

中學比賽資料 Secondary School Race Information

大會建議各參賽者最少於賽事講解開始前 75 分鐘到報到處報到

All participants are advised to arrive at the registration at least 75 minutes before the race briefing begins.

Race Schedule 比賽時間表

Wave 分組	Race No 比賽號碼	Start Time 開賽時間	Briefing Time 賽事講解	Prize Presentation Time 頒獎時間
Boys SA: Swim 200m and Run 1.3km 男子甲組: 游泳 200m 及 跑步 1.3km				
1	100-105	08:00	07:45	08:45
2	106-111	08:06	07:45	
Girls SA: Swim 200m and Run 1.3km 女子甲組: 游泳 200m 及 跑步 1.3km				
3	112-118	08:12	07:50	09:00
Boys SB: Swim 150m and Run 1.3km 男子乙組: 游泳 150m 及 跑步 1.3km				
4	120-145	08:18	08:03	09:15
5	146-158	08:22	08:03	
6	159-166	08:26	08:11	
Girls SB: Swim 150m and Run 1.3km 女子乙組: 游泳 150m 及 跑步 1.3km				
7	167-178	08:30	08:11	09:30
8	180-186	08:34	08:20	
9	187-192	08:38	08:20	
Boys SC: Swim 100m and Run 900m 男子丙組: 游泳 100m 及 跑步 900m				
10	200-231	08:41	08:25	09:45
11	232-253	08:44		
12	254-263	08:46	08:30	
13	264-270	08:48		
14	271-277	08:51	08:35	
Girls SC: Swim 100m and Run 900m 女子丙組: 游泳 100m 及 跑步 900m				
15	280-312	08:54	08:35	10:00
16	313-326	08:57	08:45	
17	327-332	09:00		
Secondary School Staff: Swim 100m and Run 900m 中學教職員組: 游泳 100m 及 跑步 900m				
18	333-340	09:03	08:45	09:55

Prior to Race Day 比賽日前準備

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。

Please note: There are *no* public parking spaces available at the competition venue. All participants are kindly requested to use public transportation to travel to the venue.

請注意: 比賽場地並"沒有"公眾泊車位，敬請所有參賽者使用公共交通工具前往比賽場地。

Preparation on Race Day 賽事當天之準備

All participants are required to present a valid student handbook or student card with a photo at registration for identity verification. Failure to present such documentation will result in being unable to collect the race pack or participate in the competition.

所有運動員於報到時，必須出示附有本人照片之有效學生手冊或學生證以供身份核實。未能出示有效證明文件者，將無法領取選手包及參與賽事，敬請留意。

Upon arrival, please proceed to the registration booth to collect your race pack. Ensure that the race pack includes the following items: swim cap and race bib. Body marking on both arms and legs is required. For easier application of body markings, the use of sunblock is not recommended.

抵達會場後，請前往報到處辦理報到手續並領取選手包。請確認選手包內包含以下物品：泳帽及號碼布。工作人員將於運動員手臂及腿部適當位置印上比賽號碼。為確保號碼清晰可見，建議避免使用任何防曬用品。

<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指定顏色之泳帽</p>	
<p>Race Bib 比賽號碼布</p>	<p>Race bib must be worn and shown at the front throughout the run course 比賽號碼布在跑步賽段中必須清楚展示在胸/腰前</p>	

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

賽事報到處設於香港體育學院入口位置。

On race day, each participant can be accompanied by one parent or guardian to enter the HKSJ and watch the competition. Accompanying persons must proceed together with the athlete to the registration counter to collect the race pack and wristband. Please note that all accompanying persons must strictly comply with the event regulations.

比賽當日，每位參賽者可由一位家長或監護人陪同進入體院觀賽。該家長或監護人須陪同運動員親身前往報到處登記、領取選手包及入場手帶。請注意，所有陪同人士必須嚴格遵守大會賽事規則及聽從工作人員指示。



Parents or guardians, registered School representatives, and affiliated club coaches must present any identification documents at the registration counter and they will receive a wristband/accreditation card at registration.

所有家長或監護人、已成功登記之屬會註冊教練，以及各學校領隊，均須出示身分證明文件並親身前往報到處辦理登記手續及領取手帶/認證卡方可進入比賽場地。

A blue wristband for one parent or guardian.

每位家長或監護人將獲發一條藍色手帶。
(手帶上將寫相關參賽者比賽號碼)



An Accreditation Card for school representatives.

已成功登記學校領隊將獲發一張認證卡。



A red wristband for registered coaches.

已成功登記註冊教練將獲發一條紅色手帶。



After registration, please report to the 50m Swimming Pool spectator for marshaling & body marking.

運動員完成報到後，請前往游泳池看台召集處集合，工作人員將為運動員印上比賽號碼。

Parents can watch the events from the spectator area at the sports ground & swimming pool. Parents or companions must follow the officials' instructions. If there is any violation, the related athletes might be disqualified.

家長或監護人可於田徑場及游泳池看台範圍觀看賽事。賽事期間，請務必遵從大會工作人員指示。如有違反，相關運動員之參賽資格可能會被取消。

Only equipment for competition is allowed to leave in your assigned bracket at the transition area. Officials will only monitor the flow of the transition area, but are not responsible for any loss or damage.

轉項區內指定的膠籃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，但不負責保管任何物品。請自行妥善保管個人物品，如有遺失，大會一概不負責。

All other personal belongings should be labeled with your race number in the luggage storage area next to the body marking area. Officials are not responsible for any loss or damage, so you are advised not to bring valuable items.

運動員的非比賽物品須貼上比賽號碼，並存放於行李寄存區或交由同行之家長、教練保管。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 賽事簡報

Race Briefings will be held at the indoor 50m Swimming Pool marshal area. Please refer to the race schedule and attend accordingly.

當日賽事講解將於每組出發前於游泳池召集區進行。（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, please raise them immediately at the briefing.

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。

ALL race equipment must be well prepared when the athlete attends the race briefing.

出席賽事講解前，參賽者必須已準備並攜帶齊全部賽事所需裝備。

Swim Course 游泳賽段

Course 賽程	Category 組別	Distance 距離
Secondary A 中學組 - A	2007 or after	200m
Secondary B 中學組 - B	2010 or after	150m
Secondary C 中學組 - C	2012 or after	100m
Secondary Staff Category 中學教職員組		100m

Remarks: Race pool is a 50m Swimming Pool

備注：比賽泳池是 50 米游泳池

本賽事游泳項目之出發程序將參照學界越野賽之發令模式執行。同一學校之運動員須編配於同一泳線，其出發次序由教練或學校代表於賽前自行安排。發令信號發出後，運動員必須按照現場既定之次序依序出發，並遵從工作人員或技術官員之指示。運動員可選擇以池邊作淺跳出發，或於水中以腳蹬池邊方式起動。

The swimming segment of the competition shall adopt a starting procedure with reference to the format used in Inter-School Cross Country events. Athletes from the same school shall be allocated to the same lane, and their starting order shall be arranged by the coach or school representative prior to the race. Upon the starting signal, athletes must commence sequentially in the order established on site, as directed by the officials. Athletes may start either with a shallow dive from the poolside or by pushing off the wall from a standing or floating position inside the water.

The official swim cap MUST be worn during the swimming segment. Failure to follow may cause disqualification.
所有參賽者必須佩戴由大會提供之指定顏色的泳帽，嚴禁使用自備泳帽參賽，違者將被取消比賽資格。

Skins suit; speed suits or wetsuits are not allowed. Offenders are required to make corrections; otherwise, they will be disqualified. FINA cognized swimsuit is allowed.

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。國際泳聯 (FINA) 認可之泳裝除外。

Starting in the wave that you have been assigned heat.

參賽者必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及圈數（即轉池次數）。

All competitors will be led 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，由工作人員帶到轉項區妥善放置比賽所需裝備。

Officials will help pack your race equipment, including your race number, into a plastic bag after swimming. Athletes can collect their swimming equipment in person at the Event Center by presenting their race-number bib or their body mark. (Please read the course map for the exact location.)

完成游泳賽段後，工作人員將協助包裝各參賽者指定膠籃內之游泳物品於寫有參賽號碼之膠袋內，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取。（賽事中心位置請參閱比賽路線圖）

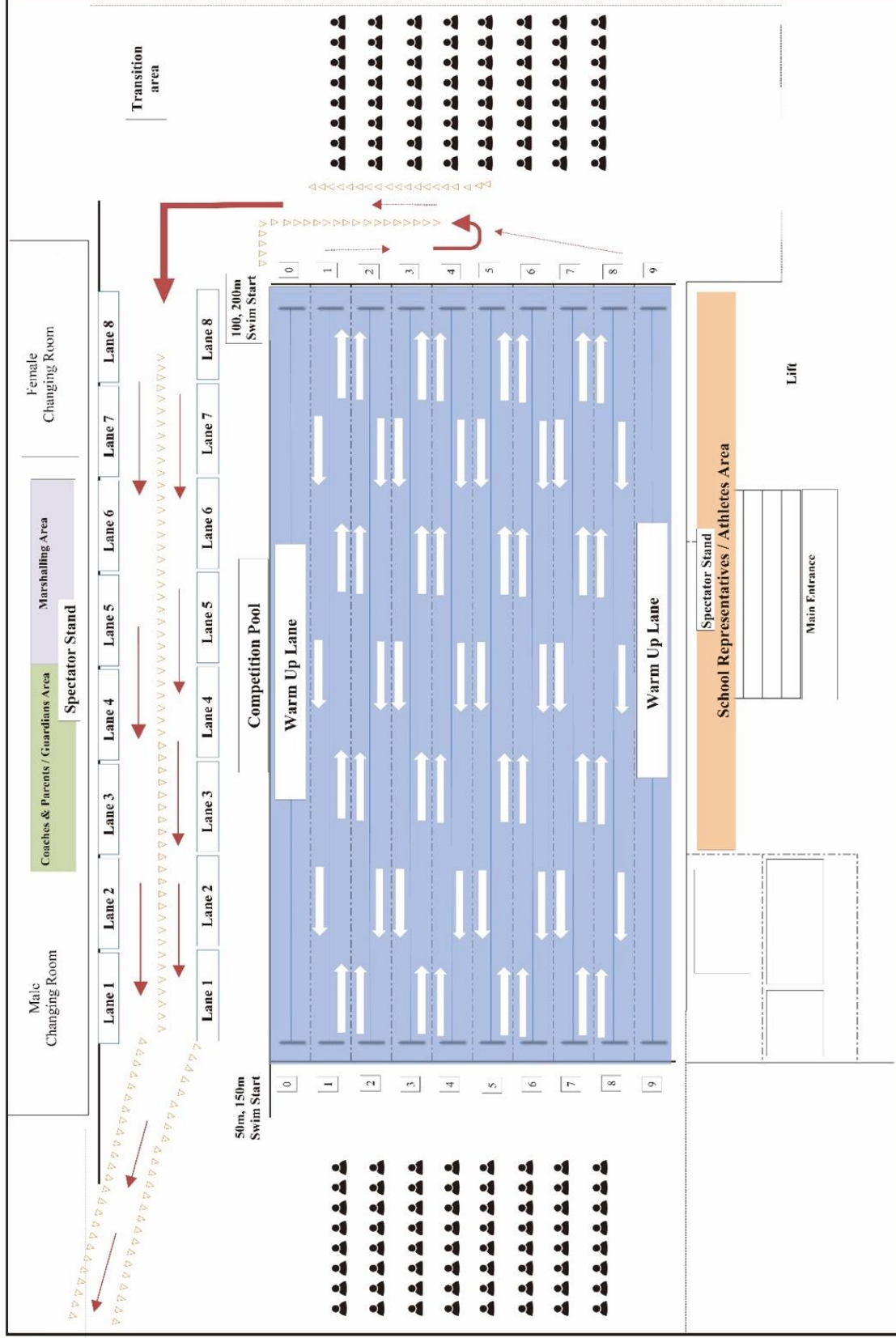
To ensure the race is proceeding smoothly, parents and coaches are not allowed to enter the transition area.

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。

Any violation of the above regulations will result in disqualification.

任何違反上述競賽規程者，大會有權取消其參賽資格或比賽成績。

50m Swimming Pool Floor Plan



Flow of participants from Exit the water to Transition to Swim Exit
 Flow of Swim
 Cone
 Transition Basket
 Participants lineup to swim start

參賽者比賽完畢後: 從游泳池上水到轉項區再到游泳出口
 游泳方向
 錐筒
 轉項區籃籃
 參賽者排隊準備游泳出發

以下泳線順時針游 - 2,4,6,8
 以下泳線逆時針游 - 1,3,5,7
 Swim in clockwise on the following lane lines: 2, 4, 6, 8
 Swim in counter clockwise on the following lane lines: 1, 3, 5, 7

Transition Area 轉項區

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Run Course 跑步賽段

Course 賽程	Route 路線
Secondary School – A & B 中學組 – A & B (1.3km)	Transition → A → B → C → Finish
Secondary School – C 中學組 – C & Staff Category 教職員組 (900m)	Transition → A → B → Finish

Your race number must be presented clearly on the front of your clothing 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。

An aid station will be provided at the run course. Please refer to the Course Map for the exact location.

跑步賽道中途設有水站，請運動員於賽前詳細參閱比賽地圖，以了解其確實位置。

The athlete has to run through the designated run course. Failure to follow 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，嚴禁使用捷徑。

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

運動員不得穿著拖鞋進行跑步賽段。

Glass Containers, headphones, and headsets are all strictly prohibited 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 with 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項區，亦不得於跑步賽段中陪同參賽者作賽。

Any violation of the above regulations will result in disqualification.

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. The full result will be posted to the TriHK Website in the afternoon of race day.

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 collected from the luggage storage area by presenting your race number bib or showing your body mark.

完成所有賽事後，運動員須憑號碼布或身上之比賽號碼於轉項區物資領取處領回個人物品。

Other Information 其他事項

Please ensure you complete your designated race distance for your age category.

參賽者有責任依照指定距離及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.

所有在場人士均須遵從大會工作人員之指示。

Event organizers reserve the right to make changes to the event schedule or details when necessary.

Participants are advised to arrive at the race venue early.

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。

Participants are not allowed to receive or accept any outside assistance from a third party during the race.

Failure to follow the rules will lead to disqualification.

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 organizer will not retain any unclaimed items left on race day. Kindly remind you all to collect your personal belongings as soon as you finish your race.

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 athletes in the same age category finish the race with the same finishing time, they will be awarded the same ranking.

如同一組別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。

Penalty 處罰

The Penalty Box is the designated area where athletes serve penalties for infringements during the race.

處罰區是用以處理運動員於比賽中任何違反競賽規則之指定區域。

Location at Run Course (please refer to the course map for exact location).

處罰區設於跑步賽段。（詳細位置請參閱比賽路線圖）

Notification: Race numbers will be posted on the whiteboard beside the penalty box with a valid reason.

Athlete must check the board and serve their penalty before they cross the finish line.

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。

Each infringement in the Inter-School Aquathlon Championship will incur a 10-second penalty.

所有於校際水陸兩項錦標賽中，每次違規將被判罰十秒時間。

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：

- 1. 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。

2. **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。
3. **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。
4. **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**。

Penalties and disqualification reference 處罰及取消資格參考事例

Swim Course 游泳賽段	Penalties 罰則
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
Foul Start 犯規起步	10 sec time penalty 將有 10 秒時間罰時
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	10 sec time penalty 將有 10 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 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 上訴機制

The competition Jury comprised 3 members from TriHK and handled all appeal applications for the race day.
上訴委員會由三名中國香港三項鐵人總會成員組成，並於比賽當天負責處理所有上訴申請。

An appeal application must be lodged within 15 minutes of the corresponding race result announcement by the registered school representative. An HK\$500 appeal fee will be charged and only refunded if the appeal is successful. Please be reminded that all complaints without formal procedures or late applications would not be accepted.

參賽者須於所屬組別成績公佈後 15 分鐘內由註冊領隊親身提交上訴申請，並繳付港幣 500 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 to the 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 after 12:00 noon on the day preceding the race, the event shall be postponed to a designated date in June. Should the rescheduled race be cancelled due to adverse weather conditions, no further postponement will be arranged, and all entry fees will not be refunded.

如於比賽前一日中午十二時後懸掛八號或以上颱風訊號，賽事將延期至六月之指定日期舉行。若補賽當日因天氣惡劣而取消，將不再另行安排補賽，所有報名費用亦不予退回。

If Typhoon Signal No. 3 / Red Rainstorm Warning / Black Rainstorm Warning is in force at any time after 06:30 a.m. on the morning of the race, the event shall be postponed to a designated date in June. Should the rescheduled race be cancelled due to adverse weather conditions, no further rescheduling shall be arranged, and all entry fees will not be refunded.

如於比賽日早上六時三十分或以後仍然懸掛三號颱風訊號、紅色或黑色暴雨警告，賽事將延期至六月之指定日期舉行。若補賽當日因天氣惡劣而取消，將不再另行安排補賽，所有報名費用將不予退回。

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 adjusted.

賽事舉行期間，如天氣轉為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將不設任何退款、亦不得轉讓參與其他賽事，敬請留意。

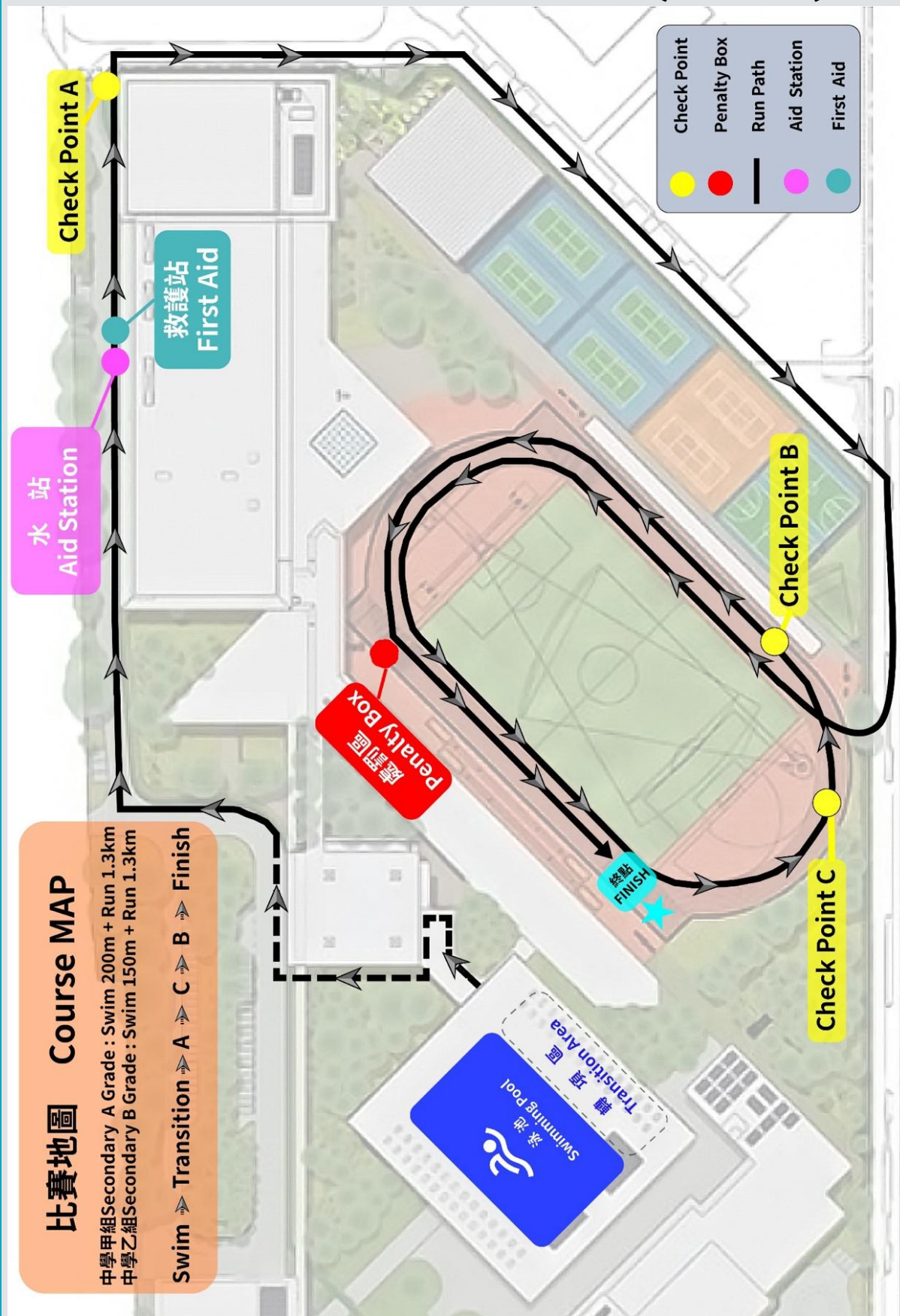
If the race is cancelled, the LOC will make an announcement on the TriHK website (www.triathlon.com.hk) and on Facebook.

如比賽取消，中國香港三項鐵人總會將會於官方網頁(www.triathlon.com.hk) 和 Facebook 上盡快作出公佈。

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

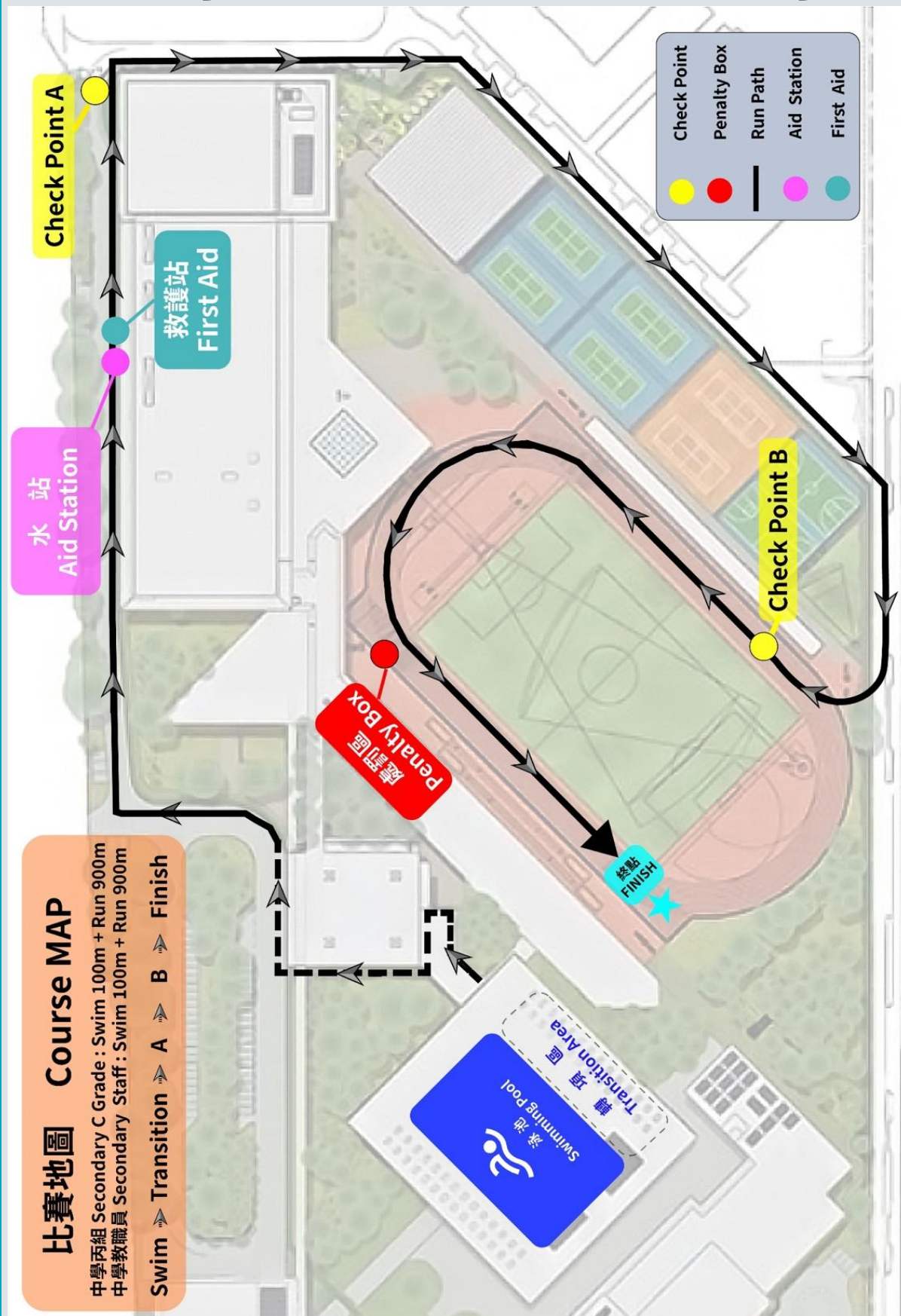
賽事當日如有任何查詢，可致電比賽日查詢專線 (6696 5830) 聯絡我們。

Secondary School – A & B (1.3km)



Swim > Transition > A > B > C > Finish

Secondary School – C & Staff Category



Swim > Transition > A > B > Finish