

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



**黑夜挑戰賽**  
**NIGHT EDITION**

**寶馬山**

**Braemar Hill**

**賽事手冊**

**Race Handbook**

**9.3.2024**

**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 - 黑夜挑戰賽  
TerraX Orienteering Series 2024 - Night Edition

**i 基本資料 Basic Information i**

主辦 Organizer	TerraX Sports Club	
日期 Date	2024 年 3 月 9 日 (星期六)	9 <sup>th</sup> Mar, 2024 (Sat)
地點 Location	寶馬山	Braemar Hill
形式 Format	奪分式定向賽 (限時內自由到訪控制點)	Score orienteering race (Visiting control points freely within time limit)
地圖 Map	2024 年 3 月版 1:7500 比例 ISOM2017-2 彩圖 5 米等高線間距 國際定向提示符號	March 2024 version 1:7500 ISOM2017-2 Colour Map 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	

**由於賽區為郊外地方，不設照明設施，入黑後將完全缺乏光源，故參加者必須攜帶照明工具出賽，未有帶同燈具之參加者將不獲准出發。**

**Since the race area is in the countryside and no lighting facilities installed. There will be a complete lack of light sources after sunset. Therefore, participants must bring lighting tools to compete, otherwise will not be allowed to start.**

## 🏃 比賽日流程 Race Day Rundown 🏃

17:30	賽事中心開放 Event Centre Opens
18:15	青年雙人組、少年雙人組、家庭組及體驗組集體出發 M/WA & M/WB, Family, Explorers Class Mass Start
18:30	男/女子單人組、男/女子雙人組、混合雙人組、先進混合雙人組集體出發 M/WO, M/W2, MIX, SMIX Class Mass Start
19:45	青年雙人組、少年雙人組、家庭組及體驗組比賽時限結束 M/WA & M/WB, Family, Explorers Class Time Limit Ends
20:00	男/女子單人組、男/女子雙人組、混合雙人組、先進混合雙人組比賽時限結束 M/WO, M/W2, MIX, SMIX Class Time Limit Ends
20:00	賽區及終點關閉 Field and Finish Close
20:15	頒獎 Prize Presentation
20:30	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

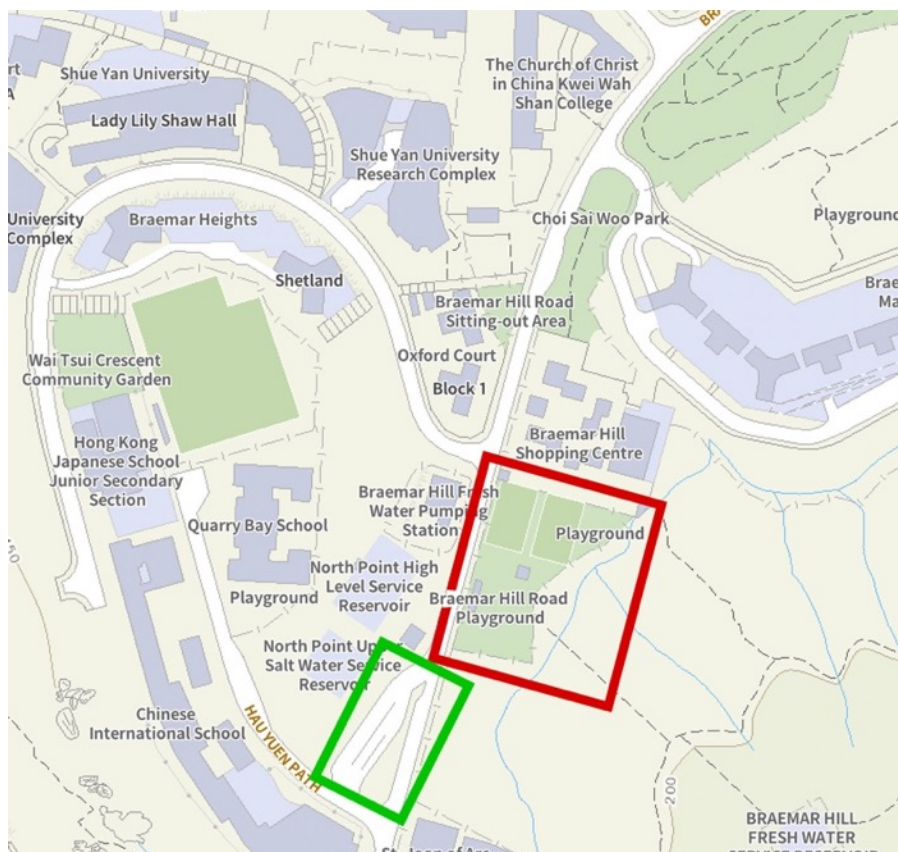
## Event Centre



賽事中心 Event Centre

1. 賽事中心位於寶馬山道遊樂場（下圖紅框內 - <https://maps.app.goo.gl/d4fhcdA4Z6CPmTmp7>）。
2. 洗手間位於賽事中心旁邊。
3. 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。
4. 報到時工作人員將分發電子控制卡予已租用 SIAC 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。
5. 賽事不設號碼布，賽會將以已登記之 SI 卡辨認賽員身份。
6. 已申請出席證書的賽員可於完成比賽後於賽事中心領取。

1. Event Centre is located at Braemar Hill Road Playground.  
(In the red box below - <https://maps.app.goo.gl/d4fhcdA4Z6CPmTmp7>)
2. Toilet facilities is located next to the Event Centre.
3. 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.
4. Event officials will assign a SIAC 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 not allowed to download the results on behalf of others.
5. There will be no number bibs for the tournament. SI card will be used as identification.
6. Runners who have applied for a certificate of participation can collect their certificates at the Event Centre after the race.





## 🚗 交通安排 Transportation 🚗

參加者可乘以下公共交通工具：

- A. 港鐵 – 由天后站 B 出口轉乘 49M 小巴到賽事中心；
- B. 小巴/巴士 – 有多條小巴/巴士路線途徑賽事中心入口附近，參加者可於寶馬山巴士總站（上圖綠色框）下車前往賽事中心。

小巴路線資訊：<http://bit.ly/2GnOSJd>

城巴路線資訊：<http://bit.ly/2y38Zl8>

九巴路線資訊：<http://bit.ly/2O5KWTF>

Runners can take

- a. MTR to Tin Hau Station Exit B and interchange minibus Route 49M to event centre
- b. Minibus or bus and alight at bus stop at Braemar Hill Bus Terminus (**Green boxes above**), and walk to event centre.

Minibus route information: <http://bit.ly/2GnOSJd>

Citybus route information: <http://bit.ly/2y38Zl8>

KMB route information: <http://bit.ly/2O5KWTF>





# 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 the start area 5 minutes before the designated start time.
3. Official Time will be shown at Start area.

## 🕒 出發程序 🕒

1. 參賽者必須向工作人員展示**電子控制卡**。
2. 參賽者**必須**帶備**指南針、哨子及照明工具**，有助尋找控制點及應急之用。
3. 參賽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)**之參賽者)，以啟動SIAC指卡的Air+功能 (**只適用於使用 SIAC (非接觸式指卡) 之賽員**)。及後，參賽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) 之賽員**)。
4. 比賽為奪分式野外定向比賽，各個控制點設有不同分數，參賽者可自由選擇到訪各指定控制點的次序。
5. 地圖將會在集體出發前 1 分鐘提供，聽到起點響鐘發出長響後方可閱讀地圖及出發。
6. 是次賽事將不會提供控制點提示符號紙。
7. 參賽者不須在起點器拍卡，只需橫越起點線便可。



## 🕒 Start Arrangement 🕒

1. Participants are required to present the **SI card** to the officials.
2. **Compass, whistle & lighting tools** 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. This race is a score orienteering event, with different points assigned to each control point. Participants can freely choose the order to visit control points.
5. Separate control description sheet will not be provided.
6. Maps will be provided 1 minute before runners’ start time. Runners can only read the map and begin the race after hearing the start signal.
7. Punching Start is not required. Crossing the start line suffices.



# 賽程及賽區資料

Courses and Terrain Information



📍 賽程及賽區資料 📍

1. 各組賽程的資料如下：

賽程	組別	控制點數目	賽事限時
A	男子單人組 (MO) 女子單人組 (WO) 男子雙人組 (M2) 女子雙人組 (W2) 混合雙人組 (MIX) 先進混合雙人組 (SMIX)	26	90 分鐘
B	青年男子雙人組 (MA) 青年女子雙人組 (WA) 少年男子雙人組 (MB) 少年女子雙人組 (WB)	22	90 分鐘
C	家庭組 (Family) 體驗組 (Explorers)	20	90 分鐘

- 各組的比賽限時均為 90 分鐘，超時 1 分鐘扣 30 分，超時 10 分鐘即被取消資格。
- 賽區主要由路網覆蓋，同時有不同可跑性的樹林、叢林、雜草地及溪澗。
- 賽區內有不少倒下的大樹及斷枝，敬請小心。
- 賽區內部分地區有較多碎石及土質鬆散，沿溪澗的岩面地可能濕滑，敬請小心。
- 賽區有為數不少的天線桅杆以黑色圓圈 ○ 顯示。
- 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，賽員經過時請留意。
- 賽區內有數個「路不通行」的指示牌，並不代表大會立場。
- 賽區內或有動物出沒，遇到時請保持冷靜及安靜離開。
- 賽區內路徑沿途有突出數厘米的鐵枝、鋼纜等，賽員經過時請留意。
- 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。
- 強烈建議參加者穿著長袖衣服及長褲，深坑紋運動鞋或定向釘鞋。
- 賽區不設水站，賽員如有需要可攜帶適量飲料。



## Courses and Terrain Information

1. The course info for each class as follows:

Course	Class	No. of control	Time Limit
A	Men's Singles (MO) Women's Singles (WO) Men's Doubles (M2) Women's Doubles (W2) Mixed Doubles (MIX) Senior Mixed Doubles (SMIX)	26	90mins
B	Men Youth Doubles (MA) Women Youth Doubles (WA) Men Teen Doubles (MB) Women Teen Doubles (WB)	22	90mins
C	Family Explorers	20	90mins

2. **Time limit of all classes is 90 minutes. 30 points will be deducted for 1 minute overtime and disqualification for overtime more than 10 minutes.**

3. Terrain is mainly covered by path network, and there are woods, jungles, weeds and streams with different runnability.

4. There are a lot of gravel and loose soil in some areas of the competition area, and the rock surfaces along the stream may be slippery. Please be careful.

5. There are quite a few antenna masts in the competition area shown with black circle **O**.



6. Please be careful of amounts of fallen trees and broken branches in terrain.

7. Parts of vegetation may be different with map due to weather, and we tried to keep it up to date.

8. Some paths are covered by undergrowth and indistinct, which lowers the runnability or even difficult to pass.

9. There are steep cliffs in some areas while **some pits are hidden and 2m deep**. Runners please be aware when nearby.



10. There are some “Road Closed” signages erected in the terrain. They do not represent the standpoint of Organizer.
11. Wild animals may be found in terrain. Please keep calm and leave quietly
12. There are iron branches, steel cables, etc. protruding several centimetres along the path in the competition area. Participants should pay attention when passing by.
13. 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.
14. **Participants are strongly recommended to wear long-sleeve o-jersey, trousers and shoes with studs / orienteering metal spike shoes.**
15. There will be no water point in the competition area. Participants can bring along their own drinks as per their own needs.



# 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，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 20:00 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 20:00** 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



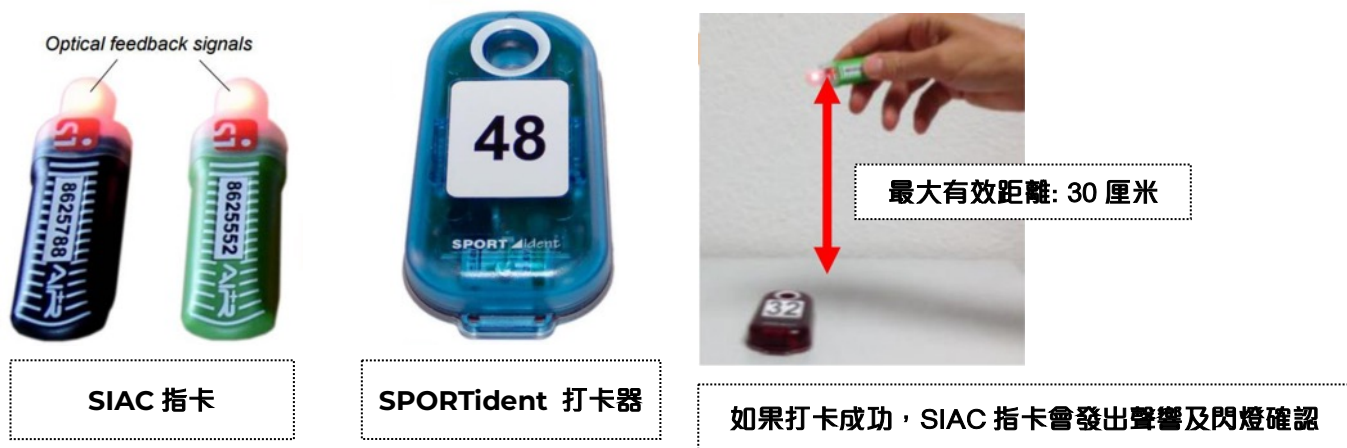
電子打孔及計時系統指引

**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。

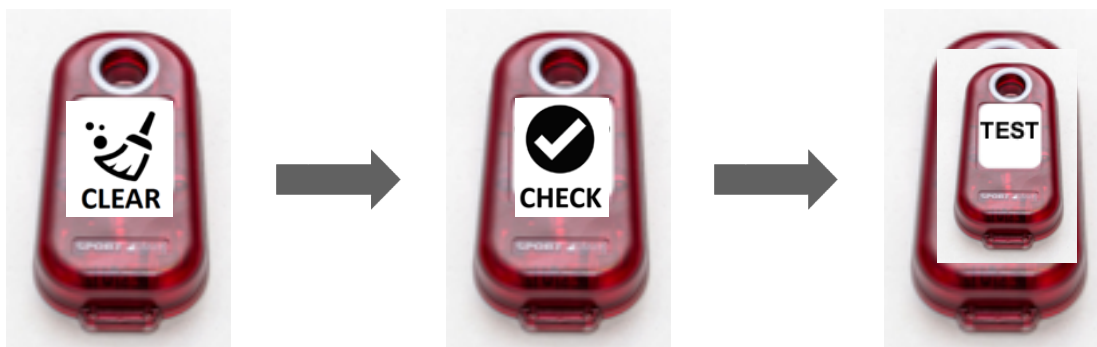


8. 賽員在比賽期間有責任妥善保管 SIAC 電子控制卡，並於比賽後交還。若有遺失或損毀，賽員必須賠償港幣\$700 予賽會。

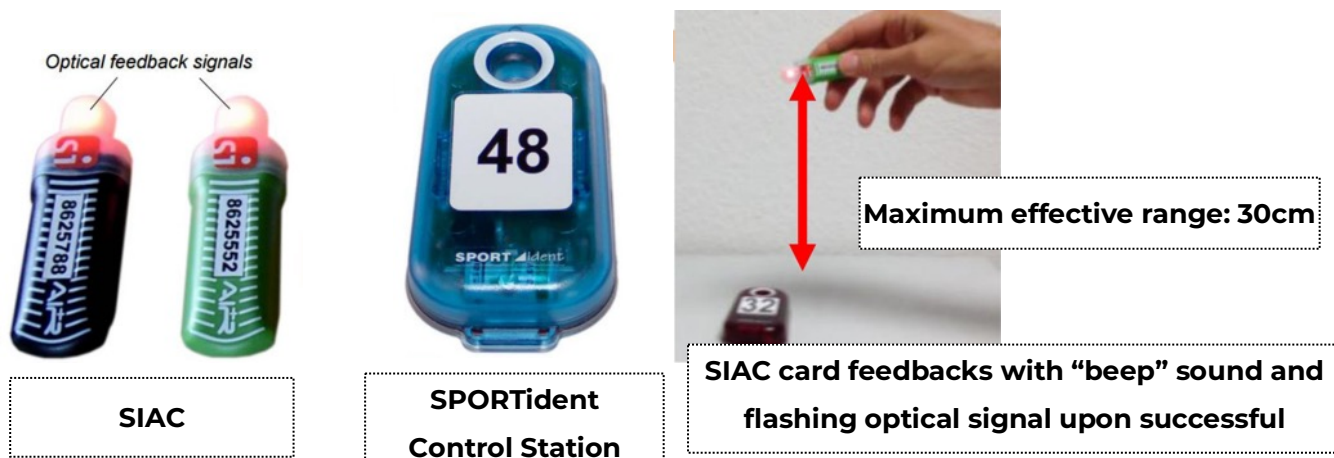
## Punching and Timing System

### 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. 雙人組、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. 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 Doubles, Explorers & 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 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 **15:00** 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。
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 **15:00** 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.

### 聯絡我們 Contact Us

TerraX Sports

電郵 Email: [race@TerraX.hk](mailto: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 Race 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. 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。
3. 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！
4. 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. Remember to check the codes on the IOF control descriptions to match the control codes on unit before you punch.
3. Orienteering is an independent sport. Do not blindly follow others, and plan the route that suits you best for each control point!
4. 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](http://www.orienteering.sport)

Copies of these map symbols and of the IOF pictorial control descriptions can be downloaded from [www.maprunner.co.uk](http://www.maprunner.co.uk)

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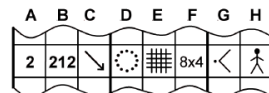




### 國際控制點提示表 Control Description Sheet

A B C D E F G H 每行釋義							
<b>IOF Event Example</b>							
<b>M45, M50, W21</b>							
<b>5</b>	<b>7.6 km</b>	<b>210m</b>					
▷		↘	↗	↖			
1 101		↘		↖			
2 212	▲		1.0	○	⊖		
3 135	⊗	⊗		⊖	⊖	⊖	⊖
4 246		○		○			
5 164	→	⊖		○			
○-----120----->							
6 185	↘	↗		⊖			
7 178	⊖			⊖	+		
8 147				2.0			
9 149	↘	↗		⊗			
○-----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。有水站。  
 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。  
 註\*: 此列會因應個別賽程之需要而顯示。



- 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。

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

<p><b>C行</b></p> <ul style="list-style-type: none"> <li>↑ 北方的</li> <li>↘ 東南方的</li> <li>↑↑ 上面的</li> <li>↓↓ 下面的</li> <li>    中間的</li> </ul> <p><b>D行(地貌)</b></p> <ul style="list-style-type: none"> <li>⊖ 台地</li> <li>⊖ 山咀</li> <li>⊖ 山窩</li> <li>⊖ 泥坡</li> <li>⊖ 採石地</li> <li>⊖ 土壤 / 堤</li> <li>⊖ 沖溝</li> <li>⊖ 小乾溝</li> <li>⊖ 山丘</li> <li>⊖ 小丘</li> <li>⊖ 鞍部</li> <li>⊖ 陷地</li> <li>⊖ 小陷地</li> <li>⊖ 地洞</li> <li>⊖ 坎地</li> <li>⊖ 蟻丘</li> </ul> <p><b>D行(岩石)</b></p> <ul style="list-style-type: none"> <li>⊖ 峭壁, 陡崖</li> <li>⊖ 石柱</li> <li>⊖ 山洞</li> <li>⊖ 大石</li> <li>⊖ 群石地</li> <li>⊖ 大石堆</li> <li>⊖ 碎石地</li> <li>⊖ 岩石地</li> <li>⊖ 崖間狹路</li> </ul>	<p><b>D行(水系)</b></p> <ul style="list-style-type: none"> <li>⊖ 湖, 水塘</li> <li>⊖ 池塘</li> <li>⊖ 水洞</li> <li>⊖ 河溪, 水道</li> <li>⊖ 小溝, 溝渠</li> <li>⊖ 狹窄沼澤</li> <li>⊖ 沼澤</li> <li>⊖ 沼澤局部乾地</li> <li>⊖ 水井</li> <li>⊖ 水道源頭</li> <li>⊖ 水箱</li> </ul> <p><b>D列(人造特徵)</b></p> <ul style="list-style-type: none"> <li>⊖ 大路</li> <li>⊖ 小道、小徑</li> <li>⊖ 林中間隙</li> <li>⊖ 人行橋</li> <li>⊖ 電纜</li> <li>⊖ 電纜架 / 桿</li> <li>⊖ 隧道</li> <li>⊖ 石牆</li> <li>⊖ 圍欄</li> <li>⊖ 橫越點</li> <li>⊖ 建築物</li> <li>⊖ 水泥地</li> <li>⊖ 破毀建築物</li> <li>⊖ 管道</li> <li>⊖ 塔架</li> <li>⊖ 射擊台</li> <li>⊖ 石標誌</li> <li>⊖ 飼料架</li> <li>⊖ 炭灰地</li> <li>⊖ 紀念碑, 塑像</li> <li>⊖ 有蓋通道</li> <li>⊖ 階梯</li> </ul>	<p><b>D行(植被)</b></p> <ul style="list-style-type: none"> <li>⊖ 空曠地</li> <li>⊖ 半空曠地</li> <li>⊖ 樹林之角</li> <li>⊖ 林中空曠地</li> <li>⊖ 密林, 密植叢</li> <li>⊖ 密樹籬</li> <li>⊖ 植被分界</li> <li>⊖ 樹叢</li> <li>⊖ 獨樹</li> <li>⊖ 倒樹根</li> </ul> <p><b>D列(特定的符號)</b></p> <ul style="list-style-type: none"> <li>⊖ 墳墓 (香港適用)</li> <li>⊖ 特定項目</li> </ul> <p><b>E行(外觀細節)</b></p> <ul style="list-style-type: none"> <li>⊖ 低矮的</li> <li>⊖ 淺的</li> <li>⊖ 深的</li> <li>⊖ 茂密的</li> <li>⊖ 開闊的</li> <li>⊖ 多岩石的</li> <li>⊖ 濕軟的</li> <li>⊖ 多沙的</li> <li>⊖ 針葉樹的</li> <li>⊖ 落葉樹的</li> <li>⊖ 倒塌的</li> </ul> <p><b>F行(大小)</b></p> <ul style="list-style-type: none"> <li>2.5 高度、深度(米)</li> <li>8x4 水平面積(米)</li> <li>0.5 斜坡上的特徵物之高度(米)</li> <li>2.0 兩種特徵物之高度(米)</li> </ul>	<p><b>F行(組合)</b></p> <ul style="list-style-type: none"> <li>⊖ 交叉處</li> <li>⊖ 連接處</li> </ul> <p><b>G行(標誌旗的位置)</b></p> <ul style="list-style-type: none"> <li>⊖ 東北面</li> <li>⊖ 東南邊緣</li> <li>⊖ 西部</li> <li>⊖ 東角內</li> <li>⊖ 南角外</li> <li>⊖ 西南端</li> <li>⊖ 彎位</li> <li>⊖ 西北盡頭</li> <li>⊖ 上部</li> <li>⊖ 下部</li> <li>⊖ 在頂上</li> <li>⊖ 在底下</li> <li>⊖ 腳下(不指明方向)</li> <li>⊖ 東北面腳下</li> <li>⊖ 在兩者之間</li> </ul> <p><b>H行(其他資料)</b></p> <ul style="list-style-type: none"> <li>⊖ 水站</li> <li>⊖ 電視或無線電站</li> <li>⊖ 工作人員檢查控制點</li> <li>⊖ 救傷站</li> </ul>	<p><b>G行(續)</b></p> <p>D E F G</p> <ul style="list-style-type: none"> <li>⊖ 兩個密林之間</li> <li>⊖ 大石與小丘之間</li> </ul> <p><b>F行(續)</b></p> <p>D E F 之組合</p> <ul style="list-style-type: none"> <li>⊖ 小徑交叉處</li> <li>⊖ 小徑與林隙交叉處</li> <li>⊖ 大路連接處</li> <li>⊖ 河溪與溝渠連接處</li> </ul> <p>由最後控制點往終點之指示:</p> <ul style="list-style-type: none"> <li>⊖ 380m ⊖ 往終點尚有380米, 無指定路徑</li> <li>⊖ 400m ⊖ 往終點為400米長之指定路徑</li> <li>⊖ 150m ⊖ 往終點尚有150米, 抵終點匯集區後, 沿指定路徑前行</li> </ul> <p>註: 以下之指示, 會因應個別賽程之需要而顯示。</p> <p>由一控制點往另一控制點之指示:</p> <ul style="list-style-type: none"> <li>⊖ 60m ⊖ 由控制點位置, 沿著60米長之指定路徑前行</li> <li>⊖ 300m ⊖ 兩控制點間為300米之指定路徑</li> <li>⊖ 強制性橫越點</li> <li>⊖ 強制性通道穿越禁區</li> <li>⊖ 50m ⊖ 至換圖區為50米之指定路徑</li> </ul>
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### 2003 IOF SYMBOLS Vulcan Orienteering Club

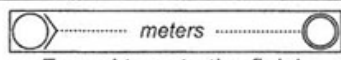
USOF  
United States Orienteering Federation  
www.us.orienteering.org

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

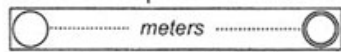


#### Description of the Control

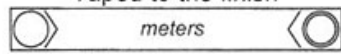
- A - control number
- B - control code
- C - which (of any similar features)
- D - the control feature
- E - details of the feature appearance
- F - dimensions of the feature
- G - location of the marker
- H - other information



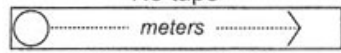
Funnel tape to the finish



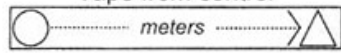
Taped to the finish



No tape



Tape from control



Tape to map exchange

#### 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