



香港三項鐵人總會 Hong Kong Triathlon Association

香港銅鑼灣掃桿埔大球場徑一號奧運大樓一零二零室 Rm 1020, Olympic House, 1 Stadium Path, So Kon Po, Causeway Bay, HK
電話 Tel:(852) 2504 8282 傳真 Fax:(852) 2576 8253 電郵 Email: trihk@triathlon.com.hk 網址 Website: www.triathlon.com.hk

港隊、港隊 B 及區隊測試 3/2013

港隊、港隊 B 及區隊測試將於本年 3 月底進行，詳情表列如下。請留意，完成 3 月份的測試後，直至 2013 年 10 月前不會設有額外測試。此次測試僅適用於有意晉升至上一階梯的隊員，或有意加入集訓隊的運動員參與。運動員需於 **3 月 20 日(星期三)或之前** 填妥表格交回總會，如有任何查詢，可於辦公時間內致電本會 (電話：2504-8282)。

測試	日期	時間	報到時間	地點
單車	3 月 23 日	上午 8 時	上午 7 時 45 分	大埔新娘潭路船灣郊野公園遊客中心
跑步	3 月 24 日	上午 8 時	上午 7 時 45 分	香港體育學院田徑場 (火炭)
游泳	3 月 24 日	上午 11 時正	上午 10 時 45 分	香港體育學院游泳池 (新泳池)

原有的獎學金評核時間已被廢除，取而代之是一個基準線評核時間作區分獎學金運動員之用途。總教練會根據運動員對鐵人運動的態度、對鐵人運動作出長遠的承諾及比賽和訓練時的表現向遴選小組作出推薦，而以上的因素將會量化為分數，最終由遴選小組考慮及決定獎學金運動員名單。

單車測試並不容許勾車，任何參加者於測試時進行勾車將會取消當天單車測試的資格。無論在游泳、單車及跑步的測試中，只容許使用符合國際三項鐵人聯會(ITU)比賽規則的器材及服裝。若在單車測試中發生機械問題或事故，運動員可停止測試，並回到起點重新開始。所有有意成為港隊之運動員，必須參與單車測試。總教練及其團隊將負責組織所有測試。香港三項鐵人總會秘書處會收集所有測試成績，並於測試後的星期一公佈測試成績。

惡劣天氣安排：

如於測試前兩小時仍懸掛三號或以上風球、紅色或以上暴雨警告訊號，測試將會延期，後補測試日期及時間將另行通知。如測試當天天氣惡劣，總教練或他的代表有權延遲測試的開始時間或延期進行。



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Elite & pre-Elite Squad Time Trials

Squad Time Trials will be held during March 2013. The schedule is set out below. No other Time Trials are planned until October 2013. **This Time Trial is only intended for those wishing to be promoted between Squads and for new comers.** Athletes are asked to complete the entry form and send it back to TriHK, by whatever means, to arrive no later than **20 March 2013 (Wed)**. For any enquiries, please call TriHK on 2504-8282 during office hours.

Test	Date	Time	Report Time	Venue
Bike	23 March	08 : 00 am	07 : 45 am	Plover Cove Country Park Visitor Center
Run	24 March	08 : 00 am	07 : 45 am	HKSI Track
Swim	24 March	11 : 00 am	10 : 45 am	HKSI Pool <u>(New Swimming Pool)</u>

Scholarship qualifying times have been scrapped. In future, the National Squad qualifying times will serve only as a baseline for Scholarship. The Head Coach will recommend who should receive Scholarship based on factors such as attitude, long-term commitment and performance in training and racing. Such recommendations, which will be quantified in the form of a scoring table, will be passed to the Selection Committee for consideration and approval.

Drafting in the bike test is NOT allowed. Anyone found doing so, will forfeit their bike test on that day. In all tests only equipment and apparel that is legal for Olympic Distance ITU events will be allowed. In the event of mechanical problem or accident during the bike test, the athlete may stop and return to the start to retake the test. The bike test is mandatory for those targeting the National Squad only. All Time Trials will be organized by the Head Coach and his team. The results will be collated by the TriHK office and posted on the TriHK web site on the following Monday.

If either the Typhoon Signal 3 or higher or Red Rainstorm Warning or higher is hoisted 2 hours prior to the scheduled start of the time trial, it will be automatically postponed to another day, to be announced in due course. The Head Coach or his delegate reserves the right to delay the start of a time trial or postpone it to another day in other adverse weather conditions.

Elite and pre-Elite Squad Qualifying Times for March 2013 Time Trials

Regional Squad:

Distance:	200M Swim	800M Run
M 12-13 yrs	3:00	3:05
F 12-13 yrs	3:05	3:10
Distance:	400M Swim	1.5K Run
M 14-15 yrs	5:45	5:30
F 14-15 yrs	6:05	6:05

National Squad B:

Distance:	400M Swim	1.5K Run
M 14-17 yrs	5:12	5:15
F 14-17 yrs	5:42	5:50

National Squad:

Distance:	400M Swim	3K Run	9K Bike
M 15-19 yrs	4:47	10:20	17:15
F 15-19 yrs	5:12	11:45	19:00
M 20-23 yrs	4:45	10:00	16:15
F 20-23 yrs	5:10	11:30	18:30
M 24+ yrs	4:40	9:45	15:45
F 24+ yrs	5:05	11:15	18:00

Note: Age as at 31 December 2013.



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港隊、港隊 B 及區隊測試報名表(2013 年 3 月) Entry Form: Elite and pre-Elite Squad Time Trials

姓名(in English): _____ 中文姓名 Name in Chinese _____

出生日期 DOB: _____(DD/MM/YY) 性別 Sex: M / F 聯絡電話 Mobile Number: _____

電郵 Email: _____ 希望達標組別 Target Squad: NS 港隊/ NSB 港隊 B /RS 區隊

住址 Residential Address: _____ (Eng)

緊急聯絡人及電話 Emergency Contact Name _____ 聯絡電話 Mobile Number: _____

Expected Times:

Indicate one (short course) swim and run time relevant to your target Squad. Indicated bike time if test is to be taken.

預計完成時間 - 請根據你希望加入之代表隊填上游泳(短距離)、單車及跑步時間

Test 測試項目	Distance 距離	Time 時間
Swim 游泳		
Bike 單車		
Run 跑步		

責任聲明 Declaration:

I, _____, (Applicant's Name) 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 including but not limited to injury, death or loss of property incurred during as consequence of or while travelling to or from the Event. I permit the TriHK to use the above personal data in the operation of this activity and to inform me of future activities.

本人(參加者姓名)_____是自願參加此活動和願意承擔自身的意外風險及責任, 本人並無權向主辦機構及所有與這比賽直接或間接有有關的獨立機構, 就本人在活動進行期間及往返活動場地時所引致之所有損失, 包括但不限於自身意外、死亡或其他任何形式的損失, 進行任何索償或追討責任。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。

** 家長簽署: _____ 參加者簽署: _____ 日期: _____
Parent's Signature : _____ Partitipant's Signature: _____ Date: _____

(**未滿十八歲必須家長簽署 Parent's Signature is necessary for participant aged under 18)