

The 5th Hong Kong Transplant and Dialysis Games

(Form 2) Event Selection For Dialysis Patients

1. Age groups: The age of participant as of 10 October 2024.
2. Please tick the box beside the event you wish to sign up.
3. For all events with doubles and mixed doubles, choose only one of the two. Age handicap applies (i.e. the dual will compete in the age group based on the younger of the two).
4. Swimming events are for haemodialysis patients only. Maximum 4 events for individuals (relay events are not included in the calculation) **
5. The 60m running events are restricted to haemodialysis patients aged 59 or below. ^^
6. As different events will be held at different venues at the same time each day, participants are only allowed to participate in one event each day, except for those taking part in the swimming events on 12 October AM, who may take part in the track and field or darts events in the afternoon. But consideration should be given to one's physical ability.
7. For the lawn bowls events, participants of age <70 will be divided into men's and women's categories irrespective of their age, participants of age >70 will play irrespective of their gender.
8. Individuals are allowed to participate in 4 track and field events (3 tracks and 1 field. Relay events are not counted).
9. For 4x50m Swimming and 4x100m Racewalk Relays, each team must be a combination of 2 men and 2 women.
10. For 2x60m Mixed Double Racewalk Relays, each team must be a combination of 1 man and 1 woman. Age handicap applies (i.e. the dual will compete in the age group based on the younger of the two).
11. All team events (Gate ball, 4x50m Swimming, 4x100m Racewalk Relay, 4x100m Healthcare Relay and Cheerleading teams) must be enrolled through the unit they belong to.

Remarks: The following participants are required to provide cardiopulmonary stress test results, which should be done within 6 months before the competition (not earlier than 20 April 2024).

1. Male and female individuals with heart or lung transplants;
2. Male and female individuals with previous or suspected cardiovascular disease;
3. All transplant and dialysis individuals aged 50 or above who wish to participate in high load events;
4. Male dialysis individuals aged 50 or above and female dialysis individuals aged 55 or above who wish to participate in table tennis events.

Name: _____ DoB: _____ Sex: M F

Hospital: _____ * HD PD

(Form 2) Event Selection For Dialysis Patients		Age group		20 or below	21-39	40-59	60-69	70 or above	Team events
Low load	Racewalk	60m							
		100m							
		200m							
		400m							
		2x60m H2H Relay							
		4x100m Relay							
	Ballthrow								
	Bowling	Single							
		Double							
		Mixed double							
	Darts								
	Lawn bowls								
	Petanque (Double)								
Gate ball									
Med load	Table tennis	Single							
		Double							
		Mixed double							
High load	Badminton	Single							
		Double							
		Mixed double							
High load	Swimming **	Back-stroke	50m						
			50m						
		Free-style	100m						
			200m						
			4x50m						
	Breast-stroke	50m							
		100m							
200m									
Running^^		60m							