

ORGANISED BY
HONG KONG
TRIATHLON
香港三項鐵人



2022



水陸兩項鐵人聯賽

AQUATHLON SERIES

SUBVENTED BY
康樂及文化事務署
Leisure and Cultural
Services Department

SPONSORED BY
watsons water



Pool Race 1 (TriKids) Schedule 泳池賽 1 (小鐵人) 時間表

Wave 分組	Cap 泳帽	Distance 距離	Category 組別	Start Time 開賽時間	Briefing Time 賽事講解
1	Yellow 黃色	Sprint Distance	Female Elite Youth (NS only) Male Elite Youth (NS only) Male Junior 1 Male Junior 2	08:15	08:00
		Discovery Distance	Girls 2008 Girls 2009		
2	White 白色	Challenge Distance	Male Elite Junior (NS only) Male Elite Open (NS only) Female Elite Junior (NS only) Male Age Group 25-29	08:25	08:10
3	Pink 粉紅色	Discovery Distance	Boys 2007 Boys 2008 Boys 2009 Boys 2010 Girls 2010	08:40	08:25
4	Green 綠色	Sprint Distance	Male Master Male Open Male Veteran	08:45	08:30
5	Yellow 黃色	Challenge Distance	Male Age Group 20-24 Male Age Group 30-34 Female Age Group 20-24	08:55	08:40

6	White 白色	TriKids Distance	Girls 2011 Girls 2012 Girls 2013 Girls 2014	09:10	08:55
7	Pink 粉紅色	Sprint Distance	Female Junior 2 Female Junior 1 Female Open Female Master Female Veteran	09:15	09:00
8	Green 綠色	Challenge Distance	Male Age Group 35-39 Female Age Group 30-34	09:25	09:10
9	Yellow 黃色	TriKids Distance	Boys 2011 Boys 2012	09:40	09:25
10	White 白色	Challenge Distance	Female Age Group 25-29 Female Age Group 35-39 Female Age Group 40-44 Female Age Group 45-49 Female Age Group 50-54	09:45	09:30
11	Pink 粉紅色	Challenge Distance	Male Age Group 40-44 Male Age Group 45-49	10:00	09:45
12	Green 綠色	TriKids Distance	Boys 2013 Boys 2014	10:15	10:00
13	Yellow 黃色	Challenge Distance	Female Age Group 55-59 Female Age Group 60-64 Female Age Group 65 & Over Male Age Group 60-64 Male Age Group 65 & Over	10:20	10:05
14	White 白色	Challenge Distance	Male Age Group 50-54 Male Age Group 55-59	10:35	10:20

Remarks: Registration prior 1 hour of your race Start

備註：所屬組別在開賽前 1 小時報到

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，故工作人員不會指示運動員之比賽圈數。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。

All participants must get tested for COVID 19 rapid antigen test in the morning prior to the start of the competition. If the 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當天早上進行新型冠狀病毒快速測試。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。

Preparation on Race Day 比賽天準備

All participants are required to present valid identification document with photos, either original documents or copies, such as Hong Kong ID card, Passport, or student handbook/student card with photo 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、護照或印有照片的學生手冊或學生證。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 Vaccine Pass with blue code to collect your race pack with identity Card/Passport. Please make sure that the race pack includes a swim cap, race bib and an ankle tag. If everything is in good order, have your race number marked on your arm and leg. Please do not apply sunblock prior to body marking.

到達比賽場地後，請往報到處報到，出示身份證或護照，陰性檢測結果及疫苗通行證「藍碼」並領取你的比賽包。請確保內裡有泳帽，號碼布及計時晶片連腳帶。然後工作人員會在你的手臂及腳寫上比賽號碼。在寫比賽號碼前切勿塗上太陽油。

The organizer will adopt and strictly adhere to the health and infection control as follow:

本會將採取並嚴格遵守以下健康和感染控制措施：

All participants' temperatures should be taken and only those with a temperature lower than 37°C, registered with the LeaveHomeSafe app and have the Vaccine Pass with blue code are allowed to enter the competition venue.

參加者須在進入比賽場地前量度體溫，體溫低於 37°C 並以安心出行應用程式登記及疫苗通行證為「藍碼」才可進入比賽場地。

All participants must complete and submit a Health Record Declaration Form provided by TriHK and show their negative test result before registration.

參加者須在報到前填寫及遞交由三項鐵人總會提供的健康申報表和出示陰性快速測試結果。

All participants must wear face masks at all time except the moment before the race start.

所有參加者在開始比賽前請勿摘下口罩。

All participants must keep a social distancing of not less than 1.5m in the venue.

除比賽開始時，所有參加者必須保持 **1.5** 米的距離。

All participants should wear face masks as soon as completing their race.

所有參加者完成比賽後，必須立即戴上口罩。

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

現場將不會舉行頒獎環節，以避免造成人群聚集。

No baggage deposit service will be available on the day in order to minimize the interaction between athletes and officials. Personal belongings can be stored at lockers provided by the swimming pool.

主辦方不會提供個人物品寄存服務，以減少參加者與工作人員之間的接觸。但參加者可放置個人物品在游泳池提供的儲物櫃內。物品之安全由參加者自負。故大會不建議參加者攜帶貴重物品。

Parents and coaches are required to stay in the spectator area, do not gather more than 8 in a group and do not enter the pool area.

整個比賽期間，家長和教練只允許留在觀眾席區域並遵守八人限聚規定，不得進入池面範圍。

<p>Swim Cap 泳帽</p>	<p>Swim Cap provided by TriHK must be worn throughout the swim course 賽事游泳部分必須全程戴上由大會提供之泳帽</p>	
<p>Race Bib 比賽號碼布</p>	<p>Race bib must be worn at the front throughout the run course 比賽號碼布在跑步賽段中扣在胸前</p>	

Race Briefing 賽事講解

The Race Briefings will be held at the start area. Please refer to the race schedule for briefing time.

賽事講解於在起點進行，講解時間請參考比賽時間表

Race Briefing will be conducted in Cantonese and English. If you have any questions relating to Race, you should ask them immediately.

賽事講解會以廣東話及英語進行，參賽者如有問題，請立即發問。

Athletes must prepare all race equipment before the race briefing

於賽事講解前，參賽者必須帶備所有參賽用品。

Swim Course 游泳賽段

Course 組別	Distance 賽程
Challenge Distance 挑戰距離	200m
Sprint Distance 半奧運距離	200m

The official swim cap has to be worn during the swimming section. The use of your own swim cap is not allowed. The offender need to be fix, otherwise will be disqualified.

運動員必須佩帶由大會提供之泳帽，禁止使用自備泳帽。違例者必須修正否則取消比賽資格。

If you start in the wrong wave, your race time will still be recorded, but you will be disqualified.

未有依照正確組別出發者，將被取消資格。惟比賽成績仍會紀錄供參考。

Lifeguards are deployed on the water to look after you. If you are not able to finish the swim and need assistance from a lifeguard, you must wave with an extended arm to a lifeguard and roll onto your back.

大會已於海上面安排救生員巡視，以確保所有運動員的安全。如果你未能完成游泳比賽，需要救生員的協助，你必須揮動手臂向救生員示意，維持仰臥姿勢。

Your swim time will be taken as you touch the end of pool.

游泳時間以觸池時間作計。

Swim skins, speed suits or wetsuits are not allowed. The offender needs to be fix, otherwise will be disqualified.

不得穿助浮衣(Skin Suit), Speed Suit 及保暖膠衣 (Wet Suit)作賽，違例者必須修正否則取消比賽資格。

Parents and coaches are required to stay in the spectator area, do not gather more than 8 in a group and do not enter the pool area.

整個比賽期間，家長和教練只允許留在觀眾席區域並遵守八人限聚規定，不得進入池面範圍。

Run Course 跑步賽段

Course 組別	Distance 賽程
Discovery Distance 體驗距離	Run 1.5km
TriKids Distance 小鐵人距離	Run 800m

The running part of the race will be organized in the afternoon of the race day in Tai Po Sports Ground.

Registration time is 12:00nn. The 1st heat will start at 12:15pm.

比賽跑步賽段將於比賽日下午於大埔運動場跑賽舉行。報到時間為中午 12 時正。第一組開賽時間為 12 時 15 分。

The race will be conducted in a mass start format, with waves determined by gender and benchmarking distance.

跑步賽事將以集體同時出發形式開始，其次序則以性別和比賽距離作決定。

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

在跑步賽段時必須將號碼布扣在背心前面。

Your upper body must be fully covered. The offender needs to be fix, otherwise will be disqualified.

在跑步賽段時必須穿上跑步上衣作賽，違例者必須修正，否則取消比賽資格。

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。

Wear flip-flops, running spikes or bear torsos are not permitted for the race. Offenders will be disqualified.

運動員禁止穿着拖鞋，跑步釘鞋或赤足進行跑步。違規者被取消比賽資格。

Parents and coaches are required to stay in the spectator area, do not gather more than 8 in a group and do not enter the track area.

整個比賽期間，家長和教練只允許留在觀眾席區域並遵守八人限聚規定，不得進入跑道範圍。

Race Finish 比賽完成後

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

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

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 run lap.

賽者需自行計算跑步圈數。

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 times. 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 reserve the right to change the schedule or event detail as necessary. This includes moving the race forward. Participants are advised to arrive at 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。

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 15minutes 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 \$200 按金。按金只於上訴得直時發回。

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 Typhoon Signal No.3 / Black Rainstorm Warning is hoisted at any time after 06:00 a.m. on race morning, the morning race will be cancelled without any more rescheduled race and the race entry fees will not be refunded. If the Amber Rainstorm/ Red Rainstorm/ Thunderstorm Warning is hoisted at any time after 06:00 a.m. on race morning, the race may be delayed or cancelled depends on the weather condition of the morning. If the race is cancelled, the LOC will send an SMS to all participants.

如在比賽日早上 6 時 00 分或以後仍然懸掛三號颱風訊號 / 黑雨，是日早上賽事將取消而不再補賽及報名費用不會退回。如在比賽日早上 6 時 00 分或以後仍然懸掛黃雨 / 紅雨 / 雷暴警告，是日賽事會因應當天早上天氣情況決定取消或將延遲開始。如比賽取消，大會將會以短訊通知各參賽者。

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](https://www.facebook.com/triathlon.com.hk) 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)。