



Pre-Elite Benchmarking & Talent ID - Jan 2019

Pre-Elite Benchmarking & Talent ID will be held on 5 & 6 Jan 2019 as per the schedule below. Any athlete wishing to be considered for selection to **Regional Squad** is welcome to attend.

Event	Date	Time	Reporting Time	Venue
Swim	5 Jan 2019	1430	1410	HKSI 25m Swimming Pool
Run	6 Jan 2019	1330	1310	Sha Tin Sports Ground Athletic Track

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

Squad Benchmarking is design for:

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

All Squad Benchmarking will be organized and run by Hong Kong Triathlon Association (TriHK). TriHK office staff will collate the results, which will be provided to participants as soon as possible 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 it must arrive **no later than 12:00pm, 24 December 2018 (Monday)**.

The Participant list will be posted on the TriHK website on **28 December 2018 (Friday)**. 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 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. 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 (2019年1月)

地區發展隊基準試驗將於 2019 年 1 月 5 及 6 日進行，詳情表列如下。

測試	日期	時間	報到時間	地點
游泳	1月5日	下午2時30分	下午2時10分	香港體育學院25米泳池
跑步	1月6日	下午1時30分	下午1時10分	沙田運動場

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地區發展隊。

基準試驗的對象為:

- (i) 欲升格至高一組別隊伍之現役運動員；
- (ii) 從未成為上列任何隊之隊員並希望於2018年加入之運動員

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 **2018年12月24日(星期一), 中午12:00 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**2018年12月28日(星期五)**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



Pre-Elite Benchmarking & Talent ID Standard (Jan 2019)

Regional Squad 地區發展隊

評核參考 Benchmarking Reference	200米游泳 200M Swim	800米跑步 800M Run
男子 Male 11	03:04.2	03:04.2
男子 Male 12	03:00.0	03:00.0
男子 Male 13	02:55.8	02:55.8
男子 Male 14	02:51.6	02:51.6
女子 Female 11	03:19.5	03:27.2
女子 Female 12	03:15.0	03:22.5
女子 Female 13	03:10.4	03:17.8
女子 Female 14	03:05.9	03:13.0
評核參考 Benchmarking Reference	200 米游泳 200M Swim	1500 米跑步 1500M Run
男子 Male 15	02:43.8	05:27.6
男子 Male 16	02:39.6	05:19.2
女子 Female 15	02:57.4	06:15.4
女子 Female 16	02:52.9	06:05.7

Remarks 備註:

Regional Squad:

Athletes will be required to pass both the swim and the run Benchmarking Reference Times applicable to their relevant age/Squad.

地區發展隊:

各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地區發展隊。

備註 Remarks:

1. 游泳基準試驗將於25m泳池內進行。
Swim benchmarking will be conducted in the 25m pool.
2. 運動員年齡組別將按其於 2019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 2019. 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。發展小組會根據運動員基準試驗成



香 港 三 項 鐵 人 總 會
Hong Kong Triathlon Association

香港銅鑼灣掃桿埔大球場徑壹號奧運大樓一零二零室 電話: (852) 2504 8282 傳真: (852) 2576 8253
Room 1020, Olympic House, 1 Stadium Path, So Kon Po, Causeway Bay, Hong Kong Tel: (852) 2504 8282 Fax: (852) 2576 8253

績邀請合資格運動員加入地區發展隊。

Achievement of the above Benchmarking Reference Times qualifies an athlete to be considered for selection to Regional Squad. The Development Sub-Committee (referring to selection to the Regional Squad) will review the benchmarking results prior to inviting athletes to become members of the relevant Squad.

4. 發展小組保留最終決定權。

Development Sub-Committee reserves the right, when and where necessary, to review and adjust the above policies. Notice will be given in advance.

註: 詳情以英文為準



香港三項鐵人總會
Hong Kong Triathlon Association

香港銅鑼灣掃桿埔大球場徑壹號奧運大樓一零二零室 電話: (852) 2504 8282 傳真: (852) 2576 8253
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地區發展隊基準試驗 - 2019 年 1 月
Pre-Elite Benchmarking & Talent ID - Jan 2019

姓名 _____ 姓名 _____
Name in English: _____ Name in Chinese: _____
出生日期 _____ 性別 M / F 出生地 _____
Date of Birth: _____ (DD/MM/YYYY) Sex: _____ Place of Birth: _____
居港年期 _____ 護照類別 _____
Year of Residence in HK: _____ Passport Type: _____
希望達標組別 地區發展隊
Target Squad: _____ Regional Squad
聯絡電話 _____ 電郵 _____
Mobile Number: _____ Email: _____
住址 _____
Residential Address: _____
緊急聯絡人 _____ 聯絡電話 _____
Emergency Contact Person: _____ Emergency Contact Number: _____

基準試驗項目及預計完成時間：

Events of Benchmarking & Estimated time of completion:

(11-14yrs old) Test Distance 測試距離	Estimated Time of Completion 預計完成時間	(15-16yrs old) Test Distance 測試距離	Estimated Time of Completion 預計完成時間
Swim 游泳 200m		Swim 游泳 200m	
Run 跑步 800m		Run 跑步 1500m	

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)