



主辦機構



合作伙伴



飛越啟德 KTSI 香港室內定向挑戰盃

Hong Kong Indoor Orienteering Challenge Cup

全港首個公開室內定向賽事



17/8/2024 (Sat)



2200 - 0000



D·PARK 愉景新城



<https://indoor.TerraX.hk>

賽事手冊

Race Handbook



基本資料

Basic Information





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Hong Kong Indoor Orienteering Challenge Cup

飛越啟德 · 香港室內定向挑戰盃 2024

KTSI · Hong Kong Indoor Orienteering Challenge Cup 2024

📌 基本資料 Basic Information 📌

| | | |
|---|--|--|
| 主辦 Organizer | TerraX Sports Club 飛越啟德 Kai Tak Sports Initiative | |
| 合作伙伴 Partner | D · PARK 愉景新城 | |
| 日期 Date | 2024 年 8 月 17 日 (星期六) | 17 th Aug 2024 (Sat) |
| 地點 Location | D · PARK 愉景新城 | |
| 形式 Format | 越野式室內定向賽 (順序到訪控制點) | Cross-country type indoor orienteering race (Visiting control points in sequence) |
| 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 | |

🏃 比賽日流程 Race Day Rundown 🏃

| 時間 Time | 活動內容 Activity Flow |
|---------------|--|
| 21:00 | 賽前簡介 Pre-race Briefing (適合第一次參加定向賽事的參加者 For orienteering first-timers) |
| 21:30 | 參加者報到、領取比賽物資 Registration & Collect Race Kit |
| 22:20 | 開始出發 Begin to Start |
| 23:14 | 最後一位參加者出發 Last Start |
| 23:45 - 23:55 | 頒獎 Prize Presentation Ceremony (實際頒獎時間視乎各組落實三甲的時間 The actual prize presentation time will depend on the time for each group to determine the top 3 winners) |
| 00:14 | 賽事限時結束 Time Limit 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.

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賽事中心

Event Centre





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賽事中心 Event Centre



1. 賽事中心位於 D·PARK 愉景新城 L1 中庭 (<https://maps.app.goo.gl/NSctXJ4x8k9PtID1A>)。
2. 洗手間位於賽事中心旁邊。
3. 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。
4. 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。
5. 報到時工作人員將分發電子控制卡予已租用 SIAC 的賽員，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. 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. 請保持賽事中心及商場範圍清潔，並帶走所有垃圾。
8. 賽事中心設有急救站。

1. Event Centre is located at the L1 Atrium of D·PARK (<https://maps.app.goo.gl/NSctXJ4x8k9PtID1A>).
2. Toilet facilities are located next to Event Centre.
3. Participants shall obtain number bib at the event centre. Pins will be available at event centre.
4. 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.
5. 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 not allowed to download the results on behalf of others.
6. There will be no number bibs for the tournament. SI card will be used as identification.
7. Runners who have applied for a certificate of participation can collect their certificates at the Event Centre after the race.
8. First-aid station is located at Event Centre.

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交通安排 Transportation

參加者可乘以下公共交通工具：

- A. 港鐵 – 由荃灣站 A4 出口步行 10 分鐘到賽事中心 [上圖紅色箭咀]；
- B. 小巴/巴士 – 有多條小巴/巴士路線途經賽事中心入口附近，參加者可於愉景新城巴士總站或青山公路 (近中染大廈) (下圖綠色框) 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/2y38ZI8>

九巴路線資訊：<http://bit.ly/2O5KWTF>

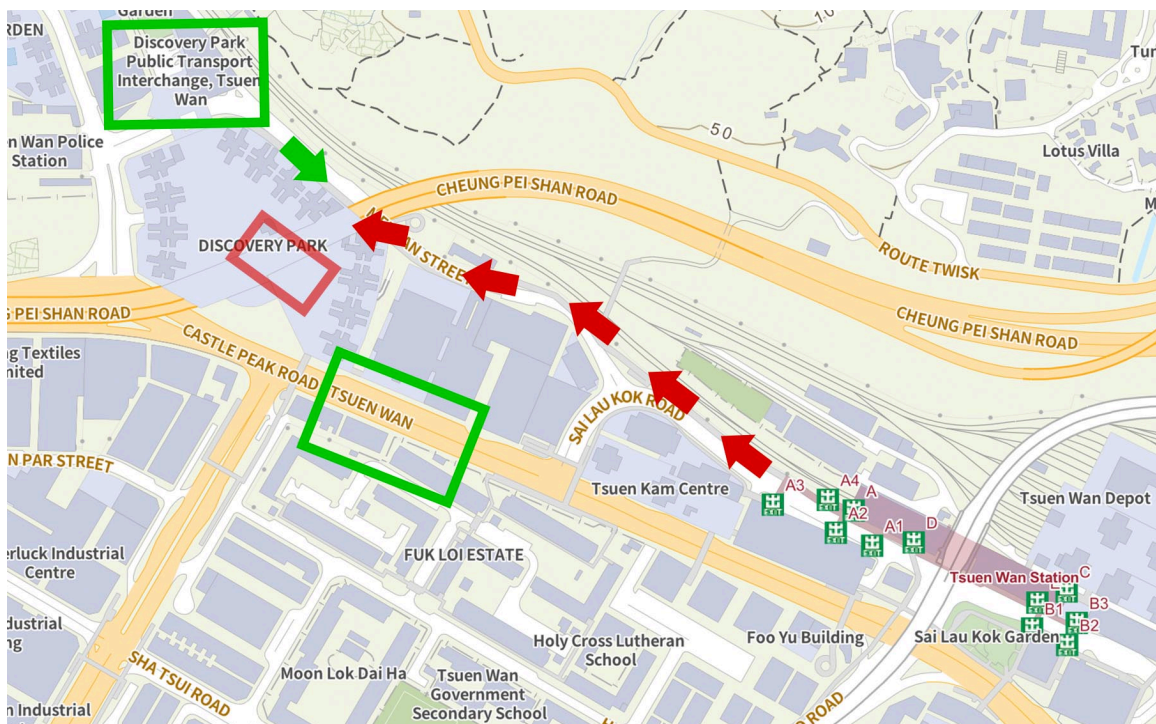
Runners can take

- a. MTR to Tsuen Wan Station and walk 10 minutes from exit A4 to event centre (**Follow the red arrow below**)
- b. Minibus or bus and alight at bus stop at Discovery Park Bus Terminus or Castle Peak Road (near CDW Building) (**Green boxes below**), and walk to event centre.

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

Citybus route information: <http://bit.ly/2y38ZI8>

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





起點及出發程序

Start Point & Arrangements





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△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，表示計時指卡的功能運作正常。
3. 出發採用分區制，出發區前將顯示「入格時間」。
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. 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。



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⌚ Start Arrangement ⌚

1. Participants are required to present the SI card to the officials and put the **number bib** on the front.
2. 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. The "Check" unit will feedback with flashing optical signal and "beep" sound, meaning the SPORTident card is functioning normally.
3. 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.
4. 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.
5. Separate control description sheet for all participants will be provided 2 minutes before runners' start time.
6. 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.
7. Punching Start is not required. Crossing the start line suffices.
8. Official Time will be shown at the start line.
9. 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.
10. 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.



賽程及賽區資料

Courses and Terrain Information





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賽程及賽區資料 Courses and Terrain Information

1. 各組賽程的資料如下 The course info of each class as below:

| 賽程 Courses | 組別 Classes | 控制點數目 No. of Control |
|------------|-------------------|----------------------|
| A* | MO | 32 |
| B* | WO | 30 |
| C* | MS, WS, MA, WA | 28 |
| D* | MM, WM, MB, WB | 27 |
| E* | Explorers | 25 |
| F* | Corporate & Media | 24 |
| G* | Family, Chill | 23 |
| H* | MC, WC | 21 |

2. 各組的比賽限時均為 60 分鐘。
3. 所有賽程均需更換地圖，賽員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。
4. 賽區由三層商場組成，樓層與樓層之間由停駛的扶手電梯連接。參加者在使用扶手電梯時，請小心階級並靠左上落。
5. 參加者於比賽期間上落樓層只可使用地圖上顯示的扶手電梯，嚴禁使用任何升降機或後勤樓梯，違者將被取消資格。
6. 部份通道較為狹窄，請賽員靠左及保持忍讓，避免碰撞。
7. 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，避免碰撞。
8. 建議參加者穿著輕便跑鞋，衣著以背心及短褲為佳。
9. 賽區不設水站，賽員如有需要可攜帶適量飲料。

2. Time limit of all classes is 60 minutes.
3. ***Map change is required for all courses. Competitors will collect 2 maps (Already packed in one map case) after leaving the start area. Upon finishing the course of the first map, please flip over to the second map and finish the remaining course.**
4. The competition area consists of three-level shopping malls, with non-operating escalators connecting the floors. When using the escalators, participants should be careful of the steps and keep to the left when going up or down.
5. **Participants are only allowed to use escalators shown on map for going up or down. It is not allowed to use any lift or stairs during the race, otherwise will be disqualified.**
6. **Some passages are relatively narrow. Participants should always keep left to avoid any collision.**
7. Participants have no privileged rights in using the road and path. Please be mindful of other pedestrian during the race.
8. Participants are recommended to wear vests and shorts with a pair of running shoes.
9. There will be no water point in the competition area. Participants can bring along their own drinks as per their own needs.

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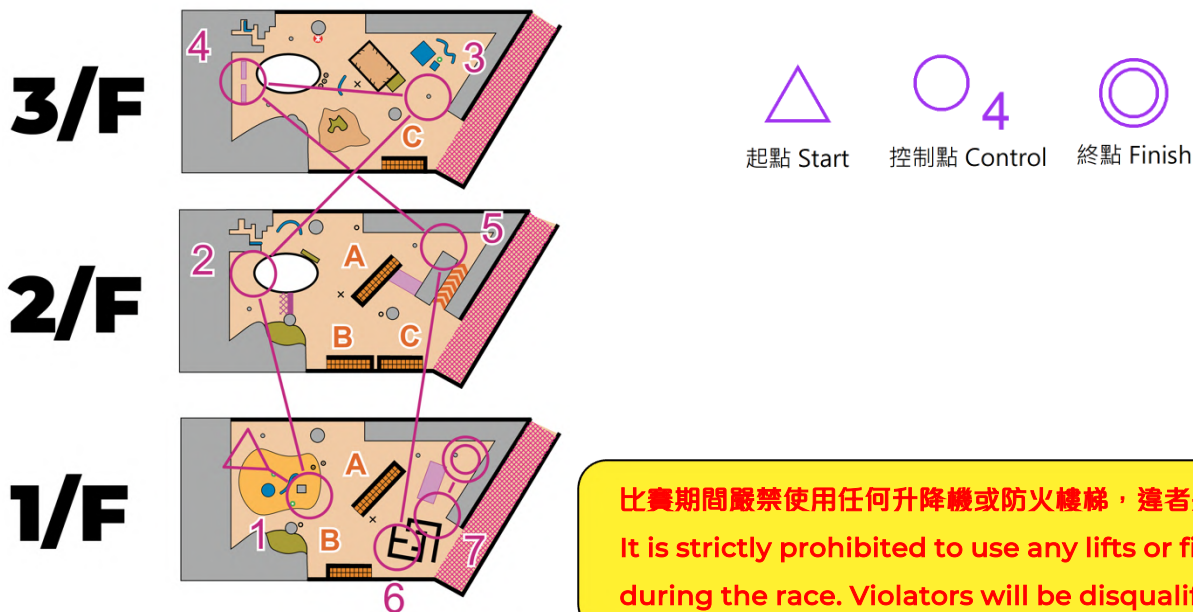









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地圖及圖例 Map & Symbols

室內定向地圖範例 Indoor Orienteering Map Sample




















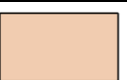











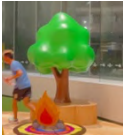








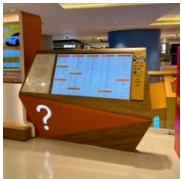

| | | |
|---|---|--|
|  A 扶手電梯 Escalator x2 |  | <p>商場內的扶手電梯在活動期間會全部停駛，參加者可使用扶手電梯上落樓層。扶手電梯以 A – K 作編號記認，扶手電梯只會連接不多於兩個樓層，如需跨越多於一個樓層，請透過編號小心選擇扶手電梯上落。</p> <p>During the event, all escalators inside the mall will be stopped. Participants can use the escalators to go up and down floors. The escalators are numbered from A to K. Each escalator only connects to a maximum of two floors. If you need to travel across more than 1 floor, please carefully choose the escalator by its letter.</p> |
|  K 扶手電梯 Escalator x1 |  | |
|  單向通道 One-way Passage | | <p>商場內部份通道設有單向通行指示，參加者只能跟隨箭嘴的方向前進，不得從相反方向進入，該位置將有工作人員看守，違者將被取消資格。</p> <p>Some passages within the mall are designated for one-way traffic. Participants must follow the direction indicated by the arrows and are not allowed to enter from the opposite direction. These areas will be monitored by officials, and those who violate this rule will be disqualified.</p> |
|  迷宮 Maze |  | <p>在賽事期間參加者需要經過人造迷宮，參加者需要繞過迷宮障礙尋找控制點。</p> <p>Participants need to navigate through a man-made maze during the race, where they must maneuver around obstacles to find checkpoints.</p> |



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| | | | | |
|--------------------|---|--|--|---|
| 不可穿越 Impassable |  | 建築物及關閉的商店/食肆 Buildings & Closed Shops/Restaurants | |  |
| |  | 柱子 Pillars |  | |
| |  | 不可進入的區域 / 不可跨越的設施或擺設 Out-of-bounds Area Impassable Facilities or Decorations |  |  |
| |  | 期間限定店 Pop-up Store |  |  |
| |  | 高圍欄球場 Ball Court with High Fence |  |  |
| |  | 24 小時公眾行人通道 24-hour Public Passageway | | |
| |  | 為賽事而設的人造禁區 Man-made Barriers for the Race |  |  |
| 可穿越 Passable |  | 三合土地 Paved Area | | |
| |  | 遊樂場 Playground |  |  |
| |  | 人造草地 Artificial Grass |  |  |
| |  | 座椅 Chairs |  |  |
| |  | 人造樹 Artificial Tree |  |  |
| |  | 雕像 Statue |  |  |
| |  | 自動販賣/服務機 Vending Machines / Kiosks |  |  |
| |  | 商場索引牌 Mall Directory |  |  |
| |  | 港鐵相關設施 MTR-related Facilities | | |

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不會在地圖上顯示的物件 Items will not be shown on Map



直立式流動螢幕
Vertical Scrolling Display



指示牌
Signage



小型背幕
Small Backdrop



廣告 H 字架
Advertising H-Frame

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終點及成績處理

Finish & Result Processing





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◎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. 參加者抵達終點時，須在終點控制器拍卡，比賽時間在那刻完結，終點控制器隨即會發出聲響及閃燈。
3. 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。
4. 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，亦不可代表其他賽員下載成績。
5. 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)。
6. 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 00:15 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. Participants are required to punch the "Finish" unit when they reach the finish. The timing stops when participants punch the "Finish" unit and the unit will feedback with a "beep" sound and flashing optical signal as confirmation.
3. Please proceed to result processing station for result download after crossing the Finish. Runners will be provided with a result slip for their reference.
4. 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. 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.
6. **All runners must have their punching record downloaded at result processing station before the closure time. Otherwise, they will be considered as disqualified.**
7. All participants must report to the Finish by 00:15 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





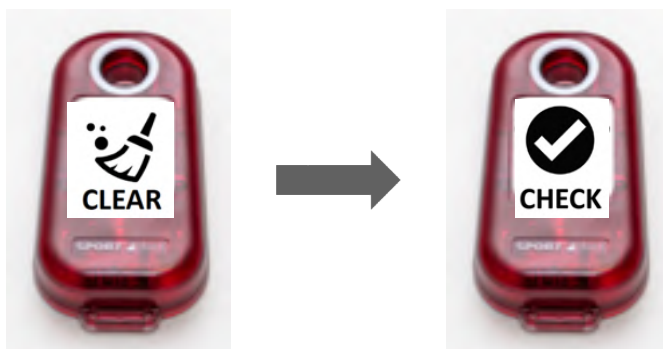
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🕒 電子打孔及計時系統指引 🕒

1. 參加者須於賽事中心領取 SPORTident 計時指卡 (如已租用), 須在進入出發區前把 SPORTident 指卡插入「Clear」打卡器, 以清除過往的比賽紀錄, 及後把 SPORTident 指卡插入「Check」打卡器, 以確保指卡運作正常。



2. 參加者有責任確保計時指卡成功插入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。



3. 參加者抵達終點時, 須在終點控制器打卡, 比賽時間在那刻完結, 終點控制器隨即會發出聲響。
4. 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參加者曾到訪該控制點, 該控制點記錄將會視作無效。





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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. 電子控制卡內記錄了參加者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：

甲、**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。

例子一：參加者由 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：



乙、**錯打其他控制點**：不用理會，只須繼續依正確次序打孔。

例子二：參加者由 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：





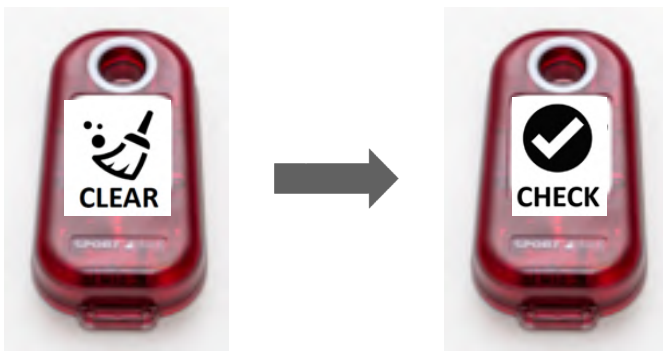
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🕒Punching and Timing System🕒

1. Participants are required to collect a SPORTident card with at Event Centre (if Rent). Before entering the Start area, runners are required to punch the SPORTident card in the “Clear” unit to clear the historic record stored in the card, and then follow by punching the “Check” unit to check if the card is functioning normally.



2. 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.



3. 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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4. Participants' 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.
5. Participants are responsible to take good care of the SPORTident card during the race and return it to the Organizer after the race. Participants are required to indemnify HK\$700 to the Organizer for any lost or damage of the SIAC card.
6. SPORTident 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:





獎項、規則及備註

Prizes, Rules & Remarks





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🏆 獎項 Prizes 🏆

1. 各組前 3 名將獲頒發獎項。賽事當天將設有頒獎環節。
1. Prizes will be awarded to the top 3 teams of each class. There will be prize presentation ceremony on the event day.

📖 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）作非緊急聯絡之用，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. 體驗組及家庭組的參加者於比賽期間相距不得超過10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 SPORTident 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. 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 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 phone and walkie-talkie, for non-emergency purpose 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 SPORTident 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 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 the Organizer for any lost or damage of the SIAC card.**
 6. 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.



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🚩 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，建議參加者自行購買合適保險。
 3. 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。
 4. 參加者如在比賽中遇上緊急事件需要求助，請留在安全地方並聯絡大會。
 5. 比賽當日 **20:00** 時，如有紅色或以上暴雨警告、8號或以上熱帶氣旋警告訊號生效，**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://indoor.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 are deemed latest.
 2. All runners and their parents are responsible for their own personal accident and property lost or damage. 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. Runners are advised to pay attention to the weather and their own body condition. Please bring along enough drinks, sunscreen and clothing where required.
-
1. In case of emergency during the race, runners are advised to stay in a safe area and contact organizer immediately.
 6. If Red Rainstorm Signal, Typhoon No.8 or above is hoisted at **20:00** 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://indoor.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

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://indoor.TerraX.hk>

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

主辦機構
ORGANIZERS



合作伙伴
PARTNER





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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

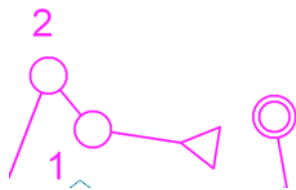
1. 衣服以輕便為主，切忌牛仔褲！建議穿著運動鞋、跑步鞋。
2. 帶備替換衣物、防曬用品、帽、蚊怕水。

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。



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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。



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💡 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

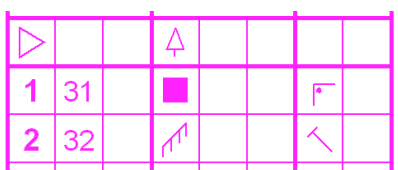
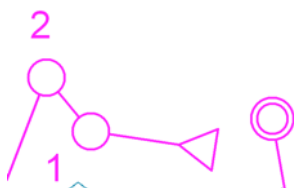
1. Clothes should be lightweight and please do not wear jeans! It is recommended to wear sports shoes or running shoes.
2. Bring extra clothing for replacement, sunscreen, caps, and mosquito-repellents.

Before the start

1. Please arrive the event centre half an 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 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.