

MPA PERFORMANCE BENCHMARKS

		MEN						
Swim		Senior	Junior	U19	U17	U15	Senior Tetrathlon Points	MP Points
	Podium	1:57	2:00	2:01	2:09	2:18	1220	1510
	Podium Ready (top 50%)	2:05	2:07	2:09	2:14	2:25	1180	1480
	Developing / Podium Potential (Final)	2:10	2:15	2:20	2:22	2:30	1152	1422
	Emerging / Developing (+2%)	2:13	2:18	2:23	2:25	2:33	1129	1394
	Pre Performance Pathway (+3%)	2:14	2:20	2:24	2:26	2:35	1117	1379
	Prospective Performance Pathway (+5%)	2:17	2:22	2:27	2:29	2:38	1094	1351
	Foundation (+7%)	2:19	2:24	2:30	2:32	2:41	1071	1322

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

MPA PERFORMANCE BENCHMARKS

MEN								
Laser Run		Senior (5 X 600m)	Junior (5 X 600m)	U19 (5 X 600m)	U17 (4X600m)	U15 (3X600m)	Senior Tetrathlon Points	MP Points
	Podium	9:50	10:00	10:10	TBD	TBD	1220	1510
	Podium Ready (top 50%)	10:30	10:35	10:40	TBD	TBD	1180	1480
	Developing / Podium Potential (Final)	10:40	11:00	11:05	TBD	TBD	1152	1422
	Emerging / Developing (+2%)	10:53	11:13	11:18	TBD	TBD	1129	1394
	Pre Performance Pathway (+3%)	11:00	11:20	11:25	TBD	TBD	1117	1379
	Prospective Performance Pathway (+5%)	11:12	11:33	11:38	TBD	TBD	1094	1351
	Foundation (+7%)	11:25	11:46	11:51	TBD	TBD	1071	1322

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**Laser run times are based on 5X600m

MPA PERFORMANCE BENCHMARKS

WOMEN								
Swim		Senior	Junior	U19	U17	U15	Senior Tetrathlon Points	Senior MP Points
	Podium	2:09	2:12	2:15	2:17	2:25	1120	1420
	Podium Ready (top 50%)	2:15	2:23	2:25	2:28	2:35	1100	1385
	Developing / Podium Potential (Final)	2:20	2:28	2:32	2:38	2:45	1065	1355
	Emerging / Developing (+2%)	2:25	2:31	2:35	2:41	2:48	1043	1328
	Pre Performance Pathway (+3%)	2:26	2:32	2:37	2:43	2:50	1033	1314
	Prospective Performance Pathway (+5%)	2:29	2:35	2:40	2:46	2:53	1012	1287
	Foundation (+7%)	2:32	2:38	2:43	2:50	2:57	990	1260

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MPA PERFORMANCE BENCHMARKS

WOMEN								
Laser Run		Senior (5 X 600m)	Junior (5 X 600m)	U19 (5 X 600m)	U17 (4X600m)	U15 (3X600m)	Senior Tetrathlon Points	Senior MP Points
	Podium	11:00	11:50	11:55	TBD	TBD	1120	1420
	Podium Ready (top 50%)	11:30	12:15	12:25	TBD	TBD	1100	1385
	Developing / Podium Potential (Final)	12:00	12:25	12:45	TBD	TBD	1065	1355
	Emerging / Developing (+2%)	12:14	12:40	13:00	TBD	TBD	1043	1328
	Pre Performance Pathway (+3%)	12:21	12:48	13:08	TBD	TBD	1033	1314
	Prospective Performance Pathway (+5%)	12:36	13:02	13:23	TBD	TBD	1012	1287
	Foundation (+7%)	12:54	13:17	13:39	TBD	TBD	990	1260

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**Laser run times are based on 5X600m.

