

2013 Duathlon Final Series

二零一三年陸上兩項鐵人總決賽

Race Date: Sunday, 10 March 2013
 Race Venue: Bride's Pool Road
 Race Start: 7:00 am (Course A - B)
 Fallback Date: Sunday, 17 March 2013

比賽日期: 2013 年 3 月 10 日(星期日)
 比賽地點: 新娘潭路
 比賽時間: 上午 7 時正 (賽程 A - B)
 補賽日期: 2013 年 3 月 17 日 (星期日)

Race Category 組別

Course 賽程 A (Run 5km/Bike 30km/Run 5km)

Male/Female Elite Open	男子/女子精英公開組	Born on 1993 or before	1993 年或以前出生
Male/Female Age Group 20-24	男子/女子 20 至 24 歲分齡組	Born on 1983 - 1989	1983 -1989 出生
Male/ Female Age Group 25-29	男子/女子 25 至 29 歲分齡組	Born on 1988 - 1984	1988 - 1984 出生
Male/Female Age Group 30-34	男子/女子 30 至 34 歲分齡組	Born on 1983 - 1979	1983 -1979 出生
Male/Female Age Group 35-p 39	男子/女子 35 至 39 歲分齡組	Born on 1978 - 1974	1978 -1974 出生
Male/Female Age Group 40-44	男子/女子 40 至 44 歲分齡組	Born on 1973 - 1969	1973 -1969 出生
Male/Female Age Group 45-49	男子/女子 45 至 49 歲分齡組	Born on 1968 - 1964	1968 -1964 出生
Male/Female Age Group 50-54	男子/女子 50 至 54 歲分齡組	Born on 1963 - 1959	1963 -1964 出生
Male/Female Age Group 55-59	男子/女子 55 至 59 歲分齡組	Born on 1958 - 1954	1958 -1954 出生
Male/Female Age Group 60 & Over	男子/女子 60 歲或以上分齡組	Born on 1953 or before	1953 年或以前出生

Course 賽程 B (Run 2.5km/Bike 20km/Run 2.5km)

Male/Female Elite Junior	男子/女子精英青年組	Born in 1994 -1998	1994 – 1998 年出生
Male/Female Youth Open	男子/女子少年公開組	Born in 1999 - 2001	1999 - 2001 年出生
Male/Female Junior	男子/女子青年組	Born in 1994 -1997	1994 – 1997 年出生

Remarks:

- With certain exception, the Tri HK will not accept entries from applicants under the age on 16 on the day of competitions
- The first exception is member of the Hong Kong Triathlon National Squad and National Squad B.
- The second exception is members of the Hong Kong Triathlon Regional Squad or members who are being nominate by the affiliated clubs, whose physical fitness and technical skills are adequate for them to compete, as confirmed by the National Coach by means of a skills test and time trial over the Bride's Pool Road cycling course
- Athletes born between 1999 -2001 are welcome to enter Youth Open category.
- All National Squad Elite Junior and National Squad B members who born between 1999-2001 must enter Youth Open category.
- All National Squad B members who born between 1994-1998 must enter Elite Junior Category.

備註:

- 除下列情況外, 香港三項鐵人總會將不接納比賽日年齡不足 16 歲之運動員參賽報名
- 參賽者為香港三項鐵人代表隊成員
- 參賽者為香港三項鐵人總會地區集訓隊成員或由屬會推薦之運動員, 並由香港代表隊教練確定其路上單車技巧及體能足以應付有關賽事, 參賽者須接受在新娘潭路舉行之單車技術測試, 以作其技術及體能之評估。
- 所有 1999-2001 年出生之運動員均可報名參加少年公開組
- 所有香港青少年代表隊 A 隊及香港青少年代表隊 B 隊於 1999-2001 年出生之成員必須參加公開少年組。
- iii. 所有香港青少年代表隊 B 隊於 1994-1998 年出生之成員必須參加精英青年組。

Remarks 備註:

Folding bike is not allowed in any race category

各組別賽事禁止使用摺車作賽

Minimum wheel size requirement is 26 inches

車輪必須為 26 吋或以上方可作賽

Entry Fee 報名費	TriHK Member HK\$130	香港三項鐵人總會會員港幣\$ 130
	Non TriHK Member HK\$190	非香港三項鐵人總會會員港幣\$ 190
	A HK\$50 surcharge will be levied for any late entries which has been accepted. Late Entry only accept until Monday, 4 March 2013 經接受之逾期報名, 需加付行政費港幣\$50。逾期報名截止日期為 2013 年 3 月 4 日 (星期一)	
Deadline for Entry 截止報名日期	28 February 2013 (Thursday) 2013 年 2 月 28 日 (星期四)。 The date of the stamp on the envelop is treated as the date of receipt by TriHK 報名截止日期以郵印日期作準	

The TriHK operates a "Non Refund Policy". Once your entry is accepted, your entry fee will not be refunded. If an event has to be re-scheduled due to inclement weather or other reason beyond the control of TriHK, your entry will automatically carried forward to

<p>the re-scheduled date, and your entry fee will not be refunded (even if you did not participate on re-scheduled day). All entry fees are also not transferable to another applicant.</p> <p>香港三項鐵人總會實行“不退款”政策，報名一經接納，報名費將不獲退回。如賽事因天氣惡劣或其他原因而需改期補賽，運動員之報名將直接轉往補賽日，而不會作任何退款之安排(包括補賽日不出席，都不會作任何退款之安排)。所有報名費均不能轉讓給其他人。</p>	
<p>Entry Procedure 報名手續</p>	<p>Deposit or transfer the prescribed amount into the Hong Kong Bank saving account of TriHK (No: 502-118375-838) or make out a cross cheque for the prescribed amount payable to the" Hong Kong Triathlon Association Limited".</p> <p>請將適當費用存入、轉賬或網上付款到香港匯豐銀行 儲蓄賬戶: 502-118375-838，或將劃線支票抬頭 " 香港三項鐵人總會有限公司" 郵寄致本會辦事處。</p> <p>Send your completed entry form, together with your cheque or pay-in/transfer slip by post to the TriHK office, Room 1020 Olympic House, 1 Stadium Path, So Kon Po, Causeway Bay, Hong Kong., by fax on 25768253 or by email to trihk@triathlon.com.hk</p> <p>請填妥報名表並附上有關款項之存款收據或支票，寄回香港三項鐵人總會，地址:香港銅鑼灣掃桿埔大球場徑一號奧運大樓 1020 室。傳真 25768253 或電郵 trihk@triathlon.com.hk</p>
<p>Awards 獎項</p>	<p>Individual 個人組</p> <p>The Champion in each category will be presented with a Trophy. Other positions entitled to an award will be presented with medals based on the below criteria:</p> <p>每組冠軍將獲頒獎杯一個，而其餘名次將依據下述計算方法頒發獎牌:</p> <p>Awards will be presented to the Top 3 finishers, if the number of entries in that category is 3- 30. 如該組別參加者為 3-30 人，則只頒發獎項給前 3 名</p> <p>Awards will be presented to the Top 4 finishers, if the number of entries in that category is 31 – 50. 如該組別參加者為 31-50 人，則只頒發獎項給前 4 名</p> <p>Awards will be presented to the Top 5 finishers, if the number of entries in that category is more than 50. 如該組別參加者為 51 人或以上，則只頒發獎項給前 5 名</p> <p>Individual and Club Series Scoring Method 個人及屬會聯賽評分方法</p> <p>For detail information, please visit: www.triathlon.com.hk</p> <p>詳細資料請瀏覽：www.triathlon.com.hk</p>

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Entry Form 報名表

(Please fill in English 請用英文填寫)

Family Name 姓: _____ Given Name 名: _____ Chinese Name 中文姓名: _____

Tri HK 2013 Member 香港三項鐵人總會 2013 會員: 是 Yes / 否 No Affiliated Club Name 屬會名稱: _____

Date of Birth 出生日期: _____ (Day 日)/ _____ (Month 月)/ _____ (Year 年) Gender 性別: Male 男/Female 女

Address 地址: _____

Tel 電話: _____ (Day 日間) _____ (Night 晚間) E-mail 電郵: _____

Emergency Contact Person 緊急聯絡人: _____ Emergency Contact Number 緊急電話: _____

Category 組別/Transportation Fees 交通費用 Tick as appropriate 在適當括號內以'✓'表示:		Amount Due 費用 HK\$	
Course 賽程 A () Elite Open 精英公開組 () Age Group 分齡組	Course 賽程 B () Elite Junior 精英青年組 () Youth Open 公開青年組 () Junior 青年組	Entry Fee 報名費	\$ _____
		Late Charge 逾期報名	\$ _____
		Total 總數:	\$ _____

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.

Signature: _____ Date 日期: _____

參加者簽署: (Parent's signature is necessary for entrant aged under 18**未滿十八歲者，必須由家長簽署)