

National Sport School **Triathlon** Assessment Criteria

Date of Assessment: ----- Assessing coaches: -----

Student's name: ----- Date of Birth: -----

Triathlon – the three disciplines

| Discipline | Technical criteria | | Marks |
|--------------|--------------------|------------|-------|
| | Year 7-8 | Year 9 | |
| Swimming | 200m TT | 400m TT | 30 |
| Running | 2k TT | 3k TT | 30 |
| Cycling | 5k TT | 8k TT | 20 |
| | Transition | Transition | 10 |
| | Drafting | Drafting | 10 |
| Total | | | 100 |

Each student is required to obtain the minimum pass mark (set at 50% of the achievable mark), in each discipline.

Selection testing to be conducted by MTF NSS coaches. Athletes' private coaches can be present.

The MTF will screen athletes passing the selection criteria through a full medical to eliminate the risk of any pre-existing conditions that may be of harm to the athlete and interfere with athletic activity at an elite level.

Swimming

(i) Should be conducted in a 50m pool.

(ii) Swim is timed from a dive start, where it is not possible to dive, athletes may begin with a push start. The swim concludes with a hand to the wall finish.

| Swimming | Year 7-8 | | Year 9 | | Marks |
|-------------|----------|---------------|----------|---------------|-------|
| | Pace | 200m | Pace | 400m | |
| Boys | 1:22/100 | 2:45 or less | 1:22/100 | 2:45 or less | 30 |
| | | 2:46-2:55 | | 2:46-2:55 | 25 |
| | | 2:56-3:05 | | 2:56-3:05 | 20 |
| | 1:40/100 | 3:06-3:20 | 1:40/100 | 3:06-3:20 | 15 |
| | | 3:16-3:25 | | 3:16-3:25 | 10 |
| | | 3:26 and more | | 3:26 and more | 0 |

| Swimming | Year 7-8 | | Year 9 | | Marks |
|--------------|----------|---------------|----------|---------------|-------|
| | Pace | 200m | Pace | 400m | |
| Girls | 1:27/100 | 2:55 or less | 1:27/100 | 2:55 or less | 30 |
| | | 2:56-3:05 | | 2:56-3:05 | 25 |
| | | 3:06-3:15 | | 3:06-3:15 | 20 |
| | 1:45/100 | 3:16-3:30 | 1:45/100 | 3:16-3:30 | 15 |
| | | 3:31-3:40 | | 3:31-3:40 | 10 |
| | | 3:41 and more | | 3:41 and more | 0 |

Running

| Running | Year 7-8 | | Year 9 | | Marks |
|-------------|----------|---------------|---------|---------------|-------|
| | Pace | 2km | Pace | 3km | |
| Boys | 3:45/km | 7:30 or less | 3:45/km | 7:30 or less | 30 |
| | | 7:31-7:45 | | 7:31-7:45 | 25 |
| | | 7:46-8:00 | | 7:46-8:00 | 20 |
| | 4:10/km | 8:01-8:20 | 4:10/km | 8:01-8:20 | 15 |
| | | 8:21-8:30 | | 8:21-8:30 | 10 |
| | | 8:31 and over | | 8:31 and over | 0 |

| Running | Year 7-8 | | Year 9 | | Marks |
|--------------|----------|---------------|---------|---------------|-------|
| | Pace | 2km | Pace | 3km | |
| Girls | 4:00/km | 8:00 or less | 4:00/km | 8:00 or less | 30 |
| | | 8:01-8:15 | | 8:01-8:15 | 25 |
| | | 8:15-8:25 | | 8:15-8:25 | 20 |
| | 4:20/km | 8:26-8:40 | 4:20/km | 8:26-8:40 | 15 |
| | | 8:41-8:50 | | 8:41-8:50 | 10 |
| | | 8:51 and over | | 8:51 and over | 0 |

Cycling

| Cycling | Year 7-8 | | Year 9 | | Marks |
|-------------|-----------------|-------|-----------------|-------|-------|
| | Pace | 5k TT | Pace | 8k TT | |
| Boys | 30km/hr | | 30km/hr | | 20 |
| | 28-29.9km/hr | | 28-29.9km/hr | | 15 |
| | 26-27.9km/hr | | 26-27.9km/hr | | 10 |
| | 25.9km or under | | 25.9km or under | | 0 |

| Cycling | Year 7-8 | | Year 9 | | Marks |
|--------------|------------------|-------|------------------|-------|-------|
| | Pace | 5k TT | Pace | 8k TT | |
| Girls | 28km and over | | 28km and over | | 20 |
| | 26-27.9km/hr | | 26-27.9km/hr | | 15 |
| | 24-25.9km/hr | | 24-25.9km/hr | | 10 |
| | 23.9km and under | | 23.9km and under | | 0 |

| Boys and Girls | Cycling | | Marks |
|----------------|--------------------------------|--|-------|
| | | | |
| | Mounting and dismounting | | 2 |
| | Braking safely & efficiently | | 3 |
| | Cornering safely & efficiently | | 3 |
| | Fly mount & dismount | | 2 |
| | Drafting skills | | 10 |