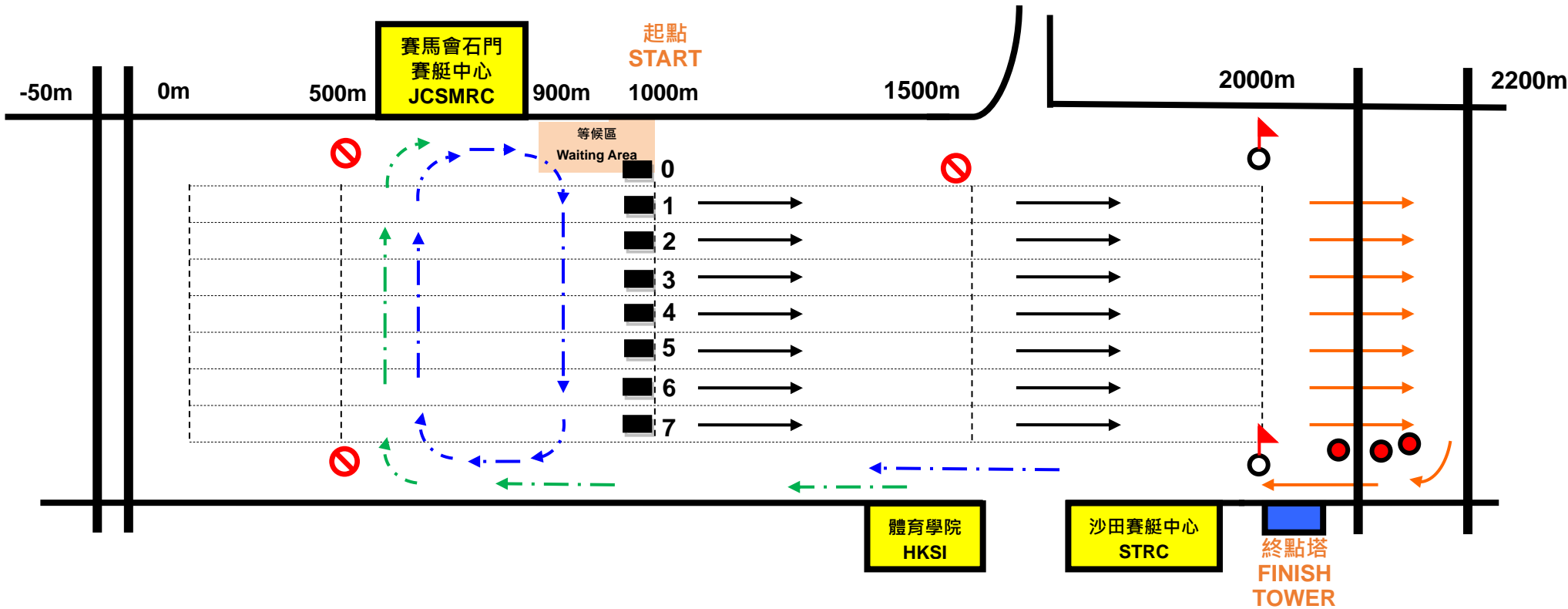


# 1000 米/m

## 1000 米比賽航道規則 Traffic Rules for 1000m Race



**圖示 Legend :**

- ▶ 比賽方向 Race Direction
- · — · — · ▶ 熱身方向 Warm Up Direction
- · — · — · ▶ 只限返回石門賽艇中心使用 JCSMRC Boats Return Only
- ▶ 放鬆方向及返回體育學院及賽艇中心 Cool Down Direction and Return to HKSI and Rowing Centre Pontoon
- ⊙ (with red flag) 大型浮波及紅旗 Large Buoy with Red Flag
- ⊘ (with red flag) 禁止進入 No Entry
- 起步浮台 Starting

**備註 Remarks :**

- 1.) 隊伍須於比賽前最少 15 分鐘到達等候區；及最少 2 分鐘到達其線道上準備起步。當上一場比賽開始後，發令員將會分配線道予下一場的參賽隊伍。  
Crews must arrive the Waiting Area and their Start Lane at least 15 minutes and 2 minutes respectively before the race start. After starting the previous race, the Starter will allocate a lane to the crews of next race.
- 2.) 艇隻在熱身時祇許在“500M - 900M”內轉向。  
Boats should only turn and circulate in between “500m – 900m” for warm up.