



MAZERUN BATTLE

迷宮 對決

· 2021 ·

BY TERRAX

18.9.2021

Orgaznierz



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Maze Support



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基本資料及防疫措施

Basic Information &
Epidemic Prevention Measures



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2021

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TerraX 呈獻：迷宮對決 2021

Mazerun Battle 2021 by TerraX

基本資料 Basic Information

主辦 Organizer	TerraX Sports Club	
技術夥伴 Technical Partner	Y2Y 定向運動發展及培訓中心	Y2Y Orienteering Development and Training Centre
日期 Date	2021 年 9 月 18 日 (星期六)	18 th September, 2021 (Sat)
地點 Location	天主教佑華小學	Our Lady of China Catholic Primary School
形式 Format	淘汰制越野式定向賽 (順序到訪控制點)	Elimination cross-country type orienteering race (Visiting control points in sequence)
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	

比賽日流程 Race Day Rundown

組別及賽程 Class & fixture	進入賽事中心時間 Time to enter event centre	出發時間 Start time
MO/MS/Boys 十六強 R16	13:00 — 13:36	13:20 — 13:36
MO/MS/Boys/WO/WS/Girls 八強 QF	13:21 — 13:59 (如於十六強輪空 If Bye in R16)	13:41 — 13:59
所有組別 All classes 四強 SF	13:45 — 14:24 (如於八強輪空 If Bye in QF)	14:05 — 14:24
所有組別 All classes 季軍戰 3 rd place play-off	N/A	14:30 — 14:42
計時賽 Time Trial	N/A	14:46 — 15:01
所有組別 All classes 決賽 Final	N/A	15:05 — 15:17
15:20 比賽結束 Event ends		

賽後設有頒獎環節，所有成績均會於當天於賽事網站公佈。

There will be prize presentation session after the race. All results will be published on the event website on the event day.

如參加者未有參加接下來的 Str8 x TerraX 短途定向巡迴賽 2021，則需於完成計時賽或決賽後 20 分鐘內離開賽事中心。

Participants who did not participate in the following sprint tournament must leave the event center within 20 minutes after completing the time trial or final.

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防疫措施

1. 參加者必須確保身體狀況沒有呼吸道感染徵狀或其他身體不適，探測體溫確認沒有發燒跡象才可出席活動。
2. 參加者均必須沒有於過去 21 天內曾到訪海外地區、沒有正接受政府強制檢疫及醫學檢測的人士及沒有與確診人士有緊密接觸。
3. 整個賽事均位處**非公眾地方**內，賽事期間只限工作人員、參加者及未成年參加者之一位非參賽家長或監護人進入（報到時將提供身份辨識標籤），參加者必須出示已登記 SI 卡或報名確認電郵或方可入內。
4. 進入賽事中心時工作人員會為參加者量度體溫，如體溫在 37.5 度或以上，參加者不可進入賽事中心及不可參加比賽，報名費用將不會退還。
5. **由於時間有限，賽會強烈建議賽員於進入賽事中心前已更換好運動服飾，以節省於賽事中心準備的時間。**
6. **在場所有人士於任何時候均必須戴上口罩，參加者只可於領取地圖後除下，賽會將提供額外膠袋供賽員存放口罩，賽員需於比賽時隨身攜帶口罩，並於橫越終點線後立即戴上。惟賽會仍強烈建議賽員於比賽期間佩戴合適的運動口罩，以盡可能減低受傳染的風險。**
7. 在場所有人士於任何時候均必須盡可能保持相隔不少於 1.5 米的社交距離。
8. 如在活動過程中有身體不適或發燒症狀，參加者必須立即停止及退出活動。
9. 如活動期間，場地管理人員提出的額外防疫措施要求，請參加者全力配合。

Epidemic Prevention Measures

1. **As the courses may pass through residential area, participants are strongly recommended to wear sports masks to minimize the risk of infection.**
2. Participants must ensure that their physical condition has no symptoms of respiratory tract infection or other physical discomfort, and check their body temperature to confirm that there is no sign of fever before attending the race.
3. Participants must not have visited overseas countries in the past 21 days, have not been under government quarantine and medical testing, and have not had close contact with confirmed cases.
4. The whole race is located in **non-public places**. During the event, only officials, participants and one non-participating parent or guardians of under 18 participants (Identification label will be provided when registering). Participants must present their registered SI card or registration confirmation email to enter event centre.
5. When entering the event centre, the officials will measure the body temperature of the participants. If the body temperature is 37.5 degrees or above, participants are not allowed to enter the event centre or participate in the competition, and the entry fee will not be refunded.
6. **Due to the limited amount of time, we strongly recommends that the participants should change their sports clothing before entering the event centre to save time in preparation.**
7. **All persons must wear masks at all times. Participants can only take it off before after collected the map. Extra plastic bags will be provided for participants to store their masks. Participants must bring along their masks during the race and put it on immediately after crossing the finish line. However, we still strongly recommend that participants should wear suitable sports masks during the competition to minimize the risk of infection.**
8. All persons present must maintain a social distance of not less than 1.5 meters at all times.
9. If there is physical discomfort or fever during the activity, participants must stop and withdraw from the race immediately.
10. During the race, participants are requested to cooperate fully if the venue management officials request additional epidemic prevention measures.



賽事中心

Event Centre



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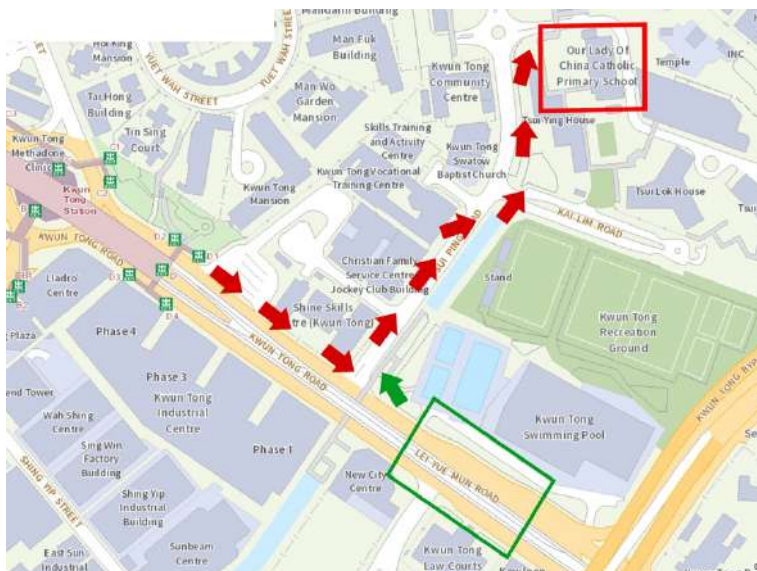
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賽事中心 Event Centre

1. 賽事中心位於天主教佑華小學（下圖紅框內）。
2. 洗手間設於賽事中心內。
3. 賽事中心設有大會時間顯示。
4. 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。
5. 參加者請根據賽員編號到賽事中心報到處領取電子控制卡。
6. 報到時工作人員將分發電子控制卡予已租用 SIAC 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. **參加者請於報到時領取號碼布，並於賽事期間一直佩戴。**
8. 已申請出席證書的賽員可於完成比賽後於賽事中心領取。

1. Event Centre is located at Our Lady of China Catholic Primary School. (In the red box below)
2. Toilet facilities are available at the Event Centre.
3. Official Time will be shown at the Event Centre.
4. 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.
5. Participants may have to collect their SIAC card (if needed) at the Event Centre.
6. Event officials will assign a SIAC 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 not allowed to download the results on behalf of others.
7. **Participants should collect their number bib at the event centre and always wear your race bib on the front during the race.**
8. Runners who have applied for a certificate of participation can collect their certificates at the Event Centre after the race.



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交通安排 **Transportation**

1. 賽會不安排交通，賽員須自行前往賽事中心。
2. 賽員可乘以下公共交通工具：
 - A. 港鐵 – 觀塘站 D1 出口步行 8 分鐘 [上圖紅色箭咀]；
 - B. 小巴/巴士 – 有多條小巴/巴士路線途徑賽事中心入口附近，賽員可於觀塘游泳池或觀塘法院（上圖綠色框）下車前往賽事中心。

小巴路線資訊：<http://bit.ly/2GnOSJd>

城巴/新巴路線資訊：<http://bit.ly/2y38Zl8>

九巴路線資訊：<http://bit.ly/2O5KWTF>

1. The Organizer will not provide any transportation. Participants have to arrange for their own transportation to the Event Centre.
2. Runners can take
 - a. MTR to Kwun Tong Station and walk 8 minutes from exit D1 to event centre (Follow the red arrow above)
 - b. Minibus or bus and alight at bus stop of Kwun Tong Swimming Pool or Kwun Tong Law Courts (Green box above), and walk to event centre.

Minibus route information: <http://bit.ly/2GnOSJd>

NWFB/Citybus route information: <http://bit.ly/2y38Zl8>

KMB route information: <http://bit.ly/2O5KWTF>



起點及出發程序

Start Point & Arrangements



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△ 起點 Start Point △



1. 起點設於賽事中心內。
2. 所有跑手均需按照賽程表並提早 5 分鐘到出發區準備，**任何遲到跑手將不會獲得出賽機會，並將立即被取消資格及淘汰出局。**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。
3. 起點區設有大會時間顯示。

1. Start point is located inside the Event Centre.
2. Runners are required to arrive the start area 5 minutes before the designated start time. **Any late runners will not be given a chance to race and will be immediately disqualified and eliminated.**
3. 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。
2. 建議賽員帶備指南針，有助尋找控制點之用。
3. 賽員須根據自己的出發時間進入三分區，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，以測試指卡運作正常。
4. 出發採用3分區制，3分格前將顯示「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. 1分格內不設閱讀地圖時間，賽員於1分格聽到起點響鐘及相關提示聲響響後方可閱讀地圖及出發。
7. 賽員不須在起點器拍卡，只需橫越起點線便可。
8. 出發線會顯示「大會時間」。
9. **任何遲到跑手將不會獲得出賽機會，並將立即被取消資格及淘汰出局。**

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🕒 Start Arrangement 🕒

1. Participants are required to present the SI card to the officials.
2. Compass and whistle are suggested to bring with you during the race. They are useful for orienteering and emergency issues.
3. Participants are required to enter the start area 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 to check if the card is functioning normally.
4. Call Up Time (Official Time + 3 minutes) will be shown at Pre-start area. 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. 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.
7. Punching Start in not required. Crossing the start line suffices.
8. Official Time will be shown at the start line.
9. **Any late runners will not be given a chance to race and will be immediately disqualified and eliminated.**



賽程及賽區資料

Courses and Terrain Information

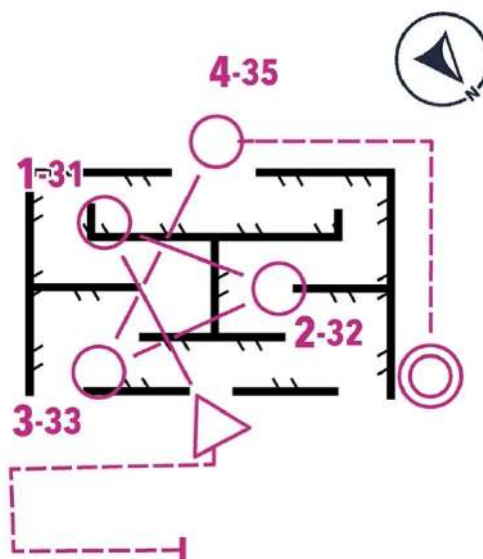


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賽程及迷宮資料



1. 迷宮地圖範例如上，跑手於出發區領取地圖後，需沿彩帶由出發區前往起點（三角形），並由起點進入迷宮戰區內開始對決。
2. 迷宮戰區內設有大量不能跨越的障礙物、危險警告膠帶及圍欄，任何跑手於任何時候均不得強行跨越，及於障礙物另一方將手伸到另一面打卡，否則將立即被取消資格及淘汰出局。
3. 戰區內的危險膠帶末端或以桌椅繫緊，惟地圖上的桌椅只會顯示為不可跨越圍欄的一部分，而不會顯示桌椅的實際形狀及大小。
4. 完成最後一個控制點後，跑手需沿彩帶前往終點。
5. 與一般定向地圖不同，指北線/標記並非指向上方，請小心使用指南針正置地圖。
6. 迷宮戰區區域狹窄，請小心避免與對手及其他跑手碰撞。
7. 是次賽事將不會使用任何的 SPORTident Air+（遙距打卡）的功能，故跑手於到訪所有控制點及到達終點時，均需將 SPORTident 卡以傳統模式打孔，否則將無法下載閣下的打卡記錄。
8. 由於迷宮對決中的控制點較為接近，SIAC 卡的反饋時間（即 SIAC 卡發聲及閃燈的時間）或超過到訪由控制點到控制點的時間，以致跑手未能在反饋完成前在下一個控制點打孔，故賽事當日我們將設立 SPORTident 服務站，協助使用 SIAC 的跑手縮短 SIAC 的反饋時間，以確保跑手可流暢地到訪所有控制點，完成賽事後可將其還原。
9. 所有於第一場對決落敗的跑手將可獲資格參與個人計時賽，個人計時賽將於 14:46 – 15:01 開始進行，跑手以 30 秒間隔的形式出發，最快完成計時賽的首三位跑手可獲獎品及獎座。
10. 部分組別 (MJ, WS, GIRLS) 由於參賽人數不足，部分跑手已被安排直接晉身 4 強，跑手於 4 強落敗後將可獲得參加季軍戰的機會。基於公平原則，上述跑手於第一場（即 4 強）落敗後將不會獲得參加計時賽的機會。

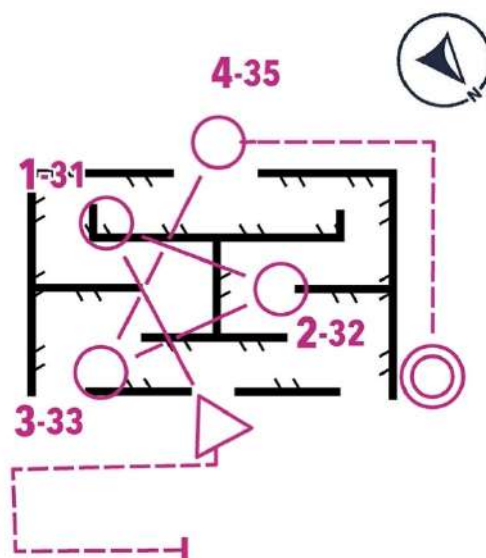
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Courses and Maze Information

- Example of the maze map is on the right. After receiving the map in the starting area, the runners need to follow the colored ribbon from the starting area to the starting point (triangle), and enter the maze war zone from the starting point to start the duel.
- **There are a large number of obstacles, danger warning tapes and fences that cannot be crossed in the maze battle zone. Any runner is not allowed to cross forcibly at any time, and the other side of the obstacle should extend his hand to the other side to punch the card, otherwise will be disqualified immediately and eliminated.**
- The ends of the dangerous tape in the battle zone may be fastened with tables and chairs, but the tables and chairs on the map will only be displayed as part of the impassable fence. The actual shape and size of the tables and chairs will not be displayed.
- After completing the last control point, runners need to follow the colored ribbon to the finish line.
- **Different from general orienteering maps, the north line/marker does not point upwards. Please be careful to use the compass to set the map upright.**
- **The maze battle zone is narrow, please be careful to avoid collisions with opponents and other runners.**
- SPORTident Air+ (remote punching) will not be used in this race. Runners must punch the SPORTident card in the traditional mode when visiting all control points and when reaching the finish line, otherwise they will not be able to download you Check-in record.
- Due to the close proximity of the control points in the maze duel, the feedback time of the SIAC card (i.e. the time for the SIAC card to sound and flash) may exceed the time from the control point to the control point, so that the runner fails to get down before the feedback is completed. A control point is punched, so we will set up a SPORTident service station on the day of the race to assist runners using SIAC to shorten the feedback time of SIAC to ensure that runners can smoothly visit all control points and restore them after completing the race.
- All runners who lose in the first battle will be eligible to participate in the individual time trial. The individual time trial will start from 14:46 – 15:01. The runners will start at 30-second intervals and



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complete the time as soon as possible. The first three runners of the time trial will receive prizes and trophies.

- Due to insufficient number of runners, some runners from MJ, WS & GIRLS have been arranged to directly advance to the semi final. Such runners will be given the opportunity to participate in the third place play-off after defeating in the semi final. Based on the principle of fairness, the above runners will not be given the opportunity to participate in the time trial after defeat in the first game (ie the semi final).



終點及成績處理

Finish & Result Processing



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

1. 終點及成績處理區設於賽事中心內。
2. 所有賽員抵達終點時，**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及閃燈。
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，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)。

1. Finish is located next to the Event Centre.
2. All participants are required **to punch the "Finish" unit** when you reach the finish. The timing stops when participants punch the "Finish" unit and the unit will feedback with "beep" sound and flashing optical signal as confirmation.
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 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.**



電子打孔及計時系統指引

Punching and Timing System



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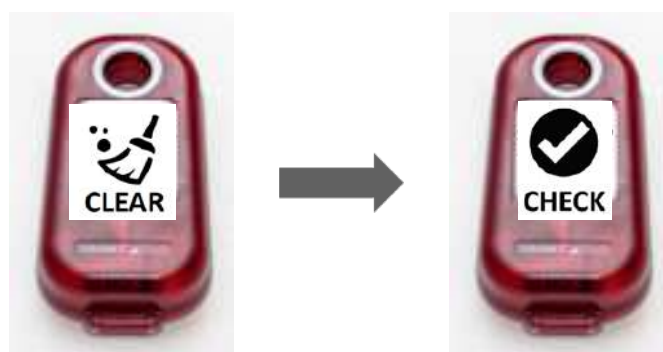
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🕒 電子打孔及計時系統指引 🕒

SPORTident 電子計時系統使用方法

1. 賽員須於賽事中心領取 SPORTident 計時指卡，並於進入出發區前把指卡放在「Clear」感應器上，以清除過往的比賽紀錄，及後把指卡放在「Check」感應器上，以測試指卡運作正常。



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. 所有賽員抵達終點時，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。

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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 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. 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：



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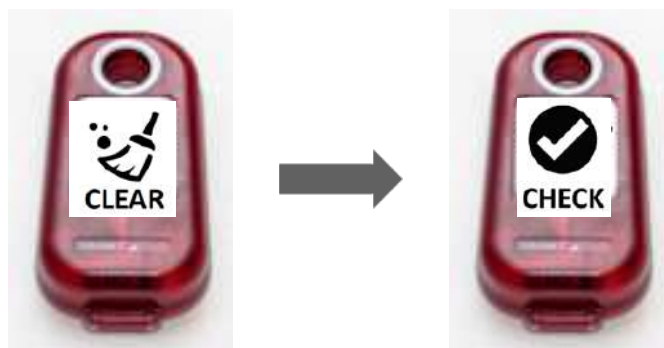
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🕒 Punching and Timing System 🕒

SPORTident punching and timing system user guide

1. Runners are required to collect a SPORTident card with at Event Centre. 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 in 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. **All participants are required to punch the “Finish” unit when you reach the finish. The timing stops when participants punch the “Finish” unit and the unit will feedback with “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

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record at certain control point with either the SPORTident card or the physical punch, their record at that control point is deemed invalid.

- 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.
- 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. Runner have 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, 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



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🏆 獎項 Prizes 🏆

1. 各組前 3 名將獲頒發獎項。賽事當天將設有頒獎環節，成績會於當天於賽事網站公佈。
1. 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 on the event day.

📖 規則 Rules 📖

1. 除賽會提供的地圖以及本須知提及的裝備外，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。
3. 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。
4. 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。
5. 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。
1. Except the map provided by the Organizer and gear specified in this Event Information document, runners are prohibited to use any other equipment, including communication devices, such as mobile phone and walkie-talkie, 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, Family or Teen Duo 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 Y2Y Orienteering Development and Training Limited 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.

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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. 比賽當日**13:00**後，如有黃色或以上暴雨警告、3號或以上熱帶氣旋警告訊號生效，賽事將不會舉行。延期作賽與否，或其他安排，將會在網頁 <https://maze.terrax.hk/> 公佈。報名一經接納，費用恕不退還。
-
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 are deemed latest.
 2. All runners and their parents are responsible for their own personal accident. 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 accident and property lost 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. If Amber Rainstorm Signal, Typhoon No.3 or above is hoisted after **13:00** on the race day, the race will be postponed or cancelled. Any re-race arrangement will be announced on <https://maze.terrax.hk/>. No refund shall be made once the registration is accepted.

聯絡我們 Contact Us

TerraX Sports

電郵 Email: 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://str8.terrax.hk/>

Facebook : <https://fb.com/TerraXsports>

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附錄

Appendix



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☀ 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，建議帶出賽：指南針助你玩得更得心應手。
3. 留意大會設置，如終點及成績下載處的位置。
4. 提前 5 分鐘到起點準備。

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。



3. 到達每個控制點必須檢查編號，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。

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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

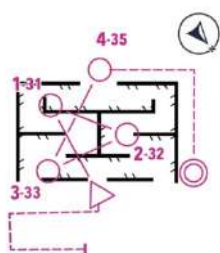
1. Clothes should be lightweight and please do not wear jeans! It is recommended to wear sports shoes or running shoes.
2. Bring extra clothing for replacement, sunscreen, caps, and mosquito-repellents.

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, it is recommended to bring them with you during the race. The compass is a great assistance for orienteering.
3. Pay attention to the event settings, such as the location of the finish and the result processing station.
4. Arrive the 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 map 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.