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[WWW.QUALICUMBEACHTRIATHLON.COM](http://WWW.QUALICUMBEACHTRIATHLON.COM)

**DATE: SUNDAY JUNE 23, 2024**

## Event Categories:

### Duathlon

(15+) Individual: 5 km run, 20.5 km bike, 2.5 km run

### Adult - Individual or Relay

(18+) Individual or Relay: 400 m swim, 20.5 km bike, 5 km run

### Aquathlon\* NEW

(15+) Individual: 400m Swim; 5 km run

### Junior - Individual or Relay

(16-17 years): 250m Swim, 12.3 km (3 loops) Bike, 5 km (2 loops) Run

### Youth - Individual or Relay

(14-15 years): 200 m swim, 8.2 km (2 loops) bike, 2.5 km run

### Minor - Individual or Relay

(12-13 years): 150 m swim, 4.1 km bike, 1 km run

### Novice - Individual or Relay

(10-11 years): 100 m swim, 4.1 km bike, 1 km run

### Rookie - Individual

(8-9 years) Individual: Swim: 50m with aid of life jacket

### Tiny Tri

(4-7 years) Individual: Swim: width of pool (assistance allowed), bike 125m in parking lot (1 loop), run 250m to finish line

OR  
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HERE

