

Race distances *Cerist Junior Aquathlon 2018*

| Age on 31/12/18 | Age Group | Swim distance* | Run distance* |
|------------------|---------------------|----------------|---------------|
| 5-7 [^] | Cerist Kidz | 40m | 600m |
| 8 | TriStar Start (TSS) | 40m | 600m |
| 9-10 | TriStar 1 (TS1) | 120m | 1500m |
| 11-12 | TriStar 2 (TS2) | 240m | 2000m |
| 13-14 | TriStar 3 (TS3) | 360m | 2500m |
| 15-16 | Youth (Y) | 400m | 3000m |

*The swim is in a 20 metre pool. Part of the run is around playing fields which may be uneven, muddy and slippery in places – please ensure that appropriate footwear is worn. All distances in accordance with British Triathlon Rules.

[^] Assistance from female marshals at transition if required.