

Amendments to the Junior Distances – August 2008

TABLE 1: - UNDER 19 TRIATHLON RACE DISTANCES

AGE GROUP	SWIM	BIKE	RUN	COMMENT	RELAY (one leg of distance stated)
Under 7	50m	500m	100m	Compulsory/Novelty Event	50m/500m/100m
7yo	100m	3km	500m	Non-Competitive/Novelty	200m/6km/1km
8yo	100m	3km	500m	Non-Competitive/Novelty	200m/6km/1km
9yo	100m	3km	500m	Non-Competitive/Novelty	200m/6km/1km
10yo	200m	6km	1km	Non-Competitive/Novelty	300m/10km/2km
11yo	200m	6km	1km	Non-Competitive/Novelty	300m/10km/2km
12yo	300m	10km	2km	Competitive	400m/15km/4km
13yo	400m	15km	4km		750m/20km/6km
14yo	750m	20km	5km		1.5km/40km/10km
15yo	1.5km	40km	10km		1.5km/40km/10km
16yo	1.5km	40km	10km		1.5km/40km/10km
17yo	1.5km	40km	10km		1.9km/90.1km/21.1km
18yo+	3.8km	180.2km	42.2km		

TABLE 2: - UNDER 19 DUATHLON RACE DISTANCES

AGE GROUP	RUN	BIKE	COMMENT	RELAY (one leg of distance stated)
Under 7	100m	500m	Compulsory/Novelty Event	100m/500m
7yo	750m	3km	Non-Competitive/Novelty	1km/6km
8yo	750m	3km	Non-Competitive/Novelty	1km/6km
9yo	750m	3km	Non-Competitive/Novelty	1km/6km
10yo	1.5km	6km	Non-Competitive/Novelty	2km/10km
11yo	1.5km	6km	Non-Competitive/Novelty	2km/10km
12yo	3km	10km	Competitive	4km/15km
13yo	4km	15km		5km/20km
14yo	7.5km	20km		1.5km/40km
15yo	10km	40km		10km/40km
16yo	10km	40km		10km/40km
17yo	15km	40km		

TABLE 3 - UNDER 19 AQUATHLON RACE DISTANCES

AGE GROUP	SWIM	RUN	COMMENT	RELAY (one leg of distance stated)
Under 7	50m	100m	Compulsory/Novelty Event	50m/100m
7yo	100m	750m	Non-Competitive/Novelty	200m/1km
8yo	100m	750m	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	300m/2km
12yo	300m	4km	Competitive	400m/4km
13yo	400m	6km		750m/8km
14yo	1km	8km		1.5km/10km
15yo	1.5km	10km		1.5km/10km
16yo	1.5km	10km		1.5km/10km
17yo	1.5km	10km		