



HONG KONG
TRIATHLON
香港三項鐵人

AQUA SERIES ATHLON 2019

Athletes Information

Venue: Golden Beach

Date: 29.9.2019



www.triathlon.com.hk

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Event Schedule 比賽時間表

Wave 分組	Cap 泳帽	Category 組別	Start Time 開賽時間	Briefing Time 賽事講解	
Challenge Distance 挑戰距離 (Swim 250m/Run 2km) x 3 Times					
1	White 白色	Female Open Female 20-24 Female 25-29 Female 30-34 Female 35-39 Female 40-44 Female 45-49 Female 50-54 Female 55-59 Female 60-64 Female 65 & Over	女子公開組 女子 20-24 組 女子 25-29 組 女子 30-34 組 女子 35-39 組 女子 40-44 組 女子 45-49 組 女子 50-54 組 女子 55-59 組 女子 60-64 組 女子 65 歲或以上組	06:30	06:20
2	Pink 粉紅色	Male 50-54 Male 55-59 Male 60-64 Male 65 & Over	男子 50-54 組 男子 55-59 組 男子 60-64 組 男子 65 歲或以上組	07:10	07:00
3	Yellow 黃色	Male 40-44 Male 45-49	男子 40-44 組 男子 45-49 組	07:50	07:40
4	White 白色	Male Elite Open Male Open Male 20-24 Male 25-29 Male 30-34 Male 35-39	男子精英公開組 男子公開組 男子 20-24 組 男子 25-29 組 男子 30-34 組 男子 35-39 組	08:30	08:20
Sprint Distance 半奧運距離 (Swim 250m/Run 2km) x 2 Times					
5	Green 綠色	Female Elite Junior Female Junior Female Youth Open Female Open Female Master Mixed Relay	女子精英青年組 女子青年組 女子少年公開組 女子公開組 女子元老組 混合接力	09:00	08:50

6	Blue 藍色	Male Elite Junior Male Junior Male Youth Open	男子精英青年組 男子青年組 男子少年公開組	09:30	09:20
7	White 白色	Male Open Male Master	男子公開組 男子元老組	10:00	09:50
Discovery Distance 體驗距離 (Swim 250m/ Run 2km)					
8	Pink 粉紅色	Girls 2004 Girls 2005 Girls 2006 Girls 2007	女子 2004 組 女子 2005 組 女子 2006 組 女子 2007 組	10:30	10:15
9	Yellow 黃色	Boys 2004 Boys 2005 Boys 2006 Boys 2007	男子 2004 組 男子 2005 組 男子 2006 組 男子 2007 組	10:35	10:15
TriKids Distance 小鐵人距離 (Swim 250m/Run 2km)					
10	Green 綠色	Girls 2008 Girls 2009 Girls 2010 Girls 2011	女子 2008 組 女子 2009 組 女子 2010 組 女子 2011 組	10:40	10:30
11	White 白色	Boys 2008 Boys 2009	男子 2008 組 男子 2009 組	10:50	10:40
12	Blue 藍色	Boys 2010 Boys 2011	男子 2010 組 男子 2011 組	11:00	10:50

Remarks: Registration prior 1 hour of your race Start

備註：所屬組別在開賽前 1 小時報到

Parking 停車場

Due to limited parking spaces available at Golden Beach. Any illegal parking at Golden Beach will be immediately towed by Hong Kong Police Force. The LOC encourages athletes to take transport to the race site.

由於黃金海岸沙灘公眾停車場泊位有限。大會鼓勵參加者乘坐公共交通往比賽場地。任何違例泊車，車輛會即時被警察拖走。

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。




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, or student handbook/student card with photo 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、護照或印有照片的學生手冊或學生証。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 to collect your race pack with identity Card/Passport or Student Handbook. 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，請往報到處報到並且出示身份證，護照或學生手冊領取你的比賽包。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。

<p>Swim Cap 泳帽</p>	<p>Swim Cap provided by TriHK must be worn throughout the swim course 賽事游泳部分必須全程戴上由大會提供之泳帽</p>	
<p>Race Bib 比賽號碼布</p>	<p>Race bib must be worn at the front throughout the run course 比賽號碼布在跑步賽段中扣在胸前</p>	
<p>Ankle Tag 計時晶片連腳帶</p>	<p>Please wear the Ankle Tag on the left ankle 請把計時晶片佩帶在左腳踝</p>	

After Registration, please proceed directly to Transition Area

報到完後，請前往轉項區

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品。工作人員雖然留意轉項區之物品，但工作人員並不作物品保管及不負責物品之遺失。

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 again at your own risk. You are advised not to bring valuable with you

非比賽物品應存放在行李寄存區，行李寄存區設於報到處旁。物品之安全由參加者自負。故大會不建議參加者攜帶貴重物品。

Race Briefing 賽事講解

The Race Briefings will be held at the start area. Please refer to the race schedule for briefing time.

賽事講解於在起點進行，講解時間請參考比賽時間表

Race Briefing will be conducted in Cantonese and English. If you have any questions relating to the Race, you should ask 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's 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

Course 賽程	Category 組別	Distance 距離
Challenge 挑戰組 Sprint 半奧運組 Discovery 體驗組 TriKids 小鐵人組 Mixed Relay 混合接力	All Category 所有組別	250m (1 laps)

The official swim cap has to be worn during the swimming section. The use of your own swim cap is not allowed. The offender needs to be fix, otherwise will be disqualified

運動員必須佩帶由大會提供之泳帽，禁止使用自備泳帽。違例者必須修正否則取消比賽資格。

Lifeguards are deployed on the water to look after you. If you are not able to finish the swim and need assistance from a lifeguard, you must wave with an extended arm to a lifeguard and roll onto your back.

大會已於海上面安排救生員巡視，以確保所有運動員的安全。如果你未能完成游泳比賽，需要救生員的協助，你必須揮動手臂向救生員示意，維持仰臥姿勢。

Swimsuits covering any part of your arms or below your knees are not allowed. Nor are swim skins, speed suits or wetsuits. The offender needs to be fix, otherwise will be disqualified.

不得穿過肩膊及長逾膝蓋之游泳裝束，助浮衣(Skin Suit), Speed Suit 及保暖膠衣 (Wet Suit)作賽，違例者必須修正否則取消比賽資格。

All competitors must count their own laps

參賽者需自行計算圈數。

Athletes starting in the wrong heat will be disqualified.

如參賽者不在指定組別出發，將被取消比賽資格。

Transition Area 轉項區

At the transition area, athletes must place your race equipment at the assigned basket

在轉項區內，參賽者必須將比賽用品放在指定籃子裏。

The official will help you to pack your race equipment's after swim; athletes should collect your equipment's in person at the Event Center after the race with the presentation of number cloth. Event Center will be located next to Registration.

工作人員會收集參賽者的比賽用品，比賽完成後請親身憑號碼布前往賽事中心領回。賽事中心位於報到處旁。

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區及或在跑步中陪跑，否則參賽者會被取消比賽資格。

Run Course 跑步賽段

Course 賽程	Route 比賽路線	Distance 距離
Challenge 挑戰組	Transition Area → Turning Point A → Turning B → Turning Point A → Transition Area/Finish 轉項區 → 轉折A → 轉折B → 轉折A → 轉項區/(終點)	2km
Sprint 半奧運組		
Discovery 體驗組		
TriKids 小鐵人組		
Mixed Relay 混合接力		

Your race number must be visible on your front throughout the run. The 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 athlete male and female must wear a top 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上衣，必須遮蓋胸部及不可露點。

One Aid Station will be provided at the course

跑步賽道設有一個水站。

Running on any grass patch or shortcut is prohibited. Offender will be disqualified.

嚴禁跑上任何草地或捷徑，違規者被取消比賽資格。

Athletes are not allowed to wear flip-flops for running. Offender will be disqualified.

運動員禁止穿着拖鞋進行跑步。違規者被取消比賽資格

Glass Containers, headphones and headsets are not permitted during the race. The offender will be disqualified.

在比賽中嚴禁使用玻璃器皿、耳筒或耳機等物件。違規者被取消比賽資格。

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區及在跑步中陪跑，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 site as soon as possible in readiness for the award presentation. 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，並作公佈以準備頒獎禮。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。

Other Information 其他事項

Participants must count their own run lap.

賽者需自行計算跑步圈數。

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 reserve 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

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：

- 1. 10 second time penalty served on any lap of the run**
在任何一個跑步圈內，必須作出 **10** 秒處罰。
- 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 10 sec, then official say "GO", you can continue your race.**
當進入了處罰區，工作人員開始 **10** 秒計時，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
Swimsuit covering any part of your arms or below your knees. Wearing nor are swim skins, speed suits or wetsuits. 穿着過肩膊及長逾膝蓋之游泳裝束·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 provided basket 運動員未有將物品放入大會提供的膠籃	Fix, otherwise time penalty 必須修正否則罰時
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
Wearing flip-flops for running 穿着拖鞋進行跑步	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

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 15minutes 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 15 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。

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 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.

如在比賽日早上 6 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，是日早上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 11:30 a.m on race morning, the afternoon 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 11 時 30 分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，是下午賽事將取消而不設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。

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 SMS to all participants and notice will be published on the TriHK web site: 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](https://www.facebook.com/triathlon.com.hk) 公佈。

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。

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.

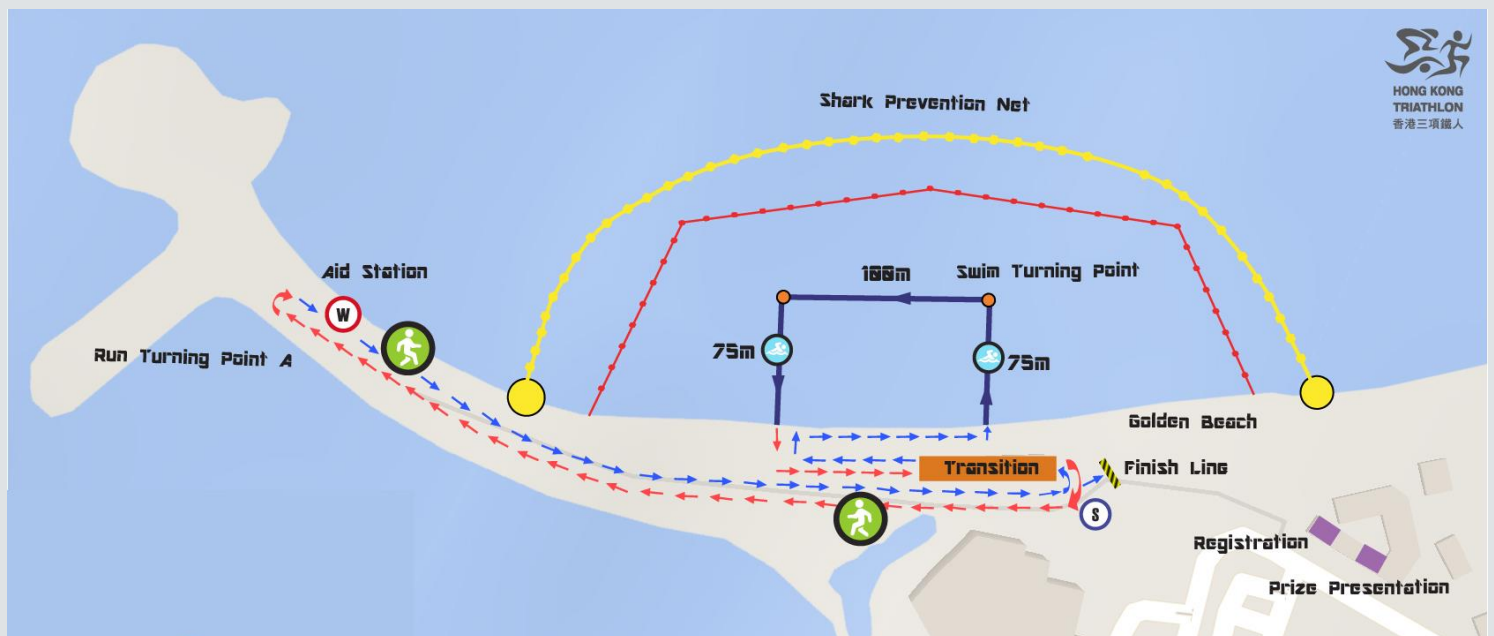
過終點後，請退還此計時帶，工作人員會協助收回，如於賽事中途退出，亦請交回終點旁之計時中心，

Return your Timing Chip 退還你的計時晶片

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。

Route Map 比賽地圖



Challenge (挑戰組) (3 Times)

Start→Swim→Transition→Run→Transition→Swim→
Transition→Run→Transition→Swim→Transition→Run→
Finish

Sprint (半奧運組) (2 Times)

Start→Swim→Transition→Run→Transition→Swim→
Transition→Run→Finish

Discovery and TriKids (體驗組及小鐵人組) (1 Time)

Start→Swim→Transition→Run→Finish

Mixed Team Relay (混合接力) (1 Time by each Leg)

Start→Swim→Transition→Run→Transition (1st Leg→2nd
Leg) →Swim→Transition→Run→Finish