



Sports & Youth Welfare Department  
Madhya Pradesh



# SELECTION TRIALS

FOR MADHYA PRADESH STATE

## TRIATHLON ACADEMY

6'th, 7'th and 8'th June 2026



Capt. Manoj Kumar Jha 7000236233

Venue : Bhopal



### MP Triathlon Academy Selection Criteria

Age Group	Boys/Girls	Min. Height	Min. Weight	Events	Distance	Excellent	Good	Satisfactory
Under 12	Boys	5.2	38	Swimming	200m	2:50-2:55	2:55-3:00	3:00-3:05
				Cycling	5km	11:00-11:30	1:30-12:00	12:00-12:30
				Running	2km	8:00-8:30	8:30-9:00	9:00-9:30
	Girls	5	36	Swimming	200m	2:55-3:00	3:00-3:05	3:05-3:10
				Cycling	5km	11:50-12:20	12:20-12:50	12:50-13:20
				Running	2km	8:50-9:20	9:20-9:50	9:50-10:20
Under 14	Boys	5.4	42	Swimming	400m	5:50-6:00	6:00-6:10	6:10-6:20
				Cycling	10km	22:00-23:00	23:00-24:00	24:00-25:00
				Running	5km	21:30-22:20	22:20-23:10	23:10-24:00
	Girls	5.2	38	Swimming	400m	6:10-6:15	6:15-6:20	6:20-6:25
				Cycling	10km	23:50-24:30	24:30-25:20	25:20-26:10
				Running	5km	22:50-23:30	23:30-23:50	23:50-24:10
Under 17	Boys	5.8	50	Swimming	800m	11:50-12:10	12:10-12:30	12:30-12:50
				Cycling	15km	34:00-35:00	35:00-36:00	36:00-37:00
				Running	7km	32:30-33:10	33:10-33:50	33:50-34:50
	Girls	5.6	42	Swimming	800m	12:20-12:30	12:30-12:40	12:40-12:50
				Cycling	15km	35:30-35:50	35:50-36:10	36:10-36:30
				Running	7km	33:30-33:50	33:50-34:10	34:10-34:30



### TEST-1 ANTHROPOMETRICAL CHART FOR TRIATHLETES

SNO.	TEST NAME	UNITS
1.	HEIGHT	Cms
2.	WEIGHT	Kgs
3.	BODY MASS INDEX	Kg.m <sup>2</sup>
4.	ARM SPAN	Cm
5.	WAIST / HIP RATIO	Waist (cm) hip (cm)

### CRITERIA CHART

12-13	26.3 – 50.4	135 - 155
13-14	28.2 – 55.8	140 - 160
14-15	30 – 61.2	145 - 165
15-16	31.8 – 66.7	150 - 170
16-17	33.6 – 72.7	155 - 175
17-18	35.8 - 70	160 - 180

### TEST-2 PHYSICAL TEST FOR TRIATHLETE

SNO.	TEST NAME	UNIT
1.	1600m run for boys 800m run for girls	Min
2.	Standing broad jump	M/ cm
3.	Standing vertical jump	M/ cm
4.	Sit and reach test	Cm
5.	Sit ups	Count/number
6.	Plank test	Sec / min
7.	Reaction test	Grading
8.	Speed test	