

Youth and Cadet Triathlon Series



Teenage athletes will get the chance to compete against one another in a season-long competition for the first time ever, with the introduction of two new exciting race series.

The Youth Series and Cadet Series will launch in 2020 and are designed to cater for the growing number of teenagers with Triathlon Ireland junior-, youth- or kid's race licences.

Both will be incorporated into existing events and will give participants a big-race experience, as well as preparation for BMW Junior National Series competition. The new series will also encourage more teenagers from around the country to compete against each other and foster greater participation from junior clubs.

Events

Results are based on an athlete's top three scoring performances at any event in the series.

Scoring

Overall positions in the series will be based on the best 3 events. In addition there will be prizes for the highest accumulated points across all events in the series.

Points are calculated based on a reduction by 8% for the first 20 finishers and by 4% thereafter.

If a race is cancelled or is deemed not to have met the level of quality that we require from a race, then the committee have the right to amend the number of points scored by the winner and the number of qualifying races to count in the series.

Males and females will be ranked separately.

In order to receive Cadet & Youth Series points you must hold a full racing licence for Triathlon Ireland when competing in the event.

Event Distance Requirements

In order to ensure consistency across each event, races must comply to the following distances for each age category. If you are running a race where any of the distances are longer than outlined below, please contact Triathlon Ireland to discuss your proposed distances.

Prizes

Triathlon Ireland will award series prizes at the end of the season. Prizes on race day are provided at the discretion of the race organisers.

The following maximum distances are applicable for each age group for **triathlon competitions**:

TRIATHLON	Pool Swim	Open Water	Cycle - Grass	Cycle - Tarmac	Run
Cadet: Ages 13-14	300m	500m	6km	8km	2400m
Youth: Ages 15-17	500m	600m	9km	13km	3500m

The following maximum distances are applicable for each age group for **duathlon competitions**:

DUATHLON	Run 1	Cycle - Grass	Cycle - Tarmac	Run
Cadet: Ages 13-14	2000m	6km	8km	800m
Youth: Ages 15-17	2500m	9km	13km	1000m

The following maximum distances are applicable for each age group for **aquathlon competitions**:

AQUATHLON	Pool Swim	Open Water	Run
Cadet: Ages 13-14	400m	500m	3km
Youth: Ages 15-17	500m	600m	4km