



## Age Groups

Fun Tri (7-8 years) Fun race introduction to triathlon - Not Officially Timed & NO results Issued - Same

Tri1 - 9/10 years

Tri2 - 11/12 years

Tri3 - 13/14/15 years ( 13 years old have their own classification although they have the same distance)

Youth (Age 16) / Juniors (Ages 17/18/19) -(Youths and Juniors racing with Seniors but have their own classification)

*All ages are: The Age Group one falls in depends on the age of the participant on December 31st in the year of competition.*

*Your age group category is determined by the age you are on the 31st December in the year that you are competing. For example, if you are 35 on 1st August 2019 you will be in the 35-39 age group for the whole of 2019.*

*Note : Clubs are encouraged to organise fund games with kids 6 years and under which are challenging, yet not in a competition format.*

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## Gear Restrictions

Fun Tri : 5.10m roll-out

Tri1 : 5.40m roll-out

Tr2 : 6.05m roll-out

Tr3 : 6.20m roll-out

Youth : 6.94m roll-out

Junior : 7.93m roll-out

Age groups	Aquathlon	Duathlon	Triathlon
Tri Start 7/8	S: 50m (OW50/100) R:500m	R: 250m B: 1.5km (800 o-r) R: 250m	S: 50m (OW 50/100) B: 1.5km(800 o-r) R: 500m
Tri 1 9/10	S: 150m(OW150/200) R: 1.5km	R: 1km B: 4km (3km o-r) R: 500m	S: 150m(OW150/200) B: 4km(3km o-r) R: 1.5km
Tri 2 11/12	S: 200m(OW200/300) R: 2km	R: 1km B: 6km(5km o-r) R: 1km	S: 200m(OW200/300) B: 6km(5km o-r) R: 2km
Tri 3 13/14/15	S: 300m(OW300/400) R: 3km	R: 2km B: 8km(6km o-r) R: 1km	S: 300m(OW300/400) B: 8km(6km o-r) R: 3km
Youth/Juniors (16+)	Senior Race distances	Senior race distances	Senior race distances