

2020 Duathlon Series – Race 1

二零二零年陸上兩項鐵人賽 - 比賽 1

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|--------------------|---------------------------------|--------------|-----------------------------|
| Race Date: | Sunday, 16 February 2020 | 比賽日期: | 2020 年 2 月 16 日(星期日) |
| Race Venue: | Plover Cove, Tai Mei Tuk | 比賽地點: | 船灣郊野公園, 大尾篤 |
| Race Start: | 7:00am By Wave | 比賽時間: | 上午 7 時, 分組出發 |
| Quota: | 700 | 比賽名額: | 700 |

Race Category 比賽組別

| Challenge Distance 挑戰距離 (Run 5km/ Bike 30km/ Run 7.5km) | | | |
|---|--------------------|-------------------------------|------------------------|
| Male/Female Age Group 20-24 | 男子/女子 20 至 24 歲分齡組 | Born in 1996 – 2000 | 1996 – 2000 出生 |
| Male/Female Age Group 25-29 | 男子/女子 25 至 29 歲分齡組 | Born in 1991 – 1995 | 1991 – 1995 出生 |
| Male/Female Age Group 30-34 | 男子/女子 30 至 34 歲分齡組 | Born in 1986 – 1990 | 1986 – 1990 出生 |
| Male/Female Age Group 35-39 | 男子/女子 35 至 39 歲分齡組 | Born in 1981 – 1985 | 1981 – 1985 出生 |
| Male/Female Age Group 40-44 | 男子/女子 40 至 44 歲分齡組 | Born in 1976 – 1980 | 1976 – 1980 出生 |
| Male/Female Age Group 45-49 | 男子/女子 45 至 49 歲分齡組 | Born in 1971 – 1975 | 1971 – 1975 出生 |
| Male/Female Age Group 50-54 | 男子/女子 50 至 54 歲分齡組 | Born in 1966 – 1970 | 1966 – 1970 出生 |
| Male/Female Age Group 55-59 | 男子/女子 55 至 59 歲分齡組 | Born in 1961 – 1965 | 1961 – 1965 出生 |
| Male/Female Age Group 60-64 | 男子/女子 60 至 64 歲分齡組 | Born in 1956 – 1960 | 1956 – 1960 出生 |
| Male/Female Age Group 65 & Over | 男子/女子 65 歲或以上分齡組 | Born in 1955 or before | 1955 或以前出生 |
| Sprint Distance 半奧運距離 (Run 2.5km/ Bike 20km/Run 5km) | | | |
| Male/Female Junior 16-19 | 男子/女子青年組 | Born in 2001 – 2004 | 2001 – 2004 年出生 |
| Male/Female Open 20-34 | 男子/女子公開組 | Born in 1986 – 2000 | 1986 – 2000 年出生 |
| Male/Female Senior 35-49 | 男子/女子壯年組 | Born in 1971 – 1985 | 1971 – 1985 年出生 |
| Male/Female Master 50 & Over | 男子/女子元老組 | Born in 1970 or before | 1970 年或以前出生 |
| Super Sprint Distance (Run 2.5km/ Bike 10km/Run 2.5km) | | | |
| Male/Female Youth Open 12-15 | 男子/女子少年公開組 | Born in 2005 – 2008 | 2005 – 2008 年出生 |
| The TriKids and Discovery Categories are eligible to join the School Team Competition 小鐵人賽程及體驗賽程將可參加學校隊際組 | | | |
| Discovery Distance 體驗距離 (Run 1km/ Bike 8km/ Run 2km) | | | |
| Boys 2005 | 男子 2005 | Girls 2005 | 女子 2005 |
| Boys 2006 | 男子 2006 | Girls 2006 | 女子 2006 |
| Boys 2007 | 男子 2007 | Girls 2007 | 女子 2007 |
| Boys 2008 | 男子 2008 | Girls 2008 | 女子 2008 |
| TriKids Distance 小鐵人距離 (Run 1km/ Bike 4km/ Run 1km) | | | |
| Boys 2009 | 男子 2009 | Girls 2009 | 女子 2009 |
| Boys 2010 | 男子 2010 | Girls 2010 | 女子 2010 |
| Boys 2011 | 男子 2011 | Girls 2011 | 女子 2011 |
| Boys 2012 | 男子 2012 | Girls 2012 | 女子 2012 |

School Team Competition Rules 學校隊際組比賽規則

School team results shall be determined by the sum of finishing times of **top TWO individuals** in each team.

學校隊際組之成績計算是根據每隊**首兩名完成者**之完成時間總和

Each team shall consist of at least two, and at most three members. Each member must compete as individual in the same race course (Either Discovery or TriKids) and same gender

每隊參賽隊伍必須最少有兩名隊員，而最多不得超過三名隊員。同一隊之隊員必須參與同一級別賽程(體驗或小鐵人距離)，以及為同一性別

Each member's result will also be counted in the individual category.

各隊員之個人成績，亦會計算於個人組別之成績內

There is no limit on the number of teams entering from each school in each category.

各院校在各組別的參賽隊數不限

School team members' entry form must be submitted together by the deadline and **No late entry will be accepted.**

所有學校隊際組別的參賽報名表必須在截止報名日期前一併遞交，恕不接受逾期報名。

Remarks 備註:

All National Squad members (aged 13-15) who born between 2005 – 2007 must enter Youth Open Category.

所有香港集訓隊 (13 – 15 歲) 於 2005 - 2007 年出生之成員必須參加少年公開組。

| | | |
|--|--|---------------------|
| Deadline for Entry 截止報名日期 | 2020 年 2 月 5 日 中午 12 時(星期三) 5 February, 2020, 12nn (Wednesday) | |
| Entry Fee 報名費 | Entry Fee HK\$ 520 | 報名費港幣\$ 520 |
| | TriHK Member HK\$ 350 | 香港三項鐵人總會會員港幣\$ 350 |
| Half-price entry available for senior citizens aged 60 or above 60 歲或以上人士可享半價優惠 | TriHK & Affiliated Club Member HK\$ 260 | 三項鐵人總會及屬會會員港幣\$ 260 |
| | A HK\$100 surcharge will be levied for any late entry which has been accepted. Late Entry only be accepted until Monday, 10 February 2020, before 12nn. 經接受之逾期報名，需加付行政費港幣\$100。2020 年 2 月 10 日中午 12 時(星期一) | |
| Awards 獎項 | Finisher Medal & Certificates 完成獎牌及證書 | |
| | E-Certificate of Participation and Finisher Medal will be issued to athletes who finish difference races 完成賽事的運動員，將會獲頒發電子成績證明書及完成獎牌 | |
| | Individual 個人組 | |
| | The Champion in each category will be presented with a Trophy. Other positions entitled to an award will be presented with medals based on the below criteria: 每組冠軍將獲頒獎杯一個，而其餘名次將依據下述計算方法頒發獎牌: | |
| | Awards will be presented to the Top 3 finishers, if the number of entries in that category is 3 - 30. 如該組別參加者為 3 - 30 人，則只頒發獎項給前 3 名 | |
| | Awards will be presented to the Top 5 finishers, if the number of entries in that category is 31 or above. 如該組別參加者為 31 人或以上，則只頒發獎項給前 5 名 | |
| School Team 學校隊際組 | | |
| A trophy and 3 medals will be presented to each of the Top 3 Teams in each category. 各學校隊際組別前三名將獲頒發獎杯一個及三枚獎牌 | | |
| Individual and Club Series Scoring Method 個人及屬會聯賽評分方法 | | |
| For detail information, please visit: www.triathlon.com.hk 詳細資料請瀏覽： www.triathlon.com.hk | | |

Non-refund Policy 不退款政策

The TriHK operates a “Non -refund Policy”. Once your entry is accepted, your entry fee is not refundable nor transferable. If an event has been cancelled due to inclement weather or other reason beyond the control of TriHK, the race will not be re-scheduled, and your entry fee will not be refunded nor can it be transferred.

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，不得轉讓。如賽事因天氣惡劣或其他原因而取消，香港三項鐵人總會不會安排任何補賽，亦不會作任何退款之安排。有關之報名費亦不得轉讓。

Local Event Inclement Weather Policy 惡劣天氣安排

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 rescheduling

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 rescheduling

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 be adjusted.

Entry Fees of cancelled race will not be refunded, nor can it be transferred of cancelled race

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設補賽

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/黑雨及山泥傾瀉警告，是項賽事將有可能取消而不設補賽

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的比賽。被取消之賽事將不設補賽

被取消之賽事之報名費不設退款、亦不得轉讓

Challenge/Sprint/Super Sprint Distance



TriKids/Discovery Distance



Race Route:

Challenge Distance: Run 5km/Bike 30km/Run 7.5km

1st Run: Start → TP1 → TP2 → TP1 → Transition

Bike: Transition → TP3 → TP4 → TP3 → TP4 → TP3 → TP4 → Transition

2nd Run: Transition → TP1 → TP2 → TP1 → TP2 → TP1 → Finish

Sprint Distance: Run 2.5km/Bike 20km/Run 5km

1st Run: Start → TP1 → Transition

Bike: Transition → TP3 → TP4 → TP3 → TP4 → Transition

2nd Run: Transition → TP1 → TP2 → TP1 → Finish

Super Sprint Distance: Run 2.5km/Bike 10km/Run 2.5km

1st Run: Start → TP1 → Transition

Bike: Transition → TP3 → TP4 → Transition

2nd Run: Transition → TP1 → Finish

Discovery Distance: Run 1km/Bike 8km/Run 2km

1st Run: Start → TP5 → Transition

Bike: Transition → TP6 → TP7 → TP6 → TP7 → Transition

2nd Run: Transition → TP5 → TP7 → TP5 → Finish

TriKids Distance: Run 1km/Bike 4km/Run 1km

1st Run: Start → TP5 → Transition

Bike: Transition → TP6 → TP7 → Transition

2nd Run: Transition → TP5 → Finish