# Race Information 比賽資料

| Registration<br>報到 | |
|---|---|
| Challenge Distance 挑戰距離 (Swim 1.5km/Bike 30km/Run 8km) | 05:00 to 06:35 |
| Sprint Distance 半奧運距離 (Swim 750m/Bike 20km/Run 4km) | 04:45 to 06:45 |
| Discovery Distance 體驗距離 (Swim 375m/Bike 10km/Run 2km) | 04:45 to 07:35 |
| TriKids Distance 小鐵人距離(Swim 200m/Bike 4km/Run 2km) | 04:45 to 05:45 |

| Wave<br>組別 | Cap<br>泳帽 | Category<br>組別 | | Start Time<br>比賽時間 | Prize Presentation Time 頒獎時間 |
|---|---|---|---|---|---|
| 1 | Pink | TriKids – All Male Categories | 小鐵人距離: 所有男子組別 | 06:00 | 06:45 |
| 2 | Light Blue | TriKids – All Female Categories | 小鐵人距離: 所有女子組別 | 06:01 | |
| 3 | Yellow | Discovery – Male Elite Youth | 體驗距離: 男子精英少年組 | 06:08 | 07:10 |
| 4 | Navy Blue | Discovery – Female Elite Youth | 體驗距離: 女子精英少年組 | 06:10 | |
| 5 | Light Blue | Sprint – Male Elite Junior 1<br>Sprint – Male Elite Junior 2<br>Sprint – Male Elite Open | 半奧運距離: 男子精英青年 1 組<br>半奧運距離: 男子精英青年 2 組<br>半奧運距離: 男子精英公開組 | 06:12 | 07:30 |
| 6 | Pink | Sprint – Female Elite Junior 1<br>Sprint – Female Elite Junior 2<br>Sprint – Female Elite Open | 半奧運距離: 女子精英青年 1 組<br>半奧運距離: 女子精英青年 2 組<br>半奧運距離: 女子精英公開組 | 06:15 | |
| 7 | White | Challenge – Male 20-24<br>Challenge – Male 25-29<br>Challenge – Male 30-34<br>Challenge – Male 35-39 | 挑戰距離: 男子 20-24<br>挑戰距離: 男子 25-29<br>挑戰距離: 男子 30-34<br>挑戰距離: 男子 35-39 | 06:30 | 08:00 - 08:20 |
| 8 | Yellow | Challenge – All Female Categories | 挑戰距離: 所有女子組別 | 06:35 | |
| 9 | Navy Blue | Challenge – Male 55-59<br>Challenge – Male 60–64<br>Challenge – Male 65 & Over<br>Mixed Team Relay | 挑戰距離: 男子 55-59<br>挑戰距離: 男子 60-64<br>挑戰距離: 男子 65 歲或以上組別<br>男子女子混合接力 | 06:40 | 09:00 - 09:10 |
| 10 | Light Blue | Challenge – Male 40-44<br>Challenge – Male 45-49<br>Challenge – Male 50-54 | 挑戰距離: 男子 40-44<br>挑戰距離: 男子 45-49<br>挑戰距離: 男子 50-54 | 06:50 | |
| 11 | Pink | Sprint – Male Junior 1<br>Sprint – Male Junior 2<br>Sprint – Female Junior 1<br>Sprint – Female Junior 2 | 半奧運距離: 男子青年 1 組<br>半奧運距離: 男子青年 2 組<br>半奧運距離: 女子青年 1 組<br>半奧運距離: 女子青年 2 組 | 07:00 | 08:10 |
| | | | | | |

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|---|---|---|---|---|---|
| 12 | White | Discovery – Male Youth 1<br>Discovery – Male Youth 2 | 體驗距離: 男子少年組 1<br>體驗距離: 男子少年組 2 | 07:40 | 09:20 - 09:30 |
| 13 | Yellow | Discovery – Male 30-39<br>Discovery – Male 40-49<br>Discovery – Male 50-59<br>Discovery – Male 60-69<br>Discovery – Male 70 & Over | 體驗距離: 男子 30-39<br>體驗距離: 男子 40-49<br>體驗距離: 男子 50-59<br>體驗距離: 男子 60-69<br>體驗距離: 男子 70 歲或以上組別 | 07:45 | |
| 14 | Navy Blue | Discovery – Female 20-29<br>Discovery – Female 30-39<br>Discovery – Female 40-49<br>Discovery – Female 50-59<br>Discovery – Female 60 & Over<br>Discovery – Female Youth 1<br>Discovery – Female Youth 2 | 體驗距離: 女子 20-29<br>體驗距離: 女子 30-39<br>體驗距離: 女子 40-49<br>體驗距離: 女子 50-59<br>體驗距離: 女子 60 歲或以上組別<br>體驗距離: 女子少年 1 組<br>體驗距離: 女子少年 2 組 | 07:50 | |

| **Course Cut Off Time<br>賽事分段時限** | |
|---|---|
| Swim Course 游泳賽段 | **08:30** |
| Bike Course – AFCD Turning Point 單車賽段 – 漁農處轉折點 (B2) | **09:00** |
| Run Course 跑步賽段 | **10:00** |

## Prior to Race Day
## 比賽前準備

Going through all race information and joining the race briefing on race day are strongly recommended. Athletes have the responsibility to complete the race distance at their corresponding category as there are varies race categories at an event which our race officials would not be given any hints or reminders during competition. All race information and course maps will be update and posted on TriHK' s website in due course so please be aware of our website frequently.

大會鼓勵參加者細閱及理解所有賽事資訊並出席賽事簡報( 一般都會在各組別召集後，出發前進行)。鑑於不同組別所涉及之比賽距離及圈數均有區別，所有工作人員將不會於賽事進行期間給予任何提示。因此，運動員有責任按自己所屬之組別及賽程完成比賽。所有比賽資料及地圖將刊登在網頁並適時更新。

Ensure that your bicycle is roadworthy. You are responsible for its roadworthiness. Folding bikes are not allowed for safety reasons.

參加者有責任確保單車性能安全及適合在道路上行駛。基於安全的理由，任何組別不得使用摺車作賽。

## Preparation on Race Day
## 比賽天準備

All participants are required to present valid identification document with photos, either original documents or copies, such as Hong Kong ID card, Passport, or student handbook/student card with photo is accepted for all pre-race check-in. Anyone who failed to present their valid identification documents, he/ she would not be allowed to neither receive their race pack nor start the race.
所有參賽者請於報到時出示印有照片之有效身份証明文件正本或副本，包括香港居民身份證、護照、印有照片的學生手冊或學生証等。如未能出示任何身份証明文件的正本或副本，均不能領取選手包及參加比賽。

Upon your arrival, please proceeds to registration booth for collecting your race pack. Ensure the race pack included the following items: swim cap, race bib and an ankle tag (timing chip). Body marking on both of your arms and legs should be required. **For easier to put the body mark on, sunblock is not recommended.
到達比賽場地後，請前往報到處領取你的比賽包，並確保比賽包內包含以下物品：泳帽、號碼布及計時晶片連腳帶。工作人員會在你的手臂及腳上印上比賽號碼。為使比賽號碼更清晰地印上，大會不建議在此前塗上太陽油。

After Registration, please proceed directly to Transition Area and rack your bike according to your race number.
完成報到手續後，請前往轉項區根據比賽號碼掛好單車。

Drink and refreshment will not be available to athletes during transition set up. You should arrive with sufficient drinks and other nourishment to meet your needs until the run course of the race.
轉項區內及於跑步賽段前大會不會提供飲料，各參加者須自行帶備足夠之比賽飲用水。

All other personal belongings should be labelled with your race number in luggage storage area, which is located next to the body marking area. Officials are not responsible for any loss or damage, so you are advised not to bring valuable items.
非比賽物資應存放在行李寄存區，行李寄存區設於比賽號碼印刷處旁。物品之安全由參加者自負。大會不建議參加者携帶貴重物品。

You will be required to leave the Transition Area, no later than 15 minutes prior to the start of your race and listen to the race briefing. Please allow sufficient time to make your way to the Start Line. Race Briefing will be held at the swim start area.
參加者於所屬組別開賽前 15 分鐘須離開轉項區及前往聆聽賽事講解。請預留充足時間前往起點。賽事講解將於在游泳起點舉行。

## How to attach your Race Timing Ankle Tag?
## 怎樣佩帶計時腳帶?

Your Ankle Tag has been pre-threaded with an ankle strap in the correct manner.
計時器已預先串上膠帶在如下圖。

Attach to your **LEFT Ankle**, with the writing facing up and secure with the clasp. The Tag should be facing outwards. This is to optimize reading of the Tag.
請把計時帶縛在**左腳踝上方**，計時器必須向外，此乃確保接收無礙。

Please be sure to RETURN YOUR CHIP at the finish line. The race organizers will assist with removal. If you drop out of the race, you are responsible for returning your timing Tag to the timing centre, next to the finish line.
過終點後請退還此計時帶，工作人員會協助收回。 如於賽事中途退出，亦請交回終點旁之計時中心。

Volunteers are assigned on race day to collect your chip after you cross the finish line. Please make sure your chip is collected. The automated fee for not returning your chip is HK$100. Not returning the strap of the timing chip will be charged at HK$25. If you forget, please return your chip to Triathlon Association of Hong Kong China, Rm 1020, Olympic House,1 Stadium Path, So Kon Po, Causeway Bay, Hong Kong, within 1 week of the event date or you will be charged to your nominated credit card.
在比賽當日，當你越過終點線時，將會有志願工作人員向所有參賽選手收集計時晶片。請確保在完成賽事後，你的晶片已被回收。若遺失或未能退還晶片，將自動收取費用港幣 100 元。如沒有退還計時晶片綁帶，將收取港幣 25 元。若賽事當日你忘記歸還它們，請在比賽日 1 個星期內把晶片退還到中國香港三項鐵人總會（銅鑼灣掃桿埔大球場徑一號奧運大樓 1020 室），否則你所指定的信用卡將被扣取費用。

## Race Briefing
## 賽事講解

The Race Briefings will be held at the start area. Please arrive start area 15 minutes prior to race start for race briefing.
賽事講解於在起點進行，請於開賽前 15 分鐘到達起點聆聽賽事講解。

Race Briefing will be conducted in Cantonese and English. If you have any questions relating to Race, you should ask them immediately.
賽事講解會以廣東話及英語進行，參賽者如有問題，請立即發問 。

Athletes must be prepared and well equipped before attending the race briefing.
前往賽事講解前，參賽者必須已準備好，並帶備所有參賽用品。

## Swim Course
## 游泳賽段

**Challenge Distance (1500m):** The swim consists of two rectangle laps in Plover Cove. It starts in deep water. You should swim out to sea and proceed in a clockwise direction around the outside of the two far buoys, then head back and pass through the onshore buoys for a second laps. Exit the water via the slipway after swim.
**挑戰賽程 (1500m):** 由大尾篤水上活動中心以深水出發方式開始，游出船灣海以順時針方向繞過位於遠處之浮波，運動員須繞過近岸的兩個浮波,然後再進行第二圈之游泳賽程，並繞過近岸的浮波返回出發點上水。

**Sprint Distance (750m):** The swim consists of one rectangle lap in Plover Cove. It starts in deep water. You should swim out to sea and proceed in a clockwise direction around the outside of the two far buoys, then head back to shore. Exit the water via the slipway after swim.
**半奧運賽程 (750m):** 由大尾篤水上活動中心以深水出發方式開始，游出船灣海以順時針方向繞過位於遠處之浮波，並繞過近岸的浮波返回出發點上水。

**Discovery Distance (375m):** The swim consists of one rectangle lap in Plover Cove. The course starts in deep water. You should swim out to sea and proceed in a clockwise direction around the outside of the two halfway buoys, then head back to shore and exit the water via the slipway.
**體驗賽程 (375m):** 由大尾篤水上活動中心以深水出發方式，游出船灣海以順時針方向繞過位於中間之浮波以完成一圈長方形的賽程，並繞過近岸的浮波返回出發點上水。

**TriKids Distance (200m):** The swim consists of one rectangle lap in Plover Cove. The course starts in deep water. You should swim out to sea and proceed in a clockwise direction around the outside of the two halfway buoys, then head back to shore and exit the water via the slipway.
**小鐵人賽程 (200m):** 由大尾篤水上活動中心以深水出發方式，游出船灣海以順時針方向繞過位於中間之浮波以完成一圈長方形的賽程，並繞過近岸的浮波返回出發點上水。

The edge of the slipway will be indicated by small marker buoys. Please take care when passing between these buoys to avoid injury.
上水道設有兩個浮波作提示，參加者須格外留意，免生意外。

Swim skins and speed suits are not allowed. Wetsuit is only allowed when the water temperature tested by the official is under 20 Degree Celsius. Offenders need to fix or will be disqualified.
不得穿著助浮衣(Skin Suit)及 Speed Suit 作賽。保暖膠衣(Wet Suit)只可在當天場地水溫測試為攝氏 20 度以下方可穿著。

Your swim time will be taken as you exit the water.
游泳時間以上水時間作計算。

## Transition Area
## 轉項區

All competitors are required to put their race equipment in the transition area before the race briefing.
參賽者必須在賽事講解前將所有比賽用品放入轉項區內。

Athletes should follow the instruction of race officials to collect your bike and race equipment in person at the transition area after the whole race finish with the presentation of number cloth.
參賽者必須在整個比賽完成後，親身憑號碼布到轉項區依照工作人員指示取回比賽用品及單車。

Parents, coaches; supporters and spectators are not allowed to enter the transition area and/or run with any participants during the race. Otherwise, participants will be disqualified.
家長、教練、支持者及觀眾禁止進入轉項及在跑步中陪跑，否則參賽者會被取消比賽資格。

## Bike Course
## 單車賽段

**Challenge Distance (30km):** Upon exiting the transition area, you should head along Bride' s Pool Road to the Agricultures, Fisheries and Conservation Department (AFCD) Bike Turning Point B2 and then double back to Bride' s Pool Road Turning Point B1. Competitors should repeat the loop between the two turning point 2 more times, before head back to the transition area, this means **three** laps of the Bride' s Pool Road section of the course. Then Competitors should head back to the transition area.
**挑戰賽程 (30km):** 離開轉項區沿新娘潭路到漁農處管理站之轉折點 B2，折返新娘潭路回轉折點 B1，參賽者需來回往返新娘潭巴士站及新娘潭路到轉折點 3 次，然後返回轉項區。

**Sprint Distance (20 km):** Upon exiting the transition area, you should head along Bride' s Pool Road to the Agricultures, Fisheries and Conservation Department (AFCD) Bike Turning Point B2 and then double back to Bride' s Pool Road Turning Point B1. Competitors should repeat the loop between the two turning point 1 more time, before head back to the transition area, this means two laps of the Bride' s Pool Road section of the course.
**半奧運賽程 (20km):** 離開轉項區沿新娘潭路到漁農處管理站之轉折點 B2，折返新娘潭路回轉折點 B1，參賽者需來回往返烏蛟騰及新娘潭路到轉折點兩次，然後返回轉項區。

**Discovery Distance (10 km):** Upon exiting the transition area, you should head along Bride' s Pool Road to the Agricultures, Fisheries and Conservation Department (AFCD) Bike Turning Point B2 and then double back to Bride' s Pool Road Turning Point B1. Then Competitors should head back to the transition area.
**體驗距離 (10km):** 離開轉項區沿新娘潭路到漁農處管理站之轉折點 B2，折返新娘潭路回轉折點 B1，然後返回轉項區。

**TriKids Distance (4km):** Upon exiting the transition area, you should head along the Main Dam towards Bike Turning Point B3 and head back to the transition area, this means **one** lap of the Main Dam section

of the course.
**小鐵人賽程 (4km):** 離開轉項區沿大尾督水壩到壩尾之轉折點 B3，然後返回轉項區，共 1 圈。

***Competitors must not overtake when cycling down the steep hill back to the Transition Area. Competitors overtaking while cycling down this hill will be disqualified. Please also take care to slow down before taking the sharp turn from the Ting Kok Road back into the Transition Area. Officials will wave a yellow flag to remind you.***
*當下斜返回轉項區時，工作人員會以黃旗示意，提醒參賽者必慢駛及不得超越前車，否則將被取消參賽資格。參賽者請在轉入轉項區時加以留意。工作人員會以黃旗示意。*

Drafting is allowed but at your risk. Please take care and only draft if you have the skills to do so safely.
賽事容許進行勾車，惟參加者須自負有關之安全。參加者應確保具備勾車技巧方可進行勾車。

Athletes have your responsibly to count your lap and official will not remind you of the race.
運動員必須自行數圈，工作人員在比賽進行中不會作任何提示。

Your race number must be viable on your back throughout the bike ride if you are using the race belt.
如用比賽號碼帶，參賽號碼布必須於整個單車賽段扣於背心後面。

Athletes must **fix their helmet straps before taking their bikes** off the rack. Offenders will be penalized.
參賽者須**把頭盔先佩帶好**，**然後才可取單車**離開轉項區，違者將被處罰。

Wearing the helmet unfastened or insecurely fastened, inside transition area while in possession of the bike; Age-Group: Warning and amend ; Elite: Time penalty in penalty box
於轉項區推車前進的過程中，頭盔帶沒有戴好或正確扣上；分齡組：警告及修正；精英組：於處罰區罰時間

All athletes male and female must wear a running top or jersey that securely covers their chests and nipples throughout the bike course. Offenders will be disqualified.
所有男女運動員在單車賽段中均須穿上跑步上衣或單車衫作賽，必須遮蓋胸部及不可露點。

Keep to the left side of the road except when overtaking, so that other road users and cyclists may overtake. Drafting penalties will be applied to any cyclist blocking another cyclist.
除超越前車外，請靠左駛。勾車罰則將引用於阻擋其餘參賽之運動員。

Remain courteous to all other road users at all times.
請和其他道路使用者合作。

Do not cross the white line in the center of the road. Offenders will be disqualified for dangerous riding.
超越前車時，不得越過路中之雙白線，即不得超越對面行車線。違例者將被取消比賽資格。

There will be no Aid Stations on the cycle course. You should carry sufficient fluids to meet your own hydration needs.
在單車賽道上不設水站，請各運動員帶備足夠飲品。

Athletes must **rack the bike before removing the helmet**. Offenders will be penalized.
參賽者必須**把單車掛妥於單車架上當方可除去頭盔**， 違者將被處罰。

Athletes must bring their own bike and wear helmets during the cycling part, offenders will be disqualified.
參賽者必須自備頭盔及在單車賽段中佩帶頭盔，違者將被處罰。

Glass Containers, headphones, headsets and video camera are not permitted during the race.
在比賽中嚴禁使用玻璃器皿、耳筒、耳機或攝錄機等物件。

No folding bike is allowed for all categories.
任何組別不準使用摺車作賽。

Only traditional drop handlebars are permitted. The handlebars must be plugged. Clip-ons are not allowed.
參賽者只可使用公路車把手。不可使用附加把手。

Minimum wheel size requirement is 24 inches(Except for TriKids Distance).
車輪必須為 24 吋或以上方可作賽 (小鐵人距離除外)。

Officials will check all bikes entering the transition area for bike drop off. If aerobars or clip-ons are installed, athletes must remove them or they are not allowed to race.
工作人員會在轉項區入口檢查需要被放置於轉項區之比賽單車，如發現單車上裝有附加把手，參賽者需即時拆除，否則將不能比賽。

If officials find that aerobars or clip-ons are installed on the bike placed in the transition area, athletes will be disqualified and cannot continue to race.
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及不可繼續作賽。

# AGE GROUP DRAFT LEGAL EQUIPMENT

## Run Course
## 跑步賽段

| Course 賽程 | Distance 距離 | Route 路線 | Lap 圈數 |
|---|---|---|---|
| Challenge 挑戰賽程 | 8km | Transition→R2→R3→R2→Finish | 2 |
| Sprint 半奧運賽程 | 4km | Transition→R2→Finish | 1 |
| Discovery 繽紛賽程 | 2km | Transition→R1→ Finish | 1 |
| TriKids 小鐵人賽程 | 2km | Transition→R1→ Finish | 1 |

Your race number must be visible on your front throughout the run. Offender will be disqualified.

在跑步賽段時必須將號碼布扣在背心前面，違規者被取消比賽資格。

All athletes male and female must wear a running top or jersey that securely covers their chests and nipples throughout the run course. Offenders will be disqualified.
所有男女運動員在跑步賽段中均須穿上跑步上衣或單車衫作賽，必須遮蓋胸部及不可露點。

Three Aid Stations will be provided at the middle of the dam for Challenge and Sprint Distance, One Aid Station for Discovery and TriKids Distance.
挑戰/半奧運距離跑步賽道設有三個水站，體驗/小鐵人距離跑步賽道設有一個水站。

Running on any grass patch or shortcut is prohibited. Offenders will be disqualified.
嚴禁跑上任何草地或捷徑，違規者被取消比賽資格。

Glass Containers, headphones, headsets and video camera are not permitted during the race.
在比賽中嚴禁使用玻璃器皿、耳筒、耳機或攝錄機等物件。

Parents, coaches; supporters and spectators are not allowed to enter the transition area and/or run with any participants during the race. Otherwise, participants will be disqualified.
家長、教練、支持者及觀眾禁止進入轉項及在跑步中陪跑， 否則參賽者會被取消比賽資格。

## Penalty Box
## 處罰區

- Penalty Box is the designated area to serve the infringements during the swim, transition, run.
  處罰區是指一個特定區域來處罰在比賽中游泳、轉項區、跑步犯規。

  Location: Run Course (please refer to the route map).
  位置:跑步賽段 (請參閱比賽地圖) 。

- Notification: Posted on the whiteboard to show race numbers (Athletes MUST read the board).
  通知：比賽號碼將貼在白板上(運動員必須留意白板) 。

| Race Distance 賽程 | Time Penalty 處罰時間 |
|---|---|
| Challenge 挑戰距離 | 10 Seconds |
| Sprint 半奧運距離 | 5 Seconds |
| Discovery 體驗距離 | 5 Seconds |
| TriKids 小鐵人距離 | 5 Seconds |

Procedure 程序:

1. Time penalty must be served on any lap of the run.
   在任何一個跑步圈內，必須作出處罰。

2. The official will not inform you, you must enter the penalty box by yourself.
   工作人員不作任何通知，運動員自行進入處罰區。

3. Once you enter the penalty box, the official will start to count your sec, when official say "GO", you can continue your race.
當進入了處罰區，工作人員開始計時，然後工作人員會通知你"GO"，才可以繼續比賽。

4. Failing to serve penalty will result in a DISQUALIFICATION.
如沒有進入處罰區，將被取消比賽資格。

If an athlete serves a time penalty, the athlete accepts the penalty, and no protest will be admitted.
若運動員執行處罰，則代表運動員接受判決，不能進行上訴。

If an athlete does not serve a time penalty, he/she will be disqualified but may protest against the disqualification and the decision of the Head Referee to issue the time penalty. The Competition Jury which receives the protest will decide on the correctness of the decision to issue the time penalty and will either:

(i) Dismiss the protest and confirm the disqualification; or
(ii) Uphold the protest, remove the time penalty and reverse the disqualification.

若運動員未有執行處罰，將被取消比賽資格。但運動員可以就處罰進行上訴。上訴委員會決定處罰之正確性並作出下列其中一個行為:

(i) 駁回上訴並確認比賽資格被取消；或
(ii) 上訴得直，取消處罰及恢複比賽資格。

| Case 事例 | Penalties 處罰 |
|---|---|
| **Swim Course 游泳賽段** | |
| Start the wrong wave<br>不在指定組別出發 | DSQ<br>取消比賽資格 |
| Not wearing the official swim from the start<br>不佩帶大會派發之泳帽出發 | Fix, otherwise DSQ<br>必須修正否則取消比賽資格 |
| Swimsuit swim skins, speed suits or wetsuits.<br>穿着助浮衣(Skin Suit), Speed Suit 及保暖膠衣 (Wet Suit)作賽 | Fix, otherwise DSQ<br>必須修正否則取消比賽資格 |
| **Transition Area 轉項區** | |
| Equipment not put into designated area.<br>運動員未有將物品放入自己的區域 | Fix, otherwise time penalty<br>必須修正否則罰時 |
| Not put the helmet and fasten it before taking their bikes off the rack<br>於取單車前未有佩帶好頭盔及扣上頭盔扣 | Fix and 10/5 sec time penalty<br>必須修正及將有 10/5 秒時間處罰 |
| Cycling at transition area<br>轉項區內踏單車 | 10/5 sec time penalties<br>10/5 秒時間處罰 |

| | |
|---|---|
| Mount before the mount line<br>在單車上車處前上車 | Fix and 10/5 sec time penalties<br>必須修正及將有 10/5 秒時間處罰 |
| Dismount after the dismount line<br>在單車下車處後下車 | Fix and 10/5 sec time penalties<br>必須修正及將有 10/5 秒時間處罰 |
| Wearing the helmet unfastened or insecurely fastened, inside transition area while in possession of the bike<br>於轉項區推車前進的過程中，頭盔帶沒有戴好或正確扣上 | Age-Group: Fix, otherwise time penalty; Elite: Time penalty in penalty box<br>分齡組：必須修正否則罰時；精英組：於處罰區罰時間 |
| Touching the locking mechanism on the helmet while in possession of the bike in transition<br>於轉項區推車前進的過程中觸碰頭盔扣 | Age-Group: Fix, otherwise time penalty; Elite: Time penalty in penalty box<br>分齡組：必須修正否則罰時；精英組：於處罰區罰時間 |
| Discarding swim cap between the swim exit and transition<br>在上水後至進入轉項區前脫下泳帽 | Age-Group: Fix, otherwise time penalty; Elite: Time penalty in penalty box<br>分齡組：必須修正否則罰時；精英組：於處罰區罰時間 |
| **Run Course 跑步賽段** | |
| Upper body not fully covered<br>在跑步賽段沒有穿上跑步上衣作賽 | Fix, otherwise DSQ<br>必須修正否則取消比賽資格 |
| Running on any grass patch or shortcut<br>跑上任何草地或捷徑 | DSQ<br>取消比賽資格 |
| Wearing flip-flops for running<br>穿着拖鞋進行跑步。 | DSQ<br>取消比賽資格 |
| **Bike Course 單車賽段** | |
| Not wearing a helmet during the bike race<br>在單車賽段沒有佩帶頭盔 | DSQ<br>取消比賽資格 |
| Cross the white line in the centre of the road<br>超越前車時,越過路中之白色分界線,即超越對面行車線 | DSQ<br>取消比賽資格 |
| Upper body not fully covered<br>在單車賽段沒有穿上跑步上衣作賽 | Fix, otherwise DSQ<br>必須修正否則取消比賽資格 |

| Others 其他 | |
|---|---|
| Using Glass Containers, headphones and headsets during the race<br>在比賽中使用玻璃器皿、耳筒或耳機等物件 | Fix, otherwise DSQ<br>必須修正否則取消比賽資格 |
| Being accompanied by any non-competing athletes, team members, team managers or other pacemakers on the course or along course<br>家長、教練、支持者及觀眾進入轉項區及在跑步中陪跑 | 1st: Warning / 2nd: DSQ<br>第一次：警告<br>第二次：取消比賽資格 |
| Third parties' support and assistance during the race.<br>第三者在比賽中從旁協助 | DSQ<br>取消比賽資格 |
| Using abusive language or behaviour toward any official<br>使用侮辱性語言或行為對待大會工作人員 | DSQ<br>取消比賽資格 |
| Using unsportsmanlike behavior<br>使用違反體育精神行為 | DSQ<br>取消比賽資格 |
| Being accompanied by any non-competing person in the finish chute<br>非參賽者陪同衝線 | DSQ<br>取消比賽資格 |

## Race Finish
## 比賽完成後

After completing the race, participants can collect their till receipt result.
參加者完賽後可索取臨時成績單。

Belongings may be collected from Baggage Deposit booth at any time with your race number bib.
完成賽事後必須憑號碼布於行李寄存處取回行李。

Trophy winners will be announced and posted on the site as soon as possible in readiness for award presentation. Full result will be posted to the TriHK Web site: www.triathlon.com.hk on race day afternoon.
得獎名單將會貼於報告板上並作公佈以準備頒獎禮。賽事所有成績將於比賽日下午網站(www.triathlon.com.hk 公佈。

## Other Information
## 其他事項

Participants must count their own bike and run lap.
參賽者需自行計算單車及跑步圈數。

Participants are responsible for following the correct race course.
參賽者有責任依照正確賽道比賽。

All participants must obey the instruction of race officials at all time. Failing to do so may result in disqualification.
所有參賽者必須遵從大會工作人員之指示，否則可能被取消資格。

Organizer reserves 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。故參賽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， 否則參賽者會被取消比賽資格。

The event organizer will not keep any not collected equipment or personal belongings after the race.
在比賽結束後，賽事主辦者不會保留任何未有取回的裝備或隨身物品。

## Appeal
## 上訴

The competition Jury include 3 members and they will handle all appeal of race day.
上訴委員包括有 3 名成員。比賽當天由上訴委員會處理所有上訴。

If an athlete serves a time penalty, the athlete accepts the penalty, and no protest will be admitted.
若運動員執行處罰，則代表運動員接受判決，不能進行上訴。

If an athlete does not serve a time penalty, he/she will be disqualified but may protest against the disqualification and the decision of the Head Referee to issue the time penalty. The Competition Jury which receives the protest will decide on the correctness of the decision to issue the time penalty and will either:

(i) Dismiss the protest and confirm the disqualification; or
(ii) Uphold the protest, remove the time penalty and reverse the disqualification.

若運動員未有執行處罰，將被取消比賽資格。但運動員可以就處罰進行上訴。上訴委員會決定處罰之正確性並作出下列其中一個行為:

(i) 駁回上訴並確認比賽資格被取消；或
(ii) 上訴得直，取消處罰及恢複比賽資格。

Appeal is accepted only within 15 minutes after race result being announced and completed the "Complain and Appeal" form together with HK$200 appealing fee. Appeal fee will only be refunded upon successful appeal.

如有任何上訴，請於該組別成績公佈後 15 分鐘內填寫「上訴」表格並繳交$200 按金。按金只於上訴得直時發回。

The Association will accept the appeal on race day only. No appeal will be accepted after 30 minutes of the results being announced.
大會只接受比賽當日上訴。成績公佈 15 分鐘後將不接受任何上訴。

In case of any disputes, the association reserves the right of final decision.
如有爭議本會保留最終決定權。

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

If Typhoon Signal No.8 or above is hoisted at any time from 12:00 noon on the day before the race, the race will be cancelled without any more rescheduled race and the race entry fees will not be refunded.
如於比賽前一天中午十二時懸掛八號颱風訊號或以上，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 / Red Rainstorm/ Black Rainstorm be hoisted at any time after 04:00 a.m. on race morning, the race will be cancelled without any more rescheduled race and the race entry fees will not be refunded.
如在比賽日早上 4 時正或以後仍然懸掛三號颱風訊號/紅雨/黑雨警告，賽事將取消而不再補賽及報名費用不會退回。

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。

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 published on the TriHK web site: www.triathlon.com.hk and Facebook.
如比賽取消，大會將在本會網頁: www.triathlon.com.hk 及 Facebook 公佈。

For any Race Day emergency enquiries, please contact Event Hotline (6696 5830).
比賽當日如有任何緊急查詢請致電比賽專線 (6696 5830) 。

## Notice for participants driving to Plover Cove

## 駕車到大美督參賽者之注意事項

Due to limited parking spaces in Plover Cove, participants are advised to use the official transportation. In case of driving, the drivers should pay attention to the following:

由於大美督泊車位置有限，大會呼籲參賽人士儘量使用大會交通，如自行駕車至大美督之參賽者，應注意：

The section of Tai Mei Tuk Road and Bride' s Pool Road will be closed from 06:00am to 09:30am.

介乎大美督路與新娘潭路由早上 6 時至 9 時 30 分臨時封閉。

Do not illegal park.

請勿非法泊車。

Do not park in village along Ting Kok Road.

請勿將車輛泊入沿汀角路的村內。

Police will take strict enforcement to illegal parking.

警方會嚴厲票控或拖走任何違泊之車輛。

Enquiries 查詢:

Triathlon Association of Hong Kong China 中國香港三項鐵人總會

Tel 電話: 2504 8282

Fax 傳真: 2576 8253

E-mail 電郵: trihk@triathlon.com.hk

# Challenge/ Sprint Distance

S Start 起點 F Finish 終點 D Dismount 下車處 M Mount 上車處 P Penalty Box 處罰區 W Water Station 水站

Challenge Distance: Swim 1.5km/Bike 30km/Run 8km
Swim Start >2 laps > Transition > (B1 <> B2 3 laps) > Transition > (R2 <> R3 2 laps) > Finish
Sprint Distance: Swim 750m/Bike 20km/Run 4km
Swim Start > Transition > (B1 <> B2 2 laps) > Transition > R2 > Finish

# Discovery Distance

S Start 起點 F Finish 終點 D Dismount 下車處 M Mount 上車處 P Penalty Box 處罰區 W Water Station 水站

**Discovery Distance:** Swim 375m/Bike 10km/Run 2km

Swim Start > Transition > B1> B2 > Transition > R1 > Finish

# TriKids Distance

TriKids Distance: Swim 200m/Bike 4km Main Dam/Run 2km
Swim Start > Transition > B3 > B4 > Transition > R1 > Finish