



# 野外定向 錦標賽 2022

## Orienteering Championships

暨 香港定向排名聯賽 — 中/長距離  
cum Hong Kong Orienteering Ranking League - Middle/Long

mong5 zeng2 wai4

【 朝 井 園 】

賽事手冊

9.10.2022

Race Handbook



**THIS EVENT IS PROUDLY PRESENTED BY**

**Nvii**

**We don't make compromises.  
We make race shoes.**

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**stro**

**STRAIGHTER, FASTER  
BETTER**

**ORGANIZER**







# 基本資料及防疫措施

Basic Information &  
Epidemic Prevention Measures







**NVii x TerraX 野外定向錦標賽 2022 暨 香港定向排名聯賽 – 中/長距離**  
**NVii x TerraX Orienteering Championships 2022 cum**  
**Hong Kong Orienteering Ranking League - Middle/Long**

**i 基本資料 Basic Information i**

主辦 Organizer	TerraX Sports Club	
日期 Date	2022 年 10 月 9 日 (星期日)	9 <sup>th</sup> October, 2022 (Sun)
地點 Location	鞏井圍	Mong Tseng Wai
形式 Format	個人越野式定向賽 (順序到訪控制點)	Individual cross-country type orienteering race (Visiting control points in sequence)
地圖 Map	2022 年版 1:10000 比例 ISOM2017-2 彩圖 (非排名聯賽組別 1:7500 比例) 5 米等高線間距 國際定向提示符號	2022 version 1:10000 ISOM2017-2 Colour Map (Non-Ranking Class Scale: 1:7500) 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	
賽事主任 Event Organizer	李雋皓先生 Mr. LI Chun Ho	
賽事控制員 Event Controller	陳志成先生 Mr. CHAN Chi Sing Clement	
裁判團成員 Jury Panel Members	周智健先生 Mr. CHAU Chi Kin (青進野外定向會 YAOC) 張蔚淇小姐 Ms. CHEUNG Wei Ki Rainky (香港野外定向會 HKOC) 饒戈先生 Mr. YIU Vor (野外定向種籽 OS)	





## 🏃 比賽日流程 Race Day Rundown 🏃

09:30	賽事中心開放 Event Centre Opens
10:15	出發區、賽區、終點及成績處理開放 Start Area, Field, Finish & Result Processing Open
10:20	開始出發 Begins to Start
11:40	出發區關閉 Start Area Closes
13:40	賽區及終點關閉 Field and Finish Close
13:55	成績處理關閉 Result Processing Closes
14:10	截止投訴 Deadline for Complaints
14:25	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.

賽事當天將不設頒獎環節，所有成績均會於當天於賽事網站公佈，獎項將於獎項將於 30/10 Str8 x TerraX 短途定向巡迴賽第六回合賽後補發。

There will be no prize presentation session on the event day. All results will be published on the event website and the awards will be presented after the Str8 x TerraX Sprint Orienteering Tournament Round 6 on October 30.

## 🛡️ 防疫措施 🛡️

- 所有運動員必須於比賽前 48 小時內完成 2019 冠狀病毒病核酸檢測 (PCR)，及於比賽當天早上進行 2019 冠狀病毒病快速測試 (RAT)。兩者皆取得陰性結果，並同時出示疫苗通行證「藍碼」，方可領取號碼布。
- 請預先填妥健康申報表 (<https://www.jotform.com/terraxhk/nviiterrax2022-HDF>)，網上表格將於賽事當日 07:00 開放，賽員報到時請出示表格確認電郵以供工作人員檢查。
- 參加者必須確保身體狀況沒有呼吸道感染徵狀或其他身體不適，探測體溫確認沒有發燒跡象才可出席活動。
- 參加者均必須沒有於過去 3 天內曾到訪海外地區、沒有正接受政府強制檢疫及醫學檢測的人士及沒有與確診人士有緊密接觸。
- 進入賽事中心時工作人員會為參加者量度體溫，如體溫在 37.5 度或以上，參加者不可進入賽事中心及不可參加比賽，報名費用將不會退還。
- 在場所有人士於任何時候均必須戴上口罩，參加者只可於領取地圖後除下，賽會將在終點提供額外口罩，賽員需於橫越終點線後立即戴上。
- 在場所有人士於任何時候均必須盡可能保持相隔不少於 1.5 米的社交距離。
- 如在活動過程中有身體不適或發燒症狀，參加者必須立即停止及退出活動。





### **(三) Epidemic Prevention Measures (三)**

1. All participants must take COVID-19 PCR test within 48 hours prior to the event, and take COVID-19 RAT test on event day. Having negative result proof for both test and show the "Blue Code" of Vaccine Pass to collect their number bib.
2. Please fill in the health declaration form in advance (<https://www.jotform.com/terraxhk/nviiterrax2022-HDF>), the online form will be available at 07:00 on the event day, please show the confirmation email to official after submission for checking.
3. Participants must ensure that their physical condition has no symptoms of respiratory tract infection or other physical discomfort and check their body temperature to confirm that there is no sign of fever before attending the race.
4. Participants must not have visited overseas countries in the past 3 days, have not been under government quarantine and medical testing, and have not had close contact with confirmed cases.
5. When entering the event centre, the officials will measure the body temperature of the participants. If the body temperature is 37.5 degrees or above, participants are not allowed to enter the event centre or participate in the competition, and the entry fee will not be refunded.
6. All persons must wear masks at all times. Participants can only take it off after collected the map. Extra masks will be provided for participants at finish. Participants must put on the mask immediately after crossing the finish line.
7. All persons must always maintain a social distance of not less than 1.5 meters.
8. If there is physical discomfort or fever during the activity, participants must stop and withdraw from the race immediately.





# 賽事中心

## Event Centre







### 賽事中心 Event Centre

1. 賽事中心位於深灣路旁 (下圖紅點: <https://goo.gl/maps/lcCtgFQtQRm>)。
  2. 未出發賽員於賽事中心只可在指定範圍內活動，如違反規定提前進入賽區範圍，可被取消資格。
  3. 最近的洗手間是沙橋村上灣公廁 (Google map: <https://goo.gl/maps/uwKwoGpKGkG2>)，距離賽事中心約 500 米，步行需時約 10 分鐘。
  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，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. 請保持賽事中心及賽區清潔，並帶走所有垃圾。
- 
1. Event Centre is located near Deep Bay Road. (Red dot below, <https://goo.gl/maps/lcCtgFQtQRm>)
  2. Participants who have not started can only stay within the designated area at the event center. Participants may be disqualified If violating the regulations and enter the competition area in advance.
  3. The nearest toilet is Sha Kiu Tsuen Sheung Wan Public Toilet (Google Map: <https://goo.gl/maps/uwKwoGpKGkG2>). The toilet is around 500m away from the Event Centre and can be reached in around 10-minute walk.
  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 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 are 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. Please keep the competition area and Event Centre clean.



# NVii 野外定向錦標賽 2022 TERRAX Orienteering Championships

## 交通安排 Transportation

參加者可乘以下公共交通工具：

- A. 小巴 – 賽員可從元朗乘坐新界專綫小巴 35 線（元朗泰豐街 – 輞井圍），18-23 分鐘一班車，於沙橋村下灣下車，步行約 5 分鐘前往賽事中心。（路線資料：<https://bit.ly/3M7W9xm>）
- B. 的士 – 賽員亦可從天水圍乘坐的士到賽事中心，車費介乎 HK\$30 至 HK\$40。

**[賽事中心附近沒有公眾停車位，切勿駕車前往。除大會車輛，其他車輛嚴禁進入賽區範圍，另賽事中心附近之深灣路為單線雙程行車，違例泊車，後果嚴重。]**

Runners can take

- a. Participants can take New Territories public light bus no. 35 (Yuen Long Tai Fung St – Mong Tseng Wai). The public light bus frequency ranges from 18 to 23 minutes. Get off at Sha Kiu Tsuen Ha Wan and the Event Centre can be reached by a 5-minute walk. (Route details: <https://bit.ly/3M7W9xm>)
- b. Alternatively, participants can take a taxi from Tin Shui Wai to the Event Centre. Fare ranges approximately from HK\$30 to HK\$40.

**[No parking space is available near the Event Centre. Please do not drive there. No vehicle is allowed to enter the competition area except designated vehicles approved by the Organizer. In addition, Deep Bay Road is one-lane two-way traffic. Illegal parking can cause serious adverse impacts on traffic.]**



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# 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 point is located next to the Event Centre.
  2. Runners are required to arrive at the start area 5 minutes before the designated start time.
  3. Official Time will be shown at Start area.

### 🕒 出發程序 🕒

1. 賽員必須向工作人員展示電子控制卡。
2. 賽員**必須**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，以確認 SPORTident 指卡功能運作正常。
4. 出發採用分區制，出發區前將顯示「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。
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。





### ⌚ Start Arrangement ⌚

1. Participants are required to present the SI card to the officials.
2. **Compass** and **whistle** 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 to check if the card is functioning normally.
4. 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.
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.
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 an incorrect map.
11. Late runners are required to report to the Late start area on their own. A 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








# 野外定向錦標賽 2022

## Outdoor Orienteering Championships

### 賽程及賽區資料

#### 1. 各組賽程的長度如下：


賽程	組別	排名聯賽組別	長度 (米)	攀高 (米)	控制點 數目	預計勝出時間 (分鐘)
A*	ME	ME	4800	175	19	36-40
B-1*	WE, MO	WE, M21, M35	4300	165	18	40-44
B-2*	WO	W21, W35	3100	150	17	42-46
C*	MS	M40 – M65	3100	145	17	42-46
D*	MA	M16 – M20	3100	145	16	40-44
E*	WA, MB	W16 – W20, M12 – M14	2900	125	15	40-44
F*	WS, WB, Teen Duo	W40 – W60, W12 – W14	2800	125	13	40-44
G	MC, WC, BEGINNER, CATI, FAMILY	M/W21B	1500	100	10	25-35

- 賽程長度以**最佳路線距離**計算。
- 各組的比賽限時均為 120 分鐘。
- \*賽程 A 至 F 的組別需要更換地圖，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。**
- 賽區北部主要為空曠雜草地，南部較多樹林，亦有部分植被較為茂密。
- 賽區內有多條小徑穿梭各區域，南、北及東部均被馬路包圍。
- 賽區中部有數個水塘，地圖以不能通過沼澤符號標示，請注意安全，切勿進入。
- 賽區內有大量墳墓，部分地方因過於密集而只標示較大的墳墓，地圖以三合土地符號標示；**賽員比賽時請尊重先人，請勿踐踏墳墓。**
- 賽區內部分地方有金屬圍欄，部分已損毀，賽員通過時請小心避免受傷。
- 賽區內有流浪狗隻及居民飼養狗隻，賽員經過時或會吠叫，請保持鎮定，切勿做出挑釁行為。
- 賽區南端為村落，所有賽程均不需經過村，如因迷路或其他原因誤進村內，在村落裡前進時請注意安全，避免與村民或車輛發生碰撞。
- 賽區部分地方地形陡斜，土質鬆散，容易滑倒，請注意安全。
- 賽區內部分樹枝較矮，請小心避免撞頭。
- 地圖不會顯示架空電纜（如右圖）。







15. 部份賽程或會在賽事期間於終點通道旁邊經過，通道較為狹窄，請賽員靠左及保持忍讓，避免碰撞。
16. 賽區內設有一個取水區供應樽裝水 (280ml) 以供賽員取用，地圖上會以水站符號顯示其位置。
17. 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。
18. 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。
19. 賽區內部份位置為私人地方，地圖上以  標示，賽員嚴禁穿越，否則將被取消資格。

### Courses and Terrain Information

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

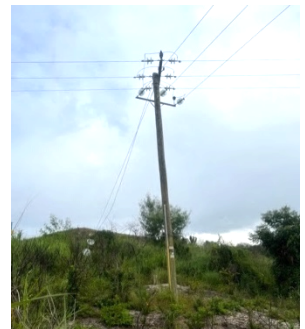
Courses	Class	Ranking Class	Length (m)	Climb (m)	No. of control	Expected Winning Time (mins)
A*	ME	ME	4800	175	19	36-40
B-1*	WE, MO	WE, M21, M35	4300	165	18	40-44
B-2*	WO	W21, W35	3100	150	17	42-46
C*	MS	M40 – M65	3100	145	17	42-46
D*	MA	M16 – M20	3100	145	16	40-44
E*	WA, MB	W16 – W20, M12 – M14	2900	125	15	40-44
F*	WS, WB, Teen Duo	W40 – W60, W12 – W14	2800	125	13	40-44
G	MC, WC, BEGINNER, CATI, FAMILY	M/W21B	1500	100	10	25-35

2. Course length is calculated using the **best route distance**.
3. Time limit of all classes is 120 minutes.
4. **Map change is required for classes with courses A to F. Competitors will collect 2 maps (Already inserted 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.**
5. Northern part of the terrain is open land with scattered trees, while the southern part of it is mainly forest with some vegetation.
6. Path network connects different area inside the terrain. Southern, northern, and eastern parts of the terrain is bounded by vehicle road.
7. There are several ponds in the terrain. They are indicated as uncrossable marsh. Please be careful. Do not enter the ponds.





8. There are many graves in the terrain. Only larger graves are drawn in areas where the graves are closely packed with each other. Graves are indicated as paved areas. **Runners are advised to respect the ancestors and not to step onto the graves where possible.**
9. There are metal fences in some parts of the terrain. Runners are advised to pay extra attention when passing by as some of the fences are broken.
10. **Southern part of the terrain is villages. All courses are not required to pass through the villages. If runners get lost and enter the villages, please pay attention to safety when navigating in the villages and avoid offending the villagers or colliding with vehicles inside.**
11. Some parts of the terrain are with steep slopes and loose soil and are hence slippery. Runners are advised to pay attention to their own safety.
12. 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.
13. Some tree branches in the terrain are rather low. Runners are advised to pay attention and avoid hitting their heads.
14. Overhead lines are not drawn on the map. **(Please refer to photo on the right)**



15. Some courses may pass through the side of finish lane during the race. The passage is relatively narrow. Please keep to the left and be patient to avoid collision.
16. There is a self-service refreshment points providing bottled water (280ml).
17. Participants 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. Participants have no privileged rights in using the road.
18. **Participants are strongly recommended to wear long-sleeve o-jersey, trousers and shoes with studs / orienteering metal spike shoes.**
19. There are some private areas in the competition area which are marked as   on the map. Participants are forbidden to enter or cross. Otherwise, participants will be disqualified.





# 終點及成績處理

## Finish & Result Processing







## ◎終點及成績處理 Finish & Result Processing◎

1. 終點及成績處理位於賽事中心旁邊。
2. 賽員抵達終點時，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. 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. 賽會會收回已完成賽事賽員的地圖，同時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)。
7. 賽員無論完成賽事與否，或遺失電子控制卡，必須於 13:40 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 are right 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 are not allowed to download the results on behalf of others.
5. Maps will 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 station before the closure time. Otherwise, they will be considered as disqualified.
7. All participants must report to the Finish by 13:40 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

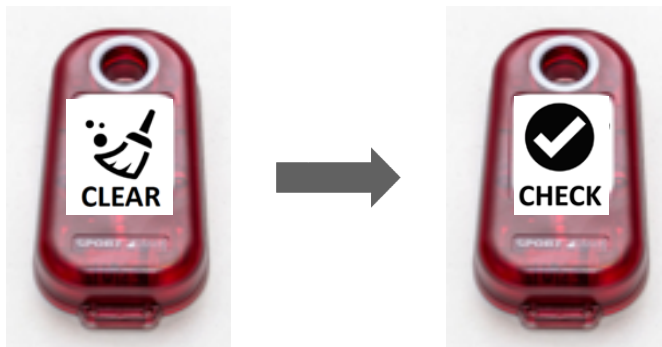




# 

## 電子打孔及計時系統指引

1. 賽員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. 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。



3. 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。
4. 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。







5. 賽員在比賽期間有責任妥善保管向賽會租用的 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. 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：

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：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：



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：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：



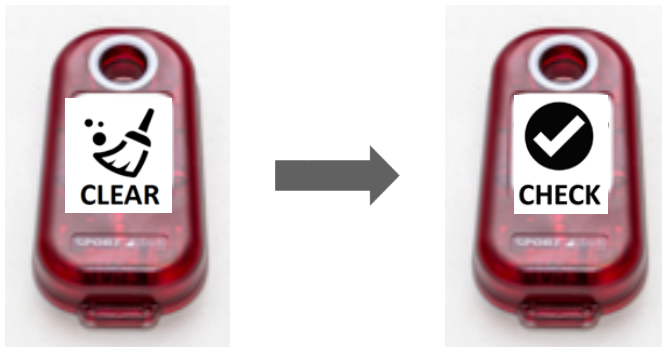




# NVii TERRAX 野外定向 錦標賽 2022 Orienteering Championships

## 🕒 Punching and Timing System 🕒

1. 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 into 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. 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.
4. 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.





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 to the SIAC card.
6. 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. The runner has 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, the 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







## 🏆 獎項 Prizes 🏆

1. 各組前 3 名將獲頒發獎項。賽事當天將不設頒獎環節，成績會於當天於賽事網站公佈，獎項將於 30/10 Str8 x TerraX 短途定向巡迴賽第六回合賽後補發。
1. Prizes will be awarded to the top 3 competitors of each class. There will be no prize presentation session on the event day. All results will be published on the event website and the awards will be presented in Str8 x TerraX Sprint Orienteering Tournament 2022 Round 6 on October 30.

## 📖 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. 體驗組、家庭組及少年雙人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向賽會租用的 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. 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 CATI, Family or Teen Duo 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 SPORTident card provided by Organizer during the race and return it to the Organizer after the race. **Runners are required to indemnify HK\$700 to the Organizer for any loss or damage of the SPORTident 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 **07:00** 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://NVii.TerraX.hk/> 公佈。報名一經接納，費用恕不退還。
  7. 賽員可對有違香港定向總會「定向比賽則例」事項或對賽會之指示作出投訴。投訴應以書面形式儘快向賽會提出。如投訴關於賽員成績，必須於成績下載關閉後 15 分鐘內提交。投訴將由賽會處理，結果將立刻向投訴人通告。
  8. 對賽會的投訴處理有所異議，可作抗議。抗議可由賽員或賽事工作人員提出。抗議必須在賽會公佈投訴結果後的 15 分鐘內以書面向賽會或裁判團成員提出。
  9. 抗議將由裁判團作出商議裁決。大會已邀請三位賽員擔任裁判團成員。裁判團議決後，裁判團的判決為最終決定。
- 
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 **07:00** 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://NVii.TerraX.hk/>. No refund shall be made once the registration is accepted.

7. Complaints may only be made by competitors. All complaints must be made to the organizer in writing within 15 minutes after Results Processing Station Closed. The organizer will record complaints and decisions made.
8. A protest can be made against the organizer's decision about a complaint. Protests can be made by competitors or event officials. Any protest shall be made in writing to the organizer or a member of the jury no later than 15 minutes after the organizer has announced the decision about the complaint.
9. The Jury will handle protests according to the Competition By-law.
10. The deliberation of verdict will be done by the Jury Panel. The Jury Panel reserves the final decision. The organizer has invited 3 competitors as Jury Panel members. The ruling of the Jury Panel is final.

📞 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 Tournament Website: <https://NVii.TerraX.hk/>

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





附錄

Appendix





# NVii 野外定向錦標賽 2022 TERRAX Orienteering Championships

## 💡 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

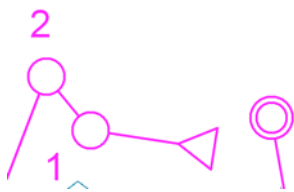
1. 衣服以輕便為主，切忌牛仔褲！建議穿著運動鞋、跑步鞋。
2. 帶備替換衣物、防曬用品、帽、蚊怕水。

### 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。



▶		△			
1	31	■		┐	
2	32	↗		↙	



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。





# NVii TERRAX 野外定向錦標賽 2022 Orienteering Championships

## 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

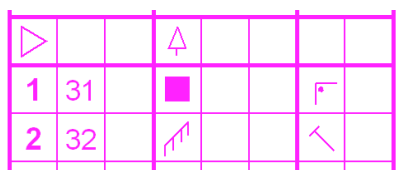
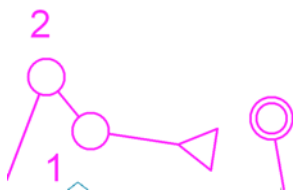
1. Clothes should be lightweight and please do not wear jeans! It is recommended to wear sports shoes or running shoes.
2. Bring extra clothing for replacement, sunscreen, caps, and mosquito-repellents.

### 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. 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.



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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# NVii 野外定向錦標賽 2022

## TERRAX Orienteering Championships

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

A B C D E F G H 每行釋義

IOF Event Example							
M45, M50, W21							
5		7.6 km		210m			
1	101						
2	212						
3	135						
4	246						
5	164						
O-----120----->							
6	185						
7	178						
8	147						
9	149						
O-----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米高大石之東面。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。

粗線右側之項目,為最重要。

A	B	C	D	E	F	G	H
2	212						

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

### International Control Description Symbols

### 國際控制點提示符號

C行

↑	北方的
↘	東南方的
↑	上面的
↓	下面的
↑	中間的

D行(地貌)

⌋	台地
⌋	山咀
⌋	山窩
⌋	泥坡
⌋	採石地
⌋	土壤/堤
⌋	沖溝
⌋	小乾溝
⌋	山丘
⌋	小丘
⌋	鞍部
⌋	陷地
⌋	小陷地
⌋	地洞
⌋	坎地
⌋	鐵丘

D行(岩石)

⌋	峭壁,陡崖
⌋	石柱
⌋	山洞
⌋	大石
⌋	群石地
⌋	大石堆
⌋	碎石地
⌋	岩石地
⌋	崖間狹路

D行(水系)

⌋	湖,水塘
⌋	池塘
⌋	水洞
⌋	河溪,水道
⌋	小溝,溝渠
⌋	狹窄沼澤
⌋	沼澤
⌋	沼澤局部乾地
⌋	水井
⌋	水道源頭
⌋	水箱

D列(人造特徵)

⌋	大路
⌋	小道、小徑
⌋	林中間隙
⌋	人行橋
⌋	電纜
⌋	電纜架/桿
⌋	隧道
⌋	石牆
⌋	圍欄
⌋	橫越點
⌋	建築物
⌋	水泥地
⌋	破毀建築物
⌋	管道
⌋	塔架
⌋	射擊台
⌋	石標誌
⌋	飼料架
⌋	炭灰地
⌋	紀念碑、塑像
⌋	有蓋通道
⌋	階梯

F行(大小)

2.5	高度、深度(米)
8x4	水平面積(米)
9x0	斜坡上的特徵物之高度(米)
20 30	兩種特徵物之高度(米)

D行(植被)

⌋	空曠地
⌋	半空曠地
⌋	樹林之角
⌋	林中空曠地
⌋	密林,密植叢
⌋	密樹籬
⌋	植被分界
⌋	樹叢
⌋	獨樹
⌋	倒樹根

D列(特定的符號)

⌋	墳墓(香港適用)
⌋	特定項目

E行(外觀細節)

⌋	低矮的
⌋	淺的
⌋	深的
⌋	茂密的
⌋	開闊的
⌋	多岩石的
⌋	濕軟的
⌋	多沙的
⌋	針葉樹的
⌋	落葉樹的
⌋	倒塌的

F行(組合)

⌋	交叉處
⌋	連接處

G行(標誌旗的位置)

⌋	東北面
⌋	東南邊緣
⌋	西部
⌋	東角內
⌋	南角外
⌋	西南端
⌋	彎位
⌋	西北盡頭
⌋	上部
⌋	下部
⌋	在頂上
⌋	在底下
⌋	腳下(不指明方向)
⌋	東北面腳下
⌋	在兩者之間

H行(其他資料)

⌋	水站
⌋	電視或無線電站
⌋	工作人員檢查控制點
⌋	救傷站

G行(續)

⌋	兩個密林之間
⌋	大石與小丘之間

F行(續)

⌋	小徑交叉處
⌋	小徑與林隙交叉處
⌋	大路連接處
⌋	河溪與溝渠連接處

由最後控制點往終點之指示:

⌋ 380m ⌋ 往終點尚有380米,無指定路徑

⌋ 400m ⌋ 往終點為400米長之指定路徑

⌋ 150m ⌋ 往終點尚有150米,抵終點匯集區後,沿指定路徑前行

註:以下之指示,會因應個別賽程之需要而顯示。

由一控制點往另一控制點之指示:

⌋ 60m ⌋ 由控制點位置,沿著60米長之指定路徑前行

⌋ 300m ⌋ 兩控制點間為300米之指定路徑

⌋ 強制性橫越點

⌋ 強制性通道穿越禁區

⌋ 50m ⌋ 至換圖區為50米之指定路徑

7/2004香港版( IOF 2004版)



**2003  
IOF SYMBOLS**  
Vulcan Orienteering Club

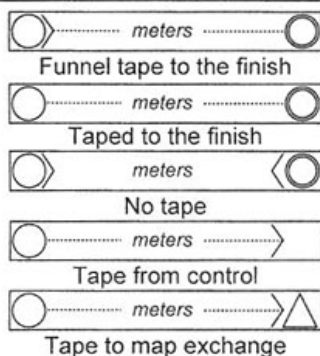
USOF  
United States Orienteering Federation  
www.us.orienteering.org

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

200m

**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



**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