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12th Hong Kong Indoor Dragon Boat Championships

Supplementary Document
3 March 2026

Event Information

Date : 29 March 2026 (Sunday)

Time : 0830 – 1630 hours

Venue : Lok Fu Place Zone B Atrium
Address: 198 Junction Road, Wang Tau Hom, Kowloon.
(Lok Fu MTR Station Exit B)

Enrolment deadline : Enrolment through <https://forms.gle/JCDF1RSQjoLE1cQp6> on or before 9 March 2026, please refer to Enrolment Procedure for details. Entry fee will not be refunded upon successful enrolment. Payment receipt will be distributed on the event day. (Acceptance of enrolments are made on a first-come, first-served basis.)

Add Race Categories

	Individual Race
Race Categories	Secondary School (F.1-F.3)
	Men / Women
Distance (Meters)	100
Quota (Pax)	40
Entry Fee (per race)	HK\$30

	Team Relay (A maximum of 6 athletes per team)
Race Categories	Secondary School (F.1-F.3)
	Men / Women / Mixed
Distance (Meters)	4 x 100
Quota (Teams)	10
Entry Fee (per race)	HK\$100

* For all entries submitted under the name of the club member, the team name **MUST** include the full name of that member.

Race Format

Individual races

1. Athletes can choose the ergometer whether left or right hand before the race but no change request is allowed after the event started.
2. All athletes will start the race at the same time. Athlete who reaches the 100m meter mark is regarded

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as race finished.

3. The individual completing the race in the shortest time will be the winner.

Team Relay races

1. Each team is allowed to choose left- or right-handed ergometers before the commencement of the race. No change of ergometer is allowed after the event started.
2. Each team consists of FOUR (4) athletes. When the first athlete reached the 100m meter mark (within ± 10 m), he/she should pass the paddle to the next athlete and leave the ergometer immediately. So on and so forth until the completion of the race.
3. The team completing the race in the shortest time will be the winner.
4. Each team will only have ONE chance to perform. All participating teams will be ranked according to the time taken in completing the 400m.