World Triathlon Cup
HONG KONG 2026

# Age Grouper's Race Information

**7-8th November**



# Age Group Race Information

# 分龄组比赛资料

2026 World Triathlon Cup – Hong Kong · 7–8 November 2026 · 2026 年 11 月 7 至 8 日

## Race at a Glance 赛事概览

| Category 组别 | Swim 游泳 | Bike 单车 | Run 跑步 |
|---|---|---|---|
| Challenge Distance<br>挑战赛程 | 750 m<br>1 lap 一圈 | 18.5 km<br>5 laps × 3.7 km 五圈 | 5 km<br>2 laps × 2.5 km 两圈 |
| Discovery Distance<br>体验赛程 | 400 m<br>1 lap 一圈 | 11.1 km<br>3 laps × 3.7 km 三圈 | 2.5 km<br>1 lap × 2.5 km 一圈 |
| TriKids Distance<br>小铁人赛程 | 200 m<br>1 lap 一圈 | 7.4 km<br>2 laps × 3.7 km 两圈 | 1.5 km<br>1 lap × 1.5 km 一圈 |

Distances and lap counts follow the category course maps in Section 10. Participants are responsible for completing the correct number of laps for their own category.

上述距离及圈数以第 10 节各组别赛道图为准。参赛者有责任按所属组别完成正确圈数。

# Contents 目录

Race Schedule and Start Waves 赛事时间表及出发批次

1 Before Race Day 比赛前准备

2 Getting to the Venue 前往比赛场地

3 Check-in and Race Pack 报到及选手包

4 Timing Chip 计时晶片

5 Transition Area 转项区

6 Race Briefing 赛事讲解

7 Swim Course 游泳赛段

8 Bike Course 单车赛段

9 Run Course 跑步赛段

10 Course Maps by Category 各组别赛道图

11 Penalties and Penalty Box 罚则及处罚区

12 Appeals 上诉

13 After the Race 完赛后安排

14 General Rules 一般规则

15 Inclement Weather 恶劣天气安排

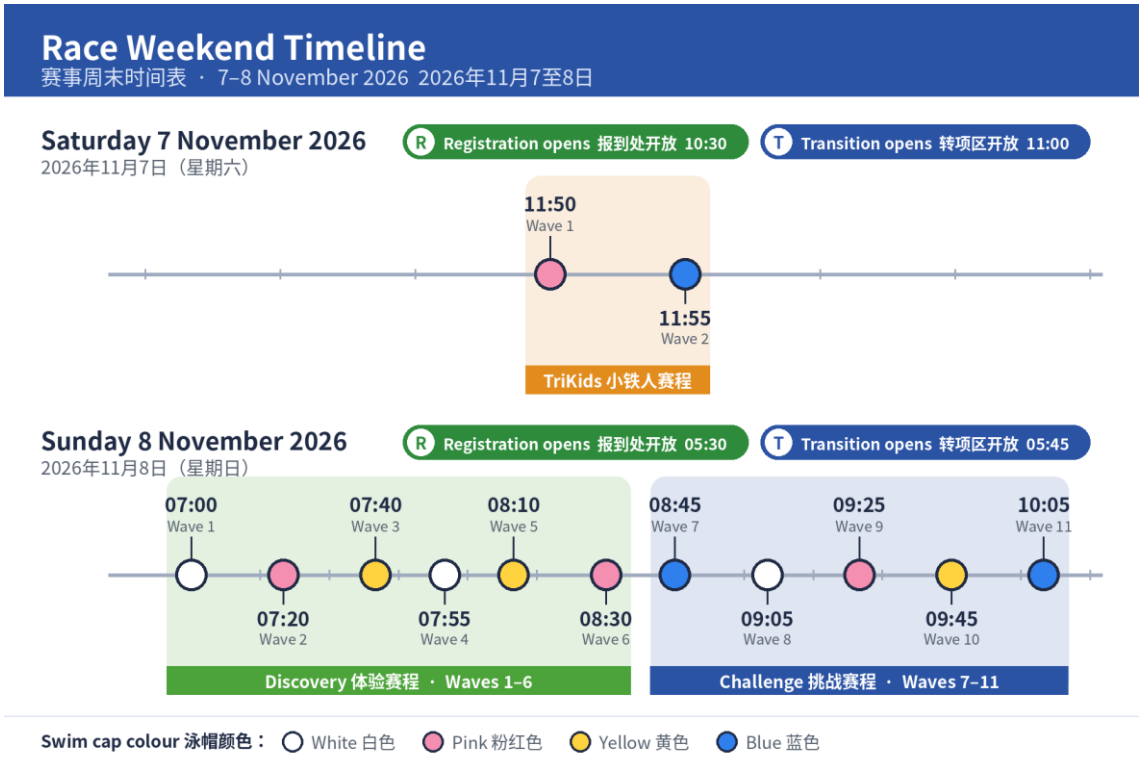
16 Special Notice and Enquiries 特别通告及查询

# Race Schedule and Start Waves 赛事时间表及出发批次

Each category starts in its own wave. Find your category below, note your **start time** and **swim cap colour**, and attend the race briefing at the swim start, held **10 minutes before your wave starts**.

各组别按批次分批出发。请在下表找出所属组别，留意**出发时间**及**泳帽颜色**，并于所属批次开赛前 **10 分钟**到达游泳起点出席赛事讲解。

| Race Day 比赛日 | Registration Opens 报到处开放 | Transition Opens 转项区开放 | First Wave 首个批次出发 | Last Wave 最后批次出发 |
|---|---|---|---|---|
| **Saturday 7 November 2026**<br>2026 年 11 月 7 日（星期六）· 小铁人赛程 | 10:30 | 11:00 | 11:50 | 11:55 |
| **Sunday 8 November 2026**<br>2026 年 11 月 8 日（星期日）· 体验及挑战赛程 | 05:30 | 05:45 | 07:00 | 10:05 |




## Three Steps to Your Start 三步准备出发

### 1 Find your wave

**找出所属批次**

Locate your category and note your wave number and start time.

找出所属组别，记下批次编号及出发时间。

### 2 Wear the right cap

**佩戴正确泳帽**

Wear the swim cap provided in your race pack. Its colour matches your wave.

佩戴选手包内的大会泳帽，泳帽颜色与所属批次对应。

### 3 Be at the swim start

**准时到达起点**

Attend the race briefing at the swim start, held 10 minutes before your wave starts.

于开赛前 10 分钟到达游泳起点，出席赛事讲解。

## TriKids Distance 小铁人赛程

Saturday 7 November 2026 2026 年 11 月 7 日（星期六） | Swim 200 m · Bike 7.4 km · Run 1.5 km

| Start 出发 | Wave 批次 | Categories 组别 | Entries 人数 | Swim Cap 泳帽 |
|---|---|---|---|---|
| 11:45 | 3 | **Boys TriKids 2**<br>男子小铁 2 组 | 25 | ● **Pink**<br>粉红色 |
| 11:47 | 4 | **Girls TriKids 2**<br>女子小铁 2 组 | 10 | ● **Blue**<br>蓝色 |
| 11:55 | 5 | **Boys TriKids 1**<br>男子小铁 1 组 | 13 | ○ **White**<br>白色 |
| 11:58 | 6 | **Girls TriKids 1**<br>女子小铁 2 组 | 10 | ● **Yellow**<br>黄色 |

## Discovery Distance 体验赛程

Sunday 8 November 2026 2026 年 11 月 8 日（星期日） | Swim 400 m · Bike 11.1 km · Run 2.5 km

| Start 出发 | Wave 批次 | Categories 组别 | Entries 人数 | Swim Cap 泳帽 |
|---|---|---|---|---|
| 07:00 | 1 | **Male Elite Open and Elite Youth**<br>男子精英公开组及精英少年组 | 55 | ○ **White**<br>白色 |
| 07:20 | 2 | **Female Elite Open and Elite Youth**<br>女子精英公开组及精英少年组 | 21 | ● **Pink**<br>粉红色 |
| 07:40 | 3 | **Male Youth 1 and 2**<br>男子少年 1 组及 2 组 | 41 | ● **Yellow**<br>黄色 |
| 07:55 | 4 | **Male Age Group 20–29, 30–39 and 40–49**<br>男子 20 至 29 岁、30 至 39 岁及 40 至 49 岁分龄组 | 32 | ○ **White**<br>白色 |
| 08:10 | 5 | **Male Age Group 50–59, 60–69 and 70 & Over**<br>男子 50 至 59 岁、60 至 69 岁及 70 岁或以上分龄组 | 15 | ● **Yellow**<br>黄色 |
| 08:30 | 6 | **Female Age Group 20–29, 30–39, 40–49, 50–59 and 60–69 · Female Youth 1 and 2**<br>女子 20 至 29 岁、30 至 39 岁、40 至 49 岁、50 至 59 岁及 60 至 69 岁分龄组 · 女子少年 1 组及 2 组 | 24 | ● **Pink**<br>粉红色 |

## Challenge Distance 挑战赛程

Sunday 8 November 2026 2026 年 11 月 8 日（星期日） | Swim 750 m · Bike 18.5 km · Run 5 km

| Start 出发 | Wave 批次 | Categories 组别 | Entries 人数 | Swim Cap 泳帽 |
|---|---|---|---|---|
| 08:45 | 7 | **Male Age Group 20–24 and 25–29 · Male Junior 1 and 2 · Disciplined Services Team Relay · Mixed Team Relay**<br>男子 20 至 24 岁及 25 至 29 岁分龄组 · 男子青年 1 组及 2 组 · 纪律部队杯队际接力 · 混合队际接力 | 45 | ● Blue 蓝色 |
| 09:05 | 8 | **Male Age Group 30–34 and 35–39**<br>男子 30 至 34 岁及 35 至 39 岁分龄组 | 32 | ○ White 白色 |
| 09:25 | 9 | **Male Age Group 40–44 and 45–49**<br>男子 40 至 44 岁及 45 至 49 岁分龄组 | 32 | ● Pink 粉红色 |
| 09:45 | 10 | **Male Age Group 50–54, 55–59, 60–64 and 65 & Over**<br>男子 50 至 54 岁、55 至 59 岁、60 至 64 岁及 65 岁或以上分龄组 | 41 | ● Yellow 黄色 |
| 10:05 | 11 | **Female Age Group 25–29, 30–34, 35–39, 40–44, 45–49, 50–54 and 55–59 · Female Junior 1**<br>女子 25 至 29 岁、30 至 34 岁、35 至 39 岁、40 至 44 岁、45 至 49 岁、50 至 54 岁及 55 至 59 岁分龄组 · 女子青年 1 组 | 38 | ● Blue 蓝色 |

**Please note:** start times may be brought forward or adjusted by the organiser where necessary (see Sections 14 and 15). Starting in the wrong wave results in disqualification (see Section 7). Follow on-site announcements on race day.

**注意：**大会可因应需要提早或调整出发时间（见第 14 及 15 节）。未按所属批次出发者将被取消资格（见第 7 节）。比赛当日请留意现场广播。

# 1 Before Race Day 比赛前准备

- Read all race information carefully and attend the race briefing on race day. Different categories race different distances and lap counts, and race officials will not give hints or reminders during the race. You are responsible for completing the correct course for your category.
  请细阅所有比赛资料，并于比赛当日出席赛事讲解。各组别的比赛距离及圈数不同，工作人员于比赛期间不会作任何提示。参赛者有责任按所属组别完成正确赛程。
- Race information and course maps will be published and updated on the TriHK website (www.triathlon.com.hk). Please check the website regularly before race day.
  比赛资料及赛道图将于中国香港三项铁人总会网站（www.triathlon.com.hk）刊登并适时更新，请于比赛前经常浏览。
- Make sure your bicycle is safe and roadworthy; you are responsible for its condition. For safety reasons, folding bikes are not permitted in any category.
  参赛者有责任确保单车性能良好及适合在道路上行驶。基于安全理由，所有组别均不得使用折叠单车作赛。

# 2 Getting to the Venue 前往比赛场地

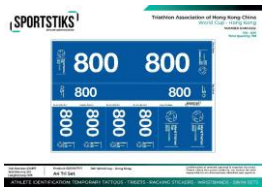
- Parking at the Star Ferry Car Park, CITIC Tower and City Hall Car Park is limited. Participants are strongly advised to use public transport.
  天星码头停车场、中信大厦及大会堂停车场的泊车位有限，大会呼吁参赛者尽量使用公共交通工具。
- **To Registration:** use Tim Wa Avenue or Legislative Council Road, cross the Tamar Park footbridge, then walk along Lung Wo Road to Registration.
  **前往报到处：**可经添华道或立法会道登上添马公园天桥，再沿龙和道前往报到处。
- **To the Finish and Carnival:** use Tim Wa Avenue or Legislative Council Road via the Tamar Park footbridge.
  **前往终点及嘉年华：**可经添华道或立法会道登上添马公园天桥前往。

# 3 Check-in and Race Pack 报到及选手包

- **Photo identification is required.** Present a valid photo identification document (original or copy) at check-in, such as a Hong Kong Identity Card, passport, or student handbook / student card bearing your photograph. Participants without valid photo identification will not be permitted to collect their race pack or start the race.
  **必须出示附有照片的身份证明文件。**报到时须出示附有照片的有效身份证明文件正本或副本，例如香港身份证、护照，或附有照片的学生手册 / 学生证。未能出示者，将不获领取选手包及不得参赛。
- **Registration location:** Registration is located directly below the Transition Area, marked **R** on the course maps.
  **报到处位置：**报到处设于转项区下方，并于赛道图以 **R** 标示。
- **Registration opening times:** Saturday 7 November 2026 (TriKids Distance) from **10:30**; Sunday 8 November 2026 (Discovery and Challenge Distances) from **05:30**.
  **报到处开放时间：**2026 年 11 月 7 日（星期六，小铁人赛程）**上午 10 时 30 分**起；2026 年 11 月 8 日（星期日，体验赛程及挑战赛程）**上午 5 时 30 分**起。

- On arrival, go to the Registration booth to collect your race pack. Check that it contains: swim cap, race bib, bike and helmet stickers, temporary tattoo numbers and a timing chip with ankle strap.
  抵达后请前往报到处领取选手包，并检查包内是否备有：泳帽、号码布、单车及头盔贴纸、纹身号码贴纸及计时晶片连脚带。
- Temporary tattoo numbers must be applied to both arms and both legs. Do not apply sunscreen before applying your race numbers.
  纹身号码贴纸必须贴于双臂及双腿。贴上号码前请勿涂抹防晒用品。

### Race Pack Items and How to Use Them 选手包物品及使用方法

| Item 物品 | Instructions 使用说明 | Illustration 示意图 |
|---|---|---|
| **Swim Cap**<br>**泳帽** | The swim cap provided by TriHK must be worn throughout the swim.<br>游泳赛段必须全程佩戴大会提供的泳帽。 |  |
| **Race Bib**<br>**号码布** | Bike: if you use a race belt, the number must be visible on your back.<br>单车：如使用号码带，号码布须扣于背后并清晰可见。<br>Run: the number must be worn at the front (chest or waist).<br>跑步：号码布须扣于身前（胸前或腰前）。 |  |
| **Bike and Helmet Stickers**<br>**单车及头盔贴纸** | Attach the bike sticker to the seat post and one helmet sticker to each side of your helmet.<br>请将单车贴纸贴于座管，并于头盔左右两侧各贴一张头盔贴纸。 |  |
| **Tattoo Numbers**<br>**纹身号码贴纸** | Apply to both arms and both legs. Water and sponges are available at the venue.<br>请贴于双臂及双腿。场地设有清水及海绵供使用。 |  |
| **Timing Chip**<br>**计时晶片** | Wear the timing chip on your LEFT ankle (see Section 4).<br>请将计时晶片佩戴于左脚踝（见第 4 节）。 |  |

## 4 Timing Chip 计时晶片

- Your timing chip is supplied already threaded onto its ankle strap.
  计时晶片已预先穿上脚带。
- Fasten it securely on your **LEFT ankle**, with the printed side facing up and the chip facing outward, to ensure accurate timing.
  请将计时带稳妥扣于**左脚踝**，印有文字的一面向上，晶片朝外，以确保计时准确。

- **Return your chip at the finish.** Officials will help remove it. If you withdraw from the race, you must return your chip to the Timing Centre next to the finish line.
  **完赛后必须交还晶片。**工作人员会在终点协助收回。如中途退赛，请自行将晶片交回终点旁的计时中心。
- **Lost timing chip:** a penalty of **HK$1,000** will be charged for any lost timing chip.
  **遗失计时晶片：**遗失计时晶片者，将被收取**港币 1,000 元**罚款。
- **Relay teams:** each team receives one timing chip, which is handed over between team members at the team's bike racking position in the Transition Area (see Section 5).
  **接力队伍：**每队获发一条计时晶片脚带，队员须于转项区内队伍号码所属的单车摆放位置交接（见第 5 节）。

# 5 Transition Area 转项区

## Setting Up 赛前设置

- After check-in, go directly to the Transition Area and rack your bike at the position marked with your race number.
  完成报到后，请直接前往转项区，并将单车挂于与你比赛号码相符的指定位置。
- **Transition opening times:** Saturday 7 November 2026 (TriKids Distance) from **11:00**; Sunday 8 November 2026 (Discovery and Challenge Distances) from **05:45**.
  **转项区开放时间：**2026 年 11 月 7 日（星期六，小铁人赛程）**上午 11 时**起；2026 年 11 月 8 日（星期日，体验赛程及挑战赛程）**上午 5 时 45 分**起。
- All race equipment must be placed in the Transition Area before the race briefing.
  所有比赛用品必须于赛事讲解前放妥于转项区内。
- Officials will check every bike at the Transition Area entrance. Bikes fitted with aero bars or clip-on bars must have them removed before entry; otherwise the participant will not be permitted to race.
  工作人员会于转项区入口检查所有单车。如单车装有休息把或附加把手，参赛者须即时拆除方可进入，否则不得参赛。
- No drinks or food are provided during transition setup or before the run course. Bring enough fluids and nutrition for your needs until you reach the run aid stations.
  转项区设置期间及跑步赛段开始前，大会不会提供饮品或食物。请自备足够饮品及补给，直至抵达跑步赛段的水站。
- Proceed from the Transition Area to the swim start in time for the race briefing, held **10 minutes before your wave starts**. Allow sufficient time to walk to the start.
  参赛者须按时由转项区前往游泳起点，出席于所属批次开赛前 **10 分钟**进行的赛事讲解。请预留足够时间步行至起点。

## Baggage 行李寄存

- Label all non-race belongings with your race number and leave them at the baggage storage area next to Registration. Please do not bring valuables; the organiser is not responsible for any loss or damage.
  请于所有非比赛用品上标示比赛号码，并存放于报到处旁的行李寄存处。请勿携带贵重物品，大会概不负责任何遗失或损坏。

## Rules in Transition 转项区规则

- Parents, coaches, supporters and spectators must not enter the Transition Area. Otherwise, the participant will be disqualified.
  家长、教练、支持者及观众不得进入转项区，违者参赛者将被取消资格。
- Several categories may be using the Transition Area at the same time. Stay alert and move with care.
  转项区或有多个组别同时进行转项，请时刻留意并小心移动。
- No cycling is allowed inside the Transition Area. Mount your bike only after the **Mount Line** and dismount before the **Dismount Line** (both shown on the course maps).
  转项区内严禁踏单车。参赛者须越过**上车线**后方可上车，并于**下车线**前下车（位置见赛道图）。

## Relay Teams 接力队伍

| 1 Swimmer<br>游泳队员<br>Swim 750 m | → Chip handover<br>交接晶片<br>at team rack<br>队伍单车位置 | 2 Cyclist<br>单车队员<br>Bike 18.5 km | → Chip handover<br>交接晶片<br>at team rack<br>队伍单车位置 | 3 Runner<br>跑步队员<br>Run 5 km → Finish 终点 |
|---|---|---|---|---|

- Relay teams race the **Challenge Distance** (Swim 750 m · Bike 18.5 km · Run 5 km) and start in **Wave 7 at 08:45** on Sunday 8 November 2026.
  接力队伍参加**挑战赛程**（游泳 750 米 · 单车 18.5 公里 · 跑步 5 公里），于 2026 年 11 月 8 日（星期日）**上午 8 时 45 分第 7 批次**出发。
- Each team consists of **three members**: one swimmer, one cyclist and one runner. Each member completes one leg only.
  每队由**三名队员**组成：一人负责游泳、一人负责单车、一人负责跑步，每名队员只完成一个赛段。
- **Relay handover zone:** the handover takes place in the Transition Area at the team's own bike racking position, marked with the team's race number. The next team member must wait at this position.
  **接力区：**交接于转项区内、队伍号码所属的单车摆放位置进行。下一棒队员须于该位置等候。
- **Handover:** the timing chip is the relay baton. The swimmer hands the chip to the cyclist, and the cyclist hands it to the runner, at the team's racking position (see Section 4). All Transition Area and helmet rules apply to the cyclist.
  **交接方法：**计时晶片即为接力棒。游泳队员于队伍单车位置把晶片交予单车队员，单车队员再于同一位置交予跑步队员（见第 4 节）。单车队员须遵守所有转项区及头盔规定。
- **Relay team waiting area:** a Relay Team Waiting Area is located behind the finish arch on the right (marked "RW" on the Challenge Distance course map in Section 10). After completing their legs, the swimmer and the cyclist may wait in this area for the runner, so that all three team members may cross the finish line together if they wish. Relay team members finishing together are not regarded as being accompanied by a non-competing person (see Section 11).
  **接力队伍等候区：**接力队伍等候区设于终点拱门右后方（见第 10 节挑战赛程赛道图「RW」标示）。游泳及单车队员完成赛段后，可于该区等候跑步队员，让三名队员可选择一同冲线。接力队员一同冲线不属「由非参赛者陪同冲线」（见第 11 节）。

### Collecting Your Bike 取回单车

- After the whole race has finished, collect your bike and equipment in person from the Transition Area by presenting your race bib, and follow the officials' instructions.
  整项比赛结束后，参赛者须亲身凭号码布到转项区，按工作人员指示取回单车及比赛用品。

## 6 Race Briefing 赛事讲解

- The race briefing is held at the swim start area **10 minutes before each wave starts**. Please arrive on time.
  赛事讲解于每组开赛前 **10 分钟**在游泳起点区进行，请准时出席。
- The briefing is conducted in Cantonese and English. Please raise any questions during the briefing.
  赛事讲解以广东话及英语进行。如有疑问，请于讲解期间提出。
- Be fully prepared, with all necessary race equipment, before attending the briefing.
  出席赛事讲解前，请做好准备并带备所有所需比赛用品。

## 7 Swim Course 游泳赛段

| Category 组别 | Distance 距离 | Laps 圈数 |
|---|---|---|
| Challenge Distance 挑战赛程 | 750 m | 1 |
| Discovery Distance 体验赛程 | 400 m | 1 |
| TriKids Distance 小铁人赛程 | 200 m | 1 |

- All swims are deep-water starts and are swum in an **anti-clockwise** direction.
  所有游泳赛段均采用深水出发，并以**逆时针**方向进行。
- The official swim cap must be worn throughout the swim. Any participant not wearing it must rectify this immediately or will be disqualified.
  参赛者必须全程佩戴大会泳帽。违者须即时更正，否则将被取消资格。
- Starting in the wrong wave results in disqualification. The time will still be recorded for reference only.
  未按所属组别出发者将被取消资格，但成绩仍会记录以供参考。
- Skin suits and speed suits are not permitted.
  不得穿著 Skin Suit 或 Speed Suit 作赛。
- **Wetsuits:** participants aged under 60 may wear a wetsuit only when the water temperature is 22°C or below. Participants aged 60 or above may wear a wetsuit when the water temperature is below 24.6°C.
  **防寒泳衣（Wetsuit）：** 60 岁以下参赛者只可于水温为摄氏 22 度或以下时穿著；60 岁或以上参赛者可于水温低于摄氏 24.6 度时穿著。
- Participants wearing non-compliant swimwear must change it, or will be disqualified.
  穿著不合规格泳衣的参赛者须即时更换，否则将被取消资格。
- Your swim time is recorded when you cross the timing point at the swim exit.
  游泳时间以通过上水通道计时点的一刻为准。

**Need help in the water?** Lifeguards are stationed on the course. Raise one arm and wave to signal a lifeguard, then float on your back until help arrives.

**在水中需要协助?** 赛道上有救生员驻守。请举起一只手臂挥动向救生员示意，然后保持仰浮，等候救援。

# 8 Bike Course 单车赛段

| Category 组别 | Total Distance 总距离 | Laps 圈数 |
|---|---|---|
| Challenge Distance 挑战赛程 | 18.5 km | 5 × 3.7 km |
| Discovery Distance 体验赛程 | 11.1 km | 3 × 3.7 km |
| TriKids Distance 小铁人赛程 | 7.4 km | 2 × 3.7 km |

## Helmet and Clothing 头盔及服装

- **Helmet on before bike off.** Put on and fasten your helmet before removing your bike from the rack, and keep it fastened while you are in possession of your bike. Offenders will receive a warning and must rectify immediately; failure to rectify will result in disqualification.
  **先扣头盔，后取单车。**参赛者须先戴好并扣上头盔，方可从单车架取下单车；手持单车期间须保持头盔扣好。违者将被警告并须即时更正，否则将被取消资格。
- **Bike racked before helmet off.** At the end of the bike course, rack your bike before unfastening your helmet. Offenders will receive a warning and must rectify immediately; failure to rectify will result in disqualification.
  **先挂单车，后脱头盔。**完成单车赛段后，须先将单车挂妥於单车架上，方可解开头盔。违者将被警告并须即时更正，否则将被取消资格。
- A helmet must be worn at all times on the bike course. Riding without a helmet results in disqualification.
  单车赛段必须全程佩戴头盔，否则将被取消资格。
- All participants must wear a top that fully covers the chest throughout the bike course. Offenders will be disqualified.
  所有参赛者於单车赛段必须穿著完全覆盖胸部的上衣，违者将被取消资格。
- If you use a race belt, your race number must be visible on your back throughout the bike course.
  如使用号码带，号码布须于整个单车赛段扣于背后并清晰可见。

## Riding Rules 骑行规则

- **Count your own laps.** Officials will not remind you of your lap count.
  **请自行计算圈数。**工作人员不会提示圈数。
- **Drafting is permitted in this competition**, at your own risk. Draft only if you have the skills to do so safely.
  **本赛事容许跟车（Drafting），**惟风险自负。参赛者须具备相关技巧方可跟车。
- Keep left unless overtaking, so that others can pass. Do not block other cyclists.
  除超越前车外，请靠左行驶，让其他参赛者超越。不得阻挡其他参赛者。

- Riding against the direction of the course is **strictly prohibited**. Offenders will be disqualified.
  **严禁逆线行车**，违者将被取消资格。
- Be courteous to all other road users and follow the instructions of marshals.
  请礼让其他道路使用者，并遵从工作人员指示。
- There are **no aid stations** on the bike course. Carry enough fluids for your own needs.
  单车赛道**不设水站**，请自备足够饮品。

### Equipment Requirements 器材规定

- Folding bikes are not permitted in any category.
  所有组别均不得使用折叠单车。
- Only conventional drop handlebars are permitted, and handlebar ends must be plugged. Aero bars and clip-on bars are not permitted.
  只可使用传统公路车弯把，把手末端必须装上把塞。不得使用休息把或附加把手。
- The minimum wheel size is 24 inches (except for the TriKids Distance).
  车轮必须为 24 吋或以上（小铁人赛程除外）。
- Glass containers, headphones, headsets and video cameras are not permitted during the race.
  比赛期间严禁使用玻璃容器、耳筒、耳机或摄录机。




Permitted and non-permitted handlebar set-ups 容许及不容许的把手设置

## 9 Run Course 跑步赛段

| Category 组别 | Total Distance 总距离 | Laps 圈数 |
|---|---|---|
| Challenge Distance 挑战赛程 | 5 km | 2 × 2.5 km |
| Discovery Distance 体验赛程 | 2.5 km | 1 × 2.5 km |
| TriKids Distance 小铁人赛程 | 1.5 km | 1 × 1.5 km |

## Run Route Checkpoints 跑步路线检查点

Follow the checkpoint sequence for your category, as marked on the course maps in Section 10:
请按所属组别的检查点次序完成跑步赛段（见第 10 节赛道图）：

| Category 组别 | Checkpoint Sequence 检查点次序 |
|---|---|
| Challenge 挑战赛程 | Transition → A → D → B → A → D → B → A → D → Finish<br>转项区 → A → D → B → A → D → B → A → D → 终点 |
| Discovery 体验赛程 | Transition → A → D → B → A → D → Finish<br>转项区 → A → D → B → A → D → 终点 |
| TriKids 小铁人赛程 | Transition → A → Finish<br>转项区 → A → 终点 |

## Run Rules 跑步规则

- Your race number must be worn at the front (chest or waist) throughout the run. Offenders will be disqualified.
  跑步赛段必须将号码布扣于身前（胸前或腰前），违者将被取消资格。
- All participants must wear a top that fully covers the chest throughout the run. Offenders will be disqualified.
  所有参赛者于跑步赛段必须穿著完全覆盖胸部的上衣，违者将被取消资格。
- Running shoes must be worn; flip-flops are not permitted. Offenders will be disqualified.
  必须穿著跑鞋，不得穿著拖鞋跑步，违者将被取消资格。
- Aid stations are provided on the run course (marked on the course maps).
  跑步赛道设有水站（位置见赛道图）。
- Running on grass or taking any shortcut is prohibited. Offenders will be disqualified.
  严禁踏上草地或抄捷径，违者将被取消资格。
- Parents, coaches, supporters, spectators and participants from a different category must not run with participants. Offenders will be disqualified.
  家长、教练、支持者、观众及不同组别参赛者不得陪跑，违者将被取消资格。

# 10 Course Maps by Category 各组别赛道图

## 10.1 Challenge Distance 挑战赛程

| Swim 游泳 | Bike 单车 | Run 跑步 | Run Route 跑步路线 |
|---|---|---|---|
| 750 m × 1 lap | 3.7 km × 5 laps = 18.5 km | 2.5 km × 2 laps = 5 km | Transition → A → D → B → A → D → B → A → D → Finish |



## 10.2 Discovery Distance 体验赛程

| Swim 游泳 | Bike 单车 | Run 跑步 | Run Route 跑步路线 |
|---|---|---|---|
| 400 m × 1 lap | 3.7 km × 3 laps = 11.1 km | 2.5 km × 1 lap = 2.5 km | Transition → A → D → B → A → D → Finish |



## 10.3 TriKids Distance 小铁人赛程

| Swim 游泳 | Bike 单车 | Run 跑步 | Run Route 跑步路线 |
|---|---|---|---|
| 200 m × 1 lap | 3.7 km × 2 laps = 7.4 km | 1.5 km × 1 lap = 1.5 km | Transition → A → Finish |



# 11 Penalties and Penalty Box 罚则及处罚区

- The Penalty Box is the designated area where time penalties for infringements in the swim, transition and run are served.
  处罚区是执行游泳、转项及跑步犯规时间处罚的指定区域。
- **Location:** on the run course at **Point D**, just before participants head to the finish line. It is marked **PB** on the course maps. TriKids participants pass the Penalty Box on their way to the finish.
  **位置：**跑步赛道 **D 点**，即参赛者前往终点前的位置，并于赛道图以 **PB** 标示。小铁人赛程参赛者亦会于前往终点途中经过处罚区。
- **Notification:** the race numbers of penalised participants are posted on the whiteboard at the Penalty Box. Participants must check the board.
  **通知：**被罚参赛者的比赛号码会张贴于处罚区白板上，参赛者必须自行留意。

**Time penalty: 10 seconds for all categories.** As all races are sprint-distance or shorter, every time penalty is 10 seconds for the Challenge, Discovery and TriKids Distances.
**罚时：所有组别均为 10 秒。**由于本赛事各组别均属短途（Sprint）或以下距离，挑战赛程、体验赛程及小铁人赛程的时间处罚一律为 10 秒。

## Procedure 执行程序

1. Serve the time penalty on any lap of the run.
   时间处罚可于跑步赛段任何一圈内执行。
2. Officials will not notify you individually. You must enter the Penalty Box yourself.
   工作人员不会个别通知，参赛者须自行进入处罚区。
3. An official starts timing when you enter. Continue only when the official says “GO”.
   进入处罚区后，工作人员开始计时；听到工作人员说「GO」后方可继续比赛。
4. Failure to serve a penalty results in disqualification.
   未有执行处罚者，将被取消资格。

## Infringements and Penalties 犯规及罚则

| Infringement 犯规事项 | Penalty 罚则 |
|---|---|
| **Swim Course 游泳赛段** | |
| Starting in the wrong wave<br>未按指定组别出发 | Disqualification<br>取消资格 |
| Not wearing the official swim cap<br>未有佩戴大会泳帽 | Rectify, otherwise disqualification<br>须更正，否则取消资格 |
| Wearing a skin suit or speed suit, or a wetsuit when not permitted (under 60: water above 22°C; 60 or above: water 24.6°C or above)<br>穿著 Skin Suit 或 Speed Suit，或于不准许时穿著防寒泳衣（60 岁以下：水温高于摄氏 22 度；60 岁或以上：水温达摄氏 24.6 度或以上） | Rectify, otherwise disqualification<br>须更正，否则取消资格 |

| Infringement 犯规事项 | Penalty 罚则 |
|---|---|
| **Transition Area 转项区** | |
| Equipment not placed in own designated area<br>未有将物品放于自己的指定位置 | Rectify, otherwise time penalty<br>须更正，否则罚时 |
| Helmet not on and fastened before taking bike off the rack<br>取单车前未有戴好及扣上头盔 | Warning and rectify, otherwise disqualification<br>警告并须即时更正，否则取消资格 |
| Helmet unfastened or insecurely fastened, or touching the helmet buckle, while in possession of the bike<br>手持单车期间头盔未扣好或未扣稳，或触碰头盔扣 | Warning and rectify, otherwise disqualification<br>警告并须即时更正，否则取消资格 |
| Unfastening the helmet before the bike is racked<br>未将单车挂妥便解开头盔 | Warning and rectify, otherwise disqualification<br>警告并须即时更正，否则取消资格 |
| Cycling inside the Transition Area<br>于转项区内踏单车 | Time penalty<br>罚时 |
| Mounting before the Mount Line<br>于上车线前上车 | Rectify and time penalty<br>须更正及罚时 |
| Dismounting after the Dismount Line<br>于下车线后下车 | Rectify and time penalty<br>须更正及罚时 |
| **Bike Course 单车赛段** | |
| Not wearing a helmet<br>未有佩戴头盔 | Disqualification<br>取消资格 |
| Riding against the direction of the course<br>逆线行车 | Disqualification<br>取消资格 |
| Upper body (chest) not fully covered<br>上身（胸部）未有完全覆盖 | Disqualification<br>取消资格 |
| **Run Course 跑步赛段** | |
| Upper body (chest) not fully covered<br>上身（胸部）未有完全覆盖 | Disqualification<br>取消资格 |
| Running on grass or taking a shortcut<br>踏上草地或抄捷径 | Disqualification<br>取消资格 |
| Running in flip-flops<br>穿著拖鞋跑步 | Disqualification<br>取消资格 |
| **General 其他** | |
| Using glass containers, headphones or headsets<br>使用玻璃容器、耳筒或耳机 | Rectify, otherwise disqualification<br>须更正，否则取消资格 |

| Infringement 犯规事项 | Penalty 罚则 |
|---|---|
| Being accompanied on or along the course by a non-competing person (e.g. parent, coach, supporter or pacer, except guides for visually impaired categories) or by a participant from a different category<br>由非参赛者（如家长、教练、支持者或领跑者（视障组别除外））或不同组别参赛者于赛道上或沿途陪同 | Disqualification<br>取消资格 |
| Receiving third-party support or assistance<br>接受第三者支援或协助 | Disqualification<br>取消资格 |
| Abusive language or behaviour towards any official<br>以侮辱性言语或行为对待工作人员 | Disqualification<br>取消资格 |
| Unsportsmanlike behaviour<br>违反体育精神的行为 | Disqualification<br>取消资格 |
| Being accompanied by a non-competing person in the finish chute (relay team members finishing together excepted)<br>由非参赛者陪同冲线（接力队员一同冲线除外） | Disqualification<br>取消资格 |

## 12 Appeals 上诉

- A Competition Jury of three members handles all appeals on race day.
  比赛当日由三名成员组成的上诉委员会处理所有上诉。
- **Served penalties:** if you serve a time penalty, you are deemed to have accepted it and no appeal will be accepted.
  **已执行处罚：**参赛者执行时间处罚，即代表接受判决，不得就该处罚提出上诉。
- **Unserved penalties:** if you do not serve a time penalty, you will be disqualified. You may appeal against the disqualification and the Head Referee's decision to issue the penalty. The Competition Jury will decide whether the penalty was correctly issued and will either:
  **未执行处罚：**参赛者未有执行时间处罚，将被取消资格，但可就取消资格及总裁判发出处罚的决定提出上诉。上诉委员会将裁定处罚是否正确，并作出以下其中一项决定：

  (i) dismiss the appeal and confirm the disqualification; or
  (i) 驳回上诉并确认取消资格；或

  (ii) uphold the appeal, remove the time penalty and reinstate the participant.
  (ii) 上诉得直，撤销时间处罚并恢复参赛资格。
- **How to appeal:** appeals are accepted on race day only, within **15 minutes** of the announcement of results for the relevant category. Complete the "Complaint and Appeal" form and pay an appeal fee of **HK$200**, which is refunded only if the appeal is upheld.
  **上诉程序：**大会只于比赛当日、所属组别成绩公布后 **15 分钟内**接受上诉。上诉人须填妥「投诉及上诉」表格，并缴付**港币 200 元**上诉费；上诉费只于上诉得直时退还。

## 13 After the Race 完赛后安排

- Return your timing chip at the finish (see Section 4).
  请于终点交还计时晶片（见第 4 节）。
- Collect a finisher T-shirt and snack platter at the Event Centre by presenting your race bib.
  完赛后可凭号码布到赛事中心领取完赛 T 恤及小食拼盘。
- A carnival dining coupon is attached to the bottom of your race bib. Each relay team receives three dining coupons.
  嘉年华餐饮券附于号码布下方，每支接力队伍可获三张餐饮券。
- Collect your belongings from the baggage storage area at any time by presenting your race bib.
  参赛者可随时凭号码布到行李寄存处取回物品。
- Collect your bike from the Transition Area after the whole race has finished (see Section 5).
  整项比赛结束后，请到转项区取回单车（见第 5 节）。
- Trophy winners will be announced and posted on the on-site noticeboard as soon as possible before the award presentation. Full results will be published on the TriHK website (www.triathlon.com.hk) on the afternoon of race day.
  奖杯得奖名单将于颁奖礼前尽快于现场公布，并张贴于告示板。完整成绩将于比赛当日下午在中国香港三项铁人总会网站（www.triathlon.com.hk）公布。
- Equipment and personal belongings not collected after the race will not be kept by the organiser.
  比赛结束后，大会不会保留任何未取回的装备或个人物品。

## 14 General Rules 一般规则

- Participants must count their own laps on the bike and run courses.
  参赛者必须自行计算单车及跑步赛段的圈数。
- Participants are responsible for following the correct course for their category.
  参赛者有责任按所属组别依照正确赛道完成比赛。
- Participants must follow the instructions of race officials at all times. Failure to comply may result in disqualification.
  参赛者必须时刻遵从工作人员指示，否则可被取消资格。
- Participants must not receive support or assistance from any third party during the race. Offenders will be disqualified.
  参赛者于比赛期间不得接受任何第三者的支援或协助，违者将被取消资格。
- The organiser reserves the right to change the race schedule or arrangements as necessary, including bringing forward start times. Please arrive at the venue early.
  大会保留因应需要更改赛事时间表或安排的权利，包括提早开赛时间。请提早抵达比赛场地。

## 15 Inclement Weather 恶劣天气安排

- **Cancellation:** if Typhoon Signal No. 3 or above, or a Red or Black Rainstorm Warning Signal, is in force at **05:00** on race day, the race will be cancelled.
  **取消赛事：**如比赛当日**上午 5 时正**悬挂三号或以上热带气旋警告信号，或红色或黑色暴雨警告信号，赛事将会取消。
- **Other circumstances:** in all other cases, including adverse weather, extreme heat, or any weather warning issued after 05:00 or during the race, the **Technical Delegate** will decide on site whether to adjust the race distance, change the race format or make other necessary arrangements.
  **其他情况：**如遇其他情况，包括天气恶劣、天气酷热，或于上午 5 时后或比赛期间悬挂任何天气警告，**技术代表**将于现场决定是否调整比赛距离、更改比赛形式或作其他必要安排。
- **Entry fees:** entry fees are non-refundable under all circumstances, including cancellation of the race or any change to the race distance or format, and cannot be transferred to another race.
  **报名费：**在任何情况下，包括赛事取消或更改比赛距离或形式，报名费概不退还，亦不得转移至其他赛事。

## 16 Special Notice and Enquiries 特别通告及查询

- Police will strictly enforce parking restrictions. Illegally parked vehicles may be ticketed or towed away.
  警方将严厉执法打击违例泊车，违泊车辆可被票控或拖走。
- Operating drones at the race venue may contravene Hong Kong law. Offenders may be arrested and prosecuted.
  于比赛场地操作无人机可能触犯香港法例，违者可被拘捕及检控。

| Contact 联络 | Details 资料 |
|---|---|
| Race-day urgent enquiries<br>比赛当日紧急查询 | Event hotline 赛事专线：6696 5830 |
| Triathlon Association of Hong Kong, China<br>中国香港三项铁人总会 | Tel 电话：2504 8282<br>Fax 传真：2576 8253<br>Email 电邮：trihk@triathlon.com.hk<br>Website 网站：www.triathlon.com.hk |