

**2021 World Triathlon Multisport  
Championships Almere-Amsterdam -  
Long Course Triathlon**

Female Age Groups		Male Age Groups	
Age Group	Available Spots	Age Group	Available Spots
18-19	23	18-19	22
20-24	23	20-24	21
25-29	21	25-29	23
30-34	20	30-34	15
35-39	17	35-39	16
40-44	18	40-44	14
45-49	17	45-49	18
50-54	13	50-54	14
55-59	21	55-59	18
60-64	20	60-64	19
65-69	21	65-69	19
70-74	23	70-74	20
75-79	23	75-79	21
80-84	23	80-84	23
85-89	23	85-89	23
90-94	23	90-94	23
95-99	23	95-99	23