

2007 Ultrakids Duathlon Championships – Race Information

2007 年小鐵人陸上兩項錦標賽-比賽資料

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 (Monday, 23 July 2007) for your race number.

請詳閱比賽資料, 本會網頁 www.triathlon.com.hk 亦會於 7 月 23 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 Whitehead Golf Club Office and next to Registration Area.
急救站設於白石俱樂部辦公室及賽事中心旁
- Drinks Station will be located at Turning Point B & Event Center.
大會將於折轉點 B 及賽事中心設置水站
- 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 HK TriA Registration Desk (next to the Whitehead Club Office) to collect your race number cloth、swim cap、bike number and helmet number.
到達比賽場地後, 請往報到處報到 (報到處位於白石俱樂部辦公室旁)並收取你的比賽號碼、泳帽、單車號碼及頭盔號碼
 - 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

Race Briefing 賽事講解

- All participants must attend the relevant Race Briefing which will be held at Registration Area (location marked "R/E" on the map) (Please refer to the race schedule for race briefing time).
所有參賽者必須出席於報到處(圖中 "R/E" 的位置)的賽事講解 (賽事講解時間請參考比賽時間表)
- 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 (2.2 km): Transition Area → Turning Point A → Turning Point B (2 times) → Finish Line
賽程 A (2.2 公里): 轉項區 → 轉折點 A → 轉折點 B (兩次) → 終點

Course B (1.1km): Transition Area → Turning Point A → Finish Line
賽程 B (1.1 公里) 轉項區 → 轉折點 A → 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
- Male athletes must wear a running top throughout the run course. Offenders will be disqualified.
男子運動員必須於跑步賽段中穿著上衫，違規者被取消比賽資格

Transition 轉項區

- 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
- Please return your bike number tape to officials when you collect your race equipments
參賽者在轉項區取回比賽用品及單車時，請交還單車號牌給工作人員

Bike Stage 單車賽程

Course A: 6km (4 laps) – Transition Area → X → Y → Z (4 times) → Transition Area
賽程A: 6公里 (4 圈) – 轉項區 → X → Y → Z (四次) → 轉項區

Course A: 3km (2 laps) – Transition Area → X → Y → Z (2 times) → Transition Area
賽程A: 3公里 (2 圈) – 轉項區 → X → Y → Z (兩次) → 轉項區

- Your race number must be visible on your lower back throughout the bike ride.
參賽號碼布必須於整個單車賽段扣於背部下方。
- Athletes have to fix their helmet 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。
- Keep to left side of the road except when overtaking, so that other road users and cyclists may overtake.
- 除超越前車外，請保持靠左行駛。
Remain courteous to all other road users at all times.
請和其他道路使用者合作。
- 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 have to 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 your own bike and wear helmet 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。

2nd Run Stage 第二段跑步賽程

Course A (1.1km): Transition Area → Turning Point A → Finish Line
賽程 A (1.1 公里) 轉項區 → 轉折點 A → 終點

Course B (1.1km): Transition Area → Turning Point A → Finish Line
賽程 B (1.1 公里) 轉項區 → 轉折點 A → 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
- Male athletes must wear a running top throughout the run course. Offenders will be disqualified.

男子運動員必須於跑步賽段中穿著上衫，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, 30 July 2007 (afternoon).
比賽當日大會只公佈每組得獎名單。所有成績亦將於2007年7月30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 within one month after the race.
比賽證書將於一個月內郵寄給各參賽者

Appeal 上訴

- Appeal is accepted only within 30 minutes after race 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，請於該組比賽完成後 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/bike/run lap.
參賽者需自行計算游泳/單車/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 are not allowed to enter the transition area and run with any participants during the race. Otherwise, participants will be disqualified.
- 家長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

- Due to limited carpark space at Whitehead Club, if the parents want to park your car at the club, please contact HKTriA office at 2504 8282.
由於白石俱樂部車位有限，家長如需要泊車，請聯絡本會 電話：2504 8282
- All vehicles must arrival the Whitehead club before 6:30am and the vehicles must wait until the whole race finished.
所有如車輛停泊在白石俱樂部必須在早上 6 時 30 分前到達及完成整個比賽後才可離開。

Bike Hire Arrangement

- Hired bikes could be collected from BIKE HIRE AREA, collect your bike before the race start.
租用單車者只可在比賽出發前在租用單車處領取單車
- When you collect the bike, athletes need to pay HK\$90 for bike hire charge
租用單車者當處領取單車，必須繳交租車費用 HK\$90

- You must return your hired bike to the **BIKE HIRE AREA** within 1 hour after your race finish. Do not leave the bicycle at the Transition area.
- 租用單車者必須在比賽後把單車交還租用單車處, 請勿將單車棄置在轉項區

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 28 July, 2007, 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 7 月 29 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 28 July, 2007 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 7 月 28 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 (e.g. triathlon to aquathlon, etc) 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 (如:三項鐵人賽改為水陸兩項鐵人賽)或取消正在進行之比賽。
- If the above Inclement Weather / Condition Warnings be raised again on 29 July, 2007, the race will be cancelled without any more rescheduled race and the race entry fees will not be refund.
如 7 月 29 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
Tel 電話: 2504 8282 Fax 傳真: 2576 8253 E-mail 電郵: hktria@triathlon.com.hk
Web Site 網址: www.triathlon.com.hk