

# 2022 Trikids Duathlon Series – Race 3

## 二零二二年陸上兩項小鐵人賽 - 比賽 3

Race Date:	Sunday, 28 Aug 2022	比賽日期:	2022 年 8 月 28 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, 分組出發
Quota:	200	比賽名額:	200

### Race information 比賽資料

\*The race will be full physical race, no virtual race will be used, the running part will be done at running track while the cycling part will be done at cycling park.

\*賽事將會以全實體賽形式進行，跑步部分會在緩跑徑進行，而單車部分會在單車公園進行。

\*Only members of Hong Kong Triathlon Association are allowed to participate.

\*本賽事只限香港三項鐵人總會會員參加。

### Race Category 比賽組別

Discovery Distance 1 體驗距離 1 (Run 1.3km/ Bike 8km/ Run 1.3km)			
Male Junior 1 (2005 & 2006)	男子青年 1 組 (2005 & 2006)	Female Junior 1 (2005 & 2006)	女子青年 1 組 (2005 & 2006)
Boys 2007	男子 2007	Girls 2007	女子 2007
Boys 2008	男子 2008	Girls 2008	女子 2008
Discovery Distance 2 體驗距離 2 (Run 1.3km/ Bike 6km/ Run 1.3km)			
Boys 2009	男子 2009	Girls 2009	女子 2009
Boys 2010	男子 2010	Girls 2010	女子 2010
TriKids Distance 1 小鐵人距離 1 (Run 650m/ Bike 4km/ Run 650m)			
Boys 2011	男子 2011	Girls 2011	女子 2011
Boys 2012	男子 2012	Girls 2012	女子 2012
TriKids Distance 2 小鐵人距離 2 (Run 650m/ Bike 3km/ Run 650m)			
Boys 2013	男子 2013	Girls 2013	女子 2013
Boys 2014	男子 2014	Girls 2014	女子 2014

<b>Deadline for Entry</b> 截止報名日期	2022 年 8 月 21 日 <b>下午 11 時 59 分</b> (星期日) 21 August 2022, <b>11:59pm</b> (Sunday) All Late entry will not be accepted. 所有逾期報名恕不接受。	
<b>Entry Fee</b> 報名費	TriHK & Affiliated Club Member HK\$ 260	三項鐵人總會及屬會會員港幣\$ 260
<b>Awards</b> 獎項	<p><b>Finisher Medal &amp; Certificates 完成獎牌及證書</b> 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><b>Individual 個人組</b> The Champion in each category will be presented with a Trophy. Other positions entitled to an award will be presented with medals based on the below criteria: 每組冠軍將獲頒獎杯一個，而其餘名次將依據下述計算方法頒發獎牌： Awards will be presented to the Top 3 finishers, if the number of entries in that category is 3 - 30. 如該組別參加者為 3 - 30 人，則只頒發獎項給前 3 名</p>	

Awards will be presented to the Top 5 finishers, if the number of entries in that category is 31 or above.

如該組別參加者為 31 人或以上，則只頒發獎項給前 5 名

### **Individual and Club Series Scoring Method 個人及屬會聯賽評分方法**

For detail information, please visit: [www.triathlon.com.hk](http://www.triathlon.com.hk)

詳細資料請瀏覽：[www.triathlon.com.hk](http://www.triathlon.com.hk)

### **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.**

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，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 / Amber Rainstorm/ 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/黃雨/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。

**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。

### **Precautionary measures related to COVID-19 新冠病毒相關的預防措施**

**According to the latest regulations of the Leisure and Cultural Services Department, persons aged 12 or above must scan the “LeaveHomeSafe” QR code and have taken 3 doses of COVID 19 vaccines to enter the LCSD venue. Children under 12 can exempt the use of the “LeaveHomeSafe” app, but are required to be accompanied with person who has taken 3 doses of COVID 19 vaccines to enter the venue. If children under 12 have no accompany, they are required to fill in the health declaration form provided by the LCSD.**

根據康樂及文化事務處最新場地指引，12 歲以上人士進入康樂及文化事務處場地必須使用安心出行及已接種三針新冠疫苗。而 12 歲以下兒童進入場地可豁免使用安心出行，但必須由 18 歲以上已接種三針新冠疫苗人士帶領進入；如 12 歲以下兒童沒有成人帶領，進入場地前需要填寫由康樂及文化事務署提供的紙本健康申報表。

**All participants (including athletes and officials) must take a COVID 19 rapid antigen test in the morning of the race day and provide the following document during registration:**

- COVID 19 rapid antigen test negative results
- Vaccination record (Electronic vaccination record, Medical Exemption Certificate or Recovery record QR code) (\*Children under 12 can be exempted.)

**Participant who cannot provide their test result or vaccination record will not be allowed to race and no refund will be provided.**

所有參加者(包括運動員及工作人員) 必須於比賽當天早上進行 COVID-19 快速測試。並於報到時出示：

- 陰性測試結果
- 已接種三針新冠疫苗的證明(針紙、電子針卡、醫學豁免證明書或康復碼)\* 12 歲以下兒童可豁免

如在比賽前不能提供測試結果或接種新冠疫苗的證明，將不能參加比賽，並不設退款。

**All participants must complete and submit a Health Record Declaration Form provided by the organizer before entering the venue.**

所有參加者進入場地前必需填寫由主辦方提供的健康申報表。

**Body temperature screening will be required for all participants upon entering the venue. Only those participants who have pre-registered and body temperature lower than 37°C are allowed to enter the venue.**

所有參加者進入場地前必需預先登記及進行體溫測試，體溫攝氏 37 度以下方可進入。

**All participants will be advised to keep social distancing of not less than 1.5m with others in the venue.**

所有參加者需保持 1.5m 社交距離。

**Hand Sanitisers Station will be available at the venue for all participants and Officials.**

場地會有消毒站為參加者提供服務。

**All participants will be required to wear a face mask at the venue at all times, except triathletes during competition. Triathletes will be allowed to take off their masks 15 seconds before the start. (The 15 seconds buffer time is required for triathletes to keep their masks in their envelopes or mask keeping holders).**

**Specific mask trashes will be available along the course after the start line.**

所有參加者在比賽開始前請勿摘下口罩。比賽開始前將會有 15 秒時間讓參加者摘下口罩並收好。場地將會設有口罩棄置箱。

**Start queuing system will be exercised. There must be a distance of 1.5m between triathletes. Triathletes will be started separately according to their genders.**

所有參加者需在排隊起步時保持 1.5m 距離，並會按性別分批起步。

**Triathletes will be required to put on a mask after completing the race.**

所有參加者完成比賽後，必須立即戴上口罩。

**No service baggage handling will be available at the venue in order to minimize the interaction between triathletes and officials.**

主辦方不會提供個人物品寄存服務，以減少參加者與工作人員之間的接觸。

**The organizer will designate a full-time staff to act as the Safety and Hygiene Officer on the event day to coordinate, monitor and facilitate the event operation.**

主辦方會於比賽當日派遣職員到場以監察賽事進行。

# Race Route:

**Discovery Distance 1:** Run 1.3km (2 loops)/Bike 8km (8 loops)/Run 1.3km (2 loops)

**Discovery Distance 2:** Run 1.3km (2 loops)/Bike 6km (6 loops)/Run 1.3km (2 loops)

**TriKids Distance 1:** Run 650m (1 loop) /Bike 4km (4 loops) /Run 650m (1 loop)

**TriKids Distance 2:** Run 650m (1 loop) /Bike 3km (3 loops) /Run 650m (1 loop)

