

Inter-School Athletics Competition 2023-2024
Division Two

Official List

Convenor : Mr. Ma Kai Yee SCS
Management Committee : Mr. Liu Chi Yung SKSS
: Ms. Chung Ling Sau PCMS
: Mr. Chan Bit Leung SLS
: Mr. Lau Anson Kwok Pan CCCKT

Referee(s) : Mr. Tang Kun Loi, Mr. Eric Tsang
Start Referee Mr. Kot Hin Tak
Technical Manager : Mr. Watson Ng
First Aid : Life Line Medical Training Centre Limited

Announcers : 1. Ms. Li Sau Sau Esther HKUGA 2. Ms. Iris Tang SMCC

Field Events

Chief Throwing Judge : Mr. Yuen Chi Kin YWC
Chief Jumping Judge : Mr. Lau Anson Kwok Pan CCCKT

High Jump : 1. Ms. Hong Ka Man HKTLC - Chief 4. Mr. Wong Ching Kwan Bill SLS
2. Mr. Mak Ho Nam CYT 5. Mr. Ho Wai Kit SYSS
3. Mr. Yip Kin Wing HKTLC

Long Jump : 1. Mr. Ho Hoi Kit LA - Chief 4. Ms. Yau Fung Ting SCGS
2. Ms. Lo Hiu Fung CMASS 5. Ms. Tse Hoi Ling TLMSHK
3. Ms. Joyce Tung HFCC

Triple Jump : 1. Mr. Tang Sui Pong SYSS - Chief 4. Mr. Chu Chi Kwong CGHC
2. Mr. Chu Chun Kit CGHC 5. Mr. King Tsang CSK
3. Ms. Wong Hoi Yan CGHC IS

Shot Put : 1. Ms. Li Hoi Ling LHYMSS - Chief 4. Mr. Li Kwok Chun SFXC
2. Ms. Lee Yat Lam CMASS 5. Mr. Ng Yat Hin SFXC
3. Ms. Kwan Wylam PTMS

Discus : 1. Mr. Yuen Kwan Wing KTMC - Chief 4. Ms. Lam Hiu Wa PTMS
2. Ms. Gloria Ng HFCC 5. Ms. Wong Man Sze STSS
3. Mr. Kho Hon Lam KTMC

Javelin : 1. Mr. Sze Tang Ho PKMS - Chief 4. Mr. Wong Wai Kiu SPC
2. Mr. Ng Wai Lok FSS-KT 5. Mr. Yeung Lai Him SPC
3. Ms. Kong Sin Yee HTC 6. Ms. Kong Fung Yiu YWG

Track Events

	Chief Track Judge	: Mr. Liu Chi Yung	SKSS
Start Referee	:	Mr. Kot Hin Tak	
Starters	:	1. Ms. Lam Ka Yiu BHNK 2. Mr. Wong Chun Man DMS-BW	3. Mr. Poon Ka Hang PCMS
Recall Starters	:	1. Mr. Yiu Chung Kin HPCCSS	2. Ms. Ng Yau Kan RC
Starter's Assistants	:	1. Ms. Cherry So MSS - Chief 2. Mr. Karandeep Singh CREATIVE 3. Mr. Rowan Varty KGV	4. Mr. Garrick Lam MSS 5. Mr. Chieh Ching Lok SPS
Track Umpire + Relay Take Over	:	1. Mr. Kwong Sing Kwong Thomas UCC-KE - Chief 2. Mr. Lam King Wai CMT 3. Mr. Wu Ho Ming CSK 4. Ms. So Sze Man HTC 5. Mr. Ken Ng IS	6. Mr. Wong Chi Hang LYC 7. Teacher from SKSS SKSS 8. Ms. Sun Wai Ki SPS 9. Ms. Kwok Wing Yan TLMSHK 10. Mr. Au Chun Tung TSIS
Call Room Judges (Roll Call)	:	1. Ms. Stella Kwok Wing Shuen SCGS - Chief 2. Ms. Li Tsz Yan CMT 3. Ms. Cheung Chiu Ha HSS 4. Ms. Li Hau Yi Dora HSS 5. Mr. Ignatius Chow SHCC	6. Ms. Rebecca Yu SHCC 7. Mr. Peter Yau SMCC 8. Ms. Lin Chung Ka SMCESPS 9. Ms. Woo Wing Shan STSS 10. Mr. Wan Chun Yiu YWG
Recorders	:	Managed by HKSSF Staff Students From Hong Kong True Light College	
Wind Gauge Operators	:	Managed by HKSSF Staff	Students From Chong Gene Hang College
Position	:	Managed by HKSSF Staff	Students From Pui Ching Middle School
Student Helpers	:	Students From Ying Wa College (Days Two) Students From St. Louis School (Days Three)	

Time Table

Divison Two

Day One 28 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 of the event.

	No.	Time	Event		Heats /	Final
		8:15am	Officials Report (工作人員報到)			
AM	1	8:30am	Triple Jump (三級跳遠)	Boys B		46
	2		High Jump (跳高)	Boys A		38
	3		Shot Put (鉛球)	Boys C		48
	4		Long Jump (跳遠)		Girls A	38
	5		Discus (鐵餅)		Girls A	40
	6		400m Hurdles (欄)	Boys A	4	
	7	9:00am	100m		Girls C	6
	8		"		Girls B	6
	9		"		Girls A	6
	10	9:35am	"	Boys C	6	
	11		"	Boys B	6	
	12		"	Boys A	6	
	13	10:15am	1500m	Boys C	3	
	14	10:30am	Long Jump (跳遠)	Boys C		47
	15		Discus (鐵餅)		Girls B	43
	16		Shot Put (鉛球)		Girls C	41
	17		1500m	Boys B	3	
	18		"	Boys A	3	
	19	11:10am	400m		Girls C	6
	20		"		Girls B	6
	21		"		Girls A	5
	22	12:00pm	"	Boys C	6	
	23		"	Boys B	6	
	24		"	Boys A	6	
PM	25	12:45pm	Javelin (標槍)	Boys A		48
	26	2:00pm	Triple Jump (三級跳遠)	Boys A		46
	27		High Jump (跳高)	Boys B		39
	28		Shot Put (鉛球)		Girls A	39
	29		Long Jump (跳遠)		Girls B	44
	30		100m Hurdles (欄)		Girls C	5
	31		"		Girls B	5
	32		"		Girls A	4
	33	2:15pm	"	Boys C	5	
	34		"	Boys B	6	
	35		110m Hurdles (欄)	Boys A	4	
	36	2:45pm	Javelin (標槍)	Boys B		44
	37		800m		Girls C	3
	38		"		Girls B	3
	39		"		Girls A	3
	40	3:30pm	"	Boys C	3	
	41		"	Boys B	3	
	42		"	Boys A	3	
	43	4:10pm	200m		Girls C	6
	44		"		Girls B	6
	45		"		Girls A	5
	46	4:45pm	"	Boys C	6	
	47		"	Boys B	6	
	48		"	Boys A	6	

List of Participating Schools of Division Two

School	Abbr.	Boys			Girls			
		A	B	C	A	B	C	
1 Buddhist Ho Nam Kam College	佛教何南金中學	BHMK	1	1	1			
2 CCC Kei To Secondary School	中華基督教會基道中學	CCCKT	1	1	1			
3 Chan Sui Ki (La Salle) College	陳瑞祺(喇沙)書院	CSK	1	1	1			
4 Chong Gene Hang College	張振興伉儷書院	CGHC	1	1	1			
5 Christian & Missionary Alliance Sun Kei Secondary School	基督教宣道會宣基中學	SKSS	1	1	1	1	1	1
6 CMA Secondary School	廠商會中學	CMAS	1	1	1			
7 Creative Secondary School	啟思中學	CREATIVE				1	1	1
8 Delia Memorial School (Broadway)	地利亞修女紀念學校(百老匯)	DMS-BW	1	1	1			
9 Fukien Secondary School (Kwun Tong)	福建中學	FSS-KT				1	1	1
10 HKCCCU Logos Academy	香港華人基督教聯會真道書院	LA				1	1	1
11 HKUGA College	港大同學會書院	HKUGA	1	1	1			
12 Hoi Ping Chamber of Commerce Secondary School	旅港開平商會中學	HPCCSS				1	1	1
13 Holy Family Canossian College	嘉諾撒聖家書院	HFCC				1	1	1
14 Holy Trinity College	寶血會上智英文書院	HTC				1	1	1
15 Hong Kong True Light College	香港真光書院	HK TLC				1	1	1
16 Hotung Secondary School	何東中學	HSS				1	1	1
17 Island School	港島中學	IS	1	1	1	1	1	1
18 King George V School	英皇佐治五世學校	KGV	1	1	1			
19 Kwun Tong Maryknoll College	觀塘瑪利諾書院	KTMC	1	1	1			
20 Lingnan Hang Yee Memorial Secondary School	嶺南衡怡紀念中學	LHYMSS	1	1	1			
21 Marymount Secondary School	瑪利曼中學	MSS				1	1	1
22 Pooi To Middle School	香港培道中學	PTMS				1	1	1
23 Pui Ching Middle School	香港培正中學	PCMS	1	1	1			
24 Pui Kiu Middle School	培僑中學	PKMS	1	1	1			
25 Raimondi College	高主教書院	RC	1	1	1			
26 Sacred Heart Canossian College	嘉諾撒聖心書院	SHCC				1	1	1
27 Sing Yin Secondary School	聖言中學	SYSS	1	1	1			
28 St. Clare's Girls' School	聖嘉勒女書院	SCGS				1	1	1
29 St. Francis Xavier's College	聖芳濟書院	SFXC	1	1	1			
30 St. Louis School	聖類斯中學	SLS	1	1	1			
31 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
32 St. Mary's Canossian College	嘉諾撒聖瑪利書院	SMCC				1	1	1
33 St. Paul's College	聖保羅書院	SPC	1	1	1			
34 St. Paul's School (Lam Tin)	藍田聖保祿中學	SPS				1	1	1
35 St. Stephen's College	聖士提反書院	SSCS				1	1	1
36 St. Teresa Secondary School	德蘭中學	STSS				1	1	1
37 STFA Cheng Yu Tung Secondary School	順德聯誼總會鄭裕彤中學	CYT	1	1	1			
38 The South Island School	南島中學	TSIS	1	1	1			
39 True Light Middle School of Hong Kong	香港真光中學	TLMSHK				1	1	1
40 TWGHs Chang Ming Thien College	東華三院張明添中學	CMT	1	1	1	1	1	1
41 TWGHs Lui Yun Choy Memorial College	東華三院呂潤財紀念中學	LYC	1	1	1			
42 United Christian College (Kowloon East)	匯基書院(東九龍)	UCC-KE				1	1	1
43 Ying Wa College	英華書院	YWC	1	1	1			
44 Ying Wa Girls' School	英華女學校	YWG				1	1	1
		Total:	24	24	24	23	23	23

Standards for Athletics (Division Two) 2023-2024

(updated on : 10 July 2023)

Event	Boys			Girls		
	A Grade	B Grade	C Grade	A Grade	B Grade	C Grade
100m	12.60	13.00	13.70	15.30	15.30	15.50
200m	26.10	26.80	29.00	32.00	32.20	33.00
400m	1:00.00	1:03.00	1:09.00	1:17.00	1:18.00	1:19.00
800m	2:30.00	2:30.00	2:45.00	3:09.00	3:10.00	3:12.00
1500m	5:12.00	5:20.00	5:45.00	6:50.00	6:50.00	6:50.00
5000m	21:00.00	-	-	-	-	-
100m Hurdles	-	19.80	21.00	21.00	21.20	22.20
110m Hurdles	20.00	-	-	-	-	-
400m Hurdles	1:10.00	-	-	-	-	-
High Jump	1.55	1.47	1.30	1.26	1.23	1.20
Long Jump	5.10	4.70	4.10	3.70	3.60	3.40
Triple Jump	10.50	9.50	-	-	-	-
Shot Put	9.00	9.00	7.30	6.20	6.80	6.00
Discus	21.00	23.00	17.00	16.50	15.20	12.50
Javelin	24.50	20.00	-	15.00	13.50	-
4 x 100m Relay	48.50	50.00	53.00	59.40	59.40	59.40
4 x 400m Relay	4:06.00	4:10.00	4:30.00	5:12.00	5:15.00	5:20.00

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

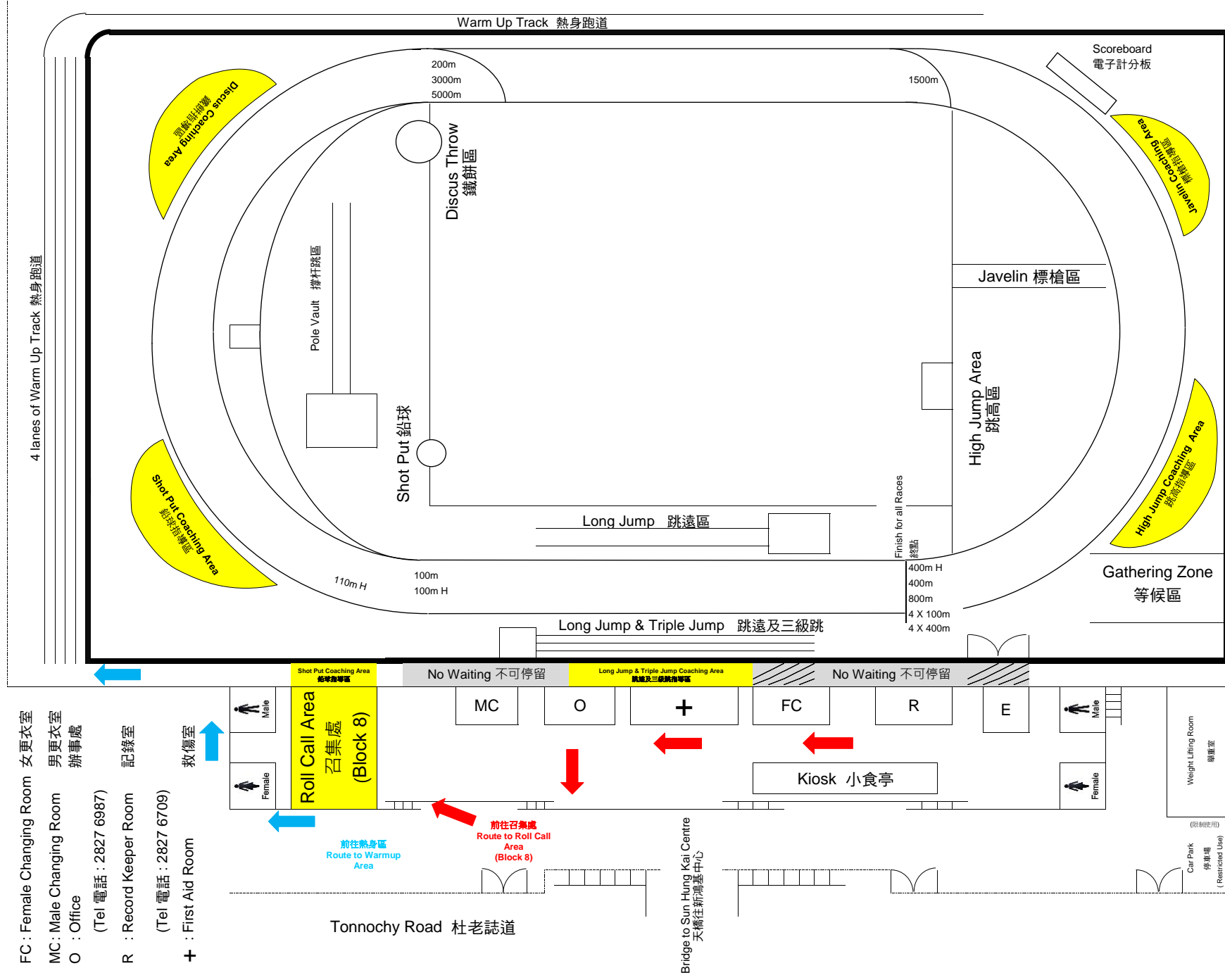
(Tel 電話 : 2827 6987)

R : Record Keeper Room 記錄室

(Tel 電話 : 2827 6709)

+ : First Aid Room 救傷室

Hung Hing Road 鴻興道



Tonnochy Road 杜老誌道

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

Not to Scale 不按比例

Gloucester Road 告士打道

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 Two
Day One

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 Two

Day One 28 February 2024

Event 1	Boys B Grade Triple Jump		8:30am
	Record : 13.67		Standard : 9.50
Final	1	Yung Hoi Lam	BHMK
	2	Lam Ming Hin	LHYMSS
	3	Szeto Wing Fu	CCCKT
	4	Li Yiu Ching Dick	SFXC
	5	Tang Jayden	YWC
	6	Wong Tat Chi	SLS
	7	Dai Wing Wa	SYSS
	8	Tsui Pak Yeung	YWC
	9	Mau Hei Yu	KTMC
	10	Zheng Wing Lam	CSK
	11	Ng Ping Wun	CYT
	12	Chu Pak Wai	SPC
	13	Li Ming Tsun	CCCKT
	14	Chan Ka Hin	CMASS
	15	Feng Chak Yan	RC
	16	Brian Itongi	CYT
	17	Law Regis	SYSS
	18	Choi Chung Hin	CGHC
	19	Mok Hoi Nok	SFXC
	20	Teng, Hugo Wei-Zhang	TSIS
	21	Keung Yat Kiu	SLS
	22	Ip, Ming Sing Will	TSIS
	23	Yuan Edward Lang Qing	CSK
	24	Chan Lok Tung	SKSS
	25	Li Min Long	KTMC
	26	Chan Yu Shun	CMT
	27	Yeung Chun Hei	LYC
	28	Cheung Sze Kit	PKMS
	29	Choi, Caylen Ming Jo	IS
	30	Shum Siu Chun	HKUGA
	31	Liu Kam Leung	BHMK
	32	Chan Chun Sui	CMASS
	33	Li Mingxiang	CGHC
	34	Ahmed Waheed	DMS-BW
	35	Fu Tsz Ming	KGV
	36	Lau King Tung	LYC
	37	Chan Yat Hin	SKSS
	38	Mohammad Huzaifah	DMS-BW
	39	Chan Yat Cho	SPC
	40	Lee Sui Long	KGV
	41	Liu Xuanru	PKMS
	42	Leung Chun Gor Gordon	HKUGA
	43	Tang On Kit	PCMS
	44	Yip, Horace Matthias	IS
	45	Kwok Siu Chung	RC
	46	Tan Jin Chang	CMT

Event 2	Boys A Grade High Jump	8:30am
	Record : 2.01	Standard : 1.55
Final	1 Chan, Jabian Tsz Yin	KGV
	2 Wong Kai Hong Franco	HKUGA
	3 Chang, Jonathan Sehan	IS
	4 Chan Hang Fai	SFXC
	5 Chau Pak Yin	LYC
	6 Wong Tsz Ho (黃子浩)	CGHC
	7 Tsoi Lik Kuen	CCCKT
	8 Zhong Tsz Ho	YWC
	9 Wong Tsz Ho (黃子豪)	CGHC
	10 Bularin John Scofield Lipio	DMS-BW
	11 Tong Ching Wa	RC
	12 Tanaka, Han	KGV
	13 Pan Ching Chung	SFXC
	14 Zahid Rameez	DMS-BW
	15 Zhou Zheng Bang	YWC
	16 Tse Man Kit Samson	LYC
	17 Sullivan, Aidan Kayne	TSIS
	18 Yip, Connor	IS
	19 Wong Tsz Fung	CSK
	20 Peng Chun Pok Frank	PKMS
	21 Lam Kwan To	CMT
	22 Lee Tsz Him	LHYMSS
	23 Wu Yi Luo	PKMS
	24 Chi Kwan Kuen	CYT
	25 Chung Ho Yeung	SKSS
	26 Yuen Tsz Him	SLS
	27 Wong Long Hei	CCCKT
	28 Lo Yui Hin	CMASS
	29 Luo Him	SYSS
	30 Chan Sheung Yin	CMASS
	31 Shepherd, Elliot Sidney	TSIS
	32 Chan Kai Kwan	BHNK
	33 Lu Tin Yau	SYSS
	34 Cheung Lok Kan	CMT
	35 Tang Hin Yan Alvin	BHNK
	36 Li Pong Shui	PCMS
	37 Wong King Him	HKUGA
	38 Lam Chi Ming	SKSS

Event 3	Boys C Grade Shot Put	8:30am	
	Record : 14.33	Standard : 7.30	
Final	1	Chung Shing Chun	PKMS
	2	Wong Nam San	SLS
	3	Wong, Francis Wun Yin	TSIS
	4	Zheng Junhao	YWC
	5	Somai Suvarna	DMS-BW
	6	Chan Hak Jun Ethan	RC
	7	Lui Man Kit Oscar	LYC
	8	Au Pak Ki	SPC
	9	Lo Cheuk Fung	PKMS
	10	Chan Ho Ho	KTMC
	11	Lau Cheuk Chi	KGV
	12	Lai Tsz Shun	SFXC
	13	Kam Wing Laam Ivan	SLS
	14	Lui Enoch	CCCKT
	15	Chan Ho Lam	LHYMSS
	16	Xu Hoi Hang	SKSS
	17	Kwok Kam Yui	CMT
	18	Yu Andy	SPC
	19	Pang, David Hirotaka	IS
	20	Wang Ze Shun	CYT
	21	Lin Kai Yin	CMASS
	22	Chan Sin Ching Kirin	HKUGA
	23	Yim Long Ting	PCMS
	24	Bisht Atharva	KGV
	25	Chan Tsz Hin	CMT
	26	Yip Sze Long Matthew	CMASS
	27	Lo Yee Ka Caden	YWC
	28	Hong Yan Yu	HKUGA
	29	Kwok Ting Chun	LHYMSS
	30	Yeung Gwan Bok Horus	CGHC
	31	Chen Eeon	LYC
	32	Lee Leong Him	KTMC
	33	Lee, Felix Erasmus	IS
	34	Lee Ka Yu	CSK
	35	Lee Cheuk Chun	CYT
	36	Waqas Muhammad	DMS-BW
	37	Chan Yin Ching	SYSS
	38	So Ho Yin	BHNK
	39	Poon Lai Man	RC
	40	Huang Po	SFXC
	41	Lo Tsz Chun	SKSS
	42	Chan Pak Fung Elwin	PCMS
	43	Mak Ming Tai	CSK
	44	Leung Ching Sun	CCCKT
	45	Wilde, Xavier Ozymandias Xin Kenzo	TSIS
	46	Guan Tianpei	BHNK
	47	Wong Hin Pok	CGHC
	48	Chan Chun Sum	SYSS

Event 4	Girls A Grade Long Jump	8:30am
	Record : 5.78	Standard : 3.70
Final	1 Kwok Lok Yiu Yoyo	SCGS
	2 Jia Wai Yin	SMCESPS
	3 Liu Tsz Man	SKSS
	4 Chow Hei Nam	SHCC
	5 Liu Hui Yee Charmine	YWG
	6 Lau Ching	TLMSHK
	7 Wong Jocelyn	UCC-KE
	8 Wong Sum Yau	HTC
	9 Li Hoi Kan	HSS
	10 Chan Hoi Ching	CREATIVE
	11 Lau Wing Sum	HKTLC
	12 Ho, Kei Ying	SMCC
	13 Ho Nga Yu	SKSS
	14 Choi Lai In	HPCCSS
	15 Yap, Xilin	IS
	16 Wu Yi Ching	YWG
	17 Lui Tsam Ying	TLMSHK
	18 Ku Tsui Yin	STSS
	19 Tse Yi Tung	HPCCSS
	20 Kun Jaylia Sze Chin	MSS
	21 Lee Rachel	HFCC
	22 Yuen Yan Tung	HSS
	23 Soo Cho Kei	HKTLC
	24 Poon Shing Lam	HFCC
	25 Lam Ka Yu	SSCS
	26 Lam, Anson	IS
	27 Lam Valerie Ching Yan	SCGS
	28 Leung Ka Lam Charis	FSS-KT
	29 Lau Tsz Wai	PTMS
	30 Chiu Ka Man	HTC
	31 Chung Tsz Wai	SPS
	32 Fan Cheuk Lam	PTMS
	33 Ho Sin I	FSS-KT
	34 Ng Man Ka	SHCC
	35 Ko Xing-Ryu Leah	MSS
	36 Fung Yan Ki	SSCS
	37 Cheung Ka Kiu	SMCESPS
	38 Chung Kai Hing	CMT

Event 5		Girls A Grade Discus	8:30am
		Record : 36.76	Standard : 16.50
Final	1	Huang Tsz Lam Ashley	HFCC
	2	Chan Yin Nok	SHCC
	3	Fung Ching	HFCC
	4	Tse Yi Laam	HPCCSS
	5	Poon Yui Ham	SSCS
	6	Tsang Yuen Ching Nicole	SHCC
	7	Kwok Tsz Ching	MSS
	8	Cheng Tsz Shan	STSS
	9	Chan Chelsea Ros	HTC
	10	Chow Yuet Yiu	PTMS
	11	Ng Hoi Tung	STSS
	12	Gong Wing Yam	SKSS
	13	Yeung Cheuk Kiu	HKTLC
	14	Lozada Shobi Alabat	SCGS
	15	Chau Tsz Ying	YWG
	16	Lo Wing Sze	PTMS
	17	Li Tsz Yau	HTC
	18	Cheung Ho Kwan	LA
	19	Chan Hiu Yan	TLMSHK
	20	Ngai, Chiu Kei Tania	IS
	21	Lam Chi Yan	YWG
	22	Yu Pui Ying	FSS-KT
	23	Choi Mei Yi	HSS
	24	Chan Cui Yi Cherie	TLMSHK
	25	Sun, Yi Ting Angelina	SMCC
	26	Mak Cheuk Lam	SKSS
	27	Ma Athena	SSCS
	28	Chan Hailey	HKTLC
	29	Wong Hoi Yiu	CMT
	30	Lau Wing Lam	SMCESPS
	31	Lau Yi Ching	HSS
	32	Lau, Ho Yan Constance	SMCC
	33	Yim Wing Yiu	CREATIVE
	34	Murch, Mayumi Margaret	IS
	35	Liu Ching Hei	SPS
	36	Rana Kangana	SMCESPS
	37	Li Ka Ying Katy	SCGS
	38	Zhao Heung Muk	FSS-KT
	39	Poon Pei Wing	MSS
	40	Yao Ji Nan	HPCCSS

Event 6		Boys A Grade 400m Hurdles	8:30am
		Record : 52.86	Standard : 1:10.00
Heat 1	1	Wang Shing Chun	PKMS
	2	Chan, Max	TSIS
	3	Ho Man Hei	CGHC
	4	Vaswani Roshan Manohar Sayo	DMS-BW
	5	Zeng Wai Lam	BHMK
	6	Leung Ming To	SFXC
	7	Yuen Tsz Him	SLS
	8	Wu Ho Wa	CMASS

Heat 2	1	Leung Kin Shing	SPC
	2	Yu Hon Chiu	CGHC
	3	Wong Hei Shun	CCCKT
	4	Lu Chun Pan	CSK
	5	Quint Carbonell, Sebastian	TSIS
	6	Wong Ming Hin	KTMC
	7	Keung Pak Kin	LHYMSS

Heat 3	1	Lam Wing Ho	SFXC
	2	Lam Kit Lun	CMASS
	3	Chow Chun Ki	PCMS
	4	Tai James	YWC
	5	Chen Yuguan	BHMK
	6	Chu Hau Yin Jeffrey	CCCKT
	7	Wong Tsz Chung	CMT

Heat 4	1	Nip Long Ho Adrian	PCMS
	2	Yu Ching Wai	YWC
	3	Mohammad Moiz Anwar	DMS-BW
	4	Ng Tsz Yeung	SLS
	5	Liu Cheuk Hin	CSK
	6	Cheung Chun Hei	LHYMSS
	7	Chak Tsun Shing	CMT

Event 7	Girls C Grade 100m	9:00am
	Record : 12.37	Standard : 15.50

Heat 1	1	Ng Jing Hei	HPCCSS
	2	Tam Nok Ching Eunice	SKSS
	3	Tsai Ching Yeung	HTC
	4	Ngan Chloe Hoi Yiu	SSCS
	5	Tang Nga Man Stephanie	SHCC
	6	Wong Cheuk Lok Cherish	SCGS
	7	Yu Ching Sem	SPS
	8	Chiu, Wing Tung Natalie	CREATIVE

Heat 2	1	Yeung Hiu Ching	HPCCSS
	2	Yuen Tsz Yuet	HSS
	3	Wong Wendo	UCC-KE
	4	Yau Ching Yi	HFCC
	5	Fong Ka Man	HKTLC
	6	Chan, Wing Fey Leah	IS
	7	Cheung Wai Lam	MSS
	8	Siu, Hoi Fan	SMCC

Heat 3	1	Poon Charvanna Sze-Wing	STSS
	2	Leong Yuet Tung Amber	YWG
	3	Lee Carla Zhi Tung	SSCS
	4	Wong, Yan Yin	SMCC
	5	Wong Long Ying Annise	LA
	6	Yeung Po Yuk	HSS
	7	Hamilton-Bram, Anna Sophie	IS
	8	Cheung Yin Yin Hebe	SCGS

Heat 4	1	Tsang Lok Tung Vanice	STSS
	2	Luk Tsz Ching Katreena	TLMSHK
	3	Chow Tsz Tung Tania	CREATIVE
	4	Leung Wing Ching	FSS-KT
	5	Chan Wing Yee	SPS
	6	Lam Lok Yin Raelyn	HFCC
	7	Chan Pui Ching	HTC
	8	Lam Ho Ching Chloe	SMCESPS

Heat 5	1	Szeto Hau Yau	MSS
	2	Man Sing Ching	FSS-KT
	3	Cheung Cheuk Yin	PTMS
	4	Pang Yan Tung	CMT
	5	Lai Cheuk Ting	SKSS
	6	Liu Hau Yui Emma	SMCESPS
	7	Lau Yan Tung	YWG

Heat 6	1	Wu Hoi Ting	TLMSHK
	2	Au Mei Wai	CMT
	3	Siu Hui Ying	UCC-KE
	4	Pun Sze Wing Athena	PTMS
	5	Hung Tin Wing	LA
	6	Liu Wing Yan	HKTLC
	7	Wong Tsz Kay	SHCC

Event 8	Girls B Grade 100m	9:00am
	Record : 11.89	Standard : 15.30

Heat 1	1	Wong Sum Yuet Janice	SCGS
	2	Cheung Chi Yan	SHCC
	3	Liu Yi Wan	HTC
	4	Lau Siu Yui	HPCCSS
	5	Ngai Pui Ki	SPS
	6	Pang Cheuk Wing Janis	MSS
	7	Wang Cherina	TLMSHK
	8	Kan Cheuk Lam Sharon	PTMS

Heat 2	1	Tang Cheuk Wing Elke	SHCC
	2	Or Hiu Lam	HSS
	3	Tsang Kei Laam	LA
	4	Yip Chiu Tung	FSS-KT
	5	Chan Yan Ki Abby	UCC-KE
	6	Chan Ching Tung	HFCC
	7	Lam, Yee Mong	IS
	8	Chan Summer	HKTLC

Heat 3	1	Leung Hoi Ting	HKTLC
	2	Chan Cheuk Yan	SMCESPS
	3	Lo, Yik Yee	SMCC
	4	Siu Man Yiu Monica	HFCC
	5	Lo Wing Lam	PTMS
	6	Cheung Yiu Gi Janice	CREATIVE
	7	Bao Yufei	STSS

Heat 4	1	Kwok Wing Tung Nicole	SCGS
	2	Chan Reina	UCC-KE
	3	Chiu Wing Kiu Winky	YWG
	4	Kok Hau Lam	SKSS
	5	Mak Alicia	MSS
	6	Chan Ho Ching Mona	TLMSHK
	7	Ng Hoi Ying Hannah	SSCS

Heat 5	1	Ngo Ting Yan	SPS
	2	Chan Wing Sum	FSS-KT
	3	Cox, Elie Marie	IS
	4	Lam In Ton	LA
	5	Cheung Hoi Ki	SSCS
	6	Wong Lai Wing	SKSS
	7	Chow Hoi Ching	CMT
Heat 6	1	Wong Sze Kiu Kasci	HSS
	2	Ma Yat Yau	SMCESPS
	3	Lin Yu Ting	HPCCSS
	4	Lam, Hoi Yan	SMCC
	5	Leung Hoi Lam	CREATIVE
	6	Lee Wai Ting	HTC
	7	Chia Lok Yee	YWG

Event 9	Girls A Grade 100m	9:00am
	Record : 11.85	Standard : 15.30

Heat 1	1	Chan Ki Jun	STSS
	2	Tsang Chloe Lok Yin	CREATIVE
	3	Lam Ming Wai	SKSS
	4	Tsang Wing Nam	HSS
	5	Lo Tsz Ching	HFCC
	6	Yeung Lok Tsz Oriole	MSS
	7	Fung Tsz Ching	FSS-KT
Heat 2	1	Choy, Ho Chi	SMCC
	2	Lam Ka Yu	SSCS
	3	Ho Ching Lam	PTMS
	4	Lam Hoi Ching Chloe	SHCC
	5	Au Hiu Ching	HSS
	6	Yuen Wing Yan	HTC
	7	Jia Wai Yin	SMCESPS
Heat 3	1	Wong Ching Wa	HFCC
	2	Hui Yau Hang Eunice	YWG
	3	Tam Ching Yu Ceilia	HTC
	4	Nizal Jasmine Ashley Manalo	CREATIVE
	5	Chan, Hiu Yau	SMCC
	6	Yeung Twiggy	SSCS
	7	So Lai Nga	MSS
Heat 4	1	Chen Jingzhi	SHCC
	2	Kwong Wing Tung	HKTLC
	3	Sy Ching	UCC-KE
	4	Ho, Tsz Ying	IS
	5	Lee Tsz Ching	YWG
	6	Ku Wan Ngai	HPCCSS
	7	Lui Tsam Ying	TLMCHK
Heat 5	1	Wong, Yee Tung Andrea	IS
	2	Tse Yi Tung	HPCCSS
	3	Ku Tsui Yin	STSS
	4	Ho Tin Wing	SMCESPS
	5	Lam Hoi Tong	SPS
	6	Li Jing	FSS-KT
	7	Ho Nga Yu	SKSS

Heat 6	2	Wong Ka Po	HKTLC
	3	Chung Tsz Wai	SPS
	4	Chan Tsz Yau	TLMSHK
	5	Cheung Cho Tung	PTMS
	6	Tsang Tsz Fei Felicia	LA
	7	Jeanbourquin Joelle	SCGS

Event 10	Boys C Grade 100m	9:35am
	Record : 11.21	Standard : 13.70

Heat 1	1	Leung Chi Hang	YWC
	2	Kong Tsz Yeung	SLS
	3	Cheung Sing Yu	LHYMSS
	4	Chen Qile	CGHC
	5	Gurung Ryan	DMS-BW
	6	Cheng Pok Man	SFXC
	7	Leung Hui Ming	LYC
	8	Wong, Isaac Tsz Hin	TSIS

Heat 2	1	Chow Pak Hei	CCCKT
	2	Wong Hei Long Jasper	LHYMSS
	3	Li Junxi	SKSS
	4	Chan Ka Hin	CSK
	5	Cheung Lap Yan	RC
	6	Halliday Callum John	KGV
	7	Fong Cheston	PKMS
	8	Chan Chi Hin	CMASS

Heat 3	1	Wong Cheuk Long	SPC
	2	Ha, Jeongwoo	IS
	3	Lam Chun Yip	CMASS
	4	Wong Wang Kit	CYT
	5	Chan Cheuk Kin	CCCKT
	6	Ng Chi Yuen	CMT
	7	Kong Tsz Wing Samson	CSK
	8	Fung Ho Chun	KTMC

Heat 4	1	Cheung Ching Laam	CMT
	2	Ho Yun Ka	BHMK
	3	Cheung Ka To	SFXC
	4	Tun Long Yung Cassius	PKMS
	5	Tso Kai Man	HKUGA
	6	Ng Tsun Kay	KTMC
	7	Lai Marcus	LYC
	8	Chan, Siu Nam	IS

Heat 5	1	Lee, Hin Ting Rhys	TSIS
	2	Lok Ho Him Ryan	SYSS
	3	Wong King Ting Cannan	DMS-BW
	4	Lau Hiu Leong	PCMS
	5	To Tsz Long	SKSS
	6	Feng Jia Wei	YWC
	7	Kwok Chung Hei Jayden	RC
	8	Tung Hon Lam	SLS

Heat 6	1	Szeto Mike Jason	CGHC
	2	Li Jun Ai Barnaby	SPC
	3	Tho Jonathan	HKUGA
	4	Xu Yifeng	BHNC
	5	Chak Karl Yau Jing	PCMS
	6	Leung Tsz Tsun	CYT
	7	Kang, Byung Ho	KGV
	8	Chan Tsz Kiu	SYSS

Event 11	Boys B Grade 100m	9:35am
	Record : 10.63	Standard : 13.00

Heat 1	1	Lok Pak Hei	CYT
	2	Li Jia Jun	CMT
	3	Ma Tsz Kit	LHYMSS
	4	Chan Yin Wang	PKMS
	5	Sit Lok Yin Pasco	HKUGA
	6	Yeung Chung Hei	CCCKT
	7	Zhang Pinzhi	BHNC
	8	Sinclair, Sebastian Stuart	IS

Heat 2	1	Chow Ho Sang	HKUGA
	2	Chau Ching Hin	LYC
	3	Lai Ethan Michael	KTMC
	4	Liu Hoi Shun Caleb	PCMS
	5	Lam Yin Hei	SKSS
	6	Pang Cheuk To	SYSS
	7	Wong Tsz Ho	CCCKT
	8	Pun Subas	DMS-BW

Heat 3	1	Yiu Hou Zing	LYC
	2	Kam Tsz Kin	KTMC
	3	Leung Siu Hang	SLS
	4	Man, Sau Ching Isaac	KGV
	5	Lu Haoxuan	CSK
	6	Lau Ming Tai	CYT
	7	Li, Cheuk Hin	IS
	8	Chen Tsun Hei	PKMS

Heat 4	1	Li Lok Him	SYSS
	2	Leung Wai Kwan	CSK
	3	Lam Aiden	CGHC
	4	Leung Tsun Hong	PCMS
	5	Wong Chun Ting	CMT
	6	Yau Leong Yan Nathan	YWC
	7	Chan Ming Pan	CMASS
	8	Leung Yan Long	SKSS

Heat 5	1	Yau Ho Hin	SLS
	2	Jiang Zhijun	KGV
	3	Mok Hoi Nok	SFXC
	4	Chong Chun Hei Isaac	SPC
	5	Tian Huolin	RC
	6	Lau, Wang Chun Adrian	TSIS
	7	Salonga Samuel	DMS-BW
	8	Yu Chi Yan	YWC

Heat 6	1	Yung Chi Ben	RC
	2	Lin Yin Hei	CMASS
	3	Keung Wun Yu	SPC
	4	Cheung Ching Tai	CGHC
	5	Fu Haojian	BHNC
	6	Tang Yik Long	SFXC
	7	Jun, Chaemin	TSIS

Event 12	Boys A Grade 100m	9:35am
	Record : 10.60	Standard : 12.60

Heat 1	1	Ho Ming Yeung	CMT
	2	Ng Tsz Hin Joshua	CYT
	3	Hui Tsun Ting	SFXC
	4	Ku Pak Hin	SPC
	5	Umer Mohammad Rohaab	DMS-BW
	6	Cheng Ethan Tsun Hei	SLS
	7	Cheung Chin Hung	CCCKT
	8	Lam, Pui Tung	IS
Heat 2	1	Hung Tung Kai	PKMS
	2	Chau Ming Chun Alwyn	CSK
	3	Ngai Hok Lam	KTMC
	4	Cheung Tsz Yu	CMT
	5	Chen Wing Chi	BHNC
	6	Yeung Chi Hang	CYT
	7	Nishisako, Lucian Martin Weiseth	TSIS
	8	Au Tsz Yu	PCMS
Heat 3	1	Moorjani, Aryan Anil	KGV
	2	Li Chun Ho	CCCKT
	3	Chak Ho Hin	YWC
	4	Liang Wu Guang Ze	CMASS
	5	Wong Tsz Chun	SKSS
	6	So Ken	BHNC
	7	Tong Chi Yip	SLS
	8	Bularin John Scofield Lipio	DMS-BW
Heat 4	1	Luo Ying Fung	LYC
	2	Zhang Chak Ka	CGHC
	3	Ng, Kaden Benedict	IS
	4	Ngai Marcus Siu Yin	RC
	5	Wang Zibin	LHYMSS
	6	Chow Wai Chi	KTMC
	7	Cheung Wai Him	SYSS
	8	Sit Lok Hang Perry	PCMS
Heat 5	1	Leung Yu Hin	LYC
	2	Lam Tsz Kiu	SPC
	3	Ke Bai Qian	CSK
	4	Lam Ho Kwan	SFXC
	5	Wong Hoi Yuen Xavier	HKUGA
	6	Chan Edgar	YWC
	7	Wu Chun Faat	SYSS
	8	Chan, Jabian Tsz Yin	KGV

Heat 6	1	Wei Weizhen	CMASS
	2	Wong Tsz Ho	CGHC
	3	Law Hong Wang	RC
	4	Ng, Man Him	TSIS
	5	Tong Ho Yin	SKSS
	6	Lau Kim Fung	PKMS
	7	Leung Chun Kiu	HKUGA

Event 13	Boys C Grade 1500m	10:15am
	Record : 4:24.54	Standard : 5:45.00
Heat 1	1 Liu Chun Hay Hayden	SPC
	2 Wong Nok Yin	SKSS
	3 Tong Ka Ho	BHNC
	4 Lai Lok Hei	CSK
	5 Peng Hagan	SLS
	6 Lee Tsun Hei	LYC
	7 Sy Nang Shing	CGHC
	8 Fraser, Charlie Archie	TSIS
	9 Bau Hok Yin Horace	YWC
	10 Kwong Lok Yin Jayden	CYT
	11 Tsang Cheuk Hei	SYSS
	12 Wong Chi Hang	HKUGA
	13 Yung Hoi Yuet	SFXC
	14 Lin Ziheng	PKMS
	15 Oldfield, Sonny Jack	IS
	16 Limbu Adrian	DMS-BW
Heat 2	1 Lee Caleb	SLS
	2 Chen Jianming	LHYMSS
	3 Tsang Hin Yau	SYSS
	4 Ma Hoi Fan	PCMS
	5 Yen Jophen	CGHC
	6 Tsang Fan Chun	SKSS
	7 Wong Yik Hei	CCCKT
	8 Kong Man Ki	PKMS
	9 Ng Hei Man Imon	HKUGA
	10 Lyu Jingpeng	KTMC
	11 Chiu King Lok	KGV
	12 Tam Chak Man	SFXC
	13 Chen Jun Nao	CMASS
	14 Tse Ching Long Deron	RC
	15 Leung Chun Him	CMT
	16 Rai Suvam	DMS-BW
Heat 3	1 Leung Yu Yiu	YWC
	2 Wong, Warren	TSIS
	3 Kwok Sau Hin	BHNC
	4 Wong Wai Hang	LYC
	5 Cheng On Kit	CYT
	6 Chow Chun Lok Alvin	SPC
	7 Chung Wai Kuen	LHYMSS
	8 Leung Lok Yan	RC
	9 Lui Shing Chun	CCCKT
	10 Kwan, Terrence Hoi Yuen	IS
	11 Reade Archie Edward	KTMC
	12 Wan Tin Wun	CSK
	13 Lau Ka Nam	CMT
	14 Fisher, Alexander Frederick	KGV
	15 Lui Kwan	CMASS
	16 Tse Hei Yiu	PCMS

Event 14	Boys C Grade Long Jump	10:30am	
	Record : 6.27	Standard : 4.10	
Final	1	Chan Hiu Hei	LHYMSS
	2	Yeung Kwok Mang	SFXC
	3	Fung Ho Chun	KTMC
	4	Chow Pak Hei	CCCKT
	5	Xu Yifeng	BHMK
	6	Poon Tik Sang	LYC
	7	Tsang , Karsten Ignatius	IS
	8	Ng Tsz Ho	YWC
	9	Wong Kwan Hang	CGHC
	10	Park, Jaewan	TSIS
	11	To Tsz Long	SKSS
	12	Li Jun Ai Barnaby	SPC
	13	Chan Pak Ho	CYT
	14	Tang Hoi Him	PCMS
	15	Li Lok Tin	RC
	16	Sin Ho Yin	KTMC
	17	Poon Kai Ching	LYC
	18	Wang Jingran	PKMS
	19	Chu Chun Kit	BHMK
	20	Lee Yin Fung	PCMS
	21	Muhammad Shayaan Mir	DMS-BW
	22	Chung Cheuk Kong	PKMS
	23	Dahlsten, Carl	IS
	24	Yip Ho Shun	CCCKT
	25	Pazio Mateusz Leon	KGV
	26	Ma Chun Hin Hayden	HKUGA
	27	Wong Yan Sum Ambrose	YWC
	28	Wong Cheuk Hei	CMASS
	29	Cheung Wing Hei	SYSS
	30	Chui Yik Chun	CGHC
	31	Gurung Ryan	DMS-BW
	32	Chung Ryan	KGV
	33	Ho, Harry Szeyu	TSIS
	34	Tsui Yin Hei Adrian	RC
	35	Suen Sung Sui	CMT
	36	Li Lai Fung	CYT
	37	Chan Tze Yu	SKSS
	38	Yu Tin Yiu	SPC
	39	Cheung Tsz Wa	CMASS
	40	Ng Tsz Lam	SFXC
	41	Jin Kui Tik	CMT
	42	Tsui Chung Yi	HKUGA
	43	Yang Lok Wai	LHYMSS
	44	Au Ching Yeung	CSK
	45	Kong Tsz Yeung	SLS
	46	Cheng Man Chung	SYSS
	47	Chan Po Lam	SLS

Event 15	Girls B Grade Discus	10:30am
	Record : 38.34	Standard : 15.20
Final	1 Mak Yin Lam Leanne	PTMS
	2 Chau, Cheuk Ying	IS
	3 Lau Tianna Nicole	CREATIVE
	4 Cheung Ting Sam	STSS
	5 Leung Hiu Suet	TLMSHK
	6 Ko Suet Ching Ali	FSS-KT
	7 Ku Hoi Ki	MSS
	8 Wong Lai Wing	SKSS
	9 Tsui Natalie Yuki	SCGS
	10 Wong Tsun Sin	YWG
	11 Cheung Sze Man	HSS
	12 Ng Tsz Kwan	SHCC
	13 Liu Karol	STSS
	14 Chan Wing Kiu	YWG
	15 Ngo Yan Hay Lola	SCGS
	16 Ma Ka Ning	HPCCSS
	17 Leung Wai Sum	SKSS
	18 Pang Elma	HTC
	19 Chan, Hoi Tung	SMCC
	20 Shek Ka Yu	FSS-KT
	21 Chik Yan Ki	CREATIVE
	22 Sin Chiu Ching	SMCESPS
	23 Yang Lin Xi	SSCS
	24 Siu Tsz Ting	MSS
	25 Lam, Hoi Yan	SMCC
	26 Ng Yuet Yee	HPCCSS
	27 Lee Lok Yau	UCC-KE
	28 Ho Suet Ying	HFCC
	29 Kwok Hong Ching	LA
	30 Leung Sze Nga	SMCESPS
	31 Ma Hon Nah Wyeneth	HSS
	32 Cheuk Hing Yi	PTMS
	33 Mark Ka Tung	SHCC
	34 Tang Wing Sum	UCC-KE
	35 Leung Cho Yan Chloe	CMT
	36 Suen Chui Yi	HFCC
	37 Ma Lok Yi	HTC
	38 Yeung Choi Kiu Alvina	SSCS
	39 Liu Hiu Yi	HKTLC
	40 Jiang Huiru	CMT
	41 Kwok Hau Lam	TLMSHK
	42 Lee, Yu-Jung	IS
	43 Chiu Gi Ma	HKTLC

Event 16	Girls C Grade Shot Put	10:30am	
	Record : 10.59	Standard : 6.00	
Final	1	Chan Tsz Ching	HKTLC
	2	Kwok Hoi Tung	SHCC
	3	Inagalur Serene Laxmi	CREATIVE
	4	Lai Pik Yu	TLMSHK
	5	Fung Sau Ching	LA
	6	Mall, Suyogya	SMCC
	7	Yiu, Wai Ling	IS
	8	Yuen Kayla Hei-Yin	CREATIVE
	9	Hui Wai Nga	HPCCSS
	10	Metanes, Mira	IS
	11	Luk Yin Mei	PTMS
	12	Lun Hoi Yan	CMT
	13	Lui Man Enola	SCGS
	14	Chan Lok Lam	SMCESPS
	15	Mok Kit Ying	FSS-KT
	16	Tam Ngo Sum	HTC
	17	Siu Hui Ying	UCC-KE
	18	Wong Cheuk Tik	HSS
	19	Rai Yatika	MSS
	20	Ma Xinrui	SKSS
	21	Tsoi Wai Kiu	SMCESPS
	22	Cheng Pak Yan	STSS
	23	Lo Tim Yan Jyoti	SCGS
	24	Tsai Ching Yeung	HTC
	25	Sun Yiyang	YWG
	26	Tse, Lok Lam	SMCC
	27	Jong Wing Tung	PTMS
	28	Chan Ho Nam	SHCC
	29	Kwok Yu Ting	HKTLC
	30	Liu Tsz Wai Jamie	SSCS
	31	Kwok Tsz Yin	LA
	32	Chan Hei Ching	SKSS
	33	Lo Hoi Yan	YWG
	34	Chan Yeuk Hang	STSS
	35	Chiu Sandra	MSS
	36	Sze Hoi Ching	FSS-KT
	37	Qiu Wing Lam	HPCCSS
	38	Lin Zewei	SSCS
	39	Cheung Ka Kiu	CMT
	40	Chan Yan Ki	TLMSHK
	41	Cheng Yan Yu	HSS

Event 17	Boys B Grade 1500m	10:30am	
	Record : 4:10.65	Standard : 5:20.00	
Heat 1	1	Lam Yat Long	SKSS
	2	Cheung Kit Ming Jacob	PCMS
	3	Lee Ka Sum	CYT
	4	Cagliarini, Georgio	KGV
	5	Lai Chun Lok	RC
	6	Rooney, Matthew Oliver	TSIS
	7	Wong Tsz Chung	YWC
	8	Zhang Zitong	PKMS
	9	Hip Tung Sing	CCCKT
	10	Lee Kwun Yui	CSK
	11	Tsui Hin Fung Herma	SPC
	12	Fu Chun Wa	CMT
	13	Mukhi Santino, Karan	IS
	14	Wu Cheuk Lam	SFXC
	15	Lin Junjie	BHMK
	16	Pang Chi San	KTMC
Heat 2	1	Li Jieliang	BHMK
	2	Wong Yui Hei	CCCKT
	3	Amritpal-Singh	DMS-BW
	4	Chow Chun Kee	SYSS
	5	Chu Pak Yin	CGHC
	6	Ho Chun Hang	CMASS
	7	Lee Chun Hang	LHYMSS
	8	Tsai, Nicholas	IS
	9	Sum Yin Yat	SFXC
	10	Cheng Ka Ho	KTMC
	11	Leung, Yuk Ming Zac	TSIS
	12	Wong King Yin	LYC
	13	Wong Chun Him	YWC
	14	Leung King Chung	HKUGA
	15	Szeto Pak Hei	SPC
	16	Zhang Shunda	SLS
Heat 3	1	Ng In Chun	CSK
	2	Tsang Matthew Wing Lok	CGHC
	3	Pang Ho Kai	LYC
	4	Bei Ji Ming	PKMS
	5	Mak Shing Chun	SKSS
	6	Leung King Chun	HKUGA
	7	Chan Tsz Lung	LHYMSS
	8	Fisher, Oliver George Clifton	KGV
	9	Singh Gurparm	SLS
	10	Puneet-Sanger	DMS-BW
	11	Tang Yuen Pok	PCMS
	12	Leung Chak Wai Adrian	RC
	13	Yuen Tsz Shun	CYT
	14	Yang Ho Vincent	CMASS
	15	Yu Ka Yui	SYSS

Event 18	Boys A Grade 1500m	10:30am	
	Record : 4:02.02	Standard : 5:12.00	
Heat 1	1	Limbu Ayush Anchongwo	DMS-BW
	2	Chung Tak Chak	SYSS
	3	Leung Tsz Wo	HKUGA
	4	Cheung Ki Tak	LYC
	5	Sung Pak Kiu	RC
	6	Liang Kwan Yuen	CMT
	7	Jullienne, Max Lucas	TSIS
	8	Choi King Heng	CSK
	9	Ho Ki Fung	BHMK
	10	Lam Wing Ho	SFXC
	11	Wong Chun Fai	CGHC
	12	Pun Siu Chun	CYT
	13	Lin Ngan Chun	PKMS
	14	Lo Hin Ching	YWC
	15	Liu Tsz Fung	SPC
	16	Chan Tsz Ming	LHYMSS
Heat 2	1	Murchie, Finlay George	IS
	2	Zablan Justin Sandoval	DMS-BW
	3	Chan Yin Hei	KGV
	4	Hu Ching Ham	CMASS
	5	Cheng Alex	LHYMSS
	6	Wong Long Hymn Joshua	PCMS
	7	Cheng Shun Lai	CCCKT
	8	Wu Chun Faat	SYSS
	9	Lau Chun Yin	LYC
	10	Siu Pui Lok	HKUGA
	11	Yung Cheuk Nam	SPC
	12	Yu Cheuk Hei	PKMS
	13	Wan Tsz Him	YWC
	14	Chung Chun Fung	SLS
	15	Tsang Ka Chun	KTMC
	16	Teng Siu Yau	SKSS
Heat 3	1	Wan To Yin	CGHC
	2	Cheung Yu Curtis	SLS
	3	Mahtani Pranav Aneel	KGV
	4	Lee Lok Hin	CYT
	5	Wong, Enzo	TSIS
	6	Tam Yiu Pok	RC
	7	Luo Wanwei	BHMK
	8	So Siu Wai	SFXC
	9	Ng, Kaden Benedict	IS
	10	Lau Pak Ho	KTMC
	11	Chan Chun Man	CCCKT
	12	Choi Man Jit Isaac	PCMS
	13	Mccorkell Randall Hoyiu	CSK
	14	Wong Ho San	SKSS
	15	Li Chak Ho	CMASS

Event 19	Girls C Grade 400m		11:10am
	Record : 58.64		Standard : 1:19.00
Heat 1	1	Cheung Chee R	LA
	2	Wong Yan Tung Bethany	SMCC
	3	Henriksson Chantal Della Conchata	CREATIVE
	4	Chan Wing	SKSS
	5	Hui Man Yuk	HSS
	6	Ng Ka Yan	FSS-KT
	7	Wu Hoi Lam	STSS
	8	Yuen Pak Ching	CMT
Heat 2	1	Li Pui Yu	FSS-KT
	2	Cheng Amanda	LA
	3	Yim Ching Yee	SHCC
	4	Tam Yan Tung	STSS
	5	Lam Pak Wing Amber	MSS
	6	Law Hei Wun	CMT
	7	Chan Sze Wan	SKSS
Heat 3	1	Chow Ka Nam	PTMS
	2	Tse Hiu Sze	HSS
	3	Chen Oi Tung	YWG
	4	Mak Sum Yu	SMCESPS
	5	Tsang Tsz Kiu	HTC
	6	Chau Hoi Ching	SHCC
	7	Tso Yee Wah	TLMSHK
Heat 4	1	Tsang Yuet Tung	SMCESPS
	2	Hui, Tze Ching Rachel	SMCC
	3	Fan Hoi Ching	HKTLC
	4	Choi Tsz Ying Alisa	SCGS
	5	Ho Cheuk Wing Wins	YWG
	6	Hung Tse Ka	HPCCSS
	7	Guan Phoebe	SSCS
Heat 5	1	Norton Isabella Tam	SSCS
	2	Chau Hei Man Cadi	HFCC
	3	Zheng Wan Ying Crystal	PTMS
	4	Wong Chun Ying	HKTLC
	5	Kwok Wing Kiu	UCC-KE
	6	Lui Lok Hei Helena	SCGS
	7	Fenwick, Charlotte Ashley	IS
Heat 6	1	Chiu Hoi Ting Sabrina	MSS
	2	Wong, Yee Ching Kirsten	IS
	3	Li Man Nga	SPS
	4	Lai Wing Sze	HTC
	5	Lau Tsz Ying	HPCCSS
	6	Davies Rhyannon Lillian Putri	CREATIVE
	7	Zhang Qiaoruo	TLMSHK

Event 20	Girls B Grade 400m		11:10am
	Record : 56.27		Standard : 1:18.00
Heat 1	1	Chiu Wing Sum	HTC
	2	Chung Siu Tung	SPS
	3	Wong Hau Yan Ashley	SCGS
	4	Ho Sum Yau Pamela	HPCCSS
	5	Ng Yi Ching	SSCS
	6	Vong Nok Yiu Huette	UCC-KE
	7	Li Hiu Ching	PTMS

Heat 2	1	Ying Shihan	CMT
	2	Kwong Hiu Yau	TLMSHK
	3	Szeto Wan Hay	LA
	4	Liu Sum Chit	UCC-KE
	5	Wang Qilan	HTC
	6	Liu Yilun	FSS-KT
	7	Law Yi Sheung	YWG
Heat 3	1	Yuen Ching Suet	SHCC
	2	Chen Ying Ming	STSS
	3	Ji Xin Yun	HSS
	4	Huang Yee Lam	SKSS
	5	Chin Si Wing	HFCC
	6	Kan Tsz Ching	YWG
	7	Tam, Cheuk Sin Karen	IS
Heat 4	1	Ng Yan Hei Hayley	SCGS
	2	Chan Ying Chuk	SSCS
	3	Wolf, Liv-Isabel	IS
	4	Mehmood, Hafra	SMCC
	5	Chan Tung Yan	TLMSHK
	6	Sze On Ki	PTMS
	7	De'eb Isabella Juliette Jacqueline	CREATIVE
Heat 5	1	Yiu Lok Huen Helia	FSS-KT
	2	Ng Wing Tung	SKSS
	3	Tam Kwan Wing	HKTLC
	4	Ip Hei Tung	SMCESPS
	5	Yuen Chin Wing Naomi	MSS
	6	Chan Hei Ying	HPCCSS
	7	Lee Yeuk Hei Audrey	SHCC
Heat 6	1	Chow, Sze Lok	SMCC
	2	Lam Yuen Ki	HKTLC
	3	Tam I Ching	HSS
	4	Man Hoi Shun	MSS
	5	Lam In Ton	LA
	6	Mak Ho Lam	SMCESPS
	7	James Raphaela Valerie	CREATIVE

Event 21	Girls A Grade 400m	11:10am
	Record : 57.37	Standard : 1:17.00

Heat 1	1	Cheung, Shannen	IS
	2	Wong Wing Hei	HSS
	3	Leung Lok Ching	FSS-KT
	4	Tang Chi Yee	SMCESPS
	5	Qiu Huiqi	HPCCSS
	6	Yang Dorcas Unity	SCGS
	7	Woodbury Sophia Elizabeth	CREATIVE
	8	Leung Nga Yin	UCC-KE
Heat 2	1	Lee Hei Tung	HFCC
	2	Tsang Chiu Yin Shannon	YWG
	3	Lam Chin Chin	HKTLC
	4	Wong Hoi Lam	SHCC
	5	Chow Man Kwan	FSS-KT
	6	Chan Wing Lam	HTC
	7	Yeung Lok Tsz Oriole	MSS
	8	Ng Wing Haang	SKSS

Heat 3	1	Wong Ching Yan	HPCSS
	2	Ruan Lai Ming	HTC
	3	Lin Yue	HKTLC
	4	Ho, Wan Yui Sonia	SMCC
	5	Cheng Siu Ying	YWG
	6	Lui Ming Wai	PTMS
	7	Sidley Maia Ann	CREATIVE

Heat 4	1	Cheung, Lok Yi Tammy	IS
	2	Lo Wan Ting	PTMS
	3	Li Cheuk Ying	MSS
	4	Chan Tsz Yin	TLMSHK
	5	Wong Chun Ning	SSCS
	6	Tsang Tsz Yan	HFCC
	7	Fung Hei Yin	SMCESPS

Heat 5	1	Wong Yan To	TLMSHK
	2	Lam Hoi Ching Chloe	SHCC
	3	Koo Hiu Lam	HSS
	4	Lau Ka Yu Siobhan	SCGS
	5	Lam See Sun	SSCS
	6	Fu Wan Ki	UCC-KE
	7	Li Tsz Yin	SKSS

Event 22	Boys C Grade 400m	12:00pm
	Record : 51.23	Standard : 1:09.00

Heat 1	1	Wong Ho Him	CYT
	2	Zhang Shan	SLS
	3	Li Lok Tin	RC
	4	Lee Kim Ho	CMASS
	5	Deng Yip Ying	CMT
	6	Ho Yik San	YWC
	7	Yeung Chun Kiu	PCMS
	8	Ho Yat Nam	SKSS

Heat 2	1	Feng Ka Kin	CMT
	2	Cox, Xavier James	IS
	3	Pumicpic Zherafin	DMS-BW
	4	Lau Kim Ho	LHYMSS
	5	Tho Ethan	HKUGA
	6	Zhang Man Hin	CCCKT
	7	Ng Tsz Lam	SFXC
	8	Chan Chun Yin	LYC

Heat 3	1	Yau Yik Laam	KTMC
	2	Man Kenneth	SPC
	3	Mak Wai Tik Isaac	PKMS
	4	Yeung Pak Yin	YWC
	5	Tam Chak Man	SFXC
	6	Ng Chin Ho Angus	CGHC
	7	Chan Kin Long	CSK
	8	Ng Lok Tin	BHMK

Heat 4	1	Lam Ka Hei	LYC
	2	Mak Shun Yan	SYSS
	3	Shea Ho Yan	SLS
	4	Mongia Atharva	KGV
	5	Wang Jingran	PKMS
	6	Wong, Ambrose Ue Hin	TSIS
	7	Chan Pak Yin	PCMS
	8	Shek Tin Long	SPC
Heat 5	1	Cai Huihuang	CCCKT
	2	Baek Seung Ho	KGV
	3	Koo Pok Man	SKSS
	4	Tong Sze Pok	CYT
	5	Liu Tsz Yin	CSK
	6	Chan Wing Lok	KTMC
	7	Peng Kin Chau	SYSS
	8	Pang, David Hirotaka	IS
Heat 6	1	Lau Kim Hung	LHYMSS
	2	Lei Chun Ho	CMASS
	3	Ao Ho Kwan	RC
	4	Hu Enqi	HKUGA
	5	Wong, Isaac Tsz Hin	TSIS
	6	Li Siu Wang	CGHC
	7	Khan Mohammed Mahran	DMS-BW
	8	Cheung Chun Hei	BHNK

Event 23	Boys B Grade 400m	12:00pm
	Record : 49.72	Standard : 1:03.00

Heat 1	1	Lin Tsz Chung	CMASS
	2	Navjot-Singh	DMS-BW
	3	Chak Long Hei	LHYMSS
	4	Ku Tsz Him	SKSS
	5	Chan Ka Ming Gary	CSK
	6	Or Chun Ho	RC
	7	Cheung Chi Wing	CCCKT
	8	To Chi Hin	CGHC
Heat 2	1	Gurung Nayan	DMS-BW
	2	Lui, Shun Hei Ethan	TSIS
	3	Yeung Kit Chuen	CMASS
	4	Ho Long Yui	LHYMSS
	5	Cheung Wai Hin Jacky	SYSS
	6	Li Yam	CYT
	7	Yuen Kam Piu	KTMC
	8	Wong Yat Chun	PCMS
Heat 3	1	Diwakar, Sumukh	KGV
	2	Li, Cheuk Hin	IS
	3	Pang Cheuk To	SYSS
	4	Wong Tsz Hong	BHNK
	5	Cheung Tsz Yung	SPC
	6	Chung Melvin	CSK
	7	Deltheil, Morgan Remy	IS
	8	Feng Chak Yan	RC

Heat 4	1	Cheng Lok Yin	LYC
	2	Tsang Wai Yeung	SLS
	3	Cheung Chun Hei Ivan	CGHC
	4	Town, Rorisang Kai	TSIS
	5	Chow Ka Chun Gregory	YWC
	6	Chan Rio	HKUGA
	7	Lai Chin Long	KTMC
	8	Yeung Man Chi	PCMS
Heat 5	1	Jia Wing Hong	SPC
	2	Ma Siu Ngai	CYT
	3	Sung Chi Shing	SFXC
	4	Lam Hei Yu	CCCKT
	5	Tan Jin Chang	CMT
	6	Tsang Chiu Yin	SKSS
	7	Ip Long	PKMS
	8	Li Tsz Ho Vincent	CMT
Heat 6	1	Lo Jason Hin Wah	PKMS
	2	Chan Ho Hong	YWC
	3	Leung King Chung	HKUGA
	4	Ng Wing Hin	SFXC
	5	Jiang Zhijun	KGV
	6	Wong Cheuk Him Jason	LYC
	7	Lam Pak Hei	SLS
	8	Chak Pak Hoi	BHNK

Event 24 Boys A Grade 400m 12:00pm
Record : 49.92 Standard : 1:00.00

Heat 1	1	Ng Tsz Yeung	SLS
	2	Choi Cheuk Yin	CYT
	3	Bardin, Lucas Yves Mitsuo	KGV
	4	Leung Kin Shing	SPC
	5	Yu Hon Chiu	CGHC
	6	Tsoi Wang Kai	LHYMSS
	7	Chan, Max	TSIS
	8	Liu Ming Fung	PKMS
Heat 2	1	Ko Chee Ken	RC
	2	Chan Man Nok	CSK
	3	Wong Ho Ka	KTMC
	4	Zhong Jiaming	CMT
	5	Vrijmoed Justin	SPC
	6	Lam Ka Wo	SFXC
	7	Pun Chit Lam	HKUGA
	8	Lin Jiepeng	BHNK
Heat 3	1	Lam Him	SLS
	2	Chiang Kwan Yin	RC
	3	Lau Pak Lun	SKSS
	4	Luk Wang Hei Isaac	LYC
	5	Lin, Yu-Shiun	IS
	6	Tsang Hoi Kwong	PCMS
	7	Wong Tsz Pan	LHYMSS
	8	Lo Fei Yin	HKUGA

Heat 4	1	Wu Chun Kit	LYC
	2	Hsu, Keiden Lin	KGV
	3	Kwok Yan Yu	SKSS
	4	Shek Ho Yin	KTMC
	5	Law Tsz Hin	CGHC
	6	Nishisako, Lucian Martin Weiseth	TSIS
	7	Wan Yat Hei	PCMS
	8	Fung Tsz Hin	SYSS
Heat 5	1	Li Kwan Pui	SFXC
	2	Ho Ka Shing	CYT
	3	Chu Hau Yin Jeffrey	CCCKT
	4	Muhammad Hamza	DMS-BW
	5	Liu Cheuk Hin	CSK
	6	He Xiwei	CMT
	7	Chen Pok Kwan	CMASS
	8	Ku Yan Ming	YWC
Heat 6	1	Tse Yat Hang	YWC
	2	Chan Chun Hang	SYSS
	3	Mohammad Adeeb	DMS-BW
	4	Chum Jerald	CCCKT
	5	Lau Kin Leung	CMASS
	6	Chau Yuet Sang	PKMS
	7	D ' Angelo, Riccardo Cosimo	IS
	8	Zeng Wai Lam	BHMK

Event 25	Boys A Grade Javelin	12:45pm	
	Record : 62.06	Standard : 24.50	
Final	1	Wong Ka Cheung	CSK
	2	Berry, Jack Peter Duncan	IS
	3	Chan Kwun Nam	CMASS
	4	Kang Chun	CYT
	5	Sham Tik Wai	YWC
	6	Leung Chun Hei	RC
	7	Siu Yat Him	SKSS
	8	Wong Man Ho Angus	CSK
	9	Shah, Aarav Ashit	KGV
	10	Yang Man Lok	HKUGA
	11	Lai Kwan Cheung	LYC
	12	Chan Shing Chun Jeffrey	SLS
	13	Wong Lok Yin Isaac	SPC
	14	Chan Cheuk Yin	LYC
	15	Ng Kam Pang Arian	SLS
	16	To Long Hei	SFXC
	17	Leung, Jack Ka Shing	TSIS
	18	Law Chun Hei	LHYMSS
	19	Sung Wen Rui	CMASS
	20	Liao Wei Shan	CCCKT
	21	Wong Ho Ming	SYSS
	22	Rashad Muhammad Farhan	DMS-BW
	23	Cheung Hyman	YWC
	24	Lee Hin Lung	BHMK
	25	Wong Tsz Kwan	CGHC
	26	Lau Chun Hei	PKMS
	27	Lee Tsz Wun Matthew	CCCKT
	28	Sullivan, Aidan Kayne	TSIS
	29	Ip Chi Wing	RC
	30	Hu Ziheng	SYSS
	31	Liu Chung Yin	CYT
	32	Tsang King Yu	CMT
	33	Yip, Hin Pang Michael	IS
	34	Jim Chi Kwan	CMT
	35	Ho Hoi Yeung Ocean	PCMS
	36	Lui Pui Hei	KTMC
	37	Tagao Solwin Sean Tomas	DMS-BW
	38	Yeung Sheung Tsun	HKUGA
	39	Kan Yi Ching	PCMS
	40	Mo Chilby Brian T.	BHMK
	41	Ho Adrian	SPC
	42	Wong Ho Ka	KTMC
	43	Jordan, Liam Pui-Tat	KGV
	44	Zhong Tsz Chung	CGHC
	45	Shek Tsz Hang	SKSS
	46	Lai Chun Chiu	PKMS
	47	Lam Siu Hei	SFXC
	48	Yip Pak Yin	LHYMSS

Event 26	Boys A Grade Triple Jump	2:00pm	
	Record : 14.82	Standard : 10.50	
Final	1	Wong Chi Yan	SKSS
	2	Chan Ka Ho	SFXC
	3	Lam, Alvin Owen	KGV
	4	Wong, Yik Yan Sean	TSIS
	5	Chan Sung Hei Ryan	CSK
	6	Yan Jayden	HKUGA
	7	Du Yu	CMASS
	8	Chen Tsz Shing Cedric	LYC
	9	Shek Ho Yin	KTMC
	10	Chan Hin Qun	RC
	11	Chow Thomas	SPC
	12	Huen Long Kiu	RC
	13	Tong Cheuk Nam	CSK
	14	Moorjani, Arjun Anil	KGV
	15	Lo Man Hei	YWC
	16	Leung Ming To	SFXC
	17	Kwok Hiu Chun	LYC
	18	Mohammad Fazeel Awan	DMS-BW
	19	Leung Ying Chai	CYT
	20	Sukhraj-Singh	DMS-BW
	21	Lam Him	SLS
	22	Lin Chi Kit	CYT
	23	Au Chun Hin	BHNC
	24	Yip, Connor	IS
	25	Lui Pui Hei	KTMC
	26	Leung, Yuk Tsz Wilfred	TSIS
	27	Chaudhry Cheuk Man	CMT
	28	Tsoi Lik Kuen	CCCKT
	29	Lam Chi Ming	SKSS
	30	Lau Ka Leung	CMASS
	31	Lee Wing Yin	SPC
	32	Chan Lok Hei	PKMS
	33	Fung Ka Kit	BHNC
	34	Wong Hoi Pong	SYSS
	35	Lee Man Shek	CGHC
	36	Lee Tsz Him	LHYMSS
	37	Chu Chun Kong	SLS
	38	Lomastro, Basile Jean V.	IS
	39	Sarawut Eric Ruangchot	LHYMSS
	40	Ip Ho Lam	PCMS
	41	Yau Sin Pui	CCCKT
	42	Chow Yan Chi Vinci	PCMS
	43	Wong Tsz Ho	CGHC
	44	Choi Ho Tung	YWC
	45	Li Chun Tao	CMT
	46	Liu Ming Fung	PKMS

Event 27	Boys B Grade High Jump	2:00pm	
	Record : 1.96	Standard : 1.47	
Final	1	Poon Hiu Hong	SKSS
	2	Tse Tsz Long	SYSS
	3	Sin Tsun Nok	BHNK
	4	Patel Kavya Paras	KGV
	5	Ahmed Waheed	DMS-BW
	6	Chan Chin Ting	KTMC
	7	Yik Chak Him	RC
	8	Chan Lok Tung	SKSS
	9	Hon King Hang	HKUGA
	10	Hamill, Finn Oisin Sheng	IS
	11	Choi Chung Hin	CGHC
	12	Liu Xuanru	PKMS
	13	Lin Lixin	CMT
	14	Mukhi Santino, Karan	IS
	15	Yeung Yiu Long Godwin	RC
	16	Chow Yi Lok	SPC
	17	Chong Cheuk Wai	CMASS
	18	Yuan Edward Lang Qing	CSK
	19	Yeung Xing Hei	SPC
	20	Fung Lok Him	CMT
	21	Yan Wai Kit	KTMC
	22	Yeung Hoi Lap	CCCKT
	23	Lau Siu Hei	SFXC
	24	Bayne, Hal	TSIS
	25	Leung Kwan Nok	PKMS
	26	Yu Chi Yan	YWC
	27	Yu, Wang Ngai Cyrus	TSIS
	28	Yung Hoi Lam	BHNK
	29	Leung Chun Gor Gordon	HKUGA
	30	Cheung Lok Hin	CCCKT
	31	Chan Ho Fuk	CGHC
	32	Fan Hei Kin Ken	CYT
	33	Boekhorst, Oskar Afinus	KGV
	34	Navjot-Singh	DMS-BW
	35	Leung Hui	SFXC
	36	Hau Cheuk Hang	SYSS
	37	Ng Hoi Tsun Keith	YWC
	38	Nwokike Delight Obinna	CSK
	39	Huang Jiahao	CMASS

Event 28	Girls A Grade Shot Put	2:00pm	
	Record : 10.58	Standard : 6.20	
Final	1	Chiu, Tian Yu	IS
	2	Yim Wing Yiu	CREATIVE
	3	Rana Kangana	SMCESPS
	4	Chow Tsz Shan	FSS-KT
	5	Zhang Xiyan	HTC
	6	Lui Lok Sze	HKTLC
	7	Shi Cherry	CREATIVE
	8	Ng Hoi Tung	STSS
	9	Wong Hoi Yiu	CMT
	10	Cheng Tsz Shan	STSS
	11	Lam Chi Yan	YWG
	12	Lo Wing Sze	PTMS
	13	Yeung Tsz Yau Nicole	LA
	14	Leung Lok Yi	SHCC
	15	Leung Nok Sze	TLMSHK
	16	Wong, Chloe	IS
	17	Lam Ming Wai	SKSS
	18	Chan Wing Sum Kristen	SSCS
	19	Liu Ching Hei	SPS
	20	Lian Nga Ying	SMCESPS
	21	Koo Man Ching	HFCC
	22	Leung Ying Kei Jessica	YWG
	23	Xiao Jingjing	HPCCSS
	24	Liu Kary	PTMS
	25	Leung, Yan Yuet	SMCC
	26	Lozada Shobi Alabat	SCGS
	27	Lau Yi Ching	HSS
	28	Mak Cheuk Lam	SKSS
	29	Yao Ji Nan	HPCCSS
	30	Choi Sze Ying	HSS
	31	Lyu Xianhe	SSCS
	32	Yang Dorcas Unity	SCGS
	33	Zhao Heung Muk	FSS-KT
	34	Cheng Kwan Kwan	HTC
	35	Tsang Tsz Yan	HFCC
	36	Chui Ka Po	HKTLC
	37	Lau Ho Ching	SMCC
	38	Chan Yin Nok	SHCC
	39	Au Cheuk Yu	TLMSHK

Event 29	Girls B Grade Long Jump	2:00pm	
	Record : 5.76	Standard : 3.60	
Final	1	Li Ka Yin Mika	HKTLC
	2	Chan Ho Yan	STSS
	3	Leung Hoi Lam	CREATIVE
	4	Yip Grace	TLMSHK
	5	Lai Tin Wing	PTMS
	6	Chong Yi Ching	SSCS
	7	Ji Xin Yun	HSS
	8	Chia Lok Yee	YWG
	9	Ng Tin Wing	LA
	10	Chan Sum Ying	CMT
	11	Tao Kwan Po	SMCESPS
	12	Chen Siyan	HFCC
	13	Tam Cheuk Yiu Cheryl	LA
	14	Chan Sik Yu Sheryl	SCGS
	15	Ho Sienna	UCC-KE
	16	Pau Pak Qiu	TLMSHK
	17	Ng Tin Hang	YWG
	18	Tse Nga Lam	SKSS
	19	Choi Ming Kwan Maggie	SHCC
	20	Wong Hoi Lam	HTC
	21	Kan Cheuk Lam Sharon	PTMS
	22	Leung, Ka Hei	SMCC
	23	Cheung Hoi Ki	SSCS
	24	Lam Yuen Ki	HKTLC
	25	Yong Tsz Ching	HTC
	26	Shek Ka Yu	FSS-KT
	27	Wong Sze Kiu Kasci	HSS
	28	Ip Tsz Hin	UCC-KE
	29	Ng Yee Lam	SKSS
	30	Mak Ho Lam	SMCESPS
	31	Chan Hong Yau	HPCCSS
	32	Woo Sum Kei Placide	MSS
	33	Choi Wing Tung	HPCCSS
	34	Lee, Chung Yan Hava	IS
	35	Yip Chiu Tung	FSS-KT
	36	Chow Hoi Ching	CMT
	37	Lam, Yee Mong	IS
	38	Kwok Oi Ching	SHCC
	39	Chow Huen Ming	STSS
	40	Ho Tsz Kwan Stephanie	SCGS
	41	Cheung Yiu Gi Janice	CREATIVE
	42	Lau Lei Ping	MSS
	43	Wei Kit	SPS
	44	Lam, Yan Tung	SMCC

Event 30	Girls C Grade 100m Hurdles	2:00pm	
	Record : 15.23	Standard : 22.20	
Heat 1	1	Ha, Seen Yan Sophie	SMCC
	2	Yim Ching Yee	SHCC
	3	Yeung Yat Arrow	HKTLC
	4	Mak Hiu Ting	HPCCSS
	5	Wong Tsz Hing	HFCC
	6	Khan Sofia	SSCS
	7	Lui Pui Yu	STSS

Heat 2	1	Liu Sum Yui	SSCS
	2	Wong Cherise	STSS
	3	Chiu, Wing Tung Natalie	CREATIVE
	4	Tsui Tuen Yin	MSS
	5	Li Tsz Yan	SKSS
	6	Lee Hin Yau	HTC
	7	Ng Yi Yan	PTMS
Heat 3	1	Tang Pui Lam	TLMSHK
	2	Tsang Wing Tung	MSS
	3	Chow Faith	SMCESPS
	4	Wu Chin Yu	HTC
	5	Cheng Hong Kiu	CMT
	6	Chung, Tifara Janice	IS
	7	Li Jacey	CREATIVE
Heat 4	2	Leung Wai Ching	SKSS
	3	Tam Man Wai Wancy	SCGS
	4	Leung Hei Tung	LA
	5	Yau Ching Yi	HFCC
	6	Wong Wendo	UCC-KE
	7	Tam Hin Ching	PTMS
	Heat 5	2	Mok Claire
3		Kwok Bo Kei	TLMSHK
4		Liu Sum Yin	SMCESPS
5		Pong Yi Ching	HPCCSS
6		Au Mei Wai	CMT
7		Cham, Suet Ching	SMCC

Event 31	Girls B Grade 100m Hurdles	2:00pm
	Record : 14.42	Standard : 21.20

Heat 1	1	Yip Grace	TLMSHK
	2	Hui Cheuk Ki Audrey	CREATIVE
	3	Chan Sum Ying	CMT
	4	Butt Wing Kiu	SHCC
	5	Mak Alicia	MSS
	6	Ho Wai Ling	SKSS
	7	Wong Candise Ching Kiu	SSCS
	8	Siu, Wing Yan	SMCC
Heat 2	1	Leung Hei Wai Evelyn	SHCC
	2	Ho Sienna	UCC-KE
	3	Mok Yat Kiu	MSS
	4	Tang Audrey	SMCESPS
	5	Tam Cheuk Yiu Cheryl	LA
	6	Zajelac Helena	CREATIVE
	7	Chiu Wing Kiu Winky	YWG
	8	Yih Hei Tung	PTMS
Heat 3	1	Xing Jiawei	PTMS
	2	Ng Ching Yui	LA
	3	Lau Ka Yui Katrina	HSS
	4	Ng Zi Qi	HPCCSS
	5	Ng, Tsz Yu	SMCC
	6	Chan Ho Yan	STSS
	7	Wong Sum Yuet Janice	SCGS

Heat 4	1	Tam Yan Q	STSS
	2	Yau Ching	CMT
	3	Lam Yan	YWG
	4	Lee Wai Ting	HTC
	5	Yau Yuet Ching	UCC-KE
	6	Chen Siyan	HFCC
	7	Or Hiu Lam	HSS

Heat 5	1	Tse Hang Wa	HTC
	2	Chow Ming Yan	HPCCSS
	3	Tan Shuyu	SSCS
	4	Pau Pak Qiu	TLMSHK
	5	Chang Tsz Yan	SMCESPS
	6	Lam Cheuk Yan	HKTLC
	7	Ho Tsz Kwan Stephanie	SCGS

Event 32	Girls A Grade 100m Hurdles	2:00pm
	Record : 13.76	Standard : 21.00

Heat 1	1	Chan Ki Jun	STSS
	2	Chan Hoi Ching	CREATIVE
	3	Lam Valerie Ching Yan	SCGS
	4	Chan, Hiu Yau	SMCC
	5	Wong Abbie	SSCS
	6	Wong Ching Wa	HFCC
	7	Lee Tsz Ching	YWG
	8	Liu Tsz Man	SKSS

Heat 2	1	Cheung Ka Kiu	SMCESPS
	2	Li Hoi Kan	HSS
	3	Kun Jaylia Sze Chin	MSS
	4	Lee Hoi Kiu	STSS
	5	Leung Tsoi Yi Cherry	SCGS
	6	Kwan Yu Fan	HTC
	7	Lau Ching	TLMSHK

Heat 3	1	Lee Chi Yin	TLMSHK
	2	Lee Ka Yan	HPCCSS
	3	Lam Cheung Wing	SHCC
	4	Yuen Ka Yin Karin	SMCESPS
	5	Fung Yan Ki	SSCS
	6	Soo Cho Kei	HKTLC
	7	Fan Wai Wan	PTMS

Heat 4	1	Chow Hei Nam	SHCC
	2	Chong Hei Yu	HPCCSS
	3	Wong Sum Yau	HTC
	4	Mok Hiu Lam	HSS
	5	Cheng I Ting	PTMS
	6	Chan Moon Chun Janique	YWG
	7	Au Tze Yu	UCC-KE

Event 33	Boys C Grade 100m Hurdles	2:15pm	
	Record : 13.57	Standard : 21.00	
Heat 1	1	Chan Chun Hin	CCKT
	2	Chiu, Qing Yu	TSIS
	3	Tsui Chung Yi	HKUGA
	4	Yu Pak Him	LYC
	5	Sin Ho Yin	KTMC
	6	Kwok Wing Him	YWC
	7	Tam Bok Chi	RC
	8	Chung Cheuk Kong	PKMS
Heat 2	1	Ho Sze Long	RC
	2	Muhammad Shayaan Mir	DMS-BW
	3	Juan Shaiju	KGV
	4	Xu Yi Lok	CGHC
	5	Kwok Ho Hin	SFXC
	6	Chan Chun Wai	LHYMSS
	7	Chen Yu To Jerry	CMASS
	8	Leung Yau Kiu Silas	SPC
Heat 3	1	Li Yiu Fai	CCKT
	2	Tang Hoi Him	PCMS
	3	Feng Ka Kin	CMT
	4	Chui Yik Chun	CGHC
	5	Choi Ho Yan	SPC
	6	Guo Hai Feng	YWC
	7	Chan Wang Hei	SKSS
Heat 4	1	Lam Chun Yip	CMASS
	2	Lau Yan Shing	LYC
	3	Lee Yin Fung	PCMS
	4	Chow Tsun Yin	PKMS
	5	Jin Kui Tik	CMT
	6	Ng Tsun Kay	KTMC
	7	Chan Tze Yu	SKSS
Heat 5	1	Ng Tsz Nam	SFXC
	2	Thapa Magar Mipang	DMS-BW
	3	Chan Chiu Yeung	HKUGA
	4	Ha, Jeongwoo	IS
	5	Kong Tsz Hin	LHYMSS
	6	Pazio Mateusz Leon	KGV
	7	Li Tianyi	SLS

Event 34	Boys B Grade 100m Hurdles	2:15pm	
	Record : 13.25	Standard : 19.80	
Heat 1	1	Chang Lik Hang	SLS
	2	Fung Wai Fung	CMT
	3	Chan Ho Fuk	CGHC
	4	Mau Hei Yu	KTMC
	5	Ma Steven	CMASS
	6	Leung Wai Kwan	CSK
	7	Leung Kwan Nok	PKMS

Heat 2	1	Yiu Lek Tou	RC
	2	Chak Pak Hoi	BHNK
	3	Lau Pak Lim	SFXC
	4	Fung, Cheuk Hin Bosco	TSIS
	5	Cheung Fung Yam	CCCKT
	6	Lo Tsz Long Davy	CGHC
	7	Ng To Tat	LYC
Heat 3	1	Cheng Pak Yuen	HKUGA
	2	Lam Tsz Sum	SFXC
	3	Wong Tat Chi	SLS
	4	More, Oliver George	KGV
	5	Zhou Yi Xiang	PKMS
	6	Lau Tsun Yip	LYC
	7	So Wun Yin	YWC
Heat 4	1	Shum Chun Hei Regan	YWC
	2	Luo Tin Long	CYT
	3	Lai Ethan Michael	KTMC
	4	Lung Sze Hon	SKSS
	5	Gurung Nayan	DMS-BW
	6	Wong, Shi Kam Xavio	TSIS
	7	Wong Ki Wai	SPC
Heat 5	1	Chung Conroy	SYSS
	2	Khan Sarim Mehmood	DMS-BW
	3	Verkade Tristan Jan	KGV
	4	Chen Yuekai	BHNK
	5	Yeung Yiu Long Godwin	RC
	6	Chau Pak Kiu	CYT
	7	Nwokike Delight Obinna	CSK
Heat 6	2	Leung Ban Seon	SYSS
	3	Liu Chak On	HKUGA
	4	Szeto Wing Fu	CCCKT
	5	Poon Hiu Hong	SKSS
	6	Liu Hoi Shun Caleb	PCMS
	7	Zhuang Xiangjin	CMASS

Event 35	Boys A Grade 110m Hurdles		2:15pm
	Record : 13.63		Standard : 20.00
<hr/>			
Heat 1	1	Mohammad Moiz Anwar	DMS-BW
	2	Wong Long Hei	SFXC
	3	Lam Kit Lun	CMASS
	4	Law Chung Yin Jonathan	YWC
	5	Liu Ming Ho	PKMS
	6	Quint Carbonell, Sebastian	TSIS
	7	Au Kung Hang	SLS
	8	Yu Ching Wai	YWC
Heat 2	1	Chow Chun Ki	PCMS
	2	Lu Chun Pan	CSK
	3	Yeung Chun Yiu Roy	CCCKT
	4	Wong Ming Hin	KTMC
	5	Yin Shun Kit	SPC
	6	Ho Chung Hin	SFXC
	7	Lam, Alvin Owen	KGV

Heat 3	1	Okitha Gunasekara	DMS-BW
	2	Wong Hei Shun	CCCKT
	3	Ho Man Hei	CGHC
	4	Au Tsz Yu	PCMS
	5	Luo Ying Fung	LYC
	6	Chan, Jasper	TSIS
	7	Wong Yu Man	CMT

Heat 4	1	Ngan Chun Kit	SYSS
	2	Tse Man Kit Samson	LYC
	3	Chung Ho Yeung	SKSS
	4	Tanaka, Han	KGV
	5	Wong Tsz Chung	CMT
	6	Chan Wai	CMASS
	7	Wang Shing Chun	PKMS

Event 36	Boys B Grade Javelin	2:45pm	
	Record : 58.50	Standard : 20.00	
Final	1	Zheng Qijun	CGHC
	2	Cho Kit Hang	SFXC
	3	Chow Pak Yin	CYT
	4	Mohammad Huzaifah	DMS-BW
	5	Ng Aiden Ki Fung	RC
	6	Zhao Alvin	CCCKT
	7	Chan Luk Gi	HKUGA
	8	Chan Lok Hei Ewan	PCMS
	9	Ho Siu Hei	SFXC
	10	Wong Hei Shun	CGHC
	11	Cheng, Hoi Tung Caton	TSIS
	12	Li Ming Yuen	CYT
	13	Poon Hong Yi	CSK
	14	Li Hang Kin	SYSS
	15	Tan Zhenyang	SLS
	16	Ying Yik Chun	CCCKT
	17	Wan Nathan Hoi-Lam	RC
	18	Fung Hon Sang	LYC
	19	Schroeder, Ryan Gabriel Rodriguez	KGV
	20	Yiu Cheuk Kiu	SPC
	21	Tsui Man Hin	SKSS
	22	Lee Lun	HKUGA
	23	Pollard, Kai Maru	IS
	24	Kandangwa Nebis	DMS-BW
	25	Chan Yat Yin	KTMC
	26	Lam Lok	PKMS
	27	Pang Siu Chun	BHNC
	28	West Theo Alexander Johnstone	KGV
	29	Wen Ka Chun	CMT
	30	Choy Nok Tin	CMASS
	31	Li Ming Hin	CMT
	32	Lau, Jonathan	IS
	33	Chung Lap San	YWC
	34	Ching Ho Sum	LYC
	35	Cheng Pak Kiu	CSK
	36	Liu Zi Xi	KTMC
	37	Hung Hin Ngai Darren	PCMS
	38	Chan Cho Chak	PKMS
	39	Zheng Chak Lam	BHNC
	40	Forrest, Keon Jigan	TSIS
	41	Cheung Ka Hing	CMASS
	42	Chan Yat Hin	SKSS
	43	Chen James	YWC
	44	Chu Tsz Ka	SLS

Event 37	Girls C Grade 800m	2:45pm	
	Record : 2:19.72	Standard : 3:12.00	
Heat 1	1	Guan Phoebe	SSCS
	2	Wong Hui Ching	FSS-KT
	3	Zhou Yingtong	HSS
	4	Ip Sum Yau	SMCESPS
	5	Choi Man Hei	TLMSHK
	6	Li Sze Yiu	CREATIVE
	7	Chang Tsz Yuet	LA
	8	Lu, Chang	IS
	9	Tsang Tsz Kiu	HTC
	10	Lui Lok Hei Helena	SCGS
	11	Chan Sze Wan	SKSS
	12	Chan Tsz Yan Vienne	STSS
	13	Wun Hiu Kei Karis	YWG
	14	Lau Tsz Ying	HPCCSS
Heat 2	1	Schulz, Amelie Clara Zoe	IS
	2	Ng Hei Tung Chloe	SKSS
	3	Lee Wing Sze	SHCC
	4	Kei, Lok Lam Mia	SMCC
	5	Wu Yue Athena	YWG
	6	Zhang Qiaoruo	TLMSHK
	7	Ng Ka Yi Katie	HKTLC
	8	Leung Man Kei Megan	MSS
	9	Henriksson Chantal Della Conchata	CREATIVE
	10	Li Man Nga	SPS
	11	Leung Man Hei Joanne	SCGS
	12	Kong Ka Yu	HPCCSS
	13	Zheng Wan Ying Crystal	PTMS
Heat 3	1	Chiu Hoi Ting Sabrina	MSS
	2	Chan Jenkie Katelyn	SSCS
	3	Chow Muk Woo	FSS-KT
	4	Chan Lois Jo	LA
	5	Wan Ka Hei	SHCC
	6	Folorunso Jennifer Joy Kelly	HTC
	7	Chan Tsz Yin	SMCESPS
	8	Cheung, Hau Nok Abby	SMCC
	9	Lui Po Yiu	SPS
	10	Ho Hiu Ching Jocelyn	PTMS
	11	Tang Pui Yu	UCC-KE
	12	Yue Peony	HKTLC
	13	Tik Yi Ching Zita	STSS
Event 38	Girls B Grade 800m	2:45pm	
	Record : 2:15.76	Standard : 3:10.00	
Heat 1	1	Yeung Wing Kei	UCC-KE
	2	Gaffney, Kanna	IS
	3	Yu Wing Ki	HSS
	4	So, Hin Wing Stefany	SMCC
	5	Kwong Hiu Yau	TLMSHK
	6	Yuen Chin Wing Naomi	MSS
	7	Fung Ka Yu	LA
	8	Lam Karena Cheuk Nam	SCGS
	9	Lo Tsz Ching	SMCESPS
	10	Chau Ching Tung	FSS-KT
	11	Chan Hei Ying	HPCCSS
	12	Wu Hiu Lam	YWG
	13	Mok Wing Lam	HTC
	14	Hidaka Sakura	CREATIVE

Heat 2	1	Lam Yin Tung	HSS
	2	Leung Sin Ching	HKTLC
	3	Shiu Wing Yiu	SHCC
	4	Meng Mei Ming	HTC
	5	Au Oi Yu Angelina	SSCS
	6	Fung Sze Man	PTMS
	7	Kan Tsz Ching	YWG
	8	Wong Ying Chi Chloe	SMCESPS
	9	Quitiba Freitas Elisa	CREATIVE
	10	Mak Rachel Ching Hei	STSS
	11	Ng Wing Tung	SKSS
	12	Law Sik Syun Natasha	SCGS
	13	Ying Shihan	CMT
	14	Lin Xiao Wen	MSS

Heat 3	1	Huang Yee Lam	SKSS
	2	Monahan Ella Mei	TLMSHK
	3	Chan Long Ching	HKTLC
	4	Wong Ching Hei	HPCCSS
	5	Chow, Sze Lok	SMCC
	6	Chan Tsz Ting	PTMS
	7	Ma Ho Ho	SSCS
	8	Yip Man Hei	LA
	9	Gregory, Isabel Lola	IS
	10	Chan Yin Yan	SHCC
	11	Tong Wing Yan Michelle	FSS-KT
	12	So Kei Ting	UCC-KE
	13	Ho Suet Ying	HFCC

Event 39	Girls A Grade 800m	2:45pm
	Record : 2:17.06	Standard : 3:09.00

Heat 1	1	Zheng Sin Chi	HFCC
	2	Leung Chin Yan	HSS
	3	Lui Hei Yiu	SMCESPS
	4	Li Tsz Yin	SKSS
	5	Wong Jocelyn	UCC-KE
	6	Wong Ching Yan	HPCCSS
	7	Wu Hei Tung	PTMS
	8	Wong Kwok Tao	YWG
	9	Ng Sing Yu Jessie	SCGS
	10	Chu Chi Kei	SHCC
	11	Cheung, Cherry Tsoi Yi	IS
	12	Tang Yuen Shuen	FSS-KT
	13	Lai Wan In	HTC
	14	Louie Ho Ching	TLMSHK

Heat 2	1	Chow Yuet Yiu	PTMS
	2	Sun Ho Shuen	STSS
	3	Wong Tsz Ying Tiffany	SCGS
	4	Fu Wan Ki	UCC-KE
	5	Xie Tsz Ching	HTC
	6	Wong Tsz Tung	SPS
	7	Siu Cheuk Lam Colleen	MSS
	8	Kwok, Hoi Kiu Sandra	CREATIVE
	9	Khan Amra	HKTLC
	10	Xu Jiaxin	CMT
	11	Yau, Tsz Tung Aubrey	SMCC
	12	Leung Lok Ching	FSS-KT
	13	Chow Teresa Hiu Nam	SSCS
	14	Chan, Anson Yui Hei	IS

Heat 3	1	Kwong Tsz Yu	SMCESPS
	2	Yu Michelle Sze Wa	STSS
	3	Lam Ka Po	HKTLC
	4	Homa Rachel	YWG
	5	Au Ya Yuan	SSCS
	6	Wong Yan To	TLMCHK
	7	Ho Ching Yi	HPCCSS
	8	Koo Hiu Lam	HSS
	9	Lau, Ho Yan Constance	SMCC
	10	Woodbury Sophia Elizabeth	CREATIVE
	11	Man Yuet Ching	SHCC
	12	Li Cheuk Ying	MSS
	13	Fung Ching	HFCC

Event 40	Boys C Grade 800m	3:30pm
	Record : 2:06.64	Standard : 2:45.00

Heat 1	1	Lee Caleb	SLS
	2	Wijono, Colin	TSIS
	3	Bau Hok Yin Horace	YWC
	4	Lui Kwan	CMASS
	5	Liu Chun Hay Hayden	SPC
	6	Cheung Chun Hin Alex	CSK
	7	Tho Ethan	HKUGA
	8	Kwok Sau Hin	BHMK
	9	Wong Wai Hang	LYC
	10	Zhang Man Hin	CCCKT
	11	Ao Ho Kwan	RC
	12	Khan Mohammed Mahran	DMS-BW
	13	Lyu Jingpeng	KTMC
	14	Cheng On Kit	CYT
	15	Kwan, Terrence Hoi Yuen	IS
	16	Lau Ka Nam	CMT

Heat 2	1	Chow Chun Lok Alvin	SPC
	2	Hu Enqi	HKUGA
	3	Tsang Hin Yau	SYSS
	4	Lin Ziqian	PKMS
	5	Leung Lok Yan	RC
	6	Wong, Cheuk Lun	IS
	7	Wong Nok Yin	SKSS
	8	Peng Hagan	SLS
	9	Wong Wai Fung Ian	SFXC
	10	Leung Chun Him	CMT
	11	Limbu Adrian	DMS-BW
	12	Ma Hoi Fan	PCMS
	13	Xu Chak Lam	CSK
	14	Mongia Atharva	KGV
	15	Yen Jophen	CGHC
	16	Chung Wai Kuen	LHYMSS

Heat 3	1	Yiu Tsz Ho	SYSS
	2	Wen Pak Hung	SFXC
	3	Chen Jianming	LHYMSS
	4	Chen Jun Nao	CMASS
	5	Cai Huihuang	CCCKT
	6	Kong Man Ki	PKMS
	7	Reade Archie Edward	KTMC
	8	Fisher, Alexander Frederick	KGV
	9	Ho Yat Nam	SKSS
	10	Webster, Arley Jacob	TSIS
	11	Wong Ho Him	CYT
	12	Lee Tsun Hei	LYC
	13	Chan Yin Yan Amos	YWC
	14	Tong Ka Ho	BHNC
	15	Sy Nang Shing	CGHC
	16	Yu Ching Ngai Harel	PCMS

Event 41	Boys B Grade 800m	3:30pm
	Record : 2:00.69	Standard : 2:30.00

Heat 1	1	Chan Rio	HKUGA
	2	Sham Lok Sum	SFXC
	3	Ku Tsz Him	SKSS
	4	Teng, Hugo Wei-Zhang	TSIS
	5	Lai Chun Lok	RC
	6	Bei Ji Ming	PKMS
	7	Li Tsz Ho Vincent	CMT
	8	Chan Kai Kiu Elite	CSK
	9	Lai Chin Long	KTMC
	10	Castro Rebolledo, Alejandro	IS
	11	Cheng Lok Yin	LYC
	12	Wong Chun Him	YWC
	13	Fisher, Oliver George Clifton	KGV
	14	Cheung Wai Hin Jacky	SYSS
	15	Lee Ka Sum	CYT
	16	Amritpal-Singh	DMS-BW

Heat 2	1	Zhang Zitong	PKMS
	2	Deltheil, Morgan Remy	IS
	3	Lee Kwun Yui	CSK
	4	Wong Yui Hei	CCCKT
	5	Hurle, Maximilian John	TSIS
	6	Ng Lucas	SPC
	7	Zainudeen Rahim Abbas	YWC
	8	Liu Yan Lok	PCMS
	9	Lam Pak Hei	SLS
	10	Chu Pak Yin	CGHC
	11	Li Jieliang	BHNC
	12	Lam Ho Fung	HKUGA
	13	Chan Tsz Lung	LHYMSS
	14	Wong King Yin	LYC
	15	Chan King To	KTMC
	16	Ho Chun Hang	CMASS

Heat 3	1	Cagliarini, Georgio	KGV
	2	Sim Yat Yin	PCMS
	3	Tsang Matthew Wing Lok	CGHC
	4	Zhang Shunda	SLS
	5	Lin Junjie	BHNC
	6	Or Chun Ho	RC
	7	Sum Yin Yat	SFXC
	8	Hip Tung Sing	CCCKT
	9	Yu Ka Yui	SYSS
	10	Tsui Hin Fung Herman	SPC
	11	Lam Yat Long	SKSS
	12	Yang Ho Vincent	CMASS
	13	Yuen Tsz Shun	CYT
	14	Fu Chun Wa	CMT
	15	Lee Chun Hang	LHYMSS
	16	Puneet-Sanger	DMS-BW

Event 42	Boys A Grade 800m	3:30pm
	Record : 1:54.89	Standard : 2:30.00

Heat 1	1	Yung Cheuk Nam	SPC
	2	Gregory, Thomas Alfie Peter	TSIS
	3	Poon Wing Fung	HKUGA
	4	Lee Lok Hin	CYT
	5	Wong Hoi Pong	SYSS
	6	Lau Pak Ho	KTMC
	7	Lau Pak Lun	SKSS
	8	Ho Siu Shing	SFXC
	9	Chan Man Nok	CSK
	10	Choi Shun Heng	YWC
	11	Hu Ching Ham	CMASS
	12	Law Tsz Hin	CGHC
	13	Luo Wanwei	BHNC
	14	Chau Yuet Sang	PKMS
	15	Yan Ching Fung	CCCKT
	16	Vaswani Roshan Manohar Sayo	DMS-BW

Heat 2	1	Lam Chun Lok	KTMC
	2	Chen Yuguan	BHNC
	3	Teng Siu Yau	SKSS
	4	Li Chak Ho	CMASS
	5	Wong Long Hin	CSK
	6	Chung Chun Fung	SLS
	7	Stevenson Hoyos, Mateo James	KGV
	8	Nip Long Ho Adrian	PCMS
	9	Wan Tsz Him	YWC
	10	Li Kwan Pui	SFXC
	11	Wu Chun Kit	LYC
	12	Choi Cheuk Yin	CYT
	13	Wong Tsz Pan	LHYMSS
	14	Lo Fei Yin	HKUGA
	15	Chan, Ho Wai Howard	IS
	16	Ko Chee Ken	RC

Heat 3	1	Kwok, Jayden	IS
	2	Chan, Wesley Yuenho	KGV
	3	Pang Sze Lok	PKMS
	4	Singh, Dhillon Bhupinder	TSIS
	5	Yuan Xiao Rui	PCMS
	6	Lee Man Ka	RC
	7	So Cheuk Hin	SLS
	8	Zhong Jiaming	CMT
	9	Lam Chun Kit	SYSS
	10	Chan Chun Man	CCCKT
	11	Liu Tsz Fung	SPC
	12	Luk Wang Hei Isaac	LYC
	13	Tong Tsun Ming	CGHC
	14	Cheng Alex	LHYMSS
	15	Muhammad Hamza	DMS-BW

Event 43	Girls C Grade 200m	4:10pm
	Record : 25.77	Standard : 33.00

Heat 1	1	Norton Isabella Tam	SSCS
	2	Lam Lok Yin Raelyn	HFCC
	3	Ha, Seen Yan Sophie	SMCC
	4	Cheung Yin Yin Hebe	SCGS
	5	Tam Nok Ching Eunice	SKSS
	6	Van Amelsfoort Sammi	CREATIVE
	7	Cheung Cheuk Yin	PTMS
	8	Tsang Lok Tung Vanice	STSS

Heat 2	1	Sin Ching Hei Selina	SCGS
	2	Yeung Po Yuk	HSS
	3	Yuen Pak Ching	CMT
	4	Ngan Chloe Hoi Yiu	SSCS
	5	Hung Tin Wing	LA
	6	Poon Charvanna Sze-Wing	STSS
	7	Yau Man Hei	SHCC
	8	Li Pui Yu	FSS-KT

Heat 3	1	Wong, Yee Ching Kirsten	IS
	2	Man Sing Ching	FSS-KT
	3	Chan Pui Ching	HTC
	4	Chan Wing	SKSS
	5	Chan Yu Yin Miffy	HSS
	6	Tai Yuet Yi	SMCESPS
	7	Ho Cheuk Wing Wins	YWG

Heat 4	1	Pang Yan Tung	CMT
	2	Liu Hau Yui Emma	SMCESPS
	3	Cheung Wai Lam	MSS
	4	Wong Chun Ying	HKTLC
	5	Davies Rhyannon Lillian Putri	CREATIVE
	6	Luk Tsz Ching Katreena	TLMSHK
	7	Chow Ka Nam	PTMS

Heat 5	1	Siu, Hoi Fan	SMCC
	2	Lo Hoi Yan	YWG
	3	Kwok Wing Kiu	UCC-KE
	4	Tse Sum Ying	HTC
	5	Lee Hoi Nam Vinci	HPCCSS
	6	Chan Wing Yee	SPS
	7	Hamilton-Bram, Anna Sophie	IS

Heat 6	1	Tang Nga Man Stephanie	SHCC
	2	Wu Hoi Ting	TLMSHK
	3	Yu Ching Sem	SPS
	4	Lam Chin Yu	HPCCSS
	5	Szeto Hau Yau	MSS
	6	Wong Long Ying Annise	LA
	7	Liu Wing Yan	HKTLC

Event 44	Girls B Grade 200m	4:10pm
	Record : 24.96	Standard : 32.20

Heat 1	1	Tsang Michelle Danielle	TLMSHK
	2	Loo Kar Wan	LA
	3	Yau Tsz Ching	CREATIVE
	4	Ng Yan Kiu	YWG
	5	Fong Sze Yi Olina	SMCESPS
	6	Mok Yat Kiu	MSS
	7	Tam Yan Q	STSS
	8	Liu Sum Chit	UCC-KE
Heat 2	1	Pang Cheuk Wing Janis	MSS
	2	Wong Siu Yau	HKTLC
	3	Fu Sau Ching	FSS-KT
	4	Wolf, Liv-Isabel	IS
	5	Tsang Kei Laam	LA
	6	Ng Hoi Ying Hannah	SSCS
	7	Vong Nok Yiu Huette	UCC-KE
Heat 3	1	Chan Sik Yu Sheryl	SCGS
	2	Cheung Chi Yan	SHCC
	3	Lin Yu Ting	HPCCSS
	4	Chung Siu Tung	SPS
	5	Tse Hang Wa	HTC
	6	Yau Man Tung	HSS
	7	Yau Ching	CMT
Heat 4	1	Lo Wing Lam	PTMS
	2	Chan Ching Tung	HFCC
	3	Lau Ka Yui Katrina	HSS
	4	Lau Siu Yui	HPCCSS
	5	Lau, Chung Yan Joanna	SMCC
	6	De'eb Isabella Juliette Jacqueline	CREATIVE
	7	Chan Cheuk Yan	SMCESPS
Heat 5	1	Chan Ho Ching Mona	TLMSHK
	2	Bao Yufei	STSS
	3	Sze On Ki	PTMS
	4	Lee Yeuk Hei Audrey	SHCC
	5	Tan Shuyu	SSCS
	6	Ho Wai Ling	SKSS
	7	Cox, Elie Marie	IS
Heat 6	1	Yong Tsz Ching	HTC
	2	Lam, Yan Tung	SMCC
	3	Lam Yan	YWG
	4	Kok Hau Lam	SKSS
	5	Chan Ka Tung	FSS-KT
	6	Chan Summer	HKTLC
	7	Kwok Wing Tung Nicole	SCGS

Event 45	Girls A Grade 200m	4:10pm	
	Record : 24.31	Standard : 32.00	
Heat 1	1	Yeung Twiggy	SSCS
	2	Lopez, Naomi Isabelle	IS
	3	Wong Hoi Lam	SHCC
	4	Fung Tsz Ching	FSS-KT
	5	Ho, Wan Yui Sonia	SMCC
	6	Jeanbourquin Joelle	SCGS
	7	Lo Tsz Ching	HFCC
	8	Cheung Cho Tung	PTMS
Heat 2	1	Chan Tsz Yau	TLMSHK
	2	Ho Ching Lam	PTMS
	3	Chan Hoi Tung	SKSS
	4	Chan Wing Lam	HTC
	5	Wong Ka Po	HKTLC
	6	Dik Kei Wing	SMCESPS
	7	Tsang Wing Nam	HSS
	8	Leung Ying Kei Jessica	YWG
Heat 3	1	Ng Wing Haang	SKSS
	2	Yuen Wing Yan	HTC
	3	Kwong Wing Tung	HKTLC
	4	Lee Cheuk Ying	STSS
	5	Wong Chun Ning	SSCS
	6	Qiu Huiqi	HPCCSS
	7	Sidley Maia Ann	CREATIVE
Heat 4	1	Lee Ka Yan	HPCCSS
	2	Tsang Chiu Yin Shannon	YWG
	3	Lee Chi Yin	TLMSHK
	4	Tsang Tsz Fei Felicia	LA
	5	Poon Shing Lam	HFCC
	6	Fung Hei Yin	SMCESPS
	7	Lam Hoi Tong	SPS
Heat 5	1	Nizal Jasmine Ashley Manalo	CREATIVE
	2	Li Jing	FSS-KT
	3	Lau Ka Yu Siobhan	SCGS
	4	Choy, Ho Chi	SMCC
	5	Fong Ayanna Po Suet	SHCC
	6	Bradley, Georgina Harriette	IS
	7	Yang Lok Ying	HSS

Event 46	Boys C Grade 200m	4:45pm	
	Record : 22.59	Standard : 29.00	
Heat 1	1	Lee Kim Ho	CMASS
	2	Ng Lok Tin	BHMK
	3	Chen Ho	CCCKT
	4	Yeung Chun Kiu	PCMS
	5	Chan Chun Yin	LYC
	6	Wong Hei Long Jasper	LHYMSS
	7	Cheng Pok Man	SFXC
	8	Tso Kai Man	HKUGA

Heat 2	1	Shek Tin Long	SPC
	2	Deng Yip Ying	CMT
	3	Chan Po Lam	SLS
	4	Wong King Ting Cannan	DMS-BW
	5	Kwok, Him Ching	IS
	6	Tsui Yin Hei Adrian	RC
	7	Lee, Hin Ting Rhys	TSIS
	8	Cheung Wing Hei	SYSS

Heat 3	1	Tho Jonathan	HKUGA
	2	Chan Ka Hin	CSK
	3	Leung Hui Ming	LYC
	4	Chiu Sing Yu	KTMC
	5	Kwok Chung Hei Jayden	RC
	6	Wong, Cheuk Lun	IS
	7	Leung Chi Hang	YWC
	8	Kang, Byung Ho	KGV

Heat 4	1	Tun Long Yung Cassius	PKMS
	2	Chan Chun Wai	LHYMSS
	3	Chan Chi Hin	CMASS
	4	Chen Qile	CGHC
	5	Law Yui Chit	SPC
	6	Tung Hon Lam	SLS
	7	Cheung Ka To	SFXC
	8	Li Junxi	SKSS

Heat 5	1	Ng Chi Yuen	CMT
	2	Ho Kin Chun Eugene	YWC
	3	Kong Tsz Wing Samson	CSK
	4	Pumicpic Zherafin	DMS-BW
	5	Chan Cheuk Kin	CCCKT
	6	Lok Ho Him Ryan	SYSS
	7	Ho Yun Ka	BHNK
	8	Leung Tsz Tsun	CYT

Heat 6	1	Koo Pok Man	SKSS
	2	Wong Wang Kit	CYT
	3	Halliday Callum John	KGV
	4	Fong Cheston	PKMS
	5	Li Siu Wang	CGHC
	6	Yau Yik Laam	KTMC
	7	Wong, Ambrose Ue Hin	TSIS
	8	Lau Hiu Leong	PCMS

Event 47	Boys B Grade 200m	4:45pm
	Record : 21.90	Standard : 26.80

Heat 1	1	Diwakar, Sumukh	KGV
	2	Chong Chun Hei Isaac	SPC
	3	Zhang Pinzhi	BHNK
	4	Li Lok Him	SYSS
	5	Lee, Jayden Ho Lam	TSIS
	6	Sit Lok Yin Pasco	HKUGA
	7	Lam Ting Ngai	CCCKT
	8	Wong Yat Chun	PCMS

Heat 2	1	Wong Cheuk Him Jason	LYC
	2	Man, Sau Ching Isaac	KGV
	3	Yung Chi Ben	RC
	4	Jun, Chaemin	TSIS
	5	Chan Ka Ming Gary	CSK
	6	Li Jia Jun	CMT
	7	Pun Subas	DMS-BW
	8	Lo Tsz Long Davy	CGHC

Heat 3	1	Tang, Yu Hin	IS
	2	Fu Haojian	BHNC
	3	Tsang Chiu Yin	SKSS
	4	Leung Siu Hang	SLS
	5	Wong Chun Ting	CMT
	6	Yuen Kam Piu	KTMC
	7	Lo Jason Hin Wah	PKMS
	8	Lin Tsz Chung	CMASS

Heat 4	1	Wong Yiu Wai	LYC
	2	Yeung Chung Hei	CCCKT
	3	Sinclair, Sebastian Stuart	IS
	4	Lu Haoxuan	CSK
	5	Tang Yik Long	SFXC
	6	Liu Chak On	HKUGA
	7	Yeung Man Chi	PCMS
	8	Yau Leong Yan Nathan	YWC

Heat 5	1	Lau Ming Tai	CYT
	2	Tian Huolin	RC
	3	Cheung Ching Tai	CGHC
	4	Chan Ting Fung	SYSS
	5	Kwok Zhe Francesco	SFXC
	6	Lau Kwan Yin	YWC
	7	Purja Pun Yug	DMS-BW
	8	Yeung Kit Chuen	CMASS

Heat 6	1	Chen Chun Yuet	SLS
	2	Lam Yin Hei	SKSS
	3	Li Ming Kin	KTMC
	4	Ma Tsz Kit	LHYMSS
	5	Keung Wun Yu	SPC
	6	Chan Yin Wang	PKMS
	7	Lok Pak Hei	CYT

Event 48	Boys A Grade 200m	4:45pm
	Record : 21.91	Standard : 26.10

Heat 1	1	Tsoi Wang Kai	LHYMSS
	2	Li Chun Ho	CCCKT
	3	Waseem Ahmad	CGHC
	4	Chau Ming Chun Alwyn	CSK
	5	Lu Tin Yau	SYSS
	6	Hung Tung Kai	PKMS
	7	Chen Yang	BHNC
	8	Ng, Man Him	TSIS

Heat 2	1	Zhang Chak Ka	CGHC
	2	Moorjani, Aryan Anil	KGV
	3	Lin, Yu-Shiun	IS
	4	Wong Tsz Chun	SKSS
	5	Cheng Ethan Tsun Hei	SLS
	6	Leung Yu Hin	LYC
	7	Ng Tsz Hin Joshua	CYT
	8	Hui Tsun Ting	SFXC
Heat 3	1	Chen Wing Chi	BHNC
	2	Ngai Marcus Siu Yin	RC
	3	Lam, Pui Tung	IS
	4	Vrijmoed Justin	SPC
	5	Bijur, Rishabbh	KGV
	6	Ho Ming Yeung	CMT
	7	Chan Ka Ho	SFXC
	8	Lin Daoyan	LHYMSS
Heat 4	1	Chak Ho Hin	YWC
	2	Ngan Chun Kit	SYSS
	3	Ke Bai Qian	CSK
	4	Tsan Hau Man	CCCKT
	5	Lung Yat Ming	SLS
	6	Cheung Tsz Yu	CMT
	7	Chen Pok Kwan	CMASS
	8	Lai Cheuk Kiu	KTMC
Heat 5	1	So Cheuk Chun	LYC
	2	Chiang Kwan Yin	RC
	3	Sukhraj-Singh	DMS-BW
	4	Wei Weizhen	CMASS
	5	Lui, Tsz Kiu Jeremy	TSIS
	6	Leung Chun Kiu	HKUGA
	7	Tsang Hoi Kwong	PCMS
	8	Ma Siu Chung	YWC
Heat 6	1	Ho Ka Shing	CYT
	2	Liao Tsz Chiu	PKMS
	3	Ngai Hok Lam	KTMC
	4	Mong Ka Lok	SKSS
	5	Ku Pak Hin	SPC
	6	Mohammad Adeeb	DMS-BW
	7	Wong Hoi Yuen Xavier	HKUGA