



Standard  
Chartered  
Hong Kong  
Marathon  
渣打香港馬拉松  
2026

# Youth Run

## Important Notice

## 躍動少年跑 賽事跑手須知



Together, we run further

一起 我們跑更遠



贊助機構 Sponsored by



SEIKO

Watsons water

POAD



Panasonic



Bioré



GARMIN



支持機構 Supported by



# 比賽時間流程及地點

## Key Times and Locations



組別 Category		一組 Run 1	二組 Run 2	三組 Run 3	四組 Run 4	五組 Run 5
號碼布樣式 Bib Samples 號碼布的顏色代表參賽者 所屬之賽事及組別 The Bib colour indicates the race category the participants belong to						
馬拉松博覽會及跑手包領取 Marathon Expo and Runner's Pack Collection	地點 Location	啟德體藝館 Kai Tak Arena				
	開放日期及時間 Opening Dates and Hours	2026 年 1 月 14 日至 16 日（星期三至五） 14 – 16 January 2026 (Wednesday to Friday)			15:00 – 21:00	
起跑前 Before Start	比賽日期 Race Date	2026 年 1 月 17 日（星期六） 17 January 2026 (Saturday)				
	領取跑手包地點（如適用） Location of Runner's Pack Collection (If appropriate)	啟德青年運動場 Kai Tak Youth Sports Ground				
	建議比賽當日 領取跑手包時間 On-day Runner's Pack Collection Time	08:15 – 08:45	08:45 – 09:15	09:15 – 09:45	09:45 – 10:15	10:15 – 10:45
	建議抵達時間 （如已領取跑手包） Suggested Arrival Time (Already collected Runner's Pack)	08:30	09:00	09:30	10:00	10:30
	行李寄存及報到時間 Baggage Deposit and Reporting Time	08:45 – 09:00	09:15 – 09:30	09:45 – 10:00	10:15 – 10:30	10:45 – 11:00
起跑 Start	起點 Start	啟德青年運動場 Kai Tak Youth Sports Ground				
	起跑時間 Start Time	09:00	09:30	10:00	10:30	11:00
時限 Time Limit	全程 Full Course	賽道及終點將於 11:30 關閉。 Race Course and Finish will be closed at 11:30.				
衝線後 After Finish	終點 Finish	啟德青年運動場 Kai Tak Youth Sports Ground				
	完成獎牌及電子證書 Finisher Medal and e-Certificate	所有於指定時限（大會時間）內完成賽事之參賽者，將獲發完成獎牌乙塊及電子證書乙張。 Participants who complete the race within the designated Time Limits (Official Time) will be awarded a Finisher Medal and an e-Certificate.				
	行李區關閉時間 Closing Time of Baggage Area	12:00				





# 賽道路線圖及場地地圖

Course Map and Venue Location Map



前往啟德青年運動場步行路線:  
Walking Route to  
Kai Tak Youth Sports Ground

- 1 5 分鐘 MINS 由港鐵宋皇臺站D出口出發  
From MTR Sung Wong Toi Station Exit D
- 2 15 分鐘 MINS 由港鐵啟德站D出口出發 >  
啟德車站廣場 (先沿有蓋行人通道)  
From MTR Kai Tak Station Exit D >  
Kai Tak Station Square  
(Via The Covered Walkway)

- 港鐵站  
MTR Station
- 巴士及小巴站  
Bus and Minibus Stops
- 行人隧道  
Subway

啟德青年運動場  
KAI TAK YOUTH  
SPORTS GROUND



躍動少年跑  
起、終點  
Start / Finish  
of Youth Run



# 參賽者比賽日流程

## Participants' Race Day Rundown



比賽日前一晚，  
準備所需物品  
Prepare all gear the  
night before Race Day

1

進食  
早餐  
Breakfast



2

檢查需要攜帶之  
物品，包括號碼布  
Final check on race gear,  
including your Bib



3

前往  
啟德青年運動場  
Proceed to Kai Tak  
Youth Sports Ground

4

領取跑手包  
(所屬賽事組別  
起跑時間前 45 分鐘  
至開賽前 15 分鐘) (如適用)  
Runner's Pack Collection  
(From 45 minutes to  
15 minutes prior to your  
designated Start Time)  
(If appropriate)

7

熱身、前往起跑區等候  
並留意大會宣佈  
Warmup, proceed to the  
Start Area and pay attention  
to the official announcement



6

行李寄存 (如適用)  
Baggage Deposit  
(If appropriate)



5

更衣 / 洗手間  
Changing  
clothes / toilet



8

按所屬  
時間起跑  
Start at your  
designated  
Start Time



9

沿途補充水份  
Replenish  
water



10

衝線！  
Mission  
accomplished!



11

領取完成獎牌  
及賽事完成包  
Collect Finisher  
Medal and  
Refreshment Pack



15

好好休息！  
Have a  
good rest!

14

伸展運動及  
補充營養  
Stretch and  
replenish nutrition



13

前往會合家長 /  
監護人 (如適用)  
Proceed to  
meet your  
Parent / Guardian  
(If appropriate)



12

領回行李  
(如適用)  
Collect baggage  
(If appropriate)



16

網上查閱  
個人成績  
Check your  
official result



17

下載電子證書及  
訂購參賽照片  
Download e-Certificate  
and order race photos



# 重要事項

## Important Notice



### 參賽資格

1. 參賽者不得轉讓其參賽名額、號碼布及計時晶片等，或與他人轉換組別。一經證實，有關參賽者的參賽資格將被取消，其報名費將不獲退還。
2. 若參賽者沒有按照其指定參加之組別及時間起跑，大會將取消其參賽資格。有關參賽者亦不會獲發成績及證書。

### 號碼布（連計時晶片）

1. 參賽者必須利用扣針把號碼布的四個角緊扣於胸前容易看見的位置，跑手號碼向外，切勿被遮擋，以便工作人員辨認，否則大會將保留取消其參賽資格之權利。
2. 計時晶片已裱貼在號碼布的背面，請勿摺疊或移除晶片。
3. 為協助大會及救護人員在緊急情況下聯絡參賽者之家屬或親友，請用防水筆於號碼布背面填寫有關資料，包括參賽者姓名、緊急聯絡人姓名及電話等。

### 行李寄存

1. 起、終點將設行李寄存區。請勿存放貴重物品。存放物品如有遺失或損壞，大會概不負責。
2. 大會只會處理使用大會提供之指定行李袋的行李。大會將於比賽日向有需要寄存行李的參賽者派發行李牌，以資識別。
3. 有關禁止帶入比賽區的物品清單，詳情請參閱大會網頁。
4. 所有不需寄存行李的參賽者可直接前往等候區，準備起跑。

### 賽道

1. 禁止任何寵物，或任何形式的輪運行物體的交通工具，如輪椅（輪椅賽參賽者除外）、自行車、直排輪溜冰鞋、手推車、內置或附加在鞋的轆等進入賽道範圍。
2. 參賽者於比賽中亦不可使用任何外在輔助設備（義肢除外）。
3. 任何在賽道上的工作人員、醫務人員、賽事總監、裁判或保安若要求參賽者退出比賽，該參賽者必須立即停止比賽及離開賽道。
4. 為確保各參賽者之安全，大會工作人員將於賽道沿途維持秩序，參賽者必須遵從工作人員的指示。
5. 為免釀成意外，大會呼籲參賽者切勿於起跑區、賽道範圍及終點區停留拍攝。
6. 大會保留權利因應任何天氣、道路實際情況或在緊急情況下，於賽事開始前或進行中更改任何賽道，而不作另行通知。如緊急車輛必須於比賽進行期間使用部份賽道以盡快處理緊急情況，大會可能會因此暫停賽事。在任何緊急情況下，參賽者必須聽從現場工作人員或執法人員的指示。如賽道因任何以上原因作出更改，有關之報名費用將不會發還或退回。

### 保險

大會已購買第三者責任保險。如有需要，大會建議參賽者及參賽者的家長 / 法定監護人自行購買個人及其他有關保險。

### 惡劣天氣

若香港天文台在比賽當天（即2026年1月17日，星期六）早上6時正或以後發出3號或以上熱帶氣旋信號、紅色或黑色暴雨警告信號，比賽將會取消。參賽者敬請在比賽前一晚留意天氣情況及預報，尤其注意在可預期之時段內可能發出之熱帶氣旋信號、紅色或黑色暴雨警告信號。

### Entries

1. Entries, Bibs, and Timing Chips are non-transferable. Violation will result in disqualification and no refund of entry fee will be entertained.
2. Participants will be disqualified if they do not start at the designated race category and start time assigned by the Organiser. No result and certificate will be issued to those participants.

### Bib (with Timing Chip)

1. Participants should put their Bibs on their chests clearly visible at all times during the race to enable race officials to identify their numbers. Otherwise, the Organiser reserves the right to disqualify the participants concerned.
2. The Timing Chip has been attached to the Bib. Do not fold or remove the Timing Chip.
3. To assist the Organiser and medical personnel to contact participants' relatives or friends in case of emergencies, participants should fill in the required information at the back of their Bibs, including participant's name, emergency contact person and mobile number, etc., with waterproof ink.

### Baggage Deposit

1. Baggage Deposit Area will be provided at the Start / Finish. Please do not deposit valuable items. The Organiser will not be responsible for any losses or damages of deposited items.
2. For ease of recognition, the Organiser will only handle the baggage packed with the official Baggage Bags. Baggage Tags will be distributed to participants who require Baggage Deposit.
3. Regarding the Event Prohibited Items, please refer to the official website for more details.
4. Participants who do not require Baggage Deposit service should proceed directly to the Waiting Zone to prepare for the Start.

### Course

1. No pets or any form of wheel-run objects of transport, e.g. wheelchair (except for participants of the Wheelchair Race), bicycles, skates, trolleys, shoes with built-in or attached rollers, etc., are allowed on the course.
2. Participants must not use any external auxiliary equipment in the race (except prosthetic limb(s)).
3. Participants must retire and leave the race course immediately, if requested to do so by any member of the race officials, medical staff, race director, referees or security staff.
4. Race officials will be deployed along the route for safety and other reasons. Participants must follow instructions given by the race officials during the race.
5. Participants are strongly advised not to stop and take photos or videos near the Start Area, along the course, and at the Finish Area, for the sake of safety.
6. The Organiser reserves the right to change or alter any parts of the running route before and during the race without prior notice in the event of unexpected weather conditions, road conditions or emergency. A race may be temporarily suspended for emergency or any other incidents during the race. In the event of emergency or any incident, participants must follow the instructions of race officials or any law enforcement officers on site. Shall there are any change or alter any parts of the running routes is being exercised, all entry fees are non-reversible and non-refundable.

### Insurance

The Organiser has procured the third-party insurance coverage. Participants and their Parent / Guardian are advised to buy and take up insurance for the Participant's personal or other insurance policies.

### Adverse Weather

The Event will be cancelled if tropical cyclone warning signal no.3 or above, or a red or black rainstorm signal is hoisted by the Hong Kong Observatory at 06:00 or thereafter on the race day (i.e. 17 January 2026, Saturday). Please pay special attention to the weather forecast the night before the Event as it will indicate whether tropical cyclone warning signals, red or black rainstorm signals are likely to be hoisted in the forthcoming period.

