## The 5th Hong Kong Transplant and Dialysis Games

## (Form 1) Event Selection For Transplant Patients / Cadaveric Donor Families (age <18) & Living Recipients (Doubles Events)

- 1. Age groups: The age of participants as of 10 October 2024.
- 2. Please tick the box beside the event you wish to sign up.
- 3. For doubles and mixed doubles, choose either one. Age handicap applies (i.e. the dual will compete in the age group based on the younger of the two).
- 4. As different sports will be held at different venues at the same time each day, participants are only allowed to participate in one sport each day, except for the swimming events in the morning of 12 October. Participants may take part in the afternoon track and field or darts events, but they should take into account their own physical ability.
- 5. Individuals are allowed to participate in 4 track and field events (2 tracks and 2 fields, 3 tracks and 1 field or 3 fields and 1 track. Relay events are not counted).
- 6. Individuals are allowed to participate in 4 swimming events (Relay events are not counted).
- 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. For 4x50m Swimming and 4x100m Racewalk Relays, each team must be a combination of 2 men and 2 women.
- 9. All team events (Gate ball, Living Donor/Recipient Event, 4x50m Swimming, 4x100m Running Relay, 4x100m Healthcare Relay, Doctor-Patient Event and Cheerleading Competition) must be enrolled through the unit they belong to.
- 10. The Living Donor/Recipient 2x60m Head-to-Head Relay only accepts living transplant recipients age >5 and their donors to participate together.
- 11. The Living Donor/Recipient 2x25m Head-to-Head Relay Programme only accepts living transplant recipients aged 5 below and their donors to participate together.
- 12. Living donors and Deceased donors' family aged >18 are eligible to participate in some of the events. Please refer to the "Application Form 4".

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

- 1. Men and women with heart or lung transplants;
- 2. Men and women with previous or suspected cardiovascular disease;
- 3. All transplant and dialysis participants aged 50 or above attempting high load sports;
- 4. Male dialysis participants aged 50 or above and female dialysis participants aged 55 or above who wish to participate in table tennis competition.

Name:			DoB:								Sex:		ex:		M		F
Hospital:			Transplantee / ** Cadaveric donor family <1									18	_]				
* Transpla	Lungs / Kidney / Liver / Bone Marrow / Cornea																
** (Famil	y member	aged <18 of	cad	avei	ric d	ono	r)										
Name of d	lonor:	Relationship with donor:															
(Form 1)	Event	$\Box$	С	C	C	Ju	Jυ	(a	(a	(a	(a	(a	(a	(a	#	U	
Selection for			Children (aged 3 or below)	hildren	hildren (Aged 6-8)	hildren (aged 9-11)	Junior (aged 12-14)	Junior (aged 15-17)	aged 18-29)	(aged 30-39)	aged 40-49)	aged 50-59	aged 60-69)	aged 70-79	(aged 80 or above)	## Living recipients	Unit teams
Transplant			ren	ren	ren	ren	r (a	r (a	18-	30-	40.	50-	60.	70-	80	vins	tean
Recipients,			(ag	(ag	(As	(ag	ged	ged	-29)	-39)	-49)	-59)	-69)	-79)	or a	g re	ns
Deceased Donor		Age Group	ed 3	(aged 4-5)	ged	ed 9	12-	15-							abo	cipi	
Family (	age <18)		3 or	1-5)	6-8	9-11	.14)	17)							ve)	ents	
and Living			bel													<b>0</b> 1	
Donors (Doubles			ow)														
Events).																	
	Race walk	60m															
		100m															
		200m															
		3000m															
	Bal	l throw															
Low	Bowl- ing	Single															
load		Double						1				•		· ·	•		
		Mixed double															
	Darts																
	Law	n bowls															
	Petanqu	ue (double)									1		· I				
	Gate ball																
Med load	Table tennis	Single															
		Double				<u> </u>		-						ı			
		Mixed Double															
High load:		Single															
	Badmin	Double				1		1		1		1		1	1		
	-ton	Mixed Double															

(Form 1) Event Selection for Transplant Recipients, Deceased Donor Family (age <18) and Living Donors (Doubles Events).		Age Group		Children (aged 3 or below)	Children (aged 4-5)	Children (Aged 6-8)	Children (aged 9-11)	Junior (aged 12-14)	Junior (aged 15-17)	(aged 18-29)	(aged 30-39)	(aged 40-49)	(aged 50-59)	(aged 60-69)	(aged 70-79)	(aged 80 or above)	## Living recipients	Unit teams
Stress test results required.	Swim- ming	Back stroke	50m															
		Free style	50m					L										
			100m						L									
Please refer to			200m						L									
the remarks			4x50m															
above.		Frog	50m															
			100m															
			200m															
	Run- ning	25m																
		60m																
		100m																
		400m																
		1500m  2x25m H2H Relay  2x60m H2H Relay																
		4x100m Relay																
	High jump																	
	Lon	g Jump																