



## APPENDIX E – RACE DISTANCES

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).

No course segment of an event may exceed the course segment distance for a particular category as listed in Tables 1 to 3, even if the distances of the other course segments are less than those segments stated.

**TABLE 1: - UNDER 19 TRIATHLON – MAXIMUM ALLOWABLE RACE DISTANCES**

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