



Category	Discipline	Distances	Route Color
Mini Triathlon (Individual/ Relay / Corporate Challenge)	Swim	200m x 1 lap	
	Cycle	10km x 1 lap	
	Run	2km x 1 lap	
Kids (7-9 Years) Triathlon (Individual)	Swim	100m x 1 lap	
	Cycle	5km x 1 lap	
	Run	1km x 1 lap	
Kids (10-14 Years) Triathlon (Individual)	Swim	200m x 1 lap	
	Cycle	10km x 1 lap	
	Run	2km x 1 lap	

Category	Discipline	Distances	Route Color
Sprint Triathlon (Individual / Relay / Corporate Challenge) (Junior Elite)	Swim	750m x 1 lap	
	Cycle	10km x 2 lap	
	Run	5km x 1 lap	
Olympic Distance (Individual and Relay)	Swim	750m x 2 lap	
	Cycle	10km x 4 lap	
	Run	5km x 2 lap	
Olympic Distances (Elite)	Swim	750m x 2 lap	
	Cycle	6.666km x 6 lap	
	Run	5km x 2 lap	