

**2021 World Triathlon Multisport
Championships Almere-Amsterdam -
Aquathlon**

Female Age Groups		Male Age Groups	
Age Group	Available Spots	Age Group	Available Spots
16-19	21	16-19	23
20-24	22	20-24	22
25-29	22	25-29	18
30-34	16	30-34	21
35-39	13	35-39	12
40-44	6	40-44	8
45-49	3	45-49	16
50-54	5	50-54	10
55-59	12	55-59	8
60-64	5	60-64	15
65-69	10	65-69	10
70-74	14	70-74	20
75-79	22	75-79	19
80-84	21	80-84	22
85-89	23	85-89	21
90-94	23	90-94	23
95-99	23	95-99	23