



TRIATHLON ASSOCIATION
OF HONG KONG CHINA
中國香港三項鐵人總會

Regional Squad Benchmarking – November 2024

Regional Squad Benchmarking will be held on 2 and 3 November as per the schedule below. Any athlete wishing to be considered for selection to the Regional Squad is welcome to attend.

Event	Date	Reporting Time	Starting Time	Venue
Swim	2 November 2024	12:45 to 13:00	13:50 (by wave)	52m Swimming Complex, HKSI
Run	3 November 2024	17:30	18:00 (by wave)	Athletic Track, HKSI

Athletes wishing to be considered for selection to the Regional Squad are required to pass the relevant Benchmarking Reference Times applicable to their age / Squad.

Squad Benchmarking designs for:

- (i) Squad members who would like to remain in squad for 2025;
- (i) Current athletes of any Squad wishing to move up to the higher Squad level; or
- (ii) Any athletes who are not yet members of any Squad, but who wish to be considered for selection to a Squad.

All Squad Benchmarking will be organized and run by Triathlon Association of Hong Kong China (TriHK). TriHK office staff will collate the results, which will be provided to participants as soon as possible after the Benchmarking.

All interested athletes are required to fill in the enrollment form and send it back to TriHK, by fax (2576 8253), by email (trihk@triathlon.com.hk) or by mail (Rm 1020, Olympic House, So Kon Po, 1 Stadium Path, Causeway Bay, Hong Kong), and it must arrive **no later than 12:00, 23 October 2024.**

NO LATE ENTRY WILL BE ACCEPTED.

The participant list will be posted on the TriHK website on 29 October 2024. For enquiries, please call TriHK on 2504 8282 during office hours.



Sports Federation &
Olympic Committee of Hong Kong, China



中國香港三項鐵人總會有限公司 **Triathlon Association of Hong Kong China Ltd.**

香港銅鑼灣掃桿埔大球場徑 1 號奧運大樓 1020 室 Rm 1020, Olympic House, 1 Stadium Path, Causeway Bay, Hong Kong
T.(852) 2504 8282 F.(852) 2576 8253 Email : trihk@triathlon.com.hk www.triathlon.com.hk



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Equipment and attire: Only equipment and apparel that is legal for Olympic Distance World Triathlon (WT) events will be allowed in all benchmarking events.

Inclement Weather Arrangement:

If either Typhoon Signal 8 or higher, or Black Rainstorm Warning, is hoisted 2 hours prior to the scheduled start time, the benchmarking will be automatically postponed, with a new date announced in due course. TriHK reserves the right to delay the start or postpone the Benchmarking to another day in the event of other adverse weather conditions.

Regional Squad Reference Time

Categories	Swim 200m	Run 1.5km
Male 16 & above	2:39.60	5:19.20
Male 15	2:43.80	5:27.60
Female 16 & above	2:52.90	6:05.70
Female 15	2:57.40	6:15.40

Categories	Swim 200m	Run 800m
Male 14	2:51.60	2:51.60
Male 13	2:55.80	2:55.80
Male 12	3:00.00	3:00.00
Male 11	3:04.20	3:04.20
Male 10	3:08.00	3:09.00
Female 14	3:05.90	3:13.00
Female 13	3:10.40	3:17.80
Female 12	3:15.00	3:22.50
Female 11	3:19.50	3:27.20
Female 10	3:24.00	3:32.00



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Remarks:

- Swim benchmarking will be conducted in the 50m pool.
- Athletes will be tested against the times for their age as of 31 December 2024.
- Athletes will be required to pass the swim and the run combine Benchmarking Reference Times applicable to their relevant age/Squad.
- Athletes will be required to pass the relevant Benchmarking Reference Times and become the squad till 31 December 2025
- Achievement of the above Benchmarking Reference Times qualifies an athlete to be considered to invite for the relevant Squad. The Selection Sub-Committee will review the benchmarking results and invite eligible athletes to become members of the Regional Squad.
- Selection Sub-Committee reserves the right, when and where necessary, to review and adjust the above policies. Notice will be given in advance.



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Regional Squad Benchmarking – November 2024

English Name: _____ Chinese Name: _____

Date of Birth: ___ DD ___ MM ___ YYYY Gender: _____ Place of Birth: _____

Year of Residence in HK: _____ Passport Type: _____

Residential Address: _____

Mobile Number: _____ Email: _____

Emergency Contact Person: _____ Relationships: _____

Emergency Contact Person Mobile: _____

Events of Benchmarking & Estimated time of completion:

(10-14 yrs old) Test Distance	Estimated Time of Completion	(15 yrs old & above) Test Distance	Estimated Time of Completion
Swim 200m		Swim 200m	
Run 800m		Run 1500m	

Declaration

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 or 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.

I am physically fit and capable of participating in the Event and have not been otherwise advised by a qualified medical practitioner.

Parent's Signature: _____ Participant's Signature: _____ Date: _____

Parent's Signature is necessary for participant aged under 18.



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