

# *U/19 Distances Tables*

## FOR TRIATHLON, DUATHLON AND AQUATHLON U19 PARTICIPATION

The TA Medical Committee (TAMC) makes the final recommendations to the TA Board on these distances.

**TABLE 1: TRIATHLON AUSTRALIA U/19 TRIATHLON RACE DISTANCES**

AGE GROUP	SWIM	BIKE	RUN	COMMENT	TEAMS (one leg of distance stated)
Under 7	50m	500m	100m	Compulsory/Novelty Event	50/500/100
7yo	100m	3km	500m	Non-Competitive/Novelty	200/6/1
8yo	100m	3km	500m	Non-Competitive/Novelty	200/6/1
9yo	100m	3km	500m	Non-Competitive/Novelty	200/6/1
10yo	200m	6km	1km	Non-Competitive/Novelty	300/10/2
11yo	200m	6km	1km	Non-Competitive/Novelty	300/10/2
12yo	300m	10km	2km	Competitive	400/15/4
13yo	400m	15km	4km		750/20/5
14yo	750m	20km	5km		1.5/40/10
15yo	1.5km	40km	10km		1.5/40/10
16yo	1.5km	40km	10km		1.5/40/10
17yo	1.5km	40km	10km		1.9/90.1/21.1
18yo	3.8km	180.2km	42.2km		
19yo	3.8km	180.2km	42.2km		
20yo+	3.8km	180.2km	42.2km		

**TABLE 2: TRIATHLON AUSTRALIA U/19 DUATHLON RACE DISTANCES**

AGE GROUP	RUN	BIKE	COMMENT	TEAMS (one leg of distance stated)
Under 7	100m	500m	Compulsory/Novelty Event	100/500
7yo	750m	3km	Non-Competitive/Novelty	1/6
8yo	750m	3km	Non-Competitive/Novelty	1/6
9yo	750m	3km	Non-Competitive/Novelty	1/6
10yo	1.5km	6km	Non-Competitive/Novelty	2/10
11yo	1.5km	6km	Non-Competitive/Novelty	2/10
12yo	3km	10km	Competitive	4/15
13yo	4km	15km		5/20
14yo	7.5km	20km		7.5/20
15yo	10km	40km		10/40
16yo	10km	40km		10/40
17yo	15km	40km		-

**TABLE 3: TRIATHLON AUSTRALIA U/19 AQUATHLON RACE DISTANCES**

<b>AGE GROUP</b>	<b>SWIM</b>	<b>RUN</b>	<b>COMMENT</b>	<b>TEAMS (one leg of distance stated)</b>
Under 7	50m	100m	Compulsory/Novelty Event	50/100
7yo	100m	750m	Non-Competitive/Novelty	200/1
8yo	100m	750m	Non-Competitive/Novelty	200/1
9yo	100m	1km	Non-Competitive/Novelty	200/1
10yo	200m	2km	Non-Competitive/Novelty	300/2
11yo	200m	2km	Non-Competitive/Novelty	400/4
12yo	300m	4km	Competitive	750/6
13yo	400m	6km		1/8
14yo	1km	8km		1.5/10
15yo	1.5km	10km		1.5/10
16yo	1.5km	10km		1.5/10
17yo	1.5km	10km		-

- Distances in each table are maximum distances permissible for each discipline, however, events can be of any configuration within these maximums (eg. Duathlon = Run / Bike / Run; Aquathlon = Run / Swim / Run; Triathlon = Enduro).