

2026 Hong Kong Summer Triathlon Challenge

2026 香港夏日三項鐵人挑戰賽

Race Information 比賽資料

Registration Time 報到時間	
TriKids Distance 小鐵人距離(Swim 200m/Bike 4km/Run 2km)	04:45 to 05:45
Challenge Distance 挑戰距離 (Swim 1.5km/Bike 30km/Run 8km)	05:00 to 06:05
Sprint Distance 半奧運距離 (Swim 750m/Bike 20km/Run 4km)	05:00 to 06:35
Discovery Distance 體驗距離 (Swim 375m/Bike 10km/Run 2km)	06:00 to 07:15

Wave 組別	Cap 泳帽	Category 組別		Start Time 比賽時間	Prize Presentation Time 頒獎時間
1	Pink	Trikids: All Male Categories	小鐵人賽程: 所有男子組	06:02	06:45
2	Light Blue	Trikids: All Female Categories	小鐵人賽程: 所有女子組	06:04	06:45
3	Yellow	Challenge: Male 20-24 Challenge: Male 25-29 Challenge: Male 30-34 Challenge: Male 35-39 Challenge: Male 40-44 Challenge: Male 45-49	挑戰賽程: 男子 20-24 歲 挑戰賽程: 男子 25-29 歲 挑戰賽程: 男子 30-34 歲 挑戰賽程: 男子 35-39 歲 挑戰賽程: 男子 40-44 歲 挑戰賽程: 男子 45-49 歲	06:10	08:30
4	Dark Blue	Challenge: All Female Categories	挑戰賽程: 所有女子組	06:15	09:00
5	Pink	Challenge: Male 50-54 Challenge: Male 55-59 Challenge: Male 60-64 Challenge: Male 65-69 Challenge: Male 70 & over	挑戰賽程: 男子 50-54 歲 挑戰賽程: 男子 55-59 歲 挑戰賽程: 男子 60-64 歲 挑戰賽程: 男子 65-69 歲 挑戰賽程: 男子 70 歲或以上	06:20	08:40
6	White	Sprint: All Male Categories	半奧賽程: 所有男子組	06:55	08:00
7	Dark Blue	Sprint: All Female Categories	半奧賽程: 所有女子組	07:00	08:00
8	Light Blue	Discovery: Male Elite Youth Discovery: Male Youth 1/2	體驗賽程: 男子精英少年 體驗賽程: 男子少年組 1/2	07:20	08:20
9	Pink	Discovery: Male 20-29 Discovery: Male 30-39 Discovery: Male 40-49 Discovery: Male 50-59 Discovery: Male 60-69 Discovery: Male 70 & over	體驗賽程: 男子 20-29 歲 體驗賽程: 男子 30-39 歲 體驗賽程: 男子 40-49 歲 體驗賽程: 男子 50-59 歲 體驗賽程: 男子 60-69 歲 體驗賽程: 男子 70 歲或以上	07:25	08:25
10	Yellow	Discovery: All Female Categories	體驗賽程: 所有女子組	07:30	08:30

Course Cut Off Time 賽事分段時限	
Swim 游泳	08:00
Bike 單車 AFCD Turning Point 單車賽段 – 漁農處轉折點 (B2)	09:00
Run 跑步	10:00

Prior to Race Day 比賽前準備

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在比賽前仔細查閱官方比賽資料，並於比賽當日出席比賽簡報（一般都會在各組別召集後，出發前進行）。每位參賽者須自行完成所屬組別的全程距離。由於本次賽事設有多個組別，所有工作人員在比賽期間將不會提供任何提示或提醒。最新的比賽詳情及路線圖將刊登於 TriHK 官方網站並適時更新。請各位運動員定期瀏覽網站，以確保掌握最新資訊。

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 比賽當天之準備

All participants are required to present a valid photo identification document (original or copy) at pre-race check-in. Accepted forms of identification include a Hong Kong Identity Card, Passport, or a student handbook/student card with a photo.

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。

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。

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。

Upon arrival at the race venue, please proceed to the registration booth to collect your race pack. Please ensure that your race pack includes the following items: a swim cap, race bib, and an ankle timing chip.

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。

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。

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。

Drinks and refreshments 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 leg 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。

Please leave only items that are essential for the race in your designated Transition Area. While Transition Area officials will monitor the area, all belongings are left there at your own risk.

請只將比賽期間所需的物品放置於指定的轉換區內。雖然轉換區工作人員會協助看管，但所有物品仍須由參賽者自行承擔風險。

All other personal belongings must be clearly labelled with your race number and deposited at the Baggage Deposit booth located next to the Registration booth. Items are stored at your own risk. Participants are strongly advised not to bring valuables.

所有其他個人物品必須清楚標示您的比賽號碼，並存放於設於報到處旁的行李寄存處。所有物品均由參賽者自行承擔風險。強烈建議參賽者不要攜帶貴重物品。

You will be required to leave the Transition Area no later than 15 minutes before 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 correctly.

計時器已預先串上膠帶如下圖。

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Attach to your **LEFT Ankle**, with the writing facing up and secure with the clasp. The Tag should be facing outwards. This is to optimise reading of the Tag.

請把計時帶綁在**左腳踝上方**，計時器必須向外，此乃確保接收無礙。



Please ensure that you return your timing chip at the Finish Line. Officials will assist with its removal. If you withdraw from the race, you are responsible for returning your timing chip to the Timing Centre located next to the Finish Line. A fee of HK\$100 will be automatically charged for any unreturned timing chip. Failure to return the timing chip strap will incur a charge of HK\$25.

If you forget to return your chip on race day, please send it within one week of the event date to: Triathlon Association of Hong Kong China
Room 1020, Olympic House
1 Stadium Path, So Kon Po
Causeway Bay, Hong Kong

Otherwise, the applicable fee will be charged to your nominated credit card.

請務必於終點線歸還您的計時晶片，工作人員將協助為您拆除。如您中途退出比賽，須自行將計時晶片交回設於終點線旁的計時中心。未歸還計時晶片將自動收取港幣 100 元費用；未歸還晶片帶則須另付港幣 25 元。

如於比賽當日忘記歸還晶片，請於賽事日期起計一星期內寄回至：

中國香港三項鐵人總會
香港銅鑼灣掃桿埔大球場徑 1 號
奧運大樓 1020 室

否則，相關費用將從您所登記的信用卡中扣除。

Race Briefing 賽事講解

The Race Briefings will be held at the start area. Please arrive at the start area 15 minutes prior to race start for the race briefing.

賽事講解於起點進行，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 the 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 prepare all race equipment before the race briefing.

於賽事講解前，參賽者必須帶備所有參賽用品。

Swim Course 游泳賽段

Challenge Distance (1500m): The swim consists of two rectangular 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 lap. Exit the water via the slipway after the 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 the 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 rectangular 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 marked by small buoys. Please exercise caution when passing between them 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 degrees 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 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 instructions of race officials to collect your bike and race equipment in person at the transition area after the whole race finishes with the presentation of the 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, proceed along Bride's Pool Road towards the Agriculture, Fisheries and Conservation Department (AFCD) Bike Turning Point B2. You will then turn and ride back to Bride's Pool Road Turning Point B1. Competitors must complete this loop between B1 and B2 a total of three times (i.e., two additional laps after the first). After completing the three laps of the Bride's Pool Road section, return to the Transition Area.

挑戰賽程 (30km): 離開轉項區後，請沿新娘潭路前往位於漁農自然護理署（AFCD）的單車折返點 B2，然後折返至新娘潭路折返點 B1。參賽者須於 B1 與 B2 之間完成共三圈（即完成首圈後，再多完成兩圈）。完成新娘潭路路段三圈後，返回轉項區。

Sprint Distance (20 km): Upon exiting the Transition Area, proceed along Bride's Pool Road towards the Agriculture, Fisheries and Conservation Department (AFCD) Bike Turning Point B2. You will then turn and ride back to Bride's Pool Road Turning Point B1. Competitors must complete this loop between B1 and B2 one additional time, making a total of two laps of the Bride's Pool Road section, before returning to the Transition Area.

半奧運賽程 (20km): 離開轉項區後，請沿新娘潭路前往漁農自然護理署（AFCD）單車折返點 B2，然後折返至新娘潭路折返點 B1。參賽者須於 B1 與 B2 之間再完成多一圈，即合共完成兩圈新娘潭路路段，然後返回轉項區。

Discovery Distance (10 km): Upon exiting the Transition Area, proceed along Bride's Pool Road towards the Agriculture, Fisheries and Conservation Department (AFCD) Bike Turning Point B2. After turning at B2 and riding back to Bride's Pool Road Turning Point B1, competitors should then return to the Transition Area.

體驗賽程 (10km): 離開轉項區後，請沿新娘潭路前往漁農自然護理署（AFCD）單車折返點 B2。於 B2 折返並返回新娘潭路折返點 B1 後，參賽者須返回轉項區。

TriKids Distance (4km): Upon exiting the Transition Area, proceed along the Main Dam towards Bike Turning Point B3, then turn and ride back to the Transition Area. This constitutes one lap of the Main Dam section.

小鐵人賽程 (4km): 離開轉項區後，請沿主壩前往單車折返點 B3，然後折返回轉項區。此為主壩路段的一圈。

Competitors must not overtake while cycling down the steep hill towards the Transition Area. Any competitor who overtakes on this downhill section will be disqualified.

Please slow down before making the sharp turn from Ting Kok Road into the Transition Area. Officials will display a yellow flag as a reminder.

參賽者於下斜返回轉換區期間嚴禁超車，違者將被取消參賽資格。由汀角路轉入轉換區前，請務必減慢車速並小心駕駛。現場工作人員將揮動黃旗作出提示。

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 laps, and officials 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 visible 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
賽者須把頭盔先佩戴好，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/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 centre 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 penalised.
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戴頭盔，違者將被處罰。

Glass Containers, headphones, headsets and video cameras 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。

Folding bicycles are not permitted in any category.
任何組別不准使用摺車作賽。

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。

The minimum wheel size requirement is 24 inches (except for the TriKids Distance event).

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 discover that aerobars or clip-on bars are fitted to a bike in the Transition Area, the athlete will be disqualified and will not be permitted to continue the 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，且不可繼續作賽。



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 體驗賽程	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. Offenders 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.
所有男女運動員於跑步賽段必須穿著跑步上衣或單車衫作賽，並須完全遮蓋胸部，不得裸露。

Three Aid Stations will be provided at the middle of the dam for Challenge and Sprint Distance, and 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.
嚴禁踏入任何草地或抄捷徑，違者將被取消比賽資格。

Glass Containers, headphones, headsets and video cameras 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、支持者及觀眾嚴禁進入轉換區或在跑步賽段陪跑，違者將取消參賽者的比賽資格。

Penalty Box 處罰區

Penalty Box is the designated area to serve the infringements during the swim, transition, and run.
處罰區是指一個指定區域，用於對在比賽期間於游泳、轉換區或跑步賽段違規的參賽者作出處罰。

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)

B	Bike Conduct	B= Bike Behavior 單車行為犯規
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 Behavior 跑步行為犯規
M	Mount Line	M = Mount Line 上車線犯規
D	Dismount Line	D = Dismount Line 下車線犯規
S	Swim Conduct	S= Swim Behavior 游泳行為犯規

Race Distance 賽程	Time Penalty 處罰時間
Challenge Distance 挑戰賽程	15 Seconds
Sprint Distance 半奧運賽程	10 Seconds
Discovery Distance 體驗賽程	10 Seconds
TriKids Distance 小鐵人賽程	10 Seconds

Procedure 程序:

Time penalty must be served on any lap of the run.

處罰時間必須在任何一個跑步圈內完成。

The official will not inform you; you must enter the penalty box by yourself.

工作人員不會作出任何通知，運動員需自行進入處罰區。

Once you enter the Penalty Box, the official will begin counting your penalty time. When the official says "GO," you may resume the 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。

Failure to serve the penalty will result in 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 and 15/10sec time penalty 必須修正及將有 15/10 秒時間處罰
Not putting on the helmet and fastening it before taking their bikes off the rack 於取單車前未有佩帶好頭盔及扣上頭盔扣	Fix and 15/10sec time penalty 必須修正及將有 15/10 秒時間處罰
Cycling at transition area 於轉項區內踏單車	Fix and 15/10 sec time penalty 必須修正及將有 15/10 秒時間處罰
Mount before the mount line 在單車上車處前上車	15/10 sec time penalty 必須修正及10/5 秒時間處罰
Dismount after the dismount line 在單車下車處後下車	Fix and 15/10 sec time penalty 必須修正及將有 15/10 秒時間處罰
Wearing the helmet unfastened or insecurely fastened, inside transition area while in possession of the bike 於轉項區推車前進的過程中，頭盔帶沒有戴好或正確扣上	Fix and 15/10 sec time penalty 必須修正及將有 15/10 秒時間處罰
Bike Course 單車賽段	
Not wearing a helmet during the bike race 在單車賽段沒有佩帶頭盔	DSQ 取消比賽資格
Cross the white line in the centre of the road 超越前車時,越過路中之白色分界線,即超越對面行車線	DSQ 取消比賽資格
Upper body not fully covered 在單車賽段沒有穿上上衣作賽	Fix, otherwise DSQ 必須修正否則取消比賽資格
Helmet shell and any accessories extend to cover, obstruct or enclose the athlete's ears. 頭盔外殼及其任何配件覆蓋、阻礙或包圍運動員的車朵	Fix, otherwise DSQ 必須修正否則取消比賽資格

Integrated or detachable visors 使用一體式或可拆卸式面罩	Fix, otherwise DSQ 必須修正否則取消比賽資格
Run Course 跑步賽段	
Run with a bare torso 在跑步賽段赤裸上身作賽	DSQ 取消比賽資格
Wearing the uniform without having it properly positioned over both shoulders is not permitted. 未將比賽服正確穿著於雙肩上屬違規行為	1st: Warning / 2nd: DSQ 第一次：警告 第二次：取消比賽資格
Wearing a uniform with front zipper totally undone 上身穿著前拉鍊制服的參賽者，拉鍊完全拉開	1st: Warning / 2nd: DSQ 第一次：警告 第二次：取消比賽資格
Wearing a uniform with front zipper undone during the last 100 m of the run 上身穿著前拉鍊制服的參賽者，在比賽最後100米衝刺階段拉鍊拉開	Warning & immediate corrections 警告及必須修正
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 穿著拖鞋進行跑步。	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 along the course 家長、教練、支持者及觀眾進入轉項區及在賽道中陪跑	1st: Warning / 2nd: DSQ 第一次：警告 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 abusive or unsportsmanlike behaviour 作出違反體育精神之行為	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 the 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 results will be posted to the TriHK website: 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的賽道比賽。

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

The Organiser reserves the right to amend the event schedule or details as necessary, including bringing the race start time forward. Participants are advised to arrive at 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 organiser will not be responsible for retaining any uncollected equipment or personal belongings after the race.

大會於賽事結束後，將不會保留任何未領取的器材或個人物品。

If a participant records a DNF (Did Not Finish) in any discipline, they must return their timing chip and will not be permitted to continue the race.

如參賽者於任何賽段被判定為未完成 (DNF)，必須交回計時晶片，並不得繼續比賽。

Appeal 上訴

Appeals will only be accepted within 15 minutes after the race results for the respective category are announced. Participants must complete the "Complaint and Appeal" form and submit it together with an appeal fee of HK\$200. The appeal fee will only be refunded if the appeal is successful.

如有任何上訴，必須於該組別成績公佈後15分鐘內填寫「投訴及上訴」表格，並繳交港幣200元上訴按金後方會獲處理。按金只會於上訴得直時退還。

The Association will accept appeals on race day only. No appeals will be accepted more than 15 minutes after the results have been announced.

大會只接受比賽當日之上訴。成績公佈15分鐘後，將不再接受任何上訴。

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

如有任何爭議，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 is 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 either be cancelled

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 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 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 06:00 am to 09:30 am.
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 park illegally.

請勿非法泊車。

Do not park in the village along Ting Kok Road.

請勿將車輛泊入沿汀角路的村內。

The Police will strictly enforce against 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