Swimmer Guide

Please read this guide carefully before the Race

Venue Support

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Swimmer Guide

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Swimmer Guide

Introduction

First held in 1906, the Cross Harbour Race has served as one of Hong Kong's most celebrated events for over 70 years attracting hundreds of participants and thousands of spectators. The event has also attracted significant media attention locally and internationally delivering vibrant photos of athletes diving into Victoria Harbour against the picturesque backdrops of Hong Kong's mountain and skyscraper views. The Race has always played a major role in advocating the strong Lion Rock Spirit which truly fosters the pride of Hong Kong.

The Cross Harbour Race is a physically demanding sports event, requiring both a tactical and technical approach to achieve the best outcome. Racing across the Victoria Harbour, it perfectly blends both natural and metropolitan experience together, and elaborates its extraordinary charm.

In 2011, the revival of the "Harbour Race", also coupled as one of the celebrations of the 60th anniversary of the HKASA and that of the Hong Kong Sports Federation & Olympic Committee, was a great success with around 1,000 swimmers racing 1.8 km across the Victoria Harbour from Sam Ka Tsuen Public Landing to Quarry Bay Park. The Race revived an important memory of the Hong Kong community and helped to promote swimming as a sport amongst people of all ages.

Held in conjunction with the 5th Asian Open Water Swimming Championships in 2012, the Harbour Race was recognized as a "M Mark" Event and had attracted over 1,600 contestants including swimming elites all over Asia to swim across the Victoria Harbour from Sam Ka Tsuen Public Landing to Sai Wan Ho Harbour Park.

HKGSA is confident that the Cross Harbour Race would grow in scale to become an iconic event for Hong Kong and wish all participants and spectators an enjoyable and memorable race this year.

Hong Kong China Swimming Association

Swimmer Guide

A) Race Information

Date: 15 November 2026 (Sunday)

Venue: Wan Chai Golden Bauhinia Square Public Pier to Tsim Sha Tsui Avenue of Stars

Category & Start Time:

	Racing Group	
	Men	**Female**
Event Number	1	2
Distance	Approximately 1 km	
Age	14 or above (Born on or before 31st December 2012)	
Reporting Time **(Those failing to report will be disqualified)**	6:45a.m. to 7:00a.m.	
Start Time	Around 7:30a.m.	Around 7:35a.m.
Colour of Race Card, Baggage Tag & Swim Cap	**Purple**	**White**

	Leisure Group			
	Men & Women			
Event Number	3			
Distance	Approximately 1 km			
Age	12 or above (Born on or before 31st December 2014)			
Reporting Time **(Those failing to report will be disqualified)**	Batch 1	Batch 2	Batch 3	Batch 4
	6:45a.m. to 7:10a.m.	7:10a.m. to 7:35a.m.	7:35a.m. to 8:00a.m.	8:00a.m. to 8:25a.m.
Start Time	Around 7:45a.m. to 9:50a.m.			
Colour of Race Card, Baggage Tag & Swim Cap	**Blue**	**Yellow**	**Orange**	**Red**

- For safety reasons, swimmers of Leisure Group are assigned into four batches based on their 1,500m Results of Time Trial/ Proven Record.
- Please arrive at the Wanchai Golden Bauhinia Square no more than **15** minutes before the above designated Reporting Time. **Any early arrivals will not be entertained**.

Swimmer Guide

B) Race Route Map



- The course is set with 4 large buoys: one orange buoy (marked A) at the start and one orange buoy (marked B) at the finish, each tie with a small buoy to show the current flow. Additionally, two red buoys are positioned at the center of the course as directional guides. **Swimmers are advised to identify a coordinate building for adjusting swimming direction with the current flow.**

- Swimmers SHOULD swim inside the Race Course. Leisure Group Swimmers who have been washed off the Race Course will be guided back to the course by canoes. Those failing to comply will be requested to leave the water and will be disqualified.

- The following boats and canoes will also be arranged to ensure the safety of the swimmers during the race:
  - Rescue Boats
  - Judge Boats
  - Rescue Canoes
  - Licensed Lifeguards
  - Divers
  - Medical Boats (With Doctor and Nurse)

If swimmers feel exhausted or affected by cramp during the race, please raise a hand and call for help immediately.
For the Leisure Group swimmers, they shall float on back and hold the tow float tight with one hand and raise the other hand for assistance. Lifeguards and Rescue Boats would come to rescue immediately.

Swimmer Guide

C) Weather

Weather Forecast on 15 November 2026

- Temperature: 19°C - 24°C
- Humidity: 63 - 75%
- Average Water Temperature in November: **23.8°C**

(Source: https://www.weather.gov.hk/en/cis/normal/1991_2020/seatemp.htm)

Predicted Tides on 15 November 2026

- Based on Hong Kong Observatory tidal predictions for 15 November 2026, the high tide will begin at 08:00 am, with water levels rising from 0.88m while the current flows from east to west.
- The tide is forecasted to reach 1.14m by 11:00am

(For more details, please visit the website of Hong Kong Observator: https://www.hko.gov.hk/en/tide/predtide.htm)

Swimmer Guide

D) Points to note

1) Swimmers should decide their participation according to their physical capability, and should consult medical advice from doctors if they are in doubt of their health condition prior to the Race.
2) Open water swimming practice prior to the Race is highly recommended.
3) No special transportation will be arranged on the Race Day. Due to the limited number of parking spaces, **swimmers are advised to go to the venue by public transport** (Please refer to the appendix for more details).
4) Only official boats can enter the Race Area. **Unauthorized boats will be driven away**.
5) For safety reasons and to avoid overcrowding, the entry to Landing Pier will be restricted for spectators. Spectators can watch the Race at the Avenue of Stars, Tsim Sha Tsui on the Race Day. It is recommended that swimmers should meet up with their families and friends near the *Tsim Sha Tsui K11 Musea*.
6) Swimmers who feel unwell before the Race, or who still have unhealed wounds, should not participate in the Race.
7) **Warm up before swimming**. Swimmers are **not allowed** to warm up in the water on the Race Day and can only warm up on land before start.
8) Do not swim with an empty stomach or after a heavy meal.
9) Please wear swimming goggles during the Race.
10) Any prohibited or dangerous items (including but not limited to offensive weapons, fireworks, flammable or explosive agents or objects which may obstruct other Participants) is strictly prohibited.

Swimmer Guide

11) The Race will be cancelled under any of the following conditions: :
    - Announcement before **6:00a.m. on the Race Day** by the Hong Kong Observatory:
        - Typhoon Signal No. 1 or above, hoisted on or before 6:00 am; **or**
        - Amber Rainstorm Signal and thunderstorm warning issued simultaneously; **or**
        - Red Rainstorm Signal; **or**
        - Black Rainstorm Signal; **or**
        - Localised thunderstorm warning for that area^; **or**
        - Occurrence of red tide at the venue; **or**
        - Any conditions unsuitable for staging the competition.

    Remarks:

    ^Applicable only to Tsim Sha Tsui and/or Wan Chai districts
12) Swimmers must follow the instructions of Race officials to maintain venue order and ensure the smooth operation of the Race.
13) Please put on swimwear in advance before reporting to the "**Reporting Center**" of Starting Area. **No** changing facilities will be available at the Starting Area.
14) Upon completing the Race, swimmers will be advised to proceed to "**Baggage Claim Area"** as soon as possible to retrieve their items, thereby minimizing congestion and their stay in the finish area.
15) Swimmers attending media activities or interviews **MUST** wear the designated event apparels or properly display the provided event logo provided by HKGSA. All prize winners **MUST** also wear the designated event apparels to attend the Award Ceremony.

Swimmer Guide

E) Race Required Items and Instructions

1) Race Required Items

Racing Group	Leisure Group
Race Card	Race Card
Designated Swim Cap	Designated Swim Cap
One Ankle Electronic Transponder	One Ankle Electronic Transponder
Two Wrist Electronic Transponder Chips	Tow Float
Storage Bag (Blue) - if applicable	Storage Bag (Red) - if applicable
Baggage Tag - if applicable	Baggage Tag - if applicable

2) Race Card

- Sample



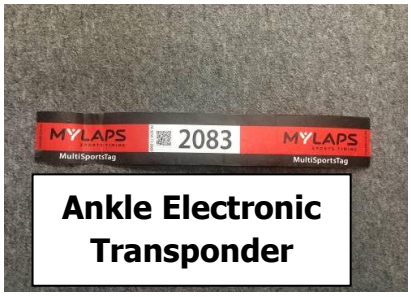
Swimmer Guide

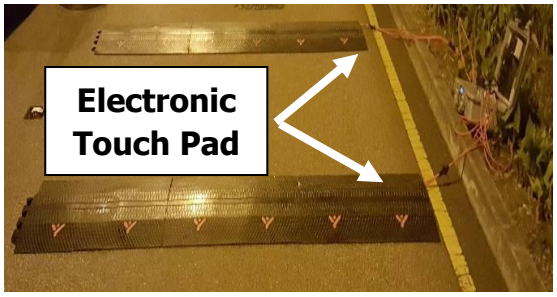
i) Race Card of Racing Group	
Reporting Time: 06:45 - 07:00	
ii) Race Card of Leisure Group	
Reporting Time of 1st Batch: 06:45 - 07:10	
Reporting Time of 2nd Batch: 07:10 - 07:35	
Reporting Time of 3rd Batch: 07:35 - 08:00	
Reporting Time of 4th Batch: 08:00 - 08:25	

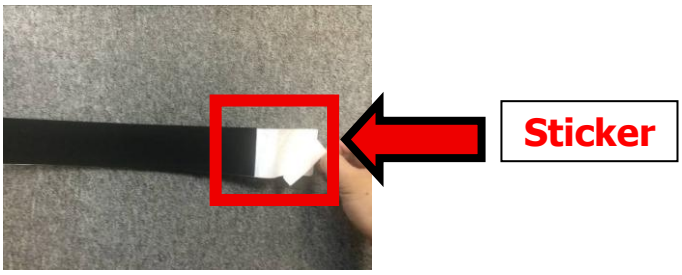
Swimmer Guide

3) Swim Cap
   - The swim cap corresponds in color to the baggage tag and features the swimmer's assigned race number. **Swimmers are not allowed to mark, draw or write any patterns or characters on the swim cap.**

4) Ankle Electronic Transponder
   - Every Racing Group and Leisure Group swimmer will be provided with one Ankle Electronic Transponder **(No return required).**
   - **The Ankle Electronic Transponder serves as one of the important proofs for determining whether a swimmer has completed the Race. All swimmers MUST secure the Transponder throughout the entire Race on ankle tightly until reaching the finish line on shore. Those who fail to comply will be disqualified.**





i) Please flip over the Ankle Electronic Transponder	
ii) Tear of the sticker at the end of the Transponder **(Sticker part can only be used once. Please ONLY use it on the Race day)**	
iii) Tie the electronic transponder tight above the ankle	

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5) Wrist Electronic Transponder Chips (For **Racing Group** Swimmer Only)

- Every **Racing Group** swimmer will be provided two Wrist Electronic Transponder Chips for result recording. All swimmers MUST secure the Transponders throughout the entire Race on both wrists tightly until reaching the finish line on shore.



Wrist Electronic Transponder Chips (MUST Return)

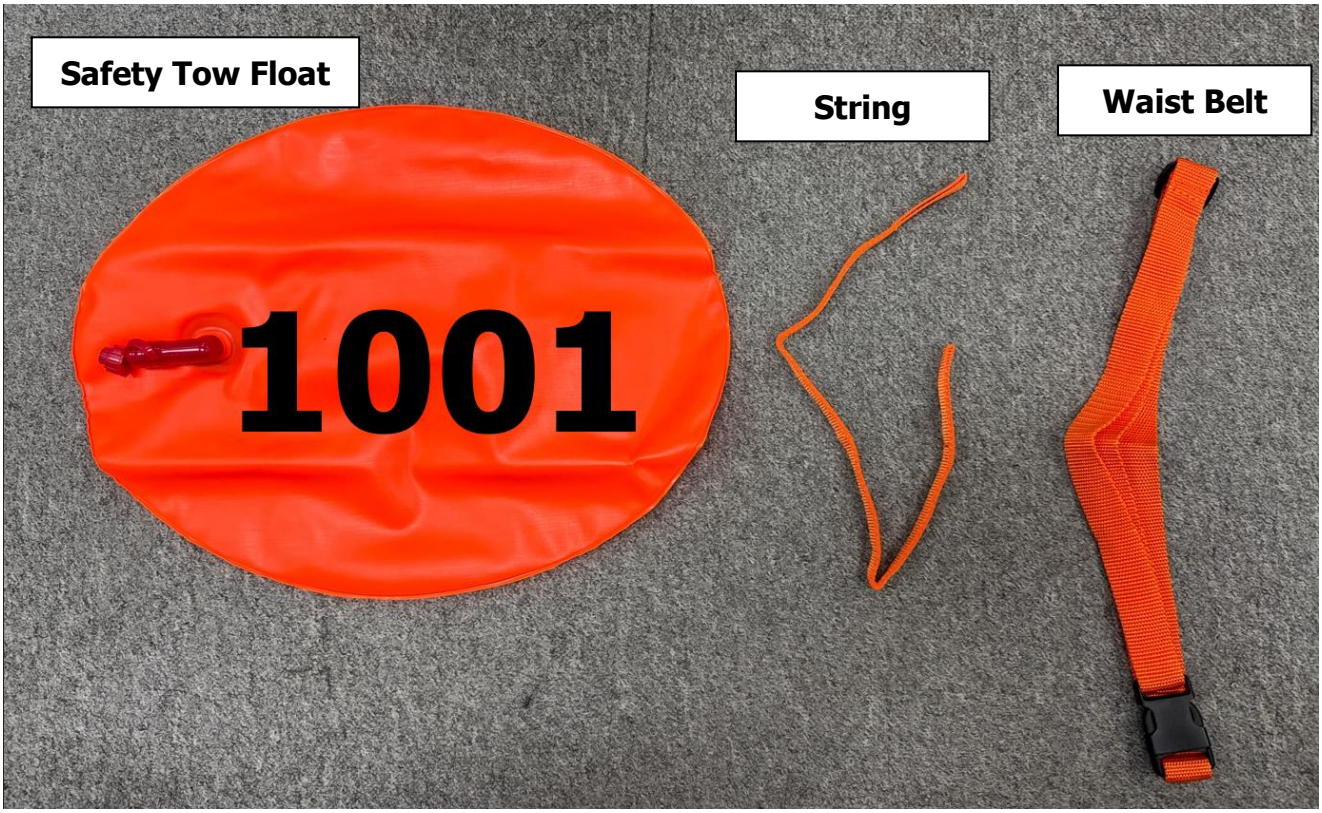
- **Upon completing the Race, swimmers MUST return both Wrist Transponders Chips to the "Wrist Electronic Transponder Return Counter".**
- **Racing Group** swimmers who are ultimately unable to attend the Race **MUST** return both Wrist Electronic Transponders to the HKGSA office **on or before 19 November 2026 (Thursday)**.
  - Address: Unit L, 9/F, MG Tower, 133 Hoi Bun Road, Kwun Tong
  - Office Hour: Monday to Friday (10:00 am - 12:00 noon; 1:00 pm - 5:00 pm); Closed on Saturday, Sunday and Public Holidays
- Swimmers will be charged for **HKD$800 each (HKD1,600 for two chips)** of the chip in case of losing or do not return the Wrist Electronic Transponder Chips. If swimmers refuse to compensation, HKGSA reserves the right to forbid the concerned swimmer to participate **in the future Harbour Race**.
- Upon reaching the finish line, swimmers must touch the **electronic touch pad (see picture below) by hand** with the wrist electronic **transponder** for result and finish time recording. Those who fail to comply will be disqualified.



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6) Safety Tow Float (For **Leisure Group** Swimmer Only)

- Every Leisure Group swimmer will be provided a Safety Tow Float printed with their designated race number. **All swimmers MUST secure the Safety Tow Float throughout the entire Race tightly until reaching the finish line on shore. Those who fail to comply will be disqualified.**
- Swimmers are encouraged to keep the Tow Float as a souvenir or re-use during future practices. If swimmers do not wish to keep it, please return to the **"Tow Float Recycling"** in the finish area. Please do not dispose of them casually anywhere within the event venue.
- The Safety Tow Float comes with 2 other accessories:



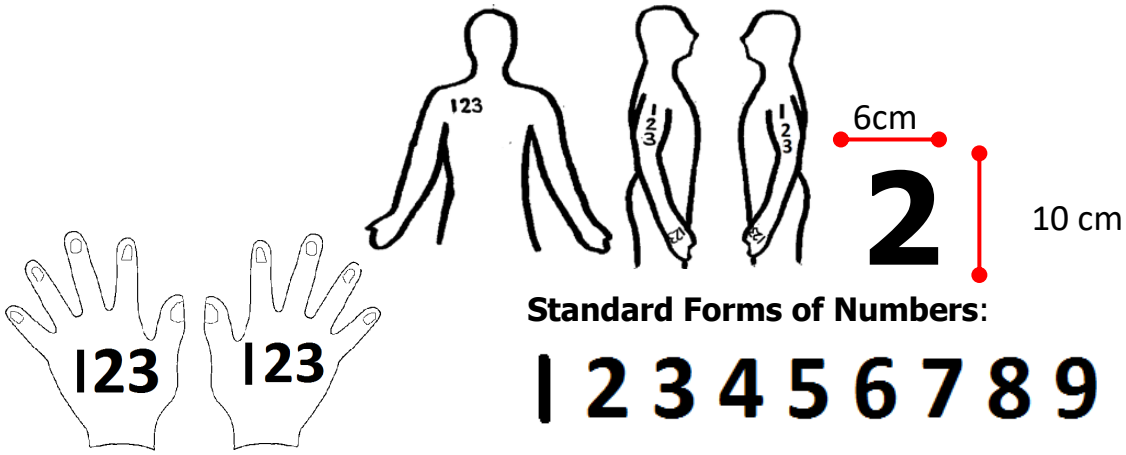
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i) Inflate the Safety Tow Float by blowing into the mouthpiece	 
ii) Put one end of the string through the red handle at the back of the Safety Tow Float	
iii) With one end of the string through the other loop and tighten it on the red handle of the Safety Tow Float	 
iv) Thread one end of the waist belt through the remaining loop of the string	 
v) Finally, buckle the Safety Tow Float around your waist and adjust the waist belt to suit your comfort	

Swimmer Guide

7) Storage Bag and Baggage Tag
   - Swimmers wishing to use the baggage deposit service **MUST** use the official storage bag provided by HKGSA **(one per Swimmer, Racing Group - Blue storage bag; Leisure Group - Red storage bag)** with the official baggage tag attached, and must clearly write their Race Number on the bag in advance.
   - Please do not deposit valuable items. HKGSA has no responsibility for any losses or damages of deposited items.
   - HKGSA will only handle the baggage packed with the official Storage Bags and Baggage Tags.
   - **All personal belongings must be completely packed into the provided storage bag. Please do not bring oversized or excessive items. Any items that cannot be packed into the provided storage bag will not be handled and stored by HKGSA, and must be handled by the swimmers themselves.**

8) Race Number
   - Swimmers must mark their race numbers **on the left side of their back, both upper arms, and the backs of both hands** as in the illustration below. Size of each number on arms and back should be **10 cm x 6 cm**.



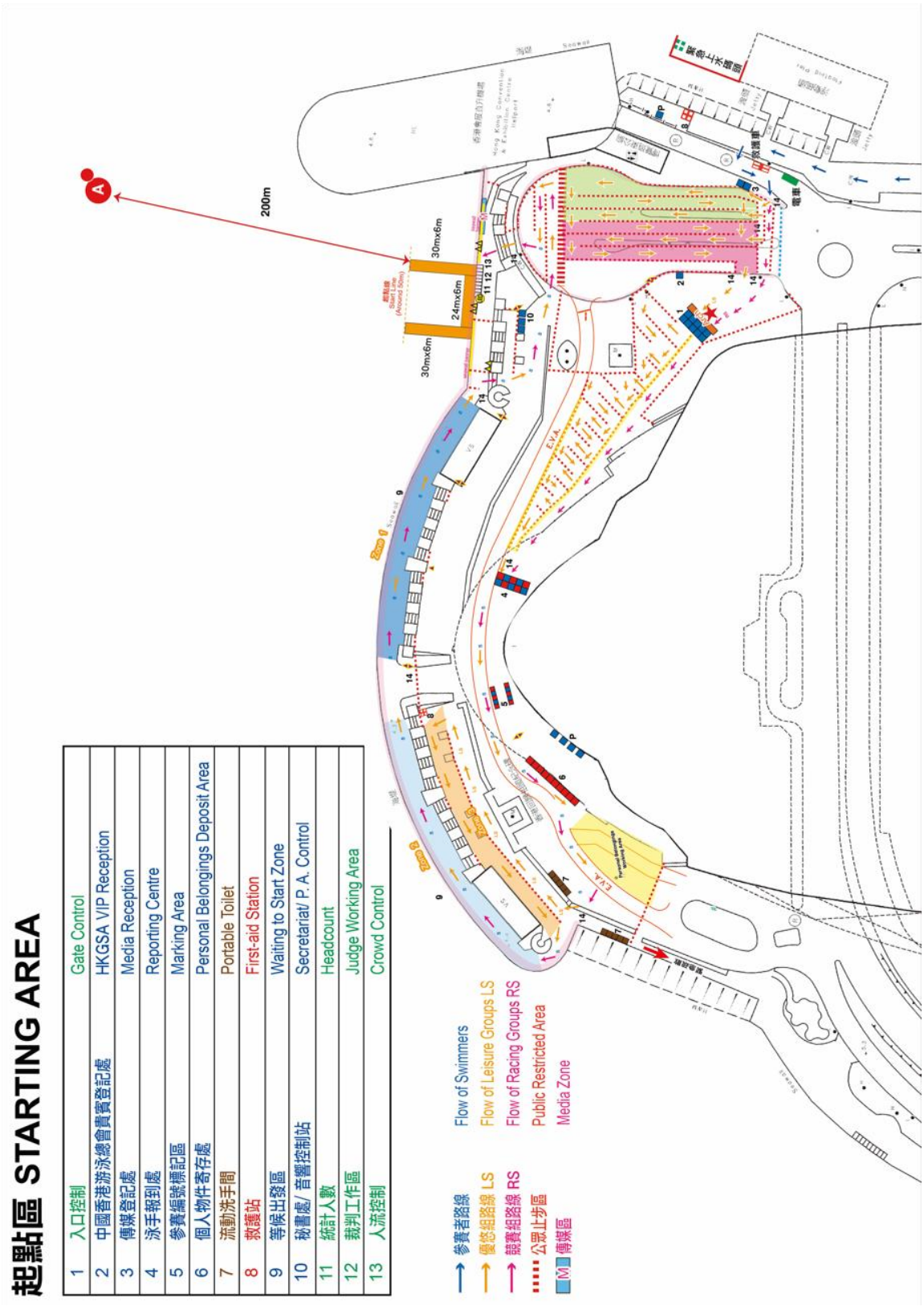
   - **Please be careful with the written form of 1 and 7.**
   - **Please do not apply sunscreen or any sunblock products prior to areas bearing the race number.**
   - Swimmers **MUST** write down their race numbers **with the marker pens provided by HKGSA.** Do not use pens of any other color.
   - For safety and rescue reasons, swimmers can only write down their race numbers at the destinated area **(i.e. left side of their back, both upper arms, and the backs of both hands).** No other drawings, decorations or graffiti are allowed on swimmers' bodies or swimsuits, so as not to hinder the immediate identification of swimmers. **HKGSA reserves the right to refuse entry or remove swimmers who do not comply with the rules and instructions of HKGSA.**

On Race day, Race officials will verify all required personal identification markings on each participant.
Swimmers who fail to bring and present their Race Card, designated Swim Cap, One Ankle Electronic Transponder, Two Wrist Electronic Transponder Chips (Racing Group Swimmer Only) and/ or Tow Float (Leisure Group Swimmer Only) will not be allowed to participate in the Race.

Swimmer Guide

F) Logistics – Starting Area

1) Location Map of Starting Area



2) Reporting procedures

i) Due to the large number of participants and Race officials, swimmers are strongly advised to take public transport to the Starting Area.

ii) Please put on swimwear in advance before reporting to the "**Reporting Center**" of Starting Area. **No** changing facilities will be available at the Starting Area.

iii) Swimmers may exit from **Exit B3 of MTR Exhibition Centre Station**, walk along the footbridge via Expo Drive East, and enter the Start Area at Golden Bauhinia Square.

iv) "Bag Check Marquee" are set up at the Golden Bauhinia Square

- In order to provide a safe and comfortable environment, swimmer must undergo a security check at the entrance. All dangerous and hazardous objects are strictly prohibited. **Swimmers who refuse to cooperate or comply will be expelled from the venue.**

v) Reporting Center

- Swimmers who do not bring and present:
  - Race Card; and
  - Designated Swim Cap; and
  - One Ankle Electronic Transponder; and
  - Two Wrist Electronic Transponder Chips (Racing Group Swimmer Only); or
  - Tow Float (Leisure Group Swimmer Only)

  will not be allowed to participate in the Race.
- Upon arrival at the "Reporting Center", swimmers must **present and submit** their "Race Card". Race officials will verify their eligibility and scan the QR code on the Race Card for check-in and admission purposes. Subsequently, officials will retain the Race Card* and **verify that all required personal identification markings are in place on each participant.**

*Swimmers may retrieve the Race Card at the HKASA office subsequently (Details to be announced on the website).

vi) Marking Area

- After completing the check-in procedure, swimmers are required to follow the instructions and pass through the "Marking Area" and display their race number to the Race officials. The officials will assist to mark or amend the race number markings on the participant, if necessary.

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vii) Personal Belongings Deposit Area

- Swimmers wishing to store the baggage **MUST** use the official storage bag provided by HKGSA with the official baggage tag attached; and to deposit their baggage at the "Personal Belongings Deposit Area within the scheduled reporting time. HKGSA will transport all checked bags to the "Baggage Claim Area" at the finish area for collection. HKGSA has no responsibility for any loss or damage incurred during transit.
- **All personal belongings must be completely packed into the provided storage bag. Please do not bring oversized or excessive items. Any items that cannot be packed into the provided storage bag will not be handled and stored by HKGSA, and must be handled by the swimmers themselves.**
- Swimmers who do not require baggage deposit service may proceed directly to the Event Allocation Area to complete the Race registration procedure. ◦
- **To avoid overcrowding, swimmers must ensure they have properly donned or attached their designated Swim Cap, One Ankle Electronic Transponder, Two Wrist Electronic Transponder Chips (Racing Group Swimmer Only), Tow Float (Leisure Group Swimmer Only) and goggles before depositing their baggage.**

viii)Waiting to Start Zone

- After completing the baggage deposit procedure, swimmers will be guided into the **"Waiting to Start Zone"**. All swimmers must follow the instructions given by Race officials, descend the stairs to the pontoon to enter the water, and remain behind the start line awaiting the start of the Race.
- **Swimmers must strictly follow on-site instructions and enter the "Waiting to Start Zone" on time. Late swimmers will not be allowed to enter the zones.**

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G) Logistics – Competition

1) Start End

i) Enter the water:

- Swimmers shall follow the instruction of officials to perform straddle entry into the water via the edge of the platform and swim to the start line waiting to start.

ii) Race start:

- After each previous event started, swimmers shall swim up to the Start Line according to the instruction of officials and judges. Race starts after starting signal (usually from airhorn) is triggered.

iii) From Start Line to Finish End:

- The course is set with 4 large buoys: one orange buoy (marked A) at the start and one orange buoy (marked B) at the finish, each tie with a small buoy to show the current flow. Additionally, two red buoys are positioned at the center of the course as directional guides. Swimmers are advised to identify a coordinate building for adjusting swimming direction with the current flow.
- **During the Race, swimmers must wear swim cap, ankle electronic transponder, tow float (Leisure Group Swimmer only) and wrist electronic transponder chips (Racing Group Swimmer only) provided by HKGSA throughout the entire Race tightly until reaching the finish line on shore. Those who fail to comply will be disqualified**
- **Swimmers SHOULD swim inside the Race Course. Those being washed off the Race Course (Leisure Group Swimmer only) will be guided back to the Course by canoes. Those fail to comply will be requested to leave the water and will be disqualified.**

Swimmer Guide

2) Finish End

i) Racing Group Swimmers

- Upon reaching the finish line, swimmers must touch the **electronic touch pad (see picture below) by hand** with the wrist electronic **transponder** for result and finish time recording. Those who fail to comply will be disqualified.



ii) Leisure Group Swimmers

- **Swimmers need not to touch the electronic touch pad** when they approach the Finish Line and could leave from any parts of the platform (As shown in the blue-highlighted position in the picture below).



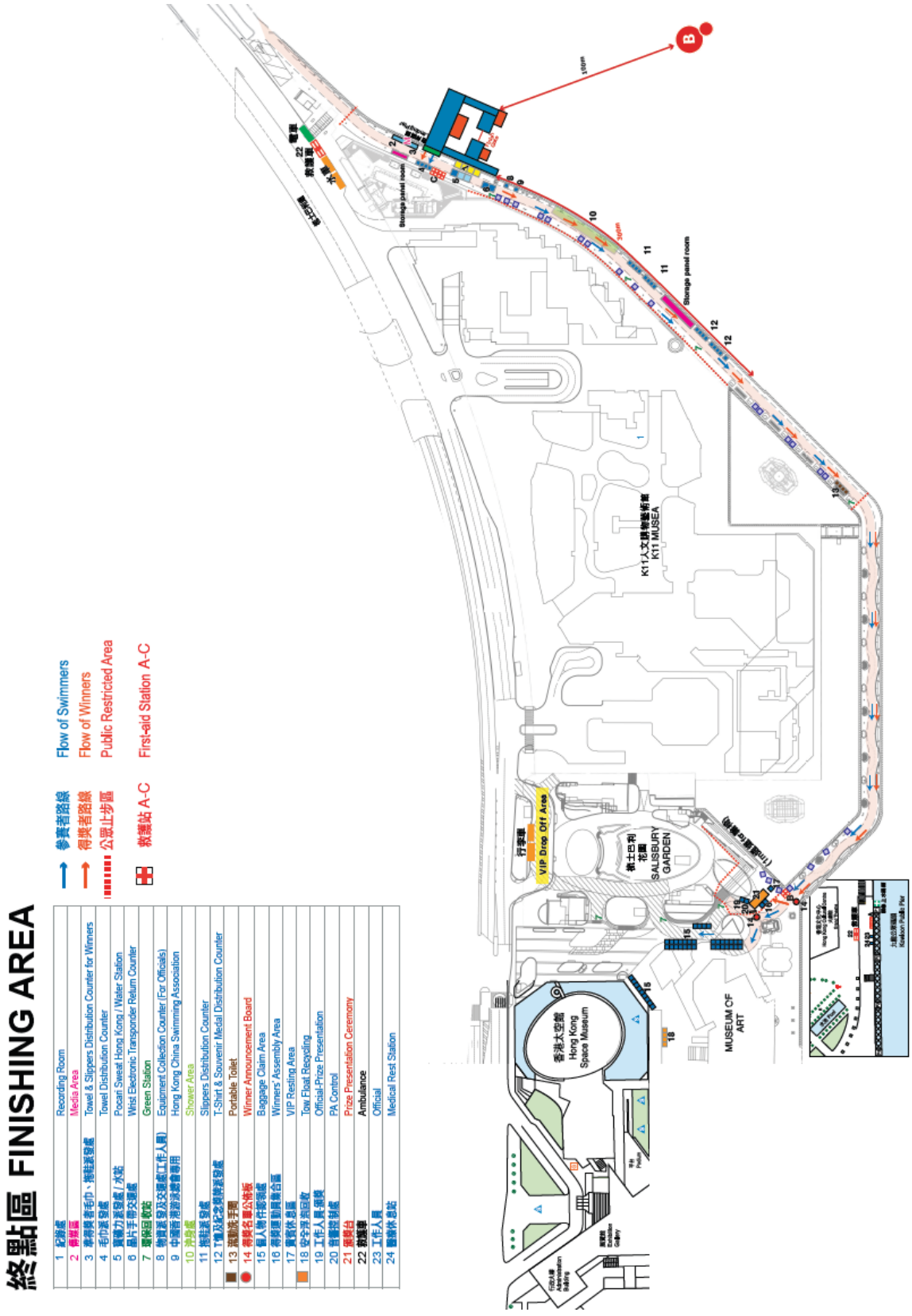
iii) Swimmers will be requested to leave the water if they cannot finish the race within 50 minutes after the start of each batch. Their results will be recorded as **"NQ" (Not Qualified)**.

iv) Upon reaching the finish line, please exit the water promptly to facilitate swimmer tallying and ensure all swimmers successfully complete the Race within the time limit.

Swimmer Guide

H) Logistics – Finishing Area

1) Location Map of Finishing Area



2) Logistics – Finishing Area

i) Upon landing, swimmers should not linger near the pier to avoid causing obstruction and affecting other swimmers' landing. For safety reasons and to avoid overcrowding, **spectators are strictly prohibited from entering the swimmer landing area at the finish zone on Race day** (Spectators can watch the Race at the Avenue of Stars, Tsim Sha Tsui). It is recommended that swimmers should meet up with their families and friends near the *Tsim Sha Tsui K11 Musea*.

ii) Wrist Electronic Transponder Return Center (For **Racing Group** Swimmer Only)

- **Racing Group** Swimmers must return two Wrist Electronic Transponder Chips at the "**Wrist Electronic Transponder Return Counter"** immediately after landing. Swimmers will be charged for **HKD$800 each (HKD1,600 for two chips)** of the chip in case of losing or do not return the Wrist Electronic Transponder Chips.
- If swimmers refuse to compensation, HKGSA reserves the right to forbid the concerned swimmer to participate **in the future Harbour Race**.

iii) Shower Area/ Portable Toilets

- Freshwater shower facilities are available at Shower Area for participants to rinse off. However, the use of any shampoo, body wash, or other cleansing products is **strictly prohibited.**
- Portable toilets are situated near the "**Baggage Claim Area"**.

iv) Distribution Counter

- Towels, slippers, water and T-shirt will be distributed to swimmers at the "**Distribution Counters".**

v) Baggage Claim Area

- Swimmers must present their designated swim caps or safety tow float printed with their personal race number to the Race officials in order to claim their personal belongings. HKGSA has no responsibility for any loss or damage to the personal belongings

vi) Dismissal Arrangement

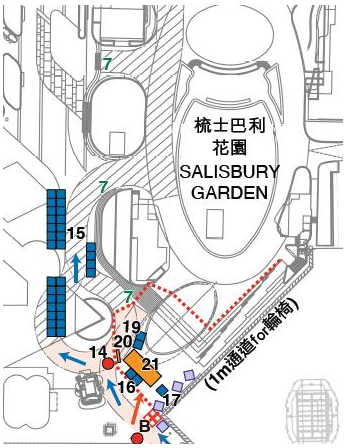
- Swimmers should disperse to Hong Kong Space Museum in Tsim Sha Tsui or East Tsim Sha Tsui as soon as possible after claiming their personal belongings at the "**Baggage Claim Area"** to avoid overcrowding.

vii) Result Announcement

- The list of winners for the Racing Group will be posted on the "Winner Announcement Board" at the Finish area on race day. All other race results will be published on the official website of "Victoria Harbour Race" at a later date.
- Certificates will be awarded to swimmers who complete the race and can be downloaded at the official website of "Victoria Harbour Race" (Details to be announced on the website).

viii) Prize Presentation Ceremony

- Prize Presentation Ceremony **(No. 16 in the map)** will be held right after the arrival of the winners.
- Swimmers attending media activities or interviews **MUST** wear the designated event apparels or properly display the provided event logo provided by HKGSA. All prize winners **MUST** also wear the designated event apparels to attend the Award Ceremony.



Remarks:

- HKGSA has the final decision over all matters not stipulated in the rules.
- Swimmers who feel unwell may seek assistance at the nearest first aid station. ◦
- **No** changing facilities will be available at the Starting Area.

3) Facilities Provided

i) First-aid Station (provided by Auxiliary Medical Services)

	Starting Area	Finishing Area
Location	- Near the flag - At Emergency Landing Pier	- At Landing Pier - At Emergency Landing Pier - Near Prize Presentation Stage

ii) Portable Chemical Toilets

	Starting Area	Finishing Area
Location	- Near Personal Belongings Deposit Area	- Near T-shirt Distribution Counter

Swimmer Guide

I) Emergency

1) In case of any condition unsuitable for staging the competition, HKGSA will notify swimmers with siren and **all swimmers must return to the following emergency landing piers as soon as possible:**

   i) For swimmers situated between Start End and Directional Buoy A: Return to Start End (Wan Chai Golden Bauhinia Square Public Pier)

   ii) For swimmers situated between Directional Buoy A and Finish End: Go to Finish End (Tsim Sha Tsui Avenue of Stars near statue of Bruce Lee)

   iii) In the event of any emergency situations happened in the Wanchai Start area during the course of the Race, all swimmers and officials should go and gather at **Pier No. 10 in Central** and wait for baggage pick up patiently.

   iv) In the event of any emergency situations happened in the Tsim Sha Tsui Finish area during the course of the Race, all swimmers and officials should go and gather at **The Salisbury Garden**, Tsim Sha Tsui East and wait for baggage pick up patiently.

Swimmer Guide

J) Rules and Regulations

1) This Race is conducted in accordance with the "Competition Regulations" adopted by Open Water Swimming of the World Aquatics and the Hong Kong China Swimming Association.
   - Website: https://www.worldaquatics.com/open-water/rules
2) Upon submitting his/her payment of the entry fee, swimmer declares that he/she agrees to and accept these Terms & Conditions, the Official Competition Rules and all other Rules and Regulations which may be adopted by the HKGSA from time to time.
3) All swimmers must bring the "Race Card" issued by HKGSA to the "Reporting Center" for registration and check-in. Swimmers who **fail to present and submit** their "Race Card", or who fail to check in at the "Reporting Center", will not be allowed to compete the Race, and their eligibility to participate in future years will be affected.
4) All electronic transponders (Wrist & Ankle), tow floats, swim caps and race cards are non-transferable. Failure to comply will result in **disqualification**.
5) Swimmers who **fail to bring** any of the following race materials will not be allowed to compete:

Racing Group	**Leisure Group**
i) Race Card	i) Race Card
ii) Designated swim cap	ii) Designated swim cap
iii) One ankle electronic transponder	iii) One ankle electronic transponder
iv) Two wrist electronic transponder chips	iv) Tow Float
Remarks: ● During the Race, Racing group swimmers **MUST wear** swim cap, ankle electronic transponder and wrist electronic transponder chips provided by HKGSA **throughout the entire Race tightly until reaching the finish line on shore. Those who fail to comply will be disqualified.** ● Racing group swimmers **MUST** report to the "Wrist Electronic Transponder Return Center" immediately after the Race and return their wrist electronic transponder chips.	Remarks: ● During the Race, Leisure group swimmers **MUST wear** swim cap, ankle electronic transponder and tow float provided by HKGSA **throughout the entire Race tightly until reaching the finish line on shore. Those who fail to comply will be asked to leave the water and will be disqualified.** ● Should the swimmers abandon the tow float intentionally, HKGSA reserves the right to forbid the swimmer to participate in future "Harbour Race". ● Leisure group swimmers SHOULD swim inside the Race Course. Those being washed off the Race Course will be guided back to the Course by canoes. Those fail to comply will be requested to leave the water and **will be disqualified**.

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6) Swimsuit
   i) Racing Group:
      - Racing group swimmers must wear only one swimsuit in one or two pieces. Swimwear for both men and women shall not cover the neck, extend past the shoulder, nor extend below the ankle.
   ii) Leisure Group:
      - Leisure group swimmers can choose the swimsuits and wetsuits according to one's own choice, provided that their race numbers are clearly visible **on the left side of their back, both upper arms, and the backs of both hands**.
7) If swimmers feel exhausted or affected by cramp during the Race, please raise a hand and call for help immediately. **For the Leisure Group swimmers, they shall float on back and hold the tow float tight with one hand and raise the other hand for assistance.** Lifeguards and Rescue Boats would come to rescue immediately.
8) Upon reaching the finish line, please exit the water promptly to facilitate swimmer tallying and ensure all swimmers successfully complete the Race within the time limit.
9) To avoid overcrowding, swimmers should leave the pier as quickly as possible after landing.
10) Any swimming activity in the Harbour is prohibited after the Race.
11) Swimmers will be requested to leave the water if they cannot finish the race within 50 minutes after the start of each batch. Their results will be recorded as **"NQ" (Not Qualified).**
    i) Swimmers who are unable to complete the "Victoria Harbour Race 2026" within the designated time, they will be considered as new applicants in "Victoria Harbour Race 2027" and required to pass the qualifying Time Trial of "Victoria Harbour Race 2027".
12) Please do not wear watches or any accessories.
13) Swimmer is not permitted to use any device that may be an aid to their speed or endurance such as fins and paddles. Nails should be trimmed and not sharp.
14) No political action shall take place, inside and outside the venue and race course, no matter promoting, distributing, or sharing of political contents or messages.
15) Swimmers are prohibited from committing or attempting to commit any act in violation of the laws of the HKSAR, including the National Security Law and Safeguarding National Security Ordinance governing the HKSAR. Participant's act must not be contrary to the interest of national security.
16) Participation in the Race is personal to the swimmers and all swimmers are strictly prohibited from swapping, selling, auctioning, transferring or offering to swap, sell, auction or transfer their successful entry or their place in the Race or allow or permit any other person to wear their designated numbered swim cap allocated to them. Any breach of this rule shall render the entry void and both the guilty participant and the substituted participant shall be subject to disciplinary action by HKGSA including exclusion from participation in future Races organized by HKGSA.
17) Any swimmer or other participant failing to comply with the aforementioned rules and regulations or violating any laws of the HKSAR and Ordinance will be disqualified or will be referred to relevant law enforcement departments for further action, if necessary. HKGSA has its sole discretion to expel the participants involved and disqualify them from any future entries.
18) HKGSA has the final decision over all matters not stipulated here in the rules.

Swimmer Guide

K) Other Information

1) Public Liability Insurance is covered by HKGSA. Swimmers are advised to take up their own personal or other insurance policies separately, if necessary.

2) Swimmers are recommended to have a thorough health assessment before applying for the Race. In any case of doubt, please consult a doctor prior to the enrolment.

3) HKGSA does not encourage any person to bring any valuable items to attend any activities of the Race, and in case of any property loss, HKGSA will not be held responsible.

4) The photograph, video, or any other record of the swimmers during the Race or any activities taken by HKGSA, its agents and the venue sponsor are permitted to use for any lawful purposes, including commercial advertising, without making any payment or compensation to the swimmers.

5) HKGSA reserves the right to modify any information at any time without notice; and the right of final interpretation, decision and modification of all relevant courses, activities, and public information.

L) Responsibility

1) Swimmers should be aware of the fact that open water swimming is a high risk aquatic sport. Swimmers must be aware of the wave and water condition, and consider their participation based on their swimming ability. HKGSA will try its best to ensure the safety of all swimmers during the race. However, HKGSA, Sponsors, Services Providers and its officials have no responsibility for any injuries and accidents incurred during the Race.

2) ***Practice in open water prior to the race is highly recommended.***

3) HKGSA reserves the rights to amend the above information with or without notification and the authority for final interpretation.

Swimmer Guide

Appendix

1) To Starting Area

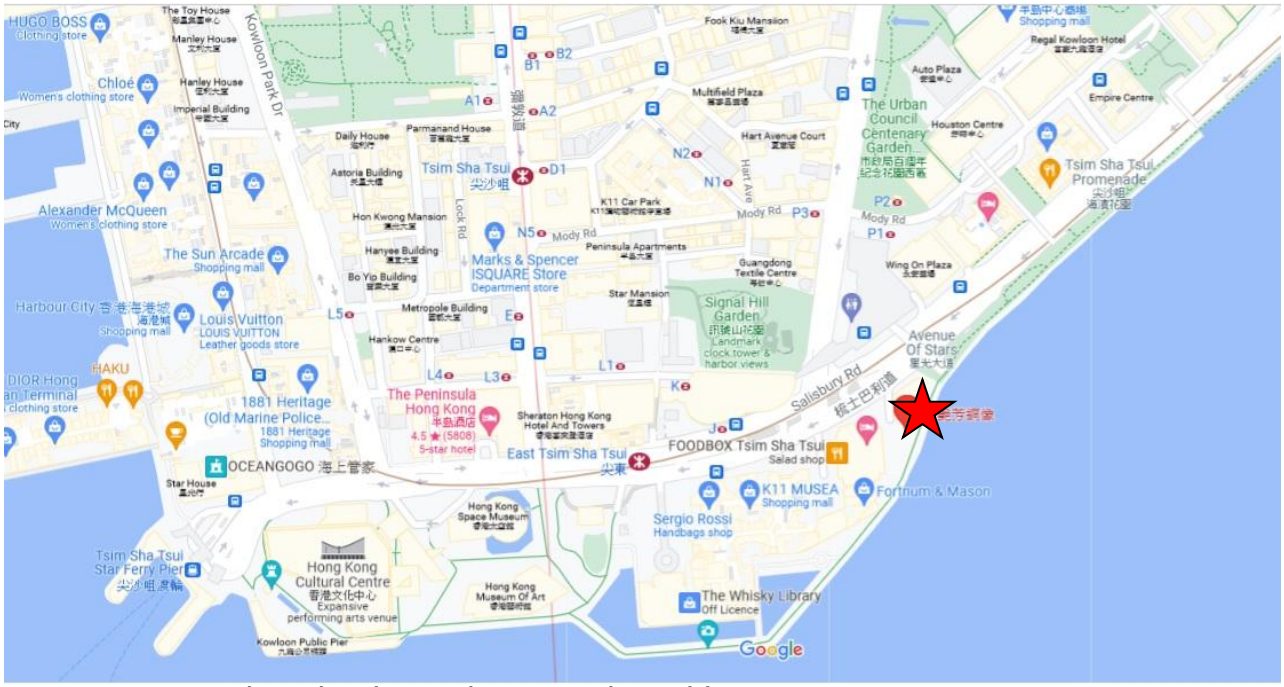


- MTR: Exhibition Centre Station (Exit B3)
- Bus:

Route No.	Route	Schedule Departures	Frequency (min)	Fare ($)
Citybus/ First Bus				
2	Sai Wan Ho (Grand Promenade) – Central (Macau Ferry)	0650 - 0100	25 - 30	5.5
2A	Yiu Tung Estate – Exhibition Centre Station	0530 - 0010	6 - 15	5.5
2X	Sai Wan Ho (Grand Promenade) – Exhibition Centre Station	0525 - 0015	7 - 20	7.7
8	Heng Fa Chuen – Exhibition Centre Station	0530 - 0000	20 - 25	8.1
8P	Siu Sai Wan (Island Resort) – Exhibition Centre Station	0530 - 0015	5 - 20	8.1
25A	Braemar Hill – Exhibition Centre Station	0625 - 0705	20	5.6
40	Wah Fu (North) – Exhibition Centre Station	0600 - 2300	30	7.5
930	Tsuen Wan West Station – Exhibition Centre Station	0600 - 0005	15 - 20	20.8
KMB				
905	Lai Chi Kok – Exhibition Centre Station	0600 - 0000	12 - 25	12.9
960	Tuen Mun Kin Sang Estate – Exhibition Centre Station	0500 - 2310	5 - 15	24.0
961	Tuen Mun Shan King Estate – Wan Chai (HKCECE Bus Terminal)	0520 - 2310	15 - 20	24.0
978	Fanling (Wah Ming) – Exhibition Centre Station	0600 - 2300	15 - 30	27.9

Swimmer Guide

2) To Finishing Area



Swimmers are advised to leave the venue by public transport.

Below please find some public transportation services near the Finishing Area:

- MTR: Exit J, East Tsim Sha Tsui Station
- Bus

Route No.	Route	Schedule Departures	Frequency (min)	Fare ($)
KMB				
1	Chuk Yuen Estate – Star Ferry	0535 - 2340	9 - 13	6.7
1A	Sau Mau Ping (Central) – Star Ferry	0515 - 2340	7 - 15	8.2
2	So Uk – Star Ferry	0530 - 2350	15 - 20	5.6
5	Fu Shan – Star Ferry	0530 - 0000	12 - 20	6.7
5C	Tsz Wan Shan (Central) – Star Ferry	0525 - 2340	10 - 15	6.7
6	Lai Chi Kok – Star Ferry	0530 - 2350	15 - 20	5.8
7	Lok Fu – Star Ferry	0530 - 2340	25 - 30	5.6
8	Kowloon Station – Star Ferry	0530 - 0030	25 - 30	5.8
8A	Whampoa Garden – Tsim Sha Tsui (Circular)	0600 - 2340	25 - 30	5.1
8P	Laguna Verde – Tsim Sha Tsui (Circular)	0600 - 2340	20 - 25	5.1
9	Ping Shek – Star Ferry	0535 - 2345	20 - 25	6.7
234X	Bayview Garden – Tsim Sha Tsui East (Mody Road)	0730 - 2300	15 - 20	10.2

Swimmer Guide

MTR's Service Hours (First Train)

Line	From	To	First Train
Island Line	Kennedy Town	Chai Wan	06:00
	Chai Wan	Kennedy Town	05:55
Kwun Tong Line	Tiu Keng Leng	Whampoa	06:07
	Whampoa	Tiu Keng Leng	06:10
Tsuen Wan Line	Tsuen Wan	Central	06:00
	Central	Tsuen Wan	06:06
Tseung Kwan O Line	Po Lam	North Point	06:00
	LOHAS Park	North Point	05:57
	North Point	Po Lam / LOHAS Park	06:13
East Rail Line	Sheung Shui	Admiralty	05:40
	Admiralty	Sheung Shui	06:04
Tuen Ma Line	Tuen Mun	Wu Kai Sha	05:45
	Wu Kai Sha	Tuen Mun	05:38
South Island Line	South Horizons	Admiralty	06:00
	Admiralty	South Horizons	06:11
Tung Chung Line	Tung Chung	Hong Kong	06:02
	Hong Kong	Tung Chung	06:01
Airport Express	Asia World-Expo	Hong Kong	06:00
	Hong Kong	Asia World-Expo	05:50

~The above information is provided by transport operators and is for reference only~