

**THE SCHOOLS SPORTS FEDERATION HONG KONG, CHINA**  
**HK and Kowloon Secondary Schools Regional Committee**  
**Inter-School Athletics Competition 2024-2025**  
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 : 12 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>
	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	3:45pm	Javelin (標槍)	Girls B		"
	40	4:00pm	4x100m Relay (接力)	Girls C	"	
	41		"	Girls B	"	
	42		"	Girls A	"	
	43	5:00pm	"	Boys C	"	
	44		"	Boys B	"	
	45		"	Boys A	"	

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

Day Two : 15 November 2024

Venue : Wanchai Sports Ground

Division	No.	Time	Event	Grade	Heat	/	Semi-Final	/	Final
		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	"				
AM	30	10:30am	Discus (鐵餅)	Girls C					"
	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 : 19 November 2024  
 Venue : Wanchai Sports Ground

Division	No.	Time	Event	Grade	Final
		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	5000m	Girls A	"
	12	9:45am	400m	Girls C	"
	13		"	Boys C	"
	14		"	Girls B	"
	15		"	Boys B	"
	16		"	Girls A	"
	17		"	Boys A	"
	18	10:15am	100m	Girls C	"
	19		"	Boys C	"
	20		"	Girls B	"
	21		"	Boys B	"
	22		"	Girls A	"
	23		"	Boys A	"
	24	10:30am	5000m	Boys A	"
	25		Long Jump (跳遠)	Boys A	"
	26	11:00am	800m	Girls C	"
	27		"	Boys C	"
	28		"	Girls B	"
	29		"	Boys B	"
	30		"	Girls A	"
	31		"	Boys A	"
	32		Javelin (標槍)	Girls A	"
	33	11:45am	200m	Girls C	"
	34		"	Boys C	"
	35		"	Girls B	"
	36		"	Boys B	"
	37		"	Girls A	"
AM	38		"	Boys A	"
PM	39	1:00pm	Discus (鐵餅)	Boys C	"
	40	1:30pm	1500m	Girls C	"
	41		"	Girls B	"
	42		"	Girls A	"
	43	2:00pm	4x100m Relay (接力)	Boys C	"
	44		"	Boys B	"
	45		"	Boys A	"
	46	2:15pm	"	Girls C	"
	47		"	Girls B	"
	48		"	Girls A	"
	49	2:30pm	4x400m Relay (接力)	Boys C	"
	50		"	Boys B	"
	51		"	Boys A	"
	52	2:45pm	"	Girls C	"
	53		"	Girls B	"
	54		"	Girls A	"

**Prize Presentation (頒獎)**