

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：

- 每人只可參加一個組別，並必須符合各組別年齡/界別的要求及限時內完成賽事。
- 登記及起步
必須於指定時間前在起點登記及分組起步，如在起步後 15 鐘才到達，作棄權論。賽會或會因實際運作需要更改起步時間，須留意當日公佈。
- 計時芯片及號碼布
 - 號碼布上的計時芯片，請勿屈曲或撕脫芯片；如發現損毀，請於賽前通知賽會；
 - 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；
 - 比賽進行時，號碼布必須扣於前胸腹衣物上，以便感應儀器偵測及讓工作人員核實身份。
- 賽事記錄
 - 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；
 - 起點、終點及沿途各檢查站均設有感應儀器並進行錄影監察，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；
 - 以下組別賽員須於指定時間之前到達特定檢查站，否則將被取消資格，有關檢查站亦會按時關閉：

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)

- 中途退出
中途退出者，必須於檢查站、支援站或與賽會掃尾工作人員辦理退出手續。而隊際隊員退出，餘下隊員必須攜同退出隊員的退出通知書，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。而退出者需自行安排交通工具離開賽道。
- 隊際須知
 - 隊長不能更換；隊長負責集齊捐款及交回捐款人名單，待大會在網上發出收據後，由隊長轉發給各隊員及捐款人。
 - 更換隊員：**2019 年 9 月 1 日**或以前可登入網上報名系統更換隊員。於 **2019 年 9 月 2 日**或以後更改隊員，每次申請需繳助學捐款港幣\$100。比賽當天不接受任何更換隊員申請。
- 接力賽須知：
 - 每位隊員只跑一段。
 - 若其中一位隊員不能完成其所屬賽段，則以全隊沒有完成論。
 - 當上一棒跑手未到接力點，下一棒跑手不得偷步。
 - 戴有臂環的跑手不得以非人力方法到達下個接力點或終點。
 - 各未接棒跑手需自行安排交通到各接力點，並向接力點計時人員報到，完成交棒後的跑手需自行安排交通離開/到終點。
 - 交接臂環的動作必須在接力點的計時人員面前完成，否則當偷步。
 - 其他適用於一般賽員的規則，例如胸前掛號碼，不抄捷徑，也適用於接力賽員（詳細可參閱比賽規則）。
 - 賽事成績以第四棒把臂環戴到終點為準。
 - 遺失臂環當未有完成賽事論。
 - 行李寄存只設在油塘的起點，各接力點不設行李寄存，跑手憑號碼布在終點領回行李。
 - iTRA 評分不適用於接力賽。

- xii. 時間獎不適用於接力賽。
8. 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。
9. 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。

参加者守则

紧急联络电话：8206 9090，一般查询电话：2597 4739

参加者须遵守以下守则：

1. 每人只可参加一个组别，并必须符合各组别年龄/界别的要求及限时内完成赛事。
2. 登记及起步
必须于指定时间前在起点登记及分组起步，如在起步后 15 钟才到达，作弃权论。赛会或会因实际运作需要更改起步时间，须留意当日公布。
3. 计时芯片及号码布
 - i. 号码布上的计时芯片，请勿屈曲或撕脱芯片；如发现损毁，请于赛前通知赛会；
 - ii. 必须带同号码布于起点登记，赛会只能视乎存量提供补发，并需收取\$100 助学捐款；
 - iii. 比赛进行时，号码布必须扣于前胸腹衣物上，以便感应仪器侦测及让工作人员核实身份。
4. 赛事记录
 - i. 以赛会之定时器为准。队际以最后一位队员完成时间作为其队际记录；
 - ii. 起点、终点及沿途各检查站均设有感应仪器并进行录像监察，除通过畔塘径支持站(SS3)和大帽山检查站(CP4A)须让工作人员以手提仪器识别外，其余只需通过便会被自动侦测；
 - iii. 以下组别赛员须于指定时间之前到达特定检查站，否则将被取消资格，有关检查站亦会按时关闭。：

组别	最后到达时间	检查站
53 公里赛	15:15	城门水塘检查站(CP4)
	17:00	大帽山检查站(CP4A)
42 公里赛	16:30	城门水塘检查站(CP4)

5. 中途退出
中途退出者，必须于检查站、支持站或与赛会扫尾工作人员办理退出手续。而队际队员退出，余下队员必须携同退出队员的退出通知书，方可继续完成路程，否则全队完成时间(只供领取完成奖牌/证书之用)不会被记录。而退出者需自行安排交通工具离开赛道。
6. 队际须知
 - i. 队长不能更换；队长负责集齐捐款及交回捐款人名单，待大会在网上发出收据后，由队长转发给各队员及捐款人。
 - ii. 更换队员：**2019 年 9 月 1 日**或以前可登入网上报名系统更换队员。于 **2019 年 9 月 2 日**或以后更改队员，每次申请需缴助学捐款港币\$100。比赛当天不接受任何更换队员申请。
7. 接力赛须知：
 - i. 每位队员只跑一段。
 - ii. 若其中一位队员不能完成其所属赛段，则以全队没有完成论。
 - iii. 当上一棒跑手未到接力点，下一棒跑手不得偷步。
 - iv. 戴有臂环的跑手不得以非人力方法到达下个接力点或终点。
 - v. 各未接棒跑手需自行安排交通到各接力点，并向接力点计时人员报到，完成交棒后的跑手需自行安排交通离开/到终点。
 - vi. 交接臂环的动作必须在接力点的计时人员面前完成，否则当偷步。
 - vii. 其他适用于一般赛员的规则，例如胸前挂号码，不抄快捷方式，也适用于接力赛员（详细可参阅比赛规则）。
 - viii. 赛事成绩以第四棒把臂环戴到终点为准。
 - ix. 遗失臂环当未有完成赛事论。
 - x. 行李寄存只设在油塘的起点，各接力点不设行李寄存，跑手凭号码布在终点领回行李。
 - xi. iTRA 评分不适用于接力赛。

- xii. 时间奖不适用于接力赛。
8. 上诉：
如对赛果有异议，请以书面提出上诉，于活动结束后 7 天内交至赛会(邮寄/传真/电邮)。赛会将尽快处理。
9. 本活动所有文件以中文版本为准，主办机构有全部解释权，并会不时更新。

Rules and Regulations

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

Participants must comply with the following rules & regulations:

1. Participating in one category only. Must complete the race within specific time limit and with respect to age / category requirements.
2. Registration & Starting Time
Must 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.
3. Timing chip and Number Cloth
 - i. Do not fold nor interfere with the timing chip and report to Organizer once if there is any visible damage before the race;
 - ii. Number cloth must be presented at start point for registration. Organizer may only assign a new number cloth while stock last, and an educational donation of \$100-HK 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.
4. Race Recording
 - i. Based on the Organizer's timing system. For team, completing time of the last member counts as team's record;
 - ii. Scanners are set up at start point, finish point and all checkpoints, monitored by video-recording. 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;
 - iii. Participants of the following categories must reach the below checkpoints before specific time, or will be disqualified and the corresponding check point will be closed on time:

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

5. Withdrawal
Each runner withdrawing during the event must report to the nearest checkpoint/support station or sweepers for withdrawal procedure. Remaining members of team can continue the race together with the withdrawal record. 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.
6. For team
 - i. Change of team leader is not allowed; he/she has to collect all funds raised and submit the sponsor list to the Organizer. Official receipts will be issued to team leader by email for onward distribution to the team.
 - ii. Change of team members, on or before **1 September 2019** can be updated through online registration system; from **2 September 2019** onwards, each application have to donate HK\$100 for educational aid. Change of team member(s) is not allowed on race day.
7. For relay
 - i. Each runner will only race in one of the aforementioned sections;
 - ii. If any of the member cannot finish his/her respective section, the whole team is considered as Did Not Finish;
 - iii. The runner must not start until the runner of the previous section has arrived;
 - iv. Runners must complete their sections in their entirety with their own two feet;
 - v. Runners must arrange their own transportation arriving at and leaving their respective checkpoints. Each runner must register their presence to the timing officials at their respective starting point;

- vi. Transferring of the wristband between runners must take place in the presence of a timing official; otherwise runners may be considered as disqualified;
- vii. Others general rules, such as wearing the bib in front, no taking shortcuts, etc also apply to the relay race;
- viii. Results will be based on the time when the fourth runner with the wristband reaches the endpoint;
- ix. The team will be considered as disqualified if the wristband is lost;
- x. Baggage dropoff only at the starting point, baggage pickup only at the endpoint. No baggage service will be arranged at the middle checkpoints. Baggage may be collected at the endpoint by the bib number;
- xi. iTRA is not applicable to relay race;
- xii. Time award is not applicable to relay race
8. 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.
9. The Organizer reserves the right to interpret the above information, with Chinese as the master version. Updates will be made if necessary.