

2022 >>>>>

陸上兩項鐵人聯賽

DUATHLON SERIES



Event Schedule 比賽時間表

Registration 報到

Challenge Distance	挑戰距離	04:30 to 06:00
Sprint Distance	半奧運距離	05:00 to 06:30
Super Sprint Distance	繽紛距離	05:00 to 07:20
Heat 分組	Category 組別	Start Time 比賽時間
1	Challenge – Male Elite Open	挑戰距離: 男子精英公開組
	Challenge – Male 20-24	挑戰距離: 男子 20-24
	Challenge – Male 25-29	挑戰距離: 男子 25-29
	Challenge – Male 30-34	挑戰距離: 男子 30-34
	Challenge – Male 35-39	挑戰距離: 男子 35-39
	Challenge – Male 40-44	挑戰距離: 男子 40-44
	Challenge – Male 45-49	挑戰距離: 男子 45-49
2	Challenge – All Female Categories	挑戰距離: 所有女子組別
	Challenge – Male 50-54	挑戰距離: 男子 50-54
	Challenge – Male 55-59	挑戰距離: 男子 55-59
	Challenge – Male 60-64	挑戰距離: 男子 60-64
	Challenge – Male 65 & Over	挑戰距離: 男子 65 歲或以上組別
3	Sprint – All Categories	半奧運距離: 所有組別
4	Super Sprint – All Categories	繽紛距離: 所有組別

Course Cut Off Time 賽事分段時限

Bike Course (Challenge/Sprint and Super Sprint Distance) – AFCD Turning Point 單車賽段 (挑戰 · 半奧運及繽紛距離) – 漁農處轉折點	after 08:55
Run Course (Challenge/Sprint and Super Sprint Distance) 跑步賽段 (挑戰 · 半奧運及繽紛距離)	09:45

Prior to Race Day 比賽前準備

Course familiarization is strongly recommended. The race course will be well sign-posted. Nevertheless, it is each athlete's responsibility to take their correct route. It is not the job of the race officials to direct athletes. This would not be feasible given the number of different waves course, which involves a different number of laps.

大會鼓勵參加者細閱及理解比賽賽道。由於不同賽程組別所涉及之賽事圈數有別,故工作人員不會為運動員提供比賽圈數指示。而運動員有責任按正確賽道進行比賽。所有比賽資料及地圖將刊登在網頁。

Rules familiarization is strongly recommended.

大會鼓勵參加者熟讀比賽規則。

Ensure that your bicycle is roadworthy. You are responsible for its roadworthiness. Folding bikes are not allowed for safety reasons.

參加者有責任確保單車之道路及安全性能。基於安全的理由,任何組別不得使用摺車作賽。

All participants must finish 3 doses of vaccination for COVID-19 14 days before the event days and they are required to present the vaccination records to the organiser during enrollment.

所有參加者必須在比賽日 14 天前完成接種三針新冠疫苗及在報到時出示疫苗接種記錄。

All participants must get tested for COVID 19 within 48 hours (Date:12th August 2022) prior to the start of competition. If participant cannot provide their test result, they are not allowed to race and no refund will be provided.

所有參加者必須在比賽開始前 48 小時內(日期:八月十二日)進行新型冠狀病毒檢測。如在比賽前不能提供測試結果,將不能參加比賽並不設退款。

Only accept COVID 19 test result by Government recognised parties (Community Testing Centres (CTCs), hospital, mobile specimen collection stations, recognised local institutions, private testing laboratories or returning deep throat saliva (DTS) specimen collection pack), do not accept self-rapid test result.

只接受於政府轄下認可機構之新冠病毒檢測結果(社區檢測中心、流動採樣站、認可本地醫療檢測機構、私營化驗所或交回深喉唾液測試樣本收集包),恕不接受自行快速測試結果。

Preparation on Race Day 比賽日準備

All participants are required to present valid identification document with photos, either original documents or copies, such as Hong Kong ID card, Passport is accepted for all pre-race check-in. If any participant fails to present any valid identification documents, he/ she shall not receive the race pack and attend the competition.

所有比賽報到時均必須出示印有照片的有效身份證明文件的正本或副本,如香港居民身份證、護照。如未能提交上述任何身份證明文件的正/副本,均不能領取選手包及參加該場比賽。

Upon arrival at the race venue on race day, please proceed to the TriHK Registration booth and show your negative test result and COVID 19 vaccine record to collect your race pack. Please make sure that the race pack includes a race bib, helmet chips, three stickers for your helmet (to be affixed on the front and sides of your helmet), bike number which will be fixed under your seat. If everything is in good order, have your race number marked on your arm. Please do not apply sunblock prior to body marking.

到達比賽場地後,請往報到處報到,出示身份證/護照,陰性檢測結果及新冠疫苗接種紀錄並領取比賽包。請確保內裏包括有號碼布、頭盔晶片、3張頭盔貼紙(一張貼前面,其餘兩張貼在頭盔側面)、單車號碼(扣在單車坐位下)及比賽號碼布。工作人員會在你的印上手上比賽號碼。在印上比賽號碼前切勿塗上太陽油。

After Registration, please proceed directly to Transition Area and rack your bike according to your race number.

完成報到手續後,請前往轉項區根據比賽號碼掛好單車。

Drink and refreshment will not be available to athletes during transition set up. You should arrive with sufficient drinks and other nourishment to meet your needs until the run leg of the race.

轉項區內及於跑步賽段前大會不會提供飲料,各參加者須自行帶備足夠之比賽飲用水。

Only those things that you require during the race should be left in your Transition Area. Transition Area official will keep an eye on them, although they are left at your risk.

轉項區只供擺放比賽物資。工作人員會留意轉項區之物資安排,惟工作人員並不作物資保管及物資遺失負責。

All other personal possession should be labelled with your race number, into Baggage Deposit booth, next to the Registration booth, where they will be stored at your own risk. You are advised not to bring valuable with you

非比賽物資應存放在行李寄存區,行李寄存區設於報到處旁。物品之安全由參賽者自行負責。故大會不建議參加者攜帶貴重物品。

You will be required to leave the Transition Area, no later than 15 minutes prior to the start of your race and listen to the race briefing. Please allow sufficient time to make your way to the Start Line. Race Briefing will be held at the main dam start line.

參加者於所屬組別開賽前 15 分鐘須離開轉項區及前往聆聽賽事講解。請預留充足時間前往起點。賽事講解將於在大壩起點舉行。

1st Run Course 第一段跑步

Challenge/Sprint/Super Sprint Distance (2.5km): From the start line at the Plover Cove Main Dam, you should run along it to the turning point B and head back for the Tai Mei Tuk Road Transition Area.

挑戰/半奧運/繽紛賽程(2.5km): 從水壩起點,參賽者沿水壩直跑至轉折點 B,然後折返直跑向位於大尾督路之轉項區。

Your race number must be visible on your front throughout the run. The offender will be disqualified

在跑步賽段時必須將號碼布扣在背心前面,違規者被取消比賽資格。

All athletes male and female must wear a running top or cycling suit that securely covers their chests and nipples throughout the run course. Offenders will be disqualified.

所有男女運動員在跑步賽段中均須穿上跑步上衣或單車衫作賽,必須遮蓋胸部及不可露點。

Three Aid Stations will be provided at the run course.

跑步賽道設有三個水站。

Running on any grass patch or shortcut is prohibited. Offenders will be disqualified.

嚴禁跑上任何草地或捷徑,違規者被取消比賽資格。

Glass Containers, headphones, headsets and video camera are not permitted during the race.

在比賽中嚴禁使用玻璃器皿、耳筒、耳機或攝錄機等物件。

Parents, coaches; supporters and spectators are not allowed to enter the transition area and/or run with any participants during the race. Otherwise, participants will be disqualified.

家長、教練、支持者及觀眾禁止進入轉項及在跑步中陪跑,否則參賽者會被取消比賽資格。

Transition Area 轉項區

All competitors are required to put their race equipment in the transition area before the race briefing.

參賽者必須在賽事講解前將所有比賽用品放入轉項區內。

Athletes should follow the instruction of race officials to collect your bike and race equipment in person at the transition area after the whole race finish with the presentation of number cloth.

參賽者必須在整個比賽完成後,親身憑號碼布到轉項區依照工作人員指示取回比賽用品及單車。

Parents, coaches; supporters and spectators are not allowed to enter the transition area and/or run with any participants during the race. Otherwise, participants will be disqualified.

家長、教練、支持者及觀眾禁止進入轉項及在跑步中陪跑,否則參賽者會被取消比賽資格。

Bike Course 單車賽段

Challenge Distance (40km): Upon exiting the transition area, you should head along Bride's Pool Road to the Agricultures, Fisheries and Conservation Department (AFCD) Bike Turning Point and then double back to Bride's Pool Road Turning Point. Competitors should repeat the loop between the two turning point 2 more times, before head back to the transition area, this means four laps of the Bride's Pool Road section of the course.

挑戰賽程 (40km): 離開轉項區沿新娘潭路到漁農處管理站之轉折點,折返新娘潭路回轉折點,參賽者需來回往返烏蛟騰及新娘潭路到轉折點四次,然後返回轉項區。

Sprint Distance (20 km): Upon exiting the transition area, you should head along Bride's Pool Road to the Agricultures, Fisheries and Conservation Department (AFCD) Bike Turning Point and then double back to Bride's Pool Road Turning Point. Competitors should repeat the loop between the two turning point 1 more time, before head back to the transition area, this means two laps of the Bride's Pool Road section of the course.

半奧運賽程 (20km): 離開轉項區沿新娘潭路到漁農處管理站之轉折點,折返新娘潭路回轉折點,參賽者需來回往返烏蛟騰及新娘潭路到轉折點兩次,然後返回轉項區。

Super Sprint Distance (10 km): Upon exiting the transition area, you should head along Bride's Pool Road to the Agricultures, Fisheries and Conservation Department (AFCD) Bike Turning Point and then double back to Bride's Pool Road Turning Point. Then Competitors should head back to the transition area.

繽紛距離 (10km): 離開轉項區沿新娘潭路到漁農處管理站之轉折點,折返新娘潭路回轉折點,然後返回轉項區。

Competitors must not overtake when cycling down the steep hill back to the Transition Area. Competitors overtaking while cycling down this hill will be disqualified. Please also take care to slow down before taking the sharp turn from the Ting Kok Road back into the Transition Area. Officials will wave a yellow flag to remind you.
當下斜返回轉項區時,工作人員會以黃旗示意,提醒參賽者必慢駛及不得超越前車,否則將被取消參賽資格。參賽者請在轉入轉項區時加以留意。工作人員會以黃旗示意。

Drafting is allowed but at your risk. Please take care and only draft if you have the skills to do so safely.
賽事容許進行勾車,惟參加者須自負有關之安全。參加者應確保具備勾車技巧方可進行勾車。

Athletes have your responsibly to count your lap and official will not remind you of the race.
運動員必須自行數圈,工作人員在比賽進行中不會作任何提示。

Your race number must be viable on your back throughout the bike ride if you are using the race belt
如用比賽號碼帶,參賽號碼布必須於整個單車賽段扣於背心後面。

Athletes must fix their helmet straps before taking their bikes off the rack. Offenders will be penalized.
參賽者須把頭盔先佩帶好,然後才可取單車離開轉項區,違者將被處罰。

Keep to the left side of the road except when overtaking, so that other road users and cyclists may overtake. Drafting penalties will be applied to any cyclist blocking another cyclist.
除超越前車外,請靠左駛。勾車罰則將引用於阻擋其餘參賽之運動員。

Remain courteous to all other road users at all times.
請和其他道路使用者合作。

Do not cross the white line in the center of the road. Offenders will be disqualified for dangerous riding.
超越前車時,不得越過路中之雙白線,即不得超越對面行車線。違例者將被取消比賽資格

There will be no Aid Stations on the cycle course. You should carry sufficient fluids to meet your own hydration needs.
在單車賽道上,不設水站,請各運動員帶備足夠飲品。

Athletes must rack the bike before removing the helmet. Offenders will be penalized.
參賽者必須把單車掛妥於單車架上當方可除去頭盔,違者將被處罰。

Athletes must bring their own bike and wear helmets during the cycling part, offenders will be disqualified.
參賽者必須自備頭盔及在單車賽段中佩帶頭盔,違者將被處罰。

Glass Containers, headphones, headsets and video camera are not permitted during the race.
在比賽中嚴禁使用玻璃器皿、耳筒、耳機或攝錄機等物件。

No folding bikes allowed for all categories
任何組別不準使用摺車作賽。

Minimum wheel size requirement is 26 inches.
車輪必須為 26 吋或以上方可作賽。

2nd Run Course 第二段 跑步賽段

Course 賽程	Distance 距離	Route 路線	Lap 圈數
Challenge 挑戰賽程	10km	Transition→TP A→TP C→TP A→Finish	2
Sprint 半奧運賽程	5km	Transition→TP A→Finish	1
Super Sprint 繽紛賽程	2.5km	Transition→TP B→ Finish	1

Your race number must be visible on your front throughout the run. Offender will be disqualified

在跑步賽段時必須將號碼布扣在背心前面,違規者被取消比賽資格。

All athletes' male and female must wear a running top or cycling suit that securely covers their chests and nipples throughout the run course. Offenders will be disqualified.

所有男女運動員在跑步賽段中均須穿上跑步上衣或單車衫作賽,必須遮蓋胸部及不可露點。

Three Aid Stations will be provided at the middle of the dam for Challenge, Sprint and Super Sprint Distance, two Aid Station for Sprint and Super Sprint Distance

挑戰距離跑步賽道設有三個水站,半奧運距離/繽紛距離跑步賽道設有兩個水站。

Running on any grass patch or shortcut is prohibited. Offenders will be disqualified.

嚴禁跑上任何草地或捷徑,違規者被取消比賽資格。

Glass Containers, headphones, headsets and video camera are not permitted during the race.

在比賽中嚴禁使用玻璃器皿、耳筒、耳機或攝錄機等物件。

Parents, coaches; supporters and spectators are not allowed to enter the transition area and/or run with any participants during the race. Otherwise, participants will be disqualified.

家長、教練、支持者及觀眾禁止進入轉項及在跑步中陪跑,否則參賽者會被取消比賽資格。

Race Finish 比賽完成後

Trophy winners will be announced and posted on the site as soon as possible. Full result will be posted to the TriHK Web site: www.triathlon.com.hk on race day afternoon.

得獎名單將會貼於報告板上。賽事所有成績將於比賽日下午網站(www.triathlon.com.hk)公佈。

Belongings may be collected from the Baggage Deposit booth at any time on the production of your race number bib.

完成賽事後必須憑號碼布於行李寄存處取回行李。

No prize presentation ceremony will be organized at the venue to avoid crowd gathering.

現場將不會舉行頒獎環節,以避免造成人群聚集。

After completing the race, participants can collect their medals/trophies at Prize Collection Point near registration.

參加者完賽後可到獎項領取處領取獎項。

Other Information 其他事項

Participants must count their own bike and run lap.

參賽者需自行計算單車及跑步圈數。

Participants are responsible for following the correct race course.

參賽者有責任依照正確賽道比賽。

All participants must obey the instruction of race officials at all time. Failing to do so may result in disqualification

所有參賽者必須遵從大會工作人員之指示,否則可能被取消資格。

Organizer reserves the right to change the schedule or event detail as necessary. This including moving the race forward. Participants are advised to arrive the race venue early.

大會有權因應需要更改賽事安排及時間表, 包括提早賽事時間。故參賽者請盡早抵達比賽場地。

Third parties' support and assistance during the race are not allowed, otherwise, participants will be disqualified.

第三者禁止在比賽中從旁協助, 否則參賽者會被取消比賽資格。

The event organizer will not keep any not collected equipment or personal belongings after the race.

在比賽結束後, 賽事主辦者不會保留任何未有取回的裝備或隨身物品

Penalty Box 處罰區

Penalty Box is the designated area to serve the infringements during transition, bike, run.

處罰區是指是一個特定區域來處罰在比賽中, 轉項區, 單車, 跑步犯規。

Location: Run Course (please refer to the route map)

位置: 跑步賽段 (請參閱比賽地圖)。

Notification: Posted on the whiteboard to show race numbers (Athletes MUST read the board).

通知: 比賽號碼將貼在白板上。(運動員必須留意白板)。

Race Distance 賽程	Time Penalty 處罰時間
Challenge 挑戰賽程	15 Seconds
Sprint 半奧運賽程	10 Seconds
Super Sprint 繽紛賽程	10 Seconds

Procedure 程序:

1. 15 second time penalty served on any lap of the run.

在任一個跑步圈內,必須作出處罰。

2. Official will not inform you, you must enter the penalty box by yourself

工作人員不作任何通知, 運動員自行進入處罰區。

3. **Once you enter the penalty box, the official will start to count your second, then official say “GO”, you can continue your race.**

當入了處罰區, 工作人員開始計時, 然後工作人員會通知你“GO”, 才可以繼續比賽。

4. **Failing to serve penalty will result in a DISQUALIFICATION**

如沒有進入處罰區, 將被取消比賽資格



Case 事例	Penalties 處罰
Transition Area 轉項區	
Not put the helmet and fasten it before taking their bikes off the rack 於取單車前未有佩帶好頭盔及扣上頭盔扣	Fix and 15/10 sec time penalty 必須修正及將有 15/10 秒時間處罰
Cycling at transition area 轉項區內踏單車	15/10 sec time penalties 15/10 秒時間處罰
Mount before the mount line 在單車上車處前上車	Fix and 15/10 sec time penalties 必須修正及將有 15/10 秒時間處罰
Dismount after the dismount line 在單車下車處後下車	Fix and 15/10 sec time penalties 必須修正及將有 15/10 秒時間處罰
Removing the helmet and / or unfasten it before rack the bike 於單車掛妥於單車架上前除去頭盔扣及 / 或頭盔	Fix and 15/10 sec time penalties 必須修正及將有 15/10 秒時間處罰
Bike Course 單車賽段	
Not wearing a helmet during the bike race 在單車賽段沒有佩帶頭盔	DSQ 取消比賽資格
Cross the white line in the centre of the road 超越前車時, 越過路中之白色分界線, 即超越對面行車線	DSQ 取消比賽資格
Run Course 跑步賽段	
Upper body not fully covered 在跑步賽段沒有穿上跑步上衣作賽	Fix, otherwise DSQ 必須修正否則取消比賽資格
Running on any grass patch or shortcut 跑上任何草地或捷徑	DSQ 取消比賽資格

Wearing flip-flops for running 穿着拖鞋進行跑步。	DSQ 取消比賽資格
Others 其他	
Using Glass Containers, headphones and headsets during the race 在比賽中使用玻璃器皿、耳筒或耳機等物件	Fix, otherwise DSQ 必須修正否則取消比賽資格
Parents, coaches, supporters and spectators are entering the transition area and/or run with any participants during the race. 家長、教練、支持者及觀眾進入轉項區及在跑步中陪跑	1st: Warning / 2nd: DSQ 第一次：警告 第二次：取消比賽資格
Third parties' support and assistance during the race. 第三者在比賽中從旁協助	DSQ 取消比賽資格
Using abusive language or behavior toward any official 使用侮辱性語言或行為對待大會工作人員	DSQ 取消比賽資格
Using unsportsmanlike behaviour 使用違反體育精神行為	DSQ 取消比賽資格

Appeal 上訴

The competition Jury include 3 members and they will handle all appeal of race day

上訴委員包括有 3 名成員。比賽當天由上訴委員會處理所有上訴。

The appeal is accepted only within 15 minutes after race result being announced and completed the "Complain and Appeal" form together with HK\$200 appealing fee. Appeal fee will only be refunded upon successful appeal.

如有任何上訴,請於該組別成績公佈後 15 分鐘內填寫「上訴」表格並繳交港幣\$200 按金。按金只於上訴得值時發回。

The Association will accept the appeal on race day only. No appeal will be accepted after 15 minutes of the results being announced.

大會只接受比賽當日上訴。成績公佈 15 分鐘後將不接受任何上訴。

In case of any disputes, the association reserves the right of final decision.

如有爭議本會保留最終決定權。

Inclement Weather/Condition Warning 惡劣天氣警告

If Typhoon Signal No.8 or above is hoisted at any time from 12:00 noon on the day before the race, the race will be cancelled without any more rescheduled race and the race entry fees will not be refunded.

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再補賽及報名費用不會退回。

If the Red Rainstorm/ Black Rainstorm/ Thunderstorm/ Landslide warning be hoisted at any time after 4:00 a.m on race morning, the race will be cancelled without any more rescheduled race and the race entry fees will not be refunded.

如在比賽日早上 4 時正或以後仍然懸掛紅雨/黑雨/雷暴及山泥傾瀉警告,是項賽事將取消而不再補賽及報名費用不會退回。

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 re-scheduled.

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。

There is no rescheduling for the cancelled race.

被取消之賽事將不設補賽。

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

被取消之賽事之報名費不設退款、亦不得轉讓。

If the race is cancelled, the LOC will send SMS to all participants and notice will be published on the TriHK web site: www.triathlon.com.hk and Facebook.

如比賽取消，大會將會以短訊通知各參賽者，並在本會網頁：www.triathlon.com.hk 及 **Facebook** 公佈。

For any Race Day emergency enquiries, please contact Event Hotline (6719 8533).

比賽當日如有任何緊急查詢請致電比賽專線 (6719 8533)。

Return your Timing Chip 退還你的計時晶片

Volunteers are assigned on race day to collect your chip after you cross the finish line. Please make sure your chip is collected. The automated fee for not returning your chip is HK\$100. Not returning the strap of the timing chip will be charged at HK\$25. If you forget, please return your chip to The Hong Kong Triathlon Association, Rm 1020, Olympic House, 1 Stadium Path, So Kon Po, Causeway Bay, Hong Kong, within 1 week of the event date or you will be charged to your nominated credit card.

在比賽當日，當你越過終點線時，將會有志願工作人員向所有參賽選手收集計時晶片。請確保在完成賽事後，你的晶片已被回收。若遺失或未能退還晶片，將自動收取費用港幣 100 元。如沒有退還計時晶片綁帶，將收取港幣 25 元。若賽事當日你忘記歸還它們，請在比賽日 1 個星期內把晶片退還到香港三項鐵人總會（銅鑼灣掃桿埔大球場徑一號奧運大樓 1020 室），否則你所指定的信用卡將被扣取費用。

Route Map 比賽地圖



- (S) Start 起點
- (F) Finish 終點
- (D) Dismount 下車處
- (M) Mount 上車處
- (P) Penalty Box 處罰區
- (W) Aid Station 水站

Race Route 比賽路線

Challenge Distance:

Start > TP B > Transition > TP1 <> TP2 (4 times) > Transition > TP A <> TP C (2 times) > Finish

Sprint Distance:

Start > TP B > Transition > TP1 <> TP2 (2 times) > Transition > TP A > Finish

Super Sprint Distance:

Start > TP B > Transition > TP1 > Transition > TP B > Finish