

HONG KONG ISLAND & KOWLOON SECONDARY SCHOOLS
INTER-SCHOOL ATHLETICS COMPETITION 2023-2024
DIVISION THREE (AREA 1)

GUEST OF HONOUR

MR. KWOK TIK MAN
VICE PRINCIPAL OF ST. JOSEPH'S COLLEGE

Acknowledgement

The Hong Kong Island & Kowloon Secondary Schools Regional Committee wishes to express its appreciation to the following organisations and persons for their support & assistance to the Inter-School Athletics Competition (Division Three (Area 1)).

- *MR. KWOK TIK MAN, VICE PRINCIPAL OF ST. JOSEPH'S COLLEGE for presenting prizes to winning schools*
- *LEISURE AND CULTURAL SERVICES DEPARTMENT for subventing the Competition*
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- *MS. CHAN KAM HUNG, CONVENOR for her personal assistance to the Competition*
- *MR. TANG KUN LOI, MR. ERIC TSANG & MR. WATSON NG for serving as Referees*
- *LIFE LINE MEDICAL TRAINING for providing first aid services*
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- *STAFF OF WAN CHAI SPORTS GROUND for their co-operation and assistance*
- *ALL OFFICIALS & JUDGES of the meet*
- *BOCHK SCHOOLS SPORTS VOLUNTEERS*
- *STUDENT HELPERS of Ning Po No. 2 College*
- *STUDENT HELPERS of Po Leung Kuk Laws Foundation College*
- *SCOUTS of St. Joseph's College*

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

Final Day 01 February 2024

8:15 AM Officials report to duty

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

	No.	Time	Event		Final
		8:15am	Officials Report (工作人員報到)		
AM	1	8:30am	Discus (鐵餅)	Boys A	48
	2		High Jump (跳高)	Boys B	39
	3		Long Jump (跳遠)	Girls B	56
	4		Shot Put (鉛球)	Girls C	42
	5		100m Hurdles (欄)	Girls C	
	6		"	Girls B	
	7		"	Girls A	
	8		"	Boys C	
	9		"	Boys B	
	10		110m Hurdles (欄)	Boys A	
	11	9:00am	400m	Girls C	
	12		"	Boys C	
	13		"	Girls B	
	14		"	Boys B	
	15		"	Girls A	
	16		"	Boys A	
	17	9:30am	100m	Girls C	
	18		"	Boys C	
	19		"	Girls B	
	20		"	Boys B	
	21		"	Girls A	
	22		"	Boys A	
	23	10:00am	5000m	Boys A	31
	24	10:30am	Long Jump (跳遠)	Boys A	52
	25		800m	Girls C	
	26		"	Boys C	
	27		"	Girls B	
	28		"	Boys B	
	29		"	Girls A	
	30		"	Boys A	
	31	11:00am	Javelin (標槍)	Girls A	30
	32		200m	Girls C	
	33		"	Boys C	
	34		"	Girls B	
	35		"	Boys B	
	36		"	Girls A	
	37		"	Boys A	
PM	38	1:00pm	Discus (鐵餅)	Boys C	39
	39		1500m	Girls C	33
	40		"	Girls B	32
	41		"	Girls A	30
	42	1:30pm	4x100m Relay (接力)	Boys C	
	43		"	Boys B	
	44		"	Boys A	
	45	1:45pm	"	Girls C	
	46		"	Girls B	
	47		"	Girls A	
	48	2:00pm	4x400m Relay (接力)	Boys C	
	49		"	Boys B	
	50		"	Boys A	
	51	2:15pm	"	Girls C	
	52		"	Girls B	
	53		"	Girls A	

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	LKPFCL	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 Shauekiwan 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	1	
31 SKH Holy Carpenter Secondary School	聖公會聖匠中學	SKHHCSS	1	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	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	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	1	
39 Stewards Pooi Tun Secondary School	香港神託會培敦中學	PTSS	1	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	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	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

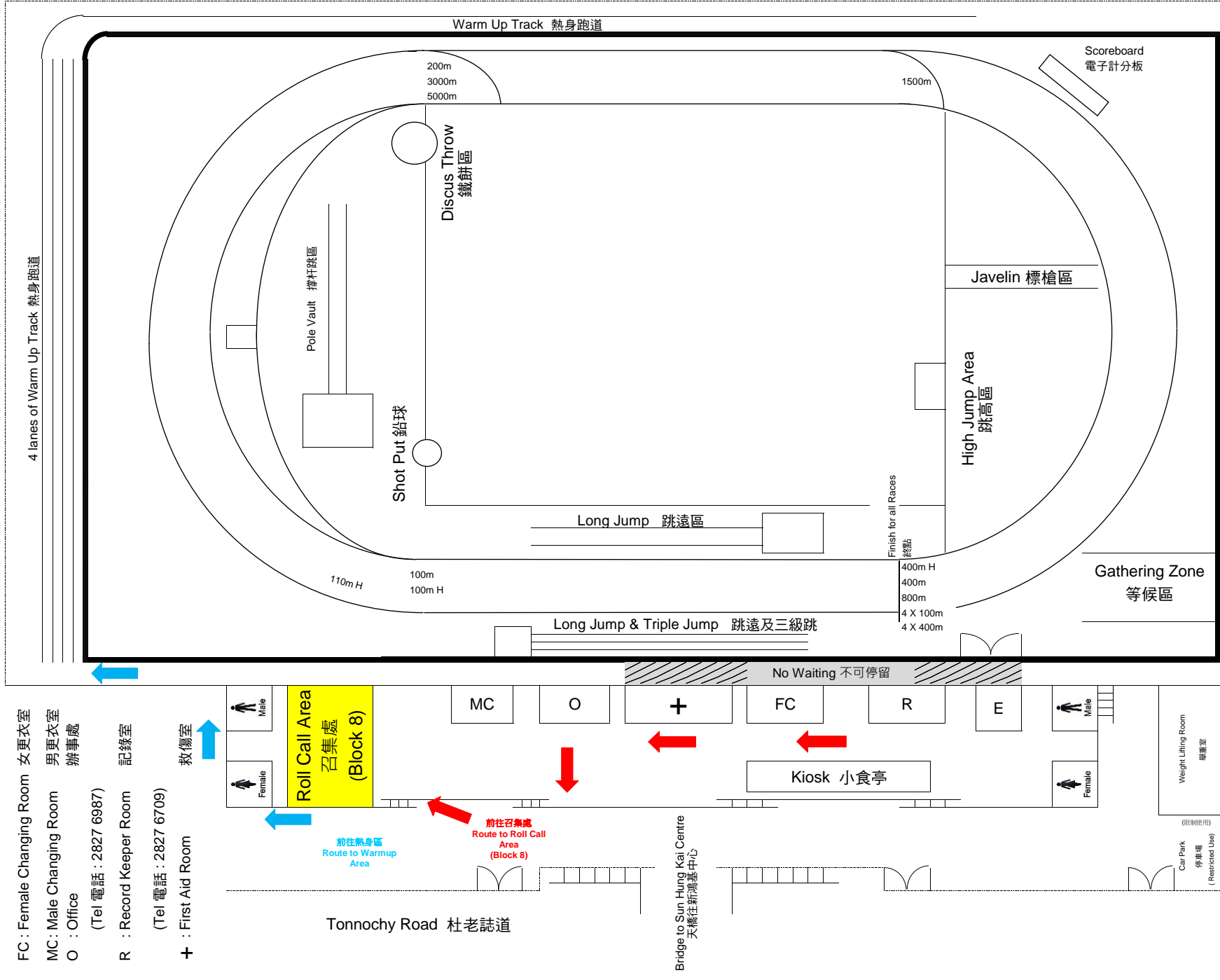
(Tel 電話 : 2827 6987)

R : Record Keeper Room 記錄室

(Tel 電話 : 2827 6709)

+ : First Aid Room 救傷室

Hung Hing Road 鴻興道



4 lanes of Warm Up Track 熱身跑道

Marsh Road 馬師道

Warm Up Track 熱身跑道

200m
3000m
5000m

1500m

Scoreboard
電子計分板

Discus Throw
鐵餅區

Pole Vault
撐杆跳區

Shot Put
鉛球

Javelin
標槍區

High Jump
跳高區

Long Jump
跳遠區

Finish for all Races
終點

110m H

100m
100m H

Long Jump & Triple Jump
跳遠及三級跳

400m H
400m
800m
4 X 100m
4 X 400m

Gathering Zone
等候區

No Waiting 不可停留

Male
Female

Roll Call Area
召集處
(Block 8)

MC

O

+

FC

R

E

Male
Female

Kiosk 小食亭

Weight Lifting Room
舉重室

Car Park
停車場
(Restricted Use)

Tonnochy Road 杜老誌道

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

Gloucester Road 告士打道

Not to Scale 不按比例

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

Management of Relay Races

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

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

4 x 400m Relay Race

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

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

Inter-School Athletics Competition
Division Three (Area One)
Final Day

Please Scan This QR code for the
competition result of today



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

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

Inter-School Athletics Competition 2023-2024

Division Three (Area 1)

Day Two 29 January 2024

Boys Overall

Position	School	A	B	C	Total
1	St. Joseph's College	56	61	32	149
2	Stewards Pooi Tun Secondary School	23	46	57	126
3	ELCHK Lutheran Secondary School	25	43	37	105
4	Delia Memorial School (Hip Wo)	29.5	43	10	82.5
5	SKH All Saints' Middle School	46	27	9	82
6	Carmel Divine Grace Foundation Secondary School	18	24	17	59
7	St. Joan of Arc Secondary School	39.5	10	5	54.5
8	Lok Sin Tong Yu Kan Hing Secondary School	5	18	23	46
9	Kwun Tong Government Secondary School	8	20	14	42
9	SWCS Chan Pak Sha School	10	28	4	42
11	YCH Wong Wha San Secondary School	26	5	10	41
12	Po Leung Kuk Laws Foundation College	11	10	17	38
12	SKH St. Mary's Church Mok Hing Yiu College	18	8	12	38
12	FDBWA Szeto Ho Secondary School	12	18	8	38
15	SKH Leung Kwai Yee Secondary School	12	10	12	34
16	King Ling College	9	6	17	32
17	G. T. (Ellen Yeung) College (Sec. Section)	1	12	13	26
17	Po Leung Kuk No. 1 W. H. Cheung College	14	9	3	26
19	Clementi Secondary School	4	5	13	22
20	St. Stephen's Church College	15	4	2	21
21	LKWFSL Lau Wong Fat Secondary School	0	8	11	19
22	Wa Ying College	2	10	6	18
22	Hong Kong Sheng Kung Hui Bishop Hall Secondary School	7	9	2	18
24	Caritas Chaiwan Marden Foundation Secondary School	15	2		17
25	Pui Ying Secondary School	10	2	4	16
26	SKH Holy Carpenter Secondary School	5	2	7	14
27	Shaukeiwan East Government Secondary School	1	12		13
28	Homantin Government Secondary School	3	4	5	12
28	CCC Ming Kei College	1	9	2	12
28	NLSI Lui Kwok Pat Fong College	2	10	0	12
31	SKH St. Benedict's School	6	4	0	10
32	CCC Kwei Wah Shan College	4	1	0	5
33	CCC Kei Heep Secondary School	4	0	0	4
34	Fortress Hill Methodist Secondary School	0	0	2	2
34	Kowloon Technical School	0	2	0	2
36	Society of Boys' Centres Chak Yan Center School		1		1
37	Han Academy	0	0	0	0

Inter-School Athletics Competition 2023-2024

Division Three (Area 1)

Day Two 29 January 2024

Girls Overall

Position	School	A	B	C	Total
1	ELCHK Lutheran Secondary School	29	30	25	84
2	TWGHs Lui Yun Choy Memorial College	15	29	24.5	68.5
3	G. T. (Ellen Yeung) College (Sec. Section)	1	23	39	63
4	Stewards Pooi Tun Secondary School	28.5	1	24	53.5
5	Po Leung Kuk Laws Foundation College	25	2	25.5	52.5
6	SKH St. Mary's Church Mok Hing Yiu College	8	23	11	42
7	St. Joan of Arc Secondary School	12.5	21	7	40.5
8	Tak Oi Secondary School	2	15	20	37
9	SKH All Saints' Middle School	20	7	9	36
9	King Ling College	14	11	11	36
11	Ning Po No. 2 College	17	9	9	35
12	YCH Wong Wha San Secondary School	10	14	9	33
13	Delia Memorial School (Broadway)	15	3	13	31
14	CCC Ming Kei College	6	13	7	26
15	Carmel Divine Grace Foundation Secondary School	9	10	6	25
15	LKWFSL Lau Wong Fat Secondary School	3	8	14	25
17	Homantin Government Secondary School	20	3	1	24
18	Yu Chun Keung Memorial College	9	1	11	21
19	Kwun Tong Government Secondary School	14	2	4	20
19	Our Lady's College	4	13	3	20
21	Hong Kong Sheng Kung Hui Bishop Hall Secondary School	6	7	6	19
22	Clementi Secondary School	8	6	2	16
22	Shaukeiwan East Government Secondary School	1	15		16
24	Po Leung Kuk No. 1 W. H. Cheung College	0	4	11	15
25	Raimondi College	2	11	0	13
25	Wa Ying College	2	9	2	13
27	SKH Leung Kwai Yee Secondary School	10	0	1	11
28	CCC Kwei Wah Shan College	7		1	8
28	NLSI Lui Kwok Pat Fong College	4	4		8
28	Lok Sin Tong Yu Kan Hing Secondary School	3	4	1	8
31	FDBWA Szeto Ho Secondary School	2	3	1	6
32	Delia Memorial School (Hip Wo)	2	2	1	5
33	St. Stephen's Church College	0	1	2	3
33	Han Academy		1	2	3
35	Kowloon Technical School	2	0	0	2
35	SKH Holy Carpenter Secondary School	2	0		2
35	SKH St. Benedict's School		2		2
38	Pui Ying Secondary School	1		0	1
38	Caritas Pelletier School		0	1	1
40	CCC Kei Heep Secondary School	0	0	0	0
40	Fortress Hill Methodist Secondary School	0	0	0	0

Inter-School Athletics Competition 2023-2024

Division Three (Area 1)

Final Day 01 February 2024

Event 1	Boys A Grade Discus	8:30am
	Record : 49.69	Standard : 18.50
Final	1 Chan Cheung Fung	ASMS
	2 Lau Kwan Yuen	BHSS
	3 Zhou Zhengqin	KTGS
	4 Zheng Nam Fong	SKHHCSS
	5 Chan Siu Lun	SJA
	6 Tan Wing Hin	SMHYC
	7 Tsang King To	CDGFSS
	8 Shek Chun Kiu	CSS
	9 Shear Pak To Parco	LS
	10 Ho Yip Ho	PYSS
	11 Kan Hsuan-Hao	SJC
	12 Huang Ziyu	DMS-HW
	13 Huang Yujun	LWFSS
	14 Liao Tak Chi	BHSS
	15 Liu Yulin	K-LING
	16 Fan Kwok To	SJA
	17 Cheung Wai Shing	CCMFSS
	18 Fung Hing Fai	PTSS
	19 Cai Ming Tsang	HGSS
	20 Cheuk Nam	WWS
	21 Wong Wang Hei	KTGS
	22 Su Chi Ho	CPSS
	23 Hung Sze Chit	PLKLFC
	24 Fung Hong Yuen	KHSS
	25 Rodriguez Gabriel James Diaz	SSCC
	26 Zhang Kwan Ho	KWSC
	27 Au Kwan Ho	WWS
	28 Chan Sung Ming William	SHSS
	29 Ng Wai Kit	SKWEGSS
	30 Cheng Yin Long Jeremy	LS
	31 Tai Tsz Fung	CPSS
	32 Au Chun To	K-LING
	33 Liang Kin Yu	SHSS
	34 Wang Yiquan	CCMFSS
	35 Wu Ka Kit	MKC
	36 Wu Kok Sheung	PYSS
	37 Lo Wang Ho	PTSS
	38 Lam Pak Ho Alvin	SJC
	39 Pun Yin Ka	CSS
	40 Beato, Mike Daniel	KWSC
	41 Wang Zifan	GTEYC
	42 Huang Yubin	ASMS
	43 Liao Youxin	MKC
	44 Chen Kejun Colin	DMS-HW
	45 Fung Wah Fai	LWFSS
	46 Leung Ting Wai	CDGFSS
	47 Kwok Ming Lung Alex	SSCC
	48 Wong Ho Lun	SMHYC

Event 2	Boys B Grade High Jump		8:30am
	Record : 1.96		Standard : 1.45
Final	1	Cheung Ka Chun Kenny	PYSS
	2	Chan Wai Nam	CPSS
	3	Lian Jun Tao	BHSS
	4	Zeng Zilong	ASMS
	5	Wong Shi Tin	SSCC
	6	Zheng Chak Kui	LKPFC
	7	Yung Tsz Ho	SMHYC
	8	Cen Jiaxuan	DMS-HW
	9	Chan Ka Nam Karsten	PLKLFC
	10	Chan Pak Yu Kenderick	WYC
	11	Chan Tsz Kiu	SJC
	12	Choi Yau Tik	DMS-HW
	13	Li Cheuk Yip	CSS
	14	Xiong Yuxiang	WWS
	15	Ng Tsz Hin	PTSS
	16	Fu Ting Wai	SHSS
	17	Lai Kim Chiu	WWS
	18	Lam Shing Chun	WYC
	19	Cheong Lok Wing	CDGFSS
	20	Yan Cheuk Hang	K-LING
	21	Wong Wing Nok	SJC
	22	Chong Chun Wai	ASMS
	23	Yuen Lok Tin	PLKLFC
	24	Chau Tin Chi	PLKNO.1C
	25	Lai Tsz Him	MKC
	26	Lo Siu Pong	SJA
	27	Wong Pak Yin	LSTYKH
	28	Hui Ka Yuk	LS
	29	Wong Yu Han	GTEYC
	30	Chow Wai Kai	SMHYC
	31	Luo Chuen Chi	MKC
	32	Cheung Tin Wai	BHSS
	33	Cheung Hei Wang	K-LING
	34	Cuyugan Aiztian Zach Maximus	KWSC
	35	Lam Philip Enrick Oaquera	SJA
	36	Chu Cheuk Ngai	KTGS
	37	Song Pak Kiu	LS
	38	Shih Chun Ming	CDGFSS
	39	Liu Kau Ming	CSS

Event 3	Girls B Grade Long Jump	8:30am
	Record : 5.76	Standard : 3.40
Final	1 Mak Lam	LKPFC
	2 Ng Yan Ki	NP2C
	3 Yung Kai Kei	PTSS
	4 Wat Hiu Yau	LYC
	5 Choi Hiu Yan	SMHYC
	6 Lian Yuhan	DMS-HW
	7 Kwong Catherine	KHSS
	8 Liang Wing	TOSS
	9 Leung Yuet Kwan	KTGS
	10 Ng Yu Kiu	OLC
	11 Ching Hiu Ying	NP2C
	12 Cheung Hoi Man	GTEYC
	13 Chan Ying Tung	LS
	14 Ma Hanna Lok Yee	K-LING
	15 Tong Yuk Yi	MKC
	16 Wan Wan Hei	WYC
	17 Tsang Wing Yee	TOSS
	18 Yeung Nga Ching Alice	MKC
	19 Lau Yan Ki Nicole	KHSS
	20 Luo Po Po	LWFSS
	21 Huang Jiaqi	BHSS
	22 Chan Hei Yu Milly	OLC
	23 Choi Ho Po Gospel	WYC
	24 Kaur Jotveer	DMS-BW
	25 Cheng Yuen Tung	CPS
	26 Ngo Ka Po	BHSS
	27 Ng Shin Tung	LSTYKH
	28 Erinne Joelle Pudadod Tiburcio	DMS-BW
	29 Huang Wing Yin	SSCC
	30 Lai Po Ting	SMHYC
	31 Leung Hoi Tung	WWS
	32 Leung Hoi Ki	PLKNO.1C
	33 Li Xinyan	CSS
	34 Chen Yingyin	LS
	35 Yau Tsz Hei	GTEYC
	36 Ngai Lam Tan	ASMS
	37 Abad, Maria Angeliah Madla	SJA
	38 Kwong Tsz Yin Serenity	LYC
	39 Chu Wing Sze	CDGFSS
	40 Cheng Hei Man	ASMS
	41 Wong Zi Shan	WWS
	42 Tse Tsz Ching	HGSS
	43 Lee Yan Yan	KTGS
	44 Shi Jiayu	SKWEGSS
	45 Lee Uen Wa	SKHLKY
	46 Ko Mei Ying	SJA
	47 Chan Ching Hei	CSS
	48 Tam Hei Man	CDGFSS
	49 Kam Mei Hei	CPS
	50 Lee Sze Hei Heidi	RC
	51 Chen Ziyin	LWFSS
	52 Chan Ava	DMS-HW
	53 Kung Suet Ying	LSTYKH
	54 Chung Sze Ting	PLKNO.1C
	55 Cheung Wing Tung	PLKLFC
	56 Law Wai Yee	SKWEGSS

Event 4	Girls C Grade Shot Put	8:30am	
	Record : 10.59	Standard : 5.50	
Final	1	Megan Rose Jacinto	DMS-BW
	2	Choi Yee Ching	PTSS
	3	Tetteh Keilla Adjoa-Kaa	MKC
	4	Lam Hoi Kei	LS
	5	Lam Yan Ping	LWFSS
	6	Sugatan Junelyn Mae Vitobina	DMS-BW
	7	Mok Fong Ting	KTGS
	8	Ding Wing Sum	YCKMC
	9	Li Kwun Yi	BHSS
	10	Mak Ching	PLKLFC
	11	Lo Lok Yee	WWS
	12	Guan Wing Yin Sandy	MKC
	13	Lam Ka Ching	GTEYC
	14	Ho Liu Yin	CSS
	15	Chow Wai Chun	OLC
	16	Lam Tsz Ki	SMHYC
	17	Wong Tsz Wing	PLKNO.1C
	18	Tsui Yeuk Ching	TOSS
	19	Chan To	LWFSS
	20	Yip Chui Yi Elaine	PTSS
	21	Wong Hing Yiu	PLKLFC
	22	Wong Lok Ching	K-LING
	23	Buenviaje Chelsea May	TOSS
	24	Tang Sin Hang	LS
	25	Chan Tsz Kiu	SJA
	26	Wong Lok Pui Keren	WYC
	27	Wong Ka Yiu	LYC
	28	Lee Cheuk Kiu	ASMS
	29	Lam Wai Lok	PLKNO.1C
	30	Yim Man Hei Hailey	SJA
	31	Wang Sze Tong	BHSS
	32	Wong Hing Yee	WWS
	33	Rekhi Nirwair Kaur	DMS-HW
	34	Ng Kei Tung	CSS
	35	Yu So Yin	SMHYC
	36	Wong Sze Ham	GTEYC
	37	Ma Hong Yau	KTGS
	38	Wu Hoi Ching	CDGFSS
	39	Ko Cho Yiu	LYC
	40	Leung Pui Yan	WYC
	41	Woo Pui Tung	ASMS
	42	Chan Ka Man	CDGFSS

Event 5	Girls C Grade 100m Hurdles	8:30am	
	Record : 15.23		
Final	1	Yau Chung Ki	CDGFSS
	2	Chan Mei Lam	GTEYC
	3	Hau Tsz Ting	PLKNO.1C
	4	Chan Ip Kwan	LS
	5	Chen Yanmei	LWFSS
	6	Lee Hei Man	LYC
	7	Xu Ling Xi	WWS
	8	Chan Tsz Yan	GTEYC

Event 6	Girls B Grade 100m Hurdles	8:30am	
	Record : 14.42		
Final	1	Wong Tsz Yu	CDGFSS
	2	Chan Tsz Yu	ASMS
	3	Ajonuma Precious Chioma Bargamento	DMS-BW
	4	Cheung Sum Yuet	OLC
	5	Fung Hoi Yan	OLC
	6	Wong Hin Yu	LS
	7	Wen Yu Kit	NP2C
	8	Chow Lok Yin Blue	LYC
Event 7	Girls A Grade 100m Hurdles	8:30am	
	Record : 13.76		
Final	1	Chen Baoyi	ASMS
	2	Lu Cho Lam	ASMS
	3	Lam Ashley Gwyneth	PTSS
	4	Seyed Ahamed Saleena	DMS-BW
	5	Kuang Lai Yin	LS
	6	Li Rourou	LS
	7	Tse Wing Ching	NP2C
	8	Wu Ching Ting	CDGFSS
Event 8	Boys C Grade 100m Hurdles	8:30am	
	Record : 13.57		
Final	1	Yu Yu Tsun	LS
	2	Tam Yat Long	LSTYKH
	3	Zhang Chen Ming	PTSS
	4	Chung Hei Chung	GTEYC
	5	Chong Cheng Jun	PTSS
	6	Lin Wai Leong	CDGFSS
	7	He Tsz Hin	SMHYC
	8	Tsang Cheuk Lam	PLKLFC
Event 9	Boys B Grade 100m Hurdles	8:30am	
	Record : 13.25		
Final	1	Lin Longyu	CPSS
	2	Wong Yik Chung	CDGFSS
	3	Lam Tsz San Sunny	SKHLKY
	4	Deng Chao Man	LS
	5	Liang Yujun	ASMS
	6	Chan Hei Yiu	K-LING
	7	Law Sze Yuen	WYC
	8	Woo Kai Nam	SJC
Event 10	Boys A Grade 110m Hurdles	8:30am	
	Record : 13.63		
Final	1	Fu Owen	WWS
	2	Chan Chun Lam	ASMS
	3	Fu Yongqi	ASMS
	4	Yu Chuhan	DMS-HW
	5	Wong Ching Hin	SJC
	6	Pan Shing Chi	LS
	7	Wong Tsz Ho	WWS
	8	Wong Kam Kwai	CPSS
Event 11	Girls C Grade 400m	9:00am	
	Record : 58.64		
Final	1	Hui Haidee	TOSS
	2	Chan Mei Lam	GTEYC
	3	Chen Zixin	TOSS
	4	Hu Sing Yu Doris	HA
	5	Fung Ching Hay	GTEYC
	6	Yim Sum Yu	LYC
	7	Tang Tsz Ching	LS
	8	Huang Yee Ting	LYC

Event 12	Boys C Grade 400m	9:00am
	Record : 51.23	
Final	1 Cheng Tik Tung	PTSS
	2 Fong Ho Tak	CPSS
	3 Cheng Ka Hing	CSS
	4 Cheung Po Yin	LS
	5 Leung Man Cheuk	PTSS
	6 Wong Chi Hung	KTGS
	7 Kwok Siu Wun	WWS
	8 He Chi Ngai	ASMS
Event 13	Girls B Grade 400m	9:00am
	Record : 56.27	
Final	1 Ma Bernice Wing Tung	WYC
	2 Tam Wing Hei	SKHSBS
	3 Yu Cheng Io	ASMS
	4 Cheung Hoi Man	GTEYC
	5 Tam Hei Tung	LS
	6 Choi Hiu Yan	SMHYC
	7 Huang Weiting	LWFSS
	8 Lo Hoi Yi	SMHYC
Event 14	Boys B Grade 400m	9:00am
	Record : 49.72	
Final	1 Luo Haoxiang	CPSS
	2 Tang King Long	SHSS
	3 Chung Tsz Shing	LKPFC
	4 Tsoi Chin Ming	SKWEGSS
	5 Poon Chun Sing	MKC
	6 Chen Tim Long	K-LING
	7 Kuang Ho Fung	LKPFC
	8 Law Sze Yuen	WYC
Event 15	Girls A Grade 400m	9:00am
	Record : 57.37	
Final	1 Tsoi Yee Lam	SJA
	2 Ho Ka Yi	KTGS
	3 Lu Cho Lam	ASMS
	4 Foo Wing Sze	LS
	5 Chim Oi Yan	LYC
	6 Kiu Sze Ching	SJA
	7 He Hei Yu	MKC
	8 Chan Gen Yuet	PTSS
Event 16	Boys A Grade 400m	9:00am
	Record : 49.92	
Final	1 Yip Ho Ching	WWS
	2 Siu Tsz Hin Anson	PLKLFC
	3 Lee Long Ching	GTEYC
	4 Li Jinwei	DMS-HW
	5 Xie Jinhan	DMS-HW
	6 Ma Ka Chung	WYC
	7 Yung Ka Chun	CPSS
	8 Wong Ka Chun	ASMS
Event 17	Girls C Grade 100m	9:30am
	Record : 12.37	
Final	1 Cheuk Tsz Ying	MKC
	2 Lau Tsz Ching	YCKMC
	3 Shih Hiu Ying	LYC
	4 Wong Pui Tung	BHSS
	5 Fung Tsz Kiu	PLKLFC
	6 Lee Yuen Ying	LYC
	7 Ng Yeuk Lam	SMHYC
	8 Lam Lok Yi	TOSS

Event 18	Boys C Grade 100m	9:30am
	Record : 11.21	
Final	1 Cruz Alexander Lambino	DMS-HW
	2 Gong Ching Hoi	KTGS
	3 Chui Ching Kiu Arthur	SJC
	4 Yu Tsz Hei	PLKNO.1C
	5 Cheung Cho Hin Cayden	SJC
	6 Au Yeung Chun Tung	SKHLKY
	7 Chen Mingxuan	WYC
	8 Cheng Ka Hing	CSS
Event 19	Girls B Grade 100m	9:30am
	Record : 11.89	
Final	1 Choi Wing Chi	LS
	2 Tse Ka Yiu	GTEYC
	3 Chan Tsz Yu	ASMS
	4 Ng Tsz Tung	NP2C
	5 Tang Oi Shuen	LKPFC
	6 Chau Sum Yi	TOSS
	7 Biswakarma Nicolette Ashley	SJA
	8 Ajonuma Precious Chioma Bargamento	DMS-BW
Event 20	Boys B Grade 100m	9:30am
	Record : 10.63	
Final	1 Tam Chung Hang	LKPFC
	2 Zhou Jiahui	DMS-HW
	3 Chow Ho Ting	CDGFSS
	4 Tang Ho Ching	LS
	5 Wu Ming Fung	ASMS
	6 Ye Cho Kin	CPSS
	7 Fong Pak Lam	WYC
	8 Tang Chi Kit	K-LING
Event 21	Girls A Grade 100m	9:30am
	Record : 11.85	
Final	1 Fong Chi Yan Jillian	LS
	2 Wong Wai Ching	WWS
	3 Wong Kun	ASMS
	4 Fong Hei Ching	LYC
	5 Tam Lam Lam	LKPFC
	6 Siew Lok Yiu	RC
	7 Lo Ka Ling	PTSS
	8 Yip Yi Tung	LSTYKH
Event 22	Boys A Grade 100m	9:30am
	Record : 10.60	
Final	1 Tsui Chak Yuen	K-LING
	2 Chan Ming Hang	K-LING
	3 Chan Chun Lam	ASMS
	4 Tung Kiu Fung Paul	SJC
	5 Ng Dawson	SKHLKY
	6 Lam Kin Ho	KHSS
	7 Leung Hiu Lung Alvin	PLKLFC
	8 Chen Sing Ming	PLKNO.1C

Event 23	Boys A Grade 5000m	10:00am	
	Record : 15:37.60	Standard : 21:45.00	
Final	1	Cheung Yat Hei	SJA
	2	Santos Aidan Rafael Javier	DMS-HW
	3	Cheng Wai Tong	LSTYKH
	4	Lin Bairui	LS
	5	Tong Wan Kit	PLKLFC
	6	Yeung Ka Chun Alex	PTSS
	7	Ma Chuanchao	CDGFSS
	8	Li Tin Kin	HGSS
	9	Cheung Chung Yin	PTSS
	10	Cheung Wai To	SJC
	11	Mok Tsz Yuen	WWS
	12	Yeung Pun Yin	SJC
	13	Cheng Chung Hin	PYSS
	14	Lai Ming Lok	LS
	15	Chan Tsz Kin	SJA
	16	Xu Yuk Kuen	KTS
	17	Mau Tsz Shun	SMHYC
	18	Fung Kin Long	K-LING
	19	Yuen Hing Yu Metthew	DMS-HW
	20	Yuen Ming Yam	ASMS
	21	Ng Ka Shun	CPSS
	22	Ng Yat Long	CDGFSS
	23	Lo Hei	ASMS
	24	Lai Ho Ming	KTGS
	25	Po Wai Yin	WWS
	26	Tsai Chun Ho	KTGS
	27	Wong Tsz Hin	SKHLKY
	28	Liao Haohong	KWSC
	29	Chan Wai Shing	SMHYC
	30	Ruan Lixuan	LSTYKH
	31	Chan Tsun Hei	HGSS

Event 24	Boys A Grade Long Jump		10:30am
	Record : 7.89		Standard : 4.90
Final	1	Lin Bairui	LS
	2	Ye Wing Hei	BHSS
	3	Lau Chun Chuen	SJC
	4	Man Kwun Hin	LKPFC
	5	Au Yeung Wai Kit	CDGFSS
	6	Tsang Chok Po	SKHLKY
	7	Li Man Lok	CSS
	8	Lin Hansen	ASMS
	9	Wong Ho Ming Bosco	WWS
	10	Yam Tim Cheung	KTGS
	11	Lee Tsz Hei	SKWEGSS
	12	Wang Junbin	LWFSS
	13	Zhou Linfeng	SSCC
	14	Lee Hau Yin	CPSS
	15	Cheung Ka Yuen	WYC
	16	Basit, Ali	KWSC
	17	Yeung King Fung	SMHYC
	18	Lee Tsz Him	PLKLFC
	19	Ting Linus	SSCC
	20	Limbu Mingso Hang	KWSC
	21	Chen Benito	DMS-HW
	22	So Chun Yin	CCMFSS
	23	Wu Kam Yuen	SJA
	24	Chan Wai Him	PTSS
	25	Chan Hung Sum	LKPFC
	26	Wu Kok Sheung	PYSS
	27	Li Fung Yat	CPSS
	28	Lin Shiyan	SKHHCSS
	29	Cheung Yu Hin	HGSS
	30	Pong Wai To	MKC
	31	Kwok Yak Pak	GTEYC
	32	Mok Sze Yin	WWS
	33	Huang Kam Wang	ASMS
	34	Hong Haibin	CCMFSS
	35	Chung Tsz Tsun	LS
	36	Luo Siu Ngok	BHSS
	37	Zhang Ka Chun	LWFSS
	38	Huang Xuanjun	KTS
	39	Chan Wai Chi	SJC
	40	Chong Ming Fung	MKC
	41	Chan Ming Hang	K-LING
	42	Zhang Wing Hei	SMHYC
	43	Chui Yik Hei	SJA
	44	Li Ho Yin	SKHSBS
	45	Chan Donald	HGSS
	46	Tang Him	CSS
	47	Ng Chor Hang	PLKNO.1C
	48	Lam Ka Chun	CDGFSS
	49	Wan Kwun Sum	KTGS
	50	Pang Cheuk Lok	PLKLFC
	51	Cai Yaolin	DMS-HW
	52	Cai Tsang Ho	KHSS

Event 25	Girls C Grade 800m	10:30am
	Record : 2:19.72	
Final	1 Mok Hoi Ting	PTSS
	2 Wong Hoi Man	PTSS
	3 Wong Kok Yuet	PLKLFC
	4 Yau Wing Tung	GTEYC
	5 Wu Yuet Yee	DMS-HW
	6 Chan Ip Kwan	LS
	7 Chen Zixin	TOSS
	8 Kie Wing	GTEYC
	9 Tse Hei Tung	LS
	10 Wong Hei Yu	LYC
	11 Chu Wun Yin	MKC
	12 Kwok Nga Wai	KTGS
Event 26	Boys C Grade 800m	10:30am
	Record : 2:06.64	
Final	1 Tong Wing Hei Moses	PTSS
	2 Au Yeung Ching Ho	LS
	3 Wong Lok Wang	LSTYKH
	4 Sasaki Yu	SJC
	5 Ku Yu Him Joseph	SHSS
	6 Chun Cheuk Long	PLKLFC
	7 Fong Tsz Yuk	CPSS
	8 Le Hong Duy Khang	DMS-HW
	9 Tsang Pok Sik	GTEYC
	10 Zhu Boxi Laurence	DMS-HW
	11 Yu Chi Yu	SMHYC
	12 Chau Cheuk Yin Desmond	SJC
Event 27	Girls B Grade 800m	10:30am
	Record : 2:15.76	
Final	1 Ho Cheuk Kiu	LYC
	2 Tam Wing Hei	SKHSBS
	3 Tam Hei Tung	LS
	4 Yeung Yuet Naomi	LS
	5 Cheng Jasmine	OLC
	6 Lai Pui See	CSS
	7 Qin Xin	GTEYC
	8 Noga Maria Andrea	SJA
	9 Tsang Cheuk Kiu	WWS
	10 Lau Yee Tung Macy	LYC
	11 Hu Jingyu	HA
	12 Chan Man Hei	LKPFC
Event 28	Boys B Grade 800m	10:30am
	Record : 2:00.69	
Final	1 Hui Tsun Ming	DMS-HW
	2 Mo Aojie	ASMS
	3 Chung Tsz Shing	LKPFC
	4 Chen Tsz Lok	PTSS
	5 Kuang Ho Fung	LKPFC
	6 Lam Chin Tsun Simpson	DMS-HW
	7 Fung Ho Chun	SJC
	8 Tang Zilin	PTSS
	9 Fong Tsz Long Jose	SJC
	10 He Zhen Gang	GTEYC
	11 Kwan Ho Hin	SHSS
	12 Tsui Tsz Him	PLKNO.1C

Event 29	Girls A Grade 800m	10:30am	
	Record : 2:17.06		
Final	1	Chui Lok Yee	KTGS
	2	Foo Wing Sze	LS
	3	Tang Yuet Yau Annabelle	SJA
	4	Lee Ji Kei	ASMS
	5	Chan Gen Yuet	PTSS
	6	Luo Yingsha	CSS
	7	Law Pui Lam	TOSS
	8	Khan Hadia	DMS-BW
	9	Hung Jolie	PLKLFC
	10	Hu Yonger	LKPFC
	11	Cheung Nga Man	GTEYC
	12	Pang Kwan Kiu	PTSS
Event 30	Boys A Grade 800m	10:30am	
	Record : 1:54.89		
Final	1	Liang Jiahao	ASMS
	2	Cheung Chun Kit	LSTYKH
	3	Lai Tin Long	SJA
	4	Zou Zehao	CCMFSS
	5	Leung Tze Yui Darryl	SJC
	6	Lu Ho Sun	SJC
	7	Yung Ka Chun	CPSS
	8	Huang Kwan Ho	CCMFSS
	9	Xie Jinhan	DMS-HW
	10	Su Junjie	ASMS
	11	Lau Kwan Yuen	BHSS
	12	Lo Lok Hin Eric	SKHSBS
Event 31	Girls A Grade Javelin	11:00am	
	Record : 47.16	Standard : 13.50	
Final	1	Woo Hoi Yi	K-LING
	2	Chow Cheuk Kwan	CDGFSS
	3	Dou Man Hang Carina	CSS
	4	Cheung Tsz Ching	LYC
	5	Chan Ying	LS
	6	Ching Hei Yau	SKWEGSS
	7	Cheng Tsz Tung	PTSS
	8	Tang Wai Yi	BHSS
	9	So Wing Yan	PYSS
	10	Wong Sin Ting	WWS
	11	Hui Mei Ki Maggie	LWFSS
	12	Kwok Sze Lok	OLC
	13	Dewan Sunayana	DMS-BW
	14	Xiao Nga Sze	LWFSS
	15	Chow Lok Kwan	CDGFSS
	16	Chan Suet Ying Yuki	WWS
	17	Li Hoi Lam	SKWEGSS
	18	Leung Wing Yi Chole	YCKMC
	19	Au Karin	CSS
	20	Wong Wing Yi	SMHYC
	21	Li Ching Laam	WYC
	22	Or Man Ching	K-LING
	23	Wong Chee Yeung	MKC
	24	Lau Yan Lui	LYC
	25	Lin Yingchun	LS
	26	Lee Wing Sze	SMHYC
	27	Gurung Shristi	DMS-BW
	28	Chen Wenya	SKHCSS
	29	Tse Wing Sze	PYSS
	30	Jim Yu Ching	OLC

Event 32	Girls C Grade 200m	11:00am
	Record : 25.77	
Final	1	Tang Cheuk Lam LYC
	2	Shih Hiu Ying LYC
	3	Hu Sing Yu Doris HA
	4	Ho Sze Ching GTEYC
	5	Cheung Wan Yan SMHYC
	6	Singleton, Maisy B Laurina SJA
	7	Hau Tsz Ting PLKNO.1C
	8	Ng Yeuk Lam SMHYC
Event 33	Boys C Grade 200m	11:00am
	Record : 22.59	
Final	1	Lam Sen Yu SMHYC
	2	Chui Ching Kiu Arthur SJC
	3	Gong Ching Hoi KTGS
	4	Cruz Alexander Lambino DMS-HW
	5	Au Yeung Chun Tung SKHLKY
	6	Tsang Cyrus WYC
	7	Chan Lok Hei LS
	8	Chen Mingxuan WYC
Event 34	Girls B Grade 200m	11:00am
	Record : 24.96	
Final	1	Zhang Yin Hei Carol BHSS
	2	Tse Ka Yiu GTEYC
	3	Yu Cheng Io ASMS
	4	Biswakarma Nicolette Ashley SJA
	5	Tang Oi Shuen LKPFC
	6	Choi Wing Chi LS
	7	Chau Sum Yi TOSS
	8	Lin Hei Tung Anisa LYC
Event 35	Boys B Grade 200m	11:00am
	Record : 21.90	
Final	1	Tang Chi Kit K-LING
	2	Tang Ho Ching LS
	3	Tang King Long SHSS
	4	Ye Cho Kin CPSS
	5	Chen Man Hei SKWEGSS
	6	Chow Ho Ting CDGFSS
	7	Chen Tim Long K-LING
	8	Wu Ming Fung ASMS
Event 36	Girls A Grade 200m	11:00am
	Record : 24.31	
Final	1	Yip Yi Tung LSTYKH
	2	Wong Wai Ching WWS
	3	Wong Kun ASMS
	4	Lo Ka Ling PTSS
	5	Tam Lam Lam LKPFC
	6	Fong Hei Ching LYC
	7	Ho Ka Yi KTGS
	8	Cheung Cheuk Hang LYC
Event 37	Boys A Grade 200m	11:00am
	Record : 21.91	
Final	1	Chen Sing Ming PLKNO.1C
	2	Tung Kiu Fung Paul SJC
	3	Lam Kin Ho KHSS
	4	Chu Ho Hin DMS-HW
	5	Wong Yan Ki ASMS
	6	Chan Kin Yung DMS-HW
	7	Leung Hiu Lung Alvin PLKLF
	8	Zhang Hongyue CCMFSS

Event 38	Boys C Grade Discus	1:00pm
	Record : 43.58	Standard : 15.50
Final	1	Biloy Paul Sean Cuadra DMS-HW
	2	Lee Tsz Wan BHSS
	3	Zhao Tsz Pang ASMS
	4	Cheng Tik Tung PTSS
	5	Lee Tsz Yu PLKLFC
	6	Au Yeung Ching Ho LS
	7	Huang Wai Shun K-LING
	8	Tong Ka Wing PLKNO.1C
	9	Lee Tsz Chun CDGFSS
	10	March James Gregory John SJA
	11	Wen Chi Sing LS
	12	Chow Hung Hei Lucas KTGS
	13	Lau Hoi Sing SMHYC
	14	Cheung Tsz Lok SHSS
	15	Ting Chun Lam KTGS
	16	Yau Hoi Chun K-LING
	17	Punmongkol Makarakom KHSS
	18	Leung Shu Lok CDGFSS
	19	Lam Tak Sang GTEYC
	20	Rivera Joshua Mangiliman DMS-HW
	21	Huang Tsun Hong MKC
	22	Kung Tsz Hin SMHYC
	23	Wong Chung Kan GTEYC
	24	Yeu Tin Yu SJC
	25	Lu Chun Hung BHSS
	26	Lau Hung San ASMS
	27	Chen Shi Zhe PTSS
	28	Lam Siu Yik CSS
	29	Lan Matthew SSCC
	30	Gu Zixian LWFSS
	31	Ho Hoi Lok SJC
	32	Gao Wai Lun MKC
	33	Yip Ho Hong CSS
	34	Cheung Chak Fung CPSS
	35	Lee Pui Hong Billy SHSS
	36	Cheng Siu Fung PLKLFC
	37	Lu Yui SJA
	38	Wong Xavier PLKNO.1C
	39	Yao Kuen Sing LWFSS

Event 39	Girls C Grade 1500m	1:00pm	
	Record : 4:53.42	Standard : 7:08.00	
Final	1	Cheung Sum Yin	LWFSS
	2	Cheung Wing Lam	WWS
	3	Tong Chui Sim	PLKNO.1C
	4	Chu Wun Yin	MKC
	5	Wong Hoi Man	PTSS
	6	Choi Yi Ning	PLKNO.1C
	7	Fan Ya Han	GTEYC
	8	Tang Tsz Ching	LS
	9	Judkins Beatrice	DMS-BW
	10	Zeng Wen	SMHYC
	11	Leung Tsz Yu	TOSS
	12	Lee Tsz Ching Angelica	LYC
	13	Sze Cheuk Yan Vienna	SJA
	14	Lin Yuen Yung	BHSS
	15	Au Mei Ting	MKC
	16	Mok Hoi Ting	PTSS
	17	Lau Tin Yuet	K-LING
	18	Wu Yuet Yee	DMS-HW
	19	Yuan Qingyi	LWFSS
	20	Li Zi Xin	CSS
	21	Mak Ziyan	SMHYC
	22	Chung Hiu Tung	WWS
	23	Chow Yee Tak	GTEYC
	24	Li Cheuk Yuet	SHSS
	25	De Jesus Janin Mikaella Serafica	SJA
	26	Kwok Ying	PLKLFC
	27	Yuen See Ching	CDGFSS
	28	Yeung Kin Ying Fiona	SHSS
	29	Zhu Hiu Ying	K-LING
	30	Tse Hei Tung	LS
	31	Wong Hei Yu	LYC
	32	Ng Hong Yin	CDGFSS
	33	Kwong Yuen Kiu	TOSS

Event 40	Girls B Grade 1500m	1:00pm
	Record : 4:37.99	Standard : 7:08.00
Final	1	Ho Cheuk Kiu LYC
	2	Young Sen Kam KTGS
	3	Ngan Kwan Hei SHSS
	4	Kwok Yuen Ting LWFSS
	5	Wong Sum Yi KTGS
	6	Lee Wing Sum LWFSS
	7	Cheng Janice Hoi Nam DMS-HW
	8	Cheng Yuen Tung CPS
	9	Noga Maria Andrea SJA
	10	Yang Ruixia DMS-HW
	11	Li Yaxin PLKNO.1C
	12	Qin Xin GTEYC
	13	Lee Shan Qing K-LING
	14	Huang Jiaqi BHSS
	15	Tsui On Yee Anna SJA
	16	Tsui Hei Tung LS
	17	Kwan Kayla Chloe SMHYC
	18	Yeung Yuet Naomi LS
	19	Lai Pui See CSS
	20	Ip Sum Yu CDGFSS
	21	Lau Cheuk Ying LYC
	22	Yeung Yanny BHSS
	23	Chui Wing Yi CPS
	24	Zheng Tsz You MKC
	25	Ng Hong Ting K-LING
	26	Yuen Siu Ying GTEYC
	27	Tsang Cheuk Kiu WWS
	28	Chan Wai Man SHSS
	29	Lo Hoi Yi SMHYC
	30	Wang Jia Xuan CDGFSS
	31	Yeung Sin Yi WWS
	32	So Tsz Yun PLKNO.1C

Event 41	Girls A Grade 1500m	1:00pm
	Record : 4:53.27	Standard : 7:08.00
Final	1	Feng Wing Ki KTGS
	2	Huang Anqi LS
	3	Lee Chi Man WWS
	4	Tam Pui Wai LYC
	5	Tang Yuet Ching PLKLFC
	6	Han Jia Hui GTEYC
	7	Hu Wai Chung LS
	8	Lyu Yihui KHSS
	9	Hung Jolie PLKLFC
	10	Hui Sum Yi BHSS
	11	Chiu Jing Wing KTGS
	12	Cheung Nga Man GTEYC
	13	Gill Jaspreet Kaur DMS-BW
	14	Hong Jing Ying SJA
	15	Su Yan Hei BHSS
	16	Tang Yuet Yau Annabelle SJA
	17	Chow Tsz Ki PTSS
	18	Poon Ka Yi LYC
	19	Zhou Nuoyang KTS
	20	Fong Sing Yung PLKNO.1C
	21	Limbu Sristy DMS-BW
	22	Huang Louise SMHYC
	23	Kamil Wavoo Noori Shahzadi DMS-HW
	24	Li Yuen Shan CSS
	25	Xie Yongqi LWFSS
	26	He Hei Yu MKC
	27	Yu Amy KHSS
	28	Huang Jiaqi SMHYC
	29	Lee Ji Kei ASMS
	30	Huang Yu Lam WWS

Event 42	Boys C Grade 4x100m Relay	1:30pm
	Record : 45.05	
Final	1	CDGFSS
	2	KTGS
	3	PTSS
	4	LWFSS
	5	SKHLKY
	6	K-LING
	7	SMHYC
	8	WWS

Event 43	Boys B Grade 4x100m Relay	1:30pm
	Record : 43.01	
Final	1	PLKLFC
	2	SJC
	3	SKWEGSS
	4	DMS-HW
	5	ASMS
	6	LSTYKH
	7	CDGFSS
	8	LS

Event 44	Boys A Grade 4x100m Relay	1:30pm
	Record : 42.16	
Final	1	SKHLKY
	2	ASMS
	3	DMS-HW
	4	SJC
	5	K-LING
	6	PLKLFC
	7	PLKNO.1C
	8	LS

Event 45	Girls C Grade 4x100m Relay	1:45pm
	Record : 48.41	
Final	1	PTSS
	2	LYC
	3	PLKLFC
	4	TOSS
	5	PLKNO.1C
	6	K-LING
	7	GTEYC
	8	ASMS
Event 46	Girls B Grade 4x100m Relay	1:45pm
	Record : 49.44	
Final	1	WWS
	2	NP2C
	3	GTEYC
	4	ASMS
	5	WYC
	6	SMHYC
	7	BHSS
	8	TOSS
Event 47	Girls A Grade 4x100m Relay	1:45pm
	Record : 48.77	
Final	1	CDGFSS
	2	LYC
	3	NP2C
	4	PTSS
	5	PLKLFC
	6	K-LING
	7	TOSS
	8	LS
Event 48	Boys C Grade 4x400m Relay	2:00pm
	Record : 3:45.03	
Final	1	K-LING
	2	PTSS
	3	DMS-HW
	4	LS
	5	CPSS
	6	GTEYC
	7	KTGS
	8	SJA
Event 49	Boys B Grade 4x400m Relay	2:00pm
	Record : 3:33.81	
Final	1	ASMS
	2	LKPFC
	3	SHSS
	4	PTSS
	5	DMS-HW
	6	CDGFSS
	7	MKC
	8	CPSS
Event 50	Boys A Grade 4x400m Relay	2:00pm
	Record : 3:25.18	
Final	1	LS
	2	CCMFSS
	3	SJC
	4	ASMS
	5	SJA
	6	CDGFSS
	7	DMS-HW
	8	PTSS

Event 51	Girls C Grade 4x400m Relay	2:15pm
	Record : 4:12.52	
Final	1	CDGFSS
	2	GTEYC
	3	PTSS
	4	TOSS
	5	LS
	6	LYC
	7	SMHYC
	8	LWFSS
Event 52	Girls B Grade 4x400m Relay	2:15pm
	Record : 3:59.42	
Final	1	SKWEGSS
	2	LS
	3	OLC
	4	SJA
	5	SMHYC
	6	LYC
	7	K-LING
	8	TOSS
Event 53	Girls A Grade 4x400m Relay	2:15pm
	Record : 4:07.82	
Final	1	PTSS
	2	ASMS
	3	KTGS
	4	SJA
	5	LS
	6	MKC
	7	CDGFSS
	8	K-LING