

## The 31<sup>st</sup> CityUHK Annual Athletic Meet 2024

### Competition Guidelines

1. **Objective:** To promote healthy life-style among CityUHK community
- Organizer:** P.E. Section, Student Development Services and sponsored by Cultural and Sports Committee
- Date and Time:** 20<sup>th</sup> October 2024 (Sunday), 0900 -1400 **Venue:**  
Joint Sports Centre, Renfrew Road

2. **Events**

Events	Student		Staff		Staff & Alumni Children		
	Men	Women	Men	Women	Boys	Girls	Mixed
<b>Track</b>							
60 M							
Age 4-6							✓
Age 7-9							✓
Age 10-12					✓	✓	
100 M	✓	✓	✓				
200 M	✓	✓					
400 M	✓	✓					
110 M Hurdles	✓						
100 M Hurdles		✓					
400 M Hurdles	✓						
800 M	✓	✓	✓				
1500 M	✓	✓					
5000 M	✓	✓	✓				
4 X 100 M Relay	✓	✓					
4 X 400 M Relay	✓	✓					
5000 M (Men and Women Alumni)	✓ 20 quotas for alumni (first come first serve)						
<b>Field</b>							
Long Jump	✓	✓	✓				
High Jump	✓	✓					
Triple Jump	✓						
Pole Vault	✓						
Javelin	✓	✓					
Discus	✓	✓					
Shot Put	✓	✓	✓				

### 3. Rules & Regulations

Enrollment specification:

- 3.1 Only full-time students are eligible to participate in individual events and in children's events respectively.
- 3.2 Each full-time student and staff may take part in a maximum of 3 individual events (either 2 tracks & 1 field event or 2 fields & 1 track event). Relay events not to be included.
- 3.3 Individual events with less than three enrolments will be cancelled. The applicants will be informed for cancellation of the event.
- 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 There will be no heats in all events. The official positions will be decided by the timings and results in each event competed.
- 3.6 Top 8 participants of each event shall gain points 9, 7, 6, 5, 4, 3, 2, 1 according to the result to compete for the Overall Men and Women Individual Champion Award.
- 3.7 No participant shall be allowed to participate in the event if he/she fails to present his/her CityUHK I.D.card for verification.
- 3.8 Unless specified otherwise, all events are subject to the latest "World Athletics Competition & Technical Rules – 2024 Edition (English version)".
- 3.9 The Organising Committee reserves the right to adjust the rules & regulations if and when necessary.
- 3.10 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 Prizes

- 4.1 Medals will be presented to the best 3 participants/teams in individual Events / relays respectively.
- 4.2 An individual champion award will be presented to the highest score competitor in Men / Women Student's Division.

### 5 Registration, Event Schedule & Deadline

- 5.1 Registration can be done **Online:** <https://cityuhk.questionpro.com/t/AROn5Ztsqk>
- 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: 4<sup>th</sup> 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.