



**TRIATHLON SOUTH AFRICA
NATIONAL CONTROLLING BODY
FOR TRIATHLON AND DUATHLON**

Affiliated to the International Triathlon Union and
South African Sports Confederation and Olympic Committee

OFFICIAL RACE DISTANCES & AGE REQUIREMENT

TRIATHLON	SWIM	BIKE	RUN	MIN. AGE
Super Sprint	400m	10km	2.5km	12 years
Sprint	750m	20km	5km	16 years
Standard	1500m	40km	10km	18 years
Long Distance	1900m+	80km+	20km+	18 years

DUATHLON	RUN	CYCLE	RUN	MIN. AGE
Super Sprint	2.5km	10km	1.25km	12 years
Sprint	5km	20km	2.5km	16 years
Standard	10km	40km	5km	18 years
Long Distance	20km	80km	10km	18 years

CROSS TRIATHLON	SWIM	BIKE	RUN	MIN. AGE
Super Sprint	250m	5-6km	1-2km	12 years
Sprint	500m	10-12km	3-4km	16 years
Standard	1000m-1500m	20-30km	6-10km	18 years

CROSS DUATHLON	RUN	CYCLE	RUN	MIN. AGE
Super Sprint	2.5km	5-6km	1-2km	12 years
Sprint	3-4km	10-12km	1.5-2km	16 years
Standard	6-8km	20-30km	3-4km	18 years

*10% distance tolerance allowed.

