



Panasonic 長跑比賽

Panasonic Distance Run Competition

主辦：
Organiser



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

冠名贊助：
Title Sponsor



金贊助：
Gold Sponsor



參賽者須知

Notes to Participants

參賽者聲明 Declaration by Participants

1. 各參賽者／參賽隊伍領隊／教練／機構聯絡人請注意：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」，並於 **2023 年 9 月 1 日（星期五）** 或之前寄回、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。**如任何參賽者未能簽署及遞交「參賽者聲明」，大會有權取消其參賽資格。**
All participants/team leaders/coaches/contact persons of participating organisations please pay attention: 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) on or before **1 September 2023 (Friday)**. **If any participant fails to submit the “Declaration by Participants”, the Organiser reserves the right to disqualify him/her from participating in the competition.**

比賽日安排 Competition Day Arrangement

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. 參賽者必須於比賽當日上午 8 時正至 8 時 30 分攜同附有相片的有效身份證明文件（正本）親自到大會「報到處」報到。參賽者於報到時，將獲發號碼布，參賽者如無法出示證件或被發現身份不符，一律不准出賽，以及不得換人補上。開賽時間為上午 9 時，遲到者作棄權論。
Participants shall report to the Registration Counter from 8:00 am to 8:30 am producing valid photo-bearing identity documents (the original) for verification of identity. Each participant will be given a number bib. Any participant who fails to produce his/her valid identity document or whose identity is found unmatched will not be allowed to participate in the competition and no replacement of athletes will be allowed. The competition will commence at 9:00 am. Latecomers will be regarded as having withdrawn from the event.
4. 開賽時間為上午 9 時正。大會有權因應出席人數分男子及女子組，又或以參賽組別出發，以當場宣布為準，請留意當日大會公布。
The competition will be commenced at 9:00 am.. The Organiser shall have the right to divide the start time into groups, i.e., by gender or by group determined by the number of reporting participants. Please pay attention to the announcements throughout the competition.

5. 大會將設有少量更衣帳篷供參賽者更換衣服。參賽者可先自行到鄰近的洗手間更衣，才到起點比賽。
A limited number of marquees for changing clothes will be provided at the starting point. Participants should dress up properly at nearby toilet before arrival for the competition.
6. 由於比賽當天有大型活動在大尾篤水上活動中心進行，中心內的洗手間/更衣室輪候人數眾多，參賽者如有需要可使用大尾篤燒烤區的洗手間。
A competition will be held in the Tai Mei Tuk Water Sports Centre on the event day, participants could use the toilet at the Tai Mei Tuk Barbecue Area as large number of people may queue up for the toilet/ changing room at the Water Sports Centre.
7. 集合點將設行李擺放區，參賽者如需暫存衣物，請使用大會提供的行李牌。請留意，當日大會並沒有行李寄存袋提供，敬請自備。參賽者必須出示號碼布以領回行李，建議參賽者不要攜帶貴重物品到場。如有個人財物遺失或損毀，大會概不負責。
A Baggage Storage Area will be provided, if participants would like to store the belongings, please attach the Baggage Tag closely in the bag. Please note that NO baggage storage bags will be provided. Participants are required to show the number cloth to collect the baggage. Participants are advised not to deposit any valuable item(s). The Organiser will not be responsible for any losses or damages of personal belongings.
8. 參賽者必須佩戴大會於比賽當日派發的號碼布(附有晶片)，否則不准參加比賽。參賽者必須用扣針把號碼布四個角緊扣於胸前的顯眼位置，跑手號碼須清晰可見，以便工作人員辨認，否則大會保留權利取消其參賽資格。號碼布不設補領，已繳交的報名費概不退還。
Participants shall wear the number bib (with chip) provided by the Organiser on the event day, otherwise they will not be permitted to participate in the competition. The number bibs should be secured by pins at 4 corners on participants' chest and clearly visible for competition officials to identify their numbers easily. The Organiser reserves the right to disqualify participants who fail to comply with the rule. There shall be no replacement of the number bibs and no refund for the enrolment fees paid.
9. 為協助大會及救護人員在緊急情況下聯絡參賽者的家屬或親友，請用防水筆於號碼布背面填寫個人資料(運動員姓名、聯絡人姓名及電話)。
To assist the Organiser and medical personnel to contact the participants' relatives or friends in case of emergency, participants are requested to fill in their personal details at the back of their number bibs (Participants' name, emergency contact person and phone number) with waterproof ink.
10. 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 starts.
11. 請參賽者留意不平地面。
Please beware of uneven floor.
12. 大會在比賽開始後於「報到處」提供蒸餾水，請參賽者自備膠水杯或水樽。
Organiser will provide distilled water at the Registration Counter after the race has started, please bring your own cup or bottle.
13. 為確保各參賽者的安全，大會工作人員將於賽道維持秩序，參賽者必須遵從工作人員的指示。
To ensure the safety of participants, the staff of the Organiser will be deployed along the route to maintain order, participants shall follow their instructions.
14. 頒獎典禮將於比賽當日約上午 11 時 15 分開始，請各分組的首四名／四隊優勝者於大會公布成績後立即到頒獎台附近的得獎者召集處報到，等候頒獎。如優勝者未能上台領獎，請於比賽後立即到大會頒獎處通知負責的工作人員。
Prize Presentation will take place at around 11:15 a.m.. The first four winners/winning teams of each division are requested to assemble at the Winner's Booth next to the stage after the results are announced. Winners who are unable to receive the award in person should inform the officer in charge at the prize presentation area immediately.

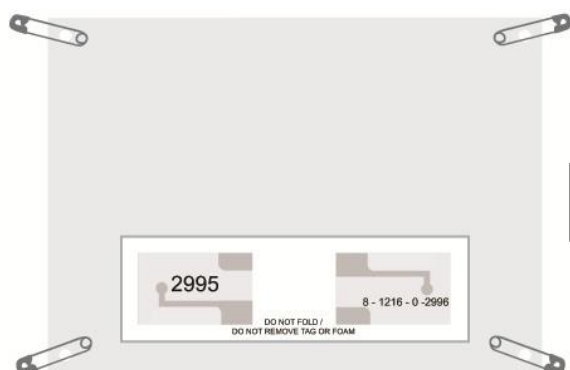
計時系統 Timing System

15. 本比賽採用晶片計時系統。計時晶片已貼在號碼布的背面。賽事完畢後無須交還，其他晶片於此賽事並不適用。

Chip timing system will be used in the competition. The timing chip is adhered at the back of the number bib. The return of the chip is not required and the chip from other competition is not applicable.

16. 參賽者必須經過設於起點、折返點(如適用)及終點的計時地蓆。切勿將晶片摺曲，此舉將導致晶片失靈以致無法提供有關成績。

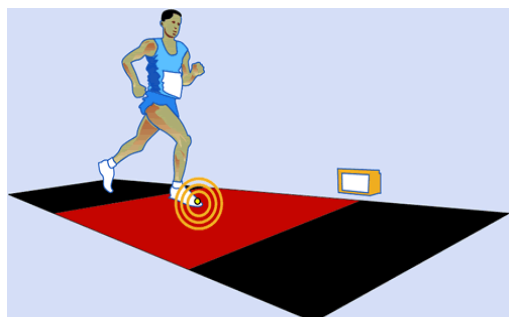
Participants are required to cross the chip timing system mats located at Starting, Turning (if applicable) and Finishing Point. The chip MUST NOT be twisted or folded, or it will cause malfunction and no result will be available for the participant.



計時晶片已貼在號碼布的背面。
The chip has been adhered at the back of the number bib.



號碼布必須扣在胸前當眼處。
Participants should wear their number bibs on their chests.



參賽者必須經過計時地蓆。
Participants are required to cross the chip timing system mats.

17. 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, other result recorded from other devices will not be considered.

18. 大會計時系統將於開賽後 10 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。
Timing System at Starting Point will be closed 10 minutes after the race has started. Late comers will be regarded as withdrawal from the competition and will not have any official record.
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, their result will not be counted.

賽規 Rules

20. 個人項目：
在各項目中，最先到達終點的首四名參賽者為冠、亞、季及殿軍。
Individual Event:
In each event, the four participants who have reached the finishing line first shall be the champion, 1st runner-up, 2nd runner-up and 3rd runner-up.
21. 隊際項目：
在各項目中，第一名到達終點者得 1 分，第二名得 2 分，第三名得 3 分，如此類推，隊際項目以每機構最快抵達終點的首 5 名參選賽者的總得分決定名次，分數最少的一隊為勝，如有兩隊或以上同分，則以該隊第五名到達終點的成員的名次定勝負。
Team Event:
In each event, the first participant reaching the finishing line gets one point, the second one two points, the third one three points, and so on. Sum of the scores of the fastest **five participants** from an organisation who have reached the finishing line will be counted. The champion will be the team with the lowest team score. If two teams or more get the same scores, the position held by the **fifth participant** of the team reaching the finishing line will be counted.
22. 參賽者須依照大會所定的路線進行比賽。
Participants shall follow the route planned by the Organiser.
23. 參賽者必須穿着合適的運動服裝及鞋作賽。
Participants should put on proper sportswear and footwear for competition.
24. 參賽者不可攜帶任何寵物參加比賽。
No pets are allowed during the competition.
25. 參賽者必須任職於有關機構為「僱員」及年滿 15 歲。
A participant shall be an employee of the participating organisation and aged 15 or above.
26. 「僱員」的定義為該僱員須在比賽截止遞交參賽者資料日期前，已連續為參賽機構工作最少 4 星期，每星期工作最少 18 小時，而且在整段比賽期間一直受僱於該機構。
The definition of “Employee” — An employee who has been working continuously for the participating organisation for at least 4 weeks and at least 18 hours per week before the deadline for submission of participants’ particulars for the competition, and is employed by the same organisation throughout the competition period.
27. 為確保參賽者為參賽機構的僱員，大會在收到參賽者資料後，有權要求參賽機構於 5 個工作天內提交證明文件，例如有效的「僱傭合約」及強制性公積金供款紀錄，以證明參賽者為該機構的現職僱員。如未能提供有關文件，該機構的參賽資格會被取消，已繳交的報名費概不退還。
To ensure all the participants are employees of the participating organisations, upon receipt of the participants’ particulars, the Organiser reserves the right to request the participating organisation to produce documentary proof such as a valid “Employment Contract” and contribution record of Mandatory Provident Fund (MPF) within 5 working days to prove that the participants are existing

employees of the organisation. The organisation failing to produce such documents will be disqualified from the competition and there shall be no refund of the entry fees already paid.

28. 如大會發現任何參賽者在比賽期間並非參賽機構的僱員，該機構於相關比賽的參賽資格及所得成績會被取消。任何機構如觸犯此規則多於 1 次，其參與「工商機構運動會 2023」的資格及全部參賽項目所得成績一律取消。已繳交的報名費概不退還。大會有權要求該機構交還已領取的獎盃及獎牌。
If it is found that a participant is not an employee of the participating organisation during the competition, the organisation will be disqualified from the competition with its results cancelled. An organisation in breach of this rule more than once will be disqualified from the Corporate Games 2023 with all its results obtained from all the events cancelled. There shall be no refund of the entry fees already paid. The Organiser reserves the right to request the organisation to return the trophies and medals received.
29. 參賽者／參賽隊伍違反以上賽規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，已繳交的報名費概不退還。
Participant/team having violated the rules above 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. There shall be no refund of the entry fees already paid.
30. 參賽者必須遵守比賽場地內的各項守則及大會的各項宣布。
Participants shall observe all the rules and regulations prescribed by the competition venue and the announcements of the Organiser.
31. 大會不設上訴，所有賽果以總裁判最後判決為準。
No appeal will be accepted. The race director's decision on the competition results shall be final.
32. 除章程及本須知明文規定外，其餘均依照香港田徑總會的現行比賽規則辦理。
Unless explicitly stated in the prospectus and this notes, all rules and regulations will follow those presently adopted by the Hong Kong, China Association of Athletics Affiliates.
33. 大會保留權利拒絕讓違反以上規則的機構參加日後的工商機構運動會。
The Organiser reserves the right to refuse participation of any organisation in breach of the above rules in the Corporate Games in future.

惡劣天氣安排 Arrangement of Inclement Weather

34. 如在比賽當日，香港天文台於上午六時仍發出三號或以上熱帶氣旋警告信號、或紅色／黑色暴雨警告信號仍然生效，該日賽事即告取消。大會稍後會通知各參賽者相應安排。
Should the Hong Kong Observatory issue the tropical cyclone warning signal No.3 or above, Red/Black Rainstorm Warning Signal at 6 am on competition day, all competitions on that day will be cancelled. The Organiser will notify the participants of the corresponding arrangements separately in due course.
35. 如在比賽當日，香港天文台發出雷暴警告，比賽如期舉行，惟大會有可能因應當時天氣的變化而決定取消比賽或延遲開賽時間，以策安全。
Should the Hong Kong Observatory issue thunderstorm warnings, competition will be held as scheduled. The Organiser has discretion to cancel or delay the start of the competition for the sake of safety.
36. 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:

「高」健康風險級別（空氣質素健康指數：7）

比賽如期舉行。環保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一，參賽者如有疑問或感到不適，應徵詢醫生的意見。

“High” health risk category (AQHI of 7)

Competition will be held as scheduled. The EPD 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.

「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。環保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一，參賽者如有疑問或感到不適，應徵詢醫生的意見。

“Very High” health risk category (AQHI of 8-10)

Competition will be held as scheduled. The EPD 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.

「嚴重」健康風險級別（空氣質素健康指數：10+）

比賽如期舉行。環保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一，參賽者如有疑問或感到不適，應徵詢醫生的意見。

“Serious” health risk category (AQHI exceeding 10)

Competition will be held as scheduled. The EPD 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.

37. 若因特殊情形，大會有權通知各參賽者改期作賽或另作編排，如在比賽中發生特殊情況，繼續舉行與否得由當場裁判或大會全權決定，參賽者不得異議。

The Organiser reserves the right to postpone any race or make any alternative arrangements under special circumstances. Should anything unforeseeable happen during a race, the Chief Referee on the spot or the Organiser will decide whether the race should continue or not and the participants shall not raise objection.

38. 當天文台發出寒冷或酷熱天氣警告時，參賽者於運動期間應注意保暖，多穿禦寒衣服，以防止因寒冷引起體溫過低；參賽者亦應經常飲水以補充水分，以防止因酷熱而中暑及曬傷。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 “Cold or Very Hot Weather Warnings” has been issued by the Observatory, participants are advised to keep warm and put on warm clothes to avoid low body temperature in cold weather. Participants are also advised to drink water or fluid at frequent intervals when exercising to avoid heat stroke and sunburn in very hot weather. 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.

其他 Others

39. 參賽者應了解自己的身體狀況是否適合參賽。如有疑問，請於比賽前先行諮詢醫生意見，並應於比賽開始前進行充足的練習及熱身準備，以應付有關比賽。
Participants should know whether they are physically fit to participate in the competition. If in doubt, they should consult a doctor before the competition. Participants should also have sufficient practices and warm-up exercises before the competition.
40. 參賽者於活動當日須自行留意個人身體狀況是否適合參賽。參賽者於活動期間如有不適，請立即向附近的工作人員求助。
On the competition day, participants should pay attention to their personal conditions to see if they are physically fit for the competition. When feeling unwell during the competition, participants should seek help from nearby officials immediately.
41. 參賽者須視乎需要，自行購買個人保險。
Participants may purchase their own personal insurance if necessary.
42. 參賽者須自行安排照顧同行的兒童或寵物，大會不設暫托兒童或寵物服務。
Participants shall be 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.
43. 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 4-10 分鐘一班）往大美督。
KMB Bus 75K (Frequency is about 20 minutes) or Public Light Bus 20C (Frequency is about 4-10 minutes) is available at Tai Po Market MTR Station to Tai Mei Tuk.
44. 大會恕不提供車位予參賽者，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.
45. 在郊野公園範圍內，未經許可不可擅自掛上任何橫額或旗幟。
No banners or flags shall be hanged in the Country Parks area without permission.
46. 大會有權把比賽成績向外公布。
The Organiser has the right to release the result of the competition to the public.
47. 大會將會在賽事期間進行拍攝／錄影／播放，並有權在互聯網、康樂及文化事務署轄下場地、主辦機構的專題網頁、刊物和其他宣傳渠道展示／刊載活動照片或片段，以作活動宣傳或紀錄。
The Organiser will carry out photo shoots/video-filming/arrange broadcasting during the competitions, and has the right to display/publish the event photos or videos on the Internet, at venues of the Leisure and Cultural Services Department, on the dedicated website, in publications of the Organiser and through other publicity channels, for promotion of activities or record purposes.
48. 有關本賽事的分組名單、比賽成績和其他賽事資料等，均會在大會網頁公布。
The list of the division, results of the competition and other information relating to the competition will be announced through the Organiser's website.
49. 大會不接受參賽者／參賽隊伍提議的改期申請。
No application for changing the date of any race from a participant/team is accepted.
50. 大會保留權利無須事先通知而可隨時修改本章程內載的任何內容。
The Organiser reserves the right to amend any information contained in this prospectus at any time without prior notice.