

2020 Duathlon Series – Race 1 (Elite)

二零二零年陸上兩項鐵人賽 - 比賽 1 (精英)

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 Elite Open	男子/女子精英公開組	Born in 2000 or before	2000 年或以前出生
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Sprint Distance 半奧運賽程 (Run 2.5km/ Bike 20km/Run 5km)

Male/Female Elite Junior	男子/女子精英青年組	Born in 2001 – 2004	2001 – 2004 年出生
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Entry Requirement 參賽資格:

All athletes participating in the elite open category must obtain rank one to five places in their respective category from the competitions hosted by Hong Kong Triathlon Association in 2019

所有參加精英公開組的運動員必須在 2019 年香港三項鐵人總會舉辦的比賽中獲得各自組別的一至五名

Remarks 備註:

All National Squad members (aged 16-19) who born between 2001 – 2004 must enter Elite Junior Category.

所有香港集訓隊 (16 – 19 歲) 於 2001 - 2004 年出生之成員必須參加精英青年組。

All National Squad members (aged 20 & above) who born in 2000 or before must enter Elite Open Category.

所有香港集訓隊 (20 歲及以上) 於 2000 年以前出生之成員必須參加精英公開組。

Deadline for Entry 截止報名日期 2020 年 2 月 5 日下午 12 時(星期三) 5 February, 2020, 12pm (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
	TriHK & Affiliated Club Member HK\$ 260	三項鐵人總會及屬會會員港幣\$ 260

Half-price entry available for senior citizens aged 60 or above
60 歲或以上人士可享半價優惠

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 12pm
經接受之逾期報名，需加付行政費港幣\$100。2020 年 2 月 10 日下午 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

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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

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中的比賽。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



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