

## 2010 南丫島龍舟比賽詳程如下：

<p>日期：16-5-2010(星期日)                  時間：9:00am -- 5:30pm                  地點：南丫島大灣肚沙灘                  集合時間：8:45 am                  集合地點：南丫島大灣肚沙灘                  註：各隊員請準時到達集合地點。                  本會大隊將乘 7:30am                  中環 至 榕樹灣渡輪。                  (肥龍第一場初賽 9:30 am)</p>	<p>注意事項</p> <ol style="list-style-type: none"> <li>1. 各隊員請自備午膳，當地也有小食店。</li> <li>2. 防雨及防曬用品</li> <li>3. 記得帶比賽背心,如有隊衣請與燦文聯絡</li> </ol>
---	---

**渡輪船班** 所有參賽者請在中環 4 號碼頭乘渡輪往榕樹灣。

請於航班開出前至少十分鐘到達。

渡輪航行時間為 30 至 35 分鐘。步行到沙灘需時約 15 至 20 分鐘。

榕樹灣至中環		賽道位置 - 將於大灣肚沙灘(Power Station Beach)進行。
星期日及公眾假期		
07:30	14:30	
08:00	15:00	
08:30	15:30	
09:00	16:30	
09:30	17:30	
10:00	18:30	
10:30	19:30	
10:45	20:30	
11:10	21:30	
11:30	22:30	
12:00	23:30	
12:30	00:30	
13:00		
13:30		
14:00		

南丫島龍舟賽網址：<http://www.lammadragonboat.com/chinese/location.htm>

## 2010 南丫島龍舟比賽 男子組參賽隊伍

1. Tai Tam Tigers
2. Liechtenstein Princely Navy
3. Stormy Dragons
4. Fat Dragon
5. HKUST Alumni DB Club
6. Buzz Dragons
7. HK Open University Dragon Boat Club
8. HKUST Rowing Team Alumni
9. Wai Luen Development Ltd South Eagles
10. Barracuda
11. Hong Kong Island Paddle Club
12. Royal X-Men
13. CX Dragon Boat Team
14. SMUGs
15. CLP Dragon Boat B Team
16. Lamma Dragons

HEAT 1 RACE 4 - 930 <sup>AM</sup>	HEAT 2 RACE 17 1200 <sup>PM</sup>
Tai Tam Tigers	Lamma Dragons
Liechtenstein Princely Navy	Fat Dragon
Hong Kong Island Paddle Club	CLP Dragon Boat B Team
Fat Dragon	HKUST Rowing Team Alumni

## 500-METRE RACE PROCEDURE

(All other race rules are available at [www.Lamma500.com](http://www.Lamma500.com))

### RESULTS AND REPECHAGE:

**1. Repechages and Cup & Plate Finals:** Positions are awarded on points; teams will be placed in lanes as follows:

#### HEATS POINTS SYSTEM:

- First place = 6 points
- Second place = 4 points
- Third place = 3 points
- Fourth place = 2 points
- Fifth place = 1 point

#### REPECHAGE & FINAL LANE ALLOCATION:

- First-place overall goes to lane 3
- Second-place overall goes to lane 4
- Third-place overall goes to lane 2
- Fourth-place overall goes to lane 5
- Fifth-place overall goes to lane 1

**Top Five Open Men's crews (by points) go to Cup Final.**

Sixth place goes directly to the plate final (lane 3). The remaining teams will compete for the last four spots in the

Plate Final. The top two teams in the two Repechages will go to the Plate Final (for a total of 5 places).

## 1,000-METRE RACE RULES & PROCEDURE

**The 1,000m race is optional for all teams with a prize CUP AWARDED to the First Place (only) in the Men's, Women's and Mixed categories.**

#### THE COURSE (see map below):

Boats will line up in a row and paddle around the exterior of the racecourse (counter-clockwise) for a distance of 1,000 metres.

1. Boats will start the race two to three-metres (2-3) to the right-hand side of Lane 1 and proceed along the side of Lane 1 to the marker at the top of the lane;
2. Boats will turn left at the marker at the top of Lane 1 and paddle toward the buoy marker at the end of Lane 5;
3. Boats will then make their second, and final, left-hand turn to race towards the beach.

**It is up to the Team Captain to be advised of this starting procedure.** If there are any questions, they should be put to the Chief Official, Bill Hutchinson, at least one hour in advance of the race start.