

香港龍舟秋季盃 2024

HONG KONG AUTUMN DRAGON BOAT CUP 2024

2024 年 9 月 22 日, 星期日	22 September, 2024, Sunday
赤柱正灘	Stanley Main Beach
賽程: 250 米	Course Length: 250m
上午八時至下午五時	8am - 5pm
報名截止日期 - 2024 年 9 月 13 日	Registration Deadline - 13 September 2024

[R]

RACE REGISTRATION 比賽申請

* Please print in BLOCK letters * 請用正楷填寫

Team Name 隊伍名稱	Chinese 中文 English 英文	隊伍名稱將會刊登在大會刊物 It will be shown in race publication
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Organization/Group
機構/團體

Address
通訊地址

Fax 傳真

Team Manager
領隊

Name 名字

領隊必須為隊伍所屬機構之員工
must be staff of the team organization

Email 電郵

Tel 電話

Mobile 手提

Contact Person
聯絡人

Name 名字

Email 電郵

Tel 電話

Mobile 手提

Entry Group *
參賽組別

Open 公開組

Mixed 混合組

Ladies 女子

REGISTRATION OPTION 參賽選項

Details 詳情

Fee 費用

STANDARD BOAT 標準龍

<input type="checkbox"/>	Entry Package 參賽套餐 - Entry Fee 參賽費 - Practice session with equipment 練習及器材 X 6 hours - Marquee 帳篷 X 1 - Official Steersman 大會舵手 X 1	HK\$9,000	X _____	team(s) 隊	HK\$ _____
<input type="checkbox"/>	Entry Fee 參賽費	HK\$4,600	X _____	team(s) 隊	HK\$ _____

SMALL BOAT 小龍

<input type="checkbox"/>	Entry Package 參賽套餐 - Entry Fee 參賽費 - Practice session with equipment 練習及器材 X 6 hours - Marquee 帳篷 X 1 - Official Steersman 大會舵手 X 1	HK\$7,200	X _____	team(s) 隊	HK\$ _____
<input type="checkbox"/>	Entry Fee 參賽費	HK\$2,800	X _____	team(s) 隊	HK\$ _____

RACE DAY ARRANGEMENT 比賽當日安排

Athlete Marquee 帳篷	HK\$ 800	X _____	Marquee (s) 帳篷	HK\$ _____
Official Steersman * 大會舵手*	HK\$ 800	X _____	person(s) 人	HK\$ _____

* Please provide a copy of a valid SRA steersman license along with this application, if you do not require the official steersman on the race day

* 如比賽當日無需聘用大會舵手, 必須付上經本會考核及認可之有效舵手註冊証影印本

Sub Total: _____

Team Name: _____

Step 1: Select your practice date 選擇練習日期

- Additional practice will be charged as Extra Practice at regular rate, HK\$600 per hour.
多於 6 小時所選之練習都會被視為額外訓練，收費為每小時 HK\$600
- Trainer delivers dragon boating technique and race related information. Steersman provides steering service and it is compulsory to have one on each boat. Put [S] in the box of the date if steersman is needed. Put [T] after [S] if trainer is needed
教練提供龍舟活動專業技巧及有關比賽資訊。舵手提供龍舟掌舵服務而每船必需有一位舵手。如需聘用大會舵手請在所選的日期格內填上[S]。如需教練請於[S]後加[T]。

IMPORTANT:

The training times you have selected may not be available.
We will contact you by email for your confirmed training time slots!

注意：
你所選之練習時間可能已額滿，本會將以電郵通知你確實之練習時間

	MON 星期一	TUE 星期二	WED 星期三	THU 星期四	FRI 星期五	SAT 星期六	SUN 星期日
Aug 8月	5	6	7	1	2	3	4
	12	13	14	8	9	10	11
	19	20	21	15	16	17	18
	26	27	28	22	23	24	25
Sept 9月							1
	2	3	4	5	6	7	8
	9	10	11	12	13	14	15
	16	17	18	19	20	21	22 Autumn Cup
	23	24	25	26	27	28	29
Oct 10月		1	2	3	4	5	6
	7	8	9	10	11	12	13
	14	15	16	17	18	19	20
	21	22	23	24	25	26	27
	28	29	30	31			

Step 2: Select your practice time slots 選擇練習時段

- Select either 1 or 2 hours for your practice sessions. 請選擇 1 小時或 2 小時之練習時段。
- Write 1-3 next to the time slots; 1 indicates the highest preference. 請於選擇的時段填上 1-3，1 代表首選之時段。

SATURDAY 星期六 2 hours 小時	SUNDAY 星期日 2 hours 小時	MON – FRI 星期一至五 2 hours 小時	1 hour 小時	
___ 08:00	___ 09:00	___ 08:00	___ 08:00	___ 14:15
___ 10:00	___ 11:00	___ 10:00	___ 09:00	___ 15:15
___ 12:15	___ 13:15	___ 12:00	___ 10:00	___ 16:15
___ 14:15	___ 15:15	___ 14:00	___ 11:00	___ 17:15
___ 16:15	___ 17:15	___ 16:00	___ 12:15	___ 18:15
			___ 13:15	

- Sessions start on the hour on weekdays. 閑日的練習時段是整點開始。

Trainer 教練	HK\$550	X _____	hour(s) 小時	HK\$ _____
Steersman 舵手	HK\$350	X _____	hour(s) 小時	HK\$ _____
Extra Practice 額外訓練	HK\$600	X _____	hour(s) 小時	HK\$ _____
Total:				HK\$ _____

Grand Total: _____

Remarks 備註:

A completed liability waiver form on behalf of their crews must be submitted with the application form, failure to submit the form will result in disqualification.
遞交參賽表格時必須連同已填妥免責聲明書，以確保參賽資格。

Payment Method

Cheque No. 支票號碼 _____

- Cheque should be crossed and made payable to "Stanley Residents Association Limited".
劃線支票抬頭為「赤柱居民會有限公司」。
- Please mail the cheque or the copy of payment reference to the SRA office, 96 Stanley Main Street, Stanley, HK.
請將劃線支票或轉帳收據郵寄到本會辦公室 - 香港赤柱大街 96 號。

Bank Transfer No. 銀行轉帳號碼 _____

- Bank Transfer 銀行轉帳:
Account name 戶口名稱: Stanley Residents Association Ltd.
Account number 戶口號碼: 046-007829-001 (HSBC)
- Please email payment proof to info@dragonboat.org.hk
請電郵付款收據至 info@dragonboat.org.hk

Teams are responsible for the bank admin. charges.
銀行手續費自付。

*In the event of withdrawal from the entry, team still need to pay for the entry of the package enrolled.

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Liability Waiver 參賽聲明書

本會謹此聲明，如因前往或離開比賽場地及比賽、練習而引致的傷亡或財物損失，主辦機構（赤柱居民會有限公司）或任何與比賽有直接或間接關係之人士或機構，均無須負任何責任。

To discharge the Organization (Stanley Residents Association Limited) as well as any other individuals or organizations connected directly or indirectly with the race from any responsibility in the event of injury, death or loss of property incurred during, as a consequence of or while traveling to and from the race and practices

領隊 (姓名) _____ 代表 (隊伍名稱) _____

證明所有參與是次練習及比賽之隊員均體格健全，適合參與龍舟比賽，是次比賽之一切後果概由隊員自己負責。我等已閱讀並同意遵守主辦機構（赤柱居民會有限公司）所訂的一切規則。

Team Manager (Name) _____ on behalf of Team _____

_____ hereby certify that the participants of our team who have entered into this race and practices are physically fit. We understand that they are entering this race at their own risk. We have read and hereby expressly agree to abide by all the rules and conditions of the Organization (Stanley Residents Association Limited).

隊伍名稱	Chinese 中文名	
Team Name	English 英文名	
機構	Organization	
領隊	Name	Emergency Contact No.:
Team Manager	名字	緊急聯絡電話
舵手*	Name 名字 (如適用) (If applicable)	
Steersman*	(如適用) (If applicable)	
舵手註冊號碼	(如適用) (If applicable)	
Steersman Registration No		
領隊簽名	Signature of Team Manager	
日期	Date	

*如果隊伍是用私人舵手

* If your team is using your own steersman

Remarks 備註

- Please read the Appendix A, Guidance for participant and rules & regulations thoroughly before submitting your application and this waiver.
遞交報名表格及參賽聲明書前，請仔細閱讀附錄 A、參賽須知及比賽規則。
- Please return this waiver with the application form via fax (2813 5704) or email to the SRA on or before the 1st practice session.
請將參賽聲明書連同申請表格一併遞交，或在第一節練習前傳真 (2813 5704) 或電郵至赤柱居民會

Race Application – Team Information 隊伍資料**1. Team Name and Organization 隊伍名稱與機構**

1.1 Team Name must be filled upon your application. If team name is missing or it is not a valid team name, your race application and practice booking will not be proceeded.

於報名時填妥隊伍名稱，否則本會將不受理該報名及預約練習之申請。

1.2 Team Name will be shown in race publications. Teams must also fill in the Organization name, write down “private team” if your team does not belong to any organizations.

隊伍名稱將會刊登在大會刊物。另外隊伍必須填寫機構名稱，如貴隊伍並不屬於機構請填上[私人機構]。

2. Team Manager and Contact Person 領隊與聯絡人

2.1 Team manager is the emergency contact of the team and is liable for all issues/ happening of the team during the period of practices and races.

各隊領隊是隊伍之緊急聯絡，並有責任處理各隊員於練賽期間發生的何事。

2.2 Only inquiries and requests made by Team Manager would be accepted. Should there be any inquiries or amendments on race entry, race arrangements and practice schedule, please contact the organizer via written notification and the organizer would confirm upon receipt.

各隊何有關報名、賽事練習之疑問或更改，本會只受各隊伍隊長的查詢及關安之決定。書面形式通知賽會並賽會回覆作實。

3. Amendments on enrolment information 更改參賽資料

3.1 Teams are allowed to change the team's name **ONCE** and notify the organizer via email within 2 weeks after submitting the application. Administration Fee of HK\$500 will be charged for any amendments afterward.

各隊伍只可更改名稱一次並於提交報名表的兩星期內以電郵通知為實。如需再次更改，賽會將收取行政費用港幣 500 元。

3.2 Team must notify the association via email the soonest if there are any changes on contact information (such as change of contact person, address and contact number) of the team.

隊伍如需更改聯絡資料（如更改隊或絡人、地址及絡電話），必須以電郵儘早通知本會。

Race Application – Entry Option 參賽選項

PACKAGE DETAILS	PACKAGE	ENTRY FEE
Race Entry 龍舟賽事	√	√
Practice Sessions with Equipment X 6 hours 練習及器材 6 小時	√	
Marquee X 1 帳篷 1 個	√	
Official Race Day Steersman X 1 Person 大會舵手 X 1	√	

Race Application - Crew & Entry Group 隊員參賽組別

1. Standard Boat - Each boat must carry at least 12 paddlers and up to 18, and with 1 steersman and 1 drummer.

標準龍 - 每賽人數為 20 人包括 18 槳手、1 舵手和 1 鼓手，每場出賽槳手不可少於 12 人。

Small Boat - Each boat must carry at least 6 paddlers and up to 10, and with 1 steersman and 1 drummer.

小龍 - 每賽人數為 12 人包括 10 槳手、1 舵手和 1 鼓手，每場出賽槳手不可少於 6 人。

2. There is no gender restriction on drummers and/or steersmen.

舵手及鼓手不設性別限制。

3. All competitors must be 12 years of age or above.

參加者必須年滿 12 歲。

4. Crew requirements of Entry groups. 參賽組別之隊員求

4.1 Open 公開組

No gender restriction for this category.

組別沒性別限制。

4.2 Mixed 混合組

Mixed Teams must have a minimum of 8 and maximum of 12 female paddlers on board.

混合組每隊出賽不可少於 8 位及不可多於 12 位女隊員。

4.3 Ladies 女子組

Each member of Ladies' teams must be female. Except the helmsman & drummer.

女子隊所有隊員必須為女性，唯舵手和鼓手可用男子。

Race Day Arrangement - Marquee Rental 帳篷租借

1. Rented marquee (Size: 3m X 3m X 2.5m) are provided by the Association, the rental fee is HK\$800 per booth. Teams are not allowed to use their own marquees.

帳篷 (3 米 X 3 米 X 2.5 米(高)) 由大會提供租借服務(每個港幣 800 元)不可自備。

2. Unauthorized promotional activity is strictly prohibited. Teams can only hang a banner with a team name with/out team logo in the front of the marquee. The size of the banner should be within **3m (width) x 20cm (height)**. The team banner and flag, etc. are for identification only and should be placed inside the marquee. Please note that only team name and/or logo is allowed to be put on the banner/flag; otherwise, a fee of HK\$10,000 will be charged as for advertisements.

任何未經准許的宣傳活動禁止進行。隊伍可自備隊伍橫額 (只可印有隊名/隊徽)，尺寸為 3 米闊及 20 厘米高。任何橫額、旗幟、巨型海報或貼紙只可放帳篷內，及僅供識別之用。面積必需小於 3 米闊及 20 厘米高，和只可印上隊伍名稱/隊徽，超出以上尺寸或內容之外隊伍，須繳付港幣 10,000 元之廣告費。

3. Location of marquee will be allocated by the Association. Reservation of specific marquee location will be charged with an additional fee HK\$500 per booth. Please contact the Association for more details.

所有帳篷位置由本會安排，預留帳篷位置需付額外港幣 500 元 (每個帳篷)，請向本會查詢。

4. Please notify the Association via email for cancellation or additional marquee rental. The cancellation has to be confirmed by the Association. Cancellation on marquee rental will not be accepted 2 weeks prior to the race day.

如需取消或租用額外帳篷，請以電郵通知，本會將經電郵回覆作實。比賽前兩星期不可取消已租借之帳篷。

Race Day Arrangement – Steersman 舵手

1. Official Steersman 大會舵手 · HK\$800(up to 3 rounds) 全日賽事港幣 800 元
2. Non-official Steersman 非大會舵手

Please refer to point 7.2 of session “Dragon Boat Practice”. 請參閱龍舟練習 第 7.2 項。

Team Manager Meeting 領隊會議

- *Details of the Team Manager Meeting will be announced later.* 領隊會議之詳情請將於稍後公佈。

Dragon Boat Practice 龍舟訓練

1. Practice Booking 預約練習時間

- 1.1. Team who joins the entry Package is entitled to receive 6-hour practice. Teams can only choose on the Practice Booking Form (P. 2 of the application form). First, put [S] in the box of the date if steersman is needed. Put [T] after [S] if an official trainer is needed. Then prioritize your preferred practice time slots by ranking 1-3 whilst 1 indicates the highest preference.

每隊在報名時如選擇套餐，會獲分配 6 小時練習，隊伍可於報名表第 2 頁選定練習日期。如需聘用大會舵手，請在所選的日期格內填上[S]；如需教練請於[S]號後加 [T]。選擇練習日期後，請選擇練習時段並以 1-3 排列首選之時段。

- 1.2. Practice beyond the assigned 6 hours (per entry) will be charged at regular rate.

獲分配之 6 小時外之練習另行收費。

- 1.3. The Association also provides early morning (6-8 am) & night training (7-9 pm) sessions. Teams must hire official steersman for night sessions due to safety reasons.

本會亦提供清晨(早上 6 時至 8 時)及晚間練習(晚上 7 時至 9 時)予有需要之隊伍。隊伍需付額外收費。基於安全理由，晚間練習的隊伍必須聘用大會舵手。

- 1.4. Practice booking has to be confirmed by the Association. Please allow 10 working days for processing the booking or request.

所預約之練習時段需由本會確認，處理需時約為 10 個工作天。

2. Practice Period 練習日期

- 2.1. No Pre-race practice period set in 2024.

本年度不設賽前練習。

- 2.2. 6-hour practice included in the application must be used within 2023.

報名時獲分配之 6 小時練習全年均可使用，但必須於 2024 年內使用。

3. Fees 費用

Extra Practice – Standard Boat Rental 額外練習 – 標準龍舟租船費	HK\$600 per hour 每小時港幣 600 元
Early Morning/Night Practice – Standard Boat Rental 清晨/晚間練習 -標準龍舟租船費 (0600 – 0800/1900-2100)	HK\$800 per hour 每小時港幣 800 元
Extra Practice – Small Boat Rental <i>*Including Steersman</i> 額外練習 – 小龍舟租船費	HK\$1150 per hour 每小時港幣 1150 元
Official Trainer 大會教練	HK\$550 per hour 每小時港幣 550 元
Official Steersman 大會舵手	HK\$350 per hour 每小時港幣 350 元
Official Steersman – On Site Request 大會舵手 – 練習即日聘用	HK\$700 per hour 每小時港幣 700 元

4. Cancellation Policy 取消預約

- 4.1. Once practice booking is confirmed, please contact the Association **4 working days** in advance for any cancellations, alterations or addition of practice; otherwise, no refund or rescheduling will be provided.
練習時間表一經確認，若有意取消、更改或增加練習時間，請於 **4 個工作天前** 作出通知及經本會同意，否則將不予退款或重新安排練習時間。
- 4.2. Cancellation of practice due to unfavorable weather conditions, call off by the Association or decided by the team, there will be no refund for Steersman, Trainer as well as boat rental fee.
因天氣欠佳取消練習(無論由賽會決定或隊伍自行決定)，舵手費、教練費及租船費用一概不發還。

5. Type of Boat 練習船

Standard Dragon Boat will be provided for practice. Additional fee will be charged for hiring a Small Dragon Boat.
練習日只提供標準龍舟。如果需租用小龍舟，需付額外收費。

6. Location 練習地點

Stanley Dragon Boat Training Centre and the race venue is located at Stanley Main Beach (Next to Hong Kong Sea School). Participants can get to the Stanley Bus Terminus by bus no. 6, 6X, 63, 65, 73, 260, 973 or 14, then reach the training center from Stanley Police Station side with a 2-minute walk, or take mini bus no. 40 or 52 to Hoi Fung Path with a 1-minute walk.

訓練和比賽地點為赤柱正灘，赤柱龍舟協會龍舟訓練中心(香港航海學校旁)。參加者可以乘坐 6、6X、63、65、73、260、973 和 14 號巴士到達赤柱巴士總站，往赤柱警署方向步行約 2 分鐘。另外，亦可乘搭小巴 40、52 或 16 號至海風徑下車，步行約 1 分鐘。

7. Steersman 舵手

- 7.1. NO TEAM SHOULD MAKE PERSONAL ARRANGEMENT WITH THE OFFICIAL STEERSMAN and/or TRAINER OR PAY THEM DIRECTLY and bypass the proper booking procedure. Please make your payment to SRA officials during the practice if necessary.
所有隊伍均不可私下與大會舵手及/或教練預約練習時間(包括本會所舉辦之比賽或練習)，亦不可把費用交予舵手/教練。如有需要，請於練習當日將款項交予本會職員。
- 7.2. All Non-official steersmen must be assessed and registered with the SRA prior to practice and race day. Please contact the Association before submitting the race application form if your team will use your own steersman.
非大會舵手必需經本會考核，並於獲發許可證後方可在練習期間及比賽當日掌舵。如有需要，請在遞交參賽表格前與本會聯絡。

8. Trainer 教練

- 8.1. SRA trainers are experienced and familiar with the Association's races. They will be delivering Dragon Boating technique and race information to teams.
本會教練經驗豐富並熟悉本會所舉辦之賽事，為隊伍提供龍舟活動之專業技巧及有關比賽的信息。
- 8.2. All non-official trainers must be registered with the Association prior to practice. Please contact the Association for details.
所有參賽隊自行安排之教練，必須持有本會發出的效許可證提早登記，請與本會聯絡以索取更多資料。

Payment 收費

1. The Entry Fee is non-refundable, even in the case of team withdrawal. Payment should be settled in due course when the application is submitted. Please keep a copy of your application for record.
報名時請一併付費，如退出或棄權，報名費用概不發還。遞交表格前請自行複印存檔以作紀錄。
2. The enrollment and practice booking will only be confirmed upon receipt of payment.
費用收訖後，賽事報名及練習預約方可作實。
3. All payments must be settled 2 weeks before the start of training. Cheque payment will not be accepted 2 weeks before the race. Please arrange bank transfer to settle the payment instead.
所有費用須在開始練習前至少兩星期繳付。賽前兩星期不受支票付款，請以銀行轉帳付。
4. Please submit payment proof to the Association by email after settling the payment.
付費後請電郵付費紀錄予大會以作紀錄及作實。

Important notes 重要事項

1. Please read all documents related to the races and practices, including but not limited to "Race Manual" and "Race rules and regulation" thoroughly.
請仔細閱讀本會關賽事及練習之文件，包括並不限於參賽手冊參賽規則。
2. Liability Waiver must be submitted to the Association at least 2 weeks before the races.
「參賽聲明書」必須於比賽兩星期交回本會。
3. Confirmation receipt will be sent to teams upon completion of race enrollment. Please allow no less than 10 working days to process your application.
報名完成後，隊伍將收到本會發出之確認收據。處理比賽申請大約並不少於 10 個工作天。
4. All rights reserved by the Organizer (Stanley Residents Association Limited).
赤柱居民會有限公司保留最終定權。