香港城市大學
City University of Hong Kong

Goal for Healthy U!

Join CityU Delegation – New World Harbour Race 2019

To promote the concept of healthy university, Physical Education Section (PE Section) of Student Development Services will organize a group of open water swimmers to represent CityU to participate in the iconic sports event of Hong Kong, New World Harbour Race 2019 to be held on **27 October 2019**. The Delegation will include all full-time staff and their immediate family members, and full-time students. Through participation, delegation members / delegates will not only experience open water swimming as a life-long enjoyment, but also recognize the importance of regular exercise for health and fitness.

If you are interested in joining the CityU Delegation, you must first successfully enroll and confirm payment to the New World Harbour Race 2019. The updated information and application details have been officially announced by Hong Kong Amateur Swimming Association, the Organizer. Please register **online** on or before 21 August 2019 (Wednesday) by 5:00 p.m.. Please visit the New World Harbour Race 2019 website at https://www.hkharbourrace.com/ for more detailed information.

After completing payment to the Organizer of New World Harbour Race 2019, you could submit your enrollment form for joining the CityU Delegation through online enrollment at https://forms.gle/WdZznBecHbKTMwtS6 during 18 September - 27 September 2019.

Successful participants need to attend at least two training workshops held by the Organizing Committee of Wellness For All 2019 and practice twice a week during 2 October – 25 October 2019 with training log of 1500M in either laps or open water swimming in each practice. Details of training schedule and format of training log will be announced in due course.

For those participants who successfully complete the New World Harbour Race 2019 will be eligible to apply a full sponsorship of both entry fee and time-trial fee. Application of reimbursement will be announced later. Should you have any further enquiries, please feel free to contact PE section by email at sope@cityu.edu.hk

We look forward to seeing you at the New World Harbour Race 2019!

Organizing Committee for the CityU Delegation – New World Harbour Race 2019

Wellness For All 2019