

2021 Aquathlon Series 1

二零二一年 - 水陸兩項鐵人比賽 1

Race Date:	Sunday, 5 September 2021	比賽日期:	2021 年 9 月 5 日(星期日)
Race Venue:	Tai Wan Shan Swimming Pool	比賽地點:	大環山游泳池
Registration Time:	7:00 am	報到時間:	上午 7 時 00 分
Race Time:	8:00 am (Wave start)	比賽時間:	上午 8 時 (分組出發)
Quota:	500	比賽名額:	500

Race information 比賽資料

游泳比賽部分將會於 9 月 5 日在大環山游泳池舉行，而跑步比賽部分將以虛擬跑形式進行，參加者需要在 9 月 5 日(上午 9 時正)至 9 月 12 日(下午 1 時正) 期間完成跑步並上載跑步成績及相片到大會指定網站，比賽成績將會以合併時間計算。

The swimming section will be held in Tai Wan Shan Swimming Pool on 5th September, and the running section will be held with the Virtual Run method. Participants to complete their running and upload their results and photos to the website stated between 9 am of 5th September to 1 pm of 12th September. The final result will be calculated with the combine of two sections.

跑步成績記錄:

參加者於虛擬跑部分需配帶智能手錶並可使用免費應用程式 STRAVA 或其他應用程式記錄跑步完成時間及距離。

Running result:

Participants are required to wear a smartwatch and use an application that can record running time and distance (e.g. Strava) for the virtual run section

參加者需要填寫游泳(500 米/300 米/200 米)的完成時間作大會分組之用。

Participants need to provide the estimated swimming time (500m/300m/200m) for wave start allocation.

*本賽事只限香港三項鐵人總會會員參加。

*Only members of Hong Kong Triathlon Association are allowed to participate.

Race Category 組別

Challenge Distance 挑戰賽程(Swim 500/Run 5km)			
Male/Female Open	男子/女子公開組	Born in 2001 or before	2001 年或以前出生
Male/Female Age Group 16-19	男子/女子 16 至 19 歲分齡組	Born in 2002 – 2005	2002 – 2005 出生
Male/Female Age Group 20-24	男子/女子 20 至 24 歲分齡組	Born in 1997 – 2001	1997 – 2001 出生
Male/Female Age Group 25-29	男子/女子 25 至 29 歲分齡組	Born in 1992 – 1996	1992 – 1996 出生
Male/Female Age Group 30-34	男子/女子 30 至 34 歲分齡組	Born in 1987 – 1991	1987 – 1991 出生
Male/Female Age Group 35-39	男子/女子 35 至 39 歲分齡組	Born in 1982 – 1986	1986 – 1982 出生
Male/Female Age Group 40-44	男子/女子 40 至 44 歲分齡組	Born in 1977 – 1981	1977 – 1981 出生
Male/Female Age Group 45-49	男子/女子 45 至 49 歲分齡組	Born in 1972 – 1976	1972 – 1976 出生
Male/Female Age Group 50-54	男子/女子 50 至 54 歲分齡組	Born in 1967 – 1971	1967 – 1971 出生
Male/Female Age Group 55-59	男子/女子 55 至 59 歲分齡組	Born in 1962 – 1966	1962 – 1966 出生
Male/Female Age Group 60-64	男子/女子 60 至 64 歲分齡組	Born in 1957 – 1961	1957 - 1961 出生
Male/Female Age Group 65 & Over	男子/女子 65 歲或以上分齡組	Born in 1956 or before	1956 或以前出生

Sprint Distance 半奧運賽程(Swim 300m/Run 2.5km)			
Male/Female Youth Open	男子/女子少年公開組	Born in 2006 – 2009	2006 – 2009 年出生
Male/Female Junior	男子/女子青年組	Born in 2002 – 2005	2002 – 2005 年出生
Male/Female Open	男子/女子公開組	Born in 1982 – 2001	1982 – 2001 年出生
Male/Female Master	男子/女子元老組	Born in 1981 or before	1981 年或以前出生
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 小鐵人賽程 A - (Swim 200m/Run 1.5km)			
Boys 2009	男子 2009	Girls 2009	女子 2009
Boys 2010	男子 2010	Girls 2010	女子 2010
TriKids B - Distance 小鐵人賽程 B - (Swim 200m/Run 1.2km)			
Boys 2011	男子 2011	Girls 2011	女子 2011
Boys 2012	男子 2012	Girls 2012	女子 2012
Boys 2013	男子 2013	Girls 2013	女子 2013

Remarks:

All National Squad members (aged 14-15) who were born between 2006 – 2007 must enter the Youth Open Category.
 所有香港集訓隊 (14 – 15 歲) 於 2006 - 2007 年出生之成員必須參加公開少年組。

Deadline for Entry
 截止報名日期

2021 年 8 月 25 日 **中午 12 時** (星期三) 25 August 2021, **12 n.n** (Wednesday)

Entry Fee
 報名費

TriHK & Affiliated Club Member HK\$200 香港三項鐵人總會及屬會會員港幣\$ 200

A HK\$100 surcharge will be levied for any late entry which has been accepted. **Late** Entry only is accepted until Monday, 30 August 2021, before 12 n.n
 經接受之逾期報名，需加付行政費港幣\$100。2021 年 8 月 30 日中午 12 時(星期一) 止

Awards
 獎項

If the combined time of the competition is within the designated time of the conference grouping, a gold, silver or bronze medal will be awarded according to the standard time for each group
 如比賽的合併時間是在大會分組的指定時間內完成，將會以每組別之達標時間頒發金、銀、銅獎牌

達標時間(合併時間) Standard Time (Combined Time):

Challenge Distance 挑戰賽程(Swim 500/Run 5km)

Male		Female	
Gold	29:25.00	Gold	32:30.00
Silver	32:05.00	Silver	35:00.00
Bronze	Over 32:05.00	Bronze	Over 35:00.00

Sprint Distance 半奧運賽程(Swim 300m/Run 2.5km)

Male		Female	
Gold	16:25.00	Gold	17:10.00
Silver	18:25.00	Silver	19:10.00
Bronze	Over 18:25.00	Bronze	Over 19:10.00

TriKids A - Distance 小鐵人賽程 A - (Swim 200m/Run 1.5km)

Male		Female	
Gold	09:20.00	Gold	09:50.00
Silver	10:10.00	Silver	10:40.00
Bronze	Over 10:10.00	Bronze	Over 10:40.00

TriKids B - Distance 小鐵人賽程 B - (Swim 200m/Run 1.2km)

Male		Female	
Gold	09:30.00	Gold	09:55.00
Silver	10:10.00	Silver	10:35.00
Bronze	Over 10:10.00	Bronze	Over 10:35.00

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

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會補賽

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

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再補賽

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.

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

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

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

Precautionary measures related to COVID-19 新冠病毒相關的預防措施

All participants (including triathletes and supporting staff) must conduct the COVID-19 testing. (Except for those who have taken 2 doses of COVID – 19 vaccines and provided valid proof.)

所有參加者(包括運動員及工作人員)必需進行 COVID-19 測試。(已接種兩針新冠疫苗的運動員及工作人員可豁免檢測，但須提供有效疫苗接種記錄。)

All participants must provide validated negative results with 48 hours of the start of the race. If participant cannot provide their test result, they will be disqualified and no refund will be provided.

所有參加者必需在比賽開始 48 小時前提供陰性測試結果。如在比賽前不能提供測試結果，將被取消參賽資格，並不設退款。

All participants must complete and submit a Health Record Declaration Form provided by the organizer before entering the venue.

所有參加者進入場地前必需填寫由主辦方提供的健康申報表。

Body temperature screening will be required for all participants upon entering the venue. Only those participants who have pre-registered and body temperature lower than 37°C are allowed to enter the venue.

所有參加者進入場地前必需預先登記及進行體溫測試，體溫攝氏 37 度以下方可進入。

All participants will be advised to keep social distancing of not less than 1.5m with others in the venue.
所有參加者需保持 1.5m 社交距離。

Hand Sanitisers Station will be available at the venue for all participants and Officials.
場地會有消毒站為參加者提供服務。

All participants will be required to wear a face mask at the venue at all times, except triathletes during competition. Triathletes will be allowed to take off their masks 15 seconds before the start. (The 15 seconds buffer time is required for triathletes to keep their masks in their envelopes or mask keeping holders). Specific mask trashes will be available along the course after the start line.

所有參加者在比賽開始前請勿摘下口罩。比賽開始前將會有 15 秒時間讓參加者摘下口罩並收好。場地將會設有口罩棄置箱。

Start queuing system will be exercised. There must be a distance of 1.5m between triathletes. Triathletes will be started separately according to their genders.

所有參加者需在排隊起步時保持 1.5m 距離，並會按性別分批起步。

Triathletes will be required to put on a mask after completing the race.

所有參加者完成比賽後，必須立即戴上口罩。

No service baggage handling will be available at the venue in order to minimize the interaction between athletes and officials. Personal belongings can be stored at lockers provided by the swimming pool.

主辦方不會提供個人物品寄存服務，以減少參加者與工作人員之間的接觸。但參加者可放置個人物品在游泳池提供的儲物櫃內。

No prize presentation ceremony will be organized on the event day. Participants will be allowed to pick up the trophy and medal in the future time.

賽事將不設有頒獎環節。參加者可於稍後時間到三項鐵人總會辦事處領取獎牌。

The organizer will designate a full-time staff to act as the Safety and Hygiene Officer on the event day to coordinate, monitor and facilitate the event operation.

主辦方會於比賽當日派遣職員到場以監察賽事進行。