



KELLETT ISLAND CUP

10 JUNE 2023



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RACE BRIEFING



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Race Venue: RHKYC, Kellett Island, Causeway Bay

<https://goo.gl/maps/e72RcrReKgTpxPnY8>

Direction on how to access the venue:

<https://www.rhkyc.org.hk/club-facilities/about/three-clubhouses>

<https://www.rhkyc.org.hk/storage/app/media/Club%20and%20Facilities/map/1.pdf>



比賽場地: 香港遊艇會, 銅鑼灣奇力島

- <https://goo.gl/maps/e72RcrReKgTpxPnY8>

地圖及步行指示:

- <https://www.rhkyc.org.hk/club-facilities/about/three-clubhouses>
- <https://www.rhkyc.org.hk/storage/app/media/Club%20and%20Facilities/map/1.pdf>





Arrival at RHKYC

到達會所

1. **Team Captain to Registration.** Team Captains to sign in at Race Registration and collect the declaration & sign in forms.
2. **Team Marquee.** Every team has been assigned a marquee as a base throughout the event.
3. **Junior teams** are required to complete an indemnity form online in advance. *(Link will be sent after race briefing)*

1. 隊長/隊代表於登記處報到
 - 所有參賽者需閱讀及簽署聲明書
2. 每個隊伍將獲分派一個指定帳篷作休憩及存放物品
1. 青年隊隊員需事先在網上填寫久聲明書。



Registration 報到 Declaration forms

Team Name:	
Team Manager:	
Mobile:	
Bronze / Silver / Gold	
Category:	Open / Women / Mixed
Crew Name:	Sign here:
1	
2	
3	
4	
5	
6	
7	
8	
9	
10	
11	
12	
13	
14	
15	

1. Register your team
2. Collect Indemnity & Sign in form
3. Return the **form** before race start



Venue Rules

- **Please do not bring outside food or drink** into RHKYC premises. RHKYC will have food and drinks available for purchase throughout the day
- You can purchase food and drinks using an octopus card
- **No single use plastic!** Please bring refillable plastic bottles as we will provide drinking water for FREE.
- Club showers can be used on a “use & go” basis by participants, but participants must bring their own towel
- Non-participants and guests are welcome to watch races from the public viewing areas of the Wan Chai Water Sports and Recreation Precinct
- Teams will be disqualified if these rules are breached





場地規則

- 禁止自帶酒水和食品, 會所將設有餐飲部 (只接受八達通付款!)
- 減少消耗一次性塑膠! 會所將提供水機, 請自攜飲水樽
- 會所淋浴間可供參加者使用, 但請勿逗留及必須自備毛巾
- 非參賽者及親友請到公眾觀賽區觀賞賽事
- 如有違反, 隊伍將被取消資格





Menu

Breakfast (0700hrs~)

- Bacon and Egg Baps

Lawn Catering (1200 - 1800hrs)

- Cheeseburger
- 12 inch Hot Dog
- Chicken Wings (6pc)
- Roasted Vegetable, Quinoa & Halloumi Wrap

Bar

Beer

- Peroni
- Somersby Cider (Bottle)

Soft Drinks

- Fresh Lime Soda
- Soft Drinks





The Race

- Race Director 賽事總監 : Tim Flaherty
- Safety Officer 安全主任 : Justin Murray
- AM: 15 teams in Silver Cup – Mixed & Bronze Cup – Mixed
20 teams in Silver Cup – Open & Women
10 teams in Youth Cup – Mixed & Open
- PM: 15 teams in Gold Cup – Open & Women
12 teams in Gold Cup – Mixed
- Over 30 volunteers



The Race Categories

	Open	Women	Mixed
Gold Cup	✓	✓	✓
Silver Cup	✓	✓	✓
Bronze Cup (Corporate)			✓
Youth Cup	✓		✓

- Boat classes: **Small boat:** 10 paddlers, one drummer, one steerer , a crew of 12 participants.
- 小龍: 10 位扒手, 1 位鼓手, 1 位舵手 , 共 12 名成員
- Mixed boat requires a minimum 50% of female crew. Drummer & Steerer are exempt.
- 混合組別需要有最少 5 位女扒手

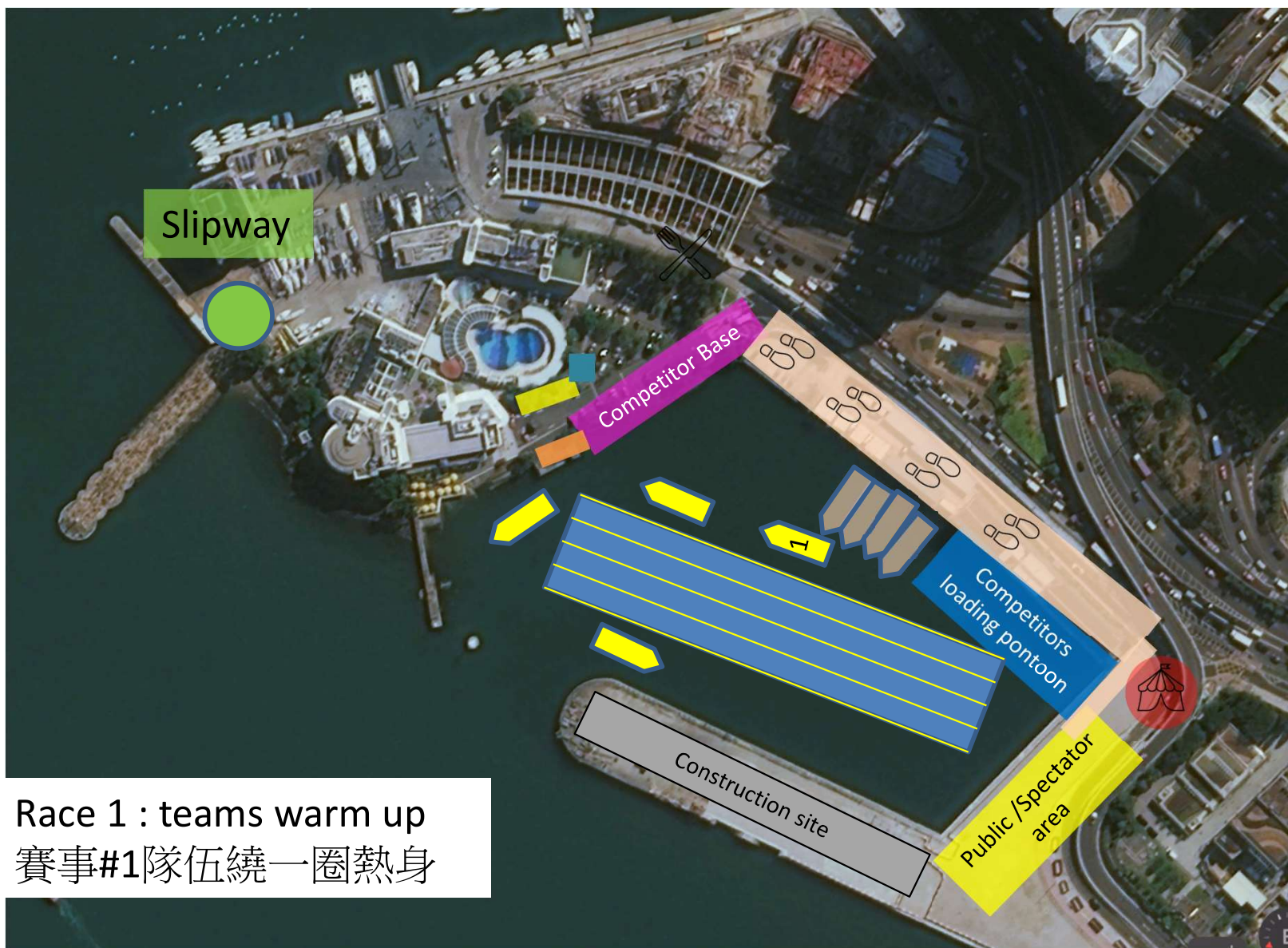
Staging & Boat Loading



集合區&上落船位置

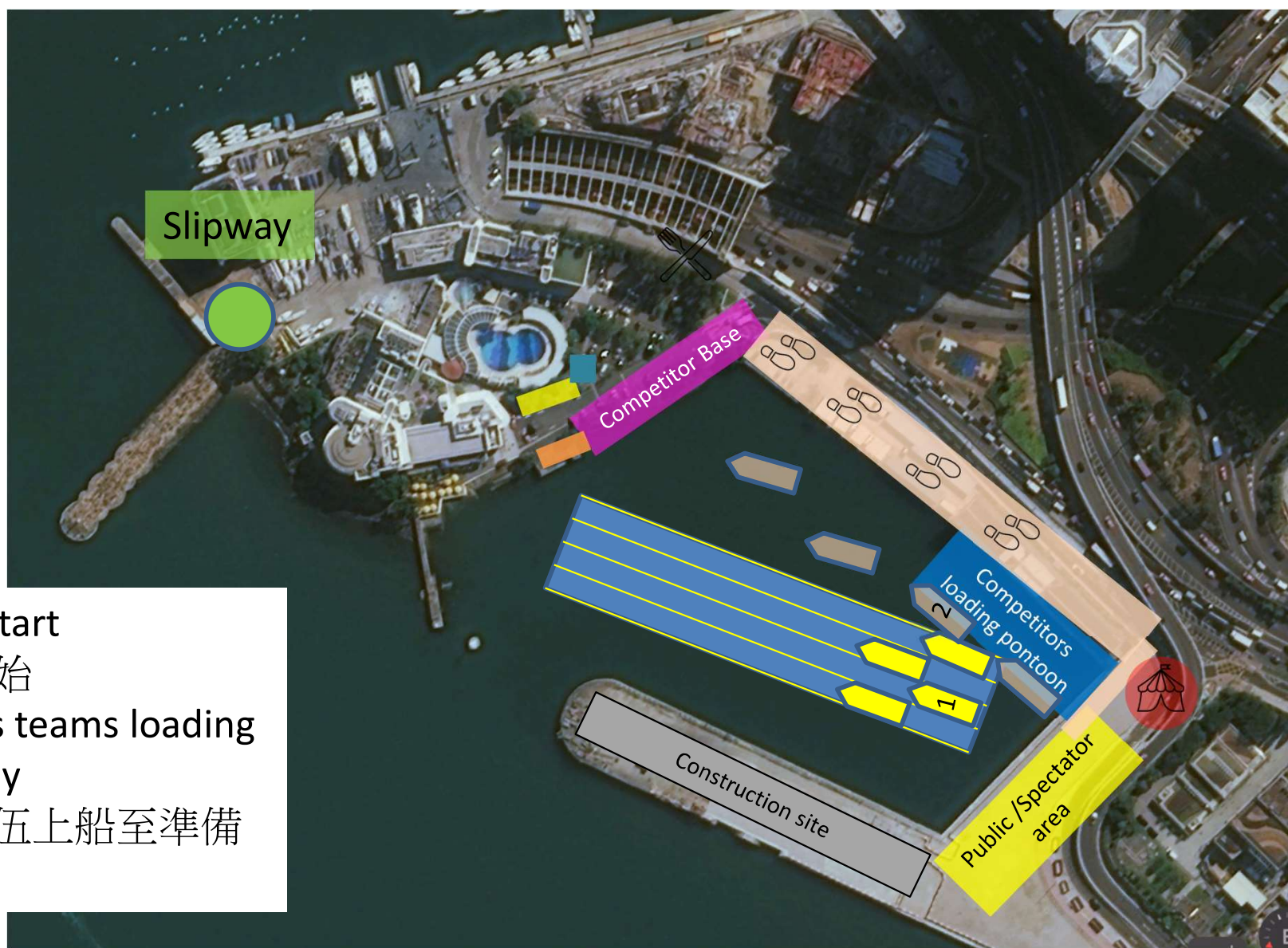


流程 Flow 1.0



Race 1 : teams warm up
賽事#1隊伍繞一圈熱身

流程 Flow 1.1



Race one Start

賽事#1 開始

Race two 's teams loading
and standby

賽事#2 隊伍上船至準備
區

流程 Flow 1.2



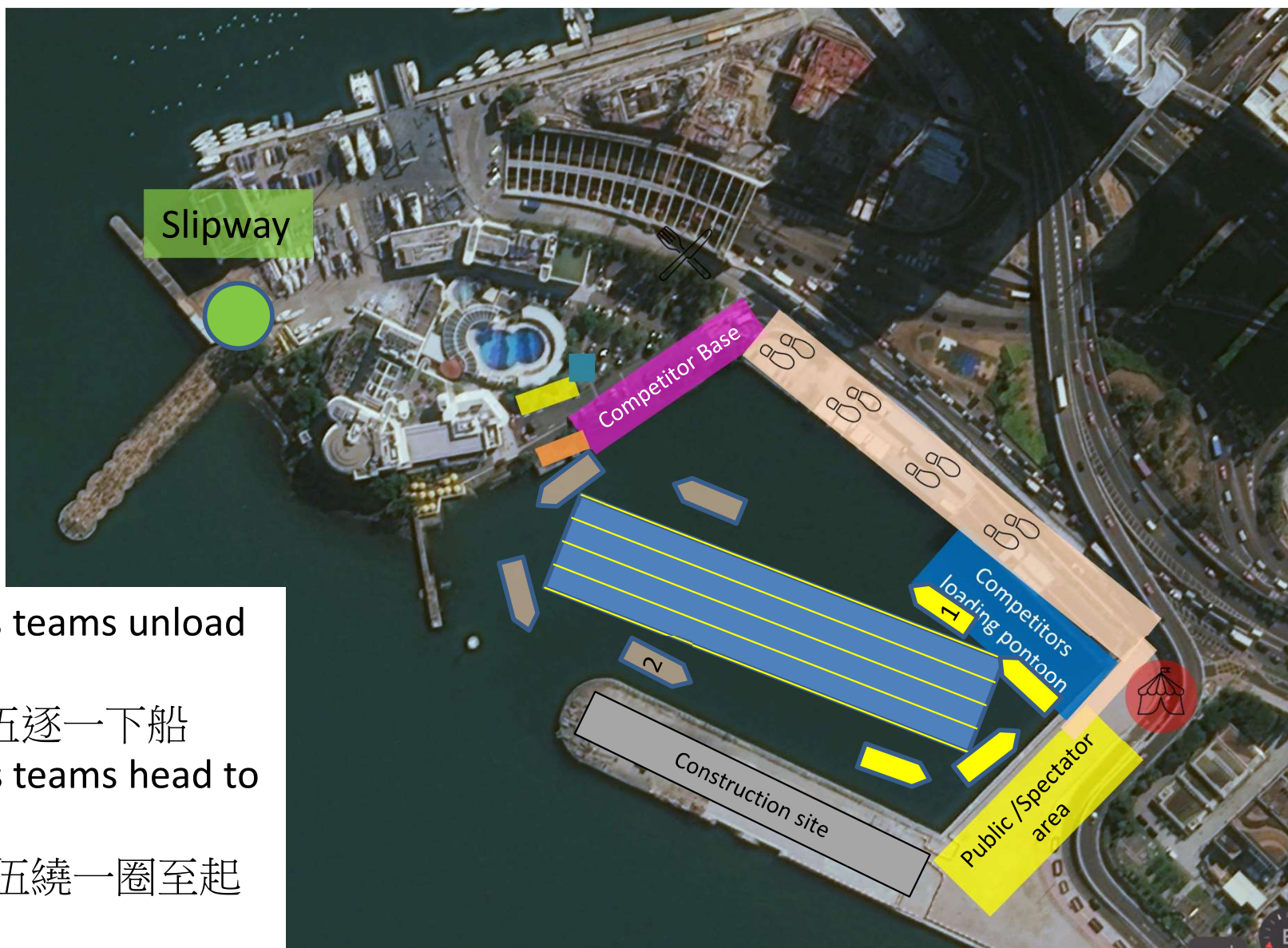
Race one Finish race

賽事#1 完結

Race two 's teams follow
and warm up

賽事#2 隊伍隨後繞一圈

流程 Flow 1.3



Race one 's teams unload
one by one
賽事#1隊伍逐一下船
Race two 's teams head to
start line
賽事#2 隊伍繞一圈至起
點

流程 Flow 2



Race three 's teams load
the boat one by one

賽事#3 隊伍逐一上船

Race two Ready to start

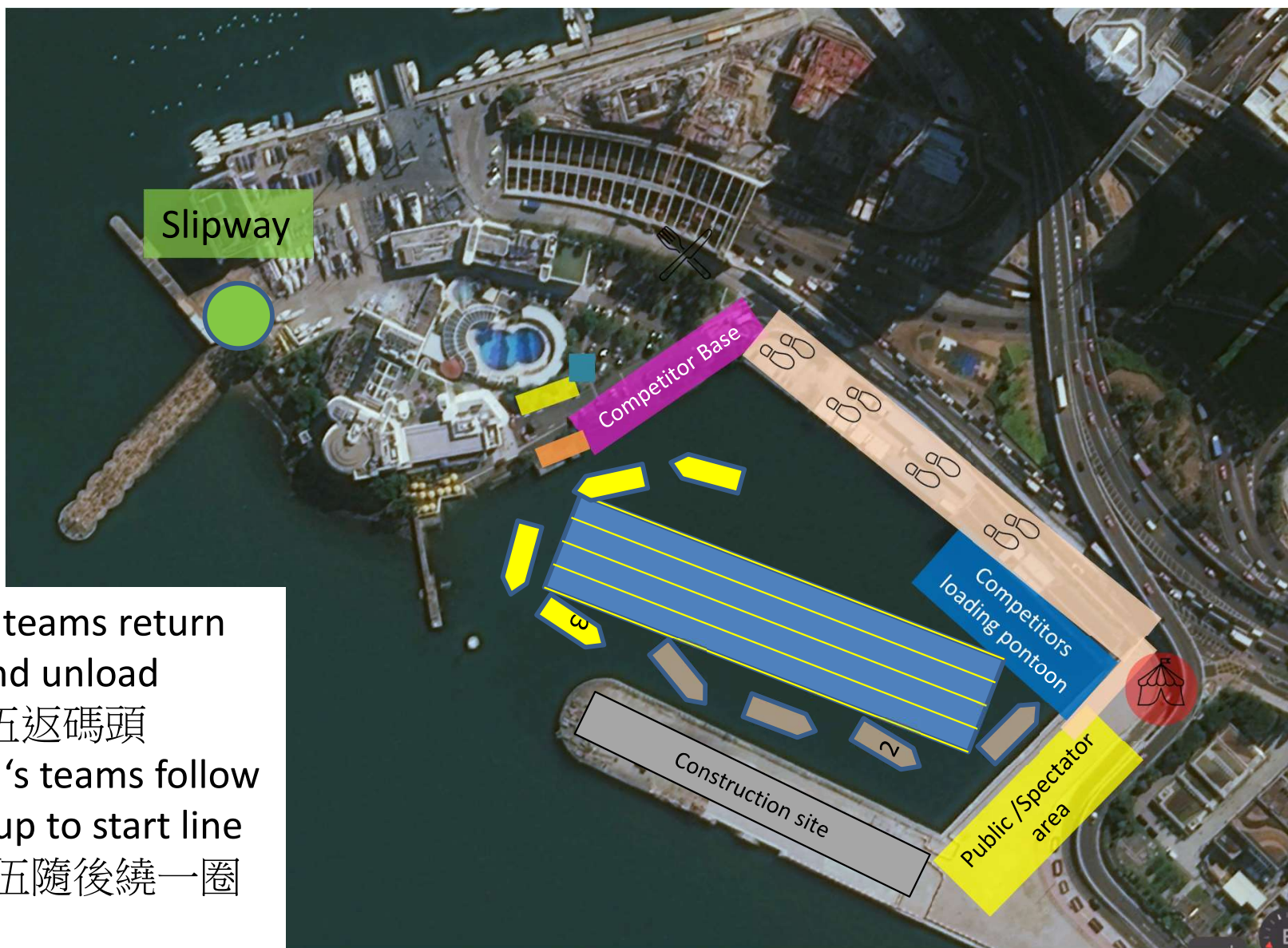
賽事#2 準備開始

流程 Flow 2.1



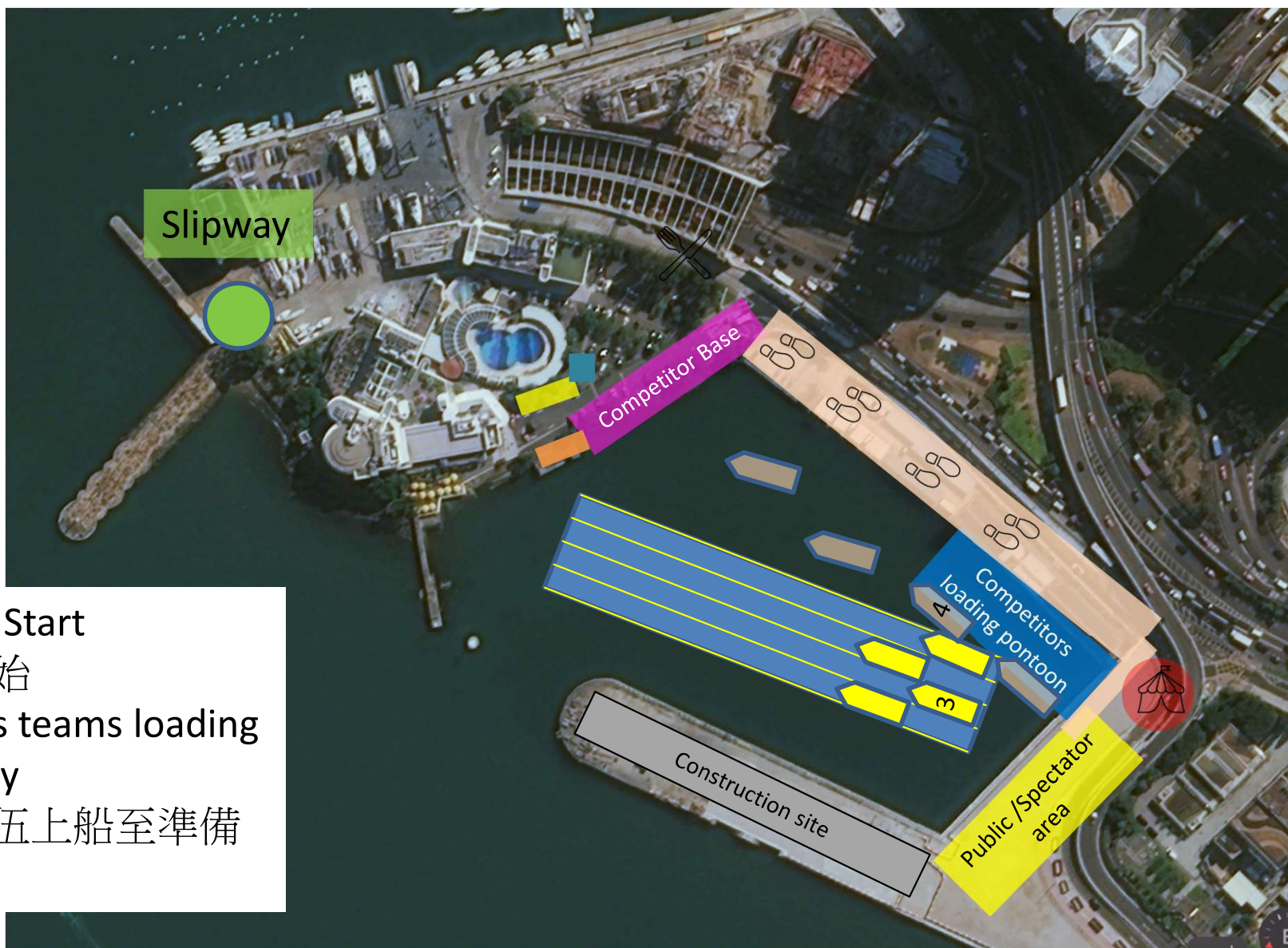
Race two Finish race
賽事#2 完結 返碼頭
Race three 's teams follow
and warm up
賽事#3 隊伍在準備區等
候

流程 Flow 2.2



Race two's teams return
pontoon and unload
賽事#2隊伍返碼頭
Race three 's teams follow
and warm up to start line
賽事#3 隊伍隨後繞一圈
至起點

流程 Flow 3



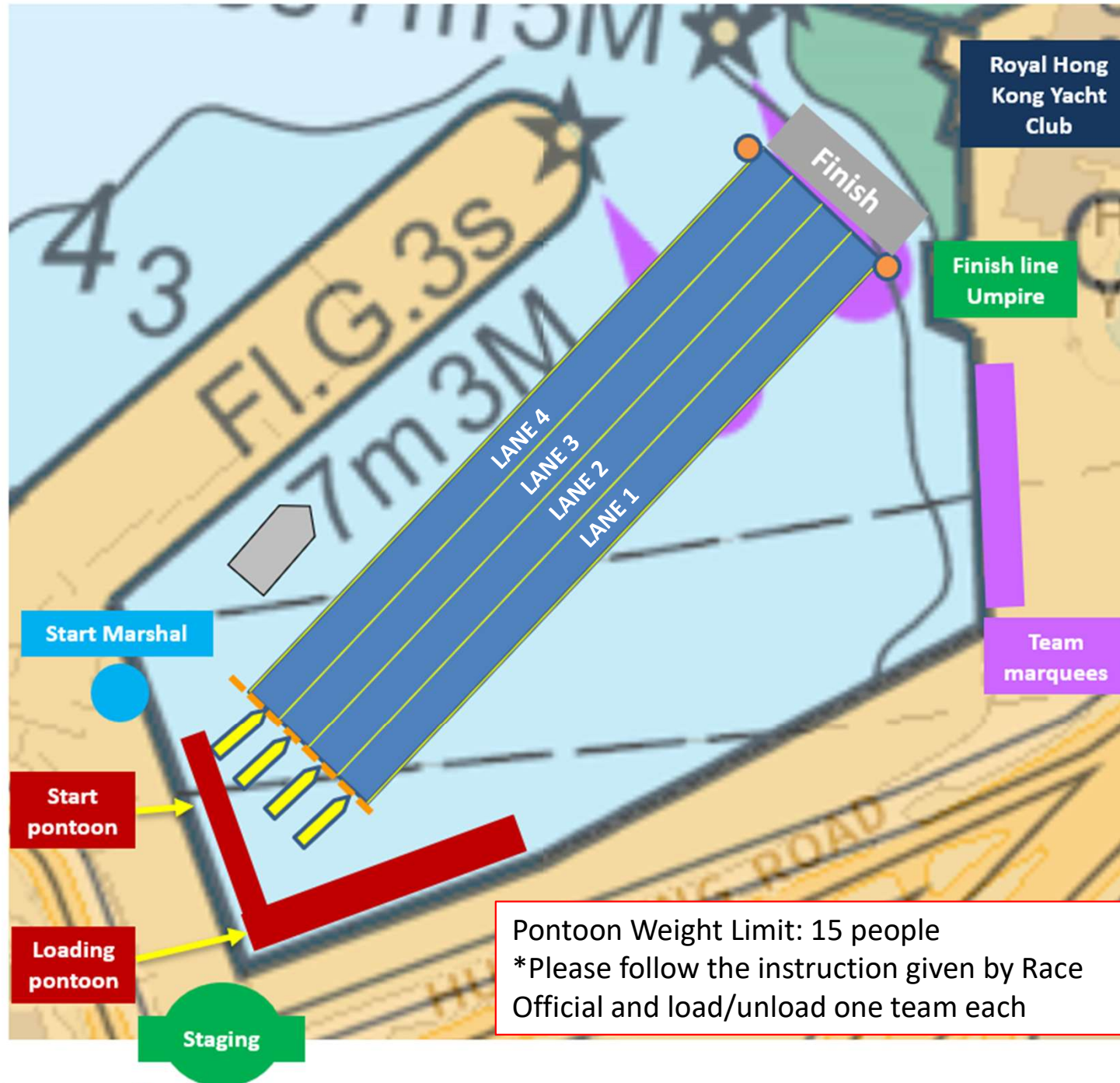
Race three Start

賽事#3 開始

Race four 's teams loading
and standby

賽事#4 隊伍上船至準備
區

Race Course





Race Day Schedule

0700hrs: Race Venue & Registration open for teams

0800hrs: Morning Racing Commences (Bronze Cup, Silver Cup, Youth)

1240hrs: Final race for Morning Racing (Silver Cup – Open category)

1250-1320hrs: Prize Ceremony for morning races next to Race HQ

1330hrs: Gold Cup Commences

1626hrs: Final race for Gold Cup (Gold Cup – Mixed category)

1640hrs: Kellett Island Cup Championship

1700-1745hrs: Prize Ceremony for afternoon races

1800hrs: Event Ends



賽程

0700hrs: 比賽登記處開始

0800hrs: 早上比賽開始 (銅盃, 銀盃, 青年盃)

1240hrs: 早上最後賽事: 銀盃公開組決賽

1250-1320hrs: 頒獎 (上午賽事)

1330hrs: 金盃比賽開始

1626hrs: 金盃-最後賽事: 混合組決賽

1640hrs: 吉列島盃總決賽

1700-1745hrs: 頒獎(下午賽事)

1800hrs: 活動完結



Morning Schedule

上午賽程

***Please arrive at
Registration at least 45
mins before your first
race start**

***各隊伍請於比賽前四十
五分鐘到達登記處報到**

Bronze Mixed		
Race no.	Race Time	
#1	0800	Round 1 - Heat 1
#2	0808	Round 1 - Heat 2
#5	0832	Round 2 - Heat 1
#6	0840	Round 2 - Heat 2
#12	0928	Tail Final
#14	0944	Grand Final

Youth Mixed		
Race no.	Race Time	
#9	0904	Round 1 - Heat 1
#10	0912	Round 1 - Heat 2
#16	1000	Round 2 - Heat 1
#17	1008	Round 2 - Heat 2
#24	1104	Tail Final
#25	1112	Grand Final

Youth Open		
Race no.	Race Time	
#11	0920	Round 1
#18	1016	Round 2
#31	1200	Wan Chai Final



Morning Schedule

上午賽程

***Please arrive at
Registration at least 45
mins before your first
race start**

***各隊伍請於比賽前四十
五分鐘到達登記處報到**

Silver Women			Silver Mixed			Silver Open		
Race no.	Race Time		Race no.	Race Time		Race no.	Race Time	
#19	1024	Round 1 - Heat 1	#3	0816	Round 1 - Heat 1	#21	1040	Round 1 - Heat 1
#20	1032	Round 1 - Heat 2	#4	0824	Round 1 - Heat 2	#22	1048	Round 1 - Heat 2
#26	1120	Round 2 - Heat 1	#7	0848	Round 2 - Heat 1	#23	1056	Round 1 - Heat 3
#27	1128	Round 2 - Heat 2	#8	0856	Round 2 - Heat 2	#28	1136	Round 2 - Heat 1
#32	1208	Tail Final	#13	0936	Tail Final	#29	1144	Round 2 - Heat 2
#33	1216	Grand Final	#15	0952	Grand Final	#30	1152	Round 2 - Heat 3
						#34	1224	Tail Final 1
						#35	1232	Tail Final 2
						#36	1240	Grand Final



Afternoon Schedule

下午賽程

***Please arrive at
Registration at least 45
mins before your first
race start**

***各隊伍請於比賽前四十
五分鐘到達登記處報到**

Gold Open		
Race no.	Race Time	
#1	1330	Round 1 - Heat 1
#2	1338	Round 1 - Heat 2
#5	1402	Round 2 - Heat 1
#6	1410	Round 2 - Heat 2
#9	1434	Tail Final
#11	1450	Grand Final

Gold Women		
Race no.	Race Time	
#3	1346	Round 1 - Heat 1
#4	1354	Round 1 - Heat 2
#7	1418	Round 2 - Heat 1
#8	1426	Round 2 - Heat 2
#10	1442	Tail Final
#12	1458	Grand Final

Gold Mixed		
Race no.	Race Time	
#13	1506	Round 1 - Heat 1
#14	1514	Round 1 - Heat 2
#15	1530	Round 1 - Heat 3
#16	1538	Round 2 - Heat 1
#17	1546	Round 2 - Heat 2
#18	1554	Round 2 - Heat 3
#19	1610	Tail Final 1
#20	1618	Tail Final 2
#21	1626	Grand Final

Kellett Island Cup Championship

Race no.	Race Time	
#22	1640	Top 4 teams with Aggregate time of 2 events



Race Day Schedule 賽程

***Teams please arrive at the staging area 30 mins before your race**

***Teams in Afternoon Race #22 Kellett Island Cup Championship need to paddle the dragon boats to 'RHKYC Slipway' following the race with the assistance of the RIBs.**

***各隊伍請於比賽前三十分鐘前到達集合處**

***下午賽事#22吉列島盃總決賽的隊伍請於賽後把龍船扒至'遊艇會碼頭',快艇將從旁協助**



Race Rules 賽事規則

COMPOSITION OF CREWS:

Races boats to be used are IDBF specification **12-person** (including drummer and steer) fiberglass boats by Champion.

Participants are to be **18 years of age or older and able to swim 100m** in designated race clothing without assistance. Paddlers and/or drummers who are less than 18-years of age, but older than 12 can participate with written parental consent and must wear a PFD. Under no circumstances will steers people under the age of 18 be allowed to participate in this event.

All participants in the **women's category must be women except the steersperson and the drummer**. Open category participants can be of either gender in any combination.

女子組: 鼓手及舵手不限

There will be up to 12 participants for all categories. However, the number of paddlers for any/all categories may be reduced/limited based on weather conditions at the discretion of the Race Director. It is also possible that some or all categories will be run without drummers depending on conditions. **Mixed crews can have either female or male drummer or steer**. However, the composition of paddlers **MUST be either 50:50 female to male OR more women than men**.

混合組: 鼓手及舵手不限, 扒手 必須有最少五名女子

Thus, if 10 paddlers are used the minimum number of women will be 5. Violations of mixed crew composition rules will result in a disqualification for the offending crew.

All crews must complete the racecourse with the same number of participants that they started with. If anyone falls out of the boat, then the team must stop to pick up the person before completing the course. Violating this rule will lead to forfeiting the heat in question



Race Rules 賽事規則

THE START

Crews to be aligned at the start by officials; Start sequence for each heat will be “**Crews are you ready, attention, go**”. Commands will be in English only

There will be no re-runs or restarts. Once the start commands are given, the race will continue until completion. Crews that false start will be disqualified.

Crews that do not follow instructions from the Start Officer will receive a **warning**. If the same crew ignores instructions for **a second time, the crew will be disqualified**.

比賽開始

指令為英語 “**Crews are you ready, attention, go**”.

賽事一旦開始將不會暫停, 違規隊伍將被淘汰

不遵守發令員指示的隊伍將會被發出警告。如同一隊伍二次無視發令員的指示，該隊伍將被取消資格。



Race Rules 賽事規則

RACE PROGRESSION 賽事晉級

Each heat will be one 200m race. 賽事距離為200百米

All categories 所有組別

There will be two rounds of heats per category. Progression to finals will be determined by fastest aggregate time from the two rounds of heats.

初賽有兩回合。兩回合總和的時間將會決定晉級決賽的隊伍次序。

Kellett Island Cup Championship 吉列島盃總決賽

Each team will aggregate the fastest heat time of their two fastest categories. At least one category must be Gold level. If a team has more than one crew in a category, only the fastest heat time will be used.

The fastest 4 teams will compete in the Kellett Island Cup Championship with crews comprised of any composition of the team's paddlers.

吉列島盃總決賽隊伍將累計各隊在兩個最快組別的最快時間總計。總時間必須包括一個金盃賽事。如果一隊在同一個組別中有多支龍舟隊參賽，只會計算該組別中的最快時間。

總時間最快的四隊將爭奪吉列島盃總決賽。決賽隊伍可不限性別，組合任何扒手。



Race Rules 賽事規則

IMPEDING & COLLISIONS:

If during the race a boat impedes or collides with another boat the Race Director shall apportion blame. If the Race Director decides that a boat has impeded the forward motion of another boat, or that the crew in the impeded boat had, by necessity, to stop paddling; then a Penalty of up to 3 places may be applied to the offending crew. If a collision occurs between two boats, the Race Director may choose to enact no penalty. However, under no circumstances will either crew be allowed to re-race.

阻礙和碰撞:

如果在比賽中一艘船妨礙或與另一艘船發生碰撞，賽事總監將作出決定。

如果一艘船妨礙了另一艘船的前進，或者被妨礙的船員必須停止划槳，犯規隊伍可被處以最多三個名次的罰分。

如果兩艘船發生碰撞，賽事總監可以決定不處罰。但在任何情況下，兩隊伍都不會被安排重新比賽。



Race Rules 賽事規則

COURSE UMPIRES:

Course Umpires will be positioned on the Racing Course to afford full observation and supervision of the crews in the race. Safety boats will be stationed at strategic locations along the course to provide guidance and relay any infractions to the Race Director.

Crew placings and Race Winners are final.

Team Captains can raise any disputes of race results to the Race Director before the next race of that category. Race Director's decision is final.

如對比賽結果有任何爭議，隊長可在該組別的下場比賽開始前向賽事總監提出異議。賽事總監將作出最終決定。



Safety

The goal:

- Your safety
- Fairness of racing
- Other water users and official bodies assessment on our conduct
- FUN!

Read and understand disclaimer/ Indemnity form available on race day!

Equipment:

- Wear appropriate footwear
- Bring a reusable water bottle (water will be provided)
- Insect repellent (Marquee is set outdoor along the waterfront)
- Sun protection – make sure it is reef friendly.
- Your own paddles! Limited number of paddles are available if needed
- All crews **MUST** carry a spare paddle!
- Steers – always make sure boats have bailers and hull is not damaged!
- Personal Flotation Devices (available if required)



Safety

RHKYC Kellett Island (KI):

- KI is busy on weekends!
- Please be flexible and courteous to other users
- Warm-ups need to take place **on the water**

所有熱身需於水上進行

Race Course and Environment:

- Watch for rocks! Hard stop at the finish line!
- Understand weather and tide (details to follow)
- Steers – always make sure boats have bailers and hull not damaged!



Safety

Race Participants:

- All participants must be able to **swim 50m in open water & tread water for 3 minutes**
- 所有參加者必須能在開放水域游泳50米，並能保持3分鐘。
- IF participants cannot do the above, then **they must wear a PFD**
- 如果參加者無法達到上述要求，則必須佩戴救生衣。
- RHKYC has only a limited number of PFDs –please bring your own if needed
- 香港遊艇會只有有限數量的救生衣 - 如果需要，亦請攜帶自己的救生衣。
- Participating Club Captains be aware of team members medical conditions
- 參賽的隊伍隊長需注意隊員的健康狀況。
- Conditions such as: asthma, epilepsy, allergies, & heart ailments need be known
- 例如：哮喘、癲癇、過敏和心臟疾病等病症需申報。
- Read and understand disclaimer/indemnity form available on race day
- 請仔細閱讀比賽當天提供的免責聲明書。
- Wear appropriate footwear and use reef friendly sunscreen
- 請穿著適當的鞋子並選用對珊瑚礁無害的防曬霜。



Safety

In the event of Capsize or “Huli” or your boat is swamped : 在船只翻覆時：

- Make sure your crew is well briefed in advance on how to handle a capsize.
- If you capsize or huli:
 1. Find your seat buddy!
尋回你的夥伴
 2. Stay calm and stay with your boat. Avoid drifting away from your boat
保持冷靜，與你的船保持在一起。避免從你的船漂走
 3. Do not try and swim to or board the safety boat – be aware of propellers
不要試圖游泳到或登上安全艇，要注意螺旋槳
 4. Wait for instructions from your team captain, steersman or the safety boat captain
等待你的隊長、舵手或安全艇艇長的指示
 5. Start bailing as soon as you can
盡快開始舀水



Safety

Weather Forecast

- Summer is here! It is likely to be hot and humid on race day!
- So...
 - Stay hydrated... drink regularly
 - Use electrolytes... e.g. Pocari
 - When not racing, stay in the shade
 - Hats and suncream!

Enjoy the Race!



Follow us and check out more pictures of the event:
<https://www.facebook.com/RHKYCRowingSection>