

SUBVENTED BY
資助機構
Culture, Sports and Tourism Bureau
Arts & Sport Development Fund
文化體育及旅遊局
藝術及體育發展基金

ORGANIZED BY
主辦機構
HONG KONG TRIATHLON
香港三項鐵人

2022
27 NOVEMBER

PLOVER COVE
大美督

WONG HKG

WATSONS WATER TYR

OFFICIAL HOTEL
大會酒店
COURTYA 悅庭
香港沙田
Hong Kong
Sha Tin

Race Information

比賽資料

Registration

報到

Mini Distance 迷你賽程

Super Sprint Distance 繽紛賽程

07:00 to 08:00

Wave 組別	Cap 泳帽	Category 組別		Start Time 比賽時間
3	Blue	Super Sprint – Male Junior and Youth 2	繽紛賽程 - 男子青年組及少年 2 組	08:30
4	Pink	Super Sprint – Female Junior and Youth 2	繽紛賽程 - 女子青年組及少年 2 組	08:35
5	Blue	Mini Distance – Male Youth 1	迷你賽程 - 男子少年 1 組	08:40
6	White	Mini Distance – Male TriKids	迷你賽程 - 男子小鐵人組	08:45
7	Green	Mini Distance – Female TriKids and Youth 1	迷你賽程 - 女子小鐵人組及少年 1 組	08:50

Course Cut Off Time

賽事分段時限

Swim Course 游泳賽段	09:00
Bike Course – AFCD Turning Point 單車賽段 – 漁農處轉折點	09:10
Run Course 跑步賽段	10:30

Prior to Race Day

比賽前準備

Course familiarization is strongly recommended. The race course will be well sign-posted. Nevertheless, it is each athlete's responsibility to take their correct route. It is not the job of the race officials to direct athletes. This would not be feasible given the number of different waves course, which involves a different number of laps.



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大會鼓勵參加者細閱及理解比賽賽道。由於不同賽程組別所涉及之賽事圈數有別，故工作人員不會指示運動員之比賽圈數。而運動員有責任按正確賽道進行比賽。所有比賽資料及地圖將刊登在網頁。

Rules familiarization is strongly recommended.

大會鼓勵參加者熟讀比賽規則。

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之道路及安全性能。基於安全的理由，任何組別不得使用摺車作賽。

All persons must scan the "LeaveHomeSafe" QR code, have the Vaccine Pass with blue code and they are required to present the vaccination records to the organiser during enrollment.

所有參加者必須使用安心出行，疫苗通行證為「藍碼」及在報到時出示疫苗接種記錄。

All participants must get tested for COVID 19 within 48 hours (Date: 25th November 2022) prior to the start of competition. If participant cannot provide their test result, they are not allowed to race and no refund will be provided.

所有參加者必須在比賽開始前 **48 小時內(日期：十一月二十五日)** 進行新型冠狀病毒檢測。如在比賽前不能提供測試結果，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 (DT\$) 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。

Preparation on Race Day

比賽天準備

All participants are required to present valid identification document with photos, either original documents or copies, such as Hong Kong ID card/Passport is accepted for all pre-race check-in. If any participant fails to present any valid identification documents, he/ she shall not receive the race pack and attend the competition.

所有比賽報到時均必須出示印有照片的有效身份證明文件的正本或副本，如香港居民身份證/護照。如未能提交上述任何身份證明文件的正/副本，均不能領取選手包及參加該場比賽。

Upon arrival at the race venue on race day, please proceed to the TriHK Registration booth and show your negative test result and Vaccine Pass with blue code to collect your race pack with identity Card/Passport. Please make sure that the race pack includes a swim cap, race bib and an ankle tag. If everything is in good order, have your race number marked on your arm and leg. Please do not apply sunblock prior to body marking.

到達比賽場地後，請往報到處報到，出示身份證/護照，陰性檢測結果及疫苗通行證「藍碼」並領取你的比賽包。請確保內裡有泳帽，號碼布及計時晶片連腳帶。然後工作人員會在你的手臂及腳寫上比賽號碼。在寫比賽號碼前切勿塗上太陽油。



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After Registration, please proceed directly to 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 transition set up. You should arrive with sufficient drinks and other nourishment to meet your needs until the run leg 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。

Only those things that you require during the race should be left in your Transition Area. Transition Area official will keep an eye on them, although they are left at your risk.

轉項區只供擺放比賽物資。工作人員會留意轉項區之物資安排，惟工作人員並不作物資保管及物資遺失負責。

All other personal possession should be labelled with your race number, into Baggage Deposit booth, next to the Registration booth, where they will be stored at your own risk. You are advised not to bring valuable with you.

非比賽物資應存放在行李寄存區、行李寄存區設於報到處旁。物品之安全需由參賽者自行負責。故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。

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 in the correct manner.

計時器已預先串上膠帶在如下圖。

Attach to your LEFT LEG, with the writing facing up and secure with the clasp. The Tag should be facing outwards. This is to optimize reading of the Tag.

請把計時帶縛在左腳眼上方，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.

過終點後、請退還此計時帶、工作人員會協助收回。如於賽事中途退出亦請交回終點旁之計時中心。

Volunteers are assigned on race day to collect your chip after you cross the finish line. Please make sure your chip is collected. The automated fee for not returning your chip is HK\$100. Not returning the strap of the timing chip will be charged at HK\$25. If you forget, please return your chip to The Hong Kong Triathlon Association, 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，當你越過終點線時，將會有志願工作人員向所有參賽選手收集計時晶片。請確保在完成賽事後，你的晶片已被回收。若遺失或未能退還晶片，將自動收取費用港幣 100 元。如沒有退還計時晶片綁帶，將收取港幣 25 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香港三項鐵人總會（銅鑼灣掃桿



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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 start area 10 minutes prior to race start for race briefing.

賽事講解於在起點進行，請於開賽前 10 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 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 prepare all race equipment before the race briefing.

於賽事講解前，參賽者必須帶備所有參賽用品。

Swim Course

游泳賽段

Mini Distance (250m): The swim consists of one rectangle lap in Tai Mei Tuk Pier. It starts in deep water. You should swim out to sea and proceed in a clockwise direction around the outside of the two far buoys, then head back to shore. Exit the water via the slipway after swim.

迷你賽程 (250m): 由大尾篤碼頭以深水出發方式開始，游出吐露港以順時針方向繞過位於遠處之浮波，並繞過近岸的浮波返回出發點上水。

Super Sprint Distance (375m): The swim consists of one rectangle lap in Tai Mei Tuk Pier. The course starts in deep water. You should swim out to sea and proceed in a clockwise direction around the outside of the two halfway buoys, then head back to shore and exit the water via the slipway.

繽紛賽程 (375m): 由大尾篤碼頭以深水出發方式，游出吐露港以順時針方向繞過位於中間之浮波以完成一圈長方形的賽程，並繞過近岸的浮波返回出發點上水。

The edge of the slipway will be indicated by small marker buoys. Please take care when passing between these buoys to avoid injury.

上水道設有兩個浮波作提示，參加者須格外留意，免生意外。

Swim skins, speed suits or wet suits are not allowed. Offenders will be disqualified. The water temperature is



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expected to be around 25 degrees Celsius. The legality of your swim suit will be checked by officials as you enter the holding areas.

不得穿過助浮衣(Skin Suit) · Speed Suit 及保暖膠衣 (Wet Suit)作賽。

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

游泳時間以上水時間作計算。

Transition Area

轉項區

All competitors 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 instruction of race officials to collect your bike and race equipment in person at the transition area after the whole race finish with the presentation of 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

Mini Distance (6 km): Upon exiting the transition area, you should head along Bride's Pool Road to the Agriculture, Fisheries and Conservation Department (AFCD) Bike Turning Point TP 2 and then double back to Bride's Pool Road Turning Point TP 1, then Competitors should head back to the transition area.

半奧運賽程 (6 km): 離開轉項區沿新娘潭路到漁農處管理站之轉折點 TP 2，折返新娘潭路回轉折點 TP 1，然後返轉項區。

Super Sprint Distance (10 km): Upon exiting the transition area, you should head along Bride's Pool Road to the Agriculture, Fisheries and Conservation Department (AFCD) Bike Turning Point TP 2 and then double back to Bride's Pool Road Turning Point TP 1. Competitors should repeat the loop between the two turning point 1 more time, before head back to the transition area, this means two laps of the Bride's Pool Road section of the course.

繽紛距離 (10km): 離開轉項區沿新娘潭路到漁農處管理站之轉折點 TP 2，折返新娘潭路回轉折點 TP 1，參賽者需來回往返烏蛟騰 TP 1 及新娘潭路轉折點 TP 2 兩次，然後返回轉項區。

Competitors must not overtake when cycling down the steep hill back to the Transition Area. Competitors overtaking while cycling down this hill will be disqualified. Please also take care to slow down before taking the sharp turn from the Ting Kok Road back into the Transition Area. Officials will wave a yellow flag to remind you.

當下斜返回轉項區時，工作人員會以黃旗示意，提醒參賽者必慢駛及不得超越前車，否則將被取消參賽資格。參賽者請在轉入轉項區時加以留意。工作人員會以黃旗示意。

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 have your responsibly to count your lap and official will not remind you of the race.



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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 viable 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。

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 own bike 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 camera 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 allowed for all categories.

任何組別不準使用摺車作賽。

Minimum wheel size requirement is 26 inches.

車輪必須為 26 吋或以上方可作賽。

Run Course



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跑步賽段

Course 賽程	Distance 距離	Route 路線	Lap 圈數
Mini 半奧運賽程	1.5 km	Transition→TP4→Finish	1
Super Sprint 繽紛賽程	2.5 km	Transition→TP3→Finish	1

Your race number must be visible on your front throughout the run. Offender will be disqualified.

在跑步賽段時必須將號碼布扣在背心前面，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。

Two Aid Stations will be provided.

跑步賽道設有兩個水站。

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 camera 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)。



Procedure 程序:

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Race Distance 賽程	Time Penalty 處罰時間
Mini 迷你賽程	10 Seconds
Super Sprint 繽紛賽程	10 Seconds

- 1. 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。
- 2. 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。
- 3. Once you enter the penalty box, the official will start to count your sec, when official say "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。
- 4. Failing to serve penalty will result in a DISQUALIFICATION.**
如沒有進入處罰區，將被取消比賽資格。

Case 事例	Penalties 處罰
Swim Course 游泳賽段	
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
Wearing 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
Transition Area 轉項區	
Equipment not put into 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 15/10 sec time penalty 必須修正及將有 10 秒時間處罰
Cycling at transition area 轉項區內踏單車	10 sec time penalties 10 秒時間處罰
Mount before the mount line 在單車上車處前上車	Fix and 10 sec time penalties 必須修正及將有 10 秒時間處罰
Dismount after the dismount line 在單車下車處後下車	Fix and 10 sec time penalties 必須修正及將有 10 秒時間處罰
Removing the helmet and / or unfasten it before rack the bike 於單車掛妥於單車架上前除去頭盔扣及 / 或頭盔	Fix and 15/10 sec time penalties 必須修正及將有 10 秒時間處罰
Run Course 跑步賽段	
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



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Wearing flip-flops for running 穿着拖鞋進行跑步。	DSQ 取消比賽資格
Bike Course 單車賽段	
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
Others 其他	
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
Parents, coaches, supporters and spectators are entering the transition area and/or run with any participants during the race. 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

Race Finish

比賽完成後

Trophy winners will be announced and posted on site as soon as possible in readiness. Full result will be posted to the TriHK Web site on race day afternoon.

得獎名單將會貼於報告板上。賽事所有成績於將於比賽日下午網站 (www.triathlon.com.hk) 公佈。

Belongings may be collected from the Baggage Deposit booth at any time on the production of your race number bib.

完成賽事後必須憑號碼布於行李寄存處取回。

No prize presentation ceremony will be organized at the venue to avoid crowd gathering.

現場將不會舉行頒獎環節，以避免造成人群聚集。

After completing the race, participants can collect their medals/trophies at Prize Collection Point near registration.

參加者完賽後可到獎項領取處領取獎項。

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 instruction of race officials at all time. Failing to do so may result in disqualification.



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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 detail as necessary. This including moving the race forward. Participants are advised to arrive 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, otherwise 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 not collected equipment or personal belongings 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

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。

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. 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 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 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。

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。

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



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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。

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。

For any Race Day emergency enquiries, please contact Event Hotline (6719 8533).

比賽當日如有任何緊急查詢請致電比賽專線 (6719 8533)。

Notice for participants driving to Plover Cove

駕車到大美督參賽者之注意事項

Due to limited parking spaces in Plover Cove, participants are advised to use the public transportation. In case of driving, the drivers should pay attention to the following:

由於大美督泊車位置有限，大會呼籲參賽人士儘量使用公共交通工具，如自行駕車至大美督之參賽者應注意：

The section of Tai Mei Tuk Road and Bride's Pool Road will be closed from 06:00am to 09:30am.

介乎大美督路與新娘潭路由早上 6 時至 9 時 30 分臨時封閉。

Do not illegal park.

請勿非法泊車。

Do not park in village along Ting Kok Road.

請勿將車輛泊入沿汀角路的村內。

Police will take strict enforcement to illegal parking.

警方會嚴厲票控或拖走任何違泊之車輛。

Enquiries 查詢:

Hong Kong Triathlon Association 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

Super Sprint Distance:



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- S Start 起點
- F Finish 終點
- D Dismount 下車處
- M Mount 上車處
- P Penalty Box 處罰區
- W Aid Station 水站

Super Sprint Distance:
Swim Start > Transition > TP1 <> TP2 (2 times) > Transition > TP3 > Finish

Mini Distance:

watsons water

TYR

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- S Start 起點
- F Finish 終點
- D Dismount 下車處
- M Mount 上車處
- P Penalty Box 處罰區
- W Aid Station 水站

Mini Distance:
Swim Start > Transition > TP1 > Transition >> TP4 > Finish

watsons water

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