

Race Information

比賽資料

(for all race courses except Elite Olympic & Elite Sprint 所有賽程, 精英組賽程除外)

Preparation – prior to race day 準備 - 比賽前

- Course familiarization is strongly recommended. The race course will be well sign-posted. Nevertheless, it is each athlete's responsibility to take their correct route. It is not the job of the race officials to direct athletes. This would not be feasible given the number of different waves course, which involve different number of laps. There will be no race briefing.

大會建議參加者細閱及理解比賽賽道。由於不同賽程組別所涉及之賽道或圈數有別,比賽時工作人員不會作任何指示參賽者有關比賽路程及圈數。參賽者有責任按正確賽道進行比賽。比賽不會設賽事講解。所有比賽資料及地圖將刊登在網頁

- Rules familiarization is strongly recommended. A checklist of race rules and the penalties to be applied for rules violation will be available on the event web site.

大會建議參賽者賽前讀閱賽事規則。有關賽事規則及罰例清單請查閱賽事網頁

- Ensure that your bicycle is roadworthy. You are responsible for its roadworthiness. Folding bikes are not allowed for safety reasons. Minimum wheel size requirement is 26 inches (except bikes for Tri Kids categories)

參加者有責任確保單車之操作安全性能。任何組別不得使用摺車作賽。車輪必須為 26 吋或以上方可作賽 (小鐵人組除外)

Preparation – on race day 準備 - 比賽當日

- Upon arrival at the Race Venue on race day, please proceed directly to the Transition Area. Officials will be checking that your bike and helmet are numbered, prior to allowing you into the Transition Area. They will also stop you from entering the Transition Area with a folding bike and the wheel sizes not fulfill the minimum requirement.

比賽當日到達比賽場地後,請直接前往轉項區,工作人員將在轉項區前檢查參賽單車及頭盔號碼。摺車或不標準車輪單車將被禁止進入轉項區

- Remember to bring your timing chip and race bib – two bibs for relay teams – with you on race day. They will be included in your race pack. If you forgotten either of these items, you must get a replacement from the Registration Desk. If you race without a timing chip or race number bib, you will be disqualified. The re-issue chips is HK\$25 each

請緊記帶備計時晶片及號碼布前往比賽場地。接力隊將有兩塊號碼布。忘記帶計時晶片或號碼布者,請前往報到處申報後備晶片或號碼布。比賽時沒有計時晶片或號碼布者將被取消資格。後備計時晶片將收取港幣\$25費用。

- Drink and other refreshment will not be available to athletes during transition set up. You should arrive with sufficient drinks and other nourishment to meet your needs until the run leg of the race.

轉項區及於跑步賽段前提供飲料,各參賽者須自行帶備足夠之比賽用水,飲料只在跑步賽段提供

- You may proceed to Registration booth for body marking of your race number at any time after you have racked your bike and attached your timing chip. Please do not apply sun block prior to body marking. You must bring your race bib with you when you come to body marking to avoid any mistakes being made by the marking officials, who will also check that your timing chip is attached correctly.

在安放單車及帶上計時晶片後,參賽者可携同號碼布前往報到處進行手臂及大腿紋寫上號碼。在紋寫號碼前切勿塗上太陽油。工作人員亦同時檢查參加者是否正確佩戴計時晶片

- Only those things that you require during the race should be left in your Transition Area. Transition Area official will keep an eye on them, although they are left at your risk.
轉項區只可擺放比賽物資。工作人員將會留意轉項區之保安,惟工作人員並不負責物資保管及遺失
- All other personal possession should be labeling with your race number, and drop into Baggage Deposit booth, next to the Registration booth, where they will be stored again at your own risk. You are advised not to bring valuable with you
非比賽物資應存放在行李寄存區,行李寄存區設於報到處旁。寄存物品之安全由寄存者自負。故大會不建議寄存者寄存貴重物品
- You will be required to leave the Transition Area, no later than 20 minutes prior to the start. Please allow sufficient time to make your way to the Swim Start.
參賽者於所屬組別開賽前20分鐘須離開轉項區。請預留充足時間前往游泳起點。
- Olympic and Sprint athletes may wear non-racing shoes and other clothes down to Swim Start if you wish, although there is no need to do so. A deposit desk for these items will be available at the Swim Start holding area. These items will be bagged and labeled with your race number on deposit for passing to the Baggage Collection booth, where they may be collected after the race.
奧運及半奧運距離參賽者可選擇穿着非比賽鞋前往游泳起點。游泳起點將設有行李寄存處。參賽者可於賽後可在行李寄存處取回有關物資

Swim Stage 游泳賽程

- The Olympic and Sprint course will start from the Ferry Pier. The Tri Kids and Youth/Fun Course will start close to the Swim Exit Ramp.
奧運及半奧運距離賽程將在碼頭出發。小鐵人、青少年及繽紛賽程則於上水梯附近出發
- Athletes due to start their race in the next wave will be called into a holding area, 20 minutes prior to their Swim Start time. After entering the holding area, you will not be allowed out, except to warm up or start your race.
賽事進行的下一組出發之參賽者於開賽前20分鐘往召集處召集。進入召集處之參賽者除游泳熱身外不得離開召集處
- Warm up will be allowed for the Olympic and Sprint courses only. You will be required to come back behind the swim start line 5 minutes before your wave is due to start. A horn will be sounded repeatedly to notify you of this.
熱身只限於奧運及半奧運距離參加者進行, 惟參賽者須於開賽前5分鐘返回起點。屆時將會以响號示意
- There will be a deep water start for all courses.
所有賽程均為深水出發
- Please refer to the swim course maps for the layout of the buoys you need to navigate. For the Olympic and Sprint courses, which run in a clockwise direction, all buoys should be kept on your right-hand side, except the final buoy by Swim Exit Ramp that should be kept on your left- hand side. For Tri Kids and Youth/Fun courses, which run in an anti-clockwise direction, all buoys should be kept on your left-hand side. Athletes not keeping to the correct side of a buoy will be penalized.
請參考比賽路線圖游泳賽道之設計。奧運及半奧運距離賽程為順時針方向。而除在上水梯前之浮波外,其餘浮波均須在身體之右面。而上水梯前之浮波則須位於身體之左方。小鐵人、青少年及繽紛賽程為逆時針方向賽道。所有浮波均須位於身體左面。如參賽者未有依照有關之上述規則將被處罰
- The primary role of the kayakers is to ensure your safety during the swim leg of the race. If you get into difficulties whilst in the water, raise your hand and a kayaker will come to your assistance.
救生艇之首要任務為確保參賽者在游泳賽段之安全。如參賽者在海上遇上困難,請即舉手, 救生艇將前往協助。
- A secondary role of the kayakers is to ensure that you do not cut the course short.
救生艇另一責任為確保參賽者沒有違規縮短賽程

- Although you are responsible for your direction around the swim course, the kayakers will re-direct you if you are going to a significantly wrong direction.
雖然參賽者有責任依正確賽道游泳,救生艇在參賽者明顯偏離賽道時會予以更正
- Athletes must wear the official swim cap. Offenders will be disqualified.
參賽者必須佩帶大會提供之泳帽作賽。違規者將被取消資格
- Swim suit covering any part of your arms and below your knees are not allowed. Nor are swim skins, speed suits or wet suits. Offenders will be disqualified. The water temperature is expected to be around 25 degrees Celsius. The legality of your swim suit will be checked by officials as you enter the holding area.
不得穿過肩膊及/或越膝之游泳裝束,助浮衣(Skin Suit)、(spend suit)及保暖膠(Wet Suit)衣作賽, 違規者將被取消資格。海水溫度預計約為25度,工作人員於召集處檢查各參加者之游泳裝束
- The edge of the landing step of the swim exit will be indicated with smaller marker buoys. Please take care when passing between these buoys and when running on the Swim Exit Ramp, which could be slippery, to avoid injury.
離開上水梯之位置將有顯示,敬請留意,並小心上水梯濕滑免生意外。
- Your swim time will be taken as you leave the Swim Exit Ramp
游泳時間以離開上水梯時間作計算
- For relay team, the handover will be done by the transferring the timing chip from the swimmer to the cyclist. Cyclists should wait for their swimmer by their bike in the Transition Area.
接力組之交接以計時晶片交予下一位比賽運動員接力。負責單車賽段之運動員須於轉項區所屬單車旁等候接力
- If you start in the wrong wave, your race time will still be recorded, but you will be disqualified.
未有依照正確組別出發者,將被取消資格。惟比賽成績仍會紀錄供參考

Transition 轉項區

- Athletes should follow the instruction of race officials to collect your bike and race equipments in person at the transition area after the whole race finish with the presentation of number cloth.
參賽者必須在整個比賽完成後,親身憑號碼布到轉項區依照工作人員指示親身取回比賽用品及單車。
- Parents, coaches, supporters and spectators are not allowed to enter the transition area. Otherwise, participants will be disqualified.
家長、教練、支持者及觀眾禁止進入轉項區,否則參賽者會被取消比賽資格

Bike Stage 單車賽程

- The Tri Kids and Youth/Fun course share the same route, but differ on the number of laps to be completed, there being two laps for the Youth/Fun course and just one for the Tri kids course. The lap section comprises the section of Magic Road between Sea Point Road and the Inspiration Lake Recreation Centre and the loop around the lake itself. Youth/Fun distance should turn for their second lap at the junction between Magic Road and Sea Points Road and not head back to the Transition Area until two such laps have been completed. This is best illustrated by referring to the Tri Kids & Youth/Fun Bike course Map.
小鐵人及繽紛賽程在相同賽道比賽,惟賽事圈數有別。青少年及繽紛賽程為兩圈單車賽段,而小鐵人則為一圈。賽段包括神奇路、海鳴路之間的路線及廸欣湖及圍繞湖之圈。青少年及繽紛賽程為兩圈。參賽者需來回往返神奇路與海鳴路轉折點來回兩次,然後返回轉項區。請細閱小鐵人、青少年及繽紛賽程的單車路線圖以作更清晰之解。
- The Olympic and Sprint courses share the same route, but differ in the number of laps to be completed, there being three for Olympic and just one for Sprint, The lap section comprises Sunny Bay Road and Cheung Tung Road. Olympic athletes should turn for their second and third laps in Sunny Bay and not head back to the Transition Area until three such laps have been completed. This is best illustrated by referring to the Olympic & Sprint Bike Course Map.

奧運及半奧運距離程賽道相同,惟賽事圈數有別。奧運賽程為三圈單車賽段,而半奧運賽程則為一圈。賽段包括欣澳路到翔東道往返。奧運賽程參賽者需來回往返欣澳路到翔東道轉折點來回三次,然後返回轉項區。請詳閱奧運及半奧運距離的單車路線圖以作更清晰之解釋。’

- A yellow flag zone will be in operation at the Sunny Bay Road turning point, as it is a very congested area. The reason for this is for your own personal safety. The beginning and end of the zone will be signposted and also indicated by officials waving yellow flags. Athletes are not allowed to overtake in this zone. Offenders will be penalized.
基於安全理由,欣澳路轉折點為黃旗區域。此區域之開始及終止均有指示牌顯示,並有工作人員以黃旗指示。參賽者在此區域不得超越前車。違者將被處罰。
- Your race number must be visible on your lower back throughout the bike ride. Athletes leaving transition without a race number will be stopped and told to go back and get it. Failure to do so will result in disqualification.
參賽號碼布在整個單車賽段須處於背後。參賽者離開轉項區時未有佩帶號碼布將被指示返回轉項區取回。違者被取消資格
- The bike course will be closed to all vehicles, except emergency vehicles and race officials' vehicles.
單車賽段只供參賽者、緊急車輛及賽事工作人員車輛使用
- Your helmet chinstrap must be fastened from before taking your bike off the rack until after you have put it back on the bike rack. Offenders will be penalized
參賽者須在取單車前把單車頭盔佩帶妥當,並於放回單車後方可移除。違者將被處罰。
- Keep to the left side of the road except when overtaking, to avoid blocking other cyclist, emergency vehicles or race officials. Penalties may be applied if you fail to do so.
除超越前車外,請保持靠左行駛以免阻礙其他參賽者、緊急車輛及賽事工作人員。違者將被處罰
- Do not cross the white line in the centre of the road. Offenders will be disqualified for dangerous need.
切勿越過路中之白線,違者將被視為危險駕駛而被取消比賽資格
- There will be no drink station on the bike courses. You should carry sufficient fluids to meet your own hydration riding.
單車賽段不設任何水站。參賽者須自備足夠比賽之用水
- Glass Containers, headphones and headsets are not permitted during race. You will stopped by officials on exiting transition if you are wearing them and asked to return them to your transition location. Failure to do so will result in disqualified.
在比賽中嚴禁使用玻璃器皿、耳筒或耳機等物件。工作人員將於轉項區出口檢參賽者。違者被取消資格。
- Drafting is allowed, but at your risk. Please take care and only draft if you have the skills to do so safely.
賽事容許進行勾車,惟參加者須自負有關之安全。參賽者應確保具備勾車技巧方進行勾車。
- Athletes have your responsibly to count your lap and official will not remind you during the race.
參賽者必須自行數圈,工作人員在比賽進行中將不作任何提示。
- Athletes must bring their own bike and helmet, and wear helmets during the cycling part, offenders will be disqualified.
參賽者必須自備單車及頭盔,在單車賽段中佩帶頭盔,違者將被取消比賽資格
- No folding bikes allowed for all categories
任何組別不得使用摺車作賽。
- Minimum wheel size required is 26 inches (except Tri Kids Categories)
車輪必須為 26 吋或以上方可作賽 (小鐵人組除外)

- For relays, the handover will be done by transferring the timing chip from the cyclist to the runner. Runners should wait for their cyclist by their bike in the Transition Area.
接力組之交接以計時晶片交予下一位比賽運動員接力。負責跑步賽段之運動員須於轉項區所屬單車旁等候接力

Run Stage 跑步賽程

- The Olympic, Sprint, and Youth/Fun courses share the same route, but differ in the number of laps to be completed, there being four laps for Olympic, two laps for Sprint and just one for Youth/Fun. The lap section starts and ends the Run Start, except that on the last lap athletes turn into the Finish Line instead of going back on to Waterfront Promenade after running up and down the edge of the Third Hotel Side. This is the best illustrated by referring to Olympic & Sprint Run Course map and the Youth/Fun Run Course map.
奧運、半奧運、青少年及繽紛賽賽程之賽道相同,惟所須完成之圈數有別。奧運距離須完成4圈之跑步;半奧運距離為兩圈;青少年及繽紛賽距離為一圈。每一圈以跑步起點作開始及完結,而完成最後一圈跑步之運動員則須跑入終點區而非海濱長廊方向跑。請細有關之比賽路線圖。
- The Tri Kids course has the same Run Start point as the other courses, but then turns right into and up and down the edge of the Third Hotel Site before turning into the Finish Line. This is the best illustrated by referring to Tri Kids Run Course map.
小鐵人跑步起點相同,惟參賽者須在前往終點前向草地最外的跑道來回跑一次,然後作衝線,請詳細有關之比賽路線圖
- Your race number must be visible on your front throughout the run. Athletes leaving transition without a race number will be stopped. Failure to do so will result in disqualification.
在跑步賽段時必須將號碼布扣在背心前面,未有佩帶號碼布者將不准離開轉項區。違者被取消資格
- All athletes male and female must wear a running top or jersey that securely covers their chests and nipples throughout the run course. Offenders will be disqualified.
所有男女參賽者在跑步賽段中均須穿上衣或單車衫作賽,必須遮蓋胸部及不可露點。違者被取消資格
- Glass Containers, headphones and headsets are not permitted during race. You will be stopped by officials on exiting transition if you are wearing them and asked to return them to your transition location. Failure to do so will result in disqualified.
在比賽中嚴禁使用玻璃器皿、耳筒或耳機等物件。工作人員將於轉項區出口檢示參賽者。違者被取消資格
- You are not permitted to run with a bare torso and bare feet. Athletes leaving transition without shoes will be stopped and told to go back and get one. Failure to do so will result in disqualified.
參賽者不得赤足跑步。離開轉項區而未有穿著運動鞋者須返回轉項區回。違者被取消資格。
- Although there is only one aid station on the Run Course, you will pass it frequently, so you will never have to run much more than approximately 1km without passing it again. Water will be provide for all distance.
跑步賽段設有一個水站,而每次相隔大約一公里。水站將提供清水予各賽程參賽者。
- Parents, coaches; supporters and spectators are not allowed run with any participants during the race. Otherwise, participants will be disqualified.
家長、教練、支持者及觀眾禁止跑步中陪跑,否則參賽者會被取消比賽資格

Race Finish 比賽完成後

- As you cross the finish line, you will receive your finisher's medal. If you are a relay runner, please ensure that you receive three medals.
衝過終點之運動員將獲得完成獎牌。接力隊伍之運動員請同時領取三面完成獎牌
- Drinks and other refreshment will be available in the Event Center booth. Please be sure to re-hydrate thoroughly.
賽事中心將提供小食及飲品予參賽者,請注意補充足夠水分
- First Aid will also be available in the Athletes Recovery Area, should you require it.
運動員休息區亦設有急救站

- Trophy winners will be announced and posted on site as soon as possible in readiness for award presentation. Full result will be posted to the Tri HK Web site: www.triathlon.com.hk on Monday morning.
得獎名單將會貼於報告板上,並作公佈以準備頒獎禮。詳細賽事成績於比賽後之星期一在 www.triathlon.com.hk 網上公佈
- Belongings may be collected in person from the Baggage Deposit booth at any time upon showing of your race number bib. Belongings may be collected from the Transition Area in person, upon showing your race bib, after all athletes on your course have completed the bike course.
寄存物在完成賽事後參賽者必須親身憑號碼布於行李寄存處取回。參賽者亦必須親身憑號碼布於轉項區段後取回個人比賽物資。

Others Notes 其他事項

- Participants must count their own swim, bike and run lap.
參賽者需自行計算游泳、單車及跑步圈數。
- Participants are responsible for following the correct race course.
參賽者有責任依照正確賽道比賽
- All participants must obey the instruction of race officials at all time. Failing to do so may result in disqualification
所有參賽者必須遵從大會工作人員之指示,否則可能被取消資格
- Organizer reserve the right to change the schedule or event detail as necessary. This including moving the race forward. Participants are advised to arrive the race venue early.
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。
- Third parties' support and assistance during the race are not allowed, otherwise participants will be disqualified.
第三者禁止在比賽中從旁協助,否則參賽者會被取消比賽資格。

How to use your Chrono Track Tri Tag 怎樣佩帶 Chrono Track 三項鐵人晶片方法

Vinyl Bands – Thread the band, with the post point up, through the strap slots on the Tri Tag, sliding it over the winds on the Vinyl band.

將計時晶片穿過膠帶,計時晶片標誌必須向上(如圖)之後圍繞腳踝扣上並將過長膠帶剪下即可

Athletes must bear in mind wear the Tri Tag on race day morning. No Tag No Time.

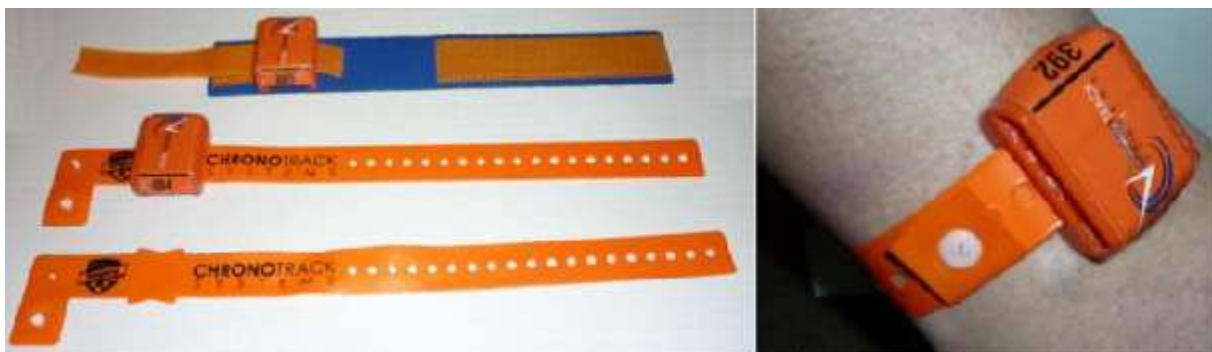
參賽者必須帶計時晶片作賽。沒有計時晶片、沒有比賽成績。

Finish Line Official will collect the Tri Tag after you cross the finish line.

過終點後工作人員會收回計時晶片

The cost of lost or failing to return the chips at the finish line is HK\$25 each

如遺失或未能歸還晶片至終點,將收取為港幣\$25 費用



Inclement Weather/ Conditions Warnings 惡劣天氣警告

If the Typhoon Signal No.3 / Amber Rainstorm/ Red Rainstorm/ Black Rainstorm/ Thunderstorm/ Landslide warning be hoisted at any time after 04:00 on race morning, the race will not be re-scheduled. Race entry fees will not be refunded

如在比賽日早上四時或以後香港天文台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，是日賽事將取消而日後不再補賽.報名費用將不會退回

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 being stopped, the race will be cancelled.

如比賽進行中天氣惡劣或懸掛上述任何天氣警告，賽事總監有權將比賽賽程修改或取消正在進行中的比賽。

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

請在比賽早上致電香港天台查詢有關天氣情況 (電話: 1878200)

Enquiries 查詢:

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