

115 學年度 校慶運動會

2026 Anniversary Sports Day

熱血開跑！
Let's Run for a Healthier, Stronger TCU!



活動日期

Date

11/25 (三)

Wed., Nov. 25, 2026



活動地點

Venue

介仁校區運動場
Sports Ground,
Jieren Campus



報名截止

Registration Deadline

10/30 (五)

17:00
Fri., Oct. 30, 2026

一起動起來！
Be Active,
Be United!

一年一度的校慶運動會即將登場！不論您是跑步健將、接力高手，還是團隊合作達人，歡迎一起加入！

揪同學、找夥伴、組隊挑戰，在運動場上展現活力，拼出好成績！

Get ready for our annual Anniversary Sports Day! Whether you are a running enthusiast, a relay star, or a teamwork expert, we invite you to join us! Gather your classmates and colleagues, form a team and show your energy and team spirit on the field!



競賽項目 Competition Events



田徑競賽 Track and Field Events

1 學生個人組 Student Individual Events	100M · 200M · 400M 800M · 1,500M · 5,000M
2 學生團體組 Student Team Events	4 × 100M 接力 4 × 100 m Relay 20 × 100M 大隊接力 20 × 100 m Team Relay
3 教職員個人組 Faculty and Staff Individual Events	60M · 1,500M · 5,000M
4 教職員團體組 Faculty and Staff Team Events	4 × 100M 接力 4 × 100 m Relay



趣味競賽 Fun Team Events

學生與教職員合併進行比賽，不另行分組。
Students and faculty/staff compete together in the fun team events, with no separate divisions.

- 齊心擲球趣
Team Ball Carry
- 穿圈接長龍
Hoop Chain Challenge
- 越跑越有伴
Run Together Relay
- 解開千千結
Untangle the Team
- 錐錐向前衝
Cone by Cone Relay

組隊方式 Team Formation

學生 Students

- 自由組隊、男女人數不限
- 每隊選手須來自至少 2 個不同科系（所）
- 每隊 6 名，可候補 2 名
- Form teams freely (No gender restrictions).
- Each team must include members from at least 2 different departments or graduate institutes.
- 6 members per team, with up to 2 reserves.

教職員 Faculty and Staff

- 可依各院、處、室、中心組隊
- 或跨單位自由組隊報名
- 男女人數不限
- 每隊 6 名，可候補 2 名
- Teams may be formed by college, office, department, or center, or across units.
- No gender restrictions.
- 6 members per team, with up to 2 reserves.



參賽注意事項 Important Notes

- 個人及團體項目合計每位學生至多報名 2 項，5,000M 及 100M × 20 大隊接力不列入計算。
- 參賽選手以人次方式每人 1 分計入精神總錦標成績。
- Each student may enter up to two events in total (individual and team events). The 5,000 m and 20 × 100 m team relay do not count towards this limit. Each participant earns one point per event entered towards the Overall Team Spirit Award.



預賽項目 Preliminary Event



5000M

預賽日期

Preliminary Date

11/20 (五) 15:00

Fri., Nov. 20, 2026, 3:00 p.m.

預賽地點

Preliminary Venue

介仁校區運動場

Sports Ground, Jieren Campus

* 詳細競賽辦法，請參閱附件。

Please refer to the attached document for the detailed competition regulations.

報名連結 Registration Link

請掃描 QR Code 報名 Scan to Register

學生個人徑賽
Student Individual



學生 4 × 100M 接力
Student 4 × 100 m Relay



學生 20 × 100M 大隊接力
Student 20 × 100 m Relay



教職員個人賽
Staff Individual



教職員 4 × 100M 接力
Staff 4 × 100 m Relay



趣味競賽
Fun Team Events



競賽辦法連結
Competition Rules



不只是比速度，更要比默契、比合作、比團隊精神！

It's not just about speed — it's about teamwork, cooperation, and team spirit!

體育教學中心 敬啟
Physical Education Center