



ASTC Sprint  
**triathlon2016**  
Asian Cup ASTC三項鐵人亞洲杯

Race Date:	15 and 16 October 2016	比賽日期:	2016年10月15日及16日
Race Venue:	Sunny Bay, Lantau Island	比賽地點:	大嶼山欣澳
Race Start:	09:00am (15 Oct 2016)	比賽時間:	上午9時正 (10月15日)
	06:45am (16 Oct 2016)		上午6時45分 (10月16日)
Deadline:	28 September 2016 (5:00pm)	截止日期:	2016年9月28日 (下午5時)

**15 October 2016 (Saturday) 2016年10月15日 (星期六)**

**Start Time 開賽時間: 9:00am**

Category 組別			Swim 游泳	Bike 單車	Run 跑步	TriHK Affiliated Club Member 香港三項鐵人屬會會員	TriHK Member 香港三項鐵人總會 會員	Non-member 非香港三項鐵人總會 會員
<b>Fun Distance 繽紛距離</b>								
Male/Female Youth Open	男子/女子公開少年組	Born in 2001 – 2004	375m	10km	2.6km	HK\$300	HK\$400	HK\$500
Boys/Girls 2001-2004	男子/女子 2001-2004 組	Born in 2001 – 2004						
Secondary School Relay	中學接力組	Born in 2004 or before						
Tertiary Relay	大專接力組	Born in 1998 or before						
Paratriathlon Relay	傷健接力組	Born in 2004 or before						
<b>Discovery Distance 體驗距離</b>								
Male/Female Junior	男子/女子青年組	Born in 1997 – 2000	375m	15km	2.6m	HK\$300	HK\$400	HK\$500
Male/Female 20-29	男子/女子 20-29 歲	Born in 1987 – 1996						
Male/Female 30-39	男子/女子 30-39 歲	Born in 1977 – 1986						
Male/Female 40-49	男子/女子 40-49 歲	Born in 1967 – 1976						
Male/Female 50-59	男子/女子 50-59 歲	Born in 1957 – 1966						
Male/Female 60 & Over	男子/女子 60 歲或以上	Born in 1956 or before						
Open Relay	公開接力組	Born in 2001 or before	HK\$800					
<b>TriKids Distance 小鐵人距離</b>								
Boys/Girls 2005-2008	男子/女子 2005-2008 組	Born in 2005 – 2008	250m	5km	2.6km	HK\$250	HK\$350	HK\$400
Primary School Relay	小學接力組	Born in 2008 or before						

- Remarks: i. Athletes born between 2001-2004 are welcome to enter Youth Open category.  
 ii. Athletes born between 1997-2000 are welcome to enter Junior category.  
 iii. Each relay team shall consist of at least two members, and maximum of three members.  
 iv. For School Relay, all teammates should be students from the same school.

- 備註 : i. 所有 2001-2004 年出生之運動員均可報名參加少年公開組  
 ii. 所有 1997-2000 年出生之運動員均可報名參加青年組。  
 iii. 學校接力組必須由同一學校學生組成。  
 iv. 每隊接力參賽隊伍必須由最少二名隊員組成，而最多不得超過三名隊員。

**16 October (Sunday) 2016 年 10 月 16 日 (星期日)**

**Start Time 開賽時間: 6:45 am**

Category 組別		Swim 游泳	Bike 單車	Run 跑步	TriHK Affiliated Club Member 香港三項鐵人屬會會員	Tri HK Member 香港三項鐵人總會會員	Non-member 非香港三項鐵人總會會員
<b>Sprint Distance 半奧運距離</b>							
Male/Female Junior 男子/女子青年組	Born in 1997 – 2000	750m	20km	5km	HK\$550	HK\$650	HK\$800
Male/Female 20-24 男子/女子 20-24 歲	Born in 1992 – 1996						
Male/Female 25-29 男子/女子 25-29 歲	Born in 1987 – 1991						
Male/Female 30-34 男子/女子 30-34 歲	Born in 1982 – 1986						
Male/Female 35-39 男子/女子 35-39 歲	Born in 1977 – 1981						
Male/Female 40-44 男子/女子 40-44 歲	Born in 1972 – 1976						
Male/Female 45-49 男子/女子 45-49 歲	Born in 1967 – 1971						
Male/Female 50-54 男子/女子 50-54 歲	Born in 1962 – 1966						
Male/Female 55 -59 男子/女子 55-59 歲	Born in 1957 – 1961						
Male/Female 60 & Over 男子/女子 60 歲或以上	Born in 1956 or before						
Open Relay 公開接力組	Born in 2000 or before	HK\$900					

**Each Relay Team shall consist of at least two, and at most three members.**

每隊接力參賽隊伍必須最少有二名隊員，而最多不得超過三名隊員。

### **Important Notes 重要事項：**

- In accordance with the ITU regulations, each athlete may enter NO MORE THAN ONE race per race day over the course of the two race days, including relay.
- Registration will close at the registration deadline, or earlier if the maximum capacity is reached.
- Once your entry is accepted, your entry fee will not be refunded even if the event has to be modified to a held different race format or cancelled entirely due to inclement weather or other reasons beyond the control of TriHK. Your entry fee is not transferable to another applicant nor towards future races. TriHK has already incurred considerable operational expenses for organising the event and securing the race site for the specified date, whether or not the race is held.
- There will be no re-scheduling of the Hong Kong Life ASTC Sprint Triathlon Asian Cup 2016 in the event of any cancellation. Entry into the race is at your own risk, including the risk of cancellation and bearing the loss of entry fees.
- Athletes agreed to abide the rules and regulations of the Event upon registering to the Hong Kong Life ASTC Sprint Triathlon Asian Cup 2016. This includes but does not limit to the respect and following of the race rules, but also respect and takes the instruction as directed by the race officials。

In case of discrepancy, the English version shall prevail.

- 根據 ITU 規則，每名運動員每日不可參與多於一場賽事，包括接力組賽事
- 於報名期內，額滿即止
- 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。如賽事因天氣惡劣或其他不受香港三項鐵人總會控制之原因而需更改賽事模式或取消賽事，已繳之報名費均不會作任何退款之安排。所有報名費均不能轉讓給其他人或其他賽事。此乃不論賽事能否如期於指定日期地點舉行與否，香港三項鐵人總會在賽事籌劃時已承擔了龐大的營運開支。
- 「香港人壽 ASTC 三項鐵人亞洲杯 2016」將不設補賽。閣下須自行承擔報名參與此賽事之潛在風險，當中包括因賽事取消而引致之報名費損失。
- 參加者一經報名參加「香港人壽 ASTC 三項鐵人亞洲杯 2016」，代表同意遵守賽會所訂規則，以及遵照大會工作人員的指示。如有任何爭議，香港三項鐵人總會保留最終決定權。

如有任何爭議，以英文版本為準。

**Local athlete's transportation arrangement 本地運動員交通安排**

**15 October 2016 (Saturday) 2016年10月15日(星期六)**

Pick up point 上車地點	Pick up time 上車時間	Tentative Return Time 暫定回程時間	Charges (per athlete – one bike only) 收費(每位 – 只限帶一部單車)
City Hall, Central 中環大會堂	06:25	13:00	\$250
Standard ford Hotel, Mongkok 旺角仕德福酒店	06:35		
Pai Tau Village, Shatin 沙田排頭村	06:45		

**16 October (Sunday) 2016年10月16日(星期日)**

Pick up point 上車地點	Pick up time 上車時間	Tentative Return Time 暫定回程時間	Charges (per athlete – one bike only) 收費(每位 – 只限帶一部單車)
City Hall, Central 中環大會堂	04:25	13:00	\$250
Standard ford Hotel, Mongkok 旺角仕德福酒店	04:35		
Pai Tau Village, Shatin 沙田排頭村	04:45		

- The above schedule is subject to change when necessary;  
若有需要,賽會有權修改以上交通時間表
- The return pick up point (for Central, Kowloon Tong and Shatin) is located at Sunny Bay, official transport will only depart race site after prize presentation finished.  
回程交通(往中環、旺角及沙田)的上車地點設於欣澳上落區,頒獎禮完成後方會離開

- The Association will not arrange bike hire service, should you require bike hiring, you may contact below company or any other bike shop to arrange.

Lung Kei Bike Shop

Tel: 9309 8988 (Mr. Law) or 90101889 (Andy)

Elite Sports Limited

Tel: 9686 7656 (Mr. Ho)

- 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 或 或

精英體育發展有限公司

何先生 電話 9686 7656

## **Remarks 備註**

### **Timing Chip**

Athlete who failure to return the timing chip at the end of my race will result in a charge to credit card for HK\$110 and failure to return the Velcro strap of the timing chip will result in a charge of HK\$30. To avoid this charge please return the chip to the finish post officials immediately following your race. Alternatively you can post or **deliver the timing chip and strap to TriHK office within a week before (24 October 2016)**: Room 1020, Olympic House, 1 Stadium Path, So Kon Po, Causeway Bay, Hong Kong

### **Quota & Refund**

Registration will close at the registration deadline, or earlier if the maximum capacity is reached.

The TriHK operates a “No Refund Policy”. Once your entry is accepted, your entry fee will not be refunded even if the event has to be modified to a different race format or cancelled entirely due to inclement weather or other reasons beyond the control of TriHK. Your entry fee is not transferable to another applicant nor towards future races. Tri HK has already incurred considerable operational expenses for organising the event and securing the race site for the specified date, whether or not the race is held.

There will be no re-scheduling of the Hong Kong Life ASTC Sprint Triathlon Asian Cup 2016 in the event of any cancellation. Entry into the race is at your own risk, including the risk of cancellation and bearing the loss of entry fees. Athletes must agree to abide the rules and regulations of the Event upon registering to the Hong Kong Life ASTC Sprint Triathlon Asian Cup 2016. This includes, but is not limited to, respect and following of the race rules, and to respect and take instructions as directed by the race officials.

In case of any dispute, the Hong Kong Triathlon Association reserves the right of final decision.

In case of discrepancy, the English version shall prevail.

### **計時晶片**

參加者在比賽結束時若不交回計時晶片，將於信用卡賬戶扣除港幣 110 元，若不交回尼龍搭扣將收費於信用卡賬戶扣除港幣 30 元。為了避免這種情況，在比賽之後請返回到終點，工作人員會立刻收回計時晶片及尼龍搭扣。另外，您亦可以於**比賽後一星期內 (2016 年 10 月 24 日)前寄回計時晶片及尼龍搭扣**，地址香港銅鑼灣掃桿埔大球場徑一號奧運大樓 1020 室

### **名額及退款**

於報名期內，額滿即止。

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「香港人壽ASTC三項鐵人亞洲杯2016」的賽事，代表同意遵守賽會所訂規則，以及遵照大會工作人員的指示。如有任何爭議，香港三項鐵人總會保留最終決定權。

如有任何爭議，以英文版本為準。