

**2015 SOGO Aquathlon Series Race2 cum
Aquawiz Open Water Swim Series Race2**



SOGO Hong Kong Aquathlon Series Pak Shek Kok: (red + dark blue)

Turbo: Run 3km - Swim 1200m - Run 4.5km (Age 16+)

Flash: Run 1.5km - Swim 600m - Run 3km (Ages 13+)

Super Star: Run 1.5km - Swim 300m - Run 1.5km (Ages between 8-12)
Swim 100m – Run 400m (Ages 6-7)

AQUAWIZ Open Water Swim Series Pak Shek Kok: (light blue)

Turbo: 3000m (Ages 16+)

Flash: 1500m (Ages 8+)

Tentative Event Schedule 比賽時間表

Time 時間	Event 比賽組別	Description 賽程	Registration time 報到時間
0700	Turbo Female	Run 3km; Swim 1200m; Run 4.5km	0600-0645
0702	Turbo Male 50+, 16-19, 20-24, 25-29	Run 3km; Swim 1200m; Run 4.5km	0600-0645
0710	Turbo Male 30-34, 35-39	Run 3km; Swim 1200m; Run 4.5km	0600-0655
0712	Turbo Male 40-44, 45-49	Run 3km; Swim 1200m; Run 4.5km	0600-0655
0720	Flash F&M, Male13-15 Female 13-15	Run 1.5km; Swim 600m; Run 3km	0600-0705
0730	SS Boys & Girls 8-10, 11-12	Run 1.5km; Swim 300m; Run 1.5km	0600-0715
0740	SS Boys & Girls 6-7	Swim 100m; Run 400m	0600-0715
0850	Award Ceremony	Aquathlon	
0935	Open Water Swim TURBO Female	3000m	0830-0915
0938	Open Water Swim TURBO Male	3000m	
0945	Open Water Swim FLASH	1500m	0830-0925
1045	Award Ceremony	Open Water Swim	

Registration 報到

Please proceed to **Registration** at Pak Shek Kok Pier. Each athlete will receive a swim cap and a timing chip. Please strap the timing chip around your **left** ankle. Athletes will have their numbers marked on both arms. **Baggage Deposit** will be available near the Pier.

* If you are doing both the Aquathlon and the Open Water Swim races, please come back to Registration to re-register between 0820 and 0920. You will receive a new swim cap, timing chip and old numbers will be removed for new marking.

報到處設於白石角碼頭,屆時將會派發泳帽,比賽計時晶片,晶片帶,請把晶片緊扣在帶上後繫於左腳腕上.行李寄存設於白石角碼頭附近.

參加者左右手臂上均須寫上比賽號碼.

*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 9 時 15 分

Transition 轉項區

Transition will remain open from 0600. 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 時開放運動員,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.

IMPORTANT NOTES 重要提示:

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

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