



Hong Kong Life ASTC Sprint Triathlon Asian Cup and the ASTC Aquathlon Asian Championships 2019

香港人壽 ASTC 三項鐵人亞洲杯暨 ASTC 水陸亞洲錦標賽 2019



Race Date:	12 and 13 October 2019	比賽日期:	2019年10月12及13日
Race Venue:	Sunny Bay, Lantau Island	比賽地點:	大嶼山欣澳
Race Start:	09:00am (12 October 2019)	比賽時間:	上午9時正 (10月12日)
	06:45am (13 October 2019)		上午6時45分 (10月13日)
Deadline:	22 September 2019 (11:59pm)	截止日期:	2019年9月22日(晚上11時59分)
Quota:	1000 per day	比賽名額:	每日1000個

12 October 2019 (Saturday) 2019年10月12日(星期六) Start Time 開賽時間: 09:00am

Category 組別		Swim 游泳	Bike 單車	Run 跑步	TriHK Affiliated Club Member 香港三項鐵人屬會會員	TriHK Member 香港三項鐵人總會會員	Non-Member 非香港三項鐵人總會會員
Fun Distance 繽紛距離							
Male/Female Youth Open	男子/女子公開少年組	Born in 2004 – 2007	375m	10km	2.5km	HK\$500 Early Bird: HK\$400	HK\$600 Early Bird: HK\$500
Boys/Girls 2004	男子/女子 2004 組	Born in 2004					
Boys/Girls 2005	男子/女子 2005 組	Born in 2005					
Boys/Girls 2006	男子/女子 2006 組	Born in 2006					
Boys/Girls 2007	男子/女子 2007 組	Born in 2007					
Fun Relay	繽紛接力組	Born in 2007 or before					
Paratriathlon Relay	傷健接力組	Born in 2007 or before	375m	10km	2.5km	HK\$600 Early Bird: HK\$480	
Discovery Distance 體驗距離							
Male/Female Junior	男子/女子青年組	Born in 2000 – 2003	375m	15km	2.5km	HK\$550 Early Bird: HK\$450	HK\$650 Early Bird: HK\$550
Male/Female 20-29	男子/女子 20-29 歲	Born in 1990 – 1999					
Male/Female 30-39	男子/女子 30-39 歲	Born in 1980 – 1989					
Male/Female 40-49	男子/女子 40-49 歲	Born in 1970 – 1979					
Male/Female 50-59	男子/女子 50-59 歲	Born in 1960 – 1969					
Male/Female 60 & Over	男子/女子 60 歲或以上	Born in 1959 or before					
Discovery Relay	體驗接力組	Born in 2003 or before					
Tertiary School Relay	大專接力組		Invitational Race				
TriKids Distance 小鐵人距離							
Boys/Girls 2008	男子/女子 2008 組	Born in 2008	250m	5km	2.5km	HK\$400 Early Bird: HK\$300	HK\$500 Early Bird: HK\$400
Boys/Girls 2009	男子/女子 2009 組	Born in 2009					
Boys/Girls 2010	男子/女子 2010 組	Born in 2010					
Boys/Girls 2011	男子/女子 2011 組	Born in 2011					
TriKids Relay	小鐵人接力組	Born in 2008 – 2011					

- Remarks 備註:
- Athletes born between 2004-2007 are welcome to enter Youth Open category. 所有 2004-2007 年出生之運動員均可報名參加公開少年組。
 - Athletes born between 2000-2003 are welcome to enter Junior category. 所有 2000-2003 年出生之運動員均可報名參加青年組。
 - Each relay team shall consist of at least two members, and max three members. 每隊接力參賽隊伍必須最少有二名隊員，而最多不得超過三名隊員。

13 October 2019 (Sunday) 2019年10月13日(星期日) Start Time 開賽時間: 6:45am

Category 組別			Swim 游泳	Bike 單車	Run 跑步	TriHK Affiliated Club Member 香港三項鐵人屬會會員	TriHK Member 香港三項鐵人總會會員	Non-Member 非香港三項鐵人總會會員
Sprint Distance 半奧運距離								
Male/Female Open	男子/女子公開組	Born in 1999 or before	750m	20km	5km	HK\$ 800 Early Bird: HK\$700	HK\$ 900 Early Bird: HK\$800	HK\$1200 Early Bird: HK\$1000
Male/Female Junior	男子/女子青年組	Born in 2000 – 2003						
Male/Female 20-24	男子/女子 20-24 歲	Born in 1995 – 1999						
Male/Female 25-29	男子/女子 25-29 歲	Born in 1990 – 1994						
Male/Female 30-34	男子/女子 30-34 歲	Born in 1985 – 1989						
Male/Female 35-39	男子/女子 35-39 歲	Born in 1980 – 1984						
Male/Female 40-44	男子/女子 40-44 歲	Born in 1975 – 1979						
Male/Female 45-49	男子/女子 45-49 歲	Born in 1970 – 1974						
Male/Female 50-54	男子/女子 50-54 歲	Born in 1965 – 1969						
Male/Female 55 -59	男子/女子 55-59 歲	Born in 1960 – 1964						
Male/Female 60 -64	男子/女子 60 -64 歲	Born in 1955 – 1959						
Male/Female 65 & Over	男子/女子 65 歲或以上	Born in 1954 or before						
Sprint Open Relay	半奧運公開接力組	Born in 2003 or before						
Corporate Relay	工商機構接力組		HK\$3,600* *please complete the enrolment form (Page 5 of this file) for registration					
Disciplinary Force Relay	紀律部隊接力組		Invitational Race					

Remarks 備註 : i. Each Relay Team shall consist of at least two, and at most three members. 每隊接力參賽隊伍必須最少有二名隊員，而最多不得超過三名隊員。

Early Bird Discount is valid until 2 September 2019!
早鳥優惠期至2019年9月2日!

Important Notes 重要事項：

- In accordance with the ITU regulations, each athlete may enter NO MORE THAN ONE race per race day over the course of the two race days, including relay.
- Registration will close at the registration deadline, or earlier if the maximum capacity is reached.
- Once your entry is accepted, your entry fee will not be refunded even if the event has to be modified to a held different race format or cancelled entirely due to inclement weather or other reasons beyond the control of TriHK. Your entry fee is not transferable to another applicant nor towards future races. TriHK has already incurred considerable operational expenses for organising the event and securing the race site for the specified date, whether the race is held.
- There will be no re-scheduling of the 「Hong Kong Life ASTC Sprint Triathlon Asian Cup and the ASTC Aquathlon Asian Championships 2019」 in the event of any cancellation. Entry into the race is at your own risk, including the risk of cancellation and bearing the loss of entry fees.
- Athletes agreed to abide the rules and regulations of the Event upon registering to the 「Hong Kong Life ASTC Sprint Triathlon Asian Cup and the ASTC Aquathlon Asian Championships 2019」. This includes but does not limit to the respect and following of the race rules, but also respect and takes the instruction as directed by the race officials
- 根據 ITU 規則, 每名運動員每日不可參與多於一場賽事, 包括接力組。
- 於報名期內, 額滿即止
- 香港三項鐵人總會實行「不退款」政策, 報名一經接納, 報名費將不獲退回。如賽事因天氣惡劣或其他不受香港三項鐵人總會控制之原因而需更改賽事模式或取消賽事, 已繳之報名費均不會作任何退款之安排。所有報名費均不能轉讓給其他人或其他賽事。此乃不論賽事能否如期於指定日期地點舉行與否, 香港三項鐵人總會在賽事籌劃時已承擔了龐大的營運開支。將不設補賽。閣下須自行承擔報名參與此賽事之潛在風險, 當中包括因賽事取消而引致之報名費損失。
- 參加者一經報名參加「香港人壽 ASTC 三項鐵人亞洲杯暨 ASTC 水陸亞洲錦標賽 2019」, 代表同意遵守賽會所訂規則, 以及遵照大會工作人員的指示。如有任何爭議, 香港三項鐵人總會保留最終決定權。

- For safety's sake, athletes who want to participate in Hong Kong Life ASTC Sprint Triathlon Asian Cup and the ASTC Aquathlon Asian Championships 2019, they must have competed in one of the open water swim races (Aquathon/Triathlon)/ ocean swim prior to 1 October 2019.
- The water test will be held on Sunday, 29 September 2019 in the morning at Golden Beach
- Candidate doing the swim leg must provide evidence of open water (non-swimming pool) swimming proficiency proof when submitting the application form. This may include race certificate of Tri Kids events and /or Cross Harbour Swim etc.
- Candidate, who failed in the water test, will get partial refund of the entry fee (deducted the online processing fee)
- Should any dispute arise, the decision of Hong Kong Triathlon Association shall be final.
- 因安全理由, 所有參加香港人壽 ASTC 三項鐵人亞洲杯暨 ASTC 水陸亞洲錦標賽 2019 – 運動員, 必須於 2019 年 10 月 1 日前曾參加及完成由本會認可的海上鐵人賽事 (非泳池賽事)
- 游泳測試將於 2019 年 9 月 29 日 (星期日) 上午在黃金泳灘進行
- 負責游泳賽段之運動員須於報名時提供開放水域(即非泳池賽事)游泳證明, 如小鐵人賽或渡海泳等
- 未能通過水試之運動員將會退回部分報名費用(扣除網上報名處理費)
- 如有任何爭議, 香港三項鐵人總會保留最終決定權。

詳情以英文譯本為準。

Local athlete's transportation arrangement 本地運動員交通安排

12 October 2019 (Saturday) 2019年10月12日(星期六)

Pick up point 上車地點	Pick up time 上車時間	Tentative Return Time 暫定回程時間	Charges (per athlete – one bike only) 收費(每位 -只限帶一部單車)
City Hall, Central 中環大會堂	06:25	13:00	\$350
Standard ford Hotel, Mongkok 旺角仕德福酒店	06:35		
Pai Tau Village, Shatin 沙田排頭村	06:45		

13 October 2019 (Sunday) 2019年10月13日(星期日)

Pick up point 上車地點	Pick up time 上車時間	Tentative Return Time 暫定回程時間	Charges (per athlete – one bike only) 收費(每位 – 只限帶一部單車)
City Hall, Central 中環大會堂	04:25	13:00	\$350
Standard ford Hotel, Mongkok 旺角仕德福酒店	04:35		
Pai Tau Village, Shatin 沙田排頭村	04:45		

- The above schedule is subject to change when necessary;
- 若有需要,賽會有權修改以上交通時間表
- The return pick up point (for Central, Kowloon Tong and Shatin) is located at Sunny Bay, official transport will only depart race site after prize presentation finished
- 回程交通 (往中環、旺角及沙田)的上車地點設於欣澳上落區,頒獎禮完成後方會離開

The Association will not arrange bike hire service, should you require bike hiring, you may contact below company or any other bike shop to arrange.

Lung Kei Bike Shop

Tel: 9309 8988 (Mr. Law) or 90101889 (Andy)

Elite Sports Limited

Tel: 9686 7656 (Mr. Ho)

大會不設租單車服務,如需要租用單車,可聯絡任何租單車服務公司或以下公司作安排

龍記單車有限公司

電話: 9309 8988 (羅先生) 或 90101889 (Andy)

精英體育發展有限公司

電話: 9686 7656 (何先生)

Remarks 備註

計時晶片

參加者在比賽結束時若不交回計時晶片，將於信用卡賬戶扣除港幣 110 元，若不交回尼龍搭扣將收費於信用卡賬戶扣除港幣 30 元。為了避免這種情況，在比賽之後請返回到終點，工作人員會立刻收回計時晶片及尼龍搭扣。另外，您亦可以於**比賽後一星期內 (2019 年 10 月 18 日) 前寄回計時晶片及尼龍搭扣**，地址香港銅鑼灣掃桿埔大球場徑一號奧運大樓 1020 室

名額及退款

於報名期內，額滿即止。

香港三項鐵人總會實行「不退款」政策，報名一經接納，報名費將不獲退回。如賽事因天氣惡劣或其他不受香港三項鐵人總會控制之原因而需更改賽事模式或取消賽事，已繳之報名費均不會作任何退款之安排。所有報名費均不能轉讓給其他人或其他賽事。此乃不論賽事能否如期於指定日期地點舉行與否，香港三項鐵人總會在賽事籌劃時已承擔了龐大的營運開支。

「香港人壽 ASTC 三項鐵人亞洲杯暨 ASTC 水陸亞洲錦標賽 2019」將不設補賽。閣下須自行承擔報名參與此賽事之潛在風險，當中包括因賽事取消而引致之報名費損失。參加者一經報名參加「香港人壽 ASTC 三項鐵人亞洲杯暨 ASTC 水陸亞洲錦標賽 2019」的賽事，代表同意遵守賽會所訂規則，以及遵照大會工作人員的指示。如有任何爭議，香港三項鐵人總會保留最終決定權。

詳情以英文譯本為準。

Timing Chip

Athlete who failure to return the timing chip at the end of my race will result in a charge to credit card for HK\$110 and failure to return the Velcro strap of the timing chip will result in a charge of HK\$30. To avoid this charge please return the chip to the finish post officials immediately following your race. Alternatively, you can post or **deliver the timing chip and strap to TriHK office within a week before (18 October 2019)**: Room 1020, Olympic House, 1 Stadium Path, So Kon Po, Causeway Bay, Hong Kong

Quota & Refund

Registration will close at the registration deadline, or earlier if the maximum capacity is reached.

The TriHK operates a “No Refund Policy”. Once your entry is accepted, your entry fee will not be refunded even if the event has to be modified to a different race format or cancelled entirely due to inclement weather or other reasons beyond the control of TriHK. Your entry fee is not transferable to another applicant nor towards future races. TriHK has already incurred considerable operational expenses for organizing the event and securing the race site for the specified date, whether the race is held.

There will be no re-scheduling of the 「Hong Kong Life ASTC Sprint Triathlon Asian Cup and the ASTC Aquathlon Asian Championships 2019」 in the event of any cancellation. Entry into the race is at your own risk, including the risk of cancellation and bearing the loss of entry fees. Athletes must agree to abide the rules and regulations of the Event upon registering to the 「Hong Kong Life ASTC Sprint Triathlon Asian Cup and the ASTC Aquathlon Asian Championships 2019」. This includes, but is not limited to, respect and following of the race rules, and to respect and take instructions as directed by the race officials.

In case of any dispute, the Hong Kong Triathlon Association reserves the right of final decision.

For details, English version shall prevail.



Hong Kong Life ASTC Sprint Triathlon Asian Cup and the ASTC Aquathlon Asian Championships 2019

香港人壽 ASTC 三項鐵人亞洲杯暨 ASTC 水陸亞洲錦標賽 2019



Race Date: 12 and 13 October 2019
 Race Venue: Sunny Bay, Lantau Island
 Race Start: 09:00am (12 October 2019)
 06:45am (13 October 2019)

比賽日期: 2019年10月12及13日
 比賽地點: 大嶼山欣澳
 比賽時間: 上午9時正 (10月12日)
 上午6時45分 (10月13日)

Individual Entry Form 個人報名表

Participant's Detail 參加者資料

Surname 姓	
Given Name 名	
Date of Birth 出生日期	___/___/___ (dd/mm/yyyy)
Gender 性別	
HKID No. 身份證號碼	
Address 地址	
Telephone No. 電話	
Email Address 電郵地址	
Emergency Contact Person 緊急聯絡人	
Emergency Contact Number 緊急聯絡人電話	
Event 項目	<input type="checkbox"/> 12 October 2019 (Sat) <input type="checkbox"/> 13 October 2019 (Sun)
Race Category 比賽組別	<input type="checkbox"/> Sprint Distance 半奧運距離 : _____ <input type="checkbox"/> Fun Distance 繽紛距離 : _____ <input type="checkbox"/> Discovery Distance 體驗距離 : _____ <input type="checkbox"/> TriKids Distance 小鐵人距離 : _____

<p>Open Water Proof 公開水域游泳証明</p>	<p><input type="checkbox"/> Evidence proof of swimming proficiency in open water (non-swimming pool) has been submitted 曾參加及完成由本會認可的海上鐵人賽事 (非泳池賽事), 並已提交証明</p> <p><input type="checkbox"/> I will attend to the water test which held on Sunday, 29 September 2019 in the morning at Golden Beach 將會出席於 2019 年 9 月 29 日 (星期日) 上午在黃金泳灘進行的游泳測試</p>
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Declaration 責任聲明

I 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 a 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.

本人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。

I am physically fit and capable of participating in the Event and have not been otherwise advised by a qualified medical practitioner.

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 declare and confirm that I am a full-time staff of the participated organization and all information provided in this entry form is true and accurate.

本人聲明及確認本人為參加機構之全職職員及報名表內提供的所有資料均為真確無誤。

Signature of Participant

參加者簽署

Date

日期

Parent's signature is necessary for entrant aged under 18 未滿十八歲者，必須由家長簽署