

2019 Aquathon Series – Race 4

二零一九年水陸兩項鐵人賽 - 比賽 4

Race Date: Sunday, 29 September 2019

比賽日期: 2019 年 9 月 29 日(星期日)

Race Venue: Golden Beach

比賽地點: 黃金海岸沙灘

Race Start: 6:30am

比賽時間: 上午 6 時 30 分

Quota: 700

比賽名額: 700

Race Category 組別

Challenge Distance 挑戰賽程 (Swim 250m/Run 2km) x 3 Times

Male/Female Open	男子/女子公開組	Born in 1999 or before	1999 年或以前出生
Male/Female Age Group 20-24	男子/女子 20 至 24 歲分齡組	Born in 1995 – 1999	1995 – 1999 出生
Male/Female Age Group 25-29	男子/女子 25 至 29 歲分齡組	Born in 1990 – 1994	1990 – 1994 出生
Male/Female Age Group 30-34	男子/女子 30 至 34 歲分齡組	Born in 1985 – 1989	1985 – 1989 出生
Male/Female Age Group 35-39	男子/女子 35 至 39 歲分齡組	Born in 1980 – 1984	1980 – 1984 出生
Male/Female Age Group 40-44	男子/女子 40 至 44 歲分齡組	Born in 1975 – 1979	1975 – 1979 出生
Male/Female Age Group 45-49	男子/女子 45 至 49 歲分齡組	Born in 1970 – 1974	1970 – 1974 出生
Male/Female Age Group 50-54	男子/女子 50 至 54 歲分齡組	Born in 1965 – 1969	1965 – 1969 出生
Male/Female Age Group 55-59	男子/女子 55 至 59 歲分齡組	Born in 1960 – 1964	1960 – 1964 出生
Male/Female Age Group 60-64	男子/女子 60 至 64 歲分齡組	Born in 1955 – 1959	1955 - 1959 出生
Male/Female Age Group 65 & Over	男子/女子 65 歲或以上分齡組	Born in 1954 or before	1954 或以前出生

Sprint Distance 半奧運賽程 (Swim 250m/Run 2km) x 2 Times

Male/Female Youth Open	男子/女子少年公開組	Born in 2004 – 2007	2004 – 2007 年出生
Male/Female Junior	男子/女子青年組	Born in 2000 – 2003	2000 – 2003 年出生
Male/Female Open	男子/女子公開組	Born in 1980 – 1999	1980 – 1999 年出生
Male/Female Master	男子/女子元老組	Born in 1979 or before	1979 年或以前出生

The TriKids and Discovery categories are eligible to join the school team competition

小鐵人賽程及體驗賽程將可參加學校隊際組

Discovery Distance 體驗賽程 (Swim 250m and Run 2km)

Boys 2004	男子 2004	Girls 2004	女子 2004
Boys 2005	男子 2005	Girls 2005	女子 2005
Boys 2006	男子 2006	Girls 2006	女子 2006
Boys 2007	男子 2007	Girls 2007	女子 2007

TriKids Distance 小鐵人賽程 (Swim 250m and Run 2km)

Boys 2008	男子 2008	Girls 2008	女子 2008
Boys 2009	男子 2009	Girls 2009	女子 2009
Boys 2010	男子 2010	Girls 2010	女子 2010
Boys 2011	男子 2011	Girls 2011	女子 2011

2 x Mixed Relay (Swim 250 m/Run 2km) x 2 Times

2 x Mixed Relay comprises of 2 persons include 1 female and 1 male. 1 leg female complete the above swim distance swim 250m and Run 2.5km before tagging off to the next team mate.

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2 x 混合接力包括 2 人 (1 女及 1 男) 。第一棒女運動員運動員必須完成上述比賽距離，游泳 250 米及 2 公里
2 人混合接包括 1 女及 1 男運動員。首先女運動員必須完成上述比賽距離，游泳 250 米及 2 公里跑步，完成後下一位另運動員再接力再做同一上述比賽距離。

Open	公開組	Born in 1999 or before	1999 年或以前出生
Junior	青年組	Born in 2000 – 2003	2000 – 2003 年出生

School Team Competition Rules 學校隊際組比賽規則

School team results shall be determined by the sum of finishing times of top TWO individuals in each team.

學校隊際組之成績計算是根據每隊首兩名完成者之完成時間總和

Each team shall consist of at least two, and at most three members. Each member must compete as individual in the same race course (Either Discovery or TriKids) and same gender

每隊參賽隊伍必須最少有兩名隊員，而最多不得超過三名隊員。同一隊之隊員必須參與同一級別賽程(體驗或小鐵人距離)，以及為同一性別

Each member's result will also be counted in the individual category.

各隊員之個人成績，亦會計算於個人組別之成績內

There is no limit on the number of teams entering from each school in each category.

各院校在各組別的參賽隊數不限

School team members' entry form must be submitted together by the deadline and **No late entry will be accepted.**

所有學校隊際組別的參賽報名表必須在截止報名日期前一併遞交，恕不接受逾期報名。

Remarks:

All National Squad members (aged 14-15) who born between 2004 – 2005 must enter Youth Open Category.

所有香港集訓隊 (14 – 15 歲) 於 2004 - 2005 年出生之成員必須參加公開少年組。

All National Development Squad members (aged 14-15) who born between 2004 – 2005 must enter Youth Open Category.

所有香港代表發展隊 (14 – 15 歲) 於 2004 - 2005 年出生之成員必須參加公開少年組。

All Regional Squad members (aged 14-15) who born between 2004 – 2005 must enter Youth Open Category.

所有地區代表隊 (14 – 15 歲) 於 2004 - 2005 年出生之成員必須參加公開少年組。

Deadline for Entry 截止報名日期	2019 年 9 月 9 日下午 12 時(星期一) 9 September, 2019, 12pm (Monday)		
Entry Fee 報名費	TriHK & Affiliated Club Member HK\$200	香港三項鐵人總會及屬會會員港幣 \$200	
	TriHK Member HK\$260	香港三項鐵人總會會員港幣 \$260	
	Non TriHK Member HK\$400	非香港三項鐵人總會會員港幣 \$400	
	Mixed Team Relay HK\$350	混合接力港幣 \$350	
Awards 獎項	<p>Individual 個人組</p> <p>The Champion in each category will be presented with a Trophy. Other positions entitled to an award will be presented with medals based on the below criteria:</p> <p>每組冠軍將獲頒獎杯一個，而其餘名次將依據下述計算方法頒發獎牌：</p> <p>Awards will be presented to the Top 3 finishers, if the number of entries in that category is 3- 30.</p> <p>如該組別參加者為 3-30 人，則只頒發獎項給前 3 名</p> <p>Awards will be presented to the Top 4 finishers, if the number of entries in that category is 31 – 50.</p>		

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如該組別參加者為 **31-50** 人，則只頒發獎項給前 **4** 名

Awards will be presented to the Top 5 finishers, if the number of entries in that category is 51 or above.

如該組別參加者為 **51** 人或以上，則只頒發獎項給前 **5** 名

School Team 學校隊際組

3 medals will be presented to each of the Top 3 Teams in each category.

各學校隊際組別前三名將獲頒發三枚獎牌

Mixed Relay 混合接力隊際組

2 medals will be presented to each of the Top 3 Teams in each category.

各混合接力隊際組別前三名將獲頒發 **2** 枚獎牌

Individual and Club Series Scoring Method 個人及屬會聯賽評分方法

For detail information, please visit: www.triathlon.com.hk

詳細資料請瀏覽：www.triathlon.com.hk

Non-refund Policy 不退款政策

The TriHK operates a “Non -refund Policy”. Once your entry is accepted, your entry fee is not refundable nor transferable. If an event has been cancelled due to inclement weather or other reason beyond the control of TriHK, the race will not be re-scheduled, and your entry fee will not be refunded nor can it be transferred.

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，不得轉讓。如賽事因天氣惡劣或其他原因而取消，香港三項鐵人總會不會安排任何補賽，亦不會作任何退款之安排。有關之報名費亦不得轉讓。

Local Event Inclement Weather Policy 惡劣天氣安排

If Typhoon Signal No.8 or above is hoisted at any time from 12:00 noon on the day before race, the race will be cancelled without any rescheduling

If the Typhoon Signal No.3 / Amber Rainstorm/ Red Rainstorm/ Black Rainstorm/ Thunderstorm/Landslide warning be hoisted at any time after 5:00 on race morning, the race may be cancelled without any rescheduling

Should the above Inclement Weather / Condition Warnings be raised after the commencement of the race, the Race Director has the right to change the course distance or arrangement or to stop the race. If the race is stopped, the race will be either be cancelled or be adjusted.

Entry Fees of cancelled race will not be refunded, nor can it be transferred of cancelled race

如於比賽前一天中午十二時懸掛八號颱風訊號或以上，是項賽事將取消而不會補賽

如在比賽日早上 **5** 時正或以後仍然懸掛三號颱風訊號/黃雨/紅雨/黑雨及山泥傾瀉警告，是項賽事將有可能取消而不再補賽

如比賽進行中天氣惡劣或懸掛上述任何警告，賽事總監有權將比賽賽程改變 或取消正在進行中的比賽。被取消之賽事將不設補賽

被取消之賽事之報名費不設退款、亦不得轉讓

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特別公告:

如有興趣參加 10 月 12 至 13 日舉行之香港人壽 **ASTC** 三項鐵人亞洲杯暨 **ASTC** 水陸兩項鐵人亞洲錦標賽 2019 · 水陸兩項鐵人聯賽第四場 (黃金泳灘) 的成績將被視為公開水域游泳的證明。

而未有任何公開水域游泳經驗或證明的運動員 · 必須參加在同一天於黃金泳灘舉行的游泳測試。

如有任何有關游泳測試的事宜或爭議 · 香港三項鐵人總會的決定為最終決定。

Special Announcement:

If you are interested in participating at the 2019 Hong Kong Life ASTC Triathlon Asian Cup and the ASTC Aquathlon Asian Championships held on the 12-13th October, 2019, the result of Aquathlon Series 4 would be deemed as proof of open water swim.

For those who has no experience or proof of open water swim, they MUST attend the water test at the Golden Beach on the same day.

In case of any matters or disputes in relation to the water test, the decision of the Hong Kong Triathlon Association shall be final.