



Organized by **The Outward Bound (Alumni) Association of Hong Kong**
 Sub-vented by **The Leisure and Cultural Services Department**



THE 34TH TOLO HARBOUR CANOE RACE

1. Aims : (1) To promote the Outward Bound Spirit – To serve, to strive, not to yield
 (2) To promote the canoeing sport
 (3) To enable participants to develop their own personal faith and potentialities
2. Date : 14 October, 2007 (Sunday) 8:30a.m. to 5:00 p.m.
3. Venue : Tai Mei Tuk Watersports Centre, Tai Po, N.T.
4. Qualification : Participants must be holder of Elementary / 3 stars or above certificate that issued by the Hong Kong Canoe Union (except for child member in the Family Race who must be between 8 – 13 years of age, able to swim for at least 50km and holder of Sea Star Certificate).

5. Events :

Youth (21 km)	Elementary (21 km)	Veteran (21 km)	Advanced (21km)	3-Leg Relay (15km)
(1) Boys single (2) Girls single	(3) Men single (4) Men double (5) Women single (6) Women double (7) Mixed double (8) Single organizer canoe group (no sex limit)	(9) Single (no sex limit)	(10) Men single (11) Women single (12) Men double (13) Women double (14) Mixed double	(15) Private canoe group (16) Organizer canoe group (no sex limit for both groups) ***** (17) Family Race (5km) *Double Private Canoe* *Child member must be between 8-13 years of age*

- Remarks :**
- (1) An event would be cancelled if the enrolled number of participants/teams was less than 3.
 - (2) If enrolment of Organizer canoe groups (Elementary and Relay) has exceeded the quota, allocation will be made by first come first served .

6. Reporting time : All participants have to report to the registration counter on 8:30 a.m. and receive checking of personal equipment and canoes by 8:30a.m.
7. Starting time : 10:30 a.m.
8. Entry fee : (1) \$50 per single. \$60 per double.
 (2) Relay team: \$105.-
 (3) Organizer canoe groups (Elementary and Relay) have to pay an extra \$132 as canoe rental fee.
9. Trophies : (1) Each event will be awarded with the Champion, 1st runner-up and 2nd runner-up prizes. If the number of participants or teams in the race is three, there will only be two prizes, the Champion and the 1st runner-up. If the number of participants or teams in the race is between 16 to 20, an extra prize will be awarded; after that, for every five more participants or teams added one more prize will be awarded and so on.
 (2) Overall Champion will be awarded to the organization that getting the highest score with the calculating method as follows :

Champion	1 st runner-up	2 nd runner-up	4 th position	5 th position	6 th position	7 th position	8 th position
7	5	4	3	2	1	1	1

Remarks : If two organizations get the same score, the organization with more higher ranks (counting up to the eighth position) would be the winner.

10. Participants can apply for the race as individual or through organization.

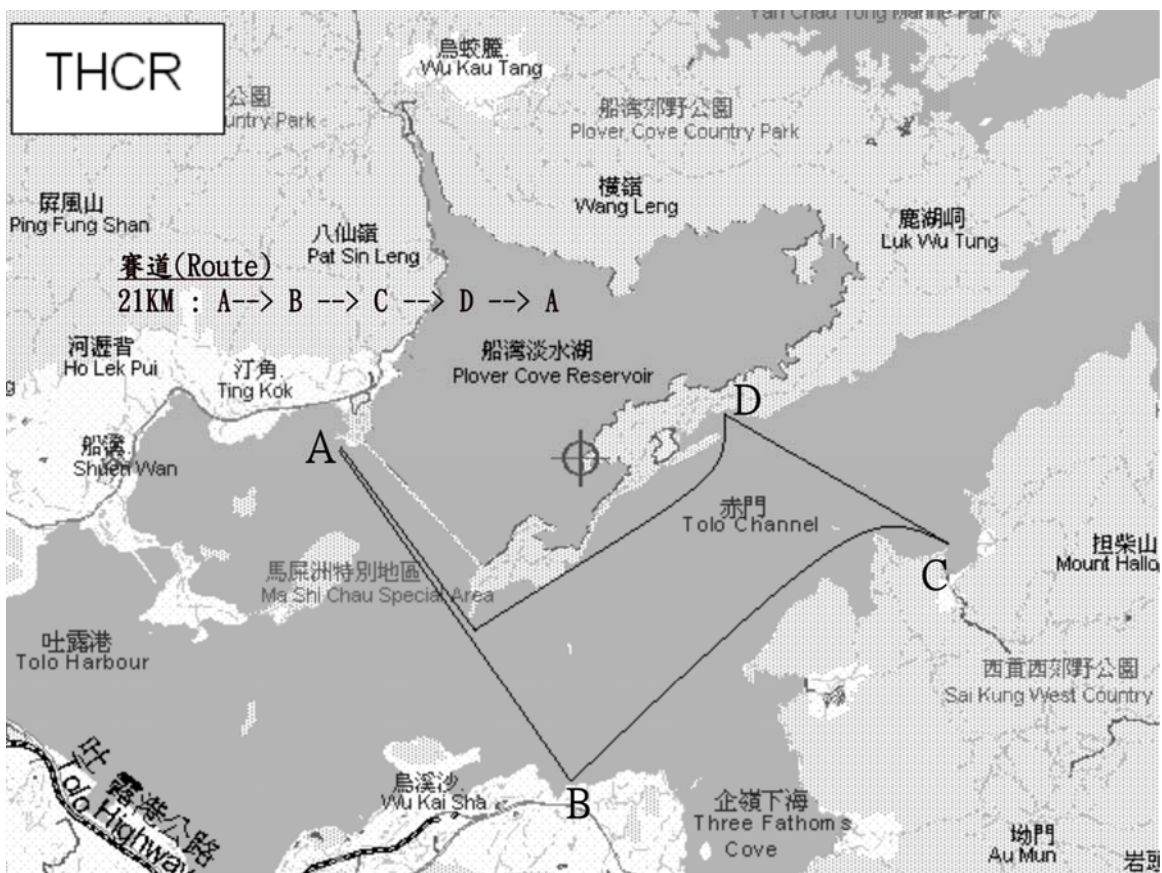
11. Application Form : To get the regulation and application form, please send a self-addressed stamped envelop to 'The Outward Bound (Alumni) Association of Hong Kong at GPO Box 2171, H.K.', or download from our homepage <http://www.obaahk.org>, or collect from district offices of Leisure and Cultural Services Department or the Hong Kong Canoe Union. Copies of application form are accepted.
12. Application : Please send completed application form and the followings to "G.P.O. Box 2171, Hong Kong" and marked 'Tolo Harbour Canoe Race' on the envelop :
 - (1) Copies of certificates or endorsement of qualification issued by The Hong Kong Canoe Union;
 - (2) Signed declaration;
 - (3) Declaration of participants aged below 18 **MUST** be **signed by Parent/Legal Guardian**;
 - (4) Crossed cheque payable to "OB(A)A Ltd.";
 - (5) One self-addressed stamped envelop.
 - (6) Application made through club or sports association (**Group Entry**) need not submit copy of certificate to the organizing committee, but the applying club or association is responsible for verifying the qualification and competency of their competitors.
13. Deadline : 22 September 2007 (Sat.). Late application will not be accepted.
14. Leaders' Meeting : To be held at 7:00 p.m. on 5 October 2007 (Fri) at The Tung Kun District Conference Room, Hang Lung House 15/F, 184-192 Queen's Road C, Hong Kong. Representatives of organizations and individual participants should attend the meeting. Further notification will not be sent unless there is change to the meeting time.
15. Enquiry can be made through e-mail address thcr@obaahk.org.

Introduction of Relay

1. Type : Single with private canoe group and organizer canoe group;
2. No. of participants : 2 to 3 persons in 3 legs, no sex or sequence limit;
3. Place : Within designated relay passing zone and
4. Distance : 15km. (Round Tai Mei Tuk and Pak Sha Tau Tsui., 5 km per leg.)

Introduction of Family Race

5. Type : Double private canoe;
6. No. of participants : 2 persons (parent and child), no sex limit, child member must be between 8-13 years of age;
7. Place : Within designated relay passing zone and
8. Distance : 5 km (Round Tai Mei Tuk and Pak Sha Tau Tsui)



Rules and Regulations and safety instructions of the Race

1. Participants must be aged 14 or above (except for child member in the Family Race who must be between 8 – 13 years of age). For participants aged below 18, **Parent/Legal Guardian's** agreement and signature on the Declaration is necessary.
2. Participants must be holders of 3-Star Award, Elementary Certificate or above of the Hong Kong Canoe Union(except for child member of the Family Race who must be able to swim at least 50m and holder of the Sea Star Certificate),
3.
 - (1) Participants of Youth events must be aged 18 or below on the race day, and has not been the Champion, 1st Runners-up or 2nd Runners-up in the Hong Kong Open Marathon Canoeing Championship (Round Island) or Tolo Harbour Canoe Race (except Relay event) or has not represented Hong Kong to participate in any International/National competition in 2004, 2005 and 2006.
 - (2) Participants of Elementary events should not have been the Champion, 1st Runners-up or 2nd Runners-up in the Hong Kong Open Marathon Canoeing Championship (Round Island) or Tolo Harbour Canoe Race (except Youth and Relay events) or has not represented Hong Kong to participate in any International/National competition in 2004, 2005 and 2006.
 - (3) For Veteran event, the participant must be aged over 40 on the race day regardless of sex.
4. Participants must be able to swim at least 50m with clothes.
5. Organizer canoe groups (Elementary and Relay) **SHOULD** use the designated canoe, paddle, life jacket and spray cover provided by the Organizer.
 Participants of other events should prepare their own equipment. The canoes should be suitable for long distant travel and equipped with the followings :
 - (1) for all types of canoe, toggles must be fixed at bow and stern;
 - (2) for fiberglass type canoe both bow and stern must be equipped with safety rope (except international racing kayak); and
 - (3) the buoyancy of the bow and stern must be each with 13.6kg.
6. All participants **MUST** be dressed in the following equipment during the **WHOLE** race :
 - (1) spray cover;
 - (2) suitable clothes for canoeing;
 - (3) rubber shoes protecting toes and ankles (slipper or sandal is not allowed);
 - (4) whistle and
 - (5) standard life jacket or buoyancy aid.
7. All participants' equipment **MUST** be checked by officials of the Organizer. Only those passed in the checking can get a special label and be eligible to participate in the race.
8. If Typhoon signal No. 3 or above or Black Rain Storm signal was hoisted at 7:00 a.m. on the race day, the race will be cancelled. For bad weather, the Organizer reserves the right to cancel the race or change the route.
9. Participants will be disqualified in the following situation:
 - (1) Violate the race regulation of the Organizer;
 - (2) Do not report to check point officials and remove life jacket or buoyancy aid during the whole course of race;
 - (3) Do not complete the race according to the preset route;
 - (4) Fail to reach the following check points at the specified time:

Places	21km	Relay	Family Race
Tai Mei Tuk (start)	10:30 a.m.	10:45 a.m.	10:45 a.m.
Lai Chung (check point)	11:45 a.m.	-----	-----
Lai Chi Chong (check point)	13:15 a.m.	-----	-----
Lo Fu Wat (check point)	14:00 p.m.	-----	
Tai Mei Tuk (finish)	15:00 p.m.	15:00 p.m.	13:00 p.m.

- (5) If official judges find that a participant's physical condition cannot be able to finish the race, or his/her continuation of the race will endanger personal or affect other persons safety, or he/she will delay the whole race, the judge can order the participant(s) to stop the race and board the escort boat;
- (6) The Organizer reserves the right to disqualify a participant to join the race; and
- (7) In the day of the event, participant must go to the registration counter **personally** to "**sign on**" and "**sign off**"

before and after the race.

10. Participants have the right to appeal. Any appeal should be written and submitted to the Appeal Committee with \$200.-. The money would be refunded only if the appeal is substantiated. Appeal Committee's decision is the final verdict.
11. The above is a brief introduction and the Racing Rule used during the race will be distributed to participants during leaders' meeting.
12. All participants must keep the venue and sea clean. Do not litter.
13. If there is any change to the rules and regulations about the race, it will be announced and confirmed at the Leader's Meeting before the race.
14. We reserve the right to explain and amend the above rules and regulations of the race.

Organized by The Outward Bound (Alumni) Association of Hong Kong
Sub-vented by The Leisure and Cultural Services Department
THE 34TH TOLO HARBOUR CANOE RACE
Personal Application Form

Name : _____ (Chinese) _____ (English) Sex : _____

Date of birth : _____ Event : _____ Affiliated Club : _____

Correspondence Address : _____

Tel. No. : _____ (Day) _____ (Night) Partner's Name : _____

If you need assistance because of any disability, please indicate : _____

In case of accident, please contact (Name) : _____ Tel. No. : _____

~~~~~  
**Declaration : (Only for Age 18 or above)**

I \_\_\_\_\_ (name of participant) agree to abide by the rules and regulation of Tolo Harbour Canoe Race and the instructions given by the officials of the Organizing Committee. And I authorize The Outward Bound (Alumni) Association of Hong Kong Limited to obtain, and the relevant authorities and organizations to release, all information about my results for any canoe race. I am physically fit, holder of 3 Star Award/Elementary Certificate or above of the Hong Kong Canoe Union and have learned swimming (able to swim 50m), without known or suspected illness, suitable to participate in the sports I apply for. I fully understand and agree that the organizing bodies and its supporting bodies shall not be responsible or liable for any injury or death resulting from the event if the cause of injury or death is due to my own negligence or inadequacy in health, skill and fitness.

I enclosed herewith a cheque from the \_\_\_\_\_ Bank # \_\_\_\_\_ with the amount of HK\$ \_\_\_\_\_ as the entry fee. I fully understand that, unless otherwise stated, the application fee paid is non-refundable. I shall / am not be able to attend the leader's meeting.

Participant Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**Parent / Legal Guardian Declaration: (For Age below 18)**

I \_\_\_\_\_ (name of parent/guardian) agree my son/daughter \_\_\_\_\_ (name of participant) to participate the captioned race. He/she and I agree to abide by the rules and regulation of Tolo Harbour Canoe Race and the instructions given by the officials of the Organizing Committee, and authorize The Outward Bound (Alumni) Association of Hong Kong Limited to obtain, and the relevant authorities and organizations to release, all information about my results for any canoe race. I declare he/she is physically fit, holder of 3 Star Award/Elementary Certificate or above of the Hong Kong Canoe Union and has learned swimming, without known or suspected illness, suitable to participate in the sports he /she applies for. I fully understand and agree that the organizing bodies and its supporting bodies will not be responsible or liable for any injury or death resulting from the event if the cause of injury or death is due to his/her negligence or inadequacy in health, skill and fitness.

Parent/Legal Guardian Signature : \_\_\_\_\_ Date: \_\_\_\_\_

\*The information provided by you will only be used for the purpose of enrolment, future contacts, survey and mailing of promotional materials by our Association and co-organizing parties. For access to or correction of your personal data after submission of this form, please contact the staff of our Association.

~~~~~  
Remarks :

- (1) The organizing bodies advise participants have adequate insurance.
- (2) Please return your application form to "Tolo Harbour Canoe Race, G.P.O. Box 2171, Hong Kong" with the following items :

- (a) Photocopy of Certificates, awards and other qualification recognized by Hong Kong Canoe Union;
- (b) Signed declaration;
- (c) Crossed cheque should be made payable to “OB(A)A Ltd.”;
- (d) For participants aged under 18 years, consent must be signed by their parent or legal guardian;
- (e) Self-addressed stamped envelop.