

Inter-School Athletics Competition 2023-2024  
Division Three (Area 4)

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**Official List**

Convenor : Mr. Lau Anson Kwok Pan CCCKT  
 Management Committee : Ms. Lam Sau Ki MSCHK  
 : Mr. Lam Wan Chung HKSS  
 : Mr. Kwok Chi Hong NDC

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. Chan Siu Po KTSS 3. Ms. Chan Yee Lee QUALIED  
 2. Ms. Ng Wai Ting TLGC

**Field Events**

Chief Throwing Judge : Mr. Leung Chi Kit YCKMC-2  
 Chief Jumping Judge : Ms. Lam Sau Ki MSCHK

High Jump : 1. Ms. Wong Man Yee CWCC - Chief 4. Mr. Ng Ka Sing CWCCSS  
 2. Ms. Law Pik Wah BTHC 5. Ms. Hui Oi Man HKTAYY3  
 3. Ms. Ko Cheuk-Sze CSL 6. Mr. Lo Chun Kit SKHTKP  
*Student from BTHC Student from CWCCSS*  
*Student from HKTAYY3 Student from SKHTKP*

Long Jump : 1. Mr. Liu Kwok Po CWCC - Chief 4. Ms. Rain Fung MSCHK  
 2. Mr. Chu Man Chun ATS 5. Ms. Hung Mo Lin NCC  
 3. Mr. Daniel Cross KCC 6. Ms. Wong Pui Ling SKHTKP  
*Student from CWCC Student from KCC*  
*Student from MSCHK Student from NCC*

Triple Jump + Relay Take Over (4 x 100m) : 1. Mr. Chim Lung Fung SMS - Chief 4. Ms. Kwong Yin Yee HTCSS  
 2. Mr. Shum Matthew DLKP 5. Mr. Chan Hon Wai MDIST  
 3. Mr. Chan Sik Him HKSS 6. Mr. Lin Cheuk Kiu Bryan PTCC  
*Student from HKSS Student from MDIST*  
*Student from PTCC Student from YCKMC-2*

Shot Put : 1. Mr. Ng Yu Man DLKP - Chief 5. Mr. Koo Ming Shun PKSS  
 2. Mr. Hon Chun Wai DMS-GP 6. Mr. Wong Yat Ching SKHKH  
 3. Ms. Lai Hiu Yi MDIST 7. Mr. Wong Yuk Fan SKHKH  
 4. Ms. Lee Wing Kiu OLRC  
*Student from DLKP Student from OLRC*  
*Student from PKSS Student from SKHKH*

Discus : 1. Mr. Chan Kwok Shing LWSSS - Chief 4. Mr. Ma Yu Hung ATS  
 2. Mr. Leung Kwan Kuen TVGSS 5. Mr. Lam Chun Kit BTHC  
 3. Mr. Ho Sai Kit WBSS 6. Ms. Chan Hiu Lam Stephen KSSS  
*Student from ATS Student from KSSS*  
*Student from LWSSS Student from TVGSS*

Javelin : 1. Mr. Law Kam Chuen LCMS - Chief 4. Ms. Fung Kit Yi NDC  
 2. Mr. Lau Ho-Fai CSL 5. Mr. Lee Wing Tak NWCSS  
 3. Ms. Cheung Kit King LCD 6. Mr. Choi Siu Kei QUALIED  
*Student from CSL Student from LCD*  
*Student from LCMS Student from NDC*

## Track Events

Chief Track Judge : Mr. Wong Chi Tang Charlton SWC

Start Referee	: 1. Mr. Kot Hin Tak		
Starters	: 1. Mr. Wong Shu Hei HKT KP	3. Mr. Teacher From Wtsmc	WTSMC
	2. Mr. Wan Yi Lok QC		
	<i>Student from HKT KP</i>		
Recall Starters	: 1. Mr. Ng Chi Kin CCSC	3. Mr. Chan Kwai Chung	HKTAYY3
	2. Ms. Chan Sze Yee CWCCSS		
Starter's Assistants	: 1. Mr. Kam Lik Hin SMS - Chief	4. Mr. Kwok Chun Chung	HKT KP
	2. Ms. Fong Kar Yan BPS	5. Ms. So Mei Ki	PBSS
	3. Mr. Ng Wai Nok FSS-KT	6. Ms. Leung Kit Yi	PBSS
	<i>Student from BPS</i>	<i>Student from FSS-KT</i>	
	<i>Student from PBSS</i>	<i>Student from QC</i>	
	<i>Student from SMS</i>	<i>Student from WESLEY</i>	
Track Umpires	: 1. Mr. Lam Wan Chung HKSS - Chief	10. Mrs. Koon Kin Ho	CLBSS
	2. Ms. Lee Ching Yan HTMS-THT	11. Ms. Yuet Fong Ching	SKWGSS
	3. Ms. Chan Ka Huen HTMS-THT	12. Mr. Lee Ting Chun	SKWGSS
	4. Mr. Tam Siu Wah Ricky KCC	13. Ms. Chan Po Chi	TNSS
	5. Mr. Leung Nok Hin LCMS	14. Ms. Joan Cheng	TNSS
	6. Mr. Lai Ho Ki NCC	15. Mr. Yeung Wai Leung	TVGSS
	7. Mr. Kwok Chi Hong NDC	16. Mr. Tong Shing Hon	WESLEY
	8. Ms. Ng Yee Fan OLRC	17. Mr. Lung Ting Fung	WTSMC
	9. Ms. Wat Lok Kwan Lorr PTCC		
Call Room Judges (Roll Call)	: 1. Mr. Ho Kin Lok WESLEY - Chief	9. Mr. Lam Chun Wah	YCKMC-2
	2. Ms. Thai Hoi Yin BPS	10. Ms. Leung Wai Ching	LWSSS
	3. Ms. Bau Hiu Lam CCSC	11. Mr. Kwok Sze Wai	NWCSS
	4. Mr. Chan Man Ching Le DMS-GP	12. Ms. Chan Hau Yan	PKSS
	5. Ms. Yuen Kit Ping Coof HTCSS	13. Mr. Ho Hoi Hung	QC
	6. Ms. Cheung Man Yee KSSS	14. Ms. Mak Pui Lam	TLGC
	7. Ms. Ng Ching Yan KTSS	15. Mr. Tang Cheuk Hin	WBSS
	8. Ms. Wong Nga Yi LCD		
	<i>Student from CCSC</i>	<i>Student from DMS-GP</i>	
	<i>Student from HTCSS</i>	<i>Student from KTSS</i>	
	<i>Student from NWCSS</i>	<i>Student from WBSS</i>	
Recorders	: Managed by HKSSF Staff		
	<i>Student from TLGC</i>		
Wind Gauge Operators	: Managed by HKSSF Staff	BOCHK Schools Sports Volunteers	
Position	: Managed by HKSSF Staff		
	<i>Student from CCKT</i>	<i>Student from CLBSS</i>	
	<i>Student from HTMS-THT</i>	<i>Student from QUALIED</i>	
	<i>Student from SKWGSS</i>	<i>Student from SWC</i>	
	<i>Student from TNSS</i>	<i>Student from WTSMC</i>	
Student Helpers	: Students of True Light Girls' College		

## Time Table

Division Three (Area 4)

Day Two 23 February 2024

8:15 AM Officials report to duty

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

	No.	Time	Event		Heats /	Semi-Final	/ Final
		8:15am	Officials Report (工作人員報到)				
AM	1	8:30am	Long Jump (跳遠)	Boys B			59
	2		Shot Put (鉛球)	Boys C			49
	3		Discus (鐵餅)		Girls A		43
	4		High Jump (跳高)		Girls B		35
	5		100m Hurdles (欄)		Girls C	No Semi-Final	
	6		"		Girls B	No Semi-Final	
	7		"		Girls A	No Semi-Final	
	8		"	Boys C		2	
	9		"	Boys B		No Semi-Final	
	10		110m Hurdles (欄)	Boys A		No Semi-Final	
	11	8:45am	400m		Girls C	3	
	12		"	Boys C		3	
	13		"		Girls B	3	
	14	9:05am	"	Boys B		3	
	15		"		Girls A	2	
	16		"	Boys A		3	
	17	9:25am	100m		Girls C	3	
	18		"	Boys C		3	
	19		"		Girls B	3	
	20		"	Boys B		3	
	21		"		Girls A	3	
	22		"	Boys A		3	
	23	9:45am	Triple Jump (三級跳遠)	Boys A			33
	24		800m		Girls C	4	
	25		"	Boys C		4	
	26		"		Girls B	3	
	27		"	Boys B		5	
	28		"		Girls A	2	
	29		"	Boys A		4	
	30	10:30am	Discus (鐵餅)		Girls C		36
	31		Shot Put (鉛球)		Girls B		45
PM	32	1:00pm	Shot Put (鉛球)	Boys A			47
	33		Javelin (標槍)	Boys B			39
	34		High Jump (跳高)		Girls A		29
	35		Long Jump (跳遠)		Girls C		56
	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		4	
	49		"	Boys B		4	
	50		"	Boys A		4	

## List of Participating Schools of Division Three (Area 4)

School	Abbr.	Boys			Girls			
		A	B	C	A	B	C	
1 Aberdeen Technical School	香港仔工業學校	ATS	1	1	1			
2 Bellios Public School	庇理羅士女子中學	BPS				1	1	1
3 Buddhist Tai Hung College	佛教大雄中學	BTHC	1	1	1	1	1	1
4 Caritas Wu Cheng-Chung Secondary School	明愛胡振中中學	CWCCSS	1	1	1	1	1	1
5 CCC Kei To Secondary School	中華基督教會基道中學	CCCKT				1	1	1
6 Cheung Chuk Shan College	張祝珊英文中學	CCSC	1	1	1	1	1	1
7 Chi Lin Buddhist Secondary School	佛教志蓮中學	CLBSS	1	1	1	1		
8 CNEC Lau Wing Sang Secondary School	中華傳道會劉永生中學	LWSSS	1	1	1			1
9 Delia Memorial School (Glee Path)	地利亞修女紀念學校(吉利徑)	DMS-GP	1	1	1	1	1	1
10 Fukien Secondary School (Kwun Tong)	福建中學	FSS-KT	1	1	1			
11 Heung To Middle School (Tai Hang Tung)	香島中學(大坑東)	HTMS-THT	1	1	1	1	1	1
12 HKMA David Li Kwok Po College	香港管理專業協會李國寶中學	DLKP	1	1	1	1	1	1
13 HKSYPICIA Wong Tai Shan Memorial College	香港四邑商工總會黃棣珊紀念中學	WTSMC	1	1	1	1	1	1
14 HKTA The Yuen Yuen Institute No.3 Secondary School	香港道教聯合會圓玄學院第三中學	HKTAYY3	1	1	1	1	1	1
15 HKWMA Chu Shek Lun Secondary School	香港布廠商會朱石麟中學	CSL	1	1	1	1	1	1
16 Hong Kong Chinese Women's Club College	香港中國婦女會中學	CWCC	1	1	1	1	1	1
17 Hong Kong International School	香港國際學校	HKIS	1	1	1	1	1	1
18 Hong Kong Sea School	香港航海學校	HKSS	1	1	1			
19 Hong Kong Tang King Po College	香港鄧鏡波書院	HKTKP	1	1	1			
20 Kellett School	啟歷學校	KELLETT	1	1	1	1	1	1
21 Kiangsu-Chekiang College	蘇浙公學	KCC	1	1	1	1	1	1
22 Kit Sam Lam Bing Yim Secondary School	潔心林炳炎中學	KSSS				1	1	1
23 Kowloon Tong School (Secondary Section)	九龍塘學校(中學部)	KTSS	1	1	1	1	1	1
24 Lai Chack Middle School	麗澤中學	LCMS	1	1	1	1	1	1
25 Man Kwan QualiEd College	萬鈞匯知中學	QUALIED	1	1	1	1	1	1
26 Methodist College	循道中學	MDIST	1	1	1	1	1	1
27 Munsang College (Hong Kong Island)	港島民生書院	MSCHK	1	1	1	1	1	1
28 Nam Wah Catholic Secondary School	天主教南華中學	NWCSS	1	1	1	1	1	1
29 Newman Catholic College	天主教新民書院	NCC	1	1	1	1	1	1
30 Notre Dame College	獻主會聖母院書院	NDC	1	1	1	1	1	1
31 Our Lady of the Rosary College	聖母玫瑰書院	OLRC				1	1	1
32 Po Kok Secondary School	寶覺中學	PKSS	1	1	1	1	1	1
33 Precious Blood Secondary School	寶血女子中學	PBSS				1	1	1
34 Pui Tak Canossian College	嘉諾撒培德書院	PTCC				1	1	1
35 Queen's College	皇仁書院	QC	1	1	1			
36 Shaukeiwan Government Secondary School	筲箕灣官立中學	SKWGSS	1	1	1	1	1	1
37 SKH Holy Trinity Church Secondary School	聖公會聖三一堂中學	HTCSS	1	1	1	1	1	1
38 SKH Kei Hau Secondary School	聖公會基孝中學	SKHKH	1	1	1	1	1	1
39 SKH Tsoi Kung Po Secondary School	聖公會蔡功譜中學	SKHTKP	1	1	1	1	1	1
40 St. Mark's School	聖馬可中學	SMS	1	1	1	1	1	1
41 STFA Seaward Woo College	順德聯誼總會胡兆熾中學	SWC				1	1	1
42 Tak Nga Secondary School	德雅中學	TNSS				1	1	1
43 Tang Shiu Kin Victoria Government Secondary School	鄧肇堅維多利亞官立中學	TVGSS	1	1	1	1		1
44 The Methodist Church Hong Kong Wesley College	衛理中學	WESLEY	1	1	1	1	1	1
45 The Salvation Army William Booth Secondary School	救世軍卜維廉中學	WBSS	1	1	1	1	1	1
46 True Light Girls' College	真光女書院	TLGC				1	1	1
47 TWGHs Lee Ching Dea Memorial College	東華三院李潤田紀念中學	LCD	1	1	1	1	1	1
48 Yu Chun Keung Memorial College No. 2	余振強紀念第二中學	YCKMC-2	1	1	1	1	1	1
	Total:		39	39	39	42	40	42

## Standards for Athletics (Division Three) 2023-2024

(updated on : 10 July 2023)

Event	Boys			Girls		
	A Grade	B Grade	C Grade	A Grade	B Grade	C Grade
100m	13.00	13.50	14.20	15.70	15.70	15.80
200m	26.80	27.80	29.80	34.00	34.00	34.50
400m	1:02.00	1:04.00	1:12.00	1:22.00	1:25.00	1:28.00
800m	2:34.00	2:40.00	2:53.00	3:22.00	3:22.00	3:30.00
1500m	5:30.00	5:40.00	5:58.00	7:08.00	7:08.00	7:08.00
5000m	21:45.00	-	-	-	-	-
100m Hurdles	-	20.50	22.20	22.50	23.00	24.00
110m Hurdles	20.80	-	-	-	-	-
High Jump	1.50	1.45	1.25	1.23	1.20	1.15
Long Jump	4.90	4.60	3.80	3.60	3.40	3.10
Triple Jump	10.00	9.20	-	-	-	-
Shot Put	8.50	8.80	7.00	5.80	6.20	5.50
Discus	18.50	20.00	15.50	14.50	13.80	12.00
Javelin	21.50	17.50	-	13.50	-	-
4 x 100m Relay	51.00	53.00	56.50	1:02.00	1:03.00	1:05.00
4 x 400m Relay	4:13.00	4:28.00	4:50.00	5:28.00	5:35.00	5:45.00

The followings are the specifications of the throwing events and hurdles races.

### Throwing Events (Weight of Implements)

Event	Boys			Girls		
	A Grade	B Grade	C Grade	A Grade	B Grade	C Grade
Shot Put	5 kg	4 kg	4 kg	4 kg	3 kg	3 kg
Discus	1.50 kg	1 kg	1 kg	1 kg	1 kg	1 kg
Javelin	700 gm	600 gm	-	600 gm	500 gm	-

### Hurdles Races (Height of Hurdles)

Event	Boys			Girls		
	A Grade	B Grade	C Grade	A Grade	B Grade	C Grade
100m Hurdles	-	0.914 m	0.838 m	0.762 m	0.762 m	0.762 m
110m Hurdles	0.914 m	-	-	-	-	-
400m Hurdles	0.838 m	-	-	-	-	-

## Inter-School Athletics Competition

(Last Update : 15 May 2023)

### BOYS A GRADE (under 19)

Event	Record	Year	Holder	School
100m	10.60	2017-2018	Tse Yee Hin Rico	St. Joseph's Anglo-Chinese School
200m	21.91	2016-2017	Wong Cheuk Hei Herry	Yu Chun Keung Memorial College
		2022-2023	Chung Tsz Sing	Lee Kau Yan Memorial School
400m	49.92	2015-2016	Ajaz-UI-Haq	St. Margaret's Co-Educational English Secondary and Primary School
800m	1:54.89	2022-2023	Chu Lok Yin	Diocesan Boys' School
1500m	4:02.02	2022-2023	Chau Hoi Yeung	Wah Yan College (Kowloon)
5000m	15:37.60	2017-2018	Tse Chun Yin	Diocesan Boys' School
110m Hurdles (0.914m)	13.63	2015-2016	Cheung Wang Fung	Wah Yan College (Kowloon)
400m Hurdles (0.84m)	52.86	2015-2016	Cheung Wang Fung	Wah Yan College (Kowloon)
4x100m Relay	42.16	2016-2017	Tsoi Hong Yuen Ma Ka Ho Lo Tsz Yuen Fong Leong Sing	Diocesan Boys' School
4x400m Relay	3:25.18	2022-2023	Choi Man Chiu Tim Yeung Chi Hei Lau Tsun San Chu Lok Yin	Diocesan Boys' School
High Jump	2.01	2017-2018	Lam Hin Chak Timothy	La Salle College
Long Jump	7.89	2022-2023	Lin Mingfu	Chan Sui Ki (La Salle) College
Triple Jump	14.82	2016-2017	Ko Ho Long	St. Joseph's Anglo-Chinese School
Shot Put (5 kg)	15.48	2016-2017	Sit Wai Lok	TWGHs Wong Fut Nam College
Discus (1.50 kg)	49.69	2015-2016	Tsoi Kin San	Diocesan Boys' School
Javelin (700 gm)	62.06	2016-2017	Lam Ming Yiu	Diocesan Boys' School

### BOYS B GRADE (under 16)

Event	Record	Year	Holder	School
100m	10.63	2022-2023	Chan, Yat Lok	The Independent Schools Foundation Academy
200m	21.90	2022-2023	Leung Ching Hang Wesley	Diocesan Boys' School
400m	49.72	2009-2010	Chan Yan Lam	Diocesan Boys' School
800m	2:00.69	2012-2013	Yeung Chi Ho	Creative Secondary School
1500m	4:10.65	2022-2023	Wang Nok Wang	Diocesan Boys' School
3000m	9:06.64	2015-2016	Matthew Harrison Ming-Hei Tan	West Island School
100m Hurdles (0.914m)	13.25	2016-2017	Wong Lok Hei Addis	Cheung Sha Wan Catholic Secondary School
4x100m Relay	43.01	2022-2023	Huang Chun Yu Leung Ching Hang Wesley Zheng Wang Kei Koo Cheuk Fung Jasper	Diocesan Boys' School
4x400m Relay	3:33.81	2017-2018	Fung Chi Lok Tse Cheuk Hin Yau Tse Ho Colin Wong Ching Hoi	Wah Yan College (Kowloon)
High Jump	1.96	2015-2016	Lam Hin Chak Timothy	La Salle College
Long Jump	6.92	2008-2009	Pang Ying Kit	La Salle College
Triple Jump	13.67	2008-2009	Pang Ying Kit	La Salle College
Shot Put (4 kg)	16.33	2012-2013	Yu Chung Yau	Choi Hung Estate Catholic Secondary School
Discus (1 kg)	54.18	2014-2015	Tsoi Kin San	Diocesan Boys' School
Javelin (600 gm)	58.50	2022-2023	Wong Yi Hin	Diocesan Boys' School

### BOYS C GRADE (under 14)

Event	Record	Year	Holder	School
100m	11.21	2008-2009	Wang Hao Yang	Diocesan Boys' School
200m	22.59	2007-2008	Chan Yan Lam	Diocesan Boys' School
400m	51.23	2007-2008	Chan Yan Lam	Diocesan Boys' School
800m	2:06.64	2018-2019	Slattery Matthew Luke	La Salle College
1500m	4:24.54	2022-2023	Au Ho Chun	Diocesan Boys' School
100m Hurdles (0.84m)	13.57	2008-2009	Liu Chung Lung	St. Joseph's Anglo-Chinese School
4x100m Relay	45.05	2007-2008	Wong Hung Yiu Lau Ho Tung Li Lut Yin Tsu Ka Chon	La Salle College
4x400m Relay	3:45.03	2014-2015	Ma Kenneth Chun Hei Lam Ansen Ng Wing Ho Lau Chung Kei	Diocesan Boys' School
High Jump	1.86	2012-2013	Chan Yuk Tat Jeffrey	Hoi Ping Chamber of Commerce Secondary School
Long Jump	6.27	2017-2018	Law Ngai Him	CMA Secondary School
Shot Put (4 kg)	14.33	2013-2014	Sit Wai Lok	TWGHs Wong Fut Nam College
Discus (1 kg)	43.58	2008-2009	Chan Ngan Chuen	Hoi Ping Chamber of Commerce Secondary School

## Inter-School Athletics Competition

(Last Update : 15 May 2023)

### GIRLS A GRADE (under 19)

Event	Record	Year	Holder	School
100m	11.85	2016-2017	Chan Pui Kei	Good Hope School
200m	24.31	2022-2023	Li Tsz To	HKUGA College
400m	57.37	2014-2015	Lam Christy Ho Yan	Diocesan Girls' School
800m	2:17.06	2014-2015	Chan Yee Ki	Diocesan Girls' School
1500m	4:53.27	2014-2015	Chan Yee Ki	Diocesan Girls' School
100m Hurdles (0.762m)	13.76	2022-2023	Pak Hoi Man Chloe	Diocesan Girls' School
4x100m Relay	48.77	2018-2019	Chan Kei Sze Fung Anneke Chu Pui Ching Chan Pui Kei	Good Hope School
4x400m Relay	4:07.82	2014-2015	Chan Tak Yan Lee Suet Ying Chan Yee Ki Lam Christy Ho Yan	Diocesan Girls' School
High Jump	1.74	2018-2019	Lai Yan Hei	Good Hope School
Long Jump	5.78	2022-2023	Jia Wai Yin	St. Margaret's Co-Educational English Secondary and Primary School
Shot Put (4 kg)	10.58	2017-2018	Cheung Yuet Ting	YCH Law Chan Chor Si College
Discus (1 kg)	36.76	2018-2019	Chan Janice	Good Hope School
Javelin (600 gm)	47.16	2013-2014	Lau Hei Ting	Good Hope School

### GIRLS B GRADE (under 16)

Event	Record	Year	Holder	School
100m	11.89	2015-2016	Chan Pui Kei	Good Hope School
200m	24.96	2015-2016	Chan Pui Kei	Good Hope School
400m	56.27	2022-2023	Karlsson Jane Christa Ming Suet	Diocesan Girls' School
800m	2:15.76	2000-2001	Sarah Shuttleworth	King George V School
1500m	4:37.99	2018-2019	Wright Cade Cameron	St. Stephen's Girls' College
100m Hurdles (0.762m)	14.42	2015-2016	Wu Yi Lam	Good Hope School
4x100m Relay	49.44	2014-2015	Au Ka Wing Leung Nga Ching Wong Yuen Nam Lam Yan Tung	Diocesan Girls' School
4x400m Relay	3:59.42	2022-2023	Tseng, Hailey Chow Chi Kiu Cheuk Nim Yan Karlsson Jane Christa Ming Suet	Diocesan Girls' School
High Jump	1.75	2009-2010	Fung Wai Yee	Sacred Heart Canossian College
Long Jump	5.76	2021-2022	Jia Wai Yin	St. Margaret's Co-Educational English Secondary and Primary School
Shot Put (3 kg)	12.25	2008-2009	Ho Florence	Good Hope School
Discus (1 kg)	38.34	2017-2018	Chan Janice	Good Hope School
Javelin (500 gm)	48.10	2022-2023	Hui Cyrene	Maryknoll Convent School
Javelin (600 gm)*	42.92	2011-2012	Lau Hei Ting	Good Hope School

\* From 2019-2020, the weight of Girls B Grade Javelin have changed from 600 gm to 500 gm

### GIRLS C GRADE (under 14)

Event	Record	Year	Holder	School
100m	12.37	2022-2023	Wong Wing Tung	Heep Yunn School
200m	25.77	2022-2023	Hui Ching Grace	Heep Yunn School
400m	58.64	2022-2023	Cheng Tsz Yan	Heep Yunn School
800m	2:19.72	1999-2000	Sarah Shuttleworth	King George V School
1500m	4:53.42	2018-2019	Wright Roxanne Scarlet	St. Stephen's Girls' College
100m Hurdles (0.762m)	15.23	2014-2015	Wu Yi Lam	Good Hope School
4x100m Relay	48.41	2022-2023	Wong Wing Tung Hui Ching Grace Ma Hoi Ki Cheng Tsz Yan	Heep Yunn School
4x400m Relay	4:12.52	2022-2023	Chow Choi Ching Sophie Kong Jerika Li Man Ching Yip Yik Tung	Diocesan Girls' School
High Jump	1.66	2006-2007	Wong Siu Ping	Heep Yunn School
Long Jump	5.43	2008-2009	Wu Hoi Ting Dianna	Diocesan Girls' School
Shot Put (3 kg)	10.59	2003-2004	Woo Wing Tung	Diocesan Girls' School
Discus (1 kg)	29.90	2001-2002	Chan Yu Ning	Heep Yunn School

## Inter-School Athletics Competition

### ***Instruction on the Use of Wan Chai Sports Ground***

Heads of schools and teachers in charge of Athletics please read the following information carefully and pass the information to officials and competitors who will attend the Inter-School Athletics Competition to be conducted in the Wanchai Sports Ground.

1. **Safety Precaution**

Competitors must leave the **FIELD** as soon as they finish their events.

Accidents can occur in Javelin and Discus events. Teachers-in-charge must emphasize to their athletes that *the area around the Javelin Runway and Discus circle should be kept clear at all times. Competitors must station in the waiting area and can only enter the throwing area after their numbers are called.*

Competitors participating in middle distance events should make special precaution to the Discus event. The Discus circle is located at the corner of the start of the 200m. Provision of discus net cannot be 100% safe.

2. All warm up should be done in the warm up track area.

3. Nobody will be allowed to go inside the field (grass area) except appointed officials & competitors of the events being held there. The field area has been roped off by plastic band and all appointed officials would wear official uniform for identification. If teachers or students of a school do not follow this regulation, the school concerned is liable to disqualification.

4. The Federation wishes to emphasize that every precaution has been taken against possible risk, damage and injury to all concerned but this relies heavily on the co-operation of participating schools to point out the importance of safety to their teachers and students.

5. **Car Park Arrangement**

**Parking will no longer be available.** Schools or officials must use nearby public car park.

6. **Record Keepers' Office**

The Record Keepers' Office is located on the ground floor of the Sports Ground. Nobody will be allowed to enter the room without permission.

7. **Shoes for competition**

(A) Ordinary Training shoes or P.E. rubber shoes

(B) Spikes shoes: (i) Track event: spikes maximum length up to 7mm.

(ii) Field event: spikes maximum length up to 9mm.

Competitors failing to observe the rules concerning the use of spikes will not be allowed to compete.

8. **Refreshment Kiosk**

Neither food nor drink may be brought into the ground for sale, resale or free distribution.

(wsg)



# Wan Chai Sports Ground

# 灣仔運動場

## Legend 圖列：

— Border of Competition Area (Only Officials and Competitors are allowed to enter the competition area)  
比賽場區 (只限工作人員及運動員進入)

E : Equipment Room 器材室

FC : Female Changing Room 女更衣室

MC : Male Changing Room 男更衣室

O : Office 辦事處

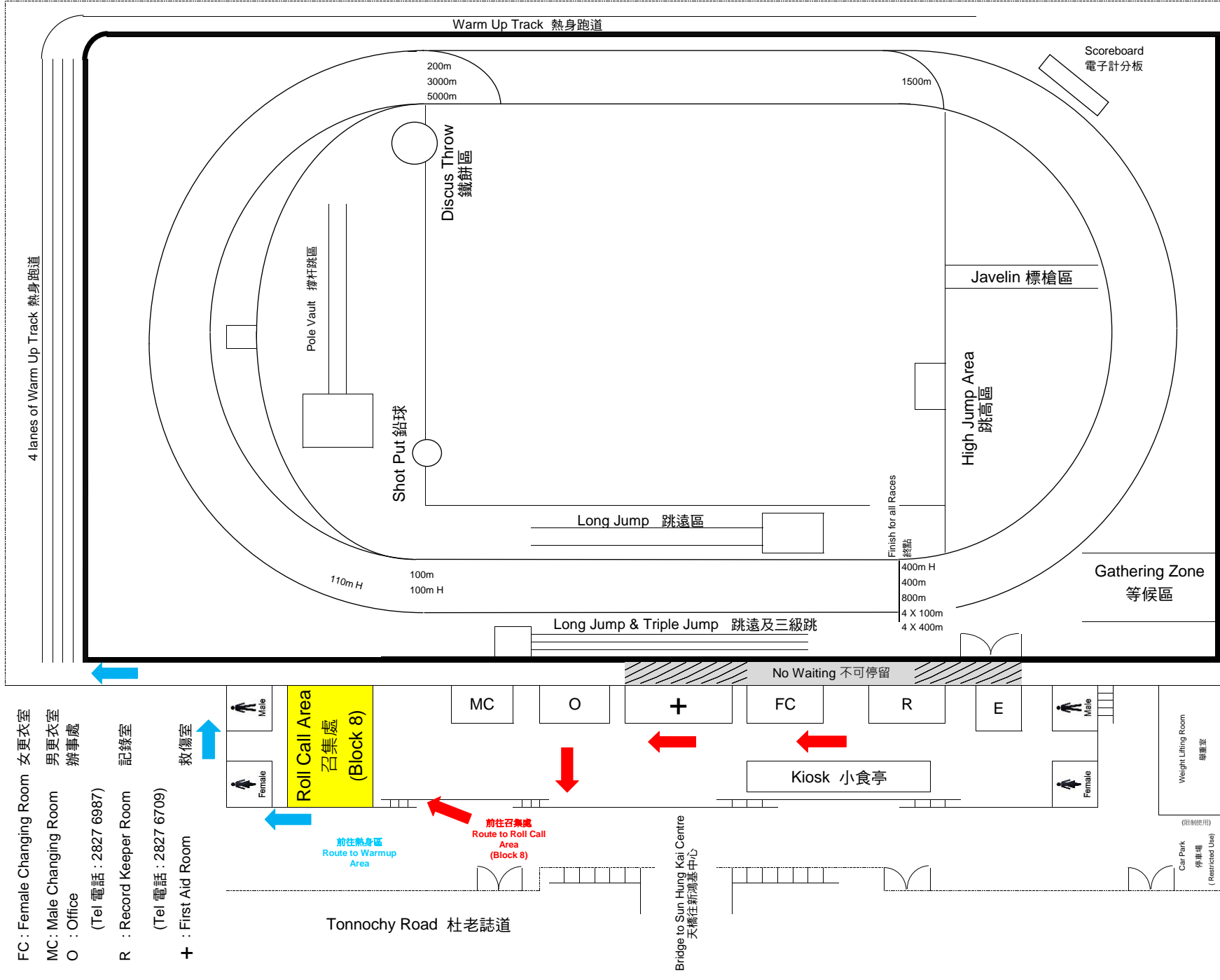
(Tel 電話 : 2827 6987)

R : Record Keeper Room 記錄室

(Tel 電話 : 2827 6709)

+ : First Aid Room 救傷室

Hung Hing Road 鴻興道



Not to Scale 不按比例

Gloucester Road 告士打道

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 Four)  
Day Two

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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 4)

Day One 20 February 2024

**Boys Overall**

Position	School	A	B	C	Total
1	Newman Catholic College	25	27	18	70
2	Po Kok Secondary School	23	13	22	58
3	Heung To Middle School (Tai Hang Tung)	9	32	16	57
4	TWGHs Lee Ching Dea Memorial College	15	29	6	50
5	Fukien Secondary School (Kwun Tong)	8	11	27	46
6	SKH Kei Hau Secondary School	12	17	10	39
7	Hong Kong Chinese Women's Club College	9	20	9	38
8	Cheung Chuk Shan College	11	9	17	37
9	St. Mark's School	4	19	12	35
10	HKTA The Yuen Yuen Institute No.3 Secondary School	14	11	8	33
10	Queen's College	9	14	10	33
12	Man Kwan QualiEd College	9	11	11	31
12	Hong Kong Tang King Po College	8	6	17	31
14	The Methodist Church Hong Kong Wesley College	5	14	10	29
15	HKMA David Li Kwok Po College	3	9	16	28
16	Aberdeen Technical School	14	8	5	27
16	Buddhist Tai Hung College	5	8	14	27
18	HKSYCIA Wong Tai Shan Memorial College	2	15	9	26
19	HKWMA Chu Shek Lun Secondary School	15	6	1	22
20	Methodist College	7	6	7	20
21	Kowloon Tong School (Secondary Section)	7	5	7	19
21	Munsang College (Hong Kong Island)	6	7	6	19
21	Lai Chack Middle School	4	8	7	19
24	Yu Chun Keung Memorial College No. 2	12	6	0	18
25	SKH Holy Trinity Church Secondary School	3	7	7	17
25	Shaukeiwan Government Secondary School	5	10	2	17
27	Notre Dame College	5	8	3	16
28	Delia Memorial School (Glee Path)	8	3	4	15
28	Nam Wah Catholic Secondary School	6	8	1	15
28	SKH Tsoi Kung Po Secondary School	4	3	8	15
31	Kiangsu-Chekiang College	6	5	0	11
32	Tang Shiu Kin Victoria Government Secondary School	5	0	1	6
32	CNEC Lau Wing Sang Secondary School	1	2	3	6
34	The Salvation Army William Booth Secondary School	3		1	4
35	Hong Kong Sea School	1	0	1	2
36	Caritas Wu Cheng-Chung Secondary School	0	0	1	1
37	Chi Lin Buddhist Secondary School	0	0		0

Inter-School Athletics Competition 2023-2024

Division Three (Area 4)

Day One 20 February 2024

**Girls Overall**

Position	School	A	B	C	Total
1	HKSYCIA Wong Tai Shan Memorial College	16	10	21.5	47.5
2	STFA Seaward Woo College		17	20	37
3	St. Mark's School	19	3	9.5	31.5
4	Heung To Middle School (Tai Hang Tung)	11	7	10	28
5	CCC Kei To Secondary School	12	13	2	27
5	Our Lady of the Rosary College	12	8	7	27
7	Cheung Chuk Shan College	11	11	3	25
8	Precious Blood Secondary School	15	3	6.5	24.5
9	Po Kok Secondary School	15	9	0	24
9	Man Kwan QualiEd College	4	14	6	24
11	SKH Kei Hau Secondary School	10	5	6	21
12	Kit Sam Lam Bing Yim Secondary School	8	8	4	20
13	Hong Kong Chinese Women's Club College	6	4	9	19
14	Belilios Public School	3	7	8	18
15	Tak Nga Secondary School	6	1	9.5	16.5
16	Newman Catholic College	3	12	1	16
16	The Methodist Church Hong Kong Wesley College	4	7	5	16
18	HKTA The Yuen Yuen Institute No.3 Secondary School	5	5	5	15
19	SKH Holy Trinity Church Secondary School	6	5	2	13
19	True Light Girls' College	3	4	6	13
21	Notre Dame College	10	1	1	12
21	Pui Tak Canossian College	0	5	7	12
23	HKWMA Chu Shek Lun Secondary School	6	2	3	11
23	Lai Chack Middle School	6	1	4	11
25	SKH Tsoi Kung Po Secondary School	7	1	2	10
25	Munsang College (Hong Kong Island)	1	4	5	10
27	Buddhist Tai Hung College	2	2	5	9
28	Tang Shiu Kin Victoria Government Secondary School	8			8
28	Yu Chun Keung Memorial College No. 2	4	4	0	8
28	Shaukeiwan Government Secondary School	2	3	3	8
31	Nam Wah Catholic Secondary School	6	1	0	7
31	Kowloon Tong School (Secondary Section)	1	0	6	7
33	TWGHs Lee Ching Dea Memorial College	5	1	0	6
33	HKMA David Li Kwok Po College	2	2	2	6
33	Delia Memorial School (Glee Path)	1	3	2	6
36	Kiangsu-Chekiang College	4	0		4
36	Methodist College	2	0	2	4
36	The Salvation Army William Booth Secondary School	4	0		4
39	CNEC Lau Wing Sang Secondary School			1	1
40	Caritas Wu Cheng-Chung Secondary School	0	0	0	0

## Inter-School Athletics Competition 2023-2024

## Division Three (Area 4)

Day Two 23 February 2024

Event 1	Boys B Grade Long Jump		8:30am
	Record : 6.92		Standard : 4.60
Final	1	Liu Shun Luo	WTSMC
	2	Lee Hung Kit	NWCSS
	3	Chung Cheuk Ting	TVGSS
	4	Li Ka Hei	WESLEY
	5	Liu Tsz Yuen	CSL
	6	Zeng Jinzhou	LCMS
	7	Leong Cheuk Nam	SMS
	8	Liu Pak Lam	NCC
	9	Liu Mu Cheung	ATS
	10	Xu Chenhao Toby	PKSS
	11	Wong Ching Lam	SKHKH
	12	Lam Shawn Gabriel	SKHTKP
	13	Khan Ibtisam	WESLEY
	14	Inaki Boube	YCKMC-2
	15	Chan Pak To	QUALIED
	16	Chen Lyuzhou	NDC
	17	Lee Hin Yeung	SMS
	18	Lau Pui Sen	LWSSS
	19	Bhullar Sukhman Singh	DMS-GP
	20	Woo Yue Lam Caleb	CCSC
	21	Ko Pui Fung	FSS-KT
	22	Kung Lok Hang	CWCC
	23	Cheung Ethan	HKTKP
	24	Ho Tsz Yuen	CSL
	25	Ko Ka Shek	KCC
	26	Hong Yuen Hei	ATS
	27	Pang Cheuk Ting	HTCSS
	28	Hamza	YCKMC-2
	29	Shakir, Muhammad	HKTAYY3
	30	Lin Zeyuan	KTSS
	31	Tam, Chi Long	HKSS
	32	Fung Cheuk Nam	LCD
	33	Yeung Ting Hin Isaac	SKWGSS
	34	Wong Ting Kit	SKHKH
	35	Maden Arbin	WTSMC
	36	Chan Yan Ho Kenneth	LWSSS
	37	Foo Yat Chun	PKSS
	38	Lee Chi Kai	HKTAYY3
	39	Chirikiri Rentaro	KCC
	40	Lam Pak Shing	QUALIED
	41	Wong Adrian	HKTKP
	42	Qiu Shangyong	LCMS
	43	Lam Tsz Ho	CWCC
	44	Odulio Rocco Joaquin	CWCCSS
	45	Li Man Hin	HTMS-THT
	46	Chan Faat Long	BTHC
	47	Shiu Shing Him	QC
	48	Wong, Ka Chun	MSCHK
	49	Hung Kwok Hong	NCC
	50	Cai Jingle	LCD
	51	Yam, Yu Shan Jeremiah	MSCHK
	52	Ting Wai Yuk	SKHTKP
	53	Cheung Chung Hei	HTMS-THT
	54	Ng Chit Ming	QC
	55	Zheng, Tao	HKSS
	56	Fong Cheuk Fung	BTHC
	57	Li Ho Yu	CCSC
	58	Wang Mingyang	FSS-KT
	59	Kwok Chi Sum	HTCSS

Event 2	Boys C Grade Shot Put	8:30am
	Record : 14.33	Standard : 7.00
Final	1	Zhang Jiarun Lucas FSS-KT
	2	Sze, Harrison MSCHK
	3	Chong Tsz Fung SKHKH
	4	Zhou Ching Tong NDC
	5	Yung Chi Long SMS
	6	Zhuang Ho Chung CWCC
	7	Chan Yat Hei HTMS-THT
	8	Or Mung Ming WBSS
	9	Tong Kai Bon QC
	10	Xu Cheung Yui Charles LWSSS
	11	Ejay Johannes Aschman DMS-GP
	12	Law Nok Hin PKSS
	13	Khan Mohammad Adam YCKMC-2
	14	Lui To Ming PKSS
	15	Wong Tsz Sum SKWGSS
	16	Cheng Tsz Shing HKTKP
	17	Shamir Mohammad HKTAYY3
	18	Chan Kwan Ho QUALIED
	19	Chau So Hin CCSC
	20	Tsai Yiu Hon SMS
	21	Shi Tengyu HKTKP
	22	Chung Chun On HKTAYY3
	23	Kwok Hin Yeung QC
	24	Mok Hiu Fung ATS
	25	Lu Kai Kit WTSMC
	26	Shi Chun Wai LCD
	27	Rai Anmol LCMS
	28	Ou Hao Ran YCKMC-2
	29	Ma Chun Hang Jimmy CWCC
	30	Chong Chi Shing KTSS
	31	Li Kerry FSS-KT
	32	Liu Yiu Chung Leo LCD
	33	Sze, Henderson MSCHK
	34	Lam Tsz Chun NCC
	35	Wen Chi Yan NCC
	36	Ailes Jacob Rence CWCCSS
	37	Kwan Chung Hei HTMS-THT
	38	Charlwood Charles George DMS-GP
	39	Cheung Kwan Yiu SKWGSS
	40	Zhang Chenwei KCC
	41	Lee Kwan Chai WESLEY
	42	Sze Ching Nam CCSC
	43	Sin Chak Pan WTSMC
	44	Kwan Ting Hang BTHC
	45	Yee Ka Jia NWCSS
	46	Wai Pok Sum DLKP
	47	Kwan Pan Him SKHKH
	48	Ng Kik Sidney WESLEY
	49	Yu Chun Ching WBSS

Event 3	Girls A Grade Discus	8:30am
	Record : 36.76	Standard : 14.50
Final	1 Fung Tsz Shan Viola	NWCSS
	2 Wong Oi Kuen	HTCSS
	3 Tsoi Lok Yiu Yoyo	SKWGSS
	4 Kwok Pei Pei Rosa	WESLEY
	5 Lau Wai Yu	OLRC
	6 Yau Ching Lam	TLGC
	7 Cheung Tsoi Yi	NDC
	8 Yu Man Yan	HTMS-THT
	9 Liang Sin Yu	SKWGSS
	10 Chan Yat Yu	CCSC
	11 Chow Tsz Ki	KSSS
	12 Li Ka Man	LCMS
	13 Mak Ching Man	CCCKT
	14 Xu Nuo	KCC
	15 Ho Sze Yuen	QUALIED
	16 Lai Lok Yee	TLGC
	17 Fong Sophia Mei Ying	SMS
	18 Yan Wah	DLKP
	19 Chu Tsz Hei	WESLEY
	20 Chan Ying Ki	PBSS
	21 Ma Man Fong	NDC
	22 Wong Hong Kiu Jasmine	PKSS
	23 To Yuet Yau	WBSS
	24 Lin Huiyan	WTSMC
	25 Ye Tsz Yan	CCCKT
	26 Li Kei Yeung	CWCC
	27 Tong Ho Yi	WBSS
	28 Lau Wing Yi	CSL
	29 Xu On Kiu	KSSS
	30 Wong Hei Lam	SKHKH
	31 Wu Natalie Ying	HTMS-THT
	32 Wang Sze Lam	NCC
	33 Yau Tsz Wai Evelyn	OLRC
	34 Lu Hiu Na	CWCC
	35 Zeng Yan Ki	CSL
	36 Tang Wing Lam	SMS
	37 Khan Suhaba	PBSS
	38 Wong Yuen Ting	BTHC
	39 Cheng Hoi Yi Irene	NCC
	40 Chan Yu Yan	SKHKH
	41 Yau Fung Ling	NWCSS
	42 He Tsz Ching	WTSMC
	43 Huang Zhiying	LCMS



Event 4	Girls B Grade High Jump		8:30am
	Record : 1.75		Standard : 1.20
Final	1	Cheung Hoi Yi Chloe	SKWGSS
	2	Lee Hei Yan	OLRC
	3	Lu Ziyan	SWC
	4	Wu Wai Yee	NCC
	5	Huang Jing Qiao Michelle	BPS
	6	Ng Ka Ying	SKHTKP
	7	Yau Cheuk Ka	CCSC
	8	Li Chu Yan	WESLEY
	9	Sellers Scarlett Eve Stenhouse-Stewart	YCKMC-2
	10	Chan Yin Wing	KSSS
	11	Chik Ying Laam	WESLEY
	12	Tsui Yan Yuet	HTMS-THT
	13	Cheng Tin Yuet	CWCCSS
	14	Wu Zixin	WTSMC
	15	Sham Tsz Hei	PTCC
	16	Chung Yuen Laam	KSSS
	17	Chong Ka Yan	SWC
	18	Lau Ka Ching	QUALIED
	19	Kam Yee	BPS
	20	Chan Tsz Kiu	PTCC
	21	Chan Sze Kei	TLGC
	22	Leung Hei Tung	WTSMC
	23	Chan Ying Tung	CCCKT
	24	Wong Sheung Yu Courtney	KCC
	25	Lan Wing Yan	SKHTKP
	26	Nadya-Sukhdev	LCMS
	27	Wong Hing Yin Yancee	NDC
	28	Lee Hei Tung	SKWGSS
	29	Ozor Favour Chioma	DMS-GP
	30	Luk Wing Yi	NDC
	31	Shum Charlotte	QUALIED
	32	Lai Bowen Yuanna	TLGC
	33	Cortez Geraldeen Albern Bartido	NCC
	34	Tsoi Yuk Ling Elaine	HTMS-THT
	35	Tang Long Ching	SKHKH

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		
Semi-Final 1	1	Aguiatan Rolex	HTMS-THT
	2	Huang Kai Xiang	WTSMC
	3	Cheung Ho Fai	NCC
	4	Law Tang Fung	HTCSS
	5	Lee Yik Hei Chester	CWCC
	6	Wan King Tin	WTSMC
	7	Ogbonna David Chibuike	DMS-GP
	8	Mok Hiu Fung	ATS
Semi-Final 2	1	Lam Chun Yin	HTMS-THT
	2	Ng Wing Yuet	CCSC
	3	Cheung Tsz Yui	SMS
	4	Ng Kai Yiu	SMS
	5	Zeng Tin Hon	DLKP
	6	Man Ho Lam	HKTKP
	7	Tsoi Sing Yu	CWCC
	8	Merlin Christian Dwayne Adres	DMS-GP
Event 9	Boys B Grade 100m Hurdles		8:30am
	Record : 13.25		
	No Semi-Final		
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	Cao Yue	KTSS
	2	Li Sum Yi	OLRC
	3	Wong Wing Sum	SKHTKP
	4	Tsang Hei Lam	SMS
	5	Wong Wing Sum	SWC
	6	Wong Yeung Yeung	NDC
	7	Wong Ho Yi Kelly	HKTAYY3
	8	Kwok Hau Ching	LWSSS
Semi-Final 2	1	Raof Mahwish	HKTAYY3
	2	Yuen Yat Yi Hannah	SWC
	3	Leung Man Wai	HTMS-THT
	4	Lai Tin Man	CSL
	5	Lam Charmaine	KTSS
	6	Li Cheuk Yu	WTSMC
	7	Chan Tsz Ying	WESLEY
	8	Lui Kei Yiu	SKHKH
Semi-Final 3	1	Kwok Sin Ying	KSSS
	2	Zhong Qingjin	HTMS-THT
	3	Fung Tsz Yiu	WTSMC
	4	Ip Sze Man	CWCC
	5	Leung Sze Yui	QUALIED
	6	Ahmed Mohiadeen Katheeja Afifa	TLGC
	7	Chow Hei Yuet Ellie	SMS
	8	Chow Tsz Sin	BPS

Event 12	Boys C Grade 400m		8:45am
	Record : 51.23		
Semi-Final 1	1	Lam Ka Yau	NDC
	2	Lee Ho Ting	MDIST
	3	Cheng Chi Hang	FSS-KT
	4	Cheung Ho Fai	NCC
	5	Leung Chung Hang	FSS-KT
	6	Wu Baixian	HTMS-THT
	7	Leung Ka Kiu	BTHC
	8	Chan Man Fung	SKHKH
Semi-Final 2	1	Yu Tsz Yin	QC
	2	Ng Wang Chit	PKSS
	3	Ting, Yu Tung	MSCHK
	4	Ng Romeo	HTMS-THT
	5	Cheung Man Hin	SMS
	6	Liu Cheuk Ho Theo	QC
	7	Chan Man Chun	SKHKH
	8	Ren Nga Chun	CWCC
Semi-Final 3	1	Wu Wang Ngai	MDIST
	2	Lin Wang Yu	SMS
	3	Lee Ho Nam	HKTKP
	4	Ma Yi Kai	WTSMC
	5	Kan Chuen Ki	DLKP
	6	Cheung Wang Shun	DLKP
	7	Yin Chi Long	ATS
	8	Man Yu Ki	HKTAYY3
<hr/>			
Event 13	Girls B Grade 400m		8:45am
	Record : 56.27		
Semi-Final 1	1	Tsang Tim Ling	CSL
	2	Lau Ka Hei	QUALIED
	3	Lan Wing Yan	SKHTKP
	4	Chu Wing Yi	QUALIED
	5	Tsui Yan Yuet	HTMS-THT
	6	Ho Sin Yung	WESLEY
	7	Yu Hei Tung	WESLEY
	8	Ng Cheuk Ying	SWC
Semi-Final 2	1	Ma Yan Tung	SKHKH
	2	Li Jiamiao	KSSS
	3	Kam Yee	BPS
	4	Shek Hoi Ching	PKSS
	5	Razack Asmah	HTCSS
	6	Zhong Ching Anne	WTSMC
	7	Chen Wing Tung	KSSS
	8	Chu Pui Ka	HKTAYY3
Semi-Final 3	1	Mok Lai Tung	WTSMC
	2	Leung Hoi Ching	PBSS
	3	Wong Ming Yue	CCSC
	4	Wang Zi Yi	NCC
	5	Chan Siu Hing	PBSS
	6	Chu Hoi Ching	SKWGSS
	7	Chan Tsz Yau	HTCSS
	8	Ho Alice	OLRC

Event 14	Boys B Grade 400m		9:05am
	Record : 49.72		
Semi-Final 1	1	Chan Chin Yeung	FSS-KT
	2	Liem Ho Yat Isaac	SMS
	3	Pang Mavis	HTCSS
	4	Ho Ka Wai	HTMS-THT
	5	Tam Wut Hei	HTMS-THT
	6	Wong Winfred	DLKP
	7	Fan Damian	KTSS
	8	Zhao Tsz Ho	YCKMC-2
Semi-Final 2	1	Watts Oliver Daniel	DLKP
	2	Wong Ka Po	CSL
	3	Woo Hei Shun Samuel	SMS
	4	Wong Kam Fu	QUALIED
	5	Ng Tsun Yuen	SKHTKP
	6	Cheung Chun Sum Sam	SKHTKP
	7	Chui Chin Ting	QC
	8	Yao Dexi	LCMS
Semi-Final 3	1	Sit Him	WTSMC
	2	Chan Pak Sum	NCC
	3	Ma Hiu Yin	QUALIED
	4	Chin Wai Lok	FSS-KT
	5	Zeng Yuanbin	KTSS
	6	Chow Chiu Chun	QC
	7	Fu Yu Kit	LCMS
	8	Chan, Tsz Long	MSCHK
<hr/>			
Event 15	Girls A Grade 400m		9:05am
	Record : 57.37		
Semi-Final 1	1	Yan Lanxuan	HTMS-THT
	2	Kwan Man Ching	SKHKH
	3	Zhang On Yuen	MDIST
	4	Li Yan	OLRC
	5	Wong Ying Wan	BTHC
	6	Ngai Ching Ying	CCSC
	7	Cheng Tin Wai	TLGC
	8	Cheung Ho Yuet	WTSMC
Semi-Final 2	1	Wong Joan Yan Shing	KCC
	2	Lam Hoi Ying	NCC
	3	Tsang Tsz Yan	KSSS
	4	Hui Trina	SMS
	5	Zeng Yaqi	LCMS
	6	Jiang Yau Chun	BPS
	7	Leung Hiu Yu	QUALIED
	8	Wong Cheuk Lam Rachel	DMS-GP
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Event 16	Boys A Grade 400m		9:05am
	Record : 49.92		
Semi-Final 1	1	Chan Herbert	QC
	2	Khan Sameer	HKTAYY3
	3	Chan Ka Wai	NCC
	4	Chan Wai Shing	NWCSS
	5	Lam Ho Yin	PKSS
	6	Wong Tsz Him	SMS
	7	Chan Yu Nam	WTSMC
	8	Lee, Cheuk Hang Jeffrey	HKSS

Semi-Final 2	1	Cheng King To	SKHKH
	2	Cheung Sum Ho	QUALIED
	3	Cheung Yuk Kin	FSS-KT
	4	Lo Tsz Hin	HTCSS
	5	Chan Tsz Pang	WESLEY
	6	Tan Wai Ching	ATS
	7	Wen Jianhao	CSL
	8	Tiamson Saturn Gabriel Punay	DMS-GP

Semi-Final 3	1	Lyu Wenkang	NWCSS
	2	Manjot-Singh	HKTAYY3
	3	Cheung Ho Wai	CCSC
	4	Yam, Hong Ching	MSCHK
	5	Leung Tsz Kin	NCC
	6	Cheung Cheuk Hei	QUALIED
	7	Yeung Chun Hei	CCSC
	8	Ko Chun Sang	KTSS

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

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Semi-Final 1	1	Chi Yuk Hiu	HTMS-THT
	2	Cheng Tsam Yuet	OLRC
	3	Chen Shuk Yee	SKHKH
	4	Deng Pui Shan	CCCKT
	5	Lam Charmaine	KTSS
	6	Chan Yuet Ying Odette	TNSS
	7	Tsang Mei Ki	LCMS
	8	Lam Wai Ying Megan	CWCC

Semi-Final 2	1	Chan Ho Lam	CCSC
	2	Chung Nga Man	OLRC
	3	Wang Yuhua	SWC
	4	Wong Cho Yee	DLKP
	5	Lee Tsz Hang Christie	MSCHK
	6	Li Wing Kiu Jasmine	HTMS-THT
	7	Lee Ngar Nam	BPS
	8	Lui Ka Wai	TLGC

Semi-Final 3	1	Chan Lok Yan	QUALIED
	2	Ip Oi Ching	SWC
	3	Chan Hei Yuet	WESLEY
	4	Yu Man Wai	MDIST
	5	Liu Chi Yau	BPS
	6	Ngai Chi Yau	KSSS
	7	Kwan Wing Yan	CCSC
	8	Leung Mung Shu Tiffany	HTCSS

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

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Semi-Final 1	1	Li Chun Kit	HKTKP
	2	Wong Ying Fan	DLKP
	3	Ogbonna David Chibuike	DMS-GP
	4	Ngan Pak Him	FSS-KT
	5	Ng Ching Yiu	CCSC
	6	Sze Wai Nok	WESLEY
	7	Kwan Aydin Yiu Cheung	SKWGSS
	8	Chen Dahao	WTSMC

Semi-Final 2	1	Wong Tsz Chung	WESLEY
	2	Lee Ho Ting	MDIST
	3	Chu Tsun Hing	CCSC
	4	Wong Matthew	LCD
	5	Tso Man Wai	LCMS
	6	Lee Hau Fun	KTSS
	7	Chan Chun Ki	PKSS
	8	Lam Lok Hei	QUALIED

Semi-Final 3	1	Yick Tristan	LCD
	2	Tang Long Tin	SKHKH
	3	Cheng Tsun Hei	HTMS-THT
	4	Chong Cho Kuen	SKHKH
	5	Fu Hao	FSS-KT
	6	Chan Wing Hong	QC
	7	Lai Chun Yip	QUALIED
	8	Woo Hei Nok Arnold	MSCHK

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

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Semi-Final 1	1	So Pui Chi	OLRC
	2	Tsang Tsz Ying Laura	QUALIED
	3	Lau Ka Ching	QUALIED
	4	Chong Ka Yan	SWC
	5	Chan, Suet Ying	MSCHK
	6	Ng Tsz Huen	TNSS
	7	Yu Hei Tung	WESLEY
	8	Sum Ka Tung	PTCC

Semi-Final 2	1	Tong Nga Yu	NCC
	2	Ozor Favour Chioma	DMS-GP
	3	Tse, Nga Kiu	MSCHK
	4	Mok Yuk Ying	BTHC
	5	Choi On Kiu	SWC
	6	Zuo Yunshu Isabel	BPS
	7	Morales,Angel Jayems Pelasz	HKTAYY3
	8	Yuen Ka Man	SKHKH

Semi-Final 3	1	Miu Hau Yin	HTCSS
	2	Lee Suet Ying Ice	CCCKT
	3	Wan Man Kei	WTSMC
	4	Ng Sze Ching	KSSS
	5	Fung Tsz Kiu	OLRC
	6	Sin Man Wai	SKWGSS
	7	Wong Hei Wun	CCCKT
	8	Lee Ching Yee	CCSC

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

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Semi-Final 1	1	Zou Zixi	WTSMC
	2	Tam Andy Po Chung	PKSS
	3	Zou Tsz Yui	SKHKH
	4	Kwok Yui	LCD
	5	Leng Fei Hung	MDIST
	6	Cheung Wai Kit	HTCSS
	7	Liang Chung On	NWCSS
	8	Qiu Cheuk Ngai Kevin	NCC

Semi-Final 2	1	Ho, Yik Long	MSCHK
	2	Lin, Chun King	MSCHK
	3	Pang Pak Kiu	KTSS
	4	Qi Haoyu	CWCC
	5	Lam Tsz Ho	CWCC
	6	Lam Pak Shing	QUALIED
	7	Chen Ka Wing	CSL
	8	Lam Chun Ho	FSS-KT

Semi-Final 3	1	Tam Wut Hei	HTMS-THT
	2	Lee Pui Lam	SMS
	3	Chui O Chit Oren	WESLEY
	4	Hung Kwok Hong	NCC
	5	Man Hiu Yeung	HKTKP
	6	Tang Pak Hong	CCSC
	7	Chan Pak To	QUALIED
	8	Lam Cheuk Yin	SKHTKP

Event 21	Girls A Grade 100m	9:25am
	Record : 11.85	
Semi-Final 1	1 Wong Oi Kuen	HTCSS
	2 Li Ming Chu	WTSMC
	3 Chik Pui Yan	DLKP
	4 Silva Gaile Au	OLRC
	5 Mok Mei Chun	SKHTKP
	6 Chan Sze Ming	OLRC
	7 Chan Hiu Ching	SKHTKP
	8 Sum Wai	TVGSS
Semi-Final 2	1 Yung Yu Ting Charlotte	NDC
	2 Wong Ka Yan	TNSS
	3 Yu Ka Yee	WBSS
	4 Lee Ka Yan	KSSS
	5 Liu Wing Tung	HTMS-THT
	6 Wong Ka Yu Oscar	LCD
	7 Li Man Wai	PKSS
	8 Cheung Yee Huen Umi	SMS
Semi-Final 3	1 Wong Ka Shuen	WESLEY
	2 Arina-Tseo-Ming-En-Tseo-Nai-Woo	CWCC
	3 Lau Yan Yuet	SMS
	4 Wu Yee Lam	SKHKH
	5 Chan Yee Ying	YCKMC-2
	6 Cai Jin Yun	NCC
	7 Zeng Sum Yu	KSSS
	8 Liu Chole	KCC
Event 22	Boys A Grade 100m	9:25am
	Record : 10.60	
Semi-Final 1	1 Chung Cheuk Fung	QC
	2 Choy Pak Yin Jeffrey	KCC
	3 Ng Ka Lok	PKSS
	4 Cheung Kin Long	PKSS
	5 Ting Hiu Fung	HKTAYY3
	6 Choi Cheuk Hei	BTHC
	7 Leung, Chun Ching	MSCHK
	8 Chen For Kam	HTMS-THT
Semi-Final 2	1 Sze Chak Pui	CCSC
	2 Chen Erji	SKHTKP
	3 Lok Kai Chung	NCC
	4 Chen, Ka Chun	MSCHK
	5 Koo Chun Cheong	SMS
	6 Hou Sheng Wei	ATS
	7 Yip Tin Long	SKWGSS
	8 Yeung Ka Chun	NWCSS
Semi-Final 3	1 Liang Yui Man	LCD
	2 Liu Chit	QUALIED
	3 Chung Chun Hung	CWCC
	4 Feng Chun Kit	KTSS
	5 Chan Chun Kin	TVGSS
	6 Kwok Ka Ming	YCKMC-2
	7 Cheung Lap Keung	NDC
	8 Chan Ivan Chun Hei	DLKP

Event 23	Boys A Grade Triple Jump		9:45am
	Record : 14.82		Standard : 10.00
Final	1	Wong Ka Hing	ATS
	2	Wong Hiu Long	WBSS
	3	Cheung Lok Hei	CWCC
	4	Ho Kai Yuen	NCC
	5	Lai Lok To	NWCSS
	6	Sin Chun Yin	QC
	7	Lui Pok Hin	HTMS-THT
	8	Lam Man Fung	LCD
	9	Cheung Hing Lam	CWCC
	10	Yu Yat Tung	NCC
	11	Wong Ngai Hin	HKTAYY3
	12	Lin Ho Yuen Dickson	YCKMC-2
	13	Chukwuka Genesis Chidera	DMS-GP
	14	Chan Yip Lam	HKTKP
	15	Chan Lok Hang	TVGSS
	16	Fok Ching Nam	WESLEY
	17	Lee Yiu Tsun	QC
	18	Zhou Jianhao	LCMS
	19	Lai Tsz Him	FSS-KT
	20	Tan Wai Ching	ATS
	21	Sze Wai Fung	FSS-KT
	22	Xie Dejun	YCKMC-2
	23	Tam Kai Hei	LCD
	24	Cheung Ka Lok	HKTAYY3
	25	Mohammad-Hassan	CSL
	26	Fok Ching Hei	SKHKH
	27	Yik Kai Fan	HTMS-THT
	28	Chan Chun Kin	TVGSS
	29	Tsang Yi Kok	WESLEY
	30	Gill Gurdeya Singh	DMS-GP
	31	Cheng Ho Man	SMS
	32	Chen Wing Tsun	BTHC
	33	Mok Chun Kit	SMS

Event 24	Girls C Grade 800m		9:45am
	Record : 2:19.72		Standard : 3:30.00
Heat 1	1	Yang Yolanda	HTMS-THT
	2	Tsang Hei Lam	SMS
	3	Li Yee Ching Venus	QUALIED
	4	Rong Yi Man	CSL
	5	Dong Lok Man	PKSS
	6	Liang Minyu	SKWGSS
	7	Fung Tsz Yiu	WTSMC
	8	Chan Sing Wen	PBSS
	9	Kay Yan Mei	BPS
	10	Chan Ching Lam Ankki	OLRC
	11	Wang Fung Ling	CWCC
	12	Wong Rowena	KTSS
	13	Kwok Chin Tung	PTCC
Heat 2	1	Li Tsz Ying	KSSS
	2	Zhu Shubing	LCMS
	3	Wong Yeung Yeung	NDC
	4	Tang Lok Yan	TLGC
	5	Wong Chin Wai	NCC
	6	Ip Sze Man	CWCC
	7	Tsang Cheuk Ting	PTCC
	8	Ngan Wing Sze	BTHC
	9	Tsang Wan Ting	KTSS
	10	Fong Nga Yin	SWC
	11	Law Hoi Ching	WESLEY
	12	Kwok Hau Ching	LWSSS



Heat 3	1	Lo Canaan	CCSC
	2	Lee Tsz Kiu	WESLEY
	3	Chan Yan Yi	KSSS
	4	Yuen Ching Hei Hedia	SMS
	5	Li Kai Yi	SKHKH
	6	Chi Yuk Hiu	HTMS-THT
	7	Guo Yuqi	WTSMC
	8	Law Wan Yuet	TNSS
	9	Lee Tsz Ching	PKSS
	10	Khan Eman	YCKMC-2
	11	Lee Ying Qiao	DLKP
	12	Maniaul Kathlene Jahzeel Santiago	CWCCSS

Heat 4	1	Choi Luk Ki	SWC
	2	Feng Hui Tung	SKHKH
	3	Leung Sze Yui	QUALIED
	4	Umwizerwa Tasneem	YCKMC-2
	5	Yu Cheuk Wan	BPS
	6	Xu Feier	SKHTKP
	7	Chen Chi Ling	LCMS
	8	Law Pui Chi	CSL
	9	Tong Ni Yang	TLGC
	10	Wong Ching Nam Cyan	SKWGSS
	11	Ou Man Yee	BTHC
	12	Ma Tsz Ki	NCC

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

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Heat 1	1	Chu Hon Man	FSS-KT
	2	Wong Tsz Wun	WESLEY
	3	Lam Ka Yau	NDC
	4	Lui, Ho Yeung	HKSS
	5	Fung Chun Hei	PKSS
	6	Rengaraju Ram Ganesh	DMS-GP
	7	Tam Chak Fung	HKTKP
	8	Wang Ka Hei	BTHC
	9	Yiu Cheuk Yau	WTSMC
	10	Mo Hei Man Hayman	QC
	11	Cheung Kwan Pok	CWCC
	12	Tai Chi Ming	HKTAYY3
	13	Leung Thynus	HTCSS
	14	Zhang Jia Heng	NCC
	15	Keung Ho Cheung Horus	ATS

Heat 2	1	Yip Kwan Yin	NDC
	2	Tse Pak Chiu	QC
	3	Leung Tsun Hei	NCC
	4	Lai Chun Yau	SKHKH
	5	Ho Chun Sing	ATS
	6	Ma Yi Kai	WTSMC
	7	Siu Yat Shing Alvin	SKWGSS
	8	Chen Kan Ting	LCMS
	9	Ma Aiden Wun Hin	DLKP
	10	Ching, Cho Hon Edmond	HKSS
	11	Khan Mohammad Usman	NWCSS
	12	Kan Pui Hin	HTMS-THT
	13	Chan Chak Kwan	MDIST
	14	Chan Hay Yeung	WESLEY
	15	Lo Pak Yin	LCD

Heat 3	1	Kwan Chung Hei	HTMS-THT
	2	Cheung King Lam	KTSS
	3	Ip Hin Ting	WBSS
	4	Lee Chit Ho	LWSSS
	5	Chan Shun Fai	HKTKP
	6	Lai Zhuoqing	LCMS
	7	Fong Yu Yeung	MDIST
	8	Rodrigues Princesson Peter	DMS-GP
	9	Zheng Hongjun	NWCSS
	10	Chan Chun On	YCKMC-2
	11	Feridun Can-Li Pei Chu	HKTAYY3
	12	Cheuk Chon Hei	QUALIED
	13	Zheng Chin Yik Robin	FSS-KT
	14	Lin Wang Yu	SMS

Heat 4	1	Li Nakamura	QUALIED
	2	Lin Kong Ki	KTSS
	3	Hui Sze Yin	DLKP
	4	Wei Chi Ip	BTHC
	5	Nguyen Lam Phong	YCKMC-2
	6	Li Kai Ching Hughes	MSCHK
	7	Lee Siu Kwan	SMS
	8	Ye Chen Jin	CWCC
	9	Lv Mingjing	CCSC
	10	Wong Yin Nam	SKHKH
	11	Mohammad Saif Bin Naseem	CSL
	12	Mak Yan Chun	LWSSS
	13	Ma Sing Yu	HTCSS
	14	Lo Pak Wing	LCD

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

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Heat 1	1	Sze-To Yee Ching	NCC
	2	Li Man Hin	LCMS
	3	Ngai Ngai	SWC
	4	Chu Hoi Ching	SKWGSS
	5	Law Ka Ying	WESLEY
	6	Mok Lai Tung	WTSMC
	7	Liu Yuen Ling	NWCSS
	8	Lam Cheuk Ka	PTCC
	9	Zhen Pui Han	QUALIED
	10	Au Tsz Yu Candice	BPS
	11	Shi Han Lin	HTMS-THT
	12	Ng Tsz Yin	CSL
	13	Razack Asmah	HTCSS
	14	Kong Cheuk Nam	KTSS
	15	Cheng Chak Yan	KSSS

Heat 2	1	Chong Yan Ki	NWCSS
	2	Yip Ka Kei	DMS-GP
	3	Lo Chit Lam	CWCC
	4	Ser Ka Yu Kasie	YCKMC-2
	5	Nadya-Sukhdev	LCMS
	6	Lam Ka Wing	TLGC
	7	Kam Kiu Dzoen	BPS
	8	Hu Nga Lam	LCD
	9	Florencio Claire Subodro	PTCC
	10	Woo Ming Shan	SWC
	11	Kam Wai Laam	WTSMC
	12	Chan Sing Yu	PBSS
	13	Leung Yuet Tung Enya	HTMS-THT
	14	Chu Wing Yi	QUALIED
	15	Cheung Ho Ying	OLRC

Heat 3	1	Poon Tsz Shing	KTSS
	2	Lau Ka Man	TLGC
	3	Loong Tsz Ching	OLRC
	4	Lam Toi Ying	KSSS
	5	Chan Yan Kiu Jocelyn	SKWGSS
	6	Chu Wing Lam	SMS
	7	Alconaba, Jazlyn Chloe Villapando	CWCCSS
	8	Ge Ruina	NCC
	9	Huang Nga Wing	CSL
	10	Chan On Ki	YCKMC-2
	11	Fung Hoi Lam	WESLEY
	12	Wang Yingyu	NDC
	13	Ng Chi Kei	SKHKH
	14	Cheema Tavleenjit Kaur	DMS-GP
	15	Mai Sin Hang	BTHC

Event 27	Boys B Grade 800m	9:45am
	Record : 2:00.69	Standard : 2:40.00
Heat 1	1 Tsui Tsz Hong	NWCSS
	2 Fu Yu Kit	LCMS
	3 Makalinao Xavier Pasquale P.	DMS-GP
	4 Fan Damian	KTSS
	5 Lam Lang Kai	HKTKP
	6 Wong Hoi To Irvin	CWCC
	7 Lee Wing Hei	PKSS
	8 Leung Ho Yiu	QUALIED
	9 Cheung Chun Sum Sam	SKHTKP
	10 Yuan Jiayi	HTCSS
	11 Woo Hei Shun Samuel	SMS
	12 Lui Lok	QC
	13 Ho Tsz Yeung	CCSC
	14 Lau Yat Pok	ATS
Heat 2	1 Kan Lik Hang	MDIST
	2 Chan Faat Long	BTHC
	3 Yung Tak Wing	NDC
	4 Lai Pui Tung Jaden	HKTKP
	5 Lam Leong Hei	WESLEY
	6 Lee Tsz Lok	LWSSS
	7 Lai Ching To	FSS-KT
	8 Chan Pak Sum	NCC
	9 Lam Cheuk Wa	QUALIED
	10 De Guzman Jean Roven Taro	DMS-GP
	11 Volavka Gabriel Finn	YCKMC-2
	12 Chung Ho Yin	HTMS-THT
	13 Lo Hoi Yin	ATS
Heat 3	1 Kwok Pak Ting	LCD
	2 Ng Sai Ho	SKHKH
	3 Lin, Kin To	HKSS
	4 Wong Tsz Ho	SKWGSS
	5 Cheung Chi Daniel	KCC
	6 Valmocena, Jonel Dwayne Mafie Belen	HKTAYY3
	7 Leung Ka Ming	HTMS-THT
	8 Wang Yu Sum	FSS-KT
	9 Chan Kin Yuen	SKHTKP
	10 Au Shing Hin	NDC
	11 Chan, Tsz Long	MSCHK
	12 Li Houming	TVGSS
	13 Chu Hon Yin	DLKP

Heat 4	1	Lo King Wang	KTSS
	2	Ling Wa Kin	WTSMC
	3	Ellahi Mohammad Usman	KCC
	4	Chiu Nam Wing	SKHKH
	5	Chiu Chun Man	TVGSS
	6	Mok Lai Yuen	SMS
	7	Leung Kai Chi	NWCSS
	8	Wong Pak Hei	CCSC
	9	Lam Chiu Yin	BTHC
	10	Leung Lok Yin	WESLEY
	11	Lee Tsz Ho	CSL
	12	Wong Sing Wa	YCKMC-2
	13	Fan Honglin	LCMS

Heat 5	1	Gao Wenxuan	QC
	2	Qiu, Yuen Chun	HKSS
	3	Fan Chun Hei	LWSSS
	4	Guo Ruiting	WTSMC
	5	Cheung Si Hang	MDIST
	6	Ip Tsz Chung	CSL
	7	Wong Fu Yau	HTCSS
	8	Cheung Ho Ho	NCC
	9	Tsang Long Yat	DLKP
	10	Chan Hing Ming	LCD
	11	Ma Fung Hong	CWCC
	12	Foo Yat Chun	PKSS
	13	Kwok Chun On	HKTAYY3

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

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Heat 1	1	Woo Cheuk Lam	PBSS
	2	Fong Fei Suet	NWCSS
	3	Lin Hei Yin Anson	DLKP
	4	Wong Ying Wan	BTHC
	5	Wang Tsz Ki	TLGC
	6	Yeung Kaitlyn	OLRC
	7	Mo Yee Lam	NCC
	8	Xu On Kiu	KSSS
	9	Lee Hiu Chun	SMS
	10	Mok Wai Yan	SKHKH
	11	Ting Tung	CWCC
	12	Chan Hoi Hei	NDC
	13	Zhang Ming Lee	WTSMC
	14	Ngai Ching Ying	CCSC
	15	Po Yuen Yi	LCD

Heat 2	1	Young Hazel Chin Miu	CWCC
	2	Liu Tsz Yin	KSSS
	3	Mok Miu Yan	TLGC
	4	Kwan Wing Yan	SKHKH
	5	Cheung Hoi Lam	NCC
	6	Chang Chi Yu	PTCC
	7	Leung Hiu Yu	QUALIED
	8	Li Yan	OLRC
	9	Cai Xinyi	NWCSS
	10	Wong Cheuk Lam Rachel	DMS-GP
	11	Wu Ka Yiu	WTSMC
	12	Tam Ming Chun	BPS
	13	Huang Yuci	CSL
	14	Yang Chui Shan	LCMS

Event 29	Boys A Grade 800m		9:45am
	Record : 1:54.89		Standard : 2:34.00
Heat 1	1	Chang Chun Sing	HKTKP
	2	Lee Hui Lok Derek	YCKMC-2
	3	Wang Zibin	NDC
	4	Mansoor Muhammad Haroon	DMS-GP
	5	Shih Yu Chun	CCSC
	6	Lau Ming Him Alvin	BTHC
	7	Ip Ngai Sing	NCC
	8	Law Tsz Hin	LCD
	9	Wu Jiajun	NWCSS
	10	Fok Ching Nam	WESLEY
	11	Lam Sui Hei	CSL
	12	Chu Chun Sing	KCC
	13	Leung Ka Kit	WTSMC
	14	Khan Sameer	HKTAYY3
Heat 2	1	Leung Yui Chit Andrew	TVGSS
	2	Tsui Ka Shing	BTHC
	3	Wang Jinjie	SKHTKP
	4	Leung Wai Hi	QUALIED
	5	Chen Hongqin	LCMS
	6	Lin Ho Yuen Dickson	YCKMC-2
	7	Leung Tsz Kin	NCC
	8	Tsoi Wang Chuen	WBSS
	9	Lao Hon Fai	KCC
	10	Wang Yan Hon	CSL
	11	Roka Segon	DMS-GP
	12	Siu Ho Chung	HKTKP
	13	Li Ho Yee	ATS
	14	Feng Nok Yin	KTSS
Heat 3	1	Lee Cheuk Yin	CCSC
	2	Samsul Ahmed Tanim	HTCSS
	3	Chow Ching Hei Samuel	SMS
	4	Yau Man Tik	HTMS-THT
	5	Luo Kwok Cheung	CWCC
	6	Wong Ka Hing	ATS
	7	Chan Herbert	QC
	8	Luk Chun Hang	LCMS
	9	Chu Hin Yat	PKSS
	10	Wong Ngai Hin	HKTAYY3
	11	Chan Chi Kit	WESLEY
	12	Cheung Yuk Kin	FSS-KT
	13	Hau Yiu Chi	SKHKH
Heat 4	1	Lo, Chun Him Enzo	MSCHK
	2	Lam Pak Hay	QC
	3	Li Tsz Hei	TVGSS
	4	Su Wan Chak	PKSS
	5	Lee, Cheuk Hang Jeffrey	HKSS
	6	Wong Tsz Him	SMS
	7	Deng Chun Hei	HTMS-THT
	8	Chan Yu Nam	WTSMC
	9	Ling Tsz Him	SKHKH
	10	Lui Lam Anson	FSS-KT
	11	Chong Kin Ho	LCD
	12	Cheung Cheuk Hei	QUALIED
	13	Young Haron Yuk Miu	CWCC

Event 30	Girls C Grade Discus	10:30am	
	Record : 29.90	Standard : 12.00	
Final	1	Leung Po Yee Macy	SWC
	2	Zeng Yuen Man	WTSMC
	3	Khan Maha	YCKMC-2
	4	Ding Amy	TLGC
	5	Raees Aisha	HKTAYY3
	6	Leung Hei Yi	WESLEY
	7	Wu Ka Wing	SKHKH
	8	Li Ka Ying	CCCKT
	9	Wan Hoi Ching	QUALIED
	10	Li Ka Ki	BPS
	11	Ng Tsz Kiu Cora	PKSS
	12	Bhandari Sushma	OLRC
	13	Yip Ching Yau	NCC
	14	Tang Wan Yiu	HTMS-THT
	15	Li Ka Lam	CCCKT
	16	Ng Cheuk Nam	KSSS
	17	Li Man Hei	HTMS-THT
	18	Li Wai Man	WTSMC
	19	Wong Wing Hei Alice	SMS
	20	Chamlagai Osika	HKTAYY3
	21	Wu Pui Lam	SMS
	22	Xu Hoi Yiu	PBSS
	23	Menahil Tabassum	QUALIED
	24	Wong Hei Yiu Hailey	PBSS
	25	Bhattacharyya Sharanya	CWCCSS
	26	Chong Hiu Tung	WESLEY
	27	Leung Man Ching	SWC
	28	Cheng Hermione Pui Man	BPS
	29	Cheung Kit Man	BTHC
	30	Hung Yan Tung	TLGC
	31	Chan Sum Yin	NCC
	32	Siu Nga Yee	OLRC
	33	Khan Muskaan	YCKMC-2
	34	Lui Kei Yiu	SKHKH
	35	Lau Yuen Wing	BTHC
	36	Liu Shun Hei	KSSS

Event 31	Girls B Grade Shot Put	10:30am	
	Record : 12.25	Standard : 6.20	
Final	1	Wong Ching Ting	WTSMC
	2	Wong Cheuk Ting	HTMS-THT
	3	So Jing	KCC
	4	Chan Hiu Ying	SKWGSS
	5	Law Sum Yuet	CCSC
	6	Law Hei Tung	SKHKH
	7	Wong Yi Laam Jade	CWCC
	8	Chan Hoi Ching	PKSS
	9	Wong, Hau Yan	MSCHK
	10	Mubashar Sheikh Ayesha	KSSS
	11	Lee Lok Lam	QUALIED
	12	Yip Chin Wai	OLRC
	13	Yuen Ka Man	SKHKH
	14	Wan Hiu Sin	QUALIED
	15	Abbas Anaya	OLRC
	16	Liu Yurui	BTHC
	17	Choi Tsz Ching	WTSMC
	18	Yeung Tsz Lam	NCC
	19	Zheng Yan Yee	PTCC
	20	Wong Ya Ting	TLGC
	21	Cheema Tavleenjit Kaur	DMS-GP
	22	Ip Yong Tao	TNSS
	23	Law Chi Ying Rovina	KSSS
	24	Cheng Hei Tung	CCCKT
	25	Lin Tsz Yeuk	CCSC
	26	Li Ka Yiu	WESLEY
	27	Wong Man Chi	BTHC
	28	Wong Hiu Tung	WESLEY
	29	Ho Hoi Suen Victoria	TLGC
	30	Pun Chau Yee	PKSS
	31	Wong Angela Yu Tung	SMS
	32	Chan Yuen Ching	SWC
	33	Lee Sum Yu	LCMS
	34	Yuen Cheuk Ying	CCCKT
	35	Huang Hei Man	SWC
	36	Lam Wing Tung Zara	NCC
	37	Chan Hoi Tung	KTSS
	38	Li Lok Yi Pinky	MDIST
	39	Fung Nicole Jane	LCD
	40	Sze Chun Yi	HTMS-THT
	41	Lo Sum Yuet	MDIST
	42	Chan Hoi Yuet	SKWGSS
	43	Cheung Yuk	CWCC
	44	Fan Gloria Ching Yin	BPS
	45	Kaur Harman	YCKMC-2

Event 32	Boys A Grade Shot Put	1:00pm	
	Record : 15.48	Standard : 8.50	
Final	1	Man Chun Hin	ATS
	2	Wang Pak Kit	PKSS
	3	Lam Chi Him	NCC
	4	Roquel Josiah Caleb Bondoc	CWCCSS
	5	Huang Kin Ming	BTHC
	6	Tsai Wang To	LCD
	7	Lau Yat	DLKP
	8	Gaafar Mohieldin Salah Moaz	CWCCSS
	9	Sze-To Sheung Chi Sean	QC
	10	Ko Chun Sang	KTSS
	11	Peng Yuen Tong	CCSC
	12	Lin Chun Yin	LCMS
	13	Lau Pollio	FSS-KT
	14	Cheng Cheung Man	NDC
	15	Tam Tsun Yin	WESLEY
	16	Koo Chun Cheong	SMS
	17	Leung Tsz Kin	NWCSS
	18	Chow Pui Lok Paul	WESLEY
	19	Yim Cho Fei Jeffrey	QC
	20	Tsang Kin Tsun	HTMS-THT
	21	Mohammad Ahmed Khan	CSL
	22	Chan Bok	SKHKH
	23	Iqbal Muhammad Abdullah	HKTAYY3
	24	Hung Ho Lam	BTHC
	25	Kang Harjaap Singh	DMS-GP
	26	Shih Jibaja Fong Yong	KCC
	27	Xiong Jinhao	DLKP
	28	Lau Tsz Ngo	LCD
	29	Chan Chin Hang	FSS-KT
	30	Ha Man Kit	LCMS
	31	Du Weisheng	TVGSS
	32	Hsieh Wai Ho	SKHTKP
	33	Chu Chun Yin Jason	YCKMC-2
	34	Li Haixin	KTSS
	35	Hon Man Hei Rance	DMS-GP
	36	Lo Kai Chun	HKTKP
	37	Chau Wing Yiu	CSL
	38	Ng Chi San	YCKMC-2
	39	Lin,Wenhan	HKTAYY3
	40	Ching Lok Fai	ATS
	41	Wang Kaiyi	HKTKP
	42	Sze Chun Kit	PKSS
	43	Huang Xi	HTMS-THT
	44	Cheng Pok Man	TVGSS
	45	Chan Chi Chuen	NCC
	46	Ho Chun Yin Evan	KCC
	47	Kwok Sui Hei	CCSC



Event 33	Boys B Grade Javelin		1:00pm
	Record : 58.50		Standard : 17.50
Final	1	Gan Chun Yin	PKSS
	2	Chong Kin On	SKWGSS
	3	Hsu Wai Chun	NWCSS
	4	Hu Wenxin	PKSS
	5	Chan Pak Ming	SKWGSS
	6	Au Yeung Tsz Lun	BTHC
	7	Su Tin Chi	ATS
	8	Yip Zi Hao	LCD
	9	Rehan Muhammad	YCKMC-2
	10	Li Ming Kai	NDC
	11	Choi Lai Him Koen	QUALIED
	12	Ng Hei Suen	HTMS-THT
	13	Lee Chun	QUALIED
	14	Shiu Shing Him	QC
	15	Jung Hoi Lok	HTMS-THT
	16	Rehman Abubakr	CSL
	17	Wong, Yim Wa	HKSS
	18	Lee Man Pok	SMS
	19	Ng Jian Nong	BTHC
	20	Lai Hau Lun Marcus	WESLEY
	21	Wong On Wai	LCD
	22	Wong Sheung Wang	FSS-KT
	23	Lau Cheuk Hin	NCC
	24	Li Jack Siu Nam	WESLEY
	25	Keung Shun Shing	QC
	26	Chan Wang Hin	CCSC
	27	Iqbal, Abdul Kabeer	HKTAYY3
	28	Choi Hei Shun	CCSC
	29	Lu Yung Sung	NCC
	30	Lin Ho Hin	NDC
	31	Bilal Muhammad Yousaf	YCKMC-2
	32	Miao Yuk Lam	NWCSS
	33	Tse, Ming Ming	HKSS
	34	Mohammad Mateen Haider	CSL
	35	Kwok Hin Tung	HKTAYY3
	36	Shum Ping Wo Tyler	SMS
	37	Lui Ka Tung	WTSMC
	38	To Ka Wai	ATS
	39	Tang Kin Long Michael	FSS-KT

Event 34	Girls A Grade High Jump	1:00pm
	Record : 1.74	Standard : 1.23
Final	1 Ng Yat Tung	WESLEY
	2 Shum Yolanda	CCSC
	3 Ting Tung	CWCC
	4 Chan Yee Ling	KTSS
	5 Wong In Laam	CWCC
	6 So Tsz Lum	BPS
	7 Fong Hau Ching	SMS
	8 Silva Gaile Au	OLRC
	9 Salsabil Aiman Abdalsalam Shahata	YCKMC-2
	10 Ma Chit Lam	HTMS-THT
	11 Choi Wai Ying Sharon	TLGC
	12 Yip Man Ying	PKSS
	13 Lam Pak Hei	WESLEY
	14 Cheung Ho Yuet	WTSMC
	15 Yiu Wai Sze	LCD
	16 Tong Yuk Shan	NCC
	17 Lau Wing Tung	SKHKH
	18 Lee Sum Yee	TLGC
	19 Lam Hiu Ching	CWCCSS
	20 Zhang Xiaojun	SKWGSS
	21 Lam Hoi Ying	NCC
	22 Tsang Leanne Lai Yan	WTSMC
	23 Hong Tsz Yan	QUALIED
	24 Chan Wing Kiu	SKWGSS
	25 Ng Snowy	PTCC
	26 Yip Sik Wun Sharon	SKHTKP
	27 Chan Yuet Yee	BPS
	28 Nie Kwan Wing	KSSS
	29 Yeung Ka Wai	PKSS

Event 35	Girls C Grade Long Jump	1:00pm
	Record : 5.43	Standard : 3.10
Final	1	Siu On Kiu Charlotte SMS
	2	Choi Cheuk Wing SWC
	3	Fung Lok Yiu Chloe DLKP
	4	Lee Cheuk Ying TLGC
	5	Lau Tsz Kiu KTSS
	6	Li Cheuk Yu WTSMC
	7	Lee Tsz Hang Christie MSCHK
	8	Wong Wing Tung HTMS-THT
	9	Kwan Tsz Ching NCC
	10	Lee Wing Tung SKHKH
	11	Wong So Yi WTSMC
	12	Hui Cheuk Lam BPS
	13	Lai Jianing NDC
	14	Yao Hiukwan CCCKT
	15	Ho Bo Yu LWSSS
	16	Ermias Betanya Samuel YCKMC-2
	17	So Yuen Chi SKHKH
	18	Chan Hei Lui HKTAYY3
	19	Liu Yan Chi KSSS
	20	Hong Tsz Yan WESLEY
	21	Thapa Angel YCKMC-2
	22	Tse Kit Ying SWC
	23	Ho Wing Tung CCCKT
	24	Wong Wing Sum SKHTKP
	25	Lo Tin Yan SKWGSS
	26	Ho Cheuk Ying Siena OLCR
	27	Lai Nok Ching PTCC
	28	So Tsz Ching WESLEY
	29	Zhang Tsz Yi BTHC
	30	Sha Cheuk Tung BPS
	31	Lyu Xiaotong LCMS
	32	Kwok Sin Ying KSSS
	33	Ma Ching Kiu CWCC
	34	Maniaul Kathlene Jahzeel Santiago CWCCSS
	35	Lam Wing Yin MDIST
	36	Tung Tsz Yin Zaida TNSS
	37	Liu Hing Ngok DMS-GP
	38	Chan Yen Tung PBSS
	39	Wan Cheuk Shan Nicole TLGC
	40	Lin Ming Wai LCMS
	41	Recto River Zoe Dinoso NDC
	42	Lo Sze Ching LWSSS
	43	Santos Princess Audrey Manzanillo DMS-GP
	44	Cheng Nga Yu SMS
	45	Cheng Xinrou BTHC
	46	Wong Cho Yee DLKP
	47	Liu Zhicheng SKHTKP
	48	Chen Po Ying PTCC
	49	Li Cheuk Ting Angie HTMS-THT
	50	Li Lung Yee Zoe NCC
	51	Woo Nerina CCSC
	52	Chong Pei Wen KTSS
	53	Choy Hei Yin Alice PBSS
	54	Fan Pui Lam CWCC
	55	Choi Cheuk Wing SKWGSS
	56	Lin Lok Yung CCSC

Event 36	Girls C Grade 200m	1:00pm
	Record : 25.77	
Semi-Final 1	1 Siu On Kiu Charlotte	SMS
	2 Cheng Tsam Yuet	OLRC
	3 Yuen Yat Yi Hannah	SWC
	4 Chukwuka Chinaza Gabrielle	DMS-GP
	5 Deng Pui Shan	CCCKT
	6 Leung Mung Shu Tiffany	HTCSS
	7 Panique Samantha Dale Escalona	HKTAYY3
	8 Tsang Nok Man	MSCHK
Semi-Final 2	1 Ho Cheuk Yan	BTHC
	2 Ip Oi Ching	SWC
	3 Chung Nga Man	OLRC
	4 Chan Yuet Ying Odette	TNSS
	5 Li Wing Kiu Jasmine	HTMS-THT
	6 Ngai Chi Yau	KSSS
	7 Chan Fei Yeung	CWCC
	8 Lui Ka Wai	TLGC
Semi-Final 3	1 Liu Yan Chi	KSSS
	2 Chen Shuk Yee	SKHKH
	3 Chan Hei Yuet	WESLEY
	4 Wong Man Wing Vienne	CWCC
	5 Yu Man Wai	MDIST
	6 Law Wai Ling	TNSS
	7 Tsang Mei Ki	LCMS
	8 Li Juan Yan Jolie	HKTAYY3
Event 37	Boys C Grade 200m	1:00pm
	Record : 22.59	
Semi-Final 1	1 Woo Hei Nok Arnold	MSCHK
	2 Wong Ying Fan	DLKP
	3 Fu Hao	FSS-KT
	4 Cheng Tsun Hei	HTMS-THT
	5 Kan Chuen Ki	DLKP
	6 Ng Shing Hin	LWSSS
	7 Pavandeep Singh Hayer	HKTAYY3
	8 Leung Ip Ka	CCSC
Semi-Final 2	1 Chow Sun Tung	SKHKH
	2 Tang Long Tin	SKHKH
	3 Tang Ho Hin Chester	SKHTKP
	4 Wong Matthew	LCD
	5 Lee Ho Nam	HKTKP
	6 Ngan Pak Him	FSS-KT
	7 Chan Wing Hong	QC
	8 Wong Tsz Chung	WESLEY
Semi-Final 3	1 Wong Tsz Hin	KTSS
	2 Wang Yik Ho Eriksson	KTSS
	3 Chu Tsun Hing	CCSC
	4 Cheung Ho Yeung Harvey	MDIST
	5 Lai Chun Yip	QUALIED
	6 Ting, Yu Tung	MSCHK
	7 Sze Wai Nok	WESLEY
	8 Law Man Yuk	SKHTKP

Event 38	Girls B Grade 200m	1:00pm	
	Record : 24.96		
Semi-Final 1	1	Chan Tsz Yau	HTCSS
	2	Lau Ka Hei	QUALIED
	3	Tang Long Ching	SKHKH
	4	Yeung Kwan Ting	HKTAYY3
	5	Ko Hoi Ching	CCCKT
	6	Kwok Hang Kiu	CWCC
	7	Chan Wang Yu	YCKMC-2
	8	Hui Tsz Kiu	QUALIED
Semi-Final 2	1	Lam Hoi Shuen	WESLEY
	2	Wan Man Kei	WTSMC
	3	Leung Hoi Ching	PBSS
	4	Fung Tsz Kiu	OLRC
	5	Chung Wai Kiu	HTMS-THT
	6	Chan, Suet Ying	MSCHK
	7	Miu Hau Yin	HTCSS
	8	Sellers Scarlett Eve Stenhouse-Stewart	YCKMC-2
Semi-Final 3	1	Sum Ka Tung	PTCC
	2	Li Jiamiao	KSSS
	3	Tse, Nga Kiu	MSCHK
	4	Lee Hei Yan	OLRC
	5	Choi On Kiu	SWC
	6	Wong Hei Wun	CCCKT
	7	Pun Chau Yee	PKSS
	8	Sin Man Wai	SKWGSS
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Event 39	Boys B Grade 200m	1:15pm	
	Record : 21.90		
Semi-Final 1	1	Liang Chung On	NWCSS
	2	Liem Ho Yat Isaac	SMS
	3	Lin, Chun King	MSCHK
	4	Wong Kam Fu	QUALIED
	5	Ip Chung To	SKHKH
	6	Wong Adrian	HKTKP
	7	Choy Pak Hin	CWCC
	8	Chu Wing Him	BTHC
Semi-Final 2	1	Zeng Jinzhou	LCMS
	2	Wong Ka Po	CSL
	3	Kwok Yui	LCD
	4	Pang Mavis	HTCSS
	5	Zou Zixi	WTSMC
	6	Guo Wen Kai	NCC
	7	Chin Wai Lok	FSS-KT
	8	Malonzo Jann Miguel Loyola	YCKMC-2
Semi-Final 3	1	Tang Pak Hong	CCSC
	2	Tam Andy Po Chung	PKSS
	3	Lee Pui Lam	SMS
	4	Ma Hiu Yin	QUALIED
	5	Chui O Chit Oren	WESLEY
	6	Cheung Wai Kit	HTCSS
	7	Lui Lok Him	BTHC
	8	Pang Pak Kiu	KTSS

Event 40	Girls A Grade 200m		1:15pm
	Record : 24.31		
Semi-Final 1	1	Zeng Yaxin	LCMS
	2	Wong Ka Yan	TNSS
	3	Yeung Ka Wai	PKSS
	4	Tsang Tsz Yan	KSSS
	5	Lee Sum Yee Emiko	LCD
	6	Chan Yee Ling	KTSS
	7	Hong Zilin	SKHTKP
	8	Au Yeung Hei Tung	TLGC
Semi-Final 2	1	Zeng Yaqi	LCMS
	2	Arina-Tseo-Ming-En-Tseo-Nai-Woo	CWCC
	3	Shum Yolanda	CCSC
	4	Lee Ka Yan	KSSS
	5	Hui Trina	SMS
	6	Chan Hiu Ching	SKHTKP
	7	Jiang Yau Chun	BPS
	8	To Yuet Yau	WBSS
Event 41	Boys A Grade 200m		1:15pm
	Record : 21.91		
Semi-Final 1	1	Hou Sheng Wei	ATS
	2	Cheung Sum Ho	QUALIED
	3	Tso Tsz Chun Gareth	KCC
	4	Choi Cheuk Hei	BTHC
	5	Lo Tsz Hin	HTCSS
	6	Feng Tsz To	KTSS
	7	Chung Cheuk Fung	QC
	8	Tam Yu Hong	TVGSS
Semi-Final 2	1	Sotto Jann Briann Anselmo	DMS-GP
	2	Lok Kai Chung	NCC
	3	Chan Ka Wai	NCC
	4	Chung Chun Hung	CWCC
	5	Ko Long Ching	FSS-KT
	6	Chow Tsz Lok	ATS
	7	Cheung Ho Wai	CCSC
	8	Yip Tin Long	SKWGSS
Semi-Final 3	1	Chung Yiu Sing	LCMS
	2	Choy Pak Yin Jeffrey	KCC
	3	Liu Chit	QUALIED
	4	Manjot-Singh	HKTAYY3
	5	Feng Chun Kit	KTSS
	6	Cheung Kin Long	PKSS
	7	Chan Yip Lam	HKTKP
	8	Chen For Kam	HTMS-THT
Event 42	Boys C Grade 1500m		1:30pm
	Record : 4:24.54		Standard : 5:58.00
Final	1	Leung Tsun Hei	NCC
	2	Yeung Yat Ho	WTSMC
	3	Ip Hin Ting	WBSS
	4	Zheng Chin Yik Robin	FSS-KT
	5	Cheng Chi Ho	HKTAYY3
	6	Cheuk Chon Hei	QUALIED
	7	Keung Ho Cheung Horus	ATS
	8	Wang Ka Hei	BTHC
	9	Mohammad Saif Bin Naseem	CSL
	10	Tai Chi Ming	HKTAYY3
	11	Ma Aiden Wun Hin	DLKP
	12	Lam, Pak Yin	HKSS

Event 43	Boys B Grade 1500m		1:30pm
	Record : 4:10.65		Standard : 5:40.00
Final	1	Leung Ho Yiu	QUALIED
	2	Chu Hon Yin	DLKP
	3	Leung Ka Ming	HTMS-THT
	4	Kwok Chun On	HKTAYY3
	5	Chung Ho Yin	HTMS-THT
	6	Ng Sai Ho	SKHKH
	7	Lai Ching To	FSS-KT
	8	Lo King Wang	KTSS
	9	Lam Leong Hei	WESLEY
	10	Wong Hoi To Irvin	CWCC
	11	Tsang Yiu Ting	FSS-KT
	12	Cheung Ho Ho	NCC
Event 44	Boys A Grade 1500m		1:30pm
	Record : 4:02.02		Standard : 5:30.00
Final	1	Lum Tsz Nok	QUALIED
	2	Hui Yat Hang	FSS-KT
	3	Wang Yan Kwai	CSL
	4	Wong Chak Lam	WBSS
	5	Ou Chung Yin	WESLEY
	6	Samsul Ahmed Tanim	HTCSS
	7	Lam Hin Wang	ATS
	8	Feng Nok Yin	KTSS
	9	Young Haron Yuk Miu	CWCC
	10	Sidhu Pukhraj Singh	HKTAYY3
	11	Wang Yan Hon	CSL
	12	Wu Ruixin	WBSS
Event 45	Girls C Grade 4x400m Relay		2:00pm
	Record : 4:12.52		Standard : 5:45.00
Heat 1	1		CCSC
	2		SKHKH
	3		NCC
	4		BPS
	5		PBSS
	6		DMS-GP
	7		WESLEY
	8		SWC
Heat 2	1		HKTAYY3
	2		WTSMC
	3		SMS
	4		SKWGSS
	5		TLGC
	6		BTHC
	7		PTCC
	8		CSL
Heat 3	1		KTSS
	2		PKSS
	3		CWCC
	4		HTMS-THT
	5		LWSSS
	6		KSSS
	7		SKHTKP
	8		QUALIED

Event 46	Girls B Grade 4x400m Relay	2:00pm
	Record : 3:59.42	Standard : 5:35.00
Heat 1	1	PBSS
	2	QUALIED
	3	CCSC
	4	TLGC
	5	CWCC
	6	SWC
	7	CSL
	8	SKWGSS
Heat 2	1	OLRC
	2	BPS
	3	PTCC
	4	WTSMC
	5	NDC
	6	HTMS-THT
	7	WESLEY
	8	DMS-GP
Heat 3	1	KTSS
	2	KSSS
	3	BTHC
	4	NWCSS
	5	YCKMC-2
	6	NCC
	7	SKHKH
	8	LCMS

Event 47	Girls A Grade 4x400m Relay	2:00pm
	Record : 4:07.82	Standard : 5:28.00
Heat 1	1	NCC
	2	CWCC
	3	SKHKH
	4	HKTAYY3
	5	SKWGSS
	6	BPS
	7	KSSS
Heat 2	1	PTCC
	2	WESLEY
	3	WTSMC
	4	QUALIED
	5	NWCSS
	6	DMS-GP
	7	SMS
Heat 3	1	BTHC
	2	CCSC
	3	CSL
	4	OLRC
	5	NDC
	6	HTMS-THT
	7	TLGC

Event 48	Boys C Grade 4x400m Relay	3:15pm
	Record : 3:45.03	Standard : 4:50.00
Heat 1	1	SKHKH
	2	WESLEY
	3	LCD
	4	MDIST
	5	SMS
	6	QUALIED
	7	NWCSS



Heat 2	1	DLKP
	2	ATS
	3	NCC
	4	SKWGSS
	5	FSS-KT
	6	HKSS
	7	QC
Heat 3	2	PKSS
	3	HTMS-THT
	4	HKTAYY3
	5	BTHC
	6	DMS-GP
	7	CCSC
	Heat 4	2
3		KTSS
4		CWCC
5		HKTKP
6		CSL
7		WTSMC

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Event 49	Boys B Grade 4x400m Relay	3:15pm
	Record : 3:33.81	Standard : 4:28.00

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Heat 1	1	SKWGSS
	2	QC
	3	DLKP
	4	DMS-GP
	5	HKTAYY3
	6	WTSMC
	7	CSL
	8	HKTKP
Heat 2	1	SKHKH
	2	SKHTKP
	3	HTCSS
	4	QUALIED
	5	BTHC
	6	LWSSS
	7	NWCSS
	8	ATS
Heat 3	1	FSS-KT
	2	SMS
	3	NDC
	4	HTMS-THT
	5	PKSS
	6	LCD
	7	CCSC
Heat 4	1	KTSS
	2	WESLEY
	3	MDIST
	4	CWCC
	5	YCKMC-2
	6	NCC
	7	LCMS

Event 50	Boys A Grade 4x400m Relay	3:15pm
	Record : 3:25.18	Standard : 4:13.00
Heat 1	1	CWCC
	2	YCKMC-2
	3	HTMS-THT
	4	FSS-KT
	5	ATS
	6	CCSC
	7	HKTKP
Heat 2	1	NWCSS
	2	TVGSS
	3	WBSS
	4	MDIST
	5	QUALIED
	6	LCD
	7	QC
Heat 3	1	KTSS
	2	LCMS
	3	WTSMC
	4	DMS-GP
	5	CSL
	6	BTHC
	7	PKSS
Heat 4	2	WESLEY
	3	SMS
	4	SKHKH
	5	NCC
	6	SKWGSS
	7	HKTAYY3