2026 Mooloolaba Triathlon Swim Starts

Sprint Distance - Saturday 14 March

Time	Category	Gender	Cap Colour
6:15am	Paratriathlete	Male/Female	Neon Orange
6:15am	Under 35 years	Female	Dark Green
6:41am	45+ years	Male/Female	Fluro Pink
7:22am	35 - 44 years	Male/Female	Purple
8:03am	Mates	Male/Female	White
8:38am	Under 35 years	Male	Yellow

Standard Distance - Sunday 15 March

Time	Category	Gender	Cap Colour
6:25am	Open	Male	Black
6:27am	Open	Female	Silver
6:28am	Paratriathlete	Male/Female	Neon Orange
6:31am	Premium Mates	Male/Female	Maroon
	Legends	Male/Female	Gold
6:45am	Aquabike	Male/Female	Fluro Pink
6:55am	40 - 49 years	Male/Female	Purple
7:13am	Clydesdales	Male	Powder Blue
	Athenas	Female	
7:20am	50+ years	Male/Female	Dark Blue
7:38am	30 - 39 years	Male/Female	Yellow
8:00am	Mates	Male/Female	Orange
8:13am	15 - 29 years	Male/Female	White
8:45am	Relay Teams	Male/Female	Dark Green

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