



Y2Y公園定向巡迴賽2023

Y2Y 公園定向巡迴賽 2023 (第四站)

賽員須知

主辦: Y2Y 定向運動發展及培訓中心
日期: 2023 年 5 月 21 日 (星期日)
地點: 維多利亞公園
形式: 個人越野式定向賽 (順序到訪控制點)

地圖: 2023 年版
1 : 4000 比例
ISSprOM2019 彩圖
2 米等高線間距
國際定向提示符號

賽事主任及
賽程設計: 許友昭先生

比賽當日緊急聯絡電話: 5381 1226

Y2Y Park Orienteering Tournament 2023 (Stage 4)

Event Information

Organizer: Y2Y Orienteering Development and Training Centre
Date: 21st May, 2023 (Sun)
Venue: Victoria Park
Format: Individual cross-country type orienteering race (Visiting control points in sequence)
Map: 2023 version
1:4000 Scale
ISSprOM2019 Colour Map
2m contour interval
International Control Description Symbols

**Event Organizer
& Course Setter:** Mr. HUI Yau Chiu

Emergency contact on race day: 5381 1226



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大會程序

10 : 00	賽事中心開放 開始領取號碼布、計時指卡
10 : 20	出發區開放
10 : 30	開始出發，賽區開放
11 : 00	出發區關閉
12 : 00	賽區、終點關閉，成績公佈
12 : 15	截止投訴，頒獎
12 : 30	賽事結束

#大會程序會因應實際情況更改，請留意賽事中心公佈

Rundown

10:00	Event Centre opens Number bib and SIAC collection begin
10:20	Start zone opens
10:30	First start; Field opens
11:00	Start zone closes
12:00	Field and Finish close; Results announce
12:15	Cut-off for complaint; Prize Presentation
12:30	Event ends

The rundown shall be revised upon change in circumstances. Please pay attention to any announcement at the Event Centre.

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賽事中心

1. 賽事中心位於維多利亞公園山丘涼亭（下圖紅框內）。
- Google 地圖連結：
<https://goo.gl/maps/VGFoufg2MJ1iSgZx5>
2. 洗手間距離賽事中心約 150 米（下圖藍圈內）。
3. 賽事中心設有大會時間顯示。
4. 參加者請根據賽員編號到賽事中心報到處領取號碼布及電子控制卡。
5. 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。
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。
7. 賽員可於完成比賽後於賽事中心補領過往賽事的獎項。
8. 為響應環保，賽會派發的號碼布將會在 Y2Y 公園定向巡迴賽 2023 中所有賽事被使用，請參加者於賽後保留號碼布作及後比賽之用，如需補發，本會將收取港幣 20 元之行政費。

Event Centre

1. Event Centre is located at Hill Knoll Pavilion of Victoria Park. (In the red box below)
- Google Map link:
<https://goo.gl/maps/VGFoufg2MJ1iSgZx5>
2. The nearest toilet is about 150m from the event centre. (In the blue circle below)
3. Official Time will be shown at the Event Centre.
4. Participants may have to collect their number bib and SIAC card (if needed) at the Event Centre.
5. 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.
6. Runners who have applied for a certificate of participation can collect their certificates at the Event Centre after the race.
7. Runners can obtain their prizes from the past events at the event centre after the race.
8. Your number bib will be used in all events of the Y2Y Park-O Tournament 2023. Please keep the number bib for future use. HK\$20 administration fee will be charged for each piece of reissued number bib.





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交通安排

1. 賽會不安排交通，賽員須自行前往賽事中心。
2. 賽員可乘以下公共交通工具：
 - 港鐵 - 從天后站B出口或銅鑼灣站E出口，步行約10分鐘前往賽事中心。
 - 多條巴士和小巴路線可達香港中央圖書館以及維多利亞公園一帶，詳情可瀏覽：
www.nwstbus.com.hk 或 www.kmb.hk

起點

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。

Transportation

1. The Organizer will not provide any transportation.
Participants have to arrange for their own transportation to the Event Centre.
2. Runners can take
 - MTR Tin Hau Station Exit B or Causeway Bay Exit E and walk about 10mins.
 - Several bus and minibus routes can reach Central Library and Victoria Park. For more information:
www.nwstbus.com.hk / www.kmb.hk

Start point

1. Start point 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.



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出發程序

1. 賽員必須向工作人員展示電子控制卡。
2. 建議賽員帶備指南針及哨子，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三分區，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. 出發採用3分區制，3分格前將顯示「入格時間」。
5. 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。
6. 賽會將會向所有賽員於2分格提供控制點提示符號紙。

Start Arrangement

1. Participants are required to present the SI card to the officials.
2. Compass and whistle are suggested to bring with you during the race. They are useful for orienteering and emergency issues.
3. Participants are required to enter the start area 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 Pre-start area. 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.



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7. 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。
 8. 賽員不須在起點器拍卡，只需橫越起點線便可。
 9. 出發線會顯示「大會時間」。
 10. 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。
 11. 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。
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 incorrect map.
 11. Late runners are required to report to the Late start area on their own. Race official will arrange for their start as soon as possible. However, no time compensation will be given.

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賽程及賽區資料



1. 各組賽程的長度如下：

賽程 Courses	組別 Class	長度 (公里) Length (km)	控制點數目 No. of control
A	ME, WE, MO, WO, MS, WS	3.3	25
B	MA, WA, MB, WB	2.6	20
C	MC, WC, CATI, FAM	1.6	14

Courses and terrain information

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

2. Course length is calculated using the **straight-line distance**.
3. Time limit of all classes is 60 minutes.
4. The competition area consists of paved ground, runnable forest and grassland. It is a high speed terrain.
5. There are six football pitches in the southern part of the competition area, and some courses will run through them. Competitors please avoid causing any impact on the users of the football pitches.
6. There might be many tourists and residents in the competition area during the weekend. Please be mindful of other people during the race.
7. Some passages in the competition area are relatively narrow. Participants should always keep left to avoid any collision.
8. Electric poles and signages are not drawn on the map.
9. Participants must respect the rights of residents, the general public and other participants in using the path. Please be mindful of other pedestrian during the race. Participants have no privileged rights in using the road and path.
10. Participants are recommended to wear vests and shorts with a pair of running shoes.
11. There are some flower beds and long-term construction sites in the competition area which marked as  /  on the map. Participants are forbidden to cross. Otherwise, participants will be disqualified.
12. There will be no water point in the competition area. Participants can bring along their own drinks as per their own needs.

2. 賽程長度以直線距離計算。
3. 各組的比賽限時均為 60 分鐘。
4. 賽區主要為三合土地，可穿越之樹林及草地，可跑性極高。
5. 賽區南部有六個足球場，部分賽程需要穿過，賽員請避免對足球場使用者造成影響。
6. 賽區內週末遊人及居民或比較多，請賽員多加留意。
7. 賽區內部份通道較狹窄，賽員請儘量靠左跑，以免互相碰撞。
8. 地圖不會顯示電燈柱及告示牌。
9. 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，避免碰撞。
10. 建議賽員穿著輕便跑鞋，衣著以背心及短褲為佳。
11. 賽區內設有花園、長期工地及私人地方，地圖上以  /  標示，賽員嚴禁穿越，否則將被取消資格。
12. 賽區不設水站，賽員如有需要可攜帶適量飲料。



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終點

1. 終點距離賽事中心約3分鐘步行距離。
2. 使用 SIAC (非接觸式指卡) 之賽員抵達終點時，需要在傳統終點器拍卡，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. 所有賽員必需於成績處理區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)。
7. 賽員無論完成賽事與否，或遺失電子控制卡，必須於 12:00 前向終點報到，否則當失蹤論，勞煩賽會甚至警方出動搜索。

Finish

1. The Finish is at 3mins walk from the event centre.
2. For the participants using SIAC (contactless card), it is required to punch the "Finish" unit when you reach the finish. The timing stops when runners punch the finish and the SIAC card 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. **All runners must have their punching record downloaded at result station before the closure time. Otherwise, they will be considered as disqualified.**
7. All participants must report to the Finish by 12:00 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.

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電子打孔及計時系統指引

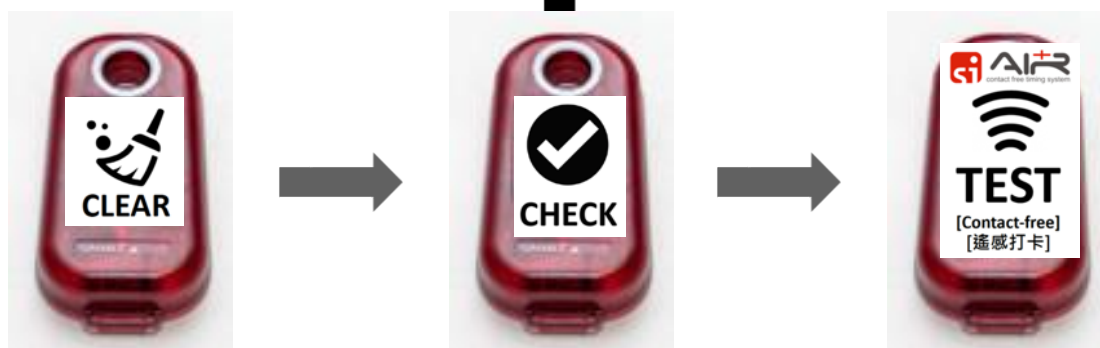
SPORTident Air+ 電子計時系統使用方法 (只適用於使用 SIAC (非接觸式指卡) 之賽員)

1. 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。

Punching and Timing System

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

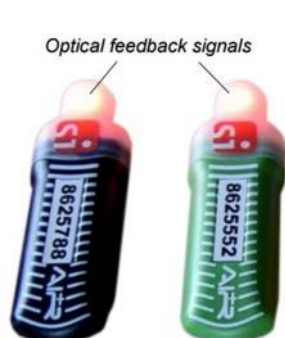
1. Runners are required to collect a SIAC card with at Event Centre. Before entering the Start area, runners are required to punch the SIAC card in the "Clear" unit to clear the historic record stored in the card, and then follow by punching the "Check" unit to activate the "Air+" function of the card. 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.



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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，賽員須回到控制點重新打卡。

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）。賽員不能以系統失效作為抗辯理由。



SIAC 指卡
SIAC Card



SI 打卡器
SI Punching Station

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.

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.**



最大有效距離: 30 厘米
Maximum effective range: 30cm

如果打卡成功，SIAC 指卡會發出聲響及閃燈確認
SIAC card feedbacks with "beep" sound and flashing optical signal upon successful punching

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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。

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.



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以下適用於使用普通 SI 卡之賽員:

6. 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。



7. 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。

The following information applies to the traditional SI Card users:

6. 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.



7. 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.

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8. 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。



9. 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 Y2Y 定向運動發展及培訓有限公司。

8. 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.



9. 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 Y2Y Orienteering Development and Training Limited for any lost or damage of the SIAC card.

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10. 電子控制卡內記錄了賽員到訪每個控制點的時間及次序，若比賽過程中誤打控制點，可依以下程序繼續賽事：

次序錯誤：由未出錯前應打的控制點開始，重新依正確次序打孔。

例子一：賽員由 2 號控制點前往 3 號控制點時，誤打 4 號控制點，須返回 3 號控制點繼續順序到訪餘下賽程。如下圖：



錯打其他控制點：不用理會，只須繼續依正確次序打孔。

例子二：賽員由 2 號控制點前往 3 號控制點途中，誤打非賽程指定的控制點 (X)，賽員可繼續順序到訪餘下賽程。如下圖：



10. SIAC card records the sequence and time of runners visiting each control point. If wrong punching is made during the race, runners can continue the race with the following procedures:

Incorrect sequence: Start with the last control point before the wrong punch and then re-punch with the correct sequence.




Example 1: Runner punches control no.4 when travelling from control no. 2 to 3. Runner have to go back to control no.3 and then visit control no. 4 again and complete the control punching in sequence. See below diagram:

Wrongly punch at other control points: Runners can ignore the control and continue the race with the correct sequence.




Example 2: When travelling from control no.2 to 3, runner punches control point X, which is not part of the course. Runner can continue the race with the remaining control in sequence. See below diagram:

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比賽規則

1. 除賽會提供的地圖以及本須知提及的裝備外，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Y2Y定向運動發展及培訓有限公司。
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. 賽區內設有賽員禁區  /  / ，地圖上有顯示，任何賽員進入禁區將會被取消資格。

Rules

1. Except the map provided by the Organizer and gear specified in this Event Information document, runners are prohibited to use any other equipment, including communication devices, such as mobile phone and walkie-talkie, 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 or 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 Y2Y Orienteering Development and Training Limited 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. There competition area includes forbidden areas. The forbidden areas are clearly indicated on the map ( /  / ). Runners entering the forbidden area will be disqualified.



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8. 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。
9. Y2Y 公園定向巡迴賽 2023 的總排名分數將以下公式計算：

$$\text{某賽員得分} = 1000 \times \frac{\text{冠軍完成時間}}{\text{某賽員完成時間}}$$

10. 賽員總成績以十五站比賽中最佳十站分數計算

獎項

1. 各組前 3 名將獲頒發獎項。
2. 十五場比賽之後各組設總冠亞季軍獎。

8. 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 pedestrian to avoid conflict.
9. The overall score of Y2Y Park Orienteering Tournament 2023 will be calculated by the following formula:
$$\text{Score} = 1000 \times \frac{\text{Winners' time}}{\text{Runners' time}}$$
10. Competitors' overall result will be counted by the best 10 results out of the 15 stages.

Prizes

1. Prizes will be awarded to the top 3 competitors of each class.
2. After the 15 stages of events, the overall top 3 in each individual class will be awarded prizes and trophies.



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備註

1. 本【賽員須知】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**08:00**後，如有黃色或以上暴雨警告、3號或以上熱帶氣旋警告訊號生效，賽事將不會舉行。延期作賽與否，或其他安排，將會在賽會網頁 <https://park.orienteering.hk> 公佈。報名一經接納，費用恕不退還。

Remarks

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 are deemed latest.
2. All runners and their parents are responsible for their own personal accident. 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 accident and property lost 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 is hoisted after **08:00** on the race day, the race will be postponed or cancelled. Any re-race arrangement will be announced on <https://park.orienteering.hk>. No refund shall be made once the registration is accepted.



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查詢

Y2Y 定向運動發展及培訓中心

電郵: park@orienteering.hk

電話: +852 5381 1226

大會網站: <https://park.orienteering.hk/>

Facebook : <https://fb.com/y2yorienteering>

Enquiry

Y2Y Orienteering Development and Training Centre

Email: park@orienteering.hk

Tel: +852 53811226

Event website: <https://park.orienteering.hk/>

Facebook : <https://fb.com/y2yorienteering>



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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 分鐘到起點準備。

Appendix 1 – Tips for rookies

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.

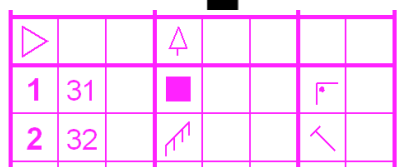
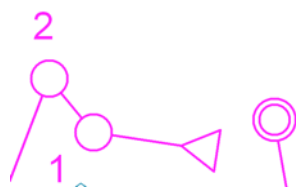
Before the start

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 the start area 5 minutes in advance for preparation.

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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。

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.



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附錄 2 – ISSprOM2019 國際標準 地圖圖例 及 國際定向提示符號

國際定向短距離地圖圖例標準(ISSprOM 2019)

<https://drive.google.com/file/d/1ysA2DzV6ddYHFimIrYGLHiCqA5MgebJg/view>

國際定向提示符號 2018

<https://1drv.ms/b/s!As4LDA11gDVmgZAhk21itktEJa7KFw>

Appendix 2 – ISSprOM2019 International Specification for Sprint Orienteering Maps and IOF Control Descriptions

International Specification for Sprint Orienteering Maps (ISSprOM 2019)

<https://drive.google.com/file/d/1ysA2DzV6ddYHFimIrYGLHiCqA5MgebJg/view>

IOF Control Descriptions 2018

<https://1drv.ms/b/s!As4LDA11gDVmgZAhk21itktEJa7KFw>