



2015 Aquathon Series - Race 5

11 October 2015

Hong Kong Triathlon Association

Athlete Race Information

運動員比賽資料



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Event Schedule 比賽時間表

Heat 分組	Category 組別		Start Time 開賽時間	Briefing Time 賽事講解
1	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 & Over Female Elite Open	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 歲或以上組 女子精英公開組	07:30	07:20
2	Male 40-44 Male 45-49 Male 50-54 Male 55-59 Male 60 & Over	男子 40-44 組 男子 45-49 組 男子 50-54 組 男子 55-59 組 男子 60 歲或以上組	07:45	07:35
3	Male 20-24 Male 25-29 Male 30-34 Male 35-39 Male Elite Open	男子 20-24 組 男子 25-29 組 男子 30-34 組 男子 35-39 組 男子精英公開組	08:00	07:50
4	Male/Female Youth Open Male/Female Junior Male/Female Elite Junior	男子/女子公開少年組 男子/女子青年組 男子/女子精英青年組	08:15	08:05
5	Male/Female Open Male/Female Veteran	男子/女子公開組 男子/女子元老組	08:30	08:20
6	Girls 2004-2007	女子 2004-2007	09:00	08:50
7	Boys 2004-2007	男子 2004-2007	09:15	09:05
8	Girls 2003-2000	女子 2003-2000	09:30	09:20
9	Boys 2003-2000	男子 2003-2000	09:45	09:35



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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 involve 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。

Rules familiarization is strongly recommended.

大會鼓勵參加者熟讀比賽規則。

Preparation on Race Day 比賽天準備

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. If everything is in good order, have your race number marked on your arm and leg. Please do not apply sun block prior to body marking.

到達比賽場地後,請往報到處報到並收取你的比賽包。請確保內裏包括有 計時晶片號碼布。然後工作人員會在你的手及腳寫上比賽號碼。在寫比賽號碼前切勿塗上太陽油。

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資。工作人員雖然留意轉項區之物資,惟工作人員並不作物資保管及不負責物資之遺失。

All other personal possession should be labeling 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。物品之安全由參加自負。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 swim start area. Please refer to the race schedule for briefing time.

賽事講解於在游泳起點進行,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

賽事講解會以英文及中文進行,參賽者如有問題,請立即發問

Athletes must prepare all race equipments before the race briefing

於賽事講解前,參賽者必須帶備所有參賽用品



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Swim Course 游泳賽段

Course A:	500m (2 loops)	賽程A:	500米 (兩圈)
Course B:	250m (1 loop)	賽程B:	250米 (一圈)
Course C/D:	250m (1 loop)	賽程C/D:	250米 (一圈)

- The primary role of the kayakers is to ensure your safety during the swim leg of the race. If you get into difficulties whilst in the water, raise your hand and a kayaker will come to your assistance.
救生艇之首要任務為確保參加者在游泳賽段之安全。如參加者在海上遇上困難,請舉起手,救生艇將前往協助。
- A secondary role of the kayakers is to ensure that you do not cut the course short.
救生艇另一任務為確保參加者沒有違規縮短賽程
- Although you are responsible for your direction around the swim course, the kayakers will re-direct you if you are going to a significantly wrong direction.
雖然參加者有責任依正確賽道游泳,惟救生艇在參加者明顯偏離賽道時會予以更正
- Athletes must wear the official swim cap. Offenders will be disqualified.
運動員必須佩帶大會提供之泳帽作賽。違規者將被取消資格
- Swim suit covering any part of your arms and below your keens are not allowed. Offenders will be disqualified.
不得穿過肩膊及/或愈膝之游泳裝束,違規者將被取消資格
- Your swim time will be taken as you leave the swim exit.
游泳時間以上水時間作計算
- If you start in the wrong wave, your race time will still be recorded, but you will be disqualified.
未有依照正確組別出發者,將被取消資格。惟比賽成績仍會紀錄供參考

Transition Area 轉項區

- All competitors are required to put their race equipments 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 race equipments in person at the Event Center after the whole race finish with the presentation of number cloth.
參賽者必須在整個比賽完成後,親身憑號碼布到賽事中心依照工作人員指示親身取回比賽用品。
- 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



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Run Course 跑步賽段

Course 賽程	Race Route 比賽路線	Distance 距離
A/B/C/D	Transition Area → Turning Point A → Turning Point B → Turning Point A → Finish Line 轉項區 → 轉折 A → 轉折 B → 轉折 A → 終點	2km

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 athletes male and female must wear a running 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跑步上衣,必須遮蓋胸部及不可露點

Two Aid Stations will be provided at the middle and end of the dam.
跑步賽道設有兩個水站

Running on any grass patch or short cut 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 and headsets are not permitted during race. 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 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上公佈

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

完成賽事後必須憑號碼布於行李寄存處取

Other Information 其他事項

Participants must count their own run lap.
參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



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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 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。

If athletes do not pick up the equipment or belongings after the race, the event organizer only keeps those for 3 days. Athletes need to come to the TriHK office to pick them up within 3 days.

如運動員在比賽結束後不拿回設備或隨身物品，賽事主辦者只會保留那些物品3天。運動員需要於3天之內前來TriHK辦公室拿回。

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 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\$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 race, the race will be cancelled without any more rescheduled race and the race entry fees will not be refund.

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 5:30am, the race will be cancelled without any more rescheduled race and the race entry fees will not be refund.

如在比賽日早上 5 時 30 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。

How to attach your Race Timing Ankle Tag 怎樣佩帶Race Timing計時帶的方法?

Take your timing tag and thread it on the elasticated Velcro ankle strap provided as shown in the picture



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below with the strap against the curved face of the tag.

將計時晶片和尼龍帶穿上，並把Race Timing的標示向內(如圖)，並且尼龍帶軟的一面貼近皮膚

Wrap the strap around your **LEFT** ankle by threading through both sides of the buckle and then double-backing to secure with the Velcro

請把計時帶縛在左腳眼上，計時晶片必須向外，插過扣兩側的線程，然後反轉，以確保與本魔術貼上。

Ensure that the tag is facing outwards, as with the logo visible, shown.

確保 Race Timing 的標示向外，如圖所示



Flat face of chip on same side as Race Timing logo
晶片平面方向與' Race Timing' 面向同一方向





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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\$110. 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, 852 within 1 weeks 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 110 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），否則你所指定的信用卡將被扣取費用。

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



ChopsticksDiary Photography

RACE TIMING SOLUTIONS 



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Route Map 地圖



- T Transition 轉項區
- A Drink Station 水站
- R/E Registration 報到處
Event Center 賽事中心