



ASIA TRIATHLON SPRINT CHAMPIONSHIPS HONG KONG

亞洲三項鐵人半奧運距離錦標賽 | 香港

HONG KONG 2025

Race Venue: Lung Wo Road, Central		比賽地點: 中環龍和道	
Quota: 700		比賽名額: 700	
Souvenirs: One carnival dining coupon. E-Certificate of Participation, Finisher Medal and T-Shirts will be issued to athletes who finished the race.			
參賽紀念品: 每位參加者會獲得一張嘉年華餐飲券。完成賽事者, 將獲頒發電子成績證書、獎牌及一件T恤。			
Race Date:	Saturday, 5 April 2025 (Discovery & TriKids Distance)	比賽日期:	2025年4月5日(星期六) (體驗及小鐵人賽程)
Race Start:	11:00 (By Wave)	比賽時間:	11:00 (分組出發)
Race Date:	Sunday, 6 April 2025 (Challenge & Super Sprint Distance)	比賽日期:	2025年4月6日(星期日) (挑戰及短途賽程)
Race Start:	07:00 (By Wave)	比賽時間:	07:00 (分組出發)

Race Category 組別

Discovery Distance 體驗賽程 Swim 200m/ Bike 11.1k (3 laps)/ Run 1.5k			
Male/Female Youth 1	男子/女子少年 1 組	Born in 2012 – 2013	2012 - 2013 年出生
Male/Female Youth 2	男子/女子少年 2 組	Born in 2010 – 2011	2010 - 2011 年出生
TriKids Distance 小鐵人賽程 Swim 200m/ Bike 7.4k (2 laps)/ Run 1.5k			
Male/Female TriKids 1	男子/女子小鐵人 1 組	Born in 2016 – 2017	2016 - 2017 年出生
Male/Female TriKids 2	男子/女子小鐵人 2 組	Born in 2014 – 2015	2014 - 2015 年出生
Challenge Distance 挑戰賽程 Swim 750m/ Bike 18.5k (5 laps)/ Run 5k (1.5 laps)			
Male/Female Elite Junior 1 (NS only)	男子/女子精英青年 1 組 (只限港隊)	Born in 2008 – 2009	2008 - 2009 年出生
Male/Female Elite Junior 2 (NS only)	男子/女子精英青年 2 組 (只限港隊)	Born in 2006 – 2007	2006 - 2007 年出生
Male/Female Age Group 20-24	男子/女子 20 至 24 歲分齡組	Born in 2001 – 2005	2001 - 2005 年出生
Male/Female Age Group 25-29	男子/女子 25 至 29 歲分齡組	Born in 1996 – 2000	1996 - 2000 年出生
Male/Female Age Group 30-34	男子/女子 30 至 34 歲分齡組	Born in 1991 – 1995	1991 - 1995 年出生
Male/Female Age Group 35-39	男子/女子 35 至 39 歲分齡組	Born in 1986 – 1990	1986 - 1990 年出生
Male/Female Age Group 40-44	男子/女子 40 至 44 歲分齡組	Born in 1981 – 1985	1981 - 1985 年出生
Male/Female Age Group 45-49	男子/女子 45 至 49 歲分齡組	Born in 1976 – 1980	1976 - 1980 年出生
Male/Female Age Group 50-54	男子/女子 50 至 54 歲分齡組	Born in 1971 – 1975	1971 - 1975 年出生
Male/Female Age Group 55-59	男子/女子 55 至 59 歲分齡組	Born in 1966 – 1970	1966 - 1970 年出生
Male/Female Age Group 60-64	男子/女子 60 至 64 歲分齡組	Born in 1961 – 1965	1961 - 1965 年出生
Male/Female Age Group 65 & over	男子/女子 65 歲或以上分齡組	Born in 1960 or before	1960 年或以前出生
Corporates' Cup Team Relay	工商盃隊際接力	Born in 2009 or before	2009 年或以前出生
Disciplined Services Team Relay	紀律部隊盃隊際接力	Born in 2009 or before	2009 年或以前出生
Open Relay	公開組隊際接力	Born in 2009 or before	2009 年或以前出生
Super Sprint Distance 短途賽程 Swim 400m/ Bike 11.1k (3 laps)/ Run 2.5k			
Male/Female Elite Youth (NS only)	男子/女子精英少年組 (只限港隊)	Born in 2010 – 2012	2010 - 2012 年出生
Male/Female Junior 1	男子/女子青年 1 組	Born in 2008 – 2009	2008 - 2009 年出生
Male/Female Junior 2	男子/女子青年 2 組	Born in 2006 – 2007	2006 - 2007 年出生
Male/Female Age Group 20-29	男子/女子 20 至 29 歲分齡組	Born in 1996 – 2005	1996 - 2005 年出生
Male/Female Age Group 30-39	男子/女子 30 至 39 歲分齡組	Born in 1986 – 1995	1986 - 1995 年出生
Male/Female Age Group 40-49	男子/女子 40 至 49 歲分齡組	Born in 1976 – 1985	1976 - 1985 年出生
Male/Female Age Group 50-59	男子/女子 50 至 59 歲分齡組	Born in 1966 – 1975	1966 - 1975 年出生
Male/Female Age Group 60-69	男子/女子 60 至 69 歲分齡組	Born in 1956 – 1965	1956 - 1965 年出生

Male/Female Age Group 70 & Over	男子/女子 70 歲或以上分齡組	Born in 1955 or before	1955 年或以前出生
Secondary School Team Relay	中學組隊際接力賽	F.1 – F.6 student	中一到中六學生
Tertiary Institution Team Relay	大專組隊際接力賽	Tertiary Institution student	大專學生

Remarks:

Folding bike is not allowed in any race category.
各組別賽事禁止使用摺車作賽。

Minimum wheel size requirement is 24 inches, except TriKids.
車輪必須為 24 吋或以上方可作賽，小鐵人除外。

Only traditional drop handlebars are permitted due to drafting is allowed. The handlebars must be plugged. Clip-ons are not allowed.
在容許進行勾車的賽事中，參賽者只可使用公路車手把，並必需帶有末端膠塞。同時不得使用附加手把。

If officials find that aerobars or clip-ons are installed on the bike placed in the transition area, athletes will be disqualified.
如有工作人員發現已被放置於轉項區之比賽單車上裝有附加把手，參賽者將會被取消比賽資格。

For Team Relay, each team member is responsible for one of the three events of swimming/cycling/running, with at least **one female and one male**.
隊際接力比賽方式為每 1 名隊員負責游泳/單車/跑步三項之一，至少一名女性和一名男性。

For the Secondary and Tertiary Institute team relay, you are required to provide your school name during registration. Team members must present a valid student ID when collecting the race pack on race day; otherwise, you will not be permitted to participate.
中學和大專組隊際接力賽，報名時必須提供學校名稱。團隊成員在比賽當天領取賽包時必須出示有效的學生證；否則，將不允許參賽。

Participants cannot register for individual and relay team competitions at the same time.
參賽者不能夠同時報個人及接力組比賽。

Participants can redeem a "snack platter" race day.
參賽者可於賽事當日憑嘉年華餐飲券換領小食拼盤。

Entry Fee (Including One carnival dining coupon) 報名費 (包括嘉年華餐飲券一張)	Challenge Distance 挑戰賽程	Super Sprint Distance 短途賽程	Discovery & TriKids Distance 體驗及小鐵人賽程
TriHK Affiliated Club Member 中國香港三項鐵人總會屬會會員	HKD \$850 港幣 \$850	HKD \$750 港幣 \$750	HKD \$650 港幣 \$650
TriHK Individual Member 中國香港三項鐵人總會個人會員	HKD \$950 港幣 \$950	HKD \$850 港幣 \$850	HKD \$750 港幣 \$750
Non-Member 非會員	HKD \$1050 港幣 \$1050	HKD \$950 港幣 \$950	HKD \$850 港幣 \$850
Relay Team 接力組	Team Relay: Teams consist of 3 persons, each team HK\$1680 隊際接力: 隊際接力包括 3 名隊員，每組報名費港幣\$1680		
Deadline for Entry 截止報名日期	12 March 2025, 11:59pm (Wednesday) 2025 年 3 月 12 日 下午 11 時 59 分 (星期三)		
Late Entry Charge 逾期報名費	HK\$100 surcharge will be levied for any late entries which have been accepted. Late Entry only be accepted until Tuesday 10am, 18 March 2025. 經接受之逾期報名，需加付行政費港幣\$100。 逾期報名截止日期為 2025 年 3 月 18 日上午 10 點，星期二。		
Awards 獎項	<p>Finisher Medal & Certificates 完成獎牌及證書</p> <p>E-Certificate of Participation and Finisher Medal will be issued to athletes who finished races.</p> <p>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。</p> <p>Individual 個人組</p> <p>The Top 3 in each category will be presented with a Trophy. Other positions entitled to an award will be presented with based on the below criteria:</p> <p>每組前三名將獲頒獎杯一個，而其餘名次將依據下述計算方法頒獎：</p> <p>Awards will be presented to the Top 5 finishers if the number of entries in that category is more than 30.</p> <p>如該組別參加者為 30 人以上，則只頒發獎項給前 5 名</p>		

Relay Team 接力組

The top 3 Relay Team in each category will be presented with a Trophy & three medals.

每組三名將獲頒獎杯一個和三個獎牌，而其餘名次將依據下述計算方法頒獎：

Awards will be presented to the Top 3 Relay Team, if the number of teams in that category is 3 -14

如該組別參加者為 3-14 隊，則只頒發獎項給前 3 名接力隊伍

Awards will be presented to the Top 5 Relay Team, if the number of teams in that category is 15 & Over

如該組別參加者為 15 隊或以上，則只頒發獎項給前 5 名接力隊伍

Individual and Club Series Scoring Method 個人及屬會聯賽評分方法

For detailed information, please visit: www.triathlon.com.hk

詳細資料請瀏覽：www.triathlon.com.hk

The Association will not arrange bike hire service, should you require bike hire, you may contact the below company or any other bike shop to arrange it.

Lung Kee Bike Shop

Mr. Law Tel: 9309 8988 /9010 1889 /6121 8822

Elite Sports Limited

Mr. Ho Tel: 9686 7656

大會不設租單車服務,如需要租用單車,可聯絡任何租單車服務公司或以下公司作安排

龍記單車有限公司

羅先生 電話:9309 8988 /9010 1889 /6121 8822

精英體育發展有限公司

何先生 電話 9686 7656

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.

中國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,中國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 Red Rainstorm/ Black Rainstorm/ Thunderstorm/Landslide warning be hoisted at 5:00am on race day, the race may be cancelled without any rescheduling

如在比賽日上午 5 點時正或以後仍然懸掛紅雨/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。

If the weather is extremely hot on the race day, 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.

如比賽當天天氣炎熱,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。

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

被取消之賽事之報名費不設退款,亦不得轉讓。