

2011 Hong Kong National Triathlon Championships 2011 年全港三項鐵人鐵人錦標賽

Read through race information, you may also check the start list (which will be maintained on the Tri HK web site www.triathlon.com.hk on (Monday, 19 September 2011) for your race number.

請詳閱比賽資料, 本會網頁 www.triathlon.com.hk 亦會於 9 月 19 日 (星期一) 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 Plover Cove Main Dam

急救站設於大尾篤水壩

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.

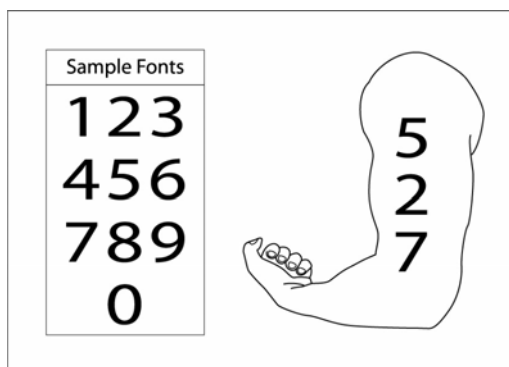
到達比賽場地後, 請往報到處報到並收取你的比賽號碼、車號碼及頭盔號碼

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 Swim Course Area

所有參賽者必須出席於游泳區的賽事講解

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

Swim Stage 游泳賽程

Olympic Distance (1500m): The swim consists of one rectangle lap in Tolo Harbour. It starts in deep water. 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.

奧運賽程(1500m): 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，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。

Sprint Distance (750m): The swim consists of one rectangle lap in Tolo Harbour. It starts in deep water. 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..

半奧運賽程(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

Super Sprint Distance/Team Triathlon Challenge Relay (265m): 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.

繽紛賽程/三項鐵人接力挑戰賽(265m): 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。

Swim suit covering any part of your arms or below your knees are not allowed. Nor are swim skins, speed suits or wet suits. Offenders will be disqualified. The water temperature is expected to be around 25 degrees Celsius. The legality of your swim suit will be checked by officials as you enter the holding areas.

不得穿過肩膊及長逾膝蓋之游泳裝束作賽，助浮衣(Skin Suit), Speed Suit及保暖膠衣(Wet Suit)作賽，違規者將被取消資格。海水溫度預計約為25度，工作人員於召集檢查各參加者之游泳裝束。

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

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

游泳時間以上水時間作計算。

The relay handover zone will be situated at the roundabout immediately in front of the Transition Area and the handover will be done by the exchange of a relay ribbon.

接力區設於大尾篤路之迴旋處。參加者完成游泳項目後，在迴旋處把接棒帶交予單車運動員接力。

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 must collect your bike and race equipments at the transition area after the whole race finished.

參賽者必須在整個比賽完成後，才可到轉項區取回比賽用品及單車

Bike Stage 單車賽程

Olympic Triathlon(40 km): Upon exiting the transition area, you should head along Bride's Pool Road to the Agriculture, Fisheries and Conservation Department (AFCD) Bike Turning Point D and then double back to Wu Kau Tang Turning Point C. Competitors should repeat the loop between the two turning point 3 more times, before head back to the transition area, this means **four** laps of the Bride's Pool Road section of the course.

奧運賽程(40公里): 離開轉項區沿新娘潭路到漁農處管理站之轉折點D, 折返回烏蛟騰轉折點C, 參賽者需來回往返烏蛟騰及新娘潭路到轉折點四次, 然後返回轉項區。

Sprint Triathlon(20 km): Upon exiting the transition area, you should head along Bride's Pool Road to the Agriculture, Fisheries and Conservation Department (AFCD) Bike Turning Point D and then double back to Wu Kau Tang Turning Point C. Competitors should repeat the loop between the two turning point 1 more times, before head back to the transition area, this means two laps of the Bride's Pool Road section of the course.

半奧運賽程(20公里): 離開轉項區沿新娘潭路到漁農處管理站之轉折點D, 折返回烏蛟騰轉折點C, 參賽者需來回往返烏蛟騰及新娘潭路到轉折點兩次, 然後返回轉項區。

Super Sprint Distance/Team Triathlon Challenge Relay (10km): Upon exiting the Transition Area, you should head along Bride's Pool Road to the Wu Kau Tang Bike Turning Point and then heading back to the Transition Area.

繽紛賽程/三項鐵人接力挑戰賽(10km): 離開轉項區沿新娘潭路到烏蛟騰之轉折點, 然後返回轉項區

Competitors must not overtake when cycling down the steep hill back to the Transition Area. Competitors overtaking while cycling down this hill will be disqualified. Please also take care to slow down before taking the sharp turn from the Ting Kok Road back into the Transition Area. Officials will wave a yellow flag to remind you.

當下斜返回轉項區時, 工作人員會以黃旗示意, 提醒參賽者必慢駛及不得超越前車, 否則將被取消參賽資格。參賽者亦請在轉入轉項區時加以留意。工作人員會以黃旗示意。

The relay handover zone will be situated at the roundabout immediately in front of the Transition Area and the handover will be done by the exchange of a relay ribbon.

接力區設於大尾篤路之迴旋處。參加者完成單車項目後, 在迴旋處把接棒帶交予跑步運動員接力。

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 have to 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 local residential traffic.

除緊急車輛及鄉村車輛外, 單車賽道將不准其他車輛進出。

Keep to left side of the road except when overtaking, so that other road users and cyclists may overtake.

Drafting penalties will be applied 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 penalized.

參賽者必須把單車掛妥於單車架上當方可除去頭盔, 違者將被處罰。

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, 違者將被處罰。

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
任何組別不準使用摺車作賽。

Run stage 跑步賽程

Olympic Distance (10km): From the Transition Area, you should run up to the Plover Cove Reservoir dam along it to the turning point shortly after the far end of the dam. You should then double back to the other turning point halfway between the Finish Line and the Transition Area. You should then return to the Turning Point at the far end of the dam before heading back to the Finish Line.

奧運賽程(10km): 離開轉項區後，參賽者須往水霸方向跑。沿水霸直跑至“奧運賽程”轉折點，再跑“奧運賽程”轉折點，來回兩次，然後返直跑向位於迴旋處之終點。

Sprint Distance (5km): From the Transition Area, you should run up to the Plover Cove Reservoir dam and then along it to the turning point shortly after the far end of the dam before heading back for the Finish Line.

半奧運賽程(5km): 離開轉項區後，參賽者須往水霸方向跑。沿水霸直跑至“半奧運賽程”轉折點，然後折返直跑向位於迴旋處之終點。

Super Sprint Distance/Team Triathlon Challenge Relay (1.2km): From the Transition Area, you should run up to the Plover Cove Reservoir dam to the Super Sprint distance Turning Point. You should then head back for the Finish Line.

繽紛賽程/三項鐵人接力挑戰賽(1.2km): 離開轉項區後，參賽者須往水霸方向跑。沿水霸直跑至“繽紛賽程”轉折點，然後折返直跑向位於迴旋處之終點。

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

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

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, 10 May 2011. (afternoon).

比賽當日大會只公佈每組得獎名單。所有成績亦將於2011年10月10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\$200 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\$200 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 not be re-scheduled.

如於比賽前一天中午十二時懸掛八號颱風訊號或以上，賽事將不設補賽

If the Typhoon Signal No.3 / Amber Rainstorm/ Red Rainstorm/ Black Rainstorm/ Thunderstorm/ Landslide warning be hoisted at any time after 05:00 on race morning, the race will not be re-scheduled.

如在比賽日早上五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，賽事將不設補賽。

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. The race will not be 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。賽事不設補賽。

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: Hong Kong Triathlon Association 香港三項鐵人總會
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