

MPA PERFORMANCE BENCHMARKS

		MEN						
Swim		Senior	Junior	U19	U17	U15	Tetrathlon Points U19	MP Points
	Podium	1:57	2:00	2:01	2:09	2:18	1155	1430
	Podium Ready (top 50%)	2:05	2:07	2:09	2:14	2:25	1105	1390
	Developing / Podium Potential (Final)	2:10	2:15	2:20	2:22	2:30	1040	1305
	Emerging / Developing (+2%)	2:13	2:18	2:23	2:25	2:33	900	1200
	Pre Performance Pathway (+3%)	2:14	2:20	2:24	2:26	2:35	NA	NA
	Prospective Performance Pathway (+5%)	2:17	2:22	2:27	2:29	2:38	NA	NA
	Foundation (+7%)	2:19	2:24	2:30	2:32	2:41	NA	NA

*The appropriate riding licence requirements are necessary in order to participate in the specific competitions involving riding

MPA PERFORMANCE BENCHMARKS

MEN								
Laser Run		Senior (4 X 800m)	Junior (4 X 800m)	U19 (4 X 800m)	U17 (3X800m)	U15 (3X800m)	Tetrathlon Points U19	MP Points
	Podium	10:50	11:00	11:05	8:33	9:50	1155	1430
	Podium Ready (top 50%)	11:30	11:35	11:40	8:50	10:10	1105	1390
	Developing / Podium Potential (Final)	12:00	12:30	12:35	9:35	10:30	1040	1305
	Emerging / Developing (+2%)	12:10	12:45	12:50	9:47	10:43	900	1200
	Pre Performance Pathway (+3%)	12:22	12:53	12:58	9:52	10:49	NA	NA
	Prospective Performance Pathway (+5%)	12:36	13:08	13:13	10:04	11:02	NA	NA
	Foundation (+7%)	12:50	13:23	13:28	10:15	11:14	NA	NA

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**Laser run times are based on 4X800m or 3X800m. Results will be extrapolated accordingly. Updated 600m times will be published in due course.

MPA PERFORMANCE BENCHMARKS

WOMEN								
Swim		Senior	Junior	U19	U17	U15	Tetrathlon Points U19	MP Points
	Podium	2:09	2:12	2:15	2:17	2:25	1035	1330
	Podium Ready (top 50%)	2:15	2:23	2:25	2:28	2:35	970	1260
	Developing / Podium Potential (Final)	2:20	2:28	2:32	2:38	2:45	905	1155
	Emerging / Developing (+2%)	2:25	2:31	2:35	2:41	2:48	850	1100
	Pre Performance Pathway (+3%)	2:26	2:32	2:37	2:43	2:50	NA	NA
	Prospective Performance Pathway (+5%)	2:29	2:35	2:40	2:46	2:53	NA	NA
	Foundation (+7%)	2:32	2:38	2:43	2:50	2:57	NA	NA

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MPA PERFORMANCE BENCHMARKS

WOMEN

		Senior (4 X 800m)	Junior (4 X 800m)	U19 (4 X 800m)	U17 (3X800m)	U15 (3X800m)	Tetrathlon Points U19 / U17	MP Points
Laser Run	Podium	12:00	12:40	12:43	9:25	10:45	1035	1330
	Podium Ready (top 50%)	12:40	13:15	13:30	9:55	11:00	970	1260
	Developing / Podium Potential (Final)	13:30	14:05	14:20	10:55	11:20	905	1155
	Emerging / Developing (+2%)	13:45	14:22	14:37	11:08	11:34	850	1100
	Pre Performance Pathway (+3%)	13:54	14:30	14:46	11:15	11:41	NA	NA
	Prospective Performance Pathway (+5%)	14:10	14:47	15:03	11:28	11:54	NA	NA
	Foundation (+7%)	14:26	15:04	15:20	11:41	12:08	NA	NA

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