

Hong Kong National Olympic Time Trial

(21st March 2021)

SWIMMING COMPETITIONS

Rules & Regulations

Date/Venue	21 st March 2021 (Sunday) Hong Kong Sports Institute Swimming Pool
Entry Conditions	❖ All competitors must be 2020 – 2021 registered age group swimmers of HKASA and register to HKASA on or before 5th March 2021 ❖ Must be HKSI ETG swimmers (Full time and Part Time); Not including HKSI Potential Swimmers ❖ Only LC Results achieved from recent 2 years will be considered ❖ Top 8 in each event
Entries	❖ Incomplete/incorrect entry information will be rejected and fees paid will not be refunded. ❖ Late entries will not be accepted. <u>Individual Events</u> ❖ Each swimmer is NO limit to individual events ❖ *HK\$15 per individual event *Paid by cheque. Crossed cheque made payable to 'HKASA'. ❖ 2nd Trial Entry Form shall submit by HKSI Coaches within 30 minutes after official result show on scoreboard
Closing Date for Registration	5 th March 2021 (Friday) 1200 noon
Closing Date for Entries	12 th March 2021 (Friday) 1200 noon
Event list	Please see attached event list. Events will be run as timed finals.
Scratches	Scratches must be submitted 30 minutes before the scheduled start time of each session. A fine of \$30 will be charged for each "no show".
Rules	❖ FINA rules & HKASA swimming rules will apply. ❖ There is only ONE Heat in each event. (Top 8) ❖ Swimmers who apply for split time record should submit application form with application fee HK\$300 to the Referee 30 minutes before the start of each session. Fee paid will not be refunded in any case.
Infection Control Measure	All participants (Swimmers, Coaches and Officials) must follow the Infection Control Measure Guidelines. Please see the attachment.
Protest	❖ Any protest shall be made in writing to the referee within 30 minutes following the result announcement of the respective event with protest fee of HK\$300. ❖ Protest will be forward to the Appeal Board of such competition for decision. (Within 48 hours) ❖ If the protest is rejected, the fee paid will be forfeited to the HKASA.

**香港游泳奧運計時賽
比賽規程**

日期/場地：	二零二一年三月二十一日(星期日) 體育學院游泳池
報名條件：	✧ 所有參賽者必須為游泳總會正式註冊的 2020-2021 年度分齡組泳員，並於二零二一年三月五日或之前註冊 ✧ 只限體育學院資助運動員(全職及兼職泳員)；不包括體育學院潛質運動員 ✧ 所有項目只接受最近兩年長池比賽報名成績 ✧ 所有項目只設 1 組 (最快 8 名)
報名：	✧ 未填妥及不正確的報名資料，將不獲受理，報名費概不發還 ✧ 截止後的報名將不獲受理 <u>個人項目</u> ✧ 每名泳員<u>不設</u>報名數目上限 ✧ *每項名費為港幣\$15 元正 *支票請劃線，抬頭寫 HKASA ✧ 第二次測試報名表必須由體育學院教練於電子計分板顯示正式成績後 30 分鐘內提交
截止註冊：	二零二一年三月五日(星期五)十二時正或之前辦妥
截止報名：	二零二一年三月十二日(星期五) 十二時正或之前辦妥
項目：	請參閱項目表。所有項目不設初賽，名次以比賽成績計算
棄權：	棄權須於每節開賽三十分鐘前遞交。“缺席”的罰款為每項港幣\$30 元正
規則：	✧ 比賽採用國際泳聯規則及泳總游泳競賽規程 ✧ 所有項目只設一組。(最快 8 名) ✧ 泳員申請分段時間紀錄須於每節開賽前 30 分鐘遞交申請表，連同港幣 300 元正予總裁判。任何情況下，所繳費用概不發還
防疫措施指引：	✧ 所有參加者(包括運動員，教練及工作人員)必須遵守防疫措施指引。請參考附件
上訴：	✧ 任何上訴須以書面提出，並須在該成績公佈後三十分鐘內，連同上訴費港幣\$300 元遞交予總裁判 ✧ 上訴交由該比賽之上訴委員會作決定(48 小時內處理) ✧ 若上訴被駁回，已繳費用概不發還



HONG KONG AMATEUR SWIMMING ASSOCIATION

Unit L, 9/F, MG Tower, 133 Hoi Bun Road, Kwun Tong, Kowloon

Tel: (852) 2572 8594 Fax: (852) 2591 0792 E-mail: hkasa@hkasa.org.hk Web-site: www.hkasa.org.hk

防疫措施指引 及 比賽安排 **Infection Control Measure Guidelines and** **Competition Arrangement**

賽事將以閉門方式進行，不設觀賽。

The competition will be held behind closed-door.

防疫措施指引 / Infection Control Measure Guidelines:

1. 所有工作人員和兼職運動員必須於 **3月18日 8:00 am – 9:30 am** 交回由體院提供的測試套件樣本到體院指定地方(見圖 3)。獲得陰性結果並在比賽當日經體院人員確認身份後方可進入體院游泳池工作或參賽，並在任何時間不可前往其他體院場地。

All officials and Part-time athletes must return the specimen bottle (provided by HKSI) to HKSI designated point (Appendix 3) **in between 8:00 am – 9:30 am on 18th March 2021**. All officials and Part-time athletes could only enter HKSI with a negative COVID-19 test result and confirming their identities by the HKSI staff on 21st March 2021. All officials and part-time athletes could not visit any sports facilities other than the swimming pools in HKSI on 21st March 2021.

2. 所有工作人員及泳員均只可從 體院 52 米游泳池(主池) 的正門樓梯進入游泳池(電梯不提供服務)。泳員前往 25 米游泳池只可從主池 與 副池中間的通道往返。

To enter the HKSI 52m Swimming Pool, all officials and swimmers must use the staircase located at the main entrance of the HKSI 52m Swimming Pool (the lift will be closed). All swimmers must enter HKSI 25m swimming pool by passing through from pool deck of the HKSI 52m Swimming Pool.

3. 全職運動員、教練員只能從更衣室一邊進出游泳池池面，教練辦公室一邊的池面被封住，只供工作人員和兼職運動員使用(見圖 1)。

Full-time athletes and HKSI coaches can only enter and exit the swimming pool from one side of the changing room. The swimming pool entrance on the side of the HKSI Coaches' office will be sealed and used by the officials and Part-time athletes only (Appendix 1).

4. 全職和兼職的運動員需使用不同更衣室。運動員使用更衣室要按社交距離作出措施(體院已經在更衣室做出指示)。

Full-time and Part-time athletes shall use the different changing rooms in accordance with the HKSI social distance arrangements.



HONG KONG AMATEUR SWIMMING ASSOCIATION

Unit L, 9/F, MG Tower, 133 Hoi Bun Road, Kwun Tong, Kowloon

Tel: (852) 2572 8594 Fax: (852) 2591 0792 E-mail: hkasa@hkasa.org.hk Web-site: www.hkasa.org.hk

5. 游泳池看台劃分小區，每區最多讓 2 - 4 名泳員作等待或休息(見圖 2)。

The spectator stand is reserved for swimmers only and will be divided into small areas for swimmers' waiting and resting. Each area shall not house more than 2 - 4 swimmers (Appendix 2).

6. 運動員如需藥檢，藥檢人員及藥檢陪同人員必須穿戴整齊防護裝備（整套防護裝備由體院提供）以便近距離監督運動員留取樣本，並在不與運動員有身體接觸的情況下，隔著一張桌子來辦理藥檢手續。

Doping Control Officer and Chaperone: If Doping test is needed, Doping Control Officer and Chaperone must wear the personal protective equipment and gown provided by HKSI to collect the sample from the swimmers. Doping Control Officer and Chaperone shall not have any body contact with the swimmers. One table shall be set between the Doping Control Officer and swimmer during the sample collection in the doping station.

7. 所有工作人員及下午有賽事的兼職運動員必須留在體院游泳池內由體院餐廳專人運送飯盒到體院游泳池，並需要在足夠社交距離下用餐；全職運動員則到體院餐廳午膳。

All officials and Part-time athletes participating in the PM session shall stay at HKSI Swimming Pool and lunch will be prepared and delivery by HKSI Canteen directly to ensure following the social distance measures. Full-time athletes shall have their lunch at HKSI Canteen.

8. 工作人員和兼職運動員比賽當日不能泊車在體院內。

No vehicle parking spaces will be provided to all officials and Part-time athletes at HKSI on 21st March 2021.

備註 / Remarks: 工作人員不會進入運動員專區，並需全時間佩戴口罩。
Officials must not enter the restricted area which is for swimmers only. Wearing a mask properly at all times is a must.



HONG KONG AMATEUR SWIMMING ASSOCIATION

Unit L, 9/F, MG Tower, 133 Hoi Bun Road, Kwun Tong, Kowloon

Tel: (852) 2572 8594 Fax: (852) 2591 0792 E-mail: hkasa@hkasa.org.hk Web-site: www.hkasa.org.hk

比賽安排 / Competition arrangement:

- 2 位登記員會全日於體院 52 米游泳池正門把守，只有持有泳總所發出的工作証之工作人員 或 泳員入場證才可進入體院游泳池。

Two Registration Officials will stand-by at the swimming pool entrance. Only those who can present a Work Permit or Swimmer's Entry Permit could enter the swimming pool.

- 上午比賽之泳員必須 **7:30 am – 8:45 am** 進入體院 52 米游泳池，
下午比賽之泳員則必須 **12:30 pm – 1:45 pm** 進入體院 52 米游泳池。

Swimmer who only participates at the AM session must enter the swimming pool during **7:30 am – 8:45 am**.

Swimmer who only participates at the PM session must enter the swimming pool during **12:30 pm – 1:45 pm**.

- 泳員登記時須出示身份證以便核對身份並同時**歸還**入場證予登記員。如需全日比賽之泳員，登記後獲發還入場證。

Swimmers must present their Hong Kong ID Cards for verifying their identity and the Swimmer Entry Permit will be collected by the Registration officials. For the swimmer(s) who participated in both AM and PM session, Registration Officials will do the registration by checking swimmer's HK ID Card and return the Swimmer Entry Permit to swimmer.

- 當比賽進行中，所有已進入游泳池之泳員均**不得** 離開游泳池（緊急事件除外）。

During the competition session, all swimmers **could not leave** the Swimming Pool unless any emergency case.

- 熱身時：
- 每條線道不可超過 4 名泳員。
 - 線道 0 至線道 5 只限全職運動員使用；
 - 線道 6 暫停使用。
 - 線道 7 至線道 9 只限兼職運動員使用。

- Warm up:
- No more than 4 swimmers per swimming lane
 - Lane No. 0 to Lane No. 5 for Full-time athletes only ;
 - Lane No. 6 Not in use
 - Lane No. 7 to Lane No. 9 for Part-time athletes only.



HONG KONG AMATEUR SWIMMING ASSOCIATION

Unit L, 9/F, MG Tower, 133 Hoi Bun Road, Kwun Tong, Kowloon

Tel: (852) 2572 8594 Fax: (852) 2591 0792 E-mail: hkasa@hkasa.org.hk Web-site: www.hkasa.org.hk

上午體院 52 米游泳池入口 開放時間 / Entrance Opening: (AM Session)	7:30 am – 8:45 am 8:45 am 之後停止內進，緊急事件除外/ The swimming pool entrance shall be closed after 8:45am (except for emergency case).
上午熱身時間 / Warm Up - AM Session:	8:00 am – 8:45 am
上午比賽時間 / Competition - AM Session:	9:00 am – 11:30 am 上午比賽完結後 30 分鐘內，所有只有上午比賽的泳員 (包括全職及兼職運動員)必須離開體院游泳池。 Full-time and Part-time athletes participating in the AM session only must leave the swimming pool within 30 minutes after the AM Competition Session
午膳時間 / Lunch Time :	11:30 am – 1:00 pm 所有工作人員及下午有賽事的兼職運動員留在體院游 泳池內由體院餐廳安排午膳 All officials and Part-time athletes participating in the PM session shall stay at HKSI Swimming Pool and lunch will be prepared by HKSI Canteen 全職運動員則到體院餐廳午膳。 Full-time athletes must have their lunch at HKSI Canteen
下午體院 52 米游泳池入口 開放時間 / Entrance Opening (PM Session) :	12:30 pm – 1:45 pm 1:45 pm 之後停止內進，緊急事件除外。 The swimming pool entrance shall be closed after 1:45 pm (except for emergency case)
下午熱身時間 / Warm Up - PM Session:	1:00 pm – 1:45 pm
下午比賽時間 / Competition - PM Session:	2:00 pm – 4:30 pm 比賽完結後一小時內，所以工作人員及泳員必須離開 體院游泳池。 All officials and swimmers must leave the swimming pool within 1 hour after the PM Competition Session



HONG KONG AMATEUR SWIMMING ASSOCIATION

Unit L, 9/F, MG Tower, 133 Hoi Bun Road, Kwun Tong, Kowloon

Tel: (852) 2572 8594 Fax: (852) 2591 0792 E-mail: hkasa@hkasa.org.hk Web-site: www.hkasa.org.hk

- 比賽項目已預先作實名制(Seeded)安排線道，泳員應按照比賽項目而直接自行上線。

The event program is seeded by the swimmer's name. Swimmer will follow the event program and go direct to wait at the swimming lane by themselves.

- 當泳員自行上線後，召集員會站於工作人員地區並用體院游泳池之音響作泳員介紹，確認後，總裁判便會主持餘下比賽程序。

When swimmer stand-by for preparation, Marshalling Official would use the HKSI P.A. System to ensure the swimmers are in correct order. FINA starter and FINA referee will start the competition afterwards.

- 泳員完成比賽後，領回所有私人物品及配帶口罩，返回游泳池看台已劃分之小區作等待或休息，亦可到體院 25 米游泳池作放鬆。體院 25 米游泳池的線道安排與體院游泳池(主池) 的防疫規格一樣，將會劃分水線供全職運動員及兼職泳員使用，每條線道不可超過 4 名泳員。

When the race finished, swimmers can collect all their belongings, put on their mask and return the spectator stand area; or go to HKSI 25m swimming pool for warming down/waiting/resting. The rules and regulations for using the HKSI 25m swimming pool shall be the same as the HKSI 52m swimming pool which separate the swimming lanes for Full-time athletes and Part-time athletes and shall not hold more than 4 swimmers per swimming lane in the same time.

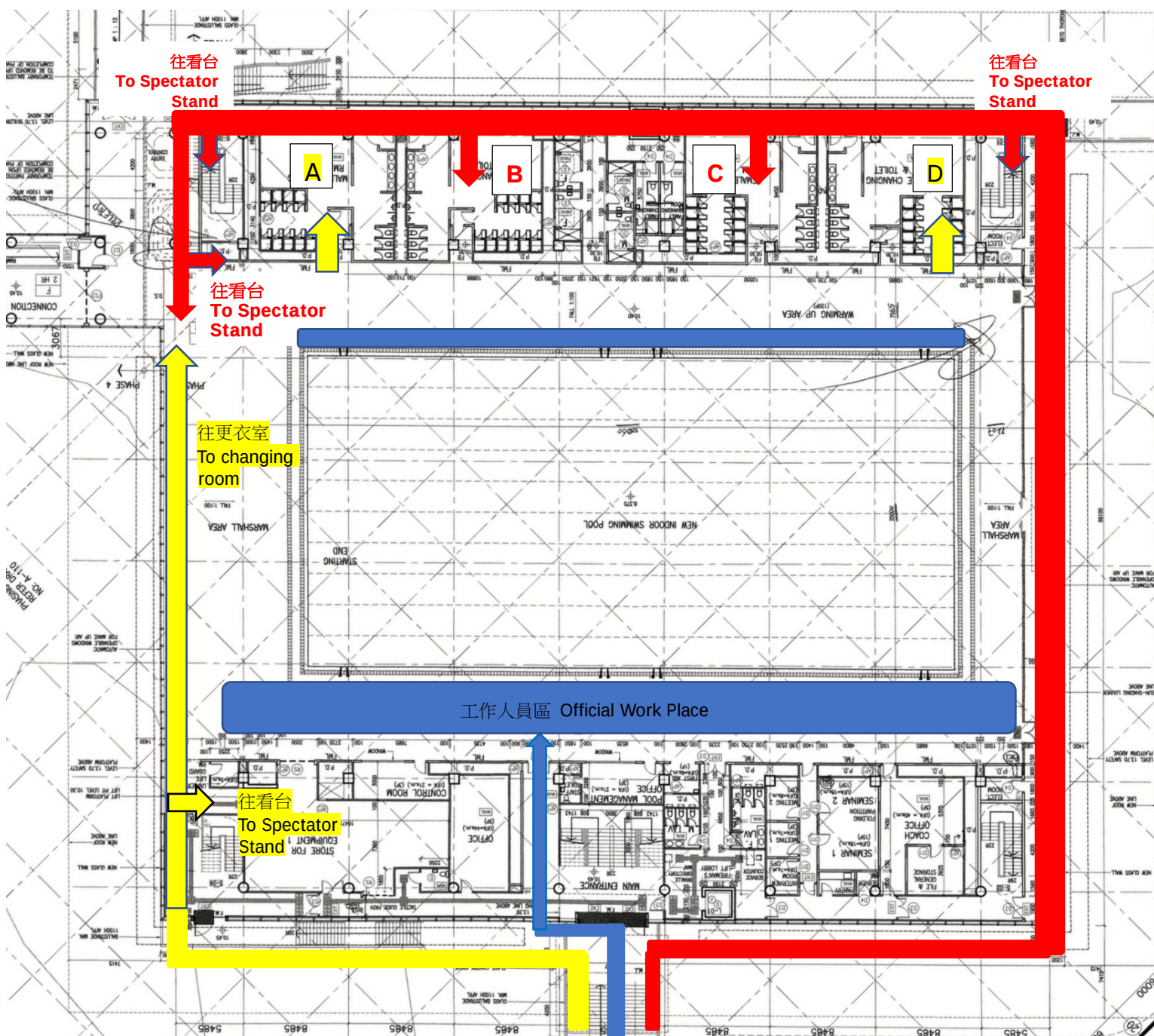
- A. Male changing room (Part-time)
男更衣室 (兼職運動員)
- B. Male changing room (Full-time)
男更衣室 (全職運動員)
- C. Female changing room (Full-time)
女更衣室 (全職運動員)
- D. Female changing room (Part-time)
女更衣室 (兼職運動員)

Appendix 1 - REVISED

Red for Full-time Swimmers Only 紅色只供全職運動員

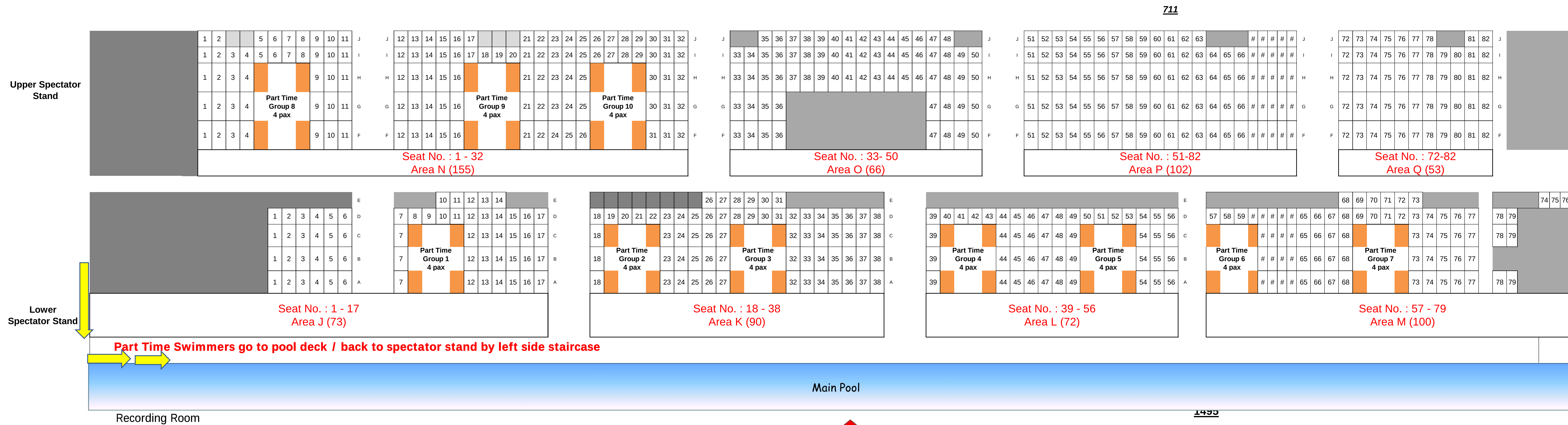
Yellow for Part-time Swimmers Only 黃色只供兼職運動員

Blue for Officials Only 藍色只供工作人員



Swimming Pool Main Entrance

泳池正入口



Points to note:

- ① Keep your hands clean and dry when giving the deep throat saliva
- ② Tighten the bottle cap properly after giving specimen in the bottle and wipe the bottle dry and clean
- ③ Refer to the demonstration video for giving specimen whenever necessary
- ④ Return one bottle with enough specimen (cover the bottom of bottle)
- ⑤ **Return the specimen on 18 March 2021, Thursday between 08:00am – 09:30am**
- ⑥ Specimen collection point at the Main Entrance, Hong Kong Sport Institute (*please refer to the location map*)

注意事項：

- ① 採樣時，請保持雙手清潔及乾爽
- ② 採樣後，請確認瓶蓋已緊緊關上，擦乾並清潔樣本瓶
- ③ 請依照示範錄像的指示採樣
- ④ 只需交回一個有足夠深喉唾液的樣本瓶（覆蓋瓶子底部）
- ⑤ **請於2021年3月18日(星期四)，上午8時至9時半期間交回樣本**
- ⑥ **樣本瓶收集處設於香港體育學院正門(請參考有關位置圖)**



示範錄像



Demonstration
Video

Location Map 位置圖:

HKSI Main Entrance
香港體育學院正門



Specimen Collection Point
樣本瓶收集處

