National Squad Benchmarking – October 2022

National Squad Benchmarking will be held on 29 and 30 October 2022 as per the schedule below:

Event	Date	Time	Reporting Time	Venue
Run	29 October 2022	08:00 to 08:45	07:30	Shatin Sports Ground
Swim	30 October 2022	09:20 to 10:30	08:45	Sun Yat Sen Memorial Park Swimming Pool

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

Squad Benchmarking designs for:

(i)   Squad members joined in 2021 who would like to remain in squad for 2023;

(ii)   Current athletes of any Squad wishing to move up to the higher Squad level; or

(iii)   Any athletes who are not yet members of any Squad, but wish to be considered for selection to a Squad.

All Squad Benchmarking will be organized and run by Hong Kong Triathlon Association (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 noon, 19 October 2022, NO LATE ENTRY WILL BE ACCEPTED.**

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

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Asia Triathlon

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

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T.(852) 2504 8282 F.(852) 2576 8253 Email : trihk@triathlon.com.hk www.triathlon.com.hk

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.

National Squad

Senior	Swim 800m	Run 5km
Male Elite	09:37.00	16:44.00
Male U23	09:47.00	17:10.00
Female Elite	10:18.00	18:53.00
Female U23	10:33.00	19:24.00
Junior	**Swim 400m**	**Run 3km**
Male Elite Junior 19	04:47.00	09:45.00
Male Elite Junior 18	04:53.00	09:54.00
Male Elite Junior 17	05:03.00	10:04.00
Male Elite Junior 16	05:09.00	10:15.00
Female Elite Junior 19	05:17.00	11:10.00
Female Elite Junior 18	05:25.00	11:20.00
Female Elite Junior 17	05:35.00	11:30.00
Female Elite Junior 16	05:45.00	11:40.00
Youth	**Swim 200m**	**Run 1.5km**
Male Youth 15	02:24.00	04:48.00
Male Youth 14	02:27.00	04:59.00
Male Youth 13	02:30.00	05:09.00
Female Youth 15	02:40.00	05:19.00
Female Youth 14	02:45.00	05:30.00
Female Youth 13	02:50.00	05:40.00

National Squad Potential

Senior	Swim 800m	Run 5km
Male Elite	10:05.00	17:34.20
Male U23	10:16.35	18:01.50
Female Elite	10:48.90	19:49.65
Female U23	11:04.65	20:22.20
Junior	**Swim 400m**	**Run 3km**
Male Elite Junior 19	05:01.5	10:14.25
Male Elite Junior 18	05:07.65	10:23.70
Male Elite Junior 17	05:18.15	10:34.20
Male Elite Junior 16	05:24.45	10:45.75
Female Elite Junior 19	05:32.85	11:43.50
Female Elite Junior 18	05:41.25	11:54.00
Female Elite Junior 17	05:51.75	12:04.50
Female Elite Junior 16	06:02.25	12:15.00
Youth	**Swim 200m**	**Run 1.5km**
Male Youth 15	02:31.00	05:02.40
Male Youth 14	02:34.45	05:13.95
Male Youth 13	02:37.50	05:24.45
Female Youth 15	02:48.00	05:34.95
Female Youth 14	02:53.25	05:46.50
Female Youth 13	02:58.50	05:57.00

Remarks:

- Swim benchmarking will be conducted in the 50m pool.

- Athletes will be tested against the times for their age as of 31 December 2022.

- Athletes will be required to pass the swim and the run Benchmarking Reference Times respectively applicable to their relevant age/Squad to be considered to invite for the national squad.

- Athletes will be required to pass the relevant Benchmarking Reference Times and become the squad till 30 June 2023.

- 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 National 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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National Squad Benchmarking – October 2022

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:

Elite Open and U23 Test Distance	Estimated Time of Completion	(16-19 yrs old) Test Distance	Estimated Time of Completion	(13-15 yrs old) Test Distance	Estimated Time of Completion
Swim 800m		Swim 400m		Swim 200m	
Run 5km		Run 3km		Run 1.5km	

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 a 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 to receive further promotional information by email 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 participants aged under 18

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