Competition Format and Rules

Format et règlement des compétitions

As of WED 21 OCT 2026

Youth Olympic Competition Format

There are two events on the Dakar 2026 Summer Youth Olympic Games triathlon programme: men's individual and women's individual. The format is as follows:

	Swim	Bike	Run
Women's Individual	750m (1 lap of 750m)	20.0km (3 laps of 6.46km)	5.0km (3 laps of 1.655km)
Men's Individual	750m (1 lap of 750m)	20.0km (3 laps of 6.46km)	5.0km (3 laps of 1.655km)

A draw will be held to randomly assign start positions for individuals. The draw will be held at least 24 hours before competition.

The events are continuous with no breaks in competition. The first athlete to complete the course is declared the winner.

The maximum number of athletes competing in the Youth Olympic Games triathlon individual competition is 64, with 32 men and 32 women.

Expected duration of individual events segments (winner):

Swim - approximately 12 minutes, bike - approximately 35 minutes, run - approximately 20 minutes. The entire duration of the individual events with two transitions is usually about 1 hour 10 minutes.

Differences between the World Triathlon Junior World Championships and the Summer Youth Olympic Games

The qualification system is different at the Youth Olympic Games, where the athletes' quota is limited to one athlete per gender, per event and NOC.

The Mixed Relay is part of the Junior Continental Championships programme.

Changes since Buenos Aires 2018 Summer Youth Olympic Games

There is no Mixed Relay team event on the programme for Dakar 2026 Summer Youth Olympic Games.

Sport Rules and Procedures

Tie Break Rules

The Head Referee may decide, based on the available evidence, that two or more athletes are tied if there is no way of discerning which athlete crossed the finish line first. In this case, the tie will remain, and the athletes will share the same place. Within the tied group, the athlete with the lowest race number will be listed first.

Penalties / Disqualification Rules

Failure to comply with the World Triathlon Competition Rules may result in an athlete being verbally warned, punished with a time penalty, disqualified, suspended, or expelled.

The most common reasons for penalisation are: Early start, shortcutting the course and unsportsmanlike behaviour; mounting before the mount line or dismounting after the dismount line in the transition area.

Protests / Appeals

A protest or appeal is considered if it is announced within five minutes after results have been officially posted, and also submitted in writing no more than 15 minutes after results have been officially posted. Appeals of an official decision can be made in the same way after a protest decision.

Note:
For further information please consult: triathlon.org