



2018 Aquathlon Series - Race 1

二零一八年水陸兩項鐵人 - 聯賽 1

Race Information 比賽資料

Event Schedule 比賽時間表

Heat 組別	Race No 比賽號碼	Category 組別		Start Time 開賽時間	Briefing Time 賽事講解
1	1 to 3 5 to 20	Male Junior	男子青年組	09:00	08:50
2	21 to 33,719 34 to 40,177	Female Junior Female Youth Open	女子青年組 女子少年組	09:10	
3	41 to 46,70 47 to 59	Male Youth Open Boys 2003	男子少年組 男子 2003	09:20	09:10
4	60 to 79	Boys 2004	男子 2004	09:30	
5	80 81 to 99	Boys 2004 Boys 2005	男子 2004 男子 2005	09:38	09:28
6	100 to 113 114 to 119	Boys 2005 Boys 2006	男子 2005 男子 2006	09:46	
7	120 to 139	Boys 2006	男子 2006	09:54	09:44
8	140 to 159	Boys 2006	男子 2006	10:04	
9	160 to 168 169 to 173,715 174 to 179	Boys 2006 Girls 2003 Girls 2004	男子 2006 女子 2003 女子 2004	10:12	10:02
10	180 to 196 197 to 199	Girls 2005 Girls 2006	女子 2005 女子 2006	10:20	
11	200 to 212	Girls 2006	女子 2006	10:28	10:18
12	213 to 232	Boys 2007	男子 2007	10:36	10:26
13	233 to 252	Boys 2007	男子 2007	10:41	
14	253-to 263,718 264 to 272	Boys 2007 Girls 2007	男子 2007 女子 2007	10:46	10:36
15	273 to 292	Girls 2007	女子 2007	10:51	10:41
16	293 to 296 297 to 312,720	Girls 2007 Boys 2008	女子 2007 男子 2008	10:56	
17	313 to 332	Boys 2008	男子 2008	11:01	10:51
18	334 to 346 347 to 355	Boys 2008 Girls 2008	男子 2008 女子 2008	11:06	
19	356 to 375,717	Girls 2008	女子 2008	11:11	11:01
20	376 to 379 380 to 395	Girls 2008 Boys 2009	女子 2008 男子 2009	11:16	
21	396 to 415	Boys 2009	男子 2009	11:21	11:11
22	416 to 430, 714,721 431 to 434	Boys 2009 Girls 2009	男子 2009 女子 2009	11:26	
23	435 to 454	Girls 2009	女子 2009	11:31	11:26
24	455 to 460 461 to 472 473 to 474	Girls 2009 Girls 2010 Boys 2010	女子 2009 女子 2010 男子 2010	11:36	
25	475 to 492	Boys 2010	男子 2010	11:41	
26	493 to 495,4,28 496 to 507,4,18 508	Female Elite Junior Male Elite Junior Male Open	女子精英青年組 男子精英青年組 男子精英公開組	13:00	12:50
27	509 to 512 513 to 518,722 519 to 523 524 to 528	Female 20-24 Female 25-29 Female 30-34 Female 35-39	女子 20-24 女子 25-29 女子 30-34 女子 35-39	13:12	

28	529 to 530 531 to 540 541 to 547 548	Female 35-39 Female 40-44 Female 45-49 Female 50-54	女子 35-39 女子 40-44 女子 45-49 女子 50-54	13:24	13:14
29	549 to 552 553 to 555 556 to 558 559 560 to 562 563 to 568	Female 50-54 Female 55-59 Female 60-64 Female 65 & Over Female Open Male Open	女子 50-54 女子 55-59 女子 65 歲或以上 女子公開組 男子公開組	13:36	
30	569 570 to 579 580 to 581 581 to 588	Male Open Male 60-64 Male 65 & Over Male 55-59	男子公開組 男子 60-64 男子 65 歲或以上 男子 55-59	13:48	13:38
31	589 to 594 595 to 606 607 to 608	Male 55-59 Male 50-54 Male 45-49	男子 55-59 男子 50-54 男子 45-49	14:00	
32	609 to 628	Male 45-49	男子 45-49	14:12	14:02
33	629 to 632 633 to 648	Male 45-49 Male 40-44	男子 45-49 男子 40-44	14:24	
34	607 to 610, 649 to 654,723 655 to 668	Male 40-44 Male 35-39	男子 40-44 男子 35-39	14:36	14:26
35	665 to 668 669 to 679 680 to 688	Male 35-39 Male 30-34	男子 35-39 男子 30-34	14:48	
36	685 to 701 702 to 704	Male 30-34 Male 20-24	男子 30-34 男子 20-24	15:00	14:50
38	705 706 to 713	Male 20 -24 Male 229	男子 20-24 男子 25-29	15:12	

Registration Time: 1 hour before your race start **報到時間: 所屬組別在開賽前 1 小時報到**

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。

Preparation on Race Day 比賽天準備

All participants are required to present valid identification document with photos, either original documents or copies, such as Hong Kong ID card, Passport, or student handbook/student card with photo is accepted for all pre-race check in. If any participant fails to present any valid identification documents, he/ she shall not receive the race pack and attend the competition.

所有比賽報到時均必須出示印有照片的有效身份證明文件的正本或副本，如香港居民身份証、護照或印有照片的學生手冊或學生証。如未能提交上述任何身份證明文件的正/副本，均不能領取選手包及參加該場比賽。

Registration located at the Athletic Track.

報到處位於田徑場

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 Athletic Spectator Stand marshal area.

報到完後，請前往田徑場看台召集處集合

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。物品之安全由參加者自負。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 swimming Pool spectator stand. Please refer to the race schedule for briefing time.

賽事講解在泳池看台進行，講解時間請參考比賽時間表

Race Briefing will be conducted in Cantonese and English at Track and Field Spectator Stand. If you have any questions relating to the Race, you should ask immediately

賽事講解在田徑場觀眾席及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

Swim Course 游泳賽段

Course 賽程	Category 組別	Distance 距離
Challenge 挑戰	Elite Open/Elite Junior/Age Group 精英公開/精英青年/分齡組	500m
Sprint 半奧運	Youth Open/Junior 少年及青年組	400m
Discovery 體驗賽程	2003-2006	300m
TriKids A 小鐵人 A	2007 -2008	200m
TriKids B 小鐵人 B	2009-2010	100m
Remarks: HKSI 25m Swimming Pool		

Athletes starting in the wrong heat will be disqualified.
如參賽者落錯組別，將被取消比賽資格

Swim suits covering any part of your arms or extending below your knees will be allowed.
參賽者不得穿過肩膊或長逾膝蓋之泳衣

All competitors must count their own laps
參賽者需自行計算圈數

Transition Area 轉項區

At the transition area, athletes must place your race equipment's at the assigned basket
在轉項區內，參賽者必須將比賽用品放在指定籃子裏

Official will help you to pack your race equipment's after swim; athletes should collect your equipment's in person at the Event Center after the race with the presentation of number cloth. Event Center will be located next to Registration.
工作人員會收集參賽者的比賽用品，比賽完成後請親身憑號碼布往賽事中心領回。賽事中心位於報到處旁

Run Course 跑步賽段

Course 賽程	Route
Challenge 挑戰	A → B → C → A → B → C → A → B → C → A → B → Finish (終點)
Sprint 半奧運	A → B → C → A → B → C → A → B → Finish (終點)
Discovery 體驗賽程	A → B → C → A → B → Finish (終點)
TriKids A 小鐵人 A	A → B → C → A → B → Finish (終點)
TriKids B 小鐵人 B	A → B → Finish (終點)

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 athlete's 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

One Aid Stations will be provided at the course

跑步賽道設有一個水站

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回

Penalty Box 處罰區

- Penalty Box is the designated area to serve the infringements during the swim, transition, run.
處罰區是指一個特定區域來處罰在比賽中游泳、轉項區、跑步犯規。
- Location: Run Course (please refer to the route map)
位置:跑步賽段(請參閱比賽地圖)。
- Notification: Posted on the whiteboard to show race numbers (Athletes MUST read the board).
通知: 比賽號碼將貼在白板上(運動員必須留意白板)。

Procedure 程序:

1. 10 second time penalty served on any lap of the run
在任何一個跑步圈內，必須作出 10 秒處罰。
2. Official will not inform you, you must enter the penalty box by yourself
工作人員不作任何通知，運動員自行進入處罰區。
3. Once you enter the penalty box, the official will start to count your 10 sec, then official say "GO", you can continue your race.
當入了處罰區，工作人員開始 10 秒計時，然後工作人員會通你 "GO"，才可以繼續比賽。

4. Failing to serve penalty will result in a DISQUALIFICATION
如沒有進入處罰區，將被取消比賽資格。

Case 事例	Penalties 處罰
Swim Course 游泳賽段	
Start the wrong wave 不在指定組別出發	DSQ 取消比賽資格
Not wearing the official swim from the start 不佩帶大會派發之泳帽出發	Fix, otherwise DSQ 必須修正否則取消比賽資格
Swimsuit covering any part of your arms or below your knees. Wearing nor are swim skins, speed suits or wetsuits. 穿着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	Fix, otherwise DSQ 必須修正否則取消比賽資格
Transition Area 轉項區	
Equipment not put into provide box 大會有提供膠籃, 而運動員未有將物品放入	Fix, otherwise time penalty 必須修正否則罰時
Run Course 跑步賽段	
Upper body not fully covered 在跑步賽段沒有穿上跑步上衣作賽	Fix, otherwise DSQ 必須修正否則取消比賽資格
Running on any grass patch or shortcut 跑上任何草地或捷徑	DSQ 取消比賽資格
Wearing flip-flops for running 穿着拖鞋進行跑步。	DSQ 取消比賽資格
Others 其他	
Using Glass Containers, headphones and headsets during the race 在比賽中使用玻璃器皿、耳筒或耳機等物件	Fix, otherwise DSQ 必須修正否則取消比賽資格
Parents, coaches, supporters and spectators are entering the transition area and/or run with any participants during the race. 家長、教練、支持者及觀眾進入轉項區及在跑步中陪跑	1st: Warning / 2nd: DSQ 第一次：警告 第二次：取消比賽資格
Third parties' support and assistance during the race. 第三者在比賽中從旁協助	DSQ 取消比賽資格
Using abusive language or behavior toward any official 使用侮辱性語言或行為對待大會工作人員	DSQ 取消比賽資格
Using unsportsmanlike behaviour 使用違反體育精神行為	DSQ 取消比賽資格

Other Information 其他事項

Participants must count their own bike and run lap.

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。

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 the race, the race will be cancelled without any more rescheduled race and the race entry fees will not be refunded.

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 07:30 on race morning, the morning race will be cancelled without any more rescheduled race and the race entry fees will not be refunded.

如在比賽日早上 7 時 30 分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, 是日早上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 11:30 on race morning, the afternoon race will be cancelled without any more rescheduled race and the race entry fees will not be refunded.

如在比賽日早上 11 時 30 分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, 是下午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。

Route Map 比賽地圖

