

THE SCHOOLS SPORTS FEDERATION OF HONG KONG, CHINA
 HK and Kowloon Secondary Schools Regional Committee
 Inter-School Athletics Competition 2024-2025
Division One 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 : 20 November 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>
	1	8:30am	High Jump	Girls C			"
	2		Shot Put	Girls B			"
	3		Javelin	Boys B			"
	4		Triple Jump	Boys B			"
	5	8:40am	400m Hurdles	Boys A	"		
	6	9:00am	100m	Girls C	"		
	7		"	Girls B	"		
	8		"	Girls A	"		
	9	9:20am	"	Boys C	"		
	10		"	Boys B	"		
	11		"	Boys A	"		
	12	9:30am	Long Jump	Girls A			"
	13	9:50am	1500m	Girls C			"
	14		"	Girls B			"
	15		"	Girls A			"
	16	10:20am	"	Boys C	"		
	17		"	Boys B	"		
	18		"	Boys A	"		
	19	10:30am	Shot Put	Girls C			"
	20		Javelin	Girls A			"
	21	11:00am	High Jump	Boys A			"
	22		400m	Boys C	"		
AM	23		"	Boys B	"		
	24		"	Boys A	"		
PM	25	12:45pm	Discus	Boys A			"
	26	1:00pm	Long Jump	Boys C			"
	27		Shot Put	Boys B			"
	28	1:15pm	200m	Boys C	"		
	29		"	Boys B	"		
	30		"	Boys A	"		
	31	1:55pm	100m Hurdles	Girls C	"		
	32		"	Girls B	"		
	33		"	Girls A	"		
	34	2:25pm	"	Boys C	"		
	35		"	Boys B	"		
	36	2:40pm	110m Hurdles	Boys A	"		
	37	2:45pm	Discus	Boys C			"
	38	3:10pm	4x400m Relay	Girls C	"		
	39		"	Girls B	"		
	40		"	Girls A	"		
	41	3:55pm	"	Boys C	"		
	42		"	Boys B	"		
	43		"	Boys A	"		

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

Day Two : 26 November 2024
 Venue : Wanchai Sports Ground

	<u>No.</u>	<u>Time</u>	<u>Event</u>	<u>Grade</u>	<u>Semi</u>			
					<u>Heat</u>	<u>/</u>	<u>Final</u>	<u>/</u>
	1	8:30am	Discus	Girls C				"
	2		Long Jump	Girls C				"
	3		High Jump	Girls B				"
	4		Shot Put	Boys C				"
	5	8:40am	400m Hurdles	Boys A			"	
	6	8:55am	3000m	Boys B				"
	7	9:25am	100m	Boys C			"	
	8		"	Boys B			"	
	9		"	Boys A			"	
	10	9:45am	Long Jump	Boys B				"
	11		5000m	Boys A				"
	12	10:15am	800m	Girls C	"			
	13		"	Girls B	"			
	14		"	Girls A	"			
	15	10:30am	Shot Put	Girls A				"
	16		High Jump	Boys C				"
	17		Discus	Boys B				"
	18	10:45am	800m	Boys C	"			
	19		"	Boys B	"			
	20		"	Boys A	"			
	21	11:15am	200m	Girls C	"			
	22		"	Girls B	"			
	23		"	Girls A	"			
	24	11:40am	"	Boys C			"	
	25		"	Boys B			"	
AM	26		"	Boys A			"	
PM	27	12:30pm	Javelin	Girls B				"
	28	1:00pm	Long Jump	Boys A				"
	29	1:30pm	High Jump	Girls A				"
	30		100m Hurdles	Boys C			"	
	31		"	Boys B			"	
	32	1:45pm	110m Hurdles	Boys A			"	
	33	1:55pm	400m	Girls C	"			
	34		"	Girls B	"			
	35		"	Girls A	"			
	36	2:30pm	Javelin	Boys A				"
	37		400m	Boys C			"	
	38		"	Boys B			"	
	39		"	Boys A			"	
	40	3:00pm	4x100m Relay	Girls C	"			
	41		"	Girls B	"			
	42		"	Girls A	"			
	43	3:30pm	"	Boys C	"			
	44		"	Boys B	"			
	45		"	Boys A	"			

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

Final : 29 November 2024
 Venue : Wanchai Sports Ground

	<u>No.</u>	<u>Time</u>	<u>Event</u>	<u>Grade</u>	<u>Final</u>
	1	8:30am	Long Jump	Girls B	"
	2		Discus	Girls A	"
	3		High Jump	Boys B	"
	4		Shot Put	Boys A	"
	5		Triple Jump	Boys A	"
	6	8:40am	400m Hurdles	Boys A	"
	7	8:55am	3000m	Girls B	"
	8	9:25am	200m	Girls C	"
	9		"	Girls B	"
	10		"	Girls A	"
	11	9:45am	"	Boys C	"
	12		"	Boys B	"
	13		"	Boys A	"
	14	10:00am	5000m	Girls A	"
	15	10:30am	Discus	Girls B	"
	16		800m	Girls C	"
	17		"	Girls B	"
	18		"	Girls A	"
	19	10:50am	"	Boys C	"
	20		"	Boys B	"
	21		"	Boys A	"
	22	11:10am	100m Hurdles	Girls C	"
	23		"	Girls B	"
	24		"	Girls A	"
	25	11:30am	"	Boys C	"
	26		"	Boys B	"
AM	27	11:40am	110m Hurdles	Boys A	"
PM	28	1:00pm	400m	Girls C	"
	29		"	Girls B	"
	30		"	Girls A	"
	31	1:15pm	"	Boys C	"
	32		"	Boys B	"
	33		"	Boys A	"
	34	1:30pm	100m	Girls C	"
	35		"	Girls B	"
	36		"	Girls A	"
	37	1:40pm	"	Boys C	"
	38		"	Boys B	"
	39		"	Boys A	"
	40	1:50pm	1500m	Boys C	"
	41		"	Boys B	"
	42		"	Boys A	"
	43	2:15pm	4x100m Relay	Girls C	"
	44		"	Boys C	"
	45	2:30pm	"	Girls B	"
	46		"	Boys B	"
	47	2:45pm	"	Girls A	"
	48		"	Boys A	"
	49	3:00pm	4x400m Relay	Girls C	"
	50		"	Boys C	"
	51	3:15pm	"	Girls B	"
	52		"	Boys B	"
	53	3:30pm	"	Girls A	"
	54		"	Boys A	"

Prize Presentation