

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

Division Three (Area 3)

Day Two 30 January 2024

8:15 AM Officials report to duty

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

	No.	Time	Event		Heats /	Semi-Final	/ Final
		8:15am	Officials Report (工作人員報到)				
AM	1	8:30am	Long Jump (跳遠)	Boys B			45
	2		Shot Put (鉛球)	Boys C			44
	3		Discus (鐵餅)		Girls A		36
	4		High Jump (跳高)		Girls B		28
	5		100m Hurdles (欄)		Girls C	No Semi-Final	
	6		"		Girls B	No Semi-Final	
	7		"		Girls A	No Semi-Final	
	8		"	Boys C		No Semi-Final	
	9		"	Boys B		2	
	10		110m Hurdles (欄)	Boys A		No Semi-Final	
	11	8:45am	400m		Girls C	3	
	12		"	Boys C		3	
	13		"		Girls B	2	
	14	9:05am	"	Boys B		3	
	15		"		Girls A	No Semi-Final	
	16		"	Boys A		2	
	17	9:25am	100m		Girls C	3	
	18		"	Boys C		3	
	19		"		Girls B	3	
	20		"	Boys B		3	
	21		"		Girls A	3	
	22		"	Boys A		3	
	23	9:45am	Triple Jump (三級跳遠)	Boys A			24
	24		800m		Girls C	3	
	25		"	Boys C		4	
	26		"		Girls B	3	
	27		"	Boys B		4	
	28		"		Girls A	3	
	29		"	Boys A		3	
	30	10:30am	Discus (鐵餅)		Girls C		42
	31		Shot Put (鉛球)		Girls B		50
PM	32	1:00pm	Shot Put (鉛球)	Boys A			46
	33		Javelin (標槍)	Boys B			28
	34		High Jump (跳高)		Girls A		24
	35		Long Jump (跳遠)		Girls C		54
	36		200m		Girls C	3	
	37		"	Boys C		3	
	38		"		Girls B	3	
	39	1:15pm	"	Boys B		3	
	40		"		Girls A	2	
	41		"	Boys A		3	
	42	1:30pm	1500m	Boys C			12
	43		"	Boys B			12
	44		"	Boys A			12
	45	2:00pm	4x400m Relay (接力)		Girls C	3	
	46		"		Girls B	3	
	47		"		Girls A	3	
	48	3:15pm	"	Boys C		3	
	49		"	Boys B		3	
	50		"	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

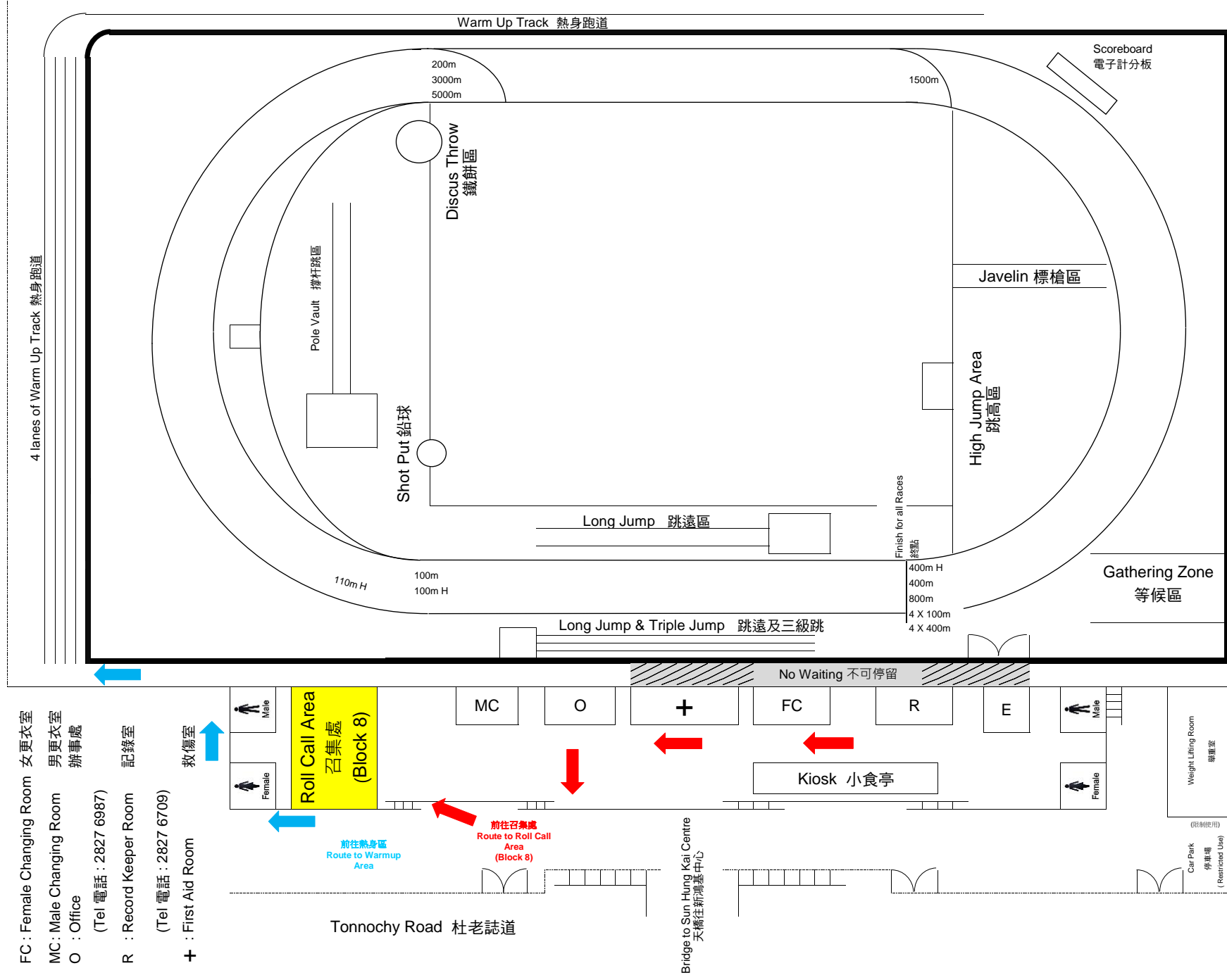
(Tel 電話 : 2827 6987)

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 Two

Please Scan This QR code for the
competition result of today



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

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

Inter-School Athletics Competition 2023-2024

Division Three (Area 3)

Day One 25 January 2024

Boys Overall

Position	School	A	B	C	Total
1	Salesian English School (Secondary Section)	42	38	28	108
2	POH 80th Anniversary Tang Ying Hei College	28	25	6	59
3	Buddhist Hung Sean Chau Memorial College	14	12	22	48
4	Heung To Secondary School (Tseung Kwan O)	9	28	9	46
5	Lok Sin Tong Wong Chung Ming Secondary School	7	23	12	42
6	The Chinese Foundation Secondary School	8	9	21	38
7	Tang King Po School	2	18	17	37
8	HHCKLA Buddhist Ching Kok Secondary School	12	17	6	35
9	YCH Law Chan Chor Si College	2	17	14.5	33.5
10	Tsung Tsin Christian Academy	9	12	12	33
11	Ko Lui Secondary School	13	11	6	30
12	Islamic Kasim Tuet Memorial College	25	1	0	26
13	Buddhist Wong Fung Ling College	8	13	4	25
13	King's College	6	7	12	25
13	Po Leung Kuk Ho Yuk Ching (1984) College	5	13	7	25
16	Wellington Education Organization Chang Pui Chung Memorial School	5	12	6.5	23.5
17	Fukien Secondary School (Siu Sai Wan)	5	12	3	20
17	Rosaryhill Secondary School	3	9	8	20
19	The Independent Schools Foundation Academy	3	6	10	19
20	Bishop Hall Jubilee School	2	7	9	18
20	Cognitio College (Kowloon)	7	9	2	18
22	SKH Lui Ming Choi Secondary School	2	8	3	13
23	ECF Saint Too Canaan College	5	2	5	12
24	Po Leung Kuk Celine Ho Yam Tong College	2	5	4	11
24	Rhenish Church Pang Hok Ko Memorial College	1	7	3	11
24	The Mission Covenant Church Holm Glad College	6	4	1	11
24	Tseung Kwan O Government Secondary School	0	6	5	11
24	United Christian College (Kowloon East)	7	2	2	11
29	Chinese International School	2	3	4	9
30	Hong Kong Bluebell College	1	5	0	6
31	Ning Po College	0	2	3	5
32	Delia Memorial School (Hip Wo No.2 College)	1	0	0	1
33	Society of Boys' Centres Hui Chung Sing Memorial School	0			0

Inter-School Athletics Competition 2023-2024

Division Three (Area 3)

Day One 25 January 2024

Girls Overall

Position	School	A	B	C	Total
1	STFA Cheng Yu Tung Secondary School	23	6	16	45
2	Tsung Tsin Christian Academy	10	15	7	32
3	Lee Kau Yan Memorial School	12	11	7	30
4	YCH Law Chan Chor Si College	6	12	10	28
5	St. Francis' Canossian College	10	10	7	27
6	Canossa College	10	2	12	24
7	Cognitio College (Kowloon)	16	1	3	20
7	The Independent Schools Foundation Academy	11	3	6	20
9	Buddhist Ho Nam Kam College	6	7	6	19
9	Heung To Secondary School (Tseung Kwan O)	7	12	0	19
11	Bishop Hall Jubilee School	1	9	7	17
11	Tack Ching Girls' Secondary School	8	4	5	17
11	The Chinese Foundation Secondary School	10	2	5	17
14	Ko Lui Secondary School	2	6	8	16
14	St. Paul's Secondary School	0	4	12	16
16	Po Leung Kuk Celine Ho Yam Tong College	5	7	2	14
17	ECF Saint Too Canaan College	0	1	12	13
18	Buddhist Hung Sean Chau Memorial College	4	2	6	12
18	Rosaryhill Secondary School	4	7	1	12
20	HHCKLA Buddhist Ching Kok Secondary School	7		4	11
20	POH 80th Anniversary Tang Ying Hei College	2	5	4	11
20	Tseung Kwan O Government Secondary School	8	2	1	11
23	Lok Sin Tong Wong Chung Ming Secondary School	2	1	7	10
24	Chinese International School		4	3	7
24	Wellington Education Organization Chang Pui Chung Memorial School	2	5	0	7
26	Buddhist Wong Fung Ling College	5	0	1	6
26	Islamic Kasim Tuet Memorial College	2	2	2	6
26	The Mission Covenant Church Holm Glad College	6	0	0	6
29	Fukien Secondary School (Siu Sai Wan)	4		1	5
29	Po Leung Kuk Ho Yuk Ching (1984) College		2	3	5
31	SKH Lui Ming Choi Secondary School	2		2	4
32	Hong Kong Bluebell College		3		3
32	Rhenish Church Pang Hok Ko Memorial College		0	3	3
34	HKICC Lee Shau Kee School of Creativity			2	2
34	Ning Po College	1	1	0	2
36	Delia Memorial School (Hip Wo No.2 College)	1	0		1

Inter-School Athletics Competition 2023-2024

Division Three (Area 3)

Day Two 30 January 2024

Event 1	Boys B Grade Long Jump	8:30am
	Record : 6.92	Standard : 4.60
Final	1 Mak Hau Chun	HKBC
	2 Chung Ka Lok	CPC
	3 Yang Chin Ki	BCKSS
	4 Chang Tin Long	SS
	5 Ng Chi Long Kyle	TKOGSS
	6 Chu Ho Yin	BWFL
	7 Kam Chi Him Matthew	UCC-KE
	8 Law Lok Yat	TTCA
	9 Kwok Chun Kit	RCPHKMC
	10 Hui Sai Shing	STCC
	11 Wong Chung Ting	CCK
	12 Chung Long Hei	RCPHKMC
	13 Ma Man Tik	PLKHYC
	14 Lau Hiu Lok	LSTWCM
	15 Chen, Xu Peng	ISFA
	16 Yau Man Ching	KC
	17 Tan Hoi Kin	TYH
	18 Hung Chi Kwan	KLSS
	19 Yu Mingrui	KC
	20 Sy Chace Kerwin Sison	CPC
	21 Tam Pak Long	TTCA
	22 Choi Yui Chit	BHSC
	23 Armam Muhammad	IKTMC
	24 Dong, Jieshuo	ISFA
	25 De Rosa Tristan	RS
	26 Liang Zongxi	BHSC
	27 Sajed Shakeel Minhas	IKTMC
	28 Chen Cheuk Lam	SS
	29 Shiu Chun Hei	TYH
	30 Yuen Pak Hin	CCK
	31 Leang Yi Lok	HGC
	32 Li Shing Hei	TKPS
	33 Wong Wai Kam	HTSS-TKO
	34 Cheng Chi King	KLSS
	35 Lau Tin Lok	PLKHYC
	36 Chen Junye	HKBC
	37 Leung Chun Yiu	TKPS
	38 Huang Tsz Kin	LSTWCM
	39 Li Chiu Lam	NPC
	40 Cheung Yu Hin	CFSS
	41 Kwan Chun Ho	BWFL
	42 Liu Jialang	TKOGSS
	43 Cheung Chun Shing	CFSS
	44 Rustam Ubaid	RS
	45 Au Paak Ki	UCC-KE

Event 2	Boys C Grade Shot Put	8:30am	
	Record : 14.33	Standard : 7.00	
Final	1	Leong Kwan Ho	LCCS
	2	Ngai Chun Ivan	TKOGSS
	3	Lam Ho Yeung	TTCA
	4	Yu Wai Hang	STCC
	5	Cheung Wing Lam Wayson	CPC
	6	Mohamed Luqmaan	IKTMC
	7	Law Ho Wang	LSTWCM
	8	Bains Pranav	DMS-HW2C
	9	Hung Hei Yin Ansley	SS
	10	Asad Aryan	DMS-HW2C
	11	Mau Ho Ming	BHSC
	12	Tse Yung Hung	SS
	13	Shen Yitong	RCPHKMC
	14	Or Chung Ling	HKBC
	15	Cheung Chun Yin	KLSS
	16	Tan Rui Zhe Bryan	TTCA
	17	Cheng Yiu Yui	SKHLMC
	18	Wong Tsz Him	BHSC
	19	Tan Tsz Leung	CCK
	20	Tang Ming Yin	KLSS
	21	Chan Wan Hing	TKPS
	22	Chu Chun Ting Jason	HTSS-TKO
	23	Li Kam Fung	BCKSS
	24	Tsang Cheung Yuk	RCPHKMC
	25	Fan Hin Hing	CCK
	26	Muhammad Ali	BWFL
	27	Lam Ting Hin	TYH
	28	Li Chun Ho	HGC
	29	Sze Man Yau Ryan	CFSS
	30	Choi Sheung Chun	TKOGSS
	31	Wong Tsz Long Amos	BCKSS
	32	Shi Ching Kai	HTSS-TKO
	33	Tam Hin Lok	TYH
	34	Li Cheuk Lam	LSTWCM
	35	Lo Tsz Yeung	TKPS
	36	Chen Yifan	HKBC
	37	Limbu Richard Pratama	IKTMC
	38	Ng Sze Chi	BHJS
	39	Wong Tsz Hin	LCCS
	40	Xu Sangzi	BWFL
	41	Wu Hon Ki	CFSS
	42	Fung Ho Hei	SKHLMC
	43	Lou Chi Long	BHJS
	44	So Chi Kin	CPC

Event 3	Girls A Grade Discus	8:30am	
	Record : 36.76	Standard : 14.50	
Final	1	Chung Hau Yee	SFCC
	2	Lopez-Ng Laia Kee	RS
	3	Lau Cheuk Wing	TTCA
	4	Yip Wan Ting	CC
	5	Cheung Yan Tung	LKYMS
	6	Wong Wan Wun	CYT
	7	Ho Pui Kwan	CFSS
	8	Lai Sze Man	SKHLMC
	9	Shek Tsz Tung	BHSC
	10	Tam Lee Na	BWFL
	11	Heng Wing Sze	BHSC
	12	Cai Mingge	FSS-SSW
	13	Sae-Ung Wing Man	LSTWCM
	14	Chen Man Ham	KLSS
	15	Khan Remsha	IKTMC
	16	Lam Hoi Ying	HGC
	17	Mohammad Alexandra Mariam Shaheen	BWFL
	18	Law Tsz Yiu	LSTWCM
	19	Lok Sze Laam	CFSS
	20	Choi Lok	BHJS
	21	Wilson Halimah Zampaligre	CYT
	22	Ng Cheuk Yi	STCC
	23	Li Peihua	TCGSS
	24	Law Man Yee	LCCS
	25	Lee Cheuk Kiu	TYH
	26	Chong Robin	SPSS
	27	Lai Tsz Yau	SFCC
	28	Lai Hoi Suen	TYH
	29	Siaw Zi You Jasmine	BHJS
	30	Ko Yi Man	KLSS
	31	Siraj Aiman	IKTMC
	32	Ou Suiling	TCGSS
	33	Lam Wai Ka	PLKCHYT
	34	Hung Tsz Ching	LCCS
	35	Chau Ingrid Valeria	SPSS
	36	Tsang Kit Yee	RS

Event 4	Girls B Grade High Jump	8:30am
	Record : 1.75	Standard : 1.20
Final	1 Tai Yiu Ching	HTSS-TKO
	2 Cai Wing Sze	BHSC
	3 Lau Cheuk Wing Cherie	BHJS
	4 Lee Wan Yi	CFSS
	5 Fatima Monnawar	IKTMC
	6 Li Sum Ki	BWFL
	7 Huang Siying	LSTWCM
	8 Tse Man Kwan Bernice	SFCC
	9 Leung Nga Yin	TKOGSS
	10 Fei Sze Ching Hailey	CC
	11 Feng Yan	TCGSS
	12 Fu Xi Tong	CC
	13 Kwok Marcela	LSTWCM
	14 Cheung Tsz Ching	TYH
	15 Lin Xiu Ying	KLSS
	16 Wong Ying Suet Sarah	LKYMS
	17 Tse Summer	SFCC
	18 Wong Cheuk Sze	CYT
	19 Fung Hoi Yiu	TKOGSS
	20 Zhou Ziyi	LCCS
	21 Wan Pui Ching	KLSS
	22 Fan Anna Yujia	HTSS-TKO
	23 Hui Hei Tung Kiri	TTCA
	24 Huang Ching Yi	LKYMS
	25 Lee Man Kwan	TCGSS
	26 Lai Cheuk Yin	SPSS
	27 Li Si Yee Siri	BWFL
	28 So Tsz Yan	NPC

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

No Semi-Final

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

No Semi-Final

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

No Semi-Final

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

No Semi-Final

Event 9		Boys B Grade 100m Hurdles	8:30am
		Record : 13.25	
Semi-Final 1	1	Leung Chun Yan	TYH
	2	Chong Ho Lun	HTSS-TKO
	3	Wong Pui Ho	TYH
	4	Cheng Ho Shing	SS
	5	Ho Chung Yin	BCKSS
	6	Chan Wang Hei	HTSS-TKO
	7	Tong Pak Tung Paul	RCPHKMC
	8	Tang Yu Yan	TTCA
Semi-Final 2	1	Zhang Chak Long	LSTWCM
	2	Lin Yuk Ching	BHSC
	3	Tse Ho Fung	LCCS
	4	Cheng Chi King	KLSS
	5	Au Ka To	LCCS
	6	Chen Cheuk Lam	SS
	7	Wong Ho Man	CCK
	8	Lau Chun Wang	BCKSS

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

No Semi-Final

Event 11		Girls C Grade 400m	8:45am
		Record : 58.64	
Semi-Final 1	1	Cheung Eunice	BHSC
	2	Maurellet, Claire Amelie	ISFA
	3	Qazi Mah Noor	IKTMC
	4	Yan Mira Ching	TTCA
	5	Zhong Xinwan	SPSS
	6	Fong Pui Lam	TYH
	7	Leung Cho Sum	BHSC
	8	Ku Pui Lam	RCPHKMC
Semi-Final 2	1	Lau Cheuk Laam	BWFL
	2	Chua Sophia	CIS
	3	Ting Hei Yi	TYH
	4	Lam Fenice	SFCC
	5	Kong Lok Ching	CC
	6	Mak Wing Yi	LCCS
	7	Ip Marjorie	CFSS
	8	Lau Sum	CFSS
Semi-Final 3	1	Wong Sheung Kam	BCKSS
	2	Cheng Siu Ying	PLKCHYT
	3	Chung, King Long Jacqueline	ISFA
	4	Lin Yan Yu	LKYMS
	5	Chow Chor Nam	LSTWCM
	6	Yim Wing Yuet	LCCS
	7	Li Tsz Suen	KLSS
	8	Chow Ka Laam	CYT

Event 12	Boys C Grade 400m	8:45am
	Record : 51.23	
Semi-Final 1	1 Cheung Le Yi	UCC-KE
	2 Pang Tsz Lam	LCCS
	3 Huang Wei Cheng	BHSC
	4 Liu Chun Hin Lucas	NPC
	5 Chan, Lok Jurgen	ISFA
	6 Shek Shun Faith	BHJS
	7 Wong Cheuk Kiu	BHSC
	8 Lo, King Yin Kingsley	ISFA
Semi-Final 2	1 Huang Wan Chun	TYH
	2 Lam Tin Hang Isaac	SS
	3 Lam Pak Yin	STCC
	4 Zhang Chun Kit	PLKCHYT
	5 Wu Shi Jian	LCCS
	6 Fong Sze Ching	KLSS
	7 Leong Kwok Hei	BHJS
	8 Tse Wai Ching	TTCA
Semi-Final 3	1 Cheng Chun Lam	TTCA
	2 Tsoi Chung Hei	KLSS
	3 Ting Ho Pong	SS
	4 Lui Man Hin Alex	BCKSS
	5 Fong Tin Hang	CFSS
	6 Cheng Ching Lung Mars	PLKHYC
	7 Lien Brandon Zhao Yi	CIS
	8 Chow Chit Ta	TKOGSS
Event 13	Girls B Grade 400m	8:45am
	Record : 56.27	
Semi-Final 1	1 Cheng Ka Yau	HKBC
	2 Shi Wenxuan	HTSS-TKO
	3 Lin Wai Kiu	TTCA
	4 Wong Athena Sze Yui	HTSS-TKO
	5 Lai Ching	TYH
	6 Cheung, Joy	ISFA
	7 Li Yu Cheng	BHNC
	8 Kan Chung Ying	CFSS
Semi-Final 2	1 Agha Maimunah	IKTMC
	2 Chen Michaela	SFCC
	3 Cubillan Brooklyn Asha Cabrera	RS
	4 Hung Yan Ting Angela	LCCS
	5 Hui Tin Yan	KLSS
	6 Hong Ying Ling	TKOGSS
	7 Lee Hei Tung	SFCC
	8 Lo Lai Kiu Niki	CYT

Event 14	Boys B Grade 400m	9:05am
	Record : 49.72	
Semi-Final 1	1 Chan Wu Chuen	FSS-SSW
	2 Ren Jiaqi	TTCA
	3 Tsang San Lok	BHSC
	4 Hung Man Lung	SS
	5 Ting Hei Yin	TYH
	6 Kwok Ching Yeung	HKBC
	7 Wong Cheuk Yin Ben	LSTWCM
	8 Huang Wan Pok	TYH
Semi-Final 2	1 Ng Cheuk Yiu	SS
	2 Law San Sui	BCKSS
	3 Tam Tsz Chun	TKPS
	4 Cheng Sai Wing	TKOGSS
	5 Chiu Ngai Haang	LCCS
	6 Chiu Kwan Hin	CCK
	7 Chan Sze Lok	HTSS-TKO
	8 Chan Ka Hei	CFSS
Semi-Final 3	1 Ma Tsz Long	PLKHYC
	2 Lau Chun Wang	BCKSS
	3 Wong Ming Sin	FSS-SSW
	4 Zhong Junxiang	BHSC
	5 Lam Ho Fai	BHJS
	6 Wong Tsun Yeung	CPC
	7 Liu Tsan Lok	TTCA
	8 Au Paak Ki	UCC-KE
Event 15	Girls A Grade 400m	9:05am
	Record : 57.37	

No Semi-Final

Event 16	Boys A Grade 400m	9:05am
	Record : 49.92	
Semi-Final 1	1 Sabirulla-Wasim-Nafith	IKTMC
	2 Cheng Pui Hong	SS
	3 Luo Tsz Hin	BHSC
	4 Ng Pak Hei	BCKSS
	5 Mohammad Aqib	IKTMC
	6 Ting Pak Kiu Paco	RCPHKMC
	7 Shek Chun Sang	TYH
	8 Poon Yuet Man Matthew	BHJS

Semi-Final 2	1	Chung Ka Hing	HGC
	2	Xie Ka Wai	TYH
	3	Chen Xicong	BCKSS
	4	Tsang Hiu Long	CPC
	5	Gurung Bishal	BWFL
	6	Tam Chun Hei	STCC
	7	Cheung Yiu Fai	KLSS
	8	Cheng Cheuk Yin	SS

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

Semi-Final 1	1	Yuen Yan Kiu	BCKSS
	2	Tse Kwan Nam	PLKHYC
	3	Wong Yin Sum	CFSS
	4	Lee Tsz Ki	RCPHKMC
	5	Chen Nai Yu	SFCC
	6	Lam Mei Yan	CYT
	7	Fung Wai Yee	CYT
	8	Lau Yan Tung	SPSS

Semi-Final 2	1	Tung Ching Yee	LSTWCM
	2	Tam Lok Tung Nicole	LCCS
	3	Yip Hoi Ching	CC
	4	Ng Tin Nam	TTCA
	5	Shih Yuen Ting	LCCS
	6	Chung Hoi Ting	HKSC
	7	Wong Ka Yiu Jaclyn	SFCC
	8	Luk Hei Yee Hailey	STCC

Semi-Final 3	1	Rong Xiao Lin	LKYMS
	2	Gordon, Carla Tsi Kuan	ISFA
	3	Lee Kin Ching	TKOGSS
	4	Li Yan	LSTWCM
	5	Tocco, Rebecca Maria	ISFA
	6	Poon Wai Lam	TCGSS
	7	Li Yee Ting	BHJS
	8	Xu Tsz Yee	BHNC

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

Semi-Final 1	1	Wong, Kadya	ISFA
	2	Wong Hei Shun	TTCA
	3	Hung Cheuk Ho Graham	SS
	4	Tsang Pak Hin	PLKHYC
	5	Leung Ho Yin Anviz	STCC
	6	Lin Kong Ho	HTSS-TKO
	7	Hui Hong Yau	BHJS
	8	Yang Cheuk Yin	PLKHYC

Semi-Final 2	1	Chen Sze Yu	TKPS
	2	Chan Anson	CFSS
	3	Ho Ching Ho	SS
	4	Fan Zhen Jie	BCKSS
	5	Yau Yui Hin	BHSC
	6	Ngai Ka Hei Issac	NPC
	7	Lee Ka Yin	LCCS
	8	Chan Chi Hang	LSTWCM

Semi-Final 3	1	Kwok Hon Kwan	TKOGSS
	2	Mok Ching Hoi	BHSC
	3	Chan Pak Lam	HTSS-TKO
	4	Zhang Zuo Lin	FSS-SSW
	5	Chung Chi Ho	SKHLMC
	6	Ng Cheuk Fung	UCC-KE
	7	Choi, Man Wah	ISFA
	8	Yang Mark Zhengyuan	CIS

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

Semi-Final 1	1	Wong Mik Lam	KLSS
	2	Zhu, Tongan	ISFA
	3	Chung Tsz Yan	LKYMS
	4	Lin Wai Kiu	TTCA
	5	Mok Yee Wah	SFCC
	6	Hui Tin Yan	KLSS
	7	Lam Chin Ching Claudia	SPSS
	8	Tsang Hei Laam	HKBC

Semi-Final 2	1	Lee Wing Lam	SPSS
	2	Luk Lin Sum	BHNC
	3	Tse Hoi Tung	BHJS
	4	Sam Yuan Sha	RS
	5	Lau Hui Ning	CYT
	6	Li Xiaoqing	LCCS
	7	Wong Yui	SFCC
	8	Chow Lok Yo	HTSS-TKO

Semi-Final 3	1	Monis Pauline Claire Purol	RS
	2	Lau Yin	BHNC
	3	Wen Ka Wing	LCCS
	4	Wing Yu Audrey Lau	CIS
	5	Feng Yan	TCGSS
	6	Sin Pui Kiu	BHSC
	7	Kwok Yan Jit Megan	CIS
	8	Pang Hei Yin	TCGSS

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

Semi-Final 1	1	Gu Cho Yung	KLSS
	2	Leung Sze Chai	BCKSS
	3	Huang, Yi Xuan Alan	ISFA
	4	Wu Juncheng	FSS-SSW
	5	Kong Chun Ho	RCPHKMC
	6	Tang Eric Haotian	CIS
	7	Wan Chi Chung	BHSC
	8	Loo Lap Yin	CCK

Semi-Final 2	1	Wong Pak Ho	HTSS-TKO
	2	Leung Sze Hang	BCKSS
	3	Leung Chun Chung	SS
	4	Li Lok Tin	TTCA
	5	De Rosa Tristan	RS
	6	Cheung Shun Him	TKPS
	7	Lam Yat Lun	UCC-KE
	8	Tong Pak Tung Paul	RCPHKMC

Semi-Final 3	1	Lam Tsz Yin	PLKHYC
	2	Lin Yuk Ching	BHSC
	3	Leung Chun Yiu	TKPS
	4	Chan Alison	CFSS
	5	Li Wang Yui Morgan	TYH
	6	Koo Ho Kwong	HTSS-TKO
	7	Or Chun Kit	SKHLMC
	8	Chan Yik Sum Samuel	BWFL

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

Semi-Final 1	1	Leung Tsz Ching	SFCC
	2	Cheung Hoi Ching	FSS-SSW
	3	Wu Yan Yi	BHNC
	4	Wong Tin Lam	TKOGSS
	5	Khan Bibi Aisha Lachica	IKTMC
	6	Chan Man Hei Juddy	HGC
	7	Liu Yuet Tung	LSTWCM
	8	Shaniya	RS

Semi-Final 2	1	Law Wing Lam	BWFL
	2	Kwok Ching Yi	LKYMS
	3	Tang Wan Dick	BCKSS
	4	Ng Hoi Lam	CYT
	5	Lee Hoi Tung	SFCC
	6	Fung Lai Yi	FSS-SSW
	7	Ma Tsz Yau	CFSS
	8	Leung Nga Lam	HGC

Semi-Final 3	1	Wong Yee Kiu	TCGSS
	2	Li Sze Ying	CCK
	3	Hosono, Eriko	ISFA
	4	Jiang Yan Ting	CYT
	5	Li Rou	BHSC
	6	Yim Ching	TKOGSS
	7	Qiu Hoi Ting	BCKSS
	8	Bhandari Sristi	BWFL

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

Semi-Final 1	1	So Ching Wang	CPC
	2	Yu Ka Lun	SS
	3	Woo Ho Ching	FSS-SSW
	4	Chui Lok Hei	HGC
	5	Lau Yu Fan	HTSS-TKO
	6	Chiu Lok Yin	UCC-KE
	7	Koo, Chun Sing Jerry	ISFA
	8	Li Ka Chun	SKHLMC

Semi-Final 2	1	Pan Jianjun	FSS-SSW
	2	Chan Curtis	KC
	3	Ho Ting Yiu	PLKHYC
	4	Tam Chun Hei	STCC
	5	Kalsi Narayan Singh Marwaha	CIS
	6	Ombao Christian Lloyd Guzman	BWFL
	7	Zhou Kai	BHSC
	8	Durant Andrew Patrick Mejia	RS

Semi-Final 3	1	Hui Fu Po	TYH
	2	Zhang Junjie	KLSS
	3	Chan Ho Chi	CCK
	4	Shaik Allavudin Ahamed Yaseen	IKTMC
	5	Lau Lok Tsun	HTSS-TKO
	6	Gurung Bishal	BWFL
	7	Fung Sze Chun	BCKSS
	8	Chow Shu Sang	SS

Event 23	Boys A Grade Triple Jump		9:45am
	Record : 14.82		Standard : 10.00
Final	1	Wong Tim Lok	KC
	2	Lo Wa Yat	CCK
	3	Yeung Tsz Chun	SS
	4	Shum Chun Yiu	BHSC
	5	Huang Jun Yang	LSTWCM
	6	Ng Tsz Yat	HTSS-TKO
	7	Li Ho Ming	TKPS
	8	Ip Cheuk Hin	BCKSS
	9	Chan Chak Yan	KC
	10	Tse Ho Yuen	BCKSS
	11	Chan Hiu Chit	BWFL
	12	Chan Chi Fung	LSTWCM
	13	Zhou Kai	BHSC
	14	Ma Yui Hei	TKPS
	15	Li Ka Hing	HGC
	16	Mohamed Ali Sahib Ibrahim Aadil	IKTMC
	17	Dong Kwun Wa	CCK
	18	Ng Ka Lam	TYH
	19	Chen Zhikai	KLSS
	20	Yeh Chun Him	BWFL
	21	Sabirulla-Wasim-Nafith	IKTMC
	22	Chow Chung Ting	KLSS
	23	Yip Jaius	SS
	24	Aldorino Syawiyanni	TYH

Event 24	Girls C Grade 800m		9:45am
	Record : 2:19.72		Standard : 3:30.00
Heat 1	1	But Sum Yuet Avery	CYT
	2	Chow Yau Yeung	STCC
	3	Li Hei Yee Hailey	TYH
	4	Mo Huilin	HTSS-TKO
	5	Lai Yiran	LSTWCM
	6	So Pui Yiu Ezra	CPC
	7	Zhan Xilin	BHNC
	8	Kan Hei Tung	KLSS
	9	Sham On Kiu	SKHLMC
	10	Lam Fenice	SFCC
	11	Zhong Xinwan	SPSS
	12	Yuan Wing Sze	BCKSS
	13	Lai Hong Ting	TTCA
	14	Chau Isabella Tong Sum	CIS
	15	Cheung Eunice	BHSC

Heat 2	1	Chan Wai Yan	TKOGSS
	2	Wang Ting Yi Coral	BWFL
	3	Situ Yuet Hei Joyce	LKYMS
	4	Cheung Mei Hei	SPSS
	5	Chua Sophia	CIS
	6	Chen Man Kok	CCK
	7	Koo Hei Man	RCPHKMC
	8	Huang, Qinlan	ISFA
	9	Leung Hiu Ling	BHNC
	10	Chan Wong Yu	CYT
	11	Kaur Manjot	RS
	12	Ting Hei Yi	TYH
	13	Lou Yan Ting	CPC
	14	Poon Sze Yue	SFCC
	15	Mak Wing Yi	LCCS

Heat 3	1	He Sze Ying	LSTWCM
	2	Maurellet, Claire Amelie	ISFA
	3	Wong Sheung Kam	BCKSS
	4	Chow Ka Wai	HGC
	5	Lin Yan Yu	LKYMS
	6	Chan Sze Yu	LCCS
	7	Wong Huen Ni	BWFL
	8	Chan Chi Ching	RCPHKMC
	9	Yip Hoi Lam	STCC
	10	Chen Cho Lam	KLSS
	11	Wan Lok Yiu	TKOGSS
	12	Kong Lok Ching	CC
	13	Leung Cho Sum	BHSC
	14	Yan Mira Ching	TTCA
	15	Lau Ching Ching Jerrica	HTSS-TKO

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

Heat 1	1	Chan Wai Shek	TKPS
	2	Cheng Chun Lam	TTCA
	3	Kwok Hon Kwan	TKOGSS
	4	Cheng Chin Chung	BHJS
	5	Huang Wan Chun	TYH
	6	Cheng Sheung Chi	RCPHKMC
	7	Liu Kei Kit	HTSS-TKO
	8	Ting Hon Lam	FSS-SSW
	9	Yung Tsz Hin Marcus	SS
	10	Su Kwun Pan	LSTWCM
	11	Liu Chun Hin Lucas	NPC
	12	Lee Pak Kiu	KC
	13	Chan Ho Ting Alexander	CIS
	14	Rehman Faseeh	IKTMC

Heat 2	1	Duan Jia Sen	HTSS-TKO
	2	Lam See Chai	TTCA
	3	Ng Hei Chit	HGC
	4	Lo Ming Chit	CPC
	5	Si Pok Sum	HKBC
	6	Tsoi Chung Hei	KLSS
	7	Chang Yiu Kuen	PLKCHYT
	8	Chung Tsz Lung	FSS-SSW
	9	Chung Yat Leong	BWFL
	10	Wood Thomas Walter Temuujin	RS
	11	Chuk Ho Kwong	SKHLMC
	12	Lam Pak Yin	STCC
	13	Lui Man Hin Alex	BCKSS

Heat 3	1	Chu Kit Shing Isaac	RCPHKMC
	2	Chung Lok Tin	TKPS
	3	So Yat Chung Allen	BHJS
	4	Cheung Ming Long	SS
	5	Ku Lok Tin	KC
	6	Lin Chi Kit Raymond	BWFL
	7	Wu Shi Jian	LCCS
	8	Ma Long Fung	BHSC
	9	Guerzo Ivan Asher Pascual	RS
	10	Tsoi Wai Wong	TYH
	11	Chan, Lok Jurgan	ISFA
	12	Chow Jonathan Chung Fai	CFSS
	13	Lau Tze Hin Mason	TKOGSS

Heat 4	1	Henry Schilmann Russell	CIS
	2	Ng Hou Fung	SKHLMC
	3	Li Sebastian Wei Le	PLKCHYT
	4	Pang Tsz Lam	LCCS
	5	Choi Chi Him	BHSC
	6	Luo Ho Yu	LSTWCM
	7	Chan Tsz Ho	CCK
	8	Chan Man Hin	KLSS
	9	Khan Zayan	IKTMC
	10	Kwok Wan Ho	CFSS
	11	Mirza, Kabir Neil	ISFA
	12	Wong Chi Sam	BCKSS
	13	Chow Ka Chun	CPC

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

Heat 1	1	Wei Jaden Tian En	CIS
	2	Wong Pui Ki	KLSS
	3	Zhang Miu Lam	RCPHKMC
	4	Chen Michaela	SFCC
	5	Lo Lai Kiu Niki	CYT
	6	Fong Hei Tung	LSTWCM
	7	Leung Yan Sin	LCCS
	8	Hui Ka Lai Kasandra	DMS-HW2C
	9	Wong Wing Yu	CPC
	10	Li Sum Yi	TTCA
	11	Chen Jia Lin	BHSC
	12	Lian Amy	BHNC

Heat 2	1	Pang Xueqi	KLSS
	2	Chan Hoi Ching	LCCS
	3	Yung Wai Nok	SFCC
	4	Shum Pui Yi	LSTWCM
	5	Wong Nok Tung	BHJS
	6	Zhu, Tongan	ISFA
	7	Cheung Tsz Ching	TYH
	8	Wong Ka Yan	BWFL
	9	Fu Minzhi	HTSS-TKO
	10	Chan Hiu Ching	HGC
	11	Chen Yi Xin	TKOGSS

Heat 3	1	Chan Hang Lin	CPC
	2	Lee Man Ki	TYH
	3	Chan Ming Sum	TTCA
	4	Tong Nga Sze	TKOGSS
	5	Cheung, Joy	ISFA
	6	Chan Nok Yi Carly	CYT
	7	Agha Maimunah	IKTMC
	8	Chan Wing Tung	BWFL
	9	Elizabeth Liu	CIS
	10	Chan Sze Lam	LKYMS
	11	Chen Siyi	BHNC

Event 27	Boys B Grade 800m	9:45am
	Record : 2:00.69	Standard : 2:40.00

Heat 1	1	Wang Yat Pan	FSS-SSW
	2	Ng Sheung Wun	SS
	3	Chang Ho Hei	CPC
	4	Chan Ka Fung Easton	KLSS
	5	Liu Shen Xi	BCKSS
	6	Wai Tsz Him	RCPHKMC
	7	Chiu Ngai Haang	LCCS
	8	Lee Lap Hin	TKPS
	9	Tsang Wai Cheung	BWFL
	10	Ren Jiaqi	TTCA
	11	Obaidur Absam	IKTMC
	12	Wong Fong Ching	STCC
	13	Jim Ho Kiu	BHJS

Heat 2	1	Wu Chun Ming Marcus	BWFL
	2	Chau Chun Hin	CPC
	3	Cheng Sai Wing	TKOGSS
	4	Sim Ching Hei	UCC-KE
	5	Sze Yin Shun	SS
	6	Ng Cheuk Hang	TYH
	7	Ma Chun Yin	TTCA
	8	Lee, Tristan Cheng	ISFA
	9	Tam Man Chau	PLKHYC
	10	Lam Ho Fai	BHJS
	11	Chui Cheuk Long	CFSS
	12	Chan Ming Hong	CCK
	13	Zhong Junxiang	BHSC

Heat 3	1	O Kwan Pang	FSS-SSW
	2	Law San Sui	BCKSS
	3	Chan Kwong Leong	PLKHYC
	4	Wan Lam Yat Issac	STCC
	5	Lau Chun Yin	KLSS
	6	Liu Ho Shing	HKBC
	7	Cheng Tsz Ho	LSTWCM
	8	Ng Kit	HTSS-TKO
	9	Fok Pak Hei	SKHLMC
	10	Mohammad Zain Ul Abidin	IKTMC
	11	Wan Lok Man	CCK
	12	Heung Bosco Yuk Tung	RS
	13	Cheng Tin Ho	UCC-KE

Heat 4	1	Hung Yeung	LCCS
	2	Chang Chun Yuk	BHSC
	3	Ko Sze Ming	TKPS
	4	Bai, Aaron Hao Ren	ISFA
	5	Chan Kwok Pan	LSTWCM
	6	Cheng Chung Hei	KC
	7	Ilasin Yuri Randall Cabutaje	RS
	8	Yeung Tsz Mong Kish	RCPHKMC
	9	Chan Nok Yat	TYH
	10	Chung Ting Hin	TKOGSS
	11	Wu Boxin Austin	HTSS-TKO
	12	Wang Nicholas	SKHLMC

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

Heat 1	1	Lam Wing Yi	SFCC
	2	Chan Tsz Yan	FSS-SSW
	3	Lau, Yat Sum	ISFA
	4	Ng Yvette	BWFL
	5	Cheung Tsz Ching	CPC
	6	Tsang Suet Ying	TYH
	7	Brotonel Ikara Rio Cassiel Mayor	RS
	8	Leung Chung Yan	BHNC
	9	Zahad Khadija	IKTMC
	10	Wong Yik Fei	TTCA
	11	Annabelle Ren-Xia Morrow	CIS
	12	Wong Yat Tsun	TKOGSS
	13	Yeung Ka Wing	BCKSS

Heat 2	1	Scarlett Ren-Qiao Morrow	CIS
	2	Chan Yan Yuet	CFSS
	3	Chow Ka Man	FSS-SSW
	4	Hui Chung Ching	CC
	5	Azam Malaka	IKTMC
	6	Chung Hiu Yuet	TKOGSS
	7	Chen Lok Sze	CCK
	8	Ting Chia Ching	CYT
	9	Cheung Man Wai	BCKSS
	10	Kast, Emma Sophia Chan	ISFA
	11	Gurung Aajuni	BWFL
	12	Huang Haiting	KLSS

Heat 3	1	Chau Wai Ki	BHNC
	2	Choy Naat Yan	CPC
	3	Luk Hiu Ching	DMS-HW2C
	4	Kong Yee Man	LSTWCM
	5	Lai Shuk Yi	CYT
	6	Chow Hiu Ying	KLSS
	7	Poduval Mithra	RS
	8	Chu Ka Yan	CC
	9	Lai Hoi Suen	TYH
	10	Li Ho Lam	HTSS-TKO
	11	Tang Wai Kwan	TCGSS
	12	Tse Nga Yau	SFCC

Event 29	Boys A Grade 800m	9:45am
	Record : 1:54.89	Standard : 2:34.00

Heat 1	1	Lee Wai Po	TKOGSS
	2	Cheng Pui Hong	SS
	3	Choi Pak Him	TTCA
	4	Ting Pak Kiu Paco	RCPHKMC
	5	Lai Kit Pong Moses	CIS
	6	Hui Chun Ming	CFSS
	7	Ng Kit Yan	KLSS
	8	Chen Lung To	BHSC
	9	Shek Chun Sang	TYH
	10	Lee Sze Chun	RS
	11	Chan Sing Hoi	TKPS
	12	Xiao Tsun In	CPC
	13	Au Chun Kit	HCSMS
Heat 2	1	Su Tsz Kuen	KLSS
	2	Chu Ching Long	SKHLMC
	3	Muhammad Bilal	IKTMC
	4	Lee Tsz Fung	CPC
	5	Mak Ching Wai	TKPS
	6	Wong Hui Yeung Canaan	UCC-KE
	7	Cheung Chun Ling	KC
	8	Chen Wang Hei	PLKCHYT
	9	Chen Xicong	BCKSS
	10	Sudais Muhammad	HCSMS
	11	Lam Kam Wang	LSTWCM
	12	Leung Tsz Tsun	HTSS-TKO
	13	Kwok Sheung Hei	BWFL
Heat 3	1	Liu Kin Kwan	BCKSS
	2	Kong Ho Sum	TTCA
	3	Tsui Wing Long Vinci	SS
	4	Lee Yan Wayne	CFSS
	5	Yip Wa Chun	TYH
	6	Ho Tsun Tung	BWFL
	7	Mohammad Hassnan Khan	IKTMC
	8	Tang Man Fai	LSTWCM
	9	Ke Long Yin	KC
	10	Tsui Ka Chun	HTSS-TKO
	11	Chen Weikun	NPC
	12	Villanueva Mark Henry Pagsulingan	RS
	13	Zhong Tak Fai	BHSC

Event 30	Girls C Grade Discus	10:30am	
	Record : 29.90	Standard : 12.00	
Final	1	Haba, Sabrina Yujie	ISFA
	2	Luo Jiawen	TYH
	3	Yeung Pui Kwan	KLSS
	4	Lau Yan Yi	HTSS-TKO
	5	Yu Pui Yan	BHNK
	6	Chui Tsz Ching	LCCS
	7	Yim Yeuk Ling	TTCA
	8	Wong Chak Hei	TCGSS
	9	Hu Hoi Wing	BWFL
	10	Xu Ka Man	BHNK
	11	Hong Wan Qing	LSTWCM
	12	Tan Ka Ying	HGC
	13	Chen Zhixuan	SKHLMC
	14	Chan Cho Nam	STCC
	15	Kwong Pan Ki	HTSS-TKO
	16	Lai Sum Wing	CFSS
	17	Li Ching Yi	NPC
	18	Chen Xi	CC
	19	Yau Sik Yin	LSTWCM
	20	Lin Yi Hsuan Alexia	TTCA
	21	Hsu Wai Sum	CYT
	22	Chau Siu Ting	SFCC
	23	Cheung Ching Hei	LKYMS
	24	Zhang Xiaoqi	RCPHKMC
	25	Leung Hoi Ki	CYT
	26	So Tsoi Ying	HGC
	27	Ho Yee Tung	CC
	28	Molina Jasmine	IKTMC
	29	Chang Sum Ching	RCPHKMC
	30	Li Yau	SKHLMC
	31	Rai Kelly	BWFL
	32	Ashraf Faria Waseem	IKTMC
	33	Chan Shi Sum	TYH
	34	Liu Ka Yee	STCC
	35	Chan Chi Ying	CFSS
	36	Wan Tsoi Wing	LCCS
	37	Ng Cho Tung	TCGSS
	38	Chau Sin Yi	KLSS
	39	Wong Luk Yu	BCKSS
	40	Lam Tsz Tyu	LKYMS
	41	Wong Hei Tung	SFCC
	42	Cheng Suet Chin	HKBC

Event 31	Girls B Grade Shot Put	10:30am
	Record : 12.25	Standard : 6.20
Final	1 Silverio Alyssa Grace	CC
	2 Huang Yee Lam	PLKHYC
	3 Wu Man Kin	BHNC
	4 Ho Cheuk Kiu	SKHLMC
	5 Chen Lai Ying	TYH
	6 Lam Chi Cheng	LSTWCM
	7 Tamang Sumnima	IKTMC
	8 Gao Wing Shan	LCCS
	9 Lin, Zi Xi	ISFA
	10 Yip Wen Yao Yolanda	TKOGSS
	11 So Yi Tung	SFCC
	12 Ng Tsz Ching	HGC
	13 Chow Yui Yui	CFSS
	14 Mok Cheuk Ying	TKOGSS
	15 Chen Po Lam	TCGSS
	16 Wong Ka Yee	KLSS
	17 Lai Cheuk Kei	TTCA
	18 Poon Yan Wing	CPC
	19 Wong Yi Ching	BHSC
	20 Fan Annie Yuxin	HTSS-TKO
	21 Wong Kwan Ching	BHJS
	22 Ou-Yang Nga Hei	CC
	23 Yang Tseki	HTSS-TKO
	24 Chan Rhian	SPSS
	25 Hsui Ka Yan	PLKHYC
	26 Li Yee Ching	LCCS
	27 Cui Shing Yee	RS
	28 Chu Ka Ching	BWFL
	29 Sadiq Washma	STCC
	30 Lee Cheuk Kiu	HKBC
	31 Saeed Maria Shahzad	DMS-HW2C
	32 Wong Tsz Chin	LKYMS
	33 Tse Hoi Yau	TYH
	34 Yeung Hiu Tung	CYT
	35 Chan, Ching Jeannie	ISFA
	36 Lin Kai Yu	CYT
	37 Liu Tsz Yan	TCGSS
	38 Kong Yau Sum	SPSS
	39 Wong Hei Wun Sharon	CFSS
	40 Kaba Koulitim	CCK
	41 Pang Hoi Yiu	CPC
	42 Yau Nga Yiu	TTCA
	43 Ng Cheuk Kei	CCK
	44 He Cheuk Ting	BWFL
	45 Chen Xiaoting	LKYMS
	46 Hongdeng Tong Hui	KLSS
	47 Ho Sze Ching	SFCC
	48 Devi Novitasari	IKTMC
	49 Li Man Yi	LSTWCM
	50 Leung Hiu Tung	BHNC

Event 32	Boys A Grade Shot Put	1:00pm	
	Record : 15.48	Standard : 8.50	
Final	1	Chow Yee Kit	TYH
	2	Chin Jared Ethan Samonte	RS
	3	Yau Tseng	UCC-KE
	4	Li Jiahao	CFSS
	5	Huang Ching Hin	PLKHYC
	6	Sajed Sharjeel Minhas	IKTMC
	7	Chong Man Tao	UCC-KE
	8	Chung Ching Yau	FSS-SSW
	9	Chan Ka Yiu	HGC
	10	Bhullar Narinder Singh	DMS-HW2C
	11	Qiu Wang Ming	HTSS-TKO
	12	Chan Wai Paak	TKPS
	13	Ho Siu Hong	TYH
	14	Nian Jia Ming	BHSC
	15	Sharif, Faisal	ISFA
	16	Sadiq Abdul Hameed Zoraiz	IKTMC
	17	Chan Kwan Ho	CPC
	18	Fok Ka Kei	HKBC
	19	Zhou Zhengyuan	SS
	20	Lin Wai Pang	CFSS
	21	Wu Sau Yuek	CCK
	22	Tsang Yung	PLKHYC
	23	Lai Tsz Fung	SKHLMC
	24	Tam Wai Hon	KLSS
	25	Man Ching Kan Jason	RS
	26	Malik Mohammad Aashir	DMS-HW2C
	27	Wang Ki Yung	BCKSS
	28	Lau Ching Shun	HTSS-TKO
	29	Au Chun Kit	HCSMS
	30	Yeung Shing San	TKOGSS
	31	Yeung Yiu Wing Rain	LSTWCM
	32	Wong Ka Hei	CCK
	33	Chuk Chi Lam	BWFL
	34	Li Zhiheng	BHSC
	35	Lau Ka Chung	KLSS
	36	Lee Chun Hei	SKHLMC
	37	Wu Ka Shing	BCKSS
	38	Chan Ka Lok	TKPS
	39	Cheung Chi Wai	KC
	40	Tang Tsz Ho	SS
	41	Leung Wai Wang Martin	TTCA
	42	Chiu Cho Kin	CPC
	43	Chin Ke Wei Keith	BWFL
	44	Huang Jun Yang	LSTWCM
	45	Ho Tung Chak	HKBC
	46	Yip Wai Faat	HGC

Event 33	Boys B Grade Javelin		1:00pm
	Record : 58.50		Standard : 17.50
Final	1	Ho Chung Yin	BCKSS
	2	Wong Yik	LSTWCM
	3	Lo Ho Yin	SKHLMC
	4	Cheung Chun Shing	CFSS
	5	Yuan Tsz Shun Johnson	BHSC
	6	Zheng Chuangzhi	BWFL
	7	Ling Lok Hang Anson	CFSS
	8	Ting Hei Yin	TYH
	9	Man Lik Wang	KLSS
	10	So Ka Hei	SS
	11	Cheung Ho Wang	HTSS-TKO
	12	Ng Long Fung	TYH
	13	Chau Yu Hin	SS
	14	Yeung Tsz Mong Kish	RCPHKMC
	15	Siu Lok Hei Daniel	KLSS
	16	Yang Chin Ki	BCKSS
	17	Lam Cheuk Nam, Kyle	HTSS-TKO
	18	So Ting Hei	STCC
	19	Chen Paak Ho	TKOGSS
	20	Yan Yu Hang	HGC
	21	Bobby-Dzaky-Setiamawan	IKTMC
	22	Kwok Chun Hang	KC
	23	Fu Bing Kuen	BWFL
	24	Au Cheuk Hang	TKPS
	25	Chung Long Hei	RCPHKMC
	26	Chin Ka Po	TKPS
	27	Kwong Chi Tat	LSTWCM
	28	Mohammed Anas	IKTMC

Event 34	Girls A Grade High Jump		1:00pm
	Record : 1.74		Standard : 1.23
Final	1	Isabella Wu	CIS
	2	Wong Hei Tung Matilda	TTCA
	3	Guo Ziyang	IKTMC
	4	Chan Gi Kwan Hilary	SPSS
	5	Chan Ying Kiu	TYH
	6	Hui Nga Man	TTCA
	7	Kaur Prabjeet	RS
	8	Wong Edna	BWFL
	9	Su Xin	HTSS-TKO
	10	Leung Wing Ling Amanda	BWFL
	11	Lui Tsz Ting	KLSS
	12	Bibi Eshal	IKTMC
	13	Leung Pui Tung	SFCC
	14	Ng Yee Chin	SFCC
	15	Chiu Kuk Kam	CFSS
	16	Deng Hei Yu	TCGSS
	17	Mok Hoi Ching	CC
	18	Lin, Danielle Chi-Ying	ISFA
	19	Fung Cheuk Yiu	CC
	20	Chau Yi Ting	LSTWCM
	21	Wong Yee Kwan	CYT
	22	Zhang Zijin	HTSS-TKO
	23	Mak Wing Lam	TYH
	24	Leung Nga Lam	HGC

Event 35	Girls C Grade Long Jump	1:00pm
	Record : 5.43	Standard : 3.10
Final	1 Wang Ming Sze Wisdom	KLSS
	2 Chui Ka Hei	BHSC
	3 Chong Lok Ting Nerissa	TYH
	4 Alice Ding	CIS
	5 Huang Hei Man	LSTWCM
	6 Lau Wing Tung, Bianca	BHSC
	7 Wong Kwan Yi	BHNC
	8 Mo Huilin	HTSS-TKO
	9 Yip Nga Ting	STCC
	10 Yuan Keqing	HGC
	11 Lee Yui Ying	BHJS
	12 Tocco, Rebecca Maria	ISFA
	13 Lai Ha Lam	LSTWCM
	14 Wang Tung Ho Doris	BCKSS
	15 Chan Sze Yu	LCCS
	16 Wong Sze Ching	LKYMS
	17 Chan Sze Yiu	RCPHKMC
	18 Lee, Bridget Fei	ISFA
	19 Fung Hoi Moon	KLSS
	20 Lin Yu Chen	HTSS-TKO
	21 Fung Yuen Ting	CC
	22 Lo Wai Lai	TCGSS
	23 Li Sum Yu	SKHLMC
	24 Dousse Alyssa	RS
	25 Yau So Chi	CYT
	26 Li Chin Yuet Yvie	CCK
	27 Tze Hoi Ching	RCPHKMC
	28 Iqbal Inaaya Maryam	IKTMC
	29 Ng Hoi Yu	CPC
	30 Lui Wing Lam	STCC
	31 Li Liting	TYH
	32 Abuowda Aliaa H. M.	IKTMC
	33 Chan Tsz Yan	LCCS
	34 Lo Yat Hei Tiffany	SPSS
	35 Wu Ling Fei	BHNC
	36 Liu Gangmie	HGC
	37 Wong Mei Lam	BWFL
	38 Yip Shun Yan	SFCC
	39 Yip Hoi Tung	CC
	40 Koh Yan Ching	SFCC
	41 Yau Tsz Kiu	CFSS
	42 Cai Ka Ki	BWFL
	43 Law Wing Tung	TCGSS
	44 Au Ella Choyu	SPSS
	45 Tsui Man Yee	TTCA
	46 Fung Wai Yee	CYT
	47 Xiong Zi Yao	CIS
	48 Fu Hailey	CPC
	49 Yip Tsz Huen	PLKCHYT
	50 Au Tak Po	LKYMS
	51 Wei Zi Tong Ada	BHJS
	52 Chan Mei Yan	BCKSS
	53 Leung Sum Yee Karman	CFSS
	54 Chan Yat Sin	CCK

Event 36		Girls C Grade 200m	1:00pm
		Record : 25.77	
Semi-Final 1	1	Wong Sze Ching	LKYMS
	2	Tse Kwan Nam	PLKHYC
	3	Lee, Bridget Fei	ISFA
	4	Qazi Mah Noor	IKTMC
	5	Chen Nai Yu	SFCC
	6	Yuen Yan Kiu	BCKSS
	7	Chiu Lok Yee	STCC
	8	Wong Lok Ching	TYH
Semi-Final 2	1	Yeung Hiu Tung	TTCA
	2	Wong Chi Ching	LCCS
	3	Gordon, Carla Tsi Kuan	ISFA
	4	Cheng Siu Ying	PLKCHYT
	5	Shih Yuen Ting	LCCS
	6	Yu Janice	TTCA
	7	Chung Hoi Ting	HKSC
	8	Lee Suet Ying Chloe	BHSC
Semi-Final 3	1	Yau Ka Lam	TCGSS
	2	Wu Po Yi	BHNC
	3	So Hei Nga	SFCC
	4	Wong Yin Sum	CFSS
	5	Chan Ho Yan	LSTWCM
	6	Xu Tsz Yee	BHNC
	7	Poon Wai Lam	TCGSS
	8	Sham On Kiu	SKHLMC
Event 37		Boys C Grade 200m	1:00pm
		Record : 22.59	
Semi-Final 1	1	Kwok Cheuk Dik	CCK
	2	Wong Hei Shun	TTCA
	3	Zhang Zuo Lin	FSS-SSW
	4	Kwok Chun Ching	SS
	5	Tsui Kai Yin	TTCA
	6	Wong Mik Long	KLSS
	7	Wong Lap Yin	STCC
	8	Ng Man Pok Taos	TYH
Semi-Final 2	1	Liu, Joseph	ISFA
	2	Chan Anson	CFSS
	3	Fan Zhen Jie	BCKSS
	4	Choi, Man Wah	ISFA
	5	Lau Chun Ho	PLKHYC
	6	Hui Hong Yau	BHJS
	7	Yu Tsz Chiu	BWFL
	8	Wong Cheuk Kiu	BHSC
Semi-Final 3	1	Cheng Yu Kiu	BHSC
	2	Tsang Pak Hin	PLKHYC
	3	Ho Ching Ho	SS
	4	Chung Lok Tin	TKPS
	5	Zhang Chun Kit	PLKCHYT
	6	Lee Ka Yin	LCCS
	7	Lin Kong Ho	HTSS-TKO
	8	Lu Chuantao	TYH

Event 38		Girls B Grade 200m	1:00pm
		Record : 24.96	
Semi-Final 1	1	Lee Wan Hei	CYT
	2	Wing Huen Isabelle Lau	CIS
	3	Lau Yeuk Nam Natalie	STCC
	4	Sam Yuan Sha	RS
	5	Sin Pui Kiu	BHSC
	6	Lai Ching	TYH
	7	Chan Ka Wai	SPSS
	8	Lai Yuk Ki	CCK
Semi-Final 2	1	Li Yu Cheng	BHNC
	2	Luk Lin Sum	BHNC
	3	Wen Ka Wing	LCCS
	4	Lau Hui Ning	CYT
	5	Mok Yee Wah	SFCC
	6	Wong Mik Lam	KLSS
	7	Chau Wing Kwan	LSTWCM
	8	Cheung Yik Tung Athena	SPSS
Semi-Final 3	1	Lee, Cheuk Yiu Mia	ISFA
	2	Shi Wenxuan	HTSS-TKO
	3	Wing Yu Audrey Lau	CIS
	4	Fung Wan Ning	SFCC
	5	Li Xiaoqing	LCCS
	6	Jackets Samantha Victoria	RS
	7	Yung Yik Nei Liiana	CC
	8	Ho Wing Sze	TCGSS
Event 39		Boys B Grade 200m	1:15pm
		Record : 21.90	
Semi-Final 1	1	Lau Hok Wai	FSS-SSW
	2	Leung Sze Hang	BCKSS
	3	Li Wang Yui Morgan	TYH
	4	Wong Pak Ho	HTSS-TKO
	5	Wan Chi Chung	BHSC
	6	Cheung Shun Him	TKPS
	7	Jaden Alexander See	CIS
	8	Huang King Tang	TKPS
Semi-Final 2	1	Loo Lap Yin	CCK
	2	Leung Sze Chai	BCKSS
	3	Lam Yat Lun	UCC-KE
	4	Huang, Yi Xuan Alan	ISFA
	5	Chan Alison	CFSS
	6	Or Chun Kit	SKHLMC
	7	Tam Pak Long	TTCA
	8	Kam Tse Ming Chapman	KC
Semi-Final 3	1	Kwo Pak San	SS
	2	Li Lok Tin	TTCA
	3	Leung Chun Chung	SS
	4	Wu Juncheng	FSS-SSW
	5	Chan Wang Hei	HTSS-TKO
	6	Chan Yik Sum Samuel	BWFL
	7	Yuan Wenjie	HGC
	8	Chau Tsz Fung	LCCS

Event 40		Girls A Grade 200m	1:15pm
		Record : 24.31	
Semi-Final 1	1	Khan Bibi Aisha Lachica	IKTMC
	2	Cheung Hoi Ching	FSS-SSW
	3	Hosono, Eriko	ISFA
	4	Tang Wan Dick	BCKSS
	5	Lau Yu Ning	HTSS-TKO
	6	Chen Heung Yi	HGC
	7	Leung Tsz Ching	SFCC
	8	Cen Jiayi	CYT
Semi-Final 2	1	Lum Hau Ching	FSS-SSW
	2	Wong Tsz Yin Yovela	TTCA
	3	Wong Tin Lam	TKOGSS
	4	Lee Hoi Tung	SFCC
	5	Qiu Hoi Ting	BCKSS
	6	Jiang Yan Ting	CYT
	7	Yim Ching	TKOGSS
	8	Ma Tsz Yau	CFSS
Event 41		Boys A Grade 200m	1:15pm
		Record : 21.91	
Semi-Final 1	1	Lui Hong Laam	HGC
	2	Yu Ka Lun	SS
	3	Luo Tsz Hin	BHSC
	4	Xie Ka Wai	TYH
	5	Ombao Christian Lloyd Guzman	BWFL
	6	Au-Yeung Tsz Him Nicholas	TTCA
	7	Law Chi Hang	FSS-SSW
	8	Wong Yat Lun	CFSS
Semi-Final 2	1	Limbu Noyang	BWFL
	2	Chan Curtis	KC
	3	Chui Lok Hei	HGC
	4	Ng Yik Hei	HTSS-TKO
	5	Ng Pak Hei	BCKSS
	6	Young Hang Yan	LCCS
	7	Koo, Chun Sing Jerry	ISFA
	8	Durant Andrew Patrick Mejia	RS
Semi-Final 3	1	Ng Chun Wang	PLKHYC
	2	Mohammad Aqib	IKTMC
	3	Zhang Kau	KLSS
	4	Ye Fan Kuen	BHSC
	5	Chan Ho Chi	CCK
	6	Lau Yu Fan	HTSS-TKO
	7	Asif Mohammad Yousaf Khan	IKTMC
	8	Hui Chun Ming	TYH

Event 42	Boys C Grade 1500m	1:30pm
	Record : 4:24.54	Standard : 5:58.00
Final	1 Chan Man Hin	KLSS
	2 Mirza, Kabir Neil	ISFA
	3 Chung Tsz Lung	FSS-SSW
	4 Henry Schilmann Russell	CIS
	5 Wood Thomas Walter Temuujin	RS
	6 Lam See Chai	TTCA
	7 Cheng Chin Chung	BHJS
	8 Ma Long Fung	BHSC
	9 Dylan Sean Baram	CIS
	10 Ng Hei Chit	HGC
	11 Lu Hoi Hei	TTCA
	12 Lee Pak Kiu	KC

Event 43	Boys B Grade 1500m	1:30pm
	Record : 4:10.65	Standard : 5:40.00
Final	1 Ma Chun Yin	TTCA
	2 Liu Shen Xi	BCKSS
	3 Jim Ho Kiu	BHJS
	4 Chan Yip	KC
	5 Chui Cheuk Long	CFSS
	6 Chan Kwok Pan	LSTWCM
	7 Chan Ka Fung Easton	KLSS
	8 Tam Man Chau	PLKHYC
	9 Chang Chun Yuk	BHSC
	10 Orh Shing Yan	TTCA
	11 Cai Shao Jie	KLSS
	12 Chan Nok Yat	TYH

Event 44	Boys A Grade 1500m	1:30pm
	Record : 4:02.02	Standard : 5:30.00
Final	1 Chau Yin Chung	BCKSS
	2 Wong Kai Chun	TYH
	3 Wood John Charles Temuulen	RS
	4 Wong Pak Hei	BCKSS
	5 Tang Chun Ki	HGC
	6 Chan Chung	CPC
	7 Chan Chun Nam	HTSS-TKO
	8 Yan King Sing	KC
	9 Su Tsz Kuen	KLSS
	10 Choi Pak Him	TTCA
	11 Chim Ying Nam	TTCA
	12 Chan Chun Tat	BHJS

Event 45	Girls C Grade 4x400m Relay	2:00pm
	Record : 4:12.52	Standard : 5:45.00
Heat 1	1	RCPHKMC
	2	CFSS
	3	TYH
	4	TCGSS
	5	HTSS-TKO
	6	TTCA
	7	CYT

Heat 2	1	LKYMS
	2	CIS
	3	ISFA
	4	STCC
	5	BCKSS
	6	BWFL
	7	CPC
Heat 3	1	IKTMC
	2	BHJS
	3	LSTWCM
	4	BHSC
	5	KLSS
	6	SFCC
	7	LCCS

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

Heat 1	2	SFCC
	3	LSTWCM
	4	RCPHKMC
	5	CYT
	6	ISFA
	7	IKTMC
	Heat 2	2
3		LKYMS
4		KLSS
5		BHJS
6		BWFL
7		CPC
Heat 3		2
	3	LCCS
	4	TYH
	5	HTSS-TKO
	6	CFSS

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

Heat 1	2	CYT
	3	SFCC
	4	ISFA
	5	TTCA
	6	RS
	7	LSTWCM
	Heat 2	2
3		CPC
4		LKYMS
5		BHJS
6		BCKSS
7		FSS-SSW
Heat 3		2
	3	KLSS
	4	IKTMC
	5	TYH
	6	CFSS
	7	TCGSS

Event 48	Boys C Grade 4x400m Relay	3:15pm
	Record : 3:45.03	Standard : 4:50.00
Heat 1	1	SKHLMC
	2	TYH
	3	TTCA
	4	STCC
	5	SS
	6	IKTMC
	7	TKOGSS
	8	CFSS
Heat 2	1	ISFA
	2	BCKSS
	3	RCPHKMC
	4	RS
	5	TKPS
	6	FSS-SSW
	7	KLSS
	8	LCCS
Heat 3	1	BHJS
	2	CPC
	3	PLKCHYT
	4	BHSC
	5	CIS
	6	LSTWCM
	7	HTSS-TKO
	8	BWFL
Event 49	Boys B Grade 4x400m Relay	3:15pm
	Record : 3:33.81	Standard : 4:28.00
Heat 1	1	CPC
	2	LSTWCM
	3	KLSS
	4	FSS-SSW
	5	SS
	6	IKTMC
	7	BWFL
	8	UCC-KE
Heat 2	1	CFSS
	2	TTCA
	3	KC
	4	ISFA
	5	LCCS
	6	PLKHYC
	7	CCK
	8	TKPS
Heat 3	1	BHJS
	2	BCKSS
	3	BHSC
	4	HTSS-TKO
	5	TYH
	6	RCPHKMC
	7	RS

Event 50	Boys A Grade 4x400m Relay	3:15pm
	Record : 3:25.18	Standard : 4:13.00
Heat 1	2	TYH
	3	SS
	4	IKTMC
	5	BHJS
	6	SKHLMC
	7	BHSC
	Heat 2	2
3		TKPS
4		BWFL
5		CFSS
6		HGC
7		KC
Heat 3		2
	3	KLSS
	4	TTCA
	5	CPC
	6	BCKSS