MPA PERFORMANCE BENCHMARKS

		Senior	Junior	U19	U17	U15	Senior Tetrathlon Points	MP Points
	MEN							
Swim	**Podium**	1:57	2:00	2:01	2:09	2:18	**1200**	**1510**
	Podium Ready (top 50%)	2:05	2:07	2:09	2:14	2:25	**1177**	**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						
		Senior (5 X 600m)	Junior (5 X 600m)	U19 (5 X 600m)	U17 (4X600m)	U15 (3X600m)	Senior Tetrathlon Points	MP Points
Laser Run	**Podium**	9:50	10:00	10:10	TBD	TBD	1200	1510
	Podium Ready (top 50%)	10:30	10:35	10:40	TBD	TBD	1177	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

		Senior	Junior	U19	U17	U15	Senior Tetrathlon Points	Senior MP Points
WOMEN								
Swim	**Podium**	2:09	2:12	2:15	2:17	2:25	**1090**	**1420**
	Podium Ready (top 50%)	2:15	2:23	2:25	2:28	2:35	**1075**	**1385**
	Developing / Podium Potential (Final)	2:20	2:28	2:32	2:38	2:45	**1045**	**1355**
	Emerging / Developing (+2%)	2:25	2:31	2:35	2:41	2:48	**1024**	**1328**
	Pre Performance Pathway (+3%)	2:26	2:32	2:37	2:43	2:50	**1014**	**1314**
	Prospective Performance Pathway (+5%)	2:29	2:35	2:40	2:46	2:53	**993**	**1287**
	Foundation (+7%)	2:32	2:38	2:43	2:50	2:57	**972**	**1260**

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MPA PERFORMANCE BENCHMARKS

		Senior (5 X 600m)	Junior (5 X 600m)	U19 (5 X 600m)	U17 (4X600m)	U15 (3X600m)	Senior Tetrathlon Points	Senior MP Points
WOMEN								
Laser Run	**Podium**	11:00	11:50	11:55	TBD	TBD	1090	1420
	Podium Ready (top 50%)	11:30	12:15	12:25	TBD	TBD	1075	1385
	Developing / Podium Potential (Final)	12:00	12:25	12:45	TBD	TBD	1045	1355
	Emerging / Developing (+2%)	12:14	12:40	13:00	TBD	TBD	1024	1328
	Pre Performance Pathway (+3%)	12:21	12:48	13:08	TBD	TBD	1014	1314
	Prospective Performance Pathway (+5%)	12:36	13:02	13:23	TBD	TBD	993	1287
	Foundation (+7%)	12:54	13:17	13:39	TBD	TBD	972	1260

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**Laser run times are based on 5X600m.