



| Name of sub-group<br>分組     | Age<br>年齡組別                                                                                                         |
|-----------------------------|---------------------------------------------------------------------------------------------------------------------|
| Junior Male<br>男子青年組        | aged 16-19 (born 2007 – 2010)<br>16-19 歲 (出生於 2007 年至 2010 年)                                                       |
| Junior Female<br>女子青年組      |                                                                                                                     |
| Senior Male<br>男子壯年組        | aged 20-34 (born between 29 November 1991 and 31 December 2006)<br>20-34 歲 (出生於 1991 年 11 月 29 日至 2006 年 12 月 31 日) |
| Senior Female<br>女子壯年組      |                                                                                                                     |
| Master 1 Male<br>男子先進 1 組   | aged 35-39 (born between 29 November 1986 and 28 November 1991)<br>35-39 歲 (出生於 1986 年 11 月 29 日至 1991 年 11 月 28 日) |
| Master 1 Female<br>女子先進 1 組 |                                                                                                                     |
| Master 2 Male<br>男子先進 2 組   | aged 40-44 (born between 29 November 1981 and 28 November 1986)<br>40-44 歲 (出生於 1981 年 11 月 29 日至 1986 年 11 月 28 日) |
| Master 2 Female<br>女子先進 2 組 |                                                                                                                     |
| Master 3 Male<br>男子先進 3 組   | aged 45-49 (born between 29 November 1976 and 28 November 1981)<br>45-49 歲 (出生於 1976 年 11 月 29 日至 1981 年 11 月 28 日) |
| Master 3 Female<br>女子先進 3 組 |                                                                                                                     |
| Master 4 Male<br>男子先進 4 組   | aged 50-54 (born between 29 November 1971 and 28 November 1976)<br>50-54 歲 (出生於 1971 年 11 月 29 日至 1976 年 11 月 28 日) |
| Master 4 Female<br>女子先進 4 組 |                                                                                                                     |
| Master 5 Male<br>男子先進 5 組   | aged 55-59 (born between 29 November 1966 and 28 November 1971)<br>55-59 歲 (出生於 1966 年 11 月 29 日至 1971 年 11 月 28 日) |
| Master 5 Female<br>女子先進 5 組 |                                                                                                                     |
| Master 6 Male<br>男子先進 6 組   | aged 60-64 (born between 29 November 1961 and 28 November 1966)<br>60-64 歲 (出生於 1961 年 11 月 29 日至 1966 年 11 月 28 日) |
| Master 6 Female<br>女子先進 6 組 |                                                                                                                     |
| Master 7 Male<br>男子先進 7 組   | aged 65-69 (born between 29 November 1956 and 28 November 1961)<br>65-69 歲 (出生於 1956 年 11 月 29 日至 1961 年 11 月 28 日) |
| Master 7 Female<br>女子先進 7 組 |                                                                                                                     |
| Master 8 Male<br>男子先進 8 組   | aged 70 or above (born on or before 28 November 1956)<br>70 歲或以上 (出生於 1956 年 11 月 28 日或以前)                          |
| Master 8 Female<br>女子先進 8 組 |                                                                                                                     |

Note: If the number of Participants of a particular age group is less than 10, the Participants of that age group may be combined with the younger age group of the same gender's Race.

\*如某一年齡組別之報名人數少於 10 人，該組別之參賽者將會與較年輕之一組合併作賽。

