



長跑比賽 Distance Run Competition

主辦：
Organiser



康樂及文化事務署
Leisure and Cultural
Services Department

銀贊助：

Silver Sponsor



保心安

參賽者須知

Guidelines for Participants

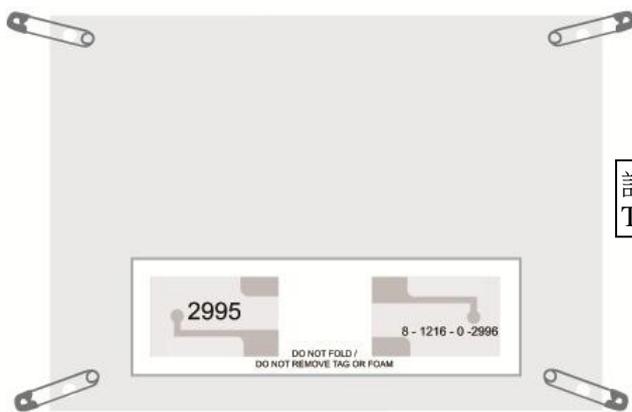
1. **各參賽者／教練／代表請注意：**所有參賽者或其家長／監護人必須簽署「年滿十八歲的參賽者聲明」或「未滿十八歲的參賽者聲明」，並寄回、交回或傳真（傳真號碼：2634 0786）至新界沙田排頭街 1 至 3 號康樂及文化事務署總部 2 樓康樂及文化事務署大型活動組。如任何參賽者未能於賽事開始前簽署及遞交「參賽者聲明」，大會有權取消其參賽資格。

All participants/coaches/representatives should be noticed: All participants or their parents/guardians must sign the “Declaration by Participants aged 18 or above” or “Declaration by Participants aged below 18” and return it by mail, in person or by fax to the Major Events Section of the Leisure and Cultural Services Department (Address: 2/F, Leisure and Cultural Services Headquarters, 1-3 Pai Tau Street, Sha Tin, New Territories; Fax no.: 2634 0786). If any participant fails to submit the “Declaration by Participants” before the commencement of the competition, the Organiser reserves the right to disqualify him/her from participating in the competition.

2. 比賽地點：大埔船灣淡水湖主壩（大美督）
Venue of Competition : Main Dam of Plover Cove Reservoir, Tai Po (Tai Mei Tuk)
3. 參賽者必須年滿 15 歲及只能代表一間機構，並在比賽首場賽事舉行前，已在香港連續為參賽機構工作 4 星期或以上，每星期工作最少 18 小時，而且在比賽進行期間，仍然受僱於該機構。
A participant can only represent one organisation and must be an employee aged 15 or above who has been working continuously in Hong Kong for the participating organisation for 4 weeks or more, for at least 18 hours per week, before the first match of the competition takes place, and is still employed by the same organisation during the competition period.
4. 起跑時間為比賽當日上午 9 時正，大會有權因應出席人數分男子、女子組或分參賽組別出發，以當場宣布為準，請留意當日大會公佈。
The Competition will be started at 9:00 a.m. The Organiser shall have the right to divide the start time into two groups, i.e., by gender or by group determined by the numbers of reporting participants. Please listen to announcements throughout the competition.
5. 大會報到處將於比賽當日上午 8 時正開始運作，參賽者本人必須於比賽前攜同附有相片的有效身份證明文件到達大會「報到處」報到及領取載有計時晶片的號碼布。因遲到而未及簽署「參賽者聲明」而延誤而未能按時起跑作自動棄權論。如參賽者未能出示附有相片的有效身份證明文件（正本）或與報名表格的參賽者資料不符，一律不得出賽。（大會建議各參賽者於比賽當日盡早到「報到處」報到，以便賽事順利進行。）

On the day of the competition, the Registration Counter will be operated at 8:00a.m. Participants shall report to the “Registration Counter” and collect the number cloth with Bibtags in the presence of valid photo-bearing identity documents (original). Latecomers or those delayed to register or late submission of “Declaration by Participants” will be regarded as withdrawal from the competition. If the participant fails to produce the valid photo-bearing identification documents or the personal particulars shown on the identification document are inconsistent with the submitted participant list, he/she will not be allowed to take part in the competition. (Participants are suggested to report to the Registration Counter on the event day as early as possible so as to ensure the smooth running of the event.)

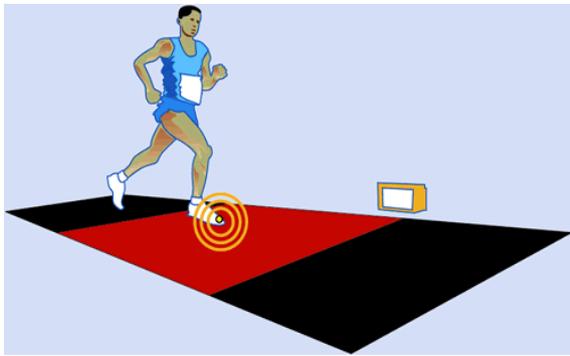
6. 大會計時系統將於開賽後 5 分鐘停止起點運作，遲到者將被取消其比賽資格及不會獲得成績記錄。
Starting facilities of Timing System at Starting Point will be closed 5 minutes after the race starts, late comers will be regarded as withdrawal from the competition and will not have any official record.
7. 如被發現冒名頂替，或有參賽者／參賽隊伍違反規則或有不良行為而影響賽事，大會有權取消其個人／有關隊伍的參賽資格，所得成績亦會作廢。
If any participant is found to be imposters or participant/team having violated the rules or has any misconduct which might affect the competition, the Organiser has the right to disqualify him/her/the team from the competition and the results he/she/the team has achieved will be cancelled.
8. 參賽者必須穿着合適的運動服裝及鞋作賽。
All participants should put on proper sportswear and footwear for competition.
9. 參賽者必須佩戴大會於比賽當日派發的號碼布，否則不准參加比賽。參賽者號碼布必須扣於胸前當眼處，以便工作人員辨認，否則大會有權取消其比賽資格。
All participants shall wear the number cloth provided by the Organizer on the event day, otherwise they will not be permitted to participate in the competition. Participants must wear the number cloth in front, so the officials can identify their numbers easily; otherwise, the Organizer reserves the right to disqualify their results.
10. 本比賽採用晶片計時系統。計時晶片已貼在號碼布的背面，參賽者只需將號碼布扣於胸前便可使用。賽事完畢後，毋須交還，其他晶片於此賽事並不適用。
Bibtag timing system will be used in the competition. The Bibtag is attached on the back of the number cloth and participants must wear the number cloth in front for operation of the Bibtag. The return of the Bibtag is not required and participants should use the Bibtag provided by the Organiser in this race.
11. 由於本比賽採用晶片計時系統，參賽者必須踏上設於起點、分段折返點及終點的計時地蓆。參賽者若摺疊或摺斷晶片、錯誤佩帶或沒有佩帶號碼布，則無法計算比賽時間或導致成績失誤。
Since Bibtag timing system will be used in the competition, participants must run pass the Bibtag Timing System mats at Starting, Turning and all Bibtag Timing Points and Finishing Points. If participants flow or fracture the Bibtag, did not use, or incorrect use and wrong placing of Bibtag, the time cannot be counted.



計時晶片已貼在號碼布的背面。
The Bibtag is attached on the back of the number cloth.



參賽者只需將號碼布扣於胸前便可使用。
Wear the number cloth in front for operation of the Bibtag.



參賽者必須踏上計時的地蓆。
Participants must run pass the Bibtag Timing System mats.

12. 所有成績將以大會時間計算，其他紀錄方法恕不受理。
Official results will be counted according to the Official Time, personal timing system from other devices will not be considered.
13. 完成賽事後，參賽者可於「報到處」領取大會提供瓶裝蒸餾水（700 毫升）1 支及本賽事銀贊助「保心安藥廠有限公司」提供的保心安油（5.6 毫升）1 支。
A bottle of distilled water (700ml) will be provided by the Organizer and all participants are entitled to get and a bottle of Po Sum On Medicated Oil (5.6ml) provided by the Silver Sponsor “PO SUM ON MEDICINE FTY. LTD HONG KONG” at Registration Counter after completion of the event.
14. 由於起點並沒有更衣室及洗手間，而大美督燒烤場設置的洗手間正在進行改善工程，只能提供臨時洗手間，請各參賽者先自行更換運動衣，才到起點比賽。
Since there is no changing room and washroom at the starting point and improvement work of the toilet near Tai Mei Tuk barbecue area is in progress, only temporary toilets will be provided. Participants should wear running clothes before arrive the starting point.
15. 集合點將設行李擺放區，建議參賽者不要攜帶貴重物品到場。領取行李時，參賽者必須出示號碼布以作核對。如有個人財物遺失，大會概不負責。
A Baggage Storage Area will be provided. However, participants are advised not to bring any valuable item on the day. Participants are required to show the number cloth to take back the baggage. The Organiser will not be responsible for any loss of personal belongings.
16. 大會不設暫托兒童或寵物服務，建議參賽者自行安排，大會概不負責。
There are no Occasional Child or Pet Care Services provided by the Organizer.
17. 大會建議運動員於比賽前進行適量的熱身運動。
Participants are advised to have warm up exercise before the competition started.
18. 請運動員留意不平地面。
Please beware of uneven floor.
19. 比賽時限為 1.5 小時（終點及賽道設施將於開賽 1.5 小時後關閉），限時過後參賽者的成績將不會被計算在內。
Time limit of the competition is 1.5 hours (The race course and the finishing facilities will be closed in 1.5 hours after the start); those who fail to complete the competition within 1.5 hours will be disqualified from the competition.
20. 在野郊公園範圍內，不可擅自掛上任何橫額或旗幟。
No banners or flags can be hung in the Country Parks area without permission.
21. 參賽者必須遵守場地的各項規則及大會的各項宣布。
Participants shall abide by regulations of the venue and announcements of the Organiser.
22. 大會不會向各參賽者提供車位，無許可証車輛不得駛進大美督閘口及水庫範圍。
No parking spaces will be provided to the participants. Vehicles shall not enter the entrance of Plover Cove Reservoir as well as the reservoir area without permission.

23. 參賽者可在大埔墟火車站轉乘 75K 巴士（約 20 分鐘一班）或 20C 專線小巴（約 6-10 分鐘一班）往大美督。
KMB Bus 75K (Frequency is about 20 minutes) or Public Light Bus 20C (Frequency is about 6-10 minutes) is available at Tai Po Market MTR Station to Tai Mei Tuk.
24. 大會不接受參賽隊伍提議的改期申請。
No application for changing the date of any match from a participating team is accepted.
25. 大會不設上訴，一切賽果以總裁判的最後判決為準。
No appeal will be accepted. The final decision of the Chief Adjudicator will be final.
26. 除本須知列明外，其餘規例俱依章程及香港業餘田徑總會審定的規則執行。
Unless stated in these guidelines, all rules and regulations shall follow the prospectus and those endorsed by the Hong Kong Amateur Athletic Association.
27. 如在比賽當日上午 7 時天文台已發出八號熱帶氣旋警告信號預警或八號或以上熱帶氣旋警告信號或黑色暴雨警告信號仍然生效，當日賽事即告取消。If a Pre-No.8 Special Announcement has been issued, or Tropical Cyclone Warning Signal No.8 or above or Black Rainstorm Warning Signal is still in force at 7:00am on the event day, all matches on that day will be cancelled.
28. 參賽者應了解自己的身體狀況是否適合參賽，並於比賽前進行充足的訓練以應付比賽路程。如有懷疑，大會建議參賽者在比賽前先行諮詢醫生意見。如感不適，應立刻停止運動，並盡快向醫生求診，切勿掉以輕心。
Participants are advised to solicit medical advice from a doctor if they are in doubt of their health condition prior to take part in the competition. Participants should have adequate preparation to ensure that they are fit enough to race the distance. Stop immediately when feeling unwell and consult a doctor without delay.
29. 如環境保護署於比賽當日公布的空氣質素健康指數為 7 級或以上，有關比賽安排如下：
When the “Air Quality Health Index (AQHI) of 7 or above” has been issued by the Environmental Protection Department on the Competition day, the arrangement of the competition as at below:
- (a) 「高」健康風險級別（空氣質素健康指數：7）
比賽如期舉行。環境保護署呼籲心臟病或呼吸系統疾病患者（如冠狀心臟病和其他心血管疾病、哮喘及慢性阻礙氣管疾病，包括慢性支氣管炎和肺氣腫）、兒童和長者應減少戶外體力消耗，以及減少在戶外逗留的時間，特別在交通繁忙地方。心臟病或呼吸系統疾病患者在參與體育活動前應諮詢醫生意見，在體能活動期間應多作歇息。由於空氣污染對不同人士的影響不一，如參賽者有疑問或感到不適，應徵詢醫生的意見。
“High” health risk category (AQHI of 7)
Competition will be held as scheduled. Environmental Protection Department advises those with existing heart or respiratory illnesses (such as coronary heart disease and other cardiovascular diseases, asthma and chronic obstructive airways diseases including chronic bronchitis and emphysema), children and the elderly are advised to reduce outdoor physical exertion, and to reduce the time of their stay outdoors, especially in areas with heavy traffic. Participants with existing heart or respiratory illnesses should also seek advice from a medical doctor before participating in sports activities and take more breaks during physical activities. As the health effects on individuals may vary, participants should seek advice from a medical doctor if they are in doubt or feel uncomfortable.
- (b) 「甚高」健康風險級別（空氣質素健康指數：8 至 10）
比賽如期舉行。環境保護署呼籲心臟病或呼吸系統疾病患者（如冠狀心臟病和其他心血管疾病、哮喘及慢性阻礙氣管疾病，包括慢性支氣管炎和肺氣腫）、兒童和長者應盡量減少戶外體力消耗，以及盡量減少在戶外逗留的時間，特別在交通繁忙地方。一般市民應減少戶外體力消耗，以及減少在戶外逗留的時間，特別在交通繁忙地方。由於空氣污染對不同人士的影響不一，如參賽者有疑問或感到不適，應徵詢醫生的意見。
“Very High” health risk category (AQHI of 8-10)
Competition will be held as scheduled. Environmental Protection Department advises those with existing heart or respiratory illnesses (such as coronary heart disease and other cardiovascular diseases, asthma and chronic obstructive airways diseases including chronic bronchitis and

emphysema), children and the elderly to reduce to the minimum outdoor physical exertion, and to reduce to the minimum the time of their stay outdoors, especially in areas with heavy traffic. The general public is advised to reduce outdoor physical exertion, and to reduce the time of their stay outdoors, especially in areas with heavy traffic. As the health effects on individuals may vary, participants should seek advice from a medical doctor if they are in doubt or feel uncomfortable.

(c) 「嚴重」健康風險級別 (空氣質素健康指數: 10+)

比賽如期舉行。環境保護署呼籲心臟病或呼吸系統疾病患者(如冠狀心臟病和其他心血管疾病、哮喘及慢性阻礙氣管疾病,包括慢性支氣管炎和肺氣腫)、兒童和長者應避免戶外體力消耗,以及避免在戶外逗留,特別在交通繁忙地方。一般市民應盡量減少戶外體力消耗,以及盡量減少在戶外逗留的時間,特別在交通繁忙地方。由於空氣污染對不同人士的影響不一,如參賽者有疑問或感到不適,應徵詢醫生的意見。

“Serious” health risk category (AQHI Exceeding 10)

Competition will be held as scheduled. Environmental Protection Department advises those with existing heart or respiratory illnesses (such as coronary heart disease and other cardiovascular diseases, asthma and chronic obstructive airways diseases including chronic bronchitis and emphysema), children and the elderly to avoid outdoor physical exertion, and to avoid staying outdoors, especially in areas with heavy traffic. The general public is advised to reduce to the minimum outdoor physical exertion, and to reduce to the minimum the time of their stay outdoors, especially in areas with heavy traffic. As the health effects on individuals may vary, participants should seek advice from a medical doctor if they are in doubt or feel uncomfortable.

30. 當天文台發出酷熱天氣警告時,球員請留意於運動期間,應經常飲水以補充水分。若大量出汗,則需要補充少量鹽分。如感不適,應立刻停止運動,並盡快向醫生求診,切勿掉以輕心。

When the “Very Hot Weather Warning” has been issued by the Observatory, participants are advised to drink water or fluid at frequent intervals when exercising. If sweating is excessive, replenishment with small amount of salt is recommended. Stop immediately when feeling unwell during exercise and consult a doctor without delay.

31. 本須知如有未盡善處,大會保留修改權利。

If there is any inadequacy in these guidelines, the Organiser reserves the right for appropriate amendments.