



Time Standards Guide

SWIM & RUN

World Leading swim and run times are an average of what the top athletes at the WTCS level are capable of doing in those individual events.

Internationally Ranked swim and run times are an average of what the top athletes at the World Cup level are capable of doing in those individual events.

Nationally Competitive swim and run times are an average of what the top athletes at the Continental Cup level are capable of doing in those individual events.

Development Potential swim and run times are an average of what the top athletes in domestic Draft-Legal racing level are capable of doing in those individual events.

BIKE

The bike data is what can be expected IN an actual draft legal triathlon race.

World leading = WTCS

Internationally Ranked = World Cup

Nationally Competitive = Continental Cup

Development Potential = Domestic Draft Legal Racing