

The Hong Kong Schools Sports Federation
 Hong Kong Island and Kowloon Secondary Schools Regional Committee
Inter-School Athletics Competition
 Athletics Records (1951 - 2020)

(Last Updated : 15 Jan 2021)

Event	*	Grade	Record	Year	Holder	School	Remarks		
60m		Girls C	8.28	1979-1980	M. Tao	Diocesan Girls' School	Under 15 abolished in 1980-1981		
		Girls C	8.30	1973-1974	D. Chan	Island School	Under 15		
		Girls C	8.30	1972-1973	S. Friedman	King George V School	Under 15		
		Girls C	8.30	1971-1972	S. Friedman	King George V School	Under 15		
		Girls C	8.30	1964-1965	Mak Fung Ming	St. Stephen's Girls' College	Under 15		
		Girls C	8.30	1963-1964	Lo Wing Sim	Queen Elizabeth School	Under 15		
		Girls C	8.30	1963-1964	P. Baker	Diocesan Girls' School	Under 15		
		Boys D	8.50	1964-1965	Yim Ming Heng	Munsang College	Under 13		
	Boys D	8.50	1963-1964	P. Leadley	St. George's School	Under 13			
100m		Boys A	10.60	2017-2018	Tse Yee Hin Rico	St. Joseph's Anglo-Chinese School	Under 19		
		Boys A	10.73	2013-2014	Lee Chin Ting	STFA Cheng Yu Tung Secondary School	Under 19 Best Performance		
		Boys A	10.40	2007-2008	Lai Chun Ho	Diocesan Boys' School	Under 20		
		Boys A	10.51	1995-1996	Wong Man Lung	Wah Yan College (Kowloon)	Under 20		
		Boys A	10.74	1994-1995	Wong Man Lung	Wah Yan College (Kowloon)	Under 20		
		Boys A	10.80	1952-1953	S.Xavier	La Salle College	Under 20		
		Boys B	11.02	2016-2017	Ma Chi Fai	La Salle College	Under 16		
		Boys B	11.03	2007-2008	Ng Ka Fung	C&M Alliance Sun Kei Secondary School	Under 16		
		Boys B	11.04	2004-2005	Lai Chun Ho	Nam Wah Catholic Secondary School	Under 16		
		Boys B	11.43	2003-2004	Li Ka Yat	Pui Ching Middle School	Under 16		
		Boys B	11.52	1999-2000	Chan Lok Him	La Salle College	Under 16 Best Performance		
		Boys B	10.79	1995-1996	To Wai Lok	Diocesan Boys' School	Under 17		
		Boys B	11.07	1992-1993	Kevin Liu	La Salle College	Under 17		
		Boys B	11.15	1991-1992	Kevin Liu	La Salle College	Under 17		
		Boys B	11.19	1989-1990	Ku Wai Ming	St. Paul's College	Under 17		
		Boys B	11.19	1986-1987	Chau Wai Cheung	Delia Memorial School (Yuet Wah)	Under 17		
		Boys B	11.29	1979-1980	Yeung Ka Ming	Cheung Sha Wan Catholic Secondary School	Under 17		
		Boys B	11.30	1974-1975	Choi Wing Leung	Diocesan Boys' School	Under 17		
		*(1)	Boys B	11.60	1973-1974	Choi Wing Leung	Diocesan Boys' School	Under 17	
			Boys B	11.50	1965-1966	David Lee	Diocesan Boys' School	Under 17	
			Boys B	11.50	1963-1964	P. Chen	Diocesan Boys' School	Under 17	
			Boys C	11.21	2008-2009	Wang Hao Yang	Diocesan Boys' School	Under 14	
			Boys C	11.35	2007-2008	Tsu Ka Chon	La Salle College	Under 14	
			Boys C	11.47	2007-2008	Li Lut Yin	La Salle College	Under 14	
			Boys C	11.59	2006-2007	Tong Wai Chun	Diocesan Boys' School	Under 14	
			Boys C	11.71	2003-2004	Chung Ho Bong	Diocesan Boys' School	Under 14	
			Boys C	11.80	2002-2003	Cho Yat Nang	Ning Po No. 2 College	Under 14	
			Boys C	11.87	2001-2002	Li Ka Yat	Pui Ching Middle School	Under 14	
			Boys C	12.18	2000-2001	Tung Hing Lun	La Salle College	Under 14	
			Boys C	12.19	1999-2000	Leung Sheung Yan	Diocesan Boys' School	Under 14 Best Performance	
			Boys C	11.22	1990-1991	Kevin Liu	La Salle College	Under 15	
			Boys C	11.52	1984-1985	Ho Kwok Wai	Yu Chun Keung Memorial College	Under 15	
			Boys C	11.69	1983-1984	Ho Kwok Shu	Chong Gene Hang College	Under 15	
			Boys C	11.75	1979-1980	Ng Kai Ho	Maryknoll Fathers' School	Under 15	
			Boys C	11.92	1977-1978	Jerry Chang	Diocesan Boys' School	Under 15	
			Boys C	12.00	1974-1975	Kung Wai Ling	Diocesan Boys' School	Under 15	
			*(3)	Boys C	12.60	1967-1968	Hong Kam Cheung	King's College	Under 15
			Boys C	12.00	1964-1965	Augustin Sin	La Salle College	Under 15	
			Boys D	13.60	1963-1964	Tam Man Tak	La Salle College	Under 13	
			Girls A	11.85	2016-2017	Chan Pui Kei	Good Hope School	Under 19	
			Girls A	12.55	2015-2016	Leung Yee Ting	Good Hope School	Under 19	
			Girls A	12.62	2014-2015	Yeung Lok Hei Hazel	St. Paul's Convent School (Secondary Section)	Under 19	
			Girls A	12.64	2013-2014	Chan Ka Sin	St. Clare's Girls' School	Under 19 Best Performance	
			Girls A	11.99	2008-2009	Leung Hau Sze	Diocesan Girls' School	Under 20	
			Girls A	12.11	1994-1995	Wan Kin Yee	St. Stephen's College, Stanley	Under 20	
			Girls A	12.21	1993-1994	Wan Kin Yee	St. Stephen's College, Stanley	Under 20	
			Girls A	12.30	1985-1986	Ng Ka Yi	St. Catherine's School for Girls, Kwun Tong	Under 20	
			Girls A	12.41	1984-1985	Ng Ka Yi	St. Catherine's School for Girls, Kwun Tong	Under 20	
			Girls A	12.45	1983-1984	Ng Ka Yi	St. Catherine's School for Girls, Kwun Tong	Under 20	
			Girls A	12.53	1982-1983	Szeto Shuk Yee	New Method College (Kowloon)	Under 20	
		Girls A	12.60	1963-1964	Anna Hui	St. Stephen's Girls' College	Under 20		
		Girls B	11.89	2015-2016	Chan Pui Kei	Good Hope School	Under 16		
		Girls B	12.21	2004-2005	Natalie Armentrout	German Swiss International School	Under 16		
		Girls B	12.42	2002-2003	Pang Hok Man	Diocesan Girls' School	Under 16		
		Girls B	12.48	2001-2002	Pang Hok Man	Diocesan Girls' School	Under 16		

Event	*	Grade	Record	Year	Holder	School	Remarks		
100m		Girls B	12.75	2000-2001	Lai Tsui Shan	Heep Yunn School	Under 16		
		Girls B	13.06	1999-2000	Cheung Ka Wai	Heep Yunn School	Under 16 Best Performance		
		Girls B	12.29	1997-1998	Eleana Leung	Diocesan Girls' School	Under 17		
		Girls B	12.31	1988-1989	Phoebe Leung	Good Hope School	Under 17		
		Girls B	12.32	1987-1988	Phoebe Leung	Good Hope School	Under 17		
		Girls B	12.62	1979-1980	M. Hung	Maryknoll Convent School	Under 17		
		Girls B	12.86	1978-1979	Lok Suet Yee	Moral Training	Under 17		
		Girls B	12.90	1974-1975	S. Friedman	King George V School	Under 17		
		Girls B	13.00	1973-1974	P. Eden	Island School	Under 17		
		Girls B	13.10	1972-1973	F.Tung	Maryknoll Convent School	Under 17		
		Girls B	13.10	1972-1973	V.Neal	King George V School	Under 17		
		Girls B	13.10	1972-1973	C. O'Rourke	Island School	Under 17		
		Girls B	13.10	1962-1963	D. Carter	King George V School	Under 17		
		Girls C	12.48	2009-2010	Lo Ka Lam	Good Hope School	Under 14		
		Girls C	12.55	2003-2004	Poon Pak Yan	Good Hope School	Under 14		
		Girls C	12.85	2002-2003	Poon Pak Yan Aggie	Good Hope School	Under 14		
		Girls C	12.90	1999-2000	Lai Tsui Shan	Heep Yunn School	Under 14 Best Performance		
		Girls C	12.62	1986-1987	Phoebe Leung	Good Hope School	Under 15		
		Girls C	13.00	1972-1973	P. Eden	Island School	Under 15		
		Girls C	13.00	1972-1973	S. Friedman	King George V School	Under 15		
		Girls C	13.50	1971-1972	Lui Wai Bing	New Method College (Kowloon)	Under 15		
		Girls C	13.50	1971-1972	P. Eden	Island School	Under 15		
		Girls C	13.60	1967-1968	Susan Chao	Diocesan Girls' School	Under 15		
		Girls C	13.60	1966-1967	J. Wienphal	King George V School	Under 15		
		Girls C	13.70	1963-1964	E. Chan	Diocesan Girls' School	Under 15		
		Girls C	13.70	1960-1961	J. Peggs	King George V School	Under 15		
	200m		Boys A	21.91	2016-2017	Wong Cheuk Hei Herry	Yu Chun Keung Memorial College	Under 19	
			Boys A	22.22	2014-2015	Lee Hong Kit	Diocesan Boys' School	Under 19	
			Boys A	22.38	2013-2014	Lee Chin Ting	STFA Cheng Yu Tung Secondary School	Under 19 Best Performance	
			Boys A	21.53	2006-2007	Lai Chun Ho	Diocesan Boys' School	Under 20	
			Boys A	21.60	1996-1997	To Wai Lok	Diocesan Boys' School	Under 20	
			Boys A	21.60	1963-1964	William Hill	Diocesan Boys' School	Under 20	
			Boys A	21.80	1953-1954	S. Xavier	La Salle College	Under 20	
			Boys B	22.13	2009-2010	Chan Yan Lam	Diocesan Boys' School	Under 16	
			Boys B	22.50	2008-2009	Chan Yan Lam	Diocesan Boys' School	Under 16	
			Boys B	22.55	2004-2005	Lai Chun Ho	Nam Wah Catholic Secondary School	Under 16	
		Boys B	23.25	2002-2003	Cheng Ka Ming	St. Joan of Arc Secondary School	Under 16		
		Boys B	23.58	1999-2000	Chan Lok Him	La Salle College	Under 16 Best Performance		
		Boys B	22.32	1995-1996	To Wai Lok	Diocesan Boys' School	Under 17		
		Boys B	22.49	1993-1994	Leung Siu Pan	Diocesan Boys' School	Under 17		
		Boys B	22.50	1989-1990	Ku Wai Ming	St. Paul's College	Under 17		
		Boys B	22.77	1982-1983	Leung Wing Kwong	Rosaryhill School	Under 17		
		Boys B	23.00	1981-1982	Edwin Davison	King George V School	Under 17		
		Boys B	23.22	1979-1980	Ho Shu Chung	Diocesan Boys' School	Under 17		
		Boys B	23.57	1978-1979	Tsang Hing Tak	Pui Kiu Middle School	Under 17		
		Boys B	23.69	1976-1977	Michael Chan	La Salle College	Under 17		
		Boys B	23.70	1974-1975	F. Remedios	La Salle College	Under 17		
		*(1)	Boys B	24.60	1973-1974	M. Chan	La Salle College	Under 17	
			Boys B	23.40	1965-1966	Yuen Kwong	Wah Yan College (Kowloon)	Under 17	
			Boys B	24.20	1964-1965	Yuen Kwong	Wah Yan College (Kowloon)	Under 17	
			Boys C	22.59	2007-2008	Chan Yan Lam	Diocesan Boys' School	Under 14	
			Boys C	23.13	2006-2007	Chan Yan Lam	Diocesan Boys' School	Under 14	
			Boys C	24.04	2002-2003	Lau Ho Chin	Diocesan Boys' School	Under 14	
			Boys C	24.46	2001-2002	Li Ka Yat	Pui Ching Middle School	Under 14	
			Boys C	24.86	2000-2001	Yu Ka Lung	St. Stephen's College, Stanley	Under 14	
			Boys C	24.96	1999-2000	Tse Ho Fu	Cheung Sha Wan Catholic Secondary School	Under 14 Best Performance	
			Boys C	23.00	1990-1991	Kevin Liu	La Salle College	Under 15	
			Boys C	23.81	1985-1986	Chow Chak Kwan	Wah Yan College (Hong Kong)	Under 15	
			Boys C	23.84	1984-1985	Ho Kwok Wai	Yu Chun Keung Memorial College	Under 15	
			Boys C	23.97	1979-1980	Ng Kai Ho	Maryknoll Fathers' School	Under 15	
			Boys C	24.30	1977-1978	Jerry Chang	Diocesan Boys' School	Under 15	
			*(3)	Boys C	26.80	1967-1968	Gerald Cruz	La Salle College	Under 15
			Boys C	24.40	1964-1965	Augustin Sin	La Salle College	Under 15	
			Boys D	28.60	1963-1964	P.Leadley	St. George's School	Under 13	
			Boys D	28.60	1960-1961	Scourfield	St. George's School	Under 12	
			Girls A	25.01	2017-2018	Chan Pui Kei	Good Hope School	Under 19	
			Girls A	25.03	2016-2017	Chan Pui Kei	Good Hope School	Under 19	
			Girls A	25.59	2015-2016	Poon Hang Wai	Good Hope School	Under 19	
			Girls A	25.72	2014-2015	Lam Christy Ho Yan	Diocesan Girls' School	Under 19	
			Girls A	26.31	2013-2014	Lo Ka Lam	Good Hope School	Under 19 Best Performance	
			Girls A	24.93	2006-2007	Leung Hau Sze	Diocesan Girls' School	Under 20	

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200m		Girls A	25.25	1993-1994	Wan Kin Yee	St. Stephen's College, Stanley	Under 20	
		Girls A	25.29	1985-1986	Ng Ka Yi	St. Catherine's School for Girls, Kwun Tong	Under 20	
		Girls A	25.86	1983-1984	Ng Ka Yi	St. Catherine's School for Girls, Kwun Tong	Under 20	
		Girls A	26.01	1981-1982	To Moon Chi	Chan Shu Kui Memorial School	Under 20	
		Girls A	26.13	1979-1980	E. Buckley	King George V School	Under 20	
		Girls A	26.70	1965-1966	Anna Hui	St. Stephen's Girls' College	Under 20	
		Girls A	27.60	1963-1964	J. Peggs	King George V School	Under 20	
		Girls B	24.96	2015-2016	Chan Pui Kei	Good Hope School	Under 16	
		Girls B	25.22	2001-2002	Sarah Shuttleworth	King George V School	Under 16	
		Girls B	27.14	2000-2001	Joan Ng	Maryknoll Convent School	Under 16	
		Girls B	27.22	1999-2000	Cheung Ka Wai	Heep Yunn School	Under 16 Best Performance	
		Girls B	25.48	1987-1988	Phoebe Leung	Good Hope School	Under 17	
		Girls B	26.58	1982-1983	Ng Ka Yi	St. Catherine's School for Girls, Kwun Tong	Under 17	
		Girls B	26.80	1975-1976	Tse Wah Sau	Buddhist Wong Fung Ling College	Under 17	
		Girls B	26.90	1972-1973	V. Neal	King George V School	Under 17	
		Girls B	27.40	1971-1972	D. Noren	Hong Kong International School	Under 17	
		Girls B	27.60	1967-1968	A. Christian	Hong Kong International School	Under 17	
		Girls B	27.90	1965-1966	Tse Sin Sin	Kiangsu Chekiang College	Under 17	
		Girls B	28.10	1963-1964	M. Kemp	King George V School	Under 17	
		Girls C	25.85	2011-2012	Poon Hang Wai	Good Hope School	Under 14	
		Girls C	26.02	2008-2009	Yan Hoi Tung Abby	Maryknoll Convent School	Under 14	
		Girls C	26.07	2003-2004	Poon Pak Yan	Good Hope School	Under 14	
		Girls C	26.58	2002-2003	Natalie Armentrout	German Swiss International School	Under 14	
		Girls C	27.17	2000-2001	Pang Hok Man	Diocesan Girls' School	Under 14	
		Girls C	27.38	1999-2000	Pang Hok Man	Diocesan Girls' School	Under 14 Best Performance	
		Girls C	26.52	1989-1990	K. Vanden Bosch	King George V School	Under 15	
		Girls C	26.53	1986-1987	Phoebe Leung	Good Hope School	Under 15	
		Girls C	26.98	1978-1979	Szeto Shuk Yee	New Method College	Under 15	
		Girls C	27.44	1975-1976	E. Buckley	King George V School	Under 15	
		Girls C	27.60	1973-1974	L. Cahoon	Hong Kong International School	Under 15	
		Girls C	27.70	1972-1973	P. Eden	Island School	Under 15	
		Girls C	27.90	1967-1968	Pamela Ball	Island School	Under 15	
	400m		Boys A	49.92	2015-2016	Ajaz-UI-Haq	St. Margaret's Co-Educational English Secondary and Primary School	Under 19
		Boys A	50.32	2014-2015	Chan Ken	Diocesan Boys' School	Under 19	
		Boys A	51.03	2013-2014	Ajaz UI Haq	St. Margaret's Co-Educational English Secondary and Primary School	Under 19 Best Performance	
		Boys A	49.10	1963-1964	William Hill	Diocesan Boys' School	Under 20	
		Boys A	54.00	1953-1954	Leung Kam Boh	St. Joseph's College	Under 20	
		Boys A	54.00	1950-1951	Lo Wing Chuen	La Salle College	Under 20	
		Boys B	49.72	2009-2010	Chan Yan Lam	Diocesan Boys' School	Under 16	
		Boys B	50.06	2008-2009	Chan Yan Lam	Diocesan Boys' School	Under 16	
		Boys B	51.63	2007-2008	Daniel St. Paul	King George V School	Under 16	
		Boys B	52.74	2006-2007	Lau Tsz Wang	C&M Alliance Sun Kei Secondary School	Under 16	
		Boys B	52.77	2004-2005	Cheng Chi Kin	La Salle College	Under 16	
		Boys B	53.00	2002-2003	Cheng Ka Ming	St. Joan of Arc Secondary School	Under 16	
		Boys B	53.29	2001-2002	Wan Lap Tsun	Yu Chun Keung Memorial College	Under 16	
		Boys B	53.84	1999-2000	Chan Yuen Fung	Diocesan Boys' School	Under 16 Best Performance	
		Boys B	50.25	1989-1990	Wong Wai Kuen	Diocesan Boys' School	Under 17	
		Boys B	51.55	1988-1989	Wong Pui Hung	Diocesan Boys' School	Under 17	
		Boys B	51.86	1981-1982	Edwin Davison	King George V School	Under 17	
		Boys B	52.19	1980-1981	Sung Ka Chun	Chan Sui Ki (La Salle) College	Under 17	
		Boys B	52.69	1979-1980	Yu Yee Yin	New Method College	Under 17	
		Boys B	52.80	1974-1975	F. Remedios	La Salle College	Under 17	
		*(1)	Boys B	54.40	1973-1974	F. Remedios	La Salle College	Under 17
			Boys B	53.20	1965-1966	Yuen Kwong	Wah Yan College, Kowloon	Under 17
			Boys B	54.60	1960-1961	R. To	Diocesan Boys' School	Under 17
			Boys C	51.23	2007-2008	Chan Yan Lam	Diocesan Boys' School	Under 14
			Boys C	52.91	2006-2007	Chan Yan Lam	Diocesan Boys' School	Under 14
			Boys C	55.28	2002-2003	Lau Ho Chin	Diocesan Boys' School	Under 14
			Boys C	57.11	2001-2002	Wong Man Chun	TWGHs Lui Yun Choy Memorial College	Under 14
			Boys C	57.27	2000-2001	Hung Ka Lung	Chong Gene Hang College	Under 14
			Boys C	58.84	1999-2000	Law Pak Kwan	TWGHs Lui Yun Choy Memorial College	Under 14 Best Performance
			Boys C	52.82	1993-1994	Au Ying Man	La Salle College	Under 15
			Boys C	53.82	1985-1986	Alan Lei	La Salle College	Under 15
			Boys C	54.34	1983-1984	Joseph Wong	Diocesan Boys' School	Under 15
			Boys C	54.36	1980-1981	Poon La Ming	La Salle College	Under 15
		Boys C	55.69	1979-1980	Li Siu Lung	Cheung Sha Wan Catholic Secondary School	Under 15	
		Boys C	56.30	1974-1975	F. Pereira	La Salle College	Under 15	
		*(3)	Boys C	60.40	1967-1968	Adrian So	La Salle College	Under 15
		Boys C	57.80	1965-1966	Chiu Man Sang	Munsang College	Under 15	
		Boys C	59.00	1964-1965	Wan On	Tung Wah Hospital	Under 15	

Event	*	Grade	Record	Year	Holder	School	Remarks	
400m		Girls A	57.37	2014-2015	Lam Christy Ho Yan	Diocesan Girls' School	Under 19	
		Girls A	59.70	2013-2014	Lam Christy Ho Yan	Diocesan Girls' School	Under 19 Best Performance	
		Girls A	58.10	2011-2012	Lui Lai Yiu	Pui Ching Middle School	Under 20	
		Girls A	58.29	1998-1999	Eleana Leung	Diocesan Girls' School	Under 20	
		Girls A	58.67	1994-1995	Wan Kin Yee	St. Stephen's College, Stanley	Under 20	
		Girls A	58.93	1989-1990	A. Noble	King George V School	Under 20	
		Girls A	59.64	1979-1980	E. Buckley	King George V School	Under 20	
		Girls A	60.40	1974-1975	A. Dewar	Island School	Under 20	
		Girls A	61.70	1968-1969	A. Chrisian	Hong Kong International School	Under 20	
		Girls A	74.40	1967-1968	Stella Lee	Diocesan Girls' School	Under 20	
		Girls B	57.29	2001-2002	Sarah Shuttleworth	King George V School	Under 16	
		Girls B	57.62	2000-2001	Sarah Shuttleworth	King George V School	Under 16	
		Girls B	1:04.78	1999-2000	Vivian Tse	Good Hope School	Under 16 Best Performance	
		Girls B	58.98	1988-1989	A. Noble	King George V School	Under 17	
		Girls B	58.99	1987-1988	A. Noble	King George V School	Under 17	
		Girls B	60.08	1984-1985	Alison Lees	King George V School	Under 17	
		Girls B	61.61	1983-1984	Alison Lees	King George V School	Under 17	
		Girls B	61.72	1979-1980	S. Torgersen	Hong Kong International School	Under 17	
		Girls B	62.70	1970-1971	C. Ross	King George V School	Under 17	
		Girls B	63.00	1967-1968	A. Christian	Hong Kong International School	Under 17	
		Girls C	58.78	1999-2000	Sarah Shuttleworth	King George V School	Under 14	
		Girls C	59.14	1986-1987	A. Noble	King George V School	Under 15	
		Girls C	1:00.18	1982-1983	Alison Lees	King George V School	Under 15	
		Girls C	1:03.74	1979-1980	S. Smith	King George V School	Under 15	
		Girls C	1:04.22	1978-1979	Chung Lai Lai	Bellios Public School	Under 15	
		Girls C	1:05.97	1977-1978	A. Murphy	Island School	Under 15	
	800m		Boys A	1:55.58	2015-2016	Leung Ho Chun	Wah Yan College (Kowloon)	Under 19
			Boys A	1:58.78	2014-2015	Lau Chak Kuen	Yu Chun Keung Memorial College	Under 19
			Boys A	2:02.95	2013-2014	Ross Mason	West Island School	Under 19 Best Performance
			Boys A	1:57.77	2011-2012	Lee Cho Wai Jimmy	Diocesan Boys' School	Under 20
			Boys A	1:57.89	2003-2004	Lau Tak Lung	Lingnan Hang Yee Memorial Secondary School	Under 20
			Boys A	2:00.19	1991-1992	To Sze Wai	Chan Sui Ki (La Salle) College	Under 20
			Boys A	2:00.79	1985-1986	Chung Chun Bong	Salesian English School	Under 20
		Boys A	2:0.80	1980-1981	Howard Ackford	Island School	Under 20	
		Boys A	2:1.40	1960-1961	T. Robertson	King George V School	Under 20	
		Boys A	2:5.50	1952-1953	Lee Shu Chung	La Salle College	Under 20	
		Boys B	2:00.69	2012-2013	Yeung Chi Ho	Creative Secondary School	Under 16	
		Boys B	2:01.00	2010-2011	Li Tsz Hei	La Salle College	Under 16	
		Boys B	2:02.82	2009-2010	Li Tsz Hei	La Salle College	Under 16	
		Boys B	2:03.35	2007-2008	Ng Tak Wo	Choi Hung Estate Catholic Secondary School	Under 16	
		Boys B	2:04.87	2005-2006	Chan Shun Hong	Cheung Sha Wan Catholic Secondary School	Under 16	
		Boys B	2:06.17	2004-2005	Yeung Chi Wing	Lingnan Hang Yee Memorial Secondary School	Under 16	
		Boys B	2:06.67	2000-2001	Lau Tak Lung	Lingnan Hang Yee Memorial Secondary School	Under 16	
		Boys B	2:10.63	1999-2000	Lai Chun Man	Chong Gene Hang College	Under 16 Best Performance	
		Boys B	2:03.69	1992-1993	Lau Chun Yip	Lai Chack Middle School	Under 17	
		Boys B	2:04.62	1985-1986	Liam Shoridge	Island School	Under 17	
		Boys B	2:04.73	1982-1983	Poon Ka Ming	La Salle College	Under 17	
		Boys B	2:05.70	1981-1982	Poon Ka Ming	La Salle College	Under 17	
		Boys B	2:06.10	1979-1980	H. Ackford	Island School	Under 17	
		Boys B	2:07.90	1974-1975	Chan Chi Fung	Pui Ching Middle School	Under 17	
		*(1)	Boys B	2:10.70	1973-1974	Lui Yuen Yee	Maryknoll Fathers' School	Under 17
			Boys B	2:10.20	1972-1973	J. Ozorio	King George V School	Under 17
			Boys B	2:10.80	1971-1972	Leung Dip Choi	Diocesan Boys' School	Under 17
			Boys B	2:11.60	1969-1970	Ho Shing Cheong	Diocesan Boys' School	Under 17
			Boys B	2:12.60	1965-1966	Ngan Wai Kwong	Pui Kiu Middle School	Under 17
			Boys B	2:13.20	1964-1965	Chan Ka Kin	Perth Street	Under 17
			Boys C	2:06.64	2018-2019	Slattery Matthew Luke	La Salle College	Under 14
			Boys C	2:08.20	2003-2004	On Sing Chuen	Diocesan Boys' School	Under 14
			Boys C	2:09.40	2002-2003	On Sing Chuen	Diocesan Boys' School	Under 14
			Boys C	2:16.15	2000-2001	Chan Ye Ko	La Salle College	Under 14
			Boys C	2:17.24	1999-2000	Lee Chak Yan	TWGHs Wong Fut Nam College	Under 14 Best Performance
			Boys C	2:08.46	1983-1984	Joseph Wong	Diocesan Boys' School	Under 15
			Boys C	2:09.95	1982-1983	R. Thatcher	Island School	Under 15
			Boys C	2:10.00	1980-1981	Poon Ka Ming	La Salle College	Under 15
		*(2)	Boys C	2:15.45	1979-1980	J. Lenell	Hong Kong International School	Under 15
			Boys C	2:11.17	1978-1979	William Lee	La Salle College	Under 15
			Boys C	2:15.60	1977-1978	Farkas	Island School	Under 15
			Boys C	2:16.20	1970-1971	Jeremy Ozorio	King George V School	Under 15
	*(3)	Boys C	2:26.20	1966-1967	Ng Yuen Ming	Diocesan Boys' School	Under 14	
		Boys C	2:19.50	1965-1966	Leslie Laing	Diocesan Boys' School	Under 15	
		Boys C	2:20.90	1964-1965	Wu Tak Sang	Kowloon Technical School	Under 15	

Event	*	Grade	Record	Year	Holder	School	Remarks	
800m		Girls A	2:17.06	2014-2015	Chan Yee Ki	Diocesan Girls' School	Under 19	
		Girls A	2:21.06	2013-2014	Chan Yee Ki	Diocesan Girls' School	Under 19 Best Performance	
		Girls A	2:17.41	2011-2012	Chan Yee Ki	Diocesan Girls' School	Under 20	
		Girls A	2:18.30	1993-1994	Chan Man Yee	Heep Yunn School	Under 20	
		Girls A	2:20.78	1989-1990	A. Noble	King George V School	Under 20	
		Girls A	2:22.80	1980-1981	G. Simpson	St. George's School	Under 20	
		Girls A	2:24.96	1979-1980	S. Robertson	Island School	Under 20	
		Girls A	2:28.60	1978-1979	Ko Kit Fong	Heung To Middle School (Tai Hang Tung)	Under 20	
		Girls A	2:35.29	1977-1978	E. Sweitzer	Hong Kong International School	Under 20	
		Girls A	2:39.57	1975-1976	L. Everett	St. George's School	Under 20	
		Girls A	2:46.90	1974-1975	Belsy Templeton	Hong Kong International School	Under 20	
		Girls B	2:15.76	2000-2001	Sarah Shuttleworth	King George V School	Under 16	
		Girls B	2:16.76	1999-2000	Amie Shuttleworth	King George V School	Under 16 Best Performance	
		Girls B	2:15.44	1995-1996	Alli Li	Good Hope School	Under 17	
		Girls B	2:18.92	1994-1995	Alli Li	Good Hope School	Under 17	
		Girls B	2:21.51	1990-1991	S. Van Tassel	King George V School	Under 17	
		Girls B	2:22.60	1987-1988	A. Noble	King George V School	Under 17	
		Girls B	2:23.25	1979-1980	G. Simpson	St. George's School	Under 17	
		Girls B	2:27.13	1977-1978	Sara Robertson	Island School	Under 17	
		Girls B	2:34.19	1975-1976	Sara Robertson	Island School	Under 17	
		Girls C	2:19.72	1999-2000	Sarah Shuttleworth	King George V School	Under 14	
		Girls C	2:21.54	1989-1990	S. Van Tassel	King George V School	Under 15	
		Girls C	2:25.49	1986-1987	A. Noble	King George V School	Under 15	
		Girls C	2:27.65	1983-1984	Karen Griffiths	Island School	Under 15	
		Girls C	2:29.26	1981-1982	G. Tully	Island School	Under 15	
		Girls C	2:38.85	1980-1981	H. Cleland	St. George's School	Under 15	
	1500m		Boys A	4:06.23	2015-2016	Wong Tsz To	Diocesan Boys' School	Under 19
			Boys A	4:10.38	2013-2014	Harry Loasby	West Island School	Under 19 Best Performance
			Boys A	4:05.76	2003-2004	Lau Tak Lung	Lingnan Hang Yee Memorial Secondary School	Under 20
			Boys A	4:08.99	1983-1984	David Cowan	South Island School	Under 20
			Boys A	4:11.87	1981-1982	Greg Smith	Hong Kong International School	Under 20
			Boys A	4:16.02	1979-1980	David Williams	King George V School	Under 20
			Boys A	4:17.10	1970-1971	G. Horstead	Island School	Under 20
			Boys A	4:18.10	1968-1969	A. Koperberg	Hong Kong International School	Under 20
			Boys A	4:26.40	1957-1958	A. Morris	Diocesan Boys' School	Under 20
			Boys A	4:27.10	1952-1953	Lee Shu Chung	La Salle College	Under 20
		Boys B	4:12.07	2015-2016	Matthew Harrison Ming-Hei Tan	West Island School	Under 16	
		Boys B	4:15.13	2013-2014	Wong Tsz To	Diocesan Boys' School	Under 16	
		Boys B	4:18.96	2009-2010	Wong Perry	La Salle College	Under 16	
		Boys B	4:19.04	2002-2003	Ricco Chan	La Salle College	Under 16	
		Boys B	4:24.15	2001-2002	Ricco Chan	La Salle College	Under 16	
		Boys B	4:26.21	1999-2000	Patrick Drabczynski	The South Island School	Under 16 Best Performance	
		Boys B	4:18.43	1982-1983	David Cowan	South Island	Under 17	
		Boys B	4:22.47	1979-1980	Tang Chi Chung	Chong Gene Hang College	Under 17	
		Boys B	4:28.30	1974-1975	Chu Wai Hung	Diocesan Boys' School	Under 17	
		*(1) Boys B	4:40.80	1973-1974	Lui Yuen Yee	Maryknoll Fathers' School	Under 17	
		Boys B	4:33.40	1965-1966	Ngan Wai Kwong	Pui Kiu Middle School	Under 17	
		Boys B	4:46.00	1964-1965	Chan Wai Keung	Hong Kong Sea School	Under 17	
		Boys C	4:30.03	2018-2019	Chau Hoi Yeung	Wah Yan College (Kowloon)	Under 14	
		Boys C	4:31.24	2007-2008	Wong Perry	La Salle College	Under 14	
		Boys C	4:31.24	2007-2008	Chung Man Kin	Wah Yan College (Kowloon)	Under 14	
		Boys C	4:34.52	2007-2008	Chan Long Ting	NLSI Lui Kwok Pat Fong College	Under 14	
		Boys C	4:34.55	2005-2006	Ng Tak Wo	Choi Hung Estate Catholic Secondary School	Under 14	
		Boys C	4:35.54	2003-2004	On Sing Chuen	Diocesan Boys' School	Under 14	
		Boys C	4:37.62	2000-2001	Chan Ye Ko	La Salle College	Under 14	
		Boys C	4:52.36	1999-2000	Martin Sayer	King George V School	Under 14 Best Performance	
		Boys C	4:29.96	1995-1996	Chor Pak Hoo	St. Joseph's College	Under 15	
		Boys C	4:31.16	1988-1989	James Savage	German Swiss	Under 15	
		Boys C	4:32.20	1980-1981	Norvel Hope	King George V School	Under 15	
		Girls A	4:53.27	2014-2015	Chan Yee Ki	Diocesan Girls' School	Under 19	
		Girls A	4:59.06	2013-2014	Chan Yee Ki	Diocesan Girls' School	Under 19 Best Performance	
		Girls A	4:54.07	2012-2013	Chan Yee Ki	Diocesan Girls' School	Under 20	
		Girls A	5:04.95	2006-2007	Yiu Kit Ching	Good Hope School	Under 20	
		Girls A	5:05.98	1996-1997	Alli Li	Good Hope School	Under 20	
		Girls A	5:32.92	1995-1996	Cheng Yuen Ting	Diocesan Girls' School	Under 20	
		Girls B	4:37.99	2018-2019	Wright Cade Cameron	St. Stephen's Girls' College	Under 16	
		Girls B	4:52.83	2017-2018	Wright Cade Cameron	St. Stephen's Girls' College	Under 16	
		Girls B	4:52.98	1999-2000	Amie Shuttleworth	King George V School	Under 16 Best Performance	
		Girls B	5:24.36	1998-1999	Joanna Mok	Heep Yunn School	Under 17	
		Girls B	5:25.88	1996-1997	Kay Wong	Diocesan Girls' School	Under 17	
		Girls B	5:50.34	1995-1996	Michelle Wong	Good Hope School	Under 17	
		Girls C	4:53.42	2018-2019	Wright Roxanne Scarlet	St. Stephen's Girls' College	Under 14	
		Girls C	4:59.56	2016-2017	Wright Cade Cameron	St. Stephen's Girls' College	Under 14	

Event	*	Grade	Record	Year	Holder	School	Remarks	
1500m		Girls C	5:02.16	2002-2003	Maria Masden	Island School	Under 14	
		Girls C	5:06.25	2001-2002	Yiu Kit Ching	Good Hope School	Under 14	
		Girls C	5:16.35	2000-2001	Catherine Moore	Island School	Under 14	
		Girls C	5:19.24	1999-2000	Mak So Ning	Diocesan Girls' School	Under 14 Best Performance	
		Girls C	5:15.85	1998-1999	Rita Chung	Maryknoll Convent School	Under 15	
		Girls C	5:25.32	1997-1998	Jennifer Chu	Good Hope School	Under 15	
		Girls C	5:30.16	1996-1997	Jennifer Chu	Good Hope School	Under 15	
	Girls C	5:47.74	1995-1996	June Au	Good Hope School	Under 15		
3000m		Boys B	9:06.64	2015-2016	Matthew Harrison Ming-Hei Tan	West Island School	Under 16	
		Boys B	9:10.79	2013-2014	Wong Tsz To	Diocesan Boys' School	Under 16	
		Boys B	9:24.23	2010-2011	Chan Hon Man	La Salle College	Under 16	
		Boys B	9:32.04	2009-2010	Wong Perry	La Salle College	Under 16	
		Boys B	9:38.11	2002-2003	Ricco Chan	La Salle College	Under 16	
		Boys B	9:52.85	2001-2002	Ricco Chan	La Salle College	Under 16	
		Boys B	10:09.05	2000-2001	Chan Chi Man	Kwun Tong Maryknoll College	Under 16	
		Boys B	10:35.78	1999-2000	Wong Shue Ming	La Salle College	Under 16 Best Performance	
		Boys B	9:23.19	1993-1994	C. McMath	King George V School	Under 17	
		Boys B	9:42.80	1990-1991	J. Carter	King George V School	Under 17	
		Boys B	9:45.44	1989-1990	Pang Cheuk Sum	St. Stephen's Boys' College	Under 17	
		Boys B	9:47.63	1988-1989	Robert Tallach	King George V School	Under 17	
5000m		Boys A	15:37.60	2017-2018	Tse Chun Yin	Diocesan Boys' School	Under 19	
		Boys A	15:46.41	2015-2016	Wong Tsz To	Diocesan Boys' School	Under 19	
		Boys A	15:58.43	2013-2014	Shuen Chun Kit	Diocesan Boys' School	Under 19 Best Performance	
		Boys A	15:52.64	2010-2011	Yuen Ho Yin	Diocesan Boys' School	Under 20	
		Boys A	15:55.85	1981-1982	Greg Smith	Hong Kong International School	Under 20	
		Boys A	16:31.70	1980-1981	P. Spowage	King George V School	Under 20	
		Boys A	16:58.52	1979-1980	J. Lutz	Hong Kong International School	Under 20	
		Boys A	17:14.63	1978-1979	J. Lutz	Hong Kong International School	Under 20	
		Boys A	17:18.67	1977-1978	Pang Kwok Fai	Pui Kiu Middle School	Under 20	
		Boys A	17:26.28	1976-1977	E. Honig	King George V School	Under 20	
		Boys A	17:27.60	1974-1975	T. Ord	Island School	Under 20	
80m Hurdles	*(3)	Boys C	14.10	1966-1967	Sal Rayman	Diocesan Boys' School	Under 14	
		Boys C	12.00	1964-1965	Wan On	Tung Wah Hospital	Under 15	
		Girls A	12.80	1967-1968	Pamela Baker	Diocesan Girls' School	Under 20	
		Girls A	13.50	1963-1964	C. Cheng	Diocesan Girls' School	Under 20	
		Girls B	13.10	1966-1967	P. Baker	Diocesan Girls' School	Under 17	
		Girls B	14.00	1962-1963	C. Cheng	Diocesan Girls' School	Under 17	
100m Hurdles (0.914m)		Boys B	13.25	2016-2017	Wong Lok Hei Addis	Cheung Sha Wan Catholic Secondary School	Under 16	
		Boys B	13.52	2015-2016	Cheng Yat Long	Diocesan Boys' School	Under 16	
		Boys B	13.54	2007-2008	Lui Chun Yan	Chong Gene Hang College	Under 16	
		Boys B	13.69	2005-2006	Wong Ho Hay	Chong Gene Hang College	Under 16	
		Boys B	14.02	2004-2005	Lau Wing Hang	Diocesan Boys' School	Under 16	
		Boys B	14.11	2003-2004	Ryu Long	Island School	Under 16	
		Boys B	14.21	2002-2003	Cheung Tak Chuen	Yu Chun Keung Memorial College	Under 16	
		Boys B	14.41	2000-2001	Chan Siu Chung	Wah Yan College (Kowloon)	Under 16	
		Boys B	14.54	1999-2000	Belly Chan	Diocesan Boys' School	Under 16 Best Performance	
		Boys B	13.45	1996-1997	Chan Jason	Diocesan Boys' School	Under 17	
		Boys B	13.78	1987-1988	Wong Siu Kei	Delia Memorial School (Yuet Wah)	Under 17	
		Boys B	13.89	1986-1987	Kwong Ka Kit	Chan Sui Ki (La Salle) College	Under 17	
		Boys B	14.04	1981-1982	Katsumi Maki	King George V School	Under 17	
		Boys B	14.42	1980-1981	Chan Chun Kwok	La Salle College	Under 17	
		Boys B	14.46	1979-1980	Wong Kwok Chun	Pui Ching Middle School	Under 17	
		Boys B	14.64	1975-1976	Lee Wing Hong	Pui Ching Middle School	Under 17	
		*(1)	Boys B	14.80	1973-1974	A. Gada	Diocesan Boys' School	Under 17
		Boys B	14.70	1970-1971	Glen Leonard	King George V School	Under 17	
		Boys B	14.80	1966-1967	Kwan Sea King	Munsang College	Under 17	
		Boys B	15.00	1965-1966	Chiu Man Chee	Diocesan Boys' College	Under 17	
100m Hurdles (0.838m)		Boys C	13.57	2008-2009	Liu Chung Lung	St. Joseph's Anglo-Chinese School	Under 14	
		Boys C	13.62	2007-2008	Lau Ho Tung	La Salle College	Under 14	
		Boys C	14.08	2006-2007	Lui Chun Yan	Chong Gene Hang College	Under 14	
		Boys C	14.45	2004-2005	Chou Yi	Diocesan Boys' School	Under 14	
		Boys C	14.69	2002-2003	Lau Wing Hang	Diocesan Boys' School	Under 14	
100m Hurdles (0.762m)		Boys C	14.70	2000-2001	Tung Hing Lun	La Salle College	Under 14	
		Boys C	15.20	1999-2000	Chiu Ho Wai	Diocesan Boys' School	Under 14 Best Performance	
100m Hurdles (0.838m)		Boys C	14.00	1989-1990	Ma Kin Kwok	Chan Sui Ki (La Salle) College	Under 15	
		Boys C	14.25	1980-1981	Liao Sik Cheung	Maryknoll Fathers' School	Under 15	
		Boys C	14.82	1979-1980	Liao Sik Cheung	Maryknoll Fathers' School	Under 15	
		Boys C	15.25	1977-1978	Leung Kim Yui	Heung To Middle School (Tai Hang Tung)	Under 15	
		Boys C	15.40	1975-1976	Leung Kim Yui	Heung To Middle School (Tai Hang Tung)	Under 15	
		Boys C	16.20	1974-1975	Chan Chun Hung	Ying Wa College	Under 15	

Event	*	Grade	Record	Year	Holder	School	Remarks
100m Hurdles (0.762m)		Girls A	14.30	2015-2016	Yuen Wing Nam	Diocesan Girls' School	Under 19
		Girls A	14.55	2014-2015	Yuen Wing Nam	Diocesan Girls' School	Under 19
		Girls A	14.70	2013-2014	Leung Hoi Yin	Diocesan Girls' School	Under 19 Best Performance
		Girls A	14.24	2007-2008	Poon Pak Yan	Good Hope School	Under 20
		Girls A	14.30	2006-2007	Leung Hiu Yee	Pui Ching Middle School	Under 20
		Girls A	15.17	2005-2006	Natalie Armentrout	German Swiss International School	Under 20
		Girls A	15.41	2003-2004	Leung Hiu Tung	Heep Yunn School	Under 20
	Girls A	16.01	2002-2003	Ng Shuk Shan	Heep Yunn School	Under 20	
100m Hurdles (0.838m)		Girls A	14.39	1987-1988	Chan Sau Ying	Delia Memorial School (Mei Foo)	Under 20
		Girls A	15.54	1983-1984	Cheung Suet Yee	Princeton College - Tse Wan Shan	Under 20
		Girls A	15.80	1974-1975	V. Neal	King George V School	Under 20
		Girls A	16.30	1973-1974	V. Neal	King George V School	Under 20
		Girls A	18.60	1972-1973	K. Langs	Island School	Under 20
100m Hurdles (0.762m)		Girls B	14.42	2015-2016	Wu Yi Lam	Good Hope School	Under 16
		Girls B	14.66	2005-2006	Leung Hiu Yee	Pui Ching Middle School	Under 16
		Girls B	15.28	2002-2003	Leung Hiu Tung	Heep Yunn School	Under 16
		Girls B	16.08	1999-2000	Samantha Chong	Maryknoll Convent School	Under 16 Best Performance
100m Hurdles (0.838m)		Girls B	15.38	1986-1987	Chau Sau Ying	Delia Memorial School (Yuet Wah)	Under 17
		Girls B	15.84	1984-1985	Alison Lees	King George V School	Under 17
		Girls B	16.58	1983-1984	Alison Lees	King George V School	Under 17
		Girls B	17.89	1982-1983	Angel Koo	Tak Oi Secondary School	Under 17
100m Hurdles (0.762m)		Girls B	15.80	1980-1981	Shum Yuet Mei	St. Margaret's Co-Educational English Secondary and Primary School	Under 17
		Girls B	15.91	1978-1979	Kwan Wai Pui	Heung To Middle School (Tai Hang Tung)	Under 17
		Girls B	17.20	1977-1978	Kwan Wai Pui	Heung To Middle School (Tai Hang Tung)	Under 17
		Girls B	17.53	1976-1977	F. Harding	Island School	Under 17
100m Hurdles (0.762m)		Girls C	15.23	2014-2015	Wu Yi Lam	Good Hope School	Under 14
		Girls C	15.84	2007-2008	Hui Cheuk Yee	Good Hope School	Under 14
		Girls C	15.96	2003-2004	Kwok Ching Yin	Diocesan Girls' School	Under 14
		Girls C	16.32	2002-2003	Ip Hong Tung Ariene	Good Hope School	Under 14
		Girls C	16.55	2000-2001	Chung Fei Ting	Diocesan Girls' School	Under 14
		Girls C	17.04	1999-2000	Maria Richardson	King George V School	Under 14 Best Performance
		Girls C	15.66	1986-1987	Ho Fung Yee	Delia Memorial School (Yuet Wah)	Under 15
		Girls C	16.15	1982-1983	Alison Lees	King George V School	Under 15
		Girls C	16.98	1980-1981	V. Baldwin	Island School	Under 15
		Girls C	17.49	1976-1977	Kwan Wai Pai	Heung To Middle School (Tai Hang Tung)	Under 15
		Girls C	18.13	1975-1976	F. Harding	Island School	Under 15
110m Hurdles (0.914m)		Boys A	13.63	2015-2016	Cheung Wang Fung	Wah Yan College (Kowloon)	Under 19
		Boys A	13.86	2014-2015	Cheung Wang Fung	Wah Yan College (Kowloon)	Under 19
		Boys A	14.33	2013-2014	Cheung Wang Fung	Po Kok Secondary School	Under 19 Best Performance
		Boys A	14.18	2011-2012	Lai Ho Tat	Chong Gene Hang College	Under 20
		Boys A	14.20	2008-2009	Shum Chik Lai	Queen Elizabeth School	Under 20
		Boys A	14.22	2006-2007	Lau Wing Hang	Diocesan Boys' School	Under 20
		Boys A	14.32	2003-2004	Leung Ka Hei	Munsang College	Under 20
		Boys A	14.88	2002-2003	Chan Wai Lun Belly	Diocesan Boys' School	Under 20
110m Hurdles (0.991m)		Boys A	14.57	1996-1997	Lau Tak Kwai	St. Stephen's College, Stanley	Under 20
		Boys A	14.95	1981-1982	Chan Ka Chiu	Choi Hung Estate Catholic Secondary School	Under 20
		Boys A	15.47	1979-1980	Hwu Kin Chung	Oberlin College	Under 20
		Boys A	15.66	1978-1979	Kwan Hing Man	Maryknoll Fathers' School	Under 20
		Boys A	15.70	1960-1961	C. Wong	Diocesan Boys' School	Under 20
		Boys A	17.50	1951-1952	A. Collaco	La Salle College	Under 20
110m M. Hurdles		Boys B	16.50	1960-1961	R. To	Diocesan Boys' School	Under 17
400m Hurdles (0.838m)		Boys A	52.86	2015-2016	Cheung Wang Fung	Wah Yan College (Kowloon)	Under 19
		Boys A	53.95	2014-2015	Cheung Wang Fung	Wah Yan College (Kowloon)	Under 19
		Boys A	56.16	2013-2014	Wong Yiu Man	Diocesan Boys' School	Under 19 Best Performance
		Boys A	54.28	2003-2004	Fung Chun Yu	Yu Chun Keung Memorial College	Under 20
		Boys A	56.26	2002-2003	Leung Ka Hei	Munsang College	Under 20
400m Hurdles (0.914m)		Boys A	54.27	1996-1997	Tang Hon Sing	Diocesan Boys' School	Under 20
		Boys A	55.60	1988-1989	Cheung Bun	Delia Memorial School (Yuet Wah)	Under 20
		Boys A	56.82	1979-1980	Tan Chun Ming	Oberlin College	Under 20
		Boys A	57.36	1976-1977	Lau Chi Keung	Diocesan Boys' School	Under 20
		Boys A	57.50	1974-1975	Chan Yeuk Yung	Diocesan Boys' School	Under 20
		Boys A	58.90	1972-1973	Au Yiu Hing	Ying Wa College	Under 20
High Jump		Boys A	2.01m	2017-2018	Lam Hin Chak Timothy	La Salle College	Under 19
		Boys A	1.98m	2015-2016	Yang Qiyu	Wah Yan College (Kowloon)	Under 19
		Boys A	1.96m	2014-2015	Cheung Ho Hin	CCC Heep Woh College	Under 19
		Boys A	1.90m	2013-2014	Lo Kan Mo	Diocesan Boys' School	Under 19 Best Performance
		Boys A	2.04m	1997-1998	Chan Ming Sang	St. Stephen's College, Stanley	Under 20
		Boys A	2.03m	1996-1997	Chan Kiu Ching	CMA Prevocational School	Under 20
		Boys A	2.03m	1995-1996	Wan Tat Yung	Diocesan Boys' School	Under 20
		Boys A	2.02m	1993-1994	Marc Chenn	Hong Kong International School	Under 20
		Boys A	2.00m	1980-1981	Chan Ka Chiu	Choi Hung Estate Catholic Secondary School	Under 20
	Boys A	1.90m	1979-1980	Fung Chi Wah	St. Stephen's College, Stanley	Under 20	

Event	*	Grade	Record	Year	Holder	School	Remarks		
High Jump		Boys A	1.85m	1978-1979	Leung King Wai	Cheung Sha Wan Catholic Secondary School	Under 20		
		Boys A	1.85m	1978-1979	Kwan Leung Hung	Maryknoll Fathers' School	Under 20		
		Boys A	1.85m	1978-1979	Boris Chiao	Pui Ching Middle School	Under 20		
		Boys A	6'00"	1974-1975	Lo Tak Keung	Pui Kiu Middle School	Under 20		
		Boys A	5'11"	1970-1971	Tso Shiu Wai	Diocesan Boys' School	Under 20		
		Boys A	5'8.5"	1963-1964	M. De Souza	La Salle College	Under 20		
		Boys A	5'7.5"	1937-1938	Huang Wee Tong	St. Joseph's College	Under 20		
		Boys B	1.96m	2015-2016	Lam Hin Chak Timothy	La Salle College	Under 16		
		Boys B	1.90m	2014-2015	Chan Yuk Tat Jeffrey	Hoi Ping Chamber of Commerce Sec School	Under 16		
		Boys B	1.89m	2013-2014	Wong Hok Kan	Cheung Sha Wan Catholic Secondary School	Under 16		
		Boys B	1.88m	2010-2011	Lo Lok Hang	Carmel Divine Grace Foundation Sec School	Under 16		
		Boys B	1.87m	2009-2010	Yau Tze Ching	Diocesan Boys' School	Under 16		
		Boys B	1.86m	2006-2007	Pang Ying Kit	La Salle College	Under 16		
		Boys B	1.82m	1999-2000	Wong Lap Chi	Diocesan Boys' School	Under 16 Best Performance		
		Boys B	2.04m	1994-1995	Wan Tat Yung	Diocesan Boys' School	Under 17		
		Boys B	1.97m	1991-1992	Marc Chenn	Hong Kong International School	Under 17		
		Boys B	1.92m	1990-1991	Chu Ki Cheong	Diocesan Boys' School	Under 17		
		Boys B	1.88m	1983-1984	Yeung Hon Man	CMA Prevocational School	Under 17		
		Boys B	1.87m	1982-1983	Lee Wai Lun	La Salle College	Under 17		
		*(2)	Boys B	1.86m	1979-1980	Chan Ka Chiu	Choi Hung Estate Catholic Secondary School	Under 17	
			Boys B	6'3"	1973-1974	Kwan Pak Hung	Pui Ching Middle School	Under 17	
			Boys B	5'7"	1972-1973	C.Y. Lam	St. Louis School	Under 17	
			Boys B	5'7"	1965-1966	Hui Biu Shak	Bernard	Under 17	
			Boys B	5'5"	1963-1964	Heung Cheuk Ying	Clementi Secondary School	Under 17	
			Boys C	1.86m	2012-2013	Chan Yuk Tat Jeffrey	Hoi Ping Chamber of Commerce Sec School	Under 14	
			Boys C	1.76m	2009-2010	Lo Kan Mo	Diocesan Boys' School	Under 14	
			Boys C	1.75m	2008-2009	Yeung Pak Hei	Wah Yan College (Kowloon)	Under 14	
			Boys C	1.72m	2007-2008	Lau Ho Tung	La Salle College	Under 14	
			Boys C	1.71m	2005-2006	Pang Ying Kit	La Salle College	Under 14	
			Boys C	1.70m	2002-2003	Ng Shun Ho	TWGHs Lui Yun Choy Memorial College	Under 14	
			Boys C	1.65m	2001-2002	Lung Ngai	Chong Gene Hang College	Under 14	
			Boys C	1.64m	2000-2001	Lun Tat Ming	SKH Leung Kwai Yee Secondary School	Under 14	
			Boys C	1.55m	1999-2000	Shum Kan Ping	Choi Hung Estate Catholic Secondary School	Under 14 Best Performance	
			Boys C	1.55m	1999-2000	Hui Ka Wai	La Salle College	Under 14 Best Performance	
			Boys C	1.55m	1999-2000	Tao Dao Shen	St. Stephen's College, Stanley	Under 14 Best Performance	
			Boys C	1.55m	1999-2000	Kwok Wai Lun	St. Joan of Arc Secondary School	Under 14 Best Performance	
			Boys C	1.83m	1995-1996	Leung Tsz Ki	Diocesan Boys' School	Under 15	
			Boys C	1.82m	1993-1994	Chan Kiu Ching	CMA Prevocational School	Under 15	
			Boys C	1.81m	1992-1993	Wong Wing Kai	Cheung Sha Wan Catholic Secondary School	Under 15	
			Boys C	1.80m	1987-1988	Ng Mike Junior	Diocesan Boys' School	Under 15	
			Boys C	1.78m	1979-1980	Li Siu Lung	Cheung Sha Wan Catholic Secondary School	Under 15	
			Boys C	1.63m	1978-1979	Mak Yim Fai	Choi Hung Estate Catholic Secondary School	Under 15	
			Boys C	5'4"	1974-1975	Wong Tat Ming	Pui Ching Middle School	Under 15	
			Boys C	5'1"	1971-1972	Shiu Hong Chung	New Method College (Kowloon)	Under 15	
			Boys C	5'0"	1968-1969	Adrian So	La Salle College	Under 15	
			Boys C	4'8"	1967-1968	Adrian So	La Salle College	Under 15	
			*(3)	Boys C	4'8"	1966-1967	Chan Kai Kwong	Diocesan Boys' College	Under 14
			Boys C	4'10"	1965-1966	Chan Lap Keung	Pui Kiu Middle School	Under 15	
			Boys C	4'10"	1964-1965	Joseph Chan	La Salle College	Under 15	
			Boys D	4'5"	1959-1960	J. Wing Man	Pui Kiu Middle School	Under 12	
			Girls A	1.74m	2018-2019	Lai Yan Hei	Good Hope School	Under 19	
			Girls A	1.73m	2017-2018	Cheung Ching Laam Priscilla	Heep Yunn School	Under 19	
		Girls A	1.67m	2016-2017	Wong Yuen Nam	Diocesan Girls' School	Under 19		
		Girls A	1.67m	2015-2016	Wong Yuen Nam	Diocesan Girls' School	Under 19		
		Girls A	1.63m	2014-2015	Tang Tiffany Yi Ching	Diocesan Girls' School	Under 19		
		Girls A	1.53m	2013-2014	Kuchta Nathalie	Creative Secondary School	Under 19 Best Performance		
		Girls A	1.68m	2010-2011	Fung Wai Yee	Sacred Heart Canossian College	Under 20		
		Girls A	1.65m	1999-2000	Choi Erin Camille	Diocesan Girls' School	Under 20		
		Girls A	1.64m	1988-1989	Au Yeung Pui Shan	Delia Memorial School (Mei Foo)	Under 20		
		Girls A	1.63m	1987-1988	Tong Ka Man	Delia Memorial School (Hip Wo)	Under 20		
		Girls A	1.61m	1981-1982	Lo Lai Pik	Homantin Government Secondary School	Under 20		
		Girls A	1.58m	1980-1981	Lo Lai Pik	Homantin Government Secondary School	Under 20		
		Girls A	1.58m	1980-1981	G. Simpson	St. George's School	Under 20		
		Girls A	1.55m	1979-1980	K. Thornburrow	Island School	Under 20		
		Girls A	1.55m	1979-1980	Kan Sau Ching	New Method College	Under 20		
		Girls A	4'11.4"	1952-1953	J. Hart	King George V School	Under 20		
		Girls B	1.75m	2009-2010	Fung Wai Yee	Sacred Heart Canossian College	Under 16		
		Girls B	1.66m	2003-2004	Lam Lai Shan	Good Hope School	Under 16		
		Girls B	1.60m	2002-2003	Lam Lai Shan Sandra	Good Hope School	Under 16		
		Girls B	1.60m	2002-2003	Chan Ling	Heep Yunn School	Under 16		
		Girls B	1.50m	2001-2002	Ng Chin Wai Judith	Diocesan Girls' School	Under 16		

Event	*	Grade	Record	Year	Holder	School	Remarks		
High Jump		Girls B	1.46m	2000-2001	Ng Chin Wai Judith	Diocesan Girls' School	Under 16		
		Girls B	1.46m	2000-2001	Jacqueline Tong	Marymount Secondary School	Under 16		
		Girls B	1.46m	2000-2001	Chan Shun Chun	Pool To Middle School	Under 16		
		Girls B	1.45m	1999-2000	Lai Hiu Yeung	Diocesan Girls' School	Under 16 Best Performance		
		Girls B	1.61m	1985-1986	Tong Ka Man	Delia Memorial School (Yuet Wah)	Under 17		
		Girls B	1.60m	1984-1985	Tong Ka Man	Delia Memorial School (Yuet Wah)	Under 17		
		Girls B	1.53m	1981-1982	Loong Man Mei	Homantin Government Secondary School	Under 17		
		Girls B	1.53m	1980-1981	Jane Lam	Diocesan Girls' School	Under 17		
		Girls B	1.52m	1979-1980	Lo Lai Pik	Homantin Government Secondary School	Under 17		
		Girls B	4'10.5"	1965-1966	P. Baker	Diocesan Girls' School	Under 17		
		Girls B	4'7"	1962-1963	D. Carter	King George V School	Under 17		
		Girls C	1.66m	2006-2007	Wong Siu Ping	Heep Yunn School	Under 14		
		Girls C	1.54m	2004-2005	Chong Siu Yin	Good Hope School	Under 14		
		Girls C	1.53m	2001-2002	Lam Lai Shan	Good Hope School	Under 14		
		Girls C	1.52m	2000-2001	Chan Ling	Heep Yunn School	Under 14		
		Girls C	1.49m	1999-2000	Chan Ling	Heep Yunn School	Under 14 Best Performance		
		Girls C	1.49m	1999-2000	Chow Tsz Tung	Diocesan Girls' School	Under 14 Best Performance		
		Girls C	1.49m	1999-2000	Ng Chin Wai	Diocesan Girls' School	Under 14 Best Performance		
		Girls C	1.57m	1983-1984	Tong Ka Man	Delia Memorial School (Yuet Wah)	Under 15		
		Girls C	1.55m	1980-1981	J. Pavri	Island School	Under 15		
		Girls C	1.46m	1979-1980	Cheung Sau Mei	Pui Kiu Middle School	Under 15		
		Girls C	1.45m	1978-1979	Kwan Wai Pai	Heung To Middle School (Tai Hang Tung)	Under 15		
		Girls C	1.43m	1977-1978	Sabrina Chan	Sacred Heart Canossian College	Under 15		
		Girls C	4'8"	1964-1965	P. Baker	Diocesan Girls' School	Under 15		
	Long Jump		Boys A	7.36m	2016-2017	Ko Ho Long	St. Joseph's Anglo-Chinese School	Under 19	
			Boys A	7.34m	2014-2015	Lau Hin Hei	Pui Ching Middle School	Under 19	
			Boys A	6.94m	2013-2014	Lau Kin Hei	Pui Ching Middle School	Under 19 Best Performance	
			Boys A	7.64m	2012-2013	Chan Ming Tai	Diocesan Boys' School	Under 20	
			Boys A	7.27m	2011-2012	Chan Ming Tai	Diocesan Boys' School	Under 20	
			Boys A	7.07m	1980-1981	Chan Ka Chiu	Choi Hung Estate Catholic Secondary School	Under 20	
			Boys A	6.87m	1979-1980	Kwan King Hung	Oberlin College	Under 20	
			Boys A	6.71m	1976-1977	Kung Wai Ling	Diocesan Boys' School	Under 20	
			Boys A	21'11"	1933-1934	Ong Cheng Su	Diocesan Boys' School	Under 20	
		Boys B	6.92m	2008-2009	Pang Ying Kit	La Salle College	Under 16		
		Boys B	6.59m	2007-2008	Pang Ying Kit	La Salle College	Under 16		
		Boys B	6.55m	2004-2005	Lau Wing Hang	Diocesan Boys' School	Under 16		
		Boys B	6.26m	2002-2003	Wong Hon Leung	Diocesan Boys' School	Under 16		
		Boys B	6.17m	2001-2002	Tsui Yuk Wo	Diocesan Boys' School	Under 16		
		Boys B	6.14m	2000-2001	Chan Tung Chi	Mongkok Workers' Children School	Under 16		
		Boys B	5.94m	1999-2000	Lam Yat Ching	Diocesan Boys' School	Under 16 Best Performance		
		Boys B	6.61m	1996-1997	Ngan Ho Yin	Kwun Tong Maryknoll College	Under 17		
		Boys B	6.51m	1989-1990	Tam Chi Kit	Moral Training English College	Under 17		
		Boys B	6.44m	1983-1984	Chan Chi Yuen	CMA Prevocational School	Under 17		
		Boys B	6.38m	1979-1980	Chan Ka Chiu	Choi Hung Estate Catholic Secondary School	Under 17		
		Boys B	6.23m	1978-1979	Pang Kwan Lung	Chan Sui Ki (La Salle) College	Under 17		
		*(1)	Boys B	20'2.5"	1973-1974	Lee Chi Wai	Maryknoll Fathers' School	Under 17	
			Boys B	20'8"	1966-1967	Peter Wong	La Salle College	Under 17	
			Boys B	20'7"	1963-1964	Heung Cheuk Ying	Clementi Secondary School	Under 17	
			Boys C	6.27m	2017-2018	Law Ngai Him	CMA Secondary School	Under 14	
			Boys C	6.25m	2005-2006	Pang Ying Kit	La Salle College	Under 14	
			Boys C	5.92m	2001-2002	Cheung Fei Fan	Pentecostal School	Under 14	
			Boys C	5.65m	2000-2001	Yu Ka Lung	St. Stephen's College, Stanley	Under 14	
			Boys C	5.44m	1999-2000	Yu Ka Lung	St. Stephen's College, Stanley	Under 14 Best Performance	
			Boys C	6.18m	1991-1992	Lau Luk	St. Stephen's College, Stanley	Under 15	
			Boys C	6.00m	1983-1984	Chui Ka Tim	St. Stephen's College, Stanley	Under 15	
			Boys C	5.89m	1980-1981	Tsui Wai Hong	St. Louis School	Under 15	
			Boys C	5.85m	1979-1980	Cheung Ting Shing	Pui Ching Middle School	Under 15	
			Boys C	19'0"	1969-1970	Lai Man Kwong	Tung Wah Hospital	Under 15	
			*(3)	Boys C	15'3.5"	1966-1967	Ng Ka Shing	Queen's College	Under 14
			Boys C	18'6"	1962-1963	Lee Hon Man	Workers' Children Secondary School	Under 15	
			Boys D	14'10.5"	1963-1964	Wong Siu Ming	Workers' Children Secondary School	Under 13	
			Girls A	5.63m	2014-2015	Yiu Hoi Yan	Sacred Heart Canossian College	Under 19	
			Girls A	5.31m	2013-2014	Chan Ka Sin	St. Clare's Girls' School	Under 19 Best Performance	
			Girls A	5.70m	2008-2009	Wong Hiu Yan	Diocesan Girls' School	Under 20	
			Girls A	5.66m	2006-2007	Wong Hiu Yan	Diocesan Girls' School	Under 20	
			Girls A	5.63m	2002-2003	Lai Tsui Shan	Heep Yunn School	Under 20	
			Girls A	5.51m	1997-1998	Chan Yi Ki	Heep Yunn School	Under 20	
			Girls A	5.47m	1989-1990	Chan Sau Ying	Delia Memorial School (Mei Foo)	Under 20	
			Girls A	5.36m	1981-1982	Lee Chun Nei	Kei Chi Secondary School	Under 20	
			Girls A	16'10.5"	1963-1964	Anna Hui	St. Stephen's Girls' College	Under 20	
			Girls B	5.61m	2013-2014	Wong Yuen Nam	Diocesan Girls' School	Under 16	
			Girls B	5.51m	2012-2013	Chan Ying Sinn	St. Paul's Convent School (Secondary Section)	Under 16	
			Girls B	5.47m	2005-2006	Wong Hiu Yan	Diocesan Girls' School	Under 16	
			Girls B	5.45m	2004-2005	Poon Pak Yan	Good Hope School	Under 16	

Event	*	Grade	Record	Year	Holder	School	Remarks	
Long Jump		Girls B	5.33m	2000-2001	Lai Tsui Shan	Heep Yunn School	Under 16	
		Girls B	5.03m	1999-2000	Sandra Frankland	King George V School	Under 16 Best Performance	
		Girls B	5.26m	1979-1980	Li Chun Nei	Kei Chi Secondary School	Under 17	
		Girls B	5.13m	1978-1979	Jennifer Osborne	Hong Kong International School	Under 17	
		Girls B	16'0.5"	1961-1962	Anna Hui	St. Stephen's Girls' College	Under 17	
		Girls C	5.43m	2008-2009	Wu Hoi Ting Dianna	Diocesan Girls' School	Under 14	
		Girls C	5.33m	2007-2008	Elite Mok	Sacred Heart Canossain College	Under 14	
		Girls C	5.18m	2004-2005	Wong Hiu Yan	Diocesan Girls' School	Under 14	
		Girls C	5.00m	2003-2004	Wong Hiu Yan	Diocesan Girls' School	Under 14	
		Girls C	4.91m	2002-2003	Yu Yeuk Ki	Heep Yunn School	Under 14	
		Girls C	4.90m	1999-2000	Lai Tsui Shan	Heep Yunn School	Under 14 Best Performance	
		Girls C	5.18m	1998-1999	Wong Shiu Man	Diocesan Girls' School	Under 15	
		Girls C	5.11m	1986-1987	Chan Yeuk Yung	Delia Memorial School (Yuet Wah)	Under 15	
		Girls C	5.10m	1985-1986	Donstance Chun	Good Hope School	Under 15	
		Girls C	5.08m	1983-1984	Tse Mei Sze	Maryknoll Convent School	Under 15	
		Girls C	5.03m	1979-1980	D. Moore	King George V School	Under 15	
		Girls C	4.68m	1978-1979	Mylene Yeung	King George V School	Under 15	
		Girls C	4.68m	1978-1979	Szeto Shuk Yee	New Method College	Under 15	
		Girls C	15'3.5"	1974-1975	M. Hsu	Maryknoll Convent School	Under 15	
		Girls C	15'3"	1973-1974	L. Cahoon	Hong Kong International School	Under 15	
	Girls C	15'0"	1963-1964	Lo Wing Sim	Queen Elizabeth School	Under 15		
Triple Jump		Boys A	14.82m	2016-2017	Ko Ho Long	St. Joseph's Anglo-Chinese School	Under 19	
		Boys A	14.47m	2015-2016	Ko Ho Long	St. Joseph's Anglo-Chinese School	Under 19	
		Boys A	14.24m	2014-2015	Ko Ho Long	St. Joseph's Anglo-Chinese School	Under 19	
		Boys A	13.32m	2013-2014	Ng Siu On	Wah Yan College (Hong Kong)	Under 19 Best Performance	
		Boys A	14.93m	1987-1988	Tam Chung Ying	Diocesan Boys' School	Under 20	
		Boys A	14.42m	1981-1982	Chan Ka Chiu	Choi Hung Estate Catholic Secondary School	Under 20	
		Boys A	14.17m	1978-1979	Chan Wai Cheung	Pui Kiu Middle School	Under 20	
		Boys A	44'9.5"	1974-1975	Wong Wai Man	Wah Yan College (Kowloon)	Under 20	
		Boys A	44'4"	1968-1969	Sin Kam Chuen	Munsang College	Under 20	
		Boys A	43'5"	1965-1966	K. Wang	Diocesan Boys' School	Under 20	
		Boys A	43'4"	1959-1960	T. S. Wong	Diocesan Boys' School	Under 20	
		Boys B	13.67m	2008-2009	Pang Ying Kit	La Salle College	Under 16	
		Boys B	13.53m	2005-2006	Ng Ka Wai	Wah Yan College (Kowloon)	Under 16	
		Boys B	13.40m	2002-2003	Wong Hon Leung	Diocesan Boys' School	Under 16	
		Boys B	12.65m	2001-2002	Fung Chun Yu	Yu Chun Keung Memorial College	Under 16	
		Boys B	12.41m	1999-2000	Lau Chun Ting	Islamic Kasim Tuet Memorial College	Under 16 Best Performance	
		Boys B	14.07m	1986-1987	Chau Wai Sheung	Delia Memorial School (Yuet Wah)	Under 17	
		Boys B	14.07m	1986-1987	Tam Chung Ying	Diocesan Boys' School	Under 17	
		Boys B	13.55m	1983-1984	Chan Chi Yuen	CMA Prevocational School	Under 17	
		Boys B	13.40m	1982-1983	Chan Chi Yuen	CMA Prevocational School	Under 17	
	Boys B	13.29m	1979-1980	Simon Ho	La Salle College	Under 17		
	*(1)	Boys B	41'7.5"	1973-1974	To Tak Keung	Pui Kiu Middle School	Under 17	
	Boys B	41'8"	1971-1972	Pius Lee	La Salle College	Under 17		
	Boys B	40'11"	1965-1966	Chan Chi Sheng	Pui Kiu Middle School	Under 17		
	Boys B	38'11"	1960-1961	Wong Wai Chow	Pui Kiu Middle School	Under 17		
Shot Put (5kg)		Boys A	15.48m	2016-2017	Sit Wai Lok	TWGHs Wong Fut Nam College	Under 19	
		Boys A	14.79m	2013-2014	Ngan Tsz Cheung	Chan Sui Ki (La Salle) College	Under 19 Best Performance	
		Boys A	15.30m	2006-2007	Yu Chi Siu	Choi Hung Estate Catholic Secondary School	Under 20	
		Boys A	15.24m	2005-2006	Chiu Lap San	Diocesan Boys' School	Under 20	
		Boys A	15.03m	2003-2004	Chiu Lap San	Diocesan Boys' School	Under 20	
		Boys A	14.22m	2002-2003	Yu Shing Chor	Chong Gene Hang College	Under 20	
Shot Put (12lbs.=5.44kg)		Boys A	49'9.5"	1958-1959	L. Bautigam	King George V School	Under 20	
		Boys A	43'5.75"	1952-1953	Robert Wong	St. Stephen's	Under 20	
Shot Put (8lbs. 13oz=4kg)		Boys B	16.33m	2012-2013	Yu Chung Yau	Choi Hung Estate Catholic Secondary School	Under 16	
		Boys B	14.70m	2002-2003	Yu Chi Siu	Choi Hung Estate Catholic Secondary School	Under 16	
		Boys B	14.17m	2000-2001	Choi Tung Yin	La Salle College	Under 16	
		Boys B	13.69m	1999-2000	Choi Tung Yin	La Salle College	Under 16 Best Performance	
		Boys B	15.51m	1989-1990	Ho Chi Wai	Chan Shu Kui Memorial School	Under 17	
		Boys B	15.09m	1984-1985	Ng Kwok Hung	Chan Sui Ki (La Salle) College	Under 17	
		Boys B	14.75m	1981-1982	Patrick Mohamed	Diocesan Boys' School	Under 17	
		*(2)	Boys B	14.01m	1979-1980	David MacQuarrie	South Island School	Under 17
		Boys B	14.05m	1976-1977	Chan To Wang	Queen Elizabeth School	Under 17	
		Boys B	13.74m	1975-1976	Ho Chun Wing	Diocesan Boys' School	Under 17	
		Boys B	41'1.25"	1974-1975	Ho Chun Wing	Diocesan Boys' School	Under 17	
		*(1)	Boys B	40'6"	1973-1974	Ho Chun Wing	Diocesan Boys' School	Under 17
		Boys B	47'3.75"	1950-1951	Wong Shiu Tin	St. Stephen's	Under 17	
Shot Put (8lbs. 13oz=4kg)		Boys C	14.33m	2013-2014	Sit Wai Lok	TWGHs Wong Fut Nam College	Under 14	
		Boys C	13.52m	2008-2009	Cheung Yat Lun	St. Joseph's Anglo-Chinese School	Under 14	
		Boys C	12.38m	2003-2004	Wong Wai Hang	Chong Gene Hang College	Under 14	
		Boys C	11.71m	1999-2000	Tse Lo Ming	Cheung Sha Wan Catholic Secondary School	Under 14 Best Performance	

Event	*	Grade	Record	Year	Holder	School	Remarks
Shot Put (8lbs.13oz=4kg)		Boys C	13.47m	1987-1988	Ho Chi Wai	Chan Shu Kui Memorial School	Under 15
		Boys C	13.29m	1986-1987	Chau Chin Pang	The Mission Covenant Church Holm Glad College	Under 15
		Boys C	13.08m	1985-1986	Jonathan Ellis	St. George's School	Under 15
		Boys C	12.46m	1983-1984	Shum Siu Chung	La Salle College	Under 15
		Boys C	11.67m	1982-1983	James Jackson	King George V School	Under 15
Shot Put (6lbs.=2.72kg)		Boys C	15.72m	1979-1980	P. Mohamed	Diocesan Boys' School	Under 15
Shot Put (6lbs.=2.72kg)		Boys C	14.55m	1977-1978	Leung Yiu Wah	Heung To Middle School (Tai Hang Tung)	Under 15
		Boys C	13.94m	1975-1976	Wong Wai Ha	Pui Kiu Middle School	Under 15
	*(3)	Boys C	36'7.5"	1966-1967	Anthony Ching	La Salle College	Under 14
		Boys C	43'9.75"	1964-1965	J. Lucht	King George V School	Under 15
Shot Put (8lbs.13oz=4kg)		Girls A	10.58m	2017-2018	Cheung Yuet Ting	YCH Law Chan Chor Si College	Under 19
		Girls A	10.49m	2016-2017	Cheung Yuet Ting	YCH Law Chan Chor Si College	Under 19
		Girls A	10.38m	2014-2015	Foo Hoi Yi Heidi	YCH Law Chan Chor Si College	Under 19
		Girls A	9.35m	2013-2014	Yau Ching	Diocesan Girls' School	Under 19 Best Performance
		Girls A	12.86m	2011-2012	Ho Yin Chiu	Good Hope School	Under 20
		Girls A	11.27m	2010-2011	Ho Yin Chiu	Good Hope School	Under 20
		Girls A	11.17m	2009-2010	Chan Yuen Ting	St. Stephen's Girls' College	Under 20
		Girls A	11.14m	1995-1996	Hung Lai Hong	Diocesan Girls' School	Under 20
		Girls A	10.75m	1986-1987	Malina Ngai	Maryknoll Convent School	Under 20
		Girls A	10.25m	1978-1979	Chan Oi Ki	St. Margaret's Co-Educational English Secondary and Primary School	Under 20
		Girls A	9.39m	1976-1977	M. Bouriscot	King George V School	Under 20
		Girls A	29'11"	1974-1975	T. To	Diocesan Girls' School	Under 20
		Girls A	29'7.25"	1973-1974	T. To	Diocesan Girls' School	Under 20
		Girls A	28'0.5"	1971-1972	L. Migo	King George V School	Under 20
		Girls A	27'11.75"	1969-1970	D. Murphy	Hong Kong International School	Under 20
Shot Put (6lbs.=2.72kg)		Girls A	33'7"	1968-1969	D. Murphy	Hong Kong International School	Under 20
		Girls A	33'5.5"	1967-1968	Sandra Silva	St. Paul's Convent School (Secondary Section)	Under 20
		Girls A	32'8"	1966-1967	Lao Suet Ngo	Pui Kiu Middle School	Under 20
		Girls A	31'0.25"	1965-1966	Lao Suet Ngo	Pui Kiu Middle School	Under 20
Shot Put (3kg)		Girls B	12.25m	2008-2009	Ho Florence	Good Hope School	Under 16
		Girls B	11.68m	2004-2005	Lee Ka Shun	Hotung Secondary School	Under 16
		Girls B	10.99m	2003-2004	Lee Ka Shun	Hotung Secondary School	Under 16
		Girls B	10.09m	1999-2000	Chung Yuen Yi	Heep Yunn School	Under 16 Best Performance
Shot Put (8lbs.13oz=4kg)		Girls B	10.42m	1985-1986	Malina Ngai	Maryknoll Convent School	Under 17
		Girls B	10.20m	1984-1985	Malina Ngai	Maryknoll Convent School	Under 17
		Girls B	9.82m	1982-1983	Sonja Leggett	Hong Kong International School	Under 17
		Girls B	9.60m	1978-1979	Lam Wun Kuk	Chan Shu Kui Memorial School	Under 17
		Girls B	9.23m	1977-1978	Chan On Kee	St. Margaret's Co-Educational English Secondary and Primary School	Under 17
		Girls B	8.87m	1976-1977	Chan On Kee	St. Margaret's Co-Educational English Secondary and Primary School	Under 17
		Girls B	8.484m	1975-1976	A. Boursicot	King George V School	Under 17
		Girls B	25'1"	1974-1975	Felicia Chan	Diocesan Girls' School	Under 17
Shot Put (7lbs.=3.18kg)		Girls B	32'6.5"	1973-1974	Chan Dor Mi	Heung To Middle School	Under 17
		Girls B	31'2.75"	1972-1973	T. To	Diocesan Girls' School	Under 17
		Girls B	30'8"	1971-1972	T. To	Diocesan Girls' School	Under 17
		Girls B	29'4.5"	1969-1970	L. Migo	King George V School	Under 17
Shot Put (6lbs.=2.72kg)		Girls B	33'7.5"	1965-1966	J. Apps	King George V School	Under 17
Shot Put (3kg)		Girls C	10.59m	2003-2004	Woo Wing Tung	Diocesan Girls' School	Under 14
		Girls C	9.33m	2002-2003	Lee Ka Shun	Hotung Secondary School	Under 14
		Girls C	9.12m	1999-2000	Jenny Chung	Good Hope School	Under 14 Best Performance
Shot Put (6lbs.=2.72kg)		Girls C	11.50m	1980-1981	Sonja Leggett	Hong Kong International School	Under 15
		Girls C	33'0.25"	1974-1975	P. Hazelhof	Island School	Under 15
		Girls C	31'5.75"	1969-1970	Bonnie Tse	Sacred Heart Canossian College	Under 15
		Girls C	28'9"	1968-1969	Bonnie Tse	Sacred Heart Canossian College	Under 15
		Girls C	27'8"	1966-1967	C. McCausland	King George V School	Under 15
Discus (1.5kg)		Boys A	49.69m	2015-2016	Tsoi Kin San	Diocesan Boys' School	Under 19
		Boys A	44.65m	2013-2014	So Ka Ming	Chong Gene Hang College	Under 19 Best Performance
		Boys A	47.86m	2009-2010	Lee Yat Kam	Chong Gene Hang College	Under 20
		Boys A	45.44m	1986-1987	Ng Yuk Chung	Hon Wah College	Under 20
		Boys A	43.14m	1981-1982	Lee Yik Kit	St. John's Coed College	Under 20
		Boys A	42.42m	1980-1981	Lau Hoi Yee	Diocesan Boys' School	Under 20
		Boys A	41.49m	1977-1978	Ho Chu Wing	Diocesan Boys' School	Under 20
		Boys A	133'4"	1963-1964	L. Harvey	King George V School	Under 20
Discus (1kg)		Boys B	54.18m	2014-2015	Tsoi Kin San	Diocesan Boys' School	Under 16
		Boys B	51.51m	2012-2013	Chau Lam Sing	St. Joseph's Anglo-Chinese School	Under 16
		Boys B	50.67m	2010-2011	Tam Man Lit	CMA Secondary School	Under 16
		Boys B	47.19m	2005-2006	Lee Yat Kam	C&M Alliance Sun Kei Secondary School	Under 16
		Boys B	47.18m	2001-2002	Ko Tha Fung	Diocesan Boys' School	Under 16
		Boys B	45.56m	1999-2000	Ko Tha Hin	Diocesan Boys' School	Under 16 Best Performance
		Boys B	49.80m	1987-1988	Michael Woolsmith	Diocesan Boys' School	Under 17

Event	*	Grade	Record	Year	Holder	School	Remarks
Discus (1kg)		Boys B	49.51m	1986-1987	Tao Tsz Hing	Delia Memorial School (Yuet Wah)	Under 17
		Boys B	47.90m	1985-1986	Alan Armstong	King George V School	Under 17
		Boys B	46.44m	1981-1982	Vincent Lee	La Salle College	Under 17
		Boys B	46.20m	1979-1980	Lee Yik Kit	Pui Kiu Middle School	Under 17
		Boys B	44.80m	1978-1979	Lee Yik Kit	Pui Kiu Middle School	Under 17
		Boys B	42.69m	1975-1976	Ho Chun Wing	Diocesan Boys' School	Under 17
		Boys B	135'2"	1974-1975	Ho Chun Wing	Diocesan Boys' School	Under 17
	*(1)	Boys B	119'11.5"	1973-1974	R. Abbas	Diocesan Boys' School	Under 17
		Boys B	140'6.5"	1971-1972	Ho Wai Keung	Queen's College	Under 17
		Boys B	122'3"	1960-1961	B. Bangchong	Diocesan Boys' School	Under 17
		Boys C	43.58m	2008-2009	Chan Ngan Chuen	Hoi Ping Chamber of Commerce Sec School	Under 14
		Boys C	36.84m	2003-2004	Wong Wai Hang	Chong Gene Hang College	Under 14
		Boys C	36.10m	2001-2002	Lam Pang Wai	Chong Gene Hang College	Under 14
		Boys C	34.24m	2000-2001	Chan Sui Chung	La Salle College	Under 14
		Boys C	33.75m	1999-2000	Sun Tin Ho	La Salle College	Under 14 Best Performance
		Boys C	40.28m	1983-1984	Chan Man Hung	Pui Kiu Middle School	Under 15
		Boys C	37.14m	1982-1983	Richard Chow	La Salle College	Under 15
		Boys C	34.40m	1981-1982	Leung Yat Wah	Diocesan Boys' School	Under 15
		Girls A	36.76m	2018-2019	Chan Janice	Good Hope School	Under 19
		Girls A	35.01m	2014-2015	Foo Hoi Yi Heidi	YCH Law Chan Chor Si College	Under 19
		Girls A	31.89m	2013-2014	Chang Lok Yi	Diocesan Girls' School	Under 19 Best Performance
		Girls A	39.30m	2009-2010	Woo Wing Yan	Good Hope School	Under 20
		Girls A	38.06m	2008-2009	Woo Wing Tung	Diocesan Girls' School	Under 20
		Girls A	36.15m	2004-2005	Chan Yu Ning	Heep Yunn School	Under 20
		Girls A	34.58m	1987-1988	Malina Ngai	Maryknoll Convent School	Under 20
		Girls A	34.20m	1986-1987	Malina Ngai	Maryknoll Convent School	Under 20
		Girls A	97'7"	1960-1961	C. Moth	King George V School	Under 20
		Girls B	38.34m	2017-2018	Chan Janice	Good Hope School	Under 16
		Girls B	34.17m	2016-2017	Chan Janice	Good Hope School	Under 16
		Girls B	33.37m	2013-2014	Lau Cheuk Ting Courtney	Good Hope School	Under 16
		Girls B	33.22m	2007-2008	Woo Wing Yan	Good Hope School	Under 16
		Girls B	32.88m	2002-2003	Chan Yue Ning	Heep Yunn School	Under 16
		Girls B	28.54m	2000-2001	Barbara Kwok	Maryknoll Convent School	Under 16
		Girls B	25.89m	1999-2000	Chung Yuen Yi	Heep Yunn School	Under 16 Best Performance
		Girls B	32.60m	1985-1986	Malina Ngai	Maryknoll Convent School	Under 17
		Girls B	32.06m	1984-1985	Malina Ngai	Maryknoll Convent School	Under 17
		Girls B	28.70m	1983-1984	Kiang Shuk Yee	Pui Kiu Middle School	Under 17
		Girls B	28.60m	1976-1977	L. Burbidge	King George V School	Under 17
		Girls B	83'4"	1966-1967	A. Apps	King George V School	Under 17
		Girls C	29.90m	2001-2002	Chan Yu Ning	Heep Yunn School	Under 14
	Girls C	23.00m	2000-2001	Lo Sin Yuk	Hong Kong True Light College	Under 14	
	Girls C	22.60m	1999-2000	Cheng Hiu Man	Hong Kong True Light College	Under 14 Best Performance	
	Girls C	27.84m	1990-1991	Candy Lau	Good Hope School	Under 15	
	Girls C	26.04m	1986-1987	Carmen Kee	Good Hope School	Under 15	
	Girls C	25.63m	1983-1984	Malina Ngai	Maryknoll Convent School	Under 15	
	Girls C	22.68m	1981-1982	Celini Lam	Maryknoll Convent School	Under 15	
Javelin (700gm)		Boys A	62.06m	2016-2017	Lam Ming Yiu	Diocesan Boys' School	Under 19
		Boys A	58.79m	2015-2016	Lam Ming Yiu	Diocesan Boys' School	Under 19
		Boys A	56.84m	2013-2014	Fong Kai Chuen	La Salle College	Under 19 Best Performance
		Boys A	60.43m	2006-2007	Yu Chi Siu	Choi Hung Estate Catholic Secondary School	Under 20
		Boys A	59.62m	1996-1997	Grant Kahler	Hong Kong International School	Under 20
		Boys A	54.44m	1983-1984	John Evans	King George V School	Under 20
		Boys A	52.34m	1979-1980	P. Kerjam	King George V School	Under 20
		Boys A	51.75m	1975-1976	S. Chalmers	King George V School	Under 20
		Boys A	169'2.5"	1964-1965	A. Tebbutt	King George V School	Under 20
Javelin (600gm)		Boys B	56.91m	2016-2017	Chien Jonathan Shou Zheng	La Salle College	Under 16
		Boys B	52.55m	2014-2015	Lam Ming Yiu	Diocesan Boys' School	Under 16
		Boys B	51.63m	2007-2008	Hui Wai Hei	Diocesan Boys' School	Under 16
		Boys B	50.21m	2006-2007	Ng Kwok Cheung	CMA Secondary School	Under 16
		Boys B	47.18m	2000-2001	Cheung Yi Yin	Chong Gene Hang College	Under 16
		Boys B	39.89m	1999-2000	Wong Yuk Man	Chong Gene Hang College	Under 16 Best Performance
		Boys B	59.06m	1991-1992	David Leventhal	Hong Kong International School	Under 17
		Boys B	52.44m	1990-1991	Teoh Yuen Bun	Diocesan Boys' School	Under 17
		Boys B	51.40m	1986-1987	Tang Lok Man	Chan Shu Kui Memorial School	Under 17
		Boys B	47.22m	1982-1983	Lam Kin Wai	CMA Prevocational School	Under 17
		Boys B	46.80m	1980-1981	G. Tabori	King George V School	Under 17
	*(2)	Boys B	44.06m	1979-1980	Tim Abeam	Hong Kong International School	Under 17
		Boys B	46.98m	1976-1977	Ronnie Chan	Diocesan Boys' School	Under 17
		Boys B	143'2.5"	1973-1974	A. Jesu	King George V School	Under 17
		Boys B	151'1.5"	1969-1970	Sonny L. Souza	La Salle College	Under 17
		Boys B	144'9.75"	1961-1962	Chan Koon Tai	Pui Kiu Middle School	Under 17
	Girls A	47.16m	2013-2014	Lau Hei Ting	Good Hope School	Under 19 New Record	

Event	*	Grade	Record	Year	Holder	School	Remarks
Javelin (600gm)		Girls A	41.52m	2012-2013	Lau Hei Ting	Good Hope School	Under 20
		Girls A	41.39m	2008-2009	Woo Wing Tung	Diocesan Girls' School	Under 20
		Girls A	39.88m	2003-2004	Lau Chi Kay	Diocesan Girls' School	Under 20
		Girls A	38.48m	1993-1994	Florence Lai	Diocesan Girls' School	Under 20
		Girls A	37.80m	1984-1985	Alice Tai	Diocesan Girls' School	Under 20
		Girls A	32.74m	1980-1981	M. Lee	King George V School	Under 20
		Girls A	105'6.25"	1973-1974	B. Ware	Hong Kong International School	Under 20
		Girls A	84'1.5"	1970-1971	L. Z. Von Behren	Hong Kong International School	Under 20
		Girls A	80'60"	1967-1968	S. Carte	Hong Kong International School	Under 20
		Girls B	42.92m	2011-2012	Lau Hei Ting	Good Hope School	Under 16
		Girls B	42.10m	2010-2011	Lau Hei Ting	Good Hope School	Under 16
		Girls B	38.45m	2005-2006	Woo Wing Tung	Diocesan Girls' School	Under 16
		Girls B	36.49m	2002-2003	Lau Janice Chi Kay	Diocesan Girls' School	Under 16
		Girls B	32.62m	2001-2002	Lau Janice Chi Kay	Diocesan Girls' School	Under 16
		Girls B	30.33m	1999-2000	Chan Art Yin	Heep Yunn School	Under 16 Best Performance
		Girls B	37.41m	1998-1999	Cheung Wai Yin	Heep Yunn School	Under 17
		Girls B	35.28m	1996-1997	Cheung Wai Yin	Heep Yunn School	Under 17
		Girls B	33.50m	1983-1984	Tai Miu Kuen	Diocesan Girls' School	Under 17
		Girls B	29.66m	1980-1981	Krista Ma	Diocesan Girls' School	Under 17
		Girls B	27.78m	1979-1980	Margaret Keenan	Hong Kong International School	Under 17
	Girls B	27.70m	1976-1977	L. Burbidge	King George V School	Under 17	
	Girls B	89'7.5"	1966-1967	S. Carte	King George V School	Under 17	
Cricketball		Boys C	87.42m	1979-1980	Watt Tilling	Hong Kong International School	Under 15 abolished in 1981/82 season
		Boys C	77.41m	1975-1976	Steve Hu	La Salle College	Under 15
		Boys C	242'9"	1970-1971	Arnalds Xavier	La Salle College	Under 15
		*(3) Boys C	194'6.5"	1966-1967	Sonny Souza	La Salle College	Under 14
		Boys C	229'3.5"	1965-1966	Krishna Ale	St. George's School	Under 15
		Boys C	227'6.5"	1964-1965	J. Lucht	King George V School	Under 15
		Boys D	194'2.5"	1962-1963	J. Lucht	King George V School	Under 13
		Girls A	191'8"	1960-1961	Liu Kay	St. Stephen's Girls' College	Under 20 abolished in 1966/67 season
		Girls B	185'4"	1965-1966	C. Nelson	King George V School	Under 17 abolished in 1966/67 season
		Girls B	165'5.75"	1964-1965	C. Zimmerman	King George V School	Under 17
		Girls C	64.02m	1977-1978	M. Lee	King George V School	Under 15 abolished in 1980/81 season
		Girls C	60.88m	1976-1977	M. Lee	King George V School	Under 15
		Girls C	55.4m	1975-1976	M. Lee	King George V School	Under 15
		Girls C	174'0.75"	1972-1973	C. Forary	Hong Kong International School	Under 15
		Girls C	168'5"	1968-1969	Joely Saunders	Hong Kong International School	Under 15
	Girls C	161'7"	1966-1967	Monique Yeh	Diocesan Girls' School	Under 15	
	Girls C	159'5"	1962-1963	D. Van Schultz	King George V School	Under 15	
4x100m Relay		Boys A	42.16	2016-2017	Tsoi Hong Yuen Ma Ka Ho Lo Tsz Yuen Fong Leong Sing	Diocesan Boys' School	Under 19
		Boys A	42.32	2014-2015	Nip Ho Tin Lee Hong Kit Chung Cheuk Hei Chau Yung Ho Michael	Diocesan Boys' School	Under 19
		Boys A	42.72	2013-2014	Choi Wun Ting Martin Nip Ho Tin Lee Hong Kit Wong Tsz Hin	Diocesan Boys' School	Under 19 Best Performance
		Boys A	42.04	2012-2013	---	Diocesan Boys' School	Under 20
		Boys A	42.55	2009-2010	---	Chong Gene Hang College	Under 20
		Boys A	42.63	1995-1996	---	St. Stephen's College, Stanley	Under 20
		Boys A	42.73	1994-1995	---	Diocesan Boys' School	Under 20
		Boys A	43.44	1989-1990	---	Diocesan Boys' School	Under 20
		Boys A	43.90	1987-1988	---	Diocesan Boys' School	Under 20
		Boys A	44.20	1967-1968	---	Diocesan Boys' School	Under 20
		Boys A	44.70	1965-1966	---	Diocesan Boys' School	Under 20
		Boys A	48.80	1963-1964	---	Diocesan Boys' School	Under 20
		Boys B	43.73	2012-2013	Pun Tak Cheung Lee Hong Kit Nip Ho Tin Chau Yung Ho Michael	Diocesan Boys' School	Under 16
		Boys B	44.20	2011-2012	---	Diocesan Boys' School	Under 16
		Boys B	44.23	2010-2011	---	Diocesan Boys' School	Under 16
		Boys B	44.68	2008-2009	---	La Salle College	Under 16
		Boys B	44.99	2004-2005	---	La Salle College	Under 16
		Boys B	45.14	2003-2004	---	Diocesan Boys' School	Under 16
		Boys B	45.65	2001-2002	---	Diocesan Boys' School	Under 16
		Boys B	45.94	2000-2001	---	Diocesan Boys' School	Under 16

Event	*	Grade	Record	Year	Holder	School	Remarks
4x100m Relay		Boys B	46.23	1999-2000	---	La Salle College	Under 16 Best Performance
		Boys B	44.11	1990-1991	---	Diocesan Boys' School	Under 17
		Boys B	44.28	1988-1989	---	Diocesan Boys' School	Under 17
		Boys B	44.84	1986-1987	---	La Salle College	Under 17
		Boys B	44.91	1985-1986	---	Diocesan Boys' School	Under 17
		Boys B	45.17	1981-1982	---	Diocesan Boys' School	Under 17
		Boys B	45.71	1979-1980	---	Diocesan Boys' School	Under 17
		Boys B	46.05	1978-1979	---	CMA Prevocational School	Under 17
	*(1)	Boys B	46.70	1973-1974	---	Diocesan Boys' School	Under 17
		Boys B	46.00	1971-1972	---	St. Joseph's Anglo-Chinese School	Under 17
		Boys B	46.30	1966-1967	---	La Salle College	Under 17
		Boys B	46.80	1965-1966	---	Wah Yan College (Kowloon)	Under 17
		Boys B	46.80	1951-1952	---	Diocesan Boys' School	Under 17
		Boys C	45.50	2007-2008	Wong Hung Yiu Lau Ho Tung Li Lut Yin Tsu Ka Chon	La Salle College	Under 14
		Boys C	46.63	2006-2007	---	Chong Gene Hang College	Under 14
		Boys C	46.89	2004-2005	---	Diocesan Boys' School	Under 14
		Boys C	47.20	2002-2003	---	La Salle College	Under 14
		Boys C	47.67	2001-2002	---	Chong Gene Hang College	Under 14
		Boys C	48.92	1999-2000	---	Diocesan Boys' School	Under 14 Best Performance
		Boys C	45.63	1991-1992	---	Diocesan Boys' School	Under 15
		Boys C	46.21	1990-1991	---	Diocesan Boys' School	Under 15
		Boys C	46.68	1986-1987	---	La Salle College	Under 15
		Boys C	47.20	1985-1986	---	Diocesan Boys' School	Under 15
		Boys C	47.31	1983-1984	---	La Salle College	Under 15
		Boys C	47.54	1982-1983	---	Diocesan Boys' School	Under 15
		Boys C	47.98	1979-1980	---	Diocesan Boys' School	Under 15
		Boys C	48.44	1977-1978	---	Diocesan Boys' School	Under 15
	*(3)	Boys C	52.10	1966-1967	---	La Salle College	Under 14
		Boys C	48.70	1964-1965	---	La Salle College	Under 15
		Boys D	55.90	1964-1965	---	La Salle College	Under 13
		Girls A	48.77	2018-2019	Chan Kei Sze Fung Anneke Chu Pui Ching Chan Pui Kei	Good Hope School	Under 19
		Girls A	48.92	2017-2018	Chu Pui Ching Wu Yi Lam Chan Kar Wing Chan Pui Kei	Good Hope School	Under 19
		Girls A	49.31	2016-2017	Chan Pui Kei Chan Kar Wing Leung Yee Ting Cheung Ching Ting	Good Hope School	Under 19
		Girls A	49.87	2015-2016	Cheung Ching Ting Leung Yee Ting Kwok Tsz Kiu Yue Ya Xin	Good Hope School	Under 19
		Girls A	50.61	2014-2015	Lo Heng Yan Poon Hang Wai Wong Yeuk Tung Tanya Yue Ya Xin	Good Hope School	Under 19
		Girls A	50.93	2013-2014	---	Good Hope School	Under 19 Best Performance
		Girls A	48.49	2007-2008	---	Good Hope School	Under 20
		Girls A	50.18	2006-2007	---	Good Hope School	Under 20
		Girls A	50.39	2003-2004	---	Diocesan Girls' School	Under 20
		Girls A	51.14	2002-2003	---	Good Hope School	Under 20
		Girls A	51.21	1996-1997	---	Good Hope School	Under 20
		Girls A	51.36	1987-1988	---	Good Hope School	Under 20
		Girls A	52.04	1985-1986	---	Good Hope School	Under 20
		Girls A	52.23	1984-1985	---	St. Catherine's School for Girls, Kwun Tong	Under 20
	Girls A	52.74	1980-1981	---	New Method College	Under 20	
	Girls A	52.80	1973-1974	---	King George V School	Under 20	
	Girls A	52.90	1971-1972	---	Island School	Under 20	
	Girls A	52.90	1968-1969	---	Hong Kong International School	Under 20	
	Girls A	53.80	1952-1953	---	King George V School	Under 20	
	Girls B	49.44	2014-2015	Au Ka Wing Leung Nga Ching Wong Yuen Nam Lam Yan Tung	Diocesan Girls' School	Under 16	
	Girls B	49.52	2006-2007	---	Diocesan Girls' School	Under 16	
	Girls B	50.27	2005-2006	---	Diocesan Girls' School	Under 16	
	Girls B	50.92	2004-2005	---	Good Hope School	Under 16	
	Girls B	51.22	2003-2004	---	Heep Yunn School	Under 16	
	Girls B	51.54	2002-2003	---	Good Hope School	Under 16	
	Girls B	51.61	2001-2002	---	Diocesan Girls' School	Under 16	
	Girls B	51.98	1999-2000	---	Heep Yunn School	Under 16 Best Performance	
	Girls B	51.37	1992-1993	---	Good Hope School	Under 17	

Event	*	Grade	Record	Year	Holder	School	Remarks	
4x100m Relay		Girls B	51.43	1987-1988	---	Good Hope School	Under 17	
		Girls B	51.49	1985-1986	---	Maryknoll Convent School	Under 17	
		Girls B	52.40	1972-1973	---	King George V School	Under 17	
		Girls B	52.50	1970-1971	---	Island School	Under 17	
		Girls B	53.00	1965-1966	---	Diocesan Girls' School	Under 17	
		Girls B	55.50	1960-1961	---	St. George's School	Under 17	
		Girls C	50.33	2018-2019	Chan Wai Ting Tang Cheuk Man Serena Pak Hoi Man Chloe	Diocesan Girls' School	Under 14	
		Girls C	50.59	2014-2015	Tang Vanessa Yik Ching Tsang Pak Chi Kwok Hui Man Natalie Leung Wing Hei	Diocesan Girls' School	Under 14	
		Girls C	50.95	2009-2010	---	Diocesan Girls' School	Under 14	
		Girls C	51.10	2008-2009	---	Diocesan Girls' School	Under 14	
		Girls C	51.46	2005-2006	---	Good Hope School	Under 14	
		Girls C	51.99	2002-2003	---	Good Hope School	Under 14	
		Girls C	52.28	1999-2000	---	Heep Yunn School	Under 14	
		Girls C	52.55	1990-1991	---	Good Hope School	Under 15	
		Girls C	52.77	1981-1982	---	King George V School	Under 15	
		Girls C	53.63	1978-1979	---	King George V School	Under 15	
		Girls C	53.70	1972-1973	---	King George V School	Under 15	
		Girls C	54.30	1971-1972	---	Island School	Under 15	
		Girls C	54.60	1970-1971	---	Island School	Under 15	
		Girls C	55.10	1968-1969	---	Island School	Under 15	
	Girls C	55.40	1963-1964	---	Diocesan Girls' School	Under 15		
4x400m Relay		Boys A	3:25.68	2017-2018	Chan Hiu Hei Ma Chi Fai Fung Sheung Wai Martin	La Salle College	Under 19	
		Boys A	3:28.46	2015-2016	Cheung Wang Fung Leung Ho Chun Chan Yik Long Cheng Chi Tim	Wah Yan College (Kowloon)	Under 19	
		Boys A	3:30.44	2014-2015	Chan Ken Wong Yiu Man Ng Kun Lung Chan Ka Man	Diocesan Boys' School	Under 19	
		Boys A	3:35.28	2013-2014	Wong Yiu Man Chan Ken Ho Kwong Ho Chan Ka Man	Diocesan Boys' School	Under 19 Best Performance	
		Boys A	3:26.60	1988-1989	---	Delia Memorial School (Yuet Wah)	Under 20	
		Boys A	3:29.97	1986-1987	---	Diocesan Boys' School	Under 20	
		Boys A	3:30.90	1980-1981	---	Oberlin College	Under 20	
		Boys A	3:33.73	1979-1980	---	King George V School	Under 20	
		Boys A	3:33.90	1963-1964	---	Diocesan Boys' School	Under 20	
		Boys B	3:33.81	2017-2018	Fung Chi Lok Tse Cheuk Hin Yau Tse Ho Colin Wong Ching Hoi	Wah Yan College (Kowloon)	Under 16	
		Boys B	3:34.89	2015-2016	Chan Ching Fung Ma Chi Fai Chan Chun Hei Fung Sheung Wai	La Salle College	Under 16	
		Boys B	3:36.46	2008-2009	Ogurusu Yasumasa Chan Cheuk Fung Chan Tsz Him Chan Yan Lam	Diocesan Boys' School	Under 16	
		Boys B	3:37.67	2007-2008	---	King George V School	Under 16	
		Boys B	3:38.96	2002-2003	---	La Salle College	Under 16	
		Boys B	3:43.65	2001-2002	---	La Salle College	Under 16	
		Boys B	3:45.81	2000-2001	---	Diocesan Boys' School	Under 16	
		Boys B	3:47.46	1999-2000	---	Diocesan Boys' School	Under 16 Best Performance	
		Boys B	3:35.20	1988-1989	---	Diocesan Boys' School	Under 17	
		Boys B	3:37.30	1987-1988	---	Diocesan Boys' School	Under 17	
		Boys B	3:38.00	1981-1982	---	King George V School	Under 17	
		*(2)	Boys B	3:40.43	1979-1980	---	Island School	Under 17
		Boys B	3:39.98	1978-1979	---	Cheung Sha Wan Catholic Secondary School	Under 17	
		Boys B	3:44.20	1974-1975	---	La Salle College	Under 17	
		*(1)	Boys B	3:47.80	1973-1974	---	La Salle College	Under 17
		Boys B	3:45.40	1972-1973	---	Diocesan Boys' School	Under 17	
		Boys B	3:46.00	1965-1966	---	Diocesan Boys' School	Under 17	
		Boys B	3:53.20	1949-1950	---	La Salle College	Under 17	
		Boys C	3:45.03	2014-2015	Ma Kenneth Chun Hei Lam Ansen Ng Wing Ho Lau Chung Kei	Diocesan Boys' School	Under 14	

Event	*	Grade	Record	Year	Holder	School	Remarks
4x400m Relay		Boys C	3:46.84	2007-2008	Chan Yan Lam Chau Tsz Him Chan Tsz Fung Lai Chun Ting	Diocesan Boys' School	Under 14
		Boys C	3:47.59	2006-2007	---	Diocesan Boys' School	Under 14
		Boys C	3:54.16	2003-2004	---	Diocesan Boys' School	Under 14
		Boys C	3:55.79	2002-2003	---	La Salle College	Under 14
		Boys C	4:00.08	2001-2002	---	SWCS Chan Pak Sha School	Under 14
		Boys C	4:00.65	2000-2001	---	La Salle College	Under 14
		Boys C	4:05.24	1999-2000	---	La Salle College	Under 14 Best Performance
		Boys C	3:45.82	1983-1984	---	Diocesan Boys' School	Under 15
		Boys C	3:47.07	1981-1982	---	King George V School	Under 15
		Boys C	3:49.96	1979-1980	---	Cheung Sha Wan Catholic Secondary School	Under 15
		Boys C	3:55.80	1974-1975	---	Diocesan Boys' School	Under 15
		Boys C	4:3.70	1973-1974	---	Diocesan Boys' School	Under 15
		Boys C	4:3.90	1972-1973	---	Diocesan Boys' School	Under 15
		Girls A	4:07.82	2014-2015	Chan Tak Yan Lee Suet Ying Chan Yee Ki Lam Christy Ho Yan	Diocesan Girls' School	Under 19
		Girls A	4:13.61	2013-2014	---	Diocesan Girls' School	Under 19 Best Performance
		Girls A	4:04.82	2012-2013	---	Diocesan Girls' School	Under 20
		Girls A	4:09.77	2008-2009	---	Diocesan Girls' School	Under 20
		Girls A	4:13.62	2006-2007	---	Diocesan Girls' School	Under 20
		Girls A	4:15.05	1998-1999	---	Diocesan Girls' School	Under 20
		Girls A	4:18.00	1986-1987	---	King George V School	Under 20
		Girls A	4:22.18	1979-1980	---	Island School	Under 20
		Girls A	4:23.06	1978-1979	---	King George V School	Under 20
		Girls A	4:35.54	1977-1978	---	Island School	Under 20
		Girls A	4:40.91	1976-1977	---	King George V School	Under 20
		Girls A	4:42.88	1975-1976	---	King George V School	Under 20
		Girls B	4:07.74	2018-2019	Fong Ching Lo Cheuk Yat Mak Wing Ting Ho Kin Ling	Heep Yunn School	Under 16
		Girls B	4:11.21	2013-2014	---	Good Hope School	Under 16
		Girls B	4:13.61	2011-2012	---	Diocesan Girls' School	Under 16
		Girls B	4:14.24	2010-2011	---	Diocesan Girls' School	Under 16
		Girls B	4:15.05	2009-2010	---	Heep Yunn School	Under 16
		Girls B	4:15.21	2008-2009	---	Heep Yunn School	Under 16
		Girls B	4:18.98	2003-2004	---	Heep Yunn School	Under 16
		Girls B	4:19.87	2001-2002	---	Heep Yunn School	Under 16
		Girls B	4:22.59	2000-2001	---	Diocesan Girls' School	Under 16
		Girls B	4:25.41	1999-2000	---	King George V School	Under 16 Best Performance
		Girls B	4:14.19	1994-1995	---	Good Hope School	Under 17
		Girls B	4:19.77	1991-1992	---	Hong Kong International School	Under 17
		Girls B	4:22.16	1983-1984	---	King George V School	Under 17
		Girls B	4:22.36	1981-1982	---	King George V School	Under 17
		Girls B	4:24.37	1978-1979	---	King George V School	Under 17
		Girls B	4:31.92	1977-1978	---	Island School	Under 17
		Girls B	4:40.97	1975-1976	---	Island School	Under 17
		Girls C	4:15.44	2016-2017	Mak Wing Ting Ho Kin Ling Lo Cheuk Yat Fong Ching	Heep Yunn School	Under 14
		Girls C	4:16.63	2007-2008	---	Heep Yunn School	Under 14
		Girls C	4:19.49	2002-2003	---	Good Hope School	Under 14
		Girls C	4:21.62	2001-2002	---	Good Hope School	Under 14
		Girls C	4:25.89	1999-2000	---	Diocesan Girls' School	Under 14 Best Performance
	Girls C	4:18.93	1982-1983	---	King George V School	Under 15	
	Girls C	4:25.66	1981-1982	---	King George V School	Under 15	
	Girls C	4:34.40	1980-1981	---	Island School	Under 15	

Note

- (1) Height restriction of Boys B grade was changed from 5'6" to 5'7" from 1973-1974 season onwards.
- (2) Height restriction was abolished in 1979-1980 season.
- (3) Age restriction for Boys C grade during 1966-1967 season was under 14 years; while before & after that period was under 15 years.
- (4) Boys D Age limit was under 12 and Height restriction was 4'9" or under from 1956-1961. They were changed to under 13 and 4'10" or under from 1962-1965.
- (4) Machine Timing introduced from 1965-1966 season onwards.
- (5) Use of Tartan all weather track & Photo Finish Timing in Wanchai Sports Ground as from 1978-1979 season.