

Race Information 比賽資料

Registration

報到

Challenge Distance 挑戰距離 (Swim 1.5km/Bike 40km/Run 10km)	04:40 to 06:05
Sprint Distance 半奧運距離 (Swim 750m/Bike 20km/Run 5km)	05:30 to 06:45
Discovery Distance 體驗距離 (Swim 300m/Bike 10km/Run 2.5km)	04:35 to 07:20
TriKids Distance 小鐵人距離(Swim 200m/Bike 4km/Run 2km)	04:25 to 05:45

Wave 組別	Cap 泳帽	Category 組別	Start Time 比賽時間	Prize Presentation Time 頒獎時間
1	Yellow	TriKids – Male TriKids 2 小鐵人距離: 男子小鐵人 2 組	05:55	06:40
2	White	TriKids – Male TriKids 1 小鐵人距離: 男子小鐵人 1 組	05:57	06:40
3	Pink	TriKids – All Female Categories 小鐵人距離: 所有女子組別	06:00	06:40
4	Navy Blue	Discovery – All Elite Male Categories Discovery – All Elite Female Categories 體驗距離: 所有精英男子組別 體驗距離: 所有精英女子組別	06:05	06:50
5	White	Challenge – Male 20-24 Challenge – Male 25-29 Challenge – Male 30-34 Challenge – Male 35-39 Challenge – Male 40-44 挑戰距離: 男子 20-24 挑戰距離: 男子 25-29 挑戰距離: 男子 30-34 挑戰距離: 男子 35-39 挑戰距離: 男子 40-44	06:10	09:00
6	Pink	Challenge – All Female Categories 挑戰距離: 所有女子組別	06:15	09:35
7	Navy Blue	Challenge – Male 45-49 Challenge – Male 50-54 Challenge – Male 55-59 Challenge – Male 60-64 Challenge – Male 65 & Over 挑戰距離: 男子 45-49 挑戰距離: 男子 50-54 挑戰距離: 男子 55-59 挑戰距離: 男子 60-64 挑戰距離: 男子 65 歲或以上組別	06:20	09:25
8	Light Blue	Sprint – All Male Categories Sprint – All Female Categories 半奧運距離: 所有男子組別 半奧運距離: 所有女子組別	07:00	08:30
9	Pink	Discovery – Male Youth 1 Discovery – Male Youth 2 體驗距離: 男子少年 1 組 體驗距離: 男子少年 2 組	07:25	08:40
10	Navy Blue	Discovery – Male 20-29 Discovery – Male 30-39 Discovery – Male 40-49 體驗距離: 男子 20-29 體驗距離: 男子 30-39 體驗距離: 男子 40-49	07:30	08:45

		Discovery – Male 50-59 Discovery – Male 60-69 Discovery – Male 70 & Over	體驗距離: 男子 50-59 體驗距離: 男子 60-69 體驗距離: 男子 70 歲或以上組別		
11	Yellow	Discovery – All Female Categories	體驗距離: 所有女子組別	07:35	08:55

Course Cut Off Time

賽事分段時限

Swim Course 游泳賽段	08:30
Bike Course – AFCD Turning Point 單車賽段 – 漁農處轉折點 (B2)	09:00
Run Course 跑步賽段	10:30

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

比賽天準備

All participants are required to present valid identification document with photos, either original documents or copies, such as Hong Kong ID card, Passport is accepted for all pre-race check-in. If any participant fails to present any valid identification documents, he/ she shall not receive the race pack and attend the competition.

所有比賽報到時均必須出示印有照片的有效身份證明文件的正本或副本，如香港居民身份證、護照。如未能提交上述任何身份證明文件的正/副本，均不能領取選手包及參加該場比賽。

Upon your arrival, please proceed to registration booth for collecting your race pack. Ensure the race pack included the following items: swim cap, race bib and an ankle tag (timing chip). Body marking on both of your arms and legs should be required. **For easier to put the body mark on, sunblock is not recommended.

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。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。

Drink and refreshment 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。

Only those things that you require during the race should be left in your Transition Area. Transition Area official will keep an eye on them, although they are left at your risk.

轉項區只供擺放比賽物資。工作人員會留意轉項區之物資安排，惟工作人員並不作物資保管及物資遺失負責。

All other personal possession should be labelled with your race number, into Baggage Deposit booth, next to the Registration booth, where they will be stored at your own risk. You are advised not to bring valuable with you.

非比賽物資應存放在行李寄存區，行李寄存區設於報到處旁。物品之安全需由參賽者自行負責。故大會不建議參加者攜帶貴重物品。

You will be required to leave the Transition Area, no later than 15 minutes prior to 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。賽事講解將於在游泳起點舉行。

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 in the correct manner.

計時器已預先串上膠帶在如下圖。

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



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帶，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。

Race Briefing

賽事講解

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

賽事講解於在起點進行，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 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 rectangle 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 laps. Exit the water via the slipway after 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 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 (350m): 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 (350m): 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 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.

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 indicated by small marker buoys. Please take care when passing between these buoys 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。

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。

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。

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。

Bike Course

單車賽段

Challenge Distance (40km): Upon exiting the transition area, you should head along Bride's Pool Road to the Agriculture, Fisheries and Conservation Department (AFCD) Bike Turning Point B2 and then double back to Bride's Pool Road Turning Point B1. Competitors should repeat the loop between the two turning point 3 more times, before head back to the transition area, this means **four** laps of the Bride's Pool Road section of the course.

挑戰賽程 (40km): 離開轉項區沿新娘潭路到漁農處管理站之轉折點 B2，折返新娘潭路回轉折點 B1，參賽者需來回往返烏蛟騰及新娘潭路到轉折點四次，然後返回轉項區。

Sprint Distance (20 km): Upon exiting the transition area, you should head along Bride's Pool Road to the Agriculture, Fisheries and Conservation Department (AFCD) Bike Turning Point B2 and then double back to Bride's Pool Road Turning Point B1. Competitors should repeat the loop between the two turning point 1 more time, before head back to the transition area, this means **two** laps of the Bride's Pool Road section of the course.

半奧運賽程 (20km): 離開轉項區沿新娘潭路到漁農處管理站之轉折點 B2，折返新娘潭路回轉折點 B1，參賽者需來回往返烏蛟騰及新娘潭路到轉折點兩次，然後返回轉項區。

Discovery Distance (10 km): Upon exiting the transition area, you should head along Bride's Pool Road to the Agriculture, Fisheries and Conservation Department (AFCD) Bike Turning Point B2 and then double back to Bride's Pool Road Turning Point B1. Then Competitors should head back to the transition area.

體驗距離 (10km): 離開轉項區沿新娘潭路到漁農處管理站之轉折點 B2，折返新娘潭路回轉折點 B1，然後返回轉項區。

TriKids Distance (4km): Upon exiting the transition area, you should head along the Main Dam towards Bike Turning Point B3 and then double back to Turning Point B4, before head back to the transition area, this means **one** lap of the Main Dam section of the course.

小鐵人賽程 (4km): 離開轉項區沿大尾督水壩到壩尾之轉折點 B3，折返大尾督水壩回轉折點 B4，然後返回轉項區。

Competitors must not overtake when cycling down the steep hill back to the Transition Area.

Competitors overtaking while cycling down this hill will be disqualified. Please also take care to slow down before taking the sharp turn from the Ting Kok Road back into the Transition Area. Officials will wave a yellow flag to remind you.

當下斜返回轉項區時，工作人員會以黃旗示意，提醒參賽者必慢駛及不得超越前車，否則將被取消參賽資格。參賽者請在轉入轉項區時加以留意。工作人員會以黃旗示意。

Drafting is permitted, but athletes assume full responsibility for their own safety. Only draft if you have the skills to do so safely.

賽事容許進行勾車，惟安全責任由參加者自負。參加者必須確保具備勾車技巧方可進行。

Athletes are responsible for counting their own laps. Officials will not provide reminders during 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。

If you are using a race belt, your race bib must be worn on your back and remain visible throughout the bike course.

如使用比賽號碼帶，參賽號碼布必須於整個單車賽段扣於背心後方並保持清晰可見。

Helmet straps **must be securely fastened before removing your bike from the rack**. Offenders will be penalized.

參賽者必須先**將頭盔帶扣好，然後才可取單車離開轉項區**。違者將被處罰。

Wearing a helmet unfastened or improperly fastened while in possession of the bike inside the Transition Area will result in penalties:

- **Age-Group athletes:** Warning and correction required.
- **Elite athletes:** Time penalty in the penalty box.

在轉項區推車時，如頭盔帶未有正確扣好：

- **分齡組運動員：** 予以警告並須立即修正。
- **精英組運動員：** 於處罰區罰時間。

Keep to the **left side of the road** except when overtaking, so that other road users and cyclists may pass safely. Drafting penalties will be applied to any cyclist who blocks another.

除超越前車外，請靠左行駛，以便其他道路使用者及單車選手安全超越。阻擋其他參賽者將被判勾車罰則。

Remain courteous to all other road users at all times.

請時刻保持禮貌，與其他道路使用者合作。

Do not cross the white line in the center of the road. Crossing into the opposite lane is considered dangerous riding and will result in disqualification.

超越前車時，不得越過路中白線進入對面行車線。違例者將被取消比賽資格。

There will be **no Aid Stations** on the cycle course. Athletes must carry sufficient fluids to meet their own hydration needs.

單車賽道上不設補給站，參加者必須自備足夠飲品以應付比賽所需。

Athletes must **rack the bike before removing the helmet**. Offenders will be penalized.

參賽者**必須先將單車掛妥於單車架上**，方可除去頭盔。違者將被處罰。

Athletes must bring their own bikes and wear helmets during the cycling portion. Failure to wear a helmet will result in disqualification.

參賽者必須自備單車及頭盔，並於單車賽段全程佩戴頭盔。違者將被取消資格。

Glass containers, headphones, headsets, and video cameras are strictly prohibited during the race.

比賽中嚴禁使用玻璃器皿、耳筒、耳機或攝錄機等物品。

Folding bikes are not permitted in any category.

任何組別均不得使用摺疊單車。

Only traditional drop handlebars are allowed. Handlebars must be plugged. Clip-ons or aerobars are not permitted.

參賽者只可使用傳統公路車把手，不可使用附加把手。

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

- 車輪必須為 **24 吋或以上** 方可作賽（小鐵人距離除外）。

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。



AGE GROUP DRAFT LEGAL EQUIPMENT



Disc wheels



Clip on areobars



Short clip on areobars



Handlebars with built in areobars

Run Course

跑步賽段

Course 賽程	Distance 距離	Route 路線	Lap 圈數
Challenge 挑戰賽程	10km	Transition→R2→R3→R2→Finish	2
Sprint 半奧運賽程	5km	Transition→R2→Finish	1
Discovery 繽紛賽程	2km	Transition→R1→ Finish	1
TriKids 小鐵人賽程	2km	Transition→R1→ Finish	1

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。

Not 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。

Athletes must wear their uniforms over both shoulders during the race. First offense: Warning. Second offense: Disqualified.

參賽者在比賽進行期間必須將制服披在雙肩上。第一次違規將被警告，第二次違規將被取消比賽資格。

Athletes wearing a uniform with the front zipper totally undone are strictly prohibited during the race. First offense: Warning. Second offense: Disqualified.

上身穿著前拉鍊制服的參賽者，在比賽進行期間嚴禁把拉鍊完全拉開。第一次違規將被警告，第二次違規將被取消比賽資格。

Athletes wearing a uniform with the front zipper undone are strictly prohibited during the last 100 meters of the race. Offenders: Warning and must make immediate corrections.

上身穿著前拉鍊制服的參賽者，在比賽最後 100 米衝刺階段嚴禁把拉鍊拉開。違規者將被警告，並需立即修正。

Three Aid Stations will be provided at the middle of the dam for **Challenge** and **Sprint** Distance, 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。

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

運動員禁止穿着拖鞋進行跑步。

Running on any grass patch or taking shortcuts is strictly prohibited. Offenders will be disqualified.

嚴禁跑上任何草地或捷徑，違規者將被取消比賽資格。

Glass containers, headphones, headsets, and video cameras are strictly prohibited during the race.

在比賽中嚴禁使用玻璃器皿、耳筒、耳機或攝錄機等物品。

Parents, coaches, supporters, and spectators are not allowed to enter the Transition Area or run alongside participants during the race. Any violation will result in the athlete's disqualification.

家長、教練、支持者及觀眾禁止進入轉項區，亦不得在跑步賽段中陪跑，否則參賽者將被取消比賽資格。

Penalty Box

處罰區

- 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)。

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:

1. 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。
2. 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。
3. 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。
4. 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 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	Fix, otherwise DSQ
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在單車賽段沒有穿上上衣作賽	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 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

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 site as soon as possible. Full result will be posted to the TriHK Web site on race day afternoon.

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 collected from the luggage storage area at race finish of 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

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賽道比賽。

All participants must obey the instruction of race officials at all time. 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。

Organizer reserves the right to change the schedule or event detail as necessary. This including moving the race forward. Participants are advised to arrive 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 organizer will not keep any not collected 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。

Appeal

上訴

The competition Jury include 3 members and they will handle all appeal of 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。

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
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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。

Appeal is accepted only within 15 minutes after race result being announced and completed the "Complain and Appeal" form together with HK\$200 appealing fee. 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 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 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 be 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 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 send SMS to all participants and 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)。

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, in case of driving, the drivers should pay attention to the following:

由於大美督泊車位置有限，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 06:00am to 09:30am.

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 illegal park.

請勿非法泊車。

Do not park in village along Ting Kok Road.

請勿將車輛泊入沿汀角路的村內。

Police will take strict enforcement to 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 40km/Run 10km

Swim Start > 2 laps > Transition > (B1 <> B2 4 laps) > Transition > (R2 <> R3 2 laps) > Finish

Sprint Distance: Swim 750m/Bike 20km/Run 5km

Swim Start > Transition > (B1 <> B2 2 laps) > Transition > R2 <> R3 > 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 350m/Bike 10km/Run 2km

Swim Start > Transition > B1 > B2 > Transition > R1 > Finish

TriKids Distance

Tai Mei Tuk
大尾督



TriKids Distance: Swim 200m/Bike 4km/Run 2km
Swim Start > Transition > B3 > B4 > Transition > R1 > Finish