



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 Schedule

5 April 2025 (Saturday) – Lung Wo Road, Central

Wave 分組	Cap 泳帽	Category 組別	Start Time 開賽時間	Briefing Time 賽事講解	Award Presentation Time 頒獎時間
Discovery Distance 體驗賽程 Swim 200m/ Bike 11.1k (3 laps)/ Run 1.5k					
1	White 白色	Male Youth 2	11:00	10:45	12:15-13:00
2	Red 紅色	Male Youth 1	11:10	10:55	
3	Blue 藍色	Female Youth 1/2	11:20	11:05	
TriKids Distance 小鐵人賽程 Swim 200m/ Bike 7.4k (2 laps)/ Run 1.5k					
4	Pink 粉紅色	Female Trikids 1/2	11:30	11:15	12:15-13:00
5	White 白色	Male Trikids 2	11:35	11:20	
6	Blue 藍色	Male Trikids 1	11:40	11:25	

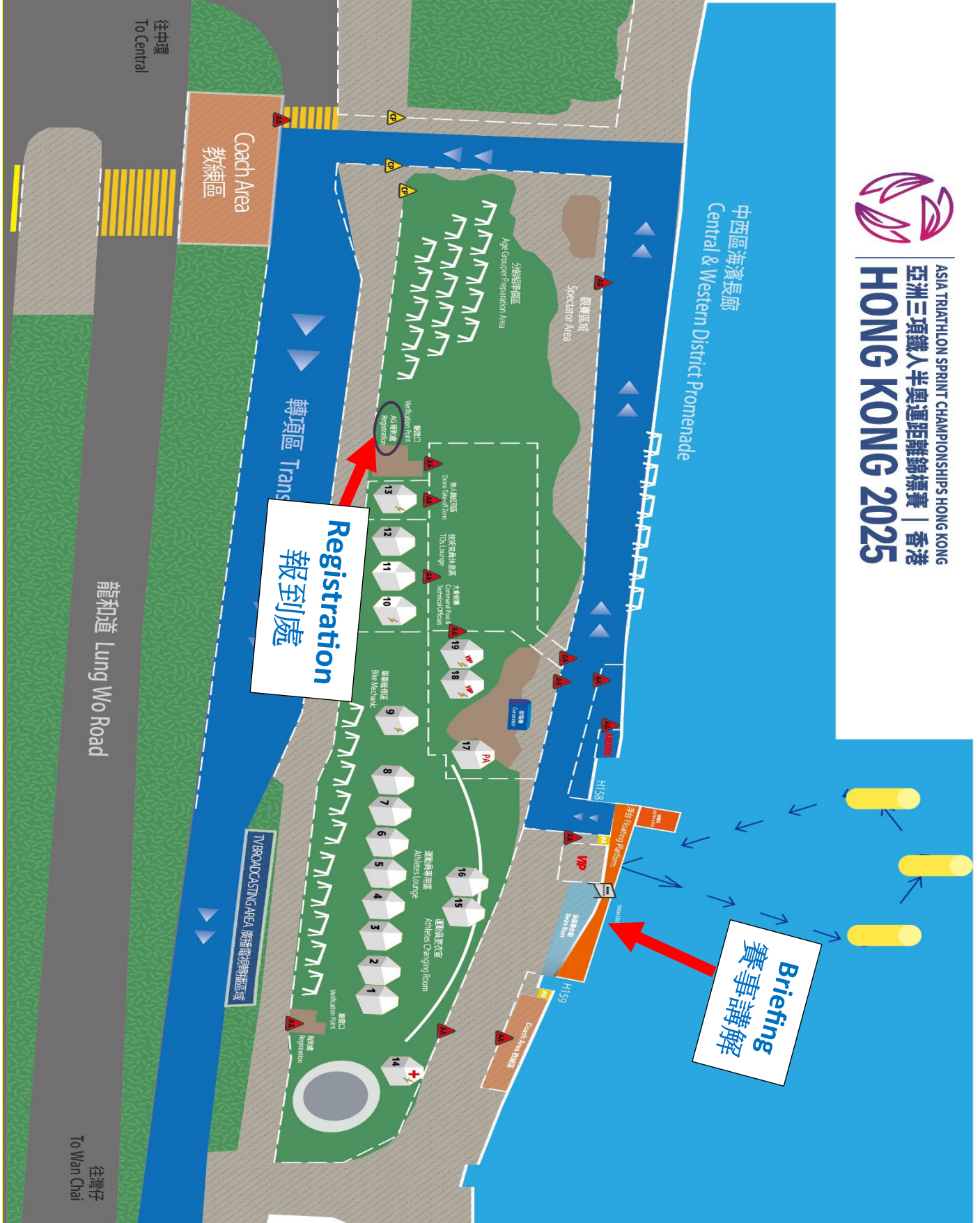
6 April 2025 (Sunday) – Lung Wo Road, Central

Wave 分組	Cap 泳帽	Category 組別	Start Time 開賽時間	Briefing Time 賽事講解	Award Presentation Time 頒獎時間
Super Sprint Distance 短途賽程 Swim 400m/ Bike 11.1k (3 laps)/ Run 2.5k					
1	Pink 粉紅色	Male Elite Junior/Elite Youth	07:00	06:45	10:30-11:30
2	White 白色	Female Elite Junior 1/2 and Elite Youth	07:15	07:00	
3	Red 紅色	Male Junior 1/2	07:30	07:15	
4	Blue 藍色	Male 20 -70 over	07:45	07:30	
5	Pink 粉紅色	All Female categories	08:10	07:55	
Challenge Distance 挑戰賽程 Swim 750m/ Bike 18.5k (5 laps)/ Run 5k (1.5 laps)					
6	White 白色	All Female Categories and Relay Team	08:30	08:15	10:30-11:30
7	Red 紅色	Male 50-54, 55-59, 60-64 and 65 & Over	09:00	08:45	
8	Blue 藍色	Male 40-44, 45-49	09:30	09:15	
9	White 白色	Male 20-24, 25-29, 30-34,35-39	10:00	09:45	



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Remarks: Registration prior 1 hour of your race Start
備註：所屬組別在開賽前 1 小時報到



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