Colour
6:15am	Oceania Sprint	Male	
6:17am	Oceania Sprint	Female	
6:22am	Open	Male	 Black
6:23am	Open	Female	 Silver
6:25am	Paratriathlete	Male/Female	 Neon Orange
6:28am	Legends	Male/Female	 Gold
	Premium Mates	Male/Female	 Maroon
6:40am	Aquabike	Male/Female	 Fluro Pink
6:51am	15 - 29 years	Male/Female	 White
7:14am	30 - 39 years	Male/Female	 Yellow
7:33am	Athenas	Female	 Powder Blue
	Clydesdales	Male	
7:41am	50+	Male/Female	 Dark Blue
7:56am	Mates	Male/Female	 Orange
8:08am	40 - 49 years	Male/Female	 Purple
8:27am	Relay Teams	Male/Female	 Dark Green
9:30am	Oceania Sprint - Paratriathletes	Male/Female	

*Please arrive 15minutes before your Race Start
 **Swim start subject to change
 No changes to Starting Categories