

### Race Information 比賽資料

#### Prior to Race Day

##### 比賽前準備

Going through all the race information and joining the race briefing on race day are strongly recommended. Athletes are responsible for completing the race distance in their corresponding category, as there are various race categories at an event, and 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。

Ensure that your bicycle is roadworthy. You are responsible for its roadworthiness. Folding bikes are not allowed for safety reasons.

參加者有責任確保單車性能安全及適合在道路上行駛。基於安全理由,任何組別均不得使用摺車作賽。

#### Preparation on Race Day

##### 比賽天準備

Due to limited parking spaces in Star Ferry Car Park, CITIC Tower, and City Hall Car Park, participants are advised to use public transportation.

由於天星碼頭停車場、中信大廈及大會堂停車場泊車位置有限,大會呼籲參賽人士儘量使用公共交通。

It is strongly recommended that all persons heading to the *registration use Tim Wa Avenue or Legislative Council Road along Lung Wo Road to the Registration.*

建議所有前往報到處人士可由添華道或立法會道上添馬公園天橋,沿龍和道前往報到處。

It is strongly recommended that all persons heading to the finish point and carnival use Tim Wa Avenue or Legislative Council Road through Tamar Park footbridge.

建議所有前往終點及嘉年華人士可由添華道或立法會道上添馬公園天橋到嘉年華及終點。






All participants are required to present a valid identification document with photos, either original documents or copies, such as a Hong Kong ID card, a passport, or a student handbook/student card with a photo, for all pre-race check-in. Anyone who failed to present their valid identification documents, he/she would not be allowed to receive their race pack or 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 the registration booth to collect your race pack. Ensure the race pack includes the following items: swim cap, race bib, tattoo stickers, and an ankle tag (timing chip). Body markings on both your arms and legs should be required. If everything is in good order, have your race number marked on both arms and legs. Please do not apply sunblock prior to body marking.

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、紋身貼紙及計時晶片連腳帶。

<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>Your race number must be visible on your back throughout the bike ride if you are using the race belt 參賽號碼布必須於整個單車賽段扣於背心後面  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 the Transition Area and rack your bike according to your race number.

完成報到手續後，請前往轉項區根據比賽號碼掛好單車。

Drink and refreshment 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。

All other personal belongings should be labelled with your race number in the 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。

You will be required to leave the Transition Area no later than 15 minutes prior to the start of your race and listen to the race briefing. Please allow sufficient time to make your way to the Start Line. Race Briefing will be held at the swim start area.

參加者於所屬組別開賽前 15 分鐘須離開轉項區及前往聆聽賽事講解。請預留充足時間前往起點。賽事講解將於在游泳起點舉行。

\*Each relay team will receive a timing ankle tag, which team members will hand over to the next team member at the Transition Area.

每隊接力隊伍將獲發 1 條計時腳帶，隊員會再轉項區交接計時腳帶給下一位隊員。

### 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 correctly.

計時器已預先串上膠帶在如下圖。

Attach to your **LEFT Ankle**, with the writing facing up, and secure with the clasp. The Tag should face outward to optimize its readability.

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. The automated fee for not returning your chip is HK\$500. If you forget, please return your chip to 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，過終點後請退還此計時帶，工作人員會協助收回。請確保在完成賽事後，你的晶片已被回收。如於賽事中途退出，亦請交回終點旁之計時中心。若遺失或未能退還晶片，將自動收取費用港幣 500 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。

### Race Briefing

#### 賽事講解

The Race Briefings will be held at the start area. Please arrive at the start area 15 minutes prior to the race start for a briefing.

賽事講解於在起點進行，請於開賽前 15 分鐘到達起點聆聽賽事講解。

Race Briefing will be conducted in Cantonese and English. If you have any questions relating to the 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 be prepared and well equipped before attending the race briefing.

前往賽事講解前，參賽者必須已準備好，並帶備所有參賽用品。

### Swim Course

#### 游泳賽段

Course 組別	Distance 賽程
Challenge Distance 挑戰賽程	750m (1 lap)
Discovery Distance 體驗賽程	400m (1 lap)
TriKids Distance 小鐵人賽程	200m (1 lap)

The official swim cap has to be worn during the swimming course. The use of your own swim cap is not allowed. The offender needs to rectify any violation immediately, otherwise will be disqualified.

運動員必須佩帶由大會提供之泳帽，禁止使用自備泳帽。違例者必須修正否則取消比賽資格。

If you start in the wrong wave, your race time will still be recorded, but you will be disqualified.

未有依照正確組別出發者，將被取消資格。惟比賽成績仍會紀錄供參考。

Lifeguards have been stationed on the water to oversee the safety of all participants. 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 keep the supine position.

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。

Skin suits and speed suits are not allowed. Wetsuits are allowed when the water temperature is at or below 22 Degrees Celsius. Offenders must fix or they will be disqualified.

不得穿著助浮衣(Skin Suit)及 Speed Suit 作賽。水溫在攝氏 22 度或以下時，允許穿保暖衣。

Your swim time will be taken as you exit the water.

游泳時間以上水時間作計算。

The swim course starts in deep water. It is conducted in a counter-clockwise direction for all swim courses.

由出發點以深水出發方式開始，所有游泳賽均採用逆時針方向。

### 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 their bike and race equipment in person at the transition area after the whole race has finished with the presentation of the number cloth.

參賽者必須在整個比賽完成後，親身憑號碼布到轉項區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。

### Bike Course

#### 單車賽段

Course 組別	Distance 賽程
Challenge Distance 挑戰賽程	18km (5 x 3.6km)
Discovery Distance 體驗賽程	10.8km (3 x 3.6km)
TriKids Distance 小鐵人賽程	7.2km (2x 3.6km)

Drafting is allowed but at your risk. Please take care and only draft if you have the skills to do so safely.

賽事容許進行勾車，惟參加者須自負有關之安全。參加者應確保具備勾車技巧方可進行勾車。

Athletes are responsible for counting the laps and official will not remind athletes 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。

Your race number must be visible on your back throughout the bike ride if you are using the race belt.

如用比賽號碼帶，參賽號碼布必須於整個單車賽段扣於背心後面。

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。

Wearing the helmet unfastened or insecurely fastened inside the Transition Area while in possession of the bike; Age-Group: Warning and amend; Elite: Time penalty in the penalty box.

於轉項區推車前進的過程中，頭盔帶沒有戴好或正確扣上，違者將於處罰區罰時間。

All male and female athletes must wear a running top or jersey that securely covers their chests and nipples throughout the bike course. Offenders will be disqualified.

所有男女運動員在單車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。

Keep to the left side of the road except when overtaking, so that other road users and cyclists may overtake. Drafting penalties will be applied to any cyclist blocking another cyclist.

除超越前車外，請靠左駛。勾車罰則將引用於阻擋其餘參賽之運動員。

Remain courteous to all other road users at all times.

請和其他道路使用者合作。

Do not cross the white line in the center of the road. Offenders will be disqualified for dangerous riding.

超越前車時，不得越過路中之雙白線，即不得超越對面行車線。違例者將被取消比賽資格。

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 bikes 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 cameras 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 are allowed in any category.

任何組別不準使用摺車作賽。

Only traditional drop handlebars are permitted. The handlebars must be plugged. Clip-ons are not allowed.

參賽者只可使用公路車把手。不可使用附加把手。

Minimum wheel size requirement is 24 inches (Except for TriKids Distance).

車輪必須為 24 吋或以上方可作賽 (小鐵人距離除外)。

Officials will check all bikes entering the transition area for bike drop off. If aerobars or clip-ons are installed, athletes must remove them or they are not allowed to race.

工作人員會在轉項區入口檢查需要被放置於轉項區之比賽單車，如發現單車上裝有附加把手，參賽者需即時拆除，否則將不能比賽。



## AGE GROUP DRAFT LEGAL EQUIPMENT



### Run Course

#### 跑步賽段

Course 組別	Distance 賽程
Challenge Distance 挑戰賽程	5km (1.5 lap)
Discovery Distance 體驗賽程	2.5km (1 lap)
TriKids Distance 小鐵人賽程	1.5km (1 lap)

Your race number must be buckled on the chest/waist throughout the run. The offender will be disqualified.

在跑步賽段時必須將號碼布扣在胸/腰前，違規者被取消比賽資格。

All male and female athletes must wear a running top or jersey 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。

Aid Stations will be provided.

跑步賽道會設有水站。

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 cameras 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。

### 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)。



Race Distance 賽程	Time Penalty 處罰時間
Challenge Distance 挑戰賽程	15 Seconds
Discovery Distance 體驗賽程	10 Seconds
TriKids Distance 小鐵人賽程	5 Seconds

Procedure 程序:

- Time penalty must be served on any lap of the run.  
在任何一個跑步圈內，必須作出處罰。
- 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。
- Once you enter the penalty box, the official will start to count your seconds. When the official says "GO", you can continue your race.  
當進入了處罰區，工作人員開始計時，然後工作人員會通知你 "GO"，才可以繼續比賽。
- Failing to serve a penalty will result in a **DISQUALIFICATION**.

如沒有進入處罰區，將被取消比賽資格。

If an athlete serves a time penalty, the athlete accepts the penalty, and no protest will be admitted.  
若運動員執行處罰，則代表運動員接受判決，不能進行上訴。

If an athlete does not serve a time penalty, he/she will be disqualified but may protest against the disqualification and the decision of the Head Referee to issue the time penalty. The Competition Jury, which receives the protest, will decide on the correctness of the decision to issue the time penalty and will either:

- (i) Dismiss the protest and confirm the disqualification; or
- (ii) Uphold the protest, remove the time penalty and reverse the disqualification.

若運動員未有執行處罰，將被取消比賽資格。但運動員可以就處罰進行上訴。上訴委員會決定處罰之正確性並作出下列其中一個行為：

- (i) 駁回上訴並確認比賽資格被取消；或
- (ii) 上訴得直，取消處罰及恢復比賽資格。

Case 事例	Penalties 處罰
<b>Swim Course 游泳賽段</b>	
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
Swimsuit swim skins, speed suits or wetsuits. 穿着助浮衣(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
<b>Transition Area 轉項區</b>	
Equipment not put into the designated area. 運動員未有將物品放入自己的區域	Fix, otherwise time penalty 必須修正否則罰時
Not put the helmet and fasten it before taking their bikes off the rack 於取單車前未有佩帶好頭盔及扣上頭盔扣	Fix and time penalty 必須修正及將有時間處罰
Cycling at the transition area 轉項區內踏單車	Time penalty 時間處罰
Mount before the mount line 在單車上車處前上車	Fix and time penalty 必須修正及將有時間處罰
Dismount after the dismount line 在單車下車處後下車	Fix and time penalty 必須修正及將有時間處罰

Wearing the helmet unfastened or insecurely fastened, inside the transition area while in possession of the bike 於轉項區推車前進的過程中，頭盔帶沒有戴好或正確扣上	Age-Group: Fix, otherwise time penalty; Elite: Time penalty in penalty box 分齡組：必須修正否則罰時；精英組：於處罰區罰時間
Touching the locking mechanism on the helmet while in possession of the bike in transition 於轉項區推車前進的過程中觸碰頭盔扣	Age-Group: Fix, otherwise time penalty; Elite: Time penalty in penalty box 分齡組：必須修正否則罰時；精英組：於處罰區罰時間
<b>Run Course 跑步賽段</b>	
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
<b>Bike Course 單車賽段</b>	
Not wearing a helmet during the bike race 在單車賽段沒有佩帶頭盔	DSQ 取消比賽資格
Cross the white line in the centre of the road 超越前車時,越過路中之白色分界線,即超越對面行車線	DSQ 取消比賽資格
Upper body not fully covered 在單車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
<b>Others 其他</b>	
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
Being accompanied by any non-competing athletes, team members, team managers, or other pacemakers on the course or along the course 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
Being accompanied by any non-competing person in the finish chute 非參賽者陪同衝線	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。

The Association will accept the appeal only on race day. 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 to make the final decision.

如有爭議本會保留最終決定權。

### Race Finish

#### 比賽完成後

After completing the race, participants can collect their till receipt result.

參加者完賽後可索取臨時成績單。

Belongings may be collected from Baggage Deposit booth at any time with your race number bib.

完成賽事後必須憑號碼布於行李寄存處取回行李。

**After completing the race, participants can redeem a finisher T-shirt at the event Center, a snack platter at the event Center, and a carnival dining coupon under the race bib. The Relay Team will have three coupons.**

參加者完賽後可憑號碼布下方在賽事中心領取完賽 T 恤 及在嘉年華券換領小食拼盤及。接力隊將獲得三張優惠券。



Trophy winners will be announced and posted on the site as soon as possible in readiness for the award presentation. Full result will be posted to the TriHK Website: [www.triathlon.com.hk](http://www.triathlon.com.hk) on the afternoon of race day.

得獎名單將會貼於報告板上並作公佈以準備頒獎禮。賽事所有成績將於比賽日下午網站([www.triathlon.com.hk](http://www.triathlon.com.hk))公佈。

### Other Information

#### 其他事項

Participants must count their own bike and run 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 details as necessary. This includes moving the race forward. Participants are advised to arrive at 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, 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。

The event organizer will not keep any equipment or personal belongings that are not collected after the race.

在比賽結束後，賽事主辦者不會保留任何未有取回的裝備或隨身物品。

### Appeal

#### 上訴

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[www.triathlon.com.hk](http://www.triathlon.com.hk)

 [hktriathlon](https://www.instagram.com/hktriathlon)

 [hktriathlon](https://www.facebook.com/hktriathlon)

The competition jury includes 3 members, and they will handle all appeals on 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。

If an athlete serves a time penalty, the athlete accepts the penalty, and no protest will be admitted.

若運動員執行處罰，則代表運動員接受判決，不能進行上訴。

If an athlete does not serve a time penalty, he/she will be disqualified but may protest against the disqualification and the decision of the Head Referee to issue the time penalty. The Competition Jury, which receives the protest, will decide on the correctness of the decision to issue the time penalty and will either:

- (i) Dismiss the protest and confirm the disqualification; or
- (ii) Uphold the protest, remove the time penalty, and reverse the disqualification.

若運動員未有執行處罰，將被取消比賽資格。但運動員可以就處罰進行上訴。上訴委員會決定處罰之正確性並作出下列其中一個行為：

- (i) 駁回上訴並確認比賽資格被取消；或
- (ii) 上訴得直，取消處罰及恢復比賽資格。

Appeal is accepted only within 15 minutes after race result being announced and completed the "Complain and Appeal" form together with HK\$200 appealing fee. The appeal fee will only be refunded upon a 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 Association will accept the appeal on race day only. No appeal will be accepted after 30 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 12:00 noon on the day before the race, the race will be cancelled without any further 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，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 warning is hoisted at any time after 05:00 a.m. on race morning, the race will be cancelled without any further 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/黑雨警告，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 either be cancelled or adjusted.

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 either be cancelled or 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 for the cancelled race will not be refunded, nor can they be transferred to a different race. 被取消之賽事之報名費不設退款、亦不得轉讓。

**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)。**

### Special Notice

#### 特別通告

Police will strictly enforce against illegal parking.

警方會嚴厲票控或拖走任何違泊之車輛

Using drones at the race venue will be in violation of the law of Hong Kong. Violator will be arrested and prosecuted

於比賽場地使用無人機將會觸犯香港法例，一經發現將送官究治

Enquiries 查詢:

Triathlon Association of Hong Kong China 中國香港三項鐵人總會

Tel 電話: 2504 8282

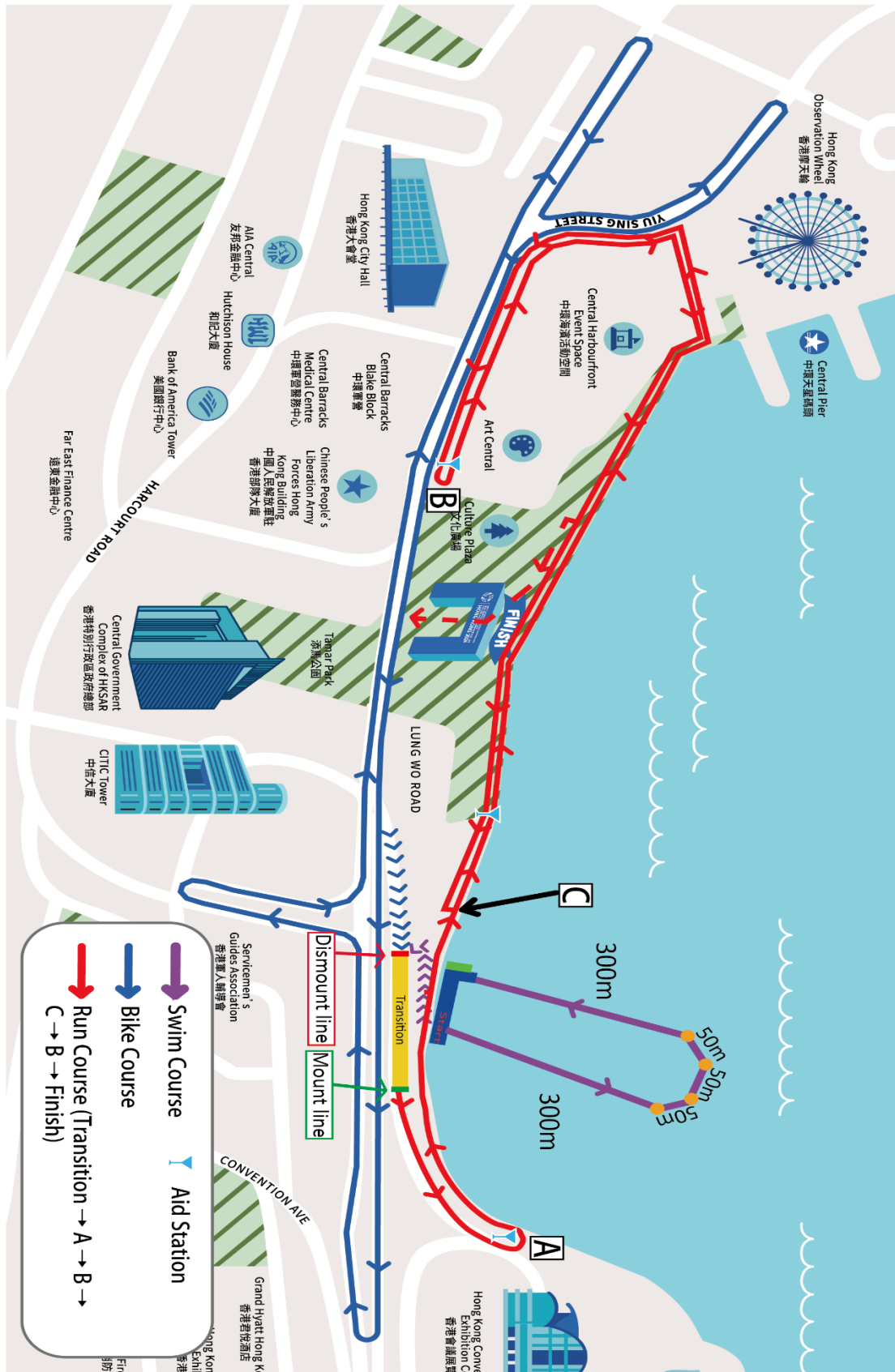
Fax 傳真: 2576 8253

E-mail 電郵: [trihk@triathlon.com.hk](mailto:trihk@triathlon.com.hk)

Route Map

比賽地圖

Challenge Distance 挑戰賽程: Swim 750m / Bike 18k (5 laps) / Run 5k (1.5 lap)



Challenge: Swim 750m → Bike 18k (5x 3.6k) → Run 5k



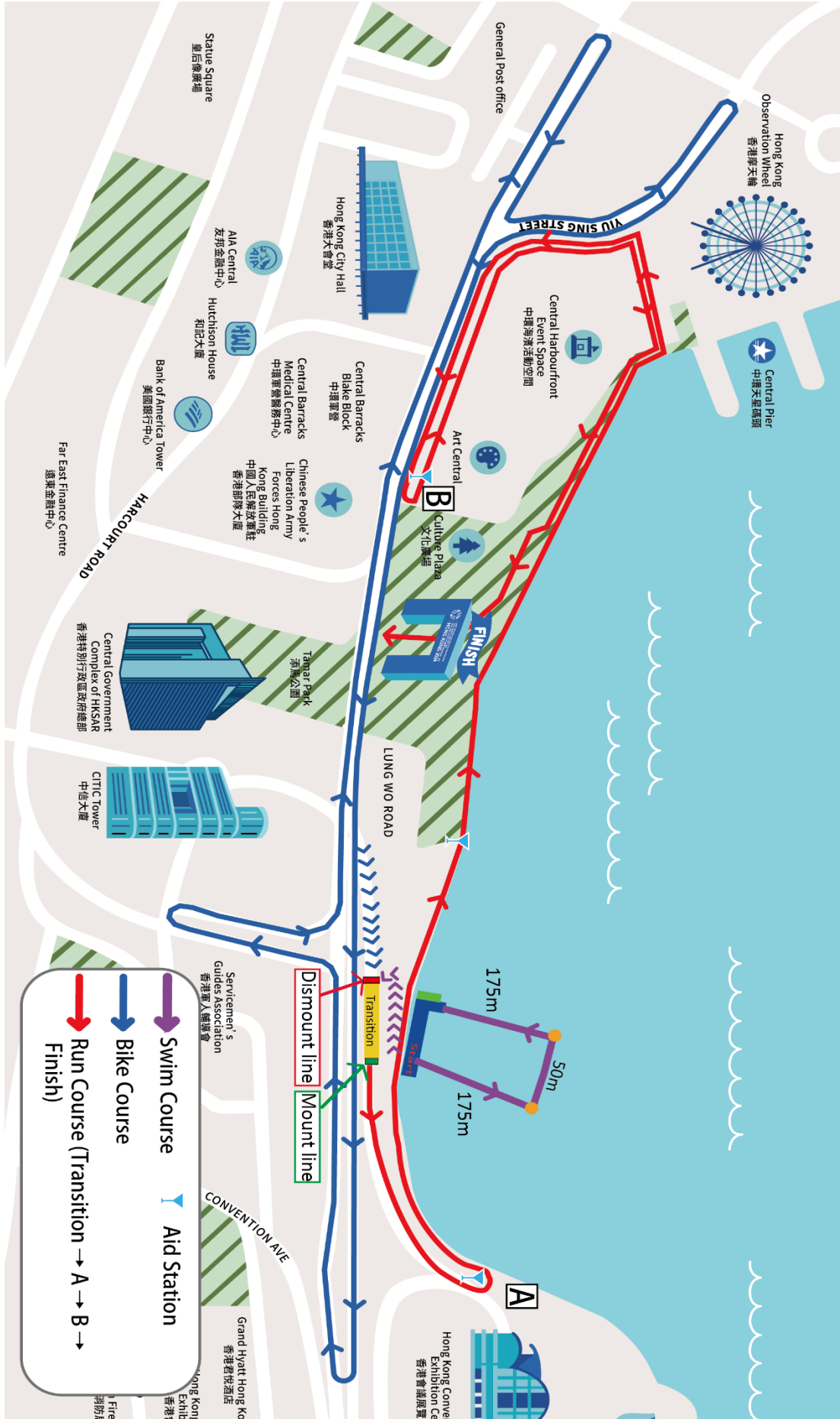
ASIA TRIATHLON JUNIOR & U23 CHAMPIONSHIPS  
 亞洲三項鐵人青年及U23錦標賽 | 香港  
**HONG KONG 2026**

**Discovery Distance 體驗賽程: Swim 400m/ Bike 10.8k (3 laps)/ Run 1.5k**

**Discovery: Swim 400m → Bike 10.8km (3 x 3.6k) → Run 2.5k**



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**TriKids Distance 小鐵人賽程: Swim 200m/ Bike 7.2k (2 laps)/ Run 1.5k**



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**HONG KONG 2026**

**TriKids: Swim 200m → Bike 7.2Km (2 x 3.6k) → Run 1.5k**



Service men's guides Association 香港導人協會

- Swim Course
- Bike Course
- Run Course (A → Transition → B → Finish)
- Aid Station

# Registration & Transition Area

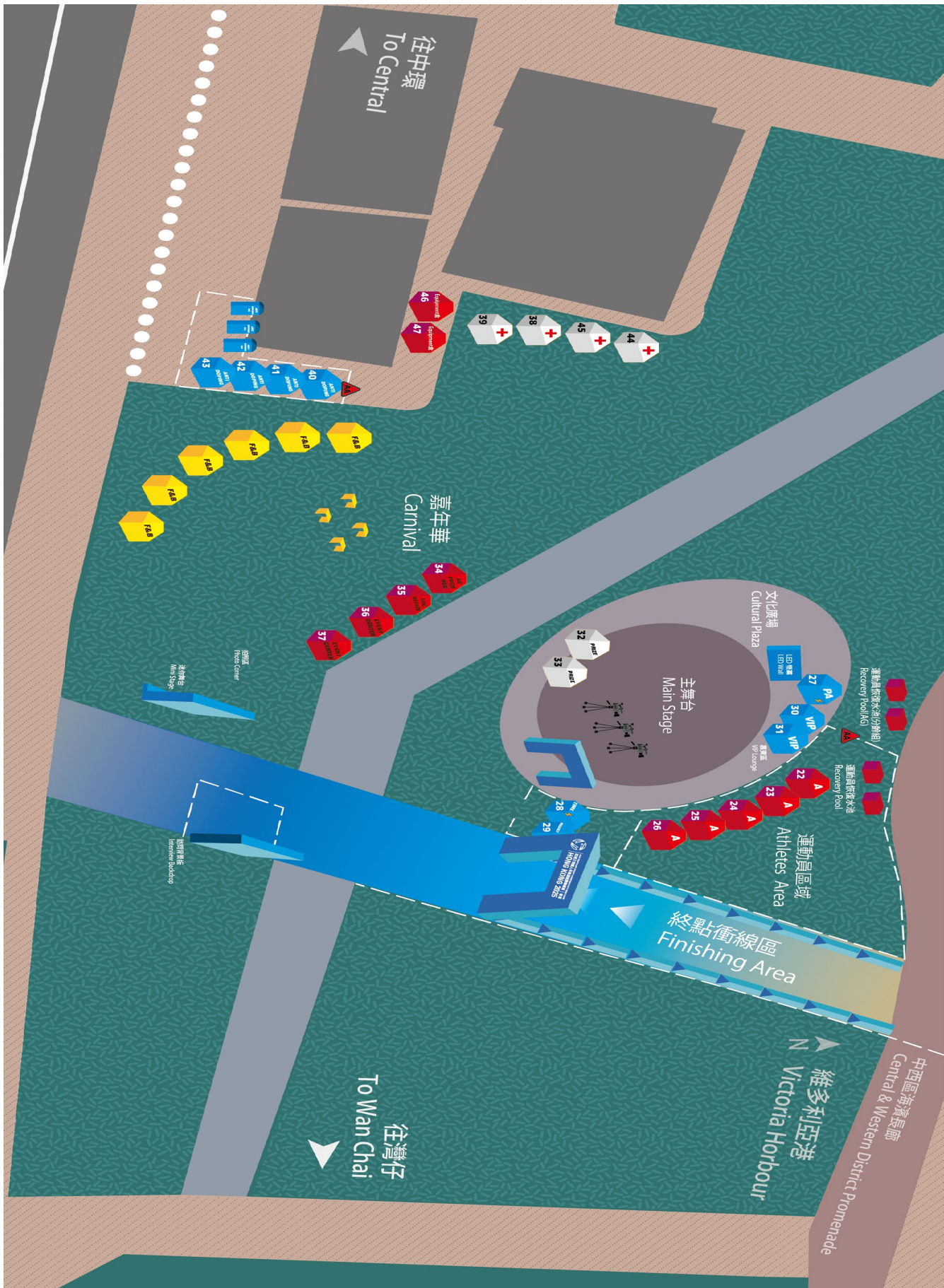


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中西區海濱長廊  
 Central & Western District Promenade



# Finish Area



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