香港校際賽艇錦標賽 **Traffic Rules for Training** 練習航道規則 起點 **START** 2000M 1500M 賽馬會石門賽艇 **0M** 500M 1000M 中心 ICSMRC 4x+/4x \Rightarrow_{2x} **1**x 1x2x4x+/4x體育學院 沙田賽艇中心 **HKSI** 圖例 Legend: STRC **FINISH TOWER** 大型浮波 Large Buoy 訓練方向 Training Direction 起步浮台 Starting Pontoon 進入指定練習航道方向 Direction to enter designated lane 不准進入 No Entry 大型浮波及紅旗 Large Buoy with Red Flag 禁區 Forbidden zone JCSMRC Boats Return Only 只限返回石門賽艇中心使用

Hong Kong Rowing Schools Championships

備註 Remarks:

艇隻祇許在"1000M"或"2000M"進入指定練習航道。於比賽日,艇隻須於首場比賽開始前 30 分鐘離開比賽航道。

Boats should only enter the designated lanes for training at the point of "1000M" or "2000M". On Competition dates, boats that are training must leave the course **30 minutes** before the start time of the first race.