

PERFORMANCE BENCHMARK TIMES

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	2:05	2:07	2:09	2:14	2:25	1180	1470
Developing / Podium Potential	2:10	2:15	2:20	2:22	2:30	1152	1422
Emerging	2:13	2:18	2:23	2:25	2:33	1129	1394
Pre Performance Pathway	2:14	2:20	2:24	2:26	2:35	1117	1379
Prospective Performance Pathway	2:17	2:22	2:27	2:29	2:38	1094	1351
Foundation	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

PERFORMANCE BENCHMARK TIMES

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	10:30	10:35	10:40	TBD	TBD	1180	1470
Developing / Podium Potential	10:40	11:00	11:05	10:50	7:00	1152	1422
Emerging	10:53	11:13	11:18	11:00	7:15	1129	1394
Pre Performance Pathway	11:00	11:20	11:25	11:33	7:45	1117	1379
Prospective Performance Pathway	11:12	11:33	11:38	11:46	7:55	1094	1351
Foundation	11:25	11:46	11:51	12:06	8:08	1071	1322

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**Laser run times are based on 5X600m

PERFORMANCE BENCHMARK TIMES

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	2:15	2:23	2:25	2:28	2:35	1100	1385
Developing / Podium Potential	2:20	2:28	2:32	2:38	2:45	1065	1345
Emerging	2:25	2:31	2:35	2:41	2:48	1043	1310
Pre Performance Pathway	2:26	2:32	2:37	2:43	2:50	1033	1314
Prospective Performance Pathway	2:29	2:35	2:40	2:46	2:53	1012	1287
Foundation	2:32	2:38	2:43	2:50	2:57	990	1260

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PERFORMANCE BENCHMARK TIMES

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	11:30	12:15	12:25	TBD	TBD	1100	1385
Developing / Podium Potential	12:00	12:25	12:45	11:00	7:40	1065	1345
Emerging	12:14	12:40	13:00	11:13	7:55	1043	1310
Pre Performance Pathway	12:21	12:48	13:08	11:46	8:30	1033	1314
Prospective Performance Pathway	12:36	13:02	13:23	12:00	8:40	1012	1287
Foundation	12:54	13:17	13:39	12:20	8:50	990	1260

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**Laser run times are based on 5X600m.