



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.