

<<運動員指南>>

比賽日期: 22-23/11/2025 星期六- 星期日

****是次比賽有很多特別安排，煩請細心閱讀****



- 運動員如需自備投擲器械，需於該項比賽前一日提交。
- 是次不設鞋履檢查，但仍會按照WMA、WA、HKAAA附例(如適用)進行
- 運動員請小心保管號碼布，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。

自備投擲器械 Submission of Implements

12.4. 自備投擲器械

自備投擲器械需於該項比賽一日前提交

除下面三項器械，所有自備器械須有 World Athletics 的認證.

- 2.0kg 鉛球
- 750g 鐵餅
- 400g 鏢槍
- 以上三項需符合 WMA Competition Rules - 2023 (Appendix A) 所有規則。

提交日期	提交時間	地點	注意
21/Nov/2025	早上九時 至 中午十二時 下午二時 至 五時	沙田 源順圍 10-12 號 康健科技中心 3 樓 318 室	適用於十一月廿二日或以後舉行之擲項賽事
22/Nov/2025	早上九時 至 中午十二時 下午二時 至 六時	灣仔運動場	適用於十一月廿三日後舉行之擲項賽事

12.4. Submission of Implements

Personal implements must be submitted for checking one day earlier before the events happening.

All submitted implements must be “World Athletics certified” implements except the followings.

- 2.0kg Shot Put
- 750g Discus
- 400g Javelin
- These 3 implements must comply with the specifications stated in Appendix A of WMA Competition Rules - 2023.

Date of Submission	Submission Time	Venue	Note
21/Nov/2025	09:00 ~ 12:00 noon 14:00 ~ 17:00 p.m.	Rm. 318, Town Health Tech. Ctr. 10-12 Yuen Shun Circuit Shatin, N.T., Hong Kong.	For events scheduled on 22/Nov or after
22/Nov/2025	09:00 ~ 12:00 noon 14:00 ~ 18:00 p.m.	Wanchai Sportsground	For events scheduled on 23/Nov

運動員 Checklist:

比賽前一天:

✓ 查看號碼布列表(bib list)、線道表(lane list) 及時間表 (timetable)

✓ Check bib list, Lane list and Time table

<https://www.pacers.org.hk/2025/08/15/21271/>

比賽當天:

✓ 預早熱身 (熱身區位於場地左方) Warm up (Warm up area at the left side of the sportsground)

✓ 帶好號碼布、「線道號碼布」 buckle for your bib cloths and lane cloth

✓ **準時到**「檢錄處」報到 (**田項及徑項**) Attend Call room (**Track and Field events**) **ON TIME**

運動員如需自備投擲器械，需於該項比賽前一日提交。Personal implements must be submitted for checking one day prior to the competition date.



Hong Kong Masters Athletics Club
The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M45 - 4X400m (Heat 2) Lane 4

飛達田徑會



	Bib/#	Name (Eng)	姓名 (中)
First Leg: 第一棒			
Second Leg: 第二棒			
Third Leg: 第三棒			
Forth Leg: 第四棒			

M45

**Please present this form in the Call Room no later than the published rollicall time for that event. (the time by which the athletes must be present in the call room)

接力登記表會放於團體號碼布公文袋，請團體代表檢查清楚，如發現欠缺，請盡快到記錄室通知職員補印。

Relay form put into the folder, together with your bib clothes. Team representatives please check carefully. If missed, please inform officers in record room to re-print.

接力項目開始檢錄後將不設補印。敬請留意

Once relay event start the roll call, it is not allowed to re-print.

是次不設鞋履檢查，但仍會按照 WMA、WA 附例(如適用)進行

There is no shoes checking, but still conducted according to the competition rules of WMA , WA's general rules (where appropriate).

如賽後發現比賽鞋款不合規格，賽後成績亦會列為“DQ”

If found out the shoes are not allowed, result will also be marked as “DQ”

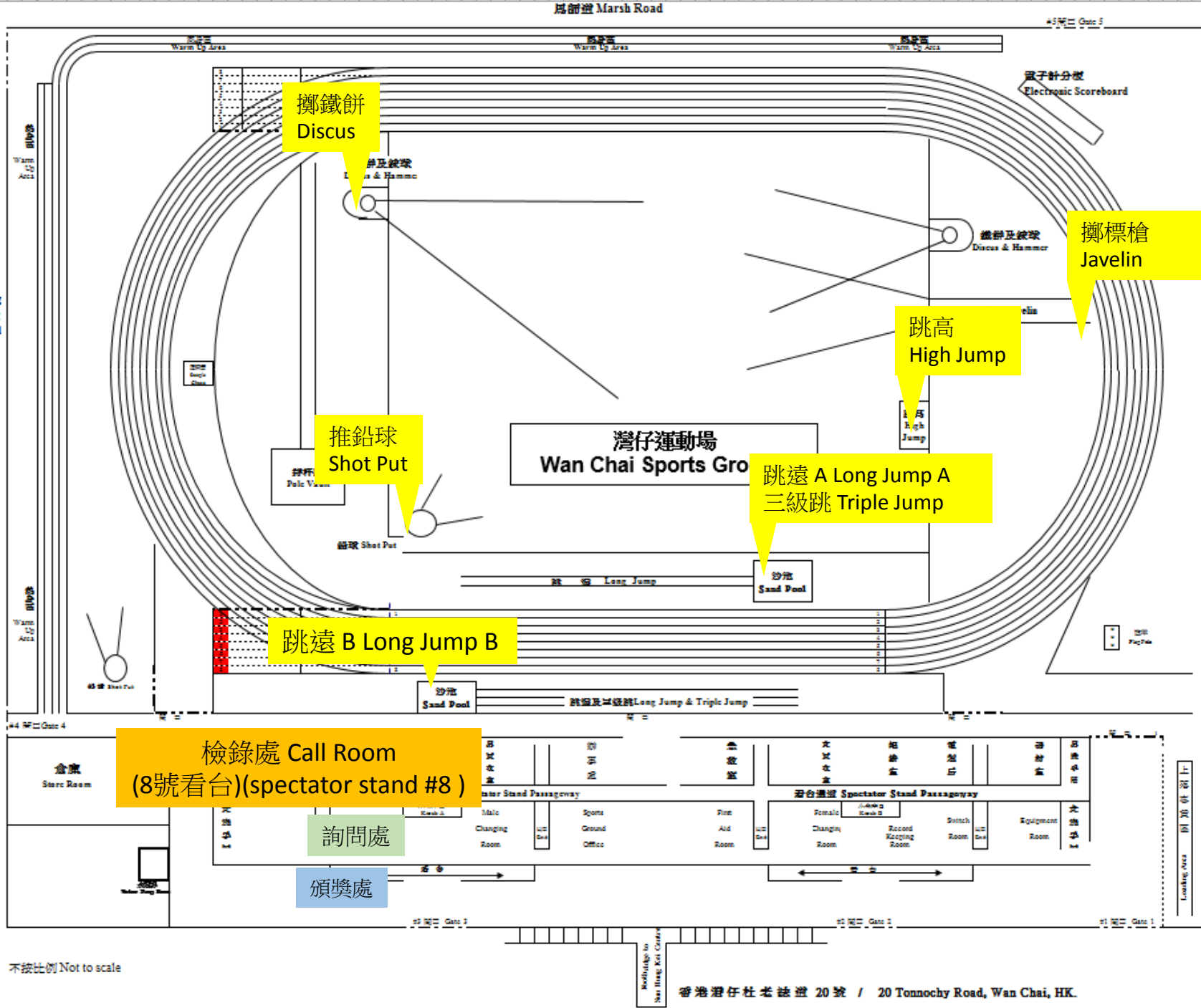


List of Approved Athletic Shoes

Please refer to :

<https://certcheck.worldathletics.org/>





請留意大會時間表:
<https://www.pacers.org.hk/2025/08/15/21271/>

場內不設廣播，運動員必須依時到檢錄處報到，本賽事之檢錄處設於灣仔運動場8號看台。檢錄後將然後由工作人員帶往比賽場地；如不往檢錄處報到者，即當作缺席棄權論。

There will be no announcement for the roll call times at the venue. All athletes must report to the Call Room on time. Officials will escort the reported athletes to the competition area after the end of the call. The Call Room is located at spectator stand #8 at Wan Chai Sports Ground. Athletes who fail to report to the Call Room will be treated as absent and will not be allowed to compete in that event.

接力名單提交限期，所有接力項目須於比賽當天檢錄時間內把出賽名單交到檢錄處。

All associations/clubs should submit the relay team name list(s) to the Call Room during the roll call time of the event date.

接力運動員必須穿著屬會同色同款之隊服作賽。
 All relay team members should wear the same style of tops.

團體代表 進場後可於詢問處領取號碼布 並派發給所屬運動員

Athletes can get your bib cloth at information center

運動員號碼布會於22-23/11 使用，請於22/11 完結後自行保管好

Bib cloth will be used for 22-23/11, please keep it after 22/11 events

!! 運動員請小心核對姓名及參賽項目，賽事當天不設項目即場報名!!

Athletes should check your name and event, there is no ad-hoc registration for any events

男子組別號碼布

Men bib cloth

女子組別號碼布

Women bib cloth



成績查閱
Result

B 線道號碼布



號碼貼紙會於檢錄時由工作人員派發



所有運動員到達運動場後，需扣上號碼布，如要領取號碼布(A)，請入場後於詢問處領取，並將號碼布扣在胸前

領取號碼布後，請同時扣好「線道號碼布」(B)。

A B 必須扣好，直至所有比賽完結。

*****線道貼紙將影響賽事成績之準確性，請各運動員上線將線道貼紙穩固貼左右側，並確認清晰可見。**

運動員必須將號碼布於胸前扣好，如當天遺失號碼布需到檢錄處補領，即場繳付每張號碼布為**\$100**

Every athlete shall be provided with one bib which shall be worn visibly on the front of the torso. An additional administration fee **HK\$100** will be charged for replacement of number bib.



~22-23/11~
灣仔運動場見

