

Orienteering Association of Hong Kong
香港定向總會
Hong Kong Annual Orienteering Championships 2019 (Long Distance)
香港定向總會 香港週年定向錦標賽 2019
長距離錦標賽暨世界排位賽事

*** 賽員須知 ***
Event Information

主辦單位：香港定向總會

Organiser：Orienteering Association of Hong Kong

地點：上下花山

Venue：Sheung Ha Fa Shan

地圖：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

Map：2019 updated version & using ISOM2017 & IOF Control Descriptions symbols

地圖比例：1:10000 等高線間距：5m

Map Scale 5m, Contour Interval 1:10000

形式：越野式

Type：Cross Country

獎項：ME, WE 總成績前 3 名可獲頒獎牌，香港精英組前六名亦可獲頒獎牌

Prizes：Medals will be awarded to the first 3 of the ME & WE classes

Medals will also be awarded to the first 6 of Hong Kong elite class runners

查詢：賽前-34603177（辦公時間）/ 電郵 info@oahk.org.hk

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：9319 8176

主要工作人員 Major Event Officials

賽事控制員 Event Controller

梁林先生 Mr. LEUNG Lam

賽事主持 Event Organiser

蔡錦達先生 Mr. CHOI Kam Kwai

路線設計/地圖更新/賽區主任 Mapper/Course Setter/Competition Area

鍾志明先生 Mr. CHUNG Chi Ming, Tom

賽事中心主任 Event Centre

林祖輝先生 Mr. LUM Cho Fai

起點主任 Start

吳坤成先生 Mr. NG Kwan Shing

終點主任 Finish

鄧慧芯小姐 Ms. TANG Wai Sum

成績處理主任 Results Processing

何梓恆先生 Mr. HO Tsz Hang, Stephen

賽事裁判 Jury

虞定宏先生 Mr. YUE Ting Wang, Dominic

吳金富先生 Mr. NG Kam Fu, Patrick

甄健剛先生 Mr. YAN Kin Kong

大會程序：

- 0830： 賽事中心開放
 Event Centre opens
- 0915： 第一班穿梭巴士開出
 First shuttle bus departs
- 0930： 出發區開放
 Start Area opens
- 1000： (E) 組賽員出發；賽區開放；終點開放
 Competition area & Finish Area; 1st start of Elite class
- 1030： 成績下載站開放
 Result Processing Station opens
- 1215： 最後一班穿梭巴士開出
 Last shuttle bus departs
- 1250： (O) 組賽員出發
 Open class starts
- 1310： 出發區關閉
 Start area closes
- 1610： 賽區關閉，終點關閉
 Competition and Finishing area close
- 1640： 成績下載站關閉 (遲到者將被取消資格)
 Closure of Result Processing Station (Late comers will be disqualified)
- 1640： 精英組最後成績公佈
 Display of Final result of Elite classes
- 1710： 截止投訴及頒獎
 Complaint closure & Prize Giving
- 1730： 賽事完結
 Event closes

交通安排 Transportation Arrangement

賽會不設交通安排，賽員可利用下列方法前往賽事中心

1. 乘九龍巴士
30 號,, 長沙灣巴士總站>>荃威巴士總站.. 在聖母領報堂下車.步行 5 分鐘.
30X 號,, 黃埔 巴士總站>>荃威巴士總站.. 在聖母領報堂下車.步行 5 分鐘.
39A 號,, 荃灣西巴士總站>>荃威巴士總站.. 在聖母領報堂下車.步行 5 分鐘.

以上資料只供參考，詳情請瀏覽: 九巴網頁 [http：//www.kmb.hk](http://www.kmb.hk)，或致電九巴熱線 27454466。

- 乘綠色小巴 84 號線，荃灣眾安街 <=>荃威花園 .在荃景圍五人足球場下車。

No official transport will be provided, competitors can take the following means to get to the Event Centre :

- By KMB :

Route no. 30 from Cheung Sha Wan Bus Terminus to Allway Gardens Bus Terminus, drop off at Church Annunciation, then walk 5 minutes

Route no. 30X from Whampoa Bus Terminus to Allway Gardens Bus Terminus, drop off at Church Annunciation, then walk 5 minutes

Route no. 39A from Tsuen Wan West Station Bus Terminus to Allway Gardens Bus Terminus, drop off at Church Annunciation, then walk 5 minutes

The above information is just for reference, please browse the KMB website [http : //www.kmb.hk](http://www.kmb.hk)

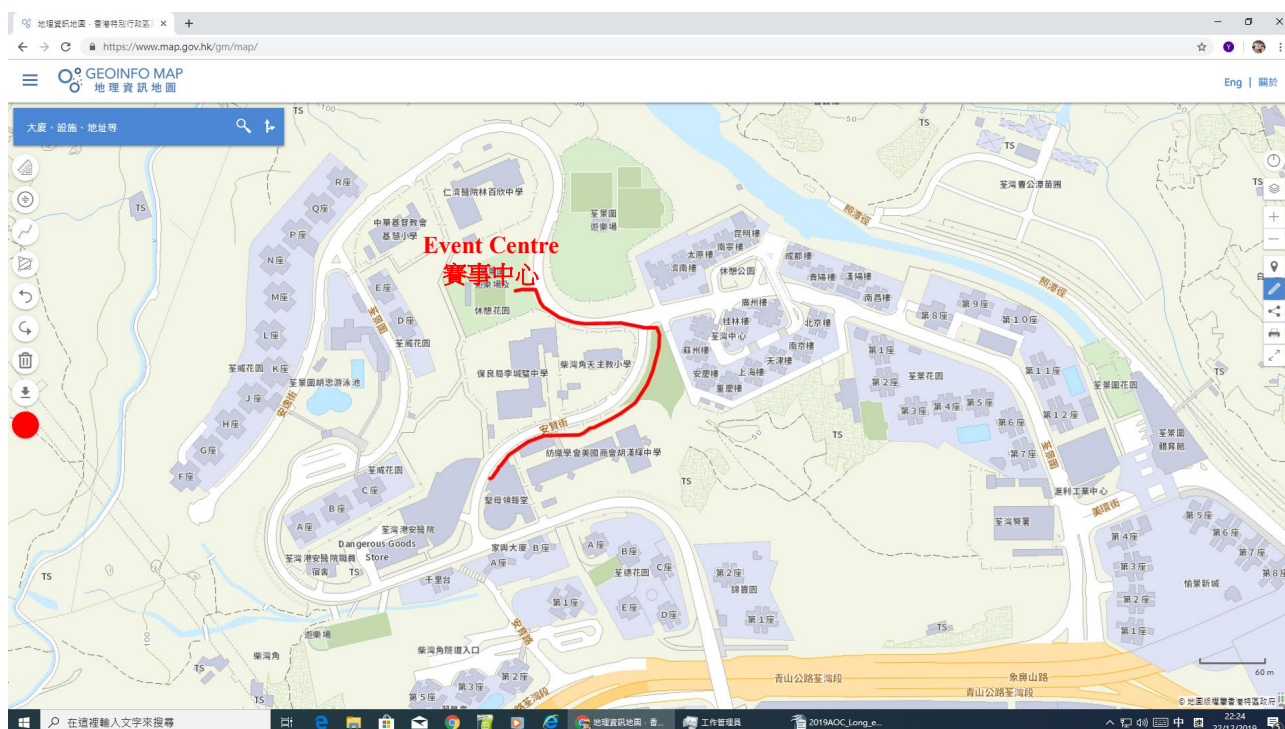
Or ring KMB hotline 27454466 for further information.

- By NT Green Minibus no. 84 from Chung On Street, Tsuen Wan to Allway Gardens, drop off at Tsuen King Circuit Recreation Ground and Rest Garden

賽事中心位置設施及服務 Event Centre and Facilities

賽事中心位於荃景圍5人足球場

Event Centre at Tsuen King Circuit Recreation Ground and Rest Garden



- 賽事中心將顯示大會時間。
Official time will be displayed at the Event centre
- 中心設有洗手間 請保持地方清潔。
Toilet facility available at the Event centre, please keep the place tidy
- 大會將不設行李存放區，賽會建議賽員 請勿攜帶貴重物品。
No bag drop service will be provided, please do not bring any valuable items.
- 賽事中心設有試卡裝置，賽員前往出發區前可測試其電子控制卡是否正常運行。
Please check if your SI card functions well at the Event centre before proceeding to the Start

5. 基於環保，大會非常鼓勵賽員自備扣針，但賽事中心仍有少量扣針可供取用。
Please prepare your own safety pins for environmental conservation, however, limited quantity will be available at the Event Centre
6. 賽事中心將張貼本賽區較舊版本的地圖，以供參考。
Old version of competition map will be displayed at the Event Centre
7. 賽事中心設有物理治療
Physiotherapy service will be available at the Event Centre
8. 本賽事將採用 SPORTident 電子打孔系統，參加者必須自備 SI-Card。若賽員忘記攜帶電子控制卡或該卡未能正常運作，可向大會租用電子控制卡。賽員租用每張電子控制卡須向大會繳付港幣 280 元按金及港幣 100 元租金，按金將於賽員交還電子控制卡後退回。由於備用電子控制卡數量有限，大會將以「先到先得」形式租出。所有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（即按金）予香港定向總會。
SPORTident Electronic Punching System will be used and participants must use their own SI- Cards. 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 first comes first serves at the Event Centre . HK\$280 deposit and HK\$100 rental fee will be charged. The deposit will be refunded upon return of SI-Card.. All rental SI-Cards are properties of the OAHK. Competitors will be charged HK\$280 for any damaged or lost SI-Cards

出發程序 Start Procedure

- 大會安排穿梭巴士接送賽員前往出發區，精英組賽員**必須**乘坐由大會安排之巴士並按已安排的班次，如有空位置方會提供給遲到之賽員乘坐。請
Competitors **MUST** take the provided shuttle bus between Event Centre and Start area provided by the organiser. Elite runners **MUST** follow the schedule as arranged. Late comers will only be allowed to board the bus if spare seats are available.

巴士班次 Bus Time (from Event Centre)	賽員編號 Competitors Number
0915	1003-1030, 2001-2028
0945	1033-1100, 2031-2107
1015	1103-1130
1045	1133-1200
1115	1203-1236

- 公開組會安排 2 班巴士接賽員，開 1145、1215，不會排定班次，先到先上，上滿即開，如錯過最後一班車，請自行安排交通工具在關門前(1310)趕到。
Two shuttle buses will be available for Open class competitors at 1145 and 1215 on first comes first serves base. Bus will depart when full. Competitors have to make their own way to the start before 1310 if they missed the last bus.
- 由穿梭巴士下車處往出發區需時約 15-20 分鐘，距離約 400 米，攀升約 80 米，沿途有指示。請依指定路線前往。
It takes about 15-20 minutes walk from drop off point of the shuttle bus to the Start area, with a distance of about 400m with climb of 80m. Please follow the marked route.
- 賽員必須將號碼布扣於胸前。賽員必須穿著全保護下肢衣服，方可出發，建議穿著金屬粒鞋及護腿。
Number bibs should be worn chest high. Full body cover is mandatory, otherwise you are not allowed to start. Orienteering shoes with metal studs are recommended.

- 賽員必須帶備號碼布、哨子、指南針及電子控制咭，缺少任何一樣者皆不獲准出發。
Carry of whistle, compass and SI cards are mandatory, you are not allowed to start if you fail to carry any of the aforesaid item.
- 出發區提供存放簡單的禦寒衣物(限一件)服務，稍後運回終點供領回。其他物品不作存放！
Clothing return will be available at the start, only one piece of clothing is allowed to be left. The clothing will be transported back to Finish at a later time. No other item is to be left at the start.
- 起點△與發圖處距離約 70 米。賽員必須沿彩帶往起點△。
There is a distance of 70m between the map issue point and the start △, all competitors must follow the taped route to the start △.

A. 精英組 Elite classes

1. 比賽採用「二分區」形式出發。賽員進入「二分區」前，請先在「清除」(Clear)控制器上把電子控制咭舊紀錄清除，再於「檢查」(Check)控制器測試該咭是否正常運作。
Two minutes boxes will be arranged for start. Competitors entering the two minute box should first clear and then check if your SI card functions well.
2. 「二分區」前會顯示「入格時間」(大會時間 + 2 分鐘)，當時鐘顯示你的出發時間，可以進入「二分區」的第一格，工作人員不會宣讀賽員編號。工作人員會檢查賽員裝備，號碼布及電子控制咭編號。
The start time which is two minutes in advance of the official time will be displayed at the entrance of the two minute box. You can enter the two minute box when your start time is displayed. No competitors' numbers will be announced. The start officials will check if you have carried your mandatory equipment, chest number and SI card.
3. 二分區內有控制點提示符號紙提供，賽員可按個人需要自行領取。大會不會提供膠紙及油性筆等用品，如有需要請自備「提示符號紙套」。
Additional control descriptions will be available at the two minute box. Please prepare your own description holders as no plastic tape or marker pen will be provided by the organizer.
4. 賽員進入「二分區」的第二格後，工作人員會給予地圖檢查組別資料是否正確，然後放於指定位置，於聽到起點響鐘發出長響，方可拿取地圖出發，出發線會顯示「大會時間」。賽員必須立即沿彩帶前往起點△標誌，不得停留。
Upon entering the last minute box, the start official will give you the competition maps to check if it is your correct map. After that please put the map at the designated place and you can only pick up the map after the last start signal. The official time will be displayed at the map issue point. Competitors have to follow the marked route to the start △ marker and please do not stay **between the map issue point and the start △ marker**
5. 遲到賽員必須向起點工作人員報到，由工作人員安排於沒有賽員出發的空檔時段出發，而其所損失的時間將不獲補償，賽員不得異議。
Late competitors must report to the Start official and then starts at the time when there is no other competitors starts. No time compensation will be given and no objection can be made.
6. 賽員出發時須拍「起點控制器」。
Punch start is required.

B. 公開組 Open Class

1. 賽員進入出發區前，請先在「清除」(Clear)控制器上把電子控制咭舊紀錄清除，再於「檢查」(Check)控制器測試該咭是否正常運作。
Competitors entering the Start area should first clear and then check if your SI card functions well.

2. 出發區內亦備有控制點提示符號紙，賽員可按個人需要自行領取。大會不會提供膠紙及油性筆等用品，如有需要請自備「提示符號紙套」。

Additional control descriptions will be available at the two minute box. Please prepare your own description holders as no plastic tape or marker pen will be provided by the organizer.

3. 以先到先出原則出發，隨到隨出。

You can start at any time at first comes first starts principle

4. 賽員出發時須拍「起點控制器」。

Punch start is required.

*******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!!! *******

*******It is the competitor's own responsibility to pick the correct map. Please check if you get the map of your own class. Running with wrong map will lead to disqualification and the organizer holds no responsibility!!! *******

賽區及地圖資料：：

1. 賽區內部份地方為可跑性中至高的樹林，大部份植被較為濃密，建議著定向釘鞋或夠深坑紋跑鞋。

The competition area is covered by mixed vegetation, orienteering shoes and running shoes with strong grips are recommended.

2. 賽區內有不少因颱風而倒下的大樹及斷枝，敬請小心。

Fallen trees and broken branches caused by typhoon can be found in the competition area.

3. 留意賽區有兩米深地洞和懸崖，地圖上有表示，請小心。

Please be careful of some 2m deep pits and uncrossable rockfaces in the competition area.

4. 賽區設有 1 水站，但如天氣酷熱，可能供不應求，強烈建議賽員自備足夠飲用水。請賽員切勿飲用賽區內的山溪水。

There will be one water point on the course. Bring your own water is highly recommended. Please do not drink stream water in the competition area

5. 賽區為熱門遠足路線及越野單車徑，賽員請留意路徑狀況及避免與其他使用者碰撞。賽員並沒有使用路徑的優先使用權。

The competition area is a popular hiking and mountain bikes venue. Participants should pay attention and avoid crash with other venue users. Participants do not have right to use the paths with priority.

6. 賽區西北面有一條限制出入的車路，賽員於賽事期間如需使用，請小心往來車輛及越野單車。

There is a restricted road at northwest part of the competition area and please pay attention to vehicles and mountain bikes when using the road.

7. 賽區內有流浪牛隻、野豬及狗隻等動物出沒。遇到時請保持冷靜及安靜離開。

Wild cattle, wild pigs and stray dogs may be found in the competition area. Please keep calm and leave quietly.

8. 賽區內有數個「路不通行」的指示牌，並不代表大會立場。

There are some notices of "Road Closed" erected in the competition area which is not representing stand of Organizer.

賽程資料：

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
長距離男子 ME	7	270	20	85-95	180	1
長距離女子 WE	6	240	16	85-95	180	1

1. 所有組別比賽時限為 180 分鐘，賽員必需在賽區關閉時間前，到達終點報到
Time limit is 180 minutes for all courses, competitors must report to Finish before course closes.

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，
Control Description is printed on the map. Separate Control Description will be issued at Start Area.

提示符號紙大小為 ME : 15cm x 6cm ; WE : 13cm x 6cm

The size of the descriptions is ME : 15cm x 6cm ; WE : 13cm x 6cm

水站安排 Refreshment Point Arrangement：

賽區內設有一個水站，提供可飲用清水。

There will only one refreshment with the provision of drinking water in the competition area

終點 Finish：

1. 賽員抵達終點時，必須把指卡放在「終點」計時器上，而比賽時間亦在那刻完結。

Upon cross the Finish line, you have to punch the Finish unit to mark your finish time.

2. 賽員可在終點指定地點取回在起點放下衣物.

You can pick up your clothing left at the start at the designated area of the Finish.

3. 由終點回賽事中心約一公里，下降 100 公尺，需時 15-20 分鐘，沿途有指示。

Distance from Finish to event centre is about 1km with descent of 100m, please follow the signposts. It takes about 15-20 minutes.

4. 請跟隨指示前往成績計算站，將計時指卡的記錄下載後，賽員即可領取參考成績印表。
Please follow the instruction to download your results. Results print-outs will be given to competitors.
5. 所有賽員必需於賽事結束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)。賽員無論完成賽事與否，或遺失電子控制卡，必須於 1610 前向終點報到
All competitors must download your results at the Result Download Station before the competition closes, otherwise you will be disqualified. You must report to the Finish before 1610 whether you have finished the competition or have lost your SI card.

惡劣天氣安排 Arrangement of Inclement Weather

1. 賽事當日 07:00 或以後，天文台如發出雷暴警告、任何暴雨警告、三號或以上風球，賽事將會取消。其後安排將於香港定向總會網頁內公佈。
If thunderstorm signal, any rainstorm warning or the No.3 (or above) tropical cyclone warning signal is in effect at or after 07:00 on the event day, the event will be cancelled. Further arrangement will be announced on OAHK website.
2. 若在比賽進行期間，天文台發出雷暴警告、任何暴雨警告、三號或以上風球，賽事會即時終止，不再重賽，賽員須立即返回終點報到。
If a thunderstorm signal, any rainstorm warning or the No.3 (or above) tropical cyclone warning signal is in effect during event, the event will be terminated and will not re-arranged. All participants must report to the finish immediately