

Inter-School Athletics Championships 2009/2010

HK Island & Kowloon

Division Three (Area 1) Final Results

Boys A Grade

100m

1	Wong Ting Tat	YCM	11.74
2	Wan Chi Ki	MCDHMC	11.77
3	Hon Chi Ho	CSS	11.88
4	Tam Chi Kit	LWFSS	12.06
5	Tan Yongje	NAMS	12.11
6	Zou Yue Qiang	PTSS	12.21
7	So Ching On	KHSS	12.26

200m

1	Lau Chun Wai	HGC	24.04
2	Wan Chi Ki	MCDHMC	24.06
3	Tsui Yu Cheong	TYH	24.41
4	Ngo Yuen Yeung	KHSS	24.53
5	Zou Yue Qiang	PTSS	24.89
6	Tam Chi Kit	LWFSS	25.08
7	Wan Ka Fai	YCM	25.10
8	Wong Ting Tat	YCM	25.16

400m

1	Pang Chi Sum	QMSS	54.55
2	Ngo Yuen Yeung	KHSS	54.56
3	Chow Tsz Ho	YCM	55.00
4	Tsui Yu Cheong	TYH	55.08
5	Lee Cheuk Yin	CCPASS	55.74
6	Fu Chi Cheung	WWS	56.43
7	Tsang Cheuk Wing	YCM	56.51
8	Chan Ka Long	CCSS	1 : 0.95

800m

1	Tse Chi Wai	K-LING	2 : 14.12
2	Fu Chi Cheung	WWS	2 : 15.69
3	Lee Cheuk Ki	KHSS	2 : 15.89
4	Chan Ming Kwan	CSS	2 : 16.60
5	Chan Ka Long	CCSS	2 : 17.10
6	Guan Canhui	LS	2 : 17.83
7	Shao Hung Leong	CCPASS	2 : 18.12
8	Li Tsz Yeung	LCCS	2 : 18.22

1500m

1	Li Tsz Yeung	LCCS	4 : 55.20
2	Chun Yau Pong	CSS	4 : 56.07
3	Lee Cheuk Ki	KHSS	4 : 56.54
4	Shao Hung Leong	CCPASS	4 : 57.20
5	Yeung Chung Ming	LCCS	4 : 59.29
6	Chow Man Kin	WWS	5 : 1.41
7	Tam Ming Hong	NAMS	5 : 2.00
8	He Jinhong Andy	NAMS	5 : 4.66

5000m

1	Dylan Nisky	HKIS	17 : 25.76
2	Yeung Chung Ming	LCCS	19 : 32.34
3	Leung Wang Kit	YCM	19 : 33.60
4	Chun Yau Pong	CSS	19 : 42.37
5	Ma Chung Ho	K-LING	19 : 51.00
6	Chow Man Kin	WWS	20 : 2.00
7	Wong Chun Kit	TYH	20 : 20.71
8	Tam Ming Hong	NAMS	20 : 23.19

110m Hurdles

1	Yeung Ho Yin	TYH	16.60
2	Li Man Keung	DMS-HW	16.65
3	Lau Chun Wai	HGC	17.02
4	Au Chun	TYH	17.69
5	Suen Wai Fung	MCDHMC	18.02
6	Cheung Yuen Chi	SKHLFH	18.44
7	Tang Kin Wai	YCM	20.14

4x100m Relay

1		KHSS	47.08
2		YCM	47.28
3		MCDHMC	47.66
4		HGC	47.90
5		CSS	48.08
6		TYH	48.31
7		HGSS	48.81
8		PTSS	49.79

4x400m Relay

1	YCM	3 : 52.04
2	CCPASS	3 : 52.68
3	WWS	3 : 54.02
4	K-LING	3 : 55.07
5	TYH	3 : 56.11
6	HKIS	3 : 56.34
7	DMS-HW	4 : 1.13
8	CCSS	4 : 1.66

High Jump

1	Fung Wai Leung	CCPASS	1.70
2	Lam King Sing	K-LING	1.61
3	Dumlikra Wajan	STCS	1.61
4	Kwan Chun Ming	DMS-HW	1.58
5	Chan Kam Yin	KWSC	1.52
6	Hung Chi Fung	TYH	1.52

Long Jump

1	Hon Chi Ho	CSS	5.82
2	Li Man Keung	DMS-HW	5.79
3	Yu Hok To	TYH	5.56
4	Wong Ka Yin	DMS-HW	5.55
5	Chan See Yu	BHJS	5.50
6	Ho Yin Kin	CCPASS	5.45
7	Leung Ka Shun	CCSS	5.33
8	Chan Pui Lok	LWFSS	5.27

Triple Jump

1	Tai Yuk Kwan	WWS	11.96
2	Kwok Tsz Leung	MSCHK	11.94
3	Lee Chun Wai	CCPASS	11.54
4	Yu Hok To	TYH	11.46
5	Tse Chi Wai	K-LING	11.38
6	Ho Chi Him	MSCHK	11.18
7	Cheung Yuen Chi	SKHLFH	11.15
8	Zeng Jinghua	NAMS	11.08

Shot Put

1	Kao Ting Pong	YCM	11.06
2	Hu Guo Feng	LWFSS	10.73
3	Kan Cheuk Nam	PLKLCF	10.70
4	Fong Kwok San	LSTYKH	10.57
5	Pang Chi Sum	QMSS	10.38
6	Yeung Wai Kit	K-LING	10.25
7	Li Min	DMS-HW	10.18
8	Sit Wai Kai	DMS-HW	10.02

Discus

1	Kan Cheuk Nam	PLKLCF	28.75
2	Chung Kam Yat	CSS	27.34
3	Ho Kin Lok	TYH	26.60
4	Soo Yan Lok	CCSS	26.32
5	Kwok Hui	TYH	25.16
6	Yeung Wai Kit	K-LING	24.79
7	Chan Kai Man	SKHLFH	24.39
8	Wong Cheuk Ho	HGC	23.54

Javelin

1	Chan Kai Man	SKHLFH	32.87
2	Luk Chun Fai	CCSS	30.47
3	Yip Chiu Tat	NAMS	30.34
4	Mak Tsz Kin	NAMS	29.31
5	Lai Chi Shing	LCCS	29.22
6	Lau Wing Fu	SKHLFH	28.80
7	Pun Tsz Ming	CCSS	28.21
8	Sin Tak Ming	YCM	25.54

Boys B Grade**100m**

1	Pang Tsz Fung	BHJS	11.58
2	Yuen Tsz Tai	BHJS	11.99
3	Leung Hoi Man Victor	WWS	12.22
4	Kam Pak Hin	K-LING	12.58
5	Cheung Kai Wang	DMS-HW	12.59
6	Ho Man	WWS	12.65
7	Ng Ho	KHSS	12.66
8	Chan Man Wa	KHSS	12.68

200m

1	Pang Tsz Fung	BHJS	23.29
2	Yuen Tsz Tai	BHJS	24.16
3	Wong Ho Yuen	WWS	24.30
4	Chan Man Wa	KHSS	25.18
5	Ng Ho	KHSS	25.56
6	Cheung Kai Wang	DMS-HW	25.67
7	Li Ka Kit	QMSS	25.77
8	Lun Wai	CCSS	26.34

400m

1	Tsang Tsz Ki	LS	54.90
2	Tsui Hei Yu	BHJS	55.36
3	Tam Man Fung	BHJS	56.16
4	Chou Hoi Lam	NAMS	56.43
5	Chung Sau Fung	K-LING	57.07
6	Li Chung Wang	WWS	57.59
7	Yung Ka Yu	LWFSS	58.37
8	Cheng Lo Wai	WWS	1 : 0.08

800m

1	Li Ka Shun	BHJS	2 : 13.05
2	Tong Cheuk Him	KHSS	2 : 13.98
3	Chou Hoi Lam	NAMS	2 : 14.92
4	Chan Cheuk Nam	NAMS	2 : 15.08
5	Chan Kam Lung	WWS	2 : 19.51
6	Cheng Lo Wai	WWS	2 : 22.44
7	Chim Ho Man	CREATIVE	2 : 23.50
8	Liu Tsz Ho	ICQM	2 : 24.83

1500m

1	Tong Cheuk Him	KHSS	4 : 42.87
2	Li Ka Shun	BHJS	4 : 43.83
3	Tam Man Fung	BHJS	4 : 44.24
4	Chan Cheuk Nam	NAMS	4 : 45.87
5	Tsang Wai Lun	KHSS	5 : 6.35
6	Chan Kam Lung	WWS	5 : 7.36
7	Mok Kwai Yu	WWS	5 : 9.45
8	Chim Ho Man	CREATIVE	5 : 14.38

100m Hurdles

1	Chan Chun Him	TYH	15.64
2	Tse Jenson	ICQM	16.27
3	Wong Ho Yuen	WWS	16.45
4	Leung Hoi Man Victor	WWS	16.47
5	Leung Chun Wai	PTSS	16.83
6	Yuen Ho Fai	LCCS	17.52
7	Fung Chi Yeung	BHJS	18.52
8	Wong Fan Yung	SKHLFH	20.30

4x100m Relay

1		BHJS	47.60
2		WWS	47.71
3		LS	49.18
4		KHSS	49.98
5		ICQM	50.13
6		K-LING	50.39
7		CCSS	50.70
8		HGSS	51.04

4x400m Relay

1		BHJS	3 : 49.43
2		KHSS	3 : 57.21
3		WWS	3 : 59.45
4		NAMS	4 : 0.87
5		PLKLCF	4 : 3.40
6		K-LING	4 : 5.30
7		CCPASS	4 : 6.13
8		CCSS	4 : 10.16

High Jump

1	Yu Rong Yan	LS	1.80
2	Tsoi Wing Hi	HGC	1.63
3	Yiu Ka Leung	WWS	1.63
4	Lee Wai Lok	PTSS	1.57
=5	Law Ting Tak	WWS	1.54
=5	Ng Wing Ho	HGSS	1.54
7	Leung Hing Lun	CCPASS	1.51
8	Wong Chun Kwok	CCSS	1.51

Long Jump

1	Wu Chin Chung	MCDHMC	5.53
2	Ho Kai Pong	BHJS	5.51
3	Li Chung Wang	WWS	5.35
4	Yeung Hoi Wing	PTSS	5.29
5	Wong Ka Po	HGC	5.23
6	Wong Chun Kwok	CCSS	5.20
7	Chan Kin	STCS	5.18
8	Chan Ying Ho	CYC	4.97

Triple Jump

1	Ho Kai Pong	BHJS	11.82
2	Tse Jenson	ICQM	11.02
3	Tsui Hei Yu	BHJS	10.69
4	Yeung Hoi Wing	PTSS	10.68
5	Li Tsz Wing	PLKNO.1C	10.57
6	Ho Man	WWS	10.29
7	Liu Tsz Ho	ICQM	10.19
8	Cheung Yuen Kwan	NAMS	9.92

Shot Put

1	Cheung Yuen Kwan	NAMS	11.54
2	Mak Ho Fung	K-LING	11.03
3	Yip Chi Wing	LS	10.91
4	Hsu Sai Yeung	HGC	10.62
5	Mo Kei Fai	TYH	10.56
6	Ng Wing Ho	HGSS	10.41
7	So Ka Ho	CCSS	10.33
8	Yip Kin Shing	KHSS	10.16

Discus

1	Chiu Pit Chun	WWS	32.35
2	Cheng Man To	MSCHK	31.23
3	Lau Sze Ho	NAMS	30.15
4	Yip Kin Shing	KHSS	28.70
5	Mak Ho Fung	K-LING	28.21
6	Kwan Tim Cheung	CCPASS	27.90
7	Kwok Chun Kit	TYH	27.42
8	Wan Chi Pong	LCCS	25.73

Javelin

1	Leung Ka Ho	WWS	35.31
2	Lau Siu Ching	HGC	33.23
3	Lee Cheuk Nang	SKHLFH	30.68
4	Ng Chi Fung	NAMS	27.05
5	Lau Sze Ho	NAMS	26.96
6	Wan Ming Kit Jacky	SKHLFH	23.89
7	Chiu Pit Chun	WWS	22.46
8	Mak Ho Lim	PTSS	21.20

Boys C Grade

100m

1	Du Jiming	HGSS	12.85
2	Choi Man Hon Calvin	BHJS	12.95
3	Lam Ho Yin	PTSS	13.03
4	Chan Man Wai	BHJS	13.26
5	Chan Jonathan	HGSS	13.29
6	Chan Kam Wa	CSS	13.36
7	Lui Shing Hong	HGC	13.37
8	Chan Ka Tung	HGC	13.43

400m

1	Lee Tsz Yeung	CREATIVE	1 : 0.16
2	Cheuk Wing Lok	WWS	1 : 2.35
3	Tsang Fan Ho	HGSS	1 : 3.28
4	Mo Ka Kit	K-LING	1 : 3.32
5	Chong Chun Yin	SKHLFH	1 : 3.48
6	Wu Ka Long	LCCS	1 : 4.68
7	Lau Yik Sau	RCC	1 : 5.45
8	Pang Tsz Fung	PLKNO.1C	1 : 9.65

1500m

1	Hon Tsz King	K-LING	5 : 10.50
2	Wong Tik Kan	BHJS	5 : 11.64
3	Wong Shiu Hang	LCCS	5 : 21.64
4	Lau Yik Sau	RCC	5 : 22.77
5	Lau Hoi Chun	SKHLFH	5 : 25.90
6	Fung Chin Chun	HGSS	5 : 25.94
7	Chow Yu Chun Billy	WWS	5 : 28.15
8	Cheuk Kai Tung	BHJS	5 : 28.62

4x100m Relay

1		BHJS	51.49
2		CREATIVE	51.81
3		PTSS	52.40
4		HGC	52.73
5		MSCHK	53.66
6		CCSS	53.98
7		PLKNO.1C	55.45
8		WWS	55.88

High Jump

1	Yu Ka Wai	K-LING	1.45
2	Tsang Fan Ho	HGSS	1.45
3	Zee Hon Lin	HGC	1.36
4	Cheng Koon Ching	BHJS	1.33
5	Yu Ho Yin	HGSS	1.33
6	Mo Ka Kit	K-LING	1.30
7	Chan Man Wai	BHJS	1.30
8	Pang Tsz Hin	LWFSS	1.27

Shot Put

1	Cheng Koon Ching	BHJS	9.88
2	Pun Kwok Yung	NAMS	9.28
3	Lam Hon Wa	SKHLFH	9.12
4	Yen Chun Lung	WWS	8.99
5	Cheuk Wing Lok	WWS	8.82
6	Hung Chin Ho	BHJS	8.74
7	Cheuk Ho Yin	LSTYKH	8.61
8	Wan Chun Sing	HGC	8.25

200m

1	Du Jiming	HGSS	26.63
2	Lam Ho Yin	PTSS	26.92
3	Lo Ka Lok	KHSS	26.97
4	Law Sik Wang	BHJS	26.99
5	Chan Kam Wa	CSS	27.10
6	Au Wing Cheuk	WWS	27.13
7	Wong Chun	CREATIVE	27.60
8	Lau Siu Hin	BHJS	28.08

800m

1	Lo Chuen Tak	BHJS	2 : 22.35
2	Cheung Ka Ho	PLKNO.1C	2 : 28.21
3	Wong Shiu Hang	LCCS	2 : 30.25
4	Leung Chun Ho	BHJS	2 : 33.23
5	Wong Tsz Lung	KHSS	2 : 33.26
6	Chow Yu Chun Billy	WWS	2 : 35.22
7	Lai Go Joy	LWFSS	2 : 38.75
8	Lau Hoi Chun	SKHLFH	2 : 38.97

100m Hurdles

1	Wong Hon Man	BHJS	17.49
2	Yeung Chi Ho	CREATIVE	17.96
3	Cheng Wai Hung	LSTYKH	18.81
4	Hon Tsz King	K-LING	19.38
5	Man Hoi Yiu	PTSS	19.79
6	Pan Guanrong	MSCHK	20.32
7	Yip Ka Chun	HGC	20.77
8	Phen Hok Hei	BHJS	20.86

4x400m Relay

1		PLKNO.1C	4 : 15.94
2		BHJS	4 : 17.79
3		K-LING	4 : 18.63
4		LCCS	4 : 22.90
5		HGSS	4 : 22.92
6		WWS	4 : 24.67
7		CREATIVE	4 : 36.33
8		TYH	4 : 47.75

Long Jump

1	Chu Chi Kwong	MSCHK	5.07
2	Lo Chuen Tak	BHJS	4.89
3	Wong Hon Man	BHJS	4.79
4	Yu Ki Fung	HGC	4.40
5	Ip Pak Sum	NAMS	4.32
6	Kwan Wei Yin	MSCHK	4.29
7	Liang Xiao Teng	SKHLFH	4.11
8	Leung Ming Tak	PTSS	4.06

Discus

1	Chan Cheung Hang	BHJS	24.81
2	Lam Hon Wa	SKHLFH	23.86
3	Yen Chun Lung	WWS	22.81
4	Hung Chin Ho	BHJS	21.89
5	Yu Kai Hin	WWS	21.04
6	Wan Chun Sing	HGC	20.89
7	Hui Chun Yin	PLKNO.1C	19.58
8	Ho Chi Hang	CCSS	18.23

Girls A Grade

100m

1	Chan Hoi Hiu	TOSS	13.84
2	Wong Ka Man	KWSC	14.14
3	Cheng Sau Kan	LSTYKH	14.16
4	Wong Sze Man	LSTYKH	14.29
5	Yip Yee Lui	TOSS	14.41
6	Yeung Yin Ting	TYH	14.66
7	Wu Li Sha	LWFSS	14.91
8	Wan Siu Wai	BPS	15.45

400m

1	Wong Po Sze	DMS-HW	1 : 7.51
2	Ho Lai Ying	QMSS	1 : 9.27
3	Ng Hiu Suet	SKHLFH	1 : 11.47
4	Li Chung Man	TOSS	1 : 13.00
5	Siu Shuk Fong	CDGFSS	1 : 13.15
6	Chow Tsz Ting	TYH	1 : 14.12
7	Tsang Wing Yan	NAMS	1 : 14.73

1500m

1	Anthea Wong	HKIS	5 : 28.99
2	Cheung Yee Ka Miri	SKHLFH	6 : 9.19
3	Gbadago Jemima Joy	DMS-HW	6 : 9.23
4	Li Mei Yee	BHJS	6 : 9.60
5	Au Sin Yu	K-LING	6 : 13.87
6	Leung Shuk Ying	NP2C	6 : 13.88
7	Shiu Tsz Kwan	CDGFSS	6 : 21.69
8	Lam So Fong	TYH	6 : 31.58

4x100m Relay

1		TOSS	56.07
2		OLRC	57.37
3		KWSC	57.62
4		LSTYKH	58.49
5		CDGFSS	58.98
6		TYH	59.31
7		DMS-HW	1 : 0.18
8		BPS	1 : 0.64

High Jump

1	Wong Man Yin	TOSS	1.41
2	Ma Lai Wai	LSTYKH	1.38
3	So Wai Han	BHJS	1.32
4	Tsang Wing Lam	OLRC	1.32
5	Ng Wing Kei	KWSC	1.32
6	Siu Chui Shan	KWSC	1.26
7	Li Tsui Ping	CDGFSS	1.26
8	Ng Hiu Suet	SKHLFH	1.23

200m

1	Chan Hoi Hiu	TOSS	29.56
2	Ho Lai Ying	QMSS	29.87
3	Wong So Ting Chris	TOSS	30.30
4	Wu Li Sha	LWFSS	30.70
5	Yeung Yin Ting	TYH	30.91
6	Cheng Hau Yan	YCM	31.99
7	Lau Hoi Yi	OLRC	32.06
8	Yam Mei Tung	OLRC	32.68

800m

1	Anthea Wong	HKIS	2 : 33.76
2	Li Mei Yee	BHJS	2 : 51.96
3	Tsang Wing Yan	NAMS	2 : 55.01
4	Au Sin Yu	K-LING	2 : 56.52
5	Lauren Dinwiddre	HKIS	2 : 56.89
6	Au Tsz Yu	CDGFSS	2 : 57.27
7	Chow Tsz Ting	TYH	3 : 1.05
8	Shiu Tsz Kwan	CDGFSS	3 : 3.13

100m Hurdles

1	Yip Yee Lui	TOSS	16.93
2	Wong Sze Man	LSTYKH	18.55
3	Chow Mei Hang	OLRC	18.81
4	Tse Ka Yan	PTCC	19.82
5	So Wai Han	BHJS	19.93
6	Chou Kin Yee	CDGFSS	20.94
7	Tsang Chor Kiu	BPS	21.11

4x400m Relay

1		DMS-HW	4 : 52.04
2		CDGFSS	4 : 53.95
3		BPS	5 : 8.30
4		SKHLFH	5 : 11.29
5		NAMS	5 : 12.61
6		BHJS	5 : 13.75
7		K-LING	5 : 21.10
8		WWS	5 : 24.24

Long Jump

1	Chan Chung Yan	TOSS	4.35
2	Au Tsz Yu	CDGFSS	4.24
3	Ip Tan Hung	CDGFSS	4.20
4	Lui Chun Yin	LWFSS	4.11
5	Lau Hoi Ying	OLRC	4.08
6	Wong So Ting Chris	TOSS	4.04
7	Yeung Sin Yee	YCM	3.96
8	Hau Man Nga	BPS	3.85

Shot Put

1	Wong Ka Man	KWSC	8.70
2	Li Wan	NAMS	8.24
3	Cheng Weng Na	YCM	7.57
4	Tsang Hang In	HGC	7.27
5	Fung Tsz Wan	MCDHMC	7.27
6	Tsang Man Ting	K-LING	6.62
7	Lam Hoi Ching	KWSC	6.56
8	Hui Yin Sau	CCSS	6.53

Discus

1	Ho Pui Ling	NAMS	21.99
2	Li Wan	NAMS	19.27
3	Cheng Weng Na	YCM	18.08
4	Hui Shuk Man	TYH	17.45
5	Lau Shan Shan	CDGFSS	16.58
6	Chan Wing Lam	PLKLFC	16.38
7	Lau Wing Yi	KHSS	16.07
8	Lee Siu Yin	HGC	15.97

Javelin

1	Yeung Sin Yee	YCM	21.94
2	Lee siu Yin	HGC	21.50
3	Ho Pui Ling	NAMS	17.98
4	Ip Sze Jing	BPS	17.48
5	Wong Sze Nga	LCCS	17.30
6	Lau Shan Shan	CDGFSS	16.41
7	Ho Po Yee	LCCS	15.12
8	Cheung Tin Wing	CSS	13.49

Girls B Grade**100m**

1	Lau Fan Hei	CDGFSS	13.18
2	Ng Ka Man	TOSS	13.90
3	Fung Hoi Yi	LCCS	13.91
4	Lee Kin Hung	HGC	14.01
5	Yad Hiu Yan	WWS	14.09
6	Kwong Hiu Lam	BPS	14.22
7	Tsang Siu Fung	NP2C	14.29
8	Chiu Yee On	BHJS	14.33

200m

1	Lau Fan Hei	CDGFSS	27.46
2	Ng Ka Man	TOSS	28.93
3	Tsang Siu Fung	NP2C	29.00
4	Fung Hoi Yi	LCCS	29.11
5	Lee Kin Hung	HGC	29.32
6	Chiu Yee On	BHJS	29.82
7	Yad Hiu Yan	WWS	30.15
8	Lai Hiu Ching	HGC	30.25

400m

1	Cheung Mei Chi	OLRC	1 : 9.10
2	Shek Ching Tsz	SKHLFH	1 : 9.97
3	Hung Yuk Ying	K-LING	1 : 10.44
4	Fok Yuen Yan	KHSS	1 : 10.47
5	Lee Pik Sim	WWS	1 : 11.32
6	Lai Wing Suen	BPS	1 : 11.68
7	Wong Sau Yu	BPS	1 : 12.23
8	Wan Tsz Ching	LCCS	1 : 13.42

800m

1	Chan Long Ching	BPS	2 : 39.35
2	Kathy Ng	HKIS	2 : 43.76
3	Shek Ching Tsz	SKHLFH	2 : 44.34
4	Fok Yuen Yan	KHSS	2 : 44.38
5	Cheung Mei Chi	OLRC	2 : 51.75
6	Yung Ka Ka	LCCS	2 : 51.83
7	Lai Wing Suen	BPS	2 : 53.60
8	Wan Tsz Ching	LCCS	2 : 54.15

1500m

1	Madeline Strandemo	HKIS	5 : 18.33
2	Chan Long Ching	BPS	5 : 32.26
3	Chiu Nga Ting	K-LING	6 : 2.57
4	Lo Ka Wai	CDGFSS	6 : 4.10
5	Ho Ho Yan	KHSS	6 : 8.64
6	Yung Ka Ka	LCCS	6 : 13.79
7	Lee Pik Sim	WWS	6 : 18.80
8	So Yuen Ting	BHJS	6 : 19.65

100m Hurdles

1	Cheung Chung Yan	TOSS	18.86
2	Sung Hei Lam	OLRC	18.99
3	Choi Yu Ying	WWS	19.31
4	Wong Ka Yan	LS	19.79
5	Ng Man Wai	OLRC	20.18
6	Li Suk Lan	PTSS	21.00
7	Wong Tseuk Ying	CDGFSS	21.10
8	Wong Ka Yan	PLKLFC	26.02

4x100m Relay

1		PTCC	56.06
2		OLRC	56.42
3		LCCS	57.12
4		CREATIVE	57.61
5		TOSS	57.96
6		WWS	58.57
7		HGC	58.64
8		BPS	59.18

4x400m Relay

1		BPS	4 : 43.75
2		CDGFSS	4 : 49.01
3		LCCS	4 : 53.87
4		K-LING	4 : 55.91
5		KHSS	4 : 56.01
6		OLRC	5 : 5.60
7		TOSS	5 : 7.93
8		BHJS	5 : 13.89

High Jump

1	Lo Lai Man	LSTYKH	1.45
2	Lai Pui Ki	PLKNO.1C	1.38
3	Yeung Hoi Ting	OLRC	1.38
4	Wong Cheuk Yin	CREATIVE	1.32
5	Chan Wing Suen	CDGFSS	1.32
6	Chan Tsoi Kwan	CREATIVE	1.26
7	Wong Hing Yee	LCCS	1.23
8	Chow Cheuk Lam	PLKNO.1C	1.23

Long Jump

1	Heather Chan	HKIS	4.42
2	Kwong Hiu Lam	BPS	4.33
3	Ng Hoi Tung	CCSS	4.22
4	Wong Charie Cheuk Yin	CREATIVE	3.99
5	Lai Ka Man	SKHLFH	3.98
6	Au Tsz Shan	OLRC	3.84
7	Cheng Wing Sze	CSS	3.74
8	Suen Yan Ting Iky	BHJS	3.72

Shot Put

1	Choi Mei Kuen	NP2C	9.15
2	Lau Ching Man	CCSS	8.56
3	Yip Pui Man	WWS	8.22
4	Ho Wing Yan	SKHLFH	7.89
5	Cheng Pui See	TNSS	7.77
6	Chan Pak Kei Zekei	NAMS	7.64
7	Wong Hey Man	PTSS	7.64
8	Ho Hui Ting	WWS	7.49

Discus

1	Cheng Michelle Cin Min	PTSS	18.97
2	Hui Ying Ying	WWS	18.77
3	Ho Wing Yan	SKHLFH	18.75
4	Ho Hui Ting	WWS	18.65
5	Chan Yee Shan	K-LING	17.67
6	Wan Tsz Ning	LCCS	16.29
7	Tsui Hiu Yan	CSS	16.11
8	Ng Wai Yee	CDGFSS	15.95

Girls C Grade**100m**

1	Li Ka Sin	LS	14.14
2	Law Man Chung	K-LING	14.18
3	Lui Michelle Fulguirinas	DMS-HW	14.62
4	Yu Tsz Yung	SKHLFH	14.65
5	Wong Tsoi Tik	BPS	14.70
6	Choi Cheuk Yiu	K-LING	14.71
7	Fung Ching Kan	BPS	14.73
8	Ng Cheuk Yan	LSTYKH	14.88

200m

1	Tsang Tammi	PLKLFC	29.23
2	Li Ka Sin	LS	30.35
3	Lui Michelle Fulguirinas	DMS-HW	30.41
4	Leung Ka Man	KHSS	30.70
5	Choi Cheuk Yiu	K-LING	30.91
6	Wong Tsz Yan	CDGFSS	30.93
7	Li Kin Yi	NP2C	31.32
8	Chan Pei Ting	LCCS	31.65

400m

1	Tsang Tammi	PLKLFC	1 : 6.19
2	Lai Tsz Yan	TNSS	1 : 6.29
3	Leung Ka Man	KHSS	1 : 11.54
4	Mok Ka Yi	OLRC	1 : 13.22
5	Wong Lik Ho	WWS	1 : 15.37
6	Ma Ka Yan	OLRC	1 : 16.00
7	Yuen Ka Yee	PTSS	1 : 17.25
8	Au Gi Wa	LCCS	1 : 18.54

800m

1	Lai Tsz Yan	TNSS	2 : 39.59
2	Chan Fong Ying	KHSS	2 : 53.65
3	Li Ching Yan	LCCS	2 : 57.70
4	Au Gi Wa	LCCS	2 : 57.74
5	Chan Tze Kiu	BHJS	2 : 59.11
6	Kan Wai Tung	CDGFSS	3 : 1.03
7	Chan Ho Ching	BHJS	3 : 1.07
8	Tong Oi Ping	TOSS	3 : 1.12

1500m

1	Li Ching Yan	LCCS	6 : 11.67
2	Lee Hiu Yau	WWS	6 : 25.11
3	Lam Lok Ting	BHJS	6 : 29.46
4	Kan Wai Tung	CDGFSS	6 : 34.49
5	Li Pui Ying	OLRC	6 : 45.14
6	Yip Hiu Ki	PTSS	6 : 45.21
7	Wong Yi Lin	K-LING	6 : 56.49
8	Fong Hiu Ting	CCPASS	7 : 13.36

100m Hurdles

1	Chan Hiu Hang	LS	20.37
2	Tang Hoi Yee	CREATIVE	20.56
3	Wu Ching Hang	CDGFSS	21.21
4	Leung Yan Kiu	PTCC	21.23
5	Tam Sze Wing	TYH	21.24
6	Ho Hoi Lam	ICQM	21.73
7	Leung Shuk Kwan	WWS	21.78
8	Choi Pit Yan	WWS	22.55

4x100m Relay

1		NP2C	59.30
2		TOSS	59.49
3		BPS	59.70
4		PTSS	59.84
5		K-LING	1 : 0.01
6		SKHLFH	1 : 0.35
7		LCCS	1 : 0.60
8		LS	1 : 1.16

4x400m Relay

1		KHSS	4 : 54.11
2		TNSS	4 : 59.14
3		PLKLF C	5 : 8.72
4		LCCS	5 : 13.78
5		PTSS	5 : 14.48
6		TOSS	5 : 16.33
7		CDGFSS	5 : 17.52
8		BPS	5 : 34.19

High Jump

1	Tsang Sze Wing	K-LING	1.39
2	Kwong Lok Yiu	PTSS	1.36
3	Law Man Chung	K-LING	1.36
4	Yu Tsz Yung	SKHLFH	1.33
5	Li Wing Yan	CDGFSS	1.27
6	Yip Hiu Ki	PTSS	1.24
7	Wong Tsz Yin	BHJS	1.24
8	Chang Lianne Tze Ki	OLRC	1.24

Long Jump

1	Chau Hoi Wang	PLKNO.1C	3.94
2	Wu Ka Yu	OLRC	3.92
3	Kwong Lok Yiu	PTSS	3.79
4	Yip Tsz Ying	CSS	3.67
5	Tsang Kam Ting	HGC	3.58
6	Liu Yuen Wai	BHJS	3.57
7	Yip Yu Kwan	NP2C	3.53
8	Cheung Ka Yee	PLKNO.1C	3.53

Shot Put

1	Chan Ho Ying	BPS	7.29
2	Kwok Ka Ki	HGC	6.85
3	Chong Song-En	PTSS	6.61
4	Yu Tsz Wan	CCSS	6.39
5	Ng Yan Lam	CDGFSS	6.19
6	Wong Ka Wai	LWFSS	6.13
7	Ip Jing Yee	CSS	6.12
8	Ho Ka Lai	KHSS	6.07

Discus

1	Lau Hoi Yi	K-LING	14.87
2	Lai Cheuk Yiu	BHJS	14.62
3	Li Yui Kwan	TOSS	14.08
4	Yim Ka Yan	CCSS	13.99
5	Yiu Ka Ying	CDGFSS	13.44
6	Cheng Sin Ying	SKHLFH	13.35
7	Li Wai Wing	TYH	13.25
8	Sin Tsz Kwan	OLRC	12.79

***** The End *****

HONG KONG SCHOOLS SPORTS FEDERATION
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 Division Three (Area One)03/02/2010

Boys A Grade		Day 3									
School	Day 2	SP	200m	110mH	800m	100m	5000m	400m	4x100	4x400	Total
1 YCM	15	10	3	2		9	7	8	14	18	86
2 TYH	42		6	14			4	5	6	8	85
3 CSS	37	1			5	6	7		8		64
4 K-LING	24	5			9		6			10	54
5 KHSS	14		5		6	2		7	18		52
5 CCPASS	32				2			4		14	52
7 WWS	20				7		4	3		12	46
8 DMS-HW	29	5		7						4	45
9 MCDHMC	7		7	4		7			12		37
10 HGC	9	2	9	6					10		36
10 LCCS	26				1		9				36
12 CCSS	28				4			1		2	35
13 NAMS	24					4	2				30
14 SKHLFH	25	1		3							29
15 PLKLFC	17	8					1				26
16 LWFSS	6	8	3			5					22
17 HKIS	2						10			6	18
18 MSCHK	16										16
19 QMSS	1	5						9			15
19 PTSS	5	1	4			3			2		15
21 BHJS	10										10
22 KWSC	6	1					1				8
22 HGSS	3						1		4		8
24 STCS	7										7
25 LSTYKH		6									6
26 LS	1	1			3						5
27 RCC	2										2
28 ICQM	1										1
29 CREATIVE											
29 PLKNO.1C											
29 CYC											

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Boys B Grade

Day 3

School	Day 2	HJ	200m	100mH	800m	100m	400m	DC	4x100	4x400	Total
1 BHJS	56	2	16	2	9	16	13	2	18	18	152
2 WWS	45	11.50	6	11	7	9	4	11	14	12	130.50
3 KHSS	30		9		7	3		6	10	14	79
4 NAMS	39				11		5	7		10	72
5 K-LING	23					5	4	5	6	6	49
6 LS	11	10					9		12		42
7 PTSS	23	6		4				1			34
7 HGC	24	8						2			34
9 ICQM	15			7	1				8		31
10 CCSS	15	3	1						4	2	25
11 TYH	10			9				4			23
12 SKHLFH	17	1		1				1			20
13 HGSS	11	4.50						2	2		19.50
14 LCCS	12	1		3				3			19
15 PLKLF	9									8	17
16 CCPASS	5	3						4		4	16
17 MSCHK	6							9			15
18 DMS-HW	5		3			4					12
18 MCDHMC	12										12
20 CREATIVE	6				2						8
21 PLKNO.1C	6										6
22 QMSS	3		2								5
22 LWFSS	3						2				5
22 LSTYKH	4	1									5
25 CSS	3	1									4
25 STCS	3	1									4
27 KWSC	2										2
27 CYC	2										2
29 HKIS											
29 RCC											
29 YCM											

Boys C Grade

Day 3

School	Day 2	DC	200m	100mH	800m	100m	400m	4x100	4x400	Total
1 BHJS	62	16	6	10	14	12		18	14	152
2 HGSS	26		9			13	6		8	62
3 K-LING	34	2		5			5		12	58
4 WWS	24	12	3		3		7	2	6	57
5 CREATIVE	11	1	2	7			9	14	4	48
6 HGC	24	5		2		3		10		44
7 PTSS	13	1	7	4		6		12		43
8 PLKNO.1C	8	3			7		1	4	18	41
9 LCCS	16				6		3		10	35
10 MSCHK	22			3				8		33
11 SKHLFH	17	9			1		4			31
12 CSS	7		4			3				14
13 KHSS	3		6		4					13
13 NAMS	13									13
15 LSTYKH	6			6						12
16 CCSS	3	2						6		11
17 RCC	8						2			10
18 LWFSS	6				2					8
19 TYH	4	1						2		7
20 MCDHMC	2	1								3
21 KWSC	1	1								2
21 PLKLFC	2									2
23 ICQM	1									1
24 DMS-HW										
24 LS										
24 CCPASS										
24 QMSS										
24 HKIS										
24 CYC										
24 STCS										
24 YCM										

HONG KONG SCHOOLS SPORTS FEDERATION
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Boys Overall

Day 3

School		A	B	C	Total
1 BISHOP HALL JUBILEE SCHOOL	BHJS	10	152	152	314
2 YCH WONG WHA SAN SECONDARY SCHOOL	WWS	46	130.50	57	233.50
3 KING LING COLLEGE	K-LING	54	49	58	161
4 CCC KEI HEEP SECONDARY SCHOOL	KHSS	52	79	13	144
5 NEW ASIA MIDDLE SCHOOL	NAMS	30	72	13	115
5 POH 80TH AN. TANG YING HEI COLLEGE	TYH	85	23	7	115
7 THE MISSION COVENANT CHURCH HOLM GLAD COL	HGC	36	34	44	114
8 STEWARDS POOI TUN SECONDARY SCHOOL	PTSS	15	34	43	92
9 YCH LAW CHAN CHOR SI COLLEGE	LCCS	36	19	35	90
10 HOMANTIN GOVERNMENT SECONDARY SCHOOL	HGSS	8	19.50	62	89.50
11 YEO CHEI MAN SENIOR SECONDARY SCHOOL	YCM	86	—	—	86
12 CLEMENTI SECONDARY SCHOOL	CSS	64	4	14	82
13 SKH LI FOOK HING SECONDARY SCHOOL	SKHLFH	29	20	31	80
14 THE HK TAOIST ASSN CHING CHUNG SEC SCHOOL	CCSS	35	25	11	71
15 HK & KLN CHIU CHOW PUBLIC ASSN SEC SCHOOL	CCPASS	52	16		68
16 MUNSANG COLLEGE - HONG KONG ISLAND	MSCHK	16	15	33	64
17 DELIA MEMORIAL SCHOOL - HIP WOO	DMS-HW	45	12		57
18 CREATIVE SECONDARY SCHOOL	CREATIVE	—	8	48	56
19 MKMCF MA CHAN DUEN HEY MEMORIAL COLLEGE	MCDHMC	37	12	3	52
20 ELCHK LUTHERAN SECONDARY SCHOOL	LS	5	42	—	47
20 PO LEUNG KUK NO. 1 W. H. CHEUNG COLLEGE	PLKNO.1C	—	6	41	47
22 PO LEUNG KUK LAWS FOUNDATION COLLEGE	PLKLFC	26	17	2	45
23 LKWFLS LAU WONG FAT SECONDARY SCHOOL	LWFSS	22	5	8	35
24 INT'L CHRISTIAN QUALITY MUSIC SEC & PRI SCH	ICQM	1	31	1	33
25 LOK SIN TONG YU KAN HING SECONDARY SCHOOL	LSTYKH	6	5	12	23
26 HK&MLC QUEEN MAUD SECONDARY SCHOOL	QMSS	15	5		20
27 HONG KONG INTERNATIONAL SCHOOL	HKIS	18		—	18
28 CCC KWEI WAH SHAN COLLEGE	KWSC	8	2	2	12
28 RHENISH CHURCH PANG HOK KO MEMORIAL COLLEGE	RCC	2		10	12
30 SOCIETY OF BOYS CENTRE SHING TAK CENTRE SCH	STCS	7	4	—	11
31 SOCIETY OF BOYS CENTRE CHAK YAN CENTRE SCH	CYC	—	2	—	2

HONG KONG SCHOOLS SPORTS FEDERATION
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Girls A Grade Day 3

32 HGSS	1	1
32 RCC	1	1
34 DMS-HW		
34 CCPASS		
34 RC		
34 YCM		

HONG KONG SCHOOLS SPORTS FEDERATION
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Girls C Grade Day 3

School	Day 2	200m	100mH	800m	100m	400m	1500m	4x100	4x400	Total
1 K-LING	37	4			10		3	8		62
2 PTSS	35					2	4	10	8	59
3 LCCS	12	1		11		1	10	4	10	49
4 CDGFSS	22	3	6	3			6		4	44
4 KHSS	8	5		7		6			18	44
6 BPS	21				6			12	2	41
6 TNSS	11			9		7			14	41
8 TOSS	18			1				14	6	39
9 BHJS	25			6			7			38
10 PLKLCFC	7	9				9			12	37
11 LS	5	7	9		9			2		32
12 OLRC	18					8	5			31
13 SKHLFH	18				5			6		29
14 NP2C	8	2						18		28
15 WWS	11		3			4	8			26
16 HGC	18									18
17 CCSS	17									17
18 DMS-HW	2	6			6					14
19 PLKNO.1C	13									13
20 CREATIVE	4		7							11
21 TYH	6		4							10
21 PTCC	5		5							10
23 CSS	9									9
24 LWFSS	5									5
25 ICQM	1		3							4
25 LSTYKH	3				1					4

25	MCDHMC	4	4
28	HGSS	3	3
28	MSCHK	3	3
30	CCPASS	1	1
30	QMSS	1	1
30	RC	1	1
33	KWSC		
33	HKIS		
33	NAMS		
33	RCC		
33	YCM		

HONG KONG SCHOOLS SPORTS FEDERATION
Inter-school Athletics Championships 2009/2010
Division Three (Area One)03/02/2010

Girls Overall Day 3

School		A	B	C	Total	
1	CARMEL DIVINE GRACE FOUNDATION SEC SCHOOL	CDGFSS	77	60	44	181
2	TAK OI SECONDARY SCHOOL	TOSS	93	47	39	179
3	BELILIOS PUBLIC SCHOOL	BPS	33	70	41	144
4	OUR LADY OF THE ROSARY COLLEGE	OLRC	42	70	31	143
5	YCH LAW CHAN CHOR SI COLLEGE	LCCS	13	64	49	126
6	KING LING COLLEGE	K-LING	22	37	62	121
7	SKH LI FOOK HING SECONDARY SCHOOL	SKHLFH	30	37	29	96
8	BISHOP HALL JUBILEE SCHOOL	BHJS	34	23	38	95
9	YCH WONG WHA SAN SECONDARY SCHOOL	WWS	2	59	26	87
10	STEWARDS POOI TUN SECONDARY SCHOOL	PTSS	1	26	59	86
11	CCC KEI HEEP SECONDARY SCHOOL	KHSS	3	35	44	82
12	NEW ASIA MIDDLE SCHOOL	NAMS	57	8		65
13	LOK SIN TONG YU KAN HING SECONDARY SCHOOL	LSTYKH	43	14	4	61
14	DELIA MEMORIAL SCHOOL - HIP WOO	DMS-HW	46	_	14	60
15	THE MISSION COVENANT CHURCH HOLM GLAD COL	HGC	16	22	18	56
16	NING PO NO. 2 COLLEGE	NP2C	5	22	28	55
16	PO LEUNG KUK LAWS FOUNDATION COLLEGE	PLKLFC	6	12	37	55
18	HONG KONG INTERNATIONAL SCHOOL	HKIS	25	28	_	53
19	CREATIVE SECONDARY SCHOOL	CREATIVE	_	39	11	50
19	POH 80TH AN. TANG YING HEI COLLEGE	TYH	33	7	10	50
21	TAK NGA SECONDARY SCHOOL	TNSS	_	8	41	49

22	CCC KWEI WAH SHAN COLLEGE	KWSC	45	2		47
23	PUI TAK CANOSSIAN COLLEGE	PTCC	9	26	10	45
24	THE HK TAOIST ASSN CHING CHUNG SEC SCHOOL	CCSS	2	22	17	41
25	ELCHK LUTHERAN SECONDARY SCHOOL	LS	1	7	32	40
26	YEO CHEI MAN SENIOR SECONDARY SCHOOL	YCM	34	—	—	34
27	LKWFSL LAU WONG FAT SECONDARY SCHOOL	LWFSS	16	7	5	28
28	PO LEUNG KUK NO. 1 W. H. CHEUNG COLLEGE	PLKNO.1C	—	12	13	25
29	HK&MLC QUEEN MAUD SECONDARY SCHOOL	QMSS	16	5	1	22
30	CLEMENTI SECONDARY SCHOOL	CSS	1	11	9	21
31	MKMCF MA CHAN DUEN HEY MEMORIAL COLLEGE	MCDHMC	5	2	4	11
32	MUNSANG COLLEGE - HONG KONG ISLAND	MSCHK	1	3	3	7
33	INT'L CHRISTIAN QUALITY MUSIC SEC & PRI SCH	ICQM		2	4	6
34	HOMANTIN GOVERNMENT SECONDARY SCHOOL	HGSS		1	3	4
35	RHENISH CHURCH PANG HOK KO MEMORIAL COLLEGE	RCC	1	1		2
36	RAIMONDI COLLEGE	RC	—	—	1	1
36	HK & KLN CHIU CHOW PUBLIC ASSN SEC SCHOOL	CCPASS	—		1	1

HONG KONG SCHOOLS SPORTS FEDERATION
 Inter-School Athletics Championships
 Division Three (Area One)
 Day One: 19 January 2010

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 Event 1 Shot Put Girls B

Standard: 6.80 (3kg) Record: 12.25 (2009) (3kg)

Position	Name	School	Result	Remark	Points
1	Choi Mei Kuen	NP2C	9.15	Standard	9
2	Lau Ching Man	CCSS	8.56	Standard	7
3	Yip Pui Man	WWS	8.22	Standard	6
4	Ho Wing Yan	SKHLFH	7.89	Standard	5
5	Cheng Pui See	TNSS	7.77	Standard	4
6	Chan Pak Kei Zekei	NAMS	7.64	Standard	3
7	Wong Hey Man	PTSS	7.64	Standard	2
8	Ho Hui Ting	WWS	7.49	Standard	1
	Chan Yee Shan	K-LING	7.10	Standard	
	Tang Wei Ying	BPS	7.04	Standard	
	Cheng Michelle Cin Min	PTSS	7.01	Standard	
	Chan Wai Ping	KWSC	7.01	Standard	
	Wong Sui Yi	TOSS	6.91	Standard	
	Tam Lai Chu	NP2C	6.90	Standard	
	Cheng Sin Yee	TYH	6.87	Standard	
	Yeung Man Lai	LCCS	6.77		
	Chen Man Hsuan	TNSS	6.68		
	Lau Sin Tung	MSCHK	6.68		
	Sung Ka Man	LWFSS	6.45		
	Tin Pui Man	MSCHK	6.44		
	Wan Tsz Ning	LCCS	6.37		
	Ma Cho Yi	TOSS	6.33		
	Chung Lok Yan	LSTYKH	6.28		
	Wu Ka Yi	NAMS	6.15		
	Ng Chor Yiu	CDGFSS	6.11		
	Ng Sze Man	CCSS	6.08		
	Wong Ngo Lun	BPS	6.08		
	Wong Ka Yee	PTCC	6.03		
	Li Wing Yu	LSTYKH	6.03		
	Shek Wai Chung	CDGFSS	6.01		
	Wong Tsz Ying	PLKLFC	5.97		
	Chow Ka Hung	CSS	5.94		
	Cheng Yu Kwan	TYH	5.90		
	So Tsz Yan	RCC	5.85		
	Sin Lai Chu	K-LING	5.81		
	Lam Cheuk Ying	BHJS	5.52		
	Yiu Pui Yu	HGC	5.49		
	Leung Lai Ying	PTCC	5.48		
	Lo Chui Shan	LWFSS	5.30		
	Lam Yun Jun	CREATIVE		No Mark	
	Man Tsz Ho	HGC		No Mark	
	Li Zi Yao	KWSC		DN take part	
	Cheng Cho Yu	KHSS		No Mark	
	Yeung Ngong Fei	CSS		DN take part	
	Kwok Ki Yan	SKHLFH		No Mark	
	Chan Yuet Tung	PLKLFC		No Mark	
	Leung Holly	BHJS		DN take part	
	Tiffany Leung	HKIS		DN take part	

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 Event 2 Long Jump Boys C

Standard: 4.00 Record: 6.25 (2006)

Position	Name	School	Result	Remark	Points
1	Chu Chi Kwong	MSCHK	5.07	Standard	9
2	Lo Chuen Tak	BHJS	4.89	Standard	7
3	Wong Hon Man	BHJS	4.79	Standard	6

4	Yu Ki Fung	HGC	4.40	Standard	5
5	Ip Pak Sum	NAMS	4.32	Standard	4
6	Kwan Wei Yin	MSCHK	4.29	Standard	3
7	Liang Xiao Teng	SKHLFH	4.11	Standard	2
8	Leung Ming Tak	PTSS	4.06	Standard	1
	Tam Man Kit	CREATIVE	4.05	Standard	
	Han Chiu Kit	WWS	3.99		
	Chan Ka Ming	LSTYKH	3.97		
	Yip Tsun Wai	KHSS	3.95		
	Lam Chi Chung	PTSS	3.94		
	Tsang Wing Cheung	KWSC	3.90		
	Woo Yik Lam	RCC	3.89		
	Leung Ka Ming	K-LING	3.89		
	Cheng Chi Yuen	LWFSS	3.74		
	Tam Ho Fung	NAMS	3.63		
	Lam Luk Wai	LCCS	3.58		
	Chan Ho Yin	CCSS	3.55		
	Chan Siu Hin	K-LING	3.46		
	Kei Hiu Lam	SKHLFH	3.43		
	Lee Hau Fung	RCC	3.21		
	Ng Hoi Yiu	CCPASS	3.08		
	Wong Ka Wai	KHSS	2.94		
	Lo Pak Ho	ICQM	2.92		
	Chan Lok Hang	CREATIVE	2.68		
	Wong Man Chung	CCSS	2.35		
	Li Wing Hin	CCPASS	2.26		
	Liu Ting Yu	ICQM		No Mark	
	Wong Ka Chun	HGC		DN take part	
	Chu Ho Man	KWSC		DN take part	
	Wong Ka Yip	WWS		DN take part	
	Lo Siu Yu	LCCS		No Mark	

Event 3 High Jump Girls C

Standard: 1.15

Record: 1.66 (2007)

Position	Name	School	Result	Remark	Points
1	Tsang Sze Wing	K-LING	1.39	Standard	9
2	Kwong Lok Yiu	PTSS	1.36	Standard	7
3	Law Man Chung	K-LING	1.36	Standard	6
4	Yu Tsz Yung	SKHLFH	1.33	Standard	5
5	Li Wing Yan	CDGFSS	1.27	Standard	4
6	Yip Hiu Ki	PTSS	1.24	Standard	3
7	Wong Tsz Yin	BHJS	1.24	Standard	2
8	Chang Lianne Tze Ki	OLRC	1.24	Standard	1
	Chow Hiu Yee	SKHLFH	1.21	Standard	
	Wu Ka Yu	OLRC	1.21	Standard	
	Leung Hoi Man	HGC	1.18	Standard	
	Ng Yuen Yee	BHJS	1.18	Standard	
	Lam Long Ching	TOSS	1.18	Standard	
	Yu Wai Ka	TOSS	1.15	Standard	
	Lee Yu Tung Sharon	BPS	1.12		
	Ng Wan Wan	CCSS	1.12		
	Chan Ying Ying	HGC	1.12		
	Ng Ka Yan	QMSS	1.12		
	Wong Kin Yu	LWFSS	1.12		
	Tsang Yuen Shan	NP2C	1.12		
	Cheung Yi Laam	CCSS		No Mark	
	Lee Ka Wai	CSS		No Mark	
	Cheung Ching Yi	CDGFSS		No Mark	
	Chu Yan Lam	BPS		No Mark	
	Tai Man Ting	QMSS		No Mark	
	Lui Ting Kwan	MSCHK		No Mark	
	Yau Shanrui Esther	MSCHK		No Mark	
	Leung King Wan	TYH		No Mark	
	Tang Ka Yan	LCCS		DN take part	
	Leung Tsz Tsing	LCCS		No Mark	
	Lai Kin Yee	WWS		No Mark	

Chu Siu Lam
Chan Hiu Hang

LSTYKH
LS

No Mark
DN take part

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Event 4 Discus Boys A
Standard: 20.00 (1.5kg)

Record: 45.44 (1987) (1.5kg)

Position	Name	School	Result	Remark	Points
1	Kan Cheuk Nam	PLKLFC	28.75	Standard	9
2	Chung Kam Yat	CSS	27.34	Standard	7
3	Ho Kin Lok	TYH	26.60	Standard	6
4	Soo Yan Lok	CCSS	26.32	Standard	5
5	Kwok Hui	TYH	25.16	Standard	4
6	Yeung Wai Kit	K-LING	24.79	Standard	3
7	Chan Kai Man	SKHLFH	24.39	Standard	2
8	Wong Cheuk Ho	HGC	23.54	Standard	1
	Tsang Chun Yeung	CSS	22.83	Standard	
	Li Min	DMS-HW	22.69	Standard	
	Yeung Man Kong	KWSC	22.56	Standard	
	Yip Chiu Tat	NAMS	22.15	Standard	
	Lin Ting Fai	MSCHK	21.29	Standard	
	So Yan Pui	CCSS	21.21	Standard	
	Lo Tong Lok	LWFSS	21.21	Standard	
	Lai Chi Shing	LCCS	20.91	Standard	
	Cheng Yu Haang	PLKLFC	20.20	Standard	
	Sit Tung Kit	K-LING	19.83		
	Fong Kwok San	LSTYKH	19.73		
	Wong Ho Tin	BHJS	19.23		
	Lou Ho Yin	HGC	19.22		
	Lau Wing Fu	SKHLFH	18.04		
	Sy Shun Wai	MSCHK	16.78		
	Ng Sai Ho	PTSS	16.77		
	Wong Hey Nok Enoch	BHJS	16.40		
	Cheung Lap Kan	LSTYKH	16.40		
	Li Kong	KWSC		No Mark	
	Lee Tsz Hong	WWS		DN take part	
	Sit Wai Kai	DMS-HW		DN take part	
	Wong Cho Leong	WWS		DN take part	
	Chan Ka Hung	LCCS		No Mark	
	Siu Siu Yuen	YCM		DN take part	
	Cheung Kin Ho	HGSS		No Mark	

=====
Event 5 100m Hurdles Girls C
Standard: 24.00 (0.762m)

Record: 15.84 (2008) (0.762m)

Heat					Final Lane
Heat 1					
1	Chan Hiu Hang	LS	20.58	Standard	2
2	Tang Hoi Yee	CREATIVE	22.11	Standard	4
3	Wu Ching Hang	CDGFSS	22.17	Standard	5
4	Leung Yan Kiu	PTCC	22.50	Standard	8
5	Wong Mei Yee May	SKHLFH	23.50	Standard	
6	Li Pui Ying	OLRC	26.60		
7	Wong Tsz Yin	BHJS		DN start	
8	Lam Tsz Yan	HGC		DN start	
Heat 2					Final Lane
1	Tam Sze Wing	TYH	22.07	Standard	3
2	Choi Pit Yan	WWS	22.42	Standard	7
3	Ho Hoi Lam	ICQM	22.49	Standard	1
4	Wong Pik Chu	CDGFSS	25.20		
5	Hui Tung Sum Dextrica	NP2C	26.86		
6	Lam Kam Chi	OLRC	30.08		
7	Tse Ki Yin	K-LING	34.14		
8	Mok Nga Ting	TOSS		DN start	
Heat 3					Final Lane
1	Leung Shuk Kwan	WWS	22.25	Standard	6
2	Liu Yuen Wai	BHJS	22.62	Standard	
3	Ng Lai In	SKHLFH	22.74	Standard	
4	Cheung Yee Ling	TOSS	26.93		

5	Yiu Wai Ting	PTCC	27.12	
6	Wong Shing Nga Elaine	TYH	27.83	
7	Wong Tsz Yin	K-LING	30.70	
8	Ngan Fung Yee	HGC		DQ

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Event 6 100m Hurdles Girls B
Standard: 23.00 (0.762m) Record: 14.66 (2006) (0.762m)

Heat 1				Final Lane
1	Choi Yu Ying	WWS	19.55	Standard 3
2	Ng Man Wai	OLRC	21.29	Standard 7
3	Wong Ka Yan	PLKLFC	22.37	Standard 8
4	Lam Tsz Yan	SKHLFH	23.28	
5	Mak Yeuk Hei	NP2C		DN start
6	Choi Nga Fai	K-LING		DN start
7	Tiffany Leung	HKIS		DN start

Heat 2				Final Lane
1	Cheung Chung Yan	TOSS	19.10	Standard 2
2	Hui Wing Kei	TYH	22.93	Standard
3	Kam Cheuk Wing	KWSC	23.90	
4	Ting Hiu Mei	ICQM	25.05	
5	Chan Wing Shan	CDGFSS	27.08	
6	Chan Wing Yee	PTSS	27.39	
7	Chung Wai Wa	BPS	34.84	

Heat 3				Final Lane
1	Wong Ka Yan	LS	20.21	Standard 5
2	Wong Tseuk Ying	CDGFSS	21.04	Standard 6
3	Li Suk Lan	PTSS	21.92	Standard 1
4	Ho Lok Tung	TYH	22.72	Standard
5	Lung Kwun In Peony	BPS	23.57	
6	Chow Sin Man	HGC	25.11	
7	Cheng Nga Ting	BHJS		DN start

Heat 4				Final Lane
1	Sung Hei Lam	OLRC	19.59	Standard 4
2	Chan Chui Yin	SKHLFH	22.88	Standard
3	Kwan Ching Tung	K-LING	24.87	
4	Choy Ching Yi	HGC		DQ
5	Tam Wan Chi	BHJS		DQ
6	Lam Hiu Yan	WWS		DQ

=====
Event 7 100m Hurdles Girls A
Standard: 22.50 (0.762m) Record: 14.24 (2008) (0.762m)

Heat 1				Final Lane
1	Yip Yee Lui	TOSS	17.38	Standard 2
2	Tse Ka Yan	PTCC	20.34	Standard 6
3	Lin Jiayan	DMS-HW	28.57	
4	Leung Hoi Kei	HGC		DQ
5	Yung Chung Ki	TYH		DQ
6	Tsoi Tsz Wan Vivian	SKHLFH		DN start
7	Chan Wing Ki	CDGFSS		DN start
8	Chan Nga Man	K-LING		DN start

Heat 2				Final Lane
1	Wong Sze Man	LSTYKH	18.32	Standard 3
2	To Tam Yau	NAMS	20.72	Standard 7
3	Tsang Chor Kiu	BPS	21.77	Standard 8
4	Chung Lai Kwan	PLKLFC	22.44	Standard
5	Yan Sze Nga	K-LING		DN start
6	Yuen Ming Chu	YCM		DN start
7	Chan Chung Yan	TOSS		DN start

Heat 3				Final Lane
1	Chow Mei Hang	OLRC	19.17	Standard 4
2	So Wai Han	BHJS	20.29	Standard 5
3	Chou Kin Yee	CDGFSS	21.21	Standard 1
4	Lo Wai Yin	SKHLFH	22.52	
5	Tsang Ka Wing	DMS-HW	23.26	
6	Li Ah Fan	HGC		DN start

7	Mok Ka Yang	TYH		DN start		
=====						
Event	8	100m Hurdles	Boys C			
Standard:	21.00	(0.84m)	Record:	13.57	(2009)	(0.84m)

Heat	1				Final	Lane
1	Phen Hok Hei	BHJS	20.03	Standard	5	
2	Pang Chi Wai	MSCHK	21.06			
3	Au Yeung Wai Kit	WWS	21.49			
4	Leung Chun Ho	KHSS	21.52			
5	Kwan Wing Yin	PTSS	21.84			
6	Lui Yiu Kwong	ICQM	21.86			
7	Lau Ka Yip	LSTYKH	22.45			
8	Lam Ka Long	TYH	22.57			
Heat	2				Final	Lane
1	Wong Hon Man	BHJS	18.78	Standard	2	
2	Yeung Chi Ho	CREATIVE	19.24	Standard	3	
3	Pan Guanrong	MSCHK	20.29	Standard	7	
4	Yip Ka Chun	HGC	20.40	Standard	8	
5	Cheung Hiu Chung	TYH	20.68	Standard		
6	Mok King Him	K-LING		DN start		
7	Kei Hiu Lam	SKHLFH		DN start		
Heat	3				Final	Lane
1	Cheng Wai Hung	LSTYKH	19.58	Standard	4	
2	Hon Tsz King	K-LING	20.05	Standard	6	
3	Man Hoi Yiu	PTSS	20.31	Standard	1	
4	Fung Kong Chun	WWS	20.44	Standard		
5	Tang Yu Hin	HGC	21.44			
6	Vun Tsun Sum Johnson	ICQM	24.22			
7	Wo Cheuk Long	SKHLFH		DN start		
=====						
Event	9	100m Hurdles	Boys B			
Standard:	20.00	(0.914m)	Record:	13.54	(2008)	(0.914m)

Heat	1				SF	Lane
1	Chan Chun Him	TYH	16.31	Standard	1	2
2	Leung Chun Wai	PTSS	17.40	Standard	1	4
3	Lau Ka Lok	HGC	20.45		1	8
4	Cheung Tsz Choi	KHSS	21.12			
5	Fong Yu Ting	LWFSS	22.33			
6	Law Tin Hen	CREATIVE		DN start		
7	Lai Ka Ming	CCSS		DN start		
Heat	2				SF	Lane
1	Ng Cheuk Hin	BHJS	19.44	Standard	1	6
2	Cheung Pang Cho	K-LING	19.51	Standard	2	7
3	Lee Man Wai	CSS	20.06		1	1
4	Wan Ho Kuen	CCSS	20.23		2	1
5	Zeng Teng Hao	KHSS	20.32		2	8
6	Leung Chi Leong	ICQM	20.64			
7	Se Kai Wang	CREATIVE		DN start		
Heat	3				SF	Lane
1	Tse Jenson	ICQM	16.63	Standard	2	2
2	Wong Ho Yuen	WWS	16.76	Standard	2	3
3	Yuen Ho Fai	LCCS	18.43	Standard	2	4
4	Wong Ka Wing	K-LING	19.40	Standard	2	5
5	Fung Chi Yeung	BHJS	19.49	Standard	2	6
6	Yu Ho Ching	PLKLFC	19.65	Standard	1	7
7	Cheuk Wai Hung	SKHLFH	20.81			
Heat	4				SF	Lane
1	Leung Hoi Man Victor	WWS	17.13	Standard	1	3
2	Wong Fan Yung	SKHLFH	19.43	Standard	1	5
3	Wu Zhi Cong	TYH	20.56			
4	Lin Chak Pan	PLKLFC	20.61			
5	Lin Xiayu	DMS-HW	21.08			
6	Fong Yip Bun	HGC	22.77			
7	Tam Tsz Ho	PTSS		DQ		
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Event 10 110m Hurdles Boys A

Standard: 20.30 (0.914m)

Record: 14.20

(2009) (0.914m)

Heat 1

Final Lane

1	Li Man Keung	DMS-HW	16.97	Standard	3
2	Au Chun	TYH	17.75	Standard	4
3	Tang Kin Wai	YCM	19.42	Standard	8
4	Yeung Man Ho	HGC	19.82	Standard	
5	Lee Chun Yu	SKHLFH	20.49		
6	Fung Kai Kong	CCSS	20.53		
7	Lam Hok Man	K-LING	20.63		
8	Lee Chun Wai	CCPASS		DN start	

Heat 2

Final Lane

1	Tai Yuk Kwan	WWS	16.82	Standard	2
2	Lau Chun Wai	HGC	17.81	Standard	5
3	Suen Wai Fung	MCDHMC	18.49	Standard	1
4	Lee Pok Kit	BHJS	19.90	Standard	
5	Lam Chung Kwong	K-LING	20.04	Standard	
6	Chan Pui Lok	LWFSS	20.28	Standard	
7	Wong Ying Sun	MSCHK	20.39		
8	Hau Wing Lun	LCCS	21.24		

Heat 3

Final Lane

1	Yeung Ho Yin	TYH	17.87	Standard	6
2	Cheung Yuen Chi	SKHLFH	18.47	Standard	7
3	Chong Tsz Hong	YCM	19.52	Standard	
4	Ho Chi Him	MSCHK	19.74	Standard	
5	Fong Hung Sang	DMS-HW	20.59		
6	Shing Nok Man	BHJS	21.07		
7	Chiu Chi Man	CCSS	21.66		

Event 11 100m Girls C

Standard: 16.10

Record: 12.55

(2004)

Heat 1

SF Lane

1	Lui Michelle Fulguirinas	DMS-HW	15.07	Standard	2	3
2	Lam Wing Yee	LSTYKH	15.50	Standard	1	6
3	Leung Nga Lam	TNSS	15.52	Standard	3	6
4	Fung Ching Kan	BPS	15.68	Standard	1	7
5	Lo Pui Yan	PTCC	15.93	Standard		
6	Yau Hoi Ying	PTSS	15.99	Standard		
7	Fung Cheuk Ting	HGSS	19.01			
8	O	LS		DN start		

Heat 2

SF Lane

1	Li Ka Sin	LS	14.49	Standard	1	2
2	Wong Tsoi Tik	BPS	14.98	Standard	3	3
3	Wong Choi Ha	HGC	15.86	Standard		
4	Lam Hiu Yan Angel Daisy	CREATIVE	16.27			
5	Chan Wingsi	RCC	16.42			
6	Wong Kin Yu	LWFSS	17.76			
7	Shum Tsoi Yan	NAMS		DN start		
8	Chan Ka Yan	KWSC		DN start		

Heat 3

SF Lane

1	Foo Yuet Long	CREATIVE	15.64	Standard	2	7
2	Mok Hoi Yan	PLKLFC	15.85	Standard	2	8
3	Au Yeung Lok Yi	NAMS	16.23			
4	Wong Ka Yan	LWFSS	16.67			
5	Chan Sze Wing	RCC	16.68			
6	Lam Ning Tung	CCPASS	18.02			
7	Ng Mei Ting	HGC		DN start		
8	Wu Ka Man	TYH		DN start		

Heat 4

SF Lane

1	Li Kin Yi	NP2C	15.11	Standard	1	3
2	Choi Cheuk Yiu	K-LING	15.19	Standard	2	4
3	Wong Tsz Yan	CDGFSS	15.31	Standard	2	5
4	Mak Wing Ki	PLKLFC	15.83	Standard	3	1
5	Wong Sin Yi	TYH	15.93	Standard		
6	Ho Lok Hang	TOSS	16.86			

7	Cheung Wing Ki	MSCHK	17.03			
8	Chan Lok Sze	WWS	17.88			
Heat 5					SF	Lane
1	Law Man Chung	K-LING	14.53	Standard	2	2
2	Chong Ka Yan	TOSS	15.27	Standard	3	5
3	Chan Hoi Yiu	NP2C	15.27	Standard	3	4
4	Chan Ying Tung	LCCS	15.84	Standard	3	8
5	Hui Ching Wai Maisy	WWS	15.86	Standard		
6	Wong Sze Man	CCSS	16.03	Standard		
7	Lee Hiu Yan	MSCHK	16.84			
8	Chan Wai Tung Dana	CDGFSS		DN start		
Heat 6					SF	Lane
1	Chan Pei Ting	LCCS	14.87	Standard	3	2
2	Kit Wing Lam	CCSS	15.53	Standard	3	7
3	Tsoi Lai Yin	OLRC	15.88	Standard		
4	Luk Wai Man	BHJS	16.16			
5	Sin Ying Ka	SKHLFH	16.34			
6	Lo Hei Dik Heidy	ICQM	19.19			
7	Chung Man Yan	MCDHMC		DN start		
8	Lam Ching Man	CSS		DN start		
Heat 7					SF	Lane
1	Yu Tsz Yung	SKHLFH	15.12	Standard	1	4
2	Choi Ho Yi	BHJS	15.33	Standard	1	5
3	Yip Tsz Ying	CSS	15.52	Standard	2	6
4	Wong Yin Wing Cherry	MCDHMC	15.85	Standard	1	8
5	Cheung Yuen Shan	RC	15.92	Standard		
6	Sin Tsz Kwan	OLRC	16.02	Standard		
7	Tam Ho	ICQM	16.19			
8	Mak Cheuk Man	QMSS	17.65			
Heat 8					SF	Lane
1	Wong Cheuk Ying	PTSS	15.72	Standard	1	1
2	Ng Cheuk Yan	LSTYKH	15.82	Standard	2	1
3	Cheng Hiu Yi	PTCC	15.97	Standard		
4	Leung Ching Wan	RC	16.14			
5	Yung Tze Yan Bonnie	HGSS	16.46			
6	Sze Eleanor Jane	TNSS	16.78			
7	Hui Miu Miu	KHSS	17.16			
8	Tai Man Ting	QMSS	18.00			

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Event 12 100m Girls B

Standard: 16.00

Record: 12.21 (2005)

Heat 1					SF	Lane
1	Fung Hoi Yi	LCCS	14.45	Standard	2	4
2	Fatin Shahira Binti R.	OLRC	14.97	Standard	3	7
3	Leung Tsz Wai	RCC	15.40	Standard		
4	Yip Lai Ting	QMSS	15.54	Standard		
5	Ng Wai Yee	CDGFSS	15.90	Standard		
6	Ma Hong Nei	TNSS	16.01			
7	Kwok Yuen Ching	PLKNO.1C		DN start		
8	Ng Ka Man	CSS		DN start		
Heat 2					SF	Lane
1	Lau Fan Hei	CDGFSS	14.10	Standard	1	2
2	Cheung Hoi Ying	LCCS	15.03	Standard	2	7
3	Hung Lok Yee	PTCC	15.04	Standard	1	7
4	So Long Hang	TNSS	15.47	Standard		
5	Sit Tsz Ning	PLKNO.1C	16.77			
6	Lui Ho Yee	CCPASS	16.97			
7	Razi Zareena Tariq	KWSC	17.98			
Heat 3					SF	Lane
1	Hau Jing Ting	PTCC	14.24	Standard	3	3
2	Lai Hiu Ching	HGC	14.41	Standard	1	4
3	Lo Pui Shuen	PLKLFC	15.19	Standard	2	1
4	Yeung Chung Yan	K-LING	15.31	Standard	2	8
5	Ng Kwan Yi	SKHLFH	15.49	Standard		
6	Lo Wai	CREATIVE		DN start		
7	Cheung Lai Ping	KWSC		DN start		

Heat					SF	Lane
4	1	Lee Kin Hung	HGC	14.23	Standard	3 2
	2	Pang Yee Tak	CREATIVE	15.35	Standard	1 8
	3	Ho Yuk Hei	K-LING	15.36	Standard	
	4	He Mei Zhen	LWFSS	15.49	Standard	
	5	Cheng Yan Lam	BHJS	15.71	Standard	
	6	Chan Chui Yin	SKHLFH	15.90	Standard	
	7	Wong Hei Yiu	PLKLFC	16.02		

Heat					SF	Lane
5	1	Chiu Yee On	BHJS	14.94	Standard	1 6
	2	Leung Chit Yee	HGSS	15.37	Standard	
	3	Kwong Yan Ming	TOSS	16.14		
	4	Hui Yuen Lam	MSCHK	16.45		
	5	Yuen Ka Sin	KHSS	16.56		
	6	Cheung Ping Ying	NP2C		DN start	
	7	Chim Wai Lam	WWS		DN start	

Heat					SF	Lane
6	1	Ng Ka Man	TOSS	14.13	Standard	2 2
	2	Yad Hiu Yan	WWS	14.32	Standard	1 3
	3	Tsang Siu Fung	NP2C	14.52	Standard	3 4
	4	Poon Sze Lok	CCSS	15.62	Standard	
	5	Chan Ching Yi	KHSS	15.88	Standard	
	6	Ho Tsz Shan	HGSS	16.03		
	7	Yuen Wing Ki Natalie	MSCHK	17.13		

Heat					SF	Lane
7	1	Kwong Hiu Lam	BPS	14.59	Standard	3 5
	2	Ng Hoi Tung	CCSS	14.94	Standard	2 6
	3	Wong Ka Yan	LS	14.95	Standard	3 6
	4	Kong Yee Ching	MCDHMC	15.26	Standard	3 8
	5	Lam Man Wai	LSTYKH	15.59	Standard	
	6	Ting Sze Yan	PTSS	15.85	Standard	
	7	Tsui Ho Suki	ICQM	18.63		

Heat					SF	Lane
8	1	Law Hoi Kwan	CSS	14.25	Standard	2 3
	2	Ng Man Wai	OLRC	14.78	Standard	2 5
	3	Leung Hiu Yan	BPS	14.91	Standard	1 5
	4	Cheng Ya Yi Amie	PTSS	15.09	Standard	1 1
	5	Wong Gladys Hue Yuan	ICQM	15.21	Standard	3 1
	6	Chung Tsz Wing	QMSS	15.94	Standard	
	7	Tuet Long Yen Nicole	LSTYKH	16.23		

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Event 13 100m Girls A

Standard: 15.50

Record: 11.99 (2009)

Heat					SF	Lane
1	1	Yip Yee Lui	TOSS	14.73	Standard	2 4
	2	Wan Siu Wai	BPS	15.44	Standard	2 1
	3	Lam Hiu Fan	CDGFSS	15.82		
	4	Wong Kam Ying	K-LING	16.21		
	5	Tsoi Yuen Ching	HGSS	16.24		
	6	Tong Ho Yi	NAMS	16.47		
	7	Lau Perlin	PTCC	16.69		
	8	Leung Tsz Ching Lavender	ICQM	17.01		

Heat					SF	Lane
2	1	Chan Hoi Hiu	TOSS	14.09	Standard	1 2
	2	Wong Ka Man	KWSC	14.65	Standard	2 2
	3	Cheng Sau Kan	LSTYKH	14.65	Standard	2 3
	4	Tam Tsz Yan	DMS-HW	15.92		
	5	Yan Sze Nga	K-LING	16.35		
	6	Lo Pui Shan	PTCC	16.68		
	7	Wong Ka Yi	HGC	17.38		
	8	Leung Ka Ying	SKHLFH		DN start	

Heat					SF	Lane
3	1	Wong Sze Man	LSTYKH	14.68	Standard	1 3
	2	Wu Li Sha	LWFSS	14.86	Standard	2 5
	3	Wong Wai Yin	TYH	15.08	Standard	1 5
	4	Tang Sze Sze Teresa	OLRC	15.41	Standard	1 1

5	Chung Wing Yee	SKHLFH	15.56		2	8
6	Ma Yandan	DMS-HW	16.10			
7	Siu Chui Shan	KWSC	16.45			
8	Wong Pik Ling	HGC	18.88			
Heat 4						
					SF	Lane
1	Yeung Yin Ting	TYH	14.72	Standard	1	4
2	Yam Hei Tung	OLRC	15.13	Standard	1	6
3	Cheng Hau Yan	YCM	15.16	Standard	2	6
4	Li Yuen Tung	PLKLFC	15.38	Standard	2	7
5	Au Yuk Shan	CDGFSS	15.40	Standard	1	7
6	Chan Suen Lam	BPS	15.65		1	8
7	Wong Lok Wai Noel	CCSS	18.37			

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Event 14 Javelin Boys B

Standard: 18.00 (600gm) Record: 51.63 (2008) (600gm)

Position	Name	School	Result	Remark	Points
1	Leung Ka Ho	WWS	35.31	Standard	9
2	Lau Siu Ching	HGC	33.23	Standard	7
3	Lee Cheuk Nang	SKHLFH	30.68	Standard	6
4	Ng Chi Fung	NAMS	27.05	Standard	5
5	Lau Sze Ho	NAMS	26.96	Standard	4
6	Wan Ming Kit Jacky	SKHLFH	23.89	Standard	3
7	Chiu Pit Chun	WWS	22.46	Standard	2
8	Mak Ho Lim	PTSS	21.20	Standard	1
	Cheng Man To	MSCHK	20.22	Standard	
	Lam Kwok Keung	LCCS	19.42	Standard	
	Ng Koon Lung	TYH	19.04	Standard	
	Chan Cheung Chi Shoji	HGC	16.39		
	Wong Chun Yin	CYC	16.26		
	Wong Ming Kin	LCCS	16.19		
	Cheung Kin Lung	PTSS	15.20		
	Wong Pak Lam	CCSS	14.91		
	Leung Ka Ho	KHSS	14.58		
	Kwan Man Hong	KWSC	14.30		
	Chan Chin Yu	TYH		DN take part	
	Wong Sin Tat	CSS		No Mark	
	Cheung Tak Yan	CCSS		No Mark	
	Pang Shing	LWFSS		DN take part	
	Tam Shing Chun	KHSS		No Mark	
	Chan Hon Sze	KWSC		No Mark	
	Chan Yat Tat	CSS		No Mark	

=====
Event 15 High Jump Girls A

Standard: 1.26 Record: 1.65 (2000)

Position	Name	School	Result	Remark	Points
1	Wong Man Yin	TOSS	1.41	Standard	9
2	Ma Lai Wai	LSTYKH	1.38	Standard	7
3	So Wai Han	BHJS	1.32	Standard	6
4	Tsang Wing Lam	OLRC	1.32	Standard	5
5	Ng Wing Kei	KWSC	1.32	Standard	4
6	Siu Chui Shan	KWSC	1.26	Standard	3
7	Li Tsui Ping	CDGFSS	1.26	Standard	2
8	Ng Hiu Suet	SKHLFH	1.23	Standard	1
	Chow Mei Hang	OLRC	1.22	Standard	
	Lam Hiu Fan	CDGFSS	1.22	Standard	
	Tsang Yuen Lam	BPS		No Mark	
	Wong Wai Ting	K-LING		No Mark	
	Chan Hoi Yan	CCSS		No Mark	
	Lam Ka Wai	TYH		No Mark	
	Tsang Wai Yan	BPS		DN take part	
	Yeung Yuen Cheung	K-LING		DN take part	
	Ngai Man Ting	DMS-HW		No Mark	
	Yeu Chau Fung	HGC		No Mark	
	Mok Yuk Yu	HGC		No Mark	
	Au Yeung Tse Lam	YCM		DN take part	

Ng Siu Mui	DMS-HW	No Mark
Lo Wai Yin	SKHLFH	No Mark
Leung Yee Kwan	LSTYKH	DN take part

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Event 16 Shot Put Girls C

Standard: 6.20 (3kg) Record: 10.59 (2004) (3kg)

Position	Name	School	Result	Remark	Points
1	Chan Ho Ying	BPS	7.29	Standard	9
2	Kwok Ka Ki	HGC	6.85	Standard	7
3	Chong Song-En	PTSS	6.61	Standard	6
4	Yu Tsz Wan	CCSS	6.39	Standard	5
5	Ng Yan Lam	CDGFSS	6.19		4
6	Wong Ka Wai	LWFSS	6.13		3
7	Ip Jing Yee	CSS	6.12		2
8	Ho Ka Lai	KHSS	6.07		1
	Tse Tsz Yan	BHJS	6.05		
	Yip Hiu Shan	K-LING	5.91		
	Chan Yim Kwai	CDGFSS	5.91		
	Ng Yuen Kwan	WWS	5.84		
	Wong Shing Yan	BHJS	5.82		
	Chan Ruoh Ming	RC	5.74		
	Lau Si Wai	K-LING	5.73		
	Yue Tsz Ying	SKHLFH	5.71		
	Yeung Ka Yan	HGC	5.68		
	Chan Hung Yi	WWS	5.63		
	Chan Tsz Huen	BPS	5.47		
	Lau Ting Hei	MSCHK	5.42		
	Cheung Sin Man	TOSS	5.41		
	Li Wai Wing	TYH	5.34		
	Hui Siu Tung	CSS	5.34		
	Ng Lai In	SKHLFH	5.16		
	Choi Pui Miu	MSCHK	5.12		
	Mak Ying Mei	KHSS		DN take part	
	Ho Tsz Yan	PTSS		DN take part	
	Wu Wing Sum	TYH		No Mark	
	Kwan Wing Ham	LCCS		No Mark	
	Yu Lok Sze	LCCS		No Mark	
	Lee Cheuk Yee	PLKLFC		DN take part	
	Hu Xiaowen	NAMS		DN take part	
	Tong Pik Ying	NAMS		DN take part	
	Yim Ka Yan	CCSS		No Mark	
	Kuo Wing Man	KWSC		No Mark	
	Yim Cho Yiu	TOSS		No Mark	
	Lam Ning Tung	CCPASS		No Mark	
	Deng Bi Jun	CCPASS		DN take part	
	Mui Yuen Ying	LS		DN take part	

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Event 17 Long Jump Boys A

Standard: 5.10 Record: 7.07 (1981)

Position	Name	School	Result	Remark	Points
1	Hon Chi Ho	CSS	5.82	Standard	9
2	Li Man Keung	DMS-HW	5.79	Standard	7
3	Yu Hok To	TYH	5.56	Standard	6
4	Wong Ka Yin	DMS-HW	5.55	Standard	5
5	Chan See Yu	BHJS	5.50	Standard	4
6	Ho Yin Kin	CCPASS	5.45	Standard	3
7	Leung Ka Shun	CCSS	5.33	Standard	2
8	Chan Pui Lok	LWFSS	5.27	Standard	1
	Chan Wing Fu	SKHLFH	5.10	Standard	
	Chan Yung Shek	CSS	5.10	Standard	
	Chu Tsz Ming	QMSS	5.09		
	Kwok Tin Long	MSCHK	5.01		
	Siu Chi Yan	K-LING	4.91		
	Lam King Sing	K-LING	4.84		
	Chung Pak Kin	PTSS	4.79		

Chung Lik Ka	MSCHK	4.78	
Ang Pok Man	CCSS	4.77	
Li Yiu Man	HGC	4.63	
Cheung Yiu King	STCS	4.55	
Wong Chin To	HGC	4.42	
Tan Tsz Kin	TYH	4.40	
Wong Siu Chung	BHJS	4.17	
Lau Hiu Kong	LCCS	3.93	
Tsang Ka Yiu	LCCS	3.47	
Chau Kam To	KWSC		DN take part
Au Chun Kit	PTSS		DN take part
Lee Ka Fu	YCM		DN take part
Wong Yuk Kwong	YCM		DN take part
Wong Sze Tai	STCS		DN take part
Li Ka Ho	SKHLFH		DN take part

=====
 Event 18 100m Boys C
 Standard: 14.10

Record: 11.21 (2009)

				SF	Lane

Heat 1					
1	Chan Kam Wa	CSS	13.21	Standard	2 4
2	Chan Cheuk Hei	PTSS	13.49	Standard	2 7
3	Yan Tat Fu	LCCS	14.12		
4	Wong Kei Long	PLKLFC	14.36		
5	Wong Kai Yiu	KHSS	14.58		
6	Wong Tin Shing	RCC	14.81		
7	Lam Ling Ho	QMSS	15.27		
8	Wong Hon Fung	ICQM		DN start	
Heat 2				SF	Lane
1	Lam Ho Yin	PTSS	13.21	Standard	1 4
2	Wong Ka Kit	MCDHMC	13.33	Standard	1 5
3	Mok Shiu Him	ICQM	13.55	Standard	1 7
4	Ma Chung Man	WWS	13.68	Standard	
5	Lam Man Fung	LCCS	14.21		
6	Au Yeung Wing Kan	CSS	14.22		
7	Ho Tsz Ho	RCC	14.37		
8	Wong Ka Wai	KHSS		DN start	
Heat 3				SF	Lane
1	Chan Jonathan	HGSS	13.18	Standard	1 3
2	Chan Ka Tung	HGC	13.56	Standard	2 1
3	Lam Tsz Kit	LWFSS	13.76	Standard	
4	Leung Ching Yuen	K-LING	13.85	Standard	
5	Ze Shan Mehmood	DMS-HW	15.23		
6	Fung Kong Chun	WWS	17.00		
7	Chau Yiu Tung	MCDHMC		DN start	
8	Wong Sum Chun	KWSC		DN start	
Heat 4				SF	Lane
1	Du Jiming	HGSS	12.85	Standard	1 2
2	Lui Shing Hong	HGC	13.10	Standard	2 2
3	Lee Tsz Yeung	CREATIVE	13.18	Standard	2 3
4	Lau Fei Lung	LWFSS	13.41	Standard	2 6
5	Tong Tsz Hei	K-LING	13.69	Standard	
6	Yip Wai Hang	CCSS	14.42		
7	Ngan Hong Lam	KWSC		DN start	
Heat 5				SF	Lane
1	Choi Man Ho Calvin	BHJS	13.26	Standard	2 5
2	Chau Ka Ming	CCSS	13.36	Standard	1 6
3	Tam Man Kit	CREATIVE	13.56	Standard	2 8
4	Li Wai Nam	MSCHK	14.43		
5	Lo Oscar	TYH	14.74		
6	Wong Ka Lok	SKHLFH	14.84		
7	Lam Ka Lok	LSTYKH		DN start	
Heat 6				SF	Lane
1	Chan Man Wai	BHJS	13.56	Standard	1 1
2	Lau Ka Yip	LSTYKH	13.67	Standard	1 8
3	Pan Guanrong	MSCHK	13.77	Standard	
4	Yu Kwok Hung	SKHLFH	14.97		

5	Lam Ka Long	TYH	15.44
6	Lee Chun Wa	PLKLFC	15.58
7	Leung Chun Wai	QMSS	16.52

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Event 19 100m Boys B

Standard: 13.30

Record: 11.03 (2008)

				SF	Lane

Heat 1					
1	Yuen Tsz Tai	BHJS	12.11	Standard	2 2
2	Chan Ka Chun	LCCS	13.00	Standard	1 7
3	Tsoi Kam Fung	MSCHK	13.01	Standard	1 1
4	Chui Ka Kin	CCSS	13.10	Standard	
5	Chung Wing Chung	TYH	13.34		
6	Fong Tin Kin	KWSC	14.92		
7	Mow Wing Yip	RCC		DN start	
Heat 2					
1	Pang Tsz Fung	BHJS	11.72	Standard	1 2
2	Lun Wai	CCSS	12.58	Standard	2 4
3	Wong Sang Shun	KWSC	12.73	Standard	1 5
4	Lam Lok Hang	ICQM	16.43		
5	Sun Yik Ting Anthony	TYH		DN start	
6	Chan Shing Yam	LCCS		DN start	
7	Wong Hok Wai	RCC		DN start	
Heat 3					
1	Cheung Kai Wang	DMS-HW	12.43	Standard	2 3
2	Wong Tin Chi	PTSS	13.15	Standard	
3	Ko Hiu Fung	CSS	13.52		
4	Chau Chung Hon	QMSS	13.88		
5	Yiu Chun Hei	ICQM	14.65		
6	Hung Chun Kit Henson	LS		DN start	
7	Daryl Tong	HKIS		DN start	
Heat 4					
1	Siu Ho Yeung	QMSS	13.09	Standard	1 8
2	Fong Fu Kin	SKHLFH	13.23	Standard	
3	Lo Chun Hin Johannes	CSS	13.73		
4	Wong Chun Cheong	PTSS	14.95		
5	Ip Ka Chung	HGC	15.96		
6	Law Tin Hen	CREATIVE		DN start	
7	Tse Chun Yin	CYC		DN start	
Heat 5					
1	Ho Man	WWS	12.74	Standard	1 6
2	Lee Ho Ching	HGSS	13.16	Standard	
3	Chan Chiu Ping	SKHLFH	13.93		
4	Or Ka Chun	CYC	14.18		
5	Ng Ki Wang	CREATIVE	14.38		
6	Chau Chun Ho	STCS		DN start	
7	Shek Shun Shing	HGC		DN start	
Heat 6					
1	Chan Man Wa	KHSS	12.48	Standard	1 3
2	Leung Hoi Man Victor	WWS	12.76	Standard	2 6
3	Yan Sik Ming	LWFSS	13.15	Standard	
4	Chan Yung Wai	K-LING	13.30	Standard	
5	Li Yui Yung	MCDHMC	13.34		
6	Yu Ho Ching	PLKLFC	13.63		
7	Chung Pui Kwan	LSTYKH	14.01		
Heat 7					
1	Kam Pak Hin	K-LING	12.56	Standard	1 4
2	Ng Ho	KHSS	12.64	Standard	2 5
3	Lam King Yin	LSTYKH	12.78	Standard	2 7
4	Sam Chun Hin	PLKLFC	13.07	Standard	2 1
5	Sham Yui Man	MSCHK	13.08	Standard	2 8
6	Li Kwan Long Felix	MCDHMC	13.16	Standard	
7	Lee Cho Hong.	NAMS		DN start	

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Event 20 100m Boys A

Standard: 12.80

Record: 10.40 (2008)

Heat 1					SF	Lane
1	Hon Chi Ho	CSS	11.91	Standard	1	2
2	Zou Yue Qiang	PTSS	12.49	Standard	1	7
3	Wong Hoi Hong	HGC	12.52	Standard	2	1
4	Lo Sze Nok	LCCS	12.53	Standard	2	8
5	Chiu Chi Man	CCSS	12.97			
6	Wong Chin Ying	LS		DN start		
7	Chan Wai Fung	KWSC		DN start		

Heat 2					SF	Lane
1	Cheung Kin Ho	HGSS	12.04	Standard	2	3
2	Tan Yongje	NAMS	12.23	Standard	1	4
3	Tam Chi Kit	LWFSS	12.28	Standard	2	4
4	So Ching On	KHSS	12.33	Standard	2	5
5	Wong Ka Yin	DMS-HW	12.55	Standard	1	8
6	Kwong Chi Ho	CCSS	12.81			
7	Chan Yung Chuen	TYH	13.43			

Heat 3					Final Lane	
1	Fung Kai Shun	TYH	12.69	Standard		
2	Chan Tsz Hin	KHSS	12.84			
3	Cheuk Wai Yip	PLKLFC	12.86			
4	Chow Tsz Fung	NAMS	13.11			
5	Cheung Lap Kan	LSTYKH	15.25			
6	Wong Sze Tai	STCS		DN start		
7	Ip Chun Kit Erico	YCM		DN start		

Heat 4					SF	Lane
1	Wong Ting Tat	YCM	12.09	Standard	1	3
2	Hui Chung Kin Derek	BHJS	12.37	Standard	1	5
3	Sham Kit Nam	RCC	12.51	Standard	1	1
4	Ho Ching Sum	PLKLFC	12.67	Standard		
5	Ma Kwong Wai	K-LING	12.81			
6	Cheung Lap Man	SKHLFH	13.02			
7	Yip On Tsun	QMSS		DN start		

Heat 5					SF	Lane
1	Lau Hon Man	BHJS	12.39	Standard	1	6
2	Fong Wai Hung	RCC	12.40	Standard	2	6
3	suen Wai Fung	MCDHMC	12.43	Standard	2	7
4	Siu Chi Yan	K-LING	12.94			
5	Leung Muk Yuen	WWS	13.23			
6	Chang Wing Tung	SKHLFH	13.60			
7	Kwok Tsz Leung	MSCHK		DN start		

Heat 6					SF	Lane
1	Wan Chi Ki	MCDHMC	11.93	Standard	2	2
2	Cheng Kin	PTSS	12.63	Standard		
3	Mo Ho	CSS	12.81			
4	Wong Tung Ming	LCCS	13.14			
5	Ryan Lam	HKIS		DN start		
6	Tse Siu Hang	HGC		DN start		

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Event 21 400m Girls C

Standard: 1:25.00

Record: 58.78 (2000)

Heat 1					SF	Lane
1	Au Hiu Lam	KHSS	1:18.05	Standard	3	4
2	Au Gi Wa	LCCS	1:18.36	Standard	2	5
3	Cheng Ting Hei	HGSS	1:20.59	Standard	2	7
4	Li Tsz Wa Elise	MCDHMC	1:21.49	Standard	1	1
5	Lau Yat Ching	TOSS	1:22.06	Standard	3	1
6	Lam Hung Yan	HGC	1:24.79	Standard		
7	Lo Tsz Ching	LWFSS	1:31.89			
8	Cheung Hiu Wah	PLKNO.1C		DN start		

Heat 2					SF	Lane
1	Leung Ka Man	KHSS	1:14.19	Standard	3	3
2	Kwok Hau Yi	LWFSS	1:17.66	Standard	2	4
3	Choi Yiu Yi	HGSS	1:19.27	Standard	1	6
4	Wong Choi Ha	HGC	1:20.05	Standard	3	6
5	Cheung Sin Man	TOSS	1:20.07	Standard	3	7
6	Au Gi Yo	LCCS	1:21.08	Standard	1	7

7	Cheng Man Wai	NAMS	1:25.53			
8	Yau Shuk Ying	LSTYKH		DN start		
Heat 3						
1	Tsang Tammi	PLKLFC	1: 8.11	Standard	SF 1	Lane 2
2	Ma Ka Yan	OLRC	1:14.63	Standard	2	3
3	Chan Siu Man	BHJS	1:19.44	Standard	2	6
4	Chung Ming Sum	K-LING	1:22.16	Standard	3	8
5	Lau Pui Yee	BPS	1:22.89	Standard		
6	Chong Ching Man	MSCHK	1:24.76	Standard		
7	Ngai Sin Yu	CDGFSS	1:26.20			
8	Woo Yuet Yau	RC	1:27.49			

Heat 4						
1	Mok Ka Yi	OLRC	1:16.42	Standard	SF 1	Lane 4
2	Ng Yuen Yee	BHJS	1:18.33	Standard	3	5
3	Keung Tsz Ching	MSCHK	1:19.05	Standard	1	5
4	Lee Yan Ming	BPS	1:22.78	Standard	1	8
5	Cheung Hei Man	PLKLFC	1:25.12			
6	Tang Hoi Yee	CREATIVE	1:25.15			
7	Wong Tsz Yin	K-LING	1:33.21			
8	Cheng Ka Yung	CDGFSS		DN start		

Heat 5						
1	Wong Lik Ho	WWS	1:13.46	Standard	SF 3	Lane 2
2	Au Yee Hung Angie	TNSS	1:22.24	Standard	2	8
3	Yeung Tsz Ying	PTSS	1:29.70			
4	So Ka Yi	CSS	1:30.67			
5	Yip Man Yi	SKHLFH	1:30.78			
6	Huang Ching Man	TYH	1:32.87			
7	Leung Chi Lai	PTCC		DN start		

Heat 6						
1	Lai Tsz Yan	TNSS	1:10.56	Standard	SF 2	Lane 2
2	Yuen Ka Yee	PTSS	1:15.61	Standard	1	3
3	Chan Hung Yi	WWS	1:21.51	Standard	2	1
4	Tam Sze Wing	TYH	1:24.57	Standard		
5	Yiu Wan Ting	PTCC	1:26.54			
6	Lee Siu Yung	SKHLFH	1:29.87			
7	Ou Jia Lin	CSS	1:30.12			

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Event 22 400m Girls B

Standard: 1:23.00

Record: 57.29 (2002)

Heat 1						
1	Yip Wai Ying	CDGFSS	1:12.15	Standard	SF 3	Lane 2
2	Wong Sau Yu	BPS	1:13.39	Standard	1	3
3	Fong Yin Lam	WWS	1:17.40	Standard	1	7
4	Au Tsz Shan	OLRC	1:19.02	Standard		
5	Lee Wing Yan	CCSS	1:22.94	Standard		
6	Chan Yuen Tung	TNSS	1:27.43			
7	Leung Kai Lee	NAMS	1:27.70			
8	Ho Ka Wai	HGSS		DN start		

Heat 2						
1	Lee Pik Sim	WWS	1:11.46	Standard	SF 2	Lane 2
2	Lau Cheuk Yin	PLKLFC	1:12.81	Standard	3	3
3	Kwok Hiu Tung	PTCC	1:16.92	Standard	3	7
4	Lai Wing Suen	BPS	1:18.11	Standard	2	8
5	Ng Chor Yiu	CDGFSS	1:19.01	Standard		
6	Liang Hui Yi	NAMS	1:23.96			
7	Lau Sin Yee	LSTYKH	1:31.97			
8	Pun Tsz Yan	HGC		DN start		

Heat 3						
1	Hung Yuk Ying	K-LING	1:12.85	Standard	SF 2	Lane 3
2	Ho Shuk Man	HGC	1:15.04	Standard	3	4
3	Lo Pui Shuen	PLKLFC	1:15.62	Standard	1	5
4	Tam Ka Yim	SKHLFH	1:16.37	Standard	1	6
5	Lo Ka Yan	LCCS	1:18.90	Standard	1	8
6	Fung Yu Yan	CSS	1:21.42	Standard		
7	Tam Kam Wai	LWFSS	1:24.61			
8	Chan Ying Sin Melody	LSTYKH	1:39.73			

Heat					SF	Lane
4	1	Wan Tsz Ching	LCCS	1:14.84	Standard	2 4
	2	Shek Ching Tsz	SKHLFH	1:15.27	Standard	2 5
	3	Wong Wing Lam	LWFSS	1:17.52	Standard	1 1
	4	Chan Yin Ha	TOSS	1:17.59	Standard	2 1
	5	Lee Wing Mui	PTSS	1:22.43	Standard	
	6	Chan Chu Ming	K-LING	1:27.26		
	7	Chan Hiu Ching	CSS		DN start	

Heat					SF	Lane
5	1	So Yuen Ting	BHJS	1:15.07	Standard	3 5
	2	Lung Hong Ki	KHSS	1:16.51	Standard	2 6
	3	Yeung Lok Sang	CREATIVE	1:16.71	Standard	3 6
	4	Tse Yi Lam	MSCHK	1:17.16	Standard	2 7
	5	Lam Suet Ying	TOSS	1:18.02	Standard	3 8
	6	Ma Tsz Huen	TYH	1:21.49	Standard	
	7	Wong Wai To	PTSS	1:26.57		

Heat					SF	Lane
6	1	Fok Yuen Yan	KHSS	1:10.81	Standard	1 2
	2	Cheung Mei Chi	OLRC	1:14.51	Standard	1 4
	3	Chung Ching Yan	CREATIVE	1:17.77	Standard	3 1
	4	Hon Cheuk Wing	BHJS	1:19.61	Standard	
	5	Chow Cheuk Lam	PLKNO.1C	1:22.57	Standard	
	6	Chan Leung Ka	TNSS	1:30.50		
	7	Ho Tsz Shan	HGSS		DN start	

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Event 23 400m Girls A

Standard: 1:20.00

Record: 58.29 (1999)

Heat					SF	Lane
1	1	Wong Po Sze	DMS-HW	1:10.06	Standard	1 2
	2	Tsang Wing Yan	NAMS	1:15.87	Standard	1 4
	3	Li Chung Man	TOSS	1:17.39	Standard	1 5
	4	Fung Cho Yi	MSCHK	1:19.33	Standard	2 6
	5	Mok Tsz Tung	K-LING	1:24.49		
	6	Ng Sum Ping	CSS		DN start	
	7	Gillian Tay	HKIS		DN start	

Heat					SF	Lane
2	1	Wu Yue Wei	NAMS	1:15.28	Standard	2 3
	2	Cheung Wai Ting	CDGFSS	1:17.04	Standard	2 4
	3	Ng Ming Wai	HGC	1:21.45		2 8
	4	Wong Wing Ying	HGSS	1:22.01		1 8
	5	Chung Hei Tung	CCSS	1:23.54		
	6	Cheung Wan Ying	K-LING		DN start	
	7	Yip Ying Yui	LS		DN start	

Heat					SF	Lane
3	1	Siu Shuk Fong	CDGFSS	1:18.65	Standard	1 6
	2	Cheung Hoi Ki	LCCS	1:19.47	Standard	2 7
	3	Choi Hang Yin	PTCC	1:22.41		
	4	Cheng Yun Ching	TYH	1:23.69		
	5	Yan Shi Ying	SKHLFH	1:23.81		
	6	Leung Pik Ying	LSTYKH		DN start	
	7	Wong Pik Ling	HGC		DN start	

Heat					SF	Lane
4	1	Ng Hiu Suet	SKHLFH	1:15.79	Standard	1 3
	2	Hung Shan Ni	LCCS	1:17.17	Standard	2 5
	3	Chow Tsz Ting	TYH	1:20.46		1 1
	4	Tsang Kim Kei	LSTYKH	1:21.36		2 1
	5	Chow Lee Ling	LWFSS	1:22.46		
	6	Tsang Wai Yan	BPS	1:36.12		
	7	Ku Yuen Yuk Yoky	BHJS	1:40.41		

Heat					SF	Lane
5	1	Ho Lai Ying	QMSS	1:11.22	Standard	2 2
	2	Zhong Huixian	DMS-HW	1:19.76	Standard	1 7
	3	Tang Tsz Ching	BHJS	1:24.98		
	4	Cheung Pui Yu Clara	MSCHK	1:29.11		
	5	Constance Chan	HKIS		DN start	
	6	Ching Fong Kwan	CSS		DN start	

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 Event 24 400m Boys C

Standard: 1:12.00

Record: 51.23 (2008)

					SF	Lane
Heat 1						
1	Wu Ka Long	LCCS	1: 9.52	Standard	2	7
2	Chong Chun Yin	SKHLFH	1:10.15	Standard	2	1
3	Sing Chun Hei	PTSS	1:10.56	Standard		
4	Kwan Wei Yin	MSCHK	1:11.87	Standard		
5	Lee Guan Sheng	TYH	1:12.84			
6	Luk Ka Chun	CCSS	1:13.06			
7	Cheu Kai Yam	LSTYKH		DN start		
Heat 2						
1	Lee Tsz Yeung	CREATIVE	1: 3.88	Standard	2	2
2	Yan Tat Fu	LCCS	1: 8.81	Standard	2	6
3	Chan Sze Ngai	MSCHK	1:11.44	Standard		
4	Wong Tsun Yin	CCSS	1:13.12			
5	Chan Ka Wang	TYH	1:16.87			
6	Shum Leung Kit	RCC	1:22.47			
7	Chu Lap Ngai	PTSS	1:30.84			
Heat 3						
1	Lau Yik Sau	RCC	1:10.29	Standard	2	8
2	Max Aden Yates	CREATIVE	1:13.34			
3	Leung Ho Kin	CSS	1:13.59			
4	Woo Pak Hang	HGC	1:18.18			
5	Wong Chun	CCPASS		DN start		
6	Lee Ka Ming	QMSS		DN start		
7	Wong Yik Long	PLKNO.1C		DN start		
Heat 4						
1	Pang Tsz Fung	PLKNO.1C	1: 6.92	Standard	2	5
2	Chen Conghua	HGC	1: 7.59	Standard	1	6
3	Lee Tsz Lam	PLKLFC	1:10.50	Standard	1	8
4	Wong Pak Hei	CSS	1:12.28			
5	Kwok Chun On	CCPASS	1:18.26			
6	Yip Kong Lung	QMSS	1:20.72			
7	Tse Shoichi	KWSC		DN start		
Heat 5						
1	Wong Kam Wing	WWS	1: 4.48	Standard	1	4
2	Tong Tsz Hei	K-LING	1: 4.58	Standard	2	4
3	Leung Chun Ho	BHJS	1: 6.93	Standard	1	5
4	Yu Ho Yin	HGSS	1: 9.96	Standard	1	1
5	Ng Man Ho	PLKLFC	1:16.38			
6	Zhang Shao Cong	KWSC		DN start		
7	Yu Pei Nap	LWFSS		DN start		
Heat 6						
1	Cheuk Wing Lok	WWS	1: 3.14	Standard	1	2
2	Tsang Fan Ho	HGSS	1: 4.09	Standard	2	3
3	Mo Ka Kit	K-LING	1: 4.44	Standard	1	3
4	Tan Lok Him	BHJS	1: 9.52	Standard	1	7
5	Liang Xiao Teng	SKHLFH	1:16.83			
6	Choi Yun Faat	MCDHMC		DN start		
7	Ho Hon Lam Johnathan	LWFSS		DN start		

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 Event 25 400m Boys B

Standard: 1:06.00

Record: 50.06 (2009)

					SF	Lane
Heat 1						
1	Tam Man Fung	BHJS	56.72	Standard	2	2
2	Cheng Lo Wai	WWS	59.83	Standard	2	5
3	Lin Chak Pan	PLKLFC	1: 1.34	Standard	2	6
4	Kong Wing Fun	MSCHK	1: 6.93			
5	Woo Yau Lok	RCC	1: 8.00			
6	Chan Tsz Hei	LCCS	1: 8.39			
7	Fong Tin Kin	KWSC	1:21.66			
8	Chan Chin Yu	TYH		DN start		
Heat 2						
1	Li Chung Wang	WWS	1: 0.41	Standard	1	5

2	Cheng Ho Yin	LCCS	1: 1.35	Standard	2	7
3	Chan Ka Lok	TYH	1: 1.96	Standard	1	1
4	Au Chi Yu	PLKLCF	1: 4.43	Standard		
5	Mak Wing Wing	PTSS	1: 5.44	Standard		
6	Tsang Tsz On	HGC	1: 7.86			
7	Jason Yao	HKIS		DN start		
8	Wong Sang Shun	KWSC		DN start		
Heat 3					SF	Lane
1	Ng Kwan Po	HGC	1: 2.10	Standard	2	1
2	Cheung Wai Wang	DMS-HW	1: 3.07	Standard		
3	Liu Xing Hua	NAMS	1: 3.53	Standard		
4	Leung Chun Wai	PTSS	1: 4.45	Standard		
5	John Breinard Ng	SKHLFH	1: 5.94	Standard		
6	Wong Ka Chun	CCPASS	1: 7.02			
7	Tam Cheuk Man	CSS	1: 7.25			
8	Tam Wai Hong	CCSS		DN start		
Heat 4					SF	Lane
1	Chou Hoi Lam	NAMS	57.81	Standard	1	3
2	Tsang Tsz Ki	LS	58.25	Standard	2	4
3	Tse Wai Shing	PLKNO.1C	1: 1.23	Standard	1	6
4	Lui Wai Chun	CSS	1: 2.28	Standard	1	8
5	Shek Chun Wai	DMS-HW	1: 4.23	Standard		
6	Ying Man Kit	CCSS	1: 4.97	Standard		
7	Lo Ming Lok	SKHLFH	1: 7.99			
8	Woo Yun Hing	MCDHMC		DN start		
Heat 5					SF	Lane
1	Chung Sau Fung	K-LING	57.78	Standard	2	3
2	Yung Ka Yu	LWFSS	57.92	Standard	1	4
3	Pun Wai Kit	MCDHMC	1: 4.05	Standard		
4	Lau Wai Hang	KHSS	1: 4.53	Standard		
5	Yue Kin Long	HGSS	1: 5.39	Standard		
6	Lai Ming Kit	QMSS	1: 6.72			
7	Ng Ki Wang	CREATIVE	1: 7.24			
Heat 6					SF	Lane
1	Tsui Hei Yu	BHJS	55.41	Standard	1	2
2	Lee Tsz Hing	K-LING	1: 1.58	Standard	1	7
3	Lee Ho Ching	HGSS	1: 2.19	Standard	2	8
4	Shum Kai Fung	KHSS	1: 2.88	Standard		
5	Wong Chun Ting	CREATIVE	1: 3.32	Standard		
6	Kwok Kai Yin	QMSS	1: 9.77			
7	Lam Yat Hang	MSCHK		DN start		

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Event 26 400m Boys A

Standard: 1:02.00

Record: 49.10 (1964)

Heat 1					SF	Lane
1	Lee Cheuk Yin	CCPASS	58.28	Standard	2	5
2	Cheung Chun Wai	CSS	59.51	Standard	2	7
3	Chan Ka Long	CCSS	59.71	Standard	1	7
4	Wong Ka Chun	HGC	1: 7.03			
5	Cheung Sui Kai	LCCS	1:16.76			
6	Chan Chin Fai	KWSC		DN start		
7	Lin Guo Jun	NAMS		DN start		
8	Fong Yiu Pan	WWS		DN start		
Heat 2					SF	Lane
1	Ngo Yuen Yeung	KHSS	56.14	Standard	1	2
2	Chow Tsz Ho	YCM	57.20	Standard	1	3
3	Fu Chi Cheung	WWS	57.64	Standard	1	4
4	Wong Moon Fu	CCSS	59.07	Standard	1	5
5	Fung Kai Shun	TYH	59.13	Standard	1	6
6	Ng Kei Yip	DMS-HW	1: 0.29	Standard	1	8
7	Wong Wai Keung	HGSS	1: 2.50			
8	Li Man	NAMS	1: 7.72			
Heat 3					SF	Lane
1	Tsui Yu Cheong	TYH	56.35	Standard	2	2
2	Kong Ka Wai	DMS-HW	59.38	Standard	2	6
3	Tsang Cheuk Wing	YCM	59.81	Standard	1	1

4	Ku Chun Kit	K-LING	1: 2.14			
5	Sin King Lam	SKHLFH	1: 3.09			
6	Lo Kwok Pan	HGSS	1: 7.44			
7	Chan Man Hong	STCS		DN start		
Heat 4						
					SF	Lane
1	Chan Man Chun	K-LING	1: 0.23	Standard	2	1
2	Cheng Tsz Ho	MSCHK	1: 0.57	Standard		
3	Wan Tsz Wai	SKHLFH	1: 3.50			
4	Cheuk Wai Yip	PLKLFC	1: 3.83			
5	Wong Sau Ching	LSTYKH	1: 4.96			
6	Cheung Cheuk Kuen	PTSS	1: 5.32			
7	Chow Fong Ching	QMSS	1: 6.32			
Heat 5						
					SF	Lane
1	Pang Chi Sum	QMSS	57.08	Standard	2	3
2	Cheng Po Nam	PLKLFC	58.19	Standard	2	4
3	Chan Lung Faat	CSS	1: 0.28	Standard	2	8
4	Kwong Kam Fai	HGC	1: 1.23	Standard		
5	Cheuk Wai Tsun	LCCS	1:12.28			
6	Lam Bai Jun	KWSC		DN start		
7	Chow Wing Hin	PTSS		DN start		

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Event 27 Shot Put Girls A

Standard: 6.30 (4kg)

Record: 11.14

(1996) (4kg)

Position	Name	School	Result	Remark	Points
1	Wong Ka Man	KWSC	8.70	Standard	9
2	Li Wan	NAMS	8.24	Standard	7
3	Cheng Weng Na	YCM	7.57	Standard	6
4	Tsang Hang In	HGC	7.27	Standard	5
5	Fung Tsz Wan	MCDHMC	7.27	Standard	4
6	Tsang Man Ting	K-LING	6.62	Standard	3
7	Lam Hoi Ching	KWSC	6.56	Standard	2
8	Hui Yin Sau	CCSS	6.53	Standard	1
	Kwok Mei Ling	PTSS	6.35	Standard	
	Chong Ngai Lai	CDGFSS	6.34	Standard	
	Lo Ying Kit	BPS	6.33	Standard	
	Wong Kwan Ying	LWFSS	6.20		
	Chiu Oi Lung	K-LING	6.14		
	Chan Wing Lam	PLKLFC	5.98		
	Chan Wun Yung	SKHLFH	5.97		
	Chu Shun Yan	LSTYKH	5.97		
	Shum Yan Sin	PTCC	5.95		
	Hui Shuk Man	TYH	5.94		
	Lam Ying Wai	CDGFSS	5.86		
	Wong Lai Yin	NAMS	5.86		
	So Shuk Man	CSS	5.73		
	Hui Ka Yan	HGSS	5.73		
	Tang Shun Chi	BPS	5.64		
	Choi Sze Wing	DMS-HW	5.63		
	Ng Shun Fai	CSS	5.28		
	Li Yan Yan	BHJS	5.28		
	Fu Yue	DMS-HW	5.26		
	Yeung Hung Ting	NP2C	5.17		
	Chan Man Chau	YCM		DN take part	
	Yiu Suet Ying Kylie	SKHLFH		No Mark	
	Hung Pui Yan	PLKLFC		No Mark	
	Yeung Hoi Yan	HGC		DN take part	
	Chan Tsz Ching	LSTYKH		DN take part	
	Hung Hing Yu	BHJS		No Mark	
	Ho Ho Hing	KHSS		No Mark	
	Un Pik Ha	LCCS		DN take part	
	Chan Hiu Kuen	PTCC		No Mark	
	Chang Ka Wai	LCCS		DN take part	
	Chan Ching Hang	TOSS		DN take part	
	Lam Shuk Ki	TOSS		DN take part	

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Event 28 Discus Girls B

Standard: 13.50 (1kg)

Record: 33.22

(2008) (1kg)

Position	Name	School	Result	Remark	Points
1	Cheng Michelle Cin Min	PTSS	18.97	Standard	9
2	Hui Ying Ying	WWS	18.77	Standard	7
3	Ho Wing Yan	SKHLFH	18.75	Standard	6
4	Ho Hui Ting	WWS	18.65	Standard	5
5	Chan Yee Shan	K-LING	17.67	Standard	4
6	Wan Tsz Ning	LCCS	16.29	Standard	3
7	Tsui Hiu Yan	CSS	16.11	Standard	2
8	Ng Wai Yee	CDGFSS	15.95	Standard	1
	Wong Tin Yan	BPS	15.93	Standard	
	Chong Tsz Wa	KHSS	15.36	Standard	
	Chan Wai Ping	KWSC	15.32	Standard	
	Lam Hoi Ling	OLRC	15.16	Standard	
	Wong Hey Man	PTSS	15.07	Standard	
	Lam Yun Jun	CREATIVE	14.83	Standard	
	Chung Hiu King	PTCC	14.26	Standard	
	Chan Pak Kei Zekei	NAMS	14.17	Standard	
	Cheng Yu Kwan	TYH	14.16	Standard	
	Yeung Man Lai	LCCS	13.92	Standard	
	Wong Fai Nga	CREATIVE	13.87	Standard	
	Keung Pui Yu	CCSS	13.63	Standard	
	Wong Sui Yi	TOSS	13.48		
	Cheng Nga Ting	BHJS	13.24		
	Ma Cho Yi	TOSS	12.96		
	Cheng Sin Yee	TYH	12.77		
	Yam Ka Yee	CSS	12.73		
	Wong Tsz Ying	PLKLFC	12.71		
	Mok Sau Ting	HGC	12.69		
	Chung Jocelyn Yuen Lam	BHJS	12.57		
	Tang Wei Ying	BPS	12.52		
	Tuet Long Yen Nicole	LSTYKH	12.30		
	Wu Ka Yi	NAMS	11.77		
	Kwok Ki Yan	SKHLFH	11.69		
	Shek Wai Chung	CDGFSS	11.65		
	Chung Lok Yan	LSTYKH	11.48		
	Hung Ching Man	K-LING	11.26		
	Man Tsz Ho	HGC		No Mark	
	Ng Ka Yan	CCSS		No Mark	
	Chan Yuet Tung	PLKLFC		No Mark	
	Chan Wing Yu	KWSC		No Mark	
	Cheng Pui See	TNSS		No Mark	
	Wan Wing Kwan	LWFSS		No Mark	

Event 29 Triple Jump Boys B

Standard: 9.50

Record: 13.67

(2009)

Position	Name	School	Result	Remark	Points
1	Ho Kai Pong	BHJS	11.82	Standard	9
2	Tse Jenson	ICQM	11.02	Standard	7
3	Tsui Hei Yu	BHJS	10.69	Standard	6
4	Yeung Hoi Wing	PTSS	10.68	Standard	5
5	Li Tsz Wing	PLKNO.1C	10.57	Standard	4
6	Ho Man	WWS	10.29	Standard	3
7	Liu Tsz Ho	ICQM	10.19	Standard	2
8	Cheung Yuen Kwan	NAMS	9.92	Standard	1
	Tse Kong Kin	KHSS	9.73	Standard	
	Lee Tsz Hing	K-LING	9.61	Standard	
	Lee Wai Lok	PTSS	9.40		
	Kam Pak Hin	K-LING	9.38		
	Wong Ka Kit	LCCS	9.06		
	Lam Ting Pong	HGC	9.05		
	Lau Siu Ching	HGC	9.04		
	Law Hei Shun	HGSS	8.92		
	Hung Chun Kit	SKHLFH	8.86		
	Leung Yiu Chun	CSS	8.59		

Poon Kwai Yin	SKHLFH	7.85	
Wu Zhi Cong	TYH		No Mark
Lee Cho Hong	NAMS		No Mark
Ho Chun Hin	KHSS		No Mark
Chan Siu Hin	LCCS		DN take part
Leung Chun Kit	WWS		DN take part
Chan Chun Him	TYH		No Mark

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Event 30 High Jump Boys A

Standard: 1.55 Record: 2.04 (1998)

Position	Name	School	Result	Remark	Points
1	Fung Wai Leung	CCPASS	1.70	Standard	9
2	Lam King Sing	K-LING	1.61	Standard	7
3	Dumlikra Wajan	STCS	1.61	Standard	6
4	Kwan Chun Ming	DMS-HW	1.58	Standard	5
5	Chan Kam Yin	KWSC	1.52		4
6	Hung Chi Fung	TYH	1.52		3
	Li Chaohao	DMS-HW		DN take part	
	Lee Ka Hin	LCCS		No Mark	
	Ng Siu Tung	LCCS		No Mark	
	Choi Man Hin	SKHLFH		DN take part	
	Wong Chi Fu	SKHLFH		No Mark	
	Chan Ping Wai	CCSS		No Mark	
	Au Yuen Chiu	CCSS		No Mark	
	Chan Tsz Lung	K-LING		No Mark	
	Tsang Tsz Chun	PLKLFC		No Mark	
	Lee Hong Sang	PTSS		No Mark	
	Shing Nok Man	BHJS		No Mark	
	Tang Tsz Kin	TYH		No Mark	
	Keung Ka Chun	STCS		No Mark	
	Cheng Kwok Yam	HGC		No Mark	
	Leung Hoi Kit	HGC		No Mark	
	Lau Kwan Leung	YCM		DN take part	
	Kwan Chi Fung	LWFSS		DN take part	
	Wong Wai Keung	LWFSS		No Mark	
	Ng Yu Yeung Sunny	CSS		DN take part	
	Ho Yin Kin	CCPASS		No Mark	

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Event 31 200m Boys A

Standard: 26.50 Record: 21.53 (2007)

Heat					SF	Lane
1	Lau Chun Wai	HGC	24.42	Standard	1	2
2	Tam Chi Kit	LWFSS	25.57	Standard	2	5
3	Au Chun Kit	PTSS	26.51		1	1
4	So Cheuk Lun	PLKLFC	26.96			
5	Wong Tung Ming	LCCS	27.21			
6	Chan Lung Faat	CSS	27.22			
7	Chan Man Hong	STCS		DN start		
8	Wong Wai Ming	KWSC		DN start		
Heat 2					SF	Lane
1	Wan Ka Fai	YCM	25.16	Standard	1	4
2	Cheung Kin	MCDHMC	25.87	Standard	1	5
3	Chan Tsz Hin	KHSS	26.00	Standard	2	6
4	Zou Yue Qiang	PTSS	26.15	Standard	2	7
5	Lo Sze Nok	LCCS	26.56		2	1
6	Chan Yung Chuen	TYH	27.97			
7	Mo Ho	CSS	31.49			
8	Chow Fong Ching	QMSS		DN start		
Heat 3					SF	Lane
1	Wan Chi Ki	MCDHMC	24.59	Standard	2	2
2	Tsui Yu Cheong	TYH	24.69	Standard	2	3
3	Ngo Yuen Yeung	KHSS	24.81	Standard	1	3
4	Wong Ting Tat	YCM	25.19	Standard	2	4
5	Sham Kit Nam	RCC	26.65		1	8
6	Leung Muk Yuen	WWS	27.21			

7	Li Chaohao	DMS-HW	28.68			
8	Tan Yongje	NAMS		DN start		
Heat 4						
1	Ng Kei Yip	DMS-HW	25.98	Standard	SF 1	Lane 6
2	Kwong Chi Ho	CCSS	26.91			
3	Fong Wai Hung	RCC	27.04			
4	Wong Siu Yui	BHJS	27.15			
5	Chan Man Chun	K-LING	27.27			
6	Cheung Lap Man	SKHLFH	27.29			
7	Tang Wai Lam Waylon	ICQM	27.56			
Heat 5						
1	Ho Ching Sum	PLKLFC	26.37	Standard	SF 1	Lane 7
2	Cheng Kwok Yam	HGC	26.63		2	8
3	Ma Kwong Wai	K-LING	26.72			
4	Wong Siu Chung	BHJS	27.32			
5	Sin King Lam	SKHLFH	28.38			
6	Fong Wing Ming	CCSS	28.42			
7	Ryan Lam	HKIS		DN start		

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Event 32 200m Boys B

Standard: 27.00

Record: 22.50 (2009)

Heat 1						
1	Cheng Ho Yin	LCCS	27.34		SF 2	Lane 8
2	Tsoi Wing Hi	HGC	27.63			
3	Chan Yuen Kwan	CCSS	27.88			
4	Chau Chun Ho	STCS	30.15			
5	Lui Wai Chun	CSS		DN start		
6	Kwok Wai Yin	KWSC		DN start		
7	Daryl Tong	HKIS		DN start		
8	Liu Xing Hua	NAMS		DN start		
Heat 2						
1	Cheung Kai Wang	DMS-HW	26.14	Standard	SF 2	Lane 5
2	Lun Wai	CCSS	26.69	Standard	1	6
3	Fong Fu Kin	SKHLFH	28.30			
4	Lee Cho Hong	NAMS	28.42			
5	Tse Wai Shing	PLKNO.1C		DN start		
6	Shek Shun Shing	HGC		DN start		
7	Ko Hiu Fung	CSS		DN start		
8	Chan Tsz Tsun	KWSC		DN start		
Heat 3						
1	Yuen Tsz Tai	BHJS	25.14	Standard	SF 2	Lane 3
2	Leung Tson	QMSS	25.87	Standard	2	4
3	Cheung Wang Tung	LS	26.97	Standard	1	7
4	Lam Chun Fai	K-LING	27.90			
5	Yu Man Chun Jacky	SKHLFH	28.01			
6	Lam Shi Pok	DMS-HW	28.53			
7	Cheng Kin Chun	LSTYKH	28.84			
Heat 4						
1	Pang Tsz Fung	BHJS	23.64	Standard	SF 1	Lane 2
2	Chan Man Wa	KHSS	25.38	Standard	1	3
3	Li Ka Kit	QMSS	25.61	Standard	1	4
4	Lam King Yin	LSTYKH	26.77	Standard	2	7
5	Yan Sik Ming	LWFSS	27.33		2	1
6	Leung Siu Wai	K-LING	27.65			
7	Wong Chun Ting	CREATIVE	28.30			
Heat 5						
1	Ng Ho	KHSS	26.25	Standard	SF 1	Lane 5
2	Yau Ka Ho	PTSS	27.16		1	1
3	Lai Shun Hin	WWS	27.41		1	8
4	Sam Chun Hin	PLKLFC	27.79			
5	Yu Cheuk Pong	MSCHK	28.38			
6	Chung Wing Chung	TYH	28.85			
7	Tsang Chin Fung	RCC	28.85			
Heat 6						
1	Wong Ho Yuen	WWS	24.53	Standard	SF 2	Lane 2
2	Tsoi Kam Fung	MSCHK	26.75	Standard	2	6

3	Yeung Kwan To	LCCS	27.64		
4	Au Chi Yu	PLKLFC	27.94		
5	Cheung Man Tat	RCC	29.23		
6	Sun Yik Ting Antony	TYH		DN start	
7	Wong Chun Cheong	PTSS		DN start	

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Event 33 200m Boys C

Standard: 29.50

Record: 22.59 (2008)

Heat					SF	Lane
1	Chan Jonathan	HGSS	27.53	Standard	2	4
2	Lau Siu Hin	BHJS	28.07	Standard	2	6
3	Wong Chun	CREATIVE	28.36	Standard	1	7
4	Yau Kiu Ming	KWSC	29.45	Standard		
5	Lam Man Fung	LCCS	30.09			
6	Yu Ka Wai	K-LING	30.10			
7	Li Wai Nam	MSCHK	33.87			
8	Lee Ka Wai	CCSS			DN start	

Heat					SF	Lane
1	Du Jiming	HGSS	26.89	Standard	1	2
2	Law Sik Wang	BHJS	27.31	Standard	2	3
3	Chau Ka Ming	CCSS	27.53	Standard	1	4
4	Wong Ka Ho	LCCS	29.12	Standard		
5	Chan Chun Kit	K-LING	30.19			
6	Lee Kun Hin	CREATIVE	30.54			
7	Wong Ka Lok	SKHLFH	31.23			
8	Yeung Long Yat	MSCHK	31.56			

Heat					SF	Lane
1	Chan Cheuk Hei	PTSS	28.73	Standard	1	8
2	Cheng Wai Hung	LSTYKH	29.46	Standard		
3	Wo Cheuk Long	SKHLFH	31.51			
4	Lo Oscar	TYH	31.90			
5	Vun Tsun Sum Johnson	ICQM	32.39			
6	Ng Ka Hang	PLKLFC	34.09			
7	Ng Hoi Yiu	CCPASS	35.65			
8	Lee Ka Hing	QMSS			DN start	

Heat					SF	Lane
1	Lo Ka Lok	KHSS	27.27	Standard	2	2
2	Lam Ho Yin	PTSS	27.35	Standard	1	3
3	Chan Ka Wang	TYH	31.61			
4	Yip Kong Lung	QMSS	32.10			
5	Ho Tsz Ho	RCC			DN start	
6	Wong Hon Yin	PLKLFC			DN start	
7	Wong Chun	CCPASS			DN start	
8	Mok Shiu Him	ICQM			DN start	

Heat					SF	Lane
1	Lui Shing Hong	HGC	28.55	Standard	1	1
2	Wong Kam Wing	WWS	28.56	Standard	2	1
3	Lai Go Joy	LWFSS	29.78			
4	Au Yeung Wing Kan	CSS	31.27			
5	Cheng Hiu Fung	RCC	32.44			
6	Lo Tak Nok	KHSS	35.21			
7	Ip Wai Kuen	MCDHMC			DN start	
8	Wong Yik Long	PLKNO.1C			DN start	

Heat					SF	Lane
1	Yu Ki Fung	HGC	27.70	Standard	2	5
2	Lau Fei Lung	LWFSS	27.88	Standard	1	5
3	Au Wing Cheuk	WWS	27.92	Standard	1	6
4	Chan Kam Wa	CSS	28.21	Standard	2	7
5	Wong Ka Kit	MCDHMC	28.63	Standard	2	8
6	Pang Tsz Fung	PLKNO.1C	29.47	Standard		
7	Chu Ho Man	KWSC	29.63			
8	Ze Shan Mehmood	DMS-HW	33.26			

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Event 34 200m Girls A

Standard: 33.00

Record: 24.93 (2007)

Heat					SF	Lane
1	Chan Hoi Hiu	TOSS	31.20	Standard	2	3
2	Yeung Yin Ting	TYH	31.75	Standard	2	5
3	Li Yuen Tung	PLKLFC	33.09		2	8
4	Lau Yin Wun	BPS	34.00			
5	Cheung Hoi Ki	LCCS	34.15			
6	Fong Chi Shan	PTCC	38.45			
7	Chung Wing Yee	SKHLFH		DN start		
8	Gillian Tay	HKIS		DN start		

Heat					SF	Lane
1	Wong So Ting Christine	TOSS	30.65	Standard	2	2
2	Wu Li Sha	LWFSS	31.20	Standard	1	3
3	Wan Siu Wai	BPS	32.01	Standard	1	5
4	Au Yuk Shan	CDGFSS	32.34	Standard	2	6
5	Hung Shan Ni	LCCS	32.95	Standard	2	1
6	Lu Jiamin	HGSS	33.46			
7	Chung Lai Kwan	PLKLFC	35.69			

Heat					SF	Lane
1	Ho Lai Ying	QMSS	30.05	Standard	1	2
2	Cheng Hau Yan	YCM	31.51	Standard	1	4
3	Lau Hoi Yi	OLRC	32.71	Standard	2	7
4	Siu Shuk Fong	CDGFSS	32.74	Standard	1	7
5	Wong Kam Ying	K-LING	32.80	Standard	1	1
6	Tam Tsz Yan	DMS-HW	33.23			
7	Tsoi Yuen Ching	HGSS	33.25			

Heat					SF	Lane
1	Yam Mei Tung	OLRC	31.71	Standard	2	4
2	Tong Ho Yi	NAMS	33.22		1	8
3	Wong Ka Yi	HGC	36.52			
4	Chan Sin Ting	KWSC	38.45			
5	Cheung Wan Ying	K-LING		DN start		
6	Tsang Kim Kei	LSTYKH		DN start		
7	Ngai Man Ting	DMS-HW		DQ		

Heat					SF	Lane
1	Ng Wing Kei	KWSC	32.07	Standard	1	6
2	Sun Wing Sze	LSTYKH	34.24			
3	Yan Shi Ying	SKHLFH	34.41			
4	Suen Wing Yue	HGC	34.54			
5	Cheng Yun Ching	TYH	34.62			
6	Shum Cheuk Yan	PTCC	36.91			
7	Wong Lok Wai Noel	CCSS		DN start		

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Event 35 200m Girls B
Standard: 33.00

Record: 25.22 (2002)

Heat					SF	Lane
1	Lai Hiu Ching	HGC	30.66	Standard	3	5
2	Yeung Chung Yan	PTCC	31.45	Standard	3	7
3	Lau Ka Lee	KHSS	31.94	Standard	3	1
4	Ho Yuk Hei	K-LING	32.03	Standard	3	8
5	Cheng Yan Lam	BHJS	32.85	Standard		
6	Cheung Tsz Yan	PLKLFC	34.55			
7	Chim Wai Lam	WWS	35.46			
8	Heather Chan	HKIS		DN start		

Heat					SF	Lane
1	Lee Kin Hung	HGC	29.66	Standard	2	2
2	Ng Ka Man	TOSS	30.00	Standard	2	3
3	Yad Hiu Yan	WWS	30.18	Standard	1	3
4	Lo Huen Ting	BPS	32.62	Standard		
5	Cheung Sin Tung	MSCHK	34.79			
6	Yeung Man Yee	CCSS	35.68			
7	Felice Chan	HKIS		DN start		
8	Hung Yuk Ying	K-LING		DN start		

Heat					SF	Lane
1	Leung Hiu Yan	BPS	30.26	Standard	1	4
2	Tsang Siu Fung	NP2C	30.36	Standard	2	4
3	Kong Yee Ching	MCDHMC	31.19	Standard	2	6

4	Yip Wai Ying	CDGFSS	31.67	Standard	1	7
5	Chan Yin Ha	TOSS	32.52	Standard		
6	Lin Hiu Ching	MSCHK	32.98	Standard		
7	Mok Hoi Man	HGSS	35.06			
8	Lee Wing Yan	CCSS		DN start		
Heat 4					SF	Lane
1	Lau Fan Hei	CDGFSS	28.91	Standard	1	2
2	Fung Hoi Yi	LCCS	29.88	Standard	3	2
3	Sze Nga Ting	QMSS	32.29	Standard	2	8
4	Yip Tin Wai	LS	33.50			
5	Li Shu Lan	PTSS	34.43			
6	Chan Yan Wing Joyce	ICQM	35.62			
7	Kwok Hiu Kwan	CSS	35.95			
8	Cheung Yee Tung	LSTYKH	36.06			
Heat 5					SF	Lane
1	Law Hoi Kwan	CSS	30.55	Standard	3	4
2	Cheung Hoi Ying	LCCS	31.04	Standard	1	5
3	Leung Ka Wing	OLRC	31.27	Standard	3	6
4	Hu Chen	QMSS	31.58	Standard	2	7
5	Wong Gladys Hue Yuan	ICQM	31.72	Standard	1	1
6	Cheng Ya Yi Amie	PTSS	33.00	Standard		
7	Chan Ka Ki	SKHLFH	35.18			
8	Ho Ka Yee	LSTYKH		DN start		
Heat 6					SF	Lane
1	Fatin Shahira Binti R.	OLRC	31.18	Standard	1	6
2	Sang Ka Ki	PLKNO.1C	32.59	Standard		
3	Ma Hong Nei	TNSS	33.96			
4	Lai Ka Man	SKHLFH	34.38			
5	Kam Cheuk Wing	KWSC	34.67			
6	Lui Ho Yee	CCPASS	36.45			
7	Lo Wai	CREATIVE		DN start		
Heat 7					SF	Lane
1	Hau Jing Ting	PTCC	29.91	Standard	3	3
2	Chiu Yee On	BHJS	30.77	Standard	2	5
3	Lau Cheuk Yiu	PLKLFC	31.93	Standard	2	1
4	So Long Hang	TNSS	32.49	Standard	1	8
5	Yu Wai Kwan	CREATIVE	32.83	Standard		
6	Chan Ching Yi	KHSS	33.69			
7	Leung Kai Lee	NAMS	38.51			

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Event 36 200m Girls C

Standard: 34.00

Record: 26.02 (2009)

Heat 1					SF	Lane
1	Li Ka Sin	LS	31.13	Standard	3	3
2	Cheung Hoi Ching Veronica	TNSS	32.36	Standard	2	5
3	Tsui Kwan Ching	BPS	32.64	Standard	1	6
4	Choi Yiu Yi	HGSS	33.37	Standard	1	7
5	Luk Ka Ying	PTSS	33.67	Standard	3	1
6	Leung Yan Kiu	PTCC	34.82			
7	Lam See Jeng	CREATIVE	35.36			
8	Kwok Cho Ting	KWSC	41.40			
Heat 2					SF	Lane
1	Sieh Ying Tung Iris	BPS	30.26	Standard	1	2
2	Wong Tsz Yan	CDGFSS	31.66	Standard	1	3
3	Tang Tsz Kwan	PLKNO.1C	34.69			
4	Lam Yuen Wai	CREATIVE	34.90			
5	Lee Yeuk Lam	HGC	36.09			
6	Yung Tsz Ling	PLKLFC		DN start		
7	Leung Chi Lai	PTCC		DN start		
8	Deng Bi Jun	CCPASS		DN start		
Heat 3					SF	Lane
1	Tsang Tammi	PLKLFC	30.48	Standard	2	2
2	Cheung Ka Yee	PLKNO.1C	33.48	Standard	1	1
3	Ngan Pik Chun	LWFSS	35.48			
4	Ng Mei Ting	HGC	36.77			
5	Chan Suet Chu	WWS	39.21			

6	So Hiu Ching	CCPASS	41.01			
7	Chan Wai Tung Dana	CDGFSS		DN start		
8	Wu Ka Man	TYH		DN start		
Heat 4					SF	Lane
1	Li Kin Yi	NP2C	31.99	Standard	2	4
2	Hui Ching Wai Maisy	WWS	32.99	Standard	2	6
3	Sin Ying Ka	SKHLFH	34.27			
4	Lo Yuet Yung	TOSS	34.99			
5	Wong Ka Yan	LWFSS	35.07			
6	Wong Sin Yi	TYH	35.18			
7	Ho Ka Yan	CCSS	35.40			
8	Cheng Man Wai	NAMS	37.47			
Heat 5					SF	Lane
1	Chan Ying Tung	LCCS	33.14	Standard	3	6
2	Chong Ka Yan	TOSS	33.23	Standard	3	7
3	Ting Ka Ki	K-LING	33.30	Standard	2	7
4	Chow Hiu Yee	SKHLFH	33.87	Standard	1	8
5	Ng Wan Wan	CCSS	34.47			
6	Chan Ho Ching	BHJS	35.22			
7	Li Sin Yan	MSCHK	35.79			
8	Lai Tsz Yan	LSTYKH	36.04			
Heat 6					SF	Lane
1	Choi Cheuk Yiu	K-LING	31.71	Standard	1	4
2	Lam Wing Yee	LSTYKH	32.08	Standard	3	4
3	Chan Pei Ting	LCCS	32.36	Standard	3	5
4	Ma Ka Yan	OLRC	32.37	Standard	1	5
5	Lee Hang Chi Ann	KHSS	33.75	Standard	3	8
6	Luk Wai Man	BHJS	34.05			
7	Hui Kit Yuk	MSCHK	34.06			
8	Lau Hiu Tim	QMSS	35.14			
Heat 7					SF	Lane
1	Lui Michelle Fulguirinas	DMS-HW	31.00	Standard	3	2
2	Leung Ka Man	KHSS	31.20	Standard	2	3
3	Leung Nga Lam	TNSS	33.60	Standard	2	1
4	Ng Ka Yan	QMSS	33.80	Standard	2	8
5	Fung Cheuk Ting	HGSS	34.12			
6	Chang Lianne Tze Ki	OLRC	35.61			
7	Chan Ka Po	KWSC	54.48			
8	Yau Hoi Ying	PTSS		DN start		

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Event 37 1500m Boys C

Standard: 5:55.00

Record: 4:31.24 (2008)

Heat 1					Final	Lane
1	Wong Tik Kan	BHJS	5:16.31	Standard	1	
2	Hon Tsz King	K-LING	5:28.51	Standard	2	
3	Lau Yik Sau	RCC	5:33.41	Standard	3	
4	Lee Chun	HGSS	5:35.94	Standard	4	
5	Chow Yu Chun Billy	WWS	5:44.70	Standard	8	
6	Wong Shiu Hang	LCCS	5:52.28	Standard	12	
7	Chan She Ping	PTSS	5:56.02			
8	Ko Lok Yan	CSS	6: 6.00			
9	Lui Yiu Kwong	ICQM	6: 6.24			
10	Cheng Man Ho	PLKLFC	6:28.96			
11	Yeung Ho Yan	HGC	6:37.98			
12	Tse Wing Ho	CCSS	6:46.38			
13	Lam Faat Hing	CCPASS	6:53.85			
14	Yeung Ka Shing	KHSS	7:18.33			
15	Chan To	TYH		DN start		
16	Cheung Ka Ho	PLKNO.1C		DN start		
17	Zhang Shao Cong	KWSC		DN start		
Heat 2					Final	Lane
1	Lau Hoi Chun	SKHLFH	5:41.23	Standard	5	
2	Leung Ho Fai	CSS	5:42.14	Standard	6	
3	Fung Chin Chun	HGSS	5:43.93	Standard	7	
4	Cheuk Kai Tung	BHJS	5:46.40	Standard	9	
5	Chan Yat Sing	LCCS	5:48.11	Standard	10	

6	Wong Tsz Lung	KHSS	5:50.34	Standard	11
7	Zee Hon Lin	HGC	5:55.37		
8	Cheung Chun Fung	K-LING	5:57.18		
9	Li Chun Kiu Marco	RCC	6: 0.75		
10	Chan Ka Kin	PTSS	6: 4.75		
11	Pak Chun Ngai	TYH	6: 7.87		
12	Lan Tin Long	WWS	6: 8.93		
13	Tam Ho Fung	NAMS	6:22.25		
14	Lee Chun Wa	PLKLFC	6:30.17		
15	Li Wing Hin	CCPASS	6:42.53		
16	Lau Chi Yung	PLKNO.1C		DN start	

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Event 38 1500m Boys B

Standard: 5:35.00

Record: 4:19.04 (2003)

Heat 1

Final Lane

1	Chan Cheuk Nam	NAMS	4:53.53	Standard	3
2	Tam Man Fung	BHJS	4:53.57	Standard	4
3	Luk Ning Hei	CSS	5:14.45	Standard	6
4	Ho Chun Yu	CCPASS	5:15.09	Standard	8
5	Tsang Wai Lun	KHSS	5:15.09	Standard	7
6	Chim Ho Man	CREATIVE	5:15.23	Standard	9
7	Chan Kam Lung	WWS	5:16.29	Standard	10
8	So Man Keung	SKHLFH	5:23.16	Standard	12
9	Ng Koon Lung	TYH	5:33.03	Standard	
10	Chan Chak Kwan	HGC	5:33.50	Standard	
11	Cheuk Yuk Ming	PLKLFC	5:34.66	Standard	
12	Tang Tsz Hau	RCC	5:36.02		
13	Lee On Yat	PTSS	5:37.77		
14	Wong Sing Yu	LCCS	5:42.30		
15	Lee Yin Ming	ICQM	6:24.29		
16	Kwan Man Hong	KWSC	7: 7.42		
17	Chan Sik Lai	K-LING		DN finish	
18	Wong Chun Yin	CYC		DN finish	
19	Kwok Chu Leung	CCSS		DN finish	
20	Chu King Long	LWFSS		DN start	

Heat 2

Final Lane

1	Li Ka Shun	BHJS	4:48.01	Standard	1
2	Tong Cheuk Him	KHSS	4:51.00	Standard	2
3	Mok Kwai Yu	WWS	4:58.53	Standard	5
4	Lee Ka Leong	TYH	5:18.81	Standard	11
5	Yuen Ho Fai	LCCS	5:23.77	Standard	
6	Li Man Wai	CCPASS	5:29.47	Standard	
7	Ng Long Yu	HGC	5:32.05	Standard	
8	Chow Ka Shing Hei	NAMS	5:32.95	Standard	
9	Or Ka Chun	CYC	5:50.45		
10	Lam Yin Hung	ICQM	5:56.94		
11	Lau Ka Leung	K-LING	5:57.51		
12	Kwong Chun Kit	CREATIVE	5:57.52		
13	Tse Chi Pang	CCSS	6: 5.86		
14	Lai Hin Chun	MCDHMC		DN start	
15	Chan Hon Sze	KWSC		DN finish	
16	Chung Wing Sing	PLKLFC		DN start	
17	Lam Chung Kei	PTSS		DN finish	
18	Lam Ka Fai	SKHLFH		DN finish	
19	Jason Yao	HKIS		DN start	

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Event 39 1500m Boys A

Standard: 5:30.00

Record: 4:05.76 (2004)

Heat 1

Final Lane

1	Chun Yau Pong	CSS	5: 7.77	Standard	7
2	Tam Ming Hong	NAMS	5:10.71	Standard	8
3	Li Tsz Yeung	LCCS	5:12.71	Standard	10
4	Ma Chung Ho	K-LING	5:14.76	Standard	
5	Fung Kai Yin	SKHLFH	5:16.44	Standard	
6	Lam Hung Kei	TYH	5:19.72	Standard	

7	Choak Ho Yin	WWS	5:23.38	Standard	
8	Tang Wai Lam Waylon	ICQM	5:23.78	Standard	
9	Lai Ka Chun	HGC	5:42.08		
10	Yuen Ka Wa	PTSS	5:45.86		
11	Chiu Lok Hin	PLKLFC	5:47.95		
12	Fong Hung Sang	DMS-HW	5:56.81		
13	Christian Laible	HKIS		DN start	
14	Cheung King Him	LWFSS		DN start	
15	Leung Tsz Hong	CCSS		DN start	
16	Fu Wing Sing	CCPASS		DN start	
17	Lo Kwok Pan	HGSS		DN start	
18	Lam Cheuk Ngai	KWSC		DN start	
19	Guan Canhui	LS		DN start	

Heat 2 Final Lane

1	Shao Hung Leong	CCPASS	4:56.73	Standard	1
2	Lee Cheuk Ki	KHSS	4:58.60	Standard	2
3	Leung Wang Kit	YCM	4:58.93	Standard	3
4	Yeung Chung Ming	LCCS	4:58.95	Standard	4
5	Chow Man Kin	WWS	5: 3.04	Standard	5
6	He Jinhong Andy	NAMS	5: 3.31	Standard	6
7	Kwan Chun Ming	DMS-HW	5:11.93	Standard	9
8	Lam Wai Kuen	CCSS	5:12.75	Standard	11
9	Poon Wing Keung	TYH	5:13.41	Standard	12
10	Li Pui Hay	SKHLFH	5:14.23	Standard	
11	Wang Sze Ho	CSS	5:21.54	Standard	
12	Suen Ka Chun	KWSC	5:29.87	Standard	
13	Chung Cheuk Ki	PLKLFC	5:29.88	Standard	
14	Cheung Pak Hing	K-LING	5:31.44		
15	Qian Yan Jun	HGC	6: 1.02		
16	Man Ho Tin	PTSS		DN start	
17	Wu Ka Ming	HGSS		DN start	
18	Li Chung Hin	MSCHK		DN start	
19	Dylan Nisky	HKIS		DN start	

Event 40 4x400m Relay Girls C

Standard: 5:40.00 Record: 4:16.63 (2008)

Heat 1 Final Lane

1		KHSS	5:13.31	Standard	2
2		TNSS	5:24.41	Standard	5
3		LCCS	5:26.01	Standard	1
4		PTSS	5:26.31	Standard	8
5		K-LING	5:32.93	Standard	
6		CCPASS		DN start	

Heat 2 Final Lane

1		BPS	5:18.38	Standard	4
2		TOSS	5:24.99	Standard	6
3		CDGFSS	5:25.56	Standard	7
4		WWS	5:38.88	Standard	
5		HGC	5:49.23		
6		PLKNO.1C		DN start	

Heat 3 Final Lane

1		PLKLFC	5:15.64	Standard	3
2		BHJS	5:29.17	Standard	
3		OLRC	5:40.60		
4		TYH	5:52.65		
5		SKHLFH	6: 6.89		
6		NAMS		DN start	

Event 41 4x400m Relay Girls B

Standard: 5:31.00 Record: 4:15.21 (2009)

Heat 1 Final Lane

1		BPS	4:55.61	Standard	2
2		CDGFSS	5: 3.98	Standard	4
3		PLKLFC	5:17.14	Standard	
4		WWS	5:18.22	Standard	

5	LWFSS	5:20.40	Standard	
6	NAMS	5:42.41		
7	NP2C		DN start	
8	LSTYKH		DN start	
Heat 2				Final Lane
1	K-LING	5: 9.54	Standard	6
2	LCCS	5:10.21	Standard	7
3	TOSS	5:11.41	Standard	1
4	BHJS	5:14.75	Standard	8
5	SKHLFH	5:49.53		
6	PTSS	5:49.68		
7	TNSS		DQ	
Heat 3				Final Lane
1	KHSS	5: 0.70	Standard	3
2	OLRC	5: 7.38	Standard	5
3	CREATIVE	5:17.60	Standard	
4	PLKNO.1C	5:32.43		
5	TYH	5:37.05		
6	HGC	6: 7.71		
7	QMSS		DN start	

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Event 42 4x400m Relay Girls A

Standard: 5:30.00

Record: 4:09.77 (2009)

Heat 1				Final Lane
1	DMS-HW	4:53.11	Standard	2
2	CDGFSS	5: 5.53	Standard	3
3	NAMS	5:18.64	Standard	6
4	BHJS	5:27.62	Standard	1
5	TYH	5:31.54		
6	LCCS	5:39.00		
7	TOSS		DN start	
Heat 2				Final Lane
1	BPS	5:11.16	Standard	4
2	SKHLFH	5:18.09	Standard	5
3	K-LING	5:20.43	Standard	7
4	WWS	5:30.53		8
5	HGC	6: 4.83		
6	LSTYKH		DN start	
7	QMSS		DN start	

HONG KONG SCHOOLS SPORTS FEDERATION
 Inter-School Athletics Championships
 Division Three (Area One)
 Day Two: 29 January 2010

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 Event 1 Long Jump Girls C
 Standard: 3.40 Record: 5.43 (2009)

Position	Name	School	Result	Remark	Points
1	Chau Hoi Wang	PLKNO.1C	3.94	Standard	9
2	Wu Ka Yu	OLRC	3.92	Standard	7
3	Kwong Lok Yiu	PTSS	3.79	Standard	6
4	Yip Tsz Ying	CSS	3.67	Standard	5
5	Tsang Kam Ting	HGC	3.58	Standard	4
6	Liu Yuen Wai	BHJS	3.57	Standard	3
7	Yip Yu Kwan	NP2C	3.53	Standard	2
8	Cheung Ka Yee	PLKNO.1C	3.53	Standard	1
	Wong Shuk Ngai	WWS	3.48	Standard	
	Kit Wing Lam	CCSS	3.45	Standard	
	Chan Yee Mei	BHJS	3.44	Standard	
	Cheng Sin Ying	SKHLFH	3.43	Standard	
	Tsang Sze Wing	K-LING	3.42	Standard	
	Lee Yeuk Lam	HGC	3.41	Standard	
	Tsoi Wai Yin	OLRC	3.39		
	Li Yan Lok	TOSS	3.24		
	Ho Ka Yan	CCSS	3.23		
	Lam Hiu Tung	NP2C	3.20		
	Cheung Ching Yi	CDGFSS	3.20		
	Wong Tsz Yan Melissa	K-LING	3.16		
	Yu Hok Sum	PTSS	3.12		
	Lee Hiu Yau	WWS	3.03		
	Mak Cheuk Man	QMSS	3.03		
	Li Wing Yan	CDGFSS	3.01		
	Xu Haolin	SKHLFH	2.95		
	Kwok Pui Sze	LWFSS	2.92		
	Au Yeung Lok Yi	NAMS	2.92		
	Lam Sin Mei	MSCHK	2.88		
	Lai Tsz Yan	LSTYKH	2.87		
	Ho Hoi Lam	ICQM	2.85		
	Fung Wing Yuet	MSCHK	2.82		
	Lau Hiu Tim	QMSS	2.80		
	Cheung Yuen Shan	RC	2.71		
	Lam Ching Man	CSS	2.68		
	Mak Yu Tim	LCCS	2.61		
	Lo Pui Yan	PTCC	2.59		
	Chan Kwok Chi	BPS	2.42		
	Lee Yee Tin	PTCC	2.36		
	Mau Man Yu	NAMS		DN take part	
	Fung Yee Man	LSTYKH		DN take part	
	Wong Tsoi Tik	BPS		DN take part	
	Lam Yuen Wai	CREATIVE		DN take part	
	Leung Tsz Tsing	LCCS		No Mark	
	Lo Ching Kwan	KHSS		DN take part	
	Leung Ching Wan	RC		No Mark	
	Yu Wai Ka	TOSS		DN take part	
	Yung Hiu Yan Tiffany	ICQM		No Mark	
	So Hiu Ching	CCPASS		No Mark	

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 Event 2 Shot Put Boys B
 Standard: 9.20 (4kg) Record: 14.70 (2003) (4kg)

Position	Name	School	Result	Remark	Points
1	Cheung Yuen Kwan	NAMS	11.54	Standard	9
2	Mak Ho Fung	K-LING	11.03	Standard	7
3	Yip Chi Wing	LS	10.91	Standard	6

4	Hsu Sai Yeung	HGC	10.62	Standard	5
5	Mo Kei Fai	TYH	10.56	Standard	4
6	Ng Wing Ho	HGSS	10.41	Standard	3
7	So Ka Ho	CCSS	10.33	Standard	2
8	Yip Kin Shing	KHSS	10.16	Standard	1
	Li Tin Ho	BHJS	10.14	Standard	
	Lam Chun Fai	K-LING	10.14	Standard	
	Ng Ching Chak	KWSC	10.13	Standard	
	Huang En Yi	PTSS	9.95	Standard	
	Law Ting Tak	WWS	9.87	Standard	
	Sham Yui Man	MSCHK	9.85	Standard	
	Lam Yat Hang	MSCHK	9.78	Standard	
	Lau Tak Lung	BHJS	9.76	Standard	
	Kwan Tim Cheung	CCPASS	9.64	Standard	
	Chow Sung Yip	LCCS	9.58	Standard	
	Kwun Ho Laam	SKHLFH	9.51	Standard	
	Xu Wei Long	NAMS	9.35	Standard	
	Tin Wai Chung	HGSS	9.32	Standard	
	Chiang Pok Yui	LCCS	9.22	Standard	
	Chan Lap Kwan	SKHLFH	9.17		
	Lee Kin Tak	CYC	9.17		
	Li Tsz Yin	CSS	8.87		
	Chan Ying Ho	CYC	8.80		
	Fok Yat Hang	LWFSS	8.67		
	So Siu Laam	HGC	8.61		
	Shek Chak Ngan	CCSS	8.36		
	Kwok Chun Kit	TYH	8.34		
	Chan Yu Chung	WWS	8.28		
	Tam Cheuk Man	CSS	8.28		
	Zhou Weijian	DMS-HW	8.19		
	Wong Wing Kwan	PTSS	7.88		
	Yau Man Lai	CREATIVE	7.84		
	Lau Chi Wai	KHSS	7.79		
	Tsui Hin	CREATIVE		DN take part	
	Huang Charles	PLKLFC		DN take part	
	Choi Cheung Yan	STCS		DN take part	
	Tan Jie Wen	KWSC		DN take part	
	Wong Man Hong	DMS-HW		No Mark	

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Event 3 Discus Girls A

Standard: 15.00 (1kg)

Record: 38.06

(2009) (1kg)

Position	Name	School	Result	Remark	Points
1	Ho Pui Ling	NAMS	21.99	Standard	9
2	Li Wan	NAMS	19.27	Standard	7
3	Cheng Weng Na	YCM	18.08	Standard	6
4	Hui Shuk Man	TYH	17.45	Standard	5
5	Lau Shan Shan	CDGFSS	16.58	Standard	4
6	Chan Wing Lam	PLKLFC	16.38	Standard	3
7	Lau Wing Yi	KHSS	16.07	Standard	2
8	Lee Siu Yin	HGC	15.97	Standard	1
	Lee Tsz Kwan	PTCC	15.45	Standard	
	Chan Tsz Ching	LSTYKH	15.42	Standard	
	Chan Ching Hang	TOSS	15.29	Standard	
	Wong Sze Wai	SKHLFH	14.96		
	Shum Yan Sin	PTCC	14.92		
	Chong Ngai Lai	CDGFSS	14.86		
	Chu Pui Hang	KWSC	14.32		
	Ho Cheuk Yan	BHJS	13.89		
	Yeung Lok Man	BHJS	13.80		
	Ho Hiu ting	YCM	13.73		
	Wong Chi Lam	K-LING	13.71		
	Yip Sin Kei	K-LING	13.68		
	Ng Wai Ting	BPS	13.27		
	Chan Wing Kee	SKHLFH	13.26		
	Hung Pui Yan	PLKLFC	12.96		
	Kwok Yuen Tung	OLRC	12.44		

Gbadago Jemima Joy	DMS-HW	No Mark
Ip Wing Tung	TYH	DN take part
Wong Sze Yee	CSS	No Mark
Ho Man Chi	KWSC	No Mark
Yip Hiu Tung	KHSS	No Mark
Kwok Hiu Shan	PTSS	No Mark
Zhang Caimei	DMS-HW	No Mark
Yeung Hoi Yan	HGC	DN take part
Hui Yin Sau	CCSS	DN take part
Un Pik Ha	LCCS	DN take part
Chang Ka Wai	LCCS	DN take part
Chu Shun Yan	LSTYKH	No Mark
Hui Ka Yan	HGSS	DN take part
Chui Ho Ting Kristy	CSS	No Mark
Lam Shuk Ki	TOSS	No Mark

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Event 4 Triple Jump Boys A
Standard: 10.80

Record: 14.93 (1988)

Position	Name	School	Result	Remark	Points
1	Tai Yuk Kwan	WWS	11.96	Standard	9
2	Kwok Tsz Leung	MSCHK	11.94	Standard	7
3	Lee Chun Wai	CCPASS	11.54	Standard	6
4	Yu Hok To	TYH	11.46	Standard	5
5	Tse Chi Wai	K-LING	11.38	Standard	4
6	Ho Chi Him	MSCHK	11.18	Standard	3
7	Cheung Yuen Chi	SKHLFH	11.15	Standard	2
8	Zeng Jinghua	NAMS	11.08	Standard	1
	Wan Ka Fai	YCM	10.82	Standard	
	Chu Tsz Ming	QMSS	10.79		
	Wong Hoi Hong	HGC	10.70		
	Cheng Kin	PTSS	10.67		
	Wong Cheuk Ho	HGC	10.46		
	Fung Wai Leung	CCPASS	10.42		
	Ang Pok Man	CCSS	10.37		
	Au Chun	TYH	10.35		
	Wong Wai Lun	K-LING	10.32		
	Luk Chun Fai	CCSS	10.29		
	Chan Yung Shek	CSS	10.10		
	Li Man	NAMS		No Mark	
	Cheng Po Nam	PLKLFC		No Mark	
	Ng Yu Yeung Sunny	CSS		DN take part	
	Keung Ka Chun	STCS		DN take part	
	Cheung Yiu King	STCS		DN take part	
	Chan See Yu	BHJS		DN take part	
	Chan Siu Chung	YCM		DN take part	
	Li Ka Ho	SKHLFH		DN take part	
	Hui Chung Kin Derek	BHJS		No Mark	

=====
Event 5 High Jump Girls B
Standard: 1.20

Record: 1.66 (2004)

Position	Name	School	Result	Remark	Points
1	Lo Lai Man	LSTYKH	1.45	Standard	9
2	Lai Pui Ki	PLKNO.1C	1.38	Standard	7
3	Yeung Hoi Ting	OLRC	1.38	Standard	6
4	Wong Cheuk Yin	CREATIVE	1.32	Standard	5
5	Chan Wing Suen	CDGFSS	1.32	Standard	4
6	Chan Tsoi Kwan	CREATIVE	1.26	Standard	3
7	Wong Hing Yee	LCCS	1.23	Standard	2
8	Chow Cheuk Lam	PLKNO.1C	1.23	Standard	1
	Sze Nga Ting	QMSS	1.20	Standard	
	Tin Siu Ngong	CCSS	1.20	Standard	
	Suen Yan Ting Iky	BHJS	1.20	Standard	
	Lee Dan Tung	CSS	1.17		
	Chan Yuen Man	LWFSS	1.17		
	Lo Ka Wai	CDGFSS	1.17		

Leung Yan Yee	PTCC	1.17	
Choy Ching Yi	HGC	No Mark	
Leung Ka Wing	OLRC	No Mark	
Tang Wing Yan	LWFSS	No Mark	
Cheung Tsz Yan	PLKLFC	No Mark	
Chak Cheuk Sze	HGC	No Mark	
Chung Tsz Wing	QMSS	No Mark	
Yeung Hoi Yan	TNSS	No Mark	
Deng Anqi	CCSS	No Mark	
Cheng Pui Yan	TOSS	No Mark	
Kwong Yan Ming	TOSS	No Mark	
Yik Pui See	TNSS	No Mark	
Chan Chu Ming	K-LING	No Mark	
Wong Wai Man	LCCS	DN take part	
Wan So Shan	WWS	No Mark	
Chan Hiu Tung	PTSS	No Mark	
Ting Sze Yan	PTSS	No Mark	
Chan Yuet Kiu	CSS	No Mark	
Lau Cheung Yee	WWS	DN take part	
Chan On Yee	BPS	No Mark	
Cheung Man	BPS	No Mark	
Chan Ka Ki	SKHLFH	No Mark	
Lam Tsz Yan	SKHLFH	No Mark	
Yeung Chung Yan	K-LING	DN take part	
Wong Kai Shuen	BHJS	No Mark	

=====
Event 6 100m Hurdles Girls C
Standard: 24.00 (0.762m) Record: 15.84 (2008) (0.762m)

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Event 7 100m Hurdles Girls B
Standard: 23.00 (0.762m) Record: 14.66 (2006) (0.762m)

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Event 8 100m Hurdles Girls A
Standard: 22.50 (0.762m) Record: 14.24 (2008) (0.762m)

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Event 9 100m Hurdles Boys C
Standard: 21.00 (0.84m) Record: 13.57 (2009) (0.84m)

=====
Event 10 100m Hurdles Boys B
Standard: 20.00 (0.914m) Record: 13.54 (2008) (0.914m)

Semi-Final 1				Final Lane
1	Chan Chun Him	TYH	16.07	2
2	Leung Hoi Man Victor	WWS	16.63	5
3	Leung Chun Wai	PTSS	17.10	6
4	Wong Fan Yung	SKHLFH	18.21	7
5	Ng Cheuk Hin	BHJS	18.96	
6	Yu Ho Ching	PLKLFC	19.11	
7	Lee Man Wai	CSS	19.52	
8	Lau Ka Lok	HGC	20.10	

Semi-Final 2				Final Lane
1	Tse Jenson	ICQM	16.38	3
2	Wong Ho Yuen	WWS	16.54	4
3	Yuen Ho Fai	LCCS	18.22	1
4	Fung Chi Yeung	BHJS	18.43	8
5	Wong Ka Wing	K-LING	19.49	
6	Cheung Pang Cho	K-LING	19.76	
7	Zeng Teng Hao	KHSS	19.84	
8	Wan Ho Kuen	CCSS		

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Event 11 110m Hurdles Boys A
Standard: 20.30 (0.914m) Record: 14.20 (2009) (0.914m)

=====
 Event 12 1500m Boys C

Standard: 5:55.00 Record: 4:31.24 (2008)

Final				Points
1	Hon Tsz King	K-LING	5:10.50	9
2	Wong Tik Kan	BHJS	5:11.64	7
3	Wong Shiu Hang	LCCS	5:21.64	6
4	Lau Yik Sau	RCC	5:22.77	5
5	Lau Hoi Chun	SKHLFH	5:25.90	4
6	Fung Chin Chun	HGSS	5:25.94	3
7	Chow Yu Chun Billy	WWS	5:28.15	2
8	Cheuk Kai Tung	BHJS	5:28.62	1
9	Chan Yat Sing	LCCS	5:36.46	
10	Lee Chun	HGSS	5:37.35	
11	Leung Ho Fai	CSS	5:38.27	
12	Wong Tsz Lung	KHSS	5:41.38	

=====
 Event 13 1500m Boys B

Standard: 5:35.00 Record: 4:19.04 (2003)

Final				Points
1	Tong Cheuk Him	KHSS	4:42.87	9
2	Li Ka Shun	BHJS	4:43.83	7
3	Tam Man Fung	BHJS	4:44.24	6
4	Chan Cheuk Nam	NAMS	4:45.87	5
5	Tsang Wai Lun	KHSS	5: 6.35	4
6	Chan Kam Lung	WWS	5: 7.36	3
7	Mok Kwai Yu	WWS	5: 9.45	2
8	Chim Ho Man	CREATIVE	5:14.38	1
9	Lee Ka Leong	TYH	5:16.31	
10	Luk Ning Hei	CSS	5:21.51	
11	So Man Keung	SKHLFH	5:32.84	
12	Ho Chun Yu	CCPASS		

=====
 Event 14 1500m Boys A

Standard: 5:30.00 Record: 4:05.76 (2004)

Final				Points
1	Li Tsz Yeung	LCCS	4:55.20	9
2	Chun Yau Pong	CSS	4:56.07	7
3	Lee Cheuk Ki	KHSS	4:56.54	6
4	Shao Hung Leong	CCPASS	4:57.20	5
5	Yeung Chung Ming	LCCS	4:59.29	4
6	Chow Man Kin	WWS	5: 1.41	3
7	Tam Ming Hong	NAMS	5: 2.00	2
8	He Jinhong Andy	NAMS	5: 4.66	1
9	Leung Wang Kit	YCM	5: 5.96	
10	Kwan Chun Ming	DMS-HW	5: 6.76	
11	Lam Wai Kuen	CCSS	5:10.01	
12	Poon Wing Keung	TYH		

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 Event 15 100m Girls C

Standard: 16.10 Record: 12.55 (2004)

Semi-Final 1				Final Lane
1	Li Ka Sin	LS	14.54	3
2	Fung Ching Kan	BPS	14.99	6
3	Yu Tsz Yung	SKHLFH	15.04	1
4	Li Kin Yi	NP2C	15.21	
5	Lam Wing Yee	LSTYKH	15.49	
6	Wong Cheuk Ying	PTSS	15.55	
7	Wong Yin Wing Cherry	MCDHMC	16.77	
8	Choi Ho Yi	BHJS		
Semi-Final 2				Final Lane
1	Law Man Chung	K-LING	14.45	2
2	Lui Michelle Fulguirinas	DMS-HW	14.79	4

3	Choi Cheuk Yiu	K-LING	14.96	5
4	Ng Cheuk Yan	LSTYKH	15.06	8
5	Wong Tsz Yan	CDGFSS	15.07	
6	Mok Hoi Yan	PLKLFC	15.66	
7	Foo Yuet Long	CREATIVE	15.69	
8	Yip Tsz Ying	CSS	16.54	
Semi-Final 3				Final Lane
1	Wong Tsoi Tik	BPS	15.01	7
2	Chong Ka Yan	TOSS	15.28	
3	Chan Pei Ting	LCCS	15.29	
4	Chan Hoi Yiu	NP2C	15.60	
5	Chan Ying Tung	LCCS	15.77	
6	Kit Wing Lam	CCSS	15.94	
7	Leung Nga Lam	TNSS	15.95	
8	Mak Wing Ki	PLKLFC	16.01	

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Event 16 100m Girls B

Standard: 16.00

Record: 12.21 (2005)

Semi-Final 1				Final Lane
1	Lau Fan Hei	CDGFSS	13.47	2
2	Yad Hiu Yan	WWS	14.21	3
3	Chiu Yee On	BHJS	14.39	7
4	Leung Hiu Yan	BPS	14.70	
5	Lai Hiu Ching	HGC	14.74	
6	Hung Lok Yee	PTCC	14.80	
7	Cheng Ya Yi Amie	PTSS	15.25	
8	Pang Yee Tak	CREATIVE		

Semi-Final 2				Final Lane
1	Ng Ka Man	TOSS	14.24	5
2	Fung Hoi Yi	LCCS	14.27	6
3	Cheung Hoi Ying	LCCS	14.77	
4	Ng Hoi Tung	CCSS	15.15	
5	Ng Man Wai	OLRC	15.16	
6	Yeung Chung Yan	K-LING	15.42	
7	Lo Pui Shuen	PLKLFC		
8	Law Hoi Kwan	CSS		

Semi-Final 3				Final Lane
1	Lee Kin Hung	HGC	14.23	4
2	Kwong Hiu Lam	BPS	14.43	1
3	Tsang Siu Fung	NP2C	14.44	8
4	Fatin Shahira Binti R.	OLRC	14.56	
5	Hau Jing Ting	PTCC	14.65	
6	Wong Gladys Hue Yuan	ICQM	14.99	
7	Kong Yee Ching	MCDHMC	15.13	
8	Wong Ka Yan	LS	15.26	

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Event 17 100m Girls A

Standard: 15.50

Record: 11.99 (2009)

Semi-Final 1				Final Lane
1	Chan Hoi Hiu	TOSS	13.79	2
2	Wong Sze Man	LSTYKH	14.27	3
3	Yeung Yin Ting	TYH	14.74	1
4	Tang Sze Sze Teresa	OLRC	15.26	
5	Au Yuk Shan	CDGFSS	15.35	
6	Chan Suen Lam	BPS	15.75	
7	Wong Wai Yin	TYH		
8	Yam Hei Tung	OLRC		

Semi-Final 2				Final Lane
1	Yip Yee Lui	TOSS	14.34	4
2	Wong Ka Man	KWSC	14.39	5
3	Cheng Sau Kan	LSTYKH	14.49	6
4	Wu Li Sha	LWFSS	14.58	7
5	Wan Siu Wai	BPS	14.99	8
6	Cheng Hau Yan	YCM	15.02	
7	Li Yuen Tung	PLKLFC	15.19	

8 Chung Wing Yee SKHLFH 18.91

Event 18 100m Boys C

Standard: 14.10

Record: 11.21 (2009)

Semi-Final 1

Final Lane

1	Du Jiming	HGSS	12.85
2	Chan Jonathan	HGSS	13.14
3	Lam Ho Yin	PTSS	13.24
4	Chan Man Wai	BHJS	13.30
5	Chau Ka Ming	CCSS	13.55
6	Wong Ka Kit	MCDHMC	13.66
7	Lau Ka Yip	LSTYKH	13.78
8	Mok Shiu Him	ICQM	13.93

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Semi-Final 2

Final Lane

1	Chan Kam Wa	CSS	13.31
2	Choi Man Ho Calvin	BHJS	13.33
3	Lui Shing Hong	HGC	13.35
4	Chan Ka Tung	HGC	13.36
5	Lee Tsz Yeung	CREATIVE	13.40
6	Tam Man Kit	CREATIVE	13.43
7	Lau Fei Lung	LWFSS	13.59
8	Chan Cheuk Hei	PTSS	13.68

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Event 19 100m Boys B

Standard: 13.30

Record: 11.03 (2008)

Semi-Final 1

Final Lane

1	Pang Tsz Fung	BHJS	11.68
2	Chan Man Wa	KHSS	12.27
3	Kam Pak Hin	K-LING	12.61
4	Ho Man	WWS	12.74
5	Chan Ka Chun	LCCS	13.00
6	Tsoi Kam Fung	MSCHK	13.34
7	Siu Ho Yeung	QMSS	13.40
8	Wong Sang Shun	KWSC	

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Semi-Final 2

Final Lane

1	Yuen Tsz Tai	BHJS	12.15
2	Leung Hoi Man Victor	WWS	12.53
3	Cheung Kai Wang	DMS-HW	12.79
4	Ng Ho	KHSS	12.87
5	Lam King Yin	LSTYKH	12.94
6	Lun Wai	CCSS	13.18
7	Sam Chun Hin	PLKLFC	13.24
8	Sham Yui Man	MSCHK	13.82

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Event 20 100m Boys A

Standard: 12.80

Record: 10.40 (2008)

Semi-Final 1

Final Lane

1	Wong Ting Tat	YCM	12.09
2	Hon Chi Ho	CSS	12.30
3	Zou Yue Qiang	PTSS	12.38
4	Tan Yongje	NAMS	12.46
5	Lau Hon Man	BHJS	12.51
6	Hui Chung Kin Derek	BHJS	12.59
7	Sham Kit Nam	RCC	12.66
8	Wong Ka Yin	DMS-HW	12.94

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Semi-Final 2

Final Lane

1	Wan Chi Ki	MCDHMC	11.84
2	Cheung Kin Ho	HGSS	12.19
3	So Ching On	KHSS	12.33
4	Tam Chi Kit	LWFSS	12.39
5	Wong Hoi Hong	HGC	12.48
6	Fong Wai Hung	RCC	12.74
7	suen Wai Fung	MCDHMC	12.86
8	Lo Sze Nok	LCCS	12.87

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 Event 21 Long Jump Boys B

Standard: 4.80

Record: 6.92 (2009)

Position	Name	School	Result	Remark	Points
1	Wu Chin Chung	MCDHMC	5.53	Standard	9
2	Ho Kai Pong	BHJS	5.51	Standard	7
3	Li Chung Wang	WWS	5.35	Standard	6
4	Yeung Hoi Wing	PTSS	5.29		5
5	Wong Ka Po	HGC	5.23	Standard	4
6	Wong Chun Kwok	CCSS	5.20	Standard	3
7	Chan Kin	STCS	5.18	Standard	2
8	Chan Ying Ho	CYC	4.97	Standard	1
	Kwok Chu Leung	CCSS	4.77		
	Yeung Chun Ho	LCCS	4.71		
	Li Lok Hei	CREATIVE	4.69		
	Lam Shi Pok	DMS-HW	4.61		
	Cheung Wai Wang	DMS-HW	4.59		
	Lee Kin Tak	CYC	4.59		
	Chung Sau Fung	K-LING	4.58		
	Cheung Man Tat	RCC	4.57		
	Hung Chun Kit	SKHLFH	4.54		
	Leung Yuk Kwan	MSCHK	4.46		
	Hon Wai Kwong	QMSS	4.45		
	Lo Kwong Yui	TYH	4.45		
	Yeung Yat Sing	KWSC	4.42		
	Sin Chi Kin	LCCS	4.40		
	Wong Fan Yung	SKHLFH	4.38		
	Lo Tsz Pun	RCC	4.35		
	Chan Yung Wai	K-LING	4.17		
	Lui Chun Kit Kevin	HGSS	4.15		
	Leung Yiu Chun	CSS	4.14		
	Li Chun Hei	PTSS	4.07		
	Chung Pui Kwan	LSTYKH	4.05		
	Siu Ho Yeung	QMSS	4.04		
	Yeung Ngan Yuen	BHJS	4.01		
	Lam Yin Hung	ICQM	4.01		
	Tang Ming Ho	CSS	3.95		
	Chin Yee Yu	MSCHK	3.65		
	Lau Ka Fun	KHSS	3.54		
	Siu Kwing Tou	ICQM	3.34		
	Wong Wai Kin	STCS		No Mark	
	Ho Chun Hin	KHSS		DN take part	
	Chong Sung Chun	HGC		DN take part	
	Lau Chun Cheung	CREATIVE		DN take part	
	Li Tsz Wing	PLKNO.1C		DN take part	
	Li Man Wai	CCPASS		DN take part	
	Ma Po Kwan	KWSC		DN take part	
	Leung Chun Kit	WWS		DN take part	

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 Event 22 400m Girls C

Standard: 1:25.00

Record: 58.78 (2000)

Semi-Final 1				Final Lane
1	Tsang Tammi	PLKLCF	1: 7.77	2
2	Yuen Ka Yee	PTSS	1:15.75	6
3	Mok Ka Yi	OLRC	1:16.25	8
4	Choi Yiu Yi	HGSS	1:19.92	
5	Keung Tsz Ching	MSCHK	1:19.95	
6	Li Tsz Wa Elise	MCDHMC	1:20.73	
7	Au Gi Yo	LCCS	1:20.89	
8	Lee Yan Ming	BPS		
Semi-Final 2				Final Lane
1	Lai Tsz Yan	TNSS	1: 7.89	3
2	Au Gi Wa	LCCS	1:16.00	7
3	Ma Ka Yan	OLRC	1:16.24	1
4	Au Yee Hung Angie	TNSS	1:17.30	

5	Kwok Hau Yi	LWFSS	1:19.15
6	Chan Siu Man	BHJS	1:20.63
7	Chan Hung Yi	WWS	1:22.64
8	Cheng Ting Hei	HGSS	

Semi-Final 3

Final Lane

1	Leung Ka Man	KHSS	1:12.56	4
2	Wong Lik Ho	WWS	1:14.73	5
3	Ng Yuen Yee	BHJS	1:16.56	
4	Au Hiu Lam	KHSS	1:16.98	
5	Cheung Sin Man	TOSS	1:17.73	
6	Wong Choi Ha	HGC	1:17.82	
7	Chung Ming Sum	K-LING	1:19.64	
8	Lau Yat Ching	TOSS	1:25.78	

Event 23 400m Girls B

Standard: 1:23.00

Record: 57.29 (2002)

Semi-Final 1

Final Lane

1	Cheung Mei Chi	OLRC	1: 8.92	2
2	Fok Yuen Yan	KHSS	1: 9.78	3
3	Wong Sau Yu	BPS	1:12.15	8
4	Lo Ka Yan	LCCS	1:16.01	
5	Tam Ka Yim	SKHLFH	1:16.54	
6	Wong Wing Lam	LWFSS	1:18.56	
7	Fong Yin Lam	WWS		
8	Lo Pui Shuen	PLKLFC		

Semi-Final 2

Final Lane

1	Shek Ching Tsz	SKHLFH	1:10.20	4
2	Hung Yuk Ying	K-LING	1:10.80	5
3	Lai Wing Suen	BPS	1:11.67	6
4	Lee Pik Sim	WWS	1:11.87	7
5	Wan Tsz Ching	LCCS	1:12.10	1
6	Lung Hong Ki	KHSS	1:14.76	
7	Chan Yin Ha	TOSS	1:14.87	
8	Tse Yi Lam	MSCHK	1:17.64	

Semi-Final 3

Final Lane

1	So Yuen Ting	BHJS	1:12.82	
2	Yip Wai Ying	CDGFSS	1:12.84	
3	Lau Cheuk Yin	PLKLFC	1:12.89	
4	Yeung Lok Sang	CREATIVE	1:13.17	
5	Chung Ching Yan	CREATIVE	1:15.40	
6	Kwok Hiu Tung	PTCC	1:16.13	
7	Ho Shuk Man	HGC	1:16.14	
8	Lam Suet Ying	TOSS	1:18.17	

Event 24 400m Girls A

Standard: 1:20.00

Record: 58.29 (1999)

Semi-Final 1

Final Lane

1	Wong Po Sze	DMS-HW	1: 9.53	2
2	Li Chung Man	TOSS	1:15.02	5
3	Chow Tsz Ting	TYH	1:15.04	6
4	Ng Hiu Suet	SKHLFH	1:15.35	7
5	Tsang Wing Yan	NAMS	1:16.21	1
6	Siu Shuk Fong	CDGFSS	1:16.29	8
7	Zhong Huixian	DMS-HW	1:19.33	
8	Wong Wing Ying	HGSS		

Semi-Final 2

Final Lane

1	Ho Lai Ying	QMSS	1:10.83	3
2	Wu Yue Wei	NAMS	1:13.26	4
3	Cheung Wai Ting	CDGFSS	1:16.37	
4	Hung Shan Ni	LCCS	1:17.49	
5	Fung Cho Yi	MSCHK	1:17.51	
6	Cheung Hoi Ki	LCCS	1:18.07	
7	Tsang Kim Kei	LSTYKH	1:19.92	
8	Ng Ming Wai	HGC	1:20.79	

Event 25 400m Boys C

Standard: 1:12.00

Record: 51.23 (2008)

Semi-Final 1				Final Lane
1	Cheuk Wing Lok	WWS	1: 2.98	2
2	Mo Ka Kit	K-LING	1: 3.74	4
3	Leung Chun Ho	BHJS	1: 6.43	
4	Chen Conghua	HGC	1: 7.62	
5	Yu Ho Yin	HGSS	1: 8.44	
6	Tan Lok Him	BHJS	1: 8.71	
7	Lee Tsz Lam	PLKLFC	1:11.54	
8	Wong Kam Wing	WWS		
Semi-Final 2				Final Lane
1	Lee Tsz Yeung	CREATIVE	1: 3.56	3
2	Lau Yik Sau	RCC	1: 4.57	5
3	Tsang Fan Ho	HGSS	1: 4.83	6
4	Chong Chun Yin	SKHLFH	1: 5.65	7
5	Pang Tsz Fung	PLKNO.1C	1: 5.68	1
6	Wu Ka Long	LCCS	1: 6.04	8
7	Tong Tsz Hei	K-LING	1: 7.34	
8	Yan Tat Fu	LCCS	1: 8.72	

Event 26 400m Boys B

Standard: 1:06.00

Record: 50.06 (2009)

Semi-Final 1				Final Lane
1	Tsui Hei Yu	BHJS	57.20	5
2	Yung Ka Yu	LWFSS	57.63	6
3	Chou Hoi Lam	NAMS	57.99	7
4	Li Chung Wang	WWS	59.74	1
5	Tse Wai Shing	PLKNO.1C	1: 0.45	
6	Lee Tsz Hing	K-LING	1: 3.16	
7	Chan Ka Lok	TYH		
8	Lui Wai Chun	CSS		
Semi-Final 2				Final Lane
1	Tam Man Fung	BHJS	56.45	2
2	Chung Sau Fung	K-LING	56.50	3
3	Tsang Tsz Ki	LS	57.05	4
4	Cheng Lo Wai	WWS	1: 0.35	8
5	Cheng Ho Yin	LCCS	1: 0.61	
6	Lin Chak Pan	PLKLFC	1: 0.93	
7	Lee Ho Ching	HGSS	1: 2.74	
8	Ng Kwan Po	HGC		

Event 27 400m Boys A

Standard: 1:02.00

Record: 49.10 (1964)

Semi-Final 1				Final Lane
1	Chow Tsz Ho	YCM	55.31	2
2	Ngo Yuen Yeung	KHSS	55.59	3
3	Tsang Cheuk Wing	YCM	56.69	5
4	Fu Chi Cheung	WWS	56.83	6
5	Chan Ka Long	CCSS	57.34	1
6	Wong Moon Fu	CCSS	58.00	
7	Fung Kai Shun	TYH	58.24	
8	Ng Kei Yip	DMS-HW		
Semi-Final 2				Final Lane
1	Tsui Yu Cheong	TYH	56.63	4
2	Lee Cheuk Yin	CCPASS	57.33	7
3	Pang Chi Sum	QMSS	57.43	8
4	Cheng Po Nam	PLKLFC	57.92	
5	Chan Man Chun	K-LING	58.36	
6	Chan Lung Faat	CSS	59.16	
7	Cheung Chun Wai	CSS	59.72	
8	Kong Ka Wai	DMS-HW	1: 1.19	

Event 28 Javelin Boys A

Standard: 22.00 (700gm)

Record: 60.43

(2007) (700gm)

Position	Name	School	Result	Remark	Points
1	Chan Kai Man	SKHLFH	32.87	Standard	9
2	Luk Chun Fai	CCSS	30.47	Standard	7
2	Yip Chiu Tat	NAMS	30.34	Standard	6
4	Mak Tsz Kin	NAMS	29.31	Standard	5
5	Lai Chi Shing	LCCS	29.22	Standard	4
6	Lau Wing Fu	SKHLFH	28.80	Standard	3
7	Pun Tsz Ming	CCSS	28.21	Standard	2
8	Sin Tak Ming	YCM	25.54	Standard	1
	Chung Kam Yat	CSS	22.77	Standard	
	Qian Yan Jun	HGC	21.63		
	Cheng Tai Wai	TYH	20.00		
	Tsang Chun Yeung	CSS	19.69		
	Lin Ting Fai	MSCHK	19.45		
	Ho Kin Lok	TYH	19.43		
	Chan Chun Tat	HGC	16.18		
	Fung Rigel Derrick Adai	KWSC	14.76		
	Ng Siu Tung	LCCS	9.63		
	Chan Paak Lok	K-LING		DN take part	
	Wong Kwok Leong	WWS		DN take part	
	Chui King Tin	K-LING		DN take part	
	Wong Tsz Fung Kelvin	KWSC		No Mark	
	Yip Chi Chung	PTSS		DN take part	
	Ng Chi Keung	PTSS		DN take part	
	Lee Tsz Hong	WWS		DN take part	

Event 29 200m Girls C

Standard: 34.00

Record: 26.02

(2009)

Semi-Final 1

Final Lane

1	Choi Cheuk Yiu	K-LING	31.24	6
2	Wong Tsz Yan	CDGFSS	31.48	7
3	Choi Yiu Yi	HGSS	32.53	
4	Tsui Kwan Ching	BPS	32.53	
5	Ma Ka Yan	OLRC	32.64	
6	Cheung Ka Yee	PLKNO.1C	32.70	
7	Chow Hiu Yee	SKHLFH	32.91	
8	Sieh Ying Tung Iris	BPS		

Semi-Final 2

Final Lane

1	Tsang Tammi	PLKLFC	30.09	2
2	Leung Ka Man	KHSS	30.77	5
3	Li Kin Yi	NP2C	31.69	1
4	Ting Ka Ki	K-LING	32.35	
5	Cheung Hoi Ching Veronica	TNSS	32.76	
6	Hui Ching Wai Maisy	WWS	32.94	
7	Ng Ka Yan	QMSS	33.27	
8	Leung Nga Lam	TNSS	33.35	

Semi-Final 3

Final Lane

1	Lui Michelle Fulguirinas	DMS-HW	30.51	3
2	Li Ka Sin	LS	30.69	4
3	Chan Pei Ting	LCCS	31.78	8
4	Lam Wing Yee	LSTYKH	31.96	
5	Chan Ying Tung	LCCS	32.23	
6	Chong Ka Yan	TOSS	32.27	
7	Lee Hang Chi Ann	KHSS	33.08	
8	Luk Ka Ying	PTSS	33.21	

Event 30 200m Girls B

Standard: 33.00

Record: 25.22

(2002)

Semi-Final 1

Final Lane

1	Lau Fan Hei	CDGFSS	27.99	2
2	Yad Hiu Yan	WWS	30.08	7
3	Leung Hiu Yan	BPS	30.49	
4	Fatin Shahira Binti R.	OLRC	30.69	

5	Cheung Hoi Ying	LCCS	31.30	
6	Wong Gladys Hue Yuan	ICQM	31.67	
7	Yip Wai Ying	CDGFSS	31.71	
8	So Long Hang	TNSS	32.81	
Semi-Final 2				Final Lane
1	Ng Ka Man	TOSS	29.23	4
2	Lee Kin Hung	HGC	29.61	5
3	Tsang Siu Fung	NP2C	29.82	6
4	Chiu Yee On	BHJS	30.43	8
5	Kong Yee Ching	MCDHMC	31.58	
6	Sze Nga Ting	QMSS	31.72	
7	Lau Cheuk Yiu	PLKLFC	32.26	
8	Hu Chen	QMSS	32.74	
Semi-Final 3				Final Lane
1	Fung Hoi Yi	LCCS	29.00	3
2	Lai Hiu Ching	HGC	30.41	1
3	Yeung Chung Yan	PTCC	30.77	
4	Ho Yuk Hei	K-LING	31.39	
5	Lau Ka Lee	KHSS	31.77	
6	Law Hoi Kwan	CSS		
7	Leung Ka Wing	OLRC		
8	Hau Jing Ting	PTCC		

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Event 31 200m Girls A

Standard: 33.00

Record: 24.93 (2007)

Semi-Final 1				Final Lane
1	Wu Li Sha	LWFSS	31.24	6
2	Ho Lai Ying	QMSS	31.24	5
3	Cheng Hau Yan	YCM	31.59	7
4	Wan Siu Wai	BPS	32.60	
5	Ng Wing Kei	KWSC	32.91	
6	Wong Kam Ying	K-LING	33.04	
7	Siu Shuk Fong	CDGFSS	33.08	
8	Tong Ho Yi	NAMS		
Semi-Final 2				Final Lane
1	Chan Hoi Hiu	TOSS	30.46	2
2	Wong So Ting Christine	TOSS	31.20	3
3	Yeung Yin Ting	TYH	31.21	4
4	Lau Hoi Yi	OLRC	31.78	1
5	Yam Mei Tung	OLRC	32.14	8
6	Au Yuk Shan	CDGFSS	32.24	
7	Hung Shan Ni	LCCS	34.04	
8	Li Yuen Tung	PLKLFC	36.54	

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Event 32 200m Boys C

Standard: 29.50

Record: 22.59 (2008)

Semi-Final 1				Final Lane
1	Du Jiming	HGSS	26.69	2
2	Lam Ho Yin	PTSS	26.95	4
3	Au Wing Cheuk	WWS	27.33	6
4	Wong Chun	CREATIVE	27.66	1
5	Lau Fei Lung	LWFSS	27.89	
6	Lui Shing Hong	HGC	27.98	
7	Chau Ka Ming	CCSS	28.06	
8	Chan Cheuk Hei	PTSS	28.35	
Semi-Final 2				Final Lane
1	Lo Ka Lok	KHSS	26.91	3
2	Law Sik Wang	BHJS	26.96	5
3	Chan Kam Wa	CSS	27.46	7
4	Lau Siu Hin	BHJS	27.77	8
5	Wong Ka Kit	MCDHMC	28.23	
6	Yu Ki Fung	HGC	28.82	
7	Chan Jonathan	HGSS		
8	Wong Kam Wing	WWS		

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Event 33 200m Boys B

Standard: 27.00

Record: 22.50 (2009)

Semi-Final 1				Final Lane
1	Pang Tsz Fung	BHJS	23.56	2
2	Chan Man Wa	KHSS	24.76	5
3	Li Ka Kit	QMSS	25.44	6
4	Ng Ho	KHSS	25.79	7
5	Lun Wai	CCSS	25.88	8
6	Yau Ka Ho	PTSS	26.60	
7	Lai Shun Hin	WWS	26.76	
8	Cheung Wang Tung	LS		
Semi-Final 2				Final Lane
1	Yuen Tsz Tai	BHJS	24.64	3
2	Wong Ho Yuen	WWS	24.72	4
3	Cheung Kai Wang	DMS-HW	25.82	1
4	Leung Tson	QMSS	26.52	
5	Yan Sik Ming	LWFSS	27.24	
6	Tsoi Kam Fung	MSCHK	27.27	
7	Lam King Yin	LSTYKH	28.09	
8	Cheng Ho Yin	LCCS		

Event 34 200m Boys A

Standard: 26.50

Record: 21.53 (2007)

Semi-Final 1				Final Lane
1	Lau Chun Wai	HGC	24.46	4
2	Wan Ka Fai	YCM	24.93	6
3	Ngo Yuen Yeung	KHSS	25.01	7
4	Ng Kei Yip	DMS-HW	25.39	
5	Ho Ching Sum	PLKLCFC	26.09	
6	Cheung Kin	MCDHMC	26.21	
7	Au Chun Kit	PTSS	26.52	
8	Sham Kit Nam	RCC		
Semi-Final 2				Final Lane
1	Wan Chi Ki	MCDHMC	23.97	2
2	Tsui Yu Cheong	TYH	24.28	3
3	Wong Ting Tat	YCM	24.68	5
4	Tam Chi Kit	LWFSS	25.11	1
5	Zou Yue Qiang	PTSS	25.11	8
6	Lo Sze Nok	LCCS	26.10	
7	Chan Tsz Hin	KHSS	26.65	
8	Cheng Kwok Yam	HGC	26.73	

Event 35 Discus Girls C

Standard: 12.00 (1kg)

Record: 29.90 (2002) (1kg)

Position	Name	School	Result	Remark	Points
1	Lau Hoi Yi	K-LING	14.87	Standard	9
2	Lai Cheuk Yiu	BHJS	14.62	Standard	7
3	Li Yui Kwan	TOSS	14.08	Standard	6
4	Yim Ka Yan	CCSS	13.99	Standard	5
5	Yiu Ka Ying	CDGFSS	13.44	Standard	4
6	Cheng Sin Ying	SKHLFH	13.35	Standard	3
7	Li Wai Wing	TYH	13.25	Standard	2
8	Sin Tsz Kwan	OLRC	12.79	Standard	1
	Tan Janice	SKHLFH	11.94		
	Ho Ming Sing	CCSS	11.55		
	Wong Shing Nga Elain	TYH	10.84		
	Chan Ho Ying	BPS	10.54		
	Mak Yu Tim	LCCS	10.22		
	Ng Yan Lam	CDGFSS	9.86		
	Leung Hoi Man	HGC	9.48		
	Hau Ka Wing Cherry	KHSS		No Mark	
	Kwan Wing Ham	LCCS		No Mark	
	Chan Tsz Huen	BPS		No Mark	
	Fan Tsz Ching	NAMS		DN take part	

Ho Tsz Yan	PTSS	DN take part
Yeung Tsz Ying	PTSS	No Mark
Wong Lik Ho	WWS	DN take part
Wong Wai Sze	BHJS	No Mark
Lam Nok Yi	HGC	No Mark
Chan Suet Chu	WWS	No Mark
Chan Ruoh Ming	RC	DN take part
Hung Yu Ting	K-LING	No Mark
Tong Oi Ping	TOSS	No Mark

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Event 36 Long Jump Girls A

Standard: 3.80 Record: 5.70 (2009)

Position	Name	School	Result	Remark	Points
1	Chan Chung Yan	TOSS	4.35	Standard	9
2	Au Tsz Yu	CDGFSS	4.24	Standard	7
3	Ip Tan Hung	CDGFSS	4.20	Standard	6
4	Lui Chun Yin	LWFSS	4.11	Standard	5
5	Lau Hoi Ying	OLRC	4.08	Standard	4
6	Wong So Ting Christine	TOSS	4.04	Standard	3
7	Yeung Sin Yee	YCM	3.96	Standard	2
8	Hau Man Nga	BPS	3.85	Standard	1
	Lin Chuming	DMS-HW	3.83	Standard	
	Cheng Sau Kan	LSTYKH	3.83	Standard	
	Chan Vincy	SKHLFH	3.78		
	Ma Yandan	DMS-HW	3.77		
	Chan Sin Ting	KWSC	3.65		
	Tsang Yuen Lam	BPS	3.63		
	Leung Ka Ying	SKHLFH	3.58		
	Ho Man Chi	KWSC	3.55		
	Tang Sze Sze Teresa	OLRC	3.36		
	Lai Hiu Chui	HGC	3.34		
	Lam Ka Wai	TYH	3.29		
	Chan Hoi Yan	CCSS	3.28		
	Fung Cho Sze	MSCHK	3.16		
	Lee Ka Hei	PTCC	3.15		
	Wong Sze Nga	LCCS	3.03		
	Lo Pui Shan	PTCC	2.64		
	Ku Yuen Yuk Yoky	BHJS	2.12		
	Hui Ka Lee	K-LING		DN take part	
	Ng Ming Wai	HGC		DN take part	
	Ma Lai Wai	LSTYKH		DN take part	
	Dai On Ki	CCSS		DN take part	
	Li Yan Yan	BHJS		No Mark	
	Chan Hiu Tung	K-LING		DN take part	

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Event 37 High Jump Boys C

Standard: 1.30 Record: 1.75 (2009)

Position	Name	School	Result	Remark	Points
1	Yu Ka Wai	K-LING	1.45	Standard	9
2	Tsang Fan Ho	HGSS	1.45	Standard	7
3	Zee Hon Lin	HGC	1.36	Standard	6
4	Cheng Koon Ching	BHJS	1.33	Standard	5
5	Yu Ho Yin	HGSS	1.33	Standard	4
6	Mo Ka Kit	K-LING	1.30	Standard	3
7	Chan Man Wai	BHJS	1.30	Standard	2
8	Pang Tsz Hin	LWFSS	1.27	Standard	1
	Kwok Ho Yeung	CCSS	1.26		
	Cheung Hiu Chung	TYH		DN take part	
	Leung Kun Hin	CREATIVE		DN take part	
	Ip Sheung Lai	PTSS		No Mark	
	Ho Kwok Wing	SKHLFH		No Mark	
	Wong Hon Yin	PLKLFC		No Mark	
	Kwan Wing Yiu	PTSS		No Mark	
	Wong Ka Chun	HGC		DN take part	
	Leung Tsz Yin	CCSS		No Mark	

Chan Hin Hung	MSCHK	No Mark
Yuen Wai Chun	LWFSS	DN take part
Lam Tsz Chiu	PLKNO.1C	DN take part
Wong Ka Ho	LCCS	No Mark
Lo Yin Leung	LCCS	No Mark

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Event 38 Shot Put Boys C
Standard: 7.50 (4kg)

Record: 13.52 (2009) (4kg)

Position	Name	School	Result	Remark	Points
1	Cheng Koon Ching	BHJS	9.88	Standard	9
2	Pun Kwok Yung	NAMS	9.28	Standard	7
3	Lam Hon Wa	SKHLFH	9.12	Standard	6
4	Yen Chun Lung	WWS	8.99	Standard	5
5	Cheuk Wing Lok	WWS	8.82	Standard	4
6	Hung Chin Ho	BHJS	8.74	Standard	3
7	Cheuk Ho Yin	LSTYKH	8.61	Standard	2
8	Wan Chun Sing	HGC	8.25	Standard	1
	Lee Oscar	CREATIVE	7.93	Standard	
	Lui Wai Ho	MSCHK	7.89	Standard	
	Wong Wai Lung	K-LING	7.66	Standard	
	Chu Kim Fung	LCCS	7.58	Standard	
	Chan Kwun Ting	TYH	7.46		
	Hui Chun Yin	PLKNO.1C	7.41		
	Yiu Siu Shing	SKHLFH	7.24		
	Cheng Tat Shing	CCSS	7.18		
	Lau Ka Wing	K-LING	7.05		
	Chim Yik Wai	CREATIVE	6.80		
	Pang Chi Fung	TYH	6.77		
	Ip Sheung Lai	PTSS	6.69		
	Chan Ho Ming	CCSS	6.63		
	Cheung Yuk Lam	MSCHK	6.36		
	Chan Wai Yin	HGC	6.16		
	Chow Shue Fung	CSS		No Mark	
	Siu Chi Yin	PLKNO.1C		No Mark	
	Ng Tsz Hin	PTSS		No Mark	
	Lee Kin Hei	CSS		No Mark	
	Ng Man Ho	PLKLFC		No Mark	
	Yau Kiu Ming	KWSC		No Mark	
	Chan Ming Tak	PLKLFC		DN take part	
	Wong Sum Chun	KWSC		No Mark	
	Wong Hiu Ming	LCCS		No Mark	

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Event 39 800m Boys C
Standard: 2:50.00

Record: 2:08.20 (2004)

Heat					Final Lane
Heat 1					
1	Tse Wing Ho	CCSS	2:16.62	Standard	1
2	Cheung Ka Ho	PLKNO.1C	2:34.43	Standard	2
3	Wong Shiu Hang	LCCS	2:34.74	Standard	3
4	Wong Tsz Lung	KHSS	2:38.86	Standard	5
5	Chow Yu Chun Billy	WWS	2:40.98	Standard	7
6	Chan Ho Yin	HGC	2:43.85	Standard	10
7	Tam Sze Ho	PTSS	2:46.79	Standard	
8	Lui Wai Ho	MSCHK	2:47.07	Standard	
9	Leung Ho Kin	CSS	2:49.95	Standard	
10	Max Aden Yates	CREATIVE	2:52.44		
11	Lee Guan Sheng	TYH	2:56.00		
12	Lam Faat Hing	CCPASS	3:20.94		
13	Ng Ka Shing	KWSC	3:38.24		
Heat 2					Final Lane
1	Leung Chun Ho	BHJS	2:39.96	Standard	6
2	Lai Go Joy	LWFSS	2:43.08	Standard	9
3	Lau Hoi Chun	SKHLFH	2:45.21	Standard	11
4	Li Chun Kiu Marco	RCC	2:46.21	Standard	12
5	Chan Yat Sing	LCCS	2:46.94	Standard	
6	Kong Cheuk Yin	K-LING	2:46.96	Standard	

7	Yuen Siu Fung	TYH	2:47.17	Standard	
8	Wan Ka Po	KHSS	2:50.07		
9	Chu Chi Kwong	MSCHK	2:51.99		
10	Yip Wai Hang	CCSS	2:52.79		
11	Chan Tai Wai	PTSS	2:56.62		
12	Cheng Man Ho	PLKLFC	3: 1.48		
Heat 3					Final Lane
1	Lo Chuen Tak	BHJS	2:34.78	Standard	4
2	Leung Ho Fai	CSS	2:42.08	Standard	8
3	Tsang Hei Nok	PLKLFC	2:47.26	Standard	
4	Hui Ka Kin	PLKNO.1C	2:48.16	Standard	
5	Cheung Chun Fung	K-LING	2:48.59	Standard	
6	Lan Tin Long	WWS	2:48.81	Standard	
7	Chong Chun Yin	SKHLFH	2:52.96		
8	Chan Lok Hang	CREATIVE	2:54.91		
9	Kwok Chun On	CCPASS	3: 0.42		
10	Chan Ka Kit	LWFSS	3: 2.24		
11	Tse Shoichi	KWSC	3: 6.91		
12	Yeung Ho Yan	HGC	3:11.38		

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Event 40 800m Boys B

Standard: 2:40.00

Record: 2:03.35 (2008)

Heat 1					Final Lane
1	Li Ka Shun	BHJS	2:16.44	Standard	1
2	Chou Hoi Lam	NAMS	2:17.88	Standard	2
3	Liu Tsz Ho	ICQM	2:26.29	Standard	6
4	Cheuk Yuk Ming	PLKLFC	2:27.81	Standard	9
5	Cheng Lo Wai	WWS	2:27.83	Standard	10
6	Tsang Wai Lun	KHSS	2:29.49	Standard	
7	Chan Tsz On	K-LING	2:38.27	Standard	
8	Chiu Kwai Pang	HGSS	2:40.44		
9	Chin Ka Ho	KWSC	2:42.06		
10	Wong Yu Hong	MSCHK	2:42.33		
11	Li Tsz Fung	CCSS	2:43.07		
12	Lo Ming Lok	SKHLFH	2:51.06		
13	Chau Wing Fat	DMS-HW	3: 8.22		
14	Ho Chun Yu	CCPASS		DN start	
15	Lam Chi Hang	MCDHMC		DN start	
16	Chan Ka Lok	TYH		DN start	

Heat 2					Final Lane
1	Chan Kam Lung	WWS	2:23.08	Standard	3
2	Szeto Kit	HGSS	2:27.40	Standard	8
3	Luk Guan Lin	PLKLFC	2:29.31	Standard	12
4	Chan Sik Lai	K-LING	2:30.16	Standard	
5	So Man Keung	SKHLFH	2:33.37	Standard	
6	Shek Chun Wai	DMS-HW	2:36.45	Standard	
7	Luk Ning Hei	CSS	2:39.96	Standard	
8	Kong Wing Fun	MSCHK	2:42.88		
9	Chan Chak Kwan	HGC	2:42.95		
10	Tan Jie Wen	KWSC	2:45.65		
11	Tang Ho Lun	PTSS	2:49.33		
12	Chan Kwun Hon	CYC	2:59.39		
13	Hon Wai Kwong	QMSS		DN start	
14	Wong Sing Yu	LCCS		DN start	
15	Lai Hin Chun	MCDHMC		DN start	

Heat 3					Final Lane
1	Chan Cheuk Nam	NAMS	2:23.81	Standard	4
2	Tong Cheuk Him	KHSS	2:26.02	Standard	5
3	Chim Ho Man	CREATIVE	2:27.00	Standard	7
4	Lau Ka Yin	LCCS	2:28.80	Standard	11
5	Lo Kam Wa	BHJS	2:30.77	Standard	
6	Fan Chung Hang	PTSS	2:31.57	Standard	
7	Chu King Long	LWFSS	2:33.96	Standard	
8	Leung Hing Lun	CCPASS	2:41.18		
9	Lee Man Wai	CSS	2:44.55		
10	Woo Yau Lok	RCC	2:51.10		

11	Chan Tsz Hin	TYH	2:54.59	
12	Kwok Kai Yin	QMSS	2:57.14	
13	Chan Ka Ching	ICQM	2:58.63	
14	Leung Wai Shun	CCSS		DN start
15	Lam Ting Pong	HGC		DN start

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Event 41 800m Boys A

Standard: 2:34.00

Record: 1:57.89 (2004)

Heat 1

Final Lane

1	Tse Chi Wai	K-LING	2:23.03	Standard	4
2	Poon Wing Keung	TYH	2:23.86	Standard	6
3	Lee Cheuk Ki	KHSS	2:24.72	Standard	9
4	Shao Hung Leong	CCPASS	2:25.63	Standard	10
5	He Jinhong Andy	NAMS	2:27.49	Standard	
6	Leung Tsz Hong	CCSS	2:29.61	Standard	
7	Liu Chong Fai	LCCS	2:29.67	Standard	
8	Wan Yiu Chuen	PLKLFC	2:32.51	Standard	
9	James Tang	HKIS	2:34.96		
10	Ng Ka Kin	HGC	2:40.64		
11	Li Cheuk Wa	YCM	2:42.06		

Heat 2

Final Lane

1	Chan Ming Kwan	CSS	2:24.15	Standard	7
2	Fu Kim Ming	SKHLFH	2:24.34	Standard	8
3	Li Tsz Yeung	LCCS	2:26.03	Standard	12
4	Zeng Jinghua	NAMS	2:26.58	Standard	
5	Li Chung Hin	MSCHK	2:29.66	Standard	
6	Lee Cheuk Yin	CCPASS	2:30.10	Standard	
7	Chung Cheuk Ki	PLKLFC	2:33.87	Standard	
8	Wong Ka Chun	HGC	2:44.46		
9	Wong Tsz Fung Kelvin	KWSC	3:27.05		
10	Chung Pak Kin	PTSS		DN start	
11	Fong Yiu Pan	WWS		DN start	

Heat 3

Final Lane

1	Fu Chi Cheung	WWS	2:20.61	Standard	1
2	Guan Canhui	LS	2:21.52	Standard	2
3	Chan Ka Long	CCSS	2:21.85	Standard	3
4	Poon Wai Ho	K-LING	2:23.43	Standard	5
5	Lam Hung Kei	TYH	2:25.64	Standard	11
6	Wong Sai Yim	CSS	2:28.32	Standard	
7	Lam Cheuk Ngai	KWSC		DN start	
8	Cheng Tsz Ho	MSCHK		DN start	
9	Choi Chi Yung	SKHLFH		DQ	
10	Chow Wing Hin	PTSS		DN start	
11	Kong Ka Wai	DMS-HW		DN start	

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Event 42 800m Girls C

Standard: 3:21.00

Record: 2:19.72 (2000)

Heat 1

Final Lane

1	Chan Fong Ying	KHSS	2:56.55	Standard	2
2	Au Gi Wa	LCCS	3: 4.80	Standard	5
3	Chan Tze Kiu	BHJS	3: 7.35	Standard	7
4	Fong Hiu Ting	CCPASS	3:23.55		
5	Chan Ching Mei	K-LING	3:26.14		
6	Lee Jonna	ICQM	3:40.83		
7	Pang Tsz Wing	LSTYKH	3:41.00		
8	Chan Ying Ying	HGC	3:49.42		
9	Lam Kam Chi	OLRC	3:52.08		
10	Yuen Yuk Yim	LWFSS	4: 3.63		
11	Sieh Ying Tung Iris	BPS		DN start	
12	Cheng Ka Yung	CDGFSS		DN start	

Heat 2

Final Lane

1	Li Ching Yan	LCCS	3: 1.86	Standard	3
2	Yuen Ka Yee	PTSS	3:12.01	Standard	8
3	Tong Oi Ping	TOSS	3:13.60	Standard	9
4	Au Yee Hung Angie	TNSS	3:20.83	Standard	

5	Mok Ka Yi	OLRC	3:25.70		
6	To Yan Wa	K-LING	3:30.87		
7	Ngan Fung Yee	HGC	3:43.44		
8	Chu Siu Lam	LSTYKH	3:46.02		
9	Wong Kei Ting	TYH	3:46.16		
10	Fung Wing Yuet	MSCHK	4: 0.47		
11	Cheng Tin Lam	KHSS		DN start	
12	Tan Janice	SKHLFH		DN start	
Heat 3					Final Lane
1	Lai Tsz Yan	TNSS	2:52.56	Standard	1
2	Chan Ho Ching	BHJS	3: 2.78	Standard	4
3	Kan Wai Tung	CDGFSS	3: 6.19	Standard	6
4	Wong Sum Tin	BPS	3:14.28	Standard	10
5	Keung Tsz Ching	MSCHK	3:16.52	Standard	11
6	Chan Wai Ka Anna	LWFSS	3:18.45	Standard	12
7	Wong Sam Yin	PLKLFC	3:20.14	Standard	
8	Ng Yee Pik	PTSS	3:22.96		
9	Yim Ling	WWS	3:23.75		
10	Lau Yat Ching	TOSS	3:25.43		
11	Yip Man Yi	SKHLFH	3:37.27		
12	Lam Man Ching	TYH	3:44.61		

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Event 43 800m Girls B

Standard: 3:19.00

Record: 2:15.76 (2001)

Heat 1					Final Lane
1	Chan Long Ching	BPS	2:41.02	Standard	1
2	Kathy Ng	HKIS	2:48.40	Standard	2
3	Wong Hei Yiu	PLKLFC	2:57.29	Standard	7
4	Fu Emily	KHSS	2:59.21	Standard	10
5	Chan Hi Yue	CREATIVE	3: 1.05	Standard	12
6	Leung Siu Yin	LWFSS	3: 6.50	Standard	
7	Lai Pun Tung	TYH	3: 6.50	Standard	
8	Yu Yan Yung	MSCHK	3: 7.85	Standard	
9	Law Wing Chi	CDGFSS	3: 8.32	Standard	
10	Ching Kit Yan	WWS	3:22.56		
11	Choi Nga Fai	K-LING	3:29.23		
12	Fong Kuen Yee	PTSS	3:38.87		
13	Chan Siu Yu	PLKNO.1C	3:44.36		
14	Siu Ching Kwan	HGC		DN start	
15	Yung Tsz Wing	TOSS		DN start	

Heat 2					Final Lane
1	Fok Yuen Yan	KHSS	2:51.22	Standard	3
2	Wan Tsz Ching	LCCS	2:55.92	Standard	6
3	Lau Hiu Yan	BHJS	3: 2.26	Standard	
4	Ho Shuk Man	HGC	3: 4.90	Standard	
5	Chung Ching Yan	CREATIVE	3:10.36	Standard	
6	Chang Lee Wing	K-LING	3:11.25	Standard	
7	Lee Tsz Ching	TNSS	3:13.42	Standard	
8	Ma Ming Wai	NAMS	3:15.08	Standard	
9	Wong Wing Lam	LWFSS	3:15.08	Standard	
10	Yeung Hau Yi	PLKLFC	3:22.64		
11	Lam Hoi Ling	OLRC	3:27.18		
12	Pun Wai Yan	PTSS	3:37.15		
13	Chan Ka Sin	LSTYKH	3:42.80		
14	Leung Ka Yi	SKHLFH		DN start	
15	Madeline Strandemo	HKIS		DN start	

Heat 3					Final Lane
1	Shek Ching Tsz	SKHLFH	2:53.23	Standard	4
2	Yung Ka Ka	LCCS	2:55.48	Standard	5
3	Cheung Mei Chi	OLRC	2:57.68	Standard	8
4	Yeung Kam Tung	NAMS	2:57.81	Standard	9
5	Lai Wing Suen	BPS	3: 0.24	Standard	11
6	Fong Yin Lam	WWS	3:11.28	Standard	
7	Chow Yeuk Nga	BHJS	3:12.35	Standard	
8	Li Ka Man	TOSS	3:15.59	Standard	
9	Chui Ka Wai	MSCHK	3:20.02		

10	Wong Sze Ting	NP2C	3:22.29	
11	Chan Pui Lam	TYH	3:24.94	
12	Chan Yuen Tung	TNSS	3:35.34	
13	Che Wing Yan	PLKNO.1C	3:49.86	
14	Hui Un Ieng	CDGFSS		DN start

=====
Event 44 800m Girls A

Standard: 3:18.00

Record: 2:18.30 (1994)

Heat 1

Final Lane

1	Anthea Wong	HKIS	2:29.46	Standard	1
2	Li Mei Yee	BHJS	2:51.57	Standard	2
3	Shiu Tsz Kwan	CDGFSS	3: 2.13	Standard	6
4	Tsang Wing Yan	NAMS	3: 3.65	Standard	7
5	Hung Hiu Mei	NP2C	3: 8.81	Standard	11
6	Lam So Fong	TYH	3: 9.76	Standard	12
7	Yip Ying Yui	LS	3:13.89	Standard	
8	Lam Yee Man	DMS-HW	3:16.60	Standard	
9	Chow Hoi Yan	LCCS	3:23.63		
10	Chan Tsz Suet	SKHLFH	3:32.64		
11	Chui Ho Ting Kristy	CSS	3:35.28		
12	Wong Yee Ting	LSTYKH	3:40.22		
13	Chan Sheung Chu	HGC	3:50.82		
14	Choi Hang Yin	PTCC		DN start	
15	Kwok Yuen Tung	OLRC		DQ	
16	Chan Nga Man	K-LING		DN start	

Heat 2

Final Lane

1	Au Sin Yu	K-LING	2:59.55	Standard	3
2	Cheung Yee Ka Miriam	SKHLFH	3: 1.08	Standard	4
3	Lauren Dinwiddre	HKIS	3: 1.43	Standard	5
4	Chow Tsz Ting	TYH	3: 3.88	Standard	8
5	Au Tsz Yu	CDGFSS	3: 7.70	Standard	9
6	Ip Wing Yu	NAMS	3: 8.75	Standard	10
7	Yeung Ka Lai	LCCS	3:16.77	Standard	
8	Ng Yan Ling	LWFSS	3:19.17		
9	Tang Tse Ching	BHJS	3:23.43		
10	Ip Siu Ying	PTSS	3:24.56		
11	Ng Sum Ping	CSS	3:26.99		
12	Tsang Wing Lam	OLRC	3:44.60		
13	Chan Hiu Wai	HGC	3:50.92		
14	Lau Yin Wun	BPS		DN start	
15	Li Chong	DMS-HW		DN start	

=====
Event 45 4x100m Relay Boys C

Standard: 56.00

Record: 45.05 (2008)

Heat 1

Final Lane

1		HGC	53.86	Standard	5
2		PLKNO.1C	55.72	Standard	7
3		TYH	56.85		
4		MCDHMC	57.98		
5		RCC	58.47		
6		LCCS	59.65		
7		KHSS		DN start	

Heat 2

Final Lane

1		BHJS	52.63	Standard	2
2		CREATIVE	52.69	Standard	3
3		MSCHK	55.12	Standard	6
4		CCSS	56.16		8
5		KWSC	57.74		
6		CSS		DN start	
7		NAMS		DN start	

Heat 3

Final Lane

1		PTSS	53.72	Standard	4
2		WWS	56.07		1
3		K-LING	56.26		
4		LSTYKH	56.53		

5	SKHLFH	56.96
6	PLKLFC	58.51
7	ICQM	59.35

=====
Event 46 4x100m Relay Boys B

Standard: 52.00 Record: 44.68 (2009)

Heat 1 Final Lane

1	ICQM	51.07	Standard	8
2	PTSS	51.74	Standard	
3	NAMS	51.90	Standard	
4	SKHLFH	53.33		
5	CSS	54.18		
6	CREATIVE	54.37		
7	KWSC		DQ	

Heat 2 Final Lane

1	LS	50.53	Standard	5
2	KHSS	50.67	Standard	6
3	HGSS	50.89	Standard	7
4	HGC	51.39	Standard	
5	PLKNO.1C	54.22		
6	PLKLFC	54.97		

Heat 3 Final Lane

1	K-LING	49.97	Standard	4
2	CCSS	50.99	Standard	1
3	LCCS	51.62	Standard	
4	LSTYKH	51.84	Standard	
5	CYC	59.56		
6	MCDHMC		DQ	

Heat 4 Final Lane

1	BHJS	47.07	Standard	2
2	WWS	48.34	Standard	3
3	RCC	52.66		
4	MSCHK	52.67		
5	DMS-HW	52.73		
6	TYH	54.52		

=====
Event 47 4x100m Relay Boys A

Standard: 50.00 Record: 42.63 (1996)

Heat 1 Final Lane

1	YCM	47.91	Standard	3
2	BHJS	49.46	Standard	
3	SKHLFH	50.94		
4	PLKLFC	52.59		
5	K-LING		DQ	
6	LSTYKH		DN start	
7	QMSS		DN start	

Heat 2 Final Lane

1	MCDHMC	47.92	Standard	4
2	HGC	48.10	Standard	5
3	CSS	48.51	Standard	7
4	PTSS	48.64	Standard	1
5	LCCS	52.30		
6	KWSC		DN start	
7	WWS		DN start	

Heat 3 Final Lane

1	KHSS	47.38	Standard	2
2	TYH	48.28	Standard	6
3	HGSS	49.07	Standard	8
4	CCSS	50.26		
5	DMS-HW	50.64		
6	NAMS		DN start	

=====
Event 48 4x100m Relay Girls C

Standard: 1:04.00 Record: 51.10 (2009)

Heat 1				Final Lane
1	NP2C	59.67	Standard	2
2	LS	1: 1.76	Standard	8
3	MSCHK	1: 4.61		
4	LSTYKH	1: 5.13		
5	NAMS		DN start	
6	RC		DN start	
7	KHSS		DN start	

Heat 2				Final Lane
1	BPS	1: 0.20	Standard	3
2	K-LING	1: 0.63	Standard	4
3	TOSS	1: 1.28	Standard	1
4	CREATIVE	1: 2.53	Standard	
5	ICQM	1: 5.41		
6	PLKLFC		DN start	
7	BHJS		DQ	

Heat 3				Final Lane
1	PTSS	1: 0.76	Standard	5
2	CDGFSS	1: 1.91	Standard	
3	WWS	1: 2.69	Standard	
4	CCSS	1: 2.80	Standard	
5	TNSS	1: 3.93	Standard	
6	OLRC	1: 4.16		
7	TYH		DN start	

Heat 4				Final Lane
1	LCCS	1: 1.23	Standard	6
2	SKHLFH	1: 1.26	Standard	7
3	PTCC	1: 2.53	Standard	
4	MCDHMC	1: 2.65	Standard	
5	HGC	1: 4.52		
6	PLKNO.1C		DN start	

=====
Event 49 4x100m Relay Girls B
Standard: 1:03.00 Record: 49.52 (2007)

Heat 1				Final Lane
1	TOSS	58.40	Standard	5
2	BPS	59.94	Standard	1
3	CSS	1: 2.39	Standard	
4	MSCHK	1: 3.56		
5	K-LING	1: 4.74		
6	NP2C		DN start	
7	HKIS		DN start	

Heat 2				Final Lane
1	LCCS	57.62	Standard	4
2	PTSS	1: 1.00	Standard	
3	CDGFSS	1: 1.76	Standard	
4	BHJS	1: 2.74	Standard	
5	ICQM	1:10.67		
6	LS		DN start	
7	TYH		DN start	

Heat 3				Final Lane
1	OLRC	57.32	Standard	3
2	CREATIVE	58.67	Standard	6
3	CCSS	1: 1.08	Standard	
4	LSTYKH	1: 1.44	Standard	
5	TNSS	1: 3.35		
6	PLKNO.1C		DN start	
7	SKHLFH		DQ	

Heat 4				Final Lane
1	PTCC	56.23	Standard	2
2	WWS	59.93	Standard	7
3	HGC	1: 0.69	Standard	8
4	KHSS	1: 1.50	Standard	
5	PLKLFC	1: 2.79	Standard	
6	NAMS		DN start	

=====

Event 50 4x100m Relay Girls A

Standard: 1:02.00

Record: 48.49 (2008)

Heat 1				Final Lane
1	TOSS	57.33	Standard	2
2	LSTYKH	59.36	Standard	4
3	BPS	1: 1.16	Standard	1
4	YCM	1: 1.80	Standard	
5	NAMS		DN start	
6	BHJS		DN start	

Heat 2				Final Lane
1	OLRC	58.90	Standard	3
2	DMS-HW	1: 0.41	Standard	6
3	CDGFSS	1: 1.30	Standard	8
4	SKHLFH	1: 3.59		
5	HGC	1: 6.37		
6	K-LING		DN start	

Heat 3				Final Lane
1	KWSC	1: 0.38	Standard	5
2	TYH	1: 0.81	Standard	7
3	PTCC	1: 1.62	Standard	
4	PLKLFC	1: 2.68		
5	WWS	1: 3.27		

Event 51 4x400m Relay Boys C

Standard: 4:45.00

Record: 3:46.84 (2008)

Heat 1				Final Lane
1	LCCS	4:27.16	Standard	4
2	HGSS	4:30.69	Standard	7
3	TYH	4:36.20	Standard	1
4	PTSS	4:43.51	Standard	
5	PLKLFC	4:47.19		
6	SKHLFH	4:51.08		
7	HGC	5: 4.02		
8	NAMS		DN start	

Heat 2				Final Lane
1	PLKNO.1C	4:19.46	Standard	2
2	BHJS	4:19.83	Standard	3
3	WWS	4:27.82	Standard	5
4	K-LING	4:29.71	Standard	6
5	CREATIVE	4:37.81	Standard	8
6	CSS	4:40.38	Standard	
7	LSTYKH		DN start	
8	CCPASS		DN start	

Event 52 4x400m Relay Boys B

Standard: 4:20.00

Record: 3:36.46 (2009)

Heat 1				Final Lane
1	NAMS	4: 3.05	Standard	4
2	CCPASS	4: 7.68	Standard	6
3	CCSS	4: 9.98	Standard	1
4	PTSS	4:12.97	Standard	
5	LCCS	4:15.13	Standard	
6	TYH	4:24.75		
7	RCC	4:34.05		

Heat 2				Final Lane
1	CREATIVE	4:16.10	Standard	
2	HGC	4:22.14		
3	CSS	4:28.04		
4	SKHLFH	4:29.97		
5	QMSS		DN start	
6	PLKNO.1C		DN start	

Heat 3				Final Lane
1	BHJS	3:53.68	Standard	2
2	KHSS	4: 2.37	Standard	3

3	WWS	4: 3.94	Standard	5
4	PLKLFC	4: 8.16	Standard	7
5	K-LING	4:11.34	Standard	8
6	LSTYKH		DN start	

=====
 Event 53 4x400m Relay Boys A

Standard: 4:06.00

Record: 3:26.60 (1989)

Heat 1

Final Lane

1	CCPASS	3:57.20	Standard	5
2	CCSS	3:59.02	Standard	1
3	DMS-HW	4: 3.42	Standard	8
4	NAMS	4: 7.39		
5	SKHLFH	4:14.89		
6	HGC		DN start	
7	CSS		DN start	
8	BHJS		DN start	

Heat 2

Final Lane

1	WWS	3:54.42	Standard	2
2	HKIS	3:56.70	Standard	3
3	K-LING	3:56.76	Standard	4
4	YCM	3:57.42	Standard	6
5	TYH	3:58.53	Standard	7
6	LCCS	4: 5.24	Standard	
7	PTSS	4: 8.12		
8	PLKLFC		DQ	

HONG KONG SCHOOLS SPORTS FEDERATION
 Inter-School Athletics Championships
 Division Three (Area One)
 Day Three: 3 February 2010

=====
 Event 1 High Jump Boys B
 Standard: 1.45

Record: 1.86 (2007)

Position	Name	School	Result	Remark	Points
1	Yu Rong Yan	LS	1.80	Standard	9
2	Tsoi Wing Hi	HGC	1.63	Standard	7
3	Yiu Ka Leung	WWS	1.63	Standard	6
4	Lee Wai Lok	PTSS	1.57	Standard	5
5	Law Ting Tak	WWS	1.54	Standard	4
5	Ng Wing Ho	HGSS	1.54	Standard	4
7	Leung Hing Lun	CCPASS	1.51	Standard	2
8	Wong Chun Kwok	CCSS	1.51	Standard	1
	Chan Ka Ho	BHJS	1.50	Standard	
	Tsui Tsun On	BHJS	1.48	Standard	
	Kong Man To	CCSS	1.48	Standard	
	Cheuk Wai Hung	SKHLFH	1.48	Standard	
	Hui Chun Hin	CSS	1.48	Standard	
	Yeung Chun Ho	LCCS	1.45	Standard	
	Wong Wai Kin	STCS	1.45	Standard	
	Wu King Ming	LSTYKH	1.45	Standard	
	Au Chun Ki	K-LING	1.42		
	Chan Kin	STCS	1.42		
	Lo Kwong Yui	TYH	1.42		
	Lin Xiayu	DMS-HW	1.42		
	Lam Lok Hang	ICQM	1.42		
	Se Kai Wang	CREATIVE		No Mark	
	Chan Kwok Ho	LSTYKH		No Mark	
	Ng Enoch	K-LING		No Mark	
	Ng Kwan Lam	PLKNO.1C		DN take part	
	Shum Po Tsun	RCC		DN take part	
	Lau Chun Cheung	CREATIVE		No Mark	
	Lam Ka Wai	PTSS		No Mark	
	Shum Kai Fung	KHSS		No Mark	
	Chan Siu Hin	LCCS		DN take part	
	Lai Ming Kit	QMSS		DN take part	
	Hui Chi Ming	HGC		No Mark	
	Yu Ka Ho	SKHLFH		DN take part	
	Poon Tak Hei	ICQM		No Mark	
	Ng Ka Ho	MSCHK		No Mark	
	Chin Yee Yu	MSCHK		No Mark	
	Chan Kwun Hon	CYC		No Mark	
	Lee Tsun Ming	CSS		No Mark	
	Chong Ho Man	TYH		No Mark	
	Wong Ka Chun	CCPASS		No Mark	
	Wong Man Ho	KWSC		DN take part	

=====
 Event 2 Long Jump Girls B
 Standard: 3.60

Record: 5.47 (2006)

Position	Name	School	Result	Remark	Points
1	Heather Chan	HKIS	4.42	Standard	9
2	Kwong Hiu Lam	BPS	4.33	Standard	7
3	Ng Hoi Tung	CCSS	4.22	Standard	6
4	Wong Charie Cheuk Yin	CREATIVE	3.99	Standard	5
5	Lai Ka Man	SKHLFH	3.98	Standard	4
6	Au Tsz Shan	OLRC	3.84	Standard	3
7	Cheng Wing Sze	CSS	3.74	Standard	2
8	Suen Yan Ting Iky	BHJS	3.72	Standard	1
	Chan Tsoi Kwan	CREATIVE	3.69	Standard	
	Sung Hei Lam	OLRC	3.69	Standard	

Lo Lai Man	LSTYKH	3.68	Standard
Chiu Nga Ting	K-LING	3.68	Standard
Yueng Tsz Shuen	BPS	3.67	Standard
Lau Ka Lee	KHSS	3.64	Standard
Chan Wing Suen	CDGFSS	3.61	Standard
Choi Yu Ying	WWS	3.60	Standard
Tse Yi Lam	MSCHK	3.56	
Chow Hiu Yi	CDGFSS	3.52	
Lam Mai Wai	LSTYKH	3.44	
Tam So Fong	PTSS	3.41	
He Mei Zhen	LWFSS	3.38	
Chan Hiu Tung	PTSS	3.36	
Chan Hiu Ching	CSS	3.34	
Ng Kwan Yi	SKHLFH	3.30	
Yip Lai Ting	QMSS	3.24	
Mok Hiu Laam	TNSS	3.22	
Fu Emily	KHSS	3.22	
Cheng Pui Yan	TOSS	3.21	
Yip Yin Kiu	PTCC	3.17	
Yip Pui Man	WWS	3.12	
Yeung Man Yee	CCSS	3.06	
Liang Hui Yi	NAMS	3.05	
Chan Sin Yi	HGC	3.00	
Lau Sin Tung	MSCHK	2.99	
Wong Hing Yee	LCCS	2.73	
Lui Hiu Tung	HGC	2.67	
Lam Suet Ying	TOSS	2.64	
Yu Wing Yee	K-LING	2.63	
King Jo Marjery Ng	ICQM	2.52	
Lee Kwan Yi	TNSS	2.41	
Lam Chu Yan	ICQM	2.12	
Cheung Tsz Yan	KWSC		DN take part
Lo Chui Shan	LWFSS		No Mark
Wong Wai Man	LCCS		DN take part
Hu Chen	QMSS		DN take part
Law Tsz Yan	BHJS		DN take part
Leung Yan Yee	PTCC		DN take part

=====
Event 3 Shot Put Boys A

Standard: 8.80 (5kg)

Record: 15.30

(2007) (5kg)

Position	Name	School	Result	Remark	Points
1	Kao Ting Pong	YCM	11.06	Standard	9
2	Hu Guo Feng	LWFSS	10.73	Standard	7
3	Kan Cheuk Nam	PLKLFC	10.70	Standard	6
4	Fong Kwok San	LSTYKH	10.57	Standard	5
5	Pang Chi Sum	QMSS	10.38	Standard	4
6	Yeung Wai Kit	K-LING	10.25	Standard	3
7	Li Min	DMS-HW	10.18	Standard	2
8	Sit Wai Kai	DMS-HW	10.02	Standard	1
	Cheng Yu Haang	PLKLFC	9.70	Standard	
	Lou Ho Yin	HGC	9.53	Standard	
	Wong Sai Ho	SKHLFH	9.42	Standard	
	Tse Siu Hang	HGC	9.32	Standard	
	Hai Wai Kit	LS	9.26	Standard	
	Ng Sai Ho	PTSS	9.19	Standard	
	Kan Tsang Kit	CSS	9.10	Standard	
	Yeung Man Kong	KWSC	8.97	Standard	
	Sit Tung Kit	K-LING	8.97	Standard	
	Kwok Hui	TYH	8.76		
	Tang Kit Chun	CCSS	8.68		
	Wong Ho Yee	TYH	8.66		
	Lee Kin Hei	HGSS	8.52		
	Chau Kwan Tsun	MSCHK	8.51		
	Tsa Tsz Hin	MSCHK	8.46		
	Chan Ka Hung	LCCS	8.43		
	Wong Siu Yui	BHJS	8.23		

Li Kong	KWSC	8.19	
Wong Ho Tin	BHJS	8.17	
Lau Hiu Kong	LCCS	7.99	
Pun Tsz Ming	CCSS	7.74	
Lin Kai Yip	CSS		DN take part
Yip Chi Chung	PTSS		DN take part
Wong Kwok Leong	WWS		DN take part
Wong Arnold	NAMS		DN take part
Li Pui Hay	SKHLFH		DN take part
Yip On Tsun	QMSS		DN take part
Tsoi Sui Chi	WWS		DN take part

=====
Event 4 Discus Boys C

Standard: 15.00 (1kg)

Record: 43.58

(2009) (1kg)

Position	Name	School	Result	Remark	Points
1	Chan Cheung Hang	BHJS	24.81	Standard	9
2	Lam Hon Wa	SKHLFH	23.86	Standard	7
3	Yen Chun Lung	WWS	22.81	Standard	6
4	Hung Chin Ho	BHJS	21.89	Standard	5
5	Yu Kai Hin	WWS	21.04	Standard	4
6	Wan Chun Sing	HGC	20.89	Standard	3
7	Hui Chun Yin	PLKNO.1C	19.58	Standard	2
8	Ho Chi Hang	CCSS	18.23	Standard	1
	Lam Chak Yeung	HGC	16.32	Standard	
	Ng Ho Yin	K-LING	16.22	Standard	
	Chan Yau Ping	SKHLFH	16.08	Standard	
	Chan Ho Hin	K-LING	15.97	Standard	
	Pang Chi Fung	TYH	15.56	Standard	
	Hui Man Yiu	MCDHMC	15.55	Standard	
	Yeung Chi Ho	CREATIVE	15.25	Standard	
	Ng Ka Shing	KWSC	15.15	Standard	
	Ng Tsz Hin	PTSS	15.01	Standard	
	Tai Hoi Hang	CREATIVE	14.51		
	Chu Ka Lok	CCSS	14.47		
	Wong Hiu Ming	LCCS	13.10		
	Leung Cheuk Long	LCCS	12.21		
	Wu Yuet Ching	PLKNO.1C		DN take part	
	Pun Kwok Yung	NAMS		DN take part	
	Wong Wing Fai	PTSS		No Mark	
	Chan Ming Tak	PLKLFC		DN take part	
	Ngan Hung Lam	KWSC		No Mark	
	Chan Kwun Ting	TYH		DN take part	

=====
Event 5 200m Girls C

Standard: 34.00

Record: 26.02

(2009)

Final				Points
1	Tsang Tammi	PLKLFC	29.23	9
2	Li Ka Sin	LS	30.35	7
3	Lui Michelle Fulguirinas	DMS-HW	30.41	6
4	Leung Ka Man	KHSS	30.70	5
5	Choi Cheuk Yiu	K-LING	30.91	4
6	Wong Tsz Yan	CDGFSS	30.93	3
7	Li Kin Yi	NP2C	31.32	2
8	Chan Pei Ting	LCCS	31.65	1

=====
Event 6 200m Girls B

Standard: 33.00

Record: 25.22

(2002)

Final				Points
1	Lau Fan Hei	CDGFSS	27.46	9
2	Ng Ka Man	TOSS	28.93	7
3	Tsang Siu Fung	NP2C	29.00	6
4	Fung Hoi Yi	LCCS	29.11	5
5	Lee Kin Hung	HGC	29.32	4
6	Chiu Yee On	BHJS	29.82	3

7	Yad Hiu Yan	WWS	30.15	2
8	Lai Hiu Ching	HGC	30.25	1

=====
Event 7 200m Girls A

Standard: 33.00 Record: 24.93 (2007)

Final				Points
1	Chan Hoi Hiu	TOSS	29.56	9
2	Ho Lai Ying	QMSS	29.87	7
3	Wong So Ting Christine	TOSS	30.30	6
4	Wu Li Sha	LWFSS	30.70	5
5	Yeung Yin Ting	TYH	30.91	4
6	Cheng Hau Yan	YCM	31.99	3
7	Lau Hoi Yi	OLRC	32.06	2
8	Yam Mei Tung	OLRC	32.68	1

=====
Event 8 200m Boys C

Standard: 29.50 Record: 22.59 (2008)

Final				Points
1	Du Jiming	HGSS	26.63	9
2	Lam Ho Yin	PTSS	26.92	7
3	Lo Ka Lok	KHSS	26.97	6
4	Law Sik Wang	BHJS	26.99	5
5	Chan Kam Wa	CSS	27.10	4
6	Au Wing Cheuk	WWS	27.13	3
7	Wong Chun	CREATIVE	27.60	2
8	Lau Siu Hin	BHJS	28.08	1

=====
Event 9 200m Boys B

Standard: 27.00 Record: 22.50 (2009)

Final				Points
1	Pang Tsz Fung	BHJS	23.29	9
2	Yuen Tsz Tai	BHJS	24.16	7
3	Wong Ho Yuen	WWS	24.30	6
4	Chan Man Wa	KHSS	25.18	5
5	Ng Ho	KHSS	25.56	4
6	Cheung Kai Wang	DMS-HW	25.67	3
7	Li Ka Kit	QMSS	25.77	2
8	Lun Wai	CCSS	26.34	1

=====
Event 10 200m Boys A

Standard: 26.50 Record: 21.53 (2007)

Final				Points
1	Lau Chun Wai	HGC	24.04	9
2	Wan Chi Ki	MCDHMC	24.06	7
3	Tsui Yu Cheong	TYH	24.41	6
4	Ngo Yuen Yeung	KHSS	24.53	5
5	Zou Yue Qiang	PTSS	24.89	4
6	Tam Chi Kit	LWFSS	25.08	3
7	Wan Ka Fai	YCM	25.10	2
8	Wong Ting Tat	YCM	25.16	1

=====
Event 11 100m Hurdles Girls C

Standard: 24.00 (0.762m) Record: 15.84 (2008) (0.762m)

Final				Points
1	Chan Hiu Hang	LS	20.37	9
2	Tang Hoi Yee	CREATIVE	20.56	7
3	Wu Ching Hang	CDGFSS	21.21	6
4	Leung Yan Kiu	PTCC	21.23	5
5	Tam Sze Wing	TYH	21.24	4
6	Ho Hoi Lam	ICQM	21.73	3
7	Leung Shuk Kwan	WWS	21.78	2
8	Choi Pit Yan	WWS	22.55	1

=====
Event 12 100m Hurdles Girls B
Standard: 23.00 (0.762m) Record: 14.66 (2006) (0.762m)

Final				Points
1	Cheung Chung Yan	TOSS	18.86	9
2	Sung Hei Lam	OLRC	18.99	7
3	Choi Yu Ying	WWS	19.31	6
4	Wong Ka Yan	LS	19.79	5
5	Ng Man Wai	OLRC	20.18	4
6	Li Suk Lan	PTSS	21.00	3
7	Wong Tseuk Ying	CDGFSS	21.10	2
8	Wong Ka Yan	PLKLCF	26.02	1

=====
Event 13 100m Hurdles Girls A
Standard: 22.50 (0.762m) Record: 14.24 (2008) (0.762m)

Final				Points
1	Yip Yee Lui	TOSS	16.93	9
2	Wong Sze Man	LSTYKH	18.55	7
3	Chow Mei Hang	OLRC	18.81	6
4	Tse Ka Yan	PTCC	19.82	5
5	So Wai Han	BHJS	19.93	4
6	Chou Kin Yee	CDGFSS	20.94	3
7	Tsang Chor Kiu	BPS	21.11	2
8	To Tam Yau	NAMS		

=====
Event 14 100m Hurdles Boys C
Standard: 21.00 (0.84m) Record: 13.57 (2009) (0.84m)

Final				Points
1	Wong Hon Man	BHJS	17.49	9
2	Yeung Chi Ho	CREATIVE	17.96	7
3	Cheng Wai Hung	LSTYKH	18.81	6
4	Hon Tsz King	K-LING	19.38	5
5	Man Hoi Yiu	PTSS	19.79	4
6	Pan Guanrong	MSCHK	20.32	3
7	Yip Ka Chun	HGC	20.77	2
8	Phen Hok Hei	BHJS	20.86	1

=====
Event 15 100m Hurdles Boys B
Standard: 20.00 (0.914m) Record: 13.54 (2008) (0.914m)

Final				Points
1	Chan Chun Him	TYH	15.64	9
2	Tse Jenson	ICQM	16.27	7
3	Wong Ho Yuen	WWS	16.45	6
4	Leung Hoi Man Victor	WWS	16.47	5
5	Leung Chun Wai	PTSS	16.83	4
6	Yuen Ho Fai	LCCS	17.52	3
7	Fung Chi Yeung	BHJS	18.52	2
8	Wong Fan Yung	SKHLFH	20.30	1

=====
Event 16 110m Hurdles Boys A
Standard: 20.30 (0.914m) Record: 14.20 (2009) (0.914m)

Final				Points
1	Yeung Ho Yin	TYH	16.60	9
2	Li Man Keung	DMS-HW	16.65	7
3	Lau Chun Wai	HGC	17.02	6
4	Au Chun	TYH	17.69	5
5	Suen Wai Fung	MCDHMC	18.02	4
6	Cheung Yuen Chi	SKHLFH	18.44	3
7	Tang Kin Wai	YCM	20.14	2
8	Tai Yuk Kwan	WWS		

=====
Event 17 800m Girls C

Standard: 3:21.00 Record: 2:19.72 (2000)

Final				Points
1	Lai Tsz Yan	TNSS	2:39.59	9
2	Chan Fong Ying	KHSS	2:53.65	7
3	Li Ching Yan	LCCS	2:57.70	6
4	Au Gi Wa	LCCS	2:57.74	5
5	Chan Tze Kiu	BHJS	2:59.11	4
6	Kan Wai Tung	CDGFSS	3: 1.03	3
7	Chan Ho Ching	BHJS	3: 1.07	2
8	Tong Oi Ping	TOSS	3: 1.12	1
9	Yuen Ka Yee	PTSS	3: 1.19	
10	Wong Sum Tin	BPS	3:10.04	
11	Chan Wai Ka Anna	LWFSS	3:17.87	
12	Keung Tsz Ching	MSCHK		

Event 18 800m Girls B

Standard: 3:19.00 Record: 2:15.76 (2001)

Final				Points
1	Chan Long Ching	BPS	2:39.35	9
2	Kathy Ng	HKIS	2:43.76	7
3	Shek Ching Tsz	SKHLFH	2:44.34	6
4	Fok Yuen Yan	KHSS	2:44.38	5
5	Cheung Mei Chi	OLRC	2:51.75	4
6	Yung Ka Ka	LCCS	2:51.83	3
7	Lai Wing Suen	BPS	2:53.60	2
8	Wan Tsz Ching	LCCS	2:54.15	1
9	Yeung Kam Tung	NAMS	2:55.09	
10	Wong Hei Yiu	PLKLFC	2:56.95	
11	Chan Hi Yue	CREATIVE	2:58.05	
12	Fu Emily	KHSS	2:59.98	

Event 19 800m Girls A

Standard: 3:18.00 Record: 2:18.30 (1994)

Final				Points
1	Anthea Wong	HKIS	2:33.76	9
2	Li Mei Yee	BHJS	2:51.96	7
3	Tsang Wing Yan	NAMS	2:55.01	6
4	Au Sin Yu	K-LING	2:56.52	5
5	Lauren Dinwiddre	HKIS	2:56.89	4
6	Au Tsz Yu	CDGFSS	2:57.27	3
7	Chow Tsz Ting	TYH	3: 1.05	2
8	Shiu Tsz Kwan	CDGFSS	3: 3.13	1
9	Ip Wing Yu	NAMS	3: 3.15	
10	Lam So Fong	TYH	3: 3.19	
11	Cheung Yee Ka Miriam	SKHLFH	3: 6.54	
12	Hung Hiu Mei	NP2C	3:10.94	

Event 20 800m Boys C

Standard: 2:50.00 Record: 2:08.20 (2004)

Final				Points
1	Lo Chuen Tak	BHJS	2:22.35	9
2	Cheung Ka Ho	PLKNO.1C	2:28.21	7
3	Wong Shiu Hang	LCCS	2:30.25	6
4	Leung Chun Ho	BHJS	2:33.23	5
5	Wong Tsz Lung	KHSS	2:33.26	4
6	Chow Yu Chun Billy	WWS	2:35.22	3
7	Lai Go Joy	LWFSS	2:38.75	2
8	Lau Hoi Chun	SKHLFH	2:38.97	1
9	Li Chun Kiu Marco	RCC	2:46.38	
10	Chan Ho Yin	HGC	2:50.14	
11	Leung Ho Fai	CSS	2:52.01	
12	Tam Sze Ho	PTSS		

Event 21 800m Boys B

Standard: 2:40.00

Record: 2:03.35 (2008)

Final				Points
1	Li Ka Shun	BHJS	2:13.05	9
2	Tong Cheuk Him	KHSS	2:13.98	7
3	Chou Hoi Lam	NAMS	2:14.92	6
4	Chan Cheuk Nam	NAMS	2:15.08	5
5	Chan Kam Lung	WWS	2:19.51	4
6	Cheng Lo Wai	WWS	2:22.44	3
7	Chim Ho Man	CREATIVE	2:23.50	2
8	Liu Tsz Ho	ICQM	2:24.83	1
9	Luk Guan Lin	PLKLFC	2:26.70	
10	Szeto Kit	HGSS	2:29.80	
11	Cheuk Yuk Ming	PLKLFC	2:35.03	
12	Lau Ka Yin	LCCS		

Event 22 800m Boys A

Standard: 2:34.00

Record: 1:57.89 (2004)

Final				Points
1	Tse Chi Wai	K-LING	2:14.12	9
2	Fu Chi Cheung	WWS	2:15.69	7
3	Lee Cheuk Ki	KHSS	2:15.89	6
4	Chan Ming Kwan	CSS	2:16.60	5
5	Chan Ka Long	CCSS	2:17.10	4
6	Guan Canhui	LS	2:17.83	3
7	Shao Hung Leong	CCPASS	2:18.12	2
8	Li Tsz Yeung	LCCS	2:18.22	1
9	Poon Wai Ho	K-LING	2:22.39	
10	Fu Kim Ming	SKHLFH	2:24.09	
11	Lam Hung Kei	TYH	2:35.19	
12	Poon Wing Keung	TYH		

Event 23 100m Girls C

Standard: 16.10

Record: 12.55 (2004)

Final				Points
1	Li Ka Sin	LS	14.14	9
2	Law Man Chung	K-LING	14.18	7
3	Lui Michelle Fulguirinas	DMS-HW	14.62	6
4	Yu Tsz Yung	SKHLFH	14.65	5
5	Wong Tsoi Tik	BPS	14.70	4
6	Choi Cheuk Yiu	K-LING	14.71	3
7	Fung Ching Kan	BPS	14.73	2
8	Ng Cheuk Yan	LSTYKH	14.88	1

Event 24 100m Girls B

Standard: 16.00

Record: 12.21 (2005)

Final				Points
1	Lau Fan Hei	CDGFSS	13.18	9
2	Ng Ka Man	TOSS	13.90	7
3	Fung Hoi Yi	LCCS	13.91	6
4	Lee Kin Hung	HGC	14.01	5
5	Yad Hiu Yan	WWS	14.09	4
6	Kwong Hiu Lam	BPS	14.22	3
7	Tsang Siu Fung	NP2C	14.29	2
8	Chiu Yee On	BHJS	14.33	1

Event 25 100m Girls A

Standard: 15.50

Record: 11.99 (2009)

Final				Points
1	Chan Hoi Hiu	TOSS	13.84	9
2	Wong Ka Man	KWSC	14.14	7
3	Cheng Sau Kan	LSTYKH	14.16	6

4	Wong Sze Man	LSTYKH	14.29	5
5	Yip Yee Lui	TOSS	14.41	4
6	Yeung Yin Ting	TYH	14.66	3
7	Wu Li Sha	LWFSS	14.91	2
8	Wan Siu Wai	BPS	15.45	1

=====
Event 26 100m Boys C

Standard: 14.10 Record: 11.21 (2009)

Final				Points
1	Du Jiming	HGSS	12.85	9
2	Choi Man Ho Calvin	BHJS	12.95	7
3	Lam Ho Yin	PTSS	13.03	6
4	Chan Man Wai	BHJS	13.26	5
5	Chan Jonathan	HGSS	13.29	4
6	Chan Kam Wa	CSS	13.36	3
7	Lui Shing Hong	HGC	13.37	2
8	Chan Ka Tung	HGC	13.43	1

=====
Event 27 100m Boys B

Standard: 13.30 Record: 11.03 (2008)

Final				Points
1	Pang Tsz Fung	BHJS	11.58	9
2	Yuen Tsz Tai	BHJS	11.99	7
3	Leung Hoi Man Victor	WWS	12.22	6
4	Kam Pak Hin	K-LING	12.58	5
5	Cheung Kai Wang	DMS-HW	12.59	4
6	Ho Man	WWS	12.65	3
7	Ng Ho	KHSS	12.66	2
8	Chan Man Wa	KHSS	12.68	1

=====
Event 28 100m Boys A

Standard: 12.80 Record: 10.40 (2008)

Final				Points
1	Wong Ting Tat	YCM	11.74	9
2	Wan Chi Ki	MCDHMC	11.77	7
3	Hon Chi Ho	CSS	11.88	6
4	Tam Chi Kit	LWFSS	12.06	5
5	Tan Yongje	NAMS	12.11	4
6	Zou Yue Qiang	PTSS	12.21	3
7	So Ching On	KHSS	12.26	2
8	Cheung Kin Ho	HGSS		

=====
Event 29 Javelin Girls A

Standard: 15.00 (600gm) Record: 41.39 (2009) (600gm)

Position	Name	School	Result	Remark	Points
1	Yeung Sin Yee	YCM	21.94	Standard	9
2	Lee siu Yin	HGC	21.50	Standard	7
3	Ho Pui Ling	NAMS	17.98	Standard	6
4	Ip Sze Jing	BPS	17.48	Standard	5
5	Wong Sze Nga	LCCS	17.30	Standard	4
6	Lau Shan Shan	CDGFSS	16.41	Standard	3
7	Ho Po Yee	LCCS	15.12	Standard	2
8	Cheung Tin Wing	CSS	13.49		1
	Chan Wing Kee	SKHLFH	11.66		
	Suen Wing Yue	HGC	11.56		
	Choi Sze Wing	DMS-HW	10.85		
	Kwok Hiu Shan	PTSS	10.25		
	Kwok Mei Ling	PTSS	10.02		
	Wong Wai Yin	TYH	9.59		
	Ng Shun Fai	CSS	8.44		
	Siu Ying Ying	NAMS	3.49		
	Ng Wai Ting	BPS		DN take part	
	Wong Po Sze	DMS-HW		DN take part	

Lam Hoi Ching	KWSC	DN take part
Chu Pui Hang	KWSC	No Mark
Yeung Lok Man	BHJS	DN take part
Ho Cheuk Yan	BHJS	DN take part
Ting On Kei Angel	SKHLFH	No Mark
Ip Wing Tung	TYH	DN take part
Chan Man Chau	YCM	DN take part
Lam Ka Ying	CDGFSS	DN take part

=====
Event 30 5000m Boys A

Standard: 22:10.00

Record: 15:55.85 (1982)

Final

			Points
1	Dylan Nisky	HKIS 17:25.76	9
2	Yeung Chung Ming	LCCS 19:32.34	7
3	Leung Wang Kit	YCM 19:33.60	6
4	Chun Yau Pong	CSS 19:42.37	5
5	Ma Chung Ho	K-LING 19:51.00	4
6	Chow Man Kin	WWS 20: 2.00	3
7	Wong Chun Kit	TYH 20:20.71	2
8	Tam Ming Hong	NAMS 20:23.19	1
9	Wang Sze Ho	CSS 20:50.31	
10	Liu Chong Fai	LCCS 21:23.36	
11	Cheung Pak Hing	K-LING 21:30.50	
12	Tsang Long Kit	HGSS 21:30.56	
13	Dong Lap Chun	KWSC 21:32.00	
14	Lai Chi Hin	TYH 21:41.31	
15	Wan Yiu Chuen	PLKLFC 21:50.70	
16	Choak Ho Yin	WWS 22:10.93	
17	Chan Chi San	PTSS 22:25.00	
18	Fu Wing Sing	CCPASS 22:30.03	
19	Chan Kwun Chuen	NAMS 22:48.32	
20	Ho Chung Hong	CCPASS 23: 3.09	
21	Chiu Lok Hin	PLKLFC 23:50.94	
22	Law Chung Hei	PTSS	
23	Ng Chun Yin	KWSC	

=====
Event 31 400m Girls C

Standard: 1:25.00

Record: 58.78 (2000)

Final

			Points
1	Tsang Tammi	PLKLFC 1: 6.19	9
2	Lai Tsz Yan	TNSS 1: 6.29	7
3	Leung Ka Man	KHSS 1:11.54	6
4	Mok Ka Yi	OLRC 1:13.22	5
5	Wong Lik Ho	WWS 1:15.37	4
6	Ma Ka Yan	OLRC 1:16.00	3
7	Yuen Ka Yee	PTSS 1:17.25	2
8	Au Gi Wa	LCCS 1:18.54	1

=====
Event 32 400m Girls B

Standard: 1:23.00

Record: 57.29 (2002)

Final

			Points
1	Cheung Mei Chi	OLRC 1: 9.10	9
2	Shek Ching Tsz	SKHLFH 1: 9.97	7
3	Hung Yuk Ying	K-LING 1:10.44	6
4	Fok Yuen Yan	KHSS 1:10.47	5
5	Lee Pik Sim	WWS 1:11.32	4
6	Lai Wing Suen	BPS 1:11.68	3
7	Wong Sau Yu	BPS 1:12.23	2
8	Wan Tsz Ching	LCCS 1:13.42	1

=====
Event 33 400m Girls A

Standard: 1:20.00

Record: 58.29 (1999)

Final

Points

1	Wong Po Sze	DMS-HW	1: 7.51	9
2	Ho Lai Ying	QMSS	1: 9.27	7
3	Ng Hiu Suet	SKHLFH	1:11.47	6
4	Li Chung Man	TOSS	1:13.00	5
5	Siu Shuk Fong	CDGFSS	1:13.15	4
6	Chow Tsz Ting	TYH	1:14.12	3
7	Tsang Wing Yan	NAMS	1:14.73	2
8	Wu Yue Wei	NAMS		

=====
Event 34 400m Boys C

Standard: 1:12.00 Record: 51.23 (2008)

Final				Points
1	Lee Tsz Yeung	CREATIVE	1: 0.16	9
2	Cheuk Wing Lok	WWS	1: 2.35	7
3	Tsang Fan Ho	HGSS	1: 3.28	6
4	Mo Ka Kit	K-LING	1: 3.32	5
5	Chong Chun Yin	SKHLFH	1: 3.48	4
6	Wu Ka Long	LCCS	1: 4.68	3
7	Lau Yik Sau	RCC	1: 5.45	2
8	Pang Tsz Fung	PLKNO.1C	1: 9.65	1

=====
Event 35 400m Boys B

Standard: 1:06.00 Record: 50.06 (2009)

Final				Points
1	Tsang Tsz Ki	LS	54.90	9
2	Tsui Hei Yu	BHJS	55.36	7
3	Tam Man Fung	BHJS	56.16	6
4	Chou Hoi Lam	NAMS	56.43	5
5	Chung Sau Fung	K-LING	57.07	4
6	Li Chung Wang	WWS	57.59	3
7	Yung Ka Yu	LWFSS	58.37	2
8	Cheng Lo Wai	WWS	1: 0.08	1

=====
Event 36 400m Boys A

Standard: 1:02.00 Record: 49.10 (1964)

Final				Points
1	Pang Chi Sum	QMSS	54.55	9
2	Ngo Yuen Yeung	KHSS	54.56	7
3	Chow Tsz Ho	YCM	55.00	6
4	Tsui Yu Cheong	TYH	55.08	5
5	Lee Cheuk Yin	CCPASS	55.74	4
6	Fu Chi Cheung	WWS	56.43	3
7	Tsang Cheuk Wing	YCM	56.51	2
8	Chan Ka Long	CCSS	1: 0.95	1

=====
Event 37 Discus Boys B

Standard: 22.00 (1kg) Record: 47.19 (2006) (1kg)

Position	Name	School	Result	Remark	Points
1	Chiu Pit Chun	WWS	32.35	Standard	9
2	Cheng Man To	MSCHK	31.23	Standard	7
3	Lau Sze Ho	NAMS	30.15	Standard	6
4	Yip Kin Shing	KHSS	28.70	Standard	5
5	Mak Ho Fung	K-LING	28.21	Standard	4
6	Kwan Tim Cheung	CCPASS	27.90	Standard	3
7	Kwok Chun Kit	TYH	27.42	Standard	2
8	Wan Chi Pong	LCCS	25.73	Standard	1
	Kwun Ho Laam	SKHLFH	25.53	Standard	
	Hui Chi Ming	HGC	25.31	Standard	
	Chow Sung Yip	LCCS	25.11	Standard	
	Leung Ka Ho	WWS	24.78	Standard	
	Hsu Sai Yeung	HGC	24.58	Standard	
	Mo Kei Fai	TYH	24.24	Standard	
	Fok Chun Kit	MSCHK	23.84	Standard	

Tai Chung Yin	PTSS	23.75	Standard
Tin Wai Chung	HGSS	23.55	Standard
Tsui Tsun On	BHJS	23.27	Standard
Lau Tak Lung	BHJS	22.74	Standard
Ng Kai Him	HGSS	22.68	Standard
Tam Shing Chun	KHSS	21.17	
Cheung Kit	NAMS	21.14	
So Ka Ho	CCSS	21.14	
Choi Cheung Yau	STCS	20.28	
Luk Guan Lin	PLKLFC	19.96	
Poon Chun Wai	LSTYKH	19.71	
Chan Long Hin	SKHLFH	18.88	
Chan Chor Yu	CREATIVE	17.95	
Wong Sin Tat	CSS		DN take part
Yau Man Lai	CREATIVE		No Mark
Huang Charles	PLKLFC		No Mark
Huang En Yi	PTSS		No Mark
Hung Yat Chun	CCSS		No Mark
Chung Man Kit	K-LING		No Mark
Chan Yat Tat	CSS		DN take part
Yu Yat Sing	KWSC		No Mark
Wang Peng Sheng	KWSC		No Mark

=====
Event 38 1500m Girls C

Standard: 7:10.00

Record: 5:02.16 (2003)

Final

			Points	
1	Li Ching Yan	LCCS	6:11.67	9
2	Lee Hiu Yau	WWS	6:25.11	7
3	Lam Lok Ting	BHJS	6:29.46	6
4	Kan Wai Tung	CDGFSS	6:34.49	5
5	Li Pui Ying	OLRC	6:45.14	4
6	Yip Hiu Ki	PTSS	6:45.21	3
7	Wong Yi Lin	K-LING	6:56.49	2
8	Fong Hiu Ting	CCPASS	7:13.36	1
9	Lau Pui Shan	LWFSS	7:26.93	
10	Tsoi Tak Yi	LSTYKH	7:28.01	
11	Lam Hung Yan	HGC	7:32.28	
12	Yip Hiu Wa	TOSS	7:34.43	
13	Wong Pui Ki	TNSS		
14	Huang Ching Man	TYH		
15	Wong Sum Tin	BPS		
16	Ho Hiu Lam	PLKLFC		
17	Leung Tsz Shan	HGSS		
18	Lui Ting Kwan	MSCHK		

=====
Event 39 1500m Girls B

Standard: 7:10.00

Record: 4:52.98 (2000)

Final

				Points
1	Madeline Strandemo	HKIS	5:18.33	9
2	Chan Long Ching	BPS	5:32.26	7
3	Chiu Nga Ting	K-LING	6: 2.57	6
4	Lo Ka Wai	CDGFSS	6: 4.10	5
5	Ho Ho Yan	KHSS	6: 8.64	4
6	Yung Ka Ka	LCCS	6:13.79	3
7	Lee Pik Sim	WWS	6:18.80	2
8	So Yuen Ting	BHJS	6:19.65	1
9	Yeung Kam Tung	NAMS	6:23.61	
10	Leung Siu Yin	LWFSS	6:32.06	
11	Choy Sin Man	NP2C	6:37.78	
12	Lai Pun Tung	TYH	6:43.22	
13	Yeung Hau Yi	PLKLFC	7: 4.03	
14	Lee Wing Mui	PTSS	7: 5.01	
15	Cheng Yuen Kwan	HGSS	7:17.71	
16	Leung Tsz Shan	HGSS	7:20.55	
17	Siu Ching Kwan	HGC	7:42.01	

18 Leung Ka Yi SKHLFH 7:47.40
19 Yeung Hoi Ting OLRC
20 Lee Tsz Ching TNSS

=====
Event 40 1500m Girls A

Standard: 7:10.00 Record: 5:04.95 (2007)

Final Points
1 Anthea Wong HKIS 5:28.99 9
2 Cheung Yee Ka Miriam SKHLFH 6: 9.19 7
3 Gbadago Jemima Joy DMS-HW 6: 9.23 6
4 Li Mei Yee BHJS 6: 9.60 5
5 Au Sin Yu K-LING 6:13.87 4
6 Leung Shuk Ying NP2C 6:13.88 3
7 Shiu Tsz Kwan CDGFSS 6:21.69 2
8 Lam So Fong TYH 6:31.58 1
9 Ip Wing Yu NAMS 6:38.94
10 Tsang Pui Ki RCC 6:52.44
11 Ng Yan Ling LWFSS 7: 4.81
12 Chow Hoi Yan LCCS 7: 6.38
13 Lee Suet Ying PTSS 7:22.61
14 Tsang Suet Yui HGC 8:42.01
15 Wong Yee Ting LSTYKH
16 Tsang Chor Kiu BPS

=====
Event 41 4x100m Relay Boys C

Standard: 56.00 Record: 45.05 (2008)

Final Points
1 BHJS 51.49 18
2 CREATIVE 51.81 14
3 PTSS 52.40 12
4 HGC 52.73 10
5 MSCHK 53.66 8
6 CCSS 53.98 6
7 PLKNO.1C 55.45 4
8 WWS 55.88 2

=====
Event 42 4x100m Relay Boys B

Standard: 52.00 Record: 44.68 (2009)

Final Points
1 BHJS 47.60 18
2 WWS 47.71 14
3 LS 49.18 12
4 KHSS 49.98 10
5 ICQM 50.13 8
6 K-LING 50.39 6
7 CCSS 50.70 4
8 HGSS 51.04 2

=====
Event 43 4x100m Relay Boys A

Standard: 50.00 Record: 42.63 (1996)

Final Points
1 KHSS 47.08 18
2 YCM 47.28 14
3 MCDHMC 47.66 12
4 HGC 47.90 10
5 CSS 48.08 8
6 TYH 48.31 6
7 HGSS 48.81 4
8 PTSS 49.79 2

=====
Event 44 4x100m Relay Girls C

Standard: 1:04.00 Record: 51.10 (2009)

Final			Points
1	NP2C	59.30	18
2	TOSS	59.49	14
3	BPS	59.70	12
4	PTSS	59.84	10
5	K-LING	1: 0.01	8
6	SKHLFH	1: 0.35	6
7	LCCS	1: 0.60	4
8	LS	1: 1.16	2

=====
Event 45 4x100m Relay Girls B
Standard: 1:03.00 Record: 49.52 (2007)

Final			Points
1	PTCC	56.06	18
2	OLRC	56.42	14
3	LCCS	57.12	12
4	CREATIVE	57.61	10
5	TOSS	57.96	8
6	WWS	58.57	6
7	HGC	58.64	4
8	BPS	59.18	2

=====
Event 46 4x100m Relay Girls A
Standard: 1:02.00 Record: 48.49 (2008)

Final			Points
1	TOSS	56.07	18
2	OLRC	57.37	14
3	KWSC	57.62	12
4	LSTYKH	58.49	10
5	CDGFSS	58.98	8
6	TYH	59.31	6
7	DMS-HW	1: 0.18	4
8	BPS	1: 0.64	2

=====
Event 47 4x400m Relay Boys C
Standard: 4:45.00 Record: 3:46.84 (2008)

Final			Points
1	PLKNO.1C	4:15.94	18
2	BHJS	4:17.79	14
3	K-LING	4:18.63	12
4	LCCS	4:22.90	10
5	HGSS	4:22.92	8
6	WWS	4:24.67	6
7	CREATIVE	4:36.33	4
8	TYH	4:47.75	2

=====
Event 48 4x400m Relay Boys B
Standard: 4:20.00 Record: 3:36.46 (2009)

Final			Points
1	BHJS	3:49.43	18
2	KHSS	3:57.21	14
3	WWS	3:59.45	12
4	NAMS	4: 0.87	10
5	PLKLFC	4: 3.40	8
6	K-LING	4: 5.30	6
7	CCPASS	4: 6.13	4
8	CCSS	4:10.16	2

=====
Event 49 4x400m Relay Boys A
Standard: 4:06.00 Record: 3:26.60 (1989)

Final			Points
1	YCM	3:52.04	18

2	CCPASS	3:52.68	14
3	WWS	3:54.02	12
4	K-LING	3:55.07	10
5	TYH	3:56.11	8
6	HKIS	3:56.34	6
7	DMS-HW	4: 1.13	4
8	CCSS	4: 1.66	2

=====
Event 50 4x400m Relay Girls C

Standard: 5:40.00 Record: 4:16.63 (2008)

Final			Points
1	KHSS	4:54.11	18
2	TNSS	4:59.14	14
3	PLKLCFC	5: 8.72	12
4	LCCS	5:13.78	10
5	PTSS	5:14.48	8
6	TOSS	5:16.33	6
7	CDGFSS	5:17.52	4
8	BPS	5:34.19	2

=====
Event 51 4x400m Relay Girls B

Standard: 5:31.00 Record: 4:15.21 (2009)

Final			Points
1	BPS	4:43.75	18
2	CDGFSS	4:49.01	14
3	LCCS	4:53.87	12
4	K-LING	4:55.91	10
5	KHSS	4:56.01	8
6	OLRC	5: 5.60	6
7	TOSS	5: 7.93	4
8	BHJS	5:13.89	2

=====
Event 52 4x400m Relay Girls A

Standard: 5:30.00 Record: 4:09.77 (2009)

Final			Points
1	DMS-HW	4:52.04	18
2	CDGFSS	4:53.95	14
3	BPS	5: 8.30	12
4	SKHLFH	5:11.29	10
5	NAMS	5:12.61	8
6	BHJS	5:13.75	6
7	K-LING	5:21.10	4
8	WWS	5:24.24	2