

EVERYBODY ROWS EVERYBODY ROWS EVERYBODY ROWS EVERYBODY ROWS

HKRIC 香港室內賽艇錦標賽

HONG KONG ROWING INDOOR CHAMPIONSHIPS

暨慈善長途接力賽 & CHARITY ROWATHON

● #2023HKRIC ● ROWING.ORG.HK

賽事通告 Race Bulletin

1. 簡介 INTRODUCTION

今年已是中國香港賽艇協會(賽協)第 24 年舉辦此全港性的大型賽事，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。本年度繼續以「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！

The 24th Hong Kong Rowing Indoor Championships & Charity Rowathon (HKRIC) is an annual spectacular indoor rowing event organized by the Hong Kong, China Rowing Association (HKCRA) and our wish is to drive public participation and encourage “rowing for life” for everyone. Let’s get “Everybody Rows”!

主辦機構	: 中國香港賽艇協會
Organized by	: Hong Kong, China Rowing Association
資助機構	: 文化體育及旅遊局 藝術及體育發展基金
Subvented by	: Arts and Sport Development Fund of Culture, Sports and Tourism Bureau
支持機構	: 康樂及文化事務署
Supported by	: Leisure & Culture Services Department
比賽日期	: 2023 年 3 月 25 至 26 日 (星期六及日)
Competition Date	: 25-26 March 2023 (Sat-Sun)
比賽場地	: 九龍公園體育館 九龍尖沙咀柯士甸道 22 號
Venue	: Kowloon Park Sports Centre No. 22, Austin Road, Tsim Sha Tsui, Kowloon
截止報名日期	: 2023 年 3 月 1 日 (星期三) · 香港時間 23:59
Entry Deadline	: 1 March 2023 (Wed), HKT 23:59

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「親切」。

For the well-being of the community, HKCRA is not hesitant to contribute to society. The fund raised in the charity events will be fully donated. This year, “TREATS” will be the beneficiary of the Championships.

有關「親切」About TREATS

「親切」成立於 1979 年，為香港的認可慈善團體和非政府組織、香港公益金和香港社會服務聯會會員。親切特別設計的共融活動，讓不同能力和背景的兒童、青少年及家庭走在一起，互相學習，彼此欣賞，促進個人及群發展。

Established in 1979, TREATS is a registered charity and a non-governmental organization in Hong Kong. We are also a member of the Community Chest of Hong Kong and the Hong Kong Council of Social Service. Through TREATS' social inclusion programmes, children and youth of all abilities and backgrounds join hands together, learn to appreciate diversity, and unleash their potential.

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：

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

1. 獎盃乙個；及
A Trophy; and
2. 8 個免費及可轉贈的初級賽艇課程* (一、二星雙槳)名額，總值港幣\$1,720 元。
8 transferable quotas for the HKCRA Galaxy Rowing Course* (Star 1 & 2 Sculling), the value of HK\$1,720.

*如有任何爭議，賽協將保留最終決定權。

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

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比賽項目 EVENT LIST

個人項目 Individual Events

編碼 Code	項目 Event	編碼 Code	項目 Event
個人 1000 米 Individual 1000m			
J01	男子 12 歲及以下 Men Age 12 and under	J02	女子 12 歲及以下 Women Age 12 and under
J03	男子 13 至 14 歲 Men Age 13-14	J04	女子 13 至 14 歲 Women Age 13-14
個人 500 米 Individual 500m			
E09	男子 19 至 29 歲 Men Age 19-29	E10	女子 19 至 29 歲 Women Age 19-29
E11	男子 30 至 39 歲 Men Age 30-39	E12	女子 30 至 39 歲 Women Age 30-39
E13	男子 40 至 49 歲 Men Age 40-49	E14	女子 40 至 49 歲 Women Age 40-49
E15	男子 50 至 54 歲 Men Age 50-54	E16	女子 50 至 54 歲 Women Age 50-54
E17	男子 55 至 59 歲 Men Age 55-59	E18	女子 55 至 59 歲 Women Age 55-59
E19	男子 60 至 64 歲 Men Age 60-64	E20	女子 60 至 64 歲 Women Age 60-64
E21	男子 65 至 69 歲 Men Age 65-69	E22	女子 65 至 69 歲 Women Age 65-69
E23	男子 70 至 74 歲 Men Age 70-74	E24	女子 70 至 74 歲 Women Age 70-74
E25	男子 75 至 79 歲 Men Age 75-79	E26	女子 75 至 79 歲 Women Age 75-79
E27	男子 80 至 84 歲 Men Age 80-84	E28	女子 80 至 84 歲 Women Age 80-84
E29	男子 85 至 89 歲 Men Age 85-89	E30	女子 85 至 89 歲 Women Age 85-89
E31	男子 90 至 94 歲 Men Age 90-94	E32	女子 90 至 94 歲 Women Age 90-94
E33	男子 95 至 99 歲 Men Age 95-99	E34	女子 95 至 99 歲 Women Age 95-99
E35	男子 100 歲及以上 Men Age 100+	E36	女子 100 歲及以上 Women Age 100+
個人 2000 米 Individual 2000m			
E55	男子 15 至 16 歲 Men Age 15-16	E56	女子 15 至 16 歲 Women Age 15-16
E57	男子 17 至 18 歲 Men Age 17-18	E58	女子 17 至 18 歲 Women Age 17-18
E59	男子 19 至 29 歲 Men Aged 19-29	E60	女子 19 至 29 歲 Women Age 19-29
E61	男子 30 至 39 歲 Men Age 30-39	E62	女子 30 至 39 歲 Women Age 30-39

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編碼 Code	項目 Event	編碼 Code	項目 Event
E63	男子 40 至 49 歲 Men Age 40-49	E64	女子 40 至 49 歲 Women Age 40-49
E65	男子 50 至 54 歲 Men Age 50-54	E66	女子 50 至 54 歲 Women Age 50-54
E67	男子 55 至 59 歲 Men Age 55-59	E68	女子 55 至 59 歲 Women Age 55-59
E69	男子 60 至 64 歲 Men Age 60-64	E70	女子 60 至 64 歲 Women Age 60-64
E71	男子 65 至 69 歲 Men Age 65-69	E72	女子 65 至 69 歲 Women Age 65-69
E73	男子 70 至 74 歲 Men Age 70-74	E74	女子 70 至 74 歲 Women Age 70-74
E75	男子 75 至 79 歲 Men Age 75-79	E76	女子 75 至 79 歲 Women Age 75-79
E77	男子 80 至 84 歲 Men Age 80-84	E78	女子 80 至 84 歲 Women Age 80-84
E79	男子 85 至 89 歲 Men Age 85-89	E80	女子 85 至 89 歲 Women Age 85-89
E81	男子 90 至 94 歲 Men Age 90-94	E82	女子 90 至 94 歲 Women Age 90-94
E83	男子 95 至 99 歲 Men Age 95-99	E84	女子 95 至 99 歲 Women Age 95-99
E85	男子 100 歲及以上 Men Age 100+	E86	女子 100 歲及以上 Women Age 100+
輕量級組 500 米 Lightweight 500m			
L09	男子 19 至 29 歲 Men Age 19-29	L10	女子 19 至 29 歲 Women Age 19-29
L11	男子 30 至 39 歲 Men Age 30-39	L12	女子 30 至 39 歲 Women Age 30-39
L13	男子 40 至 49 歲 Men Age 40-49	L14	女子 40 至 49 歲 Women Age 40-49
L15	男子 50 至 54 歲 Men Age 50-54	L16	女子 50 至 54 歲 Women Age 50-54
L17	男子 55 至 59 歲 Men Age 55-59	L18	女子 55 至 59 歲 Women Age 55-59
L19	男子 60 至 64 歲 Men Age 60-64	L20	女子 60 至 64 歲 Women Age 60-64
L21	男子 65 至 69 歲 Men Age 65-69	L22	女子 65 至 69 歲 Women Age 65-69
L23	男子 70 至 74 歲 Men Age 70-74	L24	女子 70 至 74 歲 Women Age 70-74
L25	男子 75 至 79 歲 Men Age 75-79	L26	女子 75 至 79 歲 Women Age 75-79
L27	男子 80 至 84 歲 Men Age 80-84	L28	女子 80 至 84 歲 Women Age 80-84

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編碼 Code	項目 Event	編碼 Code	項目 Event
L29	男子 85 至 89 歲 Men Age 85-89	L30	女子 85 至 89 歲 Women Age 85-89
L31	男子 90 至 94 歲 Men Age 90-94	L32	女子 90 至 94 歲 Women Age 90-94
L33	男子 95 至 99 歲 Men Age 95-99	L34	女子 95 至 99 歲 Women Age 95-99
L35	男子 100 歲或以上 Men Age 100 +	L36	女子 100 歲或以上 Women Age 100 +
輕量級組 2000 米 Lightweight 2000m			
L59	男子 19 至 29 歲 Men Age 19-29	L60	女子 19 至 29 歲 Women Age 19-29
L61	男子 30 至 39 歲 Men Age 30-39	L62	女子 30 至 39 歲 Women Age 30-39
L63	男子 40 至 49 歲 Men Age 40-49	L64	女子 40 至 49 歲 Women Age 40-49
L65	男子 50 至 54 歲 Men Age 50-54	L66	女子 50 至 54 歲 Women Age 50-54
L67	男子 55 至 59 歲 Men Age 55-59	L68	女子 55 至 59 歲 Women Age 55-59
L69	男子 60 至 64 歲 Men Age 60-64	L70	女子 60 至 64 歲 Women Age 60-64
L71	男子 65 至 69 歲 Men Age 65-69	L72	女子 65 至 69 歲 Women Age 65-69
L73	男子 70 至 74 歲 Men Age 70-74	L74	女子 70 至 74 歲 Women Age 70-74
L75	男子 75 至 79 歲 Men Age 75-79	L76	女子 75 至 79 歲 Women Age 75-79
L77	男子 80 至 84 歲 Men Age 80-84	L78	女子 80 至 84 歲 Women Age 80-84
L79	男子 85 至 89 歲 Men Age 85-89	L80	女子 85 至 89 歲 Women Age 85-89
L81	男子 90 至 94 歲 Men Age 90-94	L82	女子 90 至 94 歲 Women Age 90-94
L83	男子 95 至 99 歲 Men Age 95-99	L84	女子 95 至 99 歲 Women Age 95-99
L85	男子 100 歲或以上 Men Age 100 +	L86	女子 100 歲或以上 Women Age 100 +

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編碼 Code	項目 Event	編碼 Code	項目 Event
展能組 1000 米 Para-Rowing 1000m			
P01	男子 PR1 級 Men PR1	P02	女子 PR1 級 Women PR1
P03	男子 PR2 級 Men PR2	P04	女子 PR2 級 Women PR2
P05	男子 PR3 級 Men PR3	P06	女子 PR3 級 Women PR3
P07	男子 PR3 級 (智障) Men PR3 (II)	P08	女子 PR3 級 (智障) Women PR3 (II)

慈善項目 Charity Events

慈善長途接力 Charity Rowathon			
編碼 Code	項目 Event	編碼 Code	項目 Event
C01	公開組 (30 分鐘) Open (30 Minutes)		
C02	政府部門、專業團體及工商機構 (30 分鐘) Government Departments, Professional Bodies & Corporations (30 Minutes)		
C03	中學組 (15 分鐘) Secondary Schools (15 Minutes)		
慈善融合挑戰賽 (雙人賽 1000 米) Integrated Charity Challenge (Pair 1000m)			
C11	男子組 Men's Pair	C12	女子組 Women's Pair
C21	混合組 Mixed Pair		
共融盃 (雙人賽 3 分鐘) - 邀請賽 iRow Cup (Pair 3 minutes) - Invitation Event			
C31	雙人賽 Pair		

高等教育院校挑戰賽 Higher Education Institutions Challenge

編碼 Code	項目 Event	編碼 Code	項目 Event
個人 500 米 Individual 500m			
U01	男子 500 米 Men 500m	U02	女子 500 米 Women 500m
個人 2000 米 Individual 2000m			
U03	男子 2000 米 Men 2000m	U04	女子 2000 米 Women 2000m
隊際接力 4x500 米 Team Relay 4 x 500m			
U05	男子 4x500 米接力賽 Men Team Relay 4x500m	U06	女子 4x500 米接力賽 Women Team Relay 4x500m
U07	混合 4x500 米接力賽 Mixed Team Relay 4x500m		

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隊際項目 Team Events

編碼 Code	項目 Event	編碼 Code	項目 Event
隊際接力 4x500 米 Team Relay 4 x 500m			
T01	男子紀律部隊 Men Disciplined Services	T02	女子紀律部隊 Women Disciplined Services
T03	男子政府部門 Men Government Departments	T04	女子政府部門 Women Government Departments
T05	男子專業團體 Men Professional Bodies	T06	女子專業團體 Women Professional Bodies
T07	男子中學組 Men Secondary Schools	T08	女子中學組 Women Secondary Schools
T09	男子青少年團體 Men Youth Organizations	T10	女子青少年團體 Women Youth Organizations
T11	男子工商機構 Men Corporations	T12	女子工商機構 Women Corporations
T13	男子體育會/團體 A 組 Men Sports Clubs/Societies (Group A)	T14	女子體育會/團體 A 組 Women Sports Clubs/Societies (Group A)
T15	男子體育會/團體 B 組 Men Sports Clubs/Societies (Group B)	T16	女子體育會/團體 B 組 Women Sports Clubs/Societies (Group B)
隊際混合賽 Mixed Team Event			
T32	展能組 PR3 級混合四人 500 米 Para-Rowing PR3 Mixed Four 500m		
T33	展能組 PR3 級(智障)混合 4x500 米接力賽 Para-Rowing PR3 (II) Mixed Team Relay 4x500m		
家庭歡樂接力賽 (2x250 米) Family Fun Relay (2x250m)			
T41	家庭歡樂接力賽 A 組 Family Fun Relay (Group A)		
T42	家庭歡樂接力賽 B 組 Family Fun Relay (Group B)		

遊協 90 周年盃 HKPA 90th Anniversary Cup

編碼 Code	項目 Event	編碼 Code	項目 Event
個人 500 米 Individual 500m			
PA1	男子初級組 Junior Men	PA2	女子初級組 Junior Women
PA3	男子高級組 Senior Men	PA4	女子高級組 Senior Women

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3. 暫擬比賽賽程 PRELIMINARY RACE SCHEDULE

3 月 25 日 (星期六) 25 March (Sat)

上午 A.M.

- 1) 個人項目 Individual Events
 - 個人 1000 米 Individual 1000m
(編碼 Code J01-J04)
 - 個人 2000 米 Individual 2000m
(編碼 Code E55-E58)

頒獎典禮 I 及 午膳時間

Medal Presentation Ceremony I & Lunch Break

下午 P.M.

- 2) 個人項目 Individual Events
 - 展能組 Para-Rowing
- 3) 慈善長途接力項目 Charity Rowathon
 - 中學組 Secondary Schools
- 4) 隊際接力 Team Relay
 - 展能組 Para-Rowing
 - 中學組 Secondary Schools
 - 青少年團體 Youth Organizations
- 5) 高等教育院校挑戰賽 Higher Education Institutions Challenge
- 6) 個人項目 Individual Events
 - 個人 500 米 Individual 500m
(編碼 Code E11-E36)

頒獎典禮 II

Medal Presentation Ceremony II

3 月 26 日 (星期日) 26 March (Sun)

上午 A.M.

- 1) 個人項目 Individual Events
 - 其餘個人項目 Rest of the individual events
 - 輕量級 Lightweight

- 2) 隊際接力 Team Relay
 - 紀律部隊 Disciplined Services

- 3) 家庭歡樂接力賽 Family Fun Relay

頒獎典禮 III 及 午膳時間

Medal Presentation Ceremony III & Lunch Break

下午 P.M.

- 4) 隊際接力 Team Relay
 - 政府部門 Government Departments
 - 專業團體 Professional Bodies
 - 工商機構 Corporations
 - 體育會/團體 Sports Clubs/Societies
- 5) 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
- 6) 慈善融合挑戰賽 Integrated Charity Challenge
- 7) 遊協 90 周年盃 HKPA 90th Anniversary Cup
- 8) 超級會長盃 Top of the Tops President Cup

頒獎典禮 IV

Medal Presentation Ceremony IV

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4. 參加資格及規則 ELIGIBILITY AND REGULATIONS

一般規則 General Rules

- 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；
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;
- 參賽年齡以比賽當天為準，所有個人項目的參賽者必須按照所屬年齡組別報名；
The age eligibility of a competitor is determined by his/her age on the date of the HKRIC in which he/she is competing (either 25 or 26 March 2023). The competitors of all individual events must enroll according to their age group only;
- 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；
The male competitor may not enter a Women's event and vice versa;
- 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；
In the mixed event (except Para-rowing) half of the crew shall be women and half shall be men.
Para-rowing mixed team one of the crew shall be a woman;
- 輕量級個人項目的最高體重限制為男子組 75 公斤，女子組 61.5 公斤(參賽者磅重時需穿著比賽裝束)。個人項目沒有體重限制；
The maximum weight limit for individual lightweight men is 75 kg and for individual lightweight women is 61.5 kg (competitors should wear the racing uniform for weigh-in). Individual event has no weight limit;
- 所有參加輕量級組的參賽者必須於參賽項目開賽前 1 小時至 2 小時內磅重。如輕量級組參賽者的體重超過上述體重標準，或者未能於指定期間磅重，該參賽者不能作賽；
Lightweight event competitors 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 competitor is above the weight limits, or he/she cannot weigh in at the specific period, this competitor is not eligible to compete in that event;
- 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參賽者尚未完成比賽，大會有權立即停止該場比賽；
Due to the tight competition schedule, the Organizer reserves the right to stop the race when the champion, 2nd, and 3rd places are determined in individual events AND/OR when the competitors cannot finish after 10 minutes of the start time of the race;
- 籌委會保留查核參賽者之身份證明文件的權利。若發現參賽者提供虛假或無效資料，籌委會保留權利取消其有關項目中的參賽資格；
The Organizing Committee (OC) reserves the right to verify the identification document and exclude from an Event any competitor who submits false or invalid information;
- 所有賽事報名一經遞交，即代表參賽者清楚了解比賽規則及所有比賽通告之內容，並會嚴格遵守。任何不符合參賽資格及達到有關參賽要求、不遵守比賽規則，不論賽前或賽後，籌委會將保留權利取消其有關項目中的參賽資格以及不獲發還任何費用；
By submitting their entry, each competitor confirms that he/she clearly understands and agrees to the Rules of Racing and race bulletins and will strictly abide by him/her. Anyone who does not meet the qualifications, does not comply with the requirements of the competition or violates the Rules of Racing, whether before or after the competition, the OC reserves the right to exclude the competitor from an Event and will not refund any fees.

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10. 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；及 Concept 2 (Model D) Rowing Machines will be used for all events. Competitors 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 crew change but not at any other time during a Race; and

11. 賽協有權對比賽進行錄影或拍攝，並作宣傳及教學用途，一切版權歸賽協所有。
Please note that the HKCRA has the right to film videos or take photographs for marketing, promotional and educational purposes. Copyright owned by HKCRA.

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

- 在隊際四人接力項目的所有組別中(項目 T01-T16)，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」。
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 T01-T16) will be invited to compete for the "Top of the Tops President Cup".
- 男、女子冠軍隊將獲頒發獎盃及獎牌。
The winning team, both Men's and Women's, will be awarded a Trophy and Medals.
- 所有參賽者均會於當日即場獲發賽事紀念 T-恤乙件。
Each competitor taking part in this event will be awarded an event T-shirt.

家庭歡樂接力賽 Family Fun Relay

- 這是一項 2x250 米接力賽事。
This is a 2x250m relay event.
- A 組隊員須由 1 位 18 歲或以上的成年人及 1 位 8-11 歲小童組成。
The crew of Group A comprises an adult (aged 18 or above) and a kid (aged 8 to 11).
- B 組隊員須由 1 位 18 歲或以上的成年人及 1 位 12-15 歲小童組成。
The crew of Group B comprises an adult (aged 18 or above) and a kid (aged 12 to 15).
- 本項目隊員性別不受限制。
The crew of this event has no gender restrictions.

接力賽 Team Relay

- 接力賽賽事中，每個隊伍使用同一部賽艇機。
Each team uses one machine in the relay race.
- 每名隊員輪流划行一段指定距離。當到達指定的之分段距離後，隊員必須在兩槳內替換給下一位隊員。
Each crew of a team shall row a specific distance. When it has reached the specific point, the changeover of the crew must take place within 2 strokes.

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- 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。
The result of each team will be determined by the time taken by the team to complete a specific distance including the changeover between the crew. The fastest team is the winner.
- 「中學組」的隊員必須來自同一所中學的職員及師生。
The crew who entered the "Secondary School" event must be the staff and students of the same school.
- 「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。
The crew who entered the "Government Departments" event must be employees of that Government Department. Members of the Disciplined Services are not eligible to enter the "Government Departments" events.
- 「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。
The crew who entered the "Disciplined Services" event must be employees of the Hong Kong Police Force, the Fire Services Department, the Correctional Services Department, the Immigration Department, the Customs and Excise Department, and the Government Flying Service.
- 「青少年團體組」的隊員必須來自同一個團體的成員。
The crew who entered the "Youth Organization" event must be members of that organization.
- 「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。
The crew who entered the "Professional Bodies" event must be members of that organization which must be a registered Professional Organization.
- 「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。
The crew who entered the "Corporations" event must be employees of that company which itself must be a company registered in Hong Kong.
- 「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。
The crew who entered the "Sports Clubs/Societies (Group A)" event must be members of that club/society, which itself must be an officially registered sports club/society of Rowing, Canoeing, and Paddling. Other Sports Clubs/Societies should enter "Sports Clubs/Societies (Group B)" events.

團體賽 Team Event

- 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。
The crew must row a specific distance at the same time on individual machines.
- 最快完成指定距離的隊伍為冠軍。
The winner of this event will be the fastest team to complete the specific distance.

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展能組 Para Rowing Race

- 展能組 PR3, PR2 及 PR1 分級是根據國際賽艇聯會的相關條例而定。
The sport classes PR3, PR2, and PR1 are based on the related rules and regulations of World Rowing.
- PR3 隊員可包括體障及視障人士。
Sport class PR3 competitors include the physically impaired and visually impaired persons.
- 在 PR3 混合四人賽隊員不可超過兩名視障人士。
In the PR3 Mixed Four event, no more than 2 visually impaired crew may be included in a team.
- 在 PR3 級(智障)四人賽隊員全部為智障人士。
In the PR3 (II) event, all crew must be intellectually impaired.
- 如參賽者未能確認展能組組別分級，請與賽協聯絡。
If competitors are unable to confirm the sport class of the para-rowing group, please contact HKCRA.
- 殘疾證明文件(如: 殘疾人士登記證、醫生證明書或其他證明文件)須於 2023 年 3 月 1 日或之前以電郵提交至 hkric@rowing.org.hk。
Documentary proof of disability (e.g. Registration Card for People with Disabilities/ medical certificates/ other relevant documents) should be submitted to hkric@rowing.org.hk on/ before 1 March 2023.

高等教育院校挑戰賽 Higher Education Institutions Challenge

- 「高等教育院校」的隊員必須來自同一所可頒授學位的高等教育院校之全日制學生，並須於登記時出示有效之學生證以核對其身份。(院校名單可參考教育局網頁：<https://www.edb.gov.hk/tc/edu-system/postsecondary/local-higher-edu/institutions/index.html>)。
The crew who entered the “Higher Education Institutions” event must be full-time students of the same degree-awarding higher education institutions. For verification of identity, every competitor must present a valid Student Identity Card at registration counter on the race day.
(Please refer to the list from Education Bureau: <https://www.edb.gov.hk/en/edu-system/postsecondary/local-higher-edu/institutions/index.html>).
- 共 7 個項目中，各院校只可於每一個項目提交一個報名，參賽人數上限為 16 人。
Each Institution can only submit one application in each of the 7 events. The maximum number of participants is 16.
- 混合組隊員必須包括半數女子及半數男子隊員。
In the mixed event half of the crew shall be women and half shall be men.
- 計分方法如下：(只適用於高等教育院校挑戰賽項目)
The distribution of point scheme is as follows:
(Only applies to **Higher Education Institutions Challenge** events)

名次 Rank	1 st	2 nd	3 rd	4 th	5 th	6 th	7 th & after
分數 Score	21	13	8	5	3	2	1

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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

Applicable to Open; Government Departments, Professional Bodies & Corporations

1. 比賽時間是 30 分鐘，以划行距離最長之隊伍為冠軍。

The racing time is 30 minutes. The winner will be the team completing the longest distance.

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。

The crew comprises a minimum of 6 and a maximum of 10 members, including at least 2 male and 2 female members.

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。

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.

適用於中學組 Applicable to Secondary Schools

4. 比賽時間是 15 分鐘，以划行距離最長之隊伍為冠軍。

The racing time is 15 minutes. The winner will be the team completing the longest distance.

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。

The crew comprises a minimum of 4 and a maximum of 6 members, including at least 2 male and 2 female members.

6. 各隊員均須輪流連續划行最少 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。

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 member may row more than twice.

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)。

The crew should comprise 1 able-bodied member and 1 member with a disability (physically impaired or visually impaired).

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。

Each team must row a specific distance at the same time on individual machines.

3. 最快完成指定距離的隊伍為冠軍。

The winner will be the fastest team completing the specific distance.

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共融盃 iRow Cup

- 每隊必須由 1 名健全隊員及 1 名殘障隊員組成。隊員組合由籌委會從參加者名單隨機編配。
The crew should comprise 1 able-bodied member & 1 member with a disability. The OC shall randomly assign the team member from the pool.
- 兩位隊員須在各自的賽艇機上同時進行比賽，划行 3 分鐘。
Each team must row for 3 minutes at the same time on individual machines.
- 完成最遠距離的隊伍為冠軍。
The winner will be the team completing the farthest distance.

遊協 90 周年盃 HKPA 90th Anniversary Cup

- 比賽形式：個人 500 米
Competition format: Individual 500m
- 參賽資格：初級組(中一至中三學生)，高級組(中四至中六學生)
Eligibility: Junior Group (Students from Form 1 to Form 3), Senior Group (Students from Form 4 to Form 6)
- 參加遊協 90 周年盃賽事的報名須經香港遊樂場協會提交報名申請。
All competitors of HKPA 90th Anniversary Cup must be approved by and made through HKPA.

5. 參賽費用及捐款 ENTRY FEE AND DONATION

個人項目 Individual Event		
展能組及編碼 J01-J04, E55-E58 Para-rowing, Code J01-J04, E55-E58	本地參賽者每項港幣 75 元 Local Participate: HK\$ 75	海外隊伍 港幣 110 元 Overseas: HK\$ 110
其他組別 Others	每項港幣 135 元 Local Participate: HK\$ 135	海外隊伍 港幣 190 元 Overseas: HK\$ 190
接力項目 Team Relay Event		
展能·家庭·中學及青少年團體 Para-rowing, Family, Secondary Schools & Youth Organizations	每隊港幣 230 元 Local Participates: HK\$ 230	海外隊伍港幣 270 元 Overseas: HK\$ 270
其他組別 Others	每隊港幣 400 元 Local Participates: HK\$ 400	海外隊伍港幣 470 元 Overseas: HK\$ 470
高等教育院校挑戰賽 Higher Education Institutions Challenge	每間院校港幣 1,280 元 Each Institution: HK\$ 1,280	
慈善長途接力賽 Charity Rowathon	每隊最低籌款額港幣 2,000 元 A minimum donation of HK\$2,000	
慈善融合挑戰賽 Integrated Charity Challenge	每隊最低籌款額港幣 200 元 A minimum donation of HK\$200	

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6. 報名手續 ENTRY PROCEDURE

非慈善賽項目 Non-Charity Events

報名時段為 2023 年 2 月 4 日至 2023 年 3 月 1 日。

The registration period is from 4 February 2023 to 1 March 2023.

所有報名必須經由網上進行，網址為：<http://bit.ly/3HoiFjJ>

The application should be made online: <http://bit.ly/3HoiFjJ>

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

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

參賽者必須在比賽當天於報到處出示有效的身份證明文件作核對(如：護照或身份證)。參賽年齡以比賽當天為準。如果參賽者無法證明或不符合參賽項目之年齡限制，將會被取消資格，並不獲退款安排。

Every competitor must come in person to prove his/her age by presenting a valid identification document to the registration counter on the race day (e.g. passport or identity card). For the age group events, the age of the competitor is taken on the day of racing. Entries that cannot be proven or do not meet the age requirements for the event will be disqualified and no refund will be arranged.

付款方法 Payment Method:

均需使用網上付款，其他方式恕不接受。

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

「中學組」：可以現金或支票方式付款。

Secondary Schools categories only. Payment can be made by cash or by cheque.

- 現金：請於辦公時間內親臨賽馬會石門賽艇中心繳付。

Cash payment should be made in person at the HKCRA Jockey Club Shek Mun Rowing Centre during office hours.

- 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「2023 HKRIC」、學校名稱、聯絡人姓名及電話號碼。支票請寄回新界沙田安景街 27 號，賽馬會石門賽艇中心，中國香港賽艇協會(請於信封面註明「2023 HKRIC」)。

A crossed cheque made payable to "Hong Kong, China Rowing Association" can be sent to the Hong Kong, China Rowing Association, Jockey Club Shek Mun Rowing Centre, No. 27 On King Street, Sha Tin, N.T. Please write "2023 HKRIC", school name, contact person, and telephone number on the back of the cheque. (Please state "2023 HKRIC" on the envelope.)

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慈善賽項目 Charity events

請填妥報名表格，連同所籌得的款項親身或寄回新界沙田安景街 27 號，賽馬會石門賽艇中心，中國香港賽艇協會（請於信封面註明「2023 HKRIC」）

Please complete and submit the entry form together with the donation in person or by mail to the Hong Kong, China Rowing Association, Jockey Club Shek Mun Rowing Centre, No. 27 On King Street, Sha Tin, N.T. (Please state "2023 HKRIC" on the envelope.)

捐款方法 Donation Methods:

1. 支票 By Cheque

劃線支票抬頭「TREATS」。A crossed cheque made payable to "TREATS".

2. 現金捐款方法 By Cash

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「2023HKRIC」、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 - 賽馬會石門賽艇中心。

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 that clearly states '2023HKRIC', your team name, and the full name of the contact person in English. Please submit BY HAND to the General Office of the HKCRA at Shek Mun during office hours.

備註 Remarks:

請於支票背面寫上「2023 HKRIC」、隊伍名稱及聯絡人英文姓名。

Please write "2023 HKRIC", your team name, and the full name of the contact person in English on the back of the cheques.

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。

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

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。

Official receipts will be sent to the competitor or team leader specified on the donation form or charity events entry form you're participating in. If your mailing address is different from the registration, please contact HKCRA.

如資料不齊或未完成繳付報名費，申請一概不會受理。

The application will NOT be accepted if the information provided is insufficient or payment is not completed.

7. 截止報名日期 ENTRY DEADLINE

2023 年 3 月 1 日(星期三)，香港時間 23:59

1 March 2023 (Wed), HKT 23:59

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8. 獎項 PRIZES

慈善長途接力賽項目 Rowathon Events

冠、亞、季軍：獎盃及證書

Champion, 2nd, 3rd Place: Trophy and Certificate

慈善融合挑戰賽·共融盃 Integrated Charity Challenge & iRow Cup

冠軍：獎盃、獎牌及證書；亞、季軍：獎牌及證書

Champion: Trophy, Medal and Certificate; 2nd, 3rd Place: Medal and Certificate

遊協 90 周年盃 HKPA 90th Anniversary Cup

冠軍：獎盃、獎牌及證書；亞、季軍：獎牌及證書

Champion: Trophy, Medal and Certificate; 2nd, 3rd Place: Medal and Certificate

隊際項目 Team Events

冠、亞、季軍：獎盃、獎牌及證書

Champion, 2nd, 3rd Place: Trophy, Medal and Certificate

高等教育院校挑戰賽 Higher Education Institutions Challenge

挑戰賽總冠軍：獎盃及證書 Overall Champion: Trophy and Certificate

挑戰賽總亞軍：獎盃及證書 Overall 1st Runner-up: Trophy and Certificate

挑戰賽總季軍：獎盃及證書 Overall 2nd Runner-up: Trophy and Certificate

單項冠軍：獎牌及證書 Champion of each event: Medal and Certificate

單項亞軍、季軍：獎牌及證書 2nd, 3rd Place of each event: Medal and Certificate

超級會長盃 Top of the Tops President Cup

冠軍：獎盃、獎牌及證書 Champion: Trophy, Medal and Certificate

所有參賽者：T-恤乙件及證書 All Competitor: Event T-shirt and certificate

個人項目 Individual Events

冠、亞、季軍：獎牌及證書

Champion, 2nd, 3rd Place: Medal and Certificate

所有參賽者能於標準時間內(見附件 2b)完成比賽將獲發一枚紀念獎牌。

A commemorative medal: All competitors who could finish the Standard Time as specified in Annex 2b.

*編碼 J01-J04, E55-E58 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。

* A commemorative medal can be awarded to competitors from the Code J01-J04, E55-E58 event who could reach the standard time (80% world record)

現金獎：個人 2000 米項目參賽者若打破「香港室內賽艇紀錄」(見附件 2a)，均可獲大會頒發獎金

19 至 29 歲：港幣 1000 元

其餘組別：港幣 500 元

Cash Award: Any competitor of individual 2000m events who breaks the current "Hong Kong Indoor Rowing Record" (Annex 2a) will be awarded a cash prize.

Age 19-29: HK\$1,000

The rest of the events: HK\$500

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備註 Remarks:

如果超過一名參賽者同時打破同一組別之香港紀錄，大會只會頒發獎金給最快的紀錄保持者。

If more than one competitor breaks the record in the same category, the cash prize will be awarded only to the competitor who holds the fastest record.

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。

No cash prize will be awarded if the competitors compete in a category with no best time in the "Hong Kong Rowing Indoor Record".

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。

If the awardee can't attend the designated prize presentation ceremony, please visit the 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.

9. 預約賽前練習 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。

All teams and competitors are welcome to have their training upon booking through the HKCRA for FREE.

預約賽前練習詳情 The details of the booking of pre-competition training are as follows: -

訓練地點: 賽馬會石門賽艇中心

Training Venue: Jockey Club Shek Mun Rowing Centre

訓練時間

Training Hours:

星期一至五：上午 10 時至晚上 8 時 Mon to Fri: 10:00 – 20:00

星期六至日：上午 10 時至下午 5 時 Sat to Sun: 10:00 – 17:00

每日最多可預訂 2 小時。

The maximum training session is 2 hours per day.

最少三個工作天前預約。

Reservation should be made at least 3 working days before the date of the training.

由於器材有限，預約將以先到先得形式安排。

Due to limited equipment available, reservation is made on a first-come-first-served basis.

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 2023 年 3 月 14 日。

The reservation could be made from the date of confirmation of the enrollment by either telephone or e-mail.

The last training date is 14 Mar 2023.

參賽者必須繳付所有報名費，方可進行預約。

Reservation will be accepted only after all relevant payments are made.

預約訓練熱線 Training Session Booking Hotline : (852) 3841 7350

電郵 e-mail: hkric@rowing.org.hk

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防疫措施 SPECIAL ARRANGEMENT DURING NOVEL CORONAVIRUS (COVID-19)

- 建議所有參賽者需要在比賽 24 小時前自行進行冠狀病毒快速抗原測試。參賽者在身份證明文件旁(護照或身份證)拍下其快速抗原測試陰性結果的照片以作記錄，並於有需要時出示測試結果；
All competitors are advised to conduct COVID-19 rapid antigen test (RAT) 24 hours before the race. Competitors should take a photo of their negative RAT result next to their identification document (passport or identity card) for record and show the test result when required;
- 除了官方練習時段及比賽外，參賽者必須戴上口罩；
Except during the Race and Official Training, Masks MUST be put on all the time;
- 參賽者在比賽開始前 1 分鐘獲准取下口罩並到起點前準備。除去口罩後，參賽者必須與其他參賽者保持至少 1.5 米距離。完成賽事後參賽者必須戴回口罩；
All competitors will only be allowed to take off their masks and proceed to the start line 1 minute before the race. All competitors must keep a distance from others as much as possible (at least 1.5 meters). All competitors are required to wear the mask after they finish the Race;
- 籌委會將因應疫情之嚴重性或政府對應疫情的措施，適時適切地檢視及修訂此活動指引，詳情請留意賽協網站(<http://www.rowing.org.hk/hk/>)公佈；
The OC shall review and amend these guidelines promptly in response to the severity of the epidemic or the government's measures to respond to the epidemic. For details, please pay attention to the announcement on the HKCRA website (<http://www.rowing.org.hk/>);
- 了解更多有關 2019 冠狀病毒病，可瀏覽：
For more information on COVID-19, you may visit:
<https://www.coronavirus.gov.hk/eng/index.html>
或 OR
<https://www.chp.gov.hk/en/index.html>

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 water bottle to refill. Water stations with dispensers will be provided at the venue.

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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。
Each competitor will be allowed to bring a supporter (e.g. coach, parent, or friend) and accompany him/her into the race area.
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。)
The supporter should keep quiet before the race and sit on the seat provided during the whole race. (If the race is a Para-Rowing event, the supporter can assist the competitor to prepare the race, e.g. sit on the ergo machine, adjust the ergo machine and install the seat, etc.)
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。
The supporter can cheer his/her competitor during the race, but cannot touch the competitor, ergo machine, and other equipment.
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。
The supporter cannot interfere with other competitors, ergo machines, or other equipment with any form of activity.
5. 支持者必須遵守在場裁判及工作人員的指示。
Supports must obey the instructions from umpires and officials.
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。
To ensure the race can run fairly and smoothly, umpires and officials reserve the right to request any persons who are not following the rule and instructions to leave the racing area immediately.

10. 查詢 ENQUIRIES

中國香港賽艇協會 Hong Kong, China Rowing Association

電話 Tel: (852) 2699 7271

傳真 Fax: (852) 2601 4477

電郵 Email: hkric@rowing.org.hk

網址 Website: www.rowing.org.hk

Facebook: www.facebook.com/hkrowing

Instagram: [hkrowing](https://www.instagram.com/hkrowing)



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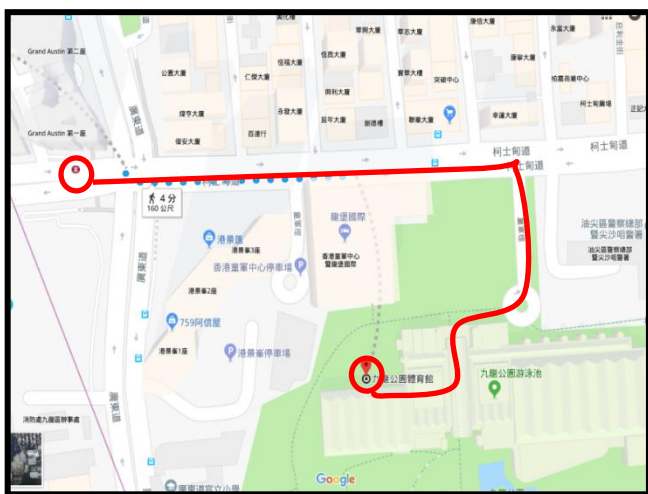
交通 Transportation

比賽場地: 九龍公園體育館 九龍尖沙咀柯士甸道 22 號
鄰近尖沙咀主要多間酒店及購物熱點。

Venue: Kowloon Park Sports Centre, No. 22, Austin Road, Tsim Sha Tsui, Kowloon
It is close to hotels and the famous shopping area in Tsim Sha Tsui, Kowloon.

由港鐵站至比賽場地:-
From MTR Stations to Competition Venue:-

- 柯士甸站 (F 出口): 步行大約十分鐘便能到達。
From Austin Station (Exit F): approximately 10 minutes walk.



- 佐敦站 (C2 出口): 步行大約五分鐘便能到達。
From Jordan MTR Station (Exit C2): approximately 5 minutes walk.

