

第九屆全港運動會 THE 9TH HONG KONG GAMES

賽馬會 The Jockey Club 全城躍動 Vitality 活力跑 Run

沙田城門河畔 Sha Tin Shing Mun Riverside

3.3.2024 星期日 Sunday 費用全免 Free of charge

項目 Events	起跑時間 Start Time	名額 Quota	年齡 Age	活動編號 Programme no.	報名日期 Enrolment date	查詢 Enquiries
約三公里 About 3km	8:30 a.m.	4300	年齡不限 All are welcome	ME230002RUN	2024年1月10日上午8時30分· 先到先得	2601 7671
十公里 10km	8:00 a.m.	1200	16歲或以上 16 or above	ME230001RUN	Enrolment starts at 8:30 a.m. on 10 January 2024, first-come-first-served	

主辦 Organiser 體育委員會 Sports Commission

協辦 Co-organisers

民政事務總署 康樂及文化事務署 中國香港體育協會暨奧林匹克委員會 中國香港田徑總會 香港羽毛球總會 中國香港籃球總會
 Leisure and Cultural Services Department Leisure and Cultural Services Department Sports Federation & Olympic Committee of Hong Kong, China Zhong Kong China Association of Athletics Athletes Hong Kong Badminton Association Basketball Association of Hong Kong, China

中國香港足球總會 中國香港游泳總會 中國香港乒乓球總會 中國香港排球總會 中國香港網球總會 中國香港體育舞蹈總會
 The Football Association of Hong Kong, China Hong Kong Chinese Swimming Association Hong Kong China Table Tennis Association The Hong Kong China Tennis Association Volleyball Association of Hong Kong, China DanceSport Association of Hong Kong, China

中國香港登山及攀岩總會 中國香港滾輪運動及滑板總會 中國香港智障人士體育協會 中國香港傷殘人士體育協會
 China Hong Kong Mountaineering and Climbing Union Hong Kong China Federation of Public Sports and Skateboarding Hong Kong China Sports Association for Persons with Intellectual Disability Sports Association for the Physically Disabled of Hong Kong, China

主要貢獻機構 Principal Contributor 香港賽馬會慈善信託基金 The Hong Kong Jockey Club Charities Trust

鑽石贊助 Diamond Sponsors 中國太平 太平香港 YRC/MAGIC 信和集團 SINO GROUP 信和集團

金贊助 Gold Sponsors

www.hongkonggames.hk

Prospectus

- Purpose:** Scheduled for 21 April to 9 June 2024, the inter-district sports competitions of 9th Hong Kong Games (HKG) will cover eight sports, namely the athletics, badminton, 3-on-3 basketball, futsal, swimming, table tennis, tennis and volleyball. A series of community participation programmes will also be launched to enable wider participation. The Jockey Club Vitality Run is one of these programmes and is suitable for people of different ages and abilities. All running fans and their families and friends are welcome to share the fun of running and show support for the HKG.
- Date:** 3 March 2024 (Sunday)
- Suggested Arrival Time:** 1 hour before the start times of the respective categories
- Start Time:** 10 km Run - 8 a.m.
About 3 km Run - 8:30 a.m.
- Start:** Yuen Wo Road near Yuen Wo Playground
- Finish:** Yuen Wo Road near Sha Tin Sports Ground
- Programme Number, Category, Quota and Age:**

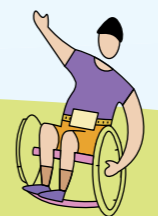
Programme Number	Category	Quota	Age of Participant
ME230002RUN	About 3 km Run	4 300	All are welcome
ME230001RUN	10 km Run	1 200	Aged 16 or above (as at the event day)
- Route:** Please refer to the Route Map
- Enrolment Methods and Points to Note:**
 - Applicants may enrol in activities through My SmartPLAY App, the SmartPLAY webpage or smart self-service stations starting from 8:30 am on the first day of a specified enrolment period on a first-come-first-served basis.
 - In case the activity currently applied for will be held at the date and time conflicting with another training course or recreation activity for which payment has been settled or confirmation has been made, such an application will be rejected as well.
 - Applicants may enrol in the events individually or in group of 4.

- Access to Prospectus:** The prospectus is available through the following channels:
 - The dedicated website of the 9th HKG at www.hongkonggames.hk;
 - District Leisure Services Offices of the LCSD;
 - Leisure venues of the LCSD with SmartPLAY Services; and
 - Sports grounds of the LCSD in various districts.

- Fee:** Free of charge
- Souvenirs:** Each participant will receive a souvenir T-shirt and other souvenirs. Participants completing the run within the time limits (i.e. 45 minutes for About 3 km Run and 90 minutes for 10 km Run) will also receive a certificate and a souvenir medal.
- Other Prizes:** Participants interested to compete for the following prizes may enrol in the competitions when collecting their number bibs (i.e. from 25 February to 1 March 2024):
 - Champion, 1st Runner-up and 2nd Runner-up of the Most Creative Costume Prize**
Prizes will be awarded to the top 3 individual participants with the highest scores for their costume. The judging criteria include relevance to the theme of the HKG, creativity, colourfulness, helping to create a festive atmosphere, and the use of environment-friendly materials.
 - Champion, 1st Runner-up and 2nd Runner-up of the Overall Best Team Costume Prize**
Prizes will be awarded to the top 3 teams with the highest scores for their team costume. Each team may consist of 2 or more persons, who can be members of a family or an organisation, or a group of friends. The judging criteria include relevance to the theme of the HKG, creativity, colourfulness, display of team spirit, and the use of environment-friendly materials.
- Other Activities:** There will also be stage performances, game booths on new sports, a sports interactive game zone, a photo corner, etc. on the event day. Participants and their friends and families are welcome to join on the spot.
- Collection of Number Bibs:** Participants shall bring along with their **identity documents (originals or copies)** when collecting their number bibs from the following locations **from 25 February to 1 March 2024**:
 - The Arcade of the Kowloon Park (between Kowloon Park Sports Centre and Swimming Pool), 22 Austin Rd, Tsim Sha Tsui, Kowloon from 9:00 a.m. to 5:00 p.m. on 25 February 2024 (Sunday); or
 - Audio-Visual Room, 1/F, Leisure and Cultural Services Headquarters, 1-3 Pai Tau Street, Sha Tin, New Territories from 9:00 a.m. to 6:00 p.m. from 26 February to 1 March 2024.

[Note: Participants are required to wear the number bibs on their chests before participating in the activity. They should ensure their number bibs are properly kept as no replacement bibs will be provided. No distribution/replacement of number bibs will be arranged on the event day.]

- Clothing:**
 - Participants shall wear suitable sportswear and sports shoes, and bring their own sunscreen products, caps, raincoats, mosquito or insect repellent if necessary.
 - Participants shall not wear or bring articles, clothing or accessories with political, racial or offensive messages, or with flags, motifs or messages that may be used for protest. The Organiser has the right to forbid anyone who contravenes the rules from taking part in this activity.
- Points to Note:**
 - Participants should know whether they are physically fit to participate in the activity. If in doubt, they should consult a doctor before enrolment and participation. Participants should also have sufficient practice and warm-up exercises before the activity.
 - On the event day, participants should pay attention to their personal conditions to see if they are physically fit for the activity. When feeling unwell during the activity, participants should seek help from nearby officials immediately.
 - Participants may take out their own personal insurance if necessary.
 - Participants shall not bring loudhailers, flags, banners, bunting, flyers or articles bearing slogans, or publicity materials of any kind, except for those provided by the Organiser.
 - Participants interfering, or attempting to interfere in the conduct of the event by any means may be requested to leave the venue.
 - If a participant's act is contrary to the interest of national security, the Organiser has the right to terminate his/her participation in the event.
 - No promotional materials, souvenirs or giveaways may be distributed and no publicity materials of any kind may be displayed in the venue without the permission of the Organiser.
 - The Organiser has the right to refuse anyone failing to observe the rules of the venue entry to the venue, or demand such persons to leave.
 - Supplementary information about this activity, including notes to participants and location map of the venue, will be provided through the dedicated website of the 9th HKG at www.hongkonggames.hk.
- Inclement Weather Arrangements:**
 - If Tropical Cyclone Warning Signal No. 3 or above, or Red or Black Rainstorm Warning Signal is in force or issued at 6:00 a.m. on the event day, the activity will be cancelled.
 - If the weather deteriorates during the activity, the Organiser may suspend the activity in view of the circumstances. Participants should pay attention to the announcements on the spot.
- Enquiries:** 2601 7671



The Organiser reserves the right to amend this prospectus in the future.

章程



1. 目的：

第九屆全港運動會的區際體育比賽將於2024年4月21日至6月9日舉行，除設有八項體育比賽，包括田徑、羽毛球、三人籃球、五人足球、游泳、乒乓球、網球及排球外，並會舉辦一連串的全民參與活動，讓全港市民參加。「賽馬會全城躍動活力跑」是其中一項適合不同年齡及能力人士參加的活動，歡迎有興趣的市民與親友一同參加，分享跑步的樂趣，並以行動支持全港運動會。

2. 日期：

2024年3月3日（星期日）

3. 建議到達時間：

按所屬組別起跑時間前1小時到達

4. 起跑時間：

10公里組別—上午8時
約3公里組別—上午8時30分

5. 起點：

源禾路近源禾遊樂場

6. 終點：

源禾路近沙田運動場

7. 活動編號、組別、名額及年齡：

活動編號	組別	名額	年齡
ME230002RUN	約3公里	4 300	年齡不限
ME230001RUN	10公里	1 200	16歲或以上（以活動日計算）

8. 路線：

請參考路線圖

9. 報名方法及須知：

- 市民可於2024年1月10日上午8時30分起經SmartPLAY流動應用程式（My SmartPLAY App）、SmartPLAY網頁或智能自助服務站報名；先到先得，額滿即止。
- 如申請人填報的活動與其已成功繳費/獲確認的訓練班或康樂活動的日期及時間有所重疊，系統亦會拒絕該活動的申請。
- 活動可以個人或四人同時報名。

10. 索取張程：

市民可透過下列方式索取章程：

- 第九屆全港運動會專題網頁(www.hongkonggames.hk)下載；或
- 康文署轄下各區康樂事務辦事處；或
- 康文署任何設有康體通服務的康體場地；或
- 康文署轄下各區運動場。

11. 費用：

全免

12. 紀念品：

每名參加者可獲紀念T恤及禮品；而於限定時間內（約3公里為45分鐘；10公里為90分鐘）跑畢全程的參加者，另可獲證書及紀念獎牌。

13. 其他獎項：

有興趣競逐以下獎項的參加者，可於領取號碼布時（即2024年2月25日至3月1日）報名參加：

「最出位扮相大獎冠、亞、季軍」

獎項將頒予全場扮相獲得評分最高的首3名個人參加者。評分標準包括配合全港運動會主題、具創意及色彩、增加熱鬧氣氛及使用環保素材。

「全場最佳團隊服裝獎冠、亞、季軍」

獎項將頒予全場團隊服裝獲得評分最高的首3隊隊伍。每個隊伍可由2人或以上組成，以家庭或團體名義參加。評分標準包括配合全港運動會主題、具創意及色彩、表現團隊合作精神及使用環保素材。

14. 其他活動：

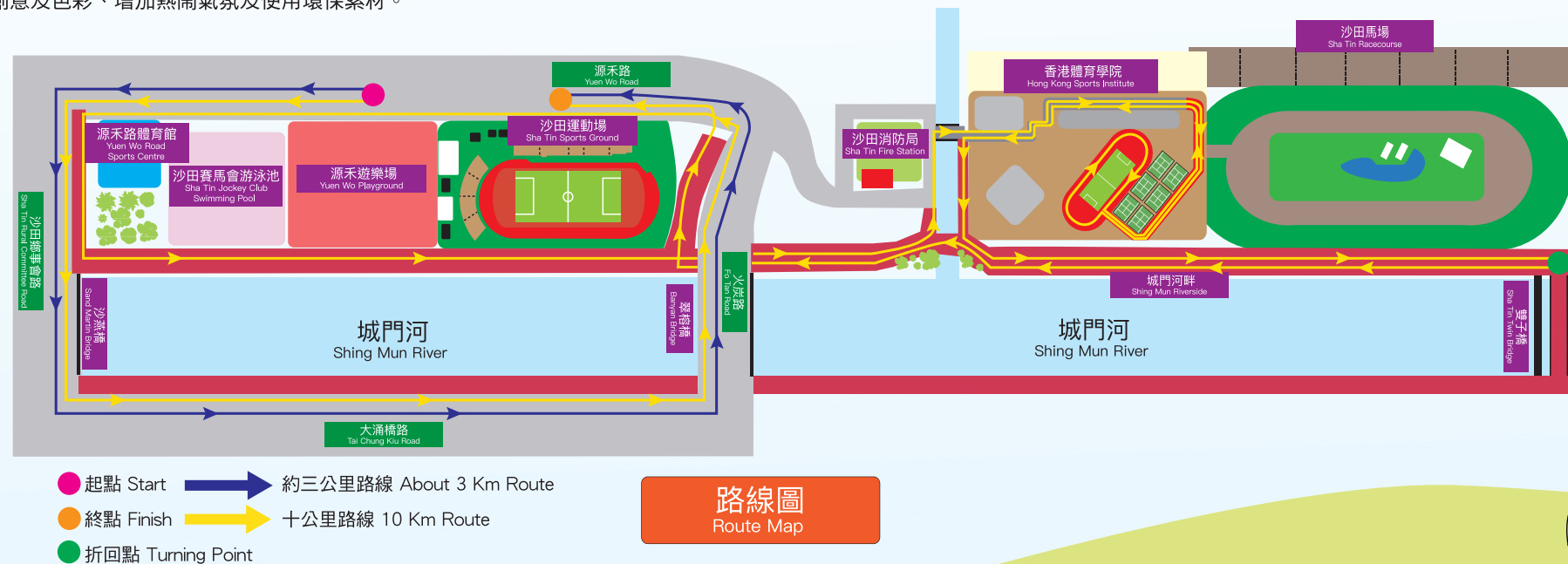
活動當日另設有舞台表演、新興運動的攤位、結合多媒體和虛擬實境元素的體育互動遊戲區、拍照區等，歡迎參加者及其親友到場參加。

15. 領取號碼布：

參加者必須於2024年2月25日至3月1日，攜同身份證明文件（正本或副本）到下列地點領取號碼布：

- 2024年2月25日（星期日）上午9時至下午5時於九龍尖沙咀柯士甸道22號九龍公園拱廊（九龍公園體育館及游泳池中間位置）；或
- 2024年2月26日至3月1日上午9時至下午6時於新界沙田排頭街1至3號康樂及文化事務署總部一樓視聽室

【註：參加者必須將號碼布扣於胸前，方能參加活動。請妥善保管號碼布，若有遺失，一概不獲補發。活動當日將不會安排派發/補發號碼布。】



16. 服裝：

- 參加者須穿著合適的運動服裝和運動鞋，並自備防曬用品、帽子、雨衣、驅蚊或防蟲藥等。
- 參加者穿戴或攜帶的物品、衣物或配飾，不得帶有政治、種族或冒犯意味的信息或可作示威用的旗幟、圖案或信息。主辦機構有權終止任何違規人士參加本活動。

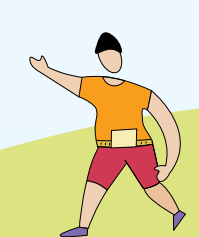
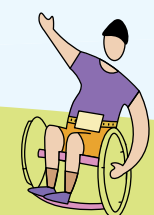
17. 注意事項：

- 參加者應了解自己的身體狀況是否適合參與活動。如有疑問，請於報名前及參與前先行諮詢醫生意見，並應於活動開始前進行充足的練習及熱身準備，以應付有關活動。
- 參加者於活動當日須自行留意個人身體狀況是否適合參與活動。參加者於活動期間如有不適，請立即向附近的工作人員求助。
- 參加者須視乎需要，自行購買個人保險。
- 參加者不得攜帶揚聲器、旗幟、橫額、彩旗、附有標語的單張或物品或任何形式的宣傳品，由主辦機構提供的除外。
- 參加者以任何方式干擾或意圖干擾活動的進行，可能會被要求離場。
- 如參加者的行為構成不利國家安全的情況，主辦機構有權終止其參加本活動。
- 未經主辦機構許可，不得在場內派發推廣資料、紀念品及贈品，或展示任何形式之廣告。
- 主辦機構有權拒絕任何不遵守場地規則的人士入場或要求有關人士離場。
- 有關活動補充資料，包括參加者須知、場地位置圖等，將於第九屆全港運動會專題網頁內公布(www.hongkonggames.hk)。

18. 惡劣天氣安排：

- 在活動當日上午6時，如天文台已發出三號或以上熱帶氣旋警告或紅色或黑色暴雨警告信號，該活動即告取消。
- 如活動進行中遇上惡劣天氣，主辦機構會因應情況暫停活動進行，參加者必須留意主辦機構現場宣布。

19. 查詢電話：2601 7671



主辦機構保留日後修改本章程的權利