

## 運動員須知 Walkers' Guide

### 1. 競走(競步)的定義 Definition of Race Walking

- 競走是運動員與地面保持接觸、連續向前邁進的過程，沒有(人眼)可見的騰空。前腿從觸地瞬間至垂直部位應該伸直(即膝關節不得彎曲)。
- Race Walking is a progression of steps so taken that the walker makes contact with the ground, so that no visible (to human eyes) loss of contact occurs. The advancing leg shall be straightened (i.e. not bent at the knee) from the moment of first contact with the ground until the vertical upright position.
- 運動員應該認真參賽。
- Athletes shall complete honestly with bona fide effort.

### 2. 報到 Registration Counter

- 運動員須於比賽當天依時往報到處報到及領取號碼布。
- Athletes should report to the Registration Counter on their arrival to collect number bibs according to the scheduled time.

#### 比賽時間 Start Time

女子高級組 Women's Senior : 8:15am

女子先進組 Women's Master : 8:15am

女子青年組 Women's Junior : 10:00am

雙人接力賽 Relay Walk : 10:55am

男子青年組 Men's Junior : 1:15pm

男子高級組 Men's Senior : 2:05pm

男子先進組 Men's Master : 2:05pm

### 3. 檢錄 Roll Call

- 各組賽事之比賽時間只作參考，確實之比賽時間將會視乎比賽當日情況而調整。
- 比賽前 45分鐘開始檢錄，比賽前 10分鐘截止檢錄。
- 逾時報到者大會有權禁止其參加比賽。
- The competition time listed may be adjusted subject to the progress of competition of each category.
- Start of Call is 45 minutes before the race. End of Call is 10 minutes before the race.
- Those who are late for the Roll Call will not be allowed to participate.

### 4. 號碼布 Number bib

- 每名運動員將獲發兩塊相同編號之號碼布。
- 運動員必須將號碼布扣於外衣胸前及背後的顯著位置，否則大會有權取消其參賽資格。
- Each walker will be provided two number bibs with same race number.
- Walkers should wear one number bib visibly on the chest and the other on the back, those who failing to do so will not be allowed to participate.

## 5. 比賽服裝 Attire

- 運動員比賽時須穿著上衣及短褲，所穿服裝不得遮掩膝蓋部位。
- All athletes should wear tops and shorts without covering the knees.

## 6. 行李存放 Baggage Storage

- 運動場備有貯物櫃存放衣物。運動員可向本會借用櫃匙，於比賽完畢後請把櫃匙交回本會。
- 請勿攜帶貴重物品，如有損毀或遺失，大會恕不負責。
- The Sports Ground provides several lockers. Walkers might borrow keys from the organizer. Please return the keys after the race.
- Please DO NOT bring any valuable items. The Organizer takes no responsibility for any damage or loss of belongings or properties.

## 7. 時限 Time Limit

- 倘運動員未能在指定時間內完成賽事，大會工作人員將會要求運動員終止比賽並離開賽道。
- If a walker fails to finish the race within the specified time limit, he/she will be asked to stop racing and leave the course by the Race Officials.

女子高級組 Women's Senior : 10 km, 時限 90 分鐘 Time limit 90 minutes

女子先進組 Women's Master : 10 km, 時限 90 分鐘 Time limit 90 minutes

女子青年組 Women's Junior : 5 km, 時限 40 分鐘 Time limit 40 minutes

男子青年組 Men's Junior : 5 km, 時限 40 分鐘 Time limit 40 minutes

男子高級組 Men's Senior : 10 km, 時限 80 分鐘 Time limit 80 minutes

男子先進組 Men's Master : 10 km, 時限 80 分鐘 Time limit 80 minutes

## 8. 惡劣天氣安排 Bad Weather Arrangement

- 若 2009 年 5 月 3 日 (星期日)上午六時，香港天文台懸掛八號或以上熱帶氣旋警告訊號、紅色或黑色暴雨警告訊號，比賽將會取消。請於比賽前一晚留意天氣情況。請於比賽當日早上 六時 開始留意各大電台或電視台的天氣廣播。
- 大會緊急熱線電話：9046-3255 李振威先生(比賽日上午六時 至下午三時半)
- 報名一經接納，已繳交的報名費將不獲發還。如比賽被迫取消，已繳交的報名費亦不獲發還。
- If Tropical Cyclone Warning Signal No.8 or above, Red or Black Rainstorm Signal is hoisted by the Hong Kong Observatory at 6:00 am on Sunday, 3 May 2009, the event will be cancelled. Please pay attention to the weather report the night before the event. Please follow updates on radio and TV for announcements of the weather status from 6:00 am onwards.
- The Race Day Emergency Hotline : 9046-3255 Mr. Lee Chun Wai (available from 6:00 am to 3:30 pm on Race Day)
- The Entry Fee is non-refundable once the entry has been accepted. If the Race is cancelled due to circumstances beyond the control of the Organiser, the Entry Fee is also non-refunded.

## **9. 健康提示 Health Advice**

- 請各運動員於賽前留意身體狀況及因應天氣狀況是否適合作賽。如運動員於比賽途中有任何不適，請立即停止比賽並向附近之工作人員求助。
- Walkers should decide their participation according to your own physical fitness and weather condition. In case you are feeling unwell during the race, you should approach our officials for assistance immediately.

## **10. 雙人接力賽規則 Relay Team Rules**

- 由2人組成接力隊，隊員則不限男女老幼。
- 每名參賽者須以競走形式完成1200米。
- 參賽者須遵守競走規定，不得騰空及曲膝，違規者會被加罰時間。
- 隊伍的總完成時間相等於實際完成時間加上違規加罰的時間。
- Each team composes of 2 walkers.
- Each relay member shall walk 1200m.
- If any team member fails to follow the Race Walking regulations, a warning will be issued by the judge and time penalty will be added to the finishing time of that team.
- The total finishing time is equal to the actual finishing time plus all the penalties the team received.

## **11. 如有任何爭議，籌備委員會將作最後裁決。**

**In case of any dispute, the organizing committee will have the final decision.**