

HONG KONG ISLAND & KOWLOON SECONDARY SCHOOLS
INTER-SCHOOL ATHLETICS COMPETITION 2023-2024
DIVISION THREE (AREA 2)

GUEST OF HONOUR

MR. CHENG YING KAI

PRINCIPAL OF MARYKNOLL SECONDARY SCHOOL

Acknowledgement

The Hong Kong Island & Kowloon Secondary Schools Regional Committee wishes to express its appreciation to the following organisations and persons for their support & assistance to the Inter-School Athletics Competition (Division Three (Area 2)).

- *MR. CHENG YING KAI, PRINCIPAL OF MARYKNOLL SECONDARY SCHOOL for presenting prizes to winning schools*
- *LEISURE AND CULTURAL SERVICES DEPARTMENT for subventing the Competition*
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- *MR. TANG KUN LOI, MR. ERIC TSANG & MR. WATSON NG for serving as Referees*
- *LIFE LINE MEDICAL TRAINING CENTRE 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 United Christian College (Tai Hang Tung)*
- *STUDENT HELPERS of St. Antonius Girls' College*
- *STUDENT HELPERS of participating schools*

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	
		<i>Student from LSTLKK</i>	
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
		<i>Student from CCHK</i>	
		<i>Student from MKES</i>	
		<i>Student from QES</i>	
		<i>Student from SPETER</i>	
Track Umpire	:	1. Mr. Lai Tsz Leung SPCC - Chief	10. Ms. Chan Hoi Man NAMS
+ Relay Take Over		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	8. Ms. Chan Sze Tung PLKVKTC
		2. Teacher from CLS-NP CLS-NP	9. Mr. Lau Ho Yin PTAL
		3. Mr. Soo Yan Lok EVANGEL	10. Ms. Chau Yuk Ying SBC
		4. Mr. Chan Kok Hing HLC	11. Ms. Li Wing Nga Kathy SCSG
		5. Ms. Chang Ka Wa LSCC	12. Mr. Kwok Wai Yin SKHTSK
		6. Ms. Kan Tan Tan LSCC	13. Ms. Li Lu SSS
		7. Teacher from NWC NWC	
		<i>Student from EVANGEL</i>	
		<i>Student from LSCC</i>	
		<i>Student from SBC</i>	
		<i>Student from SSS</i>	
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) (Day 2 & Final)	

Time Table

Division Three (Area 2)

Final Day 26 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		Final
		8:15am	Officials Report (工作人員報到)		
AM	1	8:30am	Discus (鐵餅)	Boys A	52
	2		High Jump (跳高)	Boys B	51
	3		Long Jump (跳遠)	Girls B	57
	4		Shot Put (鉛球)	Girls C	53
	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	38
	24	10:30am	Long Jump (跳遠)	Boys A	55
	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	38
	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	41
	39		1500m	Girls C	51
	40		"	Girls B	40
	41		"	Girls A	34
	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 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

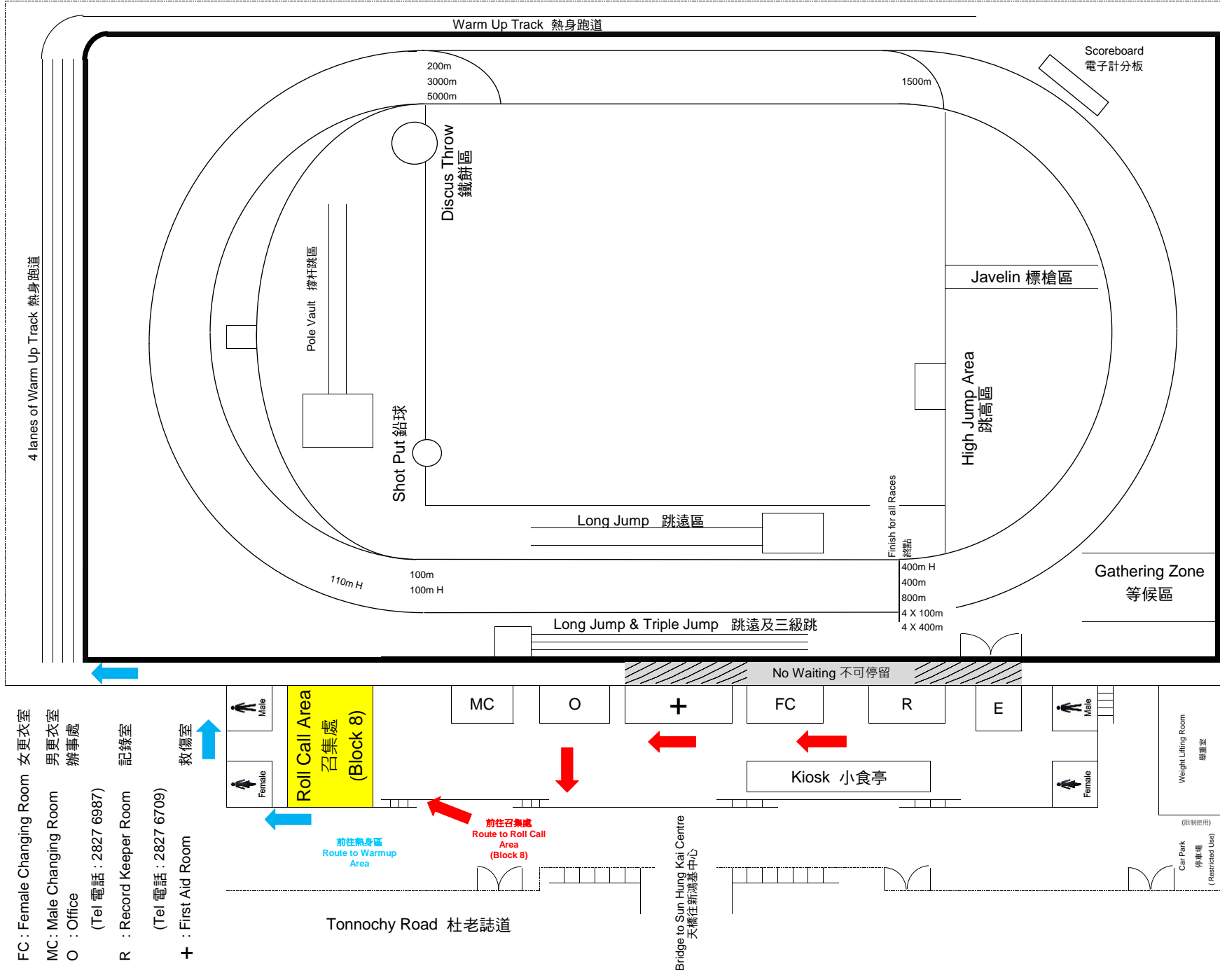
(Tel 電話 : 2827 6987)

R : Record Keeper Room 記錄室

(Tel 電話 : 2827 6709)

+ : First Aid Room 救傷室

Hung Hing Road 鴻興道



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)
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 2)

Day Two 22 February 2024

Boys Overall

Position	School	A	B	C	Total
1	Maryknoll Secondary School	20	65	18	103
2	Hon Wah College	40	26	26	92
3	Po Leung Kuk Ngan Po Ling College	16	40	28	84
4	SKH Tang Shiu Kin Secondary School	12	27	28.5	67.5
5	Ho Lap College (Sponsored by the Sik Sik Yuen)	22	27	17	66
6	CCC Heep Woh College	10	25	30	65
7	St. Paul's Co-educational College	11	29	24	64
8	Ng Wah Catholic Secondary School	20	21	22	63
9	China Holiness College	26	27	7	60
9	New Asia Middle School	24	21	15	60
11	Kwun Tong Kung Lok Government Secondary School	37	12	9	58
12	HKCCCU Logos Academy	21	15	20	56
13	Lok Sin Tong Leung Kau Kui College	14.5	11	30	55.5
14	Mu Kuang English School	17	15	22	54
15	The YWCA Hioe Tjo Yoeng College	26	10	13	49
16	Henrietta Secondary School	3	24	17	44
17	United Christian College (Tai Hang Tung)	25	10	7	42
18	Queen Elizabeth School	19	15	7	41
19	Maryknoll Fathers' School	12	13	15.5	40.5
20	Shun Lee Catholic Secondary School	4	25	10	39
21	St. Bonaventure College and High School	12.5	15	5	32.5
22	Po Leung Kuk Choi Kai Yau School		15	11	26
22	Creative Secondary School	10	7	9	26
24	Scientia Secondary School	8	11	6	25
24	St. Peter's Secondary School	12	9	4	25
24	Jockey Club Government Secondary School	6	12	7	25
27	Evangel College		21	1	22
28	Kowloon Sam Yuk Secondary School	13	4	4	21
29	Po Leung Kuk Tong Nai Kan Junior Secondary College		8	12	20
30	Cognitio College (Hong Kong)	11	6	2	19
31	CCC Rotary Secondary School	4	11	1	16
32	CCC Mong Man Wai College	1	11	3	15
33	Victoria Shanghai Academy (Secondary Section)		8	6	14
33	Pentecostal School	2	12	0	14
35	Po Leung Kuk Vicwood K. T. Chong Sixth Form College	4	4		8
36	Sir Ellis Kadoorie Secondary School (West Kowloon)	2	2	0	4
37	Carmel Secondary School		3	0	3

Inter-School Athletics Competition 2023-2024

Division Three (Area 2)

Day Two 22 February 2024

Girls Overall

Position	School	A	B	C	Total
1	Munsang College	32	26	47	105
2	Kowloon True Light School	18	49	24.5	91.5
3	St. Antonius Girls' College	29.5	17	24.5	71
4	St. Paul's Co-educational College	20	18	28	66
5	Pui Kiu Middle School	21	21	16	58
6	Maryknoll Secondary School	12	10	27	49
7	Po Leung Kuk Ngan Po Ling College	20	10	18	48
8	Lingnan Hang Yee Memorial Secondary School	19	9	19	47
9	United Christian College (Tai Hang Tung)	33	7	6	46
10	Leung Shek Chee College	13	16	16	45
11	Hon Wah College	31.5	8	4	43.5
12	CCC Heep Woh College	4	20	15	39
13	Victoria Shanghai Academy (Secondary Section)	1	19	18	38
14	Shun Lee Catholic Secondary School	9	14	11	34
15	Henrietta Secondary School	6	14	13	33
16	SKH Tang Shiu Kin Secondary School	6	7	19	32
17	Lok Sin Tong Leung Kau Kui College	11	7	12	30
18	Po Leung Kuk Choi Kai Yau School	1	17	11	29
19	Ho Lap College (Sponsored by the Sik Sik Yuen)	19	1	8	28
20	The YWCA Hioe Tjo Yoeng College	8	9	10	27
20	CCC Rotary Secondary School	2	17	8	27
22	St. Catharine's School for Girls	15	5	6	26
23	Queen Elizabeth School	12	5	8	25
24	Cognitio College (Hong Kong)	9	0	9	18
25	New Asia Middle School	2	5	7	14
26	Carmel Secondary School	2	10	1	13
27	Mu Kuang English School	7	2	3	12
27	Jockey Club Government Secondary School	2	7	3	12
29	Evangel College		1	9	10
30	Maryknoll Fathers' School	3	2	4	9
30	Pentecostal School	0	0	9	9
30	Scientia Secondary School	1	4	4	9
33	China Holiness College		4	4	8
33	St. Bonaventure College and High School	3	3	2	8
35	Po Leung Kuk Tong Nai Kan Junior Secondary College		4	2	6
35	Ng Wah Catholic Secondary School		0	6	6
37	St. Peter's Secondary School	0	2	2	4
38	Sir Ellis Kadoorie Secondary School (West Kowloon)	2	1		3
38	Kowloon Sam Yuk Secondary School	3	0	0	3
38	Po Leung Kuk Vicwood K. T. Chong Sixth Form College	3			3
38	CCC Mong Man Wai College	0	1	2	3

Inter-School Athletics Competition 2023-2024

Division Three (Area 2)

Final Day 26 February 2024

Event 1	Boys A Grade Discus	8:30am
	Record : 49.69	Standard : 18.50
Final	1 Mok Man Fai	CCHK
	2 Chung Yik Lam	UCC-THT
	3 Ke Chun Wa	KTKLGSS
	4 Xu Weihan	PLKNPL
	5 Clarkson Ethan Denim	CREATIVE
	6 Ngo Chun Man	KSYSS
	7 Lu Hoi Tik	NAMS
	8 Lau Hon Fung	SSS
	9 Tong Yuk Kwan Jason	HTYC
	10 Su Chun Kit	MS
	11 Mohammad Uzair Iqbal	JCGSS
	12 Luo Tik Long	NAMS
	13 Chung Man Fung	CHC
	14 Au Yeung Tsz Pang	MFS
	15 Cheung Ka Lok	KSYSS
	16 Chiu Kin Hei Ethan	SPCC
	17 Xue Wentao	CHC
	18 Wong Pak Lam	NWC
	19 Chan Yin Sik	HS
	20 Yip Man Ho	NWC
	21 XU JUN HUI	CLS-NP
	22 Lai Tsz Long	SPETER
	23 Chan Yuk Kiu	MKES
	24 Chan Ngai	LSTLKK
	25 Zhou Zuxu	QES
	26 Chen Ngai Benedict	UCC-THT
	27 Cheng Ngai Kiu	PLKVKTC
	28 Lee Kin Fung	HWC
	29 Fung Chi Yuen Jimmy	HW
	30 Lee Chun Hang	KTKLGSS
	31 Lin Yuxian	MS
	32 Chu Ming Pang	JCGSS
	33 Ip Cheuk Chun	HLC
	34 Tam Cheuk Nam	HTYC
	35 Tin Tsang Chau	HWC
	36 Cheng Pok Him	QES
	37 Cao Chengshuang	LSTLKK
	38 Ma Darwin Tian Cheng	CREATIVE
	39 Chan Chun Hin	MKES
	40 Hung Ming Hei	HS
	41 Kan Tak Hei Max	HW
	42 Vishaldeep-Singh	CLS-NP
	43 Coro Henry Jr. Gatdula	PLKNPL
	44 Ma Yujie	HLC
	45 Tung Kui Kei	MFS
	46 Wong Yan Yin	SKHTSK
	47 Choi Chau Hin	SLCSS
	48 Lam Shing Chi	PTAL
	49 Siu Hin Lok	LA
	50 Li Yuk Yin	PLKVKTC
	51 An Siyu	SKHTSK
	52 Ko Lok Hong	CCHK

Event 2	Boys B Grade High Jump	8:30am	
	Record : 1.96	Standard : 1.45	
Final	1	Li Ming Pan	MFS
	2	Chan Chun Hei	CCCRSS
	3	Chen William Kwun Wa	MFS
	4	Li Zexi	CHC
	5	Lui Pak Lun	UCC-THT
	6	Chan Tsun Ting	HWC
	7	Mak Chun Ming	HW
	8	Wu Cheuk Wai	PLKTNK
	9	Wong Chun Ming	PTAL
	10	Lo Kwan Yin Matthew	SPETER
	11	Ho Wang Ho	SPCC
	12	Sidley Marcus James	CREATIVE
	13	Huang Yican	HLC
	14	Lai Jayden	PLKCKY
	15	Lin Zheng Hong	PTAL
	16	Jiang Yuk Chun	HWC
	17	Li Yuk Shing	SSS
	18	Tsung Chi Kit	QES
	19	Chan Chun Yat Johnny	MMWC
	20	Yick Chun Yu	JCGSS
	21	Yau Chi Wo	HTYC
	22	Ananthasa Natthawot	NWC
	23	Wong Wing Hei	CS
	24	Ip Chit Hei	KTKLGSS
	25	Chan Kok Lun	LSTLKK
	26	TAN YUPENG	CLS-NP
	27	Chan Wai To	KTKLGSS
	28	Chiu Ka Ho	MKES
	29	Zhao Shuo	HW
	30	Ou Jiongliang	HLC
	31	Cai Fai Tang	CCHK
	32	Huang Chi Hung	NWC
	33	Huang Hai Feng	PLKNPL
	34	Chan Yik Ming	HTYC
	35	Liu Zikang	NAMS
	36	SARNDOK NATTAPUT	CLS-NP
	37	Liao De Zheng	SLCSS
	38	Yu Cheuk Yin Jansen	SKHTSK
	39	Wong Tsz Hin	JCGSS
	40	Hun Cheuk Wing	PLKCKY
	41	Leung Ting Cheung	SPETER
	42	Ng Tsz Chun	MS
	43	Zhong Jialang	NAMS
	44	Wong Ka Hin	CCHK
	45	Arnav Verma	CREATIVE
	46	Lo Chun Hei	CHC
	47	Po Ho Yeung	SKHTSK
	48	Chang Po Yu	PLKNPL
	49	Wong Tse Chun	UCC-THT
	50	Tan Pak Chun	LSTLKK
	51	Wen Kwan Ho	SLCSS

Event 3	Girls B Grade Long Jump	8:30am
	Record : 5.76	Standard : 3.40
Final	1 Lee Ka Yan	JCGSS
	2 Wong Tsz Ching	CCCRSS
	3 Wong Hei Lam	KTLS
	4 Tsui Hui Yee Hannah	VSA
	5 Lee Tsz Ling	SAGC
	6 Tang Tsz Ching	CHC
	7 Lam Suen Ue Chloe	SKHTSK
	8 Hong Tsz Kiu	HTYC
	9 Lo Yeuk Ching	SCSG
	10 Lam Wing Kiu	SAGC
	11 Xu Yingying	NWC
	12 Wong Sze Ki	PKMS
	13 See Pak Yee	HWC
	14 Tang Jin	HLC
	15 Wu Yeyin	NAMS
	16 Lee Cheuk Tung	MKES
	17 Poon Suen Yau Hellen	UCC-THT
	18 Li Lai Yi	HW
	19 Huang Peiyi	HLC
	20 Wun Yee Nam	LHYMSS
	21 Wu Season	PKMS
	22 Wang Minyang	NAMS
	23 Wong Yui	CS
	24 Wong Po Yan	SPETER
	25 Zhou Ling Wei Laura	PLKTNK
	26 Yu Ka Wing	HW
	27 Wong Sui Shan	LHYMSS
	28 Hui King Yu	HTYC
	29 Wong Sin Yau Esther	KTLS
	30 Yeung Kam Lam	CCHK
	31 Kong Yan Lok	MFS
	32 Cheung Cheuk Ying	SKHTSK
	33 Kam Chun Nga Miya	VSA
	34 Mak Tin Wai	PLKCKY
	35 Li Yuting	UCC-THT
	36 Li Ka Man	NWC
	37 Kwan Leanne Hei Yi	SPCC
	38 Wong Ying Hang	SBC
	39 Liu Hiu Tao	MSC
	40 Suen Hau Kiu	QES
	41 Lai Man Hei	MS
	42 Lo Wing Sze	PLKTNK
	43 Chung Man Ki	LSTLKK
	44 Tam Tsz To	CCHK
	45 Zeng Yuet Kiu	LSCC
	46 Li Lok Hei	MS
	47 Ng Cheuk Ying	QES
	48 Chan Hoi Tung	SLCSS
	49 Lee Yee Na	SPETER
	50 Chan Tsz Yau	HWC
	51 Tsang Shan Yu	MKES
	52 Tsui Tsz Suen	LSCC
	53 Cheung Hau Tung Annabel	SPCC
	54 Cheung San Sum	MMWC
	55 Takahashi Yuka	MFS
	56 Li Yat Ching	CCCRSS
	57 Wong Hei Ching	MSC

Event 4	Girls C Grade Shot Put	8:30am
	Record : 10.59	Standard : 5.50
Final	1 Yuen Mei Sophie	NAMS
	2 Hung Lok Yi Emma	HTYC
	3 Lam Aviana Olea	HW
	4 Dang Marsha	QES
	5 Ho Cheuk Yiu	HW
	6 Cheung Yuen Chi	NWC
	7 Lei Yuen Yee	CCHK
	8 Leung Hiu Ying	PLKNPL
	9 Choi Sze Wai	QES
	10 Chan On Kiu	MS
	11 Shum Wing Ching	SPETER
	12 Tsui Yuen Kiu Chelsea	EVANGEL
	13 Kong Hiu Ching	PKMS
	14 Cheng Hang Chi	VSA
	15 Dong Jiayi	SAGC
	16 Leung Hoi Ching	LSTLKK
	17 Lin Chi Jung	UCC-THT
	18 Lu Yik	PKMS
	19 Ng Hiu Ling	CCHK
	20 Yang Yingxin	SAGC
	21 Yang Chi Laam Jeannie	HTYC
	22 Fung Hei Yiu	SPCC
	23 Sevi Melis Hoi Kei	EVANGEL
	24 Zhou Zhuoying	HLC
	25 Choi Yan Ching	SKHTSK
	26 Chow On Na	KTLS
	27 Law Yun Lam	UCC-THT
	28 Chu Lap Kiu	MFS
	29 Ng Yee Lam Elaine	MKES
	30 Zeng Ka Ming	JCGSS
	31 Lin Yik Ham	PLKNPL
	32 Chan Sze Yau	MSC
	33 Chang Ka Lee Kelly	LSCC
	34 Lam Hiu Ka	LHYMSS
	35 Zou Man Ching	LSCC
	36 Kwan Tsz Sum	LHYMSS
	37 Sa-Nguanphan Sum Yin Wasabi	MKES
	38 Chan On Kiu	KSYSS
	39 Leung Wai Shan	MFS
	40 Wang Tsoi Tung	SBC
	41 Shao Wing Tung	HLC
	42 Leung Tsz Ching	KSYSS
	43 Fung Hey Ting	MS
	44 Nip Wing Sze	NWC
	45 Wong Tsz Tim	PTAL
	46 Lee Yan Tung	MMWC
	47 Wu Olina	NAMS
	48 Li Ching Yee	SKHTSK
	49 Zhang Zumiao	KTLS
	50 Yeung Hei Yin	MSC
	51 Lam Hei Yi	PTAL
	52 Liang Ho Ching	HWC
	53 Ng Wah Yan	MMWC

Event 5	Girls C Grade 100m Hurdles	8:30am
	Record : 15.23	
Final	1 Lee Ka Ying	NWC
	2 He Wing Hei	LSTLKK
	3 Li Tsz Ching	HLC
	4 Lo Joy Ching	MSC
	5 Ling Yu Yi	KTLS
	6 Chan Sum Yau Charlotte	VSA
	7 Wong Chi Yan	SPCC
	8 Chan Tsz Yiu	HS
Event 6	Girls B Grade 100m Hurdles	8:30am
	Record : 14.42	
Final	1 Chui Yuet Long	LSCC
	2 Liu Hiu Tao	MSC
	3 Chan Tsz Yau	HWC
	4 Tam Nga Yu	SPCC
	5 Lau Suet Yan	HWC
	6 Lee Hoi Lam	LSCC
	7 Lin Tsz Hei	VSA
	8 Choi Miriam	PKMS
Event 7	Girls A Grade 100m Hurdles	8:30am
	Record : 13.76	
Final	1 Yan Tsz Huen	MSC
	2 Lo Ngo Yin Vincci	KTLS
	3 Ng Yeuk Yin	MSC
	4 Or Tsz Hei	LSCC
	5 Tsang Tsz Mak	KTLS
	6 Yeung Tin Wing	SBC
	7 Kwok Wai Man Angel	LHYMSS
	8 Huang Kai Yee	LSTLKK
Event 8	Boys C Grade 100m Hurdles	8:30am
	Record : 13.57	
Final	1 Hung Hiu Yan David	MS
	2 Wang Wai Ho	LSTLKK
	3 Chan Lai Yin	PLKNPL
	4 Lee Yik Kiu	HLC
	5 Kwan Chak Hei	LSTLKK
	6 Fung Tsz Hong	PLKNPL
	7 Chow Tin Nok	HWC
	8 Lee Cheuk Yin	HWC
Event 9	Boys B Grade 100m Hurdles	8:30am
	Record : 13.25	
Final	1 Li Wai Lung	LSTLKK
	2 Liang Weijie	KTKLGSS
	3 Li Tsz San	HWC
	4 Luo King Hoi	MKES
	5 Chan Chak Fung	SBC
	6 Lin Jing Hei Anson	HS
	7 Kwong Yau Lam	PLKNPL
	8 Hui Tsun Hei	HLC
Event 10	Boys A Grade 110m Hurdles	8:30am
	Record : 13.63	
Final	1 Li Ho Yeung	HW
	2 Lam Ho Yin	HW
	3 Pang Ho Chun Jacky	HWC
	4 Ahilan Sriram	PLKNPL
	5 Wun Tsz Yu	LSTLKK
	6 Wong Chi Him	SKHTSK
	7 Chan Tsz Fung	HWC
	8 Cai Ka Ho	CCHK

Event 11	Girls C Grade 400m	9:00am	
	Record : 58.64		
Final	1	Lui Hang Yi	PKMS
	2	Wong Yuet Ching	MS
	3	Fong Yuen Sum	MSC
	4	Siu Ho Kiu	KTLS
	5	Chan Hong Yau	SPCC
	6	Ho Cheuk Lam Chloe	MSC
	7	Tse Hiu Huen	UCC-THT
	8	Kei Tung	SKHTSK
Event 12	Boys C Grade 400m	9:00am	
	Record : 51.23		
Final	1	Wong King Wai	HS
	2	Lee Yik Kiu	HLC
	3	Fok Kin Yan	HWC
	4	Yang Zhili	HW
	5	Yeung Fu Kiu	CCHK
	6	Zheng Chi Hong	NWC
	7	Koo Hoi Sing	MKES
	8	Kwan Chak Hei	LSTLKK
Event 13	Girls B Grade 400m	9:00am	
	Record : 56.27		
Final	1	Chun Ka Yan	KTLS
	2	Yeung Tsz Kiu Evana	SPCC
	3	Chiu Suet Ching	PKMS
	4	Chiu Sophia Yin Ting	SPCC
	5	Yeung Wing Yu	NAMS
	6	Wong Meyan	CS
	7	Mui Theodora	MSC
	8	Wong Yat Sum	MSC
Event 14	Boys B Grade 400m	9:00am	
	Record : 49.72		
Final	1	Yang Tung Kit	CHC
	2	Leung Wing Chit	SPCC
	3	Lai Jayden	PLKCKY
	4	Mai Tsun Yin	MKES
	5	Zhu Zixi	SPCC
	6	Wong Jing Lam	LA
	7	Lam Pak Yan	MS
	8	Tsai Sheung Ching	SKHTSK
Event 15	Girls A Grade 400m	9:00am	
	Record : 57.37		
Final	1	Zhao Chung Yan	SPCC
	2	Sy Mei Han Sabrina	PKMS
	3	Cheng Miu Yan	UCC-THT
	4	Kwok Yan Ling	MSC
	5	Ha Abby	MSC
	6	Li Hoi Ming	QES
	7	Tse Tsz Ching	KTLS
	8	Kwong Hoi Yi	LHYMSS
Event 16	Boys A Grade 400m	9:00am	
	Record : 49.92		
Final	1	Hu Junyang	PTAL
	2	Shi Jiahui	KTKLGSS
	3	Lam Chun Ting	PLKNPL
	4	Nylander, Allan Axel Frank	CREATIVE
	5	Zhang Ka Ho	NWC
	6	Yang Sing Wing	SSS
	7	Yau Yik Shan	LA
	8	Chen Tsz Ho	KTKLGSS

Event 17	Girls C Grade 100m	9:30am
	Record : 12.37	
Final	1 Ng Ming Lam	LSCC
	2 Cheung Yan Tung	EVANGEL
	3 Sun Hiu Ching Alicia	SPCC
	4 Chan Hong Yau	SPCC
	5 Ng Cheuk Hei	VSA
	6 Cheung Yuet	MSC
	7 Chan Tsz Yan	MS
	8 Li Tsz Ching	HLC
Event 18	Boys C Grade 100m	9:30am
	Record : 11.21	
Final	1 Sin Cheuk Hei Kingsley	UCC-THT
	2 Li Wang Pok	CHC
	3 Du Zhongning	VSA
	4 Chan Chun Kin	CHC
	5 Wong Pak Yu	CCCRSS
	6 Yeung Lok Hay Hase	PLKCKY
	7 Leung Aiden Wai Shun	SPCC
	8 Lo Chung Tin	HTYC
Event 19	Girls B Grade 100m	9:30am
	Record : 11.89	
Final	1 Wong Sze Ki	PKMS
	2 Wong Hei Ching	MSC
	3 Kam Chun Nga Miya	VSA
	4 Leong Sum Yin	MS
	5 Chu Tak Sheung	HS
	6 Kwan Leanne Hei Yi	SPCC
	7 Chan Yuet Ching	PKMS
	8 Hui Angelina Ayuka	VSA
Event 20	Boys B Grade 100m	9:30am
	Record : 10.63	
Final	1 Huang Kam Po	CHC
	2 Ho Ka Chun	MS
	3 Yip Shing Chi Marc	VSA
	4 Cho Hin Man Hadden	SPCC
	5 Lai Yau Pak	CHC
	6 Wong Yik Ka	SPCC
	7 Yan Kai Yin	SKHTSK
	8 Yau Wai Yin	VSA
Event 21	Girls A Grade 100m	9:30am
	Record : 11.85	
Final	1 Yan Tsz Huen	MSC
	2 Cheng Nok Ching	MSC
	3 Yeung Sum Yau	UCC-THT
	4 Wong Sze Yui	SCSG
	5 Chan Yee Nam Nicole	PLKNPL
	6 Ekwegwo Michelle Grace N	SEKSS-WK
	7 Gan Ho Yan	SPCC
	8 Lam Ka Lai	KTLS
Event 22	Boys A Grade 100m	9:30am
	Record : 10.60	
Final	1 Xian Tsz Wik	MS
	2 Ng, Tsun Wang	CREATIVE
	3 Chan Yuk Laam Lewis	HW
	4 Chow Tsz Kit	NWC
	5 Lau Kam Keung	MS
	6 You Kwan Ming	HW
	7 Cai Ka Po	HS
	8 Datta, Kieran Marco Perez	CREATIVE

Event 23	Boys A Grade 5000m	10:00am	
	Record : 15:37.60	Standard : 21:45.00	
Final	1	Luo Yuitao	MFS
	2	Vashishtha Shreyaan	CREATIVE
	3	Pong Pak Heng Kirklan	SPCC
	4	Chen Tin Yau	UCC-THT
	5	Wan Yu Chiu	NAMS
	6	Mak Kwan Chuen	MKES
	7	Man Cheuk Nam	PLKVKTC
	8	Wong Kwan Yat	JCGSS
	9	Zheng Jesse	PLKNPL
	10	Yung Yui Hei Dominic	MFS
	11	Wong Yui To	UCC-THT
	12	Chen Hiu Kin	SBC
	13	Kong King Yu	HTYC
	14	Li Ching Chak	SKHTSK
	15	Ng Siu Sing	MS
	16	Chong King Yu	NWC
	17	Cao Oswin	CREATIVE
	18	Xu Wai Kit	LSTLKK
	19	Woo Alok	QES
	20	Lee Man Chung	NWC
	21	Li Kwok Kin	PLKVKTC
	22	Kong Ming Chak	HS
	23	Lo Chun Lok Ament	HTYC
	24	Kong Yiu Wang Jayden	SPCC
	25	Lam Shing Chun	JCGSS
	26	Chan Man Hin	CCHK
	27	Fung Chi Chung	KTKLGSS
	28	Kong Kwok Wa	LSTLKK
	29	Wong Shun Chit Marcus	PLKNPL
	30	Huang Shijia	KTKLGSS
	31	Ng Kwun Wa	CCHK
	32	Sze Sum Tik	NAMS
	33	Lo Chun Hei	KSYSS
	34	Wong Man Leong Winston	QES
	35	Ng Pak Chun	HW
	36	Cheng Yam Tat	MKES
	37	Chan Tak Yan	SBC
	38	Li Ho Yeung	HW

Event 24	Boys A Grade Long Jump	10:30am	
	Record : 7.89	Standard : 4.90	
Final	1	Siu Quinton	CHC
	2	Kung Kit Man	SLCSS
	3	Chow Man Hymn Matthew	VSA
	4	Ng Matthew	MS
	5	Yiu Man Cheuk	HWC
	6	Yeung Sze Hang	UCC-THT
	7	Cheng Yau Ming	KSYSS
	8	Wu Shun Hoi	SSS
	9	Noiwibol Sutichok	SBC
	10	Chau Kam Kuen	CCHK
	11	Hui Lok Hang	MFS
	12	CHOW CHING YIN	CLS-NP
	13	Luo Guoheng	KTKLGSS
	14	Lee Tin Long	PLKNPL
	15	Ho Tsun Pan	LSTLKK
	16	Wong Tat Long	HW
	17	Leung Pak Hei	SPETER
	18	Chan Yuet Ting	HWC
	19	Chan Choi Hing	CHC
	20	Chan Kurtis	PLKVKTC
	21	Lo Tsz Him	SPETER
	22	Law Wai Ho	SPCC
	23	Ng Ki Lok	HTYC
	24	Tsang Chun Yin Kenny	HW
	25	Chung Ho Ching Henry	PLKNPL
	26	Chan Wing Shing	SBC
	27	Leung Ching Bon	HTYC
	28	Leung Cheuk Yiu	SKHTSK
	29	Yu Hiu Fai	NWC
	30	Liang Qixuan	QES
	31	Huang Zhihui	HLC
	32	Li Kin Hung	KTKLGSS
	33	Wong Yui Hang	LA
	34	Ng Kwun San	SKHTSK
	35	Han Jun Ho	NAMS
	36	Tsang Wang Ho	JCGSS
	37	Xian Tsz Wik	MS
	38	Kong Hing Choi	HLC
	39	Chan Shi Sum	CREATIVE
	40	Lin Cong	LSTLKK
	41	Mok Ho Long	QES
	42	Pang Tsun Lam	NWC
	43	Lin Yat Hong	JCGSS
	44	Tan Bingfu	NAMS
	45	Tse Kin Long	SPCC
	46	LIU JIA YU	CLS-NP
	47	Wu Cheuk Sum	LA
	48	Hung Kwan Long	PTAL
	49	Chan Sze Ming	SSS
	50	Son, Keonwoo	CREATIVE
	51	Ng Ching Lam	VSA
	52	Yang Wai Ho	UCC-THT
	53	Wu Wan Kin	PTAL
	54	Lam Chun Ngai	CCHK
	55	Lee Tsun Hin	PLKVKTC

Event 25	Girls C Grade 800m	10:30am
	Record : 2:19.72	
Final	1 Loong Sze Wai Jasmine	KTLS
	2 Cheung Hoi Ching	MSC
	3 Kwok Tsz Yau	QES
	4 Cheung Sin Tung	SPCC
	5 So Hei Shun	MSC
	6 Lee Man Hei	PLKNPL
	7 Lan Jasmine Lauren	SPCC
	8 Kwong Ka Ki	LHYMSS
	9 Leung Yan Ting	QES
	10 Lau Wai Ying	PKMS
	11 Cheng Ho Shan	HTYC
	12 Mudassar Eshal Syed	PTAL
Event 26	Boys C Grade 800m	10:30am
	Record : 2:06.64	
Final	1 Lai Kwong Yu	NWC
	2 Fok Kin Yan	HWC
	3 Zheng Chi Hong	NWC
	4 Wong Edison	SPCC
	5 Lau Cheuk Long	SPCC
	6 Peng Chi Yuen Matthew	SKHTSK
	7 Kwok Ka Ho	SLCSS
	8 Crosson Michael Andrew Arquilla	CREATIVE
	9 Sunar Deepson	PLKTNK
	10 Lau Yik Hei	HLC
	11 Wong King Wai	HS
	12 Yeung Fu Kiu	CCHK
Event 27	Girls B Grade 800m	10:30am
	Record : 2:15.76	
Final	1 Lin Sheng Lan	PKMS
	2 Yeung Wing Yu	NAMS
	3 Yuen Sum Yau	LHYMSS
	4 Wong Yi Lam	KTLS
	5 Lok Suet Ching	PLKNPL
	6 Wong Tsz Kwan	CS
	7 So Chun Ki Megan	HTYC
	8 Wong Ching Chi Doris	HWC
	9 Ng Wing Yin Jodi	MSC
	10 Tang Tsz Tung	KTLS
	11 Chung Hei Yee Hailey	MSC
	12 Chen Hoi Lam	VSA
Event 28	Boys B Grade 800m	10:30am
	Record : 2:00.69	
Final	1 Leung Wing Chit	SPCC
	2 Zhu Zixi	SPCC
	3 Wong Chun Hei	MS
	4 Wong Pui Yin Owen	PLKCKY
	5 Kan Andy	CREATIVE
	6 Chen Zhi Guo Andy	SSS
	7 Chu Ho Ting	PLKNPL
	8 Tse Shun Hoi	NAMS
	9 Chan Taylor	CCHK
	10 Wei Hong Tao	CCHK
	11 Choy Ho Tik	MKES
	12 Ng Cheuk Yin	PLKNPL

Event 29	Girls A Grade 800m	10:30am
	Record : 2:17.06	
Final	1 Tse Nok Hang	KTLS
	2 Chau Lok	VSA
	3 Cheung Hau Ning	LHYMSS
	4 Chung Cheuk Wing	MSC
	5 Chu Hiu Lam	CS
	6 Ng Wing Yi	UCC-THT
	7 Lee Chung Yan	QES
	8 Lo Hei Mung Hebe	PLKNPL
	9 Ip Ching	MSC
	10 Lau Hong Ching	PLKNPL
	11 Li Hoi Ming	QES
	12 Wong Tsan Mei	HWC
Event 30	Boys A Grade 800m	10:30am
	Record : 1:54.89	
Final	1 Wang Yuanzheng	HW
	2 Choi Kit Ting	JCGSS
	3 Zhang Ka Ho	NWC
	4 Wen Wenquan	KSYSS
	5 So Tsz Wai	PLKNPL
	6 Hong Kuen Hon	CCHK
	7 Wang Yuanyi	HW
	8 Chan Ka Lok	HLC
	9 Lam Li Hoi Chong	SBC
	10 Luo Tsz Hin	JCGSS
	11 Yap Ho Yin	HTYC
	12 Ng Kwun Wa	CCHK
Event 31	Girls A Grade Javelin	11:00am
	Record : 47.16	Standard : 13.50
Final	1 Lam Ki Yan	MS
	2 Yuen Chi Ching Michelle	KTLS
	3 Cheng Tsz Yu Purple	QES
	4 Tam Hiu Yi	HW
	5 Yu Yi Kiu	VSA
	6 Chan Tin Yi	PKMS
	7 Cheung Cheuk Wing Deborah	KTLS
	8 Fong Kei Yi	PKMS
	9 Tam Hiu Ying	CS
	10 Tang Wing Yan	LSTLKK
	11 Lam Ka Wing	SPETER
	12 Yeung Man Chi	MSC
	13 Poon Hoi Ching	QES
	14 Liu Ka Yan	HTYC
	15 Luo Yin	SLCSS
	16 Zhang Hing Yin	HTYC
	17 Chen Lisha	NAMS
	18 Tam Yi Ching	LHYMSS
	19 Li Yue Mei Kei	CCCRSS
	20 Yau Ching Yin	MS
	21 Japneet-Kaur	CLS-NP
	22 Lai Yuet Ka	SBC
	23 Chan Chin Yau	NAMS
	24 Yu Siyou	JCGSS
	25 Ng Tsam Yee	SCSG
	26 Tsang Tsz Shan	LHYMSS
	27 Lam Chi Wing	HW
	28 Lee Hoi Ki	HWC
	29 Leung Sin Lam	LSCC
	30 Lam Hiu Kwan	SAGC
	31 HUNG TSZ CHING	CLS-NP
	32 Wu Kam Yue Kary	HWC
	33 Mo Pei Lin	UCC-THT
	34 Wong Wing Sze	SAGC
	35 Lam Tsz Yin	SBC
	36 Ho Kwun Yi	LSCC
	37 Wong Ching	MSC
	38 Ng Wing Yi	UCC-THT

Event 32	Girls C Grade 200m	11:00am
	Record : 25.77	
Final	1 Ho Cheuk Lam Chloe	MSC
	2 Sun Hiu Ching Alicia	SPCC
	3 Cheung Yan Tung	EVANGEL
	4 Fong Yuen Sum	MSC
	5 Ku Wing Ching Jasmine	SPCC
	6 Chong Hei Yu	PLKNPL
	7 Wong Yuet Ching	MS
	8 Chan Tsz Yan	MS
Event 33	Boys C Grade 200m	11:00am
	Record : 22.59	
Final	1 Sin Cheuk Hei Kingsley	UCC-THT
	2 Li Wang Pok	CHC
	3 Du Zhongning	VSA
	4 Lau Pak Shing	LSTLKK
	5 Leung Aiden Wai Shun	SPCC
	6 Chan Zi Tao	SLCSS
	7 Chan Chun Kin	CHC
	8 Leung Lap Kwong	UCC-THT
Event 34	Girls B Grade 200m	11:00am
	Record : 24.96	
Final	1 Tse, Lok Ying Tammy	PLKCKY
	2 Leong Sum Yin	MS
	3 Chiu Sophia Yin Ting	SPCC
	4 Chu Tak Sheung	HS
	5 Lin Ue Shan	KTLS
	6 Cheng Nok Tung	MSC
	7 Chiu Suet Ching	PKMS
	8 Law Tiana	SPCC
Event 35	Boys B Grade 200m	11:00am
	Record : 21.90	
Final	1 To Ian	LA
	2 Yip Shing Chi Marc	VSA
	3 Ho Ka Chun	MS
	4 Yang Tung Kit	CHC
	5 Yan Kai Yin	SKHTSK
	6 Guan Jiancheng	KTKLGSS
	7 Huang Kam Po	CHC
	8 Lam Pak Yan	MS
Event 36	Girls A Grade 200m	11:00am
	Record : 24.31	
Final	1 Kong Pak Ue Anson	SAGC
	2 Sy Mei Han Sabrina	PKMS
	3 Cheng Nok Ching	MSC
	4 Gan Ho Yan	SPCC
	5 Ekwegwo Michelle Grace N	SEKSS-WK
	6 Wu Wai Ue	UCC-THT
	7 To Yan Tung	LSCC
	8 Kuan Hoi Lam	SKHTSK
Event 37	Boys A Grade 200m	11:00am
	Record : 21.91	
Final	1 Lau Kam Keung	MS
	2 Shi Jiahui	KTKLGSS
	3 Chan Yuk Laam Lewis	HW
	4 Pui Sze Long	CHC
	5 You Kwan Ming	HW
	6 Cai Ka Po	HS
	7 Lo Kwun Man	MS
	8 Chan Tin Hang	HTYC

Event 38	Boys C Grade Discus	1:00pm
	Record : 43.58	Standard : 15.50
Final	1 Fok Sai Kit	HS
	2 Lam Ho Hin	NWC
	3 Lin Yin Yuk	SKHTSK
	4 Xu Kwan Hung	KTKLGSS
	5 Wong Ziyang	HLC
	6 Yeung Chun Lok	HTYC
	7 Hung Ngai Fung	SKHTSK
	8 Wai King Wang	NWC
	9 Chan Lok Shing	HTYC
	10 Oh Cheuk Hin	HWC
	11 Cheng Ching Hei	LSTLKK
	12 Li Man Huen	KTKLGSS
	13 Tso Chun Lam	NAMS
	14 Luo Chun Chak	QES
	15 Zou Tony	PLKNPL
	16 Wong Lok Chi	QES
	17 Wong Cheuk Man	PTAL
	18 Wong Yik Ming	PLKCKY
	19 Wong Kei Chung	LA
	20 Chu Marvin Chi Ching	HWC
	21 Ng King To	MKES
	22 Lu Kwun Yu	CCHK
	23 Chung Tin Shing	LSTLKK
	24 Lau Sing Wai	CHC
	25 Liu Ka Pan	MKES
	26 Lu Xingkai	CREATIVE
	27 Kwok Hok Lam	HW
	28 Zhang River	PLKNPL
	29 Ng Lai Kwai	SBC
	30 Lo Chin Keung	CHC
	31 Leung Ka Long	SBC
	32 Mephram, Julius Arthur	PLKCKY
	33 Wu Lok Hei	CREATIVE
	34 Ho Tsz Ho	MS
	35 Chong Ka Him	SLCSS
	36 Zhang Wen Xi Samuel	UCC-THT
	37 Ng Hiu Fung	MS
	38 Lui Ngai Yin	HW
	39 He Kun Fung	NAMS
	40 Chan Ka Yue	HLC
	41 Li Ho Ming	HS

Event 39	Girls C Grade 1500m	1:00pm
	Record : 4:53.42	Standard : 7:08.00
Final	1 Liu Zi Ying	NWC
	2 Tsang Hok Sum	MS
	3 Li Ching Yee	SKHTSK
	4 Cheung Tsz Ching	HLC
	5 Yap Oi Yan	HTYC
	6 Wong Sin Yi Teresa	JCGSS
	7 Lee Selina	SLCSS
	8 Tsoi Kai Lam	CCHK
	9 Ng Tsz Ying	SBC
	10 So Hei Shun	MSC
	11 Cheung Han Yun	LSCC
	12 Or Wing Kiu	HTYC
	13 Wong Tsz Ching Agnes	CCCRSS
	14 Ou Yuen Ting	CCHK
	15 Hung Lok Lum	PKMS
	16 Meng Meiyan	MFS
	17 Wang Mei Ching	NAMS
	18 Tsang Tsz Ching Eugenie	SBC
	19 Jiang Linzhi Emily	PTAL
	20 Leung Shing Yue Alicia	MFS
	21 So Yau Tong Sophie	CS
	22 Cheung Hoi Ching	MSC
	23 Lai, Hou Yan Tara	PLKCKY
	24 Lan Jasmine Lauren	SPCC
	25 Chan Kit Lam	NAMS
	26 Chan Hei Nam	NWC
	27 So Cheuk Ying	SCSG
	28 Mudassar Eshal Syed	PTAL
	29 Peng Xin Di	KTLS
	30 Yung Hei Laam	PLKNPL
	31 Loong Sze Wai Jasmine	KTLS
	32 Yang Ki Yan	HLC
	33 Tso Wai Laam	HW
	34 Ma Yuen Ki	PLKTNK
	35 Lau Tin Yan	SAGC
	36 Li Choi Kiu	PLKTNK
	37 Chan Yat Fei	HW
	38 Li Zhengyi	PKMS
	39 Cheung Sin Tung	SPCC
	40 Kwong Ka Ki	LHYMSS
	41 Lee Yin Man Carmen	CS
	42 Law Pui Yi	MKES
	43 Yiu Yi Wai	LSCC
	44 Lee Man Hei	PLKNPL
	45 Ng Sum Lui	MS
	46 Leung Yan Ting	QES
	47 Kwan Po Yi	SAGC
	48 Kwok Tsz Yau	QES
	49 Chan Wing Tung Wynn	LHYMSS
	50 Leong Kung Sum	JCGSS
	51 To Mang Tsit	SKHTSK

Event 40	Girls B Grade 1500m	1:00pm
	Record : 4:37.99	Standard : 7:08.00
Final	1 Yuen Sum Yau	LHYMSS
	2 Yan Wai Yan	SAGC
	3 Kwok Tsz Ki	HLC
	4 Lo Lok Yiu	SCSG
	5 Wong Yi Lam	KTLS
	6 Lee Sin Lam	SAGC
	7 Lee Kit Ying	SKHTSK
	8 Chan Chi Ting	LHYMSS
	9 Xu Zihan	PLKNPL
	10 Wong Ching Chi Doris	HWC
	11 Ng Wing Yin Jodi	MSC
	12 Lau Hiu Chun Rhoda	CS
	13 Tsang Ka Yin	HW
	14 Lee Ting Wai Ava	HTYC
	15 Chung Sze Ching	MFS
	16 Yang Binghui	HW
	17 Chong Pui Ki	CCCRSS
	18 Wu Peisi	NAMS
	19 Weng Zilin	CCCRSS
	20 Cheung Man Nam	CCHK
	21 So Chun Ki Megan	HTYC
	22 Chan Yin Kwan Charm	JCGSS
	23 Yeung Tsz Kiu Evana	SPCC
	24 Ng Ho Yan	PLKTNK
	25 Lam Hiu Yan	HLC
	26 Yu Wing Hei	SKHTSK
	27 Lai Tsz Ying	MKES
	28 Wu Madeleine Sookie	VSA
	29 Lin Sheng Lan	PKMS
	30 Chan Cheuk Yin	LSCC
	31 Chung Hei Yee Hailey	MSC
	32 Lok Suet Ching	PLKNPL
	33 Wu Chun Yuet	SBC
	34 Liu Sichen	PKMS
	35 Tam Tsz To	CCHK
	36 Lo Yan Ue	KTLS
	37 Hung Wai Kiu Kianca	LSCC
	38 Tam Nga Yu	SPCC
	39 Chung Sze Ching	CS
	40 Siu Yuen Ching	NAMS

Event 41	Girls A Grade 1500m	1:00pm	
	Record : 4:53.27	Standard : 7:08.00	
Final	1	WU YU FEI	CLS-NP
	2	Chen Hok Ting	MS
	3	Zhao Chung Yan	SPCC
	4	Wong Tsan Mei	HWC
	5	Ng Chung Yan	SKHTSK
	6	Lam Hoi Ching	QES
	7	Fu Ching Shuen	LSCC
	8	Qiu On Ni	HW
	9	Or Tsz Hei	LSCC
	10	Tse Nok Hang	KTLS
	11	Lee Chee Yin	SPCC
	12	Tse Chi Lam	HLC
	13	Lo Hei Mung Hebe	PLKNPL
	14	Cheung Hau Ning	LHYMSS
	15	Tang Ching Nam	HWC
	16	Chau Yan Tung Charmaine	PLKVKTC
	17	Ho Yee Lam	SAGC
	18	Yin Jingying	PKMS
	19	Huang Kai Yee	LSTLKK
	20	Ip Ching	MSC
	21	Chen Sze Wing	MFS
	22	Chen Ying	NAMS
	23	Lau Hong Ching	PLKNPL
	24	Chau Lok	VSA
	25	Lau Tsz Ki	LHYMSS
	26	Law Man Ching	NAMS
	27	Chu Hiu Lam	CS
	28	Chan Yee Huen	HTYC
	29	Qiu Man Yik	SAGC
	30	Poon Lok Ching	PKMS
	31	Lee Chung Yan	QES
	32	Chan Choi Ying	KTLS
	33	Chan Hoi Yan	HLC
	34	Yeung Man Chi	MSC

Event 42	Boys C Grade 4x100m Relay	1:30pm	
	Record : 45.05		
Final	1		HWC
	2		UCC-THT
	3		CHC
	4		VSA
	5		SKHTSK
	6		LA
	7		MS
	8		PLKNPL

Event 43	Boys B Grade 4x100m Relay	1:30pm	
	Record : 43.01		
Final	1		KTKLGSS
	2		SPCC
	3		MS
	4		SKHTSK
	5		LA
	6		MFS
	7		PLCKKY
	8		PLKNPL

Event 44	Boys A Grade 4x100m Relay	1:30pm	
	Record : 42.16		
Final	1		NWC
	2		CREATIVE
	3		HW
	4		MS
	5		LA
	6		CHC
	7		SBC
	8		SPCC

Event 45	Girls C Grade 4x100m Relay	1:45pm
	Record : 48.41	
Final	1	VSA
	2	SPCC
	3	LSCC
	4	MSC
	5	MS
	6	HS
	7	EVANGEL
	8	KTLS
Event 46	Girls B Grade 4x100m Relay	1:45pm
	Record : 49.44	
Final	1	HS
	2	MSC
	3	VSA
	4	PKMS
	5	SPCC
	6	PLKCKY
	7	LSCC
	8	SCSG
Event 47	Girls A Grade 4x100m Relay	1:45pm
	Record : 48.77	
Final	1	SCSG
	2	MSC
	3	KTLS
	4	SAGC
	5	HW
	6	UCC-THT
	7	MKES
	8	LSCC
Event 48	Boys C Grade 4x400m Relay	2:00pm
	Record : 3:45.03	
Final	1	HW
	2	NWC
	3	SLCSS
	4	PLKNPL
	5	SKHTSK
	6	HS
	7	QES
	8	SPCC
Event 49	Boys B Grade 4x400m Relay	2:00pm
	Record : 3:33.81	
Final	1	NAMS
	2	SPCC
	3	CHC
	4	MS
	5	QES
	6	SLCSS
	7	PLKNPL
	8	MFS
Event 50	Boys A Grade 4x400m Relay	2:00pm
	Record : 3:25.18	
Final	1	NAMS
	2	KTKLGSS
	3	NWC
	4	HTYC
	5	HW
	6	PLKNPL
	7	CREATIVE
	8	QES

Event 51	Girls C Grade 4x400m Relay	2:15pm
	Record : 4:12.52	
Final	1	HTYC
	2	MSC
	3	SPCC
	4	QES
	5	LHYMSS
	6	KTLS
	7	PLKCKY
	8	SLCSS
Event 52	Girls B Grade 4x400m Relay	2:15pm
	Record : 3:59.42	
Final	1	MS
	2	MSC
	3	SPCC
	4	LHYMSS
	5	KTLS
	6	VSA
	7	PKMS
	8	PLKNPL
Event 53	Girls A Grade 4x400m Relay	2:15pm
	Record : 4:07.82	
Final	1	PKMS
	2	MSC
	3	KTLS
	4	UCC-THT
	5	QES
	6	PLKNPL
	7	LHYMSS
	8	HW