

先進運動會 2012/13 – 長跑比賽  
Masters Games 2012/13 – Distance Run Competition  
參賽者須知  
Notes for Participants

1. 當日開賽時間為上午 9 時正。參賽者須於比賽當天上午 8 時正至 8 時 30 分到達報到處向康文署職員報到及領取載有計時晶片的號碼布；凡於開賽時未能出席者，則作自動棄權論。  
Competition will start at 9:00am. Participants shall arrive at competition venue at 8:00 am to 8:30 am and report to the staff of the LCSD and collect the number bib with Bibtag. Those who absent when competition started will be regarded as having withdrawn from the competition.
2. 參賽者須在報到時向康文署職員出示有效身份證明文件，以便核實參賽資格。未能出示有效身份證明文件者，康文署有權取消其參賽資格。  
Participants shall produce their valid identification documents for verification of eligibility when they report to the staff of the LCSD. The LCSD reserves the right to disqualify those who fail to produce valid identification documents.
3. 參賽者如被發現不符合參賽資格、虛報資料或由他人代替出賽，一經發現，康文署有權取消其參賽資格，及褫奪其所得到的獎項或所締造之成績。  
Should any participants be found to be ineligible for entry to the competition, have provided false information, or ask somebody else to participate in the competition for himself/herself, the LCSD reserves the right to disqualify the participant from the competition and the rewards and records achieved.
4. 大會建議參賽者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.
5. 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.
6. 參賽者須留意康文署在現場作出的公布／展示的公告，並遵守場地的各項規則。  
Participants shall pay attention to the announcement made/notice displayed by the LCSD on the spot and comply with the rules and regulations of the venue.
7. 康文署有權更改比賽時間，以當場宣布為準。  
The LCSD shall have the right to change the time of the events. Participants should listen to announcements throughout the competition.
8. 如參賽者違反規則或因行為不檢而影響賽事，康文署有權取消其參賽資格。  
If any participants violate the regulations or display any misbehavior which may affect the competition, the LCSD reserves the right to disqualify them from the competition.
9. 參賽者須穿着合適的運動服裝和運動鞋。  
Participants shall wear proper sportswear and sports shoes.
10. 比賽不設上訴，一切賽果以裁判即場的判決為準。  
No appeal will be accepted. The decision of the referee on the spot will be final.

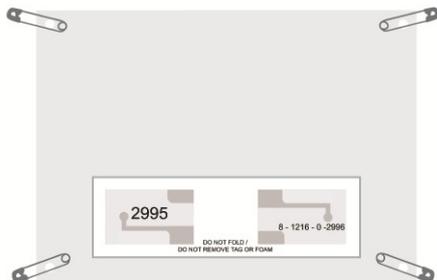
11. 本比賽採用晶片計時系統。計時晶片已裱貼在號碼布，參賽者只需如常將號碼布置於胸前便可使用。賽事完畢後，毋須交還晶片。其他晶片並不適用於此賽事。

Bibtag timing system will be used in the competition. The Bibtag is integrated into the bib and all participants have to attach the bib to their chests as usual. Participants are not required to return the timing tag to the LCSD. Only the timing tag provided by the LCSD can be used in this competition.

#### 使用計時晶片注意事項

##### Notes for Using the Bibtag

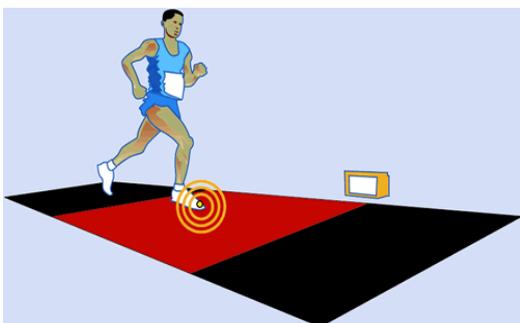
- 請勿摺疊晶片；
- Do not fold the BibTag;
- 參賽者必須踏過設於起點線、折返點及終點線之計時感應地蓆；
- Participants need to step on the timing mats located at the Start, the Turning Point and the Finish;
- 如錯誤佩帶、蓄意損毀晶片，或未有踏過計時感應地蓆，大會有可能不能提供該參賽者之比賽時間。
- In case of wrongly wearing, purposely damaging the BibTags, or participants do not step on the timing mats, times might not be detected and thus no results will be provided.



計時晶片已裱貼在號碼布  
The Bibtag is integrated into the bib



參賽者只需如常將號碼布置於胸前  
Participants have to attach the bib to their chests as usual



參賽者必須踏過設於起點線、折返點及終點線之計時感應地蓆  
Participants need to step on the timing mats located at the Start, the Turning Point and the Finish

12. 參賽者必須把號碼布扣於胸前。號碼布概不補發，遺失者不得參賽。

Each participant shall pin a number bib on his/her front chest. No replacement number bib will be provided. Participants who have lost the number bibs will not be allowed to participate in the competition.

13. 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）。  
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).
14. 如參賽者未能完成全程，其參賽資格將被取消，並且不會獲頒發任何獎項。  
If any participants fail to complete the whole course, they will be disqualified and not given any award.
15. 由於起點並沒有更衣室及洗手間，請各參賽者於比賽前自行更換運動服。  
Since there is no changing room and washroom available at the starting point, participants should dress up properly before the game started.
16. 集合點將設行李寄存處，建議參賽者不要攜帶貴重物品到場。如有個人財物遺失，大會概不負責。  
Baggage Storage Area will be provided in the access point and participants are advised not to bring any valuable item on the competition day. The Organiser will not be responsible for any loss of personal belongings.
17. 參賽者須自行安排照顧同行之兒童及寵物，大會不設暫托兒童或寵物服務。  
Participants shall responsible to make their own arrangement to take care of accompanying children and pets. There is no occasional child or pet care services provided by the Organiser.
18. 未經許可不可擅自掛上任何橫額或旗幟。  
No banners or flags shall be hung without permission.
19. 大會並無車位提供，無許可証車輛不得駛進水庫範圍內。  
No parking spaces will be provided to the participants. Vehicles shall not enter the reservoir area without permission.
20. 參賽者可在大埔墟港鐵站轉乘 75K 巴士（約 15-20 分鐘一班）或 20C 專線小巴（約 6-10 分鐘一班）到比賽場地。  
KMB Bus 75K (Frequency is about 15-20 minutes) or Public Light Bus 20C (Frequency is about 6-10 minutes) is available at Tai Po Market MTR Station to the competition venue.
21. 如在比賽當日上午 7 時，天文台已發出三號或以上熱帶氣旋警告或紅色／黑色暴雨警告信號，當賽事即告取消。康文署稍後會通知各參加者相應安排。  
If Tropical Cyclone Warning No.3 or above or a Red/Black Rainstorm Signal is issued at 7:00 am on the event day, the event on that day will be cancelled. The LCSD will notify the participants of the corresponding arrangement in due course.
22. 當空氣污染水平甚高時（即空氣污染指數：101-200），比賽將如期舉行。環境保護署呼籲患有心臟病或呼吸系統毛病的人士（如冠狀動脈心臟病和其他心血管疾病，哮喘及慢性呼吸道阻塞疾病包括慢性支氣管炎和肺氣腫）宜減少體力消耗及戶外活動。他們在進行體育活動前，宜徵詢醫生的意見，並在活動期間多作歇息。兒童和長者宜減少體力消耗及戶外活動。  
When there is "Very High" Air Pollution Level (Air Pollution Index: 101 to 200), the competitions will be held as scheduled. The Environmental Protection Department advises participants 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) to reduce physical exertion and outdoor activities, to seek advice from a medical doctor before participating in sports activities and take more breaks during the activities. Children and the elderly are advised to reduce physical exertion and outdoor activities.

23. 當空氣污染水平嚴重時（即空氣污染指數：201-500），比賽將如期舉行。環境保護署呼籲患有心臟病或呼吸系統毛病的人士（如冠狀動脈心臟病和其他心血管疾病，哮喘及慢性呼吸道阻塞疾病包括慢性支氣管炎和肺氣腫）、兒童和長者宜避免體力消耗及戶外活動。市民宜盡量減少體力消耗及戶外活動。在參加體育活動前，宜徵詢醫生意見，並在活動期間多作歇息。

When there is "Severe" Air Pollution Level (Air Pollution Index: 201 to 500), the competitions will be held as scheduled. The Environmental Protection Department advises participants 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 physical exertion and outdoor activities. The general public is advised to reduce physical exertion and outdoor activities, to seek advice from a medical doctor before participating in sports activities and take more breaks during the activities.

24. 除本章程明文規定外，其他賽規均依照香港業餘田徑總會現行的比賽規則辦理。

Unless explicitly stated in this prospectus, all rules and regulations will follow those currently adopted by the Hong Kong Amateur Athletic Association.

25. 查詢電話 : 2601 7672

Enquiries

辦公時間：星期一至五上午 8 時 45 分至下午 6 時（下午 1 時至 2 時休息；星期六、日和公眾假期暫停辦公）

Office hours: Monday to Friday: 8:45 am to 6:00 pm (lunch break: 1:00 pm to 2:00 pm; closed on Saturdays, Sundays and public holidays)