



2016.10.02 Golden Beach

SOGO Aquathlon Series Race 2

HK Inter Schools Aquathlon Relay Championship

CLASSIFIED Open Water Water Series Race 2

Time 時間	Event 比賽組別	Registration time 報到時間	Race Briefing
0700	SS Boys (8-12)	0605-0640	0645 at Beach Swim Start
0702	SS Girls (8-12)	0605-0640	0645 at Beach Swim Start
0705	FLASH Female and Male	0605-0655	0645 at Beach Swim Start
0710	SS Boys and Girls (6-7)	0605-0655	0645 at Beach Swim Start
0730	TURBO Female (all)		0720 at Beach Swim Start
0735	TURBO Male 20-29, 30-34, 35-39	0605-0715	0720 at Beach Swim Start
0736	TURBO Male 40-44, 45-49	0605-0715	0720 at Beach Swim Start
0737	TURBO Male 16-19, 50-59, 60+	0605-0715	0720 at Beach Swim Start
0805	Award Ceremony- SS and FLASH		Kiosk
0845	Inter Schools Relay	0605-0815	0825 at Beach Swim Start
0905	Award Ceremony- Inter Schools Relay		Kiosk
0920	Award Ceremony- TURBO AQ		Kiosk
0950	Open Water Swim TURBO Female	0830-0925	0940 at Beach Swim Start
0955	Open Water Swim TURBO Male	0830-0925	0940 at Beach Swim Start
0957	Open Water Swim FLASH	0830-0925	0940 at Beach Swim Start
1015	Award Ceremony- TURBO AQ		Kiosk
1100	Award Ceremony- OWS		Kiosk



Registration 報到

Please proceed to Registration at least 30 minutes before your heat start time. Each athlete will receive a swim cap and a timing chip. Athletes will also have their numbers marked on arms and legs by officials. **Baggage Deposit** will be next to Registration.

請於組別出發時間最少 30 分鐘到達報到處,介時將會派發比賽計時晶片及泳帽,參加者手臂及腿上將會由大會工作人員寫上比賽號碼.行李寄存將設於報到處旁.

* If you are doing both the Aquathlon and the Open Water Swim races, please collect your OWS chip and cap at Registration after you complete the AQ race.

*如閣下同時參加水陸兩項及公開水域比賽,水陸兩項 比賽完成後,請返回報到處領取另一套泳帽及晶片

Transition 轉項區

Transition will open at 6:05am. Only athletes are allowed inside Transition. As there will be athletes from other heats entering and exiting Transition during their races, all athletes are reminded to pay special attention to instructions by Technical Officials.

轉項區會於上午 6 時 05 分開放,除比賽運動員外,其他人一律禁止進入轉項區,敬請各位遵從大會工作人員的指示.

Race Briefing 賽事說明

Race Briefing will be held just prior to race start for each heat at the Start Line on the beach.

各組別之開賽前於起點將舉行賽事講解

IMPORTANT NOTES 重要提示:

*All athletes **must** wear running shoes during all run segments. Athletes **must** have their torsos covered in all run segments.

*所有參賽運動員於跑步賽段**必須**穿著合適之運動鞋.運動員於所有跑步賽段**必須**穿著上衣比賽.(違者將被取消資格)

AQUAWIZ

Race Course:

SOGO Aquathlon Series: (light blue + red + yellow)

Turbo: Swim 300m+ Run 2km + Swim 300m + Run 2km + Swim 300m (Age 16+)

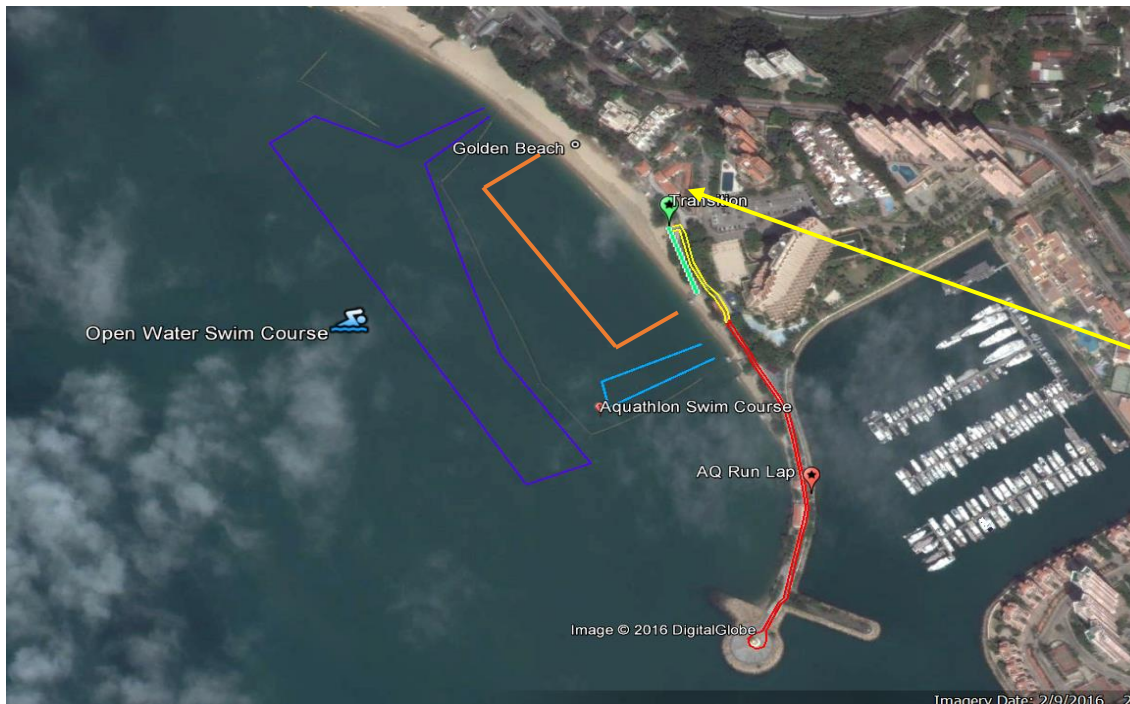
Flash: Swim 150m+ Run 2km + Swim 150m + Run 1km + Swim 150m (Ages 13+)

Super Star: Swim 150m + Run 2km + Swim 150m (Ages between 8-12) Swim 100m – Run 400m (Ages 6-7)

Inter Schools Relay: Swim 100m + Run 400m (Ages between 6-19)

CLASSIFIED Open Water Swim Series: (purple)

Turbo: 3000m (Ages 16+) **Flash:** 1500m (Ages 8+)



Registration/Baggage Deposit
報到處/行李寄存

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*Course Map not to scale