



2026
金沙中國
SANDS CHINA

澳門國際十公里長跑賽
MACAU INTERNACIONAL 10K
MACAO INTERNATIONAL 10K

Rules & Regulations

1. Basic Information

Event Title: 2026 Sands China Macao International 10K

Date: 15 March 2026 (Sunday)

Starting Time: 07:00 (10K)

07:40 (Fun Run)

Organizers: Sports Bureau of Macao SAR Government

Sands China Limited

General Association of Athletics of Macau

Aim: To boost local sports development, and strengthen bond with other countries that contributes to the promotion of sports tourism of Macao.

2. Race Information

2.1 Race events

2.1.1 10K

2.1.2 Fun Run (approx. 5.5 km)

2.2 Race classification:

All race events are classified into male and female categories, with respective age categories as determined by the year of birth of participants:

Year of Birth Category	Male and Female	
	10K	Fun Run
A	1998-2008	2008-2011
B	1987-1997	1987-2007
C	1975-1986	1986 or before
D	1974 or before	-

2.3 Race quota:

2.3.1 7,000 participants for 10K

2.3.2 3,000 participants for Fun Run

3. Awards:

3.1 Each race category has a ranking award, each winning participant will be awarded one trophy;

3.2 Participants who complete the 10K will be listed in the general classification as well as in the respective age category, whereas invited participants will only be listed and awarded in the general classification of 10K;

3.3 Awards of each category will be given as:



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Category	10K		Fun Run	
	Male	Female	Male	Female
General	10	10	-	-
A	5	3	3	3
B	5	5	5	5
C	5	3	3	3
D	5	3	-	-
Macao Winners	5	5	-	-

- 3.4 Awarded participants of all categories will be given a “Champion Jacket” and it should be used at all times of the awarding ceremonies.
- 3.5 Awarded participants should collect trophies on the race day. For those who have not collected the trophy on the race day, he or she should contact the Organizing Committee within one week after the race and should pick up within one month after the race, otherwise it will be considered as renunciation of collection.

4. Prize Money

- 4.1 Prize money will be awarded to participants who have achieved specified results in the 10K;
- 4.1.1 Prize money for general classification:

The first 10 participants in the general classification of 10K will be awarded the following prize money:

Prize Money for General Classification of 10K (Male and Female)	
General Classification	US\$
1	10,000.00
2	5,000.00
3	2,500.00
4	1,500.00
5	1,000.00
6	700.00
7	600.00
8	500.00
9	400.00
10	300.00



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4.1.2 Bonus for breaking official course record:

The champion of Male and Female categories in 10K will be awarded a record-breaking bonus if the finishing time is faster than the current race record (please refer to the table below):

Prize Money for Breaking Official Course Record in 10K		
Male	Female	US\$
00:28:08 (2025)	00:31:34 (2025)	15,000.00

4.1.3 Prize money for Macao winners:

The first 5 Macao winners of 10K registered with the Macao Resident Identity Card will be awarded the following prize money:

Prize Money for Macao Winners in 10K (Male & Female)	
Classification	MOP
1	10,000.00
2	5,000.00
3	3,000.00
4	2,000.00
5	1,000.00

4.1.4 Bonus for breaking official Macao 10K Record:

The top Male and Female Macao Athletes in 10K will be awarded a bonus for breaking Macao records bonus if the finishing time is faster than the current Macao record (please refer to the table below):

Bonus for Breaking Macao Official Course Record		
Male	Female	MOP
00:31:27 (2025)	00:38:12 (2024)	40,000.00

4.2 Prize money will only be transferred to the winning participants' bank account after the confirmation of a positive result from the doping test. A Personal Bank Account Information Sheet must also be filled in on the race day for account transfer or telegraphic transfer.

5. Registration

5.1 Qualification and conditions of registration:

Citizen, holding a valid identification document, of any nationalities that correspond to respective age group is eligible to register;

5.2 Registration method:

5.2.1 Registration can only be processed online, whilst fax and mail etc will not be



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accepted;

5.2.2 All quotas are assigned on a first come first served basis in accordance to the date and time of a successful registration;

5.2.3 Registration is subject to quota limits, and will be closed once the quota is full.

5.3 Dates of registration:

Race Events	Date of Online Registration
10K	From 9 am on 31 January 2026
Fun Run	From 9 am on 1 February 2026

5.4 Registration:

5.4.1 Visit the official website www.macao10k.com, scan the registration QR code or visit “Macao 10K” mobile app and follow the guidelines to process the registration;

5.4.2 Website - Registration fee payment is accepted by means of the following methods:

Payment Methods	
Mpay	Alipay (Mainland China)
BOC pay	WeChat Pay (Mainland China)
VISA	UnionPay Online
MASTERCARD	UnionPay Card

5.4.3 Mobile app - Registration fee payment is accepted by means of the following methods:

Payment Methods	
Mpay	MASTERCARD
BOC pay	Alipay (Mainland China)
VISA	

5.4.4 Upon completion of registration, the Organizing Committee will issue a “Registration Completion Email” to the applicants as confirmation;

5.4.5 Once the Organizing Committee approves the registration, the applicants will receive a “Race Acceptance Email” and “Race Acceptance Receipt”;

5.4.6 “Race Acceptance Email” and “Race Acceptance Receipt” will be sent within one week after the registration;

5.4.7 All applicants are required to present the “Race Acceptance Email” and “Race Acceptance Receipt” for the collection of the number bib and chip.



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5.5 Registration fee (MOP):

Applicants Classification	10K	Fun Run
Local Participants (Participant must submit photocopy of Macao SAR Resident ID)	MOP 100.00	MOP 50.00
Non Local Participants (Participant must submit photocopy of the ID of his/her belonging country/region)	MOP 200.00	MOP 70.00

5.6 Change of race events:

- 5.6.1 The Organizing Committee will only consider permission to change the registered race on special condition, subject to the quota of the desired race category. Alteration will not be accepted when quota is full;
- 5.6.2 A written request should be submitted for the Organizing Committee's consideration before 17:30 of 20 February 2026, stating clearly the reasons for the change of Race Event, which should be accompanied by an administration fee of MOP/HK\$100 (exchange rate difference will not be considered);
- 5.6.3 If the change is from Fun Run to 10K, payment of the entry fee difference should be made;
- 5.6.4 If the change is from 10K to Fun Run, the entry fee difference will not be refunded;
- 5.6.5 The Organizing Committee will evaluate the request, and the administration fee will not be refunded to unsuccessful applicants.

6. Competition Terms and Conditions:

6.1 Eligibility for entry:

- 6.1.1 Each athlete can only participate in one race category. After registration complete, registration cannot be cancelled and all paid registration fee will not be refunded;
- 6.1.2 If the Organizing Committee discovers that a participant registers for another category/race with different data, his/her participation will be cancelled and all paid registration fees will not be refunded;
- 6.1.3 All quota, number bib and timing chip cannot be exchanged, resold or transferred to other participants under any circumstances; or else, the participants will be disqualified. All paid registration fees will not be refunded.



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6.2 Time limit:

Each race has the following time limit:

Event	10K	Fun Run
Time Limit	1 hour and 40 mins	1 hour and 15 mins
Finish Time	08:40	08:55

6.3 Course map:

- 6.3.1 The Organizing Committee will set up time limit point along the course of 10K and Fun Run and all participants are required to pass through the time limit points. The Organizing Committee reserves the right to stop any participants who do not pass the time limit points before the specified time limit;
- 6.3.2 The location of the time limit points and the respective time limit will be decided by taking into account the road condition, and the details will be announced before the start of the race. All participants must comply with the time limit;
- 6.3.3 All sections of the race course will be closed after the time limit as specified in the above;
- 6.3.4 Participants who cannot complete the courses within the time limit must follow the instruction of the Organizing Committee to leave the course as safety measures for participants will be removed;
- 6.3.5 The route was certificated by an official AIMS delegate in accordance with the World Athletics regulations.

6.4 Results:

- 6.4.1 Participants of 10K and Fun Run will be provided a number bib with a timing chip;
- 6.4.2 Participants must follow the instructions of the Organizing Committee to wear the number bib with timing chip during the race, in particular that the number bib must be worn on the chest;
- 6.4.3 Upon receipt of the number bib and timing chip, athletes should check their conditions and keep them safe for the race. In case of damaged, bended or wrongly-placed timing chip, or incomplete results recorded by the chip due to poor maintenance or interference by other personal items, the Organizing Committee reserves the right to disqualify the athlete's result;
- 6.4.4 Electronic Chips Timing System is used for the race which provides Official Time (Gun Time) and Personal Times (Chip Time/Net Time) for each participant. Results will be based on the Official Time in accordance with World Athletics standards;
- 6.4.5 Participants should pass the checkpoints according to the instructions of the race staff or judge. Should any checkpoint record be deemed incomplete, the participants will not be listed in the general classification and their result will not be counted.



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6.5 Medals and certificates for finishers:

- 6.5.1 Participants who finished the race within the time limit shall be awarded a medal and a certificate. Participants can download the certificate through the following website: www.marathon-photos.com;
- 6.5.2 Participants who finished the race within the time limit should present the number bib to collect the medal at the finish line. If the slip on the number bib is missing, the medal will not be provided. Only in exceptional cases, the medals will not be re-distributed;
- 6.5.3 For those participants who cannot complete the races within the time limit mentioned above, medals and certificates will not be provided, and their results will not be recorded and listed in the general classification;
- 6.5.4 Number bib and timing chip cannot be exchanged or transferred to other participants under any circumstances; or else, the participants will be disqualified and no certificate will be provided;
- 6.5.5 Should there be any mistakes found on the certificate, participants are required to contact the Organizing Committee before 15 April 2026 for alteration. Request after that date will not be accepted.

6.6 Doping control test:

- 6.6.1 The Organizing Committee will conduct a doping test on 10K. The arrangements are as follows:

Category	10K
General Classification Male & Female	<ul style="list-style-type: none">• 1st place• Three to be chosen at random from 2nd to 10th place
Macao Winners Male & Female	<ul style="list-style-type: none">• 1st place• One to be chosen at random from 2nd to 5th place

- 6.6.2 Any participants who fail to pass the doping control test will have their ranking and prize cancelled;
- 6.6.3 All male and female participants are required to attend the doping control test in accordance with World Athletics rules.

6.7 Appeal:

- 6.7.1 According to the rules & regulations, any appeals must be reported to the “Technical & Appeal Council” within 30 minutes after the results announcement by filling an appeal form, and the form must be returned within 45 minutes after the results announcement. An appeal fee of MOP800 or US\$100 should be paid together with the appeal form. The Technical & Appeal Council only accepts the appeal application based on the above mentioned procedure; should the appeal be accepted, the appeal fee will be refunded;
- 6.7.2 Any complaints, comments or appeals that do not fall in the above terms and



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conditions should be reported to “Referees and Umpires” instead.

6.7.3 Decisions made by Technical & Appeals Council are deemed final.

6.8 Safety policies and regulations for participants:

6.8.1 Participants are recommended to have a self-assessment of one’s own health condition for race participation and should undergo full practice before registering for the race;

6.8.2 The Organizing Committee strongly recommends all athletes to seek doctor’s advice and undergo body check before the race to ensure they are fit to take part in the race. Athletes who are pregnant or have chronic diseases such as heart disease or high blood pressure are not suitable to take part in the race;

6.8.3 The act of registration implies that the participant declares that his/her health condition is adequate for participating in the race, and that he/she takes full responsibility for any health changes that appear during the race;

6.8.4 If participants feel unwell during the race, they should inform the nearby staff at once;

6.8.5 To ensure safety of participants, the Organizing Committee will take measures to keep the course in well order, and participants must comply with the instructions of the staff;

6.8.6 The Organizing Committee will try their best to secure the safety of participants, and will provide necessary support in case of any accidents or force major occurred during the race. But the Organizing Committee shall not be held liable for any accident including the casualties of the participants, during the race;

6.8.7 A storage area is available for participants to deposit their personal belongings within the stipulated period. The Organizing Committee will not deal with items that are not deposited in the storage area;

6.8.8 Except for race officials, any person without a valid number bib for the 2026 Sands China Macao International 10K will not be allowed to enter the race course. Violators of this rule will be asked to leave the course immediately;

6.8.9 Non-OC staff and non-participants (including family members, audience, etc.) should not enter the course due to safety reasons;

6.8.10 In accordance with Article 6 of the World Athletics Competition Rules, the Organizing Committee shall have the right to disqualify any participants who have been confirmed in any way in receiving foreign assistance on the course;

6.8.11 In accordance with the World Athletics Competition Rules, participants are not allowed to use any electric, wheel- and axle-driven, mechanical, or spring-loaded gear, such as electric scooters, bicycles, roller skates, and skateboards.

6.8.12 Race registration is not open to wheelchair users due to the steep gradient of the racecourse and in consideration of the overall safety of the event.

6.8.13 Public Liability Insurance is covered by the Organizing Committee. Participants are advised to take up their own personal or other insurance



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policies separately, if necessary;

6.8.14 The race may be cancelled if typhoon signal no.3 or above is hoisted, or if a rainstorm signal is still in force in 3:00 am on Sunday, 15 March 2026, or any non-attributable factors. Participants should refer to news updates and online announcement. Should the event be cancelled due to circumstances beyond the control the Organizing Committee or in the case of force major, 50% of registration fee will be refunded before 15 September 2026, and the Organizing Committee shall have no further responsibility and/ or liability thereafter.

7. Facilities and Services:

Distance indicators	Signboards are located every 1 km
First aid stations and mobile toilets	Placed along the course
Refreshment Stations	A drinks station will be set up at around the 4km mark where water and sports drinks will be provided. A sponge station will be set up at around the 7.5km mark where water and sponges will be provided. Signboards will be placed 100m before each station.
Finish line area	Supplied with water, sports drinks, banana and chocolate
Facilities	Toilet, changing rooms, shower facilities and storage for personal belongings
Weather	For details, please visit the official website of the Meteorological and Geophysics Bureau www.smg.gov.mo .

8. Program

Date	Venue	Time	Content
12/03/2026 ~ 13/03/2026	Olympic Sports Centre - Indoor Pavilion (Taipa)	12:00-21:00	Collection of number bib, timing chip and “Notes to Participants” upon presentation of registration receipt and ID.
14/03/2026	Olympic Sports Centre - Indoor Pavilion (Taipa)	12:00-22:00	
15/03/2026	Sai Van Lake Square (Macao)	06:00	First call for 10K and Fun Run (Sai Van Lake Square will be opened)
		07:00	Start of 10K
		07:40	Start of Fun Run
	Olympic Sports Centre - Indoor Pavilion (Taipa)	08:55	End of races
		09:30	Award Ceremony for Fun Run
		10:00	Award Ceremony for 10K



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9. Enquiries

Tel : (853) 2823 6363

Email: macao10k@sport.gov.mo

Website: www.macao10k.com

10. Others:

- 10.1 All the information provided to the participants by the Organizing Committee of the race (including “Notes to the Participants” etc.) will be considered as part of this regulation in all circumstances;
- 10.2 All omitted cases will be settled by the Organizing Committee, and in case of doubt, the Organizing Committee reserves the right of making the final decision on the issue in question;
- 10.3 By submitting application, participants have agreed to enter into the 2026 Sands China Macao International 10K and have also agreed to abide by conditions of registration and the event, and any instructions given by the Organizing Committee;
- 10.4 Participants in the 2026 Sands China Macao International 10K are required to comply with the competition rules of the World Athletics.
