

AQUAWIZ

1. Each team will consist of two members.
2. There will be 4 divisions:
 - AB Born on or after 1997/1/1
 - C Born on or after 2002/1/1
 - D Born on or after 2004/1/1
 - E Born on or after 2006/1/1
 - F Born in 2009 and 2010
3. For each division, there will be 3 categories: male/female/mixed
4. Trophies will be awarded to the Top 5 teams in each category and the Top 3 schools in each division.
5. The finish times of the top three teams from each school in each division will be added together. The school with the lowest total finish time will be awarded the Division Champion; the second lowest and third lowest times the First and Second Runners-up in the respective divisions.
6. The relay format:

The first competitor will complete a **100m swim** before handing over to the next swimmer. After both competitors have completed the swim, the first competitor will complete a **400m run** before handing over to the second runner. Competitors must complete the swim and the run in the same sequence (i.e. first swimmer must be the first runner.)
7. Timing will be from the start of the swim of the first swimmer to the end of the run of the last runner.
8. The relay will commence after the Aquathlon. Competitors will be marshalled from the assembly area to the swim holding area.
9. When a swimmer has completed his/her swim, he/she may then remove the tag, without assistance, and hand it over to the next swimmer. The next swimmer must then securely attach the tag, without assistance, before commencing his/her swim.
10. Once a swimmer has exited from the swim, he/she must proceed directly to the transition area.
11. The last swimmer will tag the first runner by completely entering the transition area; and, without assistance, remove the tag and hand it to the first runner.
12. All runners must securely attach the tag to either ankle before exiting the transition area.
13. There is no limit to the number of teams per school.
14. The entry fee per team is HK\$300.