



TUEN MUN SUP COURSE RACING 2019

屯門區立划板繞標賽 2019

屯門體育會有限公司【主辦】 民政事務總署【贊助】

賽事 Events : 屯門區立划板繞標賽 2019 Tuen Mun Stand Up Paddle Course Racing 2019
 日期 Date : 2019 年 10 月 20 日 (星期日) 20th October, 2019 (Sunday)
 時間 Time : 0900 時(上午)至 1400 時(下午) 0900 hours (AM) to 1400 hours (PM)
 地點 Venue : 屯門舊咖啡灣泳灘 Cafeteria Old Beach, Tuen Mun

項目
Events :

組別 Group	年齡 Age	年齡計算 Age Counting
男子 / 女子 公開組 Men's/Women's Open Group	17歲或以上 Aged 17 or above	2002年10月20日之前出生者 Birth on or before 2002-10-20
男子 / 女子 少年組 Boys/Girls Youth Group	8歲至16歲 Aged between 8 and 16	2002年10月21日至 2011年10月20日出生者 Birth between 2002-10-21 and 2011-10-20
男子 / 女子 自備立划板組 Men's / Women's Private SUP Group	17歲或以上 Aged 17 or above	2002年10月20日之前出生者 Birth on or before 2002-10-20
親子組 Parent-Child Group	子女 : 6歲至17歲 Child : Aged between 6 and 17 及 and 家長 : 18歲或以上 Parent : Aged 18 or above	2001年10月21日至 2013年10月20日出生者 Birth between 2002-10-29 and 2013-10-20 及 and 2001年10月20日或之前出生者 Birth on or before 2001-10-20
* 參賽者須按出生日期申報參賽組別，以比賽當日為準		

路線 Route : 起點 → 終點 (立划板 及 跑步)
Starting Point → Finish Point (SUP and Running)

距離 Distance : 全程約 200 米 (共比賽 3 場)
Whole route approximate 200m (3 games)

開始時間 Start Time : 上午十時 10:00 (AM)

報名費用 Admin Fee : 報名費為港幣一百元正 (已包括賽事當日的個人意外身亡保險)
HKD 100 per person (Personal Accident Insurance on the race day)
* 劃線支票抬頭請寫:「屯門體育會有限公司」
* A crossed cheque should be made payable to "Tuen Mun Sport Association Ltd."

獎 項 Awards : 每項賽事獎項: 冠、亞、季軍及優異獎。
Prizes will be awarded to the Champion, 1st runner-up, 2nd runner-up and Merit award of each event.



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報名辦法 How to Apply

(a) 報名表派發地點：

- (i) 屯門體育會有限公司 Tuen Mun Sports Association Ltd
新界屯門建生村良運街建生社區會堂

Kin Sang Community Hall, Leung Wan Street, Kin Sang Estate, Tuen Mun, N.T.

- (ii) 屯門體育會網頁 Tuen Mun Sports Association Web Site

<http://www.tmsa.org.hk>

- (b) 填妥的報名表連同報名費用，於 **2019年9月30日前**親自遞交或寄回“屯門體育會有限公司”。如以郵寄方式遞交申請，申請日期以郵戳日期為準。並請在信封面上註明「屯門區立划板繞標賽 2019」。

Completed application form together with the application fee can be submitted in person or mailed to “Tuen Mun Sports Association” on or before 30 September, 2019. For submission by post, postmark date on the envelope will be regarded as the application date. Please indicate 「Tuen Mun SUP Course Racing 2019」 on the envelope.

- (c) 逾期報名、報名費不足和資料不足的申請恕不接受。

All late applications, incomplete applications or applications with insufficient fee **WILL NOT BE ACCEPTED**.

- (d) 參賽者必須攜同有相片的有效身份證明文件，以便大會工作人員核對其身分，如參賽者無法出示證件，一律不准出賽。

Participants shall bring along with them valid identity proof which includes the participant's photo at the scheduled time for identity verification by the staff. If players fail to produce the identify proof, they will not be allowed to participate in the competition.

- (e) 公開報名，歡迎各界人士參加。

The event is open to public.

查詢 Inquiry

電話 Tel : 2453 1023 / 2453 3655

傳真 Fax : 2453 1035

電郵 Email : tmsa@hotmail.com

網址 Website : <http://www.tmsa.org.hk>

郵寄地址 Postal Address

新界屯門建生村良運街建生社區會堂 - 屯門體育會有限公司

Kin Sang Community Hall, Leung Wan Street, Kin Sang Estate, Tuen Mun, N.T - Tuen Mun Sports Association Ltd.

**備註 Remark

為保護環境減少浪費紙張，各項目比賽的時間，賽員名單等資料將會在比賽日的數天前上載於本會的Facebook內。

To be environmentally friendly and reduce paper usage, all timetables, participants' lists etc. will be available on our Facebook several days before the competition.



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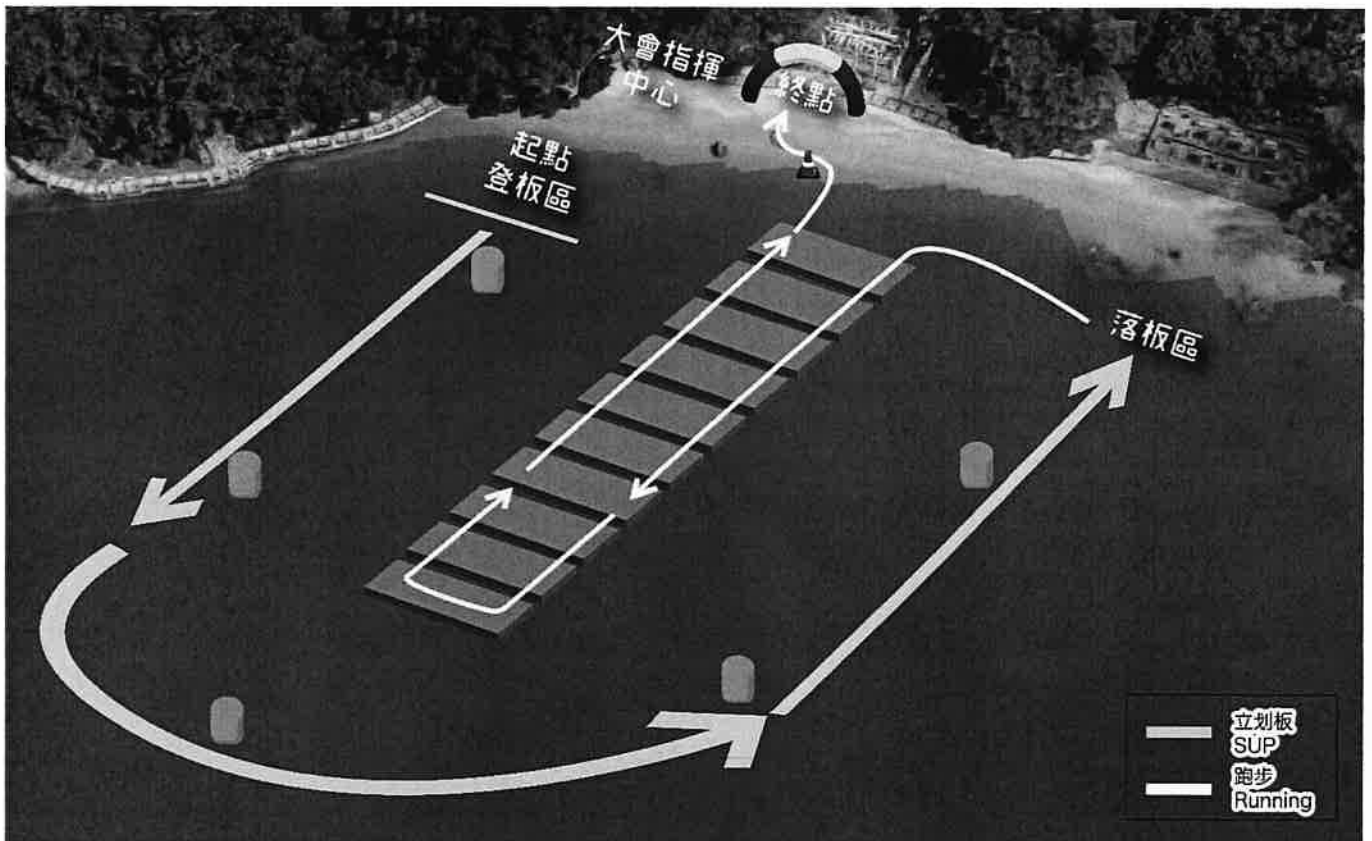
屯門區立划板繞標賽 2019

屯門體育會有限公司【主辦】 民政事務總署【贊助】

立划板及跑步路線圖 Stand Up Paddle & Running Route map

路線 Route : 起點 → 終點 (立划板 及 跑步)
Starting Point → Finish Point (SUP and Running)

距離 Distance : 全程約 200 米 (共比賽 3 場)
Whole route approximate 200m (3 games)





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比賽條例及安全守則 • Racing Competition & Safety Rules

1. 參賽者必須能夠和衣游泳五十米。
Participants must be able to swim at least 50 meters in canoeing dress.
2. 賽員必須於整個賽事穿戴安全腳繩;男子/女子少年組及親子組賽員必須在整個賽事穿著合標準之救生衣或助浮衣。
Participants must wear leash throughout the entire competition. Boys/Girls Youth Group and Parent-Child Group participants must wear standard lifejacket or buoyancy aid and leash throughout the entire competition.
3. 賽員及其裝備必須在出賽前接受大會裁判檢查及批准,方能參賽。
Participants and their equipment must be inspected and approved prior to the competition by the referee.
4. 裁判認為任何賽員因體力問題,未能完成賽事或繼續比賽,可能影響個人或他人之安全及使整個賽事阻延,裁判可終止該賽員比賽,並可命令該賽員登上護航艇隻。
The referee may stop participants from completing the competition and ordering them to board the escort boat if they could not physically afford the competition, as it might cause safety concerns or delay the program of the competition.
5. 賽例如有任何更改將在賽事當天公佈。
Should there be any changes regarding the rules, the organizing party will make announcements at the day of the competition.
6. 主辦單位將保留解釋及修改以上條例之權利。
The organizing party reserves the right to interpret and modify the above rules.
7. 場地共5個浮標,賽道大約200米,比賽為繞標划行及跑步,並跟隨路線圖進行,立划板扒板或在浮床上賽跑時,如跌落水中,必須在原位上回立划板或浮床上,繼續進行比賽。
The course consists of five buoys formed and the distance is approximate 200 meters included stand up paddle and running. The race must be followed by the route as demonstrated above. If the participant fell into the water from SUP or floating foam while racing, he/she must return to the point of falling over and continue the race.
8. 各組別各進行3場比賽,總成績最少分名次列前。例如一場有十塊立划板比賽,每場計分方法為第一名0分,第二名2分,第三名3分,第四名4分,第五名5分,第六名6分,第七名7分,第八名8分,第九名9分,第十名10分,如此類推。如總成績分數相同,以第三場名次列前為優勝。每項賽事獎項均設有冠、亞、季軍及優異獎。
Each player has 3 games to acquire scores. The ranking is based on the score from each game. For example, if the race has 10 SUP, the scoring method is 0 points for the first place, 2 points for the second place, 3 points for the third place, 4 points for the fourth place, 5 points for the fifth place, and 6 points for the sixth place. 7 points for the seventh place, 8 points for the eighth place, 9 point for the ninth place, 10 point for the tenth place, and so on. If the total score is the same, the winner will be ranked in the third games. Prizes will be awarded to the Champion, 1st runner-up, 2nd runner-up and Merit award of each play group.

備註 Remarks :

1. 若比賽當日早上七時天文台懸掛三號或以上風球或黑色暴雨警告訊號當日賽事即告取消。至於地區性雷暴及大雨,賽會會根據場地情況決定賽事是否繼續進行。詳情可致電:2430 0330, 9654 5598。
If Tropical Cyclone Warning Signal No.3 or higher, or if black rainstorm signal is hoisted at 7 am by Hong Kong Observatory. The competition will be cancelled. If there is a local rainstorm or thunderstorm, the organizing party will determine if the competition would continue according to the condition of the venue. Participants can phone 2430 0330, 9654 5598 for details.
2. 各參加者或參加者監護人,應確保參加者的健康及體能良好,並適宜參加上述等運動賽事。如因參加者的疏忽、健康或體能欠佳,而引致參加者於是次比賽時傷亡,主辦單位無須負責。
Each participant, or guardian of the participant, shall ensure that the participant is physically fit and suitable to participate in this competition. If the participant gets any injuries during the competition, the organizing party bears no responsibilities.
3. 如有任何更改及爭議,以屯門獨木舟會最終決定為準。
Should there be any dispute or modification, Tuen Mun Canoe Club's final decisions should prevail.



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個人報名表 Application Form for Individuals

姓名(中文): Name (Chinese):	姓名(英文): Name (English):	性別: Gender:
地址: Address:	出生日期: DOB	
身份証號碼: ID No.	年齡: Age:	職業: Occupation:
住宅電話: Home Tel.:	手提電話: Mobile:	電郵地址: Email Address:

參加項目*: Event*:	組別 Group	年齡 Age	費用 Fee	參賽費用 Sub-Total:
<input type="checkbox"/>	男子 公開組 Men's Open Group	17歲或以上 Aged 17 or above	HK\$ 100.00	
<input type="checkbox"/>	女子 公開組 Women's Open Group	17歲或以上 Aged 17 or above	HK\$ 100.00	
<input type="checkbox"/>	男子 少年組 Boys Youth Group	8-16歲 Aged between 8 and 16	HK\$ 100.00	
<input type="checkbox"/>	女子 少年組 Girls Youth Group	8-16歲 Aged between 8 and 16	HK\$ 100.00	
<input type="checkbox"/>	男子 自備立划板組 Men's Private SUP Group	17歲或以上 Aged 17 or above	HK\$ 100.00	
<input type="checkbox"/>	女子 自備立划板組 Women's Private SUP Group	17歲或以上 Aged 17 or above	HK\$ 100.00	
<input type="checkbox"/>	親子組 Parent-Child Group	子女: 6歲至17歲 Child: Aged between 6 and 17 及 and 家長: 18歲或以上 Parent: Aged 18 or above	HK\$ 100.00	
			參賽費用總計 Total:	

緊急聯絡人 Emergency Contact person:

姓名: Name:	關係: Relationship:	聯絡電話: Contact No.:
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備註: Remarks:	<ul style="list-style-type: none"> 本會已為比賽的賽員購買個人傷亡保險，最高賠償為港幣一萬元正。 Personal Accident Insurance is purchased for participants on the day of competition, the maximum compensation is HKD 10,000.00 in case of casualties. 賽員必須遵守比賽規例。 Participant must comply with the regulations of the competition
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*聲明: *Declarations:	賽員 Participant (1) 本人(姓名)_____ 清楚了解到是次比賽的性質及所有規條，亦完全明白到可能會發生之任何危險事情，並同意主辦機構無須負上任何責任，本人能穿著衣服游泳最少50米及身體並無任何疾病，包括慢性或長期病患(如呼吸系統或心臟病等)，令本人不宜參加比賽，如因本人的疏忽或健康或體能欠佳，而引致於比賽時有任何財物損失或傷亡，無論是否由主辦機構引起之疏忽，一概由本人承擔。 I (Name)_____ (the "Participant") clearly understand the aims and rules of this race, and clearly understand the possible dangers in the race know that any danger case. I am able to swim with clothes for at least 50 meters and do not suffer from any illness (which include Chronic and Long-term disease, such as respiratory and heart disease) that renders me unfit for the above mentioned activity. I hereby confirm and consent that the Organizers is not accountable and no need to take up any responsibility in case of property damages or casualties, regardless of whether it involves the negligence of the Organizers. The accountability & responsibility are assumed by myself (the "Participant").
	賽員 Participant (2) 本人(姓名)_____ 清楚了解到是次比賽的性質及所有規條，亦完全明白到可能會發生之任何危險事情，並同意主辦機構無須負上任何責任，本人能穿著衣服游泳最少50米及身體並無任何疾病，包括慢性或長期病患(如呼吸系統或心臟病等)，令本人不宜參加比賽，如因本人的疏忽或健康或體能欠佳，而引致於比賽時有任何財物損失或傷亡，無論是否由主辦機構引起之疏忽，一概由本人承擔。 I (Name)_____ (the "Participant") clearly understand the aims and rules of this race, and clearly understand the possible dangers in the race know that any danger case. I am able to swim with clothes for at least 50 meters and do not suffer from any illness (which include Chronic and Long-term disease, such as respiratory and heart disease) that renders me unfit for the above mentioned activity. I hereby confirm and consent that the Organizers is not accountable and no need to take up any responsibility in case of property damages or casualties, regardless of whether it involves the negligence of the Organizers. The accountability & responsibility are assumed by myself (the "Participant").

日期: Date:	賽員簽署: Signature of Participant:
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監護人姓名: Name of Guardian:	關係: Relationship:
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監護人簽署: Signature of Guardian

參賽者年齡不足18歲者，必須由監護人簽署。
This application form must be signed by the guardian if the Participant is under 18 years old.