



青少年賽艇分齡賽 2025 Youth Quarterly Regatta 2025

賽事重要資料 Information

主辦機構	:	中國香港賽艇協會 (賽協)
Organised by	:	Hong Kong, China Rowing Association (HKCRA)
資助機構	:	康樂及文化事務署 (康文署)
Subvented by	:	Leisure & Culture Services Department (LCSD)
比賽地點	:	賽馬會沙田賽艇中心 / 沙田城門河競賽航道
Venue	:	Jockey Club Sha Tin Rowing Centre / Shing Mun Regatta Course, Sha Tin
暫擬比賽時間	:	上午 9 時至下午 1 時
Preliminary Race Time	:	9 a.m.- 1 p.m.

比賽日期及報名截止日期
Race Date & Deadline of Entry

賽站 Stage	比賽日期 Race Date	截止報名日期 Deadline of Entry	比賽模式 Race Format
1	12/04/2025 (星期六) 12 th April, 2025 (Saturday)	24/03/2025 (星期一) 24 th March, 2025 (Monday)	室內賽艇機計時賽 Indoor Rowing Time Trial
2	05/05/2025 (星期一) 5 th May, 2025 (Monday)	22/04/2025 (星期二) 22 th April, 2025 (Tuesday)	水上賽艇 Rowing Time Trial
3	07/06/2025 (星期六) 7 th June, 2025 (Saturday)	19/05/2025 (星期一) 19 th May 2025 (Monday)	室內賽艇機計時賽 Indoor Rowing Time Trial
4	16/07/2025 (星期三) 16 th July, 2025 (Wednesday)	07/07/2025 (星期一) 7 th July, 2025 (Monday)	水上賽艇 Rowing Time Trial
5	09/08/2025 (星期六) 9 th August, 2025 (Saturday)	28/07/2025 (星期一) 28 th July, 2025 (Monday)	水上賽艇 Rowing Time Trial
6	27/09/2025 (星期六) 27 th September, 2025 (Saturday)	1/09/2025 (星期一) 1 st September, 2025 (Monday)	室內賽艇機計時賽 Indoor Rowing Time Trial

**賽程的編排會按每項項目的最後報名人數而定。

****Please note that the final race schedule will be subject to the total number of entries received in each event.**

**參賽者如欲參加水上賽艇比賽而未有賽協任何賽艇技術資格，可參加賽協舉辦的青少年賽艇課程，詳情可瀏覽賽協網頁。

****If a participant wants to register for the event of water rowing but does not have any rowing qualifications, he/she may participate in HKCRA's youth rowing course, please visit the HKCRA website for more details.**



1. 比賽項目 Events List

室內賽艇機計時賽項目 Indoor Rowing Time Trial events:

組別 Group		項目 Event	個人 300 米 Individual 300m	個人 2000 米 Individual 2000m	新秀項目 Novice event	
					隊際 2 x 1000 米 接力 Team Relay 2 x 1000m	隊際 4 x 500 米 接力 Team Relay 4 x 500m
男子/女子 Boy's/ Girl's	E 組：於 2015 年 1 月 1 日至 2016 年 12 月 31 日出生者 Group E : Born in 1/1/2015 to 31/12/2016		✓		✓ *	✓ *
	D 組：於 2013 年 1 月 1 日至 2014 年 12 月 31 日出生者 Group D : Born in 1/1/2013 to 31/12/2014		✓			
	C 組：於 2011 年 1 月 1 日至 2012 年 12 月 31 日出生者 Group C : Born in 1/1/2011 to 31/12/2012		✓	✓		
	B 組：於 2009 年 1 月 1 日至 2010 年 12 月 31 日出生者 Group B : Born in 1/1/2009 to 31/12/2010			✓	✓ **	✓ **
	A 組：於 2007 年 1 月 1 日至 2008 年 12 月 31 日出生者 Group A : Born in 1/1/2007 to 31/12/2008			✓		

新秀項目：新秀項目不會納入「分齡賽總冠軍」之計分制度

Novice event: It will not be included in the scoring system for the "Grand Champion of Youth Quarterly Regatta".

*隊伍可由 E 組及 D 組之參賽者組成，成績會一拼計算。

*The team can be composed of participants from Group E and Group D, and the results will be counted together.

**隊伍可由 A 組、B 組及 C 組之參賽者組成，成績會一拼計算。

**The team can be composed of participants from Group A, Group B and Group C, and the results will be counted together.

室內賽艇機計時賽賽站，參賽者可同時參加新秀項目及其他納入「分齡賽總冠軍」之計分制度之項目。

Rower can participate in Novice event and other events that included in the scoring system for the "Grand Champion of Youth Quarterly Regatta" in the Indoor Rowing stage.



水上賽艇項目 Rowing events:

組別 Group		項目 Event	單人雙槳艇 500 米 Single Sculls 500m	單人雙槳艇 2000 米 Single Sculls 2000m	新秀項目 Novice event		
					平板賽艇 250 米 Board Rowing 250m	平板賽艇 500 米 Board Rowing 500m	男女混合 四人雙槳 有舵手艇 1000 米 Mixed Coxed Quadruple Sculls 1000m
男子/ 女子 Boy's/ Girl's	E 組：於 2015 年 1 月 1 日至 2016 年 12 月 31 日出生者 Group E : Born in 1/1/2015 to 31/12/2016		✓		✓ *		✓ *
	D 組：於 2013 年 1 月 1 日至 2014 年 12 月 31 日出生者 Group D : Born in 1/1/2013 to 31/12/2014		✓				
	C 組：於 2011 年 1 月 1 日至 2012 年 12 月 31 日出生者 Group C : Born in 1/1/2011 to 31/12/2012			✓		✓ **	✓ **
	B 組：於 2009 年 1 月 1 日至 2010 年 12 月 31 日出生者 Group B : Born in 1/1/2009 to 31/12/2010			✓			
	A 組：於 2007 年 1 月 1 日至 2008 年 12 月 31 日出生者 Group A: Born in 1/1/2007 to 31/12/2008			✓			

新秀項目：新秀項目不會納入「分齡賽總冠軍」之計分制度

Novice event: It will not be included in the scoring system for the "Grand Champion of Youth Quarterly Regatta".

男女混合項目：最少有一名隊員（舵手除外）為異性

Mixed events: at least one team member (except Coxswain) must be of the opposite sex

*此組別會包括 D 組及 E 組之參賽者，成績會一拼計算。

* This category will include rower from Group D and Group E, and the results will be counted together.

**此組別會包括 A 組、B 組及 C 組之參賽者，成績會一拼計算。

** This category will include rower from Group A, Group B, and Group C, and the results will be counted together.

水上賽艇計時賽站，參賽者不能同時參加新秀項目及其他納入「分齡賽總冠軍」之計分制度之項目。

Rower can participate in either a Novice event or another event that is included in the scoring system for the "Grand Champion of Youth Quarterly Regatta" in the Water Rowing stage.



2. 比賽項目注意事項 Notice for Events

- 2.1 歡迎全港 19 歲以下青少年賽艇愛好者參加。
Rowers must be under 19 years old.

2.2 新秀項目:

新秀賽艇運動員是指在賽協舉辦之賽事中未曾贏得冠軍的賽艇運動員。而該名賽艇運動員自第一次參加賽協舉辦之賽事起 12 個月後，將不能參加新秀項目。

Novice event:

A Novice rower has not won any Status Event in HKCRA-organised regatta/championships. A rower shall no longer be a Novice after the expiry of 12 calendar months from the date of his/her first HKCRA competition.

新秀項目不會納入「分齡賽總冠軍」之計分制度

It will not be included in the scoring system for the "Grand Champion of Youth Quarterly Regatta"

- 2.3 男女混合項目: 最少有一名隊員 (舵手除外) 為異性

Mixed events: at least one team member (except Coxswain) must be of the opposite sex

- 2.4 於室內賽艇機計時賽站，參賽者可同時參加新秀項目及其他納入「分齡賽總冠軍」之計分制度之項目。

Rower can participate in Novice events and other events that are included in the scoring system for the "Grand Champion of Youth Quarterly Regatta" in the Indoor Rowing stage.

- 2.5 於水上賽艇計時賽站，參賽者不能同時參加新秀項目及其他納入「分齡賽總冠軍」之計分制度之項目。

Rower participates in either a Novice event or another event that is included in the scoring system for the "Grand Champion of Youth Quarterly Regatta" in the Water Rowing stage.

- 2.6 水上賽艇項目要求:

每名參賽者能在穿著輕便服裝下游泳至少 50 米。

Water Rowing events requirement:

Each participant shall be able to swim at least 50 meters in light clothing.

- 2.7 每名參賽者必須對自己的健康狀況負責，

Each participant shall be responsible for his/her health and fitness.

- 2.8 平板賽艇參賽者必須擁有賽協一星或以上的賽艇資格或同等資格。

Board rowing Rowers must possess Star 1 or above rowing qualification issued by HKCRA or equivalent rowing qualifications.

- 2.9 四人雙槳有舵艇參賽者必須擁有賽協三星或以上的賽艇資格或同等資格。

Coxed Quadruple sculls Rowers must possess Star 3 or above rowing qualification issued by HKCRA or equivalent rowing qualifications.

- 2.10 窄身單人艇參賽者必須擁有中國香港賽艇協會五星賽艇資格或同等資格。

Single sculls Rowers must possess Star 5 rowing qualification issued by HKCRA or equivalent rowing qualification.



2.11 舵手並不受年齡組別限制。舵手須穿著比賽制服，在每天其參賽項目第一場比賽前 1-2 小時內秤量體重。舵手可由男子或女子擔任。穿著比賽制服的舵手的最低體重為 50 公斤。

Coxswain is allowed to participate in any age category. Coxswains must be weighed with racing uniform on tested scales not more than two hours and not less than one hour before the start time of their first race on each day of racing. The coxswain may be of either gender. The minimum weight for a coxswain wearing a racing uniform is 50 kg.

2.12 如艇隻、配件和艇槳於借用期間遭受損壞，參賽隊伍須按照物件損毀情況作出賠償。

Teams borrowing equipment shall pay the replacement or repair charges incurred from broken boats, parts, and oars.

3. 比賽規則 Rules of Racing

3.1 所有賽事將按照中國香港賽艇協會的賽例進行，賽協比賽規例可於網頁下載：

“Rules of Racing” of Hong Kong, China Rowing Association (HKCRA) will be used in this Championships, please visit <http://www.rowing.org.hk/hk/rules-of-racing/> for details.

3.2 根據比賽規例-規例 38，籌委會保留查核報名者之身份證明文件的權利。若發現報名者提供虛假或無效資料，籌委會保留權利取消其有關項目中的參賽資格。

According to Rule 38 of the Rules of Racing, the OC reserves the right to verify the identification document and exclude any rower who submits false or invalid information from an Event.

3.3 所有賽事報名一經遞交，即代表參賽者清楚了解比賽規則及所有比賽通告之內容，並會嚴格遵守。任何不符合參賽資格及達到有關參賽要求、不遵守比賽規則，不論賽前或賽後，籌委會將保留權利取消其有關項目中的參賽資格以及不獲發還任何費用。

By submitting their entry, each competitor confirms that they clearly understand and agree to the Rules of Racing and race bulletins and will strictly abide by them. Anyone who does not meet the qualifications, or does not comply with the requirements of the competition, or violates the Rules of Racing, whether before or after the competition, the OC reserves the right to exclude them from an Event and will not refund any fees.

4. 比賽制服 Race Uniform

參賽以個人報名，比賽制服則以個人為單位，多人艇種項目無須以統一及相同作準則。

Registered as an individual, race uniform is based on individual unit, and crew boat events are not necessarily to be identical.



5. 計分制度及獎項 Points System and Prizes

5.1 每站每項比賽將設有冠、亞及季軍獎項，得獎者將獲頒發獎牌及證書。完成賽事者則獲頒發比賽成績證書一張。

Medals and Certificates will be presented to the Champion, 1st Runner-Up, and 2nd Runner-Up in each Stage. Certificates will be presented to the competitors who completed the race.

5.2 年終完成六個賽站後，每個男女分齡組別比賽積分累積最多者將獲得「分齡賽總冠軍」，可獲得「分齡賽總冠軍」戰衣一件以及免費會籍一年。新秀項目不會納入「分齡賽總冠軍」之計分制度。計分制度如下：

After completing the six stages, the rower with the most accumulated points in each male and female age group will be awarded "Grand Champion of Youth Quarterly Regatta", with the Grand Champion jersey, and a one-year complimentary HKCRA membership. Novice events will not be included in the scoring system for the "Grand Champion of Youth Quarterly Regatta". Points will be awarded as shown below:

名次 Place	項目 Event	冠軍 Champion	亞軍 1 st Runner-up	季軍 2 nd Runner-Up	完成賽事 Have completed the races
分數 Points	室內賽艇機計時賽 Indoor Rowing Time Trial	5	3	2	1
	單人雙槳艇計時賽 Single Sculls Time Trial	5	3	2	1



6. 報名方法 Application Procedure

- 6.1 每個賽站均須遞交獨立報名表；請於每個賽站截止報名日期前，填妥網上報名表 (<https://forms.gle/raqzinxatyVUL2zG9>)

Each race station must submit a separate registration form; please fill in the online registration form before the registration deadline for each race station (<https://forms.gle/raqzinxatyVUL2zG9>)



青少年賽艇分齡賽
報名

- 6.2 參賽費用 Entry Fee: 每位每項港幣 10 元 (舵手除外)

HK\$10 / rower/event (except for coxswain)

- 6.3 如需借用賽協之單人艇或四人雙槳有舵手艇於比賽當日使用，租借費用: 每位港幣 50 元 (舵手除外)

If participants need to borrow HKCRA's single sculls or Coxed Quadruple Sculls on race day, the rental fee: is HK\$50 / rower (except for coxswain)

- 6.4 報名費用必需在每個賽站截止報名日期以以下方法遞交，否則報名費將不獲受理。

The registration fee must be submitted by the following method before the registration deadline of each competition station. Otherwise, the registration fee will not be accepted.

- 6.5 繳費方式 Payment method:

支票: 劃線支票抬頭為「中國香港賽艇協會」，請於支票背面寫上「2025 Youth Quarterly Regatta」、參賽者名稱及電話號碼。支票請寄回新界沙田源禾路 27 號，賽馬會沙田賽艇中心，中國香港賽艇協會 (請於信封面註明「2025 Youth Quarterly Regatta」)；

或

銀行轉賬: -轉賬至賽協之匯豐銀行戶口 (002-6-187443)，於轉賬收據上註明參賽者名稱，並於報名截止日期前電郵至 ling.l@rowing.org.hk 及 zoey.m@rowing.org.hk；

或

現金: 交至中國香港賽艇協會 賽馬會沙田賽艇中心，沙田源禾路 27 號 羅小姐(教練及發展部主管) 或 巫小姐(助理體育幹事)。

A crossed cheque made payable to "Hong Kong, China Rowing Association" can be sent to Hong Kong, China Rowing Association, Jockey Club Sha Tin Rowing Centre, No. 27 Yuen Wo, Sha Tin, N.T. Please write "2025 Youth Quarterly Regatta", participant name, and telephone number on the back of the cheque. (Please state "2025 Youth Quarterly Regatta" on the envelope.)

Or

Via Bank/ATM transfer: please transfer the entry fee to the HSBC account: 002-6-187443, and write the participant name on the bank-in-slip, email to ling.l@rowing.org.hk or zoey.m@rowing.org.hk on or before the entry deadline.

Or

By cash to Ms. Ling Lo (Head of Coaching & Development) or Ms. Mo (Assistant Sports Executive of Coaching), Hong Kong, China Rowing Association, Jockey Club Sha Tin Rowing Centre, No. 27 Yuen Wo, Sha Tin, N.T.



6.6 凡參賽表格不完整/資料不詳或繳交有關費用不足者，賽協將不接受報名；賽協對此等情況一概絕不負責。

HKCRA will only process the application with a completed entry form and full entry fee payment.

7. 其他 Others

賽協有權對比賽進行錄影或拍攝，並作宣傳及教學用途，一切版權歸賽協所有。

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8. 查詢地址及通訊 Enquiries and Correspondence

郵寄地址 Postal Address	: 羅慧玲小姐 Ms. Ling LO : 賽馬會沙田賽艇中心 Jockey Club Sha Tin Rowing Centre 沙田源禾路 27 號 No. 27 Yuen Wo Road, Sha Tin. N.T, Hong Kong
電話 Telephone	: (852) 3841 7353 (羅慧玲小姐 Mr. Ling LO) : (852) 2696 2337 (巫詩瑤小姐 Ms. Zoey MO)
網址 Website	: www.rowing.org.hk
電郵 E-mail :	: ling.l@rowing.org.hk (羅慧玲小姐 Ms. Ling LO) : zoey.m@rowing.org.hk (巫詩瑤小姐 Ms. Zoey MO)