

HONG KONG ISLAND & KOWLOON SECONDARY SCHOOLS  
INTER-SCHOOL ATHLETICS COMPETITION 2023-2024  
DIVISION THREE (AREA 3)

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GUEST OF HONOUR

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*MR. LEE PAK ON*

*VICE PRINCIPAL OF SALESIAN ENGLISH SCHOOL*

*The Hong Kong Island & Kowloon Secondary Schools Regional Committee wishes to express its appreciation to the following organisations and persons for their support & assistance to the Inter-School Athletics Competition (Division Three (Area 3)).*

- *MR. LEE PAK ON, VICE PRINCIPAL OF SALESIAN ENGLISH SCHOOL for presenting prizes to winning schools*
- *LEISURE AND CULTURAL SERVICES DEPARTMENT for subventing the Competition*
- *BANK OF CHINA (HONG KONG) for sponsoring the Competition*
- *MR. LEE CHI WAI, CONVENOR for his personal assistance to the Competition*
- *MR. TANG KUN LOI, MR. ERIC TSANG & MR. WATSON NG for serving as Referees*
- *LIFE LINE MEDICAL TRAINING CENTRE for providing first aid services*
- *PHYSICAL EDUCATION UNIT OF CUHK for lending Electronic Distance Measurement (EDM) Equipment*
- *STAFF OF WAN CHAI SPORTS GROUND for their co-operation and assistance*
- *ALL OFFICIALS & JUDGES of the meet*
- *BOCHK SCHOOLS SPORTS VOLUNTEERS*
- *STUDENT HELPERS of participating schools*

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

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**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	: Life Line Medical Training Centre Limited	

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  
*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  
*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  
*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  
*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  
*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>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>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>Student from BHJS</i>			<i>Student from LSTWCM</i>	
Recorders	: Managed by HKSSF Staff				
	<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				
	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>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)

Final Day 02 February 2024

8:15 AM Officials report to duty

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

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

## List of Participating Schools of Division Three (Area 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

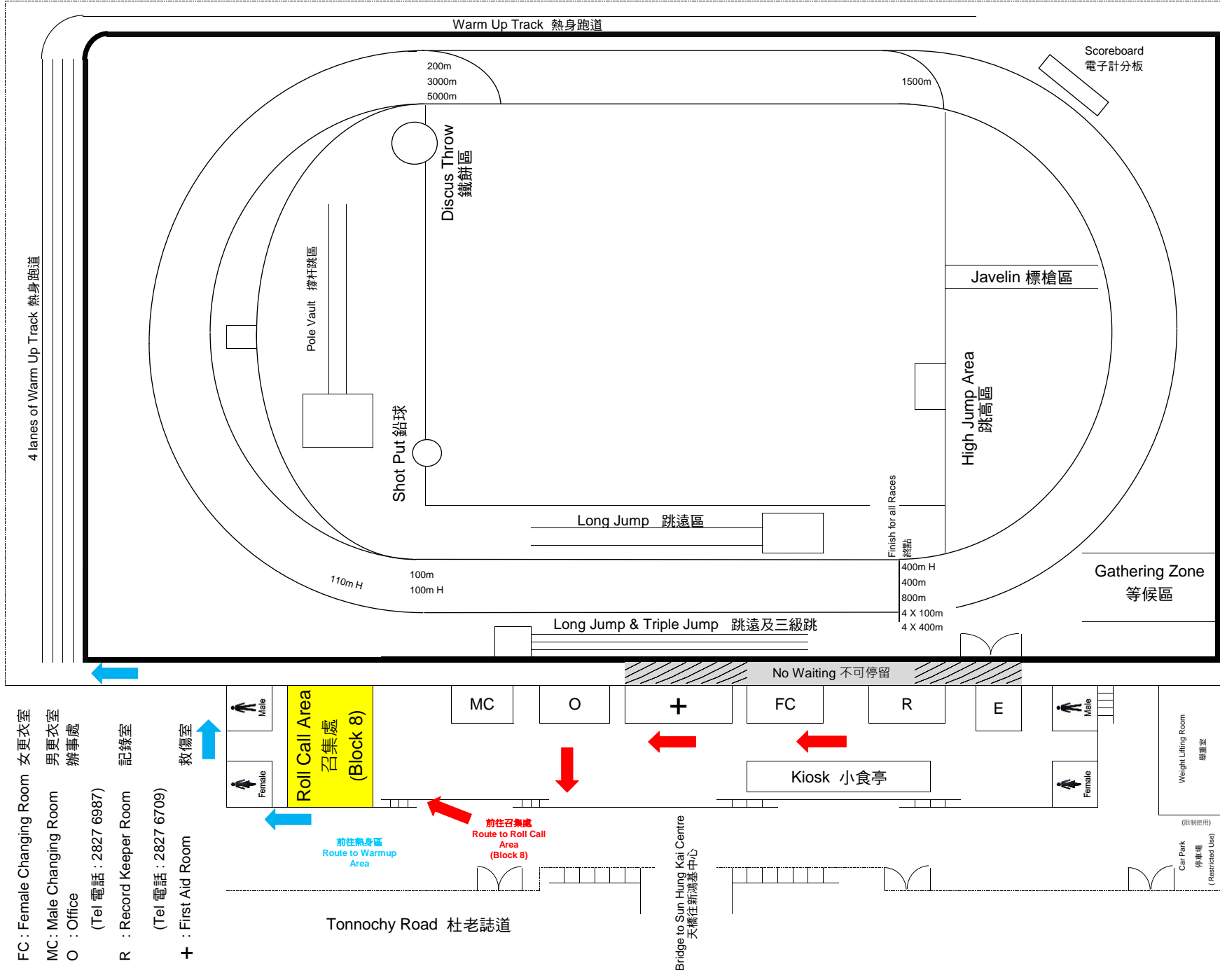
(Tel 電話 : 2827 6987)

R : Record Keeper Room 記錄室

(Tel 電話 : 2827 6709)

+ : First Aid Room 救傷室

Hung Hing Road 鴻興道



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 4<sup>th</sup> 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 2<sup>nd</sup> 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 2<sup>nd</sup> runner is not permitted to begin running outside his take-over zone, and shall start within this zone. Similarly, the 3<sup>rd</sup> and 4<sup>th</sup> athletes shall begin running from within their take-over zones.
5. After the passing of baton is completed, the 2<sup>nd</sup> 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 3<sup>rd</sup> and 4<sup>th</sup> 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)  
Final Day

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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 Two 30 January 2024

**Boys Overall**

Position	School	A	B	C	Total
1	Salesian English School (Secondary Section)	65	45	45	155
2	POH 80th Anniversary Tang Ying Hei College	54	33	7	94
3	Lok Sin Tong Wong Chung Ming Secondary School	26	46	14	86
4	HHCKLA Buddhist Ching Kok Secondary School	30	34	9	73
5	Tsung Tsin Christian Academy	14	32	20	66
6	Buddhist Hung Sean Chau Memorial College	20	16	27	63
7	The Chinese Foundation Secondary School	8	32	21	61
7	Tang King Po School	13	28	20	61
7	Ko Lui Secondary School	17	18	26	61
10	Heung To Secondary School (Tseung Kwan O)	12	28	14	54
11	King's College	16	15	14	45
12	YCH Law Chan Chor Si College	2	18	18.5	38.5
13	Islamic Kasim Tuet Memorial College	34	1	1	36
13	Buddhist Wong Fung Ling College	12	20	4	36
15	Wellington Education Organization Chang Pui Chung Memorial School	7	22	6.5	35.5
16	Rosaryhill Secondary School	13	9	10	32
16	Bishop Hall Jubilee School	4	15	13	32
18	Fukien Secondary School (Siu Sai Wan)	5	15	11	31
19	The Independent Schools Foundation Academy	3	7	20	30
20	Po Leung Kuk Ho Yuk Ching (1984) College	5	17	7	29
20	The Mission Covenant Church Holm Glad College	15	7	7	29
22	Cognitio College (Kowloon)	12	9	2	23
23	Tseung Kwan O Government Secondary School	1	8	13	22
24	ECF Saint Too Canaan College	5	10	6	21
25	Hong Kong Bluebell College	1	13	6	20
26	Chinese International School	3	3	12	18
27	SKH Lui Ming Choi Secondary School	2	12	3	17
27	Delia Memorial School (Hip Wo No.2 College)	17	0	0	17
29	Rhenish Church Pang Hok Ko Memorial College	2	7	7	16
30	Po Leung Kuk Celine Ho Yam Tong College	3	5	6	14
31	United Christian College (Kowloon East)	9	2	2	13
32	Ning Po College	0	2	4	6
33	Society of Boys' Centres Hui Chung Sing Memorial School	0			0

Inter-School Athletics Competition 2023-2024

Division Three (Area 3)

Day Two 30 January 2024

**Girls Overall**

Position	School	A	B	C	Total
1	STFA Cheng Yu Tung Secondary School	29	20	33	82
2	YCH Law Chan Chor Si College	20	27	26	73
3	Tsung Tsin Christian Academy	20	19	14	53
4	Lee Kau Yan Memorial School	19	12	19	50
5	St. Francis' Canossian College	16	17	13	46
5	Canossa College	25	7	14	46
7	The Independent Schools Foundation Academy	13	8	21	42
8	The Chinese Foundation Secondary School	21	3	15	39
9	Tack Ching Girls' Secondary School	9	13	15	37
9	St. Paul's Secondary School	6	11	20	37
11	Ko Lui Secondary School	7	15.5	10	32.5
12	Cognitio College (Kowloon)	17	9	6	32
13	Heung To Secondary School (Tseung Kwan O)	7	19.5	1	27.5
14	Buddhist Hung Sean Chau Memorial College	6	13	8	27
15	Bishop Hall Jubilee School	1	17	8	26
16	Buddhist Ho Nam Kam College	6	9	8	23
17	Tseung Kwan O Government Secondary School	9	12	1	22
17	Rosaryhill Secondary School	14	7	1	22
19	Buddhist Wong Fung Ling College	17	3	1	21
20	Lok Sin Tong Wong Chung Ming Secondary School	5	3	11	19
21	HHCKLA Buddhist Ching Kok Secondary School	10		8	18
21	ECF Saint Too Canaan College	1	1	16	18
21	SKH Lui Ming Choi Secondary School	3	1	14	18
24	Chinese International School	2	6	7	15
24	Po Leung Kuk Celine Ho Yam Tong College	6	7	2	15
24	POH 80th Anniversary Tang Ying Hei College	2	5	8	15
27	The Mission Covenant Church Holm Glad College	6	0	8	14
28	Islamic Kasim Tuet Memorial College	3	4	3	10
29	Wellington Education Organization Chang Pui Chung Memorial School	2	5	2	9
30	Rhenish Church Pang Hok Ko Memorial College		0	7	7
31	Po Leung Kuk Ho Yuk Ching (1984) College		3	3	6
32	Fukien Secondary School (Siu Sai Wan)	4		1	5
33	Hong Kong Bluebell College		3	0	3
34	Ning Po College	1	1	0	2
34	Delia Memorial School (Hip Wo No.2 College)	1	1		2
34	HKICC Lee Shau Kee School of Creativity			2	2

Inter-School Athletics Competition 2023-2024

Division Three (Area 3)

Final Day 02 February 2024

Event 1	Boys A Grade Discus		8:30am
	Record : 49.69		Standard : 18.50
Final	1	Sheng Ka Pang	HTSS-TKO
	2	Ma Yui Hei	TKPS
	3	Ng Chun Kit	LCCS
	4	Bhullar Narinder Singh	DMS-HW2C
	5	Yeung Cheuk Tat	SS
	6	Cheung Kam Ho	BCKSS
	7	Li Jiahao	CFSS
	8	Ngan Pak Shing	BHSC
	9	Chan Andre Chun Ka	CIS
	10	Hung Faan Hei	BWFL
	11	Chong Ka Wing	STCC
	12	Li Ching Fai	LSTWCM
	13	Tsang Yung	PLKHYC
	14	Chen Chi Hin	TYH
	15	Chow Chun Hei	SS
	16	Leung Kwan Ho Lucas	TTCA
	17	Yang Kam Wong	HTSS-TKO
	18	Zaman Muzammail	IKTMC
	19	Chan Wai Paak	TKPS
	20	Lau Ka Chung	KLSS
	21	Tse Yi Lam	BWFL
	22	Lai Tsz Fung	SKHLMC
	23	Li Zhiheng	BHSC
	24	Leung Wai Wang Martin	TTCA
	25	Lai Man Kit	HGC
	26	Huang Ching Hin	PLKHYC
	27	Chim Tin Yat Cyrus	CFSS
	28	Ng Man Luk	BCKSS
	29	Saeed Ans Shahzad	DMS-HW2C
	30	Yung Tsz Kit	CCK
	31	Qau Wai Chun	LSTWCM
	32	So Park Kei	STCC
	33	Chen Chun Ho	HGC
	34	Choi Chun Wing	TYH
	35	Hoang Kwok Kuen	KLSS
	36	Sajed Sharjeel Minhas	IKTMC

Event 2	Boys B Grade High Jump		8:30am
	Record : 1.96		Standard : 1.45
Final	1	Chan Wun Wing Joe	TYH
	2	Chung Ka Lok	CPC
	3	Lau Chun Yin	KLSS
	4	Ali Mohammad Abuzar	IKTMC
	5	Tse Ho Fung	LCCS
	6	Chung Ting Hin	TKOGSS
	7	Lee Grady Max	BWFL
	8	Lai Chuen Ho Juno	SS
	9	Wong Wai Kam	HTSS-TKO
	10	Fu Chit	CCK
	11	Kwok Pak Hei	TKPS
	12	Mohammad Sudais	IKTMC
	13	Ling Hiu Yu	KLSS
	14	Lai Chun Lok	CFSS
	15	Lui Wah Kin	BWFL
	16	Leong, Rex	ISFA
	17	Lam Ching Hei	SKHLMC
	18	Liu Jialang	TKOGSS
	19	Chan Ki Fung	SKHLMC
	20	Wong Sum Kuen	CPC
	21	Wong Tin Chi	BCKSS
	22	Leung Hoi Ming	KC
	23	Chen, Xu Peng	ISFA
	24	Lau Chun Fai	LSTWCM
	25	Deng Man Ho	RCPHKMC
	26	Wong Yuk Chun Ernest	TTCA
	27	Chiu Kwan Hin	CCK
	28	Zeng Qingjian	TYH
	29	So Ka Hei	SS
	30	Tse Chun Chak	RCPHKMC
	31	Cheung Wei Lam	HTSS-TKO
	32	Leung Tsz Wa	LSTWCM



Event 3	Girls B Grade Long Jump	8:30am	
	Record : 5.76	Standard : 3.40	
Final	1	Lam Chi Io	LSTWCM
	2	Lam Yi Fei	DMS-HW2C
	3	Wong Ka Yi	BHNC
	4	Chan Wing Tung	BWFL
	5	Yip Lai Yan	CPC
	6	Zhan Jiayu	DMS-HW2C
	7	Tsang Hei Laam	HKBC
	8	Tung Katherine Tsz Yau	TKOGSS
	9	Lee Cheuk Ki	CPC
	10	Lai Hiu Ching	CYT
	11	Samra	IKTMC
	12	Fung Wan Ning	SFCC
	13	Lam Wai Ling Jocelyn	TTCA
	14	Liu Ying	LCCS
	15	Yeung, Gabrielle	ISFA
	16	Yip Wen Yao Yolanda	TKOGSS
	17	Kwan Sum Yau	BHSC
	18	Chan Hiu Ching	HGC
	19	Lam Man Ki	LKYMS
	20	Kwok Yan Jit Megan	CIS
	21	Huang Ching Yi	LKYMS
	22	Hung Yan Ting Angela	LCCS
	23	Ho Wing Sze	TCGSS
	24	Cheung Tsz Yiu	BHNC
	25	Kwan Cheryl Hei Yuet	ISFA
	26	Ng Cheuk Ying	KLSS
	27	Zeng Yaqi	BWFL
	28	Liang Wing Yi	CYT
	29	Wong Yeuk Yan	CFSS
	30	Fan Anna Yujia	HTSS-TKO
	31	Chak Pui Ching	TYH
	32	Lee Yan Lam	TTCA
	33	Yung Yik Nei Liiana	CC
	34	Chan Yu Ho Lotus	SFCC
	35	Chung Sze	STCC
	36	Cheung Hiu Yuet	TCGSS
	37	Wong Ho Yi	HTSS-TKO
	38	Wing Huen Isabelle Lau	CIS
	39	Chan Sum Mei	KLSS
	40	Lee Wan Yi	CFSS
	41	Abdallah Nour Mohamed Mahmoud Ahmed	IKTMC
	42	Lai Cheuk Yin	SPSS
	43	Fei Sze Ching Hailey	CC
	44	Chau Wing Kwan	LSTWCM

Event 4	Girls C Grade Shot Put	8:30am	
	Record : 10.59	Standard : 5.50	
Final	1	Wong Chak Hei	TCGSS
	2	Lau Hoi Lam	TYH
	3	Lau Yan Yi	HTSS-TKO
	4	Xu Ka Man	BHNC
	5	Chung Hang Yi	CFSS
	6	Wong Nok Hei	STCC
	7	Chow Ka Wai	HGC
	8	Mak Po Kei	FSS-SSW
	9	Kwong Pan Ki	HTSS-TKO
	10	Bibi Alisha	IKTMC
	11	Lau Tsz Kwan	SPSS
	12	Li, Hanyi Demi	ISFA
	13	Chang Sum Ching	RCPHKMC
	14	Cheung Ching Hei	LKYMS
	15	Hu Hoi Wing	BWFL
	16	Law Cheuk Yi	TYH
	17	Asad Isma	DMS-HW2C
	18	Chui Tsz Ching	LCCS
	19	Ng Cho Tung	TCGSS
	20	Hsu Wai Sum	CYT
	21	Yang Tsz Huen	CPC
	22	Leung Ling Chi	IKTMC
	23	Chung Uen Chi	CFSS
	24	Koh Yan Ching	SFCC
	25	Lam Tsz Tyu	LKYMS
	26	Rai Kelly	BWFL
	27	Yeung Pui Kwan	KLSS
	28	Ng Kam Ha	TKOGSS
	29	Yip, Mikayla Wing-Ka	ISFA
	30	Lee Yui Ying	BHJS
	31	Laam Bik Kay	TKOGSS
	32	Yim Yeuk Ling	TTCA
	33	Wan Tsoi Wing	LCCS
	34	Chiu Hoi Ching	STCC
	35	Cheng Suet Chin	HKBC
	36	Cheung Ting Nga	SKHLMC
	37	Wong Luk Yu	BCKSS
	38	Leung Hoi Ki	CYT
	39	Lin Yi Hsuan Alexia	TTCA
	40	Kwok Wing Tsz	BHNC
	41	Chau Siu Ting	SFCC
	42	So Tsoi Ying	HGC
	43	Dhillon Simran Kaur	CC
	44	Lee Tsz Ki	RCPHKMC
	45	Chau Sin Yi	KLSS
	46	Yau Sik Yin	LSTWCM
	47	Ho Yee Tung	CC
	48	Hong Wan Qing	LSTWCM

Event 5	Girls C Grade 100m Hurdles	8:30am
	Record : 15.23	
Final	1 Liu Sum Yin	CYT
	2 Tam Lok Tung Nicole	LCCS
	3 Wong Chi Ching	LCCS
	4 Tung Ching Yee	LSTWCM
	5 Chan Ho Yan	LSTWCM
	6 Au Tak Po	LKYMS
	7 Wu Po Yi	BHNK
	8 Li Tsz Suen	KLSS
Event 6	Girls B Grade 100m Hurdles	8:30am
	Record : 14.42	
Final	1 Leung Tsz Yau	CYT
	2 Chung Tsz Yan	LKYMS
	3 Zhou Ziyi	LCCS
	4 Hong Ka Wai	LKYMS
	5 Leung Nga Yin	TKOGSS
	6 Lau Pui Chi	LCCS
	7 Wong Yui	SFCC
	8 Lee Man Ki	TYH
Event 7	Girls A Grade 100m Hurdles	8:30am
	Record : 13.76	
Final	1 Chow Hiu Ying	KLSS
	2 Kaur Prabjeet	RS
	3 Lui Tsz Ting	KLSS
	4 Liu Yuet Tung	LSTWCM
	5 Ngai Wing Man	LKYMS
	6 Cheung Sin Kei	HTSS-TKO
	7 Li Choi Wa	TCGSS
	8 Deng Hei Yu	TCGSS
Event 8	Boys C Grade 100m Hurdles	8:30am
	Record : 13.57	
Final	1 Wong Chi Long	TTCA
	2 Choi Tsz Him	SS
	3 Cheng Nga Chung	TKPS
	4 Yao Fengze	HTSS-TKO
	5 Ng Yat Ki Carri	SS
	6 Chung Ho Fung	LCCS
	7 Chak Ho Man	TKPS
	8 Chan Pak Lam	HTSS-TKO
Event 9	Boys B Grade 100m Hurdles	8:30am
	Record : 13.25	
Final	1 Chan Wang Hei	HTSS-TKO
	2 Chong Ho Lun	HTSS-TKO
	3 Lin Yuk Ching	BHSC
	4 Tse Ho Fung	LCCS
	5 Cheng Ho Shing	SS
	6 Cheng Chi King	KLSS
	7 Wong Pui Ho	TYH
	8 Tong Pak Tung Paul	RCPHKMC
Event 10	Boys A Grade 110m Hurdles	8:30am
	Record : 13.63	
Final	1 Dong Kwun Wa	CCK
	2 Yeung Tsz Chun	SS
	3 Cheung Yiu Fai	KLSS
	4 Tse Ho Yuen	BCKSS
	5 Wong Chung Sang	UCC-KE
	6 Li Hon Yiu Matthew	SS
	7 Liu Kin Kwan	BCKSS
	8 Wu Ho Man	KLSS

Event 11	Girls C Grade 400m	9:00am
	Record : 58.64	
Final	1 Yan Mira Ching	TTCA
	2 Chua Sophia	CIS
	3 Maurellet, Claire Amelie	ISFA
	4 Qazi Mah Noor	IKTMC
	5 Chung, King Long Jacqueline	ISFA
	6 Lam Fenice	SFCC
	7 Ting Hei Yi	TYH
	8 Cheng Siu Ying	PLKCHYT
Event 12	Boys C Grade 400m	9:00am
	Record : 51.23	
Final	1 Fong Tin Hang	CFSS
	2 Pang Tsz Lam	LCCS
	3 Tsoi Chung Hei	KLSS
	4 Lam Tin Hang Isaac	SS
	5 Lam Pak Yin	STCC
	6 Huang Wei Cheng	BHSC
	7 Liu Chun Hin Lucas	NPC
	8 Ting Ho Pong	SS
Event 13	Girls B Grade 400m	9:00am
	Record : 56.27	
Final	1 Hui Tin Yan	KLSS
	2 Shi Wenxuan	HTSS-TKO
	3 Chen Michaela	SFCC
	4 Lin Wai Kiu	TTCA
	5 Cubillan Brooklyn Asha Cabrera	RS
	6 Hung Yan Ting Angela	LCCS
	7 Wong Athena Sze Yui	HTSS-TKO
	8 Cheung, Joy	ISFA
Event 14	Boys B Grade 400m	9:00am
	Record : 49.72	
Final	1 Tsang San Lok	BHSC
	2 Wong Ming Sin	FSS-SSW
	3 Law San Sui	BCKSS
	4 Ren Jiaqi	TTCA
	5 Zhong Junxiang	BHSC
	6 Lau Chun Wang	BCKSS
	7 Tam Tsz Chun	TKPS
	8 Kwok Ching Yeung	HKBC
Event 15	Girls A Grade 400m	9:00am
	Record : 57.37	
Final	1 Lam Wing Yi	SFCC
	2 Wong Tsz Yin Yovela	TTCA
	3 Lin, Danielle Chi-Ying	ISFA
	4 Lau, Yat Sum	ISFA
	5 Chan Wing Yi	LCCS
	6 Chen Lok Sze	CCK
	7 Cheung Man Wai	BCKSS
	8 Lai Shuk Yi	CYT
Event 16	Boys A Grade 400m	9:00am
	Record : 49.92	
Final	1 Tsang Hiu Long	CPC
	2 Xie Ka Wai	TYH
	3 Cheng Pui Hong	SS
	4 Chen Xicong	BCKSS
	5 Cheng Cheuk Yin	SS
	6 Ng Pak Hei	BCKSS
	7 Luo Tsz Hin	BHSC
	8 Mohammad Aqib	IKTMC

Event 17	Girls C Grade 100m	9:30am	
	Record : 12.37		
Final	1	Wong Yin Sum	CFSS
	2	Tse Kwan Nam	PLKHYC
	3	Tam Lok Tung Nicole	LCCS
	4	Gordon, Carla Tsi Kuan	ISFA
	5	Yip Hoi Ching	CC
	6	Tung Ching Yee	LSTWCM
	7	Lee Kin Ching	TKOGSS
	8	Lee Tsz Ki	RCPHKMC
Event 18	Boys C Grade 100m	9:30am	
	Record : 11.21		
Final	1	Ho Ching Ho	SS
	2	Mok Ching Hoi	BHSC
	3	Wong Hei Shun	TTCA
	4	Chan Anson	CFSS
	5	Fan Zhen Jie	BCKSS
	6	Chan Pak Lam	HTSS-TKO
	7	Zhang Zuo Lin	FSS-SSW
	8	Tsang Pak Hin	PLKHYC
Event 19	Girls B Grade 100m	9:30am	
	Record : 11.89		
Final	1	Lau Yin	BHNC
	2	Luk Lin Sum	BHNC
	3	Zhu, Tongan	ISFA
	4	Wen Ka Wing	LCCS
	5	Chung Tsz Yan	LKYMS
	6	Tse Hoi Tung	BHJS
	7	Wing Yu Audrey Lau	CIS
	8	Lau Hui Ning	CYT
Event 20	Boys B Grade 100m	9:30am	
	Record : 10.63		
Final	1	Leung Chun Yiu	TKPS
	2	Lin Yuk Ching	BHSC
	3	Leung Sze Hang	BCKSS
	4	Wu Juncheng	FSS-SSW
	5	Leung Sze Chai	BCKSS
	6	Leung Chun Chung	SS
	7	Tang Eric Haotian	CIS
	8	Li Lok Tin	TTCA
Event 21	Girls A Grade 100m	9:30am	
	Record : 11.85		
Final	1	Hosono, Eriko	ISFA
	2	Cheung Hoi Ching	FSS-SSW
	3	Kwok Ching Yi	LKYMS
	4	Wong Tin Lam	TKOGSS
	5	Li Sze Ying	CCK
	6	Wu Yan Yi	BHNC
	7	Tang Wan Dick	BCKSS
	8	Jiang Yan Ting	CYT
Event 22	Boys A Grade 100m	9:30am	
	Record : 10.60		
Final	1	Chui Lok Hei	HGC
	2	Yu Ka Lun	SS
	3	Chan Curtis	KC
	4	Woo Ho Ching	FSS-SSW
	5	Ho Ting Yiu	PLKHYC
	6	Zhang Junjie	KLSS
	7	Chan Ho Chi	CCK
	8	Fung Sze Chun	BCKSS

Event 23	Boys A Grade 5000m	10:00am
	Record : 15:37.60	Standard : 21:45.00
Final	1	Wood John Charles Temuulen RS
	2	Chen Wang Hei PLKCHYT
	3	Yani M Ibrahim Seyed Abdurrahman Avuf IKTMC
	4	Wong Yuk Ho RCPHKMC
	5	Leung Chun Long Willis TYH
	6	Chau Yin Chung BCKSS
	7	Kong Kit Wah KLSS
	8	Chan Chun Nam HTSS-TKO
	9	Chan Chun Tat BHJS
	10	Chen Ka Wang HTSS-TKO
	11	Lu Chun Fai SS
	12	Lui Tsz Yeung TKPS
	13	Ng Wing Lok LCCS
	14	Choi Hon Yin KLSS
	15	Wong Pak Hei BCKSS
	16	Leung Wang To HKBC
	17	Li Yung Yik BHSC
	18	Wong Hoi Hei BHJS
	19	Tang Chun Ki HGC
	20	Ng Tik On NPC
	21	Wong Kai Chun TYH
	22	Chan Hon Man TKPS
	23	Lyu Cheng Lin LSTWCM
	24	Chim Ying Nam TTCA
	25	Luo Wing Chun SS
	26	Leung Yee Him HKBC
	27	Chan Chung CPC
	28	Ho Chun Wah LSTWCM
	29	Mohamed Ali Sahib Ibrahim Aadil IKTMC

Event 24	Boys A Grade Long Jump		10:30am
	Record : 7.89		Standard : 4.90
Final	1	Ng Ka Lam	TYH
	2	Woo Ho Ching	FSS-SSW
	3	Guo Joe	SKHLMC
	4	Yip Yau Kwan	BCKSS
	5	Asif Mohammad Yousaf Khan	IKTMC
	6	Tsai Siu Pan	HTSS-TKO
	7	Chan Ho Yiu	CFSS
	8	Ng Tsz Yat	HTSS-TKO
	9	Cheng Cheuk Yin	SS
	10	Yeung Shing San	TKOGSS
	11	Au Chun Ngai	TKPS
	12	Yu Ka Ki	KLSS
	13	Tse Yue Hin Angus	CFSS
	14	Chan Cheuk Hei	HKBC
	15	Poon Ho Yeung	TTCA
	16	Murzello Mario Alfred	CPC
	17	Tang Chun Hin	CCK
	18	Shi Hung Pan	CPC
	19	Wei Hengjie	DMS-HW2C
	20	Chan Hiu Chit	BWFL
	21	Tang Man Fai	LSTWCM
	22	Fung Sze Chun	BCKSS
	23	Hui Fu Po	TYH
	24	Chou Cheuk Wai	BHSC
	25	Garba Abraham Lincoln Sany	TTCA
	26	Yeung Ho Kiu	SS
	27	Tai Cheuk On	TKOGSS
	28	Malik Mohammad Aashir	DMS-HW2C
	29	Chen Zhikai	KLSS
	30	Chiu Lok Yin	UCC-KE
	31	Chung Tai Cheung Arayon	HKBC
	32	Leung Lok Him Anson	STCC
	33	Li Ho Ming	TKPS
	34	Yang Kaiqi	BHSC
	35	Kwok Hiu Yeung	PLKCHYT
	36	Tsang Yui Chi	RS
	37	Lai Chun Hang	LSTWCM
	38	Lee Sze Chun	RS
	39	Wong Tim Lok	KC
	40	Chan Andre Chun Ka	CIS
	41	Chau Hon Kit	BWFL
	42	Hibathullah Abdul Rahman	IKTMC
	43	Li Ka Chun	SKHLMC

Event 25	Girls C Grade 800m		10:30am
	Record : 2:19.72		
Final	1	Zhan Xilin	BHNC
	2	Chua Sophia	CIS
	3	Maurellet, Claire Amelie	ISFA
	4	Lam Fenice	SFCC
	5	Yan Mira Ching	TTCA
	6	But Sum Yuet Avery	CYT
	7	Chan Chi Ching	RCPHKMC
	8	Lai Hong Ting	TTCA
	9	Chow Yau Yeung	STCC
	10	Li Hei Yee Hailey	TYH
	11	Huang, Qinlan	ISFA
	12	Chan Wong Yu	CYT

Event 26	Boys C Grade 800m	10:30am
	Record : 2:06.64	
Final	1 Chan Man Hin	KLSS
	2 Pang Tsz Lam	LCCS
	3 Mirza, Kabir Neil	ISFA
	4 Tsoi Chung Hei	KLSS
	5 Lam See Chai	TTCA
	6 Chung Tsz Lung	FSS-SSW
	7 Ng Hei Chit	HGC
	8 Ma Long Fung	BHSC
	9 Lam Pak Yin	STCC
	10 Liu Chun Hin Lucas	NPC
	11 Lee Pak Kiu	KC
	12 Cheng Chin Chung	BHJS
Event 27	Girls B Grade 800m	10:30am
	Record : 2:15.76	
Final	1 Zhu, Tongan	ISFA
	2 Fu Minzhi	HTSS-TKO
	3 Chan Ming Sum	TTCA
	4 Chen Michaela	SFCC
	5 Leung Yan Sin	LCCS
	6 Cheung, Joy	ISFA
	7 Fong Hei Tung	LSTWCM
	8 Chan Hoi Ching	LCCS
	9 Yung Wai Nok	SFCC
	10 Chan Nok Yi Carly	CYT
	11 Chan Wing Tung	BWFL
	12 Chen Siyi	BHNC
Event 28	Boys B Grade 800m	10:30am
	Record : 2:00.69	
Final	1 Law San Sui	BCKSS
	2 Lau Chun Yin	KLSS
	3 Ren Jiaqi	TTCA
	4 Liu Shen Xi	BCKSS
	5 Jim Ho Kiu	BHJS
	6 Chan Ka Fung Easton	KLSS
	7 Chan Kwok Pan	LSTWCM
	8 Ma Chun Yin	TTCA
	9 Chan Yip	KC
	10 Zhong Junxiang	BHSC
	11 Lam Ho Fai	BHJS
	12 Chui Cheuk Long	CFSS
Event 29	Girls A Grade 800m	10:30am
	Record : 2:17.06	
Final	1 Annabelle Ren-Xia Morrow	CIS
	2 Scarlett Ren-Qiao Morrow	CIS
	3 Hui Chung Ching	CC
	4 Chen Lok Sze	CCK
	5 Cheung Man Wai	BCKSS
	6 Lam Wing Yi	SFCC
	7 Tse Nga Yau	SFCC
	8 Wong Yat Tsun	TKOGSS
	9 Wong Yik Fei	TTCA
	10 Chu Ka Yan	CC
	11 Huang Haiting	KLSS
	12 Chan Yan Yuet	CFSS



Event 30	Boys A Grade 800m	10:30am
	Record : 1:54.89	
Final	1 Su Tsz Kuen	KLSS
	2 Chen Xicong	BCKSS
	3 Chen Wang Hei	PLKCHYT
	4 Shek Chun Sang	TYH
	5 Cheng Pui Hong	SS
	6 Choi Pak Him	TTCA
	7 Lai Kit Pong Moses	CIS
	8 Wong Hui Yeung Canaan	UCC-KE
	9 Liu Kin Kwan	BCKSS
	10 Ting Pak Kiu Paco	RCPHKMC
	11 Ng Kit Yan	KLSS
	12 Cheung Chun Ling	KC
Event 31	Girls A Grade Javelin	11:00am
	Record : 47.16	Standard : 13.50
Final	1 Tsang Suet Ying	TYH
	2 Lin Ching Ki	KLSS
	3 Tam Lee Na	BWFL
	4 Chan Wing Yan	TCGSS
	5 Chiu Tsz Ching	STCC
	6 Bibi Ismah	IKTMC
	7 Huang Haiting	KLSS
	8 Chong Sze Ki	BHMK
	9 Law Tsz Yiu	LSTWCM
	10 Yau Tsz Yu	LCCS
	11 Wong Hei Lui	CFSS
	12 Wong Tsz Yu	TTCA
	13 Wong Wan Wun	CYT
	14 Chung Hau Yee	SFCC
	15 Su Xin	HTSS-TKO
	16 Chen Heung Yi	HGC
	17 Isabella Wu	CIS
	18 Yuen Cheuk Huen Karena	SPSS
	19 Chan Wing Yi	LCCS
	20 Kwong Nga Yan	LSTWCM
	21 Wong Po Yan	HGC
	22 Chiu Wai Yan	SPSS
	23 Chan Wing Yan	CFSS
	24 Leung Man Hei	CYT
	25 Yip Wan Ting	CC
	26 Mohammad Alexandra Mariam Shaheen	BWFL
	27 Au Hoi Yi	TCGSS
	28 Ng Cheuk Yi	STCC
	29 Yeung Chi Mei	TYH
	30 Ng Mo Ka Jamie	SKHLMC
	31 Lee Ding Yan	SFCC
	32 Chong Hiu Tung	CPC
	33 Leung Tsz Tung	PLKCHYT
	34 Cheung Yan Tung	LKYMS
	35 Zahad Khadija	IKTMC
	36 Leung Pui Ki	BCKSS
Event 32	Girls C Grade 200m	11:00am
	Record : 25.77	
Final	1 Qazi Mah Noor	IKTMC
	2 Tse Kwan Nam	PLKHYC
	3 Wong Chi Ching	LCCS
	4 Wu Po Yi	BHMK
	5 Lee, Bridget Fei	ISFA
	6 Gordon, Carla Tsi Kuan	ISFA
	7 So Hei Nga	SFCC
	8 Cheng Siu Ying	PLKCHYT

Event 33	Boys C Grade 200m	11:00am
	Record : 22.59	
Final	1 Zhang Zuo Lin	FSS-SSW
	2 Tsang Pak Hin	PLKHYC
	3 Fan Zhen Jie	BCKSS
	4 Chan Anson	CFSS
	5 Wong Hei Shun	TTCA
	6 Ho Ching Ho	SS
	7 Kwok Chun Ching	SS
	8 Choi, Man Wah	ISFA
Event 34	Girls B Grade 200m	11:00am
	Record : 24.96	
Final	1 Lau Yeuk Nam Natalie	STCC
	2 Luk Lin Sum	BHNC
	3 Wing Huen Isabelle Lau	CIS
	4 Wing Yu Audrey Lau	CIS
	5 Wen Ka Wing	LCCS
	6 Shi Wenxuan	HTSS-TKO
	7 Fung Wan Ning	SFCC
	8 Lau Hui Ning	CYT
Event 35	Boys B Grade 200m	11:00am
	Record : 21.90	
Final	1 Li Lok Tin	TTCA
	2 Leung Sze Chai	BCKSS
	3 Leung Sze Hang	BCKSS
	4 Wu Juncheng	FSS-SSW
	5 Leung Chun Chung	SS
	6 Li Wang Yui Morgan	TYH
	7 Wong Pak Ho	HTSS-TKO
	8 Chan Wang Hei	HTSS-TKO
Event 36	Girls A Grade 200m	11:00am
	Record : 24.31	
Final	1 Chen Heung Yi	HGC
	2 Cheung Hoi Ching	FSS-SSW
	3 Wong Tsz Yin Yovela	TTCA
	4 Wong Tin Lam	TKOGSS
	5 Hosono, Eriko	ISFA
	6 Lau Yu Ning	HTSS-TKO
	7 Qiu Hoi Ting	BCKSS
	8 Lee Hoi Tung	SFCC
Event 37	Boys A Grade 200m	11:00am
	Record : 21.91	
Final	1 Au-Yeung Tsz Him Nicholas	TTCA
	2 Yu Ka Lun	SS
	3 Chan Curtis	KC
	4 Chui Lok Hei	HGC
	5 Xie Ka Wai	TYH
	6 Luo Tsz Hin	BHSC
	7 Zhang Kau	KLSS
	8 Mohammad Aqib	IKTMC

Event 38	Boys C Grade Discus		1:00pm
	Record : 43.58		Standard : 15.50
Final	1	Wong Tsz Him	BHSC
	2	Wong Tsz Long Amos	BCKSS
	3	Muhammad Ali	BWFL
	4	Choi Sheung Chun	TKOGSS
	5	Huang Yu Cheung	TYH
	6	Fung Ho Hei	SKHLMC
	7	Ng Pui Hin	SS
	8	Or Chung Ling	HKBC
	9	Tan Rui Zhe Bryan	TTCA
	10	Cheung Wing Lam Wayson	CPC
	11	Wong Tsz Hin	LCCS
	12	Tsang Cheung Yuk	RCPHKMC
	13	Chan Kwan Ming	TKPS
	14	Ngai Chun Ivan	TKOGSS
	15	Li Chun Ho	HGC
	16	Xu Sangzi	BWFL
	17	Lou Chi Long	BHJS
	18	Mau Ho Ming	BHSC
	19	Kam Ho Lam	HTSS-TKO
	20	Shen Yitong	RCPHKMC
	21	Mohamed Luqmaan	IKTMC
	22	Yu Hao Kun	CFSS
	23	Lo Tsz Yeung	TKPS
	24	Lam Ho Yeung	TTCA
	25	Chow Pui Kin Ricky	HGC
	26	Li Cheuk Lam	LSTWCM
	27	Chu Chun Ting Jason	HTSS-TKO
	28	Law Ho Wang	LSTWCM
	29	Cheung Chun Yin	KLSS
	30	Cheng Chi Chung	TYH
	31	Leong Kwan Ho	LCCS
	32	Hung Hei Yin Ansley	SS
	33	Chan Zijun	SKHLMC
	34	Suen Wing Loi	KLSS
	35	Khan Muhammad Farhan	IKTMC
	36	Li Kam Fung	BCKSS

Event 39	Girls C Grade 1500m	1:00pm
	Record : 4:53.42	Standard : 7:08.00
Final	1	Emma Rose Demopoulos CIS
	2	Chung, King Long Jacqueline ISFA
	3	Lau Pik Yu CPC
	4	Chan Tsz Ue SFCC
	5	Man Hui Si LSTWCM
	6	But Sum Yuet Avery CYT
	7	Tin Sze Pui HKBC
	8	Leung Cheuk Lam SFCC
	9	Luk Mei Kiu LKYMS
	10	Wang Tung Ho Doris BCKSS
	11	Koo Hei Man RCPHKMC
	12	Chan Chi Wing Emilia CIS
	13	Zhan Xilin BHNK
	14	Lau Ching Ching Jerrica HTSS-TKO
	15	Li Hei Yee Hailey TYH
	16	Huang Tsz Yin TKOGSS
	17	Chan Chi Ching RCPHKMC
	18	Au Suet Ying KLSS
	19	Chow Yau Yeung STCC
	20	Kan Hei Tung KLSS
	21	Yim Yuen Ching LCCS
	22	Lai Yiran LSTWCM
	23	Chan Wong Yu CYT
	24	Lai Hong Ting TTCA
	25	Chan Mei Yan BCKSS
	26	Cheung Hoi Ting ISFA
	27	Fong Pui Lam TYH
	28	Tam Yuet Yee TTCA
	29	Poon Hilly LCCS

Event 40	Girls B Grade 1500m	1:00pm
	Record : 4:37.99	Standard : 7:08.00
Final	1	Lau Yeuk Nam Natalie STCC
	2	Chan Hoi Ching LCCS
	3	Lian Amy BHNK
	4	Hu Wing Po TYH
	5	Ma Hoi Ting TCGSS
	6	Wong Cheuk Sze CYT
	7	Fu Minzhi HTSS-TKO
	8	Zhang Miu Lam RCPHKMC
	9	Wan Tsz Ching TKOGSS
	10	Lin Xiu Ying KLSS
	11	Huang Zixin LSTWCM
	12	Fung Chi Yan KLSS
	13	Yip Yan Ting CPC
	14	Lam Wai Ling Jocelyn TTCA
	15	Sze Wai Ying Que LCCS
	16	Wong Ka Yan BWFL
	17	Law Tsz Ching SFCC
	18	Li Sum Yi TTCA
	19	Chen Siyi BHNK
	20	Chak Pui Ching TYH
	21	Yung Wai Nok SFCC
	22	Chan Nok Yi Carly CYT
	23	Fong Hei Tung LSTWCM
	24	Cubillan Brooklyn Asha Cabrera RS
	25	Wong Chuen Yiu Gemmajane NPC

Event 41	Girls A Grade 1500m	1:00pm
	Record : 4:53.27	Standard : 7:08.00
Final	1	Yeung Ka Wing BCKSS
	2	Chen Tsz Yin TYH
	3	Brotonel Ikara Rio Cassiel Mayor RS
	4	Wu Ching Yan KLSS
	5	Annabelle Ren-Xia Morrow CIS
	6	Wong Yat Tsun TKOGSS
	7	Wong Tsing SFCC
	8	Azam Malaka IKTMC
	9	Yeung Mung Ting KLSS
	10	Yip Chi Hei Vivian RS
	11	Liu Jia Hui HTSS-TKO
	12	Ting Chia Ching CYT
	13	Lee Cheuk Kiu TYH
	14	Wong Yik Fei TTCA
	15	Cheng Pui Ka CYT
	16	Scarlett Ren-Qiao Morrow CIS
	17	Bibi Alia IKTMC
	18	Chan Wing Tung Kristy SFCC
	19	Chan Yan Yuet CFSS
Event 42	Boys C Grade 4x100m Relay	1:30pm
	Record : 45.05	
Final	1	STCC
	2	SS
	3	PLKHYC
	4	ISFA
	5	CFSS
	6	TKPS
	7	TTCA
	8	LCCS
Event 43	Boys B Grade 4x100m Relay	1:30pm
	Record : 43.01	
Final	1	LCCS
	2	BCKSS
	3	TKPS
	4	HTSS-TKO
	5	SS
	6	HKBC
	7	TTCA
	8	CCK
Event 44	Boys A Grade 4x100m Relay	1:30pm
	Record : 42.16	
Final	1	FSS-SSW
	2	SS
	3	BHSC
	4	IKTMC
	5	TYH
	6	HTSS-TKO
	7	CPC
	8	KC
Event 45	Girls C Grade 4x100m Relay	1:45pm
	Record : 48.41	
Final	1	LKYMS
	2	LCCS
	3	SFCC
	4	BHNC
	5	CYT
	6	TCGSS
	7	TTCA
	8	BHJS

Event 46	Girls B Grade 4x100m Relay	1:45pm
	Record : 49.44	
Final	1	HKBC
	2	LCCS
	3	BHNC
	4	SFCC
	5	RS
	6	KLSS
	7	LKYMS
	8	BHSC
Event 47	Girls A Grade 4x100m Relay	1:45pm
	Record : 48.77	
Final	1	CC
	2	TTCA
	3	CYT
	4	SFCC
	5	TKOGSS
	6	CCK
	7	HGC
	8	BCKSS
Event 48	Boys C Grade 4x400m Relay	2:00pm
	Record : 3:45.03	
Final	1	BCKSS
	2	BHSC
	3	KLSS
	4	SS
	5	RCPHKMC
	6	BHJS
	7	TTCA
	8	ISFA
Event 49	Boys B Grade 4x400m Relay	2:00pm
	Record : 3:33.81	
Final	1	TYH
	2	BCKSS
	3	LSTWCM
	4	BHSC
	5	FSS-SSW
	6	KLSS
	7	TTCA
	8	TKPS
Event 50	Boys A Grade 4x400m Relay	2:00pm
	Record : 3:25.18	
Final	1	HGC
	2	BCKSS
	3	SS
	4	TYH
	5	KLSS
	6	BWFL
	7	TTCA
	8	LSTWCM
Event 51	Girls C Grade 4x400m Relay	2:15pm
	Record : 4:12.52	
Final	1	BHSC
	2	SFCC
	3	LCCS
	4	TYH
	5	TTCA
	6	RCPHKMC
	7	STCC
	8	BCKSS

Event 52	Girls B Grade 4x400m Relay	2:15pm
	Record : 3:59.42	
Final	1	KLSS
	2	ISFA
	3	HTSS-TKO
	4	SFCC
	5	TTCA
	6	LCCS
	7	CYT
	8	LSTWCM

Event 53	Girls A Grade 4x400m Relay	2:15pm
	Record : 4:07.82	
Final	1	LCCS
	2	ISFA
	3	TTCA
	4	CYT
	5	BWFL
	6	BCKSS
	7	SFCC
	8	TYH