

Welcome orienteers all over the world!
Hong Kong, the Pearl of Orient, will bring you unique and unforgettable orienteering experience.

You shall not believe this.....

Inside Asia's most prosperous metropolis with the world's greatest night view, you may still find beautiful scenery of the outskirts and the most challenging orienteering courses. Let **APOC 2006** explain to you the subtlety of the relationship between orienteering and the metropolis, let **APOC 2006** bring to you the pulse of the city together with the tranquility of countryside.

During **APOC 2006**, you may also enjoy shopping and delicious food, visit the traveling spots in Hong Kong and the Pearl River Delta, as well as participating in the Hong Kong Orienteering Championships with local orienteers.

We promise that, **APOC 2006** will bring you a totally different dimension of orienteering.



亞洲及太平洋區野外定向錦標賽 (APOC 2006) Asia Pacific Orienteering Championships 2006

2006年12月24日至2007年1月1日，香港
24th December, 2006 to 1st January, 2007, HONG KONG



INVITATION

안 내 장

誠邀你參與

案內狀

等待你的來臨

APOC Ambassador:



Sammul Chan



Onki Wong



Organizer:



香港野外定向總會
Orienteering Association of Hong Kong

Supported by:



康樂及文化事務署
Leisure and Cultural Services Department

Official Gear:



THE SPIRIT OF MOUNTAIN SPORTS

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Official Magazine:



Discovery
www.hkdiscovery.com

Media Partner:



ORIENTEERING
TODAY
INDEPENDENT INTERNATIONAL MAGAZINE

Event Information

Date :	24th December 2006 to 1st January 2007
Organizer :	Orienteering Association of Hong Kong (OAHK)
Event Secretary :	Yan Kin Kong
Chairman of Technical Committee :	Yue Ting Wang Dominic
Mapper :	Olsson, Perola
IOF Event Advisor :	Shin Murakoshi (Japan)

**** APOC 2006 is an IOF recognized Regional Event, some events are listed as World Ranking Events ****

Event Schedule

Date	Event	Area
24 Dec 2006 (SUN)	Hong Kong Championships – Sprint Course	A
25 Dec 2006 (MON)	Hong Kong Championships – Middle Course	B
26 Dec 2006 (TUE)	Hong Kong Championships – Night Orienteering	C
27 Dec 2006 (WED)	Registration for APOC 2006	O
28 Dec 2006 (THU)	Model Event	D
29 Dec 2006 (FRI)	APOC 2006 – Sprint Course*	D
30 Dec 2006 (SAT)	APOC 2006 – Middle Course*	D
31 Dec 2006 (SUN)	APOC 2006 – Long Distance*	E
01 Jan 2007 (MON)	APOC 2006 – Relay	E

*IOF World Ranking Events

Competition Area



- A – Tai Po Waterfront Park
- B – Ngau Liu
- C – Braemar Hill
- D – Tai Tong and Tai Shu Ha
- E – Lo Fu Tau and Tung Wan Tau
- O – OAHK Office

New Areas, New Experiences

Yuen Long (Tai Tong, Tai Shu Ha) – Area D

Yuen Long, situated in the northwest of the New Territories of Hong Kong, is a large alluvial plain with three sides surrounded by hills. Yuen Long has rapidly grown into a new town after World War II, and there are numerous cultural and sports events held in the town every year. Today, there are a number of traditional buildings still exist in Yuen Long and which attract many visitors. Yuen Long has retained its traditional rural features as well as having developed as a modern new town.

Lantau (Lo Fu Tau, Tung Wan Tau) – Area E

Lantau Island is the largest island of Hong Kong. The construction of Tsing Ma Bridge, Hong Kong International Airport and Hong Kong Disneyland make it the focus in the territory. Meanwhile, much of the island's natural landscape and scenery has remained largely unaffected by urbanization. The scenic variety within its borders enables the island to be described as one of the most picturesque "countryside" districts in Hong Kong.



Classes Offered

Hong Kong Championships – Sprint and Middle

Men Elite, Women Elite, Men Senior, Women Senior, Men Veteran, Women Veteran, Men Junior, Women Junior

Hong Kong Championships – Night

Men Senior Single, Women Senior Single, Men Junior Single, Women Junior Single, Men Senior Double, Women Senior Double, Men Junior Double, Women Junior Double, Mixed Senior Double, Mixed Junior Double, CATI

APOC 2006 – Sprint, Middle and Long

M/W21E (World Ranking Classes) • M/W21A • M/W21B • M/W10A • M/W10B • M/W12A • M/W12B • M/W14A • M/W14B • M/W16A • M/W16B • M/W18A • M/W18B • M/W20A • M/W20B • M/W35A • M/W35B • M/W40A • M/W40B • M/W45A • M/W45B • M/W50A • M/W50B • M/W55A • M/W55B • M/W60A • M/W60B • M/W65A • M/W65B • M/W70A • M/W70B

APOC 2006 – Relay

M/W21A • M/W21B • M/W12 • M/W14 • M/W16 • M/W18 • M/W20 • M/W35A • M/W35B • M/W55A • M/W55B • Mixed

Ages are calculated as at 1 January 2007. Classes may be combined if there are insufficient number of entries received. Course length for each class will be set according to the IOF standards.

Technical Information

Embargoed areas

The following areas in Hong Kong are embargoed for orienteering activities until the competition:

Tai Tong, Tai Shu Ha (Yuen Long)

Lo Fu Tau, Tung Wan Tau, Wong Kung Tin (Lantau)

Rules

The competition will be organized in accordance with the IOF Competition Rules 2004 and the OAHK Orienteering Competition By-law.

Electronic Punching and Timing System

EMIT system will be used for all events. Please specify the card number in your registration. Cards can be hired.

Maps

Most updated maps that comply with International Standards for Orienteering Maps (ISOM 2000 and ISSOM 2005) will be used for all events.

Map scale 1:10000 with 5 meters contour interval (except for Hong Kong Championships – Sprint Course)

Typical Terrain

Hilly area and steep slopes are characteristic terrain found in Hong Kong. Most competition zone has good runnability and the dense scrubs (dark green) with extensive path or road network make it more challenging for orienteers.

Media and Public Relationships

Media Services

We welcome all media representatives as our guests and partners to portray the exciting events and the cheerful atmosphere of APOC2006 to a broad public around the territory and the globe. We will make the events visible and attractive as to achieve the aims of The Leibnitz Convention. If you have any enquiries or special request, please contact OAHK office at your earliest convenience.

Press Conference

A Press Conference is scheduled for December 2006. Invitation and other information will be sent to all local media no later than one week before the press conference.

Opening and Closing Ceremony

The Opening and Closing Ceremonies are tentatively scheduled for 28 Dec 2006 and 1 Jan 2007 respectively. More details will be provided in the bulletins nearer the time.

Accommodations and Entries

Accommodations

Official accommodation in dormitory style will be available during the APOC period from 28 December 2006 to 1 January 2007. As the number of reserved beds at the accommodations are limited, reservations will be made on 'first-come, first served' basis and preferably be made before 30 June 2006. Hotel type of accommodation will also be available. Please see the entry form for accommodation details and prices.

The organizer will also help booking the accommodations before and after the APOC period upon request.

Training Opportunities

From Oct 2006 a series of color-coded and local events in similar terrain will be conducted and is open to public, further information please refer to OAHK's website <http://www.oahk.org.hk/fixture/fixture.htm> or email to our association info@apoc2006.hk.

Entries

Entries, preferably as a whole club or team group, **must made no later than 15 October 2006**. You can enter either on-line via the website <http://www.apoc2006.hk> or by post/ fax using the attached entry form, which can also be downloaded from the website. For entries made before 31 July 2006, you can enjoy an attractive 'Early Bird' rate at 20% off of the standard entry fees. Please see the entry form for details about entry fees. Late entries after 15 October 2006 may be accepted at the discretion of the organizer, with a surcharge of 50% in addition to the standard entry fees.

Receipt of the entries will be acknowledged with a confirmation message and a demand note on the total entry fees to be paid.

Payment in full must be made within three weeks upon the receipt of the demand note. Entries not paid within this time will be cancelled.

Useful Links for Tourists

Discover Hong Kong <http://www.discoverhongkong.com>

Hong Kong Funs in 18 District <http://www.gohk.gov.hk>

APOC Short History

This event began as the Pacific Orienteering Championships in 1980, and has since 1982 become the Asia-Pacific Orienteering Championships. Asia-Pacific titles are reserved for those from Asia or countries bordering the Pacific Ocean (since 1992, this has been interpreted to exclude those from the European part of Russia), but the event itself is open to all. A full range of age classes is normally run.

The APOC competition continues to evolve, adapting to the changing needs of the APOC nations. However it still meets its original objectives of:

- Improving the competitive standard of orienteering in the Asia-Pacific region by providing a regular international orienteering competition open to orienteers of all ages and levels of ability;
- Promoting the orienteering opportunities of the Asia-Pacific region to orienteers from other parts of the world;
- Encouraging interaction among orienteers living in the Asia-Pacific region and the rest of the world.

APOC provides a great opportunity to visit and explore interesting places and to help promote the development of orienteering in the Asia-Pacific region. It is held every two years and has been hosted by several different countries: Australia (1980, 1988, 2000); Canada (1990, 2002); China (1998); Hong Kong (1986, 1996); Japan (1982, 1992); Kazakhstan (2004) and New Zealand (1984, 1994).

Enquiry and Entry

Orienteering Association of Hong Kong

Room 1014, Olympic House, 1 Stadium Path, So Kon Po, Causeway Bay, HONG KONG

Tel : +852 2504-8112 +852 2504-8111

Fax : +852 2577-5595

Email : info@apoc2006.hk

Event Website : <http://www.apoc2006.hk>



主催
香港野外定向總會



スポンサー
康樂及文化事務署

アジア環太平洋オリエンテーリング選手権大会(APOC)2006及び 香港選手権

イベント

開催日	イベント	
2006年12月24日(日)	香港選手権 - スプリント	Tai Po Waterfront Park
2006年12月25日(月)	香港選手権 - ミドル・ディスタンス	Ngau Liu
2006年12月26日(火)	香港選手権 - ナイトO	Braemar Hill
2006年12月28日(木)	APOC 2006 - モデル	Tai Tong
2006年12月29日(金)	APOC 2006 - スプリント	Tai Tong & Tai Shu Ha
2006年12月30日(土)	APOC 2006 - ミドル・ディスタンス	Tai Tong & Tai Shu Ha
2006年12月31日(日)	APOC 2006 - ロング・ディスタンス	Lo Fu Tau
2007年1月1日(日)	APOC 2006 - リレー	Tung Wan tau

設置クラス

(男性 = M; 女性 = W)

イベント	ジュニア	一般
香港大会 - スプリント & ミドル・ディスタンス	MJ, WJ (18歳以下)	ME, WE (全年齢) MS, WS (19-44歳) MV, WV (45歳以上)
香港大会 ナイトO	個人(クラス・コード) 男子青年(MJS) 女子青年(WJS) 二人ペア(ダブル/CAT1) 男子青年二人ペア(MJD) 女子青年二人ペア(WJD) 男女子青年二人ペア(JMD)	14-18歳 男子上級(MSS) 女子上級(WSS) 10-18歳 男子上級二人ペア(MSD) 女子上級二人ペア(WSD) 男女子青年二人ペア(SMD)
APOC 2006 個人	M/W10A, M/W10B M/W12A, M/W12B M/W14A, M/W14B M/W16A, M/W16B M/W18A, M/W18B	ME, WE (全年齢) (WRE クラス) M/W20A, M/W20B, M/W21A, M/W21B M/W35A, M/W35B, M/W40A, M/W40B M/W45A, M/W45B, M/W50A, M/W50B M/W55A, M/W55B, M/W60A, M/W60B M/W65A, M/W65B, M/W70A, M/W70B
APOC 2006 リレー	M/W12, M/W14 M/W16, M/W18	M/W21A, M/W21B, M/W20, M/W35A M/W35B, M/W55A, M/W55B, Mixed

A separate form will be sent to the Group Organizer / Contact Person upon confirmation of registration for indication of members in the APOC Relay team or Hong Kong Championships Night Orienteering pair classes. Please fill in only the class and appropriate entry fee on this entry form.

参加費 (1人当たり)

事前申込	2006年7月31まで	2006年10月15日まで	2006年10月16日から
香港選手権 - スプリント & ミドル・ディスタンス			
ジュニア	HK\$55	HK\$70	HK\$105
一般	HK\$80	HK\$100	HK\$150
香港選手権 - ナイトO			
ジュニア	HK\$50	HK\$60	HK\$90
一般	HK\$65	HK\$80	HK\$120
APOC 2006			
ジュニア	HK\$80	HK\$100	HK\$150
一般	HK\$120	HK\$150	HK\$225
Eカードレンタル: 毎日HK\$15			

開会式後のパーティ(ピュッフェ形式) - HK\$100

表彰及び閉会式(パンケット) - HK\$250



Official Magazine
HK Discovery



Official Gear
VAUDE



Media Partner
Orienteering Today

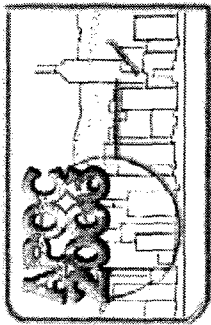


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Visit our event website <http://www.apoc2006.hk> for the most updated news of APOC 2006!



APOC 2006 ENTRY FORM

Please fill in Block Letters and return to
 Orienteering Association of Hong Kong
 Room 1014 Olympic House, 1 Stadium Path,
 Causeway Bay, HONG KONG
 Fax NO. : +852 2577 5595 Email : info@apoc2006.hk

Official Use Only

Entry No : _____

Received on : _____ By : Post/Fax/Email

Table 1 Entries

	Family Name	Given Name	Date of Birth DD/MM/Y	Sex	HK Championships				APOC 2006				Emit Card No./Rental Fees	Entry Fees per person
					Sprint 24.12.2006	Middle 25.12.2006	Night 26.12.2006	Sprint 29.12.2006	Middle 30.12.2006	Long 31.12.2006	Relay 1.1.2007			
e.g.	BROWN	DAVID	21/8/1975	M	Class MS \$80	MS \$80	MSS \$65	ME \$120	M21A \$120	M21B \$120	Mixed \$120	Nil \$105	\$810	
1					Class									
					Fee									
2					Class									
					Fee									
3					Class									
					Fee									
4					Class									
					Fee									
5					Class									
					Fee									
6					Class									
					Fee									
Group Organiser/Contact Person														Total Entry Fees :

Group Organiser/Contact Person

Family Name	(Mr/Mrs/Ms)
Given Name	
Orienteering Club	
Country	
Address	
E-mail	
Fax	
Tel. No.	

Table 2 - Souvenirs & Social Events

Pre-order of Commemorative T-shirts / Sweatshirts										Total		
	XS	S	M	L	XL	Total Qty	pcs	pcs	pcs	pcs	pcs	HK\$
T-shirt \$80@	pcs	pcs	pcs	pcs	pcs							
Sweatshirt \$150@	pcs	pcs	pcs	pcs	pcs							
Pre-order of Tickets for Social Events												
Buffet after Opening Ceremony on 28.12.2006 HK\$100@ x _____ persons												
Banquet cum Prize Giving Ceremony on 1.1.2007 HK\$250@ x _____ persons												
E-mail											HK\$	
Fax											HK\$	

Note : Upon the receipt of the confirmation of entries and the demand note from the Organiser, payment in full must be made within 3 weeks.
 Entries not paid up within this time will be cancelled.

Remark: Public Liability Insurance is covered by Orienteering Association of Hong Kong. Participants/Parents are recommended to apply other insurance.

アジア環太平洋オリエンテーリング選手権大会(APOC)2006

宿泊案内

APOCでは、リーズナブルな価格で宿泊可能な宿舎を、12月28日から1月1日までの間幹旋します。これらは、ドミトリタイプの宿舎とゲストハウス（ビジネスホテル形式）の2種類からなり、以下のとおりです。確保されている部屋数には限りがありますので、それぞれ定員になり次第締め切らせていただきます。なお、予約は宿泊費の支払いを持って完了となります。

宿泊タイプ：ドミトリ

	パッケージ A	パッケージ B	パッケージ C
期間	2006年12月28日－2006年12月31日（4泊）		
宿泊	香港中華基督教青年會 烏溪沙青年新村 Chinese YMCA - Wu Kai Sha Youth Village	(B1) 12月28日/29日 保良局賽馬會大棠渡假村 PLK Tai Tong Holiday camp	(C1) 12月28日/29日 保良局賽馬會大棠渡假村 PLK Tai Tong Holiday camp
		(B2) 12月30日/31日 循道衛理中心銀鑛灣衛理園 Methodist Conference Centre at Silvermine Bay	(C2) 12月30日/31日 香港遊樂場協會銀鑛灣戶外康樂營 HKPA Holiday Camp at Silvermine Bay
ウェブサイト	http://www.ymca.org.hk/eng/index.php?c=88&t=1	(B1) / (C1) http://www.poleungkuk.org.hk/new/contentpage.php?id=20050331101435&lang=e	
		(B2) http://www.methodistcentre.com/camp/index2.htm	(C2) http://www.hkpacamp.com/
宿泊設備	定員4～6名、共同トイレ、シャワー、談話室 ; 自炊不可	定員2～8名、共同トイレ、シャワー、談話室 ; 自炊不可	(C1) 定員2～8名、 (C2) 定員14～24名、共同トイレ、シャワー、談話室 ; 自炊不可
市内まで時間	約30分	約60分	
会場まで時間	大会バスで約1-2時間	歩いて約15～30分	
送迎	- 市内から会場までの移動（2006年12月28日） - 毎日ドミトリ会場間の送迎（往復）（パッケージ Aのみ） - 大棠（タイトン：B1 / C1）－銀鑛灣（シルバーマイン・ベイ：B2 / C2）宿舎間の移動（2006年12月30日：パッケージ BとCのみ）		
食事	朝食、昼食（お弁当）、夕食込		
料金（1人当たり）	HK\$1,120	HK\$1,000	HK\$900
特徴	A P O C 期間中を通して、同一の宿舎での滞在となります。 前半、後半、それぞれ大会会場近くの滞在となります。途中タイトン地区から銀鑛湾地区へ移動します。		

宿泊タイプ：ゲストハウス・ビジネスホテル

宿泊	料金（1泊・1部屋当たり）	食事	ウェブサイト
YWCA Anne Black Guest House	HK\$410 / ダブルルーム	朝食込	http://hotel.ywca.org.hk/AnneBlack/anne_location.htm
Caritas Bianchi Lodge	HK\$560 / ダブルルーム	朝食込	http://www.caritas-chs.org.hk/eng/lodge/index.htm
YMCA International House	HK\$ 800 / ダブルルーム	朝食込	http://www.intlhouse.ymca.org.hk/e_index.php

ドミトリ（パッケージ期間外の宿泊）

宿泊	宿泊日付	料金（1人当たり）	食事
Chinese YMCA Wu Kai Sha Youth Village	2006年12月23,24,25,26,27日 2007年1月1日	HK\$200	朝食、昼食（お弁当）、夕食込

上記のゲストハウス・ホテルの宿泊および、パッケージ外のドミトリから会場までの移動については、\$50-\$70/日で提供されます。詳細はエントリーフォームでお申し込みください。

Table 3 - Accommodation

DORMITORY STYLE (Check-in: 28 Dec Check-out: 1 Jan 4 Nights ; With meals & transportation)						
Family Name	Given Name	Sex	Package (* Delete as appropriate)	Cost		
e.g. BROWN	DAVID	M	*Package A / Package B / Package C	\$1,120		
1			*Package A / Package B / Package C			
2			*Package A / Package B / Package C			
3			*Package A / Package B / Package C			
4			*Package A / Package B / Package C			
5			*Package A / Package B / Package C			
6			*Package A / Package B / Package C			

GUEST HOUSE OR BUDGET HOTEL fill in Table 4 also if you need transportation

Accommodation	Check-in	Check-out	Number of Night	Number of Room	Cost
1				Double x room(s)	
2				Double x room(s)	
3				Double x room(s)	

DORMITORY STYLE (NON PACKAGE) fill in Table 4 also if you need transportation

Available nights for booking: 23,24,25,26,27 Dec 06 & 1Jan07 only

Family Name	Given Name	Sex	Check-in	Check-out	Cost
e.g. SMITH	JOHN	M	23Dec06 1Jan07	28Dec06 21Jan07	\$200 x 6 nights = \$1,200
1					
2					
3					
4					
5					
6					

Total Amount

Table 4 - Transportation

Date	Cost	Number of Person	Total Fee
Sun. 24 Dec 2006	\$50		
Mon. 25 Dec 2006	\$50		
Tue. 26 Dec 2006	\$50		
Thu. 28 Dec 2006*	\$50		
Fri. 29 Dec 2006*	\$50		
Sat. 30 Dec 2006*	\$50		
Sun. 31 Dec 2006 *	\$70		
Mon. 1 Jan 2007*	\$70		
Total Amount			

Remark:

you do not need to reserve transportation on dates marked (*)
in case you have reserved official accommodation package A/B/C

Table 1

Table 2

Table 3

Table 4

Grand Total