

2022 Hong Kong Triathlon Championships 2022 香港三項鐵人錦標賽

Race Date:	Sunday, 16 October 2022	比賽日期:	2022 年 10 月 16 日(星期日)
Race Venue:	Plover Cove	比賽地點:	大尾篤
Race Start:	Please refer to the event schedule	比賽時間:	請參考比賽時間
Quota:	Challenge: 200 Sprint and Super Sprint Distance: 100	比賽名額:	挑戰賽程: 200 半奧運及繽紛賽程: 100

Race Category 組別

Challenge Distance 挑戰賽程 (Swim 1500m/Bike 40km/Run 12.5km)			
Male/Female Elite Open	男子/女子精英公開組	Born in 2002 or before	2002 年或以前出生
Male/Female Age Group 20-24	男子/女子 20 至 24 歲分齡組	Born in 1998 - 2002	1998 - 2002 年出生
Male/ Female Age Group 25-29	男子/女子 25 至 29 歲分齡組	Born in 1993 - 1997	1993 - 1997 年出生
Male/Female Age Group 30-34	男子/女子 30 至 34 歲分齡組	Born in 1988 - 1992	1988 - 1992 年出生
Male/Female Age Group 35-39	男子/女子 35 至 39 歲分齡組	Born in 1983 - 1987	1983 - 1987 年出生
Male/Female Age Group 40-44	男子/女子 40 至 44 歲分齡組	Born in 1978 - 1982	1978 - 1982 年出生
Male/Female Age Group 45-49	男子/女子 45 至 49 歲分齡組	Born in 1973 - 1977	1973 - 1977 年出生
Male/Female Age Group 50-54	男子/女子 50 至 54 歲分齡組	Born in 1968 - 1972	1968 - 1972 年出生
Male/Female Age Group 55-59	男子/女子 55 至 59 歲分齡組	Born in 1963 - 1967	1963 - 1967 年出生
Male/Female Age Group 60-64	男子/女子 60 至 64 歲分齡組	Born in 1958 - 1962	1958 - 1962 年出生
Male/Female Age Group 65 & Over	男子/女子 65 歲或以上分齡組	Born in 1957 or before	1957 年或以前出生
Sprint Distance 半奧運賽程 (Swim 750m/Bike 20km/Run 5km)			
Male/Female Elite Junior 1	男子/女子精英青年 1 組	Born in 2005 - 2006	2005 - 2006 年出生
Male/Female Elite Junior 2	男子/女子精英青年 2 組	Born in 2003 - 2004	2003 - 2004 年出生
Male/Female Junior 1	男子/女子青年 1 組	Born in 2005 - 2006	2005 - 2006 年出生
Male/Female Junior 2	男子/女子青年 2 組	Born in 2003 - 2004	2003 - 2004 年出生
Super Sprint Distance 繽紛賽程 (Swim 375m/Bike 10km/Run 2.5km)			
Male/Female Elite Youth	男子/女子精英少年組	Born in 2007 - 2009	2007 - 2009 年出生
Male/Female Youth	男子/女子少年組	Born in 2007 - 2009	2007 - 2009 年出生
Male/Female Age Group 20-29	男子/女子 20 至 29 歲分齡組	Born in 1993 - 2002	1993 - 2002 年出生
Male/Female Age Group 30-39	男子/女子 30 至 39 歲分齡組	Born in 1983 - 1992	1983 - 1992 年出生
Male/Female Age Group 40-49	男子/女子 40 至 49 歲分齡組	Born in 1973 - 1982	1973 - 1982 年出生
Male/Female Age Group 50-59	男子/女子 50 至 59 歲分齡組	Born in 1963 - 1972	1963 - 1972 年出生
Male/Female Age Group 60 & Over	男子/女子 60 歲或以上分齡組	Born in 1962 or before	1962 年或以前出生
Remarks:			
All National Squad members must enter Elite Category. 所有香港集訓隊之成員必須參加精英組。			
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 26 inches. 車輪必須為 26 吋或以上方可作賽。			

Entry Fee 報名費	Challenge Distance 挑戰賽程	Sprint and Super Sprint Distance 半奧及繽紛賽程
	TriHK Affiliated Club Member HK\$400 香港三項鐵人總會屬會會員港幣 \$400	TriHK Affiliated Club Member HK\$250 香港三項鐵人總會屬會會員港幣 \$250
	TriHK Individual Member HK\$450 香港三項鐵人總會個人會員港幣 \$450	TriHK Individual Member HK\$300 香港三項鐵人總會個人會員港幣 \$300
Remarks 備註	Only for TriHK members 只限香港三項鐵人總會會員	
Deadline for Entry 截止報名日期	9 October 2022, 11:59pm (Sunday) 2022 年 10 月 9 日晚上 11:59 分 (星期日)	
Awards 獎項	<p>Individual 個人組 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:</p> <p>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> <p>Awards will be presented to the Top 4 finishers if the number of entries in that category is 31 – 50. 如該組別參加者為 31-50 人，則只頒發獎項給前 4 名</p> <p>Awards will be presented to the Top 5 finishers if the number of entries in that category is more than 50. 如該組別參加者為 51 人或以上，則只頒發獎項給前 5 名</p> <p>Individual and Club Series Scoring Method 個人及屬會聯賽評分方法 For detailed information, please visit: www.triathlon.com.hk 詳細資料請瀏覽：www.triathlon.com.hk</p>	

The Association will not arrange bike hire service, should you require bike hire, you may contact the below company or any other bike shop to arrange it.

Lung Kei Bike Shop
Elite Sports Limited

Mr. Law Tel: 9309 8988 /9010 1889
Mr. Ho Tel: 9686 7656

大會不設租單車服務,如需要租用單車,可聯絡任何租單車服務公司或以下公司作安排

龍記單車有限公司 羅先生 電話:9309 8988 /9010 1889
精英體育發展有限公司 何先生 電話 9686 7656

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 04:00 a.m. on the day of 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。

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。



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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 race 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 depends on the weather condition 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。

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。

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

According to the 599G exemption regulations of the Food and Health Bureau, all persons must scan the "LeaveHomeSafe" QR code and have taken 3 doses of COVID 19 vaccines to participate in race. Vaccine Pass is "Blue Code".

根據食物及衛生局豁免第 599G 章指引，所有人士參加比賽必須使用安心出行及已接種三針新冠疫苗。疫苗通行證為「藍碼」。

All athletes must take a COVID 19 RT-PCR test within 48 hours prior to the start of the race and provide the following document during registration:

- COVID 19 RT-PCR test negative results
- Vaccination record
- Vaccine Pass "Blue Code"

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

所有運動員必須於比賽開始前 48 小時內進行新冠病毒核酸檢測。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
- 疫苗通行證「藍碼」

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

Only accept COVID 19 test result by Government recognised parties (Community Testing Centres(CTCs), hospital, mobile specimen collection stations, recognised local institutions, private testing laboratories or returning deep throat saliva (DTS) specimen collection pack), do not accept self rapid test result.

只接受於政府轄下認可機構之新冠病毒檢測結果 (社區檢測中心、流動採樣站、認可本地醫療檢測機構、私營化驗所或交回深喉唾液測試樣本收集包)，恕不接受自行快速測試結果。

All Officials must provide a validated COVID19 rapid antigen test negative result that sample was taken on the morning of the race day.

所有工作人員必須於比賽當天早上進行新冠病毒快速測試。並於報到時出示陰性結果。

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。



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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。

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。



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