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| **2023 WAVE STARTS** | | |
|  |  |  |
| **SENIORS** | **FEMALE** | **9:30** |
| **SENIORS** | **MALE** | **9:30** |
| **INTERMEDIATES** | **FEMALE** | **9:35** |
| **INTERMEDIATES** | **MALE** | **9:40** |
| **JUNIORS** | **FEMALE** | **9:50** |
| **JUNIORS** | **MALE** | **9:55** |
| **NOVICE** | **MALE** | **11:15** |
| **NOVICE** | **FEMALE** | **11:20** |
| **YEAR 10/11 TEAMS** | **FEMALE** | **11:45** |
| **YEAR 9 TEAMS** | **FEMALE** | **11:47** |
| **YEAR 7 TEAMS** | **FEMALE** | **11:50** |
| **YEAR 8 TEAMS** | **FEMALE** | **11:52** |
| **YEAR 7 TEAMS** | **MALE** | **11:57** |
| **YEAR 8 TEAMS** | **MALE** | **12:00** |
| **YEAR 9 TEAMS** | **MALE** | **12:10** |
| **YEAR 10/11 TEAMS** | **MALE** | **12:15** |