

# 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>	
	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>	
	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)
	: <u>4 x 400m Break Line &amp; Take Over Judges (Day One &amp; Finals)</u>	

## Time Table

Divison One

Day Two 05 March 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 of the event.

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

Remarks

# Report to the Long Jump Venue

@ Report to the Triple Jump Venue

## 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>

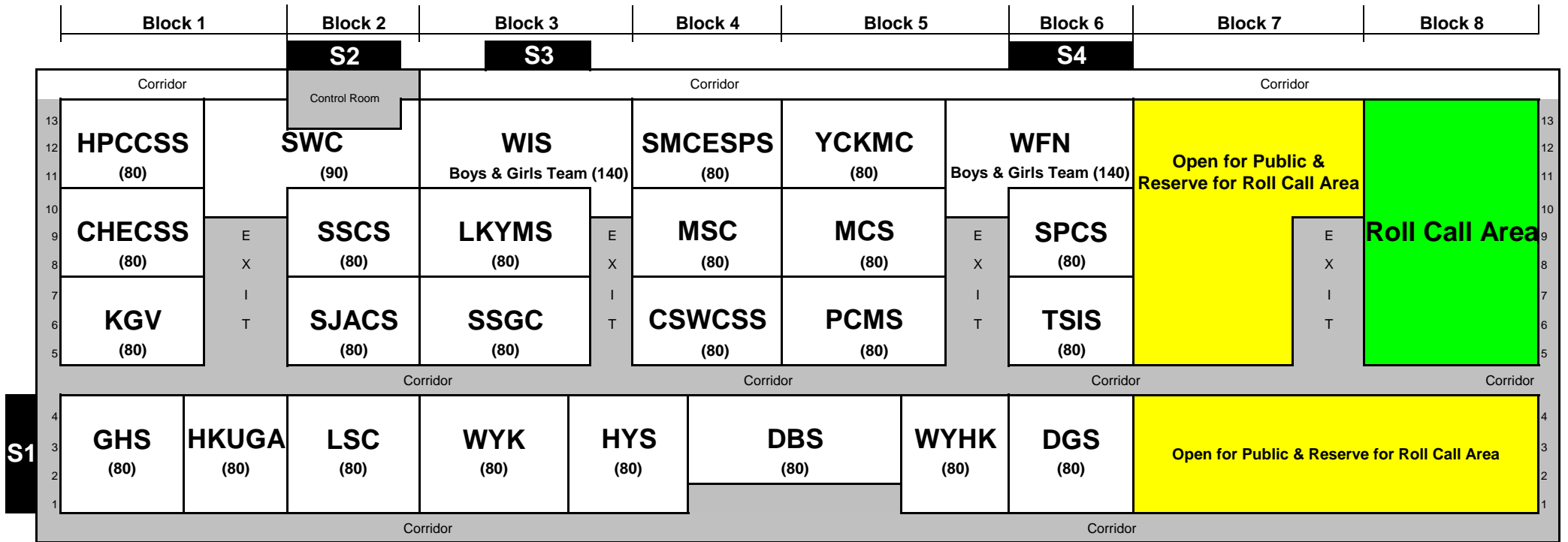
**C1-C2 (CO-ED School with boys and girls team)**

<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

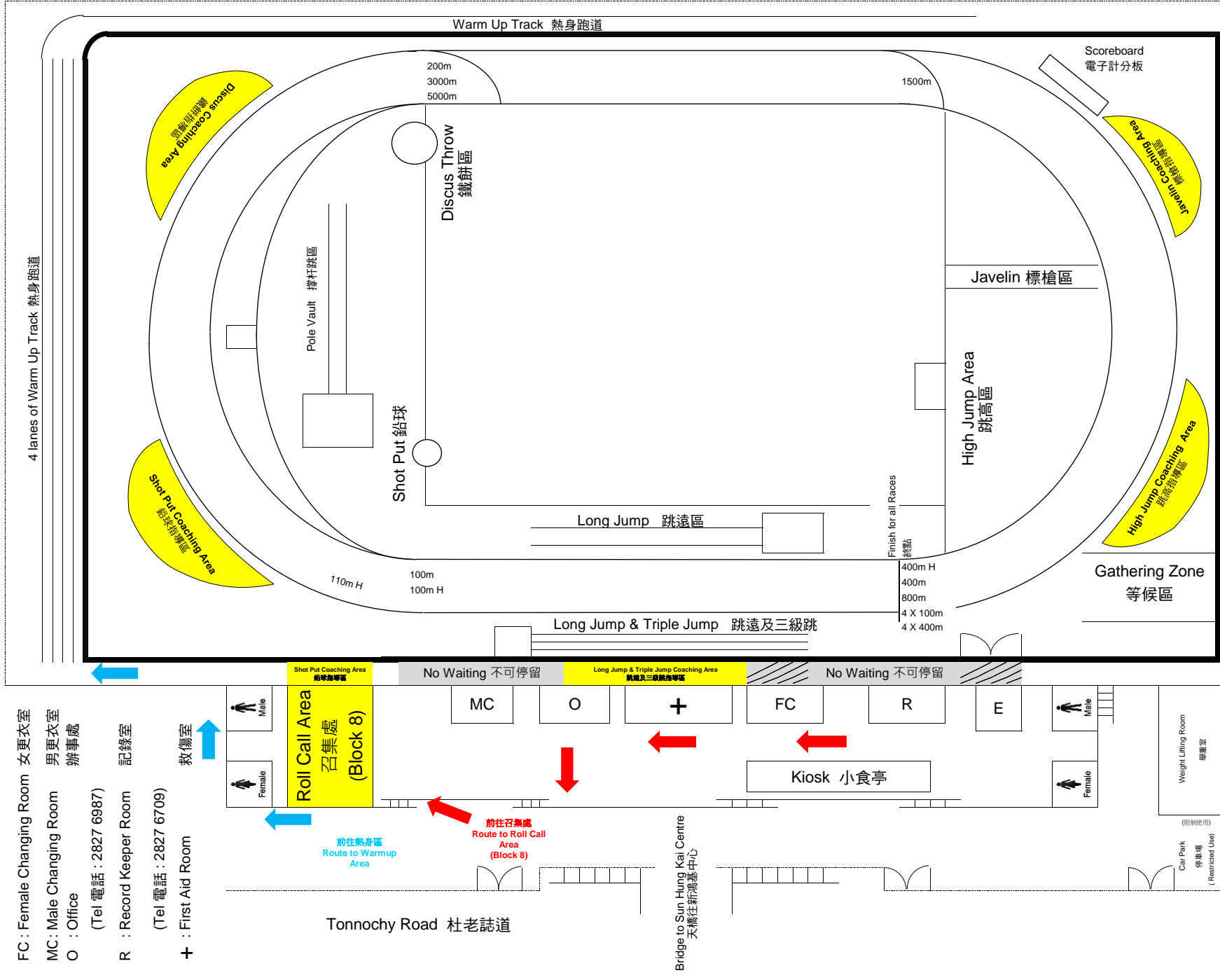
(Tel 電話 : 2827 6987)

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 Two

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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

## Boys Overall

Position	School	A	B	C	Total
1	Diocesan Boys' School	27	32	34	93
2	Yu Chun Keung Memorial College	38	30	21	89
2	La Salle College	27	34	28	89
4	Hoi Ping Chamber of Commerce Secondary School	25	29	21	75
5	TWGHs Wong Fut Nam College	14.5	28	30	72.5
6	Wah Yan College (Hong Kong)	18	32	20	70
7	Cheung Sha Wan Catholic Secondary School	19	29	13	61
8	Wah Yan College (Kowloon)	13	20	15	48
9	Munsang College	7	14	11	32
10	Lee Kau Yan Memorial School	13	10	7	30
11	STFA Seaward Woo College	6	11	12	29
12	St. Stephen's College	3.5	11	14	28.5
13	Choi Hung Estate Catholic Secondary School	8	6	9	23
13	St. Margaret's Co-Educational English Secondary and Primary School	6	9	8	23
15	West Island School	7	9	5	21
16	St. Joseph's Anglo-Chinese School	7	5	6	18

## Girls Overall

Position	School	A	B	C	Total
1	Good Hope School	47	32	51	130
2	Diocesan Girls' School	49	21	44	114
3	Heep Yunn School	25	29	28	82
4	TWGHs Wong Fut Nam College	8	15	18	41
5	St. Paul's Convent School (Secondary Section)	14	9	12	35
6	Pui Ching Middle School	5	15	14	34
7	HKUGA College	4	11	11	26
8	Maryknoll Convent School	13	7	5	25
9	West Island School	8	9	1	18
10	King George V School	0	5	10	15
11	St. Stephen's Girls' College	2	7	5	14
12	The South Island School	0	3	8	11

Inter-School Athletics Competition 2023-2024

Division One

Day Two 05 March 2024

Event 1	Girls C Grade Discus	8:30am
	Record : 29.90	Standard : 16.00
Final	1 Fung Tsz Ying	SSGC
	2 Tilbury, Mia Rose	TSIS
	3 Chui Yue Tung Chloe	MCS
	4 Wan Tsz Yan	SSGC
	5 Tsiang Hiu Lam Candice	HYS
	6 Lau I Shun	DGS
	7 Yeung Yan Yu Erica	HKUGA
	8 Cheng Wing Ka	HYS
	9 Cheung Wing	PCMS
	10 Koo Yat Sum Rice	KGV
	11 Hui Hei Man	WFN
	12 Law Hei Wan Hayley	PCMS
	13 Lee, See Wing Kourtney	TSIS
	14 Chan Wing Shuen	GHS
	15 Lin Hui Ching	SPCS
	16 Chan Wing Yan	DGS
	17 Egbejiogu Alexis Ada	MCS
	18 Mak Hoi Ning	GHS
	19 Li Ho Man Katrina	HKUGA
	20 Crowther Scarlett Haile Tan	KGV
	21 Wong Ching	WFN
	22 Leung Wing Tung	SPCS

Event 2	Girls C Grade Long Jump	8:30am
	Record : 5.43	Standard : 3.80
Final	1 Chan Sum Yi Alice	DGS
	2 Wong Yat Yee	GHS
	3 Xue Runhe Rachel	HKUGA
	4 Comsa, Aprilia-Carina	TSIS
	5 Tsang Alana	HKUGA
	6 Fung Wing Kiu	DGS
	7 Wong, Hei Ching Hailey	WIS
	8 Chiu Chloe Sik Ji	KGV
	9 Lai Yat Yiu Haley	GHS
	10 Lam Pui Shan	WFN
	11 Lau Charlotte	MCS
	12 Chan Cheuk Ying	PCMS
	13 Chan Him Yau Janus	SPCS
	14 Wong Ho Yee	SSGC
	15 Lee, Wai Wai Vee	TSIS
	16 Chan, Ila Zadie	WIS
	17 Hui Lok Ching	HYS
	18 Lau Hoi Yiu	SSGC
	19 Kong Yi Ching	HYS
	20 Luo Cho Kiu	WFN
	21 Ho Ka Ying	PCMS
	22 Hon Angel	SPCS
	23 Ray Tsz Ching	MCS
	24 Hodes Emmanuelle Hong-Kei	KGV

Event 3	Girls B Grade High Jump	8:30am
	Record : 1.75	Standard : 1.30
Final	1	Yeung Lok Yee Jasmine SPCS
	2	Tian Mui Hing HYS
	3	Chan Tsz Ying SSGC
	4	Kwok, Lau Wai KGV
	5	Kwok Cho Sze Leann MCS
	6	Yiu Hong Ching Katelyn DGS
	7	Zhang Sin Man WFN
	8	Chan Isabel KGV
	9	Cheung Yue Ching SSGC
	10	Li Tsz Yee MCS
	11	Choy Ceci HYS
	12	Woo Yan Yuet PCMS
	13	Mccosh, Lainie Marieke WIS
	14	Law Yi Ting DGS
	15	Ho Man Sheung Jocelyn SPCS
	16	Lee, Cordelia TSIS
	17	Chan Sze Ching GHS
	18	Poulton, Siena Mai De Vere TSIS
	19	Kedia, Navya WIS
	20	Chan Chit Won HKUGA
	21	Woo Sum Yau GHS
	22	Li Simiao Emily WFN
	23	Chan Hoi Ting Katie HKUGA

Event 4	Boys C Grade Shot Put	8:30am
	Record : 14.33	Standard : 8.00
Final	1	Yan Tsz Ham SJACS
	2	Yeung Hei Yuet CSWCSS
	3	Lau Shing Cheung HPCCSS
	4	Ou Chun Ngai WYHK
	5	Ip Ngai Yin SMCESPS
	6	Lee Wing To YCKMC
	7	Phung Caden SSCS
	8	Zhong Fu MSC
	9	Wu Man Fung WFN
	10	Chong Ho Ming CSWCSS
	11	Kan Ka Him CHECSS
	12	Yip Ho Shun MSC
	13	Chan Sing Yeung WYK
	14	Peng Siyu LSC
	15	Wong Zhen Yang SWC
	16	Tam Chi Ming YCKMC
	17	Chan Yin Ming LSC
	18	Chow Lok Yin WFN
	19	Ng Lok Hei Anthony WYK
	20	Vinodolac, Sam Michael WIS
	21	Li Daniel SMCESPS
	22	Wong Chun Wing DBS
	23	Sin Lai Yan Ryan WYHK
	24	So Ho Ming LKYMS
	25	Fu Pak Hin SJACS
	26	Lam Chun Lung LKYMS
	27	Hui Siu Yau SSCS
	28	Chen Jinglin CHECSS
	29	Tong Chun Kit SWC
	30	Solia, Benjamin Oskar Sio WIS
	31	Zheng Jia Riu HPCCSS
	32	Siu Hoi Wang Ian DBS



Event 5	Boys A Grade 400m Hurdles	8:40am
	Record : 52.86	
Semi-Final 1	1 Hui Ho Hei	WFN
	2 Chung Long Hei Cyrus	MSC
	3 Fong Chun Kit Jacky	LSC
	4 Lee Cheuk Hei	DBS
	5 Leung Chun Wai Tony	LSC
	6 Wong Tsz Ngo	WYK
	7 Davies, Ryan	WIS
	8 Lo Cheuk Nam Alec	CHECSS
Semi-Final 2	1 Chan, Cheung Ching	WIS
	2 Tsang Pui Tin	YCKMC
	3 Hui Yik Yeung Colby	HPCCSS
	4 Cheung Chi Kit	YCKMC
	5 Tsang Man Chi	DBS
	6 Wong Pak To	HPCCSS
	7 Ng Tsz Ho	SJACS
	8 Tsang Tsz Kuen	LKYMS
Event 6	Boys B Grade 3000m	8:55am
	Record : 9:06.64	Standard : 11:30.00
Final	1 Lo Ho Ming	WFN
	2 Ting Wang Chun	SJACS
	3 Ma Markus	SSCS
	4 Ma Yong Qiang	WFN
	5 Chan Hin Wang	CHECSS
	6 Ng Yam Lok	SWC
	7 Wang Nok Wang	DBS
	8 Wong Yik Hin Brandon	SMCESPS
	9 Lam Lok Shi	DBS
	10 Lui Henry Shun Ho	MSC
	11 Law Tsun Lam	WYHK
	12 Chung Hei Shun Hayson	MSC
	13 Ho Cheuk Lai Aubrey	WYK
	14 Kwok Hao Yan	LKYMS
	15 Fu Nam Tin	SWC
	16 Thai Klemens	SMCESPS
	17 Chow Yik Ming	HPCCSS
	18 Lau Cheuk Kit	YCKMC
	19 Wong Keng Kiu	SJACS
	20 Li Ming Tak	CHECSS
	21 Arai, Ryuto	WIS
	22 Lam Ho Tung	HPCCSS
	23 Lo Eton Yik Tin	CSWCSS
	24 Lau Ho Yeung	LSC
	25 Cheng Tsz Leong Louie	LSC
	26 Chan Ka Hei Cyrus	CSWCSS
	27 Ku Cheuk Lok	WYK
	28 Wong Cheuk Him	WYHK
	29 Fung Chun Hei	SSCS
	30 Hong Weikai	YCKMC
	31 Luk Hoi	LKYMS
	32 Szentes, Koppany	WIS

Event 7	Boys C Grade 100m	9:25am
	Record : 11.21	
Semi-Final 1	1 Lee Cheuk Lam	HPCCSS
	2 Lam Tsz Yiu	DBS
	3 Cheung Hei Leuk	SWC
	4 Leung Chun Yeung	SSCS
	5 Wong Lok Tin	HPCCSS
	6 Wong Lok Man	LSC
	7 Lee Yung Hei	CSWCSS
	8 Law Chun Hei	SMCESPS
Semi-Final 2	1 Fung Ballard	WFN
	2 Wong Sean	WYK
	3 Chen Tsz Yuk Lemuel	LSC
	4 Ng Tsz Tai	YCKMC
	5 Wong Kwok Yan	WYK
	6 Wong Lyndon Ho Lam	DBS
	7 Ng Lap Wang	WYHK
	8 Au Yeung Chun Hei	CHECSS
Event 8	Boys B Grade 100m	9:25am
	Record : 10.63	
Semi-Final 1	1 Mok Timothy Kwan Yeung	SSCS
	2 Koo Cheuk Fung Jasper	DBS
	3 Cheung Marcus	WFN
	4 Leung Ching Shun Jensen	DBS
	5 Lam Ho Fung	WYK
	6 Lam Tsun Hei	WYHK
	7 Li Bryan Chi Yuen	CSWCSS
	8 Tam King Hei	YCKMC
Semi-Final 2	1 Tai Yat Hei Travis	HPCCSS
	2 Wong Kwok Yau	WYK
	3 Yip Chun Ho	WYHK
	4 Wong Lai Fung	LSC
	5 Chow Tsz Ho	SWC
	6 Zeng Yuen Cho	HPCCSS
	7 Wu Pak Hang	LSC
	8 Wong Chun Keung	YCKMC
Event 9	Boys A Grade 100m	9:25am
	Record : 10.60	
Semi-Final 1	1 Leung Ting Long	WYHK
	2 Johannsson Magnus Prostur	DBS
	3 Leung Ching Hang Wesley	DBS
	4 Ho Man Hin	LKYMS
	5 Chan Ho Jun	LSC
	6 Lam Chun Chi Amos	WYHK
	7 Zhang Hongyuan	CHECSS
	8 Yeung Ching Yan	HPCCSS
Semi-Final 2	1 Hung Tak Ching	CSWCSS
	2 Chung Tsz Sing	LKYMS
	3 Yeung Tsz Fung	LSC
	4 Chan Chun Yu Lucas	WYK
	5 Wan Fu Wang David	WYK
	6 Mok Nai Tin Victor	SMCESPS
	7 Chan Hon Chiu	YCKMC
	8 Hung Tsz Ho	HPCCSS

Event 10	Boys B Grade Long Jump	9:45am	
	Record : 6.92	Standard : 5.05	
Final	1	Mok Timothy Kwan Yeung	SSCS
	2	Chow Tsz Fung	CSWCSS
	3	Shing Ka Hei	DBS
	4	Poppleton, Joshua Thomas	WIS
	5	Fu Kin Wang	LKYMS
	6	Sjafii Sebastian Nathaniel	SMCESPS
	7	Yau Hoi Tim	HPCCSS
	8	Chui Long Hei Rex	DBS
	9	Cheng Man Lok	SJACS
	10	Lee Ka Chun	SWC
	11	Ip Guan Hong	YCKMC
	12	Chan Wai Hang	SWC
	13	Law Yik Fung	YCKMC
	14	Cheung Sze Yuen	SMCESPS
	15	Lau Kwok Hay	HPCCSS
	16	Ng Chi Tin	CSWCSS
	17	Au Yeung Tin	WYK
	18	Jiang Man Hin	SJACS
	19	Chan Nok Hei	CHECSS
	20	Ho, David Marco	WIS
	21	Yick Yu Lam	LKYMS
	22	Mak Wai Lok	WYHK
	23	Chan Chun Yuen	WFN
	24	Hsu Chun Kit	CHECSS
	25	Lu Leovic Ho	SSCS
	26	Cheung Marcus	WFN
	27	Tam Man Hei	WYK
	28	Poon Wai Sum	LSC
	29	Leung Tsz Hin Bosco	WYHK
	30	Lam Wai Lok	LSC

Event 11	Boys A Grade 5000m	9:45am	
	Record : 15:37.60	Standard : 20:00.00	
Final	1	Xiao Chun Hung	LKYMS
	2	Ruddell Jonte Li	CHECSS
	3	Yiu Man Ho	SJACS
	4	Wong Pak Yiu Anson	MSC
	5	Lam Ho Ting	LSC
	6	Lee Rafael	WYHK
	7	Zhou Chenyan	SSCS
	8	Ma Shek Chung	HPCCSS
	9	Yip Chung Hin	WFN
	10	Lee Tsz Ip	LKYMS
	11	Mok Pak Fan	DBS
	12	Huang Ka Hei	SWC
	13	Wong Wallace Owen	SMCESPS
	14	Carmichael, Simon Hamish Temujin Fraser	WIS
	15	Kuk Tai Lam	HPCCSS
	16	Loasby, Jiro Joey	WIS
	17	Tsui Yat Fei	WYHK
	18	Lam Max Yee Hong	LSC
	19	Woo Alvin	SJACS
	20	Sy Nok Him	SSCS
	21	Fung Lok Him Hayden	CSWCSS
	22	Kwan Hoi Chun	MSC
	23	Rahuipreet-Raymond	YCKMC
	24	Chan Ching Hei	WYK
	25	Tung Fu Shing	YCKMC
	26	Au Chun Ning Gabriel	DBS
	27	Suen King Hei	CHECSS
	28	Lo Wang Shing	SWC
	29	Kei Yin	CSWCSS
	30	Wong Kin Long	WYK
	31	Chow Pak Lok	SMCESPS

Event 12	Girls C Grade 800m	10:15am	
	Record : 2:19.72	Standard : 2:57.00	
Heat 1	1	Chen Qinuo Kelly	DGS
	2	Ng Yin Ning Veronica	MCS
	3	Sheung Wai Yan	SPCS
	4	Lui Man Yin Reese	PCMS
	5	Dowding, Maggie Belle	TSIS
	6	Ip Heung Ching	HYS
	7	Chu Po Jewel	HKUGA
	8	Wong Cheuk Lam	SSGC
	9	Poon Sum Yuet	GHS
	10	Xing Zipu	KGV
	11	Niu Tong	WIS
	12	Bie Zhixuan	WFN
Heat 2	1	Ma Wan Wai Karen	MCS
	2	Li Hei Yiu	SSGC
	3	Chan, Cwensuela Danielle Cheuk Lam	KGV
	4	Lo Lok Tung	HYS
	5	Herminjard, Chloe Anna	TSIS
	6	Ackber Bertha	SPCS
	7	Fan On Wing	GHS
	8	Szentes, Reka	WIS
	9	Cheung Cheuk Ning	HKUGA
	10	Siu Hoi Nam	WFN
	11	Kong Jerika	DGS
	12	Lam Tsz Ying	PCMS

Event 13	Girls B Grade 800m	10:15am	
	Record : 2:15.76	Standard : 2:55.00	
Heat 1	1	Barrett Margot Anneliese Wai Ying	SSGC
	2	Ng Sum Yau Isa	HKUGA
	3	Lai Tsz Sen	WFN
	4	Lau Valerie	HYS
	5	Blackshaw, Emily Kate	KGV
	6	Lee Hiu Wai	MCS
	7	Poon, Jasmine Yan Tung	WIS
	8	Lau Hei Tung Chloe	SPCS
	9	Lee Tsz Yiu	GHS
	10	Law Chung Ling	PCMS
	11	Cheuk Nim Yan	DGS
	12	Hung, See Ching Giselle	TSIS
Heat 2	1	Man Lai Ki Nicole	HYS
	2	Ho Mandy Wingyi	KGV
	3	Lam Wai Faye	MCS
	4	Leung Tsz Wing	WFN
	5	Cheuk Hilyin	PCMS
	6	Chan Mei Yan	DGS
	7	Yip Megan Claire	SSGC
	8	Yeung Shu Kiu	HKUGA
	9	Skoett, Cassandra Joan Quidayan	TSIS
	10	Law Mei Hang	GHS
	11	Yeung Lok Yee Jasmine	SPCS
	12	Mcmahon, Tea Susie	WIS

Event 14	Girls A Grade 800m		10:15am
	Record : 2:17.06		Standard : 2:55:00
Heat 1	1	Ko Hoi Tung Zenobia	MCS
	2	Lee, Yi Kiu	KGV
	3	Chan Lok Ching	HKUGA
	4	Wu Paak Kei Abby	SSGC
	5	Cheung King Tung	PCMS
	6	Dai Yongshan	WFN
	7	Ku Lok Yin	HYS
	8	Wong Wan Ki	GHS
	9	Work, Charlotte Alisha	WIS
	10	Wong Jit	DGS
	11	Froidevaux, Nellie Christina	TSIS
Heat 2	1	Lam Ting Sum Kylie	MCS
	2	Shiu Lok Yiu Athena	HKUGA
	3	Pudwill, Christine Vipa	WIS
	4	Chen Hei Tung	WFN
	5	Choi Season	GHS
	6	Leung Hun Sum	SSGC
	7	May, Jessica Kate	TSIS
	8	Le Bon, Shanze	KGV
	9	Hui Yuet Yu	PCMS
	10	Karlsson Jane Christa Ming Suet	DGS
	11	Leung Shun Ching	HYS

Event 15	Girls A Grade Shot Put		10:30am
	Record : 10.58		Standard : 6.90
Final	1	Kwok Hoi Ting Jasmine	MCS
	2	Cheung Hoi Yan	DGS
	3	Su, Hong Kiu Jacqueline	WIS
	4	Rana, Samriddhi	TSIS
	5	Chan Yuen Yau Evelyn	PCMS
	6	Lee Ching Yan Stephanie	SPCS
	7	Chung Yan Ting Jennifer	GHS
	8	Su Yi	HYS
	9	Ting Sum Yat	WFN
	10	Rigby, Olivia Mei	KGV
	11	Wu Pak Shun	SSGC
	12	Wong Wan Chi	HKUGA
	13	Gee Sze Yuen	PCMS
	14	Ho Chan Hung	HKUGA
	15	Poon Suen Man	GHS
	16	Yeung Karin	SPCS
	17	Hong Wing Lam Chloe	DGS
	18	Potgieter, Natalie Norah	WIS
	19	Ng Ka Ying Ashley	MCS
	20	Iu Choi Wan	HYS
	21	Hulme, Elsie Laure	TSIS
	22	Leung, Emma Wing	KGV
	23	Leung Tsz Yiu Coral	SSGC

Event 16	Boys C Grade High Jump		10:30am
	Record : 1.86		Standard : 1.40
Final	1	Tsui Hui Tung	CHECSS
	2	Lung Lok Ting	HPCCSS
	3	Li Ho Lam	WYK
	4	Ng Ching Nam	HPCCSS
	5	Ku Lok Yin	WYHK
	6	Li Sung Hei	MSC
	7	Wang, Shi Yuan	WIS
	8	Choi Cheuk Ming	LSC
	9	Yang Qimin	LKYMS
	10	Liu Jonah Faith	DBS
	11	Zhang Feng	LKYMS
	12	Lin Lucas	SSCS
	13	Ko Sze Wang	SJACS
	14	Tsoi Hon Kan Hanz	WFN
	15	Yan Masaki	CSWCSS
	16	Hu Yihu Johnny	CHECSS
	17	Wu, Zi Cheng	WIS
	18	Ngan Wai Lun	SMCESPS
	19	Wong Pak Yiu	DBS
	20	Cheung Kam Ching	SWC
	21	Lai Ching Yin	WYHK
	22	Shing Lok	SJACS
	23	Cheng Yik Chi	LSC
	24	Wong Yin Pok	MSC
	25	Lee Tin Ho Avery	SSCS
	26	Luo Zelin	SWC
	27	Mai Kin San	WYK
	28	Song Jia Jie Gavin	WFN
	29	Wong Chak Sum	YCKMC
	30	Suen Hei Wun	SMCESPS
	31	Yuen Yau Nam Kero	CSWCSS
	32	Li Cheuk Tai	YCKMC

Event 17	Boys B Grade Discus		10:30am
	Record : 54.18		Standard : 27.00
Final	1	Luo Man Pan	SJACS
	2	Cheng Chi Man	CHECSS
	3	Leung Chiu Ming	HPCCSS
	4	Lok Yong Heng	WYHK
	5	Hung, Wun Hei Emil	WIS
	6	Chu Pak Hin	SMCESPS
	7	Leung Tin Long	LSC
	8	Zhang Weidong	CSWCSS
	9	Lo Hoi Chun	WYK
	10	Colloton Sean Dik Hin	SMCESPS
	11	Zhu Jiahao	DBS
	12	Tang Ka Ho	YCKMC
	13	Chan Ka Him	WFN
	14	Lam Chi Ching	HPCCSS
	15	Yang Yui Tung	LKYMS
	16	Ng Ka Ho	CSWCSS
	17	Yip Tin Ching Walter	WYHK
	18	So Kin Ho	SJACS
	19	Wong Cheuk Hei	DBS
	20	Chan Pak Yin	SWC
	21	Kan Ethan	YCKMC
	22	Chan, Chung Long Timothy	WIS
	23	Liu In Hei	LSC
	24	Lau Lap Yan	MSC
	25	Ho Man Chung	SSCS
	26	Chen Hiu Chun	SWC
	27	Tang Long Him	SSCS
	28	Yan Jason Tsz Shing	WFN
	29	Chiu Yat Kiu Ethan	WYK
	30	Choi Ching Yat Elvis	CHECSS
	31	Cheung Chi Kit	LKYMS

Event 18	Boys C Grade 800m	10:45am	
	Record : 2:06.64	Standard : 2:32.00	
Heat 1	1	Williams, Tomos Jack	WIS
	2	Peng Zui Rui	WYHK
	3	Tsang Man To	CSWCSS
	4	Choi Cheuk Nam	MSC
	5	Li Kai King Justin	WYK
	6	Wong Cheuk Man	YCKMC
	7	Chu Tsz Lok	WFN
	8	Mo Yu Kit	LKYMS
	9	Leung Ting Hin	CHECSS
	10	Yim Man Hei	SWC
	11	Lau Tsz Chai Brendan	SJACS
	12	Sze Ming Yin	SSCS
	13	Lee Hiu Wai	SMCESPS
	14	Li Shun Hang	HPCCSS
	15	Tsang Lap Shun	LSC
	16	Ting Ngai Chun	DBS
Heat 2	1	To Lok Tin	SJACS
	2	Chong Shing Chi	SMCESPS
	3	Chan Tsz Long	SSCS
	4	Tai Siu Hin	SWC
	5	Wong Chun Hei	MSC
	6	Cheng Pok Man	YCKMC
	7	Wan Chak Yan	DBS
	8	Ng Cheuk Him	WFN
	9	Chiang Ming Chak	WYHK
	10	Lee Yat Hei	LSC
	11	Cheung Chi Shing	CSWCSS
	12	Cheung Long Hin	WYK
	13	Chan Ming Chi	HPCCSS
	14	Kam Tsz Leong	CHECSS
	15	Chan Tsz Hin	LKYMS
	16	Ling, Marcus Asher	WIS

Event 19	Boys B Grade 800m	10:45am	
	Record : 2:00.69	Standard : 2:23.00	
Heat 1	1	Choi Chi Ho	CHECSS
	2	Lee Lok Chit	WYHK
	3	Leung Po Hong Cedric	WFN
	4	Lu Yik Shing	MSC
	5	Ho Hoi Wai Howard	LSC
	6	So Tsz Chun Anson	LKYMS
	7	Huang Chun Fung	SWC
	8	Han Tsun Kwong	HPCCSS
	9	Tam Yuk Hon	SSCS
	10	Arai, Ryuto	WIS
	11	Chen Yik Fan	YCKMC
	12	Wong Keng Kiu	SJACS
	13	Ho Cheuk Lam	SMCESPS
	14	Lo Ka Wai	CSWCSS
	15	Liu Tsz Hang	WYK
	16	Wang Nok Wang	DBS

Heat 2	1	So Hoi Nok	WYHK
	2	Kwan Chun Hei	SMCESPS
	3	Leung Kin Pan	YCKMC
	4	Li Cheuk Long	LSC
	5	Xie Shing Chun	LKYMS
	6	Chung Cheuk Hin	MSC
	7	Lai Chun Yik	SWC
	8	Ng Cyrus	WFN
	9	Fong Cheuk Yu	CSWCSS
	10	Kao, Yuwei Ethan	WIS
	11	Cai Yundi Elliot	WYK
	12	Sy Kwan Hon Johann	DBS
	13	Lok Ching Ho	CHECSS
	14	Yuen Wai Chak	SJACS
	15	Ma Hing Lai Marchy	HPCCSS
	16	Tam Yuk Wang	SSCS

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Event 20	Boys A Grade 800m	10:45am
	Record : 1:54.89	Standard : 2:22.00

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Heat 1	1	Kwan Yik Yin	MSC
	2	Tam Pak Yin	LKYMS
	3	Lau Ho Yin	DBS
	4	Chen Shun Tin	YCKMC
	5	Fong Yuk Ning Matthew	LSC
	6	Cheng Sai Fun	SMCESPS
	7	Cheuk Ching Sum	HPCCSS
	8	Ko Quinton Yat Him	CSWCSS
	9	Lam Chitt	WYHK
	10	Chan Ching Hei	WYK
	11	Koo Kam Ho	SJACS
	12	Wong Wang Shun	WFN
	13	Shing Ying Yip	SWC
	14	Fall, Gabriel Ahmet	WIS
	15	Lin Shuhong	CHECSS

Heat 2	1	Tang Chi Ho	CSWCSS
	2	Chan Matthew	YCKMC
	3	Sahabudeen Mohamed Ijaz	SMCESPS
	4	Ma Yung Sang	WYHK
	5	Lam Nok	LKYMS
	6	Chiu One	CHECSS
	7	Chu Lok Yin Ryan	DBS
	8	Tam Sze Cheuk Oscar	MSC
	9	Chow Man Hei	HPCCSS
	10	Cheung Yu Hei	WFN
	11	Hall, Tomas Zionede	WIS
	12	Chan Ming Long	LSC
	13	Chen Kin Ming	SWC
	14	Wong Kai Yin	SJACS
	15	Cheung Hoi Hin Onix	WYK

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Event 21	Girls C Grade 200m	11:15am
	Record : 25.77	Standard : 31.00

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Heat 1	1	Wu Bella	KGV
	2	So Indra Yin Leung	MCS
	3	Ng Tsun Ting	WFN
	4	Tsui Hoi Ching	HKUGA
	5	Wong Wan Ki	SSGC
	6	Chung Hang Yin	SPCS
	7	Chui Hei Man	DGS
	8	Potgieter, Amika	WIS



Heat 2	1	Lee Fay Yee	GHS
	2	Wu Sien Yan Bernice	PCMS
	3	Lin, Chloe Yufan	TSIS
	4	Yu, Kok Yiu Khloe	KGV
	5	Ma Hoi Ki	HYS
	6	Cheng Yee Nam	SSGC
	7	Ng Wing Kiu	HKUGA
	8	Shih, Song Yan	WIS

Heat 3	1	To Pui Ki	PCMS
	2	Yip Yik Tung	DGS
	3	Su Ka Wai	WFN
	4	Cheng Tsz Yan	HYS
	5	Ho Pik Man Karina	GHS
	6	Lee, Wai Wai Vee	TSIS
	7	Wong Wan Chi Charmaine	MCS
	8	Tsui Yuet Kiu Jasmine	SPCS

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Event 22	Girls B Grade 200m	11:15am
	Record : 24.96	Standard : 30.50

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Heat 1	1	Lau Hong Ching	SPCS
	2	Chan Ching Man	HKUGA
	3	Lee Hei Tung	WFN
	4	Sum Hei Lam Nicole	DGS
	5	Chan Hui Wing Nuria	MCS
	6	Thompson, Maya Rose	WIS
	7	Ngai Yu Chuen	GHS
	8	Poon Tsz Yeuk	SSGC

Heat 2	1	Yip Man Yan	HKUGA
	2	Sze Hoy Lam Catherine	SPCS
	3	Mcmillan, Ava Safara	KGV
	4	Ng Yuen Fan	DGS
	5	Lee, Cordelia	TSIS
	6	Hui Ching Grace	HYS
	7	Yu Tsz Lam	GHS
	8	Au Abbie	PCMS

Heat 3	1	Yuen Owena	MCS
	2	Tsang, Yin Yi Chantelle	TSIS
	3	Navarro Charmaine Kar	SSGC
	4	Chen Wing Yeuk	PCMS
	5	So Sin Hau Hilary	HYS
	6	Narag, Jennica Ariana Maree Gammad	WIS
	7	Chan Cheuk Ying	WFN
	8	Von Kleist, Elena Margret Benita	KGV

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Event 23	Girls A Grade 200m	11:15am
	Record : 24.31	Standard : 30.50

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Heat 1	1	Song, Emma Yunju	TSIS
	2	Shum Man Huen	WFN
	3	Luk Hau Yi Katie	MCS
	4	Wong Wan Chi	HKUGA
	5	Brown, Millicent Clementine	WIS
	6	Thomas Maya	KGV
	7	Chan Hui Ching Lydia	HYS
	8	Lau Cheuk Lam	GHS

Heat 2	1	Ho Grace Tsz Ching	SSGC
	2	Ma Wai Yan Abigail	KGV
	3	Li Tsz To	HKUGA
	4	Mok Nga Ki	SPCS
	5	Woo Joy Hei	GHS
	6	Chow Chi Kiu	DGS
	7	Kwok Yee Ki	PCMS
	8	Tsang, Tsoi Yi Gladys	TSIS

Heat 3	1	Lam Yin Tung	DGS
	2	Ng Ka Huen	MCS
	3	Lum Hei Ching	WFN
	4	Kwok Hiu Yan Serene	HYS
	5	Ho Hiu Ying	SSGC
	6	Lai Wing Chi	PCMS
	7	Magrath, Naia Mei	WIS
	8	Yau Sin Ting Nicole	SPCS

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Event 24	Boys C Grade 200m	11:40am
	Record : 22.59	

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Semi-Final 1	1	Wong Sin Ming Matthew	HPCCSS
	2	Wong Kwok Man	WYK
	3	Wong Lok Tin	HPCCSS
	4	Cheung Hei Leuk	SWC
	5	Hui Ho Hin	DBS
	6	Wong Kwok Yan	WYK
	7	Lee Yung Hei	CSWCSS
	8	Yuen Tsz Hin	WFN

Semi-Final 2	1	Au Yeung Chun Hei	CHECSS
	2	Chen Tsz Yuk Lemuel	LSC
	3	Ng Tsz Tai	YCKMC
	4	Leung Chun Yeung	SSCS
	5	Erni Austin Hanzel	DBS
	6	Wong Lok Man	LSC
	7	Ng Lap Wang	WYHK
	8	Law Chun Hei	SMCESPS

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Event 25	Boys B Grade 200m	11:40am
	Record : 21.90	

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Semi-Final 1	1	Lau Kai Kit	HPCCSS
	2	Koo Cheuk Fung Jasper	DBS
	3	Yeung Hoi To	LKYMS
	4	Leung Ching Shun Jensen	DBS
	5	Wu Pak Hang	LSC
	6	Lam Tsun Hei	WYHK
	7	Li Bryan Chi Yuen	CSWCSS
	8	Chu Chi Wah	CSWCSS

Semi-Final 2	1	Chan Ching Yeung	SMCESPS
	2	Wong Kwok Yau	WYK
	3	Lam Ho Fung	WYK
	4	Wong Lai Fung	LSC
	5	Lau Chi Hong	WFN
	6	Chow Tsz Ho	SWC
	7	Yip Chun Ho	WYHK
	8	Wong Chun Keung	YCKMC

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Event 26	Boys A Grade 200m	11:40am
	Record : 21.91	

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Semi-Final 1	1	Lee Chun Yip	HPCCSS
	2	Johannsson Magnus Prostur	DBS
	3	Chan Chun Yu Lucas	WYK
	4	Yeung Tsz Fung	LSC
	5	Wan Fu Wang David	WYK
	6	Zhang Hongyuan	CHECSS
	7	Cheng Chun Tat	HPCCSS
	8	Li Zhuoxin	SMCESPS

Semi-Final 2	1	Zhang Xulang	YCKMC
	2	Leung Ching Hang Wesley	DBS
	3	Chung Tsz Sing	LKYMS
	4	Lau Ka Lun Hamish	LSC
	5	Ho Man Hin	LKYMS
	6	Leung Ting Long	WYHK
	7	Lam Chun Chi Amos	WYHK
	8	Ng Chun Hei	SWC

Event 27	Girls B Grade Javelin	12:30pm
	Record : 48.10	Standard : 17.80

Final	1	Tang Sum Yuen	HYS
	2	Zhu, Evelyn	TSIS
	3	Malhotra, Prisha	KGV
	4	Chang Yue Yunice	MCS
	5	Ma Yung Wai Jocelyn	DGS
	6	Chung Cheuk Wing	GHS
	7	Li Yi Suen Annabel	HKUGA
	8	Poek Ying Lam	GHS
	9	Ho Ching Yin	WFN
	10	Cheung Tsz Yuet	SSGC
	11	Toshniwal, Anaya	KGV
	12	Snelgrove, Ella Elise	WIS
	13	Siu Hui Ying	PCMS
	14	Tang Hoi Lyn Kellyn	HKUGA
	15	Lee Phyllis	DGS
	16	Law Hau Ching Isabella	MCS
	17	Skoett, Cassandra Joan Quidayan	TSIS
	18	Chen Hei Tung	HYS
	19	Cheung Hoi Ching	SPCS
	20	Schorr, Zoe Anastasia	WIS
	21	Choi San Yi	WFN
	22	To Lok Yee	SPCS
	23	Au Ying Tung	SSGC

Event 28	Boys A Grade Long Jump	1:00pm
	Record : 7.89	Standard : 5.45

Final	1	Ho Pak Hei	SWC
	2	Davies, Ryan	WIS
	3	Yeung Man Long	HPCCSS
	4	Wong Tsz Hong	SMCESPS
	5	Yeung Tin Long	LSC
	6	Wu Yan Lok	MSC
	7	Ho Cheuk Hang	SSCS
	8	Mak, Enoch Ezra	WIS
	9	Chan Cheuk Yu	WFN
	10	Lee Chun	CSWCSS
	11	Ling Shing	CHECSS
	12	Chan Ka Shing	DBS
	13	Tan Kwan Ho	WYHK
	14	Au Cheuk Hang	CHECSS
	15	Li Ho Pang	CSWCSS
	16	Zheng Wang Kei	DBS
	17	Siu Tsun Adrian	WYK
	18	Li Hon Wai	LKYMS
	19	Lau Shing Him	LSC
	20	Guo Baixin	YCKMC
	21	Cheung Wing Hei	SJACS
	22	Chan Pok Him	HPCCSS
	23	Choy Cheuk Him	SWC
	24	Tsang Tsz Chun Joshua	LKYMS
	25	Lau Kam Wang	WYK
	26	Tsang Sze Kwan	YCKMC
	27	Lyu Mingxuan	SSCS
	28	Yau Tsan For Magnus	SJACS
	29	Wong Chun Po	WFN
	30	Yiu Cho Yin George	MSC
	31	Hui Cheuk Fung	WYHK
	32	Mok Nai Tin Victor	SMCESPS

Event 29	Girls A Grade High Jump		1:30pm
	Record : 1.74		Standard : 1.35
Final	1	Wong Pleroma Kaka	KGV
	2	Lai Cheuk Kwan	SPCS
	3	Darley, Lauren	WIS
	4	Kok Chin Wai Jovita	DGS
	5	Wong, Yan Tung Viola	WIS
	6	Chow Sylvia	GHS
	7	Lok Tsz Ching	HYS
	8	Jiang King Ming Jolyn	MCS
	9	Ng, Winnie	TSIS
	10	Siu Brianna	HKUGA
	11	Ho Man Hei Jasmine	SPCS
	12	Lam Yu Ching	WFN
	13	May, Jessica Kate	TSIS
	14	Yang Zhichu	DGS
	15	Poan Tsz Nam	GHS
	16	Lai Sum Kay Jamie	MCS
	17	Lee, Cheuk Wai	KGV
	18	Cheung Chung Yan Joanne	HYS

Event 30	Boys C Grade 100m Hurdles		1:30pm
	Record : 13.57		
Semi-Final 1	1	Lee Wai Chun	YCKMC
	2	Wong Sean	WYK
	3	Yip Yeung	LSC
	4	Au Yeung Hey	LSC
	5	Mai Kin San	WYK
	6	Cheung Ka Wing	SSCS
	7	Yan Long Hang	MSC
	8	Siu Tik Kan Deacon	SMCESPS
Semi-Final 2	1	Li Cheuk Tai	YCKMC
	2	Chan Yik Yi	HPCCSS
	3	Tsoi Hon Kan Hanz	WFN
	4	Fong Hei Kiu	DBS
	5	Chui Yu Cheung	WFN
	6	Leung Kin Chai	DBS
	7	Mai Ziming	SWC
	8	Choy Zach	MSC

Event 31	Boys B Grade 100m Hurdles		1:30pm
	Record : 13.25		
Semi-Final 1	1	Lee Ngo Him	WYK
	2	Lam Yu Hin	LSC
	3	Au Kin Ping	HPCCSS
	4	Ng Shing Lok	CSWCSS
	5	Chan Yat Hei	HPCCSS
	6	Li Chun Hin	MSC
	7	Lai Po Yi	CSWCSS
	8	Lee Chin Ho	SMCESPS
Semi-Final 2	1	Chan Cheok Hin	WFN
	2	Yee Ching Kwan	SWC
	3	Wong Man Hong	WYK
	4	Chui Long Hei Rex	DBS
	5	Cheung Chi Hin Hugo	DBS
	6	Yuen Cenam	SSCS
	7	Lee Hei Long	MSC
	8	Lau Yiu Hei	WYHK

Event 32	Boys A Grade 110m Hurdles		1:45pm
	Record : 13.63		
Semi-Final 1	1	Lee Ka Sen	CSWCSS
	2	Chau Ho Yin	LSC
	3	Lau Chun Hang	DBS
	4	Hui Yik Yeung Colby	HPCCSS
	5	Zheng Wang Kei	DBS
	6	Wong Pak To	HPCCSS
	7	Chan Pak Kwan	WFN
	8	Poon Chun Fung Jeffrey	SJACS
Semi-Final 2	1	Lai Ryan	CSWCSS
	2	Tsang Pui Tin	YCKMC
	3	Chan Ho Jun	LSC
	4	Pang Sung Him	YCKMC
	5	Hui Ting Lok	WYHK
	6	Ng Tsz Ho	SJACS
	7	Zhong Kai To	WYK
	8	Yeung Lai Lun	LKYMS
Event 33	Girls C Grade 400m		1:55pm
	Record : 58.64		Standard : 1:13.00
Heat 1	1	Fan On Wing	GHS
	2	Liu Hui Wan	WFN
	3	Cheng Pak Sze	SSGC
	4	Ma Wan Wai Karen	MCS
	5	Wu Bella	KGV
	6	Lo Wing Huen	PCMS
	7	Dowding, Maggie Belle	TSIS
	8	Barickman, Saya	WIS
Heat 2	1	Lee Lok Ting	PCMS
	2	Lee Fay Yee	GHS
	3	Cheung Cheuk Ning	HKUGA
	4	Mcmahon, Nica Kyla	WIS
	5	Yip Yik Tung	DGS
	6	Williamson, Adelaide Cecile Yvonne Marie	TSIS
	7	Lo Lok Tung	HYS
	8	Chan Ching Laam Caanon	SPCS
Heat 3	1	Kwan Wing Man	SSGC
	2	Yung Cheuk Sze	MCS
	3	Tsang Alana	HKUGA
	4	Chen Qinuo Kelly	DGS
	5	Wong Tsz Ki	WFN
	6	Fung Tsz Ching	SPCS
	7	Yu, Kok Yiu Khloe	KGV
	8	Cheng Tsz Yan	HYS
Event 34	Girls B Grade 400m		1:55pm
	Record : 56.27		Standard : 1:12.50
Heat 1	1	Tam Yuk Wai Amber	SSGC
	2	Lai Tsz Sen	WFN
	3	Au Abbie	PCMS
	4	Yeung Tsz Ching	HKUGA
	5	Lee Tsz Yiu	GHS
	6	Wan, Charlotte Brianne	TSIS
	7	Tseng Hailey	DGS
	8	Barma, Munira Taha	WIS
Heat 2	1	Chen Wing Yeuk	PCMS
	2	Yu Wing Hei	SPCS
	3	Yadav, Aashvi	KGV
	4	Lau Valerie	HYS
	5	Doherty, Siobhan Saskia	WIS
	6	Leung Tsz Wing	WFN
	7	Cheuk Nim Yan	DGS
	8	Lee Hiu Wai	MCS

Heat 3	1	Lau Cheuk Kiu Anki	GHS
	2	Chan Ching Man	HKUGA
	3	Bahrunani, Divina J.	KGV
	4	Tam Bernice Yeung Gi	SPCS
	5	Koo, Carina Nok Yin	TSIS
	6	Sum Hau Kiu	HYS
	7	Lin Guang Han	SSGC
	8	Lam Wan Gi	MCS

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Event 35	Girls A Grade 400m	1:55pm
	Record : 57.37	Standard : 1:12.50

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Heat 1	1	Ng Ka Huen	MCS
	2	Chan Lok Ching	HKUGA
	3	Woo Joy Hei	GHS
	4	Fisher, Emily Charlotte	KGV
	5	Cheung King Tung	PCMS
	6	Lim, Zoe Jiaren	TSIS
	7	Darley, Lauren	WIS
	8	Cheng Wing Yan	SSGC

Heat 2	1	Choi Season	GHS
	2	Magrath, Naia Mei	WIS
	3	Lum Hei Ching	WFN
	4	Lam Ting Sum Kylie	MCS
	5	Karlsson Jane Christa Ming Suet	DGS
	6	Hui Yuet Yu	PCMS
	7	Ku Lok Yin	HYS
	8	Fan Hei Ching	SPCS

Heat 3	1	Chow Chi Kiu	DGS
	2	Wu Paak Kei Abby	SSGC
	3	Li Tsz Wai	SPCS
	4	Asaka Marin	KGV
	5	Dai Yongshan	WFN
	6	Froidevaux, Nellie Christina	TSIS
	7	Kwok Hiu Yan Serene	HYS
	8	Wong Shun Yee	HKUGA

Event 36	Boys A Grade Javelin		2:30pm
	Record : 62.06		Standard : 30.00
Final	1	Chong Wing Yat Carlos	WYHK
	2	Leung Wai Kin	WFN
	3	Bui Lang Hei	SMCESPS
	4	Liu Ho Wai	SSCS
	5	Chan Hoi Fung	CSWCSS
	6	Chan Wai Lik	YCKMC
	7	Tsang Cheuk Fung	WYK
	8	Chan Ho Tsun	YCKMC
	9	Krug, Jonas Alexander	WIS
	10	Kwok Ching Ting	WYHK
	11	Wong Yi Hin	DBS
	12	Li Kai Chun	CSWCSS
	13	Chu Yat Shun Anson	WYK
	14	Lee Sheng Chak	CHECSS
	15	Lee Chun Lang Baron	LSC
	16	Fung Jeremy Wai Hin	SSCS
	17	Ma Ming Sum	HPCCSS
	18	Cheng Pok Ho	LSC
	19	Wong Wai Yin	HPCCSS
	20	Zhang Chun Kit	SWC
	21	Chan Chun Yin	SJACS
	22	Cheng Lik Wang	CHECSS
	23	Tam Jeffrey Pok Hin	LKYMS
	24	Pan Yat Long	WFN
	25	Chau Chun Lam	SJACS
	26	Minne, Lucas Remi P.	WIS
	27	Wong Kwong Lik Nicholas	DBS
	28	Choy Ho	MSC
	29	Tang Kin Hei	SMCESPS
	30	Peng Shing Kit	LKYMS
	31	Lam Kin Ning	SWC
	32	Law Cheuk Hin	MSC

Event 37	Boys C Grade 400m		2:30pm
	Record : 51.23		
Semi-Final 1	1	Leung Man Pok	CSWCSS
	2	Lau Hoi Tsun	DBS
	3	Cheng Pok Man	YCKMC
	4	Ho Kei Chung Eden	DBS
	5	Hau Chit Long	HPCCSS
	6	Lee Sau Ching	LSC
	7	Ho Chak Fung	SJACS
	8	Chim Yan Yau	SSCS
Semi-Final 2	1	Wong Sin Ming Matthew	HPCCSS
	2	Li Kai King Justin	WYK
	3	Wong Kwok Man	WYK
	4	Liu Sung Him	WYHK
	5	Chu Tsz Lok	WFN
	6	Yuen Tsz Hin	WFN
	7	Hung Ka Lok Aden	LSC
	8	Wong Chak Sum	YCKMC

Event 38	Boys B Grade 400m		2:30pm
	Record : 49.72		
Semi-Final 1	1	So Hoi Nok	WYHK
	2	Yeung Hoi To	LKYMS
	3	Leung Po Hong Cedric	WFN
	4	Cheung Jun Jonathan	LSC
	5	Xie Shing Chun	LKYMS
	6	Lee Ho Kuen	HPCCSS
	7	Wong Ho Chuen Hugo	DBS
	8	Tam Yuk Hon	SSCS

Semi-Final 2	1	Han Tsun Kwong	HPCCSS
	2	Cheung Cheuk Hei Isaac	MSC
	3	Chan Thomas Lok Hin	DBS
	4	Ho Hoi Wai Howard	LSC
	5	Lau Chi Hong	WFN
	6	Tam Yuk Wang	SSCS
	7	Cai Yundi Elliot	WYK
	8	Liu Tsz Hang	WYK

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Event 39      Boys A Grade 400m      2:30pm  
 Record : 49.92

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Semi-Final 1	1	Lee Chun Yip	HPCCSS
	2	Kwan Yik Yin	MSC
	3	Wong Tsz Ngo	WYK
	4	Ma Yung Sang	WYHK
	5	Lee Cheuk Hei	DBS
	6	Wong Kwun Ming Don	WYK
	7	Cheung Chi Kit	YCKMC
	8	Blennerhassett, Max Rowland	WIS

Semi-Final 2	1	Cheung Yu Hei	WFN
	2	Chung Long Hei Cyrus	MSC
	3	Lau Ka Lun Hamish	LSC
	4	Wong Wang Shun	WFN
	5	Chen Shun Tin	YCKMC
	6	Tsang Man Chi	DBS
	7	Leung Chun Wai Tony	LSC
	8	Cheng Ho Lam	HPCCSS

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Event 40      Girls C Grade 4x100m Relay      3:00pm  
 Record : 48.41      Standard : 58.00

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Heat 1	2	TSIS
	3	SPCS
	4	HYS
	5	KGV
	6	PCMS
	7	GHS
	Heat 2	2
3		WIS
4		WFN
5		HKUGA
6		DGS
7		SSGC

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Event 41      Girls B Grade 4x100m Relay      3:00pm  
 Record : 49.44      Standard : 56.80

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Heat 1	2	PCMS
	3	WFN
	4	GHS
	5	MCS
	6	HKUGA
	7	DGS
	Heat 2	2
3		KGV
4		SPCS
5		TSIS
6		SSGC
7		HYS



Event 42	Girls A Grade 4x100m Relay	3:00pm
	Record : 48.77	Standard : 56.50
Heat 1	2	WIS
	3	TSIS
	4	SPCS
	5	KGV
	6	MCS
	7	PCMS
Heat 2	2	WFN
	3	SSGC
	4	DGS
	5	GHS
	6	HYS
	7	HKUGA
Event 43	Boys C Grade 4x100m Relay	3:30pm
	Record : 45.05	Standard : 52.00
Heat 1	1	YCKMC
	2	SSCS
	3	CSWCSS
	4	DBS
	5	LKYMS
	6	HPCCSS
	7	CHECSS
	8	SWC
Heat 2	1	LSC
	2	WYK
	3	MSC
	4	WFN
	5	SMCESPS
	6	SJACS
	7	WIS
	8	WYHK
Event 44	Boys B Grade 4x100m Relay	3:30pm
	Record : 43.01	Standard : 48.50
Heat 1	1	LKYMS
	2	SMCESPS
	3	WIS
	4	WYHK
	5	DBS
	6	YCKMC
	7	HPCCSS
	8	LSC
Heat 2	1	WFN
	2	MSC
	3	CSWCSS
	4	WYK
	5	SJACS
	6	SWC
	7	SSCS
	8	CHECSS
Event 45	Boys A Grade 4x100m Relay	3:30pm
	Record : 42.16	Standard : 47.50
Heat 1	1	LKYMS
	2	HPCCSS
	3	SMCESPS
	4	WYK
	5	DBS
	6	LSC
	7	WIS
	8	SWC

Heat 2

- 1
- 2
- 3
- 4
- 5
- 6
- 7

WFN  
CSWCSS  
YCKMC  
SJACS  
WYHK  
SSCS  
CHECSS