



Race Information

比賽資料

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.

大會鼓勵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事圈數有別,故工作人員不會指示運動員之比賽圈數。而運動員有責任按正確賽道進行比賽。所有比賽資料及地圖將刊登在網頁。

Rules familiarization is strongly recommended.

大會鼓勵參加者熟讀比賽規則。

Ensure that your bicycle is roadworthy. You are responsible for its roadworthiness.

Folding bikes are not allowed for safety reasons.

參加者有責任確保單車之道路及安全性能。任何組別不準使用摺車作賽

Preparation – on race day 準備 - 比賽當天

Upon arrival at the race venue on race day, please proceed to the TriHK Registration booth to collect your race pack. Please make sure that the race pack includes a swim cap, timing chip, three stickers for your helmet (to be affixed on the front and sides of your helmet), bike number which will be fixed under your seat. If everything is in good order, have your race number marked on your arm and leg. Please do not apply sun block prior to body marking.

到達比賽場地後,請往報到處報到並收取你的比賽包。請確保內裏包括有泳帽、計時晶片、3張頭盔貼紙(一張貼前面,其餘兩張貼在頭盔側邊)、單車號碼(扣在單車位下)及比賽號碼布。然後工作人員會在你的手及腳寫上比賽號碼。在寫比賽號碼前切勿塗上太陽油。

After Registration, please proceed directly to Transition Area and rack your bike according to your race number.

報到完後,請前往轉項區根據比賽號碼掛好單車。

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.

預備轉項區及於跑步賽段前大會不會提供飲料,各參加者須自行帶備足夠之比賽用水。

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.

轉項區只供擺放比賽物資。工作人員雖然留意轉項區之物資,惟工作人員並不作物資保管及不負責物資之遺失。

All other personal possession should be labeling with your race number, 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。物品之安全由參加自負。故大會不建議參加者攜帶貴重物品。

You will be required to leave the Transition Area, no later than 20 minutes prior to the start of your race and listen to the race briefing. Please allow sufficient time to make your way to the Swim Start. Race Briefing will be held at Swim Start area.

參加者於所屬組別開賽前20分鐘須離開轉項區及前往聆聽賽事賽解。請預留充足時間前往游泳起點。賽事賽解將於在游泳起點舉行。

Swim Stage 游泳賽程

Course A (750m): The swim course consists of two rectangle laps in Tolo Harbour. It starts in deep water at the Pak Shek Kok Pier. You should swim out to sea and proceed in a clockwise direction around of the two far buoys, then head back and pass through the onshore buoys for a second laps. Exit the water via the landing step.
賽程**A (750m)**由白石角碼頭以深水出發方式開始,游出吐露港以順時針方向繞過位於遠處之浮波,運動員須繞過近岸的兩個浮波,然後再進行第二圈之游泳賽程,並從繞過近岸的個浮波中返回出發點上水。

Course B-D (250m): The swim consists of one rectangle lap in Tolo Harbour. The course starts in deep water. You should swim out to sea and proceed in a clockwise direction around the outside of the two halfway buoys, then head back to shore and exit the water via the landing step.

賽程**B-D (250m)**: 由白石角碼頭以深水出發方式,游出吐露港以順時針方向繞過位於中間之浮波以完成一圈長方形的賽程,然後返回出發點上水。

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加者在游泳賽段之安全。如參加者在海上遇上困難,請舉起手,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.

救生艇另一任務為確保參加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.

雖然參加者有責任依正確賽道游泳,惟救生艇在參加者明顯偏離賽道時會予以更正

Athletes must wear the official swim cap. Offenders will be disqualified.

運動員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. Offenders will be disqualified.

不得穿過肩膊及/或膝之游泳裝束,違規者將被取消資格

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 to avoid injury.

離開上水梯之位置將有顯示,敬請留意,並小心水梯濕滑免生意外。

Your swim time will be taken as you leave the swim exit.

游泳時間以上水時間作計算

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. Offenders will be disqualified.

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。違者將被取消比賽資格

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

All competitors are required to put their race equipments in the transition area before the race briefing.

參賽者必須在賽事講解前將所有比賽用品放入轉項區內

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 and/or run with any participants during the race. Otherwise, participants will be disqualified.

家長、教練、支持者及觀眾禁止進入轉項區及或在跑步中陪跑,否則參賽者會被取消比賽資格

Bike Stage 單車賽程

Course A: 20.3km (7 loops): Transition Area → Turning Point C → Turning Point B (7 times) → Transition Area.

賽程 A: 20.3 公里 (7 圈): 轉項區 → 轉折點 C → 轉折點 B(7 次) → 轉項區

Course B: 11.6km (4 loops): Transition Area → Turning Point C → Turning Point B (4 times) → Transition Area.

賽程 B: 12 公里 (4 圈):轉項區 → 轉折點 G → 轉折點 F (4 次) →轉項區

Course C: 8.6km (3 loops): Transition Area → Turning Point C → Turning Point B (3 times) → Transition Area.

賽程 C: 8.6 公里 (3 圈): 轉項區 → 轉折點 C → 轉折點 B (3 次) →轉項區

Course D: 5.8km (2 loops): Transition Area → Turning Point C → Turning Point B (2 times) → Transition Area.

賽程 D: 5.8 公里 (2 圈): 轉項區 → 轉折點 G → 轉折點 F (2 次) →轉項區

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。參加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.

運動員必須自行數圈,工作人員在比賽進行中再不作任何提示。

Your race number must be visible on your back throughout the bike ride.

參賽號碼布必須於整個單車賽段扣於背心後面。

Athletes must **fix their helmet straps before taking their bikes** off the rack.

Offenders will be penalized.

參賽者須把頭盔先佩帶好,然後才可取單車離開轉項區,違者將被處罰。

The bike course will be closed to all vehicles, except emergency vehicles and specifcally assigned traffic.

除緊急車輛及特許車輛外,單車賽道將不准其他車輛進出。

Keep to the left side of the road except when overtaking, so that other road users and cyclists may overtake. Drafting penalties will be apply to any cyclist blocking other cyclist.

除超越前車外,請靠左駛。勾車罰則將引用於阻擋其餘參賽之運動員。

Remain courteous to all other road users at all times.

請和其他道路使用者合作。

Do not cross the white line in the center of the road. Offenders will be disqualified for dangerous riding.

超越前車時,不得越過路中之雙白線,即不得超越對面行車線。違例者將被取消比賽資格

There will be no Aid Stations on the cycle course. You should carry sufficient fluids to meet your own hydration needs.

在單車賽道上,不設水站,請各運動員帶備足夠飲品。

Athletes must **rack the bike before removing the helmet**. Offenders will be disqualified

參賽者必須把單車掛妥於單車架上當方可除去頭盔，違者將被取消比賽資格。

Athletes must bring their own bike and wear helmets during the cycling part, offenders will be disqualified.

參賽者必須自備頭盔及在單車賽段中佩帶頭盔，違者將被取消比賽資格

Glass Containers, headphones and headsets are not permitted during race.

在比賽中嚴禁使用玻璃器皿、耳筒或耳機等物件。

No folding bikes allowed for all categories

任何組別不使用摺車作賽。

Wheel Size requirement is minimum 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.

Offenders will be disqualified.

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。違者將被取消比賽資格

Run Stage 跑步賽程

Course A: 4.8km (3 loops): Transition Area→ Turning Point A1 → Turning Point A2 → Turning Point A1 →Turning Point A2→Turning Point A1 → Finish Line

賽程 A: 4.8 公里 (3 圈): 轉項區→ 轉折點 A1 → 轉折點 A2 →轉折點 A1 →轉折點 A2 →轉折點 A1 →終點

Course B/C: 3.2km (2 loops): Transition Area→ Turning Point A1 → Turning Point A2 → Turning Point A1 → Finish Line

賽程 A: 3.2 公里 (2 圈): 轉項區→ 轉折點 A1 → 轉折點 A2 →轉折點 A1 →終點

Course D: 1.6km (1 loop): Transition Area→ Turning Point A1 → Finish Line

賽程 A: 1.6 公里 (1 圈): 轉項區→ 轉折點 A1 → 終點

Your race number must be visible on your front throughout the run. Offender will be disqualified

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

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.

所有男女運動員在跑步賽段中均須穿上跑步上衣或單車衫作賽,必須遮蓋胸部及不可露點

One Aid Station will be provided throughout the run course
跑步賽道設有一個水站

Running on any grass pitch or short cut is prohibited. Offenders will be disqualified.
嚴禁跑上任何草地或捷徑，違規者被取消比賽資格

Glass Containers, headphones and headsets are not permitted during race. Offender 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

All athletes may not run without shoes on any part of the run course. 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

Parents, coaches, supporters and spectators are not allowed to enter the transition area and/or run with any participants during the race. Otherwise, participants will be disqualified.
家長、教練、支持者及觀眾禁止進入轉項及在跑步中陪跑，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.
賽事中心將提供食物及飲品，請補充足夠水分

Please collect your souvenirs pack in the Souvenirs booth.
請到紀念品中心領取紀念品

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 TriHK 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。賽事所有成績於比賽將於星期一網上公佈

Belongings may be collected from the Baggage Deposit booth at any time on production of your race number bib.
完成賽事後必須憑號碼布於行李寄存處取回

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.

將三項鐵人晶片穿過膠帶，請注意三項鐵人晶片標誌向上(如圖)之後圍繞腳部扣上並將多餘部份剪下即可

The Chrono Track Tri Tag will distribute on the race day morning, athletes must bear in mind wear the Tri Tag on race day morning. No Tag No Time.

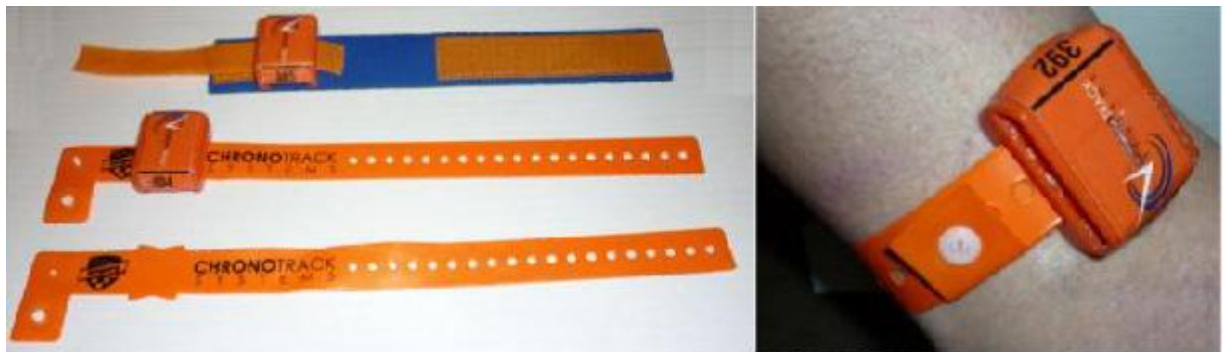
三項鐵人晶片將於比賽當日派發，運動員必須帶三項鐵人晶片作賽。沒有晶片、沒有比賽成績。

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三項鐵人晶片

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

如遺失或未能歸還晶片到終點，罰款為港幣\$25



Road Closure and Carpark Arrangement 臨時封路及停車場安排

The following section of road will be temporarily closed to all vehicular traffic from 6:00am to 12:00pm on Sunday, 2 June 2013 except for emergency and specifically assigned vehicles:

下列路段將於2013年6月2日(星期日)上午6時至中午12時正臨時封閉, 除緊急車輛及特許車輛外,其他車輛一律不准駛入

- the section of Chong San Road between Chong San Road Roundabout and For Yin Road
介乎創新路迴旋處與科研路之間的一段創新路
- For Shing Road and For King Road
科景路及科城路
- The organizer encourages all participants to park your vehicle at the Science Park carpark
大會鼓勵各參賽者將車輛停泊在科學園停車場

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 9 June 2013 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6月9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 04:00 on race morning, the race will be postponed to 9 June at the same time and venue.

如在比賽日早上四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6月9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 being 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 9 June 2013, the race will be cancelled without further rescheduling. Race entry fees will not be refunded.

如6月9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.報名費用將不會退回。

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: trihk@triathlon.com.hk

Web Site 網址: www.triathlon.com.hk