

## 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

<b>Senior</b>	<b>Swim 800m</b>	<b>Run 5km</b>
<b>Male Elite</b>	08:46	15:17
<b>Male U23</b>	08:56	15:40
<b>Female Elite</b>	09:24	17:14
<b>Female U23</b>	09:38	17:42
<b>Junior</b>	<b>Swim 400m</b>	<b>Run 3km</b>
<b>Male Elite Junior 19</b>	04:20	08:52
<b>Male Elite Junior 18</b>	04:26	09:02
<b>Male Elite Junior 17</b>	04:34	09:11
<b>Male Elite Junior 16</b>	04:40	09:21
<b>Female Elite Junior 19</b>	04:37	09:35
<b>Female Elite Junior 18</b>	04:47	09:44
<b>Female Elite Junior 17</b>	04:56	09:54
<b>Female Elite Junior 16</b>	05:06	10:03
<b>Youth</b>	<b>Swim 200m</b>	<b>Run 1.5km</b>
<b>Male Youth 15</b>	02:13	04:26
<b>Male Youth 14</b>	02:16	04:36
<b>Male Youth 13</b>	02:19	04:45
<b>Female Youth 15</b>	02:27	04:55
<b>Female Youth 14</b>	02:32	05:04
<b>Female Youth 13</b>	02:37	05:14