

Event Schedule 比賽時間表

Wave 組別	Race No 比賽號碼	Category 組別		Start Time 開賽時間	Transition Set- Up Time 轉項區準備時 間	Prize Presentati on Time 頒獎時間
	Sprint Distance 半奧運距離 (Run 1.2km/ Bike 6km/ Run 1.4km)					
1	425-459	All Male Categories	所有男子組別	7:05	6:55	7:35
		All Female Categories	所有女子組別			
	Discovery Distance 體驗距離 (Run 600m/ Bike 5km/ Run 1.4km)					
2	460 - 510	Male Elite Youth	男子精英少年組	7:40	7:30	8:05
		Male Youth 1	男子少年 1 組			
		Male Youth 2	男子少年 2 組			
3	511-528	Female Elite Youth	女子精英少年組	8:10	08:00	8:40
		Female Youth 1	女子少年 1 組			
		Female Youth 2	女子少年 2 組			
	TriKids Distance 小鐵人距離 (Run 600m/ Bike 3km/ Run 700m)					
3	529-552	Female TriKids 1/2	女子小鐵人 1/2	8:10	08:00	8:40
4	553-586	Male TriKids 1	男子小鐵人 1 組	8:45	8:35	9:05
5	587-618	Male TriKids 2	男子小鐵人 2 組	9:10	09:00	9:30
SuperKids Distance 超小鐵人距離 (Run 600m/ Bike 2km/ Run 100m)						
6	619-640	Male SuperKids	男子超小鐵人	09:40	09:30	10:20
		Female SuperKids	女子超小鐵人			
	Challenge Distance 挑戰距離 (Run 1.2km/ Bike 8km/ Run 2.1km)					
7	641-677	Male Aged 20-24	男子 20-24 歲	10:00	09:50	11:00
		Male Aged 25-29	男子 25-29 歲			
		Male Aged 30-34	男子 30-34 歲			
		Male Aged 35-39	男子 35-39 歲			
		Male Aged 40-44	男子 40-44 歲			

8	678-712	Male Aged 45-49	男子 45-49 歲	10:45	10:35	11:45
		Male Aged 50-54	男子 50-54 歲			
		Male Aged 55-59	男子 55-59 歲			
		Male Aged 60-64	男子 60-64 歲			
		Male Aged 70 & over	男子 70 歲 或以上			
		Female Aged 25-29	女子 25-29 歲			
		Female Aged 25-29	女子 25-29 歲			
		Female Aged 30-34	女子 30-34 歲			
		Female Aged 35-39	女子 35-39 歲			
		Female Aged 45-49	女子 45-49 歲			
		Female Aged 50-54	女子 50-54 歲			
		Female Aged 55-59	女子 55-59 歲			
		Female Aged 65-69	女子 65-69 歲			

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, and our race officials would not be given any hints or reminders during competition. All race information and course maps will be updated 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之道路及安全性能。基於安全的理由，任何組別不得使用摺車作賽。

Preparation on Race Day 比賽前準備

Please arrive 1 hour prior to the start time for registration.

請於開賽時間 1 小時前到報到處報到。

Registration is located at the Amphitheatre.

報到處位於露天劇場。

All participants are required to present a valid identification document with a photo, either original documents or copies, such as a Hong Kong ID card, Passport, or student handbook/student card with a photo, for all pre-race check-in. Anyone who failed to present their valid identification documents, he/she would not be allowed to receive their race pack or 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 arrival at the race venue on race day, please proceed to the TriHK Registration booth and show your ID card/passport to collect your race pack. Please make sure that the race pack includes a race bib, helmet chips, three stickers for your helmet (to be affixed on the front and sides of your helmet), and a bike number which will be fixed under your seat. If everything is in good order, have your race number marked on your arm. Please do not apply sunblock prior to body marking.

到達比賽場地後，請往報到處報到，出示身份證/護照並領取比賽包。請確保內裏包括有比賽號碼布、頭盔晶片、3 張頭盔貼紙 (一張貼前面，其餘兩張貼在頭盔側面) 及單車號碼 (扣在單車坐位下)。工作人員會在你的印上手比賽號碼。在印上比賽號碼前切勿塗上太陽油。



After Registration, please proceed directly to the Transition Area and rack your bike according to the time mentioned above and your race number.

完成報到手續後，請於上述組別時間前往轉項區，根據比賽號碼掛好單車。

Drinks and refreshments will not be available to athletes during the transition set-up. You should arrive with sufficient drinks and other nourishment to meet your needs until the end 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。

Only equipment for your competition is allowed to leave in your designated area at the transition. Officials will monitor the transition area but will not be 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 the 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。

Parents and coaches are required to stay in the pedestrian area; do not enter the race area.

整個比賽期間，家長和教練只允許留在行人區域，不得進入比賽範圍。

Race Briefing 賽事講解

Please ensure you attend the race briefing at the start line 10 minutes before your race starts.

請參加者於所屬組別開賽前 10 分鐘前往起點聆聽賽事講解。

Race Briefing will be conducted in Cantonese and English. If you have any questions related to the race, you should ask immediately.

賽事講解會以廣東話及英語進行，參加者如有問題，請立即發問。

Participants must prepare all race equipment before the race briefing.

於賽事講解前，參加者必須帶備所有參賽用品。

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 instructions of race officials to collect the bike and race equipment in person at the transition area after the whole race finishes with the presentation of the number bib.

參賽者必須在整個比賽完成後, 親身憑號碼布到比賽用品待領處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。

***Due to limited space in the transition area, participants, please arrive in the transition area on time and wait for instructions from officials. Latecomers will not be allowed to race.**

*由於轉項區空間有限, 煩請各位運動員準時到達轉項區耐心等待並嚴格遵從工作人員指示, 遲到者將不能參加比賽。

****After completing the bike course, bike and race equipment will be moved to the race equipment collection area by officials. Participants, please collect your bike and race equipment in person at the race equipment collection area after the whole race finishes, with the presentation of the number cloth.**

**完成單車段比賽後, 比賽用品及單車將會由工作人員移至比賽用品待領處。請運動員完成比賽後攜同比賽號碼布到比賽用品待領處領回比賽用品及單車。

Run Course 跑步賽段

Course 賽程	Distance 距離	Loops 圈數
Sprint Distance 半奧運距離	1.3 km/ 1.4 km	2/2
Discovery Distance 體驗距離	600 m/ 1.4 km	1/2
TriKids Distance 小鐵人距離	600 m/ 700 m	1/1
SuperKids Distance 超小鐵人距離	600 m/100 m	1/1
Challenge Distance 挑戰距離	1.3 km/2.1 km	2/3

Your race number must be visible on the front throughout the run. The offender will be disqualified

在跑步賽段時必須將號碼布顯示於前方,違規者被取消比賽資格。

All male and female athletes must wear a running top or cycling suit 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。

One Aid Station will be provided in the run course.

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 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

Course 賽程	Distance 距離	Loops 圈數
Sprint Distance 半奧運距離	6 km	6
Discovery Distance 體驗距離	5 km	5
TriKids Distance 小鐵人距離	3 km	3
SuperKids Distance 超小鐵人距離	2 km	2
Challenge Distance 挑戰距離	8 km	8

Athletes have the responsibility to count their laps, and the 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。

Athletes must fix their helmet straps before taking their bikes off the rack. Offenders will be penalised.

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。

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 bikes 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 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。

No folding bikes are allowed in any category.

任何組別不準使用摺車作賽。

The helmet shell and any accessories must not extend to cover, obstruct or enclose the athlete's ears.

頭盔外殼及其任何配件不得覆蓋、遮擋或包覆運動員的耳朵。

Integrated or detachable visors are not permitted. Helmets must be used without any visor attachments or shield-like accessories.

不得使用一體式或可拆卸式護目鏡。頭盔必須使用時不附加任何護目鏡或類似面罩配件。

Officials will check all bikes entering the Transition Area. If aerobars or clip-ons are installed, athletes must remove them immediately, or they will not be allowed to race.

工作人員將於轉項區入口檢查所有單車。如發現裝有附加把手，參賽者必須即時拆除，否則不得參賽。



Penalty Box 處罰區

- The 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)。

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

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	10 Seconds

Procedure 程序:

- 15/10 second time penalty served on any lap of the run
在任何一個跑步圈內，必須作出 15/10 秒處罰。
- 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:

- (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, otherwise time penalty 必須修正否則罰時
Not put the helmet and fasten 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 15/10 sec time penalty 必須修正及將有 15/10 秒時間處罰
Cycling at transition area 轉項區內踏單車	15/10 sec time penalties 15/10 秒時間處罰
Mount before the mount line 在單車上車處前上車	Fix and 15/5 sec time penalties 必須修正及將有 15/10 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 penalties 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	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
Touching the locking mechanism on the helmet while in possession of the bike in transition 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 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 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	
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 over both shoulders 制服未披在雙肩上	1st: Warning / 2nd: DSQ 第一次：警告 第二次：取消比賽資格
Wearing a uniform with a 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 the 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 穿着拖鞋進行跑步。	DSQ 取消比賽資格
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耳朵	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
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跑步中陪跑	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 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
Warm-up on the swimming and running course during the competition 比賽期間在游泳賽道及跑步賽道熱身	1st: Warning / 2nd: DSQ 第一次：警告 第二次：取消比賽資格

Race Finish 比賽完成後

Participants, please collect your bike and race equipment in person at the race equipment collection area upon presentation of your number cloth.

完成比賽後運動員請盡快攜同比賽號碼布到比賽用品待領處領回比賽用品及單車。

Race results will be posted on-site next to registration for prize collection. The full result will be posted to the TriHK Web site: www.triathlon.com.hk on race day afternoon.

比賽成績將會張貼於報到處旁之報告板供參加者查看。賽事所有成績於將於比賽日下午網上

(www.triathlon.com.hk) 公佈。

After completing the race, participants can collect their medals/trophies at the Prize Collection Point near registration.

參加者完賽後可到獎項領取處領取獎項。

Other Information 其他事項

Participants must count their own bikes and run a 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 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 change the schedule or event details as necessary. This includes moving the race 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。

****Cycling is prohibited in the park. Please warm up by running in a counterclockwise direction. Offenders will be disqualified.**

公園範圍禁止騎單車，請逆時針方向跑步熱身，違反者將取消資格。

Appeal 上訴

The appeal is accepted only within 15 minutes after the race result is announced, and completed the “Complain and Appeal” form together with an HK\$200 appealing fee. The 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 competition Jury includes 3 members, and they will handle all appeals of the 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。

The Association will accept the appeal on race day only. No appeal will be accepted after 15 minutes from the time the results are 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 to the 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。

If adverse weather conditions occur during the competition or if any of the above warnings are hoisted, the Race Director reserves the right to modify the race schedule or cancel the ongoing event.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 或取消正在進行之比賽。

If the weather is extremely hot on the race day, the Race Director reserves the right to modify the race schedule./distancer cancel the ongoing event. Any cancelled race will not be rescheduled.

如比賽當天天氣炎熱，賽事總監有權將比賽賽程/距離改變 或取消正在進行之比賽。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 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)。

Route Map 比賽路線圖



Po Kong Village Road Park - Course Map

- Run Course
- Bike Course
- Event Centre
- Registration & Podium
- Prize Stage
- Medical Centre



Sprint Distance:

Run 1.3km: Start → (R1→R2→ R3→ R4) x 2 laps → Transition
Bike 6km: Transition → (B2 → B3→B4) x 6 laps → Transition
Run 1.4km: Transition → (R1 → R2 → R3→ R4) x 2 laps → Finish

Discovery Distance:

Run 600m: Start → (R1→R2→ R3→ R4) → Transition
Bike 5km: Transition → (B2 → B3→B4) x 5 laps → Transition
Run 1.4km: Transition → (R1 → R2 → R3→ R4) x 2 laps → Finish

Trikids Distance:

Run 600m: Start → (R1→R2→ R3→ R4) → Transition
Bike 3km: Transition → (B2 → B3→B4) x 3 laps → Transition
Run 700m: Transition → (R1 → R2 → R3→ R4) → Finish

Super Trikids Distance:

Run 600m: Start → (R1→R2→ R3→ R4) → Transition
Bike 2km: Transition → (B2 → B3→B4) x 2 laps → Transition
Run 100m: Transition → Finish

Challenge Distance:

Run 1.3km: Start → (R1→R2→ R3→ R4) x 2 laps → Transition
Bike 8km: Transition → (B2 → B3→B4) x 8 laps → Transition
Run 1.4km: Transition → (R1 → R2 → R3→ R4) x 2 laps → Finish

