

2010 Aquathon Series – Race 3 二零一零年水陸兩項鐵人聯賽 – 比賽 3

Race Information (Course A & B) 比賽資料 (賽程 A & B)

Read through race information, you may also check the start list (which will be maintained on the HKTriA web site www.triathlon.com.hk on Tuesday, 6 July 2010 for your race number.

請詳閱比賽資料, 本會網頁www.triathlon.com.hk 亦會於 7 月 6 日(星期二)登出所有參賽名單及比賽號碼

Safety 安全

- Course familiarization is recommended.
細閱及了解比賽賽程
- First Aid Station will be located on the beach, run course and finish area.
急救站設於沙灘、跑步賽段及終點
- Two drinks Station will be located at Run Course & Finish Area.
大會將設置兩個水站於跑步賽段及終點
- All possessions are left there at your own risk. You are therefore recommended not to bring any valuables with you.
賽會將不會負責保管參賽者之一切物品。故各參加者應避免攜帶貴重物品

Arrival & Registration 到達及賽事登記

- For those participants who entered this event through an affiliated club, please report to your affiliated club representative.
經屬會報名參加賽事的參賽者, 請向屬會負責人報到
- For all other participants (including those who are members of, but did not entered this event through, an affiliated club):
其他參賽者 (包括屬會會員而不經屬會報名參加賽事者):
- On arrival at the race venue, proceed to the HKTriA Registration Desk to collect your race number cloth.
到達比賽場地後, 請往報到處報到, 並收取你的比賽號碼布
- At this time the Registration Officials will mark your race number on your arms and legs.
同時間工作人員會為各參加者的手臂及大腿寫上號碼

Race Briefing 賽事講解

- All participants must attend the relevant Race Briefing which will be held at the beach (Please refer to the race schedule for race briefing time).
所有參賽者必須出席於沙灘進行的賽事講解 (賽事講解時間請參考比賽時間表)
- The race will start right after the Race Briefing, all participants should bring along all their race equipment.
比賽將於賽事講解後隨即進行, 各參賽者須帶備所有參賽用品
- Race Briefing will be conducted in Cantonese and English. If you have any questions, please clarify with the Race Briefing Officials.
賽事講解會以英文及中文進行, 如有問題請即向賽事講解工作人員了解清楚

1st Swim Stage 第一段游泳賽程

Course A: 500m (1 loop)

賽程A: 500米 (一圈)

Course B: 250m (1 loop)

賽程B: 250米 (一圈)

- Athletes starting in the wrong heat or miss the heat start will be disqualified, you will not be allowed go to the next heat start.
如參賽者未能依時出發或落錯組別, 將不可在下組出發並即時將被取消比賽資格賽
- Swim suits covering any part of your arms or extending below your knees will not be allowed.
參賽者不得穿過肩膊或長逾膝蓋之泳衣
- Your swim time will be taken as you exit the water.
游泳時間以上水時間計算

Transition 轉項區

- At the transition area, all participants must place their race equipment at the assigned basket
參賽者必須將比賽用品放在轉項區內的指定籃子裏
- Official will pack the participants' race equipment after the swim for their collection at the **Event Center** after the race.
工作人員將於游泳後收拾各參賽者的比賽用品並在比賽完成後於**賽事中心**派發

Run Stage 跑步賽程

- Course A (5km): Transition Area → Turning Point A → Turning B → Turning Point A → Transition Area
賽程 A (5 公里): 轉項區 → 轉折點 A → 轉折點 B → 轉折點 A → 轉項區
- Course B (2.5km): Transition Area → Turning Point A → Transition Area
賽程 B (2.5 公里): 轉項區 → 轉折點 A → 轉項區

Please collect your run band at the following Turning Point:

請在以下轉折點取跑步紀錄帶:

Course 賽程	Run StageNo of Run Band 跑步賽程跑步紀錄帶	Total 總數
A	2	2
B	1	1

- 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 must wear a running top that securely covers their chests and nipples throughout the run course. Offenders will subject to disqualification.
所有運動員均穿上衣，必須遮蓋胸部及不可露點，違規者被取消比賽資格。
- You will be disqualified if you do not return the correct number of run band immediately after finish.
未能於衝線後出示足夠跑步記錄帶之參賽者會被取消資格
- Competitors must count their own laps
參賽者需自行計算跑步圈數
- Running on any grass patch 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

2nd Swim Stage 第一段游泳賽程

Course A: 500m (1 loop)

賽程A: 500米 (一圈)

Course B: 250m (1 loop)

賽程B: 250米 (一圈)

- Athletes starting in the wrong heat or miss the heat start will be disqualified, you will not be allowed go to the next heat start.
如參賽者未能依時出發或落錯組別，將不可在下組出發並即時將被取消比賽資格賽
- Swim suits covering any part of your arms or extending below your knees will not be allowed.
參賽者不得穿過肩膊或長逾膝蓋之泳衣
- Your swim time will be taken as you exit the water.
游泳時間以上水時間計算
- Finish Line which will located at the beach
終點位於沙灘

Race Finish 比賽完成後

- Only the results of the finishers entitled to an award will be announced on the race day. Full results will be published on the HKTriA web site (www.triathlon.com.hk) on Monday, 12 July 2010. (Afternoon).
比賽當日大會只公佈每組得獎名單。所有成績亦將於2010年7月12日星期一(下午)在本會網頁 (www.triathlon.com.hk) 上公佈。
- Certificates will be mailed to all participants two month after the race.
小鐵人比賽証書將於兩個月後郵寄給各參賽者

Appeal 上訴

Appeal need to be made within 30 minutes after announced the result with the completed "Complain and Appeal" form submitted together with HK\$100 appealing fee. Appealing fee is refundable upon successful appeal.
如有任何上訴, 請於該組比賽成績公佈後 30 分鐘內, 填寫「上訴」表格, 並繳交\$100 按金。按金只於上訴得值時發還。

Others Notes 其他事項

- Participants must count their own swim/run lap.
參賽者需自行計算游泳/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 times. Failure to follow the instruction of race officials 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 reserves the right to change the schedule or event detail as necessary. This including moving the race forward. Participants are advised to arrive at 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。
- Race result will be calculated according to the official clock.
賽事成績以大會時計為準則
- Participant must report to Registration of withdrawals.
如因任何理由臨時退出比賽, 參賽者必需通知報到處
- Parents, coach and supporters are not allowed to enter the transition area and run with any participants during the race. Otherwise, participants will be disqualified.
家長,教練及支持者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

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 cancelled and rescheduled to Sunday, 25 July 2010
如於比賽前一天中午十二時懸掛八號颱風訊號或以上, 賽事將會取消, 並改於 2010 年 7 月 25 日舉行
- If the Typhoon Signal No.3 / Amber Rainstorm/ Red Rainstorm/ Black Rainstorm/ Thunderstorm/ Landslide warning be hoisted at any time after 0500 on race day, the race will be re-schedule on Sunday, 25 July 2010
如在比賽日早上 0500 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, 賽事將會改期於 2010 年 7 月 25 日再舉行。
- Should the above Inclement Weather / Condition Warnings be raised after the commencement of the race, the Race Director has the right to 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, 賽事總監有權取消正在進行中的比賽。
- If the above Inclement Weather / Condition Warnings be raised again on 6 June 2010, the race will be cancelled without any more rescheduled race.
如 6 月 6 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
- 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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