

平板賽艇挑戰賽

BOARD ROWING CHALLENGE 2023

主辦機構 | Organised by

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參賽者須知

Notice to Competitors

平板賽艇挑戰賽是一項短距離比賽，所有參賽者將分組別進行約500米計時賽，每個艇隻相隔大約45秒，排名將根據計時賽的成績由快到慢得出，金銀銅牌將按不同組別的排名頒發。以下是參賽者的須知事項。

The Board Rowing Challenge is a short distance race which every sculler/crew will row approximate 500 meters long time trial, starting at approximately 45-second intervals. The time trial results will provide an ranking for competitors (based on category) and medals awarded for each category. The following are the instructions for competitors.

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1. 賽道 The Course

賽事將以計時賽道長約500米。由1750米 標示近沙田賽艇中心為起點，於約1700米位置到達第一個轉向點，並轉90度向第一城方向前進，並到達第二個轉向點。經90度轉向後沿著城門河划向 2000米 標線終點。

The course is approximate 500m long. 1750m mark (near the Sha Tin Rowing Centre) is the start of the course, downstream and reach the first turning point at approximate 1700m mark, after 90-degree turn row toward City One Shatin and reach the second turning point. After another 90-degree turn, follow the Shing Mun River towards the Finish at 2000m mark.

賽道地圖 Map of Race Course



圖示 Legend :

- 浮波位置 Location of the floating ball
- 放鬆方向及返回沙田賽艇中心 Cool down direction and return to JCSTRC pontoon
- 返回石門賽艇中心 JCSMRC boats return
- ⊘ 禁止進入 No entry

備註 Remarks :

- 隊伍須於比賽前最少 10 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 10 minutes and 2 minutes respectively before the race start.

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2. 領隊會議 Team Managers' Meeting

領隊會議將於2023年1月14日（星期日）下午12時30分，於賽馬會沙田賽艇中心二樓講座/多用途室舉行，請各屬會或機構委派最少1名代表出席。

The Team Managers' Meeting will be held at 12:30 p.m. on January 14, 2023 (Sunday) in Seminar/ Multi-function Room, 2/F, Jockey Club Sha Tin Rowing Centre. Each club/ organization is requested to appoint at least **ONE** representative to attend.

3. 艇隊替換及退出 Crew Changes and Withdrawal

根據中國香港賽艇協會賽艇規則第45條，屬會最多可替換其參賽所有賽艇隊中一半的運動員，前提是替換者是同一屬會的會員。所有替換和退出應在領隊會議上以書面通知組委會。

According to the **Rule 45** of HKCRA Rules of Racing, Clubs may substitute up to one half numbers of rowers in all crews entered by them, provided that the substitutes are members of the same Club. **All substitution and withdrawal shall give notice in writing to the Organizing Committee at the Team Managers' Meeting.**

4. 登記 Registration

參賽者請於比賽當日前達大會「登記處」登記及領取號碼布。

Competitors are required to register and receive their cloth number at the Registration Counter before the day of the competition.

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5. 出發向起點 Going to the Start

所有艇隻必須在出發時間前至少 2 分鐘到達出發區。主辦單位將提供時間表以標明艇隻從出發區出發的時間。任何未在預定時間或之前離開出發區的艇隻將不被允許參加比賽。

出發途中（或賽後返回賽艇中心），參賽者應靠近河岸，若有賽艇靠近，應立即停止。非競賽艇隻不得對任何競賽艇中隻造成任何干擾。

It is necessary for all boats to arrive at the Starting Area at least 2 minutes before the Start Time. The Organizer will provide a time schedule indicating boats departure times from the landing stage. Any boat which does not leave the landing stage on or before the scheduled time will not be allowed to take part in the race.

On the way to Start (or return to Rowing Centre after the race), athletes shall get closer to the river bank and stop the boat if any racing boat is approaching. Non racing boat shall not cause any interference for any boat in racing.

6. 起步區 Starting Area

艇隻將被要求在等候區的起步線後按出發順序排列。相關人員將協助排隊，但每組艇隊都有責任知道其出發順序並識別緊鄰前方和緊隨其後的艇隊。艇隻應盡可能靠近（不發生碰撞），並在前面的艇隊出發時緩慢移向起步線。

Boats will be required to line up in starting order behind the Start Line in the Waiting Area. A Crew Marshal will assist in the lining up, but it is the responsibility of each crew to know its starting number and to identify the crews which are immediately ahead and after. Boats should stay as close together as possible (without clashing) and should slowly move towards the Start Line as crews in front are started.

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7. 開始 The Start

艇隻每隔 45 秒出發一次。發令員將呼叫每艘艇並說出艇號「.....注意.....出發」。聽到“GO”一詞，每個參賽者都必須開始划艇。出發指令將在艇隻實際越過計時線（距離起步線約 20 公尺）之前發出。這是一個動態開始，意味著艇隻在越過計時線時已經開始移動。每艘艇出發時間之間只有45秒的間隔，因此只要前面的賽艇出發，下一個參賽者就應該準備出發。每個參賽者都有責任非常仔細地留意出發的進度，並隨著比賽的進行逐漸移至起點線，同時保持賽艇的位置。

Boats will be started at intervals of 45 seconds. The Starter will call each boat and say **Boat Number** “.....**Attention**.....**GO**”. At the word GO, each crew must start rowing. The starting instruction will be given before the boat crosses the timing line, which is about 20 meters beyond the Start line. It is a running start. This means that the boats will be moving as they cross the timing line. There will be an interval of 45 seconds approximately between the starting times of each boat, so as soon as the boat in front has started, the next crew should get ready to start. Each crew is responsible for paying attention to the progress of the start, and gradually moving up to the start line as the race proceeds while maintain the boat’s position.

8. 終點 The Finish

每艘艇越過終點線時都會發出鳴叫聲。並於每艘艇越過終點線時記錄時間。

Here will be a hooter sound as each boat crosses the finish line. The time will be taken as each boat crosses the line.

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9. 結果 Results

完成的順序將根據開始和結束時間的差異來決定。建議自行記錄時間的參賽者僅使用官方的開始和結束時間，並且不允許對計時的準確性提出抗議。

The order of finishing will be determined by the difference between the starting and finishing times. Crews who record their own times are advised that only the official start and finish times will be used, and no protests will be permitted relating to the accuracy of timing.

10. 懲罰 Penalty

除以下情況外，任何對他人造成干擾或阻礙的艇將被罰加時30秒。

1. 因艇隻造成的任何碰撞
2. 未在轉向浮標處轉向且未走完全程的艇隻

Except for the following circumstances, any boat causing interference or obstruction to others will be penalized for 30 seconds.

1. For boat caused any collision
2. Those boat not turn at the turning buoy and not finish the whole course

11. 頒獎典禮 Medal Presentation Ceremony

獎牌將在各項決賽後即時於賽馬會沙田賽艇中心的登記處頒發。

Medals will be presented after each Final immediately at the Registration Counter of the Jockey Club Sha Tin Rowing Centre.

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12. 參賽條款及細則 Terms & Condition

參賽者遞交報名後，即同意並確認接受本條款及條件：

By submitting the entries, the competitor agrees and confirms acceptance of these terms and conditions:

- a) 參賽者或其父母/監護人聲明，參賽者完全瞭解水上運動和賽艇所涉及的風險，並且已做好充分準備，身體和體能狀況足以參加比賽。

The participant/parent/guardian declares that the participant has full knowledge of the risks involved and is well prepared, physically, and sufficiently fit to undergo rowing and paddle sport activities.

- b) 參賽者或其父母/監護人聲明，參賽者可以穿著比賽服/便服游泳至少 50 米，並且有信心在水下和踩水。否則，參賽者有責任在艇上進行活動時，無論是訓練還是比賽期間佩戴個人漂浮裝置 (pfd) 。

The participant/parent/guardian declares that the participant can swim at least 50 meters and is competent under water & treading water in light clothing and agree to perform swim test if asked otherwise personal floating device will be provided to wear in full duration of the above event /race under instructions.

- c) 參賽者或其父母/監護人特此確認中國香港賽艇協會 (賽協)、康樂及文化事務署 (康文署)、支持機構以及委任工作人員、義工、職員及僱員，在參加活動過程中或因參加活動而可能發生的情況，對於非因疏忽造成的死亡、人身傷害、損壞或財產損失而引起的任何索償或要求，概不負責。

The participant/parent/guardian hereby indemnify and shall not hold the Hong Kong, China Rowing Association (HKCRA), the Leisure & Cultural Services Department (LCSD), the appointed officials, staff & employees liable for any claim or demand arising from the death, personal injury, damage, or loss to property of the participant whereby such is not caused by negligence of HKCRA or LCSD, which may occur in the course of or as a result in participation of the above event /race.

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- d) 參賽者或其家長/監護人同意自行承擔風險和責任，如在往返活動期間、因活動而引致或往返活動期間受傷、死亡或財產損失。參賽者須免除賽協、康文署及所有其他直接或間接與活動有聯繫的個人及機構，無須承擔任何責任。

The participant/parent/guardian agrees that the participant is entering the Event at his/her own risk and responsibility. Participant discharge the HKCRA and LCSD any other individual or organization connected directly or indirectly with the Event from any responsibility in the event of injury, death or loss of property incurred during, as consequence of or while traveling to and from the Event.

- e) 參賽者/家長/監護人同意，參賽者嚴格遵守與上述賽事/活動/比賽相關的所有規則、規定、要求和指示，並且參賽者應對因參賽者違反規定、要求和指示而造成的任何死亡、人身傷害或財產損失負責。

The participant/parent/guardian agrees that the participant has strict compliance with all rules, regulations, requirements & instructions related to the above event/activity/race and the participant should responsible for any death, personal injury, or loss to property if such is caused by the violation of the regulations, requirements & instructions by participant.

- f) 參賽者或其父母/監護人同意支付賽協因參賽者造成任何設備損壞的維修或更換費用。

The participant/parent/guardian agrees to pay the costs or replacement for any damages to HKCRA equipment caused by the participant.

- g) 醫療聲明：參賽者或其家長/監護人有責任在活動及相關活動期間告知任何可能影響其健康、安全和表現的潛在醫療狀況，並告知賽協及康文署在活動期間或之後因活動期間或之後而引起或知悉的任何後續狀況。

Medical Statement: Participants/parent/guardian are responsible for informing the Association and the Leisure and Cultural Services Department of any potential medical conditions that may affect their health, safety and performance during the event and related activities. Any subsequent situation caused or made known during or after the event.

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- h) 凡參加賽事，參賽者或家長/監護人同意並確認接受並遵守本條款和細則、賽事通告、參賽者須知、比賽規則和領隊會議中提出並隨後提出的所有條款、條件和要點。

By entering the event, participants/parent/guardian agree and confirm their acceptance of and abide by all terms, conditions and points set out in these Terms and Conditions, the Event Announcement, Instructions to Competitors, Competition Rules and Team Managers' Meeting and subsequently arising out of the event.

