

TIME TRIAL CRITERIA

TACT JETS

Applicants must be:

- (a) Aged between 12 and 15 as at 31 December 2012; and
- (b) Financial members of TACT and maintain their status as a financial member of TACT; and
- (c) Meet the time trial criteria specified below (see 2.2)

Applicants should meet the following time trial criteria to be considered for inclusion into the TACT JETS:

Swim 300m – (50m pool)

Male – Less than or equal to 4.30 minutes

Female – Less than or equal to 5.00 minutes

Run 1000m

Male - Less than or equal to 4.00 minutes

Female - Less than or equal to 4.30 minutes

Bike 10km

Tharwa (Tharwa/Cotter turnoff > Tharwa > Tharwa/Cotter turnoff)

Male – Less than or equal to 22.00 minutes

Female – Less than or equal to 24.30 minutes

(Special consideration maybe given to athletes who make two times and are within 10% of the 3rd if they have a short history in the sport).

TACT JDS

Applicants must be:

- (a) Aged between 14 and 19 as at 31 December 2012; and
- (b) Financial members of TACT and maintain their status as a financial member of TACT; and
- (c) Meet the time trial criteria specified below (see 2.2.1).

Applicants should meet the following time trial criteria to be considered for inclusion into the TACT JDS:

Swim 600m – (50m pool)

Male – Less than or equal to 9.10 minutes

Female – Less than or equal to 10.10 minutes

OR

Swim 1000m – (50m pool)

Male - Less than or equal to 15.50 minutes

Female - Less than or equal to 17.20 minutes

Run 3000m

Male - Less than or equal to 11.30 minutes

Female - Less than or equal to 13.00 minutes

OR

Run 5000M

Male - Less than or equal to 20.00 minutes

Female - Less than or equal to 22.10 minutes

Bike 10km

Tharwa (Tharwa/Cotter turnoff > Tharwa > Tharwa/Cotter turnoff)

Male – Less than or equal to 18.30 minutes

Female – Less than or equal to 20.30 minutes

Note: All athletes turning 16 years of age in 2012 must complete a 1k swim and 5k run. Athletes may nominate to be included in a higher squad if they make 2 qualifying times of any of the 3 disciplines and must be within 10% of the qualifying time of the 3rd discipline where the time has not been met.

(Arrangements can be made to accommodate athletes with a short history in the sport who don't quite make the times for one discipline).

TACT PS

Applicants should be:

- (a) Aged between 15 and 23 as at 31 December 2011; and
- (b) Financial members of TACT and maintain their status as a financial member of TACT; and
- (c) Meet the time trial criteria specified below (see 2.2.2).

Applicants should meet the following time trial criteria to be considered for inclusion into the TACT PS:

(note: swim and run times are 80% of the world's best time as per the National Performance Standards provided by TA)

Swim 1000m – (50m pool)

Male – Less than or equal to 14.10 minutes

Female – Less than or equal to 15.00 minutes

Run 5000m

Male – Less than or equal to 17.30 minutes

Female – Less than or equal to 20.00 minutes

Bike 10km

Tharwa (Tharwa/Cotter turnoff > Tharwa > Tharwa/Cotter turnoff)

Male – Less than or equal to 16.20 minutes

Female – Less than or equal to 18.20 minutes

Regular TACT JETS, JDS and PS time trials will be run at the Head Coach's discretion throughout the season to track athlete progress.

As per

Athletes wishing to achieve ITU National Performance Standard times will be provided with opportunities to do so within TAs windows of opportunity. These time trials are usually scheduled prior to national ITU events.

TACT JETS, JDS and PS athletes are encouraged to have a Home Coach. The JETS/JDS/PS coaches will work with home coaches where applicable to assist athletes to achieve their goals.