



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

Elite Benchmarking & Talent ID - NOV 2017

Elite Benchmarking & Talent ID will be held on 21 & 22 Nov 2017 as per the schedule below. Any athlete wishing to be considered for selection to the **National Squad A or National Squad Potential** is welcomed to attend.

Event	Date	Time	Report Time	Venue
Swim	21 Nov 2017 (Tue)	5:00pm	4:30pm	HKSI 25m Swimming Pool
Run	22 Nov 2017 (Wed)	5:00pm	4:30pm	HKSI Athletic Track

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

Squad Benchmarking is design for:

- (i) All existing Squad Members who wish to continue to the Squad for year 2018; or
- (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 who wish to be considered for selection to a Squad.

All athletes who have passed the swim and run benchmarking will be required to attend a bike benchmarking and will be informed within a few days about bike benchmarking details.

All Squad Benchmarking will be organized and run by Hong Kong Triathlon Association. TriHK office 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 5.00 p.m., 17 November 2017 (Friday)**.

Participant list will be posted on the TriHK website on 20 November 2017 (Monday). 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.

香港代表隊基準試驗 - 2017年11月)

香港代表隊基準試驗將於 2017 年 11月 21 及 22日進行，詳情表列如下。

測試	日期	時間	報到時間	地點
游泳	10月 21日 (星期二)	下午 5 時 00 分	下午 4 時30分	香港體育學院25米泳池
跑步	10月 22日 (星期三)	下午 5 時 00 分	下午 4 時30分	香港體育學院田徑場

* 非香港代表隊成員而又希望被考慮邀請加入香港代表隊之運動員方需進行單車基準試驗

各運動員必須先達至所屬年齡組別之基準方會被考慮邀請加入香港代表隊A隊及香港代表隊潛質運動員。

基準試驗的對象為:

- (i) 所有現役代表隊運動員而希望2018年繼續成為代表隊;
- (ii) 欲升格至高一組別隊伍之運動員;
- (iii) 從未成為上列任何隊之隊員並希望於2018年加入之運動員

運動員達至所屬年齡組別之基準試驗時間會於被邀請參加單車基準試驗。

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 11月 17日(星期五), 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秘書處。

參加之運動員名單將於2017年11月20日(星期一)在本會網址刊登。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

Elite Benchmarking & Talent ID Standard (Nov 2017)

National Squad A 香港代表隊A隊:

評核參考 Benchmarking reference:	400 米游泳 400MSwim	3 公里跑步 3K Run
男子 Male 16 & below	4:41:00	10:15:00
男子 Male 17-19	4:38:00	10:09:00
男子 Male 20-23	4:35:00	9:40:00
男子公開 Male Open	4:31:00	9:27:00
女子 Female 16 & below	5:06:00	12:15:00
女子 Female 17-19	5:03:00	11:46:00
女子 Female 20-23	5:00:00	11:18:00
女子公開 Female Open	4:56:00	10:53:00

Athletes will be required to pass the relevant Benchmarking Reference Times. In addition, athletes who pass one of the benchmark times but narrowly fails to achieve the other may also be considered for the Squad if neither discipline is in excess of 3% of the Benchmarking Reference Times. Please see remark 4 below for full details.

運動員必須先達至所屬年齡組別之游泳及跑步基準時間方會被考慮邀請加入隊伍。運動員如其中一項基準試驗項目達到要求而所有項目不超出3%要求時間之內，都有機會獲邀請加入隊伍。詳情請留意備註4。

Athletes qualifying to National Squad A or National Squad Potential reference time will be selected to relevant squad after coaching team and High Performance Sub-committee recommendations.

運動員達至香港代表隊A隊或香港代表隊潛質運動員基準試驗評核參考時間，經過教練團隊及高水平精英小組通過後才獲邀入隊。

National Squad Potential 香港代表隊潛質運動員:

評核參考 Benchmarking reference:	400米 游泳 400M Swim	3公里 跑步 3K Run
男子 Male 16 & below	4:45:00	10:33:00
男子 Male 17-19	4:41:00	10:14:00
男子 Male 20-23	4:38:00	9:57:00
男子公開 Male Open	4:36:00	9:44:00
女子 Female 16 & below	5:12:00	12:37:00
女子 Female 17-19	5:06:00	12:07:00
女子 Female 20-23	5:03:00	11:38:00
女子公開 Female Open	5:00:00	11:12:00

Athletes will be required to pass the relevant Benchmarking Reference Times. In addition, athletes who pass one of the benchmark times but narrowly fails to achieve the other may also be considered for the Squad if neither discipline is in excess of 5% of the Benchmarking Reference Times. Please see remark 4 below for full details.

運動員必須先達至所屬年齡組別之游泳及跑步基準時間方會被考慮邀請加入隊伍。運動員如其中一項基準試驗項目達到要求而另一項目不超出5%要求時間之內，都有機會獲邀請加入隊伍。詳情請留意備註4。

Athletes qualifying to National Squad A or National Squad Potential reference time will be selected to relevant squad after coaching team and High Performance Sub-committee recommendations.

運動員達至香港代表隊A隊或香港代表隊潛質運動員基準試驗評核參考時間，經過教練團隊及高水平精英小組通過後才獲邀入隊。

備註 Remarks:

1. 游泳基準試驗將於25m泳池內進行。
Swim benchmarking will be conducted in 25m pool.
2. 運動員年齡組別將按其於 2018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 2018. In exceptional circumstances, some discretion may be granted for athletes moving from one age category to another.

3. 達至相關基準之運動員將被相關小組考慮邀請至有關隊伍。首次達至香港代表隊基準之運動員將被邀請進行面試
Achievement of the above Benchmarking Reference Times qualifies an athlete to be considered for selection to the National Squad A or National Squad Potential. The High Performance Sub-Committee (in reference to National Squad selection) 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.

4. 因應運動員於個別項目之傑出表現, 在香港代表隊之鄰選時, 相關小組亦會考慮邀請達至基準合併分數不多於 200%之運動員。而運動員每一項目之表現不得超越該項目之基準時間之3%。

例如:

男子公開組基準時間	游泳: 4:31 = 100%,	跑步: 9:27 = 100%	
運動員 A: 游泳	4:20:16 (96%)	+ 跑步 9:15:66 (98%)	>合併分 194% 合格
運動員B: 游泳	4:36:42 (102%)	+ 跑步 9:04:32 (96%)	>合併分 198%合格
運動員C: 游泳	4:17:45 (95%)	+ 跑步 9:49:68 (104%)	>合併分 199% 不合格 - 因個別項目超越 3%
運動員D: 游泳	4:36:42 (102%)	+ 跑步 9:38:34 (102%)	>合併分 204% 不合格 - 因合併分超越 200%

For the National Squad selection, a combined score approach will be considered to allow an athlete with a bit more strength in one discipline, but a little less in another to still have a chance to pass the combined swim +run score and be selected to the squad.

An athletes must attain a benchmarking score faster than 100% of the Benchmark Reference Time on either/both the swim or/and the run, such that the total combined score is faster than 200% as the cut-off, with neither discipline being slower than 3% of the relevant benchmarking standard.

Examples provided below for reference:

Benchmark Standards for Male Open: 100% for Swim = 4:31; 100% for Run = 9:27

Athlete A: Swim: 4:20:16 = 96% (pass) + Run: 9:16:66 = 98% (pass) → 194% PASS

Athlete B: Swim: 4:36:42 = 102% (fail) + Run: 9:04:32 = 96% (pass) → 198% PASS

Athlete C: Swim: 4:17:45 = 95% (pass) + Run: 9:49:68 = 104% (fail) → 199% FAIL as >3%of run time

Athlete D: Swim: 4:36:42 = 102% (fail) + Run: 9:3:348 = 102% (fail) → 204% FAIL as combined over 200%

5. 高水平精英小組保留最終決定權。
High Performance Sub-Committee reserves the right to review and adjust the above policies when and where necessary. Notice will be made in advance to execution.

註: 詳情以英文為準



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香港代表隊基準試驗 - 2017年11月
Elite Benchmarking & Talent ID - Nov 2017

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

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

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

希望達標組別 Target Squad: National Squad A / National Squad Potential
香港代表隊 A / 香港代表隊潛質運動員

聯絡電話 Mobile Number: _____ 電郵 Email: _____

住址 Residential Address: _____ (Eng)

緊急聯絡人及電話 Emergency Contact Name _____ 聯絡電話 Mobile Number: _____

基準試驗項目及預計完成時間：
Events of Benchmarking & Estimated time of completion:

Test Distance 測試距離	Estimated time of completion 預計完成時間
Swim 游泳 400m	
Run 跑步 3K	
Bike 單車 4.5k	

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: _____ 日期: _____
Parent's Signature: _____ Participant's Signature: _____ Date: _____

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