

Bank of China (Hong Kong) 56th Festival of Sport – Age Group Triathlon 中銀香港第五十六屆體育節 – 分齡組三項鐵人賽

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.
大會鼓勵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,故工作人員不會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.
大會鼓勵參加者熟讀比賽規則。
- Ensure that your bicycle is roadworthy. You are responsible for its roadworthiness. Folding bikes are not allowed for safety reasons.
參加者有責任確保單車之道路及安全性能。任何組別不準使用摺車作賽

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 swim cap, a timing chip, three stickers for your helmet (to be affixed on the front and sides of your helmet), bike number which will be fixed under your seat. 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.
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、3張頭盔貼紙(一張貼前面,其餘兩張貼在頭盔側邊)、單車號碼(扣在單車位下)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。
- After Registration, please proceed directly to Transition Area and rack your bike according to your race number.
報到完後,請前往轉項區根據比賽號碼掛好單車。
- 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。
- You will required to leave the Transition Area, no later than 10 minutes prior to the start of your race and listen to the race briefing. Please allow sufficient time to make your way to the Start Line. Race Briefing will be held at run start area.
參加者於所屬組別開賽前20分鐘須離開轉項區及前往聆聽賽事賽解。請預留充足時間前往起點。賽事賽解將於在跑步起點舉行。

Swim Stage 游泳賽程

Olympic Distance (1500m): The swim consists of two rectangle laps 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 (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.

繽紛賽程 (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 be indicated by 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.

不得穿過肩膀及長逾膝蓋之游泳裝束，助浮衣(Skin Suit), Speed Suit及保暖膠衣 (Wet Suit)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。

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 should follow the instruction of race officials to collect your bike and race equipments in person at the transition area after the whole race finish with the presentation of number cloth.

參賽者必須在整個比賽完成後，親身憑碼布到轉項區依照工作人員指示取回比賽用品及單車。

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

Bike Stage 單車賽程

Olympic Triathlon (40 km): Upon existing 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 (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 (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 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 the left side of the road except when overtaking, so that other road users and cyclists may overtake. Drafting penalties will be apply 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。

Wheel Size requirement is minimum 26 inches

車輪必須為 26 吋或以上方可作賽

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 of 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，再跑至近終點之轉折點，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 (2.5km): 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 (2.5km): 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

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

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, 6 May 2013. (afternoon).

比賽當日大會只公佈每組得獎名單。所有成績亦將於 2013年5月6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 include 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

How to attach your Race Timing Ankle Tag 怎樣佩帶Race Timing計時帶的方法?

- Your Ankle Tag has been pre-threaded with an ankle strap in the correct manner.
計時器已預先串上膠帶在如下左圖。
- Attach to your LEFT LEG, with writing facing up and secure with the clasp. The Tag should be facing outwards. Please see the attached image. This is to optimize reading of the Tag and to avoid interference with your bicycle chain ring.
請把計時帶縛在左腳眼上方,計時器必須向外, 並扣緊如下右圖。此乃確保接收無礙及以防單車鏈之干擾
- Scissors are available to cut excess vinyl if you wish. Longer straps are available if required.
扣好後再把剩餘的膠帶剪掉, 如有需要, 可索取較長的膠帶
- Please be sure to RETURN YOUR CHIP at the finish line. The race organizers will assist with removal. If you drop out of the race, you are responsible for returning your timing Tag to the timing centre, next to the finish line.
過終點後, 請退還此計時帶, 工作人員會協助收回。如於賽事中途退出, 亦請交回終點旁之計時中心
- The penalty cost of lost or failing to the chips at the finish line is HK\$100 each
如遺失或未能歸還晶片到終點, 罰款為港幣\$100





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.

比賽場地設有咪錶停車位，並於上午8時起收費。

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 re-scheduled on Sunday, 19 May 2013.

如於比賽前一天中午十二時懸掛八號颱風訊號或以上，賽事將於 5 月 19 日補賽

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 be re-scheduled on Sunday, 19 May 2013.

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，賽事將於 5 月 19 日補賽

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.

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 Warning be raised again on Sunday, 19 May 2013, the race will be cancelled without any more re-scheduled race and the race entry fees will be refund.

如 5 月 19 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: trihk@triathlon.com.hk

Web Site 網址: www.triathlon.com.hk