



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
Sprint Distance 半奧運距離 (Run 1.2km/ Bike 6km/ Run 1.4km)					
1	706-724	Male Aged 16-17	男子 16-17 歲	7:00:00	6:30
2	725-737	Male Aged 18-19	男子 18-19 歲	7:00:30	
	738-742	Female Aged 16-17	女子 16-17 歲		
	743-745	Female Aged 18-19	女子 18-19 歲		
Discovery Distance 體驗距離 (Run 600m/ Bike 5km/ Run 1.4km)					
3	746-762, 942	Boys Aged 14-15	男子 14-15 歲	7:35:00	7:15
	763-768	Girls Aged 14-15	女子 14-15 歲		
	769-772	Girls Aged 12-13	女子 12-13 歲		
4	773-795 943	Boys Aged 12-13	男子 12-13 歲	8:00:00	7:30
TriKids Distance 小鐵人距離 (Run 600m/ Bike 3km/ Run 700m)					
5	796-829	Boys Aged 10-11	男子 10-11 歲	8:25:00	7:55
6	830-840	Girls Aged 10-11	女子 10-11 歲	8:45:00	8:15
7	841-868	Boys Aged 8-9	男子 8-9 歲	9:05:00	

8	869-876	Girls Aged 8-9	女子 8-9 歲	9:05:30	8:35
Challenge Distance 挑戰距離 (Run 1.2km/ Bike 8km/ Run 2.1km)					
9	877-878	Female Aged 20-24	女子 20-24 歲	09:25:00	08:55
	879-881	Female Aged 30-34	女子 30-34 歲		
	882-883	Female Aged 35-39	女子 35-39 歲		
	884-885	Female Aged 40-44	女子 40-44 歲		
	886-888	Female Aged 45-49	女子 45-49 歲		
	889-892	Female Aged 50-54	女子 50-54 歲		
	893-894	Female Aged 55-59	女子 55-59 歲		
10	895-901	Male Aged 40-44	男子 40-44 歲	09:55:00	09:25
	902-909	Male Aged 45-49	男子 45-49 歲		
	910-915	Male Aged 50-54	男子 50-54 歲		
	916-919 941	Male Aged 55-59	男子 55-59 歲		
	920- 921	Male Aged 60-64	男子 60-64 歲		
	915-922	Male aged 65 & over	男子 65 歲或以上		
11	923-927	Male Aged 20-24	男子 20-24 歲	09:56:00	
	928-929	Male Aged 25-29	男子 25-29 歲		
	930-935	Male Aged 30-34	男子 30-34 歲		
	936-940	Male Aged 35-39	男子 35-39 歲		

Prior to Race Day 比賽前準備

Going through all race information and joining the race briefing on race day are strongly recommended. Athletes have the responsibility to complete the race distance at their corresponding category as there are various race categories at an event which our race officials would not be given any hints or reminders during competition. All race information and course maps will be updated and posted on TriHK's website in due course so please be aware of our website frequently.

大會鼓勵參加者細閱及理解所有賽事資訊並出席賽事簡報(一般都會在各組別召集後,出發前進行)。鑑於不同組別所涉及之比賽距離及圈數均有區別,所有工作人員將不會於賽事進行期間給予任何提示。因此,運動員有責任按自己所屬之組別及賽程完成比賽。所有比賽資料及地圖將刊登在網頁並適時更新。

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。

Registration is located at the Amphitheatre.

報到處位於露天劇場。

Upon your arrival, please proceed to registration booth for collecting your race pack. Ensure the race pack included the following items: 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。並確保內裏包括有號碼布及單車號碼(扣在單車坐位下)。



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. Anyone who failed to present their valid identification documents, he/ she would not be allowed to neither receive their race pack nor start the race.

所有參賽者請於報到時出示印有照片之有效身份證明文件正本或副本，包括香港居民身份證、護照、印有照片的學生手冊或學生証等。如未能出示任何身份證明文件的正本或副本，均不能領取選手包及參加比賽。

After Registration, please proceed directly 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 the transition set-up. You should arrive with sufficient drinks and other nourishment to meet your needs until the run course 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 equipment's for your competition are allowed to leave in your designated area at transition.

Officials will monitor transition area but not responsible for any loss or damage.

轉項區只供擺放比賽時需要之物品。工作人員會盡量留意轉項區之物品，但並不負責物品保管及遺失之責任。

All other personal belongings should be labelled with your race number in luggage storage area, which is located next to the body marking area. Officials are not responsible for any loss or damage, so you are advised not to bring valuable items.

非比賽物資應存放在行李寄存區，行李寄存區設於比賽號碼印刷處旁。物品之安全由參加者自負。大會不建議參加者攜帶貴重物品。

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。

Athletes must prepare all race equipment 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 athletes 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 instructions of race officials to collect your bike and race equipment in person at the transition area after the whole race finishes with the presentation of number bib.

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候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 bib.**

**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
Sprint Distance 半奧運距離	1.2 km/ 1.4 km	2/2
Discovery Distance 體驗距離	600 m/ 1.4 km	1/2
TriKids Distance 小鐵人距離	600 m/ 700 m	1/1
Challenge Distance 挑戰距離	1.2 km/2.1 km	2/3

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
Sprint Distance 半奧運距離	6 km	6
Discovery Distance 體驗距離	5 km	5
TriKids Distance 小鐵人距離	3 km	3
Challenge Distance 挑戰距離	8 km	8

Athletes have the responsibility to count their 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 the 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 bikes and run a 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 instructions 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 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。

****Cycling is prohibited in the park. Please warm up by running in a counterclockwise direction. Offenders will be disqualification.**

公園範圍禁止騎單車請逆時針方向跑步熱身，違反者將取消資格。

Appeal 上訴

The appeal is accepted only within 15 minutes after the race result is announced and completed the "Complain and Appeal" form together with an HK\$200 appealing fee. The 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 includes 3 members and they will handle all appeals 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 races 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 races 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 depending on the weather conditions 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 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 (6696 5830).

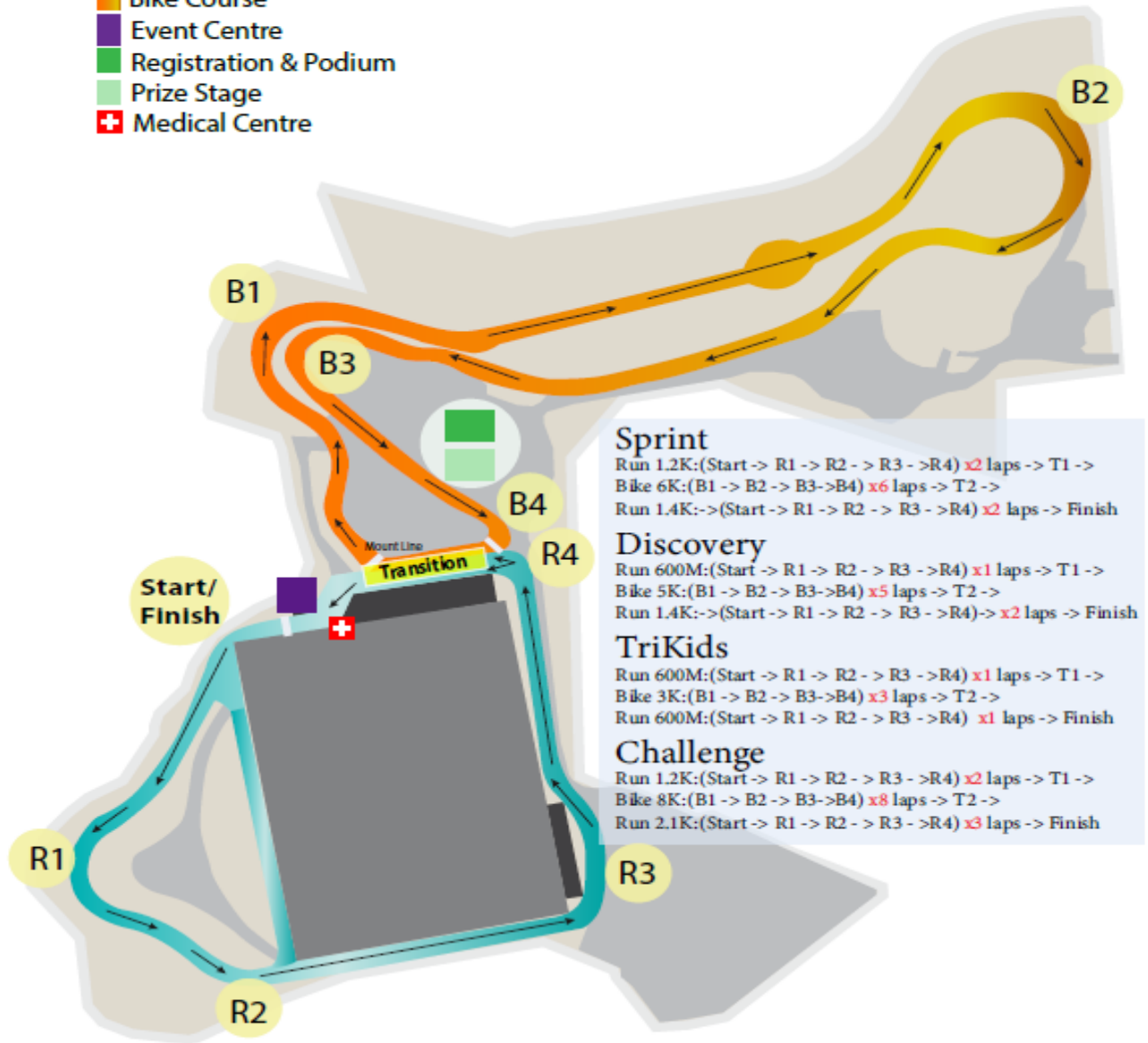
比賽當日如有任何緊急查詢請致電比賽專線 (6696 5830)。



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

Po Kong Village Road Park - Course Map

- Run Course
- Bike Course
- Event Centre
- Registration & Podium
- Prize Stage
- Medical Centre



Sprint

Run 1.2K: (Start -> R1 -> R2 -> R3 -> R4) x2 laps -> T1 ->
Bike 6K: (B1 -> B2 -> B3 -> B4) x6 laps -> T2 ->
Run 1.4K: -> (Start -> R1 -> R2 -> R3 -> R4) x2 laps -> Finish

Discovery

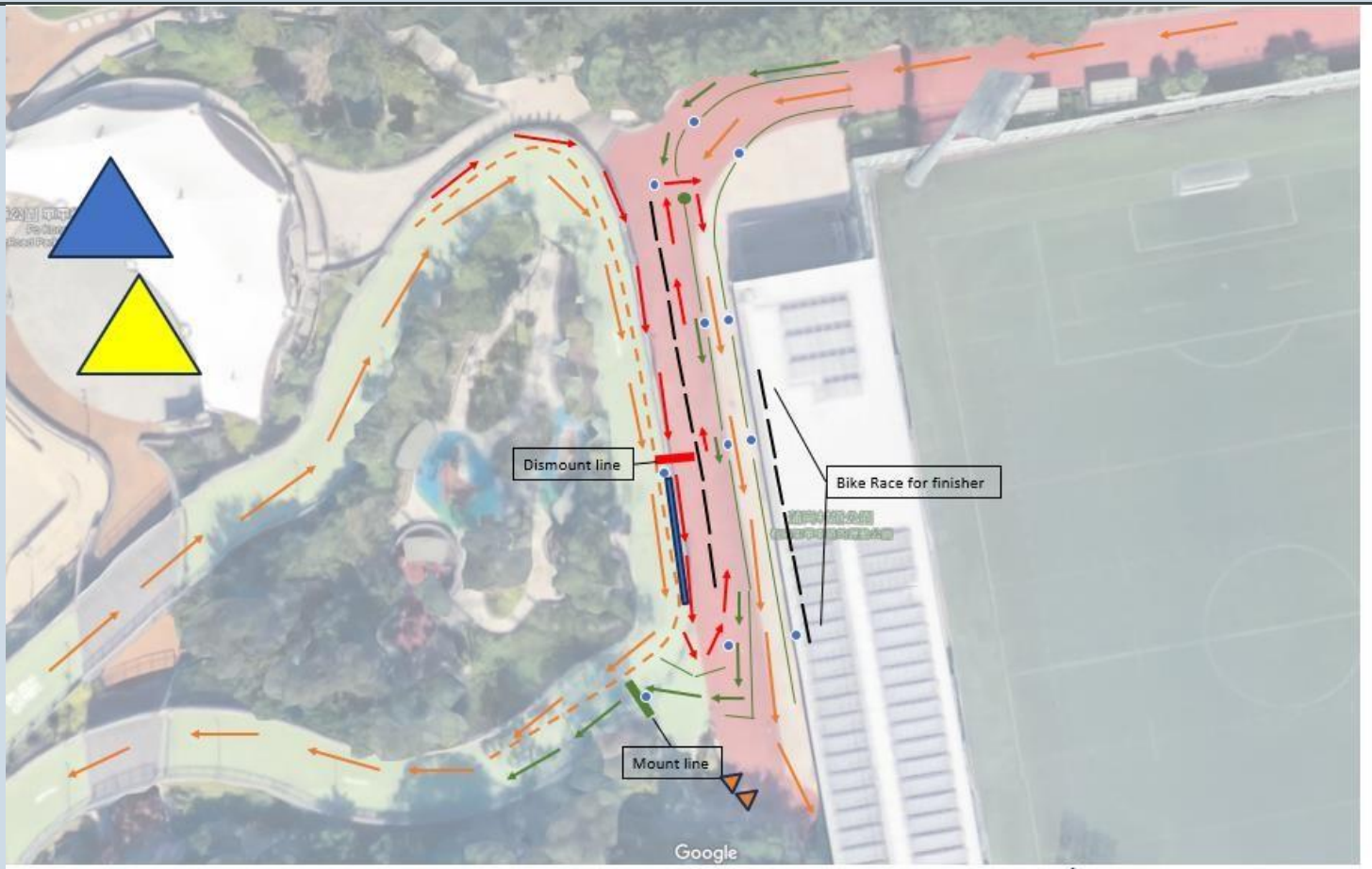
Run 600M: (Start -> R1 -> R2 -> R3 -> R4) x1 laps -> T1 ->
Bike 5K: (B1 -> B2 -> B3 -> B4) x5 laps -> T2 ->
Run 1.4K: -> (Start -> R1 -> R2 -> R3 -> R4) -> x2 laps -> Finish

TriKids

Run 600M: (Start -> R1 -> R2 -> R3 -> R4) x1 laps -> T1 ->
Bike 3K: (B1 -> B2 -> B3 -> B4) x3 laps -> T2 ->
Run 600M: (Start -> R1 -> R2 -> R3 -> R4) x1 laps -> Finish

Challenge

Run 1.2K: (Start -> R1 -> R2 -> R3 -> R4) x2 laps -> T1 ->
Bike 8K: (B1 -> B2 -> B3 -> B4) x8 laps -> T2 ->
Run 2.1K: (Start -> R1 -> R2 -> R3 -> R4) x3 laps -> Finish



- Lap flow
- Run to bike flow
- Bike to run flow
- Transition
- Bike rack
- Transition TO
- Cones for separate road
- ▲ Registration & Podium
- ▲ Prize Presentation