

The 31st CityUHK Annual Athletic Meet 2024
Competition Guidelines for Staff Division

1. Date, Time and Venue

Date	Time	Venue
20 th October 2024 (Sunday)	0900 - 1400	Joint Sports Centre, Renfrew Road

2. Events

	Track Events	Field Events
Men	100M, 800M, 5000M	Long Jump, Shot Put
Women	-	-
Children (4-6 Years Old)	60M	-
Children (7-9 Years Old)	60M	-
Children (10-12 Years Old)	60M (Boys)	-
Children (10-12 Years Old)	60M (Girls)	-

3. Rules & Regulations

- 3.1 Only full-time staff and their dependents are eligible to participate in the individual events and in the children's events respectively.
- 3.2 Each fulltime staff may take part in a maximum of 3 individual events (either 2 tracks & 1 field event or 2 fields & 1 track event).
- 3.3 Individual events with less than three enrolments will be cancelled.
- 3.4 Participants of the 5000m event should finish the race within 30 minutes, except 25 minutes for men's students, or else are invited to leave the track.
- 3.5 Unless specified otherwise, all events are subject to the latest "World Athletics Competition & Technical Rules – 2024 Edition (English version)".
- 3.6 No participant shall be allowed to participate in the event if he/she fails to present his/her CityUHK Staff / Dependent ID.card for verification.
- 3.7 The Organising Committee reserves the right to adjust the rules & regulations if and when necessary.
- 3.8 Participants take part in the Meet at their own risk, CityUHK and P.E. Section will bear no responsibility or liability whatsoever for any accident.

4. Awards

Medals will be presented to the best 3 participants.

5. Registration, Event Schedule & Deadline

- 5.1 Registration can be done **Online**: <https://cityuhk.questionpro.com/t/ARQn5Ztsqk>
- 5.2 The event booklet will be available for viewing on the CityUHK Athletic Meet Website. Participants are advised to check their entries and no notification will be sent to individual participant.
- 5.3 **Deadline for entry: 4th October 2024 (Friday)**

6. Enquiries

Please call 3442 8025, Physical Education Section; Mr. Vincent Kwan at 3442 8054, Mr. Matthew Yip at 3442 7290 for enquiries.