



TRIATHLON ASSOCIATION
OF HONG KONG CHINA
中國香港三項鐵人總會

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康樂及文化事務署
Leisure and Cultural
Service Department



TRIATHLON ASSOCIATION
OF HONG KONG CHINA
中國香港三項鐵人總會

香港中學水陸鐵人錦標賽

HONG KONG SECONDARY SCHOOL
AQUATHLON CHAMPIONSHIPS 2023

香港小學水陸鐵人錦標賽

HONG KONG PRIMARY SCHOOL
AQUATHLON CHAMPIONSHIPS 2023



比賽資料 Race Information

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。

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.

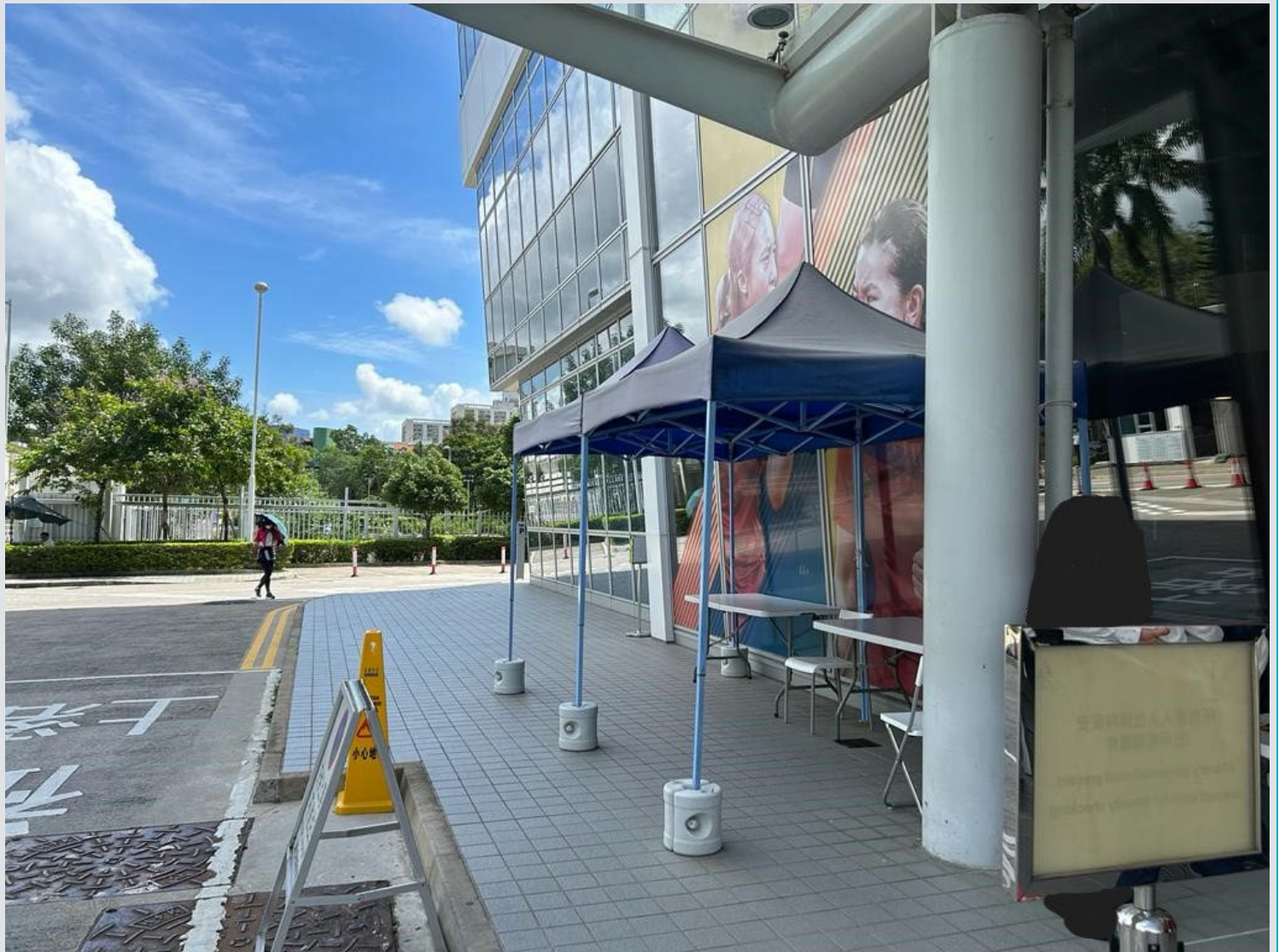
所有比賽報到時均必須出示印有照片的有效身份證明文件的正本或副本，如香港居民身份、護照或印有照片的學生手冊或學生証。如未能提交上述任何身份證明文件的正/副本，均不能領取選手包及參加該場比賽。

Upon arrival at the race venue on race day, please proceed to the TriHK Registration booth to collect your race pack. 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。

Registration located at the entrance of Hong Kong Sports Institute.

報到處位於香港體育學院入口。



Swim Cap

泳帽

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



Race Bib

比賽號碼布

Race bib to wear on the front on the run

比賽號碼布在跑步賽段扣在胸前



After Registration, officials will lead you to Athletic Spectator Stand marshal area.

報到完後，將會有工作人員帶領前往田徑場看台召集處集合。

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。工作人員雖然留意轉項區之物資，惟工作人員並不作物資保管及不負責物資之遺失。

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 again 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。物品之安全由參加者自負。故大會不建議參加者攜帶貴重物品。

Race Briefing 賽事講解

The Race Briefings will be held at the Athletic Spectator Stand marshal area. Please refer to the race schedule for briefing time.

賽事講解在田徑場看台召集處進行。(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 the Race, you should ask 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's 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 賽程	Category 組別	Distance 距離
Secondary School - A 中學組 - A	2006 or before	300m
Secondary School - B 中學組 - B	2007 -2008	250m
Secondary School - C 中學組 - C	2009 or after	200m
Primary School - D 小學組 - D	2012 or before	150m
Primary School - E 小學組 - E	2013-2014	100m
Primary School - F 小學組 - F	2015 or after	50m

Remarks: HKSI 25m Swimming Pool

The official swim cap has to be worn during the swimming section. The use of your own swim cap is not allowed. The offender needs 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。

Nor are 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。

If you start in the wrong wave, but you will be disqualified.

未有依照正確組別出發者，將被取消資格。

All competitors must count their own laps

參賽者需自行計算圈數。

Transition Area 轉項區

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

參賽者必須在比賽開始前將所有比賽用品放入轉項區。

The official will help you to pack your race equipment's after swim; athletes should collect your equipment's in person at the Event Center after the race with the presentation of number cloth. Event Center will be located next to Registration.

工作人員會收集參賽者的比賽用品，比賽完成後請親身憑號碼布往賽事中心領回。賽事中心位於報到處旁。

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區及或在跑步中陪跑，否則參賽者會被取消比賽資格。

Run Course 跑步賽段

Course 賽程	Route
Secondary School - 中學組 (1.4km)	Transition → A → B → C → Finish
Primary School - 小學組 (1km)	Transition → A → B → Finish

Your race number must be visible on your front throughout the run. The offender needs to be fixed, otherwise will be disqualified.

在跑步賽段時必須將號碼布扣在背心前面，違例者必須修正，否則取消比賽資格。

Your upper body must be fully covered. The offender needs to be fixed, 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。

One Aid Station will be provided at the course. Aid Station will provide water. Details please refer to Route Map.

跑步賽道設有一個水站。水站將派發水。詳情請參閱比賽地圖。

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。

Athletes are not allowed to wear flip-flops for running. Offenders will be disqualified.

運動員禁止穿着拖鞋進行跑步。違規者被取消比賽資格。

Glass Containers, headphones and headsets are not permitted during the race. The offender will be disqualified.

在比賽中嚴禁使用玻璃器皿、耳筒或耳機等物件。違規者被取消比賽資格。

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區及在跑步中陪跑，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 site as soon as possible in readiness for the award presentation.

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，並作公佈以準備頒獎禮。賽事所有成績於將於比賽日下午於網站

(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。

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 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 reserve 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。

In the case of same timing results are recorded for one or more athletes in the same race category, all of them will be awarded with the same position.

若比賽計時成績顯示為相同時間，將視為並列同等名次。

Penalty 處罰

Case 事例	Penalties 處罰
Swim Course 游泳賽段	
Start the wrong wave 不在指定組別出發	DSQ 取消比賽資格
Not wearing the official swim from the start 不佩帶大會派發之泳帽出發	Fix, otherwise DSQ 必須修正否則取消比賽資格
Wearing swim skins, speed suits or wetsuits. 穿着過助浮衣(Skin Suit) · Speed Suit 及保暖膠衣 (Wet Suit)作賽	Fix, otherwise DSQ 必須修正否則取消比賽資格
Transition Area 轉項區	
Equipment not put into provided basket 運動員未有將物品放入大會提供的膠籃	Fix, otherwise time penalty 必須修正否則罰時
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 behavior 使用違反體育精神行為	DSQ 取消比賽資格
Being accompanied by any non-competing person in the finish chute 非參賽者陪同衝線	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 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 / Red Rainstorm/ Black Rainstorm/ Thunderstorm/ Landslide warning be hoisted at any time after 05:00 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.

如在比賽日早上 5 時正或以後仍然懸掛三號颱風訊號/紅雨/黑雨/雷暴及山泥傾瀉警告，是日早上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)。

Race Flow 比賽流程

Upon arrival at the race venue on race day, please proceed to the TriHK Registration booth to collect your race pack.

到達比賽場地後，請往報到處報到並領取你的比賽包。

After Registration, officials will lead you to Athletic Spectator Stand marshal area.

報到完後，將會有工作人員帶領前往田徑場看台召集處集合。

The Race Briefings will be held at the Athletic Spectator Stand marshal area.

賽事講解在田徑場看台召集處進行。

After race briefing, officials will lead you to transition to put their race equipment., then to swimming pool.

賽事講解後，將會有工作人員帶領前往轉項區放置比賽用品，然後前往泳池。

After completing their swim course, athletes need to proceed to the transition area to change their equipment, put on their race bib and start the run course.

完成游泳賽程後，運動員須前往轉項區更換比賽用品，掛上號碼布並開始跑步賽程。

After completing the race, athletes will be given a finish medal. They can then go back to Athletic Spectator Stand marshal area to get some rest and wait for result announcement and prize presentation ceremony.

完成賽事後，運動員將獲發完成獎牌一個，並可回到召集處稍作休息，等待成績公布及頒獎禮。

Primary Distance (1km)



Transition > A > B > Finish

Secondary Distance (1.4km)



Transition > A > B > C > Finish