



香港三項鐵人總會

Hong Kong Triathlon Association

香港銅鑼灣掃桿埔大球場徑一號奧運大樓一零二零室 Rm 1020, Olympic House, 1 Stadium Path, So Kon Po, Causeway Bay, HK 電話 Tel:(852) 2504 8282 傳真 Fax:(852) 2576 8253 電郵 Email: trihk@triathlon.com.hk
網址 Website: www.triathlon.com.hk

Talent ID & Regional Squad Benchmarking

Regional Squad Benchmarking will be held on 4 July 2017 as per the schedule below. Any athlete aged 11 – 16 who wish to be the member of the Regional Squad is welcomed to attend.

Test	Date	Report Time	Meeting Point
Swim & Run	4 July 2017 (Tue)	5:30pm	Spectator Stand of Running Track, Jockey Club Sports Building, Hong Kong Sports Institute

Hong Kong Sports Institute

Address: 25 Yuen Wo Road, Sha Tin, N.T., Hong Kong

Only Athletes who pass the Benchmarking Reference (Page 3) of the relevant group will be considered for the member of the Regional Squad.

All Squad Benchmarking will be organized and operate by Hong Kong Triathlon Association. TriHK Secretariat staff will collate the results, which will be provided to participants as soon as practicable 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 must arrive **no later than 5pm, 28 June 2017 (Wed)**.

Participant list will be posted on the TriHK website on 3pm, 30 June 2017 (Fri). For enquiries, please call TriHK on 2504 8282 during office hours.

Equipment and attire

Only equipment and apparel that is legal for Olympic Distance ITU events will be allowed in all benchmarking events.

Inclement Weather Arrangement

If either the Typhoon Signal 3 or higher, or Red Rainstorm Warning or higher, is hoisted 2 hours prior to the scheduled start time, the benchmarking will be automatically postponed with a new date announced in due course. The TriHK reserves the right to delay the start or postpone the benchmarking to another day in the event of other adverse weather conditions.

地區發展隊基準試驗

地區發展隊基準試驗將於 2017 年 7月4日進行，任何11至16歲運動員有興趣加入成為地區發展隊成員均歡迎參加，詳情參閱下表。

測試項目	日期	報到時間	集合地點
游泳及跑步	2017年 7月 4日 (二)	下午5時30分	香港體育學院 賽馬會體育館田徑場觀眾席

香港體育學院

地址：香港新界沙田源禾路25號

運動員必須先達至所屬年齡組別之評核參考(第三頁)方會被考慮邀請加入地區發展隊。

所有基準試驗均由香港三項鐵人總會安排。試驗成績將由秘書處整理並盡快於試驗地點刊登。

有興趣參加之運動員，請填妥報名表格於 **2017 年 6月 28日(星期三), 下午5:00 或之前**以電郵 (trihk@triathlon.com.hk), 傳真(2576 8253) 或郵寄 (香港銅鑼灣掃桿埔大球場徑1號奧運大樓1020室)交回香港三項鐵人總會。

參加之運動員名單將於2017年6月30日(星期五), 下午3:00 於本會網址刊登。查詢可於辦公時間內致電香港三項鐵人總會 2504 8282。

器材及服裝

只容許使用符合國際三項鐵人聯會(ITU) 奧運距離比賽規則的器材及服裝。

惡劣天氣安排

如於測試前兩小時仍懸掛三號或以上風球、紅色或以上暴雨警告訊號，其準試驗試將會延期，後補日期及時間將另行通知。如試驗當天天氣惡劣，總教練或其代表有權延遲測試的開始時間或延期進行

註: 詳情以英文為準

評核參考 Benchmarking reference

地區發展隊 Regional Squad

男子組 Male Group

	200 米游泳 200M Swim	400 米游泳 400M Swim	800 米跑步 800M Run	1.5 公里跑步 1.5KM Run
男子 Male 11 – 12 歲 (2005 及 2006 年出生)	3:15.00		3:30.00	
男子 Male 13 - 14 歲 (2003 及 2004 年出生)	3:00.00		3:05.00	
男子 Male 15 - 16 歲 (2001 及 2002 年出生)		5:45.00		5:30.00

女子組 Female Group

	200 米游泳 200M Swim	400 米游泳 400M Swim	800 米跑步 800M Run	1.5 公里跑步 1.5KM Run
女子 Female 11 – 12 歲 (2005 及 2006 年出生)	3:20.00		3:40.00	
女子 Female 13 - 14 歲 (2003 及 2004 年出生)	3:05.00		3:10.00	
女子 Female 15 - 16 歲 (2001 及 2002 年出生)		6:05.00		6:05.00

備註 Remarks

1. 游泳基準試驗將於25m短池內進行。
Swim benchmarking will be conducted in a short course 25m pool.
2. 運動員必須先達至所屬年齡組別之評核參考(游泳及跑步)方會被考慮邀請加入地區發展隊，訓練將於2017年7月中開始。
Only Athletes who pass the Benchmarking Reference of the relevant group will be considered for the member of the Regional Squad which will start from Mid-July 2017
3. 運動員年齡組別將按其於 2017年 12 月 31 日之歲數劃分。從現有年齡組別移至另一年齡組別的運動員，或會於時間上給予酌情評核。
Athletes will be tested against the times for their age as of 31 December 2017. In exceptional circumstances, some discretion may be granted for athletes moving from one age category to another.

註: 詳情以英文為準



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地區發展隊基準試驗報名表

Application form of Regional Squad Benchmarking

姓名(in English): _____ 中文姓名 Name in Chinese _____

出生日期 DOB: _____ 性別 Sex: M / F 出生地 Place of Birth _____
(DD/MM/YYYY)

居港年期 Year of residence in HK: _____ 護照類別 Passport type: _____

聯絡電話 Mobile No: _____ 電郵 Email: _____

住址 Residential Address (Eng): _____

緊急聯絡人 Emergency Contact : _____ 緊急聯絡人電話 Emergency Contact No.: _____

責任聲明 Declaration:

本人_____ (參加者姓名) 是自願參加此活動和願意承擔自身的意外風險及責任, 本人並無權向主辦機構及所有與這比賽直接或間接有關的獨立機構, 就本人

在活動進行期間及往返活動場地時所引致之所有損失, 包括但不限於自身意外、死亡或其他任何形式的損失, 進行任何索償或追討責任。本人准許香港三項鐵人總會使用

本人所提供之資料, 作為本活動及未來活動宣傳之用。本人明白可隨時聯絡 trihk@triathlon.com.hk 以修改個人資料或提出拒絕接收往後之宣傳資料。

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.

本人聲明本人身體健康及有能力參加此活動, 並經由執業醫生確認本人之體適能適合參加此活動。

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

** 家長簽署: _____ 參加者簽署: _____
Parent's Signature: _____ Participant's Signature: _____

日期: _____
Date: _____

(*未滿十八歲必須家長簽署 Parent's Signature is necessary for participant aged under 18)