



節目表 Programme Rundown

日期 Date : 11.11.2018 (星期日 Sunday)

時間 Time	活動內容 Programme	地點 Location
09:30 - 16:00	「粉紅 1 公里親子跑」行李寄存服務 Baggage Storage Service for 'Pink Family 1K Run'	赤柱露天廣場 Stanley Plaza Amphitheatre
10:00	「粉紅 1 公里親子跑」開跑 Commencement of 'Pink Family 1K Run'	起點: 赤柱大街 Starting: Stanley Main Street
10:30	「粉紅 1 公里親子跑」賽事結束 Cut-off time of 'Pink Family 1K Run'	終點: 赤柱大街 Finishing: Stanley Main Street
09:30 - 12:00	「粉紅 5 公里慈善跑」行李寄存服務 Baggage Storage Service for 'Pink 5K Run'	赤柱足球場 Stanley Promenade Soccer Pitch
10:30	「粉紅 5 公里慈善跑」開跑 Commencement of 'Pink 5K Run'	起點: 赤柱足球場 Starting: Stanley Promenade Soccer Pitch
11:30	「粉紅 5 公里慈善跑」賽事結束 Cut-off time of 'Pink 5K Run'	終點: 赤柱大街 Finishing: Stanley Main Street
11:30 - 16:00	「粉紅高踭鞋慈善賽」行李寄存服務 Baggage Storage Service for 'Pink Heels Race'	赤柱大街迴旋處 Stanley Main Street Roundabout
11:30 - 16:00	慈善攤位 Charity Booths	赤柱露天廣場 Stanley Plaza Amphitheatre
12:00	「粉紅 1 公里親子跑」、「粉紅 5 公里慈善跑」頒獎典禮 暨「粉紅高踭鞋慈善賽」啟動禮 Prize Presentation of 'Pink Family 1K Run' & 'Pink 5K Run' cum Kick-off Ceremony of 'Pink Heels Race'	赤柱露天廣場 Stanley Plaza Amphitheatre
12:30	團隊四項賽隊伍進場 Quadrathlon Team March-In	
12:45	團隊四項賽 — (1) 乳•你一起走 Quadrathlon Team Race - (1) Always be with You	
13:10	親子滿 Fun 賽 — 擊走遺傳性癌病 Family Fun Race - Beating Out Cancer	
13:30	團隊四項賽 — (2) 健康橫行跨啦啦 Quadrathlon Team Race - (2) Stride for Health	
14:00	女子 100 米初賽 Women's Individual 100m Heats	赤柱大街 Stanley Main Street
14:15	男子 100 米初賽 Men's Individual 100m Heats	
14:30	團隊四項賽 — (3) 醫學資料高速入庫 Quadrathlon Team Race - (3) Hi-speed Database	
14:50	女子 100 米決賽 Women's Individual 100M Final	
15:00	男子 100 米決賽 Men's Individual 100M Final	
15:10	團隊四項賽 — (4) 堵截突變基因 Quadrathlon Team Race - (4) Gene Mutation Cut-off	
15:30	「粉紅高踭鞋慈善賽」頒獎典禮 Prize Presentation Ceremony of 'Pink Heels Race'	赤柱露天廣場 Stanley Plaza Amphitheatre
16:00	活動完滿結束 End of All Events	



賽事資訊 Race Information

1. 參賽者必須配戴大會號碼布作賽；否則，大會有權取消其參賽資格。
2. 參賽者如欲上訴，必須於公佈該項成績後 15 分鐘內向大會提出，並繳交款項港幣\$100。如上訴成功，參賽者將獲歸還所繳款項；否則，該款項將撥作慈善用途，不會退回。
3. 活動當天為假日，預計較多遊人前往港島南區一帶，大會建議參賽者乘坐公共交通工具前往場地，並預留充裕乘車時間，提早到場熱身準備。大會工作人員會適時指示參賽者往起跑區準備。
4. 如遇惡劣天氣或天文台於賽事前兩小時發出黃、紅、黑雨警告，三號或以上颱風訊號，比賽將會取消。已繳交的報名費和贊助費，將不獲退還。請留意本網頁的最新消息。
5. 由於「粉紅 5 公里慈善跑」的賽道甚具挑戰性，跑手需具備足夠體能應付。如在比賽前/當天身體不適，請先諮詢醫生。若於賽事期間感到不適或受傷，請立即向就近的工作人員或救護站人員求助。
6. 大會將為是次活動購買第三者責任保險，並建議跑手自行購買個人意外保險。
7. 為環保出一分力，大會鼓勵各參加者自備水樽以減少使用即棄水杯。
8. 賽事安排及規則如有更改，將以大會公佈為準，恕不另行通知。如有任何爭議，大會持最終決定權。

1. Participants must wear the official bib for the race. Otherwise, they will be disqualified by the Organiser.
2. The results of various events will be posted on the Scoreboard (located at Stanley Main Street near to the finish point). Participants may request the Organiser for an appeal within 15 minutes after the post of that result and pay a fee of HK\$100 which is refundable if the appeal is accepted. Otherwise the fee will be used for charity purpose and thus not refundable.
3. It is anticipated many people will visit the southern part of the Hong Kong Island on Sundays. Participants are advised to use public transportation and allow sufficient time for warm-up on site. The Officials will instruct participants to proceed to the Starting Zone in due course.
4. If there is inclement weather or Amber/Red/Black Rainstorm Signal, Tropical Cyclone Warning Signal No. 3 or above being hoisted 2 hours before the commencement of the event, the event will be cancelled. The enrollment fee and sponsorship will not be refunded. Please check this website for the latest news.
5. The route of Pink 5K Run is quite challenging and physically demanding. Participants shall be aware of potential risk and shall consult with doctors if they feel unwell prior to /on the event day. In case of illness or injury during the race, please seek help from the officials or first-aiders nearby immediately.
6. The Organiser will provide the third-party liability insurance coverage for the event. Runners are advised to prepare for their personal insurance.
7. For environmental protection, the Organiser encourages participants to bring your own water bottles to minimize the use of disposable cups.
8. The Organiser will make announcements on the changes in the arrangement or regulations of the event, if any without prior notice. In case of any dispute, the decision of the Organiser will be final.

參賽者須知 Notes to Participants

粉紅高踭鞋慈善賽 Pink Heels Race

項目：男子 100 米、女子 100 米、親子滿 Fun 賽及團隊四項賽

Category: Men's 100M, Women's 100M, Family Fun Race and Quadrathlon Team Race

參賽者行程 Participants' Timeline	
11:30 – 16:00	行李寄存、紀念品換領處、慈善攤位及展覽 開放 Baggage Counter, Souvenir Counter, Charity Booths & Exhibition Open
12:00	「粉紅 1 公里親子跑」、「粉紅 5 公里慈善跑」頒獎典禮 暨「粉紅高踭鞋慈善賽」啟動禮 Prize Presentation of 'Pink Family 1K Run' & 'Pink 5K Run' cum Kick-off Ceremony of 'Pink Heels Race'
15:30	「粉紅高踭鞋慈善賽」頒獎禮 Prize Presentation of 'Pink Heels Race'
男子 100 米 Men's 100M	
13:45	參賽者往登記處報到 Participants report at the Check-in Counter
14:05	男子 100 米初賽召集 Men's 100M Heats roll call
14:15	男子 100 米初賽起跑 Men's 100M Heats start
14:50	男子 100 米決賽召集 Men's 100M Final roll call
15:00	男子 100 米決賽起跑 Men's 100M Final starts
女子 100 米 Women's 100M	
13:30	參賽者往登記處報到 Participants report at the Check-in Counter
13:50	女子 100 米初賽召集 Women's 100M Heats roll call
14:00	女子 100 米初賽起跑 Women's 100M Heats start
14:40	女子 100 米決賽召集 Women's 100M Final roll call
14:50	女子 100 米決賽起跑 Women's 100M Final starts
親子滿 Fun 賽 Family Fun Race	
12:30	參賽者往登記處報到 Participants report at the Check-in Counter
13:00	親子滿 Fun 賽召集 Family Fun Race roll call
13:10	親子滿 Fun 賽起跑 Family Fun Race starts
團隊四項賽 Quadrathlon Team Race	
11:30	隊伍代表往登記處報到 Team Representatives report at the Check-in Counter
12:15	各隊伍往赤柱露天廣場準備列隊 Teams line up at Stanley Plaza Amphitheatre
12:30	隊伍列隊進場 Teams March-in
12:35	賽事(1) 召集 — 3 位隊員 Race (1) roll call – 3 members
12:45	賽事(1)【乳•你一起走】開始 Race (1) "Always be with You" starts
13:20	賽事(2) 召集 — 3 位隊員 Race (2) roll call – 3 members
13:30	賽事(2)【健康橫行跨啦啦】開始 Race (2) "Stride for Health" starts
14:20	賽事(3) 召集 — 2 位隊員 Race (3) roll call – 2 members
14:30	賽事(3)【醫學資料高速入庫】開始 Race (3) "Hi-speed Database" starts
15:00	賽事(4) 召集 — 5 位隊員 Race (4) roll call – 5 members
15:10	賽事(4)【堵截突變基因】開始 Race (4) "Gene Mutation Cut-off" starts

粉紅高踭鞋慈善賽 Pink Heels Race

賽事細則：

服飾	： 18 歲或以上參賽者須穿上不少於 1.5 吋踭及帶有粉紅色裝飾的高踭鞋作賽；大會鼓勵以粉紅色為主題裝扮參賽，以表對遺傳性乳癌的關注。參賽者更可別出心裁以創意打扮爭奪「最佳造型獎」。
開始	： 「粉紅高踭鞋慈善賽」(賽事)將於中午 12:30 在赤柱大街舉行。
報到	： 參賽者需於賽前至少 30 分鐘前往登記處報到；並於該項賽事前 10 分鐘往召集處準備。
比賽編號	： 你的比賽編號由大會指派，不可轉讓或交換。請在號碼布背面寫上緊急聯絡資料，並用選手包內提供之扣針，將號碼布扣於 T 恤或背心正面作賽，否則會被取消資格及禁止參賽。
行李	： 寄存處設於赤柱露天廣場旁，由早上 11:30 至下午 4 時提供服務。請勿攜帶貴重物品，大會將不負責任何遺失或損壞。
救護站	： 設於終點附近。如你於比賽期間不適或受傷，可向救護員求助。
水站	： 設於終點附近。
洗手間	： 赤柱廣場及美利樓均設有洗手間。
紀念品	： 參賽者可於賽後憑號碼布換領紀念品。紀念品換領處設於終點附近，於下午 4 時關閉。
成績	： 大會將以人手為賽事計時，參賽者之成績將張貼於計分板上 (近終點處)。
取消資格	： 如參賽者遲到、違反比賽規則或不依指示，大會工作人員有權取消其參賽資格。
上訴	： 參賽者如欲上訴，必須於公佈該項成績後 15 分鐘內向大會提出，並需繳交款項港幣\$100。
獎品	： 以上項目的前三名得獎者必須出席下午 3:30 於赤柱露天廣場舉行的頒獎禮領取獎品。

Race Details:

Dress Code	： Participants aged 18 years old or above are required to wear a pair of minimum 1.5-inch high heels with pink ornaments for the race. The Organiser encourages pink clothing and accessories to show concern for hereditary breast cancer. Participants may dress up creatively to compete for the 'Best Costume Award'.
Start	： Pink Heels Race (the Race) will start at 12:30p.m. at Stanley Main Street.
Arrival	： You shall report to the Check-in Counter (near the Start Line) at least 30 minutes before the start of your event. You shall report to the roll call counter at the Start Line at least 10 minutes before the race.
Race Number	： Your race number is individual to you, and must not be transferred or exchanged. Please fill in the emergency details on the reverse of your bib. Safety pins are provided in your gear pack for securing your bib to your T-shirt / vest before the start. Those who fail to do so will be disqualified and disallowed to join the Race.
Baggage	： Counters will be in service from 9:30a.m. to 4p.m. outside Stanley Plaza Amphitheatre. Please do not bring along valuable items. The Organiser will not be responsible for any loss or damage.
First Aid	： First Aid Post is located near the Finish Line. You may seek assistance from the medical personnel if you feel unwell or injury during the Race.
Water Station	： Water Station is located near the Finish Line.
Toilets	： There are toilets located at Stanley Plaza and Murray House.
Souvenir	： Participants must present your bib for redemption of souvenir pack before 4p.m. The souvenir counter is located outside Stanley Plaza Amphitheatre.
Results	： Manual timing will be adopted in this race, results will be posted on the Scoreboard near the Finish Line.
Disqualification	： The Officials have the right to disqualify any participant who does not follow the rules or instruction given.
Appeal	： Participants may appeal to the Organiser with an appeal fee of HK\$100 within 15 minutes after the results of particular event being posted.
Prizes	： The top 3 winners of all race categories must attend the Prize Presentation Ceremony for the Run to be held at 3:30p.m. at Stanley Plaza Amphitheatre to receive their prizes.