

## Young Athletes Triathlon Training Program 2026-2027

- (i) Objectives
1. To arouse teenagers' interest to Triathlon and foster their sportsmanship through systematic and progressive training.
  2. To promote outstanding athletes to Regional Squad or National Development Squad.
- (ii) Requirements
1. Teenagers aged from 10 to 15 years old  
(Born in between 2011-1-1 to 2016-12-31)
  2. With well swimming, running and basic cycling skills
  3. Previous YAT participant, OR
  4. Pass the selection
- (iii) Selection
- Participants are required to take part in running and swimming skill tests on the selection day. Detailed arrangements for the selection will be emailed to each participant five days before the selection day.
- (iv) Deadline
- 1<sup>st</sup> round deadline: 11 May 2026  
2<sup>nd</sup> round deadline: 25 May 2026

### Selection:

| Date            | Time   | Item     | Venue                             |
|-----------------|--|----------|-----------------------------------|
| 16/5/2026 (Sat) | 1100-1300  | Running  | Sha Tin Sports Ground             |
|                 | 1300-1500  | Swimming | Sha Tin Jockey Club Swimming Pool |
| 30/5/2026 (Sat) | 0900-1100  | Running  | Kowloon Tsai Sports Ground        |
|                 | 1100-1300  | Swimming | Kowloon Tsai Swimming Pool        |
| <b>Content:</b> | <b>Swim for 100m &amp; Run for 800m</b><br><b>(*Participants must attend both swimming and running test)</b> |          |                                   |

Please check the weather from the Hong Kong Observatory in advance of selection (Tel: 1878200). No selection will be held if a typhoon signal No.3 or above is hoisted, or if a Red Rainstorm Warning or above is effective 2 hours before the selection start.

Selection rearrangement will be announced later.

### (iv) Course:

| Content   |
|---|
| <ol style="list-style-type: none"> <li>1. Improve swimming and running skills</li> <li>2. Gain basic cycling skills and improve cycling technique</li> <li>3. Provide systematic training to local teenagers</li> <li>4. Promote potential teenagers to Regional Squad or National Development Squad</li> <li>5. Provide regular trainings to participants who would like to be Regional Squad members</li> </ol> |

## Young Athletes Triathlon Training Program 2026-2027

\*\* The following training dates are for **reference only**. A confirmed training schedule and invitation letter will be sent to selected candidates by email after selection \*\*

Course Periods: June 2026 to March 2027

Training Timetable: **All training venues are yet to be determined. (KL: Lai Chi Kok or Kowloon Tsai)**

| Class       | Date                   | Day         | Time               | Training detail                       | Venue                                 |
|-------------|------------------------|-------------|--------------------|---------------------------------------|---------------------------------------|
| YAT26- KL   | Jun: 18, 25            | Thu         | 1800 - 2000        | 1800Swim & 1900Run                    | Lai Chi Kok Park Swimming Pool        |
|             | Jul : 21, 28           | Tue         | 0900 – 1100        | Swimming                              | Lai Chi Kok Park Swimming Pool        |
|             | Jul : 16, 23, 30       | Thu         | 0900 – 1100        | Swimming                              | Lai Chi Kok Park Swimming Pool        |
|             | Jul : 19, 26           | Sun         | 0900 – 1100        | Cycling & Running                     | Gathering Place: Tai Po Sports Ground |
|             | Aug : 4, 11, 18, 25    | Tue         | 0900 – 1100        | Swimming                              | Lai Chi Kok Park Swimming Pool        |
|             | Aug : 6, 13, 20, 27    | Thu         | 0900 – 1100        | Swimming                              | Lai Chi Kok Park Swimming Pool        |
|             | Aug : 2, 9, 16, 30     | Sun         | 0900 – 1100        | Cycling & Running                     | Gathering Place: Tai Po Sports Ground |
|             | Aug : 23               | Sun         | 0900 – 1100        | Swimming & Running                    | Repulse bay                           |
|             | Sep : 4, 11, 18, 25    | Fri         | 1800 – 2000        | Swimming & Running                    | Lai Chi Kok Park Swimming Pool        |
|             | Sep : 6, 20, 27        | Sun         | 0900 – 1100        | Cycling & Running                     | Gathering Place: Tai Po Sports Ground |
|             | Sep : 13               | Sun         | 0900 – 1100        | Swimming & Running                    | Lung Mei Beach                        |
|             | Oct : 2, 9, 16, 23, 30 | Fri         | 0900 – 1100        | Cycling & Running                     | Lai Chi Kok Park Swimming Pool        |
|             | Oct : 4, 18, 25        | Sun         | 0900 – 1100        | Swimming & Running                    | Gathering Place: Tai Po Sports Ground |
|             | Oct : 11               | Sun         | 0900 – 1100        | Swimming & Running                    | Golden Beach                          |
|             | Nov : 6, 13, 20, 27    | Fri         | 1800 -- 2000       | Cycling & Running                     | Lai Chi Kok Park Swimming Pool        |
|             | Nov : 1, 8, 22, 29     | Sun         | 0800 – 1100        | Cycling & Running                     | Gathering Place: Tai Po Sports Ground |
|             | Nov : 15               | Sun         | 0900 – 1200        | Swimming, Cycling & Running           | Lung Mei Beach                        |
|             | Dec : 4, 11, 18        | Fri         | 1800 – 2000        | Swimming & Running                    | Lai Chi Kok Park Swimming Pool        |
|             | Dec : 6, 13, 20        | Sun         | 0800 – 1100        | Cycling & Running                     | Gathering Place: Tai Po Sports Ground |
|             | Jan : 8, 15, 22, 29    | Fri         | 1800 – 2000        | Swimming & Running                    | Lai Chi Kok Park Swimming Pool        |
|             | Jan : 3, 10, 17, 24    | Sun         | 0900 – 1200        | Cycling & Running                     | Gathering Place: Tai Po Sports Ground |
|             | Feb : 5, 12, 26        | Fri         | 1800 – 2000        | Swimming & Running                    | Lai Chi Kok Park Swimming Pool        |
|             | Feb : 14, 21           | Sun         | 0900 - 1100        | Cycling & Running                     | Gathering Place: Tai Po Sports Ground |
| Mar : 5, 12 | Fri                    | 1800 – 2000 | Swimming & Running | Lai Chi Kok Park Swimming Pool        |                                       |
| Mar : 7, 14 | Sun                    | 0900 – 1100 | Cycling & Running  | Gathering Place: Tai Po Sports Ground |                                       |



## Young Athletes Triathlon Training Program 2026-2027

\*\* The following training dates are for **reference only**. A confirmed training schedule and invitation letter will be sent to selected candidates by email after selection \*\*

Course Periods: June 2026 to March 2027

Training Timetable: **All training venues are yet to be determined. (HK: SYSMP)**

| Class       | Date                   | Day         | Time                 | Training detail                       | Venue                                 |
|-------------|------------------------|-------------|----------------------|---------------------------------------|---------------------------------------|
| YAT26- HK   | Jun : 18, 25           | Thu         | 1700 -- 1900         | Swimming & Running                    | SYSMP Swimming Pool                   |
|             | Jul : 21, 28           | Tue         | 0800 - 1000          | Swimming                              | SYSMP Swimming Pool                   |
|             | Jul : 16, 23, 30       | Fri         | 0800 – 1000          | Swimming                              | SYSMP Swimming Pool                   |
|             | Jul : 19, 26           | Sun         | 0900 – 1100          | Cycling & Running                     | Gathering Place: Tai Po Sports Ground |
|             | Aug : 4, 11, 18 ,25    | Tue         | 0800 - 1000          | Swimming & Running                    | SYSMP Swimming Pool                   |
|             | Aug : 7, 14, 21, 28    | Fri         | 0900 – 1100          | Swimming & Running                    | SYSMP Swimming Pool                   |
|             | Aug : 2, 9, 16, 30     | Sun         | 0900 – 1100          | Cycling & Running                     | Gathering Place: Tai Po Sports Ground |
|             | Aug : 23               | Sun         | 0900 - 1100          | Swimming & Running                    | Repulse bay                           |
|             | Sep : 3, 10, 17, 24    | Thu         | 1900 - 2100          | Swimming & Running                    | SYSMP Swimming Pool                   |
|             | Sep : 6, 20, 27        | Sun         | 0900 – 1100          | Cycling & Running                     | Gathering Place: Tai Po Sports Ground |
|             | Sep : 13               | Sun         | 0900 - 1100          | Swimming & Running                    | Lung Mei Beach                        |
|             | Oct : 2, 9, 16, 23, 30 | Fri         | 1700 - 1900          | Swimming & Running                    | SYSMP Swimming Pool                   |
|             | Oct : 4, 18, 25        | Sun         | 0900 – 1100          | Cycling & Running                     | Gathering Place: Tai Po Sports Ground |
|             | Oct : 11               | Sun         | 0900 – 1100          | Swimming & Running                    | Golden Beach                          |
|             | Nov : 6, 13, 20, 27    | Fri         | 1700 - 1900          | Swimming & Running                    | SYSMP Swimming Pool                   |
|             | Nov : 1, 8, 22, 29     | Sun         | 0900 – 1200          | Cycling & Running                     | Gathering Place: Tai Po Sports Ground |
|             | Nov : 15               | Sun         | 0900 – 1200          | Swimming, Cycling & Running           | Lung Mei Beach                        |
|             | Dec : 4, 11, 18        | Fri         | 1700 - 1900          | Swimming & Running                    | SYSMP Swimming Pool                   |
|             | Dec : 6, 13, 20        | Sun         | 0900 – 1200          | Cycling & Running                     | Gathering Place: Tai Po Sports Ground |
|             | Jan : 8, 15, 22, 29    | Fri         | 1700 - 1900          | Swimming & Running                    | SYSMP Swimming Pool                   |
|             | Jan : 3, 10, 17, 24    | Sun         | 0800 – 1100          | Cycling & Running                     | Gathering Place: Tai Po Sports Ground |
|             | Feb : 5, 12, 19        | Fri         | 1700 - 1900          | Swimming & Running                    | SYSMP Swimming Pool                   |
|             | Feb : 14, 21           | Sun         | 0900 – 1100          | Cycling & Running                     | Gathering Place: Tai Po Sports Ground |
| Mar : 5, 12 | Fri                    | 1700 - 1900 | Running & Transition | Sun Yat Sen Memorial Park             |                                       |
| Mar : 7, 14 | Sun                    | 0900 – 1100 | Cycling & Running    | Gathering Place: Tai Po Sports Ground |                                       |

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\*\* The following training dates are for **reference only**. A confirmed training schedule and invitation letter will be sent to selected candidates by email after selection \*\*

Course Periods: June 2026 to March 2027

Training Timetable:

| Class        | Date                 | Day         | Time               | Training detail                       | Venue                                 |
|--------------|----------------------|-------------|--------------------|---------------------------------------|---------------------------------------|
| YAT26- NT    | Jun : 17, 24         | Wed         | 1900 - 2100        | Swimming & Running                    | Sha Tin Jockey Club Swimming Pool     |
|              | Jul : 20, 27         | Mon         | 0800 - 1000        | Swimming & Running                    | Sha Tin Jockey Club Swimming Pool     |
|              | Jul : 17, 24         | Fri         | 0800 - 1000        | Swimming & Running                    | Sha Tin Jockey Club Swimming Pool     |
|              | Jul : 19, 26         | Sun         | 0900 – 1100        | Cycling & Running                     | Gathering Place: Tai Po Sports Ground |
|              | Aug : 3,10,17,24, 31 | Mon         | 0800 - 1000        | Swimming & Running                    | Sha Tin Jockey Club Swimming Pool     |
|              | Aug : 7, 14, 21, 28  | Fri         | 0800 -1000         | Swimming & Running                    | Sha Tin Jockey Club Swimming Pool     |
|              | Aug : 2, 9, 16, 30   | Sun         | 0900 – 1100        | Cycling & Running                     | Gathering Place: Tai Po Sports Ground |
|              | Aug : 23             | Sun         | 0900 - 1100        | Swimming & Running                    | Repulse bay                           |
|              | Sep : 2,9, 16, 23    | Wed         | 1900 - 2100        | Swimming & Running                    | Sha Tin Jockey Club Swimming Pool     |
|              | Sep : 6, 20, 27      | Sun         | 0900 – 1100        | Cycling & Running                     | Gathering Place: Tai Po Sports Ground |
|              | Sep : 13             | Sun         | 0900 - 1100        | Swimming & Running                    | Lung Mei Beach                        |
|              | Oct : 7, 14, 21, 28  | Wed         | 1900 - 2100        | Swimming & Running                    | Sha Tin Jockey Club Swimming Pool     |
|              | Oct : 4, 18, 25      | Sun         | 0900 – 1100        | Cycling & Running                     | Gathering Place: Tai Po Sports Ground |
|              | Oct : 11             | Sun         | 0900 – 1100        | Swimming & Running                    | Golden Beach                          |
|              | Nov : 6, 13, 20, 27  | Fri         | 1900 - 2100        | Swimming & Running                    | Sha Tin Jockey Club Swimming Pool     |
|              | Nov : 1, 8, 22, 29   | Sun         | 0900 - 1200        | Cycling & Running                     | Gathering Place: Tai Po Sports Ground |
|              | Nov : 15             | Sun         | 0900 – 1200        | Swimming & Running                    | Lung Mei Beach                        |
|              | Dec : 2, 9, 16, 23   | Wed         | 1900 – 2100        | Swimming & Running                    | Sha Tin Jockey Club Swimming Pool     |
|              | Dec : 6, 13, 20      | Sun         | 0900 - 1200        | Cycling & Running                     | Gathering Place: Tai Po Sports Ground |
|              | Jan : 6,13,20,27     | Wed         | 1900 - 2100        | Swimming & Running                    | Sha Tin Jockey Club Swimming Pool     |
|              | Jan : 3, 10, 17, 24  | Sun         | 0900 - 1200        | Cycling & Running                     | Gathering Place: Tai Po Sports Ground |
|              | Feb : 3, 17, 24      | Wed         | 1900 - 2100        | Swimming & Running                    | Sha Tin Jockey Club Swimming Pool     |
| Feb : 14, 21 | Sun                  | 0900 – 1100 | Swimming & Running | Gathering Place: Tai Po Sports Ground |                                       |
| Mar : 3, 10  | Wed                  | 1900 - 2100 | Swimming & Running | Sha Tin Jockey Club Swimming Pool     |                                       |
| Mar : 7, 14  | Sun                  | 0900 – 1100 | Cycling & Running  | Gathering Place: Tai Po Sports Ground |                                       |

- (vi) Quota : 12 participants per class, 3 classes in total
- (vii) Coach : Experienced coaches assigned by Triathlon Association of Hong Kong China
- (viii) Registration : From now until 25 May 2025 (based on the post chop date)  
Period
- (ix) Application : Fill in the entry form, together with a crossed cheque payable to “Triathlon Association of Hong Kong China Limited” and self-addressed stamped envelopes. Return the form to the TriHK office by mail or in person. Underpaid mail items will not be accepted by Triathlon Association of Hong Kong China. (Room 1020, Olympic House, 1 Stadium Path, So Kon Po, Causeway Bay, Hong Kong)  
Office Hours: 10am-6pm (Mon to Fri)
- (x) Fees : \$2,900 in total (please submit the entry form with the cheque) Participants will be assigned to the regional training after passing the test. The fees for the whole course and team uniform are \$1,400 and \$1,500 respectively.

**All entry fees are not refundable. Triathlon Association of Hong Kong China reserves the right of final**

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decision.

- (xi) Certificate : 1. Participants will be awarded a certificate after completing the course. (need to apply)
- (xii) Attendance : **Triathlon Association of Hong Kong China reserves the right to expel participants if the attendance rate lower than 60% (counted every month) from the program and no refund will be made.**
- (xiii) Enquires : Website: [www.triathlon.com.hk](http://www.triathlon.com.hk)  
Telephone: 2504 8282  
Email: trihk@triathlon.com.hk
- (xvi) Remarks : 1. Personal information included HKID card number will be used for registration, statistical analysis, promotion and identification. Personal information will be kept confidential and handled by the authorized staff members of Hong Kong Triathlon Association.
- 
2. Please contact us if any personal information is needed to amend.
- 
3. Please fill in the accurate and eligible personal information in the form. Otherwise, our association has the right to reject the application.
- 
4. A confirmed training schedule and invitation letter will be sent to selected candidates by email after selection
5. Since YAT team is under Triathlon Association of Hong Kong China, we have the right to the final decision of participant list.
- 
6. Our association reserves the right to amend the terms and conditions.
- 
7. No class will be held if a typhoon signal No.3 or above is hoisted, or if a Red Rainstorm Warning or above is effective 2 hours before the class starts. No supplementary class will
8. If any Unforeseen circumstances happen 3hours before the lesson, the Training Course will be cancelled. No refund and fall back day will be arranged. (Will be notified by email individually)
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## Young Athletes Triathlon Training Program 2026-2027

### Entry Form

\*Read the rules and regulations before filling in the form (Copied entry form is acceptable)

#### Personal Data of Applicant:

Name: (Chinese) \_\_\_\_\_ (English) \_\_\_\_\_

Gender: M / F      Year of Birth: \_\_\_\_\_      HKID card number: \_\_\_\_\_ (   )

Contact Number: \_\_\_\_\_ **Emergency Contact:** Name: \_\_\_\_\_ Contact Number: \_\_\_\_\_

Address: \_\_\_\_\_

Email Address: (Required fields) \_\_\_\_\_

School Name: \_\_\_\_\_

Please provide the best result of 100-meter swimming and 800-meter running:

100-meter swimming: \_\_\_\_\_      800-meter running: \_\_\_\_\_

Where did you get the information about Young Athletes Triathlon Training Program 2026-2027? Please tick the appropriate box(es) below (can choose more than one options)

- |                                 |                                  |                                   |                               |                                |
|---------------------------------|----------------------------------|-----------------------------------|-------------------------------|--------------------------------|
| <input type="checkbox"/> 三項鐵人講座 | <input type="checkbox"/> 三項鐵人同樂日 | <input type="checkbox"/> 總會會訊     | <input type="checkbox"/> 總會網頁 | <input type="checkbox"/> 朋友/同事 |
| Triathlon Seminar               | Triathlon Fun Day                | Tri HK Newsletter                 | Tri HK Website                | Friend/Colleague               |
| <input type="checkbox"/> 報章     | <input type="checkbox"/> 橫額      | <input type="checkbox"/> 康文署分區辦事處 | <input type="checkbox"/> 其他   |                                |
| Newspaper                       | Banner                           | LCSO District Office              | Others: _____                 |                                |

For the selection date, please tick the appropriate box below. **(choose one option only)**

- 16/5/2026 (Sat) Sha Tin Sports Ground & Sha Tin Jockey Club Swimming Pool
- 30/5/2026 (Sat) Kowloon Tsai Sports Ground & Kowloon Tsai Swimming Pool

Please let us know your preference of courses if you are selected successfully (Write down “1” to “3” in the following boxes. “1” is the first priority, “2” is the second priority, “3” is the third priority.)

- YAT26-KL       YAT26-HK       YAT26-NT

\*Our association has the right to the final decision

#### 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。本人准許中國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 as consequence of or while travelling to or from the Event. I permit the TriHK 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)