



中國香港龍舟總會 HONG KONG CHINA DRAGON BOAT ASSOCIATION

Founding Member of International Dragon Boat Federation 國際龍舟聯合會創會會員
Founding Member of Asian Dragon Boat Federation 亞洲龍舟聯合會創會會員
Associate Member of Sports Federation & Olympic Committee of Hong Kong, China 中國香港體育協會暨奧林匹克委員會屬會會員
Founding Member of Hong Kong Water Sports Council 香港水上運動議會創會會員

2024 亞洲大學生龍舟錦標賽 運動員招募

賽事簡介

2024 年亞洲大學生龍舟錦標賽訂於 2024 年 8 月 16-17 日在中國聊城市東昌湖舉行，競賽項目設置男子組、女子組和混合組 12 人龍舟 200 米、500 米直道賽和 2000 米繞圈賽。

運動員資格

1. 持有有效的香港身份證、香港特別行政區護照及港澳居民來往內地通行證 (回鄉證)
2. 為有效中國香港龍舟總會個人會員
3. 於認可院校修讀學位或文憑的註冊全日制學生，年齡介乎 17-28 歲 (出生於 1996 年 1 月 1 日至 2006 年 12 月 31 日之間)

入隊體能測試

日期	: 2024 年 5 月 11 及 12 日 (星期六及日)
集合時間	: 下午 1 時
集合地點	: 中國香港龍舟總會石門訓練中心
入隊要求	: 測試四個項目之中其中有三個項目達到要求
訓練日子及時間	: 逢星期一、三、四及五 - 晚上 5 時至 7 時 (如公眾假期改為上午 7 時 30 分至 9 時 30 分) 逢星期六及星期日 - 上午 7 時 30 分至 9 時 30 分
選拔計算出席率時期	: 2024 年 5 月 14 日至 6 月 13 日
截止報名日期	: 2024 年 5 月 7 日 (星期二) 上午 10 時



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入隊測試標準

組別 \ 測試項目	跑步測試 (3000 米)	龍舟機 (500 米)	掌上壓	卧拉
男子隊	18 分 30 秒或之內 完成	3 分 30 秒以內完成	50 次/ 1 分鐘內完成	15 次 (40KG) / 1 分鐘內完成
女子隊	21 分 30 秒或之內 完成	4 分 20 秒以內完成	15 次/ 1 分鐘內完成 (雙手置於長槳上)	15 次 (20KG) / 1 分鐘內完成

入隊後之選拔方式

選拔日期為 2024 年 6 月 11 至 13 日，入隊後將會以下列項目評分，得分越高排名越高。

測試項目	每項最高評分
500 米龍舟機測試	40%
出席率	40%
教練評分	20%

備註：

1. 掌上壓及卧拉需按照指示完成，如動作過分偏離或許不會計算。
2. 測試當天守時、禮貌及態度亦都是考核範圍。
3. 請進入以下連結完成報名手續。(連結：<https://forms.gle/EPfyDSdfpb5s4bmr5>)
4. 入隊測試時間將於 2024 年 5 月 9 日 (星期四) 通過電郵通知參加者。
5. 由於每節人數有限，各參加者的測試日期和時間最終由總會安排，不得異議。
6. 完成測試後，招募結果經香港代表隊總監及教練確認後通知參加者。通過選拔之參加者才會接獲電郵通知。

2024 年 4 月 24 日



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Recruitment for 2024 Asian University Dragon Boat Championship

Background

The 2024 Asian University Dragon Boat Championship will be held from 16 to 17 August, 2024 in Liaocheng, China. The competition includes men's, women's and mixed groups small boat of 200-meter, 500-meter straight track race and 2000-meter race around the mark.

Athletes' Requirement

1. Holder of Hong Kong Identity Card, HKSAR Passport and Mainland Travel Permit for Hong Kong and Macau Residents (Home Return Permit)
2. Be a valid Individual Member of the HKCDBA
3. Be registered as a full-time student of a recognized post-secondary programme at one of the recognized institutions aged between 17 – 28 (born between 1st January 1996 and 31st December 2006)

Recruitment Physical Fitness Test

Date : 11 & 12 May 2024 (Saturday & Sunday)
Time : 1300 hours
Venue : Hong Kong China Dragon Boat Association Shek Mun Training Centre
Requirement : 3 out of 4 items need to be qualified
Training Schedule : Monday, Wednesday Thursday and Friday: 1700 to 1900 hours
(The training will be changed to 0730 to 0930 hours in public holidays)
Saturday and Sunday: 0730 – 0930 hours

Duration of Selection
Attendance : 14 May 2024 to 13 June 2024
Deadline : 7 May 2024 (Tuesday) 1000 hours

Test Criteria (Aged between 17 and 28)

Test Items	Running (3000M)	Ergometer (500M)	Push-ups	Bench Lifting
Men's Team	Finish within 18 minutes and 30 seconds	Finish within 3 minutes and 30 seconds	50 nos. within 1 minute	15 nos. (40KG) within 1 minute
Women's Team	Finish within 21 minutes and 30 seconds	Finish within 4 minutes and 20 seconds	15 nos. within 1 minute (with hands on bench)	15 nos. (20KG) within 1 minute



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Selection Criteria

The selection will be held on 11-13 June 2024 with particulars as below (details will be announced later).
The higher the score, the higher the ranking.

Test Items	Maximum Rating Scale
Ergometer (500M)	40%
Attendance	40%
Coach Rating	20%

Remark:

1. Push-ups and Bench Lifting must be done properly according to the instruction. Improper movement will not be counted.
2. Punctuality, politeness and attitude are also included in the assessment.
3. Please click the link below for registration. (Link: <https://forms.gle/EPfyDSdfpb5s4bmr5>)
4. Participants will be notified the testing arrangement by email on 9 May 2024 (Thursday).
5. Due to the limited number of participants in each session, the testing date and time of each participant will be arranged by the Association and no objection shall be raised.
6. The selection result will be announced via email after reviewed by the Director and Coaches of Hong Kong Team. Qualified participants will be notified only.

24 April 2024