



National Squad Benchmarking – 2021

National Squad will be held on 5 and 6 June as per the schedule below. Any athlete wishing to be considered for selection to **National Squad** is welcome to attend.

Event	Date	Time	Reporting Time	Venue
Swim	5 Jun 2021	12:00 to 13:00	11:45	Ma On Shan Swimming Pool
Run	6 June 2021	09:00	08:30	Shatin Sports Ground

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

Squad Benchmarking designs 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 5:00 pm, 1 June 2021**
NO LATE ENTRY WILL BE ACCEPTED.

The Participant list will be posted on the TriHK website on 3 June 2021. For enquiries, please call TriHK on 2504 8282 during office hours.



Sports Federation &
Olympic Committee of Hong Kong, China



香港三項鐵人總會有限公司 **Hong Kong Triathlon Association Ltd.**

香港銅鑼灣掃桿埔大球場徑 1 號奧運大樓 1020 室 Rm 1020, Olympic House, 1 Stadium Path, Causeway Bay, Hong Kong
T.(852) 2504 8282 F.(852) 2576 8253 Email : trihk@triathlon.com.hk www.triathlon.com.hk



Equipment and attire: Only equipment and apparel that is legal for Olympic Distance World Triathlon (WT) 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.

National Squad Reference Time

Categories	Swim 800m		Run 5km	
	NSA-R	NSA-P	NSA-R	NSA-P
Male Elite	09:20.0	09:37.0	16:15.0	16:44.0
Male U23	09:30.0	09:47.0	16:40.0	17:10.0
Female Elite	10:00.0	10:18.0	18:20.0	18:53.0
Female U23	10:15.0	10:33.0	18:50.0	19:24.0

Categories	Swim 400m		Run 3km	
	NSA-R	NSA-P	NSA-R	NSA-P
Male Elite Junior 19	04:34.0	04:42.0	09:20.0	09:37.0
Male Elite Junior 18	04:40.0	04:48.0	09:30.0	09:47.0
Male Elite Junior 17	04:48.0	04:58.0	09:40.0	09:57.0
Male Elite Junior 16	04:55.0	05:04.0	09:50.0	10:08.0
Female Elite Junior 19	04:52.0	05:01.0	10:05.0	10:23.0
Female Elite Junior 18	05:02.0	05:11.0	10:15.0	10:33.0
Female Elite Junior 17	05:12.0	05:21.0	10:25.0	10:44.0
Female Elite Junior 16	05:22.0	05:32.0	10:35.0	10:54.0



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Categories	Swim 200m		Run 1.5km	
	NSA-R	NSA-P	NSA-R	NSA-P
Male Youth 15	02:20.0	02:24.0	04:40.0	04:48.0
Male Youth 14	02:23.0	02:27.0	04:50.0	04:59.0
Male Youth 13	02:26.0	02:30.0	05:00.0	05:09.0
Female Youth 15	02:35.0	02:40.0	05:10.0	05:19.0
Female Youth 14	02:40.0	02:45.0	05:20.0	05:30.0
Female youth 13	02:45.0	02:50.0	05:30.0	05:40.0

National Squad Potential Reference Time

Categories	Swim 800m		Run 5km	
	NSP-R	NSP-P	NSP-R	NSP-P
Male Elite	09:48.0	10:06.0	17:04.0	17:34.0
Male U23	09:59.0	10:16.0	17:30.0	18:02.0
Female Elite	10:30.0	10:49.0	19:15.0	19:50.0
Female U23	10:46.0	11:05.0	19:47.0	20:22.0

Categories	Swim 400m		Run 3km	
	NSP-R	NSP-P	NSP-R	NSP-P
Male Elite Junior 19	04:48.0	04:56.0	09:48.0	10:06.0
Male Elite Junior 18	04:54.0	05:03.0	09:59.0	10:16.0
Male Elite Junior 17	05:02.0	05:11.0	10:09.0	10:27.0
Male Elite Junior 16	05:10.0	05:19.0	10:20.0	10:38.0
Female Elite Junior 19	05:07.0	05:16.0	10:35.0	10:54.0
Female Elite Junior 18	05:17.0	05:27.0	10:46.0	11:05.0
Female Elite Junior 17	05:28.0	05:37.0	10:56.0	11:16.0
Female Elite Junior 16	05:38.0	05:48.0	11:07.0	11:27.0



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Categories	Swim 200m		Run 1.5km	
	NSP-R	NSP-P	NSP-R	NSP-P
Male Youth 15	02:27	02:31.0	04:54.0	05:03.0
Male Youth 14	02:30	02:35.0	05:05.0	05:14.0
Male Youth 13	02:33	02:38.0	05:15.0	05:24.0
Female Youth 15	02:43	02:48.0	05:26.0	05:35.0
Female Youth 14	02:48	02:53.0	05:36.0	05:46.0
Female youth 13	02:53	02:58.0	05:47.0	05:57.0

R – Reference Time

P – Pandemic Time Allowance

Remarks:

- Athletes will be required to pass the relevant Benchmarking Reference Times and become the squad till 31 December 2021. In addition, athletes who pass the Pandemic time allowance, you have 4 months probation till the next benchmarking.
- Athletes will be required to pass both the swim and the run Benchmarking Reference Times applicable to their relevant age/Squad.
- Swim benchmarking will be conducted in the 50m pool.
- Athletes will be tested against the times for their age as of 31 December 2021. In exceptional circumstances, some discretion may be granted for athletes moving from one age category to another.
- Achievement of the above Benchmarking Reference Times qualifies an athlete to be considered for selection to National Squad. The Selection Sub-Committee (referring to selection to the National Squad) will review the benchmarking results prior to inviting athletes to become members of the relevant Squad.
- Selection Sub-Committee reserves the right, when and where necessary, to review and adjust the above policies. Notice will be given in advance.



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National Squad Benchmarking – Entry Form

English Name: _____ Chinese Name: _____

Date of Birth: ____ DD ____ MM ____ YYYY Gender: _____ Place of Birth: _____

Year of Residence in HK: _____ Passport Type: _____

Residential Address: _____

Mobile Number: _____ Email: _____

Emergency Contact Person: _____ Relationships: _____

Emergency Contact Person Mobile: _____

Events of Benchmarking & Estimated time of completion:

Elite Open and U23 Test Distance	Estimated Time of Completion	(16-19 yrs old) Test Distance	Estimated Time of Completion	(13-15 yrs old) Test Distance	Estimated Time of Completion
Swim 800m		Swim 400m		Swim 200m	
Run 5km		Run 3km		Run 1.5km	

Declaration

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.

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

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

Parent's Signature is necessary for participant aged under 18



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