

Table 1. Summary of Race Distances and Equipment by Age Category

Age Divisions	Maximum Race Distance (Swim / Bike / Run)	Race Equipment
7&Under*	Up to 50m - 1.5km - 500m	<ul style="list-style-type: none"> No aero bars permitted Clipless pedals permitted (recessed cleat, entry on both sides of pedal) Wheels: minimum 16 spokes, 2.4mm maximum spoke depth, metal rim, 25mm maximum rim depth, 23C minimum tire width
8-9yrs	Up to 100m - 5km - 1km	
10-11yrs	Up to 200m - 5km - 2km	
12-13yrs	Up to 300m - 10km - 3km	<ul style="list-style-type: none"> Draft-legal aero bars permitted All clipless pedal systems permitted Wheels: most race wheels permitted as per UCI rules, 60mm maximum rim depth
14-15yrs	Up to 500m - 10km - 4km	
16-19yrs	Up to 750m - 20km - 5km	
18-19yrs	Up to 1.5km - 40km - 10km	<ul style="list-style-type: none"> Non-drafting aero bars permitted All clipless pedal systems permitted Wheels: all race wheels permitted in accordance with ITU non-drafting wheel rules

***NOTE:** Race distances for 5 years and younger should be substantially shorter than maximums.