### THE 7th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

## 第七屆香港先進田徑錦標賽



:二零二二年 十一月廿七日

十二月四日

地點:天水圍運動場

主辦單位:



合作媒體: SEEDISSEE CONTINUE TO A SOUTH





### 第七屆香港先進田徑錦標賽

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第七屆香港先進田徑錦標賽

### 章程

#### 1. 地點

天水圍運動場 新界元朗天水圍天瑞路 2 號

#### 2. 日期

二零二二年十一月二十七日、十二月四日

#### 3. 比賽時間

上午八時至 晚上六時





第七屆香港先進田徑錦標賽

#### 4. 組別

参賽組別	出生日期
30~34	28/11/1987 ~ 27/11/1992
35~39	28/11/1982 ~ 27/11/1987
40~44	28/11/1977 ~ 27/11/1982
45~49	28/11/1972 ~ 27/11/1977
50~54	28/11/1967 ~ 27/11/1972
55~59	28/11/1962 ~ 27/11/1967
60~64	28/11/1957 ~ 27/11/1962
65~69	28/11/1952 ~ 27/11/1957
70~74	28/11/1947 ~ 27/11/1952
75~79	28/11/1942 ~ 27/11/1947
80~84	28/11/1937 ~ 27/11/1942
85~89	28/11/1932 ~ 27/11/1937
90~94	28/11/1927 ~ 27/11/1932
95~99	28/11/1922 ~ 27/11/1927

<sup>\*</sup>不得越級挑戰





### 第七屆香港先進田徑錦標賽

#### 5. 項目

男子	30~34	35~39	40~44	45~49	50~54	55~59	60~64	65~69	70~74	75~79	80~84	85~89	90~94	95~99
100 米	<b>~</b>	~	~	~	~	~	~	~	~	~	~	~	<b>~</b>	~
110 米跨欄	~	~	~	~										
100 米跨欄					~	~	~	~						
80 米跨欄									~	~				
200 米	<b>✓</b>	~	~	~	>	~	~	~	~	~	~	~	~	~
400 米	<b>✓</b>	~	~	~	<b>&gt;</b>	~	~	~	~	~	~	~	<b>✓</b>	~
800 米	<b>✓</b>	~	~	~	<b>&gt;</b>	~	~	~	~	~	~	~	~	~
5000 米	~	~	~	~	>	~	~	~	~	~	~	~	~	~
3000 米競走	~	~	~	~	<b>&gt;</b>	~	~	~	~	~	~	~	~	~
跳遠	<b>✓</b>	~	~	~	>	~	~	~	~	~	~	~	~	~
跳高	~	~	~	~	<b>&gt;</b>	~	~	~	~	~	~	~	<b>~</b>	~
推鉛球	~	~	~	~	<b>&gt;</b>	~	~	~	~	~	~	~	<b>~</b>	~
擲鐵餅	<b>✓</b>	~	~	~	<b>&gt;</b>	~	~	~	~	~	~	~	<b>✓</b>	~
擲標槍	<b>✓</b>	~	~	~	<b>&gt;</b>	~	~	~	~	~	~	~	<b>✓</b>	~
4x100 米^	<b>✓</b>	~	~	~	<b>&gt;</b>	<b>✓</b>	~	~	~	~	~	~	<b>✓</b>	~
4x400 米^	<b>✓</b>	~	~	~	>	~	~	~	~	~	~	~	~	~

<sup>^</sup> 在每個年齡組別 4x100 米及 4x400 米接力項目中,各屬會/團體最多可派出上限兩隊作賽。每隊接力隊伍只需一人(最年輕隊員) 報名。





### 第七屆香港先進田徑錦標賽

女子	30~34	35~39	40~44	45~49	50~54	55~59	60~64	65~69	70~74	75~79	80~84	85~89	90~94	95~99
100米	~	~	~	~	~	~	~	~	~	~	~	~	<b>&gt;</b>	~
100 米跨欄	~	~												
80 米跨欄			~	~	~	~								
200 米	~	~	~	~	~	~	~	~	~	~	~	~	~	~
400 米	~	~	~	~	~	~	~	~	~	~	~	~	<b>&gt;</b>	~
800 米	~	~	~	~	~	~	~	~	~	~	~	~	>	~
5000 米	~	~	~	~	~	~	~	~	~	~	~	~	<b>&gt;</b>	~
3000 米競走	~	~	~	~	~	~	~	~	~	~	~	~	<b>&gt;</b>	~
跳遠	~	~	~	~	~	~	~	~	~	~	~	~	~	~
跳高	~	~	~	~	~	~	~	~	~	~	~	~	~	~
推鉛球	~	~	~	~	~	~	~	~	~	~	~	~	~	~
擲鐵餅	~	~	~	~	~	~	~	~	~	~	~	~	~	~
擲標槍	~	~	~	~	~	~	~	~	~	~	~	~	<b>~</b>	<b>&gt;</b>
4x100 米^	~	~	~	~	~	<b>~</b>	~	~	~	~	~	~	<b>~</b>	<b>&gt;</b>
4x400 米^	~	~	~	~	~	<b>~</b>	~	~	~	~	~	~	<b>~</b>	>

<sup>^</sup> 在每個年齡組別 4x100 米及 4x400 米接力項目中,各屬會/團體可派出上限兩隊作賽。每隊接力隊伍只需一人(最年輕隊員)報名。





#### 6. 程序表

#### 第一天(暫定)

檢錄時間	比賽時間	男子		女子		
	心食时间	徑項	田項	徑項	田項	
08:00	- 18:30	3000 米競走#	跳遠	3000 米競走#	跳遠	
		200 米#	跳高	200 米#	跳高	
		800 米	推鉛球	800 米	推鉛球	
		4x400 接力	擲標槍	4x400 接力	擲標槍	

#### 第二天(暫定)

檢錄時間	比賽時間	男子		女子		
1大大大大		徑項	田項	Track	Field	
08:00	- 18:30	5000 米#	跳遠	5000 米#	跳遠	
		110 米跨欄#	跳高	100 米跨欄#	跳高	
		100 米跨欄#	推鉛球	80 米跨欄#	推鉛球	
		80 米跨欄#	擲鐵餅	400 米	擲鐵餅	
		400 米		100 米		
		100 米		4x100 米接力		
		4x100 米接力				

- # 部分 3000 米競走 將與 200 米賽事同時段舉行,而部分 5000 米將與跨欄賽事同時段舉行。3000 米競走、5000 米開賽時間暫定為早上 8 時正。200 米、跨欄項目開賽時間暫定為早上九時正。
- 各項賽事實際比賽時間將依報名人數及比賽當天情況或會作出調整,參賽 者請於比賽前2天留意本會網站,及當天網頁或Facebook之更 新。





第七屆香港先進田徑錦標賽

#### 7. 報名

• 填妥團體報名表及

• 把入數紙 WhatsApp 至本會 91471771 電話

• 報名日期 : 二零二二年十月十七日

• 名額 : 1,000 人

• 截止日期 : 二零二二年十月三十一日(額滿即止)

• 報名費用 : 註冊費用港幣 \$150/每人

: 港幣 \$100/項

: 接力項目每隊港幣\$400





#### 8. 付款方式

- 8.1. 支票
- 支票抬頭 / 銀行戶口名稱:香港先進田徑會有限公司 Hong Kong Masters Athletics Club Limited 過數 (入數紙請註明比賽 名稱,參加者團體,電話)
- 郵寄地址: 沙田源順圍 10-12 號 康健科技中心 3 樓 318 室
- 8.2. 銀行轉帳:
- 恒生銀行: 395-706492-001

#### 9. 報名條款

- 9.1. 截止日期後約兩星期,本會將於網站 www.hkmac.org 及www.pacers.org.hk 上載確認名單,及電郵發出繳款通知,請於收到通知後一星期內繳付,該參賽資格將由項目後補名單參賽者補上)比賽時間表及線道表亦將於網站公佈,所有成功報名以比賽前 2 天於網上公布版本為準。
- 9.2. 退款:報名表格一經收取,報名費將不獲發還。
- 9.3. 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。
- 9.4. 團體報名只限於註冊舊生會 或 香港田徑總會屬會為單位。





#### 10. 規則

- 10.1. 為配合場地入場人數限制,只限比賽時間之運動員及 比賽前 三十分鐘進行熱身之運動員,方可進入田徑場,其餘觀眾或 運動員需於看台觀看比賽。
- 10.2. 每位運動員只能帶 1 位觀眾入場,觀眾必需與運動員同時進場如。觀眾進場後只能到安排的看台觀賽。進場觀眾需於網上登記方可進場。
- 10.3. 完成所有比賽的運動員及其觀眾,請盡快離開運動場。
- 10.4. 徑賽項目將會使用全自動計時及終點攝影系統 (Fully Automatic Timing and Photo Finish System) 計時,如電子計時系統故障,此組別項目全部使用手計時成績判決名次。
- 10.5. 比賽按國際田徑聯會規則(WA),世界大師田徑協會(WMA)及香港田徑總會(HKAAA)附例進行,裁判之決定為最後判決。
- 10.6. 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。
- 10.7. 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)。
- 10.8. 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。
- 10.9. 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。
- 10.10.所有徑賽項目不設初賽,各項目均以最佳成績決定名次。
- 10.11.參加跳遠、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。





- 10.12.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。
- 10.13.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消假,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。
- 10.14.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。
- 10.15.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。
- 10.16.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。
- 10.17.賽事成績公布後 30 分鐘,隨即進行頒獎,敬請留意大會廣播。
- 10.18. 場內設有救護站。
- 10.19.請小心看管自己的財物,如有任何遺失,大會恕不負責。





#### 11. 接力

- 11.1. 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。
  - 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。
  - 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。
  - 比賽當日,大會不接受即場報名。
  - 所有接力隊員,必須穿著同款上衣作賽。





#### 12. 獎項

- 12.1. 所有項目獎項須於成績公佈及確認後到領獎處領取。如未能 即日領取請於 25/12/2022 前電郵至本會預約補領時間,逾時 聯絡本會則不獲補發獎項。
- 12.2. 男、女子團體全場冠、亞、季軍獎項。
- 12.3. 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』。
- 12.4. 團體分數按該團體所有 35 歲或以上年齡組別之運動員於項目 所取得之分數總和計算(接力項目分數以雙倍計
  - 算);M30/W30 祖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):

#### 團體計分方法 Overall Scoring System

出席比賽人數		名次						
	1st	2nd	3rd	4th	5th	6th	7th	8th
8人或以上	9分	7分	6分	5分	4分	3分	2分	1分
7人	8分	6分	5分	4分	3分	2分	1分	
6人	7分	5分	4分	3分	2分	1分		
5人	6分	4分	3分	2分	1分			
4人	5分	3分	2分	1分				
3人	4分	2分	1分					
2人	3分	1分						
1人	2分							

- 若名次相同,則以相關名次所得之分數總和平均分配。
- 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。





- 12.5. 每項個人賽事首三名運動員將獲發獎牌一個。接力賽事首三名每名運動員將獲發獎牌一面。
- 12.6. 若對成績存疑,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,費用則獲全數發還,否則由大會沒收。

#### 13. 號碼布

13.1. 參賽者必須在胸前扣上大會派發之號碼布,如需補領號碼布,需到檢錄處辦理及須即場繳付每張港幣 100 元。





#### 14. 聲明

- 14.1. 所有參賽者在往返比賽場地中受到任何財物損失、受傷或致 死亡時,主辦賽會、贊助商及其他有關合辦機構均無須負上 任何責任。
- 14.2. 主辦單位/活動策劃及其代理商有權使用任何有關活動之相 片、錄像及賽事記錄作任何合法用途,包括活動宣傳之用。
- 14.3. 如因場地問題或比賽開始前八小時,天文台懸掛八號或以上 熱帶氣旋警告信號、紅色或黑色暴雨警告信號,當日比賽將 取消舉行,所有因惡劣天氣取消之賽事將不得要求退款。

#### 15. 備註及查詢

15.1. 最新消息及比賽成績將在以下社交媒體公布:

Website: <a href="https://www.hkmac.org">www.hkmac.org</a> (香港先進田徑錦標賽 Hong Kong Masters Athletics Championships) / <a href="https://www.pacers.org.hk">www.pacers.org.hk</a> (飛達田徑會 Pacers Athletics Club)。





第七屆香港先進田徑錦標賽

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第七屆香港先進田徑錦標賽

### **Event Information**

#### 1. Venue

Tin Shui Wai Sports Ground No.2 Tin Shui Road, Tin Shui Wai, Yuen Long

#### 2. Date

27/Nov/2022, 4/Dec/2022

#### 3. Time

08:00 a.m. to 18:00 p.m.





第七屆香港先進田徑錦標賽

#### 4. Categories

Category	Date of Birth
30~34	28/11/1987 ~ 27/11/1992
35~39	28/11/1982 ~ 27/11/1987
40~44	28/11/1977 ~ 27/11/1982
45~49	28/11/1972 ~ 27/11/1977
50~54	28/11/1967 ~ 27/11/1972
55~59	28/11/1962 ~ 27/11/1967
60~64	28/11/1957 ~ 27/11/1962
65~69	28/11/1952 ~ 27/11/1957
70~74	28/11/1947 ~ 27/11/1952
75~79	28/11/1942 ~ 27/11/1947
80~84	28/11/1937 ~ 27/11/1942
85~89	28/11/1932 ~ 27/11/1937
90~94	28/11/1927 ~ 27/11/1932
95~99	28/11/1922 ~ 27/11/1927

<sup>\*</sup> No cross-division challenge is allowed





第七屆香港先進田徑錦標賽

#### 5. Schedule

#### Day 1 (Tentative)

Rollcall Start		Mer	ı	Women			
Koncan	Start	Track	Field	Track	Field		
08:00 -	18:30	3000mW#	Long Jump	3000mW#	Long Jump		
		200m#	High Jump	200m#	High Jump		
		800m	Shot Put	800m	Shot Put		
		4x400Relay	Javelin	4x400Relay	Javelin		

#### Day 2 (Tentative)

Rollcall	Start	Me	n	Women		
		Track	Field	Track	Field	
08:00 - 18:30		5000m#	Long Jump	5000m#	Long Jump	
		110mH#	High Jump	100mH#	High Jump	
		100mH#	Shot Put	80mH#	Shot Put	
		80mH#	Discus	400m	Discus	
		400m		100m		
		100m		4x100 Realy		
		4x100 Realy				

- # Some heats of 3000m Walk and 200m run will be played at the same time. Some heats of 500m run and hurdles evens will be played at the same time. Tentatively, 5000m run and 3000m Walk will start at 08:00 while 200m run and hurdles will start at 09:00 a.m..
- Schedule will be finalized and uploaded to official website not later than two weeks before the event date.





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#### 6. Enrollment

• Complete the enrollment excel and

• Bank-in or through on-line transaction and then send the transaction receipt to Pacers Athletics Club via WhatsApp (91471771)

• Entry period : 17/Oct/2022 ~ 31/Oct/2022

• Entry Fee : Each participant should pay HK\$150 as registration

fee and HK\$100 for each individual event.

: Relay: \$400 /team/event

: Each club should pay HK\$400 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\$150 each.





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#### 7. Payment

#### 7.1. Cheque

- Cheque should be made payable to 'Hong Kong Masters Athletics Club Limited' and send to the following address
- Address: Room 318, Town Health Technology Centre, 10-12 Yuen Shun Circuit, Shatin N.T.

#### 7.2. Bank Transfer:

• Hang Seng Bank: 395-706492-001

#### 8. Enrollment

- 8.1. Confirmed registration list will be uploaded to official website within two weeks after the end of enrollment. Payment must be settled within one week upon submission of the enrollment excel.
- 8.2. All fees are non-refundable.
- 8.3. All fees, after deducting administrative costs, will be reserved as registration fee (pro-rata to each participated organization in this event) of next Masters Athletics Championships event if the event is cancelled due to the COVID-19 epidemic situation.
- 8.4. Organization enrollment refer to registered HKAAA Members Club or registered Alumni under Societies Ordinance.





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#### 9. Rules and Regulations

- 9.1. Participants are only allowed to enter into the track and field area no earlier than the start time for warming-up purpose, he/she must go back to spectators stand after completion of his/her event.
- 9.2. Each participant can bring one spectator and this spectator shall register through google form within two days before the event.
- 9.3. Timing System: Fully Automatic Timing and Photo Finish System will be used, hand timing will serve for backup purpose.
- 9.4. Competitions will be held accordance to the WA competition Rules, World Masters Athletics competition Rules and HKAAA's general rules.
- 9.5. 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.
- 9.6. 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)
- 9.7. 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.
- 9.8. 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.





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- 9.9. No heats for all track events, the best result of each event will be used for ranking.
- 9.10. 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.
- 9.11. The starting height for High Jump and the increment will be determined by both the judges and athletes of that event during the championships.
- 9.12. 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 participants' 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.
- 9.13. 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.
- 9.14. 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.





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- 9.15. 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.
- 9.16. Awards will be presented to the winners after 30 minutes of the results are announced.
- 9.17. First-aid station will be set up.
- 9.18. Please take care of your personal belongings at all time. The organizers will not be responsible for any loss of belongings during the competition.

#### 10. Relay

- 10.1. 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.
  - 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.
  - All associations/clubs should submit the relay team name list(s) to the Recording Room before 12:00 noon on the event date.
  - Registration on the event day is not accepted.
  - All relay team members should wear the same style of tops.





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#### 11. Award

- 11.1. Medals will be presented to the Top 3 winners of each category of both individual and relay events upon results confirmation.
- 11.2. Trophies will be presented to the Individual Overall Champion of each category.
- 11.3. Trophies will be presented to the Men's and Women's Top 3 associations/ clubs obtaining highest score.
- 11.4. Overall Champion of Male will be awarded the Lowcock Challenge Shield; Overall Champion of Female will be awarded the Ng Shuit Kwai Challenge Shield.
- 11.5. 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:

#### Overall Scoring System

Participants	Position									
entered in the event	1st	2nd	3rd	4th	5th	6th	7th	8th		
8 or above	9	7	6	5	4	3	2	1		
7	8	6	5	4	3	2	1			
6	7	5	4	3	2	1				
5	6	4	3	2	1					
4	5	3	2	1						
3	4	2	1							
2	3	1								
1	2									

- 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.
- 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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#### 12. Athlete Bibs

- 12.1. Every athlete shall be provided with one bib which shall be worn visibly on the front of the torso. No athlete shall be allowed to take part in any competition without displaying the appropriate bib and/or identification.
- 12.2. An additional administration fee HK\$100 will be charged for replacement of number bib.

#### 13. Declaration

- 13.1. The act of registration implies that the athlete declares that his/her health condition is adequate for participating in the race, and that he/she takes full responsibility for any health changes that appear during the race °
- 13.2. Copyright of all photos taken in the event day shall own by the organization and have the right to use the photos including but not limited to event promotion… etc.
- 13.3. The race may be cancelled if typhoon signal no.8 or above is hoisted, or if a rainstorm signal red or black is still in force in 8 hours before the event start. Participants should refer to news updates and online announcement. Fees are not refundable if the event is cancelled due to circumstances beyond the control of the Organizing Committee or in the case of force majeure.

#### 14. Notice and Enquiry

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

Website: <a href="https://www.hkmac.org">www.hkmac.org</a> (香港先進田徑錦標賽 Hong Kong

Masters Athletics Championships) / <a href="https://www.pacers.org.hk">www.pacers.org.hk</a>
(飛達田徑會 Pacers Athletics Club)。