

ROWSport

2019 香港室內賽艇錦標賽 暨 慈善長途接力賽

Hong Kong Rowing Indoor Championships cum Charity Rowathon

EVERYBODY ROWS

九龍公園體育館

Kowloon Park Sports Centre

2019 年 3 月 9 至 10 日 (星期六及日)

9-10 March 2019 (Sat & Sun)

報名開始日期: 2019 年 1 月 21 日

Start Date of Registration: 21 Jan 2019

f hkricrowing



www.rowing.org.hk



Hashtag #2019HKRIC

主辦機構
Organiser



資助機構
Subvented by

民政事務局
(體育及藝術發展機構)
Home Affairs Bureau
(Arts & Sport Development Fund)

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2019香港室內賽艇錦標賽 暨 慈善長途接力賽

2019 HONG KONG ROWING INDOOR CHAMPIONSHIPS CUM CHARITY ROWATHON

比賽資料 INFORMATION SHEET

主辦單位：中國香港賽艇協會

日期：2019年3月9至10日（星期六及日）

地點：九龍公園體育館

九龍尖沙咀柯士甸道22號

Organizer : Hong Kong, China Rowing Association

Date : 9 - 10 March 2019 (Saturday & Sunday)

Venue : Kowloon Park Sports Centre

No. 22, Austin Road, Tsim Sha Tsui, Kowloon

1. 簡介 INTRODUCTION

今年已是中國香港賽艇協會（賽協）第20年舉辦此全港性的大型賽事，並獲民政事務局藝術及體育發展基金資助。我們的目標是推動大眾參與，並鼓勵以賽艇精神建立生活態度。本年度繼續「Everybody Rows」作為我們的口號及目標，讓室內賽艇融入生活的每一部份！

賽協樂於建造更美好的社區，賽事每年均設立慈善接力賽，其收入將全數捐贈回饋社會。本年度之受惠機構為「凝動香港體育基金有限公司」。

凝動香港體育基金是一間香港本地慈善組織，於2012年成立，一直秉承『以體育造就青年』的願景，致力透過體育提升基層青年的社會流動力，並同時宣揚性別平等、社會共融和健康生活。並通過體育訓練項目、學習經歷活動和運動倡議工作三大範疇來履行使命。

凡參加慈善賽的隊伍而能夠在今年錦標賽籌募得最多善款的參賽隊伍，將可獲得：

1、獎盃乙個；及

2、8個免費及可轉移的初級賽艇課程*（一、二星雙槳）名額，總值港幣\$2,200元。

*如有任何爭議，賽協將保留最終決定權。

The 20th Hong Kong Rowing Indoor Championships cum Charity Rowathon is an annual spectacular indoor rowing event organized by the Hong Kong, China Rowing Association (HKCRA) and subvented by the Arts and Sport Development Fund of the Home Affairs Bureau. Our wish is to drive public participation and encourage "rowing for life" for everyone. Let's get "Everybody Rows"!

For the well-being of the community, HKCRA is not hesitating to make the contribution to the society. The fund raised in the charity events will be fully donated. This year, "InspiringHK Sports Foundation Limited" (InspiringHK) will be the beneficiary of the Championships.

InspiringHK is a local charity established in 2012, with a vision of developing better youths through sports. The mission is to promote social mobility, gender inequality, social inclusion and healthy lifestyle through professional sports training, learning experience activities and advocacy activities.

To encourage donation, the participating team which can generate the highest amount of donation will be awarded:

1. A Trophy; and

2. 8 transferable quotas for the HKCRA Galaxy Rowing Course (Star 1 & 2 Sculling) * for FREE amounting HK\$2,200.

* Should any dispute arise, the decision of HKCRA shall be final.

自攜水樽 BRING YOUR OWN BOTTLE

參賽者可與賽協一起令賽事更環保。大會會場設有飲水機，請自攜水樽添飲。

Join HKCRA in protecting our planet – bring your own water bottle to refill.

Water stations with dispensers will be provided at the venue.

個人項目支持者 SUPPORTER FOR INDIVIDUAL EVENTS

1. 參賽者均可帶同一位支持者（例如：教練、父母或親友）進入比賽區域。
2. 支持者在比賽開始前必須保持安靜，並在整個賽事進行期間安坐於大會提供的座位上。
（如為展能組賽事，支持者可協助參賽者準備賽事，例如坐上賽艇機、調校賽艇機及安裝比賽座椅等。）
3. 支持者可於賽事進行期間為參賽者打氣，惟不能接觸參賽者、賽艇機或其它比賽用品。
4. 支持者不得以任何形式干擾其他參賽者、賽艇機或其它比賽用品。
5. 支持者必須遵守在場裁判及工作人員指示。
6. 為確保比賽能公平及順利進行，裁判及工作人員有權請不遵守比賽規則或現場工作人員指示的人士立即離開比賽區域。

1. Each competitor will be allowed to bring a supporter (e.g. coach, parent or friend) and accompany him/her into the race area.
2. The supporter should keep quiet before the race and sit on the seat provided during the whole race.
(If the race is Para-Rowing events, the supporter can assist the competitor to prepare the race, e.g. sit on ergo machine, adjust ergo machine and install the seat etc.)
3. The supporter can cheer his/her competitor during the race, but cannot touch the competitor, ergo machine and other equipment.
4. The supporter cannot interfere with other competitors, ergo machines or other equipment with any form of activities.
5. Supports must obey the instructions from umpires and officials.
6. To ensure the race can run fairly and smoothly, umpires and officials reserve the rights to request any persons who are not following the rule and instructions to leave the racing area immediately.

2. 比賽項目 EVENT LIST

個人項目 Individual Events

編碼 Code	項目 Event	編碼 Code	項目 Event
青少年組 (1000米) Junior (1000m)			
E01 E02	男子12歲或以下 Boy's Aged 12 or Under 男子14歲或以下 Boy's Aged 14 or Under	E03 E04	女子12歲或以下 Girl's Aged 12 or Under 女子14歲或以下 Girl's Aged 14 or Under
青少年組 (2000米) Junior (2000m)			
E05 E06	男子16歲或以下 Boy's Aged 16 or Under 男子18歲或以下 Boy's Aged 18 or Under	E07 E08	女子16歲或以下 Girl's Aged 16 or Under 女子18歲或以下 Girl's Aged 18 or Under
輕量級組 (2000米) Lightweight (2000m)			
E09 E10 E11	男子19至29歲 Men's Aged 19 – 29 男子30至39歲 Men's Aged 30 – 39 男子40歲或以上 Men's Aged 40 or Above	E12 E13 E14	女子19至29歲 Women's Aged 19 – 29 女子30至39歲 Women's Aged 30 – 39 女子40歲或以上 Women's Aged 40 or Above
公開組 (500米) Open (500m)			
E15	男子公開組500米 Men's Open 500m	E16	女子公開組500米 Women's Open 500m
公開組 (2000米) Open (2000m)			
E17	男子公開組2000米 Men's Open 2000m	E18	女子公開組2000米 Women's Open 2000m
大師組 (2000米) Masters (2000m)			
E19 E20 E21 E22 E23	男子30至39歲 Men's Aged 30 – 39 男子40至49歲 Men's Aged 40 – 49 男子50至59歲 Men's Aged 50 – 59 男子60至69歲 Men's Aged 60 – 69 男子70歲或以上 Men's Aged 70 or Above	E24 E25 E26 E27 E28	女子30至39歲 Women's Aged 30 – 39 女子40至49歲 Women's Aged 40 – 49 女子50至59歲 Women's Aged 50 – 59 女子60至69歲 Women's Aged 60 – 69 女子70歲或以上 Women's Aged 70 or Above
大師組 (500米) Masters (500m)			
E29 E30 E31 E32 E33	男子30至39歲 Men's Aged 30 – 39 男子40至49歲 Men's Aged 40 – 49 男子50至59歲 Men's Aged 50 – 59 男子60至69歲 Men's Aged 60 – 69 男子70歲或以上 Men's Aged 70 or Above	E34 E35 E36 E37 E38	女子30至39歲 Women's Aged 30 – 39 女子40至49歲 Women's Aged 40 – 49 女子50至59歲 Women's Aged 50 – 59 女子60至69歲 Women's Aged 60 – 69 女子70歲或以上 Women's Aged 70 or Above
展能組 (1000米) Para-Rowing (1000m)			
E39 E40 E41 E42	男子LTA (PR3)級 Men's LTA (PR3) 男子智障級 Men's ID 男子TA (PR2)級 Men's TA (PR2) 男子AS (PR1)級 Men's AS (PR1)	E43 E44 E45 E46	女子LTA (PR3)級 Women's LTA (PR3) 女子智障級 Women's ID 女子TA (PR2)級 Women's TA (PR2) 女子AS (PR1)級 Women's AS (PR1)
慈善項目 Charity Events			
慈善長途接力 Charity Rowathon			
E47 E48 E49	公開組 (30分鐘) Open (30 Minutes) 政府部門、專業團體及工商機構 (30分鐘) Government Departments, Professional Bodies & Corporations (30 Minutes) 中學組 (15分鐘) Secondary Schools (15 Minutes)		
融合慈善挑戰賽 (雙人賽1000米) Integrated Charity Challenge (Pair 1000m)			
E50	男子組 Men's Pair**	E51	女子組 Women's Pair**
耀能盃 (雙人賽1000米) - 邀請賽 SAHK Cup (Pair 1000m) - by invitation			
E52	混合組 Mixed Pair**		
隊際項目 Team Events			
隊際接力 (4x500米) Team Relay (4 x 500m)			
E53 E54 E55 E56 E57 E58 E59 E60 E61	男子紀律部隊 Men's Disciplined Forces 男子政府部門 Men's Government Departments 男子專業團體 Men's Professional Bodies 男子大專組 Men's Post-secondary Institutions 男子中學組 Men's Secondary Schools 男子青少年團體 Men's Youth Organizations 男子工商機構 Men's Corporations 男子體育會A組 Men's Sports Clubs (Group A) 男子體育會B組 Men's Sports Clubs (Group B)	E62 E63 E64 E65 E66 E67 E68 E69 E70	女子紀律部隊 Women's Disciplined Forces 女子政府部門 Women's Government Departments 女子專業團體 Women's Professional Bodies 女子大專組 Women's Post-secondary Institutions 女子中學組 Women's Secondary Schools 女子青少年團體 Women's Youth Organizations 女子工商機構 Women's Corporations 女子體育會A組 Women's Sports Clubs (Group A) 女子體育會B組 Women's Sports Clubs (Group B)
隊際混合賽 Mixed Team Event			
E71 E72 E73	大學組混合八人賽2000米 Universities Mixed Eight 2000m** 展能組LTA (PR3)級混合四人500米 Para-Rowing LTA (PR3) Mixed Four 500m** 展能組智障級混合 4x500米接力賽 Para-Rowing ID Mixed Team Relay 4x500m		
家庭歡樂接力賽 (2x250米) Family Fun Relay (2x250m)			
E74 E75	家庭歡樂接力賽 A組 Family Fun Relay (Group A) 家庭歡樂接力賽 B組 Family Fun Relay (Group B)		

**請參閱參加資格及規則F段 Please refer to Section F of ELIGIBILITY AND REGULATIONS

3. 暫擬比賽賽程 PRELIMINARY RACE SCHEDULE

3月9日(星期六) 9 March (Sat)

上午 A.M.

- 1) 個人項目 Individual Events
- 青少年組 Junior

頒獎典禮 I 及 午膳時間
Medal Presentation Ceremony I & Lunch Break

下午 P.M.

- 2) 童軍盃 Scout Cup (Invitation Event)
- 3) 個人項目 Individual Events
- 展能組 Para-Rowing
- 4) 慈善長途接力項目 Charity Rowathon
- 中學組 Secondary Schools
- 5) 接力項目 Team Relay Events
- 展能組 Para-Rowing
- 中學組 Secondary Schools
- 青少年團體 Youth Organizations
- 6) 個人項目 Individual Events
- 大師組 Masters

頒獎典禮 II Medal Presentation Ceremony II



3月10日(星期日) 10 March (Sun)

上午 A.M.

- 1) 個人項目 Individual Events
- 公開組 Open
- 大師組 Masters
- 輕量級 Lightweight
- 2) 接力項目 Team Relay Events
- 紀律部隊 Disciplined Forces
- 大專組 Post-secondary Institutes

頒獎典禮 III 及 午膳時間
Medal Presentation Ceremony III & Lunch Break

下午 P.M.

- 3) 個人項目 Individual Events
- 大師組 Masters
- 4) 隊際項目 Team Events
- 政府部門 Government Departments
- 專業團體 Professional Bodies
- 大學混合團體賽 Universities
- 工商機構 Corporations
- 體育會及團體 Sports Clubs and Societies
- 5) 一分鐘挑戰 1-Min Ergo Challenge
- 大師組 Masters
- 公開組 Open
- 6) 家庭歡樂接力賽 Family Fun Relay
- 7) 慈善長途接力項目 Charity Rowathon
- 公開組 Open
- 政府部門、專業團體及工商機構
Government Departments, Professional Bodies & Corporations
- 8) 融合慈善挑戰賽 Integrated Charity Challenge
- 9) 耀能盃 SAHK Cup (Invitation Event)
- 10) 超級會長盃 Top of the Tops President Cup

頒獎典禮 IV Medal Presentation Ceremony IV

4. 參加資格及規則 ELIGIBILITY AND REGULATIONS

A. 一般規則 General Rules

1. 除非「參賽者須知」有列明，否則所有賽例均按照中國香港賽艇協會之競賽守則進行。
2. 參賽年齡以比賽當天為準。
3. 男性隊員不可參與女子組賽事，女性隊員亦不可參加男子組比賽。
4. 混合組隊員(除展能組外)必須包括半數女子及半數男子隊員。展能組最少有一名女子隊員。
5. 輕量級個人項目的最高體重限制為男子組75斤，女子組61.5公斤(參賽者磅重時需穿著比賽裝束及鞋)。
6. 所有參加輕量級組別的隊員必須於參賽項目比賽前1小時至2小時內磅重。如任何輕量級組別參賽者的體重超過上述體重標準，該參賽者將不能作賽。
7. 由於比賽賽程非常緊湊，當各個人項目的比賽已產生第一至三名的位置，及/或在開賽後十分鐘有選手尚未完成比賽，大會有關權立即停止該場比賽。
8. 如公開組項目的參賽人數不足2人，該項目將會取消，並會退回已繳交的報名費。
9. 所有賽事均採用CONCEPT 2 (Model D)賽艇機進行。參賽者可在比賽開始前調較風阻，賽事進行期間不得再作任何調校。若為接力賽事，調校工作亦可轉換隊員時進行，在其餘的時間內不可再作任何調校。

1. All rules and regulations will follow the Rules of Racing of the Hong Kong, China Rowing Association except any other rules as specified on the "Notice for Competitors" of the event.
2. For the age group events, the age of the participant is taken on the day of racing.
3. Men may not enter a Women's event and vice versa.
4. Mixed event (except Para-rowing) half of the crew shall be women and a half shall be men. Para-rowing mixed team one of the crew shall be a woman.
5. The maximum weight limit for individual lightweight men is 75 kg and for individual lightweight women is 61.5 kg (participants should wear the racing uniform and shoes for weigh-in).
6. Lightweight event participants must weigh in not more than 2 hours and not less than 1 hour before the scheduled start time of their event. If the weighting of the lightweight participant is above the limits, this participant is not eligible to compete in that lightweight event.
7. Due to the tight competition schedule, the Organizer reserves the right to stop the race when the 1st, 2nd and 3rd places are determined in individual events AND/OR when the rower cannot finish after 10 minutes of the start time of the race.
8. Events in the Open category will be cancelled if the entries is less than 2 persons. Entry fee will be refunded.
9. Concept 2 (Model D) Rowing Machines will be used for all events. Participants may set the resistance setting of their choice only before the start of the race, but no adjustment is permitted during a Race. In the case of a relay event, such adjustment may be made at the same time as the rowers change but not at any other time during a Race.

B. 一分鐘挑戰 (邀請賽 – 費用全免!)

1-MIN ERGO CHALLENGE (Invitation Event – Free!)

如何參與?

1. 你可以在任何時間、任何地點利用室內賽艇機划一分鐘。
2. 攝錄整個過程並拍攝功率顯示器上所顯示的成績(距離)。
3. 在2月24日晚上11時59分前將錄像及相片上載到HKRIC Facebook專頁，並加上大會標籤 #2019HKRIC 及 #1minErgoChallenge。
4. 首15名成績最好的參加者，並會被邀請於2019年3月10日進行決賽。
5. 所有參賽者均可獲發證書乙張。

How to enroll?

1. Perform your one-minute ergo anywhere and anytime.
2. Take a video of the entire process and take a photo of the result (distance) showing on the performance monitor.
3. Upload the video and photos to HKRIC Facebook page before 11:59pm of 24 February with the official hashtag #2019HKRIC and #1minErgoChallenge.
4. The top 15 participants completing the longest distance will be invited to the Final race on 10 March 2019.
5. All participants will be awarded a certificate.

C. 超級會長盃 (邀請賽 – 費用全免!) TOP OF THE TOPS – PRESIDENT CUP (Invitation Event – Free!)

1. 在隊際四人接力項目的所有組別中 (項目53-70) ,時間最佳的5隊男子隊及5隊女子隊將被邀請角逐「超級會長盃」。
2. 男、女子冠軍隊將獲頒發獎盃及獎牌。
3. 所有參賽者均會於當日即場獲發賽事紀念T-恤乙件及證書乙張。

1. The 5 Men's teams and 5 Women's teams with the best time amongst the different events of the 4 x 500m Team Relay (Event 53-70) will be invited to compete for the "Top of the Tops President Cup".
2. The winning team, both Men's and Women's, will be awarded a Trophy and Medals.
3. Each member taking part in this event will be awarded an event T-shirt and a certificate.

D. 家庭歡樂接力賽 Family Fun Relay

1. 這是一項2x250米接力賽事。
2. A組隊伍須由1位18歲以上的成年人及1位 8-11 歲小童組成。
3. B組隊伍須由1位18歲以上的成年人及1位12-15歲小童組成。
4. 本項目隊員性別不受限制。
5. 所有參賽隊伍均可獲發證書乙張。

1. This is a 2x250m relay event.
2. The team members of Group A comprise an adult (aged 18 or above) and a kid (aged 8 to 11).
3. The team members of Group B comprise an adult (aged 18 or above) and a kid (aged 12 to 15)
4. The members of this event have no gender restriction.
5. All participating team will be awarded a certificate.

E. 隊際接力賽 Team Relay

1. 接力賽賽事中,每個隊伍使用同一部賽艇機。
2. 每名隊員輪流划行一段指定距離。當到達指定的分段距離後,隊員必須在兩槳內替換給下一位隊員。
3. 比賽成績將取決於隊伍完成指定距離的時間,當中包括接力所需的時間。在最短時間內完成指定距離的隊伍為冠軍。
4. 「中學組」的隊員必須來自同一所中學的職員及師生。
5. 「大專組」的隊員必須來自同一所院校的職員及學生。
6. 「政府部門組」的隊員必須受僱於同一個政府部門。紀律部隊不能參與此項目。
7. 「紀律部隊組」的隊員必須受僱於香港警察、消防處、懲教署、入境處、香港海關或政府飛行服務隊。
8. 「青少年團體組」的隊員必須來自同一個團體的成員。
9. 「專業團體組」同一隊的隊員必須是同一註冊專業團體之會員。
10. 「工商機構組」同一隊的隊員必須是同一香港註冊工商機構的員工。
11. 「體育會/團體A組」同一隊的隊員必須為同一註冊的賽艇、獨木舟及龍舟會會員。其他體育會/團體可參加「體育會/團體B組」項目。

1. Each team using one machine in the relay race.
2. Each member in a team shall row a specific distance. When it has reached the specific point, changeover of rowers must take place within 2 strokes.
3. The result of each team will be determined by the time taken by the team to complete a specific distance including the changeover between members. The fastest team being the winner.
4. All members of a team entered in the "Secondary School" event must be the staff and students of the same school.
5. All members of a team entered in the "Post-Secondary Institutes" event must be the staff and students of the same institutes.
6. All members of a team entered in the "Government Departments" event must be employees of that Government Departments. Members of the Disciplined Forces are not eligible to enter the Government Departments events.
7. All members of a team entered in the "Disciplined Forces" event must be the employees of Hong Kong Police Force, the Fire Services Department, the Correctional Services Department, the Immigration Department, the Customs and Excise Department or the Government Flying Service.
8. All members of a team entered in the "Youth Organization" event must be members of that organization.
9. All members of a team entered in the "Professional Bodies" event must be members of that organization which must be registered Professional Organization.
10. All members of a team entered in the "Corporations" event must be employees of that company which itself must be a company registered in Hong Kong.
11. All members of a team entered in the "Sports Clubs and Societies (Group A)" event must be members of that club or society which itself must be an official registered sports club or society of Rowing, Canoeing and Paddling. Other Sports Clubs and Societies should enter "Sports Clubs and Societies (Group B)" events.

F. 團體賽 Team Event

1. 每位隊員須在各自的賽艇機上同時進行比賽,划行指定的距離。
2. 最快完成指定距離的隊伍為冠軍。

1. Each team must row a specific distance at the same time on individual machines.
2. The winner of this event will be the fastest team completing the specific distance.

G. 展能組 Para Rowing Race

1. 展能組LTA (PR3), TA (PR2)及AS (PR1)分級是根據國際賽艇聯會的相關條例而定。
2. LTA (PR3)隊員可包括體障及視障人士。
3. 在LTA (PR3)混合四人賽隊員不可超過兩名視障人士。
4. 參賽者報名時須提交殘疾證明文件。

1. The sport class of LTA (PR3), TA (PR2) and AS (PR1) is based on the related rules and regulations of FISA.
2. Sport class LTA (PR3) members include physically disabled and visually impaired people.
3. In LTA (PR3) Mixed Four event, no more than 2 visually impaired members may be included in a team.
4. Documentary proof for disability should be provided when submitting an entry.

H. 慈善長途接力賽 Charity Rowathon

各組名額: 24隊 (先到先得, 額滿即止) The quota for each category: 24 Teams (on a first-come-first-served basis)

適用於公開組、政府部門、專業團體及工商機構

1. 比賽時間是30分鐘, 以划行距離最長之隊伍為冠軍。
2. 每隊由最少6名但不多於10名隊員組成, 其中必須包括最少2名男子及2名女子隊員。
3. 各隊員均須輪流連續划最少3分鐘, 如參賽隊伍少於10名隊員, 只可由其中不多於4名隊員重覆接力。任何隊員只可重覆接力一次。

適用於中學組

4. 比賽時間是15分鐘, 以划行距離最長之隊伍為冠軍。
5. 每隊由最少4名但不多於6名隊員組成, 其中必須包括最少2名男子及2名女子隊員。
6. 各隊員均須輪流連續划最少2.5分鐘, 如參賽隊伍少於6名隊員, 只可由其中不多於2名隊員重覆接力。任何隊員只可重覆接力一次。

Applicable to Open, Government Departments, Professional Bodies & Corporations

1. The racing time is 30 minutes. The winner will be the team completing the longest distance.
2. Each team must have a minimum of 6 and a maximum of 10 members including at least 2 male and 2 female members.
3. Each member must row for at least 3 minutes continuously in each race. A team with less than 10 members should have up to 4 members to row twice (i.e. two 3-minute stages). No member may row more than twice.

Applicable to Secondary Schools

4. The racing time is 15 minutes. The winner will be the team completing the longest distance.
5. Each team must have a minimum of 4 and a maximum of 6 members including at least 2 male and 2 female members.
6. Each member must row for at least 2.5 minutes continuously in each race. A team with less than 6 members should have up to 2 members to row twice (i.e. two 2.5-minute stages). No members may row more than twice.

I. 慈善融合挑戰賽 Integrated Charity Challenge

1. 每隊必須由1名健全隊員及1名殘障隊員組成(體障或視障)。
2. 兩位隊員須在各自的賽艇機上同時進行比賽, 共划行指定的距離。
3. 最快完成指定距離的隊伍為冠軍。

1. Each team should comprise 1 able-bodied member & 1 member with a disability (physically disabled or visually impaired).
2. Each team must row a specific distance at the same time on individual machines.
3. The winner will be the fastest team completing the specific distance.

5. 參賽費用及捐款 ENTRY FEE AND DONATION

個人項目

展能組及青少年組: 每項 港幣75元
其他組別每項 港幣135元

隊際項目

展能組, 家庭組, 中學組及青少年團體: 每隊 港幣230元
其他組別: 每隊 港幣400元

大學組混合八人賽2000米

每隊 港幣440元

慈善長途接力賽

每隊最低籌款額 港幣2,000元

慈善融合挑戰賽

每隊最低籌款額 港幣200元

Individual Events

Para-rowing & Junior: HK\$75/event
Others: HK\$135/event

Team Events

Para-rowing, Family, Secondary Schools & Youth Organizations: HK\$230/team
Others: HK\$400/team

Universities Mixed Eight 2000m

HK\$440/team

Charity Rowathon

Minimum donation HK\$2,000/team

Integrated Charity Challenge

Minimum donation HK\$200/team

6. 報名手續 ENTRY PROCEDURE

非慈善賽項目

報名時段為2019年1月21日至2019年2月18日。

所有報名必須經由網上進行, 網址為:

<https://reg.pikapage.com/hkcra/hkric.html>

亦可經賽協官方網頁(<http://www.rowing.org.hk>)進入報名頁面。

付款方法:

除「中學組」外, 其他組別均需使用網上付款, 其他方式恕不接受。

「中學組」: 可以現金或支票方式付款。

• 現金: 請於辦公時間內親臨沙田賽艇中心繳付。

• 支票: 劃線支票抬頭為「中國香港賽艇協會」。請於支票背面寫上「2019 HKRIC」、學校名稱、聯絡人姓名及電話號碼。支票請寄回新界沙田源禾路27號 中國香港賽艇協會(請於信封面註明「2019HKRIC」)。

慈善賽項目

請填妥報名表格, 連同所籌得的款項親身或寄回, 新界沙田源禾路27號, 沙田賽艇中心(請於信封面註明「2019 HKRIC」)

捐款方法:

1. 支票

劃線支票抬頭「凝動香港體育基金有限公司」。

備註:

-請於支票背面寫上「2019 HKRIC」、隊伍名稱及聯絡人英文姓名。

-請影印所有支票、募捐表格及慈善項目報名表以作記錄, 直至取得捐款收據並核對無誤後, 可銷毀。

-正式收據將直接寄予募捐表格上註明的參加者或慈善項目報名表上的隊長。如郵遞地址與登記時不符, 請盡早通知中國香港賽艇協會。

2. 現金捐款方法

-現金捐款每次最低捐款額為港幣100元。請預先點算好所籌得之款項, 以信封入好並在信封面寫上「2019 HKRIC」、隊伍名稱及聯絡人之英文姓名, 連同填妥之募捐表格, 於辦公時間內親身遞交至中國香港賽艇協會 - 沙田賽艇中心。

如資料不齊或未完成繳付報名費, 申請一概不會受理。

Non-Charity Events

The registration period is 21 January 2019 to 18 February 2019.

The application should be made online:

<https://reg.pikapage.com/hkcra/hkric.html>

The registration page can also be accessed through the official website (<http://www.rowing.org.hk>) of HKCRA.

Payment Method:

Online payment only. Other payment methods would not be accepted.

“Secondary Schools” categories only

Payment can be made by cash or by cheque.

• Cash payment should be made in person at the HKCRA Shatin Rowing Centre during office hours.

• A crossed cheque made payable to “Hong Kong, China Rowing Association” can be sent to the HKCRA at 27 Yuen Wo Road, Sha Tin, N.T. Please write “2019 HKRIC”, school name, contact person and telephone number at the back of the cheque. (Please state “2019 HKRIC” on the envelope.)

Charity Events

Please complete and submit the entry form together with the donation in person or by mail to the HKCRA, Sha Tin Rowing Centre, 27 Yuen Wo Road, Sha Tin, N.T. (Please state “2019 HKRIC” on the envelope.)

Donation Methods:

1. By Cheque

A crossed cheque made payable to “InspiringHK Sports Foundation Limited”

Remarks:

-Please write “2019 HKRIC”, your team name and full name of the contact person in English on the back of the cheques.

-Please photocopy your cheques, Entry Form and Donation Form for a record. DO NOT destroy them until you have received all the official receipts for donation.

- Official Receipts will be sent to the Participant or Team Leader specified on the Donation Form or Charity Events’ Entry Form. If your mailing address is different from what you have provided during the registration period, please contact the HKCRA.

2. By Cash

A minimum amount of cash donation each time is HK\$100. Please ensure the total amount of cash is accurate. Please put the donation and the form in an envelope and clearly states “2019 HKRIC”, your team name and full name of the contact person in English. Please submit BY HAND to the General Office of the Hong Kong China, Rowing Association at Sha Tin during office hours.

Application will NOT be accepted if information provided is insufficient or payment is not completed.

7. 截止報名日期 ENTRY DEADLINE

2019年2月18日(星期一), 香港時間23:59

18 February 2019 (Monday), HKT 23:59

8. 獎項 PRIZES

慈善長途接力賽項目 : 冠、亞、季軍: 獎盃
慈善融合挑戰賽 : 冠軍: 獎盃及獎牌; 亞、季軍: 獎牌
隊際項目 : 冠、亞、季軍: 獎盃及獎牌

個人項目:

- 冠、亞、季軍: 獎牌及獎狀
- 所有參賽者能於標準時間內(見表格1)完成比賽將獲發一枚紀念獎牌。
* 青少年組參賽者能達到標準時間(最佳世界紀錄的80%)內已可獲發一枚紀念獎牌。
- 現金獎: 凡個人組別及輕量級組別2000米賽事參加者打破其參賽組別之「香港室內賽艇紀錄」, 均可獲大會頒發獎金港幣1000元(19歲或以上組別)或港幣500元(13-18歲組別)。

備註:

- 如果超過一名參賽者同時打破同一個組別之香港紀錄, 大會只會頒發獎金給最新的紀錄保持者。
- 參賽者只能贏取該個參賽組別的獎金。
- 若參加者於「香港室內賽艇紀錄」未有最佳時間紀錄的組別作賽, 將不會獲頒獎金。
- 獲獎人士/隊伍如未能出席指定之頒獎禮, 請於賽後3天起親臨賽協領取獎項。最多保留3個月。

(有關本賽事之各組別的紀錄, 請參閱以下列表。)

Rowathon Events : 1st, 2nd, 3rd Place: Trophy
Integrated Charity Challenge : 1st Place: Trophy and Medal
2nd, 3rd Place: Medal
Team Events : 1st, 2nd, 3rd Place: Trophy and Medal

Individual Events:

- 1st, 2nd, 3rd Place: Medal and Certificate
- A commemorative medal: All participants who could finish the Standard Time as specified in Table 1.
- * A commemorative medal can be awarded to participants from the junior event who could reach the standard time (80% world record)
- Cash Award: Any participant in Individual or Lightweight Individual 2000m Categories who breaks the current "Hong Kong Rowing Indoor Record" of his/her participating category will be awarded HK\$1,000 (aged 19 or above categories) or HK\$500 (Aged 13-18 categories).

Remarks:

- If more than one participant breaks the record in the same category, the cash prize will be awarded only to the participant who holds the newest record.
- A participant may only win the cash prize in the category in which he/she entered.
- No cash prize will be awarded if the participants compete in a category that is no best time in the "Hong Kong Rowing Indoor Record".
- If awardee can't attend the designated prize presentation ceremony, please visit HKCRA office to collect the prize in person after 3 days of the race. The prize will be kept at a maximum of 3 months.

(Please refer to the following table for the best time of Hong Kong Rowing Indoor Record in each of all eligible categories.)

香港室內賽艇紀錄 (2000米最佳時間) Hong Kong Rowing Indoor Record (Best Time for 2000m)

男子個人 (青少年13-18歲組別) 2000米最佳紀錄時間 Men's Individual (Junior aged 13 - 18) Best Time for 2000m

紀錄時間 Record Time	紀錄保持者 Record Holder	年份 Year
6:25.3	YEUNG Ka Wai	2013

男子個人2000米最佳紀錄時間 Men's Individual Best Time for 2000m

紀錄時間 Record Time	紀錄保持者 Record Holder	年份 Year
6:13.2	YEUNG Ka Wai	2014

男子輕量級個人2000米最佳紀錄時間 Lightweight Men's Individual Best Time for 2000m

年齡組別 Age Group	紀錄時間 Record Time	紀錄保持者 Record Holder	年份 Year
Aged 19 - 29 歲	6:23.9	TANG Chiu Mang	2012
Aged 30 - 39 歲	6:19.7	Rolandas KAZLAUSKAS	2001
Aged 40 - 49 歲	6:45.1	WU Ngou Teng	2018
Aged 50 - 59 歲	6:55.1	WOO Chan Man	2016
Aged 60 - 69 歲	8:11.2	Robert WILSON	2008

女子個人 (青少年13-18歲以下組別) 2000米最佳紀錄時間 Women's Individual (Junior aged 13- 18) Best Time for 2000m

紀錄時間 Record Time	紀錄保持者 Record Holder	年份 Year
7:10.5	Samatha MORTON	2018

女子個人2000米最佳紀錄時間 Women's Individual Best Time for 2000m

紀錄時間 Record Time	紀錄保持者 Record Holder	年份 Year
6:57.2	Lene HANSEN	1998

女子輕量級個人2000米最佳紀錄時間 Lightweight Women's Individual Best Time for 2000m

年齡組別 Age Group	紀錄時間 Record Time	紀錄保持者 Record Holder	年份 Year
Aged 19 - 29 歲	7:16.0	LEE Ka Man	2012
Aged 30 - 39 歲	7:25.9	LEE Ka Man	2018
Aged 40 - 49 歲	8:01.6	Siobhan MCHENRY	2014
Aged 50 - 59 歲	9:19.4	TANG Sui Ping	2017

男子隊際接力4x500米最佳紀錄時間 (自2018年起) Men's Team Relay Best Time for 4x500m (Since 2018)

紀錄時間 Record Time	紀錄保持者 Record Holder	年份 Year
5:34.6	Hong Kong Fire Services Department (WAN Kwok Leung, HUI Wai Ho, WONG Kai Ho, KWOK Ka Chun)	2018

女子隊際接力4x500米最佳紀錄時間 (自2018年起) Women's Team Relay Best Time for 4x500m (Since 2018)

紀錄時間 Record Time	紀錄保持者 Record Holder	年份 Year
6:55.2	Lam Tai Fai College (CHOI Ying Lee, CHENG Cheuk Kwan, TSAI Ching Yi, MAK Cheuk Ying)	2018

世界紀錄 World Record

2000米個人項目的標準時間，乃根據Concept2網頁所提供的最佳世界紀錄的80%、83%及90%而設定。

The “Standard Time” of Individual 2000m event is based on 83% and 90% of the World Best Records list in the Concept2 official website.

男子項目 Men's Event	標準時間Standard Time			女子項目 Women's Event	標準時間Standard Time		
	*80%世界紀錄 80%World Record	83%世界紀錄 83%World Record	90%世界紀錄 90%World Record		*80%世界紀錄 80%World Record	83%世界紀錄 83%World Record	90%世界紀錄 90%World Record
青少年組 Junior				青少年組 Junior			
16歲或以下 U16	*7:27.6	7:11.4	6:37.9	16歲或以下 U16	*8:27.6	8:09.3	7:31.2
18歲或以下 U18	*7:38.1	7:21.6	6:47.2	18歲或以下 U18	*8:52.1	8:32.9	7:53.0
公開組 Open				公開組 Open			
/		6:44.6	6:13.1	/		7:41.2	7:05.3
大師組 Masters				大師組 Masters			
30 - 39 歲		6:45.5	6:14.0	30 - 39 歲		7:45.2	7:09.0
40 - 49 歲		6:59.0	6:26.4	40 - 49 歲		8:11.8	7:33.6
50 - 59 歲		7:15.8	6:41.9	50 - 59 歲		8:23.6	7:44.4
60-69歲		7:42.3	7:06.3	60-69歲		9:03.4	8:21.1
>= 70 歲		8:16.5	7:37.9	>= 70 歲		9:39.3	8:54.2
輕量級組 Lightweight				輕量級組 Lightweight			
19 - 29 歲		7:09.8	6:36.3	19 - 29 歲		8:18.6	7:39.8
30 - 39 歲		7:21.4	6:47.1	30 - 39 歲		8:22.0	7:43.0
>= 40 歲		7:30.6	6:55.6	>= 40 歲		8:37.6	7:57.3

*80%世界紀錄只適用於青少年組 80%World Record is only for Junior Event

9. 賽前練習 BOOKING OF PRE-COMPETITION TRAINING

歡迎所有參賽隊伍及參賽者自行到賽艇中心進行賽前訓練，唯必須向賽協進行預約，費用全免。

預約程序如下：

1. 訓練地點：沙田賽艇中心
2. 訓練時間：
 - 星期一至五：上午10時至晚上8時
 - 星期六至日：上午10時至下午5時
3. 每日最多可預訂2小時。
4. 最少三個工作天前預約。
5. 由於器材有限，預約將以先到先得形式安排。
6. 比賽報名經確認後，即可透過電話或電郵進行預約。最後的訓練日期是2019年3月3日。
7. 參賽者必須繳付所有報名費，方可進行預約。

預約訓練熱線：(852) 2608-0302 (梁先生)
電郵：hkrc@rowing.org.hk

All participating teams and individuals are welcome to have their own training upon advance booking through the HKCRA for **FREE**.

The booking procedure are as follows: -

1. Training Venue: Sha Tin Rowing Centre
2. Training Hours:
 - Monday to Friday: 10:00 – 20:00
 - Saturday to Sunday: 10:00 – 17:00
3. The maximum training session is 2 hours per day.
4. Reservation should be made at least 3 working days before the date of training.
5. Due to limited equipment available, reservation is made on a first-come-first-served basis.
6. Reservation could be made from the date of confirmation of the enrollment by either telephone or e-mail. The last training date is on 3 March 2019.
7. Reservation will be accepted only after all relevant payments are made.

Training Session Booking Hotline: (852) 2608-0302 (Mr. LEUNG)
e-mail: hkrc@rowing.org.hk

10. 查詢 ENQUIRIES

中國香港賽艇協會
電話: (852) 2608 0302/ 2699 7271
傳真: (852) 2601-4477
電郵: hkrc@rowing.org.hk
網址: www.rowing.org.hk
Facebook: www.facebook.com/hkrowing

Hong Kong, China Rowing Association
Tel: (852) 2608 0302/2699 7271
Fax: (852) 2601 4477
Email: hkrc@rowing.org.hk
Website: www.rowing.org.hk
Facebook: www.facebook.com/hkrowing