



長跑比賽

Distance Run Competition

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

1. 比賽日期、時間和地點 :
 Date, Time and Venue of Competition :

日期 Date	星期 Day	時間 Time	地點 Venue
2010 年 10 月 17 日 17 October 2010	星期日 Sunday	上午 8 時至下午 2 時 8:00 am - 2:00 pm	大埔船灣淡水湖主壩 (大美督) Main Dam of Plover Cove Reservoir, Tai Po (Tai Mei Tuk)

2. 參賽資格 : (1) 歡迎有興趣的工商機構(如有需要,大會有權要求報名機構提供有關證明,如有效的香港商業登記證)和政府部門以總公司/政府部門的名義參加。
 Eligibility : Interested organisations (may be required to produce relevant supporting documents such as Business Registration Certificate) in the name of head office and the government departments are welcome to take part in the competition.
- (2) 參賽者必須任職於該機構,年滿 15 歲並已為同一僱主連續工作 4 星期或以上,而每星期最少工作 18 小時,並在比賽進行期間,仍然受僱於該機構。
 A participant should be an employee aged 15 or above who has been working continuously for an organisation for 4 weeks or more, for at least 18 hours each week and is still being employed by the same organisation during the competition period.
- (3) 參賽者只能代表一間機構,如轉換代表機構,參賽者必須已離開前任職機構,並已在新代表的機構工作 4 星期或以上,而每星期最少工作 18 小時,並在該項比賽首場賽事進行時,仍然受僱於該機構。
 Each participant can only represent one organisation. A participant may represent another organisation provided that he or she has resigned from the previous organisation and has been working continuously for the current organisation for 4 weeks or more, for at least 18 hours each week and is still being employed by the organisation when the first match of the competition takes place.
3. 組別 : 甲組 - 在香港僱用 300 名或以上員工的機構
 Grouping : Group A - Organisations with 300 or more employees in Hong Kong
 乙組 - 在香港僱用 300 名以下員工的機構
 Group B - Organisations with less than 300 employees in Hong Kong
 丙組 - 政府部門(僱員人數不限)
 Group C - Government Departments (no restriction on the number of employees)

4. 項目 :
Event :

項目 Event	備註 Remark
男子公開組 Men's Open	全程約 7 公里，參賽者年齡不限。 The distance for the competition is about 7km. There is no age limit for the participants.
男子先進組 Men's Masters	全程約 7 公里，參賽者年齡須年滿 35 歲。 The distance for the competition is about 7km. Participants should be aged 35 or above.
女子公開組 Women's Open	全程約 7 公里，參賽者年齡不限。 The distance for the competition is about 7km. There is no age limit for the participants
隊際 Team Event	如某機構在單一項目內的參賽人數達 5 人或以上，則該機構最快抵達終點的首 5 名隊員的成績將自動成為該機構的隊際比賽成績。 If the number of participants from an organisation in a single event is five or above, the results of the five participants from the organisation who have reached the finishing line first will automatically become the result achieved by that organisation in the team event.

5. 名額 : 700 人(每間機構最多可填報 30 人)
Quota : 700 persons (A maximum of 30 participants from each organisation.)

6. 組別名額 : 甲組 - 350 人
Quota for Grouping : Group A - 350 persons
乙組 - 100 人
Group B - 100 persons
丙組 - 250 人
Group C - 250 persons

* 如報名人數未達到該組別的名額，大會將根據實際報名情況將其餘額分配予其它組別。

* The Organiser will redistribute the quota if the enrollment number is less than the quota of certain group.

7. 費用 : 300 元正
Fees : \$300

8. 賽制 : (1) 每名參賽者的比賽成績會同時計入其個人和隊際比賽成績內。在個人比賽方面，每名參賽者只可以參加男子公開組、男子先進組或女子公開組其中一個項目。

Format : The result of a participant in an event will be counted as both his/her individual score and part of his/her team's score. For individual events, each participant can only enter one of the three events, namely Men's Open, Men's Masters or Women's Open.

- (2) 個人賽：

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.

- (3) 隊際賽：
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，隊際賽以每機構最快抵達終點的**首 5 名**成員的總得分決定名次，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 who have reached the finishing line can get one point, the second one two points, the third one three points, and so on. Marks of the **five participants** from an organisation who have reached the finishing line first will be counted. The champion will be the team which gets the lowest points. If two teams or more score the same points, the position held by the **fifth participant** of the team who has reached the finishing line will be counted.

9. 賽則
Rules : (1) 參賽者須依照大會所定的路線進行比賽。
Participants must follow the route planned by the Organiser.
(2) 除本章程明文規定外，其餘均依照香港業餘田徑總會的現行比賽規則辦理。
Unless explicitly stated in this prospectus, all rules and regulations will follow those presently adopted by the Hong Kong Amateur Athletic Association.
10. 職員／參賽者須知 : (1) 成功報名的參賽機構須於2010 年 9 月 15 日或之前於辦公時間內將抬頭為「香港特別行政區政府」的支票寄回或交回康樂及文化事務署大型活動組(地址：新界沙田排頭街 1 至 3 號康樂及文化事務署總部 2 樓)，以辦理報名手續，並請按以下日期將「參賽者資料」及「參賽者聲明」寄回、交回或傳真(傳真號碼：2634 0786)至該組：
● 2010 年 9 月 15 日或以前交回「參賽者資料」
● 2010 年 10 月 4 日或以前交回「參賽者聲明」
Notes to Staff /Participants : The successfully enrolled organisations should make crossed cheques payable to “The Government of the Hong Kong Special Administrative Region” and submit the cheques in person or by mail 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) on or before 15 September 2010. They should also return the Particulars of Participants and Declaration by participants by mail, in person or by fax (Fax: 2634 0786) to the section according to the deadlines below:
● Submission of Particulars of Participants on or before 15 September 2010
● Submission of Declaration by Participants on or before 4 October 2010
(2) 每隊可填報領隊／教練一名。
Each team can have 1 team leader/coach.
11. 棄權 : (1) 參賽者必須攜同其身份證明文件並於比賽**當天上午 8 時正至 8 時 30 分**到達起點向大會工作人員報到。參賽者於報到時將獲派發號碼布。開賽時間為上午 9 時，遲到者當棄權論。
Waiving of rights : All participants must bring along with them their identity documents and report to the officials of the Organiser at the starting point **from 8:00 am to 8:30 am** on the event day. Each participant will be given a numbered cloth. The competition will commence at 9:00 am. Any latecomer will not be accepted.
(2) 未能出示有效身份證明文件的參賽者，不得出賽。
Participant(s) who fail to produce valid identity documents will not be permitted to participate in the race.

12. 罰則 : (1) 如參賽者被發現於參賽期間並非該機構的*僱員，該機構所參與的是項比賽的資格及所獲的成績將被取消。如被發現觸犯此規則超過一次，該機構所參與工商機構運動會全部比賽項目的成績及其參賽資格將被取消。所繳交的費用亦不會獲得發還。
*「僱員」的定義請參閱附則(1)
- Penalty : If any participant is discovered that he/she is not the *employee of the organisation during the competition, the results achieved by the organisation in that particular competition will be cancelled. If the organisation breaches this regulation more than once, the organisation will be disqualified from taking part in this year's Corporate Games and all the entry fee will not be refunded.
*The definition of "Employee" is stated at Remarks (1)
- (2) 如有參賽者／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。
Any participant/team who violates the regulations 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.
13. 獎勵 : 各組別的每個項目均設冠、亞、季及殿軍獎。(各得獎者／得獎隊伍必須參與賽事方可獲得獎項。)
*為提高比賽的趣味性，大會特設工商機構運動會 2010 團體總冠軍獎盃，頒予每組在各項比賽中累積得分最高的機構。有關計分方法和詳情，請瀏覽以下網頁：
<http://www.lcsd.gov.hk/me/cgame/b5/score.php>
- Awards : Prizes will be awarded to the Champion, 1st runner-up, 2nd runner-up and 3rd runner-up of each event in the respective group. (The winner/winning team must have participated in the matches in order to be awarded any prize.)
*To make the competition more interesting, an overall championship trophy will be awarded to the organisation accumulating the highest points from all events of the Corporate Games 2010 for each group. For the scoring methods and details, please browse the following webpage:
<http://www.lcsd.gov.hk/me/cgame/en/score.php>
14. 裁判 : 大會將邀請資深裁判提供裁判服務。
Referee : Experienced referees will be invited to render referee services.
15. 改期 : (1) 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。
Changing the Date of Matches : 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.
(2) 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 Adjudicator on the spot or the Organiser will decide whether the race should continue or not and the participants shall not raise objection.
(3) 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 match from a participant/participating team is accepted.
16. 上訴 : 大會不設上訴，一切賽果以總裁判的最後判決為準。
Appeal : No appeal will be accepted. The final decision of the Chief Adjudicator will be final.

17. 裝備
Equipment
- : (1) 各參賽者請穿着合適的運動服裝作賽。
All participants should put on proper sportswear.
- : (2) 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。
All participants should wear the numbered cloth provided by the Organiser on the event day. Participants without the numbered clothes will not be permitted to participated in the race.
18. 附則
Remarks
- : (1) 「僱員」的定義為該僱員已經在香港為同一僱主連續工作 4 星期或以上，而每星期最少工作 18 小時，並在比賽進行期間，仍然受僱於該機構。
The definition of “Employee” – An employee who has been working in Hong Kong for the same employer continuously for 4 weeks or more, for at least 18 hours each week and who is still being employed by the same organisation during the competition period.
- : (2) 參賽者必須年滿 15 歲並只能代表一間機構，如轉換代表機構，參賽者必須已離開前任職機構，並在該項比賽首場賽事進行時已在新代表的機構連續工作 4 星期或以上，而每星期最少工作 18 小時，並在比賽進行期間，仍然受僱於該機構。
Each participant shall be aged 15 or above and can only represent one organisation. A participant may represent another organisation provided that he/she has resigned from the previous organisation and has been working continuously for the current organisation for not less than 4 weeks when the first match of the competition takes place, for at least 18 hours each week and is still being employed by the organisation during the competition period.
- : (3) 大會可要求參賽機構提交證明文件，證明代表其參賽者均屬其僱員。
A participating organisation may be required to produce relevant documents to prove that all the participants representing it in the competition are its employees.
- : (4) 本章程如有未盡善處，大會保留修改權利。
If there is any inadequacy in this prospectus, the Organiser reserves the right for appropriate amendments.
19. 查詢電話
Enquiries
- :
: **2601 7673**



長跑比賽 - 參賽者資料

Distance Run Competition – Particulars of Participants

機構名稱(中文) _____ (大會編號 Official No. _____)

Name of Organisation (English) _____

機構地址(中文) _____

Address of Organisation (English) _____

參賽組別： # 甲 / 乙 / 丙組

Group to be entered : # Group A / B / C # 請將不適用者刪去 # Please delete as appropriate

參賽領隊 / 教練姓名(中文) _____

Name of Team Leader / Coach (English) _____

電話 (日) _____ (夜) _____ 傳真號碼 _____

Telephone No. (Day) _____ (Night) _____ Fax No. _____

*電郵地址 _____ 傳呼機 / 手提電話號碼 _____

*E-mail Address _____ Pager / Mobile Phone No. _____

*本署日後將通過電子郵件傳送有關活動的資料給貴機構 / 團體。

*Information concerning the competition will be sent to you by e-mail.

編號 No.	參賽者姓名 Name of Participant (須與身份證明文件相同) (Should be the same as the one shown on the identity document)		性別 Sex	年齡組別 Age Group 請用英文字母表示 Please indicate with a letter code		★ 身份證明文件 號碼 Identity Certificate No.	請用✓表示參加項目 Please ✓ the event(s) to be entered		
	中文 Chinese	英文 English		A=15-19	G=45-49		男子 公開組 Men's Open	男子 先進組 Men's Masters	女子 公開組 Women's Open
				B=20-24	H=50-54				
1									
2									
3									
4									
5									
6									
7									
8									
9									
10									

★ 請填寫香港身份證號碼的英文字首及首 4 個數字(例如: A1234 / XD1234) 或護照號碼的首 6 個數字(例如: 123456).

Please indicate the beginning letter(s) and the first 4 digits of the Hong Kong Identity Card Numbers (e.g. A1234 / XD1234) or the first 6 digits of the passport numbers (e.g. 123456).

備註 Remarks :

- (1) 每間機構最多可填報 30 人。
Each organisation can field a maximum of 30 participants.
- (2) 如機構在單一項目內參加人數達 5 人或以上，即自動進入該項目的隊際比賽。該機構最快抵達終點的首 5 名隊員的成績將自動成為該機構的隊際比賽成績。
If the number of participants from an organisation in a single event is five or above, the organisation will automatically enter the team event for that event. The results of the five participants from the organisation who have reached the finishing line first will automatically become the result achieved by that organisation in the team event.
- (3) 所有參賽者或其家長／監護人必須在2010 年 10 月 4 日或以前填妥「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 (Fax: 2634 0786) to Major Events Section, 2/F, Leisure and Cultural Services Headquarters, 1-3 Pai Tau Street, Sha Tin, New Territories on or before 4 October 2010. If any participant fails to submit this form before the commencement of the competition, the Organiser reserves the right to disqualify him/her from participating in the competition.
- (4) 你所提供的個人資料只作報名、統計、日後聯絡及宣傳本活動之用。除獲大會授權職員外，其他人士不得查閱你所提供的個人資料。你所提供的個人資料會在「工商機構運動會 2010」結束後 4 個月內銷毀。
The personal data provided by you will only be used for the purposes of enrolment, compilation of statistics, future contact and promotion relating to this activity. Except for the staff authorised by the Organiser, no one will be given access to your personal data. The personal data provided by you will be destroyed within 4 months after the Corporate Games 2010.
- (5) 如欲更正或查閱你在本表格上填寫的個人資料，請致電 2601 7673 與康樂及文化事務署大型活動組職員聯絡。
Please contact the staff of the Major Events Section of the Leisure and Cultural Services Department at 2601 7673 if you want to correct or access your personal data collected by means of this form.
- (6) 你必須在本表格內提供所需的個人資料並填寫有關的聲明。如提供的資料不足，大會有權取消你的參賽資格。
The provision of your personal data and submission of the respective Declaration in this form is obligatory. If the submitted information is insufficient, the Organiser reserves the right to disqualify you from the competition.
- (7) 有關本賽事的章程、賽程、分組及對賽抽籤結果、比賽成績和其他賽事資料等，均會在大會網頁公布。
The prospectus, schedules, results of the grouping and fixture draw, results of the competition and other information relating to the competition will be announced through the Organiser’s website.

聲明 Declaration :

領隊／教練聲明：

Declaration of Team Leader/ Coach:

上述參賽者為本機構僱員，以及所報資料全部屬實。

The above participant(s) is/are an employee/employees of our organisation and all the particulars provided are true and correct.

領隊／教練簽署 _____
Signature of Team Leader/ Coach

日期 Date _____

機構印章 Chop of Organisation

請於 2010 年 9 月 15 日（星期三） 或之前將此表格寄回、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。

Please return this form by mail, in person or by fax (Fax: 2634 0786) to: Major Events Section, 2/F, Leisure and Cultural Services Headquarters, 1-3 Pai Tau Street, Sha Tin, New Territories on or before 15 September 2008 (Wednesday).



長跑比賽 -年滿十八歲的參賽者聲明
Distance Run Competition – Declaration by Participants aged 18 or above

比賽項目：工商機構運動會 2010 – 長跑比賽
Competition Event : Corporate Games 2010 – Distance Run Competition
機構名稱：大會編號：
Organisation Name : Official No. : _____
參賽組別：# 甲/乙/丙組
Group to be entered : # Group A / B / C # 請將不適用者刪去 # Please delete as appropriate

所有年滿十八歲的參賽者必須在 2010 年 10 月 4 日或之前簽署本聲明，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本聲明，大會有權取消其參賽資格。

All participants aged 18 or above must sign this form 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 4 October 2010. If any participant fails to submit this form before the commencement of the competition, the Organiser reserves the right to disqualify him/her from participating in the competition.

年滿十八歲的參賽者聲明：

Declaration by Participants aged 18 or above :

本人聲明：本人的健康和體能良好，適宜參加上述比賽。如因本人的疏忽或健康或體能欠佳而引致本人於參加這項比賽時傷亡，康樂及文化事務署無須負責。

I declare that: I am healthy, physically fit and suitable to participate in the above competition. The Leisure and Cultural Services Department shall not be liable for any injury or death which I may suffer in this competition if the cause of injury or death is due to my own negligence or inadequacy in health and fitness.

本人已細閱和明白以上聲明，並在下方簽署作實：

I have read through and understood the above declaration and I sign below for confirmation:

編號 No.	參賽者姓名 Name of Participant	參賽者簽署 Signature of Participant	日期 Date	編號 No.	參賽者姓名 Name of Participant	參賽者簽署 Signature of Participant	日期 Date
1.				16.			
2.				17.			
3.				18.			
4.				19.			
5.				20.			
6.				21.			
7.				22.			
8.				23.			
9.				24.			
10.				25.			
11.				26.			
12.				27.			
13.				28.			
14.				29.			
15.				30.			

(如有需要可自行影印本表格 Photocopy of this form is allowed if required)



長跑比賽 - 未滿十八歲的參賽者聲明
Distance Run Competition – Declaration by Participants aged below 18

(必須由家長或年滿十八歲的監護人簽署)
(must be signed by parents or guardians aged 18 or above)

比賽項目：工商機構運動會 2010 – 長跑比賽
Competition Event : Corporate Games 2010 – Distance Run Competition
機構名稱：大會編號：
Organisation Name : Official No. :
參賽組別：# 甲/乙/丙組
Group to be entered : # Group A / B / C # 請將不適用者刪去 # Please delete as appropriate

所有未滿十八歲的參賽者必須在 2010 年 10 月 4 日或之前由家長或監護人簽署本聲明，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本聲明，大會有權取消其參賽資格。

The parents / guardians of participants aged below 18 must sign this form 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 4 October 2010. If any participant fails to submit this form before the commencement of the competition, the Organiser reserves the right to disqualify him/her from participating in the competition.

未滿十八歲的參賽者聲明：

Declaration by Participants aged below 18 :

本人聲明：_____ (參賽者姓名) 的健康和體能良好，適宜參加上述比賽。如因參賽者的疏忽或健康或體能欠佳而引致他/她於參加這項比賽時傷亡，康樂及文化事務署無須負責。

I declare that: _____ (participant's name) is healthy, physically fit and suitable to participate in the above competition. The Leisure and Cultural Services Department shall not be liable for any injury or death which the participant may suffer in this competition if the cause of injury or death is due to his / her negligence or inadequacy in health and fitness.

家長或監護人姓名 _____ 簽署 _____ 日期 _____

Parent / Guardian's Name : _____ Signature : _____ Date : _____

本人聲明：_____ (參賽者姓名) 的健康和體能良好，適宜參加上述比賽。如因參賽者的疏忽或健康或體能欠佳而引致他/她於參加這項比賽時傷亡，康樂及文化事務署無須負責。

I declare that: _____ (participant's name) is healthy, physically fit and suitable to participate in the above competition. The Leisure and Cultural Services Department shall not be liable for any injury or death which the participant may suffer in this competition if the cause of injury or death is due to his / her negligence or inadequacy in health and fitness.

家長或監護人姓名 _____ 簽署 _____ 日期 _____

Parent / Guardian's Name : _____ Signature : _____ Date : _____

本人聲明：_____ (參賽者姓名) 的健康和體能良好，適宜參加上述比賽。如因參賽者的疏忽或健康或體能欠佳而引致他/她於參加這項比賽時傷亡，康樂及文化事務署無須負責。

I declare that: _____ (participant's name) is healthy, physically fit and suitable to participate in the above competition. The Leisure and Cultural Services Department shall not be liable for any injury or death which the participant may suffer in this competition if the cause of injury or death is due to his / her negligence or inadequacy in health and fitness.

家長或監護人姓名 _____ 簽署 _____ 日期 _____

Parent / Guardian's Name : _____ Signature : _____ Date : _____

(如有需要可自行影印本表格 Photocopy of this form is allowed if required)