

## 活動詳情與規定

### Event Details and Regulations

#### 1. 比賽地點 Venue of Competition :

政府飛行服務隊總部 4 號飛機庫 GFS Headquarters Hangar Zone 4

#### 2. 賽制 Format :

**維護國家安全盃** (兩項鐵人混合接力賽事) : 每隊必須由 6 名隊員組成, 當中必須包括至少一名女性隊員及一位青年隊員。隊際不設分齡。

**Safeguarding National Security Cup** (Duathlon Mixed Relay) : Team of 6, each team shall include at least one female and one youth team member. Age group is not applicable for team relay.

#### 賽事內容 :

- 單車機 18 公里, 跑步機 5 公里。單車機和跑步機同時開始。若比賽隊伍多於 8 隊, 將會分組作賽, 不設初賽。所有組別中以最短時間完成賽事的隊伍為勝。
- 每位隊員最少均須要上一次單車機及跑步機。換人次數不限。

#### Race Contents:

- Watt Bike 18km and Trueform Treadmill 5km. Watt Bike and Trueform Treadmill will start simultaneously. If there are more than 8 teams, they will be divided into 2 or more groups. There will be no preliminary round. The team that completes the event in the shortest time among all groups will be the winner.
- Each team member needs to be on Watt Bike and Trueform Treadmill at least once.  
Unlimited interchange is allowed.

### 3. 比賽流程及賽規：

#### Rundown of the Competition and Rules:

#### 流程圖 Flow Chart



- i. 所有賽事均採用大會提供的 Watt Bike 和 Trueform Treadmill 進行。參賽者可自行調整風阻。

All races will be performed on Watt Bike and Trueform Treadmill provided by the organizer. Participants are allowed to change the resistance setting of the Watt Bike.

### 4. 獎項 Prize and Awards :

冠亞季軍隊每位成員可得獎牌乙枚。

For the **Safeguarding National Security Cup** (GFS Duathlon, Watt Bike 18km and Trueform Treadmill 5km). The top three teams will receive medals.

### 5. 參考影片 Video for reference :

跑步機安全事項 Safety Demonstration of Treadmill

<https://youtu.be/keE-kla-qh0?si=cTZbdvFNr7enPIZF>

跑步機接力示範 / Treadmill Relay Demonstration

<https://youtu.be/wwsQWPUVBo0?si=ltMEVRzGAO-C64EU>

單車機接力示範 / Watt Bike Relay Demonstration

<https://youtu.be/5jtamhvFdL4?si=uZE9D2-ebwB2A54E>

若本須知中有任何不足之處，大會保留修改的權利。

Should there be any inadequacies found in these guidelines, the organizer reserves the right to make appropriate amendments.