

**Orienteering Association of Hong Kong**  
**2017 Hong Kong Team Selection Test**

**Notice**

- Date : 6 May 2017 (Saturday)
- Assembly Time : 9:00 am
- Assembly Location : Adjacent to Tai Lam Toll Plaza (see index map below)
- Test Duration : 9:30am – 13:00pm (anticipate)  
(The time deadline of last report entry for cross country test is 9:20am, late coming athlete will not be allowed to join the cross country test.)
- Area of Test : Tai Lam
- Type of Test : Cross Country Run
- Event Class : JWOC – All  
AsJYOC – All  
ACYOC – All  
ACOC – All
- Course : A, B & C (see attached or click below link for maps retrieval)

<https://www.dropbox.com/home/2015%20Selection%20-%20Cross%20Country%20-%20Tai%20Lam>

or

Course A: [http://oahk.org.hk/uploads/file/20160202\\_2016%20Selection%20-%20XC%20Run%20-%20Tai%20Lam%20-%20Course%20A.pdf](http://oahk.org.hk/uploads/file/20160202_2016%20Selection%20-%20XC%20Run%20-%20Tai%20Lam%20-%20Course%20A.pdf)

Course B: [http://oahk.org.hk/uploads/file/20160202\\_2016%20Selection%20-%20XC%20Run%20-%20Tai%20Lam%20-%20Course%20B.pdf](http://oahk.org.hk/uploads/file/20160202_2016%20Selection%20-%20XC%20Run%20-%20Tai%20Lam%20-%20Course%20B.pdf)

Course C: [http://oahk.org.hk/uploads/file/20160202\\_2016%20Selection%20-%20XC%20Run%20-%20Tai%20Lam%20-%20Course%20C.pdf](http://oahk.org.hk/uploads/file/20160202_2016%20Selection%20-%20XC%20Run%20-%20Tai%20Lam%20-%20Course%20C.pdf)

What to bring:

SI card, cross country running suit, watch, drinking water, beverage, replenishment, snack, sunburn preventive product, umbrella or the like, personal need.....etc

All participants shall reject doping and compete in the spirit of fair play, once violation appeared, the participant will be banned from selection.

Athletes shall be knowledgeable of and comply with the Anti-Doping Rules. Please refer to the following link of [The Hong Kong Anti-Doping Committee \(HKADC\)](#) of the Sports Federation & Olympic Committee of Hong Kong (SF&OC) for details.

<http://www.antidoping.hk/>

*"Support Fair Play, Compete Clean Everyday"*

# 香港定向總會

## 2017 年度 香港隊選拔測試

### 通告

- 日期 : 2017 年 5 月 6 日 (星期六)  
集合時間 : 上午 9 時 00 分  
集合地點 : 近大欖隧道收費廣場 (見下圖)  
測試期間 : 9 時 30 分 至 13 時 00 分(預期)  
(最後報到時間為 9 時 20 分, 遲到之運動員將不被允許參加該次測試)  
測試地區 : 大欖  
測試項目 : 越野跑  
組別 : 世界青少年定向錦標賽 - 所有  
亞洲青少年定向錦標賽 - 所有  
全國青少年定向錦標賽 - 所有  
全國定向錦標賽 - 所有  
路程 : 路線 A, B & C (見附件或點擊以下鏈接)

<https://www.dropbox.com/home/2015%20Selection%20-%20Cross%20Country%20-%20Tai%20Lam>

or

Course A: [http://oahk.org.hk/uploads/file/20160202\\_2016%20Selection%20-%20XC%20Run%20-%20Tai%20Lam%20-%20Course%20A.pdf](http://oahk.org.hk/uploads/file/20160202_2016%20Selection%20-%20XC%20Run%20-%20Tai%20Lam%20-%20Course%20A.pdf)

Course B: [http://oahk.org.hk/uploads/file/20160202\\_2016%20Selection%20-%20XC%20Run%20-%20Tai%20Lam%20-%20Course%20B.pdf](http://oahk.org.hk/uploads/file/20160202_2016%20Selection%20-%20XC%20Run%20-%20Tai%20Lam%20-%20Course%20B.pdf)

Course C: [http://oahk.org.hk/uploads/file/20160202\\_2016%20Selection%20-%20XC%20Run%20-%20Tai%20Lam%20-%20Course%20C.pdf](http://oahk.org.hk/uploads/file/20160202_2016%20Selection%20-%20XC%20Run%20-%20Tai%20Lam%20-%20Course%20C.pdf)

帶備:

SI 指咭, 越野跑服裝, 手錶, 飲用水/飲料, 補充食物, 防曬用品, 雨傘/具, 個人所需用品及藥物等。

在公平競賽的精神下, 所有參加運動員應拒絕採用任何形式的禁藥, 一旦發現蓄意違規, 該運動員將被禁止參與香港隊選拔任何測試。

運動員應了解並遵守運動禁藥規條。詳情請參閱中國香港體育協會暨奧林匹克委員會

「香港運動禁藥委員會」網頁 <http://www.antidoping.hk/>

“齊來支持公平競賽, 運動零禁藥人人愛”

日期 : 2017年5月6日(星期六)  
集合時間 : 上午9時00分  
集合地點 : 近大欖隧道收費廣場

