

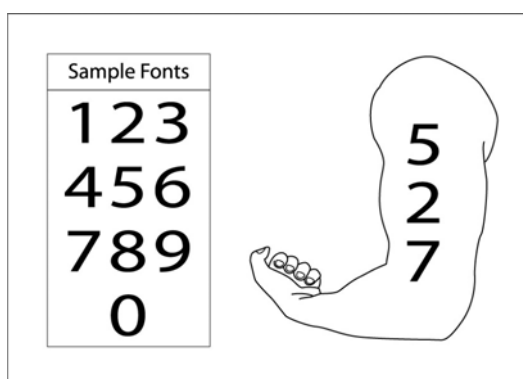
二零一一年水陸兩項鐵人聯賽(比賽 1) -比賽資料 2011 Aquathon Series (Race 1) – Race Information

安全 Safety

- 請詳閱及了解比賽賽程
- Race Course familiarization is recommended.
- 賽會將不會負責保管參賽者之一切物品。故各參賽者應避免攜帶貴重物品
- All possessions are left there at your own risk, therefore valuables belongings are not recommended

Arrival & Registration 到達及賽事登記

- 經屬會報名參加賽事的參賽者，請向屬會負責人報到。(只適用於上午賽事)
- For those participants who entered this event through their Affiliated Clubs, please report to your Affiliated Club representative. (for morning race only)
- 如發現組別錯誤,請立即通知報到處工作人員更改。
- If you find out the race category is wrong, please report to registration desk official on the race day morning.
- 其他參賽者 (包括屬會會員而不經屬會報名參加賽事者):-
- For all other participants (including those who are members of, but did not entered this event through their Affiliated Club):-
- 到達比賽場地後，請往報到處報到並收取你的比賽號碼。
- On arrival at the race venue, proceed to the HKTriA Registration Desk to collect your race number cloth.
- 同時間工作人員會為各參加者的手臂及大腿寫上號碼。
- At this time the Registration Officials will mark your race number on your arms and legs.
- 請參考以下圖片：
- Please refer to below diagram:



賽事講解 Race Briefing

- 賽事講解於在泳池看台游泳召集處進行, 講解時間請參考比賽時間表
- The Race Briefings will be held at the swimming pool spectator stand. Please refer to the race schedule for briefing time.
- 賽事講解會以英文及中文進行，參賽者如有問題，請立即發問
- Race Briefing will be conducted in Cantonese and English. If you have any questions relating to the Race, you should ask immediately.
- 於賽事講解前，參賽者必須帶備所有參賽用品
- Athletes must prepare all race equipments before the race briefing
- 賽事講解後，工作人員將發予每位參賽者泳帽

- After the race briefing, official will distribute a swim cap to each participant.

游泳賽程 Swim Course

賽程 Course	組別 Category	距離 Distance
A	精英青年組、少年公開組及青年組 Elite Junior Open Youth and Junior	400m
B	1999-1996	300m
C	2000-2003	100m
D	精英公開組及分齡組 Elite Open and Age Group	500m
E	分齡組 Age Group	300m

- 如參賽者未能依時出發或落錯組別，將不可在下組出發並即時被取消比賽資格賽
- Athletes starting in the wrong heat or missing the heat start will not be allowed go to the next heat start and will be disqualified
- 參賽者不得穿過肩膊或長逾膝蓋之泳衣
- Swim suits covering any part of your arms or extending below your knees will not be allowed.
- 游泳時間以上水時間計算
- Your swim time will be taken as you exit the water.

轉項區 Transition

- 在轉項區內，參賽者必須將比賽用品放在指定籃子裏
- At the transition area, athletes must place your race equipments at the assigned basket.
- 工作人員會收集參賽者的比賽用品，比賽完成後請憑號碼布往賽事中心領回。賽事中心位於報到處旁
- Official will help you to pack your race equipments after swimming; athletes should collect your equipments at the Event Center after the race with the presentation of number cloth. Event Center will be located next to Registration Desk.

跑步賽程 Run Course

賽程 Course	Race Route 比賽路段	距離 Distance
A/F	游泳出口 → A → B → C → D → E → F → B → C → D → E → 終點 Swim Exist → A → B → C → D → E → F → B → C → D → E → Finish	3.8km
B/C	游泳出口 → A → B → C → D → E → 終點 Swim Exist → A → B → C → D → E → Finish	1.9km
D	游泳出口 → A → B → C → D → E → F → B → C → D → E → F → B → C → D → E → 終點 Swim Exist → A → B → C → D → E → F → B → C → D → E → F → B → C → D → E → Finish	5.6km

- 在跑步賽段時必須將號碼布扣在背心前面，違規者被取消比賽資格
- Your race number must be visible on your front throughout the run. Offender will be disqualified
- 所有運動員均穿上衣，必須遮蓋胸部及不可露點，違規者被取消比賽資格。
- All athletes must wear a running top that securely covers their chests and nipples throughout the run course. Offenders will subject to disqualification.
- 參賽者需自行計算跑步圈數
- Competitors must count their own laps

- 嚴禁跑上任何草地或捷徑，違規者被取消比賽資格。
- Running on any grass pitch or short cut is prohibited. Offenders will be disqualified.
- 在比賽中嚴禁使用玻璃器皿、耳筒或耳機等物件。違規者被取消比賽資格
- Glass Containers, headphones and headsets are not permitted during race. Offender will be disqualified.
- 所有運動員禁止赤腳進行跑步。違規者被取消比賽資格
- All athletes may not run without shoes on any part of the run course. Offender will be disqualified.

跑步圈數檢錄站設於 D 點 (Run -Band Collection at Point D)

賽程 Course	跑步記錄帶(條數) No. of Run -Band
A	2
B	1
C	1
D	3
E	2

比賽成績 Race Result

- 比賽當日只公佈得獎名單，其他成績將於 2011 年 4 月 11 日 (下午) 在本會網頁 (www.triathlon.com.hk) 上公佈。
- Race results for awardees of each category will be announced on race day only. Full result will be published on the web site (www.triathlon.com.hk) on Monday, 11 April 2011 (afternoon)
- 參加小鐵人組別可獲完成証書，証書將於比賽後兩個月後寄出。如運動員代表屬會參賽，完成証書將經屬會派發。
- The Tri Kids category will receive finisher certificate and the certificate will be distributed within two months after the race. If the athletes represent any Affiliated Clubs of Tri HK, the certificate will be distributed via your clubs.

上訴 Appeal

- 如有任何上訴，請於該組別成績公佈後 30 分鐘內，填寫「上訴」表格，並繳交\$100 按金。按金只於上訴得值時發回
- Appeal is accepted only within 30 minutes after race result being announced and completed the "Complain and Appeal" form together with HK\$100 appealing fee. Appeal fee will only be refunded upon successful appeal.

其他規則 Other Notes

- 參賽者有責任依照正確賽道比賽，如有錯失，則由參賽者自行負責
- Competitor is responsible for following the correct race course.
- 必須遵從大會工作人員之指示，否則可能被取消資格
- All competitors must obey the instruction of race officials at all times. Failure to follow the instruction may result in disqualification.
- 如因任何理由臨時退出比賽，參賽者必需通知報到處
- Athletes must report to Registration of withdrawals.
- 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。
- Organizer reserves the right to change the schedule or event detail as necessary. This including moving the race forward. Athletes are advised to arrive at the race site early.

- 賽事成績以大會時計為準
- Race result will be calculated according to the official clock
- 家長及教練等禁止准入轉項區內或在跑步賽段中陪跑，否則參賽者將被取消比賽資格
- Parents and Coaches etc are not allowed to enter the transition area or run with the competitors during the race. Otherwise competitors will be disqualified.

Inclement Weather/ Conditions Warnings 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 race, the race will be postponed to 17 April 2011 at the same time and venue.

如於比賽前一天中午十二時懸掛八號颱風訊號或以上，賽事將延至 4 月 17 日相同時間地點進行。

If the Typhoon Signal No.3 / Amber Rainstorm/ Red Rainstorm/ Black Rainstorm/ Thunderstorm/ Landslide warning be hoisted at any time after 06:00 on race morning, the race will be postponed to 17 April 2011 at the same time and venue.

如在比賽日早上五時或以後仍然懸掛三號颱風訊號/黃雨/紅雨/黑雨/雷暴及山泥傾瀉警告，賽事將延至 4 月 17 日相同時間地點進行。

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。

If the above Inclement Weather / Condition Warnings be raised again on Sunday, 17 April 2011 the race will be cancelled without any more rescheduled race and the race entry fees will not be refund.

如 4 月 17 日當天再度天氣惡劣或懸掛上述任何警告，是項賽事將取消而不再補賽及報名費用不會退回

Please check the race day weather from the Hong Kong Observatory (Tel: 1878200)

請在比賽早上致電香港天文台查詢有關天氣情況 (電話: 1878200)

Enquiries 查詢: Hong Kong Triathlon Association 香港三項鐵人總會

Tel 電話: 2504 8282 Fax 傳真: 2576 8253 E-mail 電郵: hktria@triathlon.com.hk

Web Site 網址: www.triathlon.com.hk