

“Rooted in Macau, Steadfast in Serving”

Competition Categories : 18 divisions in total

Division		Open	Financial Division	Educational Division
Men / Women	A	Aged	18 - 35	18 - 35
		Year Born	1998 - 1981	1998 - 1981
	B	Aged	36 - 45	36 - 45
		Year Born	1980 -1971	1980 -1971
	C	Aged	46 - 60	46 - 60
		Year Born	1970 - 1956	1970 - 1956

Notes: (1) With reference to local practice and for safety reasons, entrants must be aged between 18 and 60. (2) The division will be cancelled if the number of entrants is less than 6. Entrants of those divisions cancelled may switch to other divisions of the same gender and age in other groups, or simply withdraw from the race.

Race Route :

In front of BOC Square (Start) -- Praca Ferreira Amaral -- Avenida Comercial de Macau -- Avenida Panoramica do Lago Nam Van -- Rua Sul de Entre Lagos -- Rua Oesta de Entre Lagos -- Avenida Doutor Stanley Ho -- Avenida Dr. Sun Yat-Sen -- Avenida de Sagres -- Rua Cidade de Sintra -- Praca Ferreira Amaral -- Avenida Doutor Mario Soares (turn around) -- make your way back to Bank of China Building to climb the stairs all the way up to the multi-functional room located at 33th floor of the building (Finish). There will be a total of 5,000 meters and 735 stairs.

Note: The entrance to the staircase of Bank of China Building will be closed at 9 a.m., i.e. one hour after the start of the Race.

Merit Rewards :

A souvenir will be awarded to all finishers.

The first 10 winners of each division will be awarded a trophy and the first 3 winners will also be awarded a prize.

Rules of the Race :

1. All Runners / Climbers must pin the race number in front of his / her shirt and run following the Race Route. Running before the starting signal or away from the race route, helping other runners run or running with the assistance of any other device are not allowed. Breach of these rules will result in his/her result of the Race being cancelled.
2. The sequences that runners of each division running across the finish line will determine the sequences of winners of the race. Runners will be disqualified if he / she blocks or hinders other runners.
3. The Committee of the Race reserves the right to make the final decision on any conducts /

behaviors suspected of breaching the rules of the race.

4. The time recorded by the timing chip will determine the winners.
5. Breach of these Rules of the Race will result in disqualification and results cancelled.
6. Any objection to the result of the Race can only be raised to the Committee of the Race within 10 minutes after the announcement of the results, subject to an Appeal Fee of MOP500. If the objection is considered valid by the Committee, fees paid will be refunded; otherwise, the entrant will have to abide by the decision of the Committee.
7. If the Race is cancelled due to force majeure, entrants shall not be entitled to dispute and the entry fees will not be refunded.
8. By submitting the entry form, the entrant agrees to abide by all rules and arrangements of the Race, confirms that he/she is medically fit to take part in the Race and further agrees that the Committee of the Race shall not be held responsible or liable for any injury or death howsoever arising from the Race.

Race number of runners

Race numbers must be picked up at the Associacao de Atletismo de Macau at the Macau Olympic Sports Centre on November 23 - 25, 2016 (10:00 - 13:00, 14:30 - 18:00).

Committee of the Race

The Committee, consisting of 7 members appointed by the Committee of the Race, will be responsible for and determine all matters of the Race. Entrants shall abide by all Name list of members of the Committee will be posted on the information board located

Important Notice

1. Running up the stairs of Bank of China Building is difficult. Entrants should practice running/walking up stairs on their own before the Race.
2. If there is any deficiency in these rules, the decision of the Committee of the Race shall be final and conclusive.

Enquiry

1. BOC Service Hotline: 888 95566 or refer to website of Bank of China: www.bocmacau.com.
2. Associacao de Atletismo de Macau : Tel 2883 9691.

Remark: Should there be any discrepancies or inconsistency between the Chinese and English version of these rules, the Chinese version shall prevail.