

參賽者貼士 Participant Tips

HONG KONG
DISNEYLAND

10K WEEKEND 2023

PRESENTED BY

AIA Vitality
健康程式

參賽者必須配合政府及衛生部門的最新指引

Participants need to follow the latest government regulations



出示車票乘搭特別巴士
Present the ticket when boarding
Special bus



最少45分鐘前到達會場中心（旅遊巴士停車場）
Arrive Event Center (Hong Kong Disneyland Coach Park) at Least 45 mins before



輪候行李寄存（起步時間前30分鐘完成行李寄存）
Queue Up for Baggage Deposit (suggested to complete 30 mins before your start time)



輪候保安檢查（預計輪候時間為最少20分鐘）
Bag Check (at least spare 20 mins)



號碼布連計時晶片扣於胸前位置
Wear the Race Bib and timing chip on chests



按指定時間及起點起跑（不需賽前報到）
Start at your designated time and start point (Pre-race check in is not necessary)



按照被安排的時間參與「米奇與好友兒童跑」
Join "Mickey & Friends Kids Races" in the assigned session time



兒童遊樂區開放時間為上午9時至中午12時
Kids Zone will be available from 09:00am-12:00nn



憑號碼布認領行李
Present your bib to collect baggage

- 特別巴士服務只供已預先購買車票的人士乘搭。
- 行李寄存輪候時間大約為30至45分鐘並於起步時間前15分鐘關閉。
- 大會只處理由大會提供之指定行李袋並不會於比賽當天派發或補發行李袋。
- 號碼布連計時晶片比賽當日將不會另行派發或補發。
- 比賽開始前15分鐘在正確的起跑區等候。
- 「米奇與好友兒童跑」分設兩個時段，包括上午9:30至10:30及上午10:45至11:45。
- 每位兒童參加者必須佩戴活動手帶。
- 比賽前可參考會場中心地圖，了解場地分佈的安排。

- Special bus services only available to participants who have purchased the bus ticket in advance.
- Baggage deposit time is approximately 30 to 45 mins and will be closed 15 mins before your start time.
- The Organizer will handle **ONLY** the baggage with official baggage bags. No baggage bag will be provided on the race day.
- Race Bib with timing chip will not be re-distributed on the race day.
- Line up in the proper Start Zone 15 minutes prior to the race start.
- "Mickey & Friends Kids Races" will be divided into 2 sessions, 09:30am to 10:30am and 10:45am to 11:45am.
- Each Child Participant must wear event wristband.
- Read the Event Center Guide Map before the race for better understanding of the arrangement of the venue.

會場中心及安排 Event Center Guide Map



- | | | |
|---|---|---|
| 1. 保安檢查
Security Check | 11. 休息區
Resting Zone | 21. 兒童遊樂區
Kids Zone |
| 2. 各賽事起步線 (除兒童跑外)
All Races Starting Line (Except Kids Races) | 12. 商品部
Merchandise Store | 22. 流動洗手間
Mobile Toilet |
| 3. 各賽事終點線 (除兒童跑外)
All Races Finishing Line (Except Kids Races) | 13. 小食亭
Food & Beverage Kiosk | 23. a. 兒童跑獎牌領取處
Kids Races Medal Redemption |
| 4. 急救站
First Aid Station | 14. 男更衣室
Male Changing Room | b. 水站
Water Station |
| 5. 指揮中心
Command Post | 15. 女更衣室
Female Changing Room | c. 急救站
First Aid Station |
| 6. 拍照區
Photo Area | 16. 行李寄存
Baggage Deposit | 24. 詢問處
Information Booth |
| 7. 主舞台
Main Stage | 17. 流動洗手間
Mobile Toilet | 25. 場地指南
Direction Map |
| 8. 活動資訊板
Information Board | 18. 兒童跑等候區
Standby Zone for Kids Races | |
| 9. 獎牌領取處
Medal Redemption | 19. 兒童跑起步線
Kids Races Starting Line |  賽道範圍 (只限跑手進入)
Routing Area (only for participants) |
| 10. 水站
Water Station | 20. 兒童跑終點線
Kids Races Finishing Line |  兒童跑賽道範圍
Kids Race Routing Area |