



慶祝國慶 75 周年 第 51 屆吐露港渡海泳公開賽 泳員須知

比賽日期：2024 年 10 月 6 日（星期日）

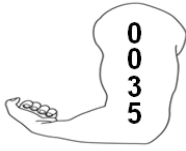



報到時間：上午 8:15 至 9:15（逾時者將被取消參賽資格）

報到地點：大美督船灣淡水湖主壩停機坪

開賽時間：爭標組 - 上午 10:30、暢泳組 - 上午 10:40

大美督船灣淡水湖主壩停機坪及沙欄起點流程：

1. 泳員必須於指定時間到達報到場地【大美督船灣淡水湖主壩停機坪】，並攜同報名收據及香港身份證或身份證明文件副本於報到處報到。大會將憑收據派發印有參賽編號泳帽、個人計時晶片腳帶、浮泡（暢泳組適用）及寄存袋乙份。工作人員將會在泳員手臂寫上參賽編號，在寫上參賽編號前切勿塗上太陽油。逾時報到者的參賽資格會被取消。所有由大會提供之比賽物品不得轉讓他人，否則會被取消參賽資格。

<p>參賽編號：工作人員於泳員手臂寫上參賽編號（切勿塗上太陽油）</p> 	<p>泳帽：請於賽事中全程戴上，直至到達終點報到處，領取行李亦需出示有編號的泳帽</p> 	<p>個人晶片腳帶：必須全程佩戴於腳踝位置</p> 	<p>浮泡（暢泳組適用）：必須全程繫上浮泡於腰間作賽</p> 
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2. 完成報到手續後，請跟隨大會指示前往「大美督水上活動中心」內更衣。
3. 請將所有非比賽個人物品存於大會所提供之寄存袋內，並存放於行李存放處【大美督船灣淡水湖主壩停機坪】，由工作人員看守直至泳賽結束。惟大會不負責任何損失及損壞，請避免攜帶或存放貴重物品。
4. 泳員必須於 9 時 25 分前往船灣淡水湖堤壩直升機坪位置，乘坐大會安排之旅遊車前往比賽起點，上旅遊車前必須佩戴大會提供之泳帽及個人晶片腳帶，同時需要經過晶片地毯，否則大會有關取消其參賽資格，已繳報名費用將不予發還。
5. 泳員可穿著拖鞋前往起點，惟大會不負責寄存或轉交，若有需要，可把拖鞋棄置在沙欄入口的垃圾袋內。
6. 請按照大會工作人員指示下車，有秩序地分批進入比賽起點（沙欄海灘）。進入海灘前，泳員必須戴上大會提供之泳帽、戴上個人晶片腳帶及繫上浮泡（暢泳組適用），直至到達終點報到處，否則大會有關取消其參賽資格。個人晶片腳帶必須經過香港青年協會之晶片感應地毯才可除下，並交回工作人員。
7. 在起點裁判發出開賽訊號前，請勿超越起點線。
8. 泳員請於開賽前做好熱身準備。若比賽當天發覺身體狀態不佳，不應落水參加比賽。比賽期間，如感身體不適或需要協助，應立即揮動手臂向救生員示意，維持仰臥姿勢，並向大會最接近之救生員/工作人員揚聲求助。
9. 大會於賽道兩旁設置大型浮泡，左邊為橙色，右邊為綠色，請於浮泡範圍內之賽道作賽。每個大型浮泡之距離約 260 米。
10. 大會將於開賽後 1 小時 40 分鳴氣笛一聲，以宣佈賽事完結，未能完成賽程之泳員，必須聽從大會工作人員指示乘坐大會安排之船隻返回終點，否則大會將會取消該泳員下年度之參賽資格。未能完成賽程之泳員將不獲發完成賽事證書。
11. 爭標組游泳時間，以抵達終點橫額下浮珠繩作計算。首 10 名男子及女子泳員之時間將被紀錄。晶片地毯只作為大會統計人數之用。

大美督水上活動中心流程：

1. 泳員上岸後，請立刻到「終點報到處」報到，並領取完成賽事證書（於指定時間內游畢全程之參加者）、毛巾、拖鞋及「飲品及食物券」乙份。飲品及食物將於下午 12 時 50 分停止供應，請盡早領取。
2. 泳員請跟隨指示，前往香港青年協會大美督戶外活動中心沖身及領取飲品及食物。
3. 離開香港青年協會大美督戶外活動中心前，將會有工作人員向所有泳員回收晶片腳帶，遺失或未有交還晶片腳帶者須繳港幣 35 元晶片費用。
4. 得獎名單將於比賽當日於頒獎區告示板上公佈。頒獎典禮將於下午 12 時 20 分假大美督水上活動中心舉行，歡迎各泳員出席。凡於指定時間內游畢全程之泳員可獲證書乙份，如證書資料有誤，請與司令台工作人員聯絡，證書可作為日後參加此比賽之能力證明。
5. 泳員須出示印有參賽編號泳帽方可於行李寄存處取回個人物品。
6. 取回個人物品後，歡迎參觀頒獎禮或自行離開，大會不提供回程交通。

其他事項：

1. 請勿於大美督路至大美督水上活動中心（終點）停泊車輛，以免阻塞道路，影響緊急服務。請各泳員之親友盡量使用公共交通工具前往終點位置。
2. 大會強烈建議泳員於比賽前接受海上游泳訓練。
3. 所有參賽者必須遵從大會工作人員之指示，否則可能被取消資格。
4. 如有違反大會規則者，本會有權取消其下年度之參賽資格。

惡劣天氣安排：

1. 如比賽當日上午 6 時天文台已發出紅色、黑色暴雨警告或仍然懸掛 1 號或以上熱帶氣旋警告訊號，比賽將會取消；如發出雷暴警告訊號或強烈季候風訊號，大會將於當日早上 6 時決定會否取消比賽。取消之賽事不設補賽，亦不會發還報名費。
2. 如在比賽進行期間天氣突然轉壞，大會將按照當時情況作出決定，屆時請留意工作人員指示。

賽道：全程約 2600 米，請泳員於浮泡範圍內之賽道作賽。



聯絡我們：

大埔體育會 電話：2664 8661 / 9331 7726 (WhatsApp) 電郵：tpsa@tpsa.org.hk

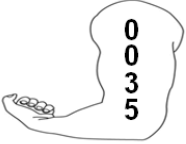


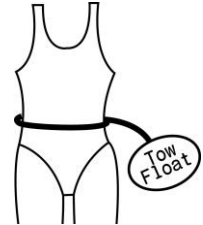
The 51st Cross Tolo Harbour Open Race

NOTES FOR SWIMMERS

Event Date : 6th October, 2024 (Sunday)
Registration Time : 8:15am – 9:15am (Late comers will not be accepted)
Registration Venue : Tai Mei Tuk Plover Cove Main Dam Helipad
Starting Time : Competition Groups - 10:30am, Leisure Groups - 10:40am

At the Tai Mei Tuk Plover Cove Main Dam Helipad and the starting point (Sha Lan Beach)

- (1) Swimmers should report to the registration counters which are located at the **Tai Mei Tuk Plover Cove Main Dam Helipad** by **showing their receipts and the photocopy of the Hong Kong Identity Card or the birth certificate**. Each swimmer will be given a swim cap with race number on it, a foot strap chip, a tow float (Leisure Groups only) and a storage bag. Swimmers' race numbers will be marked on their arms by the officials. Please do not apply sun-block prior to number marking. Late comers will not be accepted. All the equipment above is non-transferable.

<p>Race Number : will be marked on the arm by official (Please do not apply sun-block prior to number marking)</p> 	<p>Swim Cap: to be worn throughout the race until reaching the reporting counter at the finish point</p> 	<p>Foot Strap Chip : to be worn on the ankle throughout the race</p> 	<p>Tow Float (Leisure Groups only) : to be worn on the waist throughout the race</p> 
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- (2) After the Registration, please proceed to the **Tai Mei Tuk Water Sports Centre** to get change.
- (3) Please pack all personal belongings into the storage bag and leave it at Baggage Deposit Area (**the Plover Cove Reservoir Dam**). Storage bags will be looked after by officials until the end of the event. Swimmers are advised not to bring valuables, the Organizer will not responsible for any losses or damage caused.
- (4) **Swimmers must return to the Plover Cove Reservoir Dam before 9:25am and take the shuttle buses to Sha Lan Beach. Swimmers are required to wear swimming caps and foot strap chip then walk past the red chip carpet before getting on the shuttle buses.** Those who fail to do so will be disqualified and no refund will be made.
- (5) Swimmers are encouraged to put on their own slippers when walking to the starting point. The Organizer shall not responsible or liable to store or deliver swimmers' slippers. Please discard the slippers in the garbage bags at the entrance of the beach if necessary.
- (6) Swimmers should walk to the starting point (Sha Lan Beach) as soon as alighting from the shuttle buses. **All Swimmers must wear their swimming caps, foot strap chip and tow floats (Leisure groups only) throughout the race until arriving the reporting counters at the finish point. Those who fail to comply may be disqualified. Foot strap chip should not be taken off before crossing the chip carpet at the HK Federation of Youth Groups Water Sports Centre.**
- (7) Swimmers should not cross the front line prior to the starting signal.
- (8) **Please ensure to warm-up before the race.** You should give up racing if you feel sick before the race. If you require assistance during the race, please wave extensively to the lifeguards, roll onto your back and call for help immediately.
- (9) Cone-shaped marker buoys will be set up along the course, **orange buoys on the left hand side and green buoys on the right hand side.** Swimmers must swim within the marker buoys. The marker buoys are about 260m apart.
- (10) The race will finish in 1 hour and 40 minutes followed by a horn signal. **Those who cannot finish the race should leave the water and board the life-saving boats immediately.** No certificates will be given to those who are not able to finish the race.
- (11) Time record will be taken as swimmers touch the finishing line which is placed under the finish point banner. Only the top 10 swimmers' records will be taken from the Men's and the Women's Groups. The foot straps chip in the race is for head counting only.

At the Tai Mei Tuk Water Sports Centre:

- (1) Swimmers must report to the reporting counters immediately after the race and collect their certificates, towels, slippers, food and beverage coupons as soon as possible. Food and beverage redemption counters will close at 12:50pm.
- (2) Shower facilities, food & beverage redemption counters are located at the HK Federation of Youth Groups Tai Mei Tuk Water Sports Centre.
- (3) **Please return the foot strap chip before leaving the HK Federation of Youth Groups Tai Mei Tuk Centre. Make sure to return the chip together with the strap or \$35 penalty charge will be charged.**
- (4) The Prize Presentation Ceremony will take place at the Tai Mei Tuk Water Sports Centre at 12:20pm. All swimmers are welcome to take part. Only those who are able to finish the race within the time limit will be given certificates. This certificate is the proof of ability for the coming races. If there is any mistake about the certificate, please contact the officials at the command post.
- (5) **Swimmers should present their swimming caps as proof of identity to collect their personal belongings at the Baggage Deposit Area.**
- (6) After collecting the baggage, swimmers are welcome to join the prize presentation ceremony or free to leave. No return transportation arrangement will be provided by the Organizer.

Other Information:

- (1) Family members and friends must not park their cars between Tai Mei Tuk Road and Tai Mei Tuk Water Sports Centre, the road must be kept clear for emergency vehicles. Please use public transports.
- (2) **Practice in open water prior to the race is strongly advised.**
- (3) All swimmers must obey the instructions of the officials at all times. Those who fail to comply will be disqualified.
- (4) All swimmers must follow the rules, regulations and instructions laid down by the Organizer. Otherwise, Swimmers may lose their rights to join the race next year.

Inclement Weather Arrangements:

- (1) If the Red Rainstorm/ Black Rainstorm/ Typhoon Signal No.1 or above is hoisted at 6:00am on the race day, the race will be cancelled. If a Thunderstorm Warning or Strong Monsoon Signal Warning is hoisted, the Organizer will decide whether the race will be cancelled at 6:00am. There is no fallback date for the race. No refund for the cancellation of the race.
- (2) Should the above inclement weather or condition warnings be raised after the commencement of the race, the Organizer has the right to stop the race.

Route Map: The distance of the race course is about 2600m.

All swimmers are advised to swim within the marker buoys.



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