

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	TT	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 GIRLS - K	TRISPORT / TRIFUN as an individual or as part of a team	TRISPORT TRI-FUN	2 width swim / 2 km cycle / 700m run 5 width swim / 5 km cycle / 1.25km run
11 year olds	2013	BOYS - D GIRLS - L	TRISPORT / TRIFUN 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
UNDER 13 12 - 13 year olds	2012 & 2011	BOYS - E GIRLS - M	TRIFUN / TRIFIT / SUPERSPRINT *** - as an Individual or as part of a team *** see NOTES	TRI-FUN TRI-FIT SUPERSPRINT	5 width swim / 5 km cycle / 1.25km run 9 width swim / 10 km cycle / 2.5km run 17 width swim / 10km cycle / 2.5km run
UNDER 15 14 - 15 year olds	2010 & 2009	BOYS - F GIRLS - N	TRIFUN / TRIFIT / SUPERSPRINT *** - as an Individual or as part of a Team *** see NOTES	TRI-FUN TRI-FIT SUPERSPRINT	5 width swim / 5 km cycle / 1.25km run 9 width swim / 10 km cycle / 2.5km run 17 width swim / 10km cycle / 2.5km run
UNDER 17 16 - 17 year olds	2008 & 2007	BOYS - G GIRLS - P	TRIFUN / TRIFIT / SUPERSPRINT / SPRINT *** - as an Individual or as part of a Team *** see NOTES	TRI-FUN TRI-FIT SUPERSPRINT SPRINT	5 width swim / 5 km cycle / 1.25km run 9 width swim / 10 km cycle / 2.5km run 17 width swim / 10 km cycle / 2.5km run 33 width swim / 20 km cycle / 5 km run
UNDER 19 18 -19 year olds	2006 & 2005	BOYS - H GIRLS - Q	TRIFUN / TRIFIT / SUPERSPRINT / SPRINT *** / STANDARD - as an Individual or as part of a Team *** see NOTES	TRI-FUN TRI-FIT SUPERSPRINT SPRINT STANDARD	5 width swim / 5 km cycle / 1.25km run 9 width swim / 10 km cycle / 2.5km run 17 width swim / 10 km cycle / 2.5km run 33 width swim / 20 km cycle / 5 km run 65 width swim / 40 km cycle / 10 km run
AGE GROUPERS					
20 - 24	2000 - 2004	MEN - R LADIES - S	TRIFUN / TRIFIT / SUPERSPRINT / SPRINT / STANDARD - as an Individual or as part of a Team	TRI-FUN	5 width swim / 5 km cycle / 1.25km run
25 - 29	1995 - 1999			TRI-FIT	9 width swim / 10 km cycle / 2.5km run
30 - 34	1990 - 1994			SUPERSPRINT	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	MEN - V LADIES - X	TRIFUN / TRIFIT / SUPERSPRINT / SPRINT / STANDARD - as an Individual or as part of a Team	TRI-FUN	5 width swim / 5 km cycle / 1.25km run
45 - 49	1975 - 1979			TRI-FIT	9 width swim / 10 km cycle / 2.5km run
50 - 54	1970 -1974			SUPERSPRINT	17 width swim / 10 km cycle / 2.5km run
55 - 59	1965 - 1969			SPRINT	33 width swim / 20 km cycle / 5 km run
60 - 64	1960 -1964			STANDARD	65 width swim / 40 km cycle / 10 km run
65 - 69	1955 - 1959				
70 - 74	1950 - 1954				
75 +	1949 -				

***** NOTES** U13/U15 SUPERSPRINT - athletes have to do this distance to be eligible for selection 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