

2020 Aquathlon Series – Race 1

二零二零年水陸兩項鐵人賽 - 比賽 1

Race Date:	Sunday, 5 April 2020	比賽日期:	2020 年 4 月 5 日(星期日)
Race Venue:	Kowloon Tsai Park Swimming Pool	比賽地點:	九龍仔公園游泳池
Race Start:	8:45am (Discovery and TriKids Distance) 11:30am (Challenge and Sprint Distance)	比賽時間:	上午 8 時 45 分 (體驗賽程及小鐵人賽程) 上午 11 時 30 分(挑戰賽程及半奧運賽程)
Quota:	900	比賽名額:	900

***Start time would be vary from the number of entry.**

***出發時間會因應報名人數而更改**

Race Category 比賽組別

Challenge Distance 挑戰距離 (Swim 470m/ Run 4.7km)			
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 (Swim 470m/ Run 3.4km)			
Male/Female Youth Open 12-15	男子/女子少年公開組	Born in 2005 – 2008	2005 – 2008 年出生
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
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 (Swim 330 and Run 3.4km)			
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 A - Distance 小鐵人距離 (Swim 190m and Run 2.1km)			
Boys 2009	男子 2009	Girls 2009	女子 2009
Boys 2010	男子 2010	Girls 2010	女子 2010
TriKids B - Distance 小鐵人距離 (Swim 190m and Run 810m)			
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 3 月 25 日 中午 12 時 (星期三) 25 March, 2020, 12nn (Wednesday)	
Entry Fee 報名費	Entry Fee HK\$ 450	報名費港幣\$ 450
	TriHK Member HK\$ 300	香港三項鐵人總會會員港幣\$ 300
	TriHK & Affiliated Club Member HK\$ 220	三項鐵人總會及屬會會員港幣\$ 220
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, 30 March 2020, before 12nn. 經接受之逾期報名，需加付行政費港幣\$100。2020 年 3 月 30 日中午 12 時(星期一)	
Awards 獎項	<u>Finisher Medal & Certificates</u> 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	
	<u>Individual</u> 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		
<u>School Team</u> 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		
<u>Individual and Club Series Scoring Method</u> 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

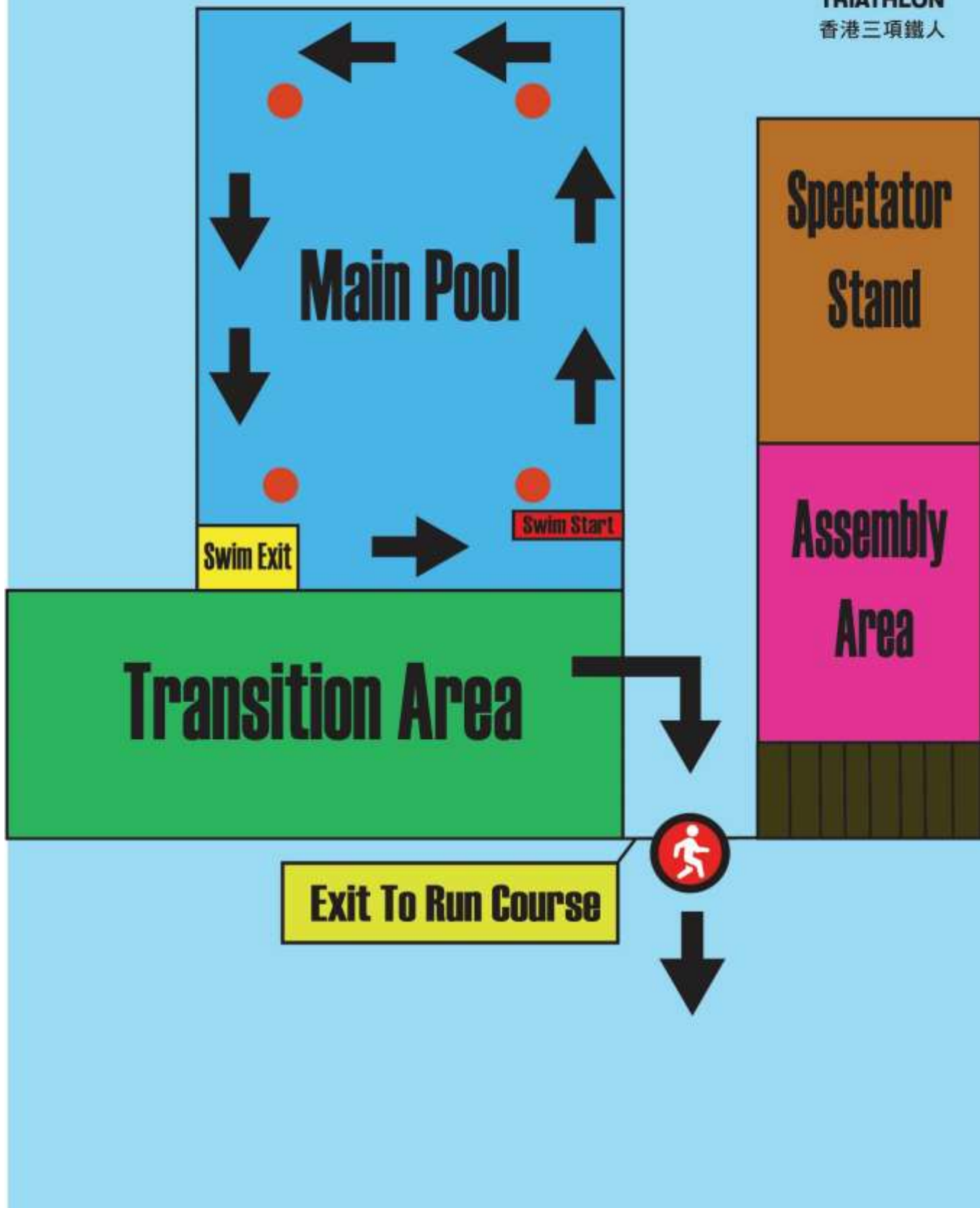
如於比賽前一天中午十二時懸掛八號颱風訊號或以上，是項賽事將取消而不設補賽

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

Swim Course



Run Course

Challenge/Sprint/Discovery/TriKids A



HONG KONG
TRIATHLON
香港三項鐵人

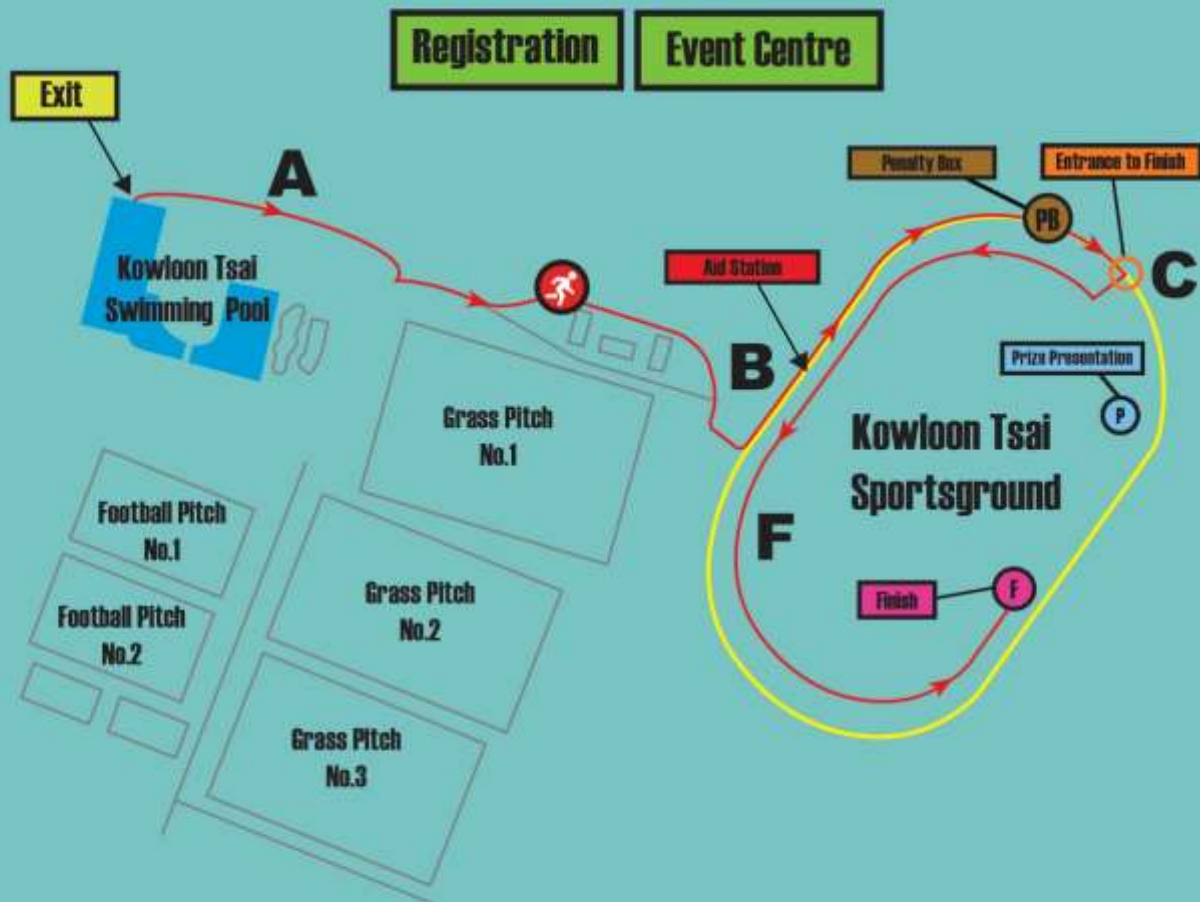


Run Course

TriKids B



HONG KONG
TRIATHLON
香港三項鐵人



Race Route:

Challenge Distance: Swim 470m/Run 4.7km (3 Laps)

Swim: Start → Transition

Run: Transition → A → B → C → D → E → B → C → D → E → B → C → D → E → B → C → F → Finish

Sprint Distance: Swim 470m/Run 3.4km (2 Laps)

Swim: Start → Transition

Run: Transition → A → B → C → D → E → B → C → D → E → B → C → F → Finish

Discovery Distance: Swim 330m/Run 3.4km (2 Laps)

Swim: Start → Transition

Run: Transition → A → B → C → D → E → B → C → D → E → B → C → F → Finish

TriKids-A Distance: Swim 190m/Run 2.1km (1 Laps)

Swim: Start → Transition

Run: Transition → A → B → C → D → E → B → C → F → Finish

TriKids-B Distance: Swim 190m/Run 810m

Swim: Start → Transition

Run: Transition → A → B → C → F → Finish