



## 2016.04.24 Repulse Bay & Seaview Promenade

Inter Schools Aquathlon Championship (Ages 6-19)

**SOGO Aquathlon Series Race 1 (Ages 20 - 60+)**

**CLASSIFIED Open Water Water Series Race 1 (Ages 8 - 60+)**

### Event Rundown

Time	Event	Description
0605	Registration starts Transition opens	Registration will be closed 20 mins prior to event start time for all heats.
0705	A B Grade Boys and Girls	Run 800m; Swim 500m; Run 2.4km
0710	C Grade Boys	Run 600m; Swim 400m; Run 2km
0711	C Grade Girls	Run 600m; Swim 400m; Run 2km
0730	D Grade Boys	Run 400m; Swim 300m; Run 1.6km
0735	E Grade Boys	Run 400m; Swim 300m; Run 1.6km
0750	D E Grade Girls	Run 400m; Swim 300m; Run 1.6km
0755	U7 Boys and Girls	Swim 100m; Run 400m
0820	Award Ceremony	HK Inter Schools Aquathlon Championship
0803	Turbo Male 30-34, 35-39	Run 1.6km; Swim 1000m; Run 4.8km
0806	Turbo Female 19-34, 35-49, 50+	Run 1.6km; Swim 1000m; Run 4.8km
0809	Turbo Male 19-29, 50-59, 60+	Run 1.6km; Swim 1000m; Run 4.8km
0820	Turbo Male 40-44, 45-49	Run 1.6km; Swim 1000m; Run 4.8km
0830	Flash Female & Male	Run 800m; Swim 500m; Run 2.4km
0930	Award Ceremony	SOGO Aquathlon
1015	Open Water Swim TURBO Female	3000m
1018	Open Water Swim TURBO Male	3000m
1021	Open Water Swim Super Stars & FLASH Female	1500m
1024	Open Water Swim FLASH Male	1500m
1130	Award Ceremony	CLASSIFIED Open Water Swim



## 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 come back to Registration to re-register before 10am. You will receive a new swim cap, timing chip and old numbers will be removed for new marking.

\*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重新報到,領取不同顏色之泳帽及寫上另一比賽號碼,截止報到時間為上午 10 時正

## SOGO Aquathlon

### Transition 轉項區

Transition will open at 6:20am. 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 20 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 near Transition.

各組別之開賽前於起點將舉行賽事講解.



## Course Description 賽程

Turbo Aquathlon 水陸兩項挑戰組賽程:

Athletes will first run on the beach for 1.6km into Transition and onto the swim segment of 1000m. After the swim, athletes will run back to Transition to change into running gears and head out to Seaview Promenade for a 4.8km run.

運動員首先於沙灘上進行 1.6 公里 跑然後進入轉項區,隨即進行 1000 米之游泳再返回轉項區,最後沿麗海堤岸路進行 4.8 公里之跑步至終點.

Flash Aquathlon 水陸兩項半程組賽程:

Athletes will first run on the beach for 800m into Transition to take off running gears for the swim segment of 500m. After the swim, athletes will run back to Transition to change into running gears and head out to Seaview Promenade for a final 2.4km run.

運動員首先於沙灘上進行 800 米跑然後進入轉項區,隨即進行 500 米之游泳再返回轉項區,最後沿麗海堤岸路進行 2.4 公里之跑步至終點.

### IMPORTANT NOTES 重要提示:

\*All athletes **must** wear running shoes during all run segments. For the beach run, boys are not required to cover their torsos.

However, for the second segment of the run on Seaview Promenade, all athletes **must** have their torsos covered.

\*所有參賽運動員於跑步賽段**必須**穿著合適之運動鞋.運動員於第一程之沙灘跑可選擇不穿著上衣,但完成游泳賽段後之跑步賽段則亦**必須**穿著上衣比賽.(違者將被取消資格)

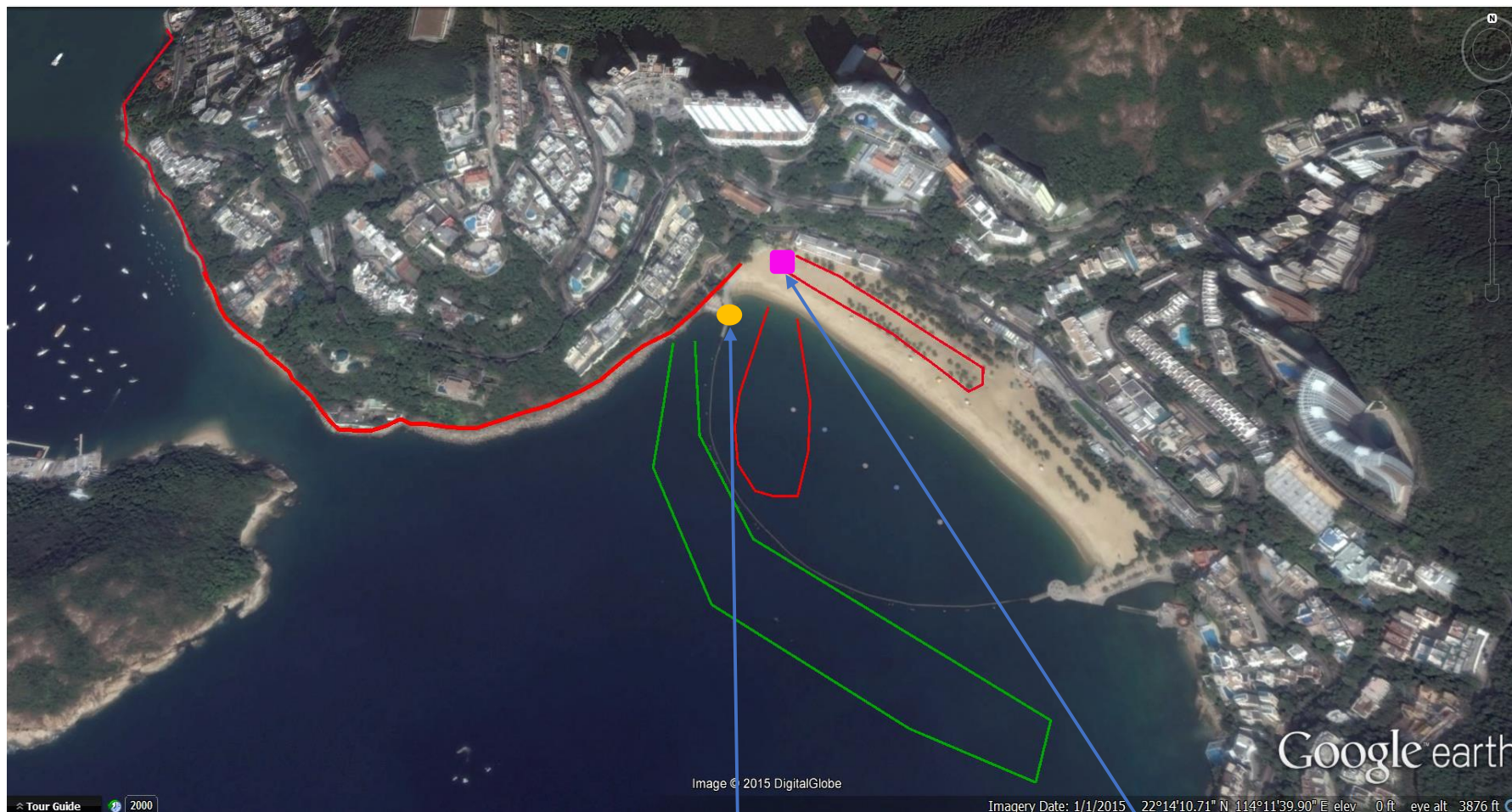
## CLASSIFIED Open Water Swim 公開水域賽

Turbo 挑戰組 3000m

Flash 半程組 / Super Star 明日之星組 1500m

# AQUAWIZ

Red- Aquathlon / Green- Open water swim



\*Course Map not to scale

Registration/Baggage Deposit  
報到處/行李寄存

Transition 轉項區