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香港中小學

水陸兩項鐵人錦標賽

Hong Kong Primary & Secondary Schools
Aquathlon Championships 2024-25



比賽資料 Race Information

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 a student handbook or student card with a photo, for registration. Anyone who fails to present this will not be allowed to receive their race pack and start the race.

所有參賽者請於報到時出示印有照片的學生手冊或學生證,如未能出示,將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 and race bib. 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:泳帽及號碼布。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。

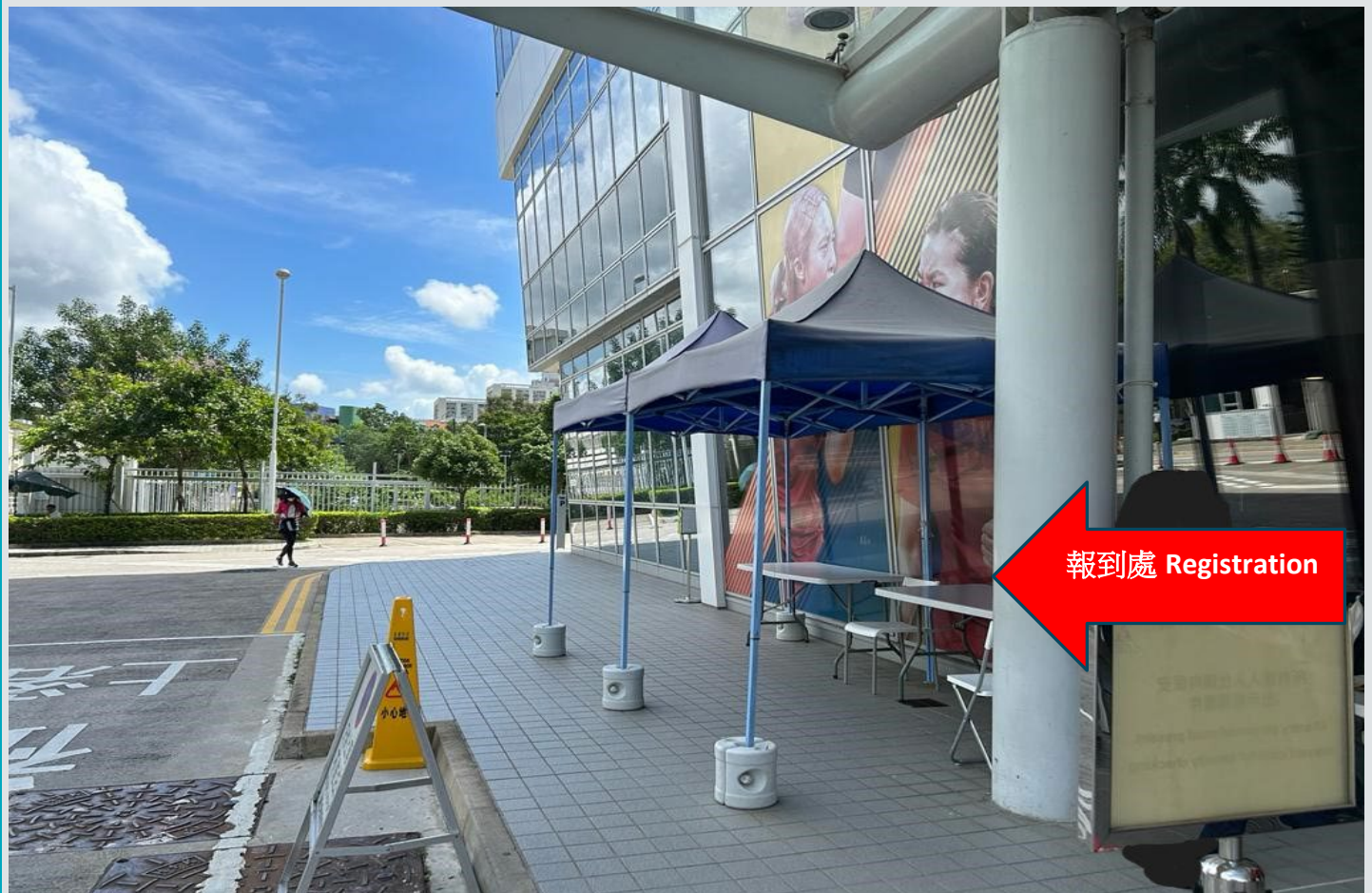
<p>Swim Cap 泳帽</p>	<p>Swim Cap provided by TriHK must be worn throughout the swim course 賽事游泳部分必須全程戴上由大會提供之泳帽</p>	
<p>Race Bib 比賽號碼布</p>	<p>Race bib must be worn at the front throughout the run course 比賽號碼布在跑步賽段中扣在胸/腰前</p>	

Registration booth located at the entrance of Hong Kong Sports Institute.

報到處位於香港體育學院入口。

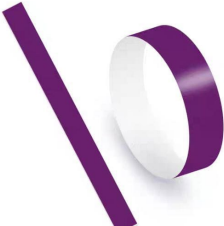
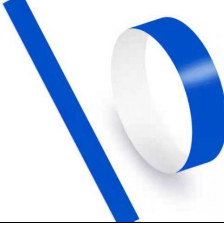
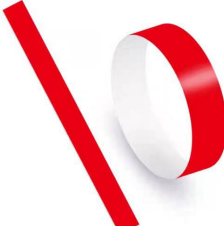
Each participant can be accompanied by one parent or guardian to enter the HKSI on the race day.

比賽當天，每位參賽者可由一位家長或監護人陪同進入體院賽場內。



Parent or guardian, registered School representatives and affiliated club coaches will receive a wristband in registration.

家長或監護人、已成功登記屬會註冊教練及學校領隊，會在報道處登記給領取手帶。

<p>A purple wristband for one parent or guardian. 每位家長或監護人會領取一條紫色手帶。</p>		
<p>A blue wristband for registered school representatives. 已成功登記屬會註冊教練會領取一條藍色手帶。</p>		
<p>A red wristband for Registered school representatives. 已成功登記學校領隊會領取一條紅色手帶。</p>		

After Registration, please report at the Athletic Spectator stand for the marshaling & body marking.

報到後請前往田徑場看台召集處集合以及印上比賽號碼。

Parents can watch the events from the bleacher at the field and the swimming pool. Parents must follow officials' instructions. Those who violate the above regulations, athletes will be disqualified.

家長可於田徑場看台及游泳池觀看賽事。家長必須遵從大會工作人員指示，如運動員的家長違反指示，運動員資格將會被取消。

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。

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。

Race Briefing 賽事簡報

Race Briefings will be held at the Athletic Spectator marshal area. Please refer to the race schedule and attend accordingly.

賽事講解在田徑場看台召集處進行。(講解時間請參考比賽時間表)

Race Briefing will be conducting in both Cantonese and English. If you have any questions related to the Race, you should raise out immediately at the briefing session.

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

Course 賽程	Category 組別	Distance 距離
Secondary School - A 中學組 - A	2008 or before	300m
Secondary School - B 中學組 - B	2009 -2010	250m
Secondary School - C 中學組 - C	2011 or after	200m
Primary School - D 小學組 - D	2014 or before	150m
Primary School - E 小學組 - E	2015-2016	100m
Primary School - F 小學組 - F	2017 or after	50m

Remarks: Race pool is a 25m Swimming Pool

備注：比賽泳池是 25 米游泳池

The official swim cap has to be worn during the swimming section. Using your own swimming cap may cause disqualification if not being amended per requested.

運動員必須佩帶由大會提供之泳帽，禁止使用自備泳帽。

Skins suit, speed suits or wetsuits are not allowed. Offenders are required to make correction, otherwise will be disqualified.

不得穿助浮衣(Skin Suit), Speed Suit 及保暖膠衣 (Wet Suit)作賽。

Starting in the wave that you have been assigned heat.

運動員必須依照已編配之組別出發者。

All competitors must count their own laps.

參賽者需自行計算圈數。

Transition Area 轉項區

All competitors will be leaded to put their race equipment at the transition area before race start.

工作人員人將於比賽開始前帶領各參賽者到轉項區擺放比賽用品。

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 and coaches are not allowed to enter transition area.

家長、教練及觀眾禁止進入轉項區。

Those who violate the above regulations will be disqualified.

違反上述競賽規程者將會被取消資格

Run Course 跑步賽段

Course 賽程	Route
Secondary School - 中學組 (1.4km) (Pic 1)	Transition → A → B → C → Finish
Primary School - 小學組 (1km) (Pic 2)	Transition → A → B → Finish

Your race number must be presenting on your front throughout the run.

在跑步賽段時必須將號碼布清晰展示在胸/腰前。

Upper body must be fully covered during your running segment.

在跑步賽段時必須穿上跑步上衣作賽。

Aid Station will be provided at run course. Please refer to Route Map for exact location

跑步賽道設有一個水站。請參閱比賽地圖以知悉確實位置。

Running on any grass patch or shortcut is prohibited.

嚴禁跑上任何草地或捷徑。

Athletes are not allowed to wear flip-flops for running.

運動員禁止穿着拖鞋進行跑步。

Glass Containers, headphones and headsets are not permitted during the race.

在比賽中嚴禁使用玻璃器皿、耳筒或耳機等物件。

Parents, coaches and spectators are not allowed to enter transition area and/or running, pacing participants during the race.

家長、教練及觀眾禁止進入轉項區及在跑步中陪跑。

Those who violate the above regulations will be disqualified.

違反上述競賽規程者將會被取消資格

Race Finish 比賽完成後

Results will be announced on site as soon as possible. Please be aware the announcement to join award presentation. Full result will be posted to the TriHK Web site on race day afternoon.

得獎名單將會貼於報告板上，請留意公佈頒獎禮之安排。賽事所有成績於將於比賽日下午於網站

(www.triathlon.com.hk)公佈。

Belongings collected from the luggage storage area by presenting your race number bib.

完成賽事後必須憑號碼布於行李寄存處取回。

Other Information 其他事項

Please be ensure to competing with the race distance corresponding to your category.

參賽者有責任依照正確賽道及賽程完成比賽。

All participants must obey the instruction of race officials at all times.

所有參賽者必須遵從大會工作人員之指示。

Organizer reserve the right to make changes to race schedule or event detail when there is necessity.

Participants are advised to arrive the race venue earlier in advance.

大會有權因應需要更改賽事安排及時間表，故參賽者請提早抵達比賽場地。

Participant who accepts any assistance from a third-party during competition will be disqualified.

參加者如在比賽中途接受第三者從旁協助，將會被取消資格。

The organizer will not retain any unclaimed items left beside on the day of the competition. Participants are kindly requested to collect their personal belongings as soon as the competition in finished.

主辦單位不會保留比賽日沒有被認領之所有物品，請各參賽者完成比賽後盡快領回所屬之個人物品。

In case two athletes in the same age category complete the race with the same finishing time, they will be awarded the same ranking position.

如同一組別有兩名或以上運動員以相同時間完成比賽，運動員將會並列同等名次。

Penalty 處罰

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 不佩戴大會派發之泳帽出發	Fix, otherwise DSQ 必須修正否則取消比賽資格
Wearing 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 basket 運動員未有將物品放入大會提供及指定的膠籃	Fix, otherwise time penalty 必須修正否則罰時
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 跑上任何草地或走捷徑	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
Parents, coaches and spectators are entering the transition area and/or run with any participants during the race. 家長、教練及觀眾進入轉項區及在跑步中陪跑	1st: Warning / 2nd: DSQ 第一次：警告 第二次：取消比賽資格
Accept support and assistance from third parties during the race. 接受第三者在比賽中從旁協助	DSQ 取消比賽資格
Any abusive or insulting language or behavior 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
All unsportsmanlike behavior 所有違反體育精神行為	DSQ 取消比賽資格
Crossing finish line accompanied by non-participants 由非參賽者陪同衝線	DSQ 取消比賽資格

Appeal 上訴

The competition Jury comprised with 3 members and handling all appeal application of race day

上訴委員由 3 名成員組成於比賽當天處理所有上訴申請。

Appeal application has to be lodged and submitted within 15minutes from the corresponding race result announced. HK\$200 appeal fee will be charged and only be refunding if appeal successfully. Please be reminder that all complaints without formal procedures or late applications would not be accepted.

上訴申請必須於相關組別成績公佈後 15 分鐘內提交及需繳付港幣\$200 按金。按金會於上訴得值時發回。所有未經申請之投訴或逾時申請一概不受理，敬希垂注。

In case of any disputes, TriHK 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 rescheduling.

如於比賽前一天中午十二時懸掛八號颱風訊號或以上，賽事將取消而不會補賽。

If the Typhoon Signal No.3 / Red Rainstorm/ Black Rainstorm warning be hoisted at any time after 06:30 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 6 時 30 分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 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。

Entry Fees of cancelled races will not be refunded, nor can they be transferred to cancelled race

被取消之賽事之報名費不設退款、亦不得轉讓。

Whenever there is cancellation, event organizer notices all participants via SMS also publishing on the TriHK web site: www.triathlon.com.hk and social medias.

如比賽需要取消，大會將以短訊形式通知各參賽者，並在本會網頁：www.triathlon.com.hk，Facebook 及 Instagram 公佈。

For any enquiries during race day, please contact Event Hotline (6696 5830).

比賽當日如有任何查詢請致電比賽專線 (6696 5830)。

Secondary Distance (1.4km)

Secondary Distance (1.4KM)
Transition > A > B > C > Finish



Transition > A > B > C > Finish

(Pic 1)

Primary Distance (1km)

Primary Distance (1 KM)
Transition > A > B > Finish



Transition > A > B > Finish

(Pic 2)