

What is Age-Group Triathlon?

The non-elite format of the sport is known as Age-Group competition. Age-Group allows athletes to compete for medals and titles against fellow competitors within pre-defined age group categories. These age group categories are divided by gender and age and are set apart by five year age bands, from 20-24 upwards to 80+.

There are also Tri Stars, Youth and Junior categories from ages 8 through to 19, with international competition starting at age 16 for sprint distances and 18 for standard distance and long distance. For international age-group competitions and age-group qualification all 16-19 year olds will be grouped as one Under 20 age category.

The age band category that you fall into depends on your age on December 31st in the year of competition. Example: If you are 35 on December 29th 2019 then for the whole of 2019 you will compete in the 35-39 age groups.

Key Category	Age	Key Category	Age
TSS Tri Star Start	8	H Veterans 1	40-44
TS1 Tri Stars 1	9-10	I Veterans 2	45-49
TS2 Tri Stars 2	11-12	J Veterans 3	50-54
TS3 Tri Stars 3	13-14	K Veterans 4	55-59
		L Veterans 5	60-64
A Youth A	15-16	M Veterans 6	65-69
B Youth B	17	N Veterans 7	70-74
C Juniors C	18-19	P Veterans 8	75-79
		Q Veterans 9	80+
D Seniors 1	20-24		
E Seniors 2	25-29		
F Seniors 3	30-34		
G Seniors 4	35-39		

