

Race Scheule 比賽時間表

Registration

報到

Challenge Distance 挑戰距離 (Swim 1000m/Run 6km)		05:30 to 07:20			
Sprint Distance 半奧運距離 (Swim 500m/Run 4km)		06:40 to 08:25			
Discovery Distance 體驗距離 (Swim 250m/Run 2km)		07:30 to 08:50			
TriKids Distance 小鐵人距離(Swim 250m/Run 2km)		07:35 to 08:55			
Wave 組別	Cap 泳帽	Category 組別		Start Time 比賽時間	Prize Presentation Time 頒獎時間
1	Light Blue	Challenge – All Male Elite Categories	挑戰距離: 所有男子精英組別	07:00	08:15
2	Navy Blue	Challenge – All Female Categories	挑戰距離: 所有女子組別	07:05	08:20
3	Yellow	Challenge – Male 20-24	挑戰距離: 男子 20-24	07:20	08:35
		Challenge – Male 25-29	挑戰距離: 男子 25-29		
		Challenge – Male 30-34	挑戰距離: 男子 30-34		
		Challenge – Male 35-39	挑戰距離: 男子 35-39		
4	Pink	Challenge – Male 40-44	挑戰距離: 男子 40-44	07:35	08:50
		Challenge – Male 45-49	挑戰距離: 男子 45-49		
		Challenge – Male 50-54	挑戰距離: 男子 50-54		
		Challenge – Male 55-59	挑戰距離: 男子 55-59		
		Challenge – Male 60-64	挑戰距離: 男子 60-64		
Challenge – Male 65 & Over	挑戰距離: 男子 65 歲或以上組別				
5	White	Sprint – Male Elite Youth	半奧運距離: 男子精英少年組	08:10	09:10
		Sprint – Male Junior 1	半奧運距離: 男子青年 1 組		
		Sprint – Male Junior 2	半奧運距離: 男子青年 2 組		
6	Light Blue	Sprint – All Female Categories	半奧運距離: 所有女子組別	08:20	09:20
7	Navy Blue	Sprint – Male 20-29	半奧運距離: 男子 20-29	08:30	09:30
		Sprint – Male 30-39	半奧運距離: 男子 30-39		
		Sprint – Male 60-69	半奧運距離: 男子 60-69		
8	Yellow	Sprint – Male 40-49	半奧運距離: 男子 40-49	08:40	09:40
		Sprint – Male 50-59	半奧運距離: 男子 50-59		
		Sprint – Male 70 & over	半奧運距離: 男子 70 歲或以上組別		
9	Pink	Discovery – All Boys Categories	體驗距離: 所有男子組別	09:00	09:35
10	White	Discovery – All Girls Categories	體驗距離: 所有女子組別	09:05	09:45
		TriKids – All Girls Categories	小鐵人距離: 所有女子組別		

11	Light Blue	TriKids – All Male Categories	小鐵人距離: 所有男子組別	09:10	09:50
Course Cut-Off Time 賽事分段時限					
Swim Course 游泳賽段				09:30	
Run Course 跑步賽段				10:00	

Race Information 比賽資料

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 various 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。

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證明文件正本或副本,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證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。

Registration booth located at the Plover Cove Dam Heliport - PC01.

報到處位於大美督水壩直升機坪。

After Registration, please proceed directly to Transition Area.

報到完後，請前往轉項區。

Only equipment's for your competition are allowed to leave in your designated area at transition.

Officials will monitor transition area but not responsible for any loss or damage.

轉項區只供擺放比賽時需要之物品。工作人員會盡量留意轉項區之物品，但並不負責物品保管及遺失之責任。

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。大會不建議參加者攜帶貴重物品。

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. 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，過終點後請退還此計時帶，工作人員會協助收回。請確保在完成賽事後，你的晶片已被回收。如於賽事中途退出，亦請交回終點旁之計時中心。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 (1000m): 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 (1000m): 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 (500m): 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 (500m): 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 (250m): 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 (250m): 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 (250m): 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 (250m): 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 marker buoys. Please take care when passing between these buoys to avoid injury.

上水道設有浮波作提示，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。

At the transition area, athletes must place your race equipment at the assigned basket.

在轉項區內，參賽者必須將比賽用品放在指定籃子裏。

Officials will help to wrap your race equipment' s into a plastic bag after the swim. Athlete please collect your swimming equipment' s in person at the Event Center by presenting your race number bib or show your body mark.

完成游泳賽段工作人員會收集參賽者的游泳用品，比賽完成後請親身憑號碼布或身上之號碼前往賽事中心領回。

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。

Run Course

跑步賽段

Course 賽程	Distance 距離	Route 路線	Lap 圈數
Challenge 挑戰賽程	6km	Transition → R3 → R1 → R2 → Finish	2
Sprint 半奧運賽程	4km	Transition → R3 → Finish	1
Discovery 繽紛賽程	2km	Transition → R2 → Finish	1
TriKids 小鐵人賽程	2km	Transition → R2 → 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, two 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兩個水站。

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	15 Seconds
Sprint 半奧運距離	10 Seconds
Discovery 體驗距離	10 Seconds
TriKids 小鐵人距離	5 Seconds

Procedure 程序:

- 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。
- 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。
- 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。
- 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:

- 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，取消處罰及恢復比賽資格。

Case 事例	Penalties 處罰
Swim Course 游泳賽段	
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 swim skins, speed suits or wetsuits. 穿着助浮衣(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
Transition Area 轉項區	
Equipment not put into designated area. 運動員未有將物品放入自己的區域	Fix, otherwise time penalty 必須修正否則罰時
Discarding swim cap between the swim exit and transition 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 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 在跑步賽段沒有穿上跑步上衣作賽	Fix, otherwise DSQ 必須修正否則取消比賽資格
Running on any grass patch or shortcut 跑上任何草地或捷徑	DSQ 取消比賽資格
Wearing flip-flops for running 穿着拖鞋進行跑步。	DSQ 取消比賽資格
Others 其他	
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
Being accompanied by any non-competing athletes, team members, team managers or other pacemakers on the course or	1st: Warning / 2nd: DSQ 第一次：警告

along course 家長、教練、支持者及觀眾進入轉項區及在跑步中陪跑	第二次：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 behavior 使用違反體育精神行為	DSQ 取消比賽資格
Being accompanied by any non-competing person in the finish chute 非參賽者陪同衝線	DSQ 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 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，取消處罰及恢復比賽資格。

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 warning be hoisted at any time after 05:00 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 5 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 或取消正在進行之中的比賽。

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 或取消正在進行之中的比賽。被取消之賽事將不設補賽。

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 make an announcement on the TriHK website (www.triathlon.com.hk) and on Facebook.

如比賽取消，大會將會在本會網頁(www.triathlon.com.hk) 和 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：

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:

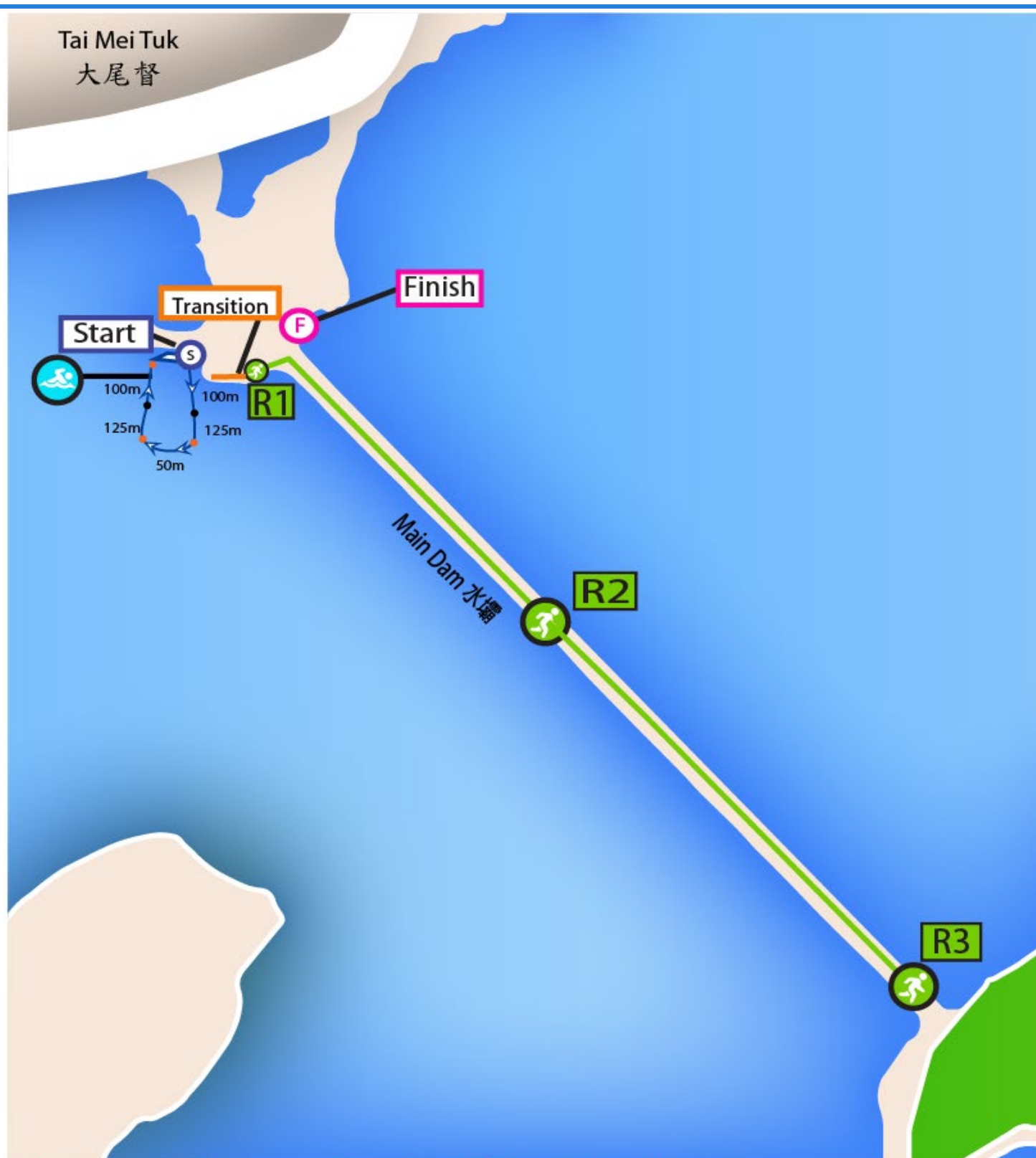
Triathlon Association of Hong Kong China 中國香港三項鐵人總會

Tel 電話: 2504 8282

Fax 傳真: 2576 8253

E-mail 電郵: trihk@triathlon.com.hk

Tai Mei Tuk
大尾督



Challenge Distance: Swim 1000m/Run 6km

Swim Start > 2 laps > Transition > R3 > R1 > R2 > Finish

Sprint Distance: Swim 500m/Run 4km

Swim Start > 1 lap > Transition > R3 > Finish

Discovery Distance: Swim 250m/Run 2km

Swim Start > 1 lap > Transition > R2 > Finish

TriKids Distance: Swim 250m/Run 2km

Swim Start > 1 lap > Transition > R2 > Finish