



主辦

第 38 屆 香 港 運 動 攀 登 公 開 賽

比賽日期 : 2026 年 3 月 7 日及 8 日 (星期六及日)
 比賽地點 : 兆麟體育館 (屯門兆麟街 19 號屯門兆麟政府綜合大樓 3 樓)
 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 : 120 人
 截止日期 : 2026 年 2 月 4 日 (星期三) “以郵戳作準，逾期報名，恕不接受”
 查詢 : 2504 8429 網頁 : www.hkcmcu.org.hk



資助



資助

主辦

38th Hong Kong Open Sport Climbing Competition

Date : March 7 & 8, 2026 (Saturday & Sunday)
 Venue : Siu Lun Sports Centre (3/F of Tuen Mun Siu Lun Government Complex,
 19 Siu Lun Street, Tuen Mun.)
 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 : 120 persons
 Deadline : Postmarked by **February 4, 2026 (Wednesday)** “*Late application will not be
 accepted*”
 Enquiries : 2504 8429 Web-site : www.hkcmcu.org.hk

組別	參賽資格	項目	報名費
男子公開組	17 歲或以上 (2009 年或之前出生)		
女子公開組			
男子初級組	17 歲或以上 (2009 年或之前出生) 及		
女子初級組	未曾在攀總舉辦之難度賽公開 或初級組別中獲得任何獎項		
男子 15-16 歲	15-16 歲 (2010 年至 2011 年出生)	領攀	HK\$250
女子 15-16 歲			
男子 13-14 歲	13-14 歲 (2012 年至 2013 年出生)		
女子 13-14 歲			
男子 11-12 歲	11-12 歲 (2014 年至 2015 年出生)		
女子 11-12 歲			

Category	Entry Requirement	Form of competition	Entry fee
Men's Open	Aged 17 or above (Born in 2009 or before)		HK\$250
Women's Open			
Men's Amateur	Aged 17 or above (Born in 2009 or before) & Did not gain any prize at HKCMCU's Lead competitions (Include Open or Amateur)	Lead	HK\$250
Women's Amateur			
Boys' Age 15-16	Aged 15-16 (Born in 2010-2011)		
Girls' Age 15-16			
Boys' Age 13-14	Aged 13-14 (Born in 2012-2013)		
Girls' Age 13-14			
Boys' Age 11-12	Aged 11-12 (Born in 2014-2015)		
Girls' Age 11-12			

備註：

1. 賽員須知及出場序將於比賽前5個工作天上載於總會網站 www.hkcmcu.org.hk，參加者必須自行瀏覽。
2. 每人只可參加一個組別。
3. 隔離區及比賽範圍不可進食。
4. 參加者於比賽前一星期內不可擅自進入比賽場地。
5. **賽員必需穿著大會指定白色比賽背心。**由 2019 年起，賽員需另付\$80 購買白色比賽背心。你亦可穿著過往參與攀總比賽的白色比賽背心。
6. 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。
7. 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。
8. 所有參加者同意授權予總會使用其肖像、姓名、聲線及所提供的個人資料只用於本會與合辦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。
9. 如以上資料有未盡善之處，大會有權隨時修改，無須另行通知。

Remarks:

1. **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.**
2. Each participant can enter into one category only.
3. **NO eating in Isolation Zone and Competition Area**
4. Participants cannot enter into the competition venue one week before the day of the event.
5. **All competitors must wear the competition white vest.** From 2019 onward, you may buy it @ \$80 from the Organizer. You may also wear the previous HKCMCU competitions' white vest.
6. All participants are required to compete with their own harness and climbing shoes. You may rent harness @ \$50 from the Organizer if needed.
7. The organizer has took out the third-party insurance for the event. Participants can take out an insurance by yourself if needed.
8. 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 co-organizing parties. For correction or access to personal data after submission of this form, please contact the staff of the Union.
9. In case of any deficiency, the organizer reserves the right to amend above information at any time without further notice.

**主辦****資助****第 38 屆 香 港 運 動 攀 登 公 開 賽****報名表 Entry Form**

中文姓名

Name in Chinese:

英文姓名

Name in English:

身份證號碼

I.D. Card No.:

出生日期

Date of Birth:

年齡

Age: _____

性別

Gender: _____

身高

Height

地址

Address:

聯絡電話

Contact No.:

電郵

Email:

緊急聯絡人姓名

Emergency contact

關係

Relationship:

聯絡電話

Contact No.

組別

Category:

 1) 男子公開組 Men's Open 3) 男子初級組 Men's Amateur 5) 男子 15-16 歲 Boys' Age 15-16 7) 男子 13-14 歲 Boys' Age 13-14 9) 男子 11-12 歲 Boys' Age 11-12 2) 女子公開組 Women's Open 4) 女子初級組 Women's Amateur 6) 女子 15-16 歲 Girls' Age 15-16 8) 女子 13-14 歲 Girls' Age 13-14 10) 女子 11-12 歲 Girls' Age 11-12

聲明：本人謹此聲明，本人的健康及體能良好，適宜參加上述活動。**Declaration:** I hereby declare that I am physically fit and healthy, suitable to participate in the event.

申請人簽署:

日期:

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:

關係:

日期:

由 2019 年起，大會將不再免費提供出賽背心。如有需要，請另付支票\$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