| Race No | Wave | Start Time | Cap | Race Distance | Category | First Name | Last Name | Chinese Name | Club |
|---|---|---|---|---|---|---|---|---|---|
| 200 | 1 | 7:00 | White | Discovery Distance Swim 400m/ Bike 10.8k (3 laps)/ Run 2.5k | Male Open (NS only) | Tsz Leong Louie | Cheng | 鄭梓亮 | |
| 201 | 1 | 7:00 | White | Discovery Distance Swim 400m/ Bike 10.8k (3 laps)/ Run 2.5k | Male Open (NS only) | Cheuk Long | Chun | 陳卓朗 | |
| 202 | 1 | 7:00 | White | Discovery Distance Swim 400m/ Bike 10.8k (3 laps)/ Run 2.5k | Male Open (NS only) | Ho Ting | Lee | 李灝庭 | |
| 203 | 1 | 7:00 | White | Discovery Distance Swim 400m/ Bike 10.8k (3 laps)/ Run 2.5k | Male Open (NS only) | Hoi Fan | Ma | 馬凱勳 | |
| 204 | 1 | 7:00 | White | Discovery Distance Swim 400m/ Bike 10.8k (3 laps)/ Run 2.5k | Male Open (NS only) | Ngai Chun | Ting | 丁毅臻 | Sparkle Triathlon |
| 205 | 1 | 7:00 | White | Discovery Distance Swim 400m/ Bike 10.8k (3 laps)/ Run 2.5k | Male Open (NS only) | Lucas | Wong | 王諾 | Energetic Triathlon Shatin |
| 206 | 1 | 7:00 | White | Discovery Distance Swim 400m/ Bike 10.8k (3 laps)/ Run 2.5k | Male Open (NS only) | Yin Hang | Chan | 陳彥衡 | Aqua Gym Sport Association |
| 207 | 1 | 7:00 | White | Discovery Distance Swim 400m/ Bike 10.8k (3 laps)/ Run 2.5k | Male Open (NS only) | Chun Hei | Wong | 黃俊僖 | The Little Dolphin Swimming Training Center |
| 208 | 1 | 7:00 | White | Discovery Distance Swim 400m/ Bike 10.8k (3 laps)/ Run 2.5k | Male Open (NS only) | Yat Long | Lam | 林日朗 | |
| 209 | 1 | 7:00 | White | Discovery Distance Swim 400m/ Bike 10.8k (3 laps)/ Run 2.5k | Male Open (NS only) | King To | Chan | 陳景滔 | Energetic Triathlon Shatin |
| 210 | 1 | 7:00 | White | Discovery Distance Swim 400m/ Bike 10.8k (3 laps)/ Run 2.5k | Male Open (NS only) | Edison | Wong | 黃子健 | |
| 211 | 1 | 7:00 | White | Discovery Distance Swim 400m/ Bike 10.8k (3 laps)/ Run 2.5k | Male Open (NS only) | Jasper | Ho | 何頌朗 | The Little Dolphin Swimming Training Center |
| 212 | 1 | 7:00 | White | Discovery Distance Swim 400m/ Bike 10.8k (3 laps)/ Run 2.5k | Male Open (NS only) | Yin | Kei | 紀彥 | |
| 213 | 1 | 7:00 | White | Discovery Distance Swim 400m/ Bike 10.8k (3 laps)/ Run 2.5k | Male Open (NS only) | Chun Him | Wong | 王俊謙 | |
| 214 | 1 | 7:00 | White | Discovery Distance Swim 400m/ Bike 10.8k (3 laps)/ Run 2.5k | Male Open (NS only) | Lok Shi | Lam | 林樂仕 | Energetic Triathlon Shatin |
| 215 | 1 | 7:00 | White | Discovery Distance Swim 400m/ Bike 10.8k (3 laps)/ Run 2.5k | Male Open (NS only) | Pak Fan | Mok | 莫柏勛 | Energetic Triathlon Shatin |
| 216 | 1 | 7:00 | White | Discovery Distance Swim 400m/ Bike 10.8k (3 laps)/ Run 2.5k | Male Open (NS only) | Yan Tao | Shum | 沈恩途 | Galaxy Sports Triathlon |
| 217 | 1 | 7:00 | White | Discovery Distance Swim 400m/ Bike 10.8k (3 laps)/ Run 2.5k | Male Open (NS only) | Auscar | Tsang | 曾竟琋 | Energetic Triathlon Shatin |
| 218 | 1 | 7:00 | White | Discovery Distance Swim 400m/ Bike 10.8k (3 laps)/ Run 2.5k | Male Open (NS only) | Nok Hei | Wong | 王諾熙 | |
| 219 | 1 | 7:00 | White | Discovery Distance Swim 400m/ Bike 10.8k (3 laps)/ Run 2.5k | Male Open (NS only) | Pak Yiu Anson | Wong | 黃栢堯 | Energetic Triathlon Shatin |
| 220 | 1 | 7:00 | White | Discovery Distance Swim 400m/ Bike 10.8k (3 laps)/ Run 2.5k | Male Open (NS only) | WT Dominic | Carson | 簡煒晉 | Energetic Triathlon Shatin |
| 221 | 1 | 7:00 | White | Discovery Distance Swim 400m/ Bike 10.8k (3 laps)/ Run 2.5k | Male Open (NS only) | Po Shun Yemi | Yick | 易甫錞 | Energetic Triathlon Shatin |
| 222 | 1 | 7:00 | White | Discovery Distance Swim 400m/ Bike 10.8k (3 laps)/ Run 2.5k | Male Open (NS only) | Tsun Fung | Yim | 嚴浚鋒 | Sparkle Triathlon |
| 223 | 1 | 7:00 | White | Discovery Distance Swim 400m/ Bike 10.8k (3 laps)/ Run 2.5k | Male Open (NS only) | Pu Chak | Yung | 翁溥澤 | The Little Dolphin Swimming Training Center |
| 224 | 1 | 7:00 | White | Discovery Distance Swim 400m/ Bike 10.8k (3 laps)/ Run 2.5k | Male Open (NS only) | Nathan Siu-Wo | Au Yeung | 歐陽兆和 | The Little Dolphin Swimming Training Center |
| 225 | 1 | 7:00 | White | Discovery Distance Swim 400m/ Bike 10.8k (3 laps)/ Run 2.5k | Male Open (NS only) | Chak Lam | Wan | 溫澤林 | Energetic Triathlon Shatin |
| 226 | 1 | 7:00 | White | Discovery Distance Swim 400m/ Bike 10.8k (3 laps)/ Run 2.5k | Male Open (NS only) | Wang Hin Ian | Fok | 霍泓軒 | Energetic Triathlon Shatin |
| 227 | 1 | 7:00 | White | Discovery Distance Swim 400m/ Bike 10.8k (3 laps)/ Run 2.5k | Male Open (NS only) | Ka Ho | Wong | 黃嘉豪 | |
| 228 | 1 | 7:00 | White | Discovery Distance Swim 400m/ Bike 10.8k (3 laps)/ Run 2.5k | Male Open (NS only) | Tsz Hin | Yip | 葉子軒 | Energetic Triathlon Shatin |
| 229 | 1 | 7:00 | White | Discovery Distance Swim 400m/ Bike 10.8k (3 laps)/ Run 2.5k | Male Open (NS only) | Jason Tai Long | Ng | 伍泰龍 | |
| 230 | 1 | 7:00 | White | Discovery Distance Swim 400m/ Bike 10.8k (3 laps)/ Run 2.5k | Male Open (NS only) | Tak Long | Yip | 葉德朗 | Energetic Triathlon Shatin |
| 231 | 1 | 7:00 | White | Discovery Distance Swim 400m/ Bike 10.8k (3 laps)/ Run 2.5k | Male Open (NS only) | Tsz To | Wong | 黃子圖 | |
| 232 | 1 | 7:00 | White | Discovery Distance Swim 400m/ Bike 10.8k (3 laps)/ Run 2.5k | Male Open (NS only) | Robin | Elg | 羅競賓 | |
| 233 | 1 | 7:00 | White | Discovery Distance Swim 400m/ Bike 10.8k (3 laps)/ Run 2.5k | Male Elite Youth (NS only) | Sze Chai | Lau | 劉思齊 | Energetic Triathlon Shatin |
| 234 | 1 | 7:00 | White | Discovery Distance Swim 400m/ Bike 10.8k (3 laps)/ Run 2.5k | Male Elite Youth (NS only) | Yik Hei | Lau | 劉奕希 | Energetic Triathlon Shatin |
| 235 | 1 | 7:00 | White | Discovery Distance Swim 400m/ Bike 10.8k (3 laps)/ Run 2.5k | Male Elite Youth (NS only) | Hoi Jin | Lee | 李鎧靖 | Energetic Triathlon Shatin |
| 236 | 1 | 7:00 | White | Discovery Distance Swim 400m/ Bike 10.8k (3 laps)/ Run 2.5k | Male Elite Youth (NS only) | Cheuk Kiu | Ng | 吳卓翹 | Energetic Triathlon Shatin |
| 237 | 1 | 7:00 | White | Discovery Distance Swim 400m/ Bike 10.8k (3 laps)/ Run 2.5k | Male Elite Youth (NS only) | Tze Kiu | Tam | 譚子翹 | Energetic Triathlon Shatin |
| 238 | 1 | 7:00 | White | Discovery Distance Swim 400m/ Bike 10.8k (3 laps)/ Run 2.5k | Male Elite Youth (NS only) | Shun Hei | Wong | 黃淳希 | |
| 239 | 1 | 7:00 | White | Discovery Distance Swim 400m/ Bike 10.8k (3 laps)/ Run 2.5k | Male Elite Youth (NS only) | Lap Yan | Kei | 紀立人 | Sparkle Triathlon |
| 240 | 1 | 7:00 | White | Discovery Distance Swim 400m/ Bike 10.8k (3 laps)/ Run 2.5k | Male Elite Youth (NS only) | San Mau Jacob | Mak | 麥宸畝 | Sparkle Triathlon |
| 241 | 1 | 7:00 | White | Discovery Distance Swim 400m/ Bike 10.8k (3 laps)/ Run 2.5k | Male Elite Youth (NS only) | Hao Che | Chang | 張浩哲 | Crest Ray Recreation & Sports Club |
| 242 | 1 | 7:00 | White | Discovery Distance Swim 400m/ Bike 10.8k (3 laps)/ Run 2.5k | Male Elite Youth (NS only) | Chak Yan | Wan | 溫澤仁 | Energetic Triathlon Shatin |
| 243 | 1 | 7:00 | White | Discovery Distance Swim 400m/ Bike 10.8k (3 laps)/ Run 2.5k | Male Elite Youth (NS only) | Chi Yan Ian | Chung | 鍾智仁 | Energetic Triathlon Shatin |
| 244 | 1 | 7:00 | White | Discovery Distance Swim 400m/ Bike 10.8k (3 laps)/ Run 2.5k | Male Elite Youth (NS only) | Chun Ching | Ting | 丁進澄 | Sparkle Triathlon |
| | | | | | | | | | |
| 250 | 2 | 7:20 | Pink | Discovery Distance Swim 400m/ Bike 10.8k (3 laps)/ Run 2.5k | Female Open (NS only) | Oi Yin | Chan | 陳愛妍 | |
| 251 | 2 | 7:20 | Pink | Discovery Distance Swim 400m/ Bike 10.8k (3 laps)/ Run 2.5k | Female Open (NS only) | Bertha | Ackber | 區曉彤 | |
| 252 | 2 | 7:20 | Pink | Discovery Distance Swim 400m/ Bike 10.8k (3 laps)/ Run 2.5k | Female Open (NS only) | Chung Ning | Shum | 岑頌寧 | Energetic Triathlon Shatin |
| 253 | 2 | 7:20 | Pink | Discovery Distance Swim 400m/ Bike 10.8k (3 laps)/ Run 2.5k | Female Open (NS only) | Yuet Hei | Ng | 吳悅曦 | Energetic Triathlon Shatin |
| 254 | 2 | 7:20 | Pink | Discovery Distance Swim 400m/ Bike 10.8k (3 laps)/ Run 2.5k | Female Open (NS only) | Lok Tung | Wong | 王樂彤 | |
| 255 | 2 | 7:20 | Pink | Discovery Distance Swim 400m/ Bike 10.8k (3 laps)/ Run 2.5k | Female Open (NS only) | Sarah | Modiano | | South China Athletic Association |
| 256 | 2 | 7:20 | Pink | Discovery Distance Swim 400m/ Bike 10.8k (3 laps)/ Run 2.5k | Female Open (NS only) | Wan Tung | Wong | 黃允彤 | Energetic Triathlon Shatin |
| 257 | 2 | 7:20 | Pink | Discovery Distance Swim 400m/ Bike 10.8k (3 laps)/ Run 2.5k | Female Open (NS only) | Anson | Lun | 倫柏翹 | AustSports Association |

| Race No | Wave | Start Time | Cap | Race Distance | Category | First Name | Last Name | Chinese Name | Club |
|---|---|---|---|---|---|---|---|---|---|
| 258 | 2 | 7:20 | Pink | Discovery Distance Swim 400m/ Bike 10.8k (3 laps)/ Run 2.5k | Female Open (NS only) | Lai Ki Nicole | Man | 文麗淇 | Energetic Triathlon Shatin |
| 259 | 2 | 7:20 | Pink | Discovery Distance Swim 400m/ Bike 10.8k (3 laps)/ Run 2.5k | Female Open (NS only) | Hoi Ching | Lam | 林海晴 | |
| 260 | 2 | 7:20 | Pink | Discovery Distance Swim 400m/ Bike 10.8k (3 laps)/ Run 2.5k | Female Open (NS only) | Cheuk Yat | Lo | 盧卓逸 | Energetic Triathlon Shatin |
| 261 | 2 | 7:20 | Pink | Discovery Distance Swim 400m/ Bike 10.8k (3 laps)/ Run 2.5k | Female Open (NS only) | Tallulah | Wright | 韋禔 | |
| 262 | 2 | 7:20 | Pink | Discovery Distance Swim 400m/ Bike 10.8k (3 laps)/ Run 2.5k | Female Elite Youth (NS only) | Heulwen | Chau | 周烜慧 | Energetic Triathlon Shatin |
| 263 | 2 | 7:20 | Pink | Discovery Distance Swim 400m/ Bike 10.8k (3 laps)/ Run 2.5k | Female Elite Youth (NS only) | Cheuk Lam | Chung | 鍾焯琳 | Energetic Triathlon Shatin |
| 264 | 2 | 7:20 | Pink | Discovery Distance Swim 400m/ Bike 10.8k (3 laps)/ Run 2.5k | Female Elite Youth (NS only) | Cin Yee Cydnee | Chung | 鍾倩兒 | |
| 265 | 2 | 7:20 | Pink | Discovery Distance Swim 400m/ Bike 10.8k (3 laps)/ Run 2.5k | Female Elite Youth (NS only) | Hiu Tung Hazel | Lee | 李曉彤 | |
| 266 | 2 | 7:20 | Pink | Discovery Distance Swim 400m/ Bike 10.8k (3 laps)/ Run 2.5k | Female Elite Youth (NS only) | Yi | Ma | 馬懿 | |
| 267 | 2 | 7:20 | Pink | Discovery Distance Swim 400m/ Bike 10.8k (3 laps)/ Run 2.5k | Female Elite Youth (NS only) | Hong Ching | Wong | 黃康晴 | The Little Dolphin Swimming Training Center |
| 268 | 2 | 7:20 | Pink | Discovery Distance Swim 400m/ Bike 10.8k (3 laps)/ Run 2.5k | Female Elite Youth (NS only) | Hiu Yau | Yeung | 楊曉悠 | |
| 269 | 2 | 7:20 | Pink | Discovery Distance Swim 400m/ Bike 10.8k (3 laps)/ Run 2.5k | Female Elite Youth (NS only) | Jessie | Ho | 何泳悠 | The Little Dolphin Swimming Training Center |
| 270 | 2 | 7:20 | Pink | Discovery Distance Swim 400m/ Bike 10.8k (3 laps)/ Run 2.5k | Female Elite Youth (NS only) | Sin Yin Chloe | Lau | 劉善然 | New Sports Triathlon |
| | | | | | | | | | |
| 320 | 3 | 7:40 | Yellow | Discovery Distance Swim 400m/ Bike 10.8k (3 laps)/ Run 2.5k | Male Youth 1 | IN CHEONG | CHAN | 陳彥彰 | |
| 321 | 3 | 7:40 | Yellow | Discovery Distance Swim 400m/ Bike 10.8k (3 laps)/ Run 2.5k | Male Youth 1 | Tom | Bennett | | South China Athletic Association |
| 322 | 3 | 7:40 | Yellow | Discovery Distance Swim 400m/ Bike 10.8k (3 laps)/ Run 2.5k | Male Youth 1 | Wang Chun | Chan | 陳宏晉 | First Ten Generation Team |
| 323 | 3 | 7:40 | Yellow | Discovery Distance Swim 400m/ Bike 10.8k (3 laps)/ Run 2.5k | Male Youth 1 | YUI HIM | SOU | | Energetic Triathlon Shatin |
| 324 | 3 | 7:40 | Yellow | Discovery Distance Swim 400m/ Bike 10.8k (3 laps)/ Run 2.5k | Male Youth 1 | VIR | DUTT | | NL Triathlon Club |
| 325 | 3 | 7:40 | Yellow | Discovery Distance Swim 400m/ Bike 10.8k (3 laps)/ Run 2.5k | Male Youth 1 | Yat Long Jay | Chan | 陳逸朗 | Energetic Triathlon Shatin |
| 326 | 3 | 7:40 | Yellow | Discovery Distance Swim 400m/ Bike 10.8k (3 laps)/ Run 2.5k | Male Youth 1 | CHUN HIM LOUIS | WONG | 黃俊謙 | Energetic Triathlon Shatin |
| 327 | 3 | 7:40 | Yellow | Discovery Distance Swim 400m/ Bike 10.8k (3 laps)/ Run 2.5k | Male Youth 1 | Wan Hin | Mok | 莫蘊軒 | Energetic Triathlon Shatin |
| 328 | 3 | 7:40 | Yellow | Discovery Distance Swim 400m/ Bike 10.8k (3 laps)/ Run 2.5k | Male Youth 1 | Justus Geoffrey | Liu | 廖格非 | Mango Swimming Club |
| 329 | 3 | 7:40 | Yellow | Discovery Distance Swim 400m/ Bike 10.8k (3 laps)/ Run 2.5k | Male Youth 1 | Charles | LABBE | | |
| 330 | 3 | 7:40 | Yellow | Discovery Distance Swim 400m/ Bike 10.8k (3 laps)/ Run 2.5k | Male Youth 1 | Chun Hong Chaska | Poon | 方俊匡 | |
| 331 | 3 | 7:40 | Yellow | Discovery Distance Swim 400m/ Bike 10.8k (3 laps)/ Run 2.5k | Male Youth 1 | CARLOS | CHAN | | Energetic Triathlon Shatin |
| 332 | 3 | 7:40 | Yellow | Discovery Distance Swim 400m/ Bike 10.8k (3 laps)/ Run 2.5k | Male Youth 1 | GAVIN | CHI | 遲棣文 | Energetic Triathlon Shatin |
| 333 | 3 | 7:40 | Yellow | Discovery Distance Swim 400m/ Bike 10.8k (3 laps)/ Run 2.5k | Male Youth 1 | Tin Lap | Qu | 邱天立 | Sparkle Triathlon |
| 334 | 3 | 7:40 | Yellow | Discovery Distance Swim 400m/ Bike 10.8k (3 laps)/ Run 2.5k | Male Youth 1 | pak long Casper | chan | 陳柏朗 | Energetic Triathlon Shatin |
| 335 | 3 | 7:40 | Yellow | Discovery Distance Swim 400m/ Bike 10.8k (3 laps)/ Run 2.5k | Male Youth 1 | Atticus Fong Kok | Lui | 雷枋桷 | |
| 336 | 3 | 7:40 | Yellow | Discovery Distance Swim 400m/ Bike 10.8k (3 laps)/ Run 2.5k | Male Youth 1 | Yat to Travis | Li | | Energetic Triathlon Shatin |
| 337 | 3 | 7:40 | Yellow | Discovery Distance Swim 400m/ Bike 10.8k (3 laps)/ Run 2.5k | Male Youth 1 | Chun Lam | Chu | 朱俊霖 | The Little Dolphin Swimming Training Center |
| 338 | 3 | 7:40 | Yellow | Discovery Distance Swim 400m/ Bike 10.8k (3 laps)/ Run 2.5k | Male Youth 1 | HO CHING ANGUS | LEUNG | 梁皓程 | The Little Dolphin Swimming Training Center |
| 339 | 3 | 7:40 | Yellow | Discovery Distance Swim 400m/ Bike 10.8k (3 laps)/ Run 2.5k | Male Youth 1 | JIANGZHI | HU | 胡江芷 | Energetic Triathlon Shatin |
| 340 | 3 | 7:40 | Yellow | Discovery Distance Swim 400m/ Bike 10.8k (3 laps)/ Run 2.5k | Male Youth 1 | Yuehan | Yin | 殷悅涵 | |
| 341 | 3 | 7:40 | Yellow | Discovery Distance Swim 400m/ Bike 10.8k (3 laps)/ Run 2.5k | Male Youth 1 | JACO JIA SHEN | XI | 奚嘉霖 | Aqua Gym Sport Association |
| 342 | 3 | 7:40 | Yellow | Discovery Distance Swim 400m/ Bike 10.8k (3 laps)/ Run 2.5k | Male Youth 2 | HOU SON | CHAU | 周浩信 | |
| 343 | 3 | 7:40 | Yellow | Discovery Distance Swim 400m/ Bike 10.8k (3 laps)/ Run 2.5k | Male Youth 2 | Iat Long | Lou | 勞日朗 | |
| 344 | 3 | 7:40 | Yellow | Discovery Distance Swim 400m/ Bike 10.8k (3 laps)/ Run 2.5k | Male Youth 2 | PUI U | WONG | 黃霈瑜 | |
| 345 | 3 | 7:40 | Yellow | Discovery Distance Swim 400m/ Bike 10.8k (3 laps)/ Run 2.5k | Male Youth 2 | WAI LAM | PONG | 龐瑋霖 | |
| 346 | 3 | 7:40 | Yellow | Discovery Distance Swim 400m/ Bike 10.8k (3 laps)/ Run 2.5k | Male Youth 2 | YUI HANG | CHOI | 蔡睿珩 | |
| 347 | 3 | 7:40 | Yellow | Discovery Distance Swim 400m/ Bike 10.8k (3 laps)/ Run 2.5k | Male Youth 2 | Lok Chun Titus | Lui | 雷樂遵 | Energetic Triathlon Shatin |
| 348 | 3 | 7:40 | Yellow | Discovery Distance Swim 400m/ Bike 10.8k (3 laps)/ Run 2.5k | Male Youth 2 | YIFENG Frank | WU | 吳藝灃 | |
| 349 | 3 | 7:40 | Yellow | Discovery Distance Swim 400m/ Bike 10.8k (3 laps)/ Run 2.5k | Male Youth 2 | Yat Long Julian | Cho | 曹日朗 | |
| 350 | 3 | 7:40 | Yellow | Discovery Distance Swim 400m/ Bike 10.8k (3 laps)/ Run 2.5k | Male Youth 2 | Ian | Wong | 王喆 | Energetic Triathlon Shatin |
| 351 | 3 | 7:40 | Yellow | Discovery Distance Swim 400m/ Bike 10.8k (3 laps)/ Run 2.5k | Male Youth 2 | 軒宏 | 劉 | 劉軒宏 | Sparkle Triathlon |
| 352 | 3 | 7:40 | Yellow | Discovery Distance Swim 400m/ Bike 10.8k (3 laps)/ Run 2.5k | Male Youth 2 | Louis | LABBE | | |
| 353 | 3 | 7:40 | Yellow | Discovery Distance Swim 400m/ Bike 10.8k (3 laps)/ Run 2.5k | Male Youth 2 | IRON | WAN | 温可為 | Energetic Triathlon Shatin |
| 354 | 3 | 7:40 | Yellow | Discovery Distance Swim 400m/ Bike 10.8k (3 laps)/ Run 2.5k | Male Youth 2 | Earnest | Lee | 李丞恩 | |
| 355 | 3 | 7:40 | Yellow | Discovery Distance Swim 400m/ Bike 10.8k (3 laps)/ Run 2.5k | Male Youth 2 | Wei Him | Chan | 陳維謙 | Energetic Triathlon Shatin |
| 356 | 3 | 7:40 | Yellow | Discovery Distance Swim 400m/ Bike 10.8k (3 laps)/ Run 2.5k | Male Youth 2 | Shing Hei | Ngan | 顏承希 | Energetic Triathlon Shatin |
| 357 | 3 | 7:40 | Yellow | Discovery Distance Swim 400m/ Bike 10.8k (3 laps)/ Run 2.5k | Male Youth 2 | vincent | yee | | |
| 358 | 3 | 7:40 | Yellow | Discovery Distance Swim 400m/ Bike 10.8k (3 laps)/ Run 2.5k | Male Youth 2 | Ho | Peter Pak Yin | 何栢研 | |
| 359 | 3 | 7:40 | Yellow | Discovery Distance Swim 400m/ Bike 10.8k (3 laps)/ Run 2.5k | Male Youth 2 | Ching Kiu | Ng | 吳政橋 | AustSports Association |

| Race No | Wave | Start Time | Cap | Race Distance | Category | First Name | Last Name | Chinese Name | Club |
|---|---|---|---|---|---|---|---|---|---|
| 360 | 3 | 7:40 | Yellow | Discovery Distance Swim 400m/ Bike 10.8k (3 laps)/ Run 2.5k | Male Youth 2 | Theodore | Zhang | 张天维 | Mango Swimming Club |
| 361 | 3 | 7:40 | Yellow | Discovery Distance Swim 400m/ Bike 10.8k (3 laps)/ Run 2.5k | Male Youth 2 | 宇轩 | 蔡 | 蔡宇轩 | |
| 370 | 4 | 7:55 | White | Discovery Distance Swim 400m/ Bike 10.8k (3 laps)/ Run 2.5k | Male Age Group 20-29 | Felix | Hui | 許峻傑 | |
| 371 | 4 | 7:55 | White | Discovery Distance Swim 400m/ Bike 10.8k (3 laps)/ Run 2.5k | Male Age Group 20-29 | Sean Wicaksana | Faustine | | |
| 372 | 4 | 7:55 | White | Discovery Distance Swim 400m/ Bike 10.8k (3 laps)/ Run 2.5k | Male Age Group 20-29 | Cyrus | Lee | | |
| 373 | 4 | 7:55 | White | Discovery Distance Swim 400m/ Bike 10.8k (3 laps)/ Run 2.5k | Male Age Group 30-39 | long sang | hung | 熊朗生 | |
| 374 | 4 | 7:55 | White | Discovery Distance Swim 400m/ Bike 10.8k (3 laps)/ Run 2.5k | Male Age Group 30-39 | Ka Wai | Choi | 蔡嘉偉 | |
| 375 | 4 | 7:55 | White | Discovery Distance Swim 400m/ Bike 10.8k (3 laps)/ Run 2.5k | Male Age Group 30-39 | Shek Lun | Li | 李錫倫 | |
| 376 | 4 | 7:55 | White | Discovery Distance Swim 400m/ Bike 10.8k (3 laps)/ Run 2.5k | Male Age Group 30-39 | Bence | Szabó | | |
| 377 | 4 | 7:55 | White | Discovery Distance Swim 400m/ Bike 10.8k (3 laps)/ Run 2.5k | Male Age Group 30-39 | Aktai | Semetei uulu | | |
| 378 | 4 | 7:55 | White | Discovery Distance Swim 400m/ Bike 10.8k (3 laps)/ Run 2.5k | Male Age Group 30-39 | Ernie | Hsieh | | |
| 379 | 4 | 7:55 | White | Discovery Distance Swim 400m/ Bike 10.8k (3 laps)/ Run 2.5k | Male Age Group 30-39 | Samuel Yik Sham | Wong | | |
| 380 | 4 | 7:55 | White | Discovery Distance Swim 400m/ Bike 10.8k (3 laps)/ Run 2.5k | Male Age Group 30-39 | SIN HANG | LAM | 林善恆 | |
| 381 | 4 | 7:55 | White | Discovery Distance Swim 400m/ Bike 10.8k (3 laps)/ Run 2.5k | Male Age Group 30-39 | Andrew | Chan | 陳奕康 | |
| 382 | 4 | 7:55 | White | Discovery Distance Swim 400m/ Bike 10.8k (3 laps)/ Run 2.5k | Male Age Group 30-39 | Chun Yip | Leung | | |
| 383 | 4 | 7:55 | White | Discovery Distance Swim 400m/ Bike 10.8k (3 laps)/ Run 2.5k | Male Age Group 30-39 | Leong Tim | Law | 羅亮添 | Crest Ray Recreation & Sports Club |
| 384 | 4 | 7:55 | White | Discovery Distance Swim 400m/ Bike 10.8k (3 laps)/ Run 2.5k | Male Age Group 30-39 | Bruce CM | Leung | 梁綽文 | Energetic Triathlon Shatin |
| 385 | 4 | 7:55 | White | Discovery Distance Swim 400m/ Bike 10.8k (3 laps)/ Run 2.5k | Male Age Group 40-49 | Yin Wing, Jerry | Fu | 符彥榮 | |
| 386 | 4 | 7:55 | White | Discovery Distance Swim 400m/ Bike 10.8k (3 laps)/ Run 2.5k | Male Age Group 40-49 | bertrand | law | | |
| 387 | 4 | 7:55 | White | Discovery Distance Swim 400m/ Bike 10.8k (3 laps)/ Run 2.5k | Male Age Group 40-49 | Kanat | Kurmanov | | |
| 388 | 4 | 7:55 | White | Discovery Distance Swim 400m/ Bike 10.8k (3 laps)/ Run 2.5k | Male Age Group 40-49 | Wai Hang | Tsui | | |
| 389 | 4 | 7:55 | White | Discovery Distance Swim 400m/ Bike 10.8k (3 laps)/ Run 2.5k | Male Age Group 40-49 | Ting Kwun | Lo | 盧廷觀 | |
| 390 | 4 | 7:55 | White | Discovery Distance Swim 400m/ Bike 10.8k (3 laps)/ Run 2.5k | Male Age Group 40-49 | HON SUEN | MOK | 莫翰遜 | |
| 391 | 4 | 7:55 | White | Discovery Distance Swim 400m/ Bike 10.8k (3 laps)/ Run 2.5k | Male Age Group 40-49 | PUI KIN SEAN | TANG | 鄧沛堅 | |
| 392 | 4 | 7:55 | White | Discovery Distance Swim 400m/ Bike 10.8k (3 laps)/ Run 2.5k | Male Age Group 40-49 | Chung kei | Wong | | |
| 393 | 4 | 7:55 | White | Discovery Distance Swim 400m/ Bike 10.8k (3 laps)/ Run 2.5k | Male Age Group 40-49 | Weng Tong | Wong | 黃榮東 | |
| 394 | 4 | 7:55 | White | Discovery Distance Swim 400m/ Bike 10.8k (3 laps)/ Run 2.5k | Male Age Group 40-49 | Ka Hin | Leung | | |
| 395 | 4 | 7:55 | White | Discovery Distance Swim 400m/ Bike 10.8k (3 laps)/ Run 2.5k | Male Age Group 40-49 | Ka Ho Lawrence | Wong | 黃家灝 | Sonic Sports Association |
| 396 | 4 | 7:55 | White | Discovery Distance Swim 400m/ Bike 10.8k (3 laps)/ Run 2.5k | Male Age Group 40-49 | CHO WAH | WAN | | Energetic Triathlon Shatin |
| 397 | 4 | 7:55 | White | Discovery Distance Swim 400m/ Bike 10.8k (3 laps)/ Run 2.5k | Male Age Group 40-49 | Hon Yip | Chan | 陳漢業 | Blue & White Spirit Sports Club |
| 398 | 4 | 7:55 | White | Discovery Distance Swim 400m/ Bike 10.8k (3 laps)/ Run 2.5k | Male Age Group 40-49 | DEREK HING KWOK | MA | | |
| 399 | 4 | 7:55 | White | Discovery Distance Swim 400m/ Bike 10.8k (3 laps)/ Run 2.5k | Male Age Group 40-49 | Chi Lai Anthony | Lai | | Sonic Sports Association |
| 400 | 4 | 7:55 | White | Discovery Distance Swim 400m/ Bike 10.8k (3 laps)/ Run 2.5k | Male Age Group 40-49 | Tony Yee Pong | Wong | 黃義邦 | |
| 401 | 4 | 7:55 | White | Discovery Distance Swim 400m/ Bike 10.8k (3 laps)/ Run 2.5k | Male Age Group 40-49 | ting piu | chong | | Titan Triathlon |
| 402 | 4 | 7:55 | White | Discovery Distance Swim 400m/ Bike 10.8k (3 laps)/ Run 2.5k | Male Age Group 40-49 | RICKY CHING-WU | CHEN | | Tritons Triathlon Club |
| 403 | 4 | 7:55 | White | Discovery Distance Swim 400m/ Bike 10.8k (3 laps)/ Run 2.5k | Male Age Group 40-49 | Tak Kiu | Pun | 潘德翹 | |
| 410 | 5 | 8:10 | Yellow | Discovery Distance Swim 400m/ Bike 10.8k (3 laps)/ Run 2.5k | Male Age Group 50-59 | yosuke | oka | 岡洋介 | Energetic Triathlon Shatin |
| 411 | 5 | 8:10 | Yellow | Discovery Distance Swim 400m/ Bike 10.8k (3 laps)/ Run 2.5k | Male Age Group 50-59 | HO YIN | MOK | | Energetic Triathlon Shatin |
| 412 | 5 | 8:10 | Yellow | Discovery Distance Swim 400m/ Bike 10.8k (3 laps)/ Run 2.5k | Male Age Group 50-59 | Colman | McGrath | | |
| 413 | 5 | 8:10 | Yellow | Discovery Distance Swim 400m/ Bike 10.8k (3 laps)/ Run 2.5k | Male Age Group 50-59 | Kim | lu | | |
| 414 | 5 | 8:10 | Yellow | Discovery Distance Swim 400m/ Bike 10.8k (3 laps)/ Run 2.5k | Male Age Group 50-59 | Chi kong | IP | 葉志剛 | |
| 415 | 5 | 8:10 | Yellow | Discovery Distance Swim 400m/ Bike 10.8k (3 laps)/ Run 2.5k | Male Age Group 50-59 | Ka Chun William | Hui | | |
| 416 | 5 | 8:10 | Yellow | Discovery Distance Swim 400m/ Bike 10.8k (3 laps)/ Run 2.5k | Male Age Group 50-59 | Tsun Fai jeffrey | Wong | 黃駿暉 | |
| 417 | 5 | 8:10 | Yellow | Discovery Distance Swim 400m/ Bike 10.8k (3 laps)/ Run 2.5k | Male Age Group 50-59 | Wai Hung | Chan | 陳偉洪 | |
| 418 | 5 | 8:10 | Yellow | Discovery Distance Swim 400m/ Bike 10.8k (3 laps)/ Run 2.5k | Male Age Group 50-59 | Vincent | Lee | | AustSports Association |
| 419 | 5 | 8:10 | Yellow | Discovery Distance Swim 400m/ Bike 10.8k (3 laps)/ Run 2.5k | Male Age Group 50-59 | M | Cheung | | |
| 420 | 5 | 8:10 | Yellow | Discovery Distance Swim 400m/ Bike 10.8k (3 laps)/ Run 2.5k | Male Age Group 60-69 | Ka Shing Andre | CHAN | 陳嘉聲 | |
| 421 | 5 | 8:10 | Yellow | Discovery Distance Swim 400m/ Bike 10.8k (3 laps)/ Run 2.5k | Male Age Group 60-69 | YIN CHEONG | WONG | | Energetic Triathlon Shatin |
| 422 | 5 | 8:10 | Yellow | Discovery Distance Swim 400m/ Bike 10.8k (3 laps)/ Run 2.5k | Male Age Group 60-69 | WING KWONG | IP | | Energetic Triathlon Shatin |
| 423 | 5 | 8:10 | Yellow | Discovery Distance Swim 400m/ Bike 10.8k (3 laps)/ Run 2.5k | Male Age Group 70 & Over | Stephen King Che | Chan | | Energetic Triathlon Shatin |
| 424 | 5 | 8:10 | Yellow | Discovery Distance Swim 400m/ Bike 10.8k (3 laps)/ Run 2.5k | Male Age Group 70 & Over | Chi Ling Clement | Yeung | 楊子凌 | The Little Dolphin Swimming Training Center |
| 425 | 5 | 8:10 | Yellow | Discovery Distance Swim 400m/ Bike 10.8k (3 laps)/ Run 2.5k | Male Age Group 70 & Over | Heng Fan | Poon | 潘恒奮 | |

| Race No | Wave | Start Time | Cap | Race Distance | Category | First Name | Last Name | Chinese Name | Club |
|---|---|---|---|---|---|---|---|---|---|
| 426 | 5 | 8:10 | Yellow | Discovery Distance Swim 400m/ Bike 10.8k (3 laps)/ Run 2.5k | Male Age Group 70 & Over | Ian | Brownlee | | Sonic Sports Association |
| 430 | 6 | 8:30 | Pink | Discovery Distance Swim 400m/ Bike 10.8k (3 laps)/ Run 2.5k | Female Age Group 20-29 | TSZ HUEN ALEXANDRA | WAN | 溫子暄 | |
| 431 | 6 | 8:30 | Pink | Discovery Distance Swim 400m/ Bike 10.8k (3 laps)/ Run 2.5k | Female Age Group 30-39 | Suet Mei | Wan | | |
| 432 | 6 | 8:30 | Pink | Discovery Distance Swim 400m/ Bike 10.8k (3 laps)/ Run 2.5k | Female Age Group 30-39 | Ting Yuet | So | 蘇庭悅 | Energetic Triathlon Shatin |
| 433 | 6 | 8:30 | Pink | Discovery Distance Swim 400m/ Bike 10.8k (3 laps)/ Run 2.5k | Female Age Group 30-39 | Amy | Miao | 苗溦帆 | South China Athletic Association |
| 434 | 6 | 8:30 | Pink | Discovery Distance Swim 400m/ Bike 10.8k (3 laps)/ Run 2.5k | Female Age Group 40-49 | Olivia | Alfheim | | |
| 435 | 6 | 8:30 | Pink | Discovery Distance Swim 400m/ Bike 10.8k (3 laps)/ Run 2.5k | Female Age Group 40-49 | kwan yee | tam | | |
| 436 | 6 | 8:30 | Pink | Discovery Distance Swim 400m/ Bike 10.8k (3 laps)/ Run 2.5k | Female Age Group 40-49 | Wai Tong | Yip | 葉慧棠 | |
| 437 | 6 | 8:30 | Pink | Discovery Distance Swim 400m/ Bike 10.8k (3 laps)/ Run 2.5k | Female Age Group 40-49 | Naoko | Wada-Thomas | | Hong Kong Dragons Triathlon Club |
| 438 | 6 | 8:30 | Pink | Discovery Distance Swim 400m/ Bike 10.8k (3 laps)/ Run 2.5k | Female Age Group 50-59 | Koon Fong | Lee | | |
| 439 | 6 | 8:30 | Pink | Discovery Distance Swim 400m/ Bike 10.8k (3 laps)/ Run 2.5k | Female Age Group 50-59 | MAN YI MAY | LI | | Energetic Triathlon Shatin |
| 440 | 6 | 8:30 | Pink | Discovery Distance Swim 400m/ Bike 10.8k (3 laps)/ Run 2.5k | Female Age Group 50-59 | Ching Yi | Li | 李靜儀 | Energetic Triathlon Shatin |
| 441 | 6 | 8:30 | Pink | Discovery Distance Swim 400m/ Bike 10.8k (3 laps)/ Run 2.5k | Female Age Group 50-59 | Shuk Yi Angela | Lau | 劉淑儀 | |
| 442 | 6 | 8:30 | Pink | Discovery Distance Swim 400m/ Bike 10.8k (3 laps)/ Run 2.5k | Female Age Group 60-69 | Porlin | Yeung | | |
| 443 | 6 | 8:30 | Pink | Discovery Distance Swim 400m/ Bike 10.8k (3 laps)/ Run 2.5k | Female Youth 1 | Lok Yin Alicia | Lau | 劉樂然 | The Little Dolphin Swimming Training Center |
| 444 | 6 | 8:30 | Pink | Discovery Distance Swim 400m/ Bike 10.8k (3 laps)/ Run 2.5k | Female Youth 1 | Keira Joy | Leung | 梁逸玥 | First Ten Generation Team |
| 445 | 6 | 8:30 | Pink | Discovery Distance Swim 400m/ Bike 10.8k (3 laps)/ Run 2.5k | Female Youth 1 | Ceinwen | Chau | 周翹慧 | Energetic Triathlon Shatin |
| 446 | 6 | 8:30 | Pink | Discovery Distance Swim 400m/ Bike 10.8k (3 laps)/ Run 2.5k | Female Youth 1 | Alexa | Mason | | South China Athletic Association |
| 447 | 6 | 8:30 | Pink | Discovery Distance Swim 400m/ Bike 10.8k (3 laps)/ Run 2.5k | Female Youth 1 | Tsz Shun | CHAN | 陳梓淳 | Blue & White Spirit Sports Club |
| 448 | 6 | 8:30 | Pink | Discovery Distance Swim 400m/ Bike 10.8k (3 laps)/ Run 2.5k | Female Youth 1 | OLIVIA | LEE | 李傲凝 | |
| 449 | 6 | 8:30 | Pink | Discovery Distance Swim 400m/ Bike 10.8k (3 laps)/ Run 2.5k | Female Youth 1 | 思澄 | 呂 | 呂思澄 | Blue & White Spirit Sports Club |
| 450 | 6 | 8:30 | Pink | Discovery Distance Swim 400m/ Bike 10.8k (3 laps)/ Run 2.5k | Female Youth 1 | JIANGQI | HU | 胡江萋 | Energetic Triathlon Shatin |
| 451 | 6 | 8:30 | Pink | Discovery Distance Swim 400m/ Bike 10.8k (3 laps)/ Run 2.5k | Female Youth 2 | Mika | Fujimoto | | |
| 452 | 6 | 8:30 | Pink | Discovery Distance Swim 400m/ Bike 10.8k (3 laps)/ Run 2.5k | Female Youth 2 | Cheuk Kiu | Chan | 陳卓蕎 | Sparkle Triathlon |
| 453 | 6 | 8:30 | Pink | Discovery Distance Swim 400m/ Bike 10.8k (3 laps)/ Run 2.5k | Female Youth 2 | Yu Ching | TSANG | 曾予晴 | |
| 454 | 6 | 8:30 | Pink | Discovery Distance Swim 400m/ Bike 10.8k (3 laps)/ Run 2.5k | Female Youth 2 | PUI U | WONG | 黃霈瑜 | |
| 455 | 6 | 8:30 | Pink | Discovery Distance Swim 400m/ Bike 10.8k (3 laps)/ Run 2.5k | Female Youth 2 | 可可 | 陈 | 陈可可 | |