



TRIATHLON ASSOCIATION
OF HONG KONG CHINA
中國香港三項鐵人總會

Regional Squad Benchmarking – May 2026

Regional Squad Benchmarking will be held on 16 and 17 May 2026 as per the schedule below:

Event	Date	Reporting Time	Starting Time	Venue
Swim	16 May 2026	12:45 to 13:00	13:50 (by wave)	52m Swimming Complex, HKSI
Run	17 May 2026	17:30	18:00 (by wave)	Athletic Track, HKSI

Athletes wishing to be considered for selection to the **Regional 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.

The Triathlon Association of Hong Kong, China (TriHK) will organize and oversee all Squad Benchmarking. TriHK office staff will compile the results and share them with participants as soon as possible after the Benchmarking.

Participation Fee: HKD 200. Members of the 2026 Representative Squad for all categories are exempted from the fee.

Remarks: Once a registration is accepted, the participation fee is non-refundable and non-transferable. If the benchmarking is rescheduled due to adverse weather or other circumstances beyond TriHK's control, the participation fee will remain non-refundable and non-transferable.

All interested athletes must complete the Google Form and upload the payment transfer record by 5PM on Monday, April 27, 2026. **Late applications will not be accepted.**



Sports Federation &
Olympic Committee of Hong Kong, China



中國香港三項鐵人總會有限公司 **Triathlon Association of Hong Kong China 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



The list of participating athletes will be published on the association's website on **Thursday, April 30, 2026**. For inquiries, please contact the Triathlon Association of Hong Kong, China, during office hours at **2504 8282**.

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 8 or higher or Black Rainstorm Warning, 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.

Regional Squad Reference Time

Categories	Swim 200m	Run 1.5km
Male 16 & above	2:36.00	5:16.00
Male 15	2:40.00	5:24.00
Female 16 & above	2:49.00	6:02.00
Female 15	2:54.00	6:12.00

Categories	Swim 200m	Run 800m
Male 14	2:48.00	2:48.00
Male 13	2:52.00	2:52.00
Male 12	2:57.00	2:57.00
Male 11	3:01.00	3:01.00
Male 10	3:05.00	3:06.00
Female 14	3:02.00	3:10.00
Female 13	3:07.00	3:14.00
Female 12	3:12.00	3:19.00



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Female 11	3:16.00	3:24.00
Female 10	3:21.00	3:29.00

Remarks:

- Swim benchmarking will be conducted in the 50m pool.
- Athletes will be tested against the times for their age as of 31 December 2026.
- Athletes will be required to pass the swim and the run combined Benchmarking Reference Times applicable to their relevant age / Squad.
- Athletes will be required to pass the relevant Benchmarking Reference Times and become the squad till 31 December 2026.
- Achievement of the above Benchmarking Reference Times qualifies an athlete to be considered to invite for the relevant Squad. The Selection Sub-Committee will review the benchmarking results and invite eligible athletes to become members of the Regional 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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