

**Saturday 23 May 2026**

- Sprint Plus 800m/40km/8km: <https://app.triathlonireland.com/race-odl?rId=3515>
- Sprint Triathlon 750m/20km/5km: <https://app.triathlonireland.com/race-odl?rId=3516>
- Sprint Tri Youth 15-17 years 750m/20km.5km: <https://app.triathlonireland.com/race-odl?rId=3517>
- Duathlon Sprint 5km/20km/2.5km: <https://app.triathlonireland.com/race-odl?rId=3520>
- Aquabike Sprint 750m/20km: <https://app.triathlonireland.com/race-odl?rId=3521>
- Aquathlon Sprint 750m/5km: <https://app.triathlonireland.com/race-odl?rId=3522>
- Super Sprint 400m/20km/4km: <https://app.triathlonireland.com/race-odl?rId=3518>
- Triathlon Starter 'Try-A-Tri' 200m/12km/2.5km: <https://app.triathlonireland.com/race-odl?rId=3519>
- Mixed Team Relay 'Try-A-Tri' 250m/5km/1.5km: <https://app.triathlonireland.com/race-odl?rId=3523>

**Sunday 24 May 2026**

- Triathlon Middle Distance 1.9km/96km/21km: <https://app.triathlonireland.com/race-odl?rId=3504>
- Duathlon Middle 10km/96km/10km: <https://app.triathlonireland.com/race-odl?rId=3506>
- Duathlon Standard 10km/40km/5km: <https://app.triathlonireland.com/race-odl?rId=3507>
- Triathlon Standard 1.5km/40km/10km: <https://app.triathlonireland.com/race-odl?rId=3505>
- Aquabike Standard 1500m/40km: <https://app.triathlonireland.com/race-odl?rId=3508>
- Aquathlon Standard 1500m/10km: <https://app.triathlonireland.com/race-odl?rId=3509>
- Tri Youth 14-15 years 'Try-A-Tri' 500m/12.6km/2.5km: <https://app.triathlonireland.com/race-odl?rId=3510>
- Tri Youth 12-13 years 'Try-A-Tri' 400m/8km/1.5km: <https://app.triathlonireland.com/race-odl?rId=3512>
- Tri Youth 11-12 years 'Try-A-Tri' 300m/4km/1.8km: <https://app.triathlonireland.com/race-odl?rId=3513>
- Tri Junior 9-10 years 'Try-A-Tri' 200m/4km/0.8km: <https://app.triathlonireland.com/race-odl?rId=3514>