World Triathlon Cup
HONG KONG 2026

Age Grouper's Race Information

7-8th November



Age Group Race Information

分齡組比賽資料

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

Race at a Glance 賽事概覽

Category 組別	Swim 游泳	Bike 單車	Run 跑步
Challenge Distance 挑戰賽程	750 m 1 lap 一圈	18.5 km 5 laps × 3.7 km 五圈	5 km 2 laps × 2.5 km 兩圈
Discovery Distance 體驗賽程	400 m 1 lap 一圈	11.1 km 3 laps × 3.7 km 三圈	2.5 km 1 lap × 2.5 km 一圈
TriKids Distance 小鐵人賽程	200 m 1 lap 一圈	7.4 km 2 laps × 3.7 km 兩圈	1.5 km 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.

上述距離及圈數以第 10 節各組別賽道圖為準。參賽者有責任按所屬組別完成正確圈數。

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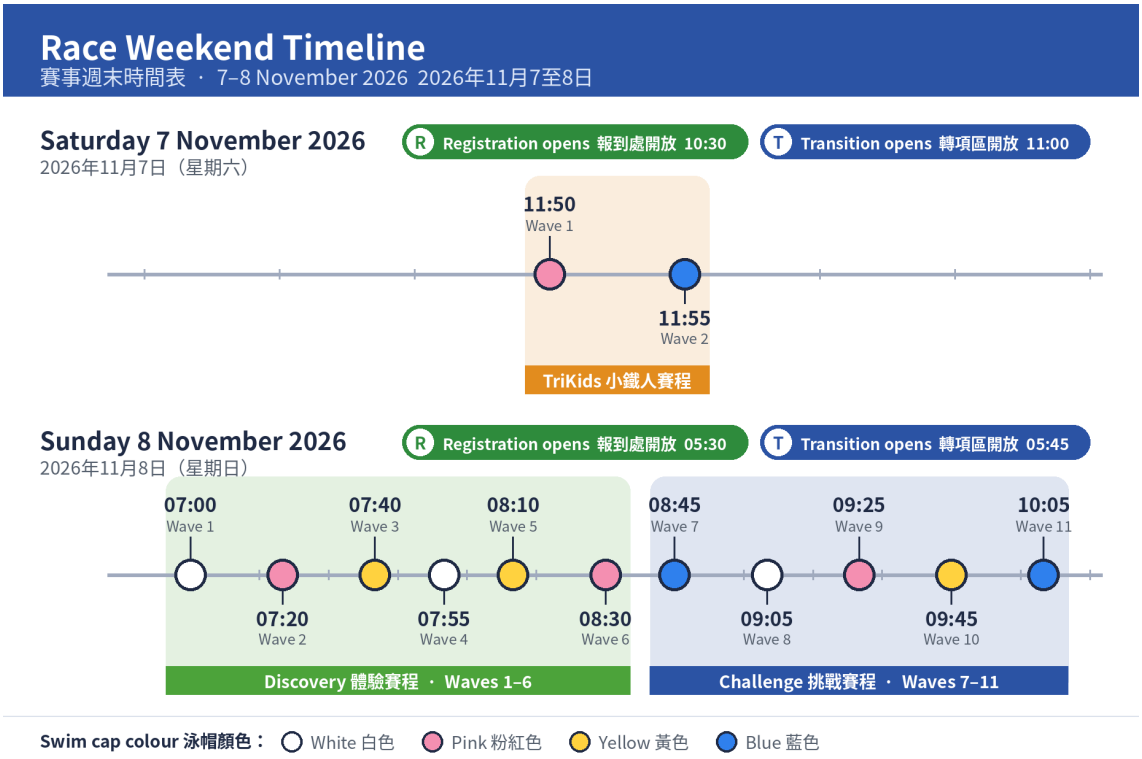
Race Schedule and Start Waves 賽事時間表及出發批次

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**.

各組別按批次分批出發。請在下表找出所屬組別，留意**出發時間**及**泳帽顏色**，並於所屬批次開賽前 **10 分鐘**到達游泳起點出席賽事講解。

Race Day 比賽日	Registration Opens 報到處開放	Transition Opens 轉項區開放	First Wave 首個批次出發	Last Wave 最後批次出發
Saturday 7 November 2026 2026 年 11 月 7 日（星期六）· 小鐵人賽程	10:30	11:00	11:50	11:55
Sunday 8 November 2026 2026 年 11 月 8 日（星期日）· 體驗及挑戰賽程	05:30	05:45	07:00	10:05

Race Weekend Timeline
賽事週末時間表 · 7–8 November 2026 2026年11月7至8日



Three Steps to Your Start 三步準備出發

1 Find your wave
找出所屬批次

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

找出所屬組別，記下批次編號及出發時間。

2 Wear the right cap
佩戴正確泳帽

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

佩戴選手包內的大會泳帽，泳帽顏色與所屬批次對應。

3 Be at the swim start
準時到達起點

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

於開賽前 10 分鐘到達游泳起點，出席賽事講解。

TriKids Distance 小鐵人賽程

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 出發	Wave 批次	Categories 組別	Entries 人數	Swim Cap 泳帽
11:45	3	**Boys TriKids 2** 男子小鐵 2 組	25	● Pink 粉紅色
11:47	4	**Girls TriKids 2** 女子小鐵人 2 組	10	● Yellow 黃色
11:55	5	**Boys TriKids 1** 男子小鐵人 1 組	13	○ White 白色
11:58	6	**Girls TriKids 1** 女子小鐵 1 組	10	● Blue 藍色

Discovery Distance 體驗賽程

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 出發	Wave 批次	Categories 組別	Entries 人數	Swim Cap 泳帽
07:00	1	**Male Elite Open and Elite Youth** 男子精英公開組及精英少年組	55	○ White 白色
07:20	2	**Female Elite Open and Elite Youth** 女子精英公開組及精英少年組	21	● Pink 粉紅色
07:40	3	**Male Youth 1 and 2** 男子少年 1 組及 2 組	41	● Yellow 黃色
07:55	4	**Male Age Group 20–29, 30–39 and 40–49** 男子 20 至 29 歲、30 至 39 歲及 40 至 49 歲分齡組	32	○ White 白色
08:10	5	**Male Age Group 50–59, 60–69 and 70 & Over** 男子 50 至 59 歲、60 至 69 歲及 70 歲或以上分齡組	15	● Yellow 黃色
08:30	6	**Female Age Group 20–29, 30–39, 40–49, 50–59 and 60–69 · Female Youth 1 and 2** 女子 20 至 29 歲、30 至 39 歲、40 至 49 歲、50 至 59 歲及 60 至 69 歲分齡組 · 女子少年 1 組及 2 組	24	● Pink 粉紅色

Challenge Distance 挑戰賽程

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

Start 出發	Wave 批次	Categories 組別	Entries 人數	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** 男子 20 至 24 歲及 25 至 29 歲分齡組 · 男子青年 1 組及 2 組 · 紀律部隊盃隊際接力 · 混合隊際接力	45	● **Blue** 藍色
09:05	**8**	**Male Age Group 30–34 and 35–39** 男子 30 至 34 歲及 35 至 39 歲分齡組	32	○ **White** 白色
09:25	**9**	**Male Age Group 40–44 and 45–49** 男子 40 至 44 歲及 45 至 49 歲分齡組	32	● **Pink** 粉紅色
09:45	**10**	**Male Age Group 50–54, 55–59, 60–64 and 65 & Over** 男子 50 至 54 歲、55 至 59 歲、60 至 64 歲及 65 歲或以上分齡組	41	● **Yellow** 黃色
10:05	**11**	**Female Age Group 25–29, 30–34, 35–39, 40–44, 45–49, 50–54 and 55–59 · Female Junior 1** 女子 25 至 29 歲、30 至 34 歲、35 至 39 歲、40 至 44 歲、45 至 49 歲、50 至 54 歲及 55 至 59 歲分齡組 · 女子青年 1 組	38	● **Blue** 藍色

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：大會可因應需要提早或調整出發時間（見第 14 及 15 節）。未按所屬批次出發者將被取消資格（見第 7 節）。比賽當日請留意現場廣播。

1 Before Race Day 比賽前準備

- 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.
  請細閱所有比賽資料，並於比賽當日出席賽事講解。各組別的比賽距離及圈數不同，工作人員於比賽期間不會作任何提示。參賽者有責任按所屬組別完成正確賽程。
- 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.
  比賽資料及賽道圖將於中國香港三項鐵人總會網站（www.triathlon.com.hk）刊登並適時更新，請於比賽前經常瀏覽。
- 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.
  參賽者有責任確保單車性能良好及適合在道路上行駛。基於安全理由，所有組別均不得使用摺疊單車作賽。

2 Getting to the Venue 前往比賽場地

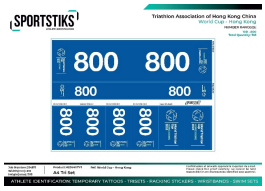
- Parking at the Star Ferry Car Park, CITIC Tower and City Hall Car Park is limited. Participants are strongly advised to use public transport.
  天星碼頭停車場、中信大廈及大會堂停車場的泊車位有限，大會呼籲參賽者盡量使用公共交通工具。
- **To Registration:** use Tim Wa Avenue or Legislative Council Road, cross the Tamar Park footbridge, then walk along Lung Wo Road to Registration.
  前往報到處：可經添華道或立法會道登上添馬公園天橋，再沿龍和道前往報到處。
- **To the Finish and Carnival:** use Tim Wa Avenue or Legislative Council Road via the Tamar Park footbridge.
  前往終點及嘉年華：可經添華道或立法會道登上添馬公園天橋前往。

3 Check-in and Race Pack 報到及選手包

- **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.
  必須出示附有照片的身份證明文件。報到時須出示附有照片的有效身份證明文件正本或副本，例如香港身份證、護照，或附有照片的學生手冊 / 學生證。未能出示者，將不獲領取選手包及不得參賽。
- **Registration location:** Registration is located directly below the Transition Area, marked **R** on the course maps.
  報到處位置：報到處設於轉項區下方，並於賽道圖以 **R** 標示。
- **Registration opening times:** Saturday 7 November 2026 (TriKids Distance) from **10:30**; Sunday 8 November 2026 (Discovery and Challenge Distances) from **05:30**.
  報到處開放時間：2026 年 11 月 7 日（星期六，小鐵人賽程）**上午 10 時 30 分**起；2026 年 11 月 8 日（星期日，體驗賽程及挑戰賽程）**上午 5 時 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.
  抵達後請前往報到處領取選手包，並檢查包內是否備有：泳帽、號碼布、單車及頭盔貼紙、紋身號碼貼紙及計時晶片連腳帶。
- Temporary tattoo numbers must be applied to both arms and both legs. Do not apply sunscreen before applying your race numbers.
  紋身號碼貼紙必須貼於雙臂及雙腿。貼上號碼前請勿塗抹防曬用品。

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

Item 物品	Instructions 使用說明	Illustration 示意圖
Swim Cap **泳帽**	The swim cap provided by TriHK must be worn throughout the swim. 游泳賽段必須全程佩戴大會提供的泳帽。	
Race Bib **號碼布**	Bike: if you use a race belt, the number must be visible on your back. 單車：如使用號碼帶，號碼布須扣於背後並清晰可見。 Run: the number must be worn at the front (chest or waist). 跑步：號碼布須扣於身前（胸前或腰前）。	
Bike and Helmet Stickers **單車及頭盔貼紙**	Attach the bike sticker to the seat post and one helmet sticker to each side of your helmet. 請將單車貼紙貼於座管，並於頭盔左右兩側各貼一張頭盔貼紙。	
Tattoo Numbers **紋身號碼貼紙**	Apply to both arms and both legs. Water and sponges are available at the venue. 請貼於雙臂及雙腿。場地設有清水及海綿供使用。	
Timing Chip **計時晶片**	Wear the timing chip on your LEFT ankle (see Section 4). 請將計時晶片佩戴於左腳踝（見第 4 節）。	

4 Timing Chip 計時晶片

- Your timing chip is supplied already threaded onto its ankle strap.
  計時晶片已預先穿上腳帶。
- Fasten it securely on your **LEFT ankle**, with the printed side facing up and the chip facing outward, to ensure accurate timing.
  請將計時帶穩妥扣於**左腳踝**，印有文字的一面向上，晶片朝外，以確保計時準確。

- **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.
  完賽後必須交還晶片。工作人員會在終點協助收回。如中途退賽，請自行將晶片交回終點旁的計時中心。
- **Lost timing chip:** a penalty of **HK$1,000** will be charged for any lost timing chip.
  遺失計時晶片：遺失計時晶片者，將被收取**港幣 1,000 元**罰款。
- **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).
  接力隊伍：每隊獲發一條計時晶片腳帶，隊員須於轉項區內隊伍號碼所屬的單車擺放位置交接（見第 5 節）。

5 Transition Area 轉項區

Setting Up 賽前設置

- After check-in, go directly to the Transition Area and rack your bike at the position marked with your race number.
  完成報到後，請直接前往轉項區，並將單車掛於與你比賽號碼相符的指定位置。
- **Transition opening times:** Saturday 7 November 2026 (TriKids Distance) from **11:00**; Sunday 8 November 2026 (Discovery and Challenge Distances) from **05:45**.
  轉項區開放時間：2026 年 11 月 7 日（星期六，小鐵人賽程）**上午 11 時**起；2026 年 11 月 8 日（星期日，體驗賽程及挑戰賽程）**上午 5 時 45 分**起。
- All race equipment must be placed in the Transition Area before the race briefing.
  所有比賽用品必須於賽事講解前放妥於轉項區內。
- 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.
  工作人員會於轉項區入口檢查所有單車。如單車裝有休息把或附加把手，參賽者須即時拆除方可進入，否則不得參賽。
- 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.
  轉項區設置期間及跑步賽段開始前，大會不會提供飲品或食物。請自備足夠飲品及補給，直至抵達跑步賽段的水站。
- 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.
  參賽者須按時由轉項區前往游泳起點，出席於所屬批次開賽前 **10 分鐘**進行的賽事講解。請預留足夠時間步行至起點。

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.
  請於所有非比賽用品上標示比賽號碼，並存放於報到處旁的行李寄存處。請勿攜帶貴重物品，大會概不負責任何遺失或損壞。

Rules in Transition 轉項區規則

- Parents, coaches, supporters and spectators must not enter the Transition Area. Otherwise, the participant will be disqualified.
  家長、教練、支持者及觀眾不得進入轉項區，違者參賽者將被取消資格。
- Several categories may be using the Transition Area at the same time. Stay alert and move with care.
  轉項區或有多個組別同時進行轉項，請時刻留意並小心移動。
- 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).
  轉項區內嚴禁踏單車。參賽者須越過**上車線**後方可上車，並於**下車線**前下車（位置見賽道圖）。

Relay Teams 接力隊伍

1 Swimmer 游泳隊員 Swim 750 m	→ Chip handover 交接晶片 at team rack 隊伍單車位置	2 Cyclist 單車隊員 Bike 18.5 km	→ Chip handover 交接晶片 at team rack 隊伍單車位置	3 Runner 跑步隊員 Run 5 km → Finish 終點

- 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.
  接力隊伍參加**挑戰賽程**（游泳 750 米 · 單車 18.5 公里 · 跑步 5 公里），於 2026 年 11 月 8 日（星期日）**上午 8 時 45 分第 7 批次**出發。
- Each team consists of **three members**: one swimmer, one cyclist and one runner. Each member completes one leg only.
  每隊由**三名隊員**組成：一人負責游泳、一人負責單車、一人負責跑步，每名隊員只完成一個賽段。
- **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.
  接力區：交接於轉項區內、隊伍號碼所屬的單車擺放位置進行。下一棒隊員須於該位置等候。
- **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：計時晶片即為接力棒。游泳隊員於隊伍單車位置把晶片交予單車隊員，單車隊員再於同一位置交予跑步隊員（見第 4 節）。單車隊員須遵守所有轉項區及頭盔規定。
- **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).
  接力隊伍等候區：接力隊伍等候區設於終點拱門右後方（見第 10 節挑戰賽程賽道圖「RW」標示）。游泳及單車隊員完成賽段後，可於該區等候跑步隊員，讓三名隊員可選擇一同衝線。接力隊員一同衝線不屬「由非參賽者陪同衝線」（見第 11 節）。

Collecting Your Bike 取回單車

- 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.
  整項比賽結束後，參賽者須親身憑號碼布到轉項區，按工作人員指示取回單車及比賽用品。

6 Race Briefing 賽事講解

- The race briefing is held at the swim start area **10 minutes before each wave starts**. Please arrive on time.
  賽事講解於每組開賽前 **10 分鐘**在游泳起點區進行，請準時出席。
- The briefing is conducted in Cantonese and English. Please raise any questions during the briefing.
  賽事講解以廣東話及英語進行。如有疑問，請於講解期間提出。
- Be fully prepared, with all necessary race equipment, before attending the briefing.
  出席賽事講解前，請做好準備並帶備所有所需比賽用品。

7 Swim Course 游泳賽段

Category 組別	Distance 距離	Laps 圈數
Challenge Distance 挑戰賽程	750 m	1
Discovery Distance 體驗賽程	400 m	1
TriKids Distance 小鐵人賽程	200 m	1

- All swims are deep-water starts and are swum in an **anti-clockwise** direction.
  所有游泳賽段均採用深水出發，並以**逆時針**方向進行。
- The official swim cap must be worn throughout the swim. Any participant not wearing it must rectify this immediately or will be disqualified.
  參賽者必須全程佩戴大會泳帽。違者須即時更正，否則將被取消資格。
- Starting in the wrong wave results in disqualification. The time will still be recorded for reference only.
  未按所屬組別出發者將被取消資格，但成績仍會記錄以供參考。
- Skin suits and speed suits are not permitted.
  不得穿著 Skin Suit 或 Speed Suit 作賽。
- **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 歲以下參賽者只可於水溫為攝氏 22 度或以下時穿著；60 歲或以上參賽者可於水溫低於攝氏 24.6 度時穿著。
- Participants wearing non-compliant swimwear must change it, or will be disqualified.
  穿著不合規格泳衣的參賽者須即時更換，否則將被取消資格。
- Your swim time is recorded when you cross the timing point at the swim exit.
  游泳時間以通過上水通道計時點的一刻為準。

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.

在水中需要協助？賽道上有救生員駐守。請舉起一隻手臂揮動向救生員示意，然後保持仰浮，等候救援。

8 Bike Course 單車賽段

Category 組別	Total Distance 總距離	Laps 圈數
Challenge Distance 挑戰賽程	18.5 km	5 × 3.7 km
Discovery Distance 體驗賽程	11.1 km	3 × 3.7 km
TriKids Distance 小鐵人賽程	7.4 km	2 × 3.7 km

Helmet and Clothing 頭盔及服裝

- **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.
  先扣頭盔，後取單車。參賽者須先戴好並扣上頭盔，方可從單車架取下單車；手持單車期間須保持頭盔扣好。違者將被警告並須即時更正，否則將被取消資格。
- **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.
  先掛單車，後脫頭盔。完成單車賽段後，須先將單車掛妥於單車架上，方可解開頭盔。違者將被警告並須即時更正，否則將被取消資格。
- A helmet must be worn at all times on the bike course. Riding without a helmet results in disqualification.
  單車賽段必須全程佩戴頭盔，否則將被取消資格。
- All participants must wear a top that fully covers the chest throughout the bike course. Offenders will be disqualified.
  所有參賽者於單車賽段必須穿著完全覆蓋胸部的上衣，違者將被取消資格。
- If you use a race belt, your race number must be visible on your back throughout the bike course.
  如使用號碼帶，號碼布須於整個單車賽段扣於背後並清晰可見。

Riding Rules 騎行規則

- **Count your own laps.** Officials will not remind you of your lap count.
  請自行計算圈數。工作人員不會提示圈數。
- **Drafting is permitted in this competition**, at your own risk. Draft only if you have the skills to do so safely.
  本賽事容許跟車（Drafting），惟風險自負。參賽者須具備相關技巧方可跟車。
- Keep left unless overtaking, so that others can pass. Do not block other cyclists.
  除超越前車外，請靠左行駛，讓其他參賽者超越。不得阻擋其他參賽者。

- Riding against the direction of the course is **strictly prohibited**. Offenders will be disqualified.
  嚴禁逆線行車，違者將被取消資格。
- Be courteous to all other road users and follow the instructions of marshals.
  請禮讓其他道路使用者，並遵從工作人員指示。
- There are **no aid stations** on the bike course. Carry enough fluids for your own needs.
  單車賽道**不設水站**，請自備足夠飲品。

Equipment Requirements 器材規定

- Folding bikes are not permitted in any category.
  所有組別均不得使用摺疊單車。
- Only conventional drop handlebars are permitted, and handlebar ends must be plugged. Aero bars and clip-on bars are not permitted.
  只可使用傳統公路車彎把，把手末端必須裝上把塞。不得使用休息把或附加把手。
- The minimum wheel size is 24 inches (except for the TriKids Distance).
  車輪必須為 24 吋或以上（小鐵人賽程除外）。
- Glass containers, headphones, headsets and video cameras are not permitted during the race.
  比賽期間嚴禁使用玻璃容器、耳筒、耳機或攝錄機。



Permitted and non-permitted handlebar set-ups 容許及不容許的把手設置

9 Run Course 跑步賽段

Category 組別	Total Distance 總距離	Laps 圈數
Challenge Distance 挑戰賽程	5 km	2 × 2.5 km
Discovery Distance 體驗賽程	2.5 km	1 × 2.5 km
TriKids Distance 小鐵人賽程	1.5 km	1 × 1.5 km

Run Route Checkpoints 跑步路線檢查點

Follow the checkpoint sequence for your category, as marked on the course maps in Section 10:
請按所屬組別的檢查點次序完成跑步賽段（見第 10 節賽道圖）：

Category 組別	Checkpoint Sequence 檢查點次序
Challenge 挑戰賽程	Transition → A → D → B → A → D → B → A → D → Finish 轉項區 → A → D → B → A → D → B → A → D → 終點
Discovery 體驗賽程	Transition → A → D → B → A → D → Finish 轉項區 → A → D → B → A → D → 終點
TriKids 小鐵人賽程	Transition → A → Finish 轉項區 → A → 終點

Run Rules 跑步規則

- Your race number must be worn at the front (chest or waist) throughout the run. Offenders will be disqualified.
  跑步賽段必須將號碼布扣於身前（胸前或腰前），違者將被取消資格。
- All participants must wear a top that fully covers the chest throughout the run. Offenders will be disqualified.
  所有參賽者於跑步賽段必須穿著完全覆蓋胸部的上衣，違者將被取消資格。
- Running shoes must be worn; flip-flops are not permitted. Offenders will be disqualified.
  必須穿著跑鞋，不得穿著拖鞋跑步，違者將被取消資格。
- Aid stations are provided on the run course (marked on the course maps).
  跑步賽道設有水站（位置見賽道圖）。
- Running on grass or taking any shortcut is prohibited. Offenders will be disqualified.
  嚴禁踏上草地或抄捷徑，違者將被取消資格。
- Parents, coaches, supporters, spectators and participants from a different category must not run with participants. Offenders will be disqualified.
  家長、教練、支持者、觀眾及不同組別參賽者不得陪跑，違者將被取消資格。

10 Course Maps by Category 各組別賽道圖

10.1 Challenge Distance 挑戰賽程

Swim 游泳	Bike 單車	Run 跑步	Run Route 跑步路線
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 體驗賽程

Swim 游泳	Bike 單車	Run 跑步	Run Route 跑步路線
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

2026 World Triathlon Cup - Hong Kong (Discovery)

Swim Course (1 lap X 0.4km)

Bike Course (3 laps X 3.7km)

Run Course (1 lap X 2.5km)



10.3 TriKids Distance 小鐵人賽程

Swim 游泳	Bike 單車	Run 跑步	Run Route 跑步路線
200 m × 1 lap	3.7 km × 2 laps = 7.4 km	1.5 km × 1 lap = 1.5 km	Transition → A → Finish

2026 World Triathlon Cup - Hong Kong (TriKids)

Swim Course (1 lap X 0.2km)

Bike Course (2 laps X 3.7km)

Run Course (1 lap X 1.5km)



11 Penalties and Penalty Box 罰則及處罰區

- The Penalty Box is the designated area where time penalties for infringements in the swim, transition and run are served.
  處罰區是執行游泳、轉項及跑步犯規時間處罰的指定區域。
- **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：跑步賽道 **D 點**，即參賽者前往終點前的位置，並於賽道圖以 **PB** 標示。小鐵人賽程參賽者亦會於前往終點途中經過處罰區。
- **Notification:** the race numbers of penalised participants are posted on the whiteboard at the Penalty Box. Participants must check the board.
  通知：被罰參賽者的比賽號碼會張貼於處罰區白板上，參賽者必須自行留意。

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.
罰時：所有組別均為 10 秒。由於本賽事各組別均屬短途（Sprint）或以下距離，挑戰賽程、體驗賽程及小鐵人賽程的時間處罰一律為 10 秒。

Procedure 執行程序

1. Serve the time penalty on any lap of the run.
   時間處罰可於跑步賽段任何一圈內執行。
2. Officials will not notify you individually. You must enter the Penalty Box yourself.
   工作人員不會個別通知，參賽者須自行進入處罰區。
3. An official starts timing when you enter. Continue only when the official says “GO”.
   進入處罰區後，工作人員開始計時；聽到工作人員說「GO」後方可繼續比賽。
4. Failure to serve a penalty results in disqualification.
   未有執行處罰者，將被取消資格。

Infringements and Penalties 犯規及罰則

Infringement 犯規事項	Penalty 罰則
Swim Course 游泳賽段	
Starting in the wrong wave 未按指定組別出發	Disqualification 取消資格
Not wearing the official swim cap 未有佩戴大會泳帽	Rectify, otherwise disqualification 須更正，否則取消資格
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) 穿著 Skin Suit 或 Speed Suit，或於不准許時穿著防寒泳衣（60 歲以下：水溫高於攝氏 22 度；60 歲或以上：水溫達攝氏 24.6 度或以上）	Rectify, otherwise disqualification 須更正，否則取消資格

Infringement 犯規事項	Penalty 罰則
Transition Area 轉項區	
Equipment not placed in own designated area 未有將物品放於自己的指定位置	Rectify, otherwise time penalty 須更正，否則罰時
Helmet not on and fastened before taking bike off the rack 取單車前未有戴好及扣上頭盔	Warning and rectify, otherwise disqualification 警告並須即時更正，否則取消資格
Helmet unfastened or insecurely fastened, or touching the helmet buckle, while in possession of the bike 手持單車期間頭盔未扣好或未扣穩，或觸碰頭盔扣	Warning and rectify, otherwise disqualification 警告並須即時更正，否則取消資格
Unfastening the helmet before the bike is racked 未將單車掛妥便解開頭盔	Warning and rectify, otherwise disqualification 警告並須即時更正，否則取消資格
Cycling inside the Transition Area 於轉項區內踏單車	Time penalty 罰時
Mounting before the Mount Line 於上車線前上車	Rectify and time penalty 須更正及罰時
Dismounting after the Dismount Line 於下車線後下車	Rectify and time penalty 須更正及罰時
Bike Course 單車賽段	
Not wearing a helmet 未有佩戴頭盔	Disqualification 取消資格
Riding against the direction of the course 逆線行車	Disqualification 取消資格
Upper body (chest) not fully covered 上身（胸部）未有完全覆蓋	Disqualification 取消資格
Run Course 跑步賽段	
Upper body (chest) not fully covered 上身（胸部）未有完全覆蓋	Disqualification 取消資格
Running on grass or taking a shortcut 踏上草地或抄捷徑	Disqualification 取消資格
Running in flip-flops 穿著拖鞋跑步	Disqualification 取消資格
General 其他	
Using glass containers, headphones or headsets 使用玻璃容器、耳筒或耳機	Rectify, otherwise disqualification 須更正，否則取消資格

Infringement 犯規事項	Penalty 罰則
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 由非參賽者（如家長、教練、支持者或領跑者（視障組別除外））或不同組別參賽者於賽道上或沿途陪同	Disqualification 取消資格
Receiving third-party support or assistance 接受第三者支援或協助	Disqualification 取消資格
Abusive language or behaviour towards any official 以侮辱性言語或行為對待工作人員	Disqualification 取消資格
Unsportsmanlike behaviour 違反體育精神的行為	Disqualification 取消資格
Being accompanied by a non-competing person in the finish chute (relay team members finishing together excepted) 由非參賽者陪同衝線（接力隊員一同衝線除外）	Disqualification 取消資格

12 Appeals 上訴

- A Competition Jury of three members handles all appeals on race day.
  比賽當日由三名成員組成的上訴委員會處理所有上訴。
- **Served penalties:** if you serve a time penalty, you are deemed to have accepted it and no appeal will be accepted.
  已執行處罰：參賽者執行時間處罰，即代表接受判決，不得就該處罰提出上訴。
- **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:
  未執行處罰：參賽者未有執行時間處罰，將被取消資格，但可就取消資格及總裁判發出處罰的決定提出上訴。上訴委員會將裁定處罰是否正確，並作出以下其中一項決定：
  (i) dismiss the appeal and confirm the disqualification; or
  (i) 駁回上訴並確認取消資格；或
  (ii) uphold the appeal, remove the time penalty and reinstate the participant.
  (ii) 上訴得直，撤銷時間處罰並恢復參賽資格。
- **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.
  上訴程序：大會只於比賽當日、所屬組別成績公布後 **15 分鐘內**接受上訴。上訴人須填妥「投訴及上訴」表格，並繳付**港幣 200 元**上訴費；上訴費只於上訴得直時退還。

13 After the Race 完賽後安排

- Return your timing chip at the finish (see Section 4).
  請於終點交還計時晶片（見第 4 節）。
- Collect a finisher T-shirt and snack platter at the Event Centre by presenting your race bib.
  完賽後可憑號碼布到賽事中心領取完賽 T 恤及小食拼盤。
- A carnival dining coupon is attached to the bottom of your race bib. Each relay team receives three dining coupons.
  嘉年華餐飲券附於號碼布下方，每支接力隊伍可獲三張餐飲券。
- Collect your belongings from the baggage storage area at any time by presenting your race bib.
  參賽者可隨時憑號碼布到行李寄存處取回物品。
- Collect your bike from the Transition Area after the whole race has finished (see Section 5).
  整項比賽結束後，請到轉項區取回單車（見第 5 節）。
- 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.
  獎盃得獎名單將於頒獎禮前盡快於現場公布，並張貼於告示板。完整成績將於比賽當日下午在中國香港三項鐵人總會網站（www.triathlon.com.hk）公布。
- Equipment and personal belongings not collected after the race will not be kept by the organiser.
  比賽結束後，大會不會保留任何未取回的裝備或個人物品。

14 General Rules 一般規則

- Participants must count their own laps on the bike and run courses.
  參賽者必須自行計算單車及跑步賽段的圈數。
- Participants are responsible for following the correct course for their category.
  參賽者有責任按所屬組別依照正確賽道完成比賽。
- Participants must follow the instructions of race officials at all times. Failure to comply may result in disqualification.
  參賽者必須時刻遵從工作人員指示，否則可被取消資格。
- Participants must not receive support or assistance from any third party during the race. Offenders will be disqualified.
  參賽者於比賽期間不得接受任何第三者的支援或協助，違者將被取消資格。
- 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.
  大會保留因應需要更改賽事時間表或安排的權利，包括提早開賽時間。請提早抵達比賽場地。

15 Inclement Weather 惡劣天氣安排

- **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.
  取消賽事：如比賽當日**上午 5 時正**懸掛三號或以上熱帶氣旋警告信號，或紅色或黑色暴雨警告信號，賽事將會取消。

- **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.
  其他情況：如遇其他情況，包括天氣惡劣、天氣酷熱，或於上午 5 時後或比賽期間懸掛任何天氣警告，**技術代表**將於現場決定是否調整比賽距離、更改比賽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.
  報名費：在任何情況下，包括賽事取消或更改比賽距離或形式，報名費概不退還，亦不得轉移至其他賽事。

16 Special Notice and Enquiries 特別通告及查詢

- Police will strictly enforce parking restrictions. Illegally parked vehicles may be ticketed or towed away.
  警方將嚴厲執法打擊違例泊車，違泊車輛可被票控或拖走。

- Operating drones at the race venue may contravene Hong Kong law. Offenders may be arrested and prosecuted.
  於比賽場地操作無人機可能觸犯香港法例，違者可被拘捕及檢控。

Contact 聯絡	Details 資料
Race-day urgent enquiries 比賽當日緊急查詢	Event hotline 賽事專線：6696 5830
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 Email 電郵：trihk@triathlon.com.hk Website 網站：www.triathlon.com.hk