

2011 Aquathon Series – Race 5

二零一一年水陸兩項鐵人聯賽 – 比賽 5

| | | | |
|----------------|--------------------------|-------|------------------------|
| Race Date: | Sunday, 6 November 2011 | 比賽日期: | 2011 年 11 月 6 日(星期日) |
| Race Venue: | South Bay Beach | 比賽地點: | 南灣泳灘 |
| Race Start: | 7:00 am | 比賽時間: | 上午 7 時正 |
| Fallback Date: | Sunday, 13 November 2011 | 補賽日期: | 2011 年 11 月 13 日 (星期日) |

Race Category 組別

| Course 賽程 A (Run 4km/ Swim 540m/Run 4km) | | | |
|--|-----------------|------------------------|-----------------|
| Male/Female Elite Open | 男子/女子精英公開組 | Born on 1991 or before | 1991 年或以前出生 |
| Female Age Group 20-29 | 女子 20 至 29 歲分齡組 | Born in 1982 -1991 | 1982 – 1991 年出生 |
| Female Age Group 30-39 | 女子 30 至 39 歲分齡組 | Born in 1972 – 1981 | 1972 – 1981 年出生 |
| Female Age Group 40 & Over | 女子 40 歲或以上分齡組 | Born on 1968 or before | 1968 年或以前出生 |
| Male Age Group 20-24 | 男子 20 至 24 歲分齡組 | Born in 1991 – 1986 | 1991 – 1986 年出生 |
| Male Age Group 25-29 | 男子 25 至 29 歲分齡組 | Born in 1986 – 1982 | 1986 – 1982 年出生 |
| Male Age Group 30-34 | 男子 30 至 34 歲分齡組 | Born in 1982 – 1977 | 1982 – 1977 年出生 |
| Male Age Group 35-39 | 男子 35 至 39 歲分齡組 | Born in 1976 – 1972 | 1976 – 1972 年出生 |
| Male Age Group 40-44 | 男子 40 至 44 歲分齡組 | Born in 1971 – 1967 | 1971 – 1967 年出生 |
| Male Age Group 45-49 | 男子 45 至 49 歲分齡組 | Born in 1966– 1962 | 1966 – 1962 年出生 |
| Male Age Group 50-54 | 男子 50 至 54 歲分齡組 | Born in 1962 – 1957 | 1962 – 1957 年出生 |
| Male Age Group 55 & 59 | 男子 55 至 59 歲分齡組 | Born in 1956 -1952 | 1956 – 1952 年出生 |
| Male Age Group 60 & Over | 男子 60 歲或以上 | Born in 1951 or before | 1951 年或以前出生 |
| Remarks: i. Athletes born between 1996-1999 are welcome to enter Youth Open category. ii. All National Squad Elite Junior and National Squad B members who born between 1996-1999 must enter Youth Open Category. iii. All National Squad B members who born between 1992-1995 must enter Elite Junior Category. 備註: i. 所有 1996-1999 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 1996-1999 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 1992-1995 年出生之成員必須參加精英青年組。 | | | |
| Course 賽程 B (Run 2km/ Swim 270m/ Run 2km) | | | |
| Male/Female Elite Junior | 男子/女子精英青年組 | Born in 1992 -1995 | 1992 – 1995 年出生 |
| Male/Female Youth Open | 男子/女子少年公開組 | Born in 1996 -1999 | 1996 – 1999 年出生 |
| Male /Female Junior | 男子/女子青年組 | Born in 1992 – 1995 | 1992 – 1995 年出生 |
| Course 賽程 C (Swim 270m/ Run 2km) | | | |
| The C and D Tri Kids Categories are eligible to join the school team competition) | | | |
| 小鐵人 B and C 組別 將可參加學校隊際組 | | | |
| Boys 1999 | 男子 1999 | Girls 1999 | 女子 1999 |
| 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 |
| Course 賽程 D (Swim 270m/ Run 2km) | | | |
| Boys 2003 | 男子 2003 | Girls 2003 | 女子 2003 |
| 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 |
| Course 賽程 E (Swim 270m/ Run 2km) | | | |
| Male /Female Open | 男子/女子公開組 | Born in 1991 – 1972 | 1991 – 1972 年出生 |
| Male/Female Veteran | 男子/女子元老組 | Born on 1971 or before | 1971 年或以前出生 |
| Team Aquathon Challenge (Swim 270m/ Run 2km) x 3 persons | | | |
| Team Aquathon Challenge is an innovative format also know as 3 x Relay, comprises of 3 persons. Each athlete completes the above distance 'swim 250m/ Run 2.5km 'before tagging off to the next team mate. 水陸兩項鐵人隊挑戰是創新的格式也被稱為為 3 人混合接。每個運動員必須完成上述比賽距離 '游泳 250 米及 2.5 公里跑步,完成後下一位運動員再接再力再做同一上述比賽距離。 | | | |
| Open Team | 公開組 | Born in 1992 or before | 1991 年或以前出生 |
| Junior Team | 青年組 | Born in 1996 - 1992 | 1996 – 1992 年出生 |

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 C or D**).
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 (**B 或 C**)
- 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
- 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 | Tri HK Member HK\$80 | 香港三項鐵人總會會員港幣\$ 80 |
| | Non Tri HK Member HK\$140 | 非香港三項鐵人總會會員港幣\$ 140 |
| | Team Aquathon Challenge HK\$ 210 per team | 水陸兩項鐵人隊挑戰港幣\$ 210 (每隊) |
| | A HK\$50 surcharge will be levied for any late entries which has been accepted. Late Entry only accept until Monday, 31 October 2011 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 2011 年 10 月 31 日 (星期一) | |
| Deadline for Entry 截止報名日期 | 27 October 2011 (Thursday) 2011 年 10 月 27 日 (星期四)。 The date of the stamp on the envelop is treated as the date of receipt by Tri HK 報名截止日期以郵印日期為準 | |

The Tri HK 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 Tri HK, 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.

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。

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|---------------------------------|--|
| Entry Procedure 報名手續 | <p>Deposit or transfer the prescribed amount into the Hong Kong Bank saving account of Tri HK (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 Tri HK 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> |
| Awards 獎項 | <p>Individual 個人組 The Champion in each category will be presented with a Trophy. Other positions entitled to an award will be presented with medals based on the below criteria: 每組冠軍將獲頒獎杯一個，而其餘名次將依據下述計算方法頒發獎牌:</p> <p>Awards will be presented to the Top 3 finishers, if the number of entries in that category is 10 or less. 如該組別參加者為 10 人或以下，則只頒發獎項給前 3 名</p> <p>Awards will be presented to the Top 4 finishers, if the number of entries in that category is 11-20. 如該組別參加者為 11-20 人，則只頒發獎項給前 4 名</p> <p>Awards will be presented to the Top 5 finishers, if the number of entries in that category is 21-30. 如該組別參加者為 21-30 人，則只頒發獎項給前 5 名</p> <p>Awards will be presented to the Top 6 finishers, if the number of entries in that category is 31-40. 如該組別參加者為 31-40 人，則只頒發獎項給前 6 名</p> <p>Awards will be presented to the Top 7 finishers, if the number of entries in that category is 41-50. 如該組別參加者為 41-50 人，則只頒發獎項給前 7 名</p> <p>Awards will be presented to the Top 8 finishers, if the number of entries in that category is 51-60. 如該組別參加者為 51-60 人，則只頒發獎項給前 8 名</p> <p>Awards will be presented to the Top 10 finishers, if the number of entries in that category is 61 or over. 如該組別參加者為 61 人或以上，則只頒發獎項給前 10 名</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> |

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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: _____

Tri HK 2011 Member 香港三項鐵人總會 2011 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: _____

| 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 Junior 精英青年組 () Youth Open 少年公開組 () Junior 青年組 () Age Group 分齡組 | () Course 賽程 B | Entry Fee 報名費 | \$ _____ |
| | () Course 賽程 C | 交通費用 | \$ _____ |
| | () Course 賽程 D | Late Charge 逾期報名 | \$ _____ |
| | () Course 賽程 E | Total 總數: | \$ _____ |
| | () Team Aquathlon Challenge 水陸兩項鐵人隊挑戰 | | |

Team Aquathlon Challenge 水陸兩項鐵人隊挑戰 資料

Team Name 隊名: _____

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. | | | |

School Team Information 校際資料

School Team 學校隊際組: Boys 男子 / Girls 女子 Course 賽程: C/D

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. | | | |

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)