



資助 Subvented by:

主辦機構：中國香港潛水總會有限公司



Latest version: 1v0

第二十八屆國際長距離蹼泳邀請賽
The 28th International Long Distance Finswimming Invitational Competition
二零二四年十一月二十四日 24th November 2024
比賽章程 Information of the Championship

比賽日期：2024年11月24日（星期日）

召集時間：上午10時00分

比賽時間：下午12時00分

地點：淺水灣泳灘長堤(近觀音像)

賽程：1000米

水溫：大約24°C - 26°C (參賽者可自行決定是否穿著保暖膠衣)

參賽資格：除國際組外，必需為2024-2025年度有效中國香港潛水總會會員，並擁有香港居民身分證及願意遵守本會章則，及全部符合下列各項比賽條件，方可報名參加：

1. 曾參加中國香港潛水總會(潛總)舉辦的蹼泳推廣訓練班之蹼泳學員；或
2. 曾參加潛總蹼泳屬會舉辦的訓練班之蹼泳學員；
3. 需經由潛總活躍蹼泳屬會及註冊蹼泳教練加簽推薦；
4. 一切提交的資歷需經由潛總作最後審核，如發現提交資歷出現紕漏，其申請將不獲受理。
5. 需參與賽前測試並達到合格時間。

組別：

I. 1000米競賽組(16歲或以上)(雙蹼)－男子、女子

II. 青少年甲組(13-15歲)1000米(雙蹼)－男子、女子

III. 青少年乙組(10-12歲)1000米(雙蹼)－男子、女子

註：基於安全和大會流程安排理由，每位參賽者只可參與一個項目。

比賽形式：單蹼－利用單蹼及呼吸管以海豚式前進

雙蹼－利用雙蹼以任何泳式前進，必需使用呼吸管

報名費用：港幣100元正

測試：所有參加比賽泳員必須於2024年10月4或18日晚上8時至10時李鄭屋游泳池參加測試，測試時使用的器材需與比賽時用的相約，通過測試後方可確認比賽資格。

1000米參加者：於30分鐘內游畢2000米

3000米參加者：於55分鐘內游畢4000米

付款方法：以劃線支票抬頭『中國香港潛水總會有限公司』郵寄至香港銅鑼灣掃桿埔大球場徑一號奧運大樓1043室，或以現金或支票方式親身遞交。

獎牌：各組設冠、亞及季三名獎項，均有精美獎盃及證書。凡游畢全程之參賽者均獲證書。

報名辦法：填妥蹼泳比賽報名表，連同報名費的劃線支票，抬頭請寫『中國香港潛水總會有限公司』及回郵信封寄回香港銅鑼灣掃桿埔大球場徑一號奧運大樓1043室『中國香港潛水總會』收。

截止報名日期為2024年10月14日下午6時正前，逾期將不獲受理

查詢：電話 2504 8154 或

傳真 2577 5601 或

電郵 enquiry@hkua.org.hk

備註：1. 如有任何遺漏，中國香港潛水總會保留最終決定權。

2. 中國香港潛水總會有權接受或拒絕任何人士參賽，而不須作出解釋。



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二零二四年十一月二十四日 24th November 2024
比賽章程 Information of the Championship

- Date** : 24th November 2024 (Sunday)
- Marshaling** : 10:00 a.m.
- Starting Time**: 12:00 p.m.
- Location** : The Repulse Bay Pier (Nearby Tin Hau and Kwun Yum Statues)
- Race Dist.** : 1000M
- Water Temp** : Approx. 24°C - 26°C (Participants can decide whether to wear wet suit or depending on their own need)
- Eligibility** : Except International group, all applicants must be a valid 2024-2025 Hong Kong China Underwater Association (HKCUA) member, have a HKID card, and must observe the roles, terms and conditions of HKCUA, and must conform all the following conditions to register the event:
1. Participants must have participated in any HKCUA finswimming training course; or
 2. Participants must have participated in finswimming training course held by any HKCUA finswimming aligned club;
 3. Applicants must be recommended and signed by one HKCUA active finswimming club and a registered (finswimming) instructor;
 4. HKCUA will make final decisions on all applications, any missing or untruthful information; the application will not be accepted.
 5. Applicants must participate a compulsory qualification test and required to reach qualified time and distance.
- Division** :
- I. 1000M Competition (Age 16 or above) (Bi fin) - Men, Women
 - II. Junior 1 (Age 13-15 years old) 1000M (Bi fin) – Boys, Girls
 - III. Junior 2 (Age 10-12 years old) 1000M (Bi fin) – Boys, Girls
- Notes** : **Due to safety reason and rundown arrangement, each applicant can only apply one event.**
- Description** : Mono fin - Use dolphin stroke with mono fin and snorkel.
Bi fin - Use any style to swim with bi-fin, snorkel must be used.
- Entry Fee** : HK\$100 per person
- Test** : **All participants must pass the swimming test for the confirmation of participating the competition, the equipment used during test should be similar to the ones used in the competition.**
Date: 4th Or 18th Oct 2024 Time: 8-10 p.m Venue: Lei Cheng Uk Swimming Pool
1000M: Finished 2000M in 30 minutes
3000M: Finished 4000M in 55 minutes
- Payment** : Post by cheque made payable to “Hong Kong China Underwater Association limited” and post to Room 1043, Olympic House, 1 Stadium Path, So Kon Po, Causeway Bay, Hong Kong. or hand in cash / cheque by your own.
- Awards** : Prizes and certificates will be awarded to the first 3 places for each division. Certificate will be given to all participants who finish the race.
- Entry** : Completed the Finswimming Competition Entry Form with a crossed cheque made payable to “Hong Kong China Underwater Association Limited” and returned envelope to Room 1043, Olympic House, 1 Stadium Path, So Kon Po, Causeway Bay, Hong Kong.

Application deadline is 14th October 2024, 6:00 p.m. Late application will not be accepted

Enquiry : Tel. 2504 8154 or
Fax 2577 5601 or
E-mail enquiry@hkua.org.hk

Note : 1. Any omission will be resolved by the HKCUA.
2. HKCUA has the authority to accept or to reject any application without explanation.