



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

Athletes' Guide

運動員參賽手冊

Event Schedule 比賽時間表

SATURDAY 15 October 2016 2016年10月15日(星期六)

Wave 組別	Cap 游帽	Start Time 開賽時間	Category 組別		Transition Set Up Time 轉項區擺放時間
ITU Elite Race ITU 精英賽					
1	White 白色	06:45	Start ELITE Female (Open and Junior) 女子精英組(公開及青青年組年組)		05:45 to 06:30
2	White 白色	08:00	Start ELITE Male (Open and Junior) 男子精英組(公開及青年組)		07:00 to 07:45
Discovery Distance 體驗距離					
3	Green 綠色	09:00	Female Junior Female 20-29 Female 30-39 Female 40-49 Female 50-59 Female 60 & Over	女子青年組 女子 20-29 女子 30-39 女子 40-49 女子 50-59 女子 60 歲或以上組	08:00 to 09:30
4	Pink 粉紅色	09:20	Male 40-49 Male 50-59 Male 60 & Over	男子 40-49 男子 50-59 男子 60 歲或以上組	
5	Yellow 黃色	09:40	Male Junior Male 20-29 Male 30-39 Open Relay Team	男子青年組 男子 20-29 男子 30-39 公開接力組	
Fun Distance 繽紛距離					
6	Purple 紫色	10:00	Female Youth Open Female 2001 Female 2002 Female 2003 Female 2004 Secondary School Relay Tertiary Institute Relay	女子青少年組 女子 2001 女子 2002 女子 2003 女子 2004 中學接力組 大專院校接力	09:00 to 10:30
7	White 白色	10:20	Paratriathlon Relay	傷健接力	
8	Green 綠色	10:40	Male Youth Open Male 2001 Male 2002 Male 2003 Male 2004	男子青少年組 男子 2001 男子 2002 男子 2003 男子 2004	
TriKids Distance 小鐵人距離					
9	Pink 粉紅色	11:00	Female 2005 Female 2006 Female 2007 Female 2008 Primary School Relay	女子 2005 女子 2006 女子 2007 女子 2008 小學接力組	10:00 to 11:10



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10	Yellow 黃色	11:20	Male 2005 Male 2006 Male 2007 Male 2008	男子 2005 男子 2006 男子 2007 男子 2008	
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Prize Presentation Time 頒獎禮時間

09:30	All Elite Categories 所有英精組別
10:20	Heat 3 第三組
10:30	Heat 4 第四組
10:45	Heat 5 第五組
11:00	Heat 6 第六組
11:20	Heat 7 第七組
11:40	Heat 8 第八組
11:50	Heat 9 第九組
12:00	Heat 10 第十組

Remarks: The LOC encourage athletes register at least 1.5 hour before of your category race start.
備註: 大會鼓勵運動員在所屬組別最少 1 小時 30 分前前往報到

Event Schedule 比賽時間表

SUNDAY, 16 October 2016

2016年10月16日(星期日)

Wave 組別	Cap 游帽	Start Time 開賽時間	Category 組別		Transition Set Up Time 轉項區擺放時間
Sprint Distance 半奧運距離					
1	Green 綠色	06:45	Female Junior Female 20-24 Female 25-29 Female 30-34 Female 35-39 Female 40-44 Female 45-59 Female 50-54 Female 55-59 Female 60 & Over	女子青年組 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 歲或以上組	05:00 to 07:10
2	Yellow 黃色	07:20	Male 50-54 Male 55-59 Male 60 & Over	男子 50-54 組 男子 55-59 組 男子 60 歲或以上組	
3	Blue 藍色	07:55	Male 45-49	男子 45-49 組	06:30 to 08:20
4	Pink 粉紅色	08:30	Male 40-44	男子 40-44 組	
5	Purple 紫色	09:05	Male 35-39	男子 35-39 組	08:00 to 10:00
6	Green 綠色	09:40	Male 30-34	男子 30-34 組	
7	Yellow 黃色	10:15	Male Junior Male 20-24 Male 25-29 Sprint Relay	男子青年組 男子 20-24 組 男子 25-29 組 半奧運接力組	
Prize Presentation Time 頒獎禮時間					
08:30	Wave 1 : All Categories 第一組: 所有組別				
09:00	Wave 2 : All Categories 第二組: 所有組別				
09:30	Wave 3 : All Categories 第三組: 所有組別				
10:00	Wave 4 : All Categories 第四組: 所有組別				
10:30	Wave 5 : All Categories 第五組: 所有組別				
11:00	Wave 6 : All Categories 第六組: 所有組別				
11:30	Wave 7 : All Categories 第七組: 所有組別				

Remarks: The LOC encourage athletes register at least 1.5 hour before of your category race start.
備註: 大會鼓勵運動員在所屬組別最少 1 小時 30 分前前往報到

Supporting Organizations 支持本活動的機構



EVENT ORGANISER



SANCTIONED BY



SANCTIONED BY



SUBVENTED PARTY



SUBVENTED PARTY

OFFICIAL SPONSOR:



SPONSOR:



OFFICIAL PHOTOGRAPHY:



OFFICIAL TIMING AND RESULT PUBLICATIONS SERVICES



SERVICES PROVIDER



Official Transportation Schedule 大會交通時間表

SATURDAY 15 October 2016 2016年10月15日(星期六)

Location 地點	Time 時間	Return Time (After Prize Presentation) 回程時間 (頒獎禮後)
City Hall, Central 中環大會堂	06:25	13:00
Stanford Hotel, Mongkok 旺角仕德福酒店	06:35	
Pai Tau Village, Shatin 沙田排頭村	06:45	
Panda Hotel, Tsuen Wan 荃灣悅來酒店	07:00	

SUNDAY 16 October 2016 2016年10月16日(星期日)

Location 地點	Time 時間	Return Time (After Prize Presentation) 回程時間 (頒獎禮後)
City Hall, Central 中環大會堂	04:10	12:30
Stanford Hotel, Mongkok 旺角仕德福酒店	04:25	
Pai Tau Village, Shatin 沙田排頭村	04:35	

Remarks: Only registered and paid athletes are allow use the official transport.

備註: 大會交通只提供運動員已登記及付款才可以乘坐

Parking Area 停車場

Parking area available at Sunny Bay Station at HK\$12per hour. Any illegal parking at Sunny Bay Station area, will be immediately tow to Siu Ho Wan by Hong Kong Police Force. LOC encourages athletes to take official transport to the race site.

比賽場地設有公眾停車場，每小時收費港幣 12 元。大會鼓勵參加者乘大會交通往比賽場地。任何違例泊車，車輛即時被警方 拖走到小濠灣

Participant List 參賽者名單

The participant list is now available on the event website:

Please check your name, race category and start wave number and contact us if you notice any mistake.

Note: race category is based on your age on 31 December 2016.

現在可以在比賽活動網站查看參賽者名單：

請檢查你的姓名，參賽項目，以及賽事時段。如果發現任何錯誤，請立即聯絡我們。

註：參賽項目分類根據年齡而定，年齡計算截止日期為 2016 年 12 月 31 日。

Prior to Race Day 比賽前準備

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。

Ensure that your bicycle is roadworthy. You are responsible for its roadworthiness. Folding bikes are not allowed for safety reasons.

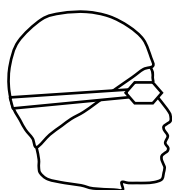
參加者有責任確保單車之道路及安全性能。任何組別不準使用摺車作賽

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, 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 and baggage deposit sticker. 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 泳帽、號碼布、頭盔計時晶片、3 張頭盔貼紙（一張貼前面，其餘兩張貼在頭盔側邊）、單車號碼（扣在單車位下）及比賽號碼布及行李寄金貼紙。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。

Swim Cap to be worn throughout the swim
泳帽，請於賽事游泳部分全程戴上



Race bib to wear on the back of your apparel on the bike and front on the run
比賽號碼布，在單車賽分段戴在背部及在跑步賽段戴在胸前



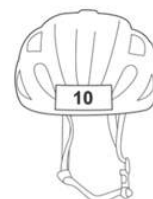
Timing Chip on the left side
計時晶片佩戴在左裸上



Sticker to wrap around your seat post
單車標籤貼紙，貼於座位桿周圍



Sticker to paste on the front, left and right side of your helmet
頭盔貼紙，請貼于頭盔前方及左右部分



After Registration, please proceed directly to Transition Area and rack your bike according to your race number.

報到完後,請前往轉項區根據比賽號碼掛好單車。

Drink and other 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.

預備轉項區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

Fitting a helmet tag 如何為頭盔貼上標籤貼紙

The UHF helmet tag used for cycling events is supplied as a self-adhesive label on a protective backing strip. Here's what in your race pack. (note: you will only get ONE)

本次賽事採用了於單車賽事專用的超高頻(UHF)頭盔貼紙。它屬於不乾膠標籤類型,並可貼在頭盔保護墊板上。它將包括在你的比賽設備選手包內。(注:每人只會獲得1個)

Before you attach the helmet tag take a moment to check that the number printed on the tag is the same as the race number that you have been issued.

在貼頭盔標籤前,請花一點時間來檢查下列印在標籤上的號碼是否和你拿到的比賽號碼一致。

The tag is designed to be positioned on the side of the helmet and should be as close to the horizontal as possible when the helmet is on the head. The tag should go on the LEFT HAND SIDE of the helmet as illustrated.

標籤應貼在頭盔側面,把頭盔戴在頭上時,標籤應盡可能依照橫向水平位貼好。當香港賽事在馬路上舉行,請把標籤貼在頭盔左側,如圖所示。

Peel off the protective backing and position the tag on a suitable part of the helmet and then press firmly to attach it. The adhesive is not permanent; you will be able to carefully peel the tag off after the event.

撕下保護襯板,把標籤貼在頭盔合適的部分,然後用力將它黏住。粘合劑不具有永久性,在比賽後就可以小心移除標籤。

NOTE: If you have carbon fibre helmet or the part of the helmet that you are going to attach the tag is made of
注意:千萬不要將標籤直接貼在自行車框架或零件上,如車把、墊叉或座杆。這些零件不是由金屬或碳纖維做成的,所以標籤將會貼不住。



Return your Timing Chip and Straps 交還你的計時晶片!

Officials are assigned on race day to collect your chip after you cross the finish line. Please make sure return whole set chip with straps. **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, Room 1020, Olympic House, 1 Stadium Path, So Kon Po, Causeway Bay, Hong Kong, 852 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，將會有工作人員向所有參賽選手收集計時晶片及腳帶。計時晶片及腳帶必須一同交還。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腳帶，將收取港幣 25 元。**若賽事當日你忘記歸還它們，請在比賽日期 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

Race Briefing 賽事講解

The Race Briefings will be held at the swim start area 10 min of each wave start

賽事講解於在每組開賽前 10 分鐘在游泳起點進行，

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

Relay Participants 接力賽參賽者

Relay participants need to ensure they understand the race flow process

每一位接力賽參賽者需要確保瞭解比賽流程

The swimmer starts the race wearing the swim cap and timing chip at the left ankle

游泳賽段中，選手需要在佩帶泳帽及計時晶片左腳踝上後才能開始比賽

Out of the water, the swimmer meets his relay cycling partner at their allocated team slot in the transition area to handover the timing chip

游泳賽段的運動員上岸後，應在轉項區中預先分配給隊伍的位置，把計時晶片傳遞給接力的單車賽程隊員

The cyclist must be wearing the timing chip at their left ankle before taking their bike of the race

單車賽程的選手在車架上取車開始騎乘前，必須在計時晶片佩帶左腳踝上

Cycling in the transition area is not allowed. The cyclist must push their bike to the mount line before starting to cycle

任何時間都嚴禁在轉項區中踏單車。單車賽段運動員必須把單車推到大會設定的上車處才可踏單車

Upon completion of the bike course the cyclist dismounts at the dismount line and push their bike to the same bike rack in the transition area for the timing chip handover to the team runner

在完成單車賽後，單車賽段運動員必須在設定的下車處下車，再於轉項區把單車推到原先的車架上，然後才能把計時晶片傳遞給接力的跑步賽程選手

The runner must be wearing the timing chip at their left ankle before leaving the transition area for their run

在離開轉項區前，跑步賽段運動員必須在左腳踝繫好計時晶片才能開始比賽

At the finish line, the runner receives 3 medals: one for each member of the relay team

在終點線，跑步賽程選手將會獲得 3 枚獎牌：接力團隊中每位選手一枚

Swim Course 游泳賽段

Course 組別	Distance 賽程
TriKids 小鐵人組	250m (1 loop)
Discovery 體驗組	375m (1 loop)
Fun 繽紛組	375m (1 loop)
Sprint 半奧運組	750m (1 loop)

Report at the start area 10 minutes before your wave start and ensure that you pass the timing mat as you enter the start area.

在你所屬組別賽事開始前的 10 分鐘，請先到游泳起點報到，並在進入出發區時，確保通過計時墊

The swim course runs anti-clockwise for all race distances. Please refer the swim map for more details
所有游泳賽均採用逆時針方向出發。請查看游泳路線圖。

Lifeguards are deployed on the water to look after you. If you are not able to finish the swim and need assistance from a life guard, you must wave with extended arm to a lifeguard and roll onto your back. Please report to the swim official at the start area if you do not finish your swim

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致意，並維持仰臥姿勢。如果你沒完成游泳賽程，請到出發區向游泳工作人員報告。

Swim suit covering any part of your arms or below your knees are not allowed. Nor are swim skins, speed suits or wet suits. Offenders will be disqualified. The water temperature is expected to be around 25 degrees Celsius. The legality of your swim suit will be checked by officials as you enter the holding areas.

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。

Your swim time will be taken as you exit the water.

游泳時間以上水時間作計算。

Bike Course 單車賽段

Course 組別	Distance 賽程
TriKids 小鐵人組	5km (1 loop)
Discovery 體驗組	15km (3 loops)
Fun 繽紛組	10km (2 loops)
Sprint 半奧運組	20km (4 loops)

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進行勾車。

Athletes have your responsibly to count your lap and official will not remind you during the race.
運動員必須自行數圈,工作人員在比賽進行中再不作任何提示。

Your race number must be visible on your back throughout the bike ride.
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。

The bike course will be closed to all vehicles, except emergency vehicles and assigned vehicles
除緊急車輛及特許車輛外,單車賽道將不准其他車輛進出。

Keep to the left side of the road except when overtaking, so that other road users and cyclists may overtake.
Drafting penalties will be apply to any cyclist blocking other 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,不得越過路中之白色分界線,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 and headsets are not permitted during race.
在比賽中嚴禁使用玻璃器皿、耳筒或耳機等物件。

No folding bikes allowed for all categories

任何組別不準使用摺車作賽。

Wheel Size requirement is minimum 26 inches (except TriKids categories)

車輪必須為 26 吋或以上方可作賽 (小鐵人組除外)

Run Course 跑步賽段

Course 組別	Distance 賽程
TriKids 小鐵人組	2.6km (1 loop)
Discovery 體驗組	2.6km (1 loop)
Fun 繽紛組	2.6km (1 loop)
Sprint 半奧運組	5km (2 loops)

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 or jersey 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 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

Page 11 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, support 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

Top 3 of each category 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: (www.triathlon.com.hk) on race day afternoon.

每組別頭3名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 (www.triathlon.com.hk) 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回

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 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。

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。

Medical Safety & First Aid 醫療安全與急救

Please read this carefully! Awareness of the health risks of exercising in hot weather conditions is the best prevention for serious injuries!

請仔細閱讀本單元！預防嚴重受傷的最好方式就是能意識到炎熱天氣下比賽的健康風險！

Medical conditions – if you have a medical condition that may affect your safe participation in exercise, please ensure that you have explained your exercise plans to your doctor and sought his/her clearance. You should not be taking part in this sports event unless this medical clearance has been given to you.

身體狀況– 如果你身體目前的狀況，可能會影響參賽安全，請確保已向醫生說明了你的比賽計畫並獲得了他/她的許可。

Medication – should you have an allergy of some sort (e.g. to bee stings), and if you have any medication such as an auto-injector, you may want to place this in a Ziploc bag with your name & race number on it. Then pass this to the medical team so that it is on standby for you should it be needed. If you are currently taking medication for a medical condition, do ensure that you take this as prescribed to you by your doctor. Please be aware that some medications such as drugs for inflammation and injury (anti-inflammatory) may lead to dehydration. It is important for you to maintain good hydration before and throughout the event.

藥物– 如患有某種形式的過敏（如蜜蜂蜇傷），如正在服用任何藥物如自動注射器，你可以把這些放在拉鍊袋/密實袋裡，並寫上名字和比賽號，然後把袋子交給醫療隊伍。如有需要，他們將嚴陣以待。如果你因身體狀況正在服用藥物，請一定確保你在賽前已服用了醫生開給你的藥物。請注意，某些藥物如炎症和損傷的藥物（抗炎）可能會導致脫水。因此，在比賽之前及過程中，保持水分很重要

Illness – some illnesses may result in dehydration, salt imbalance, or disturbances to your heart function. These include viral illnesses such as the flu, as well as food poisoning and diarrhea. If you have had such illnesses within the last 7-10 days before this event, please assess your current fitness and if you are not feeling well, do NOT participate in the race. If you have had a fever with muscle aches in the past week before the event, it is recommended that you do not race. Diarrhoea can cause loss of water and salts, so please ensure that you have replaced these before racing (using a sports drink is very helpful). If you have had a recent illness and are going to participate in the race, please start out cautiously and lower the intensity of your physical exertion.

一般疾病 – 有些疾病可能會導致脫水、鹽失衡或干擾心臟功能。這些包括病毒性疾病如流感以及食物中毒和腹瀉。如比賽前 7-10 天得了這樣的疾病，請評估目前健康狀況，如果感覺不是很好，請不要參加比賽。如比賽前一週內出現肌肉疼痛發熱，建議不要跑步。腹瀉會導致水分和鹽分缺失，所以請確保比賽前已補充了這些（飲用運動飲料很有幫助）。如近期得過疾病，要去參加比賽時，請小心開始，降低體力消耗強度

Heat Injuries – exercise in Hong Kong's high heat and humidity places you at risk of developing a heat injury. In its most severe form – heat stroke – this may be potentially fatal. The best way to avoid such injuries is to ensure good physical conditioning prior to this race, and to participate within your fitness limits. Proper hydration is essential and seeks to ensure you are hydrated before the race, maintained during the race (drinking during the run phase), and then replaced after the race to prepare for your next training session!! A good beverage to use would contain water, carbohydrates (energy source) and salts, as you would find in a sports drink. If you use a sports drink, this is best consumed alongside an equal amount (or more) of water

熱損傷 – 在香港這高溫度高濕度的地方比賽，有可能會熱損傷。而熱損傷最嚴重的形式——中暑——可能會致命。為了避免這種情況發生，最好的辦法就是比賽之前，確保體能良好，而參賽項目屬於你的體能極限範圍之內。請在比賽前確保水分充足，而比賽過程中也要謹記補充水分（可於賽程的跑步階段中飲用），在比賽每個階段後另外補充，以準備下一個階段！好的飲料應含有水分、碳水化合物（能源）和鹽分，這些在運動飲料中都可以找到。如果你飲用的是運動飲料，我們建議最好同時能喝等量的水（或更多）。

Finally, if you experience any of the following, please reduce your physical effort, and if you do not feel better, stop and seek medical attention

最後，一旦你出現了以下情況，請減少體力消耗。如果放慢速度後仍覺得難受，請立即停止比賽，並尋求我們醫療團隊的協助：

Undue shortness of breath 呼吸過度急促
Dizziness, giddiness, light-headedness 頭暈、眼花、頭昏
Chest pain 胸痛
Undue tiredness, nausea 過度疲勞，反胃
Disorientation, confusion 失向、神智混亂

Inclement Weather 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.

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。

If the Typhoon Signal No.3 / Amber Rainstorm/ Red Rainstorm/ Black Rainstorm/ Thunderstorm/Landslide warning be hoisted at 2 hours before the first wave start on race morning, the race may be cancelled
如在比賽日早上第一組出發前兩小時或之後仍然懸掛三號颱風訊號/黃雨/紅雨/黑雨/雷暴/山泥傾瀉警告，是項賽事將有可能取消。

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 either be cancelled or be adjusted.

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 cancelled race.

被取消之賽事將不設補賽。

Entry Fees of 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

Contact Us 聯絡我們

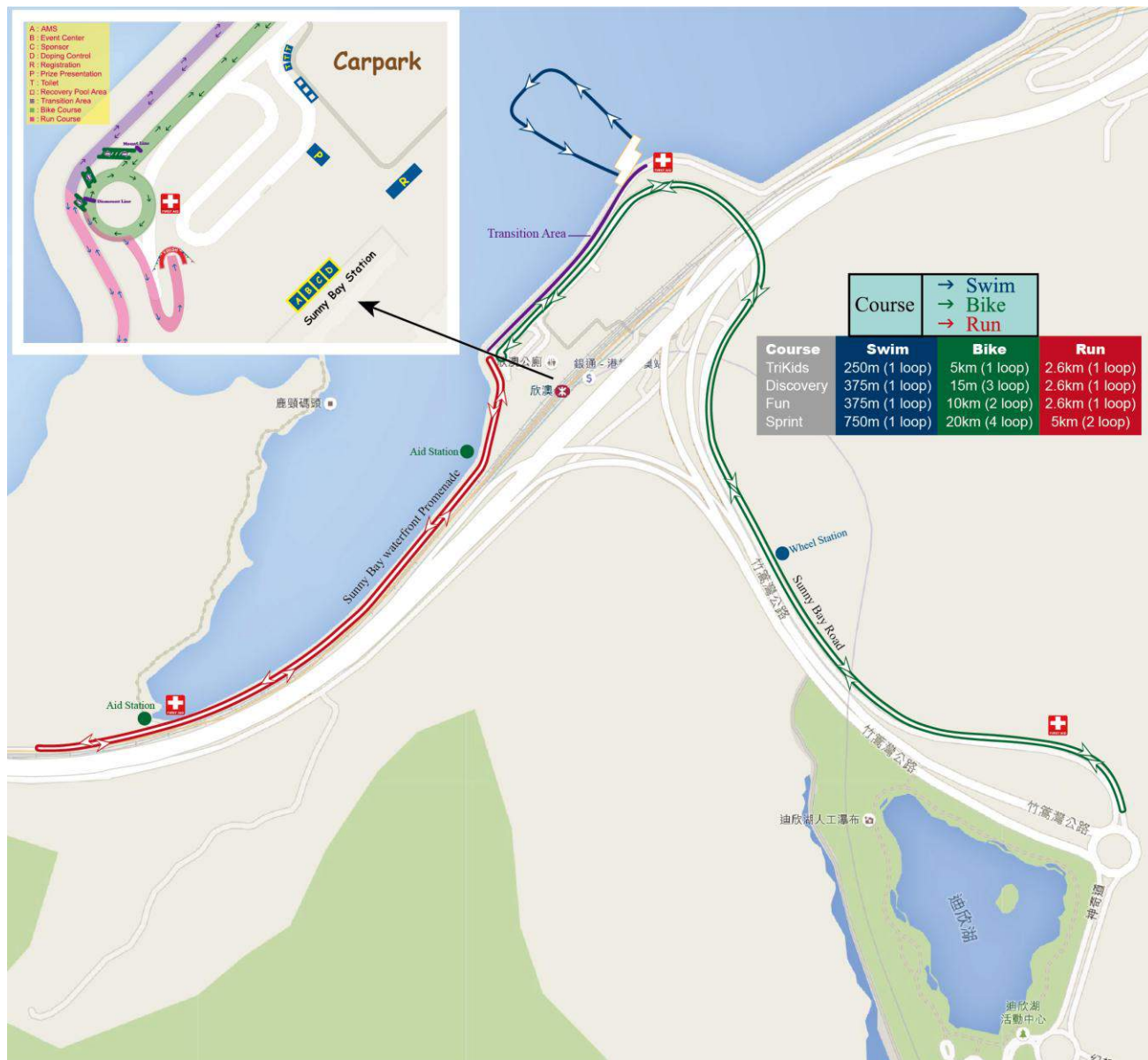
Hong Kong Triathlon Association 香港三項鐵人總會

Tel 電話: 2504 8282

Fax 傳真: 2576 8253

E-mail 電郵: trihk@triathlon.com.hk

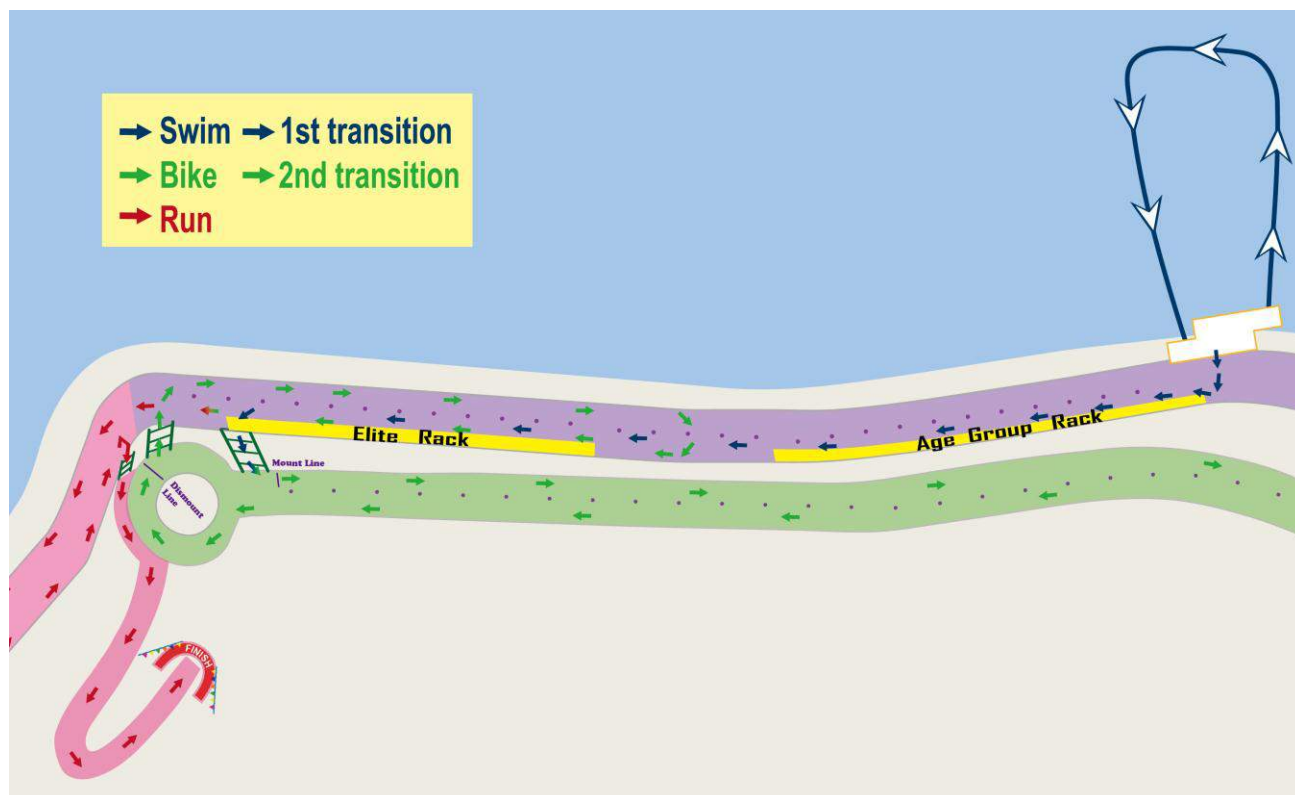
Route Map 地圖



Venue Map 場地地圖



Transition Map 轉項區地圖



Swim Course Map 游泳地圖

