



RECOMMENDED COMPETITION DISTANCES FOR YOUTH AND JUNIORS

| RACING AGE ¹ | CATEGORY | DISTANCES | | |
|-------------------------|---------------------------|--------------------------|------------|----------|
| | | SWIM | BIKE | RUN |
| 7 – 8 | Youth | 50m to 100m ² | 2k | 1k |
| 9 – 10 | Youth | 100m ² | 3k | 1k |
| 11 – 12 | Youth | 200m ² | 5k to 7k | 2k |
| 13 – 15 | Youth | 200m to 400m | 8k to 10k | 2k to 3k |
| 16 – 19 | Junior | 400m to 750m | 15k to 20k | 5k |
| | | | | |
| 13 – 15 | Youth Elite ³ | 400m | 10k | 2.5k |
| 16 – 19 | Junior Elite ³ | 750m | 20k | 5k |

¹Racing Age is determined as of December 31st of the year in which the event takes place

²Pool swim recommended

³Youth Elite and Junior Elite races are draft-legal, typically staged on multi-lap, closed courses, and are officiated using International Triathlon Union Competition Rules

The recommended minimum age for Olympic/Intermediate Distance events is 16. The recommended minimum age for Long Course/Half-Iron/Ultra Distance events is 18.