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# Young Athletes Triathlon Training Program 2022-2023

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康樂及文化事務署  
Leisure and Cultural  
Services Department

## 青苗三項鐵人培訓計劃 YOUNG ATHLETE TRIATHLON TRAINING SCHEME



### 計劃目的

- 增加青少年對三項鐵人活動的興趣
- 透過有系統及循序漸進的中層訓練培養其良好的體育精神
- 成績優秀者有機會加入地區集訓隊或香港代表發展隊

### PROGRAM AIMS

- TO AROUSE TEENAGERS INTEREST TO TRIATHLON.
- TO FOSTER THEIR SPORTSMANSHIP THROUGH SYSTEMATIC AND PROGRESSIVE TRAINING.
- TO PROMOTE OUTSTANDING ATHLETES TO REGIONAL SQUAD OR NATIONAL DEVELOPMENT SQUAD.

聯絡我們 CONTACT US

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www.triathlon.com.hk

## Young Athletes Triathlon Training Program 2022-2023

- (i) Objectives : 1. To arouse teenagers' interest to Triathlon and foster their sportsmanship through systematic and progressive training.
2. To promote outstanding athletes to Regional Squad or National Development Squad.
- (ii) Requirements : 1. Teenagers aged from 10 to 15 years old  
(Born in between 2007-1-1 to 2012-12-31)
2. With well swimming, running and basic cycling skills
3. Pass the selection
- (iii) Selection : Participants must attend both swimming and running test. The arrangement of selection will be sent before or on 2 June 2022 by email (registration deadline is 31 May 2022); Participants will be grouped by their ages and genders.

### Selection:

Date	Time	Item	Venue
4/6/2022 (Sat)	1100-1300	Running	Sha Tin Sports Ground
	1300-1500	Swimming	Sha Tin Jockey Club Swimming Pool
11/6/2022 (Sat)	0900-1100	Running	Hammer Hill Road Sports Ground
	1100-1300	Swimming	Lai Chi Kok Park Swimming Pool
<b>Content:</b>	<b>Swim for 100m &amp; Run for 800m</b> <b>(*Participants must attend both swimming and running test)</b>		

Please check the weather from the Hong Kong Observatory in advance of selection (Tel: 1878200). No selection will be held if a typhoon signal No.3 or above is hoisted, or if a Red Rainstorm Warning or above is effective 2 hours before the selection start. Selection rearrangement will be announced later.

### (iv) Course:

Content
1. Improve swimming and running skills
2. Gain basic cycling skills and improve cycling technique
3. Provide systematic training to local teenagers
4. Promote potential teenagers to Regional Squad or National Development Squad
5. Provide regular trainings to participants who would like to be Regional Squad members

\*\* The following training dates are for reference only. A confirmed training schedule and invitation letter will be sent to selected candidates by email after selection \*\*

## Young Athletes Triathlon Training Program 2022-2023

Course Periods: August 2022 to March 2023

Training Timetable:

Class	Date	Day	Time	Training detail	Venue	
YAT22- KL	Aug : 2,9,16,23,30	Tue	0900 – 1100	Swimming & Running	Sham Shui Po Park Swimming Pool	
	Aug : 4,11,18,25	Thu	0900 - 1100		Lai Chi Kok Park Swimming Pool	
	Aug : 6,13,20,27	Sat	0900 – 1100		Sham Shui Po Park Swimming Pool	
	Aug : 7,14,21	Sun	1200 – 1400	Cycling & Running	Gathering Place: Tai Po Sports Ground	
	Aug : 28		0900 – 1100	Swimming & Running	Repulse bay	
	Sep : 1,8,15,22,29	Thu	1900 – 2100	Cycling & Running	Sham Shui Po Park Swimming Pool	
	Sep : 4,11,25	Sun	1200 – 1400		Gathering Place: Tai Po Sports Ground	
	Sep : 18		0900 – 1100		Swimming & Running	Golden Beach
	Oct : 9,16,23,30		1200 – 1400		Cycling & Running	Gathering Place: Tai Po Sports Ground
	Oct : 2	Wed	0900 – 1100	Swimming & Running	Golden Beach	
	Oct : 5,12,19,26 Nov : 2,9,16,23,30		2000 – 2200	Running & Transition	Kowloon Bay Sports Ground	
	Nov : 6,13,20,27 Dec : 4,11,18	Sun	0800 – 1100	Cycling & Running	Gathering Place: Tai Po Sports Ground	
	Dec : 1,8,15,22,29	Thu	1900 – 2100	Swimming & Running	Sham Shui Po Park Swimming Pool	
	Jan : 5,12,19,26					
	Jan : 8,15,22,29	Sun	0800 – 1100	Cycling & Running	Gathering Place: Tai Po Sports Ground	
	Feb : 1,8,15,22	Wed	2000 – 2200	Running & Transition	Kowloon Bay Sports Ground	
Mar : 5,12,19,26	Sun	1200 – 1400	Cycling & Running	Gathering Place: Tai Po Sports Ground		

Class	Date	Day	Time	Training detail	Venue
YAT22- HK	Aug : 2,9,16,23,30	Tue	0800 - 1000	Swimming & Running	Sun Yat Sen Memorial Park Swimming Pool
	Aug : 4,11,18,25	Thu	0900 - 1100		
	Aug : 6,13,20	Sat	0900 – 1100		
	Aug : 7,14,21	Sun	1000-1200	Cycling & Running	Gathering Place: Tai Po Sports Ground
	Aug : 28	Sun	0900 - 1100	Swimming & Running	Repulse bay
	Sep : 1,8,15,22,29	Thu	1900 - 2100		Sun Yat Sen Memorial Park Swimming Pool
	Sep : 18	Sun	0900 - 1100		Golden Beach
	Sep : 6	Tue	2000 - 2200		Sun Yat Sen Memorial Park Swimming Pool
	Sep : 4,11,25	Sun	1000 -1200	Cycling & Running	Gathering Place: Tai Po Sports Ground
	Oct : 9,16,23,30				
	Oct : 7,14,21,28	Fri	1700 - 1900	Swimming & Running	Sun Yat Sen Memorial Park Swimming Pool
	Oct : 2	Sun	0900 - 1100		Golden Beach
	Nov : 4,11,18,25	Fri	1700 - 1900		Sun Yat Sen Memorial Park Swimming Pool
	Nov : 6,13,20,27 Dec : 4,11,18 Jan : 8,15,22,29	Sun	0800 - 1100	Cycling & Running	Gathering Place: Tai Po Sports Ground
	Dec : 3,10,17 Jan : 7,14,21,28 Feb : 4,11,18,25	Sat	1000 – 1200	Swimming & Running	Sun Yat Sen Memorial Park Swimming Pool
	Mar : 4,11,18				
	Mar : 5,12,19,26	Sun	1000 - 1200	Running & Transition	Sun Yat Sen Memorial Park (TBC)
			Cycling & Running	Gathering Place: Tai Po Sports Ground	

## Young Athletes Triathlon Training Program 2022-2023

Class	Date	Day	Time	Training detail	Venue
YAT22- NT	Aug : 1,8,15,22,29	Mon	0800 - 1000	Swimming & Running	Sha Tin Jockey Club Swimming Pool
	Aug : 4,11,18,25	Thu	1200 - 1400		
	Aug : 5,12,19,26	Fri	0800 - 1000		
	Aug : 7,14,21	Sun	0800 -1000	Cycling & Running	Gathering Place: Tai Po Sports Ground
	Aug : 28	Sun	0900 - 1100	Swimming & Running	Repulse bay
	Sep : 18				Golden Beach
	Sep : 7,14,21,28	Wed	1900 - 2100		Sha Tin Jockey Club Swimming Pool
	Sep : 2	Fri	1730 - 1930		
	Sep : 4,11,25 Oct : 9,16,23,30	Sun	0800 - 1000	Cycling & Running	Gathering Place: Tai Po Sports Ground
	Oct : 5,12,19,26	Wed	1900 - 2100	Swimming & Running	Sha Tin Jockey Club Swimming Pool
	Oct : 2	Sun	0900 - 1100		Golden Beach
	Nov : 4,11,18,25	Fri	1900 - 2100	Running & Transition	Ma On Shan Sports Ground
	Nov : 6,13,20,27 Dec : 4,11,18	Sun	0800 - 1100	Cycling & Running	Gathering Place: Tai Po Sports Ground
	Nov : 30 Dec : 7,14,21,28 Jan : 4,11,18 Feb : 1	Wed	1900 - 2100	Swimming & Running	Sha Tin Jockey Club Swimming Pool
	Jan : 8,15,22,29	Sun	0800 - 1100	Cycling & Running	Gathering Place: Tai Po Sports Ground
	Feb : 8,15,22 Mar : 1,8	Wed	1900 - 2100	Running & Transition	Ma On Shan Sports Ground
Mar : 5,12,19,26	Sun	0800 - 1000	Cycling & Running	Gathering Place: Tai Po Sports Ground	

- (vi) Quota : 20 participants per class, 3 classes in total
- (vii) Coach : Experienced coaches assigned by Hong Kong Triathlon Association
- (viii) Registration : From now until 30 June 2022 (based on the post chop date)  
Period
- (ix) Application : Fill in the entry form, together with a crossed cheque payable to “Hong Kong Triathlon Association Limited” and two self-addressed stamped envelopes. Return the form to the TriHK office by mail or in person. Underpaid mail items will not be accepted by Hong Kong Triathlon Association.  
(Room 1020, Olympic House, 1 Stadium Path, So Kon Po, Causeway Bay, Hong Kong)  
Office Hours: 10am-6pm (Mon to Fri)
- (x) Fees : \$1800 in total (please submit the entry form with the cheque) Participants will be assigned to the regional training after passing the test. The fees for the whole course and team uniform are \$1000 and \$800 respectively.  
**All entry fees are not refundable. Hong Kong Triathlon Association reserves the right of final decision.**
- (xi) Certificate : 1. Participants will be awarded a certificate after completing the course. (need to apply)
- (xii) Attendance : **Hong Kong Triathlon Association reserves the right to expel participants if the attendance rate lower than 60% (counted every months) from the program and no refund will be made.**
- (xiii) Enquires : Website: [www.triathlon.com.hk](http://www.triathlon.com.hk)  
Telephone: 2504 8282  
Email: [trihk@triathlon.com.hk](mailto:trihk@triathlon.com.hk)



## Young Athletes Triathlon Training Program 2022-2023

- (xvi) Remarks :
1. Personal information included HKID card number will be used for registration, statistical analysis, promotion and identification. Personal information will be kept confidential and handled by the authorized staff members of Hong Kong Triathlon Association.
  2. Please contact us if any personal information is needed to amend.
  3. Please fill in the accurate and eligible personal information in the form. Otherwise, our association has the right to reject the application.
  4. A confirmed training schedule and invitation letter will be sent to selected candidates by email after selection
  5. Since YAT team is under Hong Kong Triathlon Association, we have the right to the final decision of participant list.
  6. Our association reserves the right to amend the terms and conditions.
  7. No class will be held if a typhoon signal No.3 or above is hoisted, or if a Red Rainstorm Warning or above is effective 2 hours before the class starts. No supplementary class will
  8. If any Unforeseen circumstances happen 3hours before the lesson, the Training Course will be cancelled. No refund and fall back day will be arranged. (Will be notified by email individually)



## Young Athletes Triathlon Training Program 2022-2023

### Entry Form

**\*Read the rules and regulations before filling in the form (Copied entry form is acceptable)**

#### Personal Data of Applicant:

Name: (Chinese) \_\_\_\_\_ (English) \_\_\_\_\_

Gender: M / F      Year of Birth: \_\_\_\_\_      HKID card number: \_\_\_\_\_ ( )

Contact Number: \_\_\_\_\_ **Emergency Contact:** Name: \_\_\_\_\_ Contact Number: \_\_\_\_\_

Address: \_\_\_\_\_

Email Address: (Required fields) \_\_\_\_\_

School Name: \_\_\_\_\_

Please provide the best result of 100-meter swimming and 800-meter running:

100-meter swimming: \_\_\_\_\_      800-meter running: \_\_\_\_\_

Where did you get the information about Young Athletes Triathlon Training Program 2022-2023?

Please tick the appropriate box(es) below (can choose more than one options)

- |                                 |                                  |                                   |                               |                                |
|---------------------------------|----------------------------------|-----------------------------------|-------------------------------|--------------------------------|
| <input type="checkbox"/> 三項鐵人講座 | <input type="checkbox"/> 三項鐵人同樂日 | <input type="checkbox"/> 總會會訊     | <input type="checkbox"/> 總會網頁 | <input type="checkbox"/> 朋友/同事 |
| Triathlon Seminar               | Triathlon Fun Day                | Tri HK Newsletter                 | Tri HK Website                | Friend/Colleague               |
| <input type="checkbox"/> 報章     | <input type="checkbox"/> 橫額      | <input type="checkbox"/> 康文署分區辦事處 | <input type="checkbox"/> 其他   |                                |
| Newspaper                       | Banner                           | LCSD District Office              | Others: _____                 |                                |

For the selection date, please tick the appropriate box below. **(choose one option only)**

- 4/6/2022 (Sat) Sha Tin Sports Ground & Sha Tin Jockey Club Swimming Pool
- 11/6/2022 (Sat) Hammer Hill Road Sports Ground & Lai Chi Kok Park Swimming Pool

Please let us know your preference of courses if you are selected successfully (Write down "1" to "3" in the following boxes. "1" is the first priority, "2" is the second priority, "3" is the third priority.)

- Y A T 2 2 - H K       Y A T 2 2 - K L       Y A T 2 2 - N T

\*Our association has the right to the final decision

#### 責任聲明 Declaration:

本人\_\_\_\_\_ (參加者姓名) 是自願參加此活動和願意承擔自身的意外風險及責任，本人並無權向主辦機構及所有與這比賽直接或間接有關的獨立機構，就本人在活動進行期間及往返活動場地時所引致之所有損失，包括但不限於自身意外、死亡或其他任何形式的損失，進行任何索償或追討責任。本人准許香港Wed項鐵人總會使用本人所提供之資料，作為本活動及未來活動宣傳之用。本人明白可隨時聯絡trihk@triathlon.com.hk 以修改個人資料或提出拒絕接收往後之宣傳資料。

I \_\_\_\_\_ (Applicant's Name) understand that by participating in the Event there are risks of injury, death and/or loss. I am hereby entering the Event at my own risk and responsibility. I discharge the Organizer and any other individual organization connected directly or indirectly with the Event from any responsibility in the event of including but not limited to injury, death or loss of property incurred during as consequence of or while travelling to or from the Event. I permit the Tri HK to use the above personal data in the operation of this activity and to inform me of future activities. I understand I can contact trihk@triathlon.com.hk to amend any of my personal data, and or to refuse receiving further promotional information by emailing to the said address.

本人聲明本人身體健康及有能力參加此活動，並經由執業醫生確認本人之體適能適合參加此活動。  
I am physically fit and capable of participating in the Event and have not been otherwise advised by a qualified medical practitioner.

\*\*家長簽署: \_\_\_\_\_ 參加者簽署: \_\_\_\_\_ 日期: \_\_\_\_\_  
\*\*Parent's Signature: \_\_\_\_\_ Participant's Signature: \_\_\_\_\_ Date: \_\_\_\_\_  
(\*未滿十八歲必須家長簽署 Parent's Signature is necessary for participant aged under 18)