

渣打

Standard Chartered
Hong Kong Marathon
渣打香港馬拉松 2019



02.17

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#一起我們跑更遠

Youth Dash Race Handbook
少年跑賽事手冊

Standard Chartered
渣打銀行



香港業餘田徑總會
Hong Kong Amateur Athletic Association

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比賽時間流程及地點 Key Times and Locations

	少年跑 1 組 Youth Dash Group 1	少年跑 2 組 Youth Dash Group 2
起步前 Before Start		
行李寄存時間 Baggage Deposit Time	06:25 – 06:45	
行李寄存地區 Baggage Deposit Area	灣仔運動場 Wan Chai Sports Ground (請參閱第 2 頁之起步區安排 Please refer to Start Area Arrangement on page 2)	
抵達起步區時間 Time to arrive at the start zone	07:15	07:25
起步 Start		
起步時間 Start Time	07:25	07:35
	為確保賽事在有系統及有秩序下進行，大會將禁止遲到之參賽者起步。 To ensure the race held in an orderly fashion, any late participants will not be allowed to start the race.	
起點 Start	灣仔運動場 Wan Chai Sports Ground, Hong Kong	
主禮嘉賓 Officiating Guest	林俊英 先生, MH 香港殘疾人奧委會暨傷殘人士體育協會 總幹事 Mr. Martin LAM, MH General Secretary, Hong Kong Paralympic Committee & Sports Association for the Physically Disabled	
賽道及分段時限 Race Course & Time Limit		
分段截返點及比賽時限 Cut off point and Time Limit	距離 Distance	比賽時限 Time Limit
	1 公里 1 KM	15 分鐘 15 minutes
	全程 2.2 公里 Full Course 2.2KM	30 分鐘 30 minutes
衝線後 After Finish		
終點 Finish	香港銅鑼灣維多利亞公園 Victoria Park, Causeway Bay, Hong Kong	
行李領回區 Baggage Collection Area	香港銅鑼灣摩頓臺臨時遊樂場 Moreton Terrace Temporary Playground, Causeway Bay, Hong Kong	
行李領回區關閉時間 Closing Time of Baggage Collection Area	08:30	

健康提示 Health Advice

參賽者應自行決定自身之健康情況是否適合比賽，倘若於比賽日前感到身體不適，建議請教醫生意見後，方可參賽。於比賽期間如有任何不適，請立即向附近的工作人員求助。

Participants should decide their participation according to their physical capability prior to the Event, and should consult medical advice from a medical practitioner if they are in doubt of their health conditions prior to taking part in the race. If participants feel sick during the race, they should approach race officials for assistance immediately.

比賽路線及起步安排 Course Map and Start Area Arrangement



比賽日物品清單 Race Day Gear Checklist



號碼布 (連計時晶片) 及貼紙 Bib (with Timing Chip) and Number Label

正確佩戴號碼布

大會將提供每位參賽者一張號碼布。參賽者必須利用扣針把裱貼有計時晶片之號碼布緊扣於胸前容易看見的位置，以便工作人員辨認，否則大會將保留取消其參賽資格之權利。

計時晶片已裱貼在號碼布的背面

請勿摺疊或移除晶片，參賽者並必須經過設於起點線、終點線及大會指定分段計時地點之計時地蓆，否則大會將無法提供該參賽者之比賽時間。

填寫緊急聯絡人資料

為協助大會及救護人員在緊急情況下聯絡參賽者之家屬或親友，請用防水筆於號碼布背面填寫有關個人資料 (參賽者姓名、聯絡人姓名及電話等)。

Wear the Bib Correctly

The Organizer would provide a bib to the participant. The bib with timing chip should be attached in front of their chest that should be clearly visible at all times during the race to enable race officials to identify their numbers. Otherwise, the Organizer reserves the right to disqualify the participants concerned.

The Timing Chip has been attached to the Bib

Do not fold or remove the timing chip. Participants are required to cross the timing mats located at the Start, Finish and the specific official timing location, or their times might not be recorded and thus no results will be provided.

Fill in Emergency Contact

To assist the Organizer and medical personnel to contact participants' relatives or friends in case of emergencies, participants are requested to fill in their personal details on the back of their bibs (Participant's name, emergency contact person and phone number, etc.) with waterproof ink.

行李袋及行李牌 **Baggage Bag & Tag**

大會只會處理使用大會指定行李袋及行李牌之行李，以資識別。比賽當天不會派發行李袋及行李牌。

- 請勿存放貴重物品，如有遺失或損壞，大會概不負責。
- 請把行李封妥後，將大會提供之行李牌繫於行李袋上，並交到指定行李車輛。
- 行李寄存服務必須於第一頁列出的時間內辦妥。
- 比賽完畢後，參賽者必須憑號碼布於香港銅鑼灣摩頓臺臨時遊樂場之行李領回區領回行李。

The Organizer will only handle the baggage with the official baggage bags and tags. No baggage bag and tag will be provided on the Race Day.

- Please do not deposit valuable item(s). The Organizer will not be responsible for any losses or damages.
- Please ensure that the baggage tags provided by the Organizer is securely tied around on the bag before handing it to the designated baggage truck.
- Baggage deposit must be completed within the specified time listed on P.1.
- At the end of the race, participants can collect their baggage by presenting the bibs at the baggage collection area at Moreton Terrace Temporary Playground, Causeway Bay, Hong Kong

起點及沿途安排 Start & Course Arrangement

<p>不設泊車</p> <p>除大會之指定車輛外，於比賽起步區、沿途及終點區內不准泊車。</p>	<p>No Parking</p> <p>No parking will be available or allowed at the Start area, along the route and Finish area, except for official vehicles with special permits.</p>
<p>截止起步時間</p> <p>為確保賽事有秩序地進行，大會設有截止起步時間，禁止於截止起步時間後到場之參賽者起步。有關截止起步時間請參閱第 1 頁。</p>	<p>Cut Off Time</p> <p>Cut Off Time will be set for each race session. participants who arrive after the designated time. Please refer to page 1 for the cut off time of individual race sessions.</p>
<p>分段截跑點及比賽時限</p> <p>為確保賽道於賽後能在指定時間重開以供正常交通運作，大會將會在賽道設立分段截跑點。如有任何參賽者未能於指定時間內通過有關分段截跑點，大會工作人員將會終止該參賽者繼續進行比賽的資格。參賽者必須遵照大會工作人員指示，登上指定接駁巴士，前往維多利亞公園終點區。大會保留拒絕不遵從大會工作人員指示的參賽者參加將來之渣打香港馬拉松或任何由香港業餘田徑總會主辦的賽事之權利。</p> <p>分段截跑點及比賽時限請參閱第 1 頁。</p>	<p>Cut Off Points and Time Limits</p> <p>To ensure a speedy clearing and re-opening of race course for normal traffic after the race, cut off points will be set at designated locations along the course. Participants who fail to reach these cut off points at specific times will be asked by the race officials to leave the course and board the official buses. They will be taken to the Finish Area at the Victoria Park. The Organiser reserves the right to reject future applications of participants who refuse to follow the instructions of the race officials in all future Standard Chartered Hong Kong Marathons or any races organised by the Hong Kong Amateur Athletic Association.</p> <p>Please refer to page 1 for cut off points and time limits.</p>
<p>蒸餾水及食物供應</p> <ol style="list-style-type: none"> 1. 大會將於起點提供蒸餾水予參賽者。 2. 完成比賽後，大會將於終點區派發食物 (包括蒸餾水、能量棒及香蕉) 予參賽者。 <p>注意：能量棒或含有花生成分，敬請留意。</p>	<p>Distilled Water and Refreshment</p> <ol style="list-style-type: none"> 1. Distilled water will be available at the Start Area. 2. Refreshment packs with distilled water, energy bar and banana will be distributed to participants at the Finish Area. <p>Attention: Please note that energy bars may contain peanut ingredients.</p>
<p>設施及服務</p> <ol style="list-style-type: none"> 1. 救護站 (由醫療輔助隊提供) 設置於起點、賽道各水站及終點，沿途亦設有救護單車監察情況。 2. 大會將於終點區提供物理治療服務 (由香港理工大學康復治療科學系運動物理治療中心提供)。 	<p>Facilities and Services</p> <ol style="list-style-type: none"> 1. First Aid (provided by Auxiliary Medical Service) will be available at the Start Area, every Water Stations along the route and the Finish Area. In addition, First Aid Bicycles will be patrolling along the route. 2. Physiotherapy Service (provided by Department of Rehabilitation Sciences of The Hong Kong Polytechnic University) will be provided at the Finish Area.
<p>其他賽道須知</p> <p>✧ 為確保緊急車輛能迅速前往事故現場，於賽事進行期間，參賽者請勿進入緊急車輛通道並時刻遵守工作人員指示。</p>	<p>Other Race Course Information</p> <p>✧ To ensure the emergency vehicles can reach the incident site without delay in case of an emergency, participants should not enter the Emergency Vehicle Access during the race and must follow the instructions given by the race officials.</p>

終點及行李領回區安排 Finish and Baggage Collection Areas Arrangement



為了減低終點區的擠迫情況及避免發生意外，參賽者抵達終點線後，請盡快離開終點區。为了方便參賽者與家人和朋友於賽後會合，於比賽日，大會將把銅鑼灣運動場設為會合地點。

To avoid overcrowding and accidents at the Finish Area, participants are required to leave the Finish Area as soon as possible. Causeway Bay Sports Ground has been designated as a meeting point for participants to meet their family and friends after the race.

觀眾或市民如欲觀賞比賽，可由 4 號閘口進入維多利亞公園公眾觀賞區。比賽進行期間，公眾人士將不能使用 14、15、16 及 17 號閘口出入維多利亞公園。

Spectators and general public are welcome to enter the public viewing area at Victoria Park through Gate 4. Gates 14, 15, 16 and 17 will not be available for public access during the race.

重要事項 Important Notice

1	由於賽事在清晨舉行，敬請各參賽者保持安靜，以減低對賽道附近居民之滋擾。	As the race will start early in the morning, participants are advised to minimize the noise impact on nearby residents.
2	為免釀成意外，大會呼籲參賽者切勿於起步區、賽道範圍及終點區停留拍攝。	For safety reasons, participants are advised not to stop and take photos or videos near the Start Area, along the course and at the Finish Area.
3	為確保各參賽者之安全，大會工作人員將於賽道沿途維持秩序，參賽者必須遵從工作人員的指示。	Race officials will be deployed along the course for safety and other reason. Participants must follow instructions given by the race officials during the race.
4	為確保緊急車輛能於賽事進行期間迅速前往意外事故現場，參賽者請勿進入緊急車輛通道，並時刻遵守工作人員及執法人員指示。	To ensure emergency vehicles can reach the site without delay in the event of an incident, participants are reminded not to enter the Emergency Vehicle Access (EVA) during the race. Please follow instructions given by the race officials and law enforcement officers.
5	為確保賽道能在指定時間重開以供正常交通運作，大會將在賽道設立分段截跑點。如有任何參賽者未能於指定時間內通過有關分段截跑點，大會工作人員將會終止該參賽者繼續進行比賽的資格。參賽者必須遵照大會工作人員指示，登上指定接駁巴士，前往維多利亞公園終點區。大會保留拒絕不遵從大會工作人員指示的參賽者參加將來之渣打香港馬拉松或任何由香港業餘田徑總會主辦的賽事之權利。	To facilitate the reopening of closed road at designated times, cut off points will be set up at different locations along the course. Participants who fail to reach the designated cut off points at specific times will be asked by the race officials to leave the course and board the official bus to Victoria Park. Participants must follow these instructions given by the race officials. The Organiser reserves the right to reject applications of participants who refuse to follow the instructions of the race officials for all future Standard Chartered Hong Kong Marathons or any races organised by the Organiser.
6	大會已購買第三者保險，建議參賽者如有需要，可自行購買個人及其他有關保險。	Public Liability Insurance is covered by the Organiser. Participants are advised to take up their own personal or other insurance policies separately if necessary.
7	若比賽當天 (2019 年 2 月 17 日，星期日) 早上 3 時正，3 號或以上熱帶氣旋信號、紅色或黑色暴雨警告信號仍然生效，比賽將會取消。參賽者敬請在比賽前一晚留意天氣情況，尤其注意在未來 16 小時內可能發出之熱帶氣旋信號、紅色或黑色暴雨警告信號。有關賽事安排，請於比賽當日早上 3 時正開始留意各大電台或電視台之廣播。	The race will be cancelled if tropical cyclone warning signal no.3 or above, or if a red or black rainstorm signal is still in force at 3:00am on Sunday, 17 February 2019. Please pay special attention to the weather report the night before the event as it will indicate whether tropical cyclone warning signals, red or black rainstorm signals are likely to be issued in the next 16-hour period. If so, please follow updates on the radio or TV announcements regarding the status of the event from 3:00am onwards.

大會競賽規條 Official Competition Rules

1	所有參賽者不能轉售參賽名額、號碼布及計時晶片等，或與他人轉換組別。一經證實，有關參賽者的參賽資格將被取消，其報名費將不獲退還。	Entry categories, bibs and timing chips are non-transferable. Violation will result in disqualification and no refund of entry fee will be entertained.
2	大會如發現參賽者虛報或提供不實個人資料，或根據國際田徑聯會競賽規則下被禁賽、藥檢失敗或大會懷疑參賽者服用違禁藥物，大會有權取消其參賽資格，有關報名費將不獲退還。	The Organiser reserves the right to disqualify, exclude any person from the race and to take disciplinary action to applicants who provide incorrect personal data / details on the entry form, including those who have been banned from competitions under International Association of Athletics Federations (IAAF) jurisdiction, or who have been suspected of having taken banned substances. No refund of entry fee will be entertained under any circumstance.
3	參賽者禁止帶同任何未有戴上渣打香港馬拉松 2019 之有效號碼布的人士參加及進入賽道範圍，違例者將會被即時要求離開賽道。	Participants are not allowed to enter the race course with any participants who do not wear the valid bib of Standard Chartered Hong Kong Marathon 2019. Those who violate this rule will be asked to leave the course immediately.
4	若參賽者沒有按照其指定參加組別及時間起步，大會將取消其參賽資格。有關參賽者亦不會獲發成績及證書。	Participants will be disqualified if they do not start at the designated race category and start time assigned by the Organiser. No result and certificate will be issued to those participants.
5	禁止任何寵物，或任何形式的輪運行物體的交通工具，如輪椅（大會指定輪椅賽事之輪椅除外）、自行車、滾軸溜冰鞋、手推車、內置或附加在鞋的轆等進入賽道範圍。	No pets or any form of wheel-run objects of transport, e.g. wheelchairs (except designated wheelchairs for the wheelchair races approved by the Organiser), bicycles, skates, trolleys, shoes with built-in or attached rollers, etc. are allowed on the course.
6	參賽者不能攜帶任何構成危險或阻礙比賽進行的物品（例如攻擊性武器、易燃、爆炸性物品或阻礙其他參賽者之物品等）進入比賽範圍，違例者將會被即時要求離開賽道及可能交由執法人員跟進。	Dangerous goods (i.e. offensive weapons, flammable, explosive agents or materials/objects which obstruct other participants, etc) are strictly prohibited. Those who violate this rule will be asked to leave the course immediately and such cases might be reported to the Law Enforcement Agency.
7	任何在賽道上的工作人員、醫務人員、賽事總監、裁判或保安若要求參賽者退出比賽，參賽者必須立即停止比賽及離開賽道。	Participants must retire and leave the race course immediately, if requested to do so by any member of the race officials, medical staff, race director, referees or security staff.
8	大會有權取消任何被證實在比賽途中，以任何方式接收外來幫助的參賽者之比賽資格。	The Organizer reserves the right to disqualify any participant who is proven to have received assistance during the race.

大會競賽規條 Official Competition Rules

9	所有參賽者若對其個人成績有任何爭議，必須在馬拉松網頁成績公佈後 7 天內，以書面形式提交大會作跟進。	For non-winners, any disputes regarding their personal results must be submitted in writing within 7 days after the announcement of the results on the Marathon website.
10	大會保留所有違反上述任何大會比賽規則之人士參加將來渣打香港馬拉松及其他由香港業餘田徑總會有限公司主辦的賽事之拒絕權利。	The Organizer reserves the right to reject applications of participants who violate any of the official competition rules for all future Standard Chartered Hong Kong Marathons or any other races organized by the Hong Kong Amateur Athletic Association Limited (HKAAA).
11	若中、英文版的文意有任何歧義，一概以英文版本為準。香港業餘田徑總會擁有修改及詮釋以上規則的權利。	In the case of discrepancies between the Chinese and English versions, the English version shall prevail. The HKAAA reserves the right to interpret and amend the above rules.

證書 Certificates

大會將發電子成績證明書給予所有於 30 分鐘指定時限 (大會時間) 內完成比賽之參賽者。	E-Certificates of Achievement will be issued to participants who finish the race within the time limit of 30 minutes (Official Time);
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