

SINGAPORE T100 WAVE START SCHEDULE
AS OF 12 APRIL 2024



Start	Wave	Race	Category
5:00	L 1	Duathlon Long	M 18-29, 30-39
5:05	L 2	Duathlon Long	M 30-39
5:10	L 3	Duathlon Long	M 40-49
5:15	L 4	Duathlon Long	M 40-49
5:20	L 5	Duathlon Long	M 40-49, M 50-59
5:25	L 6	Duathlon Long	M 50-59, 60-69
5:30	L 7	Duathlon Long	Women
5:35	L 8	Duathlon Long	Team Relay
Start	Wave	Race	Category
5:40	S 1	Duathlon Standard	M 16-19, M 20-29
5:45	S 2	Duathlon Standard	M 30-39
5:50	S 3	Duathlon Standard	M 30-39
5:55	S 4	Duathlon Standard	M 30-39
6:00	S 5	Duathlon Standard	M 40-49
6:05	S 6	Duathlon Standard	M 40-49
6:10	S 7	Duathlon Standard	M 40-49
6:15	S 8	Duathlon Standard	M 40-49
6:20	S 9	Duathlon Standard	M 50-59
6:25	S 10	Duathlon Standard	M 50-59
6:30	S 11	Duathlon Standard	M 60-69, M 70+, Teams
6:35	S 12	Duathlon Standard	F 16-19, F 20-29, F 30-39
6:40	S 13	Duathlon Standard	F 30-39, F 40-49
6:45	S 14	Duathlon Standard	F 40-49, F 50-59, F 60-69, F 70+
Start	Wave	Race	Category
7:00	T 1	Triathlon	M 18-24, M 25-29
7:05	T 2	Triathlon	M 30-34
7:10	T 3	Triathlon	M 30-34, M 35-39
7:15	T 4	Triathlon	M 35-39
7:20	T 5	Triathlon	M 35-39
7:25	T 6	Triathlon	M 35-39, M 40-44
7:30	T 7	Triathlon	M 40-44
7:35	T 8	Triathlon	M 40-44
7:40	T 9	Triathlon	M 40-44
7:45	T 10	Triathlon	M 45-49
7:50	T 11	Triathlon	M 45-49
7:55	T 12	Triathlon	M 45-49
8:00	T 13	Triathlon	Relay Teams & T100 Corporate Challenge
8:05	T 14	Triathlon	M 50-54
8:10	T 15	Triathlon	M 50-54
8:15	T 16	Triathlon	M 50-54, M 55-59
8:20	T 17	Triathlon	M 55-59, M 60-64, M 65-69, M 70+
8:25	T 18	Triathlon	F 18-24, F 25-29, F 30-34, F 35-39
8:30	T 19	Triathlon	F 40-44
8:35	T 20	Triathlon	F 45-49, F 50-54, F 55-59, F 60-64, F 65-69, F 70+