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|  **2023 WAVE STARTS** |  |
|  |  |  |
| **A DIVISION** |  | **10:00** |
| **B DIVISION** |  | **10:20** |
| **FEMALE ONLY** |  | **10:40** |
| **C DIVISION** |  | **11:00** |
| **D DIVISION** |  | **11:20** |
| **AQUATHLON** | **MALE 11 / 12** | **12:00** |
| **AQUATHLON** | **FEMALE 11 / 12** | **12:02** |
| **AQUATHLON** | **MALE 10** | **12:04** |
| **AQUATHLON** | **FEMALE 10** | **12:06** |