

# DUATHLON SERIES 2019



TRIATHLON  
三項鐵人

## Athletes Information

#TriHK

**Venue: Plover Cove**  
**Date: 31.3.2019**



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Leisure and Cultural  
Services Department



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# Event Schedule 比賽時間表

## Registration 報到

<b>Challenge Distance</b>	挑戰距離	<b>04:30 to 06:00</b>
<b>Super Sprint Distance</b>	Super Sprint 距離	<b>05:30 to 07:30</b>
<b>Sprint Distance</b>	半奧運距離	<b>05:45 to 07:45</b>
<b>Discovery Distance</b>	體驗距離	<b>08:30 to 09:30</b>
<b>TriKids Distance</b>	小鐵人距離	<b>09:30 to 10:30</b>

<b>Heat 分組</b>	<b>Category 組別</b>		<b>Start Time 比賽時間</b>
1	<b>Challenge Distance</b> <b>All Female Categories</b> <b>Male Open</b> <b>Male 20-24</b> <b>Male 25-29</b> <b>Male 50-54</b> <b>Male 55-59</b> <b>Male 60 -64</b> <b>Male 65 &amp; Over</b>	挑戰距離 所有女子組別 男子公開組 男子 20-24 組 男子 25-29 組 男子 50-54 組 男子 55-59 組 男子 60-64 組 男子 65 歲或以上組	<b>06:00</b>
2	<b>Challenge Distance</b> <b>Male 30-34</b> <b>Male 35-39</b> <b>Male 40-44</b> <b>Male 45-49</b>	挑戰距離 男子 30-34 組 男子 35-39 組 男子 40-44 組 男子 45-49 組	<b>06:30</b>
3	<b>Super Sprint Distance</b> <b>Female Youth Open</b> <b>Male Youth Open</b>	Super Sprint 距離 女子少年公開組 男子少年公開組	<b>08:00</b>
4	<b>Sprint Distance</b> <b>All Female Categories</b> <b>Male Elite Junior</b> <b>Male Junior</b>	半奧運距離 所有女子組別 男子精英青年組 男子青年組	<b>08:02</b>
5	<b>Sprint Distance</b> <b>Male Open</b> <b>Male Master</b>	半奧運距離 男子公開組 男子元老組	<b>08:10</b>

6	<b>Discovery Distance</b> Boys 2004 Boys 2005 Boys 2006 Boys 2007	體驗距離 男子 2004 組 男子 2005 組 男子 2006 組 男子 2007 組	<b>10:00</b>
7	<b>Discovery Distance</b> Girls 2004 Girls 2005 Girls 2006 Girls 2007	體驗距離 女子 2004 組 女子 2005 組 女子 2006 組 女子 2007 組	<b>10:01</b>
9	<b>TriKids Distance</b> Boys 2008 Boys 2009 Boys 2010 Boys 2011	小鐵人距離 男子 2008 組 男子 2009 組 男子 2010 組 男子 2011 組	<b>11:00</b>
8	<b>TriKids Distance</b> Girls 2008 Girls 2009 Girls 2010 Girls 2011	小鐵人距離 女子 2008 組 女子 2009 組 女子 2010 組 女子 2011 組	<b>11:01</b>

### Course Cut Off Time 賽事分段時限

Bike Course (Challenge/Sprint and Super Sprint Distance) - AFCD Turning Point 單車賽段 (挑戰, 半奧運及 Super Sprint 距離) - 漁農處轉折點	<b>after 08:55</b>
Run Course (Challenge/Sprint and Super Sprint Distance) 跑步賽段 (挑戰, 半奧運及 Super Sprint 距離)	<b>09:45</b>

### Prize Presentation Schedule (Tentative) 頒獎時間 (暫定)

<b>Challenge/Sprint/Super Sprint Distance</b>	挑戰/半奧運距離/Super Sprint 距離	<b>10:00</b>
<b>Discovery Distance</b>	體驗距離	<b>11:00</b>
<b>TriKids Distance</b>	小鐵人距離	<b>11:30</b>

### 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.

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,故工作人員不會為運動員提供比賽圈數指示。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。

## Preparation on Race Day 比賽日準備

Upon arrival at the race venue on race day, please proceed to the TriHK Registration booth to collect your race pack. Please make sure that the race pack includes a race bib, helmet chips, three stickers for your helmet (to be affixed on the front and sides of your helmet), bike number which will be fixed under your seat. If everything is in good order, have your race number marked on your arm. Please do not apply sunblock prior to body marking.

到達比賽場地後,請往報到處報到並領取比賽包。請確保內裏包括有號碼布、頭盔晶片、3張頭盔貼紙(一張貼前面,其餘兩張貼在頭盔側面)、單車號碼(扣在單車座位下)及比賽號碼布。工作人員會在你的印上手比賽號碼。在印上比賽號碼前切勿塗上太陽油。

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 main dam start line.

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。賽事講解將於在大壩起點舉行。

## 1<sup>st</sup> Run Stage 第一段跑步

**Challenge Distance (5km):** From the start line at the Plover Cove Main Dam, you should run along it to the Challenge/Sprint distance turning point (**2 times**) shortly after the far end of the dam before heading back for the Tai Mei Tuk Road Transition Area.

挑戰賽程(5km): 從水霸起點, 參賽者沿水霸直跑至挑戰賽/半奧賽程轉折點(兩次), 然後折返直跑向位於大尾督路之轉項區。

**Sprint/Super Sprint Distance (2.5km):** From the start line at the Plover Cove Main Dam, you should run along it to the Sprint distance turning (**1 time**). You should then head back to the Tai Mei Tuk Road Transition Area.

半奧/Super Sprint 賽程 (2.5km): 從水霸起點, 參賽者沿水霸直跑至挑戰賽/半奧賽程轉折點(一次), 然後折返直跑向位於大尾督路之轉項區。

**Discovery Distance (2km):** From the start line at the Plover Cove Main Dam, you should run along it to the Discovery/TriKids turning point (**2 times**). You should then head back to the Plover Cove Main Dam Transition Area.

體驗賽程(2km): 從水霸起點, 參賽者沿水霸直跑至體驗/小鐵人賽程轉折點(兩次), 然後折返直跑向位於水霸之轉項區。

**TriKids Distance (1km):** From the start line at the Plover Cove Main Dam, you should run along it to the Discovery/TriKids turning point (**1 time**). You should then head back to the Plover Cove Main Dam Transition Area.

小鐵人賽程(1km): 從水霸起點, 參賽者沿水霸直跑至體驗/小鐵人賽程轉折點(一次), 然後折返直跑向位於水霸之轉項區。

Your race number must be visible on your front throughout the run. The offender will be disqualified in the running race segment, you must wear your race number on your front, offenders will be disqualified.

All athletes male and female must wear a running top or cycling suit 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 at the middle of the dam for Challenge, Sprint and Super Sprint Distance, One Aid Station for Discovery and TriKids Distance

挑戰/半奧運距離/Super Sprint 距離跑步賽道設有兩個水站, 體驗及小鐵人距離跑步賽道設有一個水站。

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。

## 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

**Challenge Distance (30 km):** Upon exiting the transition area, you should head along Bride's Pool Road to the Agricultures, Fisheries and Conservation Department (AFCD) Bike Turning Point and then double back to Bride's Pool Road Turning Point. Competitors should repeat the loop between the two turning point 2 more times, before head back to the transition area, this means three laps of the Bride's Pool Road section of the course.

**挑戰賽程 (30km):** 離開轉項區沿新娘潭路到漁農處管理站之轉折點,折返新娘潭路回轉折點,參賽者需來回往返烏蛟騰及新娘潭路到轉折點三次,然後返回轉項區。

**Sprint Distance (20 km):** Upon exiting the transition area, you should head along Bride's Pool Road to the Agricultures, Fisheries and Conservation Department (AFCD) Bike Turning Point and then double back to Bride's Pool Road Turning Point. 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.

**半奧運賽程 (20km):** 離開轉項區沿新娘潭路到漁農處管理站之轉折點,折返新娘潭路回轉折點,參賽者需來回往返烏蛟騰及新娘潭路到轉折點兩次,然後返回轉項區。

**Super Sprint Distance (10 km):** Upon exiting the transition area, you should head along Bride's Pool Road to the Agricultures, Fisheries and Conservation Department (AFCD) Bike Turning Point and then double back to Bride's Pool Road Turning Point. Then Competitors should head back to the transition area.

**Super Sprint 距離 (10km):** 離開轉項區沿新娘潭路到漁農處管理站之轉折點,折返新娘潭路回轉折點,然後返回轉項區。

**Discovery Distance (8km):** Upon exiting the Transition Area, you should cycle along the end of main dam turning point. You should double back to the other turning point located at the helipad at the main dam.

**體驗賽程 (8km):** 離開轉項區後,參賽者須往水霸方向踏至霸尾轉折點,再踏至水霸頭之轉折點,來回兩次。

**Trikids Distance (4km):** Upon exiting the Transition Area, you should cycle along the end of main dam turning point and then heading back to Transition Area.

**小鐵人賽程 (4km):** 離開轉項區後,參賽者須往水霸方向踏至霸尾轉折點,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. 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, except Trikids distance

車輪必須為 26 吋或以上方可作賽, 除小鐵人組別例外。

## 2nd Run Stage 第二段 跑步賽段

**Challenge Distance (5km):** From the start line at the Plover Cove Main Dam, you should run along it to the Challenge/Sprint distance turning point (**2 times**) shortly after the far end of the dam before heading back to finish line.

**挑戰賽程(5km):** 從水霸起點, 參賽者沿水霸直跑至挑戰賽/半奧賽程轉折點(**兩次**), 然後折返直跑向終點。

**Sprint/Super Sprint Distance (2.5km):** From the start line at the Plover Cove Main Dam, you should run along it to the Challenge/Sprint distance turning point (**1 time**). You should then head back to finish line.

**半奧/Super Sprint 賽程(2.5km):** 從水霸起點, 參賽者沿水霸直跑至挑戰賽/半奧賽程轉折點 (**一次**), 然後折返直跑向終點。

**Discovery/TriKids Distance (1km):** From the start line at the Plover Cove Main Dam, you should run along it to the Discovery/TriKids turning point (**1 time**). You should then head back to finish line.

**體驗/小鐵人賽程(1km):** 從水霸起點, 參賽者沿水霸直跑至體驗/小鐵人賽程轉折點(**一次**), 然後折返直跑向終點。

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。

All athletes' male and female must wear a running top or cycling suit 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 at the middle of the dam for Challenge, Sprint and Super Sprint Distance, One Aid Station for Discovery and TriKids Distance

挑戰/半奧運距離/Super Sprint 距離跑步賽道設有兩個水站, 體驗及小鐵人距離跑步賽道設有一個水站。

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。

## Race Finish 比賽完成後

Trophy winners will be announced and posted on the site as soon as possible in readiness for the award presentation. Full result will be posted to the TriHK Web site: [www.triathlon.com.hk](http://www.triathlon.com.hk) on race day afternoon.

得獎名單將會貼於報告板上,並作公佈以準備頒獎禮。賽事所有崎巨成績於將於比賽日下午於網站 ([www.triathlon.com.hk](http://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行李。

## 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

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。

## Penalty Box 處罰區

Penalty Box is the designated area to serve the infringements during the swim, transition, bike, run.  
處罰區是指是一個特定區域 來處罰在比賽中游泳, 轉項區, 單車, 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:

1. **15 second** time penalty served on any lap of the run (Challenge Distance)  
在任何一個跑步圈內, 必須作出 **15 秒處罰**。(挑戰距離)
2. **10 second** time penalty served on any lap of the run (Other Distance)  
在任何一個跑步圈內, 必須作出 **10 秒處罰**。(其他距離)
3. 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。
4. Once you enter the penalty box, the official will start to count your second, then official say "GO", you can continue your race.  
當入了處罰區, 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。
5. 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
<b>Transition Area 轉項區</b>	
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 15/10 秒時間處罰
Cycling at transition area 轉項區內踏單車	15/10 sec time penalties 15/10 秒時間處罰
Mount before the mount line 在單車上車處前上車	Fix and 15/10 sec time penalties 必須修正及將有 15/10 秒時間處罰
Dismount after the dismount line 在單車下車處後下車	Fix and 15/10 sec time penalties 必須修正及將有 15/10 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 15/10 秒時間處罰
<b>Bike Course 單車賽段</b>	
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
<b>Run Course 跑步賽段</b>	
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
Wearing flip-flops for running 穿着拖鞋進行跑步。	DSQ 取消比賽資格
<b>Others 其他</b>	
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 behavior 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 behaviour 使用違反體育精神行為	DSQ 取消比賽資格

## 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。

The appeal is accepted only within 30 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 30 分鐘內,填寫「上訴」表格,並繳交港幣\$200 按金。按金只於上訴得值時發回。

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 30 分鐘後將不接受任何上訴。

## Inclement Weather/Condition Warning 惡劣天氣警告

If Typhoon Signal No.8 or above is hoisted at any time from 12:00 noon on the day before 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再補賽及報名費用不會退回。

If the Typhoon Signal No.3 / Amber Rainstorm/ Red Rainstorm/ Black Rainstorm/ Thunderstorm/ Landslide warning be hoisted at any time after 4:00 a.m on race morning, the race will be cancelled without any more rescheduled race and the race entry fees will not be refunded.

如在比賽日早上 4 時正或以後仍然懸掛三號颱風訊號/黃雨/紅雨/黑雨/雷暴及山泥傾瀉警告,是項賽事將取消而不再補賽及報名費用不會退回。

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 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。

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。

# Challenge/Sprint/Super Sprint Distance



# TriKids/Discovery Distance

Tai Mei Tuk  
大尾督



# Race Route:

**Challenge Distance:** Run 5km/Bike 30km/Run 5km

**1<sup>st</sup> Run:** Start → TP1 → TP2 → TP1 → Transition

**Bike:** Transition → TP3 → TP4 → TP3 → TP4 → TP3 → TP4 → Transition

**2<sup>nd</sup> Run:** Transition → TP1 → TP2 → TP1 → Finish

**Sprint Distance:** Run 2.5km/Bike 20km/Run 2.5km

**1<sup>st</sup> Run:** Start → TP1 → Transition

**Bike:** Transition → TP3 → TP4 → TP3 → TP4 → Transition

**2<sup>nd</sup> Run:** Transition → TP1 → Finish

**Super Sprint Distance:** Run 2.5km/Bike 10km/Run 2.5km

**1<sup>st</sup> Run:** Start → TP1 → Transition

**Bike:** Transition → TP3 → TP4 → Transition

**2<sup>nd</sup> Run:** Transition → TP1 → Finish

# Race Route:

**Discovery Distance: Run 2km/Bike 8km/Run 1km**

**1<sup>st</sup> Run: Start → TP5 → TP7 → TP5 → Transition**

**Bike: Transition → TP6 → TP7 → TP6 → TP7 → Transition**

**2<sup>nd</sup> Run: Transition → TP5 → Finish**

**TriKids Distance: Run 1km/Bike 4km/Run 1km**

**1<sup>st</sup> Run: Start → TP5 → Transition**

**Bike: Transition → TP6 → TP7 → Transition**

**2<sup>nd</sup> Run: Transition → TP5 → Finish**