

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

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	:	Life Line Medical Training Centre Limited	

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	PLKLC		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	PLKLC	- 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. Wong Ka Wai	CSS	- Chief		
		2. Mr. Luk Chun Ho	DMS-HW		5. Ms. Lui Man Fei	SKWEGSS
		3. Ms. Wong Shan Shan	PYSS		6. Ms. Karen Chung	TOSS
		4. Ms. Sze-To Pui Ki	SKHLKY		7. 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			BOCHK Schools Sports Volunteers	
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 Two 29 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 /	Semi-Final	/ Final
		8:15am	Officials Report (工作人員報到)				
AM	1	8:30am	Long Jump (跳遠)	Boys B			53
	2		Shot Put (鉛球)	Boys C			49
	3		Discus (鐵餅)		Girls A		46
	4		High Jump (跳高)		Girls B		35
	5		100m Hurdles (欄)		Girls C	No Semi-Final	
	6		"		Girls B	No Semi-Final	
	7		"		Girls A	No Semi-Final	
	8		"	Boys C		No Semi-Final	
	9		"	Boys B		No Semi-Final	
	10		110m Hurdles (欄)	Boys A		No Semi-Final	
	11	8:45am	400m		Girls C	2	
	12		"	Boys C		3	
	13		"		Girls B	3	
	14	9:05am	"	Boys B		3	
	15		"		Girls A	2	
	16		"	Boys A		3	
	17	9:25am	100m		Girls C	3	
	18		"	Boys C		3	
	19		"		Girls B	3	
	20		"	Boys B		3	
	21		"		Girls A	3	
	22		"	Boys A		3	
	23	9:45am	Triple Jump (三級跳遠)	Boys A			35
	24		800m		Girls C	3	
	25		"	Boys C		3	
	26		"		Girls B	3	
	27		"	Boys B		4	
	28		"		Girls A	3	
	29		"	Boys A		4	
	30	10:30am	Discus (鐵餅)		Girls C		42
	31		Shot Put (鉛球)		Girls B		55
PM	32	1:00pm	Shot Put (鉛球)	Boys A			53
	33		Javelin (標槍)	Boys B			36
	34		High Jump (跳高)		Girls A		28
	35		Long Jump (跳遠)		Girls C		50
	36		200m		Girls C	3	
	37		"	Boys C		3	
	38		"		Girls B	3	
	39	1:15pm	"	Boys B		3	
	40		"		Girls A	2	
	41		"	Boys A		3	
	42	1:30pm	1500m	Boys C			12
	43		"	Boys B			12
	44		"	Boys A			12
	45	2:00pm	4x400m Relay (接力)		Girls C	3	
	46		"		Girls B	3	
	47		"		Girls A	2	
	48	3:15pm	"	Boys C		3	
	49		"	Boys B		4	
	50		"	Boys A		3	

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	LKPFC	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

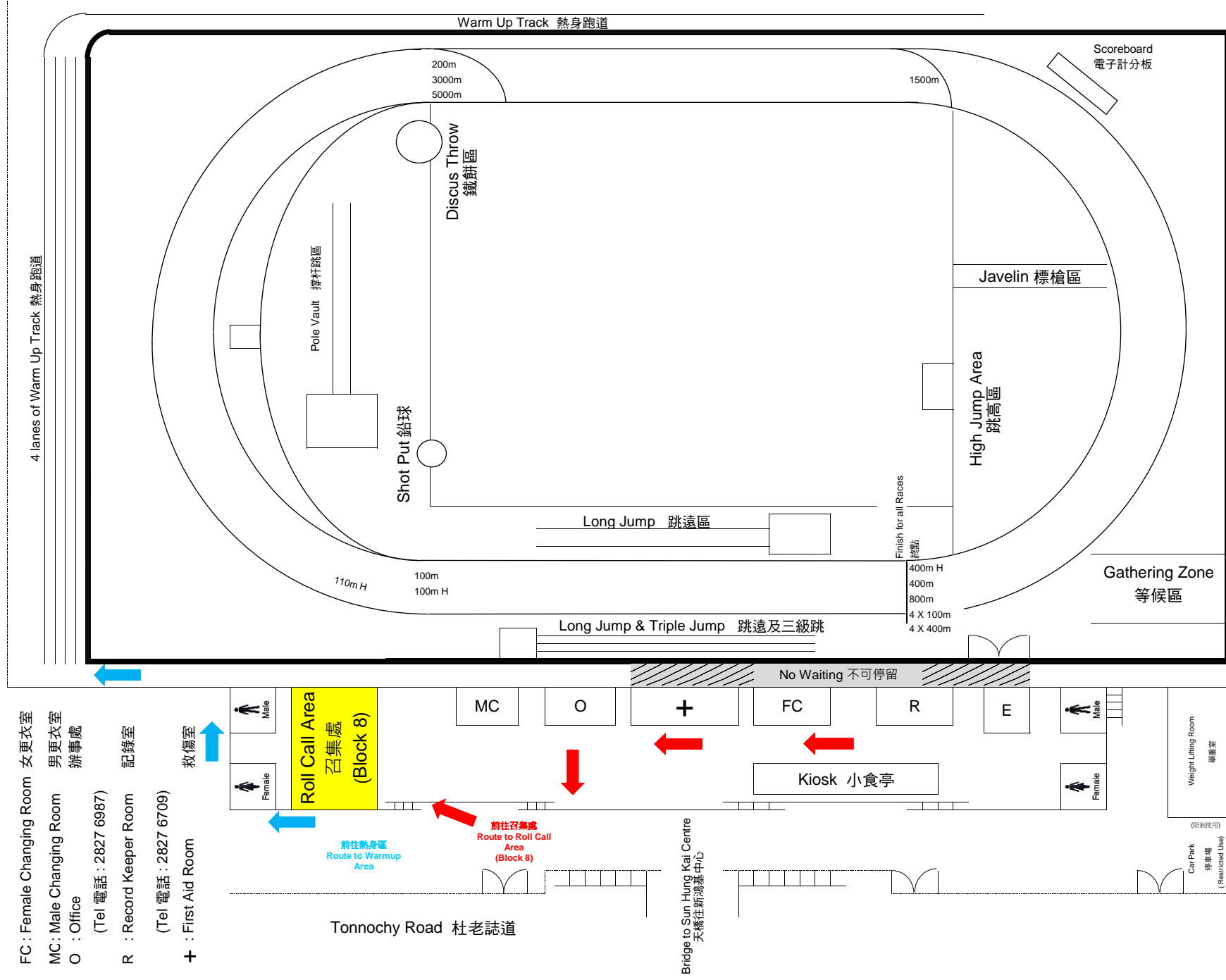
(Tel 電話 : 2827 6987)

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 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 Three (Area Three)
Day Two

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

Boys Overall

Position	School	A	B	C	Total
1	St. Joseph's College	29	34	18	81
2	Stewards Pooi Tun Secondary School	12	20	41	73
3	ELCHK Lutheran Secondary School	16	28	19	63
4	Delia Memorial School (Hip Wo)	21.5	26	4	51.5
5	SKH All Saints' Middle School	16	17	8	41
6	Carmel Divine Grace Foundation Secondary School	8	13	15	36
7	SKH Leung Kwai Yee Secondary School	12	10	12	34
8	Po Leung Kuk Laws Foundation College	11	7	15	33
9	St. Joan of Arc Secondary School	19.5	7	5	31.5
10	YCH Wong Wha San Secondary School	22	5	4	31
11	SWCS Chan Pak Sha School	6	19	1	26
11	Kwun Tong Government Secondary School	5	12	9	26
13	King Ling College	7	6	10	23
14	Lok Sin Tong Yu Kan Hing Secondary School	2	10	7	19
15	SKH St. Mary's Church Mok Hing Yiu College	6	6	6	18
16	Wa Ying College	1	10	6	17
17	LKWFSL Lau Wong Fat Secondary School	0	5	11	16
18	Pui Ying Secondary School	10	1	4	15
19	Po Leung Kuk No. 1 W. H. Cheung College	8	3	2	13
19	Hong Kong Sheng Kung Hui Bishop Hall Secondary School	6	6	1	13
19	FDBWA Szeto Ho Secondary School	4	8	1	13
19	Clementi Secondary School	3	4	6	13
23	G. T. (Ellen Yeung) College (Sec. Section)	1	3	7	11
24	St. Stephen's Church College	4	4	2	10
25	Caritas Chaiwan Marden Foundation Secondary School	7	2		9
26	NLSI Lui Kwok Pat Fong College	2	6	0	8
26	Shaukeiwan East Government Secondary School	1	7		8
26	CCC Ming Kei College	0	7	1	8
26	Homantin Government Secondary School	0	3	5	8
30	SKH Holy Carpenter Secondary School	4	1	0	5
31	CCC Kei Heep Secondary School	4	0	0	4
31	SKH St. Benedict's School	3	1	0	4
31	CCC Kwei Wah Shan College	3	1	0	4
34	Fortress Hill Methodist Secondary School	0	0	2	2
35	Society of Boys' Centres Chak Yan Center School		1		1
36	Kowloon Technical School	0	0	0	0
36	Han Academy	0	0	0	0

Inter-School Athletics Competition 2023-2024

Division Three (Area 1)

Day One 24 January 2024

Girls Overall

Position	School	A	B	C	Total
1	TWGHs Lui Yun Choy Memorial College	15	9	13.5	37.5
2	Po Leung Kuk Laws Foundation College	15	2	18.5	35.5
3	ELCHK Lutheran Secondary School	8	18	9	35
4	G. T. (Ellen Yeung) College (Sec. Section)		15	19	34
5	SKH All Saints' Middle School	17	7	7	31
6	Stewards Pooi Tun Secondary School	22	1	5	28
7	King Ling College	14	7	6	27
8	SKH St. Mary's Church Mok Hing Yiu College	6	14	5	25
9	Delia Memorial School (Broadway)	9	3	10	22
10	CCC Ming Kei College	4	13	4	21
11	St. Joan of Arc Secondary School	4	13	3	20
12	Ning Po No. 2 College	10	7	1	18
13	Carmel Divine Grace Foundation Secondary School	9	4	2	15
14	Homantin Government Secondary School	10	3	1	14
14	Hong Kong Sheng Kung Hui Bishop Hall Secondary School	6	7	1	14
14	LKWFSL Lau Wong Fat Secondary School	2	7	5	14
14	Tak Oi Secondary School	1	6	7	14
18	Po Leung Kuk No. 1 W. H. Cheung College	0	3	10	13
19	Kwun Tong Government Secondary School	10	1	1	12
20	YCH Wong Wha San Secondary School	3	5	2	10
21	Wa Ying College	2	6	1	9
22	CCC Kwei Wah Shan College	7		1	8
22	Our Lady's College	0	6	2	8
24	Lok Sin Tong Yu Kan Hing Secondary School	3	2	1	6
25	NLSI Lui Kwok Pat Fong College	2	3		5
25	Clementi Secondary School	1	3	1	5
27	Raimondi College	2	1	0	3
27	Yu Chun Keung Memorial College	1	1	1	3
29	SKH Holy Carpenter Secondary School	2	0		2
29	Delia Memorial School (Hip Wo)	1	1	0	2
29	FDBWA Szeto Ho Secondary School	1	0	1	2
29	Shaukeiwan East Government Secondary School	0	2		2
29	St. Stephen's Church College	0	1	1	2
29	Han Academy			2	2
35	SKH Leung Kwai Yee Secondary School	0	0	1	1
35	SKH St. Benedict's School		1		1
37	Kowloon Technical School	0	0	0	0
37	Fortress Hill Methodist Secondary School	0	0	0	0
37	CCC Kei Heep Secondary School	0	0	0	0
37	Pui Ying Secondary School	0		0	0
37	Caritas Pelletier School		0	0	0

Inter-School Athletics Competition 2023-2024

Division Three (Area 1)

Day Two 29 January 2024

Event 1	Boys B Grade Long Jump	8:30am
	Record : 6.92	Standard : 4.60
Final	1 Tai Ching Yin	PLKLFC
	2 Ng Man Hou	CPSS
	3 Liang Yujun	ASMS
	4 Wong Lok Hin	KTS
	5 Li Lok Man	SMHYC
	6 Lian Jun Tao	BHSS
	7 Cheng Shing Hin	KTGS
	8 Chui Ming Him	SHSS
	9 Liu Leo	MKC
	10 Chen Shing Chau	CSS
	11 Yuen Lok Tin	PLKLFC
	12 Lam Shing Chun	WYC
	13 Liu Kau Ming	CSS
	14 Li Han Xuan	SSCC
	15 Li Man Shing	SMHYC
	16 Leung Wai Tsun Lewis	SSCC
	17 Ng Kelvin	PTSS
	18 Chen Shui Chak	LS
	19 Umali Pyrce Benjamin Sta	KWSC
	20 Wong Tik Hei	LSTYKH
	21 Un Ngo Yeung	BHSS
	22 Lo Chun Wang	SJC
	23 Wong Tsz Chung	K-LING
	24 Yip Ho Him	LSTYKH
	25 Cheng Tsz Hin	SKWEGSS
	26 Manalansan Gabriel Matthew De Jesus	KWSC
	27 Ling Chi Fung	GTEYC
	28 Wong Hoi Kei	LS
	29 Wu Aaron	GTEYC
	30 Leung Wai Yu	MKC
	31 Chen Man Hei	SKWEGSS
	32 Wei Jingyao	ASMS
	33 Lan Ka Yu	LKPFC
	34 Cen Jiaxuan	DMS-HW
	35 Wong Hiu Lok	PYSS
	36 Li Yun Tao	PLKNO.1C
	37 Lam Pak Kiu	PTSS
	38 Wong Kin Shing	KTGS
	39 Lu Jun Sheng	HGSS
	40 Ng Tsun Hung	LWFSS
	41 Wu Ho Ching	CPSS
	42 Chan Cheuk Yu	WWS
	43 Tao Yuet Long	CDGFSS
	44 Xu Zhensheng	DMS-HW
	45 Lau Po Ki	SJA
	46 He Zifeng	LWFSS
	47 Wong Shun Yeung	LKPFC
	48 Lo Ching Fung	SJC
	49 Chan Kin Man	WWS
	50 Pang Kin Long	CDGFSS
	51 Chin Aidan	SJA
	52 Wong Pak Kiu	SHSS
	53 Chan Hei Yiu	K-LING

Event 2	Boys C Grade Shot Put	8:30am
	Record : 14.33	Standard : 7.00
Final	1	Zhao Tsz Pang ASMS
	2	Chow Hung Hei Lucas KTGS
	3	Wong Chi Lok LSTYKH
	4	Chen Shi Zhe PTSS
	5	Cheung Chun Ting GTEYC
	6	Lam Wing Sun HA
	7	He Zengjin SMHYC
	8	Yip Shing Tsun SHSS
	9	Yip Ho Hong CSS
	10	Wong Tim Shing Kames SKHLKY
	11	Fung Anson CDGFSS
	12	Yip Chun Hin K-LING
	13	Yao Yuan LWFSS
	14	Liu Tiger WYC
	15	Wu Yu To PYSS
	16	Or Ching Ho CPSS
	17	Zhang Hang Wing KTS
	18	Lau Hoi Sing SMHYC
	19	Zhuang Shi Zhen MKC
	20	Punmongkol Makarakom KHSS
	21	Lau Hung San ASMS
	22	Ng King Man KTS
	23	Li Pei Ru SKHHCSS
	24	Lou Chi Yuen WWS
	25	Rivera Joshua Mangiliman DMS-HW
	26	Yip Chi Kwok KWSC
	27	Ting Chun Lam KTGS
	28	Tam Chun Hin BHSS
	29	Cheung Chak Fung CPSS
	30	Yan Ho Ming WWS
	31	Chan Shing Ho CDGFSS
	32	Yeu Tin Yu SJC
	33	Chan Cheuk Yin PLKLFC
	34	Wen Chi Sing LS
	35	Lam Siu Yik CSS
	36	Huang Tsun Hong MKC
	37	Ngai Tsz Yeung PTSS
	38	Zhong Xinrui KWSC
	39	Ho Hoi Lok SJC
	40	Cheng Siu Fung PLKLFC
	41	Lu Yui SJA
	42	Khalid Saad DMS-HW
	43	Lee Pui Hong Billy SHSS
	44	Wong King Kit Scott LWFSS
	45	Wong Chung Kan GTEYC
	46	Liu Sing Yu LSTYKH
	47	March James Gregory John SJA
	48	Kong Wai Fung K-LING
	49	Liu Ho Hei BHSS

Event 3	Girls A Grade Discus	8:30am	
	Record : 36.76	Standard : 14.50	
Final	1	Wong Wui Lam	KTGS
	2	Rai Gauravi	DMS-BW
	3	Wong Hoi Man	SKWEGSS
	4	Lam Mei Yi	KTS
	5	Lee Wing Sze	SMHYC
	6	Or Man Ching	K-LING
	7	Chan Fong Ching	TOSS
	8	Cheung Tsz Ching	LYC
	9	Leung Wing Yi Chole	YCKMC
	10	Wang Yuk Kei	K-LING
	11	Lin Yi Shan	PLKNO.1C
	12	Ni Nga Ping	CSS
	13	Shih Ying Ying Kelly	LYC
	14	Lee Chi Man	WWS
	15	Cheng Cheuk Nam	KTGS
	16	Xu Sihan	DMS-HW
	17	Hong Jing Ying	SJA
	18	Wong Ching Tung	SJA
	19	Li Yee Tung	WWS
	20	Tam On Ki	HGSS
	21	Chan Lok Yiu	PLKLFC
	22	Wong Cheok Yu	MKC
	23	Law Heily	PTSS
	24	Leung Ho Yan	CDGFSS
	25	Jim Yu Ching	OLC
	26	Liu Siu Kei	SHSS
	27	Huang Shiyi	ASMS
	28	Chan Ying	LS
	29	Lee Man Ching	LWFSS
	30	Tang Yuet Ching	PLKLFC
	31	Leung Cheuk Ting	OLC
	32	Lin Hoi Lam	LS
	33	Au Karin	CSS
	34	Bertes Krystelle Justo	KWSC
	35	Ho Yoshino	KTS
	36	Choi Sze Yui	SMHYC
	37	Li Kin Yee	CDGFSS
	38	Yuen Po Ying Jade	SKWEGSS
	39	Sze Hoi Tung	MKC
	40	Kaur Prabsharn	DMS-BW
	41	Yang Wai Chung	BHSS
	42	Li Sze	PYSS
	43	Hong Lok Tung	LKPFC
	44	Lam Yuen Man	SHSS
	45	So Wing Yan	PYSS
	46	Lin Wai Yuen	TOSS

Event 4	Girls B Grade High Jump	8:30am
	Record : 1.75	Standard : 1.20
Final	1 Tang Suet Yin	SMHYC
	2 Choi Ho Po Gospel	WYC
	3 Mak Lam	LKPFC
	4 Tam Wang Yue	OLC
	5 Li Shuk Yi	NP2C
	6 Leung Hoi Tung	WWS
	7 Ngo Ka Po	BHSS
	8 Lee Sze Hei Heidi	RC
	9 Wong Hin Yu	LS
	10 Lau Wing Tung Jessica	CSS
	11 Ng Wing Fei	PLKLFC
	12 Gu Chun Yi	PTSS
	13 Kam Mei Hei	CPS
	14 Kaur Jotveer	DMS-BW
	15 Ha Wai Wai	ASMS
	16 Tsoi Nok Ching	CSS
	17 Kwok Hiu Tung	PTSS
	18 Poon Oi Wa	CPS
	19 Chan Oi Wing	CDGFSS
	20 Kam Hiu Wa	SJA
	21 Siu Hayley	LWFSS
	22 Tsang Wing Yee	TOSS
	23 Chu Hoi Ching	SMHYC
	24 Sekhon Arashveen Kaur	DMS-BW
	25 Cheng Suet Ching	NP2C
	26 Tong Yuk Yi	MKC
	27 Wong Yu Ling Josie	SSCC
	28 Ding Jiameng	HA
	29 Wong Tsz Yu	CDGFSS
	30 Ye Tinjun	K-LING
	31 Liu Hiu Tung	BHSS
	32 Law Chi Ki	LWFSS
	33 Chan Hiu Ying	TOSS
	34 Tsang Wing Tung	OLC
	35 Lai Tsz Yan	LS

Event 5	Girls C Grade 100m Hurdles	8:30am
	Record : 15.23	

No Semi-Final

Event 6	Girls B Grade 100m Hurdles	8:30am
	Record : 14.42	

No Semi-Final

Event 7	Girls A Grade 100m Hurdles	8:30am
	Record : 13.76	

No Semi-Final

Event 8	Boys C Grade 100m Hurdles	8:30am
	Record : 13.57	

No Semi-Final

Event 9	Boys B Grade 100m Hurdles	8:30am
	Record : 13.25	

No Semi-Final

Event 10	Boys A Grade 110m Hurdles	8:30am
	Record : 13.63	

No Semi-Final

Event 11	Girls C Grade 400m	8:45am
	Record : 58.64	

Semi-Final 1	1	Chan Yin Tung	HGSS
	2	Chen Zixin	TOSS
	3	Fung Ching Hay	GTEYC
	4	Huang Yee Ting	LYC
	5	Hui Haidee	TOSS
	6	Cheung Pui Chi	MKC
	7	Kwok Nga Wai	KTGS
	8	Ng Yui Nei	PLKLFC

Semi-Final 2	1	Lam Fei Fei	LWFSS
	2	Hu Sing Yu Doris	HA
	3	Chan Mei Lam	GTEYC
	4	Yim Sum Yu	LYC
	5	Tang Tsz Ching	LS
	6	Cheung Sum Yin	LWFSS
	7	Lin Xiaoyu	ASMS
	8	Li Xin Xuan	SMHYC

Event 12 Boys C Grade 400m 8:45am
Record : 51.23

Semi-Final 1	1	Liu Jun Yu	CDGFSS
	2	Cheng Ka Hing	CSS
	3	Chen Kun	CDGFSS
	4	Cheng Tik Tung	PTSS
	5	Tsang Tsz Hin	KTGS
	6	Ngai Ka Tsun Kassac	K-LING
	7	Li Chun	CSS
	8	Ng Ho Yeung	SKHLKY

Semi-Final 2	1	Wong Nok Nam Avery	GTEYC
	2	Fong Ho Tak	CPSS
	3	Leung Man Cheuk	PTSS
	4	Cheung Po Yin	LS
	5	Wong Chi Hung	KTGS
	6	Ng Yui Ching	FHMSS
	7	Wong Chung Kok Helge	SJC
	8	He Francol	WWS

Semi-Final 3	1	Fung Ching Yin Gene	SMHYC
	2	Kwok Siu Wun	WWS
	3	Chu Ho Hei Nickson	MKC
	4	Cheung Hei Yeung	K-LING
	5	Wong Wai Chung	PLKLFC
	6	He Chi Ngai	ASMS
	7	Cheng Ho Fung	PLKLFC
	8	Tam Ho Yin	SJC

Event 13 Girls B Grade 400m 8:45am
Record : 56.27

Semi-Final 1	1	Pun Yau Hei Hayley	GTEYC
	2	Yu Cheng Io	ASMS
	3	Choi Hiu Yan	SMHYC
	4	Ma Bernice Wing Tung	WYC
	5	Chong Wing Dip	OLC
	6	Ng Hong Ting	K-LING
	7	Chan Man Hei	LKPFC
	8	Tang Yee Kwan	MKC

Semi-Final 2	1	Lee Cheuk Ching	TOSS
	2	Tam Hei Tung	LS
	3	Lo Hoi Yi	SMHYC
	4	Huang Weiting	LWFSS
	5	Huang Yu Tung	NP2C
	6	Chow Lok Yin Blue	LYC
	7	Yeung Yanny	BHSS
	8	Cai Tsz Wai	HGSS

Semi-Final 3	1	Lau Cheuk Ying	CSS
	2	Tam Wing Hei	SKHSBS
	3	Cheung Hoi Man	GTEYC
	4	Lau Yee Tung Macy	LYC
	5	Tsui Hei Tung	LS
	6	Magallanes Selena Jenine Voluntad	SJA
	7	Au Tsz Ching	CDGFSS
	8	Au Tsz Kwan	MKC

Event 14	Boys B Grade 400m	9:05am
	Record : 49.72	

Semi-Final 1	1	Feng Ng Yuen	SMHYC
	2	Kuang Ho Fung	LKPFC
	3	Chen Tim Long	K-LING
	4	Huang Tianqing	DMS-HW
	5	Law Sze Yuen	WYC
	6	He Junxi	ASMS
	7	Zhou Zewei	MKC
	8	Chen Ka Kuen	DMS-HW

Semi-Final 2	1	Au Ka Ho	CSS
	2	Chung Tsz Shing	LKPFC
	3	Poon Chun Sing	MKC
	4	Woo Kai Nam	SJC
	5	Chan Rongquan	HGSS
	6	Tai Chun Ting	SKHSBS
	7	Leung Pui Kuen	PTSS
	8	Zhang Zhiqi	LSTYKH

Semi-Final 3	1	Yip Sik Chuen	PTSS
	2	Tang King Long	SHSS
	3	Tsoi Chin Ming	SKWEGSS
	4	Luo Haoxiang	CPSS
	5	Chau Tin Chi	PLKNO.1C
	6	Wong Yat Chun	CDGFSS
	7	Mok Wing Hin	CDGFSS
	8	He Fu Wang	SKHSBS

Event 15	Girls A Grade 400m	9:05am
	Record : 57.37	

Semi-Final 1	1	Khan Hadia	DMS-BW
	2	Ho Ka Yi	KTGS
	3	Foo Wing Sze	LS
	4	Chim Oi Yan	LYC
	5	Kiu Sze Ching	SJA
	6	Tsoi Yee Lam	SJA
	7	Tang Chui Man	LS
	8	Gao Xiaotong	SKHHCSS

Semi-Final 2	1	Chan Ka Yiu	PLKLFC
	2	Lu Cho Lam	ASMS
	3	Chan Gen Yuet	PTSS
	4	He Hei Yu	MKC
	5	Seyed Ahamed Saleena	DMS-BW
	6	Chan Cheuk Yu	CDGFSS
	7	Chen Jinyao	LWFSS
	8	Siu Hoi Ying	K-LING

Event 16	Boys A Grade 400m	9:05am
	Record : 49.92	

Semi-Final 1	1	Li Zhaokang	CCMFSS
	2	Lee Long Ching	GTEYC
	3	Xie Jinhan	DMS-HW
	4	Yung Ka Chun	CPSS
	5	Ma Ka Chung	WYC
	6	Siu Tsz Hin Anson	PLKLFC
	7	Hui Yat Hei	SHSS
	8	Au Yeung Wai Kit	CDGFSS

Semi-Final 2	1	Lam Ho Yu	PTSS
	2	Li Jinwei	DMS-HW
	3	Law Hoi Yee	LS
	4	Yip Ho Ching	WWS
	5	Huang Kwan Ho	CCMFSS
	6	Cheng Tsz Fung	SKHSBS
	7	Chow Cheuk Hei	SKHLKY
	8	Lam Yan Shing	WWS

Semi-Final 3	1	So Pak To	PLKLFC
	2	Wong Ka Chun	ASMS
	3	Ho Ka Hing	ASMS
	4	Lu Ho Sun	SJC
	5	Liang Chun	CDGFSS
	6	Mok Chun Sing	SMHYC
	7	Chen Chi Ming	SKHHCSS
	8	Wan Pak Ching	PLKNO.1C

Event 17	Girls C Grade 100m	9:25am
	Record : 12.37	

Semi-Final 1	1	Lau Sum In Sonia	SSCC
	2	Lau Tsz Ching	YCKMC
	3	Ng Yeuk Lam	SMHYC
	4	Lee Yuen Ying	LYC
	5	Wu Hazel	ASMS
	6	Leung Ka Yu	ASMS
	7	Chan Tsz Ling Marcelia	SKHLKY
	8	Chu Tsz Yiu	MKC

Semi-Final 2	1	Duldulao, Johanna Angel Agustin	KWSC
	2	Shih Hiu Ying	LYC
	3	Lam Lok Yi	TOSS
	4	Cheuk Tsz Ying	MKC
	5	Liang Zhiqi	NP2C
	6	Chan Huen Yu	PLKNO.1C
	7	Tse Shun Yi	WYC
	8	To Tsz Yan	LWFSS

Semi-Final 3	1	Raimi Apphia	SJA
	2	Wong Pui Tung	BHSS
	3	Fung Tsz Kiu	PLKLCF
	4	Singleton, Maisy B Laurina	SJA
	5	Hon Yat Tung	GTEYC
	6	Lai Man Huen	K-LING
	7	Chan Nga Lui	CSS
	8	Tse Sum Yau Csilla	WYC

Event 18 Boys C Grade 100m 9:25am
Record : 11.21

Semi-Final 1	1	Tsang Cyrus	WYC
	2	Chui Ching Kiu Arthur	SJC
	3	Hui Tik Dicky	SSCC
	4	Au Yeung Chun Tung	SKHLKY
	5	Yan Ho Pan	KTGS
	6	Chui Chun Hin	LS
	7	Hu Junjia	CDGFSS
	8	Kwok Kin Fung	CDGFSS

Semi-Final 2	1	Lau Hin	CSS
	2	Gong Ching Hoi	KTGS
	3	Chen Mingxuan	WYC
	4	Tam Yat Long	LSTYKH
	5	Cruz Alexander Lambino	DMS-HW
	6	Yip Tsun Ming	SMHYC
	7	Fung Pok Yin	LWFSS
	8	Ou Chun Sing Jason	HGSS

Semi-Final 3	1	Wu Tin Ho	SKHLKY
	2	Hui Wang Tik Andy	LS
	3	Cheung Cho Hin Cayden	SJC
	4	Cheng Ka Hing	CSS
	5	Yu Tsz Hei	PLKNO.1C
	6	Mak Piu Ho	LWFSS
	7	Pang Yin Kwong	ASMS
	8	Ng Ho Hei	SJA

Event 19 Girls B Grade 100m 9:25am
Record : 11.89

Semi-Final 1	1	Yuen Pak Ki	LSTYKH
	2	Chan Tsz Yu	ASMS
	3	Chau Sum Yi	TOSS
	4	Chan Hoi Yan	SKWEGSS
	5	Zhang Yin Hei Carol	BHSS
	6	Wong Tin Suet	SMHYC
	7	Chan Sum Yuet Jasmine	RC
	8	Wong Cinnamon Crystal	WYC

Semi-Final 2	1	Tsang Wing Tung	OLC
	2	Tse Ka Yiu	GTEYC
	3	Tang Oi Shuen	LKPFC
	4	Choi Wing Chi	LS
	5	Lo Sze Tung Cathy	PLKNO.1C
	6	Leung Ching Yau Janet	HGSS
	7	Leung Ching Yan	SMHYC
	8	Hau Kaiyi	MKC

Semi-Final 3	1	Cheung Wing Tung	PLKLFC
	2	Biswakarma Nicolette Ashley	SJA
	3	Ng Tsz Tung	NP2C
	4	Ajonuma Precious Chioma Bargamento	DMS-BW
	5	Ng Shin Tung	LSTYKH
	6	Wan Wan Hei	WYC
	7	Lin Hei Tung Anisa	LYC
	8	Huang Weiting	LWFSS

Event 20 Boys B Grade 100m 9:25am
Record : 10.63

Semi-Final 1	1	Mak Shun Ho	LS
	2	Lo Chung Wang	SJC
	3	Lam Tsz Fung	SJC
	4	Lo Ka Wai	CSS
	5	Chan Yat Chung	SHSS
	6	Chan Ka Nam Karsten	PLKLFC
	7	Yu Wai Yip	BHSS
	8	Leung Man Yui	LSTYKH

Semi-Final 2	1	Tam Chung Hang	LKPFC
	2	Tang Ho Ching	LS
	3	Ye Cho Kin	CPSS
	4	Tsoi Chin Ming	SKWEGSS
	5	Ho Ka Yiu	SSCC
	6	Fong Pak Lam	WYC
	7	Leung Wai Yu	MKC
	8	Lam Pak Kiu	PTSS

Semi-Final 3	1	Lam Tsz San Sunny	SKHLKY
	2	Chow Ho Ting	CDGFSS
	3	Zhou Jiahui	DMS-HW
	4	Tang Wai Lam William	PLKNO.1C
	5	Wu Ming Fung	ASMS
	6	Tang Chi Kit	K-LING
	7	Gu Cho Wa	LKPFC
	8	Yip Ho Him	LSTYKH

Event 21 Girls A Grade 100m 9:25am
Record : 11.85

Semi-Final 1	1	Ka Man Yu	BHSS
	2	Wong Kun	ASMS
	3	Cheung Cheuk Hang	LYC
	4	Lo Ka Ling	PTSS
	5	Wong Shuk Yin	K-LING
	6	Chu Wing Yan	CDGFSS
	7	Pang Fung Yan Fiyan	KTGS
	8	Sin Yuen Lam	CSS

Semi-Final 2	1	Chan Kwan Yi	MKC
	2	Wong Wai Ching	WWS
	3	Siew Lok Yiu	RC
	4	Choi Tsz Yan	K-LING
	5	Wang Huiru	TOSS
	6	Lee Yuen Ching	NP2C
	7	Li Ka Man	ASMS
	8	Mok Tsz Ching	BHSS

Semi-Final 3	1	Zhang Xiaolan	SJA
	2	Fong Hei Ching	LYC
	3	Tam Lam Lam	LKPFC
	4	Yip Yi Tung	LSTYKH
	5	Fong Chi Yan Jillian	LS
	6	Wong Chee Yeung	MKC
	7	Lau Ka Man	NP2C
	8	Lin Yi Qing	YCKMC

Event 22 Boys A Grade 100m 9:25am
Record : 10.60

Semi-Final 1	1	Ng Chun Hei	WWS
	2	Tung Kiu Fung Paul	SJC
	3	Leung Hiu Lung Alvin	PLKLFC
	4	Wong Yan Ki	ASMS
	5	Zhang Hongyue	CCMFSS
	6	Chu Ho Hin	DMS-HW
	7	Chai Markus Allan	SJA
	8	Pan Junpeng	SKHHCSS

Semi-Final 2	1	Yu Pok Hei	LS
	2	Chan Ming Hang	K-LING
	3	Lam Kin Ho	KHSS
	4	Law Kwan Yiu	PLKNO.1C
	5	Chan Kin Yung	DMS-HW
	6	Ting Linus	SSCC
	7	Chan Tsz Ho	BHSS
	8	Wong Chun Man	SMHYC

Semi-Final 3	1	Lam Yan Shing	WWS
	2	Chan Chun Lam	ASMS
	3	Ng Dawson	SKHLKY
	4	So Tsz Yin	SJC
	5	Chen Sing Ming	PLKNO.1C
	6	Lau Ho San	CCMFSS
	7	Tsui Chak Yuen	K-LING
	8	Chung Lok Fung	PLKLFC

Event 23	Boys A Grade Triple Jump		9:45am
	Record : 14.82		Standard : 10.00
Final	1	Wan Kwun Sum	KTGS
	2	Zhou Weijun	CPSS
	3	Fong Chung Ming	WYC
	4	Ting Pui Nam	HGSS
	5	Ng Ip Lam	SMHYC
	6	Tsang Po Chor	SKHLKY
	7	Sin Chung Hei	PLKNO.1C
	8	Sze Chi Wa	SKWEGSS
	9	Lau Chun Chuen	SJC
	10	Wong Hung Yam	CSS
	11	Chan Wai Chi	SJC
	12	Leung Ka Ho	PTSS
	13	Poon Wai Him	WWS
	14	Chan Wai Him	PTSS
	15	Ng Hysan	PLKLFC
	16	So Chun Yin	CCMFSS
	17	Wang Chun Ho Oscar	K-LING
	18	Fu Yongqi	ASMS
	19	Ngan Yu Pui	CSS
	20	Lo Long Him	K-LING
	21	Lau Ho Long	KTGS
	22	Yau Sim Lai	CPSS
	23	Su Yongquan	SMHYC
	24	Chen Haoheng	DMS-HW
	25	So Ka Ho	WWS
	26	Huang Kam Wang	ASMS
	27	Chan Man Kin	SJA
	28	Lam Ka Chun	CDGFSS
	29	Li Zehan	DMS-HW
	30	Chung Tsz Tsun	LS
	31	Cheng Tsz Ho Chester	MKC
	32	Tsang Pak Hei	CDGFSS
	33	Chi Wai Leong	SKWEGSS
	34	Chui Yik Hei	SJA
	35	Wan Pak Ching	PLKNO.1C

Event 24	Girls C Grade 800m		9:45am
	Record : 2:19.72		Standard : 3:30.00
Heat 1	1	Chen Zixin	TOSS
	2	Chan Yee Lok	CSS
	3	Chow Jamian Miharu	OLC
	4	Chan Ip Kwan	LS
	5	Kwok Ying	PLKLFC
	6	Lee Tsz Ching Angelica	LYC
	7	Lai Kar Kee	SMHYC
	8	Ng Hong Yin	CDGFSS
	9	Kie Wing	GTEYC
	10	Pun Sanju	DMS-BW
	11	Li Hoi Ching	K-LING
	12	Wang Xin Hui	SJA
	13	Lau Tsz Ching	LWFSS

Heat 2	1	Li Xin Xuan	SMHYC
	2	Yau Wing Tung	GTEYC
	3	Poon Yan Hei	CSS
	4	Tse Hei Tung	LS
	5	Wong Hei Yu	LYC
	6	Kwok Nga Wai	KTGS
	7	Tsoi Mut Yin	TOSS
	8	Sze Cheuk Yan Vienna	SJA
	9	Lau Tsz Yi	BHSS
	10	Cheung Wing Lam	WWS
	11	Sit Kei Yuet	SHSS
	12	Chu Wun Yin	MKC
	13	Mok Hoi Ting	PTSS

Heat 3	1	Lee Sze Wai	LWFSS
	2	Lau Tin Yuet	K-LING
	3	Yuen See Ching	CDGFSS
	4	Lin Yuen Yung	BHSS
	5	Chu Hin Ning	PLKNO.1C
	6	Chui Sum Yu	MKC
	7	Judkins Beatrice	DMS-BW
	8	Cai Xinyi	KTGS
	9	Wu Yuet Yee	DMS-HW
	10	Chung Hiu Tung	WWS
	11	Wong Kok Yuet	PLKLFC
	12	Wong Hoi Man	PTSS
	13	Luo Wing Ni	SHSS

Event 25	Boys C Grade 800m	9:45am
	Record : 2:06.64	Standard : 2:53.00

Heat 1	1	Tong Wing Hei Moses	PTSS
	2	Chu Ching Hong	PLKLFC
	3	Tang Long Hin	CSS
	4	Hon Chun Wing	SMHYC
	5	Au Yeung Ching Ho	LS
	6	Chau Cheuk Yin Desmond	SJC
	7	Ng Tsz Hin	SHSS
	8	Chung Long Hei	SKHSBS
	9	Chan Chun Wah	WWS
	10	Wong Chun Ming	K-LING
	11	Fong Tsz Yuk	CPSS
	12	Mak Yu Hin	KTGS
	13	Le Hong Duy Khang	DMS-HW
	14	Wong Lok Wang	LSTYKH

Heat 2	1	Ku Yu Him Joseph	SHSS
	2	Liu Sunny	MKC
	3	Lee Sing To	CDGFSS
	4	Lau Hin Kai	WWS
	5	Wong Nok Nam Avery	GTEYC
	6	Zhu Boxi Laurence	DMS-HW
	7	Wang King Wai	CSS
	8	Lau Tsz Yeung	BHSS
	9	Fong Ho Tak	CPSS
	10	Gu Ka Ming	ASMS
	11	Yan Tsz Chun	SJA
	12	Ma Tsz Ho	PLKNO.1C
	13	Chun Cheuk Long	PLKLFC
	14	Hui Nok	SKHSBS

Heat 3	1	Chi Kai Nok	PLKNO.1C
	2	Tsang Pok Sik	GTEYC
	3	Tam Ho Hong	CDGFSS
	4	Yu Chi Yu	SMHYC
	5	Wong Kin Wai	PTSS
	6	Weng Le Shun	LWFSS
	7	Chau Yeung Kwan	ASMS
	8	Woo Tsz Yeung Kerux	MKC
	9	Sasaki Yu	SJC
	10	Sakyi Shaibu Tofic	LS
	11	Hui Pak Nam Tiger	KTGS
	12	Ngai Ka Tsun Kassac	K-LING
	13	Tsang Ho Yu	SJA

Event 26	Girls B Grade 800m	9:45am
	Record : 2:15.76	Standard : 3:22.00

Heat 1	1	Wong Sum Yi	KTGS
	2	Ho Cheuk Kiu	LYC
	3	Chan Wai Man	SHSS
	4	Chan Yik Fei	K-LING
	5	Yeung Tsz Yin	SMHYC
	6	Cheng Jasmine	OLC
	7	Ho Man Wai Mavis	PLKNO.1C
	8	Cheng Janice Hoi Nam	DMS-HW
	9	Liu Hiu Tung	BHSS
	10	Chan Pei Hang	LWFSS
	11	Qin Xin	GTEYC
	12	Tsang Cheuk Kiu	WWS
	13	Noga Maria Andrea	SJA
Heat 2	1	Sin Leanna Wing Yau	K-LING
	2	Lau Yee Tung Macy	LYC
	3	Pang Hoi Ting	PLKNO.1C
	4	Ho Cheuk Yan	GTEYC
	5	Tam Hei Tung	LS
	6	Mak King Ting	LWFSS
	7	Lai Pui See	CSS
	8	Chan Tsz Ki	BHSS
	9	Chan Man Hei	LKPFC
	10	Au Tsz Ching	CDGFSS
	11	Yang Ruixia	DMS-HW
	12	So Hei Tung	WWS
	13	Chan Yandi	TOSS
Heat 3	1	Ngan Kwan Hei	SHSS
	2	Tang Yee Kwan	MKC
	3	Tam Wing Hei	SKHSBS
	4	Abad, Maria Angeliah Madla	SJA
	5	Cheung Sum Yuet	OLC
	6	Hu Jingyu	HA
	7	Yeung Yuet Naomi	LS
	8	Hui Lok Yiu	TOSS
	9	Kwan Kayla Chloe	SMHYC
	10	Lam Hok Yu	LSTYKH
	11	Wang Jia Xuan	CDGFSS
	12	Lai Hiu Yau	KTGS

Event 27	Boys B Grade 800m	9:45am	
	Record : 2:00.69	Standard : 2:40.00	
Heat 1	1	Ho Chun Ting	SKWEGSS
	2	Ng Tsz Hei	CPSS
	3	Shi Kaiyi	LS
	4	Lam Chun Hung	BHSS
	5	Kuang Ho Fung	LKPFC
	6	Tai Chun Ting	SKHSBS
	7	Ngai Man Chung	K-LING
	8	Tao Yuet Long	CDGFSS
	9	Yeung Tsun Ming	WWS
	10	Lam Chin Tsun Simpson	DMS-HW
	11	Lui Chi Yuen	HA
	12	He Zhen Gang	GTEYC
	13	Chen Tsz Lok	PTSS
	14	Mo Aojie	ASMS
	15	Li Yin Kang Samuel	WYC
Heat 2	1	Li Shing Hin	LSTYKH
	2	Chan Wing Ngo	HGSS
	3	Fang Yuyan	ASMS
	4	Sin Ho Sing Karl	PLKNO.1C
	5	Lai Man Bok	FHMSS
	6	Zhang Jinxi	LWFSS
	7	Mok Chun Sum	CSS
	8	Xie Ka Hei	KTS
	9	Amaboh Lin'wayne Carter	SJA
	10	Ng Tsz Ho	SHSS
	11	Fung Ho Chun	SJC
	12	Tse Ka Lam	MKC
	13	Lai Chung Him	SKHSBS
	14	Tang Zilin	PTSS
	15	Lee Ho Kwan	WYC
Heat 3	1	Kwan Ho Hin	SHSS
	2	Mak On Ting	GTEYC
	3	Wong Lok Hin	KTS
	4	Cheng Kong Shing	LSTYKH
	5	Mok Ho Ching	PLKLFC
	6	Bi Kei Pui	HGSS
	7	Chung Tsz Shing	LKPFC
	8	Hui Tsun Ming	DMS-HW
	9	Lai Tsz Him	MKC
	10	Bennett Cayden Arthur	SJA
	11	Chu Long Wai	KTGS
	12	Wu Ho Ching	CPSS
	13	Leung Wing Long	CDGFSS
	14	Leung Pak Chiu	SMHYC
	15	Mirandilla, Harvey Nathan Hortelano	KWSC

Heat 4	1	Chong Wai Lok	FHMSS
	2	Tong Yu Chim	LWFSS
	3	Yu Yat Hei	CSS
	4	Hui Ethan Tin Hang	SSCC
	5	Chan Bing Lam Ben	SMHYC
	6	Dai Xiaochen	BHSS
	7	Zhou Tsun Ho	KTGS
	8	Tse Cheuk Wang	K-LING
	9	Fong Tsz Long Jose	SJC
	10	Ye Weixiong	KHSS
	11	Leung Lap Hei	LS
	12	Tsui Tsz Him	PLKNO.1C
	13	Lee Ho Yin Dahryll	PLKLFC
	14	Shih Ka Wai	WWS

Event 28	Girls A Grade 800m	9:45am
	Record : 2:17.06	Standard : 3:22.00

Heat 1	1	Lee Ji Kei	ASMS
	2	Su Yan Hei	BHSS
	3	Chan Yee Tung	OLC
	4	Poon Ka Yi	LYC
	5	Gao Xiaotong	SKHHCSS
	6	Fong Sing Yung	PLKNO.1C
	7	Hung Jolie	PLKLFC
	8	Mok Hoi Ching Jane	MKC
	9	Leung Ho Yan	CDGFSS
	10	Chui Lok Yee	KTGS
	11	Tang Yuet Yau Annabelle	SJA
	12	Hu Yonger	LKPFC

Heat 2	1	Cheung Lok Lok	K-LING
	2	Chan Gen Yuet	PTSS
	3	Yeung Tsz Man	KTGS
	4	Law Pui Lam	TOSS
	5	Limbu Sristy	DMS-BW
	6	Foo Wing Sze	LS
	7	Li Ching Laam	WYC
	8	Kamil Wavoo Noori Shahzadi	DMS-HW
	9	Lui Yee Wah	SMHYC
	10	Chan Ka Yiu	PLKLFC
	11	Mak Chui Yan	WWS
	12	Luo Yingsha	CSS

Heat 3	1	Chim Oi Yan	LYC
	2	Hui Sum Yi	BHSS
	3	Khan Hadia	DMS-BW
	4	Leung Tsz Yan	SMHYC
	5	Leung Wing Yan	K-LING
	6	Tsoi Yee Lam	SJA
	7	Lee Ho Ying	LKPFC
	8	Cheung Nga Man	GTEYC
	9	Huang Anqi	LS
	10	Huang Yu Lam	WWS
	11	Tsoi Tung Tung	CSS
	12	Pang Kwan Kiu	PTSS

Event 29	Boys A Grade 800m	9:45am	
	Record : 1:54.89	Standard : 2:34.00	
Heat 1	1	Liu Chun Hei	FHMSS
	2	Kong Chi Hang	BHSS
	3	Huang Chung Sing	SMHYC
	4	Leung Tsz Hei	K-LING
	5	Wong Kwan Ho	CDGFSS
	6	Cheung Chi Ho	CPSS
	7	Huang Xuanjun	KTS
	8	Ubana, Jermaine John Lopez	KWSC
	9	Ngan Yu Pui	CSS
	10	Lai Tin Long	SJA
	11	Su Junjie	ASMS
	12	Huang Kwan Ho	CCMFSS
	13	Li Zehan	DMS-HW
Heat 2	1	Yeung Cheuk Fung	SMHYC
	2	Lam Ting Hei	FHMSS
	3	Cheng Tsz Ho Chester	MKC
	4	Cheung Yat Hei	SJA
	5	Yang Fan Ching	LWFSS
	6	Wang Christopher Ruxuan	HA
	7	Leung Tze Yui Darryl	SJC
	8	Chan Wing Yin	PTSS
	9	Fu Owen	WWS
	10	Liang Chun	CDGFSS
	11	Zeng Zhaorong	SKHHCSS
	12	Li Chaohong	LSTYKH
	13	Shek Chun Kiu	CSS
Heat 3	1	Yau Tsun Ming	KTGS
	2	Cheng King Yuet Matthew	SSCC
	3	Xie Jinhan	DMS-HW
	4	Siu Tsz Hin Anson	PLKLFC
	5	Fu Tin Yu	PTSS
	6	Lo Lok Hin Eric	SKHSBS
	7	Chen Qi Da	MKC
	8	Ma Ka Chung	WYC
	9	Basit, Ali	KWSC
	10	Zou Zehao	CCMFSS
	11	Wang Zifan	GTEYC
	12	Tsang Po Chor	SKHLKY
	13	Li Man Nok	SKWEGSS
Heat 4	1	Liang Jiahao	ASMS
	2	Lo Ka Long	WWS
	3	Lu Ho Sun	SJC
	4	Cheung Chun Kit	LSTYKH
	5	Lau Kwan Yuen	BHSS
	6	Yung Ka Chun	CPSS
	7	Lo Chun Lam	K-LING
	8	Wong Hong Kiu	LKPFC
	9	Lee Chun Wai	PLKLFC
	10	Ng Chor Hang	PLKNO.1C
	11	Gong Hongqin	PYSS
	12	Tsai Chun Ho	KTGS

Event 30	Girls C Grade Discus	10:30am	
	Record : 29.90	Standard : 12.00	
Final	1	Ma Hong Yau	KTGS
	2	Leung Hong Nam	TOSS
	3	Mok Fong Ting	KTGS
	4	Wong Lok Ching	K-LING
	5	Mak Ching	PLKLFC
	6	Pun Magar Sanoja	DMS-BW
	7	Yip Chui Yi Elaine	PTSS
	8	Rekhi Nirwair Kaur	DMS-HW
	9	Lam Ka Ching	GTEYC
	10	Lam Yan Ping	LWFSS
	11	Lam Wai Lok	PLKNO.1C
	12	Chan Tsz Kiu	SJA
	13	Lo Lok Yee	WWS
	14	Cheng Ka Yi	K-LING
	15	Li Kwun Yi	BHSS
	16	Fan Tsz Ching	LS
	17	Cheng Tsz Yan	CPS
	18	Mak Ka Wun	LS
	19	Tetteh Keilla Adjoa-Kaa	MKC
	20	Wu Man Hei	CPS
	21	Chan To	LWFSS
	22	Liang Pui Ki	SMHYC
	23	Wong Hing Yee	WWS
	24	Yung Suet Ching	CDGFSS
	25	Wong Tsz Wing	PLKNO.1C
	26	Wong Hing Yiu	PLKLFC
	27	Chen Wing Hei	OLC
	28	Wong Sze Ham	GTEYC
	29	Yim Man Hei Hailey	SJA
	30	Ng Kei Tung	CSS
	31	Woo Pui Tung	ASMS
	32	He On Na Anna	SMHYC
	33	Wang Sze Tong	BHSS
	34	Sugatan Junelyn Mae Vitobina	DMS-BW
	35	Wong Lok Yee Mini	OLC
	36	Poon Pak Ching	CDGFSS
	37	Wong Ka Yiu	LYC
	38	Lee Cheuk Kiu	ASMS
	39	Wong Chin Wai	TOSS
	40	Ding Wing Sum	YCKMC
	41	Lum Tsz Ching	PTSS
	42	Ko Cho Yiu	LYC

Event 31	Girls B Grade Shot Put	10:30am	
	Record : 12.25	Standard : 6.20	
Final	1	Zhong Ka Yi	LS
	2	Lin Wing Yi	TOSS
	3	Tang Sze Ying	BHSS
	4	Tran Siu Man	CPS
	5	Priso Mbangue Ciarra Rae-Anne	SJA
	6	Fatima Eiman	DMS-BW
	7	Ho Amber	PLKLFC
	8	Leung Lok Ting	WWS
	9	Yan Ka Tai	SHSS
	10	Lee Hiu Wa	KTGS
	11	Lam Jing Yan	NP2C
	12	Lai Gabrielle	YCKMC
	13	Chan Hoi Yan	SKWEGSS
	14	Wei Yan Sho	CSS
	15	Lam Tan Fung	YCKMC
	16	Dong Kam Wa	CSS
	17	He Zi Xuan	LS
	18	Yang Yonghan	GTEYC
	19	Li Xiaolin	DMS-HW
	20	Chu Wing Sze	CDGFSS
	21	Zeng Wai Ki	PLKNO.1C
	22	Chow Zi Yuet Jemima	SMHYC
	23	Lam Hei Man	OLC
	24	Pumanee Nabhat	SKHSBS
	25	Wong Chung Ting	K-LING
	26	Chan Sze Ki	PTSS
	27	Li Cheuk Wing	LYC
	28	Lam Yik Huen	GTEYC
	29	Liu Yueyi	LWFSS
	30	Yeung Ching Yiu Yoyo	SMHYC
	31	Lu Yuen Chi	TOSS
	32	Chu Ka Yu	ASMS
	33	Lau Yan Ki Nicole	KHSS
	34	Yip Yu Ching	OLC
	35	Wu Shun Yan	WYC
	36	He Yiu Ka	KTGS
	37	Zhang Xuxin Sharon	DMS-HW
	38	Chee Man Yan	SHSS
	39	Ip Wing Yan	WYC
	40	Martbandit Yan Yee	LSTYKH
	41	Yau Hoi Ying	MKC
	42	Chik Candice	CDGFSS
	43	Yip Nga Yu	PLKNO.1C
	44	Pau Man Kwan	NP2C
	45	Hung Yuk Ying	SJA
	46	Ho Hoi Ching	SKWEGSS
	47	Yan Tsz Ki	BHSS
	48	Yau Yu Sze	WWS
	49	Lam Cheuk Hei	LWFSS
	50	Kwan On Ki Angel	HGSS
	51	Chiu Hoi Lam	LYC
	52	Rani Samra	DMS-BW
	53	Fung Yan Yan	K-LING
	54	Tam Nga Chi Gigi	LSTYKH
	55	Chiu Lok Hei Anna	ASMS

Event 32	Boys A Grade Shot Put	1:00pm	
	Record : 15.48	Standard : 8.50	
Final	1	Cai Ming Tsang	HGSS
	2	Wu Ka Kit	MKC
	3	Tai Tsz Fung	CPSS
	4	Rodriguez Gabriel James Diaz	SSCC
	5	Guo Jinqun	ASMS
	6	Huang Yujun	LWFSS
	7	Kwok Ming Lung Alex	SSCC
	8	Kong Chiu Hang	LWFSS
	9	Su Chi Ho	CPSS
	10	Hung Sze Chit	PLKLFC
	11	He Qiu hao	CSS
	12	Liao Youxin	MKC
	13	Chen Yubin	KWSC
	14	Chan Wai Chun	K-LING
	15	Wong Wang Hei	KTGS
	16	Zhang Guolin	DMS-HW
	17	Sun Hau Yeung	KWSC
	18	Tsien Lok Yung	HGSS
	19	Zhou Zhengqin	KTGS
	20	Tsang Chiu Yan	PLKNO.1C
	21	Cheung Chong Shing	K-LING
	22	Mak Kai To	SJC
	23	Lo Ching Yu	LS
	24	Li Tsz Shing	KHSS
	25	Guo Jianxiang	WWS
	26	Ma Chun Kit	KTS
	27	Law Hoi Yee	LS
	28	Chow Ting Kei	WYC
	29	Liang Kin Yu	SHSS
	30	Wong Ho Lun	SMHYC
	31	Tan Runbin	KHSS
	32	Chui King Kit	SJA
	33	Lo Wang Ho	PTSS
	34	Tan Wing Hin	SMHYC
	35	Law Ho Chit	GTEYC
	36	Cheung Wai Shing	CCMFSS
	37	Chan Chi Hin	SKWEGSS
	38	Kok Shu Kin	PLKLFC
	39	Chan Chi Kit	CDGFSS
	40	Yu Pei Sen Gordon	BHSS
	41	Li Kin Fung	BHSS
	42	Tsang King To	CDGFSS
	43	Chen Kejun Colin	DMS-HW
	44	Leung Pak Hei	PYSS
	45	Szeto Chi Hin	SHSS
	46	Cheung Man Hei	PTSS
	47	Han Ruilin	ASMS
	48	Chiu Kwan Ching	SJC
	49	Wen Haohui	CSS
	50	Ng Wai Kit	SKWEGSS
	51	Au Kwan Ho	WWS
	52	Kwan Wing Lun	PYSS
	53	Chen Yu Sum	SJA

Event 33	Boys B Grade Javelin		1:00pm
	Record : 58.50		Standard : 17.50
Final	1	Yeung Pak Woon	SHSS
	2	Zheng Chi Nam	SKHLKY
	3	Song Pak Kiu	LS
	4	Cheung Ka Ho	GTEYC
	5	Wu Zhihao	ASMS
	6	Lai Kai Fung	PYSS
	7	Yip Ka Hei	SHSS
	8	Chan Lok Sum	LS
	9	Li Wing Chiu	CDGFSS
	10	Hung Sheung Kwan	SMHYC
	11	Chan Cho Yin	BHSS
	12	Ko Sze Chun	CPSS
	13	Wong Chun Yiu	LSTYKH
	14	Leung Kai Hon	LWFSS
	15	Lo Chun Yin	PTSS
	16	Wong Hiu Lok	PYSS
	17	Wong Sau Tai	CDGFSS
	18	Chen Ka Kuen	DMS-HW
	19	Hung Fung Kit	LWFSS
	20	Sun Ho Sum	K-LING
	21	Woo Ho Wai	BHSS
	22	Wong Ka Leung	SMHYC
	23	Wong James Yu San	SJC
	24	Chan Yui Hin Timo	SJA
	25	Mak Ka Hin	WWS
	26	Leung Lok Him	WYC
	27	Fong Chun Tung	SJA
	28	Chan Kam Fai	ASMS
	29	Chan Kwun Ho	CSS
	30	Song Ju Yeong	CPSS
	31	Wong Yuen Pong	CSS
	32	Wing Shun Kwan	SJC
	33	Fong Tsz Kit	PTSS
	34	Qiu Shunxuan	DMS-HW
	35	Fu Mingshu	SKHHCSS
	36	Hung Wai Lok	SKHLKY

Event 34	Girls A Grade High Jump	1:00pm	
	Record : 1.74	Standard : 1.23	
Final	1	Li Rourou	LS
	2	Wong Cheuk Tung	PLKLC
	3	Chan Hei Tung	NP2C
	4	Cheng Sum Wing Sofia	SJA
	5	Lui Yee Wah	SMHYC
	6	Kiu Sze Ching	SJA
	7	Wong Qian Han	LYC
	8	Lau Oi Sum	BHSS
	9	Lin Hoi Lam	LS
	10	Kwan Sin Man	TOSS
	11	Wong Hok Chi Maris	PTSS
	12	Liao Meiqi	SMHYC
	13	Leung Hoi Yiu	SKHLKY
	14	Chen Xin Chen	K-LING
	15	Luo Yingsha	CSS
	16	Liu Yazhuo	YCKMC
	17	Chong Sin Yu	KHSS
	18	Fong Wing Shan	OLC
	19	Kwan Suen Hei	PYSS
	20	Tang Wing Tung	CDGFSS
	21	Soriano Rustishel Lovin	DMS-BW
	22	Lau Yan Lui	LYC
	23	Law Pui Lam	TOSS
	24	Lui Kam Kei	NP2C
	25	Lam Cassie	BHSS
	26	Fung Lun Hei	CDGFSS
	27	Cheng Tsz Tung	PTSS
	28	Lin Yi Shan	PLKNO.1C

Event 35	Girls C Grade Long Jump	1:00pm
	Record : 5.43	Standard : 3.10
Final	1 Hui Wai Yin	LS
	2 Chung Wing Ni	BHSS
	3 So Cheuk Lam	CDGFSS
	4 Sze Tsz Yan	WYC
	5 Chuang Wing Ki Ashely	ASMS
	6 Chan Tsz Ching	OLC
	7 To Tsz Yan	LWFSS
	8 Lau Tsz Ching	YCKMC
	9 Cheung Wan Yan	SMHYC
	10 Mok Wing Ki	PTSS
	11 Cai Yee Yan	DMS-HW
	12 Huang Tsz Ling	MKC
	13 He On Na Anna	SMHYC
	14 Wong Tsz Ching	HGSS
	15 Tsui Hei Ching	WWS
	16 Wong Wing Tung	PLKNO.1C
	17 Law Tsz Yi	OLC
	18 Lau Sum In Sonia	SSCC
	19 Lin Pui Man	NP2C
	20 Yu Chin Wai	PLKNO.1C
	21 Tang Cheuk Lam	LYC
	22 Chan Yan Hei	WYC
	23 Chen Wing Wun	LS
	24 Li Zi Xin	CSS
	25 Lee Hei Man	LYC
	26 Liang Zhiqi	NP2C
	27 Li Yat Hei	DMS-BW
	28 Hui Haidee	TOSS
	29 Kwok Po Yan	KTGS
	30 Lam Lok Yi	TOSS
	31 Tsang Oi Man	GTEYC
	32 Chan Chung Yan	SKHLKY
	33 Poon Hoi Ching	CDGFSS
	34 Chan Tsz Yan	GTEYC
	35 Sit Yau	PTSS
	36 Cheung Yee Kiu	KTS
	37 So Tsz Ching	PLKLFC
	38 Lin Xiaoyu	ASMS
	39 Chan Ngo Chi	KTGS
	40 Wong Pui Tung	BHSS
	41 Lai Wing Si Catherine	DMS-HW
	42 Chu Tsz Yiu	MKC
	43 Inciong Judielle Marie Malayao	SJA
	44 Leung Hei Wun	CSS
	45 Cheng Ka Yi	K-LING
	46 Chen Yanmei	LWFSS
	47 Yu Cheuk Ying	WWS
	48 Au Po Yi Bonnie	PLKLFC
	49 Mojales Micah Kathryn Macachor	SJA
	50 Wong Jing Wun	K-LING

Event 36		Girls C Grade 200m	1:00pm
		Record : 25.77	
Semi-Final 1	1	Yu Chin Wai	PLKNO.1C
	2	Shih Hiu Ying	LYC
	3	Tang Cheuk Lam	LYC
	4	Hau Tsz Ting	PLKNO.1C
	5	Cuyugan, Chazatian Andrade	KWSC
	6	Chow Tsz Ching	K-LING
	7	Leung Ka Yu	ASMS
	8	Pang Sze Nga	WWS
Semi-Final 2	1	Lai Man Huen	K-LING
	2	Hu Sing Yu Doris	HA
	3	Kie Wing	GTEYC
	4	Cheung Wan Yan	SMHYC
	5	Chan Nga Lui	CSS
	6	Ng Yui Nei	PLKLFC
	7	Cheung Yee	WYC
	8	Chan Tsz Ling Marcelia	SKHLKY
Semi-Final 3	1	Chen Ziqin	SSCC
	2	Ho Sze Ching	GTEYC
	3	Ng Yeuk Lam	SMHYC
	4	Ou Le Ran	PTSS
	5	Singleton, Maisy B Laurina	SJA
	6	Wu Tsz Yin	TOSS
	7	Yuen Hong Ching	PLKLFC
	8	Wei Ho Yan	TOSS
Event 37		Boys C Grade 200m	1:00pm
		Record : 22.59	
Semi-Final 1	1	Leung Man Cheuk	PTSS
	2	Chui Ching Kiu Arthur	SJC
	3	Cruz Alexander Lambino	DMS-HW
	4	Tsang Cyrus	WYC
	5	Lam Sen Yu	SMHYC
	6	Tsang Yung Wai	BHSS
	7	Cheung Ting Hei William	PTSS
	8	Han Jaden	PLKLFC
Semi-Final 2	1	Chi Bing Him	PYSS
	2	Gong Ching Hoi	KTGS
	3	Au Yeung Chun Tung	SKHLKY
	4	Ko Yik Yin	SJC
	5	Han Eric	GTEYC
	6	Lau Hin	CSS
	7	Ng Ho Hei	SJA
	8	Cheng Ho Fung	PLKLFC
Semi-Final 3	1	Gu Zixian	LWFSS
	2	Chan Lok Hei	LS
	3	Chen Mingxuan	WYC
	4	Chui Chun Hin	LS
	5	He Chi Ngai	ASMS
	6	Tsang Tsz Hin	KTGS
	7	Tsang To Man	SKHLKY
	8	Wong Lok Yin	K-LING

Event 38		Girls B Grade 200m	1:00pm
		Record : 24.96	
Semi-Final 1	1	Yeung Sze Lam	WWS
	2	Tse Ka Yiu	GTEYC
	3	Chau Sum Yi	TOSS
	4	Yeung Ching Yan	SMHYC
	5	Au Tsz Kwan	MKC
	6	Lau Wing Tung Jessica	CSS
	7	Cen Zhaowen	KTGS
	8	Huang Siu Ting	BHSS
Semi-Final 2	1	Yip Chun Yee Joyce	LS
	2	Biswakarma Nicolette Ashley	SJA
	3	Choi Wing Chi	LS
	4	Zhang Yin Hei Carol	BHSS
	5	Lin Hei Tung Anisa	LYC
	6	Leung Ching Yau Janet	HGSS
	7	Wong Cinnamon Crystal	WYC
	8	Chen Lui Sin	SSCC
Semi-Final 3	1	Law Chi Ki	LWFSS
	2	Yu Cheng Io	ASMS
	3	Tang Oi Shuen	LKPFC
	4	Wong Tin Suet	SMHYC
	5	Lo Sze Tung Cathy	PLKNO.1C
	6	Hau Kaiyi	MKC
	7	Sit Tsz Yiu	NP2C
	8	Li Pak Sze	WWS
Event 39		Boys B Grade 200m	1:15pm
		Record : 21.90	
Semi-Final 1	1	Un Ngo Yeung	BHSS
	2	Tang Ho Ching	LS
	3	Tang Chi Kit	K-LING
	4	Chen Man Hei	SKWEGSS
	5	Lam Tsz Fung	SJC
	6	He Junxi	ASMS
	7	Tso Tsz Lok	SJA
	8	Lau Yin Hei	WWS
Semi-Final 2	1	Ng Kelvin	PTSS
	2	Tang King Long	SHSS
	3	Wu Ming Fung	ASMS
	4	Fong Pak Lam	WYC
	5	Lo Ka Wai	CSS
	6	Yu Wai Yip	BHSS
	7	Tam Chung Hang	LKPFC
	8	Ouyang Wing Chung	MKC
Semi-Final 3	1	Ma Chun On	LKPFC
	2	Ye Cho Kin	CPSS
	3	Chow Ho Ting	CDGFSS
	4	Chen Tim Long	K-LING
	5	Luo Haoxiang	CPSS
	6	Zhen Man	LWFSS
	7	Lam Wai Chit	LSTYKH
	8	Hung Sheung Kwan	SMHYC

Event 40	Girls A Grade 200m	1:15pm
	Record : 24.31	
Semi-Final 1	1 Lui Kam Kei	NP2C
	2 Wong Wai Ching	WWS
	3 Fong Hei Ching	LYC
	4 Lo Ka Ling	PTSS
	5 Yip Yi Tung	LSTYKH
	6 Cheng Man Ying Katrina	PLKLFC
	7 Siu Hoi Ying	K-LING
	8 Zhang Xiaolan	SJA
Semi-Final 2	1 Sin Yuen Lam	CSS
	2 Wong Kun	ASMS
	3 Tam Lam Lam	LKPFC
	4 Fong Chi Yan Jillian	LS
	5 Ho Ka Yi	KTGS
	6 Cheung Cheuk Hang	LYC
	7 Wong Shuk Yin	K-LING
	8 Su Yin Nga	SMHYC
Event 41	Boys A Grade 200m	1:15pm
	Record : 21.91	
Semi-Final 1	1 Wang Chun Ho Oscar	K-LING
	2 Tung Kiu Fung Paul	SJC
	3 Lam Kin Ho	KHSS
	4 Wong Yan Ki	ASMS
	5 Lau Ho San	CCMFSS
	6 So Tsz Yin	SJC
	7 Cheng Tsz Fung	SKHSBS
	8 Chow Cheuk Hei	SKHLKY
Semi-Final 2	1 Ho Ka Fai	CPSS
	2 Chu Ho Hin	DMS-HW
	3 Chan Kin Yung	DMS-HW
	4 Law Kwan Yiu	PLKNO.1C
	5 Yu Pok Hei	LS
	6 Chai Markus Allan	SJA
	7 Hui Yat Hei	SHSS
	8 Ngai Yin Lam	KTGS
Semi-Final 3	1 Mok Chun Sing	SMHYC
	2 Leung Hiu Lung Alvin	PLKLFC
	3 Chen Sing Ming	PLKNO.1C
	4 Zhang Hongyue	CCMFSS
	5 Tsui Chak Yuen	K-LING
	6 Huang Chuanghao Eren	ASMS
	7 So Pak To	PLKLFC
	8 Sin Wai Hang	CDGFSS

Event 42	Boys C Grade 1500m		1:30pm
	Record : 4:24.54		Standard : 5:58.00
Final	1	Tong Wing Hei Moses	PTSS
	2	Wong Lok Wang	LSTYKH
	3	Chan Lok Hei	LS
	4	Chau Cheuk Yin Desmond	SJC
	5	Ku Yu Him Joseph	SHSS
	6	Sasaki Yu	SJC
	7	Ma Tsz Ho	PLKNO.1C
	8	Chun Cheuk Long	PLKLFC
	9	Tsang Pok Sik	GTEYC
	10	Wong Shing Hin	LS
	11	Le Hong Duy Khang	DMS-HW
	12	Ng Yui Ching	FHMSS
Event 43	Boys B Grade 1500m		1:30pm
	Record : 4:10.65		Standard : 5:40.00
Final	1	Hui Tsun Ming	DMS-HW
	2	Chen Tsz Lok	PTSS
	3	Kwan Ho Hin	SHSS
	4	Ng Tsz Hei	CPSS
	5	Lee Chak Fung Jaiden	SJC
	6	He Zhen Gang	GTEYC
	7	Lam Chin Tsun Simpson	DMS-HW
	8	Chow Wai Kai	SMHYC
	9	Chen Shui Chak	LS
	10	Lee Ho Yin Dahryll	PLKLFC
	11	Mo Aojie	ASMS
	12	Tang Zilin	PTSS
Event 44	Boys A Grade 1500m		1:30pm
	Record : 4:02.02		Standard : 5:30.00
Final	1	Lai Tin Long	SJA
	2	Ma Chuanchao	CDGFSS
	3	Leung Tze Yui Darryl	SJC
	4	Tse Yat Laam	SMHYC
	5	Liang Jiahao	ASMS
	6	Tong Yuk Ming	PLKNO.1C
	7	Zou Zehao	CCMFSS
	8	Lo Hei	ASMS
	9	Cheng Wai Tong	LSTYKH
	10	Lai Ming Lok	LS
	11	Lo Lok Hin Eric	SKHSBS
	12	Zhang Wing Pong	LKPFC
Event 45	Girls C Grade 4x400m Relay		2:00pm
	Record : 4:12.52		Standard : 5:45.00
Heat 1	1		GTEYC
	2		WWS
	3		TOSS
	4		MKC
	5		PTSS
	6		CDGFSS
	7		PLKLFC
	8		DMS-HW

Heat 2	1	SJA
	2	ASMS
	3	DMS-BW
	4	LS
	5	SHSS
	6	PLKNO.1C
	7	K-LING
	8	KWSC
Heat 3	1	LWFSS
	2	CSS
	3	KTGS
	4	NP2C
	5	KHSS
	6	LYC
	7	SMHYC

Event 46	Girls B Grade 4x400m Relay	2:00pm
	Record : 3:59.42	Standard : 5:35.00

Heat 1	1	SJA
	2	TOSS
	3	KTGS
	4	GTEYC
	5	KHSS
	6	NP2C
	7	WWS
	8	DMS-BW

Heat 2	1	K-LING
	2	PTSS
	3	CSS
	4	LS
	5	LWFSS
	6	SMHYC
	7	DMS-HW
	8	ASMS

Heat 3	1	MKC
	2	SKWEGSS
	3	LYC
	4	SHSS
	5	OLC
	6	CDGFSS
	7	PLKNO.1C

Event 47	Girls A Grade 4x400m Relay	2:00pm
	Record : 4:07.82	Standard : 5:28.00

Heat 1	1	LYC
	2	SMHYC
	3	NP2C
	4	PLKNO.1C
	5	TOSS
	6	ASMS
	7	DMS-BW
	8	CDGFSS

Heat 2	1	SJA
	2	KHSS
	3	PTSS
	4	LS
	5	K-LING
	6	MKC
	7	WWS
	8	KTGS

Event 48	Boys C Grade 4x400m Relay	3:15pm
	Record : 3:45.03	Standard : 4:50.00

Heat 1	1	LS
	2	KTGS
	3	SKHSBS
	4	PTSS
	5	LSTYKH
	6	SHSS
	7	GTEYC
	8	CSS

Heat 2	1	MKC
	2	SJA
	3	PLKLFC
	4	ASMS
	5	CPSS
	6	LWFSS
	7	CDGFSS
	8	SKHLKY

Heat 3	1	KHSS
	2	WWS
	3	KWSC
	4	K-LING
	5	SJC
	6	SMHYC
	7	PLKNO.1C
	8	DMS-HW

Event 49	Boys B Grade 4x400m Relay	3:15pm
	Record : 3:33.81	Standard : 4:28.00

Heat 1	1	LS
	2	WYC
	3	LSTYKH
	4	KHSS
	5	KTGS
	6	SMHYC
	7	MKC

Heat 2	1	DMS-HW
	2	PLKNO.1C
	3	K-LING
	4	PTSS
	5	PLKLFC
	6	CPSS
	7	SKHLKY

Heat 3	1	KWSC
	2	WWS
	3	ASMS
	4	FHMSS
	5	LWFSS
	6	CDGFSS
	7	SHSS

Heat 4	2	SKHSBS
	3	LKPFC
	4	GTEYC
	5	CSS
	6	SJA
	7	SJC

Event 50	Boys A Grade 4x400m Relay	3:15pm
	Record : 3:25.18	Standard : 4:13.00

Heat 1	1	WWS
	2	DMS-HW
	3	PTSS
	4	FHMSS
	5	SKHSBS
	6	LS
	7	SJC
	8	CCMFSS

Heat 2	1	LWFSS
	2	CDGFSS
	3	SJA
	4	KHSS
	5	K-LING
	6	CPSS
	7	PLKNO.1C
	8	CSS

Heat 3	1	PLKLFC
	2	SMHYC
	3	LSTYKH
	4	KTGS
	5	ASMS
	6	MKC
	7	GTEYC
	8	KWSC