

# 2021 Aquathlon Series 1

## 二零二一年 - 水陸兩項鐵人比賽 1

### Event Schedule 比賽時間表

Wave 組別	Race No 比賽號碼	Category 組別		Start Time 開賽時間	Briefing Time 賽事講解
<b>Challenge Distance 挑戰賽程 (Swim 500m)</b>					
1	1-6 7-8	Male Elite Open Male Open	男子精英公開組 男子公開組	8:00	7:45
2	9-11 12-16	Female Elite Open Female Elite Junior	女子精英公開組 女子精英青年組	8:10	
3	17 18-20 21-22 23 24	Female Elite Junior Male Elite Junior Female 16-19 Female 20-24 Female 25-29	女子精英青年組 男子精英青年組 女子 16 至 19 歲分齡組 女子 20 至 24 歲分齡組 女子 25 至 29 歲分齡組	8:20	8:00
4	25 26-29 30 31 32	Female 25-29 Female 30-34 Female 40-44 Female 50-54 Female 55-59	女子 25 至 29 歲分齡組 女子 30 至 34 歲分齡組 女子 40 至 44 歲分齡組 女子 45 至 49 歲分齡組 女子 50 至 54 歲分齡組	8:30	
5	33 34-35 36-38 39 40	Female 55-59 Female 60-64 Male 16-19 Male 20-24 Male 30-34	女子 55 至 59 歲分齡組 女子 60 至 64 歲分齡組 男子 16 至 19 歲分齡組 男子 20 至 24 歲分齡組 男子 30 至 34 歲分齡組	8:40	8:20
6	41 42-46 47-48	Male 30-34 Male 35-39 Male 40-44	男子 30 至 34 歲分齡組 男子 35 至 39 歲分齡組 男子 40 至 44 歲分齡組	8:50	8:30
7	49-54 55-56	Male 45-49 Male 50-54	男子 45 至 49 歲分齡組 男子 50 至 54 歲分齡組	9:00	8:40
8	57-58 59 60-64	Male 55-59 Male 60-64 Male 65 & Over	男子 55 至 59 歲分齡組 男子 60 至 64 歲分齡組 男子 65 歲或以上分齡組	9:10	8:50
<b>Sprint Distance 半奧運賽程 (Swim 300m)</b>					
9	65-67 68 69-72	Female Elite Youth Female Youth Open Male Elite Youth	女子精英少年組 女子少年公開組 男子精英少年組	9:20	9:00

10	73-79 80	Male Elite Youth Male Youth Open	男子精英少年組 男子少年公開組	9:26	9:10
11	81-84 85-88	Male Youth Open Male Junior	男子少年公開組 男子青年組	9:32	
12	89-90 91 92-95 96	Male Junior Boys 2006 Boys 2007 Boys 2008	男子青年組 男子 2006 男子 2007 男子 2008	9:38	9:20
13	97-102 103-104	Boys 2008 Girls 2006	男子 2008 女子 2006	9:44	
14	105-107 108-112	Girls 2007 Girls 2008	女子 2007 女子 2008	9:50	
15	113-115 116-118 119-120	Female Master Female Open Male Master	女子元老組 女子公開組 男子元老組	9:56	9:35
16	121-124 125-128	Male Master Male Open	男子元老組 男子公開組	10:02	9:50
17	129-134	Male Open	男子公開組	10:08	
<b>TriKids - Distance 小鐵人賽程 (Swim 200m)</b>					
18	135-136 138-140 141-142	Boys 2009  Boys 2010	男子 2009  男子 2010	10:15	10:00
19	143-150	Boys 2010	男子 2010	10:20	
20	151-157	Girls 2009	女子 2009	10:25	10:15
21	158-162 200 163-164	Girls 2010  Girls 2011	女子 2010  女子 2011	10:30	
22	165-166 167-170 171-172	Girls 2011 Girls 2012 Girls 2013	女子 2011 女子 2012 女子 2013	10:35	
23	173-180	Boys 2011	男子 2011	10:40	10:25
24	181-188	Boys 2011	男子 2011	10:45	
25	137 189-193	Boys 2011 Boys 2012	男子 2011 男子 2012	10:50	
26	194-199	Boys 2013	男子 2013	10:55	

## Prior to Race Day 比賽前準備

All participants must get tested for COVID 19 within 48 hours (**Date: 3<sup>rd</sup> September 2021**) prior to the start of competition. If participant cannot provide their test result, they are not allowed to race and no refund will be provided. (Except for those who have taken 2 doses of COVID - 19 vaccines and provided valid proof.)

所有參加者必須在比賽開始前 48 小時內 (**日期: 九月三日**) 進行新型冠狀病毒檢測。如在比賽前不能提供測試結果, 將不能參加比賽, 並不設退款。(已接種兩針新冠疫苗的參加者及工作人員可豁免檢測, 但須提供有效疫苗接種記錄。)

Participants are required to wear a smartwatch or a smartphone and use an application that can record running time and distance (e.g. Strava) for the virtual run section. We suggest participants to download the application and register an account before the competition.

參加者於虛擬跑部分需配帶智能手錶或智能手機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。建議參加者於比賽前下載應用程式並開設帳戶。



App store



Google play



## Preparation on Race Day 比賽天準備

Registration located at the Swimming Pool Entrance.

報到處位於泳池入口。

Upon arrival at the race venue, please proceed to the Registration booth for registration with identity Card/Passport or Student Handbook together with COVID 19 negative test result or COVID 19 vaccine record. Fail to present documents mentioned above will result in not allowing to participate in the race. Then process the body marking and please do not apply sunblock prior to body marking.

到達比賽場地後, 請往報到處報到, 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, 如香港居民身份證、護照或印有照片的學生手冊或學生証及檢測證明或疫苗注射記錄才能進入泳池範圍。如未能提交上述任何文件, 均不能參加該場比賽。然後工作人員會在你的手臂及腳印上比賽號碼。在印比賽號碼前切勿塗上太陽油。

After registration, please go to changing room for changing before going to marshalling area in the spectator area.

報到完後, 請先前往更衣室更衣後才前往游泳地看台召集處集合。

No baggage deposit service will be available on the day 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。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。

**The organizer will adopt and strictly adhere to the health and infection control as follow:**

**本會將採取並嚴格遵守以下健康和感染控制措施:**

All participants' temperatures should be taken and only those with temperature lower than 37°C and registered with LeaveHomeSafe app are allowed to enter the competition venue.

參加者須在進入比賽場地前量度體溫, 體溫低於 37°C 並以安心出行應用程式登記才可進入比賽場地。

All participants must complete and submit a Health Record Declaration Form provided by TriHK and show their negative test result/COVID 19 vaccine record before entering the swimming pool.

參加者須在進入泳池前填寫及遞交由三項鐵人總會提供的健康申報表和出示陰性檢測結果/新冠疫苗接種紀錄。

All participants must wear face masks at all time except the moment before the race start.

所有參加者在開始比賽前請勿摘下口罩。

All participants must keep social distancing of not less than 1.5m in the venue.

除比賽開始時, 所有參加者必須保持 1.5 米的距離。

All participants should wear face masks as soon as completing their race.

所有參加者完成游泳比賽後, 必須立即戴上口罩。

No result will be announced at the venue to avoid crowd gathering.

現場將不會公佈基準測試結果, 以避免造成人群聚集。

Parents and coaches are required to stay in the spectator area, do not enter the pool area.

整個比賽期間, 家長和教練只允許留在觀眾席區域, 不得進入池面範圍。

## Race Briefing 賽事講解

The Race Briefings will be held at the marshalling area.

賽事講解在看台召集處進行。

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

賽事講解會以廣東話及英語進行，參加者如有問題，請立即發問。

Participants must prepare all race equipment's before the race briefing

於賽事講解前，參加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 (1 lap 50m)
TriKids 小鐵人組 A	2009-2010	200m (4 laps)
TriKids 小鐵人組 B	2011-2013	200m (4 laps)
Sprint 半奧運組	Open 公開組 Youth Open 少年公開組 Junior 青年組 Master 元老組 Elite Youth 精英少年組 (2006-2009) 2006-2008	300m (6 laps)
Challenge 挑戰組	Age Group 分齡組 Open 公開組 Elite Open 精英公開組 Elite Junior 精英青年組 (2002-2005)	500m (10 laps)

The official swim cap has to be worn during the swimming section. The use of your own swim cap is not allowed. The offender needs to be fix, otherwise will be disqualified.

參加者必須佩帶由大會提供之泳帽，禁止使用自備泳帽。違例者必須修正否則取消比賽資格。

Swimsuits covering any part of your arms or below your knees are not allowed. Nor are swim skins, speed suits or wetsuits. The offender needs to be fix, otherwise will be disqualified.

不得穿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, 違例者必須修正否則取消比賽資格。

All participants must count their own laps.

參加者需自行計算圈數。

Participants starting in the wrong heat will be disqualified.

如參加者不在指定組別出發，將被取消比賽資格。

After completing the race, participants should leave the pool area immediately, and leave the swimming pool via changing room. Anyone offended the rule may get disqualified.

完成賽事後必須立刻離開池面範圍，並返回更衣室離開泳池。

## Run Course 跑步賽段

Participants are required to wear a smartwatch or a smartphone and use an application that can record running time and distance (e.g. Strava) for the virtual run section. We suggest participants to download the application and register an account before the competition.

參加者於虛擬跑部分需配帶智能手錶或智能手機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。建議參加者於比賽前下載應用程式並開設帳戶。

Participants needs 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. Late submission will not be accepted.

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。逾時提交成績將不獲處理。

Participants should choose their own route, and run for sufficient distance according to their group.

參加者需要自行選擇跑步路段，並必須根據組別跑足夠的賽事距離。

Every participant has their individual link for uploading their result, please do not share the link with others. The link is only available for upload once, please make sure the result you upload is correct. If you encounter any problem, please contact TriHK office at 2504 8282.

每位參加者都有一個獨立上載資料的連結，請不要與別人分享連結，上載資料的連結只提供一次性上載，請於上載資料時確保上載資料無誤。如有問題，請立即聯絡總會(電話:2504 8282)。

## Race Finish 比賽完成後

No result will be announced at the venue to avoid crowd gathering.

現場將不會公佈基準測試結果，以避免造成人群聚集。



No prize presentation ceremony will be organized on the race day. The swim result will be posted to the TriHK Web site on race day afternoon and the full result will be posted on 14<sup>th</sup> September. We will inform you to pick the medal in the future time.

賽事將不設有頒獎環節。游泳成績將於比賽日下午在網站 ([www.triathlon.com.hk](http://www.triathlon.com.hk)) 公佈，最終比賽成績將於九月十四日公佈。參加者將在稍後時間獲通知到三項鐵人總會辦事處領取獎牌。

## Other Information 其他事項

All participants must obey the instruction of race officials at all time. Failing to do so may result in disqualification.

所有參加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。故參加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，否則參加者會被取消比賽資格。

Case 事例	Penalties 處罰
<b>Swim Course 游泳賽段</b>	
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. 穿着過肩膀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
<b>Others 其他</b>	
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
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 behaviour 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

## **Inclement Weather/Condition Warning 惡劣天氣警告**

If Typhoon Signal No.8 or above is hoisted at any time from 06:00 a.m. on the day of the race, the race will be cancelled without any more rescheduled race and the race entry fees will not be refunded.

如於比賽日早上 6 時 00 分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 / Black Rainstorm warning be hoisted at any time after 06:00 a.m. on race morning, the morning race will be cancelled without any more rescheduled race and the race entry fees will not be refunded. If the Amber Rainstorm/ Red Rainstorm/ Thunderstorm warning be hoisted at any time after 06:00 a.m. on race morning, the morning race will be delay.

如在比賽日早上 6 時 00 分或以後仍然懸掛三號颱風訊號 / 黑雨，是日早上賽事將取消而不再補賽及報名費用不會退回。如在比賽日早上 6 時 00 分或以後仍然懸掛黃雨/紅雨/雷暴警告，是日早上賽事將延遲開始。

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。

There is no rescheduling for the cancelled race.

被取消之賽事將不設補賽。

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

被取消之賽事之報名費不設退款、亦不得轉讓。

If the race is cancelled, the LOC will send SMS to all participants and notice will be published on the TriHK web site: [www.triathlon.com.hk](http://www.triathlon.com.hk) and Facebook.

如比賽取消，大會將會以短訊通知各參賽者，並在本會網頁: [www.triathlon.com.hk](http://www.triathlon.com.hk) 及 Facebook 公佈。