



**2017 AQUATHON SERIES**

**2017 年水陸兩項聯賽**

**RACE INFORMATION**

**比賽資料**

## 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
<b>Challenge Distance 挑戰組</b>				
1	Green 綠色	Female Elite Open 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	07:00	06:55
2	Pink 粉紅色	Male 40-44 Male 45-49 Male 50-54 Male 55-59 Male 60-64 Male 65 & Over	07:20	07:15
3	Blue 藍色	Male Elite Open Male Open Male 20-24 Male 25-29 Male 30-34 Male 35-39	07:40	07:35
<b>Sprint Distance 半奧運距離</b>				
4	Yellow 黃色	Male/Female Youth Open Male/Female Junior Male/Female Elite Junior	08:00	07:55
5	Pink 粉紅色	Male/Female Open Male/Female Veteran	08:15	08:10
<b>Discovery Distance 體驗距離</b>				
6	Blue 藍色	Boys 2002 Boys 2003 Boys 2004 Boys 2005	08:30	08:25
7	White 白色	Girls 2002 Girls 2003 Girls 2004 Girls 2005	08:40	08:35
<b>TriKids Distance 小鐵人距離</b>				
8	Yellow 黃色	Girls 2006 Girls 2007 Girls 2008 Girls 2009	08:50	08:45
9	Pink 粉紅色	Boys 2008 Boys 2009	09:00	08:55
10	Blue 藍色	Boys 2007 Boys 2006	09:10	09:05

## AWARD CEREMONY 頒獎禮

Prize Presentation Time 頒獎時間	Category 組別	Winner's Reporting Time 得獎者報到時間
09:30	Challenge Distance 挑戰距離	09:00
10:00	Sprint Distance 半奧運距離	09:30
10:30	Discovery Distance, TriKids Distance & School Team 體驗距離, 小鐵距離及校際獎項	10:00

All winners should report arrival at the Prize Presentation Podium at the designated time. Please pay attention to the arrangements announced during event day.

得獎運動員請於指定時間到頒獎台報到，詳情請留意當日大會宣佈。

## PARKING 停車場

Limited parking area available at Golden Beach. Any illegal parking at Golden Beach will be immediately towed to Siu Ho Wan by Hong Kong Police Force. The LOC encourages athletes to take transport to the race site.

有限公眾停車場位於黃金海岸沙灘。大會鼓勵參加者乘坐公共交通往比賽場地。任何違例泊車,車輛即時被警方拖走到小濠灣。

## START LIST 比賽名單

- The start list is now available on the TriHK website ([www.triathlon.com.hk](http://www.triathlon.com.hk))  
比賽者名單已上載於本會網頁([www.triathlon.com.hk](http://www.triathlon.com.hk))
- Note: race category is based on your age on 31 December 2017.  
注意：參賽項目分類根據年齡而定，年齡計算截止日期為 2017 年 12 月 31 日。
- Please check your name, race category and start wave number and contact us if you notice any mistake.  
請檢查你的姓名，參賽組別及開賽分組時段。若發現有任何錯誤，請立即聯絡本會。

## 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。
- 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. Your race pack will contain the following Items:  
到達比賽場地後，請往報到處報到取你的比賽包，包括有：

<b>Swim Cap</b> 泳帽	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	
<b>Race Bib</b> 比賽號碼布	Race bib to wear on the front on the run 比賽號碼布在跑步賽段扣在胸前	
<b>Ankle Chip with strap</b> 計時晶片連腳帶	Please wear the Ankle Chip with Strap on the left ankle 請把計時晶片佩帶在左腳踝	

## Preparation on Race Day 比賽天準備

- Official will chop the race number on your arm and leg. Please do not apply sunblock prior to body marking.  
工作人員會在你的手及腳印上比賽號碼。在印上比賽號碼前切勿塗上太陽油。
- 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。工作人員雖然會留意轉項區之物資，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 labelled with your race number, into Baggage Deposit booth which next to the Registration booth, where they will be stored again at your own risk. You are advised not to bring valuable items 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。物品之安全由參加者自負。故大會不建議參加者攜帶貴重物品。
- Athletes must prepare all race equipment before the race briefing  
於賽事講解前，參賽者必須帶備所有參賽用品。

## Race Briefing 賽事講解

- The Race Briefings will be held at the start area. (Please refer to the Route Map)  
賽事講解在起點進行。(請參考賽事地圖)
- Race Briefing will be conducted in Cantonese and English. If you have any questions relating to the Race, you should ask immediately  
賽事講解會以英語及廣東話進行，參賽者如有問題，請立即發問。

### 1<sup>st</sup> Run Course 第一段跑步

Course 組別	Distance 賽程	Route 比賽路線
Challenge Distance 挑戰距離	2km	Transition Area →Turning Point A → Turning Point B →Turning Point A →Finish Line
Sprint Distance 半奧運距離	2km	轉項區 →轉折 A →轉折 B →轉折 A →終點

- Your race number must be visible on your front throughout the run.  
在跑步賽段時必須將號碼布扣在背心前面。
- Your upper body must be fully covered. The offender need to be fix, otherwise will be disqualified.  
在跑步賽段時必須穿上跑步上衣作賽，違例者必須修正，否則取消比賽資格。
- One Aid Station will be provided of the course. We will provide water. Details please refer to Route Map.  
跑步賽道設有一個水站。水站將派發水。詳情請參閱比賽地圖
- Running on any grass patch or shortcut 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。
- Athletes are not allowed to wear flip-flops for running. Offenders 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

## Swim Course 游泳賽段

Course 組別	Distance 賽程
Challenge Distance 挑戰距離	500m (2 loops/圈)
Sprint Distance 半奧運距離	250m (1 loop/圈)
Discovery Distance 繽紛距離	250m (1 loop/圈)
TriKids Distance 小鐵距離	250m (1 loop/圈)

- The swim course runs clockwise for all race distances. Please refer the swim map for more details  
所有游泳賽均採用順時針方向出發。請參考游泳路線圖。



- The official swim cap has to be worn during the swimming section. The use of your own swim cap is not allowed. The offender need 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 need 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。
- Your swim time will be taken as you exit the water.  
游泳時間以上水時間作計。
- 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 轉項區

- All competitors are required to put their race equipment 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

## 2<sup>nd</sup> Run Course 第二段跑步

Course 組別	Distance 賽程	Route 比賽路線
Challenge Distance 挑戰距離	2km	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
Sprint Distance 半奧運距離		
Discovery Distance 繽紛距離		
TriKdis Distance 小鐵人距離		

- Your race number must be visible on your front throughout the run.  
在跑步賽段時必須將號碼布扣在背心前面。
- Your upper body must be fully covered. The offender need to be fix, otherwise will be disqualified.  
在跑步賽段時必須穿上跑步上衣作賽，違例者必須修正，否則取消比賽資格。
- One Aid Station will be provided of the course. We will provide water. Details please refer to Route Map.  
跑步賽道設有一個水站。水站將派發水。詳情請參閱比賽地圖
- Running on any grass patch or shortcut 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。
- Athletes are not allowed to wear flip-flops for running. Offenders 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

## Race Finish 比賽完成後

- Every finisher will receive a finish medal when cross the finish line.  
每位運動員過終點後會得到一枚完成獎牌。
- After finish the race, please process to Event Centre to return your timing chip.  
完成賽事後，請前往賽事中心交還計時晶片。
- Athletes should follow the instruction of race officials to collect your race equipment 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。

## 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 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。

## **Official Result 大會成績**

- Each category winner will be announced and posted on the result board for the award presentation. Full result will be posted to the TriHK website [www.triathlon.com.hk](http://www.triathlon.com.hk) and Facebook on the race day evening 8 pm.  
每組別前三名得獎者名單將會貼於成績告示板上。當日賽事所有成績於將於比賽日晚上 8 時在本會網頁:[www.triathlon.com.hk](http://www.triathlon.com.hk)) 及 Facebook 公佈。
- Prize Ceremony will be at the designated time at the venue. Please refer the award ceremony schedule.  
頒獎禮將在指定時間內舉行。請參考頒獎禮時間表。

## **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。
- The First Aid stations will be located at the swim start and Event Center.. Details please refer to the route map.  
救傷站位於游泳起點及賽事中心。詳情請參閱比賽地圖。

## **Appeal 上訴**

- The competition Jury includes 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 form available at the prize presentation booth.  
上訴表格可在頒獎處取得。
- The appeal is accepted only within 15 minutes after race result being announced and completed the Appeal form together with HK\$200 appealing fee and submit to the prize presentation booth. 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, 填寫上訴表格連同港幣\$200 按金一齊繳交到頒獎處。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 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 惡劣天氣

- *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 rescheduled race and the race entry fees will not be refunded.*  
如於比賽前一天中午十二時或以後懸掛八號颱風訊號或以上，是次賽事將取消而不作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 5:00 on race morning, the race may be cancelled without any rescheduled race and the race entry fees will not be refunded.*  
如在比賽日早上 5 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，是次賽事或將會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 cancelled without any rescheduled race and the race entry fees will not be refunded.*  
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。是次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 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 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 HKTriA web site: [www.triathlon.com.hk](http://www.triathlon.com.hk) and Facebook.*  
如比賽取消，大會將會以短信通知各參賽者，並在本會網頁：[www.triathlon.com.hk](http://www.triathlon.com.hk) 及Facebook公佈。

# Route Map 比賽地圖

