

Hong Kong Annual Orienteering Championships 2019
25-29 DEC 2019
香港定向總會 週年定向錦標賽 2019
25-29/12/2019



Competition Bulletin 3
比賽通告三號
Middle Distance
中距離賽



賽事 Competitions

香港週年定向錦標賽 2019-中距離賽 暨世界排位賽事 

HK Annual Orienteering Championships (Middle Distance) 2019 cum
World Ranking Event 25/12/2019 星期三 Wednesday

賽事控制員 Event Controller

吳金富先生 Mr. NG Kam Fu, Patrick

賽事主任 Event Organiser

甄健剛先生 Mr. YAN Kin Kong

地圖製作 Mapper

鐘志明先生 Mr. CHUNG Chi Ming

賽程設計 Course Setting

余世航先生 Mr. YU Sai Hong

裁判團 Jury

- | | |
|----------|-------------------|
| 1. 許毅生先生 | Mr. HUI Ngai Sang |
| 2. 李文威先生 | Mr. LEE Man Wai |
| 3. 梁林先生 | Mr. LEUNG Lam |

賽前查詢電話: 34603177 (辦公時間) 星期一至五: 09:30 ~ 12:45, 14:00 ~ 18:30

Enquiry before Event Day: 34603177 (Within Office Hour) Mon to Fri: 09:30 ~ 12:45,
14:00 ~ 18:30

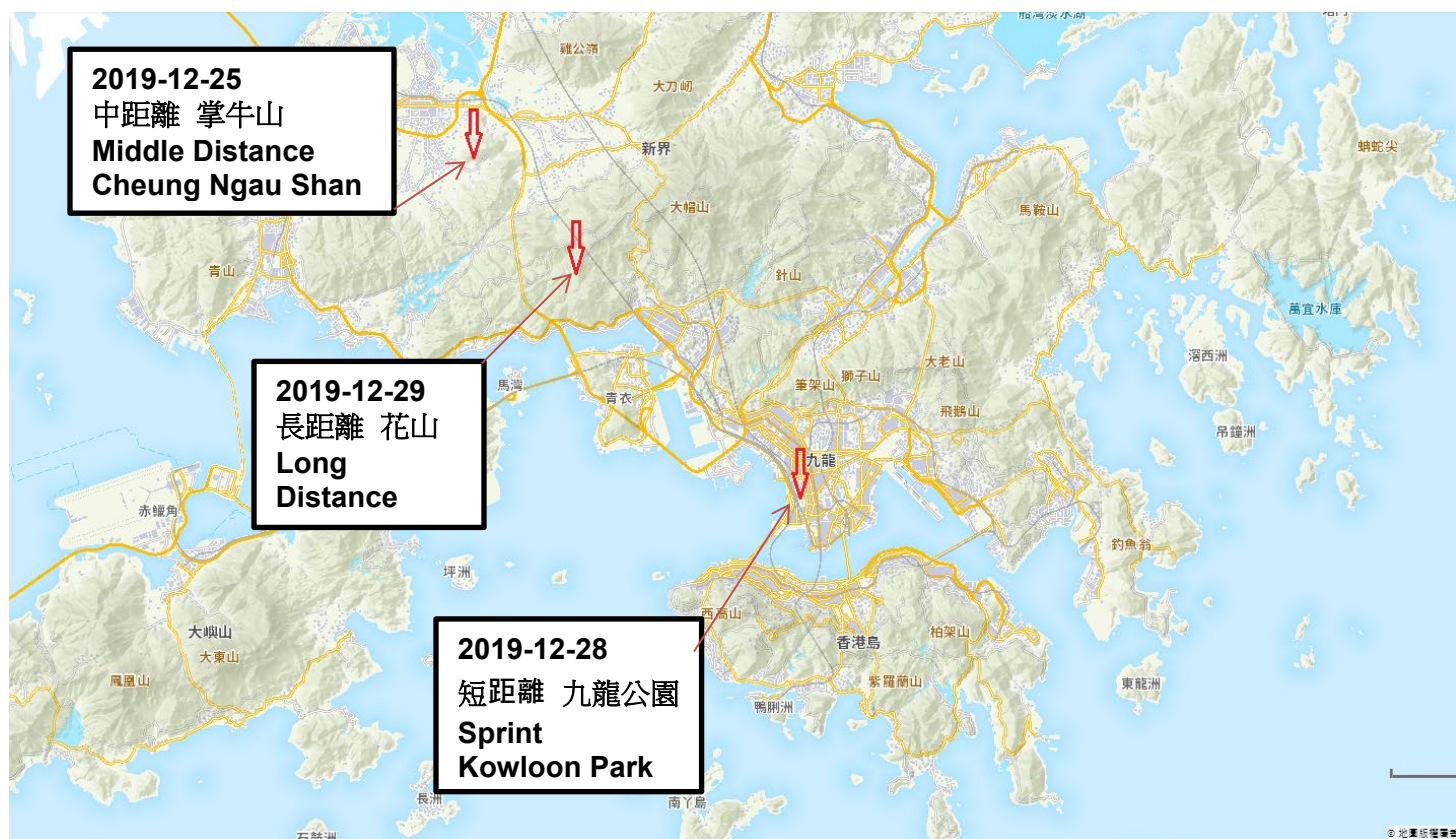
比賽當日電話 : 9319 8176

On Event Day

Programme

日期 Date	時間 Time	活動 Event	地點 Venue
2019-12-25 星期三 Wednesday	09:00 賽事中心開放 Event Centre Opens	中距離賽 (精英組- 世界排位賽) Middle Distance (Elite Class - WRE)	掌牛山 Cheung Ngau Shan
	09:45 隔離區開放 Quarantine Opens		
	10:29 最後進入隔離區 Quarantine Closes		
	10:30 – First Start 第一位賽員出發		
	12:14 Last Start 最後一位賽員出發	中距離賽 (公開組) Middle Distance (Open Class)	
	10:30 賽事中心開放 Event Centre Opens		
	12:30 – 12:50 出發 Start		
14:55 賽道關閉 Closure of course			
注意：實際時間以當日賽會公佈為準。 Attention: All schedules may be subject to changes by organizer			

賽事位置圖 Arena Location



地圖比例及等高線間距 Map Scale and Contour Interval

中距離 Middle Distance : 1:10000 5m

2019年更新版地圖及 採用 ISOM2017繪圖標準及國際控制點提示符號

2019 updated version & using ISOM2017 & IOF Control Descriptions symbols

賽事中心

新界 元朗 大樹下東路 崇山新村

Event Centre

Tai Shue Ha East Road Sung Shan San Tsuen, Yuen Long, New Territories

<https://goo.gl/maps/kpkvMMq9HjLBAQno9>



設施及服務 Facilities and Services

1. 賽會將於賽事中心展示賽員須知、出發名單及大會時間。
2. 所有精英組及公開組賽員需於賽事中心自行領取號碼布。
3. 本賽事將採用 **SPORTident** 電子打孔 系統，參加者必須自備 **SI-Card**。
4. 賽事中心將設有「清除(CLEAR)」器及「檢查(CHECK)」器。賽員前往出發區前，請先在「清除(CLEAR)」器上把電子控制卡舊紀錄清除，再於「檢查(CHECK)」器測試該咭是否正常運作。
5. 自備電子控制卡的賽員若忘記攜帶電子控制卡或該卡失效，須向賽會繳付港幣 **280元**按金及港幣 **50元**租金，作為借用電子控制卡之用。備用電子控制卡數量有限，先到先得。按金將於賽員交還電子控制卡後退回。
6. 所有借出或租出的電子控制卡均為香港定向總會的財產，各賽員在比賽期間有責任妥善保管。若有遺失或損毀，賽員必須賠償港幣 **280元**給予香港定向總會。
7. 賽員須核對編印在出發名單上之賽員編號及電子控制卡號碼是否正確。如有錯漏，請於 **2019 年 12 月 23 日**前向賽會提出。
8. 大會不設行李存放服務，賽員攜來之物件需自行保管及處理，如有任何遺失，大會概不負責。賽會建議賽員 請勿攜帶貴重物品。
9. 賽員可在賽事中心領取扣針。賽會亦鼓勵賽員自備扣針。
10. 洗手間設於大樹下東路塘頭埔村，距離賽事中心五百公尺，請小心車輛。
11. 請保持賽事中心及賽區清潔，並帶走所有垃圾。
12. 賽事中心設有物理治療服務。
13. 賽事中心鄰近民居，請保持安靜。

1. Official time, Start List and Event Information would be displayed at the event centre.
2. Competitors of Elite and Open classes have to pick up the number bibs.
3. SPORTident Electronic Punching System will be used and participants must use their own SI-Cards.
4. "CLEAR" unit and "CHECK" unit for SI-Card will be available at the Event Centre. Competitors shall delete previous data in the SI-Card by using the "CLEAR" unit and check the function of the SI-Card by using the "CHECK" unit.
5. For those who do not bring their SI-Card or his/her own SI-Card is malfunctioned, limited number of spare SI-Card will be available for rental at the Event Centre. HK\$280 deposit and HK\$50 rental fee will be charged. The deposit will be refunded upon return of SI-Card.
6. All rental SI-Cards are properties of the OAHK. Competitors will be charged HK\$280 for any damaged or lost SI-Cards.
7. Competitor shall check their name and SI-Card number on the Start List and report to organiser for any mismatches before 23th December 2019.
8. No bag drop services will be provided and the organiser will not be responsible for loss of any belongings. Competitors should not bring any valuable items.
9. Safety pins are available at the Event Centre. Competitors are also encouraged to bring their own safety pins.
10. Public toilets are available at Tong Tau Po Tsuen which is about 500m away from the Event Centre. Please beware of traffic.
11. Please keep the competition area and Event Centre clean.
12. Physiotherapy service is provided in the Event Centre.
13. Please keep **quiet** and do not cause any disturbance to the nearby villages.

交通前往賽事中心 Transportation to Event Centre (Arena)

乘西鐵往朗屏站下車，往” B1” 出口乘搭新界區專線小巴路線第 73 號往崇山新村方向，在上圖所示下車處下車，車程約25分鐘。全程收費\$5.6，班次10-20分鐘一班。下車沿有指示步行約3-5分鐘到達賽事中心。

To reach the Event Centre, you can take the NT GMB Route 73 from Long Ping East Rail Station (at Exit B1) to Sung Shan San Tsuen, drop off at the location as indicated in the above Map. After that, follow the marked route to the Event Centre, it takes about 3-5 minutes' walk.



賽區資料 Field Information

1. 賽區大部分為空曠雜草地和碎石地，山坡比較陡峭，請小心。建議著定向釘鞋或夠深坑紋跑鞋。
 2. 賽區大部分地區受山火影響，地圖上以雜草地表示，可跑性及能見到極高。
 3. 留意賽區有兩米深地洞和 高逾2米懸崖，地圖上有表示，請小心。
 4. 賽區設有水站，但如天氣酷熱，可能供不應求，請自備足夠飲用水。賽區內的山坑水，請賽員切勿飲用。
 5. 賽區 有羊群覓食。
-
1. Most of the competition area is covered with rough open vegetation and stony ground. The slopes are rather steep, please be careful. Orienteering shoes and running shoes with strong grips are recommended.
 2. The competition area has been affected by hill fire recently and become rough open area with very good runnability and visibility.
 3. There are some 2m deep pits and over 2m high uncrossable rockface in the competition area, please be careful.
 4. There will be one water point on the course. Please bring along your own water in case of the inadequate water supply. Please do not drink stream water in the competition area.
 5. There are lamps grazing on the hill side.

賽程資料 Course Information

賽程 Course	長度 Course Length (km)	總攀高 Total Climb (m)	控制點數量 No. of controls	預計勝出時間 Expected Winning Time (mins)	限時 (min) Time Limit	水站 Water Point
中距離男子 ME	3.6	200	14	30-35	90	1
中距離女子 WE	3.1	180	10	30-35	90	1

1. 所有組別比賽時限為 90分鐘賽員必需在賽區關閉時間前，到達終點報到。
 2. 各組別之控制點提示符號將列印於地圖上。額外的控制點提示符號紙亦會於出發區提供，提示符號紙大小為 ME：6cmX 12cm；WE：6cm X 9.5cm
-
1. Time limit is 90 minutes for all courses, competitors must report to Finish before course closes.
 2. Control Description is printed on the map. Separate Control Description will be issued at Start Area. The size of the descriptions is ME：6cmX 12cm；WE：6cm X 9.5cm

隔離區 Quarantine

- 只有精英組賽員會被安排隔離程序
 - 所有精英組賽員必須在進入隔離區前簽到
 - 一旦進入隔離區，直至出發前將不可離開隔離區
 - 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
 - 隔離區全是室外環境，賽會會提供飲用水
 - 隔離區內沒有廁所
-
- Only competitors in Elite classes are subject to quarantine area.

- All Elite competitors need to sign in before getting into the quarantine area
- Competitors cannot leave the quarantine area until start
- 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.
- Only outdoor areas will be available. Drinking water will be offered.
- No toilets are available in the quarantine area.

Competition	Quarantine Opens	Final Call for Quarantine	Remarks
中距離賽 (比賽前) 只限精英組 賽員 Middle Distance (Before Start) for Elite classes only	09:45	10:29 遲到者將被取消比賽資格 Late comers will be disqualified	賽事中心往隔離區需時 3分鐘 3 minutes from Event Centre to Quarantine
注意：實際時間以當日賽會公佈為準。 Attention: All schedules may be subject to changes by organizer.			

起點

- 賽會將於賽事中心及起點區展示賽員須知、出發名單及大會時間。
- 控制點提示紙將於出發前 2 分鐘之方格提供。
- 地圖將於出發前 1 分鐘之方格提供。
- 起點△與發圖處距離為60 米。賽員需沿彩帶往起點△。
- 遲到者需向起點工作人員申報，並由相關工作人員指引或帶領前往所屬起點區域出發作賽。
- 公開組賽員可於12:20後往出發區準備出發。

Start

- Start list and the official time will be available at both Event Centre, Quarantine, Pre-start, as well as Start.
- Control description will be issued in the 2-minute box.
- Maps will be issued at the 1-minute box.
- The start △ will be 60m from the map issue point. Competitors have to follow the streamers to the Start △
- Late competitors must report to the Start call-up. The competitor will be allowed to proceed to the start line, accompanied where possible by a related Official.
- MO and WO competitors may go to start area before 12:20

出發時間顯示鐘Start Clock	往起點 To Start △	
-1 分鐘(檢查地圖)-1 min (check map)		
-2分鐘(取提示紙)-2 min (take description sheet)		
入格時間顯示鐘Check-in Clock	ME / MO	WE / WO

中距離 出發安排 Start Arrangement for Middle Distance

Class	First Start Time	Start Interval
ME	10:30:00	2 min
WE	10:31:00	2 min
MO	12:20:00	Free
WO	12:20:00	Free

中距離賽公開組賽員由賽事中心前往預備出發區距離約 120 米，需時約 3 分鐘，沿途有指示。
Competitors in Open classes for Middle Distance have to take about 3 minutes from Event Centre to Pre-Start with about 120m long. Please follow the instruction.

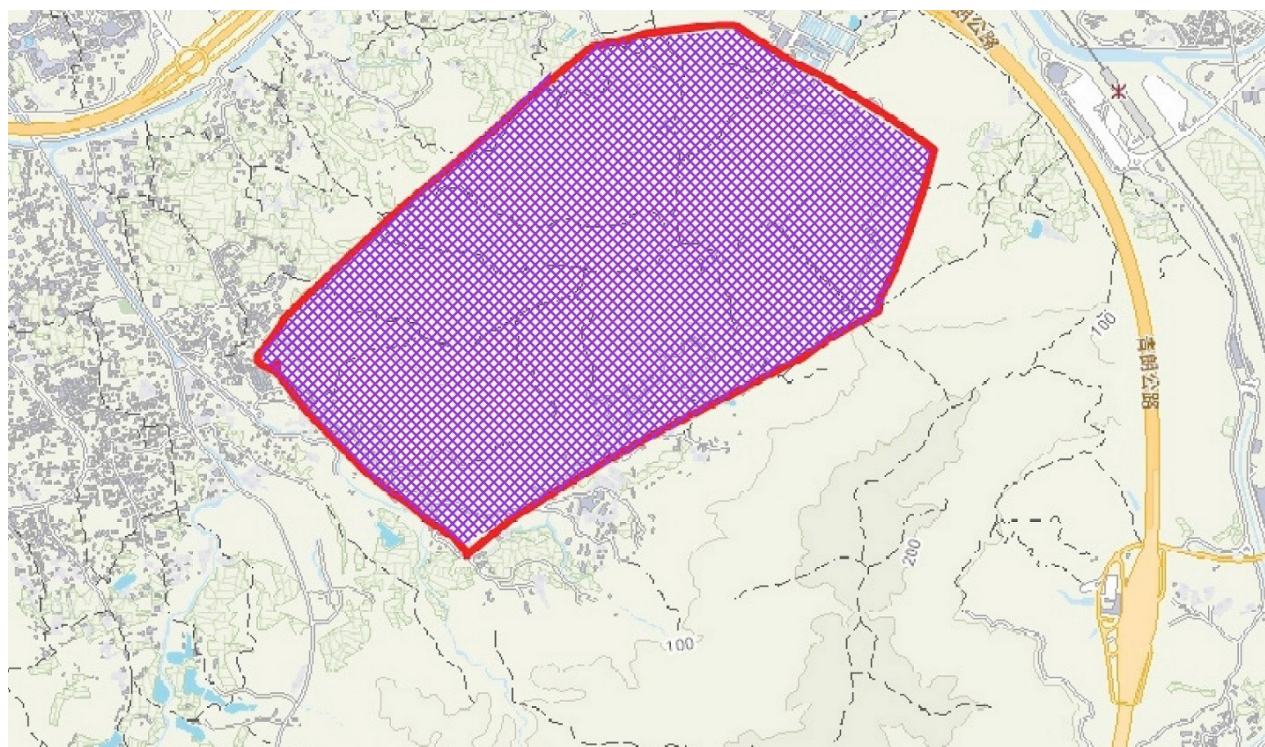
終點 Finish

- 賽員之完成時間將以賽員於終點控制器上打卡之時間計算。
- 回賽事中心約一公里，下降125公尺，需時20-30分鐘，沿途有指示。
- The finishing time will be calculated at the moment the competitor punches onto the finish unit.
- Distance from Finish back to the Event Centre is about 1km with 125m descent, it takes about 20-30 mins.

賽區範圍及禁區 **Embargo Area**

- 所有賽區範圍皆列為禁區，所有可能作賽之賽員、領隊及其工作人員、或可能提供資訊予賽員之人士皆不得進入此等範圍。All competition area has been under a full embargo, and cannot be visited by potential competitors, team officials or other persons who may be in a position to give information to team members.

2019-12-25 中距離 掌牛山 **Middle Distance, Cheung Ngau Shan**



賽事規則 **Competition Rules**

賽事採用國際野外定向聯盟賽事規例 2019 及香港定向總會定向賽事則例。

The competitions will be organized in accordance with the IOF Competition Rules 2019 and the OAHK Orienteering Competition By-law.

國際野外定向聯盟賽事規例

IOF Competition Rules

https://onedrive.live.com/embed?resid=663580750D0C0BCE%2117648&authkey=!ABqC_EkOriWLUdl&em=2&wdHideHeaders=True&wdDownloadButton=False

世界排位賽事指引

Guidelines for World Ranking Events

<https://orienteering.org/wp-content/uploads/2018/04/World-Ranking-Events-Manual-2018.pdf>

香港定向總會野外定向賽事則例

OAHK Orienteering Competition By-law

http://oahk.org.hk/uploads/file/20190321_20190320_Bylaw%202019%20English.pdf

號碼布 **Bibs**

- 號碼布在賽事中心派發（短距離賽精英組則在隔離區內派發）。
 - 所有賽員必須在所有賽事中扣上號碼布作賽。號碼布必須掛於胸前，並須在任何時間清晰顯示，且不應被摺細或裁剪。
-
- All competitors must wear their respective number bibs at all competitions. The bibs will be available at the arena.
 - Competitors must wear their bibs on the front. The bibs must be visible in their entirety; they shall not be folded over or cut down.

衣著及器材限制 Clothing and Equipment Restriction

- 於中距離賽及長距離賽，賽員必須穿著完全覆蓋軀幹及下肢的衣物。短袖衣物是准許的。
- 短距離賽沒有任何衣著限制，然而賽會仍建議穿著覆蓋軀幹及下肢的衣物。金屬釘鞋不可於短距離賽穿著。

所有賽事中，賽員必須攜帶指南針，哨子(短距離賽除外)，編配之SI 控制卡，及在胸前扣上號碼布；否則將不獲作賽。

- For the middle and long distances the competitors must wear clothing that fully covers torso and legs. Short-sleeved shirts are allowed.
- No clothing restrictions for sprint. But wearing of clothing covers torso and legs is recommended. No spiked shoes allowed in the sprint.
- You must bring with yourself a compass, a whistle (except Sprint), your assigned SI card, number bib on your chest. Otherwise you are not allowed to start.

電子打孔及計時系統 Electronic Punching and Timing System

所有賽事將採用 SPORTident 電子打孔及計時系統，參賽者須在報名時填寫自備的 SI-Card 編號。賽會亦備有電子控制卡可供海外賽員租借，費用為 HK\$100 。

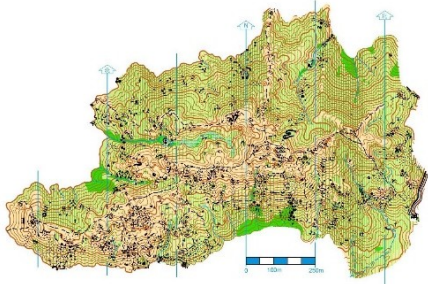

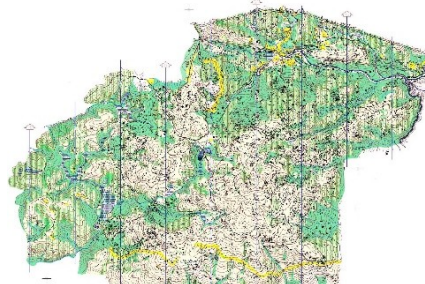
The SPORTident Electronic Punching and Timing system will be used at the competitions. Competitor should fill in their SI-card number at the entry form. Overseas athletes can use their own SI-card or rent from the organiser with a rental fee of HK\$100.

香港氣候 Climate

- 香港位於亞熱帶，差不多有半年時間氣候極為溫和。
- 許多人認為十一月和十二月的天氣最好，風和日麗，氣溫適中。
- 十二月氣溫由攝氏 16 度至攝氏 20 度，市區氣溫有時會降至攝氏 10 度以下，但不常見。
- 香港天文台：http://qb.weather.gov.hk/cis/climahk_c.htm

- Hong Kong's climate is sub-tropical, tending towards temperate for nearly half the year.
- During November and December there are pleasant breezes, plenty of sunshine and comfortable temperatures. Many people regards these as the best months of the year.
- Temperature in December ranges between 16-20 °C whilst it is not uncommon for temperature to drop below 10°C in urban areas.
- Hong Kong Observatory: http://www.weather.gov.hk/cis/climahk_e.htm

舊地圖 Old Orienteering Maps

2019-12-25 中距離 掌牛山 Middle Distance Cheung Ngau Shan	2019-12-28 短距離 九龍公園 Sprint Kowloon Park	2019-12-29 長距離 花山 Long Distance Fa Shan
		

主辦單位及查詢 Event Organiser & Enquiries

主辦單位及查詢 Event Organizer & Enquiries

香港定向總會

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