

# START GROUPS 2023

GROUP 1  
(UNDER 4:00HRS)  
Start 7:00AM



GROUP W1  
WOMEN ONLY  
(5:30-6:10HRS)  
Start 8:05AM



GROUP 2  
(4:00-4:30HRS)  
Start 7:05AM



GROUP 6  
(5:30-6:00HRS)  
Start 8:10am



GROUP 3  
(4:30-4:50HRS)  
Start 7:20AM



GROUP 7  
(6:00-6:50HRS)  
Start 8:35am



GROUP 4  
(4:50-5:10HRS)  
Start 7:35AM



GROUP W2  
WOMEN ONLY  
(6:10-8:30HRS)  
Start 8:50am



GROUP 5  
(5:10-5:30HRS)  
Start 7:50am



GROUP 8  
(6:50-8:30HRS)  
Start 9:00am



The coloured dot  
indicates your start  
group



GROUP 9  
(8:30 - 11:30)  
Start 6:20am

