

比賽資料 Race Information

Prior to Race Day 比賽日前之準備

All athletes are strongly advised to review the official race information and attend the race briefing on race day. Each participant is responsible for completing the full race distance in their designated category. As multiple race categories will be held at the event, race officials will not provide hints or reminders during the competition. Updated race details and course maps will be published on TriHK's official website in due course. Athletes are encouraged to check the website regularly to stay informed.

大會強烈建議所有運動員於賽前細閱官方比賽資料，並於比賽當日準時出席賽事簡報（一般將於各組別召集後及出發前進行），以充分了解賽事安排及相關須知。每位參賽者須按照所屬組別規定，自行完成全程賽事距離。鑑於本次賽事設有多個組別，為確保賽事順暢進行，賽事期間工作人員將不會提供個別提示或提醒，敬請各位運動員留意賽事流程並自行妥善安排。有關賽事最新資訊及比賽路線圖，將於中國香港三項鐵人總會官方網站公佈並持續更新。建議各位運動員賽前瀏覽相關網站，以掌握最新資訊及重要公告。

Preparation on Race Day 賽事當天之準備

Participants who fail to present valid identification will not be permitted to collect their race pack or participate in the race.

所有參賽者必須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、護照或印有照片的學生手冊 / 學生證等。如未能出示有效身份證明文件，將不獲發選手包，亦不得參加比賽。

Participants who fail to present valid identification will not be allowed to collect their race pack or start the race.

如未能出示有效身份證明文件，將不獲發選手包，亦不得參加比賽。

Upon arrival at the race venue, please proceed to the registration booth to collect your race bib and an ankle timing chip.

到達比賽場地後，請前往報到處領取你的號碼布。

Body marking will be applied to both your arms and legs. To ensure clearer body marking, participants are advised not to apply sunblock beforehand.

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。

Athletes and parents, please note that members of the public may also be participating in other activities within the park. Kindly maintain proper etiquette and show mutual respect at all times.

請運動員及家長注意：公園內同時有公眾人士進行其他活動，請保持良好禮儀並互相尊重。

Swim Cap 泳帽	The swim cap provided by TriHK must be worn throughout the swim course. Swim caps will be distributed during the race briefing 賽事游泳部分必須全程戴上由大會提供指定顏色之泳帽 泳帽將於賽事講解期間派發	
Race Bib 比賽號碼布	Race bib must be worn at the front throughout the run course 比賽號碼布在跑步賽段中必須扣在胸/腰前	

Registration booth located at the entrance of Kowloon Tsai Park Swimming Pool Entrance
賽事報到處設於九龍仔泳池入口位置。



After Registration, please report to the Swimming Pool for marshalling
運動員完成報到後，請前往游泳池集合處。

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

家長或監護人可於田徑場看台及游泳池範圍觀看賽事。賽事期間，請務必遵從大會工作人員的指示。如有違反，相關運動員之參賽資格將被取消。

Only equipment for your competition is allowed to be left in your designated area at transition. Officials will monitor the transition area but are not responsible for any loss or damage.

轉項區僅供運動員放置比賽所需物品。賽事期間，大會工作人員將協助留意場內情況，惟不負責保管任何物品。如有遺失，大會概不負責，請自行妥善保管個人物品。

All other personal belongings should be labelled with your race number in the baggage 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.

運動員的非比賽物資請存放於行李寄存區。寄存區設於比賽號碼印刷處旁。當天出席賽事的所有人士，均須自行負責個人物品之保管，因此大會不建議攜帶貴重物品，以免遺失。

Race Briefing 賽事講解

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

當日賽事講解將於游泳池召集處進行。（詳細時間請參閱比賽時間表）

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

所有講解將以廣東話及英語進行。如對賽事安排有任何疑問，請於現場即時提出，以確保充分理解相關資訊，順利參與賽事。

Athletes must be prepared and well equipped before attending the race briefing.

出席賽事講解前，參賽者必須已完成所有準備，並攜帶齊全所需裝備。

Swim Course 游泳賽段

Course 賽程	Distance 距離
Challenge 挑戰	600m
Sprint 半奧運	400m
Discovery 體驗 1	300m
Discovery 體驗 2	200m
Trikids 1 小鐵 1	150m
Trikids 2 小鐵 2	100m
Super Trikids 超小鐵人	50m

The official swim cap must be worn during the swimming section. Using your own swim cap may result in disqualification if it is not changed as requested.

所有參賽者必須佩戴由大會提供指定顏色之泳帽，嚴禁使用自備泳帽參賽。

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

比賽期間不得穿著助浮衣（Skin Suit）、Speed Suit 或保暖膠衣（Wet Suit），違者將被取消參賽資格。

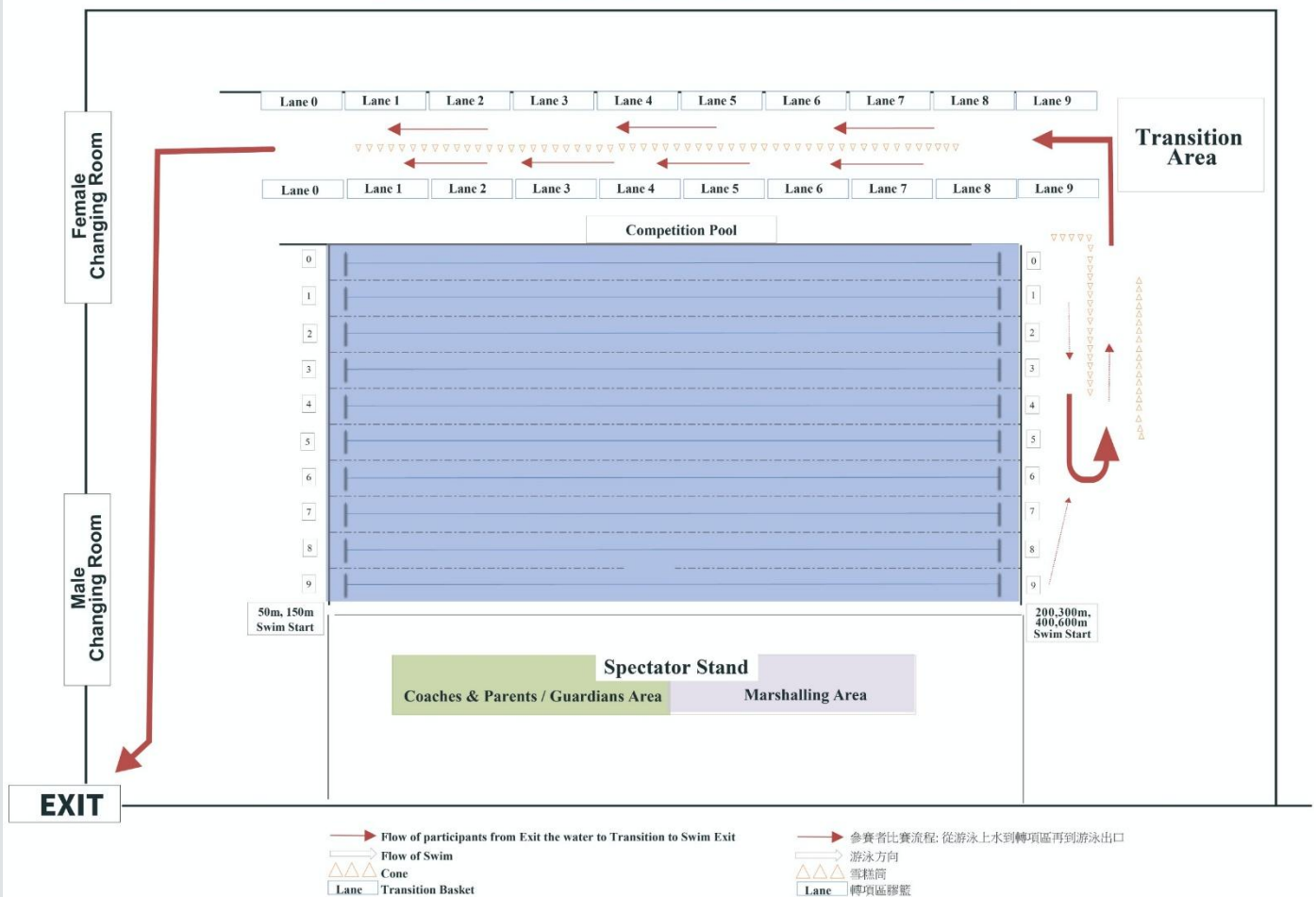
Start in the wave that you have been assigned.

參賽者須依照已編配之組別準時出發。

All competitors must count their own laps.

參賽者需自行計算已完成之距離（即轉池次數）

50m Swimming Pool Floor Plan



Transition Area 轉項區

All competitors will be asked to put their race equipment at the transition area before the race starts.

所有參賽者須於比賽開始前，於轉換區妥善放置比賽所需裝備。

Officials will help to wrap your race equipment in a plastic bag after the swim. Athletes, please collect your swimming equipment in person at the Event Centre by presenting your race number bib or showing your body mark.

完成游泳賽段後，工作人員將協助收集參賽者之物品，請參賽者於完成全部賽事後，親身憑號碼布或身上號碼前往賽事中心領回。

Parents and coaches are not allowed to enter the transition area.

為確保賽事順利進行，運動員之家長或監護人、教練及所有觀眾均不得進入轉項區。

Those who violate the above regulations will be disqualified.

任何違反上述競賽規程者，大會將取消其參賽資格

Run Course 跑步賽段

Course 賽程	Route 路段
Challenge 挑戰 (4.7km)	Swim Exit → A → (B → C → D → E) x 3 times → B → Finish
Sprint 半奧運 (3.4km)	Swim Exit → A → (B → C → D → E) x 2 times → B → Finish
Discovery 體驗 1 (2.1km)	Swim Exit → A → (B → C → D → E → B → Finish
Discovery 體驗 2 (2.1km)	Swim Exit → A → (B → C → D → E → B → Finish
Trikids 1 小鐵 1 (840m)	Swim Exit → A → B → Finish
Trikids 2 小鐵 2 (840m)	Swim Exit → A → B → Finish
Super Trikids 超小鐵人 (840m)	Swim Exit → A → B → Finish

Your race number must be visible on your front throughout the run. Your upper body must be fully covered during your running segment.

於跑步賽段進行比賽期間，所有運動員必須將號碼布清晰展示於胸前或腰間，並須穿著跑步上衣直至完成整個賽事。

Aid stations will be provided along the course. Please refer to the Route Map for the exact location.

跑步賽道中段設有水站，請運動員於賽前詳閱比賽地圖，以了解其確實位置。

Running on any grass patch or shortcut is prohibited.

為確保公平競賽，運動員必須依指定賽道完成賽事，嚴禁進入任何草地或使用捷徑。

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

運動員不得穿著拖鞋跑步進行比賽。

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

比賽進行期間，運動員不得攜帶或使用任何玻璃器皿、耳筒或耳機等物品。

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

所有家長或監護人、教練及觀眾均不得進入轉換區，亦不得於跑步賽段中陪同參賽者作賽。

Those who violate the above regulations will be disqualified.

違反上述競賽規程者將會被取消比賽資格。

Race Finish 比賽完成後

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

得獎名單將於各分組賽事結束後張貼於報告板上，請參賽者耐心等待，並留意現場工作人員有關頒獎典禮之公佈。所有賽事成績將於比賽日下午上載至中國香港三項鐵人總會官方網站

(www.triathlon.com.hk) 。

Belongings and transition gear are collected from the luggage storage area by presenting your race number bib.

完成所有賽事後，運動員須憑號碼布於行李寄存處領回個人轉項區物品。

Other Information 其他事項

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

參賽者有責任依照正確賽道完成所屬組別之全部賽程。

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

出席賽事之所有人士均須遵從大會工作人員之指示。

The organiser reserves the right to make changes to the race schedule or event details when necessary.

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

大會有權因應實際情況調整賽事安排及時間表，建議參賽者提早抵達比賽場地作好準備。

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

如參賽者於比賽期間接受第三者的任何形式之協助，將會被取消比賽資格。

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

主辦單位恕不保留比賽日未被領取之物品，請參賽者於完成賽事後盡快領回個人物品。

If two or more athletes in the same age category, but starting in different waves, finish the race with the same time, they will share the same ranking and receive the same award.

如同一組別(但不同分組)有兩名或以上運動員以相同時間完成賽事，將並列相同名次及獲頒同等獎項。

Parking spaces at Kowloon Tsai Park are limited. We recommend that you take public transportation.

九龍仔公園停車位有限，建議大家乘搭公共交通工具前往

Penalty 處罰

The Penalty Box is the designated area where infringements committed during the swim, transition, or run must be served.

處罰區是用以處理運動員於游泳賽段、轉項區或跑步賽段中任何違反競賽規則之指定區域。

Location: Run Course (please refer to the route map).

處罰區設於跑步賽段。(詳細位置請參閱比賽路線圖)

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)

E	Equipment Outside Bin	E=Equipment Outside Bin 裝備不在箱內
L	Littering	L=Littering 在非指定位置掉垃圾
V	Other Violations	V=Other Violation 其他犯規
R	Run Behavior	R=Run Behaviour 跑步行為犯規
S	Swim Conduct	S= Swim Behaviour 游泳行為犯規

Notification: Race numbers of penalized athletes will be posted on the whiteboard. Athletes must check the board and serve their penalties accordingly.

違例運動員之比賽號碼將會被張貼於處罰區前之白板上，運動員須自行留意相關公佈，並依規定主動前往處罰區接受處罰。

Procedure 處罰程序如下：

- A 15-second time penalty for the Challenge Distance and a 10-second time penalty for all other distances may be served on any lap of the run.
挑戰距離組別的時間罰則為 15 秒；其他距離組別的時間罰則為 10 秒，運動員須自行於任何一個跑步圈內進入處罰區完成所需秒數之處罰。
- The official will not inform you; you must enter the penalty box by yourself
賽事工作人員不會作個別通知，運動員須自行進入處罰區。
- Once you enter the penalty box, the official will start to count your time, and then the official will say "GO", you can continue your race.
進入處罰區後，工作人員將開始計時，並於處罰時間結束後發出「GO」指示，運動員方可離開區域，繼續進行比賽。
- Failing to serve the penalty before crossing the finish line will result in a **DISQUALIFICATION**.
如運動員已被判罰，但未於衝線前完成處罰，其賽事成績將被**取消資格**。

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 cap 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	5 sec time penalty 將有 5 秒時間罰時
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 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
All unsportsmanlike behaviour 所有違反體育精神行為	DSQ 取消比賽資格
Crossing the finish line accompanied by non-participants 由非參賽者陪同衝線	DSQ 取消比賽資格
Appeal 上訴機制	
The competition Jury comprises 3 members and handles all appeal applications on race day. 上訴委員會由三名賽事籌委會成員組成，並於比賽當天負責處理所有上訴申請。 Appeal applications have to be lodged and submitted within 15 minutes of the corresponding race result being announced. HK\$200 appeal fee will be charged and will only be refunded if the appeal is successful. Please be reminded that all complaints without formal procedures or late applications will not be accepted. 參賽者須於所屬組別成績公佈後 15 分鐘內親身提交上訴申請，並繳付港幣 200 元按金。若上訴成立，按金將予以退還。所有未經正式申請之投訴或逾時提交之申請，恕不受理，敬請留意。	

In case of any disputes, TriHK reserves the right of final decision.

如有任何爭議，中國香港三項鐵人總會將保留最終決定權。

Inclement Weather/Condition Warning 有關惡劣天氣

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 Typhoon Signal No.3 / Red Rainstorm/ Black Rainstorm is 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 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 for the cancelled race will not be refunded, nor can they 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 publish on the TriHK website: 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 the 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)

Run Course MAP



TRIATHLON ASSOCIATION
OF HONG KONG CHINA
中國香港三項鐵人總會

Challenge Distance (4.7km)

Sprint Distance (3.4km)

Discovery Distance (2.1km)



Run Course MAP



TriKids Distance (840m)
Superkids Distance (840m)

TRIATHLON ASSOCIATION
OF HONG KONG CHINA
中國香港三項鐵人總會

