

參加者守則

緊急聯絡電話：8206 9090，一般查詢電話：2597 4739

參加者須遵守以下守則：

1. 必須符合各組別年齡/界別的要求，並必須於限時內完成賽事。
2. 每人只可參加一個組別。大會保留提早截止報名的權利而不作通知。名額先到先得，額滿即止。
3. 登記及起步
隊際必須於指定時間前在起點登記(個人跑手無需登記)及分組起步，如在起步後15鐘才到達，作棄權論。大會或會因實際運作需要更改起步時間，須留意當日公佈。
4. 計時芯片及號碼布
 - i. 派發的號碼布附有計時芯片以識別身份及記錄比賽時間，請勿屈曲或撕脫芯片；如發現損毀，請於賽前通知賽會；
 - ii. 必須帶同號碼布於起點登記，賽會只能視乎存量提供補發，並需收取\$100助學捐款；
 - iii. 比賽進行時，必須把號碼布扣於前胸腹衣物上，以便感應儀器偵測及讓工作人員核實身份。
5. 賽事記錄
 - i. 以賽會之計時器為準。隊際以最後一位隊員完成時間作為其隊際記錄；
 - ii. 起點、終點及沿途各檢查站均設有感應儀器，除通過畔塘徑支援站(SS3)和大帽山檢查站(CP4A)須讓工作人員以手提儀器識別外，其餘只需通過便會被自動偵測；
 - iii. 以下組別賽員須於關門時間之前到達特定檢查站，超時將被停止賽事；
 - iv. 接力賽的交棒點分別是CP1, CP2及CP4, 預備接棒的跑手必須提前到達及向該站的義工登記。

組別	最後到達時間	檢查站
53公里賽	15:15	城門水塘檢查站(CP4)
	17:00	大帽山檢查站(CP4A)
42公里賽	16:30	城門水塘檢查站(CP4)

6. 中途退出
 - i. 個人參加者中途退出，必須於檢查站、支援站或與大會掃尾工作人員辦理退出手續。
 - ii. 隊際如部分隊員中途退出，必須於檢查站、支援站或與大會掃尾工作人員辦理退出手續，餘下隊員方可繼續完成路程，否則全隊完成時間(只供領取完成獎牌/證書之用)不會被記錄。
 - iii. 退出者需自行安排交通工具離開賽道。
 - iv. 接力賽的其中一棒退賽，當全隊退賽，同一隊員不可以跑兩段或以上。
7. 隊長須知 (隊際參加者)
 - i. 隊長為隊伍與大會聯絡的橋樑，須留意賽會發放的資訊並傳達給隊員，因此，不得更換隊長；
 - ii. 隊長須集齊並點算所有捐款，連同捐款人名單交回，隊長可於12月中旬到個人專頁下載有關捐款收據，以便轉發給各隊員。
8. 更換隊員
比賽當天不接受任何更換隊員申請
 - i. 在2019年9月1日或之前，可登入網上報名系統免費更換隊員；
 - ii. 9月2日至9月20日更新資料，本會將收取每人\$100的手續費，費用將全數撥作助學捐款用途
 - iii. 9月21日或以後，將不接受任何資料更新的申請。
9. 上訴：

如對賽果有異議，請以書面提出上訴，於活動完成後7天內交至賽會(郵寄/傳真/電郵)。賽會將盡速處理。
10. 本活動所有文件以中文版本為準，主辦機構有全部解釋權，並會不時更新。

Rules and Regulations

Emergency Contact Tel. No. : 8206 9090 General Enquiry Tel. No. 2597 4739

Participants must comply with the following rules & regulations:

1. Must complete the race within specific time limit and with respect to age / category requirements.
2. Participating in one category only. Organizer reserves the right to close the enrollment before deadline without prior notice, which is on first-come-first-serve basis.
3. Registration & Start Time
Team participants register at starting point before specific time and set off per group basis. Those arrive 15 minutes after starting time will be treated as abstention. Organizer may change the event schedule if necessary. Please pay attention to update notices.
4. Timing chip and Number Cloth
 - i. A number cloth adhered with timing chips for identification and time recording will be issued. Do not fold or interfere with the timing chips and report to Organizer before the race should there be any visible damage;
 - ii. Number cloth must be presented at start point for registration. Subject to availability, organizer may assign another number cloth to those forget to bring it along and an educational donation of HK\$100 will be required;
 - iii. During the race, the number cloth must be fastened in front of runner's abdomen to allow scanner detection and marshal's verification.

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5. Race Recording

- Based on the Organizer's timing system. For team, completion time of the last member counts as team's record;
- Scanners are set up at starting point, finishing point and all checkpoints. Apart from Reservoir Walk Support Station (SS3) and Tai Mo Shan Checkpoint (CP4A) where they have to prepare their number cloth to be scanned by marshal's handheld device, runners simply pass through the points and will be automatically detected;
- Participants of the following categories must reach the specific checkpoint before cutoff time, otherwise will be stopped;
- Relay points are CP1, CP2, CP4. Relay runners have to arrive early at relevant CP and report to the duty volunteer.

Category	Latest arriving time	Checkpoint
53KM	15:15	Shing Mun Reservoir CP4
	17:00	Tai Mo Shan Checkpoint (CP4A)
42KM	16:30	Shing Mun Reservoir CP4)

6. Withdrawal

- Individual participants – Individual runner withdrawing during the event must report to the nearest checkpoint/support station or sweepers for withdrawal procedure.
- Teams–Member(s) withdrawing during the event must report to the nearest checkpoint/support station or sweepers for withdrawal procedure before the remaining members can continue the race. Otherwise their completing time (for receiving Medal of Completion / printing of certificate only) will not be recorded.
- Participants withdrawn from the race have to arrange their own means of transportation.
- Withdrawal by one relay member will be regarded as a team withdrawal. Any relay runner must not run more than 1 relay stage.

7. For team leaders (for teams)

- Team leader is the key contact between the team and the Organizer and responsible for conveying event information to the team. Thus, change of team leader is not allowed;
- Team leader must collect all funds raised with sponsor list from the team and hand them to the Organizer. Official receipts will be ready in mid of December and can be downloaded by team leader in personal blog, and for onward distribution to the team member.

8. Change of team members

Change of team member(s) is not allowed on race day.

- Change(s) made on or before September 1 2019, participants (team/individual) can update through online registration system free of charge;
- Change(s) from September 2 to September 20 2019, the update will be charged at a fee of \$100 per person. All are earmarked for student donations;
- Applications for data updates will not be accepted on or after September 21 2019.

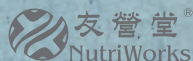
9. Appeal

Should there be any discontent of the race, please forward written appeal to the Organizer within 7 days after the race (by post / fax / email). The Organizer will handle the appeal without delay.

10. The Organizer reserves the right to interpret the above information, with Chinese as the master version. Updates will be made if necessary.

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