

20 24

HKRIC

○ 24-25 FEB 2024

○ 九龍公園體育館 KOWLOON PARK SPORTS CENTRE

香港室內賽艇錦標賽

HONG KONG ROWING INDOOR CHAMPIONSHIPS

暨慈善長途接力賽 & CHARITY ROWATHON

Organised by | 主辦機構



Subvented by | 資助機構



Supported by | 支持機構



Beneficiary | 受惠機構



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Race Bulletin

INTRODUCTION

This year marks the 25th anniversary of the Hong Kong, China Rowing Association (HKCRA) hosting this large-scale Indoor Rowing Championships. Our goal is to drive public participation in sports activities and encourage a lifestyle built on the spirit of rowing. Continuing with the theme "Everybody Rows," we aim to integrate indoor rowing into everyday life! Join the rowing community - "Everybody Rows"!

- Organised by : Hong Kong, China Rowing Association
- Subvented by : Arts and Sport Development Fund of Culture, Sports, and Tourism Bureau
- Supported by : Leisure & Culture Services Department
- Competition Date : **24th & 25th February 2024 (Saturday-Sunday)**
- Venue : Kowloon Park Sports Centre
No. 22, Austin Road, Tsim Sha Tsui, Kowloon
- Entry Deadline : **1st February 2024 (Thursday), HKT 23:59**

1. CHARITY FUND RAISING EVENTS

The Hong Kong Rowing Indoor Championships has developed a tradition over its many years to support a local charity and to enable competitors to contribute to the community and those in need. As in previous years, the funds raised in the charity events will be fully donated. This year, "TREATS" will be the beneficiary of the Championships donation.

The Team in the Charity Events which raises the highest amount of funds for this year's charity will be awarded:

- (1) Trophy; and
- (2) 8 transferable quotas for the HKCRA Galaxy Rowing Course*, Star 1 & 2 Sculling, with a value of HK\$1,720.

**Conditions apply. Should any dispute arise, the decision of Organising Committee shall be final.*

About TREATS

Established in 1979, TREATS is a registered charity and a non-governmental organisation in Hong Kong. TREATS is 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



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together, learn to appreciate diversity, and unleash their potential.

2. EVENT LIST

Individual Events

Code	Event	Code	Event
Individual Open Weight Events - 1000m			
J01	Boys Age 12 and under	J02	Girls Age 12 and under
J03	Boys Age 13-14	J04	Girls Age 13-14
Individual Open Weight Events – 500m			
E09	Men Age 19-29	E10	Women Age 19-29
E11	Men Age 30-39	E12	Women Age 30-39
E13	Men Age 40-49	E14	Women Age 40-49
E15	Men Age 50-54	E16	Women Age 50-54
E17	Men Age 55-59	E18	Women Age 55-59
E19	Men Age 60-64	E20	Women Age 60-64
E21	Men Age 65-69	E22	Women Age 65-69
E23	Men Age 70-74	E24	Women Age 70-74
E25	Men Age 75-79	E26	Women Age 75-79
E27	Men Age 80-84	E28	Women Age 80-84
E29	Men Age 85-89	E30	Women Age 85-89
E31	Men Age 90-94	E32	Women Age 90-94
E33	Men Age 95-99	E34	Women Age 95-99
E35	Men Age 100+	E36	Women Age 100+



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Individual Events

Code	Event	Code	Event
Individual Open Weight Events - 2000m			
E55	Boys Age 15-16	E56	Girls Age 15-16
E57	Boys Age 17-18	E58	Girls Age 17-18
E59	Men Age 19-29	E60	Women Age 19-29
E61	Men Age 30-39	E62	Women Age 30-39
E63	Men Age 40-49	E64	Women Age 40-49
E65	Men Age 50-54	E66	Women Age 50-54
E67	Men Age 55-59	E68	Women Age 55-59
E69	Men Age 60-64	E70	Women Age 60-64
E71	Men Age 65-69	E72	Women Age 65-69
E73	Men Age 70-74	E74	Women Age 70-74
E75	Men Age 75-79	E76	Women Age 75-79
E77	Men Age 80-84	E78	Women Age 80-84
E79	Men Age 85-89	E80	Women Age 85-89
E81	Men Age 90-94	E82	Women Age 90-94
E83	Men Age 95-99	E84	Women Age 95-99
E85	Men Age 100+	E86	Women Age 100+



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Individual Events

Code	Event	Code	Event
Individual Lightweight Events – 500m			
L09	Men Age 19-29	L10	Women Age 19-29
L11	Men Age 30-39	L12	Women Age 30-39
L13	Men Age 40-49	L14	Women Age 40-49
L15	Men Age 50-54	L16	Women Age 50-54
L17	Men Age 55-59	L18	Women Age 55-59
L19	Men Age 60-64	L20	Women Age 60-64
L21	Men Age 65-69	L22	Women Age 65-69
L23	Men Age 70-74	L24	Women Age 70-74
L25	Men Age 75-79	L26	Women Age 75-79
L27	Men Age 80-84	L28	Women Age 80-84
L29	Men Age 85-89	L30	Women Age 85-89
L31	Men Age 90-94	L32	Women Age 90-94
L33	Men Age 95-99	L34	Women Age 95-99
L35	Men Age 100+	L36	Women Age 100+



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Individual Events

Code	Event	Code	Event
Individual Lightweight Events - 2000m			
L59	Men Age 19-29	L60	Women Age 19-29
L61	Men Age 30-39	L62	Women Age 30-39
L63	Men Age 40-49	L64	Women Age 40-49
L65	Men Age 50-54	L66	Women Age 50-54
L67	Men Age 55-59	L68	Women Age 55-59
L69	Men Age 60-64	L70	Women Age 60-64
L71	Men Age 65-69	L72	Women Age 65-69
L73	Men Age 70-74	L74	Women Age 70-74
L75	Men Age 75-79	L76	Women Age 75-79
L77	Men Age 80-84	L78	Women Age 80-84
L79	Men Age 85-89	L80	Women Age 85-89
L81	Men Age 90-94	L82	Women Age 90-94
L83	Men Age 95-99	L84	Women Age 95-99
L85	Men Age 100+	L86	Women Age 100+
Individual Para Events - 1000m			
P01	Men PR1	P02	Women PR1
P03	Men PR2	P04	Women PR2
P05	Men PR3	P06	Women PR3
P07	Men PR3 (II)	P08	Women PR3 (II)



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Charity Events

Code	Event		
Charity Rowathon Team Relay			
C01	Open (30 Minutes Relay)		
C02	Government Departments, Professional Bodies & Corporations (30 Minutes Relay)		
C03	Secondary Schools (15 Minutes Relay)		
Integrated Team - Charity Challenge Pair - 1000m			
C11	Men's Pair	C12	Women's Pair
C21	Mixed Pair		
iRow Cup Pair - Invitation Event			
C31	Pair		

Higher Education Institutions

Code	Event	Code	Event
Higher Education Individual Challenge - 500m			
U01	Men 500m	U02	Women 500m
Higher Education Individual Challenge - 2000m			
U03	Men 2000m	U04	Women 2000m
Higher Education Team Relay - 4 x 500m			
U05	Men Team Relay 4x500m	U06	Women Team Relay 4x500m
U07	Mixed Team Relay 4x500m		



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Team Relay Events

Code	Event	Code	Event
Team Relay 4 x 500m			
T01	Men Disciplined Services	T02	Women Disciplined Services
T03	Men Government Departments	T04	Women Government Departments
T05	Men Professional Bodies	T06	Women Professional Bodies
T07	Men Secondary Schools	T08	Women Secondary Schools
T09	Men Youth Organisations	T10	Women Youth Organisations
T11	Men Corporate	T12	Women Corporate
T13	Men Sports Clubs/Societies (Group A)	T14	Women Sports Clubs/Societies (Group A)
T15	Men Sports Clubs/Societies (Group B)	T16	Women Sports Clubs/Societies (Group B)
Mixed Para Team Event			
T32	Para-Rowing PR3 Mixed Four - 500m		
Mixed Para Team Relay Event			
T33	Para-Rowing PR3 (II) Mixed Team Relay 4x500m		
Family Fun Relay (2x250m)			
T41	Family Fun Relay (Group A)		
T42	Family Fun Relay (Group B)		



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3. PRELIMINARY RACE SCHEDULE.

24 February (Saturday)

A.M.

- 1) Individual Open Weight Events - 1000m
(Code J01-J04)
- 2) Individual Open Weight Events – 500m
(Code E55-E58)

Medal Presentation Ceremony I & Lunch Break

P.M.

- 3) Individual Para Events – 1000m **(Code P01-P08)**
- 4) Charity Rowathon Team Relay
- Secondary Schools (15 Minutes Relay)
(Code C03)
- 5) Team Relay 4 x 500m
- Secondary Schools **(Code T07-T08)**
- Youth Organisations **(Code T09-T10)**
- 6) Mixed Para Team Relay Event **(Code T32-T33)**
- 7) Higher Education Individual Challenge – 2000m
(Code U03-U04)
- 8) Higher Education Individual Challenge – 500m
(Code U01-U02)
- 9) Higher Education Team Relay – 4 x 500m
(Code U05-U07)
- 10) Individual Open Weight Events – 500m
(Code E11-E36)

Medal Presentation Ceremony II

25 February (Sunday)

A.M.

- 1) Individual Open Weight Events - 500m
(Code E09-E10)
- 2) Individual Open Weight Events - 2000m
(Code E59-E86)
- 3) Individual Lightweight Events - 500m **(Code L09-L36)**
- 4) Individual Lightweight Events - 2000m **(Code L59-L86)**
- 5) Team Relay 4 x 500m
- Disciplined Services **(Code T01-T02)**
- 6) Family Fun Relay (2x250m) **(Code T41-T42)**

Medal Presentation Ceremony III & Lunch Break

P.M.

- 7) Team Relay 4 x 500m
- Government Departments **(Code T01-T02)**
- Professional Bodies **(Code T05-T06)**
- Corporate **(Code T11-T12)**
- Sports Clubs/Societies (Group A/B) **(Code T13-T16)**
- 8) Integrated Team - Charity Challenge Pair - 1000m
(Code C11-C12, C21)
- 9) iRow Cup Pair - Invitation Event **(Code C31)**
- 10) Charity Rowathon Team Relay
- Open (30 Minutes Relay) **(Code C01)**
- Government Departments, Professional Bodies & Corporations (30 Minutes Relay) **(Code C02)**
- 11) Top of the Tops President Cup 4 x 500m

Medal Presentation Ceremony IV



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4. ENTRY FEES

Entry fees for all events are as follows:

Individual Events	
Para Events (Codes P01-P08)	HK\$ 110 per rower
All other Individual Events	HK\$ 190 per rower
Relay Events	
<ul style="list-style-type: none"> • Para Events • Family Events • Secondary Schools Events • Youth Organisations Events 	HK\$ 270 per team
All other Team Relay Events	HK\$ 470 per team
Charity Rowathon Events	
Charity Rowathon Relay	Minimum donation of HK\$2,000 per team
Integrated Charity Challenge	Minimum donation of HK\$200 per team
Higher Education Institutions Challenge Events	
Higher Education Institutions Challenge (HEIC)	HK\$ 1,300 per institution (Includes all 7 HEIC events)



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REGULATIONS AND ELIGIBILITY

5. GENERAL RULES

- (1) All rules and regulations will follow the Rules of Racing of the HKCRA except as specified on the "Notice for Competitors" of the event;
- (2) Age Groups - The age of a competitor shall be his/her age on the date of the event in which he/she is competing (either 24th or 25th February 2024). The competitors of all individual age-group events must enroll according to their age group;
- (3) Only Men may enter a Men's event and only Women may enter a Women's event;
- (4) Mixed Events - In the mixed event (except Para-rowing) half of the Team shall be women and half shall be men. In the Para mixed team one of the rowers shall be a woman;
- (5) Lightweight Events - Rowers entering lightweight events must meet the maximum weight limits. 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).;
* 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 competitor does not meet the weight limits, or do not weigh in at the specified period, they shall be excluded from that event (entry fee will not be refunded);
- (6) Team Relay Events - In Team Relay events, each team shall use one machine with all team members rowing in turn. Every rower in each team shall row the exact distance (or time) specified for each rower in that event. When the rower reaches the specified changeover point, the next rower in the Team must take over within 2 strokes. If any rower fails to row the correct distance or does not change at the specified point the team may be excluded.
The result of each team will be determined by the total time taken by the Team to complete the required distance including the changeover between the rowers. The fastest team is the winner. In the case of relay events for a fixed time, the Team rowing the longest distance in the specified time is the winner;
- (7) Individual Races - Cut-off Time - In order to ensure all subsequent races can start on time, the Organising Committee (OC) reserves the right to stop a race if any rower's race time is likely to exceed 10 minutes when the 1st, 2nd, and 3rd placed rowers have already finished the race;
- (8) Correct Entry Information - OC reserves the right to verify the identification document and exclude from an event any competitor who submits false or invalid information;



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- (9) Compliance with Rules - By submitting their entry, each competitor confirms that he/she understands and agrees to comply with the Rules of Racing and all additional requirements and information in the Race Bulletin. Any rower who does not meet the qualifications, does not comply with the requirements of the competition, or violates the Rules of Racing or other requirements, whether before, during or after the competition, may be excluded from an event (entry fee will not be refunded).
- (10) Rowing Machines - Concept 2 (Model D) Rowing Machines supplied by the OC 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 after the race has started. 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. Rowers shall use the machine allocated to them; and
- (11) HKCRA Right to use Images - The HKCRA and the OC reserves the right to take videos and photographs of all competitors before, during and after their race and to use such videos and photographs for marketing, promotional and educational purposes. Copyright owned by HKCRA.

6. ELIGIBILITY

(1) TOP OF THE TOPS – PRESIDENT CUP (Invitation Event – no entry fee)

1. The 5 Men's teams and 5 Women's teams with the best time amongst all the 4 x 500m Team Relay events (Event T01-T16) will qualify to compete for the "Top of the Tops President Cup" which shall be the last event on Sunday.
2. The winning team, both Men's and Women's, will be awarded a Trophy and Medals.
3. Each competitor taking part in the PRESIDENT CUP will be awarded an event T-shirt.

(2) FAMILY FUN RELAY - 2x250m

There are 2 categories in the Family Fun Relay 2x250m.

In each category, each of the two team members must be one of father, mother, son/brother, daughter/sister from the same family. Eligibility for the 2 Groups is:

- (1) Group A - One adult age 18 or above, one child age 8-11.
 - (2) Group B - One adult age 18 or above, one child age 12-15.
- There are no gender restrictions for both Groups in the Family Fun Relay events.
 - The first rower must row exactly 250m and then hand over to the second rower who must complete the next 250m.



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(3) Team Relay

● SECONDARY SCHOOLS EVENTS

Restricted to school students. All rowers in the Secondary School events must be current students of the school under whose name they are entered. For verification of identity, every competitor must present the latest school document bearing the student's photograph authenticated by the school (e.g. student handbook or school record card) or other proofs of identity at registration counter on the race day.

● GOVERNMENT DEPARTMENTS EVENTS

Restricted to Government Departments in Hong Kong. All rowers must be current employees of the Government Department in whose name they are entered. Members of the Disciplined Services should enter the Disciplined Services events and are not eligible to enter the Government Departments events.

● DISCIPLINED SERVICES EVENTS

Restricted to Disciplined Services. All rowers must be current employees of Disciplined Service in whose name they are entered - Hong Kong Police Force, Fire Services Department, Correctional Services Department, Immigration Department, Customs and Excise Department, Government Flying Service.

● YOUTH ORGANISATIONS EVENTS

Restricted to Youth Organisations. All rowers must be current members of the Youth Organisation in whose name they are entered. In case of any dispute as to the eligibility of any Youth Organisation, the decision of the Organising Committee shall be final.

● PROFESSIONAL BODIES EVENTS

Restricted to Professional Bodies. All rowers must be current members of the registered Professional Body in whose name they are entered. In case of any dispute as to the eligibility of any Professional Body, the decision of the Organising Committee shall be final.

● CORPORATE EVENTS

Restricted to registered Companies. All rowers must be current employees of a company registered in Hong Kong in whose name they are entered.

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• **SPORTS CLUBS/SOCIETIES (GROUP A AND GROUP B)**

(i) Group A - Restricted to Rowing, Canoe and Paddling Clubs/Societies.

(ii) Group B - Restricted to all other Sports Clubs/Societies. All rowers must be a current member of the Sports Clubs/Society registered under the Companies or Societies Ordinance in whose name they are entered.

• **PARA EVENTS**

The sport classes PR3, PR2, and PR1 are based on the related Rules and Para Regulations of World Rowing.

(1) Sport class PR3 includes physical impairments and visual impairments.

(2) In the PR3 Mixed Four event, a maximum of 2 visually impaired rowers may be included in a team.

(3) The PR3 (II) event, is restricted to rowers with intellectual impairment.

NOTE 1: Documentary proof of impairment (e.g., Registration Card for People with Disabilities/ medical certificates/ other relevant documents) should be submitted to hkric@rowing.org.hk on or before 1 February 2024. Any competitors who are unable to confirm their sport class should contact HKCRA before submitting their entry.

NOTE 2: Para-Rowing PR3 Mixed Four - 500m

Four rowers must row for 500m at the same time, each using their own individual rowing machines. The winning team will be the Team completing the faster time by the 4 rowers in the Team.

• **HIGHER EDUCATION INSTITUTIONS CHALLENGE**

Restricted to Higher Education Institutions. All rowers must be current full-time students of the degree-awarding higher education institution in whose name they are entered. 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>).

• **Each Institution may only submit one application in each of the 7 Higher Education Challenge events.**

Points shall be awarded as follows (Only applies to Higher Education Institutions Challenge events):

A point scheme shall be used to determine the overall winner of the Higher Education Institutions Challenge based on the results of the 7 events.

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



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7. CHARITY ROWATHON RACES

(1) **MAXIMUM QUOTA PER EVENT: 24 Teams (On a first-come-first-served basis)**

(2) **RACE DESCRIPTION**

(i) Open; Government Departments; Professional Bodies; Corporate Charity Rowathon

1. The racing time is 30 minutes. The winner will be the Team completing the longest distance.
2. Each Team must comprise a minimum of 6 and a maximum of 10 members, including at least 2 male and 2 female rowers.
3. Each Team 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 rower may row more than twice.

(ii) Secondary Schools Charity Rowathon

1. The racing time is 15 minutes. The winner will be the Team completing the longest distance.
2. Each Team must comprise a minimum of 4 and a maximum of 6 members, including at least 2 male and 2 female members.
3. Each Team 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 rower may row more than twice.

(iii) Integrated Charity Challenge

1. The Team must comprise 1 able-bodied rower and 1 rower with a disability (physical impairment or visual impairment).
2. Each rower must row at the same time, each using their own individual rowing machines. The output of the two machines shall be computer-linked to show the average time of the two rowers.
3. The winner will be the Team which completes the 1000m race distance first, based on their average time.

(iv) Row Cup

1. The Team must comprise 1 able-bodied rower & 1 rower with a disability (physical impairment or visual impairment). The OC shall select the Team members from the pool with the objective of equality and fairness between teams. The OC's decision on selection for this event shall be final.
2. The rowers in each Team must row for 3 minutes at the same time using their own individual rowing machines.
3. The winning Team winner will be the Team completing the farthest total distance accumulated by the 2 rowers in the Team.

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香港室內賽艇錦標賽

HONG KONG ROWING INDOOR CHAMPIONSHIPS

暨慈善長途接力賽 & CHARITY ROWATHON

Organised by | 主辦機構



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CULTURAL, SPORTS AND TOURISM BUREAU
Arts & Sport Development Fund
文化體育及旅遊局
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8. SUPPORTER/COACH FOR INDIVIDUAL EVENTS

1. Each competitor in an Individual Event is allowed to bring one Supporter/Coach (coach, teacher, parent, or friend, etc.) to accompany him/her into the Race Area and remain with the competitor during their race.
2. The Supporter/Coach should remain quiet before the race and should sit on the seat provided during the whole race. (If the race is a Para event, the Supporter/Coach can assist the competitor to prepare for the race, e.g., assist the para rower to sit on the rowing machine, install the seat and adjust the machine, etc.)
3. The Supporter/Coach can cheer/coach their rower during the race, but cannot touch the competitor or rowing machine or any other equipment.
4. Supporter/Coach must always obey the instructions of umpires and officials when they are in the Race Area. Failure to obey any such instructions will result in the Supporter/Coach having to leave the Race Area.

9. ENTRY PROCEDURE

(1) ENTRY FOR ALL NON-CHARITY EVENTS

- The registration period is from 14th January 2024 to 1st February 2024 inclusive.
- The entry must be made online: <http://bit.ly/3HoiFij>
- The registration page can also be accessed through the official website (<http://www.rowing.org.hk/>) of HKCRA.
- 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 of entry fee will be made.
- **Payment Method** - Online payment only. Other payment methods not be accepted.

(3) ENTRY FOR SECONDARY SCHOOLS EVENTS ONLY

- Payment can be made by cash or by cheque.
 - **Cash:** Cash payment should be made in person at the HKCRA Jockey Club Sha Tin Rowing Centre during office hours.
 - **Cheque:** A crossed cheque made payable to “Hong Kong, China Rowing Association” can be sent to “Hong Kong, China Rowing Association, Jockey Club Sha Tin Rowing Centre, No. 27 Yuen Wo Road, Sha Tin, N.T.” Please write “2024 HKRIC”, school name, contact person, and telephone number on the back of the cheque. (Please state “2024 HKRIC” on the envelope.)



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(4) ENTRY FOR ALL CHARITY EVENTS

Please complete the ENTRY FORM, and submit together with the donation, EITHER:

- in person at HKCRA Jockey Club Sha Tin Rowing Centre; OR
- by mail to "Hong Kong, China Rowing Association, Jockey Club Sha Tin Rowing Centre, No. 27 Yuen Wo Road, Sha Tin, N.T." (Please state "2024 HKRIC" on the envelope.)

Donation Methods:

1. **By Cheque** - a crossed cheque made payable to "**TREATS**". Please write "2024 HKRIC", your Team name, and the full name of the contact person in English on the back of the cheques.
2. **By Cash** - Cash donations should be in multiples of HK\$100. Cash donations may be submitted BY HAND to the HKCRA Office at Jockey Club Sha Tin Rowing Centre during office hours. (Please ensure the total amount of cash is accurate. Put the donation and the Entry Form in an envelope that clearly states '2024 HKRIC', your Team name, and the full name and contact details of the contact person.

NOTE:

- Please photocopy your cheques, Entry Form, and Donation Form for a record. DO NOT destroy them until you have received the official donation receipts.
- Official receipts will be sent to the competitor or Team Leader specified on your Donation Form or Charity Events Entry Form. If your mailing address is different from the registration address, please contact HKCRA.

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

10. ENTRY DEADLINE

The deadline for entries is Thursday 1st February, 2024 at HKT 23:59hrs.



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11. PRIZES

(1) CHARITY ROWATHON EVENTS

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

(2) INTEGRATED CHARITY CHALLENGE AND iROW CUP

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

(3) TEAM RELAY EVENTS

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

(4) HIGHER EDUCATION INSTITUTES CHALLENGE

- Overall Champion, 2nd, 3rd place: Trophy and Certificate
- In each Event - Champion, 2nd, 3rd place: Medal and Certificate

(5) TOP OF THE TOPS – PRESIDENT CUP

Champion: Trophy, Medal, and Certificate
All Competitors: Event T-shirt and Certificate

(6) INDIVIDUAL EVENTS

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

Commemorative Medal and Cash Awards for Individual Events

Commemorative Medal: All competitors who achieve the Standard Time as specified in Annex 2B.

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

- Age 19-29 2000m Events: HK\$1,000
- Other Age-group Individual 2000m Events: HK\$500

NOTE: 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 record at the end of the Championships.

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

NOTE: If any prize winners cannot 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 retained at HKCRA for a maximum of 3 months after which it will be disposed of without further reference and no longer be available.



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12. BOOKING OF PRE-COMPETITION TRAINING

All teams and competitors are welcome to arrange their own **FREE** access to rowing machines for training by booking through the HKCRA.

Details as follows:

- Training Venue: Jockey Club Sha Tin Rowing Centre
- Training Hours: Mon to Sun: 09:00 – 18:00

Training Terms and Conditions:

- The maximum training available session is 2 hours per day.
- Reservation should be made at least 3 working days before the date of the training.
- Due to limited equipment available, reservation is made on a first-come-first-served basis.
- The reservation could be made from the date of confirmation of the enrollment by either telephone or e-mail. The last training date is 14th February 2024.
- Reservation will be accepted only after all relevant entry payments are made.

Training Session Booking Hotline : (852) 2699 7271
e-mail: hkric@rowing.org.hk

13. ENQUIRIES

All enquiries should be addressed to Hong Kong, China Rowing Association
Tel: (852) 2699 7271
Fax: (852) 2601 4477
Email: hkric@rowing.org.hk
Website: www.rowing.org.hk
Facebook: www.facebook.com/hkrowing
Instagram: [hkrowing](https://www.instagram.com/hkrowing)



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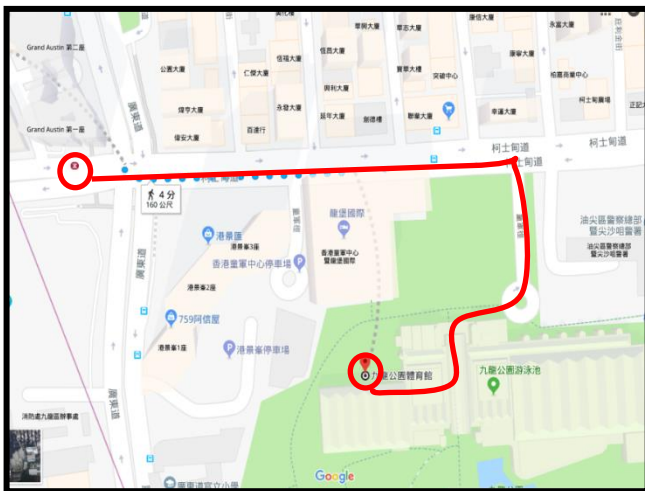


14. TRANSPORTATION

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.

From MTR Stations to Competition Venue:-

- From Austin Station (Exit F): approximately 10 minutes walk.



- From Jordan MTR Station (Exit C2): approximately 5 minutes walk.

