

THE SCHOOLS SPORTS FEDERATION OF HONG KONG, CHINA
 HK and Kowloon Secondary Schools Regional Committee
 Inter-School Athletics Competition 2023-2024
Division Two Time Table

This time table serves only as a guide and are subject to change if the Management Committee deems it necessary.

Athletes are advised to arrive at the Sports Ground at least 1 hour before the scheduled time of their events. Events may held ahead or behind the scheduled time subject to the flow of competition.

Day One : 28 February 2024

Venue : Wanchai Sports Ground

	<u>No.</u>	<u>Time</u>	<u>Event</u>	<u>Grade</u>	<u>Heat</u>	<u>/</u>	<u>Final</u>
		8:15am	Officials Report (工作人員報到)				
	1	8:30am	Triple Jump (三級跳遠)	Boys B			"
	2		High Jump (跳高)	Boys A			"
	3		Shot Put (鉛球)	Boys C			"
	4		Long Jump (跳遠)	Girls A			"
	5		Discus (鐵餅)	Girls A			"
	6		400m Hurdles (欄)	Boys A	"		
	7	9:00am	100m	Girls C	"		
	8		"	Girls B	"		
	9		"	Girls A	"		
	10	9:35am	"	Boys C	"		
	11		"	Boys B	"		
	12		"	Boys A	"		
	13	10:15am	1500m	Boys C	"		
	14	10:30am	Long Jump (跳遠)	Boys C			"
	15		Discus (鐵餅)	Girls B			"
	16		Shot Put (鉛球)	Girls C			"
	17		1500m	Boys B	"		
	18		"	Boys A	"		
	19	11:10am	400m	Girls C	"		
	20		"	Girls B	"		
	21		"	Girls A	"		
	22	12:00pm	"	Boys C	"		
	23		"	Boys B	"		
AM	24		"	Boys A	"		
PM	25	12:45pm	Javelin (標槍)	Boys A			"
	26	2:00pm	Triple Jump (三級跳遠)	Boys A			"
	27		High Jump (跳高)	Boys B			"
	28		Shot Put (鉛球)	Girls A			"
	29		Long Jump (跳遠)	Girls B			"
	30		100m Hurdles (欄)	Girls C	"		
	31		"	Girls B	"		
	32		"	Girls A	"		
	33	2:15pm	"	Boys C	"		
	34		"	Boys B	"		
	35		110m Hurdles (欄)	Boys A	"		
	36	2:45pm	Javelin (標槍)	Boys B			"
	37		800m	Girls C	"		
	38		"	Girls B	"		
	39		"	Girls A	"		
	40	3:30pm	"	Boys C	"		
	41		"	Boys B	"		
	42		"	Boys A	"		
	43	4:10pm	200m	Girls C	"		
	44		"	Girls B	"		
	45		"	Girls A	"		
	46	4:45pm	"	Boys C	"		
	47		"	Boys B	"		
	48		"	Boys A	"		

----- End of Day One -----

Day Two : 04 March 2024
 Venue : Wanchai Sports Ground

No.	Time	Event	Grade	Semi -		
				Heat	Final	Final
	8:15am	Officials Report (工作人員報到)				
1	8:30am	Shot Put (鉛球)	Boys B			"
2		High Jump (跳高)	Boys C			"
3		Javelin (標槍)	Girls B			"
4		Long Jump (跳遠)	Girls C			"
5		400m Hurdles (欄)	Boys A		"	
6	8:45am	200m	Girls C		"	
7		"	Girls B		"	
8		"	Girls A		"	
9		"	Boys C		"	
10		"	Boys B		"	
11		"	Boys A		"	
12	9:25am	1500m	Boys C			"
13		"	Boys B			"
14		"	Boys A			"
15		"	Girls C			"
16		"	Girls B			"
17		"	Girls A			"
18	10:30am	High Jump (跳高)	Girls B			"
19		Long Jump (跳遠)	Boys B			"
20		Javelin (標槍)	Girls A			"
21		Shot Put (鉛球)	Girls B			"
22		100m	Girls C		"	
23		"	Girls B		"	
24		"	Girls A		"	
25		"	Boys C		"	
26		"	Boys B		"	
27		"	Boys A		"	
28	11:00am	400m	Girls C		"	
29		"	Girls B		"	
30		"	Girls A		"	
31		"	Boys C		"	
32		"	Boys B		"	
33		"	Boys A		"	
34	11:45am	100m Hurdles (欄)	Girls C		"	
35		"	Girls B		"	
36		"	Girls A		"	
37		"	Boys C		"	
38		"	Boys B		"	
AM	39	110m Hurdles (欄)	Boys A		"	
PM	40	12:30pm	Discus (鐵餅)			"
	41	1:30pm	Shot Put (鉛球)			"
	42		4 x 100m Relay (接力)	Girls C	"	
	43		"	Girls B	"	
	44		"	Girls A	"	
	45	2:00pm	"	Boys C	"	
	46		"	Boys B	"	
	47		"	Boys A	"	
	48	2:30pm	Discus (鐵餅)	Boys B		"
	49		4 x 400m Relay (接力)	Girls C	"	
	50		"	Girls B	"	
	51		"	Girls A	"	
	52	3:30pm	"	Boys C	"	
	53		"	Boys B	"	
	54		"	Boys A	"	

----- End of Day Two -----

Final : 07 March 2024

Venue : Wanchai Sports Ground

<u>No.</u>	<u>Time</u>	<u>Event</u>	<u>Grade</u>	<u>Final</u>
	8:15am	Officials Report (工作人員報到)		
1	8:30am	Long Jump (跳遠)	Boys A	"
2		Discus (鐵餅)	Girls C	"
3		High Jump (跳高)	Girls C	"
4		400m Hurdles (欄)	Boys A	"
5	9:00am	200m	Girls C	"
6		"	Girls B	"
7		"	Girls A	"
8		"	Boys C	"
9		"	Boys B	"
10		"	Boys A	"
11	9:25am	800m	Girls C	"
12		"	Girls B	"
13		"	Girls A	"
14	9:45am	"	Boys C	"
15		"	Boys B	"
16		"	Boys A	"
17	10:00am	5000m	Boys A	"
18	10:20am	High Jump (跳高)	Girls A	"
19		Discus (鐵餅)	Boys A	"
20	11:00am	100m	Girls C	"
21		"	Girls B	"
22		"	Girls A	"
23		"	Boys C	"
24		"	Boys B	"
25		"	Boys A	"
26	11:20am	400m	Girls C	"
27		"	Girls B	"
28		"	Girls A	"
29		"	Boys C	"
30		"	Boys B	"
31		"	Boys A	"
32	1:30pm	100m Hurdles (欄)	Girls C	"
33		"	Girls B	"
34		"	Girls A	"
35		"	Boys C	"
36		"	Boys B	"
37		110m Hurdles (欄)	Boys A	"
38	2:00pm	4 x 100m Relay (接力)	Girls C	"
39		"	Girls B	"
40		"	Girls A	"
41		"	Boys C	"
42		"	Boys B	"
43		"	Boys A	"
44	2:30pm	4 x 400m Relay (接力)	Girls C	"
45		"	Girls B	"
46		"	Girls A	"
47		"	Boys C	"
48		"	Boys B	"
49		"	Boys A	"

Prize Presentation (頒獎)