



**World Triathlon
Cup**
HONG KONG
2026

2026 World Triathlon Cup - Hong Kong

2026 三項鐵人世界杯 - 香港

Race Venue: Lung Wo Road, Central		比賽地點: 中環龍和道	
Quota: 700		比賽名額: 700	
Each participants will received a carnival food beverage voucher. Finishers will be awarded E-Certificate of Participation, Finisher Medal and a T-Shirt.			
每位參賽者會獲得一張嘉年華餐飲券。完成賽事者，將獲頒發電子成績證書，完賽獎牌及一件 T 恤。			
Race Date	Saturday, 7 November 2026 (TriKids Distance)	比賽日期	2026 年 11 月 7 日(星期六) (小鐵人賽程)
	Sunday, 8 November 2026 (Challenge & Discovery Distance)		2026 年 11 月 8 日(星期日) (挑戰及體驗賽程)
Race Start:	TriKids Distance: 12:00 (By Wave)	比賽時間:	小鐵人賽程: 12:00 (分組出發)
	Challenge & Discovery Distance : 07:00 (By Wave)		挑戰及體驗賽程: 07:00 (分組出發)

Race Category 組別

Challenge Distance 挑戰賽程 Swim 750m/ Bike 18k (5 laps)/ Run 5k (1.5 laps)			
Male/Female Junior 1	男子/女子青年 1 組	Born in 2009 – 2010	2009 - 2010 年出生
Male/Female Junior 2	男子/女子青年 2 組	Born in 2007 – 2008	2007 - 2008 年出生
Male/Female Age Group 20-24	男子/女子 20 至 24 歲分齡組	Born in 2002 – 2006	2002 - 2006 年出生
Male/Female Age Group 25-29	男子/女子 25 至 29 歲分齡組	Born in 1997 – 2001	1997 – 2001 年出生
Male/Female Age Group 30-34	男子/女子 30 至 34 歲分齡組	Born in 1992 – 1996	1992 - 1996 年出生
Male/Female Age Group 35-39	男子/女子 35 至 39 歲分齡組	Born in 1987 – 1991	1987 - 1991 年出生
Male/Female Age Group 40-44	男子/女子 40 至 44 歲分齡組	Born in 1982 – 1986	1982 - 1986 年出生
Male/Female Age Group 45-49	男子/女子 45 至 49 歲分齡組	Born in 1977 – 1981	1976 - 1981 年出生
Male/Female Age Group 50-54	男子/女子 50 至 54 歲分齡組	Born in 1972 – 1976	1972 - 1976 年出生
Male/Female Age Group 55-59	男子/女子 55 至 59 歲分齡組	Born in 1967 – 1971	1967 - 1971 年出生
Male/Female Age Group 60-64	男子/女子 60 至 64 歲分齡組	Born in 1962 – 1966	1962 - 1966 年出生
Male/Female Age Group 65 & over	男子/女子 65 歲或以上分齡組	Born in 1961 or before	1961 年或以前出生
Corporates' Cup Team Relay	工商盃隊際接力	Born in 2010 or before	2010 年或以前出生
Disciplined Services Team Relay	紀律部隊盃隊際接力	Born in 2010 or before	2010 年或以前出生
Open Relay	公開組隊際接力	Born in 2010 or before	2010 年或以前出生
Discovery Distance 體驗賽程 Swim 400m/ Bike 10.8k (3 laps)/ Run 2.5k			
Male/Female Open (NS only)	男子/女子精英公開組 (只限港隊)	Born in 2010 or before	2010 年或以前出生
Male/Female Elite Youth (NS only)	男子/女子精英少年組 (只限港隊)	Born in 2011 – 2013	2011 - 2013 年出生
Male/Female Youth 1	男子/女子少年 1 組	Born in 2013 – 2014	2013 - 2014 年出生
Male/Female Youth 2	男子/女子少年 2 組	Born in 2011 – 2012	2011 - 2012 年出生
Male/Female Age Group 20-29	男子/女子 20 至 29 歲分齡組	Born in 1997 – 2006	1997 - 2006 年出生
Male/Female Age Group 30-39	男子/女子 30 至 39 歲分齡組	Born in 1987 – 1996	1987 - 1996 年出生
Male/Female Age Group 40-49	男子/女子 40 至 49 歲分齡組	Born in 1977 – 1986	1977 - 1986 年出生
Male/Female Age Group 50-59	男子/女子 50 至 59 歲分齡組	Born in 1967 – 1976	1967 - 1976 年出生
Male/Female Age Group 60-69	男子/女子 60 至 69 歲分齡組	Born in 1957 – 1966	1957 - 1966 年出生
Male/Female Age Group 70 & Over	男子/女子 70 歲或以上分齡組	Born in 1956 or before	1956 年或以前出生
TriKids Distance 小鐵人賽程 Swim 200m/ Bike 7.2k (2 laps)/ Run 1.5k			
Male/Female TriKids 1	男子/女子小鐵人 1 組	Born in 2017 – 2018	2017 - 2018 年出生
Male/Female TriKids 2	男子/女子小鐵人 2 組	Born in 2015 – 2016	2015 - 2016 年出生

Remarks:

Wetsuits are allowed when the water temperature is at or below 22 Degrees Celsius.

水溫在攝氏 22 度或以下時，允許穿保暖衣。

Folding bike is not allowed in any race category.

各組別賽事禁止使用摺車作賽。

Minimum wheel size requirement is 24 inches, except TriKids.

車輪必須為 24 吋或以上方可作賽，小鐵人除外。

Only traditional drop handlebars are permitted due to drafting is allowed. The handlebars must be plugged. Clip-ons are not allowed.

在容許進行勾車的賽事中，參賽者只可使用公路車手把，並必需帶有末端膠塞。同時不得使用附加手把。

If officials find that aerobars or clip-ons are installed on the bike placed in the transition area, athletes will be disqualified.

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。

For Team Relay, each team member is responsible for one of the three events of swimming/cycling/running, with at least one female and one male.

隊際接力比賽方式為每 1 名隊員分別負責游水/單車/跑步其中一個項目，並且隊伍成員必須包括至少一名女性和一名男性。

Participants cannot register for individual and relay team competitions at the same time.

參賽者不能夠同時報個人及接力組比賽。

Entry Fee (Including One carnival dining coupon) 報名費 (包括嘉年華餐飲券 一張)	Challenge Distance 挑戰賽程	Discovery Distance 體驗賽程	TriKids Distance 小鐵人賽程
TriHK Affiliated Club Member 中國香港三項鐵人總會屬會會員			
Early Bird Period 早鳥優惠 (14-27 Sep 2026)	港幣 HKD \$1180	港幣 HKD \$1080	港幣 HKD \$980
Normal Period 常規報名 (28 Sep – 25 Oct 2026)	港幣 HKD \$1280	港幣 HKD \$1180	港幣 HKD \$1080
Late Entry 逾期報名 (26-28 Oct 2026, 12:00 noon HKT)	港幣 HKD \$1680	港幣 HKD \$1580	港幣 HKD \$1480
TriHK Individual Member 中國香港三項鐵人總會個人會員			
Early Bird Period 早鳥優惠 (14-27 Sep 2026)	港幣 HKD \$1280	港幣 HKD \$1180	港幣 HKD \$1080
Normal Period 常規報名 (28 Sep – 25 Oct 2026)	港幣 HKD \$1380	港幣 HKD \$1280	港幣 HKD \$1180
Late Entry 逾期報名 (26-28 Oct 2026, 12:00 noon HKT)	港幣 HKD \$1680	港幣 HKD \$1580	港幣 HKD \$1480
Non-Member & Oversea Athletes 非會員及海外運動員			
Normal Period 常規報名 (28 Sep – 25 Oct 2026)	港幣 HKD \$1480	港幣 HKD \$1380	港幣 HKD \$1280
Late Entry 逾期報名 (26-28 Oct 2026, 12:00 noon HKT)	港幣 HKD \$1680	港幣 HKD \$1580	港幣 HKD \$1480
Relay Team 接力組			
Team Relay: Teams consist of 3 persons, each team HK\$2080 隊際接力: 隊際接力包括 3 名隊員，每組報名費港幣\$2080			
Deadline for Entry 截止報名日期	25 October 2026, 11:59pm (Sunday) 2026 年 10 月 25 日下午 11 時 59 分(星期日)		

Awards

獎項

Finisher Medal & Certificates 完成獎牌及證書

E-Certificate of Participation and Finisher Medal will be issued to athletes who finished races.

完成賽事的運動員，將會獲頒發電子成績證明書及完成獎牌。

Individual 個人組

The top 3 finishers in each category will receive a trophy. If there are 31 or more entries, trophies will be awarded to the Top 5 finishers.

每組頭 3 名將獲頒獎座。如參加者為 31 人或以上，則頒發獎座給前 5 名。

Relay Team 接力組

The top 3 Relay Teams in each category will receive a Trophy & three medals. If the number of teams in that category is 15 & Over. Awards will be presented to the Top 5 Relay Teams.

每組頭 3 名將獲頒獎杯一個和三個獎牌，如該接力隊伍為 15 隊或以上，則頒發獎項給前 5 名接力隊伍。

Individual and Club Series Scoring Method 個人及屬會聯賽評分方法

For detailed information, please visit: www.triathlon.com.hk

詳細資料請瀏覽：www.triathlon.com.hk

Non-refund Policy 不退款政策

The TriHK operates a “Non-Refund Policy”. Once your entry is accepted, your entry fee is non-refundable and non-transferable. If an event has been cancelled due to inclement weather or other reasons beyond the control of TriHK, the race will not be rescheduled, and your entry fee will not be refunded, nor can it be transferred.

中國香港三項鐵人總會實行“不退款”政策，報名一經接納，報名費將不獲退回，不得轉讓。如賽事因天氣惡劣或其他原因而取消，中國香港三項鐵人總會不會安排任何補賽，亦不會作任何退款之安排。有關之報名費亦不得轉讓。

Local Event Inclement Weather Policy 惡劣天氣安排

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 further 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 is hoisted at any time after 05:00 a.m. on race morning, the race will be cancelled without any further 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 adjusted.

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。被取消之賽事將不設補賽。

If the weather is extremely hot on the race day, 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.

如比賽當天天氣炎熱，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 for the cancelled race will not be refunded, nor can they be transferred to a different race.

被取消之賽事之報名費不設退款、亦不得轉讓。