



香港定向總會
Orienteering Association of Hong Kong

香港定向會總會
Orienteering Association of Hong Kong
香港週年定向錦標賽 (短途)
2019

Annual Orienteering Championships (Sprint Event)

賽員須知

Event Information

比賽日期： 2019 年 12 月 28 日 (星期六)

Date : 28 December 2019

地點： 九龍公園

Venue: Kowloon Park

形式： 越野式短途賽

Format: Individual cross-country

地圖： 使用比例 1 : 4000 比例，ISSprOM2019 彩圖
5 米等高線間距 國際定向提示符號

Map: 2019 version 1:4000

ISSprOM2019 Colour Map

5m control interval International

Control Description Symbol

獎項：

1.每場世界排位賽均設男子組及女子組冠、亞、季軍獎，不論國籍

The first 3 places in World Ranking Event Men & Women's classes will be awarded in each championship regardless of country

2.每場錦標賽男子組及女子組前六名可獲頒獎牌 (只限香港參加者)

Medals will be awarded to participants in the best 6 places in Men & Women classes of each event. (For Hong Kong Runners only)

大會程序：

0830 賽事中心開放 開始領取號碼布、計時指卡

0830 Event centre and quarantine area open

0915 出發區開放

0915 Start open

0925 預備出發區

0925 First to pre-start

0930 女子精英組出發，所有世界排名賽員必須
進入隔離區

0930 WE first start, all WRE competitors must
be inside the quarantine area

0955 男子精英組出發

0955 ME first start

1100 隔離區關閉

1100 Quarantine area close

1110 公開組出發區開放

1110 Guest first start

1130 出發區關閉 及 精英組最後成績公佈

1130 Start area close and WRE Final result

1145 精英組及公開組截止投訴

1145 Protest Cut-off time

1200 賽區關閉

1200 Course close

1230 頒獎

1230 Prize Presentation

賽事控制員：虞定宏

Event Controller: Mr. YUE Ting Wang

賽事主任：鄧慧芯

Event Organizer: Ms. TANG Wai Sum

路線設計：吳漢仲

Course Setter: Mr. NG Hon Chung

裁判團：吳金富先生

Jury: Mr. NG Kam Fu

梁林先生

Mr. LEUNG Lam

許毅生先生

Mr. HUI Ngai Sang

查詢：

賽前之查詢電話：3460 3177

比賽當日緊急聯絡電話：9319 8176

Pre-race enquiry number: 3460 3177

Emergency contact on race day: 9319 8176

交通：

1. 賽員需自行安排交通到賽事中心，請參閱附圖。

Runner are required to arrange their own transportation to the event center please refer to the drawings

2. 賽員可乘搭下公共交通工具前往賽事中心：

港鐵：	尖沙咀港鐵站 A1 出口、佐敦港鐵站 C1 出口及柯士甸西鐵站均可到達。
九巴：	2, 7, 9, 13X, 208, 213X, N216, 219X, 224X, N241, 260X, 268B, 269B, 270A, 270S, 271 等，大部份行駛彌敦道往返尖沙咀之巴士均可到達，詳情請參閱 www.kmb.com.hk 或九巴熱線 2745 4466。

賽事中心位置圖：



賽事中心：Event Center

(報到領取電子控制卡及號碼布、查詢、洗手間、行李存放、急救站)

Check-in for electronic control card and number cloth, inquiry, toilet, luggage storage, first aid station)

1. 賽事中心位於九龍公園羅馬廣場，**賽員必須由柏麗大道之指定入口，進入九龍公園羅馬廣場之賽事中心，違者會被取消資格。**



The event centre is located in the Roman Square in Kowloon Park and the race men must enter Kowloon Park at the designated entrance of the Parklane Avenue beside Police Station and follow instructions to the Event Centre at Roma Square, where offender will be disqualified.

2. 參加者請根據賽員編號到賽事中心報到處領取號碼布 及電子控制卡。賽員可按需要於賽事中心領取扣針
Runners have to quote their bib number for race bib and SI card collection at the Event Centre. Pins will be available at Event Centre.
3. 未出發賽員於賽事中心只可在指定範圍內活動，如違反規定提前進入賽區範圍，可被取消資格。
Runners have to stay in the designated area of the Event Centre before their designated start time. Any runners who enter into the competition area before their designated start time will be disqualified.
4. 隔離區設於賽事中心旁邊，設有洗手間及熱身區
The Quarantine area is adjacent to the event centre. Toilet facilities and warm-up area are inside the Quarantine area.
5. 所有世界排名賽運動必須在 0930 比賽開始前進入隔離區，不可以回到賽事中心。
All competitors must enter the quarantine before the Start of the race at 0930. Competitors once entering the quarantine will not be allowed to exit the area.
6. 運動員只可以於出發時間前的 5 分鐘內從預備出發閘口前往出發區，行程需時少於 2 分鐘。
Competitor will only be allowed to proceed to the start at the pre-start exit, no more than five minutes before their start time.
7. 在隔離區內禁止使用舊圖，通訊器材及可連通網絡的電子儀器。
Competitors inside the quarantine area are not allowed to use old competition maps of the competition area. The use of any communication equipment, electronic devices that connects with the internet are not allowed.
8. 禁止完成賽事的賽員，及在賽事中心之參觀人士，而在隔離區內的運動員溝通及傳遞訊息。如有必要聯絡須得隔離區工作人員同意及監督。
Competitors who had completed the competition and other people at event centre are not allowed to

communicate with competitors inside the quarantine area, except with permission and under supervision of event officials managing the quarantine.

9. 賽員應測試電子控制卡。將指卡放在「清除裝置」上，如成功拍卡，裝置將會發出「嗶嗶」聲響及閃燈確認。

The racer should test the electronic control card. Place the finger card on the "clear" unit and, if the card is successfully shot, the device will emit a "beep" sound and flash ingress confirmation.

10. 賽事中心將展示大會時間。

The Event Center will show conference time.

11. 大會不設行李存放服務，不設保安，賽員攜來物件如有遺失，大會概不負責，故建議賽員請勿攜帶貴重物品。

The General Assembly does not have luggage storage services, no security, the game person with the object if there is a loss, the General Assembly is not responsible, it is recommended that the race staff do not carry valuables.

12. 賽員必須保持賽事中心及賽區清潔。

The racers must keep the centre and race area clean.

13. 賽事中心內嚴禁生火。

Fires are strictly prohibited in the event centre.

14. 成績處理站設於賽事中心。

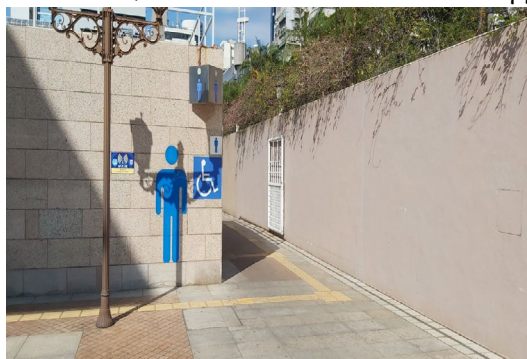
The results processing station is located in the event centre.

出發程序 (精英組)

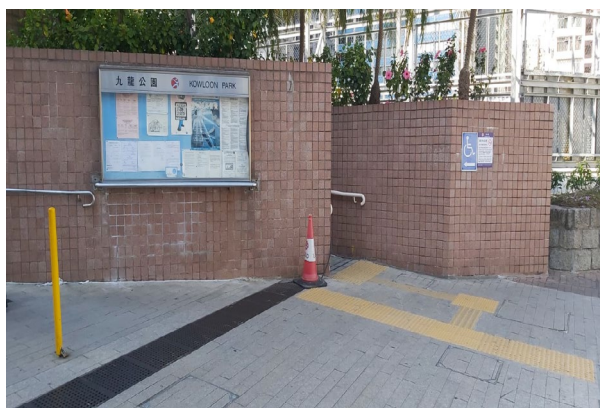
Start Arrangement (Elite Class)

1. 隔離區設於賽事中心旁邊，將於 8:30 開放	Quarantine area for Elite Class is located near Event Centre and will be opened at 8:30am.
2. 精英賽員在於 9:30 或前到達隔離區	the elite runner must arrive Quarantine area on 9:30am or before.
3. 每位賽員必須出示指南針、哨子、SI 指卡及號碼 布（扣於胸前），否則不得進入出發區	All runners are required to wear their number bib at the front and bring along a compass, a whistle and a SI card before entering the Quarantine area and the Start.
4. 出發前賽員不得 閱讀地圖，否則將被取消資格	Runners are not allowed to read the map before their designated start time. Any violation will result in disqualification.
5. 每賽員必須在 0930 比例開始前進入隔離區。賽員一旦進入隔離區，不得離開隔離區	All competitors must enter the quarantine before the Start of the race 0930 .Competitors once entering the quarantine will not be allowed to exit the area
6. 賽員需在開始出發前 5 分鐘內離開預備出發區往起點	Competitor will only be allowed to proceed to the start via the pre-start exit, no more than five minutes before their start time.
7. 賽員進入隔離區不可翻閱過往比賽的舊地圖並不可互聯網相連的電子設備及不可使用任何電子通訊設備及器材	Competitors inside the quarantine area are not allowed to use old competition maps of the competition area. The use of any communication equipment, electronic devices that connects with the internet are not allowed.
8. 賽員完成比賽後不可以在賽事中心和隔離區內的賽員交流，除非得到賽事主任可許可和監視	Competitors who had completed the competition and other people at event centre are not allowed to communicate with competitors inside the quarantine area, except with permission and under supervision of event officials managing the quarantine.
9. 出發採用 3 分區制，3 分格前將顯示「入格時間」。	Call Up Time (Official Time 3 minutes) will be shown at start area. Runners can enter the Start area 3 minutes before their start time
10. 當「入格」時鐘顯示你的出發時間，通過工作人員檢查裝備後，可進入 3 分格，每隔一分鐘進入 3 分格及 1 分格。	Gear check will be performed by race officials 3 minutes before runners' start time. After entering the Start area, runners have to enter 3minute zone and 3 minute zone in 1-minute interval.
11. 賽員於起點響鐘發出長響後方可取地圖及出發	Runners can only take the map and begin the race after hearing the start signal
12. 由隔離區步行前往出發區，距離約 200 米，需時少於 2 分鐘	Walking distance from the Quarantine to the start area is about 200m and take less than 2 minutes
13. 出發區設有大會時間顯示。	Official Time will be shown at Start area.

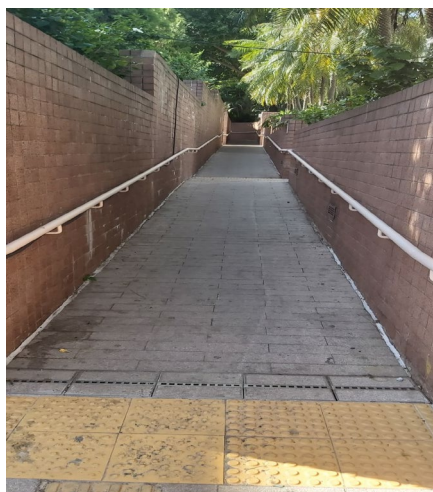
Quarantine arer 隔離區



Pre Start 預備出區



Start 起點



Finish 終點



出發程序 (公開組)

Start Arrangement (Open Classes)

1. 公開組須於 1100 前進入於賽事中心旁之隔離區。	Open runners must enter the Quarantine area near the event centre before 1100
3. 每位賽員必須出示指南針、哨子、SI 指卡及號碼布（扣於胸前），否則不得進入出發區。	All runners are required to wear their number bib at the front and bring along a compass, a whistle and a SI card before entering the Start area.
5. 工作人員檢查裝備後，方可進入出發區	Runners can enter the Start area after passing the gear check.
7. 賽員必須在起點器拍卡，只需橫越起點線便可。	Punching Start in must required. Crossing the start line suffices
8. 出發線會顯示「大會時間」。	Official Time will be shown at the start line.
9. 取用正確的地圖乃賽員責任，請檢查地圖是否屬於自己的組別。如取錯地圖而被取消資格，賽會概不負責。	Runners are responsible to check if they have taken the correct map. The Organizer is not responsible for any disqualification caused by taking incorrect map.

賽員裝備：

- 賽員應穿著輕便運動服參加比賽。
The racers should wear light sportswear to participate in the competition.
- 賽員應穿抓地性能良好之運動鞋，以防滑倒。
Racers should wear sneakers with good grip performance to prevent slipping.
- 賽員自行帶備哨子、指南針。
The racers must bring their own whistles and compasses
- 地圖將在出發區派發。
The map will be distributed in the departure area.
- 如有需要，可自備食水。
Bring your own water if needed

終點

Finish

終點區設於賽事中心旁

1. 有關控制卡的問題，請賽員於離開終點線後立即向終點區工作人員提出

2. 是次賽事的終點採用非接觸式終點線，賽員抵達終點時只需橫越終點線計時便會結束，SI 指卡亦會隨即發出聲響及閃燈。如賽員發現 SI 指卡於橫越終點線時未有發出閃燈及聲響，可選擇於傳統終點控制器上打孔，惟終點時間將以打者為準

3. 請跟隨指示前往成績處理站，將計時指卡的記錄下載後，賽員即可領取參考成績印表。

4. 賽會會收回已完成賽事賽員的地圖，請勿將地圖及賽程透露予未出發之賽員，如有違反，雙方賽員將會被取消資格 (DISQ)。

5. 所有賽員必需於成績處理區關閉前到成績處理站下載成績，未能於最後成績公佈前下載成績之賽員將會被取消資格 (DISQ)。

6. 賽員無論完成賽事與否，或遺失電子控制卡，必須於 12:00 前向終點報到，否則當失蹤論，勞煩賽會甚至警方出動搜索。

7. 賽員應盡快到賽事中心內的成績處理站下載成績

1. Finish is located next to the Event Centre.

For questions about the SI Card, ask the runner to raise

2. Contactless finish line is used at Finish for the race. The timing stops when runners pass through the finish line and the SI card will feedback with “beep” sound and flashing optical signal as confirmation. If runners found that no feedback was given by the SI card when they run pass the finish line, they can choose to punch on the “Finish” unit. Yet, the later time will be taken as the Finishing time.

3. Please proceed to Result station for result download after crossing the Finish. Runners will be provided with a result slip for their reference.

4. Maps will be temporarily collected at Finish. Finishers are prohibited to disclose any map or course details to runners who haven't started their race. Any violation will result in disqualification of both parties.

5. All runners must have their punching record downloaded at Result station before the closure of Result station. Otherwise, they will be considered as disqualified

6. All runners must report to the Finish by 12:00 regardless if they have finished the race or not or if the SI card is lost. Otherwise, you will be considered as missing. The Organizer might need to report to the Police to search for you.

7. Runner should download the results as soon as possible at the results processing station in the event center

賽區及地圖資料：

1. 賽區主要為平坦三合土地、可跑性高，但賽員並沒有優先權，應對其他遊人保持禮貌，避免碰撞。

The event runs on mostly flat, paved concrete ground, with high runnability. The area is a populate public park, competitors has no priority and must respect the right of other park users, be polite and avoid running into others.

2. 賽區內有多條樓梯，賽員請小心上落。

Please take care whilst running on stairways.

3. 賽區內有部份範圍進行臨時維修工程，賽員不可進入或穿越。

There are areas under maintenance work in the park. Competitors are not allowed to enter or traverse.

4. 賽區內部份球場及運動場由高圍欄所包圍，縱使通道閘門打開，賽員都不可進入或穿越。

Sports pitches and areas fenced off by high fences are out of bound to competitions; even though with gates opened.

5. 賽區內有多個籃球及足球場，賽員應靠邊行走，避免與球場使用人士發生碰撞。

When entering other open sport facilities, please avoid running into users of these facilities.

6. 請小心保護公園內的植物，地圖上  範圍，賽員不可進入或穿越。

Please help to protect plants in the park. Areas of vegetation marked by uncrossable green must not be entered.

7. 賽事不設水站，但公園設有飲水機，賽員亦可自備食水。

No water station had been set during the course.

8. 所有組別皆需要在比賽途中換圖。

There is a map change during the course for ALL classes.

9. 終點路線附近設有一定數目之大型塑料模型，由於物件不是固定於場區內，所以將不被標示於地圖內。

A number of cartoon statues was being displayed in the avenue near the finish. These statues will not be marked on the map as they are being moved around.

賽程資料：

1. 各組的比賽時限均為 **60 分鐘**。

Maximum Course time for all classes: 60 mins

2. 各組別之控制點提示符號將印於地圖上。

All control descriptions are printed on the maps.

3. 賽區將於 12:00 關閉，賽員必須停止繼續比賽，及返回終點報到。

The arena will close at 12:00, all competitors must stop and return to the finish at once.

4. 是次賽程長度以直線距離計算，各組別賽程之長度及攀升大約如下：

All course lengths are calculated in straight lines, the preliminary course information is as follows:

	組別 Class	長度(km) Length(km)	攀升(m) Climb(m)	控制點數目 No. of Control	預計勝出時間 (分鐘) Est. Winning Time (Mins.)
1	ME, MO	2	20	19	12-15
2	WE, WO	2	20	19	12-15

賽程按當日公佈為準。

投訴及抗議：

1. 賽員對賽事或個人成績的投訴，必須於成績公佈後 15 分鐘內，以書面向賽事主任提出。
Any complaint relating to the competition or results must be launched within 15 minutes of the results to the Event organiser.
2. 賽會將立刻記錄賽員的投訴及儘快作出處理；有關的決定，由賽會直接通知投訴人。
Complaints will be processed as soon as possible by the event organiser. The organiser will inform the competitor concerned of the result.
3. 如對賽事主任的投訴處理有所異議，賽員可向賽會提出抗議。
A competitor can launch a protest against event organiser's ruling on a complaint.
4. 抗議須於賽事主任發出裁決後的十五分鐘內，以書面向賽會提出。
A protest must be made in writing within 15minutes of the notification of the result of complaint and submit to the event organiser.
5. 賽會將根據「國際定向聯盟定向比賽則例 2019」作處理，有關決定為最後裁決。
The IOF Foot Orienteering Technical Rules 2019 shall apply to this competition.

無論完成賽事與否，或出發後放棄參賽，
所有賽員必須向終點或賽事中心報到 ！！

All participants MUST report at the finish or event centre whatever you
have completed the course or not.