

# Inter-School Athletics Competition 2023-2024

## Division One

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### Official List

Convenor : Mr. Chan Chin Wan (WYHK)

Management Committee : Mr. Ng Chi Wai (CSWCSS) Ms. Chung Ling Sau (PCMS)  
Mr. Chan Man Kit (CHECSS) Mrs. Miranda Iu (SPCS)  
Mr. Lai Chiu Lun (GHS) Mr. Wu Wai Ho (WYK)  
Ms. Lee Wai Chi Vicky (HPCCSS) Mr. Lee Chi Wai (LKYMS)

Referee(s) : Mr. Chan Man Hau, Ronnie, Mr. Tang Kun Loi & Mr. Eric Tsang

Technical Manager : Mr. Watson Ng

First Aid : Life Line Medical Training Centre Limited

Recorders : Mr. Eric Ho & Diocesan Girls' School Recorders

Announcers : 1. Ms. Dora Yum (HYS) 2. Ms. Vivian Lai (HYS)

### Field Events

Chief Jumping Judge : Mr. Chan Man Kit CHECSS

High Jump : 1. Mr. Lai Chiu Lun (GHS) - Chief 3. Mr. Fung Ho Yin (MSC)  
2. Ms. Luk Dick Sang (PCMS) 4. Mr. Ho Mau Wang (DBS)

# Long Jump : 1. Ms. Chan Shannon Vera (GHS) - Chief 4. Ms. Wu Cheuk Yan (SSGC)  
(All except Girls C) 2. Ms. Chung Wai Wa (DBS) 5. Ms. Jo Caldwell (WIS)  
*\*\* Report to Long Jump Venue* 3. Mr. Yuen Ho Leung (SMCESPS)

Triple Jump + : 1. Mr. Chim Ha Chuen (SJACS) - Chief 3. Mr. Chan Tsz Chun (LSC)  
@ Long Jump (Girls C) 2. Mr. Li Hong Yi (DGS) 4. Ms. Lau Tsz Ching (SSGC)  
*\*\* Report to Triple Jump Venue*

Chief Throwing Judge : Mr. Wu Wai Ho WYK

Shot Put : 1. Ms. Emily Kong (MCS) - Chief 3. Ms. Sylvia Ng (MCS)  
2. Mr. Leung Yu Tang (CSWCSS) 4. Ms. Wan Cheuk Ping (HKUGA)

Discus : 1. Mr. Chan Chun Yu (CHECSS) - Chief 3. Mr. Chung Chi Kwan Alan (SJACS)  
2. Ms. Li Ho Lam (LKYMS) 4. Ms. Chau Sau Ying (HPCCSS)

Javelin : 1. Mr. Lee Chi Wai (LKYMS) - Chief 4. Ms. R. Cheung (SPCS)  
2. Mr. Sam Lau (SSCS) 5. Mr. Chun Hung Kwok (TSIS)  
3. Mr. Wu Zhuojing (CSWCSS)

## Track Events

Track Event Referee : Mr. Chan Man Hau, Ronnie (HKAAA Referee)

Starters	: 1. Mr. Kot Hin Tak	2. Mr. Wong Chi Tang Charlto (SWC)
Recall Starters	: 1. Mr. Chan Long Ting (WFN)	2. Mr. Owen Cobley (WIS)
Starters' Assistants	: 1. Mr. Fung Ho Tin (LSC) - Chief 3. Mr. Scott Davidson (KGV)	2. Mr. Au Chun Tung (TSIS)
Call Room Judges (Roll Call)	: 1. Ms. Lee Wai Chi Vicky (HPCCSS) - Chief 2. Ms. Tracy Lam (WYHK) 3. Mr. Tang Kin Yip (WYK)	4. Mr. Ho Hoi Ning (SMCESPS) 5. Mr. Luk Pak Hang (WFN)
Track Umpires	: 1. Mrs. Miranda Iu (SPCS) - Chief 2. Ms. Li Sau Sau Esther (HKUGA) 3. Mr. Rowan Varty (KGV) 4. Ms. Pang Yik Man (MSC) 5. Mr. Mok Kwan Kiu (PCMS)	6. Ms. Amy Tam (SSCS) 7. Ms. Chow Chui Mei (SWC) 8. Mr. Chow Ka Wah (YCKMC) 9. Mr. Lui Ka Hing (YCKMC)
Relay Take Over Judges	: <u>4 x 100m First Take Over (Day Two &amp; Finals)</u> <u>4 x 100m Second Take Over (Day Two &amp; Finals)</u>	
	1. Mr. Lai Chiu Lun (GHS)	1. Ms. Li Sau Sau Esther (HKUGA)
	2. Ms. Luk Dick Sang (PCMS)	2. Mr. Rowan Varty (KGV)
	3. Mr. Fung Ho Yin (MSC)	3. Ms. Pang Yik Man (MSC)
	4. Mr. Ho Mau Wang (DBS)	4. Mr. Mok Kwan Kiu (PCMS)
	5. Mr. Chim Ha Chuen (SJACS)	5. Ms. Amy Tam (SSCS)
	6. Mr. Li Hong Yi (DGS)	6. Ms. Chow Chui Mei (SWC)
	7. Mr. Chan Tsz Chun (LSC)	7. Mr. Chow Ka Wah (YCKMC)
	8. Ms. Lau Tsz Ching (SSGC)	8. Mr. Lui Ka Hing (YCKMC)
	: <u>4 x 100m Third Take Over (Day Two &amp; Finals)</u> <u>4 x 400m Break Line &amp; Take Over Judges (Day One &amp; Finals)</u>	
	1. Mr. Chan Chun Yu (CHECSS)	1. Mr. Sam Lau (SSCS)
	2. Ms. Li Ho Lam (LKYMS)	2. Mr. Wu Zhuojing (CSWCSS)
	3. Mr. Chung Chi Kwan Alan (SJACS)	3. Ms. R. Cheung (SPCS)
	4. Ms. Chau Sau Ying (HPCCSS)	4. Mr. Chun Hung Kwok (TSIS)
	5. Ms. Emily Kong (MCS)	5. Ms. Chung Wai Wa (DBS)
	6. Mr. Leung Yu Tang (CSWCSS)	6. Mr. Yuen Ho Leung (SMCESPS)
	7. Ms. Sylvia Ng (MCS)	7. Ms. Wu Cheuk Yan (SSGC)
	8. Ms. Wan Cheuk Ping (HKUGA)	8. Ms. Jo Caldwell (WIS)

## Time Table

Divison One

Day One 29 February 2024

8:15 AM Officials report to duty

This timetable serves as a guide only. The actual event may be held ahead or behind the scheduled time. Competitors are requested to turn up at least 1 hour before the scheduled time

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

## List of Participating Schools of Division One

School	Abbr.	Boys			Girls			
		A	B	C	A	B	C	
1 Cheung Sha Wan Catholic Secondary School	長沙灣天主教英文中學	CSWCSS	1	1	1			
2 Choi Hung Estate Catholic Secondary School	彩虹邨天主教英文中學	CHECSS	1	1	1			
3 Diocesan Boys' School	拔萃男書院	DBS	1	1	1			
4 Diocesan Girls' School	拔萃女書院	DGS				1	1	1
5 Good Hope School	德望學校	GHS				1	1	1
6 Heep Yunn School	協恩中學	HYS				1	1	1
7 HKUGA College	港大同學會書院	HKUGA				1	1	1
8 Hoi Ping Chamber of Commerce Secondary School	旅港開平商會中學	HPCCSS	1	1	1			
9 King George V School	英皇佐治五世學校	KGV				1	1	1
10 La Salle College	喇沙書院	LSC	1	1	1			
11 Lee Kau Yan Memorial School	李求恩紀念中學	LKYMS	1	1	1			
12 Maryknoll Convent School	瑪利諾修院學校(中學部)	MCS				1	1	1
13 Munsang College	民生書院	MSC	1	1	1			
14 Pui Ching Middle School	香港培正中學	PCMS				1	1	1
15 St. Joseph's Anglo-Chinese School	聖若瑟英文中學	SJACS	1	1	1			
16 St. Margaret's Co-Educational English Secondary and Primary School	聖瑪加利男女英文中小學	SMCESPS	1	1	1			
17 St. Paul's Convent School (Secondary Section)	聖保祿學校(中學部)	SPCS				1	1	1
18 St. Stephen's College	聖士提反書院	SSCS	1	1	1			
19 St. Stephen's Girls' College	聖士提反女子中學	SSGC				1	1	1
20 STFA Seaward Woo College	順德聯誼總會胡兆熾中學	SWC	1	1	1			
21 The South Island School	南島中學	TSIS				1	1	1
22 TWGHs Wong Fut Nam College	東華三院黃笏南中學	WFN	1	1	1	1	1	1
23 Wah Yan College (Hong Kong Island)	香港華仁書院	WYHK	1	1	1			
24 Wah Yan College (Kowloon)	九龍華仁書院	WYK	1	1	1			
25 West Island School	西島中學	WIS	1	1	1	1	1	1
26 Yu Chun Keung Memorial College	余振強紀念中學	YCKMC	1	1	1			
	Total:		16	16	16	12	12	12

**HK Island & Kowloon Secondary Schools Regional Committee  
Inter School Athletics Competition 2023-2024  
Division One**

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**Seating Allocation**

**A-H (Overall Top 4 from last year)**

<b>A</b>	<b>GHS</b>
<b>B</b>	<b>HKUGA</b>
<b>C</b>	<b>LSC</b>
<b>D</b>	<b>WYK</b>
<b>E</b>	<b>HYS</b>
<b>F</b>	<b>DBS</b>
<b>G</b>	<b>WYHK</b>
<b>H</b>	<b>DGS</b>

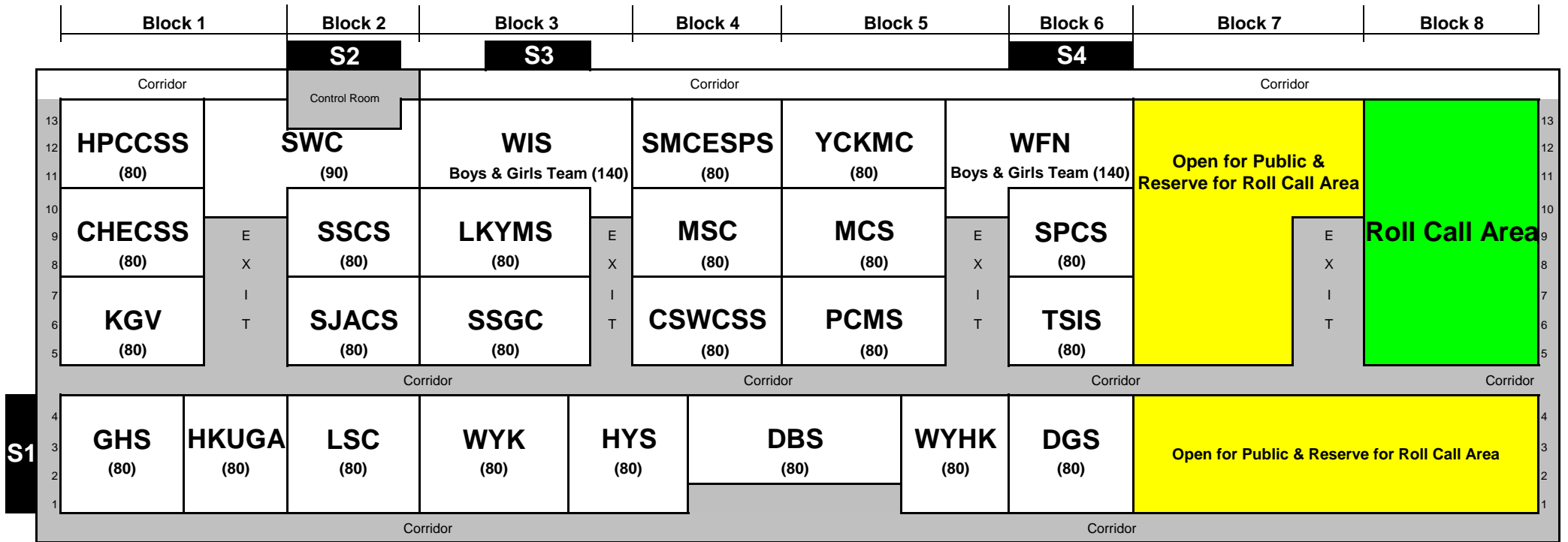
**C1-C2 (CO-ED School with boys and girls team)**

<b>C1</b>	<b>WIS</b>
<b>C2</b>	<b>WFN</b>

**1-16 (Others)**

<b>1</b>	<b>HPCCSS</b>
<b>2</b>	<b>CHECSS</b>
<b>3</b>	<b>KGV</b>
<b>4</b>	<b>SWC</b>
<b>5</b>	<b>SSCS</b>
<b>6</b>	<b>SJACS</b>
<b>7</b>	<b>LKYMS</b>
<b>8</b>	<b>SSGC</b>
<b>9</b>	<b>SMCESPS</b>
<b>10</b>	<b>MSC</b>
<b>11</b>	<b>CSWCSS</b>
<b>12</b>	<b>YCKMC</b>
<b>13</b>	<b>MCS</b>
<b>14</b>	<b>PCMS</b>
<b>15</b>	<b>SPCS</b>
<b>16</b>	<b>TSIS</b>

Inter-School Athletics Competition 2023-2024  
Seating Allocation  
Division One



**S** Keep Clear  
Staircase

All entrances and stairs should be kept clear at all times.

Not to Scale

## Standard for Athletics (Division One ) 2023-2024

(updated on : 10 July 2023)

Event	Boys			Girls		
	A Grade	B Grade	C Grade	A Grade	B Grade	C Grade
100m	12.20	12.50	13.30	14.30	14.40	14.70
200m	25.50	26.20	27.50	30.50	30.50	31.00
400m	58.00	1:00.00	1:04.00	1:12.50	1:12.50	1:13.00
800m	2:22.00	2:23.00	2:32.00	2:55.00	2:55.00	2:57.00
1500m	5:00.00	5:06.00	5:25.00	6:18.00	6:25.00	6:27.00
3000m	-	11:30.00	-	-	-	-
5000m	20:00.00	-	-	-	-	-
100m Hurdles	-	17.20	19.70	19.00	20.20	20.50
110m Hurdles	18.50	-	-	-	-	-
400m Hurdles	1:07.50	-	-	-	-	-
High Jump	1.60	1.55	1.40	1.35	1.30	1.25
Long Jump	5.45	5.05	4.55	4.10	4.00	3.80
Triple Jump	11.20	10.50	-	-	-	-
Shot Put	9.80	9.80	8.00	6.90	7.25	6.80
Discus	26.00	27.00	20.00	18.80	18.00	16.00
Javelin	30.00	26.00	-	19.00	17.80	-
4 x 100m Relay	47.50	48.50	52.00	56.50	56.80	58.00
4 x 400m Relay	3:54.00	4:02.00	4:20.00	4:52.00	4:57.00	5:00.00

The followings are the specifications of the throwing events and hurdles races.

### Throwing Events (Weight of Implements)

Event	Boys			Girls		
	A Grade	B Grade	C Grade	A Grade	B Grade	C Grade
Shot Put	5 kg	4 kg	4 kg	4 kg	3 kg	3 kg
Discus	1.50 kg	1 kg	1 kg	1 kg	1 kg	1 kg
Javelin	700 gm	600 gm	-	600 gm	500 gm	-

### Hurdles Races (Height of Hurdles)

Event	Boys			Girls		
	A Grade	B Grade	C Grade	A Grade	B Grade	C Grade
100m Hurdles	-	0.914 m	0.838 m	0.762 m	0.762 m	0.762 m
110m Hurdles	0.914 m	-	-	-	-	-
400m Hurdles	0.838 m	-	-	-	-	-

# Inter-School Athletics Competition

(Last Update : 15 May 2023)

## BOYS A GRADE (under 19)

Event	Record	Year	Holder	School
100m	10.60	2017-2018	Tse Yee Hin Rico	St. Joseph's Anglo-Chinese School
200m	21.91	2016-2017	Wong Cheuk Hei Herry	Yu Chun Keung Memorial College
		2022-2023	Chung Tsz Sing	Lee Kau Yan Memorial School
400m	49.92	2015-2016	Ajaz-UI-Haq	St. Margaret's Co-Educational English Secondary and Primary School
800m	1:54.89	2022-2023	Chu Lok Yin	Diocesan Boys' School
1500m	4:02.02	2022-2023	Chau Hoi Yeung	Wah Yan College (Kowloon)
5000m	15:37.60	2017-2018	Tse Chun Yin	Diocesan Boys' School
110m Hurdles (0.914m)	13.63	2015-2016	Cheung Wang Fung	Wah Yan College (Kowloon)
400m Hurdles (0.84m)	52.86	2015-2016	Cheung Wang Fung	Wah Yan College (Kowloon)
4x100m Relay	42.16	2016-2017	Tsoi Hong Yuen Ma Ka Ho Lo Tsz Yuen Fong Leong Sing	Diocesan Boys' School
4x400m Relay	3:25.18	2022-2023	Choi Man Chiu Tim Yeung Chi Hei Lau Tsun San Chu Lok Yin	Diocesan Boys' School
High Jump	2.01	2017-2018	Lam Hin Chak Timothy	La Salle College
Long Jump	7.89	2022-2023	Lin Mingfu	Chan Sui Ki (La Salle) College
Triple Jump	14.82	2016-2017	Ko Ho Long	St. Joseph's Anglo-Chinese School
Shot Put (5 kg)	15.48	2016-2017	Sit Wai Lok	TWGHs Wong Fut Nam College
Discus (1.50 kg)	49.69	2015-2016	Tsoi Kin San	Diocesan Boys' School
Javelin (700 gm)	62.06	2016-2017	Lam Ming Yiu	Diocesan Boys' School

## BOYS B GRADE (under 16)

Event	Record	Year	Holder	School
100m	10.63	2022-2023	Chan, Yat Lok	The Independent Schools Foundation Academy
200m	21.90	2022-2023	Leung Ching Hang Wesley	Diocesan Boys' School
400m	49.72	2009-2010	Chan Yan Lam	Diocesan Boys' School
800m	2:00.69	2012-2013	Yeung Chi Ho	Creative Secondary School
1500m	4:10.65	2022-2023	Wang Nok Wang	Diocesan Boys' School
3000m	9:06.64	2015-2016	Matthew Harrison Ming-Hei Tan	West Island School
100m Hurdles (0.914m)	13.25	2016-2017	Wong Lok Hei Addis	Cheung Sha Wan Catholic Secondary School
4x100m Relay	43.01	2022-2023	Huang Chun Yu Leung Ching Hang Wesley Zheng Wang Kei Koo Cheuk Fung Jasper	Diocesan Boys' School
4x400m Relay	3:33.81	2017-2018	Fung Chi Lok Tse Cheuk Hin Yau Tse Ho Colin Wong Ching Hoi	Wah Yan College (Kowloon)
High Jump	1.96	2015-2016	Lam Hin Chak Timothy	La Salle College
Long Jump	6.92	2008-2009	Pang Ying Kit	La Salle College
Triple Jump	13.67	2008-2009	Pang Ying Kit	La Salle College
Shot Put (4 kg)	16.33	2012-2013	Yu Chung Yau	Choi Hung Estate Catholic Secondary School
Discus (1 kg)	54.18	2014-2015	Tsoi Kin San	Diocesan Boys' School
Javelin (600 gm)	58.50	2022-2023	Wong Yi Hin	Diocesan Boys' School

## BOYS C GRADE (under 14)

Event	Record	Year	Holder	School
100m	11.21	2008-2009	Wang Hao Yang	Diocesan Boys' School
200m	22.59	2007-2008	Chan Yan Lam	Diocesan Boys' School
400m	51.23	2007-2008	Chan Yan Lam	Diocesan Boys' School
800m	2:06.64	2018-2019	Slattery Matthew Luke	La Salle College
1500m	4:24.54	2022-2023	Au Ho Chun	Diocesan Boys' School
100m Hurdles (0.84m)	13.57	2008-2009	Liu Chung Lung	St. Joseph's Anglo-Chinese School
4x100m Relay	45.05	2007-2008	Wong Hung Yiu Lau Ho Tung Li Lut Yin Tsu Ka Chon	La Salle College
4x400m Relay	3:45.03	2014-2015	Ma Kenneth Chun Hei Lam Ansen Ng Wing Ho Lau Chung Kei	Diocesan Boys' School
High Jump	1.86	2012-2013	Chan Yuk Tat Jeffrey	Hoi Ping Chamber of Commerce Secondary School
Long Jump	6.27	2017-2018	Law Ngai Him	CMA Secondary School
Shot Put (4 kg)	14.33	2013-2014	Sit Wai Lok	TWGHs Wong Fut Nam College
Discus (1 kg)	43.58	2008-2009	Chan Ngan Chuen	Hoi Ping Chamber of Commerce Secondary School



## Inter-School Athletics Competition

(Last Update : 15 May 2023)

### GIRLS A GRADE (under 19)

Event	Record	Year	Holder	School
100m	11.85	2016-2017	Chan Pui Kei	Good Hope School
200m	24.31	2022-2023	Li Tsz To	HKUGA College
400m	57.37	2014-2015	Lam Christy Ho Yan	Diocesan Girls' School
800m	2:17.06	2014-2015	Chan Yee Ki	Diocesan Girls' School
1500m	4:53.27	2014-2015	Chan Yee Ki	Diocesan Girls' School
100m Hurdles (0.762m)	13.76	2022-2023	Pak Hoi Man Chloe	Diocesan Girls' School
4x100m Relay	48.77	2018-2019	Chan Kei Sze Fung Anneke Chu Pui Ching Chan Pui Kei	Good Hope School
4x400m Relay	4:07.82	2014-2015	Chan Tak Yan Lee Suet Ying Chan Yee Ki Lam Christy Ho Yan	Diocesan Girls' School
High Jump	1.74	2018-2019	Lai Yan Hei	Good Hope School
Long Jump	5.78	2022-2023	Jia Wai Yin	St. Margaret's Co-Educational English Secondary and Primary School
Shot Put (4 kg)	10.58	2017-2018	Cheung Yuet Ting	YCH Law Chan Chor Si College
Discus (1 kg)	36.76	2018-2019	Chan Janice	Good Hope School
Javelin (600 gm)	47.16	2013-2014	Lau Hei Ting	Good Hope School

### GIRLS B GRADE (under 16)

Event	Record	Year	Holder	School
100m	11.89	2015-2016	Chan Pui Kei	Good Hope School
200m	24.96	2015-2016	Chan Pui Kei	Good Hope School
400m	56.27	2022-2023	Karlsson Jane Christa Ming Suet	Diocesan Girls' School
800m	2:15.76	2000-2001	Sarah Shuttleworth	King George V School
1500m	4:37.99	2018-2019	Wright Cade Cameron	St. Stephen's Girls' College
100m Hurdles (0.762m)	14.42	2015-2016	Wu Yi Lam	Good Hope School
4x100m Relay	49.44	2014-2015	Au Ka Wing Leung Nga Ching Wong Yuen Nam Lam Yan Tung	Diocesan Girls' School
4x400m Relay	3:59.42	2022-2023	Tseng, Hailey Chow Chi Kiu Cheuk Nim Yan Karlsson Jane Christa Ming Suet	Diocesan Girls' School
High Jump	1.75	2009-2010	Fung Wai Yee	Sacred Heart Canossian College
Long Jump	5.76	2021-2022	Jia Wai Yin	St. Margaret's Co-Educational English Secondary and Primary School
Shot Put (3 kg)	12.25	2008-2009	Ho Florence	Good Hope School
Discus (1 kg)	38.34	2017-2018	Chan Janice	Good Hope School
Javelin (500 gm)	48.10	2022-2023	Hui Cyrene	Maryknoll Convent School
Javelin (600 gm)*	42.92	2011-2012	Lau Hei Ting	Good Hope School

\* From 2019-2020, the weight of Girls B Grade Javelin have changed from 600 gm to 500 gm

### GIRLS C GRADE (under 14)

Event	Record	Year	Holder	School
100m	12.37	2022-2023	Wong Wing Tung	Heep Yunn School
200m	25.77	2022-2023	Hui Ching Grace	Heep Yunn School
400m	58.64	2022-2023	Cheng Tsz Yan	Heep Yunn School
800m	2:19.72	1999-2000	Sarah Shuttleworth	King George V School
1500m	4:53.42	2018-2019	Wright Roxanne Scarlet	St. Stephen's Girls' College
100m Hurdles (0.762m)	15.23	2014-2015	Wu Yi Lam	Good Hope School
4x100m Relay	48.41	2022-2023	Wong Wing Tung Hui Ching Grace Ma Hoi Ki Cheng Tsz Yan	Heep Yunn School
4x400m Relay	4:12.52	2022-2023	Chow Choi Ching Sophie Kong Jerika Li Man Ching Yip Yik Tung	Diocesan Girls' School
High Jump	1.66	2006-2007	Wong Siu Ping	Heep Yunn School
Long Jump	5.43	2008-2009	Wu Hoi Ting Dianna	Diocesan Girls' School
Shot Put (3 kg)	10.59	2003-2004	Woo Wing Tung	Diocesan Girls' School
Discus (1 kg)	29.90	2001-2002	Chan Yu Ning	Heep Yunn School

## Inter-School Athletics Competition

### ***Instruction on the Use of Wan Chai Sports Ground***

Heads of schools and teachers in charge of Athletics please read the following information carefully and pass the information to officials and competitors who will attend the Inter-School Athletics Competition to be conducted in the Wanchai Sports Ground.

1. **Safety Precaution**

Competitors must leave the **FIELD** as soon as they finish their events.

Accidents can occur in Javelin and Discus events. Teachers-in-charge must emphasize to their athletes that *the area around the Javelin Runway and Discus circle should be kept clear at all times. Competitors must station in the waiting area and can only enter the throwing area after their numbers are called.*

Competitors participating in middle distance events should make special precaution to the Discus event. The Discus circle is located at the corner of the start of the 200m. Provision of discus net cannot be 100% safe.

2. All warm up should be done in the warm up track area.

3. Nobody will be allowed to go inside the field (grass area) except appointed officials & competitors of the events being held there. The field area has been roped off by plastic band and all appointed officials would wear official uniform for identification. If teachers or students of a school do not follow this regulation, the school concerned is liable to disqualification.

4. The Federation wishes to emphasize that every precaution has been taken against possible risk, damage and injury to all concerned but this relies heavily on the co-operation of participating schools to point out the importance of safety to their teachers and students.

5. **Car Park Arrangement**

**Parking will no longer be available.** Schools or officials must use nearby public car park.

6. **Record Keepers' Office**

The Record Keepers' Office is located on the ground floor of the Sports Ground. Nobody will be allowed to enter the room without permission.

7. **Shoes for competition**

(A) Ordinary Training shoes or P.E. rubber shoes

(B) Spikes shoes: (i) Track event: spikes maximum length up to 7mm.

(ii) Field event: spikes maximum length up to 9mm.

Competitors failing to observe the rules concerning the use of spikes will not be allowed to compete.

8. **Refreshment Kiosk**

Neither food nor drink may be brought into the ground for sale, resale or free distribution.

(wsg)

# Wan Chai Sports Ground

# 灣仔運動場

## Legend 圖列：

— Border of Competition Area (Only Officials and Competitors are allowed to enter the competition area)  
比賽場區 (只限工作人員及運動員進入)

E : Equipment Room 器材室

FC : Female Changing Room 女更衣室

MC : Male Changing Room 男更衣室

O : Office 辦事處

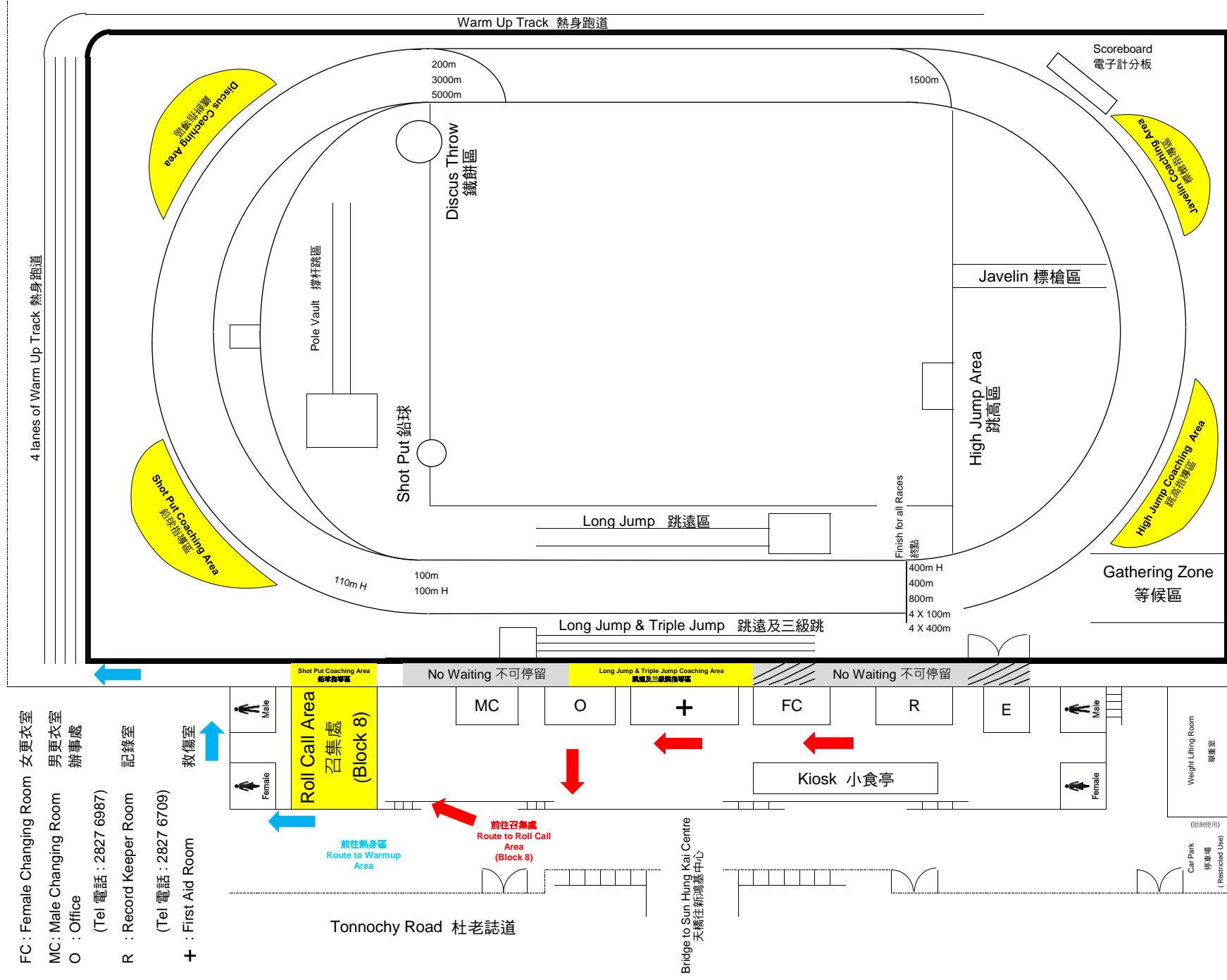
(Tel 電話 : 2827 6987)

R : Record Keeper Room 記錄室

(Tel 電話 : 2827 6709)

+ : First Aid Room 救傷室

Hung Hing Road 鴻興道



Not to Scale 不按比例

HK Island & Kowloon Secondary Schools Regional Committee  
Inter-School Athletics Competition

**Management of Relay Races**

Participating schools should brief their runners the proper procedure in conducting relay races.

1. Teams are required to fill out the relay form. Forms will be distributed at the Record Keeper Room on the race day morning.
2. Teams will **SUBMIT their relay form and student registration cards** when marshalling. Call Room Judges will then **RETURN the student registration cards** to students after checking.
3. Athletes will be sent directly to their respective relay take-over zone after marshalling.
4. The anchor leg should hand the baton to the official after the race. Throwing the baton is dangerous and any deliberate action shall cause disqualification of a team.

**4 x 400m Relay Race**

1. The 4<sup>th</sup> athlete should stick the lane number label on the right hand side of his shorts.
2. The first runner should take a baton from an official and ready to commence the race in his own lane. The colour of the starting line is White-Blue-White.
3. After the start of a race, the 2<sup>nd</sup> runner shall place himself inside the take-over zones on his own lane. Each take over zone shall be 20m long and marked by blue colour.
4. The 2<sup>nd</sup> runner is not permitted to begin running outside his take-over zone, and shall start within this zone. Similarly, the 3<sup>rd</sup> and 4<sup>th</sup> athletes shall begin running from within their take-over zones.
5. After the passing of baton is completed, the 2<sup>nd</sup> runner shall run in his own lane and may break from his lane immediately he has passed the line after the first bend (break line) which shall be marked in green colour near the start line of 1500m race.
6. The take-over zone of 3<sup>rd</sup> and 4<sup>th</sup> athletes will be the 10m lines either side of the finish line. The athletes in the third and fourth legs shall, under the direction of a designated official, place themselves in their waiting position in the same order (inside to out) as the order of their respective team members are they complete 200m of their legs. Once the incoming athletes have passed this point, the waiting athletes shall maintain their order, and shall not exchange positions at the beginning of the take-over zone. Should any athlete not follow this rule he shall cause the disqualification of his team.
7. Athletes, before receiving and/or after handing over the baton, should keep in their lanes or zones, in this last case until the course is clear to avoid obstruction to other athletes. Should any athlete **willfully impede** a member of another team by running out of position or lane at the finish of his stage, his team shall be disqualified.
8. After a race is completed, the anchor leg should return the baton to an official and return the lane number label.

THE SCHOOLS SPORTS FEDERATION OF HONG KONG, CHINA  
Hong Kong Island & Kowloon Secondary Schools Regional Committee

Inter-School Athletics Competition  
Division One  
Day One

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Please Scan This QR code for the  
competition result of today



Result will be removed from the above link after today and uploaded to our website.  
For competition result of other days, please visit <http://hkssf.org.hk/>

Inter-Secondary Schools Sports Competitions (Hong Kong Island and Kowloon) →  
Various Sports Information → Athletics → Programs and Results

Inter-School Athletics Competition 2023-2024

Division One

Day One 29 February 2024

Event 1	Girls C Grade High Jump		8:30am
	Record : 1.66		Standard : 1.25
Final	1	Hui Lok Ching	HYS
	2	Tsoi Pui Yan	HKUGA
	3	Lai Yat Yiu Haley	GHS
	4	Chan Him Yau Janus	SPCS
	5	Hung Hok Wai Audrey	HYS
	6	Lam Pui Shan	WFN
	7	Yung Cheuk Sze	MCS
	8	Cassiago, Lara	TSIS
	9	Xu Aisha	KGV
	10	Murchie, Ines Poppy	WIS
	11	So Clara Wincy	PCMS
	12	Ng Sum Yi	KGV
	13	Lee Colette	SSGC
	14	Kwong Hay Tung Hayden	DGS
	15	Wong Ho Ching Emily	GHS
	16	Cheung Ching Laam	WFN
	17	Lui Yui Ching Karis	DGS
	18	McMahon, Nica Kyla	WIS
	19	Poon Sing Yau	MCS
	20	Lee Sum Yee Rayna	SPCS
	21	Lau Sze Ching	HKUGA
	22	Lin, Chloe Yufan	TSIS
	23	Wong Tim Ching Kiana	PCMS

Event 2	Girls B Grade Shot Put		8:30am
	Record : 12.25		Standard : 7.25
Final	1	Bedoucha, Steffi	KGV
	2	Shoaf Caitlin Amelia	HKUGA
	3	Ho Ka Yi	SPCS
	4	Tsang Nga Ching	WFN
	5	Leung Wa Yan	HYS
	6	Lee Phyllis	DGS
	7	Eathorne, Grace Elizabeth Luya	WIS
	8	Tamaki, Shina	TSIS
	9	Law Hau Ching Isabella	MCS
	10	Ip Charmaine Chi Maan	GHS
	11	Wong Suet Ling	HYS
	12	Sze Hiu Tung	DGS
	13	Chan Tung Yan Samantha	GHS
	14	Lui Pak Yi	WFN
	15	Harries, Sara Larissara	TSIS
	16	Curran-Sheppard, Emma Chelsea	KGV
	17	Cheung Tsz Yuet	SSGC
	18	Siu Han Frida	HKUGA
	19	Schorr, Zoe Anastasia	WIS
	20	Cheung Kai Yuk	MCS
	21	Lin Ching Tung	PCMS
	22	To Lok Yee	SPCS
	23	Chow Chi Yin Florence	SSGC

Event 3	Boys B Grade Javelin		8:30am
	Record : 58.50		Standard : 26.00
Final	1	Siu Yuk Nam	LSC
	2	Choi Ching Yat Elvis	CHECSS
	3	Ng Ka Ho	CSWCSS
	4	Ye Yuk Ho	CHECSS
	5	Lee Yat Hei	MSC
	6	Leung Tin Long	LSC
	7	Lam Cho Hei	CSWCSS
	8	Tsang Kin Long	SSCS
	9	Lau Pak Hei	SWC
	10	To Chun Hei	SJACS
	11	Tong Kiu Him	HPCCSS
	12	Kan Ethan	YCKMC
	13	Uno, Kenshin	WIS
	14	Lui Kin Hei Steve	SJACS
	15	Yap Kang Rong	SMCESPS
	16	Choy, Oscar Kwong Hei	WIS
	17	Lok Yong Heng	WYHK
	18	Chan Yik Lok Isaac	WFN
	19	Wu Shing Hei	HPCCSS
	20	Ng Ka Kit	SWC
	21	Yip Tin Ching Walter	WYHK
	22	Chiu Yat Kiu Ethan	WYK
	23	Peng Jintao	LKYMS
	24	Cheng Lok Ming	WFN
	25	Cheng Chun Kit	DBS
	26	Wu Sing Lok	LKYMS
	27	Leung Kiu Fung	SMCESPS
	28	Xu Chao Chen	SSCS
	29	Wong Yat Long	DBS
	30	Yau Tsz Yin	WYK
	31	Yip Chun Wang	YCKMC

Event 4	Boys B Grade Triple Jump		8:30am
	Record : 13.67		Standard : 10.50
Final	1	Mak Wai Lok	WYHK
	2	Yau Hoi Tim	HPCCSS
	3	Hui Chun	SMCESPS
	4	Wong Yiu Hing	WYK
	5	Huang Chun Yu	DBS
	6	Mok Hoi Chau	CHECSS
	7	Jiang Man Hin	SJACS
	8	Yick Yu Lam	LKYMS
	9	Chan Chun Yuen	WFN
	10	Lee Chin Ho	SMCESPS
	11	Chu Long Yat	SJACS
	12	Sze Jerry	CSWCSS
	13	Li Ka Yeung	CHECSS
	14	Lu Leovic Ho	SSCS
	15	Wong Lok Hey	LKYMS
	16	Lee Ka Chun	SWC
	17	Ip Guan Hong	YCKMC
	18	Poon Wai Sum	LSC
	19	Leung Tsz Hin Bosco	WYHK
	20	Li Chun Hin	MSC
	21	Law Yik Fung	YCKMC
	22	Au Yeung Tin	WYK
	23	Chiu Chun To	WFN
	24	Chan Wang Lap Wallace	LSC
	25	Chow Tsz Fung	CSWCSS
	26	Hon Zig	SSCS
	27	To Kai Chit	DBS
	28	Lau Cheung Yin	SWC
	29	Lau Kwok Hay	HPCCSS

Event 5	Boys A Grade 400m Hurdles		8:40am
	Record : 52.86		Standard : 1:07.50
Heat 1	1	Tsang Tsz Kuen	LKYMS
	2	Wong Tsz Ngo	WYK
	3	Lee Cheuk Hei	DBS
	4	Lam Kwan Yin	CSWCSS
	5	Chu Jonny	SMCESPS
	6	Lui Pak Him Moses	WFN
	7	Wong Pak To	HPCCSS
Heat 2	2	Ho Wai	LKYMS
	3	Davies, Ryan	WIS
	4	Chung Long Hei Cyrus	MSC
	5	Hui Yik Yeung Colby	HPCCSS
	6	Hui Ho Hei	WFN
	7	Fong Chun Kit Jacky	LSC
	Heat 3	2	Tsang Pui Tin
3		Lin Wai Sum	CHECSS
4		Tsang Man Chi	DBS
5		Leung Chun Wai Tony	LSC
6		Chow Pak Lok	SMCESPS
7		Wong Kwun Ming Don	WYK
Heat 4		2	Lee Ka Sen
	3	Lo Cheuk Nam Alec	CHECSS
	4	Ng Tsz Ho	SJACS
	5	Chan, Cheung Ching	WIS
	6	Cheung Chi Kit	YCKMC
	7	Chan Ting Kit	WYHK
Event 6	Girls C Grade 100m		9:00am
	Record : 12.37		Standard : 14.70
Heat 1	1	Wong Shun Yan	WFN
	2	Wong Wan Chi Charmaine	MCS
	3	Chui Hei Man	DGS
	4	Lindsay, Louise Annabel	TSIS
	5	Ko Yui Ching	HYS
	6	To Pui Ki	PCMS
	7	Moore, Scarlett Anne	WIS
	8	Tsui Hoi Ching	HKUGA
Heat 2	1	Li Man Ching	DGS
	2	Chan, Ila Zadie	WIS
	3	Tsui Yuet Kiu Jasmine	SPCS
	4	Chiu Chloe Sik Ji	KGV
	5	Liu Hui Yuet	GHS
	6	Wong Ho Yee	SSGC
	7	Ng Wing Kiu	HKUGA
	8	So Indra Yin Leung	MCS
Heat 3	1	Lee, Wing Chin	KGV
	2	Chung Hang Yin	SPCS
	3	Ma Hoi Ki	HYS
	4	Chow, Yu Sum	TSIS
	5	Kwok Sum Yuet	SSGC
	6	Su Ka Wai	WFN
	7	Ho Pik Man Karina	GHS
	8	Wu Sien Yan Bernice	PCMS



Event 7	Girls B Grade 100m		9:00am
	Record : 11.89		Standard : 14.40
Heat 1	1	Ng Yuen Fan	DGS
	2	Hui Ching Grace	HYS
	3	Au Wai Ching Nicole	PCMS
	4	Aranha, Sophie Philippa	TSIS
	5	Yip Man Yan	HKUGA
	6	Lee Yee Ching	SPCS
	7	Cheung Hoi Ki	WFN
	8	Mcmillan, Ava Safara	KGV
Heat 2	1	Sum Hei Lam Nicole	DGS
	2	Ngai Yu Chuen	GHS
	3	Ho Tsz Wing Jacelyn	WFN
	4	Ku Sin Yau Ashley	SSGC
	5	Doherty, Siobhan Saskia	WIS
	6	Chan Hui Wing Nuria	MCS
	7	Tsang, Yin Yi Chantelle	TSIS
	8	Lau Hong Ching	SPCS
Heat 3	1	Wong Wing Tung	HYS
	2	Ho Ho Ying	HKUGA
	3	Yu Tsz Lam	GHS
	4	Leung Ching Tung	SSGC
	5	Narag, Jennica Ariana Maree Gammad	WIS
	6	Kwok Sze Yu	PCMS
	7	Garrett Sophia Rose	KGV
	8	Cheung Sum Yau	MCS

Event 8	Girls A Grade 100m		9:00am
	Record : 11.85		Standard : 14.30
Heat 1	1	Shum Man Huen	WFN
	2	Li Tsz To	HKUGA
	3	Ota, Yullia	WIS
	4	So Sze Hang Hebe	MCS
	5	Kwong Wing Yiu	HYS
	6	Wong Chi Ying	SSGC
	7	Yu Pui Yi	GHS
	8	Dresner Mila Phoenix	KGV
Heat 2	1	Ouyang Xiyu	WFN
	2	Tsang, Tsoi Yi Gladys	TSIS
	3	Wat Hoi Ching	PCMS
	4	Wang Tsoi Ying	SSGC
	5	Thomas Maya	KGV
	6	Pak Hoi Man Chloe	DGS
	7	Chu Chiu Teung	MCS
	8	Wong Si Yan	SPCS
Heat 3	1	Lam Yin Tung	DGS
	2	Chan Hui Ching Lydia	HYS
	3	Kwok Yee Ki	PCMS
	4	Lau, Yi Heng	TSIS
	5	Ho Chan Hung	HKUGA
	6	Lau Cheuk Lam	GHS
	7	Chan, Hoi Ying Skye	WIS
	8	Yau Sin Ting Nicole	SPCS

Event 9	Boys C Grade 100m		9:20am
	Record : 11.21		Standard : 13.30
Heat 1	1	Lau Hei Man Gabriel	MSC
	2	Lee Cheuk Lam	HPCCSS
	3	Hou Hoi To	SWC
	4	Chen Eric	SSCS
	5	Chen Tsz Yuk Lemuel	LSC
	6	Au Yeung Chun Hei	CHECSS
	7	Wong Cheuk Nam Marcus	SMCESPS
	8	Zhou Xinyuan	LKYMS
Heat 2	1	Bi, Jayden Weng	WIS
	2	Wong Lok Tin	HPCCSS
	3	Lam Yu Hin	LKYMS
	4	Lam Tsz Yiu	DBS
	5	Chan Chun Lok	CSWCSS
	6	Law Chun Hei	SMCESPS
	7	Cheung Hei Leuk	SWC
	8	Fung Kin Cheung	WYHK
Heat 3	1	Yip Chung Yin Holdyn	WFN
	2	Yan Long Hang	MSC
	3	Leung Chun Yeung	SSCS
	4	Lee Yung Hei	CSWCSS
	5	Wong Sean	WYK
	6	Ng Tsz Tai	YCKMC
	7	Ng Lap Wang	WYHK
	8	Wong Man Hei Max	SJACS
Heat 4	1	Li Ka Chun	CHECSS
	2	Wong Lok Man	LSC
	3	Wong Kwok Yan	WYK
	4	Wong Lyndon Ho Lam	DBS
	5	Ng Chun Leuk	YCKMC
	6	Chan Ho Fung	SJACS
	7	Cheuk, Yuet	WIS
	8	Fung Ballard	WFN

Event 10	Boys B Grade 100m		9:20am
	Record : 10.63		Standard : 12.50
Heat 1	1	Leung Ching Shun Jensen	DBS
	2	Lee Hei Long	MSC
	3	You Ka Hei	LKYMS
	4	Bannerman, Jack Saputra	WIS
	5	Yip Hiu Laam	SWC
	6	Lee Cheuk Ho	SJACS
	7	Wong Ho Lok	CHECSS
	8	Wong Lai Fung	LSC
Heat 2	1	Li Bryan Chi Yuen	CSWCSS
	2	Tai Yat Hei Travis	HPCCSS
	3	Fu Kin Wang	LKYMS
	4	Lam Tsun Hei	WYHK
	5	Wong Kwok Yau	WYK
	6	Chan Ching Yeung	SMCESPS
	7	Ma Yat Ho	CHECSS
	8	Mok Timothy Kwan Yeung	SSCS

Heat 3	1	Yip Chun Ho	WYHK
	2	Wong Chun Keung	YCKMC
	3	Wu Pak Hang	LSC
	4	Tse Chun Hei	WFN
	5	Chow Tsz Ho	SWC
	6	Chan Yui Chun	MSC
	7	Zeng Yuen Cho	HPCCSS
	8	Ng Shing Lok	CSWCSS

Heat 4	1	Lam Ho Fung	WYK
	2	Chu Paak Yin Carlos	SSCS
	3	Chan Shing Fun	SMCESPS
	4	Koo Cheuk Fung Jasper	DBS
	5	Tam King Hei	YCKMC
	6	Ho, David Marco	WIS
	7	Cheung Marcus	WFN
	8	Luk Chun Kei Vincent	SJACS

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Event 11	Boys A Grade 100m	9:20am
	Record : 10.60	Standard : 12.20

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Heat 1	1	Tang Pok Lai	WFN
	2	Lam Chun Chi Amos	WYHK
	3	Chan Hon Chiu	YCKMC
	4	Au Cheuk Hang	CHECSS
	5	Wan Fu Wang David	WYK
	6	Yeung Tsz Fung	LSC
	7	Zhong Jianlang	SJACS
	8	Ha Tsz Yeung Bosco	MSC

Heat 2	1	Zhang Hongyuan	CHECSS
	2	Wong Sze Yuen Tason	SSCS
	3	Hui Ho Hei	WFN
	4	Wong Ka Hei	MSC
	5	Ho Yan Lok	SJACS
	6	Zhang Chi Keung	SWC
	7	Chung Tsz Sing	LKYMS
	8	Johannsson Magnus Prostur	DBS

Heat 3	1	Ho Man Hin	LKYMS
	2	Ng Chun Hei	SWC
	3	Tam Yin Sing	CSWCSS
	4	Michaud, Clement Bernard	WIS
	5	Liu Ho Wai	SSCS
	6	Wan Lok Hang	YCKMC
	7	Mok Nai Tin Victor	SMCESPS
	8	Yeung Ching Yan	HPCCSS

Heat 4	1	Hotwani, Aman Naresh	WIS
	2	Chan Ho Jun	LSC
	3	Leung Ting Long	WYHK
	4	Hung Tak Ching	CSWCSS
	5	Hung Tsz Ho	HPCCSS
	6	Chan Chun Yu Lucas	WYK
	7	Leung Ching Hang Wesley	DBS
	8	Li Zhuoxin	SMCESPS

Event 12	Girls A Grade Long Jump	9:30am	
	Record : 5.78	Standard : 4.10	
Final	1	Lam Hei Yu Anson	DGS
	2	Chan Sheung Yi	WFN
	3	Hui Cyrene	MCS
	4	Ng, Winnie	TSIS
	5	Tsang Yuk Ting Elisha	HKUGA
	6	Chan Hau Yau	HYS
	7	Tam Wing Yu	SPCS
	8	Brown, Millicent Clementine	WIS
	9	Cheng Wing Yan	SSGC
	10	Verkade, Calista Elizabeth	KGV
	11	Tan Kam Yuk	PCMS
	12	Liu, Kelly Changyan	KGV
	13	Chow Sylvia	GHS
	14	Shao Zhuowen Sophie	HKUGA
	15	Wang Tsoi Ying	SSGC
	16	Tam Tsz Wing	WFN
	17	Wong, Yan Tung Viola	WIS
	18	Wong Chloe	SPCS
	19	Chui Wing Lam Rainie	HYS
	20	Yang Zhichu	DGS
	21	Chan Wing In Joyce	MCS
	22	Tang, Ivana Yuen Ying	TSIS
	23	Lie Hiu Yee	GHS

Event 13	Girls C Grade 1500m	9:50am	
	Record : 4:53.42	Standard : 6:27.00	
Final	1	Poon Sum Yuet	GHS
	2	Ackber Bertha	SPCS
	3	Herminjard, Chloe Anna	TSIS
	4	Li Hei Yiu	SSGC
	5	Ng Yin Ning Veronica	MCS
	6	Lam Tsz Ying	PCMS
	7	Chu Po Jewel	HKUGA
	8	Chan, Cwensuela Danielle Cheuk Lam	KGV
	9	Cheng Ho Ka	GHS
	10	Tong Lut Yan Alina	MCS
	11	Tang Yuen Sum	WFN
	12	Ip Heung Ching	HYS
	13	Kong Jerika	DGS
	14	Cao Jia En	WFN
	15	Yeung Yi Ching	SSGC
	16	Lui Man Yin Reese	PCMS
	17	Xing Zipu	KGV
	18	Williamson, Adelaide Cecile Yvonne Marie	TSIS
	19	Yuen Yi Amanda	DGS
	20	Ng Yuet Hei	HYS
	21	Yiu Tsz Ki Alicia	SPCS
	22	Niu Tong	WIS
	23	Chu Dik Judy	HKUGA
	24	Barickman, Saya	WIS

Event 14	Girls B Grade 1500m	9:50am
	Record : 4:37.99	Standard : 6:25.00
Final	1	Ng Lok Yi HKUGA
	2	Gilham, Safiya Isabella WIS
	3	Lam Hau Man MCS
	4	Koo, Carina Nok Yin TSIS
	5	Chung Pui Ca Charis PCMS
	6	McMahon, Tea Susie WIS
	7	Kember-Cheah, Minni Lara Yen KGV
	8	Man Lai Ki Nicole HYS
	9	Lau Hei Tung Chloe SPCS
	10	Huang Susie PCMS
	11	Lam Wai Faye MCS
	12	Ho So Wai DGS
	13	Guan Tsz Yin HYS
	14	Leung Chin Yau Charlotte SPCS
	15	Liu Ka Yi Jenki SSGC
	16	Bahrunani, Divina J. KGV
	17	Lam Tsz Yee GHS
	18	Ramsay, Ruby Louise TSIS
	19	Chan Wing Tung WFN
	20	Barrett Margot Anneliese Wai Ying SSGC
	21	Chan Pak Yin Katie GHS
	22	Ng Sum Yau Isa HKUGA
	23	Chan Mei Yan DGS

Event 15	Girls A Grade 1500m	'9:50am
	Record : 4:53.27	Standard : 6:18.00
Final	1	Lee, Yi Kiu KGV
	2	Wong Wan Ki GHS
	3	Rana, Samriddhi TSIS
	4	Wong Sheung Kiu MCS
	5	Hui Choi Yan PCMS
	6	Tsang Yuk Ting Elisha HKUGA
	7	Kwok Sze Ming HYS
	8	Wong Jit DGS
	9	Pudwill, Christine Vipa WIS
	10	Leung Hun Sum SSGC
	11	Man Sum Yi Shari GHS
	12	Lim, Zoe Jiaren TSIS
	13	Ko Hoi Tung Zenobia MCS
	14	Chen Hei Tung WFN
	15	Shiu Lok Yiu Athena HKUGA
	16	Li Christina HYS
	17	Work, Charlotte Alisha WIS
	18	Chung Yi Ying SSGC
	19	Ho So Yu DGS
	20	Le Bon, Shanze KGV

Event 16	Boys C Grade 1500m		10:20am
	Record : 4:24.54		Standard : 5:25.00
Heat 1	1	Sze Ming Yin	SSCS
	2	Tobback, Ilias	WIS
	3	Lau Tsz Chai Brendan	SJACS
	4	Yim Man Hei	SWC
	5	Ting Ngai Chun	DBS
	6	Po Chun Hei	WFN
	7	Tsang Lap Shun	LSC
	8	To Hiu Fung	WYHK
	9	Lui Wan Chung	MSC
	10	Leung Ting Hin	CHECSS
	11	Chong Shing Chi	SMCESPS
	12	Luk Chun	LKYMS
	13	Wong Cheuk Man	YCKMC
	14	Li Shun Hang	HPCCSS
	15	Tsang Man To	CSWCSS
	16	Heung Pak Yin	WYK
Heat 2	1	Lam Yi Chun	SMCESPS
	2	Huang Chi Shing	LKYMS
	3	Lam Yik Sun Nathaniel	SJACS
	4	Chan Hau Chun	LSC
	5	Chan Tsz Long	SSCS
	6	Kam Tsz Leong	CHECSS
	7	Lam Haden	YCKMC
	8	Ho Jasper	MSC
	9	Ng Cheuk Him	WFN
	10	Leung Sing Zan	CSWCSS
	11	Chan Ming Chi	HPCCSS
	12	Au Yu Ho	SWC
	13	Chu Pak Nin	WYK
	14	Williams, Tomos Jack	WIS
	15	Peng Zui Rui	WYHK
	16	Wan Chak Yan	DBS

Event 17	Boys B Grade 1500m		10:20am
	Record : 4:10.65		Standard : 5:06.00
Heat 1	1	Lo Ho Ming	WFN
	2	So Tsz Chun Anson	LKYMS
	3	Lam Ho Tung	HPCCSS
	4	Lam Lok Shi	DBS
	5	Ma Markus	SSCS
	6	Leung Kin Pan	YCKMC
	7	Law Tsun Lam	WYHK
	8	Lo Ka Wai	CSWCSS
	9	Li Cheuk Long	LSC
	10	Fong Hau Yat Alvin	WYK
	11	Chan Pak Ho	SJACS
	12	Fu Nam Tin	SWC
	13	Szentes, Koppany	WIS
	14	Thai Klemens	SMCESPS
	15	Choi Chi Ho	CHECSS
	16	Lu Yik Shing	MSC

Heat 2	1	Wong Yik Hin Brandon	SMCESPS
	2	Fung Chun Hei	SSCS
	3	Luk Hoi	LKYMS
	4	Chow Yik Ming	HPCCSS
	5	Ng Yam Lok	SWC
	6	Tam Man Hei	WYK
	7	Cheng Tsz Leong Louie	LSC
	8	Kao, Yuwei Ethan	WIS
	9	Lok Ching Ho	CHECSS
	10	Ho Lau Yan	WFN
	11	Au Ho Chun	DBS
	12	Chan Ka Hei Cyrus	CSWCSS
	13	Chung Cheuk Hin	MSC
	14	Chong Lik Hang Alex	SJACS
	15	Chen Yik Fan	YCKMC
	16	Wong Cheuk Him	WYHK

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Event 18	Boys A Grade 1500m	10:20am
	Record : 4:02.02	Standard : 5:00.00

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Heat 1	1	Rahupreet-Raymond	YCKMC
	2	Tang Chi Ho	CSWCSS
	3	Wong Pak Yiu Anson	MSC
	4	Lee Tsz Ip	LKYMS
	5	Wong Kai Yin	SJACS
	6	Chen Kin Ming	SWC
	7	Tsui Yat Fei	WYHK
	8	Sy Nok Him	SSCS
	9	Wong Wallace Owen	SMCESPS
	10	Carmichael, Simon Hamish Temujin Fraser	WIS
	11	Chu Lok Yin Ryan	DBS
	12	Lim Cheuk Yip	WFN
	13	Ruddell Jonte Li	CHECSS
	14	Lam Ho Ting	LSC
	15	Wong Kin Long	WYK
	16	So Chun Nga	HPCCSS

Heat 2	1	Tung Fu Shing	YCKMC
	2	Xiao Chun Hung	LKYMS
	3	Loasby, Jiro Joey	WIS
	4	Lo Wang Shing	SWC
	5	Cheng Sai Fun	SMCESPS
	6	Kei Yin	CSWCSS
	7	Chan Ming Hei	WFN
	8	Chiu One	CHECSS
	9	Zhou Chenyan	SSCS
	10	Mok Pak Fan	DBS
	11	Fong Yuk Ning Matthew	LSC
	12	Ma Shek Chung	HPCCSS
	13	Lee Rafael	WYHK
	14	Woo Alvin	SJACS
	15	Cheung Hoi Hin Onix	WYK
	16	Kwan Hoi Chun	MSC

Event 19	Girls C Grade Shot Put	10:30am
	Record : 10.59	Standard : 6.80
Final	1	Crowther Scarlett Haile Tan KGV
	2	Atepolikhin, Lea Alexandra WIS
	3	Hui Ngar Ting Athena SPCS
	4	Leung Sze Yin HYS
	5	Mckeown, Kayla Patricia TSIS
	6	Cheung Wing PCMS
	7	Lee, See Wing Kourtney TSIS
	8	Chui Yue Tung Chloe MCS
	9	Song Hau Ki PCMS
	10	Koo Yat Sum Rice KGV
	11	Fung Tsz Ying SSGC
	12	Wong Ching WFN
	13	Yao Wanxia GHS
	14	Chan Wing Shuen GHS
	15	Yeung Yan Yu Erica HKUGA
	16	Cheng Wing Ka HYS
	17	Yeung Hoi Shun Cadence MCS
	18	Lau Cheuk Kiu HKUGA
	19	Wan Tsz Yan SSGC
	20	Hui Hei Man WFN
	21	Leung Wing Tung SPCS
	22	Fung Tsz Ching Athena DGS
	23	Deayton, Eloisa Lilli WIS
	24	Ho Ka Ki DGS

Event 20	Girls A Grade Javelin	10:30am
	Record : 47.16	Standard : 19.00
Final	1	Wong Lok Yung DGS
	2	Yeung Tsz Tim SPCS
	3	Lui Tung Tung HYS
	4	Tsoi, Nicole Kai Lok TSIS
	5	Potgieter, Natalie Norah WIS
	6	Leung Yi Kiu Zoe HKUGA
	7	Yu, Trinity Pao Xin KGV
	8	Pun Tsz Yin GHS
	9	Wu Pak Shun SSGC
	10	Leung Wai Yan Natalie MCS
	11	Chung Yan Ting Jennifer GHS
	12	Chan Rani HKUGA
	13	Chan Yuen Yau Evelyn PCMS
	14	Lin Hui Yee SPCS
	15	Farrow, Emily Ann WIS
	16	Leung Tsz Yiu Coral SSGC
	17	Hui Cyrene MCS
	18	Kwok Huen HYS
	19	Gee Sze Hang PCMS
	20	Hulme, Elsie Laure TSIS
	21	Tse Sau Lam Bernice DGS
	22	Jordan, Kaila Pui-Ching KGV



Event 21	Boys A Grade High Jump		11:00am
	Record : 2.01		Standard : 1.60
Final	1	Pong Hok Him	SSCS
	2	Poon Chit Hei Harold	HPCCSS
	3	Churchill, Stefan	WIS
	4	Kum Ho Yeung	SJACS
	5	Kwong Yui Tim	SWC
	6	Zhao Junxiong	LKYMS
	7	Ho Cheuk Hang	SSCS
	8	Wong Wai Shun Marcus	HPCCSS
	9	Pang Tsz Hin	CHECSS
	10	Leung Kin Wang	DBS
	11	Chan Chung Yin	WYK
	12	Wong Tsz Hong	SMCESPS
	13	Jiang Pok Man	WYHK
	14	Low Ho Lum	DBS
	15	Tsang Sze Kwan	YCKMC
	16	Ng Man Lok	CSWCSS
	17	Lai Pak Hei	LSC
	18	Ng Yi Hei	SMCESPS
	19	Chan Tsz Yin	LSC
	20	Chan Kin Hei	SWC
	21	Lin Shuhong	CHECSS
	22	Chan Cheuk Yu	WFN
	23	Hotwani, Aman Naresh	WIS
	24	Liang Jiawei	LKYMS
	25	Chan Ting Kit	WYHK
	26	Wong Tsz Ming	CSWCSS
	27	Chiu Chun Hoi	WFN
	28	Pang Sung Him	YCKMC
Event 22	Boys C Grade 400m		11:00am
	Record : 51.23		Standard : 1:04.00
Heat 1	1	Pang Cho Shing	SSCS
	2	Cheng Pok Man	YCKMC
	3	Wong Kwok Man	WYK
	4	Choi Cheuk Nam	MSC
	5	Lee Sau Ching	LSC
	6	Yuen Tsz Hin	WFN
	7	Wong Sin Ming Matthew	HPCCSS
	8	Leung Man Pok	CSWCSS
Heat 2	1	Harrison, Connor Joshua	WIS
	2	Wong Ching Kiu Kiefer	MSC
	3	Mai Ziming	SWC
	4	Cheung Chi Shing	CSWCSS
	5	Hung Ka Lok Aden	LSC
	6	Chan Ho Ting	CHECSS
	7	Lau Hoi Tsun	DBS
	8	Li Kai King Justin	WYK
Heat 3	1	Mo Yu Kit	LKYMS
	2	Wong Chak Sum	YCKMC
	3	Lo Wang Kit	SMCESPS
	4	Chu Tsz Lok	WFN
	5	Liu Sung Him	WYHK
	6	Lo Wai Lun Matthew	CHECSS
	7	Lam Yik Sun Nathaniel	SJACS
	8	Vinodolac, Sam Michael	WIS



Heat 2	1	Wong Kwun Ming Don	WYK
	2	Tsang Man Chi	DBS
	3	Hall, Tomas Zionede	WIS
	4	Kwan Yik Yin	MSC
	5	Pun Ho Lam	SJACS
	6	Wong Wang Shun	WFN
	7	Cheung Chi Kit	YCKMC
	8	Tsui Man Hin	HPCCSS
Heat 3	1	Sahabudeen Mohamed Ijaz	SMCESPS
	2	Tam Pak Yin	LKYMS
	3	Leung Chun Wai Tony	LSC
	4	Wong Tsz Ngo	WYK
	5	Ling Fung	CHECSS
	6	Ma Yung Sang	WYHK
	7	Chung Long Hei Cyrus	MSC
Heat 4	1	Lee Cheuk Hei	DBS
	2	Ko Quinton Yat Him	CSWCSS
	3	Lam Chitt	WYHK
	4	Tam Chun Ho	SWC
	5	Cheung Yu Hei	WFN
	6	Chu Jonny	SMCESPS
	7	Yeung Ka Hung	SJACS

Event 25	Boys A Grade Discus		12:45pm
	Record : 49.69		Standard : 26.00
Final	1	Chau Chun Lam	SJACS
	2	Huang Ho	SSCS
	3	Yeung Ho Wan Owen	MSC
	4	Yip Luk Yin	WFN
	5	Sze Wai Shun	CSWCSS
	6	Ma King Dom	DBS
	7	Law Man Ho	SMCESPS
	8	Gurung Biram	WYK
	9	Yeung Paco	LSC
	10	Krug, Jonas Alexander	WIS
	11	Zhu Hui Fung	SWC
	12	Ng King Chung	WFN
	13	Yung Ngai Tsun	HPCCSS
	14	Gurung Daniel	SMCESPS
	15	Wo Lok Hei	HPCCSS
	16	Lee Yat Hei	LKYMS
	17	Tsang Cheung Yu	YCKMC
	18	Zhang Chun Kit	SWC
	19	Ng Sze Pang	LKYMS
	20	Toucas, Aurelien Yong Li Gregoire	WIS
	21	Choi Hung Yun	CHECSS
	22	Lee Yin Lung Max	WYHK
	23	Kong Ivan Shing Yui	SJACS
	24	Chen Chen	CSWCSS
	25	Fu Wang	YCKMC
	26	Tang Kwan Yu	WYK
	27	Fung Jeremy Wai Hin	SSCS
	28	Chan Wai Pong	DBS
	29	Fung Ho Kwan Johnathan	WYHK
	30	Yiu Cho Yiu	CHECSS
	31	Luo Ka Cheong	LSC
	32	Wu Yan Lok	MSC

Event 26	Boys C Grade Long Jump	1:00pm
	Record : 6.27	Standard : 4.55
Final	1	Lee Wai Chun YCKMC
	2	Yu Yat Long Ambrose CSWCSS
	3	Lo Hau Ming WYHK
	4	Mai Chin Wai DBS
	5	Wu, Zi Cheng WIS
	6	Yip Chung Yin Holdyn WFN
	7	Li Ho Lam WYK
	8	Ko Sze Wang SJACS
	9	Kwok Yuk Lam LSC
	10	Ng Chun Leuk YCKMC
	11	Cheng Yik Chi LSC
	12	Cheung Tin Chun Cavin HPCCSS
	13	Ngan Wai Lun SMCESPS
	14	Zhang Feng LKYMS
	15	Lee Cheuk Sun SWC
	16	Fung Ballard WFN
	17	Choy Zach MSC
	18	Ng Tsz Yin CHECSS
	19	Tsang Ho Lam WYHK
	20	To Lok Tin SJACS
	21	Siu Tik Kan Deacon SMCESPS
	22	Yang Chun Kit WYK
	23	Wan Tsz Yuen LKYMS
	24	Leung Sui Ting Moses DBS
	25	Chan Sin Chi Esmond CSWCSS
	26	Wan Ching Yan SSSC
	27	Li, Gabriel Cheuk Kiu WIS
	28	Chu Ching Wen SWC
	29	Lee Tin Ho Avery SSSC
	30	Yuen Hayden MSC
	31	Chan North HPCCSS
	32	Wu Yun Pang CHECSS

Event 27	Boys B Grade Shot Put	1:00pm
	Record : 16.33	Standard : 9.8
Final	1	Chan, Chung Long Timothy WIS
	2	Tang Long Him SSSC
	3	Tang Ka Ho YCKMC
	4	Lee Yat Hei MSC
	5	Yang Yui Tung LKYMS
	6	Luo Man Pan SJACS
	7	Wang Zhentao CHECSS
	8	Zhang Weidong CSWCSS
	9	Chan Pak Yin SWC
	10	Zhang Yuen Shek LSC
	11	Yap Kang Rong SMCESPS
	12	Cheung Chi Kit LKYMS
	13	Lo Hoi Chun WYK
	14	Wu Kam Kuen WYHK
	15	Lu Ho Wai SSSC
	16	Colloton Sean Dik Hin SMCESPS
	17	Tse Ming Hong HPCCSS
	18	Wong Chin Yin CSWCSS
	19	Ng Ka Kit SWC
	20	Chow Ki Hin HPCCSS
	21	Siu Yuk Nam LSC
	22	Song Yining WYHK
	23	Cheung Lap Ngong WFN
	24	Tang Shing Ching Matthew DBS
	25	Cheng Chi Man CHECSS
	26	Wong Lok Yin DBS
	27	Yan Jason Tsz Shing WFN
	28	Wong Siu Long SJACS
	29	Cheng Yat Fung YCKMC
	30	Lau Lap Yan MSC

Event 28	Boys C Grade 200m		1:15pm
	Record : 22.59		Standard : 27.50
Heat 1	1	Wong Sin Ming Matthew	HPCCSS
	2	Chen Tsz Yuk Lemuel	LSC
	3	Wong Ching Kiu Kiefer	MSC
	4	Ng Tsz Tai	YCKMC
	5	Ho Chak Fung	SJACS
	6	Hui Ho Hin	DBS
	7	Li Ka Chun	CHECSS
	8	Wong Kwok Man	WYK
Heat 2	1	Zhou Xinyuan	LKYMS
	2	Wong Lok Man	LSC
	3	Ngai Chak Kai	WFN
	4	Cheuk, Yuet	WIS
	5	Leung Chun Yeung	SSCS
	6	Fung Kin Cheung	WYHK
	7	Law Chun Hei	SMCESPS
	8	Hou Hoi To	SWC
Heat 3	1	Wong Man Hei Max	SJACS
	2	Tam Pak Hei	MSC
	3	Lee Yung Hei	CSWCSS
	4	Chan Tin Sum	YCKMC
	5	Wong Kwok Yan	WYK
	6	Bi, Jayden Weng	WIS
	7	Chung Ming Ho	LKYMS
	8	Wong Lok Tin	HPCCSS
Heat 4	1	Ng Lap Wang	WYHK
	2	Yuen Tsz Hin	WFN
	3	Au Yeung Chun Hei	CHECSS
	4	Cheung Hei Leuk	SWC
	5	Mok Chun Ting Moses	SMCESPS
	6	Erni Austin Hanzel	DBS
	7	Chen Eric	SSCS
	8	Ng Hoi Chun	CSWCSS
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Event 29	Boys B Grade 200m		1:15pm
	Record : 21.90		Standard : 26.20
Heat 1	1	Wu Pak Hang	LSC
	2	Leung Ching Shun Jensen	DBS
	3	Bannerman, Jack Saputra	WIS
	4	Chan Yui Chun	MSC
	5	Lau Kai Kit	HPCCSS
	6	Lau Chi Hong	WFN
	7	Lam Ho Fung	WYK
	8	Lam Tsun Hei	WYHK
Heat 2	1	Chau Sung Joon	SSCS
	2	Li Bryan Chi Yuen	CSWCSS
	3	Ng Tsz Long	SJACS
	4	Lin, Chiaki	WIS
	5	Yip Chun Ho	WYHK
	6	Wong Chun Keung	YCKMC
	7	Zeng Yuen Cho	HPCCSS
	8	Chan Ching Yeung	SMCESPS
Heat 3	1	Chang Yu Kiu Anson	CSWCSS
	2	Koo Cheuk Fung Jasper	DBS
	3	You Ka Hei	LKYMS
	4	Luk Chun Kei Vincent	SJACS
	5	Wong Kwok Yau	WYK
	6	Choy Sheung Wang	CHECSS
	7	Chow Tsz Ho	SWC
	8	Cheung Cheuk Hei Isaac	MSC

Heat 4	1	Tam King Hei	YCKMC
	2	Chu Paak Yin Carlos	SSCS
	3	Lau Sin Ching	CHECSS
	4	Wong Lai Fung	LSC
	5	Ng Cyrus	WFN
	6	Yip Hiu Laam	SWC
	7	Yeung Hoi To	LKYMS
	8	Chan Kwun Ip Adam	SMCESPS

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Event 30	Boys A Grade 200m	1:15pm
	Record : 21.91	Standard : 25.50

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Heat 1	1	Zhang Hongyuan	CHECSS
	2	Zhang Xulang	YCKMC
	3	Zhong Jianlang	SJACS
	4	Zhang Chi Keung	SWC
	5	Siew Hok Rui	SMCESPS
	6	Ho Man Hin	LKYMS
	7	Tang Pok Lai	WFN
	8	Michaud, Clement Bernard	WIS

Heat 2	1	Chan Hon Chiu	YCKMC
	2	Ho Yan Lok	SJACS
	3	Yeung Tsz Fung	LSC
	4	Leung Ching Hang Wesley	DBS
	5	Lam Chun Chi Amos	WYHK
	6	Tsui Man Hin	HPCCSS
	7	Chan Chun Yu Lucas	WYK

Heat 3	1	Chung Tsz Sing	LKYMS
	2	Johannsson Magnus Prostur	DBS
	3	Wong Sze Yuen Tason	SSCS
	4	Wan Fu Wang David	WYK
	5	Ng Chun Hei	SWC
	6	Hung Tak Ching	CSWCSS
	7	Chan, Cheung Ching	WIS

Heat 4	1	Yu Chun Hei	CSWCSS
	2	Leung Ting Long	WYHK
	3	Cheng Chun Tat	HPCCSS
	4	Tang Wai Ho	CHECSS
	5	Li Zhuoxin	SMCESPS
	6	Cheung Yin Long	WFN
	7	Lau Ka Lun Hamish	LSC

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Event 31	Girls C Grade 100m Hurdles	1:55pm
	Record : 15.23	Standard : 20.50

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Heat 1	1	Yau Jasmine Hiu Tung	SPCS
	2	Hung Hok Wai Audrey	HYS
	3	Ho Ka Ying	PCMS
	4	Vong Shu Wing Annette	DGS
	5	Lo Cheryl Tsz Yiu	HKUGA
	6	Chan Hei Yuet	MCS
	7	Cheung Ching Laam	WFN

Heat 2	1	Kwok Oi Ming	HYS
	2	Hargrave-Silk Yasmin	KGV
	3	Wong Ho Ching Emily	GHS
	4	Lau Charlotte	MCS
	5	Comsa, Aprilia-Carina	TSIS
	6	Tsang Cornell	SPCS
	7	Xue Runhe Rachel	HKUGA

Heat 3	2	So Clara Wincy	PCMS
	3	Ng Wing Kiu Nikita	GHS
	4	Wong Hei Ching	WFN
	5	Lee Hong To	KGV
	6	Li Man Ching	DGS
	7	Lindsay, Louise Annabel	TSIS

Event 32	Girls B Grade 100m Hurdles		1:55pm
	Record : 14.42		Standard : 20.20
Heat 1	1	Ho Ho Ying	HKUGA
	2	Au Wai Ching Nicole	PCMS
	3	Wo Hoi Yiu Richelle	DGS
	4	Lai Lucia Kei Tung	MCS
	5	Segovia Fueyo, Julia	WIS
	6	Dhillon Sabrina Kaur	SPCS
	7	Chan Cheuk Ying	WFN
	8	Sum Hau Kiu	HYS
Heat 2	1	Tang Hoi Lyn Kellyn	HKUGA
	2	Fong Hei Man Tiffany	DGS
	3	Kobayashi, Momoka	KGV
	4	Wu Sze Pui	SPCS
	5	Ramsay, Ruby Louise	TSIS
	6	So Sin Hau Hilary	HYS
	7	Chan Hoi Tung	PCMS
	8	Wong Ming Kit	GHS
Heat 3	1	Ng, Mikayla Megan	WIS
	2	Chong, Julianne	TSIS
	3	Li Simiao Emily	WFN
	4	Ho Tsz Ling	GHS
	5	Yuen Owena	MCS
	6	Leung Avery Ching Wai	KGV
	7	Poon Tsz Yeuk	SSGC

Event 33	Girls A Grade 100m Hurdles		1:55pm
	Record : 13.76		Standard : 19.00
Heat 1	2	Mok Nga Ki	SPCS
	3	Wong Pleroma Kaka	KGV
	4	Lie Hiu Yee	GHS
	5	Leung Hiu Wai Alicia	HYS
	6	Shao Zhuowen Sophie	HKUGA
	7	Huang Xinhua	WFN
	Heat 2	2	Lam Hei Yu Anson
3		Dresner Mila Phoenix	KGV
4		Ho Hiu Ying	SSGC
5		Yu Pui Yi	GHS
6		Jiang King Ming Jolyn	MCS
7		Wat Hoi Ching	PCMS
Heat 3		2	Leung Shun Ching
	3	Chan Cheuk Kwan	SPCS
	4	Tam Tsz Wing	WFN
	5	Chan Wing In Joyce	MCS
	6	Pak Hoi Man Chloe	DGS
	7	Li Joy Sze	HKUGA

Event 34	Boys C Grade 100m Hurdles		2:25pm
	Record : 13.57		Standard : 19.70
Heat 1	1	Yan Long Hang	MSC
	2	Lim, Danwoo	WIS
	3	Lee Wai Chun	YCKMC
	4	Yip Yeung	LSC
	5	Si Tou Man Nok	SWC
	6	Lai Chng Yin	WYHK
	7	Tse King Fai	DBS
	8	Chui Yu Cheung	WFN
Heat 2	1	Mai Ziming	SWC
	2	Chan Sin Chi Esmond	CSWCSS
	3	Wong Sean	WYK
	4	Li Cheuk Tai	YCKMC
	5	Siu Tik Kan Deacon	SMCESPS
	6	Chan Yik Yi	HPCCSS
	7	Yang Qimin	LKYMS
	8	Ng Wun Hei Nathan	SSCS
Heat 3	1	Mok Chun Ting Moses	SMCESPS
	2	Tsoi Hon Kan Hanz	WFN
	3	Tsui Hui Tung	CHECSS
	4	Mai Kin San	WYK
	5	Lo Hau Ming	WYHK
	6	Choy Zach	MSC
	7	Lee Ka Wing Marcus	SJACS
	8	Au Yeung Hey	LSC
Heat 4	1	Lam Yu Hin	LKYMS
	2	Yau Chun Kit	SJACS
	3	Zhang, Jiazong	WIS
	4	Cheung Ka Wing	SSCS
	5	Fong Hei Kiu	DBS
	6	Cheung Ka Hin	CHECSS
	7	Ng Ching Nam	HPCCSS
	8	Lam Jayden	CSWCSS

Event 35	Boys B Grade 100m Hurdles		2:25pm
	Record : 13.25		Standard : 17.20
Heat 1	1	Ng Shing Lok	CSWCSS
	2	Pang, Tsz Yeung	WIS
	3	Yung Yik Long	LSC
	4	Lee Hei Long	MSC
	5	Li Jinhong	LKYMS
	6	Yee Ching Kwan	SWC
	7	He Lai Lok	WFN
	8	Hui Chi Man	YCKMC
Heat 2	1	Chan Kam Fung	LKYMS
	2	Cheung Chi Hin Hugo	DBS
	3	Chan Ka Hei	CHECSS
	4	Yuen Cenam	SSCS
	5	Li Chun Hin	MSC
	6	Au Kin Ping	HPCCSS
	7	Darley, James	WIS
	8	Wong Man Hong	WYK
Heat 3	1	Lai Po Yi	CSWCSS
	2	Lau Yiu Hei	WYHK
	3	Lee Chin Ho	SMCESPS
	4	Cai Wenxi	SWC
	5	Chan Yat Hei	HPCCSS
	6	Ng Tsz Long	SJACS
	7	Huang Ho Ting	YCKMC



Heat 4	1	Sjafii Sebastian Nathaniel	SMCESPS
	2	Chui Long Hei Rex	DBS
	3	Chan Cheok Hin	WFN
	4	Wong Cheuk Nam Adonis	CHECSS
	5	Lee Ngo Him	WYK
	6	Lam Yu Hin	LSC
	7	Cheng Chi Chung	WYHK

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Event 36	Boys A Grade 110m Hurdles	2:40pm
	Record : 13.63	Standard : 18.50

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Heat 1	1	Ling Shing	CHECSS
	2	Poon Chun Fung Jeffrey	SJACS
	3	Siew Hok Rui	SMCESPS
	4	Tsang Pui Tin	YCKMC
	5	Zhong Kai To	WYK
	6	Har Yamwan Ryan	DBS
	7	Tsang Tsz Kuen	LKYMS
	8	Lai Ryan	CSWCSS

Heat 2	1	Lau Chun Hang	DBS
	2	Minne, Lucas Remi P.	WIS
	3	Pang Sung Him	YCKMC
	4	Lee Ka Sen	CSWCSS
	5	Yeung Lai Lun	LKYMS
	6	Chau Ho Yin	LSC
	7	Ng Tsz Ho	SJACS
	8	Wong Pak To	HPCCSS

Heat 3	1	Hui Ting Lok	WYHK
	2	Chan Pak Kwan	WFN
	3	Ling Fung	CHECSS
	4	Chu Chung Nam Alphonse	SMCESPS
	5	Faisca Jowharsha, Mateus	WIS
	6	Hui Yik Yeung Colby	HPCCSS
	7	Chan Ho Jun	LSC

Event 37	Boys C Grade Discus	2:45pm	
	Record : 43.58	Standard : 20.00	
Final	1	Tse Cedrick	WYK
	2	Lam Chun Lung	LKYMS
	3	Tong Chun Kit	SWC
	4	Yau Ho Ching Aden	LSC
	5	Kwok Chun Hei	YCKMC
	6	Ou Chun Ngai	WYHK
	7	Kan Ka Him	CHECSS
	8	Chong Ho Ming	CSWCSS
	9	Li Cairo	SJACS
	10	Chow Lok Yin	WFN
	11	Zhong Fu	MSC
	12	Li Daniel	SMCESPS
	13	Tam, Li Ben	WIS
	14	Peng Leung Ho	LSC
	15	Chen Jinglin	CHECSS
	16	Hui Siu Yau	SSCS
	17	Ip Ngai Yin	SMCESPS
	18	Chan Ka Hei	DBS
	19	Lam Hin Yeung	SJACS
	20	Ho Hin Pong	WYHK
	21	Wu Man Fung	WFN
	22	Yuen Hayden	MSC
	23	Chan Chung Kiu	SSCS
	24	Zhang Hoi Man Kevin	DBS
	25	Wong Zhen Yang	SWC
	26	Lau Shing Cheung	HPCCSS
	27	Chan Sing Yeung	WYK
	28	Zhang, Jiazong	WIS
	29	Lau Hung Shing	HPCCSS
	30	Lee Wing To	YCKMC
	31	Lau Hin Wang	CSWCSS
	32	So Ho Ming	LKYMS

Event 38	Girls C Grade 4x400m Relay	3:10pm
	Record : 4:12.52	Standard : 5:00.00
Heat 1	2	WFN
	3	WIS
	4	HYS
	5	TSIS
	6	HKUGA
	7	SSGC
Heat 2	2	DGS
	3	PCMS
	4	GHS
	5	MCS
	6	SPCS
	7	KGV

Event 39	Girls B Grade 4x400m Relay	3:10pm
	Record : 3:59.42	Standard : 4:57.00
Heat 1	2	WFN
	3	GHS
	4	KGV
	5	SPCS
	6	MCS
	7	HKUGA
Heat 2	2	HYS
	3	TSIS
	4	PCMS
	5	WIS
	6	DGS
	7	SSGC

Event 40	Girls A Grade 4x400m Relay	3:10pm
	Record : 4:07.82	Standard : 4:52.00
Heat 1	2	SPCS
	3	KGV
	4	DGS
	5	PCMS
	6	GHS
	7	MCS
	Heat 2	2
3		WIS
4		HYS
5		TSIS
6		WFN
7		SSGC

Event 41	Boys C Grade 4x400m Relay	3:55pm
	Record : 3:45.03	Standard : 4:20.00
Heat 1	1	MSC
	2	SWC
	3	LSC
	4	LKYMS
	5	YCKMC
	6	HPCCSS
	7	SMCESPS
	8	SSCS
Heat 2	1	WYHK
	2	DBS
	3	SJACS
	4	CSWCSS
	5	WIS
	6	CHECSS
	7	WFN
	8	WYK

Event 42	Boys B Grade 4x400m Relay	3:55pm
	Record : 3:33.81	Standard : 4:02.00
Heat 1	1	YCKMC
	2	SSCS
	3	LSC
	4	SMCESPS
	5	SWC
	6	CHECSS
	7	WYK
	8	DBS
Heat 2	1	HPCCSS
	2	WIS
	3	LKYMS
	4	CSWCSS
	5	SJACS
	6	WYHK
	7	WFN
	8	MSC

Event 43	Boys A Grade 4x400m Relay	3:55pm
	Record : 3:25.18	Standard : 3:54.00
Heat 1	1	CHECSS
	2	SJACS
	3	HPCCSS
	4	CSWCSS
	5	DBS
	6	WFN
	7	SMCESPS
	8	YCKMC
Heat 2	1	WIS
	2	MSC
	3	SSCS
	4	WYHK
	5	LKYMS
	6	SWC
	7	WYK
	8	LSC