



# Pro-Active Sprint Orienteering 2022



## Pro-Active 短距離系列賽 2022 第 2 季 - 第 2 站

### 賽事資訊(一)

## Pro-Active Sprint Orienteering 2022 Season 2 - Stage 2

### Event information 1

日期 Date: 27/11/2022 (星期六) (Saturday)

時間 Time: 08:45 - 13:00

地點 Venue: 沙田(中) Shatin (Central)

形式 Format: 短距離越野式 Cross-country Sprint-O

地圖 Map: 2022 年 11 月更新版本彩色定向地圖 (ISSprOM2019-2)

Nov 2022 updated version, colour-printed orienteering map (ISSprOM2019-2)

### 主要工作人員 Main Official

賽事控制員 Event Controller: 梁 林先生 Mr. LEUNG Freddy Lam

賽事主任 Event Organiser: 鄭文暉先生 Mr. KWONG Timothy Man Fai

賽程設計 Course Planner: 譚泳聰先生 Mr. TAM Wing Chung

裁判團 Jury: 馮匡正先生 Mr. FUNG Hong Ching

(野外定向種籽 Orienteering Seeds)

余思穎小姐 Ms. YEE Sze Wing

(港島定向力量 Hong Kong Island Orienteering Force)

劉珽笙先生 Mr. LAU Kwok Sang

(都會定向會 Metropolitan Orienteering Club)



## 賽事程序

### Rundown

時間 Time	程序 Rundown
08:45	登記點開放 Registration Centre opens
09:00	精英組出發次序抽籤 Draw start order of Elite Classes
09:30	出發區(S1)、賽區、終點及成績處理開放 Starting Area(S1), Competition area, Finishing Area and Result Processing Area opens
	MC/WC/FAM 首名賽員出發 First competitor of MC/WC/FAM starts
10:00	出發區(S1)關閉, 出發區(S2) 開放, Starting Area(S1) closes, (S2) opens
	精英組首名賽員出發 First Elite competitor starts
11:45	出發區關閉 Starting Area closes
12:45	賽區、終點及成績處理關閉 Competition Area, Finishing Area and Result Processing Area closes
13:00	最後成績公佈 Announcement of the final result

\*大會或因應實際情況修改程序並於 Facebook 專頁及登記點公佈。

\*The organiser may alter the rundown according to the situation and will announce the related information on Facebook and Registration Area



## 賽事基本流程(防疫措施、出發、終點及成績處理)

### The Basic Rundown of The Race



因應新冠肺炎疫情仍未完全絕跡，為減低病毒傳播風險，避免人群聚集，本賽事不設傳統賽事中心。進行賽事期間亦請戴上口罩以防病毒感染。

To reduce the risk of virus transmission and avoid crowd gatherings, there are no Event Centres for this competition. Please also wear a mask during the race to reduce the risk of infection.

流程內各區位置相距均超過 10 米以上，整個活動過程中不會同時與多於 5 個工作人員/賽員接觸，保持良好社交距離。

To maintain social distance, the locations of each area (Starting Area, Finishing Area, Result Processing Area etc.) are over 10 meters apart. During the event, there will be no contact with more than 5 staff/competitors simultaneously.

賽事資訊將顯示「登記點」位置，賽員按分配時段(不早於出發時間前四十分鐘)到達登記點以 SI Card 號碼作登記(租借指卡賽員以姓名登記後可領取指卡)後可獲發「出發區路線圖」，出發區路線圖以當日賽事地圖規範繪製，並標示「\*行李寄存點」、「出發區」等位置。

\*行李寄存只接受單件細件行李，如有較多/大件行李的賽員請自行看管。

The location of the Registration Area will be displayed in the Event Information. Competitors arrive at the registration point according to their allocated time slot (not 40 minutes earlier than the departure time), register with their SI Card number (the competitors who rent the SI card can collect their card after registering with their name.). You will receive a route map which guides you to the Starting Area. The route map is drawn according to the specifications of the race, and marked with several locations, such as "\*Baggage Storage Area", "Starting Area" etc.

\*Our Baggage Storage service only applies to a single piece of small baggage. Competitors with several/large baggage should take care of the baggage themselves.



## Pro-Active Orienteering Club

賽員領取出發區路線圖後，建議先嘗試前往出發區作時間預算，然後按需要前往寄存行李、進行簡單熱身，並於出發前 5 分鐘才正式到達出發區作出發登記。

After receiving the route map, competitors are recommended to go to the Starting Area to make a time estimation, then go to the Baggage Storage Area to store their baggage as needed, warm-up, and arrive at the Starting Area 5 minutes before their start time for pre-race registration.

到達出發區後賽員將按一般賽事程序於「三分區」進行清除指卡記錄(Clear)、檢查/開啟 SI Air+功能(Check/SIAC ON)、測試(Test)，進入「二分區」領取提示符號表，並於「一分區」等候出發(Start)。

After arriving at the Starting Area, competitors will clear the SI card record (Clear), check/activate the SI Air+ function (Check/SIAC ON), and test (Test). Competitors may enter the Starting Area 5 minutes before their start time. Control Descriptions will be provided to competitors 2 minutes before their start time, competitors may collect the race maps 1 minute before their start time.

賽員抵達終點(Finish)後，地圖上會標示出成績處理位置，請按地圖路線指示前往「成績處理」(Result)下載成績，完成下載後請離開成績下載區並前往行李寄存點取回行李。

The location of the Result Processing Area is marked on the map. Please follow the map directions and go to Result Processing Area to download the results after punching Finish. After receiving the result slip, please leave the Result Processing Area and go to the Baggage Storage Area to retrieve your baggage.

## 登記點 Registration



登記點位於城門河海濱第三海濱公園: [https://maps.app.goo.gl/aZwc3qEfiuuznS6r7?g\\_st=ic](https://maps.app.goo.gl/aZwc3qEfiuuznS6r7?g_st=ic)

The Registration Area is located at Shing Mun River Promenade Garden No. 3:

[https://maps.app.goo.gl/aZwc3qEfiuuznS6r7?g\\_st=ic](https://maps.app.goo.gl/aZwc3qEfiuuznS6r7?g_st=ic)

# Pro-Active Orienteering Club



賽員可乘搭以下公共交通工具自行前往，最近的鐵路站為火炭站，出站後向城門河岸步行前往登記點：

Competitors may take the following public transportation to arrive at the Registration Area. The nearest MTR station is Fo Tan Station:

交通工具 Transportation	路線 Route
巴士 Bus	280X, 481, 48P, 811
小巴 Minibus	810A, 814, 61S
港鐵 MTR	<p>東鐵線火炭站 A 出口，步行前往約 1000 米，需時約 13 分鐘。 Sung Wong Toi Station (East Rail Line) exit A, walk for 1000m, takes around 13 minutes</p>

最近登記點的洗手間位於遊樂場內，出發區路線圖將同時展示洗手間位置。

The nearest restroom to the Registration Area is within the Playground, the route map will also display the restroom's location.

賽員請依照 **建議登記時間** 到達登記點，準備 SI Card 並以 **SI Card 號碼作身份識別** 領取出發區路線圖。

Competitors are advised to arrive at the Registration Area **according to their designated Registration time**, prepare their **SI card for identification to collect the route map**.

賽員在比賽後可在登記點憑在成績處理打印的成績單領取已付款的 **出席證書**。如賽員報名時未有申請出席證書，可於當日繳付港幣\$50 申請領取，本會將於兩星期內將證書寄送到指定地址，不設找續。

Competitors may present their result slip at the Registration Area after the race to collect their **Certificate of Attendance**. If the competitor did not request a Certificate of Attendance while registering for the race, they may pay \$50 on spot to request one. The Certificate will be mailed to the designated mailing address within 2 weeks. No change will be provided.



## 出發區 Start Area

本會在 Facebook 「Pro-Active Orienteering Club」專頁及 Eventor Hong Kong 發佈出發名單，包括各賽員的賽員編號及各組別的建議登記時間、出發時間，請自行上網查閱。

The start list will be released on our Facebook page “Pro-Active Orienteering Club” and Eventor Hong Kong. The start list includes each competitors’ number, recommended registration time, start time. Please read the start list to know more.

由登記點前往出發區距離約 1300 米，需時約 15-20 分鐘。賽員請按照自己的出發時間提早 20-25 分鐘由登記點開始前往出發區。本會建議賽員出發前預留時間作熱身。

The Starting Area is 1300m away from the Registration Area, the estimate time for traveling to the Starting Area from the Registration Area is around 15-20 minutes. Competitors are advised to start going to the Starting Area 20-25 minutes prior to their start time, and warm up before the race.

賽員請根據工作人員的指示排隊報到，以便工作人員登記賽員的出發狀態及檢查裝備。賽員進入出發區前，必須檢查是否已帶備指卡，沒有指卡將不獲出發。

At the Starting Area, competitors should register according to the instructions of the race officials, as they will check the competitors’ condition and gears. Competitors should check whether they have bought their SI card, if not, they will not be allowed to start.

登記及檢查後，請在指卡清除器 (CLEAR) 上刪去指卡的舊紀錄。

After registration, remember to delete the SI card memory by punching CLEAR.

賽員最遲需於出發前 3 分鐘抵達出發區，未有按時到達出發區之賽員將有機會不獲準時出發。

Please arrive at the Starting Area latest 3 minutes before the starting time, or competitors may not be allowed to start on time.

進入出發區後，請按工作人員指示領取地圖及等候出發，出發響號發出前，賽員不得翻閱地圖。

After entering the Starting Area, competitors should collect the maps and control descriptions according to the instructions given by race officials. Competitors are only allowed to read the map after hearing the start signal.

出發響號發出後，**賽員需把指卡置於起點器 (START)**，其後方可閱讀地圖及出發。賽會工作人員會事前檢查地圖，惟賽員亦有責任於出發響號發出後自行檢查地圖所示組別是否正確；如賽員需靜止以計劃路線，請遠離出發區，避免影響即將出發之賽員。

After the start signal, competitors are required to **punch START**, then read the map and begin the race. Race officials will check the maps beforehand, yet competitors have the responsibility to check whether they have received the right map after the start signal; Competitors should move away from the Starting Area after they started, to prevent them from affecting the competitors who are going to start soon.

**是次賽事將會派發提示符號表，賽員有需要請自備提示符號表套。**

**Control descriptions will be distributed to competitors in this race, competitors may bring a control description holder.**

# Pro-Active Orienteering Club



遲到賽員必須向出發區工作人員報到，並由工作人員另行安排下出發。其所損失時間將不獲補回。如遲到賽員未能在出發區關閉前報到，他將不會獲安排出發。已繳付之報名費用恕不退還。

Late competitors must register at the Starting Area and follow the arrangements made by the race officials. No time compensation will be given. If the late competitors fail to register at the Starting Area before it closes, they will not be allowed to start. No refunds will be provided.

## 賽程 Course

地圖: 比例 1 : 4000, 等高線間距 2m, ISSprOM2019-2

Map: scale 1:4000, contour interval 2m, ISSprOM2019-2

形式: 個人越野式 Format: Individual Cross-country				
賽程(組別) Course (Class)	長度 Length	預計勝出時間 Estimated Winning Time	控制點數目 Number of Controls	限時 Time Limit
A-1 (ME)	3.8 公里 3.8 km	15 - 18 分鐘 15-18 minutes	24	60 分鐘 60 minutes
A-2 (WE)	3.5 公里 3.5 km	15 - 18 分鐘 15-18 minutes	22	60 分鐘 60 minutes
B-1 (MO)	3.5 公里 3.5 km	15 - 18 分鐘 15-18 minutes	22	60 分鐘 60 minutes
B-2 (WO/MS)	3.1 公里 3.1 km	15 - 18 分鐘 15-18 minutes	20	60 分鐘 60 minutes
C (WS/MA)	3.0 公里 2.7-3.1 km	15 - 18 分鐘 15-18 minutes	18	60 分鐘 60 minutes
D (WA/MB/WB)	2.7 公里 2.7 km	15 - 18 分鐘 15-18 minutes	16	60 分鐘 60 minutes
E (MC/WC)	2.2 公里 2.2 km	15 - 18 分鐘 15-18 minutes	12	60 分鐘 60 minutes
F (FAM / NS)	2.0 公里 2.0 km	不適用 Not applicable	11	60 分鐘 60 minutes



## 賽區 Competition Area

(將於賽事資訊(二)內公佈 Will be announced in Event Information (2))

## 終點及成績處理

### Finishing Area and Result Processing

終點控制器(Finish Unit)沒有開啟 Air+功能。

SIAC Air+ is not activated for the finishing unit.

賽員需將指卡放於終點器上 (FINISH)以完成賽事 (使用 SIAC 亦需要將指卡置入終點控制器孔內)，指卡一經觸碰終點器，指卡即時停止計時，賽事隨即完結。如賽員尚未完成賽事，切勿進入終點範圍。越過終點後，工作人員不會收回地圖，賽員未經許可不可將地圖展示予未出發的賽員。

Competitors must punch their SI card on the FINISH unit to end the race (applicable to competitors using SIAC as well). Once the SI card touched the finishing unit, the card will stop recording the time immediately, which marks the end of the race. If competitors have not finished the race, do not enter the Finishing Area. Maps will not be collected at the Finishing Area. Without permission, competitors are not allowed to show the map to competitors who have not started their course.

賽員完成比賽後，請即前往位於登記點旁的成績處理。

Competitors should head to the Result Processing Area (next to the Registration Area) once they have finished the race.

所有賽員不論是否完成賽事、遺失指卡，均必須在賽區關閉後立即返回終點或登記點報到。

All runners must report to the Finish or the Event Centre regardless of if they have finished the race or if the SIAC card is lost.

到達成績處理後，賽員請按工作人員指示下載成績、交還租借指卡。如遺失或損壞指卡均需賠償予大會。

Please download the result and return the borrowed SI card according to the instructions given by the race officials. Competitors are required to indemnify to the organiser for any lost or damage of the SIAC card.

如賽員未能於成績下載區關閉前報到將會被取消資格。所有成績均以大會成績公佈為準，賽員的分段時間成績僅供參考。

Competitors who fail to report to the Result Processing Area before it closes will be disqualified. All results are subject to the announcement of the results by the organiser, competitor's split time is for reference only.





## 即時成績公佈

### Instant Result Announcement

網上即時成績連結: <http://bit.ly/paoc-live-result>, 賽員可在完成賽事後登入以上連結瀏覽各組別成績。

Online live results link: <http://bit.ly/paoc-live-result>, competitors can visit the above website to view the results of each class after completing the competition.

賽員亦可以手機掃瞄地圖上的二維碼以瀏覽網上即時成績。

Competitors can also scan the QR code on the map to view the online real-time results.



### 獎項 Prizes

競賽組別 Competition classes				
組別 Class	*分站獎項 *Substation Awards	季度獎項 *Seasonal Awards	#挑戰大獎 #Challenge Grand Prize	全年排名大獎 Annual Ranking Award
ME/WE	前三名 獲頒獎牌 Top 3 will be awarded a medal	第一季及第二季 (3場計2場) 每組 設季度冠軍 In Season I and Season 2 (counting 2 best-performed games in 3 games), each group has a seasonal champion	賽員在每場賽事資料公佈限定時間內完成賽程, 可獲指定百分比報名費現金回贈 Competitors who complete the race within the time limit stated in the Event Information of each race will receive a cash rebate of a specified percentage of the registration fee	第一季及第二季總得分各獲最少^1400分 Attaining a total score of at least ^1400 points in both Season I and Season 2 或 OR <b>於第二季度總得分達2500分或以上</b> <b>Attaining a total of 2500 points or above in the</b>
MO/WO/M S/WS				<b>second season</b>
MA/WA/M B/WB/MC/ WC			/	可進入決賽競逐全年排名大獎 首三名獲頒 1. 特色獎座 2. 定向禮品及 3. 賽事現金券  May enter the finals to



			compete for the Annual Ranking Award The top 3 will be awarded <ol style="list-style-type: none"> <li>1. Featured trophies</li> <li>2. Orienteering Gifts and</li> <li>3. Cash Coupon</li> </ol>
體驗組別 CATI classes			
組別 Class	分站獎項 * Substation Awards	完賽獎勵 Completion Reward	
NS/ND/FA M	不設排名獎項 No ranking awards	有效完成同一季度內 3 場賽事, 可獲頒完賽獎牌。 Competitors will be awarded a medal upon completion of 3 races in the same season.	

\*若同組參賽人數不足 6 人只設冠軍。

\*If the number of participants in the same group is less than 6, only the champion will be established.

## #挑戰大獎

### #Challenge Grand Prize

獎項 Prize	一等獎 First Prize	二等獎 Second Prize	三等獎 Third Prize
ME	(將於賽事資訊(二)內公佈 Will be announced in Event Information (2))		
WE			
獎勵 Reward	退回\$50 報名費 Refund of \$50 registration fee	退回\$30 報名費 Refund of \$30 registration fee	退回\$10 報名費 Refund of \$10 registration fee

## ^分數計算方法

### ^Score calculation method

分站各競賽組別賽員以 **(冠軍完成時間/賽員完成時間) x1000** 計算出每站所得分數。

Competitors of each competition class should calculate their scores obtained in each station **by (the time of completion of the champion/the time of completion of the competitors) x 1000.**



## Pro-Active Orienteering Club

### Grand Slam 大獎 Grand Slam Prize

同時獲得第一季、第二季及決賽冠軍的賽員可獲頒特別獎金(詳見下表)。

Competitors who become champion in the First Season, Second Season and Finals at the same time will receive special bonuses (see the table below for details).

### 全年排名大獎 Annual Ranking Award

各組首三名賽員獲頒獎座、定向禮品以及PAOC2023賽事現金券，獎勵如下：

The top 3 competitors in each group will receive trophies, orienteering gifts and cash coupons for PAOC2023 events. The rewards are as follows:

組別 Class	名次 Rank	賽事現金券 Event Cash Coupon	Grand Slam 大獎 Grand Slam Prize	定向禮品 Orienteering Gifts	獎座 Trophies
ME/WE	第一名 1 <sup>st</sup> place	\$150	現金獎\$700 Cash Prize \$700	✓	✓
	第二名 2 <sup>nd</sup> place	\$110			
	第三名 3 <sup>rd</sup> place	\$90			
MO/WO	第一名 1 <sup>st</sup> place	\$130	現金獎\$500 Cash Prize \$500		
MS/WS	第二名 2 <sup>nd</sup> place	\$90	現金獎\$200 Cash Prize \$200		
	第三名 3 <sup>rd</sup> place	\$70			
MA/WA/MB/ WB/MC/WC	第一名 1 <sup>st</sup> place	\$110	2023 年度 PAOC 定向訓練課程免費學額乙個 I free place for PAOC orientation training courses in 2023		
	第二名 2 <sup>nd</sup> place	\$80			
	第三名 3 <sup>rd</sup> place	\$60			

### 新手入門教學 Beginner's Guide

若為首次接觸定向賽事賽員，可瀏覽以下文件對定向賽事作初步了解

If you are new to orienteering, you may browse the following documents for a preliminary understanding of the sport,

<https://hongkong.eventorworld.org/Documents/Event/174/3/----->

也可以瀏覽香港定向總會網頁

you may also visit the website of the Orienteering Association of Hong Kong,

<https://www.oahk.org.hk/zh/>

了解更多有關定向運動的知識。

to learn more about Orienteering.



## Pro-Active Orienteering Club

### 租借指卡

#### SI card Rental

賽事將使用 SPORTident Punching System 作計時系統，並開啟 Air+功能。如參加者未能自備 SI 指卡參賽，每參賽單位需繳付\$10/場 (SI Card) 或 \$30/場 (SIAC Card)的租賃費用；所有賽員必須攜帶 SI 指卡出賽。

SPORTident Punching System will be used as the timing system in this competition. The Air+ function will be activated for all control points. If participants fail to bring their own SI cards to participate in the competition, each participating unit must pay a rental fee of \$10/game (SI Card) or \$30/game (SIAC Card).

### 惡劣天氣安排

#### Severe Weather Arrangements

如賽事開始前 2 小時，天文台懸掛紅色或黑色暴雨警告訊號，或三號或以上熱帶氣旋警告訊號，大會有權順延或取消比賽，屆時請留意本會 Facebook 專頁或網頁公佈。不論任何情況，包括賽員未能出席已順延之比賽或賽事取消，已繳交之費用一律不設退款。

If a red or black rainstorm warning signal, or a tropical cyclone warning signal No. 3 or above is hoisted by the Observatory 2 hours before the start of the race, the organizer reserves the right to postpone or cancel the race. Please pay attention to our Facebook page or website for announcements. Fees paid will not be refunded under any circumstances, including a competitor's failure to attend a postponed race or event cancellation.

### 主辦單位及查詢

#### Organisers and Enquiries

博野動力定向會

Pro-Active Orienteering Club

電話/WhatsApp: 6094 0495

Phone/WhatsApp: 6094 0495

電郵: [proactive.orienteeing@gmail.com](mailto:proactive.orienteeing@gmail.com)

Email: [proactive.orienteeing@gmail.com](mailto:proactive.orienteeing@gmail.com)

網頁: <https://www.facebook.com/proactiveorienteer/>

Website: <https://www.facebook.com/proactiveorienteer/>



## 賽事規則

### Competition rules

賽事採用國際野外定向聯盟賽事規例 2020 及香港定向總會定向賽事則例。

The competition adopts the International Orienteering Federation Competition Regulations 2020 and Orienteering Association of Hong Kong's Competition Regulations.

國際野外定向聯盟賽事規例

International Orienteering Federation Competition Regulations

[https://onedrive.live.com/embed?resid=663580750D0C0BCE%2119820&authkey=!AJM9R6ji2A2p\\_fl&em=2&wdHideHeaders=True&wdDownloadButton=False](https://onedrive.live.com/embed?resid=663580750D0C0BCE%2119820&authkey=!AJM9R6ji2A2p_fl&em=2&wdHideHeaders=True&wdDownloadButton=False)

香港定向總會野外定向賽事則例

Orienteering Association of Hong Kong's Competition Regulations.

[http://oahk.org.hk/uploads/file/20190321\\_20190320\\_Bylaw%202019%20English.pdf](http://oahk.org.hk/uploads/file/20190321_20190320_Bylaw%202019%20English.pdf)

賽員不得使用除大會提供之地圖及要求帶備的裝備以外的輔助器具。

賽員不得移動、損壞控制點、比賽設施或公共設施，如有發現將被取消參賽資格。若有損毀大會物品，賽員須按價賠償。

賽會可隨時增刪或修改比賽規則而無需於賽前通知各賽員，最新消息請留意當日的宣佈。

Competitors are not allowed to use assistive devices other than the maps provided by the organizer and the gears required to be brought.

Competitors are not allowed to move or damage control points, competition facilities or public facilities and will be disqualified if found. If the Organiser's properties are damaged, competitors must compensate according to the price.

The organiser can add, delete or modify the competition rules at any time without notifying the players before the competition.

Please pay attention to the announcement on the day for latest information.

## 指卡及計時系統

### SI card and Timing System

是次賽事將採用 SPORTident 電子打卡計時系統，賽員的成績將以指卡紀錄計算。大會並不接受賽員以任何其他形式，包括但不限於拍照、他人作證等證明自己曾到訪控制點。

This event will use the SPORTident electronic punch-in timing system, and the competitors' scores will be calculated based on their SI card records. The organiser does not accept contestants to prove that they have visited the control point in any other form, including but not limited to taking pictures and testifying by others.

指卡須緊扣於賽員的手指上，FAM、ND 則只需其中一名成員戴上指卡。

The SI card must be tightly fastened to the player's finger, while only one member is required to wear the finger card for FAM and ND.

## Pro-Active Orienteering Club



賽員有責任確保指卡能成功放置入電子打孔器的圓孔內，包括清除器、起點器、各控制點及終點器 (如下圖示)，直至電子打孔器閃亮及發出「嘟」響聲。如賽員在打卡時發現指卡有問題，請盡快通知工作人員更換指卡，如在下載成績時大會不能讀取已打卡的紀錄，賽員不得以系統失效作為上訴理由。

Competitors have the responsibility to ensure that the SI card have successfully placed in the hole of the unit, including CLEAR, START, control points and FINISH (as shown in the figure below), until the unit flashes and emits a "beep" sound. If competitors find a problem with the SI card when punching, please notify the race officials to replace the SI card as soon as possible. If the organiser cannot read the punched-in record when downloading the results, the contestant shall not use the system failure as the reason for appeal.



指卡紀錄了賽員到訪各個控制點的時間及順序。是次賽事為奪分式，如賽員在賽事途中誤打非所屬賽程的控制點，只須無視誤打的控制點，繼續進行賽事便可。

The SI card records the time and order of the competitors visiting each control point. This competition is of the Score Sprint-O style. If a player mistakenly hits a control point that is not part of their course during the race, they can ignore the mistakenly hit control point and continue the competition.

指卡記憶體有限，賽員盡量不要將指卡置於非自己需要到訪的控制點電子打孔器上，否則你的成績將有機會不能被準確計算。賽員切勿將已打終點器之指卡置在任何電子控制器上。

The memory of the SI card is limited. Competitors should avoid punching control points that they do not need to visit, otherwise their score may not be calculated accurately. Competitors must not punch any units after punching FINISH.

下載成績後賽員可即時領取成績單，唯分段時間僅供參考。最終成績請留意大會在登記點的最新公佈。

After downloading the results, competitors can receive their result slip immediately, yet it is for reference only. Please pay attention to the latest announcement of the organiser in the Registration Area for the final results.



### 備註

### Remarks

賽員須遵守公園守則。

請保持地方清潔。

大會建議賽員留意個人身體狀況，自行決定是否適合參加是次賽事。請帶備足夠食水、防曬及防蚊用品。賽事期間如有不適請向工作人員求助。

如在比賽途中遇上緊急事件，請留在安全地方等候工作人員支援。

Competitors must abide by park rules.

Please keep the place clean.

Participants are advised to pay attention to their physical condition and decide whether they are suitable to participate in this competition. Please bring enough water, sunscreen and mosquito repellent. If contestants feel unwell during the competition, please ask the race officials for help.

If competitors encounter an emergency during the game, please stay in a safe place and wait for the support from the race officials.

-完-

-The End-