

TSA OFFICIAL RACE DISTANCES

TRIATHLON

Standard = 1,5km swim / 40km cycle / 10km run

Sprint = 750m swim / 20km cycle / 5km run

Category	Swim	Cycle	Run
8 – 9 years (non competitive)	200m	5km	1,25km
10 – 11 years (non competitive)	200m	5km	1,25km
12 – 13 years	400m	10km	2,5km
14 – 15 years	400m	10km	2,5km
16 – 17 years	750m	20km	5km
18 – 19 years	750m	20km	5km
Age Groupers	1,5km	40km	10km

DUATHLON

Standard = 10km run / 40km cycle / 5km run

Sprint = 5km run / 20km cycle / 2,5km run

Category	Run	Cycle	Run
8 – 9 years (non competitive)	1,25km	5km	1,25km
10 – 11 years (non competitive)	1,25km	5km	1,25km
12 – 13 years	2,5km	10km	1,25km
14 – 15 years	2,5km	10km	1,25km
16 – 17 years	5km	20km	2,5km
18 – 19 years	5km	20km	2,5km
Age Groupers	10km	40km	5km

AQUATHLON

Category	Run	Swim	Run
8 – 9 years (non competitive)	750m	300m	750m
10 – 11 years (non competitive)	750m	300m	750m
12 – 13 years	1km	400m	1km
14 – 15 years	1km	400m	1km
16 – 17 years	1,25km	500m	1,25km
18 – 19 years	1,25km	500m	1,25km
Age Groupers	2,5km	1km	2,5km