

2nd Asian School Cross Country Championship 2014 – Selection Trial

General Rules

1. Event Date 10 May 2014(Sat) [Fallback Day: 17 May 2014]
2. Venue Main Dam, Shing Mun Reservoir
3. Reporting Time 08:45 am
4. 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 2013-2014 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.
5. Staff / Team Manager All nominated students shall be accompanied by a staff member of the school, or an authorized member appointed by Head of School. He / she shall remain with the students until end of the selection. For details, please refer to "Secondary Schools General Information Booklet" P. 14 pt 11.
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 09:30 am (U18 Boys' Category); 10:15 am (U16 Boys' Category)
11:00 am (U18 Girls' Category); 11:30 am (U16 Girls' Category)
8. Jersey Competitors must put on a proper running jersey. Due to limited space in the toilets and changing facilities at the Park, competitors are strongly advised to put on their jerseys before arrival.
9. Safety Competitors must be aware of safety during running. Auxiliary Medical Service will provide first-aid services at Checkpoint C.
10. 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
11. Withdrawal Any competitor who decides to withdraw from the race should remove their 'number-cloths' and hand them to the nearest checkpoint official.

12. 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.

13. 1st Stage Training Top 6 positions of each category will be selected to the 1st Stage of the Pre-competition Training. Team Briefing will be conducted at 12nn. (near Registration Counter)

14. All Rules and Guidelines set by the Organizing Committee should be followed.

15. All matters not covered above shall be dealt with by the Hong Kong Schools Sports Feration, whose decision shall be final.

16. For enquiries, please contact the External Office of HKSSF at 2768 8212.