



TRIATHLON ASSOCIATION  
OF HONG KONG CHINA  
中國香港三項鐵人總會



康樂及文化事務署  
Leisure and Cultural  
Services Department

# Hong Kong Summer Triathlon Challenge 2023

# 香港夏日三項鐵人挑戰賽

Race Date: Sunday, 27 August 2023  
Race Venue: Plover Cove  
Race Start: 05:40 (By Wave)  
Quota: 500

比賽日期: 2023年8月27日(星期日)  
比賽地點: 大尾篤  
比賽時間: 05:40 (分組出發)  
比賽名額: 500

## Race Category 組別

| Challenge Distance 挑戰賽程 (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km) |                      |                        |                 |
|--|----------------------|------------------------|-----------------|
| Male/Female Elite Open (NS Only)   | 男子/女子精英公開組 (只限港隊)    | Born in 2003 or before | 2003 年或以前出生     |
| Male/Female Age Group 20-24  | 男子/女子 20 至 24 歲分齡組   | Born in 1999 - 2003    | 1999 - 2003 年出生 |
| Male/ Female Age Group 25-29   | 男子/女子 25 至 29 歲分齡組   | Born in 1994 - 1998    | 1994 - 1998 年出生 |
| Male/Female Age Group 30-34  | 男子/女子 30 至 34 歲分齡組   | Born in 1989 - 1993    | 1989 - 1993 年出生 |
| Male/Female Age Group 35-39  | 男子/女子 35 至 39 歲分齡組   | Born in 1984 - 1988    | 1984 - 1988 年出生 |
| Male/Female Age Group 40-44  | 男子/女子 40 至 44 歲分齡組   | Born in 1979 - 1983    | 1979 - 1983 年出生 |
| Male/Female Age Group 45-49  | 男子/女子 45 至 49 歲分齡組   | Born in 1974 - 1978    | 1974 - 1978 年出生 |
| Male/Female Age Group 50-54  | 男子/女子 50 至 54 歲分齡組   | Born in 1969 - 1973    | 1969 - 1973 年出生 |
| Male/Female Age Group 55-59  | 男子/女子 55 至 59 歲分齡組   | Born in 1964 - 1968    | 1964 - 1968 年出生 |
| Male/Female Age Group 60-64  | 男子/女子 60 至 64 歲分齡組   | Born in 1959 - 1963    | 1959 - 1963 年出生 |
| Male/Female Age Group 65 & Over  | 男子/女子 65 歲或以上分齡組     | Born in 1958 or before | 1958 年或以前出生     |
| Male/Female 2 Men Team Relay   | 男子/女子二人隊際接力          | Born in 2007 or before | 2007 年或以前出生     |
| Sprint Distance 半奧運賽程 (Swim 750m/Bike 10km Bride's Pool Road/Run 4km)    |                      |                        |                 |
| Male/Female Elite Junior 1 (NS Only)                                     | 男子/女子精英青年 1 組 (只限港隊) | Born in 2006 - 2007    | 2006 - 2007 年出生 |
| Male/Female Elite Junior 2 (NS Only)                                     | 男子/女子精英青年 2 組 (只限港隊) | Born in 2004 - 2005    | 2004 - 2005 年出生 |
| Male/Female Junior 1   | 男子/女子青年 1 組          | Born in 2006 - 2007    | 2006 - 2007 年出生 |
| Male/Female Junior 2   | 男子/女子青年 2 組          | Born in 2004 - 2005    | 2004 - 2005 年出生 |
| Discovery Distance 體驗賽程 (Swim 300m/Bike 10km Bride's Pool Road/Run 2km)  |                      |                        |                 |
| Male/Female Elite Youth (NS Only)  | 男子/女子精英少年組 (只限港隊)    | Born in 2008 - 2010    | 2008 - 2010 年出生 |
| Male/Female Youth 1  | 男子/女子少年 1 組          | Born in 2010 - 2011    | 2010 - 2011 年出生 |
| Male/Female Youth 2  | 男子/女子少年 2 組          | Born in 2008 - 2009    | 2008 - 2009 年出生 |
| Male/Female Age Group 20-29  | 男子/女子 20 至 29 歲分齡組   | Born in 1994 - 2003    | 1994 - 2003 年出生 |
| Male/Female Age Group 30-39  | 男子/女子 30 至 39 歲分齡組   | Born in 1984 - 1993    | 1984 - 1993 年出生 |
| Male/Female Age Group 40-49  | 男子/女子 40 至 49 歲分齡組   | Born in 1974 - 1983    | 1974 - 1983 年出生 |
| Male/Female Age Group 50-59  | 男子/女子 50 至 59 歲分齡組   | Born in 1964 - 1973    | 1964 - 1973 年出生 |
| Male/Female Age Group 60 & Over  | 男子/女子 60 歲或以上分齡組     | Born in 1963 or before | 1963 年或以前出生     |
| TriKids Distance 小鐵人賽程 (Swim 200m/Bike 4km Main Dam/Run 2km)             |                      |                        |                 |
| Male/Female TriKids 1  | 男子/女子小鐵人 1 組         | Born in 2014 - 2015    | 2014 - 2015 年出生 |
| Male/Female TriKids 2  | 男子/女子小鐵人 2 組         | Born in 2012 - 2013    | 2012 - 2013 年出生 |
| Male/Female TriKids 2 Men Team Relay                                     | 男子/女子小鐵人二人隊際接力       | Born in 2012 - 2015    | 2012 - 2015 年出生 |



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**Remarks:****All National Squad members except 12 or under must enter Elite Category.**

所有香港集訓隊之成員必須參加精英組(12 歲或以下除外)。

**Folding bike is not allowed in any race category.**

各組別賽事禁止使用摺車作賽。

**Minimum wheel size requirement is 24 inches, except TriKids.**

車輪必須為 24 吋或以上方可作賽，小鐵人除外。

**For 2 Men Team Relay, one team member is responsible for one of the three events of swimming/ cycling/ running, and the other team member is responsible for the remaining two events. Teams can decide the event allocation by themselves. But the order of the events must be swimming, cycling, running and cannot be changed.**

二人隊際接力比賽方式為其中 1 名隊員負責游泳/單車/跑步三項之其一項，另 1 名隊員負責餘下兩項，隊伍可自行決定項目分配。但項目之順序必須為游泳,單車,跑步，不得更改。

| <b>Entry Fee</b><br>報名費                               | <b>Challenge Distance</b><br>挑戰賽程   | <b>Sprint Distance</b><br>半奧運賽程 | <b>Discovery Distance</b><br>體驗賽程 | <b>TriKids Distance</b><br>小鐵人賽程 |
|---|---|---------------------------------|-----------------------------------|----------------------------------|
| <b>TriHK Affiliated Club Member</b><br>中國香港三項鐵人總會屬會會員 | <b>HKD \$400</b><br>港幣 \$400  | <b>HKD \$350</b><br>港幣 \$350    | <b>HKD \$300</b><br>港幣 \$300      | <b>HKD \$250</b><br>港幣 \$250     |
| <b>TriHK Individual Member</b><br>中國香港三項鐵人總會個人會員      | <b>HKD \$450</b><br>港幣 \$450  | <b>HKD \$400</b><br>港幣 \$400    | <b>HKD \$350</b><br>港幣 \$350      | <b>HKD \$300</b><br>港幣 \$300     |
| <b>Non-Member</b><br>非會員                              | <b>HKD \$500</b><br>港幣 \$500  | <b>HKD \$450</b><br>港幣 \$450    | <b>HKD \$400</b><br>港幣 \$400      | <b>HKD \$350</b><br>港幣 \$350     |
| <b>Relay Team</b><br>接力組                              | <b>2 Men Team Relay: Teams may consist of 2 persons, each team HK\$ 500</b><br>二人隊際接力: 隊際接力可包括 2 名隊員，每組報名費港幣\$500   |                                 |                                   |                                  |
| <b>Deadline for Entry</b><br>截止報名日期                   | <b>20 August 2023, 11:59pm (Sunday)</b><br>2023 年 8 月 20 日晚上 11:59 分(星期日)   |                                 |                                   |                                  |
| <b>Awards</b><br>獎項                                   | <p><b>Individual 個人組</b></p> <p><b>The top 3 in each category will be presented with a Trophy. Other positions entitled to an award will be presented with trophy based on the below criteria:</b></p> <p>每組頭三名將獲頒獎杯一個，而其餘名次將依據下述計算方法頒發獎項:</p> <p><b>Awards will be presented to the Top 5 finishers if the number of entries in that category is more than 30.</b></p> <p>如該組別參加者多於 30 人，則頒發獎項給前 5 名</p> <p><b>Team Relay 隊際接力</b></p> <p><b>Awards will be presented to the Top 3 Relay Team, if the number of teams in that category is 3 -14</b></p> <p>如該組別參加者為 3-14 隊，則只頒發獎項給前 3 名接力隊伍</p> <p><b>Awards will be presented to the Top 5 Relay Team, if the number of teams in that category is 15 &amp; Over</b></p> <p>如該組別參加者為 15 隊或以上，則只頒發獎項給前 5 名接力隊伍</p> <p><b>Individual and Club Series Scoring Method 個人及屬會聯賽評分方法</b></p> <p><b>For detailed information, please visit: <a href="http://www.triathlon.com.hk">www.triathlon.com.hk</a></b></p> <p>詳細資料請瀏覽：<a href="http://www.triathlon.com.hk">www.triathlon.com.hk</a></p> |                                 |                                   |                                  |

**The Association will not arrange bike hire service, should you require bike hire, you may contact the below company or any other bike shop to arrange it.****Lung Kei Bike Shop****Mr. Law Tel: 9309 8988 /9010 1889****Elite Sports Limited****Mr. Ho Tel: 9686 7656**

大會不設租單車服務,如需要租用單車,可聯絡任何租單車服務公司或以下公司作安排

龍記單車有限公司

羅先生 電話:9309 8988 /9010 1889

精英體育發展有限公司

何先生 電話 9686 7656



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## **Non-refund Policy 不退款政策**

**The TriHK operates a “Non -refund Policy”. Once your entry is accepted, your entry fee is not refundable nor transferable. If an event has been cancelled due to inclement weather or other reason beyond the control of TriHK, the race will not be re-scheduled, and your entry fee will not be refunded nor can it be transferred.**

中國香港三項鐵人總會實行“不退款”政策，報名一經接納，報名費將不獲退回，不得轉讓。如賽事因天氣惡劣或其他原因而取消，中國香港三項鐵人總會不會安排任何補賽，亦不會作任何退款之安排。有關之報名費亦不得轉讓。

## **Local Event Inclement Weather Policy 惡劣天氣安排**

**If Typhoon Signal No.8 or above is hoisted at any time from 12:00 noon on the day before race, the race will be cancelled without any rescheduling**

如於比賽前一天中午十二時懸掛八號颱風訊號或以上，是項賽事將取消而不會補賽。

**If the Typhoon Signal Red Rainstorm/ Black Rainstorm/ Thunderstorm/Landslide warning be hoisted at any time after 4:00 on race morning, the race may be cancelled without any rescheduling**

如在比賽日早上 4 時正或以後仍然懸掛紅雨/黑雨及山泥傾瀉警告，是項賽事將有可能取消而不再補賽。

**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 be either be cancelled or be 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 be either be cancelled or be 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 of cancelled race will not be refunded, nor can it be transferred of cancelled race**

被取消之賽事之報名費不設退款、亦不得轉讓。



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