

### Distances for MU Nationals

Youth, 15 and Under	100yd swim	3 mile bike	0.5 mile run	
Junior, 16 - 19	200yd swim	6 mile bike	1 mile run	
Adult, 20+	375yd swim	6.2 mile bike	1.55 mile run	*this is half the distance of a Sprint distance triathlon

### Qualifying Criteria using only swim and run standards

Youth, 15 and Under	100yd swim AND 800m run standard per their classification, gender, and age
Junior, 16 - 19	200yd swim AND 1500m run standard per their classification, gender, and age
Adult, 20+	200yd swim AND 1500m run standard per their classification, gender ,and age

### Qualifying criteria using a successful completion of a community triathlon race between the following distances below between the time frame August 1, 2023 and July 7, 2024

<b>Youth, 15 and Under</b>	<b>Swim</b>	<b>Bike</b>	<b>Run</b>
	50 yd - 200 yd	1.5 mi - 4 mi	0.5 mi - 1.5 mi
<b>Class:</b>	<b>Ambulatory</b>	<b>Wheelchair</b>	<b>Visual Impairment</b>
<b>Qualification Time:</b>	0:55:00	0:52:30	0:50:00

<b>Junior, 16-19</b>	<b>Swim</b>	<b>Bike</b>	<b>Run</b>
	150-300yd	4 mi - 8 mi	0.75 - 2 mi
<b>Class:</b>	<b>Ambulatory</b>	<b>Wheelchair</b>	<b>Visual Impairment</b>
<b>Qualification Time:</b>	1:05:00	1:02:30	1:00:00

<b>Adult, 20+</b>	<b>Swim</b>	<b>Bike</b>	<b>Run</b>
	300 - 500yd	4 mi - 8 mi	1 mi - 3 mi
<b>Class:</b>	<b>Ambulatory</b>	<b>Wheelchair</b>	<b>Visual Impairment</b>
<b>Qualification Time:</b>	1:15:00	1:12:30	1:10:00

Swim Qualifying Standards

Adult Male	Junior Male	Youth Male	Class/Event			Youth Female	Junior Female	Adult Female
		7:15	S1	100 Free	S1	7:45		
		5:45	S2	100 Free	S2	6:15		
		5:15	S3	100 Free	S3	5:45		
		5:00	S4	100 Free	S4	5:30		
		4:30	S5	100 Free	S5	5:00		
		4:00	S6	100 Free	S6	4:30		
		3:30	S7	100 Free	S7	4:00		
		3:15	S8	100 Free	S8	3:45		
		3:00	S9	100 Free	S9	3:30		
		2:45	S10	100 Free	S10	3:15		
		3:00	S11	100 Free	S11	3:30		
		2:45	S12	100 Free	S12	3:15		
		2:45	S13	100 Free	S13	3:15		
		2:45	S14	100 Free	S14	3:15		
		2:45	MU90	100 Free	MU90	3:15		
		2:45	MU91	100 Free	MU91	3:15		
11:54	11:00		S1	200 Free	S1		11:30	14:12
8:28	10:15		S2	200 Free	S2		10:45	9:28
6:31	8:15		S3	200 Free	S3		8:45	8:28
6:04	7:45		S4	200 Free	S4		8:15	7:20
5:33	7:00		S5	200 Free	S5		7:30	5:57
3:56	5:30		S6	200 Free	S6		6:00	4:33
3:38	5:00		S7	200 Free	S7		5:30	3:42
3:26	4:45		S8	200 Free	S8		5:15	3:41
3:01	4:30		S9	200 Free	S9		5:00	3:18
2:50	4:30		S10	200 Free	S10		5:00	3:06
3:18	4:30		S11	200 Free	S11		5:15	4:04
3:06	4:30		S12	200 Free	S12		5:00	3:59
2:54	4:30		S13	200 Free	S13		5:00	3:23
2:54	4:30		S14	200 Free	S14		5:00	3:18
2:50	4:30		MU90	200 Free	MU90		5:00	3:06
2:50	4:30		MU91	200 Free	MU91		5:00	3:06

Paratriathlon  
Run Qualifying Standards

2024 The Hartford Nationals

Adult Male	Junior Male	Youth Male	Class/Event			Youth Female	Junior Female	Adult Female
		05:15	T11	800 Meters	T11	06:29		
		04:33	T12	800 Meters	T12	06:29		
		04:33	T13	800 Meters	T13	06:29		
		04:33	T20	800 Meters	T20	06:29		
		05:36	T33	800 Meters	T33	06:40		
		05:07	T34	800 Meters	T34	06:17		
		08:02	T35	800 Meters	T35	08:24		
		05:11	T36	800 Meters	T36	06:46		
		05:00	T37	800 Meters	T37	05:50		
		05:00	T38	800 Meters	T38	05:50		
		04:47	T42	800 Meters	T42	05:22		
		04:47	T43	800 Meters	T43	05:22		
		04:47	T44	800 Meters	T44	05:22		
		04:25	T45	800 Meters	T45	05:08		
		04:25	T46	800 Meters	T46	05:08		
		07:14	T51	800 Meters	T51	11:12		
		04:29	T52	800 Meters	T52	05:22		
		03:52	T53	800 Meters	T53	05:02		
		03:34	T54	800 Meters	T54	04:29		
		04:47	T61/62	800 Meters	T61/62	05:22		
		04:47	T63/64	800 Meters	T63/64	05:22		
		03:52	MU90	800 Meters	MU90	05:02		
		08:02	MU91	800 Meters	MU91	08:24		
0:06:38	07:18		T11	1500 Meters	T11		08:48	08:00
0:06:18	06:56		T12	1500 Meters	T12		08:22	07:36
0:06:18	06:56		T13	1500 Meters	T13		08:22	07:36
0:06:18	06:56		T20	1500 Meters	T20		08:22	07:36
0:08:28	09:19		T33	1500 Meters	T33		10:44	09:45
0:07:10	07:53		T34	1500 Meters	T34		09:55	09:01
0:10:00	11:00		T35	1500 Meters	T35		13:12	12:00
0:08:38	09:30		T36	1500 Meters	T36		11:22	10:20
0:06:36	07:16		T37	1500 Meters	T37		09:54	09:00
0:06:36	07:16		T38	1500 Meters	T38		09:54	09:00
0:08:40	09:32		T42	1500 Meters	T42		10:38	09:40
0:08:40	09:32		T43	1500 Meters	T43		10:38	09:40
0:06:24	07:02		T44	1500 Meters	T44		10:38	09:40
0:06:24	07:02		T45	1500 Meters	T45		07:42	07:00
0:06:24	07:02		T46	1500 Meters	T46		07:42	07:00
0:10:30	11:33		T51	1500 Meters	T51		15:24	14:00
0:06:48	07:29		T52	1500 Meters	T52		09:10	08:20
0:03:59	04:23		T53	1500 Meters	T53		05:30	05:00
0:03:59	04:23		T54	1500 Meters	T54		05:30	05:00
0:08:40	09:32		T61/62	1500 Meters	T61/62		10:38	09:40
0:08:40	09:32		T63/64	1500 Meters	T63/64		10:38	09:40
0:03:59	04:23		MU90	1500 Meters	MU90		05:30	05:00
0:06:18	06:56		MU91	1500 Meters	MU91		08:22	07:36