

### 學校報名表 School Application Form

學校名稱  
Name of School

老師姓名  
Name of Teacher

學校地址  
Address of School

電子郵箱  
E-mail Address

聯絡電話  
Telephone No.

(\* 必須填寫，本會將以電郵通知 閣下有關課程的最新消息  
\* Must full in, updated course information will be sent to you via email )

**訓練場地 Training Center** 請選擇其中一個訓練場地 Please Choose ONE of the training centers

將軍澳運動場  
Tseung Kwan O Sports Ground

沙田運動場/馬鞍山運動場  
Sha Tin Sports Ground / Ma On Shan Sports Ground

**訓練項目 Event** \* 請由1至3順序填寫欲參加項目意願(如有)。本會將按所填寫的優先次序作出安排，而不再另行通知。  
\* Please fill in 1-3 to choose your preferences(If appropriate). HKAAA will according to the priority for further arrangement without any priority notice.

小學 Primary

- R 跑項 Run
- J 跳項 Jump
- T 擲項 Throw

中學 Secondary

- ST 短跑 Sprint
- HD 跨欄 Hurdles
- MLD 中長跑 Middle & Long Distance Running
- HJ 跳高 High Jump
- LJ 跳遠及三級跳遠 Long Jump & Triple Jump
- SP 鉛球 Shot Put
- DT 鐵餅 Discus Throw
- JT 標槍 Javelin Throw

學員英文姓名 English Name	中文姓名 Chinses Name	出生年份 Year of Birth	項目 1 Event 1	項目 2 Event 2	項目 3 Event 3	性別 Sex	所屬屬會 Club Name
1						M/F	
2						M/F	
3						M/F	
4						M/F	
5						M/F	
6						M/F	
7						M/F	
8						M/F	
9						M/F	
10						M/F	

請簽署後頁聲明

Please sign the declaration on next page

**聲明：  
Declaration:**

謹此聲明本人是在完全明瞭上述活動的性質及體適能要求情況下報名參加，並願意遵守有關活動規則。同時，聲明本人身體健康及有能力參與上述活動，並願意承擔自身的意外風險及責任，及無權向香港業餘田徑總會有限公司(及其他直接或間接與此活動有關人士/工作人員/組織)對本人參與上述活動而發生或引致之自身意外，死亡或任何形式的損失索償或追討責任。

I hereby declare that I have entered the above course in full awareness of its nature and physical demands and agree to abide by the rules and conditions laid down by the Hong Kong Amateur Athletic Association Ltd. (HKAAA) in connection with the course. I hereby also confirm that I am physically fit and capable of participating in such a course, and that I do so at my own risk and responsibility and irrevocably discharge and hold harmless the HKAAA (as well as other individuals/ officials/ organizations directly or indirectly involved with the course) from any claim or responsibility for personal injury, death, or loss if whatever nature during or as a consequence of my participation.

衷心感謝閣下一直支持香港業餘田徑總會，謹此告知最新個人資料(私隱)條例已對使用個人資料作直接促銷作出修訂，有關修訂已於2013年4月1日正式生效。為確保您能及時掌握我們的最新資訊，我們會繼續為您提供各項比賽及訓練班報名、活動、課程邀請、義工招募等資訊，以及我們與合作夥伴相關的最新情報和訊息。

Thank you for your continued support of the Hong Kong Amateur Athletic Association (HKAAA). We would like to inform you that the new provisions on regulation of direct marketing activities under the Personal Data (Privacy) (Amendment) Ordinance 2012 have come into force on 1 April 2013. We would like to continue to provide you with the latest information of HKAAA, competitions, courses, events reminders, activities invitation, volunteer recruitment, survey research and other promotional activities.

請在以下空格加上✓號表示閣下同意或拒絕接收此等資訊，然後簽署。

HKAAA would like to use your contact details to provide you with the latest information as mentioned above. Please tick the box and sign below to indicate your acceptance or objection to receiving such information.

本人希望收到有關香港業餘田徑總會的最新資訊。

I would like to receive the latest information from HKAAA.

本人不欲收到有關香港業餘田徑總會的最新資訊。

I do not want to receive the latest information from HKAAA.

我們不會向任何未批准本會的人士發放最新資訊，敬請留意。

Please note that unless we receive the confirmation of your acceptance of our latest information, we will not be able to send the same to you.

學員姓名 Name of Participant	緊急事故聯絡人 Contact Person in Emergency	聯絡電話 Contact No.	關係 Relationship
*家長/監護人姓名 Name of *Parent/Guardian	*家長/監護人簽署 Signature of *Parent/Guardian	聯絡電話 Contact No.	日期 Date

備註：請自行影印以上聲明給予參加者填寫。

Remarks: Please copy the above declaration for participant fill in.

\* 請將不適用者刪除。

\* Please delete as inappropiate.

## 香港田徑隊 2015-2018年青年及少年潛質隊培訓標準

男子						項目	女子					
19歲	18歲	17歲	16歲	15歲	14歲或以下		19歲	18歲	17歲	16歲	15歲	14歲或以下
10.95	11.03	11.17	11.26	11.75	11.85	100米	12.00	12.14	12.38	12.51	12.86	13.00
21.67	21.85	22.93	23.13	23.75	23.96	200米	25.20	25.48	25.99	26.28	26.44	26.74
49.30	49.70	51.45	51.91	52.31	53.08	400米	56.47	57.19	59.77	1:00.16	1:00.52	1:00.91
1:59.83	2:00.86	2:01.71	2:02.79	2:10.86	2:12.15	800米	2:14.71	2:16.32	2:20.54	2:22.28	2:23.03	2:24.76
4:02.52	4:03.00	4:04.73	4:05.78	4:29.72	4:32.45	1500米	4:28.78	4:32.34	4:40.63	4:43.73	4:52.16	4:55.96
—	—	8:42.95	8:47.87	9:41.54	9:47.64	3000米	9:17.55	9:25.55	10:04.46	10:12.95	10:41.55	11:00.86
15:29.28	15:38.38	—	—	—	—	5000米	16:28.13	16:42.63	—	—	—	—
31:52.37	32:12.28	—	—	—	—	10000米	—	—	—	—	—	—
—	—	15.24	15.40	16.33	16.52	110米欄(0.914)/100米欄(0.762)	—	—	14.75	14.98	15.16	15.37
13.93	14.07	—	—	—	—	110米欄(0.990)/100米欄(0.840)	14.33	14.53	—	—	—	—
—	—	57.03	57.63	58.70	59.33	400米欄(0.840)/(0.762)	1:02.50	1:03.40	1:06.16	1:07.10	1:11.23	1:12.27
52.51	53.04	—	—	—	—	400米欄(0.914)	—	—	—	—	—	—
—	—	6:20.66	6:25.11	6:42.90	6:47.73	2000米障礙	—	—	7:42.22	7:47.95	8:00.53	8:07.57
9:03.54	9:09.85	—	—	—	—	3000米障礙	10:45.41	10:56.83	—	—	—	—
49:31	50:19	—	—	—	—	10000米競走	52:13	53:16	—	—	—	—
2.03	2.00	1.95	1.92	1.75	1.72	跳高	1.72	1.69	1.60	1.57	1.55	1.52
4.75	4.65	4.20	4.10	3.60	3.50	撐竿跳高	3.70	3.61	3.40	3.31	3.20	3.11
7.18	7.06	6.79	6.67	6.10	5.98	跳遠	5.76	5.64	5.50	5.42	5.38	5.30
14.86	14.62	14.24	14.00	13.17	12.93	三級跳遠	12.87	12.62	11.99	11.74	11.40	11.14
—	—	16.18	15.75	14.68	14.26	鉛球(5.0)/(3.0)	—	—	14.50	14.08	12.74	12.32
16.63	16.20	—	—	—	—	鉛球(6.0)/(4.0)	14.80	14.39	—	—	—	—
—	—	48.43	47.02	36.46	35.06	鐵餅(1.50)/(1.0)	43.85	42.47	38.36	36.99	29.27	27.87
55.41	54.07	—	—	—	—	鐵餅(1.75)	—	—	—	—	—	—
—	—	62.68	60.84	50.32	48.48	標槍(700)/(500)	—	—	41.05	39.63	35.68	34.24
65.25	63.17	—	—	—	—	標槍(800)/(600)	48.99	47.61	—	—	—	—
—	—	56.78	55.09	53.33	51.66	鏈球(5.0)/(3.0)	—	—	51.84	51.81	50.28	50.21
60.34	58.66	—	—	—	—	鏈球(6.0)/(4.0)	51.70	50.09	—	—	—	—
5920	5747	—	—	—	—	十項/七項	4962	4829	—	—	—	—