

2023 陸上兩項 小鐵人聯賽

TRIKIDS DUATHLON SERIES

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

SPONSORED BY
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ORGANISED BY
TRIATHLON ASSOCIATION
OF HONG KONG (TAK)
中國香港三鐵人協會



Race 1 Information 比賽資料

Event Schedule 比賽時間表

Wave 組別	Race No 比賽號碼	Category 組別		Start Time 開賽時間	Transition Set-Up Time 轉項區準備時間
Discovery Distance 1 體驗距離 1 (Run 1.3km/ Bike 8km/ Run 1.3km)					
1	403-420	Male Junior 1	男子青年 1	7:30:00	7:00
2	421-435	Boys 2008	男子 2008	7:00:30	
3	436-445	Boys 2009	男子 2009	7:31:00	
4	446-448 449-451 452-457	Female Junior 1 Girls 2008 Girls 2009	女子青年 1 女子 2008 女子 2009	8:00:00	
Discovery Distance 2 體驗距離 2 (Run 1.3km/ Bike 6km/ Run 1.3km)					
4	458-461 462-463	Girls 2010 Girls 2011	女子 2010 女子 2011	8:00:00	7:30
5	464-480	Boys 2010	男子 2010	8:00:30	
6	481-494	Boys 2011	男子 2011	8:01:00	
TriKids Distance 1 小鐵人距離 1 (Run 650m/ Bike 4km/ Run 650m)					
7	495-511	Boys 2012	男子 2012	8:30:00	8:00
8	512-530	Boys 2013	男子 2013	8:30:30	
9	531-535 536-542	Girls 2012 Girls 2013	女子 2012 女子 2013	8:31:00	

TriKids Distance 2 小鐵人距離 2 (Run 650m/ Bike 3km/ Run 650m)					
10	543-560	Boys 2014	男子 2014	9:00:00	8:30
11	561-575	Boys 2015	男子 2015	9:00:30	
12	576-583 584-593	Girls 2014 Girls 2015	女子 2014 女子 2015	9:01:00	

*Due to limited space in the transition area, participants please arrive in the transition area on time and wait for the instruction from officials. Latecomer will not be allowed to race.

*由於轉項區空間有限，請各位運動員準時到達轉項區耐心等待並嚴格遵從工作人員指示，遲到者將不能參加比賽。

**After completing the bike course, bike and race equipment will be moved to race equipment collection area by officials. Participants please collect their bike and race equipment in person at the race equipment collection area after the whole race finish with the presentation of number cloth.

**選手完成單車段比賽後，比賽用品及單車將會由工作人員移至比賽物資待領處。請運動員完成比賽後攜同比賽號碼布到比賽用品待領處領回比賽用品及單車。

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。

Preparation on Race Day 比賽天準備

Please arrive 1 hour prior to Start Time for registration.

請於開賽時間 1 小時前到報到處報到。

Upon arrival at the race venue on race day, please proceed to the TriHK Registration booth to collect your race pack. Please make sure that the race pack includes a race bib and bike number which will be fixed under your seat.

到達比賽場地後，請往報到處報到並領取比賽包。請確保內裏包括有號碼布及單車號碼（扣在單車坐位下）。



Registration is located at the amphitheatre.

報到處位於露天劇場。

Please present your Identity Card/Passport or Student Handbook for registration. Failure to present the documents mentioned above will result in not allowing to participate in the race.

比賽報到時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証。如未能提交上述任何文件，均不能參加該場比賽。

After Registration, please proceed to Transition Area and rack your bike according to the mentioned time above and your race number.

完成報到手續後，請於上述組別時間前往轉項區根據比賽號碼掛好單車。

Drink and refreshments 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 officials 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。

You are advised not to bring valuable with you as no Baggage Deposit booth is provided for the race. 往大會將不會提供行李寄存區，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。

Race Briefing will be held at the start line.

賽事講解將於在起點舉行。

Parents and coaches are required to stay in the pedestrian area, do not enter the race area.

整個比賽期間，家長和教練只允許留在行人區域，不得進入比賽範圍。

Race Briefing 賽事講解

Race Briefing will be held at the start line.

賽事講解將於在起點舉行。

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

賽事講解會以廣東話及英語進行，參加者如有問題，請立即發問。

Participants must prepare all race equipment's before the race briefing

於賽事講解前，參加者必須帶備所有參賽用品。

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, 親身憑號碼布到比賽用品待領處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。

***Due to limited space in the transition area, participants please arrive in the transition area on time and wait for the instruction from officials. Latecomers will not be allowed to race.**

***由於轉項區空間有限, 煩請各位運動員準時到達轉項區耐心等待並嚴格遵從工作人員指示, 遲到者將不能參加比賽。**

****After completing the bike course, bike and race equipment will be moved to race equipment collection area by officials. Participants, please collect their bike and race equipment in person at the race equipment collection area after the whole race finish with the presentation of number cloth.**

****完成單車段比賽後, 比賽用品及單車將會由工作人員移至比賽物資待領處。請運動員完成比賽後攜同比賽號碼布到比賽用品待領處領回比賽用品及單車。**

Run Course 跑步賽段

Course 賽程	Distance 距離	Loops 圈數
Discovery Distance 體驗賽程 1	1.3 km	2
Discovery Distance 體驗賽程 2	1.3 km	2
TriKids Distance 小鐵人賽程 1	650 m	1
TriKids Distance 小鐵人賽程 2	650 m	1

Your race number must be visible on your front throughout the run. The offender will be disqualified in 跑步賽段時必須將號碼布顯示於前方, 違規者被取消比賽資格。

All male and female athletes 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。

One Aid Station will be provided in the run course.

跑步賽道設有一個水站。

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。

Bike Course 單車賽段

Course 賽程	Distance 距離	Loops 圈數
Discovery Distance 體驗賽程 1	8 km	8
Discovery Distance 體驗賽程 2	6 km	6
TriKids Distance 小鐵人賽程 1	4 km	4
TriKids Distance 小鐵人賽程 2	3 km	3

Athletes have your responsibly to count your lap and the 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。

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。

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。

Race Finish 比賽完成後

Participants please collect their bike and race equipment in person at the race equipment collection area with the presentation of number cloth.

完成比賽後運動員請盡快攜同比賽號碼布到比賽用品待領處領回比賽用品及單車。

Race results will be posted on-site next to registration for prize collection. The full result will be posted to the TriHK Web site: www.triathlon.com.hk) on race day afternoon.

比賽成績將會張貼於報到處旁之報告板供參加者查看。賽事所有成績於將於比賽日下午網上

(www.triathlon.com.hk) 公佈。

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。

Appeal 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 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 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 04:00 a.m. on the day of the race, the race will be cancelled without any more rescheduled race and the race entry fees will not be refunded.

如於比賽日早上 4 時 00 分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 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。

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)。

Route Map 比賽路線圖

