

2026-2027 - AGE GROUPS, CATEGORIES & DISTANCES

TRIATHLON
KEY DATE: 31 DECEMBER 2027 - AGE AS AT 31/12/2027

AGE RANGE	YEAR OF BIRTH	AGE CATEGORY CODE	WHAT RACES YOU CAN DO	RACE NAME	DISTANCE
3, 4, 5 & 6 year olds	2024 / 2023 / 2022 / 2021	TT	TRI-TOTS	TRI-TOTS	1 width swim / 1.25km cycle / 400m run
6, 7 & 8 year olds	2021 / 2020 / 2019	TK	TRI-KIDZ	TRI-KIDZ	1 width swim / 1.25km cycle / 400m run
8, 9 & 10 year olds	2019 / 2018 / 2017	TP	TRISPORT	TRISPORT	2 width swim / 2 km cycle / 700m run
10 year olds	2017	BOYS - C GIRLS - K	TRISPORT or 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	2016	BOYS - D GIRLS - L	TRISPORT or 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
UNDER 13 12 - 13 year olds	2015 - 12 year olds 2014 - 13 year olds	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	2013 - 14 year olds 2012 - 15 year olds	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	2011 - 16 year olds 2010 - 17 year olds	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	2009 - 18 year olds 2008 - 19 year olds	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 25 - 29 30 - 34 35 - 39	2003 - 2007 1998 - 2002 1993 - 1997 1988 - 1992	MEN - R LADIES - S	TRIFUN / TRIFIT / SUPERSPRINT / SPRINT / STANDARD - as an Individual or as part of a Team	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
40 - 44 45 - 49 50 - 54 55 - 59 60 - 64 65 - 69 70 - 74 75 +	1983 - 1987 1987 - 1982 1973 - 1977 1968 - 1972 1963 - 1967 1958 - 1962 1953 - 1957 1952 + before	MEN - V LADIES - X	TRIFUN / TRIFIT / SUPERSPRINT / SPRINT / STANDARD - as an Individual or as part of a Team	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
*** NOTES	U13 / U15 AGE GROUPS	SUPERSPRINT - athletes have to do this distance AT SPECIFIC SELECTION RACES to be eligible for selection to SA Champs/Africa Champs Teams as per the set Criteria			
	U17 / U19 AGE GROUPS	SPRINT - athletes have to do this distance AT SPECIFIC SELECTION RACES to be eligible for selection to SA Champs/Africa Champs Teams as per the set Criteria			