

 **野外定向** 
系列賽 **2024**
TERRAX Orienteering Series



錦標賽

CHAMPIONSHIP EDITION

大帽山

Tai Mo Shan

賽事手冊

28.4.2024

Race Handbook

THIS EVENT IS PROUDLY PRESENTED BY

**The World's Most Innovative
High Performance Orienteering Compass**

stro

**STRAIGHTER, FASTER
BETTER**



ORGANIZER





基本資料

Basic Information



TerraX 野外定向系列賽 2024 - 錦標賽 暨 香港定向排名聯賽 - 中/長距離 TerraX Orienteering Series 2024 - Championships Edition cum Hong Kong Orienteering Ranking League - Middle/Long

📌 基本資料 Basic Information 📌

主辦 Organizer	TerraX Sports Club	
日期 Date	2024 年 4 月 28 日 (星期日)	28 th April, 2024 (Sun)
地點 Location	大帽山	Tai Mo 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	2024 年 4 月版 1:10000 比例 ISOM2017-2 彩圖 1:7500 比例 (賽程 E & G) 5 米等高線間距 國際定向提示符號	April 2024 version 1:10000 ISOM2017-2 Colour Map 1:7500 (Course E & 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	
賽事主任 Event Organizer	李雋皓先生 Mr. LI Chun Ho	
賽事控制員 Event Controller	孔繁泰先生 Mr. HUNG Fan Tai Barry	
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) 張蔚淇小姐 Ms. CHEUNG Wei Ki Rainky (香港野外定向會 HKOC) 余梓維先生 Mr. YU Tsz Wai (香港青年獎勵計劃 HKAYP)	

🏃 比賽日流程 Race Day Rundown 🏃

09:00	賽事中心開放 Event Centre Opens
09:30	出發區、賽區、終點及成績處理開放 Start Area, Field, Finish & Result Processing Open
09:45	開始出發 Begin to Start
11:00	出發區關閉 Start Area Closes
13:00	賽區及終點關閉 Field and Finish Close
13:15	成績處理關閉 Result Processing Closes
13:30	截止投訴 Deadline for Complaints
13:40	頒獎 Prize Presentation
13:45	比賽結束 Event Ends

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.

所有成績均會於當天於賽事網站公佈。

All results will be published on the event website.



賽事中心

Event Centre



🏠 賽事中心 Event Centre 🏠

1. 賽事中心位於大帽山道郊遊地點（下圖紅框內 - <https://maps.app.goo.gl/dubFbmGg8xkQFATe9>）。
2. 未出發賽員於賽事中心只可在指定範圍（大帽山道關口以西）內活動，如違反規定提前進入賽前禁區範圍，可被取消資格。
3. 最近的洗手間位於賽事中心旁邊
4. 參加者請根據賽員編號到賽事中心領取號碼布。現場將有扣針提供。
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 電子控制卡的賽員，賽員於完成賽事後必須立即親身對成績處理站下載成績，亦不可代表其他賽員下載成績。
7. 已申請出席證書的賽員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. 賽事中心設有急救站。

1. Event Centre is located at Tai Mo Shan Road Picnic Site.
(In the red box below - <https://maps.app.goo.gl/dubFbmGg8xkQFATe9>)
2. Participants who have not started can only stay within the designated area (West of the Gate of Tai Mo Shan Road) at the event center. Participants may be disqualified if violating the regulations and enter the pre-race embargoed area in advance.
3. The nearest toilet is located next to the Event Centre.
4. Runners shall obtain number bib at the event centre. Pins will be available at event centre
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 participants who have rented during registration. Participants 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. First-aid station is located at Event Centre.

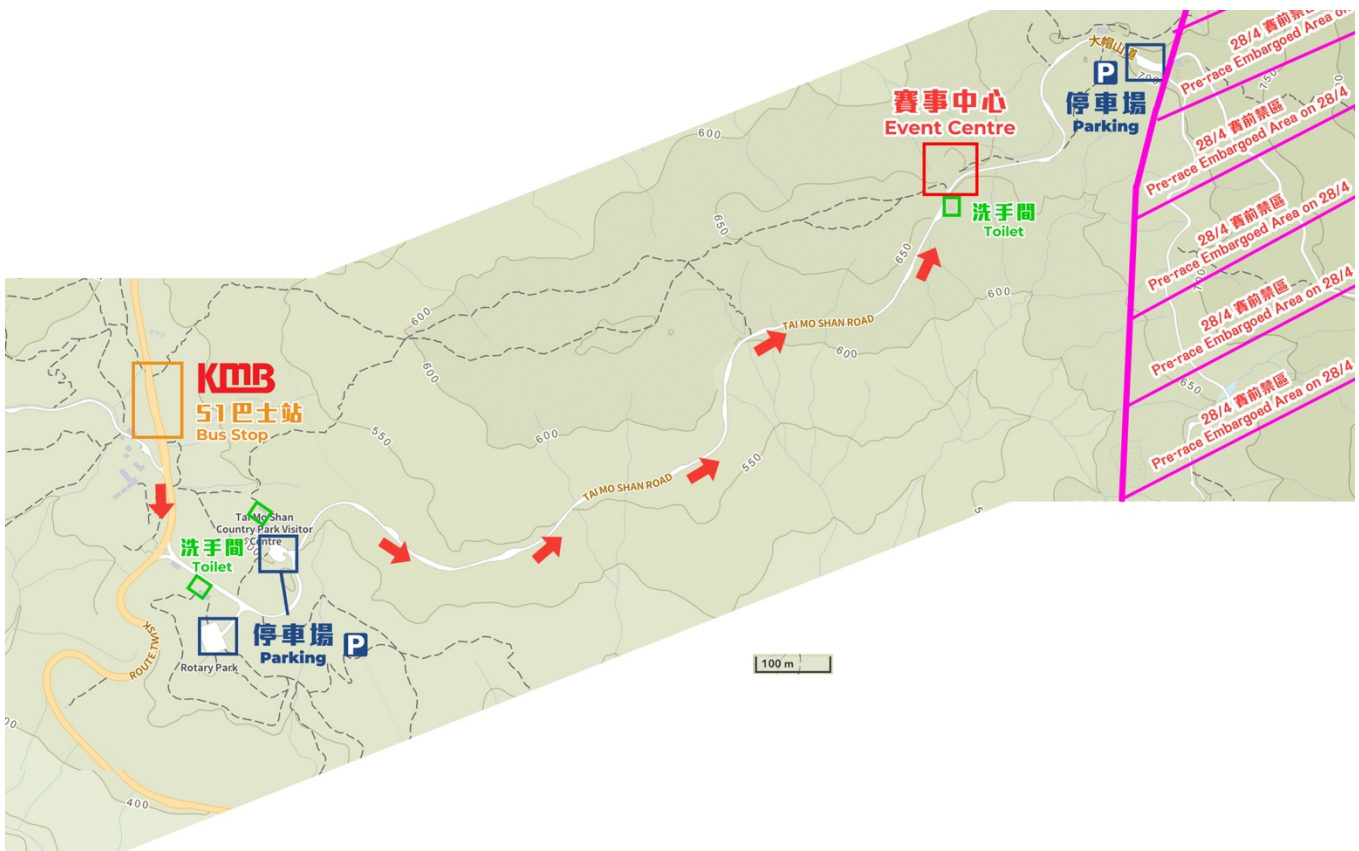
🚌 交通安排 Transportation 🚗

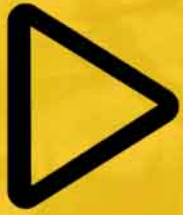
參加者可乘以下公共交通工具：

- A. 巴士 – 賽員可乘搭 51 號九巴於郊野公園站下車，沿大帽山道步行約 45 分鐘 (2.1 公里/攀升 250 米) 前往賽事中心。
- B. 的士 – 賽員亦可從荃灣多層停車場大廈地下乘紅色的士往賽事中心，車費約 HK\$90-100。

Runners can take

- a. Participants can take KMB route no. 51 (Tsuen Wan (Nina Tower – Sheung Tsuen (Circular)). Getting off at Tai Mo Shan Country Park Station and the Event Centre can be reached by around 45-minute walk (2.1km with 250m climb).
- b. Alternatively, participants can take a taxi from G/F of Tsuen Wan Multi-storey Carpark Building to Event Centre. Fare ranges approximately from HK\$90-100.





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. 賽員請按自己的出發時間，提早 5 分鐘到達出發區。當工作人員宣讀賽員出發時間後，賽員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 at the start areas 5 minutes before the designated start time.
 3. Official Time will be shown at Start area.

🕒 出發程序 🕒

1. 賽員必須向工作人員展示**電子控制卡**及將**號碼布**扣於胸前。
2. 賽員**必須**帶備**指南針**及**哨子**，有助尋找控制點及應急之用。
3. 賽員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) 之賽員**)，以啟動SIAC指卡的Air+功能 (**只適用於使用 SIAC (非接觸式指卡) 之賽員**)。及後，賽員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) 之賽員**)。
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. 賽會將會向所有賽員於 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，賽員於1分格聽到起點響鐘發出長響後方可閱讀地圖及出發。
7. 賽員不須在起點器拍卡，只需橫越起點線便可。
8. 出發線會顯示「大會時間」。
9. 取用正確的地圖乃賽員責任，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. Participants 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. Participants 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 participants 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	4700	250	19	48-53
B-1	MO	M21, M35	4200	230	17	45-50
B-2	WO MA	W21, W35 M16, M18, M20	3700	195	16	45-50
C	MS	M40, M45, M50	3600	190	14	45-50
D	WS WA	W40, W45, W50 W16, W18, W20	3500	200	15	45-50
E	MM, WM	M55, M60, M65, W55, W60	3600	180	16	45-50
F	MB, WB	M12, M14, W12, W14	3800	210	16	35-40
G	MC, WC, FAMILY, EXPLORERS, CHILL	-	3400	170	16	45-50

- 賽程長度以最短合理路線距離計算。
- 各組的比賽限時均為 120 分鐘。
- 賽區內設有 2 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 2 個水站，賽員如有需要亦可攜帶適量飲料。
- 賽區主要由視野良好的空曠地及不同可跑性的樹林、灌木林和植被茂密的區域所組成，同時佈滿不同大小的石頭及碎石。
- 賽區內之電纜及電線桿將不會在地圖上顯示。
- 賽區大部分區域可跑性良好，唯部分地區可跑性因碎石和底層植而降低。賽員在通過碎石地並快速下降時，敬請小心。
- 賽區內部分小徑狹窄，請賽員禮讓。扒頭前請先揚聲，安全至上。
- 賽區內有數個高崖以及人造崖壁，在地圖上以粗黑線繪畫，賽事中部分崖壁會以危險帶標示。賽員請勿嘗試通過。
- 請注意賽區內有野生牛隻，賽員切勿騷擾野生動物。
- 由於季節更替，實地的植被可能比地圖上較為濃密或疏通。
- 所有賽程會經過馬路（大帽山道），請小心車輛及單車，並避免撞倒行山人士；賽員沒有道路優先使用權。
- 部份植被或因天氣變化而與地圖所示有所差異，賽會已盡量更新。
- 部份小徑被植被遮蓋而不明顯，可跑性低甚至通行困難。
- 賽區部份位置的崖壁陡峭，**部份地洞隱蔽及深愈 2 米**，地圖或未有標示，賽員經過時請留意。

16. 賽員沒有使用任何行人路或通道的優先權，請保持禮貌及克制，賽員必須尊重當地居民、遊客、郊遊人士及其他賽員的權利，比賽時請賽員小心途人。
17. **強烈建議參加者穿著長褲，深坑紋運動鞋或定向釘鞋。**
18. 如果迷失了方向，請沿馬路（大帽山道）走回賽事中心。

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	4700	250	19	48-53
B-1	MO	M21, M35	4200	230	17	45-50
B-2	WO MA	W21, W35 M16, M18, M20	3700	195	16	45-50
C	MS	M40, M45, M50	3600	190	14	45-50
D	WS WA	W40, W45, W50 W16, W18, W20	3500	200	15	45-50
E	MM, WM	M55, M60, M65, W55, W60	3600	180	16	45-50
F	MB, WB	M12, M14, W12, W14	3800	210	16	35-40
G	MC, WC, FAMILY, EXPLORERS, CHILL	-	3400	170	16	45-50

2. Course length is calculated using **the distance of shortest sensible route.**
3. Time limit of all classes is 120 minutes.
4. There are 2 water stations in the competition area. **As to be environment-friendly, there will be no disposable water cups at the water stations. Participants must bring their own utensils.** All courses will pass through 2 water stations, and runners can bring appropriate drinks if necessary.
5. Terrain is combined by open land with good visibility and forest with different runnability, bushes and dense vegetation. Meanwhile the terrain covered with stones and gravel of different sizes.
6. Power line will not be shown on the map.
7. The runnability is high in most of the area while it may be reduced due to stony ground and undergrowth. Please be careful when pass through the stony ground especially when speeding downhill.

8. There are narrow paths which only allow one runner running at the same time. For safety reason, please notice others if you want to overtake them.
9. There are high cliffs and artificial cliffs in the area which are drawn by thick black lines. Some of them are taped for notification. Please do not attempt to pass them.
10. Please be aware that there are wild cows within the area. Please do not disturb the wildlife.
11. Due to seasonal variation, the vegetation on ground may be denser or less dense than what is shown on the map.
12. Competitors may pass through main road (Tai Mo Shan Road) during the competition. Please be aware of vehicles including bikes and avoid disturbing hikers. Competitors do not have the priority to use the road.
13. Parts of vegetation may be different with map due to weather, and we tried to keep it up to date.
14. Some paths are covered by undergrowth and indistinct, which lowers the runnability or even difficult to pass.
15. There are steep cliffs in some areas while **some pits are hidden and 2m deep** which may not be mapped. Runners please be aware when nearby.
16. Runners have no privileged rights in using the road. Runners must respect the rights of residents, tourists, general public and other runners in using the road. Please be mindful of other pedestrian during the race.
17. **Participants are strongly recommended to wear trousers and shoes with studs / orienteering metal spike shoes.**
18. Competitors may return to event centre by descending Tai Mo Shan Road if you get lost.



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) 之賽員**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**隨即發出聲響及閃燈。
3. **使用普通 SI 卡之賽員**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，賽員即可領取參考成績印表。
5. **賽員於完成賽事後必須立即親身對成績處理站下載成績，亦不可代表其他賽員下載成績。**
6. 賽會不會收回已完成賽事賽員的地圖，請勿將地圖及賽程透露予未出發之賽員，如有違反，雙方賽員將會被取消資格 (DISQ)。
7. **所有賽員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賽員將會被取消資格 (DISQ)。**
8. 賽員無論完成賽事與否，或遺失電子控制卡，**必須於 13:00 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 participants 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 participants using traditional SI Card**, it is **required** to **punch the "Finish" unit** when you reach the finish. The timing stops when participants 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. Participants 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 not be collected at Finish. Finishers are prohibited to disclose any map or course details to participants 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 participants must report to the Finish by 13:00** 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) 之賽員)

- 賽員須於賽事中心領取 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，賽員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。



- 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，賽員須回到控制點重新打卡。



- 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)。賽員不能以系統失效作為抗辯理由。**

4. 根據廠方指引，如果賽員佩戴 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 卡之賽員：

5. 賽員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 卡之賽員抵達終點時，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. 賽員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賽員到訪某個控制點的紀錄或賽員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賽員曾到訪該控制點，該控制點記錄將會視作無效。

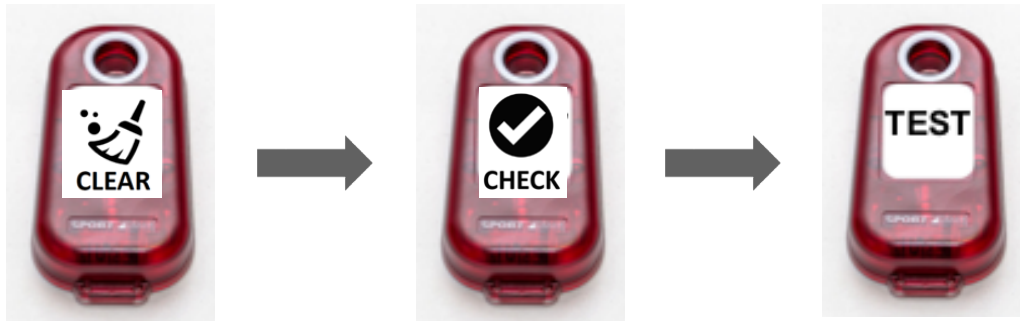


8. 賽員在比賽期間有責任妥善保管 SIAC 電子控制卡，並於比賽後交還。若有遺失或損毀，賽員必須賠償港幣\$700 予賽會。

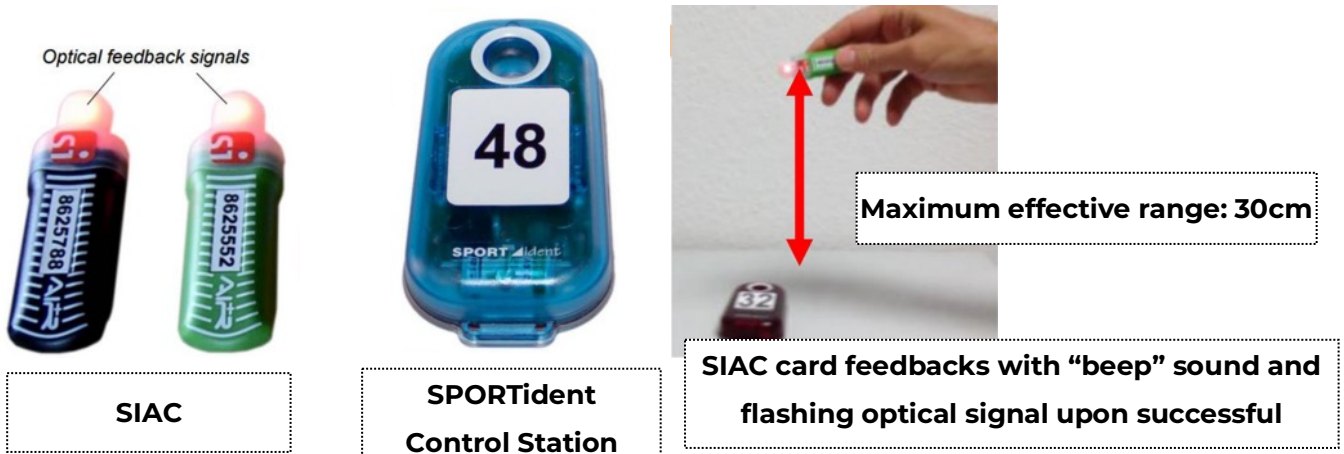
🕒 Punching and Timing System 🕒

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

- Runners are required to collect a SIAC card with 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.



- 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.



- 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. Participants 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 participants using traditional SI Card, it is required to punch the "Finish" unit when you reach the finish. The timing stops when participants 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，賽員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. 所有賽員無論完成賽事與否，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. 體驗組及家庭組的賽員於比賽期間相距不得超過10米。
 4. 賽員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. 賽員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，賽員必須賠償港幣\$700予賽會。
 6. 中國中國香港定向總會「定向比賽則例」適用於本賽事。賽員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，賽員並無使用的優先權，賽員須尊重其他市民，如有碰撞或意外，賽員可被取消資格。
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 CATI and Family Class **cannot be apart for more than 10m 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. 所有參賽賽員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. 賽員須自行負責個人意外及財物損失的責任，賽會概不負責。
 4. 賽員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. 賽員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，等候工作人員前來求援。（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 **07:00** 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. 賽員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。如投訴關於賽員成績，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。抗議可由賽員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。大會已邀請三位賽員擔任裁判團成員。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 **07:00** 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.



大帽山 TAI MO SHAN

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>

OFFICIAL COMPASS





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

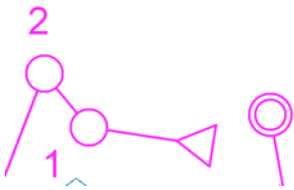
1. 衣服以輕便為主，切忌牛仔褲！建議穿著運動鞋、跑步鞋。
2. 帶備替換衣物、防曬用品、帽、蚊怕水。

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。



▶			▲		
1	31	■		ㄣ	
2	32	↗		↖	



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

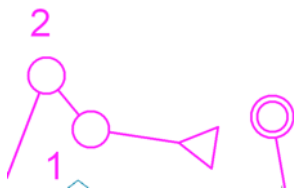
1. Clothes should be lightweight and please do not wear jeans! It is recommended to wear sports shoes or running shoes.
2. Bring extra clothing for replacement, sunscreen, caps, and mosquito-repellents.

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.



▶		▲		
1	31	■		└
2	32	▴		└



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

ISOM 2017-2 Orienteering Map Symbols

Land forms

- Contour
- Index contour
- Form line
- Slope line
- Contour value
- Earth bank
- Earth wall
- Ruined earth wall
- Erosion gully
- Small erosion gully
- Knoll
- Small knoll
- Small elongated knoll
- Depression
- Small depression
- Pit
- Broken ground
- Very broken ground
- Prominent landform feature

Water and marsh

- Uncrossable water
- Shallow water
- Waterhole
- Uncrossable river
- Crossable watercourse
- Small crossable watercourse
- Minor/seasonal water channel
- Narrow marsh
- Uncrossable marsh
- Marsh
- Indistinct marsh
- Well, fountain or water tank
- Spring
- Prominent water feature

Man-made features

- Paved area
- Wide road
- Road
- Vehicle track
- Footpath
- Small footpath
- Less distinct small path
- Narrow ride
- Visible path junction
- Indistinct junction
- Railway
- Power line, cableway or skilift
- Major power line
- Bridge/tunnel
- Footbridge
- Wall
- Ruined wall
- Impassable wall
- Fence
- Ruined fence
- Impassable fence
- Crossing point
- Area that shall not be entered
- Building
- Canopy
- Ruin
- High tower, Small tower
- Cairn, Fodder rack
- Prominent line feature
- Prominent impassable line feature
- Prominent man-made feature
- Stairway

Rock and boulders

- Impassable cliff
- Cliff
- Rocky pit, Cave
- Boulder, Large boulder
- Gigantic boulder
- Boulder cluster
- Boulder field
- Dense boulder field
- Stony ground: slow
- Stony ground: walk
- Stony ground: fight
- Sandy ground
- Bare rock
- Trench

Vegetation

- Open land
- Open land with scattered trees/bushes
- Rough open land
- Rough open land with scattered trees/bushes
- Forest: easy running
- Vegetation: slow running
- Undergrowth: slow running
- Vegetation: walk
- Undergrowth: walk
- Vegetation: fight
- Forest runnable in one direction
- Cultivated land
- Orchard
- Vineyard or similar
- Distinct cultivation boundary
- Distinct vegetation boundary
- Prominent large tree
- Prominent bush or tree
- Prominent vegetation feature

Overprinting symbols

- Map issue point
- Start
- Control point
- Control number
- Marked route
- Finish
- Out-of-bounds boundary
- Crossing point
- Out-of-bounds area
- Out-of-bounds route
- First aid post, Refreshment point

Technical symbols

- Magnetic north line
- Registration mark
- Spot height

The ISOM 2017-2 specification can be downloaded from www.orienteering.sport

Copies of these map symbols and of the IOF pictorial control descriptions can be downloaded from www.maprunner.co.uk

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國際控制點提示表 Control Description Sheet

A B C D E F G H 每行釋義

IOF Event Example		M45, M50, W21	
5	7.6 km	210m	
1 101			
2 212			
3 135			
4 246			
5 164			
O----- 120 ----->			
6 185			
7 178			
8 147			
9 149			
O----- 200 ----->			

[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米高巨石之東面。有車站。
 控制點3: 編號135-兩密林之間。有工作人員檢查控制點。
 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。

A	B	C	D	E	F	G	H
2	212						

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

粗線右側之項目, 為最重要。

註*: 此列會因應個別賽程之需要而顯示。

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

C行	D行(水系)	D行(植被)	F行(組合)
北方的	湖, 水塘	空曠地	交叉處
東南方的	池塘	半空曠地	連接處
上面的	水洞	樹林之角	
下面的	河溪, 水道	林中空曠地	G行(標誌旗的位置)
中間的	小溝, 溝渠	密林, 密植叢	東北面
	狹窄沼澤	密樹籬	東南邊緣
	沼澤	植被分界	西部
D行(地貌)	沼澤局部乾地	樹叢	東角內
台地	水井	獨樹	南角外
山咀	水道源頭	倒樹根	西南端
山窩	水箱		彎位
泥坡	D列(人造特徵)	D列(特定的符號)	西北盡頭
採石地	大路	墳墓(香港適用)	上部
土埂/堤	小道、小徑	特定項目	下部
沖溝	林中間隙		在頂上
小乾溝	人行橋	E行(外觀細節)	在底下
山丘	電纜	低矮的	腳下(不指明方向)
小丘	電纜架/桿	淺的	東北面腳下
鞍部	隧道	深的	在兩者之間
陷地	石牆	茂密的	
小陷地	圍欄	開闊的	H行(其他資料)
地洞	橫越點	多岩石的	車站
坎地	建築物	濕軟的	電視或無線電站
蟻丘	水泥地	多沙的	工作人員檢查控制點
	破毀建築物	針葉樹的	救傷站
	管道	落葉樹的	
D行(岩石)	塔架	倒塌的	
峭壁, 陡崖	射擊台		
石柱	石標誌	F行(大小)	
山洞	飼料架	高度、深度(米)	
大石	炭灰地	水平面積(米)	
群石地	紀念碑, 塑像	斜坡上的特徵物之高度(米)	
大石堆	有蓋通道	兩種特徵物之高度(米)	
碎石地	階梯		
岩石地			
崖間狹路			

G行(續)
兩個密林之間
大石與小丘之間
F行(續)
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	往終點為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	兩控制點間為300米之指定路徑
	強制性橫越點
	強制性通道穿越禁區
50m	至換圖區為50米之指定路徑

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2003 IOF SYMBOLS

Vulcan Orienteering Club

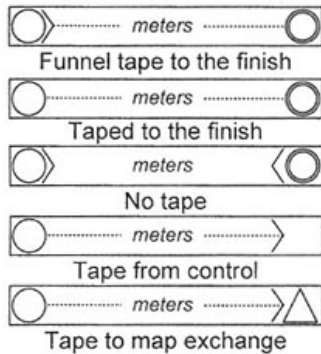
USOF
United States Orienteering Federation
www.us.orienteering.org

	A	B	C	D	E	F	G	H
	class			length		climb		
	RED			7250m		300m		
1	304	→	∇	∪	3x1	○		
2	326		∇	∪	Y			
3	312		∪	∪	5x1	Q		

200m

Description of the Control

- A - control number
- B - control code
- C - which (of any similar features)
- D - the control feature
- E - details of the feature appearance
- F - dimensions of the feature
- G - location of the marker
- H - other information



C - Which Feature

- Northern
- Southeastern
- Upper
- Lower
- Middle

D - Control Features

Landforms

- terrace
- spur
- reentrant
- earth bank
- quarry
- Earth wall
- Erosion gully
- Small erosion gully
- hill
- knoll
- saddle
- depression
- small depression
- pit
- broken ground

Rocks & Boulders

- cliff, rock face
- Rock pillar
- cave
- boulder
- boulder field
- Boulder cluster
- Stony ground
- bare rock
- Narrow passage

Water & Marsh

- lake
- pond
- waterhole
- River, watercourse
- Minor water channel
- narrow marsh
- marsh
- firm ground in marsh
- well
- spring
- Water tank, water trough

Vegetation

- field
- semi-open land
- forest corner
- clearing
- thicket
- linear thicket
- vegetation boundary
- tree cluster
- single tree
- Root stock

Man-made

- road
- trail
- ride
- bridge
- powerline
- pylon - pole
- Tunnel
- Stone wall
- Fence
- Crossing point
- building
- Ruin
- Pipeline
- Tower
- Boundary stone
- Fodder rack
- Stairway

Special features

- special item
- special item

Country Specific

- Shooting platform
- salt lick
- charcoal burning
- Platform
- anthill

E - appearance

- shallow
- deep
- overgrown
- open
- rocky
- marshy
- sandy
- Needle leaved
- deciduous
- ruined, collapsed

F - dimensions

- 1 Height (meters)
- 2x2 Size (meters)

Combinations

- junction
- crossing

G - Location

- Northeast side
- Southeast edge
- West part
- East corner (inside)
- South corner (outside)
- Southwest tip
- on a bend
- Northwest end of
- upper part
- lower part
- on top of
- Foot (no direction)
- Northeast foot
- Beneath
- Between

Other Information

- first aid
- refreshment
- radio control
- control check