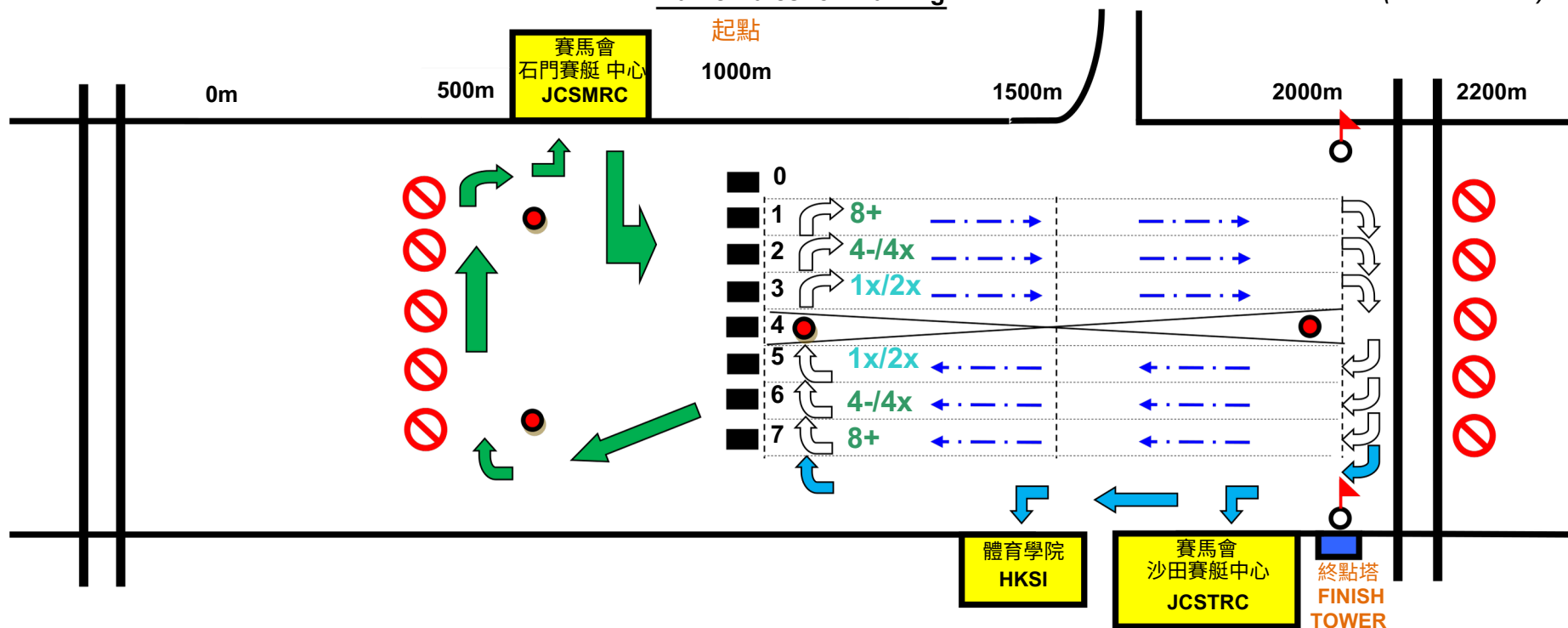


9th Hong Kong Rowing International Masters Regatta 第九屆香港賽艇國際大師賽



練習航道規則 Traffic Rules for Training

(As at 10.2.2025)



圖示Legend:

	大型浮波	Large buoy		大型浮波及紅旗	Large buoy with red flag
	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		只限往返沙田賽艇中心及體育學院使用	JCSTRC & HKSI boats out/ return only
	訓練方向	Training direction		只限往返石門賽艇中心使用	JCSMRC boats out/ return only

備註Remarks:

1.) 隊伍祇准如圖示在 "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" as shown in map.

2.) 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.