

ITU/TSA Official Race Distances and Age Requirements

Triathlon:

	Swim	Bike	Run	Minimum age required
Team Relay	250 to 300 m	5 to 8 km	1.5 to 2 km	16
Super Sprint Distance	250 to 500 m	6.5 to 13 km	1.7 to 3.5 km	16
Sprint Distance	Up to 750 m	Up to 20 km	Up to 5 km	16
Standard Distance	1500 m	40 km	10 km	18
Long Distance	1000 to 4000 m	80 to 180 km	10 to 42.2 km	18
Double Olympic (O2)	3000 m	80 km	20 km	18
Triple Olympic (O3)	4000 m	120 km	30 km	18

Duathlon:

	Run	Bike	Run	Minimum age required
Team Relay	2 km	8 km	1 km	16
Sprint Distance	5 km	20 km	2,5 km	16
Standard Distance	10 km	40 km	5 km	18
Long Distance	20 km	80 km	10 km	18

Aquathlon:

	Run	Swim	Run	Minimum age required
Standard Distance	2.5 km	1000 m	2.5 km	16
Standard Distance (cold waters)		1000 m	5 km	16
Long Distance	5 km	2000 m	5 km	18
Long Distance (cold waters)		2000 m	10 km	18

Cross Triathlon:

	Swim	Mountain Bike	Cross Country Run	Minimum age required
Team Relay	200 m	4 to 5 km	1.2 to 1.6 km	16
Sprint Distance	500 m	10 to 12 km	3 to 4 km	16
Standard Distance	1000 m	20 to 25 km	6 to 8 km	18

Cross Duathlon:

	Cross Country Run	Mountain Bike	Cross Country Run	Minimum age required
Team Relay	1.2 to 1.6 km	4 to 5 km	0.6 to 0.8 km	16
Sprint Distance	3 to 4 km	10 to 12 km	1.5 to 2 km	16
Standard Distance	6 to 8 km	20 to 25 km	3 to 4 km	18