

2010 Duathlon Series – Race 1

二零一零年陸上兩項鐵人聯賽 – 比賽 1

| | | | |
|----------------|-------------------------|-------|-----------------------|
| Race Date: | Sunday, 24 January 2010 | 比賽日期: | 2010 年 1 月 24 日(星期日) |
| Race Venue: | Chong San Road, Shatin | 比賽地點: | 沙田創新路 |
| Race Start: | 7:00 am (Course A - D) | 比賽時間: | 上午 7 時正 (賽程 A - D) |
| Fallback Date: | Sunday, 31 January 2010 | 補賽日期: | 2010 年 1 月 31 日 (星期日) |

Race Category 組別

Course 賽程 A (Run 5km/Bike 27.5km/Run 5km) – Road Bike 公路單車組

| | | | |
|----------------------------|-----------------|------------------------|-----------------|
| Male/Female Elite Open | 男子/女子精英公開組 | Born on 1990 or before | 1990 年或以前出生 |
| Female Age Group 20-29 | 女子 20 至 29 歲分齡組 | Born in 1981 -1990 | 1981 – 1990 年出生 |
| Female Age Group 30-39 | 女子 30 至 39 歲分齡組 | Born in 1971 – 1980 | 1971 – 1980 年出生 |
| Female Age Group 40 & Over | 女子 40 歲或以上分齡組 | Born on 1967 or before | 1967 年出生以前出生 |
| Male Age Group 20-24 | 男子 20 至 24 歲分齡組 | Born in 1990 – 1986 | 1990 – 1986 年出生 |
| Male Age Group 25-29 | 男子 25 至 29 歲分齡組 | Born in 1985 – 1981 | 1985 – 1981 年出生 |
| Male Age Group 30-34 | 男子 30 至 34 歲分齡組 | Born in 1980 – 1976 | 1980 – 1976 年出生 |
| Male Age Group 35-39 | 男子 35 至 39 歲分齡組 | Born in 1975 – 1971 | 1975 – 1971 年出生 |
| Male Age Group 40-44 | 男子 40 至 44 歲分齡組 | Born in 1970 – 1966 | 1970 – 1966 年出生 |
| Male Age Group 45-49 | 男子 45 至 49 歲分齡組 | Born in 1965– 1961 | 1965 – 1961 年出生 |
| Male Age Group 50-54 | 男子 50 至 54 歲分齡組 | Born in 1961 – 1956 | 1961 – 1956 年出生 |
| Male Age Group 55 & Over | 男子 55 歲或以上分齡組 | Born in 1955 or before | 1955 年出生以前出生 |
| Relay Team | 接力組 | Born in 1994 or before | 1994 年或以前出生 |

Course 賽程 B (Run 2.5km/Bike 13.5km/Run 2.5km) – Road Bike 公路單車組

| | | | |
|--------------------------|------------|--------------------|-----------------|
| Male/Female Elite Junior | 男子/女子精英青年組 | Born in 1991 -1994 | 1991 – 1994 年出生 |
| Male/Female Youth Open | 男子/女子少年公開組 | Born in 1995 -1998 | 1995 – 1998 年出生 |

Remarks: i. Athletes born between 1995-1998 are welcome to enter Youth Open category.

ii. All National Squad Elite Junior and National Squad B members who born between 1995-1998 must enter Youth Open Category.

iii. All National Squad B members who born between 1991-1994 must enter Elite Junior Category.

備註: i. 所有 1995-1998 年出生之運動員均可報名參加少年公開組

ii. 所有香港青少年代表隊 A 隊及香港青少年代表隊 B 隊於 1995-1998 年出生之成員必須參加公開少年組。

iii. 所有香港青少年代表隊 B 隊於 1991-1994 年出生之成員必須參加精英青年組。

Course 賽程 C1 (Run 1km/Bike 4.5km/Run 1km)

The B1 and B2 Ultrakids Categories are eligible to join the school team competition)

小鐵人 C1 and C2 組別 將可參加學校隊際組

| | | | |
|-----------|---------|------------|---------|
| Boys 2002 | 男子 2002 | Girls 2002 | 女子 2002 |
| Boys 2001 | 男子 2001 | Girls 2001 | 女子 2001 |
| Boys 2000 | 男子 2000 | Girls 2000 | 女子 2000 |
| Boys 1999 | 男子 1999 | Girls 1999 | 女子 1999 |

Course 賽程 C2 (Run 2km/Bike 9km/Run 2km)

| | | | |
|-----------|---------|------------|---------|
| Boys 1998 | 男子 1998 | Girls 1998 | 女子 1998 |
| Boys 1997 | 男子 1997 | Girls 1997 | 女子 1997 |
| Boys 1996 | 男子 1996 | Girls 1996 | 女子 1996 |
| Boys 1995 | 男子 1995 | Girls 1995 | 女子 1995 |

Course 賽程 D (Run 2.5km/Bike 13.5km/Run 2.5 km) - Road Bike 公路單車組

| | | | |
|---------------------|----------|------------------------|-----------------|
| Male /Female Junior | 男子/女子青年組 | Born in 1991 – 1994 | 1991 – 1994 年出生 |
| Male /Female Open | 男子/女子公開組 | Born in 1990 – 1971 | 1990 – 1971 年出生 |
| Male/Female Veteran | 男子/女子元老組 | Born on 1970 or before | 1970 年或以前出生 |

Course 賽程 E (Run 2.5km/Bike 13.5km/Run 2.5 km) – Mountain Bike 爬山單車組

| | | | |
|---------------------|----------|------------------------|-----------------|
| Male /Female Junior | 男子/女子青年組 | Born in 1991 – 1994 | 1991 – 1994 年出生 |
| Male /Female Open | 男子/女子公開組 | Born in 1990 – 1971 | 1990 – 1971 年出生 |
| Male/Female Veteran | 男子/女子元老組 | Born on 1970 or before | 1970 年或以前出生 |

Remarks: For the mountain bike category, the tyre width requirement is not less than 1.95 inches

備註: 爬山單車組別, 輪呔粗幼必須為 1.95 吋或以上方可作賽。

School Team Competition Rules 學校隊際組比賽規則

- School team results shall be determined by the sum of finishing times of top three individuals in each team.
學校隊際組之成績計算是根據每隊首三名完成者之完成時間總和
- Each team shall consist of at least three, and at most six members. Each member must compete as individual in the same race course (Either C1 or C2).
每隊參賽隊伍必須最少有三名隊員, 而最多不得超過六名隊員。同一隊之隊員必須參與同一級別賽程 (B1 或 B2)
- Each member's result will also be counted in the individual category.
各隊員之個人成績, 亦會計算於個人組別之成績內
- There is no limit on the number of teams entering from each school in each category.
各院校在各組別的參賽隊數不限

| | | |
|--|---|--------------------------------------|
| <ul style="list-style-type: none">School team members' entry form must be submitted together. 所有學校隊際組別的參賽報名表必須一併遞交 | | |
| Entry Fee 報名費 | HKTriA Member HK\$70 | 香港三項鐵人總會會員港幣\$ 70 |
| | Non HKTriA Member HK\$130 | 非香港三項鐵人總會會員港幣\$ 130 |
| | Relay Team: Teams may consist of 2 or 3 persons, each team HK\$170 | 接力組: 接力組可包括 2 或 3 名隊員, 每組報名費港幣\$170. |
| | A HK\$50 surcharge will be levied for any late entries which has been accepted. Late Entry only accept until Tuesday, 19 January 2010. 經接受之逾期報名, 需加付行政費港幣\$50。逾期報名截止日期為 2010 年 1 月 19 日 (星期二) | |
| Transportation Fee 交通費用 | Return transport provided from City Hall, Central /KCR, Kowloon Tong/Pai Tau Village, Sha Tin @ HK\$100 per person (includes bike transport for participants) 大會來回交通由中環大會堂/九龍塘火車站/沙田排頭村, 每位\$100 (包括參加者之單車運輸) | |
| Insurance 保險費 | Public Liability Insurance HK\$10 賽事第三者公眾責任保險港幣\$10 (所有參賽者必須支付第三者公眾責任保險費港幣\$10) | |
| Deadline for Entry 截止報名日期 | 15 January 2010 (Friday) 2010 年 1 月 15 日 (星期五)。 The date of the stamp on the envelop is treated as the date of receipt by HKTriA 報名截止日期以郵印日期為準 | |
| <p>The HKTriA operates a "Non Refund Policy". Once your entry is accepted, your entry fee will not be refunded. If an event has to be re-scheduled due to inclement weather or other reason beyond the control of HKTriA, your entry will automatically carried forward to the re-scheduled date, and your entry fee will not be refunded (even if you did not participate on re-scheduled day). All entry fees are also not transferable to another applicant.</p> <p>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。如賽事因天氣惡劣或其他原因而需改期補賽, 運動員之報名將直接轉往補賽日, 而不會作任何退款之安排(包括補賽日不出席, 都不會作任何退款之安排)。所有報名費均不能轉讓給其他人。</p> | | |
| Entry Procedure 報名手續 | <p>Deposit or transfer the prescribed amount into the Hong Kong Bank saving account of HKTriA (No: 502-118375-838) or make out a cross cheque for the prescribed amount payable to the" Hong Kong Triathlon Association Limited". 請將適當費用存入、轉賬或網上付款到香港匯豐銀行 儲蓄賬戶: 502-118375-838, 或將劃線支票抬頭 " 香港三項鐵人總會有限公司" 郵寄致本會辦事處。</p> <p>Send your completed entry form, together with your cheque or pay-in/transfer slip by post to the HKTriA office, Room 1020 Olympic House, 1 Stadium Path, So Kon Po, Causeway Bay, Hong Kong., by fax on 25768253 or by email to hktria@triathlon.com.hk 請填妥報名表並附上有關款項之存款收據或支票, 寄回香港三項鐵人總會, 地址:香港銅鑼灣掃桿埔大球場徑一號奧運大樓 1020 室。傳真 25768253 或電郵 hktria@triathlon.com.hk</p> <p>Upon receipt of your completed entry form and subject to cheque clearance if necessary), the HKTriA will advise you by e-mail whether your entry has been accepted. If your entry has been accepted, you will receive the race information by e-mail. If you do not received it by 20 January 2010 (Wednesday), you should contact the HKTriA office immediately on 2504 8282. 當收到報名表後, 大會將以電郵方式寄上一份比賽通知書及比賽資料。參賽者亦可自行透過比賽網頁下載資料。參賽者亦可自行透過比賽網頁下載資料。如參賽者在 1 月 20 日(星期三)前仍未收到任何通知, 請立即致電 2504 8282 查詢。</p> | |
| Bike Hire Information 單車租用資料 | <p>HKTriA will not arrange bike hire. Century Bike Shop offer bike hiring service. Should you require bike hiring, please complete the relevant section on the entry form and the hiring fee is HK\$90 should be paid upon bike pick up on race day.</p> <p>香港三項鐵人總會將不會安排單車租用, 而世紀單車行將為賽事提供單車租用服務. 如須租用單車, 請填妥報名表格上之有關資料, 並於比賽當日繳交租單車費用港幣\$90.</p> <ul style="list-style-type: none">The use of helmets on the bike course is compulsory 所有參加者於單車賽段必須配帶頭盔The HKTriA WILL NOT arrange helmet hiring. Athletes should arrange for a helmet, which complies with the safety standard). <p>香港三項鐵人總會將不會安排頭盔租用. 參加者須自行安排符合比賽安全之頭盔.。</p> | |
| Awards 獎項 | <p>Individual and Relay Team 個人及接力組 The Champion in each category will be presented with a Trophy. Other positions entitled to an award will be presented with medals. 每組冠軍將獲頒獎杯一個, 而其餘名次將獲頒發獎牌 Awards will be presented to the Top 3 finishers, if the number of entries in that category is 20 or less. 如該組別參加者於 20 人或以下, 則只頒發獎項給前 3 名 Awards will be presented to the Top 5 finishers, if the number of entries in that category is 21-40. 如該組別參加者於 21-40 人, 則只頒發獎項給前 5 名 Awards will be presented to the Top 8 finishers, if the number of entries in that category is 41-60 如該組別參加者於 41-60 人, 則只頒發獎項給前 8 名 Awards will be presented to the Top 10 finishers, if the number of entries in that category is 61 or over 如該組別參加者於 61 人或以上, 則只頒發獎項給前 10 名</p> <p>School Team 學校隊際組 A flag and 3 medals will be presented to each of the Top 3 Teams in each category. 各學校隊際組別前三名將獲頒發錦旗一面及三枚獎牌</p> <p>Individual and Club Series Scoring Method 個人及屬會聯賽評分方法 For detail information, please visit: www.triathlon.com.hk 詳細資料請瀏覽: www.triathlon.com.hk</p> | |

2010 Duathlon Series – Race 1

二零一零年陸上兩項鐵人聯賽 – 比賽 1

Entry Form 報名表

(Please fill in English 請用英文填寫)

Family Name 姓: _____ Given Name 名: _____ Chinese Name 中文姓名: _____

HKTriA 2009 Member 香港三項鐵人總會 2010 會員: 是 Yes / 否 No Affiliated Club Name 屬會名稱: _____

Date of Birth 出生日期: _____(Day 日)/_____(Month 月)/_____(Year 年) Gender 性別: Male 男/Female 女

Address 地址: _____

Tel 電話: _____(Day 日間) _____(Night 晚間) E-mail 電郵: _____

(Notes: The race information will send by e-mail, you need to fill in your e-mail address)(大會將電郵方式寄上一份比賽事通知書及資料, 電郵地址必須填寫)

Emergency Contact Person 緊急聯絡人: _____ Emergency Contact Number 緊急電話: _____

租用單車 Bike Hire: 是 Yes / 否 No Height 身高: _____厘米 cm (租用單車者必須填寫 For bike hire only)

| Category 組別/Transportation Fees 交通費用 Tick as appropriate 在適當括號內以'✓'表示: | | | Amount Due 費用 HK\$ | |
|---|---|---|---|--|
| Course 賽程 A () Elite Open/Junior 精英公開/精英青年組 () Age Group 分齡組 () Relay Team 接力組 | () Course 賽程 B () Course 賽程 C1 () Course 賽程 C2 () Course 賽程 D () Course 賽程 E | () Central 中環 () Kowloon Tong 九龍塘 () Shatin 沙田 | Entry Fee 報名費 PL Insurance 保險費 Transportation Fees 交通費用 Late Charge 逾期報名 Total 總數: | \$ _____ \$ _____ \$ _____ \$ _____ \$ _____ |

School Team Information 校際資料

School Team 學校隊際組: Boys 男子 / Girls 女子 Course 賽程: C1/C2

Name of School: _____ 院校名稱: _____

Name of Team Manager: _____ 領隊姓名: _____

Members' Detail 隊員資料

| | Chinese Name 中文姓名 | English Name 英文姓名 | Year of Birth 出生年份 |
|----|-------------------|-------------------|--------------------|
| 1. | | | |
| 2. | | | |
| 3. | | | |
| 4. | | | |
| 5. | | | |
| 6. | | | |

Relay Team Details – 接力隊資料

Team member must fill-in the individual personal details/隊際組之隊員必須填妥個人資料

Name of Relay Team 接力組名稱: _____

Name of Team Captain 領隊姓名: _____(Chinese 中文) _____(English 英文)

Name of members 隊員姓名: (Swim 游泳) _____ (Bike 單車) _____ (Run 跑步) _____

責任聲明 Declaration

I understand that by participating in the Event there are risks of injury, death and/or loss. I am hereby entering the Event at my own risk and responsibility. I discharge the Organizer and any other individual organization connected directly or indirectly with the Event from any responsibility in the event of injury, death or loss of property incurred during as consequence of or while travelling to or from the Event. . I permit the HKTriA to use the above personal data in the operation of this activity and to inform me of future activities.

本人是自願參加此活動和願意承擔自身的意外風險及責任, 並無權向大會對本人在往返活動場地中, 活動中發生或其引致之自身意外, 死亡或任何形式的損失索償或追討責任。本人准許香港三項鐵人總會使用本人所提供之資料, 作為本活動及未來活動宣傳之用。

I am physically fit and capable of participating in the Event and have not been otherwise advised by a qualified medical practitioner.
本人聲明本人身體健康及有能力參加此活動, 並經由執業醫生確認本人之體適能適合參加此活動。

Signature: _____ Date 日期: _____

參加者簽署: (Parent's signature is necessary for entrant aged under 18**未滿十八歲者, 必須由家長簽署)