



主辦



資助

第 5 屆 香 港 抱 石 分 齡 賽

比賽日期 : 2026 年 9 月 5 日及 6 日(星期六及日)
 比賽地點 : Hong Kong Climbing Park (地址：香港沙田大涌橋路 52 號富豪花園二期商場 2 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
 本會收到報名後將向參加者發出電郵確認通知
 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 : 180 人(每組不多於 30 人)
 截止日期 : 2026 年 8 月 19 日 (星期三) “以郵戳為準，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
男子 17-18 歲	17-18 歲 (2008 年至 2009 年出生)	抱石	HK\$250
女子 17-18 歲			
男子 15-16 歲	15-16 歲 (2010 年至 2011 年出生)		
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			

備註：

1. 賽事資訊及出場順序：賽事資訊及出場順序將於賽事舉行前五天上載至香港攀山及攀登總會 (HKCMCU) 網頁 (www.hkcmcu.org.hk)。參賽者須自行瀏覽網頁查閱最新消息。
2. 裝備：所有參賽者必須自備攀石鞋。
3. 飲食：各參賽者需自備食物及飲品。
4. 進入限制：參賽者於比賽前五天內不可擅自進入比賽場地。
5. 媒體與個人資料使用權：所有參賽者均須授權並同意總會 (HKCMCU) 將其肖像、姓名、聲音及個人簡介，用於與本會主辦或資助單位贊助之康樂活動有關的推廣及宣傳活動中。提交表格後如欲查閱或更改個人資料，請聯絡總會職員。
6. 保險：主辦單位已為本賽事投保公眾責任保險 (第三者責任保險)。參賽者如需額外保障，建議自行購買個人意外保險。
7. 修訂權利：本會保留隨時修改上述章程之權利，恕不另行通知。

5th Hong Kong Boulder Tournament

Competition date : **September 5 & 6, 2026 (Sunday & Saturday)**
 Venue : Hong Kong Climbing Park (Level 2, Belair Gardens Shopping Arcade Phase 2, 52 Tai Chung Kiu Road Sha Tin, Hong Kong)
 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. Upon receiving the application, HKCMCU will send a confirmation email to the participant.
 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 : 180 persons (Each group not more than 30 persons)
 Deadline : Postmarked by **August 19 2026(Wednesday)** **“Late application will not be accepted”**
 Enquiries : 2504 8429
 Website : www.hkcmcu.org.hk

Category	Entry Requirement	Form of competition	Entry fee
Boys' Age 17-18	Aged 17-18 (Born in 2008-2009)	Boulder	HK\$250
Girls' Age 17-19			
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			

Remarks:

- Event Information & Starting Order:** The event information and starting order will be uploaded to the HKCMCU website (www.hkcmcu.org.hk) **five days prior to the event**. Participants are responsible for checking the website on their own.
- Equipment:** All participants are required to compete with their own climbing shoes.
- Food & Drinks:** Participants have to bring their own food & drinks.
- Venue Access Restriction:** Participants are not allowed to enter into the competition venue five days before the date of the competition without prior approval.
- Media & Personal Data Rights:** All participants grant the HKCMCU the right to use their appearance, name, voice, and biographical data for promotional and publicity purposes related to activities organized by the Union or subvented parties. For data access or corrections after form submission, please contact the Union staff.
- Insurance:** The Organizer has secured third-party liability insurance for the event. Participants are advised to purchase personal accident insurance if additional coverage is desired.
- Amendments:** The Union reserves the right to amend the above regulations at any time without prior notice.



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中文姓名 _____ 英文姓名 _____
 Name in Chinese: _____ Name in English: _____
 身份證號碼 _____ 出生日期 _____ 年齡 _____ 性別 _____
 I.D. Card No.: _____ Date 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)	男子 17-18 歲 Boys' Age 17-18	☐	2)	女子 17-18 歲 Girls' Age 17-18
	☐	3)	男子 15-16 歲 Boys' Age 15-16	☐	4)	女子 15-16 歲 Girls' Age 15-16
	☐	5)	男子 13-14 歲 Boys' Age 13-14	☐	6)	女子 13-14 歲 Girls' Age 13-14
	☐	7)	男子 11-12 歲 Boys' Age 11-12	☐	8)	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 _____ (家長/監護人姓名)謹此聲明，本人同意申請人 _____ (參加者姓名)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 _____ (Parents/Guardian's Name) hereby declare that I permit the participant _____ (Participant Name) 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: _____