

Organizer:



中國香港游泳總會
HONG KONG CHINA SWIMMING ASSOCIATION

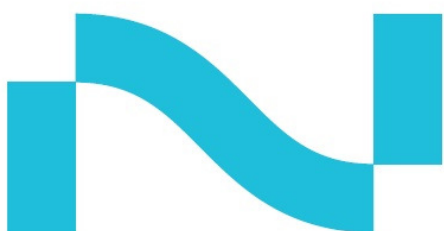


NEW WORLD
HARBOUR RACE
新世界維港泳

Title Sponsor:



新世界發展
New World Development



NEW WORLD
HARBOUR RACE
新世界維港泳

New World Harbour Race 2022

Swimmer's Guide

Please read this guide carefully before the Race

Silver Sponsor:

FTLife 富通保險



Official Swim Gear:



Major Sponsors:

K11



NewWorld Mask

TYR

KARCHER
德國高潔



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SHUN HING GROUP

Panasonic

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POCARI
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Introduction

First held in 1906, the Cross Harbour Race at the Victoria Harbour was suspended in 1979. It has served as one of the most iconic and celebrated sporting events in Hong Kong, attracting thousands of participants and spectators. The event also attracted significant media attention locally and internationally with vibrant photos of athletes diving into Victoria Harbour against the picturesque backdrops of Hong Kong's mountain and skyscraper views.

Since the suspension in 1979, the Hong Kong China Swimming Association (HKGSA) did not give up and has actively liaised with various Government Departments. Finally, the Cross Harbour Race was re-introduced in 2011 acknowledged to the support of all Hong Kong citizens, the government, sponsors and other supporting organizations. The races had been successfully held under the excited spectators' cheers.

Due to the social situation and the COVID-19 pandemic, the Harbour Race was unable to be held in 2019 and 2020. Various anti-epidemic measures were implemented by the HKSAR Government to bring the pandemic under control. The HKGSA is pleased to successfully organize the Harbour Race in 2021 & this year.

The race route of New World Harbour Race 2022 stretches 1 km with the starting point at Wan Chai Golden Bauhinia Square Public Pier and finishing point at Tsim Sha Tsui Avenue of Stars Public Pier.

As an open water swimming race, the Cross Harbour Race not only aims to boost Hong Kong's economy, but also let Hong Kong citizens and tourists to experience this mega event mixed international and traditional elements, as well as promote local swimming activities and further enhance Hong Kong's image as Asia's sports events capital.

Wish all best of luck this year.

Hong Kong China Swimming Association

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1. Race Information

Date: 23rd October 2022 (Sunday)
Time: 07:05
Venue: Wan Chai Golden Bauhinia Square Public Pier to
Tsim Sha Tsui Avenue of Stars

Reporting Time:

Racing Groups: 06:35 – 06:45

Leisure Groups:

1st Batch: 07:05 – 07:20

2nd Batch: 07:45 – 08:00

3rd Batch: 08:25 – 08:40

4th Batch: 09:05 – 09:20

<Those failing to report will be disqualified>

Category & Start Time:

	Racing Groups	
	Men	Women
Event No.	1	2
Distance	Approximately 1 km	
Age	14 or above	
Reporting Time	06:35 – 06:45	
Tentative Start Time	07:05	
*Colour of Race Card	RED	
Colour of Baggage Tags Swim Caps	White	Orange

	Leisure Groups							
	Men & Women							
Event No.	3 & 4							
Distance	Approximately 1 km							
Age	12 or above							
Reporting Time	07:05 – 07:20	07:45 – 08:00	08:25 – 08:40	09:05 – 09:20				
Tentative Start Time	07:45	08:25	09:05	09:45				
*Colour of Race Card	ORANGE	YELLOW	GREEN	BLUE				
Colour of Swim Caps	Red	Yellow	Red	Yellow	Red	Yellow	Blue	Grey

*For the safety concern of all participants, applicants are assigned into five batches based on their 1500m Time Trial results. A colored race card representing the corresponding batch will be distributed to the applicants.

Please arrive at the Wanchai Golden Bauhinia Square no more than **15 - 20** minutes before the above designated Reporting Time. **Any early arrivals will not be entertained.**

Organizer:**Title Sponsor:****2. Swimmers should pay attention to the following before the race:**

1. Swimmers should decide their participation according to their physical capability, and should consult medical advice from doctors if they are in doubt of their health condition prior to the Race.
2. Open water swimming practice prior to the race is highly recommended.
3. No special transportation will be arranged on the Race Day. Due to the limited number of parking spaces at the race venue, swimmers are advised to go to the venue by public transport. (Please refer to the appendix for more details.)
4. Only official boats can enter the Race area. Unauthorized boats will be driven away.
5. For safety reasons and to avoid overcrowding, the entry to Landing Pier will be restricted for spectators. Spectators can watch the Race at the Tsim Sha Tsui Avenue of Stars on the Race Day. It is recommended that swimmers should meet up with their families and friends near the Tsim Sha Tsui K11 Musea.
6. Eating will not be allowed in the venue. Referees, media, officials and guests are required to wear masks all the times except drinking water.
7. Except during the competition, swimmers must wear masks and strictly abide by the epidemic prevention measures.
8. Do not swim if you feel ill or have wound(s).
9. **Warm up before swimming.** Swimmers are **not** allowed to warm up in the water on the Race Day. Warm up on land before swimming.
10. Do not swim with an empty stomach or after a heavy meal.
11. **No** changing facilities will be available at the venue. Please put on swimsuits before arriving at the Starting Area.
12. Please wear swimming goggles during the Race.
13. Swimmers who require baggage deposit service **MUST** use the official storage bags provided by HKGSA and write down the race numbers clearly on the bags **BEFOREHAND**. Swimmers are advised to bring along light luggage which must fit into the official storage bag. Any extra baggage will **NOT** be entertained
14. Inclement Weather Arrangement:
The Race will be cancelled for any of the following conditions:
 - Typhoon Signal No. 1 or above, hoisted before 6:00 a.m. on the Race Day;
 - Red rainstorm signal or black rainstorm signal;
 - Occurrence of red tide at the venue;
 - In case of any condition unsuitable for staging the competition
15. Swimmers will be required to keep 1.5m apart from each other before race starts.
16. Swimmers must dispose their masks at the garbage bins located at the start pier before they walk into the start pontoon.
17. Follow instructions from the race officials for a smooth operation.

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18. Shower area is located at the Finishing Area for quick rinsing. Usage of shampoo or toiletries is prohibited.
19. There is a mask distribution counter located at Finish Area. Swimmer must put on the mask after landing back to the Tsim Sha Tsui Avenue of Stars.
20. Swimmers will be advised to proceed to Baggage Claim Area as soon as possible to avoid gathering.
21. Swimmers must wear apparels or put on labels provided by HKGSA when attending media events or interviews
22. Winners and runner-ups must **ONLY** wear apparels provided by HKGSA during the Award Ceremony

3. Weather

Weather Forecast on 23rd October 2022

Temperature: 24°C - 28°C

Humidity: 65-85%

East to northeast force 4 to 5

Sunny intervals

Predicted Tides on 23rd October 2022

Time	Height of Tide
00:00	1.49 m
07:00	2.10 m
09:00	2.03 m
11:00	1.58 m
18:00	1.75 m

*For more details, please visit the website of Hong Kong Observatory:

<http://www.hko.gov.hk>

Hong Kong Average Water Temperature ~27.2°C in October 2021

Reference website: http://meteodb.com/zh-TW/china/hong_kong

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4. Race Required Items and Instructions

A. Electronic Transponder Chips (Wrist) - For Racing Group swimmer only:

Every Racing Group swimmer will be given 3 electronic transponders (2 for wrists, 1 for ankle) which should be secured on both wrists and ankle during the race for result recording. Wrist Electronic Transponders should be returned at the Wrist Electronic Transponder Return Center after the race. Participants will be charged for HKD\$500 each of the device in case of losing or do not return the transponders. If participants did not pay the charge, HKGSA reserves the right to forbid the swimmer to participate in the future Harbour Race. Ankle Electronic Transponder need not be returned.



Electronic Transponder Chips (Wrist)
(Must return)

B. Electronic Transponder (Ankle)

Every swimmer (Racing Group and Leisure Group) will be given 1 electronic transponder (ankle), which should be **secured on ankle tight during the race for head counting**. (Need not be returned)

Electronic Transponder (ankle) is one of the important proofs for considering whether a swimmer has completed the race or not. Every swimmer must secure the said transponder on ankle tightly during the whole race.



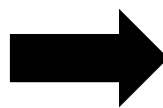
i.) Please flip over the **electronic transponder**



ii.) Tear of the sticker at the end



iii.) Tie the electronic transponder tight above the ankle
(Sticker part can only be used once. Please use it on the race day)



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C. Race Card (Sample)

Racing Group-Race Card:

Reporting Time: 06:35 – 06:45



Leisure Group-Race Card:

1st Batch Reporting Time:
07:05-07:20

2nd Batch Reporting Time:
07:45-08:00



3rd Batch Reporting Time:
07:05-07:20

4th Batch Reporting Time:
09:05-09:20



Organizer:



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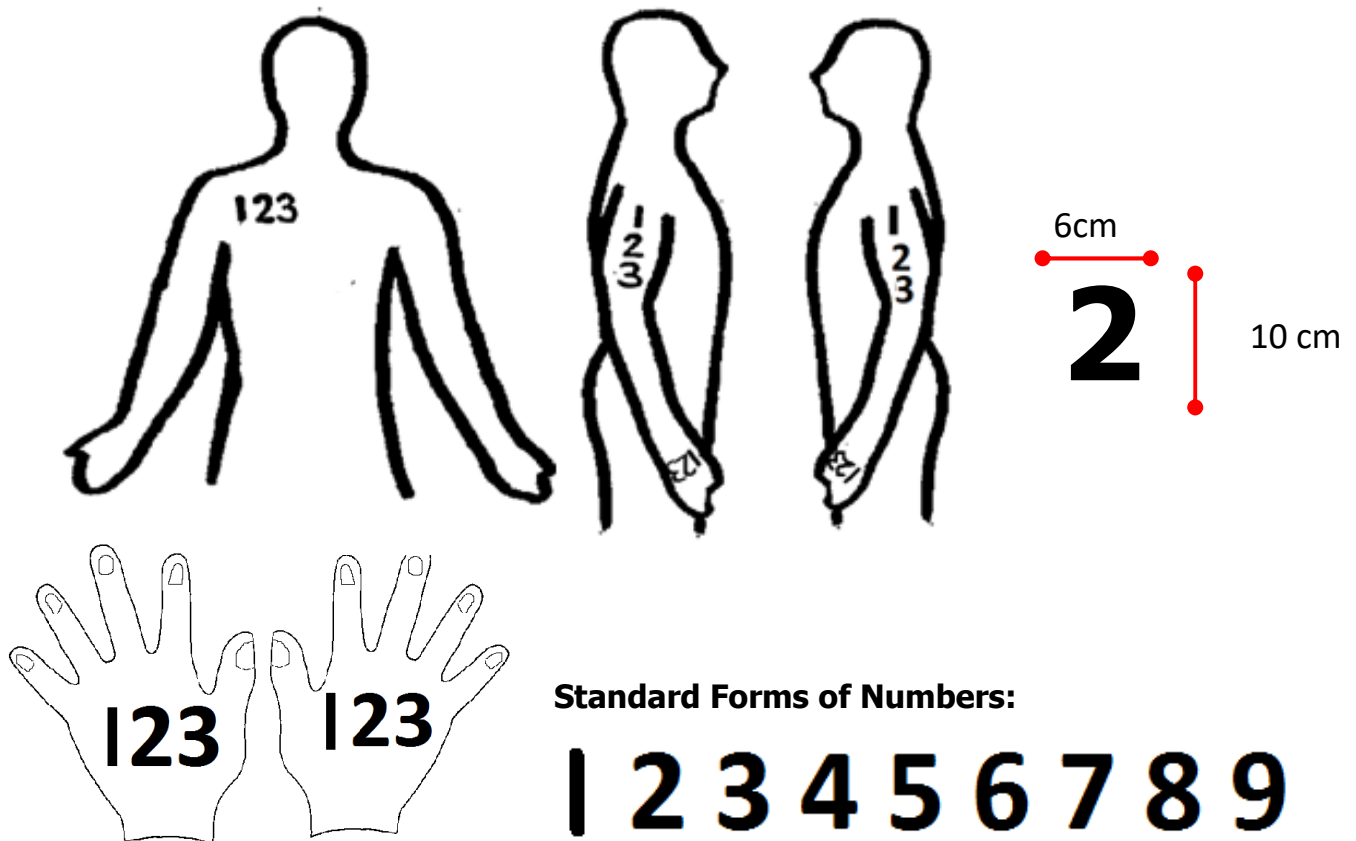


D. Swim Caps

Printed with race number, the official swim caps and the baggage tag should possess the same color. No drawing is allowed on the cap.

E. Race Number

Swimmers must mark their race numbers **on the left hand side of their back, both arms and back of their hands** as in the illustration below. Size of each number on arms and back should be 10cm x 6 cm.



- * Please be careful with the written form of **1 and 7**.
- * Please do not apply sunscreen to areas bearing the race number.
- * Swimmers **MUST** write down their race numbers with the marker pens provided by HKGSA.
- * For Safety and Rescue reason, swimmer can only write down their race numbers at the destined area (**left hand side of their back, both arms and back of their hands**). HKGSA does not allow other decorations or graffiti on swimmers' bodies or swimsuits, so as not to hinder the identification of swimmers.

HKGSA reserves the right to refuse entry or remove swimmers who do not comply with the rules and instructions of HKGSA.

Officials will check if swimmers have brought along all required items on the Race day. Swimmers without Race Card, Wrist Electronic Transponders (Racing Group Only), ankle Electronic Transponders, Tow Float (Leisure group only) and the official Swim Caps will not be allowed to race.

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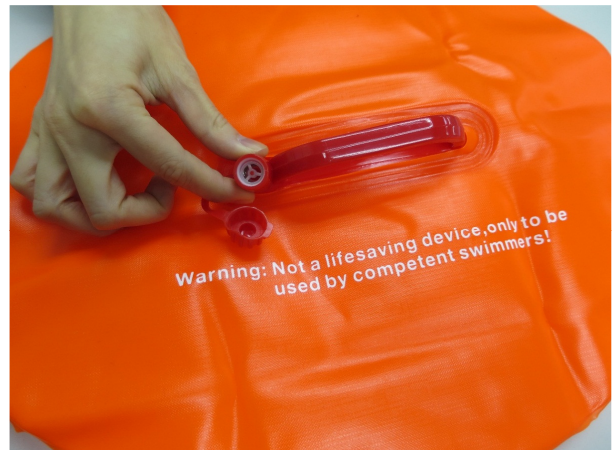
E. Instructions for using Safety Tow Float – For Leisure group only

All Leisure Group swimmers must wear the Safety Tow Float at the Race. The Safety Tow Float comes with 2 other accessories. Please don't leave the tow float at the venue after the race. There are three parts altogether:

1. Safety Tow Float
2. String
3. Waist Belt



i.) Inflate the Safety Tow Float by blowing into the mouthpiece.



ii.) Put one end of the string through the red handle at the back of the Safety Tow Float.



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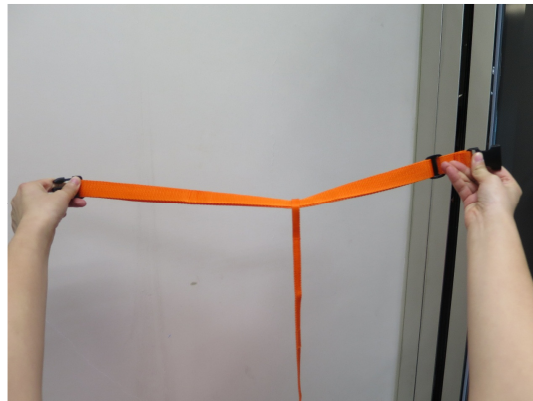
Title Sponsor:



iii.) With one end of the string through the other loop and tighten it on the red handle of the Safety Tow Float.



iv.) Thread one end of the waist belt through the remaining loop of the string.



v.) Finally, buckle the Safety Tow Float around your waist and adjust the waist belt to suit your comfort.



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5. Race Route Map



Two buoys will be set on the Race Course, each with a small buoy for indicating water flow. Swimmers are suggested to swim on **the left hand side of the buoys**. The current flows from west to east on 23rd October, suggest Leisure Groups swimmers to swim slightly towards west, to prevent being washed off the straight line between starting point and finishing point, result in swimming against the current at the later part of your swim.

Swimmers SHOULD swim inside the Race Course. Leisure Group Swimmers outside the Race Course will be guided back to the course by canoes. Those failing to comply will be requested to leave the water and will be disqualified.

The following boats and canoes will also be arranged to ensure the safety of the swimmers during the Race:

- Rescue Boats
- Judge Boats
- Rescue Canoes
- Licensed Lifeguards
- Divers
- Medical Boats

If swimmers feel exhausted or affected by cramp during the race, **please raise a hand and call for help immediately.**

For the leisure group swimmers, they shall float on back and hold the tow float tight with one hand and raise the other hand for assistance. Lifeguards and Rescue Boat would come to rescue immediately.

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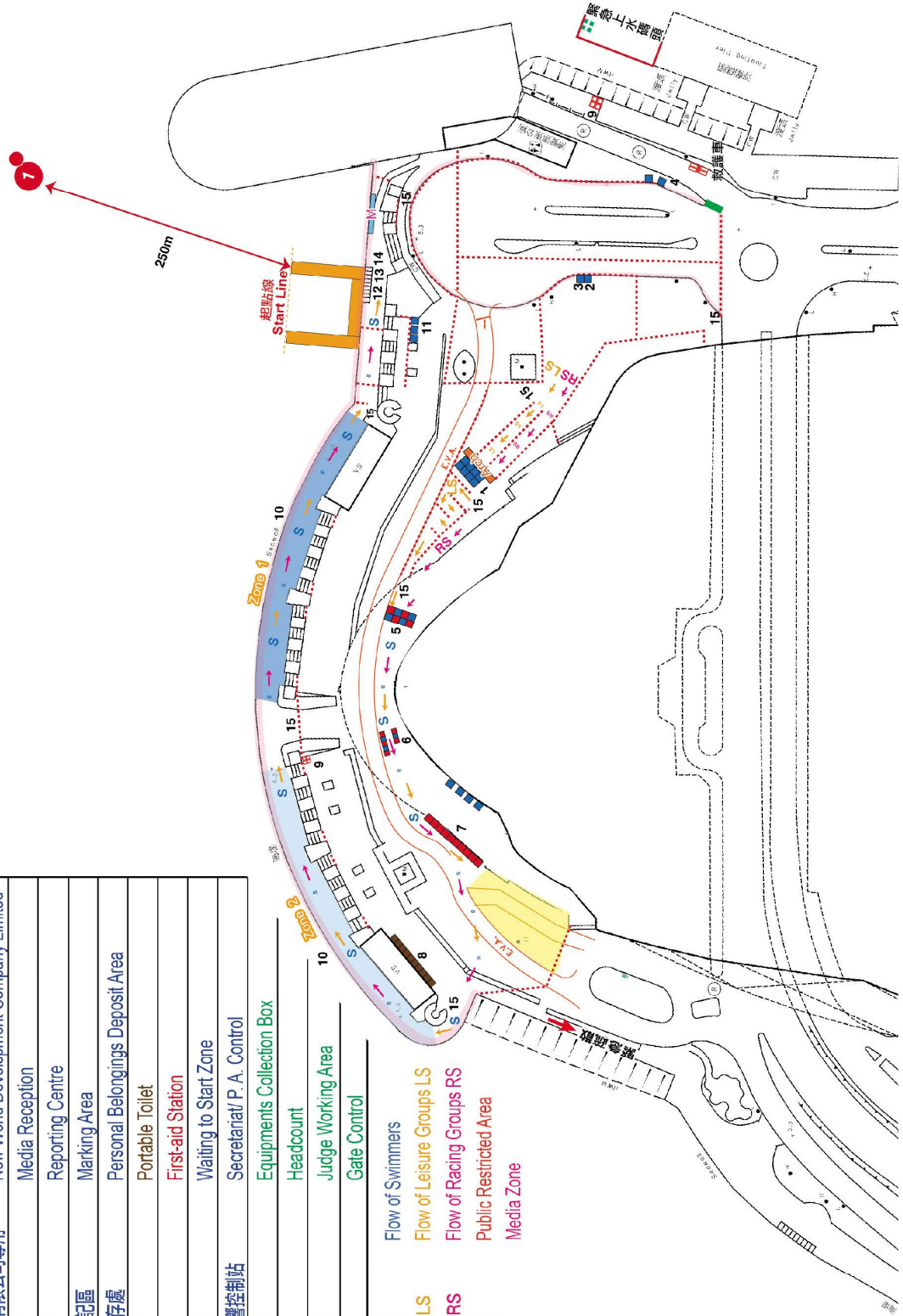
6. Logistics – Starting Area

1) Location Map of Starting Area

起點區 STARTING AREA

1	防疫帳篷	Infection Control Marquee
2	中國香港游泳總會貴賓登記處	HKGSA VIP Reception
3	新世界發展有限公司專用	New World Development Company Limited
4	傳媒登記處	Media Reception
5	泳手報到處	Reporting Centre
6	參賽編號標記區	Marking Area
7	個人物件寄存處	Personal Belongings Deposit Area
8	流動洗手間	Portable Toilet
9	救護站	First-aid Station
10	等候出發區	Waiting to Start Zone
11	秘書處/音響控制站	Secretariat/ P.A. Control
12	物資回收箱	Equipments Collection Box
13	統計人數	Headcount
14	裁判工作區	Judge Working Area
15	入口控制	Gate Control

- 參賽者路線
- 優先組路線 LS
- 競賽組路線 RS
- ⋯⋯ 公眾止步區
- Ⓜ 傳媒區
- 參賽者路線
- 優先組路線 LS
- 競賽組路線 RS
- ⋯⋯ 公眾止步區
- Ⓜ 傳媒區



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2) Logistics (Please refer to the Location Map)

Reporting procedures are as follows:

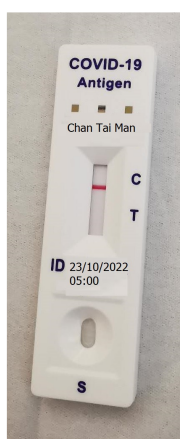
- A.** Swimmers are advised to arrive at the Starting Area **via public transport** and have swimwear on before entering the Starting Area. **No changing facilities will be provided at Starting Area.**
- B.** Swimmers shall enter the Golden Bauhinia Square Starting Area by taking Exit B3 of MTR Exhibition Station through the footbridge and along Expo Drive East.
- C.** Bag Check and Infection Control Marquee are set up at the Golden Bauhinia Square –
 - In order to provide a safe and comfortable environment, swimmers' bags will be checked upon entry. Dangerous and hazardous objects are prohibited.
 - Swimmers shall arrive and report at the designated Time and present a photo* showing the negative Rapid Antigen Test ("RAT") result obtained for entering the venue. Swimmers shall use Sanitizing Handrub and pass through the body temperature monitoring in the Infection Control Marquee. **Leave Home Safe Apps must be presented when entering the venue** and swimmers must fully implement the "Vaccine Pass" ("Blue Code") arrangement following the requirement launched by the government.

Anyone is prohibited to enter the venue and required to leave the venue immediately if the following situations occur:

1. No entry allowed for a person who has a temperature 37.5°C or higher (If the person has a temperature 37.5°C or higher for the first check, that person can go to an open area and wait for 5 minutes for re-measuring the temperature. That person is not allowed to enter to the venue if the temperature is still 37.5°C or higher on the second check).
2. No entry allowed for a person who has symptoms of COVID-19 and the symptoms of COVID-19 including but not limited to fever, sore throat, chills, dry cough, diarrhoea, shortness of breath and loss of taste or smell;
3. No entry allowed for a person who is listed as a confirmed case or a close contact.
4. HKGSA reserves the right to impose other bans at their discretion.

- Swimmers can proceed to the reporting center after passing temperature monitoring successfully

* Photo of Negative Rapid Antigen Test ("RAT") result: Swimmers shall mark on the RAT testing kit his/her name as well as the date and time of taking the test.



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Swimmers have to submit their Race Card (which can be retrieved at the HKGSA office subsequently) and show their Electronic Transponders on each wrist (Racing Group only), ankle Electronic Transponders, OFFICIAL Swim Cap and Tow Float (Leisure Group only) to officials. Swimmers without any of the aforementioned items will not be allowed to race.

E. Marking Area

Swimmers must show their Race Number on their bodies. Officials will mark the race numbers if necessary.

F. Personal Belongings Deposit Area*

Swimmers can have Deposit Baggage Service at the Personal Belongings Deposit Area within the reporting time. Swimmers can collect their personal belongings at Finishing Area after the race. HKGSA has no responsibility for any lost or damage to the personal belongings.

*Swimmers are advised to bring along light luggage which must fit into the official storage bag provided by HKGSA. Any extra luggage will NOT be entertained. Swimmers who do not need Baggage Deposit Service shall proceed to Event Allocation Area.

To avoid overcrowding, please make sure you have your designated swim cap, tow float (leisure group), wrist electronic transponder chips (Racing Group), ankle electronic transponder chips and swim goggle with you BEFORE you have your baggage checked in.

G. Event Allocation Area

Swimmers shall proceed to Event Allocation Area after depositing personal belongings. Racing Group swimmers will be arranged to enter the wait-to-start zone. The Leisure Group swimmers will be directed to pass through the Wan Chai Temporary Promenade (about 300 meters) back to the queue end of wait-to-start zone and maintain a social distance of 1.5 meters.

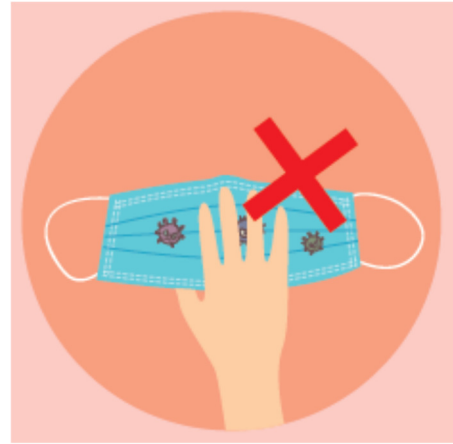
H. Waiting-to-Start Zone

Swimmers must wear masks all the times until they arrive at the pier stairs. Swimmers can take off their masks and throw them into the mask disposal bin before they enter the pier stairs and enter water via the starting platform and wait behind the Start Line.

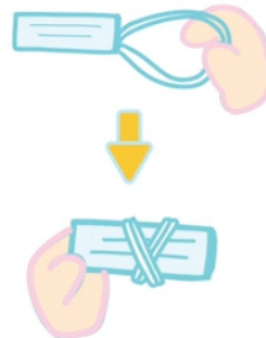
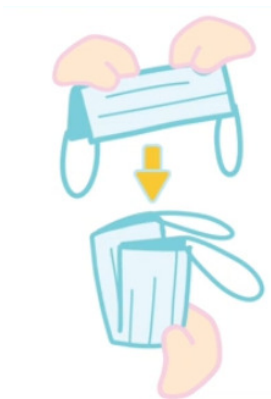
Swimmers must follow the instruction given by officials and enter Waiting-to-Start Zone on time. Late comers will not be allowed to enter the zones.

Removal and Safe Disposal of a Surgical Mask

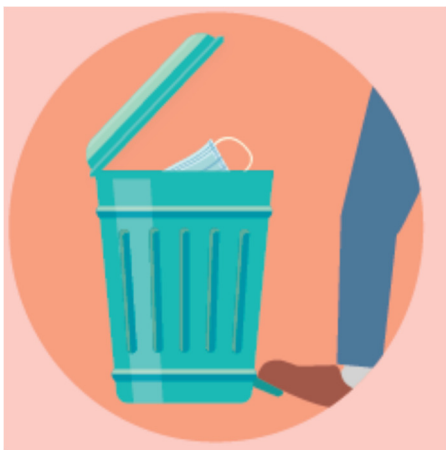
1. Hold both the ear loops and take off the mask gently
2. Avoid touching the outside of mask



3. Pinch the inner layer of the mask (close to the face), fold it up and down and then fold it in half.
4. Pull the ears of the mask apart and wrap the mask 2-3 times.



5. Finally, put it into the mask disposal bin.





7. Competition Logistics

A. Start End:

1. Enter the Water:

Swimmers shall followed the instruction of officials to perform straddle entry into the water via the edge of the platform and swim to the start line waiting to start..??

2. Race starts:

After each previous event started, swimmers shall swim up to the Start Line according to the instruction of officials and judges. Race starts after starting signal (usually from airhorn) is triggered.

3. From Start Line to Finish End:

Buoys will be set on the Race Course. Swimmers are suggested to swim on the left hand side of the buoys.

During the race, swimmers must wear swim caps, tow float (leisure group) , wrist electronic transponder chips (Racing Group) and ankle electronic transponder chips provided by HKGSA throughout the whole swimming period. Those fail to comply will be disqualified.

Swimmers SHOULD swim inside the Race Course. Those outside the Race Course (leisure group only) will be guided back to the course by canoes. Those fail to comply will be requested to leave the water and will be disqualified.

B. Finish End

Racing group swimmers must touch the electronic touch pad by hand (with the electronic transponder chips) when they approach the Finish Line for result recording. Those who fail to comply will be disqualified.



Electronic Touch Pad

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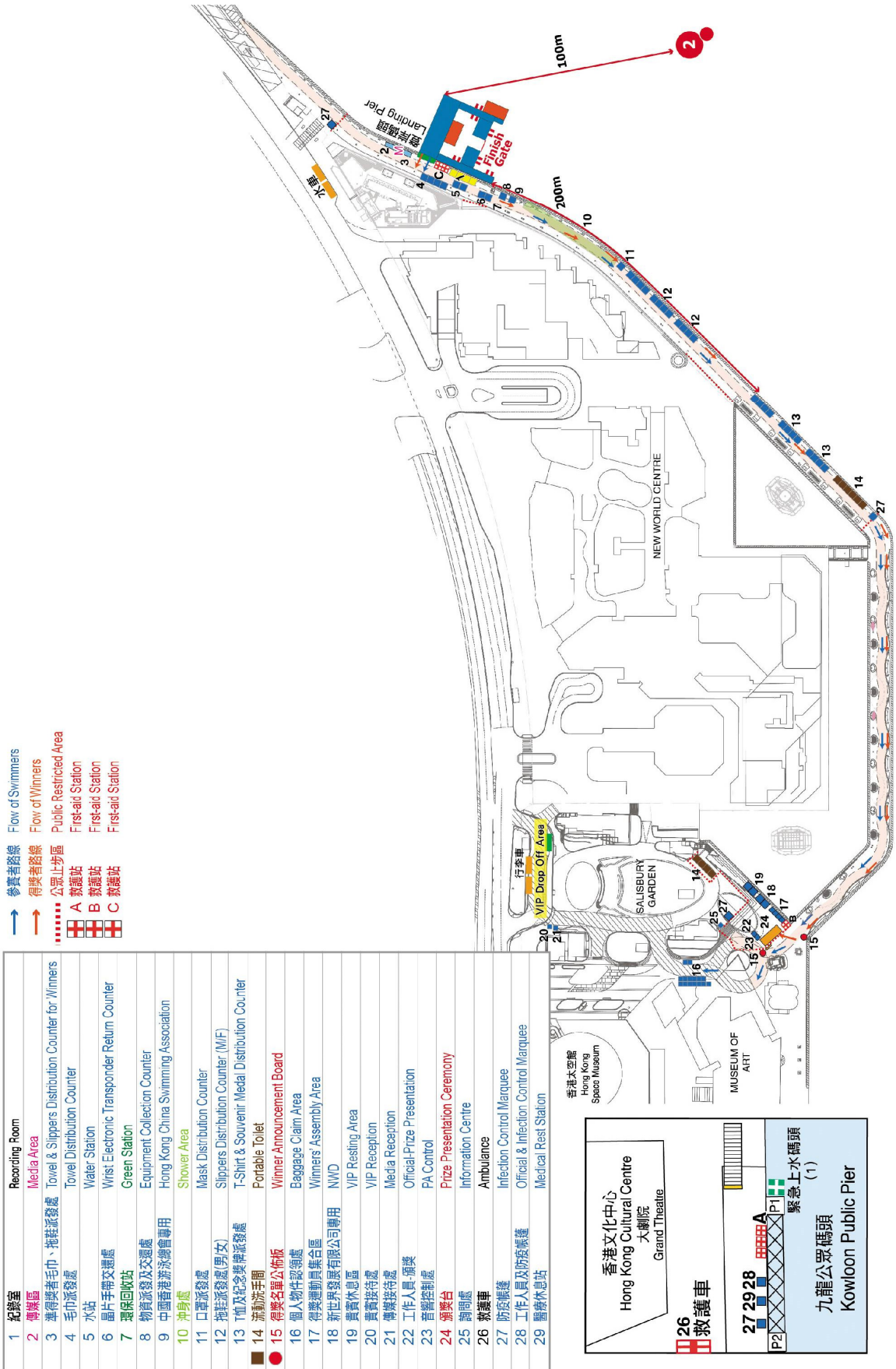


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8. Logistics – Finishing Area

Location Map of Finishing Area



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1. Landing Pier

For safety reasons and to avoid overcrowding, the entry to Landing Pier will be restricted to swimmers and officials. Spectators can watch the Race at the Tsim Sha Tsui Avenue of Stars on the Race Day. It is recommended for swimmers to meet up with their families and friends near the Tsim Sha Tsui K11 Musea.

2. Wrist Electronic Transponder Return Center

Racing Group's swimmers must return the wrist electronic transponder at the Wrist Electronic Transponder Return Center immediately after landing. Racing Group's swimmers will be charged for HKD\$500 each of the device in case of losing or do not return the transponders. If participants did not pay the charge, HKGSA reserves the right to forbid the swimmer to participate in the future Harbour Race.

3. Shower Area/ Portable Toilets

Fresh water is available at Shower Area. **Use of shampoos or toiletries is strictly prohibited.** Portable toilets are situated near the Baggage Claim Area.

4. Mask Distribution Counter

located after the shower area. After showering, all swimmers must wear the mask immediately before going forward.

5. Distribution Counter

Towels, slippers, water, tote bag and T-shirt will be distributed to swimmers at the Distribution Counter. Please follow instructions of the officials.

6. Baggage Claim Area

Swimmers have to show their designated swim caps in order to collect their personal belongings. HKGSA has no responsibility for any lost or damage to the personal belongings.

7. Dismissal Arrangement

Swimmers should disperse to K11 Musea Mall in Tsim Sha Tsui or East Tsim Sha Tsui as soon as possible after collecting their personal belongings at the Baggage Claim Area to avoid overcrowding.

8. Result Announcement

List of Winners will be posted on the Winner Announcement Board in the Finishing Area. The overall results will be uploaded on website of HKGSA

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(<http://www.hkgswimming.org.hk>) and New World Harbour Race (<http://www.hkharbourrace.com>) thereafter. Certificates will be awarded to swimmers who complete the race and can be downloaded at the New World Harbour Race website (Details to be announced on the websites).

9. Prize Presentation Ceremony

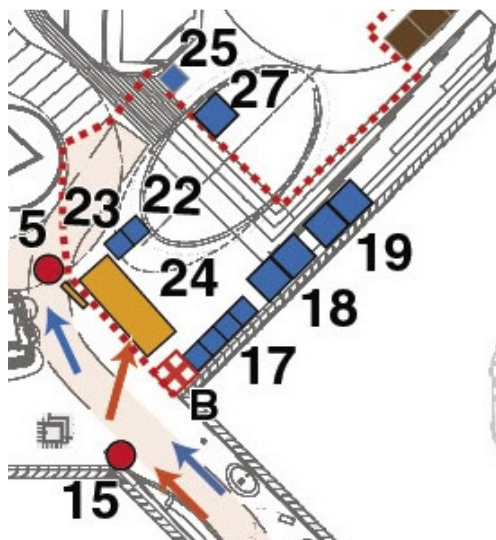
Prize Presentation Ceremony (No. 22 in the map) will be held right after the arrival of the winners.

The trophies will be placed on the stage of the prize-receiving ceremony in advance, and the winners will pick up the trophies by themselves.

After the winners picked up the trophy, the guests will take a photo with the winners on stage.

Winners and guests must wear masks throughout the award ceremony.

All swimmers who attend media events or accept media interviews must wear the designated event tops or the NWHR 2021 logo provided by HKGSA. The winners must wear the designated activity jacket for a group photo



Remarks:

- HKGSA has the final decision over all matters not stipulated in the rules.
- Please seek help at the First-aid Stations when you feel sick.
- No changing facilities will be available at the venue.

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Facilities Provided

- **First-aid Station (provided by Auxiliary Medical Services)**

	Starting Area	Finishing Area
Location	1. Near the flag 2. At Emergency Landing Pier	1. At Landing Pier 2. At Emergency Landing Pier

- **Portable Chemical Toilets**

	Starting Area	Finishing Area
Location	1. Next to Waiting to Start Zone	1. Near T-shirt Distribution Counter

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9. Emergency

In case of any condition unsuitable for staging the competition, HKGSA will notify swimmers with siren and all swimmers must return to the following emergency landing piers as soon as possible:

- For swimmers situated between Start End and Directional Buoy 1:
Return to Start End (Wan Chai Golden Bauhinia Square Public Pier)
- For swimmers situated between Directional Buoy 1 and Finish End:
Go to Finish End (Tsim Sha Tsui Avenue of Stars near statue of Bruce Lee)

In the event of any emergency situations happened in the Wanchai Start area during the course of the Race, all swimmers and officials should go and gather at Pier No. 10 in Central. Any deposited personal belongs of swimmers will be delivered from the Finish Area to Pier No.10 for pick up.

In the event of any emergency situations happened in the Tsim Sha Tsui Finish area during the course of the Race, all swimmers and officials should go and gather at The Salisbury Garden, Tsim Sha Tsui East and wait for baggage pick up.

10. Rules & Regulations

In response to the latest situation in Hong Kong, please find the rules and regulations of 2022 New World Harbour Race as follow:

1. Swimmers must fully implement the "Vaccine Pass" ("Blue Code") arrangement following the requirement launched by the government. For details of the vaccination requirements, please refer to the website of The Government of Hong Kong Special Administrative Region – "Together, We Fight the Virus" (<https://www.coronavirus.gov.hk/eng/index.html>)
2. On the Race Kit Collection, swimmers must obtain a negative Nucleic acid test result for COVID-19 (provide by HKGSA) within 48 hours before race day.
3. Swimmer must submit the Electronic Health Declaration Form.
4. Swimmers must fully comply with the "Vaccine Pass" ("Blue Code") and Leave Home Safe Apps must be presented and pass through the security check when entering the Venue on the Race Day. Swimmers must put on mask and be strictly abided by epidemic prevention measures at all times before the competition and stay 1.5m social distance to keep a smooth operation.
5. Swimmer must present a photo showing the negative Rapid Antigen Test ("RAT") result obtained on the Race Day morning for entering the venue and participating the race on the Race Day (23rd October 2022)
6. Swimmer must present a valid Race Card issued by the HKGSA at the Registration Counter. If swimmers cannot provide a valid Race Card or not reporting to the Registration Counter, they will not be allowed to join the current race and they may not be eligible for the future race.
- 6a. Racing Group Swimmers who are unable to show any of their wrist electronic transponders, ankle electronic transponders, race cards, or their designated swim caps will not be allowed to race.
- 6b. Leisure Group Swimmers who are unable to show any of their ankle electron transponders, race cards, their designated swim caps or tow floats will not be allowed to race.
7. All electronic transponders, tow floats, race cards, and swim caps are nontransferable. Failure to comply will result in disqualification.
- 8a. During the race, racing group swimmers must wear swim caps and electronic transponder chips (Wrist & Ankle) provided by HKGSA throughout the whole swimming period. Those who fail to comply may be disqualified.
- 8b. During the race, leisure group swimmers must wear swim caps, ankle electronic transponder chips and tow floats provided by HKGSA throughout the whole swimming period. Those who fail to comply will be asked to leave the water and be disqualified. Should the swimmer loses the tow float intentionally, HKGSA reserves the right to forbid the swimmer to participate in the coming year(s).
9. Leisure Group Swimmers SHOULD swim inside the Race Course. Those outside the Race Course will be guided back to the course by canoes. Those who fail to return to the race course will be requested to leave the water and will be disqualified.

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10. If swimmers feel exhausted or affected by cramp during the race, please raise a hand and call for help immediately. For the leisure group swimmers, they shall float on back and hold the tow float tight with one hand and raise the other hand for assistance. Lifeguards and Rescue Boat would come for rescue immediately.
11. Racing Group Swimmers MUST report to the Wrist Electronic Transponder Return Center immediately after the race.
12. To avoid overcrowding, swimmers should put on mask provided by Organizer and leave the pier as quickly as possible after landing.
13. Any swimming activity in the Harbour is prohibited after the Race.
14. Swimmers must forfeit their right to participate in the Race and will be requested to leave water by officials if they were unable to Finish the race within 50 minutes after the start of each event. Their results will be recorded as "NQ" (Not Qualified).
15. No swimmer is permitted to use any device that may be an aid to their speed or endurance such as fins and paddles. Nails should be trimmed and not sharp.
16. No political action shall take place inside or in the immediate vicinity of the venue(s). The promotion or announcement, by any means, of political messages or any other political actions inside or in the immediate vicinity of the venue(s) is strictly prohibited before, during and after the championships/competition. Any swimmer failing to observe the aforementioned rule will be disqualified to participate in the Race and must leave the racing venue immediately.
17. Please do not wear watches or jewellery.
18. HKGSA has its sole discretion to reject any entry.
19. HKGSA has the final decision over all matters not stipulated here in the rules.

11. Responsibility:

Swimmers should be aware of the fact that open water swimming is a high risk aquatic sport. Swimmers must be aware of the wave and water condition, and consider their participation based on their swimming ability. HKGSA will try its best to ensure the safety of all swimmers during the race. However, HKGSA and its officials have no responsibility for any injuries and accidents incurred during the race.

Practice in open water prior to the race is highly recommended.

~HKGSA reserves the rights to change the above information without prior notice~

Organizer:



Title Sponsor:



Appendix

**To Starting Area:
Public Transportation**



To Starting Area:

- MTR:
 - Exhibition Centre Station Exit B3
- Bus:

Route No.	Route	Schedule Departures	Frequency (min)	Fare(\$)
Citybus/ First Bus				
2	Central (Macau Ferry) – Sai Wan Ho (Grand Promenade)	0650 - 0100	15 - 20	4.7
2A	Wan Chai North – Yiu Tung Estate	0615 - 0055	7 - 20	4.7
2X	Wan Chai North – Shau Kei Wan / Aldrich Bay	0600 - 0100	6 – 15	6.4
25A	Wan Chai (HKCEC Extension) – Braemar Hill	0700 - 0022	15	4.7
15B	Wan Chai (HKCEC Extension) – The Peak	1200 - 1900	20	13.3
8	Wan Chai North – Heng Fa Chuen	0615 - 0045	12 - 15	6.9
8P	Wan Chai North – Siu Sai Wan (Island Resort)	0605 - 0055	10 - 15	6.9
40	Wan Chai North – Wah Fu (North)	0635 - 2348	20	6.2
930	Wan Chai North – Tsuen Wan (Discovery Park/ Tsuen Wan West Station)	0500 - 0055	15 - 20	18.4
KMB				
905	Wan Chai North – Lai Chi Kok	0600 - 0000	10 - 18	11.3
960	Wan Chai North – Tuen Mun Kin Sang Bus Terminal	0630 - 0030	6 - 15	21.9

Organizer:



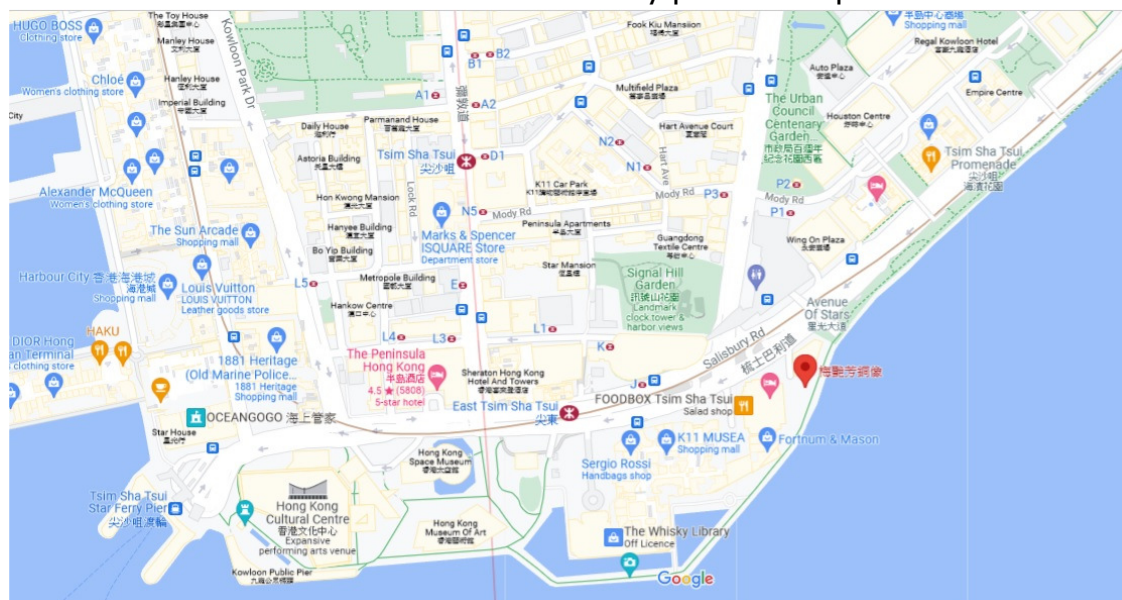
Title Sponsor:



961	Wan Chai (HK Convention Centre) – Shan King Bus Terminal	0640 - 0030	12 - 20	21.9
978	Wan Chai North – Fanling Wah Ming Bus Terminal	1000 - 2330	20 - 30	25.6

To Finishing Area

Swimmers are advised to leave the venue by public transport.



Below please find some public transportation services near the Finishing Area:

- MTR
- East Tsim Sha Tsui Station Exit J,
- Bus - KMB

Route no.	Route	Schedule Departures	Frequency (min)	Fare(\$)
1	Chuk Yuen Estate – Star Ferry	0535 - 2340	12	6.2
1A	Sau Mau Ping (Central) – Star Ferry	0530 - 2340	10	7.6
2	So Uk – Star Ferry	0530 - 2350	12	5.2
5	Fu Shan – Star Ferry	0530 - 0000	12	6.2
5C	Tsz Wan Shan (Central) – Star Ferry	0530 - 2340	10	6.2
6	Lai Chi Kok – Star Ferry	0530 - 2350	10	5.4
7	Lok Fu – Star Ferry	0530 - 2340	20	5.2
8	Kowloon Station – Star Ferry	0530 - 0030	25	5.4
8A	Whampoa Garden – Tsim Sha Tsui (Circular)	0600 - 2340	25	4.6
8P	Laguna Verde – Tsim Sha Tsui (Circular)	0600 - 2340	20	4.6
9	Ping Shek – Star Ferry	0535 - 2345	20	6.2
234X	Bayview Garden – Tsim Sha Tsui East (Mody Road)	0615 - 2300	15	9.4

* The above information is provided for reference only.