



主辦



資助

速度攀登體驗賽 2025

- 練習及比賽日期：2025 年 7 月 20 日 (星期日)
(比賽時間會視乎最終報名人數而作出調整(如有需要)。比賽時間表會於比賽前 5 個工作天上載於總會網頁: www.hkcmcu.org.hk)
- 後備日期：2025 年 7 月 27 日 (星期日)
- 比賽地點：調景嶺體育館 (將軍澳翠嶺路 2 號)
- 報名：填妥報名表並連同劃線支票 (抬頭“中國香港攀山及攀登總會有限公司”) 寄回：香港銅鑼灣掃桿埔大球場徑一號奧運大樓 1013 室
- 獎項：每組設有冠、亞及季軍 (少於四人參加之組別將會被取消或合併；只有四至五人參加之組別，只設冠軍)
- 名額：80 人
- 截止日期：2025 年 6 月 30 日 (星期一) “以郵戳作準，逾期報名，恕不接受”
- 查詢：2504 8429
- 網頁：www.hkcmcu.org.hk

組別	參賽資格	項目	報名費
M – 17+	17 歲或以上 (以年份計算 2008 或之前出生) (現役香港代表隊(速度隊)成員除外)	速度	\$250
F – 17+			
M – U17	15-16 歲 (以年份計算 2009-2010 年出生) (現役香港代表隊(速度隊)成員除外)		
F – U17			
M – U15	13-14 歲 (以年份計算 2011-2012 年出生)		
F – U15			
M – U13	11-12 歲 (以年份計算 2013-2014 年出生)		
F – U13			
M – U11	9-10 歲 (以年份計算 2015-2016 年出生)		
F – U11			

備註：

- 賽員須知及出場序將於比賽前 5 個工作天上載於總會網頁: www.hkcmcu.org.hk，參加者必須自行瀏覽。
- 參加者須自備安全帶及攀石鞋作賽。大會將備有少量安全帶供租用，費用\$50。
- 比賽範圍內不准進食。
- 賽員必須出席練習方可進行比賽。
- 賽員必需穿著大會指定比賽背心。由 2019 年起，大會將不再免費提供比賽背心，賽員需另付\$80 購買。你亦可穿著過往參與攀總比賽的白色比賽背心。
- 所有參加者同意授權予總會使用其肖像、姓名、聲線及所提供的資料只用於本會與資助機構的康體活動報名事宜及活動宣傳之用。在遞交申請表後，如欲更改或查詢你的個人資料，可與本會職員聯絡。
- 大會已為活動購買第三者責任保險。如有需要，參加者請自行購買所需保險。
- 如以上資料有未盡善之處，本會有權隨時作出修改而無須另行通知。

National Climbing Tournament – Speed 2025

Practice & Competition date : **July 20, 2025 (Sunday)**
 (the time of competition may be subject to change depending on the total number of applicants and the competition schedule will be uploaded on HKCMCU website: www.hkcmcu.org.hk 5 days prior to the date of competition)

Fallback date : **July 27, 2025 (Sunday)**

Venue : Tiu Keng Leng Sports Centre (2 Chui Ling Road, Tseung Kwan O, N.T.)

Enrollment : Mail the completed entry form together with a crossed cheque made payable to “**Hong Kong, China Mountaineering and Climbing Union Ltd.**” to Room 1013, Olympic House, 1 Stadium Path, So Kon Po, Causeway Bay, Hong Kong.

Prize : 1st, 2nd and 3rd Prize in each category. (For those categories with less than 4 entries, those categories will be cancelled or combined; For those categories with only 4 or 5 entries, only 1st prize will be awarded.)

Quota : 80 persons

Deadline : Postmarked by **June 30, 2025 (Monday)** “**Late application will not be accepted**”

Enquiries : 2504 8429

Website : www.hkcmcu.org.hk

Category	Entry Requirement	Form of competition	Entry fee
M – 17+	Aged 17 or above (Born in 2008 or before) (Current HK Speed Team members are excluded)	Speed	HK\$250
F – 17+			
M – U17	Aged 15-16 (Born in 2009-2010) (Current HK Speed Team members are excluded)		
F – U17			
M – U15	Aged 13-14 (Born in 2011-2012)		
F – U15			
M – U13	Age 11-12 (Born in 2013-2014)		
F – U13			
M – U11	Aged 9-10 (Born in 2015-2016)		
F – U11			

Remarks:

- Event information & starting order shall be uploaded on HKCMCU website: www.hkcmcu.org.hk, 5 days before the day of the event. Participants must browse on their own.**
- All participants are required to compete with their own harness and climbing shoes. You may rent the harness @\$50 from the Organizer if needed.
- No eating is allowed in competition area.
- Participants Must take part in practice.
- All participants must wear the competition vest.** From 2019 onward, the Organizer will charge \$80 for each competition vest. You may also wear the previous HKCMCU competitions’ white vest.
- All competitors grant the permission and assign all rights, title and interest to the HKCMCU to utilize their appearance, names, voice, bio-data likeness in connection with the competition in any promotion and publicity of recreation and sports activities organized by our Union and subvented parties. For correction of or access to personal data after submission of this form, please contact the staff of the Union.
- The organizer has taken out the third-party insurance for the event. Participants can take out an insurance by yourself if needed.
- In case of any deficiency, our Union reserves the right to amend the above information at any time without further notice.



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報名表 Entry Form

中文姓名 _____ 英文姓名 _____
 Name in Chinese: _____ Name in English: _____
 身份證號碼 (首 4 位數字或字母) _____ 出生年份 _____ 年齡 _____ 性別 _____
 I.D. Card No. (First 4 digits or letters): _____ Year of Birth: _____ Age: _____ Sex: _____
 聯絡電話 _____ 電郵 _____
 Contact No.: _____ Email: _____
 緊急聯絡人姓名 _____ 關係 _____ 聯絡電話 _____
 Emergency contact: _____ Relationship: _____ Contact No.: _____

比賽組別 Category:	☐ 1) M – 17+	☐ 2) F – 17+
	☐ 3) M – U17	☐ 4) F – U17
	☐ 5) M – U15	☐ 6) F – U15
	☐ 7) M – U13	☐ 8) F – U13
	☐ 9) M – U11	☐ 10) F – U11

由 2019 年起，大會將不再免費提供出賽背心。如有需要，請另附支票\$80 購買，抬頭“中國香港攀山及攀登總會有限公司”。你亦可穿著過往參與攀總比賽的白色比賽背心。From 2019 onward, the Organizer will not provide free competition vest. If you need to purchase, please prepare **another \$80 cross cheque** made payable to “Hong Kong, China Mountaineering and Climbing Union Limited”. You may also wear the past HKCMCU competitions’ white vest.

另購比賽背心尺碼 Competition vest size for purchase:

碼 / 胸闊	2	3	4	5	6	2XS	XS	S	M	L	XL	2XL
請加✓號												

比賽背心尺碼表請參考以下網頁: http://hkcmcu.org.hk/images/465/competition_vest_size_chart.jpg

聲明：本人謹此聲明，本人的健康及體能良好，適宜參加上述賽事。

Declaration: I hereby declare that I am physically fit and healthy, suitable to participate in the competition.

簽署 _____ 日期 _____
 Signature: _____ Date: _____

家長或監護人簽署「同意書」(未滿十八歲者，必須簽署)

Parents’ or guardian’s signature is required for participant under 18

本人謹此聲明，本人同意申請人參加上述活動，並聲明他 / 她的健康及體能良好，適宜參加上述活動。

I hereby declare that I permit the participant to take part in the event and physically fit and healthy, suitable to participate in the event.

家長/監護人姓名 _____ 簽署 _____
 Parents/Guardian’s Name: _____ Signature: _____
 關係 _____ 日期 _____
 Relationship: _____ Date: _____