

HONG KONG ISLAND & KOWLOON SECONDARY SCHOOLS
INTER-SCHOOL ATHLETICS COMPETITION 2023-2024
DIVISION ONE
FINALS

GUEST OF HONOUR

MR. SAM WONG TAK SUM, MH
COMMISSIONER FOR SPORTS
CULTURE, SPORTS AND TOURISM BUREAU

Acknowledgement

The Hong Kong Island & Kowloon Secondary Schools Regional Committee wishes to express its appreciation to the following organisations and persons for their support & assistance to the Inter-School Athletics Competition (Division One).

- *MR. SAM WONG TAK SUM, MH, COMMISSIONER FOR SPORTS OF CULTURE, SPORTS AND TOURISM BUREAU for presenting prizes to winning schools*
- *MR. EDMUND KAM YU MAN, GENERAL MANAGER, PRIVATE BANKING OF BANK OF CHINA (HONG KONG) LIMITED for presenting prizes to winning schools*
- *LEISURE AND CULTURAL SERVICES DEPARTMENT for subventing the Competition*
- *BANK OF CHINA (HONG KONG) LIMITED for sponsoring the Competition*
- *MR. CHAN CHIN WAN, CONVENOR for his personal assistance to the Competition*
- *MR. TANG KUN LOI, MR. ERIC TSANG, MR. KOT HIN TAK & MR. WATSON NG for serving as Referees and Technical Manager*
- *MR. CHAN MAN HAU, RONNIE, HKAAA REFEREE for serving as Track Event Referee*
- *LIFE LINE MEDICAL TRAINING CENTRE for providing first aid services*
- *PHYSICAL EDUCATION UNIT OF CUHK for lending Electronic Distance Measurement (EDM) Equipment*
- *STAFF OF WANCHAI SPORTS GROUND for their co-operation and assistance*
- *ALL OFFICIALS & JUDGES & STUDENT HELPERS of the meet*
- *BOCHK SCHOOLS SPORTS VOLUNTEERS*

Inter-School Athletics Competition 2023-2024

Division One

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 & Finals)</u> 1. Mr. Lai Chiu Lun (GHS) 2. Ms. Luk Dick Sang (PCMS) 3. Mr. Fung Ho Yin (MSC) 4. Mr. Ho Mau Wang (DBS) 5. Mr. Chim Ha Chuen (SJACS) 6. Mr. Li Hong Yi (DGS) 7. Mr. Chan Tsz Chun (LSC) 8. Ms. Lau Tsz Ching (SSGC)	<u>4 x 100m Second Take Over (Day Two & Finals)</u> 1. Ms. Li Sau Sau Esther (HKUGA) 2. Mr. Rowan Varty (KGV) 3. Ms. Pang Yik Man (MSC) 4. Mr. Mok Kwan Kiu (PCMS) 5. Ms. Amy Tam (SSCS) 6. Ms. Chow Chui Mei (SWC) 7. Mr. Chow Ka Wah (YCKMC) 8. Mr. Lui Ka Hing (YCKMC)
	<u>4 x 100m Third Take Over (Day Two & Finals)</u> 1. Mr. Chan Chun Yu (CHECSS) 2. Ms. Li Ho Lam (LKYMS) 3. Mr. Chung Chi Kwan Alan (SJACS) 4. Ms. Chau Sau Ying (HPCCSS) 5. Ms. Emily Kong (MCS) 6. Mr. Leung Yu Tang (CSWCSS) 7. Ms. Sylvia Ng (MCS) 8. Ms. Wan Cheuk Ping (HKUGA)	<u>4 x 400m Break Line & Take Over Judges (Day One & Finals)</u> 1. Mr. Sam Lau (SSCS) 2. Mr. Wu Zhuojing (CSWCSS) 3. Ms. R. Cheung (SPCS) 4. Mr. Chun Hung Kwok (TSIS) 5. Ms. Chung Wai Wa (DBS) 6. Mr. Yuen Ho Leung (SMCESPS) 7. Ms. Wu Cheuk Yan (SSGC) 8. Ms. Jo Caldwell (WIS)

Time Table

Divison One

Final Day 08 March 2024

8:15 上午 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		Final	
AM	1	8:30am	Long Jump	Girls B	23	
	2		Discus	Girls A	22	
	3		High Jump	Boys B	31	
	4		Shot Put	Boys A	31	
	5		Triple Jump	Boys A	29	
	6	9:00am	400m Hurdles	Boys A		
	7	9:15am	200m		Girls C	
	8		"		Girls B	
	9		"		Girls A	
	10	9:35am	"	Boys C		
	11		"	Boys B		
	12		"	Boys A		
	13	10:00am	800m		Girls C	
	14		"		Girls B	
	15		"		Girls A	
	16	10:20am	"	Boys C		
	17		"	Boys B		
	18		"	Boys A		
PM	19	10:30am	Discus	Girls B	22	
	20	10:40am	100m Hurdles	Girls C		
	21		"	Girls B		
	22		"	Girls A		
	23	11:00am	"	Boys C		
	24		"	Boys B		
	25	11:10am	110m Hurdles	Boys A		
	26	1:00pm	400m		Girls C	
	27		"		Girls B	
	28		"		Girls A	
	29	1:15pm	"	Boys C		
	30		"	Boys B		
	31		"	Boys A		
	32	1:30pm	100m		Girls C	
	33		"		Girls B	
	34		"		Girls A	
	35	1:40pm	"	Boys C		
	36		"	Boys B		
	37		"	Boys A		
	38	1:50pm	1500m	Boys C		12
	39		"	Boys B		12
	40		"	Boys A		12
	41	2:15pm	4x100m Relay		Girls C	
	42		"	Boys C		
	43	2:30pm	"		Girls B	
	44		"	Boys B		
	45	2:45pm	"		Girls A	
	46		"	Boys A		
	47	3:00pm	4x400m Relay		Girls C	
	48		"	Boys C		
	49	3:15pm	"		Girls B	
	50		"	Boys B		
	51	3:30pm	"		Girls A	
	52		"	Boys A		

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**

Seating Allocation

A-H (Overall Top 4 from last year)

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

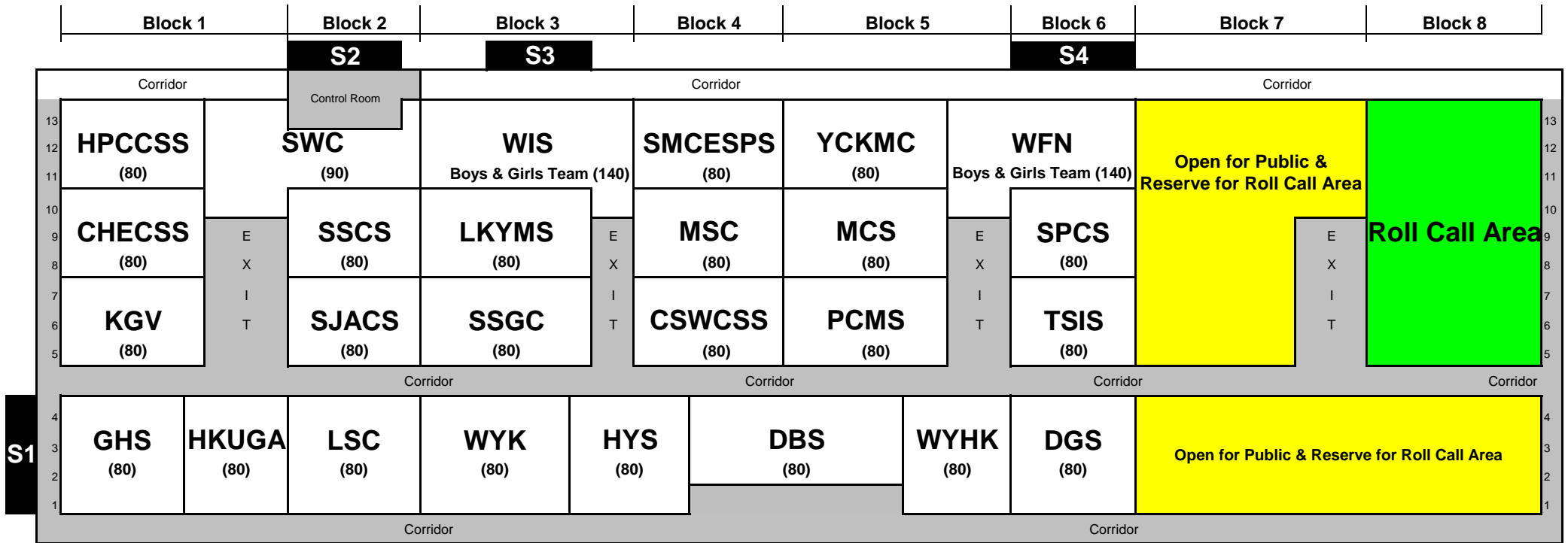
C1-C2 (CO-ED School with boys and girls team)

C1	WIS
C2	WFN

1-16 (Others)

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

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

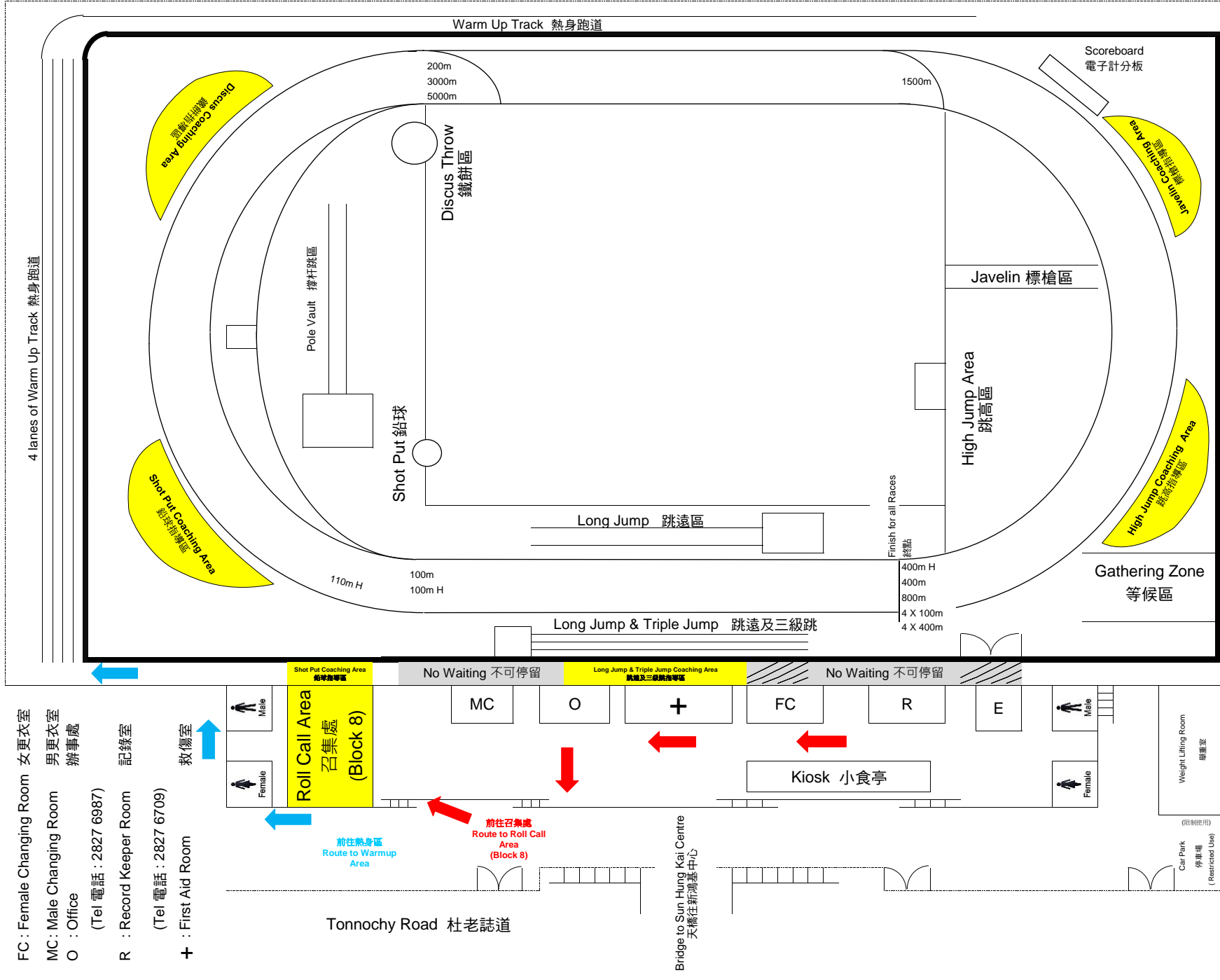
(Tel 電話 : 2827 6987)

R : Record Keeper Room 記錄室

(Tel 電話 : 2827 6709)

+ : First Aid Room 救傷室

Hung Hing Road 鴻興道



4 lanes of Warm Up Track 熱身跑道

Scoreboard 電子計分板

Discus Coaching Area 鐵餅教練區

Shot Put Coaching Area 鉛球教練區

Pole Vault 撐杆跳區

Shot Put 鉛球

Discus Throw 鐵餅區

Long Jump 跳遠區

Javelin 標槍區

High Jump 跳高區

Javelin Coaching Area 標槍教練區

High Jump Coaching Area 跳高教練區

Gathering Zone 等候區

Long Jump & Triple Jump 跳遠及三級跳

Finish for all Races 終點

400m H
400m
800m
4 X 100m
4 X 400m

Shot Put Coaching Area 鉛球教練區

No Waiting 不可停留

Long Jump & Triple Jump Coaching Area 跳遠及三級跳教練區

No Waiting 不可停留

Roll Call Area 召集處 (Block 8)

MC

O

+

FC

R

E

Kiosk 小食亭

前往熱身區 Route to Warmup Area

前往召集處 Route to Roll Call Area (Block 8)

Bridge to Sun Hung Kai Centre 天橋往新鴻基中心

Tonnochy Road 杜老誌道

Car Park 停車場 (Restricted Use)

Weight Lifting Room 舉重室

Not to Scale 不按比例

Gloucester Road 告士打道

Marsh Road 馬師道

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 4th 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 2nd 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 2nd runner is not permitted to begin running outside his take-over zone, and shall start within this zone. Similarly, the 3rd and 4th athletes shall begin running from within their take-over zones.
5. After the passing of baton is completed, the 2nd 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 3rd and 4th 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
Final Day

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 Two 05 March 2024

Boys Overall

Position	School	A	B	C	Total
1	Diocesan Boys' School	75	70	55	200
2	Yu Chun Keung Memorial College	56	44	45	145
3	La Salle College	35	54	41	130
4	Wah Yan College (Hong Kong)	35	64	27	126
5	Hoi Ping Chamber of Commerce Secondary School	50	40	28	118
6	TWGHs Wong Fut Nam College	20.5	45	48	113.5
7	Cheung Sha Wan Catholic Secondary School	28	50	18	96
8	Wah Yan College (Kowloon)	30	27	22	79
9	Munsang College	28	17	19	64
10	Lee Kau Yan Memorial School	19	24	18	61
11	St. Stephen's College	5.5	16	31	52.5
12	Choi Hung Estate Catholic Secondary School	17	15	16	48
13	St. Margaret's Co-Educational English Secondary and Primary School	13	16	17	46
14	West Island School	16	21	8	45
15	STFA Seaward Woo College	9	18	16	43
16	St. Joseph's Anglo-Chinese School	13	9	7	29

Girls Overall

Position	School	A	B	C	Total
1	Good Hope School	76.5	70	84	230.5
2	Diocesan Girls' School	91.5	55	67	213.5
3	Heep Yunn School	45	44	52	141
4	St. Paul's Convent School (Secondary Section)	25	28	31	84
5	HKUGA College	20	22	34	76
5	TWGHs Wong Fut Nam College	17	31	28	76
7	Pui Ching Middle School	14	22	24	60
8	Maryknoll Convent School	19	21	12	52
9	King George V School	3	9	24	36
10	West Island School	14	15	3	32
11	St. Stephen's Girls' College	10	10	8	28
12	The South Island School	3	8	16	27

Inter-School Athletics Competition 2023-2024

Division One

Final Day 08 March 2024

Event 1	Girls B Grade Long Jump		8:30am
	Record : 5.76		Standard : 4.00
Final	1	Kwok Sze Yu	PCMS
	2	Hui, Tsz Yeung	KGV
	3	Chong, Julianne	TSIS
	4	Ku Sin Yau Ashley	SSGC
	5	Cheung Ka Yu Casey	HKUGA
	6	Lau Sum Pui	HYS
	7	Leung Ching Tung	SSGC
	8	Chan Chung Man Daphne	HKUGA
	9	Ng Hei Yin	DGS
	10	Segovia Fueyo, Julia	WIS
	11	Cheung Hoi Ki	WFN
	12	Wong Wing Tung	HYS
	13	Kobayashi, Momoka	KGV
	14	Kwok Cho Sze Leann	MCS
	15	Fong Hei Man Tiffany	DGS
	16	Chan Sze Ching	GHS
	17	Wong Ming Kit	GHS
	18	Fung Wan Hei Scarlet	SPCS
	19	Aranha, Sophie Philippa	TSIS
	20	Lai Lucia Kei Tung	MCS
	21	Eathorne, Grace Elizabeth Luya	WIS
	22	Lee Yee Ching	SPCS
	23	Zhang Sin Man	WFN

Event 2	Girls A Grade Discus		8:30am
	Record : 36.76		Standard : 18.80
Final	1	Ng Jamie	SPCS
	2	Hu Katrina	SSGC
	3	Ho Lok Sum	HYS
	4	Gee Sze Yuen	PCMS
	5	Lau, Yi Heng	TSIS
	6	Gee Sze Hang	PCMS
	7	Rigby, Olivia Mei	KGV
	8	Leung Hoi Ying	HKUGA
	9	Fung Long Ching	GHS
	10	Lin Hui Yee	SPCS
	11	Cheung Hoi Yan	DGS
	12	Leung, Emma Wing	KGV
	13	Farrow, Emily Ann	WIS
	14	Poon Suen Man	GHS
	15	Man Ho Lam Hina	DGS
	16	Gurung Sambahampe Yusha	SSGC
	17	Ting Sum Yat	WFN
	18	Wong Yeuk Nam	MCS
	19	Au Yeung Sin Chun	HKUGA
	20	Ho Ho Lam Hayley	MCS
	21	Mak Wan Ki	HYS
	22	Cheng, Wing Yan Emmie	TSIS

Event 3	Boys B Grade High Jump		8:30am
	Record : 1.96		Standard : 1.55
Final	1	Hui Chun	SMCESPS
	2	Hui Chi Man	YCKMC
	3	Wu To Kuen	WYHK
	4	Zhong Ki Chun	MSC
	5	Cai Hiu Tung	HPCCSS
	6	Fok Yui Chun	DBS
	7	Yau Tsz Yin	WYK
	8	Chu To Isaac	DBS
	9	Lau Tak Yu Terrence	LSC
	10	Chan Cheok Hin	WFN
	11	Farrow, Ethan Thomas	WIS
	12	Cheung Jun Jonathan	LSC
	13	Chu Pak Hin	SMCESPS
	14	Wong Lim Ho	LKYMS
	15	Tan Tat Sang	CHECSS
	16	Wong Man Hong	WYK
	17	Lau Pak Hei	SWC
	18	Chan Nok Hei	CHECSS
	19	Wu Kam Kuen	WYHK
	20	Li Larry	WFN
	21	Deng Tsz Hei	HPCCSS
	22	Wong Lok Hey	LKYMS
	23	Yuen Cenam	SSCS
	24	Chan Pak Ho	SJACS
	25	Yee Ching Kwan	SWC
	26	Tsang Hong Yat Arthur	CSWCSS
	27	Su, Hong Wai Julian	WIS
	28	Chan Ming Sing	SSCS
	29	Chan Ho Fung	SJACS
	30	Ng Wai Tsun	YCKMC
	31	Ng Chi Tin	CSWCSS

Event 4	Boys A Grade Shot Put		8:30am
	Record : 15.48		Standard : 9.80
Final	1	Gurung Biram	WYK
	2	Luo Ka Cheong	LSC
	3	Yung Ngai Tsun	HPCCSS
	4	Sze Wai Shun	CSWCSS
	5	Leung Kwan Kiu	WYK
	6	Fu Wang	YCKMC
	7	Richardson, Sonny William Clifford	WIS
	8	Cheung Kin Fung	CHECSS
	9	Ng King Chung	WFN
	10	Chen Siu Yu	SWC
	11	Lee Yin Lung Max	WYHK
	12	Kwok Ka Wing	WFN
	13	Lai Hok Lam	LSC
	14	Madnani Krish Anil Kumar	SMCESPS
	15	Law Cheuk Hin	MSC
	16	Choi Hung Yun	CHECSS
	17	Kong Ivan Shing Yui	SJACS
	18	Zhu Hui Fung	SWC
	19	Cheung Ching Ho Anthony	DBS
	20	Wo Lok Hei	HPCCSS
	21	Law Man Ho	SMCESPS
	22	Lee Yat Hei	LKYMS
	23	Yeung Ho Wan Owen	MSC
	24	Ku Hok Ching	DBS
	25	Huang Ho	SSCS
	26	Wong Tsz Lung Gareth	SJACS
	27	Chan Hoi Fung	CSWCSS
	28	Ng Sze Pang	LKYMS
	29	Toucas, Aurelien Yong Li Gregoire	WIS
	30	Tsang Cheung Yu	YCKMC
	31	Kwok Ching Ting	WYHK

Event 5	Boys A Grade Triple Jump		8:30am
	Record : 14.82		Standard : 11.20
Final	1	Lyu Mingxuan	SSCS
	2	Chen Kai Ho	YCKMC
	3	Yau Tsan For Magnus	SJACS
	4	Yeung Man Long	HPCCSS
	5	Hui Ting Lok	WYHK
	6	Chan Ka Shing	DBS
	7	Ho Pak Hei	SWC
	8	Chan Pok Him	HPCCSS
	9	Lai Yiu Lun Horace	SSCS
	10	Guo Baixin	YCKMC
	11	Chan Chung Yin	WYK
	12	Lin Wai Sum	CHECSS
	13	Li Yat On	SWC
	14	Wong Chun Po	WFN
	15	Yiu Cho Yin George	MSC
	16	Yeung Tin Long	LSC
	17	Bui Lang Hei	SMCESPS
	18	Li Ho Pang	CSWCSS
	19	Siu Tsun Adrian	WYK
	20	Lin Yu Ho	CHECSS
	21	Chu Chung Nam Alphonse	SMCESPS
	22	Poon Chun Fung Jeffrey	SJACS
	23	Tsang Tsz Chun Joshua	LKYMS
	24	Leung Kin Wang	DBS
	25	Chiu Chun Hoi	WFN
	26	Lee Chun	CSWCSS
	27	Lau Shing Him	LSC
	28	Tan Kwan Ho	WYHK
	29	Li Hon Wai	LKYMS

Event 6	Boys A Grade 400m Hurdles		9:00am
	Record : 52.86		
Final	1	Wong Tsz Ngo	WYK
	2	Chung Long Hei Cyrus	MSC
	3	Tsang Man Chi	DBS
	4	Lee Cheuk Hei	DBS
	5	Fong Chun Kit Jacky	LSC
	6	Tsang Pui Tin	YCKMC
	7	Hui Yik Yeung Colby	HPCCSS
	8	Cheung Chi Kit	YCKMC

Event 7	Girls C Grade 200m		9:15am
	Record : 25.77		
Final	1	Ho Pik Man Karina	GHS
	2	Cheng Tsz Yan	HYS
	3	Lee Fay Yee	GHS
	4	Yip Yik Tung	DGS
	5	Tsui Hoi Ching	HKUGA
	6	Chui Hei Man	DGS
	7	Ng Wing Kiu	HKUGA
	8	Wu Sien Yan Bernice	PCMS

Event 8	Girls B Grade 200m		9:15am
	Record : 24.96		
Final	1	Chan Ching Man	HKUGA
	2	Yip Man Yan	HKUGA
	3	Ng Yuen Fan	DGS
	4	Hui Ching Grace	HYS
	5	So Sin Hau Hilary	HYS
	6	Sum Hei Lam Nicole	DGS
	7	Chan Hui Wing Nuria	MCS
	8	Yu Tsz Lam	GHS

Event 9	Girls A Grade 200m	9:15am	
	Record : 24.31		
Final	1	Kwok Hiu Yan Serene	HYS
	2	Li Tsz To	HKUGA
	3	Yau Sin Ting Nicole	SPCS
	4	Wong Wan Chi	HKUGA
	5	Chow Chi Kiu	DGS
	6	Shum Man Huen	WFN
	7	Kwok Yee Ki	PCMS
	8	Woo Joy Hei	GHS
Event 10	Boys C Grade 200m	9:35am	
	Record : 22.59		
Final	1	Erni Austin Hanzel	DBS
	2	Chen Tsz Yuk Lemuel	LSC
	3	Hui Ho Hin	DBS
	4	Cheung Hei Leuk	SWC
	5	Ng Tsz Tai	YCKMC
	6	Leung Chun Yeung	SSCS
	7	Wong Kwok Man	WYK
	8	Wong Lok Tin	HPCCSS
Event 11	Boys B Grade 200m	9:35am	
	Record : 21.90		
Final	1	Wu Pak Hang	LSC
	2	Koo Cheuk Fung Jasper	DBS
	3	Yeung Hoi To	LKYMS
	4	Leung Ching Shun Jensen	DBS
	5	Lam Ho Fung	WYK
	6	Wong Kwok Yau	WYK
	7	Wong Lai Fung	LSC
	8	Yip Chun Ho	WYHK
Event 12	Boys A Grade 200m	9:35am	
	Record : 21.91		
Final	1	Wan Fu Wang David	WYK
	2	Johannsson Magnus Prostur	DBS
	3	Leung Ching Hang Wesley	DBS
	4	Chung Tsz Sing	LKYMS
	5	Chan Chun Yu Lucas	WYK
	6	Yeung Tsz Fung	LSC
	7	Ho Man Hin	LKYMS
	8	Lau Ka Lun Hamish	LSC
Event 13	Girls C Grade 800m	10:00am	
	Record : 2:19.72		
Final	1	Chen Qinuo Kelly	DGS
	2	Ip Heung Ching	HYS
	3	Poon Sum Yuet	GHS
	4	Fan On Wing	GHS
	5	Kong Jerika	DGS
	6	Lo Lok Tung	HYS
	7	Lam Tsz Ying	PCMS
	8	Ackber Bertha	SPCS
	9	Herminjard, Chloe Anna	TSIS
	10	Lui Man Yin Reese	PCMS
	11	Chan, Cwensuela Danielle Cheuk Lam	KGV
	12	Li Hei Yiu	SSGC

Event 14	Girls B Grade 800m	10:00am	
	Record : 2:15.76		
Final	1	Cheuk Nim Yan	DGS
	2	Chan Mei Yan	DGS
	3	Man Lai Ki Nicole	HYS
	4	Law Mei Hang	GHS
	5	McMahon, Tea Susie	WIS
	6	Lee Tsz Yiu	GHS
	7	Lai Tsz Sen	WFN
	8	Ng Sum Yau Isa	HKUGA
	9	Lau Valerie	HYS
	10	Poon, Jasmine Yan Tung	WIS
	11	Blackshaw, Emily Kate	KGV
	12	Lau Hei Tung Chloe	SPCS
Event 15	Girls A Grade 800m	10:00am	
	Record : 2:17.06		
Final	1	Wong Jit	DGS
	2	Wong Wan Ki	GHS
	3	Karlsson Jane Christa Ming Suet	DGS
	4	Pudwill, Christine Vipa	WIS
	5	Chan Lok Ching	HKUGA
	6	Ku Lok Yin	HYS
	7	Choi Season	GHS
	8	Leung Shun Ching	HYS
	9	Froidevaux, Nellie Christina	TSIS
	10	May, Jessica Kate	TSIS
	11	Leung Hun Sum	SSGC
	12	Hui Yuet Yu	PCMS
Event 16	Boys C Grade 800m	10:20am	
	Record : 2:06.64		
Final	1	Ting Ngai Chun	DBS
	2	Cheng Pok Man	YCKMC
	3	Ling, Marcus Asher	WIS
	4	Wan Chak Yan	DBS
	5	Li Shun Hang	HPCCSS
	6	Peng Zui Rui	WYHK
	7	Chu Tsz Lok	WFN
	8	Ng Cheuk Him	WFN
	9	Yim Man Hei	SWC
	10	Tsang Lap Shun	LSC
	11	Wong Cheuk Man	YCKMC
	12	Chong Shing Chi	SMCESPS
Event 17	Boys B Grade 800m	10:20am	
	Record : 2:00.69		
Final	1	Sy Kwan Hon Johann	DBS
	2	So Hoi Nok	WYHK
	3	Leung Kin Pan	YCKMC
	4	Wang Nok Wang	DBS
	5	Xie Shing Chun	LKYMS
	6	Chen Yik Fan	YCKMC
	7	Tam Yuk Wang	SSCS
	8	Kao, Yuwei Ethan	WIS
	9	Cai Yundi Elliot	WYK
	10	Ho Hoi Wai Howard	LSC
	11	Lo Ka Wai	CSWCSS
	12	Tam Yuk Hon	SSCS

Event 18	Boys A Grade 800m	10:20am
	Record : 1:54.89	
Final	1	Chu Lok Yin Ryan DBS
	2	Hall, Tomas Zionede WIS
	3	Ma Yung Sang WYHK
	4	Cheung Hoi Hin Onix WYK
	5	Kwan Yik Yin MSC
	6	Chan Matthew YCKMC
	7	Lau Ho Yin DBS
	8	Fall, Gabriel Ahmet WIS
	9	Wong Wang Shun WFN
	10	Fong Yuk Ning Matthew LSC
	11	Cheung Yu Hei WFN
	12	Chen Shun Tin YCKMC
Event 19	Girls B Grade Discus	10:30am
	Record : 38.34	Standard : 18.00
Final	1	Tse Wing Shan HYS
	2	Tang Yat Sum Samantha DGS
	3	Lui Pak Yi WFN
	4	Poek Ying Lam GHS
	5	Lin Ching Tung PCMS
	6	Li Yi Suen Annabel HKUGA
	7	Pau Ching Yi DGS
	8	Chan Cheng Yee SSGC
	9	Chang Yue Yunice MCS
	10	Chan Tung Yan Samantha GHS
	11	Harries, Sara Larissara TSIS
	12	Toshniwal, Anaya KGV
	13	Cheung Hoi Ching SPCS
	14	Poulton, Siena Mai De Vere TSIS
	15	Ma Bo Tung SSGC
	16	Shoaf Caitlin Amelia HKUGA
	17	Ho Ka Yi SPCS
	18	Siu Hui Ying PCMS
	19	Ho Ching Yin WFN
	20	Malhotra, Prisha KGV
	21	Lam Hau Man MCS
	22	Hung On Kiu HYS
Event 20	Girls C Grade 100m Hurdles	10:40am
	Record : 15.23	
Final	1	Ho Ka Ying PCMS
	2	Li Man Ching DGS
	3	Vong Shu Wing Annette DGS
	4	Ng Wing Kiu Nikita GHS
	5	Wong Ho Ching Emily GHS
	6	Hung Hok Wai Audrey HYS
	7	So Clara Wincy PCMS
	8	Yau Jasmine Hiu Tung SPCS
Event 21	Girls B Grade 100m Hurdles	10:40am
	Record : 14.42	
Final	1	Chan Cheuk Ying WFN
	2	Wo Hoi Yiu Richelle DGS
	3	Fong Hei Man Tiffany DGS
	4	So Sin Hau Hilary HYS
	5	Sum Hau Kiu HYS
	6	Wong Ming Kit GHS
	7	Ho Tsz Ling GHS
	8	Au Wai Ching Nicole PCMS

Event 22	Girls A Grade 100m Hurdles	10:40am
	Record : 13.76	
Final	1 Tam Tsz Wing	WFN
	2 Pak Hoi Man Chloe	DGS
	3 Yu Pui Yi	GHS
	4 Lie Hiu Yee	GHS
	5 Leung Shun Ching	HYS
	6 Mok Nga Ki	SPCS
	7 Lam Hei Yu Anson	DGS
	8 Chan Cheuk Kwan	SPCS
Event 23	Boys C Grade 100m Hurdles	11:00am
	Record : 13.57	
Final	1 Chui Yu Cheung	WFN
	2 Wong Sean	WYK
	3 Tsoi Hon Kan Hanz	WFN
	4 Au Yeung Hey	LSC
	5 Yip Yeung	LSC
	6 Chan Yik Yi	HPCCSS
	7 Fong Hei Kiu	DBS
	8 Cheung Ka Wing	SSCS
Event 24	Boys B Grade 100m Hurdles	11:00am
	Record : 13.25	
Final	1 Chan Yat Hei	HPCCSS
	2 Ng Shing Lok	CSWCSS
	3 Yee Ching Kwan	SWC
	4 Wong Man Hong	WYK
	5 Lam Yu Hin	LSC
	6 Au Kin Ping	HPCCSS
	7 Li Chun Hin	MSC
	8 Chui Long Hei Rex	DBS
Event 25	Boys A Grade 110m Hurdles	11:10am
	Record : 13.63	
Final	1 Zheng Wang Kei	DBS
	2 Chau Ho Yin	LSC
	3 Tsang Pui Tin	YCKMC
	4 Hui Yik Yeung Colby	HPCCSS
	5 Lau Chun Hang	DBS
	6 Chan Ho Jun	LSC
	7 Pang Sung Him	YCKMC
	8 Hui Ting Lok	WYHK
Event 26	Girls C Grade 400m	1:00pm
	Record : 58.64	
Final	1 Lo Lok Tung	HYS
	2 Cheng Tsz Yan	HYS
	3 Yip Yik Tung	DGS
	4 Lee Fay Yee	GHS
	5 Fan On Wing	GHS
	6 Chen Qinuo Kelly	DGS
	7 Tsang Alana	HKUGA
	8 Lo Wing Huen	PCMS
Event 27	Girls B Grade 400m	1:00pm
	Record : 56.27	
Final	1 Lau Valerie	HYS
	2 Lee Tsz Yiu	GHS
	3 Sum Hau Kiu	HYS
	4 Lai Tsz Sen	WFN
	5 Chan Ching Man	HKUGA
	6 Tseng Hailey	DGS
	7 Cheuk Nim Yan	DGS
	8 Chen Wing Yeuk	PCMS

Event 28	Girls A Grade 400m	1:00pm	
	Record : 57.37		
Final	1	Woo Joy Hei	GHS
	2	Karlsson Jane Christa Ming Suet	DGS
	3	Chow Chi Kiu	DGS
	4	Choi Season	GHS
	5	Chan Lok Ching	HKUGA
	6	Kwok Hiu Yan Serene	HYS
	7	Ku Lok Yin	HYS
	8	Magrath, Naia Mei	WIS
Event 29	Boys C Grade 400m	1:15pm	
	Record : 51.23		
Final	1	Hau Chit Long	HPCCSS
	2	Lau Hoi Tsun	DBS
	3	Cheng Pok Man	YCKMC
	4	Li Kai King Justin	WYK
	5	Ho Kei Chung Eden	DBS
	6	Liu Sung Him	WYHK
	7	Wong Kwok Man	WYK
	8	Chu Tsz Lok	WFN
Event 30	Boys B Grade 400m	1:15pm	
	Record : 49.72		
Final	1	Tam Yuk Wang	SSCS
	2	Yeung Hoi To	LKYMS
	3	Chan Thomas Lok Hin	DBS
	4	Lau Chi Hong	WFN
	5	Cheung Jun Jonathan	LSC
	6	Cai Yundi Elliot	WYK
	7	Leung Po Hong Cedric	WFN
	8	Xie Shing Chun	LKYMS
Event 31	Boys A Grade 400m	1:15pm	
	Record : 49.92		
Final	1	Ma Yung Sang	WYHK
	2	Kwan Yik Yin	MSC
	3	Chung Long Hei Cyrus	MSC
	4	Lau Ka Lun Hamish	LSC
	5	Lee Cheuk Hei	DBS
	6	Wong Tsz Ngo	WYK
	7	Wong Wang Shun	WFN
	8	Leung Chun Wai Tony	LSC
Event 32	Girls C Grade 100m	1:30pm	
	Record : 12.37		
Final	1	Chui Hei Man	DGS
	2	Wu Sien Yan Bernice	PCMS
	3	Tsui Hoi Ching	HKUGA
	4	Li Man Ching	DGS
	5	Liu Hui Yuet	GHS
	6	Ko Yui Ching	HYS
	7	Ng Wing Kiu	HKUGA
	8	Ho Pik Man Karina	GHS
Event 33	Girls B Grade 100m	1:30pm	
	Record : 11.89		
Final	1	Yu Tsz Lam	GHS
	2	Yip Man Yan	HKUGA
	3	Wong Wing Tung	HYS
	4	Sum Hei Lam Nicole	DGS
	5	Chan Hui Wing Nuria	MCS
	6	Ng Yuen Fan	DGS
	7	Hui Ching Grace	HYS
	8	Lee Yee Ching	SPCS

Event 34	Girls A Grade 100m	1:30pm	
	Record : 11.85		
Final	1	Lam Yin Tung	DGS
	2	Pak Hoi Man Chloe	DGS
	3	Li Tsz To	HKUGA
	4	Yu Pui Yi	GHS
	5	Ho Chan Hung	HKUGA
	6	Yau Sin Ting Nicole	SPCS
	7	Shum Man Huen	WFN
	8	Kwok Yee Ki	PCMS
Event 35	Boys C Grade 100m	1:40pm	
	Record : 11.21		
Final	1	Wong Lok Man	LSC
	2	Lam Tsz Yiu	DBS
	3	Wong Sean	WYK
	4	Cheung Hei Leuk	SWC
	5	Chen Tsz Yuk Lemuel	LSC
	6	Wong Lok Tin	HPCCSS
	7	Leung Chun Yeung	SSCS
	8	Ng Tsz Tai	YCKMC
Event 36	Boys B Grade 100m	1:40pm	
	Record : 10.63		
Final	1	Lam Ho Fung	WYK
	2	Koo Cheuk Fung Jasper	DBS
	3	Wong Kwok Yau	WYK
	4	Wong Lai Fung	LSC
	5	Cheung Marcus	WFN
	6	Yip Chun Ho	WYHK
	7	Chow Tsz Ho	SWC
	8	Leung Ching Shun Jensen	DBS
Event 37	Boys A Grade 100m	1:40pm	
	Record : 10.60		
Final	1	Ho Man Hin	LKYMS
	2	Johannsson Magnus Prostur	DBS
	3	Chung Tsz Sing	LKYMS
	4	Leung Ching Hang Wesley	DBS
	5	Chan Chun Yu Lucas	WYK
	6	Yeung Tsz Fung	LSC
	7	Chan Ho Jun	LSC
	8	Wan Fu Wang David	WYK
Event 38	Boys C Grade 1500m	1:50pm	
	Record : 4:24.54		
Final	1	Ting Ngai Chun	DBS
	2	Wan Chak Yan	DBS
	3	Ng Cheuk Him	WFN
	4	Li Shun Hang	HPCCSS
	5	Chan Hau Chun	LSC
	6	Ling, Marcus Asher	WIS
	7	Kam Tsz Leong	CHECSS
	8	Yim Man Hei	SWC
	9	Tobback, Ilias	WIS
	10	Chan Tsz Long	SSCS
	11	Tsang Lap Shun	LSC
	12	Sze Ming Yin	SSCS

Event 39	Boys B Grade 1500m	1:50pm
	Record : 4:10.65	
Final	1	Chen Yik Fan
	2	Au Ho Chun
	3	Chan Ka Hei Cyrus
	4	Lam Lok Shi
	5	Lo Ka Wai
	6	Szentes, Koppány
	7	Chow Yik Ming
	8	Kao, Yuwei Ethan
	9	Lam Ho Tung
	10	Fung Chun Hei
	11	Li Cheuk Long
	12	Wong Cheuk Him
Event 40	Boys A Grade 1500m	1:50pm
	Record : 4:02.02	
Final	1	Mok Pak Fan
	2	Tung Fu Shing
	3	Chu Lok Yin Ryan
	4	Wong Kin Long
	5	Rahupreet-Raymond
	6	Loasby, Jiro Joey
	7	Wong Pak Yiu Anson
	8	Wong Kai Yin
	9	Ruddell Jonte Li
	10	Lo Wang Shing
	11	So Chun Nga
	12	Ma Shek Chung
Event 41	Girls C Grade 4x100m Relay	2:15pm
	Record : 48.41	
Final	1	KGV
	2	HYS
	3	DGS
	4	GHS
	5	HKUGA
	6	SPCS
	7	PCMS
	8	WFN
Event 42	Boys C Grade 4x100m Relay	2:15pm
	Record : 45.05	
Final	1	CSWCSS
	2	LSC
	3	HPCCSS
	4	WYK
	5	SSCS
	6	SWC
	7	WFN
	8	SMCESPS
Event 43	Girls B Grade 4x100m Relay	2:30pm
	Record : 49.44	
Final	1	WFN
	2	HYS
	3	DGS
	4	GHS
	5	HKUGA
	6	SPCS
	7	MCS
	8	SSGC

Event 44	Boys B Grade 4x100m Relay	2:30pm
	Record : 43.01	
Final	1	WFN
	2	DBS
	3	WYHK
	4	LSC
	5	WYK
	6	HPCCSS
	7	SWC
	8	CSWCSS
Event 45	Girls A Grade 4x100m Relay	2:45pm
	Record : 48.77	
Final	1	WFN
	2	HKUGA
	3	DGS
	4	GHS
	5	SPCS
	6	HYS
	7	PCMS
	8	MCS
Event 46	Boys A Grade 4x100m Relay	2:45pm
	Record : 42.16	
Final	1	WYK
	2	DBS
	3	LSC
	4	YCKMC
	5	HPCCSS
	6	WYHK
	7	LKYMS
	8	SJACS
Event 47	Girls C Grade 4x400m Relay	3:00pm
	Record : 4:12.52	
Final	1	PCMS
	2	GHS
	3	DGS
	4	HYS
	5	KGV
	6	HKUGA
	7	TSIS
	8	SSGC
Event 48	Boys C Grade 4x400m Relay	3:00pm
	Record : 3:45.03	
Final	1	HPCCSS
	2	DBS
	3	YCKMC
	4	WYK
	5	WFN
	6	LSC
	7	SSCS
	8	CSWCSS
Event 49	Girls B Grade 4x400m Relay	3:15pm
	Record : 3:59.42	
Final	1	HKUGA
	2	DGS
	3	GHS
	4	WFN
	5	HYS
	6	SPCS
	7	WIS
	8	MCS

Event 50	Boys B Grade 4x400m Relay	3:15pm
	Record : 3:33.81	
Final	1	WFN
	2	DBS
	3	WYK
	4	LSC
	5	LKYMS
	6	SSCS
	7	HPCCSS
	8	CSWCSS

Event 51	Girls A Grade 4x400m Relay	3:30pm
	Record : 4:07.82	
Final	1	SSGC
	2	DGS
	3	HYS
	4	GHS
	5	WFN
	6	WIS
	7	MCS
	8	PCMS

Event 52	Boys A Grade 4x400m Relay	3:30pm
	Record : 3:25.18	
Final	1	MSC
	2	DBS
	3	LSC
	4	WYK
	5	YCKMC
	6	WYHK
	7	HPCCSS
	8	WFN