

EVERYBODY ROWS EVERYBODY ROWS

2025 香港室內賽艇錦標賽暨慈善長途接力賽

HONG KONG ROWING INDOOR CHAMPIONSHIPS & CHARITY ROWATHON

Race Bulletin

INTRODUCTION

This year, we proudly celebrate the 26th anniversary of the Hong Kong, China Rowing Association (HKCRA) hosting the prestigious Indoor Rowing Championships. Our objective is to promote public engagement in sports activities and foster a lifestyle inspired by the spirit of rowing. Building on the theme "Everybody Rows," we aspire to incorporate indoor rowing into daily life. We invite you to join the rowing community—where "Everybody Rows!"

Organised by	Hong Kong, China Rowing Association
Subvented by	Arts and Sport Development Fund of Culture, Sports, and Tourism Bureau
Supported by	Leisure & Culture Services Department
Competition Date	29 & 30 March 2025 (Saturday-Sunday)
Venue	Kowloon Park Sports Centre - No. 22, Austin Road, Tsim Sha Tsui, Kowloon
Entry Deadline	24 February 2025 (Monday), HKT 23:59

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1. CHARITY FUND RAISING EVENTS

The Hong Kong Rowing Indoor Championships has established a longstanding tradition of supporting a local charity, allowing competitors to give back to the community and assist those in need. Continuing this tradition, all funds raised during the charity events will be donated in their entirety. This year, the beneficiary of the Championships' donation will be "Blind Sports Hong Kong".

The team that raises the highest amount of funds for this year's charity events will receive the award:

- (1) Trophy; and
- (2) 10 HKCRA commemorative mystery goodie bags

About Blind Sports Hong Kong

Blind Sports Hong Kong ("BSHK") was founded in 2012 and registered as a charitable organization exempted from tax under Section 88 of the Hong Kong Inland Revenue Ordinance in 2018. BSHK aims to improve the general health and well-being of visually impaired and individuals suffering from long term illnesses and to have a breakthrough of their personal limit via participating in systematic sports training. BSHK provides 8 sessions per week of regular fitness and running training at 5 districts and 1 elderly home for the visually impaired.

In addition, other sports activities, and races such as indoor-rowing, scuba diving, dancing, yoga, stretching, Tai-chi, etc. are organized. Furthermore, social activities such as visit the elderly, support at check point of races, movie or concert attendance are arranged for the visually impaired and volunteers to promote social inclusion and encourage the visually impaired to reintegrate into the community.

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2. EVENT OFFERING

Individual Events

Code	Event	Code	Event
Individual Events - 300m			
E01	Boys Age 8 - 11	E02	Girls Age 8 - 11
Individual Events – 500m			
E03	Boys Age 12 - 13	E04	Girls Age 12 - 13
E05	Boys Age 14 - 16	E06	Girls Age 14 - 16
E07	Boys Age 17 - 19	E08	Girls Age 17 - 19
E09	Men Age 20 - 29	E10	Women Age 20 - 29
E11	Men Age 30 - 39	E12	Women Age 30 - 39
E13	Men Age 40 - 49	E14	Women Age 40 - 49
E15	Men Age 50 - 54	E16	Women Age 50 - 54
E17	Men Age 55 - 59	E18	Women Age 55 - 59
E19	Men Age 60 - 64	E20	Women Age 60 - 64
E21	Men Age 65 - 69	E22	Women Age 65 - 69
E23	Men Age 70 - 74	E24	Women Age 70 - 74
E25	Men Age 75 - 79	E26	Women Age 75 - 79
E27	Men Age 80 - 84	E28	Women Age 80 - 84
E29	Men Age 85 - 89	E30	Women Age 85 - 89
E31	Men Age 90 - 94	E32	Women Age 90 - 94
E33	Men Age 95 - 99	E34	Women Age 95 - 99
E35	Men Age 100+	E36	Women Age 100+

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Individual Events

Code	Event	Code	Event
Individual Events – 1000m			
E37	Boys Age 12 - 13	E38	Girls Age 12 - 13
E39	Boys Age 14 - 16	E40	Girls Age 14 - 16
E41	Boys Age 17 - 19	E42	Girls Age 17 - 19
E43	Men Age 20 - 29	E44	Women Age 20 - 29
E45	Men Age 30 - 39	E46	Women Age 30 - 39
E47	Men Age 40 - 49	E48	Women Age 40 - 49
E49	Men Age 50 - 54	E50	Women Age 50 - 54
E51	Men Age 55 - 59	E52	Women Age 55 - 59
E53	Men Age 60 - 64	E54	Women Age 60 - 64
E55	Men Age 65 - 69	E56	Women Age 65 - 69
E57	Men Age 70 - 74	E58	Women Age 70 - 74
E59	Men Age 75 - 79	E60	Women Age 75 - 79
E61	Men Age 80 - 84	E62	Women Age 80 - 84
E63	Men Age 85 - 89	E64	Women Age 85 - 89
E65	Men Age 90 - 94	E66	Women Age 90 - 94
E67	Men Age 95 - 99	E68	Women Age 95 - 99
E69	Men Age 100+	E70	Women Age 100+

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Individual Events

Code	Event	Code	Event
Individual Events – 2000m			
E71	Boys Age 12 - 13	E72	Girls Age 12 - 13
E73	Boys Age 14 - 16	E74	Girls Age 14 - 16
E75	Boys Age 17 - 19	E76	Girls Age 17 - 19
E77	Men Age 20 - 29	E78	Women Age 20 - 29
E79	Men Age 30 - 39	E80	Women Age 30 - 39
E81	Men Age 40 - 49	E82	Women Age 40 - 49
E83	Men Age 50 - 54	E84	Women Age 50 - 54
E85	Men Age 55 - 59	E86	Women Age 55 - 59
E87	Men Age 60 - 64	E88	Women Age 60 - 64
E89	Men Age 65 - 69	E90	Women Age 65 - 69
E91	Men Age 70 - 74	E92	Women Age 70 - 74
E93	Men Age 75 - 79	E94	Women Age 75 - 79
E95	Men Age 80 - 84	E96	Women Age 80 - 84
E97	Men Age 85 - 89	E98	Women Age 85 - 89
E99	Men Age 90 - 94	E100	Women Age 90 - 94
E101	Men Age 95 - 99	E102	Women Age 95 - 99
E103	Men Age 100+	E104	Women Age 100+

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Individual Para Events

Code	Event	Code	Event
Individual Para Events – PR3 Moderate/Severe Intellectual Disabilities			
P01	Men 1 minute	P02	Women 1 minute
P03	Men 3 minutes	P04	Women 3 minutes
P05	Men 5 minutes	P06	Women 5 minutes
Individual Para Events – PR3 Mild Intellectual Disability			
P07	Men 300m	P08	Women 300m
P09	Men 500m	P10	Women 500m
P11	Men 1000m	P12	Women 1000m
Individual Para Events – PR3 Visually Impaired			
P13	Men 3 minutes	P14	Women 3 minutes
P15	Men 5 minutes	P16	Women 5 minutes
Individual Para Events – PR3 Hearing Impaired			
P17	Men 3 minutes	P18	Women 3 minutes
P19	Men 5 minutes	P20	Women 5 minutes
Individual Para Events – PR3 Physical Disabilities			
P21	Men 1 minute	P22	Women 1 minute
P23	Men 3 minutes	P24	Women 3 minutes
P25	Men 5 minutes	P26	Women 5 minutes
Individual Para Events – PR2 Physical Disabilities			
P27	Men 1 minute	P28	Women 1 minute
P29	Men 3 minutes	P30	Women 3 minutes
P31	Men 5 minutes	P32	Women 5 minutes

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Code	Event	Code	Event
Individual Events – PR1 Physical Disabilities			
P33	Men 1 minute	P34	Women 1 minute
P35	Men 3 minutes	P36	Women 3 minutes
P37	Men 5 minutes	P38	Women 5 minutes

Para Team Event

Code	Event	Code	Event
Para Team Event			
P39	PR3 Moderate/Severe Intellectual Disabilities Mixed four-person 2-minute	P40	PR3 Mild Intellectual Disability Mixed 4 x 250m
P41	PR3 Physical Disabilities Pair 3-Minute	P42	PR2 Physical Disabilities Pair 3-Minute
P43	PR1 Physical Disabilities Pair 3-Minute		

Post-Secondary Education Institutions

Code	Event	Code	Event
Post-Secondary Education Institutions Individual Challenge - 500m			
U01	Men 500m	U02	Women 500m

Hong Kong Playground Association Inclusive Cup

Code	Event	Code	Event
Hong Kong Playground Association Inclusive Cup (Slide Mode)– 500m			
PA1	Men 500m	PA2	Women 500m

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Team Relay Events

Code	Event	Code	Event
Team Relay Events 4 x 500m			
T01	Men's Disciplined Services / Government Bodies	T02	Women's Disciplined Services / Government Bodies
T03	Boy's A Grade Secondary Schools	T04	Girl's A Grade Secondary Schools
T05	Boy's B Grade Secondary Schools	T06	Girl's B Grade Secondary Schools
T07	Boy's C Grade Secondary Schools	T08	Girl's C Grade Secondary Schools
T09	Men's Youth/Uniformed Groups	T10	Women's Youth/Uniformed Groups
T11	Men's Corporate / Professional Bodies	T12	Women's Corporate / Professional Bodies
T13	Men's Community Sports Societies	T14	Women's Community Sports Societies
T15	Men's 4x500m relay	T16	Women's 4x500m relay
T17	Mixed 4x500m relay		
Family Fun Relay			
T18	Pair Slide Mode 250m		

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Charity Events

Code	Event
Celebrating the 28th Anniversary of the Handover: Charity Rowathon Team Relay	
C01	Open (28 Minutes Relay)
C02	Government Departments, Professional Bodies & Corporations (28 Minutes Relay)
C03	Secondary Schools (28 Minutes Relay)
Inclusive Pair Charity Rowathon 1000m	
C04	Mixed

According to the Schools Sports Federation of Hong Kong, China, the age restrictions for students for the 2024-2025 academic year are as follows:

Secondary School	A Grade	Birth date : 1 Jan 2006 or after
	B Grade	Birth date : 1 Jan 2009 or after
	C Grade	Birth date : 1 Jan 2011 or after

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3. PRELIMINARY RACE SCHEDULE

29 March (Saturday)	30 March (Sunday)
<u>A.M.</u>	<u>A.M.</u>
<ol style="list-style-type: none"> 1) Individual Events - 300m (Code E01-E02) 2) Individual Events – 500m (Code E03-E36) 3) Individual Events – 1000m (Code E37-E70) 4) Para Events (Code P01-P43) 5) Post-Secondary Education Institutions Individual Challenge - 500m Events (Code U01-U02) <p style="text-align: center;">Medal Presentation Ceremony I & Lunch Break</p>	<ol style="list-style-type: none"> 1) Individual Events - 2000m (Code E71-E104) 2) Team Relay 4 x 500m <ul style="list-style-type: none"> - Disciplined Services / Government Departments (Code T01-T02) - Corporate / Professional Bodies (Code T11-T12) - Community Sports Societies (Code T13-T14) - Men relay (Code T15) - Women relay (Code T16) - Mixed relay (Code T17)
<u>P.M.</u>	<u>P.M.</u>
<ol style="list-style-type: none"> 6) Team Relay 4 x 500m <ul style="list-style-type: none"> - Secondary School A Grade (Code T03-T04) - Secondary School B Grade (Code T05-T06) - Secondary School C Grade (Code T07-T08) - Youth/Uniformed Groups (Code T09-T10) 7) Celebrating the 28th Anniversary of the Handover: Charity Rowathon Team Relay <ul style="list-style-type: none"> - Secondary Schools (28 Minutes Relay) (Code C03) <p style="text-align: center;">Medal Presentation Ceremony II</p>	<p style="text-align: center;">Medal Presentation Ceremony III & Lunch Break</p> <ol style="list-style-type: none"> 3) Family Fun Relay (2x250m) (Code T18) 4) Hong Kong Playground Association Inclusive Cup (Code PA1-PA2) 5) Inclusive Pair Charity Rowathon (Pair 2x1000m) (Code C04) <p style="text-align: center;">(Performance)</p> <ol style="list-style-type: none"> 6) Celebrating the 28th Anniversary of the Handover: Charity Rowathon Team Relay <ul style="list-style-type: none"> - Open (28 Minutes Relay) (Code C01) - Government Departments, Professional Bodies & Corporations (28 Minutes Relay) (Code C02) 7) Top of the Tops President Cup 4 x 500m <p style="text-align: center;">Medal Presentation Ceremony IV</p>

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4. ENTRY FEES

Entry fees for all events are as follows:

<u>Individual Events</u>	
<ul style="list-style-type: none"> Para Events (Codes P01-P38) Junior Events (Code E01-E08, E37-E42, E71-E76; T03-T08; U01-U02) 	HK\$ 110 per rower
All other Individual Events	HK\$ 160 per rower
<u>Relay Events</u>	
<ul style="list-style-type: none"> Para Events Family Events Secondary Schools Events Youth/Uniformed Groups Events 	HK\$ 270 per team
All other Team Relay Events	HK\$ 470 per team
<u>Charity Rowathon Events</u>	
Celebrating the 28th Anniversary of the Handover: Charity Rowathon Team Relay	Minimum donation of HK\$2,000 per team
Inclusive Pair Charity Rowathon	Minimum donation of HK\$200 per team

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REGULATIONS AND ELIGIBILITY

5. GENERAL RULES

- I. All rules and regulations will follow the Rules of Racing of the HKCRA except as specified on the "Notice for Competitors" of the event;
- II. Age Groups - The age of a competitor shall be his/her age on the date of the event in which he/she is competing (either 29th or 30th March 2025). The competitors of all individual age-group events must enroll according to their age group. Except for the secondary school relay events, the grouping for secondary school relay teams will be based on the categories defined by the Hong Kong School Sports Federation student athlete registration card.
- III. Only Men may enter a Men's event and only Women may enter a Women's event;
- IV. Mixed Events - In the mixed event at least one of the team members shall be women or men.
- V. Team Relay Events - In Team Relay events, each team shall use rowing machine with all team members rowing in turn. Every rower in each team shall row the exact distance (or time) specified for each rower in that event. When the rower reaches the specified changeover point, the next rower in the team must take over within 2 strokes. If any rower fails to row the correct distance or does not change at the specified point the team may be excluded. The result of each team will be determined by the total time taken by the team to complete the required distance including the changeover between the rowers. The fastest team is the winner. In the case of relay events for a fixed time, the team rowing the longest distance in the specified time is the winner;
- VI. Individual Races - Cut-off Time - In order to ensure all subsequent races can start on time, the Organising Committee (OC) reserves the right to stop a race if any rower's race time is likely to exceed 10 minutes when the 1st to 10th placed rowers have already finished the race;
- VII. Correct Entry Information - OC reserves the right to verify the identification document and exclude from an event any competitor who submits false or invalid information;
- VIII. Compliance with Rules - By submitting their entry, each competitor affirms that they understand and agree to adhere to the Rules of Racing, as well as all additional requirements and information outlined in the Race Bulletin. Any rower who fails to meet the

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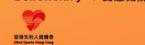
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qualifications, does not comply with the competition requirements, or violates the Rules of Racing or other applicable regulations—whether before, during, or after the competition—may be disqualified from the event, with the entry fee being non-refundable.

- IX. Rowing Machines - Concept 2 (Model D) rowing machines provided by the organizing committee will be utilized for all events. Competitors are allowed to select their preferred resistance setting only prior to the commencement of the race; no adjustments may be made once the race has begun. In relay events, adjustments may be made concurrently with crew changes, but not at any other time during the race. Each rower is required to use the machine assigned to them; and
- X. HKCRA Right to use Images - The Hong Kong, China Rowing Association (HKCRA) and the Organizing Committee (OC) reserve the right to capture videos and photographs of all competitors prior to, during, and following their races. These images and recordings may be utilized for marketing, promotional, and educational purposes. Copyright for these materials is held by HKCRA.
- XI. Uniforms - All team members participating in the competition must wear the same style of uniform.
- XII. Communication - Participants are not allowed to use communication devices unrelated to the event for communication during the competition.

6. ELIGIBILITY

1. TOP OF THE TOPS – PRESIDENT CUP (Invitation Event – no entry fee)

- In this competition, the teams that demonstrate exceptional performance will be invited to participate in the "Top of the tops – President Cup" based on their completion times. There are 24 seats available for both the men's and women's events, which will be allocated as follows: **3 teams** from the disciplined services, **1 team** from government bodies, **4 teams** from secondary schools, **2 teams** from youth/uniformed groups, **4 teams** from Corporate / Professional Bodies, **4 teams** from Community Sports Societies, and **3 teams** for the 4x500 relay. Additionally, **3 seats** are reserved for the university teams with the highest cumulative points in the university tour circuit, recognizing their outstanding achievements in this competition.
- The number of participants for the President's Cup will be adjusted based on the actual attendees.

2. FAMILY FUN RELAY - 2x250m

- In the "Family Fun Relay," the competing teams must be composed of family members.

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- Both team members will concurrently complete the race on their respective rowing machines, covering a total distance of 500 meters, with each individual responsible for 250 meters. The team that finishes the entire distance first will be awarded the championship title.

3. TEAM RELAY

SECONDARY SCHOOLS EVENTS

Participation is limited to current secondary school students. All rowers competing in the Secondary School events must be enrolled at the institution under which they are registered. For identity verification, each competitor is required to present an official school document that includes a photograph of the student, duly authenticated by the school (such as a 2024-2025 student athlete registration card at the registration counter on race day.

DISCIPLINED SERVICES / GOVERNMENT BODIES EVENTS

- **Government Bodies** - This group is exclusively open to participants from the Government of the Hong Kong Special Administrative Region. All members of participating teams must be current employees of the same government department. Members of the disciplined services are not eligible to compete.
- **Disciplined Services** - This group is exclusively for members of the disciplined services. All members of participating teams must be current employees of the Hong Kong Police Force, Hong Kong Fire Services, Correctional Services Department, Immigration Department, Hong Kong Customs and Excise Department, or the Government Flying Service.

YOUTH / UNIFORMED GROUPS EVENTS

This category is exclusively for youth and uniformed groups. All members of the participating team must be official members of the same Hong Kong registered youth organization or uniform group, and they must meet the eligibility criteria set by the respective organisation or group.

CORPORATE / PROFESSIONAL BODIES EVENTS

This category is exclusively open to commercial organizations and professional associations. All members of a participating team must be employees of the same Hong Kong-registered commercial entity or members of the same registered professional association.

COMMUNITY SPORTS SOCIETIES

This category is exclusively open to sports clubs or organizations registered under the Companies or Societies Ordinance. All members of the participating teams must be current members of the respective sports club or organization and must compete under its name. There are no gender restrictions for participation, and teams may be formed at their discretion.

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4x500 RELAY EVENTS

Teams participating in the mixed events must include at least one male or one female member. This event also encourages people from different groups to participate, with the aim of promoting teamwork and inclusivity.

4. PARA EVENTS

Please ensure that documentary proof of impairment (e.g. Registration Card for People with Disabilities, medical certificates, or other relevant documents) is submitted to hkric@rowing.org.hk no later than 24 February 2025.

PR1 Physical disability: Participants can use their arms and shoulders to engage in rowing activities.

PR2 Physical disability: The participant could move their torso and arms, but cannot use their legs to propel the sliding seat for rowing activities.

PR3 Physical disabilities: Participants can use their legs, torso, and arms to engage in rowing activities, and they can utilize a sliding seat.

Competitors who are unable to confirm their sport class should reach out to HKCRA prior to submitting their entry.

- The results of the competition events are calculated based on either the shortest time taken to complete a specified distance or the total distance covered within a specified time limit.
- To encourage more people with disabilities to participate in rowing competitions, individual/team events will be grouped according to the participants' abilities. If there are fewer than two participants in the same group, that group will be merged with a higher ability group for the competition.
- Mixed Team
 - (i) During the competition, there must be at least one female participant among the team members (except for the pair time-limited events).
 - (ii) Two-Person/Four-Person/Eight-Person Timed/Distance Race: This refers to a competition in which participants from the same team simultaneously use their respective rowing machines to compete, aiming to achieve the longest total distance within a specified time or to complete the distance race in the fastest time.

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5. POST-SECONDARY EDUCATION INSTITUTIONS CHALLENGE

Participation is limited to Post-Secondary Education Institutions. All rowers must be current full-time students of the degree-awarding post-secondary education institution they represent. To verify their identity, each competitor must present a valid Student Identity Card at the registration counter on race day. For a list of eligible institutions, please refer to the Education Bureau's website: <https://www.edb.gov.hk/en/edu-system/postsecondary/local-higher-edu/institutions/index.html>

6. CHARITY ROWATHON

MAXIMUM QUOTA PER EVENT: 24 Teams (On a first-come-first-served basis)

RACE DESCRIPTION

(i) Open; Government Departments; Professional Bodies; Corporate Charity Rowathon

1. The competition will last for 28 minutes, with the team covering the longest distance being declared the champion.
2. Each team consists of 10 members, of which at least one must be either a male or a female participant.
3. All team members must take turns rowing continuously for 2 minutes, and any individual participant may only repeat relay once.

(ii) Secondary Schools Charity Rowathon

1. The competition will last for 28 minutes, with the team covering the longest distance being declared the champion.
2. Each team consists of 10 student members from that year, of which at least one must be either a male or a female participant.
3. All team members must take turns rowing continuously for 2 minutes, and any individual participant may only repeat relay once.

(iii) Inclusive Pair Charity Rowathon

1. Each team must consist of one able-bodied member and one member with a disability (either physically or visually impaired).
2. Participation eligibility is not restricted by gender; teams may form freely and compete under their respective organizational names.
3. Two team members will participate in a simultaneous rowing competition on their respective rowing machines, completing a 1000-meter course within the shortest possible time. The team that completes the course in the shortest time will be declared the champion.

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(iv) Hong Kong Playground Association Inclusive Cup (Pair Slide Mode 2x500m)

(i) Division: Men's Team, Women's Team

(ii) Each team must consist of one representative from a secondary school student and one participant with a disability (whether physical, visual, or auditory). Both team members are required to compete simultaneously on their respective rowing machines, completing 500 meters. The team that accomplishes this in the shortest time will be declared the champion. (The list of participants for this event is provided by the Hong Kong Playground Association.)

7. INDIVIDUAL EVENTS SUPPORTER/COACH

- I. Participants are allowed to bring one supporter into the competition area during their respective events; Individuals with special needs can bring two supporters for both individual and team events.
- II. Supporters must remain quiet before the start of the competition and remain seated in the designated seating provided by the event organizers throughout the duration of the event. (In the case of adaptive events, supporters may assist participants in preparing for the competition, such as operating the rowing machine, adjusting the rowing machine, and installing race seats, etc.)
- III. Supporters may cheer for participants during the event, but they are not permitted to contact the participants, rowing machines, or any other competition equipment.
- IV. Supporters must comply with the instructions of the on-site referees and staff. Individuals who do not adhere to the rules of the game or the directives of the on-site personnel will be required to leave the competition area.

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8. REGISTRATION PROCEDURES

I. Non-Charity Event

- The registration period is from 14 January 2025, to 24 February 2025.
- Please register and make your payment through the JotForm using the following link:
<https://form.jotform.com/250139301366046>
- You can also access the registration page through the official website of the HKCRA (<http://www.rowing.org.hk>).
- Participants must present a valid form of identification for verification at the registration desk on the day of the competition (e.g., passport or ID card). The age of participants will be determined as of January 1, 2025. If a participant is unable to provide proof of age or does not meet the age requirements for their category, they will be disqualified and will not be eligible for a refund.

Payment Methods:

1. **Faster Payment System (FPS)** - FPS ID: 108185281

2. **PayMe** - Please use the following PayMe link for the Hong Kong China Rowing Association:

<https://qr.payme.hsbc.com.hk/2/ACKq6MpZLTRGgxP9iroN1z>

3. **Bank Transfer** -

Bank Name: **HSBC**

Account Number: **002-6-187443**

Account Name: **Hong Kong, China Rowing Association**

Please include your name and payment reference number when making the payment to facilitate verification.

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II. Charity Event

- Please download the registration form official website of the HKCRA (<http://www.rowing.org.hk>) and complete it accordingly, together with the fundraising amount in the following ways:
- In person at the Jockey Club Shatin Rowing Centre; or
- By mail to the Hong Kong Rowing Association, 27 Yuen Wo Road, Shatin, New Territories, Hong Kong. (Please indicate "2025 HKRIC" on the envelope)

Donation Methods:

1. **Cheque** - Please issue a crossed cheque payable to "**Blind Sports Hong Kong Limited.**" Ensure to write "2025 HKRIC," your team's name, and the full English name of the contact person on the back of the cheque.
2. **Cash Donations** - The minimum donation amount is HKD 100 each time. Please calculate the total amount raised in advance, place it in an envelope, and clearly indicate "2025 HKRIC," the team's name, and the full English name of the contact person on the envelope.

Notes:

- Please make photocopies of all checks, donation forms, and charity events registration forms for record-keeping purposes. These documents may be disposed of once the donation receipts are received and verified as accurate.
- Official receipts will be sent directly to the participant identified on the donation form or to the team captain on the charity events registration form. If the mailing address differs from the one provided during registration, please notify the Hong Kong, China Rowing Association as soon as possible.

Applications will not be accepted if the documentation is incomplete or the registration fee has not been fully paid.

9. APPLICATION DEADLINE

The registration deadline is Monday, 24 February 2025, at 23:59 Hong Kong time.

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10. PRIZES

I. CHARITY ROWATHON EVENTS

Top four winners: Trophies and certificates; all other participants: Excellence award medals and certificates

II. INTEGRATED CHARITY CHALLENGE

Top four winners: Medal and certificates; all other participants: Excellence award medals and certificates

III. TEAM RELAY EVENTS

Top four winners: Trophies, medal, and certificates

IV. POST-SECONDARY EDUCATION INSTITUTES CHALLENGE

Top four winners: Medal and certificates

V. TOP OF THE TOPS – PRESIDENT CUP

Top four winners: Trophy, medal, one T-shirt, and certificate; for all other participants: one T-shirt and certificate

VI. HONG KONG PLAYGROUND ASSOCIATION INCLUSIVE CUP

Top four winners: Trophies and certificates

VII. INDIVIDUAL EVENTS

1-10th: Medals and Certificates

*In individual projects, participants who achieve certain performance standards will be awarded the following prizes:

1. **Certificate:** All competitors in event who achieve the standard time (80%, 83% or 90% world record) as specified in (Annex 2b).
2. **HKCRA Membership (half year):** Any competitor in individual 2000m events who breaks the current "Hong Kong Indoor Rowing Record" (Annex 2a) will be awarded a HKCRA Membership (half year).

Award recipients or teams who are unable to attend the awards ceremony on the day of the competition are requested to contact or visit the organizing committee within office hours after the competition to collect their awards. If the awards are not collected by the recipients or teams within three months, the awards will be deemed void, and the trophies will be destroyed without any further notice.

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11. BOOKING OF PRE-COMPETITION TRAINING

All teams and competitors are welcome to reserve rowing machines for training by booking through the HKCRA.

Details as follows:

- Training Venue: Jockey Club Sha Tin Rowing Centre
- Training Hours: Every Tuesday and Thursday - 7 PM to 9 PM, Every Saturday - 2 PM to 6 PM
- Reservation method: After participants have paid all registration fees, they can find the link to schedule training appointments in the registration form.

Training Terms and Conditions:

- 1) Each participant can make a maximum of 3 training appointments, with each training session lasting up to 1 hour."
- 2) The last training date is 25th March 2025.
- 3) If the participant does not attend the training on time, the appointment will be canceled and cannot be rescheduled.

Hotline : (852) 2699 7271

e-mail: hkric@rowing.org.hk

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HONG KONG ROWING INDOOR CHAMPIONSHIPS & CHARITY ROWATHON

Organizing Committee of 2025 Hong Kong Rowing Indoor Championships & Charity Rowathon

Chairman	Ms. HO Kim Fai, OLY
Co-Convenor	Ms. HO Wai Chi Ms. CHAN Ngai Yan
Appeal Board	Mr. Mike TANNER, BBS, MH Mr. NG Wing Ning, Victor
Promotion & Design	Mr. CHENG Fu On Ms. LI Yin Wai
External Communication	Mr. CHENG Fu On Ms. LAU Ching Man Ms. LI Yin Wai
Race Details	Ms. HO Wai Chi
Equipment	Mr. KWOK Tai Ming
On Day Operation	Mr. LAU Sui Tung, Tony
Budget	Ms. CHAN Ngai Yan Ms. HO Wai Chi