



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

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Subvented by
 康樂及文化事務署
Leisure and Cultural
Services Department



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Race Information 比賽資料

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 update 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

If 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。

Upon your arrival, please proceed to registration booth for collecting your race pack. Ensure the race pack included the following items: swim cap, race bib and an ankle tag (timing chip). Body marking on both of your arms and legs should be required. **For easier to put the body mark on, sunblock is not recommended.

到達比賽場地後,請前往報到處領取你的比賽包,並確保比賽包內包含以下物品:泳帽、號碼布及計時晶片連腳帶。工作人員會在你的手臂及腳上印上比賽號碼。為使比賽號碼更清晰地印上,大會不建議在此前塗上太陽油。

<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/腰前</p>	
<p>Ankle Tag 計時晶片連腳帶</p>	<p>Please wear the Ankle Tag on the left ankle 請把計時晶片佩帶在左腳踝</p>	

After Registration, please proceed directly to Transition Area.

報到完後，請前往轉項區

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。

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 賽程	Category 組別	Distance 距離
Challenge 挑戰組	All Category 所有組別	800m (2 loops)
Sprint 半奧運組		400m (1 loop)
Discovery 體驗組		400m (1 loop)
TriKids 小鐵人組		200m (1 loop)

The official swim cap has to be worn during the swimming section. Using your own swimming cap may cause disqualification if not being amended per requested.

運動員必須佩帶由大會提供之泳帽，禁止使用自備泳帽。

Starting in the wave that you have been assigned heat.

運動員必須依照已編配之組別出發者。

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 exit the water.

游泳時間以上水時間作計。

Skins suit, speed suits or wetsuits are not allowed.

不得穿助浮衣(Skin Suit), Speed Suit 及保暖膠衣(Wet Suit)作賽。

The swim course runs anticlockwise for all race distances. Please refer the swim map for more details.

所有游泳賽均採用順時針方向出發。請參考游泳路線圖。

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。

At the transition area, athletes must place your race equipment at the assigned basket.

在轉項區內，參賽者必須將比賽用品放在指定籃子裏。

Officials will help to wrap your race equipment's into a plastic bag after the swim. Athlete please collect your swimming equipment's in person at the Event Center by presenting your race number bib or show your body mark.

完成游泳賽段工作人員會收集參賽者的游泳用品，比賽完成後請親身憑號碼布或身上之號碼前往賽事中心領回。

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 比賽路線	Distance 距離
Challenge 挑戰組	Transition Area → R1 → R2 (x 2 times) → Finish 轉項區 → R1 → R2 (兩次) → 終點	5km (2 loops)
Sprint 半奧運組		5km (2 loops)
Discovery 體驗組	Transition Area → R1 → Finish 轉項區 → R1 → 終點	2.5km (1 loop)
TriKids 小鐵人組	Transition Area → R3 → Finish 轉項區 → R3 → 終點	1.5km (1 loop)

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

在跑步賽段時必須將號碼布清晰展示在胸/腰前。

Upper body must be fully covered during your running segment.

在跑步賽段時必須穿上跑步上衣作賽。

Aid Station will be provided at run course. Please refer to Route Map for exact location

跑步賽道設有一個水站。請參閱比賽地圖以知悉確實位置。

Running on any grass patch or shortcut is prohibited.

嚴禁跑上任何草地或捷徑。

Athletes are not allowed to wear flip-flops for running.

運動員禁止穿着拖鞋進行跑步。

Glass Containers, headphones and headsets are not permitted during the race.

在比賽中嚴禁使用玻璃器皿、耳筒或耳機等物件

Parents, coaches and spectators are not allowed to enter transition area and/or running, pacing participants during the race.

家長、教練及觀眾禁止進入轉項區及在跑步中陪跑。

Those who violate the above regulations will be disqualified.

違反上述競賽規程者將會被取消資格

Race Finish 比賽完成後

Results will be announced on site as soon as possible. Please be aware the announcement to join 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，請留意公佈頒獎禮之安排。賽事所有成績於將於比賽日下午於網站

(www.triathlon.com.hk)公佈。

Belongings collected from the luggage storage area by presenting 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。

Please be ensure to competing with the race distance corresponding to your category.

參賽者有責任依照正確賽道及賽程完成比賽。

All participants must obey the instruction of race officials at all times.

所有參賽者必須遵從大會工作人員之指示。

Organizer reserve the right to make changes to race schedule or event detail when there is necessity. Participants are advised to arrive the race venue earlier in advance.

大會有權因應需要更改賽事安排及時間表，故參賽者請提早抵達比賽場地。

Participant who accepts any assistance from a third-party during competition will be disqualified.

參加者如在比賽中途接受第三者從旁協助，將會被取消資格。

The organizer will not retain any unclaimed items left beside on the day of the competition. Participants are kindly requested to collect their personal belongings as soon as the competition in finished.

主辦單位不會保留比賽日沒有被認領之所有物品，請各參賽者完成比賽後盡快領回所屬之個人物品。

In case two athletes in the same age category complete the race with the same finishing time and ranking, they will be awarded the same ranking position.

如同一組別有兩名或以上運動員以相同時間完成比賽並獲得名次，運動員將會並列同等名次。

Penalty Box 處罰區

- **Penalty Box is the designated area to serve the infringements during the swim, transition, run.**

處罰區是指一個特定區域來處罰在比賽中游泳、轉項區、跑步犯規。

- **Location: Run Course (please refer to the route map)**

位置：跑步賽段 (請參閱比賽地圖)。

- **Notification: Posted on the whiteboard to show race numbers (Athletes MUST read the board).**

通知：比賽號碼將貼在白板上(運動員必須留意白板)。

Procedure 程序：

1. **10 second time penalty served on any lap of the run**

在任何一個跑步圈內，必須作出 10 秒處罰。

2. **The official will not inform you, you must enter the penalty box by yourself**

工作人員不作任何通知，運動員自行進入處罰區。

3. **Once you enter the penalty box, the official will start to count your 10 sec, and then official say "GO", you can continue your race.**

當進入了處罰區，工作人員開始 10 秒計時，然後工作人員會通知你“GO”，才可以繼續比賽。

4. **Failing to serve penalty will result in a **DISQUALIFICATION****



如沒有進入處罰區，將被取消比賽資格。

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 behaviour 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

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

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 (6696 5830).

比賽當日如有任何緊急查詢請致電比賽專線 (6696 5830)。

How to attach your Race Timing Ankle Tag? 怎樣佩帶計時腳帶?

Your Ankle Tag has been pre-threaded with an ankle strap in the correct manner.

計時器已預先串上膠帶。

Attach to your **LEFT Ankle, with the writing facing up and secure with the clasp. The Tag should be facing outwards. This is to optimize reading of the Tag**

請把計時帶縛在**左腳踝上方**，計時器必須向外，此乃確保接收無礙。

Please be sure to RETURN YOUR CHIP at the finish line. The race organizers will assist with removal. If you drop out of the race, you are responsible for returning your timing Tag to the timing centre, next to the finish line.

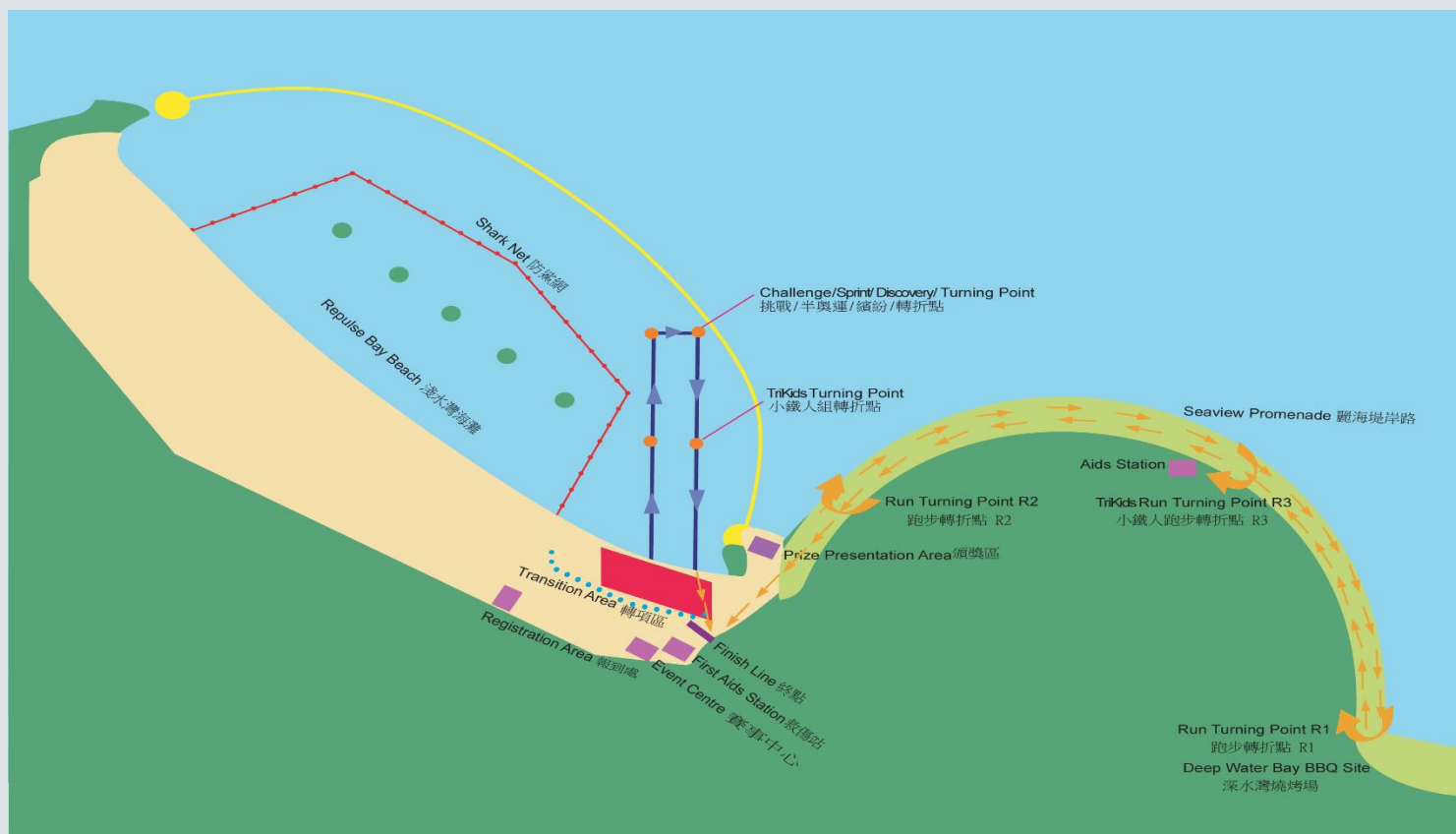
過終點後，請退還此計時帶，工作人員會協助收回，如於賽事中途退出，亦請交回終點旁之計時中心。

Return your Timing Chip 退還你的計時晶片

Volunteers are assigned on race day to collect your chip after you cross the finish line. Please make sure your chip is collected. The automated fee for not returning your chip is HK\$100. Not returning the strap of the timing chip will be charged at HK\$25. If you forget, please return your chip to The Triathlon Association of Hong Kong China, Rm 1020, Olympic House, 1 Stadium Path, So Kon Po, Causeway Bay, Hong Kong, within 1 week of the event date or you will be charged to your nominated credit card.

在比賽當日，當你越過終點線時，將會有志願工作人員向所有參賽選手收集計時晶片。請確保在完成賽事後，你的晶片已被回收。若遺失或未能退還晶片，將自動收取費用港幣 100 元。如沒有退還計時晶片綁帶，將收取港幣 25 元。若賽事當日你忘記歸還它們，請在比賽日 1 個星期內把晶片退還到中國香港三項鐵人總會（銅鑼灣掃桿埔大球場徑一號奧運大樓 1020 室），否則你所指定的信用卡將被扣取費用。

Route Map 比賽地圖



Race Route

Challenge (挑戰賽程)

Start → Swim 800m → Transition → Run 5km → Finish

Sprint (半奧運賽程)

Start → Swim 400m → Transition → Run 5km → Finish

Discovery (體驗賽程)

Start → Swim 400m → Transition → Run 2.5km → Finish

TriKids (小鐵人賽程)

Start→Swim 200m→Transition→Run 1.5km→Finish