

Race Schedule

15 March 2026 (Sunday) – Lung Wo Road, Central

Wave 分組	Cap 泳帽	Category 組別	Start Time 開賽 時間	Briefing Time 賽事講解	Award Presentation Time 頒獎時間
Discovery Distance 體驗賽程 Swim 400m/ Bike 10.8k (3 laps)/ Run 2.5k					
1	White 白色	Male Elite Open & Youth	07:00	06:45	08:30
2	Pink 粉紅色	All Female categories	07:10	06:55	
3	Yellow 黃色	Male Youth 2	07:20	07:05	
4	White 白色	Male Youth 1	07:30	07:15	
5	Pink 粉紅色	Male 20-29, 30-39, 40-49, 50-59, 60-69, 70 & Over	07:40	07:25	
TriKids Distance 小鐵人賽程 Swim 200m/ Bike 7.2k (2 laps)/ Run 1.5k					
6	Yellow 黃色	Male TriKids 2	8:00	7:45	08:30
7	White 白色	Male TriKids 1	8:10	7:55	
8	Pink 粉紅色	Female TriKids 1, 2	8:20	8:15	
Challenge Distance 挑戰賽程 Swim 750m/ Bike 18k (5 laps)/ Run 5k (1.5 laps)					
9	Yellow 黃色	All Female Categories and Relay Team	09:00	08:15	11:00
10	White 白色	Male 40-44, 45-49, 50-54, 55-59, 60-64 and 65 & Over	09:25	08:25	
11	Pink 粉紅色	Male 20-24, 25-29, 30-34, 35-39, Junior 1 & 2	09:30	08:35	

Remarks: Registration prior 1 hour of your race Start
備註：所屬組別在開賽前 1 小時報到

中西區海濱長廊
Central & Western District Promenade

