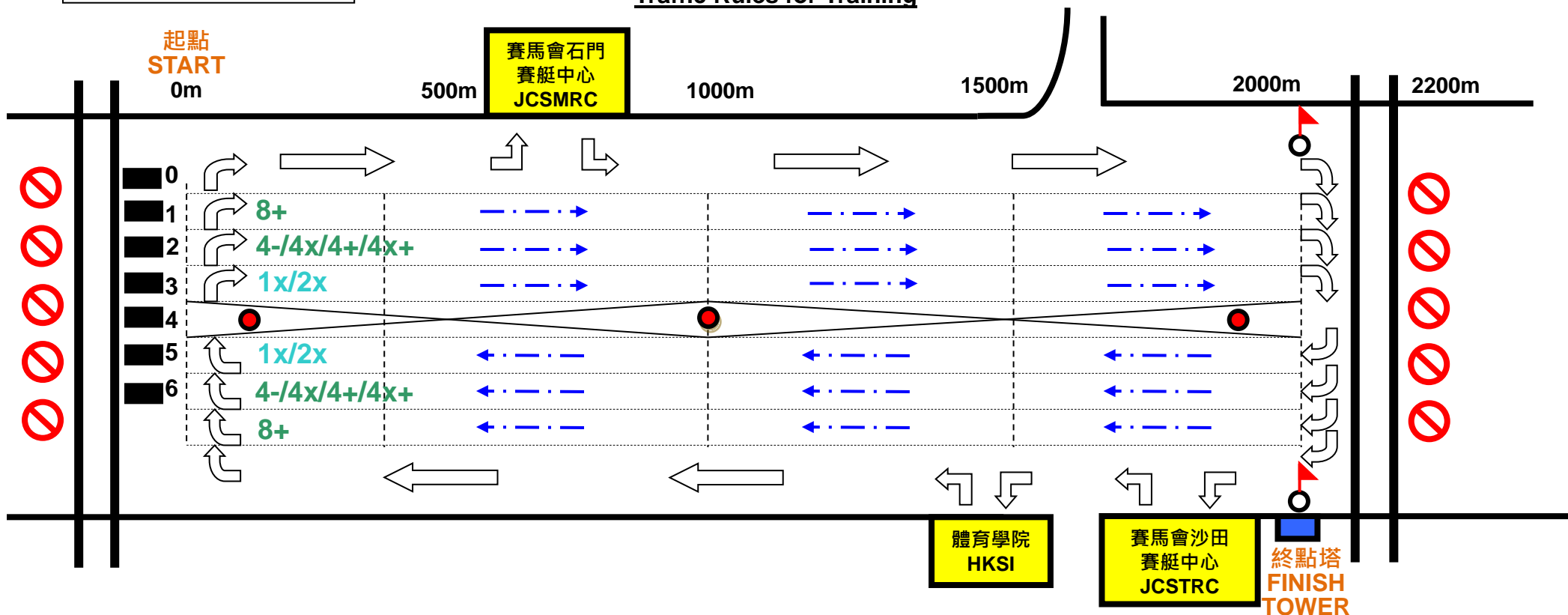


# 練習 Training

## 練習航道規則 Traffic Rules for Training

(As at 09.11.2023)



### 圖示 Legend :

	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

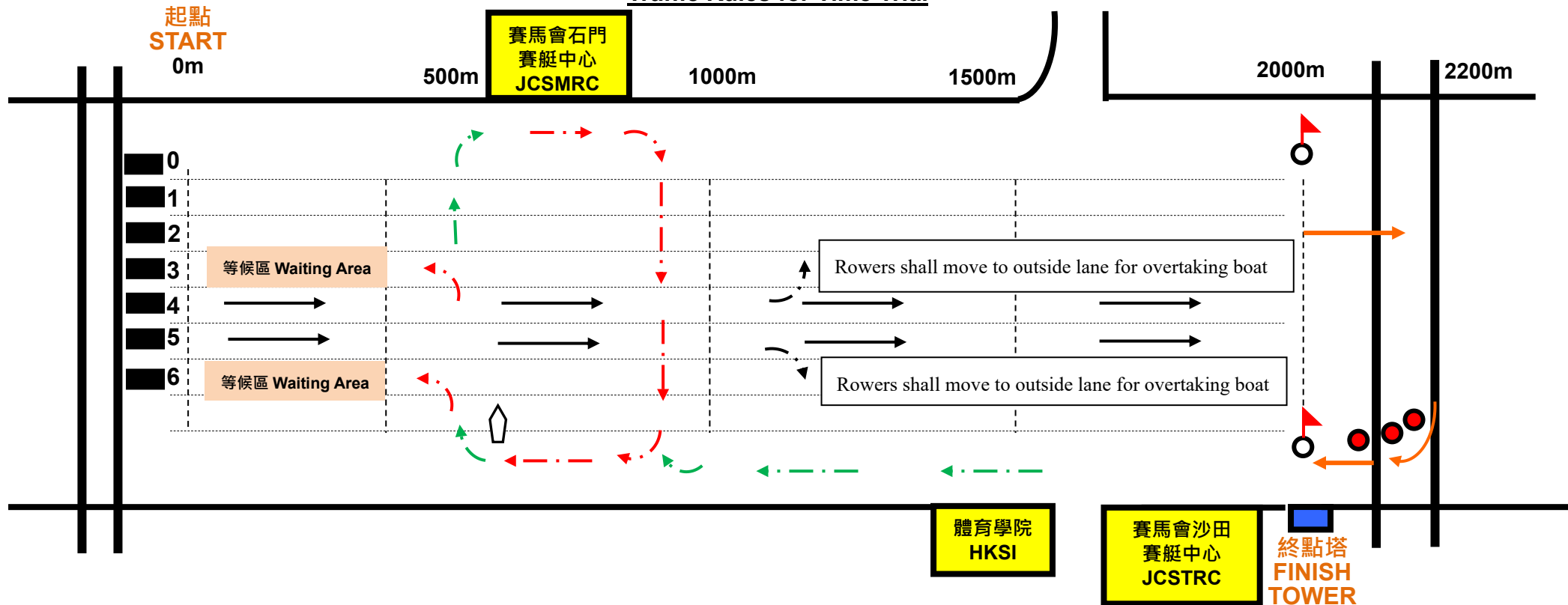
### 備註 Remarks :

- 1.) 隊伍祇准在 "0m" 或 "2000m" 進入指定練習航道。  
Crews must enter the designated lanes for training at the point of "0m" or "2000m".
- 2.) 比賽當日，所有艇隻必須於首場比賽開始前的 30 分鐘停止河上練習並上水；而所有比賽開始後的 30 分鐘則可繼續進行河上練習。  
On Competition day, all boats must stop training on river and off water 30 minutes before the start time of the first race. Also, the training can be continued in 30 minutes after all races started.

# 計時賽 Time Trial

## 計時賽航道規則 Traffic Rules for Time Trial

(As at 09.11.2023)



- 圖示 Legend :**
- 比賽方向 Race direction
  - 只限石門賽艇中心出艇使用 JCSMRC boats outing only
  - 返回石門賽艇中心及體育學院艇隻前往石門賽艇中心艇隊檢查使用  
JCSMRC Boats return and HKSI boats for marshal checking
  - 放鬆方向及返回體育學院及沙田賽艇中心 Cool down direction and return to HKSI and JCSTRC
  - 起步浮台 Starting pontoon
  - 大型浮波及紅旗 Large buoy with red flag
  - 裁判船 Marshal boat

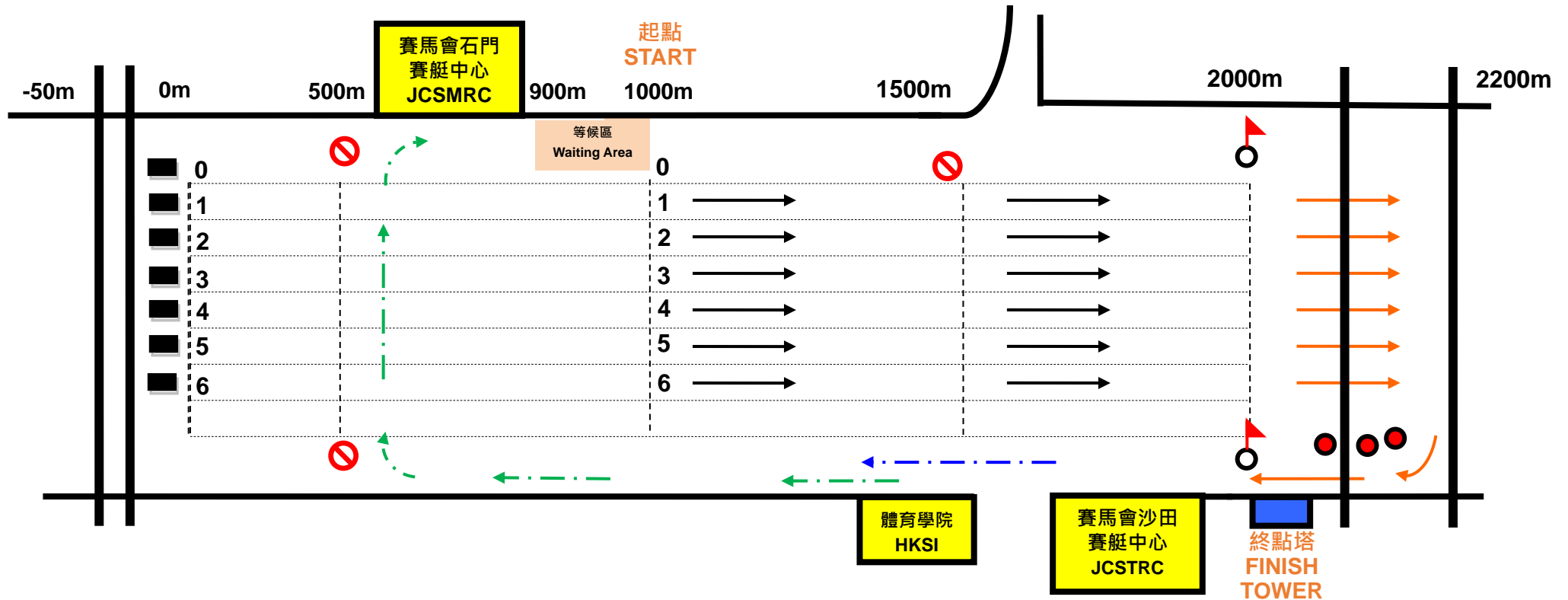
### 備註 Remarks :

- 1.) 隊伍須於比賽前最少 15 分鐘到達等候區。  
Crews must arrive the waiting area 15 minutes before the race start.
- 2.) 籌委會可根據參賽隊伍的數目，而使用 2 條線道進行計時賽。  
Depend on number of entries, the OC might use 2 lanes for Time Trial race.
- 3.) 500m 至 1000m 為熱身區，並於開賽前 15 分鐘關閉。  
Warm up area will between 500m-1000m, and close 15 mins before the race time.

# 1000 米/m

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

As at 10.11.2023



圖示 Legend : 比賽方向 Race direction

大型浮波及紅旗 Large buoy with red flag

禁止進入 No entry

起步浮台 Starting Pontoon

返回石門賽艇中心及體育學院艇隻前往石門賽艇中心艇隊檢查使用  
JCSMRC boats return and HKSI boats for marshal checking

放鬆方向及返回體育學院及沙田賽艇中心 Cool down direction and return to HKSI and JCSTRC pontoon

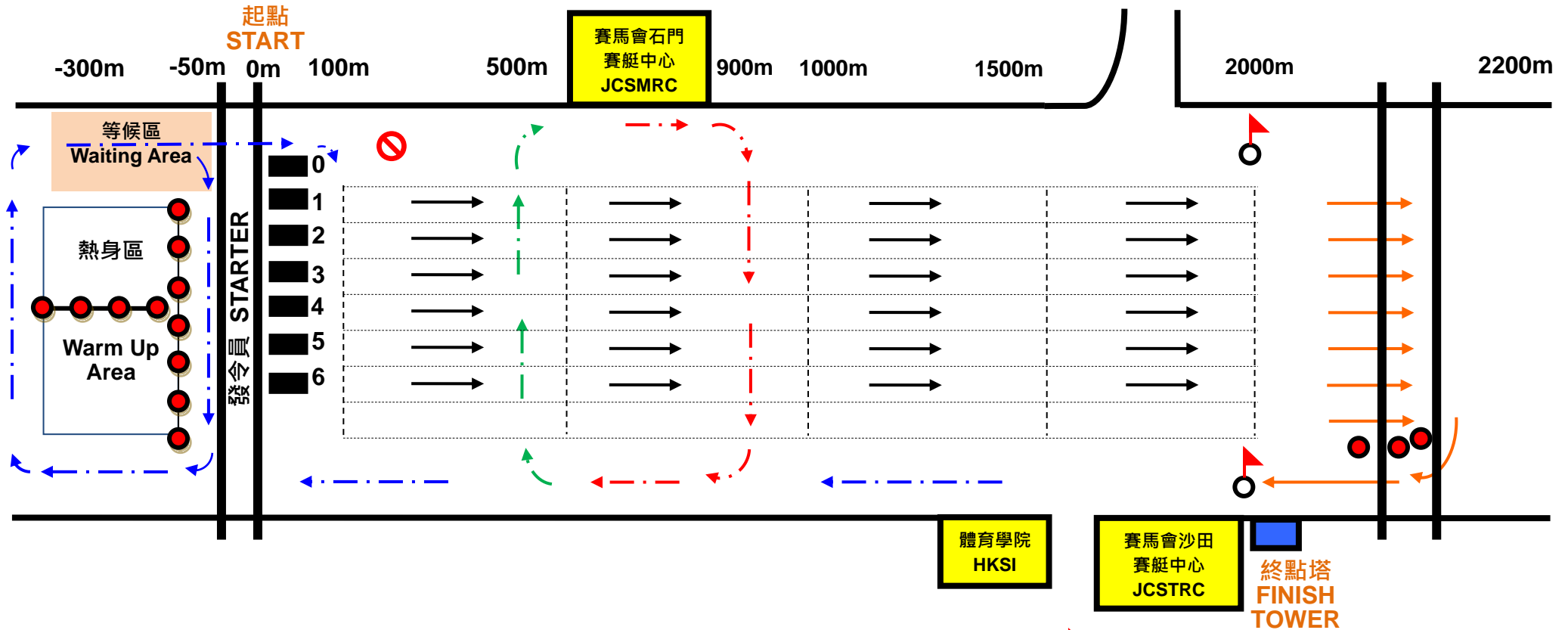
### 備註 Remarks :

- 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.

# 2000 米/m

## 2000 米比賽航道規則 Traffic Rules for 2000m Race

(As at 10.11.2023)



### 圖示 Legend :

- ▶ 比賽方向 Race direction
- - - -▶ 熱身方向 Warm up direction
- · - ·▶ 只限石門賽艇中心出艇使用 JCSMRC boats outing only
- · - ·▶ 返回石門賽艇中心及體育學院艇隻前往石門賽艇中心艇隊檢查使用  
JCSMRC boats return and HKSI boats for marshal checking
- ▶ 放鬆方向及返回體育學院及沙田賽艇中心 Cool down direction and return to HKSI and JCSTRC

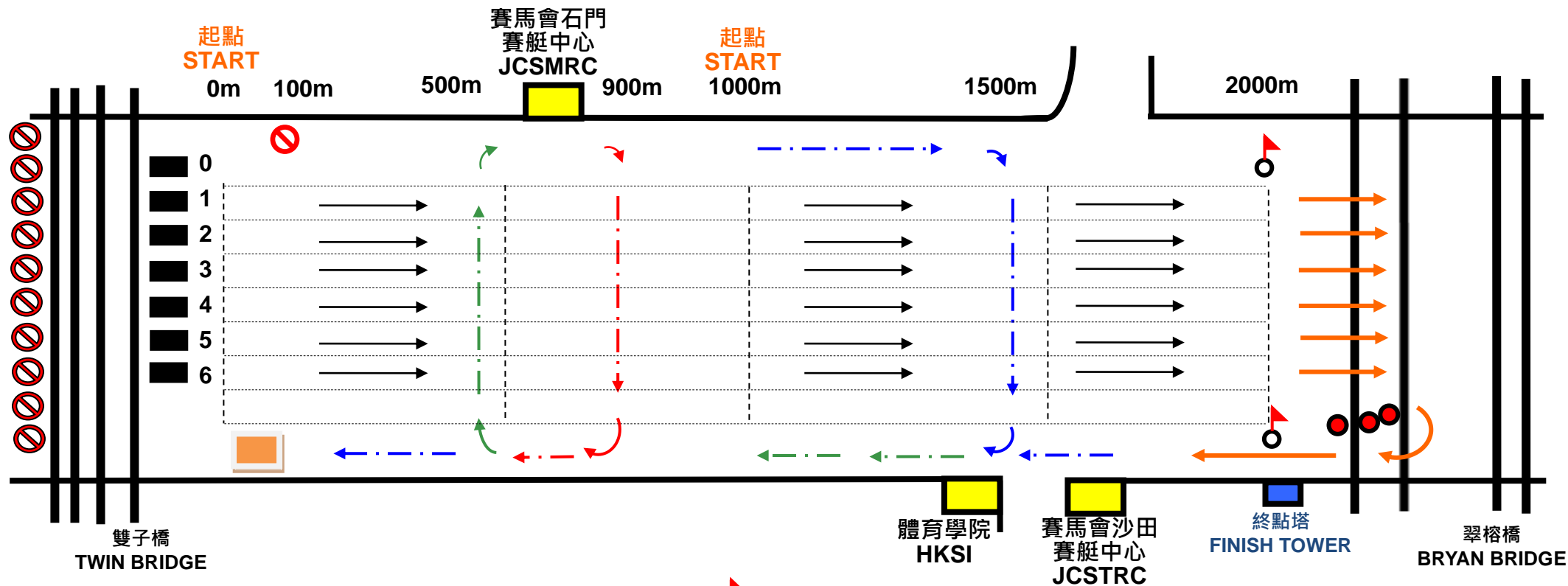
- 大型浮波及紅旗 Large buoy with red flag
- ⊘ 禁止進入 No entry
- 起步浮台 Starting pontoon

### 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。  
Crews must arrive the waiting area and their start lane at least 15 minutes and 2 minutes respectively before the race start.
- 2.) 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。  
After starting the previous race, the Starter will allocate a lane to the crews of next race.

2000 米比賽航道規則  
Traffic Rules for 2000m Race

As at 10/11/2023



圖示 Legend:

- 比賽方向 Race Direction
- 熱身方向 Warm Up Direction
- 放鬆方向 Cool Down Direction
- 返回石門賽艇中心及體育學院艇隻前往石門賽艇中心艇隊檢查使用  
JCSMRC boats return and HKSI boats for marshal checking
- 大型浮波及紅旗 Large buoy with red flag
- 2000 米比賽等候區 2000m Race Waiting Area (between 0 - 100M)
- 禁止進入 No Entry
- 起步浮台 Starting pontoon

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。  
Crews must arrive the waiting area and their start lane at least 15 minutes and 2 minutes respectively before the race start.
- 2.) 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。  
After starting the previous race, the Starter will allocate a lane to the crews of next race.