

Inter-School Athletics Competition 2023-2024
Division Three (Area 3)

Official List

Convenor	: Mr. Lee Chi Wai	LKYMS
Management Committee	: Mr. Ko Kam Tong	RS
	: Mr. Kwong Sing Kwong	UCC-KE
	: Ms. Ho Ka Man	PLKCHYT
Referee(s)	: Mr. Tang Kun Loi, Mr. Eric Tsang	
Start Referee	: Mr. Kot Hin Tak	
Technical Manager	: Mr. Watson Ng	
First Aid	: Auxiliary Medical Services	

Announcers : 1. Ms. Ng Tsz Yun CCK 2. Ms. Tsang Shuk Yee DMS-HW2C

Field Events

Chief Throwing Judge	: Mr. Chan Kwok Leung	CFSS
Chief Jumping Judge	: Ms. Chan Mo Lin	CC

High Jump : 1. Mr. Chan Kiu Wai CYT - Chief
 2. Ms. Ng Ching Yi BHSC 4. Mr. Cheung Ho Hin HTSS-TKO
 3. Ms. Lui Wai Man TTCA 5. Mr. Man Kin Ping TKPS
(3 Student helpers) Student from BHSC Student from CYT
 Student from TTCA

Long Jump : 1. Mr. Ngai Chung Hang HGC - Chief 4. Ms. Wong So Fa Sophia FSS-SSW
 2. Mr. Yan Siu Kang BCKSS 5. Ms. Kwok Ching Yan TCGSS
 3. Ms. Lin Siu King CPC
(3 Student helpers) Student from BCKSS Student from CPC
 Student from FSS-SSW

Triple Jump + Relay Take Over (4 x 100m) : 1. Mr. Ngai Chun Ki LCCS - Chief 5. Mrs. Joanne Ohlson SKHLMC
 2. Mr. Mok Wai Hong HCSMS 6. Ms. Cheng King Wan TCGSS
 3. Mr. Lee Yat Hung IKTMC 7. Mr. Pang Yiu Fai TKPS
 4. Ms. Dorcas Lee RS
(3 Student helpers) Student from TCGSS Student from LCCS

Shot Put : 1. Mr. Wong Chun Wai KC - Chief 4. Mr. Liu Lok Chun LSTWCM
 2. Mr. Wong Tung Shek HTSS-TKO 5. Mr. Leung Ching Sau PLKHYC
 3. Ms. Pong Ka Man KLSS 6. Mr. Chiu Kai Tung SS
(3 Student helpers) Student from HTSS-TKO Student from SS
 Student from KLSS

Discus : 1. Mr. Lam Tze Fung KC - Chief 4. Ms. Lee Siu Ping LCCS
 2. Mr. Lam Wai To HGC 5. Ms. Ma Ming Wai STCC
 3. Ms. Lam Yip Man IKTMC 6. Mr. Li Hsao Wei Carlos TYH
(3 Student helpers) Student from HGC Student from IKTMC
 Student from KC

Javelin	: 1. Mr. Yuen Ching Cho	PLKHYC	- Chief		
	2. Ms. Lam Pui Ki	BWFL		5. Mr. Fung Yat Long	RCPHKMC
	3. Mr. Ngo Lap Wah	CFSS		6. Mr. Chan Lik Hang	TKOGSS
	4. Mr. Tsang Tsz Chung	PLKCHYT		7. Mr. Ng Chak Fung	TTCA
<i>(4 Student helpers)</i>	<i>Student from BWFL</i>			<i>Student from PLKHYC</i>	
	<i>Student from RCPHKMC</i>			<i>Student from TKOGSS</i>	

Track Events

	Chief Track Judge	: Mr. Ko Kam Tong	RS		
Start Referee	: 1. Mr. Kot Hin Tak				
Starters	: 1. Mr. Leung Yen Tat, Steve	CPC		3. Teacher From HKSC	HKSC
	2. Ms. Fong Man Fan	BCKSS			
Recall Starters	: 1. Mr. Brian Cheung	SPSS		2. Mr. Lam Hoi Yin	STCC
Starter's Assistants (Marksmen)	: 1. Ms. Lee Wai Ping	NPC	- Chief	4. Mr. Chau Ding Ka Hung	DMS-HW2C
	2. Ms. Lam Ka Yiu	BHNC		5. Mr. Tony Tam	ISFA
	3. Mr. Wan Yiu Wing	BHSC		6. Ms. Wong Hoi Ting	TYH
<i>(4 Student helpers)</i>	<i>Student from NPC</i>			<i>Student from TYH</i>	
	<i>Student from BHNC</i>			<i>Student from ISFA</i>	
Track Umpires	: 1. Mr. Kwong Sing Kwong	UCC-KE	- Chief	7. Mr. James Li	ISFA
	2. Ms. Law Lai Ha	BWFL		8. Mr. Chau Tsz Chun	KLSS
	3. Mr. Hui Chun Ho	CCK		9. Mr. Cheng Yue Hang	RCPHKMC
	4. Mr. Allan Fraser	CIS		10. Ms. Ho Pui Han	SFCC
	5. Mr. Adhiraj Rathore	CIS		11. Mr. Yeun Wai Hang	SS
	6. Mr. Ng Chun Lok	HKBC			
Call Room Judges (Roll Call)	: 1. Mr. Kwok Kin Nam	LSTWCM	- Chief	7. Mr. Lam Wai Kiu	NPC
	2. Mr. Yau Kwok Wai	BHJS		8. Mr. Tam Chun Hin	PLKCHYT
	3. Ms. Lau Shuk Chun	BHJS		9. Ms. Cheung Tsz Ting	SFCC
	4. Mr. Yip Yeung	CC		10. Ms. Ravi Tam	SKHLMC
	5. Mr. Sze Por Wai	FSS-SSW		11. Ms. Mak Shuk Yee	SPSS
	6. Ms. Chiu Tsz Shun Patricia	HKBC		12. Ms. Zhong Shu Hui	TKOGSS
<i>(2 Student helpers)</i>	<i>Student from BHJS</i>			<i>Student from LSTWCM</i>	
Recorders	: Managed by HKSSF Staff				
<i>(4 Student helpers)</i>	<i>Student from CCK</i>			<i>Student from DMS-HW2C</i>	
	<i>Student from LKYMS</i>			<i>Student from SKHLMC</i>	
Wind Gauge Operators	: Managed by HKSSF Staff				
<i>(3 Student helpers)</i>	BOCHK Schools Sports Volunteers			<i>Student from PLKCHYT</i>	
	<i>Student from SPSS</i>			<i>Student from CC</i>	
Position	: Managed by HKSSF Staff				
<i>(6 Student helpers)</i>	<i>Student from CIS</i>			<i>Student from HKSC</i>	
	<i>Student from RS</i>			<i>Student from TKPS</i>	
	<i>Student from HKBC</i>			<i>Student from SFCC</i>	
Student Helpers	: Students of United Christian College (Kowloon East) (Finals)				
	BOCHK Schools Sports Volunteers				

Time Table

Divison Three (Area 3)

Day One 25 January 2024

8:15 AM Officials report to duty

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

	No.	Time	Event		Heats /	Final
		8:15am	Officials Report (工作人員報到)			
AM	1	8:30am	High Jump (跳高)	Girls C		31
	2		Triple Jump (三級跳遠)	Boys B		24
	3		Long Jump (跳遠)	Boys C		45
	4		Shot Put (鉛球)	Girls A		43
	5		Discus (鐵餅)	Girls B		39
	6		100m Hurdles (欄)	Girls C	3	
	7		"	Girls B	3	
	8		"	Girls A	2	
	9	9:15am	"	Boys C	2	
	10		"	Boys B	4	
	11		110m Hurdles (欄)	Boys A	3	
	12	9:30am	400m	Girls C	7	
	13		"	Boys C	7	
	14		"	Girls B	6	
	15	10:45am	"	Boys B	7	
	16		"	Girls A	4	
	17		"	Boys A	5	
	18	11:00am	High Jump (跳高)	Boys A		27
	19	11:30am	Discus (鐵餅)	Boys B		43
	20	11:45am	100m	Girls C	9	
	21		"	Boys C	8	
	22		"	Girls B	7	
	23	12:15pm	"	Boys B	8	
	24		"	Girls A	6	
	25		"	Boys A	7	
PM	26	1:45pm	Javelin (標槍)	Boys A		33
	27		Shot Put (鉛球)	Boys B		51
	28		Long Jump (跳遠)	Girls A		38
	29		High Jump (跳高)	Boys C		27
	30	2:00pm	200m	Girls C	8	
	31		"	Boys C	8	
	32		"	Girls B	8	
	33	2:30pm	"	Boys B	8	
	34		"	Girls A	6	
	35		"	Boys A	7	
	36	3:00pm	1500m	Boys C	3	
	37		"	Boys B	3	
	38		"	Boys A	2	
	39	4:00pm	4x100m Relay (接力)	Girls C	4	
	40		"	Girls B	4	
	41		"	Girls A	3	
	42	5:00pm	"	Boys C	3	
	43		"	Boys B	4	
	44		"	Boys A	3	

List of Participating Schools of Division Three (Area 3)

School	Abbr.	Boys			Girls			
		A	B	C	A	B	C	
1 Bishop Hall Jubilee School	何明華會督銀禧中學	BHJS	1	1	1	1	1	1
2 Buddhist Ho Nam Kam College	佛教何南金中學	BHNC				1	1	1
3 Buddhist Hung Sean Chau Memorial College	佛教孔仙洲紀念中學	BHSC	1	1	1	1	1	1
4 Buddhist Wong Fung Ling College	佛教黃鳳翎中學	BWFL	1	1	1	1	1	1
5 Canossa College	嘉諾撒書院	CC				1	1	1
6 CCC Kung Lee College	中華基督教會公理書院	KLC	1		1	1		1
7 Chinese International School	漢基國際學校	CIS	1	1	1	1	1	1
8 Cognito College (Kowloon)	文理書院(九龍)	CCK	1	1	1	1	1	1
9 Delia Memorial School (Hip Wo No.2 College)	地利亞修女紀念學校(協和二中)	DMS-HW2C	1	1	1	1	1	1
10 ECF Saint Too Canaan College	基督教中國佈道會聖道迦南書院	STCC	1	1	1	1	1	1
11 Fukien Secondary School (Siu Sai Wan)	福建中學(小西灣)	FSS-SSW	1	1	1	1	1	1
12 Heung To Secondary School (Tseung Kwan O)	將軍澳香島中學	HTSS-TKO	1	1	1	1	1	1
13 HHCKLA Buddhist Ching Kok Secondary School	香港正覺蓮社佛教正覺中學	BCKSS	1	1	1	1	1	1
14 HKICC Lee Shau Kee School of Creativity	香港兆基創意書院	HKSC						1
15 Hong Kong Bluebell College	香港紫荊書院	HKBC	1	1	1		1	1
16 Islamic Kasim Tuet Memorial College	伊斯蘭脫維善紀念中學	IKTMC	1	1	1	1	1	1
17 King's College	英皇書院	KC	1	1	1			
18 Ko Lui Secondary School	高雷中學	KLSS	1	1	1	1	1	1
19 Lee Kau Yan Memorial School	李求恩紀念中學	LKYMS				1	1	1
20 Lok Sin Tong Wong Chung Ming Secondary School	樂善堂王仲銘中學	LSTWCM	1	1	1	1	1	1
21 Ning Po College	寧波公學	NPC	1	1	1	1	1	1
22 Po Leung Kuk Celine Ho Yam Tong College	保良局何蔭棠中學	PLKCHYT	1	1	1	1	1	1
23 Po Leung Kuk Ho Yuk Ching (1984) College	保良局甲子何玉清中學	PLKHYC	1	1	1		1	1
24 POH 80th Anniversary Tang Ying Hei College	博愛醫院八十週年鄧英喜中學	TYH	1	1	1	1	1	1
25 Rhenish Church Pang Hok Ko Memorial College	禮賢會彭學高紀念中學	RCPHKMC	1	1	1	1	1	1
26 Rosaryhill Secondary School	玫瑰崗中學	RS	1	1	1	1	1	1
27 Salesian English School (Secondary Section)	慈幼英文學校(中學部)	SS	1	1	1			
28 SKH Lui Ming Choi Secondary School	聖公會呂明才中學	SKHLMC	1	1	1	1	1	1
29 Society of Boys' Centres Hui Chung Sing Memorial School	香港扶幼會許仲繩紀念學校	HCSMS	1	1				
30 Society of Boys' Centres Shing Tak Centre School	香港扶幼會盛德中心學校	STCS	1	1				
31 St. Francis' Canossian College	嘉諾撒聖方濟各書院	SFCC				1	1	1
32 St. Paul's Secondary School	聖保祿中學	SPSS				1	1	1
33 STFA Cheng Yu Tung Secondary School	順德聯誼總會鄭裕彤中學	CYT				1	1	1
34 Tack Ching Girls' Secondary School	德貞女子中學	TCGSS				1	1	1
35 Tang King Po School	鄧鏡波學校	TKPS	1	1	1			
36 The Chinese Foundation Secondary School	中華基金中學	CFSS	1	1	1	1	1	1
37 The Independent Schools Foundation Academy	弘立書院	ISFA	1	1	1	1	1	1
38 The Mission Covenant Church Holm Glad College	基督教聖約教會堅樂中學	HGC	1	1	1	1	1	1
39 Tseung Kwan O Government Secondary School	將軍澳官立中學	TKOGSS	1	1	1	1	1	1
40 Tsung Tsin Christian Academy	基督教崇真中學	TTCA	1	1	1	1	1	1
41 United Christian College (Kowloon East)	匯基書院(東九龍)	UCC-KE	1	1	1			
42 Wellington Education Organization Chang Pui Chung Memorial School	威靈頓教育機構張沛松紀念中學	CPC	1	1	1	1	1	1
43 YCH Law Chan Chor Si College	仁濟醫院羅陳楚思中學	LCCS	1	1	1	1	1	1
		Total:	35	34	33	34	35	37

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

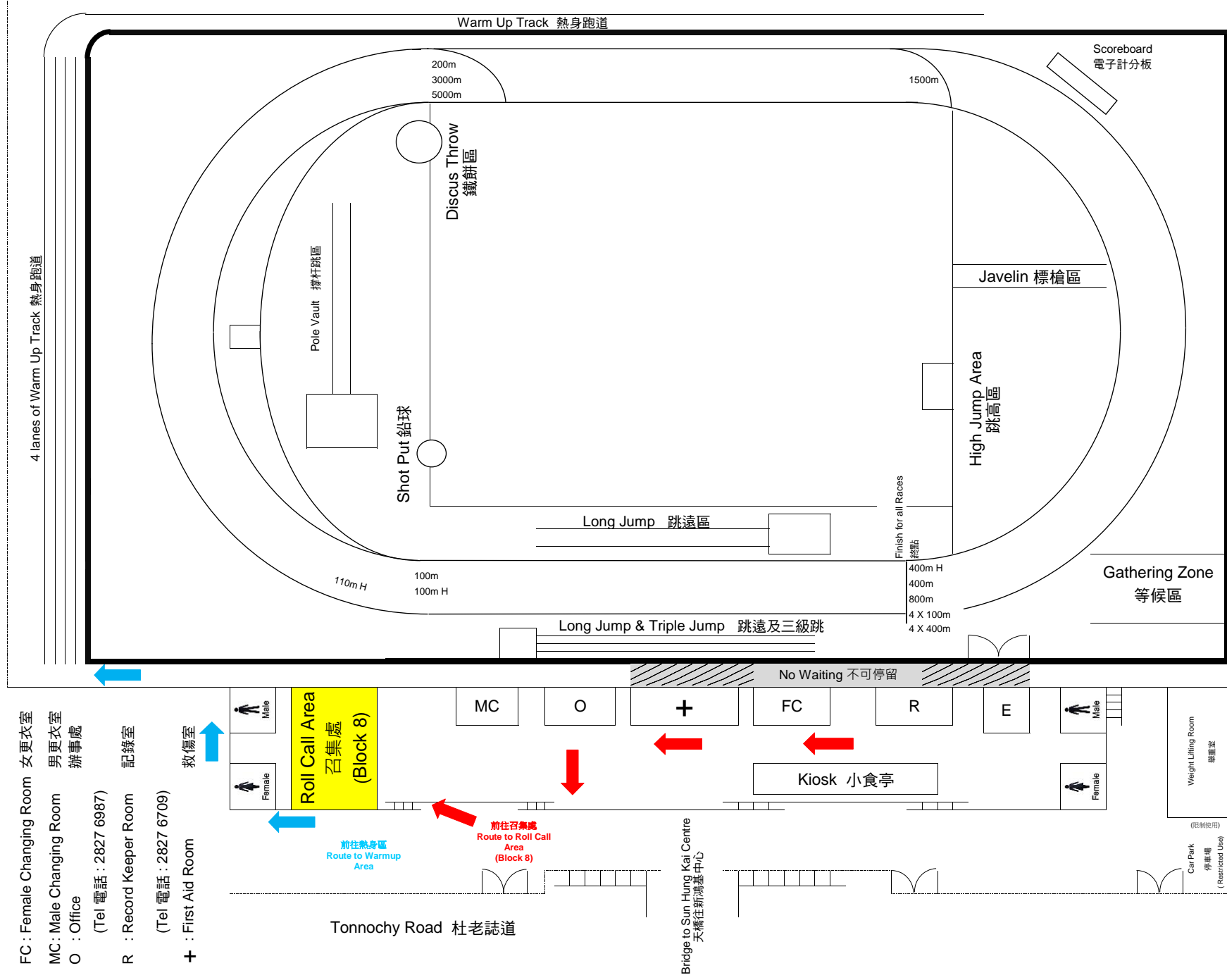
(Tel 電話 : 2827 6987)

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 Three)
Day One

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 3)

Day One 25 January 2024

Event 1	Girls C Grade High Jump		8:30am
	Record : 1.66		Standard : 1.15
Final	1	Lai Ha Lam	LSTWCM
	2	Lam Mei Yan	CYT
	3	Wang Ting Yi Coral	BWFL
	4	Luo Huiyi	LSTWCM
	5	Cai Ka Ki	BWFL
	6	Leung Yuen Tung	LCCS
	7	Law Hoi Tung	CYT
	8	Cheng Wai Sum	HTSS-TKO
	9	Lui Wing Lam	STCC
	10	Chau Lam	LKYMS
	11	Wong Tsz Hei	CCK
	12	T Mohamed Naasir Safiyah Sana	IKTMC
	13	Ng Tin Nam	TTCA
	14	Kunjathur Nura	IKTMC
	15	Wang Ming Sze Wisdom	KLSS
	16	Wong Pik Sum	CC
	17	Wong Yi Ting	SPSS
	18	Chan Ching Yi	BHJS
	19	See Yiu	TYH
	20	Zhang Tsz Fei	KLSS
	21	Li Yee Ting	BHJS
	22	Cheng Kei Yau	LCCS
	23	Wong Wing Tung, Angela	BHSC
	24	Yip Hoi Ching	CC
	25	Cheung Yuen Lam	SFCC
	26	Chan Cho Nam	STCC
	27	Lau Yan Tung	SPSS
	28	Mai Yingshan	LKYMS
	29	Fan Ka Yi	HTSS-TKO
	30	Ye Kai Yu	TYH
	31	Lau Wing Tung, Bianca	BHSC

Event 2	Boys B Grade Triple Jump		8:30am
	Record : 13.67		Standard : 9.40
Final	1	Kludnum Narootchai	KLSS
	2	Ho Kam Kong	LSTWCM
	3	Li Shing Hei	TKPS
	4	Wong Pui Ho	TYH
	5	Wong Tin Chi	BCKSS
	6	Chong Ho Lun	HTSS-TKO
	7	Cheng Ho Shing	SS
	8	Tan Hoi Kin	TYH
	9	Yuen Pak Hin	CCK
	10	Kwo Pak San	SS
	11	Ip Kai Man	KLSS
	12	Su Wang Hin	BWFL
	13	Wong Ming Sin	FSS-SSW
	14	Lau Hin Chun	BCKSS
	15	Lam Chun Kan	CCK
	16	Kwan Chun Ho	BWFL
	17	Ho Chung Hin	PLKHYC
	18	Lee Lap Hin	TKPS
	19	Lam Cheuk Nam, Kyle	HTSS-TKO
	20	Lee Chun Yin	RCPHKMC
	21	Ma Pak Yin Ian	KC
	22	Ma Man Tik	PLKHYC
	23	Wang Minghao	LSTWCM
	24	Chen Wenhao	KC

Event 3	Boys C Grade Long Jump	8:30am	
	Record : 6.27	Standard : 3.80	
Final	1	Wong Mik Long	KLSS
	2	Lam Ching Yuen	PLKCHYT
	3	Cheung Ching Hei	STCC
	4	Chan Yun Fung Arthur	CCK
	5	Lo Pak Tik	TTCA
	6	Chan Kwan Yui Carson	LCCS
	7	Choi Chi Long	TKPS
	8	Tang Sin Yuen Parker	CFSS
	9	Lam Tsz Pok	BHSC
	10	Yeung Ho Ching Jacob	BWFL
	11	Fabish Ivan	RS
	12	Ngan Shan Yin	HTSS-TKO
	13	Chow Yue Hei	CCK
	14	Chiu Sze Kan	PLKCHYT
	15	Lam Kim Shan	LSTWCM
	16	Chow Ka Chun	CPC
	17	Wong Chun Kit	PLKHYC
	18	Puah Marcus	TYH
	19	Han Siu Yu	CFSS
	20	Sze Man Piu	TYH
	21	Yiu Tsz Him	CPC
	22	Lam Tin Hang Isaac	SS
	23	Lam Lok Yin	KC
	24	Su Qilong	LSTWCM
	25	Mohammad Sadeel Khan	IKTMC
	26	Lau Chun Ho	PLKHYC
	27	So Man Nok	TTCA
	28	Chan Chak Fung	TKOGSS
	29	Ko Peng Yin	RCPHKMC
	30	Chen Yusen Tony	TKPS
	31	Li Ying Huai	BHJS
	32	Soyu Konishi	CIS
	33	O Ho Yin	RCPHKMC
	34	Ng Tsz Hin	KLSS
	35	Chung Chi Ho	SKHLMC
	36	Guerzo Ivan Asher Pascual	RS
	37	Choi Tsz Him	SS
	38	Lam King Laam	HTSS-TKO
	39	Chow Chit Ta	TKOGSS
	40	Ma Erle Ian	CIS
	41	Chhantyal Allan	BWFL
	42	Mok Ching Hoi	BHSC
	43	Gurung Pranabh	IKTMC
	44	Chan Ngo Cheung	LCCS
	45	Ng Yat Long	STCC

Event 4	Girls A Grade Shot Put	8:30am	
	Record : 10.58	Standard : 5.80	
Final	1	Leung Man Hei	CYT
	2	Chong Sze Ki	BHMK
	3	Kwok Ka Wing	NPC
	4	Leung Tsz Tung	PLKCHYT
	5	Wilson Halimah Zampaligre	CYT
	6	Yuen Cheuk Huen Karena	SPSS
	7	Lau Cheuk Wing	TTCA
	8	Lam Hoi Ying	HGC
	9	Ou Suiling	TCGSS
	10	Lok Sze Laam	CFSS
	11	Wong Sze Yu	TKOGSS
	12	Sae-Ung Wing Man	LSTWCM
	13	Hung Tsz Ching	LCCS
	14	Khan Hifsa	IKTMC
	15	Lee Ding Yan	SFCC
	16	Leung Pui Ki	BCKSS
	17	Gurung Jessica	DMS-HW2C
	18	Chong Hiu Tung	CPC
	19	Ko Yi Man	KLSS
	20	Chan Wing Yan	TCGSS
	21	Kaur Mahekdeep	DMS-HW2C
	22	Shek Tsz Tung	BHSC
	23	Chong Robin	SPSS
	24	Lai Sze Man	SKHLMC
	25	Tajarrab Zeba Bibi	IKTMC
	26	Chen Man Ham	KLSS
	27	Chan Yin Tung	SFCC
	28	Liu Ka Yan Heidi	BHMK
	29	Yuan Tsz Yu Zoe	LSTWCM
	30	Lee Ching Lam	CCK
	31	Ho Pui Kwan	CFSS
	32	Ho Ka Nam	TYH
	33	Gurung Aajuni	BWFL
	34	Li Sze Ying	CCK
	35	Rai Yukti	BWFL
	36	Yeung Chi Mei	TYH
	37	Lopez-Ng Laia Kee	RS
	38	Lam Wai Ka	PLKCHYT
	39	Yeung Hiu Ching	TKOGSS
	40	Heng Wing Sze	BHSC
	41	Siaw Zi You Jasmine	BHJS
	42	Chiu Tsz Ching	STCC
	43	Tsang Kit Yee	RS

Event 5	Girls B Grade Discus		8:30am
	Record : 38.34		Standard : 13.80
Final	1	Chiu Tsz Ka Alrica	SPSS
	2	Ng Hoi Yan	HTSS-TKO
	3	Leung Hiu Tung	BHMK
	4	Yeung Hiu Tung	CYT
	5	Wong Kwan Ching	BHJS
	6	Chung Chi Wing	SPSS
	7	Lai Cheuk Kei	TTCA
	8	Liu Tsz Yan	TCGSS
	9	Chan Siu Wan	SFCC
	10	Chong Hoi Ching	PLKHYC
	11	Lin Kai Yu	CYT
	12	Chen Po Lam	TCGSS
	13	Pang Hoi Yiu	CPC
	14	Wong Mei Yi	PLKCHYT
	15	Chu Ka Ching	BWFL
	16	Chen Xiaoting	LKYMS
	17	Wong Kwan Pok	CFSS
	18	Lin, Zi Xi	ISFA
	19	Chen Lai Ying	TYH
	20	Wong Ching Lam Lena	LSTWCM
	21	Sumayyah	IKTMC
	22	Chow Yui Yui	CFSS
	23	Huang Yee Lam	PLKHYC
	24	Yeung Yu Yan	BWFL
	25	Wong Po Chu Maggie	HTSS-TKO
	26	Poon Yan Wing	CPC
	27	Mak Wai Man	BHJS
	28	So Yi Tung	SFCC
	29	Hongdeng Tong Hui	KLSS
	30	Wu Man Kin	BHMK
	31	Liu Tsz Fai	LSTWCM
	32	Wong Ka Yee	KLSS
	33	Yau Nga Yiu	TTCA
	34	Tse Hoi Yau	TYH
	35	Li Yee Ching	LCCS
	36	Wong Yi Ching	BHSC
	37	Wong Tsz Chin	LKYMS
	38	Chen Sze Ki	LCCS
	39	Tamang Sumnima	IKTMC

Event 6	Girls C Grade 100m Hurdles		8:30am
	Record : 15.23		Standard : 24.00
Heat 1	1	Cheng Wai Sum	HTSS-TKO
	2	Chan Yat Sin	CCK
	3	Wu Po Yi	BHMK
	4	Lee Sze Lok	STCC
	5	Liu Sum Yin	CYT
	6	Chung Tung Tung	CPC
	7	Au Tak Po	LKYMS
	8	Ma Sze Wai	BWFL
Heat 2	1	Wong Sum Yee	STCC
	2	Kwok Wing Tsz	BHMK
	3	Wong Chi Ching	LCCS
	4	Li Ching Yi	NPC
	5	Chan Ho Yan	LSTWCM
	6	Tang Hiu Ching	TYH
	7	Ho Sin Wai Christy	SFCC

Heat 3	1	Li Tsz Suen	KLSS
	2	Ng Cheuk Ying	TYH
	3	Tung Ching Yee	LSTWCM
	4	Tam Lok Tung Nicole	LCCS
	5	Poon Sze Yue	SFCC
	6	Wong Yee Ting	LKYMS
	7	Fan Ka Yi	HTSS-TKO

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

Heat 1	1	Tai Yiu Ching	HTSS-TKO
	2	Choi Ching Man Nicole	TCGSS
	3	Lau Pui Chi	LCCS
	4	Tse Man Kwan Bernice	SFCC
	5	Li Si Yee Siri	BWFL
	6	Hong Ka Wai	LKYMS
	7	Wong Ka Yi	BHMK

Heat 2	2	Wu Wai Wa	KLSS
	3	Lau Yin	BHMK
	4	Leung Tsz Yau	CYT
	5	Lee Man Ki	TYH
	6	Zhou Ziyi	LCCS
	7	Cai Wing Sze	BHSC

Heat 3	2	Chung Tsz Yan	LKYMS
	3	Wong Yui	SFCC
	4	Leung Nga Yin	TKOGSS
	5	Sin Sau Ting	BWFL
	6	Ma Hoi Ting	TCGSS
	7	Lam Yan Yu	KLSS

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

Heat 1	1	Leung Chung Yan	BHMK
	2	Nadres Joeraine Magsino	DMS-HW2C
	3	Deng Hei Yu	TCGSS
	4	Zhang Zijin	HTSS-TKO
	5	Kaur Prabjeet	RS
	6	Chow Hiu Ying	KLSS
	7	Chen Tsz Yin	TYH

Heat 2	1	Lui Tsz Ting	KLSS
	2	Li Choi Wa	TCGSS
	3	Lo Hau Man	SPSS
	4	Ngai Wing Man	LKYMS
	5	Leung Pui Tung	SFCC
	6	Cheung Sin Kei	HTSS-TKO
	7	Liu Yuet Tung	LSTWCM

Event 9	Boys C Grade 100m Hurdles	9:15am
	Record : 13.57	Standard : 22.20

Heat 1	1	Tsoi Wai Wong	TYH
	2	Chan Pak Lam	HTSS-TKO
	3	Choi Tsz Him	SS
	4	Lam Hok Tak	BWFL
	5	Chu Tim Ming	KLSS
	6	Chak Ho Man	TKPS
	7	Chung Ho Fung	LCCS
	8	Chan Chi Hang	LSTWCM

Heat 2	1	Wong Chi Long	TTCA
	2	Ng Yat Ki Carri	SS
	3	Yao Fengze	HTSS-TKO
	4	Man Yu Him	KLSS
	5	Tang Ho Ming	LCCS
	6	Cheung Chak Lim	TYH
	7	Cheng Nga Chung	TKPS
	8	Su Qilong	LSTWCM

Event 10	Boys B Grade 100m Hurdles	9:15am
	Record : 13.25	Standard : 20.50

Heat 1	1	Li Tin Lok	TTCA
	2	Zhang Hei Ngo	KLSS
	3	Tse Ho Fung	LCCS
	4	Lin Yuk Ching	BHSC
	5	Su Wang Hin	BWFL
	6	Zhang Chak Long	LSTWCM
	7	Chan Wang Hei	HTSS-TKO

Heat 2	1	Lau Chun Wang	BCKSS
	2	Au Ka To	LCCS
	3	Lam Fong Chi	LSTWCM
	4	Leong, Rex	ISFA
	5	Chong Ho Lun	HTSS-TKO
	6	Tang Yu Yan	TTCA
	7	Ali Mohammad Abuzar	IKTMC

Heat 3	1	Wong Pui Ho	TYH
	2	Cheng Chi King	KLSS
	3	Wong Ho Man	CCK
	4	Fu Bing Kuen	BWFL
	5	Ho Chung Yin	BCKSS
	6	Cheng Ho Shing	SS
	7	Mohammad Sudais	IKTMC

Heat 4	2	Chen Cheuk Lam	SS
	3	Lam Chun Kan	CCK
	4	Tong Pak Tung Paul	RCPHKMC
	5	Leung Chun Yan	TYH
	6	Tsang Hin Shing	TKPS
	7	Liang Zongxi	BHSC

Event 11	Boys A Grade 110m Hurdles	9:15am
	Record : 13.63	Standard : 20.80

Heat 1	2	Wong Chung Sang	UCC-KE
	3	Wu Ho Man	KLSS
	4	Li Hon Yiu Matthew	SS
	5	Lam Ka Chun	TYH
	6	Chen Ka Wang	HTSS-TKO
	7	Dong Kwun Wa	CCK

Heat 2	2	Mao Tsz Yi	TYH
	3	Luk Ting Fai	LSTWCM
	4	Tse Ho Yuen	BCKSS
	5	Adan Muhammad	IKTMC
	6	Cheung Yiu Fai	KLSS
	7	Yeung Ho Tin Cody	HTSS-TKO

Heat 3	2	Yeung Tsz Chun	SS
	3	Liu Kin Kwan	BCKSS
	4	Chan Chi Fung	LSTWCM
	5	Chan Ka Lok	TKPS
	6	Lam Yin Hei	CCK

Event 12	Girls C Grade 400m	9:30am	
	Record : 58.64	Standard : 1:28.00	
Heat 1	1	Wong Wing Yi	SKHLMC
	2	Situ Yuet Hei Joyce	LKYMS
	3	Ting Hei Yi	TYH
	4	Soong Chloe	RS
	5	Leung Hiu Ling	BHNC
	6	Yan Mira Ching	TTCA
	7	Wong Sheung Kam	BCKSS
	8	Ku Pui Lam	RCPHKMC
Heat 2	1	Leung Cho Sum	BHSC
	2	Yim Wing Yuet	LCCS
	3	Zhong Xinwan	SPSS
	4	Li Zichun	CPC
	5	Wong Jing Yi	KLSS
	6	Chow Chor Nam	LSTWCM
	7	Wan Lok Yiu	TKOGSS
	8	Ip Ying Tung	CCK
Heat 3	1	Chan Ca Shuen	TCGSS
	2	Kong Lok Ching	CC
	3	Tang Cheuk Yiu Jessica	FSS-SSW
	4	Maurellet, Claire Amelie	ISFA
	5	Ng Hoi Yu	CPC
	6	Wong Mei Lam	BWFL
	7	Leung Ching Yan	RCPHKMC
	8	Lau Sum	CFSS
Heat 4	1	Fong Pui Lam	TYH
	2	Chow Ka Laam	CYT
	3	Lin Yan Yu	LKYMS
	4	Cheng Siu Ying	PLKCHYT
	5	Chan Cheuk Yung Pia	STCC
	6	Sun Yu Yan	HGC
	7	Qazi Mah Noor	IKTMC
	8	Tang Tiffany Wai Ching	HTSS-TKO
Heat 5	1	Yiu Tsz Yau	TCGSS
	2	Yu Pui Yan	BHNC
	3	Chen Man Kok	CCK
	4	Yip Hoi Lam	STCC
	5	Lo Bui Yee Trista	CYT
	6	Eimoce Cheung	BHSC
	7	Alice Ding	CIS
	8	Cheng Megan	TKOGSS
Heat 6	1	Mak Wing Yi	LCCS
	2	Kunjathur Nura	IKTMC
	3	Lau Cheuk Laam	BWFL
	4	Leung Cheuk Lam	SFCC
	5	Chung, King Long Jacqueline	ISFA
	6	He Sze Ying	LSTWCM
	7	Chua Sophia	CIS
Heat 7	1	Yuan Wing Sze	BCKSS
	2	Leung Yiu Tung Yanny	TTCA
	3	Ip Marjorie	CFSS
	4	Li Tsz Suen	KLSS
	5	Leung Yui Suet	SKHLMC
	6	Ho Cheuk Wing	CC
	7	Lam Fenice	SFCC

Event 13	Boys C Grade 400m	9:30am	
	Record : 51.23	Standard : 1:12.00	
Heat 1	1	Chan, Lok Jurgen	ISFA
	2	Chan Chak	PLKCHYT
	3	Ting Ho Pong	SS
	4	Hui Chun	TKPS
	5	Cheung Le Yi	UCC-KE
	6	Cheng Sheung Chi	RCPHKMC
	7	Ng Hon Hin	HTSS-TKO
	8	Shen Jackie	LSTWCM
Heat 2	1	Leung Chi Him Keith	PLKHYC
	2	Chan Wai Lam	BCKSS
	3	Huang Wan Chun	TYH
	4	Chan Tsz Ho	CCK
	5	Tse Man Lok Vincent	CPC
	6	Chen Jay	CIS
	7	Zhang Yutao	RCPHKMC
	8	Lam King Laam	HTSS-TKO
Heat 3	1	Zhang Chun Kit	PLKCHYT
	2	Cao Jingfang	KC
	3	Fong Tin Hang	CFSS
	4	Fong Sze Ching	KLSS
	5	Lam Tin Hang Isaac	SS
	6	Liu Chun Hin Lucas	NPC
	7	Wong Cheuk Kiu	BHSC
	8	Wu Cheuk Fung	FSS-SSW
Heat 4	1	Lo, King Yin Kingsley	ISFA
	2	Leong Kwok Hei	BHJS
	3	Subhan Muhammad	IKTMC
	4	Cheng Chun Lam	TTCA
	5	Yeung Ho Ching Jacob	BWFL
	6	Su Kwun Pan	LSTWCM
	7	Wu Shi Jian	LCCS
	8	Too Chun Yin	SKHLMC
Heat 5	1	Wong Po Yin	TKPS
	2	Rechten Ian Zach	RS
	3	Lui Man Hin Alex	BCKSS
	4	Lai Yat Lam Moses	TYH
	5	Yeung Cheuk Lam	FSS-SSW
	6	Shek Shun Faith	BHJS
	7	Chan Chak Fung	TKOGSS
	8	Tsoi Chung Hei	KLSS
Heat 6	1	Jawad Ur Rehman	IKTMC
	2	Tse Wai Ching	TTCA
	3	Brandon Lien	CIS
	4	Pang Tsz Lam	LCCS
	5	Chow Chit Ta	TKOGSS
	6	Cheng Ching Lung Mars	PLKHYC
	7	Wong Tsun Yat Jayden	STCC
Heat 7	1	Mayorov Ruben	BWFL
	2	Chan Lik Hang	SKHLMC
	3	Huang Wei Cheng	BHSC
	4	Chow Yue Hei	CCK
	5	Fabish Ivan	RS
	6	Tse Chun Ho	CPC
	7	Lam Pak Yin	STCC

Event 14	Girls B Grade 400m		9:30am
	Record : 56.27		Standard : 1:25.00
Heat 1	1	Chan Sze Lam	LKYMS
	2	Yang Selina	TCGSS
	3	Wong Yan Lok Chloe	HKBC
	4	Shum Pui Yi	LSTWCM
	5	Hong Ying Ling	TKOGSS
	6	Wong Wing Yu	CPC
	7	Lai Ching	TYH
	8	Shi Wenxuan	HTSS-TKO
Heat 2	1	Mak Hei Tung Ava Jillian	CIS
	2	Lo Lai Kiu Niki	CYT
	3	Yeung Cheuk Lam	BHJS
	4	Cubillan Brooklyn Asha Cabrera	RS
	5	Cheung Tsz Yiu	BHMK
	6	Tsang Lok Yee	CPC
	7	Hui Tin Yan	KLSS
Heat 3	1	Wong Nok Tung	BHJS
	2	Tam Hoi Man	TKOGSS
	3	Chui Pui Kwan	LSTWCM
	4	Agha Maimunah	IKTMC
	5	Chan Lok Yin	TCGSS
	6	Chen Michaela	SFCC
	7	Lin Wai Kiu	TTCA
Heat 4	1	Khan Minahil Ahmed	IKTMC
	2	Sin Sau Ting	BWFL
	3	Yeung Wing Kiu	TYH
	4	Leung Yan Sin	LCCS
	5	Fung Tsz Yan	TTCA
	6	Kuang Huixian	KLSS
	7	Chan Wai Tuen	HGC
Heat 5	1	Hung Yan Ting Angela	LCCS
	2	Cheng Ka Yau	HKBC
	3	Fong Miu Ying	RCPHKMC
	4	Chen Jia Lin	BHSC
	5	Li Yu Cheng	BHMK
	6	Kan Chung Ying	CFSS
	7	Li Pui Man	CCK
Heat 6	1	Cheung, Joy	ISFA
	2	Leung Lok Yiu	CYT
	3	Lee Hei Tung	SFCC
	4	Wong Yat Ka	RCPHKMC
	5	Zeng Yaqi	BWFL
	6	Wong Athena Sze Yui	HTSS-TKO
	7	Hill Lilly Napatsorn	RS

Event 15	Boys B Grade 400m		10:45am
	Record : 49.72		Standard : 1:04.00
Heat 1	1	Chan Ming Hei Jack	CPC
	2	King John Thai	BWFL
	3	Ng Cheuk Yiu	SS
	4	Cheng Sai Wing	TKOGSS
	5	Lee Chun Yin	RCPHKMC
	6	Heung Bosco Yuk Tung	RS
	7	Chan Ka Hei	CFSS
	8	Yu Mingrui	KC

Heat 2	1	Chan Man Hei	LCCS
	2	Ma Tsz Long	PLKHYC
	3	Tsang San Lok	BHSC
	4	Chan Sze Lok	HTSS-TKO
	5	Wong Tsun Yeung	CPC
	6	Aboobacker Ibrahim Sidiq	IKTMC
	7	Mak Yat Sang	BHJS
	8	Ting Hei Yin	TYH
Heat 3	1	Abdullah Muhammad	IKTMC
	2	Ng Ka Hei	KC
	3	Pun Yan Ngai	NPC
	4	Chiu Ngai Haang	LCCS
	5	Lau Hiu Lok	LSTWCM
	6	Law San Sui	BCKSS
	7	Ren Jiaqi	TTCA
Heat 4	1	Liu Tsan Lok	TTCA
	2	Chiu Kwan Hin	CCK
	3	Zheng Chuangzhi	BWFL
	4	Tam Tsz Chun	TKPS
	5	Law Ka Fung	PLKCHYT
	6	Hung Man Lung	SS
	7	Woo Chun Yin	KLSS
Heat 5	1	Chung Yui Hei	TKPS
	2	Ling Lok Hang Anson	CFSS
	3	Tian, Hans	ISFA
	4	Lau Tin Lok	PLKHYC
	5	Chan Wai Chun	HGC
	6	Fu Chit	CCK
	7	Huang Wan Pok	TYH
Heat 6	1	Chan Wu Chuen	FSS-SSW
	2	Au Paak Ki	UCC-KE
	3	Cheng Chung Ho	KLSS
	4	Wang Pan	RCPHKMC
	5	Ko, Tin Ngo	ISFA
	6	Wong Yuk Hei	RS
	7	Lau Chun Wang	BCKSS
Heat 7	1	Wong Ming Sin	FSS-SSW
	2	Zhong Junxiang	BHSC
	3	Yeung Ching Kwan	TKOGSS
	4	Kwok Ching Yeung	HKBC
	5	Wong Cheuk Yin Ben	LSTWCM
	6	Lam Ho Fai	BHJS
	7	Ng Kit	HTSS-TKO

Event 16	Girls A Grade 400m	10:45am
	Record : 57.37	Standard : 1:22.00

Heat 1	1	Lau, Yat Sum	ISFA
	2	Wu Sum Chit	CFSS
	3	Giang Villan Sara Isabela Kamein	RS
	4	Wong Tsz Yin Yovela	TTCA
	5	Ren Kaiyao	FSS-SSW
	6	Fatima Mehreen	IKTMC
	7	Li Peihua	TCGSS
	8	Lai Shuk Yi	CYT

Heat 2	1	Lin, Danielle Chi-Ying	ISFA
	2	Wong Ka Ning	TTCA
	3	Liu Ka Yan Heidi	BHMK
	4	Tajarrab Zeba Bibi	IKTMC
	5	Lai Tsz Yi	HGC
	6	Lau Yi Ting	CFSS
	7	Liu Yiyi	BWFL
	8	Cai Mingge	FSS-SSW

Heat 3	1	Chau Wai Ki	BHMK
	2	Cheung Man Wai	BCKSS
	3	Chen Lok Sze	CCK
	4	Yang Jia Lin	TKOGSS
	5	Poduval Mithra	RS
	6	Yeung Mung Ting	KLSS
	7	Ng Cheuk Man	SFCC
	8	Wong Yui Ting	TCGSS

Heat 4	1	Lam Wing Yi	SFCC
	2	Mak Wing Lam	TYH
	3	Kong Yee Man	LSTWCM
	4	Wong Tsz Ching	BCKSS
	5	Ng Yvette	BWFL
	6	Chan Wing Yi	LCCS
	7	Choy Mun Sum	TKOGSS

Event 17	Boys A Grade 400m	10:45am
	Record : 49.92	Standard : 1:02.00

Heat 1	1	Tai Cheuk On	TKOGSS
	2	Shek Chun Sang	TYH
	3	Gurung Bishal	BWFL
	4	Sabirulla-Wasim-Nafith	IKTMC
	5	Chen Xicong	BCKSS
	6	Wong Chi Chung Giancarlo	RS
	7	Cheung Yiu Fai	KLSS
	8	Luk Ting Fai	LSTWCM

Heat 2	1	Wu Ho Man	KLSS
	2	Chu Ching Long	SKHLMC
	3	Poon Yuet Man Matthew	BHJS
	4	Cheung Chun Ling	KC
	5	Tsui Ka Chun	HTSS-TKO
	6	Ting Pak Kiu Paco	RCPHKMC
	7	Chan Ka Lok	PLKHYC
	8	Cheng Pui Hong	SS

Heat 3	1	Tso Cheuk Hang Jerry	CFSS
	2	Lee Wai Po	TKOGSS
	3	Ng Hei Yat	SKHLMC
	4	Tam Man Ho	CPC
	5	Yip Sze Long	TKPS
	6	Choi Tsun Wai	PLKHYC
	7	Cheng Cheuk Yin	SS
	8	Kong Ho Sum	TTCA

Heat 4	1	Chan Kai Tin	CFSS
	2	Au Pak Hei	LSTWCM
	3	Au Chun Ngai	TKPS
	4	Xie Ka Wai	TYH
	5	Luo Tsz Hin	BHSC
	6	Au-Yeung Tsz Him Nicholas	TTCA
	7	Tsang Hiu Long	CPC
	8	Diego Kristof Lanvin Habala	RS

Heat 5	1	Mohammad Aqib	IKTMC
	2	Ng Pak Hei	BCKSS
	3	Lau Pak Yin	BWFL
	4	Zhong Tak Fai	BHSC
	5	Ke Long Yin	KC
	6	Wong Jun Qiao	FSS-SSW
	7	Chung Ka Hing	HGC
	8	Tam Chun Hei	STCC

Event 18	Boys A Grade High Jump	11:00am
	Record : 2.01	Standard : 1.50

Final	1	Wu Zhenyu	KLSS
	2	Chung Pak Sum	CFSS
	3	Kwong Chi Hin Matthew	TKPS
	4	Muhammad Bilal	IKTMC
	5	Garba Abraham Lincoln Sany	TTCA
	6	Hung Chun Shing	TKOGSS
	7	Gurung Nischal	BWFL
	8	Lee Tsz Fung	CPC
	9	Chan Lok Hang	SS
	10	Li Kuen Tat	LSTWCM
	11	Kwok Hiu Yeung	PLKCHYT
	12	Poon Ho Yeung	TTCA
	13	Ye Fan Kuen	BHSC
	14	Au Pak Hei	LSTWCM
	15	Guo Qile	RS
	16	Soban Muhammad	IKTMC
	17	Chan Zheng Yan Alexander	CFSS
	18	Mao Tsz Yi	TYH
	19	Chan Kwan Shing	UCC-KE
	20	Ip Cheuk Hin	BCKSS
	21	Yip Wa Chun	TYH
	22	Yeh Chun Him	BWFL
	23	Wong Chun Yip	KLSS
	24	Lam Lap Tin	CPC
	25	Yeung Ho Kiu	SS
	26	Tsoi Man Chak	HTSS-TKO
	27	Lam Chun Wai	TKPS

Event 19	Boys B Grade Discus		11:30am
	Record : 54.18		Standard : 20.00
Final	1	So Ting Hei	STCC
	2	Hui Chun Wang William	LCCS
	3	Chan Ki Fung	SKHLMC
	4	Lam Kin Hei	BHJS
	5	Limbu Pramok	DMS-HW2C
	6	Yuan Tsz Shun Johnson	BHSC
	7	Chan Ming Hong	TTCA
	8	Chan Wing Luk	TYH
	9	Su Ka Lok	BCKSS
	10	Wang Man Pan	HGC
	11	Sikarmi Rohit	DMS-HW2C
	12	Cheung Chit Hei	SS
	13	Lam Yat Sum	CFSS
	14	Li Long Tim	TKPS
	15	Lin Kam Yuen	BWFL
	16	Yau Kun Pan	PLKHYC
	17	Li Min Jun	LSTWCM
	18	Agaehi Joseph Chinedu	PLKCHYT
	19	Lee Man Hong	BCKSS
	20	Yan Yu Hang	HGC
	21	Yang King Hong	CFSS
	22	Yu Jay Cheuk Hin	TTCA
	23	Wu Man Him	TKPS
	24	Man Lik Wang	KLSS
	25	Chan Ming Lam Jasper	LCCS
	26	Lee Ho Yin	PLKCHYT
	27	Wang William	KC
	28	O Yat Oscar	PLKHYC
	29	Wong Long Yin Ethan	HTSS-TKO
	30	Tsang Cheung Pak	RCPHKMC
	31	Hung Man Lung	SS
	32	Gurung Safal	BWFL
	33	So Wing Hin	LSTWCM
	34	Bobby-Dzaky-Setiamawan	IKTMC
	35	Yum Cheuk Hei	BHSC
	36	Wong Nok Hei	KC
	37	Dong, Jieshuo	ISFA
	38	Mohammed Anas	IKTMC
	39	Ng Lut Yin	BHJS
	40	Lai Ka Hing	KLSS
	41	Ng Long Fung	TYH
	42	Tam Ka Chung	FSS-SSW
	43	Wong Ho Yin Edwin	HTSS-TKO

Event 20	Girls C Grade 100m		11:45am
	Record : 12.37		Standard : 15.80
Heat 1	1	Chen Nai Yu	SFCC
	2	Ho Wing Tung	TCGSS
	3	Li Sum Yu	SKHLMC
	4	Lam Mei Yan	CYT
	5	Lee Cheuk Yin	KLSS
	6	Ng Hei Yu Chloe	CCK
	7	Nomani Simra	IKTMC
	8	Lee Kin Ching	TKOGSS

Heat 2	1	Lee Tsz Ki	RCPHKMC
	2	Tam Candice Yuen Ching	SPSS
	3	Yuen Yan Kiu	BCKSS
	4	Lam Hiu Yin	TKOGSS
	5	Wong Yin Sum	CFSS
	6	Chan Ka Tung	PLKCHYT
	7	Lin Yan Hong	HTSS-TKO
	8	Szeto Hiu Ching	LKYMS
Heat 3	1	Lee Tung Yan	NPC
	2	Leanne Lee	CIS
	3	Chong Lok Ting Nerissa	TYH
	4	Leung Yui Suet	SKHLMC
	5	Tocco, Rebecca Maria	ISFA
	6	Wong Ka Yiu Jaclyn	SFCC
	7	Wong Hiu Suet	HTSS-TKO
	8	Fu Hailey	CPC
Heat 4	1	Lam Tsam Yiu	BHSC
	2	Wang Chau Man	FSS-SSW
	3	Dousse Alyssa	RS
	4	Tse Kwan Nam	PLKHYC
	5	Chung Hoi Ting	HKSC
	6	Lau Cheuk Laam	BWFL
	7	Xu Tsz Yee	BHNC
Heat 5	1	Poon Wai Lam	TCGSS
	2	U Yan Hei Stefanie	RCPHKMC
	3	Chen Suet Sum Angel	STCC
	4	Gordon, Carla Tsi Kuan	ISFA
	5	Yuen Tsz Ching Hailey	CCK
	6	Wong Wing Tung	FSS-SSW
	7	Yiming Lin	CIS
Heat 6	1	Lam Hoi Ling	PLKHYC
	2	Liu Gangmie	HGC
	3	Li Yee Ting	BHJS
	4	Rong Xiao Lin	LKYMS
	5	Tsui Man Yee	TTCA
	6	Lau Sum	CFSS
	7	See Yiu	TYH
Heat 7	1	Fung Wai Yee	CYT
	2	Yip Hoi Ching	CC
	3	Li Hoi Ting	CPC
	4	Anjum Malik Hayah	IKTMC
	5	Lau Yan Tung	SPSS
	6	Tung Ching Yee	LSTWCM
	7	Shih Yuen Ting	LCCS
Heat 8	1	Wong Tsz Ching	BCKSS
	2	Ng Tin Nam	TTCA
	3	Kumar Risheka Bethany	BWFL
	4	Soong Chloe	RS
	5	Lee Suet Ying Chloe	BHSC
	6	Li Yan	LSTWCM
	7	Mo Hau Ying	CC

Heat 9	1	Liu Ka Man Carman	BHNC
	2	Ng Cheuk Tung Vani	BHJS
	3	Fung Tsz Ching	KLSS
	4	Luk Hei Yee Hailey	STCC
	5	Tse Man Hei	HKSC
	6	Yuan Keqing	HGC
	7	Tam Lok Tung Nicole	LCCS

Event 21	Boys C Grade 100m	11:45am
	Record : 11.21	Standard : 14.20

Heat 1	1	Rechten Ian Zach	RS
	2	Ngai Ka Hei Issac	NPC
	3	Lam Cheuk Hei	SKHLMC
	4	Han Siu Yu	CFSS
	5	Chung Yat Leong	BWFL
	6	Cheng Nga Chung	TKPS
	7	Tiu Pak Ho	BHJS
	8	Soyu Konishi	CIS
Heat 2	1	Ho Chak	KLSS
	2	Chen Sze Yu	TKPS
	3	Chan Pak Lam	HTSS-TKO
	4	Yang Cheuk Yin	PLKHYC
	5	Chan Chi Hang	LSTWCM
	6	Wan Tsz Wai	PLKCHYT
	7	Wong Tsz Kit	RCPHKMC
	8	Zhang Zuo Lin	FSS-SSW
Heat 3	1	Ng Yat Long	STCC
	2	Mohamed Alim Alhashir	IKTMC
	3	Lin Kong Ho	HTSS-TKO
	4	Tsui Kai Yin	TTCA
	5	Fan Zhen Jie	BCKSS
	6	Kenjiro Jr Eto	RS
	7	Wen Ka Tak	NPC
Heat 4	1	Tang Cho Long Chaniel	BCKSS
	2	Chung Chi Ho	SKHLMC
	3	Chan Chi Yin	LSTWCM
	4	Ng Cheuk Fung	UCC-KE
	5	Ahmed Kazi Tahbeer	DMS-HW2C
	6	Chiu Sze Kan	PLKCHYT
	7	Hung Cheuk Ho Graham	SS
Heat 5	1	Lee Ka Yin	LCCS
	2	Huang Jun Xi	TYH
	3	Leung Ho Yin Anviz	STCC
	4	Kwok Hon Kwan	TKOGSS
	5	Balay Xavier Dage Dimalaluan	DMS-HW2C
	6	Yau Yui Hin	BHSC
	7	Choi, Man Wah	ISFA
Heat 6	1	Lam Chun Hei	CPC
	2	Mok Ching Hoi	BHSC
	3	Ho Ching Ho	SS
	4	Wong, Kadya	ISFA
	5	Hui Hong Yau	BHJS
	6	Li Ho Lam	LCCS
	7	Chan Yun Fung Arthur	CCK

Heat 7	1	O Ho Yin	RCPHKMC
	2	Wong Yik Chung	TKOGSS
	3	Yu Tsz Chiu	BWFL
	4	Tsang Pak Hin	PLKHYC
	5	Chan Anson	CFSS
	6	Lu Chuantao	TYH
	7	Weng Ching Ho	FSS-SSW

Heat 8	1	Wong Hei Shun	TTCA
	2	Mohammad Sadeel Khan	IKTMC
	3	Kwok Cheuk Dik	CCK
	4	Poon Chun Hei	CPC
	5	Chu Ho Yin	KLSS
	6	Mark Yang	CIS
	7	Tsang Long Hei	HKBC

Event 22 Girls B Grade 100m 11:45am

Record : 11.89 Standard : 15.70

Heat 1	1	Lau Tsz Ying Jolie	STCC
	2	Lin Wai Kiu	TTCA
	3	Wen Ka Wing	LCCS
	4	Hu Xiaoyin	CPC
	5	Monis Pauline Claire Purol	RS
	6	Hui Ka Lai Kasandra	DMS-HW2C
	7	Lee Suyi	CC
	8	Feng Yan	TCGSS

Heat 2	1	Sin Pui Kiu	BHSC
	2	Sam Yuan Sha	RS
	3	Megan Kwok	CIS
	4	Chan Wun I	LSTWCM
	5	Pang Hei Yin	TCGSS
	6	Wong Yui	SFCC
	7	Liu Yu Ching	CPC
	8	Tong Tsz Yan Jane	RCPHKMC

Heat 3	1	Lee, Cheuk Yiu Mia	ISFA
	2	Wong Ho Yi	HTSS-TKO
	3	Lau Wai Ching	CCK
	4	Lau Hui Ning	CYT
	5	Luk Lin Sum	BHNC
	6	Noor	IKTMC
	7	Leung Sze Sui	BWFL
	8	Wong Mik Lam	KLSS

Heat 4	1	Chen Yuk Fei	BHSC
	2	Li Xiaoqing	LCCS
	3	So Tsz Yan	NPC
	4	Hui Tin Yan	KLSS
	5	Wing Yu Audrey Lau	CIS
	6	Gao Lok Yi	BWFL
	7	Li Chiu Yee	LKYMS
	8	Tai Ka Tak	BHJS

Heat 5	1	Fu Xi Tong	CC
	2	Fong Miu Ying	RCPHKMC
	3	Mok Yee Wah	SFCC
	4	Lee Cheuk Kiu	HKBC
	5	Chui Pui Kwan	LSTWCM
	6	Lai Yuk Ki	CCK
	7	Lee Wing Lam	SPSS
	8	Hong Ying Ling	TKOGSS

Heat 6	1	Ye Jiajun	TYH
	2	Koo Yu Yeung	NPC
	3	Yu Wing Sum Devina	IKTMC
	4	Chow Lok Yo	HTSS-TKO
	5	Chung Tsz Yan	LKYMS
	6	Lai Hiu Ching	CYT
	7	Lam Chin Ching Claudia	SPSS

Heat 7	1	Khan Isabel Sharan Loo E	DMS-HW2C
	2	Tsang Hei Laam	HKBC
	3	Lau Hei Wun	TTCA
	4	Zhu, Tongan	ISFA
	5	Lam Tsz In	CFSS
	6	Tse Hoi Tung	BHJS
	7	Lau Yin	BHNC

Event 23 Boys B Grade 100m 12:15pm

Record : 10.63 Standard : 13.50

Heat 1	1	Mak Hau Chun	HKBC
	2	Lam Yat Lun	UCC-KE
	3	Lam Tsz Yin	PLKHYC
	4	Chan Pong Hei Hewett	BHJS
	5	Jaden Alexander See	CIS
	6	Wu Yee Wing	KC
	7	Huang Tsz Kin	LSTWCM
	8	Lin Yuk Ching	BHSC

Heat 2	1	Sajed Shakeel Minhas	IKTMC
	2	Wong Pak Ho	HTSS-TKO
	3	Hui Sai Shing	STCC
	4	Au Ka To	LCCS
	5	Loo Lap Yin	CCK
	6	Tsoi Chun Kit	HGC
	7	Leung Chun Yiu	TKPS
	8	Nit Wai Ho	KLSS

Heat 3	1	Cheung Tsz Long Adrian	STCC
	2	Koo Ho Kwong	HTSS-TKO
	3	Ho Kam Kong	LSTWCM
	4	Li Lok Tin	TTCA
	5	Tong Pak Tung Paul	RCPHKMC
	6	Li Wang Nok	NPC
	7	Lau Chak Yin	TYH
	8	Chan Hiu Hei	TKOGSS

Heat 4	1	Chan Chiu Yat	TTCA
	2	Cheung Shun Him	TKPS
	3	De Rosa Tristan	RS
	4	Kong Chun Ho	RCPHKMC
	5	Syed Aryan Hussain	DMS-HW2C
	6	Leung Sze Chai	BCKSS
	7	Au Kwok Shun	SKHLMC
	8	Ko Pak Kiu	CFSS

Heat 5	1	Chan Alison	CFSS
	2	Deng Han	HKBC
	3	Tang Yu Long	CPC
	4	Ali Imraan	DMS-HW2C
	5	Tang Hon Cheong	PLKHYC
	6	Huang, Qi Xin	ISFA
	7	Or Chun Kit	SKHLMC
	8	Li Chiu Lam	NPC

Heat 6	1	Huang, Yi Xuan Alan	ISFA
	2	Lin Ka Yat	BHJS
	3	Wu Juncheng	FSS-SSW
	4	Leung Sze Hang	BCKSS
	5	Gurung Samir	BWFL
	6	Wong Yuk Hei	RS
	7	Poon Hiu Yeung	TKOGSS
Heat 7	1	Lau Hok Wai	FSS-SSW
	2	Ho Chi Lok	UCC-KE
	3	Eric Tang	CIS
	4	Chan Yik Sum Samuel	BWFL
	5	Mohammad Ukasha	IKTMC
	6	Gu Cho Yung	KLSS
	7	Leung Chun Chung	SS
Heat 8	1	Chan Ming Hei Jack	CPC
	2	Wan Chi Chung	BHSC
	3	Yuan Wenjie	HGC
	4	Li Wang Yui Morgan	TYH
	5	Chan Chi Hin	CCK
	6	Ng Cheuk Yiu	SS
	7	Chau Tsz Fung	LCCS

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

Heat 1	1	Wong Yee Kiu	TCGSS
	2	Cao Brianna Angelique	DMS-HW2C
	3	Cheung Sin Kei	HTSS-TKO
	4	Lo Hau Man	SPSS
	5	Liu Yuet Tung	LSTWCM
	6	Cheng Wing Sze	CPC
	7	Law Wing Lam	BWFL
	8	Shaniya	RS
Heat 2	1	Kwok Ching Yi	LKYMS
	2	Cheung Hoi Ching	FSS-SSW
	3	Yeung Tsz Yan	TTCA
	4	Zheng Zi Qi	LSTWCM
	5	Chan Man Hei Juddy	HGC
	6	Li Rou	BHSC
	7	Liang Anyi	RS
	8	Khan Bibi Aisha Lachica	IKTMC
Heat 3	1	Khan Remsha	IKTMC
	2	Hung Pak Yiu	CC
	3	Chan Tsz Wing Purple	DMS-HW2C
	4	Hon Cheuk Yin	SPSS
	5	Hosono, Eriko	ISFA
	6	Jiang Yan Ting	CYT
	7	Li Sze Ying	CCK
	8	Wu Yan Yi	BHNC
Heat 4	1	Tan Shiqi	TCGSS
	2	Chu Ka Yan	CC
	3	Yau Hiu Tung	STCC
	4	Leung Nga Lam	HGC
	5	Lee Hoi Tung	SFCC
	6	Qiu Hoi Ting	BCKSS
	7	Wong Tin Lam	TKOGSS
	8	Law Yee Ching	BHJS

Heat 5	1	Ng Hoi Laam	TYH
	2	Ma Tsz Yau	CFSS
	3	Zhang Choi Ying	KLSS
	4	Ng Tsz Ying	CCK
	5	Leung Tsz Ching	SFCC
	6	Tang Wan Dick	BCKSS
	7	Yim Ching	TKOGSS
Heat 6	1	Ng Hoi Lam	CYT
	2	Chen Peilin	KLSS
	3	Fung Lai Yi	FSS-SSW
	4	Ho Ka Nam	TYH
	5	Wong Ming Li Ashley	TTCA
	6	Zhao Hau Yee	BHNC
	7	Bhandari Sristi	BWFL

Event 25	Boys A Grade 100m		12:15pm
	Record : 10.60		Standard : 13.00
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Heat 1	1	Fung Sze Chun	BCKSS
	2	Ng Chun Wang	PLKHYC
	3	Cheung Cheuk Yin	TYH
	4	Chan Curtis	KC
	5	Gurung Bishal	BWFL
	6	Wong Wai Lun	DMS-HW2C
	7	Lo Tsz Fung	CPC
	8	Lee Kiu Yat	SKHLMC
Heat 2	1	Sin Man Hin	KC
	2	Pan Jianjun	FSS-SSW
	3	Koo, Chun Sing Jerry	ISFA
	4	Loo Yat Long	BCKSS
	5	Durant Andrew Patrick Mejia	RS
	6	Narayan Singh Marwaha Kalsi	CIS
	7	Lee Cheuk Sum	TKPS
	8	Chui Lok Hei	HGC
Heat 3	1	Cai Ka Chun	DMS-HW2C
	2	Au Wing Kwan Rory	UCC-KE
	3	Wong Yat Lun	CFSS
	4	Hibathullah Abdul Rahman	IKTMC
	5	Chau Man Ching	PLKCHYT
	6	Shing Pak Yin	TKOGSS
	7	Li Ka Chun	SKHLMC
	8	Clayton, Lucian Cecil	ISFA
Heat 4	1	Zhang Junjie	KLSS
	2	Man Man Hoi	LSTWCM
	3	Yu Ka Lun	SS
	4	Lau Lok Tsun	HTSS-TKO
	5	Zhou Kai	BHSC
	6	Wong Hong Yip	TKPS
	7	Ting Chun Shing	NPC
	8	Hui Fu Po	TYH
Heat 5	1	Villanueva Jeane Drei Rentoy	RS
	2	Bok Chak Lam	BHJS
	3	Lam Yin Hei	CCK
	4	Lai Chun Hang	LSTWCM
	5	Chau Pang	NPC
	6	Yeung Lam	TKOGSS
	7	Tse Yue Hin Angus	CFSS
	8	Ho Ting Yiu	PLKHYC

Heat 6	1	Chan Ho Chi	CCK
	2	Yu Ka Ki	KLSS
	3	So Ching Wang	CPC
	4	Wong Kei Yeung	TTCA
	5	Shaik Allavudin Ahamed Yaseen	IKTMC
	6	Ng Kai To Pekko	HKBC
	7	Chiu Lok Yin	UCC-KE
	8	James Zeren Zhang	CIS

Heat 7	1	Chow Shu Sang	SS
	2	Tam Chun Hei	STCC
	3	Chung Tai Cheung Arayon	HKBC
	4	Lau Cheuk Hei	TTCA
	5	Ombao Christian Lloyd Guzman	BWFL
	6	Chou Cheuk Wai	BHSC
	7	Woo Ho Ching	FSS-SSW
	8	Lau Yu Fan	HTSS-TKO

Event 26	Boys A Grade Javelin	1:45pm
	Record : 62.06	Standard : 21.50

Final	1	Lee Kiu Yat	SKHLMC
	2	Wu Ka Shing	BCKSS
	3	Wong Hui Yeung Canaan	UCC-KE
	4	Chong Ka Wing	STCC
	5	Sudais Muhammad	HCSMS
	6	Ngan Pak Shing	BHSC
	7	Chim Tin Yat Cyrus	CFSS
	8	Zhang Junjie	KLSS
	9	Lai Man Kit	HGC
	10	Zhang Kau	KLSS
	11	Cheng Tsz Ho	TKPS
	12	Chan Lok Hang	SS
	13	Soban Muhammad	IKTMC
	14	Wan Chi Hang	TYH
	15	Yip Shing Ho	UCC-KE
	16	Ng Chun Kit	LCCS
	17	Cheng Hok Wun	TKPS
	18	Pang Zhen Huan	HTSS-TKO
	19	So Park Kei	STCC
	20	Chow Yee Kit	TYH
	21	Wo Yui Nam Anson	TTCA
	22	Pang Ho Chun	KC
	23	Lam Kam Wang	LSTWCM
	24	Sheng Ka Ching	HTSS-TKO
	25	Koo Cheuk Hei	TTCA
	26	Chu Shek Long	KC
	27	Li Ching Fai	LSTWCM
	28	Tsui Ho Yin	CFSS
	29	Chan Hoi Lun	BWFL
	30	Wang Ki Yung	BCKSS
	31	Chuk Chi Lam	BWFL
	32	Chow Shu Sang	SS
	33	Zaman Muzammail	IKTMC

Event 27	Boys B Grade Shot Put	1:45pm
	Record : 16.33	Standard : 8.80
Final	1 So Wing Hin	LSTWCM
	2 Wang William	KC
	3 Lai Chun Lok	CFSS
	4 Lin Kam Yuen	BWFL
	5 Lam Kwai Kuen	SS
	6 Osama Muhammad	IKTMC
	7 Lo Ho Yin	SKHLMC
	8 Chan Hon Sing	BHJS
	9 Su Ka Lok	BCKSS
	10 Tam Ka Chung	FSS-SSW
	11 Deng Man Ho	RCPHKMC
	12 Wong Nok Hei	KC
	13 Weng Yuk Tsun William	SS
	14 Limbu Pramok	DMS-HW2C
	15 Chan Ming Hong	TTCA
	16 Ng Ngai Tik Eddy	TYH
	17 Gurung Safal	BWFL
	18 Wong Pak Tung	KLSS
	19 Ho Siu Hang	TKOGSS
	20 Chan Wing Luk	TYH
	21 Huang Chi Fan	HGC
	22 Lau Chun	KLSS
	23 Li Yong Huan	LSTWCM
	24 Yum Cheuk Hei	BHSC
	25 Cheung Lap Man	CCK
	26 Lam Yat Sum	CFSS
	27 Lee Man Hong	BCKSS
	28 Liu Yuanhang	TKPS
	29 Lam Ho	CPC
	30 Long Ding Min	RS
	31 Chung Hei Yin	UCC-KE
	32 Sikarmi Rohit	DMS-HW2C
	33 Chen Paak Ho	TKOGSS
	34 Yau Kun Pan	PLKHYC
	35 Lam Kin Hei	BHJS
	36 Tsang Cheung Pak	RCPHKMC
	37 Lee Ho Yin	PLKCHYT
	38 Chan Ming Lam Jasper	LCCS
	39 Wang Man Pan	HGC
	40 Tai Sai Hong	CCK
	41 Lin Vincent Preston	HTSS-TKO
	42 Abdullah Muhammad	IKTMC
	43 Ng Wai Hang	CPC
	44 Lui King Hei	TKPS
	45 Hui Chun Wang William	LCCS
	46 Shi Chiu Wang	BHSC
	47 O Yat Oscar	PLKHYC
	48 Cai Kam Nam	HTSS-TKO
	49 Chin Sean Jaden Samonte	RS
	50 Ng Cheuk Luen	TTCA
	51 Agaehi Joseph Chinedu	PLKCHYT

Event 28	Girls A Grade Long Jump	1:45pm	
	Record : 5.78	Standard : 3.60	
Final	1	Chau Ming Wai	DMS-HW2C
	2	Yang Jia Lin	TKOGSS
	3	Wong Edna	BWFL
	4	Ng Tsz Ying	CCK
	5	Li Rou	BHSC
	6	Li Choi Wa	TCGSS
	7	Ngai Wing Man	LKYMS
	8	Kast, Emma Sophia Chan	ISFA
	9	Kwok Ching Yi	LKYMS
	10	Luk Tsz Yi	PLKCHYT
	11	Giang Villan Sara Isabela Kamein	RS
	12	Yiu Cheuk Yin	KLSS
	13	Shaniya	RS
	14	Tam Ka Ling	BHJS
	15	Leung Wing Ling Amanda	BWFL
	16	Ho Hoi Lam	TYH
	17	Magalang Windelyn Mariscotes	IKTMC
	18	Tse Nga Yau	SFCC
	19	Wu Yan Yi	BHNC
	20	Chan Man Hei Juddy	HGC
	21	Wu Sum Chit	CFSS
	22	Wong Yui Ting	TCGSS
	23	Kwok Tsz Yan	CCK
	24	Ng Hoi Lam	CYT
	25	Fung Cheuk Yiu	CC
	26	Wong Hoi Lam	KLSS
	27	Liu Jia Hui	HTSS-TKO
	28	Ng Hoi Laam	TYH
	29	Khan Hifsa	IKTMC
	30	Ng Shuk Ying	BCKSS
	31	Ma Cen Alejandra Jia Wen	BHNC
	32	Ng Yee Chin	SFCC
	33	Law Hoi Ying	CFSS
	34	Lau Yuet Yi	TKOGSS
	35	Wong Hei Tung Matilda	TTCA
	36	Lee Kit Sum	CYT
	37	Chan Hiu Tung	CPC
	38	Lau Yu Ning	HTSS-TKO

Event 29	Boys C Grade High Jump		1:45pm
	Record : 1.86		Standard : 1.25
Final	1	Fong Chi Long	LSTWCM
	2	Lee Fat Sing Bosco	PLKHYC
	3	Yao Fengze	HTSS-TKO
	4	Ting Ho Pong	SS
	5	Chan Siu Hei	TTCA
	6	Gurung Pranabh	IKTMC
	7	Ng Pui Hin	SS
	8	Choi Chi Long	TKPS
	9	Tai Sze Long	TYH
	10	Kintongi Diakiese Merveilles	CCK
	11	Yu Hao Kun	CFSS
	12	Chung Ho Fung	LCCS
	13	Ma Erle Ian	CIS
	14	Liu Kei Kit	HTSS-TKO
	15	Pu Kiu Fung	TKPS
	16	Chan Wai Lam	BCKSS
	17	Chen Ming Chun	BHSC
	18	Wang Wu Zi Xiang	BWFL
	19	Chan Chi Yin	LSTWCM
	20	Mok Cheuk Hong	TKOGSS
	21	Cheng Jophy Pak Hin	BWFL
	22	Wong Chun Hei	TYH
	23	Chu Ho Yin	KLSS
	24	Chan Kwan Yui Carson	LCCS
	25	Law Kin Hang	CPC
	26	Yuen Leong Cedar	KLSS
	27	Yiu Tsz Him	CPC
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Event 30	Girls C Grade 200m		2:00pm
	Record : 25.77		Standard : 34.50
Heat 1	1	Rong Xiao Lin	LKYMS
	2	Shih Yuen Ting	LCCS
	3	Wong Wing Yi	SKHLMC
	4	Aliana Kwong	CIS
	5	Chai Yi Han	HTSS-TKO
	6	Chiu Lok Yee	STCC
	7	Yeung Hiu Tung	TTCA
	8	Molina Jasmine	IKTMC
Heat 2	1	So Hei Nga	SFCC
	2	Chan Sze Yiu	RCPHKMC
	3	Chung Hoi Ting	HKSC
	4	Chan Ho Yan	LSTWCM
	5	Lee Suet Ying Chloe	BHSC
	6	Chan Cheuk Yung Pia	STCC
	7	Xu Tsz Yee	BHNC
	8	Kwong Ho Ying	BHJS
Heat 3	1	Yu Janice	TTCA
	2	Lau Pik Yu	CPC
	3	Yuen Tsz Ching Hailey	CCK
	4	Wong Tsz Ching	BCKSS
	5	Gamponia Aeofe Verano	RS
	6	Wong Chi Ching	LCCS
	7	Yau Ka Lam	TCGSS
	8	Lo Yat Tung	HKSC

Heat 4	1	Kaur Manjot	RS
	2	Chan Hei Lam	TKOGSS
	3	Li Liting	TYH
	4	Qazi Mah Noor	IKTMC
	5	Kumar Risheka Bethany	BWFL
	6	Gordon, Carla Tsi Kuan	ISFA
	7	Wong Cheuk Yiu	BHJS
	8	Lam Hoi Ling	PLKHYC
Heat 5	1	Wong Sze Ching	LKYMS
	2	Li Sum Yau	HGC
	3	Cheng Siu Ying	PLKCHYT
	4	Li Man Kei	FSS-SSW
	5	Leanne Lee	CIS
	6	Sham On Kiu	SKHLMC
	7	Ip Ying Tung	CCK
	8	Ip Marjorie	CFSS
Heat 6	1	Lee Tung Yan	NPC
	2	Hui Tsz Kiu	RCPHKMC
	3	Wong Lok Ching	TYH
	4	Yuen Yan Kiu	BCKSS
	5	Tse Kwan Nam	PLKHYC
	6	Chung Tung Tung	CPC
	7	Chan Ka Tung	PLKCHYT
	8	Lin Yan Hong	HTSS-TKO
Heat 7	1	Fung Tsz Ching	KLSS
	2	Chow Chor Nam	LSTWCM
	3	Fung Yuen Ting	CC
	4	Lo On Yu	TKOGSS
	5	Wu Po Yi	BHNC
	6	Lee, Bridget Fei	ISFA
	7	Chu Sik Yiu	BHSC
	8	Tang Cheuk Yiu Jessica	FSS-SSW
Heat 8	1	Chow Ka Laam	CYT
	2	Mo Hau Ying	CC
	3	Poon Wai Lam	TCGSS
	4	Wong Huen Ni	BWFL
	5	Chen Nai Yu	SFCC
	6	Cheng Nga Nok	KLSS
	7	Wong Yin Sum	CFSS

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

Heat 1	1	Kenjiro Jr Eto	RS
	2	Kwok Chun Ching	SS
	3	Lee Ka Yin	LCCS
	4	Hau Ka Shun	TKPS
	5	Lam Kim Shan	LSTWCM
	6	Wong Lap Yin	STCC
	7	Wong Ting Hei	UCC-KE
	8	Leung Cheuk Hin	RCPHKMC
Heat 2	1	Wong Hei Shun	TTCA
	2	Lu Chuantao	TYH
	3	Brandon Lien	CIS
	4	Kwok Cheuk Dik	CCK
	5	Tse Man Lok Vincent	CPC
	6	Subhan Muhammad	IKTMC
	7	Hui Hong Yau	BHJS

Heat 3	1	Chung Lok Tin	TKPS
	2	Weng Ching Ho	FSS-SSW
	3	Lam Chun Hei	CPC
	4	Gurung Nelsan	IKTMC
	5	Choi, Man Wah	ISFA
	6	Zhang Chun Kit	PLKCHYT
	7	Tsang Pak Hin	PLKHYC
Heat 4	1	Lam Lok Yin	KC
	2	Tang Ho Ming	LCCS
	3	Zhang Zuo Lin	FSS-SSW
	4	Yeung Yuet Long	UCC-KE
	5	Wong Mik Long	KLSS
	6	Cheng Yu Kiu	BHSC
	7	Cheung Sze Ho	RS
Heat 5	1	Wong Cheuk Kiu	BHSC
	2	Asad Aryan	DMS-HW2C
	3	Lau Tsz Long	CCK
	4	Tiu Pak Ho	BHJS
	5	Fan Zhen Jie	BCKSS
	6	Tsui Kai Yin	TTCA
	7	Yu Tsz Chiu	BWFL
Heat 6	1	Lin Kong Ho	HTSS-TKO
	2	Ho Ching Ho	SS
	3	Liu, Joseph	ISFA
	4	Ahmed Kazi Tahbeer	DMS-HW2C
	5	Ng Man Pok Taos	TYH
	6	Rai Samuel	BWFL
	7	Tang Chun Kit	LSTWCM
Heat 7	1	Tsang Long Hei	HKBC
	2	Chan Chak	PLKCHYT
	3	Ng Hon Hin	HTSS-TKO
	4	Wong Tsun Yat Jayden	STCC
	5	Chan Anson	CFSS
	6	Chan Lik Hang	SKHLMC
	7	Lau Tze Hin Mason	TKOGSS
Heat 8	1	Ng Kwun Hang	KLSS
	2	Wong Tsz Kit	RCPHKMC
	3	Lau Chun Ho	PLKHYC
	4	Lam Cheuk Hei	SKHLMC
	5	Tang Cho Long Chaniel	BCKSS
	6	Wong Yik Chung	TKOGSS
	7	Byron Zhang	CIS

Event 32	Girls B Grade 200m	2:00pm
	Record : 24.96	Standard : 34.00

Heat 1	1	Yu Wing Sum Devina	IKTMC
	2	Fung Wan Ning	SFCC
	3	Chan Ka Mei	CPC
	4	Lau Hei Wun	TTCA
	5	Lau Yeuk Nam Natalie	STCC
	6	Li Chiu Yee	LKYMS
	7	Chen Yuk Fei	BHSC
	8	Luk Lin Sum	BHNC

Heat 2	1	Cheng Ka Yau	HKBC
	2	Xu Xinqi	HTSS-TKO
	3	Yung Yik Nei Liiana	CC
	4	Lai Yuk Ki	CCK
	5	Leung Sze Sui	BWFL
	6	Hong Ka Wai	LKYMS
	7	Li Yu Cheng	BHNK
	8	Mok Yee Wah	SFCC
Heat 3	1	Jackets Samantha Victoria	RS
	2	Khan Isabel Sharan Loo E	DMS-HW2C
	3	Chan, Ching Jeannie	ISFA
	4	Leung Hailey	BHJS
	5	Lee Suyi	CC
	6	Cheung Yik Tung Athena	SPSS
	7	Fung Tsz Yan	TTCA
Heat 4	1	Koo Yu Yeung	NPC
	2	Wen Ka Wing	LCCS
	3	Wing Huen Isabelle Lau	CIS
	4	Chung Alexa Louise	DMS-HW2C
	5	Wong Yat Ka	RCPHKMC
	6	Chan Wun I	LSTWCM
	7	Chen Yu Huen	TKOGSS
Heat 5	1	Tong Tsz Yan Jane	RCPHKMC
	2	Shi Wenxuan	HTSS-TKO
	3	Fung Hoi Yiu	TKOGSS
	4	Ye Jiajun	TYH
	5	Wing Yu Audrey Lau	CIS
	6	Wong Mei Yi	PLKCHYT
	7	Wong Mik Lam	KLSS
Heat 6	1	Lee Wan Hei	CYT
	2	Leung Yuen Wai	CCK
	3	Gao Lok Yi	BWFL
	4	Khan Minahil Ahmed	IKTMC
	5	Mak Wai Man	BHJS
	6	Li Xiaoqing	LCCS
	7	Lai Ching	TYH
Heat 7	1	Chan Yin Fei	HGC
	2	Sam Yuan Sha	RS
	3	Cheung Hiu Yuet	TCGSS
	4	Lee, Cheuk Yiu Mia	ISFA
	5	Lau Hui Ning	CYT
	6	Lam Tsz In	CFSS
	7	Lam Yan Yu	KLSS
Heat 8	1	Ho Wing Sze	TCGSS
	2	Tsui Sophie	CFSS
	3	Chan Ka Wai	SPSS
	4	Sin Pui Kiu	BHSC
	5	Chau Wing Kwan	LSTWCM
	6	Li Hoi Ting	CPC
	7	Lau Tsz Ying Jolie	STCC

Event 33	Boys B Grade 200m	2:30pm	
	Record : 21.90	Standard : 27.80	
Heat 1	1	King John Thai	BWFL
	2	Kei Cheuk Yin	UCC-KE
	3	Chan Wang Hei	HTSS-TKO
	4	Cheung Shun Him	TKPS
	5	Huang, Yi Xuan Alan	ISFA
	6	Kong Chun Ho	RCPHKMC
	7	Nit Wai Ho	KLSS
	8	Arman Muhammad	IKTMC
Heat 2	1	Leung Sze Chai	BCKSS
	2	Chen Junye	HKBC
	3	Cheng On Chit Hersed	RCPHKMC
	4	Wan Chi Chung	BHSC
	5	Syed Aryan Hussain	DMS-HW2C
	6	Li Lok Tin	TTCA
	7	Leung Chak Tin	NPC
	8	Chan Wun Wing Joe	TYH
Heat 3	1	Chan Yik Sum Samuel	BWFL
	2	Ho You	BHSC
	3	Wu Juncheng	FSS-SSW
	4	Tsoi Chun Kit	HGC
	5	Kwong Chi Tat	LSTWCM
	6	Jaden Alexander See	CIS
	7	Hung Chi Kwan	KLSS
	8	Kwok Ming Hei Ivan	TKOGSS
Heat 4	1	Lin Ka Yat	BHJS
	2	Tang Yu Long	CPC
	3	Wu Yee Wing	KC
	4	Tam Pak Long	TTCA
	5	Leung Chun Chung	SS
	6	Ko Pak Kiu	CFSS
	7	Thilakanayaka Pasan Nimsara	RS
	8	Lau Hok Wai	FSS-SSW
Heat 5	1	Loo Lap Yin	CCK
	2	Wong Pak Ho	HTSS-TKO
	3	Li Wang Yui Morgan	TYH
	4	Lam Tsz Yin	PLKHYC
	5	Deng Han	HKBC
	6	Sy Chace Kerwin Sison	CPC
	7	Chan Alison	CFSS
Heat 6	1	Kit Kok Chun	TKOGSS
	2	Law Ka Fung	PLKCHYT
	3	Huang King Tang	TKPS
	4	Kwo Pak San	SS
	5	Chau Tsz Fung	LCCS
	6	Wang Minghao	LSTWCM
	7	Mohammad Ukasha	IKTMC
Heat 7	1	Ling Alexander Christopher Nathan J	RS
	2	Or Chun Kit	SKHLMC
	3	Eric Tang	CIS
	4	Kashif Muhammad	DMS-HW2C
	5	Ho Chung Hin	PLKHYC
	6	Kam Tse Ming Chapman	KC
	7	Chan Chi Hin	CCK

Heat 8	1	Cheung Tsz Long Adrian	STCC
	2	Chan Man Hei	LCCS
	3	Au Kwok Shun	SKHLMC
	4	Lam Yat Lun	UCC-KE
	5	Huang, Qi Xin	ISFA
	6	Leung Sze Hang	BCKSS
	7	Yuan Wenjie	HGC

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

Heat 1	1	Wong Pui Ying	LKYMS
	2	Ho Hoi Lam	TYH
	3	Khan Bibi Aisha Lachica	IKTMC
	4	Cao Brianna Angelique	DMS-HW2C
	5	Ho Kwan Yi	CCK
	6	Chen Peilin	KLSS
	7	Choi Lok	BHJS
	8	Jiang Yan Ting	CYT
Heat 2	1	Fatima Mehreen	IKTMC
	2	Angeles Sam Ormasa	RS
	3	Cheung Hoi Ching	FSS-SSW
	4	Rai Yukti	BWFL
	5	Cen Jiayi	CYT
	6	Qiu Hoi Ting	BCKSS
	7	Wong Ching Yi	CC
Heat 3	1	Tang Wan Dick	BCKSS
	2	Yim Ching	TKOGSS
	3	Lau Kwan Yiu Yo Yo	BHJS
	4	Chan Tsz Wing Purple	DMS-HW2C
	5	Ma Tsz Yau	CFSS
	6	Lee Pui Ki	CC
	7	Lee Hoi Tung	SFCC
Heat 4	1	Lai Hoi Ching	TCGSS
	2	Lam Suet Ching	SPSS
	3	Leung Tsz Ching	SFCC
	4	King Princess Mary Gene Lenchico	RS
	5	Yan Wenjing	LKYMS
	6	Zhang Choi Ying	KLSS
	7	Yuan Tsz Yu Zoe	LSTWCM
Heat 5	1	Ma Cen Alejandra Jia Wen	BHNK
	2	Yeung Tsz Yan	TTCA
	3	Chan Ying Kiu	TYH
	4	Zhang Xiao Rou	HTSS-TKO
	5	Wong Tin Lam	TKOGSS
	6	Hosono, Eriko	ISFA
	7	Chen Heung Yi	HGC
Heat 6	1	Zhao Hau Yee	BHNK
	2	Law Wing Lam	BWFL
	3	Tan Shiqi	TCGSS
	4	Lum Hau Ching	FSS-SSW
	5	Lau Yu Ning	HTSS-TKO
	6	Zheng Zi Qi	LSTWCM
	7	Wong Tsz Yin Yovela	TTCA

Event 35	Boys A Grade 200m	2:30pm	
	Record : 21.91	Standard : 26.80	
Heat 1	1	Ng Yik Hei	HTSS-TKO
	2	Yang Lanqin	CFSS
	3	Wong Ki Cheuk	SKHLMC
	4	Wong Tsz Hin	TKOGSS
	5	Lin, Zichuan	ISFA
	6	Au-Yeung Tsz Him Nicholas	TTCA
	7	Law Chi Hang	FSS-SSW
	8	Cheng Hok Wun	TKPS
Heat 2	1	Lam Chi Hin	CCK
	2	Asif Mohammad Yousaf Khan	IKTMC
	3	Lee Chun Hei	SKHLMC
	4	Chau Man Ching	PLKCHYT
	5	Hui Chun Ming	TYH
	6	Ip Hay Yeung	UCC-KE
	7	Villanueva Jeane Drei Rentoy	RS
	8	Chow Chung Ting	KLSS
Heat 3	1	Luo Tsz Hin	BHSC
	2	Chan Curtis	KC
	3	Chan Yiu Fung	TKOGSS
	4	Ho Tsz Kin	CPC
	5	Lui Hong Laam	HGC
	6	Zhang Kau	KLSS
	7	Ombao Christian Lloyd Guzman	BWFL
	8	Lam Siu Hung	SS
Heat 4	1	Jiang Ying Nam	PLKHYC
	2	Koo, Chun Sing Jerry	ISFA
	3	Young Hang Yan	LCCS
	4	Lau Cheuk Hei	TTCA
	5	Loo Yat Long	BCKSS
	6	Lam Chi Ngai	UCC-KE
	7	Limbu Noyang	BWFL
Heat 5	1	Chan Cheuk Hei	HKBC
	2	Cai Ka Chun	DMS-HW2C
	3	Wong Nim Cho	LSTWCM
	4	Wong Yat Lun	CFSS
	5	Xie Ka Wai	TYH
	6	Kwong Chi Hin Matthew	TKPS
	7	Ng Pak Hei	BCKSS
Heat 6	1	Wong Jun Qiao	FSS-SSW
	2	Durant Andrew Patrick Mejia	RS
	3	Zhang Yuet Hei Race	NPC
	4	Chan Ho Chi	CCK
	5	Mohammad Aqib	IKTMC
	6	Chui Lok Hei	HGC
	7	Ng Chun Wang	PLKHYC
Heat 7	1	Lo Tsz Fung	CPC
	2	Sin Man Hin	KC
	3	Ye Fan Kuen	BHSC
	4	Ho Tsz Fai	LSTWCM
	5	Yu Ka Lun	SS
	6	Chow Ho Wang	HKBC
	7	Lau Yu Fan	HTSS-TKO

Event 36	Boys C Grade 1500m	3:00pm	
	Record : 4:24.54	Standard : 5:58.00	
Heat 1	1	Tseng Sze Hon	BHJS
	2	Kwok Ching Ho	SKHLMC
	3	Rehman Faseeh	IKTMC
	4	Lam Hok Tak	BWFL
	5	Yung Tsz Hin Marcus	SS
	6	Fong Tin Hang	CFSS
	7	Lam See Chai	TTCA
	8	Luo Ho Yu	LSTWCM
	9	Chiu Sung Yin	TKOGSS
	10	Wood Thomas Walter Temuujin	RS
	11	Tsang Pak Kiu Jadan	RCPHKMC
	12	Lo Ming Chit	CPC
	13	Chiu Tsun Hei	STCC
	14	Yeung Cheuk Lam	FSS-SSW
	15	Chan Man Hin	KLSS
	16	Lo, King Yin Kingsley	ISFA
	17	Chang Yiu Kuen	PLKCHYT
Heat 2	1	Cheng Chin Chung	BHJS
	2	Khan Zayan	IKTMC
	3	Ku Lok Tin	KC
	4	Yuen Leong Cedar	KLSS
	5	Miao Ming Shun Isaac	TKPS
	6	Mirza, Kabir Neil	ISFA
	7	Chan Nok Hang	TYH
	8	Leung Yat Fung	CFSS
	9	Chan Wing Kan	LCCS
	10	Henry Schilmann Russell	CIS
	11	Hui Chit Man Manco	CPC
	12	Chen Jamson	HTSS-TKO
	13	Wong Chi Sam	BCKSS
	14	Li Sebastian Wei Le	PLKCHYT
	15	Cheung Ming Long	SS
	16	Lam Tsz Pok	BHSC
Heat 3	1	Chui Ngai Long	BCKSS
	2	Chung Tsz Lung	FSS-SSW
	3	Lee Pak Kiu	KC
	4	Lu Hoi Hei	TTCA
	5	Cai Samson	LSTWCM
	6	Lai Yat Lam Moses	TYH
	7	Ma Long Fung	BHSC
	8	Yim Wai Ching	LCCS
	9	Duan Jia Sen	HTSS-TKO
	10	Dylan Sean Baram	CIS
	11	Lin Chi Kit Raymond	BWFL
	12	Ho Tik Kan Dicken	TKOGSS
	13	Cheng Pok Hei	RCPHKMC
	14	Ng Hei Chit	HGC
	15	Wu Ye Heng	NPC
	16	Tong Chun Wah Roy	TKPS

Event 37	Boys B Grade 1500m	3:00pm	
	Record : 4:10.65	Standard : 5:40.00	
Heat 1	1	Chan Ming Hong	CCK
	2	Lui Wah Kin	BWFL
	3	Chan Chung Hei Bradley	RS
	4	Tsang Lok Yan	LCCS
	5	Sim Ching Hei	UCC-KE
	6	Wong Hau Sze	SS
	7	Cheng Tsz Ho	LSTWCM
	8	O Ho Him	RCPHKMC
	9	Cheng Chung Hei	KC
	10	Chan Ka Fung Easton	KLSS
	11	Lam Ho	CPC
	12	Bai, Aaron Hao Ren	ISFA
	13	Jim Ho Kiu	BHJS
	14	Tam Man Chau	PLKHYC
	15	Cheng King Hin	CFSS
	16	Mok Ho Lun	TKOGSS
	17	Chang Chun Yuk	BHSC
Heat 2	1	Wong Wayne Feng Aristo	UCC-KE
	2	Ko Sze Ming	TKPS
	3	Chan Kin Lok	RCPHKMC
	4	Chan Nok Yat	TYH
	5	Tse Hadyen	KC
	6	Wan Lam Yat Issac	STCC
	7	Mak An Wing	LCCS
	8	Obaidur Absam	IKTMC
	9	Liu Shen Xi	BCKSS
	10	Chan Kwok Pan	LSTWCM
	11	Ma Chun Yin	TTCA
	12	Tse O San Solar	BHJS
	13	Fok Pak Hei	SKHLMC
	14	Wan Lok Man	CCK
	15	Chan Kwong Leong	PLKHYC
	16	Hung Cheung Hei	HTSS-TKO
Heat 3	1	Ilasin Yuri Randall Cabutaje	RS
	2	Orh Shing Yan	TTCA
	3	Wu Chun Ming Marcus	BWFL
	4	Wong Fong Ching	STCC
	5	Wong Tsun Yeung	CPC
	6	Ng Sheung Wun	SS
	7	Tang Chun Hin	FSS-SSW
	8	Wu Boxin Austin	HTSS-TKO
	9	Lee, Tristan Cheng	ISFA
	10	Cai Shao Jie	KLSS
	11	Ng Cheuk Hang	TYH
	12	Chung Yui Hei	TKPS
	13	Chui Cheuk Long	CFSS
	14	Lau Hin Chun	BCKSS
	15	Poon Shing Pan	TKOGSS
	16	Mohammad Zain Ul Abidin	IKTMC

Event 38	Boys A Grade 1500m	3:00pm	
	Record : 4:02.02	Standard : 5:30.00	
Heat 1	1	Luo Wing Chun	SS
	2	Chan Chun Nam	HTSS-TKO
	3	Kit Pong Moses Lai	CIS
	4	Hui Chun Ming	CFSS
	5	Wong Pak Hei	BCKSS
	6	Wong Yuk Ho	RCPHKMC
	7	Chan Sing Hoi	TKPS
	8	Chen Lung To	BHSC
	9	Ng Kai To Pekko	HKBC
	10	Khan Hasnat	BWFL
	11	Mohammad Hassnan Khan	IKTMC
	12	Yan King Sing	KC
	13	Wood John Charles Temuulen	RS
	14	Chan Chun Tat	BHJS
	15	Yi Jin Rong	LSTWCM
	16	Wong Wai Lun	DMS-HW2C
	17	Choi Hon Yin	KLSS
	18	Leung Chun Long Willis	TYH
	19	Chung Ka Hing	HGC
	20	Chim Ying Nam	TTCA
Heat 2	1	Wong Hok Hin	NPC
	2	Chau Yin Chung	BCKSS
	3	Wong Hoi Hei	BHJS
	4	Lyu Cheng Lin	LSTWCM
	5	Tsang Ka Hei William	TKPS
	6	Gurung Nischal	BWFL
	7	Li Yung Yik	BHSC
	8	Leung Lok Yin	PLKHYC
	9	Lo Chi Keung	DMS-HW2C
	10	Yani M Ibrahim Seyed Abdurrahman Avuf	IKTMC
	11	Tang Chun Ki	HGC
	12	Wong Kai Chun	TYH
	13	Lee Yan Wayne	CFSS
	14	Choi Pak Him	TTCA
	15	Suen Tsun Ki	SS
	16	Yeung Lam	TKOGSS
	17	Chan Chung	CPC
	18	Ng Wing Lok	LCCS
	19	Su Tsz Kuen	KLSS
Event 39	Girls C Grade 4x100m Relay	4:00pm	
	Record : 48.41	Standard : 1:05.00	
Heat 1	1		RCPHKMC
	2		HTSS-TKO
	3		STCC
	4		CIS
	5		SFCC
	6		TKOGSS
	7		LCCS
	8		RS
Heat 2	1		CYT
	2		BWFL
	3		SPSS
	4		CPC
	5		HKSC
	6		BHSC
	7		ISFA

Heat 3	1	CC
	2	BHJS
	3	TCGSS
	4	FSS-SSW
	5	BHMK
	6	TTCA
	7	KLSS

Heat 4	1	LKYMS
	2	CFSS
	3	TYH
	4	SKHLMC
	5	LSTWCM
	6	IKTMC
	7	CCK

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

Heat 1	1	LCCS
	2	RCPHKMC
	3	IKTMC
	4	CIS
	5	SFCC
	6	BHSC
	7	TCGSS

Heat 2	2	BWFL
	3	CFSS
	4	RS
	5	LKYMS
	6	TTCA
	7	KLSS

Heat 3	2	LSTWCM
	3	CCK
	4	CPC
	5	TKOGSS
	6	BHJS
	7	SPSS

Heat 4	2	HTSS-TKO
	3	TYH
	4	BHMK
	5	HKBC
	6	CYT
	7	STCC

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

Heat 1	1	BHJS
	2	IKTMC
	3	BHMK
	4	CC
	5	CYT
	6	SFCC
	7	TKOGSS
	8	SPSS

Heat 2	1	TYH
	2	BCKSS
	3	STCC
	4	TCGSS
	5	CFSS
	6	HGC
	7	CCK
	8	FSS-SSW

Heat 3	1	BWFL
	2	HTSS-TKO
	3	KLSS
	4	LKYMS
	5	TTCA
	6	RS
	7	LSTWCM

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

Heat 1	1	STCC
	2	UCC-KE
	3	CCK
	4	LSTWCM
	5	TKPS
	6	CPC
	7	BWFL
	8	RS

Heat 2	1	CIS
	2	IKTMC
	3	CFSS
	4	HTSS-TKO
	5	TYH
	6	PLKHYC
	7	TKOGSS
	8	SS

Heat 3	1	BHJS
	2	ISFA
	3	TTCA
	4	RCPHKMC
	5	LCCS
	6	BHSC
	7	KLSS

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

Heat 1	1	UCC-KE
	2	BWFL
	3	HKBC
	4	LCCS
	5	TKPS
	6	CCK
	7	SS

Heat 2	1	PLKHYC
	2	RCPHKMC
	3	HTSS-TKO
	4	LSTWCM
	5	BHSC
	6	CPC
	7	IKTMC

Heat 3	2	KLSS
	3	ISFA
	4	TYH
	5	TKOGSS
	6	CFSS
	7	BHJS

Heat 4	2	RS
	3	STCC
	4	TTCA
	5	KC
	6	FSS-SSW
	7	BCKSS

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

Heat 1	1	TKOGSS
	2	FSS-SSW
	3	CCK
	4	KC
	5	UCC-KE
	6	BHSC
	7	BWFL
	8	KLSS

Heat 2	1	PLKHYC
	2	IKTMC
	3	STCC
	4	LSTWCM
	5	SS
	6	TYH
	7	TTCA
	8	CPC

Heat 3	1	ISFA
	2	BCKSS
	3	RS
	4	TKPS
	5	CFSS
	6	HKBC
	7	BHJS
	8	HTSS-TKO