

TSA AGE GROUP QUALIFYING TIMES FOR WORLD CHAMPS SELECTION 2024/25

	TRIATHLON		STANDARD AQUABIKE	DUATHLON		LONG DISTANCE		CROSS	
	STANDARD	SPRINT		STANDARD	SPRINT	TRIATHLON	DUATHLON	TRIATHLON	DUATHLON
20-24 F	2:55:52	1:22:13	1:59:52	2:38:00	1:25:36	7:35:55	4:02:00	Athletes that have qualified for Standard Triathlon will automatically meet selection for Cross Triathlon. Alternatively, finishing within 15% of the Age group winning time at SA Cross Triathlon Championships (Auto & General Steyn City) will result in selection.	Athletes that have qualified for Standard Duathlon will automatically meet selection for Cross Duathlon. Alternatively, finishing within 15% of the Age group winning time at SA Cross Triathlon Championships (Auto & General Steyn City) will result in selection.
20-24 M	2:22:22	1:12:36	1:38:56	2:15:42	1:08:53	6:19:52	3:28:34		
25-29 F	2:38:01	1:21:50	1:51:50	2:43:32	1:23:04	6:43:49	4:10:18		
25-29 M	2:19:29	1:13:16	1:48:08	2:22:33	1:18:31	5:42:56	3:38:49		
30-34 F	2:39:49	1:23:31	1:56:49	2:25:38	1:18:28	6:45:49	3:43:26		
30-34 M	2:17:16	1:15:08	1:49:10	2:26:32	1:17:43	5:38:01	3:44:49		
35-39 F	2:41:23	1:26:50	2:12:21	2:37:15	1:28:38	7:03:25	4:00:52		
35-39 M	2:18:59	1:14:04	2:01:55	2:37:05	1:19:53	5:49:45	4:00:37		
40-44 F	2:41:48	1:24:34	2:17:17	2:34:59	1:41:48	7:11:30	3:57:29		
40-44 M	2:19:37	1:15:13	2:00:32	2:24:44	1:14:00	5:46:43	3:42:06		
45-49 F	2:41:43	1:25:32	2:08:25	3:01:11	1:27:53	7:24:15	4:36:46		
45-49 M	2:22:46	1:15:24	1:49:06	2:19:55	1:15:28	6:01:06	3:34:53		
50-54 F	2:56:33	1:26:19	2:11:19	2:55:14	1:30:15	7:47:13	4:27:51		
50-54 M	2:24:19	1:16:00	1:54:26	2:25:04	1:13:16	6:03:13	3:42:37		
55-59 F	2:49:36	1:30:44	2:27:26	3:06:22	1:28:49	7:51:50	4:44:32		
55-59 M	2:29:42	1:18:40	1:57:25	2:29:48	1:16:14	6:45:58	3:49:41		
60-64 F	3:12:41	1:33:59	2:18:43	3:08:24	1:41:48	7:36:44	4:47:35		
60-64 M	2:36:21	1:21:52	1:57:12	2:34:48	1:21:39	7:37:19	3:57:12		
65-69F	3:38:54	1:45:50	2:35:45	3:14:07	1:46:43	7:47:57	4:56:10		
65-69 M	2:52:02	1:26:59	2:05:01	3:00:13	1:27:48	7:59:21	4:35:20		
70-74F	4:08:10	2:13:27	2:27:29	3:34:01	2:03:22	8:35:28	5:26:02		
70-74M	3:27:14	1:37:24	2:23:36	2:55:47	1:35:13	7:25:37	4:28:40		
75-79 F	4:13:43	2:18:16	2:36:46	3:52:51	2:02:05		5:54:16		
75-79 M	4:12:20	1:56:16	2:29:19	3:08:11	2:01:15		4:47:16		

SELECTION CRITERIA - The times will serve as a guideline. In exceptional circumstances, the discretion of the selection committee will be applied. Athletes are advised that a technical issue at SA Championships (the selection race) which may jeopardise that athlete's selection, should be reported to the race referee or technical delegate, who will report it to the selection committee.

Triathlon and Duathlon times are calculated based on the average of the 20th time (or second last time where there were less than 20 participants) per age group over the past 3 years, plus 5 minutes.

Standard Aquabike time is calculated using the average of the 20th (or second last) average time, plus 5 minutes.

LD Triathlon qualifying times were reached by taking the average of the 20th or second last (where less than 20 in an age group) time per age group over the 3 70.3 Official races during the past year and 5 minutes was added to the average time to give the qualifying time.

LD Duathlon qualifying time was calculated by using Standard Duathlon qualifying time (as approved) and multiplying by 1.5 for the longer distance. An additional 5 minutes was added to give the qualifying time.

Cross triathlon, an athlete will be selected for World Champs if he/she achieves a qualifying time in Standard Triathlon, OR by finishing within 15% of the Age Group winning time at the official selection race (Auto & General Steyn City Feb 2025).

Cross duathlon, an athlete will be selected for World Champs if he/she achieves a qualifying time in Standard Duathlon, OR by finishing within 15% of the Age Group winning time at the official Cross tri selection race (Auto & General Steyn City Feb 2025).