

Selection Policy 2021

Benchmarking Information

Event	Date	Venue
Benchmarking	January, June, October	HKSI Track & Main Pool

1. Swim benchmarking will be conducted in a 50m pool with electronic timing (where available).
2. Run benchmarking will be conducted on a 400m athletics track with hand timing.
3. The swim and run benchmarking will be video recorded.
4. The Benchmarking will take place over 2 days with the swim on the first day and the run on the second day.
5. The 200m and 400m swim benchmarking will be conducted from a dive start with one athlete per lane.
6. The 800m swim benchmarking will be conducted from a dive start with one or two athletes per lane, depending on the number of applicants. In the case of two athletes per lane, the athletes will be hand timed.
7. Drafting or impeding another athlete in the swim benchmarking is not permitted.
8. The swim benchmarking uniform must be legal according to FINA regulations or a standard ITU Tri-Suit.
9. The run benchmarking will be conducted in a mass start format, with waves determined by gender and benchmarking distance.
10. Running spikes and bear torsos are not permitted for the run benchmarking.
11. Violating the regulations above as well as dangerous or unsporting behaviour will result in the disqualification of the athletes involved from the benchmarking.
12. Time and facilities will be allocated to allow athletes to warm up before the Benchmarking.
13. Athletes will be tested against their age as of the 31st of December 2021 for the January and June Benchmarking, and against their age on the 31st of December 2022 for the October Benchmarking.
14. NSA athletes based overseas may complete their Benchmarking in the same conditions at their location and submit a video record by the date of the Benchmarking.
15. Achievement of both the individual swim and run Benchmarking Times above qualifies an athlete to be considered for selection to National Squad A or National Squad Potential. The Selection Committee (in reference to National Squad selection Policy) will review the benchmarking results prior to inviting athletes to become members of the relevant Squad. Athletes meeting the National Squad criteria for the first time will further be invited to attend an interview with the Head Coach.
16. Times cannot be combined to qualify.
17. Qualification for NSA or NSP by means of Benchmarking, Selection Race or Asian Cup is valid for one year from the date of the qualifying result. Unless the benchmarking times have been adjusted, in which qualification is valid until the next benchmarking.
18. All squad members are required to attend January and October Benchmarking. Athletes who have achieved the Automatic Qualification Criteria may be exempt from attending if the benchmarking coincides with a major event, if endorsed by the Selection Committee.
19. Only athletes who have qualified for NSA, NSP or Talent ID - Fast Track will be eligible to compete in the Aquathon Selection Race and Asian Championships Selection Race.
20. The Selection Committee reserves the right, when and where necessary to review and adjust the Benchmarking policies. Notice will be given in advance.

Automatic Qualification Criteria

NSA athletes can automatically be reselected for National Squad A by achieving one of the below criteria within the last year.

1. Olympic Qualification
2. Top 6 at individual event at National Games or Asian Games
3. Top 3 in individual event at Asian Championships (Excluding athletes in final year of their age category, e.g 19 year old Junior Elite Athletes)
4. Top 3 in an ITU Elite Men/Women Asian Cup

Benchmarking Times

Senior	Swim 800m		Run 5km	
	NSA	NSP (+5%)	NSA	NSP (+5%)
Male Elite	09:20	09:48	16:15	17:04
Male U23	09:30	09:59	16:40	17:30
Female Elite	10:00	10:30	18:20	19:15
Female U23	10:15	10:46	18:50	19:47
Junior	Swim 400m		Run 3km	
	NSA	NSP (+5%)	NSA	NSP (+5%)
Male Elite Junior 19	04:34	04:48	09:20	09:48
Male Elite Junior 18	04:40	04:54	09:30	09:59
Male Elite Junior 17	04:48	05:02	09:40	10:09
Male Elite Junior 16	04:55	05:10	09:50	10:20
Female Elite Junior 19	04:52	05:07	10:05	10:35
Female Elite Junior 18	05:02	05:17	10:15	10:46
Female Elite Junior 17	05:12	05:28	10:25	10:56
Female Elite Junior 16	05:22	05:38	10:35	11:07
Youth	Swim 200m		Run 1.5km	
	NSA	NSP (+5%)	NSA	NSP (+5%)
Male Youth 15	02:20	02:27	04:40	04:54
Male Youth 14	02:23	02:30	04:50	05:05
Male Youth 13	02:26	02:33	05:00	05:15
Female Youth 15	02:35	02:43	05:10	05:26
Female Youth 14	02:40	02:48	05:20	05:36
Female Youth 13	02:45	02:53	05:30	05:47

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	02:19	04:45
Female Youth 15	02:27	04:55
Female Youth 14	02:32	05:04
Female Youth 13	02:37	05:14

Aquathon Selection Race Information

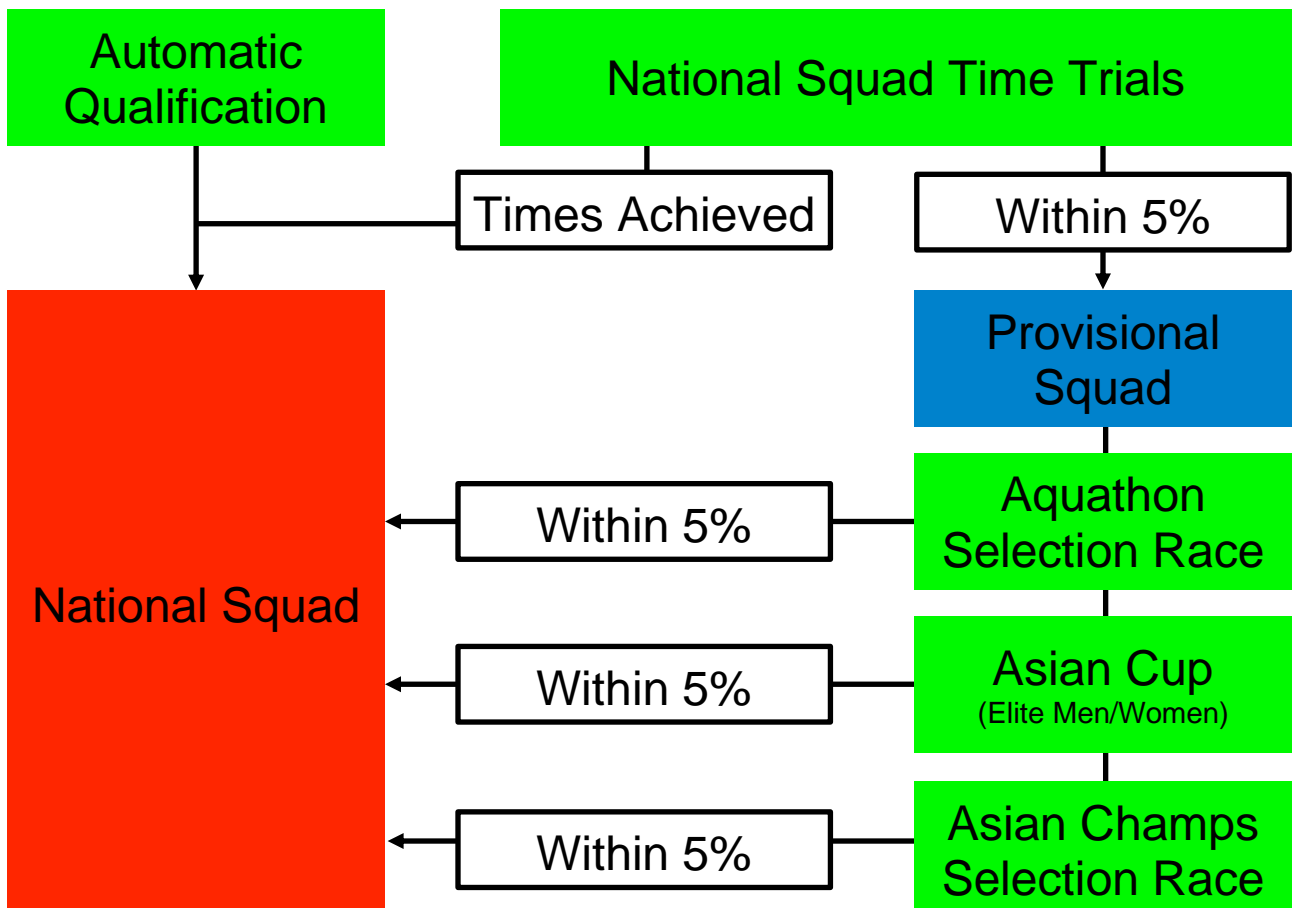
Event	Date	Venue
Aquathon Selection Race	February	TBA

1. The Aquathon Selection Race is mandatory for all NSA and NSP athletes. Athletes who have achieved the Automatic Qualification Criteria may be exempt from attending by Selection Committee if the selection race coincides with a major event.
2. The race will consist of a 1km Swim and 5km Run for Elite Junior, U23 and Senior Athletes. Start waves will be defined by gender only, i.e. Male Elite Junior, Male U23 and Male Elite will all compete in the same wave.
3. The race will consist of a 500m Swim and a 2.5km Run for Youth Athletes. Start waves will be defined by gender only, i.e. all Female Youth athletes will compete in the same wave.
4. The race will be conducted in a mass start format.
5. Athletes will be categorized based on their age as of the 31st of December 2021
6. NSP and Talent ID - Fast Track athletes who finish within 5% of their category’s winner will qualify for NSA.
7. The age categories for NSA qualification purposes are as follows:
 - Youth (13-15), Junior A (16-17), Junior B (18-19), U23 (20-23), Elite (24+)
8. If the first athlete from a younger category (e.g U23) finishes ahead of all athletes in an older category (e.g Elite), their time will be considered the older category’s winning time.

National Squad A Selection Pathway

This diagram demonstrates how athletes qualify for NSA.

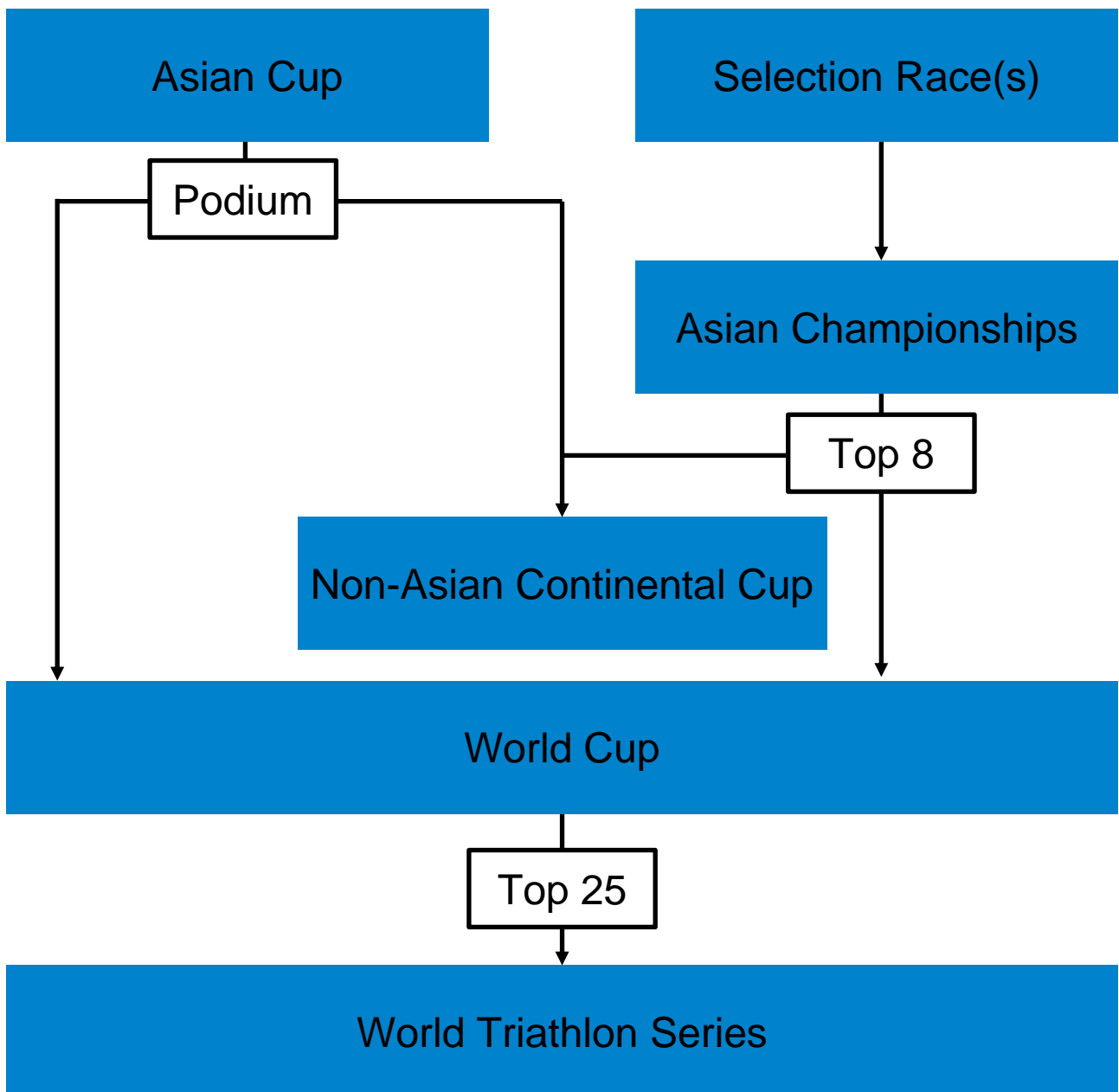
1. Achieving auto-qualification race result.
2. Making National Squad times outright.
3. Qualifying for the NSP and then finishing within 5% of the winners time in the Aquathon Selection Race, an Asian Cup or an Asian Championships Selection Race.



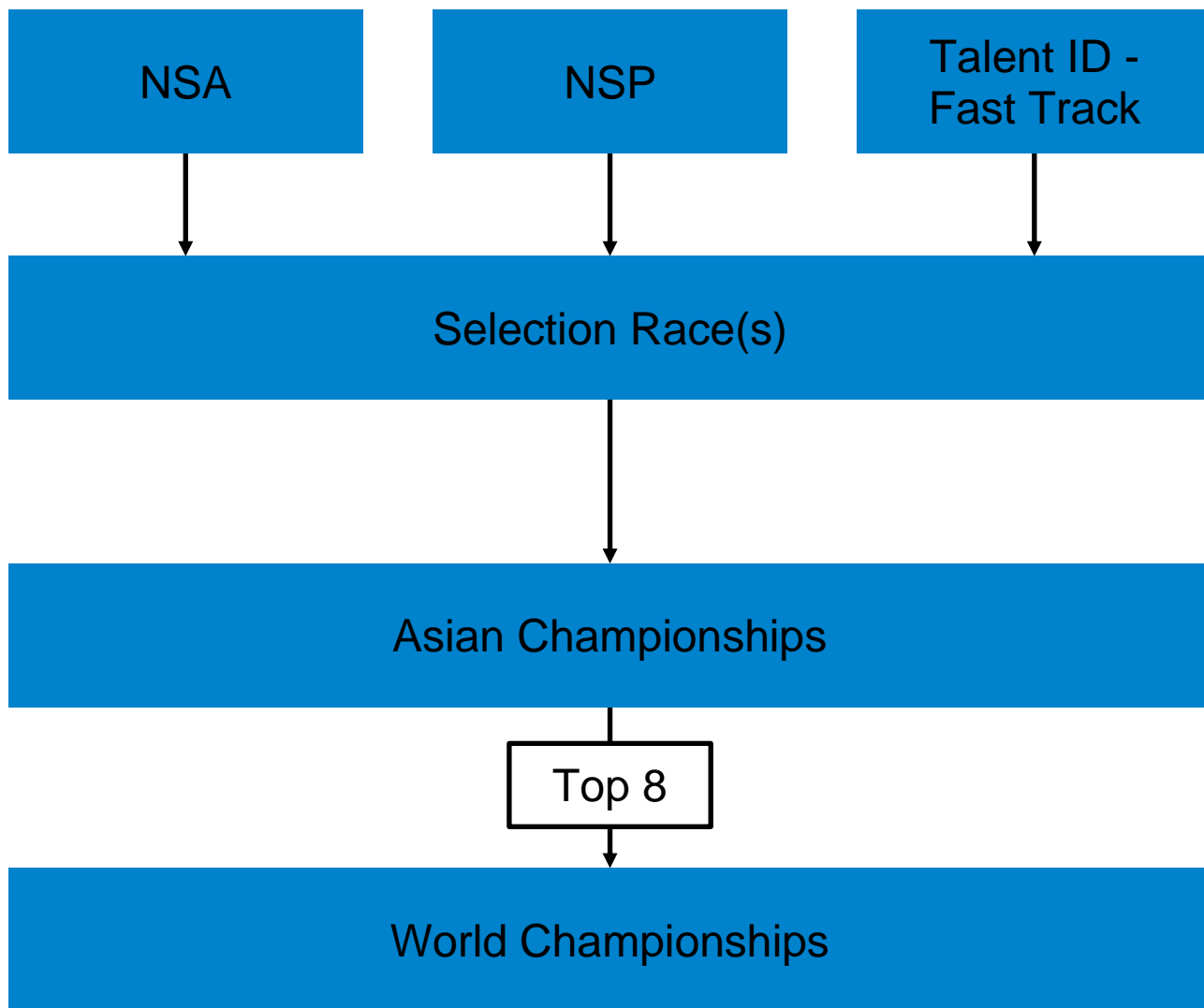
Squad Benefits

Squad	HKSI Training	HKSI Services	Elite Training Grant	Funded Races Per Year	Self-Funded Races Per Year	Selection Race Entry
NSA	✓	✓	✓	6	✓	✓
NSP	✓	X	X	X	4	✓
Talent ID/ Fast Track	✓	X	X	X	2	✓

Selection Pathway: Elite Men/Women Events



Selection Pathway: U23, Elite Junior & Youth Events



- Details of the Selection race will be announced later.