

Event Schedule 比賽時間表

Time	Event	Description
0615	Registration	Registration will be closed 20 mins prior to event start time for all heats.
0715	A B Grade Boys	Run 800m; Swim 500m; Run 2.4km
0717	A B Grade Girls	Run 800m; Swim 500m; Run 2.4km
0720	C Grade Boys & Girls	Run 600m; Swim 400m; Run 2km
0730	D E Grade Boys	Run 400m; Swim 300m; Run 1.6km
0733	D E Grade Girls	Run 400m; Swim 300m; Run 1.6km
0745	7 & Under	Swim 100m; Run 400m
0840	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,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.

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 near Transition.

各組別之開賽前於起點將有賽事講解.

Course Description 賽程

Course 賽程 1: Run 跑 800m Swim 游 500m Run 跑 2.4km

Athletes will first run on the beach for one lap of 800m into Transition to take off running gears for the swim segment of 1 lap of 500m. After the swim, athletes will run to Transition again to change back into running gears and head out to Seaview Promenade for 2 laps of 1.2km.

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 1 圈 500 米之游泳再返回轉項區,最後沿麗海堤岸路進行 2 圈共 2.4 公里之跑步至終點.

Course 賽程 2: Run 跑 600m Swim 游 400m Run 跑 2km

Athletes will first run on the beach for one lap of 600m into Transition to take off running gears for the swim segment of 1 lap of 400m. After the swim, athletes will run to Transition again to change back into running gears and head out to Seaview Promenade for 2 laps of 1km.

運動員首先於沙灘上進行 600 米跑然後進入轉項區,隨即進行 1 圈 400 米之游泳再返回轉項區,最後沿麗海堤岸路進行 2 圈共 2 公里之跑步至終點.

Course 賽程 3: Run 跑 400m Swim 游 300m Run 跑 1.6km

Athletes will first run on the beach for one lap of 400m into Transition to take off running gears for the swim segment of 1 lap of 300m. After the swim, athletes will run to Transition again to change back into running gears and head out to Seaview Promenade for 2 laps of 800m.

運動員首先於沙灘上進行 400 米跑然後進入轉項區,隨即進行 1 圈 300 米之游泳再返回轉項區,最後沿麗海堤岸路進行 2 圈共 2.4 公里之跑步至終點.

Course 賽程 4: Swim 游 100m Run 跑 400m

Athletes will swim 1 lap of 100m then run to Transition to change into running gears and head out to Seaview Promenade for 1 lap of 400m.

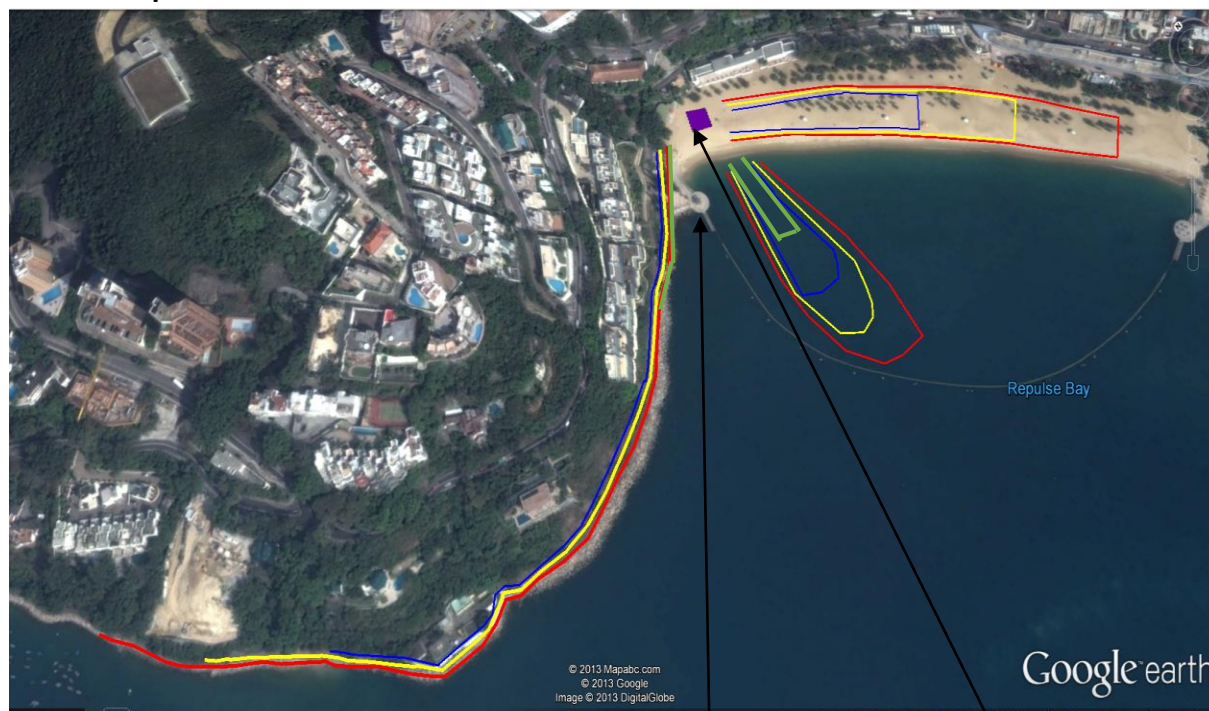
運動員首先進行 1 圈 100 米之游泳,隨即往轉項區,然後沿麗海堤岸路進行 1 圈 400 米之跑步至終點.

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)

Course Map



Registration
報到處

Transition
轉項區

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