



中國香港龍舟總會 HONG KONG CHINA DRAGON BOAT ASSOCIATION

Founding Member of International Dragon Boat Federation 國際龍舟聯合會創會會員
Founding Member of Asian Dragon Boat Federation 亞洲龍舟聯合會創會會員
Associate Member of Sports Federation & Olympic Committee of Hong Kong, China 中國香港體育協會暨奧林匹克委員會會員
Founding Member of Hong Kong Water Sports Council 香港水上運動總會創會會員

香港龍舟代表隊入隊選拔

測試日期及時間：2022年1月8、9、15、16日（星期六及日）下午1時至5時

測試地點：中國香港龍舟總會石門訓練中心

參加資格：
1. 持有有效的香港身份證
2. 公開組年齡24歲或以上，青少年組介乎15-23歲之男女青少年（年齡以1月1日起計算）

截止報名：2022年1月5日（星期三）上午10時

入隊測試標準（年齡15-17歲）

測試項目	跑步測試 (1000米)	掌上壓 (10次)	仰臥起坐 (15次)
完成時間	10分鐘	1分鐘內完成	1分鐘內完成

入隊測試標準（年齡18-23歲）

測試項目 組別	龍舟機	掌上壓	仰臥起坐
男子隊	1分30秒以內完成200米	30次/1分鐘內完成	40次/1分鐘內完成
女子隊	1分40秒以內完成200米	10次/1分鐘內完成 (雙手置於長槳上)	30次/1分鐘內完成



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入隊測試標準（年齡 24 歲或以上）

組別 \ 測試項目	龍舟機	掌上壓	仰臥起坐
男子隊	3 分 15 秒內完成 500 米	50 次 / 1 分鐘內完成	40 次 / 1 分鐘內完成
女子隊	4 分 30 秒內完成 500 米	15 次 / 1 分鐘內完成 (雙手置於長橈上)	30 次 / 1 分鐘內完成

備註：

1. 掌上壓及仰臥起坐需按照指示完成，如動作過分偏離或許不會計算。
2. 有意參加者，請進入以下連結完成報名手續。(連結：
<https://forms.gle/dWL5uUMQfoniHGUu6>)
3. 完成測試後，招募結果經香港代表隊總監及教練確認後通知參加者。通過選拔之參加者才會接獲電郵通知。

2021 年 12 月 17 日



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Hong Kong Team Open Recruitment

- Selection Date / Time : 8, 9, 15, 16 January 2022(Saturday & Sunday) 1300-1700 hours
Venue : Hong Kong China Dragon Boat Association Shek Mun Training Centre
Eligibility : 1. Holder of Hong Kong Identity Card
2. Open Team: Aged 24 or above; Youth Team: Aged 15 to 23(Age is calculated from 1st January)
Deadline : 5 January 2022 (Wednesday) 1000 hours

Selection Criteria (Aged between 15 and 17)

Test Items	Running (1000m)	Push-ups (10 nos)	Sit-ups (15 nos)
Time Limit	10 minutes	within 1 minute	within 1 minute

Selection Criteria (Aged between 18 and 23)

Test Items	Ergometer	Push-ups	Sit-ups
Men's Team	Finish 200 meters within 1 minute and 30 seconds	30 push-ups within 1 minute	40 sit-ups within 1 minute
Women's Team	Finish 200 meters within 1 minute and 40 seconds	10 push-ups within 1 minute (with hands on bench)	30 sit-ups within 1 minute



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Selection Criteria (Aged 24 or Above)

Test Items Teams	Ergometer	Push-ups	Sit-ups
Men's Team	Finish 500 meters within 3 minutes and 15 seconds	50 push-ups within 1 minute	40 sit-ups within 1 minute
Women's Team	Finish 500 meters within 4 minutes and 30 seconds	15 push-ups within 1 minute (with hands on bench)	30 sit-ups within 1 minute

Remark:

1. Push-ups and Sit-ups must be done properly according to the instruction, improper movement will not be counted.
2. For those who are interested, please click the link below for registration.

Link: <https://forms.gle/dWL5uUMQfoniHGUu6>

3. The selection result will be announced via E-mail after reviewed by the Director and Coaches of Hong Kong Team. Qualified participants will be notified only.

17 December 2021