



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



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

2024 Duathlon Series – Race 2

二零二四年陸上兩項鐵人賽 - 比賽 2

Race information 比賽資料

Race Date:	Sunday, 14 April 2024	比賽日期:	2024 年 4 月 14 日 (星期日)
Race Venue:	Po Kong Village Road Park (Cycling Park)	比賽地點:	蒲崗村道公園 (單車公園)
Race Start:	7:00am By Wave	比賽時間:	上午 7 時 00 分, 分組出發
Quota:	500	比賽名額:	500

Race Category 比賽組別

Sprint Distance 半奧運賽程 (Run 1.2km/ Bike 6km/ Run 1.4km)	
Male Aged 16-17 (2007 & 2008) 男子 16-17 歲組別 (2007 & 2008)	Female Aged 16-17 (2007&2008) 女子 16-17 歲組別 (2007&2008)
Male Aged 18-19 (2005 & 2006) 男子 18-19 歲組別 (2005 & 2006)	Female Aged 18-19 (2005&2006) 女子 18-19 歲組別 (2005&2006)
Discovery Distance 體驗距離 (Run 600m/ Bike 5km/ Run 1.4km)	
Boys Aged 12-13 (2011 & 2012) 男子 12-13 歲組別 (2011 & 2012)	Girls Aged 12-13 (2011 & 2012) 女子 12-13 歲組別 (2011 & 2012)
Boys Aged 14-15 (2009 & 2010) 男子 14-15 歲組別(2009 & 2010)	Girls Aged 14-15 (2009 & 2010) 女子 14-15 歲組別 (2009 & 2010)
TriKids Distance 小鐵人距離 (Run 600m/ Bike 3km/ Run 700m)	
Boys Aged 8-9 (2015 & 2016) 男子 8-9 歲組別 (2015 & 2016)	Girls Aged 8-9 (2015 & 2016) 女子 8-9 歲組別(2015 & 2016)
Boys Aged 10-11 (2013 & 2014) 男子 10-11 歲組別 (2013 & 2014)	Girls Aged 10-11 (2013 & 2014) 女子 10-11 歲組別 (2013 & 2014)
Challenge Distance 挑戰賽程 (Run 1.2km/ Bike 8km/ Run 2.1km)	
Male Aged 20-24 男子 20-24 歲組別	Female Aged 20-24 女子 20-24 歲組別
Male Aged 25-29 男子 25-29 歲組別	Female Aged 25-29 女子 25-29 歲組別
Male Aged 30-34 男子 30-34 歲組別	Female Aged 30-34 女子 30-34 歲組別
Male Aged 35-39 男子 35-39 歲組別	Female Aged 35-39 女子 35-39 歲組別
Male Aged 40-44 男子 40-44 歲組別	Female Aged 40-44 女子 40-44 歲組別
Male Aged 45-49 男子 45-49 歲組別	Female Aged 45-49 女子 45-49 歲組別
Male Aged 50-54 男子 50-54 歲組別	Female Aged 50-54 女子 50-54 歲組別
Male Aged 55-59 男子 55-59 歲組別	Female Aged 55-59 女子 55-59 歲組別
Male Aged 60-64 男子 60-64 歲組別	Female Aged 60-64 女子 60-64 歲組別
Male Aged 65 & Over 男子 65 歲或以上組別	Female Aged 65 & Over 女子 65 歲或以上組別

*The running part will be done at running track while the cycling part will be done at cycling park.

*賽事跑步部分會在跑步徑進行，而單車部分會在單車公園進行。

Folding bike is not allowed in any race category.

*各組別賽事禁止使用摺車作賽。

Minimum wheel size requirement is 22 inches, except Trikids Distance.

*車輪必須為 22 吋或以上方可作賽，小鐵人賽程除外。

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www.triathlon.com.hk



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Deadline for Entry 截止報名日期	2024 年 4 月 3 日 下午 11 時 59 分 (星期三) 3 April 2024, 11:59pm (Wednesday)		
Entry Fee 報名費	三項鐵人總會屬會會員 港幣\$ 260 TriHK Affiliated Club Member HK\$ 260	三項鐵人總會會員 港幣\$ 300 TriHK Member HK\$ 300	非會員 港幣\$ 350 Non Member HK\$ 350
Late Entry Charge 逾期報名費	HK\$100 surcharge will be levied for any late entries which have been accepted. Late Entry only be accepted until Wednesday 5pm, 10 April 2024. 經接受之逾期報名，需加付行政費港幣\$100。 逾期報名截止日期為 2024 年 4 月 10 日下午 5 時。		
Awards 獎項	<p><u>Finisher Medal & Certificates 完成獎牌及證書</u> E-Certificate of Participation and Finisher Medal will be issued to athletes who finished races. 完成賽事的運動員，將會獲頒發電子成績證明書及完成獎牌。</p> <p><u>Individual 個人組</u> The Top 3 in each category will be presented with a Trophy. Other positions entitled to an award will be presented with based on the below criteria: 每組前 3 名將獲頒獎杯一個，而其餘名次將依據下述計算方法頒獎： Awards will be presented to the Top 5 finishers if the number of entries in that category is more than 30. 如該組別參加者為 30 人以上，則只頒發獎項給前 5 名</p> <p><u>Individual and Club Series Scoring Method 個人及屬會聯賽評分方法</u> For detail information, please visit: www.triathlon.com.hk 詳細資料請瀏覽：www.triathlon.com.hk</p>		

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.

中國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，中國香港三項鐵人總會將不會安排任何補賽，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設補賽。

If Typhoon Signal No.3 / Red Rainstorm/ Black Rainstorm/ Thunderstorm/Landslide warning is hoisted at any time after 5:00 on race morning, the race may be cancelled without any rescheduling.

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/黑雨及山泥傾瀉警告，是項賽事將有可能取消而不設補賽。

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 or to cancel the race. If the race is stopped, the race will either be cancelled or be adjusted. If the race is cancelled, the race will not be rescheduled.

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。被取消之賽事將不設補賽。

If the weather is extremely hot on the race day, 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 be adjusted.

如比賽當天天氣炎熱，賽事總監有權將比賽賽程改變 或取消正在進行中的比賽。被取消之賽事將不設補賽。

Entry Fees of cancelled race will not be refunded, nor can it be transferred of cancelled race.

被取消之賽事之報名費不設退款，亦不得轉讓。

