TRIATHLON

2023 - 2024 SEASON AGE CATEGORIES & RACE DISTANCES KEY DATE: 31 DECEMBER 2024 - AGE AS AT 31/12/2024



YOUR AGE RANGE	YEAR YOU WERE BORN	AGE CATEGORY CODE	WHAT RACES YOU CAN DO	RACE NAME	DISTANCE
3, 4, 5 & 6 year olds	2021 / 2020 / 2019 / 2018	тт	TRI-TOTS	TRI-TOTS	1 width swim / 1.5km cycle / 400m run
6, 7 & 8 year olds	2018 / 2017 / 2016	TK	TRI-KIDZ	TRI-KIDZ	1 width swim / 1.5km cycle / 400m run
8, 9 & 10 year olds	2016 / 2015 / 2014	TP	TRISPORT	TRISPORT	2 width swim / 2 km cycle / 700m run
10 year olds	2014	BOYS - C	TRISPORT / TRIFUN	TRISPORT	2 width swim / 2 km cycle / 700m run
		GIRLS - K	as an individual or as part of a team	TRI-FUN	5 width swim / 5 km cycle / 1.25km run
11 year olds	2013	BOYS - D	TRISPORT / TRIFUN	TRI-FUN	5 width swim / 5 km cycle / 1.25km run
		GIRLS - L	as an individual or as part of a team	TRI-FIT	9 width swim / 10 km cycle / 2.5km run
UNDER 13	2012 & 2011		TRIFUN / TRIFIT / SUPERSPRINT *** - as an Individual or as	TRI-FUN	5 width swim / 5 km cycle / 1.25km run
12 - 13 year olds		BOYS - E	part of a team	TRI-FIT	9 width swim / 10 km cycle / 2.5km run
		GIRLS - M	*** see NOTES	SUPERSPRINT	17 width swim / 10km cycle / 2.5km run
UNDER 15	2010 & 2009		TRIFUN / TRIFIT / SUPERSPRINT *** - as an Individual or as	TRI-FUN	5 width swim / 5 km cycle / 1.25km run
14 - 15 year olds		BOYS - F	part of a Team	TRI-FIT	9 width swim / 10 km cycle / 2.5km run
		GIRLS - N	*** see NOTES	SUPERSPRINT	17 width swim / 10km cycle / 2.5km run
UNDER 17	2008 & 2007		TRIFUN / TRIFIT / SUPERSPRINT / SPRINT *** - as an	TRI-FUN	5 width swim / 5 km cycle / 1.25km run
16 - 17 year olds		BOYS - G	Individual or as part of a Team	TRI-FIT	9 width swim / 10 km cycle / 2.5km run
		GIRLS - P	*** NOTES		17 width swim / 10 km cycle / 2.5km run
UNDER 19	2006 & 2005		*** see NOTES TRIFUN / TRIFIT / SUPERSPRINT / SPRINT *** / STANDARD -	SPRINT	33 width swim / 20 km cycle / 5 km run
18 -19 year olds	2006 & 2005	BOYS - H	as an Individual or as part of a Team	TRI-FUN TRI-FIT	5 width swim / 5 km cycle / 1.25km run 9 width swim / 10 km cycle / 2.5km run
10 - 15 year olds		GIRLS - Q	as an individual of as part of a Team	SUPERSPRINT	17 width swim / 10 km cycle / 2.5km run
		GIKLS - Q	*** see NOTES	SPRINT	33 width swim / 20 km cycle / 5 km run
			see NOTES	STANDARD	65 width swim / 40 km cycle / 10 km run
AGE GROUPERS				917111271112	os matronin, to an eyele, to an tan
				TRI-FUN	5 width swim / 5 km cycle / 1.25km run
20 - 24	2000 - 2004	MEN - R	TRIFUN / TRIFIT / SUPERSPRINT / SPRINT / STANDARD - as	TRI-FIT	9 width swim / 10 km cycle / 2.5km run
			an Individual or as part of a Team		, ,
25 - 29 30 - 34	1995 - 1999 1990 - 1994	LADIES - S	an marviadar of as part of a ream		17 width swim / 10 km cycle / 2.5km run
35 - 39	1985 - 1989			SPRINT STANDARD	33 width swim / 20 km cycle / 5 km run 65 width swim / 40 km cycle / 10 km run
40 - 44	1980 -1984				,
40 - 44 45 - 49	1980 -1984 1975 - 1979			TRI-FUN TRI-FIT	5 width swim / 5 km cycle / 1.25km run 9 width swim / 10 km cycle / 2.5km run
50 - 54	1975 - 1979	MEN - V	TRIFUN / TRIFIT / SUPERSPRINT / SPRINT / STANDARD - as	SUPERSPRINT	17 width swim / 10 km cycle / 2.5km run
55 - 59	1965 - 1969		an Individual or as part of a Team	SPRINT	33 width swim / 20 km cycle / 5 km run
60 - 64	1960 -1964	LADIES - X	, i	STANDARD	65 width swim / 40 km cycle / 10 km run
65 - 69	1955 - 1959				
70 - 74	1950 - 1954				
75 +	1949 -				
*** NOTES	U13/U15	SUPERSPRIN	Γ - athletes have to do this distance to be eligible for select	ion to SA Champs	Africa Champs Teams
	U17/U19	SPRINT - athletes have to do this distance to be eligible for selection to SA Champs/Africa Champs Teams			