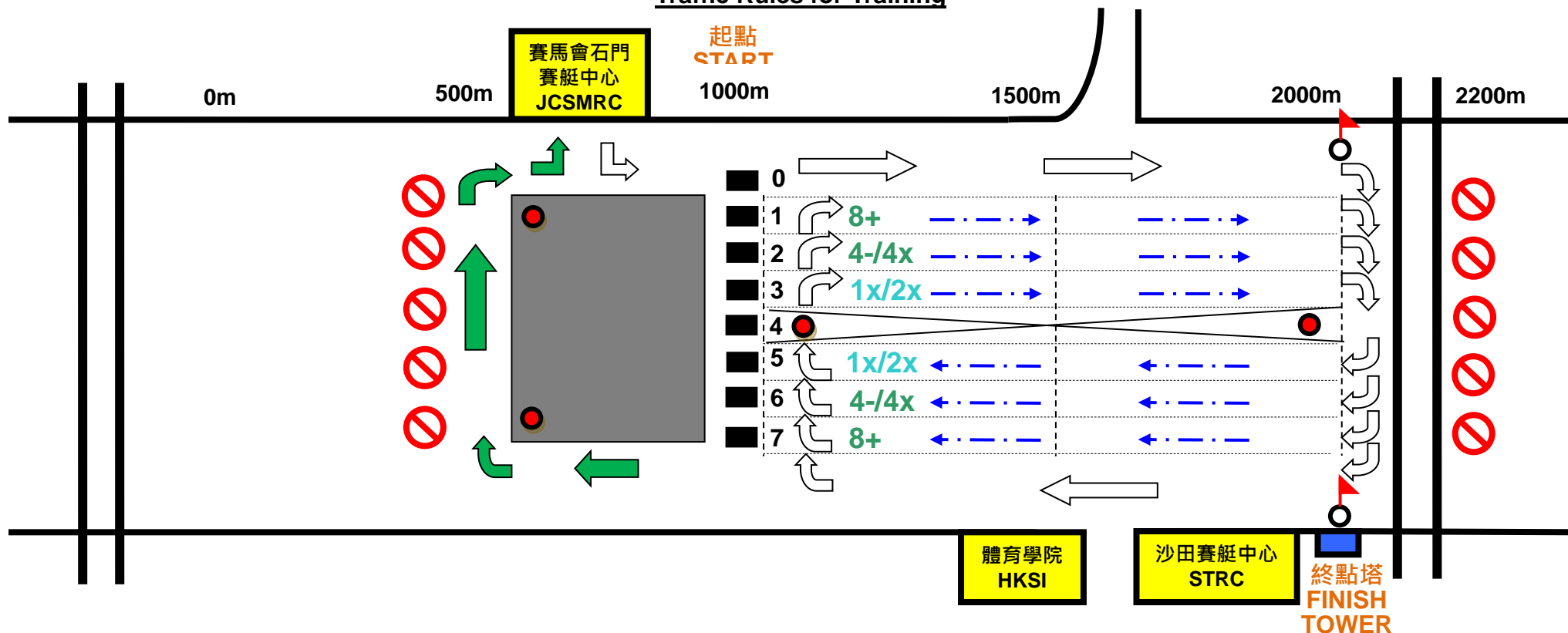


練習航道規則 Traffic Rules for Training



圖示 Legend :

- | | | | | | |
|--|------|------------------|--|--------------|------------------------------------|
| | 大型浮波 | Large Buoy | | 訓練方向 | Training Direction |
| | 起步浮台 | Starting Pontoon | | 進入指定練習航道方向 | Direction to enter designated lane |
| | 不准進入 | No Entry | | 大型浮波及紅旗 | Large Buoy with Red Flag |
| | 禁區 | Forbidden Zone | | 只限返回石門賽艇中心使用 | JCSMRC Boats Return Only |

備註 Remarks :

- 隊伍祇准在 " 1000m " 或 " 2000m " 進入指定練習航道。
Crews must enter the designated lanes for training at the point of "1000m" or "2000m".
- 比賽當日，所有艇隻必須於首場比賽開始前的 30 分鐘停止河上練習並上水；而所有比賽開始後的 30 分鐘則可繼續進行河上練習。
On Competition day, all boats must stop training on river and off water 30 minutes before the start time of the first race. Also, the training can be continued in 30 minutes after all races started.