

# 三項鐵人基層發展計劃 2019-2020 (第三期)

## Triathlon Grass Root Athlete Development Plan 2019-2020 (Phase 3)



### 計劃簡介 Introduction:

三項鐵人基層發展計劃乃香港三項鐵人總會主辦，由康樂及文化事務署資助之體育推廣活動。此計劃的目的是增加公眾對三項鐵人運動的認識，提供基本三項鐵人訓練，鼓勵他們多參與三項鐵人運動。計劃內容包括三項鐵人同樂日、三項鐵人入門訓練班及中級三項鐵人訓練班等。

Triathlon Grass Root Athlete Development Plan is organized by the Hong Kong Triathlon Association and subvented by the Leisure and Cultural Services Department. It aims at introducing the triathlon to the public, providing triathlon foundational training, and encouraging the public to participate in triathlon activities. The development Plan includes Triathlon Fun Day, Beginner's Training Course, and Intermediate Training Course.

### 活動詳情 Program Details

課程類別： Courses :	目的及訓練物資： Aims and Training Equipment:	參加資格： Requirement:
三項鐵人同樂日 Triathlon Fun Day (FD)	讓首次接觸三項鐵人運動之青少年體驗連續進行游泳、單車及跑步三個項目 Allow first-timer to experience swimming, cycling & running at one time.  必須自備水、游泳及跑步用品，本會將提供單車(機)及頭盔等器材 Please be prepared water, swimming and running equipment. All cycling equipment is provided by Tri HK	<ul style="list-style-type: none"> <li>^年齡 8 至 18 歲及能不靠輔助物游畢 100 米 Age 8 to 18 and able to swim 100m without any swimming aid</li> </ul>
水陸兩項鐵人訓練班 Aquathlon Training Course	集中水陸兩項鐵人訓練及轉項技巧 Provide basic Aquathlon and transition training to junior, youth and adult athletes  必須自備水、游泳及跑步用品 Please be prepared water, swimming and running equipment	<ul style="list-style-type: none"> <li>能不靠輔助物游畢 100 米 Able to swim 100m without any swimming aid</li> <li>^兒童班 Junior Course (Age 8-14 歲)</li> <li>^青年及成人班 Youth &amp; Adult Course (Age 15 or above 15 歲或以上)</li> </ul>
陸上兩項鐵人訓練班 Duathlon Training Course	集中陸上兩項鐵人訓練及轉項技巧 Provide basic Duathlon and transition training to junior athletes  必須自備水及跑步用品，本會將提供單車(機)及頭盔等器材 Please be prepared water and running equipment. All cycling equipment is provided by Tri HK	<ul style="list-style-type: none"> <li>懂踏單車 Basic cycling skill</li> <li>^兒童班 Junior Course (Age 8-14 歲)</li> <li>^青年及成人班 Youth &amp; Adult Course (Age 15 or above 15 歲或以上)</li> </ul>
三項鐵人入門訓練班 Triathlon Beginner's Training Course	提供基本三項鐵人訓練及轉項技巧 Provide basic triathlon and transition training to junior, youth and adult athletes.  必須自備水、游泳及跑步用品，本會將提供單車(機)及頭盔等器材 Please be prepared water, swimming and running equipment. All cycling equipment is provided by Tri HK	<ul style="list-style-type: none"> <li>能不靠輔助物游畢 100 米及懂踏單車 Able to swim 100m without any swimming aid, and with cycling skill</li> <li>^兒童班 Junior Course (Age 8-14 歲)</li> <li>^青年及成人班 Youth &amp; Adult Course (Age 15 or above 15 歲或以上)</li> </ul>
三項鐵人中級訓練班 Triathlon Intermediate Training Course	提供中級三項鐵人訓練給公眾，鼓勵參加者參與三項鐵人比賽 Provide Intermediate-level triathlon training to the public. Encourage participant to join in Tri HK events.  必須自備水、游泳及跑步用品，本會將提供單車(機)及頭盔等器材 Please be prepared water, swimming and running equipment. All cycling equipment is provided by Tri HK	<ul style="list-style-type: none"> <li>以任何泳式於 7 分鐘內游畢 300 米及懂踏單車</li> <li>能於 12 分鐘內跑畢 2 公里</li> <li>Swim 300m in 7 minutes, and with cycling skill</li> <li>Run 2km in 12 minutes</li> <li>^兒童班 Junior Course (Age 8-14 歲)</li> <li>^青年及成人班 Youth &amp; Adult Course (Age 15 or above 15 歲或以上)</li> </ul>

^參加者年齡以 2019 年 12 月 31 日計算 Age is calculated as at 31 Dec 2019

### 報名 Enrollment

報名辦法： Application:	訓練班 Training Course	請填妥報名表格，連同已貼上\$2.0 郵票的回郵信封及抬頭「香港三項鐵人總會有限公司」的劃線支票，背後寫上參加者姓名、課程編號及聯絡電話，郵寄或親臨本會報名。 本會將於開課一星期前寄出確認通知及收據。(香港三項鐵人總會將不會接收郵資不足的信件。) Fill in the entry form, together with a crossed cheque payable to "Hong Kong Triathlon Association Limited" and a self-addressed stamped envelope. Return the form to the Tri HK office by mail or in person. Please write down the participant's name, course code and contact number at the back of the cheque. The confirmation reply slip and receipt will be sent out in within 1 week before the start date of the class. (Underpaid mail items will not be accepted by Hong Kong Triathlon Association (TriHK))
	同樂日 Fun Day	請填妥報名表格(必須填寫電郵地址)，可傳真、郵寄或親臨本會報名。本會將於活動日前大概一星期以電郵通知參加者。(香港三項鐵人總會將不會接收郵資不足的信件。) Fill in the entry form (email address is a must), Return the form to the Tri HK office by fax, mail or in person. The confirmation email will be sent out in within 1 week before the event day. (Underpaid mail items will not be accepted by Hong Kong Triathlon Association (TriHK))

	報名截止日期為開課前 7 天，報名以先到先得形式，額滿即止。 Registration is opened until 7 days before class starts. Classes are filled on a first-come-first-served basis.	
	兒童課程將分為 A、B 兩班。如 A 班滿額後，參加者將直接分派至 B 班(B 班需過名額半數才會開班)。 Junior courses will be separated to Class A & B. All participants will be first allocated to Class A. Once Class A is full, participants will be allocated to Class B. (Class B will be cancelled if less than 8 participants.)	
報名地點: TriHK Address:	香港銅鑼灣掃桿埔大球場徑一號奧運大樓 1020 室 - 香港三項鐵人總會 Hong Kong Triathlon Association, Room 1020, Olympic House, 1 Stadium Path, So Kon Po, Causeway Bay, Hong Kong	
查詢: Enquires:	電話 (Tel): 2504 8282 電子郵箱(Email address) : trihk@triathlon.com.hk	傳真號碼 (Fax no.): 2576 8253 網頁(Website) : www.triathlon.com.hk

## 其他事項 Others

惡劣天氣下之安排: (將不會個別通知) Arrangement of Inclement Weather: (No individual notice will be given)	<b>同樂日安排 Arrangement for Fun Day:</b> 如於早上 7:30 天文台仍然懸掛雷暴警告 / 三號颱風訊號 / 黃雨 / 紅雨 / 黑雨，同樂日將會取消，亦不設後補日。 If the Thunderstorm / Typhoon Signal No.3 / Amber Rainstorm / Red Rainstorm / Black Rainstorm Warning be hoisted at any time after 7:30am on Fun Day morning, the Fun Day will be cancelled. No fall back day will be arranged.
	<b>訓練班安排 Arrangement for Training Courses:</b> 上課前請留意天氣情況，或致電天文台查詢 (電話: 1878200)。如上課前兩小時仍然懸掛三號或以上颱風訊號 / 紅雨 / 黑雨警告，訓練班將會取消，亦不設補堂。 Please check the weather from the Hong Kong Observatory in advance of the training session (Tel: 1878200). No training class will be held if a typhoon signal No.3 or above is hoisted, or if a Red Rainstorm Warning or above is effective 2 hours before the class start. No supplementary class will be arranged.
突發事故下之安排: (將會以電郵個別通知) Arrangement of Unforeseen circumstances: (Individual notice will be given by email)	<b>同樂日及訓練班安排 Arrangement for Fun Day &amp; Training Course:</b> 如於上課 3 小時前/之後有突發事故發生，同樂日/訓練班將會取消，亦不設補堂及退款。 If any Unforeseen circumstances happen 3hours before the lesson, the Fun Day and Training Course will be cancelled. No refund and fall back day will be arranged.
退款安排: Refund:	報名一經接納將不接受任何退款或名額轉讓之申請。惟因學員未能通過相關之測試，本會將安排相關之退款，並以支票形式退回予申請人。 All entry fees are neither refundable nor transferable once the enrollment is accepted. Refund will only be arranged if the participant fails in the relevant time trial. The refund will be paid by cheque.

## 三項鐵人同樂日 Triathlon Fun Day

(年齡 8 至 18 歲及能游畢 100 米) (Age 8 to 18 and able to swim 100m)

同樂日編號 Fun Day Code	地點 Venue	日期 Date	時間 Time	距離 Distance	費用 Fees	名額 Capacity
同樂日(6) FD(6)	沙田賽馬會游泳池 (開口) Sha Tin Jockey Club Swimming Pool (Entrance) 沙田源禾路 10 號 10 Yuen Wo Road, Sha Tin, N.T.	2 月 23 日 (星期日) 23 Feb (Sun)	報到時間: Registration: 上午 9:00am	游泳: 100 米 Swim: 100m +	免費 Free of Charge	30
			舉行時間: Start Time: 上午 9:30am   中午 12:00nn	踏單車機: 2 公里 Cycle Machine: 2km +		30
同樂日內容: Fun Day Content:	本會會按參加者年齡分為三個組別，分別是(8-11)歲、(12-15)歲及(16-18)歲。再依參加者的完成時間，頒發紀念品。 All participants are categorised into 3 groups, which is age (8-11), (12-15), and (16-18). Depends on the finished time, all participants will receive souvenirs.					

**兒童訓練班 8-14 歲**  
**Training Course (Junior) Age 8-14**

班號 Course Code	訓練地點 (集合地點) Training Venue (Gathering point)	上課日期 Date	時間 Time	訓練內容 Content	費用 Fees	名額 Capacity
<b>水陸兩項鐵人訓練班 (兒童)</b> <b>Aquathlon Training Course (Junior)</b>						
<b>AQ – J7</b>	顯田游泳池 (閘口) Hin Tin Swimming Pool (Entrance)	1,5,8,12,15,19,22,26/3 (星期四及日 Thur & Sun)	1800 至 to 2000	游泳及跑步 Swim & Run	\$200/8 堂 8 lessons	15
<b>陸上兩項鐵人訓練班 (兒童)</b> <b>Duathlon Training Course (Junior)</b>						
<b>DU – J3</b>	大埔運動場 (閘口) Tai Po Sports Ground (Entrance)	4,6,11,13,18,20,25,27/3 (星期三及五 Wed & Fri)	1700 至 to 1900	跑步及單車(機) Run & Cycling	\$220/8 堂 8 lessons	15

**青年及成人訓練班 15 歲或以上**  
**Training Course (Youth & Adult) Age 15 or above**

班號 Course Code	訓練地點 (集合地點) Training Venue (Gathering point)	上課日期 Date	時間 Time	訓練內容 Content	費用 Fees	名額 Capacity
<b>水陸兩項鐵人訓練班 (青年及成人)</b> <b>Aquathlon Training Course (Youth &amp; Adult)</b>						
<b>AQ – YA5</b>	沙田賽馬會游泳池 (閘口) Sha Tin Jockey Club Swimming Pool (Entrance)	2,9,16,23/2, 1,8,15,22/3 (星期日 Sun)	1200 至 to 1400	游泳及跑步 Swim & Run	\$200/8 堂 8 lessons	15
<b>三項鐵人中級訓練班 (青年及成人)</b> <b>Triathlon Intermediate Training Course (Youth &amp; Adult)</b>						
<b>INT – YA4</b>	大埔運動場 (閘口) Tai Po Sports Ground (Entrance)	2,9,16,23/3 (星期一 Mon)	2000 至 to 2230	跑步及單車(機) Run & Cycling	\$250/ 8 堂 8 lessons	15
	中山紀念游泳池 (閘口) Sun Yat Sen Memorial Park Swimming Pool (Entrance)	6,13,20,27/3 (星期五 Fri)	2000 至 to 2230	游泳及跑步 Swim & Run		
<b>INT – YA5</b>	荔枝角公園游泳池 (閘口) Lai Chi Kok Park Swimming Pool (Entrance)	3,10,17,24/3 (星期二 Tue)	1900 至 to 2130	游泳及跑步 Swim & Run	\$250/ 8 堂 8 lessons	15
	大埔運動場 (閘口) Tai Po Sports Ground (Entrance)	5,12,19,26/3 (星期四 Thur)	1900 至 to 2130	跑步及單車(機) Run & Cycling		
<b>陸上兩項鐵人訓練班 (青年及成人)</b> <b>Duathlon Training Course (Youth &amp; Adult)</b>						

<b>DU – YA3</b>	大埔運動場 (閘口) Tai Po Sports Ground (Entrance)	3,8,10,15,17,22,24,29/1 (星期三及五 Wed & Fri)	2000 至 to 2200	跑步及單車(機) Run & Cycling	\$220/ 8 堂 8 lessons	15
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\* 游泳測試 Swim Test

# 如上課日期另有更改，本會將以電郵通知各學員。

Subject to be changed, participants will receive notification through Email in due course.