



三項鐵人訓練時間表 TriHK Training Sessions Schedule

2013 年 7-8 月之三項鐵人游泳訓練時間表如下

In the period of July and August 2013, triathlon swim training sessions are shown as below:

地點 Venue	日期 Date	星期 Day	時間 Time	備註 Remarks
灣仔訓練池 Wan Chai Training Pool	July 7 月 8, 15, 22, 29 July 7 月 3,10,17,24,31 July 7 月 5,12,19,26	星期一 Mon 星期三 Wed 星期五 Fri	下午 5 – 8pm 1x 水線 50m lane	5 :00-6:30pm National & Regional Squad
	Aug 8 月 5, 12, 19, 26 Aug 8 月 7, 14, 21, 28 Aug 8 月 2, 9, 16, 23, 30	星期一 Mon 星期三 Wed 星期五 Fri		6:30-8:00pm Age Grouper
公眾假期除外 Except Public Holiday				

訓練地點 Training Venue :

(1) 灣仔游泳池 Wan Chai Training Swimming Pool:

香港灣仔港灣道 27 號 27 Harbour Road, Wan Chai, Hong Kong

<<報名資格 Entry Requirement>>

香港三項鐵人總會 2013 年會員

能於 10 分鐘內游畢 500 米

預繳每月港幣 500 元的訓練費用

Member of 2013 Hong Kong Triathlon Association member

Swim 500m in 10mins

Pay the swimming fee in advance (HK\$500/month)

<<報名 Enrollment>>

如有興趣報名之參加者，請填妥報名表格，連同已貼上\$1.4 郵票的回郵信封及抬頭註「香港三項鐵人總會有限公司」的劃線支票，背後寫上參加者姓名及聯絡電話，郵寄或親臨本會報名。

地址：香港銅鑼灣掃桿埔大球場徑一號奧運大樓 1020 室 – 香港三項鐵人總會。

Fill in the enrollment form, together with a crossed cheque payable to “Hong Kong Triathlon Association Limited” and a self-addressed envelope with a HK\$1.4 stamp. Return the form to the Association office by mail or in person.

Address: TriHK, Room 1020, Olympic House, 1 Stadium Path, So Kon Po, Causeway Bay, Hong Kong.

<<惡劣天氣安排 Bad Weather Arrangement>>

如上課前兩小時仍然懸掛八號或以上颱風訊號或黑色暴雨警告訊號，當天訓練將會取消，亦不設補堂。

No training will be held if Tropical Cyclone Warning Signal No.8 (or above) or Black Rainstorm Signal is hoisted 2 hours before the training start, no supplementary class will be arranged.

<<查詢 Enquires>>

電話: Tel. No. : 2504 8282

電子郵件 E-mail: trihk@triathlon.com.hk

傳真 Fax. No.:

網頁 Website:

2576 8253

www.triathlon.com.hk



Age Grouper Triathlon Swim Training 分齡組三項鐵人游泳訓練

報名表格 (可自行影印)

Enrollment Form (Photocopy the form for more entries)

姓名: Name:	(Chi 中文)	(First Name)	(Last Name)
年齡: Age:		性別: Gender:	男(M) / 女(F)
聯絡電話: Contact No.:		傳真機號碼: Fax No.:	
緊急聯絡電話: Emergency No.:		緊急聯絡人: Emergency Contact person:	
電郵 Email:			
地址 Address:			
香港三項鐵人總會 2013 會員: TriHK 2013 Member :	是 Yes / 否 No	若是, 會員編號: If yes, 2013 Membership No.:	
開始訓練日期: Start Training Date:	(DD/MM/YY)		

責任聲明 Declaration:

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, 本人並無權向主辦機構及所有與這比賽直接或間接有關的獨立機構, 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 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。

I am physically fit and capable of participating in the Event and have not been otherwise advised by a qualified medical practitioner.

** 家長簽署:

參加者簽署:

日期:

Parent's Signature: _____ Participant's Signature: _____ Date: _____

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