

USA TRIATHLON®



AQUATHLON BASICS



THE BASICS

Aquathlon is a fun and fast-growing sport that combines running and swimming. A typical aquathlon is a run/swim/run combination; however it is not uncommon to see a two-stage race which is simply a swim/run combination. Many factors play into which combination will be utilized including but not limited to water temperature, if wetsuits are permitted and the competitive level of the event.

COMMON YOUTH AQUATHLON DISTANCES

RACE AGE	SWIM	RUN
Youth 7-8	50-100 meters	1k
Youth 9-10	100 meters	1-1.5k
Youth 11-12	200 meters	2k
Youth 13-15	200-375 meters	2-3k
Junior 16-19	400-750 meters	5k

*USAT rules define race age as your age on December 31st in the year of the competition

GET YOUR FEET WET!

Some aquathlons are designed to help endurance athletes train for bigger multisport races and improve their swim/run transition or open water swim times while others are designed for athletes who are just getting into the multisport lifestyle. An aquathlon is a cost-effective alternative to a triathlon due to there not being an expense for a bike.

USA TRIATHLON YOUTH SPLASH AND DASH AQUATHLON SERIES

The USA Triathlon Youth Splash and Dash Aquathlon Series is open to athletes ages 7-15. There are over 30 events taking place in each of the 10 USAT regions. The focus is on PARTICIPATION rather than competition. The series exposes youth participants to USA Triathlon and the exciting world of multisport. Become involved in this grassroots series and movement today. More details can be found by visiting usatsplashanddash.com.

- Aquathlon creates an opportunity to meet friends and other youth athletes who are interested and also engage in the multisport lifestyle.
- USAT certifies some coaches specifically for coaching youth and juniors.
- Be a part of the over 43,000 youth annual members.

Visit www.usatriathlon.org to become a member!