# DID YOU ENJOY EXPERIMENTING WITH TRIATHLON?

## FIND THE NEAREST Youth Club:

https://www.triathlonquebec.org/entraineurs/clubs/

(if applicable) :

A verified Club trainer can assess your skills from the *1-2-tri SCO!* Program and help you navigate the *1-2-tri GO!* Program! Great tools and rewards await you.





LEVELS 7 PROGRESS ASSESSMENT

NAME:		
GRADE :		
TEACHER:		 
DATE:		



### LEVEL 7

SWIMMING		S.7.1	<ul> <li>Identify visual markings to adequately and calmy find your bearings in open water with or without directional buoys (in harsher conditions: current, waves, seaweed, etc.).</li> </ul>	
	63	S.7.2	Crawl 500-750 m in open-water, on a course that includes a water entrance, various buoy turns and a water exit.	
		S.7.3	Understand swimming performance metrics • Stroke • Time • Respecting intervals.	
	VIMN	S.7.4	Perform dolphin dives when entering and exiting the water (in a competition, only do so when dolphining is allowed).	
	S	S.7.5	Crawl 750 m without stopping.	
	S.7.6	Crawl 200 m in 3 minutes 20 seconds or less.		
		S.7.7	Crawl 50 m in 40 seconds or less.	

CVCLING	C.7.1	Learn to      Accelerate     Reaccelerate     Sprint.	
	C.7.2	Pick something up (the size of a water bottle) off the ground while cycling.	
	C.7.3	Cycle on a course that includes sharp 180° to 360° corners (tilting the bicycle, minimal handlebar rotation).	
	C.7.4	Manage your supplies (hydration, nutrition) on your own, without under/overdoing it.	
	C.7.5	Repair/Replace a bicycle tube on your own.	
	C.7.6	Put your chain back while cycling.	
	C.7.7	Safely cycle down a steep hill while keeping your speed in check.	
	C.7.8	Take pulls (paceline) in a small group on a course that includes corners.	
	C.7.9	Corner sharp turns with minimal loss of speed • Right • Left.	
	C.7.10	Cycle 90 minutes on a complex set course (uphill, downhill, corners).	
	C.7.11	Cycle at a steady and rapid pace for 20 km.	

RUNNING	R.7.1	Manage your supplies (hydration, nutrition) on your own, without under/overdoing it.	
	R.7.2	Perform ABC Skips while doing unilateral skips.	
	R.7.3	• Manage your intensity to maintain a constant or progressively ascending pace for the whole interval/run, following given instructions (on appropriate competition distance).	
	R.7.4	Run/Walk for 45 minutes on a course that includes several hills.	
	R.7.5	• Run 1500 m in 6 minutes 15 seconds (boys)/6 minutes 30 seconds (girls) or less.	
	R.7.6	• Run 5 km at a steady and fast pace.	

NO	T.7.1	Toe clips/Clipless: Put on shoes while cycling in a group.	
TRANSIT	T.7.2	Toe clips/Clipless: Remove shoes while cycling in a group.	
	T.7.3	Participate in a "Regional Final" or "Québec Cup" event.	

### MY PARTICIPATIONS

DATE	EVENT
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#### Comments :