

Race Schedule 比賽時間表

Wave 分組	Cap 泳帽	Category 組別		Start Time 開賽時間	Briefing Time 賽事講 解	Prize Presentation Time 頒獎時間
Challenge Distance 挑戰距離 (Swim 800m / Run 5km)						
1	White 白色	Male Elite Junior 1/2 Male Elite Open Male 20-24 Male 25-29	男子 精英青年 1/2 組 男子 精英公開組 男子 20-24 組 男子 25-29 組	07:00	06:50	08:00
2	Light Blue 淺藍色	Male 30-34 Male 35-39	男子 30-34 組 男子 35-39 組	07:15	07:05	08:10
3	Navy Blue 深藍色	Male 40-44 Male 45-49	男子 40-44 組 男子 45-49 組	07:30	07:20	08:20
4	White 白色	Male 50-54 Male 55-59 Male 60-64 Male 65 & Over	男子 50-54 組 男子 55-59 組 男子 60-64 組 男子 65 歲或以上組	07:45	07:35	08:40
5	Yellow 黃色	Female Elite Junior 1/2 Female Elite Open Female 20-24 Female 25-29 Female 30-34 Female 35-39	女子 精英青年 1/2 組 女子 精英公開組 女子 20-24 組 女子 25-29 組 女子 30-34 組 女子 35-39 組	08:00	07:50	08:50
6	Pink 粉紅色	Female 40-44 Female 45-49 Female 50-54 Female 55-59 Female 60-64 Female 65 & Over	女子 40-44 組 女子 45-49 組 女子 50-54 組 女子 55-59 組 女子 60-64 組 女子 65 歲或以上組	08:15	08:05	09:15
Sprint Distance 半奧運距離 (Swim 400m / Run 5km)						
7	Light Blue 淺藍色	Female 30-39 Female 40-49 Female 50-59 Female 60-69	女子 30-39 組 女子 40-49 組 女子 50-59 組 女子 60-69 組	08:35	08:25	09:30
8	Yellow 黃色	Female Junior 1/2 Female Elite Youth Female 20-29	女子青年 1/2 組 女子精英少年組	08:45	08:35	09:35

		Male Junior 1/2 Male Elite Youth	女子 20-29 組 男子青年 1/2 組 男子精英少年組			
9	White 白色	Male 30-39	男子 30-39 組	08:55	08:45	09:45
10	Pink 粉紅	Male 40-49 Male 70 & over	男子 40-49 組 男子 70 歲或以上組	09:05	8:55	09:50
11	Light Blue 淺藍色	Male 20-29 Male 50-59 Male 60-69	男子 20-29 組 男子 50-59 組 男子 60-69 組	09:20	09:10	10:00
Discovery Distance 體驗距離 (Swim 400 m / Run 2.5 km)						
12	Yellow 黃色	Boys 2011 Boys 2012 Boys 2013 Boys 2014	男子 2011 男子 2012 男子 2013 男子 2014	09:30	09:20	09:55
13	Navy Blue 深藍色	Girls 2011 Girls 2012 Girls 2013 Girls 2014	女子 2011 女子 2012 女子 2013 女子 2014	09:40	09:30	10:10
TriKids Distance 小鐵人距離 (Swim 200m / Run 1.5 km)						
14	White 白色	Boys 2016 Boys 2015	男子 2016 男子 2015	9:50	9:40	10:15
15	Light Blue 淺藍色	Boys 2017 Boys 2018	男子 2017 男子 2018	9:55		10:20
16	Pink 粉紅色	Girls 2015 Girls 2016 Girls 2017 Girls 2018	女子 2015 女子 2016 女子 2017 女子 2018	10:00	9:50	10:25

Remarks: Registration prior to 1 hour of your race start

備註：所屬組別在開賽前 1 小時報到

Prior to Race Day 比賽前準備

All athletes are strongly advised to carefully review the official race information and attend the race briefing on race day. Each participant bears full responsibility for completing the entire race distance within their designated category. As multiple race categories will be conducted during the event, race officials will not provide hints or reminders throughout 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 remain fully informed.

大會強烈建議所有運動員務必仔細閱讀官方比賽資料，並於比賽當日出席賽前簡介會。每位參賽者須自行完成所屬組別的全程賽事距離。由於本次賽事設有多個組別，裁判將不會在比賽期間提供提示或提醒。最新的比賽詳情及路線圖將於稍後在 TriHK 官方網站公布。運動員應定期瀏覽網站，以確保掌握最新資訊。

Preparation on Race Day 比賽天準備

All participants must present a valid photo identification document at pre-race check-in. Accepted forms of ID include the original or a copy of a Hong Kong ID card, passport, or a student handbook/student card with a photo. Participants who fail to provide valid identification will not be permitted to collect their race pack or participate in 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 present your ID card or passport to collect your race pack.
到達比賽場地後，請前往 TriHK 報到處，出示身份證或護照以領取比賽包
- Please ensure that the race pack includes a swim cap, race bib, and ankle timing chip. Once everything is confirmed, have your race number marked on your arm.
請確保比賽包內包括泳帽、號碼布及計時晶片（連腳帶）。確認無誤後，工作人員會在你的手臂上印上比賽號碼。
- Please do not apply sunblock before body marking.
在印上比賽號碼前，請勿塗抹太陽油。
- After registration, please proceed directly to the Transition Area.
完成報到手續後，請前往轉項區。
- Only equipment required for the competition is allowed in your designated space within the Transition Area. Officials will monitor the area; however, they are not responsible for any loss or damage to personal belongings.
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。

Swim Cap 泳帽	The Swim Cap provided by TriHK must be worn throughout the entire swim course. 賽事游泳部分必須全程戴上由大會提供之泳帽。	
Race Bib 比賽號碼布	During the run course, your race bib must be worn at the front (chest or waist) and remain visible throughout the race. 跑步賽段中，參賽號碼布必須全程扣於胸前或腰前並保持清晰可見。	
Ankle Tag 計時晶片連腳帶	The timing chip (ankle tag) must be worn on your left ankle throughout the race. 計時晶片必須全程佩戴於左腳踝。	

Race Briefing 賽事講解

The Race Briefings will be held at the start area. Please refer to the race schedule for the briefing time.

賽事講解於在起點進行，講解時間請參考比賽時間表。

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 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

Course 組別	Distance 賽程
Challenge Distance 挑戰賽程	800m (2 loops)
Sprint Distance 半奧運賽程	400m (1 loop)
Discovery Distance 體驗賽程	400m (1 loop)
TriKids Distance 小鐵人賽程	200m (1 loop)

- The official swim cap provided by the TriHK must be worn throughout the swim course. Any violation must be rectified immediately; otherwise, the athlete will be disqualified.
運動員必須全程佩戴由大會提供之泳帽。違例者必須立即修正，否則將被取消比賽資格。
- 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。
- Lifeguards are deployed on the water to look after you. If you are not able to finish the swim and need assistance from a lifeguard, you must wave with an extended arm to a lifeguard and roll onto your back.
大會已於海上面安排救生員巡視，以確保所有運動員的安全。如果你未能完成游泳比賽，需要救生員的協助，你必須揮動手臂向救生員示意，維持仰臥姿勢。
- Your swim time will be officially recorded at the timing point as you exit the water.
游泳時間將以通過上水通道之計時點為準。
- Skin suits and speed suits are not permitted. Wetsuits are allowed only when the water temperature is **22°C or below**. Offenders must correct violations or face disqualification.
不得穿著助浮衣 (Skin Suit) 及 Speed Suit 作賽。當水溫在 攝氏 22 度或以下時，允許穿著保暖衣。違例者必須立即修正，否則將被取消資格。
- The swim course runs clockwise for all race distances.
所有游泳賽均採用順時針方向出發。

Transition Area 轉項區

- All athletes 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。
- 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 in a plastic bag after the swim. Athlete, please collect your swimming equipment in person at the Event Centre 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區及或在跑步中陪跑，否則參賽者會被取消比賽資格。

Run Course 跑步賽段

Course 組別	Distance 賽程	Route 比賽路線
Challenge Distance 挑戰賽程	5km	Transition Area → R1 → R2 (x 2 times) → Finish 轉項區 → R1 → R2 (兩次) → 終點
Sprint Distance 半奧運賽程	5km	Transition Area → R1 → R2 (x 2 times) → Finish 轉項區 → R1 → R2 (兩次) → 終點
Discovery Distance 體驗賽程	2.5km	Transition Area → R1 → R2 → Finish Line 轉項區 → R1 → R2 → 終點
TriKids Distance 小鐵人賽程	1.5km	Transition Area → R3 → Finish Line 轉項區 → R3 → 終點

- Your race bib must be worn on the **front (chest or waist)** throughout the run course. Offenders will be disqualified.
在跑步賽段中，參賽號碼布必須全程扣於 **胸前或腰前**，違規者將被取消比賽資格。
- No run with a bare torso. Offenders will be disqualified.
跑步時不得赤裸上身。違者將被取消比賽資格。
- Two Aid Stations will be provided along the course. We will provide water. Details please refer to the Route Map.
跑步賽道設有兩個水站。水站將派發水。詳情請參閱比賽地圖。
- 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。
- Athletes are required to run on the left side of the road.
運動員跑步時須靠跑道左邊前進。
- Parents, coaches and spectators are not allowed to enter the 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賽道陪跑。
- 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

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。

Trophy winners will be announced and posted on the site as soon as possible. The full result will be posted to the TriHK website on the afternoon of race day.

得獎名單將會貼於報告板上。賽事所有成績於將於比賽日下午網站 (www.triathlon.com.hk) 公佈。

Belongings should be collected from the baggage deposit area at the race finish with 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

During the competition, participants are prohibited from warming up on the swim and run courses. The first offence will result in a warning; a second offence will lead to disqualification.

比賽期間，參賽者禁止在游泳及跑步賽道熱身。初犯將予以警告；再犯者將被取消參賽資格。

- Participants must count their own run laps.
參賽者需自行計算跑步圈數。
- Please ensure you compete in 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 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。
- The event organiser will not keep any uncollected 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。

Penalty Box 處罰區

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

處罰區是一個指定區域，用以處理運動員在游泳、轉項或跑步賽段中所犯的規則違例。

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

位置： 跑步賽段（請參閱比賽路線圖）。

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

通知： 違例運動員的比賽號碼將貼於白板上，運動員 **必須留意白板** 並依規定接受處罰。



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	15 Seconds
Discovery Distance 體驗賽程	10 Seconds
TriKids Distance 小鐵人賽程	10 Seconds

S	Swim Conduct	S=Swim Behavior 游泳行為犯規
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

例子：

12R = 12 號運動員跑步行為犯規

12x2 RL = 12 號運動員跑步行為犯規及在非指定位置掉垃圾

Procedure 處罰程序如下：

- Athlete can choose to serve their penalty on any lap of the run but before crossing the finish line.
運動員可於任何一個跑步圈內進入處罰區但必須於衝線前完成所需之處罰。
- Once you enter the penalty box and stand firm, the official will start the stopwatch to count your penalty. When the time penalty has been served, the official will voice out "GO" to release you.
進入處罰區企定後，工作人員將會開始計時，並於處罰完成後發出「GO」的指示，運動員便離開處罰區，繼續進行比賽。
- The official will not inform you of a serve penalty; the athlete should have checked and served the penalty on their own responsibility.
賽事工作人員不會作個別通知，運動員須自行留意及自行進入處罰區。
- Failing to serve a penalty before crossing the finish line will result in **DISQUALIFICATION**.
如運動員被判罰，但未有於衝線前完成處罰，其賽事成績將被**取消資格**。

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. Still, he/she 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:

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：

- Dismiss the protest and confirm the disqualification; or
駁回上訴並確認比賽資格被取消；或
- Uphold the protest, remove the time penalty and reverse the disqualification.
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
Wearing swimsuits, 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 the provided basket 運動員未有將物品放入大會提供的膠籃	Fix, otherwise time penalty 必須修正否則罰時
Run Course 跑步賽段	
Competing in the running segment while naked or with an exposed upper body is prohibited. 在跑步賽段赤裸及露點上身作賽	DSQ 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
Not run with a bare torso. Offenders will be disqualified. 跑步時不得赤裸及上身。違者將被取消比賽資格	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, supporters and spectators are entering the transition area and/or run with any participants during the race. 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

Appeal 上訴

- The competition jury includes 3 members, and they will handle all appeals on 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。
- Appeal is accepted only within 15 minutes after the race result is announced, and the “Complain and Appeal” form together with HK\$200 appealing fee. The appeal fee will only be refunded upon a 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 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 either be cancelled or rescheduled.

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 send SMS to all participants and a notice will be published on the TriHK web site: www.triathlon.com.hk and Facebook.

如比賽取消，大會將會以短訊通知各參賽者，並在本會網頁: 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)。

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。

Attach to your **LEFT LEG**, with the writing facing up and secure with the clasp. The Tag should be facing outwards. This is to optimize the 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。



Return your Timing Chip 退還你的計時晶片

Please be sure to **RETURN YOUR CHIP** at the finish line. The officials 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**退還此計時晶片**，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。

Route Map 比賽地圖

