

Inter-School Athletics Competition 2023-2024
Division Three (Area 2)

Official List

Convenor	: Mr. Chan Fung Ho	MS
Management Committee	: Mr. Chan Kwong Wing	PTAL
	: Mr. Leung Pak Ho	UCC-THT
	: Mr. Kwong Kwan Yin	SPCC
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. Wong Pui Kam KTLS 2. Ms. Lee Tsz Ting QES

Field Events

	Chief Throwing Judge	: Mr. Yu Chi Yeung	PLKNPL
	Chief Jumping Judge	: Mr. Cheung Wing Hing	HWC
High Jump	: 1. Ms. Kwok Sai Ming	HWC	- Chief
	2. Ms. 劉綺華	HW	4. Ms. Lui Chung Chi
	3. Mr. So Kim Lung	PLKCKY	5. Ms. Yu Dick Kwan
			SCSG
			SEKSS-WK
Long Jump	: 1. Mr. Ho Hoi Kit	LA	- Chief
	2. Ms. Lai Ching In	CCHK	4. Mr. Wong Kam Ming
	3. Ms. Liu Wing Sum	CS	5. Ms. Chan Sze Yau
			JCGSS
			LHYMSS
Triple Jump	: 1. Mr. Chung Chak Keung	JCGSS	- Chief
	2. Mr. Cheng Wai Chiu	KTKLGSS	4. Mr. Yuen Chun Bong
	3. Teacher from NWC	NWC	5. Mr. Lin Chi Heng
			PLKTNK
			SEKSS-WK
			SKHTSK
Shot Put	: 1. Ms. Hon Wing Chi	CCCRSS	- Chief
	2. Ms. Law Hau Man	CCCRSS	4. Mr. Chan Ngo Chun Oton
	3. Mr. Ma Ka Ho	CHC	5. Mr. Cheng Wing Kwai
			HS
			NAMS
			PLKTNK
Discus	: 1. Mr. Yip Chun Hing	KTKLGSS	- Chief
	2. Ms. Yuen Shuk Yin	KTLS	4. Mr. Lam Hoi Ting
	3. Mr. Wong Chi Ming	SAGC	5. Mr. Yim Wai Tak
			CS
			HLC
			HS
Javelin	: 1. Mr. Wong Churk Him	MS	- Chief
	2. Ms. Lin Wai Yin	HTYC	4. Ms. Lau Tsz Fan Yoko
	3. Ms. Ng Tsz Yin	MFS	5. Ms. Chan Hiu Shuen
			PKMS
			PLKNPL
			VSA

Track Events

	Chief Track Judge	: Mr. Leung Pak Ho	UCC-THT
Start Referee	:	1. Mr. Kot Hin Tak	
Starters	:	1. Mr. Chui Chun Nam LSTLKK	3. Mr. Hon Shing Chong QES
		2. Ms. Lau Shuk Yi MMWC	
Recall Starters	:	1. Ms. Ou Jiahui LSTLKK	3. Ms. Lam Yin Yee SLCSS
		2. Mr. Kung Chin Hung MMWC	
Starter's Assistants	:	1. Mr. Chan Kwong Wing PTAL	- Chief 4. Mr. Sim Leung Wai CCHK
		2. Mr. So Kin Ting SPETER	5. Mr. Karandeep Singh CREATIVE
		3. Mr. Chan Ka Chi SPETER	6. Mr. Au Ka Ho MKES
Track Umpire + Relay Take Over	:	1. Mr. Lai Tsz Leung SPCC	- Chief 10. Ms. Chan Hoi Man NAMS
		2. Mr. Wong Kit Leung CHC	11. Mr. Yeung Kwok Wing PLKCKY
		3. Mr. Ng Chak Ngai CLS-NP	12. Mr. Ngai Chun Yin Jeremy PLKVKTC
		4. Mr. Diu Siu Hong HTYC	13. Mr. Sam Kwok Hung SBC
		5. Mr. Lau Tik Hong KSYSS	14. Mr. Cheung Wai Ho SLCSS
		6. Mr. Hon Sze Ming KSYSS	15. Mr. Keith Ngai SPCC
		7. Ms. Law Man Chung MFS	16. Mr. Lam Sung Sang SSS
		8. Mr. Cho Chi Man MKES	17. Mr. Gary Cheung VSA
		9. Ms. Chan Wing Han MSC	
Call Room Judges (Roll Call)	:	1. Mr. Yip Sui Wing Josh EVANGEL	- Chief 7. Ms. Chan Sze Tung PLKVKTC
		2. Mr. Soo Yan Lok EVANGEL	8. Mr. Lau Ho Yin PTAL
		3. Mr. Chan Kok Hing HLC	9. Ms. Chau Yuk Ying SBC
		4. Ms. Chang Ka Wa LSCC	10. Ms. Li Wing Nga Kathy SCSG
		5. Ms. Kan Tan Tan LSCC	11. Mr. Kwok Wai Yin SKHTSK
		6. Teacher from NWC NWC	12. Ms. Li Lu SSS
Recorders	:	Managed by HKSSF Staff BOCHK Schools Sports Volunteers	
Wind Gauge Operators	:	Managed by HKSSF Staff	BOCHK Schools Sports Volunteers
Position	:	Managed by HKSSF Staff	<i>Students From SAGC</i>
Student Helpers	:	15 Students of United Christian College (Tai Hang Tung)	

Time Table

Division Three (Area 2)

Day Two 22 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 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			63
	2		Shot Put (鉛球)	Boys C			47
	3		Discus (鐵餅)		Girls A		42
	4		High Jump (跳高)		Girls B		36
	5		100m Hurdles (欄)		Girls C	2	
	6		"		Girls B	No Semi-Final	
	7		"		Girls A	No Semi-Final	
	8		"	Boys C		No Semi-Final	
	9		"	Boys B		2	
	10		110m Hurdles (欄)	Boys A		No Semi-Final	
	11	8:45am	400m		Girls C	3	
	12		"	Boys C		3	
	13		"		Girls B	3	
	14	9:05am	"	Boys B		3	
	15		"		Girls A	2	
	16		"	Boys A		2	
	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			33
	24		800m		Girls C	4	
	25		"	Boys C		4	
	26		"		Girls B	3	
	27		"	Boys B		5	
	28		"		Girls A	3	
	29		"	Boys A		4	
	30	10:30am	Discus (鐵餅)		Girls C		47
	31		Shot Put (鉛球)		Girls B		52
PM	32	1:00pm	Shot Put (鉛球)	Boys A			49
	33		Javelin (標槍)	Boys B			38
	34		High Jump (跳高)		Girls A		21
	35		Long Jump (跳遠)		Girls C		63
	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		2	
	42	1:30pm	1500m	Boys C			12
	43		"	Boys B			12
	44		"	Boys A			12
	45	2:00pm	4x400m Relay (接力)		Girls C	4	
	46		"		Girls B	4	
	47		"		Girls A	3	
	48	3:15pm	"	Boys C		4	
	49		"	Boys B		4	
	50		"	Boys A		4	

List of Participating Schools of Division Three (Area 2)

School	Abbr.	Boys			Girls			
		A	B	C	A	B	C	
1 Carmel Secondary School	迦密中學	CS	1	1	1	1	1	1
2 CCC Heep Woh College	中華基督教會協和書院	HWC	1	1	1	1	1	1
3 CCC Mong Man Wai College	中華基督教會蒙民偉書院	MMWC	1	1	1	1	1	1
4 CCC Rotary Secondary School	中華基督教會扶輪中學	CCCRSS	1	1	1	1	1	1
5 China Holiness College	中聖書院	CHC	1	1	1		1	1
6 Cognito College (Hong Kong)	文理書院(香港)	CCHK	1	1	1	1	1	1
7 Concordia Lutheran School (Kowloon)	路德會協同中學	CLS	1	1	1	1	1	1
8 Concordia Lutheran School (North Point)	北角協同中學	CLS-NP	1	1	1	1		
9 Creative Secondary School	啟思中學	CREATIVE	1	1	1			
10 Evangel College	播道書院	EVANGEL	1	1	1	1	1	1
11 Henrietta Secondary School	顯理中學	HS	1	1	1	1	1	1
12 HKCCCU Logos Academy	香港華人基督教聯會真道書院	LA	1	1	1			
13 Ho Lap College (Sponsored by the Sik Sik Yuen)	可立中學(畚色園主辦)	HLC	1	1	1	1	1	1
14 Hon Wah College	漢華中學	HW	1	1	1	1	1	1
15 Jockey Club Government Secondary School	賽馬會官立中學	JCGSS	1	1	1	1	1	1
16 Kowloon Sam Yuk Secondary School	九龍三育中學	KSYSS	1	1	1	1	1	1
17 Kowloon True Light School	九龍真光中學	KTLS				1	1	1
18 Kwun Tong Kung Lok Government Secondary School	觀塘功樂官立中學	KTKLGSS	1	1	1			
19 Leung Shek Chee College	梁式芝書院	LSCC				1	1	1
20 Lingnan Hang Yee Memorial Secondary School	嶺南衡怡紀念中學	LHYMSS				1	1	1
21 Lok Sin Tong Leung Kau Kui College	樂善堂梁錫珺書院	LSTLKK	1	1	1	1	1	1
22 Maryknoll Fathers' School	瑪利諾神父教會學校	MFS	1	1	1	1	1	1
23 Maryknoll Secondary School	瑪利諾中學	MS	1	1	1	1	1	1
24 Mu Kuang English School	慕光英文書院	MKES	1	1	1	1	1	1
25 Munsang College	民生書院	MSC				1	1	1
26 New Asia Middle School	新亞中學	NAMS	1	1	1	1	1	1
27 Ng Wah Catholic Secondary School	天主教伍華中學	NWC	1	1	1		1	1
28 Pentecostal School	五旬節中學	PTAL	1	1	1	1	1	1
29 Po Leung Kuk Choi Kai Yau School	保良局蔡繼有學校	PLKCKY	1	1	1	1	1	1
30 Po Leung Kuk Ngan Po Ling College	保良局顏寶鈴書院	PLKNPL	1	1	1	1	1	1
31 Po Leung Kuk Tong Nai Kan Junior Secondary College	保良局唐乃勤初中書院	PLKTNK		1	1		1	1
32 Po Leung Kuk Vicwood K. T. Chong Sixth Form College	保良局莊啟程預科書院	PLKVKTC	1	1		1	1	
33 Pui Kiu Middle School	培僑中學	PKMS				1	1	1
34 Queen Elizabeth School	伊利沙伯中學	QES	1	1	1	1	1	1
35 Scientia Secondary School	創知中學	SSS	1	1	1	1	1	1
36 Shun Lee Catholic Secondary School	順利天主教中學	SLCSS	1	1	1	1	1	1
37 Sir Ellis Kadoorie Secondary School (West Kowloon)	官立嘉道理爵士中學(西九龍)	SEKSS-WK	1	1	1	1	1	1
38 SKH Tang Shiu Kin Secondary School	聖公會鄧肇堅中學	SKHTSK	1	1	1	1	1	1
39 St. Antonius Girls' College	聖安當女書院	SAGC				1	1	1
40 St. Bonaventure College and High School	聖文德書院	SBC	1	1	1	1	1	1
41 St. Catharine's School for Girls	聖傑靈女子中學	SCSG				1	1	1
42 St. Paul's Co-educational College	聖保羅男女中學	SPCC	1	1	1	1	1	1
43 St. Peter's Secondary School	聖伯多祿中學	SPETER	1	1	1	1	1	1
44 The HKTA Ching Chung Secondary School	香港道教聯合會青松中學	CCSS	1	1	1	1	1	1
45 The YWCA Hioe Tjo Yoeng College	基督教女青年會丘佐榮中學	HTYC	1	1	1	1	1	1
46 Victoria Shanghai Academy (Secondary Section)	滬江維多利亞學校(中學部)	VSA	1	1	1	1	1	1
47 United Christian College (Tai Hang Tung)	匯基書院(大坑東)	UCC-THT	1	1	1	1	1	1
		Total:	39	40	39	41	43	42

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

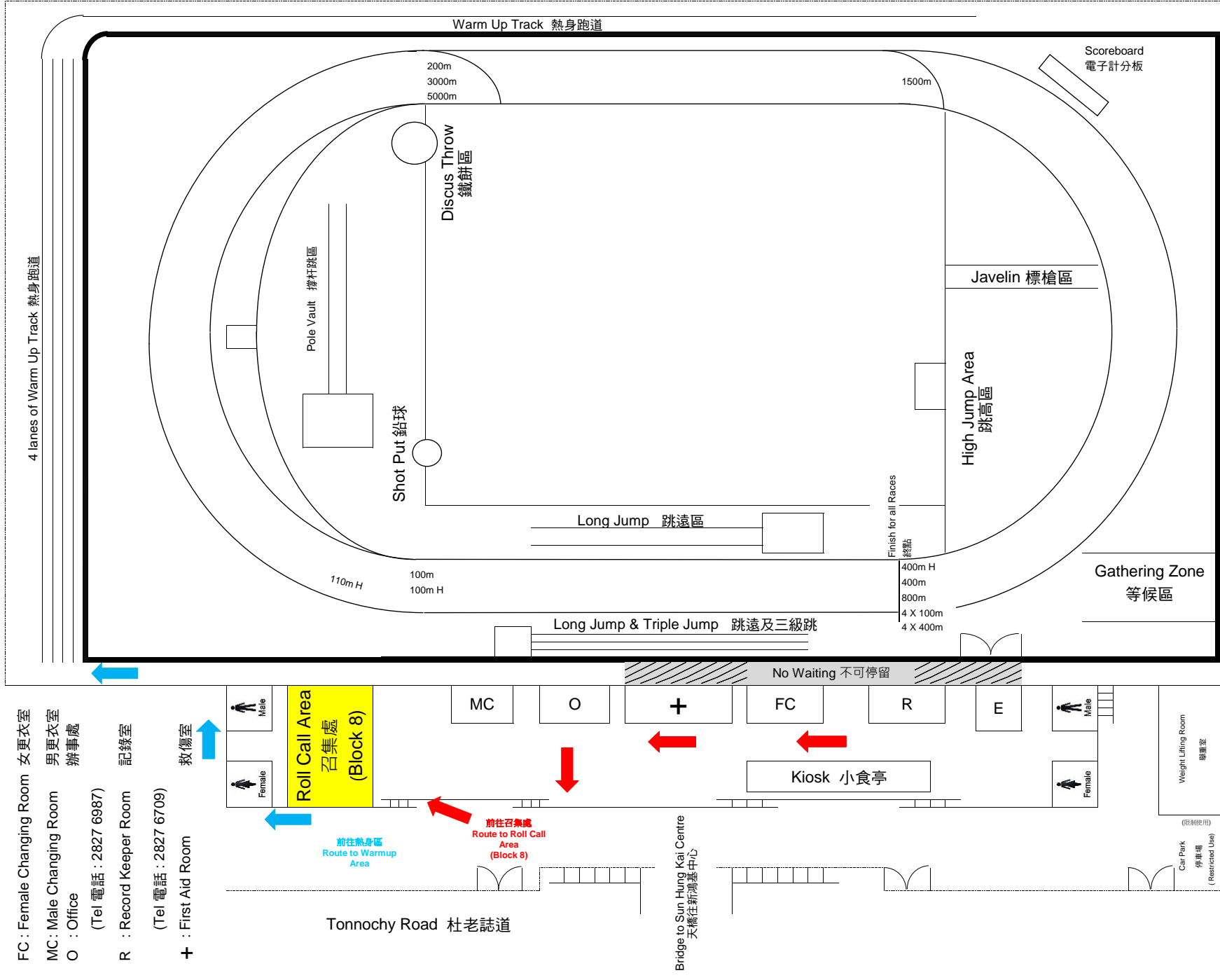
(Tel 電話 : 2827 6987)

R : Record Keeper Room 記錄室

(Tel 電話 : 2827 6709)

+ : First Aid Room 救傷室

Hung Hing Road 鴻興道



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 Two)
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 2)

Day One 19 February 2024

Boys Overall

Position	School	A	B	C	Total
1	Maryknoll Secondary School	18	36	9	63
2	Po Leung Kuk Ngan Po Ling College	11	27	18	56
3	HKCCCU Logos Academy	20	10	19	49
4	CCC Heep Woh College	10	13	25	48
5	Hon Wah College	14	20	13	47
6	SKH Tang Shiu Kin Secondary School	8	22	16.5	46.5
7	China Holiness College	15	20	7	42
8	Lok Sin Tong Leung Kau Kui College	7.5	7	27	41.5
9	Kwun Tong Kung Lok Government Secondary School	16	12	9	37
10	Ng Wah Catholic Secondary School	10	13	12	35
11	Ho Lap College (Sponsored by the Sik Sik Yuen)	10	17	7	34
12	The YWCA Hioe Tjo Yoeng College	18	6	8	32
13	Henrietta Secondary School	2	14	12	28
14	United Christian College (Tai Hang Tung)	15	5	7	27
15	Maryknoll Fathers' School	7	7	12.5	26.5
16	Mu Kuang English School	3	12	10	25
17	St. Bonaventure College and High School	9.5	10	2	21.5
18	St. Paul's Co-educational College	5	9	7	21
19	Scientia Secondary School	6	8	5	19
20	St. Peter's Secondary School	6	9	3	18
21	Jockey Club Government Secondary School	4	8	5	17
21	Po Leung Kuk Choi Kai Yau School		7	10	17
23	Queen Elizabeth School	6	5	4	15
23	New Asia Middle School	5	7	3	15
23	CCC Rotary Secondary School	3	11	1	15
23	Shun Lee Catholic Secondary School	2	10	3	15
27	Creative Secondary School	8	3	3	14
28	Cognitio College (Hong Kong)	7	4	1	12
29	Kowloon Sam Yuk Secondary School	5	3	3	11
29	CCC Mong Man Wai College	1	7	3	11
29	Evangel College		10	1	11
29	Victoria Shanghai Academy (Secondary Section)		6	5	11
29	Po Leung Kuk Tong Nai Kan Junior Secondary College		5	6	11
34	Pentecostal School	2	8	0	10
35	Po Leung Kuk Vicwood K. T. Chong Sixth Form College	2	3		5
36	Sir Ellis Kadoorie Secondary School (West Kowloon)	2	2	0	4
37	Carmel Secondary School		2	0	2

Inter-School Athletics Competition 2023-2024

Division Three (Area 2)

Day One 19 February 2024

Girls Overall

Position	School	A	B	C	Total
1	Munsang College	18	11	21	50
2	Kowloon True Light School	12	16	17.5	45.5
3	St. Antonius Girls' College	18	7	13.5	38.5
4	Pui Kiu Middle School	17	11	10	38
5	St. Paul's Co-educational College	8	10	17	35
6	United Christian College (Tai Hang Tung)	21	6	5	32
7	Hon Wah College	25	4	2	31
8	Leung Shek Chee College	6	12	12	30
9	Maryknoll Secondary School	6	7	15	28
10	Henrietta Secondary School	0	14	9	23
11	Lok Sin Tong Leung Kau Kui College	10	6	6	22
12	St. Catharine's School for Girls	12	5	4	21
12	Lingnan Hang Yee Memorial Secondary School	9	4	8	21
14	Shun Lee Catholic Secondary School	8	5	6	19
15	Po Leung Kuk Ngan Po Ling College	5	3	10	18
16	Ho Lap College (Sponsored by the Sik Sik Yuen)	9	1	6	16
16	Victoria Shanghai Academy (Secondary Section)		8	8	16
18	The YWCA Hioe Tjo Yoeng College	7	5	2	14
18	Queen Elizabeth School	7	4	3	14
18	CCC Heep Woh College	1	7	6	14
18	Po Leung Kuk Choi Kai Yau School		6	8	14
22	SKH Tang Shiu Kin Secondary School	4	3	6	13
23	CCC Rotary Secondary School	1	10	0	11
24	Mu Kuang English School	6	2	1	9
24	Jockey Club Government Secondary School	2	5	2	9
24	New Asia Middle School	1	2	6	9
24	Carmel Secondary School	1	7	1	9
24	Evangel College		1	8	9
29	China Holiness College		4	4	8
30	Cognitio College (Hong Kong)	3	0	3	6
30	Maryknoll Fathers' School	2	1	3	6
30	Pentecostal School	0	0	6	6
30	Scientia Secondary School	0	3	3	6
34	Po Leung Kuk Tong Nai Kan Junior Secondary College		4	1	5
34	Ng Wah Catholic Secondary School		0	5	5
36	St. Bonaventure College and High School	1	2	1	4
36	St. Peter's Secondary School	0	2	2	4
38	Sir Ellis Kadoorie Secondary School (West Kowloon)	2	1		3
39	Kowloon Sam Yuk Secondary School	2	0	0	2
39	Po Leung Kuk Vicwood K. T. Chong Sixth Form College	2			2
39	CCC Mong Man Wai College	0	1	1	2

Inter-School Athletics Competition 2023-2024

Division Three (Area 2)

Day Two 22 February 2024

Event 1	Boys B Grade Long Jump	8:30am
	Record : 6.92	Standard : 4.60
Final	1 Cai Jasper	HS
	2 Chan Sze Nok	CHC
	3 Sidley Marcus James	CREATIVE
	4 Gao Chiu Chuen	MFS
	5 Cheung Cheuk Wah Joshua	VSA
	6 Chang Po Yu	PLKNPL
	7 Yu Cheuk Yin Jansen	SKHTSK
	8 Zeng Kai Kong	PLKTNK
	9 Than Hoi San	HTYC
	10 Li Wai Lung	LSTLKK
	11 Lin Kong Yat	HLC
	12 Leung Yan Ho	QES
	13 Luo Kai Lung	KTKLGSS
	14 Loo Chun Keung	NWC
	15 Chan Hui Cheuk	PLKVKTC
	16 Kwong Hang Tung	CCHK
	17 Wong Ka Po	HTYC
	18 Luo Tsz Sui	SSS
	19 Tsang Chi Ho Louis	PLKNPL
	20 Lam Pak Hei	MS
	21 Liu Guancun	KSYSS
	22 Li Kin Fung	PLKVKTC
	23 Ho Wang Ho	SPCC
	24 Xie Haojie	SBC
	25 Chan Wai Sing	HWC
	26 Hui Ho Tai Brandon	EVANGEL
	27 Wong Chung Kwan	LA
	28 Cheung Kwing Chuen	HWC
	29 Hu Shun Long	JCGSS
	30 Li Hon Lap	SBC
	31 Ho Wang Him	PLKTNK
	32 Arnav Verma	CREATIVE
	33 Ma Chun Ho	HLC
	34 Cheng Tsz Fuk	HS
	35 Chan Hau Kwan	MMWC
	36 Zheng Zi Yi	KTKLGSS
	37 CHEN WEI PENG	CLS-NP
	38 Chen Bochen	NAMS
	39 Huang Chi Hung	NWC
	40 Chan Kok Lun	LSTLKK
	41 Leung Wai Tung	SPETER
	42 Chan Chun On	SLCSS
	43 YE TSZ LUNG	CLS-NP
	44 Wong Tsz Hin	JCGSS
	45 Ke Wang Kit	PTAL
	46 Cheng Chit Ping	SPETER
	47 Tsung Chi Kit	QES
	48 Chung Chiu Ming	MFS
	49 Chan Chun Fung	NAMS
	50 Ho Lok Wang	HW
	51 Lee Ho Kai	SPCC
	52 Yung Yeuk Kiu	MMWC
	53 Liao Xuan Bin	MKES
	54 Lee Chun Lam	PTAL
	55 Li Chun Ho	SKHTSK
	56 Tan Tsz Kin	MS
	57 Poon Hau Yin	MKES
	58 Wang Jun Yang	SSS
	59 Wong Cheuk Yin	EVANGEL
	60 Lai Yau Pak	CHC
	61 Ng Sui Fung	LA
	62 Tsoi Yam Wa	HW
	63 Lam Fung	CCHK

Event 2	Boys C Grade Shot Put	8:30am
	Record : 14.33	Standard : 7.00
Final	1 Wong Ziyang	HLC
	2 Chong Man Fung	SSS
	3 Lam Ho Hin	NWC
	4 Yeung Wing Lok Jason	SPETER
	5 Wu Lok Hei	CREATIVE
	6 Wong Hoi Fung	HTYC
	7 Lam Ming Hei	NAMS
	8 Zou Tony	PLKNPL
	9 Ng Lai Kwai	SBC
	10 Wai King Wang	NWC
	11 Chan Ka Yue	HLC
	12 Wong Cheuk Man	PTAL
	13 Wang Wun Ming	HW
	14 Fok Sai Kit	HS
	15 Liu Ka Pan	MKES
	16 Chow Yu Hin Alex	JCGSS
	17 Mak Ka Hang	SLCSS
	18 Lu Kwun Yu	CCHK
	19 Ng Hiu Fung	MS
	20 Cheung Lok Hei	PLKTNK
	21 Chan Wang Pok	HS
	22 Yang Alex	SSS
	23 Chan Cheuk Ping	MFS
	24 Chu Marvin Chi Ching	HWC
	25 Mephram, Julius Arthur	PLCKKY
	26 Poon Tsz Yiu	PLKNPL
	27 Wong Kei Chung	LA
	28 Choy Ho Chung	HW
	29 Wong Yi Chun	LSTLKK
	30 Lu Xingkai	CREATIVE
	31 Xu Kwan Hung	KTKLGSS
	32 Feng Kam Sing	PTAL
	33 Lai Lik Wang	SKHTSK
	34 Sin Leong Ching	NAMS
	35 Lin Yin Yuk	SKHTSK
	36 Kwan Ziheng Clayton	SPCC
	37 Ng King To	MKES
	38 Li Man Huen	KTKLGSS
	39 Chung Pak Ki	HWC
	40 Chan Yat Long	SBC
	41 Lam Ka Hei	KSYSS
	42 Tsoi Cheuk Yin	LA
	43 Chung Tin Shing	LSTLKK
	44 Dewan Nishe	PLKTNK
	45 Chan Lok Shing	HTYC
	46 Zhang Wen Xi Samuel	UCC-THT
	47 Ho Tsz Ho	MS

Event 3	Girls A Grade Discus		8:30am
	Record : 36.76		Standard : 14.50
Final	1	Yip Lai Yan	PLKNPL
	2	Lai Yuk Han	LSCC
	3	Zhu Ying Ying	PKMS
	4	Liu Ka Yan	HTYC
	5	Wong Yi Lin	HLC
	6	Chin Wai Kiu	SAGC
	7	Tsang Tsz Shan	LHYMSS
	8	Chow Kin Man	MFS
	9	Ng Choi Lan Victoria	QES
	10	Lee Sze Yeung	HWC
	11	Lai Yuet Ka	SBC
	12	Chen Lisha	NAMS
	13	Cheung Cheuk Wing Deborah	KTLS
	14	Wong Yuk Wun	HW
	15	Yeung Tsz Ching	LSTLKK
	16	Ko Hui Ting	LHYMSS
	17	Law Cheuk Lam	MSC
	18	Chow Oi Ling	HWC
	19	Chan Fun Tung	PLKVKTC
	20	Tam Hiu Yi	HW
	21	Chen Wanyu	HS
	22	Fong Suet Yi	UCC-THT
	23	Japneet-Kaur	CLS-NP
	24	Hui So Ning	PKMS
	25	Gu Ching Yau	SSS
	26	Yeung Ka	UCC-THT
	27	Ng Yan Yi	MS
	28	Lau Hei Yiu	MSC
	29	Leung Wing Tung	SCSG
	30	Luk Chi Yin	PLKVKTC
	31	Suen Yu Ching	MS
	32	Lam Yuk Ling	CCCRSS
	33	Limbu Lungma	CLS-NP
	34	Tsang Lok Yin	SAGC
	35	Lau Wing Mei	MFS
	36	Chow Ka Yau Athena	KTLS
	37	Wu Tsz Tung	LSCC
	38	Ng Tsam Yee	SCSG
	39	Lui Cheuk Sze	SBC
	40	Qiu Zhang Xin	HTYC
	41	Woo Ka Lam	PLKNPL
	42	Chung Ying Hei	HS

Event 4	Girls B Grade High Jump	8:30am	
	Record : 1.75	Standard : 1.20	
Final	1	Lai Tsz Yan	SKHTSK
	2	Chan Tsz Tung	PLKTNK
	3	Wu Season	PKMS
	4	Ho Hiu Kwan	PLKCKY
	5	Law Hiu Ling	SAGC
	6	Lin Ue Shan	KTLS
	7	Chen Nga Lam	MMWC
	8	Luk Tsz Kwan Christy	LSCC
	9	Yan Wai Yan	SAGC
	10	Lam Suen Ue Chloe	SKHTSK
	11	Zeng Baihui	MS
	12	Lo Lok Yin	LHYMSS
	13	Lau Yik Ning	MSC
	14	Yang Binghui	HW
	15	Chiang Wing Yi	LSCC
	16	Dong Kam Yan	PKMS
	17	Ip Wing Kiu	SPCC
	18	Kwok Tsz Yau	LHYMSS
	19	Lai Nga Wing	KTLS
	20	Guo Le Ran	SLCSS
	21	Tang Yee Man Renee	HW
	22	Wu Yeyin	NAMS
	23	Liu Tung Ching	MS
	24	Huang Kin Ue	MKES
	25	Tsui Hui Yee Hannah	VSA
	26	Ho Man Yan	HLC
	27	Liu Lo Nam Fiona	MKES
	28	Deng Qiwen	JCGSS
	29	Cheung Hoi Yau Natalie	MSC
	30	Chen Tsz Lam	VSA
	31	Lo On Yi	HWC
	32	Tse, Lok Ying Tammy	PLKCKY
	33	Liu Tsz Ching	NAMS
	34	Law Hei Lam	HLC
	35	Lau Suet Yan	HWC
	36	Lu Claire	EVANGEL

Event 5	Girls C Grade 100m Hurdles	8:30am	
	Record : 15.23		
Semi-Final 1	1	Lam Siena	PLKCKY
	2	He Wing Hei	LSTLKK
	3	Leung Bing Bing	MSC
	4	Lee Ming Ki	SPCC
	5	Leung Sze Tung	LSCC
	6	Wong Chi Yan	SPCC
	7	Lee Ka Ying	NWC
	8	Lee Tin Wing	EVANGEL
Semi-Final 2	1	Lee Hoi Tung	PLKNPL
	2	Li Tsz Ching	HLC
	3	Lo Joy Ching	MSC
	4	Ling Yu Yi	KTLS
	5	Chan Sum Yau Charlotte	VSA
	6	Wong Hin Ching Jane	EVANGEL
	7	Chan Tsz Yiu	HS
	8	Zeng Yuan Jun	MS

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	

Semi-Final 1	1	Lo Chun Hei	CHC
	2	Liang Weijie	KTKLGSS
	3	Kwong Yau Lam	PLKNPL
	4	Lin Jing Hei Anson	HS
	5	Cheng Ka Him	PTAL
	6	Fang Sen	PLKNPL
	7	Lee Pong Chai	NAMS
	8	Chow Wai Kiu	SPCC

Semi-Final 2	1	Wong Chung Kwan	LA
	2	Li Tsz San	HWC
	3	Chan Chak Fung	SBC
	4	Luo King Hoi	MKES
	5	Hui Tsun Hei	HLC
	6	Tang Po Shing	PLKTNK
	7	Li Wai Lung	LSTLKK
	8	Kwong Hang Tung	CCHK

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 Tsz Ching Gladys	EVANGEL
	2	Wong Yuet Ching	MS
	3	Fong Yuen Sum	MSC
	4	Chui Ching Nam	LHYMSS
	5	Tsang Hok Sum	MS
	6	Chan Yi Ching Julia	MFS
	7	Cheng Ho Shan	HTYC
	8	Chan Ying Lam	HLC

Semi-Final 2	1	To Nga Ting	QES
	2	Chan Hong Yau	SPCC
	3	Ho Cheuk Lam Chloe	MSC
	4	Tse Hiu Huen	UCC-THT
	5	Ge Shiyang	LSTLKK
	6	Siu Ching	LHYMSS
	7	Lee Yin Man Carmen	CS
	8	Wong Yu Sum	SLCSS

Semi-Final 3	1	Lai Yan Ching	KTLS
	2	Siu Ho Kiu	KTLS
	3	Kei Tung	SKHTSK
	4	Wong Tsz Huen	SPCC
	5	Lui Hang Yi	PKMS
	6	Ng Wai Yee Charice	LSCC
	7	Chan Tsz Yiu	HS
	8	Woo Hiu Yan	PLKNPL

Event 12	Boys C Grade 400m	8:45am
	Record : 51.23	
Semi-Final 1	1 Leung Chak Long Willis	LA
	2 Fok Kin Yan	HWC
	3 Kwan Chak Hei	LSTLKK
	4 Chau Cheuk Kan	HW
	5 Li Ho Ming	QES
	6 Chan Wai Tung	LA
	7 Leung Lok Yin	SKHTSK
	8 Chen Yin Lung Vanness	JCGSS
Semi-Final 2	1 Wang Tsun Hei	HLC
	2 Chan Lai Yin	PLKNPL
	3 Tai Chi Shing	PLKNPL
	4 Lam Ting Cheung	CREATIVE
	5 Koo Hoi Sing	MKES
	6 Huang Bingkai	NAMS
	7 Ho Yat Yin	MFS
	8 Yangya Mukkum	SKHTSK
Semi-Final 3	1 Chan Tsz Yin	HS
	2 Yang Zhili	HW
	3 Yeung Fu Kiu	CCHK
	4 Zheng Chi Hong	NWC
	5 Wong King Wai	HS
	6 Lee Yik Kiu	HLC
	7 Wong Long Hei Clayton	PLKCKY
	8 Nnadikwe Lawrence	PLKTNK
Event 13	Girls B Grade 400m	8:45am
	Record : 56.27	
Semi-Final 1	1 Chan Shun Ka Natalie	SSS
	2 Wong Yat Sum	MSC
	3 Chun Ka Yan	KTLS
	4 Wong Meyan	CS
	5 Kong Hiu Ching	MFS
	6 Lam Tin Sum Tina	SAGC
	7 Yang Yiu Laam	QES
	8 Li Lai Yi	HW
Semi-Final 2	1 Tang Tsz Tung	KTLS
	2 Chiu Suet Ching	PKMS
	3 Mui Theodora	MSC
	4 Woo Tsz Ching	SKHTSK
	5 Yuen Chi Yan	MS
	6 Chung Cheuk Sze	PLKCKY
	7 Lee Hoi Lam	LSCC
	8 Wan Sing Yee	LSCC
Semi-Final 3	1 Chan Fei Yeung	PLKNPL
	2 Chiu Sophia Yin Ting	SPCC
	3 Yeung Tsz Kiu Evana	SPCC
	4 Yeung Wing Yu	NAMS
	5 Liu Wing Yui	PKMS
	6 Tsui Leann Wing Lam	VSA
	7 Chan Ho Yiu	SKHTSK
	8 Yeung Lap Yan	HLC
Event 14	Boys B Grade 400m	9:05am
	Record : 49.72	
Semi-Final 1	1 Tang Yan Pak	HW
	2 Leung Wing Chit	SPCC
	3 Wong Jing Lam	LA
	4 Lam Pak Yan	MS
	5 Liang Weijie	KTKLGSS
	6 Tsang Chun Shing	CHC
	7 Cheung Kwing Chuen	HWC
	8 Huang Ho Yin	PTAL

Semi-Final 2	1	Huang Hai Feng	PLKNPL
	2	Zhu Zixi	SPCC
	3	Yang Tung Kit	CHC
	4	Wei Hong Tao	CCHK
	5	Wong Kwan Ho	SLCSS
	6	Ng Cheuk Yin	PLKNPL
	7	Ng Dick Hei	SKHTSK
	8	Chung Chiu Ming	MFS

Semi-Final 3	1	Cheung Cheuk Wah Joshua	VSA
	2	Lai Jayden	PLKCKY
	3	Mai Tsun Yin	MKES
	4	Tsai Sheung Ching	SKHTSK
	5	Leung Ming Ho	NWC
	6	Woo Bono	QES
	7	Yau Long Sun	HLC
	8	Kwok Kin Ting	NWC

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

Semi-Final 1	1	Chu Tsz Man Michelle	PKMS
	2	Sy Mei Han Sabrina	PKMS
	3	Kwok Yan Ling	MSC
	4	Ha Abby	MSC
	5	Lo Pui Kwan	KTLS
	6	Zhao Chung Yan	SPCC
	7	Pang Ching Tung	HW
	8	Kwong Hoi Yi	LHYMSS

Semi-Final 2	1	Lam Ching Shun	PLKVKTC
	2	Li Hoi Ming	QES
	3	Cheng Miu Yan	UCC-THT
	4	Tse Tsz Ching	KTLS
	5	Kuan Hoi Lam	SKHTSK
	6	Leung Hoi Ching	UCC-THT
	7	Kwong Tsz Yan	LHYMSS
	8	Chan Wing Ki	HTYC

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

Semi-Final 1	1	Tsang Ho Long	PLKVKTC
	2	Shi Jiahui	KTKLGSS
	3	Nylander, Allan Axel Frank	CREATIVE
	4	Yau Yik Shan	LA
	5	Hu Junyang	PTAL
	6	Li Wing Yu	NWC
	7	Wong Yuen Hei	MS
	8	Yim Long Tin	QES

Semi-Final 2	1	Chen Tsz Ho	KTKLGSS
	2	Yang Sing Wing	SSS
	3	Lam Chun Ting	PLKNPL
	4	Zhang Ka Ho	NWC
	5	Wang Yuanyi	HW
	6	Chan Chun Po	HTYC
	7	Mak Chun Ming	CCCRSS
	8	Hung Fai Cheung	SKHTSK

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

Semi-Final 1	1	Wu Angelina Natasha	PLKNPL
	2	Cheung Yan Tung	EVANGEL
	3	Li Tsz Ching	HLC
	4	Ng Ming Lam	LSCC
	5	Cheung Yuet	MSC
	6	Li Sze Sze	MS
	7	Wong Tsz Lam	LHYMSS
	8	Ma Tsz Wai	LSCC

Semi-Final 2	1	Pang Reggie	PKMS
	2	Sun Hiu Ching Alicia	SPCC
	3	Ng Cheuk Hei	VSA
	4	Chu Tak Ching	HS
	5	Yeung Ching Chi Mavis	SKHTSK
	6	Lo Joy Ching	MSC
	7	Lam Yat On	KTLS
	8	Wong Tsz Yiu	SLCSS
Semi-Final 3	1	So Yu Ching	CCHK
	2	Chan Hong Yau	SPCC
	3	Chan Tsz Yan	MS
	4	Chong Hei Yu	PLKNPL
	5	Choi Kwan Yat	HS
	6	Yeung Tsz Ying Mavis	UCC-THT
	7	Chung Hei Tung	KTLS
	8	Kei Tung	SKHTSK

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

Semi-Final 1	1	Lo Pui Kit	MS
	2	Li Wang Pok	CHC
	3	Leung Aiden Wai Shun	SPCC
	4	Sin Cheuk Hei Kingsley	UCC-THT
	5	Chan Cheuk Nam	MMWC
	6	Leung Lap Kwong	UCC-THT
	7	Wong Kin Ho Marcus	LA
	8	You Xiang	JCGSS
Semi-Final 2	1	Lai Lik Wang	SKHTSK
	2	Du Zhongning	VSA
	3	Wong Pak Yu	CCCRSS
	4	Lam Ting Cheung	CREATIVE
	5	Zhou Shunyang	KTKLGSS
	6	Yeung Pok Ham	PLKNPL
	7	Cheung Tsz Hin	SPETER
	8	Koo Hoi Sing	MKES
Semi-Final 3	1	Ng Cho Sum	SSS
	2	Chan Chun Kin	CHC
	3	Yeung Lok Hay Hase	PLKCKY
	4	Lo Chung Tin	HTYC
	5	Liao Fun Hi	KSYSS
	6	Lee Shun Yat Kiehl	MKES
	7	Luk Ho Yeung	LSTLKK
	8	Lee Chi Sum Samson	SKHTSK

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

Semi-Final 1	1	Wong Hei Nam Kayce	KTLS
	2	Wong Hei Ching	MSC
	3	Li Lok Hei	MS
	4	Kwan Leanne Hei Yi	SPCC
	5	Chow Yuet	LHYMSS
	6	Tsui Tsz Suen	LSCC
	7	Xie Jingyi	JCGSS
	8	Leung Tsz Kay	CS
Semi-Final 2	1	Chui Yuet Long	LSCC
	2	Leong Sum Yin	MS
	3	Wong Sze Ki	PKMS
	4	Law Tiana	SPCC
	5	Igboanua Whitney Kosi Chigbo	MKES
	6	Zhou Ling Wei Laura	PLKTNK
	7	Chan Sze Ki	SLCSS
	8	Li Shing Fei	SBC

Semi-Final 3	1	Ng Ching Yin	KTLS
	2	Kam Chun Nga Miya	VSA
	3	Chu Tak Sheung	HS
	4	Hui Angelina Ayuka	VSA
	5	Chan Yuet Ching	PKMS
	6	Cheng Nok Tung	MSC
	7	Lui Hei Yu	SCSG
	8	Lei Xiaoying	UCC-THT

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

Semi-Final 1	1	Yeung Hok Lam Daniel	LSTLKK
	2	Yip Shing Chi Marc	VSA
	3	Wong Yik Ka	SPCC
	4	Guan Jiancheng	KTKLGSS
	5	Yau Wai Yin	VSA
	6	Yung Yeuk Kiu	MMWC
	7	Zou Kin Hei	MS
	8	To Ian	LA
Semi-Final 2	1	Zhang Hung Yam	SLCSS
	2	Ho Ka Chun	MS
	3	Cho Hin Man Hadden	SPCC
	4	Huang Kam Po	CHC
	5	Yan Kai Yin	SKHTSK
	6	Wong Chi Chuen	NAMS
	7	Yu Boyuan	CREATIVE
	8	Wu Cheuk Wai	PLKTNK
Semi-Final 3	1	Yu Ming Hau Akitaka	MFS
	2	Xian Wing Fai	SSS
	3	Lai Yau Pak	CHC
	4	Hung Tin Ching Ethan	PLKCKY
	5	Erno Matthew Raeburn Manimtim	PLKVKTC
	6	Tsang Shing Hei	SBC
	7	Lee Wing Yin	KTKLGSS
	8	Wong Kwok Sing	QES

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

Semi-Final 1	1	Chung Pui Chi	JCGSS
	2	Cheng Nok Ching	MSC
	3	Wong Ho Ting	HW
	4	Lam Pui Ying	LSCC
	5	Tsang Tsz Mak	KTLS
	6	Zheng Xin Yi	PLKNPL
	7	Kong Pak Ue Anson	SAGC
	8	Wong Sam Yi	HW
Semi-Final 2	1	Chang Ho Yan	MKES
	2	Yeung Sum Yau	UCC-THT
	3	Chan Yee Nam Nicole	PLKNPL
	4	Lam Ka Lai	KTLS
	5	Gan Ho Yan	SPCC
	6	Chu Ka Ying	SAGC
	7	Wu Wai Ue	UCC-THT
	8	Lo Kin Chi Ginny	PKMS
Semi-Final 3	1	Siu Yau	CCHK
	2	Ekwegwo Michelle Grace N	SEKSS-WK
	3	Wong Sze Yui	SCSG
	4	Yan Tsz Huen	MSC
	5	Huang Chui Yu	SLCSS
	6	Wong Peggy Pui Ki	HLC
	7	Cheng Tsz Yu Purple	QES
	8	Leung Chi Wun	SPCC

Event 22	Boys A Grade 100m		9:25am
	Record : 10.60		
Semi-Final 1	1	Pang Tsun Lam	NWC
	2	Ng, Tsun Wang	CREATIVE
	3	Chan Tin Hang	HTYC
	4	Datta, Kieran Marco Perez	CREATIVE
	5	Li Hung Yam	HLC
	6	Wong Hong Chit Alvin	SPCC
	7	Kwok Chun Hei	LA
	8	Leung Yiu Yam	CHC
Semi-Final 2	1	Noiwibol Sutichok	SBC
	2	Chan Yuk Laam Lewis	HW
	3	Lau Kam Keung	MS
	4	You Kwan Ming	HW
	5	Jiang Chun Leung	SBC
	6	Xian Tsz Wik	MS
	7	Ng Ngo Tin	UCC-THT
	8	Cheng Pang Lam	KSYSS
Semi-Final 3	1	Wong Yu Sum	NAMS
	2	Cai Ka Po	HS
	3	Chow Tsz Kit	NWC
	4	Yau Yik Shan	LA
	5	Shahil	SEKSS-WK
	6	Siu Quinton	CHC
	7	Li Wei Bo	SLCSS
	8	Leung Ching Hei	PLKNPL

Event 23	Boys A Grade Triple Jump		9:45am
	Record : 14.82		Standard : 10.00
Final	1	Yin Jinen	NWC
	2	Yiu Man Cheuk	HWC
	3	Ng Matthew	MS
	4	Leung Ching Bon	HTYC
	5	Ngai Chun Wai	UCC-THT
	6	Lin Cong	LSTLKK
	7	Chan Chun Long Daniel	HW
	8	Li Ka Him	HWC
	9	Tsang Wang Ho	JCGSS
	10	Ng Kwun San	SKHTSK
	11	Tsang Chun Yin Kenny	HW
	12	Lin Chaojun	MKES
	13	LAU TSZ KIN	CLS-NP
	14	Luo Guoheng	KTKLGSS
	15	Lin Yat Hong	JCGSS
	16	Yang Sing Wing	SSS
	17	Ng Ching Hang	CHC
	18	Chow Tsz Kit	NWC
	19	CHOW CHING YIN	CLS-NP
	20	Wu Shun Hoi	SSS
	21	Chung Ho Ching Henry	PLKNPL
	22	Li Kin Hung	KTKLGSS
	23	Xie Yiming	LSTLKK
	24	Ng Ki Lok	HTYC
	25	Pui Sze Long	CHC
	26	Akbar Saim	PLKNPL
	27	Ho Tsz Chun	NAMS
	28	Tse Chun Kit	HLC
	29	Lin Haifeng	MKES
	30	Yeung Sze Hang	UCC-THT
	31	Son, Keonwoo	CREATIVE
	32	Tan Bingfu	NAMS
	33	Huang Zhihui	HLC

Event 24	Girls C Grade 800m	9:45am	
	Record : 2:19.72	Standard : 3:30.00	
Heat 1	1	Kwok Tsz Yau	QES
	2	Wong Jessie	MKES
	3	Cheung Sin Tung	SPCC
	4	Lo Hoi Ki	JCGSS
	5	Ng Sum Lui	MS
	6	Lee Yan Tung	SAGC
	7	Or Wing Kiu	HTYC
	8	So Yau Tong Sophie	CS
	9	Ng Hoi Ming	HWC
	10	Tsui Yan Ching	SLCSS
	11	Huang Pui Laam	HLC
	12	Ruan Sau Ling	NAMS
	13	Cheung Hoi Ching	MSC
	14	Lo Ching Laam Hailey	EVANGEL
Heat 2	1	Kwan Yi Ching	HS
	2	Yuen Ching Ki	PLKCKY
	3	Yung Hei Laam	PLKNPL
	4	Sit Wai Ki	SAGC
	5	So Hei Shun	MSC
	6	Wong Tsz Ching Agnes	CCCRSS
	7	Law Pui Yi	MKES
	8	Yem Sze Wing	SBC
	9	Ou Yuen Ting	CCHK
	10	Chan Tsz Ching Gladys	EVANGEL
	11	Zou Man Ching	LSCC
	12	Li Zhengyi	PKMS
	13	Lam Aviana Olea	HW
	14	Kwong Ka Ki	LHYMSS
Heat 3	1	Leung Yan Ting	QES
	2	Lam Ho Ching	MS
	3	Loong Sze Wai Jasmine	KTLS
	4	Lan Jasmine Lauren	SPCC
	5	Wong Hei Suen	SBC
	6	Cheung Fei Fei	PTAL
	7	Chan Yu Ching	PLKTNK
	8	Lee Man Hei	PLKNPL
	9	Chui Ching Nam	LHYMSS
	10	Soon Tsz Yan Naomi	SKHTSK
	11	Chan Yat Fei	HW
	12	Leung Sze Tung	LSCC
	13	Wang Mei Ching	NAMS
	14	Ma Chung Yee	NWC
Heat 4	1	Peng Xin Di	KTLS
	2	Lau Wai Ying	PKMS
	3	So Cheuk Ying	SCSG
	4	To Mang Tsit	SKHTSK
	5	Mudassar Eshal Syed	PTAL
	6	Li Choi Kiu	PLKTNK
	7	Yang Ki Yan	HLC
	8	Poon Janice	PLKCKY
	9	Chung Mei Kiu	HS
	10	Tang Sin Ting	SLCSS
	11	Tsoi Kai Lam	CCHK
	12	Cheng Ho Shan	HTYC
	13	Chan Hei Nam	NWC

Event 25	Boys C Grade 800m		9:45am
	Record : 2:06.64		Standard : 2:53.00
Heat 1	1	Xia Zhenxuan	PTAL
	2	Lee Yiu Hang	HW
	3	Wong Chin Yuen	QES
	4	CAI KI KAM	CLS-NP
	5	Kwan Pak Chung	LSTLKK
	6	Wong Adrian Yat Hong	VSA
	7	Huang Bingkai	NAMS
	8	Lai Kwong Yu	NWC
	9	Au Yeung Siu Hei	LA
	10	Lau Hong Nam	SBC
	11	Mak Hang Sang	MFS
	12	Hung Long Yin	CCHK
	13	Ho Hiu Lok	CHC
	14	Wong Lok Him	PLKCKY
Heat 2	1	Zhang Daivi	SBC
	2	Yuen Mike	LSTLKK
	3	Shum Mathis Hin Lun	CS
	4	Wong Lok Yin	PLKNPL
	5	Wong Edison	SECC
	6	Oh Cheuk Hin	HWC
	7	Pun Lang	PTAL
	8	Wong Ngo Ting Scofield	LA
	9	Rai Tayamu	PLKTNK
	10	Chan Tsz Yin	HS
	11	So Long Yin Luigi	MKES
	12	Lam Yi Lok	CHC
	13	Lo Chung Tin	HTYC
	14	Crosson Michael Andrew Arquilla	CREATIVE
Heat 3	1	Cheung Man Lok	MKES
	2	Lau Cheuk Long	SECC
	3	Wong King Wai	HS
	4	Sunar Deepson	PLKTNK
	5	Yeung Fu Kiu	CCHK
	6	Gan Weixiong	KTKLGSS
	7	Fok Kin Yan	HWC
	8	Cheung Wai Yin	SKHTSK
	9	Yeung Yat Long	SEETER
	10	Wong Ho Chun	MS
	11	Lau Yik Hei	HLC
	12	Zhang Andy Jiangtao	PLKNPL
	13	Ho Yat Yin	MFS
	14	Wang Chak Hoi	JCGSS
Heat 4	1	Zheng Chi Hong	NWC
	2	Ma Yidan	JCGSS
	3	Chiu Ngai Chi	KTKLGSS
	4	Khan Haris Muhammad	HLC
	5	Wong Ngo Athan	CREATIVE
	6	Chan Tsz Kwan	HTYC
	7	Ng Lok Keung	NAMS
	8	Kwok Ka Ho	SLCSS
	9	Chiu Chun Ting	PLKCKY
	10	Peng Chi Yuen Matthew	SKHTSK
	11	Fok Hei Yin	HW
	12	Lam Ming Hei	QES
	13	Wong Chun Ming	MS
	14	CHENG KAI HENG	CLS-NP

Event 26	Girls B Grade 800m	9:45am	
	Record : 2:15.76	Standard : 3:22.00	
Heat 1	1	Lee Ting Wai Ava	HTYC
	2	Wong Yi Lam	KTLS
	3	Hung Wai Kiu Kianca	LSCC
	4	Ng Wing Yin Jodi	MSC
	5	Kwok Tsz Ki	HLC
	6	Yeung Kam Lam	CCHK
	7	Shum Man Hei	SPCC
	8	Lai Hiu Tung	SBC
	9	Lai Tsz Ying	MKES
	10	Chung Man Ki	LSTLKK
	11	Xu Zihan	PLKNPL
	12	Lee Sin Lam	SAGC
	13	Tsang Ka Yin	HW
	14	Siu Yuen Ching	NAMS
	15	Weng Zilin	CCCRSS
	16	Lin Sheng Lan	PKMS
Heat 2	1	Yuen Sum Yau	LHYMSS
	2	Leung Shiprah	HW
	3	Lok Suet Ching	PLKNPL
	4	Wu Chun Yuet	SBC
	5	Chung Cheuk Sze	PLKCKY
	6	Wong Tsz Kwan	CS
	7	So Chun Ki Megan	HTYC
	8	Tang Tsz Tung	KTLS
	9	Ng Ho Yan	PLKTNK
	10	Ho Tsz Ching	MS
	11	Li Tsz Yin	JCGSS
	12	Chung Hei Yee Hailey	MSC
	13	Chen Hoi Lam	VSA
	14	Lee Kit Ying	SKHTSK
	15	Yeung Wing Yu	NAMS
Heat 3	1	Chung Sze Ching	CS
	2	Li Sze Ching	MS
	3	Yu Wing Hei	SKHTSK
	4	Kwong Gei Yi Galie	EVANGEL
	5	Sin Yuen Ying	MKES
	6	Yeung Lap Yan	HLC
	7	Chan Chi Ting	LHYMSS
	8	Chong Yan Kei	CCHK
	9	Wong Ching Chi Doris	HWC
	10	Chan Cheuk Yin	LSCC
	11	Yiu Tsz Yau	JCGSS
	12	Li Zhuorui	PKMS
	13	Cheung Hau Tung Annabel	SPCC
	14	Wan Sze Wing	SAGC
	15	Chong Pui Ki	CCCRSS

Event 27	Boys B Grade 800m	9:45am	
	Record : 2:00.69	Standard : 2:40.00	
Heat 1	1	Zhu Zixi	SPCC
	2	Lam Tsz Ho	HW
	3	Butt Muhammad Owais	HLC
	4	Cheng Ka Kin	PLKVKTC
	5	Chen Zhi Guo Andy	SSS
	6	Wong Tsz Lam	CS
	7	HO CHUN YIN	CLS-NP
	8	Guan Ho Yin	QES
	9	Cheung Ngo Hei	SBC
	10	Kwok Kin Ting	NWC
	11	Li Lok Ho	LSTLKK
	12	Wu Zhengjie Jeffrey	KTKLGSS
	13	Kwok Yuk	SLCSS
	14	Li Yap Hin	CCCRSS

Heat 2	1	Zhang Kimi	PLKVKTC
	2	Chui Ka Ngai Karson	LA
	3	Chiu Chun Yuen	JCGSS
	4	Wong Chun Hei	MS
	5	Yip Ho Tsun	SSS
	6	Yeung Lok Ting	HTYC
	7	Chu Ho Ting	PLKNPL
	8	Wong Cheuk Yin	EVANGEL
	9	Prince Aaryan	CREATIVE
	10	Kwok Chun Hei	CS
	11	Lee Kit Long	SKHTSK
	12	Wang Jinhao	NAMS
	13	Chan Taylor	CCHK
	14	Li Hayden Jamie	VSA
Heat 3	1	Xu Henghun	CHC
	2	Tam Ho Hin	MMWC
	3	Kong Lik Hang	MKES
	4	Leung Wing Chit	SPCC
	5	Chan Kwan Fu	LA
	6	Cheng Chit Ping	SPETER
	7	Cai Hiu Wing	HS
	8	Chan Ho San	HTYC
	9	Lin Chak Wo	UCC-THT
	10	Ng Cheuk Yin	PLKNPL
	11	Lam Tsz Yeung Y Y	PLKTNK
	12	Wei Hong Tao	CCHK
	13	Huang Ho Yin	PTAL
Heat 4	1	Lian Hoi Yuk	UCC-THT
	2	Wong Kai Seng	SPETER
	3	Liu Guancun	KSYSS
	4	Feng Lok Yeung	HLC
	5	Kan Andy	CREATIVE
	6	Li Ming Pan	MFS
	7	Fung Hei Long	SBC
	8	Tan Caolan Chun Him	HWC
	9	Wong Pui Yin Owen	PLKCKY
	10	Cheung Chi Hei	JCGSS
	11	Ho Siu Fung	KTKLGSS
	12	Lee Jasper	HW
	13	Choy Ho Tik	MKES
Heat 5	1	Ng Dick Hei	SKHTSK
	2	Ye Yik Chan	LSTLKK
	3	Lam Pak Hei	MS
	4	Sze Hoi Ching	MFS
	5	Lam Shing Him	HWC
	6	Hu Songkai	CCCRSS
	7	Tse Shun Hoi	NAMS
	8	Wong King Kam	QES
	9	Wong Yik Chun	NWC
	10	CHEN WEI PENG	CLS-NP
	11	Huen Tsz Wai	PTAL
	12	Huang Hung Kin	SLCSS
	13	Shum Ying Hang Maurice	CHC

Event 28	Girls A Grade 800m	9:45am	
	Record : 2:17.06	Standard : 3:22.00	
Heat 1	1	Yin Jingying	PKMS
	2	Lam Tsz Yan	MS
	3	Lai Ka Yee	MFS
	4	Tse Ka Ki	SCSG
	5	WU YU FEI	CLS-NP
	6	Ip Ching	MSC
	7	Ma Cheuk Yiu	SKHTSK
	8	Choi Yan Kei	CCHK
	9	Lai Kong Yan	SLCSS
	10	Du Siying	MKES
	11	Lo Hei Mung Hebe	PLKNPL
	12	Zhang Xinbei	CCCRSS
	13	Leung Sam Yau Webie	SPCC
	14	Chen Ying	NAMS
	15	Wong Tsan Mei	HWC
	16	Zhuang Xin Yi	HW
Heat 2	1	Zhang Xiaorong	KSYSS
	2	Chan Yee Huen	HTYC
	3	Wong Hei Tung	SAGC
	4	Lau Hong Ching	PLKNPL
	5	Hung Ka Ying	PKMS
	6	Lam Ching Shun	PLKVKTC
	7	Chen Hok Ting	MS
	8	Wong Hoi Yu	SPCC
	9	Tse Nok Hang	KTLS
	10	Tse Chi Lam	HLC
	11	Liu Shuk Yui	HWC
	12	Fu Ching Shuen	LSCC
	13	Ng Wing Yi	UCC-THT
	14	Chau Lok	VSA
	15	Lee Chung Yan	QES
	16	Yip Man Wai	LHYMSS
Heat 3	1	Ng Chung Yan	SKHTSK
	2	Tse Tsz Ching	KTLS
	3	Law Man Ching	NAMS
	4	Chu Hiu Lam	CS
	5	Chan Hoi Yan	HLC
	6	Leung Hoi Wan Venus	SAGC
	7	So Wing Lam	SCSG
	8	Poon Wing Yan	HTYC
	9	Chung Cheuk Wing	MSC
	10	Ng Suet Yee	SSS
	11	Chau Yan Tung Charmaine	PLKVKTC
	12	Li Hoi Ming	QES
	13	Cheung Hau Ning	LHYMSS
	14	Zou Man Hei	LSCC
	15	Liang Caiyi	MKES
Event 29	Boys A Grade 800m	9:45am	
	Record : 1:54.89	Standard : 2:34.00	
Heat 1	1	Chan Ka Lok	HLC
	2	Huang Kwo Fung	SLCSS
	3	Pang Tin Yuet	HS
	4	Chan Yuen Tang	KSYSS
	5	Li Ching Chak	SKHTSK
	6	Ouyang Tianhua	CCCRSS
	7	Yim Long Tin	QES
	8	Feng Chun Hei	LSTLKK
	9	CHEUNG LAP SHING	CLS-NP
	10	Wong Hiu Fung	PLKVKTC
	11	Pong Pak Heng Kirklan	SPCC
	12	Cheung Hin Yu Evan	LA
	13	Chan Long Ho	SSS
	14	Zhang Xuanrong	KTKLGSS

Heat 2	1	Kwok Kin Lok	HWC
	2	Lin Haifeng	MKES
	3	Fung Leong Kwan	SPCC
	4	Fang Zhengzheng	HTYC
	5	Cheung Kai Kin	HLC
	6	Cheng Chun Ngai	NWC
	7	WONG TSUN	CLS-NP
	8	Kwok Wai Kuen	LSTLKK
	9	Yan King Yiu	QES
	10	Leung Chun Hei	MFS
	11	Ma Tsz Wai	LA
	12	Ngai Chun Wai	UCC-THT
	13	Lin Wai Hung	CHC
	14	Zhong Jiayi	NAMS

Heat 3	1	Wen Wenquan	KSYSS
	2	So Tsz Wai	PLKNPL
	3	Ho Tsz Chun	NAMS
	4	Mok Hong Lun	MS
	5	Wu Ho Wang	SPETER
	6	Choi Kit Ting	JCGSS
	7	Yu Chi Kan	CHC
	8	Hu Junyang	PTAL
	9	Zhang Yuanzhe	MKES
	10	Ko Wing Yam	KTKLGSS
	11	Wang Yuanyi	HW
	12	Lo Hin Ching	CREATIVE
	13	Ng Kwun Wa	CCHK
	14	Lun Tsz Yat Matthew	UCC-THT

Heat 4	1	Chan Kai Hong	PLKNPL
	2	Leung Yat Sum	SPETER
	3	Wang Yuanzheng	HW
	4	Luo Tsz Hin	JCGSS
	5	Nylander, Allan Axel Frank	CREATIVE
	6	Lam Li Hoi Chong	SBC
	7	Xu Zhennan	CCCRSS
	8	Yap Ho Yin	HTYC
	9	Zhang Ka Ho	NWC
	10	Feng Zizhao	MS
	11	Kan Kaden	PLKVKTC
	12	Lee Chun Wai	SKHTSK
	13	Hong Kuen Hon	CCHK

Event 30	Girls C Grade Discus		10:30am
	Record : 29.90		Standard : 12.00
Final	1	Fung Hey Ting	MS
	2	Yang Yingxin	SAGC
	3	Lam Hiu Ka	LHYMSS
	4	Chan On Kiu	KSYSS
	5	Wong Teen Yue	KTLS
	6	Yao Nok Hei	PKMS
	7	Tan Wing Ki	LSCC
	8	Choi Yan Ching	SKHTSK
	9	Chan Sze Yau	MSC
	10	Kwan Tsz Sum	LHYMSS
	11	Lai Yim Ka Alsa	SKHTSK
	12	Nip Wing Sze	NWC
	13	Choi Abigail	CCCRSS
	14	Yeung Tsz Lam	NWC
	15	Kong Hiu Ching	PKMS
	16	Lei Yuen Yee	CCHK
	17	Fan Corika	HW
	18	Song Linda	JCGSS
	19	Woo Sin Nga	PLKNPL
	20	Shao Wing Tung	HLC
	21	Ng Hiu Ling	CCHK
	22	Ng Hoi Ming	HWC
	23	Yip Man Wai	JCGSS
	24	Yeung Tsz Ying Mavis	UCC-THT
	25	Ho Chiu Tung	QES
	26	Zhou Zhuoying	HLC
	27	Chan On Kiu	MS
	28	Tan Suet Ying	HTYC
	29	Wong Tsz Tim	PTAL
	30	Dang Marsha	QES
	31	Ling Luxi	HW
	32	Lee Sze Hei	SAGC
	33	Lin Yik Ham	PLKNPL
	34	Yuen Mei Sophie	NAMS
	35	Sa-Nguanphan Sum Yin Wasabi	MKES
	36	Chang Ka Lee Kelly	LSCC
	37	Liang Ho Ching	HWC
	38	Zhang Zumiao	KTLS
	39	Lo Jaycee Tsz Ko	EVANGEL
	40	Lam Hei Yi	PTAL
	41	Yeung Hei Yin	MSC
	42	Ng Yee Lam Elaine	MKES
	43	Wu Olina	NAMS
	44	Lin Chi Jung	UCC-THT
	45	Yang Chi Laam Jeannie	HTYC
	46	Li Michelle	SCSG
	47	Bunthiam Wannida	KSYSS

Event 31	Girls B Grade Shot Put	10:30am	
	Record : 12.25	Standard : 6.20	
Final	1	Chu Sin Yee Cindy	NAMS
	2	Tsang Wing Yin	MKES
	3	Cheng Tsz Suet	HWC
	4	Lau Tsz Ki	LHYMSS
	5	Guan Ruitong	JCGSS
	6	Chan Yee Lui	MMWC
	7	Woo Ka Wai	MS
	8	Choi Kwan Yuk	SLCSS
	9	Tang Ying	SAGC
	10	Wong Hiu Lam Avon	LSCC
	11	Wei Minghan	HS
	12	Hung Hiu Ching	QES
	13	Wong Yam Yan	SSS
	14	Chan Yin Ching Chloe	JCGSS
	15	Chan Hiu Yin	HW
	16	Lu Zicheng	PKMS
	17	Tang Wing Sze	LSTLKK
	18	Kwan Wing Sum	QES
	19	Tsui Yee Ting	KTLS
	20	Chan Ka Lam	HWC
	21	Lam Sze Wing	PLKNPL
	22	Hon Yan Ching	SLCSS
	23	Yuen Cheuk Wai	HTYC
	24	Ma Ho	CS
	25	Chen Man Ching	MFS
	26	Cheng Wai Shan	LSCC
	27	Liu Wai Kiu Eunice	SPCC
	28	Ko Yu Yan	NAMS
	29	Chen Zihan	PLKTNK
	30	Woo Tsz Ching	SKHTSK
	31	Ho Chi Yan	MFS
	32	Chen Tsz Lam	VSA
	33	Sun Kit Yiu	HS
	34	Wang Chi Yu	SSS
	35	Chen Shuer	HW
	36	Chan On Yi	HLC
	37	Choi Tsz Yu	CS
	38	Hung Wing Yee	MS
	39	Chau Wai Lam	SAGC
	40	Kwok Wing Yee	HLC
	41	Woo Sin Yu	PLKNPL
	42	Li Yat Ching	CCCRSS
	43	Yau Hiu Wai Brianne	PKMS
	44	Chan Mei Lam	SKHTSK
	45	Chun Ka Yan	KTLS
	46	Wong Tsz Ying	MSC
	47	Au Yin Lam	CCCRSS
	48	Ku Cheuk Luciana	SPCC
	49	Tsang Sin Yin	LHYMSS
	50	Ling Ho Ka	UCC-THT
	51	Leung Wai Nam	MSC
	52	Kwong Gei Yi Galie	EVANGEL

Event 32	Boys A Grade Shot Put	1:00pm	
	Record : 15.48	Standard : 8.50	
Final	1	Ip Cheuk Chun	HLC
	2	Chu Ming Pang	JCGSS
	3	Ho Shun Hei	SBC
	4	Liu Hoi Chi	CCHK
	5	Chot King Yiu	SPETER
	6	Zheng Tianrui	LSTLKK
	7	Zhang Yu Yan	MS
	8	Lai Wai Tin Kelvin	NWC
	9	Xue Wentao	CHC
	10	Tong Yuk Kwan Jason	HTYC
	11	Tung Kui Kei	MFS
	12	Zhai Chun Kit	HWC
	13	Luo Wai Ho	CCCRSS
	14	Wong Pok Him	HW
	15	Cai Hoi Chau	SPETER
	16	Chung Yik Lam	UCC-THT
	17	Liu Kam Yin	CHC
	18	Chen Tak Cheung	KTKLGSS
	19	Wong Yan Yin	SKHTSK
	20	Lu Hoi Tik	NAMS
	21	Zhou Zuxu	QES
	22	XU JUN HUI	CLS-NP
	23	Clarkson Ethan Denim	CREATIVE
	24	Luo Tik Long	NAMS
	25	Chan Yuk Kiu	MKES
	26	Cheng Ngai Kiu	PLKVKTC
	27	Chen Ngai Benedict	UCC-THT
	28	Chiu Kin Hei Ethan	SPCC
	29	Li Risheng	MKES
	30	Siu Hin Lok	LA
	31	Ma Tsz Hin	HS
	32	Chen Peiyang	KSYSS
	33	Chen Fong Yam	KTKLGSS
	34	Cao Chengshuang	LSTLKK
	35	Brar Harjoben Singh	CREATIVE
	36	Coro Henry Jr. Gatdula	PLKNPL
	37	Heinrichs Andreas A.	SKHTSK
	38	Tam Cheuk Nam	HTYC
	39	Vishaldeep-Singh	CLS-NP
	40	Li Yuk Yin	PLKVKTC
	41	Cheung Ching Ip	JCGSS
	42	Chan Man Hin	CCHK
	43	Cheng Kwan Ting	HLC
	44	Ruan Jun Yu	MS
	45	Kan Tak Hei Max	HW
	46	Hung Ming Hei	HS
	47	Cheng Pok Him	QES
	48	Yip Man Ho	NWC
	49	Xu Weihang	PLKNPL

Event 33	Boys B Grade Javelin		1:00pm
	Record : 58.50		Standard : 17.50
Final	1	Leung Yan Ho	QES
	2	Hu Rain	PLKNPL
	3	Leung Ho Lok	CHC
	4	Wei Si Zhe	JCGSS
	5	Chan Yi Hua	HWC
	6	Lam Fung	CCHK
	7	Leung Ka Chun	LSTLKK
	8	Chen Nok Yin	NWC
	9	Yip Tsz Hin	NAMS
	10	Yeung Chun Ho	LA
	11	Ng Chun Hei	PTAL
	12	Zou Hiu Ming	UCC-THT
	13	Huang Ho Pan	HLC
	14	Wong Ho Yin	HWC
	15	Chau Ho Ming	MS
	16	Tam Tsz Fung	CS
	17	Chan Pak Yeung Nathan	HW
	18	Lo Hei Lam	SKHTSK
	19	Wong Chun Yin Clement	QES
	20	Zhong Jialang	NAMS
	21	Cheung Chun Kit	MMWC
	22	Huan Yuen	JCGSS
	23	Lai Lok Samuel	CREATIVE
	24	Fong Pak Yin	HS
	25	Ho Shun Chi	HLC
	26	Li Zexi	CHC
	27	Fang Sen	PLKNPL
	28	Wong Wing Hei	CS
	29	Lian Hoi Yuk	UCC-THT
	30	Yee Chung Lun	CCHK
	31	Cheung Ka Chun	NWC
	32	Chau Ho Wai	MS
	33	Tong Siu Chun Ethan	SPCC
	34	Fong Tsz San	SLCSS
	35	Liang Ka Hei	HW
	36	Liu King Wai	PTAL
	37	Kwan Pak Lai Sunny	LSTLKK
	38	So Chin Hei Isaac	SKHTSK

Event 34	Girls A Grade High Jump		1:00pm
	Record : 1.74		Standard : 1.23
Final	1	To Tung Ki	SKHTSK
	2	Wong Hoi Ching	MFS
	3	Liang Caiyi	MKES
	4	Yip Hau Chee	SPCC
	5	Chan Yee Nam Nicole	PLKNPL
	6	Li Tsz Ying	LSCC
	7	Kwong Tsz Yan	LHYMSS
	8	Ting Wing Chi	MFS
	9	Shiu Cho Ying	SAGC
	10	So Ching Kwan Ina	PLKCKY
	11	Yip Man Wai	LHYMSS
	12	Chan Joellie	MSC
	13	Wong Sze Pin Melody	HWC
	14	Lam Pui Ying	LSCC
	15	Siu Yau	CCHK
	16	Chen Yuen Yee	SAGC
	17	Ma Cheuk Yiu	SKHTSK
	18	Tsang Wing Chi	PKMS
	19	Chan Wing Kiu	HW
	20	Yu Siyou	JCGSS
	21	Chan Hoi Ki	MSC

Event 35	Girls C Grade Long Jump	1:00pm
	Record : 5.43	Standard : 3.10
Final	1 Chan Man Lai	HWC
	2 Ma Wing Lam Kimberly	PLKNPL
	3 Fung Hoi Ching	SPETER
	4 Xie Susan	SPCC
	5 Chan Yin Lam Sevina	MS
	6 He Wing Hei	LSTLKK
	7 Yu Shuk Ki	LHYMSS
	8 Ma Ka Yi	NWC
	9 Law Hei Lam	SBC
	10 Lee Hoi Yan	HWC
	11 Cheung Nga Yin	PTAL
	12 Tsang Yu Laam	SLCSS
	13 Yeung Ching	SKHTSK
	14 Wong Tsz Yiu	SLCSS
	15 Wong Sin Yu Martha	MFS
	16 Sit Wai Ki	SAGC
	17 Chow Ga Ying	LSCC
	18 Ng Cheuk Hei	VSA
	19 Chung Mei Kiu	HS
	20 Chung Hei Tung	KTLS
	21 Cheung Tsz Ching	HLC
	22 Choi Abigail	CCCRSS
	23 Leong Kung Sum	JCGSS
	24 Lau Hau Tung	PTAL
	25 Liu Xiang	SAGC
	26 Ng Wing Sum	SKHTSK
	27 Yip Man Wai	JCGSS
	28 Cheung Yuet	MSC
	29 Kwan Yi Ching	HS
	30 Lam Wing Tung	NAMS
	31 Pang Reggie	PKMS
	32 So Yu Ching	CCHK
	33 Yu Wing Lam	EVANGEL
	34 Chung Yan Nok	HTYC
	35 Cheung Ying Chi	MMWC
	36 Zhang Xiaochen	LHYMSS
	37 Ho Chun Tung	MKES
	38 Lai Yan Ching	KTLS
	39 Chan Sum Yau Charlotte	VSA
	40 Wu Cheuk Kiu	HTYC
	41 Hui Wing Yan Melanine	SPCC
	42 Wong Hin Ching Jane	EVANGEL
	43 Wu Angelina Natasha	PLKNPL
	44 Zhao Kwan Yee	SSS
	45 Ng Ming Lam	LSCC
	46 Wu Tsz Ki	PLKTNK
	47 Mak Tze Ying	PLKCKY
	48 Chen Yongjun	NAMS
	49 Kwan Maia	MSC
	50 Yip Hoi Lam	CCHK
	51 Chan Yu Ching	PLKTNK
	52 Hung Luk Yiu	PLKCKY
	53 Wu Sum Yuet	HLC
	54 Cheuk Tsz Yiu	SPETER
	55 Li Sze Sze	MS
	56 Lin Wing Lam	MKES
	57 Leung Hoi Ching	LSTLKK
	58 Fung Ho Yan	MFS
	59 Cheng Tsz Yan	NWC
	60 Lam Wai Yin	HW
	61 Man Hoi Ling	SCSG
	62 Lam Ching Yu	MMWC
	63 Tsoi Sze Sin	PKMS

Event 36	Girls C Grade 200m		1:00pm
	Record : 25.77		
Semi-Final 1	1	Xie Man Man	SLCSS
	2	Cheung Yan Tung	EVANGEL
	3	Wong Yuet Ching	MS
	4	Chan Tsz Yan	MS
	5	Lui Hang Yi	PKMS
	6	Tse Hiu Huen	UCC-THT
	7	Ng Wai Yee Charice	LSCC
	8	Hui, Nicole Yat Ka	PLKCKY
Semi-Final 2	1	Lam Melissa	PKMS
	2	Sun Hiu Ching Alicia	SPCC
	3	Chong Hei Yu	PLKNPL
	4	Ho Cheuk Lam Chloe	MSC
	5	Chu Tak Ching	HS
	6	Law Constance	UCC-THT
	7	Wan Tsz Tung	LSCC
	8	Wu Tsz Ki	PLKTNK
Semi-Final 3	1	Lam Sum Yi	LHYMSS
	2	Ku Wing Ching Jasmine	SPCC
	3	Fong Yuen Sum	MSC
	4	Choi Kwan Yat	HS
	5	Siu Ho Kiu	KTLS
	6	Wong Chung Yan Abby	PLKCKY
	7	Ngai Boon Ga Jessica	KTLS
	8	Woo Hiu Yan	PLKNPL
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Event 37	Boys C Grade 200m		1:00pm
	Record : 22.59		
Semi-Final 1	1	Wong Wai Ting	SSS
	2	Li Wang Pok	CHC
	3	Chan Chun Kin	CHC
	4	Mok Tsun Yu	LSTLKK
	5	Wong Kin Ho Marcus	LA
	6	Yang Zhili	HW
	7	Cheung Tsz Shing	MS
	8	Wang Tsun Hei	HLC
Semi-Final 2	1	Ou Yuk Ning	HLC
	2	Du Zhongning	VSA
	3	Leung Aiden Wai Shun	SPCC
	4	Sin Cheuk Hei Kingsley	UCC-THT
	5	Lee Chi Sum Samson	SKHTSK
	6	Li Ching Him Benjamin	HW
	7	You Xiang	JCGSS
	8	Lu Sai Yan	HWC
Semi-Final 3	1	Shui Chun Yiu	HS
	2	Lau Pak Shing	LSTLKK
	3	Chan Zi Tao	SLCSS
	4	Leung Lap Kwong	UCC-THT
	5	Liao Fun Hi	KSYSS
	6	Wong Bong Yui	SKHTSK
	7	Yu Yun Wang	MS
	8	Au Joi Shan	LA
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Event 38	Girls B Grade 200m		1:00pm
	Record : 24.96		
Semi-Final 1	1	Ng Ching Yin	KTLS
	2	Chu Tak Sheung	HS
	3	Chiu Sophia Yin Ting	SPCC
	4	Chiu Suet Ching	PKMS
	5	Wong Yui	CS
	6	Fan, Ka Yau Charlotte	PLKCKY
	7	Chan Yuet Ching	PKMS
	8	Lee Ka Yan	JCGSS

Semi-Final 2	1	Luk Tsz Kwan Christy	LSCC
	2	Wong Yat Sum	MSC
	3	Lin Ue Shan	KTLS
	4	Cheng Nok Tung	MSC
	5	Lui Hei Yu	SCSG
	6	Chan Yin Kei	LSCC
	7	Li Shing Fei	SBC
	8	Lei Xiaoying	UCC-THT
Semi-Final 3	1	Ali Shiloh Asia	SEKSS-WK
	2	Law Tiana	SPCC
	3	Leong Sum Yin	MS
	4	Tse, Lok Ying Tammy	PLKCKY
	5	Chow Yuet	LHYMSS
	6	Tsui Leann Wing Lam	VSA
	7	Tang Tsz Ching	CHC
	8	Yuen Chi Yan	MS

Event 39	Boys B Grade 200m	1:15pm
Record : 21.90		

Semi-Final 1	1	Leung Ming Ho	NWC
	2	Ho Ka Chun	MS
	3	Yan Kai Yin	SKHTSK
	4	To Ian	LA
	5	Yu Ming Hau Akitaka	MFS
	6	Cheng Tsz Fuk	HS
	7	Erno Matthew Raeburn Manimtim	PLKVKTC
	8	Cho Hin Man Hadden	SPCC
Semi-Final 2	1	Yu Chun Fung	PLKCKY
	2	Xian Wing Fai	SSS
	3	Yang Tung Kit	CHC
	4	Huang Kam Po	CHC
	5	Lam Pak Yan	MS
	6	Yu Boyuan	CREATIVE
	7	Hubb-A-Abbas	JCGSS
	8	Hui Ka Hei	MMWC
Semi-Final 3	1	Wong Kwok Sing	QES
	2	Yip Shing Chi Marc	VSA
	3	Guan Jiancheng	KTKLGSS
	4	Chan Ching Nok	PLKNPL
	5	Lee Wing Yin	KTKLGSS
	6	Yau Wai Yin	VSA
	7	Cheung Yik Wai Botan	LA
	8	Lee Ho Kai	SPCC

Event 40	Girls A Grade 200m	1:15pm
Record : 24.31		

Semi-Final 1	1	Leung Hoi Ching	UCC-THT
	2	Sy Mei Han Sabrina	PKMS
	3	To Yan Tung	LSCC
	4	Wong Ho Ting	HW
	5	Lo Pui Kwan	KTLS
	6	Kong Pak Ue Anson	SAGC
	7	Pang Ching Tung	HW
	8	Chang Ho Yan	MKES
Semi-Final 2	1	Chan Wing Ki	HTYC
	2	Cheng Nok Ching	MSC
	3	Ekwegwo Michelle Grace N	SEKSS-WK
	4	Kuan Hoi Lam	SKHTSK
	5	Gan Ho Yan	SPCC
	6	Zheng Xin Yi	PLKNPL
	7	Wu Wai Ue	UCC-THT
	8	Lam Ka Lai	KTLS

Event 41	Boys A Grade 200m	1:15pm
	Record : 21.91	
Semi-Final 1	1 Cheng Yau Ming	KSYSS
	2 Shi Jiahui	KTKLGSS
	3 Shahil	SEKSS-WK
	4 Chan Yuk Laam Lewis	HW
	5 Chan Tin Hang	HTYC
	6 Lau Kam Keung	MS
	7 Lam Chun Ting	PLKNPL
	8 Chen Tsz Ho	KTKLGSS
Semi-Final 2	1 Jiang Chun Leung	SBC
	2 Ng, Tsun Wang	CREATIVE
	3 You Kwan Ming	HW
	4 Pui Sze Long	CHC
	5 Cai Ka Po	HS
	6 Lo Kwun Man	MS
	7 Cheung, San Hei	CREATIVE
	8 Leung Yiu Yam	CHC
Event 42	Boys C Grade 1500m	1:30pm
	Record : 4:24.54	Standard : 5:58.00
Final	1 Wong Edison	SPCC
	2 Lai Kwong Yu	NWC
	3 Wong Hon Ting	NAMS
	4 Lau Yik Hei	HLC
	5 Peng Chi Yuen Matthew	SKHTSK
	6 Lau Cheuk Long	SPCC
	7 Kwok Ka Ho	SLCSS
	8 Sunar Deepson	PLKTNK
	9 Hui Yin Nap	NWC
	10 Li Haochen	KSYSS
	11 Lam Yui	PLKNPL
	12 Fok Hei Yin	HW
Event 43	Boys B Grade 1500m	1:30pm
	Record : 4:10.65	Standard : 5:40.00
Final	1 Wong Chun Hei	MS
	2 Yu Ka Long	SPCC
	3 Wong Yik Chun	NWC
	4 Chan Taylor	CCHK
	5 Chan Chi Yuen	MS
	6 Woo Bono	QES
	7 Wong Pui Yin Owen	PLKCKY
	8 Leung Shu Pak	LA
	9 Fung Hei Long	SBC
	10 Lee Jasper	HW
	11 Kwong Yau Lam	PLKNPL
	12 Kwan Chi Ho Adrian	VSA
Event 44	Boys A Grade 1500m	1:30pm
	Record : 4:02.02	Standard : 5:30.00
Final	1 Sze Sum Tik	NAMS
	2 Yung Yui Hei Dominic	MFS
	3 Wan Yu Chiu	NAMS
	4 Woo Alok	QES
	5 Lo Chun Hei	KSYSS
	6 Mak Kwan Chuen	MKES
	7 Kong King Yu	HTYC
	8 Chan Ka Lok	HLC
	9 Feng Junhong	KTKLGSS
	10 Wong Man Leong Winston	QES
	11 Man Cheuk Nam	PLKVTC
	12 Kong Kwok Wa	LSTLKK

Event 45	Girls C Grade 4x400m Relay	2:00pm
	Record : 4:12.52	Standard : 5:45.00
Heat 1	1	HWC
	2	HTYC
	3	HS
	4	VSA
	5	PKMS
	6	LSCC
	7	MS
	8	CHC
Heat 2	1	MSC
	2	MFS
	3	MKES
	4	JCGSS
	5	NAMS
	6	SLCSS
	7	PTAL
	8	LHYMSS
Heat 3	1	SPCC
	2	QES
	3	SBC
	4	EVANGEL
	5	HLC
	6	CS
	7	PLKTNK
	8	NWC
Heat 4	1	SAGC
	2	PLKNPL
	3	KTLS
	4	CCHK
	5	HW
	6	MMWC
	7	PLKCKY
	8	SKHTSK

Event 46	Girls B Grade 4x400m Relay	2:00pm
	Record : 3:59.42	Standard : 5:35.00
Heat 1	1	NAMS
	2	PLKNPL
	3	CCHK
	4	HS
	5	HTYC
	6	PLKCKY
	7	MSC
Heat 2	1	PLKTNK
	2	SPCC
	3	MS
	4	LSCC
	5	MFS
	6	SKHTSK
	7	PKMS
Heat 3	1	QES
	2	JCGSS
	3	LHYMSS
	4	HWC
	5	HLC
	6	CS
	7	KTLS
Heat 4	2	PTAL
	3	VSA
	4	CHC
	5	HW
	6	SAGC
	7	MMWC

Event 47	Girls A Grade 4x400m Relay	2:00pm
	Record : 4:07.82	Standard : 5:28.00
Heat 1	1	SAGC
	2	HTYC
	3	HW
	4	UCC-THT
	5	PKMS
	6	CLS-NP
	7	JCGSS
	8	PTAL
Heat 2	1	MSC
	2	SPCC
	3	LHYMSS
	4	HLC
	5	CCHK
	6	PLKNPL
	7	MMWC
	8	SKHTSK
Heat 3	1	NAMS
	2	LSCC
	3	HWC
	4	HS
	5	KTLS
	6	PLKVKTC
	7	MFS
	8	QES
Event 48	Boys C Grade 4x400m Relay	3:15pm
	Record : 3:45.03	Standard : 4:50.00
Heat 1	1	MKES
	2	CCHK
	3	PLKTNK
	4	KTKLGSS
	5	SBC
	6	HS
	7	HWC
Heat 2	1	CLS-NP
	2	HLC
	3	PTAL
	4	MMWC
	5	HTYC
	6	SLCSS
	7	HW
Heat 3	1	CHC
	2	MFS
	3	CREATIVE
	4	MS
	5	NWC
	6	LSTLKK
	7	LA
Heat 4	1	SPCC
	2	SKHTSK
	3	PLKNPL
	4	NAMS
	5	JCGSS
	6	QES
	7	PLKCKY

Event 49	Boys B Grade 4x400m Relay	3:15pm
	Record : 3:33.81	Standard : 4:28.00
Heat 1	1	MFS
	2	HW
	3	SPCC
	4	PLKTNK
	5	PLKNPL
	6	KTKLGSS
	7	PLKVKTC
	8	MMWC
Heat 2	1	CLS-NP
	2	CREATIVE
	3	MKES
	4	CHC
	5	SLCSS
	6	JCGSS
	7	LA
	8	CCHK
Heat 3	1	NWC
	2	MS
	3	HTYC
	4	SBC
	5	PTAL
	6	LSTLKK
	7	HS
Heat 4	1	HLC
	2	QES
	3	NAMS
	4	HWC
	5	PLKCKY
	6	CS
	7	SKHTSK
Event 50	Boys A Grade 4x400m Relay	3:15pm
	Record : 3:25.18	Standard : 4:13.00
Heat 1	1	SPCC
	2	SLCSS
	3	HWC
	4	HW
	5	CCHK
	6	PLKNPL
	7	CREATIVE
	8	KTKLGSS
Heat 2	1	HLC
	2	UCC-THT
	3	KSYSS
	4	SBC
	5	QES
	6	HS
	7	SPETER
Heat 3	1	PTAL
	2	LSTLKK
	3	MFS
	4	MMWC
	5	MS
	6	MKES
	7	PLKVKTC
Heat 4	1	NAMS
	2	CLS-NP
	3	CHC
	4	NWC
	5	JCGSS
	6	SKHTSK
	7	HTYC