

Organized by:



Revised

Hong Kong Indoor Rowing Championships & Charity Rowathon 2017 4 – 5 March 2017 (Saturday & Sunday), Kowloon Park Sports Centre, Hong Kong

Race Bulletin for Overseas Teams

1. Introduction

The “Hong Kong Indoor Rowing Championships & Charity Rowathon” is organized by the Hong Kong, China Rowing Association (HKCRA) and subvented by the Arts and Sport Development Fund of the Home Affairs Bureau. We are pleased to invite overseas teams to participate in this annual spectacular event.

2. Date

The Championships will be held on 4 (Saturday) and 5 (Sunday) of March 2017.

3. Venue

The Championships will be held at **Kowloon Park Sports Centre** which is located close to major hotels and the famous shopping area in Tsim Sha Tsui, Kowloon.



4. Events

The events are categorized as follows and please refer to the “Event Information” (**Annex 1**) and “Rules of Team Relay Events” (**Annex 2**) for details:-

4.1 Individual Events

Category	Race Distance / Duration
Junior	2000m, 1000m
Lightweight	2000m
Masters	500m, 2000m, 1-minutes*
Open	500m, 2000m, 1-minutes*
Para-Rowing	1000m

* New event. For details, please refer to para. 4.4.

4.2 Team Events

Category	Race Distance
4-A-Team Relay	2000m (4 x 500m)
Mixed Team Relay	2000m

4.3 Charity Events

We are proud to engage the “SAHK” in this year as the beneficiary for the Charity Events.

Founded in 1963, SAHK was previously named as “The Spastic Association of Hong Kong”, serving persons with cerebral palsy at all ages. To align with its service expansion to persons with different disabilities, the Association was renamed as “SAHK” in 2008. To uphold its belief in “Succeed and Advance”, SAHK is dedicated to provide a wide range of rehabilitation services for persons with disabilities in order to realise their full potential, enhance their independency, and assist them to integrate into the society. SAHK’s four core services are “Children and Family Support Service”, “Special Education Service”, “Adult Service” and “Community Support Service”. It also launches different Specialised Service Programmes from time to time. A total of 67 service units and Specialised Service Programmes currently provide services to 15,000 families per annum.

All of the donations of the Charity Events generated by the participants will be donated to the “SAHK”.

To generate more donations to the “SAHK”, the participating team which can generate highest amount of donation will be awarded with a commemorative Trophy.

All of you are welcome to form relay teams and encouraged to seek donors to generate additional donations to “SAHK” by fill the “Donation Form” (**Annex 3**).

Category	Race Distance / Duration
Charity Rowathon (6-A-Team Relay) (10-A-Team Relay)	15 minutes 30 minutes
Integrated 2000m Charity Challenge (2-A-Team Crew Race)	2000m

4.4 Invitation Events

1-minute Challenge:

This event is newly introduced this year and is FREE OF CHARGE! Perform your one-minute ergo at anywhere and anytime. Take Live video of the whole 1 minute ergo time together with photos showing the result (with distance) on the monitor and add official hashtag, upload to One-Minute Challenge Page under HKIRC Facebook page before 5:00pm 17 February 2017. The top 15 participants completing the longest distance will be invited to the Final race on 5 March.

Official hashtag: #HKIRC 2017 #1minergochallenge

Top of the Tops President Cup:

The 10 Men's teams and 10 Women's teams with the best time amongst the different events of the 4-A Team Relay will be invited to compete for the "Top of the Tops President Cup". (Each team members taking part in this event will be awarded with an Event T-shirt on that day. The winning team, both Men's and Women's, will be awarded with Trophy and Medals.

Category	Race Distance / Duration	Category
1-minute Challenge	1 minute	Open; Mater (Age 40 & above)
Top of the Tops President Cup	2000m (4-A- Team Relay)	

5. Eligibility

- 5.1 For the age group events, the age of the competitor is taken on the day of racing.
- 5.2 Lightweight men must not weigh more than 75 kg and lightweight women must not weigh more than 61.5 kg.
- 5.3 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 weighting of the lightweight competitor is above the limits, this competitor is not eligible to compete in that lightweight event.
- 5.4 Clarification on eligibility for entering different categories of team events can be requested by making enquiry to the HKCRA.

6. Prizes

6.1 Rowathon Events: 1st, 2nd, 3rd Place: Trophy

6.2 Integrated 2000m Charity Challenge: 1st Place: Trophy and Medal; 2nd, 3rd Place: Medal

6.3 Team Relay Events: 1st, 2nd, 3rd Place: Trophy and Medal

6.4 Individual Events

- 1st, 2nd, 3rd Place: Medal and Certificate
- Cash Awards – Any individual participant who breaks the current Hong Kong Record Time for Open Men & Women, Lightweight Men & Women, Junior Boys and Girls will receive prize money of HK\$1,000 (Aged 19 or above categories), or HK\$500 (Junior categories).

Cash Awards - Remarks:

1. If more than one participant breaks the record in the same category, the prize will be awarded only to the participant who holds the new record at the end of the competition. A participant may only win this cash prizes in the category in which they are entered.
2. The best time generated at events without existing records at the current Hong Kong Record Time will not be awarded cash prizes.
3. Only participants holding Hong Kong residence are entitled to be awarded cash prizes.

Remarks:

1. The event in Open will be cancelled if the number of entry is less than 2 persons. Entry fee will be refunded.
2. Participants who could finish the 2000m Individual Events within the standard time, a commemorative medal will be given. Please kindly refer to the “Event Information” (**Annex 1**) for details.

7. Preliminary Programme

4 March (Saturday)	5 March (Sunday)
<p><u>A.M.</u> 1) Individual Events - Junior</p> <p>Medal Presentation Ceremony I & Lunch Break</p> <p><u>P.M.</u> 2) Individual Events - Para-Rowing</p> <p>3) Team Relay Events - Para-Rowing - Secondary Schools - Youth Organizations</p> <p>4) Charity Rowathon - Secondary Schools</p> <p>Medal Presentation Ceremony II</p>	<p><u>A.M.</u> 1) Individual Events - Open - Masters - Lightweight</p> <p>2) Team Relay Events - Disciplinary Forces - Post-secondary Institutes</p> <p>Medal Presentation Ceremony III & Lunch Break</p> <p><u>P.M.</u> 3) Individual Events - Masters</p> <p>4) Team Relay Events - Government Departments - Professional Bodies - University 8-A-Team Crew Race - Corporates - Rowing, Canoeing & Paddling Clubs - Other Sports Clubs and Societies</p> <p>5) One-Minute Challenge - Open - Master</p> <p>6) Charity Rowathon - Open - Government Departments, Professional Bodies & Corporates - Secondary Schools</p> <p>7) Charity Events - Integrated 2000m Charity Challenge</p> <p>8) Top of the Tops President Cup</p> <p>Medal Presentation Ceremony IV</p>

8. Accommodation

- 8.1 Teams are recommended to arrange their accommodation in the **BEST WESTERN PLUS HOTEL KOWLOON** (Address: 73 - 75 Chatham Road South, Tsim Sha Tsui, Kowloon.) by themselves.

Information of the Hotel and Package:

Name of Hotel	:BEST WESTERN PLUS HOTEL KOWLOON
Address	:73 - 75 Chatham Road South, Tsim Sha Tsui, Kowloon.
Website	:http://www.bestwesternplushotelkowloon.com
Room rate	: <u>HK\$900</u> per room per night – <u>3 & 4</u> March 2017 <u>HK\$700</u> per room per night – <u>5 & 6</u> March 2017 The above rates are <u>SUBJECT</u> to 10% service charge.
Breakfast	:HK\$50+10% per person per meal (charge on consumption basis)
Other Services	:Free High Speed WiFi Internet Access
Remarks	:Reservation is subject to room availability & Hotel's written confirmation

Reservation can be made by filling the “Accommodation Booking Form” (**Annex 4**) and return to the hotel for confirmation **on or before 3 February 2017 (Friday)**.

- 8.2 Teams are also welcome to arrange their accommodation in other hotels if appropriate.
- 8.3 If the teams confirmed their accommodation arrangement, please complete and return the “Accommodation and Arrival & Departure Form” (**Annex 5**) **on or before 17:00hrs, 22 February 2017 (Wednesday) Hong Kong Time** for Organizing Committee's arrangement.
- 8.4 No transportation will be provided for the teams; however the teams could refer to “Transportation” below for details.

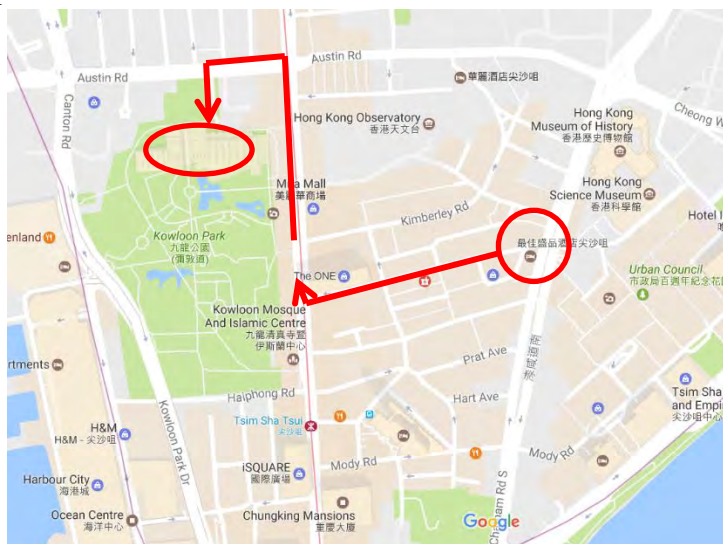
9. Transportation

1.2 From Airport to Hotels

- By Taxi directly.
- By Shuttle Bus provided by Hotels at Airport. (Please consult your hotel during reservation)
- By Airport Express of MTR to Kowloon MTR Station, change Free Shuttle Bus provided by Hotel. (Please consult your hotel for reservation)

9.2 From Hotel to Competition Venue

- Teams could take 10-minutes' walk distance from BEST WESTERN PLUS HOTEL KOWLOON to Competition Venue.
- Location Map:



10. Supporters

- 10.1 **Each** competitor will be allowed to bring one person as supporter, and accompany him/her into the race area.
- 10.2 Competitor can invite his/her own coach, parent or friend to be his/her supporter.
- 10.3 The supporter should keep quiet before the race, and sit on the seat provided during the whole race.
(If the race is Para-Rowing events, the supporter can assist the competitor to prepare the race, e.g. sit on ergo machine, adjust ergo machine and install the seat etc.)
- 10.4 The supporter can support his/her competitor during the race, but cannot touch the competitor, ergo machine and other equipment.
- 10.5 The supporter cannot interfere with other competitors, ergo machines or other equipment with any form of activities.
Supporters must obey the instructions from umpires and officials.
- 10.6 In order to ensure the race can run fairly and smoothly, umpires and officials reserve the rights to request any persons who are not following the rules and instructions to leave the racing area immediately.

11. Submission of Entry Forms

Action	Deadline
Entry Form by Name (Annex 6)	: 17:00hrs, 13 February 2017 (Monday) Hong Kong time
Charity Events' Entry Form (Annex 7)	: 17:00hrs, 13 February 2017 (Monday) Hong Kong time

- Completed Entry Forms should be returned by **e-mail only**.
- ***Double Entry Fee will be charged after the deadline of the final entry but the Organizing Committee reserves the right of not accepting any late application.***

12. Entry Fee

Individual Event	
Para-Rowing & Junior	: HK\$110/entry/event
Open, Masters & Lightweight	: HK\$190/entry/event
Team Event (4-A-Team Relay)	
Para-Rowing, Secondary Schools & Youth Organizations	: HK\$270/team/event
Others	: HK\$470/team/event
Charity Event	
Charity Rowathon (6-A-Team Relay & 10-A-Team Relay)	: Donated HK\$2,000/team/event
Integrated 2000m Charity Challenge (2-A-Team Crew Race)	: Donated HK\$200/team/event
1-minute Challenge	
Open & Master (Age 40 & above)	: FREE of charge

13. Payment

Please transfer the total entry fee to the following account **on or before 17:00 hrs, 13 February 2017 (Monday) Hong Kong time:** -

Account Name & No. : Hong Kong, China Rowing Association (004-002-6-187443)
 Bank Name : The Hong Kong & Shanghai Banking Corporation Ltd
 Bank Address : 1 Queen's Road, Central, Hong Kong
 Bank SWIFT code : HSBCHKHKKH
 Remarks : - To be paid net without any deduction
 - Remitter pays bank charges (Actual Bank charge by own)

14. Arrangements for Entry Fee in case of Event Cancellation

In view of the need of the HKCRA to bear the event preparation costs, only 50% of the paid entry fee will be refunded in case the event cancelled under inclement weather or unforeseeable reasons in Hong Kong.

15. Your Action Deadlines

Deadline	Actions	Annex
03 February 2017 (Friday)	Accommodation Application Form	4
13 February 2017 (Monday)	Entry Form By Name & Charity Events' Entry Form	6 & 7
13 February 2017 (Monday)	Payment	--
22 February 2017 (Wednesday)	Accommodation and Arrival & Departure Form	5

16. Organizing Committee

For all enquiries, submission of entries and other information, please contact the Organizing Committee at the following address:

The Organizing Committee

Hong Kong Indoor Rowing Championships & Charity Rowathon 2017
 c/o Hong Kong, China Rowing Association
 Sha Tin Rowing Centre, 27 Yuen Wo Road, Sha Tin, Hong Kong

Enquires:

Contact Person	: Mr. Alex WONG (Senior Sports Executive of HKCRA)	Telephone	: (852) 2699-7267
Fax	: (852) 2601-4477	E-mail	: alex.w@rowing.org.hk
Website	: www.rowing.org.hk	Facebook	: www.facebook.com/hkrowing
Contact Person	: Mr. Kwok Chi Long (Ass. Sports Officer of HKCRA)	Telephone	: (852) 2608-0302
Fax	: (852) 2601-4477	E-mail	: chilong.k@rowing.org.hk
Website	: www.rowing.org.hk	Facebook	: www.facebook.com/hkrowing

2017 香港室內賽艇錦標賽 暨 慈善長途接力賽
HONG KONG INDOOR ROWING CHAMPIONSHIPS
& CHARITY ROWATHON 2017

4 – 5 March 2017 (Saturday & Sunday), Kowloon Park Sports Centre, Hong Kong
Entry Deadline: 13 February 2017

EVENT INFORMATION 比賽項目資料

I. Lists of Events 比賽項目

Individual Events – 個人項目

Junior 青少年組 (1000m 米)

Event Code 項目編碼	Boy's Event 男子項目	Event Code 項目編碼	Girl's Event 女子項目
1 <input type="checkbox"/>	Age 12 & Under 12 歲或以下	3 <input type="checkbox"/>	Age 12 & Under 12 歲或以下
2 <input type="checkbox"/>	Age 14 & Under 14 歲或以下	4 <input type="checkbox"/>	Age 14 & Under 14 歲或以下

Junior 青少年組 (2000m 米)

Event Code 項目編碼	Boy's Event 男子項目	Event Code 項目編碼	Girl's Event 女子項目
5 <input type="checkbox"/>	Age 16 & Under 16 歲或以下	7 <input type="checkbox"/>	Age 16 & Under 16 歲或以下
6 <input type="checkbox"/>	Age 18 & Under 18 歲或以下	8 <input type="checkbox"/>	Age 18 & Under 18 歲或以下

Lightweight 輕量級組 (2000m 米)

Event Code 項目編碼	Men's Event 男子項目	Event Code 項目編碼	Women's Event 女子項目
9 <input type="checkbox"/>	Age 19 – 29 19 至 29 歲	12 <input type="checkbox"/>	Age 19 – 29 19 至 29 歲
10 <input type="checkbox"/>	Age 30 – 39 30 至 39 歲	13 <input type="checkbox"/>	Age 30 – 39 30 至 39 歲
11 <input type="checkbox"/>	Age 40 & above 40 歲或以上	14 <input type="checkbox"/>	Age 40 & above 40 歲或以上

Open 公開組 (500m 米)

Event Code 項目編碼	Men's Event 男子項目	Event Code 項目編碼	Women's Event 女子項目
15 <input type="checkbox"/>	Age 19 – 29 19 至 29 歲	18 <input type="checkbox"/>	Age 19 – 29 19 至 29 歲
16 <input type="checkbox"/>	Age 30 – 39 30 至 39 歲	19 <input type="checkbox"/>	Age 30 – 39 30 至 39 歲
17 <input type="checkbox"/>	Age 40 & above 40 歲或以上	20 <input type="checkbox"/>	Age 40 & above 40 歲或以上

Open 公開組 (2000m 米)

Event Code 項目編碼	Men's Event 男子項目	Event Code 項目編碼	Women's Event 女子項目
21 <input type="checkbox"/>	Men's Open 2000m 男子公開 2000 米	22 <input type="checkbox"/>	Women's Open 2000m 女子公開 2000 米

Masters 大師組 (2000m 米)

Event Code 項目編碼	Men's Event 男子項目	Event Code 項目編碼	Women's Event 女子項目
23 <input type="checkbox"/>	Age 30 – 39 30 至 39 歲	27 <input type="checkbox"/>	Age 30 – 39 30 至 39 歲
24 <input type="checkbox"/>	Age 40 – 49 40 至 49 歲	28 <input type="checkbox"/>	Age 40 – 49 40 至 49 歲
25 <input type="checkbox"/>	Age 50 – 59 50 至 59 歲	29 <input type="checkbox"/>	Age 50 – 59 50 至 59 歲
26 <input type="checkbox"/>	Age 60 & above 60 歲或以上	30 <input type="checkbox"/>	Age 60 & above 60 歲或以上

Masters 大師組 (500m 米)

Event Code 項目編碼	Men's Event 男子項目	Event Code 項目編碼	Women's Event 女子項目
31 <input type="checkbox"/>	Age 30 – 39 30 至 39 歲	35 <input type="checkbox"/>	Age 30 – 39 30 至 39 歲
32 <input type="checkbox"/>	Age 40 – 49 40 至 49 歲	36 <input type="checkbox"/>	Age 40 – 49 40 至 49 歲
33 <input type="checkbox"/>	Age 50 – 59 50 至 59 歲	37 <input type="checkbox"/>	Age 50 – 59 50 至 59 歲
34 <input type="checkbox"/>	Age 60 & above 60 歲或以上	38 <input type="checkbox"/>	Age 60 & above 60 歲或以上

Para-Rowing 展能組 (1000m 米)

Event Code 項目編碼	Men's Event 男子項目	Event Code 項目編碼	Women's Event 女子項目
39 <input type="checkbox"/>	LTA-PD (殘障組)	43 <input type="checkbox"/>	LTA-PD (殘障組)
40 <input type="checkbox"/>	LTA-ID (智障組)	44 <input type="checkbox"/>	LTA-ID (智障組)
41 <input type="checkbox"/>	TA	45 <input type="checkbox"/>	TA
42 <input type="checkbox"/>	AS	46 <input type="checkbox"/>	AS

2017 香港室內賽艇錦標賽 暨 慈善長途接力賽

HONG KONG INDOOR ROWING CHAMPIONSHIPS & CHARITY ROWATHON 2017

4 – 5 March 2017 (Saturday & Sunday), Kowloon Park Sports Centre, Hong Kong
[Entry Deadline: 13 February 2017](#)

Team Events – 隊際項目

Charity Rowathon 慈善長途接力

Event Code 項目編碼	Event 項目
47 □	Open 公開組 (30 Minutes 分鐘)
48 □	Government Departments, Professional Bodies & Corporates 政府部門、專業團體及工商機構 (30 Minutes 分鐘)
49 □	Secondary Schools 中學組 (15 Minutes 分鐘)

Integrated 2000m Charity Challenge 2000 米慈善融合挑戰賽 (2-A-Team Crew Race 二人隊際挑戰賽)

Event Code 項目編碼	Event 項目
50 □	男子組 Men's Pair
51 □	女子組 Women's Pair
52 □	混合組 Mixed Pair

4-A-Team Relay 四人隊際接力

Event Code 項目編碼	Men's Event 男子項目	Event Code 項目編碼	Women's Event 女子項目
53 □	Disciplinary Forces 紀律部隊	62 □	Disciplinary Forces 紀律部隊
54 □	Government Departments 政府部門	63 □	Government Departments 政府部門
55 □	Professional Bodies 專業團體	64 □	Professional Bodies 專業團體
56 □	Post-secondary Institutes 大專組	65 □	Post-secondary Institutes 大專組
57 □	Secondary Schools 中學組	66 □	Secondary Schools 中學組
58 □	Youth Organizations 青少年團體	67 □	Youth Organizations 青少年團體
59 □	Corporates 工商機構	68 □	Corporates 工商機構
60 □	Rowing, Canoeing and Paddling Clubs 賽艇、獨木舟及龍舟會	69 □	Rowing, Canoeing and Paddling Clubs 賽艇、獨木舟及龍舟會
61 □	Other Sports Clubs and Societies 其他體育會 / 團體	70 □	Other Sports Clubs and Societies 其他體育會 / 團體

Mixed Team Event 隊際混合賽

Event Code 項目編碼	Event 項目
71 □	Universities 8-A-Mixed Crew Race 大學八人隊際混合賽
72 □	Para-Rowing (Intellectually Disabled) 4-A-Mixed Team Relay 展能組(智障組) 四人隊際混合接力
73 □	Para-Rowing (LTA) 4-A-Mixed Team Relay 展能組(殘障組) 四人隊際混合接力

II. Standard Time for 2000m Events 2000 米賽事標準時間

Men's Event 男子項目	Standard Time 標準時間		Women's Event 女子項目	Standard Time 標準時間	
	83%世界紀錄 83%World Record	90%世界紀錄 90%World Record		83%世界紀錄 83%World Record	90%世界紀錄 90%World Record
Junior 青少年組			Junior 青少年組		
Age 16 & Under 16 歲或以下	7:11.4	6:37.9	Age 16 & Under 16 歲或以下	8:09.3	7:31.2
Age 18 & Under 18 歲或以下	7:21.6	6:47.2	Age 18 & Under 18 歲或以下	8:32.9	7:53.0
Lightweight 輕量級組			Lightweight 輕量級組		
Age 19 - 29 19 至 29 歲	7:09.8	6:36.3	Age 19 - 29 19 至 29 歲	8:19.6	7:40.8
Age 30 - 39 30 至 39 歲	7:21.4	6:47.1	Age 30 - 39 30 至 39 歲	8:22.0	7:43.0
Age 40 & above 40 歲或以上	7:31.7	6:56.6	Age 40 & above 40 歲或以上	8:37.6	7:57.3
Open 公開組			Open 公開組		
Men's Open 2000m 男子公開 2000 米	6:45.5	6:14.0	Women's Open 2000m 女子公開 2000 米	7:43.9	7:07.8
Masters 大師組			Masters 大師組		
Age 30 - 39 30 至 39 歲	6:45.5	6:14.0	Age 30 - 39 30 至 39 歲	7:48.4	7:12.0
Age 40 - 49 40 至 49 歲	6:59.6	6:27.0	Age 40 - 49 40 至 49 歲	8:11.8	7:33.6
Age 50 - 59 50 至 59 歲	7:23.0	6:48.6	Age 50 - 59 50 至 59 歲	8:23.6	7:44.4
Age 60 & above 60 歲或以上	7:42.3	7:06.3	Age 60 & above 60 歲或以上	9:03.4	8:21.1



HONG KONG INDOOR ROWING CHAMPIONSHIPS & CHARITY ROWATHON 2017

Rules of Events (Team Relay/**Crew Race**)

Charity Rowathon – Quota for each category : 22 Teams (first-come-first-served basis)
<p><u>Open Events & Government Departments, Professional Bodies & Corporate Organizations (30-minutes)</u></p> <ol style="list-style-type: none"> Each team must have a <u>minimum of 6 and a maximum of 10 member</u> including at least 2 male and 2 female members. Each 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 members may row more than twice. The winner of this 30-minute event will be the team completing the longest distance. <p><u>Secondary Schools (15-minute)</u></p> <ol style="list-style-type: none"> Each team must have a minimum of 4 and a maximum of 6 members including at least 2 male and 2 female members. Each 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 members may row more than twice. The winner of this 15-minute event will be the team completing the longest distance.
Integrated 2000m Charity Challenge (2-A-Team Crew Race)
<ol style="list-style-type: none"> Each team should comprise 1 able body & 1 member with 1 disability (physically disabled or visually impaired). Each “Mixed Pair” team should comprise 1 member & 1 disable member (including 1 male and 1 female member). Each team should row 2000m in total at the same time on individual machines. The winner of this event will be the fastest team completing total 2000m.
4-A-Team Relay
<ol style="list-style-type: none"> This event is a 4 x 500m relay race with each team using one machine and changing members each 500m. Each team shall comprise 4 male or 4 female members. Each member in a team shall row 500m. The result of each team will be determined by the time taken by the team to row 2000m, including the changeover between members, with the fastest team being the winner. All members of a team entered in the “Secondary School” must representing same school. All members of a team entered in the “Government Departments Event” must be employees of that Government Departments. Members of the Disciplinary Forces are not eligible to enter the Government Departments events. All members of a team entered in the “Professional Bodies Event” must be members of that organization which must be registered Professional Organization. All members of a team entered in the “Corporate Event” must be employees of that company which itself must be a company registered in Hong Kong. All members of a team entered in the “Other Sports Clubs and Society Event” must be members of that club or society which itself must be an official registered sports club or society other than Rowing, Canoeing and Paddling Clubs.
4 -A-Mixed Team Relay
<ol style="list-style-type: none"> Each team must comprise 4 members, including 2 male and 2 female members. The sport class of LTA (PD), LTA (ID), TA and AS is based on the related rules and regulations of FISA. In LTA Mixed Team Relay event, no more than 2 visually impaired members may be included in a team. Documentary proof for visually impaired member should be provided when submit entry. The format of LTA Mixed Team Relay event is 4 members, rowing 500m at the same time on individual machines, with the team result will be calculated by the sum of time of all members. Para-Rowing (PD) members include physically disabled and visual impairment.
8-A-Mixed Crew Race
<ol style="list-style-type: none"> Each team must have 8 members including 4 male and 4 female members. Each member of the team must row 2000m at the same time on individual machines. The result of each team will be determined by the average time taken by the team to row 2000m, with the fastest team being the winner.

2017 年香港室內賽艇錦標賽 暨 慈善長途接力賽 HONG KONG INDOOR ROWING CHAMPIONSHIPS & CHARITY ROWATHON 2017

受惠機構: 香港耀能協會 Beneficiary: SAHK

香港耀能協會(前稱「香港痲痺協會」)創立於1963年,為各類殘疾人士提供多元化的康復服務,發展他們的潛能、提升自信,協助他們融入社會。協會四個核心服務包括「兒童及家庭支援服務」、「特殊教育」、「成人服務」及「社區支援服務」,轄下67個服務單位及專項計劃每年為15,000個家庭提供服務。

Founded in 1963, SAHK was formerly named as "The Spastic Association of Hong Kong". SAHK dedicatedly provide a wide range of rehabilitation services for persons with disabilities with the aim to develop their potential, strengthen their confidence, and assist them to integrate into the society. SAHK's four core services are "Children and Family Support Service", "Special Education", "Adult Service" and "Community Support Service". The 67 service units and Specialised Service Programmes provide services to 15,000 families per annum.

捐款

1. 支票捐款

如以支票捐款,抬頭請寫「香港耀能協會」,並於支票背面寫上「2017 HKIRC」、閣下之隊伍名稱及英文姓名,連同填妥之募捐表格郵寄或遞交至中國香港賽艇協會。

2. 現金捐款

現金捐款每次最低捐款額為100港元,請預先點算好所籌得之款項,以信封入好並在信封面寫上「2017HKIRC」、閣下之隊伍名稱及英文姓名,連同填妥之募捐表格親身於辦公時間內遞交至中國香港賽艇協會 - 沙田賽艇中心。

請注意

1. 所有款項及募捐者名單,必須於**2017年2月13日**或以前收集及遞交予中國香港賽艇協會。
2. 請影印所有支票、募捐表格及報名表格以作記錄,直至取得捐款收據並核對無誤後才可銷毀。
3. 捐款100港元或以上的贊助人可獲發正式收據作政府免稅用途。
4. 正式收據將直接寄予募捐表格上註明的參加者或慈善項目報名表上的隊長。如郵遞地址與登記時不符,請盡早通知中國香港賽艇協會。
5. 為了籌募更多善款,凡參加慈善賽的隊伍而能夠在今年錦標賽籌募得最多善款的參賽隊伍,將有機會獲得獎盃乙個;及由賽協舉辦,8個免費及可轉移的初級賽艇課程名額(一、二星雙槳),總值\$2,200港元。

DONATION

1. By Cheque

Cheques should be made payable to 'SAHK'. Please write '2017 HKIRC', your team name and full name in English on the back of the cheques and send by post or by hand to the Hong Kong, China Rowing Association.

2. By Cash

Minimum amount of cash donation each time is HK\$100. Please ensure the total amount of cash is accurate and put it in an envelope with '2017 HKIRC', your team name and full name in English on the back with the completed Donation Form. Please submit **BY HAND** to the General Office of the Hong Kong China, Rowing Association at Sha Tin **during office hours**.

NOTES

1. Donation Forms with donations should be submitted to the Hong Kong, China Rowing Association **by 13 February 2017**.
2. Please photocopy your cheques, Entry Form and Donation Form for record. **DO NOT** destroy them until you have received all the official receipts for donation.
3. Official receipts will be issued to sponsors who donate HK\$100 or more for tax deduction.
4. Official Receipts will be sent to the Participant or Team Leader on specified on the Donation Form or Charity Events' Entry Form. If your mailing address is different from what you have provided during the registration period, please contact the Hong Kong, China Rowing Association.
5. **To generate more donation, the participating team with the highest amount of donation will be awarded a Trophy; and transferable quotas for 8 persons for the HKCRA Galaxy Rowing Course (Star 1&2 Sculling) at FREE amounting HK\$2,200.**

查詢及聯絡 Enquiries & Contact Information

中國香港賽艇協會 Hong Kong, China Rowing Association

郭智朗先生 (助理體育幹事 - 室內賽艇及市場推廣)

Mr. KWOK Chi Long (Assistant Sport Officer - Indoor Rowing & Marketing)

查詢電郵 Enquiry Email: chilong.k@rowing.org.hk

電話 Tel: 2608 0302

傳真 Fax: 2601 4477

地址 Address: 香港沙田源禾路廿七號, 沙田賽艇中心

Sha Tin Rowing Centre, 27 Yuen Wo Road, Shatin, NT

辦公時間 Office Hours: 星期一至五上午9時至下午5時
9am-5pm, Monday to Friday

網頁 Website: www.rowing.org.hk

Facebook: www.facebook.com/hkrowing

主辦機構
Organizer



受惠機構
Beneficiary



2017 年香港室內賽艇錦標賽 暨 慈善長途接力賽
HONG KONG INDOOR ROWING CHAMPIONSHIPS
& CHARITY ROWATHON 2017

募捐表格 Donation Form

請將此表格連同劃線支票(抬頭請寫「香港耀能協會」)寄：香港沙田源禾路廿七號·沙田賽艇中心
Please submit this completed Donation Form with crossed cheque (Cheque made payable to 'SAHK') to: Sha Tin Rowing Centre, 27 Yuen Wo Road, Sha Tin, Hong Kong.

參加者姓名 Name of Participant : _____ (中文) _____ (English)
聯絡電話 Contact Telephone No. : _____
隊伍 Team : _____
住址 Address : _____
(以便郵寄收據 For mailing the receipt)

捐款人姓名 Name of Donor	捐款金額 (港元) Amount (HK\$)	簽署 Signature	*收據 Receipt
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			
13			
14			
15			
捐款總額 Total Amount HK\$			

* 凡捐款港幣 100 元或以上者可獲發收據·捐款人可憑「香港耀能協會」發出之正式收據申請扣稅。收據將於 2017 年 3 月 31 日前寄出予參加者代為分發給各捐款人。

* SAHK will issue official receipts to donors with donations of HK\$100 or above for tax deduction. The official receipts will be sent to the participants by post for distribution to relevant donors by 31 March 2017.

查詢及聯絡 Enquiries & Contact Information

中國香港賽艇協會 Hong Kong, China Rowing Association

郭智朗先生 (助理體育幹事 – 室內賽艇及市場推廣)

Mr. KWOK Chi Long (Assistant Sport Officer – Indoor Rowing & Marketing)

查詢電郵 Enquiry Email: chilong.k@rowing.org.hk

辦公時間 Office Hours: 星期一至五上午 9 時至下午 5 時

電話 Tel: 2608 0302

9am-5pm, Monday to Friday

傳真 Fax: 2601 4477

網頁 Website: www.rowing.org.hk

地址 Address: 香港沙田源禾路廿七號·沙田賽艇中心

Facebook: www.facebook.com/hkrowing

Sha Tin Rowing Centre, 27 Yuen Wo Road, Shatin, NT

Hotel Kowloon
最佳盛品酒店尖沙咀

To : Best Western Plus Hotel Kowloon (Formerly named as the Ramada Hotel Kowloon)
Attention : Fiona Cheung – Sales Manger
E-mail : smcorp@bestwesternplushotelkln.com
Tel / Fax : (852) 2165 3572 / (852) 2721 8022
Subject : **HK Indoor Rowing Championships & Charity Rowathon (HKIRC 2017)**

Dear Sir,

Best Western Plus Hotel Kowloon is pleased to offer a Super-Save Rate at **HK\$900 / HK\$700** for single/double occupancy per room per night under Superior room category & **HK\$50** per person per meal of buffet breakfast for those guests who join the captioned event held by HK, China Rowing Association for **March 2017**. For reservation, please fill in the reservation form as below and return to us for confirmation.

* *FREE in-room Wi-Fi internet service*

* *Above rates are applicable from March 3 & 4 at **HK\$900** and March 5 & 6 at **HK\$700** per room per night*

* *All above rates are **Subject to** 10% service charge*

* *Kindly make the reservation **on or before 03 February 2017**. All reservations are subject to room availability and hotel's written confirmation.*

To be completed by accommodation application

Date: _____

{ } *Reservation*

{ } *Adjustment*

{ } *Cancellation*

Guest Name(s) : _____

Arrival Date : _____ Arrival Flight _____

Departure Date : _____ Departure Flight _____

No. of room (s) : _____ No. of guest (s) : _____

Special Request(s) : Double-Bedded Twin-Bedded Smoking room Non-smoking Room

Buffet Breakfast (s) : Yes () HK\$50 per person per meal No ()

Credit card Number : _____

Card Holder Name : _____ Expiry Date (MM/YY): _____

(For Guarantee Purpose) **** Cancellation only accepted 7 days prior to arrival, otherwise one night room rental will be charged as penalty ****

Name of Application : _____ Signature: _____

E-mail : _____

Contact No. : _____

Hotel Kowloon
最佳盛品酒店尖沙咀

73-75 Chatham Road South, Tsimshatsui, Kowloon, Hong Kong 香港九龍尖沙咀漆咸道南73-75號
P: (852) 2311-1100 E: hotel@bestwesternplushotelkln.com bestwesternplushotelkowloon.com

Wherever Life Takes You, Best Western Is There.®

Each Best Western® branded hotel is independently owned and operated.



2017 香港室內賽艇錦標賽 暨 慈善長途接力賽
HONG KONG INDOOR ROWING CHAMPIONSHIPS
& CHARITY ROWATHON 2017
 4 – 5 March 2017 (Saturday & Sunday),
 Kowloon Park Sports Centre, Hong Kong

Accommodation and Arrival & Departure Form 住宿及行程資料
(Deadline 截止日期 : 22/2/2017)

Arrangement of the team with details given as bellow:

隊伍住宿及行程安排，詳情如下：

I. Team Information 隊伍資料

Name of Team:

隊伍名稱: _____

Country/Region:

國家 / 地區: _____

Total no. of Delegates:

隨隊人員總數: _____ (pax)

Officials:

工作人員: _____ (pax)

Athletes:

運動員: _____ (pax)

Name of Contact Person:

聯絡人名稱: _____

Position in the Team:

職位: _____

Contact Telephone No.:

聯絡電話號碼: _____

Email:

電郵: _____

II. Information of Accommodation 住宿資料

Name of the Hotel:

酒店名稱: _____

Address of the Hotel:

酒店地址: _____

Check-in Date:

入住日期: _____

Check-out Date:

離開日期: _____

III. Itinerary 行程

Estimated Arrival Date:

預計到港日期: _____

Flight/Vessel No.:

航班編號: _____

Estimated Departure Date:

預計離港日期: _____

Flight/Vessel No.:

航班編號: _____

IV. Signature 簽署

Signature of the Contact Person:

聯絡人簽署: _____

Date:

日期: _____



2017 香港室內賽艇錦標賽 暨 慈善長途接力賽
HONG KONG INDOOR ROWING CHAMPIONSHIPS
& CHARITY ROWATHON 2017

4 – 5 March 2017 (Saturday & Sunday), Kowloon Park Sports Centre, Hong Kong

Entry Form By Name 報名表
(Deadline 截止日期 : 13/2/2017)

I. Contact Details 聯絡方法

Name of Contact Person 聯絡人姓名 Family Name (姓) _____ Given Name (名) _____

Name of Team (if applicable) 隊伍名稱 (如適用) (Eng 英文) _____ (Chi 中文) _____

Abbreviation for the name of Team in English (*To be shown on the racing system and must be completed. Must be less than 20 characters including space*)
 隊伍的英文簡稱 (將顯示於比賽系統及必須填寫; 必須不多於 20 個字母連空格) _____

Country / Region 國家/地區 _____ Telephone No. 聯絡電話 _____

Fax No. 傳真 _____ Email 電郵 _____

Correspondence Address 通訊地址 _____

Please refer to Annex 1 for the details of each event for filling this Form. Please use separate sheet if the space is not enough.
 請參考附件一填報。如位置不足夠可另加紙張。

II. Team Information 隊員資料

	Event Code 參賽項目編號	Name of Participants (English 英文)		Participant Name (中文 Chinese)	*Gender *性別 (M 男 / F 女)	Signature of parent/guardian or authorized person (if participants is aged under 18 years old) 家長 / 監護人簽署 (只適用於 18 歲以下參賽者)
		Family Name (姓)	Given Name (名)			
1					M 男 / F 女	
2					M 男 / F 女	
3					M 男 / F 女	
4					M 男 / F 女	
5					M 男 / F 女	
6					M 男 / F 女	
7					M 男 / F 女	
8					M 男 / F 女	
9					M 男 / F 女	
10					M 男 / F 女	

III. Total Number of Delegation 參賽隊伍總人數

Number of Participants

總參賽者人數: Male _____ Female _____

Number of Accompanying Officials

隨隊人員人數: Male _____ Female _____

IV. Entry Fee 參賽費用

<u>Individual Event</u> Para-Rowing & Junior: HK\$110/entry/event Open, Masters & Lightweight: HK\$190/entry/event 1-minute Challenge (by invitation): FREE	個人項目 展能組及青少年組：每項港幣 110 元 公開組、大師組及輕量級組：每項港幣 190 元 1 分鐘挑戰賽(邀請賽)：免費
<u>Team Event (4-A-Team Relay)</u> Para-Rowing, Secondary Schools & Youth Organization : HK\$270/team/event Others : HK\$470/team/event	隊際項目 (四人隊際接力) 展能組、中學組及青少年團體：每隊港幣 270 元 其他組別：每隊港幣 470 元
<u>Charity Rowathon (6-A-Team Relay & 10-A-Team Relay)</u> Donated HK\$2,000/team/event	慈善長途接力賽 (六人/十人隊際接力) 每隊需籌得港幣 2,000 元
<u>Charity Event - Integrated 2000m Charity Challenge (2-A-Team Crew Race)</u> Donated HK\$200/team/event	慈善賽 - 2000 米慈善融合挑戰賽 (二人隊際挑戰賽) 每隊需籌得港幣 200 元

Total Amount 總額 HK\$ _____

V. Payment Method 付款方法

Please transfer the **entry fee** to the following account **on or before 13 February 2017** 請於 **13/2/2017** 或之前將**報名費用**存至以下戶口: -

All banking fees are to be paid for by the sender. Kindly please instruct your bank not to deduct any fees from the payment we receive.

所有費用均由參賽隊伍負責支付，包括銀行的手續費。

Telegraphic 電匯

Name of Bank 銀行 : The Hong Kong and Shanghai Banking Corporation Ltd. 香港上海匯豐銀行有限公司

Address of Bank 銀行地址 : 1 Queen's Road, Central, Hong Kong 香港中環皇后大道 1 號

Name of Account 戶口名稱 : Hong Kong, China Rowing Association 中國香港賽艇協會

Account No. 戶口號碼 : 004-002-6-187443

Bank SWIFT code : HSBCHKHCHKH

Declaration

I hereby declare that I and all the above participants have entered this team in full awareness of the physical demands of the event. All participants aged under 18 who take part in the above event must be enrolled with the consent of their parents/ guardians or persons authorized by their parents/ guardians. I agree to abide by the rules and conditions as laid down by the Hong Kong, China Rowing Association (HKCRA). I hereby also confirm that all the above participants are physically fit and capable of participating in the event entered and do so at their own risk and responsibility and irrevocably discharge and hold harmless the HKCRA in connection with the event (as well as other individuals/ officials/ organizations involved directly or indirectly with the event) from any claim or responsibility for personal injury, death, loss or whatever which results as a consequence of their participating in the event. I note that the HKCRA will keep the above information confidential but may provide the information to its agent, contractor or third party service in connection with the operation of this event, its major sponsors for promotional purpose, or any other person under a duty of confidentiality to the HKCRA.

Personal Data (Privacy) Ordinance

The information provided by the applicant(s) will only be used for the enrollment and promotion of recreation and sports activities organized by the HKCRA. For correction of or access to the personal data after submission of the Declaration, please contact the Hong Kong, China Rowing Association.

聲明

謹此聲明本人和所有參賽者是在完全明瞭此活動體適能要求情況下報名參加，所有十八歲以下的參賽者已獲家長/監護人同意或已獲家長/監護人的授權人同意參加上述活動，並願意遵守有關活動規則。同時聲明本人及所有參賽者身體健康及有能力參與此活動，並願意承擔自身的意外風險及責任，並無權向中國香港賽艇協會及其他直接或間接與此活動有關人仕/工作人員/組織對本人參與上述活動而發生或引致之自身意外、死亡或任何形式的損失索償或追討責任。此外，中國香港賽艇協會承諾會把以上資料保密，但可能把有關資料供予中間人，承辦商或此活動運作有關的第三者服務供應人或其他對中國香港賽艇協會具有保密責任的人士。

個人資料(私隱)條例

你所提供的資料只限用於報名本課程/活動，以供主辦機構和有關的協辦機構推廣其康樂體育活動之用。在遞交聲明後，如欲更改或查詢已申報的個人資料，可與中國香港賽艇協會聯絡。

Signature of Contact Person 聯絡人簽署 _____ Date 日期 _____

主辦機構
Organizer



受惠機構
Beneficiary



Annex 7

只供機構填寫
For Official Use Only
Ref.: _____

2017 香港室內賽艇錦標賽 暨 慈善長途接力賽 HONG KONG INDOOR ROWING CHAMPIONSHIPS & CHARITY ROWATHON 2017

4 – 5 March 2017 (Saturday & Sunday), Kowloon Park Sports Centre, Hong Kong

慈善項目報名表 CHARITY EVENTS' ENTRY FORM

(截止日期 Deadline : 13/2/2017)

項目 EVENTS

慈善長途接力 Charity Rowathon

項目編碼 Event Code 項目 Event

- 47 公開組 Open Event (30 分鐘 Minutes)
 48 政府部門、專業團體及工商機構 Government Departments, Professional Bodies & Corporates (30 分鐘 Minutes)
 49 中學組 Secondary School (15 分鐘 Minutes)

2000 米慈善融合挑戰賽 Integrated 2000m Charity Challenge (二人隊際挑戰賽 2-A-Team Crew Race)

項目編碼 Event Code 項目 Event

- 50 男子組 Men's Pair 51 女子組 Women's Pair 52 混合組 Mixed Pair

隊伍資料 TEAM INFORMATION

隊伍名稱 (英文 Eng) _____ (中文 Chi) _____
Team Name

機構/學校名稱 (必須填寫)
Name of Organization/School (Must be completed) (英文 Eng) _____ (中文 Chi) _____

機構/學校的英文簡稱 (將顯示於比賽系統及必須填寫)
Abbreviation for the Name of Organization/School in English (To be shown on the racing system and must be completed)

_____ (必須不多於 20 個字母連空格 Must be less than 20 characters including space)

用正楷大草填寫。Please complete in BLOCK letters.

隊長 Team Leader (聯絡人 Contact Person)

(姓) Family Name _____ (名) Given Name _____

姓名 (中文 Chi) _____ 性別 Gender *男 M / 女 F

聯絡電話 Tel. No. _____ 傳真 Fax No. _____

*香港身份證/ 護照號碼 (英文字母及首 4 個數字) _____
*HKID/ Passport No. Frist alphabet & 4 digits

電郵 Email _____

通訊地址 _____

Correspondence Address _____

隊員 Team Members

	Name of Participant (英文 Eng)		參加者姓名 (中文)	*Gender *性別 (男 M / 女 F)	年齡 Age (日 DD /月 MM /年 YY)
	(姓) Family Name	(名) Given Name			
1				男 M / 女 F	

	Name of Participant (英文 Eng)		參加者姓名 (中文)	*性別 *Gender (男 M / 女 F)	年齡 Age (日 DD /月 MM /年 YY)
	(姓) Family Name	(名) Given Name			
2				男 M / 女 F	
3				男 M / 女 F	
4				男 M / 女 F	
5				男 M / 女 F	
6				男 M / 女 F	
7				男 M / 女 F	
8				男 M / 女 F	
9				男 M / 女 F	
10				男 M / 女 F	

*請刪去不適用者。 Please delete as inappropriate.

18 歲以下參加者的姓名 Name of Participant who is aged under 18 years old	家長 / 監護人簽署 (只適用於 18 歲以下參加者) Signature of parent/guardian or authorized person (if participant is aged under 18 years old)

隊長簽署 Signature of Team Leader

日期 Date

聲明: 本人謹此聲明以上所有參賽者是在完全明瞭此活動體適能要求情況下報名參加。所有十八歲以下的參賽者已獲家長/監護人同意或已獲家長/監護人的授權人同意參加上述活動，並願意遵守有關活動規則。本人同時聲明以上所有參賽者身體健康及有能力參與此活動，並願意承擔自身的意外風險及責任，並無權向中國香港賽艇協會及其他直接或間接與此活動有關人士/工作人員/組織對以上所有參賽者參與上述活動而發生或引致之自身意外、死亡或任何形式的損失索償或追討責任。此外，中國香港賽艇協會承諾會把以上資料保密，但可能把有關資料供予中間人、承辦商或此活動運作有關的第三者服務供應人或其他對中國香港賽艇協會有保密責任的人士。

Declaration: I hereby declare that all the above participants have entered this team in full awareness of the physical demands of the event. All participants above aged under 18 who take part in the event must be enrolled with the consent of their parents/ guardians or persons authorized by their parents/ guardians. All participants above agree to abide by the rules and conditions as laid down by the Hong Kong, China Rowing Association (HKCRA). I hereby also confirm that All the above participants are physically fit and capable of participating in the event entered and do so at their own risk and responsibility and irrevocably discharge and hold harmless the HKCRA in connection with the event (as well as other individuals/ officials/ organizations involved directly or indirectly with the event) from any claim or responsibility for personal injury, death, loss or whatever which results as a consequence of their so participating in the event. All participants above note that the HKCRA will keep the above information confidential but may provide the information to its agent, contractor or third party service in connection with the operation of this event, its major sponsors for promotional purpose or any other person under a duty of confidentiality to the HKCRA.