

### **Competitor Age Limit Policy**

Triathlon is a demanding sport and requires competitors to have physical fitness and technical skills for their own safety and the safety of others. The majority of our events take place within Hong Kong's country parks where the course conditions are not suitable for competitors aged 15 or younger unless they are

a) members of the Hong Kong Triathlon National Squad.

b) members of the Hong Kong Triathlon Regional Squad whose physical fitness and technical skills are confirmed to by the National Coach by means of a skills test and time trial over the Bride's Pool Road cycling course.

c) athletes representing visiting sporting associations and entered by their respective National Federation.

Other than the exceptions listed above, we cannot accept entry to our age grouper events unless the competitor is 16 or older on the day of competition. Our Ultrakids aquathlon, duathlon and triathlon events are carefully planned to meet the needs of younger competitors aged 8 to 15.