

**Inter-School Athletics Competition 2023-2024**  
**Division Three (Area 1)**

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**Official List**

Convenor	:	Ms. Chan Kam Hung	SKHSBS
Management Committee	:	Mr. Yeung Chun Ling	HGSS
		Ms. Lee Lai Sheung	NP2C
		Mr. Leong Weng Chang	DMS-HW
		Ms. Chan Chor Fong	PTSS
Referee(s)	:	Mr. Tang Kun Loi, Mr. Eric Tsang	
Start Referee	:	Mr. Kot Hin Tak	
Technical Manager	:	Mr. Watson Ng	
First Aid	:	Auxiliary Medical Services	

Announcers : 1. Ms. Lee Lai Sheung NP2C 2. Ms. Wong Chin Yi KHSS

**Field Events**

Chief Throwing Judge	:	Ms. Chan Man Man	WWS
Chief Jumping Judge	:	Mr. Leong Weng Chang	DMS-HW

High Jump	:	1. Ms. Lau Witty	K-LING	- Chief		
		2. Mr. Ma Tsz Chung	PLKLFC		4. Ms. Lam Yui	KWSC
		3. Mr. Cheung Chung Hang	PLKNO.1C		5. Ms. Amy Choi	TOSS
Long Jump	:	1. Mr. Au Ting Ho	SJA	- Chief	5. Ms. Lee Yuk Wah	LSTYKH
		2. Mr. Ho Sai Keung	CPSS		6. Ms. Ng Cho Yan	LWFSS
		3. Mr. Leung Yung Yee	CYCS		7. Mr. Ho Kin Lam	SSCC
		4. Mr. Fu Man Ching	KTS			
Triple Jump + Relay Take Over (4 x 100m)	:	1. Mr. Chan Tik Kei	PLKLFC	- Chief	5. Mr. Tsang Chi Kwong	LS
		2. Mr. Pang Hoi Wan	ASMS		6. Mr. Lam Chi Hon Martin James	PYSS
		3. Ms. Liu Tsz Yan	ASMS		7. Mr. Law Wing Lun	WWS
		4. Mr. Ng Chi Lun	FHMSS			
Shot Put	:	1. Mr. Wong Chun Man	DMS-BW	- Chief	4. Mr. Wong Chun Yin	LWFSS
		2. Mr. Ng Chiu Man	FHMSS		5. Mr. Tsang Chiu Tim	SSCC
		3. Mr. Lee Ki	LS		6. Mr. Yeung Tak Piu	WYC
Discus	:	1. Mr. Lo Wai Tak	LSTYKH	- Chief	4. Ms. Lau Miu Ching	SHSS
		2. Mr. Chau Sam	GTEYC		6. Mr. Wu Sui Cheong	SKHLKY
		3. Mr. Yau Shing Kit	KTGS		7. Mr. Yeung Chi Lun	SMHYC
Javelin	:	1. Mr. Ho Chun Leung	PTSS	- Chief		
		2. Mr. Luk Chun Ho	DMS-HW		4. Ms. Lui Man Fei	SKWEGSS
		3. Mr. Wong Cheuk Him	MS		5. Ms. Ma Siu Chun	WYC

## Track Events

Chief Track Judge : Ms. Chan Kam Hung SKHSBS

Start Referee	: 1. Mr. Kot Hin Tak				
Starters	: 1. Mr. Cheung Wai Ching K-LING - Chief	3. Mr. Hui Pui Tak		KWSC	
	2. Ms. Mak Tsz Ying CPS				
Recall Starters	: 1. Mr. Li King Yiu Wilson HGSS	2. Mr. Yau Wo Yau		RC	
Starter's Assistants	: 1. Mr. Chow Wing Hang PTSS - Chief	4. Mr. Kwok Man Hin		CCMFSS	
	2. Mr. Ng Siu Ming BHSS	5. Mr. Chan Wai Shing		LKPFC	
	3. Ms. Wong Wing Yan CCMFSS	6. Mr. Poon Siu Leung		SJA	
Track Umpires	: 1. Mr. Yeung Chun Ling HGSS - Chief	10. Mr. 黃志恒		LYC	
	2. Ms. Wu Wai Lam BHSS	11. Mr. Cheung Ho Kwan		MKC	
	3. Ms. Wong Chi Ling CDGFSS	12. Ms. Liu Yip Lan		OLC	
	4. Ms. Lam Yee Man CPS	13. Ms. Leong Fong Lin		OLC	
	5. Mr. Wong Sze Chun CPSS	14. Ms. Yuen Ka Yan		PLKNO.1C	
	6. Ms. Yeung Sin Ching CSS	15. Ms. Chan Chor Fong		PTSS	
	7. Mr. Dean Rossouw HA	16. Ms. Chian Hoi Ning		SMHYC	
	8. Ms. Leung Fung Ying KTGS	17. Mr. Lo Ngai Fung		YCKMC	
	9. Mr. Yeung Wai Ki KTS				
Call Room Judges (Roll Call)	: 1. Ms. Mak Ming Sze SKHHCSS - Chief	7. Mr. Chu King Tak		MKC	
	2. Mr. Tsang Wai Kin CDGFSS	8. Ms. Un Ka Sin		SHSS	
	3. Mr. Wong Yuen Keung GTEYC	9. Mr. Law Kin Fung		SJC	
	4. Ms. Xiao Junlan HA	10. Mr. Chan Ben		SJC	
	5. Mr. Au Ho Lun KHSS	11. Mr. Gurung Manish		SKHHCSS	
	6. Ms. Ma Ho Ching LKPFC	12. Mr. Leung Tat Yan		SKWEGSS	
Recorders	: Managed by HKSSF Staff				
	Students of Ning Po No. 2 College				
Wind Gauge Operators	: Managed by HKSSF Staff			Students of PLKLFC	
Position	: Managed by HKSSF Staff			Students of PLKLFC	
Student Helpers	: Scouts of St. Joseph's College (Finals)				
	Students of Po Leung Kuk Laws Foundation College				

## Time Table

Divison Three (Area 1)

Day One 24 January 2024

8:15 AM Officials report to duty

This timetable serves as a guide only. The actual event may be held ahead or behind the scheduled time. Competitors are requested to turn up at least 1 hour before the scheduled time of the event.

	No.	Time	Event		Heats /	Final
		8:15am	Officials Report (工作人員報到)			
AM	1	8:30am	High Jump (跳高)	Girls C		30
	2		Triple Jump (三級跳遠)	Boys B		29
	3		Long Jump (跳遠)	Boys C		50
	4		Shot Put (鉛球)	Girls A		46
	5		Discus (鐵餅)	Girls B		48
	6		100m Hurdles (欄)	Girls C	3	
	7		"	Girls B	3	
	8		"	Girls A	2	
	9	9:15am	"	Boys C	4	
	10		"	Boys B	4	
	11		110m Hurdles (欄)	Boys A	3	
	12	9:30am	400m	Girls C	6	
	13		"	Boys C	7	
	14		"	Girls B	6	
	15	10:45am	"	Boys B	7	
	16		"	Girls A	5	
	17		"	Boys A	8	
	18	11:00am	High Jump (跳高)	Boys A		40
	19	11:30am	Discus (鐵餅)	Boys B		48
	20	11:45am	100m	Girls C	8	
	21		"	Boys C	8	
	22		"	Girls B	8	
	23	12:15pm	"	Boys B	8	
	24		"	Girls A	7	
	25		"	Boys A	8	
PM	26	1:45pm	Javelin (標槍)	Boys A		43
	27		Shot Put (鉛球)	Boys B		52
	28		Long Jump (跳遠)	Girls A		42
	29		High Jump (跳高)	Boys C		30
	30	2:00pm	200m	Girls C	7	
	31		"	Boys C	8	
	32		"	Girls B	8	
	33	2:30pm	"	Boys B	8	
	34		"	Girls A	6	
	35		"	Boys A	8	
	36	3:00pm	1500m	Boys C	3	
	37		"	Boys B	3	
	38		"	Boys A	3	
	39	4:00pm	4x100m Relay (接力)	Girls C	4	
	40		"	Girls B	4	
	41		"	Girls A	3	
	42	5:00pm	"	Boys C	4	
	43		"	Boys B	4	
	44		"	Boys A	4	

## List of Participating Schools of Division Three (Area 1)

School	Abbr.	Boys			Girls			
		A	B	C	A	B	C	
1 Caritas Chaiwan Marden Foundation Secondary School	明愛柴灣馬登基金中學	CCMFSS	1	1				
2 Caritas Pelletier School	明愛培立學校	CPS				1	1	
3 Carmel Divine Grace Foundation Secondary School	迦密主恩中學	CDGFSS	1	1	1	1	1	1
4 CCC Kei Heep Secondary School	中華基督教會基協中學	KHSS	1	1	1	1	1	1
5 CCC Kwei Wah Shan College	中華基督教會桂華山中學	KWSC	1	1	1	1	1	1
6 CCC Ming Kei College	中華基督教會銘基書院	MKC	1	1	1	1	1	1
7 Clementi Secondary School	金文泰中學	CSS	1	1	1	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 Delia Memorial School (Hip Wo)	地利亞修女紀念學校(協和)	DMS-HW	1	1	1	1	1	1
10 ELCHK Lutheran Secondary School	基督教香港信義會信義中學	LS	1	1	1	1	1	1
11 FDBWA Szeto Ho Secondary School	五邑司徒浩中學	SHSS	1	1	1	1	1	1
12 Fortress Hill Methodist Secondary School	炮台山循道衛理中學	FHMSS	1	1	1	1	1	1
13 G. T. (Ellen Yeung) College (Sec. Section)	優才(楊殷有娣)書院(中學部)	GTEYC	1	1	1	1	1	1
14 Han Academy	漢鼎書院	HA	1	1	1	1	1	1
15 Homantin Government Secondary School	何文田官立中學	HGSS	1	1	1	1	1	1
16 Hong Kong Sheng Kung Hui Bishop Hall Secondary School	香港聖公會何明華會督中學	BHSS	1	1	1	1	1	1
17 King Ling College	景嶺書院	K-LING	1	1	1	1	1	1
18 Kowloon Technical School	九龍工業學校	KTS	1	1	1	1	1	1
19 Kwun Tong Government Secondary School	觀塘官立中學	KTGS	1	1	1	1	1	1
20 LKWFLS Lau Wong Fat Secondary School	世界龍岡學校劉皇發中學	LWFSS	1	1	1	1	1	1
21 Lok Sin Tong Yu Kan Hing Secondary School	樂善堂余近卿中學	LSTYKH	1	1	1	1	1	1
22 Ning Po No. 2 College	寧波第二中學	NP2C				1	1	1
23 NLSI Lui Kwok Pat Fong College	新生命教育協會呂郭碧鳳中學	LKPFCS	1	1	1	1	1	1
24 Our Lady's College	聖母書院	OLC				1	1	1
25 Po Leung Kuk Laws Foundation College	保良局羅氏基金中學	PLKLC	1	1	1	1	1	1
26 Po Leung Kuk No. 1 W. H. Cheung College	保良局第一張永慶中學	PLKNO.1C	1	1	1	1	1	1
27 Pui Ying Secondary School	培英中學	PYSS	1	1	1	1		1
28 Raimondi College	高主教書院	RC				1	1	1
29 Shaukeiwan East Government Secondary School	筲箕灣東官立中學	SKWEGSS	1	1		1	1	
30 SKH All Saints' Middle School	聖公會諸聖中學	ASMS	1	1	1	1	1	1
31 SKH Holy Carpenter Secondary School	聖公會聖匠中學	SKHHCSS	1	1	1	1	1	1
32 SKH Leung Kwai Yee Secondary School	聖公會梁季彝中學	SKHLKY	1	1	1	1	1	1
33 SKH St. Benedict's School	聖公會聖本德中學	SKHSBS	1	1	1		1	
34 SKH St. Mary's Church Mok Hing Yiu College	聖公會聖馬利亞堂莫慶堯中學	SMHYC	1	1	1	1	1	1
35 Society of Boys' Centres Chak Yan Center School	香港扶幼會則仁中心學校(中學部)	CYCS	1	1	1			
36 St. Joan of Arc Secondary School	聖貞德中學	SJA	1	1	1	1	1	1
37 St. Joseph's College	聖若瑟書院	SJC	1	1	1			
38 St. Stephen's Church College	聖士提反堂中學	SSCC	1	1	1	1	1	1
39 Stewards Pooi Tun Secondary School	香港神託會培敦中學	PTSS	1	1	1	1	1	1
40 SWCS Chan Pak Sha School	新會商會陳白沙紀念中學	CPSS	1	1	1			
41 Tak Oi Secondary School	德愛中學	TOSS				1	1	1
42 TWGHs Lui Yun Choy Memorial College	東華三院呂潤財紀念中學	LYC				1	1	1
43 Wa Ying College	華英中學	WYC	1	1	1	1	1	1
44 YCH Wong Wha San Secondary School	仁濟醫院王華湘中學	WWS	1	1	1	1	1	1
45 Yu Chun Keung Memorial College	余振強紀念中學	YCKMC				1	1	1
		Total:	37	37	35	39	40	39

## Standards for Athletics (Division Three) 2023-2024

(updated on : 10 July 2023)

Event	Boys			Girls		
	A Grade	B Grade	C Grade	A Grade	B Grade	C Grade
100m	13.00	13.50	14.20	15.70	15.70	15.80
200m	26.80	27.80	29.80	34.00	34.00	34.50
400m	1:02.00	1:04.00	1:12.00	1:22.00	1:25.00	1:28.00
800m	2:34.00	2:40.00	2:53.00	3:22.00	3:22.00	3:30.00
1500m	5:30.00	5:40.00	5:58.00	7:08.00	7:08.00	7:08.00
5000m	21:45.00	-	-	-	-	-
100m Hurdles	-	20.50	22.20	22.50	23.00	24.00
110m Hurdles	20.80	-	-	-	-	-
High Jump	1.50	1.45	1.25	1.23	1.20	1.15
Long Jump	4.90	4.60	3.80	3.60	3.40	3.10
Triple Jump	10.00	9.20	-	-	-	-
Shot Put	8.50	8.80	7.00	5.80	6.20	5.50
Discus	18.50	20.00	15.50	14.50	13.80	12.00
Javelin	21.50	17.50	-	13.50	-	-
4 x 100m Relay	51.00	53.00	56.50	1:02.00	1:03.00	1:05.00
4 x 400m Relay	4:13.00	4:28.00	4:50.00	5:28.00	5:35.00	5:45.00

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

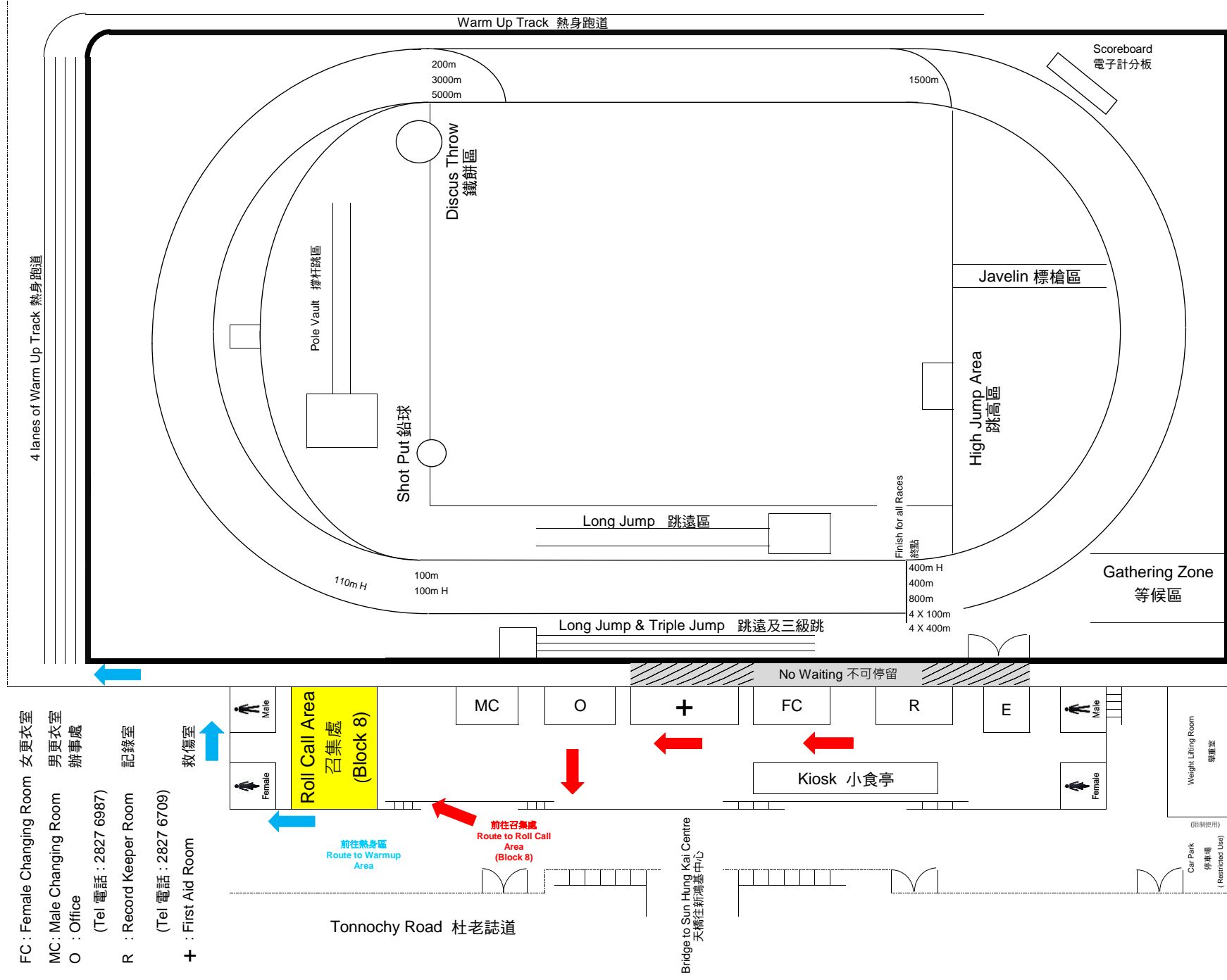
(Tel 電話 : 2827 6987)

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 Three (Area One)  
Day One

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Please Scan This QR code for the  
competition result of today



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

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

Inter-School Athletics Competition 2023-2024

Division Three (Area 1)

Day One 24 January 2024

Event 1	Girls C Grade High Jump		8:30am
	Record : 1.66		Standard : 1.15
Final	1	Cheuk Tsz Ying	MKC
	2	Xu Yannes	CDGFSS
	3	Chuang Wing Ki Ashely	ASMS
	4	Mak Ka Wun	LS
	5	Liu Choi Mei	OLC
	6	Yiu Sum Yu	DMS-BW
	7	Lau Deborah Cheuk Yin	PLKLFC
	8	Mok Wing Ki	PTSS
	9	Lu Pui Ching	TOSS
	10	Lam Gisele	WWS
	11	Lam Sze Wing	K-LING
	12	Wong Suet	LYC
	13	Chow Jamian Miharu	OLC
	14	Ling Yuk Sze	NP2C
	15	Liang Tsz	CDGFSS
	16	Tam Hoi Ki	LSTYKH
	17	Liang Pui Ki	SMHYC
	18	Yim Sum Yu	LYC
	19	Tam Pak Yan	LWFSS
	20	Zhu Yin Lam	PLKNO.1C
	21	Yeung Adola	SMHYC
	22	Ho Tsz Ki	LWFSS
	23	Wong Claire	PTSS
	24	Yeung Wing Yan	KTGS
	25	Ho Sze Ming	GTEYC
	26	Tsui Hei Ching	WWS
	27	Wong Kok Yuet	PLKLFC
	28	Leung Wai Kiu	LS
	29	Tsang Oi Man	GTEYC
	30	Lee Tsam Yi	TOSS

Event 2	Boys B Grade Triple Jump		8:30am
	Record : 13.67		Standard : 9.40
Final	1	Tse Ka Lam	MKC
	2	Shih Ka Wai	WWS
	3	Ng Man Hou	CPSS
	4	Mak Shun Ho	LS
	5	Wong Hoi Kei	LS
	6	Kong Yu Chun	KTGS
	7	San Ka Yui	HGSS
	8	Wong Shing Fung	MKC
	9	Yip Wai Tak	KTGS
	10	Chan Kin Man	WWS
	11	Wong Kwan Yu	SKWEGSS
	12	Lo Ching Fung	SJC
	13	Ng Wai Yin	SKWEGSS
	14	Xu Zhensheng	DMS-HW
	15	Kwok Yat Hei	K-LING
	16	Fong Chun Tung	SJA
	17	Cheung Po Shun	K-LING
	18	Pun Suman	SJA
	19	Wong Yik Chung	CDGFSS
	20	Ng Tsz Hin	PTSS
	21	Chan Rongquan	HGSS
	22	Yam Lok Yin Andre	SJC
	23	Nie Siu Kwan	CPSS
	24	Chong Chun Wai	ASMS
	25	Wang Yik Shing	PLKNO.1C
	26	Mok Tsun Ho	SMHYC
	27	Pang Kin Long	CDGFSS
	28	Fong Tsz Kit	PTSS
	29	Zeng Zilong	ASMS

Event 3	Boys C Grade Long Jump	8:30am	
	Record : 6.27	Standard : 3.80	
Final	1	Wu Yu To	PYSS
	2	Wheelband Zachary George	SJA
	3	Zhang Chen Ming	PTSS
	4	Chan Chun Hee	LSTYKH
	5	Mak Piu Ho	LWFSS
	6	Hong Tsz Long Ryan	LWFSS
	7	Cheung Chi Hin	GTEYC
	8	Wong Casey	CSS
	9	Nip Ngo Hei	BHSS
	10	Zhai Chi Wing	KTS
	11	Kwok Siu Wun	WWS
	12	Siu Chun Hei	K-LING
	13	Fong Tsz Yuk	CPSS
	14	Tam Wai Lik	CPSS
	15	Li Hongyan	SMHYC
	16	Liu Jun Yu	CDGFSS
	17	Lam Nok Yin	HGSS
	18	Lam Pak Yin	SHSS
	19	Law Cheuk Ting	MKC
	20	Tsang Cheuk Lam	PLKLFC
	21	Yeung Tin Wun	SJC
	22	Fan Pak Lam	SJA
	23	Cheung Ho Ting	SHSS
	24	Khalid Arslan	DMS-HW
	25	Chan Ching Wai	WYC
	26	Luk Kwun Hung	ASMS
	27	Choi Nok Ching	KTGS
	28	Wu Tin Ho	SKHLKY
	29	Zhang Yuchen	DMS-HW
	30	Tsang To Man	SKHLKY
	31	Pang Yin Kwong	ASMS
	32	Lam Wing Sun	HA
	33	Wong Tsz Hin	K-LING
	34	Chim Yuk Kit	SKHSBS
	35	Siu Lok Him	CDGFSS
	36	Chong Hei Yeung	CSS
	37	Liu Chun Hung	PTSS
	38	Lee Hei Lun	GTEYC
	39	Hui Tik Dicky	SSCC
	40	Cheung Cho Hin Cayden	SJC
	41	Chiu Yuk Leung	BHSS
	42	Chan Sze Hon	SKHSBS
	43	He Tsz Hin	SMHYC
	44	Lung Seng Hei	MKC
	45	Wong Chi Yiu	PLKLFC
	46	Liu Hanxin	PYSS
	47	Pak Chi Yiu	LS
	48	Yun Yip Kin	LKPFC
	49	Wong Chi Hung	KTGS
	50	Chan Ching Yu	LSTYKH

Event 4	Girls A Grade Shot Put	8:30am	
	Record : 10.58	Standard : 5.80	
Final	1	Yeung Cheuk Ying	WYC
	2	Liu Fengming	ASMS
	3	Weng Haiyi	NP2C
	4	Li Yee Tung	WWS
	5	Hong Lok Tung	LKPFC
	6	Choi Lok Ching	OLC
	7	Rai Gauravi	DMS-BW
	8	Lee Man Ching	LWFSS
	9	Wong Sin Ting	WWS
	10	Tang Wai Yi	BHSS
	11	Wong Cheok Yu	MKC
	12	Wong Wui Lam	KTGS
	13	Leung Hayley Hang Yu	SMHYC
	14	Catapang Jacyl Angela Quitua	DMS-BW
	15	Cheng Cheuk Nam	KTGS
	16	Wang Yuk Kei	K-LING
	17	Wong Hoi Man	SKWEGSS
	18	Chow Lok Kwan	CDGFSS
	19	Law Heily	PTSS
	20	Tsang Yi Ching Gloria	NP2C
	21	Tse Wing Sze	PYSS
	22	Chow Cheuk Kwan	CDGFSS
	23	Choi Sze Yui	SMHYC
	24	Chan Lok Yiu	PLKLFC
	25	Leung Wing Yan	K-LING
	26	Wong Ching Tung	SJA
	27	Mok Hoi Ching Jane	MKC
	28	Shih Ying Ying Kelly	LYC
	29	Yang Wai Chung	BHSS
	30	Bertes Krystelle Justo	KWSC
	31	Su Manna	CSS
	32	Lin Wai Yuen	TOSS
	33	Xu Sihan	DMS-HW
	34	Lui Wo Tin	TOSS
	35	Yeung Kei Ching	LS
	36	Cheung Man Hei	CSS
	37	Yuen Po Ying Jade	SKWEGSS
	38	Hu Wai Chung	LS
	39	Liu Siu Kei	SHSS
	40	Chen Wenya	SKHHCSS
	41	Lam Yuen Man	SHSS
	42	Yip Tsz Ying	LYC
	43	Zhuang Xiaoman	ASMS
	44	Kwok Sze Lok	OLC
	45	Li Sze	PYSS
	46	Tam On Ki	HGSS

Event 5	Girls B Grade Discus	8:30am
	Record : 38.34	Standard : 13.80

Final	1	Dong Kam Wa	CSS
	2	Ye Tinjun	K-LING
	3	Lai Wing Lam	CDGFSS
	4	Yau Yu Sze	WWS
	5	Chu Hoi Ching	SMHYC
	6	Chiu Lok Hei Anna	ASMS
	7	Ho Amber	PLKLFC
	8	Zhong Ka Yi	LS
	9	Lai Gabrielle	YCKMC
	10	Xie Yingyu	LWFSS
	11	Hung Yuk Ying	SJA
	12	Kwan On Ki Angel	HGSS
	13	Yau Hoi Ying	MKC
	14	Li Xiaolin	DMS-HW
	15	Yip Yu Ching	OLC
	16	Tang Sze Ying	BHSS
	17	Hon Nga Fei	LWFSS
	18	Wong Wing Yan	CDGFSS
	19	Tam Nga Chi Gigi	LSTYKH
	20	Sze Wing Yee	LYC
	21	Yang Yonghan	GTEYC
	22	Chee Man Yan	SHSS
	23	Chan Sze Ki	PTSS
	24	Zhang Xuxin Sharon	DMS-HW
	25	Pumanee Nabhat	SKHSBS
	26	He Zi Xuan	LS
	27	Fatima Eiman	DMS-BW
	28	Liang Wing	TOSS
	29	Lee Hiu Wa	KTGS
	30	Lee Tsz Yu Christy	OLC
	31	Ho Hoi Ching	SKWEGSS
	32	Fung Yan Yan	K-LING
	33	Yan Ka Tai	SHSS
	34	Li Cheuk Wing	LYC
	35	Yan Tsz Ki	BHSS
	36	Priso Mbangue Ciarra Rae-Anne	SJA
	37	Lam Tan Fung	YCKMC
	38	Cheung Hiu Lam	SKWEGSS
	39	He Yiu Ka	KTGS
	40	Martbandit Yan Yee	LSTYKH
	41	Leung Lok Ting	WWS
	42	Yip Nga Yu	PLKNO.1C
	43	Chow Zi Yuet Jemima	SMHYC
	44	Zeng Wai Ki	PLKNO.1C
	45	Tse Ka Wai, Joanne	TOSS
	46	Pang Tsz Yee	CPS
	47	Lam Yik Huen	GTEYC
	48	Tse Hei Lam	CSS

Event 6	Girls C Grade 100m Hurdles	8:30am
	Record : 15.23	Standard : 24.00

Heat 1	1	Xu Ling Xi	WWS
	2	Yau Chung Ki	CDGFSS
	3	Ng Wing Ki	LYC
	4	Lai Wing Si Catherine	DMS-HW
	5	Wu Hazel	ASMS
	6	Wong Lok Yiu	SMHYC
	7	Wong Wai Tung	K-LING
	8	Chan Mei Lam	GTEYC

Heat 2	1	Lee Hei Man	LYC
	2	Chan Mary	SMHYC
	3	Wong Ching Yau	K-LING
	4	Sit Yau	PTSS
	5	Chan Ip Kwan	LS
	6	Chen Yanmei	LWFSS
	7	Hai Tsz Ching	PLKNO.1C
	8	Khatri, Partima Miculob	KWSC

Heat 3	1	Wong Kit Sum	CDGFSS
	2	Chan Tsz Yan	GTEYC
	3	So Tsz Ching	PLKLFC
	4	Siu Annabella	LWFSS
	5	Chen Wing Wun	LS
	6	Hau Tsz Ting	PLKNO.1C
	7	Chen Tsz Huen	PYSS

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Event 7	Girls B Grade 100m Hurdles	8:30am
	Record : 14.42	Standard : 23.00

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Heat 1	1	Zhang Qinglin	LWFSS
	2	Ajonuma Precious Chioma Bargamento	DMS-BW
	3	Chan Tsz Yu	ASMS
	4	Wong Hin Yu	LS
	5	Wen Yu Kit	NP2C
	6	Tse Tsz Ching	HGSS
	7	Lai Po Ting	SMHYC
	8	Cheng Shu Man	LYC

Heat 2	1	Fung Hoi Yan	OLC
	2	Xie Yingyu	LWFSS
	3	Fu Huiling	NP2C
	4	Yung Kai Kei	PTSS
	5	Guo Le Yang	K-LING
	6	Cheung Sum Yau	CDGFSS
	7	Ha Wai Wai	ASMS

Heat 3	1	Wong Tsz Yu	CDGFSS
	2	Chen Yingyin	LS
	3	Chow Lok Yin Blue	LYC
	4	Chai Sheung Kwan	PTSS
	5	Cheung Sum Yuet	OLC
	6	Yeung Ching Yiu Yoyo	SMHYC
	7	Chan Chi	CSS

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Event 8	Girls A Grade 100m Hurdles	8:30am
	Record : 13.76	Standard : 22.50

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Heat 1	1	Lam Ashley Gwyneth	PTSS
	2	Seyed Ahamed Saleena	DMS-BW
	3	Lu Cho Lam	ASMS
	4	Tse Wing Ching	NP2C
	5	Kuang Lai Yin	LS
	6	Woo Hoi Yi	K-LING
	7	Liao Meiqi	SMHYC

Heat 2	2	Kwan Sin Man	TOSS
	3	Chen Baoyi	ASMS
	4	Li Rourou	LS
	5	Leung Cheuk Ting	OLC
	6	Ma Wai Shun	SMHYC
	7	Wu Ching Ting	CDGFSS



Event 9	Boys C Grade 100m Hurdles		9:15am
	Record : 13.57		Standard : 22.20
Heat 1	1	Wong Kin Ho	CDGFSS
	2	Kan Long Kiu	K-LING
	3	Tam Yat Long	LSTYKH
	4	Ko Yik Yin	SJC
	5	Lee Tsz Yu	PLKLFC
	6	So Kwok Chun	PLKNO.1C
	7	Fung Yik Yuen	SMHYC
Heat 2	1	Chung Hei Chung	GTEYC
	2	Zhang Chen Ming	PTSS
	3	Yu Yu Tsun	LS
	4	Yan Chun Kit	ASMS
	5	Lam Wai Chun	WYC
	6	Chan Chun Lam	K-LING
	7	Lai Hoi E Sheffield	CPSS
Heat 3	2	Luk Kwun Hung	ASMS
	3	He Tsz Hin	SMHYC
	4	Zhong Jushi	SJC
	5	Lin Wai Leong	CDGFSS
	6	Parsons Andrew Qianyu	SJA
	7	Tsang Cheuk Lam	PLKLFC
	Heat 4	2	Wong Ching Sing Daniel
3		Chong Cheng Jun	PTSS
4		Chi Bing Him	PYSS
5		Wong Lun Lam	LS
6		Mau Cho Hong	SJA
7		Wong Chun Yin	CPSS
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Event 10	Boys B Grade 100m Hurdles		9:15am
	Record : 13.25		Standard : 20.50
Heat 1	1	Law Sze Yuen	WYC
	2	Deng Chao Man	LS
	3	Choi Yau Tik	DMS-HW
	4	Tong Chun Ho	SMHYC
	5	Ng Siu Hong	PTSS
	6	Cheung Po Shun	K-LING
	7	Wong Wing Nok	SJC
Heat 2	1	Li Ji Yan Bryan	MKC
	2	Man Tak Ming Leo	PYSS
	3	Lin Longyu	CPSS
	4	Chan Yat Fung	CDGFSS
	5	Chen Rich Tsan	DMS-HW
	6	Yip Wai Tak	KTGS
	7	Lam Tsz San Sunny	SKHLKY
Heat 3	2	Fong Ho Lam	SMHYC
	3	Cheung Tin Wai	BHSS
	4	Yan Chun Wa	ASMS
	5	Woo Kai Nam	SJC
	6	Chan Wai Nam	CPSS
	7	Tsang Cheuk Him Jason	WYC
	Heat 4	2	Chan Yik Sin
3		Chan Hei Yiu	K-LING
4		Leung Lok Kan Teddy	PYSS
5		Liang Yujun	ASMS
6		Xiong Yuxiang	WWS
7		Wong Yik Chung	CDGFSS

Event 11	Boys A Grade 110m Hurdles		9:15am
	Record : 13.63		Standard : 20.80
Heat 1	1	Chung Ka Lok	LS
	2	Khan Uzair	KWSC
	3	Lin Pak Chung	SMHYC
	4	Wong Kam Kwai	CPSS
	5	Hui Sze Hoi	DMS-HW
	6	Chan Kwan Ho	CDGFSS
	7	Fu Owen	WWS
	8	Wong Ching Hin	SJC
Heat 2	1	Zhou Yu Ho	CPSS
	2	Khan Muhammad Maadh	KWSC
	3	He Ruining	PLKNO.1C
	4	Wong Tsz Ho	WWS
	5	Lin Tsz Chun	SMHYC
	6	Fu Yongqi	ASMS
	7	Lau Yin Yu	CDGFSS
	8	Lau Hok Him	K-LING
Heat 3	1	Pan Shing Chi	LS
	2	Yu Chuhan	DMS-HW
	3	Chan Chun Lam	ASMS
	4	Ng Hysan	PLKLFC
	5	Ip Shong	SJA
	6	Ng Cheuk Hang	SJC
	7	Ng Tsz Hin	WYC
Event 12	Girls C Grade 400m		9:30am
	Record : 58.64		Standard : 1:28.00
Heat 1	1	Guan Wing Yin Sandy	MKC
	2	Lau Yik Ling Kristina	K-LING
	3	Lau Yu Ching	HGSS
	4	Li Lam Yu	DMS-HW
	5	Luo Wing Ni	SHSS
	6	Inciong Judielle Marie Malayao	SJA
	7	Hu Sing Yu Doris	HA
	8	Ng Yui Nei	PLKLFC
Heat 2	1	Liang Tsz	CDGFSS
	2	Tam Sze Chai	OLC
	3	Chan Yin Tung	HGSS
	4	Wang Xin Hui	SJA
	5	Chu Tik Judy	WWS
	6	Cheung Sum Yin	LWFSS
	7	Tang Tsz Ching	LS
	8	Yiu Sum Yu	DMS-BW
Heat 3	1	Wong Lok Yiu	SMHYC
	2	Leung Wai Kiu	LS
	3	Hai Tsz Ching	PLKNO.1C
	4	Fung Ching Hay	GTEYC
	5	Huang Yee Ting	LYC
	6	Yeung Kin Ying Fiona	SHSS
	7	Lam Fei Fei	LWFSS
	8	Leung Wing Sze Sylvia	CSS
Heat 4	1	Zhu Yin Lam	PLKNO.1C
	2	Li Yufei	ASMS
	3	Tsang Sum Yu	CSS
	4	Pun Sanju	DMS-BW
	5	Li Xin Xuan	SMHYC
	6	Kwok Nga Wai	KTGS
	7	Lee Sum Yau	CDGFSS
	8	Chen Zixin	TOSS

Heat 5	1	Cai Xinyi	KTGS
	2	Yuen Hong Ching	PLKLFC
	3	Lin Xiaoyu	ASMS
	4	Cheung Pui Chi	MKC
	5	Zhu Hiu Ying	K-LING
	6	Cheung Yee Kiu	KTS
	7	Lau Tsz Yi	BHSS
Heat 6	1	Wu Yau Yi Yoyo	WYC
	2	Wong Man Yan	WWS
	3	Hui Haidee	TOSS
	4	Yim Sum Yu	LYC
	5	Wong Claire	PTSS
	6	Cai Yee Yan	DMS-HW
	7	Chan Mei Lam	GTEYC

Event 13	Boys C Grade 400m	9:30am	
	Record : 51.23	Standard : 1:12.00	
Heat 1	1	Fung Yik To	SHSS
	2	Wong Chi Hung	KTGS
	3	Yan Tsz Chun	SJA
	4	Tsui Wai Kit	SKHLKY
	5	Fong Ho Tak	CPSS
	6	Wong Nok Nam Avery	GTEYC
	7	Yeung Long Sum Hayden	HGSS
	8	Cheng Tik Tung	PTSS
Heat 2	1	Sakyi Shaibu Tofic	LS
	2	Ng Ho Yeung	SKHLKY
	3	Cheng Ka Hing	CSS
	4	Cheng Ho Fung	PLKLFC
	5	Chan Ching Wai	WYC
	6	Or Ching Ho	CPSS
	7	Lee Hei Lun	GTEYC
	8	Chu Ho Hei Nickson	MKC
Heat 3	1	Ngai Ka Tsun Kassac	K-LING
	2	Choi Kam Fai	SHSS
	3	Lai Chun Pong	LWFSS
	4	Zhong Xinrui	KWSC
	5	Tsang Tsz Hin	KTGS
	6	Khalid Arslan	DMS-HW
	7	Tam Ho Yin	SJC
	8	Ng Yui Ching	FHMSS
Heat 4	1	Cheung Hei Yeung	K-LING
	2	Cheung Po Yin	LS
	3	Lam Yat Ting Alvin	WYC
	4	Yao Yuan	LWFSS
	5	Gu Ka Ming	ASMS
	6	Chen Kun	CDGFSS
	7	Cheung Sze Chit	FHMSS
Heat 5	1	Leung Man Cheuk	PTSS
	2	Hu Zhi Tao	SJA
	3	Ho Yip Chun	SMHYC
	4	Wong Wai Chung	PLKLFC
	5	Chan Sze Hon	SKHSBS
	6	Li Chun	CSS
	7	Wong Chung Kok Helge	SJC
Heat 6	1	Lai Pengxin	SKHSBS
	2	Liu Jun Yu	CDGFSS
	3	Liu Shengwei	HA
	4	Fung Ching Yin Gene	SMHYC
	5	Kwok Siu Wun	WWS
	6	Zhang Yuchen	DMS-HW
	7	Diao Ka Fung	BHSS

Heat 7	1	He Francol	WWS
	2	Wong Ho Tin	HGSS
	3	He Chi Ngai	ASMS
	4	Tam Hoi Ching Adrian	LKPFC
	5	Rawat, Saiansh	KWSC
	6	Yeung Pan	BHSS
	7	Woo Tsz Yeung Kerux	MKC

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Event 14      Girls B Grade 400m      9:30am  
Record : 56.27      Standard : 1:25.00

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Heat 1	1	Mok Ka Ching	SKWEGSS
	2	Sejman-Kaur	DMS-BW
	3	Ko Mei Ying	SJA
	4	Chong Wing Dip	OLC
	5	Ma Bernice Wing Tung	WYC
	6	Yu Cheng Io	ASMS
	7	Au Tsz Kwan	MKC
	8	Huang Yu Tung	NP2C

Heat 2	1	Tam Hei Tung	LS
	2	Ma Mei Shing	TOSS
	3	Chow Yu Tung	CPS
	4	Chan Man Hei	LKPFC
	5	Tam Wing Hei	SKHSBS
	6	Magallanes Selena Jenine Voluntad	SJA
	7	Hon Nga Fei	LWFSS
	8	Choi Hiu Yan	SMHYC

Heat 3	1	Martinez Julia Mikhaela Catalasan	DMS-HW
	2	Huang Weiting	LWFSS
	3	Choy Tsz Huen	OLC
	4	Pun Yau Hei Hayley	GTEYC
	5	Chan Ching Hei	CSS
	6	Siu Ka Ki	SKWEGSS
	7	Mok Tik Yi Grace	KTGS
	8	Lo Wai Ki	KTS

Heat 4	1	Tsui Hei Tung	LS
	2	Luk Sarah	WWS
	3	Yeung Yanny	BHSS
	4	Lau Yee Tung Macy	LYC
	5	Gu Chun Yi	PTSS
	6	Lo Hoi Yi	SMHYC
	7	Au Tsz Ching	CDGFSS
	8	Lau Cheuk Ying	CSS

Heat 5	1	Wan Wai Tung	KTGS
	2	Tang Yee Kwan	MKC
	3	Chow Lok Yin Blue	LYC
	4	Cheung Sum Yau	CDGFSS
	5	Ng Hong Ting	K-LING
	6	Cai Tsz Wai	HGSS
	7	Jesman-Kaur	DMS-BW
	8	Lian Yuhan	DMS-HW

Heat 6	1	Lee Cheuk Ching	TOSS
	2	Chung Sze Ting	PLKNO.1C
	3	Chung Tsz Ching	WWS
	4	Cheung Hoi Man	GTEYC
	5	Sin Leanna Wing Yau	K-LING
	6	Chan Tsz Ki	BHSS
	7	Lam Hok Yu	LSTYKH

Event 15	Boys B Grade 400m		10:45am
	Record : 49.72		Standard : 1:04.00
Heat 1	1	Li Yin Kang Samuel	WYC
	2	Chan Hei Wang	KTGS
	3	Xie Ka Hei	KTS
	4	Leung Pui Kuen	PTSS
	5	Kuang Ho Fung	LKPFC
	6	Tai Chun Ting	SKHSBS
	7	Chen Ka Kuen	DMS-HW
	8	Woo Kai Nam	SJC
Heat 2	1	Zhang Zhiqi	LSTYKH
	2	Tsai Hung Lam	WWS
	3	Shih Long Ho	GTEYC
	4	Huang Tianqing	DMS-HW
	5	Tang Hiu Kit	BHSS
	6	Umali Prince Justine Sta. Teresa	KWSC
	7	He Fu Wang	SKHSBS
	8	He Junxi	ASMS
Heat 3	1	Tse Cheuk Wang	K-LING
	2	Yip Sik Chuen	PTSS
	3	Chau Tin Chi	PLKNO.1C
	4	Amaboh Lin'wayne Carter	SJA
	5	Law Sze Yuen	WYC
	6	Kwong King Man	PLKLFC
	7	Luo Haoxiang	CPSS
	8	Wong Yat Chun	CDGFSS
Heat 4	1	Mangat Japinderpal Singh	KWSC
	2	Feng Ng Yuen	SMHYC
	3	Mok Long Sum	SJC
	4	Tsoi Chin Ming	SKWEGSS
	5	Lam Philip Enrick Oaquera	SJA
	6	Ho Ka Yiu	SSCC
	7	Yu On Yin	WWS
	8	Poon Chun Sing	MKC
Heat 5	1	Wu Yiu Cho	KTGS
	2	Yang Kwan Ho Alexander	LWFSS
	3	Chen Tim Long	K-LING
	4	Kwok Ho Yin	SHSS
	5	Leung Pak Chiu	SMHYC
	6	Chan Rongquan	HGSS
	7	Zhou Zewei	MKC
	8	Mok Wing Hin	CDGFSS
Heat 6	1	Wang Yik Shing	PLKNO.1C
	2	Tsoi Hoi Ho	CSS
	3	Ng Wai Yin	SKWEGSS
	4	Li Xian Yu	KTS
	5	Dai Xiaochen	BHSS
	6	Chung Tsz Shing	LKPFC
	7	Wong Kok Ching	LWFSS
	8	Lai Man Bok	FHMSS
Heat 7	1	Tai Ching Yin	PLKLFC
	2	Chong Wai Lok	FHMSS
	3	Au Ka Ho	CSS
	4	Lam Hiu Chun	CPSS
	5	Mo Tsz Him	ASMS
	6	Cheung Ka Chun Kenny	PYSS
	7	Tang King Long	SHSS
	8	Wong Tik Hei	LSTYKH

Event 16	Girls A Grade 400m		10:45am
	Record : 57.37		Standard : 1:22.00
Heat 1	1	Gao Xiaotong	SKHHCSS
	2	Chan Gen Yuet	PTSS
	3	Chim Oi Yan	LYC
	4	Chen Xin Chen	K-LING
	5	Ho Ka Yi	KTGS
	6	Khan Hadia	DMS-BW
	7	Leung Tsz Yan	SMHYC
Heat 2	1	Tsoi Yee Lam	SJA
	2	Kwan Suen Hei	PYSS
	3	Lee Ho Ying	LKPFC
	4	Chiu Jing Wing	KTGS
	5	Foo Wing Sze	LS
	6	Chan Ka Yiu	PLKLFC
	7	Wu Yan Yi	LSTYKH
Heat 3	1	Siu Hoi Ying	K-LING
	2	Tam Pui Wai	LYC
	3	Tsoi Sze Wing	WWS
	4	Chong Cheuk Tung	TOSS
	5	Wong Ching Shun	CDGFSS
	6	Chen Jinyao	LWFSS
	7	Lu Cho Lam	ASMS
Heat 4	2	Ng Cheuk Ling	FHMSS
	3	Pang Kwan Kiu	PTSS
	4	Kiu Sze Ching	SJA
	5	He Hei Yu	MKC
	6	Tang Chui Man	LS
	7	Lee Tsz Kiu	LWFSS
	Heat 5	2	Sayed Ahamed Saleena
3		Hui Ching Man	PYSS
4		Chan Cheuk Yu	CDGFSS
5		Mak Chui Yan	WWS
6		Huo Sum Yuet	SMHYC
7		Lau Oi Sum	BHSS
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Event 17	Boys A Grade 400m		10:45am
	Record : 49.92		Standard : 1:02.00
Heat 1	1	Wong Shun Yin	PTSS
	2	Pun Yin Ka	CSS
	3	Xu Leong Tang	KWSC
	4	Wong Ka Chun	ASMS
	5	Li Man Nok	SKWEGSS
	6	Chen Qi Da	MKC
	7	Yung Ka Chun	CPSS
	8	Ho Chun Yat	SSCC
Heat 2	1	Lam Yan Shing	WWS
	2	Ho Ka Hing	ASMS
	3	Chan Tsun Hei	HGSS
	4	Ng Cheuk Hang	SJC
	5	Law Hoi Yee	LS
	6	Liang Chun	CDGFSS
	7	Li Chaohong	LSTYKH
	8	Koo Ho Lam	SKWEGSS
Heat 3	1	Wan Pak Ching	PLKNO.1C
	2	Mok Chun Sing	SMHYC
	3	Chow Cheuk Hei	SKHLKY
	4	Chen Yufeng	HA
	5	Hui Yat Hei	SHSS
	6	Wong Kwan Ho	MKC
	7	Xie Jinhan	DMS-HW
	8	Lau Ho Long	KTGS

Heat 4	1	Lu Ho Sun	SJC
	2	Hui Ming Hin	K-LING
	3	Chen Chi Ming	SKHHCSS
	4	Kwok Tsun Hin	BHSS
	5	Li Zhaokang	CCMFSS
	6	Mohammad Umair Aftab	SMHYC
	7	Lo Kam Hon	KTS
	8	Li Tin Kin	HGSS
Heat 5	1	Leung Yui Chu	FHMSS
	2	Yip Ho Ching	WWS
	3	Guan Kaijie	LS
	4	Guan Jiajun	CSS
	5	Cheng Chung Hin	PYSS
	6	Weng Wai Sen	WYC
	7	Wong Kwan Hon	LWFSS
	8	Wong Tsz Lun	LKPFC
Heat 6	1	Ma Ka Chung	WYC
	2	Li Jinwei	DMS-HW
	3	So Pak To	PLKLFC
	4	Kee Chi Kiu	SJA
	5	Cheng Tsz Fung	SKHSBS
	6	Chan Chak Lok	CPSS
	7	Wong Stephen	LWFSS
	8	Liu Chun Hei	FHMSS
Heat 7	1	Law Chun Hin	PYSS
	2	Li Ho Yin	SKHSBS
	3	Lam Ho Yu	PTSS
	4	Tang Chung Hei	BHSS
	5	Lam Ka Ming	SJA
	6	Wong Hong Kiu	LKPFC
	7	Wang Shaohong	SKHHCSS
	8	Siu Tsz Hin Anson	PLKLFC
Heat 8	1	Lee Long Ching	GTEYC
	2	Liao Haohong	KWSC
	3	Fung Long Hei	SSCC
	4	Au Yeung Wai Kit	CDGFSS
	5	Huang Kwan Ho	CCMFSS
	6	Fang Yi Kong	SKHLKY
	7	Tan Ho Man	KTGS

Event 18	Boys A Grade High Jump		11:00am
	Record : 2.01		Standard : 1.50
Final	1	Huang Chung Sing	SMHYC
	2	Sin Wai Hang	CDGFSS
	3	Wu Chun Ngai	SKHLKY
	4	Huang Zicheng	MKC
	5	Chan Tsz Ho	BHSS
	6	Lee Tsz Him	PLKLFC
	7	Leung Keng Shing	PYSS
	8	Yam Tim Cheung	KTGS
	9	Lau Hong	DMS-HW
	10	Lau Yin Yu	CDGFSS
	11	Wong Tsz Lun	LKPFC
	12	Zhou Weijun	CPSS
	13	Zhang Wing Pong	LKPFC
	14	Lin Pak Chung	SMHYC
	15	Wong Chi Sum	MKC
	16	Fung Chit To	SJC
	17	Yip Ho Ching	WWS
	18	Tsang Chris Ho Long	PLKLFC
	19	Ip Shong	SJA
	20	Ahmed Hamza	KWSC
	21	Tan Ho Man	KTGS
	22	Poon Wai Him	WWS
	23	Chung Ka Lok	LS
	24	Leung Ka Ho	PTSS
	25	Lee Hau Yin	CPSS
	26	Tang Chung Hei	BHSS
	27	Yu Chuhan	DMS-HW
	28	Wong Ching Hin	SJC
	29	Zhuo Ka Lok	SKHLKY
	30	O Kam Hong	SKWEGSS
	31	Lam Ka Ming	SJA
	32	Lee Tin Yui	PYSS
	33	Fang Chuangyu	ASMS
	34	Pan Shing Chi	LS
	35	Luo Wing Shing Victor	SSCC
	36	Chan Wing Yin	PTSS
	37	Lau Hok Him	K-LING
	38	Wang Jianshiong	HGSS
	39	Yu Chun Hei	KWSC
	40	Li Hong Yuen	ASMS



Event 19	Boys B Grade Discus		11:30am
	Record : 54.18		Standard : 20.00
Final	1	Tsang Ching Kit	CPSS
	2	Tsui Shui Bong	K-LING
	3	Wang Xuanwen	ASMS
	4	Deng Jinhao	KTGS
	5	Chan Kam Fai	ASMS
	6	Obedoza Andrie Rylee	DMS-HW
	7	Yeung Kwong Lam	CSS
	8	Zheng Chi Nam	SKHLKY
	9	Fung Kwun Hang	WWS
	10	Wong Chun Sing Douglas	PYSS
	11	Fung Chi Him	CDGFSS
	12	Siu Kin Kuan	CSS
	13	Ko Sze Chun	CPSS
	14	Lee Wang Chi	LWFSS
	15	Cham Wang Hin	SKWEGSS
	16	Cheung Wai Hei	PTSS
	17	Ng Jiaqi Wang	BHSS
	18	Keung Cheuk Nam	SMHYC
	19	Kwok Hiu Chun	SJA
	20	Li Lok Hin	CDGFSS
	21	Shek Man Hong	CCMFSS
	22	Lo Chun Yin	PTSS
	23	Cheung Ka Ho	GTEYC
	24	Chan Yui Hin Timo	SJA
	25	Yeung Pak Woon	SHSS
	26	Zhang Zhiqi	LSTYKH
	27	Poon Kwok Kuen	KTGS
	28	Liang Chung Ki	SMHYC
	29	Lam Wai Chit	LSTYKH
	30	Zhang Chi Kin	SHSS
	31	Yiu Ho Tin Brian	GTEYC
	32	Xie Chi Ho	LWFSS
	33	Samson Allen Roy	DMS-HW
	34	Ho Ngo Tung	PLKLFC
	35	Siu Chun Kit	BHSS
	36	Chan Lok Sum	LS
	37	Shek Ka Ho	SJC
	38	Chan Tsz Kin	MKC
	39	Huang Tsz Fung	SKWEGSS
	40	Ieong Ting Hei Matthew	HGSS
	41	Tsang Yiu Hing William	MKC
	42	Chen Weihou	CCMFSS
	43	Ng Cheuk Yin	SKHLKY
	44	Cheung Ho Fung	K-LING
	45	Lin Yiu Kwong	CYCS
	46	Lee Lok Chi	WWS
	47	Chan Yiu Ming	LS
	48	Wong James Yu San	SJC

Event 20	Girls C Grade 100m		11:45am
	Record : 12.37		Standard : 15.80
Heat 1	1	Lau Deborah Cheuk Yin	PLKLFC
	2	Lai Man Huen	K-LING
	3	Shih Hiu Ying	LYC
	4	Cuyugan, Chazatian Andrade	KWSC
	5	Hon Yat Tung	GTEYC
	6	Wong Kit Sum	CDGFSS
	7	Lai Yan Yin Libby	DMS-BW
	8	Lau Tsz Ching	YCKMC

Heat 2	1	Yau Chung Ki	CDGFSS
	2	Cheng Cheuk Huen	GTEYC
	3	Singleton, Maisy B Laurina	SJA
	4	Niu Zimeng	HA
	5	Ng Yeuk Lam	SMHYC
	6	Lam Lok Yi	TOSS
	7	Cheuk Tsz Ying	MKC
	8	Hui Wai Yin	LS
Heat 3	1	Chan Tsz Ling Marcelia	SKHLKY
	2	Fan Ziyi	LWFSS
	3	Fung Tsz Kiu	PLKLFC
	4	Leung Ka Yu	ASMS
	5	Liang Zhiqi	NP2C
	6	Hui Yan Kay Gianna	RC
	7	Chong Sin Kiu	WWS
	8	Li Tsz Ying	PTSS
Heat 4	1	Raimi Apphia	SJA
	2	Tse Sum Yau Csilla	WYC
	3	Chan Mary	SMHYC
	4	He Xiao Tong	HGSS
	5	Duldulao, Johanna Angel Agustin	KWSC
	6	Li Tsz Yin	PLKNO.1C
	7	Kwong Yuen Lam	SKHLKY
	8	Wong Pui Tung	BHSS
Heat 5	1	Wu Man Hei	CPS
	2	Chen Tsz Huen	PYSS
	3	Lee Yuen Ying	LYC
	4	Lo Wing Hei	HGSS
	5	Pang Sze Nga	WWS
	6	Lau Sum In Sonia	SSCC
	7	Dowding Maisie Millicent	DMS-HW
	8	Zhong Yingmin	KTGS
Heat 6	1	Chan Huen Yu	PLKNO.1C
	2	Lin Pui Man	NP2C
	3	To Tsz Yan	LWFSS
	4	Pun Wing Lam	BHSS
	5	Wu Hazel	ASMS
	6	Law Tsz Yi	OLC
	7	Fong Hei Tong	KTGS
	8	Tse Shun Yi	WYC
Heat 7	1	Zhang Sze Ching	LS
	2	Injan Leona	FHMSS
	3	Lee Lok Sze Ceci	OLC
	4	Chan Nga Man	KTS
	5	Cheng Tsz Yan	CPS
	6	Rai Dipti	DMS-BW
	7	Cheng Hoi Ching	CSS
Heat 8	1	Chan Nga Lui	CSS
	2	Leung Oi Sin Samantha	DMS-HW
	3	Ye Kexin	SHSS
	4	Tsui Yeuk Ching	TOSS
	5	Shek Ka Man	PTSS
	6	Chu Tsz Yiu	MKC
	7	Chow Tsz Ching	K-LING

Event 21	Boys C Grade 100m	11:45am
	Record : 11.21	Standard : 14.20
Heat 1	1	Chu Ho Hei Nickson MKC
	2	Cheng Ting Hei LKPFC
	3	Yan Ho Pan KTGS
	4	Chan Chun Sum Jason HGSS
	5	Wong Lok Yin K-LING
	6	Yan Chun Kit ASMS
	7	Leung Ka Ho SSCC
	8	Liu Ho Hei BHSS
Heat 2	1	Chui Ching Kiu Arthur SJC
	2	Lau San Yu SHSS
	3	Tsang Yung Wai BHSS
	4	Huang Zi Jie DMS-HW
	5	Chen Chun Ho FHMSS
	6	Law Hau Kan Charles PYSS
	7	Cheung Chun Yat HA
	8	Cheung Tsz Fung K-LING
Heat 3	1	Hui Tik Dicky SSCC
	2	Cheung Sze Chit FHMSS
	3	Cai Yu Sung KTS
	4	Cruz Alexander Lambino DMS-HW
	5	Ou Chun Sing Jason HGSS
	6	Yip Tsun Ming SMHYC
	7	Li Chun Ho MKC
	8	Cheung Chun Him SHSS
Heat 4	1	Chan Zed PLKLFC
	2	Fan Pak Lam SJA
	3	Yung Man Him WWS
	4	Chan Sin Yeung Jamie GTEYC
	5	Li Brian SKHSBS
	6	Chui Chun Hin LS
	7	Chen Mingxuan WYC
	8	Tam Yat Long LSTYKH
Heat 5	1	Ng Ho Hei SJA
	2	Cheung Ting Hei William PTSS
	3	So Kwok Chun PLKNO.1C
	4	Tsang Cyrus WYC
	5	Chen Yize HA
	6	Fung Pok Yin LWFSS
	7	Lau Hin CSS
	8	Ling Tsz Wang GTEYC
Heat 6	1	Kwok Kin Fung CDGFSS
	2	Yu Tsz Hei PLKNO.1C
	3	Chan Yuk Wa SKHSBS
	4	Rawat, Saiansh KWSC
	5	Fung Yuk Kwan LKPFC
	6	Cheung Cho Hin Cayden SJC
	7	Mak Piu Ho LWFSS
	8	Au Yeung Chun Tung SKHLKY
Heat 7	1	Cheng Ka Hing CSS
	2	Chan Ching Yu LSTYKH
	3	Tse Cheuk Fei KWSC
	4	Gong Ching Hoi KTGS
	5	Hui Wang Tik Andy LS
	6	Chan Ching Ho WWS
	7	Lai Hoi E Sheffield CPSS
	8	Wu Tin Ho SKHLKY

Heat 8	1	Pang Yin Kwong	ASMS
	2	Hu Junjia	CDGFSS
	3	Ho Yiu Chun	CPSS
	4	Yu Chi Yu	SMHYC
	5	Han Jaden	PLKLFC
	6	Chan Chun Hei Alvin	SKHHCSS
	7	Wong Tsz Hin	KTS

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Event 22    Girls B Grade 100m    11:45am  
 Record : 11.89    Standard : 15.70

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Heat 1	1	Ng Tsz Tung	NP2C
	2	Chan Hoi Yan	SKWEGSS
	3	Huang Weiting	LWFSS
	4	Lin Hei Tung Anisa	LYC
	5	Tang Suet Yin	SMHYC
	6	Pang Tsz Yee	CPS
	7	Cheng Tsz Pui	PLKLFC
	8	Cheng Jasmine	OLC

Heat 2	1	Choi Wing Chi	LS
	2	Chen Ying Ka	TOSS
	3	Wong Tin Suet	SMHYC
	4	Lau Hiu Lam	CPS
	5	Hau Kaiyi	MKC
	6	Chan Kam Chun	KTS
	7	Li Xinyan	CSS
	8	Wan Wan Hei	WYC

Heat 3	1	Wan Tsz Ying Jade	RC
	2	Ng Shin Tung	LSTYKH
	3	Biswakarma Nicolette Ashley	SJA
	4	Mak Hui Yau	SHSS
	5	Tsoi Sze Lam	SKHLKY
	6	Liu Yu	LKPFC
	7	Chan Yan Kiu	CDGFSS
	8	Zhang Yin Hei Carol	BHSS

Heat 4	1	Lam Jing Yan	NP2C
	2	Cheung Nga Ching	CDGFSS
	3	Ho Man Wai Mavis	PLKNO.1C
	4	Cen Zhaowen	KTGS
	5	Tse Ka Yiu	GTEYC
	6	Wong Tsz Shan	FHMSS
	7	Chiu Hoi Lam	LYC
	8	Lee Wing Sum	LWFSS

Heat 5	1	Leung Mei Wai	FHMSS
	2	Kwok Hiu Tung	PTSS
	3	Shi Jiayu	SKWEGSS
	4	Chan Ava	DMS-HW
	5	Guo Le Yang	K-LING
	6	Yeung Nga Ching Alice	MKC
	7	Liu Wai Sze	CSS
	8	Ajonuma Precious Chioma Bargamento	DMS-BW

Heat 6	1	Tsang Yik Wun	SJA
	2	Chau Sum Yi	TOSS
	3	Cheung Baomiao	KTS
	4	Chan Sum Yuet Jasmine	RC
	5	Chan Tsz Yu	ASMS
	6	Li Pak Sze	WWS
	7	Yuen Pak Ki	LSTYKH
	8	Ou Ka Wai	SHSS

Heat 7	1	Cheung Wing Tung	PLKLFC
	2	Lam Cheuk Yu	SKHLKY
	3	Pun Abigail	DMS-BW
	4	Tsang Wing Tung	OLC
	5	Huang Siu Ting	BHSS
	6	Cheng Hei Man	ASMS
	7	Tang Oi Shuen	LKPFC
	8	Yeung Sze Lam	WWS

Heat 8	1	Wong Cinnamon Crystal	WYC
	2	Wan Wai Tung	KTGS
	3	Lo Sze Tung Cathy	PLKNO.1C
	4	Leung Ching Yau Janet	HGSS
	5	Chan Tsz Kiu	DMS-HW
	6	Yip Chun Yee Joyce	LS
	7	Lai Yingying	SKHHCSS
	8	Ma Hanna Lok Yee	K-LING

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Event 23	Boys B Grade 100m	12:15pm
	Record : 10.63	Standard : 13.50

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Heat 1	1	Xie Chi Ho	LWFSS
	2	Tang Wai Lam William	PLKNO.1C
	3	Xu Hung Ming	CSS
	4	Mak Shun Ho	LS
	5	Chan Ka Nam Karsten	PLKLFC
	6	Li Pak Lam	CDGFSS
	7	Ye Cho Kin	CPSS
	8	Mok Tsun Ho	SMHYC

Heat 2	1	Ku Sui Fung	SKHLKY
	2	Gu Cho Wa	LKPFC
	3	Umali, Paolo Jr. Sta. Teresa	KWSC
	4	Lo Chung Wang	SJC
	5	Cheng Tsz Hin	SKWEGSS
	6	Lo Ka Wai	CSS
	7	Cheng Ho Tung	FHMSS
	8	Lai Ethan	DMS-HW

Heat 3	1	Chan Yat Chung	SHSS
	2	Umali Pyrce Benjamin Sta. Teresa	KWSC
	3	Ho Ka Yiu	FHMSS
	4	Liu Wenxin	SKHSBS
	5	Woo Ho Wai	BHSS
	6	Ma Tak Yuen	CCMFSS
	7	Leung Wai Yu	MKC
	8	Lam Tsz San Sunny	SKHLKY

Heat 4	1	Man Tak Ming Leo	PYSS
	2	Ng Kei Yin Arvin	GTEYC
	3	Zeng Xinyu	SKHSBS
	4	Zhan Yulin	ASMS
	5	Li Qinglin	KTS
	6	Pong Lung Kit	HGSS
	7	Lau Yin Hei	WWS
	8	Tsoi Chin Ming	SKWEGSS

Heat 5	1	Tang Ho Ching	LS
	2	Chan Hei Wang	KTGS
	3	Ho Ka Yiu	SSCC
	4	Fu Ceming	SKHHCSS
	5	Chan Ting Ho	K-LING
	6	Liu Leo	MKC
	7	Yip Ho Him	LSTYKH
	8	Lam Pak Kiu	PTSS

Heat 6	1	Lai Kim Chiu	WWS
	2	Leung Cheuk Hei	PLKLF
	3	Ye Fuyang	KTS
	4	Zeng Tsz Pun	HGSS
	5	Tam Chung Hang	LKPFC
	6	Wu Ming Fung	ASMS
	7	Chin Aidan	SJA
	8	Chui Ming Him	SHSS

Heat 7	1	Chow Ho Ting	CDGFSS
	2	Li Han Zhe	SSCC
	3	Tso Tsz Lok	SJA
	4	Nie Siu Kwan	CPSS
	5	Ma Nok Yin	LWFSS
	6	Zhou Jiahui	DMS-HW
	7	Fong Pak Lam	WYC
	8	Keung Cheuk Nam	SMHYC

Heat 8	1	Lam Tsz Fung	SJC
	2	Yu Wai Yip	BHSS
	3	Tang Chi Kit	K-LING
	4	Leung Man Yui	LSTYKH
	5	Man Tik	WYC
	6	Wong Kin Shing	KTGS
	7	Leung Lok Kan Teddy	PYSS

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Event 24	Girls A Grade 100m	12:15pm
	Record : 11.85	Standard : 15.70

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Heat 1	1	Lai Wing Yi	KTS
	2	Chan Yui	FHMSS
	3	Wang Huiru	TOSS
	4	Luk Cheuk Tung Allison	SJA
	5	Wong Chui Ting	SKHLKY
	6	Wong Wai Ching	WWS
	7	Lo Ka Ling	PTSS
	8	Wong Chee Yeung	MKC

Heat 2	1	Chow Man Ching	SMHYC
	2	Choi Tsz Yan	K-LING
	3	Ling Cheuk Ting	PLKNO.1C
	4	Chan Kwan Yi	MKC
	5	Ahmed Shi Fa	KTS
	6	Liu Yazhuo	YCKMC
	7	Chu Wing Yan	CDGFSS
	8	Kuang Lai Yin	LS

Heat 3	1	Lin Yi Qing	YCKMC
	2	Wong Shuk Yin	K-LING
	3	Chen Yung Huen	HGSS
	4	Chan Lok Yi	LSTYKH
	5	Hui Mei Ki Maggie	LWFSS
	6	Wu Ching Ting	CDGFSS
	7	Fong Chi Yan Jillian	LS
	8	Arceo Sophia Yzabelle Buena	DMS-BW

Heat 4	1	Lee Tsz Kiu	LWFSS
	2	Pang Fung Yan Fiyan	KTGS
	3	Tam Lam Lam	LKPFC
	4	Sin Yuen Lam	CSS
	5	Zheng Ya Jing	FHMSS
	6	Kwong Tsz Ying	PTSS
	7	Khan Hassan Abeeha	DMS-BW

Heat 5	1	Cheung Cheuk Hang	LYC
	2	Su Yin Nga	SMHYC
	3	Li Xiyan	PYSS
	4	Siew Lok Yiu	RC
	5	Liang Hei Tung	WWS
	6	Li Ka Man	ASMS
	7	Yip Yi Tung	LSTYKH
Heat 6	1	Ka Man Yu	BHSS
	2	Chan Ching Hei	PYSS
	3	Wong Kun	ASMS
	4	Ho Tsz Ching	SKWEGSS
	5	Tsang Wing	WYC
	6	Lau Ka Man	NP2C
	7	Zhang Xiaolan	SJA
Heat 7	1	Cheung Man Hei	CSS
	2	Lee Yuen Ching	NP2C
	3	Lam Cho Ching Zita	KTGS
	4	Fong Hei Ching	LYC
	5	Chan Tsz Wai	TOSS
	6	Leung Lok Yan	SKWEGSS
	7	Mok Tsz Ching	BHSS

Event 25	Boys A Grade 100m	12:15pm	
	Record : 10.60	Standard : 13.00	
Heat 1	1	Yu Pok Hei	LS
	2	So Tsz Yin	SJC
	3	Deng Yuhong	SSCC
	4	Chung Lok Fung	PLKLF
	5	Lee Shing Chun	CSS
	6	Chong Bosco	SJA
	7	Chan Ming Hang	K-LING
	8	Zhou Ho Chun	HGSS
Heat 2	1	Inayat Ismail	SKWEGSS
	2	Hui Nok Him Billy	MKC
	3	Chen Sing Ming	PLKNO.1C
	4	Kwong Wang Chi	SHSS
	5	Chan Tsz Ho	BHSS
	6	Zhang Wing Hei	SMHYC
	7	Wang Shaohong	SKHHCSS
	8	Ting Linus	SSCC
Heat 3	1	Kwok Bo Xin	MKC
	2	Lai Chai Lap	CDGFSS
	3	Lam Kin Ho	KHSS
	4	Lau Ho San	CCMFSS
	5	Chan Reeve	WYC
	6	Chan Tsz To	SKHSBS
	7	Chan Hung Sum	LKPFC
	8	Chan Kin Yung	DMS-HW
Heat 4	1	Yeung Hoi Shing	PYSS
	2	Chu Ho Hin	DMS-HW
	3	Tsui Chak Yuen	K-LING
	4	Liang Wai Hung	SKHLKY
	5	Ng Lok Him	LWFSS
	6	Ouyang So Nam	SHSS
	7	Pan Junpeng	SKHHCSS
	8	Leung Pak Ho	CPSS

Heat 5	1	Ma Tsz Shing	LWFSS
	2	Luk Sze Hang	GTEYC
	3	Mok Man Chun	HA
	4	Wong Yan Ki	ASMS
	5	Khan Abdul Haadi	KWSC
	6	Siu Chung Nan	CPSS
	7	Ng Ka Hei	FHMSS
	8	Law Kwan Yiu	PLKNO.1C
Heat 6	1	Li Man Lok	CSS
	2	Lam Yan Shing	WWS
	3	Ho Yip Ho	PYSS
	4	Ng Dawson	SKHLKY
	5	Li Tsz Ho	FHMSS
	6	Koo Ho Lam	SKWEGSS
	7	Feng Yu Hang	KTGS
Heat 7	1	Chan Chun Lam	ASMS
	2	Zhang Hongyue	CCMFSS
	3	Cheung Toi San	HGSS
	4	Khan Muhammad Maadh	KWSC
	5	Chai Markus Allan	SJA
	6	Wong Chun Man	SMHYC
	7	Leung Hiu Lung Alvin	PLKLFC
Heat 8	1	Ng Chun Hei	WWS
	2	Wong Sik Him	WYC
	3	Ye Wing Hei	BHSS
	4	Man Kwun Hin	LKPFC
	5	Ngai Yin Lam	KTGS
	6	Lin Yuk Shing	CDGFSS
	7	Tung Kiu Fung Paul	SJC



Event 26	Boys A Grade Javelin	1:45pm
	Record : 62.06	Standard : 21.50
Final	1 Wang Yiquan	CCMFSS
	2 Lee Cheung Chun	SKWEGSS
	3 Kwan Wing Lun	PYSS
	4 Fung Hong Yuen	KHSS
	5 Huang Jiahe	ASMS
	6 Chui Yat Him	GTEYC
	7 Chan Chi Kit	CDGFSS
	8 Chan Ka Ho	CSS
	9 Rai, Mirosh	KWSC
	10 Shear Pak To Parco	LS
	11 Lai Chai Lap	CDGFSS
	12 Sin Chung Hei	PLKNO.1C
	13 So Ka Ho	WWS
	14 Leung Ho Chun	GTEYC
	15 Wong Leung Ching	CSS
	16 Cheung Chun Kit	LSTYKH
	17 Au Chun To	K-LING
	18 Chan Cheuk Yin	SJC
	19 He Ruining	PLKNO.1C
	20 Lu Qiyao	DMS-HW
	21 Kee Chi Kiu	SJA
	22 Leung Keng Shing	PYSS
	23 Dela Rosa France Duncan Mayuyo	DMS-HW
	24 Yau Ho Yin	PTSS
	25 Lok Ho Jing	LS
	26 Li Ho Yin	WWS
	27 Yu Pei Sen Gordon	BHSS
	28 Cheung Chong Shing	K-LING
	29 Chen Yusheng	LWFSS
	30 Huang Ka Fai	PTSS
	31 Li Chun Yin	WYC
	32 Zhuo Ka Lok	SKHLKY
	33 Cabial, Brynn Aurynille Cabral	KWSC
	34 Tsui Mui Yin	CPSS
	35 Lin Kwan Fei	KHSS
	36 Ho Ka Hing	ASMS
	37 Yu Kam Kuen	SMHYC
	38 Mak Siu Wai	SJA
	39 Chow Chun Hei	SJC
	40 Chan Man Tik	SMHYC
	41 Ng Dawson	SKHLKY
	42 Zhang Ka Chun	LWFSS
	43 Liao Tak Chi	BHSS

Event 27	Boys B Grade Shot Put	1:45pm	
	Record : 16.33	Standard : 8.80	
Final	1	Cheung Lok	BHSS
	2	Obedoza Andrie Rylee	DMS-HW
	3	Zhang Chi Kin	SHSS
	4	Mak Lok Yin	WWS
	5	Cheung Ho Fung	K-LING
	6	Shek Man Hong	CCMFSS
	7	Lin Chun Kuen	LWFSS
	8	Wong Chun Sing Douglas	PYSS
	9	Huang Tsz Fung	SKWEGSS
	10	Leung Jeremy Boris	GTEYC
	11	Siu Kin Kuan	CSS
	12	Chan Tsz Kin	MKC
	13	Leung Wai Hang, Vincent	CYCS
	14	Ho Ngo Tung	PLKLFC
	15	He Zifeng	LWFSS
	16	Zhou Tsun Ho	KTGS
	17	Li Ngong Lyon	LS
	18	Deng Jinhao	KTGS
	19	Mok Kwan Lun	SMHYC
	20	Kwok Hiu Chun	SJA
	21	Yeung Kwong Lam	CSS
	22	Chen Weihou	CCMFSS
	23	Yang Jianhai	KHSS
	24	Liang Chung Ki	SMHYC
	25	Song Ju Yeong	CPSS
	26	Tong Yam Leong	KHSS
	27	Yiu Ho Tin Brian	GTEYC
	28	Kwong King Man	PLKLFC
	29	Chan Tsz Kiu	SJC
	30	Wong Ka Lam Winfred	K-LING
	31	Huang Tsz Sau	CDGFSS
	32	Manalansan Gian Marco	KWSC
	33	Lau Tat Cheung	SSCC
	34	Samson Allen Roy	DMS-HW
	35	Hui Ying Evan	SJC
	36	Wong Chun Yiu	LSTYKH
	37	Tsang Ching Kit	CPSS
	38	Cham Wang Hin	SKWEGSS
	39	Yu Ka Ho	SKHLKY
	40	Li Wing Chiu	CDGFSS
	41	Lin Cheuk Hei	LSTYKH
	42	Wu Yihao	ASMS
	43	Chau Siu Tung Cedric	MKC
	44	Saru Prince	KWSC
	45	Ma Kai Chun	LS
	46	Wang Xuanwen	ASMS
	47	Tai King Hung Carson	WYC
	48	Cheung Wai Hei	PTSS
	49	Lai Kai Fung	PYSS
	50	Tam Cheung Chi	SHSS
	51	Ng Jiaqi Wang	BHSS
	52	Xue Sunny	SJA

Event 28	Girls A Grade Long Jump	1:45pm	
	Record : 5.78	Standard : 3.60	
Final	1	Cheung Ka Ying	CDGFSS
	2	Liang Hei Tung	WWS
	3	Wong Cheuk Tung	PLKLFC
	4	Chan Hei Tung	NP2C
	5	Tsang Wing	WYC
	6	Chan Ching Hei	PYSS
	7	Wong Cho Ying	KHSS
	8	Tse Wing Ching	NP2C
	9	Chan Long Yu	WWS
	10	Yeung Hiu Lam	SKWEGSS
	11	Cheuk Hiu Lam	LYC
	12	Soriano Rustishel Lovin	DMS-BW
	13	Pan Yongshi	SJA
	14	Wang Huiru	TOSS
	15	Chow Tsz Ki	PTSS
	16	Cheung Lok Lok	K-LING
	17	Chong Sin Yu	KHSS
	18	Chan Tsz Wai	TOSS
	19	Pang Fung Yan Fiyan	KTGS
	20	Cheng Man Ying Katrina	PLKLFC
	21	Chan Lok Yi	LSTYKH
	22	Wong Ho Yiu	SKWEGSS
	23	Ling Cheuk Ting	PLKNO.1C
	24	Wong Qian Han	LYC
	25	Ka Man Yu	BHSS
	26	Choi Tsz Yan	K-LING
	27	Chan Kwan Yi	MKC
	28	Tang Chui Man	LS
	29	Huang Xin Ya	PYSS
	30	Hu Yonger	LKPFC
	31	Mo Yunbing	KTS
	32	Lam Ashley Gwyneth	PTSS
	33	Chow Man Ching	SMHYC
	34	Lin Yingchun	LS
	35	Chen Baoyi	ASMS
	36	Lam Cho Ching Zita	KTGS
	37	Chan Wai Ka	MKC
	38	Mok Tsz Ching	BHSS
	39	Huang Jiaqi	SMHYC
	40	Cheng Sum Wing Sofia	SJA
	41	Li Ka Man	ASMS
	42	Chu Wing Yan	CDGFSS

Event 29	Boys C Grade High Jump	1:45pm
	Record : 1.86	Standard : 1.25
Final	1 Tsui Fei	CPSS
	2 Yan Ho Ching	SJA
	3 Tang Ka Lam	SJC
	4 Lai Chun Hei	LS
	5 Zhang Jinsheng	DMS-HW
	6 Yiu Yun Hang Dominic	WWS
	7 Lam Sen Yu	SMHYC
	8 Liu Sing Yu	LSTYKH
	9 Xu Ying Chun	ASMS
	10 Chong Cheng Jun	PTSS
	11 Ma Qiyu	SMHYC
	12 Mau Cho Hong	SJA
	13 Chow Yat Long	SKHLKY
	14 Ng Man Chun	CDGFSS
	15 Chan Ho Hin	WYC
	16 Yip Chun Hin	K-LING
	17 Chan Zed	PLKLFC
	18 Zhong Jushi	SJC
	19 Hui Wang Tik Andy	LS
	20 Hu Junjia	CDGFSS
	21 Lee Tsz Wan	BHSS
	22 Woo Ting Hong	GTEYC
	23 Tsoi Kwan Ho	SHSS
	24 Ou Chun Sing Jason	HGSS
	25 Liu Chun Hung	PTSS
	26 Tai Sing To	K-LING
	27 Huon Ka Yu	WYC
	28 He Francol	WWS
	29 Lam Tak Sang	GTEYC
	30 Lam Chi Fung	CPSS

Event 30	Girls C Grade 200m	2:00pm
	Record : 25.77	Standard : 34.50
Heat 1	1 Siu Annabella	LWFSS
	2 Yu Chin Wai	PLKNO.1C
	3 Ng Yeuk Lam	SMHYC
	4 Wu Si Jin	CDGFSS
	5 Chan Tsz Ling Marcelia	SKHLKY
	6 Cuyugan, Chazatian Andrade	KWSC
	7 Ou Le Ran	PTSS
	8 Cheung Yee	WYC
Heat 2	1 Singleton, Maisy B Laurina	SJA
	2 Fung Ka Lam	LS
	3 Ho Ka Ying	KHSS
	4 Pang Sze Nga	WWS
	5 Injan Leona	FHMSS
	6 Kie Wing	GTEYC
	7 Cheung Pui Chi	MKC
	8 Lai Yan Yin Libby	DMS-BW
Heat 3	1 Cheng Hoi Ching	CSS
	2 Li Yufei	ASMS
	3 Chen Ziqin	SSCC
	4 Ng Yui Nei	PLKLFC
	5 Lai Man Huen	K-LING
	6 Zhang Sze Ching	LS
	7 Wei Ho Yan	TOSS
	8 Chong Sin Kiu	WWS

Heat 4	1	Suen Wan Ki	KHSS
	2	Xu Yannes	CDGFSS
	3	Ip Tsz Ching Janice	CPS
	4	Chung Wing Ni	BHSS
	5	Niu Zimeng	HA
	6	Cheung Wan Yan	SMHYC
	7	Shek Ka Man	PTSS
	8	Yang Yayen Idona	OLC

Heat 5	1	Ou Ka Wai	KTGS
	2	Wu Tsz Yin	TOSS
	3	Pun Wing Lam	BHSS
	4	Leung Ka Yu	ASMS
	5	Tang Cheuk Lam	LYC
	6	Ho Sze Ching	GTEYC
	7	Hu Sing Yu Doris	HA
	8	Dowding Maisie Millicent	DMS-HW

Heat 6	1	Chan Nga Lui	CSS
	2	Chow Tsz Ching	K-LING
	3	Fan Ziyi	LWFSS
	4	Leung Oi Sin Samantha	DMS-HW
	5	Shih Hiu Ying	LYC
	6	Tsang Yi	SHSS
	7	Rai Dipti	DMS-BW
	8	Hau Tsz Ting	PLKNO.1C

Heat 7	1	Chan Tsz Yau	MKC
	2	Raimi Apphia	SJA
	3	Fong Hei Tong	KTGS
	4	Zhao Nok Tung Tiffany	HGSS
	5	Kwong Yuen Lam	SKHLKY
	6	Yuen Hong Ching	PLKLFC
	7	Wong Yuet Ching	SHSS

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Event 31	Boys C Grade 200m	2:00pm
	Record : 22.59	Standard : 29.80

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Heat 1	1	Lam Sen Yu	SMHYC
	2	Ko Yik Yin	SJC
	3	Chen Mingxuan	WYC
	4	Lai Pengxin	SKHSBS
	5	Chi Bing Him	PYSS
	6	Li Chun Ho	MKC
	7	Lou Chi Yuen	WWS
	8	Lam Nok Yin	HGSS

Heat 2	1	Au Yeung Chun Tung	SKHLKY
	2	Lau San Yu	SHSS
	3	Chung Hei Chung	GTEYC
	4	Chum Cho Hei	FHMSS
	5	Tsang Yung Wai	BHSS
	6	Lau Hin	CSS
	7	Sze Wang Yui	PLKNO.1C
	8	Li Pak Yin	KHSS

Heat 3	1	Chim Yuk Kit	SKHSBS
	2	Chong Ho Yin	WWS
	3	Nip Ngo Hei	BHSS
	4	Han Jaden	PLKLFC
	5	Li Chun	CSS
	6	Chan Wing Hang	KTS
	7	Lam Chi Fung	CPSS
	8	Liu Hanxin	PYSS

Heat 4	1	Lam Pak Long	HGSS
	2	Tsang Cyrus	WYC
	3	Tsang To Man	SKHLKY
	4	Chen Chun Ho	FHMSS
	5	Chui Chun Hin	LS
	6	Leung Man Cheuk	PTSS
	7	Ho Yiu Chun	CPSS
	8	Yip Tsun Ming	SMHYC
Heat 5	1	Cheung Chun Him	SHSS
	2	Lau Tin Yau	LWFSS
	3	Wong Lok Yin	K-LING
	4	Liu Shengwei	HA
	5	Cheng Ho Fung	PLKLCF
	6	Ng Ho Hei	SJA
	7	Chui Ching Kiu Arthur	SJC
	8	Huang Zi Jie	DMS-HW
Heat 6	1	Kwok Chung Pui	KHSS
	2	Wong Xavier	PLKNO.1C
	3	Law Cheuk Ting	MKC
	4	Cheung Ting Hei William	PTSS
	5	Gong Ching Hoi	KTGS
	6	Cruz Alexander Lambino	DMS-HW
	7	Chau Hiu Nam Theo	LSTYKH
	8	He Chi Ngai	ASMS
Heat 7	1	Hu Zhi Tao	SJA
	2	Wong Tsz Hin	KTS
	3	Chen Kun	CDGFSS
	4	Tsang Tsz Hin	KTGS
	5	Chan Lok Hei	LS
	6	Wong Siu Kwan	LSTYKH
	7	Chen Yize	HA
Heat 8	1	Chan Chun Hei Alvin	SKHHCSS
	2	Kwok Kin Fung	CDGFSS
	3	Fung Yuk Kwan	LKPFC
	4	Han Eric	GTEYC
	5	Heung Siu Hei	K-LING
	6	Cheung Kai Hong	ASMS
	7	Gu Zixian	LWFSS

Event 32	Girls B Grade 200m	2:00pm	
	Record : 24.96	Standard : 34.00	
Heat 1	1	Lin Hei Tung Anisa	LYC
	2	Chan Kam Chun	KTS
	3	Yip Chun Yee Joyce	LS
	4	Yuen Pak Ki	LSTYKH
	5	Ye Keqing	SHSS
	6	Chau Sum Yi	TOSS
	7	Leung Mei Wai	FHMSS
	8	Lau Cheuk Ying	CSS
Heat 2	1	Pang Hoi Ting	PLKNO.1C
	2	Yu Cheng Io	ASMS
	3	Tran Siu Man	CPS
	4	Hau Kaiyi	MKC
	5	Ho Ka Yi	KHSS
	6	Biswakarma Nicolette Ashley	SJA
	7	Chu Wu Chen	SKWEGSS
	8	Tsoi Sze Lam	SKHLKY

Heat 3	1	Sze Wing Yee	LYC
	2	Chai Sheung Kwan	PTSS
	3	Chan Tsz Kiu	DMS-HW
	4	Lin Ziyin	ASMS
	5	Lam Cheuk Yu	SKHLKY
	6	Cen Zhaowen	KTGS
	7	Li Pak Sze	WWS
	8	Ng Wing Fei	PLKLFC
Heat 4	1	Law Wai Yee	SKWEGSS
	2	Lo Sze Tung Cathy	PLKNO.1C
	3	Sejman-Kaur	DMS-BW
	4	Lai Yingying	SKHHCSS
	5	Wong Tin Suet	SMHYC
	6	Law Chi Ki	LWFSS
	7	Au Tsz Kwan	MKC
	8	Zhang Yin Hei Carol	BHSS
Heat 5	1	Sin Man Ki	OLC
	2	Leung Ching Yau Janet	HGSS
	3	Chen Ziyin	LWFSS
	4	Chow Yu Tung	CPS
	5	Young Sen Kam	KTGS
	6	Wong Tsz Shan	FHMSS
	7	Tang Oi Shuen	LKPFC
Heat 6	1	Huang Siu Ting	BHSS
	2	Martinez Julia Mikhaela Catalasan	DMS-HW
	3	Jesman-Kaur	DMS-BW
	4	Cheng Tsz Pui	PLKLFC
	5	Wu Shun Yan	WYC
	6	Choi Wing Chi	LS
	7	Yeung Ching Yan	SMHYC
Heat 7	1	Wong Cinnamon Crystal	WYC
	2	Wong Ting Chi	KHSS
	3	Lu Yuen Chi	TOSS
	4	Tse Ka Yiu	GTEYC
	5	Tam Wang Yue	OLC
	6	Mak Hui Yau	SHSS
	7	Yeung Sze Lam	WWS
Heat 8	1	Cheung Nga Ching	CDGFSS
	2	Liu Yu	LKPFC
	3	Chen Lui Sin	SSCC
	4	Sit Tsz Yiu	NP2C
	5	Lau Wing Tung Jessica	CSS
	6	Magallanes Selena Jenine Voluntad	SJA
	7	Tam Hei Man	CDGFSS

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Event 33	Boys B Grade 200m	2:30pm
	Record : 21.90	Standard : 27.80

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Heat 1	1	Luo Haoxiang	CPSS
	2	Cuyugan Aiztian Zach Maximus	KWSC
	3	Tso Tsz Lok	SJA
	4	Zhen Man	LWFSS
	5	Chan Yat Chung	SHSS
	6	Ma Tak Yuen	CCMFSS
	7	Cheng Shing Hin	KTGS
	8	Chen Tim Long	K-LING

Heat 2	1	Ng Tsun Hung	LWFSS
	2	Vonglaow Wai Hung	KHSS
	3	Fung Ka Kit	PLKLCF
	4	Ku Sui Fung	SKHLKY
	5	Wu Ming Fung	ASMS
	6	Shum Ho Yui	WYC
	7	Lam Sze Yuen	MKC
	8	Yu Wai Yip	BHSS
Heat 3	1	Ye Cho Kin	CPSS
	2	Li Han Zhe	SSCC
	3	Chang Karl Leslie Maglalang	LS
	4	Tang King Long	SHSS
	5	Tang Chi Kit	K-LING
	6	Lam Wai Chit	LSTYKH
	7	Fu Ceming	SKHHCSS
Heat 4	1	Au Yeung Wong Hei	CSS
	2	Lau Po Ki	SJA
	3	Lau Yin Hei	WWS
	4	Tang Chi Ho	KHSS
	5	Zhou Jiahui	DMS-HW
	6	Hung Sheung Kwan	SMHYC
	7	Un Ngo Yeung	BHSS
Heat 5	1	Liu Wenxin	SKHSBS
	2	Li Yun Tao	PLKNO.1C
	3	Ho Ka Yiu	FHMSS
	4	Tam Chung Hang	LKPFC
	5	Leung Pui Kuen	PTSS
	6	Leung Cheuk Hei	PLKLCF
	7	Lam Tsz Fung	SJC
Heat 6	1	Ma Chun On	LKPFC
	2	Leung Man Yui	LSTYKH
	3	Chen Man Hei	SKWEGSS
	4	Ouyang Wing Chung	MKC
	5	Manalansan Gabriel Matthew De Jesus	KWSC
	6	Huang Tianqing	DMS-HW
	7	Tsai Hung Lam	WWS
Heat 7	1	Ng Kelvin	PTSS
	2	Li Man Shing	SMHYC
	3	Mok Long Sum	SJC
	4	Li Pak Lam	CDGFSS
	5	Tang Ho Ching	LS
	6	He Fu Wang	SKHSBS
	7	Chu Ching Hung	KTGS
Heat 8	1	Li Han Xuan	SSCC
	2	Cheng Ho Tung	FHMSS
	3	Fong Pak Lam	WYC
	4	Chow Ho Ting	CDGFSS
	5	Tso Shing Ngai Harold	SKWEGSS
	6	He Junxi	ASMS
	7	Lo Ka Wai	CSS

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Event 34    Girls A Grade 200m    2:30pm  
 Record : 24.31    Standard : 34.00

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Heat 1	1	Yip Yi Tung	LSTYKH
	2	Lee Yuen Ching	NP2C
	3	Chen Ching Yin	SKWEGSS
	4	Wong Ching Shun	CDGFSS
	5	Labro Alana Martinne Diaz	SSCC
	6	Tam Lam Lam	LKPFC
	7	Huang Xin Ya	PYSS
	8	Limbu Mingsang	DMS-BW



Heat 2	1	Poon Wai Kiu	WYC
	2	Chen Yung Huen	HGSS
	3	Xie Yongqi	LWFSS
	4	Hui Ching Man	PYSS
	5	Kwong Tsz Ying	PTSS
	6	Cheng Man Ying Katrina	PLKLFC
	7	Siu Hoi Ying	K-LING
	8	Su Yin Nga	SMHYC
Heat 3	1	Li Zihui	LWFSS
	2	Cheung Cheuk Hang	LYC
	3	Wong Wai Ching	WWS
	4	Huo Sum Yuet	SMHYC
	5	Lui Kam Kei	NP2C
	6	Tsoi Tung Tung	CSS
	7	Wong Chin Nga	SSCC
	8	Fong Chi Yan Jillian	LS
Heat 4	1	Sin Yuen Lam	CSS
	2	Chan Cheuk Yu	CDGFSS
	3	Siew Lok Yiu	RC
	4	Zhang Xiaolan	SJA
	5	Lin Yi Qing	YCKMC
	6	Lai Wing Yi	KTS
	7	Wong Shuk Yin	K-LING
Heat 5	1	Chan Long Yu	WWS
	2	Lo Ka Ling	PTSS
	3	Fong Hei Ching	LYC
	4	Sze Hoi Tung	MKC
	5	Lam Ka Sin	BHSS
	6	Wong Cho Ying	KHSS
	7	Ng Cheuk Ling	FHMSS
Heat 6	1	Lam Hei Yiu	SJA
	2	Chen Fong Yi	KHSS
	3	Chong Cheuk Tung	TOSS
	4	Zheng Ya Jing	FHMSS
	5	Nguyen Ngoc Minh Ha	LS
	6	Ho Ka Yi	KTGS
	7	Wong Kun	ASMS

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Event 35	Boys A Grade 200m	2:30pm
	Record : 21.91	Standard : 26.80

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Heat 1	1	Wong Yan Ki	ASMS
	2	Kwok Tsun Hin	BHSS
	3	Mok Chun Sing	SMHYC
	4	Tsui Chak Yuen	K-LING
	5	Fang Yi Kong	SKHLKY
	6	Wan Sai Man	KWSC
	7	Leung Hiu Lung Alvin	PLKLFC
	8	Pan Junpeng	SKHHCSS
Heat 2	1	Luo Siu Ngok	BHSS
	2	Leung Kwan Ho	LWFSS
	3	Deng Yuhong	SSCC
	4	Lee Tin Yui	PYSS
	5	Chow Cheuk Hei	SKHLKY
	6	Li Ho Yin	WWS
	7	Wong Shun Yin	PTSS
	8	Chong Bosco	SJA

Heat 3	1	Chen Chi Ming	SKHCSS
	2	Hui Nok Him Billy	MKC
	3	Ho Man Hin	KWSC
	4	Chai Markus Allan	SJA
	5	Cheung Ka Yuen	WYC
	6	Chan Kin Yung	DMS-HW
	7	Lee Shing Chun	CSS
	8	Zhao Jiale	KHSS
Heat 4	1	Kwok Bo Xin	MKC
	2	Wang Junbin	LWFSS
	3	Chu Ho Hin	DMS-HW
	4	Luo Wing Shing Victor	SSCC
	5	Ho Ka Fai	CPSS
	6	Chu Kam Kwan	HGSS
	7	Kwong Wang Chi	SHSS
Heat 5	1	Lam Kin Ho	KHSS
	2	Chen Yufeng	HA
	3	Ng Ka Hei	FHMSS
	4	Yeung Hoi Shing	PYSS
	5	Lau Ho San	CCMFSS
	6	Hui Yat Hei	SHSS
	7	Yau Tsun Ming	KTGS
Heat 6	1	Wong Sik Him	WYC
	2	Huang Chuanghao Eren	ASMS
	3	Zhou Yu Ho	CPSS
	4	Ting Pui Nam	HGSS
	5	Chan Tsz To	SKHSBS
	6	Lee Ka Yiu	FHMSS
	7	Sin Wai Hang	CDGFSS
Heat 7	1	Law Kwan Yiu	PLKNO.1C
	2	Wong Chun Man	SMHYC
	3	So Pak To	PLKLFC
	4	Ngai Yin Lam	KTGS
	5	Wang Chun Ho Oscar	K-LING
	6	Zhang Hongyue	CCMFSS
	7	So Tsz Yin	SJC
Heat 8	1	Lin Yuk Shing	CDGFSS
	2	Ng Chun Hei	WWS
	3	Chen Sing Ming	PLKNO.1C
	4	Tung Kiu Fung Paul	SJC
	5	Cheng Tsz Fung	SKHSBS
	6	Guan Jiajun	CSS
	7	Yu Pok Hei	LS

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Event 36	Boys C Grade 1500m	3:00pm
	Record : 4:24.54	Standard : 5:58.00

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Heat 1	1	Li Brian	SKHSBS
	2	Chun Cheuk Long	PLKLFC
	3	Chan Pang Chi	SMHYC
	4	Wong Kin Wai	PTSS
	5	Tsang Pok Sik	GTEYC
	6	Wu Ngai Kuen	KTGS
	7	Chau Cheuk Yin Desmond	SJC
	8	Cheung Chi Yu	CDGFSS
	9	Ku Yu Him Joseph	SHSS
	10	Tsui Fei	CPSS
	11	Chan Lok Hei	LS
	12	Zhu Boxi Laurence	DMS-HW
	13	Li Heitor Rocha De Paiva	K-LING
	14	Diao Ka Fung	BHSS
	15	Ma Tsz Ho	PLKNO.1C

Heat 2	1	Leung Wai Hoi	CPSS
	2	Yau Cheuk Yin	GTEYC
	3	Wong Lok Wang	LSTYKH
	4	Chu Ho Lam	PLKLFC
	5	Chan Wai Fung	CSS
	6	Wong Tsz Pok	KTS
	7	Ng Yui Ching	FHMSS
	8	Turingan Karl Stephen Calibuso	SJA
	9	Sasaki Yu	SJC
	10	Chan Yuk Wa	SKHSBS
	11	Lam Ka Ho	BHSS
	12	Tong Wing Hei Moses	PTSS
	13	Yip Chi Kwok	KWSC
	14	Shum Ho Chit	WWS

Heat 3	1	Wong Shing Hin	LS
	2	Li Ho San	SHSS
	3	Fung Ching Yin Gene	SMHYC
	4	Ku Ho Man	SJA
	5	Tse Cheuk Fei	KWSC
	6	Chau Yeung Kwan	ASMS
	7	Law Hau Kan Charles	PYSS
	8	Yeung Hoi To	CDGFSS
	9	Tong Ka Wing	PLKNO.1C
	10	Tang Long Hin	CSS
	11	Tai Ching Hin	KTGS
	12	Le Hong Duy Khang	DMS-HW
	13	Chan Chun Wah	WWS
	14	Cheung Hei Yeung	K-LING

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Event 37	Boys B Grade 1500m	3:00pm
	Record : 4:10.65	Standard : 5:40.00

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Heat 1	1	Lin Kai Chung	KHSS
	2	Feng Ng Yuen	SMHYC
	3	Fang Yuyan	ASMS
	4	Mirandilla, Harvey Nathan Hortelano	KWSC
	5	Chen Shui Chak	LS
	6	Lai Chung Him	SKHSBS
	7	Wong Yat Chun	CDGFSS
	8	Tang Zilin	PTSS
	9	Lui Chi Yuen	HA
	10	Bi Kei Pui	HGSS
	11	Vlasyuk Andrian	K-LING
	12	Chu Cheuk Ngai	KTGS
	13	Wong Kin Fung	LKPFC
	14	Yu Yat Hei	CSS
	15	Lam Chin Tsun Simpson	DMS-HW
	16	Lee Ho Yin Dahryll	PLKLFC
	17	Lee Chak Fung Jaiden	SJC

Heat 2	1	Mak On Ting	GTEYC
	2	Lam Chun Hung	BHSS
	3	Tong Yin Pok Angus	SKWEGSS
	4	Wong Hei Chit	KTS
	5	Fung Lok Hin	CDGFSS
	6	Xu Hung Ming	CSS
	7	Chow Wai Kai	SMHYC
	8	Li Shing Hin	LSTYKH
	9	Lee Ho Kwan	WYC
	10	Lin Ka Him	KTGS
	11	Lam Wai Tsung	SHSS
	12	Chiu Lang Wei	MKC
	13	Wong Lap Yin	K-LING
	14	Wong Cheuk Hang	CPSS
	15	Mok Ho Ching	PLKLFC
	16	Tang Cheuk Hei	SJA

Heat 3	1	Hui Tsun Ming	DMS-HW
	2	Chen Tsz Lok	PTSS
	3	Zeng Xinyu	SKHSBS
	4	Velarde Lucas Menander Dimacuha	SJA
	5	He Zhen Gang	GTEYC
	6	Kuong Kin Sing	BHSS
	7	Chan Wing Ngo	HGSS
	8	Kwan Ho Hin	SHSS
	9	Fong Tsz Long Jose	SJC
	10	Ng Tsz Hei	CPSS
	11	Fung Kwun Hang	WWS
	12	Mo Aojie	ASMS
	13	Li Yuen Shan	LS
	14	Cheng Kong Shing	LSTYKH
	15	Hung Chun Wah	WYC
	16	Tsui Tsz Him	PLKNO.1C

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Event 38    Boys A Grade 1500m    3:00pm  
 Record : 4:02.02    Standard : 5:30.00

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Heat 1	1	Ng Chung Lam	SKWEGSS
	2	Liang Jiahao	ASMS
	3	Tong Wan Kit	PLKLFC
	4	Lo Chun Lam	K-LING
	5	Po Wai Yin	WWS
	6	Ubana, Jermaine John Lopez	KWSC
	7	Li Ka Fung	LWFSS
	8	Tse Yat Laam	SMHYC
	9	Weng Wai Sen	WYC
	10	Chan Andy Chun Ho	PYSS
	11	Lam Ho Yu	PTSS
	12	Lai Ho Ming	KTGS
	13	Yip Hui Wing	PLKNO.1C
	14	Choi Kei On	SJC
	15	Lo Lok Hin Eric	SKHSBS
	16	Lam Ting Hei	FHMSS
	17	Yuen Hing Yu Metthew	DMS-HW

Heat 2	1	Leung Tze Yui Darryl	SJC
	2	Lo Ka Long	WWS
	3	Kong Chi Hang	BHSS
	4	Chan Tsz Kin	SJA
	5	Ho Chi Yeung	HGSS
	6	Leung Tsz Hei	K-LING
	7	Chan Chun Hei	KTGS
	8	Zou Zehao	CCMFSS
	9	Ng Yat Long	CDGFSS
	10	Huang Qiwen	KHSS
	11	Wong Tsz Hin	SKHLKY
	12	Wang Christopher Ruxuan	HA
	13	Wong Chi Sum	MKC
	14	Ruan Lixuan	LSTYKH
	15	Cheung Chi Ho	CPSS
	16	Yeung Cheuk Fung	SMHYC
	17	Wong Kwan Yau	FHMSS

Heat 3	1	Pong Wai To	MKC
	2	Chan Ka Chun	SKWEGSS
	3	Lai Ming Lok	LS
	4	Lo Chun Hei	CPSS
	5	Tong Yuk Ming	PLKNO.1C
	6	Cheng Wai Tong	LSTYKH
	7	Zhang Wing Pong	LKPFC
	8	Lee Chun Wai	PLKLFC
	9	Chong Tsz Long	GTEYC
	10	Lo Hei	ASMS
	11	Yeung Ka Chun Alex	PTSS
	12	Santos Aidan Rafael Javier	DMS-HW
	13	Ma Chuanchao	CDGFSS
	14	Lai Tin Long	SJA
	15	Ho Pak Hin	KWSC
	16	Yung Tsz Fung	HGSS

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Event 39	Girls C Grade 4x100m Relay	4:00pm
	Record : 48.41	Standard : 1:05.00

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Heat 1	1	OLC
	2	PTSS
	3	SMHYC
	4	K-LING
	5	NP2C
	6	PLKNO.1C
	7	DMS-HW

Heat 2	1	CDGFSS
	2	SJA
	3	LS
	4	CSS
	5	TOSS
	6	KWSC
	7	BHSS

Heat 3	2	LYC
	3	PLKLFC
	4	SKHLKY
	5	WWS
	6	LWFSS
	7	KTGS

Heat 4	2	WYC
	3	KHSS
	4	GTEYC
	5	ASMS
	6	DMS-BW
	7	MKC

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Event 40	Girls B Grade 4x100m Relay	4:00pm
	Record : 49.44	Standard : 1:03.00

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Heat 1	1	NP2C
	2	LYC
	3	KHSS
	4	SJA
	5	LS
	6	WYC
	7	TOSS

Heat 2	2	MKC
	3	OLC
	4	LWFSS
	5	GTEYC
	6	PLKLFC
	7	SKHLKY

Heat 3	2	CDGFSS
	3	DMS-HW
	4	WWS
	5	RC
	6	K-LING
	7	ASMS
	Heat 4	2
3		DMS-BW
4		SMHYC
5		CSS
6		PLKNO.1C
7		BHSS

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Event 41	Girls A Grade 4x100m Relay	4:00pm
	Record : 48.77	Standard : 1:02.00

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Heat 1	1	LWFSS
	2	SMHYC
	3	ASMS
	4	DMS-BW
	5	PLKLFC
	6	LKPFC
	7	WYC
	8	KHSS

Heat 2	1	LS
	2	LYC
	3	TOSS
	4	SJA
	5	MKC
	6	BHSS
	7	CSS
	8	WWS

Heat 3	1	PTSS
	2	PLKNO.1C
	3	K-LING
	4	KTGS
	5	CDGFSS
	6	NP2C
	7	PYSS

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Event 42	Boys C Grade 4x100m Relay	5:00pm
	Record : 45.05	Standard : 56.50

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Heat 1	1	KHSS
	2	BHSS
	3	WYC
	4	CSS
	5	LS
	6	CPSS
	7	LWFSS

Heat 2	1	SMHYC
	2	PTSS
	3	SHSS
	4	MKC
	5	SJA
	6	PLKLFC
	7	K-LING

Heat 3	1	CDGFSS
	2	LSTYKH
	3	KWSC
	4	SJC
	5	ASMS
	6	KTGS
	7	PLKNO.1C

Heat 4	2	FHMSS
	3	WWS
	4	DMS-HW
	5	SKHLKY
	6	GTEYC
	7	PYSS

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Event 43	Boys B Grade 4x100m Relay	5:00pm
	Record : 43.01	Standard : 53.00

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Heat 1	1	PYSS
	2	KHSS
	3	ASMS
	4	HGSS
	5	SJC
	6	WWS
	7	WYC
	8	SMHYC

Heat 2	1	CPSS
	2	LWFSS
	3	DMS-HW
	4	SHSS
	5	KWSC
	6	LS
	7	PTSS

Heat 3	1	K-LING
	2	KTGS
	3	SKWEGSS
	4	CDGFSS
	5	PLKNO.1C
	6	SJA
	7	PLKLFC

Heat 4	1	GTEYC
	2	BHSS
	3	SKHLKY
	4	SSCC
	5	LSTYKH
	6	MKC
	7	CSS

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Event 44	Boys A Grade 4x100m Relay	5:00pm
	Record : 42.16	Standard : 51.00

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Heat 1	1	PTSS
	2	KWSC
	3	KTGS
	4	KHSS
	5	FHMSS
	6	SJA
	7	SSCC
	8	WYC

Heat 2	1	SHSS
	2	LWFSS
	3	SJC
	4	K-LING
	5	ASMS
	6	WWS
	7	CPSS
	8	SKWEGSS

Heat 3	1	DMS-HW
	2	HGSS
	3	PYSS
	4	BHSS
	5	SMHYC
	6	SKHLKY
	7	CCMFSS

Heat 4	1	CSS
	2	MKC
	3	CDGFSS
	4	SKHHCSS
	5	LS
	6	PLKNO.1C
	7	PLKLC