



THE UNBREAKABLE

CATEGORY / WAVE INFORMATION



| WAVE | AGE | START / FINISH | MARSHALLING | BRIEFING | WAVE START | DISC | LENGTH |
|---------|--------------------|-----------------------|------------------|------------------|------------------|-------|--------|
| 7.00AM | MASTERS 30+ | ALEX | MALE - 6.30am | MALE - 6.45am | MALE - 7.00am | Ski | 8km |
| | | | | | | Board | 3km |
| | | ALEX | FEMALE - 6.30am | FEMALE - 6.45am | FEMALE - 7.00am | Swim | 1.5km |
| | | | | | | Run | 3.5km |
| | | | | | | TOTAL | 16km |
| 9.00AM | U15 (+U14) | ALEX | MALE - 8.30am | MALE - 8.45am | MALE - 9.00am | Board | 3km |
| | | | | | | Swim | 1.5km |
| | | ALEX | FEMALE - 8.40am | FEMALE - 8.55am | FEMALE - 9.10am | Run | 3.5km |
| | | | | | | TOTAL | 8km |
| 10.00AM | U17 | ALEX | MALE - 9.30am | MALE - 9.45am | MALE - 10.00am | Board | 3km |
| | | | | | | Swim | 1.5km |
| | | ALEX | FEMALE - 9.40am | FEMALE - 9.55am | FEMALE - 10.10am | Run | 3.5km |
| | | | | | | TOTAL | 8km |
| 11.00AM | OPEN DOWN WIND SKI | Nth (Mudjimba - Alex) | MALE - 10.30am | MALE - 10.45am | MALE - 11.00am | Ski | 8km |
| | | Sth (Kawana - Alex) | FEMALE - 10.30am | FEMALE - 10.45am | FEMALE - 11.00am | | |
| 12.00PM | OPEN/U19 | Nth (Mudjimba - Alex) | MALE - 11.30am | MALE - 11.45am | MALE - 12.00pm | Ski | 8km |
| | | | | | | Board | 3km |
| | | Sth (Kawana - Alex) | FEMALE - 11.40am | FEMALE - 11.55am | FEMALE - 12.10pm | Swim | 1.5km |
| | | | | | | Run | 3.5km |
| | | | | | | TOTAL | 16km |

Sunshine Toyota



