



# EVERYBODY ROWS

## 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

九龍公園體育館 (九龍尖沙咀柯士甸道22號)

Kowloon Park Sports Centre (No. 22 Austin Road, Tsim Sha Tsui, Kowloon)

4 - 5.3.2017 (六Sat & 日Sun)

#HKIRC2017

#1minergochallenge



活動網址  
Event Website



Facebook專頁  
Fanpage

主辦機構  
Organised by



資助機構  
Subvented by



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## 簡介 INTRODUCTION

由中國香港賽艇協會(賽協)主辦，民政事務局藝術及體育發展基金資助的香港室內賽艇錦標賽暨慈善長途接力賽，是一年一度的大型室內賽艇賽事。

錦標賽能提供一個平台讓本地及海外的賽艇手一較高下，爭取冠軍寶座。比賽亦設有不同的個人及隊際項目，讓12歲至60歲以上的人士都可參與。隊際項目方面，大會亦歡迎不同的團體，包括紀律部隊、工商機構、政府部門等組隊參與；透過參與比賽，不但可增加團隊精神，同時亦可鍛鍊隊員的體能。另外，賽協亦會安排免費的賽前訓練，只需透過預約便可。

The Hong Kong Indoor Rowing Championships & Charity Rowathon is an annual spectacular indoor rowing event organized by the Hong Kong, China Rowing Association (HKCRA) and subvented by the Arts and Sport Development Fund of the Home Affairs Bureau.

This Championships is open for all local and overseas rowers to get together and compete for the champion titles. Different kinds of individuals and teams events are designed for people aged 12 to aged 60 or above to take part. For team events, we welcome the participation of different organizations, such as disciplinary forces, corporates, government bodies etc to form a relay team and take part. It will be an opportunity to increase the team spirit of the participants as well as enhance their physical ability. **Free** pre-competition indoor rowing training will also be arranged on booking basis.

## 比賽項目 EVENTS

組別	比賽時限	划行距離	Category	Race Duration	Race Distance
<b>個人項目</b>			<b>Individual Events</b>		
- 青少年組		1000米、2000米	- Junior		1000m, 2000m
- 輕量級組		2000米	- Lightweight		2000m
- 公開組、大師組		500米、2000米	- Open, Masters		500m, 2000m
- 展能組		1000米	- Para-Rowing		1000m
<b>隊際項目 (四人隊際接力)</b>			<b>Team Events (4-A-Team Relay)</b>		
- 紀律部隊		4x500米	- Disciplinary Forces		4x500m
- 政府部門		4x500米	- Government Departments		4x500m
- 專業團體		4x500米	- Professional Bodies		4x500m
- 大專組		4x500米	- Post-secondary Institutes		4x500m
- 中學組		4x500米	- Secondary Schools		4x500m
- 青少年團體		4x500米	- Youth Organizations		4x500m
- 工商機構		4x500米	- Corporates		4x500m
- 賽艇、獨木舟及龍舟會		4x500米	- Rowing, Canoeing and Paddling Clubs		4x500m
- 其他體育會 / 團體		4x500米	- Other Sports Clubs and Societies		4x500m
- 展能組		4x500米	- Para-Rowing		4x500m
<b>1分鐘挑戰 - 邀請賽 (新設)</b>			<b>One-Minute Challenge – Invitation (NEW)</b>		
公開組	1分鐘		Open	1 minute	
大師組 (40歲或以上)	1分鐘		Masters (Age 40 & Above)	1 minute	
<b>隊際項目 (八人隊際混合賽)</b>			<b>Team Events (8-A-Mixed crew race)</b>		
- 大學組		2000米	- Universities		2000m
<b>慈善長途接力項目</b>			<b>Charity Rowathon Events</b>		
- 慈善融合挑戰賽		2000米	- Integrated Challenge		2000m
- 公開組	30分鐘		- Open	30 minutes	
- 政府部門、專業團體及工商機構	30分鐘		- Government Departments, Professional Bodies & Corporates	30 minutes	
- 中學組	15分鐘		- Secondary Schools	15 minutes	
<b>超級會長盃</b>		2000米	<b>Top of the Tops – President Cup</b>		2000m

## 一分鐘挑戰 ONE-MINUTE CHALLENGE

### 如何參與?

1. 你可以在任何時間，任何地點利用室內賽艇機划一分鐘。
2. 將一分鐘的過程即時拍成短片，並拍下功率顯示器上所顯示的成績 (須顯示總距離)，加入大會標籤，在2月22日下午5時前上載到HKIRC Facebook專頁。
3. 首15名成績最好的參加者會被邀請於3月5日進行決賽。

### 報名費全免!

- 項目:**
- 公開組 (男子、女子) 及 大師組 (40歲或以上) (男子、女子)
  - 大會標籤: #HKIRC2017 #1minergochallenge

### How to enroll?

1. Perform your one-minute ergo at anywhere and anytime.
2. 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 22 February.
3. The top 15 participants completing the longest distance will be invited to the Final race on 5 March.

### Entry Fee will be waived!

### Events:

- Open (men/women) and Masters (Age 40 & Above) (Men/Women)
- Official hashtag: #HKIRC2017 #1minergochallenge

今年新增設項目。  
This event is newly introduced this year.

## 超級會長盃 TOP OF THE TOPS – PRESIDENT CUP

在隊際四人接力項目的所有組別中 (項目53-70)，時間最佳的10隊男子隊及10隊女子隊將被邀請角逐「超級會長盃」，男、女子冠軍隊將獲頒發獎盃及獎牌。每位獲邀的參賽者均會於當日即場獲發賽事紀念T-恤一件。

The 10 Men's teams and 10 Women's teams with the best time amongst the different events of the 4 x 500m Team Relay will be invited to compete for the "Top of the Tops President Cup" (Event 53-70). Each team member 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 Trophies and Medals.

## 參加資格及規則 ELIGIBILITY AND REGULATIONS

1. 參賽年齡以比賽當天為準。
2. 男子輕量級之體重標準為不超過75公斤;女子輕量級之體重標準為不超過61.5公斤。
3. 所有參加輕量級組別的隊員必須於參賽項目比賽前1小時至2小時內磅重。如任何輕量級組別參賽者的體重超過上述體重標準,該參賽者將不能作賽。
4. 除非「參賽者須知」有列明,否則所有賽例均按照中國香港賽艇協會之競賽守則進行。
5. 由於比賽賽程非常緊湊,當各個人項目的比賽已產生第一至三名的位置,及/或在開賽後十分鐘有選手尚未完成比賽,大會有權立即停止該場比賽。
6. 如公開組項目的參賽人數不足2人,該項目將會取消,並會退回已繳交的報名費。
7. 所有賽事均採用Concept 2 (Model D)賽艇機進行。參賽者可在比賽開始前調較風阻,但比賽進行中則不可改動風阻。

1. For the age group events, the age of the participant is taken on the day of racing.
2. Lightweight men must not weigh more than 75 kg and lightweight women must not weigh more than 61.5 kg.
3. Lightweight event participants 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 participant is above the limits, this participant is not eligible to compete in that lightweight event.
4. All rules and regulations will follow the Rules of Racing of the Hong Kong, China Rowing Association except any other rules as specified on the "Notice for Competitors" of the event.
5. Due to the tight competition schedule, the Organizer reserves the right to stop the race when the 1st, 2nd and 3rd placed achieved in individual events AND/OR when the rower cannot finish after 10 minutes of the start time of the race.
6. The event in Open will be cancelled if the entries is less than 2 persons. Entry fee will be refunded.
7. Concept 2 (Model D) Rowing Machines will be used for all events. Participants may set the resistance setting of their choice only before the start of the race.

## 慈善長途接力賽 CHARITY ROWATHON

大會很榮幸今年與「香港耀能協會」合作,成為慈善接力賽的受惠機構。

香港耀能協會(前稱「香港痙攣協會」)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。所有慈善項目所籌得的善款,將全數撥捐香港耀能協會。

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:-

1. 獎盃乙個;及
2. 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。

We are proud to engage the "SAHK" in this year as the beneficiary for the Charity events.

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.

All donations of the Charity events generated by the participants will be donated to the SAHK.

To generate more donation, the participating team with highest amount of donation will be awarded: -

1. A Trophy; and
2. 8 transferable quotas for the HKCRA Galaxy Rowing Course (Star 1&2 Sculling) at FREE amounting HK\$2,200.

## 賽前練習 BOOKING OF PRE-COMPETITION TRAINING

歡迎所有參賽隊伍及參賽者自行到賽艇中心進行賽前訓練,唯必須向賽協進行預約,費用全免。

有關預約程序如下:

1. 訓練地點:沙田賽艇中心
2. 訓練時間:- 星期一至五:上午10時至晚上8時  
- 星期六至日:上午10時至下午5時
3. 每日最多可以預訂2小時作賽前練習。
4. 最少三個工作天前預約。
5. 由於器材有限,預約會以先到先得形式安排。
6. 在大會接受報名日期起可透過電話或電郵進行預約,而最後的訓練日期是2017年2月28日。
7. 參賽者必須繳付所有報名費方可進行預約。

預約訓練熱線:(852) 2699-7271 (蔡小姐)

電郵:hkirc@rowing.org.hk

All participating teams and individuals are welcome to have their own training upon advance booking through the HKCRA at **FREE**.

The booking procedure as follows: -

1. Training Venue: Sha Tin Rowing Centre
2. Training Hours: - Monday to Friday: 10:00 – 20:00 hrs  
- Saturday to Sunday: 10:00 – 17:00hrs
3. The maximum training session is 2 hours per day.
4. Reservation should be made at least 3 working days before the date of training.
5. Due to limited equipment available, reservation is on first-come-first-served basis.
6. Reservation could be made from the date of confirmation of the enrollment by either telephone or e-mail. The last training date is on 28 February 2017.
7. Reservation will be accepted only after all relevant payments are made.

Training Session Booking Hotline: (852) 2699-7271 (Ms. Nicki CHOI)

Email: hkirc@rowing.org.hk

## 個人項目支持者 SUPPORTER FOR INDIVIDUAL EVENTS

1. 所有參賽者可帶同一位人士作支持者,一同進入比賽區域。
2. 參賽者可以邀請其教練、父母或親友為其支持者。
3. 支持者在比賽開始前必須保持安靜,並在整個賽事進行期間安坐於大會提供的座位上。(如為展能組人士,支持者可協助參賽者準備賽事,例如坐上賽艇機、調校賽艇機及安裝比賽座椅等。)
4. 支持者可於賽事進行期間為其參賽者進行打氣,惟不能接觸參賽者、賽艇機或其它比賽用品(如展能組座位)。
5. 支持者不可以任何形式影響及干擾其他參賽者、賽艇機或其它比賽用品。
6. 支持者亦必須遵從在場裁判及工作人員指示。
7. 為確保比賽能公平及順利進行,裁判及工作人員有權請不遵守本則或現場工作人員指示的人士立即離開比賽區域。

1. **Each** competitor will be allowed to bring one person as supporter, and accompany him/her into the race area.
2. Competitor can invite his/her own coach, parent or friend to be his/her supporter.
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.)
4. The supporter can support his/her competitor during the race, but cannot touch the competitor, ergo machine and other equipment.
5. The supporter cannot interference with other competitors, ergo machines or other equipment with any form of activities.
6. Supports must obey the instructions from umpires and officials.
7. 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 this rule and instructions to leave the racing area immediately.

所有有關隊際接力賽的組別分類，需依照報名表的類別報名，如有任何查詢，請與賽協辦公室聯絡。

Clarification on eligibility for entering different categories of team events should be requested by making enquiries to the office of the HKCRA.

**慈善長途接力各組名額：22隊 (額滿即止)  
公開組及政府部門、專業團體及工商機構 (30分鐘)**

1. 每隊由最少6名但不多於10名隊員組成，其中必須包括最少2名男子及2名女子隊員。
2. 各隊員均須輪流連續划最少3分鐘，如參賽隊伍少於10名隊員，只可由其中不多於4名隊員重覆接力。任何隊員只可重覆接力一次。
3. 於30分鐘比賽中，划行距離最長之隊伍為冠軍。

**中學組 (15分鐘)**

1. 每隊由最少4名但不多於6名隊員組成，其中必須包括最少2名男子及2名女子隊員。
2. 各隊員均須輪流連續划最少2分30秒，如參賽隊伍少於6名隊員，只可由其中不多於2名隊員重覆接力。任何隊員只可重覆接力一次。
3. 於15分鐘比賽中，划行距離最長之隊伍為冠軍。

**2000米慈善融合挑戰賽**

1. 每隊必須由1名隊員及1名殘障隊員參與 (包括肢體殘障或視障隊員)。
2. 「混合組」每隊必須由1名隊員及1名殘障隊員組成，其中包括1名男子及1名女子隊員。
3. 兩名隊員須在獨立的賽艇機上共同划行合共2000米的距離。
4. 比賽成績將取決於隊伍共同完成划行2000米的時間為準則，以最少時間完成賽事的隊伍為冠軍。

**四人隊際接力**

1. 四人隊際接力為一項4 x 500米的接力賽事，每隊參賽隊伍的隊員均須使用同一部賽艇機，並輪流划行500米完成賽事。每隊必須由4名男子或4名女子隊員組成。
2. 除各參賽隊伍的隊員須划行500米外，比賽成績將取決於隊伍所完成划行2000米的時間為準則，當中包括接力使用的時間，以最少時間完成賽事的隊伍為冠軍。
3. 「中學組別」同一隊的隊員必須來自同一所中學。
4. 「政府部門組別」的參賽者須是受僱於政府部門的員工 (紀律部隊不能參與此項目)。
5. 「專業團體組別」的參賽者須是由 (任何) 專業人士組成的註冊機構之會員。
6. 「工商機構組別」的參賽者須是香港註冊的工商機構或公司的員工。
7. 其他體育會/團體必須為正式註冊的體育會或團體，且不屬於賽艇、獨木舟及龍舟會。

**四人隊際混合接力**

1. 每隊必須包括2名男子或2名女子隊員。
2. 展能組 (殘障組)、展能組 (智障組)、TA 及AS的組別，是根據國際賽艇聯會的相關條例而定。
3. 展能組 (殘障組) 混合接力項目，最多可有2名視障隊員參與。
4. 視障隊員必須於遞交報名表時提供醫生證明文件。
5. 展能組 (殘障組) 混合接力項目是由4名隊員參與，在獨立的賽艇機上划行500米的距離，總成績將以4名隊員的時間總和計算。
6. 展能組 (肢殘) 隊員包括肢體傷殘或視障隊員。

**八人隊際混合賽**

1. 每隊需由4名男子及4名女子隊員組成。
2. 8名隊員須在獨立的賽艇機上同時各自划行2000米的距離。
3. 比賽成績將取決於隊伍所完成划行2000米的總時間為準則，以最少時間完成賽事的隊伍為冠軍。

**Charity Rowathon Quota for each category: 22 Teams  
(first-come-first-served basis)**

**Open Events & Government Departments, Professional Bodies  
& Corporate Organizations (30-minutes)**

1. Each team must have a minimum of 6 and a maximum of 10 members including at least 2 male and 2 female members.
2. 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-minutes stages). No members may row more than twice.
3. The winner of this 30-minutes event will be the team completing the longest distance.

**Secondary Schools (15-minutes)**

1. Each team must have a minimum of 4 and a maximum of 6 members including at least 2 male and 2 female members.
2. 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-minutes stages). No members may row more than twice.
3. The winner of this 15-minutes event will be the team completing the longest distance.

**Integrated 2000m Charity Challenge**

1. Each team should comprise 1 able body & 1 member with disability (physically disabled or visually impaired).
2. Each "Mixed Pair" team should comprise 1 member & 1 disable member (including 1 male & 1 female member).
3. Each team should row 2000m in total at the same time on individual machines.
4. The winner of this event will be the fastest team completing total 2000m.

**4-A-Team Relay**

1. 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.
2. 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 change-over between members, with the fastest team being the winner.
3. All members of a team entered in the "Secondary Schools" must representing same school.
4. 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.
5. All members of a team entered in the "Professional Bodies Event" must be members of that organization which must be registered Professional Organization.
6. 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.
7. 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**

1. Each team must comprise 4 members, including 2 male and 2 female members.
2. The sport class of LTA (PD), LTA (ID), TA and AS is based on the related rules and regulations of FISA.
3. In LTA Mixed Team Relay event, no more than 2 visually impaired members may be included in a team.
4. Documentary proof for visually impaired member should be provided when submit entry.
5. 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.
6. Para-Rowing (PD) members include physically disabled and visual impairment.

**8 -A-Mixed Crew Race**

1. Each team must have 8 members including 4 male and 4 female members.
2. Each member of the team must row 2000m at the same time on individual machines.
3. 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.

## 獎項 PRIZES

**慈善長途接力賽項目** 冠、亞、季軍：獎盃  
**2000米慈善融合挑戰賽** 冠軍：獎盃及獎牌；亞、季軍：獎牌  
**隊際項目** 冠、亞、季軍：獎盃及獎牌

### 個人項目

- 冠、亞、季軍：獎牌及獎狀
- 現金獎 - 參賽者凡打破任何一個男女子公開，男女子輕量級及男女子青少年組別2000米的「香港室內賽艇紀錄」均獲大會頒發獎金港幣1,000元(19歲或以上組別)或港幣500元(青少年組)。

### 備註:

- 如果超過一名參賽者同時打破同一個組別之香港紀錄，大會則只頒發獎金給最後紀錄保持者。參賽者在某組別作賽而造出的時間只會列入該組別的香港紀錄而獲得該份獎金。
- 參賽者若於現時「香港室內賽艇紀錄」未有紀錄的組別作賽，該組產生的最佳時間將不會獲頒獎金。
- 獎金只頒予香港居民。  
(有關各組別的紀錄時間，請參閱以下列表。)

**Rowathon Events** 1st, 2nd, 3rd Place: Trophy  
**Integrated 2000m Charity Challenge**  
 1st Place: Trophy and Medal 2nd, 3rd Place: Medal  
**Team Events** 1st, 2nd, 3rd Place: Trophy and Medal  
**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 - 2000m events will receive prize money of HK\$1,000 (Aged 19 or above categories), or HK\$500 (Junior categories).

### Remarks:

- 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.
- The best time generated at events without existing records at the current Hong Kong Record Time will not be awarded cash prizes.
- Only participants holding Hong Kong residence are entitled to be awarded cash prizes.  
(Please refer to the following table for the Hong Kong's best time in each of all eligible categories.)

- 若個人2000米項目參賽者於下列所定的標準時間內完成賽事，便會獲發紀念獎牌一枚。  
Participants who could finish the 2000m Individual Events within the below Standard Time, a commemorative medal will be given.

## 香港室內賽艇紀錄 (2000米最佳時間) HONG KONG INDOOR ROWING RECORD (BEST TIME FOR 2000M)

### 男子公開組2000米最佳紀錄時間 OPEN MEN BEST TIME FOR 2000M

年齡組別 Age Group	紀錄時間 Record Time	紀錄保持者 Record Holder	年份 Year
13 - 18歲 Aged 13 - 18	06:25.3"	YEUNG Ka Wai	2013
19 - 29歲 Aged 19 - 29	06:13.2"	YEUNG Ka Wai	2014
30 - 39歲 Aged 30 - 39	06:14.7"	Rolandas KAZLAUSKAS	2004
40 - 49歲 Aged 40 - 49	06:22.0"	Danny HUIZINK	2001
50 - 59歲 Aged 50 - 59	06:29.9"	Nick ROCKLIFF	2010
60 - 69歲 Aged 60 - 69	07:09.0"	Bryan MASSINAHAM	2016
70 - 79歲 Aged 70 - 79	08:30.1"	Robert WILSON	2010

### 男子輕量級2000米最佳紀錄時間 LIGHTWEIGHT MEN BEST TIME FOR 2000M

年齡組別 Age Group	紀錄時間 Record Time	紀錄保持者 Record Holder	年份 Year
19 - 29歲 Aged 19 - 29	06:23.9"	TANG Chiu Mang	2012
30 - 39歲 Aged 30 - 39	06:19.7"	Rolandas KAZLAUSKAS	2001
40 - 49歲 Aged 40 - 49	06:50.5"	Mark STAMPER	2014
50 - 59歲 Aged 50 - 59	06:55.1"	WOO Chan Man	2016
60 - 69歲 Aged 60 - 69	08:11.2"	Robert WILSON	2008

### 女子公開組2000米最佳紀錄時間 OPEN WOMEN BEST TIME FOR 2000M

年齡組別 Age Group	紀錄時間 Record Time	紀錄保持者 Record Holder	年份 Year
13 - 18歲 Aged 13 - 18	07:28.6"	LEE Ka Man	2004
19 - 29歲 Aged 19 - 29	07:10.5"	Fenella NG	1996
30 - 39歲 Aged 30 - 39	06:57.2"	Lene HANSEN	1998
40 - 49歲 Aged 40 - 49	07:47.7"	Julia WILKS	2009
50 - 59歲 Aged 50 - 59	08:45.7"	Levin MARTHA	2016

### 女子輕量級2000米最佳紀錄時間 LIGHTWEIGHT WOMEN BEST TIME FOR 2000M

年齡組別 Age Group	紀錄時間 Record Time	紀錄保持者 Record Holder	年份 Year
19 - 29歲 Aged 19 - 29	07:16.0"	LEE Ka Man	2012
30 - 39歲 Aged 30 - 39	07:29.3"	Fenella NG	2016
40 - 49歲 Aged 40 - 49	08:01.6"	Siobhan MCHENRY	2014
50 - 59歲 Aged 50 - 59	09:41.3"	LI Oi Ling Eppie	2016

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

\*以上2000米項目的標準時間是根據Concept 2網頁所提供的世界紀錄中的83%及90%所設定。

The above "Standard Time" of each 2000m event is based on the 83% and 90% of the World Records that provided by Concept 2 official website.

暫擬比賽賽程 PRELIMINARY RACE SCHEDULE

3月4日(星期六) 4 March (Sat)

比賽項目 Events

上午 A.M.

- 個人項目 Individual Events
  - 青少年組 Junior

頒獎典禮I 及 午膳時間

Medal Presentation Ceremony I & Lunch Break

下午 P.M.

- 個人項目 Individual Events
  - 展能組 Para-Rowing
- 隊際接力項目 Team Relay Events
  - 展能組 Para-Rowing
  - 中學組 Secondary Schools
  - 青少年團體 Youth Organizations
- 慈善長途接力項目 Charity Rowathon
  - 中學組 Secondary Schools

頒獎典禮II Medal Presentation Ceremony II

3月5日(星期日) 5 March (Sun)

比賽項目 Events

上午 A.M.

- 個人項目 Individual Events
  - 公開組 Open
  - 大師組 Masters
  - 輕量級 Lightweight
- 隊際接力項目 Team Relay Events
  - 紀律部隊 Disciplinary Forces
  - 大專組 Post-secondary Institutes

頒獎典禮 III 及 午膳時間

Medal Presentation Ceremony III & Lunch Break

下午 P.M.

- 個人項目 Individual Events
  - 大師組 Masters
- 隊際項目 Team Events
  - 政府部門 Government Departments
  - 專業團體 Professional Bodies
  - 大學八人隊際混合賽 Universities 8-A-Mixed Crew Race
  - 工商機構 Corporates
  - 賽艇、獨木舟及龍舟會 Rowing, Canoeing & Paddling Clubs
  - 其他體育會/團體 Other Sports Clubs and Societies
- 1分鐘挑戰 One-Minute Challenge
  - 青少年組 Junior
  - 公開組 Open
- 慈善長途接力項目 Charity Rowathon
  - 公開組 Open
  - 政府部門、專業團體及工商機構 Government Departments, Professional Bodies & Corporates
  - 中學組 Secondary Schools
- 慈善項目 Charity Events
  - 2000米慈善融合挑戰賽 Integrated 2000m Charity Challenge
- 超級會長盃 Top of the Tops President Cup

頒獎典禮IV Medal Presentation Ceremony II



參賽費用 ENTRY FEE

個人項目

展能組及青少年組：每項港幣75元  
公開組及輕量級組：每項港幣135元

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230元  
其他組別：每隊港幣400元

大學八人隊際混合賽

每隊港幣440元

Individual Events

Para-Rowing & Junior: HK\$75/event  
Open & Lightweight: HK\$135/event

Team Events (4-A-Team Relay)

Para-Rowing, Secondary Schools & Youth Organizations : HK\$230/team  
Others : HK\$400/team

Universities 8-A-Mixed Crew Race

HK\$440/team

捐款 DONATION

慈善長途接力賽 (六人或十人隊際接力)

每隊需籌得港幣2,000元

2000米慈善融合挑戰賽

每隊需籌得港幣200元

Charity Rowathon (6-A-Team Relay or 10-A-Team Relay)

Donated HK\$2,000/team

Integrated 2000m Charity Challenge

Donated HK\$200/team

報名手續 ENTRY PROCEDURE

非慈善賽項目

報名需經由網上報名系統Regatta Central (<https://www.regattacentral.com>)提交。系統不會接受任何遲交的報名。大會亦不會接受書面或電郵提交的申請。

付款方法

參賽費用必須在Regatta Central以信用卡或網上支付平台Paypal提交。

慈善賽項目

請填妥報名表格，連同所籌得的款項親身或寄回，新界沙田源禾路27號，沙田賽艇中心(請於信封面註明「2017HKIRC」)

提交捐款方法

- 支票劃線支票抬頭「香港耀能協會」

備註：

- 請於支票背面寫上「2017 HKIRC」、閣下之隊伍名稱及英文姓名。
- 請影印所有支票、募捐表格及慈善項目報名表以作記錄，直至取得捐款收據並核對無誤後才可銷毀。
- 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。

- 現金捐款方法

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。

Non-Charity Events

Please complete the registry through Regatta Central (<https://www.regattacentral.com>). NO late entry will be accepted as the Online System will reject any late entry automatically. The Organizer will NOT accept any hard copy or e-mail application.

Payment Methods

Entry Fee should be paid to **Regatta Central** through credit card or Paypal which is an online payment platform (<https://www.paypal.com/hk>).

Charity Events

Please complete and submit the entry form together with the donation fee in person or by mail to the HKCRA, Sha Tin Rowing Centre, 27 Yuen Wo Road, Sha Tin, N.T. (Please state "2017 HKIRC" on the envelope.)

Donation Methods

- By Cheque A crossed cheque made payable to "SAHK"

Remarks:

- Please write '2017 HKIRC', your team name and full name in English on the back of the cheques.
- 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.
- 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 HKCRA.

- 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**.

不完整的報名表格或未繳交報名費的人士將不獲受理。We will only process the completed Entry Form with Entry Fee.

截止報名日期 ENTRY DEADLINE

2017年2月15日(星期三)，下午5時正  
15 February 2017 (Wednesday), 17:00hrs

查詢 ENQUIRIES

中國香港賽艇協會 Hong Kong, China Rowing Association  
電話Tel: (852) 2608-0302/ 2699-7271 傳真Fax: (852)2601-4477 電郵Email: [hkirc@rowing.org.hk](mailto:hkirc@rowing.org.hk)  
網址Website: [www.rowing.org.hk](http://www.rowing.org.hk) Facebook: [www.facebook.com/hkrowing](http://www.facebook.com/hkrowing)



# HONG KONG INDOOR ROWING CHAMPIONSHIPS & CHARITY ROWATHON 2017

## 2017 香港室內賽艇錦標賽 暨 慈善長途接力賽

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

**Entry Deadline: 15 February 2017**

### EVENT INFORMATION 比賽項目資料

#### I. Lists of Events 比賽項目

##### Individual Events – 個人項目

###### 1-minute Challenge 1 分鐘挑戰 (Invitation Event 邀請賽)

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
A <input type="checkbox"/>	Open 公開組	C <input type="checkbox"/>	Open 公開組
B <input type="checkbox"/>	Aged 40 & Above 40 歲或以上	D <input type="checkbox"/>	Aged 40 & Above 40 歲或以上

###### 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"/>	Aged 12 & Under 12 歲或以下	3 <input type="checkbox"/>	Aged 12 & Under 12 歲或以下
2 <input type="checkbox"/>	Aged 14 & Under 14 歲或以下	4 <input type="checkbox"/>	Aged 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"/>	Aged 16 & Under 16 歲或以下	7 <input type="checkbox"/>	Aged 16 & Under 16 歲或以下
6 <input type="checkbox"/>	Aged 18 & Under 18 歲或以下	8 <input type="checkbox"/>	Aged 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"/>	Aged 19 – 29 19 至 29 歲	12 <input type="checkbox"/>	Aged 19 – 29 19 至 29 歲
10 <input type="checkbox"/>	Aged 30 – 39 30 至 39 歲	13 <input type="checkbox"/>	Aged 30 – 39 30 至 39 歲
11 <input type="checkbox"/>	Aged 40 & above 40 歲或以上	14 <input type="checkbox"/>	Aged 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"/>	Aged 19 – 29 19 至 29 歲	18 <input type="checkbox"/>	Aged 19 – 29 19 至 29 歲
16 <input type="checkbox"/>	Aged 30 – 39 30 至 39 歲	19 <input type="checkbox"/>	Aged 30 – 39 30 至 39 歲
17 <input type="checkbox"/>	Aged 40 & above 40 歲或以上	20 <input type="checkbox"/>	Aged 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"/>	Aged 30 – 39 30 至 39 歲	27 <input type="checkbox"/>	Aged 30 – 39 30 至 39 歲
24 <input type="checkbox"/>	Aged 40 – 49 40 至 49 歲	28 <input type="checkbox"/>	Aged 40 – 49 40 至 49 歲
25 <input type="checkbox"/>	Aged 50 – 59 50 至 59 歲	29 <input type="checkbox"/>	Aged 50 – 59 50 至 59 歲
26 <input type="checkbox"/>	Aged 60 & above 60 歲或以上	30 <input type="checkbox"/>	Aged 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"/>	Aged 30 – 39 30 至 39 歲	35 <input type="checkbox"/>	Aged 30 – 39 30 至 39 歲
32 <input type="checkbox"/>	Aged 40 – 49 40 至 49 歲	36 <input type="checkbox"/>	Aged 40 – 49 40 至 49 歲
33 <input type="checkbox"/>	Aged 50 – 59 50 至 59 歲	37 <input type="checkbox"/>	Aged 50 – 59 50 至 59 歲
34 <input type="checkbox"/>	Aged 60 & above 60 歲或以上	38 <input type="checkbox"/>	Aged 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



# HONG KONG INDOOR ROWING CHAMPIONSHIPS & CHARITY ROWATHON 2017

## 2017 香港室內賽艇錦標賽 暨 慈善長途接力賽

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

**Entry Deadline: 15 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 □	Men's Pair 男子組
51 □	Women's Pair 女子組
52 □	Mixed Pair 混合組

#### 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
<b>Junior 青少年組</b>			<b>Junior 青少年組</b>		
Aged 16 & Under 16 歲或以下	7:11.4	6:37.9	Aged 16 & Under 16 歲或以下	8:09.3	7:31.2
Aged 18 & Under 18 歲或以下	7:21.6	6:47.2	Aged 18 & Under 18 歲或以下	8:32.9	7:53.0
<b>Lightweight 輕量級組</b>			<b>Lightweight 輕量級組</b>		
Aged 19 - 29 19 至 29 歲	7:09.8	6:36.3	Aged 19 - 29 19 至 29 歲	8:19.6	7:40.8
Aged 30 - 39 30 至 39 歲	7:21.4	6:47.1	Aged 30 - 39 30 至 39 歲	8:22.0	7:43.0
Aged 40 & above 40 歲或以上	7:31.7	6:56.6	Aged 40 & above 40 歲或以上	8:37.6	7:57.3
<b>Open 公開組</b>			<b>Open 公開組</b>		
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
<b>Masters 大師組</b>			<b>Masters 大師組</b>		
Aged 30 - 39 30 至 39 歲	6:45.5	6:14.0	Aged 30 - 39 30 至 39 歲	7:48.4	7:12.0
Aged 40 - 49 40 至 49 歲	6:59.6	6:27.0	Aged 40 - 49 40 至 49 歲	8:11.8	7:33.6
Aged 50 - 59 50 至 59 歲	7:23.0	6:48.6	Aged 50 - 59 50 至 59 歲	8:23.6	7:44.4
Aged 60 & above 60 歲或以上	7:42.3	7:06.3	Aged 60 & above 60 歲或以上	9:03.4	8:21.1



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

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

- 所有款項及募捐者名單,必須於2017年2月15日或以前收集及遞交予中國香港賽艇協會。
- 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。
- 捐款100港元或以上的贊助者可獲發正式收據作政府免稅用途。
- 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。
- 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

- Donation Forms with donations should be submitted to the Hong Kong, China Rowing Association **by 15 February 2017**.
- 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.
- Official receipts will be issued to sponsors who donate HK\$100 or more for tax deduction.
- 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.
- 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 Sports 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](http://www.rowing.org.hk)

Facebook: [www.facebook.com/hkrowing](https://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 Sports Officer – Indoor Rowing & Marketing)

查詢電郵 Enquiry Email: [chilong.k@rowing.org.hk](mailto: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](http://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](https://www.facebook.com/hkrowing)

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

主辦機構  
Organizer



受惠機構  
Beneficiary



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 : 15/2/2017)

#### 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. First 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.