

THE SCHOOLS SPORTS FEDERATION OF HONG KONG, CHINA
HK and Kowloon Secondary Schools Regional Committee
Inter-School Athletics Competition 2023-2024
Division Three (Area 3) 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 : 25 January 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	High Jump (跳高)	Girls C			"
2		Triple Jump (三級跳遠)	Boys B			"
3		Long Jump (跳遠)	Boys C			"
4		Shot Put (鉛球)	Girls A			"
5		Discus (鐵餅)	Girls B			"
6		100m Hurdles (欄)	Girls C	"		
7		"	Girls B	"		
8		"	Girls A	"		
9	9:15am	"	Boys C	"		
10		"	Boys B	"		
11		110m Hurdles (欄)	Boys A	"		
12	9:30am	400m	Girls C	"		
13		"	Boys C	"		
14		"	Girls B	"		
15	10:45am	"	Boys B	"		
16		"	Girls A	"		
17		"	Boys A	"		
18	11:00am	High Jump (跳高)	Boys A			"
19	11:30am	Discus (鐵餅)	Boys B			"
20	11:45am	100m	Girls C	"		
21		"	Boys C	"		
22		"	Girls B	"		
23	12:15pm	"	Boys B	"		
24		"	Girls A	"		
AM	25	"	Boys A	"		
PM	26	1:45pm	Javelin (標槍)	Boys A		"
27		Shot Put (鉛球)	Boys B			"
28		Long Jump (跳遠)	Girls A			"
29		High Jump (跳高)	Boys C			"
30	2:00pm	200m	Girls C	"		
31		"	Boys C	"		
32		"	Girls B	"		
33	2:30pm	"	Boys B	"		
34		"	Girls A	"		
35		"	Boys A	"		
36	3:00pm	1500m	Boys C	"		
37		"	Boys B	"		
38		"	Boys A	"		
39	4:00pm	4x100m Relay (接力)	Girls C	"		
40		"	Girls B	"		
41		"	Girls A	"		
42	5:00pm	"	Boys C	"		
43		"	Boys B	"		
44		"	Boys A	"		

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

Day Two : 30 January 2024

Venue : Wanchai Sports Ground

<u>No.</u>	<u>Time</u>	<u>Event</u>	<u>Grade</u>	<u>Heat</u>	/	<u>Semi-Final</u>	/	<u>Final</u>
	8:15am	Officials Report (工作人員報到)						
1	8:30am	Long Jump (跳遠)	Boys B					"
2		Shot Put (鉛球)	Boys C					"
3		Discus (鐵餅)	Girls A					"
4		High Jump (跳高)	Girls B					"
5		100m Hurdles (欄)	Girls C			"		
6		"	Girls B			"		
7		"	Girls A			"		
8		"	Boys C			"		
9		"	Boys B			"		
10		110m Hurdles (欄)	Boys A			"		
11	8:45am	400m	Girls C			"		
12		"	Boys C			"		
13		"	Girls B			"		
14	9:05am	"	Boys B			"		
15		"	Girls A			"		
16		"	Boys A			"		
17	9:25am	100m	Girls C			"		
18		"	Boys C			"		
19		"	Girls B			"		
20		"	Boys B			"		
21		"	Girls A			"		
22		"	Boys A			"		
23	9:45am	Triple Jump (三級跳遠)	Boys A					"
24		800m	Girls C	"				
25		"	Boys C	"				
26		"	Girls B	"				
27		"	Boys B	"				
28		"	Girls A	"				
29		"	Boys A	"				
30	10:30am	Discus (鐵餅)	Girls C					"
AM 31		Shot Put (鉛球)	Girls B					"
PM 32	1:00pm	Shot Put (鉛球)	Boys A					"
33		Javelin (標槍)	Boys B					"
34		High Jump (跳高)	Girls A					"
35		Long Jump (跳遠)	Girls C					"
36		200m	Girls C			"		
37		"	Boys C			"		
38		"	Girls B			"		
39	1:15pm	"	Boys B			"		
40		"	Girls A			"		
41		"	Boys A			"		
42	1:30pm	1500m	Boys C					"
43		"	Boys B					"
44		"	Boys A					"
45	2:00pm	4x400m Relay (接力)	Girls C	"				
46		"	Girls B	"				
47		"	Girls A	"				
48	3:15pm	"	Boys C	"				
49		"	Boys B	"				
50		"	Boys A	"				

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

Final : 02 February 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	Discus (鐵餅)	Boys A	"	
2		High Jump (跳高)	Boys B	"	
3		Long Jump (跳遠)	Girls B	"	
4		Shot Put (鉛球)	Girls C	"	
5		100m Hurdles (欄)	Girls C	"	
6		"	Girls B	"	
7		"	Girls A	"	
8		"	Boys C	"	
9		"	Boys B	"	
10		110m Hurdles (欄)	Boys A	"	
11	9:00am	400m	Girls C	"	
12		"	Boys C	"	
13		"	Girls B	"	
14		"	Boys B	"	
15		"	Girls A	"	
16		"	Boys A	"	
17	9:30am	100m	Girls C	"	
18		"	Boys C	"	
19		"	Girls B	"	
20		"	Boys B	"	
21		"	Girls A	"	
22		"	Boys A	"	
23	10:00am	5000m	Boys A	"	
24	10:30am	Long Jump (跳遠)	Boys A	"	
25		800m	Girls C	"	
26		"	Boys C	"	
27		"	Girls B	"	
28		"	Boys B	"	
29		"	Girls A	"	
30		"	Boys A	"	
31	11:00am	Javelin (標槍)	Girls A	"	
32		200m	Girls C	"	
33		"	Boys C	"	
34		"	Girls B	"	
35		"	Boys B	"	
36		"	Girls A	"	
AM	37	"	Boys A	"	
PM	38	1:00pm	Discus (鐵餅)	Boys C	"
	39		1500m	Girls C	"
	40		"	Girls B	"
	41		"	Girls A	"
	42	1:30pm	4x100m Relay (接力)	Boys C	"
	43		"	Boys B	"
	44		"	Boys A	"
	45	1:45pm	"	Girls C	"
	46		"	Girls B	"
	47		"	Girls A	"
	48	2:00pm	4x400m Relay (接力)	Boys C	"
	49		"	Boys B	"
	50		"	Boys A	"
	51	2:15pm	"	Girls C	"
	52		"	Girls B	"
	53		"	Girls A	"

Prize Presentation (頒獎)