British Triathlon Guidance on Children's Relay Distances

With relay formats of triathlon becoming increasingly prominent, British Triathlon has issued guidance for races where children take part in one relay leg of an event.

The intention behind this guidance is to ensure that children are able to continue to participate in and enjoy taking part in triathlon competitions, whilst being mindful that all children develop at different rates of maturation. The guidelines should therefore be interpreted as maximums, and it should be reinforced that children and young people only take part in races with distances they are able to complete without discomfort.

Following consultation with our Talent and Safeguarding teams, and looking at the guidance and rules provided by other single-discipline sports (swimming, cycling and athletics) and other international triathlon federations, the below age/distance combinations have been incorporated into the British Triathlon Competition Rules and approved by the Technical Committee:

SINGLE RELAY LEG	Pool Swim	Open Water Swim	Cycle - Grass	Cycle - Tarmac	Run
TriStar Start (age 8)	100m	200m	2km	4km	1000m
TriStar 1 (ages 9-10)	200m	300m	4km	8km	2000m
TriStar 2 (ages 11-12)	300m	400m	8km	12km	2500m
TriStar 3 (ages 13-14)	500m	750m	12km	20km	3000m
Youth (ages 15-16)	750m	1500m	-	40km	5km
Junior B (age 17)	-	1900m	-	90.1km	10km

Triathlon
Where two legs of a triathlon are to be completed, the individual distances as per Competition Rule 23.2.a must be used.

Duathlon
Where both run legs of a duathlon are to be completed, the combined distance of both run legs must not exceed the maximum run distance as per the above table.

Age groups are based on the age as at 31st December in the year of the competition.

As per the current Competition Rules, where the bike segment is on open roads, Event Organisers must receive parental consent for competitors aged 15, 16 and 17. No competitors under the age of 15 are permitted to take part on bike segments on the open road, even if the distance is permitted as per the above table.