



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

National Squad Benchmarking – May 2026

National 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 | 12:30 | 13:20 (by wave) | 52m Swimming Complex, HKSI |
| Run | 17 May 2026 | 17:30 | 18:30 (by wave) | Athletic Track, HKSI |

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

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.**

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T.(852) 2504 8282 F.(852) 2576 8253 Email : trihk@triathlon.com.hk www.triathlon.com.hk



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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.



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National Squad

| Senior | Swim 400m | Run 3km |
|-------------------------|-----------|-----------|
| Male Elite | 04:30.00 | 09:15.00 |
| Male Elite 23 | 04:33.00 | 09:20.00 |
| Male Elite 22 | 04:35.50 | 09:25.00 |
| Male Elite 21 | 04:38.00 | 09:31.00 |
| Male Elite 20 | 04:40.50 | 09:37.00 |
| Female Elite | 04:50.00 | 10:40.00 |
| Female Elite 23 | 04:54.00 | 10:50.00 |
| Female Elite 22 | 04:58.00 | 10:58.00 |
| Female Elite 21 | 05:02.00 | 11:06.00 |
| Female Elite 20 | 05:06.00 | 11:14.00 |
| Junior | Swim 400m | Run 3km |
| Male Elite Junior 19 | 04:44.00 | 09:43.00 |
| Male Elite Junior 18 | 04:48.00 | 09:49.00 |
| Male Elite Junior 17 | 04:52.00 | 09:55.00 |
| Male Elite Junior 16 | 04:56.00 | 10:01.00 |
| Female Elite Junior 19 | 05:10.00 | 11:24.00 |
| Female Elite Junior 18 | 05:14.00 | 11:34.00 |
| Female Elite Junior 17 | 05:18.00 | 11:44.00 |
| Female Elite Junior 16 | 05:23.00 | 11:54.00 |
| Youth | Swim 200m | Run 1.5km |
| Male Youth 15 | 02:19.00 | 04:43.50 |
| Male Youth 14 & below | 02:23.00 | 04:53.50 |
| Female Youth 15 | 02:34.00 | 05:15.00 |
| Female Youth 14 & below | 02:40.00 | 05:25.00 |



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National Squad Potential

| Senior | Swim 400m | Run 3km |
|-------------------------|-----------|-----------|
| Male Elite | 04:36.70 | 09:28.90 |
| Male Elite 23 | 04:39.80 | 09:34.00 |
| Male Elite 22 | 04:42.40 | 09:39.10 |
| Male Elite 21 | 04:45.00 | 09:45.30 |
| Male Elite 20 | 04:47.50 | 09:51.40 |
| Female Elite | 04:57.30 | 10:56.00 |
| Female Elite 23 | 05:01.30 | 11:06.20 |
| Female Elite 22 | 05:05.50 | 11:14.40 |
| Female Elite 21 | 05:09.50 | 11:22.60 |
| Female Elite 20 | 05:13.60 | 11:30.90 |
| Junior | Swim 400m | Run 3km |
| Male Elite Junior 19 | 04:51.10 | 09:57.60 |
| Male Elite Junior 18 | 04:55.20 | 10:03.70 |
| Male Elite Junior 17 | 04:59.30 | 10:09.90 |
| Male Elite Junior 16 | 05:03.40 | 10:16.00 |
| Female Elite Junior 19 | 05:17.70 | 11:41.10 |
| Female Elite Junior 18 | 05:21.80 | 11:51.40 |
| Female Elite Junior 17 | 05:25.90 | 12:01.60 |
| Female Elite Junior 16 | 05:31.10 | 12:11.80 |
| Youth | Swim 200m | Run 1.5km |
| Male Youth 15 | 02:22.50 | 04:50.60 |
| Male Youth 14 & below | 02:26.60 | 05:00.80 |
| Female Youth 15 | 02:37.90 | 05:22.90 |
| Female Youth 14 & below | 02:44.00 | 05:33.10 |



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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 Benchmarking Reference Times respectively applicable to their relevant age / Squad to be considered to invite for the national squad.
- Athletes will be required to pass the relevant Benchmarking Reference Times and become the squad member 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 National Squad.
- Athletes residing overseas but not currently members of the National Squad must attend the Benchmarking in person.
- 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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