



Swim Categories - Cap colour			
Zone	Colour	IRONMAN	70.3
Pro Male	Black	Pro Male	
Pro Female	Silver	Pro Female	
PC/ID athletes	Neon Orange	PC/ID	PC/ID
1	Pearly Pink	Under 1 hour 5 minutes	Under 33 minutes
2	Blue	1 hour 5 minutes - 1 hour 16 minutes	33 minutes - 37 minutes
3	Neon Green	1 hour 16 minutes - 1 hour 25 minutes	37 minutes - 41 minutes
4	Violet	Over 1 hour 25 minutes	Over 41 minutes

