

Elite and pre-Elite Squad Qualifying Times for October 2012 Time Trials

Regional Squad:

Distance:	200M Swim	800M Run
M 12-13 yrs	3:00	3:05
F 12-13 yrs	3:05	3:10
Distance:	400M Swim	1.5K Run
M 14-15 yrs	5:45	5:30
F 14-15 yrs	6:05	6:05

National Squad B:

Distance:	400M Swim	1.5K Run
M 14-17 yrs	5:12	5:15
F 14-17 yrs	5:42	5:50

National Squad:

Distance:	400M Swim	3K Run	9K Bike
M 15-19 yrs	4:47	10:20	17:15
F 15-19 yrs	5:12	11:45	19:00
M 20-23 yrs	4:45	10:00	16:15
F 20-23 yrs	5:10	11:30	18:30
M 24+ yrs	4:40	9:45	15:45
F 24+ yrs	5:05	11:15	18:00

Note: Age as at 31 December 2012.