



# 野外定向 錦標賽 2023

## Orienteering Championships

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

ngau4 liu4

牛 寮

baak6 sek6 kiu4

白 石 橋

賽事手冊

23.4.2023

Race Handbook



**THIS EVENT IS PROUDLY PRESENTED BY**

**Nvii**

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

**OFFICIAL COMPASS**

**stro**

**STRAIGHTER, FASTER  
BETTER**

**ORGANIZER**







# 基本資料

Basic Information







**NVii x TerraX 野外定向錦標賽 2023 暨 香港定向排名聯賽 – 中/長距離**  
**NVii x TerraX Orienteering Championships 2023 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	2023 年 4 月 23 日 (星期日)	23 <sup>rd</sup> April, 2023 (Sun)
地點 Location	牛寮及白石橋	Ngau Liu & Pak Shek Kiu
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	2023 年 3 月版 1:10000 比例 ISOM2017-2 彩圖 5 米等高線間距 國際定向提示符號	March 2023 version 1:10000 ISOM2017-2 Colour Map 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	鄺文暉先生 Mr. KWONG Man Fai Timothy	
賽程設計員 Course Setter	王裕康先生 Mr. WONG Yu Hong Bryan	
賽事控制員 Event Controller	陸志軒先生 Mr. LUK Chi Hin Solomon	
裁判團成員 Jury Panel Members	陳志成先生 Mr. CHAN Chi Sing Clement (晉峰行動 AA) 周智健先生 Mr. CHAU Chi Kin (青進野外定向會 YAOC) 梁嘉琪女士 Ms. LEUNG Ka Ki (港島定向力量 HKIOF)	



## 🏃 比賽日流程 Race Day Rundown 🏃

08:30	賽事中心開放 Event Centre Opens
09:15	出發區（精英組、公開組、先進組、大師組、青年組及少年組）、賽區、終點及成績處理開放 Start Area (M/WE, M/WO, M/WS, M/WM, M/WA & M/WB), Field, Finish & Result Processing Open
09:30	精英組、公開組、先進組、大師組、青年組及少年組開始出發 M/WE, M/WO, M/WS, M/WM, M/WA & M/WB Begin to Start
10:45	出發區（精英組、公開組、先進組、大師組、青年組及少年組）關閉 Start Area (M/WE, M/WO, M/WS, M/WM, M/WA & M/WB) Closes
10:50	出發區（兒童組、家庭組、體驗組及優悠組）開放 Start Area (M/WC, FAMILY, CATI & CHILL) Opens
10:55	兒童組、家庭組、體驗組及優悠組開始出發 M/WC, FAMILY, CATI & CHILL Begin to Start
11:00	出發區（兒童組、家庭組、體驗組及優悠組）關閉 Start Area (M/WC, FAMILY, CATI & CHILL) Closes
13:00	賽區及終點關閉 Field and Finish Close
13:15	成績處理關閉 Result Processing Closes
13:30	截止投訴 Deadline for Complaints
13:40	頒獎 Prize Presentation
13:45	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.

所有成績均會於當天於賽事網站公佈。

All results will be published on the event website.





# 賽事中心

## Event Centre





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## 🏠 賽事中心 Event Centre 🏠

1. 賽事中心位於荃錦燒烤區場地 2（下圖紅點：<https://goo.gl/maps/vtgn7r3FxsKPyJ3K7>）。
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. 最近的洗手間位於扶輪公園大帽山茶水亭（下圖藍點：<https://goo.gl/maps/3ae6LQRPjTkvjzK36>），距離賽事中心約 200 米，步行需時約 5 分鐘。
4. 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。
5. 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。
6. 報到時工作人員將分發電子控制卡予已租用 SPORTident 電子控制卡的賽員，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。
7. 已申請出席證書的賽員可於完成比賽後於賽事中心領取。
8. 請保持賽事中心及賽區清潔，並帶走所有垃圾。



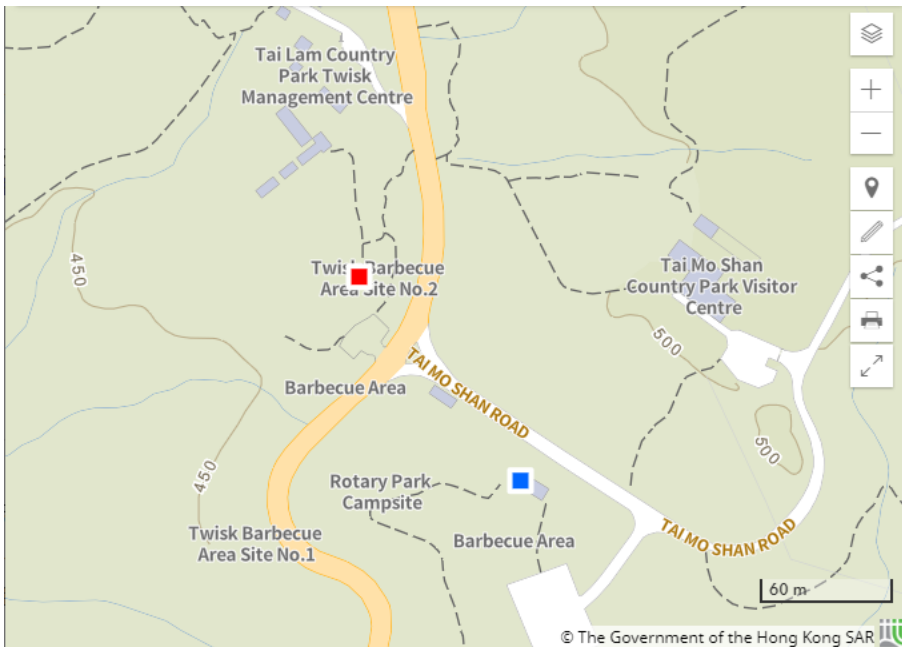
1. Event Centre is located at Twisk Barbecue Area Site No.2. (Red dot below, <https://goo.gl/maps/vtgn7r3FxsKPyJ3K7>)
2. Participants who have not started can only stay within the designated area at the event center. Participants may be disqualified if violating the regulations and enter the competition area in advance.
3. The nearest toilet is located at Tai Mo Shan Kisok, Rotary Park (Blue dot below, <https://goo.gl/maps/3ae6LQRPjTkvjzK36>). The toilet is around 200m away from the Event Centre and can be reached in around 5-minute walk.
4. Runners shall obtain number bib at the event centre. Pins will be available at event centre




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## Orienteering Championships

5. 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.
6. 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 are not allowed to download the results on behalf of others.
7. Runners who have applied for a certificate of participation can collect their certificates at the Event Centre after the race.
8. Please keep the competition area and Event Centre clean.







### 交通安排 **Transportation**

參加者可乘以下公共交通工具：

- A. 巴士 – 賽員可乘搭 51 號九巴於郊野公園站下車，跟隨大會指示步行約五分鐘前往賽事中心。
- B. 的士 – 賽員亦可從荃灣多層停車場大廈地下乘紅色的士往荃錦坳，車費約 HK\$80。

Runners can take

- a. Participants can take KMB route no. 51 (Tsuen Wan (Nina Tower – Sheung Tsuen (Circular))). Getting off at Tai Mo Shan Country Park Station and the Event Centre can be reached by around 5-minute walk.
- b. Alternatively, participants can take a taxi from G/F of Tsuen Wan Multi-storey Carpark Building to Twisk (Tsuen Kam Au). Fare ranges approximately HK\$80.





# 起點及出發程序

Start Point & Arrangements







### △ 預備出發區及起點 Pre-Start Zone & Start Point △

1. 由賽事中心步行往起點區需時約 30-40 分鐘，距離約 2400 米，攀高約 90 米，沿途有指示，賽員必須依照指定路線前往，違者將會被取消資格。途中有一小段路貼近荃錦公路，請小心超高速行駛的車輛！
2. 前往起點途中有水供應，為環保起見，建議賽員自備器皿。
3. 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。
4. 兒童組、家庭組、體驗組及優悠組的賽員請於起點區聽從工作人員指示等候出發。
5. 起點區設有大會時間顯示。

1. Start points take about 30-40 minutes walk for about 2400m distance with 90m ascent from the Event Centre. Runners must follow the signage to the start areas, otherwise they will be considered as disqualified. Beware of high speed vehicles when walk along a part of Route Twisk!
2. There is a self-service refreshment point on the way to start. Runners are advised to bring your own container for environmental friendly.
3. Runners are required to arrive at the start areas 5 minutes before the designated start time.
4. M/WC, FAMILY, CATI & CHILL runners are required to follow the officials' instruction at start area for start arrangement.
5. 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**及將**號碼布**扣於胸前。
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，表示計時指卡的功能運作正常。
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 and put the **number bib** on the front.
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. The "Check" unit will feedback with flashing optical signal and "beep" sound, meaning the SPORTident 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







## 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	2500	130	10	25-30
B	WE	WE	2100	100	9	25-30
C	MO	M21, M35	1900	100	10	25-30
D	WO	W21, W35	1800	100	9	25-30
E-1	MA	M16, M18, M20	1800	100	8	25-30
E-2	WA	W16, W18, W20	1600	100	8	25-30
F	MS, WS	M40, M45, M50, W40, W45, W50	1700	80	8	25-30
G	MM, WM	M55, M60, M65, W55, W60	1700	80	8	25-30
H	MB, WB	M12, M14, W12, W14	1600	70	7	25-30
I	MC, WC, FAMILY, CATI, CHILL	-	1500	50	7	25-30

- 賽程長度以直線距離計算。
- 各組的比賽限時均為 120 分鐘。
- 賽區有不同可跑性的樹林、灌木林、空曠地、沼澤地和植被為茂密的區域。
- 賽區內有不少倒下的大樹及斷枝，敬請小心。
- 部份植被或因天氣變化而與地圖所示有所差異，賽會已盡量更新。
- 部份小徑被植被遮蓋而不明顯，可跑性低甚至通行困難。
- 賽區部份位置的崖壁陡峭，**部份地洞隱蔽及深愈 2 米**，地圖或未有標示，賽員經過時請留意。
- 賽區內有數個「路不通行」的指示牌，並不代表大會立場。
- 賽區內或有露營人士、流浪牛隻、狗隻等動物出沒。遇到時請保持冷靜及安靜離開。
- 賽區西北面有一條限制出入的車路，賽員於賽事期間如需使用，請小心往來車輛及越野單車。
- 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。
- 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。**
- 賽區不設水站，賽員如有需要可攜帶適量飲料。





## 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	2500	130	10	25-30
B	WE	WE	2100	100	9	25-30
C	MO	M21, M35	1900	100	10	25-30
D	WO	W21, W35	1800	100	9	25-30
E-1	MA	M16, M18, M20	1800	100	8	25-30
E-2	WA	W16, W18, W20	1600	100	8	25-30
F	MS, WS	M40, M45, M50, W40, W45, W50	1700	80	8	25-30
G	MM, WM	M55, M60, M65, W55, W60	1700	80	8	25-30
H	MB, WB	M12, M14, W12, W14	1600	70	7	25-30
I	MC, WC, FAMILY, CATI, CHILL	-	1500	50	7	25-30

- Course length is calculated using **straight line distance**.
- Time limit of all classes is 120 minutes.
- Terrain is combined by forest with different runnability, bush, open area, marsh and green.
- Please be careful of amounts of fallen trees and broken branches in terrain.
- Parts of vegetation may be different with map due to weather, and we tried to keep it up to date.
- Some paths are covered by undergrowth and indistinct, which lowers the runnability or even difficult to pass.
- There are steep cliffs in some areas while **some pits are hidden and 2m deep** which may not be mapped. Runners please be aware when nearby.
- There are some "Road Closed" signages erected in the terrain. They do not represent the standpoint of Organizer.
- Camper, wild cattle and stray dogs may be found in terrain. Please keep calm and leave quietly
- There is a restricted road at northwest part of terrain and please pay attention to vehicles and MTB when using the road.

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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. **Participants are strongly recommended to wear long-sleeve o-jersey, trousers and shoes with studs / orienteering metal spike shoes.**
14. There will be no water point in the competition area. Participants can bring along their own drinks as per their own needs.





# 終點及成績處理

## Finish & Result Processing







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

1. 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。
2. 由終點步行返回位於賽事中心的成績處理站需時約 10-15 分鐘。
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. 賽會不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 13:00 前向終點報到，否則當失蹤論，勞煩賽會甚至警方出動搜索。

1. 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.
2. It takes about 10-15 minutes walk from Finish to result processing station located at the Event Centre.
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 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 station before the closure time. Otherwise, they will be considered as disqualified.
7. All participants must report to the Finish by 13:00 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.





# 電子打孔及計時系統指引

Punching and Timing System



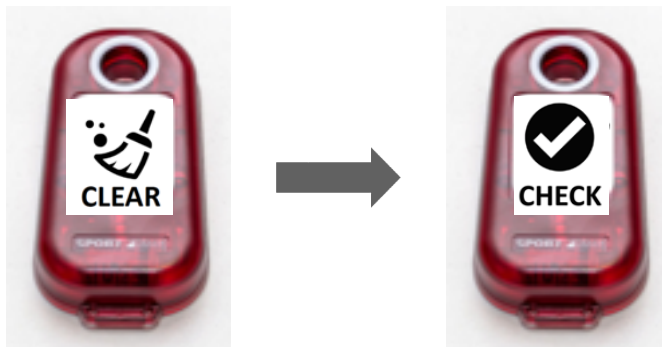





# 野外定向錦標賽 2023 Orienteering Championships

## 🕒 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：



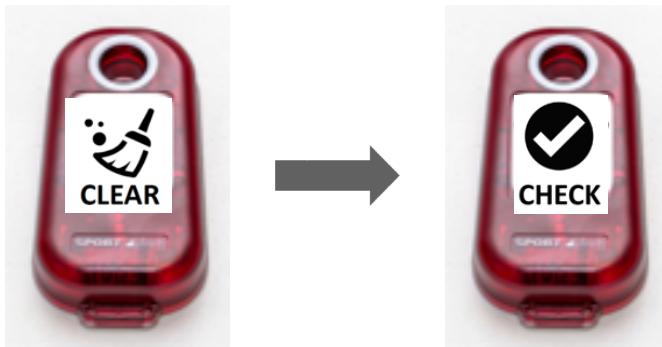




# 野外定向 2023 Orienteering Championships

## 🕒 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。賽事當天將設頒獎環節，成績會於當天於賽事網站公佈。

Prizes will be awarded to the top 3 competitors of each class. There will be prize presentation session on the event day. All results will be published on the event website.

## 📖 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 and 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. 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 TERRAX 野外定向錦標賽 2023 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

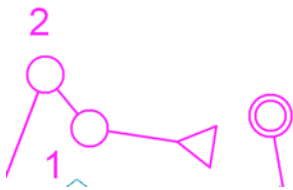
1. 衣服以輕便為主，切忌牛仔褲！建議穿著運動鞋、跑步鞋。
2. 帶備替換衣物、防曬用品、帽、蚊怕水。

### 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。



## 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

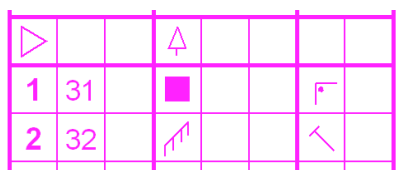
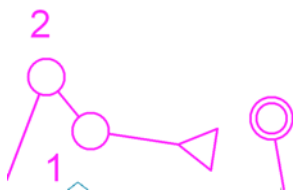
1. Clothes should be lightweight and please do not wear jeans! It is recommended to wear sports shoes or running shoes.
2. Bring extra clothing for replacement, sunscreen, caps, and mosquito-repellents.

### 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 2023

## 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米高巨石之東面。有工作站。

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

D列(特定的符號)

⌋	墳墓(香港適用)
⌋	特定項目

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(大小)

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

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)

⌋	工作站
⌋	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

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**2003  
IOF SYMBOLS**  
Vulcan Orienteering Club

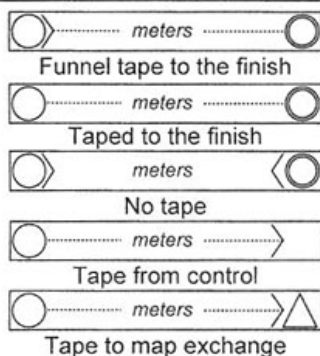
USOF  
United States Orienteering Federation  
www.us.orienteering.org

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	
V	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
V	deep
▭	overgrown
□	open
▲	rocky
—	marshy
—	sandy
△	Needle leaved
○	deciduous
—	ruined, collapsed

**F - dimensions**

1	Height (meters)
2x2	Size (meters)

**Combinations**

Y	junction
X	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