

主辦
Organised by



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



先進運動會 2014 – 長跑比賽 Masters Games 2014 – Distance Run Competition

參賽者須知

Notes to Participants

- 日期和時間 : 2014 年 12 月 21 日 (星期日) 21 December 2014 (Sun)
Date and Time
- (1) 報到時間: 上午 8 時至 8 時 30 分 (1) Marshall Time: 8:00 am – 8:30 am
(2) 比賽時間: 上午 9 時至下午 1 時 (2) Start Time: 9:00 am – 1:00 pm
- 地點 : 新界大埔大美督船灣淡水湖主壩
Venue Main Dam, Plover Cove Reservoir, Tai Mei Tuk, Tai Po
- 賽規 : (1) 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)。
Regulations 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).
(2) 如參加者棄權或未能完成全程, 其參賽資格將被取消, 所得的成績及得獎資格亦會全部被取消, 所繳費用不獲退還。
Participants withdraw or fail to complete the whole course will be disqualified. Their results and awards attained will be cancelled and the enrolment fee will not be refunded.
(3) 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.
- 報到 : (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
Marshall 分親身帶同報名時使用的身份證明文件正本到報到處向康文署職員報到
(香港居民須出示香港身份證; 而沒持有香港身份證的人士須出示有效旅遊證件, 例如護照、往來港澳通行證) 並領取載有計時晶片的號碼布。未能出示有效身份證明文件者, 本署有權取消其參賽資格; 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 in person with their original copy of identity documents used for enrolment (Hong Kong residents should produce their Hong Kong Identity Cards. Persons without Hong Kong Identity Cards should produce their valid travel documents such as Passports, Exit-Entry Permits for Travelling to and from Hong Kong and Macao) and collect the number bib with BibTag. If the participants fails to produce the above identification document, the LCSD staff reserve the right to disqualify them from the competition. Those who absent when competition started will be regarded as having withdrawn from the competition.
- 裝備 : (1) 參賽者須穿着合適的運動服裝和運動鞋。
Equipment Participants shall wear proper sportswear and sports shoes.

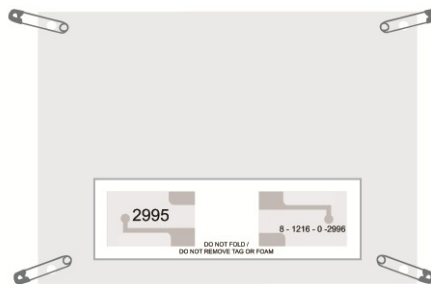
- (2) 本比賽採用晶片計時系統。計時晶片已裱貼在號碼布，參賽者只需如常將號碼布置於胸前便可使用。賽事完畢後，毋須交還晶片。其他晶片並不適用於此賽事。

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

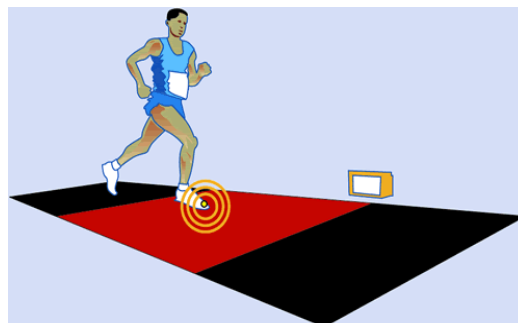
- 請勿摺疊晶片；
- Do not fold the BibTag;
- 參賽者必須踏過設於起點線、折返點及終點線之計時感應地蓆；
- Participants need to step on the timing mats located at the Start, the Turning Point and the Finish;
- 如錯誤佩帶、蓄意損毀晶片，或未有踏過計時感應地蓆，大會有可能不能提供該參賽者之比賽時間。
- In case of wrongly wearing, purposely damaging the BibTags, or participants do not 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

- (3) 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.

- 上訴
Appeal
- : 賽會不設上訴，所有賽果以裁判最後判決為準。
No appeal will be accepted. The judges' decision on the competition results shall be final.
- 注意事項
Points to Note
- : (1) 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.
- (2) 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.
- (3) 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.
- (4) 由於起點並沒有更衣室及洗手間，請各參賽者於比賽前先自行更換運動服。
Since there is no changing room and washroom available at the starting point, participants should dress up properly before the game started.
- (5) 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.
- (6) 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.
- (7) 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.
- (8) 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.
- (9) 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.
- 獎勵
Awards
- : 每組冠、亞、季及殿軍得獎者將獲贈獎牌乙面。
Medal 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

：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.

「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.

「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.

「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
Supplementary
Regulations

- ： (1) 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.
- (2) 如被發現冒名頂替，或有參加者經賽會認為有破壞規則或有不良行為而影響賽事者，賽會有權判他/她（們）退出比賽，該名參加者在整個賽事的成績會被取消，所繳報名費用將不獲退還。
If any participant(s) is/are found to be impostors or having violated the rules or engaged in improper conduct that affects the competition results, the Organiser will have the right to order him/her/them to withdraw from the competition and his/her/their result(s) in the competition will be cancelled. Enrolment fee will not be refunded.
- (3) 本署有權把比賽成績向外公布。
The LCSD has the right to release the result of competition to the public.

查詢電話
Enquiries

- ： 康文署 24 小時客務熱線：2414 5555
LCSD 24-hour Customer Hotline: 2414 5555

康文署大型活動組：2601 7672

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）

Major Events Section of the LCSD: 2601 7672

Office hours: Monday to Friday: 8:45am to 6:00 pm
(lunch break: 1 pm to 2 pm)
(closed on Saturday, Sunday and general holidays)