



JUNIORS

Race Distances

TABLE 1: - UNDER 19 AQUATHLON – MAXIMUM ALLOWABLE RACE DISTANCES

AGE GROUP	SWIM	RUN	COMMENT	RELAY (one leg of distance stated)
Under 7	100m	500m	Non-Competitive/Novelty	100m/500m
7yo	100m	1km	Non-Competitive/Novelty	200m/1km
8yo	100m	1km	Non-Competitive/Novelty	200m/1km
9yo	100m	1km	Non-Competitive/Novelty	200m/1km
10yo	200m	2km	Non-Competitive/Novelty	300m/2km
11yo	200m	2km	Non-Competitive/Novelty	400m/4km
12yo	300m	4km	Competitive	750m/6km
13yo	400m	6km	Competitive	1km/8km
14yo	1km	8km	Competitive	1.5km/10km
15yo	1.5km	10km	Competitive	1.5km/10km
16yo	1.5km	10km	Competitive	1.5km/10km
17yo	1.5km	10km	Competitive	

TABLE 2: - UNDER 19 DUATHLON – MAXIMUM ALLOWABLE RACE DISTANCES

AGE GROUP	RUN	BIKE	COMMENT	RELAY (one leg of distance stated)
Under 7	500m	1km	Non-Competitive/Novelty	500m/1km
7yo	1km	3km	Non-Competitive/Novelty	1km/6km
8yo	1km	3km	Non-Competitive/Novelty	1km/6km
9yo	1km	3km	Non-Competitive/Novelty	1km/6km
10yo	2km	6km	Non-Competitive/Novelty	2km/10km
11yo	2km	6km	Non-Competitive/Novelty	2km/10km
12yo	4km	10km	Competitive	4km/15km
13yo	5km	15km	Competitive	5km/20km
14yo	7.5km	20km	Competitive	7.5km/20km
15yo	10km	40km	Competitive	10km/40km
16yo	10km	40km	Competitive	10km/40km
17yo	15km	40km	Competitive	

TABLE 3: - UNDER 19 TRIATHLON – MAXIMUM ALLOWABLE RACE DISTANCES

AGE GROUP	SWIM	BIKE	RUN	COMMENT	RELAY (one leg of distance stated)
Under 7	100m	1km	500m	Non-Competitive /Novelty	100m/1km/500m
7yo	100m	3km	1km	Non-Competitive/Novelty	200m/6km/1km
8yo	100m	3km	1km	Non-Competitive/Novelty	200m/6km/1km
9yo	100m	3km	1km	Non-Competitive/Novelty	200m/6km/1km
10yo	200m	6km	1.5km	Non-Competitive/Novelty	300m/10km/2km
11yo	200m	6km	1.5km	Non-Competitive/Novelty	300m/10km/2km
12yo	500m	13km	3.5km	Competitive	400m/15km/4km
13yo	500m	15km	4km	Competitive	750m/20km/6km
14yo	750m	20km	5km	Competitive	1.5km/40km/10km
15yo	1500m	40km	10km	Competitive	1.5km/40km/10km
16yo	1500m	40km	10km	Competitive	1.5km/40km/10km
17yo	1500m	40km	10km	Competitive	1.9km/90.1km/21.1km
18yo+	3.8km	180.2km	42.2km	Competitive	