

Inter-School Athletics Competition 2023-2024  
Division Two

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**Official List**

Convenor	:	Mr. Ma Kai Yee	SSCS
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 2. Mr. Mak Ho Nam 3. Mr. Yip Kin Wing	HKTLC CYT HKTLC	- Chief	4. Mr. Wong Ching Kwan Bill 5. Mr. Ho Wai Kit	SLS SYSS
Long Jump	:	1. Mr. Ho Hoi Kit 2. Ms. Lo Hiu Fung 3. Ms. Joyce Tung	LA CMASS HFCC	- Chief	4. Ms. Yau Fung Ting 5. Ms. Tse Hoi Ling	SCGS TLMSHK
Triple Jump	:	1. Mr. Tang Sui Pong 2. Mr. Chu Chun Kit 3. Ms. Wong Hoi Yan	SYSS CGHC CGHC	- Chief	4. Mr. Chu Chi Kwong 5. Mr. King Tsang	CGHC CSK IS
Shot Put	:	1. Ms. Li Hoi Ling 2. Ms. Lee Yat Lam 3. Ms. Kwan Wylam	LHYMSS CMASS PTMS	- Chief	4. Mr. Li Kwok Chun 5. Mr. Ng Yat Hin	SFXC SFXC
Discus	:	1. Mr. Yuen Kwan Wing 2. Ms. Gloria Ng 3. Mr. Kho Hon Lam	KTMC HFCC KTMC	- Chief	4. Ms. Lam Hiu Wa 5. Ms. Wong Man Sze	PTMS STSS
Javelin	:	1. Mr. Sze Tang Ho 2. Mr. Ng Wai Lok 3. Ms. Kong Sin Yee	PKMS FSS-KT HTC	- Chief	4. Mr. Wong Wai Kiu 5. Mr. Yeung Lai Him 6. Ms. Kong Fung Yiu	SPC SPC 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 Two 04 March 2024

8:15 AM Officials report to duty

This timetable serves as a guide only. The actual event may be held ahead or behind the scheduled time.

Competitors are requested to turn up at least 1 hour before the scheduled time of the event.

	No.	Time	Event		Heats /	Semi-Final	/ Final
		8:15am	Officials Report (工作人員報到)				
AM	1	8:30am	Shot Put (鉛球)	Boys B			47
	2		High Jump (跳高)	Boys C			42
	3		Javelin (標槍)		Girls B		37
	4		Long Jump (跳遠)		Girls C		44
	5		400m Hurdles (欄)	Boys A		2	
	6	8:45am	200m		Girls C		3
	7		"		Girls B		2
	8		"		Girls A		2
	9		"	Boys C			3
	10		"	Boys B			3
	11		"	Boys A			2
	12	9:25am	1500m	Boys C			12
	13		"	Boys B			12
	14		"	Boys A			12
	15		"		Girls C		37
	16		"		Girls B		33
	17		"		Girls A		35
	18	10:30am	High Jump (跳高)		Girls B		37
	19		Long Jump (跳遠)	Boys B			47
	20		Javelin (標槍)		Girls A		36
	21		Shot Put (鉛球)		Girls B		44
	22		100m		Girls C		3
	23		"		Girls B		3
	24		"		Girls A		2
	25		"	Boys C			3
	26		"	Boys B			3
	27		"	Boys A			3
	28	11:00am	400m		Girls C		3
	29		"		Girls B		2
	30		"		Girls A		2
	31		"	Boys C			3
	32		"	Boys B			3
	33		"	Boys A			3
	34	11:45am	100m Hurdles (欄)		Girls C		2
	35		"		Girls B		2
	36		"		Girls A		2
	37		"	Boys C			2
	38		"	Boys B			2
	39		110m Hurdles (欄)	Boys A			2
PM	40	12:30pm	Discus (鐵餅)	Boys C			48
	41	1:30pm	Shot Put (鉛球)	Boys A			46
	42		4 x 100m Relay (接力)		Girls C	3	
	43		"		Girls B	3	
	44		"		Girls A	3	
	45	2:00pm	"	Boys C			3
	46		"	Boys B			3
	47		"	Boys A			3
	48	2:30pm	Discus (鐵餅)	Boys B			46
	49		4 x 400m Relay (接力)		Girls C	3	
	50		"		Girls B	3	
	51		"		Girls A	3	
	52	3:30pm	"	Boys C			3
	53		"	Boys B			3
	54		"	Boys A			3

## 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	BHNC	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	CMASS	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

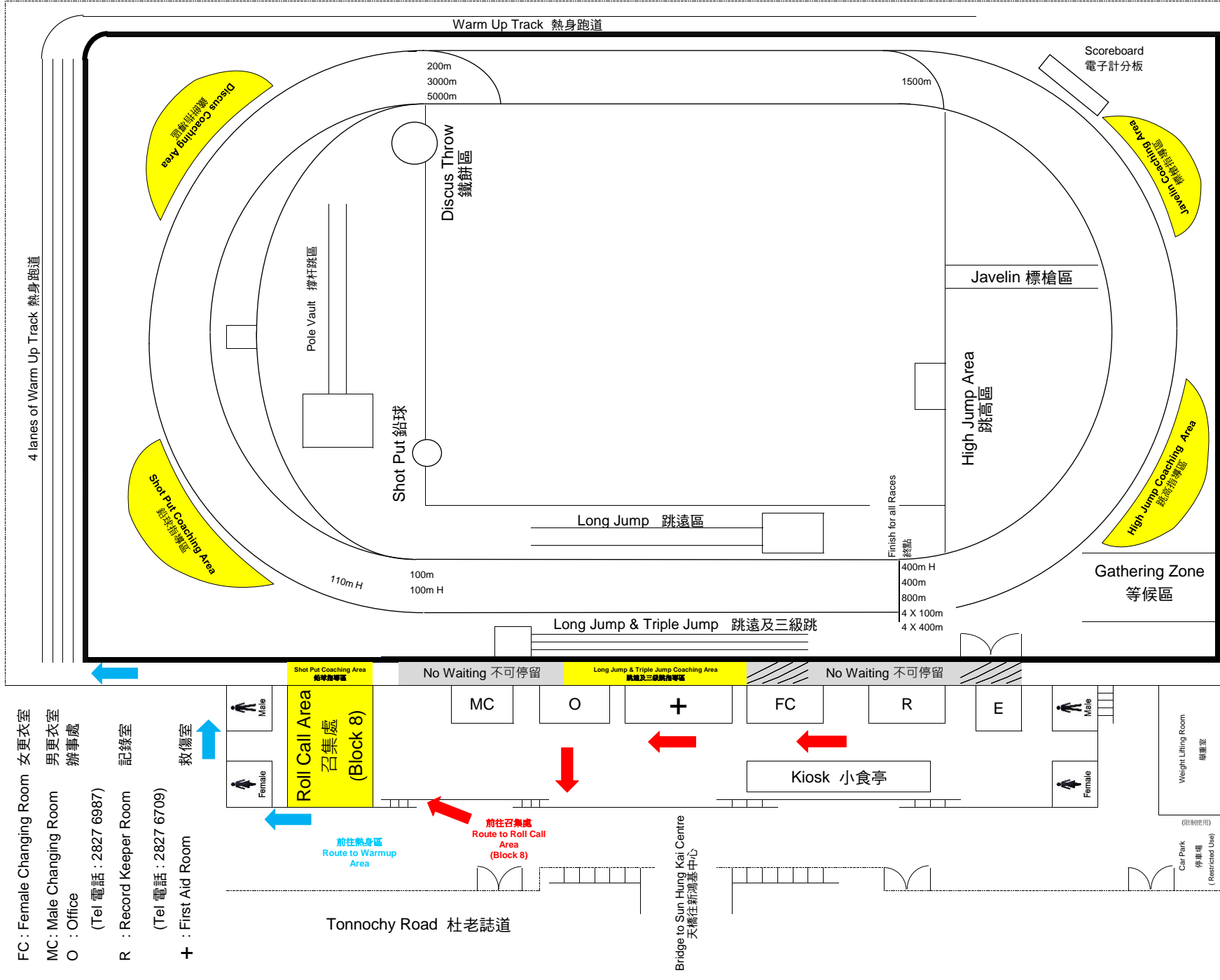
(Tel 電話 : 2827 6987)

R : Record Keeper Room 記錄室

(Tel 電話 : 2827 6709)

+ : First Aid Room 救傷室

Hung Hing Road 鴻興道



Not to Scale 不按比例

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

**Management of Relay Races**

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

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

**4 x 400m Relay Race**

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

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

Inter-School Athletics Competition  
Division Two  
Day Two

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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

**Boys Overall**

Position	School	A	B	C	Total
1	TWGHs Chang Ming Thien College	26	29	30	85
2	CMA Secondary School	22	35	16	73
3	Ying Wa College	20	18	28	66
4	HKUGA College	15	19	27	61
5	St. Paul's College	20	25	14	59
6	Pui Ching Middle School	20	19	19	58
7	Chan Sui Ki (La Salle) College	28	17	10	55
8	St. Louis School	23	13	13	49
9	King George V School	14.5	17	15	46.5
10	Chong Gene Hang College	18	13	15	46
11	Christian & Missionary Alliance Sun Kei Secondary School	11.5	19	13	43.5
12	CCC Kei To Secondary School	15	17	11	43
13	The South Island School	15	14	13	42
13	Sing Yin Secondary School	15	14	13	42
15	Pui Kiu Middle School	10	14	13	37
16	Delia Memorial School (Broadway)	9	14	13	36
17	St. Francis Xavier's College	5	13	16	34
18	STFA Cheng Yu Tung Secondary School	9	12	9	30
19	Kwun Tong Maryknoll College	6	11	7	24
19	Island School	7	11	6	24
21	Buddhist Ho Nam Kam College	1	18	3	22
22	TWGHs Lui Yun Choy Memorial College	5	8	8	21
22	Lingnan Hang Yee Memorial Secondary School	7	5	9	21
24	Raimondi College	1	9	8	18

Inter-School Athletics Competition 2023-2024

Division Two

Day One 28 February 2024

**Girls Overall**

Position	School	A	B	C	Total
1	Hoi Ping Chamber of Commerce Secondary School	33	18	17	68
2	Pooi To Middle School	20	19	20	59
3	St. Margaret's Co-Educational English Secondary and Primary School	28	17	10	55
4	St. Stephen's College	16	20	9	45
5	Ying Wa Girls' School	12	17	15	44
6	TWGHs Chang Ming Thien College	18	14	11	43
7	True Light Middle School of Hong Kong	22	9	10	41
8	St. Teresa Secondary School	20	9	10	39
9	Island School	9	11	15	35
9	Creative Secondary School	4	24	7	35
11	Sacred Heart Canossian College	4	18	10	32
12	Hong Kong True Light College	19	3	8	30
13	Holy Trinity College	12	11	6	29
14	United Christian College (Kowloon East)	5	19	4	28
15	Hotung Secondary School	20	5	1	26
16	Marymount Secondary School	3	10	10	23
16	Christian & Missionary Alliance Sun Kei Secondary School	8	6	9	23
18	Fukien Secondary School (Kwun Tong)	7	8	7	22
19	Holy Family Canossian College	10	7	4	21
19	St. Mary's Canossian College	4	7	10	21
21	HKCCCU Logos Academy	1	8	10	19
22	St. Clare's Girls' School	4	4	6	14
23	St. Paul's School (Lam Tin)	2	0	2	4

Inter-School Athletics Competition 2023-2024

Division Two

Day Two 04 March 2024

Event 1	Boys B Grade Shot Put	8:30am
	Record : 16.33	Standard : 9.00
Final	1 Lin Lixin	CMT
	2 Singh Gurniv	DMS-BW
	3 Li Pak Hei	HKUGA
	4 Lam Ye Rang	CCCKT
	5 Chan Sing Yuen	LYC
	6 Macatuman Tobin Bradley	SLS
	7 Chui Man Him	LHYMSS
	8 Chan Chun Yuk	BHMK
	9 Ho Siu Hei	SFXC
	10 Smith Charles Zachary	CGHC
	11 Wong, Aidan	TSIS
	12 Cui Yu Xuan	PCMS
	13 Lam Sze Chai	CCCKT
	14 Ng Ho Long	CGHC
	15 Samus, Viktor	KGV
	16 Chow Hong Jun Louis	KTMC
	17 Ke Chun Nam	CMASS
	18 Fan Alex	SYSS
	19 Singh Subhraj	DMS-BW
	20 Donovan, Aidan Fitzgerald	TSIS
	21 Cheng Tung Ho	HKUGA
	22 Yam Ming Hon	SFXC
	23 Lee Sui Choi	CSK
	24 Wong Lok Hang	CMASS
	25 Cheng Kit	CYT
	26 Wong Yee Him	SKSS
	27 Fan Dingqi	PKMS
	28 Chow Pak Yin	CYT
	29 Chow Conan Chun Kiu	PCMS
	30 Tsui Ying Yeung Gordon	YWC
	31 Lee, Michael Damon Thomas	KGV
	32 Zhang Zhihan	CSK
	33 Zheng Chak Lam	BHMK
	34 Yuen Wang Chun Carson	YWC
	35 Wong Ka Long	PKMS
	36 Chan Kwan Nock	SYSS
	37 Yan Wai Kit	KTMC
	38 Fung Hon Sang	LYC
	39 Wen Ka Chun	CMT
	40 Lin Chun Kwan	SPC
	41 Wong Yu Hin	SKSS
	42 Wen Zhongquan	RC
	43 Wang, Russell	IS
	44 Tai Shin Heng Godfrey	RC
	45 Chhetri, Madan	IS
	46 Chou Jun Jie	SLS
	47 Chan Yat Nam	SPC

Event 2	Boys C Grade High Jump	8:30am
	Record : 1.86	Standard : 1.30
Final	1	Abbott, Jordan Matthew IS
	2	Li Yiu Fai CCCKT
	3	Leung Ambrose PCMS
	4	Wen Pak Hung SFXC
	5	Au Ching Yeung CSK
	6	Wong Cheuk Hei CMASS
	7	Wong Yik Him SFXC
	8	Lee Ka Kit CMT
	9	Sun Pak Chung Patrick YWC
	10	Park, Jaewan TSIS
	11	Lam Ka Hei LYC
	12	Chan Hiu Hei LHYMSS
	13	Tsang Ka Lok SYSS
	14	Xiong, Jason TSIS
	15	Wong Kwan Hang CGHC
	16	Cheng Pok Man Humphrey SKSS
	17	Chan Pak Ho CYT
	18	Yiu Yat To SYSS
	19	Chen Yu To Jerry CMASS
	20	Zhang Yifan HKUGA
	21	Liu Yuk Yiu PCMS
	22	Cheung Sing Yu LHYMSS
	23	Kwan Jayden CMT
	24	Kwok Chun Ting SPC
	25	Chan Chun Hin CCCKT
	26	Chiu Sing Yu KTMC
	27	Thapa Magar Mipang DMS-BW
	28	Li Kai Chi PKMS
	29	Padda Parmbeer Singh DMS-BW
	30	Bhankharia Dhrish KGV
	31	Mak Wai Tik Isaac PKMS
	32	Leung Jaydn Pak Kiu KGV
	33	Chung Pak Yin SLS
	34	Tsang , Karsten Ignatius IS
	35	Cheng Ho Long SKSS
	36	Ho Aiden Chunyin HKUGA
	37	Man Kenneth SPC
	38	Sandoval Zachariah Oliver Baldon SLS
	39	Li Lai Fung CYT
	40	Yu Pak Him LYC
	41	Xu Yi Lok CGHC
	42	Guo Hai Feng YWC

Event 3	Girls B Grade Javelin	8:30am	
	Record : 48.10	Standard : 13.50	
Final	1	Kwok Hong Ching	LA
	2	Chang Tsz Yan	SMCESPS
	3	Ma Hon Nah Wyeneth	HSS
	4	Ng, Kaeli Musa	IS
	5	Kwok Hoi Tung	LA
	6	Yu Ho Yan	HKTLC
	7	Ng Yi Ching	SSCS
	8	Tsui Natalie Yuki	SCGS
	9	Chan Ying Chuk	SSCS
	10	Yau, Tsoi Man	CREATIVE
	11	Tang Wing Sum	UCC-KE
	12	Chan Tsoi Yu	CMT
	13	Thapa Christine Joy Ganal	MSS
	14	Leung Sze Nga	SMCESPS
	15	Gurung Angie	SMCC
	16	Tang Hiu Yee	TLMSHK
	17	Lo Lok Yu	SKSS
	18	Cheng Yi Ching	SHCC
	19	Tang Wing Yu Winnie	SCGS
	20	Cheuk Hing Yi	PTMS
	21	Liu Hiu Yi	HKTLC
	22	Chan Hong Yau	HPCCSS
	23	Chan Wing Kiu	YWG
	24	Yau Hiu Tung	HSS
	25	Mark Ka Tung	SHCC
	26	Chan Ka Tung	FSS-KT
	27	Lai Yuet Yan	HTC
	28	Tam, Yi Nok	SMCC
	29	Li Yuet Ching	SKSS
	30	Ho Wing Hei Hailey	TLMSHK
	31	Suen Chui Yi	HFCC
	32	Yeung Ho Yam	YWG
	33	Cheng Kit Sze	CMT
	34	Yeung Hei Man	PTMS
	35	Rai Samiksha	MSS
	36	Ma Ka Ning	HPCCSS
	37	Pang, Natalie	IS



Event 4	Girls C Grade Long Jump		8:30am
	Record : 5.43		Standard : 3.40
Final	1	Wu Hoi Lam	STSS
	2	Lo Ting Chi	HKTLC
	3	Pan Amera	SHCC
	4	Lam Pak Wing Amber	MSS
	5	Lau Sin Kiu Katrina	TLMSHK
	6	Tan Yuwa	CREATIVE
	7	Chan Tsz Chin	SMCESPS
	8	Chong Yuen Lam	LA
	9	Choi Wing Tung	HTC
	10	Choi Hiu Tung	HPCCSS
	11	Kwok Bo Kei	TLMSHK
	12	Tai Yuet Yi	SMCESPS
	13	Lai Cheuk Ting	SKSS
	14	Yan Ho Yan	PTMS
	15	Tam Man Wai Wancy	SCGS
	16	Ateeq Zynah	CREATIVE
	17	Chan, Yan Tung Abby	SMCC
	18	Leung Wing Ching	FSS-KT
	19	Kwong Yau Ching	STSS
	20	Wang Nga Chit	HKTLC
	21	Yuen Tsz Yuet	HSS
	22	Wong, Sze Wing	IS
	23	Mak Chi Kwan	SSCS
	24	Cheung, Hau Nok Abby	SMCC
	25	Mo Tsit Yu	UCC-KE
	26	Sze Hoi Ching	FSS-KT
	27	Mang Ching Yau Melrose	MSS
	28	Wong Anne-Marie	HFCC
	29	Wong Chui Ying	CMT
	30	Wong Sze Hang	SSCS
	31	Wong Cheuk Lok Cherish	SCGS
	32	Lam Chin Yu	HPCCSS
	33	Lo Wing Ki	SPS
	34	Lai Lok Yee	HTC
	35	Lam Yong Xi	SPS
	36	Mak Wing Sum	SHCC
	37	Mok Hiu Yin	HSS
	38	Zhu Tung Fei	HFCC
	39	Yu Tsz Tung	YWG
	40	Leung Hei Tung	LA
	41	Pun Sze Wing Athena	PTMS
	42	Lau, Leah	IS
	43	Ip Chui Yi Jade	CMT
	44	Leung Wai Ching	SKSS

Event 5	Boys A Grade 400m Hurdles		8:30am
	Record : 52.86		
Semi-Final 1	1	Cheung Chun Hei	LHYMSS
	2	Yu Hon Chiu	CGHC
	3	Wong Ming Hin	KTMC
	4	Quint Carbonell, Sebastian	TSIS
	5	Ng Tsz Yeung	SLS
	6	Yuen Tsz Him	SLS
	7	Chow Chun Ki	PCMS
	8	Chu Hau Yin Jeffrey	CCCKT

Semi-Final 2	1	Lu Chun Pan	CSK
	2	Nip Long Ho Adrian	PCMS
	3	Wong Tsz Chung	CMT
	4	Keung Pak Kin	LHYMSS
	5	Lam Kit Lun	CMASS
	6	Ho Man Hei	CGHC
	7	Wong Hei Shun	CCCKT
	8	Mohammad Moiz Anwar	DMS-BW

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Event 6      Girls C Grade 200m      8:45am  
Record : 25.77

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Semi-Final 1	1	Yau Man Hei	SHCC
	2	Ngan Chloe Hoi Yiu	SSCS
	3	Szeto Hau Yau	MSS
	4	Luk Tsz Ching Katreena	TLMSHK
	5	Tsang Lok Tung Vanice	STSS
	6	Hung Tin Wing	LA
	7	Man Sing Ching	FSS-KT
	8	Van Amelsfoort Sammi	CREATIVE

Semi-Final 2	1	Tang Nga Man Stephanie	SHCC
	2	Wong Long Ying Annise	LA
	3	Ho Cheuk Wing Wins	YWG
	4	Wu Hoi Ting	TLMSHK
	5	Yuen Pak Ching	CMT
	6	Davies Rhyannon Lillian Putri	CREATIVE
	7	Tai Yuet Yi	SMCESPS
	8	Poon Charvanna Sze-Wing	STSS

Semi-Final 3	1	Kwok Wing Kiu	UCC-KE
	2	Siu, Hoi Fan	SMCC
	3	Liu Hau Yui Emma	SMCESPS
	4	Lo Hoi Yan	YWG
	5	Liu Wing Yan	HKTLC
	6	Cheung Wai Lam	MSS
	7	Lam Chin Yu	HPCCSS
	8	Cheung Cheuk Yin	PTMS

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Event 7      Girls B Grade 200m      8:45am  
Record : 24.96

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Semi-Final 1	1	Chan Ka Tung	FSS-KT
	2	Ng Hoi Ying Hannah	SSCS
	3	Chan Ching Tung	HFCC
	4	Pang Cheuk Wing Janis	MSS
	5	Tse Hang Wa	HTC
	6	Cox, Elie Marie	IS
	7	Wolf, Liv-Isabel	IS
	8	Lam Yan	YWG

Semi-Final 2	1	Lo Wing Lam	PTMS
	2	Chan Ho Ching Mona	TLMSHK
	3	Tam Yan Q	STSS
	4	Chan Cheuk Yan	SMCESPS
	5	Yong Tsz Ching	HTC
	6	Lam, Yan Tung	SMCC
	7	Sze On Ki	PTMS
	8	Lau, Chung Yan Joanna	SMCC

Event 8	Girls A Grade 200m	8:45am
	Record : 24.31	
Semi-Final 1	1 Tsang Chiu Yin Shannon	YWG
	2 Chan Tsz Yau	TLMSHK
	3 Qiu Huiqi	HPCCSS
	4 Yuen Wing Yan	HTC
	5 Tsang Tsz Fei Felicia	LA
	6 Lee Ka Yan	HPCCSS
	7 Ng Wing Haang	SKSS
	8 Lee Chi Yin	TLMSHK
Semi-Final 2	1 Lee Cheuk Ying	STSS
	2 Fung Hei Yin	SMCESPS
	3 Chan Wing Lam	HTC
	4 Choy, Ho Chi	SMCC
	5 Sidley Maia Ann	CREATIVE
	6 Yeung Twiggy	SSCS
	7 Kwong Wing Tung	HKTLC
	8 Tsang Wing Nam	HSS
Event 9	Boys C Grade 200m	8:45am
	Record : 22.59	
Semi-Final 1	1 Kang, Byung Ho	KGV
	2 Deng Yip Ying	CMT
	3 Cheung Wing Hei	SYSS
	4 Halliday Callum John	KGV
	5 Cheng Pok Man	SFXC
	6 Chan Ka Hin	CSK
	7 Cheung Ka To	SFXC
	8 Tun Long Yung Cassius	PKMS
Semi-Final 2	1 Chan Po Lam	SLS
	2 Tho Jonathan	HKUGA
	3 Lau Hiu Leong	PCMS
	4 Fong Cheston	PKMS
	5 Koo Pok Man	SKSS
	6 Tso Kai Man	HKUGA
	7 Tung Hon Lam	SLS
	8 Ho Kin Chun Eugene	YWC
Semi-Final 3	1 Lok Ho Him Ryan	SYSS
	2 Yeung Chun Kiu	PCMS
	3 Ng Chi Yuen	CMT
	4 Leung Hui Ming	LYC
	5 Shek Tin Long	SPC
	6 Wong Hei Long Jasper	LHYMSS
	7 Li Junxi	SKSS
	8 Kong Tsz Wing Samson	CSK

Event 10	Boys B Grade 200m		8:45am
	Record : 21.90		
Semi-Final 1	1	Lin Tsz Chung	CMASS
	2	Jun, Chaemin	TSIS
	3	Liu Chak On	HKUGA
	4	Sit Lok Yin Pasco	HKUGA
	5	Man, Sau Ching Isaac	KGV
	6	Li Ming Kin	KTMC
	7	Lau Kwan Yin	YWC
	8	Chong Chun Hei Isaac	SPC
Semi-Final 2	1	Lo Tsz Long Davy	CGHC
	2	Li Lok Him	SYSS
	3	Lu Haoxuan	CSK
	4	Chan Ka Ming Gary	CSK
	5	Keung Wun Yu	SPC
	6	Tang Yik Long	SFXC
	7	Zhang Pinzhi	BHNC
	8	Wong Yat Chun	PCMS
Semi-Final 3	1	Tian Huolin	RC
	2	Yau Leong Yan Nathan	YWC
	3	Yuen Kam Piu	KTMC
	4	Yeung Kit Chuen	CMASS
	5	Diwakar, Sumukh	KGV
	6	Fu Haojian	BHNC
	7	Sinclair, Sebastian Stuart	IS
	8	Tang, Yu Hin	IS
Event 11	Boys A Grade 200m		8:45am
	Record : 21.91		
Semi-Final 1	1	Lai Cheuk Kiu	KTMC
	2	Chak Ho Hin	YWC
	3	Chen Pok Kwan	CMASS
	4	Ke Bai Qian	CSK
	5	Lui, Tsz Kiu Jeremy	TSIS
	6	Tsang Hoi Kwong	PCMS
	7	Vrijmoed Justin	SPC
	8	Ngai Hok Lam	KTMC
Semi-Final 2	1	Leung Chun Kiu	HKUGA
	2	Wong Hoi Yuen Xavier	HKUGA
	3	Cheng Ethan Tsun Hei	SLS
	4	Chau Ming Chun Alwyn	CSK
	5	Ku Pak Hin	SPC
	6	Ng, Man Him	TSIS
	7	Zhang Chak Ka	CGHC
	8	Lam, Pui Tung	IS

Event 12	Boys C Grade 1500m	9:25am
	Record : 4:24.54	
Final	1 Cheng On Kit	CYT
	2 Bau Hok Yin Horace	YWC
	3 Chiu King Lok	KGV
	4 Leung Chun Him	CMT
	5 Fisher, Alexander Frederick	KGV
	6 Wong, Warren	TSIS
	7 Lee Caleb	SLS
	8 Leung Lok Yan	RC
	9 Ma Hoi Fan	PCMS
	10 Wong Chi Hang	HKUGA
	11 Chen Jun Nao	CMASS
	12 Limbu Adrian	DMS-BW
Event 13	Boys B Grade 1500m	9:25am
	Record : 4:10.65	
Final	1 Yang Ho Vincent	CMASS
	2 Yu Ka Yui	SYSS
	3 Ho Chun Hang	CMASS
	4 Lai Chun Lok	RC
	5 Tsui Hin Fung Herma	SPC
	6 Wong Chun Him	YWC
	7 Cagliarini, Georgio	KGV
	8 Fu Chun Wa	CMT
	9 Wong Tsz Chung	YWC
	10 Lam Yat Long	SKSS
	11 Zhang Zitong	PKMS
	12 Leung, Yuk Ming Zac	TSIS
Event 14	Boys A Grade 1500m	9:25am
	Record : 4:02.02	
Final	1 Chung Tak Chak	SYSS
	2 Lee Lok Hin	CYT
	3 Yu Cheuk Hei	PKMS
	4 Wan Tsz Him	YWC
	5 Hu Ching Ham	CMASS
	6 Li Chak Ho	CMASS
	7 Mahtani Pranav Aneel	KGV
	8 Mccorkell Randall Hoyiu	CSK
	9 So Siu Wai	SFXC
	10 Cheung Yu Curtis	SLS
	11 Choi Man Jit Isaac	PCMS
	12 Lo Hin Ching	YWC

Event 15	Girls C Grade 1500m	9:25am
	Record : 4:53.42	Standard : 6:50.00
Final	1	Ng Yi Yan PTMS
	2	Tang Pui Yu UCC-KE
	3	Ye Yutong HSS
	4	Tse Ka Yin CREATIVE
	5	Lo Cheuk Ying Zita SCGS
	6	Ip Agnes Nga Chi MSS
	7	Tik Yi Ching Zita STSS
	8	Chan Tsz Yin SMCESPS
	9	Wong Leong Chi YWG
	10	Yuen Hau Ying HPCCSS
	11	Tse, Lok Lam SMCC
	12	Poon Sze Ching Skylar SSCS
	13	Ho Hiu Ching Jocelyn PTMS
	14	Tang Nok Tung HTC
	15	Chang Charis TLMSHK
	16	Leung Man Hei Joanne SCGS
	17	Chan Jenkie Katelyn SSCS
	18	Schulz, Amelie Clara Zoe IS
	19	Yuan Yan Yuet CREATIVE
	20	Ip Sum Yau SMCESPS
	21	Cheung Man Hei HKTLC
	22	Wong Ka Yee HPCCSS
	23	Ng Hei Tung Chloe SKSS
	24	Chan Tsz Yan Vienne STSS
	25	Leung Man Kei Megan MSS
	26	Lee Wing Sze SHCC
	27	Chan Hoi Yi FSS-KT
	28	Zhou Yingtong HSS
	29	Fenwick, Charlotte Ashley IS
	30	Yue Peony HKTLC
	31	Au Hoi Ching YWG
	32	Lui Po Yiu SPS
	33	Kwok Yan Yi SHCC
	34	Chan Ting Yeung TLMSHK
	35	Kei, Lok Lam Mia SMCC
	36	Chow Muk Woo FSS-KT
	37	Folorunso Jennifer Joy Kelly HTC

Event 16	Girls B Grade 1500m	9:25am
	Record : 4:37.99	Standard : 6:50.00
Final	1 Lam Hiu Tan	YWG
	2 Wong Wing Yin	FSS-KT
	3 Wong, Tsz Mai	IS
	4 Lo Tsz Ching	SMCESPS
	5 Lee Ka Wing	HTC
	6 Kam Peony Mo Cheuk	TLMSHK
	7 Law Sik Syun Natasha	SCGS
	8 Siu, Hoi Lam	CREATIVE
	9 Wong On Yui	HPCCSS
	10 Yau, Tsoi Man	CREATIVE
	11 Ma Ho Ho	SSCS
	12 So Kei Ting	UCC-KE
	13 Au Oi Yu Angelina	SSCS
	14 Wong Ching Hei	HPCCSS
	15 Lam Karena Cheuk Nam	SCGS
	16 Xin Selina	FSS-KT
	17 Fung Sze Man	PTMS
	18 Lui Wing Nan	HSS
	19 Yam, Oi Lun	SMCC
	20 Chan Tsz Ting	PTMS
	21 Chan Wing	MSS
	22 Mok Wing Lam	HTC
	23 So, Hin Wing Stefany	SMCC
	24 Chan Hei Tung Isis	HKTLC
	25 Law Sum Yin	HSS
	26 Leung Sin Ching	HKTLC
	27 So Yu Hei	UCC-KE
	28 Chan Yin Yan	SHCC
	29 Fung Tsz Ching Christy	TLMSHK
	30 Ho Chung Yee	MSS
	31 Wong Ying Chi Chloe	SMCESPS
	32 Gaffney, Kanna	IS
	33 Shiu Wing Yiu	SHCC

Event 17	Girls A Grade 1500m	9:25am
	Record : 4:53.27	Standard : 6:50.00
Final	1 Yum Pui Ga Zoe	UCC-KE
	2 Kwong Tsz Yu	SMCESPS
	3 Louie Ho Ching	TLMSHK
	4 Chu Chi Kei	SHCC
	5 Grant Zi Ying Lindsey	MSS
	6 Xie Tsz Ching	HTC
	7 Man Yuet Ching	SHCC
	8 Xu Jiaxin	CMT
	9 Wong Kwok Tao	YWG
	10 Chan Beatrice	FSS-KT
	11 Lo Wan Ting	PTMS
	12 Chow Teresa Hiu Nam	SSCS
	13 Kwok, Hoi Kiu Sandra	CREATIVE
	14 Sun Ho Shuen	STSS
	15 Lai Wan In	HTC
	16 Tang Yee Ching Nice	HSS
	17 Homa Rachel	YWG
	18 Li Sau Kwan	HKTLC
	19 Yau Cheuk Ying	SPS
	20 Siu Cheuk Lam Colleen	MSS
	21 Ip, Kin Ching	IS
	22 Wong Tsz Ying Tiffany	SCGS
	23 Wu Hei Tung	PTMS
	24 Chan, Anson Yui Hei	IS
	25 Lai On Yiu	UCC-KE
	26 Lam Ka Po	HKTLC
	27 Au Ya Yuan	SSCS
	28 Yau, Tsz Tung Aubrey	SMCC
	29 Suen I Sho	HSS
	30 Yu Michelle Sze Wa	STSS
	31 Ho Ching Yi	HPCCSS
	32 Tang Yuen Shuen	FSS-KT
	33 Cheung Bianca	TLMSHK
	34 Ho, Kei Ying	SMCC
	35 Lui Hei Yiu	SMCESPS



Event 18	Girls B Grade High Jump	10:30am
	Record : 1.75	Standard : 1.23
Final	1	James Raphaela Valerie CREATIVE
	2	Chan Kei Yau Lyanne STSS
	3	Woo Sum Kei Placide MSS
	4	Li Hiu Ching PTMS
	5	Lau Ho Yau LA
	6	Nasayao, Sabella Jane Mana-Ay CREATIVE
	7	Law Ching Lam HSS
	8	Lau, Chung Yan Joanna SMCC
	9	Tao Kwan Po SMCESPS
	10	Law Yi Sheung YWG
	11	Fang Tsz Ying HTC
	12	Lin Ue Fei PTMS
	13	Chan Pui Yiu FSS-KT
	14	Wong Hiu Laam SHCC
	15	Yau Man Tung HSS
	16	Tsang Michelle Danielle TLMSHK
	17	Chow Ming Yan HPCCSS
	18	Kwok Oi Ching SHCC
	19	Yim Nga Ting TLMSHK
	20	Lau Lei Ping MSS
	21	Yau Yuet Ching UCC-KE
	22	Chan, Yi Wing IS
	23	Lau Ka Ling CMT
	24	Hung Sin Yu STSS
	25	Tsui, Hoi Kiu Mia SMCC
	26	Marsden, Alice Rachel IS
	27	Yau Yuet Tong UCC-KE
	28	Wong Candise Ching Kiu SCS
	29	Wong Kylie HTC
	30	Li Ka Yin Mika HKTLC
	31	Ng Ching Yui LA
	32	Tam Kwan Wing HKTLC
	33	Ke Pui Ching CMT
	34	Ting Tsz Ching Agnes SCS
	35	Choi Wing Tung HPCCSS
	36	Ng Yee Lam SKSS
	37	Yip Sze Ling SMCESPS

Event 19	Boys B Grade Long Jump		10:30am
	Record : 6.92		Standard : 4.70
Final	1	Cheung Lok Hin	CCCKT
	2	Leung Hui	SFXC
	3	Kwok Zhe Francesco	SFXC
	4	Tang On Kit	PCMS
	5	Salonga Samuel	DMS-BW
	6	Chung Melvin	CSK
	7	Purja Pun Yug	DMS-BW
	8	Liu Kam Leung	BHNK
	9	Wong Tsz Hong	BHNK
	10	Hurle, Maximilian John	TSIS
	11	Kwok Siu Chung	RC
	12	Lam Ming Hin	LHYMSS
	13	Chen Tsun Hei	PKMS
	14	Keung Yat Kiu	SLS
	15	Schroeder, Ryan Gabriel Rodriguez	KGV
	16	Wong Tsz Ho	CCCKT
	17	Lo Ching Long	PCMS
	18	Lau King Tung	LYC
	19	Fung Lok Him	CMT
	20	Lung Sze Hon	SKSS
	21	Jang, Zachary Zander	KGV
	22	Lee Ka Lok	CGHC
	23	Kam Tsz Kin	KTMC
	24	Cheung Sze Kit	PKMS
	25	Chan Ka Hin	CMASS
	26	Yau Ho Hin	SLS
	27	Lui Chun Ngai	KTMC
	28	Yeung Chun Hei	LYC
	29	Ho, Justin Shu-Juan	TSIS
	30	Chan Yu Shun	CMT
	31	Li Mingxiang	CGHC
	32	Tsai, Nicholas	IS
	33	Chan Chun Sui	CMASS
	34	Wong Ngo Fung	YWC
	35	Cheung Yik Kwok	CSK
	36	Ng Ping Wun	CYT
	37	Chan Wang Yui	SPC
	38	Dai Wing Wa	SYSS
	39	Choi, Caylen Ming Jo	IS
	40	Chan Chung Yin	YWC
	41	Yik Chak Him	RC
	42	Leung Yan Long	SKSS
	43	Shum Siu Chun	HKUGA
	44	Tsai Tung Shing Joe	SYSS
	45	Luo Tin Long	CYT
	46	Chan Yat Cho	SPC
	47	Hon King Hang	HKUGA

Event 20	Girls A Grade Javelin		10:30am
	Record : 47.16		Standard : 15.00
Final	1	Cheng Heung Tung	HFCC
	2	Kwok Tsz Ching	MSS
	3	Salaroli Giulia Czarina	HSS
	4	Tsang Yuen Ching Nicole	SHCC
	5	Yeung Tsz Yau Nicole	LA
	6	Law Wing Yan	SMCC
	7	Tang Ueny	SKSS
	8	Shi Cherry	CREATIVE
	9	Lau Wing Lam	SMCESPS
	10	Yick Tsz Tung	PTMS
	11	Cheung Ho Kwan	LA
	12	Li Wai Shan	YWG
	13	Fu Tsz Ching Nicole	SCGS
	14	Tse Yi Laam	HPCCSS
	15	Leung Sun Yin Esme	HSS
	16	Wong Chin Shun	SSCS
	17	Cheng, Lok Hey	SMCC
	18	Kam Chung Hei	YWG
	19	Wu Hoi Ching	FSS-KT
	20	Li Sau Kwan	HKTLC
	21	Leung Nga Yin	UCC-KE
	22	Liu Kary	PTMS
	23	Tsai Ching Yin	FSS-KT
	24	Keung Muk Yeung	SSCS
	25	Kwok Hoi Ying	SHCC
	26	Chan Tsz Wai	TLMSHK
	27	Bradley, Georgina Harriette	IS
	28	Lian Nga Ying	SMCESPS
	29	Zhang Xiyan	HTC
	30	Gong Wing Yam	SKSS
	31	Chan Cui Yi Cherie	TLMSHK
	32	Choi Hok Man	HTC
	33	Chan Hailey	HKTLC
	34	Xiao Jingjing	HPCCSS
	35	Leung Tsoi Yi Cherry	SCGS
	36	Lam, Milla	IS

Event 21	Girls B Grade Shot Put	10:30am
	Record : 12.25	Standard : 6.80
Final	1	Tong Wing Yan Michelle FSS-KT
	2	Chu Tsz Ying PTMS
	3	Thapa Christine Joy Ganal MSS
	4	Law Ching Lam HSS
	5	Gurung Angie SMCC
	6	Lee Sum Yin TLMSHK
	7	Ng Pui Chi HTC
	8	Chik Yan Ki CREATIVE
	9	Yu Ho Yan HKTLC
	10	Xing Jiawei PTMS
	11	Lee, Yu-Jung IS
	12	Tam Nga Man Kristy HFCC
	13	Ng Yuet Yee HPCCSS
	14	Chu Man Pui Polly SCGS
	15	Ng Tin Hang YWG
	16	Chiu Gi Ma HKTLC
	17	Chin Si Wing HFCC
	18	Cheung Sze Man HSS
	19	Liu Karol STSS
	20	Lai, Alicia IS
	21	Ng Tsz Kwan SHCC
	22	Leung Cho Yan Chloe CMT
	23	Cheung Ting Sam STSS
	24	Tong Tsz Wing SHCC
	25	Rai Samiksha MSS
	26	Yeung Choi Kiu Alvina SSCS
	27	Ting Tsz Ching Agnes SSCS
	28	Liu Whitney LA
	29	Leung Wai Sum SKSS
	30	Grange Alana Marie CREATIVE
	31	Kwok Hau Lam TLMSHK
	32	Man Nga SMCESPS
	33	Ho, Lai Ying SMCC
	34	Lam Ching Yan UCC-KE
	35	Tse Nga Lam SKSS
	36	Chan Ching Yiu SMCESPS
	37	Lai Hiu Tung Sumi SCGS
	38	Ng Zi Qi HPCCSS
	39	Ko Suet Ching Ali FSS-KT
	40	Lee Lok Yau UCC-KE
	41	Kwok Hoi Tung LA
	42	Jiang Huiru CMT
	43	Liu Yi Wan HTC
	44	Ng Yan Kiu YWG

Event 22	Girls C Grade 100m	10:30am
	Record : 12.37	
Semi-Final 1	1	Cheung Cheuk Yin PTMS
	2	Ngan Chloe Hoi Yiu SSCS
	3	Szeto Hau Yau MSS
	4	Wu Hoi Ting TLMSHK
	5	Fong Ka Man HKTLC
	6	Wong, Yan Yin SMCC
	7	Poon Charvanna Sze-Wing STSS
	8	Yau Ching Yi HFCC

Semi-Final 2	1	Leong Yuet Tung Amber	YWG
	2	Siu, Hoi Fan	SMCC
	3	Tsang Lok Tung Vanice	STSS
	4	Luk Tsz Ching Katreena	TLMSHK
	5	Cheung Wai Lam	MSS
	6	Man Sing Ching	FSS-KT
	7	Chan, Wing Fey Leah	IS
	8	Tang Nga Man Stephanie	SHCC
Semi-Final 3	1	Lai Cheuk Ting	SKSS
	2	Liu Hau Yui Emma	SMCESPS
	3	Wong Long Ying Annise	LA
	4	Hung Tin Wing	LA
	5	Liu Wing Yan	HKTLC
	6	Lam Ho Ching Chloe	SMCESPS
	7	Wong Tsz Kay	SHCC
	8	Yeung Hiu Ching	HPCCSS

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Event 23      Girls B Grade 100m      10:30am  
Record : 11.89

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Semi-Final 1	1	Lam In Ton	LA
	2	Cheung Yiu Gi Janice	CREATIVE
	3	Chan Ching Tung	HFCC
	4	Lam, Hoi Yan	SMCC
	5	Leung Hoi Lam	CREATIVE
	6	Chiu Wing Kiu Winky	YWG
	7	Lo Wing Lam	PTMS
	8	Mak Alicia	MSS

Semi-Final 2	1	Lau Siu Yui	HPCCSS
	2	Ng Hoi Ying Hannah	SSCS
	3	Lee Wai Ting	HTC
	4	Cox, Elie Marie	IS
	5	Chan Ho Ching Mona	TLMSHK
	6	Chia Lok Yee	YWG
	7	Lin Yu Ting	HPCCSS
	8	Wong Sze Kiu Kaschi	HSS

Semi-Final 3	1	Cheung Chi Yan	SHCC
	2	Cheung Hoi Ki	SSCS
	3	Kan Cheuk Lam Sharon	PTMS
	4	Chan Cheuk Yan	SMCESPS
	5	Pang Cheuk Wing Janis	MSS
	6	Bao Yufei	STSS
	7	Liu Yi Wan	HTC
	8	Tsang Kei Laam	LA

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Event 24      Girls A Grade 100m      10:30am  
Record : 11.85

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Semi-Final 1	1	Jeanbourquin Joelle	SCGS
	2	Jia Wai Yin	SMCESPS
	3	Yuen Wing Yan	HTC
	4	Hui Yau Hang Eunice	YWG
	5	Tse Yi Tung	HPCCSS
	6	Choy, Ho Chi	SMCC
	7	Lam Ming Wai	SKSS
	8	Ku Wan Ngai	HPCCSS

Semi-Final 2	1	Tsang Wing Nam	HSS
	2	Chan Tsz Yau	TLMSHK
	3	Chan Ki Jun	STSS
	4	Yeung Twiggy	SSCS
	5	Lam Ka Yu	SSCS
	6	Ku Tsui Yin	STSS
	7	Wong, Yee Tung Andrea	IS
	8	Chan, Hiu Yau	SMCC

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Event 25	Boys C Grade 100m	10:30am
	Record : 11.21	

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Semi-Final 1	1	Kong Tsz Yeung	SLS
	2	Tho Jonathan	HKUGA
	3	Cheng Pok Man	SFXC
	4	Chan Ka Hin	CSK
	5	Wong Hei Long Jasper	LHYMSS
	6	Halliday Callum John	KGV
	7	Chan Tsz Kiu	SYSS
	8	Ha, Jeongwoo	IS

Semi-Final 2	1	Tung Hon Lam	SLS
	2	Ng Chi Yuen	CMT
	3	Leung Hui Ming	LYC
	4	Lau Hiu Leong	PCMS
	5	Li Jun Ai Barnaby	SPC
	6	Kong Tsz Wing Samson	CSK
	7	Wong Cheuk Long	SPC
	8	Cheung Sing Yu	LHYMSS

Semi-Final 3	1	Leung Chi Hang	YWC
	2	Fong Cheston	PKMS
	3	Chak Karl Yau Jing	PCMS
	4	Tso Kai Man	HKUGA
	5	Li Junxi	SKSS
	6	Kang, Byung Ho	KGV
	7	Tun Long Yung Cassius	PKMS
	8	Feng Jia Wei	YWC

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Event 26	Boys B Grade 100m	10:30am
	Record : 10.63	

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Semi-Final 1	1	Chow Ho Sang	HKUGA
	2	Man, Sau Ching Isaac	KGV
	3	Zhang Pinzhi	BHMK
	4	Leung Wai Kwan	CSK
	5	Leung Siu Hang	SLS
	6	Jiang Zhijun	KGV
	7	Lau, Wang Chun Adrian	TSIS
	8	Sinclair, Sebastian Stuart	IS

Semi-Final 2	1	Tang Yik Long	SFXC
	2	Sit Lok Yin Pasco	HKUGA
	3	Li Lok Him	SYSS
	4	Chen Tsun Hei	PKMS
	5	Tian Huolin	RC
	6	Fu Haojian	BHMK
	7	Yu Chi Yan	YWC
	8	Chong Chun Hei Isaac	SPC

Semi-Final 3	1	Leung Yan Long	SKSS
	2	Jun, Chaemin	TSIS
	3	Lu Haoxuan	CSK
	4	Keung Wun Yu	SPC
	5	Yau Leong Yan Nathan	YWC
	6	Lok Pak Hei	CYT
	7	Lai Ethan Michael	KTMC
	8	Chau Ching Hin	LYC

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Event 27	Boys A Grade 100m	10:30am
	Record : 10.60	

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Semi-Final 1	1	Ng Tsz Hin Joshua	CYT
	2	Wong Hoi Yuen Xavier	HKUGA
	3	Wong Tsz Ho	CGHC
	4	Chow Wai Chi	KTMC
	5	Leung Chun Kiu	HKUGA
	6	Lam, Pui Tung	IS
	7	Ngai Hok Lam	KTMC
	8	Tong Chi Yip	SLS

Semi-Final 2	1	Chen Wing Chi	BHMK
	2	Chak Ho Hin	YWC
	3	Nishisako, Lucian Martin Weiseth	TSIS
	4	Ke Bai Qian	CSK
	5	Cheng Ethan Tsun Hei	SLS
	6	Tong Ho Yin	SKSS
	7	Zhang Chak Ka	CGHC
	8	Lau Kim Fung	PKMS

Semi-Final 3	1	Li Chun Ho	CCCKT
	2	Ng, Man Him	TSIS
	3	Ku Pak Hin	SPC
	4	Chau Ming Chun Alwyn	CSK
	5	Moorjani, Aryan Anil	KGV
	6	Lam Tsz Kiu	SPC
	7	Wang Zibin	LHYMSS
	8	Wong Tsz Chun	SKSS

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Event 28	Girls C Grade 400m	11:00am
	Record : 58.64	

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Semi-Final 1	1	Wong, Yee Ching Kirsten	IS
	2	Chan Sze Wan	SKSS
	3	Zhang Qiaoruo	TLMSHK
	4	Yuen Pak Ching	CMT
	5	Kwok Wing Kiu	UCC-KE
	6	Tso Yee Wah	TLMSHK
	7	Chiu Hoi Ting Sabrina	MSS
	8	Cheung Chee R	LA

Semi-Final 2	1	Hui, Tze Ching Rachel	SMCC
	2	Ho Cheuk Wing Wins	YWG
	3	Henriksson Chantal Della Conchata	CREATIVE
	4	Mak Sum Yu	SMCESPS
	5	Wu Hoi Lam	STSS
	6	Fenwick, Charlotte Ashley	IS
	7	Lui Lok Hei Helena	SCGS
	8	Tam Yan Tung	STSS

Semi-Final 3	1	Chen Oi Tung	YWG
	2	Wong Yan Tung Bethany	SMCC
	3	Davies Rhyannon Lillian Putri	CREATIVE
	4	Lam Pak Wing Amber	MSS
	5	Lau Tsz Ying	HPCCSS
	6	Tsang Yuet Tung	SMCESPS
	7	Hung Tse Ka	HPCCSS
	8	Wong Chun Ying	HKTLC

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Event 29      Girls B Grade 400m      11:00am  
Record : 56.27

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Semi-Final 1	1	Vong Nok Yiu Huette	UCC-KE
	2	Wolf, Liv-Isabel	IS
	3	Liu Sum Chit	UCC-KE
	4	Sze On Ki	PTMS
	5	Kwong Hiu Yau	TLMSHK
	6	Chan Ying Chuk	SSCS
	7	Liu Yilun	FSS-KT
	8	Lee Yeuk Hei Audrey	SHCC

Semi-Final 2	1	Chan Hei Ying	HPCCSS
	2	Tam, Cheuk Sin Karen	IS
	3	Chow, Sze Lok	SMCC
	4	Wang Qilan	HTC
	5	Lam In Ton	LA
	6	Yiu Lok Huen Helia	FSS-KT
	7	Kan Tsz Ching	YWG
	8	Law Yi Sheung	YWG

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Event 30      Girls A Grade 400m      11:00am  
Record : 57.37

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Semi-Final 1	1	Lam Chin Chin	HKTLC
	2	Fung Hei Yin	SMCESPS
	3	Fu Wan Ki	UCC-KE
	4	Leung Nga Yin	UCC-KE
	5	Tsang Tsz Yan	HFCC
	6	Chan Wing Lam	HTC
	7	Ruan Lai Ming	HTC
	8	Wong Chun Ning	SSCS

Semi-Final 2	1	Tsang Chiu Yin Shannon	YWG
	2	Wong Yan To	TLMSHK
	3	Sidley Maia Ann	CREATIVE
	4	Qiu Huiqi	HPCCSS
	5	Li Cheuk Ying	MSS
	6	Koo Hiu Lam	HSS
	7	Leung Lok Ching	FSS-KT
	8	Chow Man Kwan	FSS-KT

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Event 31      Boys C Grade 400m      11:00am  
Record : 51.23

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Semi-Final 1	1	Tam Chak Man	SFXC
	2	Deng Yip Ying	CMT
	3	Mak Shun Yan	SYSS
	4	Tho Ethan	HKUGA
	5	Hu Enqi	HKUGA
	6	Mak Wai Tik Isaac	PKMS
	7	Yeung Pak Yin	YWC
	8	Lau Kim Hung	LHYMSS



Semi-Final 2	1	Chan Chun Yin	LYC
	2	Yeung Chun Kiu	PCMS
	3	Ho Yik San	YWC
	4	Koo Pok Man	SKSS
	5	Li Lok Tin	RC
	6	Ng Tsz Lam	SFXC
	7	Yau Yik Laam	KTMC
	8	Feng Ka Kin	CMT
Semi-Final 3	1	Ao Ho Kwan	RC
	2	Shek Tin Long	SPC
	3	Mongia Atharva	KGV
	4	Chan Pak Yin	PCMS
	5	Ho Yat Nam	SKSS
	6	Liu Tsz Yin	CSK
	7	Khan Mohammed Mahran	DMS-BW
	8	Wang Jingran	PKMS

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Event 32      Boys B Grade 400m      11:00am  
Record : 49.72

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Semi-Final 1	1	Chan Ho Hong	YWC
	2	Yeung Kit Chuen	CMASS
	3	Lin Tsz Chung	CMASS
	4	Lai Chin Long	KTMC
	5	Lai Yau Him	SFXC
	6	Pang Cheuk To	SYSS
	7	Or Chun Ho	RC
	8	Li Tsz Ho Vincent	CMT

Semi-Final 2	1	Chan Ka Ming Gary	CSK
	2	Feng Chak Yan	RC
	3	Yuen Kam Piu	KTMC
	4	Ku Tsz Him	SKSS
	5	Chow Ka Chun Gregory	YWC
	6	Wong Yat Chun	PCMS
	7	Wong Cheuk Him Jason	LYC
	8	Town, Rorisang Kai	TSIS

Semi-Final 3	1	Chung Melvin	CSK
	2	Diwakar, Sumukh	KGV
	3	Chan Rio	HKUGA
	4	Deltheil, Morgan Remy	IS
	5	Leung King Chung	HKUGA
	6	Tan Jin Chang	CMT
	7	To Chi Hin	CGHC
	8	Lo Jason Hin Wah	PKMS

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Event 33      Boys A Grade 400m      11:00am  
Record : 49.92

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Semi-Final 1	1	Wan Yat Hei	PCMS
	2	Tsang Hoi Kwong	PCMS
	3	Chiang Kwan Yin	RC
	4	Bardin, Lucas Yves Mitsuo	KGV
	5	Lin, Yu-Shiun	IS
	6	Hsu, Keiden Lin	KGV
	7	Zhong Jiaming	CMT
	8	Tse Yat Hang	YWC

Semi-Final 2	1	Lam Him	SLS
	2	Leung Kin Shing	SPC
	3	Chen Pok Kwan	CMASS
	4	Wong Tsz Pan	LHYMSS
	5	Pun Chit Lam	HKUGA
	6	Wu Chun Kit	LYC
	7	Ho Ka Shing	CYT
	8	Fung Tsz Hin	SYSS

Semi-Final 3	1	Chau Yuet Sang	PKMS
	2	Yu Hon Chiu	CGHC
	3	Vrijmoed Justin	SPC
	4	Lo Fei Yin	HKUGA
	5	Ng Tsz Yeung	SLS
	6	Muhammad Hamza	DMS-BW
	7	Ku Yan Ming	YWC
	8	Tsoi Wang Kai	LHYMSS

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Event 34	Girls C Grade 100m Hurdles	11:45am
	Record : 15.23	

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Semi-Final 1	1	Mok Claire	SHCC
	2	Wong Cherise	STSS
	3	Mak Hiu Ting	HPCCSS
	4	Chow Faith	SMCESPS
	5	Liu Sum Yin	SMCESPS
	6	Yau Ching Yi	HFCC
	7	Cham, Suet Ching	SMCC
	8	Leung Hei Tung	LA

Semi-Final 2	1	Ha, Seen Yan Sophie	SMCC
	2	Tang Pui Lam	TLMSHK
	3	Tsui Tuen Yin	MSS
	4	Leung Wai Ching	SKSS
	5	Kwok Bo Kei	TLMSHK
	6	Khan Sofia	SSCS
	7	Pong Yi Ching	HPCCSS
	8	Lui Pui Yu	STSS

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Event 35	Girls B Grade 100m Hurdles	11:45am
	Record : 14.42	

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Semi-Final 1	1	Or Hiu Lam	HSS
	2	Tam Yan Q	STSS
	3	Yau Yuet Ching	UCC-KE
	4	Yau Ching	CMT
	5	Mak Alicia	MSS
	6	Tang Audrey	SMCESPS
	7	Yip Grace	TLMSHK
	8	Ng Ching Yui	LA

Semi-Final 2	1	Chan Ho Yan	STSS
	2	Lee Wai Ting	HTC
	3	Pau Pak Qiu	TLMSHK
	4	Wong Candise Ching Kiu	SSCS
	5	Chang Tsz Yan	SMCESPS
	6	Chow Ming Yan	HPCCSS
	7	Chiu Wing Kiu Winky	YWG
	8	Tan Shuyu	SSCS

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Event 36	Girls A Grade 100m Hurdles	11:45am
	Record : 13.76	

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Semi-Final 1	1	Wong Ching Wa	HFCC
	2	Chan Ki Jun	STSS
	3	Chong Hei Yu	HPCCSS
	4	Lee Ka Yan	HPCCSS
	5	Li Hoi Kan	HSS
	6	Lee Chi Yin	TLMSHK
	7	Kwan Yu Fan	HTC
	8	Au Tze Yu	UCC-KE

Semi-Final 2	1	Mok Hiu Lam	HSS
	2	Cheung Ka Kiu	SMCESPS
	3	Soo Cho Kei	HKTLC
	4	Yuen Ka Yin Karin	SMCESPS
	5	Fung Yan Ki	SSCS
	6	Wong Abbie	SSCS
	7	Lau Ching	TLMSHK
	8	Lee Hoi Kiu	STSS

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Event 37	Boys C Grade 100m Hurdles	11:45am
	Record : 13.57	

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Semi-Final 1	1	Ha, Jeongwoo	IS
	2	Chung Cheuk Kong	PKMS
	3	Li Tianyi	SLS
	4	Lee Yin Fung	PCMS
	5	Tang Hoi Him	PCMS
	6	Chen Yu To Jerry	CMASS
	7	Chan Tze Yu	SKSS
	8	Tsui Chung Yi	HKUGA

Semi-Final 2	1	Chan Chiu Yeung	HKUGA
	2	Lam Chun Yip	CMASS
	3	Jin Kui Tik	CMT
	4	Pazio Mateusz Leon	KGV
	5	Yu Pak Him	LYC
	6	Juan Shaiju	KGV
	7	Chan Wang Hei	SKSS
	8	Kwok Wing Him	YWC

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Event 38	Boys B Grade 100m Hurdles	11:45am
	Record : 13.25	

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Semi-Final 1	1	Leung Kwan Nok	PKMS
	2	Leung Wai Kwan	CSK
	3	Chak Pak Hoi	BHMK
	4	Mau Hei Yu	KTMC
	5	Lai Ethan Michael	KTMC
	6	Nwokike Delight Obinna	CSK
	7	Lung Sze Hon	SKSS
	8	Liu Chak On	HKUGA

Semi-Final 2	1	Szeto Wing Fu	CCCKT
	2	Shum Chun Hei Regan	YWC
	3	Luo Tin Long	CYT
	4	Verkade Tristan Jan	KGV
	5	So Wun Yin	YWC
	6	Wong Tat Chi	SLS
	7	Poon Hiu Hong	SKSS
	8	Lo Tsz Long Davy	CGHC

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Event 39	Boys A Grade 110m Hurdles	11:45am
	Record : 13.63	

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Semi-Final 1	1	Wong Hei Shun	CCCKT
	2	Wong Ming Hin	KTMC
	3	Ho Man Hei	CGHC
	4	Chung Ho Yeung	SKSS
	5	Liu Ming Ho	PKMS
	6	Lam, Alvin Owen	KGV
	7	Quint Carbonell, Sebastian	TSIS
	8	Yin Shun Kit	SPC

Semi-Final 2	1	Wong Long Hei	SFXC
	2	Wong Tsz Chung	CMT
	3	Ngan Chun Kit	SYSS
	4	Chow Chun Ki	PCMS
	5	Wong Yu Man	CMT
	6	Lu Chun Pan	CSK
	7	Tse Man Kit Samson	LYC
	8	Wang Shing Chun	PKMS

Event 40	Boys C Grade Discus	12:30pm	
	Record : 43.58	Standard : 17.00	
Final	1	Guan Tianpei	BHMK
	2	Chung Shing Chun	PKMS
	3	Chan Ho Lam	LHYMSS
	4	Leung Ching Sun	CCCKT
	5	Chen Eeon	LYC
	6	Woo Cheuk Wai	PCMS
	7	Chan Tsz Hin	CMT
	8	Guest, James Howard	TSIS
	9	Lo Tsz Chun	SKSS
	10	Chan Cheuk Hang	SLS
	11	Chan Chun Sum	SYSS
	12	Chan Ho Ho	KTMC
	13	Yeung Gwan Bok Horus	CGHC
	14	Limbu Jasper	DMS-BW
	15	Lin Kai Yin	CMASS
	16	Chow Tsz Chun	SFXC
	17	Lee Cheuk Chun	CYT
	18	Lau Cheuk Chi	KGV
	19	Poon Lai Man	RC
	20	Leung Ka Ho	CMASS
	21	Lawrenson, Samuel Edward	IS
	22	Yip Knoton	SPC
	23	Wong Nam San	SLS
	24	Xu Hoi Hang	SKSS
	25	Waqas Muhammad	DMS-BW
	26	Szeto Mike Jason	CGHC
	27	Kan Kyden Jess	HKUGA
	28	Chen, Koen Tianyi	IS
	29	Yau Shun Cheuk Ian	RC
	30	Lee Leong Him	KTMC
	31	Chung Kin Cheung	CSK
	32	Chan Yin Ching	SYSS
	33	Zheng Junhao	YWC
	34	Li Junxi	CCCKT
	35	Lo Yee Ka Caden	YWC
	36	So Ho Yin	BHMK
	37	Wilde, Xavier Ozymandias Xin Kenzo	TSIS
	38	Kwok Ting Chun	LHYMSS
	39	Au Pak Ki	SPC
	40	Bisht Atharva	KGV
	41	Chan Sin Ching Kirin	HKUGA
	42	Lui Man Kit Oscar	LYC
	43	Mak Ming Tai	CSK
	44	Yim Long Ting	PCMS
	45	Wang Ze Shun	CYT
	46	Huang Po	SFXC
	47	Lo Cheuk Fung	PKMS
	48	Kwok Kam Yui	CMT

Event 41	Boys A Grade Shot Put		1:30pm
	Record : 15.48		Standard : 9.00
Final	1	Chen Cheuk Hang	CGHC
	2	Ye Shing Tsun	CCCKT
	3	Ho Hoi Yeung Ocean	PCMS
	4	Tam Chi To	PKMS
	5	Wong Hiu Fung	YWC
	6	Lau Pok To	KTMC
	7	Li Yichen	CMASS
	8	Chang Oscar	SKSS
	9	Fung Kin Wang	CMASS
	10	Hui, Hop Hang	IS
	11	Zhong Tsz Chung	CGHC
	12	Wong Tin Hang	YWC
	13	Ma Chung Kiu	CYT
	14	Chow David	PKMS
	15	Leung Yuk Wing	CCCKT
	16	Tsoi Sze Yui	KTMC
	17	Chung Tak Hei	SYSS
	18	Chen Yau Kin	LHYMSS
	19	Kang Chun	CYT
	20	Tsang King Yu	CMT
	21	Yang Man Lok	HKUGA
	22	Lin Ching Shun	SYSS
	23	Pang Wing Kai	SFXC
	24	Zhang, Jingning	IS
	25	Jim Chi Kwan	CMT
	26	Shah, Krish Sunil	KGV
	27	Lau Chun Pang	CSK
	28	Wu Ting Shing	HKUGA
	29	Lam Ho Yeung	LYC
	30	Chong, Shing Wang David	TSIS
	31	Wong Ka To	SPC
	32	Chan Cheuk Yin	LYC
	33	Dhillon Jaimeet Singh	DMS-BW
	34	Tsang, Long Ching Marcus	KGV
	35	Ng Wang Ting	BHNK
	36	Leung Kwan Yu	RC
	37	Mo Chilby Brian T.	BHNK
	38	Ho Ho Chun	RC
	39	Zhuo Jia Yue	SFXC
	40	Hassan Muhammad Ali	DMS-BW
	41	Fong Ming Kit	LHYMSS
	42	Wong Man Ho Angus	CSK
	43	Koo, Minjun	TSIS
	44	Chai Ka Yuet	PCMS
	45	Kwan Chun Tou	SLS
	46	Shiu Wing Chung	SKSS

Event 42	Girls C Grade 4x100m Relay		1:30pm
	Record : 48.41		Standard : 59.40
Heat 1	1		CREATIVE
	2		SPS
	3		SKSS
	4		HTC
	5		SHCC
	6		PTMS
	7		CMT
	8		HKTLC

Heat 2	1	SMCESPS
	2	SCGS
	3	HPCCSS
	4	HFCC
	5	UCC-KE
	6	HSS
	7	FSS-KT
	8	MSS

Heat 3	1	LA
	2	SMCC
	3	STSS
	4	YWG
	5	IS
	6	TLMSHK
	7	SSCS

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Event 43	Girls B Grade 4x100m Relay	1:30pm
	Record : 49.44	Standard : 59.40

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Heat 1	1	SHCC
	2	UCC-KE
	3	IS
	4	HKTLC
	5	YWG
	6	PTMS
	7	STSS
	8	SMCESPS

Heat 2	1	HPCCSS
	2	SSCS
	3	LA
	4	TLMSHK
	5	SKSS
	6	HSS
	7	HFCC
	8	CMT

Heat 3	1	CREATIVE
	2	MSS
	3	SCGS
	4	FSS-KT
	5	SMCC
	6	HTC
	7	SPS

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Event 44	Girls A Grade 4x100m Relay	1:30pm
	Record : 48.77	Standard : 59.40

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Heat 1	1	SHCC
	2	YWG
	3	HKTLC
	4	SCGS
	5	HSS
	6	CREATIVE
	7	FSS-KT

Heat 2	2	SKSS
	3	IS
	4	TLMSHK
	5	SSCS
	6	HFCC
	7	STSS

Heat 3	2	SPS
	3	HTC
	4	SMCESPS
	5	PTMS
	6	HPCCSS
	7	SMCC

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Event 45	Boys C Grade 4x100m Relay	2:00pm
	Record : 45.05	Standard : 53.00

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Heat 1	1	CMT
	2	DMS-BW
	3	CSK
	4	IS
	5	BHMK
	6	SYSS
	7	KTMC
	8	PCMS

Heat 2	1	RC
	2	CYT
	3	CGHC
	4	HKUGA
	5	SLS
	6	YWC
	7	LYC
	8	SFXC

Heat 3	1	SPC
	2	KGV
	3	PKMS
	4	LHYMSS
	5	CMASS
	6	CCCKT
	7	TSIS
	8	SKSS

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Event 46	Boys B Grade 4x100m Relay	2:00pm
	Record : 43.01	Standard : 50.00

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Heat 1	1	RC
	2	PCMS
	3	YWC
	4	SYSS
	5	TSIS
	6	KTMC
	7	HKUGA
	8	KGV

Heat 2	1	CYT
	2	CGHC
	3	LYC
	4	SKSS
	5	CSK
	6	BHMK
	7	SLS
	8	PKMS

Heat 3	1	SPC
	2	IS
	3	CMT
	4	CCCKT
	5	SFXC
	6	CMASS
	7	DMS-BW

Event 47	Boys A Grade 4x100m Relay	2:00pm
	Record : 42.16	Standard : 48.50
Heat 1	1	CMASS
	2	TSIS
	3	LYC
	4	CYT
	5	SYSS
	6	SPC
	7	SKSS
	8	CMT
Heat 2	1	SFXC
	2	SLS
	3	PCMS
	4	CGHC
	5	HKUGA
	6	RC
	7	KGV
	8	DMS-BW
Heat 3	1	YWC
	2	BHNC
	3	KTMC
	4	PKMS
	5	CSK
	6	CCCKT
	7	IS



Event 48	Boys B Grade Discus		2:30pm
	Record : 54.18		Standard : 23.00
Final	1	Li Ming Yuen	CYT
	2	Fan Alex	SYSS
	3	Li Pak Hei	HKUGA
	4	Cheng Pok Hei	CCCKT
	5	Yu, Wang Ngai Cyrus	TSIS
	6	Li Ming Hin	CMT
	7	Chan Tsz Fuk Josiah	SPC
	8	Wong Yip Wang	YWC
	9	Singh Subhraj	DMS-BW
	10	Chan Kwan Nock	SYSS
	11	Fan Wai Him	CSK
	12	Ng Aiden Ki Fung	RC
	13	Samus, Viktor	KGV
	14	Ng Ki Tsun Adrian	SFXC
	15	Ng To Tat	LYC
	16	Ng Ho Long	CGHC
	17	Cheng Ho Him	SLS
	18	Wong Yu Hin	SKSS
	19	Chan Sing Yuen	LYC
	20	Chan Hoi Yin	PCMS
	21	Wang, Russell	IS
	22	Cheng Kit	CYT
	23	Chan Yat Yin	KTMC
	24	Chan Chun Yuk	BHNC
	25	Chui Man Him	LHYMSS
	26	Tsui Man Hin	SKSS
	27	Liu Zi Xi	KTMC
	28	Wong Hei Shun	CGHC
	29	Lin Chun Kwan	SPC
	30	Wong Lok Hang	CMASS
	31	Yam Ming Hon	SFXC
	32	Tsang Hing Lam	BHNC
	33	Lee Lun	HKUGA
	34	Chiu, Qing Yang	TSIS
	35	Wen Zhongquan	RC
	36	Macatuman Tobin Bradley	SLS
	37	Ke Chun Nam	CMASS
	38	Chan, Hei Yin Jonathan	IS
	39	Chen James	YWC
	40	Li Chun Hei	CCCKT
	41	Wong Ka Long	PKMS
	42	Singh Gurniv	DMS-BW
	43	Chow Conan Chun Kiu	PCMS
	44	Lee Sui Long	KGV
	45	Lee Sui Choi	CSK
	46	Fan Dingqi	PKMS

Event 49	Girls C Grade 4x400m Relay		2:30pm
	Record : 4:12.52		Standard : 5:20.00
Heat 1	1		MSS
	2		HSS
	3		CREATIVE
	4		LA
	5		SHCC
	6		TLMSHK
	7		YWG
Heat 2	2		SSCS
	3		HTC
	4		STSS
	5		SMCESPS
	6		SKSS
	7		SMCC

Heat 3	2	HPCCSS
	3	FSS-KT
	4	SCGS
	5	PTMS
	6	HKTLC
	7	IS

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Event 50	Girls B Grade 4x400m Relay	2:30pm
	Record : 3:59.42	Standard : 5:15.00

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Heat 1	1	HPCCSS
	2	PTMS
	3	SCGS
	4	SMCESPS
	5	FSS-KT
	6	SHCC
	7	CREATIVE

Heat 2	2	SKSS
	3	IS
	4	HSS
	5	HKTLC
	6	YWG
	7	LA

Heat 3	2	TLMSHK
	3	UCC-KE
	4	SMCC
	5	SSCS
	6	HTC
	7	MSS

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Event 51	Girls A Grade 4x400m Relay	2:30pm
	Record : 4:07.82	Standard : 5:12.00

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Heat 1	1	HPCCSS
	2	IS
	3	HTC
	4	HKTLC
	5	CREATIVE
	6	SMCC
	7	SKSS

Heat 2	2	SCGS
	3	YWG
	4	FSS-KT
	5	PTMS
	6	HFCC
	7	SSCS

Heat 3	2	SMCESPS
	3	HSS
	4	TLMSHK
	5	SHCC
	6	MSS
	7	UCC-KE

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Event 52	Boys C Grade 4x400m Relay	3:30pm
	Record : 3:45.03	Standard : 4:30.00

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Heat 1	1	RC
	2	CYT
	3	SFXC
	4	IS
	5	SYSS
	6	LHYMSS
	7	LYC
	8	PKMS

Heat 2	1	SPC
	2	SKSS
	3	CGHC
	4	PCMS
	5	KTMC
	6	TSIS
	7	BHNC
	8	DMS-BW

Heat 3	1	YWC
	2	SLS
	3	CMT
	4	CCCKT
	5	KGV
	6	HKUGA
	7	CMASS
	8	CSK

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Event 53	Boys B Grade 4x400m Relay	3:30pm
	Record : 3:33.81	Standard : 4:10.00

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Heat 1	1	PKMS
	2	DMS-BW
	3	YWC
	4	BHNC
	5	CSK
	6	CGHC
	7	TSIS
	8	CMASS

Heat 2	1	RC
	2	SPC
	3	KTMC
	4	SLS
	5	PCMS
	6	LHYMSS
	7	SYSS
	8	CYT

Heat 3	1	HKUGA
	2	SKSS
	3	KGV
	4	SFXC
	5	IS
	6	CCCKT
	7	CMT
	8	LYC

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Event 54	Boys A Grade 4x400m Relay	3:30pm
	Record : 3:25.18	Standard : 4:06.00

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Heat 1	1	BHNC
	2	CSK
	3	TSIS
	4	CMT
	5	SLS
	6	YWC
	7	KTMC
	8	LYC

Heat 2	1	DMS-BW
	2	IS
	3	SKSS
	4	CYT
	5	LHYMSS
	6	CCCKT
	7	CMASS
	8	SFXC

Heat 3

1  
2  
3  
4  
5  
6  
7  
8

HKUGA  
PKMS  
RC  
SPC  
KGV  
PCMS  
SYSS  
CGHC