



主辦

Organised by



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

## 先進運動會 2016—長跑比賽

### Masters Games 2016 – Distance Run Competition

#### 參賽者須知

#### Notes to Participants

- 日期和時間 : 2016 年 11 月 13 日 (星期日) 13 November 2016 (Sunday)
- Date and Time (1) 報到時間: 上午 8 時至 8 時 30 分 (1) Marshall Time: 8:00 a.m. – 8:30 a.m.  
(2) 比賽時間: 上午 9 時至下午 1 時 (2) Start Time: 9:00 a.m. – 1:00 p.m.
- 地點 : 大埔大美督船灣淡水湖主壩
- Venue Main Dam, Plover Cove Reservoir, Tai Mei Tuk, Tai Po
- 賽制 : (1) 參賽者須依照大會所定的路線進行比賽, 時限為 1.5 小時。  
Format Time limit of the competition is 1.5 hours, participants must follow the route planned by the Organiser.  
(2) 最先到達終點的首 4 名參賽者為冠、亞、季及殿軍。  
The 4 participants who have reached the finishing line first shall be the Champion, 1st Runner-up, 2nd Runner-up and 3rd Runner-up.
- 賽規 : (1) 如比賽當日只有 1 名參賽者出席並完成該項賽事, 該名參賽者仍可獲得獎項。  
Rules If only 1 participant turns up and reports to the Organiser on the event day, the participant will still be given an award.  
(2) 如參賽者棄權或未能完成全程, 其在有關項目的參賽資格會遭取消, 所得成績及得獎資格亦告作廢, 所繳交的報名費用也概不退還。  
Participants who withdraw or fail to complete the race will be disqualified from the event concerned. The results and awards obtained by them will be cancelled and the enrolment fees paid will not be refunded.  
(3) 如參賽者由他人冒名頂替、違反規則或因行為不檢而影響賽事, 其在有關項目的參賽資格及所得成績一律作廢, 所繳交的報名費用也概不退還。  
A participant who has had another person play under his/her name, violated any rules/regulations or displayed any misbehaviour that may affect a race will be disqualified from the event concerned with all the results cancelled. The enrolment fee paid will not be refunded.  
(4) 除本章程明文規定外, 所有賽規一律遵循香港業餘田徑總會的現行比賽規則。  
Unless explicitly stated in this prospectus, all rules and regulations will follow those currently used by the Hong Kong Amateur Athletic Association.
- 報到須知 : (1) 參賽者須於比賽當天上午 8 時至 8 時 30 分到「報到處」向康樂及文化事務署  
Points to Note (康文署) 職員報到, 領取號碼布及計時晶片。開賽時間為上午 9 時, 遲到者作棄權論。  
for Reporting Participants shall report to the staff of the Leisure and Cultural Services Department (LCSD) from 8:00 a.m. to 8:30 a.m. at the Registration Counter, they shall also collect the number bib and the timing chip. Competition will start at 9:00 a.m. and those who fail to arrive will be regarded as having withdrawn from the race.



- (2) 參賽者須親身到「報到處」辦理手續，並攜同報名時使用的身份證明文件正本（香港居民須出示香港身份證；非香港居民須出示有效旅遊證件，例如護照或往來港澳通行證（俗稱雙程證）），以便核實參賽資格。未能出示有效身份證明文件者，主辦機構有權取消其在有關項目的參賽資格。  
Participants shall report to the Registration Counter in person, bringing along with them the original copy of the identity document used for enrolment (Hong Kong Identity Card for Hong Kong residents; and valid travel document, such as the passport and the Exit-entry Permit for Travelling to and from Hong Kong and Macao (commonly known as Two-way Permit) for non-Hong Kong residents) for verification of eligibility. The Organiser has the right to disqualify participants failing to produce a valid identity document from the event concerned.
- (3) 號碼布及計時晶片不會補發，遺失者不准參賽。  
No replacement of number bib and timing chip will be provided. Participants who have lost their number bibs or timing chips will not be allowed to participate in the competition.

裁判  
Umpire

- : 由康文署安排裁判。  
The referees/umpires services will be arranged by the LCSD.

上訴  
Appeal

- : 大會不設上訴，一切賽果以裁判即場判決為準。  
No appeal will be accepted. The decisions of the referees/umpires on the spot shall be final.

裝備  
Equipment

- : (1) 參賽者須穿著合適的運動服裝和運動鞋。  
Participants shall wear proper sportswear and sports shoes.
- (2) 參賽者須把號碼布扣於胸前。如參賽者未有正確佩戴大會於比賽當日派發的號碼布及計時晶片，將不准參賽。  
Participant shall pin the number bib on his/her front chest. If participants have not wear the number cloth and the timing chip provided by the Organiser on the event day properly, they will not be permitted to participate in the race.

注意事項  
Points to Note

- (1) 康文署有權更改比賽時間。  
The LCSD shall have the right to change the time of the event.
- (2) 參賽者須留意主辦機構在現場作出的公布／展示的公告，並遵守主辦機構及場地的各項守則。  
Participants shall pay attention to the announcements made / notices displayed by the Organiser on the spot and comply with all the rules and regulations of the Organiser and the venue.
- (3) 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.
- (4) 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 for the competition. Stop immediately when feeling unwell and consult a doctor without delay.
- (5) 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 competition.



- (6) 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.
- (7) 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.
- (8) 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.
- (9) 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.

獎項  
Awards : 各組別的冠、亞、季及殿軍將獲頒獎牌乙面。  
Medals will be awarded to the Champion, 1st Runner-up, 2nd Runner-up and 3rd Runner-up of each division.

惡劣天氣安排  
Inclement  
Weather  
Arrangement : (1) 如在比賽當日，賽事報到前兩小時天文台已發出三號熱帶氣旋警告信號預警、或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，賽事即告取消。主辦機構稍後會通知各參加者相應安排。  
If a **Pre-No. 3 Special Announcement** has been issued, or **Tropical Cyclone Warning Signal No. 3 or above** or **Red/Black Rainstorm Warning Signal** is still in force **2 hours before the reporting time** on the competition day, the event will be cancelled. The Organiser will notify the participants of the corresponding arrangements separately in due course.

- (2) 「高」健康風險級別（空氣質素健康指數：7）  
活動如期舉行。環境保護署呼籲心臟病或呼吸系統疾病（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）患者、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，如參加者有疑問或感到不適，應諮詢醫生的意見。

**“High” health risk category (Air Quality Health Index (AQHI) of 7)**

Activities 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** 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.



(3) 「甚高」健康風險級別（空氣質素健康指數：8 至 10）

活動如期舉行。環境保護署呼籲心臟病或呼吸系統疾病（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）患者、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，如參加者有疑問或感到不適，應諮詢醫生的意見。

“Very High” health risk category (Air Quality Health Index (AQHI) of 8-10)

Activities 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 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.

(4) 「嚴重」健康風險級別（空氣質素健康指數：10+）

活動如期舉行。環境保護署呼籲心臟病或呼吸系統疾病（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）患者、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，如參加者有疑問或感到不適，應諮詢醫生的意見。

“Serious” health risk category (Air Quality Health Index (AQHI) Exceeding 10)

Activities 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 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.

附則  
By-law

- ： (1) 主辦機構有權向外公布比賽成績。  
The Organiser has the right to release the competition results to the public.
- (2) 得獎者名單會於「先進運動會」網站公布。  
The lists of winners will be announced on the Masters Games website.

查詢電話  
Enquiries

- ： 康文署大型活動組：2601 7672 / 2601 7680  
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 時午膳)  
(星期六、日和公眾假期暫停辦公)
- Major Events Section of the LCSD: 2601 7672 / 2601 7680  
Office hours: Monday to Friday: 8:45am to 6:00 pm  
(Lunch Hour: 1:00 pm to 2:00 pm)  
(Closed on Saturday, Sunday and general holidays)