



第 10 屆亞洲跳繩錦標賽

10TH ASIAN ROPE SKIPPING CHAMPIONSHIPS
HONG KONG CHINA



25 – 26 July

Team Events

27 July

Master Events

28 July

Asian Cup

29 July

10AC Workshop

Venue

Tsuen Wan Sports Centre





Championships Schedule

25 July 2019 (THU)

| | |
|---------------|-----------------------------|
| 09:00 – 10:00 | Team Events (Speed) |
| 10:00 – 11:15 | Team Events (Freestyle) |
| 12:00 – 13:00 | Opening Ceremony |
| 14:00 – 17:00 | Team Events (Freestyle) |
| 18:00 – 19:00 | Prize Presentation Ceremony |

26 July 2019 (FRI)

| | |
|---------------|-----------------------------|
| 09:00 – 10:00 | Team Events (Speed) |
| 10:00 – 12:45 | Team Events (Freestyle) |
| 12:45 – 14:00 | Break |
| 14:00 – 16:45 | Team Events (Freestyle) |
| 18:00 – 19:00 | Prize Presentation Ceremony |

27 July 2019 (SAT)

| | |
|---------------|-------------------------------|
| 09:00 – 10:15 | Master Events (Speed) |
| 10:15 – 12:30 | Master Events (Freestyle) |
| 12:30 – 14:00 | Break |
| 14:00 – 16:00 | Master Events (Freestyle) |
| 16:15 – 16:30 | Master Events (Triple Unders) |
| 18:00 – 19:00 | Prize Presentation Ceremony |





Championships Schedule

28 July 2019 (SUN)

| | |
|---------------|---|
| 09:00 – 11:00 | Asian Cup (Warm-Up) [Not Open to Public] |
| 11:00 – 12:00 | HKRSA Cup (Warm-Up) [Not Open to Public] |
| 12:00 – 13:00 | HKRSA Cup |
| 13:00 – 14:00 | Asian Cup (Warm-Up) [Not Open to Public] |
| 14:00 – 15:10 | Asian Cup |
| 15:30 – 16:30 | Closing Ceremony & Prize Presentation Ceremony |
| 16:30 – 17:00 | Photo Taking |
| 19:00 – 21:00 | Farewell Party |

29 July 2019 (MON)

| | |
|---------------|---------------|
| 09:00 – 12:00 | 10AC Workshop |
| 12:00 – 14:00 | Break |
| 14:00 – 16:30 | 10AC Workshop |



Tsuen Wan Sports Centre – 5-minutes walks from hotel



Main Arena



Hotel Facilities

Check-Out (41/F)

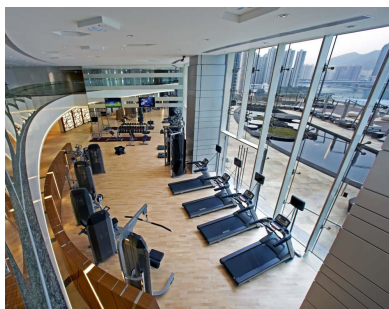


Dining Room (41/F)

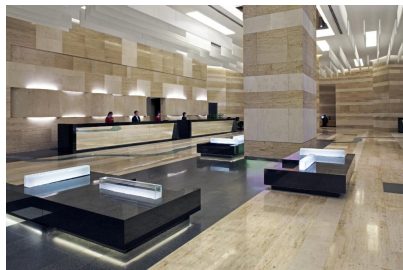


Gym Room (9/F)

Opening Hour – 8am to 8pm



Pick-Up Point: Lobby (G/F)



Meal Time

Venue: Sky Lounge (41/F)

24 July

Lunch: 12:00 to 14:00

Dinner: 19:00 to 21:00

25 July

Breakfast: 6:30 to 9:30

Lunch: 13:00 to 15:00

Dinner: 19:00 to 21:00

26 July

Breakfast: 6:30 to 9:30

Lunch: 12:00 to 14:00

Dinner: 19:00 to 21:00

27 July

Breakfast: 6:30 to 9:30

Lunch: 12:00 to 14:00

Dinner: 19:00 to 21:00

28 July

Breakfast: 6:30 to 9:30

Lunch: 12:00 to 14:00

Dinner: 19:00 to 21:00

29 July

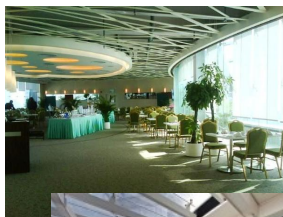
Breakfast: 6:30 to 9:30

Lunch: 12:00 to 14:00

Dinner: 19:00 to 21:00

30 July

Breakfast: 6:30 to 9:30





Transportation

Arrival: Meet-Up Point

| Teams | Car No. | Pick-Up Point | Arrival | Bus Time |
|-------------------|---------|---------------------------------|---------|----------|
| Japan | A1 | Hong Kong International Airport | 23 Jul | 14:00 |
| Japan | A2 | Hong Kong International Airport | 23 Jul | 15:30 |
| Japan | A3 | Hong Kong International Airport | 23 Jul | 19:30 |
| Thailand | A4 | Hong Kong International Airport | 24 Jul | 11:30 |
| Macao | A5 | HZNB Artificial Island | 24 Jul | 10:30 |
| Republic of Korea | A6 | Hong Kong International Airport | 24 Jul | 12:30 |
| China | A7 | Shenzhen Bay | 24 Jul | 13:00 |
| Chinese Taipei | A8 | Hong Kong International Airport | 24 Jul | 15:30 |
| Japan | A9 | Hong Kong International Airport | 25 Jul | 14:30 |
| Republic of Korea | A10 | Hong Kong International Airport | 25 Jul | 20:00 |
| Japan | A11 | Hong Kong International Airport | 26 Jul | 11:30 |

Departure

Gather Point – Hotel Lobby @G/F

(Please check-out before taking the bus/taxi)

| Teams | Car No. | Drop-Off Point | Departure | Bus Time |
|-------------------|---------|---------------------------------|-----------|----------|
| Japan | D1 | Hong Kong International Airport | 27 Jul | 23:30 |
| Thailand | D2 | Hong Kong International Airport | 28 Jul | 20:00 |
| Japan | D3 | Hong Kong International Airport | 28 Jul | 12:30 |
| Japan | D4 | Hong Kong International Airport | 28 Jul | 22:30 |
| Japan | D5 | Hong Kong International Airport | 29 Jul | 22:30 |
| Republic of Korea | D6 | Hong Kong International Airport | 30 Jul | 10:00 |
| Japan | D7 | Hong Kong International Airport | 30 Jul | 12:30 |
| Macao | D8 | HZNB Artificial Island | 30 Jul | 11:30 |
| China | D9 | Shenzhen Bay | 30 Jul | 11:30 |
| Japan | D10 | Hong Kong International Airport | 30 Jul | 22:00 |
| Japan | D11 | Hong Kong International Airport | 31 Jul | 7:30 |

