



National Squad Benchmarking – November 2025

National Squad Benchmarking will be held on 22 and 23 November 2025 as per the schedule below:

Event	Date	Reporting Time	Starting Time	Venue
Swim	22 November 2025	12:30	13:20	52m Swimming Complex, HKSI
Run	23 November 2025	17:30	18:30 (by wave)	Athletic Track, HKSI

Athletes wishing to be considered for selection to the National 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 the Squad for 2026;
- (ii) Current athletes of any squad wishing to move up to the higher squad level;
- (iii) Any athletes who are not yet members of any squad, but who wish to be considered for selection to a squad.

The Triathlon Association of Hong Kong, China (TriHK) will organise and oversee all Squad Benchmarking. TriHK office staff will compile the results and share them with participants as soon as possible after the Benchmarking.

Participation Fee: HKD 200. Members of the 2025 Representative Squad for all categories are exempt from the fee.

Remarks: Once a registration is accepted, the participation fee is non-refundable and non-transferable. If the benchmarking is rescheduled due to adverse weather or other circumstances beyond TriHK's control, the participation fee will remain non-refundable and non-transferable.

All interested athletes must complete the Google Form and upload the payment transfer record by 5 PM, 28 October 2025. **Late applications will not be accepted.**



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



The list of participating athletes will be published on the association's website on Friday, 31 October 2025. For inquiries, please contact the Triathlon Association of Hong Kong, China, during office hours at 2504 8282.

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.

National Squad

Senior	Swim 400m	Run 3km
Male Elite	04:30.00	09:15.00
Male 23	04:33.00	09:20.00
Male 22	04:36.00	09:26.00
Male 21	04:39.00	09:33.00
Male 20	04:42.00	09:40.00
Female Elite	04:50.00	10:40.00
Female 23	04:55.00	10:50.00
Female 22	05:00.00	11:00.00
Female 21	05:05.00	11:10.00
Female 20	05:10.00	11:20.00
Junior	Swim 400m	Run 3km
Male Elite Junior 19	04:46.00	09:47.00
Male Elite Junior 18	04:50.00	09:53.00
Male Elite Junior 17	04:55.00	09:59.00



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

Male Elite Junior 16	05:00.00	10:05.00
Female Elite Junior 19	05:15.00	11:30.00
Female Elite Junior 18	05:19.50	11:40.50
Female Elite Junior 17	05:24.50	11:50.50
Female Elite Junior 16	05:29.50	12:01.00
Youth	Swim 200m	Run 1.5km
Male Youth 15	02:19.00	04:43.50
Male Youth 14 & below	02:23.00	04:53.50
Female Youth 15	02:36.00	05:18.00
Female Youth 14 & below	02:42.00	05:28.00

National Squad Potential

Senior	Swim 400m	Run 3km
Male Elite	04:38.00	09:31.00
Male 23	04:41.00	09:36.00
Male 22	04:44.00	09:42.00
Male 21	04:47.00	09:50.00
Male 20	04:50.00	09:57.00
Female Elite	04:58.50	10:59.00
Female 23	05:03.00	11:09.00
Female 22	05:08.00	11:19.00
Female 21	05:14.00	11:30.00
Female 20	05:19.00	11:40.00
Junior	Swim 400m	Run 3km
Male Elite Junior 19	04:54.00	10:04.00
Male Elite Junior 18	04:58.00	10:10.00
Male Elite Junior 17	05:03.00	10:16.00
Male Elite Junior 16	05:09.00	10:23.00
Female Elite Junior 19	05:24.00	11:50.00
Female Elite Junior 18	05:29.00	12:01.00



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Female Elite Junior 17	05:34.20	12:11.80
Female Elite Junior 16	05:39.30	12:21.70
Youth	Swim 200m	Run 1.5km
Male Youth 15	02:23.00	04:52.00
Male Youth 14 & below	02:27.20	05:02.30
Female Youth 15	02:40.60	05:27.50
Female Youth 14 & below	02:46.80	05:37.80

Remarks:

- Swim benchmarking will be conducted in the 50m pool.
- Athletes will be tested against the times for their age as of 31 December 2025.
- 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 31 December 2026.
- 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.
- Athletes living overseas who are not current members of the National Squad must attend the benchmarking in person.
- 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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