

2012 Duathlon Series – Race 1

二零一二年陸上兩項鐵人聯賽 – 比賽 1

Race Date:	Sunday, 15 January 2012	比賽日期:	2012 年 1 月 15 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 - E)	比賽時間:	上午 7 時正 (賽程 A - E)
Fallback Date:	Sunday, 29 January 2012	補賽日期:	2012 年 1 月 29 日 (星期日)

Race Category 組別

Course 賽程 A (Run 4.8km/Bike 28km/Run 4.8km) – Road Bike 公路單車組			
Male/Female Elite Open	男子/女子精英公開組	Born on 1992 or before	1992 年或以前出生
Female Age Group 20-29	女子 20 至 29 歲分齡組	Born in 1992 -1983	1992 -1983 出生
Female Age Group 30-39	女子 30 至 39 歲分齡組	Born in 1982 - 1973	1982 -1973 出生
Female Age Group 40- 49	女子 40 至 49 歲分齡組	Born in 1972 - 1963	1972 - 1963 出生
Female Age Group 50 & Over	女子 50 歲或以上分齡組	Born on 1962 or before	1962 年或以前出生
Male Age Group 20-24	男子 20 至 24 歲分齡組	Born in 1992 - 1988	1992 -1988 年出生
Male Age Group 25-29	男子 25 至 29 歲分齡組	Born in 1987 - 1983	1987 - 1983 年出生
Male Age Group 30-34	男子 30 至 34 歲分齡組	Born in 1982 - 1978	1982 - 1978 年出生
Male Age Group 35-39	男子 35 至 39 歲分齡組	Born in 1977 - 1973	1977 - 1973 年出生
Male Age Group 40-44	男子 40 至 44 歲分齡組	Born in 1972 - 1968	1972 - 1968 年出生
Male Age Group 45-49	男子 45 至 49 歲分齡組	Born in 1967 - 1963	1967 - 1963 年出生
Male Age Group 50-54	男子 50 至 54 歲分齡組	Born in 1962 - 1958	1962 - 1958 年出生
Male Age Group 55 & 59	男子 55 至 59 歲分齡組	Born in 1957 -1953	1957 - 1953 年出生
Male Age Group 60 & Over	男子 60 歲或以上	Born in 1952 or before	1952 年或以前出生
Relay Team	接力組	Born in 1996 or before	1965 或以前出生

Course 賽程 B (Run 2.4km/Bike 12km/Run 2.4km) – Road Bike 公路單車組			
Male/Female Elite Junior	男子/女子精英青年組	Born in 1993 -1996	1993 – 1996 年出生
Male/Female Youth Open	男子/女子少年公開組	Born in 1997 - 2000	1997 - 2000 年出生

Remarks: i. Athletes born between 1997-2000 are welcome to enter Youth Open category.
 ii. All National Squad Elite Junior and National Squad B members who born between 1997-2000 must enter Youth Open Category.
 iii. All National Squad B members who born between 1993-1996 must enter Elite Junior Category.

備註: i. 所有 1997-2000 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 1997-2000 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 1993-1996 年出生之成員必須參加精英青年組。

Course 賽程 C1 (Run 1.2km/Bike 4 km/Run 1.2km) The C1 and C2 TriKids 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			
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Boys 2004	男子 2004	Girls 2004	女子 2004
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

Course 賽程 C2 (Run 2.4km/Bike 8km/Run 2.4km)			
Boys 2000	男子 2000	Girls 2000	女子 2000
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

Course 賽程 D (Run 2.4km/Bike 12km/Run 2.4 km) - Road Bike 公路單車組			
Male /Female Junior	男子/女子青年組	Born in 1993-1996	1993-1996 年出生
Male /Female Open	男子/女子公開組	Born in 1992 - 1973	1992 -1973 年出生
Male/Female Veteran	男子/女子元老組	Born on 1972 or before	1972 年或以前出生

Course 賽程 E (Run 2.4km/Bike 12km/Run 2.4 km) – Mountain Bike 爬山單車組			
Male /Female Junior	男子/女子青年組	Born in 1993 - 1996	1993 - 1996 年出生
Male /Female Open	男子/女子公開組	Born in 1992 - 1973	1992 - 1973 年出生
Male/Female Veteran	男子/女子元老組	Born on 1972 or before	1972 年或以前出生

Remarks 備註:
 For the mountain bike category, the tyre width requirement is not less than 1.95 inches.
 爬山單車組別, 輪呔粗幼必須為 1.95 吋或以上方可作賽

Folding bike is not allowed in any race category
 各組別賽事禁止使用摺車作賽

Wheel Size requirement is minimum 26 inches (except Tri Kids Category)
 車輪必須為 26 吋或以上方可作賽 (小鐵人組除外)

School Team Competition Rules 學校隊際組比賽規則 <ul style="list-style-type: none"> 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 (C1 或 C2) 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\$90	香港三項鐵人總會會員港幣\$ 90
	Non Tri HK Member HK\$150	非香港三項鐵人總會會員港幣\$ 150
	Relay Team: Teams may consist of 2 or 3 persons, each team HK\$ 200	接力組: 接力組可包括 2 或 3 名隊員，每組報名費港幣\$200
	A HK\$50 surcharge will be levied for any late entries which has been accepted. Late Entry only accept until Monday, 9 January 2012 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 2012 年 1 月 9 日 (星期一)	
Transportation Fee 交通費用	Return transport provided from City Hall, Central /KCR, Kowloon Tong/Pai Tau Village, Sha Tin @ HK\$110 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\$110 (包括參加者之單車運輸)	
Bike Hire Service 租單車服務	The Association will not arrange bike hire service, should you require bike hiring, please contact Elite Sport Limited (Mr. Ho Tel: 9686 7656) or other bike hire company. 大會不設租單車服務，如需要租用單車，請自行聯絡精英體育發展有限公司 (何先生 電話 9686 7656) 或其他租單車服務公司。	
Deadline for Entry 截止報名日期	5 January 2012 (Thursday) 2012 年 1 月 5 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。		
Entry Procedure 報名手續	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。 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 trihk@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 trihk@triathlon.com.hk	
Awards 獎項	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: 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 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 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 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 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 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 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 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 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	

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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 2012 Member 香港三項鐵人總會 2012 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 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	() Central 中環	Entry Fee 報名費	\$ _____
	() Course 賽程 C1	() Kowloon Tong 九龍塘	Transportation Fees	\$ _____
	() Course 賽程 C2	() Shatin 沙田	交通費用	\$ _____
	() Course 賽程 D		Late Charge 逾期報名	\$ _____
	() Course 賽程 E		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: (Run 跑步) _____ (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)