



TUEN MUN KAYAK COURSE RACING

屯門區獨木舟繞標賽2015

屯門獨木舟會【主辦】 香港獨木舟總會【協辦】 康樂及文化事務署【資助】

- 賽事 Events: 屯門區獨木舟繞標賽2015 • Tuen Mun Kayak Course Racing 2015
- 日期 Date: 二零一五年十一月廿二日(星期日) • 22nd November, 2015 (Sunday)
- 時間 Time: 上午九時半至下午二時半 • 09:30AM to 02:30PM
- 地點 Venue: 屯門舊咖啡灣泳灘 • Cafeteria Old Beach, Tuen Mun
- 路線 Route: 舊咖啡灣泳灘→龍珠島→黃金泳灘C灘→舊咖啡灣泳灘
Cafeteria Old Beach→ Pearl Island→ Golden Beach (C Beach) → Cafeteria Old Beach
- 距離 Distance: 全程約5千米 • Whole route approximate 5000M

項目 Event:

組別 Group	年齡 Age
女子少年 WOMEN'S JUNIOR	10-13 歲
男子少年 MEN'S JUNIOR	10-13 歲
女子青年 WOMEN'S YOUTH	14-17 歲
男子青年 MEN'S YOUTH	14-17 歲
男子公開 MEN'S OPEN	18歲以上above
女子公開 WOMEN'S OPEN	18歲以上above
男子先進 MEN'S MASTER	35 歲以上above
女子先進 WOMEN'S MASTER	35 歲以上above
雙人親子艇 FAMILY DOUBLE (親子賽之兒童賽員必須及持有少年獨木舟之海馬章證書Children members of the Family Double Race, who must be holders of Sea Horse Award or above)	2人(成人及兒童) 參賽, 性別不限, 兒童成員年齡為 8-13歲與父, 母或合法監護人 2 persons (adult and child), no sex limit, child member must be between 8-13 years old together with a parent or a legal guardian
雙人混合艇 MIXED DOUBLE	2人(1男1女)參賽, 14歲以上 2 persons (1 male and 1 female), 14 above
<p>* 參加者年齡以比賽當日計算 The Age is counted at the date of the race.</p> <p>* 所有艇隻, 划槳及助浮衣均由大會提供 Kayak, paddle and buoyancy aids will be provided by TMCC</p> <p>* 在雙人親子艇及雙人混合艇組中, <u>大會祇能提供雙人膠艇9隻, 若參加者人數超過限額, 艇隻分配將先到先得形式決定。</u> For Family Double and Mixed Double Groups: If the number of applications exceeded the quota of 9, places will be allocated in first-come, first-served basis.</p>	

*年齡計算以比賽當日為準 (2015年11月22日) The age will be calculated as that on the actual race day (i.e. 22nd November, 2015).

- 出發時間 Start Time: 上午十時 • 10:00AM
- 檢查站 Check Points: - 龍珠島 • Pearl Island
- 黃金泳灘 C 灘 • Golden Beach (C Beach)
- 報名費用 Admin. Fee: - 雙人親子艇和雙人混合艇組, 每隊報名費為港幣壹佰二十元, 其它組別為港幣六十元正 (已包括賽事當日的個人意外身亡保險)
HKD 120.00 per team for participating in Family Double or Mixed Double
HKD 60.00 per person for participating in other groups
(Personal Accident Insurance on the race day)
- * 劃線支票抬頭請寫: 「屯門獨木舟會有限公司」
A crossed cheque should be made payable to "Tuen Mun Canoe Club Ltd."
- 獎項 Awards : 每項賽事均設三個獎項: 冠、亞、季軍。
Prizes will be awarded to the Champion, 1st runner-up and 2nd runner-up of each event.



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報名辦法 : (a) 報名表派發地點: •Application Form Distribution Point(s)

How to Apply : (i) 屯門獨木舟會 • Tuen Mun Canoe Club

新界屯門青山公路18 3/4咪加利灣泳灘大樓1樓
1/F, Kadoorie Beach Office Bldg., 18 3/4 milestone, Castle Peak Rd., Tuen Mun, NT

(ii) 香港獨木舟總會 • Hong Kong Canoe Union

(b) 填妥的報名表連同報名費用及有關證書副本，於**2015年11月10日前**親自遞交或寄交"屯門獨木舟會"。如以郵寄方式遞交申請，申請日期以郵戳日期為準。並請在信封面上註明「**屯門區獨木舟繞標賽2015**」。

Completed application form together with the application fee and a copy of the certificate can be submitted in person or mailed to "Tuen Mun Canoe Club" on or before 10 November, 2015. For submission by post, postmark date on the envelope will be regarded as the application date. Please indicate 「Tuen Mun Kayak Course Racing 2015」 on the envelope.

(c) 逾期報名、報名費不足和資料不足的申請**恕不接受**。

All late applications, incomplete applications or applications with insufficient fee **WILL NOT BE ACCEPTED**.

(d) 參賽者必須攜同有相片的有效身份證明文件，以便大會工作人員核對其身分，如參賽者無法出示證件，一律不准出賽。Participants shall bring along with them valid identity proof which includes the participant's photo at the scheduled time for identity verification by the staff. If players fail to produce the identify proof, they will not be allowed to participate in the competition.

(e) 公開報名，歡迎個人會員及屬會參加。

The event is open to member, affiliated clubs, members and other individuals.

查詢 Inquiry:

電話Tel : 2430 0330, 9654 5598

傳真 Fax : 2468 0442

電郵 Email : contacts@hktmcc.com

網址 Website : <http://www.hktmcc.com>

郵寄地址 Postal Address:

屯門兆隆苑2711室 - 屯門獨木舟會有限公司
Flat 2711, Siu Lung Court, Tuen Mun - Tuen Mun Canoe Club Ltd.

****備註 Remark:** :

為保護環境減少浪費紙張，各項目比賽的時間，賽員名單等資料將會在比賽日的數天前上載於本會的Facebook內。To be environmentally friendly and reduce paper usage, all timetables, participants' lists and etc will be available on our Facebook several days before the competition.



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比賽路線圖 • Course Map



1

起點 Starting Point /
終點 End Point

: 舊咖啡灣泳灘 (屯門獨木舟會 - 水上集訓中心)
Cafeteria Old Beach (TMCC's Water Front Training Center)

2

檢查站
Check Point

: 龍珠島(礁石) 檢查站
Pearl Island Check Point

3

檢查站
Check Point

: 黃金泳灘 (C 灘) 檢查站
Golden Beach (C Beach) Check Point



比賽條例及安全守則 • Racing Competition & Safety Rules

1. 參賽者必須在穿著獨木舟衣著情況下，能游泳五十公尺。
Participant must be able to swim at least 50 meters in canoeing dress.
2. 參賽者必須最少持有香港獨木舟總會頒發的三星証書，初級証書或等同資歷。參賽者必須持有由香港獨木舟總會所發出的初級/三星或以上證書（親子賽之兒童賽員除外，但必須持有少年獨木舟之海馬章証書）。
Participants must be holders of 3-Star Award, Elementary Certificate or above issued by the Hong Kong Canoe Union (except for the children members of the Family Double Race, who must be holders of Sea Horse Award or above).
3. 賽員必須在整個賽事穿著合標準之救生衣或助浮衣。
Participants must wear standard lifejacket or buoyancy aid throughout the entire competition.
4. 賽員**必須**在比賽期間，穿著下列裝備：
Participants must be outfitted with the following equipment during the competition:
 - (i) 運動鞋「涼鞋及拖鞋不合標準」；
Sports Shoes are mandatory to protect the feet. (Flip-flops and sandals are not allowed);
 - (ii) 哨子；及
Whistle ; and
 - (iii) 適合之獨木舟划艇衣服。
Proper clothing for canoeing .
5. 每名賽員只可參加一個比賽項目。
Each Participant may only participate in one event.
6. 賽員及其裝備必須在出賽前接受大會裁判檢查及批准，方能參賽。
Participants and their equipment must be inspected and approved prior to the competition by the referee.
7. 賽員在下列情況下，比賽資格將被將消：
The Participant will be disqualified under the following circumstances:
 - (i) 在比賽進行中，將救生衣除下。
Put off the standard lifejacket or buoyancy aid during the competition.
 - (ii) 賽員沒有在規定時間一小時內完成比賽。
Fail to complete the competition within the designated time of one hour
8. 裁判認為任何賽員因體力問題，未能完成賽事或繼續比賽，可能影響個人或他人之安全及使整個賽事阻延，裁判可終止該賽員比賽，並可命令該賽員登上護航艇隻。
The referee may stop participants from continuing and order them to board the escort boat if they could not physically afford the competition, as it might cause safety concerns or delay the programmes of the competition.
9. 賽例如有任何更改將在賽事當天公佈。
Should there be any changes regarding the rules, the organizing party will make announcements at the day of the competition.
10. 主辦單位將保留解釋及修改以上條例之權利。
The organizing party reserves the right to interpret and modify the above rules.

備註 Remarks :

1. 若比賽當日早上七時天文台懸掛三號或以上風球或黑色暴雨警告訊號當日賽事即告取消。至於地區性雷暴及大雨，賽會會根據場地情況決定賽事是否繼續進行。詳情可致電：2430 0330, 9654 5598。
If Tropical Cyclone Warning Signal No.3 or higher, or if black rainstorm signal is hoisted at 7 am by Hong Kong Observatory, The competition will be cancelled. If there is local rainstorm or thunderstorm, the organizing party will determine if the competition would continue according to the condition of the venue. Participants can phone 2430 0330, 9654 5598 for details.
2. 各參加者或參加者監護人，應確保參加者的健康及體能良好，並適宜參加上述等運動賽事。如因參加者的疏忽、健康或體能欠佳，而引致參加者於是次比賽時傷亡，主辦單位無須負責。
Each participant, or guardian of the participant, shall ensure that the participant is physically fit and suitable to participate in this competition. If the participant get any injuries during the competition, the organizing party bears no responsibilities.
3. 如有任何更改及爭議，以屯門獨木舟會最終決定為準。
Should there be any dispute or modification, Tuen Mun Canoe Club's final decisions should prevail.



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個人報名表 Application Form for Individuals**** (每名賽員只可參加一個比賽項目。 Each Participant may only participate in one event.) ****

姓名(中文): Name (Chinese):		姓名(英文): Name (English):		性別: Gender:	
地址: Address:				出生日期: DOB	
身份証號碼: ID No.	()	年齡: Age:		職業: Occupation:	
住宅電話: Home Tel.:		手提電話: Mobile:		電郵地址: Email Address:	
參加項目 ⁺ : Event ⁺ :	<input type="checkbox"/>	組別 Group	年齡 Age	費用 Fee	參賽費用 Sub-Total:
	<input type="checkbox"/>	女子少年 WOMEN'S JUNIOR	10-13 歲	HK\$ 60.00	
	<input type="checkbox"/>	男子少年 MEN'S JUNIOR	10-13 歲	HK\$ 60.00	
	<input type="checkbox"/>	女子青年 WOMEN'S YOUTH	14-17 歲	HK\$ 60.00	
	<input type="checkbox"/>	男子青年 MEN'S YOUTH	14-17 歲	HK\$ 60.00	
	<input type="checkbox"/>	男子公開 MEN'S OPEN	18歲以上 above	HK\$ 60.00	
	<input type="checkbox"/>	女子公開 WOMEN'S OPEN	18歲以上 above	HK\$ 60.00	
	<input type="checkbox"/>	男子先進 MEN'S MASTER	35 歲以上 above	HK\$ 60.00	
	<input type="checkbox"/>	女子先進 WOMEN'S MASTER	35 歲以上 above	HK\$ 60.00	
參賽費用總計 Total:					

如遇意外，請通知以下人仕 Emergency Contact person:

姓名: Name:		關係: Relationship:		聯絡電話: Contact No.:	
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請在下列適當位置填上證書號碼 Please fill in your certificate number below:

程度 Level	三星章 / 初級証書 3 Star Award / Elementary Kayak Cert	中級銅章証書 Bronze Award	中級銀章証書 Silver Award	中級金章証書 / 中級証書 Gold Award / Proficiency Cert.	高級証書 Advanced Cert.
編號 Cert. No					

**請連同證書副本交回 * Please return it together with a copy of the certificate*

備註: Remarks:	<ul style="list-style-type: none"> 本會已為比賽的賽員購買個人傷亡保險，最高賠償為港幣一萬元正。 Personal Accident Insurance is purchased for participants on the day of competition, the maximum compensation is HKD 10,000.00 in case of casualties. 賽員必須遵守比賽規例。 Participant must comply with the regulations of the competition
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聲明: Declarations:	<p>本人(姓名)_____清楚了解到是次比賽的性質及所有規條，亦完全明白到可能會發生之任何危險事情，並同意主辦機構(屯門獨木舟會)無須負上任何責任，所有天災引起的傷亡意外或任何財物損失，無論是否由主辦機構(屯門獨木舟會)引起之疏忽，一概由本人承擔。</p> <p>I (Name)_____ (the "Participant") clearly understand the aims and rules of this race, and clearly understand the possible dangers in the race know that any danger case. I hereby confirm and consent that Tuen Mun Canoe Club (the "broker") is not accountable and no need to take up any responsibility in case of property damages or casualties, regardless of whether it involves the negligence of Tuen Mun Canoe Club (the "broker"). The accountability & responsibility are assumed by myself (the "Participant").</p>
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日期: Date:		賽員簽署: Signature of Participant:	
監護人姓名: Name of Guardian:		關係: Relationship:	
監護人簽署: Signature of Guardian			

參賽者年齡不足18歲者，必須由監護人簽署。

This application form must be signed by the guardian if the Participant is under 18 years old.

你所提供的資料只用作處理參加是次比賽之用。如欲更改或查詢你所提供的個人資料，請與本會職員聯絡(電話: 2430 0330)。

The information provided on this application form will be used for this competition only. For correction of or access to the personal data thus provided, please contact our staff at 2430 0330.



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雙人艇組報名表 Application Form for Kayak Double Race

** (每名賽員只可參加一個比賽項目. Each Participant may only participate in one event.)**

賽員 Participant (1)

姓名(中文): Name (Chinese):		姓名(英文): Name (English):		性別: Gender:	
地址: Address:				出生日期 DOB:	
身份証號碼: ID No.	()	年齡: Age:		職業: Occupation:	
住宅電話: Home Tel.:		手提電話: Mobile:		電郵地址: Email Address:	

賽員 Participant (2)

姓名(中文): Name (Chinese):		姓名(英文): Name (English):		性別: Gender:	
地址: Address:				出生日期 DOB:	
身份証號碼: ID No.	()	年齡: Age:		職業: Occupation:	
住宅電話: Home Tel.:		手提電話: Mobile:		電郵地址: Email Address:	

參加項目 ⁺ : Event ⁺ :	組別 Group	每隊費用 Enrollment fee per Team	參賽費用 Sub-Total:
<input type="checkbox"/>	雙人親子艇 FAMILY DOUBLE	HK\$ 120.00	
<input type="checkbox"/>	雙人混合艇組 MIXED DOUBLE	HK\$ 120.00	

如遇意外, 請通知以下人仕 Emergency Contact person:

姓名 Name:		關係 Relationship:		電話 Tel.No.:	
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請在下列適當位置填上証書號碼 Please fill in your certificate number below:

程度 Level	少年獨木舟之海馬章証書或以上 Sea Horse Award or above cert	三星章 / 初級証書 3 Star Award / Elementary Kayak Cert	中級銅章証書 Bronze Award	中級銀章証書 Silver Award	中級金章証書 / 中級証書 Gold Award / Proficiency Cert.
賽員 Participant (1)					
賽員 Participant (2)					

*請連同証書副本交回 * Please return it together with a copy of the certificate

備註: Remarks:	<ul style="list-style-type: none"> 本會已為比賽的賽員購買個人傷亡保險, 最高賠償為港幣一萬元正。Personal Accident Insurance is purchased for participants on the day of competition, the maximum compensation is HKD 10,000.00 in case of casualties. 賽員必須遵守比賽規例 Athletes must comply with the regulations of the competition
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聲明: Declarations:	<p>賽員 Participant (1)</p> <p>本人(姓名) _____ 清楚了解到是次比賽的性質及所有規條, 亦完全明白到可能會發生之任何危險事情, 並同意主辦機構 (屯門獨木舟會) 無須負上任何責任, 所有天災引起的傷亡意外或任何財物損失, 無論是否由主辦機構 (屯門獨木舟會) 引起之疏忽, 一概由本人承擔。</p> <p>I (Name) _____ (the "Participant") clearly understand the aims and rules of this race, and clearly understand the possible dangers in the race know that any danger case. I hereby confirm and consent that Tuen Mun Canoe Club (the "broker") is not accountable and no need to take up any responsibility in case of property damages or casualties, regardless of whether it involves the negligence of Tuen Mun Canoe Club (the "broker"). The accountability & responsibility are assumed by myself (the "Participant").</p> <p>賽員 Participant (2)</p> <p>本人(姓名) _____ 清楚了解到是次比賽的性質及所有規條, 亦完全明白到可能會發生之任何危險事情, 並同意主辦機構 (屯門獨木舟會) 無須負上任何責任, 所有天災引起的傷亡意外或任何財物損失, 無論是否由主辦機構 (屯門獨木舟會) 引起之疏忽, 一概由本人承擔。</p> <p>I (Name) _____ (the "Participant") clearly understand the aims and rules of this race, and clearly understand the possible dangers in the race know that any danger case. I hereby confirm and consent that Tuen Mun Canoe Club (the "broker") is not accountable and no need to take up any responsibility in case of property damages or casualties, regardless of whether it involves the negligence of Tuen Mun Canoe Club (the "broker"). The accountability & responsibility are assumed by myself (the "Participant").</p>
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賽員 Competitor 1

日期 Date:		賽員簽署 Signature of Participant (1):	
監護人姓名 Name of Guardian:		關係 Relationship:	
監護人簽署 Signature of Guardian			

賽員 Competitor 2

日期 Date:		賽員簽署 Signature of Participant (2):	
監護人姓名 Name of Guardian:		關係 Relationship:	
監護人簽署 Signature of Guardian			

參賽者年齡不足18歲者, 必須由監護人簽署 This application form must be signed by the guardian if the Athlete is under 18 years old.

你所提供的資料只用作處理參加是次比賽之用。如欲更改或查詢你所提供的個人資料, 請與本會職員聯絡 (電話: 2430 0330)。
The information provided on this application form will be used for this competition only. For correction of or access to the personal data thus provided, please contact our staff at 2430 0330.