



中國香港攀總

主辦

# 速度攀登體驗賽 2023



康樂及文化事務署  
Leisure and Cultural  
Services Department

資助

練習日期 : 2023 年 6 月 18 (星期日) 及 24 日 (星期六) 下午 1 時至 7 時  
 比賽日期 : 2023 年 7 月 8 日 (星期六) 上午 10 時至下午 5 時  
 (比賽時間會視乎最終報名人數而作出調整(如有需要)。比賽時間表會於比賽前  
 5 個工作天上載於總會網頁: [www.chkmcu.org.hk](http://www.chkmcu.org.hk))  
 比賽地點 : 調景嶺體育館 (將軍澳翠嶺路 2 號)  
 報名 : 填妥報名表並連同劃線支票 (抬頭“中國香港攀山及攀登總會有限公司”)  
 寄回: 香港銅鑼灣掃桿埔大球場徑一號奧運大樓 1013 室  
 獎項 : 每組設有冠、亞及季軍 (少於四人參加之組別將會被取消或合併; 只有四至五人  
 參加之組別, 只設冠軍)  
 名額 : 80 人  
 截止日期 : 2023 年 6 月 8 日 (星期四) “以郵戳作準, 逾期報名, 恕不接受”  
 查詢 : 2504 8125  
 網頁 : [www.chkmcu.org.hk](http://www.chkmcu.org.hk)

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組別	參賽資格	項目	報名費
M - 16+	16 歲或以上 (以年份計算 2007 或之前出生) (現役香港代表隊(速度隊)成員除外)	速度	\$250
F - 16+			
M - U15	14-15 歲 (以年份計算 2008-2009 年出生) (現役香港代表隊(速度隊)成員除外)		
F - U15			
M - U13	12-13 歲 (以年份計算 2010-2011 年出生)		
F - U13			
M - U11	10-11 歲 (以年份計算 2012-2013 年出生)		
F - U11			
M - U9	8-9 歲 (以年份計算 2014-2015 年出生)		
F - U9			

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### 備註:

1. 賽員須知及出場序將於比賽前 5 個工作天上載於總會網頁: [www.chkmcu.org.hk](http://www.chkmcu.org.hk), 參加者必須自行瀏覽。
2. 參加者須自備安全帶及攀石鞋作賽。大會將備有少量安全帶供租用, 費用 \$50。
3. 大會將會安排於練習日向賽員簡介賽例, 比賽當日不設賽例簡介, 請賽員盡量抽空出席至少一次練習日。
4. 比賽範圍內不准進食。
5. 賽員必需穿著大會指定比賽背心。由 2019 年起, 大會將不再免費提供比賽背心, 賽員需另付 \$80 購買。你亦可穿著過往參與攀總比賽的白色比賽背心。
6. 所有參加者同意授權予總會使用其肖像、姓名、聲線及所提供的資料只用於本會與資助機構的康體活動報名事宜及活動宣傳之用。在遞交申請表後, 如欲更改或查詢你的個人資料, 可與本會職員聯絡。
7. 大會已為活動購買第三者責任保險。如有需要, 參加者請自行購買所需保險。
8. 如以上資料有未盡善之處, 本會有權隨時作出修改而無須另行通知。

# National Climbing Tournament – Speed 2023

Practice date : **June 18 & 24, 2023 (Sunday & Saturday) 1pm to 7pm**  
 Competition date : **July 8, 2023 (Saturday) 10 am to 5pm**  
 (the time of competition may be subject to change depending on the total number of applicants and the competition schedule will be uploaded on CHKMCU website: [www.chkmcu.org.hk](http://www.chkmcu.org.hk) 5 days prior to the date of competition)  
 Venue : Tiu Keng Leng Sports Centre (2 Chui Ling Road, Tseung Kwan O, N.T.)  
 Enrollment : Mail the completed entry form together with a crossed cheque made payable to “China Hong Kong Mountaineering and Climbing Union Ltd.” to Room 1013, Olympic House, 1 Stadium Path, So Kon Po, Causeway Bay, Hong Kong.  
 Prize : 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> Prize in each category. (For those categories with less than 4 entries, those categories will be cancelled or combined; For those categories with only 4 or 5 entries, only 1<sup>st</sup> prize will be awarded.)  
 Quota : 80 persons  
 Deadline : Postmarked by **June 8, 2023 (Thursday) “Late application will not be accepted”**  
 Enquiries : 2504 8125  
 Website : [www.chkmcu.org.hk](http://www.chkmcu.org.hk)

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Category	Entry Requirement	Form of competition	Entry fee
M – 16+	Aged 16 or above (Born in 2007 or before) (Current HK Speed Team members are excluded)	Speed	HK\$250
F – 16+			
M – U15	Aged 14-15 (Born in 2008-2009) (Current HK Speed Team members are excluded)		
F – U15			
M – U13	Aged 12-13 (Born in 2010-2011)		
F – U13			
M – U11	Age 10-11 (Born in 2012-2013)		
F – U11			
M – U9	Aged 8-9 (Born in 2014-2015)		
F – U9			

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## Remarks:

- Event information & starting order shall be uploaded on CHKMCU website: [www.chkmcu.org.hk](http://www.chkmcu.org.hk), 5 days before the day of the event. Participants must browse on their own.
- All participants are required to compete with their own harness and climbing shoes. You may rent the harness @\$50 from the Organizer if needed.
- The organizer will provide a briefing about the competition rules on the practice days. No additional briefing will be given on the competition day. Participants are encouraged to take part in at least one practice day.
- No eating is allowed in competition area.
- All participants must wear the competition vest.** From 2019 onward, the Organizer will charge \$80 for each competition vest. You may also wear the previous CHKMCU competitions' white vest.
- All competitors grant the permission and assign all rights, title and interest to the CHKMCU to utilize their appearance, names, voice, bio-data likeness in connection with the competition in any promotion and publicity of recreation and sports activities organized by our Union and subvented parties. For correction of or access to personal data after submission of this form, please contact the staff of the Union.
- The organizer has taken out the third-party insurance for the event. Participants can take out an insurance by yourself if needed.
- In case of any deficiency, our Union reserves the right to amend the above information at any time without further notice.



主辦  
Organizer

# 速度攀登體驗賽 2023 National Climbing Tournament – Speed 2023



資助  
Subvented by

## 報名表 Entry Form

中文姓名 \_\_\_\_\_ 英文姓名 \_\_\_\_\_  
 Name in Chinese: \_\_\_\_\_ Name in English: \_\_\_\_\_  
 身份證號碼 (首 4 位數字或字母) \_\_\_\_\_ 出生年份 \_\_\_\_\_ 年齡 \_\_\_\_\_ 性別 \_\_\_\_\_  
 I.D. Card No. (First 4 digits or letters): \_\_\_\_\_ Year of Birth: \_\_\_\_\_ Age: \_\_\_\_\_ Sex: \_\_\_\_\_  
 聯絡電話 \_\_\_\_\_ 電郵 \_\_\_\_\_  
 Contact No.: \_\_\_\_\_ Email: \_\_\_\_\_

比賽組別 Category:	<input type="checkbox"/> 1) M – 16+	<input type="checkbox"/> 2) F – 16+
	<input type="checkbox"/> 3) M – U15	<input type="checkbox"/> 4) F – U15
	<input type="checkbox"/> 5) M – U13	<input type="checkbox"/> 6) F – U13
	<input type="checkbox"/> 7) M – U11	<input type="checkbox"/> 8) F – U11
	<input type="checkbox"/> 9) M – U9	<input type="checkbox"/> 10) F – U9

練習時間 Practice time	請按志願填寫 1, 2, 3 Please indicate your preference in 1, 2, 3	請按志願填寫 1, 2, 3 Please indicate your preference in 1, 2, 3
	18/6/2023 (星期日)	24/6/2023 (星期六)
1300-1500		
1500-1700		
1700-1900		

因需控制人流，參加者只可報名參加同一天其中一節練習。所有參加練習的賽員必須事前報名方可進入場地。不設即場報名。For better crowd control, each participant could only join one practice session in each day. All participants who want to join the practice must register beforehand. No walk-in is allowed.

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由 2019 年起，大會將不再免費提供出賽背心。如有需要，請另附支票\$80 購買，抬頭“中國香港攀山及攀登總會有限公司”。你亦可穿著過往參與攀山比賽的白色比賽背心。From 2019 onward, the Organizer will not provide free competition vest. If you need to purchase, please prepare another \$80 cross cheque made payable to “China Hong Kong Mountaineering and Climbing Union Limited”. You may also wear the past CHKMCU competitions' white vest.

另購比賽背心尺碼 Competition vest size for purchase:

碼 / 胸圍	2	3	4	5	6	2XS	XS	S	M	L	XL	2XL
請加✓號												

比賽背心尺碼表請參考以下網頁: [http://chkmcu.org.hk/images/465/competition\\_vest\\_size\\_chart.jpg](http://chkmcu.org.hk/images/465/competition_vest_size_chart.jpg)

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聲明：本人謹此聲明，本人的健康及體能良好，適宜參加上述賽事。

Declaration: I hereby declare that I am physically fit and healthy, suitable to participate in the competition.

簽署 \_\_\_\_\_ 日期 \_\_\_\_\_  
 Signature: \_\_\_\_\_ Date: \_\_\_\_\_

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家長或監護人簽署「同意書」(未滿十八歲者，必須簽署)  
 Parents' or guardian's signature is required for participant under 18

本人謹此聲明，本人同意申請人參加上述活動，並聲明他 / 她的健康及體能良好，適宜參加上述活動。  
 I hereby declare that I permit the participant to take part in the event and physically fit and healthy, suitable to participate in the event.

家長/監護人姓名 \_\_\_\_\_ 簽署 \_\_\_\_\_  
 Parents/Guardian's Name: \_\_\_\_\_ Signature: \_\_\_\_\_  
 關係 \_\_\_\_\_ 日期 \_\_\_\_\_  
 Relationship: \_\_\_\_\_ Date: \_\_\_\_\_