



ATIR



JLB AROUND THE ISLAND RACE (ATIR) 2026 - COASTAL ROWING Race Bulletin for Iron, Relay and 10KM races

2026健力宝海岸赛艇环岛大赛(ATIR) 铁人赛、接力赛及10公里赛赛事通告

Race Dates: Saturday 12 December & Sunday 13 December, 2026

比賽日期: 2026年12月12日星期六及12月13日星期日

Organised by: Royal Hong Kong Yacht Club ("RHKYC")
主办单位: 香港游艇会

Supported by: Hong Kong, China Rowing Association ("HKCRA")
支持机构: 中国香港赛艇协会
Hong Kong Water Sports Council ("HKWSC")
香港水上运动议会

Partner: Hong Kong Playground Association ("HKPA")
合作机构: 香港游乐场协会

Venue: Royal Hong Kong Yacht Club, Kellett Island, Causeway Bay, Hong Kong
比赛场地: 香港铜锣湾奇力岛香港游艇会

The Race 关于本比赛

The **JLB Around the Island Race ("ATIR")** is a **45km race** in coastal rowing boats around Hong Kong Island.

健力宝环岛大赛(ATIR)是一项环绕香港岛**45公里**的海岸赛艇比赛。

The race starts and finishes at the RHKYC main clubhouse on Kellett Island in Victoria Harbour. The course runs clockwise around Hong Kong Island, through the eastern end of the Victoria Harbour and past Cape D'Aguilar and Stanley. **Relay crews will change at Middle Island in Deepwater Bay.** The course continues past Aberdeen and Pokfulam to Green Island before entering the western end of Victoria Harbour. Crews will then navigate past the busy Macau and Central ferry piers, past the Hong Kong Convention and Exhibition Centre in Wan Chai, to finish at Kellett Island. 比赛起点与终点均设于维多利亚港奇力岛(Kellett Island)的香港游艇会会所。比赛路线为顺时针环绕香港岛, 通过维港东口、途径鹤咀及赤柱。接力队在位于深水湾的中途岛(Middle Island、又名熨波洲)更换比赛选手。

比赛路线继续经过香港仔和薄扶林、途径青洲（Green Island）进入维多利亚港西口，赛队将通过繁忙的港澳码头和中环码头，然后途径位于湾仔的香港会议展览中心，最后返回奇力岛香港游艇会会所终点。

Warning: as with all open-water events, this race is not without its share of risks. This is **not** a race suitable for novice rowers and coxswains. It can be challenging for even the most experienced rowers. While the racecourse has relatively calm sections, it also includes the east coast of Hong Kong, where the swell in December can exceed 3 meters in height and wind gusts can exceed 45km/h.

警告：与所有公开水域赛事一样，本赛事存在一定风险。本比赛**不适合**赛艇新手及新手舵手参加。即使对于最有经验的划艇选手来说，这也是一个极具挑战性的比赛。尽管比赛路线中有相对平缓的水域，但也包括，在十二月时可能会出现高达3米的涌浪和时速超过45公里的港岛东海岸。

Race Categories

比赛类别

There are three Race Categories:

本赛事有三个比赛类别：

1. Iron 铁人赛
2. Relay 接力赛
3. 10KM 10公里赛

Note: No rower who competes in the Iron race may enter or participate in the 10KM race.

注意：所有参加铁人赛的队员不可以参加10公里赛的比赛。

The following events are available in each of the three race categories:

上述三个比赛类别中有一下比赛项目：

Coxed Quad (C4x+) 有舵手四人艇	Double (C2x) 双人艇	Invitational Solo (C1x) 单人艇邀请赛
Open 公开组	Open 公开组	Open 公开组
Women 女子	Women 女子	Women 女子
Mixed 混合组	Mixed 混合组	

Crew Composition 参赛队组成

Open: men and/or women in any ratio

公开组：队伍中男女划手比例不限。

Women: all rowers in the crew must be women

女子组：队伍中所有划手必须为女性。

Mixed: equal numbers of men and women rowers in the crew

混合组：队伍中男、女划手人数必须相等。

Coxswain may be either male or female in all categories and events.

所有比赛类别和比赛项目的舵手可以是男性或是女性。

Entry Fee 比赛费

Event 比赛类别	Boat Type 比赛艇类型	Fee (HK\$) per boat 比赛费(港元、每只艇)
Iron 铁人赛	Solo 单人	950
	C2x 双人赛	1,900
	C4x+ 四人艇	3,800
Relay 接力赛	Solo 单人	1,900
	C2x 双人艇	3,800
	C4x+ 四人艇	7,600
10KM	Solo 单人	500
	C2x 双人艇	1,000
	C4x+ 四人艇	2,000

Boat Rental 比赛艇租用

Event 比赛类别	Boat type 比赛艇类型	Fee (HK\$) per boat 比赛费(港元、每只艇)
Iron 铁人赛	Solo 单人	800
	C2x 双人赛	1,600
	C4x+ 四人艇	3,200
Relay 接力赛	Solo 单人	1,600
	C2x 双人艇	3,200
	C4x+ 四人艇	6,400
10 KM	Solo 单人	400
	C2x 双人艇	800
	C4x+ 四人艇	1,600

Note 1: The boat-rental fee includes the boat, oars, and safety equipment (life jackets, and a tow rope).

注1: 赛艇租用包含船体、桨及安全设备（救生衣、牵引绳）。

Note 2: The registration document will give applicants the option of using an Organising Committee allocated boat or using their own boat. Crews may use their own boats provided they comply with the World Rowing Coastal Rowing boat specifications and safety requirements as provided in Paragraphs 5 and 6 Under Section of Entry Information.

注2: 报名文件将允许参赛队选择使用组委会分配的比赛艇或使用自携比赛艇。参赛队可自携艇船只参赛，而该等艇只需符合下面“报名资料”一节中第5及第6段所规定的世界赛艇联合会海岸赛艇规格及安全要求。

Support Boat 支援船

Support boats are **MANDATORY** for both the Iron and Relay categories.
参加铁人赛和接力赛的队伍**必须**在比赛日安排支援船。

For safety purposes, each crew must have a dedicated support boat to accompany them throughout the Iron and Relay races. The Organising Committee can provide contact details for the hire of a support-boat. Indicative cost per boat is approximately HK\$6,000. Each support boat must carry a designated **Support Manager** who will maintain regular contact with race safety officials.

为了安全起见，每个参赛队在整個铁人赛和接力赛比赛期间必须自行安排一艘支援船随行伴航。组委会可提供支援船的联系方式，每艘支援船租用费用预计**约为港币6,000元**。每艘支援船上必须有一名指定的**支援主管（Support Manager）**以保持与赛事安全主任（Race Safety Officials）随时保持联系。

Spectator Boat (Optional) 观赛船 (选项)

Traditional Chinese-style vessels (junk boats) **are not permitted** to act as support boats. Junks may be used as spectator vessels only. Spectator vessels must remain astern of the crew they are observing, whilst keeping clear of the race boats. All support boats must not impede any competing crews. Spectator vessels must also comply with any instructions issued by race officials and local maritime authorities.

传统中式遊艇（junk boats）不可作为比赛支援船。中式遊艇仅可用作观赛船。观赛船必须在其观赛的比赛艇后方航行，与比赛艇保持清爽距离。所有观赛船不得妨碍其它任何比赛艇或任何支援船。观赛船必须遵守赛事总监及香港海事部门发出的任何指示。

Schedule prior to Race Day

赛前安排

17 July 7月17日	Registration opens for all three categories (Iron, Relay and 10KM) 所有比赛类别（铁人赛、接力赛、10公里赛）开始报名
11 Sept 9月11日	Registration closes for crews selecting to use Organising Committee boats 选择使用组委会分配的比赛艇截止报名
18 Sept 9月18日	Confirmation of entries for crews using Organising Committee boats (see note on 'Selection Criteria' below) 选择使用组委会分配的比赛艇资格确认(参见下述参赛队甄选标准)
25 Sept 9月25日	Payment deadline for crews using Organising Committee boats 选择使用组委会分配的比赛艇截止缴费
6 Nov 11月6日	Registration and payment closes for crews using their own boats 使用自携比赛艇的截止报名及缴费
11 Dec 12月11日	Race safety briefing and welcome party at RHKYC clubhouse at Kellett Island 比赛及安全资讯简报会及欢迎派对将在奇力岛会所举行

Note: Attendance at the Race safety briefing is **MANDATORY**. Only **one** representative per crew may attend. Crews that do not send a representative to the briefing (or that fail to notify the Organising Committee in advance) may be refused permission to race.

注：比赛安全简报会是**必须参加**的。每个队伍需委派1人参加。如果队伍中没有委派人员参加比赛安全简报会或未能事先通知组委会，有可能会被拒绝参赛。

Registration

注册链接

Iron Race 铁人赛	Register here 在此注册
Relay Race 接力赛	Register here 在此注册
10KM Race 10公里赛	Register here 在此注册

Entry Information

报名信息

1. All clubs should note that the number of boats available for rental is limited.
各俱乐部应注意，可供租用的比赛艇数量是有限的。
2. If the number of registration requests for Organising Committee boats exceeds the number of boats available, the Organising Committee will allocate boats by draw to ensure the fairest possible distribution, in keeping with ATIR's objectives as a classic international coastal rowing race. Crews should be aware that, in such circumstances, they may not be allocated a boat in their preferred category (or any category).
若申请租用组委会的队伍数量超过可用赛艇总数，组委会将本着将环岛大赛打造成经典国际海岸赛艇赛事的宗旨，以最可能公平的抽签方式进行分配。各参赛队应该注意，在此情形下，参赛队有可能不会被分配到他们首选的艇只类别（或任何类别）。

3. The allocation of boats and the list of finally accepted entries will be notified to clubs on **18th September**, seven days after the close of registration.
比赛艇的分配及最终报名表确认将于9月18日（报名结束后 七天）通知给各俱乐部。
4. Crews not allocated an Organising Committee boat and without their own boat will not be accepted.
未分配组委会艇只并且没有自备船只的报名将不予接受。
5. Crews may bring their own boats, subject to point 6 below. All crews bringing their own boats will be accepted for entry provided they notify the Organising Committee at the time of registration that they will supply their own boat and provide the boat's expected arrival and removal dates. The Organising Committee reserves the right to prohibit the use of any boat that does not meet these requirements
根据下面第6条，参赛队可使用自备比赛艇。使用自备比赛艇的队伍应在报名时通知组委会，并提供预计的到达和离开日期和时间。如任何自携艇只未能符合上述上述要求，组委会有权禁止使用这些艇只。
6. All boats used in the ATIR must be in good condition and must fully comply with the design specifications and safety standards set out in the Rule RC9 World Rowing Rules of Racing: Coastal & Beach Sprints, 2026 and its bye-law for Endurance and Beach Sprint formats. Boats will be subject to inspection by the Organising Committee or its appointed technical officers; boats that fail inspection or are otherwise deemed unsafe will be excluded from the event.
所有参赛艇只必须状况良好，并必须符合《世界赛艇联合会2026年版规则9及其细则-耐力赛和冲刺赛》所规定海岸赛艇的全部设计规格和安全标准。参赛艇只将接受组委会或其委任的技术人员的检查，未能通过检查或被认为是不安全的艇只将被排除参加本赛事。

Selection / Safety Criteria

甄选/安全标准

To satisfy the safety standards for ATIR events, the following selection / safety criteria will be applied to crews entering the Iron, Relay and 10KM events. Crews will be required to meet at least one of the criteria listed below:

为了满足环岛大赛的安全标准性，铁人赛、接力赛和10公里比赛的参赛队伍必须符合以下其中一项要求：

1. One or more crew members have previously completed a Hong Kong ATIR. Please supply the year, category and event, together with the name(s) of the rower(s).
一个或多个参赛队员曾经参加过香港环岛赛。请提供年份、组别及赛事，连同赛艇运动员姓名。
2. Provide proof, including finish time, of having completed a comparable coastal rowing race of similar distance.
提供曾完成类似距离海岸赛艇赛事的证明，并附上完赛时间。
3. Produce a signed letter from a certified coach confirming that all crew members are competent coastal rowers and are capable of completing a race of this magnitude.
提供有教练资格认证的教练签名的证明信，证明所有参赛者都是合格的海岸赛艇运动员，适合参加此规模的赛艇比赛。

4. If none of the above three conditions can be met, the crew must attend training sessions at the RHKYC to demonstrate their competency before the entries close. Arrangements should be made with the Organising Committee.

如未能满足上述三个条件中的任何一个，在截止报名日期前参加组委会在香港游艇会举办的海岸赛艇训练课程，以证明其比赛能力。参加训练课程的，请与组委会联系和安排。

The information above must be supplied at the time of submitting your race registration 提交比赛报名时必须提供以上信息。

The Organising Committee shall be the final arbiter and reserves the right to exercise discretion and grant exemptions in exceptional cases.

组委会将是最终决策者，并有权在特殊情况下豁免以上要求。

Race Cut-off Times 比赛截止时间

In accordance with Hong Kong Marine Department requirements and race organisation procedures, cut-off times will be enforced at specified points on the course for the Iron and Relay races.

根据香港海事处的要求以及赛事程序，铁人赛和接力赛将在指定地点实施截止时间。

- Crews that have not passed designated locations by the relevant cut-off times **will not be permitted to continue the race.**
未能在规定时间内通过指定地点的队伍，将被取消继续比赛的资格。
- Details regarding the locations and cut-off times will be issued at a later date, together with the procedure to be followed if crews are not permitted to continue the race.
有关该截止地点、赛截止时间的详细内容以及参赛队不被允许继续比赛后所执行的程序，将稍后发布。
- No crews may remain on the water after 17:20 on Saturday or Sunday. This is a requirement of the Hong Kong Marine Department.
任何参赛队于比赛周六或周日下午5时20分后，均不得停留于维港中（此为香港海事处的要求）。

Race Day Schedule 比賽日時間表

Saturday 12 Dec (Iron Race)

星期六 12 月 12 日 (铁人赛)

0530	Race control desk opens
0530	比赛管理台开放
0630-0815	Support boats launch from the pontoon
0630-0815	支援船从码头出发
0630-0800	Rowing boats launch from the slipway (Note 1)
0630-0800	比赛艇从坡道下水出艇 (注1)
0730-0830	Race start (in categories)
0730-0830	比赛开始 (分組進行)

Saturday 12 Dec (10KM Race)

星期六 12 月 12 日 (10公里赛)

1400	Race control desk opens
1400	比赛管理台开放
1500	Rowing boats launch from the slipway (Note 1)
1500	比赛艇从坡道下水出艇 (注1)
1530	Race start (in categories)
1530	比赛开始 (分組進行)

Sunday 13 Dec (Relay Race)

星期日 12 月 13 日 (接力赛)

0630	Race control desk opens
0630	比赛管理台开放
0715-0845	Support boats launch from the pontoon
0715-0845	支援船从码头出发
0715-0845	Rowing boats launch from the slipway (Note 1)
0715-0845	比赛艇从坡道下水出艇 (注1)
0800-0900	Race start (in categories)
0800-0900	比赛开始 (分組進行)

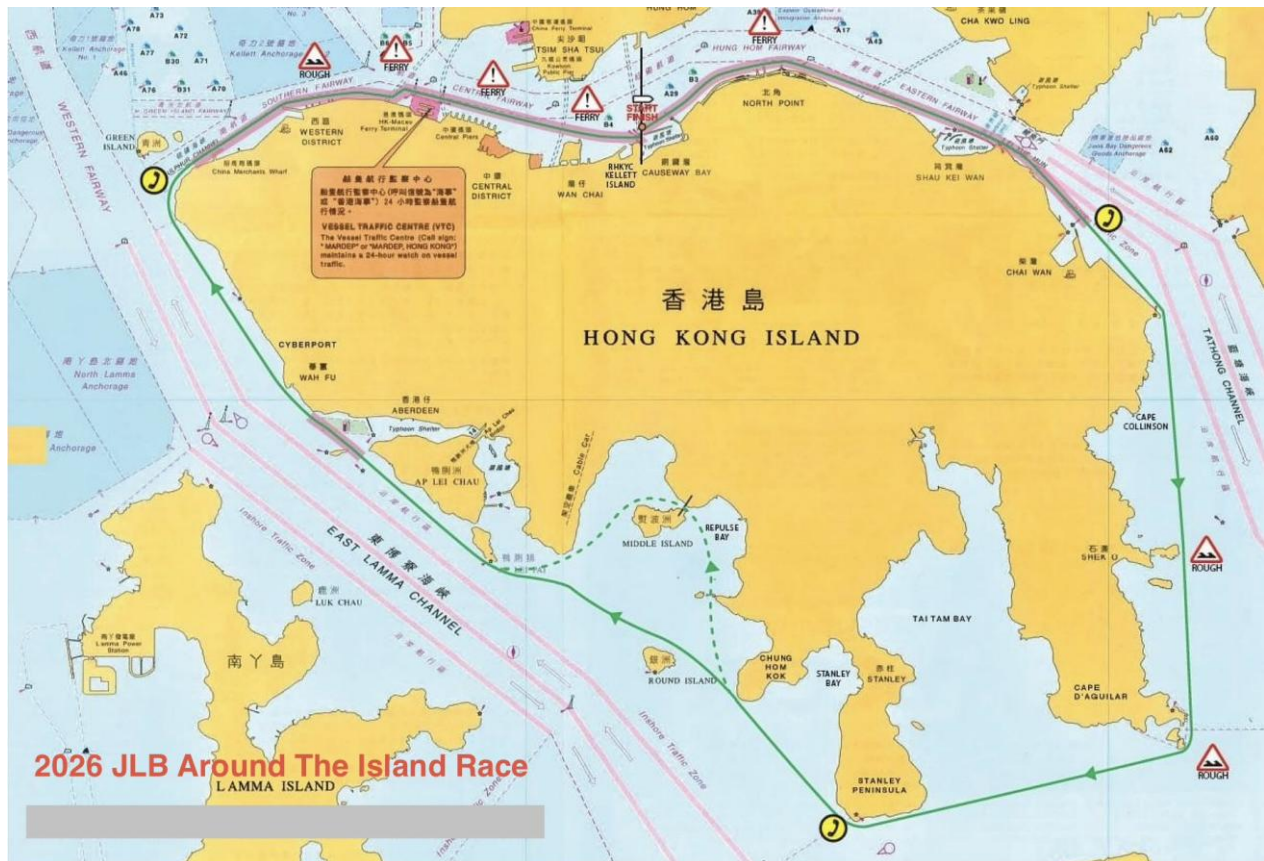
Note 1: Rowing boats should be on the water at least 30 minutes before the scheduled start time. 注1: 比赛艇应在预定比赛时间至少30分钟前下水出艇。

ATIR Race Course: Iron and Relay Races

环岛赛赛道 - 铁人赛和接力赛

Full details of the race course along with a safety briefing document will be circulated to participants before race day.

完整及详细的比赛路线信息以及安全简报文件将在比赛日前分发给参赛者。



Notes

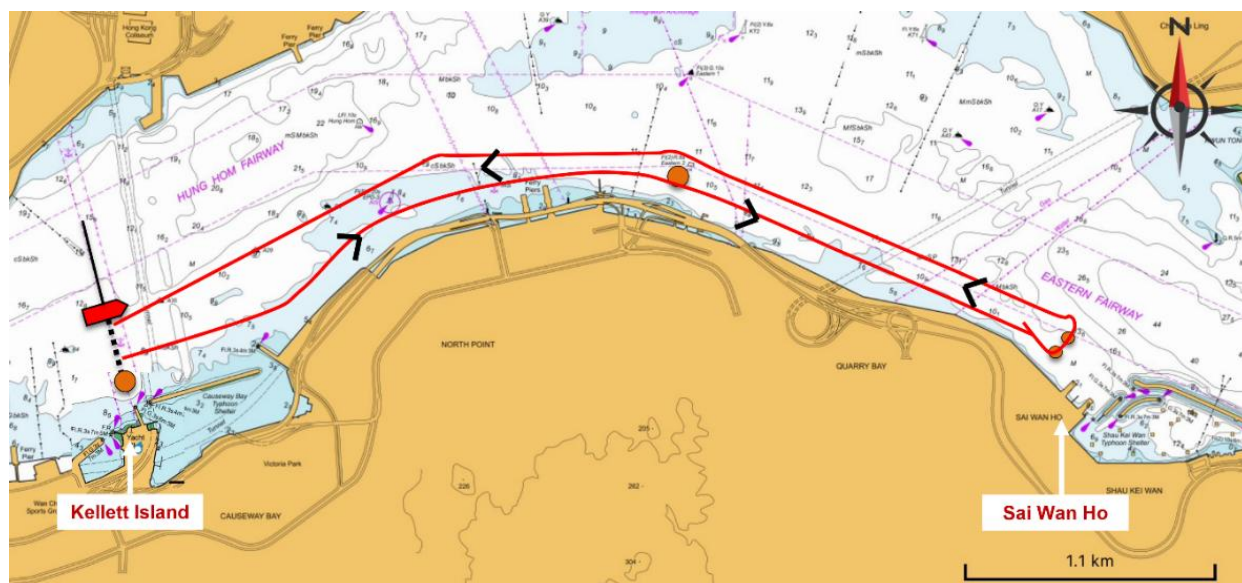
注意

After Stanley Bay:

经过赤柱灣之後：

- Iron crews: stay north of Round Island and continue in the direction of Ap Lei Chau.
鐵人賽艇應在Round Island (銀洲)以北繼續向鴨脷洲方向前行。
- Relay crews: divert to Middle Island pontoon for crew changes.
接力賽艇應轉入前往熨波洲會所進行划艇選手轉換。

ATIR Race Course: 10KM Race 环岛赛10公里赛



Weather in Hong Kong in December 香港12月天气

Average daily air temperature 白天平均气温	17 - 22°C	Average water temperature 平均水温	23°C
Average relative humidity 平均相对湿度	65%	Average monthly rainfall 平均月降雨量	25-30mm
Average wind speed 平均风速	20 km/hr	Prevailing wind direction 主要风向	easterly 东风

For weather details, please consult the Hong Kong Observatory:

关于详细的天气资料，请查询香港天文台

<https://www.hko.gov.hk/en/index.html>

Tides @ Quarry Bay (Hong Kong Harbour) 鰂鱼涌水域潮汐

12 Dec 12月12日	Low tide 低潮	0.6m at 0546hrs
	High tide 高潮	1.5m at 1303hrs
	Low tide 低潮	1.4m at 1509hrs
	High tide 高潮	2.4m at 2155hrs
13 Dec 12月13日	Low tide 低潮	0.7m at 0620hrs
	High tide 高潮	1.5m at 1348hrs
	Low tide 低潮	1.5m at 1541hrs
	High tide 高潮	2.4m at 2229hrs

Tidal Stream Prediction 水流预测

In the context of navigational safety, the Hong Kong Hydrographic Office (“HKHO”) of the Marine Department is the principal provider of nautical information for port users. The HKHO services include tidal stream predictions and competitors are advised to review these prior to racing, https://current.hydro.gov.hk/main/prediction_static.php?lang=en
关于航向安全，香港海事处海道测量部（HKHO）是为港口使用者提供航海信息的主要机构。香港海事处海道测量部的服务包括水流预测，建议比赛队可在赛前访问下面的链接来了解这些信息：https://current.hydro.gov.hk/main/prediction_static.php?lang=sc。

Note: Organising Committee accepts no responsibility for such predictions and the decision whether to refer to these lies solely with the competing crews.

注：组委会对上述预测概不负责。参赛队伍须自行决定是否参考此类信息，并自行承担相关风险与责任。

Contact Information 联系方法

If you require any further information at this stage, please email the Organising Committee at ATIRRowing@rhkyc.org.hk

如各俱乐部希望在本阶段进一步了解任何信息，请发送电子邮件到下列任何一个电子邮箱：ATIRRowing@rhkyc.org.hk

ATIR Website
环岛赛官方网站
<https://www.atirhkrowing.com/>

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