

Junior Triathlon Age Groups:-

<u>AGE GROUP</u>	<u>AGE (Years)</u>
TriStars Start	8
TriStars 1	9 – 10
Tristars 2	11 – 12
Tristars 3	13 - 14
Youth	15 - 16

Junior Distances

<u>TRIATHLON</u>	<u>SWIM</u>	<u>SWIM OPEN WATER</u>	<u>CYCLE GRASS</u>	<u>CYCLE TARMAC</u>	<u>RUN</u>
TristarStart - (age 8)	50m	50m - 100m	800m	1.5k	600m
Tristars 1 - (age 9-10)	150m	150m-200m	2k	4k	1.2k
Tristars 2 - (age 11-12)	200m	200m-300m	4k	6k	1.8k
Tristars 3 - (age 13-14)	300m	300m-350m	6k	8k	2.4k

NB: *Distances above are the maximum recommended distances for children in each age group. These are maximums and as such you may find your child competes over shorter distances.*