

# Schools Interport Cross Country Competition 2018-2019 – Selection Trial

## General Rules

1. Event Date (Updated) ~~22 Sep 2018 (Sat)~~  
~~29 Sep 2018 (Sat – Fallback)~~  
20 Oct 2018\*
2. Venue Tai Lam Country Park, Tai Tong (元朗大欖郊野公園大棠段)
3. Reporting Time 9:45 – 11:00am (At least 20 mins before Start time of respective category)
4. Distance (Updated) Boys (approximately 8km\*);  
Girls (approximately 6km\*)
5. Registration All competitors and team managers 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 2018-2019 HKSSF Student Registration Card.** After registration, they will be given 1 number-cloth 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 (Girls' Category); 11:15 am (Boys' Category)
8. Uniform Competitors must put on a proper running jersey. Competitors are required to wear their uniform tops bearing school name / abbreviation / badge, which should be sewn, stenciled or marked on permanently. No changing facilities will be provided at the competition venue, competitors are strongly advised to put on their uniform upon arrival.
9. Water Station (Updated) Water is served in cup at Checkpoint C\*.
10. Safety Competitors must be aware of safety during running. First-aid Service will be provided at Checkpoint C and Finishing Area. Competitors must watch out for pedestrians and vehicles at all times.
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           Toilets is located near the Registration Counter. No Changing Facilities available at the venue.
16. 1<sup>st</sup> Stage Training       Top 12 athletes of each category will be selected to the 1<sup>st</sup> Stage of the Pre-competition Training. Team Briefing will be conducted at 12:00n.n. (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.