

# Absolute Tri Junior Standards 2014

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In order to join our junior club your junior will need to swim and run according to our set criteria and meet the standards below.

## Absolute Tri Junior Run Standards

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<b>Triathlon category</b>	<b>Age</b>	<b>Absolute Tri Run Standards 2014</b>
Tri Start	7-8	600m
Tri Star 1	9&10	1.2k
Tri Star 2	11&12	1.5k – good technique and faster paced run
Tri Star 3	13&14	1.5k – good technique and faster paced run
Youth	15&16	1.5k – good technique and faster paced run

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## Absolute Tri Swim Standards

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<b>Triathlon category</b>	<b>Age</b>	<b>Absolute Tri Swim standards 2014</b>
Tri Start	8	2 x 100m FR with 20 seconds rest each 100m must be done without stopping  50m Back stroke ; 50m Breast stroke
Tri Star 1	9&10	200m FR none-stop; 100m Back stroke; 100m Breast stroke; 25m Fly
Tri Star 2	11&12	400m FR; 100m Back stroke; 100m Breast stroke; 50m Fly
Tri Star 3	13&14	As above with good technique
Youth	15&16	As above with good technique

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