TERRAX

stroo

SPRINT

ORIENTEERING TOURNAMENT

TERRAX 短口途 定向巡迴賽 2026

賽事手冊

RACE HANDBOOK

21.11.2026



第九回合

ROUND 9

南昌

NAM CHEONG

THIS EVENT IS PROUDLY PRESENTED BY

The World's Most Innovative
High Performance Orienteering Compass

STRAIGHTER, FASTER BETTER



ORGANIZER

TERRAX

基本資料
Basic Information





Str8 x TerraX 短途定向巡迴賽 2026 第九回合
Str8 x TerraX Sprint Orienteering Tournament 2026 Round 9

ℹ 基本資料 Basic Information ℹ

主辦 Organizer	TerraX Sports Club	
日期 Date	2026 年 11 月 21 日（星期六）	21st November 2026 (Sat)
地點 Location	南昌	Nam Cheong
形式 Format	個人越野式定向賽 （順序到訪控制點）	Individual cross-country type orienteering race (Visiting control points in sequence)
地圖 Map	2026 年版 1:3000 比例 ISSprOM2019-2 彩圖 1:2000 比例 (賽程 F & G) 2 米等高線間距 國際定向提示符號	2026 version 1:3000 ISSprOM2019-2 Colour Map 1:2000 (Courses F & G) 2m contour interval International Control Description Symbols
賽前之查詢電話 Pre-race enquiry number	5975 5784 **(只限 Whatsapp ONLY)**	
比賽當日緊急聯絡電話 Emergency contact on race day	5975 5784	

比賽日流程 Race Day Rundown

出發時段 Time slot	到達賽事中心時間 Time to arrive event centre	出發時間 Start time	離開賽事中心時間 Time to leave event centre
1	出發時間前 1 小時內 1 hour before your start time	15:15 — 15:35	Before 18:00 或之前
2		15:45 — 16:05	
3		16:15 — 16:35	

18:00 比賽結束 Event ends

賽事當天將設有頒獎環節，頒獎時間將於第三節出發時段後即場公佈。
There will be prize presentation ceremony on the event day. The time for prize presentation ceremony will be announced on site after the third start time slot.

賽事中心
Event Centre





賽事中心 Event Centre

1. 賽事中心位於南昌公園近深旺道及欽州街交界涼亭 (下圖紅框內 - https://maps.app.goo.gl/KaLJDkxoi49PMB4h7)。
2. 洗手間距離賽事中心約 50 米，步行約 1 分鐘。
3. 賽事中心設有行李寄存服務，惟請勿存放貴重物品，如有物件遺失，本會恕不負責。
4. 報到時工作人員將分發電子控制卡予已租用 SIAC 的參加者，參加者於完成賽事後必須立即親身到成績處理站下載成績，亦不可代表其他參加者下載成績。
5. 賽事不設號碼布，賽會將以已登記之 SI 卡辦認參加者身份。
6. 已申請出席證書的參加者可於完成比賽後於賽事中心領取。
7. **已登記參加賽前定向速成班的參加者，請於速成班開始前 10 分鐘到達賽事中心報到處集合。**

1. Event Centre is located at the Pavilion in Nam Cheong Park near to the junction of Sham Mong Road and Yen Chow Street. (In the red box below - https://maps.app.goo.gl/KaLJDkxoi49PMB4h7)
2. Toilet facilities are 1-min walk and 50m away from Event Centre.
3. Luggage deposit service will be available at event centre. However, please do not store valuables and the Organizer is not responsible for any lost items.
4. Event officials will assign a SIAC card for participants who have rented during registration. Participants are required to download their results at the result processing station on their own after the race, and not allowed to download the results on behalf of others.
5. There will be no number bibs for the tournament. SI card will be used as identification.
6. Participants who have applied for a certificate of participation can collect their certificates at the Event Centre after the race.
7. **Participants who have registered pre-race training class please arrive at the registration desk of event center 10 minutes before the start of the pre-race training class.**

交通安排 Transportation

A. 港鐵 – 由南昌站 D1 出口步行約 3 分鐘到賽事中心 [下圖紅色箭咀]；

B. 小巴/巴士 – 有多條小巴/巴士路線途徑賽事中心入口附近，參加者可於深旺道（下圖綠色框）下車前往賽事中心。

Participants can take

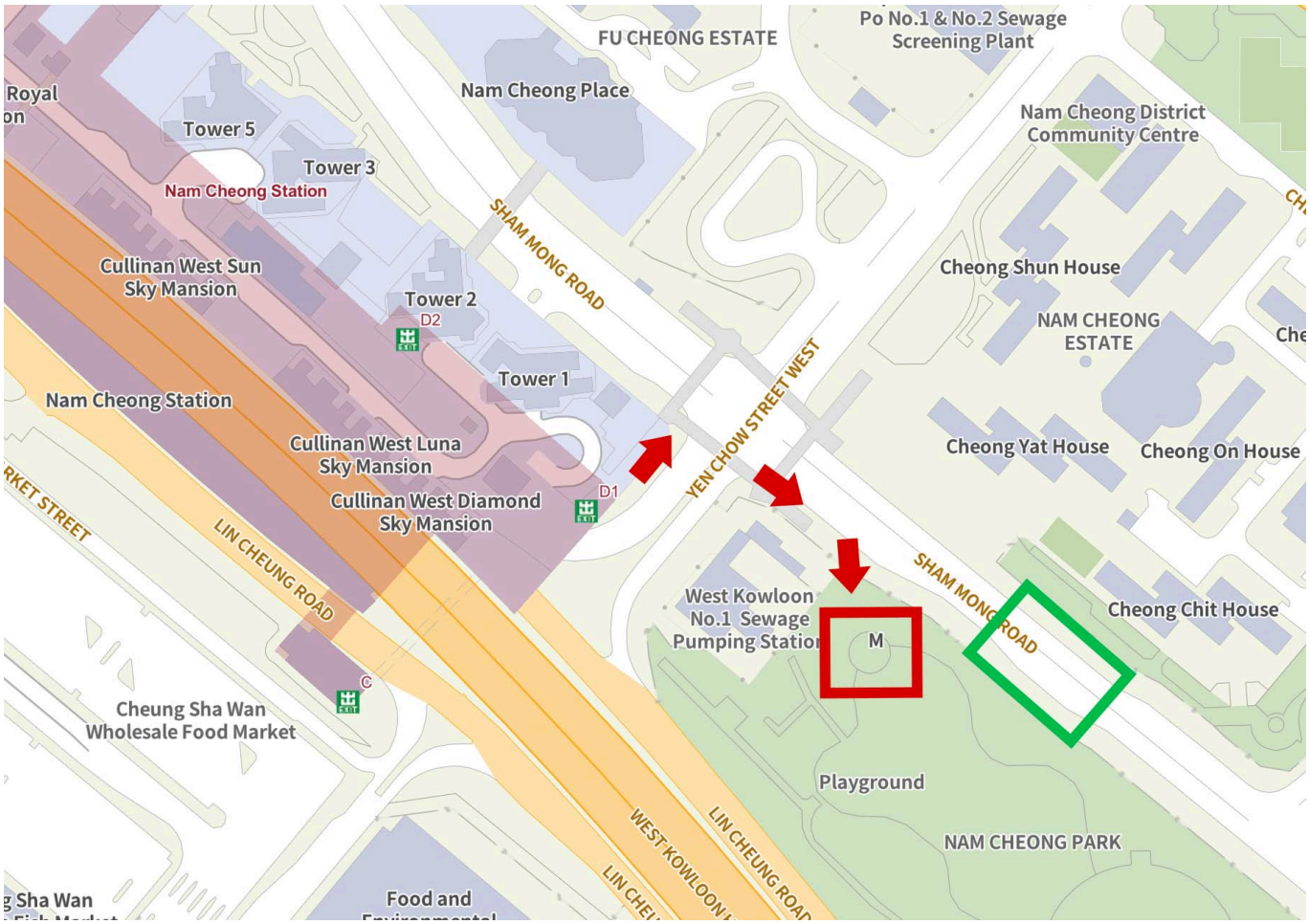
a. MTR to Nam Cheong Station Exit D1 and and walk 3 minutes to event centre (**Follow the red arrow below**)

b. Minibus or bus and alight at bus stop at Sham Mong Road (**Green boxes below**), and walk to event centre.

小巴路線資訊 Minibus Route Info
https://bit.ly/4kSOzYq

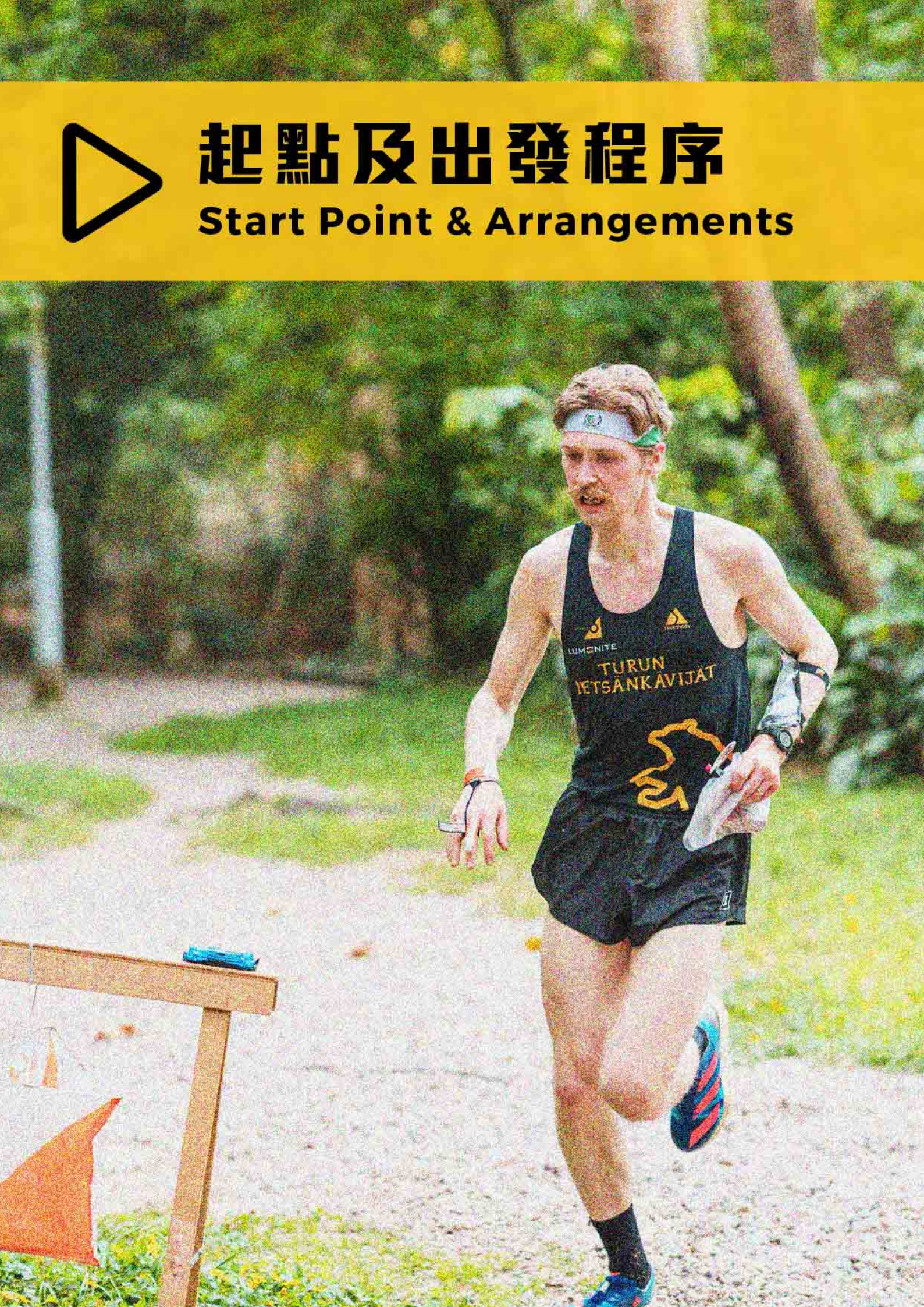
城巴路線資訊 Citybus Route Info
https://bit.ly/4bTBkCR

九巴路線資訊 KMB route Info
https://bit.ly/3FschKW



起點及出發程序

Start Point & Arrangements





△預備出發區及起點 Pre-Start Zone & Start Point △

1. 起點設於賽事中心旁。
2. 參加者請按自己的出發時間，提早 5 分鐘到達出發區。當工作人員宣讀參加者出發時間後，參加者必須進入出發等候區。
3. 起點區設有大會時間顯示。

1. Start zone is located next to the Event Centre.
2. Participants are required to arrive the start area 5 minutes before the designated start time.
3. Official Time will be shown at Start area.

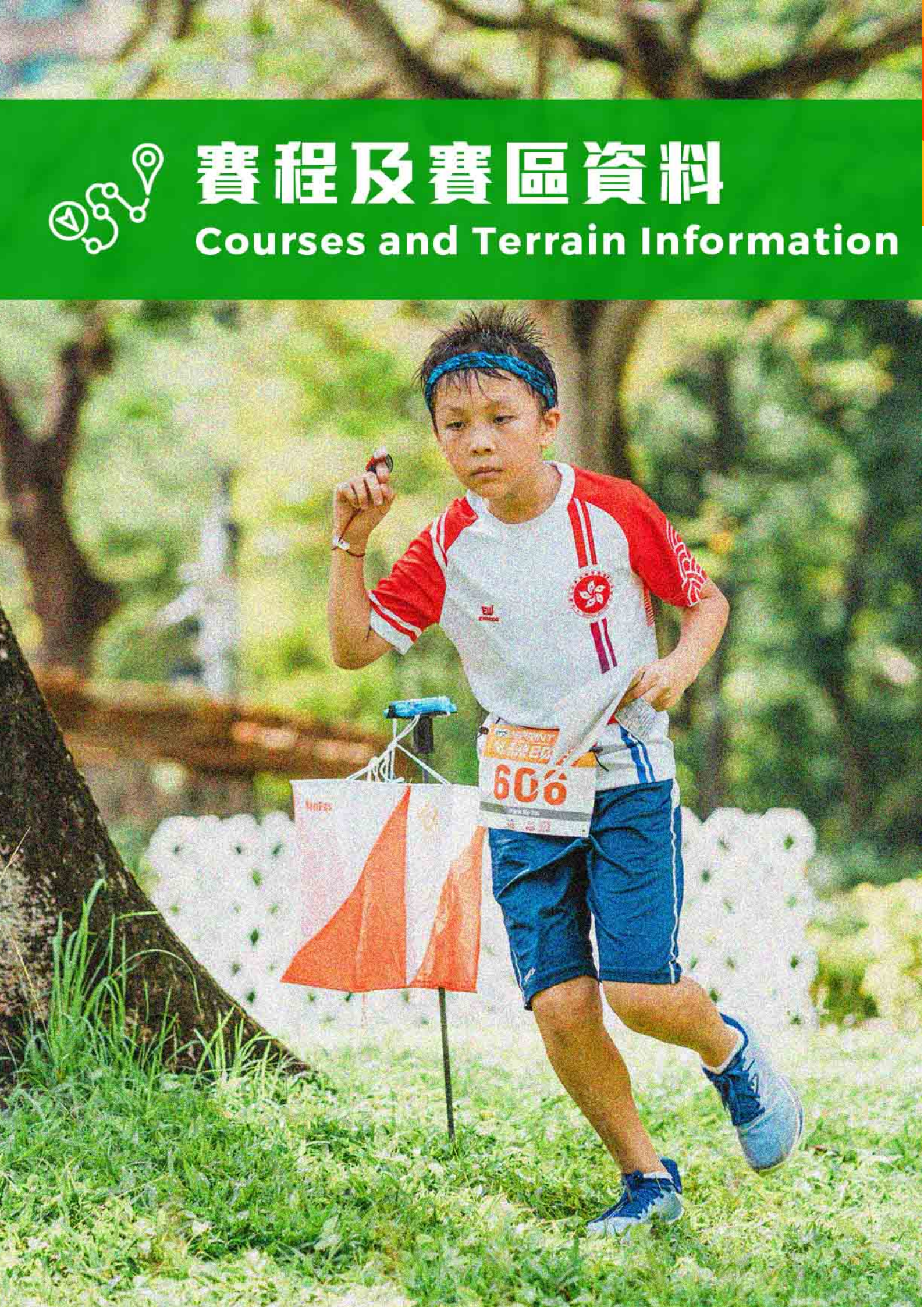
出發程序

1. 參加者必須向工作人員展示電子控制卡。
2. 建議參加者帶備指南針及哨子，有助尋找控制點及應急之用。
3. 參加者須根據自己的出發時間進入出發區，請在入口把計時指卡放在「Clear」打卡器上的感應區，直至聽到「Clear」打卡器發出聲響，確定計時指卡內的舊資料已清除。及後把SI指卡放在「Check」感應器上(適用於普通SI卡及使用SIAC（非接觸式指卡）之參加者)，以啟動SIAC指卡的Air+功能 (只適用於使用 SIAC（非接觸式指卡）之參加者)。及後，參加者可於放置於預備出發區的「Test」感應器測試指卡，指卡會發出閃燈及聲響，表示計時指卡的Air+功能運作正常 (只適用於使用 SIAC（非接觸式指卡）之參加者) 。
4. 出發採用分區制，出發區前將顯示「入格時間」。
5. 當「入格」時鐘顯示你的出發時間，通過工作人員檢查裝備後，可進入3分格，每隔一分鐘進入2分格及1分格。
6. 賽會將會向所有參加者於 2 分格提供控制點提示符號紙。
7. 1分格內不設閱讀地圖時間，參加者於1分格聽到起點響鐘發出長響後方可閱讀地圖及出發。
8. 參加者不須在起點器拍卡，只需橫越起點線便可。
9. 出發線會顯示「大會時間」。
10. 取用正確的地圖乃參加者責任，請檢查地圖是否屬於自己的組別。如取錯地圖而被取消資格，賽會概不負責。
11. 遲到者必須向「遲到出發區」報到，由工作人員安排出發，所損失的時間將不獲補償。

Start Arrangement

1. Participants are required to present the SI card to the officials.
2. Compass and whistle are suggested to bring with you during the race. They are useful for orienteering and emergency issues.
3. Participants are required to enter the start zone according to the start time. Please punch the SI card in the “Clear” unit to clear the historic record stored in the card, and then follow by punching the “Check” unit (for both SIAC (contactless card) and traditional SI Card users) to activate the “Air+” function of the card (for SIAC (contactless card) users ONLY). After that, Participants can hover over the “Test” unit to check the Air+ experience (for SIAC (contactless card) users ONLY). The SIAC card will feedback with flashing optical signal and “beep” sound, meaning the card is functioning normally.
4. Call Up Time (Official Time + 3 minutes) will be shown at start zone. Participants can enter the Start area 3 minutes before their start time.
5. Gear check will be performed by race officials 3 minutes before Participants’ start time. Participants can enter the Start area after passing the gear check. After entering the Start area, Participants have to enter -2 minute zone and -1 minute zone in 1-minute interval.
6. Separate control description sheet for all participants will be provided 2 minutes before Participants’ start time.
7. Maps will be provided 1 minute before Participants’ start time. Yet, Participants are not allowed to read the map before their designated start time. Participants can only read the map and begin the race after hearing the start signal.
8. Punching Start in not required. Crossing the start line suffices.
9. Official Time will be shown at the start line.
10. Participants are responsible to check if they have taken the correct map. The Organizer is not responsible for any disqualification caused by taking incorrect map.
11. Late Participants are required to report to the Late start area on their own. Race official will arrange for their start as soon as possible. However, no time compensation will be given.

賽程及賽區資料
Courses and Terrain Information



stroo SPRINT ORIENTEERING TOURNAMENT

短途定向巡迴賽 2026

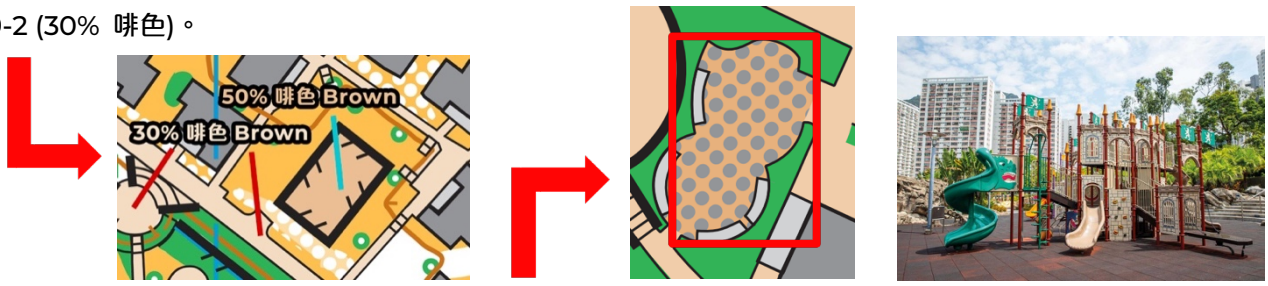
TERRA X

賽程及賽區資料

1. 各組賽程的長度如下：

賽程	組別	長度 (米)	控制點數目
A	ME, WE	3500	24
B-1	MO	2900	21
B-2	WO	2700	20
C	MS, MA	2500	19
D	WA, MB, MM	2200	18
E	WS, WB, WM, Teen Duo	2100	16
F	Explorers, Family, Chill	1700	14
G	MC, WC	1700	14

2. 賽程長度以**最佳路線距離**計算。
3. 各組的比賽限時均為 60 分鐘。
4. 賽區由公園及屋邨所組成，大部分由可跑性高之路網所覆蓋。賽區大致平坦，大部分地區為三合土地、可跑性極高的樹林及難以通過的植被，請勿破壞休憩設施內的植物。
5. 塑膠地面的遊樂場地、球場及車路以較深色 ISSprOM-2 529 (50% 啡色)表示以分別一般的三合土路 ISSprOM 529-2 (30% 啡色)。



6. 公園內設有較密集遊樂設施的遊樂場地以以上圖例 (ISSprOM 2019-2 533 滿佈障礙的範圍) 表示。
7. 參加者在比賽期間或需使用行人天橋，如該處放有控制點，該控制點則將放置於**天橋的頂層**，**參加者嚴禁由地面橫過馬路**。
8. **賽程 A - C 或會橫越低流量的邨內道路**，該處將有工作人員駐守，**參加者亦有必然責任留意該段路面狀況，免生意外。**
9. 賽區內週末遊人或比較多，請參加者多加留意。
10. 休憩設施內部份通道較狹窄，參加者請盡量靠左跑，以免互相碰撞。
11. **起點及終點通道較為狹窄，請參加者靠左及保持忍讓，避免碰撞。**
12. 地圖不會顯示電燈柱及告示牌。
13. 參加者沒有使用任何行人路或通道的優先權，請保持禮貌及克制，避免碰撞。
14. 建議參加者穿著輕便跑鞋，衣著以背心及短褲為佳。

15. 賽區內有工程地盤/禁區及花圃/私人地方，地圖上以 / / 標示，參加者嚴禁穿越，否則將被取消資格。
16. **是次賽事之地圖未有使用 (ISSprOM 2019-2 411 不可穿越植被)。賽區內的所有條狀草叢 (Linear Thicket) 均使用 (ISSprOM 2019-2 410) 作顯示，根據賽例，參加者跨越不會構成犯規。**



條狀草叢例子 - 1



條狀草叢例子 – 2

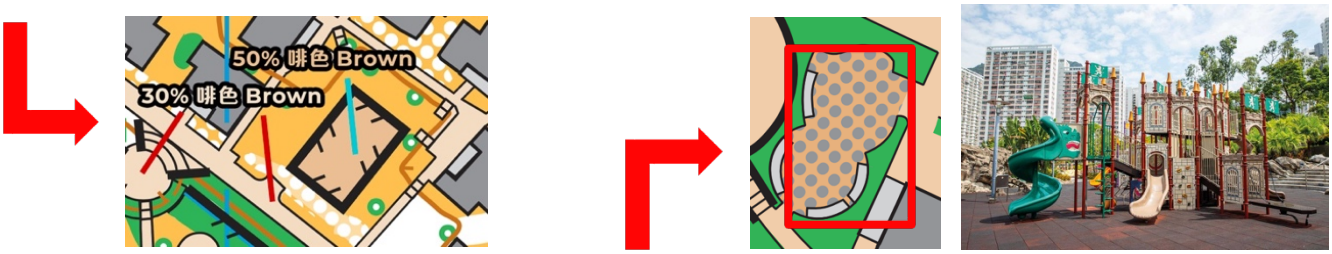
17. 賽區不設水站，參加者如有需要可攜帶適量飲料。

Courses and Terrain Information

1. The course length for each class is as follow:

Courses	Class	Length (m)	No. of control
A	ME, WE	3500	24
B-1	MO	2900	21
B-2	WO	2700	20
C	MS, MA	2500	19
D	WA, MB, MM	2200	18
E	WS, WB, WM, Teen Duo	2100	16
F	Explorers, Family, Chill	1700	14
G	MC, WC	1700	14

2. Course length is calculated using the **best route distance**.
3. Time limit of all classes is 60 minutes.
4. The competition area mainly consists of parks & housing estates, mostly covered by a highly runnable network of paths. The area is relatively flat, with most of the terrain consisting of paved area, highly runnable forest, open land and dense vegetation that is difficult to pass through. Please do not damage the plants within the recreational facilities.
5. Playground rubber mats, ball courts and car roads will be drawn by ISSprOM 529-2 (50% Brown) to distinguish with the normal paved area ISSprOM 529-2 (30% Brown).



6. The playground inside the park is equipped with more densely packed amusement facilities as shown in the diagram (ISSprOM 2019-2 533 Area with obstacles).
7. Competitors may need to pass through footbridge during the race. If there is a control point, it will be placed on the top level of the footbridge. **It is strictly forbidden to cross the road on the ground.**
8. **Courses A-C may cross low-traffic roads in housing estate. Officials will be stationed at the above crossing point and competitors should also pay attention to the road conditions at the crossing point and avoid accidents.**
9. There might be many tourists in the competition area during the weekend. Please be mindful of other people during the race.

10. Some passages in the resting area are relatively narrow. Participants should always keep left to avoid any collision.
11. **The start & finish passage is relatively narrow. Please keep left all the time and be patient to avoid collisions.**
12. Electric poles and signages are not drawn on the map.
13. Participants must respect the rights of residents, the general public and other participants in using the path. Please be mindful of other pedestrian during the race. Participants have no privileged rights in using the road and path.
14. Participants are recommended to wear vests and shorts with a pair of running shoes.
15. There are some embargoed area & flower beds / private areas in the competition area which marked as / / on the map. Participants are forbidden to cross. Otherwise, participants will be disqualified.
16. **ISSprOM 2019-2 411 Impassable vegetation is not being used in this map. All linear thickets in the competition area are represented by ISSprOM 2019-2 410 , which can be crossed by competitors according to the competition rules. ******



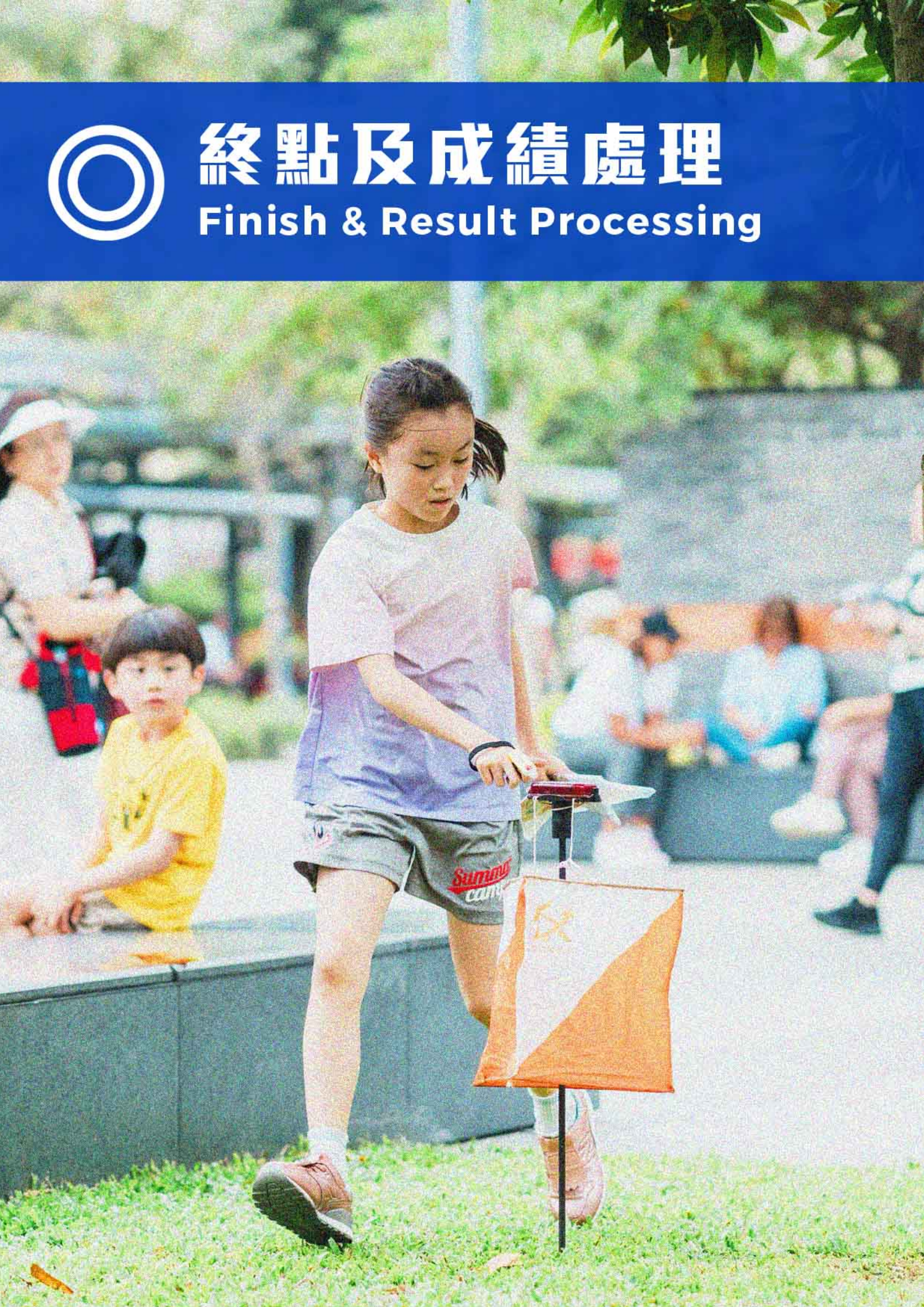
Linear Thicket Example - 1



Linear Thicket Example - 2

17. There will be no water point in the competition area. Participants can bring along their own drinks as per their own needs.

終點及成績處理
Finish & Result Processing





◎終點及成績處理 Finish & Result Processing◎

1. 終點及成績處理區設於賽事中心旁。
2. 使用 SIAC（非接觸式指卡）之參加者抵達終點時，須在傳統終點控制器上掃過，而比賽時間亦在那刻完結，指卡隨即會發出聲響及閃燈。
3. 使用普通 SI 卡之參加者抵達終點時，須**在傳統終點控制器拍卡**，比賽時間在那刻完結，終點控制器隨即會發出聲響及閃燈。
4. 請跟隨指示**前往成績處理站，將計時指卡的記錄下載後**，參加者即可領取參考成績印表。
5. 參加者**於完成賽事後必須立即親身對成績處理站下載成績，亦不可代表其他參加者下載成績。**
6. 賽會不會收回已完成賽事參加者的地圖，請勿將地圖及賽程透露予未出發之參加者，如有違反，雙方參加者將會被取消資格(DISQ)。
7. **所有參加者必需於成績處理關閉前到成績處理站下載成績，未能於最後成績公佈前下載成績之參加者將會被取消資格(DISQ)。**
8. 參加者無論完成賽事與否，或遺失電子控制卡，必須於 18:00 前向終點報到，否則當失蹤論，勞煩賽會甚至警方出動搜索。

1. Finish and result processing station is located next to the Event Centre.
2. For the participants using SIAC (contactless card), it is required to **swipe on the "Finish" unit** when you reach the finish. The timing stops when Participants swipe on the "Finish" unit and the SIAC will feedback with "beep" sound and flashing optical signal as confirmation.
3. For the participants using traditional SI Card, it is required **to punch the "Finish" unit** when you reach the finish. The timing stops when participants punch the "Finish" unit and the unit will feedback with "beep" sound and flashing optical signal as confirmation.
4. Please proceed to result processing station for result download after crossing the Finish. Participants will be provided with a result slip for their reference.
5. Participants are required to download their results at the result processing station on their own after the race, and not allowed to download the results on behalf of others.
6. Maps will not be collected at Finish. Finishers are prohibited to disclose any map or course details to participants who haven't started their race. Any violation will result in disqualification of both parties.
7. **All Participants must have their punching record downloaded at result processing station before the closure time. Otherwise, they will be considered as disqualified.**
8. All participants must report to the Finish by 18:00 regardless if they have finished the race or if the SIAC card is lost. Otherwise, you will be considered as missing. The organizer might need to report to the police to search for you.

電子打孔及計時系統指引

Punching and Timing System



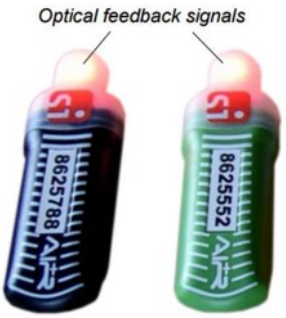
電子打孔及計時系統指引

SPORTident Air+ 電子計時系統使用方法（只適用於使用 SIAC（非接觸式指卡）之參加者）

1. 參加者須於賽事中心領取 SIAC 計時指卡，並於進入出發區前把 SIAC 指卡放在「Clear」感應器上，以清除過往的比賽紀錄，及後把 SIAC 指卡放在「Check」感應器上，以啟動 SIAC 指卡的 Air 功能。及後，參加者可於放置於預備出發區的「Test」感應器測試指卡，指卡會發出閃燈及聲響，表示計時指卡運作正常。



2. SPORTident Air+ 是指卡和打卡器毋須接觸的電子計時系統。是次賽事中，打卡器和 SIAC 指卡的有效範圍為 30 厘米（約一個定向燈籠的大小）。如果打卡成功，SIAC 指卡會發出聲響及閃燈確認。如果沒有以上訊號，參加者須回到控制點重新打卡。



SIAC 指卡



SPORTident 打卡器



如果打卡成功，SIAC 指卡會發出聲響及閃燈確認

3. 根據廠方資料，如果指卡沒電，指卡將不能使用隔空打卡功能。如果指卡在打卡器 30 厘米範圍內皆無閃燈或聲響，請將指卡當成普通 SI 卡使用（即將指卡直接接觸打卡器）。參加者不能以系統失效作為抗辯理由。

4. 根據廠方指引，如果參加者佩戴 GPS 錶出賽，**請勿將指卡和錶佩戴在同一隻手上**，否則 GPS 錶會大幅降低指卡的敏感度，可能引致電子打孔或計時無效。



以下適用於使用普通 SI 卡之參加者：

5. 參加者有責任確保計時指卡成功放置在打卡器上的感應區(數字上方圓圈位置)，打卡器將發出響聲，表示資料已紀錄在計時指卡內。





6. **使用普通 SI 卡之參加者抵達終點時，須在傳統終點控制器拍卡，比賽時間在那刻完結，終點控制器隨即會發出聲響。**

7. 參加者的成績將根據電子控制卡的紀錄計算，若然電子控制卡未能記錄參加者到訪某個控制點的紀錄或參加者發現電子系統失效時，需使用附在控制點的打孔器，打在地圖上的打孔格內，並於打印成績時告知賽會工作人員，以便賽會核實。若然兩者都無法證明參加者曾到訪該控制點，該控制點記錄將會視作無效。





8. 參加者在比賽期間有責任妥善保管 SIAC 電子控制卡，並於比賽後交還。若有遺失或損毀，參加者必須賠償港幣$700予賽會。

9. 電子控制卡內記錄了參加者到訪每個控制點的時間及次序，若比賽過程中誤打控制點，可依以下程序繼續賽事:

甲、 **次序錯誤**：由未出錯前應打的控制點開始，重新依正確次序打孔。

例子一：參加者由 2 號控制點前往 3 號控制點時，誤打 4 號控制點，須返回 3 號控制點繼續順序到訪餘下賽程。如下圖:



乙、 **錯打其他控制點**：不用理會，只須繼續依正確次序打孔。

例子二：參加者由 2 號控制點前往 3 號控制點途中，誤打非賽程指定的控制點（X），參加者可繼續順序到訪餘下賽程。如下圖：



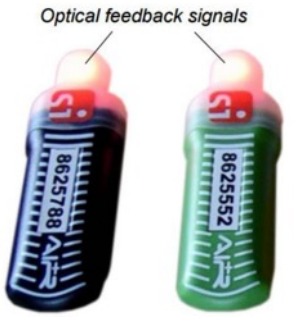
Punching and Timing System

SPORTident Air+ punching and timing system user guide（for SIAC (contactless card) users ONLY）

1. Participants are required to collect a SIAC card with at Event Centre. Before entering the Start area, Participants are required to punch the SIAC card in the “Clear” unit to clear the historic record stored in the card, and then follow by punching the “Check” unit to activate the “Air+” function of the card. After that, Participants can hover over the “Test” unit to check the Air+ experience. The SIAC card will feedback with flashing optical signal and “beep” sound, meaning the card is functioning normally.



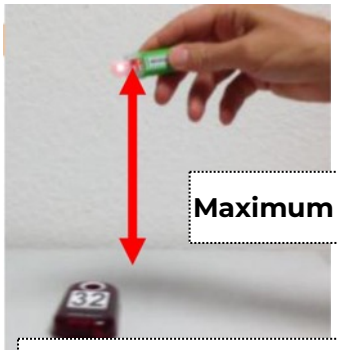
2. SPORTident Air+ is a contactless timing system. The effective range between the control station and the SIAC card is about 30 cm (roughly the size of an orienteering flag). Upon successful “punching”, the SIAC card will feedback with flashing optical signal and “beep” sound. If Participants cannot find the above signal, they have to return to the control point and do the punching again.



SIAC



SPORTident Control Station



SIAC card feedbacks with “beep” sound and flashing optical signal upon successful

3. If the SIAC card is running low in battery, the contactless punching function will be disabled. If the SIAC card does not feedback with flashing optical signal and “beep” sound even within 30cm

distance with the control station, please treat the card as a normal SI card and punch it into the SI station at a control point. Participants cannot defense using failure of punching system as a reason.

4. For Participants wearing a GPS watch, do **NOT** wear a **GPS watch and the SIAC card** at the **same** arm as the active antenna of some GPS-watches can significantly reduce the SIAC's sensitivity. This may affect punching effectiveness and timing accuracy.



The following information applies to the traditional SI Card users:

5. Participants are responsible for ensuring that the SI Card is successfully punched in the sensing area on the unit (the circle above the number), and the unit will make a sound indicating that the data has been recorded in the SI Card.





6. For the participants using traditional SI Card, it is required to punch the "Finish" unit when you reach the finish. The timing stops when participants punch the "Finish" unit and the unit will feedback with "beep" sound and flashing optical signal as confirmation.

7. Participants' result will be determined based on the punching and timing record of your SPORTident card. If Participants found that the SPORTident card fail to punch or record at any control point, they should use the physical punch attached to the orienteering flag to make a physical punch on their map and inform race official at Result station for verification. If Participants

cannot prove their punching record at certain control point with either the SPORTident card or the physical punch, their record at that control point is deemed invalid.

8. Participants are responsible to take good care of the SIAC card during the race and return it to the Organizer after the race. Participants are required to indemnify HK$700 to the Organizer for any lost or damage of the SIAC card.
9. SIAC card records the sequence and time of Participants visiting each control point. If wrong punching is made during the race, Participants can continue the race with the following procedures:

Incorrect sequence: Start with the last control point before the wrong punch and then re-punch with the correct sequence.

Example 1: Runner punches control no.4 when travelling from control no. 2 to 3. Runner have to go back to control no.3 and then visit control no. 4 again and complete the control punching in sequence. See below diagram:



Wrongly punch at other control points: Participants can ignore the control and continue the race with the correct sequence.

Example 2: When travelling from control no.2 to 3, runner punches control point X, which is not part of the course. Runner can continue the race with the remaining control in sequence. See below diagram:



獎項、規則及備註
Prizes, Rules & Remarks





獎項 Prizes

1. 各組前 3 名將獲頒發獎項。賽事當天將設有頒獎環節，頒獎時間將於第三節出發時段後即場公佈。
2. 九個回合比賽之後各組設總冠亞季軍獎。

1. Prizes will be awarded to the top 3 competitors of each class. There will be prize presentation ceremony on the event day. The time for prize presentation ceremony will be announced on site after the third start time slot.
2. The overall top 3 in each class will be awarded prizes and trophies after 9 rounds.

規則 Rules

1. 除賽會提供的地圖以及賽事手冊提及的裝備外，參加者在比賽期間禁止使用任何輔助工具，包括通訊器材(如電話及對講機)，**否則會被取消資格**。
2. **所有參加者無論完成賽事與否，或遺失電子控制卡，必須向終點或賽事中心報到，否則當失蹤論，勞煩賽會甚至警方出動搜索。**
3. 體驗組、家庭組及少年雙人組的參加者於比賽期間**相距不得超過10米**。
4. 參加者不得移動或損壞控制點或賽會設施，若有損毀，須按價賠償及**被取消資格**。
5. 參加者在比賽期間有責任妥善保管SIAC電子控制卡，並於比賽後交還。**若有遺失或損毀，參加者必須賠償港幣$700**予賽會。
6. 香港定向總會「定向比賽則例」適用於本賽事。參加者須遵守所有比賽規則及服從賽會之指示。
7. 賽區乃公眾地方，參加者並無使用的優先權，參加者須尊重其他市民，如有碰撞或意外，參加者可被取消資格。
8. Str8 x TerraX 短途定向巡迴賽 2026 的總排名分數將以下公式計算：

   某參加者得分 = 1000 x 冠軍完成時間/某參加者完成時間
9. 總成績以九個回合比賽中最佳五個回合分數計算。

1. Except the map provided by the Organizer and gear specified in this Race Handbook, Participants are prohibited to use any other equipment, including communication devices, such as mobile phone and walkie-talkie, during the race. **Any violation will result in disqualification.**
2. **All Participants must report to the Finish or the Event Centre** regardless if they have finished the race or if the SIAC card is lost. **Otherwise, you will be considered missing. The Organizer might report to the Police to search for you.**
3. The same team of Participants in Explorers, Family or Teen Duo Class **cannot be apart for more than 10m during the race.**
4. Participants are not allowed to move or damage any control point or race equipment. Participants will be **disqualified** and required to compensate for the equipment cost in case of any damage.

5. Participants are responsible to take good care of the SIAC card during the race and return it to the Organizer after the race. **Participants are required to indemnify HK$700 to the Organizer for any lost or damage of the SIAC card.**
6. The Orienteering Competition By-law of the Orienteering Association of Hong Kong applies to the race. Participants are required to follow the competition rules as well as instructions given by the Organizer.
7. Participants have to respect the rights of other Participants and the general public. Participants do not have any privileged right in using the road. Please be mindful of other pedestrian to avoid conflict.
8. The overall score of Str8 x TerraX Sprint Orienteering Tournament 2026 will be calculated by the following formula: Score = 1000 x Winners' time / Participants' time
9. Competitors' overall result will be counted by the best 5 results out of the 9 rounds.

備註 Remarks

1. 本【賽事手冊】內容如有更改，以賽會當日公佈為準，有關內容將在賽事中心公佈。
2. 所有參賽參加者及家長須自負個人意外責任，賽會概不負責，建議參加者自行購買合適保險。
3. 參加者須自行負責個人意外及財物損失的責任，賽會概不負責。
4. 參加者請留意天氣及個人情況，有需要時請帶備足夠飲料及防曬/禦寒用品。
5. 參加者如在比賽中遇上緊急事件需要求助，請留在安全地方並採用國際求救訊號，等候工作人員前來求援。（國際求救訊號指哨子連吹六響，相隔一分鐘重覆再吹）。
6. 比賽當日 14：00 時，如有黃色或以上暴雨警告、3號或以上熱帶氣旋警告訊號生效，**本會將於 Facebook 專頁或賽事網頁公布賽事會否如常舉行**。如本會決定將賽事延期舉行，或有其他安排，將會在網頁 https://str8.TerraX.hk 公佈。報名一經接納，費用恕不退還。

1. In case of any changes to this Event Information document, the Organizer will announce the relevant changes at the Event Centre on the race day. Information announced at Event Centre are deemed latest.
2. All Participants and their parents are responsible for their own personal accident. The Organizer is not responsible nor liable for any personal accident, injury or death. Participants are strongly advised to purchase their own insurance as per their personal need.
3. The Organizer is not responsible for Participants' own personal accident and property lost or damage. Participants have to take their own responsibilities on the above.
4. Participants are advised to pay attention to the weather and their own body condition. Please bring along enough drinks, sunscreen and clothing where required.
5. In case of emergency during the race, Participants are advised to stay in a safe area and send out international mountain distress signals until the rescue team arrives. (International mountain distress signals: Send out six long blasts within one minute using your whistle, then pause for one minute, and then repeat)



6. If Amber Rainstorm Signal, Typhoon No.3 or above is hoisted at **14:00** on the race day, **the organizer will announce on the Facebook page or the race website whether the race will be held as usual**. If the organizer decides to postpone the race, or has other arrangements, details will be announced on the website https://str8.TerraX.hk. No refund shall be made once the registration is accepted.

聯絡我們 Contact Us

TerraX Sports

電郵 Email: race@TerraX.hk

電話 Mobile: +852 5975 5784 （賽前查詢只限 Whatsapp ONLY for Pre-race enquiries）

賽事網頁 Tournament Website: https://str8.terrax.hk/

Facebook：https://fb.com/TerraXsports

附錄
Appendix



附錄 1 – 新手小貼士

賽前準備

1. 充足睡眠！保持頭腦清晰最緊要。
2. 飲食得宜，早餐要豐富，賽前 2 小時避免大量進食，多飲水讓身體儲存足夠水分。

服裝

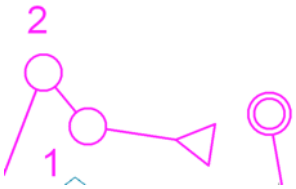
1. 衣服以輕便為主，切忌牛仔褲！建議穿著運動鞋、跑步鞋。
2. 帶備替換衣物、防曬用品、帽、蚊怕水。

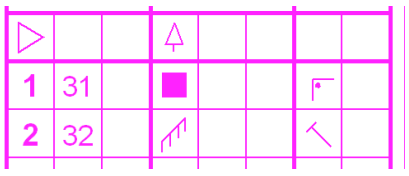
出發前

1. 請按照你的出發時間，預早約一小時到賽事中心報到，留意大會時間，做熱身運動、換衣服、去洗手間等。
2. 最好帶備適量飲料出賽。如有指南針及哨子，建議帶出賽：指南針助你玩得更得心應手，哨子可用來應急。
3. 留意大會設置，如終點及成績下載處的位置。
4. 提前 5 分鐘到預備出發區準備。

比賽時

1. 一出發不要人跑你又跑，先在地圖上找出自己的位置 — 起點三角符號。
2. 然後根據圓圈次序到訪每個控制點，多利用大型地徵定位。







3. 到達每個控制點必須檢查提示符號欄的編號，是否與該控制點編號相符，方可拍卡。
4. 定向運動最考驗獨立思考，不要盲目跟隨別人，自己為每個控制點計劃最適合自己的路線！
5. 雙圓圈為終點。

比賽後

1. 到達終點後，第一時間到成績處理下載成績，並交還電子控制卡。
2. 天氣炎熱，盡快為身體補充水分。
3. 用大約 10 分鐘做伸展動作，可減少運動後肌肉疲勞。

Appendix 1 – Tips for rookie

Pre-race preparation

1. Sleep sufficiently! Keep your mind clear and critical.
2. Eat well and have plenty of breakfast. Avoid eating too much food 2 hours before the race and drink plenty of water to keep your body hydrated.

Clothing

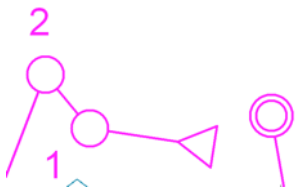
1. Clothes should be lightweight and please do not wear jeans! It is recommended to wear sports shoes or running shoes.
2. Bring extra clothing for replacement, sunscreen, caps, and mosquito-repellents.

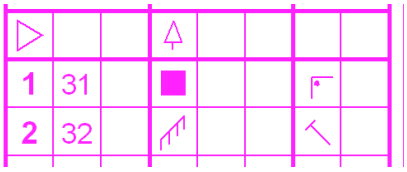
Before the start

1. Please arrive the event centre an hour in advance for registration and preparation. Pay attention to the official time, do warm-up exercises, change clothes, go to the washroom and so on.
2. It is recommended to bring your own drinks for the race. If you have a compass and a whistle, it is recommended to bring them with you during the race. The compass is a great assistance for orienteering, and the whistle can be used for emergency.
3. Pay attention to the event settings, such as the location of the finish and the result processing station.
4. Arrive the pre-start area 5 minutes in advance for preparation.

During the race

1. Don't just run forward after started. Remember to first find your position on the map - the start triangle symbol.
2. Then visit each control point according to the order of the circle, and use the large features for location.







3. Remember to check the codes on the IOF control descriptions to match the control codes on unit before you punch.
4. Orienteering is an independent sport. Do not blindly follow others, and plan the route that suits you best for each control point!
5. The symbol of double circles is the finish.

After finish the race

1. After reaching the finish, please visit the result processing station as soon as possible, and return the electronic control card.

2. The weather is hot and replenish water to your body as soon as possible.
3. Spend about 10 minutes for stretching exercises to alleviate muscle fatigue after running.

附錄 2 – ISSprOM2019 國際標準地圖圖例及國際定向提示符號

Appendix 2 – ISSprOM2019 International Specification for Sprint Orienteering Maps and IOF Control



ISSprOM 2019-2 - IOF Sprint Orienteering Map Symbols

Land forms

- Contour
- Index contour
- Form line
- Slope line
- Contour value
- Earth bank
- Small earth wall
- Erosion gully or trench
- Small erosion gully
- Small knoll
- Small elongated knoll
- Small depression
- Pit or hole
- Broken ground
- Prominent land feature

Water and marsh

- * Uncrossable body of water
- Crossable body of water
- Waterhole
- Small crossable watercourse
- Minor/seasonal watercourse
- * Uncrossable marsh
- Marsh
- Narrow marsh
- Indistinct marsh
- Small fountain or well
- Spring
- Prominent water feature

Rock and boulders

- * Uncrossable cliff
- Passable rock face
- Rocky pit
- Cave
- Boulder
- Large boulder
- Gigantic boulder or rock pillar
- Boulder cluster
- Boulder field
- Stony ground
- Open sandy ground
- Bare rock

Technical symbols

- Magnetic north line

Man-made features

- Paved area (light traffic)
- Paved area (heavy traffic)
- Step or edge of paved area / at a lower level
- Paved area with scattered trees
- Unpaved footpath or track
- Small unpaved footpath or track
- Less distinct small path
- Narrow ride
- Railway
- * Railway (uncrossable)
- Tramway
- Power line, cableway or ski lift
- Major power line
- Bridge or tunnel entrance
- Underpass or tunnel
- Area passable at two levels
- Passable wall
- Passable retained wall
- * Uncrossable wall
- Passable fence or railing
- * Uncrossable fence or railing
- Crossing point
- * Area that shall not be entered
- * Building
- Canopy
- Pillar
- High tower
- Small tower
- Cairn, memorial, small monument or boundary stone
- Fodder rack
- Prominent line feature
- * Prominent uncrossable line feature
- Prominent man-made feature
- Prominent man-made feature
- Stairway

* IOF Rule 17.2: Competitors must not enter, follow or cross areas, routes or features drawn with these symbols.

Vegetation

- Open land
- Open land with scattered trees/bushes
- Rough open land
- Rough open land with scattered trees/bushes
- Forest: easy running
- Vegetation: slow running
- Undergrowth: slow running
- Vegetation: walk
- Undergrowth: walk
- Vegetation: fight
- * Uncrossable vegetation
- Runnable in one direction
- Cultivated land
- Orchard
- Vineyard or similar
- Distinct cultivation boundary
- Distinct vegetation boundary
- Prominent large tree
- Prominent bush or small tree
- Prominent vegetation feature

Overprinting symbols

- Map issue point
- Start
- Course line
- Control point
- Control number
- Marked route
- Finish
- * Out-of-bounds boundary
- * Out-of-bounds area
- Crossing point
- Crossing section
- * Temporary construction or closed area

Copies of these map symbols and of the IOF pictorial control descriptions can be downloaded from www.maprunner.co.uk
The full ISSprOM 2019-2 specification is available from www.orienteering.sport
© Maprunner 2022.



國際控制點提示表　Control Description Sheet

每行釋義

A	B	C	D	E	F	G	H
IOF Event Example							
M45, M50,W21							
5			7.6 km			210m	
▷			／	／	＼		
1	101		⋱			＜	
2	212	↖	▲		1.0	○·	
3	135		⁂	⁂		⫟	
4	246	⫼	⊖			◎	
5	164	→	⛶			○	
○----- 120 ----→							
6	185		／	↱		⌟	
7	178		⩔			○	✚
8	147	⫟	⫍		2.0		
9	149		／	／	✕		
○----- 200 ----→◎							

[賽事範例]
男子45及50歲以上組別，女子21歲以上組別。
賽程編號5，賽程長度7.6千米，總攀高210米
起 點 - 大路與牆連接處。
控制點1：編號101 - 狹窄沼澤的彎位。
控制點2：編號212 - 西北方1米高大石之東面。有水站。
控制點3：編號135 - 兩密林之間。有工作人員檢查控制咭。
控制點4：編號246 - 中間的陷地的東部。
控制點5：編號164 - 東方的破毀建築物之西面。
*由控制點位置，沿120米長之指定路徑前進。
控制點6：編號185 - 倒塌的石牆的東南角外。
控制點7：編號178 - 山咀，西北腳。有護理人員。
控制點8：編號147 - 上面2米高的陡崖。
控制點9：編號149 - 小徑交叉處。
最後控制點往終點尚有200米的指定路徑。
註*：此列會因應個別賽程之需要而顯示。

粗線右側之項目，爲最重要。

A	B	C	D	E	F	G	H
2	212	↘	◌	⫼	8x4	⋰	

A：控制點序號
B：控制點編號
C：指示相同特徵中那個
D：控制點特徵
E：控制點特徵的細節
F：特徵大小、組合
G：標誌旗擺放位置
H：其他資料

International Control Description Symbols　國際控制點提示符號

C行
- ↑ 北方的
- ↘ 東南方的
- ⫼ 上面的
- ⫟ 下面的
- ⫶ 中間的

D行(地貌)
- 台地
- 山咀
- 山窩
- 泥坡
- 採石地
- 土埗／堤
- 沖溝
- 小乾溝
- 山丘
- 小丘
- 鞍部
- 陷地
- 小陷地
- 地洞
- 坎地
- 蟻丘

D行(岩石)
- 峭壁，陡崖
- 石柱
- 山洞
- 大石
- 群石地
- 大石堆
- 碎石地
- 岩石地
- 崖間狹路

D行(水系)
- 湖，水塘
- 池塘
- 水洞
- 河溪，水道
- 小溝，溝渠
- 狹窄沼澤
- 沼澤
- 沼澤局部乾地
- 水井
- 水道源頭
- 水箱

D列(人造特徵)
- 大路
- 小道、小徑
- 林中間隙
- 人行橋
- 電纜
- 電纜架／桿
- 隧道
- 石牆
- 圍欄
- 橫越點
- 建築物
- 水泥地
- 破毀建築物
- 管道
- 塔架
- 射擊台
- 石標誌
- 飼料架
- 炭灰地
- 紀念碑，塑像
- 有蓋通道
- 階梯

D行(植被)
- 空曠地
- 半空曠地
- 樹林之角
- 林中空曠地
- 密林，密植叢
- 密樹籬
- 植被分界
- 樹叢
- 獨樹
- 倒樹根

D列(特定的符號)
- 墳墓（香港適用）
- 特定項目

E行(外觀細節)
- 低矮的
- 淺的
- 深的
- 茂密的
- 開闊的
- 多岩石的
- 濕軟的
- 多沙的
- 針葉樹的
- 落葉樹的
- 倒塌的

F行(大小)
- 2.5 高度、深度(米)
- 8X4 水平面積(米)
- 0.5/5.0 斜坡上的特徵物之高度(米)
- 2.0/3.0 兩種特徵物之高度(米)

F行(組合)
- 交叉處
- 連接處

G行(標誌旗的位置)
- 東北面
- 東南邊緣
- 西部
- 東角內
- 南角外
- 西南端
- 彎位
- 西北盡頭
- 上部
- 下部
- 在頂上
- 在底下
- 腳下(不指明方向)
- 東北面腳下
- 在兩者之間

H行(其他資料)
- 水站
- 電視或無線電站
- 工作人員檢查控制咭
- 救傷站

G行(續)

D	E	F	G	
⁂	⁂		⫟	兩個密林之間
▲	•		⫟	大石與小丘之間

F行(續)

D	E	F	之組合	
／	／	✕		小徑交叉處
／	⋰	✕		小徑與林隙交叉處
／	／	⩔		大路連接處
⩔	⩔	⩔		河溪與溝渠連接處

由最後控制點往終點之指示：
- 380m → ◎ 往終點尚有380米，無指定路徑
- 400m → ◎ 往終點爲400米長之指定路徑
- 150m → ◎ 往終點尚有150米，抵終點匯集區後，沿指定路徑前行

註：以下之指示，會因應個別賽程之需要而顯示。

由一控制點往另一控制點之指示：
- 60m → 由控制點位置，沿著60米長之指定路徑前行
- 300m → ◎ 兩控制點間爲300米之指定路徑
- 強制性橫越點
- 強制性通道穿越禁區
- 50m → △ 至換圖區爲50米之指定路徑

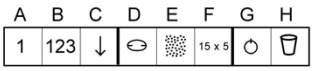
7/2004香港版(IOF2004版)

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IOF Control Descriptions 2024

This is a summary of the IOF pictorial control descriptions. Full details can be obtained from the IOF web site at http://www.orienteering.org



A Control number
B Control code
C Which of any similar feature
D Control feature
E Appearance
F Dimensions/combinations/bend
G Location of control flag
H Other information

C - Which Feature

Northern
Upper
Lower
Middle

D - Control Feature

See below.

E - Appearance

Low
Shallow
Deep
Overgrown
Open
Rocky, Stony
Marshy
Sandy
Needle leaved
Broad leaved
Ruined

G - Location of Flag

West Side
South East Edge
East Part
South West Corner (inside)
North Corner (outside)
North West Tip
South East End
Upper Part
Lower Part
Top
Foot
North East Foot
Beneath
Between

F - Dimensions

1.5 Height or Depth
5 x 3 Size
1.0 / 2.5 Height on slope
1.5 / 2.5 Heights of two features
Crossing
Junction
Bend

H - Other Information

First aid post
Refreshment point
Manned control

200 m — Distance to Start Triangle from point of timed start
70 m — Follow Taped Route away from control
90 m — Follow Taped Route between controls
Mandatory crossing point or points
Mandatory passage through out of bounds area
20 m — Follow Taped Route to Map Exchange
Map flip (turn the map over)
80 m — Follow Taped Route to Finish
50 m — Navigate to Finish Funnel, then follow tapes
90 m — Navigate to Finish, no tapes

Land forms

Terrace
Spur
Re-entrant
Earth bank
Quarry
Earth wall
Erosion gully
Small erosion gully
Hill
Knoll
Saddle
Depression
Small depression
Pit
Broken ground
Ant hill, Termite mound

Rock and boulders

Cliff, Crag
Rock pillar
Cave
Boulder
Boulder field
Boulder cluster
Stony ground
Bare rock
Narrow passage
Trench

Water and marsh

Lake
Pond
Waterhole
River,Stream,Watercourse
Minor water channel, Ditch
Narrow marsh
Marsh
Firm ground in marsh
Well
Spring
Water tank, Water trough

Vegetation

Open land
Semi-open land
Forest corner
Clearing
Thicket
Linear thicket
Vegetation boundary
Copse
Prominent tree
Root stock, Tree stump

Special features

Special item
Special item

Man-made features

Road
Track, Path
Ride
Bridge
Power line
Power line pylon
Tunnel
Wall
Fence
Crossing point
Building
Paved area
Ruin
Pipeline, Bobsleigh track
Tower, Pylon
Shooting platform
Boundary stone, Cairn
Fodder rack
Platform
Monument, Statue
Canopy
Stairway
Out of bounds area
Railway

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