

Event Schedule 比賽時間表

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	

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,屆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.

Transition 轉項區

Transition will open at 6:10am. 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 follow instructions by the 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.

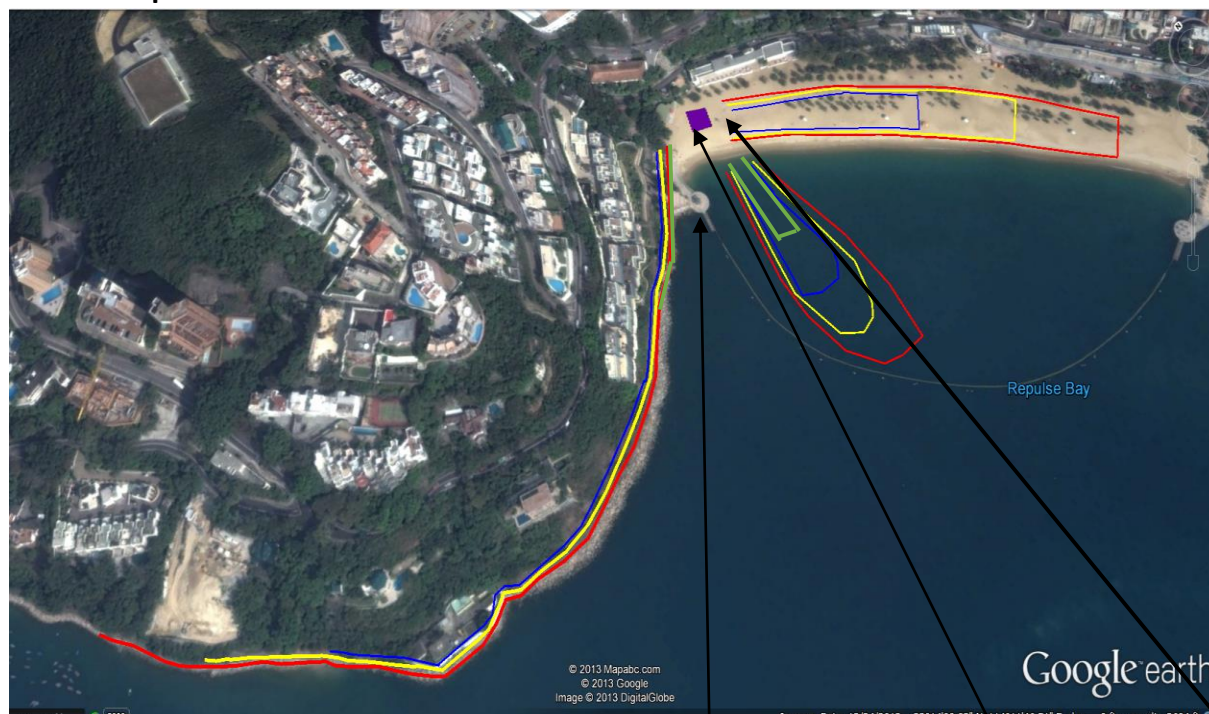
各組別之開賽前於沙灘起點舉行賽事講解.

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)

Course Map



Registration
報到處

Transition
轉項區

Beach Start

- Course 1 Run 800m; Swim 500m; Run 2.4km
- Course 2 Run 600m; Swim 400m; Run 2km
- Course 3 Run 400m; Swim 300m; Run 1.6km
- Course 4 Swim 100m; Run 400m

*map not to scale