

1. 賽事資料 Event Information

主辦機構 Organizer	飛達田徑會 Pacers Athletics Club
支持機構 Supporting organization	香港教育大學 The Education University of Hong Kong
日期 Date	2020年12月12-13日(星期六及日) 12-13 th December, 2020 (Saturday & Sunday)
地點 Venue	香港教育大學白石角運動中心 Pak Shek Kok Sports Centre, Education University of Hong Kong
資格 Eligibility	1990年12月12日或以前出生人士，需經『香港業餘田徑總會』之屬會報名。 Athletes have to be born on or before 12 th December 1990. Application needs to be submitted by registered HKAAA Members Clubs. 參加者於填寫報名表時必須依出生日期註冊所屬組別，並只可參加所屬組別之項目(接力項目除外)。如資料不詳或失實，參賽資格將被取消。如有需要，大會有權檢查運動員之身分證明文件。 Applicants must register according to their date of birth and can only take part in event for the registered age group (except relay). Applicants who submit incorrect or incomplete information will be disqualified. The organizer reserves the rights to check participants' HKID card/Passport if necessary.

2. 費用 Fees

個人 Individual	每位參加者必須繳付註冊費港幣\$120，其後所報個人項目為每項港幣\$80。 Each participant should pay HK\$120 as registration fee and HK\$80 for each individual event.
接力 Relay	接力隊伍報名費為每隊港幣\$320。如隊伍成員並沒參加個人項目，亦同樣需要繳付註冊費港幣\$120。(**所有接力隊員必須穿著同款上衣作賽。) Each club should pay HK\$320 for each relay event. For member(s) of a relay team who does/do not participate in any individual event, such member(s) shall pay a registration fee of HK\$120 each. (** All relay team members should wear the same style of tops.)
接駁巴士 Shuttle bus	大會設收費接駁巴士來回大學東鐵站及香港教育大學白石角運動中心，每位收費港幣\$25(一天)，可於2020年12月12或13日(一天內)無限次乘搭，若兩天車程則需要預訂兩張車票。預計由07:30至18:00每半小時開出一次。接駁巴士滿座或準時開出，座位先到先得。 The charged shuttle bus service between University Station (MTR) and Pak Shek Kok Sports Centre, Education University of Hong Kong will be costed HK\$25 per person

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第六屆香港先進田徑錦標賽
THE 6th HONG KONG MASTERS
ATHLETICS CHAMPIONSHIPS

	(one day pass) with unlimited aboard quota in 12 or 13 December, 2020 (2 tickets is needed for two-days pass). Tentatively, the charged shuttle bus service will be provided each half hour between 07:30 and 18:00. The shuttle bus will depart on time or full.
<p>*** 上述已繳付之所有費用一律不獲發還 All fees are non-refundable ***</p> <p>*** 如賽事因疫情、政府的限制或其他因數下取消，所有已繳交金額（扣除行政費用後）將全數（根據屬會參賽比例）撥入下次錦標賽之報名費用</p> <p>All fees, after deducting administrative costs, will be reserved as registration fee (pro-rata to each participated organization in 2020) of next Masters Athletics Championships event.***</p>	
報名日期 Entry period	2020年9月29日至10月20日 29 September to 20 October 2020

3. 參加組別及項目 Categories & Events

出生日期	年齡 Age	男/女 M/W	Hurdles	100m	200m	400m	800m	5Km	3000m Walk	High Jump	Long Jump	Shot Put	Discus Throw	Javelin Throw	4x100m Relay	4x400m Relay
13/12/1985- 12/12/1990	30 - 34	M30/W30	N/A	✓	✓	✓	✓	✓	✓	N/A	✓	M:7.26kg W:4kg	N/A	M:800g W:600g	✓	✓
13/12/1980-12/12/1985	35 - 39	M35/W35	M:110m/0.991m W:100m/0.838m	✓	✓	✓	✓	✓	✓	✓	✓	M:7.26kg W:4kg	M:2kg W:1kg	M:800g W:600g	✓	✓
13/12/1975-12/12/1980	40 - 44	M40/W40	M:110m/0.991m W:80m/0.762m	✓	✓	✓	✓	✓	✓	✓	✓	M:7.26kg W:4kg	M:2kg W:1kg	M:800g W:600g	✓	✓
13/12/1970-12/12/1975	45 - 49	M45/W45	M:110m/0.991m W:80m/0.762m	✓	✓	✓	✓	✓	✓	✓	✓	M:7.26kg W:4kg	M:2kg W:1kg	M:800g W:600g	✓	✓
13/12/1965-12/12/1970	50 - 54	M50/W50	M:100m/0.914m W:80m/0.762m	✓	✓	✓	✓	✓	✓	✓	✓	M:6kg W:3kg	M:1.5kg W:1kg	M:700g W:500g	✓	✓
13/12/1960-12/12/1965	55 - 59	M55/W55	M:100m/0.914m W:80m/0.762m	✓	✓	✓	✓	✓	✓	✓	✓	M:6kg W:3kg	M:1.5kg W:1kg	M:700g W:500g	✓	✓
13/12/1955-12/12/1960	60 - 64	M60/W60	M:100m/0.838m	✓	✓	✓	✓	✓	✓	✓	✓	M:5kg W:3kg	M:1kg W:1kg	M:600g W:500g	✓	✓
13/12/1950-12/12/1955	65 - 69	M65/W65	M:100m/0.838m	✓	✓	✓	✓	✓	✓	✓	✓	M:5kg W:3kg	M:1kg W:1kg	M:600g W:500g	✓	✓
13/12/1945-12/12/1950	70 - 74	M70/W70	M:80m/0.762m	✓	✓	✓	✓	✓	✓	✓	✓	M:4kg W:3kg	M:1kg W:1kg	M:500g W:500g	✓	✓
13/12/1940-12/12/1945	75 - 79	M75/W75	M:80m/0.762m	✓	✓	✓	✓	✓	✓	✓	✓	M:4kg W:2kg	M:1kg W:0.75kg	M:500g W:400g	✓	✓
13/12/1935-12/12/1940	80 - 84	M80/W80	N/A	✓	✓	✓	✓	✓	✓	✓	✓	M:3kg W:2kg	M:1kg W:0.75kg	M:400g W:400g	✓	✓
13/12/1930-12/12/1935	85 - 89	M85/W85	N/A	✓	✓	✓	✓	✓	✓	✓	✓	M:3kg W:2kg	M:1kg W:0.75kg	M:400g W:400g	✓	✓

全力支持:

Supporting Organization:





HONG KONG
MASTERS ATHLETICS
CHAMPIONSHIPS
香港先進田徑錦標賽

第六屆香港先進田徑錦標賽 THE 6th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS



出生日期	年齡 Age	男/女 M/W	Hurdles	100m	200m	400m	800m	5Km	3000m Walk	High Jump	Long Jump	Shot Put	Discus Throw	Javelin Throw	4x100m Relay	4x400m Relay
13/12/1925-12/12/1930	90 - 94	M90/W90	N/A	✓	✓	✓	✓	✓	✓	✓	✓	M:3kg W:2kg	M:1kg W:0.75kg	M:400g W:400g	✓	✓
13/12/1920-12/12/1925	95 - 99	M95/W95	N/A	✓	✓	✓	✓	✓	✓	✓	✓	M:3kg W:2kg	M:1kg W:0.75kg	M:400g W:400g	✓	✓
12/12/1915或以前 on or before	≥100	M100/ W100	N/A	✓	✓	✓	✓	✓	✓	✓	✓	M:3kg W:2kg	M:1kg W:0.75kg	M:400g W:400g	✓	✓

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4. 獎項 Award

- i. 各組別個人及接力項目『首3名』獲頒獎牌。
Medals will be presented to the Top 3 winners of each category of both individual and relay events.
- ii. 各組別設有個人全場冠軍，得獎者將獲頒發獎盃乙座。
Trophies will be presented to the Individual Overall Champion of each category.
- iii. 男、女子團體全場冠、亞、季軍獎項。
Trophies will be presented to the Men's and Women's Top 3 associations/ clubs obtaining highest score.
- iv. 男、女子團體總冠軍分別獲頒『郭慎墀挑戰盾』及『伍雪葵挑戰盾』。
Overall Champion of Male will be awarded the Lowcock Challenge Shield; Overall Champion of Female will be awarded the Ng Shuit Kwai Challenge Shield.

團體分數按該屬會之運動員於各項目所取得之分數計算（接力項目分數以雙倍計算）。M30/W30 組別所取得之分數則不作計算。所有得分方式，請參閱下表(團體計分方法):

Associations/Clubs overall score will be the sum of all individual scores by athletes in category M35/W35 and above for their associations/clubs. (Scores by M30/W30 athletes are not counted). Points for relay events will be doubled. Please refer the following table for Overall Scoring System:

5. 團體計分方法 Overall Scoring System

出席比賽人數 No. of participants	名次 Position							
	1st	2nd	3rd	4th	5th	6th	7th	8th
8 人 或 以上 8 persons or above	9 分	7 分	6 分	5 分	4 分	3 分	2 分	1 分
7 人 persons	8 分	6 分	5 分	4 分	3 分	2 分	1 分	
6 人 persons	7 分	5 分	4 分	3 分	2 分	1 分		
5 人 persons	6 分	4 分	3 分	2 分	1 分			
4 人 persons	5 分	3 分	2 分	1 分				
3 人 persons	4 分	2 分	1 分					
2 人 persons	3 分	1 分						
1 人 person	2 分							

- a. 若名次相同，則以相關名次所得之分數總和平均分配。

When tying for a position each competitor tying for that position will be credited with an average of points awarded to that position and the position(s) following it.

- b. 若總分相同，則計算同分隊伍獲得冠軍之數目，多者為勝，再相同，則計算亞軍數目，依次類推，接力項目與個人項目無分輕重。

In case of tie in team scores, the association/ club obtained highest number of champion shall be determined as winner. Then if tie again, the highest number of first runner-up, and so on. Relay and individual event score count as the same weight.

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6. 規則 Rules & Regulation:

- a. 比賽按世界田徑總會競賽規則(WA)，世界先進田徑會(WMA)及香港業餘田徑總會(HKAAA)附例進行，裁判之決定為最後判決。
Competitions will be held accordance to the WA competition Rules, World Masters Athletics competition Rules and local's general rules.
- b. 因疫情關係，大會有權根據香港特別行政區防疫指引，場地措施限制為由取消或終止比賽。
In view of the rampant novel coronavirus epidemic and Epidemic Prevention Guidelines from Hong Kong Government, the Race Director has the right to stop the race.
- c. 因應疫情發展及場地使用的規限，大會亦有權在比賽進行時，作特別措施（例如：要求參加者在比賽時配帶口罩）。
In the view of the latest development of the epidemic situation and the venue restriction, the Race Director has the right to execute the special measures during the competition. (e.g. request the participants wearing masks during the competition)
- d. 所有項目將按賽程表進行，運動員需於賽前 20 分鐘到達召集處檢錄。田賽項目可直接到比賽場地進行檢錄。惟所有賽程將有機會按當日實際報到人數及現場情況而略作調整，敬請留意大會廣播。
All events will be started on time per timetable. Athletes should gather 20 minutes before the starting time. Athletes of track events should report at the marshalling area while those of field events will gather at the respective competition area. Event timetable is subject to change depending on the number of participants and actual situation on the day of the event. Please refer to announcement.
- e. 徑賽項目召集處設於檢錄處，田賽項目如跳遠、跳高、鉛球、鐵餅及標槍則在比賽場地集合。
Marshaling point for all the track events is located at Marshall. Marshaling points for Long Jump, High Jump, Shot Put, Discus and Javelin are located at the respective competition areas.
- f. 所有徑賽項目不設初賽，各項目均以最佳成績決定名次。
NO Heats for all track events, the best result of each event will be used for ranking.

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- g. 參加跳遠、鉛球、鐵餅及標槍均有 3 次作賽機會，大會將以當中最佳成績決定名次。如二人或以上成績相同，則以第二佳成績計算，如此類推。
Each athlete will have 3 attempts for Long Jump, Shot Put, Discus and Javelin. The best performance (out of the 3 attempts) will be used for ranking purpose. Second best result will be used in case of a draw.
- h. 跳高項目的起跳高度及升幅由裁判與運動員於開賽前即場協商制定。
The starting height for High Jump and the increment will be determined by both the judges and athletes of that event during the championships.
- i. 如遇兼項（即徑項及田項賽事同時進行），運動員請先向有關田賽裁判長請假，然後才到召集處向工作人員進行徑項報到。有關田賽裁判長可以允許運動員以不同於賽前抽籤排定的順序進行一次試跳(擲)。運動員必須於有關田項賽事完結前返回作賽，否則大會有權取消其參賽資格而不作任何通知。返回後，運動員應立刻向裁判員請假，錯過的輪次(Round)不補，但錯過的輪序(Order)可補，若輪序已過，裁判可安排運動員在該輪次之最後試跳(擲)，若運動員提出請求提早試跳(擲)，裁判員亦應允許。
In cases there is a situation of simultaneous entries, athletes should report to the field event referee first before you leave for the track event. Referee can allow to switch the participates event order different with the pre-event random order. You must return to the field event before it ends. Otherwise the referee has the right to disqualify you without any notice. Participants can make up for the missed order, but not the missed round. The missed attempt should be replaced in last order.
- j. 運動員只可以代表一個組別出賽，如有虛報資料或冒名頂替，立即取消所有參賽資格。如有需要，大會有權要求運動員出示身分證明文件以作核對。
Athletes should only participate in one category. Athletes who submit false information will be DISQUALIFIED. Organizer will check ID if necessary. The organizer reserves the rights to disqualify any participant who is found providing wrong information or replacing other at the event.
- k. 運動員於比賽期間必須把號碼布掛於胸前，否則比賽成績將不獲記錄。如遺失號碼布而須補領，則須額外繳付行政費用每張港幣 \$ 100。
Please put the number bib on the front of the T-shirt during the competition, otherwise, result will not be recorded. An additional administration fee HK\$100 will be charged for replacement of number bib.
- l. 大會設有上訴機制，惟上訴須於該項目成績公布後 30 分鐘內以書面提出，並須即時繳交 \$ 500 元手壇費，如上訴得值，費用則獲發還，否則由大會沒收。
There is appeal system. Letter of appeal should be submitted together with \$500 administration fee within 30 minutes after the competition results are announced. The \$500 administration fee will be refund if the appeal is successful. The organizer reserves the right of final decision in case of any dispute.
- m. 賽事成績公布後 30 分鐘，隨即進行頒獎，敬請留意大會廣播。
Awards will be presented to the winners after 30 minutes of the results are announced.

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- n. 場內設有救護站。
First-aid station will be set up.
- o. 請小心看管自己的財物，如有任何遺失，大會恕不負責。
Please take care of your personal belongings at all time. The organizers will not be responsible for any loss of belongings during the competition.

7. 接力 Relay

接力隊伍可由不同年齡組別之運動員組成，惟所參賽組別將以隊中最年輕的隊員作計算。運動員可同時參加不同距離之接力項目，惟每個項目只可代表一個年齡組別。

Relay team could be formed by participants of different age groups. The age group which the relay team belongs to is determined by the age of the youngest participant in the relay team. Each participant is only allowed to take part in one age group.

- a. 在各接力項目組別中，各屬會只可派出最多兩隊參與同一個同年齡組別。當中成員必須為本賽事中已登記之運動員。
Each association/club is allowed to send a maximum of 2 teams to take part in each Relay event. All relay team members must be registered athletes of the championships.
- b. 接力名單提交限期，所有接力項目須於比賽當天中午十二時或之前把出賽名單交到大會記錄室。
All associations/clubs should submit the relay team name list(s) to the Recording Room before 12:00 noon on the event date.
- c. 比賽當日，大會不接受即場報名。
Registration on the event day is not accepted.
- d. 所有接力隊員，必須穿著同款上衣作賽。
All relay team members should wear the same style of tops.

8. 備註及查詢 Notice & Enquiry :

最新消息及比賽成績將在以下社交媒體公布：

Updated News and Result of the Captioned Event will be posted on the following media:

Website:

www.hkmac.org (香港先進田徑錦標賽 Hong Kong Masters Athletics Championships) /

www.pacers.org.hk (飛達田徑會 Pacers Athletics Club)

若比賽當日兩小時前（早上六時）仍然懸掛八號或以上颱風、紅色或黑色暴雨警告訊號 或雷暴警告， 比賽將會取消。

If typhoon signal No. 8 or above, red / black rainstorm or thunderstorm warning is hoisted at 6:00a.m., the championships will be cancelled.

查詢：可於辦公時間致電本會(飛達田徑會)，電話：2690 1849 或 whatsapp 9147 1771。

For any query, please call us (Pacers Athletics Club) at 2690 1849 during office hours or whatsapp text at 9147 1771.

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