



長跑比賽 Distance Run Competition

參賽者須知 Guidelines for Participants

1. 所有參賽者或其家長／監護人必須填妥「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有關聲明，大會有權取消其參賽資格。

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 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: 26340786). If any participant fails to submit required form before the commencement of the competition, the Organiser reserves the right to disqualify him/her from participating in the competition.

2. 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.

3. 由於起點並沒有更衣室及洗手間，請各運動員先自行更換運動衣，才到起點比賽。

Since there is no changing room and washroom available at the starting point, participants should dress up properly before arrival at the starting point.

4. 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。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. The Organiser will not be responsible for any loss of personal belongings.

5. 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.

6. 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.

7. 參賽者必須於比賽當日**上午 8 時正至 8 時 30 分攜同附有相片的身份證明文件**正本到達起點的大會「報到處」報到及領取號碼布和計時晶片。遲到者或因未及簽署「參賽者聲明」而延誤報到者作自動棄權論。**未能出示有效身份證明文件之參賽者，不得出賽。**（大會建議各參賽者於當日盡早到「報到處」報到，以便賽事順利進行。）

Participants shall report to the Registration Counter at the Starting Point and collect the number cloth and timing chip **in the presence of Identification Document with photo on it from 8:00 a.m. to 8:30 a.m.** Latecomers or those delayed to register due to late submission of “Declaration by Participants” will be regarded as withdrawal from the competition. **Participant(s) who fail to produce valid identification document will not be permitted for 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.)

8. 起跑時間為比賽當日上午 9 時正，大會有權更改比賽時間，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 change the time of the event. Please listen to announcements throughout the competition.
9. 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。如有遺失號碼布，大會概不補發。如參加者未有配帶號碼布或號碼布上項目不符者，均不得參加比賽。
Participants must wear the number cloth in front, so the officials can identify their numbers easily; otherwise, the Organiser reserves the right to disqualify their results. No replacement will be provided to those who have lost the number cloth. In case without the number cloth or whenever any inconsistency with the number cloth is found, the participant will not be allowed to participate in the event.
10. 本比賽採用晶片計時系統。參賽者必須配戴由大會派發白色晶片作計時之用，賽事完畢後，晶片可留為紀念，毋須交還。黃色晶片於此賽事並不適用。
Chip Timing System will be used in the competition. Organiser will provide participants White Chip for time record keeping. White Chip can be kept as souvenir after the competition. Yellow Chip owner should use the White Chip provided by the Organiser in this race.
11. 所有成績將以大會時間計算。
Official results will be counted according to the Official Time.
12. 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。參賽者若沒有佩帶或不正確地佩帶，則無法計算比賽時間。
As Chip Timing System will be used in the competition, participants must run pass the Chip Timing Mats at Starting, Turning and all Chip Timing Points and Finishing Points. If participants did not use, or incorrect use and wrong positioning of chips, the time cannot be counted.

如何佩帶計時晶片？

How to put on a Timing Chip?



首先請鬆開你的鞋帶。

Firstly, loose the laces of your shoes.

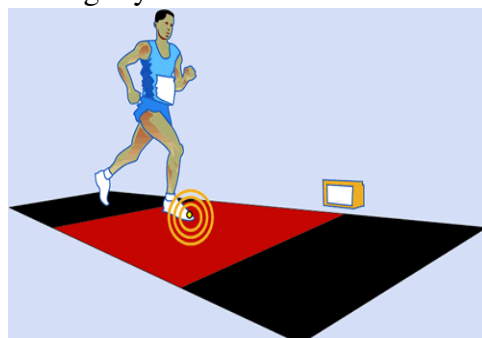


然後將計時晶片較平滑那面擺放在上方，再把鞋帶穿過計時晶片兩旁的空位，並收緊鞋帶。

And place the smooth side of the timing chip upright, then loop lace through the hole at aside of the timing chip and pull it tightly to the shoes.



繼續收緊鞋帶及佩帶好計時晶片至穿好鞋帶完成。
Continue to tight up the laces and put on the timing chip right upside the shoes.



參賽者必須踏上計時的地蓆。

Participants must run pass the Chip Timing Mats.

13. 參賽者如被發現不符合報名資格或虛報資料，大會有權取消其比賽資格。參賽者不得由他人代替作賽，一經發現，大會有權取消其參賽資格，及褫奪其所得到的獎項及所締造之成績。

Should any participants be found to be ineligible for entry to the games or have provided false information, he/she may be disqualified from participating in the games. No participants shall ask somebody else to participate in the game for himself/herself. Should any participant be found to have done so, he/she will be disqualified from the competition. His or her award(s) and score will be revoked.

14. 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.

15. 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.

16. 不可擅自掛上任何橫額或旗幟。

No banners or flags shall be hung without permission.

17. 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.

18. 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.

19. 大會不會向各參賽者提供車位，無許可証車輛不得駛進大尾篤閘口及水庫範圍。

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.

20. 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)往大尾篤。

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.

21. 如比賽當日上午 7 時天文台發出 8 號或以上熱帶氣旋警告信號或發出紅色／黑色暴雨警告信號，則當日賽事即告取消，賽事將順延至 2010 年 10 月 24 日(星期日)，同時同地舉行。

If Tropical Cyclone Warning Signal No. 8 or above or a Rainstorm Red/Black Warning Signal is issued by the Hong Kong Observatory at 7:00am on the event day, the competition will be cancelled and postponed to 24 October 2010 (Sunday) at the same time and same venue.

22. 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.