

TRIATHLON

Type of race	Qualifying age	Distances
Standard triathlon	20+ years	1.5km swim / 40km bike / 10km run
Sprint triathlon	20+ years	750m swim / 20km bike / 5km run
Para triathlon	16+ years seniors	750m swim / 20km bike / 5km run
Para triathlon	16+ years juniors	750m swim / 20km bike / 5km run
Sprint triathlon	16-19 years	750m swim / 20km bike / 5km run
Mini Triathlon	12-15 years	400m swim / 10km bike / 2.5km run
Kids Triathlon	10-11 years	200m swim / 5km bike / 1km run
Young Ones Triathlon	8-9 years	75m swim / 2.5km bike / 500m run

DUATHLON

Type of race	Qualifying age	Distances
Standard duathlon	20+ years	10km run / 40km bike / 5km run
Sprint duathlon	20+ years	5km run / 20km bike / 2.5km run
Para duathlon	16+ years seniors	5km run / 20km bike / 2.5km run
Para duathlon	16+ years juniors	5km run / 20km bike / 2.5km run
Sprint duathlon	16-19 years	5km run / 20km bike / 2.5km run
Mini duathlon	12-15 years	2.5km run / 10km bike / 1.25km run
Kids duathlon	10-11 years	1km run / 5km bike / 500m run
Young Ones duathlon	8-9 years	500m run / 2.5km bike / 500m run