

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 |
| Young Juniors triathlon | 8-11 years | 120m swim / 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 |
| Young Juniors duathlon | 8-11 years | 500m run / 5km bike / 500m run |