

3rd Asian School Cross Country Championship 2017 – Selection Trial

General Rules

1. Event Date 10 April 2017 (Mon)
2. Venue Old Course hole 1 to 4, The Hong Kong Golf Club (Fanling)
Address: Lot No. 1 Fan Kam Road, New Territories
3. Reporting Time 9:45 – 11:30am
4. Distance U17 Boys & Girls (3 laps, approximately 6km);
U15 Boys & Girls (2 laps, approximately 4km)
5. Registration All competitors shall report to the registration counter upon arrival. After the announcement of registration, competitors shall report to the Marshalling Point with valid HKSSF Student Registration Cards. **No competitors will be allowed to run without showing 2016-2017 HKSSF Student Registration Card.** After registration, they will be given 2 number-cloths which must be pinned properly on the front and back of competitors' shirts.
6. Briefing A briefing session of the race in Cantonese and English will be conducted before the race starts. Competitors must pay full attention to the briefing and follow the instructions given.
7. Starting Time 10:30 am (U17 Girls' Category); 11:15 am (U17 Boys' Category)
11:45 am (U15 Girls' Category); 12:15 pm (U15 Boys' Category)
8. Jersey Competitors must put on a proper running jersey. No changing facilities will be provided at the Golf Club, competitors are strongly advised to put on their jerseys upon arrival.
9. Water Station Water is served in cup at Turning point.
10. Safety Competitors must be aware of safety during running. First-aid Service will be provided at Checkpoint E/I and Finishing area.
11. Restriction
 - 1) Spectators, coaches, supporters and others may not run alongside competitors.
 - 2) During the race, competitors are **not** allowed to:
 - a) receive any assistance
 - b) bring along food/drinks
 - c) wear headsets or earphones
12. Withdrawal Competitors who decide to withdraw from the race should remove their 'number-cloths' and hand them to the nearest checkpoint official.
13. Finishing Each competitor will be given a Position Card as soon as he/she reaches the finishing line. The competitor must immediately take it to the Registration Counter together with the 'number-cloths' for recording purpose.
14. Sun protection All participants should wear sufficient sun screen protection.
15. Toilet facilities 10 portable toilets will be set up in the Car Park. No Changing Facilities available at the Golf Club.

16. 1st Stage Training Top 10 athletes of each category will be selected to the 1st Stage of the Pre-competition Training. Team Briefing will be conducted at 12:45pm. (near Registration Counter)
17. All Rules and Guidelines set by the Organizing Committee should be followed.
18. All matters not covered above shall be dealt with by the Hong Kong Schools Sports Federation, whose decision shall be final.
19. For enquiries, please contact the External Office of HKSSF at 2768 8212.