

主辦

Organised by



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



先進運動會 2014 – 游泳比賽 Masters Games 2014 – Swimming Competition

參賽者須知

Notes to Participants

- 日期和時間 : 2014 年 10 月 5 日 (星期日) 上午 9 時至下午 3 時
Date and Time : 5 October 2014 (Sunday) 9:00am – 3:00pm
- 地點 : 中山紀念公園游泳池
Venue : Sun Yat Sen Memorial Park Swimming Pool
- 賽制 : 各比賽項目均為決賽，以參加者的比賽成績時間定名次。
Format : All events are final. Ranking is determined by the participant's record achieved.
- 賽規 : (1) 全部賽事均採用一次起跳 (One-Start-Rule)，如有參加者犯規，將於賽事
Regulations : 完成後被取消資格，參加者不得異議。
The One-Start-Rule will be adopted in all events. Participants in breach of any regulations will be disqualified upon the completion of the competition. No appeal will be accepted.
(2) 如比賽當日只得一位參加者出席該項比賽，該項目仍照常比賽，該參加者
仍可獲取有關獎項。
If only one participant shows up on the competition day, the event will still be held and the participant will be given the respective award.
(3) 除本章程列明外，比賽規則將參考香港業餘游泳總會的規則執行。
Unless otherwise specified in the prospectus, the competition will adopt the regulations approved by the Hong Kong Amateur Swimming Association.
- 報到 : (1) 參加者必須留意賽會宣布，準時報到及參賽，否則作棄權論。
Marshall : Participants should pay attention to the announcements of the Organiser and report to the Organiser and take part in the competitions on time. Otherwise, they will be deemed to have forfeited the right to compete.
(2) 參加者須在報到時和出賽前向康文署職員出示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；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)，以便核實參賽資格。未能出示有效身份證明文件者，本署有權取消其參賽資格。
Participants shall produce their original 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) for verification of eligibility when they report to the LCSD staff and before the event commences. If the participants fails to produce the above identification document, the LCSD staff reserve the right to disqualify them from the competition.

- (3) 宣布召集時，參加者應立即到召集處報到。如在最後召集後仍未報到者，本署即取消其參賽資格。

Whenever summoned, participants should report to the marshal at once. The LCSD reserves the right to disqualify those who fail to turn up in response to the last summon.

裁判
Judges : 由康文署安排裁判。比賽的執法工作由合資格裁判擔任，各參加者須服從裁判的判決。

Judges will be arranged by the LCSD. Judges will be served by qualified referees. All participants should abide by their decisions.

上訴
Appeal : 賽會不設上訴，所有賽果以裁判最後的判決為準。

No appeal will be accepted. The judges' decision on the competition results shall be final.

注意事項
Points to Note : (1) 參加者必須遵守賽會及游泳池內的各項規則。

Participants shall observe all the regulations prescribed by the Organiser and the swimming pool.

(2) 在比賽當日，如賽會懷疑參加者患有皮膚病，而未能出示醫生證明書說明該病為非傳染性疾病，賽會有權取消其參賽資格。

If a participant is suspected to have skin disease on the competition day and he/she cannot produce a medical certificate to prove that the disease is not a contagious one, the Organiser reserves the right to disqualify the participant.

(3) 如參加者在比賽當天已進行其中一項比賽，即使無法參與餘下的項目、或因天氣惡劣或其他原因而不能進行比賽，參加者亦不能申請退款。

For a participant who has already taken part in one of the events on the competition day, he/she is not entitled to the refund of his/her enrolment fee even if he/she cannot participate in the remaining competitions or the competition cannot be continued due to inclement weather or any other reasons.

(4) 參賽者請穿著清潔的拖鞋進入池面範圍。

Participants must wear clean slippers when entering the pool deck.

(5) 訓練池將於上午 8 時 30 分起，開放供參加者作熱身練習或舒鬆活動。

Training pool will be opened from 8:30am for participants to conduct warm-up and cool down exercise.

獎勵
Awards : 每組別設冠、亞、季及殿軍獎，各獲獎牌乙枚。

A medal will be awarded to the champion, first, second and third runners-up of each division.

「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) 比賽日各分組比賽賽程均以即場宣布為準。
The schedule for each division and events on the event day should follow the on-the-spot announcements.
- (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)