

2010 Aquathon Series – Race 4

2010水陸兩項鐵人賽 – 比賽4

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 (Friday, 3 September 2010) your race number.

請詳閱比賽資料, 本會網頁 www.triathlon.com.hk 亦會於 9 月 3 日(星期五)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 Swim Course and Main Dam

急救站設於泳區及大壩

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):-

On arrival at the race venue, proceed to the HK TriA Registration Desk to collect your race number cloth 、bike number and helmet number.

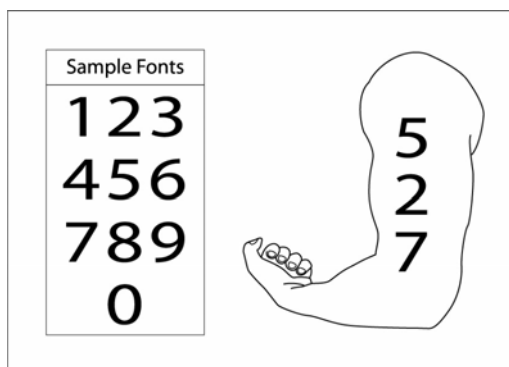
到達比賽場地後, 請往報到處報到並收取你的比賽號碼、車號碼及頭盔號碼

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

Please refer to below diagram:

請參考以下圖片:



Race Briefing 賽事講解

All participants must attend the relevant Race Briefing which will be held at Main Dam (Course A and B) and Swim Start (Course C and D)

所有參賽者必須出席於大壩 (賽程A 及B)和游泳區(賽程C 及D)的賽事講解

The race will start after the Race Briefing, all participants should bring along all their race equipment.

比賽將於賽事講解後進行, 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 Run stage 第一段跑步賽程

Course A (5km): From the main dam start line, you should run along it to the turning point (Course A) shortly after the far end of the dam and heading back of the Transition Area

賽程A (5km): 由大壩起點, 參賽者須往水壩方向跑。沿水壩直跑至“賽程A轉折點, 然後返直跑向轉項區。

Course B (2.5km): From the main dam start line, you should run along it to the turning point (Course B/C/D) shortly after the far end of the dam and heading back of the Transition Area

賽程B/C/D (2.5km): 由大壩起點, 參賽者須往水壩方向跑。沿水壩直跑至“賽程B/C/D轉折點, 然後返直跑向轉項區。

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

Two Aid Stations will be provided at the middle and end of the dam.

跑步賽道設有兩個水站

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

賽程 Course	跑步記錄帶(條數) No. of Run –Band
Course 賽程 A	1
Course 賽程 B	1

Swim Stage 游泳賽程

Course A(1500m): The swim consists of one rectangle lap in Tolo Harbour. You should swim out to sea and proceed in a clockwise direction around the outside of the two far buoys, then head back and pass through the onshore buoys for a second laps. Exit the water via the slipway after swim.

賽程A (1500m): 由大尾篤水上活動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, 然後再進行以第二圈之游泳賽程, 並從繞過近岸的個浮波中返回出發點上水。

Course B (750m): The swim consists of one rectangle lap in Tolo Harbour. You should swim out to sea and proceed in a clockwise direction around the outside of the two far buoys, then head back to shore. Exit the water via the slipway after swim..

賽程B (750m): 由大尾篤水上活動中心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, 並從兩個浮波中返回出發點上水

Course C/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 slipway.

賽程C/D (250m): 由大尾篤水上活動中心以深水出發方式, 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 edge of the slipway will indicate with small marker buoys. Please take care when passing between these buoys to avoid injury.

上水道設有兩個浮波作提示，參加者須格外留意，免生意外。

Wet suits will not be allowed, as the water will be warm enough.

參賽者不可穿上**保暖膠衣**比賽。

Swim suits covering any part of your arms or extending below your knees will not be allowed.

不得穿過肩膊及長逾膝蓋之游泳裝束作賽。

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

游泳時間以上水時間作計算。

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

Official will pick the participants' race equipment after the swim for their collection at the Event Center (next to Registration Desk) 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（在報到處旁）

2nd Run stage 第二段跑步賽程

Course A (5km): From the main dam start line, you should run along it to the turning point (Course A) shortly after the far end of the dam and heading back of the Finish Line.

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Course B/C/D (2.5km): From the main dam start line, you should run along it to the turning point (Course B/C/D) shortly after the far end of the dam and heading back of the Finish Line.

賽程B/C/D (2.5km): 由大壩起點, 參賽者須往水壩方向跑。沿水壩直跑至“賽程B/C/D轉折點, 然後返直跑向終點。

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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

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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

Two Aid Stations will be provided at the middle and end of the dam.

跑步賽道設有兩個水站

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所有運動員禁止赤腳進行跑步。違規者被取消比賽資格

Course 賽程	1 st Run Stage 第一段跑步賽程	2 nd Run Stage 第二段跑步賽程	Total 總數
A	1	1	2
B	1	1	2
C/D		1	1

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, 13 September 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9月13日星期一(下午)在本會網頁(www.triathlon.com.hk)上公佈。

Appeal 上訴

Appeal is accepted only within 30 minutes after race result announced and completed the "Complain and Appeal" form together with HK\$100 appealing fee. Appeal fee will only be refunded upon successful appeal.

如有任何上訴，請於該組別成績公佈後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回

Others Notes 其他事項

Athletes can make use of the changing room facilities of the Tai Mei Tuk Water Sports Centre (TMTWSC), before and after race.

運動員於比賽前、後可使用大尾督水上活動中心之更衣室設施。

As the TMTWSC will also open for the public on the race day, the changing room facilities will be on a shared use basis.

水上活動中心於比賽亦會開放予公眾人士。運動員須與公眾人士共用更衣室設施，並請互相忍讓。

Please be courteous with other users of the TMTWSC.

請和其他水上活動中心使用者合作。

Limited \$5 coins lockers at the TMTWSC are available for use. As there may not be sufficient lockers, athletes are advised to share with friends. Athletes are responsible for your own possessions.

水上活動中心設有少量\$5硬幣之儲物櫃。惟數量有限，請盡量與朋友共用儲物櫃。運動員須自行保管一切物品。

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

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

Carpark Arrangement 停車場安排

Limited metered car parks are available at Plover Cove. As charges are effective from 0800 for a maximum period of two hours, you are recommended to take the official transportation to the race venue.

比賽場地設有咪錶停車位，並於上午8時起收費。大會鼓勵參加者乘大會交通前往比賽場地。

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 21 November 2010 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11月21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 Sunday, 11 November 2010 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 11 月 21 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 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 21 November 2010, the race will be cancelled without any more rescheduled race and the race entry fees will not be refund.

如 11 月 21 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及報名費用不會退回

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

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Web Site 網址: www.triathlon.com.hk