

The 30th CityU Annual Athletic Meet 2023
Competition Guidelines for Staff Division

1. Date, Time and Venue

Date	Time	Venue
22 nd October 2023 (Sunday)	0900 - 1400	Joint Sports Centre, Renfrew Road

2. Events

	Track Events	Field Events
Men	100M, 800M, 5000M	Long Jump, Shot Put
Women		-
Children (4-6 Years Old)	60M	-
Children (7-9 Years Old)	60M	-
Children (10-12 Years Old)	60M (Boys)	-
Children (10-12 Years Old)	60M (Girls)	-

3. Rules & Regulations

- 3.1 Only full-time staff and their dependents are eligible to participate in the individual events and in the children events respectively.
- 3.2 Each fulltime staff may take part in a maximum of 3 individual events (either 2 tracks & 1 field event or 2 fields & 1 track event).
- 3.3 Individual events with less than three enrolments will be cancelled.
- 3.4 Participants of the 5000M event should finish the race within 30 minutes, except 25 minutes for men's students or else are to be invited to leave the track.
- 3.5 Unless specified otherwise, all events are subject to the latest "IAAF" rules & regulations.
- 3.6 No participant shall be allowed to participate in the event if he/she fails to present his/her CityU Staff/ Dependent I.D.card for verification.
- 3.7 The Organising Committee reserves the right to adjust the rules & regulations if and when necessary.
- 3.8 Participants take part in the Meet at their own risk, CityU and P.E. Section will bear no responsibility or liability whatsoever for any accident.

4. Awards

Medals will be presented to the best 3 participants.

5. Registration, Event Schedule & Deadline

- 5.1 Registration can be done Online: <https://cityuhk.questionpro.com/t/ARQn5Ztsqk>
- 5.2 The event booklet will be displayed at the Fitness Room Entrance, General Office of PE Section located at Flat B, 6/F., Block 1, To Yuen Building and on the CityU Athletic Meet Website. Participants are advised to check their entries and no notification will be sent to individual participant.
- 5.3 **Deadline for entry: 6th October 2023 (Friday)**

6. Enquiries

Please call 3442 8025, Physical Education Section; Ms. Rebecca Lai at 3442 8053, Mr. Vincent Kwan at 3442 8054 for enquiries.