



Hong Kong Life Triathlon Championships 2013

香港人壽三項鐵人賽 2013

Race Date:	Sunday, 2 June 2013	比賽日期:	2013 年 6 月 2 日(星期日)
Race Venue:	Chong San Road, Shatin	比賽地點:	沙田創新路
Race Start:	6:00am (Course A)	比賽時間:	上午 6 時正 (賽程 A)
(Tentative)	8:00am (Course B)	(暫定)	上午 8 時正 (賽程 B)
	9:00am (Course C-D)		上午 9 時正 (賽程 C-D)
	10:30am (Course D Relay)		上午 10 時 30 分 (賽程 D 接力)
Fallback Date:	Sunday, 9 June 2013	補賽日期:	2013 年 6 月 9 日 (星期日)

Race Category 組別

Course 賽程 A (Swim 750m/Bike 20.3km/Run 4.8km)			
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 Elite Junior	男子/女子精英青年組	Born in 1994-1998	1994-1998 年出生
Male /Female Junior	男子/女子青年組	Born in 1994-1998	1994-1998 年出生
Male/Female Age Group 20-24	男子/女子 20 至 24 歲分齡組	Born in 1993-1989	1993-1989 年出生
Male/Female Age Group 25-29	男子/女子 25 至 29 歲分齡組	Born in 1984-1988	1984-1988 年出生
Male/Female Age Group 30-34	男子/女子 30 至 34 歲分齡組	Born in 1979-1983	1979-1983 年出生
Male/Female Age Group 35-39	男子/女子 35 至 39 歲分齡組	Born in 1974-1978	1974-1978 年出生
Male/Female Age Group 40-44	男子/女子 40 至 44 歲分齡組	Born in 1969-1973	1969-1973 年出生
Male/Female Age Group 45-49	男子/女子 45 至 49 歲分齡組	Born in 1964-1968	1964-1968 年出生
Male/Female Age Group 50-54	男子/女子 50 至 54 歲分齡組	Born in 1959-1963	1959-1963 年出生
Male/Female Age Group 55-59	男子/女子 55 至 59 歲分齡組	Born in 1954-1958	1954-1958 年出生
Male/Female Age Group 60 & Over	男子/女子 60 歲或以上	Born on 1953 or before	1953 年或以前出生
Relay Team (at least 2 members and max 3 members for relay team)	接力組 (每組最少有 2 名參加者，最多為 3 名)	Born on 1996 or before	1996 或以前出生
Paratriathlon	傷健組	Born on 1996 or before	1996 或以前出生
Course 賽程 B (Swim 250m/Bike 11.6km/Run 3.2km)			
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 1994-1998	1994-1998 年出生
Male /Female Open	男子/女子公開組	Born in 1974-1993	1974-1993 年出生
Male/Female Veteran	男子/女子元老組	Born on 1973 or before	1973 年或以前出生
Remarks: i. Athletes born between 1999-2001 are welcome to enter Youth Open category. ii. All National Squad Elite Junior and National Squad B members who born between 1999-2001 must enter Youth Open category. iii. All National Squad B members who born between 1994 -1998 must enter Elite Junior category.			
備註: i. 所有 1999-2001 年出生之運動員均可報名參加少年公開組 ii. 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少年公開組。 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。			
Trikids Course 賽程 C (Swim 250m/Bike 8.6km/Run 3.2km)			
Boys 2001	男子 2001	Girls 2001	女子 2001
Boys 2000	男子 2000	Girls 2000	女子 2000
Boys 1999	男子 1999	Girls 1999	女子 1999
Boys 1998	男子 1998	Girls 1998	女子 1998

香港人壽為下列金融集團聯營機構：





TriKids Course 賽程 D (Swim 250m/Bike 5.8km/Run 1.6km)

Boys 2005	男子 2005	Girls 2005	女子 2005
Boys 2004	男子 2004	Girls 2004	女子 2004
Boys 2003	男子 2003	Girls 2003	女子 2003
Boys 2002	男子 2002	Girls 2002	女子 2002

School Team Competition Rules 學校隊際組比賽規則

- School team results shall be determined by the sum of finishing times of top three individuals in each team.
學校隊際組之成績計算是根據每隊前三名完成者之完成時間總和
- Each team shall consist of at least three and at most six members. Each member must compete as individual in the same race course (**Either C or D**)
每隊參賽隊伍必須最少有三名隊員，而最多不得超過六名隊員。同一隊之隊員必須參與同一級別賽程 (**C 或 D**)
- Each member's result will also be counted in the individual category.
各隊員之個人成績，亦會計算於個人組別之成績內
- There is no limit on the number of teams entering from each school in each category.
各學校在各組別的參賽隊數不限
- School team members' entry form must be submitted together.
所有學校隊際組別的參賽報名表必須一併遞交

Course 賽程 D (Swim 250m/Bike 5.8km/Run 1.6km)

* at least 2 members and max 3 members for any relay team 各接力組別最少有 2 名參加者，最多為 3 名

Para Relay (at least 1 disabled member)	傷健接力組 (最少有 1 名傷健參加者)	Born on 2005 or before	2005 或以前出生
Family Relay (at least 1 parent or relative & 1 child member)	親子接力組(每組最少各有 1 名家長或親屬及子女, 家長或親屬與子女需有長輩關係)	Born on 2005 or before	2005 或以前出生
Best Costume Relay	最佳造型接力組	Born on 2005 or before	2005 或以前出生

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

Wheel Size requirement is minimum 26 inches (except TriKids category)

車輪必須為 26 吋或以上方可作賽 (小鐵人組除外)

This event will be using electronic timing system

這場比賽會用電子計時系統

Rules of Best Costume Relay**最佳造型接力組細則**

- At least 1 member of the team is with special dress up during the race
每組必須有最少 1 人穿上獨特服飾進行比賽
- Please ensure the special dress up will not affect your own safety & race performance
服飾造型以不影響參加者的安全及比賽進度為大原則
- The relay team members should check in at the designated area for the organizer to take a group photo for assessment
最佳造型接力組的所有成員必須比賽當日到指定地方報到，並供大會拍攝造型照以作評審

Entry Fee 報名費	TriHK Member HK\$180	香港三項鐵人總會會員港幣\$ 180
	Non TriHK Member HK\$ 250	非香港三項鐵人總會會員港幣\$ 250
	Relay Team: Teams may consist of 2 or 3 persons, each team HK\$ 350	所有接力組別: 必須包括 2 至 3 名隊員, 每組報名費港幣\$ 350
	A HK\$50 surcharge will be levied for any late entries which have been accepted. Late entry only be accepted until Friday, 24 May 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 2012 年 5 月 24 日 (星期五)。	
Bike Hire Service 租單車服務	The Association will not arrange bike hire service, should you require bike hiring, please contact Elite Sport Limited (Mr. Ho Tel: 9686 7656) or other bike hire company. 大會不設租單車服務, 如需要租用單車, 請自行聯絡精英體育發展有限公司 (何先生 電話 9686 7656) 或其他租單車服務公司。	

香港人壽為下列金融集團聯營機構:





Deadline for Entry 截止報名日期	21 May 2013 (Tuesday) 2013 年 5 月 21 日 (星期二)。 The date of the stamp on the envelope is treated as the date of receipt by TriHK. 以郵戳日期為準。
	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 the fallback date, and your entry fee will not be refunded (if you did not participate on the fallback day and races cannot be successfully held on the fallback date). All entry fees are also not transferable to another applicant. 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(包括補賽日不出席及補賽日不能成功舉行, 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。
Entry Procedure 報名手續	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". 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。 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 . 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 。
Awards 獎項	<p>Individual 個人組 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: 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>School Team 學校隊際賽 A flag and 3 medals will be presented to each of the Top 3 Teams in each category. 各學校隊際組別前三名將獲頒發錦旗一面及三枚獎牌</p> <p>The Best Costume Award 最佳服裝造型大獎 Participants of Best Costume Relay are entitled to compete for the "Best Costume Award". The organizer will base on the creativity and special dress up of participants and select 1 Champion Team. The Champion Team will be presented a cash prize in HK\$2,888 sponsored by Hong Kong Life. 凡參加最佳造型接力組之隊伍, 均可競逐「最佳服裝造型大獎」; 大會將根據參加者之獨特扮相及創意, 選出最具代表性的得獎隊伍。得獎隊伍將獲香港人壽送出總值港幣\$2,888 元之現金獎以作嘉許 (名額一份)。</p> <p>Relay Team 接力組 Each member of the Champion, 1st Runner Up & 2nd Runner Up relay team will be presented a medal. 各接力組賽事設立冠、亞及季軍隊伍, 得獎隊伍之每名成員均獲頒發獎牌。</p> <p>Individual and Club Series Scoring Method 個人及屬會聯賽評分方法 For detail information, please visit: www.triathlon.com.hk 詳細資料請瀏覽: www.triathlon.com.hk</p>



Hong Kong Life Triathlon Championships 2013

香港人壽三項鐵人賽 2013

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 2012 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: _____ (must fill in for race information update 必須填寫以便大會發出賽事最新資訊)

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

Category 組別 Tick as appropriate 在適當括號內以'✓'表示:			Amount Due 費用 HK\$	
Course 賽程 A <input type="checkbox"/> Elite Open 精英公開 <input type="checkbox"/> Elite Junior 精英青年組 <input type="checkbox"/> Junior 青年組 <input type="checkbox"/> Age Group 分齡組 <input type="checkbox"/> Relay Team 接力組 <input type="checkbox"/> Paratriathlon 傷健組	<input type="checkbox"/> Course 賽程 B <input type="checkbox"/> Course 賽程 C <input type="checkbox"/> Course 賽程 D	Course 賽程 D <input type="checkbox"/> Para Relay 傷健接力組 <input type="checkbox"/> Family Relay 親子接力組 <input type="checkbox"/> Best Costume Relay 最佳造型接力組	Entry Fee 報名費 \$ _____ Late Charge 逾期報名 \$ _____ Total 總數:	

Relay Team Details – 接力組資料 Team member must fill-in the individual personal details 隊際組之隊員必須填妥個人資料

Name of Relay Team 接力組名稱: _____

Name of Team Captain 領隊姓名: _____ (Chinese 中文) _____ (English 英文)

Name of members 隊員姓名: (Swim 游泳) _____ (Bike 單車) _____ (Run 跑步) _____

School Team Members' Detail 學校隊際組隊員資料

School Team 學校隊際組: Boys 男子 / Girls 女子

Course 賽程: C/D

Name of School 學校名稱: _____

Name of Team Captain 領隊姓名: _____ Contact No 聯絡電話: _____

Member Details 隊員資料:

	Chinese Name 中文姓名	English Name 英文姓名	Year of Birth 出生年份
1.			
2.			
3.			
4.			
5.			
6.			

香港人壽為下列金融集團聯營機構:



**責任聲明 Declaration**

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 Tri HK to use the above personal data in the operation of this activity and to inform me of future activities. I understand I can contact trihk@triathlon.com.hk to amend any of my personal data, and or to refuse receiving further promotional information by emailing to the said address.

I am physically fit and capable of participating in the Event and have not been otherwise advised by a qualified medical practitioner.

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。本人明白可隨時聯絡 trihk@triathlon.com.hk 以修改個人資料或提出拒絕接收往後之宣傳資料。

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。

Signature 參加者簽署: _____

Guardian's Signature 監護人簽署: _____ Date 日期: _____

(Guardian's Signature is required for participants under the age of 18 凡未滿 18 歲之參加者，必須由監護人簽名同意)

香港人壽為下列金融集團聯營機構：

