



Selection Criteria Manawatu Triathlon Academy

Athletes who meet BOTH swim and run criteria, are then passed onto the MTA Committee for selection into Continental Cups.

** the minimum age 15 years Males and 16 years Females**

Category/ Years old	200m Swim Time (MIN)	1500m Run Time (MIN)
Girls 16/17	2.25	5.20
Girls 18/19	2.20	5.00
Women U23	2.15	4.50
Boys 15/16/17	2.16	4.40
Boys 18/19	2.10	4.30
Men U23	2.04	4.20

Further to quantitative criteria athletes should have:

- Signed the Code of Conduct, are a member of the Manawatu Triathlon Club.
- Are self-sufficient and independent.
- Have a range in bike leg speed and draft legal bike skills.
- Are a positive Team Player, as Triathlon is now a team sport.
- Have completed a Level one Drugfree course

These times are for a 25m Competition pool and running track with an all-weather surface. When Time Trials are conducted on a grass track a 3sec allowance per 400m (11.25sec for 1500) is made for dry-hard and well maintained track.

MTA trials are conducted on Tri Carnival days, one is winter and one in spring, and/ or by an MTA coach during an MTA session.