

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

GUEST OF HONOUR

MR. CHEN TAK NAM

PRINCIPAL OF HOI PING CHAMBER OF COMMERCE SECONDARY SCHOOL

Acknowledgement

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

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- *MR. HO HO YEE, ALEX, HKAAA REFEREE for serving as Referee*
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- *ALL OFFICIALS & JUDGES of the meet*
- *BOCHK SCHOOLS SPORTS VOLUNTEERS*
- *STUDENT HELPERS of Hong Kong True Light College*
- *STUDENT HELPERS of Chong Gene Hang College*
- *STUDENT HELPERS of Pui Ching Middle School*
- *STUDENT HELPERS of St. Louis School*
- *SCOUTS of Ying Wa College*

Inter-School Athletics Competition 2023-2024
Division Two

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	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	3. Mr. Poon Ka Hang	PCMS
		2. Mr. Wong Chun Man DMS-BW		
Recall Starters	:	1. Mr. Yiu Chung Kin HPCCSS	2. Ms. Ng Yau Kan	RC
Starter's Assistants	:	1. Ms. Cherry So MSS - Chief	4. Mr. Garrick Lam	MSS
		2. Mr. Karandeep Singh CREATIVE	5. Mr. Chieh Ching Lok	SPS
		3. Mr. Rowan Varty KGV		
Track Umpire	:	1. Mr. Kwong Sing Kwong Thomas UCC-KE - Chief	6. Mr. Wong Chi Hang	LYC
+ Relay Take Over		2. Mr. Lam King Wai CMT	7. Teacher from SKSS	SKSS
		3. Mr. Wu Ho Ming CSK	8. Ms. Sun Wai Ki	SPS
		4. Ms. So Sze Man HTC	9. Ms. Kwok Wing Yan	TLMSHK
		5. Mr. Ken Ng IS	10. Mr. Au Chun Tung	TSIS
Call Room Judges (Roll Call)	:	1. Ms. Stella Kwok Wing Shuen SCGS - Chief	6. Ms. Rebecca Yu	SHCC
		2. Ms. Li Tsz Yan CMT	7. Mr. Peter Yau	SMCC
		3. Ms. Cheung Chiu Ha HSS	8. Ms. Lin Chung Ka	SMCESPS
		4. Ms. Li Hau Yi Dora HSS	9. Ms. Woo Wing Shan	STSS
		5. Mr. Ignatius Chow SHCC	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

Final Day 07 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		Final
		8:15am	Officials Report (工作人員報到)		
AM	1	8:30am	Long Jump (跳遠)	Boys A	48
	2		Discus (鐵餅)	Girls C	40
	3		High Jump (跳高)	Girls C	37
	4		400m Hurdles (欄)	Boys A	
	5	9:00am	200m	Girls C	
	6		"	Girls B	
	7		"	Girls A	
	8		"	Boys C	
	9		"	Boys B	
	10		"	Boys A	
	11	9:25am	800m	Girls C	
	12		"	Girls B	
	13		"	Girls A	
	14	9:45am	"	Boys C	
	15		"	Boys B	
	16		"	Boys A	
	17	10:00am	5000m	Boys A	44
	18	10:20am	High Jump (跳高)	Girls A	34
	19		Discus (鐵餅)	Boys A	46
	20	11:00am	100m	Girls C	
	21		"	Girls B	
	22		"	Girls A	
	23		"	Boys C	
	24		"	Boys B	
	25		"	Boys A	
	26	11:20am	400m	Girls C	
	27		"	Girls B	
	28		"	Girls A	
	29		"	Boys C	
	30		"	Boys B	
	31		"	Boys A	
PM	32	1:30pm	100m Hurdles (欄)	Girls C	
	33		"	Girls B	
	34		"	Girls A	
	35		"	Boys C	
	36		"	Boys B	
	37		110m Hurdles (欄)	Boys A	
	38	2:00pm	4x100m Relay (接力)	Girls C	
	39		"	Girls B	
	40		"	Girls A	
	41		"	Boys C	
	42		"	Boys B	
	43		"	Boys A	
	44	2:30pm	4x400m Relay (接力)	Girls C	
	45		"	Girls B	
	46		"	Girls A	
	47		"	Boys C	
	48		"	Boys B	

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

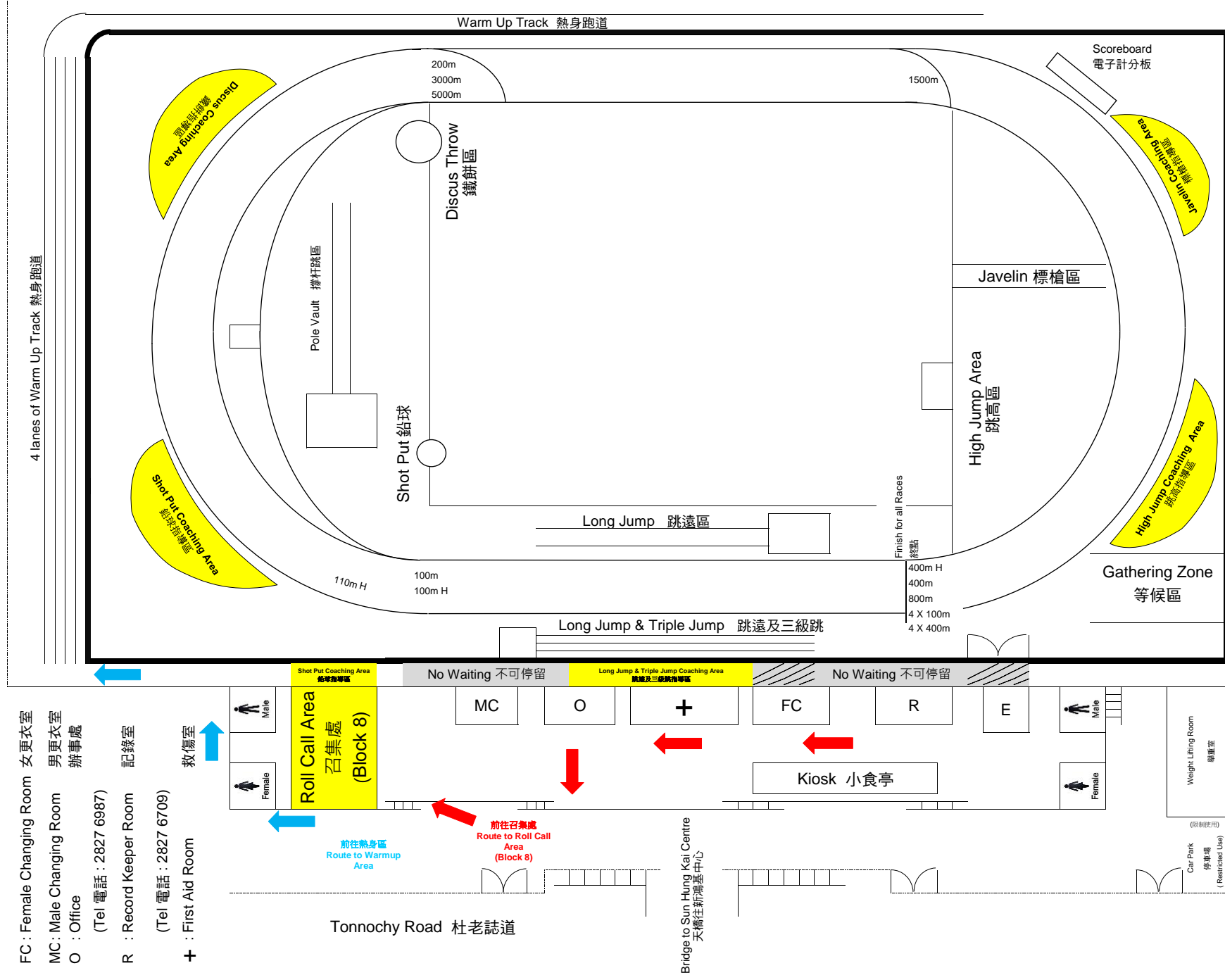
(Tel 電話 : 2827 6987)

R : Record Keeper Room 記錄室

(Tel 電話 : 2827 6709)

+ : First Aid Room 救傷室

Hung Hing Road 鴻興道



4 lanes of Warm Up Track 熱身跑道

Tonnochy Road 杜老誌道

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

Gloucester Road 告士打道

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 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
Final Day

Please Scan This QR code for the
competition result of today



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

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

Inter-School Athletics Competition 2023-2024

Division Two

Day Two 04 March 2024

Boys Overall

Position	School	A	B	C	Total
1	CMA Secondary School	37	79	36	152
2	TWGHs Chang Ming Thien College	30	55	55	140
3	Ying Wa College	35	27	53	115
4	Pui Ching Middle School	26	43	41	110
5	Chan Sui Ki (La Salle) College	37	36	21	94
6	St. Paul's College	25	43	19	87
7	King George V School	22.5	27	37	86.5
8	Chong Gene Hang College	36	24	25	85
9	HKUGA College	21	27	34	82
10	St. Louis School	29	25	19	73
11	Sing Yin Secondary School	27	27	16	70
12	The South Island School	21	21	22	64
13	Christian & Missionary Alliance Sun Kei Secondary School	13.5	30	19	62.5
14	STFA Cheng Yu Tung Secondary School	16	22	24	62
15	St. Francis Xavier's College	16	20	23	59
16	Pui Kiu Middle School	19	24	15	58
17	CCC Kei To Secondary School	19	24	14	57
18	Delia Memorial School (Broadway)	16	18	18	52
19	Lingnan Hang Yee Memorial Secondary School	10	13	15	38
20	Kwun Tong Maryknoll College	9	15	10	34
20	Island School	12	15	7	34
22	TWGHs Lui Yun Choy Memorial College	7	13	13	33
23	Buddhist Ho Nam Kam College	1	25	5	31
24	Raimondi College	1	18	8	27

Inter-School Athletics Competition 2023-2024

Division Two

Day Two 04 March 2024

Girls Overall

Position	School	A	B	C	Total
1	St. Margaret's Co-Educational English Secondary and Primary School	52	47	30	129
2	Hoi Ping Chamber of Commerce Secondary School	50	43	28	121
3	Island School	17	30	37	84
4	Pooi To Middle School	21	34	25	80
5	TWGHs Chang Ming Thien College	21	36.5	22	79.5
6	St. Stephen's College	31	35	13	79
7	True Light Middle School of Hong Kong	34	18	21	73
8	Ying Wa Girls' School	25	22	23	70
9	United Christian College (Kowloon East)	7	56.5	6	69.5
10	Fukien Secondary School (Kwun Tong)	27	22	19	68
11	Sacred Heart Canossian College	7	30	29	66
12	Hong Kong True Light College	30	20	13	63
13	Holy Trinity College	18	22	13	53
14	St. Teresa Secondary School	23	16	13	52
14	Creative Secondary School	4	38	10	52
16	Marymount Secondary School	9	17	23	49
17	HKCCCU Logos Academy	3	25	13	41
18	St. Mary's Canossian College	7	13	20	40
19	Christian & Missionary Alliance Sun Kei Secondary School	8	11	14	33
20	Hotung Secondary School	22	6	1	29
20	Holy Family Canossian College	12	11	6	29
22	St. Clare's Girls' School	5	12	10	27
23	St. Paul's School (Lam Tin)	2	0	4	6

Inter-School Athletics Competition 2023-2024

Division Two

Final Day 07 March 2024

Event 1	Boys A Grade Long Jump		8:30am
	Record : 7.89		Standard : 5.10
Final	1	Gurung Somyum	DMS-BW
	2	Lau Ka Leung	CMASS
	3	Hung Ching Tin Teddison	SFXC
	4	Ip Ho Lam	PCMS
	5	Yip Ron	HKUGA
	6	Lam Lok Ching	SFXC
	7	Choi Ho Tung	YWC
	8	Wang Zibin	LHYMSS
	9	Kwok Hiu Chun	LYC
	10	Khan, Abdul Samad	KGV
	11	Chan Lok Hei	PKMS
	12	Tong Cheuk Nam	CSK
	13	Lee Man Shek	CGHC
	14	Lau Kim Fung	PKMS
	15	Chang, Jonathan Sehan	IS
	16	Chow Yan Chi Vinci	PCMS
	17	Chaudhry Cheuk Man	CMT
	18	Du Yu	CMASS
	19	Yan Jayden	HKUGA
	20	Huen Long Kiu	RC
	21	Leung, Yuk Tsz Wilfred	TSIS
	22	Fung Ka Kit	BHNC
	23	Lee Wing Yin	SPC
	24	Low Lik Hang	SPC
	25	Waseem Ahmad	CGHC
	26	Chan Sung Hei	CSK
	27	Lin Chi Kit	CYT
	28	Zhou Zheng Bang	YWC
	29	Wong Chi Yan	SKSS
	30	Lomastro, Basile Jean V.	IS
	31	Cheung Chin Hung	CCCKT
	32	Cheung Wai Him	SYSS
	33	Tong Ho Yin	SKSS
	34	Zahid Rameez	DMS-BW
	35	Chan, Ho Ka	KGV
	36	So Ken	BHNC
	37	Chen Tsz Shing Cedric	LYC
	38	Wong, Yik Yan Sean	TSIS
	39	Keung Pak Kin	LHYMSS
	40	Chan Hin Qun	RC
	41	Chan Yui Yeung	CMT
	42	Wong Yuk Ho	CYT
	43	Tong Chi Yip	SLS
	44	Lai Ka Hei	KTMC
	45	Chu Chun Kong	SLS
	46	Chu Pak Dik Paddie	SYSS
	47	Yau Sin Pui	CCCKT
	48	Chow Wai Chi	KTMC

Event 2	Girls C Grade Discus	8:30am	
	Record : 29.90	Standard : 12.50	
Final	1	Cheng Yan Yu	HSS
	2	Tsoi Wai Kiu	SMCESPS
	3	Yu Tin Sum	LA
	4	Mok Kit Ying	FSS-KT
	5	Yu Yin Lam	YWG
	6	Inagalur Serene Laxmi	CREATIVE
	7	Jin Ching	SSCS
	8	Luk Yin Mei	PTMS
	9	Lun Hoi Yan	CMT
	10	Pin Yi Fei	SSCS
	11	Leung Wing Ching	STSS
	12	Man Chi Wa	SHCC
	13	Chan Lok Lam	SMCESPS
	14	Fan Ka Pik Nadya	PTMS
	15	Kwan Suk Yin Ashley	MSS
	16	Pan, Yu Ching	SMCC
	17	Metanes, Mira	IS
	18	Yeung Shun Ki Nicole	SCGS
	19	Sun Yiyang	YWG
	20	Wong, Ching Man	SMCC
	21	Chan Hei Ching	SKSS
	22	Lui Man Enola	SCGS
	23	Lee Sum Yi	HPCCSS
	24	Shek Pui Suen	SHCC
	25	Kwok Yu Ting	HKTLC
	26	Lo Ho Kiu Karis	TLMSHK
	27	Yeung Yau	FSS-KT
	28	Cheng Pak Yan	STSS
	29	Ma Xinrui	SKSS
	30	Poon, Yu Tung Annabel	IS
	31	Tam Ngo Sum	HTC
	32	Cheung Man Hei	HKTLC
	33	Chiu Sandra	MSS
	34	Yuen Kayla Hei-Yin	CREATIVE
	35	Wong Cheuk Tik	HSS
	36	Lam Wing Yee	HTC
	37	Chan Yan Ki	TLMSHK
	38	Qiu Wing Lam	HPCCSS
	39	Cheung Ka Kiu	CMT
	40	Fung Sau Ching	LA

Event 3	Girls C Grade High Jump		8:30am
	Record : 1.66		Standard : 1.20
Final	1	Ma Tin Ya	HTC
	2	Tam Hin Ching	PTMS
	3	Wai Sin Hang	LA
	4	Wong, Yan Yin	SMCC
	5	Khan Sofia	SSCS
	6	Yip Ling Wai Simone	UCC-KE
	7	Yeung Yat Arrow	HKTLC
	8	Ko Kwan Yu	MSS
	9	He Wai Yi	STSS
	10	Chu Shun Yi	FSS-KT
	11	Choi Hiu Tung	HPCCSS
	12	Mok Claire	SHCC
	13	Deng Hao Xin Fiona	HSS
	14	Mak Hiu Ting	HPCCSS
	15	Lee Yi Nam	UCC-KE
	16	Cheng Hong Kiu	CMT
	17	Chan Sin Yau Kelsey	PTMS
	18	Wong Cherise	STSS
	19	Tang Pui Lam	TLMSHK
	20	Ko Tsz Man	HSS
	21	Lock Jesse Lauren	CREATIVE
	22	Liu Sum Yin	SMCESPS
	23	Ma, Yeuk Nam Erin	SMCC
	24	Fournier, Cut Muthia Lestari	IS
	25	Ip Chui Yi Jade	CMT
	26	Chan Yin Hei	LA
	27	Van Amelsfoort Sammi	CREATIVE
	28	Fan Hoi Ching	HKTLC
	29	Fung, Hiu Ching Natalie	IS
	30	Mak Wing Sum	SHCC
	31	Lai Lok Yee	HTC
	32	Chow Tsz Yau	YWG
	33	Choi Shing Hei	SSCS
	34	Li Tsz Yan	SKSS
	35	Mpinyuri, Amber Siyanda	SMCESPS
	36	Tsui Tuen Yin	MSS
	37	Mak Sze Man	HFCC

Event 4	Boys A Grade 400m Hurdles		8:30am
	Record : 52.86		
Final	1	Keung Pak Kin	LHYMSS
	2	Nip Long Ho Adrian	PCMS
	3	Lam Kit Lun	CMASS
	4	Yu Hon Chiu	CGHC
	5	Wong Ming Hin	KTMC
	6	Wong Tsz Chung	CMT
	7	Wong Hei Shun	CCCKT
	8	Ng Tsz Yeung	SLS

Event 5	Girls C Grade 200m	9:00am	
	Record : 25.77		
Final	1	Ho Cheuk Wing Wins	YWG
	2	Ngan Chloe Hoi Yiu	SSCS
	3	Wong Long Ying Annise	LA
	4	Siu, Hoi Fan	SMCC
	5	Liu Hau Yui Emma	SMCESPS
	6	Tsang Lok Tung Vanice	STSS
	7	Luk Tsz Ching Katreena	TLMSHK
	8	Szeto Hau Yau	MSS
Event 6	Girls B Grade 200m	9:00am	
	Record : 24.96		
Final	1	Lam, Yan Tung	SMCC
	2	Ng Hoi Ying Hannah	SSCS
	3	Chan Ho Ching Mona	TLMSHK
	4	Tam Yan Q	STSS
	5	Tse Hang Wa	HTC
	6	Pang Cheuk Wing Janis	MSS
	7	Yong Tsz Ching	HTC
	8	Chan Cheuk Yan	SMCESPS
Event 7	Girls A Grade 200m	9:00am	
	Record : 24.31		
Final	1	Sidley Maia Ann	CREATIVE
	2	Chan Tsz Yau	TLMSHK
	3	Fung Hei Yin	SMCESPS
	4	Chan Wing Lam	HTC
	5	Choy, Ho Chi	SMCC
	6	Qiu Huiqi	HPCCSS
	7	Yuen Wing Yan	HTC
	8	Yeung Twiggy	SSCS
Event 8	Boys C Grade 200m	9:00am	
	Record : 22.59		
Final	1	Fong Cheston	PKMS
	2	Tho Jonathan	HKUGA
	3	Yeung Chun Kiu	PCMS
	4	Deng Yip Ying	CMT
	5	Cheung Wing Hei	SYSS
	6	Ng Chi Yuen	CMT
	7	Cheng Pok Man	SFXC
	8	Li Junxi	SKSS
Event 9	Boys B Grade 200m	9:00am	
	Record : 21.90		
Final	1	Keung Wun Yu	SPC
	2	Jun, Chaemin	TSIS
	3	Sit Lok Yin Pasco	HKUGA
	4	Li Lok Him	SYSS
	5	Yuen Kam Piu	KTMC
	6	Yeung Kit Chuen	CMASS
	7	Yau Leong Yan Nathan	YWC
	8	Diwakar, Sumukh	KGV

Event 10	Boys A Grade 200m	9:00am	
	Record : 21.91		
Final	1	Ku Pak Hin	SPC
	2	Wong Hoi Yuen Xavier	HKUGA
	3	Chak Ho Hin	YWC
	4	Ng, Man Him	TSIS
	5	Lui, Tsz Kiu Jeremy	TSIS
	6	Cheng Ethan Tsun Hei	SLS
	7	Chau Ming Chun Alwyn	CSK
	8	Tsang Hoi Kwong	PCMS
Event 11	Girls C Grade 800m	9:25am	
	Record : 2:19.72		
Final	1	Lee Wing Sze	SHCC
	2	Chan Tsz Yin	SMCESPS
	3	Chan Sze Wan	SKSS
	4	Zhang Qiaoruo	TLMSHK
	5	Lu, Chang	IS
	6	Choi Man Hei	TLMSHK
	7	Henriksson Chantal Della Conchata	CREATIVE
	8	Chow Muk Woo	FSS-KT
	9	Schulz, Amelie Clara Zoe	IS
	10	Kei, Lok Lam Mia	SMCC
	11	Cheung, Hau Nok Abby	SMCC
	12	Wu Yue Athena	YWG
Event 12	Girls B Grade 800m	9:25am	
	Record : 2:15.76		
Final	1	Au Oi Yu Angelina	SSCS
	2	So Kei Ting	UCC-KE
	3	Gaffney, Kanna	IS
	4	Lo Tsz Ching	SMCESPS
	5	Chow, Sze Lok	SMCC
	6	Kan Tsz Ching	YWG
	7	Wong Ching Hei	HPCCSS
	8	Mok Wing Lam	HTC
	9	Shiu Wing Yiu	SHCC
	10	Wu Hiu Lam	YWG
	11	Chau Ching Tung	FSS-KT
	12	Chan Yin Yan	SHCC
Event 13	Girls A Grade 800m	9:25am	
	Record : 2:17.06		
Final	1	Tang Yuen Shuen	FSS-KT
	2	Li Cheuk Ying	MSS
	3	Homa Rachel	YWG
	4	Wong Yan To	TLMSHK
	5	Lam Ka Po	HKTLC
	6	Xu Jiaxin	CMT
	7	Leung Lok Ching	FSS-KT
	8	Chan, Anson Yui Hei	IS
	9	Xie Tsz Ching	HTC
	10	Kwong Tsz Yu	SMCESPS
	11	Yau, Tsz Tung Aubrey	SMCC
	12	Lui Hei Yiu	SMCESPS

Event 14	Boys C Grade 800m	9:45am	
	Record : 2:06.64		
Final	1	Mongia Atharva	KGV
	2	Lee Caleb	SLS
	3	Cheng On Kit	CYT
	4	Leung Chun Him	CMT
	5	Ma Hoi Fan	PCMS
	6	Bau Hok Yin Horace	YWC
	7	Hu Enqi	HKUGA
	8	Tho Ethan	HKUGA
	9	Xu Chak Lam	CSK
	10	Sy Nang Shing	CGHC
	11	Webster, Arley Jacob	TSIS
	12	Fisher, Alexander Frederick	KGV

Event 15	Boys B Grade 800m	9:45am	
	Record : 2:00.69		
Final	1	Ho Chun Hang	CMASS
	2	Yang Ho Vincent	CMASS
	3	Lai Chun Lok	RC
	4	Yu Ka Yui	SYSS
	5	Tsui Hin Fung Herman	SPC
	6	Chan Rio	HKUGA
	7	Deltheil, Morgan Remy	IS
	8	Hip Tung Sing	CCCKT
	9	Lai Chin Long	KTMC
	10	Wong Chun Him	YWC
	11	Sum Yin Yat	SFXC
	12	Ng Lucas	SPC

Event 16	Boys A Grade 800m	9:45am	
	Record : 1:54.89		
Final	1	Lee Lok Hin	CYT
	2	Li Chak Ho	CMASS
	3	Nip Long Ho Adrian	PCMS
	4	Wan Tsz Him	YWC
	5	Hu Ching Ham	CMASS
	6	Stevenson Hoyos, Mateo James	KGV
	7	Wu Chun Kit	LYC
	8	Kwok, Jayden	IS
	9	Yuan Xiao Rui	PCMS
	10	Teng Siu Yau	SKSS
	11	Liu Hoi Yeung	YWC
	12	Choi Cheuk Yin	CYT

Event 17	Boys A Grade 5000m	10:00am
	Record : 15:37.60	Standard : 21:00.00
Final	1	Zablan Justin Sandoval DMS-BW
	2	Ho Wai Kit CMASS
	3	Chung Tak Chak SYSS
	4	Wong Yan Chak SKSS
	5	Wan To Yin CGHC
	6	Jullienne, Max Lucas TSIS
	7	Ng Yat Long SYSS
	8	Hung Ling In SPC
	9	Lo Hin Ching YWC
	10	Chan Tsz Ming LHYMSS
	11	Choi Shun Heng YWC
	12	Li Ho Hin SFXC
	13	Wong Long Hymn Joshua PCMS
	14	Pun Siu Chun CYT
	15	Fong Lok Ching HKUGA
	16	Wong Ho San SKSS
	17	Wong Chun Fai CGHC
	18	Sung Pak Kiu RC
	19	Mccorkell Randall Hoyiu CSK
	20	Tam Yiu Pok RC
	21	Cheung Chun Hei LHYMSS
	22	Murchie, Finlay George IS
	23	Lam Ka Tsun CCCKT
	24	Mahtani Pranav Aneel KGV
	25	Siu Pui Lok HKUGA
	26	D ' Angelo, Riccardo Cosimo IS
	27	Yip Tsz Ho SPC
	28	Lau Chun Yin LYC
	29	Choi Man Jit Isaac PCMS
	30	Choi King Heng CSK
	31	Wong Yuk Ho CYT
	32	So Siu Wai SFXC
	33	Wong Tin Hang BHNK
	34	Lin Ngan Chun PKMS
	35	Lai Man Hong CMASS
	36	Wong, Enzo TSIS
	37	Chan Yin Hei KGV
	38	So Cheuk Hin SLS
	39	Liang Kwan Yuen CMT
	40	Cheung Yu Curtis SLS
	41	Cheng Shun Lai CCCKT
	42	Yu Cheuk Hei PKMS
	43	Cheung Ki Tak LYC
	44	Limbu Ayush Anchongwo DMS-BW

Event 18	Girls A Grade High Jump	10:20am	
	Record : 1.74	Standard : 1.26	
Final	1	Wong Hiu Ching	HSS
	2	Poon Tsz Lee	PTMS
	3	Tang Si Xin	HSS
	4	Fan Wai Wan	PTMS
	5	Wan, Hay Yu Ashley	SMCC
	6	Kwan Sheung Man Mandy	HTC
	7	Ko Xing-Ryu Leah	MSS
	8	Kwok Lok Yiu Yoyo	SCGS
	9	Yuen Ka Yin Karin	SMCESPS
	10	Choi Wing Laam	TLMSHK
	11	Chong Hei Yu	HPCCSS
	12	Leung Sum Yin	HKTLC
	13	Choy Yi Ching	SSCS
	14	Da Silva, Christine Tamaki	IS
	15	Lam Chin Chin	HKTLC
	16	Lam Cheung Wing	SHCC
	17	Chan Pui Ka Priscilla	STSS
	18	Wong Pik Lin	STSS
	19	Yip Hoi Ching	SMCESPS
	20	Kwan Yu Fan	HTC
	21	Chen Jingzhi	SHCC
	22	Keung Muk Yeung	SSCS
	23	Chung Cheuk Ka	FSS-KT
	24	Lau, Wing	SMCC
	25	Li Ka Ying Katy	SCGS
	26	Tang Ueny	SKSS
	27	Lam Ka Shan	YWG
	28	Leung Ka Lam Charis	FSS-KT
	29	Sit Lok Yi	TLMSHK
	30	Chung Kai Hing	CMT
	31	Tam Ching Tung	YWG
	32	Ku Wan Ngai	HPCCSS
	33	Wong, Yee Tung Andrea	IS
	34	Chan Yee Wing	SKSS

Event 19	Boys A Grade Discus		10:20am
	Record : 49.69		Standard : 21.00
Final	1	Liao Wei Shan	CCCKT
	2	Chow David	PKMS
	3	Leung Chun Hei	RC
	4	Zhou Tiance	HKUGA
	5	Zhuo Jia Yue	SFXC
	6	Rashad Muhammad Farhan	DMS-BW
	7	Zhang, Jingning	IS
	8	Chung Tak Hei	SYSS
	9	Fong Ming Kit	LHYMSS
	10	Lam Ho Yeung	LYC
	11	Chan Kwun Nam	CMASS
	12	Tam Chi To	PKMS
	13	Cheng Ka Hin	CMT
	14	Wong Tin Hang	YWC
	15	Lau Chun Pang	CSK
	16	Sze Hoi Tsung	LHYMSS
	17	Chai Ka Yuet	PCMS
	18	Leung Kwan Yu	RC
	19	Wong Tsz Fung	CSK
	20	Park, Sungbeen	IS
	21	Lin Ching Shun	SYSS
	22	Tsang, Long Ching Marcus	KGV
	23	Tong Wai Kit	CMT
	24	Lo, Go Yu Gary	TSIS
	25	Chang Oscar	SKSS
	26	Ma Chung Kiu	CYT
	27	Hassan Muhammad Ali	DMS-BW
	28	Shek Tsz Hang	SKSS
	29	Lau Pok To	KTMC
	30	Koo, Minjun	TSIS
	31	Wong Chun Wing	YWC
	32	Khan, Abdul Samad	KGV
	33	Pang Wing Kai	SFXC
	34	Leung Ling Fung	LYC
	35	Li Yichen	CMASS
	36	Chan Ching Hei	HKUGA
	37	Kwan Chun Tou	SLS
	38	Tsoi Sze Yui	KTMC
	39	Lo Chi Sum Jason	CCCKT
	40	Ng Kam Pang Arian	SLS
	41	Ip Yu Hin Hercules	PCMS
	42	Liu Chung Yin	CYT
	43	Ng Wang Ting	BHNC
	44	Lam Chun Pang	CGHC
	45	Poon Kwan Yiu	BHNC
	46	Tsui Ho Sing	CGHC

Event 20	Girls C Grade 100m		11:00am
	Record : 12.37		
Final	1	Luk Tsz Ching Katreena	TLMSHK
	2	Ngan Chloe Hoi Yiu	SSCS
	3	Siu, Hoi Fan	SMCC
	4	Wong Long Ying Annise	LA
	5	Tsang Lok Tung Vanice	STSS
	6	Liu Hau Yui Emma	SMCESPS
	7	Szeto Hau Yau	MSS
	8	Wu Hoi Ting	TLMSHK

Event 21	Girls B Grade 100m	11:00am
	Record : 11.89	
Final	1 Chan Cheuk Yan	SMCESPS
	2 Cheung Yiu Gi Janice	CREATIVE
	3 Ng Hoi Ying Hannah	SSCS
	4 Cheung Hoi Ki	SSCS
	5 Kan Cheuk Lam Sharon	PTMS
	6 Lee Wai Ting	HTC
	7 Chan Ho Ching Mona	TLMSHK
	8 Chan Ching Tung	HFCC
Event 22	Girls A Grade 100m	11:00am
	Record : 11.85	
Final	1 Choy, Ho Chi	SMCC
	2 Jia Wai Yin	SMCESPS
	3 Chan Tsz Yau	TLMSHK
	4 Chan Ki Jun	STSS
	5 Yuen Wing Yan	HTC
	6 Yeung Twiggy	SSCS
	7 Lam Ka Yu	SSCS
	8 Hui Yau Hang Eunice	YWG
Event 23	Boys C Grade 100m	11:00am
	Record : 11.21	
Final	1 Cheng Pok Man	SFXC
	2 Tho Jonathan	HKUGA
	3 Ng Chi Yuen	CMT
	4 Fong Cheston	PKMS
	5 Lau Hiu Leong	PCMS
	6 Li Junxi	SKSS
	7 Chan Ka Hin	CSK
	8 Tso Kai Man	HKUGA
Event 24	Boys B Grade 100m	11:00am
	Record : 10.63	
Final	1 Leung Wai Kwan	CSK
	2 Jun, Chaemin	TSIS
	3 Sit Lok Yin Pasco	HKUGA
	4 Man, Sau Ching Isaac	KGV
	5 Li Lok Him	SYSS
	6 Keung Wun Yu	SPC
	7 Lu Haoxuan	CSK
	8 Fu Haojian	BHNC
Event 25	Boys A Grade 100m	11:00am
	Record : 10.60	
Final	1 Moorjani, Aryan Anil	KGV
	2 Chak Ho Hin	YWC
	3 Ng, Man Him	TSIS
	4 Wong Hoi Yuen Xavier	HKUGA
	5 Wong Tsz Ho	CGHC
	6 Chow Wai Chi	KTMC
	7 Ku Pak Hin	SPC
	8 Chau Ming Chun Alwyn	CSK

Event 26	Girls C Grade 400m	11:20am	
	Record : 58.64		
Final	1	Yuen Pak Ching	CMT
	2	Chan Sze Wan	SKSS
	3	Ho Cheuk Wing Wins	YWG
	4	Wong Yan Tung Bethany	SMCC
	5	Zhang Qiaoruo	TLMSHK
	6	Davies Rhyannon Lillian Putri	CREATIVE
	7	Henriksson Chantal Della Conchata	CREATIVE
	8	Wong, Yee Ching Kirsten	IS
Event 27	Girls B Grade 400m	11:20am	
	Record : 56.27		
Final	1	Chan Hei Ying	HPCCSS
	2	Tam, Cheuk Sin Karen	IS
	3	Wolf, Liv-Isabel	IS
	4	Chow, Sze Lok	SMCC
	5	Liu Sum Chit	UCC-KE
	6	Lam In Ton	LA
	7	Wang Qilan	HTC
	8	Sze On Ki	PTMS
Event 28	Girls A Grade 400m	11:20am	
	Record : 57.37		
Final	1	Li Cheuk Ying	MSS
	2	Fung Hei Yin	SMCESPS
	3	Wong Yan To	TLMSHK
	4	Sidley Maia Ann	CREATIVE
	5	Fu Wan Ki	UCC-KE
	6	Leung Nga Yin	UCC-KE
	7	Qiu Huiqi	HPCCSS
	8	Chan Wing Lam	HTC
Event 29	Boys C Grade 400m	11:20am	
	Record : 51.23		
Final	1	Ho Yik San	YWC
	2	Deng Yip Ying	CMT
	3	Yeung Chun Kiu	PCMS
	4	Mongia Atharva	KGV
	5	Shek Tin Long	SPC
	6	Ho Yat Nam	SKSS
	7	Koo Pok Man	SKSS
	8	Tho Ethan	HKUGA
Event 30	Boys B Grade 400m	11:20am	
	Record : 49.72		
Final	1	Deltheil, Morgan Remy	IS
	2	Yeung Kit Chuen	CMASS
	3	Diwakar, Sumukh	KGV
	4	Chan Rio	HKUGA
	5	Lai Chin Long	KTMC
	6	Yuen Kam Piu	KTMC
	7	Feng Chak Yan	RC
	8	Ku Tsz Him	SKSS

Event 31	Boys A Grade 400m	11:20am	
	Record : 49.92		
Final	1	Hsu, Keiden Lin	KGV
	2	Leung Kin Shing	SPC
	3	Vrijmoed Justin	SPC
	4	Tsang Hoi Kwong	PCMS
	5	Pun Chit Lam	HKUGA
	6	Ng Tsz Yeung	SLS
	7	Chen Pok Kwan	CMASS
	8	Lin, Yu-Shiun	IS
Event 32	Girls C Grade 100m Hurdles	1:30pm	
	Record : 15.23		
Final	1	Chow Faith	SMCESPS
	2	Wong Cherise	STSS
	3	Tang Pui Lam	TLMSHK
	4	Tsui Tuen Yin	MSS
	5	Mak Hiu Ting	HPCCSS
	6	Leung Wai Ching	SKSS
	7	Kwok Bo Kei	TLMSHK
	8	Yau Ching Yi	HFCC
Event 33	Girls B Grade 100m Hurdles	1:30pm	
	Record : 14.42		
Final	1	Yau Ching	CMT
	2	Tam Yan Q	STSS
	3	Lee Wai Ting	HTC
	4	Pau Pak Qiu	TLMSHK
	5	Yau Yuet Ching	UCC-KE
	6	Wong Candise Ching Kiu	SSCS
	7	Chow Ming Yan	HPCCSS
	8	Chang Tsz Yan	SMCESPS
Event 34	Girls A Grade 100m Hurdles	1:30pm	
	Record : 13.76		
Final	1	Wong Abbie	SSCS
	2	Chan Ki Jun	STSS
	3	Cheung Ka Kiu	SMCESPS
	4	Lee Ka Yan	HPCCSS
	5	Soo Cho Kei	HKTLC
	6	Yuen Ka Yin Karin	SMCESPS
	7	Li Hoi Kan	HSS
	8	Chong Hei Yu	HPCCSS
Event 35	Boys C Grade 100m Hurdles	1:30pm	
	Record : 13.57		
Final	1	Tang Hoi Him	PCMS
	2	Chung Cheuk Kong	PKMS
	3	Lam Chun Yip	CMASS
	4	Jin Kui Tik	CMT
	5	Li Tianyi	SLS
	6	Lee Yin Fung	PCMS
	7	Yu Pak Him	LYC
	8	Juan Shaiju	KGV

Event 36	Boys B Grade 100m Hurdles	1:30pm
	Record : 13.25	
Final	1 Chak Pak Hoi	BHMK
	2 Leung Wai Kwan	CSK
	3 Shum Chun Hei Regan	YWC
	4 Luo Tin Long	CYT
	5 Leung Kwan Nok	PKMS
	6 Mau Hei Yu	KTMC
	7 So Wun Yin	YWC
	8 Lai Ethan Michael	KTMC
Event 37	Boys A Grade 110m Hurdles	1:30pm
	Record : 13.63	
Final	1 Wong Yu Man	CMT
	2 Wong Ming Hin	KTMC
	3 Ho Man Hei	CGHC
	4 Wong Tsz Chung	CMT
	5 Ngan Chun Kit	SYSS
	6 Chow Chun Ki	PCMS
	7 Chung Ho Yeung	SKSS
	8 Wong Hei Shun	CCCKT
Event 38	Girls C Grade 4x100m Relay	2:00pm
	Record : 48.41	
Final	1	HKTLC
	2	MSS
	3	STSS
	4	SMCESPS
	5	LA
	6	TLMSHK
	7	SMCC
	8	SSCS
Event 39	Girls B Grade 4x100m Relay	2:00pm
	Record : 49.44	
Final	1	LA
	2	SSCS
	3	PTMS
	4	HTC
	5	CREATIVE
	6	YWG
	7	HPCCSS
	8	STSS
Event 40	Girls A Grade 4x100m Relay	2:00pm
	Record : 48.77	
Final	1	HKTLC
	2	SMCESPS
	3	HPCCSS
	4	SSCS
	5	YWG
	6	HSS
	7	STSS
	8	HTC

Event 41	Boys C Grade 4x100m Relay	2:00pm
	Record : 45.05	
Final	1	SKSS
	2	HKUGA
	3	YWC
	4	SYSS
	5	PCMS
	6	KGV
	7	CSK
	8	SPC
Event 42	Boys B Grade 4x100m Relay	2:00pm
	Record : 43.01	
Final	1	SFXC
	2	HKUGA
	3	CSK
	4	SPC
	5	BHNC
	6	CMT
	7	YWC
	8	PKMS
Event 43	Boys A Grade 4x100m Relay	2:00pm
	Record : 42.16	
Final	1	CCCKT
	2	HKUGA
	3	CGHC
	4	YWC
	5	KTMC
	6	SLS
	7	SPC
	8	KGV
Event 44	Girls C Grade 4x400m Relay	2:30pm
	Record : 4:12.52	
Final	1	HTC
	2	TLMSHK
	3	SMCC
	4	SMCESPS
	5	YWG
	6	IS
	7	SKSS
	8	CREATIVE
Event 45	Girls B Grade 4x400m Relay	2:30pm
	Record : 3:59.42	
Final	1	FSS-KT
	2	IS
	3	UCC-KE
	4	SSCS
	5	HPCCSS
	6	SHCC
	7	TLMSHK
	8	SMCESPS

Event 46	Girls A Grade 4x400m Relay	2:30pm
	Record : 4:07.82	
Final	1	UCC-KE
	2	SMCESPS
	3	TLMCHK
	4	YWG
	5	FSS-KT
	6	HPCCSS
	7	SSCS
	8	HTC
Event 47	Boys C Grade 4x400m Relay	2:30pm
	Record : 3:45.03	
Final	1	TSIS
	2	PCMS
	3	YWC
	4	SFXC
	5	SKSS
	6	KGV
	7	DMS-BW
	8	SPC
Event 48	Boys B Grade 4x400m Relay	2:30pm
	Record : 3:33.81	
Final	1	RC
	2	KGV
	3	IS
	4	SYSS
	5	KTMC
	6	YWC
	7	TSIS
	8	BHMK
Event 49	Boys A Grade 4x400m Relay	2:30pm
	Record : 3:25.18	
Final	1	LHYMSS
	2	PCMS
	3	SPC
	4	CMASS
	5	SYSS
	6	SLS
	7	CMT
	8	IS