



香港潛水總會主辦
Organized by
Hong Kong Underwater
Association

康樂及文化事務署資助
Subvented by
Leisure and Cultural
Services Department



民政事務局
(藝術及體育發展基金) 資助
Home Affairs Bureau
(Arts and Sport Development Fund)
Subvented

第二十三屆國際長距離蹼泳邀請賽

比賽章程

比賽日期	2019年11月17日(星期日)
召集時間	上午8時30分
比賽時間	上午9時30分
地點	淺水灣
賽程	1000米
水溫	大約22°C - 26°C(參賽者可自行決定是否穿著保暖膠衣)
參賽資格	除國際組外,凡擁有香港居民身分證及願意遵守本會章則,並符合下列各項比賽條件,則可報名參加: 1. 曾參加香港潛水總會舉辦的蹼泳推廣訓練班之蹼泳學員;或 2. 曾參加香港潛水總會蹼泳屬會舉辦的訓練班之蹼泳學員;或 3. 如非香港潛水總會會員,需經由香港潛水總會活躍蹼泳屬會及註冊蹼泳教練加簽推薦; *一切提交的資歷需經由潛總(香港潛水總會)作最後審核;如發現提交資歷出現紕漏,其申請將不獲受理。
組別	I. 1000米公開組(雙蹼)-男子、女子 II. 青少年乙組(10-12歲)1000米(雙蹼)-男子、女子 III. 青少年甲組(13-15歲)1000米(雙蹼)-男子、女子 基於安全和大會流程安排理由,每位參賽者只可參與一個項目
比賽形式	單蹼-利用單蹼及呼吸管以海豚式前進 雙蹼-利用雙蹼以任何泳式前進。呼吸管可任意使用 新秀運動員,或首四次參與比賽者,可選擇不用呼吸管作賽。
報名費用	每人每項比賽港幣150元正
測試	所有參加者必須於以下時段,使用比賽器材進行游泳測試,通過測試後方可作賽。 ● 10月31日(星期四)晚上7:00至10:00李鄭屋游泳池,或 ● 11月2日(星期六)早上10:00至12:00荔枝角游泳池 ● 1000米項目參加者,須於30分鐘內游畢2000米 ● 3000米項目參加者,須於55分鐘內游畢4000米(只限國際組)
獎牌	各組設冠、亞及季三名獎項,均有精美獎盃及證書。凡游畢全程之參加者均獲發證書。
報名辦法	填妥泳比賽報名表,連同報名費的劃線支票,抬頭請寫『香港潛水總會有限公司』及回郵信封,寄回香港銅鑼灣掃桿埔大球場徑一號奧運大樓1012室『香港潛水總會』
截止日期	2019年10月30日正午12時
查詢	請聯絡香港潛水總會,電話2504 8154、傳真2577 5601或電郵 enquiry@hkua.org.hk
備註	1. 如有任何遺漏,香港潛水總會保留最終決定權。 2. 香港潛水總會有權接受或拒絕任何人士參賽,而不須作出解釋。 3. 國際組比賽,需由蹼泳競賽委員會推薦參加



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23rd International Long Distance Finswimming Invitational

Championships

Competition Contents

Date	17 November 2019 (Sunday)
Roll Call Time	8:30 am
Start Time	09:30 am
Location	The Repulse Bay
Distance	1000m
Water Temp	Approx. 22°C - 26°C (Participants can decide wearing wet suit on their own need)
Eligibility	EXCLUDING International invitation, all participants must possess an HKID card, obey the rules, terms and conditions of HKUA, and must conform to following conditions; or 1. Participants must have participated in any HKUA finswimming training course; or 2. Participants must have participated in finswimming training course held by any HKUA finswimming affiliated clubs; or 3. For those who are non HKUA member, he/she must be recommended by one HKUA active finswimming club and a registered (finswimming) instructor; * HKUA will have ultimate decision on all application. For application with any missing or untruthful information will not be accepted.
Division	I. 1000M Open (Bi fin) - Men, Women II. Junior 2 (Age 10-12 years old) 1000M (Bi fin) – Boys, Girls III. Junior 1 (Age 13-15 years old) 1000M (Bi fin) – Boys, Girls For safety and program arrangement, each applicant can apply ONE event only
Description	Mono fin - Use dolphin kick with mono fin and snorkel. Bi fin - Use any style to swim with bi-fin, snorkel is allowed. For novice, or athletes who participate first four times in HKUA finswimming competition, he/she can compete without snorkel
Entry Fee	HK\$150 per person per event
Ability Test	All participants must pass the ability test with equipment before the competition. <ul style="list-style-type: none"> ● 31 October, Thursday, 1900 to 2200, Lei Cheng Uk Swimming Pool, OR ● 2 November, Saturday, 1000 to 1200, Lai Chi Kok Park Swimming Pool <ul style="list-style-type: none"> ● For 1000m participants, finish 2000m in 30 minutes ● For 3000m participants, finish 4000m in 55 minutes
Awards	Prize and certificate will be awarded to the first 3 places for each event. Certificate will be given to all participants who finished the race.
Application	Complete Finswimming Competition Entry Form with a crossed cheque made payable to “Hong Kong Underwater Association Limited” with return envelope, send to Room 1012, Olympic House, 1 Stadium Path, So Kon Po, Causeway Bay, Hong Kong.
Deadline	30 October 2019, 12:00 noon
Enquiry	Please contact Hong Kong Underwater Association by Tel. 2504 8154, by Fax 2577 5601 or by E-mail enquiry@hkua.org.hk
Remarks	1. Any omission will be resolved by the HKUA. 2. HKUA has the authority to accept or to reject any application without explanation. 3. Athlete for International event must be endorsed by finswimming competition committee