TERRAX

野外定向錦標賽 2026

Orienteering Championships

丫髻山

Ah kai Shan

賽事手冊

25.10.2026

Race Handbook

THIS EVENT IS PROUDLY PRESENTED BY

The World's Most Innovative
High Performance Orienteering Compass

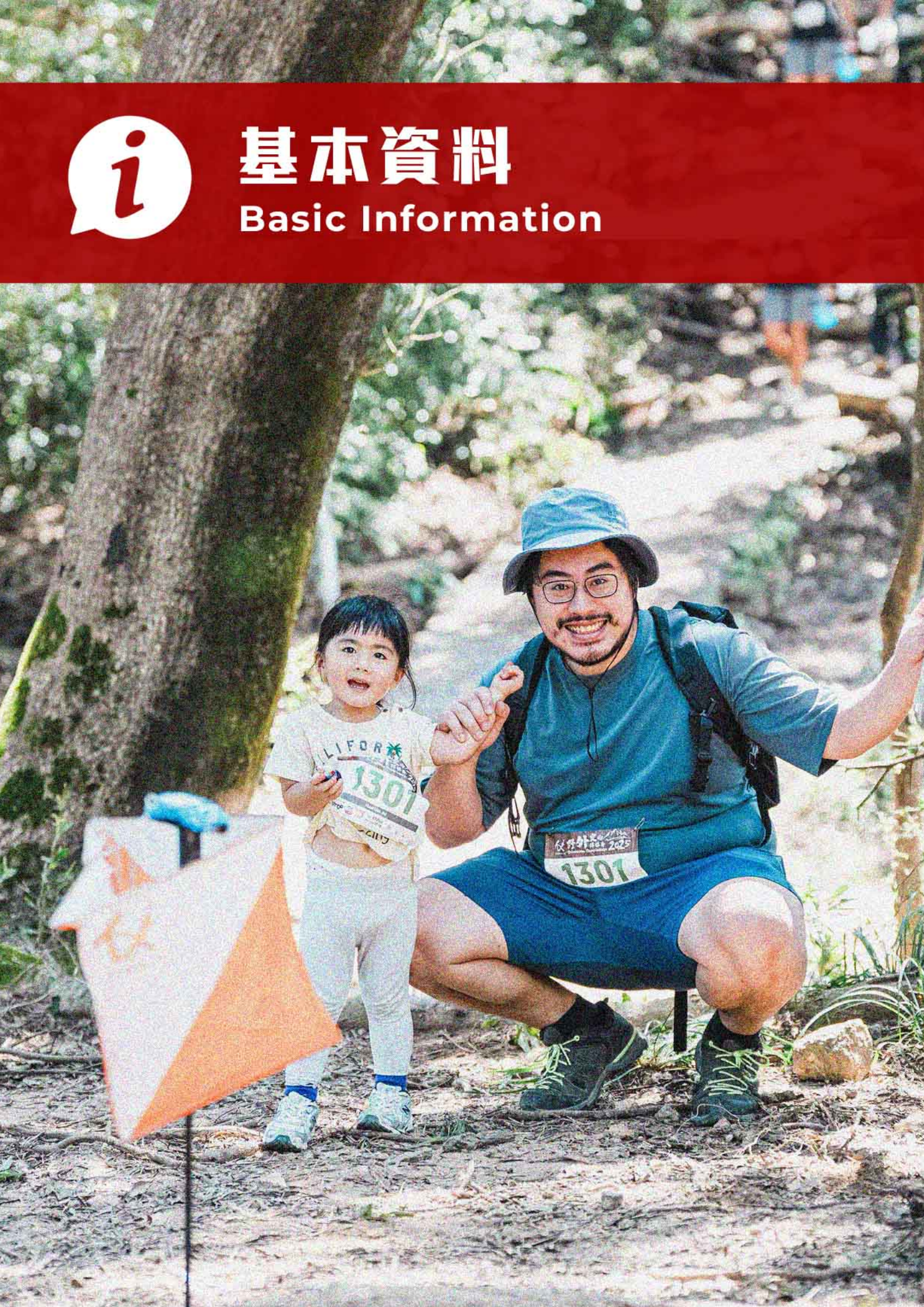
STRAIGHTER, FASTER
BETTER



ORGANIZER

TERRAX

基本資料
Basic Information





TerraX 野外定向錦標賽 2026 - 暨 香港定向排名聯賽 - 中/長距離

TerraX Orienteering Series 2026 - Championships Edition cum Hong Kong Orienteering Ranking League - Middle/Long

ℹ 基本資料 Basic Information ℹ

主辦 Organizer	TerraX Sports Club	
日期 Date	2026 年 10 月 25 日（星期日）	25th October, 2026 (Sun)
地點 Location	丫髻山	Ah Kai Shan
形式 Format	個人越野式定向賽 （順序到訪控制點）	Individual cross-country type orienteering race (Visiting control points in sequence)
地圖 Map	2026 年 10 月版 1:10000 比例 ISOM2017-2 彩圖 1:7500 比例 (賽程 E, F & G) 5 米等高線間距 國際定向提示符號	October 2026 version 1:10000 ISOM2017-2 Colour Map 1:7500 (Course E, F & G) 5m contour interval International Control Description Symbols
賽前之查詢電話 Pre-race enquiry number	5975 5784 **(只限 Whatsapp ONLY)**	
比賽當日緊急聯絡電話 Emergency contact on race day	5975 5784	
賽事控制員 Event Controller	陳志成先生 Mr. CHAN Chi Sing Clement	
裁判團成員 Jury Panel Members	周智健先生 Mr. CHAU Chi Kin（青進野外定向會 YAOC） 梁嘉琪小姐 Ms. LEUNG Ka Ki（港島定向力量 HKIOF） 楊國強先生 Mr. YEUNG Kwok Keung（香港定向越野會 HKOXCC）	

比賽日流程 Race Day Rundown

09:00	賽事中心開放 Event Centre Opens	**比賽日流程可能會因應實際情況而更改，請留意賽事中心公佈。** **The rundown shall be revised upon change in circumstances. Please pay attention to any announcement at the Event Centre.**
09:45	出發區、賽區、終點及成績處理開放 Start Area, Field, Finish & Result Processing Open	
10:00	開始出發 Begin to Start	
11:30	出發區關閉 Start Area Closes	
13:30	賽區及終點關閉 Field and Finish Close	
13:45	成績處理關閉 Result Processing Closes	
14:00	截止投訴 Deadline for Complaints	
14:10	比賽結束 Event Ends	

是次賽事設有頒獎典禮，頒獎時間將於各組首三名成績確認後即場公佈！
Prize presentation ceremony will be held in this race. Time for prize presentation will be announced on-site after the results of top three in each class are confirmed!

OFFICIAL COMPASS
stroo

賽事中心
Event Centre



賽事中心 Event Centre

1. 賽事中心位於 AKKI Bike Park 丫髻山地單車樂園（下圖紅框內 - https://maps.app.goo.gl/tVGW1NxpVKg4vzuC8）。
2. 洗手間位於賽事中心內。
3. 參加者請根據參加者編號到賽事中心領取號碼布。現場將有扣針提供。
4. **MB, MC, WB, WC 及 CHILL 的參加者請到賽事中心領取 GPS 追蹤手錶。參加者可自行選擇是否於比賽期間佩戴，有關設備需在成績下載交還。如有遺失，參加者需要向賽會賠償港幣$700。**
5. 賽事中心設有行李寄存服務，惟請勿存放貴重物品，如有物件遺失，本會恕不負責。
6. 報到時工作人員將分發電子控制卡予已租用 SPORTident 電子控制卡的參加者，參加者於完成賽事後必須立即親身對成績處理站下載成績，亦不可代表其他參加者下載成績。
7. 已申請出席證書的參加者可於完成比賽後於賽事中心領取。
8. 請保持賽事中心及賽區清潔，並帶走所有垃圾。
9. **參加者於任何時候（包括比賽期間及比賽前/後）均嚴禁進入單車場地內的泵道（Pump Track），違者將被取消資格。**
10. 賽事中心設有急救站。

1. Event Centre is located at AKKI Bike Park.
   (In the red box below - https://maps.app.goo.gl/tVGW1NxpVKg4vzuC8)
2. Toilet facilities are located inside the Event Centre.
3. Runners shall obtain number bib at the event centre. Pins will be available at event centre
4. **Runners in MB, MC, WB, WC and CHILL classes, please collect a GPS tracker from the event center. Participants may choose whether to wear the device during the race. The device must be returned at the result processing station. In case of loss, the participant will be required to compensate the organizer with HK$700.**
5. Luggage deposit service will be available at event centre. However, please do not store valuables and the Organizer is not responsible for any lost items.
6. Event officials will assign a SPORTident card for runners who have rented during registration. Runners are required to download their results at the result processing station on their own after the race, and are not allowed to download the results on behalf of others.
7. Runners who have applied for a certificate of participation can collect their certificates at the Event Centre after the race.
8. Please keep the competition area and Event Centre clean.
9. **Participants are strictly prohibited from entering the Pump Track within the cycling venue at any time (including before, during, and after the competition). Violators will be disqualified.**
10. First-aid station is located at Event Centre.



泵道 Pump Track

交通安排 Transportation

A. 港鐵 – 由天水圍站 E1 出口沿以下指定路線步行 12-15 分鐘到賽事中心 [下圖紅色箭咀]；
B. 小巴/巴士 – 有多條小巴/巴士路線途徑賽事中心入口附近，參加者可於天水圍邨或天慈邨（下圖綠色框）下車，沿以下指定路線 [下圖綠色箭咀] 前往賽事中心。

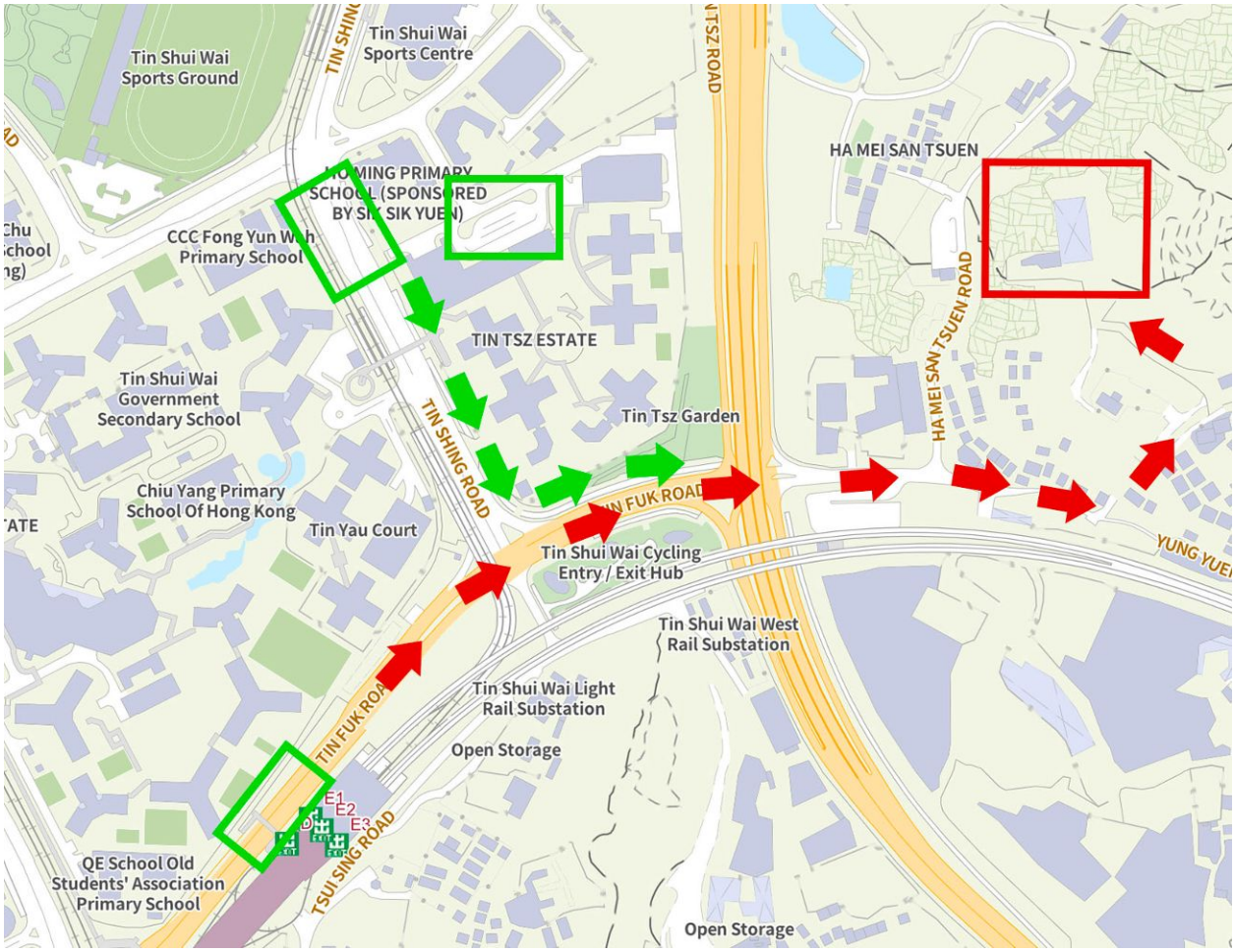
Participants can take

a. MTR to Tin Shui Wai Station Exit E1 and walk along the designated route below for 12-15 minutes to event centre (**Follow the red arrows below**)
b. Minibus or bus and alight at bus stop at Tin Shui Wai Station or Tin Tsz Estate (**Green boxes below**), and follow the designated route (Follow the green arrows below) to walk to the Event Centre.

小巴路線資訊 Minibus Route Info https://bit.ly/4kSOzYq

城巴路線資訊 Citybus Route Info https://bit.ly/4bTBkCR

九巴路線資訊 KMB route Info https://bit.ly/3FschKW



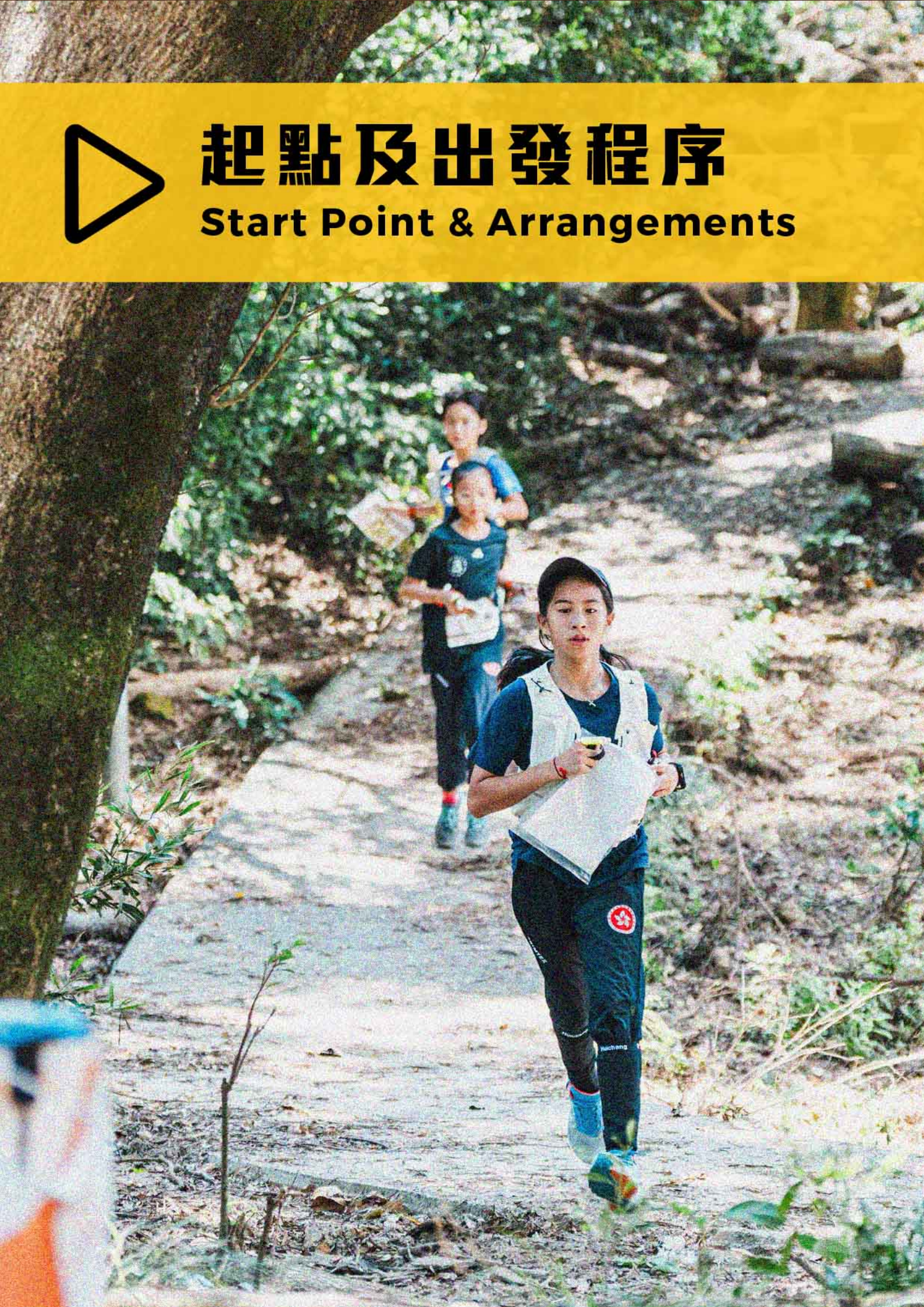
賽事中心旁的私人停車場僅限月租車輛使用。參加者或隨行人士切勿停泊，違者將被鎖車。

The private parking lot next to the Event Center is reserved for monthly permit holders only. Participants must not park here; unauthorized vehicles will be wheel-clamped.



參加者請使用由上圖右方出入口進入 AKKI 山地單車樂園 (綠色箭嘴)

Please enter AKKI Bike Park via the entrance on the right side of the diagram above. (Green Arrow)



起點及出發程序

Start Point & Arrangements

△預備出發區及起點 Pre-Start Zone & Start Point △

1. 起點設於賽事中心旁。
2. 參加者請按自己的出發時間，提早 5 分鐘到達出發區。當工作人員宣讀參加者出發時間後，參加者必須進入出發等候區。
3. 起點區設有大會時間顯示。

1. Start zone is located next to the Event Centre.
2. Runners are required to arrive the start area 5 minutes before the designated start time.
3. Official Time will be shown at Start area.

出發程序

1. 參加者必須向工作人員展示**電子控制卡**及將**號碼布**扣於胸前。
2. 參加者**必須**帶備**指南針**及**哨子**，有助尋找控制點及應急之用。
3. 參加者須根據自己的出發時間進入出發區，請在入口把計時指卡放在「清除」打卡器上的感應區，直至聽到「清除」打卡器發出聲響，確定計時指卡內的舊資料已清除。請把SI指卡放在「Clear」感應器上，以清除過往的比賽紀錄，及後把SI指卡放在「Check」感應器上(適用於普通SI卡及使用 SIAC（非接觸式指卡）之參加者)，以啟動SIAC指卡的Air+功能 (只適用於使用 SIAC（非接觸式指卡）之參加者)。及後，參加者可於放置於預備出發區的「Test」感應器測試指卡，指卡會發出閃燈及聲響，表示計時指卡的Air+功能運作正常 (只適用於使用 SIAC（非接觸式指卡）之參加者) 。
4. 當「入格」時鐘顯示你的出發時間，通過工作人員檢查裝備後，可進入3分格，每隔一分鐘進入2分格及1分格。
5. 賽會將會向所有參加者於 2 分格提供控制點提示符號紙。
6. 1分格內不設閱讀地圖時間，參加者於1分格聽到起點響鐘發出長響後方可閱讀地圖及出發。
7. 參加者不須在起點器拍卡，只需橫越起點線便可。
8. 出發線會顯示「大會時間」。
9. 取用正確的地圖乃參加者責任，請檢查地圖是否屬於自己的組別。如取錯地圖而被取消資格，賽會概不負責。
10. 遲到者必須向「遲到出發區」報到，由工作人員安排出發，所損失的時間將不獲補償。

Start Arrangement

1. Runners are required to present the **SI card** to the officials and put the **number bib** on the front.
2. **Compass** and **whistle** are **required** to bring with you during the race. They are useful for orienteering and emergency issues.
3. Runners are required to enter the start zone according to the start time. Please punch the SI card in the "Clear" unit to clear the historic record stored in the card, and then follow by punching the "Check" unit (for both SIAC (contactless card) and traditional SI Card users) to activate the "Air+" function of the card (for SIAC (contactless card) users ONLY). After that, runners can hover over the "Test" unit to check the Air+ experience (for SIAC (contactless card) users ONLY). The SIAC card will feedback with flashing optical signal and "beep" sound, meaning the card is functioning normally.
4. Call Up Time (Official Time + 3 minutes) will be shown at start zone. Runners can enter the Start area 3 minutes before their start time.
5. Gear check will be performed by race officials 3 minutes before runners' start time. Runners can enter the Start area after passing the gear check. After entering the Start area, runners have to enter -2 minute zone and -1 minute zone in 1-minute interval.
6. Separate control description sheet for all runners will be provided 2 minutes before runners' start time.
7. Maps will be provided 1 minute before runners' start time. Yet, runners are not allowed to read the map before their designated start time. Runners can only read the map and begin the race after hearing the start signal.
8. Punching Start is not required. Crossing the start line suffices.
9. Official Time will be shown at the start line.
10. Runners are responsible to check if they have taken the correct map. The Organizer is not responsible for any disqualification caused by taking an incorrect map.
11. Late runners are required to report to the Late start area on their own. A race official will arrange for their start as soon as possible. However, no time compensation will be given.

賽程及賽區資料
Courses and Terrain Information



賽程及賽區資料

1. 各組賽程的長度如下：

賽程	組別	排名聯賽組別	長度 (米)	攀高 (米)	控制點數目	預計勝出時間 (分鐘)
A*	ME, WE	ME, WE	4200	260	15	ME: 37 WE: 42
B-1*	MO	M21, M35	3500	195	14	40-45
B-2*	WO	W21, W35	3200	180	14	40-45
C*	MS MA	M40, M45, M50 M16, M18, M20	3100	180	13	37-42
D*	WS WA	W40, W45, W50 W16, W18, W20	3000	170	14	40-45
E*	MM WM	M55, M60, M65, W55, W60	2700	150	13	40-45
F	MB, WB	M12, M14, W12, W14	2500	160	13	40-45
G*	Explorers, Chill	M/W21B	2500	140	15	40-45
H*	MC, WC, Family	-	2100	120	12	35-40

2. 賽程長度以**最短合理路線**距離計算。
3. 各組的比賽限時均為 120 分鐘。
4. ***賽程 A, B-1, B-2, C, D, E, G, H 均需要更換地圖，參加者會在出發後拿取自己組別的兩張地圖（同一個地圖膠袋包好）。在完成第一張地圖的賽程後，請翻到背後的第二張地圖完成餘下賽程。**
5. 賽區內設有 1 個水站，**為響應環保，水站不設即棄水杯，參加者必須自備器皿**。所有賽程均會經過 1 個水站，參加者如有需要亦可攜帶適量飲料。
6. 賽區主要由空曠雜草地及不同可跑性的樹林所組成，同時佈滿不同大小的石頭及碎石。
7. 賽區內有幾條可跑性高的山徑，部分小徑較崎嶇，部份則被路旁植被遮蓋而變得不明顯。
8. 賽區內有部份區域蚊患嚴重，請賽員做好防蚊措施。
9. 時近重陽時節，賽區內受山火影響地帶未必能夠全部顯示在地圖上。
10. 賽區內的耕地及私人地方為禁區，地圖上以  標示。


墳墓及相關區域圖例

11. 為表尊重，參加者選擇路線前進時，請避免踏上賽區內的墳頭，墳墓及相關區域在地圖上以 O 及三合土地  標示。
12. 賽區內或有狗隻及野生動物等出現，經過時請勿尖叫或驅趕，小心路過避免進一步接觸就可。
13. 賽區內會有其他行山或掃墓人士，亦可能有越野單車、越野電單車及遙控飛機等出現，請留意安全，並尊重其他使用者，參加者並沒有使用賽區的優先權。
14. 參加者沒有使用任何行人路或通道的優先權，請保持禮貌及克制，參加者必須尊重當地居民、遊客、郊遊人士及其他參加者的權利，比賽時請參加者小心途人。
15. **強烈建議參加者穿著長褲，深坑紋運動鞋或定向釘鞋。**

Courses and Terrain Information

1. The course length for each class is as follows:

Courses	Class	Ranking Class	Length (m)	Climb (m)	No. of control	Expected Winning Time (mins)
A*	ME, WE	ME, WE	4200	260	15	ME: 37 WE: 42
B-1*	MO	M21, M35	3500	195	14	40-45
B-2*	WO	W21, W35	3200	180	14	40-45
C*	MS MA	M40, M45, M50 M16, M18, M20	3100	180	13	37-42
D*	WS WA	W40, W45, W50 W16, W18, W20	3000	170	14	40-45
E*	MM WM	M55, M60, M65, W55, W60	2700	150	13	40-45
F	MB, WB	M12, M14, W12, W14	2500	160	13	40-45
G*	Explorers, Chill	M/W21B	2500	140	15	40-45
H*	MC, WC, Family	-	2100	120	12	35-40

2. Course length is calculated using **the distance of shortest sensible route**.
3. Time limit of all classes is 60 minutes.
4. ***Courses A, B-1, B-2, C, D, E, G, and H require a map change. Participants will collect two maps for their category (packed together in a single plastic map bag) after starting. Upon completing the course on the first map, please turn over to the second map on the back to complete the remaining course.**
5. There is a water station in the competition area. **As to be environment-friendly, there will be no disposable water cups at the water stations. Runners must bring their own utensils.** All courses will pass by 1 water station. Participants may bring their own beverages if needed.
6. The event area mainly consists of open grassland and woods with varying degrees of runnability, sprinkled with rocks and gravel of various sizes.
7. There are several highly runnable trails in the event area. Some paths are rugged, while others are less distinct as they are covered by roadside vegetation.
8. Some areas within the event area have severe mosquito infestations. Participants are advised to take precautions against mosquitoes.
9. As the Chung Yeung Festival has just passed, areas affected by recent hillfires in the event area may not all be shown on the map.
10. Cultivated land and private areas within the event area are out-of-bounds, marked with  on the map.

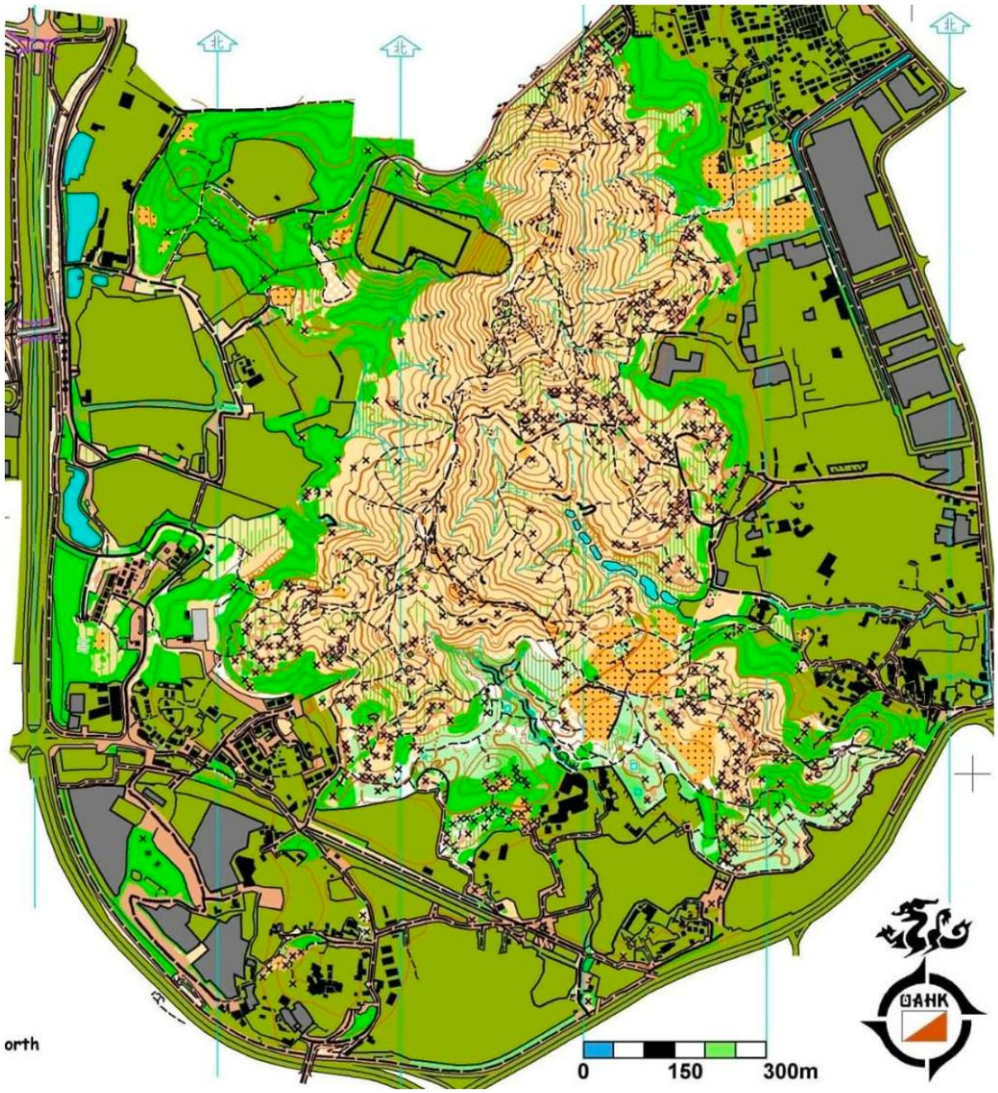
11. Out of respect, participants must avoid stepping on grave mounds when selecting their routes. Graves and related areas are marked on the map with **O** and concrete ground .



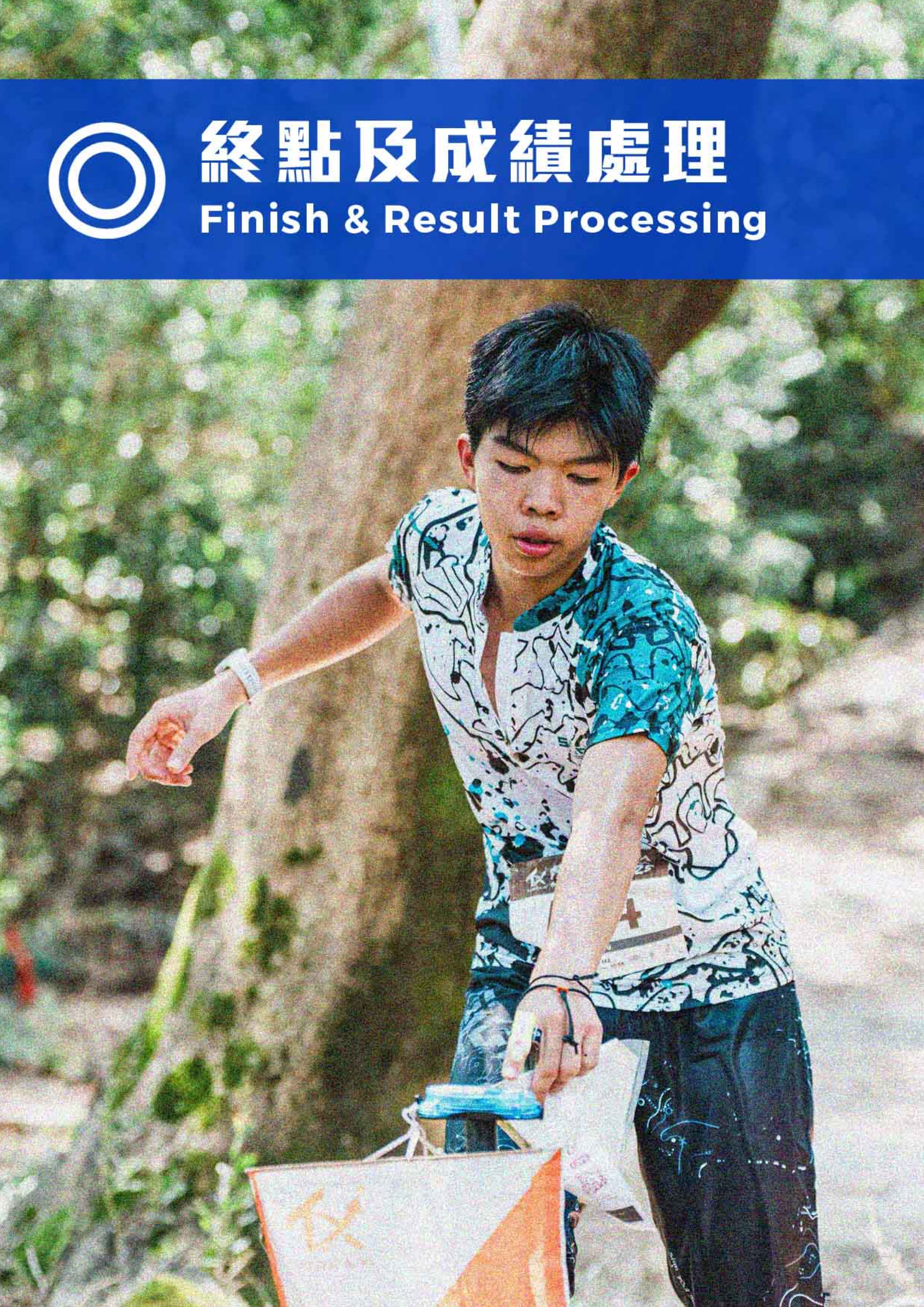
Grave and related area symbol

12. Dogs and wildlife may appear in the event area. When passing by them, please do not scream or chase them away; simply pass by carefully and avoid further contact.
13. Other hikers or tomb sweepers may be present in the event area, and mountain bikes, off-road motorcycles, and remote-controlled aircraft may also appear. Please pay attention to safety and respect other users. Participants do not have priority to use the event area.
14. Participants do not have priority over any footpaths or passageways. Please remain polite and restrained. Participants must respect the rights of local residents, tourists, picnickers, and other participants. Please be mindful of pedestrians during the race.
15. **Runners are strongly recommended to wear trousers and shoes with studs / orienteering metal spike shoes.**

賽區舊地圖 Old Map



終點及成績處理
Finish & Result Processing



◎終點及成績處理 Finish & Result Processing◎

1. 終點及成績處理區設於賽事中心旁。
2. 使用 SIAC（非接觸式指卡）之參加者抵達終點時，須在傳統終點控制器上掃過，而比賽時間亦在那刻完結，指卡隨即會發出聲響及閃燈。
3. 使用普通 SI 卡之參加者抵達終點時，須**在傳統終點控制器拍卡**，比賽時間在那刻完結，終點控制器隨即會發出聲響及閃燈。
4. 請跟隨指示**前往成績處理站，將計時指卡的記錄下載後**，參加者即可領取參考成績印表。
5. 參加者**於完成賽事後必須立即親身對成績處理站下載成績，亦不可代表其他參加者下載成績。**
6. 賽會會在11:30前收回已完成賽事參加者的地圖，請勿將地圖及賽程透露予未出發之參加者，如有違反，雙方參加者將會被取消資格(DISQ)。
7. **所有參加者必需於成績處理關閉前到成績處理站下載成績，未能於最後成績公佈前下載成績之參加者將會被取消資格(DISQ)。**
8. 參加者無論完成賽事與否，或遺失電子控制卡，**必須於 13:30 前向終點報到，否則當失蹤論，勞煩賽會甚至警方出動搜索。**

1. Finish and result processing station is located next to the Event Centre.
2. For the runners using SIAC (contactless card), it is required to **swipe on the "Finish" unit** when you reach the finish. The timing stops when runners swipe on the "Finish" unit and the SIAC will feedback with "beep" sound and flashing optical signal as confirmation.
3. For the runners using traditional SI Card, it is required **to punch the "Finish" unit** when you reach the finish. The timing stops when runners punch the "Finish" unit and the unit will feedback with "beep" sound and flashing optical signal as confirmation.
4. Please proceed to result processing station for result download after crossing the Finish. Runners will be provided with a result slip for their reference.
5. Runners are required to download their results at the result processing station on their own after the race, and not allowed to download the results on behalf of others.
6. Maps will be collected at Finish before 11:30. Finishers are prohibited to disclose any map or course details to runners who haven't started their race. Any violation will result in disqualification of both parties.
7. **All runners must have their punching record downloaded at result processing station before the closure time. Otherwise, they will be considered as disqualified.**
8. All runners must report to the Finish by 13:30 regardless if they have finished the race or if the SIAC card is lost. Otherwise, you will be considered as missing. The organizer might need to report to the police to search for you.

電子打孔及計時系統指引

Punching and Timing System



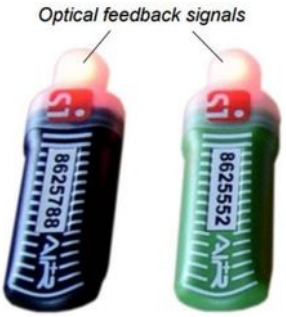
⏱ 電子打孔及計時系統指引 ⏱

SPORTident Air+ 電子計時系統使用方法（只適用於使用 SIAC（非接觸式指卡）之參加者）

1. 參加者須於賽事中心領取 SIAC 計時指卡，並於進入出發區前把 SIAC 指卡放在「Clear」感應器上，以清除過往的比賽紀錄，及後把 SIAC 指卡放在「Check」感應器上，以啟動 SIAC 指卡的 Air 功能。及後，參加者可於放置於預備出發區的「Test」感應器測試指卡，指卡會發出閃燈及聲響，表示計時指卡運作正常。



2. SPORTident Air+ 是指卡和打卡器毋須接觸的電子計時系統。是次賽事中，打卡器和 SIAC 指卡的有效範圍為 30 厘米（約一個定向燈籠的大小）。如果打卡成功，SIAC 指卡會發出聲響及閃燈確認。如果沒有以上訊號，參加者須回到控制點重新打卡。



SIAC 指卡



SPORTident 打卡器



如果打卡成功，SIAC 指卡會發出聲響及閃燈確認

3. 根據廠方資料，如果指卡沒電，指卡將不能使用隔空打卡功能。如果指卡在打卡器 30 厘米範圍內皆無閃燈或聲響，請將指卡當成普通 SI 卡使用（即將指卡直接接觸打卡器）。參加者不能以系統失效作為抗辯理由。

4. 根據廠方指引，如果參加者佩戴 GPS 錶出賽，**請勿將指卡和錶佩戴在同一隻手上**，否則 GPS 錶會大幅降低指卡的敏感度，可能引致電子打孔或計時無效。



以下適用於使用普通 SI 卡之參加者：

5. 參加者有責任確保計時指卡成功放置在打卡器上的感應區(數字上方圓圈位置)，打卡器將發出響聲，表示資料已紀錄在計時指卡內。





6. **使用普通 SI 卡之參加者抵達終點時，須在傳統終點控制器拍卡，比賽時間在那刻完結，終點控制器隨即會發出聲響。**

7. 參加者的成績將根據電子控制卡的紀錄計算，若然電子控制卡未能記錄參加者到訪某個控制點的紀錄或參加者發現電子系統失效時，需使用附在控制點的打孔器，打在地圖上的打孔格內，並於打印成績時告知賽會工作人員，以便賽會核實。若然兩者都無法證明參加者曾到訪該控制點，該控制點記錄將會視作無效。





8. 參加者在比賽期間有責任妥善保管 SIAC 電子控制卡，並於比賽後交還。若有遺失或損毀，參加者必須賠償港幣$700予賽會。

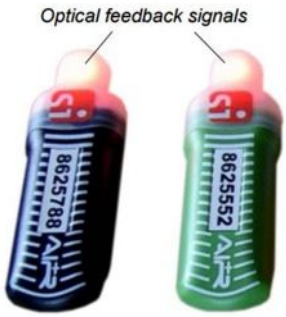
Punching and Timing System

SPORTident Air+ punching and timing system user guide (for SIAC (contactless card) users ONLY)

1. Runners are required to collect a SIAC card at Event Centre. Before entering the Start area, runners are required to punch the SIAC card in the "Clear" unit to clear the historic record stored in the card, and then follow by punching the "Check" unit to activate the "Air+" function of the card. After that, runners can hover over the "Test" unit to check the Air+ experience. The SIAC card will feedback with flashing optical signal and "beep" sound, meaning the card is functioning normally.



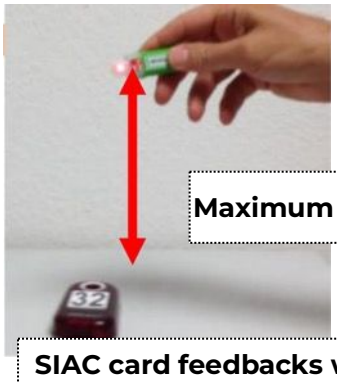
2. SPORTident Air+ is a contactless timing system. The effective range between the control station and the SIAC card is about 30 cm (roughly the size of an orienteering flag). Upon successful "punching", the SIAC card will feedback with flashing optical signal and "beep" sound. If runners cannot find the above signal, they have to return to the control point and do the punching again.



SIAC



SPORTident Control Station



Maximum effective range: 30cm

SIAC card feedbacks with "beep" sound and flashing optical signal upon successful

3. If the SIAC card is running low in battery, the contactless punching function will be disabled. If the SIAC card does not feedback with flashing optical signal and "beep" sound even within 30cm distance with the control station, please treat the card as a normal SI card and punch it into the SI station at a control point. Runners cannot defense using failure of punching system as a reason.

4. For runners wearing a GPS watch, do **NOT** wear a **GPS watch and the SIAC card** at the **same** arm as the active antenna of some GPS-watches can significantly reduce the SIAC's sensitivity. This may affect punching effectiveness and timing accuracy.



The following information applies to the traditional SI Card users:

5. Runners are responsible for ensuring that the SI Card is successfully punched in the sensing area on the unit (the circle above the number), and the unit will make a sound indicating that the data has been recorded in the SI Card.





6. **For the runners using traditional SI Card, it is required to punch the "Finish" unit when you reach the finish. The timing stops when runners punch the "Finish" unit and the unit will feedback with "beep" sound and flashing optical signal as confirmation.**

7. Runners' result will be determined based on the punching and timing record of your SPORTident card. If runners found that the SPORTident card fail to punch or record at any control point, they should use the physical punch attached to the orienteering flag to make a physical punch on their map and inform race official at Result station for verification. If runners cannot prove their punching record at certain control point with either the SPORTident card or the physical punch, their record at that control point is deemed invalid.

8. Runners are responsible to take good care of the SIAC card during the race and return it to the Organizer after the race. Runners are required to indemnify HK$700 to the Organizer for any lost or damage of the SIAC card.

獎項、規則及備註
Prizes, Rules & Remarks



獎項 Prizes

1. 各組前 3 名將獲頒發獎項。賽事當天將設頒獎環節，成績會於當天於賽事網站公佈。
   Prizes will be awarded to the top 3 competitors of each class. There will be prize presentation session on the event day. All results will be published on the event website.

規則 Rules

1. 除賽會提供的地圖以及賽事手冊提及的裝備外，參加者在比賽期間禁止使用任何輔助工具，包括通訊器材(如電話及對講機)，**否則會被取消資格**。
2. **所有參加者無論完成賽事與否，或遺失電子控制卡，必須向終點或賽事中心報到，否則當失蹤論，勞煩賽會甚至警方出動搜索。**
3. 體驗組及家庭組的參加者於比賽期間**相距不得超過20米**。
4. 參加者不得移動或損壞控制點或賽會設施，若有損毀，須按價賠償及**被取消資格**。
5. 參加者在比賽期間有責任妥善保管SIAC電子控制卡，並於比賽後交還。**若有遺失或損毀，參加者必須賠償港幣$700予賽會。**
6. 中國香港定向總會「定向比賽則例」適用於本賽事。參加者須遵守所有比賽規則及服從賽會之指示。
7. 賽區乃公眾地方，參加者並無使用的優先權，參加者須尊重其他市民，如有碰撞或意外，參加者可被取消資格。

1. Except for the map provided by the Organizer and gear specified in this Race Handbook, runners are prohibited to use any other equipment, including communication devices, such as mobile phones and walkie-talkies, during the race. **Any violation will result in disqualification.**
2. **All runners must report to the Finish or the Event Centre** regardless if they have finished the race or if the SIAC card is lost. **Otherwise, you will be considered missing. The Organizer might report to the Police to search for you.**
3. The same team of runners in Explorers and Family Class **cannot be apart for more than 20m during the race.**
4. Runners are not allowed to move or damage any control point or race equipment. Runners will be **disqualified** and required to compensate for the equipment cost in case of any damage.
5. Runners are responsible to take good care of the SIAC card during the race and return it to the Organizer after the race. **Runners are required to indemnify HK$700 to the Organizer for any lost or damage of the SIAC card.**
6. The Orienteering Competition By-law of the Orienteering Association of Hong Kong, China applies to the race. Runners are required to follow the competition rules as well as instructions given by the Organizer.
7. Runners have to respect the rights of other runners and the general public. Runners do not have any privileged right in using the road. Please be mindful of other pedestrians to avoid conflict.

備註 Remarks

1. 本【賽事手冊】內容如有更改，以賽會當日公佈為準，有關內容將在賽事中心公佈。
2. 所有參賽參加者及家長須自負個人意外責任，賽會概不負責，建議參加者自行購買合適保險。
3. 參加者須自行負責個人意外及財物損失的責任，賽會概不負責。
4. 參加者請留意天氣及個人情況，有需要時請帶備足夠飲料及防曬/禦寒用品。
5. 參加者如在比賽中遇上緊急事件需要求助，請留在安全地方並採用國際求救訊號，等候工作人員前來救援。（國際求救訊號指哨子連吹六響，相隔一分鐘重覆再吹）。
6. 比賽當日 **07：30** 時，如有黃色或以上暴雨警告、3號或以上熱帶氣旋警告訊號或雷暴警告生效，**本會將於 Facebook 專頁或賽事網頁公布賽事會否如常舉行**。如本會決定將賽事延期舉行，或有其他安排，將會在網頁 https://orienteering.TerraX.hk 公佈。報名一經接納，費用恕不退還。
7. 參加者可對有違中國香港定向總會「定向比賽則例」事項或對賽會之指示作出投訴。投訴應以書面形式儘快向賽會提出。如投訴關於參加者成績，必須於成績下載關閉後 15 分鐘內提交。投訴將由賽會處理，結果將立刻向投訴人通告。
8. 對賽會的投訴處理有所異議，可作抗議。抗議可由參加者或賽事工作人員提出。抗議必須在賽會公佈投訴結果後的15分鐘內以書面向賽會或裁判團成員提出。
9. 抗議將由裁判團作出商議裁決。大會已邀請三位參加者擔任裁判團成員。裁判團議決後，裁判團的判決為最終決定。

1. In case of any changes to this Event Information document, the Organizer will announce the relevant changes at the Event Centre on the race day. Information announced at Event Centre is deemed latest.
2. All runners and their parents are responsible for their own personal accidents. The Organizer is not responsible nor liable for any personal accident, injury or death. Runners are strongly advised to purchase their own insurance as per their personal need.
3. The Organizer is not responsible for runners' own personal accidents and property loss or damage. Runners have to take their own responsibilities on the above.
4. Runners are advised to pay attention to the weather and their own body condition. Please bring along enough drinks, sunscreen and clothing where required.
5. In case of emergency during the race, runners are advised to stay in a safe area and send out international mountain distress signals until the rescue team arrives. (International mountain distress signals: Send out six long blasts within one minute using your whistle, then pause for one minute, and then repeat)
6. If Amber Rainstorm Signal, Typhoon No.3 or above, or thunderstorm warning is hoisted at **07:30** on the race day, **the organizer will announce on the Facebook page or the race website whether the race will be held as usual**. If the organizer decides to postpone the race, or has other arrangements, details will be announced on the website https://orienteering.TerraX.hk. No refund shall be made once the registration is accepted.
7. Complaints may only be made by competitors. All complaints must be made to the organizer in writing within 15 minutes after Results Processing Station Closed. The organizer will record complaints and decisions made.

8. A protest can be made against the organizer's decision about a complaint. Protests can be made by competitors or event officials. Any protest shall be made in writing to the organizer or a member of the jury no later than 15 minutes after the organizer has announced the decision about the complaint.
9. The Jury will handle protests according to the Competition By-law. The deliberation of verdict will be done by the Jury Panel. The Jury Panel reserves the final decision. The organizer has invited 3 competitors as Jury Panel members. The ruling of the Jury Panel is final.

聯絡我們 Contact Us

TerraX Sports
電郵 Email: race@TerraX.hk
電話 Mobile: +852 5975 5784 （賽前查詢只限 Whatsapp ONLY for Pre-race enquiries）
賽事網頁 Tournament Website: https://orienteering.TerraX.hk
Facebook：https://fb.com/TerraXsports

附錄
Appendix



附錄 1 – 新手小貼士

賽前準備

1. 充足睡眠！保持頭腦清晰最緊要。
2. 飲食得宜，早餐要豐富，賽前 2 小時避免大量進食，多飲水讓身體儲存足夠水分。

服裝

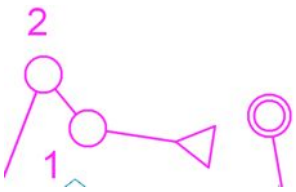
1. 衣服以輕便為主，切忌牛仔褲！建議穿著運動鞋、跑步鞋。
2. 帶備替換衣物、防曬用品、帽、蚊怕水。

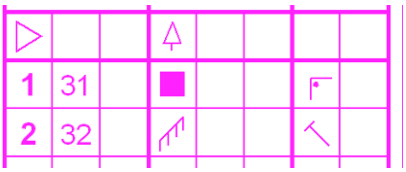
出發前

1. 請按照你的出發時間，預早約半小時到賽事中心報到，留意大會時間，做熱身運動、換衣服、去洗手間等。
2. 最好帶備適量飲料出賽。如有指南針及哨子，建議帶出賽：指南針助你玩得更得心應手，哨子可用來應急。
3. 留意大會設置，如終點及成績下載處的位置。
4. 提前 5 分鐘到預備出發區準備。

比賽時

1. 一出發不要人跑你又跑，先在地圖上找出自己的位置 — 起點三角符號。
2. 然後根據圓圈次序到訪每個控制點，多利用大型地徵定位。







3. 到達每個控制點必須檢查提示符號欄的編號，是否與該控制點編號相符，方可拍卡。
4. 定向運動最考驗獨立思考，不要盲目跟隨別人，自己為每個控制點計劃最適合自己的路線！
5. 雙圓圈為終點。

比賽後

1. 到達終點後，第一時間到成績處理下載成績，並交還電子控制卡。
2. 天氣炎熱，盡快為身體補充水分。
3. 用大約 10 分鐘做伸展動作，可減少運動後肌肉疲勞。

Appendix 1 – Tips for rookie

Pre-race preparation

1. Sleep sufficiently! Keep your mind clear and critical.
2. Eat well and have plenty of breakfast. Avoid eating too much food 2 hours before the race and drink plenty of water to keep your body hydrated.

Clothing

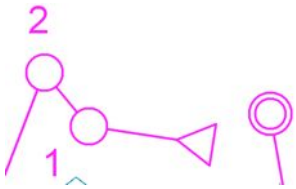
1. Clothes should be lightweight and please do not wear jeans! It is recommended to wear sports shoes or running shoes.
2. Bring extra clothing for replacement, sunscreen, caps, and mosquito-repellents.

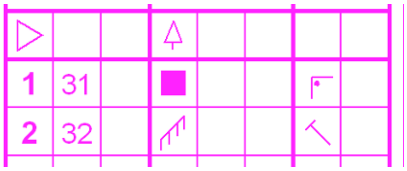
Before the start

1. Please arrive the event centre half hour in advance for registration and preparation. Pay attention to the official time, do warm-up exercises, change clothes, go to the washroom and so on.
2. It is recommended to bring your own drinks for the race. If you have a compass and a whistle, it is recommended to bring them with you during the race. The compass is a great assistance for orienteering, and the whistle can be used for emergency.
3. Pay attention to the event settings, such as the location of the finish and the result processing station.
4. Arrive at the pre-start area 5 minutes in advance for preparation.

During the race

1. Don't just run forward after started. Remember to first find your position on the map - the start triangle symbol.
2. Then visit each control point according to the order of the circle, and use the large features for location.







3. Remember to check the codes on the IOF control descriptions to match the control codes on unit before you punch.
4. Orienteering is an independent sport. Do not blindly follow others, and plan the route that suits you best for each control point!
5. The symbol of double circles is the finish.

After finish the race

1. After reaching the finish, please visit the result processing station as soon as possible, and return the electronic control card.
2. The weather is hot and replenish water to your body as soon as possible.
3. Spend about 10 minutes for stretching exercises to alleviate muscle fatigue after running.

附錄 2 – ISOM 2017-2 國際標準地圖圖例及國際定向提示符號

Appendix 2 – ISOM 2017-2 International Specification for Orienteering Maps and IOF Control Descriptions

國際野外定向地圖圖例標準(ISOM 2017-2)
International Specification for Orienteering Maps (ISOM 2017-2)

香港定向總會 Orienteering Association of Hong Kong

地貌 Land froms

- 等高線 Contour
- 指標等高線 Index contour
- 輔助等高線 Form line
- 泥坡 Earth bank
- 土埂/堤 Earth wall
- 小土埂/廢土埂 Ruined earth wall
- 沖溝 Erosion gully
- 小沖溝 Small erosion gully
- 山丘 Knoll
- 小丘 Small knoll
- 長形小丘 Small elongated knoll
- 陷地 Depression
- 小陷地 Small depression
- 地洞 Pit
- 劣地 Broken ground
- 嚴重劣地 Very broken ground
- 顯眼的地貌特徵 Prominent landform feature

植被 Vegetation

- 空曠地 Open land
- 有零散樹木之空曠地 Open land with scattered trees
- 雜草地 Rough open land
- 有零散樹木之雜草地 Rough open land with scattered trees
- 樹林 Forest
- 植被(慢跑) Vegetation: slow running
- 植被(慢跑, 視野良好) Vegetation: slow running, good visibility
- 植被(步行) Vegetation: walk
- 植被(步行, 視野良好) Vegetation: walk, good visibility
- 植被(通行困難) Vegetation: fight
- 耕地 Cultivated land
- 果園 Orchard
- 葡萄園或類似 Vineyard or similar
- 明顯耕地分界 Distinct cultivation boundary
- 明顯植被分界 Distinct vegetation boundary
- 顯眼的大樹 Prominent large tree
- 顯眼的灌木叢/樹 Prominent bush/tree
- 顯眼的植被特徵 Prominent vegetation feature

水系及沼澤 Water and marsh

- 不可越過水域 Uncrossable body of water
- 淺水/季節性水域 Shallow body of water
- 水洞 Waterhole
- 可越過的河溪 Crossable watercourse
- 可越過的小溪 Small crossable watercourse
- 季節性小溪/溝渠 Minor/seasonal water channel
- 不可通過的沼澤 Uncrossable marsh
- 沼澤 Marsh
- 狹窄沼澤 Narrow marsh
- 不明顯沼澤 Indistinct marsh
- 水井/水泉/水箱 Well, fountain or water tank
- 水道源頭 Spring
- 顯眼的水體地徵 Prominent water feature

岩石及石塊 Rock & boulders

- 不可攀越的峭壁 Impassable cliff
- 可通越的陡崖 Cliff
- 石坑 Rocky pit
- 山洞 Cave
- 石、大石 Boulder, Large boulder
- 巨石/石柱 Gigantic boulder or rock pillar
- 大石堆 Boulder cluster
- 群石地 Boulder field
- 緊密群石地 Dense boulder field
- 碎石地(慢跑) Stony ground: slow running
- 碎石地(步行) Stony ground: walk
- 碎石地(難行) Stony ground: fight
- 沙地 Sandy ground
- 岩石地 Bare rock
- 坑道 Trench

人造地徵 Man-made features

- 舖砌地面 Paved area
- 寬濶道路 Wide road
- 道路 Road
- 未舖砌道路 Vehicle track
- 主要小徑 Footpath
- 小徑 Small footpath
- 不明顯小徑 Less distinct small path
- 林中空隙 Narrow ride or linear trace through the terrain
- 火車路軌 Railway
- 電纜, 索道, 滑雪纜車 Power line, cableway or skilift
- 主幹電纜 Major power line
- 隧道 Tunnel
- 橋 Bridge
- 牆 Wall
- 破毀的牆 Ruined wall
- 不可攀越的高牆 Impassable wall
- 圍欄 Fence
- 破毀的圍欄 Ruined fence
- 不可攀越的高圍欄 Impassable fence
- 通過點/出入口 Crossing point
- 不允進入區域 Area that shall not be entered
- 建築物 Building
- 可通過建築物 Canopy
- 破毀建築物 Ruin
- 高塔、小塔 High tower, Small tower
- 石標誌、飼料架 Cairn, Fodder rack
- 顯眼的線狀特徵 Prominent line feature
- 顯眼的不能越過線狀特徵 Prominent impassable line feature
- 顯眼的人造地徵 Prominent man-made feature
- 墓 Grave
- 樓梯 Stairway

賽程符號 Overprinting symbols

- 發圖點, 指定路線 Map issue point, Marked route
- 起點 Start
- 控制點 Control point
- 序號 Number
- 指定路線 Marked route
- 終點 Finish
- 禁止進入界線 Out-of-bounds boundary
- 禁止進入區域 Out-of-bounds area
- 通過點 Crossing point
- 禁止越過通道 Out-of-bounds route
- 急救站 First aid post
- 飲水站 Refreshment point

國際控制點提示表 Control Description Sheet

每行釋義

A	B	C	D	E	F	G	H
IOF Event Example							
M45, M50,W21							
5			7.6 km			210m	
▷			／	／	＼		
1	101		⋰			＜	
2	212	↖	▲		1.0	○·	🥤
3	135		❋	❋		🚻	🚶
4	246	⫼	⬭			◎	
5	164	→	⛶			·○	
○----- 120 ----→							
6	185		／	↘		⌟	
7	178		⅄			○	✚
8	147	⫩	⫍		2.0		
9	149		／	／	✕		
○----- 200 ----→◎							

粗線右側之項目,爲最重要。

[賽事範例]
男子45及50歲以上組別,女子21歲以上組別。
賽程編號5,賽程長度7.6千米,總攀高210米
起 點 - 大路與牆連接處。
控制點1:編號101-狹窄沼澤的彎位。
控制點2:編號212-西北方1米高大石之東面。有水站。
控制點3:編號135-兩密林之間。有工作人員檢查控制咭。
控制點4:編號246-中間的陷地的東部。
控制點5:編號164-東方的破毀建築物之西面。
*由控制點位置,沿120米長之指定路徑前進。
控制點6:編號185-倒塌的石牆的東南角外。
控制點7:編號178-山咀,西北腳。有護理人員。
控制點8:編號147-上面2米高的陡崖。
控制點9:編號149-小徑交叉處。
最後控制點往終點尚有200米的指定路徑。
註*:此列會因應個別賽程之需要而顯示。

A	B	C	D	E	F	G	H
2	212	↘	◌	▦	8x4	·＜	🚶

A:控制點序號
B:控制點編號
C:指示相同特徵中那個
D:控制點特徵
E:控制點特徵的細節
F:特徵大小、組合
G:標誌旗擺放位置
H:其他資料

International Control Description Symbols 國際控制點提示符號

C行
- ↑ 北方的
- ↘ 東南方的
- 上面的
- 下面的
- 中間的

D行(地貌)
- 台地
- 山咀
- 山窩
- 泥坡
- 探石地
- 土埗/堤
- 沖溝
- 小乾溝
- 山丘
- 小丘
- 鞍部
- 陷地
- 小陷地
- 地洞
- 坎地
- 蟻丘

D行(岩石)
- 峭壁,陡崖
- 石柱
- 山洞
- 大石
- 群石地
- 大石堆
- 碎石地
- 岩石地
- 崖間狹路

D行(水系)
- 湖,水塘
- 池塘
- 水洞
- 河溪,水道
- 小溝,溝渠
- 狹窄沼澤
- 沼澤
- 沼澤局部乾地
- 水井
- 水道源頭
- 水箱

D列(人造特徵)
- 大路
- 小道、小徑
- 林中間隙
- 人行橋
- 電纜
- 電纜架/桿
- 隧道
- 石牆
- 圍欄
- 橫越點
- 建築物
- 水泥地
- 破毀建築物
- 管道
- 塔架
- 射擊台
- 石標誌
- 飼料架
- 炭灰地
- 紀念碑,塑像
- 有蓋通道
- 階梯

D行(植被)
- 空曠地
- 半空曠地
- 樹林之角
- 林中空曠地
- 密林,密植叢
- 密樹籬
- 植被分界
- 樹叢
- 獨樹
- 倒樹根

D列(特定的符號)
- 墳墓(香港適用)
- 特定項目

E行(外觀細節)
- 低矮的
- 淺的
- 深的
- 茂密的
- 開闊的
- 多岩石的
- 濕軟的
- 多沙的
- 針葉樹的
- 落葉樹的
- 倒塌的

F行(大小)
- 2.5 高度、深度(米)
- 8X4 水平面積(米)
- 0.5/3.0 斜坡上的特徵物之高度(米)
- 2.0/3.0 兩種特徵物之高度(米)

F行(組合)
- 交叉處
- 連接處

G行(標誌旗的位置)
- 東北面
- 東南邊緣
- 西部
- 東角內
- 南角外
- 西南端
- 彎位
- 西北盡頭
- 上部
- 下部
- 在頂上
- 在底下
- 腳下(不指明方向)
- 東北面腳下
- 在兩者之間

H行(其他資料)
- 水站
- 電視或無線電站
- 工作人員檢查控制咭
- 救傷站

G行(續)

D	E	F	G	
❋	❋		⫩	兩個密林之間
▲	•		⫩	大石與小丘之間

F行(續)

D	E	F	之組合	
／	／	✕		小徑交叉處
／	⋰	✕		小徑與林隙交叉處
／	／	⅄		大路連接處
⌇	⌇	⅄		河溪與溝渠連接處

由最後控制點往終點之指示:
- ✕ 380m ◎ 往終點尚有380米,無指定路徑
- ○— 400m —→◎ 往終點爲400米長之指定路徑
- ○— 150m —→◎ 往終點尚有150米,抵終點匯集區後,沿指定路徑前行

註:以下之指示,會因應個別賽程之需要而顯示。

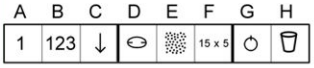
由一控制點往另一控制點之指示:
- ○— — 60m — —→ 由控制點位置,沿著60米長之指定路徑前行
- ○— — 300m — —◎ 兩控制點間爲300米之指定路徑
- ✕ ⤫ ◎ 強制性橫越點
- ✕ ⫽ ◎ 強制性通道穿越禁區
- ○— — 50m — —→△ 至換圖區爲50米之指定路徑

7/2004香港版(IOF2004版)

OFFICIAL COMPASS
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IOF Control Descriptions 2024

This is a summary of the IOF pictorial control descriptions. Full details can be obtained from the IOF web site at http://www.orienteering.org



A Control number
B Control code
C Which of any similar feature
D Control feature
E Appearance
F Dimensions/combinations/bend
G Location of control flag
H Other information

C - Which Feature

Northern
Upper
Lower
Middle

D - Control Feature

See below.

E - Appearance

Low
Shallow
Deep
Overgrown
Open
Rocky, Stony
Marshy
Sandy
Needle leaved
Broad leaved
Ruined

G - Location of Flag

West Side
South East Edge
East Part
South West Corner (inside)
North Corner (outside)
North West Tip
South East End
Upper Part
Lower Part
Top
Foot
North East Foot
Beneath
Between

F - Dimensions

1.5 Height or Depth
5 x 3 Size
1.0 / 2.5 Height on slope
1.5 / 2.5 Heights of two features
Crossing
Junction
Bend

H - Other Information

First aid post
Refreshment point
Manned control

200 m — Distance to Start Triangle from point of timed start
70 m — Follow Taped Route away from control
90 m — Follow Taped Route between controls
Mandatory crossing point or points
Mandatory passage through out of bounds area
20 m — Follow Taped Route to Map Exchange
Map flip (turn the map over)
80 m — Follow Taped Route to Finish
50 m — Navigate to Finish Funnel, then follow tapes
90 m — Navigate to Finish, no tapes

Land forms

Terrace
Spur
Re-entrant
Earth bank
Quarry
Earth wall
Erosion gully
Small erosion gully
Hill
Knoll
Saddle
Depression
Small depression
Pit
Broken ground
Ant hill, Termite mound

Rock and boulders

Cliff, Crag
Rock pillar
Cave
Boulder
Boulder field
Boulder cluster
Stony ground
Bare rock
Narrow passage
Trench

Water and marsh

Lake
Pond
Waterhole
River,Stream,Watercourse
Minor water channel, Ditch
Narrow marsh
Marsh
Firm ground in marsh
Well
Spring
Water tank, Water trough

Vegetation

Open land
Semi-open land
Forest corner
Clearing
Thicket
Linear thicket
Vegetation boundary
Copse
Prominent tree
Root stock, Tree stump

Special features

Special item
Special item

Man-made features

Road
Track, Path
Ride
Bridge
Power line
Power line pylon
Tunnel
Wall
Fence
Crossing point
Building
Paved area
Ruin
Pipeline, Bobsleigh track
Tower, Pylon
Shooting platform
Boundary stone, Cairn
Fodder rack
Platform
Monument, Statue
Canopy
Stairway
Out of bounds area
Railway

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