

香港樹仁大學第三十六屆陸運會 The 36th HKSU Athletic Meet

賽 程 表 Event Schedule

編號 EVENT	時間 TIME	徑 賽 TRACK				田 賽 FIELD			
		男 MEN	人/組	女 WOMEN	人/組	男 MEN	人	女 WOMEN	人
9:00 升旗禮 Flag raising ceremony									
1	9:20			100 米欄 Hurdles (決賽 Final)					
2	9:30	110 米欄 Hurdles (決賽 Final)				標槍 Javelin (決賽 Final)		鉛球 Shot Put (決賽 Final)	
3	9:40	200 米 (決賽 Final)				跳遠 Long Jump (決賽 Final)			
4	9:55			200 米 (決賽 Final)				跳高 High Jump (決賽 Final)	
5	10:05	800 米 (決賽 Final)							
6	10:15			800 米 (決賽 Final)					
7	10:25	100 米 (初賽 Heat)							
8	10:35			100 米 (初賽 Heat)		三級跳遠 Triple Jump (決賽 Final)			
9	10:45	3000 米(決賽 Final)						鐵餅 Discus (決賽 Final)	
頒獎禮 Prize presentation									
10	11:10			3000 米 (決賽 Final)					
11	11:35	4x400 米 (決賽 Final)							
12	11:45			4x400 米 (決賽 Final)					
12:00 – 13:00 午膳 Lunch break									
13	13:15					鉛球 Shot Put (決賽 Final)		標槍 Javelin (決賽 Final)	
14	13:25	100 米 (決賽 Final)				跳高 High Jump (決賽 Final)		跳遠 Long Jump (決賽 Final)	
15	13:35			100 米 (決賽 Final)					
16	13:45	400 米 (決賽 Final)							
17	14:00			400 米 (決賽 Final)					
18	14:10	1500 米 (決賽 Final)				鐵餅 Discus (決賽 Final)			
19	14:20			1500 米 (決賽 Final)					
頒獎禮 Prize presentation									
20	14:50			4x100 米 (決賽 Final)					
21	15:05	4x100 米 (決賽 Final)							
22	15:30	6x60 米師生接力賽 (Student & Staff Relay)							

參加者須知
Reminder for Participants

1. 報名 Enrollment

1.1 現就讀本校學生及本校教職員均可報名參加；校友可參加接力賽。
 Current HKSU students and staff members are eligible to participate. Alumni can participate in relay events.

1.2 每名運動員報名不得超過三項個人項目，即兩徑一田或兩田一徑（接力不計）。
 Apart from the relay events, each athlete may enter a maximum of 3 individual events (either 2 tracks & 1 field event or 2 fields & 1 track event).

1.3 只接受網上報名，參加者須於截止日期前報名，運動員經填報後不得更改資料。
 Submit by online registration only before the deadline and cannot change the entries after submission.

1.4 6 x 60米師生接力賽，每隊必須包括教職員一名及最少一名女同學。
 名額：8隊（先到先得）
 For the 6 x 60 Students and Staff Relay, the team includes 1 staff and at least 1 female student.
 Quota: 8 teams (first-come-first-served basis)

1.5 若某項目之報名人數不足三人 / 隊，該項目將自動取消。
 Event with less than 3 entries will be cancelled.

1.6 比賽項目：
 男子組：100米、200米、400米、800米、1500米、3000米、110米欄、4 x 100米接力、4 x 400米接力、跳高、跳遠、三級跳遠、鉛球、鐵餅、標槍。
 女子組：100米、200米、400米、800米、1500米、3000米、100米欄、4 x 100米接力、4 x 400米接力、跳高、跳遠、鉛球、鐵餅、標槍。
 師生接力賽：6x60米接力。
 Events:
 Men: 100m, 200m, 400m, 800, 1500m, 3000m, 110mH, 4x100m Relay, 4 x 400m Relay, High Jump, Long Jump, Triple Jump, Shot Put, Discus, Javelin
 Women: 100m, 200m, 400m, 800, 1500m, 3000m, 100mH, 4x100m Relay, 4 x 400m Relay, High Jump, Long Jump, Shot Put, Discus, Javelin
 Student and Staff Relay: 6 x 60 relay

2. 計分辦法 Scoring

2.1 每項目將依下列計分方法給予優勝運動員個人得分。破本校紀錄加2分。
 Points for individual events will be awarded as follow: (Remarks: Additional 2 points will be obtained for the athletes who break the record)

Positions	1	2	3	4	5	6	7	8
Points	9	7	6	5	4	3	2	1

2.2 當名次相同時，有關運動員將獲得其名次及隨後名次之平均分數。
 If more than one athlete is tied for the same position in the same event, they will attain the average score of their position and the tied position.

2.3 當第八名次超過一人時，有關運動員將獲得該名次之平均分數。
 If there were more than one 8th position, involved athletes will share the average position score.

4. 裁判 Officials

籌委會將邀請樹仁大學教職員及學生擔任裁判工作。

Staff members and student helpers will be invited to serve as officials by the Organizing Committee of the Athletic Meet.

5.	<u>抗議及上訴 Appeal</u>
	一切上訴，必須於成績宣佈後十五分鐘內向賽會提出上訴（上訴表格可於司令室索取）。投訴組由總裁判長、投訴組主任、大會執行主席組成。該團之判為最終決定，不得異議。 Appeals should be made in writing within 15 minutes after the official announcement of the result (Appeal form can be obtained in Recording Room). Appeal Board including Referee, Appeal Board Officer and Commanding Officer. The decision of the Appeal Board shall be final.
6.	<u>天氣 Weather</u> 舉行比賽當日如遇惡劣天氣，賽會有權決定賽事應否依期舉行，請留意學校網頁通告。 In case of adverse weather on the day, the Organizing Committee has the right to decide whether the event should be held on time. Please pay attention to the announcement on the school website.
7.	<u>獎項 Awards</u> 7.1 每項目最佳成績的前三名運動員可獲獎牌。 Medals will be awarded to the top three positions of each event.
	7.2 設男子、女子個人全場冠軍，並給予獎品。 計分辦法： – 先計算每名運動員於比賽時所獲得的個人項目，多者為勝； – 分數相同時，先計自金牌數目，多者為勝； – 如再相同，計算銀牌數目，多者為勝； – 如再相同，計算銅牌數目，多者為勝。 The trophy will be awarded to the Men's and Women's Individual Champion. Scoring method: – The athlete with the highest score from individual events in the Men's and Women's Group will be the respective Individual Champion; – If score are the same, the number of gold medals obtained in individual events; – If score are the same, the number of silver medals obtained in individual events; – If score are the same, the number of bronze medals obtained in individual events.
	7.3 設系際全場總冠軍，並給予獎品。 Trophy will be awarded to the Departmental Overall Champion.
8.	<u>其他事項 Special Notice</u> 8.1 除工作人員及當時參賽運動員外，其餘人士不得進入比賽場地。 Non-athletes (except permitted working officials) are not allowed to enter competition venues.
	8.2 午膳時間內任何人士均不得逗留在跑道及草地內。 All participants are not allowed in track and field areas during lunch time.
	8.3 場地設有儲物櫃，使用者可請自備鎖頭，先到先得。請勿攜帶貴重物品。 Please prepare a padlock for using the locker on a first-come-first-served basis. Do not bring valuables.
	8.4 參加者應留意和遵從比賽場地的告示。 All participants should take note and follow the instructions posted in the sports ground.
9.	本章程如有未盡善之處，主辦單位會隨時修訂。 The organizer reserves the right to adjust the rules and regulations if necessary.

比賽規程

Rules and Regulations

1. 規則 Regulation							
1.1	<p>賽例 Rules</p> <p>除大會特定之賽例外，所有項目將採用本年度香港田徑總會及世界田徑總會編訂之規則。</p> <p>Unless specified otherwise, all events are subject to the Hong Kong Association of Athletics Affiliates (HKAAA) and World Athletics (WA) Competition Rules.</p>						
1.2	<p>驗證及領取號碼布 Verification and number cloth</p> <p>運動員需於登記處報到，報到時出示學生證 / 職員証 / 香港身份証領取號碼布。參賽者必須把號碼布掛在胸前當眼處，方可出賽。</p> <p>Athletes shall report to the “Registration Counter” and collect the number cloth in the presence the student / staff identity card / HKID Card. Athletes should wear the number cloth on the chest issued by the Organizer on the chest during the competition.</p>						
1.3	<p>運動員召集程序 Roll Call</p> <p>1.3.1 運動員必須根據大會賽程表，依下列時間到召集處報到。田賽運動員應在該項目比賽場地報到，徑賽運動員應在徑賽檢錄處報到。</p> <p>Athletes please refer to the Event Schedule and report to the Marshal within the roll call time. Athletes who take part in Field Events should report to their respective field areas. The marshal of Track Events is located at the open area near the starting point of 100m.</p> <table border="1" style="width: 100%; border-collapse: collapse; text-align: center;"> <thead> <tr> <th style="width: 33%;">檢錄時間 Roll Call Time</th><th style="width: 33%;">開始檢錄 Start time for Roll Call</th><th style="width: 33%;">結束檢錄 End Time for Roll Call</th></tr> </thead> <tbody> <tr> <td>所有項目 All events</td><td>比賽項目前15分鐘 15 minutes before the event</td><td>比賽項目前10分鐘 10 minutes before the event</td></tr> </tbody> </table> <p>1.3.2 運動員若沒有準時到報到地點報到，將被視作缺席及放棄參賽之權利。</p> <p>Athletes who fail to report to the marshal within the reporting time will be regarded as absentees and have withdrawn from the competition.</p> <p>1.3.3 報到時間將按照運動場上的大鐘為準。</p> <p>The clock at the Sports Ground shall be the official clock for the roll call.</p> <p>1.3.4 運動員於召集處報到後，若要離開召集範圍，必須事先向召集處工作人員請假。</p> <p>Athletes must ask for permission if he / she needs to leave the Roll Call Station after reporting to the station.</p> <p>1.3.5 正進行田賽比賽的運動員需參加徑賽項目時，必須先向田賽有關裁判請假，方可離開。</p> <p>Athletes taking part in a FIELD event who are required to leave during the competition for joining a TRACK event, must ask for permission from the judge of the FIELD event first.</p> <p>1.3.6 若運動員參加的徑賽及田賽項目是接連或同時舉行，<u>運動員必須先向徑賽項目報到</u>。唯運動員必須留意其缺席之田賽項目的進行情況，並於完成徑賽項目後立即向有關之田賽裁判報到。</p> <p>Athletes taking part in both a track event and a field event simultaneously, <u>should report to the track event first</u>. Athletes should be aware of the progress of field event during their absence and report to the field event judge once they complete the track event.</p> <p>1.3.7 若運動員於田賽項目完結或已定出成績名次時方返回報到，其機會將會喪失。</p> <p>If athletes, who left for other events, did not report to the field event judge before the end of the event, it shall be deemed that they are forfeiting their right to compete.</p>	檢錄時間 Roll Call Time	開始檢錄 Start time for Roll Call	結束檢錄 End Time for Roll Call	所有項目 All events	比賽項目前15分鐘 15 minutes before the event	比賽項目前10分鐘 10 minutes before the event
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	1.4	進入決賽 Qualified to Final:																		
	1.4.1	<p>擲項及跳項 Throw Event and Jump Event</p> <ul style="list-style-type: none"> – 初賽時若有兩位或以上之運動員並列第八，則全部皆可進入決賽。 – 進入決賽後，將根據運動員之成績排列投擲次序之先後，最佳成績者排列最後。 – 決賽採用每次丈量制，遇成績相同，則計算第二最佳成績，如此類推。 – If more than one 8th position, involved athletes may enter the final round. – Athletes ordering in the final round are according to their preliminary results. The best scorers ranked the last. – Measurement should be made after each valid trial in the final round. If more than one athlete tied for the position, the second-best score will be calculated. 																		
	1.4.2	<p>100米初賽獲得首八名最佳時間的運動員將可進入決賽；若第八名超過一位，則由徑賽裁判長抽籤，其中一位可進入決賽。決賽者將按其初賽時間的名次依下列方式編排線道：</p> <p>For 100m events: The athletes of the best 8 times run in heats shall qualify to the final. If there has been a tie between athletes for the last qualifying position, lots shall be drawn by the Chief Track Judge to determine who shall be placed in the final.</p> <p>The finalists will be arranged in the following way according to their position in the preliminary round:</p> <table border="1"> <thead> <tr> <th>初賽名次 Heat position</th> <th>7</th> <th>5</th> <th>1</th> <th>2</th> <th>3</th> <th>4</th> <th>6</th> <th>8</th> </tr> </thead> <tbody> <tr> <th>決賽線道 Lane allocation in Final</th> <td>1</td> <td>2</td> <td>3</td> <td>4</td> <td>5</td> <td>6</td> <td>7</td> <td>8</td> </tr> </tbody> </table>	初賽名次 Heat position	7	5	1	2	3	4	6	8	決賽線道 Lane allocation in Final	1	2	3	4	5	6	7	8
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	1.4.3	<p>200米及以上項目，110米欄、100米欄及接力項目採用直接決賽制。按比賽成績的時間快慢決定前八名次序。</p> <p>Straight FINALS will be adopted in 200m to 3000m, Hurdles and Relay events. The final standings of the participants will be determined according to their finishing time.</p>																		
	1.4.4	<p>接力線道 Lane allocation for relay</p> <p>如該項有兩組之參賽隊伍，棄權後只剩得一組(八隊或以下)，則需要重新抽籤。要分組作賽而有棄權者，則線道不變。</p> <p>If due to the withdrawal of teams (only 8 teams or less), lanes will be relocated by lots. Otherwise, original lane assignment will stand.</p>																		
	1.5	<p>經初賽進入了決賽之運動員，若在決賽中棄權，該運動員不能參加餘下之所有賽事；有關裁判請通知召集處及記錄室。</p> <p>Athletes, who qualified to the final but failed to participate, shall be excluded from participation in all further events. Related judges shall inform Roll Call Station and Record Room.</p>																		
	1.6	<p>所有參加徑賽項目運動員必須在下一個項目開始前完成比賽，徑賽裁判長有權作出該項目的結束時間。</p> <p>All track athletes must finish the race before the next event. The Track Chief Judge has the right to terminate the end time of the event.</p>																		
	1.7	<p>跳高、跳遠、鉛球、鐵餅、標槍等項目，每次試跳 / 擲時間為一分鐘，由叫姓名這一刻起計。</p> <p>Jump and throw events including High Jump, Long Jump, Shot Put, Discus, javelin, 1 minute is allowed for each trial and shall commence from the moment the athlete's name is called by the responsible official.</p>																		
	1.8	擲項 Throwing Events																		
	1.8.1	因時間關係，鉛球主裁判有權在初賽時不作每次丈量，但會保留前8位之初賽成績。決賽採用每次丈量制。鉛球距離之計算為1cm。																		

		Shot Put: If the chief judge determines that measurement cannot be made after each trial due to any sufficient reason, all the athletes shall be treated equally and all the heats' result of the best 8 athletes shall be kept. Distances shall be recorded to one centimeter.
	1.8.2	鐵餅及標槍也可每次丈量，但若因時間問題或其他充份的理由，主裁判有權不作每次丈量，但必須是每位運動員皆獲得相同之處理，並須保留所有前8名初賽成績。鐵餅及標槍距離之計算為1cm。 Discus and Javelin: Measurement shall be made after each valid trial. If the chief judge determines that measurement cannot be made after each trial due to any sufficient reason, all athletes shall be treated equally and all the heats' result of the best 8 athletes shall be kept. Distances shall be recorded to one centimeter.
	1.8.3	男子跳高之起跳高度為1.30m，每次升幅度為0.05m，1.50m以後則為0.03m。 女子跳高之起跳高度為1.00m，每次升幅為0.05m，1.20m以後則為0.03m。 The starting height and increment for the Men's High Jump is 1.30m, and the bar will be raised at 0.05m intervals, until 1.50m and at 0.03 intervals. The starting height and increment for Women's High Jump is 1.00m, and the bar will be raised at 0.05m intervals, until 1.20m and at 0.03m intervals.
	1.8.4	三級跳遠項目設定使用7米起跳板。運動員如果需要使用9米起跳板，可以向裁判長申請。 Triple Jump will use a 7m take-off board. Athletes who want to use 9m take-off board, please apply with the event judge.
	1.8.5	所有運動員不得在比賽場地內劃上或貼上任何記號。貼紙由賽會提供者例外。 Except the gummed paper provided by the organizer, athletes may not make check-marks or place objects on the facilities.

2.	器材 Implements																					
2.1	大會將提供全部器材，運動員不得使用私家器材參賽。 Equipment will be provided by the venue provider, athletes cannot use their own implements.																					
2.2	運動員只能使用鈍釘釘鞋。參加田徑賽項目者，釘鞋長度不得超過九毫米。 No sharp spikes are allowed. Spikes shall not exceed 9mm for track events.																					
2.3	比賽器材的規定資料 Information on the specification of implements: <table border="1"> <thead> <tr> <th>項目 Event</th> <th>男子 Men</th> <th>女子 Women</th> </tr> </thead> <tbody> <tr> <td>鉛球 Shot Put</td> <td>7.26kg</td> <td>4.00kg</td> </tr> <tr> <td>鐵餅 Discus</td> <td>2.00kg</td> <td>1.00kg</td> </tr> <tr> <td>標槍 Javelin</td> <td>800gm</td> <td>600gm</td> </tr> <tr> <td>100米欄 Hurdles</td> <td>-</td> <td>0.762m</td> </tr> <tr> <td>110米欄 Hurdles</td> <td>0.914m</td> <td>-</td> </tr> <tr> <td>三級跳遠 Triple Jump</td> <td>7m起跳板</td> <td>-</td> </tr> </tbody> </table>	項目 Event	男子 Men	女子 Women	鉛球 Shot Put	7.26kg	4.00kg	鐵餅 Discus	2.00kg	1.00kg	標槍 Javelin	800gm	600gm	100米欄 Hurdles	-	0.762m	110米欄 Hurdles	0.914m	-	三級跳遠 Triple Jump	7m起跳板	-
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3.	服裝 Dress
3.1	所有參賽運動員必須穿著合適的運動服裝參加比賽，未能穿著適當服裝及鞋的運動員將被禁止參加比賽。 Athletes should put on proper sportswear. Without proper sportswear will not be allowed to participate in the competition.
3.2	同一接力隊隊員請穿上劃一顏色之運動衣參加比賽，藉以區別其他隊。 Members in team relay events must wear shirts of the same color.

如中英文版本之間規則 / 條例有爭議，應以中為準。

In case of controversy over the rules / regulations between the Chinese and the English versions, the interpretation of the Chinese version shall be followed.