

# 香港先進田徑錦標賽 2017

## HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2017

### 賽事資料 EVENT INFORMATION

主辦機構： 培僑中學校友會。

Organizer: Pui Kiu Middle School Alumni Association.

協辦機構： 華人運動員協會。

Co-organizer: The Chinese Sports & Recreations Association.

協助機構： 香港業餘田徑總會。

Co-organizer: Hong Kong Amateur Athletic Association.

支持機構： 香港聖約翰救護機構。

Supporting Organization: Hong Kong St. John Ambulance.

日期： 2017年11月11日(星期六)及12日(星期日)。

Date: 11 November (Saturday) & 12 November 2017 (Sunday).

地點： 灣仔運動場。

Venue: Wan Chai Sports Ground.

紀念品： 每位參賽運動員均可獲贈紀念 T 恤及紀念品。

Souvenirs: Event T shirt and souvenirs will be given to all participants.

獎項： 設各組別個人項目冠、亞、季軍獎牌。

Prizes: Medals will be presented to the first 3 winners of each event.

男/女子團體全場冠、亞、季軍獎盃。

男/女子冠軍隊伍將分別獲頒『郭慎墀挑戰盾』及『伍雪葵挑戰盾』。

Trophies will be presented to the Men's and Women's top 3 highest scoring clubs.

Overall Champion titles:

Men's – The Lowcock Challenge Shield.

Women's – The Ng Shuit Kwai Challenge Shield.

報名日期： 2017年8月1日至8月31日。

Entry period: 1 to 31 August 2017.

報名費 Entry Fee :

個人項目： 報名費為每位港幣一百元正，其後所報項目為每項港幣六十元正。

Individual Events: Each participant should pay HK\$100 as registration fee and HK\$60 for each

### Individual event.

接力賽項目: 報名費為每隊港幣二百四十元正，如隊伍當中成員沒有於賽事中參加個人項目，則另須繳付登記費用每位港幣一百元正。

Relays: Each club should pay HK\$240 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\$100 each.

所有已繳交之報名費用一律不獲退還。

Registration and entry fees paid are not refundable.

晚宴 (自選): 每位港幣三百八十元正。

Dinner (optional): HK\$380 per person.

參賽資格: 參加者必須現為香港業餘田徑總會屬會會員，並於比賽當日(2017年11月11日)須年滿30歲，所屬年齡組別請參閱下表。  
除本地屬會外，今屆錦標賽亦將邀請海外隊伍參加。

Eligibility: Participants should be current members of registered clubs of the Hong Kong Amateur Athletic Association and aged 30 or above as on 11 November 2017. Participants will be classified into the following age groups.  
In addition to local athletic clubs, selected overseas teams will also be invited to participate in this year's championships.

報名辦法: 網上報名。

Enrollment method: On-line entry.

### 年齡組別 Age Groups:

出生日期 Date of Birth	年齡 Age	男子組 Men/女子組 Women
12Nov1982 –11Nov1987	30 -- 34	M30/W30
12Nov1977 –11Nov1982	35 – 39(A)	M35/W35
12Nov1972–11Nov1977	40 – 44(B)	M40/W40
12Nov1967–11Nov1972	45 – 49(C)	M45/W45
12Nov1962–11Nov1967	50 – 54(D)	M50/W50
12Nov1957–11Nov1962	55 – 59(E)	M55/W55
12Nov1952–11Nov1957	60 – 64(F)	M60/W60
12Nov1947–11Nov1952	65 – 69(G)	M65/W65
12Nov1942–11Nov1947	70 – 74(H)	M70/W70
12Nov1937–11Nov1942	75 – 79(I)	M75/W75
12Nov1932–11Nov1937	80 – 84(J)	M80/W80
12Nov1927–11Nov1932	85 – 89(K)	M85/W85
12Nov1922–11Nov1927	90 – 94(L)	M90/W90
12Nov1917–11Nov1922	95 – 99(M)	M95/W95
11Nov1917 或以前 or before	>100	M100/W100

- 參加者於填寫報名表時必須依出生日期註冊所屬組別，及只可參加所屬組別項目(接力項目除外)。如遺漏填報個人資料或所報資料失實，參賽資格將被取消。如有需要，大會有權檢查運動員的身分證明文件。

Participant must register according to his/her date of birth, and can only take part in event for the registered age group (except relay). Participant who submits incorrect or incomplete information will be **disqualified**. The organizer reserves the rights to check participants' HKID card/Passport if necessary.

### 團體獎項計分方法 Overall Scoring System

名次 Position	1 <sup>st</sup>	2 <sup>nd</sup>	3 <sup>rd</sup>	4 <sup>th</sup>	5 <sup>th</sup>	6 <sup>th</sup>	7 <sup>th</sup>	8 <sup>th</sup>
出席比賽人數 No. of participants								
8 人或以上 Eight persons or above	9	7	6	5	4	3	2	1
7 人 persons	8	6	5	4	3	2	1	---
6 人 persons	7	5	4	3	2	1	---	---
5 人 persons	6	4	3	2	1	---	---	---
4 人 persons	5	3	2	1	---	---	---	---
3 人 persons	4	2	1	---	---	---	---	---
2 人 persons	3	1	---	---	---	---	---	---
1 人 person	2	---	---	---	---	---	---	---

- 團體分數只按各屬會男子組及女子組 M35 / W35 及以上組別分別所獲取的分數計算。  
Overall score will be the sum of the scores obtained by the Men's and Women's age groups of M35 / W35 and above of the club.
- 接力賽事分數以雙倍計算。  
Points for relay events will be doubled.

### 賽程表 Event Timetable

11月11日(星期六) 11November 2017 (Saturday)

時間 Time	男子組 Men				女子組 Women			
	徑項 Track	組別 Age Group	田項 Field	組別 Age Group	徑項 Track	組別 Age Group	田項 Field	組別 Age Group
8:30	110m Hurdles	M35-M45	Shot Put Discus	M30-M50 M55 And Above			Discus	All Age Groups
8:40	100m Hurdles	M50-M55			100m Hurdles	W35		
8:50	80m Hurdles	M70 And Above			80m Hurdles	W40 And Above		
9:00			High Jump	M35-M55				
9:10					800m	All Age Groups		

9:25	800m	All Age Groups						
10:00					100m	All Age Groups		
10:15	100m	All Age Groups						
10:45			Shot Put	M55 And Above				
11:15					400m	All Age Groups		
11:30	400m	All Age Groups						
<b>LUNCH BREAK</b>								
13:00			Discus	M35-M50				
			High Jump	M60 And Above	5000m	All Age Groups	Shot Put	All Age Groups
14:00							High Jump	All Age Groups
14:10	5000m	All Age Groups						
16:50	4x400m	All Age Groups			4x400m	All Age Groups		

### 11月12日(星期日) 12November 2017 (Sunday)

時間 Time	男子組 Men				女子組 Women			
	徑項 Track	組別 Age Group	田項 Field	組別 Age Group	徑項 Track	組別 Age Group	田項 Field	組別 Age Group
14:00			Javelin	M35-M60	200m	All Age Groups	Long Jump	All Age Groups
14:10	200m	All Age Groups						
14:30					3000w	All Age Groups		
15:00			Long Jump	All Age Groups				
16:00	3000w	All Age Groups						
16:30			Javelin	M65 And Above			Javelin	All Age Groups
17:30	4x100m	All Age Groups			4x100m	All Age Groups		

- 參賽者須於比賽前 15 分鐘到指定召集處集合。  
Participants should report to the marshaling point 15 minutes before the starting time.
- 徑賽項目召集處設於 1 號看台，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 spectator stand No.1. Marshaling points for Long Jump, High Jump, Shot Put, Discus and Javelin are located at there spective competition areas.

- 賽程將按報名人數或比賽當日現場情況有所調整，敬請留意宣布。  
Event timetable is subject to change depending on the number of participants and actual situation on the day of the event.
- 所有項目不設初賽。  
All events will be straight finals.
- 參加跳遠、鉛球、鐵餅及標槍的運動員均有 3 次作賽機會，大會將以當中最佳成績決定名次。如二人或二人以上成績相同，則以第二佳成績計算，如此類推。  
Each participant 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. Result of the second best performance will be used in case of a draw.
- 5000 米及 3000 米競步項目中每項各設 4 組，每組上限 30 人，額滿即止。  
There are 4 heats for each of the 5000m and 3000m walk events (inclusive of both Men's and Women's group). Each heat is limited to 30 participants.

### 器材規格 Equipment Specifications

組別 Age Group		鉛球 Shot Put	鐵餅 Discus	標槍 Javelin
男子組 Men	M30 – M45	7.26kg	2kg	800g
	M50 – M55	6kg	1.5kg	700g
	M60 – M65	5kg	1kg	600g
	M70 – M75	4kg	1kg	500g
	M80+	3kg	1kg	400g
女子組 Women	W30 – W45	4kg	1kg	600g
	W50 – W70	3kg	1kg	500g
	W75+	2kg	0.75kg	400g

組別 Age Group	項目 Event	組別 Age Group	高度 Height	欄架 數目 No. of hurdles	起跑線到第一 個欄架的距離 Distance from start line to first hurdle	欄架間 的距離 Distance between hurdles	欄架到終 點線的距 離 Distance from last hurdle to finish line
男子組 Men	110mHurdles	M35 -- M45	0.991m	10	13.72 m	9.14 m	14.02 m
	100mHurdles	M50 -- M55	0.914 m	10	13 m	8.50 m	10.50 m
		M60 -- M65	0.840 m	10	12 m	8.00 m	16 m
	80mHurdles	M70 -- M75	0.762 m	8	12 m	7 m	19 m
		M80+	0.686 m	8	12 m	7 m	19 m
女子組	100mHurdles	W35	0.840 m	10	13 m	8.50 m	10.50 m

Women	80mHurdles	W40 -- W45	0.762 m	8	12 m	8 m	12 m
		W50 -- W55	0.762 m	8	12 m	7 m	19 m
		W60+	0.686 m	8	12 m	7 m	19 m

#### 備註 Notes

- 參加者可於比賽當日或之前向其所屬田徑隊領取號碼布。  
大會 T 恤及紀念品將於比賽日派發。  
All participants should collect their number bib prior to the event date from their club.  
Souvenirs and event T shirt will be distributed on the event date.
- 運動員不能穿著釘長超過九毫米的釘鞋進行比賽。  
Participants are prohibited from wearing spikes longer than 9 mm in length during the competition.
- 運動員必須於比賽期間把大會發出之號碼布掛於胸前，否則比賽成績將不獲記錄。補領號碼布須額外繳付行政費用每張一百元正。  
All participants must wear the number bib on their chest during the competition; otherwise, results will not be recorded. An additional administration fee of HK\$100 will be charged for replacement of number bib.
- 接力隊可由不同年齡組別之運動員組成，接力隊所屬組別以隊中最年輕的成員之年齡決定。  
運動員只可於 4x100 米及 4x400 米接力項目中各出賽一次。  
Relay team could be formed by participants of different age groups. The age group to which the relay team belongs is determined by the age of the youngest participant in the relay team. Each participant is only allowed to take part in one 4x100m relay and one 4x400m relay.
- 在每個年齡組別 4x100 米及 4x400 米接力項目中，各屬會可派出上限兩隊作賽，當中成員必須為本賽事中已登記之運動員。  
Each club is allowed to send a maximum of 2 teams to take part in the 4x100m relay and 2 teams to take part in the 4x400m relay. All relay team members must be registered participants of the championships.
- 各屬會必須分別於 11 月 11 日及 12 日下午 2 時前將參加 4x400 米及 4x100 接力運動員的名單交到大會記錄室。  
All clubs should submit the 4x400m and 4x100m relay team name list(s) to the Recording Room by 14:00pm on 11 November and 12 November respectively.
- 比賽當日，大會將不接受即場報名。  
No entry will be accepted on the event day.
- 賽事成績公佈後將隨即進行頒獎。  
Awards will be presented to the winners immediately after announcement of the final results.
- 如有上訴或爭議，須於該項目完成後 30 分鐘內，由屬會負責人以書面形式連同港幣伍百元手續費向大會提出。如上訴得直，所繳交之手續費將會發還。最終結果由仲裁委員會裁決，成員包括：冼安源、高量洪、黃慧芬、彭啟超。  
Appeal or dispute against event results must be submitted in writing and signed by an authorized person of the club together with the payment of an administrative fee of HK\$500 to the event organizer within 30 minutes after the event concerned. Such administrative fee is refundable for successful appeal. The board of arbitration's decision shall be final.

Members of the board of arbitration are Mr. Sin On Iun Anthony, Mr. Alex Ko, Ms. Fanny Wong and Mr. Pang Kai Chiu.

10. 場內設有救護站，由香港聖約翰救護機構負責救傷工作。  
First-aid station will be set up by The Hong Kong St. John Ambulance.

11. 場內不設車位予參賽者泊車。  
No parking is available at the venue.
12. 請小心保管個人財物，如有任何遺失或損毀，大會恕不負責。  
Please take care of your personal belongings. The organizer accepts no liability for any loss or damages of personal belongings.
13. 如比賽日天文台發出 8 號或紅色或黑色警告訊號，所有賽事將會取消。  
If a typhoon signal no. 8 or higher is hoisted or red/black rainstorm warning is announced on the day of competition, the event will be cancelled.
14. 如賽事項目或報名表格之中英文版本有任何歧義，概以英文版為準。  
In case of any inconsistencies between the English and Chinese versions of the Event Information and Entry Form, the English version shall prevail.

#### 查詢 Enquiries

比賽成績將在 <http://hkmac.org/> 公布。

The results of the competition will be posted on <http://hkmac.org/>.

如有查詢，請電郵至 [mail@puikiu.org.hk](mailto:mail@puikiu.org.hk)。

For further enquiries, please send email to [mail@puikiu.org.hk](mailto:mail@puikiu.org.hk).