



# Hong Kong Life Triathlon Championships 2012 ~ Age Group Triathlon 香港人壽三項鐵人賽 2012 - 分齡錦標賽

Race Date:	Sunday, 3 June 2012	比賽日期:	2012 年 6 月 3 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 - B)	比賽時間:	上午 6 時正 (賽程 A - B)
Fallback Date:	Sunday, 17 June 2012	補賽日期:	2012 年 6 月 17 日 (星期日)

## Race Category 組別

Course 賽程 A (Swim 750m/Bike 20km/Run 5km)			
Male/Female Elite Open	男子/女子精英公開組	Born on 1992 or before	1992 年或以前出生
Male/Female Elite Junior	男子/女子精英青年組	Born in 1993 - 1996	1993 - 1996 年出生
Female Age Group 20-24	女子 20 至 24 歲分齡組	Born in 1992 - 1988	1992 - 1988 出生
Female Age Group 25-29	女子 25 至 29 歲分齡組	Born in 1987 - 1983	1987 - 1983 出生
Female Age Group 30-34	女子 30 至 34 分齡組	Born in 1982 - 1978	1982 - 1978 出生
Female Age Group 35-39	女子 35 至 39 分齡組	Born in 1977 - 1973	1977 - 1973 出生
Female Age Group 40-44	女子 40 至 44 分齡組	Born in 1972 - 1968	1972 - 1968 出生
Female Age Group 45- 49	女子 45 至 49 歲分齡組	Born in 1967 - 1963	1967 - 1963 出生
Female Age Group 50-54	女子 50 至 54 歲分齡組	Born in 1962 - 1958	1962 - 1958 出生
Female Age Group 55-59	女子 55 至 59 歲分齡組	Born in 1957 - 1953	1957 - 1953 出生
Female Age Group 60 & Over	女子 60 歲或以上分齡組	Born on 1952 or before	1952 年或以前出生
Male Age Group 20-24	男子 20 至 24 歲分齡組	Born in 1992 - 1988	1992 - 1988 年出生
Male Age Group 25-29	男子 25 至 29 歲分齡組	Born in 1987 - 1983	1987 - 1983 年出生
Male Age Group 30-34	男子 30 至 34 歲分齡組	Born in 1982 - 1978	1982 - 1978 年出生
Male Age Group 35-39	男子 35 至 39 歲分齡組	Born in 1977 - 1973	1977 - 1973 年出生
Male Age Group 40-44	男子 40 至 44 歲分齡組	Born in 1972 - 1968	1972 - 1968 年出生
Male Age Group 45-49	男子 45 至 49 歲分齡組	Born in 1967 - 1963	1967 - 1963 年出生
Male Age Group 50-54	男子 50 至 54 歲分齡組	Born in 1962 - 1958	1962 - 1958 年出生
Male Age Group 55 & 59	男子 55 至 59 歲分齡組	Born in 1957 - 1953	1957 - 1953 年出生
Male Age Group 60 & Over	男子 60 歲或以上	Born in 1952 or before	1952 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 in 1996 or before	1996 或以前出生
Course 賽程 B (Swim 200m/Bike 12km/Run 1.5km)			
Male /Female Junior	男子/女子青年組	Born in 1993 - 1996	1993 - 1996 年出生
Male /Female Open	男子/女子公開組	Born in 1992 - 1973	1992 - 1973 年出生
Male/Female Veteran	男子/女子元老組	Born on 1972 or before	1972 年或以前出生
Course 賽程 C (Swim 200m/Bike 8km/Run 1.5km)			
Male/Female Youth Open	男子/女子少年公開組	Born in 1997 - 2000	1997 - 2000 年出生
Course 賽程 D (Swim 200m/Bike 4km/Run 1.5km)			
* 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 in 2004 or before	2004 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 in 2004 or before	2004 或以前出生
Best Costume Relay	最佳造型接力組	Born in 2004 or before	2004 或以前出生

香港人壽為下列金融集團聯營機構：



贊助商 Sponsors:





## 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**

車輪必須為 26 吋或以上方可作賽

**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 members of the team are 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

**Doping tests will be conducted among participants in the Elite Open, Elite Junior and Open Youth Categories (both men's and women's). The procedure will be conducted according to the latest International Standard for Testing.**  
藥檢測試將從男女子精英公開組 / 男女子精英青年組 / 男女子少年公開組參加者中抽樣進行。有關之測試程序將按最新之國際標準進行

<b>Entry Fee</b> 報名費	Tri HK Member HK\$180	香港三項鐵人總會會員港幣\$ 180
	Non Tri HK 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 has been accepted. <b>Late Entry only accept until Wednesday, 23 May 2012.</b> 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 23 日 (星期三)。	
<b>Bike Hire Service</b> 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。	
<b>Deadline for Entry</b> 截止報名日期	21 May 2012 (Monday) 2012 年 5 月 21 日 (星期一)。 The date of the stamp on the envelope is treated as the date of receipt by Tri HK. 以郵印日子為準。	

The Tri HK 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 Tri HK, your entry will automatically carried forward to 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.

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。

<b>Entry Procedure</b> 報名手續	Deposit or transfer the prescribed amount into the Hong Kong Bank saving account of Tri HK (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 Tri HK office, Room 1020 Olympic House, 1 Stadium Path, So Kon Po, Causeway Bay, Hong Kong., by fax on 25768253 or by email to <a href="mailto:trihk@triathlon.com.hk">trihk@triathlon.com.hk</a> . 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 <a href="mailto:trihk@triathlon.com.hk">trihk@triathlon.com.hk</a> 。
--------------------------------	--

香港人壽為下列金融集團聯營機構:





## Awards 獎項

### 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：

Awards will be presented to the Top 3 finishers, if the number of entries in that category is 10 or less.

如該組別參加者為 10 人及以下，則只頒發獎項給前 3 名。

Awards will be presented to the Top 4 finishers, if the number of entries in that category is 11-20.

如該組別參加者為 11-20 人，則只頒發獎項給前 4 名。

Awards will be presented to the Top 5 finishers, if the number of entries in that category is 21-30.

如該組別參加者為 21-30 人，則只頒發獎項給前 5 名。

Awards will be presented to the Top 6 finishers, if the number of entries in that category is 31-40.

如該組別參加者為 31-40 人，則只頒發獎項給前 6 名。

Awards will be presented to the Top 7 finishers, if the number of entries in that category is 41-50.

如該組別參加者為 41-50 人，則只頒發獎項給前 7 名。

Awards will be presented to the Top 8 finishers, if the number of entries in that category is 51-60.

如該組別參加者為 51-60 人，則只頒發獎項給前 8 名。

Awards will be presented to the Top 10 finishers, if the number of entries in that category is 61 or over.

如該組別參加者為 61 人或以上，則只頒發獎項給前 10 名。

### Relay Team 接力組

Each member of the Champion, 1<sup>st</sup> Runner Up & 2<sup>nd</sup> 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。

### 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)。

### 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](http://www.triathlon.com.hk)

詳細資料請瀏覽：[www.triathlon.com.hk](http://www.triathlon.com.hk)

香港人壽為下列金融集團聯營機構：



指定用水  
Official Water



贊助商 Sponsors:



指定運動用水  
Official Sports Drink



指定游泳用品  
Official Swim Gear



指定訓練夥伴  
Official Training Partner





# Hong Kong Life Triathlon Championships 2012 ~ Age Group Triathlon

## 香港人壽三項鐵人賽 2012 - 分齡錦標賽

### 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 2012 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			Amount Due 費用 HK\$	
Tick as appropriate 在適當括號內以'✓'表示:				
<b>Course 賽程 A</b>	( ) Course 賽程 B	<b>Course 賽程 D</b>	Entry Fee 報名費	\$ _____
( ) Elite Open/Junior 精英公開/精英青年組	( ) Course 賽程 C	( ) Para Relay 傷健接力組	Late Charge 逾期報名	\$ _____
( ) Age Group 分齡組		( ) Family Relay 親子接力組	<b>Total 總數:</b>	
( ) Relay Team 接力組		( ) Best Costume Relay 最佳造型接力組		

**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: (Run 跑步) \_\_\_\_\_ (Bike 單車) \_\_\_\_\_ (Run 跑步) \_\_\_\_\_

### 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 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。

Ssignature 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:

