

2022 Aquathlon Championships

二零二二年水陸兩項鐵人錦標賽

Race Date:	Sunday, 4 Dec 2022	比賽日期:	2022 年 12 月 4 日(星期日)
Race Venue:	Pak Shek Kok Pier /Waterfront Promenade	比賽地點:	白石角碼頭及海濱長廊
Race Start:	7:00am	比賽時間:	上午 7 時
Quota:	300	比賽名額:	300

Race Category 組別

Challenge Distance 挑戰賽程 (Swim 900m/Run 7.5km)			
Male/Female Elite Open (NS only)	男子/女子精英公開組 (只限港隊)	Born in 2002 or before	2002 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 1998 – 2002	1998 – 2002 出生
Male/Female Age Group 25-29	男子/女子 25 至 29 歲分齡組	Born in 1993 – 1997	1993 – 1997 出生
Male/Female Age Group 30-34	男子/女子 30 至 34 歲分齡組	Born in 1988 – 1992	1988 – 1992 出生
Male/Female Age Group 35-39	男子/女子 35 至 39 歲分齡組	Born in 1983 – 1987	1983 – 1987 出生
Male/Female Age Group 40-44	男子/女子 40 至 44 歲分齡組	Born in 1978 – 1982	1978 – 1982 出生
Male/Female Age Group 45-49	男子/女子 45 至 49 歲分齡組	Born in 1973 – 1977	1973 – 1977 出生
Male/Female Age Group 50-54	男子/女子 50 至 54 歲分齡組	Born in 1968 – 1972	1968 – 1972 出生
Male/Female Age Group 55-59	男子/女子 55 至 59 歲分齡組	Born in 1963 – 1967	1963 – 1967 出生
Male/Female Age Group 60-64	男子/女子 60 至 64 歲分齡組	Born in 1958 – 1962	1958 – 1962 出生
Male/Female Age Group 65 & Over	男子/女子 65 歲或以上分齡組	Born in 1957 or before	1957 或以前出生
Sprint Distance 半奧運賽程 (Swim 300m/Run 4km)			
Male/Female Elite Junior (NS only)	男子/女子精英青年組 (只限港隊)	Born in 2003 – 2006	2003 – 2006 出生
Male/Female Junior 1	男子/女子青年 1 組	Born in 2005 – 2006	2005 – 2006 出生
Male/Female Junior 2	男子/女子青年 2 組	Born in 2003 – 2004	2003 – 2004 出生
Male/Female Open	男子/女子公開組	Born in 1988 – 2002	1988 – 2002 出生
Male/Female Master	男子/女子壯年組	Born in 1973 – 1987	1973 – 1987 出生
Male/Female Veteran	男子/女子元老組	Born in 1972 or before	1972 年或以前出生
Discovery Distance 體驗賽程 (Swim 300m/Run 2km)			
Male/Female Elite Youth (NS only)	男子/女子精英青少年組 (只限港隊)	Born in 2007 – 2009	2007 – 2009 出生
Boys 2007	男子 2007	Girls 2007	女子 2007
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
TriKids Distance 小鐵人賽程 (Swim 200m/Run 2km)			
Boys 2011	男子 2011	Girls 2011	女子 2011
Boys 2012	男子 2012	Girls 2012	女子 2012
Boys 2013	男子 2013	Girls 2013	女子 2013
Boys 2014	男子 2014	Girls 2014	女子 2014

Remarks:**All National Squad members must enter Elite Category.**

所有香港集訓隊之成員必須參加精英組別。

Only for TriHK members

只限香港三項鐵人總會會員

Deadline for Entry

25th Nov, 2022, 11:59pm (Friday)

截止報名日期

2022年11月25日 晚上 11:59 分(星期五)

Entry Fee

TriHK & Affiliated Club Member HK\$200

香港三項鐵人總會及屬會會員港幣 **\$200**

報名費

TriHK Member HK\$260

香港三項鐵人總會會員港幣 **\$260**

Awards

獎項

Individual 個人組

The Top 3 Finishers in each category will be presented with a Trophy.

每組前 **3** 名將獲頒獎杯一個

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.

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

If the Typhoon Signal No.3 / Black Rainstorm Warning is hoisted at any time after 06:30 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 06:30 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 5 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 5 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。



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If the race is cancelled, the LOC will send an SMS to all participants and a notice will be published on the TriHK website: 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。

Precautionary measures related to COVID-19 新冠病毒相關的預防措施

According to the 599G exemption regulations of the Health Bureau, all persons must scan the "LeaveHomeSafe" QR code and full

fill the vaccine pass requirement with "Blue Code" to participate in race. Vaccine

根據醫務及衛生局豁免第 599G 章指引，所有人士參加比賽必須使用安心出行及已符合疫苗通行證。疫苗通行證為「藍碼」。

All athletes must take a COVID 19 RT-PCR test within 48 hours prior to the start of the race and provide the following document during registration:

- **COVID 19 RT-PCR test negative results**
- **Vaccine Pass "Blue Code"**

Participant cannot provide their test result and vaccination record will not be allowed to race and no refund will be provided.

所有運動員必須於比賽開始前 48 小時內進行新冠病毒核酸檢測。並於報到時出示：

- 陰性測試結果
- 疫苗通行證「藍碼」

如在比賽前不能提供檢測結果證明，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。

All Officials must provide a validated COVID19 rapid antigen test negative result that sample was taken on the morning of the race day.

所有工作人員必須於比賽當天早上進行新冠病毒快速測試。並於報到時出示陰性結果。

All participants must complete and submit a Health Record Declaration Form provided by the organizer before entering the venue.

所有參加者進入場地前必需填寫由主辦方提供的健康申報表。

Body temperature screening will be required for all participants upon entering the venue. Only those participants who have pre-registered and body temperature lower than 37°C are allowed to enter the venue.

所有參加者進入場地前必需預先登記及進行體溫測試，體溫攝氏 37 度以下方可進入。

All participants will be advised to keep social distancing of not less than 1.5m with others in the venue.

所有參加者需保持 1.5m 社交距離。

Hand Sanitisers Station will be available at the venue for all participants and Officials.

場地會有消毒站為參加者提供服務。

All participants will be required to wear a face mask at the venue at all times, except triathletes during competition. Triathletes will be allowed to take off their masks 15 seconds before the start. (The 15 seconds buffer time is required for triathletes to keep their masks in their envelopes or mask keeping holders). Specific mask trashes will be available along the course after the start line.

所有參加者在比賽開始前請勿摘下口罩。比賽開始前將會有 15 秒時間讓參加者摘下口罩並收好。場地將會設有口罩棄置箱。



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Start queuing system will be exercised. There must be a distance of 1.5m between triathletes. Triathletes will be started separately according to their genders.

所有參加者需在排隊起步時保持 **1.5m** 距離，並會按性別分批起步。

Triathletes will be required to put on a mask after completing the race.

所有參加者完成比賽後，必須立即戴上口罩。

The organizer will designate a full-time staff to act as the Safety and Hygiene Officer on the event day to coordinate, monitor and facilitate the event operation.

主辦方會於比賽當日派遣職員到場以監察賽事進行。



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