



北加州華人文化體育協會

Northern California Chinese Culture - Athletic Federation

5605 Mowry School Road Newark, CA 94560

Email: betty@bettyyuan.com Tel: 415-309-1769 Fax: 510-770-9938 [http: www.ncccaf.org](http://www.ncccaf.org)

2019 年北加州華人文化體育協會運動大會 田徑賽報名表 2019 Track and Field Entry Form

比賽地點/Place: James Logan High School, 1800 H St, Union City, CA 94587

比賽日期/時間 Date / Time: 2019 年 8 月 10 日上午 11 時 30 分 Sat. 11:30am, Aug 10, 2019

檢錄 Check-in: 11:30am

年齡組別 Age Category

組別 Category	年齡 Age	出生日期 Date of birth
常青甲組 (A66)	66 歲及 66 歲以上 (Age 66 & up)	1953 年 12 月 31 日以前出 (Born before 12/31/1953)
常青乙組 (A56)	56 歲~ 65 歲 (Age 56 - 65)	1954 年 1 月 1 日~1963 年 12 月 31 日 (Born 1/1/1954 - 12/31/1963)
壯年甲組 (A46)	46 歲~ 55 歲 (Age 46 - 55)	1964 年 1 月 1 日~1973 年 12 月 31 日 (Born 1/1/1964 -12/31/1973)
壯年乙組 (A36)	36 歲~ 45 歲 (Age 36 - 45)	1974 年 1 月 1 日~1983 年 12 月 31 日 (Born 1/1/19734 - 12/31/1983)
青年甲組 (A26)	26 歲~ 35 歲 (Age 26 - 35)	1984 年 1 月 1 日~1993 年 12 月 31 日 (Born 1/1/1984 - 12/31/1993)
青年乙組 (A19-25)	19 歲~ 25 歲 (Age 19 - 25)	1994 年 1 月 1 日~2000 年 12 月 31 日 (Born 1/1/1994 - 12/31/2000)
少年甲組 (Y16-18)	16 歲~ 18 歲 (Youth, age16-18)	2001 年 1 月 1 日~2003 年 12 月 31 日 (Born 1/1/2001 - 12/31/2003)
少年乙組 (Y13-15)	13 歲~ 15 歲 (Youth, age13-15)	2004 年 1 月 1 日~2006 年 12 月 31 日 (Born 1/1/2004 - 12/31/2006)
兒童甲組 (K11-12)	11 歲~ 12 歲 (Kids age 11&12)	2007 年 1 月 1 日~2008 年 12 月 31 日 (Born 1/1/2007 - 12/31/2008)
兒童乙組 (K9-10)	9 歲~ 10 歲 (Kids age 9&10)	2009 年 1 月 1 日~2010 年 12 月 31 日 (Born 1/1/2009 - 12/31/2010)
兒童丙組 (K7-8)	7 歲~ 8 歲 (Kids age 7&8)	2011 年 1 月 1 日~2012 年 12 月 31 日 (Born 1/1/2011 - 12/31/2012)



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项目设置 Events

男子竞赛项目 Male Events

- 100 米 (100 m)
- 200 米 (200 m)
- 400 米 (400 m)
- 800 米 (800 m)
- 1500 米 (1500 m)
- 5000 米 (5000 m)
- 4x100 米接力 (4x100m relay)
- 4x400 米接力 (4x400m relay)
- 跳高 (High Jump)
- 跳远 (Long Jump)
- 铅球 (Shot Put)

女子竞赛项目 Female Events

- 100 米 (100 m)
- 200 米 (200 m)
- 400 米 (400 m)
- 800 米 (800 m)
- 1500 米 (1500 m)
- 3000 米 (3000 m)
- 4x100 米接力 (4x100m relay)
- 4x400 米接力 (4x400m relay)
- 跳高 (High Jump)
- 跳远 (Long Jump)
- 铅球 (Shot Put)

男女混合项目 Co-ed Events (16 x 100m relay, 8 male and 8 female runners)

- 1600 米大隊接力
- 8 男 8 女每人 100 米

聲明：所有自願參與 2019 北加州華人文化體育協會運動大會田徑賽。在運動大會期間，無論在交通、運動場所及所有與此屆運動大會有關的一切活動場所如發生任何疾病、傷害及一切意外事故，概由本人或本隊自行負責，與北加州華體會和本屆運動大會無關，並放棄一切訴訟權利。

Waiver: All participants and/or athletes participate in 2019 NCCCAF Sports Meet (meet) on a voluntarily basis.

I (we) hereby declare that I (we) am (are), not an employee or affiliated directly or indirectly with NCCCAF, and am directly and/or personally responsible for any illness and/or injury occurred and/or sustained to me (us) in any and/or all meet-related activities and waive any and all rights to NCCCAF injury and/or illness litigation rights and/or recovery coverage of any kind.

***18 歲 (含) 以下參賽者的報名表需家長簽名**

Note: Parent's signature is required for a player of age 18 or under



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報名需知 Entry Instructions

1. 報名日期：即日起至 8 月 5 日止

Entry date: now through August 5, 2019

2. 每人限參加本年齡組別內的三個單項比賽，並可同時參加兩項接力及大隊接力。

Each athlete may participate in up to three individual events in the appropriate age group.

Each athlete is allowed to participate in all eligible relay events.

3. 報名費：每單項\$5，接力賽每項每隊\$20，大隊接力賽每隊\$60

Entry fee: \$5 per individual event, \$20 per relay team, \$60 per co-ed relay team

Please send your PayPal payments to nccaf88@gmail.com, or mail the check to 5605 Mowry School Road, Newark, Ca 94560

4. 報名方法：

1. 网上报名：<http://nccaf.org/athletics.html>

2. Online registration form: <https://forms.gle/Sb9rQ4SaSf2psL1n6>

5. 壯年甲/乙組、青年甲/乙組參賽者不得越組報名及參賽，常青甲組可報常青乙組，常青乙組可報壯年甲組，兒童組可報少年乙組，少年乙組可報少年甲組，少年甲組可報青年乙組(不得逆向越組)。

Athletes of age 19 through 45 must compete within their own age group. Athletes of age 46 and up are allowed to compete in their own age group, or in a younger (no younger than 36) age group. Athletes of age 18 and under are allowed to complete in their own age group, or in an older (no older than 25) age group.

6. 兒童甲組、兒童乙組、兒童丙組三個年齡組別只設 100 米、200 米、4x100 米接力的比賽。

K11-12, K9-10, K7-8 have only 100 meters, 200 meters, and 4x100 meters relays.

7. 所有參賽的成年運動員必須攜帶 ID

All adult (age 19 and up) athletes must bring ID.

8. 未成年運動員的報名表需家長簽名(少年甲/乙組、兒童甲/乙組、和兒童丙組)

The entry form for athlete of age 18 and under requires parent's signature.

9. 運動員在項目開始前 20 分鐘，檢錄時未到者以棄權處理。

Athletes must check-in 20 mins before the event starts. Failure to check in results in DNF.

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竞赛办法 Competition Rules

徑賽：

1. 全部项目只比一个赛次 (决赛) 按成绩录取名次
2. 400 米以下项目采用蹲踞式起跑 (可选择是否使用起跑器)
3. 800 米以上项目不分道起跑

田賽：

1. 铅球、跳远比赛每人三次，按成绩录取名次
2. 跳远起跳板 3 米 (66 岁以上组 2 米)
3. 跳高起跳高度 女子 80 公分 男子 90 公分 (可根据实际情况适当降低)
4. 铅球重量 女子 4 公斤 男子 5 公斤

检录：

1. 徑賽提前 20 分钟在检录处检录
2. 田賽提前 20 分钟在比赛场地处检录
3. 所有比赛顺序先比女子后比男子
4. 检录处接受临时增报比赛项目，必须在该项目比赛前 60 分钟进行增报

Track

1. Final competition of each event will be conducted/competed once. Athletes are ranked by scores;
2. 400 meters and below adopts the squat start (optional).
3. No assigned starting tracks for 800 meters and above.

Field

1. Three attempts per person for Shot Put and Long Jump events, ranked by best score;
2. Long jump takeoff board is 3 meters long (2 meters long for age 66 and above);
3. High jump starting heights are 80 cm for women and 90 cm for men (may be reduced based on situation)
4. Shot Put weights are 4kg for women and 5kg for men

Check-in

1. Track participants must check in at the registration desk 20 minutes prior to the competition;
2. Field participants must check in at the field 20 minutes prior to the competition;
3. All competitions are conducted female first, male second;
4. Any on-site registration must be completed 60 minutes before the competition.



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比赛安排 Schedule

徑賽 (比赛顺序) / Track Event sequence

1 · 100 米 (所有组别)	100m (All Age)
2 · 400 米 (13 岁以上组)	400m (Age 13 and up)
3 · 1500 米 (13 岁以上组)	1500m (Age 13 and up)
4 · 200 米 (所有组别)	200m (All Age)
5 · 800 米 (13 岁以上组)	800m (Age 13 and up)
6 · 3000 米 (13 岁以上组女子)	3000m (Age 13 and up)
7 · 5000 米 (13 岁以上组男子)	5000m (Age 13 and up)
8 · 4x100 米 (所有组别)	4x100m (All Age)
9 · 4x400 米 (13 岁以上组)	4x400m (Age 13 and up)
10 · 16x100 米 大队接力 (13 岁以上组 8 男 8 女)	16x100m (Age 13 and up, 8 male and 8 female)

田赛 (比赛顺序) / Field Event (Event sequence)

跳高, 跳远, 铅球 (13 岁以上组) 同时开始。

徑賽和田賽兼項比賽時間有衝突時, 可向田賽裁判長請假, 恢復比賽時在現有的輪次和高度進行, 所錯過的輪次高度不補。

High jump, long jump, shot put (groups over 13 years old) start at the same time.
When there is a conflict between the track and field competitions, you can take time off from the referee of the field race and resume the game at the current round and high.
Degree is carried out, the height of the missed round does not make up.