

中國香港田徑總會支持 大埔田徑會主辦
2026 年度香港青少年分齡田徑賽第七站
2026 Hong Kong Age Group Athletics Competition 7
Supported by HKAAA
Organized by Tai Po Athletics Association
比賽章程 Competition Information

1. 日期 Date: 2026 年 10 月 24 及 25 日（星期六及日）
 地點 Venue: 24th and 25th October 2026 (Saturday and Sunday)
 將軍澳運動場 Tseung Kwan O Sports ground
2. 時間 Time: 上午 8 時正至下午 8 時正 (8 a.m. to 8 p.m.)
3. 項目 Events: 見附表 2a Please refer to Table 2a
4. 組別 Age groups: 男子及女子組 Boys and Girls
 （包括 including U20、U18、U16、U14、U12 及 / & U10 組）

U20 組:	2007 年至 2008 年出生之田總註冊運動員/學體會員學校學生 HKAAA registered athlete / student of HKSSF member school born in 2007 and 2008
U18 組:	2009 年至 2010 年出生之田總註冊運動員/學體會員學校學生 HKAAA registered athlete / student of HKSSF member school born in 2009 and 2010
U16 組:	2011 年至 2012 年出生之田總註冊運動員/學體會員學校學生 HKAAA registered athlete / student of HKSSF member school born in 2011 and 2012
U14 組:	2013 年至 2014 年出生之田總註冊運動員/學體會員學校學生 HKAAA registered athlete / student of HKSSF member school born in 2013 and 2014
U12 組:	2015 年至 2016 年出生之田總註冊運動員/學體會員學校學生 HKAAA registered athlete / student of HKSSF member school born in 2015 and 2016
U10 組:	2017 年至 2018 年出生之田總註冊運動員/學體會員學校學生 HKAAA registered athlete / student of HKSSF member school born in 2016 and 2017

註 1: 如田賽人數眾多，大會有權由二年一組分為每年一組。

Note 1: If there are too many participants in the field events, the organizing committee has the right to divide each age group into one group per year.

註 2: 如項目報名人數少，大會有權不同組合併，但成績分開，破紀錄也按 WA 規則。

Note 2: If the number of participants in a project is small, the organizers have the right to combine different groups, but the results will be separated, and records will be broken according to WA rules.

- 5A. 報名及繳費方法:
Entries & payment:
- a) 參賽者必須為 2026 年度中國香港田徑總會(以下簡稱[田總])註冊運動員/學體會會員學校學生
All participants must be registered as an HKAAA athlete or a current student of an HKSSF member school in 2026.
- b) 所有參賽者必須透過中國香港田徑總會屬會或學體會會員學校作為單位報名，個人報名恕不接受，詳細屬會名單請查閱中國香港田徑總會屬會網頁。
All participants must register through and as a member of an HKAAA affiliated club or HKSSF member school. Individual registration is not accepted. A list of HKAAA affiliated clubs is available on HKAAA website.
- c) 報名表可透過大埔田徑會 <https://www.tpaahk.com> 網站下載，參賽之屬會/學校必須填妥大會的「Microsoft Excel 模式」之報名表，並於截止報名日期前，以電郵方式將報名表聯同入數紙傳至大埔田徑會之電郵地址 taipoathass@gmail.com，如未繳費(入數紙)則未完成交報名程序。
Entry forms may be downloaded from the website of Tai Po Athletics Association (<https://www.tpaahk.com>) Participating clubs or schools must complete the official Entry form (in Microsoft Excel format) along with the payment slip, and submit it by the deadline by email to Tai Po Athletics Association at taipoathass@gmail.com. If payment (on the payment slip) is not made, the registration process is not complete.
- d) 如有查詢請 whatsapp 至 54655250，此 WhatsApp 祇用至 2026 年 11 月 15 日，之後由 email (taipoathass@gmail.com) 代替。
Any inquiries may be sent by WhatsApp to 54655250 (up to 15th November 2026). Thereafter, inquiries should be sent by email to taipoathass@gmail.com.
- e) 運動員報名時的個人資料必須與香港身份證/護照上資料完全相同。報名單位須就參賽運動員的性別、年齡組別、參加項目及指定日期內成績、分別填寫於報名表格。
The personal details of each participant must be identical to those stated on his/her Hong Kong Identity Card or passport. Each participating club / school must set out each participant's sex, age group, events and qualifying results on the application form.
- f) 報名是有名額限制的，以先到先得為原則。如未能填上正確及足夠的資料，大會有權不接納其報名。
The quota for each event is limited. The quota for the events will be allotted on a first-come-first served basis. The organizer reserves the right to reject any entry with incomplete or inaccurate information.
- g) 參加三級跳者需報名表上填寫使用之起跳板(已選起跳板後不能改變，建議參加者最佳成績最好有起跳板距離加 2m 實力，以免危險)。每組祇提供二塊跳板選擇。技術代表有權拒絕運動員揀選超出個人最佳成績 1m 以下之起跳板。

Triple jump participants must indicate his/her choice of take-off board on the entry form (the choice of take-off board cannot be changed afterwards. For safety reasons, participants should ensure that his/her best result exceeds his chosen take-off board by 2 meters). A choice of 2 take-off boards will be provided in each group. The Technical Delegate has the right to refuse a choice of take-off board which exceeds the participant's best result by 1 meter.

比賽 Event	男 Boys	女 Girls
U18 及 U20 年齡組別 U18 & U20 age groups	11 米 m、13 米 m	9 米 m、11 米 m
U16 及以下年齡組別 U16 or younger age groups	9 米 m、11 米 m	7 米 m、9 米 m

- h) 每名運動員祇可代表一個單位作賽。如被發現有重複，賽會將取消重覆的報名者申請而不作另行通知。重覆報名者將不獲退回已繳付的報名費用。

Each participant may only represent one club or team. Any repeated application will be rejected by the organizer without further notice and no refund of the entry fees will be made.

- i) 每人限報個人項目 3 項。每單位最多可報每組每項接力項目三隊。Each participant may enter a maximum of 3 individual events. Each club or team may enter up to a maximum of 3 teams in each relay event in each age group.
- j) 運動員如希望其成績納入香港排名及紀錄 (U14 或以上)，必須於報名表中提供田總註冊編號。未能於報名時提供有關資料之運動員的成績將不會納入香港排名及紀錄。

Any participant who would like his / her results to be recognized for Hong Kong ranking and Hong Kong record (U14 or over) purposes must state their HKAAA registration number on the entry form. The results of any participant who fails to state their HKAAA registration number on the entry form would not be recognized for Hong Kong ranking and Hong Kong record (U14 or over) purposes.

- k) 報名費用:每單項\$120; 接力每隊\$240。

Entry fee: \$120 per individual event; \$240 per relay team.

- l) 以 MS-EXCEL 報名表格提交並存入中國銀行(戶口名稱: Tai Po Athletics Association ; 戶口號碼: 012-394-2-032641-6), 以電郵方式將報名表連同入數紙傳至大埔田徑會之電郵地址 taipoathass@gmail.com

Submit the entry form in MS-EXCEL format and entry fees into a Bank of China account (Account Name: Tai Po Athletics Association; Account Number: 012-394-2-032641-6). Then, email the entry form

along with the payment slip to the Tai Po Athletics Association at taipoathass@gmail.com.

- m) 報名一經接受，報名費將不獲發還。如賽事因天氣、疫情或其他非人為原因而未能舉行。將扣除已支出項目及 \$15,000 行政費後，餘數退回。

Once the entries are accepted, no refund of entry fees will be permitted. If the competition cannot be held on the scheduled dates due to weather, a pandemic or non-deliberate acts, the entry fees will be refunded after deducting all incurred costs plus an additional \$15,000 for administrative fee.

- n) 如報名表未能填上正確及足夠的資料，賽會有權不接納報名或取消資格，所繳費用概不發還。

If the information on the entry form is inaccurate or incomplete, the organizer has the right to reject the application or disqualify the relevant participants. No refund of the entry fees will be provided in these circumstances.

- o) 在賽事舉行之之前，如本會發現報名資料屬虛報，涉事運動員將被取消參賽資格，若在比賽結束後才發現資料屬虛報，涉事運動員的成績將被取消，而相關屬會/學校，以及運動員均有可能被處分。

If the organizer discovers before a competition is held that any information provided in an entry is false, the relevant athlete will be disqualified from competing. If the discovery is made after the completion of a competition, the results of the relevant athlete will be voided and cancelled, and the athlete involved together with the club / school he/she represents may be penalized.

- p) 若某比賽項目之報名人數不足 3 人或 2 隊（接力賽），大會有權將該項目取消。如到場報到人數不足 3 人或 2 隊（接力賽），賽事仍會舉行但紀錄不承認。

If the number of participants in a competition event is less than 3 individuals or 2 teams (for relay races), the organizers have the right to cancel the event. If the number of participants who show up at the event is less than 3 individuals or 2 teams (for relay races), the event will still be held, but the record will not be recognized.

- q) 於遞交申請表之同時即自動表示參賽者本人或未滿 18 歲之參賽者已獲得其父母/監護人及團體負責人同意本賽事之一切條款、規則及免責聲明。

The submission of an entry for participation in the competition indicates that the participant or his/her parents or guardians (for participants under 18) and the person-in-charge of the participant's organization agree with all terms, conditions, rules, regulations and disclaimers of the competition.

5b. 填報名表須知:
Points to note for
entries:

1. 必須在本會提供的 Excel 表填寫；
All entries must be submitted on the Excel form provided by the organizer;
2. 負責人的電話必須有 WhatsApp 功能，確定名單後，以 WhatsApp group 形式聯系及分享資料；
The contact phone number of the person-in-charge must be a WhatsApp number. After confirmation of entries, the organizer will communicate and share information via WhatsApp;
3. 中英文姓名須根據香港身份証填寫；
The name (in Chinese and English) of each participant must be identical to that stated on his / her Hong Kong identity card;
4. 選了年份會自動出組別；
Age group will be automatically assigned according to the year of birth;
5. 報項目時，如超過一項，資料需重新填報或複制；
For participants entering more than one event, the requested information must be inputted for each event entered;
6. 報項目時，可提供該項目的成績作為分組用途；
When stating competition result in an entry, you provided the date of competition and the result of an event may be stated;
7. 報三級跳遠時需選起跳板，出賽時不得更改；
When entering Triple Jump, the choice of take-off board must be stated. The choice may not be amended during the competition,
8. 報接力時，未有填報個人項目也需填報，每單位每組限報三隊，每隊最多報六人，比賽時才遞交出賽名單。
For relay entries, all relay team members must provide the information required for individual entries. Each club / school may enter 3 teams for each age group, and each team may consist of a maximum of 6 members. The final relay list shall be submitted at the time of competition.
9. 繳交日期不需填寫，由主辦方填寫。
The submission date may be left blank and will be completed by the organizer.

2026 年 9 月 23 日(星期三)正午十二時
12 noon on 23th September 2026(Wednesday)

5c. 截止報名日期:
Deadline:

收費 Fee: 個人項目 Individual event 120 元/\$120；接力項目 Relay 240 元/\$240。

額外收費:
Extra Fee: 補領號碼布，請到檢錄處辦理及須即場就每張號碼布繳付港幣 50 元，因應補領號碼布所繳付的款項將不獲退還。

A replacement bib may be obtained at the marshal area upon payment of HK\$50 per bib. All fees for replacement bibs are non-refundable.

7. 比賽規則: 比賽將按世界田徑聯會(WA)競賽規則最新版本及中國香港田徑總會的競賽附例進行。
Competition rules:

The competition will be held according to the latest version of the Rules and Regulations of World Athletics and the Competition Regulation of HKAAA.

8. 大會比賽附例:
Competition by-laws:

A) 一般安排 General Arrangements

i) 在分齡田徑賽事中，如果某年齡組別的報名人數太少，大會有權將不同年齡組別/男女的運動員合併比賽，運動員成績會則按其性別、年齡組別分開記錄在成績記錄表上及分開公佈成績。

In age group competitions, where there is a small number of participants in an age group, the organizer has the right to combine races of different age groups and sexes; however, the results will be determined according to the participants' age group and sex.

ii) 如賽事進行中遇惡劣天氣或不可抗力的因素，大會將有可能暫停賽事，如時間不足，賽事會以初賽成績(徑賽)或完成整輪次(田賽)定名次。

In case of adverse weather or force majeure while the competition is in progress, the organizer has the right to suspend the competition and if there is insufficient time, the final standings will be determined according to the results of the heats(Track events) or any completed rounds(Field Events).

B) 徑賽: Track events

i) 徑賽項目的輪次 Track events (Round)安排 arrangement :

項目 Event	800m or longer; 400m Hurdles and relay	200m 及 and 400m	Under 200m 以下， 100m/110m 跨欄 hurdles
(Age groups U14 或以上 年齡組別 or older)	以分組計時成績決定最終名次，不設決賽。 All events will be timed finals. No finals will be held.	最佳首 8 名初賽時間成績者進入決賽 The best 8 in the heats will enter the finals.	最佳首 8 名初賽時間成績者進入決賽。 The best 8 in the heats will enter the finals.

(Age groups U12 或以下年齡組別 or younger)		以分組計時成績決定最終名次，不設決賽。 All events will be timed finals. No finals will be held.	最佳首 8 名初賽時間成績者進入決賽。 The best 8 in the heats will enter the finals.
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ii) 裁判認為某運動員在徑賽項目無意作賽(未盡全力缺體育精神)，大會有權中止其繼續賽事，其成績將記錄為 DNF。

If the referee is of the opinion that an athlete in any track event does not intend to compete (failing to use best efforts and demonstrate sportsmanship), the organizer has the right to terminate his participation in the event, and his/her result will be marked as DNF.

iii) 中長距離時限為 Time limits for middle distance events:

項目 Event	3000m
男子 Boys U16 或以上 or older	15 分鐘 minutes
女子 Girls U16 或以上 or older	18 分鐘 minutes

vi) U18 及 U20 年齡組別，400m 及以下的徑賽項目（包括 4 x 400m 的第一棒運動員）必須用蹲踞式起跑及使用起跑器；但 U16 或以下可不使用起跑器。

In the U18 and U 20 age groups, participants in track events of 400M and under (including the first leg of 4x400m relay) must use a crouch start with starting blocks. Participants in U16 or younger age groups are not required to use starting blocks.

v) 800m 採用弧線起跑。

The curved start line will be used for 800m starts.

C) 田賽: Field events

i) 田項賽事中(跳高除外)，大會將按運動員所申報的最佳成績排序，U20 及 U18 組之運動員將會有 3 次試跳 / 擲機會，之後首 8 名運動員將會多獲 3 次試跳 / 擲之機會；如出席參賽人數於 8 人或以下，所有運動員將會獲得 6 次試跳 / 擲機會。U16 或以下組則祇有 3 次試跳/擲機會。

In field events (other than High Jump), the organizer will seed participants according to the best results submitted by the participants. U20 & U18 participants will have 3 jumps / throws each, and the best 8 participants will

have another 3 jumps / throws; if the number of participants is less than 8, all participants will have 6 jumps / throws. Participants in age groups U16 and younger will have 3 jumps / throws.

ii) 跳高賽事中，將不進行名次賽 (Jump off)。

No jump offs will be held in High Jump events.

iii) 投擲器材由場地提供，參賽者如使用私人器材參賽必須於檢錄前 1 小時提交，逾時者不受理。

The organizer will provide throw implements. Participants who wish to use their own throw implements must submit their implements 1 hour before their event. No late requests will be entertained.

D) 檢錄 Roll call

徑賽 Track events 除跨欄/接力 Except Hurdles / Relay	開始檢錄 Start of roll call	比賽前 20 分鐘 20 minutes before event start time
	截止檢錄 End of roll call	比賽前 10 分鐘 10 minutes before event start time
徑賽 Track events 跨欄/接力 Hurdles / Relay	開始檢錄 Start of roll call	比賽前 25 分鐘 25 minutes before event start time
	截止檢錄 End of roll call	比賽前 15 分鐘 15 minutes before event start time
田賽 Field events	開始檢錄 Start of roll call	比賽前 30 分鐘 30 minutes before event start time
	截止檢錄 End of roll call	比賽前 20 分鐘 20 minutes before event start time

i) 檢錄時間 Roll call time:

ii) 接力隊運動員必須於比賽開始檢錄前，將接力隊名單交往檢錄室，逾時遞交隊伍將不獲參賽資格。Relay team athletes must submit their team list to the roll call room before the start of roll call for their event. Late submissions will not be accepted.

iii) 比賽場地不設宣佈檢錄時間，運動員必須依時到檢錄室報到，如沒有往檢錄室報到者或在已公佈的檢錄時間內未能到檢錄室報到，將不得參加該比賽項目。成績記錄表上，逾時報到運動員將被標示為「未出賽」(DNS)。There will not be any announcement of roll call time. Athletes must report to the roll call room according to the stated roll call time for their events. Any athlete failing to report to the roll call room or failing to report the roll call within the stated roll call time will not be permitted to compete and his/her result will be shown as "DNS".

vi) 運動員於截止檢錄時未能向裁判報到，均作棄權論；報名費亦不獲退還。Any athlete who fails to report to the Judge of roll call room within the roll call time will be treated as having withdrawn and no refund will be made.

v) 檢錄時，400m 或以下徑賽項目如報到祇有 8 人或以下，即時抽籤安排賽道進行決賽。For events 400m or under, if less than 8 athletes report to the roll call room, a draw for the lanes will be performed and the event will be straight finals.

E) 服裝及號碼布 Team uniform and number bibs

i) 所有經田總屬會／學校報名的運動員，必須穿著該屬會／學校的比賽服參賽，如運動員未有穿著合規格的比賽制服，大會有權不允許該運動員參賽。

All participants who registered via HKAAA affiliated clubs / schools must wear the team uniform of their respective club/school. The organizer has the right to prohibit an athlete who fails to do so from competing.

比賽服規格如下：The requirements for team uniform are as follows:

ii) 比賽服上必須包含代表屬會／學校之會徽 / 名稱 / 簡稱，可刺繡、絲印或燙印；

The competition uniform must include the logo/name/abbreviation of the club/school, which may be embroidered, screen-printed or hot-stamped;

iii) 接力項目賽事中，同一隊運動員的上身隊服必須一致；

In relay events, all members of the same relay team must wear the same top;

iv) 按照世界田聯競賽規則，運動員須確保比賽所使用之鞋款符合規則，大會工作人員有權禁止違反此規則之運動員參賽。如在比賽中才發現穿著未符合此規則之鞋款參賽，大會有權於賽後取消運動員參賽資格。

World Athletics 獲批准田徑鞋名單：<https://certcheck.worldathletics.org/>

According to World Athletics Technical rules, athletes must ensure that the footwear they use during competition complies with the rules.

Organizing committee staff have the right to disqualify athletes who violate these rules. If athletes are found to be wearing non-compliant footwear during competition, the organizing committee has the right to disqualify them after the competition.

World Athletics approved track and field footwear list:
<https://certcheck.worldathletics.org/>

v) 如運動員於賽會要求核對證明文件而未能提供或發現擅自塗改號碼布資料，大會將保留所有權利作出拒絕該運動員或其接力隊伍參賽，所繳費用概不發還。

If an athlete is unable to produce, on the organiser's request, his/her identification document or is found to have made unauthorized amendments to the information on his / her bib, the organizer has the right to prohibit the athlete and / or his/her relay team from competing and all fees paid will not be refunded.

vi) 參賽運動員必須穿著隊服及掛上號碼布，安排如下：

Athletes must wear their team uniform and the number bibs according to the following requirements:

	胸前 Chest	背後 Back	右邊褲或大腿上方 Right side of shorts / Right upper thigh
徑賽 400m 或以下及擲類 Track events of 400m or under and throws events	掛個人號碼布 Number bib		貼小號碼布 Small number bib
徑賽 800m 或以上 and over /4X400m	次序號碼布 Secondary number bib	掛個人號碼布 Number bib	貼小號碼布 Small number bib
跳類 Jumping Events	號碼布掛於胸前或背後 Number bibs must be affixed to the chest or back		

9 上訴 Appeals:

a) 上訴必須由領隊或老師提出，並須繳交港幣 500 元上訴費。

All appeals must be submitted by the team manager or teacher and accompanied by a fee of \$500.

上訴須於該項目成績宣佈後 30 分鐘內以書面提出，經『上訴委員會』審理後，如上訴得值，有關費用可獲退還。

All appeals must be submitted in writing within 30 minutes of announcement of the results. If the appeal is successful after review by the Appeals Committee, the fee will be refunded.

10. 獎項 Awards:

a) 每項賽事之冠、亞、季軍將獲頒發獎牌。前八名獲頒發電子成績證書(兩星期後電郵給有關學校/屬會)。The champion, 1st runner-up and 2nd runner-up in each event will be awarded a medal. The top eight will be awarded electronic certificates of achievement.(Email to the relevant school/Club two weeks later)

b) 是次賽事不設頒獎儀式，徑賽得獎運動員可於成績宣佈後前往 TIC 領取獎牌；而田賽會在場地即場頒獎。

No presentation ceremony will be held. The track events prize winners are requested to collect their medals in TIC after announcement of results. The field events awards were presented on-site.

c) 所有項目獎牌須於成績公佈及確認後到領獎處領取，得獎者必須於領取獎項後小心核對，如有錯漏，後補獎項將以順豐到付方式寄出。如未能即日領取請於 15/11/2026 前電郵至本會預約補領時間，逾時聯絡本會則不獲補發獎牌。

All winners may collect their medal at the medals distribution area after the results have announced and confirmed. Please check the medals carefully, if there is any problem, subsequent medals will be sent via SF Express (delivery fee paid upon receive). If medal collection cannot made on the event day, please arrange the collection time by email with the enrolment coordinator before 15th November 2026, late arrangement will not be entertained.

d) 如運動員刷新香港紀錄 / 香港分齡紀錄時，請攜同出生證名書正本/副本到記錄室確認年齡。中國香港田徑總會日後會頒發證書乙張。Any athlete setting a new Hong Kong record / Hong Kong age group record is requested to bring their birth certificate (original or copy) to recorder room to verify his/her age. HKAAA will present a certificate to the athlete in due course.

11. 號碼布領取 Collection of number bibs:

a) 請在賽事當日在場地 TIC 領取號碼布，領隊/教練可於每日最早項目前 1 小時到 TIC 攤位領取，本主辦機構不會為任何屬會/學校個別運動員分發號碼布。

Number bibs are available for collection on the day of competition on TIC. Team managers/coaches may collect the number bibs from the counter starting from one hour before the start time of the 1st event. The organizer will not distribute the number bibs to any club / school. 敬請各領隊、教練及老師於賽事前 14 天於網上核對有關參賽項目及資料，如有問題或查詢，請盡早以 WhatsApp 54655250。

Team managers, coaches and teachers are requested to verify the competition events and other relevant information 14 days before the competition, and to WhatsApp 54655250 in the event of any problems or questions.

12. 惡劣天氣或特發事故安排:
Arrangements for adverse weather and unexpected events:
- 如賽事當日早上 6:30 時天文台仍懸掛八號熱帶氣旋警告；紅色或黑色任何暴雨警告，全日賽事將會取消；如賽事進行中遇惡劣天氣，大會將有可能暫停賽事，如時間不足，賽事會以初賽成績或完成整輪次定名次。如賽事因天氣或其他特發事故原因未能於當日舉行，大會於三星期內會盡量安排擇日重賽，而參賽者未能出席，均不獲任何補償，而所繳交之費用亦不獲發還。

If the no. 8 typhoon signal, red or black rainstorm warning is hoisted at 6:30am on the day of the competition, all events for that day will be cancelled. In case of adverse weather while the competition is in progress, the organizer has the right to suspend the competition and if there is insufficient time, the final standings will be determined according to the results of the heats or any completed rounds. If the competition is unable to be held as scheduled due to adverse weather or unexpected events, the organizer will attempt to re-schedule the competition within 3 weeks. Participants who are unable to attend the re-scheduled competition will not be entitled to any compensation and the entry fees will not be refunded.

13. 聲明 Statement:
- a) 所有參賽者必須遵守賽會一切比賽規則，大會保留解釋及修改上述規則之權利；本須知如有未盡善之處，賽會有權隨時修改。
All participants must comply with the competition rules and regulations. The organizer reserves the right to interpret and amend these rules and regulations.
- b) 所有參賽者同意授權予中國香港田徑總會或本會使用其肖像、姓名、聲線及個人資料作為活動籌辦及推廣使用；
The participants authorize HKAAA and the organizer to use their image, names, voice and personal data for the purpose of organizing and promoting activities.
- c) 參賽者及其家長，必須清楚了解及留意參賽者身體狀況以合適進行競賽活動，多加留意當日天氣及有可能令身體不勝負荷之因，如有不適，請盡早向註場工作人員、裁判或救護員求助。或在濕滑天氣而沒有足夠裝備(例如跳高或標槍釘鞋)而導致受傷，領隊、老師及家長應考慮該參賽者是否比賽；
Participants and their parents should clearly understand and remain vigilant to the suitability of participants' physical condition for participation in competition. They should also pay attention to the weather conditions and their potential impact on participants' physical condition. Any participant who feels unwell should seek immediate assistance from officials, referees or medical staff. In case of wet weather, the lack of suitable equipment and attire (eg proper spikes for high jump or javelin) may lead to injuries; team managers, coaches and parents should consider whether participants should take part in

the competition.

- d) 所有及參賽者在往返比賽場地中受到任何財物損失、受傷或致死亡時，主辦賽會、贊助商及其他有關合辦機構均無須負上任何責任；於遞交申請表之同時即自動表示參賽者本人或未滿 18 歲之參賽者已獲得其父母/監護人及團體負責人同意本賽事之一切條款、規則及免責聲明。

The organizer, sponsors and all other relevant co-organisers will not be responsible for any loss or damage to property, injury or death of any participants, including while travelling to and from the competition venue. The submission of an entry for participation in the competition indicates that the participant or his/her parents or guardians (for participants under 18) and the person-in-charge of the participant's organization agree to all conditions, rules, regulations and disclaimers of the competition.

附件一 Appendix 1

暫定程序表(留意網上更新) Tentative Timetable (Please refer to updates on website)

日期	徑賽	田賽
24/10/2026	男/女子 Boys/Girls U20, U18, U16,U14, U12,U10 60 米 m 初/決賽 Heats/Finals 男/女子 Boys/Girls U12,U10 100 米 m 初/決賽 Heats/Finals 男/女子 Boys/Girls U12 200 米 m 決賽 Finals 男/女子 Boys/Girls U20,U18, U16, U14 200 米 m 初/決賽 Heats/Finals 男/女子 Boys/Girls U12 400 米 m 決賽 Finals 男/女子 Boys/Girls U20,U18 400 米 m 跨欄決賽 Finals 男/女子 Boys/Girls U20,U18, U16 3000 米 m 決賽 Finals 男/女子 Boys/Girls U20,U18, U16, U14 800 米 m 決賽 Finals 男/女子 Boys/Girls U12 ,U10 4X100 米 m 決賽 Finals	男/女子 Boys/Girls U14, U12 跳高決賽 High Jump Finals 男/女子 Boys/Girls U12,U10 擲壘決賽 Softball Throw Finals 男/女子 Boys/Girls U12 推鉛球 Shot Put Finals 男/女子 Boys/Girls U20,U18,U16,U14 跳遠決賽 Long Jump Finals 男/女子 Boys/Girls U20,U18, U16, U14 擲鐵餅決賽 Discus Finals
25/10/2026	男/女子 Boys/Girls U20,U18,U16,U14 100 米 m 初/決賽 Heats/Finals 男/女子 Boys/Girls U20,U18,U16,U14 400 米 m 初/決賽 Heats/Finals 男/女子 Boys/Girls U20,U18,U16,U14 1500 米 m 決賽 Finals 男/女子 Boys/Girls U20,U18,U16,U14 100/110 米 m 跨欄初/決賽 Heats/ Finals 男/女子 Boys/Girls U16-20 / U10-U14 800 米 m 競走 Walking 決賽 Finals 男/女子 Boys/Girls U20,U18, U16, U14 4X100 米 m 決賽 Finals 男/女子 Boys/Girls 4X400 米 m 決賽 Finals	男/女子 Boys/Girls U12, U10 跳遠決賽 Long Jump Finals 男/女子 Boys/Girls U20,U18, U16 三級跳遠決賽 Triple Jump Finals 男子/女子 Boys/Girls U20,U18,U16 跳高決賽 High Jump Finals 男/女子 Boys/Girls U20,U18, U16,U14 推鉛球決賽 Shot Put Finals 男/女子 Boys/Girls U20,U18,U16,U14 擲標槍決賽 Javelin Finals

註 1：大會會因應報名人數可能將某些項目的比賽日期更改。請諒。

Note1: The organizer may change the date of an event according to the number of participants.

註 2：如田賽報名人數眾多；本會可能將部份賽事安排在副場。

Note2: If there are many participants in the field events, the organizer may reschedule some events to the secondary venue.

附表 (二 a) : 比賽項目 TABLE 2a: EVENTS

組別 Group	男 Boys						女 Girls					
#項目 Events	U20 2007-08	U18 2009-10	U16 2011-12	U14 2013-14	U12 2015-16	U10 2017-18	U20 2007-08	U18 2009-10	U16 2011-12	U14 2013-14	U12 2015-16	U10 2017-18
60 米 / m	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
100 米 / m	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
200 米 / m	✓	✓	✓	✓	✓	X	✓	✓	✓	✓	✓	X
400 米 / m	✓	✓	✓	✓	✓	X	✓	✓	✓	✓	✓	X
800 米 / m	✓	✓	✓	✓	X	X	✓	✓	✓	✓	X	X
1500 米 / m	✓	✓	✓	✓	X	X	✓	✓	✓	✓	X	X
3000 米 / m	✓	✓	✓	X	X	X	✓	✓	✓	X	X	X
100 米欄 / m Hurdles	X	X	X	✓	X	X	✓	✓	✓	✓	X	X
110 米欄 / m Hurdles	✓	✓	✓	X	X	X	X	X	X	X	X	X
400 米欄 / m Hurdles	✓	✓	X	X	X	X	✓	✓	X	X	X	X
800 米 / m 競走 Walking	✓			✓			✓			✓		
4 X100M Relay	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
4 X400M Relay	✓	✓	✓	✓	X	X	✓	✓	✓	✓	X	X
跳高 High Jump	✓	✓	✓	✓	✓	X	✓	✓	✓	✓	✓	X
跳遠 Long Jump	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
三級跳 Triple Jump	✓	✓	✓	X	X	X	✓	✓	✓	X	X	X
推鉛球 Shot Put	✓	✓	✓	✓	✓	X	✓	✓	✓	✓	✓	X
擲鐵餅 Discus Throw	✓	✓	✓	✓	X	X	✓	✓	✓	✓	X	X
擲標槍 Javelin Throw	✓	✓	✓	✓	X	X	✓	✓	✓	✓	X	X
擲壘球 Softball Throw	X	X	X	X	✓	✓	X	X	X	X	✓	✓

比賽名額(個人項目人次及接力隊次約 3200) 或會因應場地使用限制而有所更改。

#The number of competition slots (approximately 3,200 for individual events and relays) may be subject to change due to venue usage restrictions.

欄高及擲類器械重量(Hurdles Height & Throwing Equipment Weight)												
組別 Group	男 Boys						女 Girls					
#項目 Events	U20 2006-07	U18 2008-09	U16 2010-11	U14 2012-13	U12 2014-15	U10 2016-17	U20 2006-07	U18 2008-09	U16 2010-11	U14 2012-13	U12 2014-15	U10 2016-17
100 米欄 / m Hurdles	X	X	X	0.838m	X	X	0.838m	0.762m	0.762m	0.762m	X	X
110 米欄 / m Hurdles	0.991m	0.914m	0.914m	X	X	X	X	X	X	X	X	X
400 米欄 / m Hurdles	0.914m	0.838m	X	X	X	X	0.762m	0.762m	X	X	X	X
跳高 High Jump*	1.60m	1.60m	1.50m	1.30m	1.15m	X	1.30m	1.30m	1.20m	1.15m	1.15m	X
推鉛球 Shot Put	6.000kg	5.000kg	5.000kg	4.000kg	3.000kg	X	4.000kg	3.000kg	3.000kg	3.000kg	3.000kg	X
擲鐵餅 Discus Throw	1.750kg	1.500kg	1.500kg	1.000kg	X	X	1.000kg	1.000kg	1.000kg	1.000kg	X	X
擲標槍 Javelin Throw	800gm	700gm	700gm	600gm	X	X	600gm	500gm	500gm	500gm	X	X

* 起跳高度 Starting Height