

Talent ID - Fast Track Programme (TID-FT)

The Talent ID - Fast Track Programme allows athletes that excel in a single discipline to receive 6 months elite triathlon training at the HKSI with the National Squad. The aim of the program is to bring athletes up to NSA standard to race for Hong Kong internationally. Achievement of either one of the below Talent ID - Fast Track Times qualifies an athlete to be considered for selection to the Program. The athlete may continue in the program for an additional 6 months, upon the recommendation of the Head Coach and endorsed by Selection. After completing the program, the athlete cannot be reselected for Talent ID - Fast Track. Athletes who have previously qualified for NSA or NSP are ineligible for the Talent ID - Fast Track Program.

Talent ID - Fast Track Times

Senior	Swim 800m	Run 5km
Male Elite	08:46	15:17
Male U23	08:56	15:40
Female Elite	09:24	17:14
Female U23	09:38	17:42
Junior	Swim 400m	Run 3km
Male Elite Junior 19	04:20	08:52
Male Elite Junior 18	04:26	09:02
Male Elite Junior 17	04:34	09:11
Male Elite Junior 16	04:40	09:21
Female Elite Junior 19	04:37	09:35
Female Elite Junior 18	04:47	09:44
Female Elite Junior 17	04:56	09:54
Female Elite Junior 16	05:06	10:03
Youth	Swim 200m	Run 1.5km
Male Youth 15	02:13	04:26
Male Youth 14	02:16	04:36
Male Youth 13 & below	02:19	04:45
Female Youth 15	02:27	04:55
Female Youth 14	02:32	05:04
Female Youth 13 & below	02:37	05:14