

2012 Aquathon Series – Race 5 二零一二年水陸兩項鐵人賽 – 比賽 5

Race Information 比賽資料

Preparation – 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 be feasible given the number of different waves course, which involve different number of laps.
大會建議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，比賽時工作人員不會作任何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.
大會建議參加者熟讀比賽規則。

Preparation – on race day 準備 - 比賽當天

- Upon arrival at the race venue on race day, please proceed to the Tri HK Registration booth to collect your race pack. Please make sure that the race pack includes a swim cap, timing chip and race bib. 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.
比賽當日到達比賽場地後，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。
- 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。

1st Run Stage 第一段跑步賽程

Course A (4km): Start Line → Run Turning Point A → Turning Point B → Turning Point A → Transition Area
賽程 A (4 公里): 起點 → 跑步轉折點 A → 跑步轉折點 B → 跑步轉折點 A → 轉項區

Course B (2km): Start Line → Run Turning Point A → Transition Area
賽程 B (2 公里): 起點 → 跑步轉折點 A → 轉項區

- Your race number must be visible on your front throughout the run. Offenders 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 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作賽，必須遮蓋胸部及不可露點

- One Aid Stations will be provided throughout the run course
跑步賽道設有一個水站
- 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. Offenders 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. Offenders 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

Swim Stage 游泳賽程

Course A: 540m (2 loops)	賽程A: 540米 (兩圈)
Course B: 270m (1 loop)	賽程B: 270米 (一圈)
Course C/D: 270m (1 loop)	賽程C/D: 270米 (一圈)

- 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。
- Athletes receiving any assistance from the kayaker will be immediately classified as did not finish (DNF), and will not be allowed to continue the race.
運動員一經接受救生艇之協助將立即被介定未能完成賽事(DNF)。而該運動員亦不得繼續餘下賽事
- 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/或愈膝之游泳裝束，違規者將被取消資格
- Your swim time will be taken as you leave the swim exit.
游泳時間以上水時間作計算
- 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
- All competitors are required to wear the racing top before leave the transition. Offenders will be disqualified.
參賽者必須在離開轉項區前穿着好比賽上衣，違規者將被取消資格
- Athletes should follow the instruction of race officials to collect your race equipments in person at the Event Center after the whole race finish with the presentation of number cloth.
參賽者必須在整個比賽完成後，親身憑號碼布到賽事中心依照工作人員指示取回比賽用品。
- 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

2nd Run Stage 跑步賽程

Course A (4km): Transition Area → Run Turning Point A → Turning Point B → Turning Point A → Finish Line
賽程 A (4 公里): 轉項區 → 跑步轉折點 A → 跑步轉折點 B → 跑步轉折點 A → 終點

Course B/C/D (2km): Transition Area → Run Turning Point A → Finish Line
賽程 B/C/D (2 公里): 轉項區 → 跑步轉折點 A → 終點

- Your race number must be visible on your front throughout the run. Offenders 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 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作賽，必須遮蓋胸部及不可露點
- One Aid Stations will be provided throughout the run course
跑步賽道設有一個水站
- 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. Offenders 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. Offenders 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 run with any participants during the race. Otherwise, participants will be disqualified.
家長、教練、支持者及觀眾禁止在跑步中陪跑，否則參賽者會被取消比賽資格
- Athletes must have both feet fully fit into the shoes throughout the run.
運動員在整個跑步賽段雙腳必須完全穿入鞋內

Race Finish 比賽完成後

- 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 Tri HK 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 in person from the Baggage Deposit booth at any time upon production of your race number bib.
完成賽事後必須親身憑號碼布於行李寄存處取回

Appeal 上訴

Appeal need to be made within 30 minutes after announcement of the result with the completed "Complain and Appeal" form submitted together with HK\$200 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\$200 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.

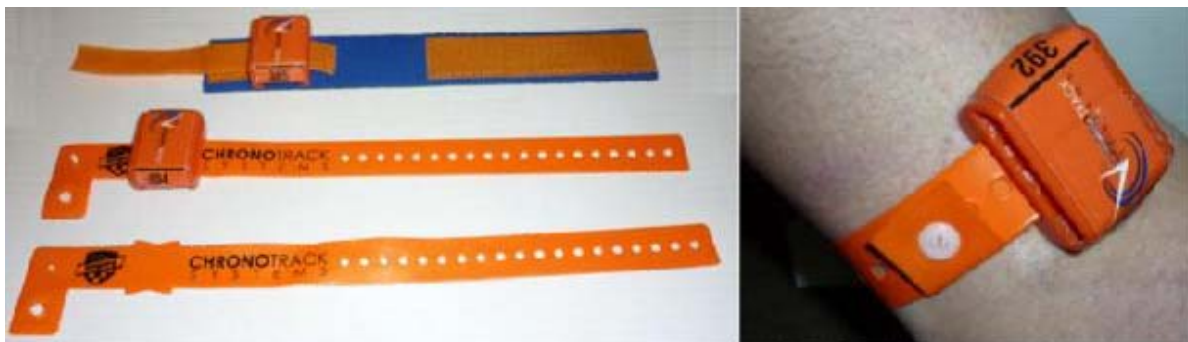
將計時晶片穿過膠帶,請注意三項鐵人晶片標誌必須向上(如圖)之後圍繞腳踝扣上並將過長膠帶剪下即可

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.

計時晶片將於比賽當日派發,參賽者必須帶計時晶片作賽。沒有計時晶片、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計時晶片

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,將收取港幣\$25 費用



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 11 November 2012 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 11 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 05:00 on race morning, the race will be postponed to 16 September at the same time and venue.

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，賽事將延至 11 月 11 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 11 November 2012, the race will be cancelled without further rescheduling. Race entry fees will not be refunded.

如 11 月 11 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

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