

Hong Kong Road Race Walking Championships 2009

Walkers' Guide

1. **Event Date** : 22 November 2009 (Sunday)
2. **Registration Time** : 7:30am – 8:00am
3. **Roll Call Time** : 8:05am – 8:15am (Women's Senior and Master)
8:20am – 8:30am (Men's Senior and Master)
4. **Registration Venue** : Tseung Kwan O Sports Ground (the entrance *next to* the car park cashier) *counter* ↑
5. **Starting Time** : 8:30am (Women's)
8:45am (Men's)
6. **Distance** : 20km
7. **No. Cloth Collection** : Athletes should collect their no. cloths by presenting the acceptance letter to the registration counter.
8. **No. Cloth wearing:** : (a) Athletes should report to the Call Room during the Roll Call Time before the race.
(b) Runners should wear their number cloths in front of their chests and on their back, so the officials can identify their numbers easily, otherwise, the Organizer reserves the right to disqualify athlete who fails to do so.
(c) Number cloths are non transferable. In case of any dishonest behavior, runners will be disqualified and HKAAA reserves the right to reject their future applications for other HKAAA events
9. **Attire:** : Runners must wear tops and shorts (knees cannot be covered) during the competition.
10. **Baggage Storage** : Baggage Storage Area will not be provided, runners are advised not to bring any valuable item on the day. The organizer will not be responsible for any loss of personal property. If necessary, athletes can borrow the lockers provided by the sports ground.
11. **Time Limit** : Men: 2 hours 10 minutes Women: 2 hours 25 minutes
12. **Result** : The Prize Presentation lists will be announced on the race day. A full set result will be posted on HKAAA website within 2 weeks after the race.
13. **Water Station** : Water stations will be available on course.
14. **Insurance** : The organizer will cover the Insurance of Public Liability only. Runners should be responsible for their own Personal Accident Insurance.
15. **Weather** : (a) If Red /Black Rainstorm or Tropical Cyclone Signal No. 8 is issued at 6:30am on race day, the race will be cancelled. HKAAA will refund 50% of the entry fee to the participants.
(b) Race day emergency contact number during 6:30am – 10:00am: 9099-3598
16. **Health Advice** : The organizer recommends all participants to monitor their physical condition are fit and capable for participating in the race. In case you are feeling unwell during the race, you should quit immediately and approach our race officials for assistance.
17. **Remarks** : The organizer reserves the right to amend the above information.
18. **Enquiry** : Add : Rm 2015, Olympic House, 1 Stadium Path, So Kon Po, Causeway Bay, HK
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Email : inquiry@hkaaa.com Website : <http://www.hkaaa.com>