

HONG KONG ISLAND & KOWLOON SECONDARY SCHOOLS
INTER-SCHOOL ATHLETICS COMPETITION 2023-2024
DIVISION THREE (AREA 4)

GUEST OF HONOUR

MS. CHIU LAI NGA

PRINCIPAL OF HKSYCIA WONG TAI SHAN MEMORIAL COLLEGE

Acknowledgement

The Hong Kong Island & Kowloon Secondary Schools Regional Committee wishes to express its appreciation to the following organisations and persons for their support & assistance to the Inter-School Athletics Competition (Division Three (Area 4)).

- *MS. CHIU LAI NGA, PRINCIPAL OF HKSYCIA WONG TAI SHAN MEMORIAL COLLEGE for presenting prizes to winning schools*
- *LEISURE AND CULTURAL SERVICES DEPARTMENT for subventing the Competition*
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- *MR. TANG KUN LOI, MR. ERIC TSANG & MR. WATSON NG for serving as Referees*
- *LIFE LINE MEDICAL TRAINING CENTRE for providing first aid services*
- *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 True Light Girls' College*
- *STUDENT HELPERS of participating schools*

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

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	HKTKP	3. Mr. Teacher From Wtsmc WTSMC
	2. Mr. Wan Yi Lok	QC	
	<i>Student from HKTKP</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 HKTKP
	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)

Final Day 27 February 2024

8:15 AM Officials report to duty

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

	No.	Time	Event		Final
		8:15am	Officials Report (工作人員報到)		
AM	1	8:30am	Discus (鐵餅)	Boys A	48
	2		High Jump (跳高)	Boys B	33
	3		Long Jump (跳遠)		Girls B 56
	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	37
	24	10:30am	Long Jump (跳遠)	Boys A	55
	25		800m		Girls C
	26		"	Boys C	
	27		"		Girls B
	28		"	Boys B	
	29		"		Girls A
	30		"	Boys A	
	31	11:00am	Javelin (標槍)		Girls A 26
	32		200m		Girls C
	33		"	Boys C	
	34		"		Girls B
	35		"	Boys B	
	36		"		Girls A
	37		"	Boys A	
PM	38	1:00pm	Discus (鐵餅)	Boys C	41
	39		1500m		Girls C 39
	40		"		Girls B 41
	41		"		Girls A 28
	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 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

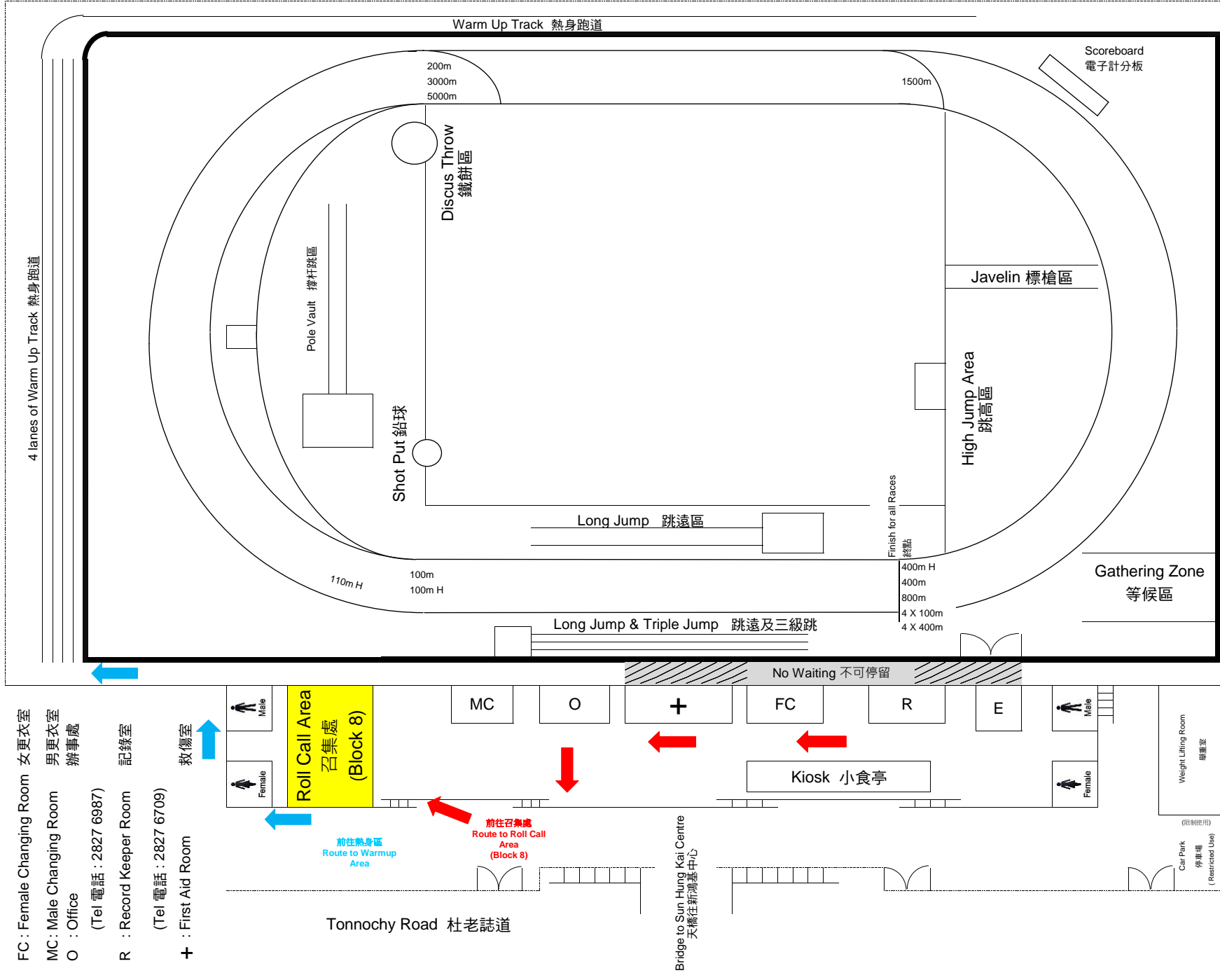
(Tel 電話 : 2827 6987)

R : Record Keeper Room 記錄室

(Tel 電話 : 2827 6709)

+ : First Aid Room 救傷室

Hung Hing Road 鴻興道



Gloucester Road 告士打道

Not to Scale 不按比例

HK Island & Kowloon Secondary Schools Regional Committee
Inter-School Athletics Competition

Management of Relay Races

Participating schools should brief their runners the proper procedure in conducting relay races.

1. Teams are required to fill out the relay form. Forms will be distributed at the Record Keeper Room on the race day morning.
2. Teams will **SUBMIT their relay form and student registration cards** when marshalling. Call Room Judges will then **RETURN the student registration cards** to students after checking.
3. Athletes will be sent directly to their respective relay take-over zone after marshalling.
4. The anchor leg should hand the baton to the official after the race. Throwing the baton is dangerous and any deliberate action shall cause disqualification of a team.

4 x 400m Relay Race

1. The 4th athlete should stick the lane number label on the right hand side of his shorts.
2. The first runner should take a baton from an official and ready to commence the race in his own lane. The colour of the starting line is White-Blue-White.
3. After the start of a race, the 2nd runner shall place himself inside the take-over zones on his own lane. Each take over zone shall be 20m long and marked by blue colour.
4. The 2nd runner is not permitted to begin running outside his take-over zone, and shall start within this zone. Similarly, the 3rd and 4th athletes shall begin running from within their take-over zones.
5. After the passing of baton is completed, the 2nd runner shall run in his own lane and may break from his lane immediately he has passed the line after the first bend (break line) which shall be marked in green colour near the start line of 1500m race.
6. The take-over zone of 3rd and 4th athletes will be the 10m lines either side of the finish line. The athletes in the third and fourth legs shall, under the direction of a designated official, place themselves in their waiting position in the same order (inside to out) as the order of their respective team members are they complete 200m of their legs. Once the incoming athletes have passed this point, the waiting athletes shall maintain their order, and shall not exchange positions at the beginning of the take-over zone. Should any athlete not follow this rule he shall cause the disqualification of his team.
7. Athletes, before receiving and/or after handing over the baton, should keep in their lanes or zones, in this last case until the course is clear to avoid obstruction to other athletes. Should any athlete **willfully impede** a member of another team by running out of position or lane at the finish of his stage, his team shall be disqualified.
8. After a race is completed, the anchor leg should return the baton to an official and return the lane number label.

THE SCHOOLS SPORTS FEDERATION OF HONG KONG, CHINA
Hong Kong Island & Kowloon Secondary Schools Regional Committee

Inter-School Athletics Competition
Division Three (Area Four)
Final Day

Please Scan This QR code for the
competition result of today



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

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

Inter-School Athletics Competition 2023-2024

Division Three (Area 4)

Day Two 23 February 2024

Boys Overall

Position	School	A	B	C	Total
1	Newman Catholic College	36	47	32	115
2	Heung To Middle School (Tai Hang Tung)	15	53	21	89
3	Fukien Secondary School (Kwun Tong)	26	17	45	88
3	TWGHs Lee Ching Dea Memorial College	27	54	7	88
5	HKTA The Yuen Yuen Institute No.3 Secondary School	32	30	15	77
6	Po Kok Secondary School	34	17	25	76
7	St. Mark's School	15	40	17	72
8	Man Kwan QualiEd College	16	22	27	65
9	SKH Kei Hau Secondary School	20	25	15	60
10	HKMA David Li Kwok Po College	14	19	20	53
11	Cheung Chuk Shan College	14	18	20	52
12	Hong Kong Chinese Women's Club College	13	25	11	49
13	Queen's College	13	19	16	48
14	HKSYCIA Wong Tai Shan Memorial College	5	19	23	47
15	Hong Kong Tang King Po College	14	6	21	41
15	The Methodist Church Hong Kong Wesley College	8	19	14	41
17	Aberdeen Technical School	19	10	8	37
18	Buddhist Tai Hung College	9	12	15	36
19	Delia Memorial School (Glee Path)	18	4	13	35
20	The Salvation Army William Booth Secondary School	19		15	34
20	HKWMA Chu Shek Lun Secondary School	21	9	4	34
22	Kowloon Tong School (Secondary Section)	12	11	7	30
23	Lai Chack Middle School	5	17	7	29
24	Munsang College (Hong Kong Island)	6	7	13	26
25	Notre Dame College	6	10	8	24
25	Nam Wah Catholic Secondary School	8	14	2	24
27	SKH Holy Trinity Church Secondary School	9	7	7	23
27	Shaukeiwan Government Secondary School	5	13	5	23
29	Methodist College	7	7	7	21
30	Yu Chun Keung Memorial College No. 2	12	6	0	18
31	SKH Tsoi Kung Po Secondary School	4	3	8	15
31	Tang Shiu Kin Victoria Government Secondary School	14	0	1	15
33	CNEC Lau Wing Sang Secondary School	1	8	3	12
34	Kiangsu-Chekiang College	6	5	0	11
35	Hong Kong Sea School	2	0	2	4
36	Caritas Wu Cheng-Chung Secondary School	1	0	1	2
37	Chi Lin Buddhist Secondary School	0	0		0

Inter-School Athletics Competition 2023-2024

Division Three (Area 4)

Day Two 23 February 2024

Girls Overall

Position	School	A	B	C	Total
1	HKSYCIA Wong Tai Shan Memorial College	27	14	43.5	84.5
2	STFA Seaward Woo College		30	35	65
3	St. Mark's School	30	4	24.5	58.5
4	Our Lady of the Rosary College	27	21	8	56
5	Heung To Middle School (Tai Hang Tung)	17	16	19	52
6	CCC Kei To Secondary School	26	15	10	51
6	Belilios Public School	6	15	30	51
8	Man Kwan QualiEd College	12	28	8	48
9	Cheung Chuk Shan College	23	16	5	44
10	Po Kok Secondary School	25	17	1	43
11	The Methodist Church Hong Kong Wesley College	13	17	11	41
12	SKH Kei Hau Secondary School	15	9	15	39
13	Kit Sam Lam Bing Yim Secondary School	12	14	10	36
14	Newman Catholic College	9	22	2	33
15	Hong Kong Chinese Women's Club College	8	11	12	31
16	Precious Blood Secondary School	15	5	7.5	27.5
17	True Light Girls' College	3	6	14	23
18	Tak Nga Secondary School	6	6	10.5	22.5
19	Pui Tak Canossian College	1	8	10	19
20	HKWMA Chu Shek Lun Secondary School	9	3	6	18
21	HKTA The Yuen Yuen Institute No.3 Secondary School	7	5	5	17
21	HKMA David Li Kwok Po College	3	2	12	17
23	Delia Memorial School (Glee Path)	1	12	3	16
24	Yu Chun Keung Memorial College No. 2	4	10	1	15
24	Buddhist Tai Hung College	3	4	8	15
24	Lai Chack Middle School	8	2	5	15
24	Notre Dame College	12	1	2	15
28	SKH Holy Trinity Church Secondary School	6	6	2	14
28	Munsang College (Hong Kong Island)	1	5	8	14
28	SKH Tsoi Kung Po Secondary School	7	1	6	14
28	Nam Wah Catholic Secondary School	13	1	0	14
32	Shaukeiwan Government Secondary School	2	5	5	12
33	Methodist College	2	3	3	8
33	TWGHs Lee Ching Dea Memorial College	6	2	0	8
33	Kowloon Tong School (Secondary Section)	1	0	7	8
33	Tang Shiu Kin Victoria Government Secondary School	8			8
37	The Salvation Army William Booth Secondary School	4	0		4
37	Kiangsu-Chekiang College	4	0		4
39	CNEC Lau Wing Sang Secondary School			2	2
40	Caritas Wu Cheng-Chung Secondary School	0	0	0	0

Inter-School Athletics Competition 2023-2024

Division Three (Area 4)

Final Day 27 February 2024

Event 1	Boys A Grade Discus	8:30am
	Record : 49.69	Standard : 18.50
Final	1 Singh Sahilpreet Gill	DMS-GP
	2 Ho Pak Hei	ATS
	3 Ho Chun Yin Evan	KCC
	4 Tsang Wa Ching	ATS
	5 Peng Yuen Tong	CCSC
	6 Mohammad Saad Bin Naseem	CSL
	7 Tsoi King Ho	QUALIED
	8 Lam Shing Shing	LCMS
	9 Joe Anthony Kar Tong	WESLEY
	10 Ho Chi Fung	PKSS
	11 Ha Man Kit	LCMS
	12 Wu Sin Kit	PKSS
	13 Xiong Jinhao	DLKP
	14 Yu Ka Wai	NDC
	15 Xu Tsz Ho	HTMS-THT
	16 Cheung Pak Hei	YCKMC-2
	17 Sze-To Sheung Chi Sean	QC
	18 Feng Tsz Kin	WBSS
	19 Chan Chi Chuen	NCC
	20 Leung Tsz Kin	NWCSS
	21 Du Weisheng	TVGSS
	22 Tsang, Tsz Yui Max	HKSS
	23 Wang Juelel	CSL
	24 Hung Ho Lam	BTHC
	25 Lau Yat To	SMS
	26 Cheng Cheung Man	NDC
	27 Iqbal Muhammad Abdullah	HKTAYY3
	28 Wong Wing Kwan	CWCCSS
	29 Li Hoi Yeung	SKHKH
	30 Lau Tsz Ngo	LCD
	31 Lau Yat	DLKP
	32 Pun Kin Ming	SKHKH
	33 Lau, Cheuk Wai	HKSS
	34 Shih Jibaja Fong Yong	KCC
	35 Huang Kin Ming	BTHC
	36 Vallance Scott Norton	HKTAYY3
	37 Leung Pak Lam Jacky	SMS
	38 Li Kuen Fung	HTMS-THT
	39 Yim Cho Fei Jeffrey	QC
	40 Wong Kam Chun	TVGSS
	41 Lam Wan Kin	FSS-KT
	42 Mcneill Marc Kelvin	YCKMC-2
	43 Chow Pui Lok Paul	WESLEY
	44 Namhat Natapong	LCD
	45 Lam Chi Him	NCC
	46 Lau Pollio	FSS-KT
	47 Wu Ruixin	WBSS
	48 Yip Tsz Wang	CCSC

Event 2	Boys B Grade High Jump	8:30am	
	Record : 1.96	Standard : 1.45	
Final	1	Ma Tsz Hin	QUALIED
	2	Malonzo Jann Miguel Loyola	YCKMC-2
	3	Lee Hin Yeung	SMS
	4	Wang Yu Sum	FSS-KT
	5	Khan Anas Sajjad	HKTAYY3
	6	Chu Wing Him	BTHC
	7	Kwan Kwan Yu	HTMS-THT
	8	Xu Tianting	SMS
	9	Lui Hei Yin	FSS-KT
	10	Zeng Yuanbin	KTSS
	11	Li Ho Yu	CCSC
	12	Wong Yat Lam	LCMS
	13	Paghadal Jal Manojkumar	DMS-GP
	14	Ip Chung To	SKHKH
	15	Cheung Chung Hei	HTMS-THT
	16	Kunwor Sisir	QC
	17	Ting Wai Yuk	SKHTKP
	18	Chang Tin Lok	QUALIED
	19	Chui Chin Ting	QC
	20	Zhao Tsz Ho	YCKMC-2
	21	Tsang Pak Kiu Gordon	ATS
	22	Tsui Nguyen Gia Bao Jimmy	NCC
	23	Lam Cheuk Yin	SKHTKP
	24	Zou Tsz Yui	SKHKH
	25	Liu, Hoi Kiu	HKSS
	26	Tsoi Yan Lok Lukas	ATS
	27	Ke Cheuk Hing	BTHC
	28	Kung Tsun Wang Avignon	LCD
	29	Chan Long Ho	CCSC
	30	Leung Chun Yu	LCD
	31	Lu Yung Sung	NCC
	32	Iqbal, Abdul Kabeer	HKTAYY3
	33	Nalbo Anmol	DMS-GP

Event 3	Girls B Grade Long Jump	8:30am	
	Record : 5.76	Standard : 3.40	
Final	1	Lii Wai Yee	SWC
	2	Shi Shasha	SKWGSS
	3	Lee Suet Ying Ice	CCCKT
	4	Tan Ho Yi	KCC
	5	Chan Hau Wa	HTMS-THT
	6	Cheung Hoi Yi Chloe	SKWGSS
	7	Kwong Tsz Wan	QUALIED
	8	Zuo Yunshu Isabel	BPS
	9	Wong Tsz Ching Joey	CCSC
	10	Hui Sze Man	CWCC
	11	Fung Hoi Lam	WESLEY
	12	Yeung Hei Man	NDC
	13	Lam Hoi Shuen	WESLEY
	14	Xiang Avivi Yee Tung	CCCKT
	15	Chow Tsz Hang	LCMS
	16	Law Nga Yan	SKHTKP
	17	So Pui Chi	OLRC
	18	Ng Ka Wing	PKSS
	19	Shum Yui Ki	CWCC
	20	Lau Hiu Ying Winnie	CSL
	21	Xu Xu	HKTAYY3
	22	Chan Jenna Abbie	YCKMC-2
	23	Wong Tsz Kwan	PBSS
	24	Yuen Megan Hei Kiu	TNSS
	25	Li Yuet Long	SKHKH
	26	Sotto Xandy Ann Anselmo	DMS-GP
	27	Wong Ming Yue	CCSC
	28	Siauw Nam Heung	WTSMC
	29	Chu Wing Sum	NCC
	30	Ng Tsz Huen	TNSS
	31	Fan Yuqi	HTCSS
	32	Tsang Sin Ki	CSL
	33	Tsang Tsz Ying Laura	QUALIED
	34	Shek Hei Ue	KSSS
	35	Shen Ip	WTSMC
	36	Ng Pik Lam Isabella	NCC
	37	Choi Cheuk Ki	TLGC
	38	Cheung Tsz Yau	PBSS
	39	Cheng Sze Yu	TLGC
	40	Mok Yuk Ying	BTHC
	41	Cheng Tin Yuet	CWCCSS
	42	Li Pui Yee	CWCCSS
	43	Shek Hoi Ching	PKSS
	44	Cheung Nga Man	HTMS-THT
	45	Chan Tsz Kiu	PTCC
	46	Fong Lok Ching	DLKP
	47	Lim Vanessa	KSSS
	48	Yeung Lok Sum	NDC
	49	Sham Tsz Hei	PTCC
	50	Yeung Kwan Ting	HKTAYY3
	51	Hung An Rou	SWC
	52	Ma Yan Tung	SKHKH
	53	Han Qier	HTCSS
	54	Wong Man Chi	BTHC
	55	Zhang Judy	KCC
	56	Chen Yu Hei	OLRC

Event 4	Girls C Grade Shot Put	8:30am	
	Record : 10.59	Standard : 5.50	
Final	1	Anjum Banjildeep Kaur	CWCCSS
	2	Ho Suen Lee	NWCSS
	3	Ho Pak Wai Emily	PTCC
	4	Yeung Sze Yu	WTSMC
	5	Raees Aisha	HKTAYY3
	6	Yeung Sze Ham	HTMS-THT
	7	Chua Via Perry Khen	CWCCSS
	8	Liu Shun Hei	KSSS
	9	Lang Hiu Yu	BTHC
	10	Altaf Yamna	OLRC
	11	Chiu Yuen Ching Kylie	WESLEY
	12	Li Ka Ying	CCCKT
	13	Chen Tai Tong	KSSS
	14	Wu Pui Lam	SMS
	15	Ding Amy	TLGC
	16	Tsang Lai Kuen	PBSS
	17	Li Wai Man	WTSMC
	18	Chamlagai Osika	HKTAYY3
	19	Tsai Kwan Yin	CCSC
	20	Li Yuen Sin	CWCC
	21	Lam Chin Sang	PKSS
	22	Wan Yuen Man	KTSS
	23	Tang Pui Yu	SKHKH
	24	Yip Ching Yau	NCC
	25	Leung Man Ching	SWC
	26	Siu Nga Yee	OLRC
	27	Rai Patrizia	DMS-GP
	28	Li Ka Ki	BPS
	29	Tang Wan Yiu	HTMS-THT
	30	Cheung Tsam Yuet	CWCC
	31	Chan Sum Yin	NCC
	32	Man Tsoi Wing	QUALIED
	33	Rai Mansi	DMS-GP
	34	Wu Hoi Lam	TLGC
	35	Leung Hei Yi	WESLEY
	36	Kwok Yat Yee	BPS
	37	Tang Ming Lai	LCD
	38	Wong Wing Hei Alice	SMS
	39	Lau Hiu Sin	QUALIED
	40	Tan Wing Yi	PTCC
	41	Khan Maha	YCKMC-2
	42	He Pun Wan	SWC
	43	Ng Megan	BTHC
	44	Chan Kai Yan	SKHKH
	45	Li Ka Lam	CCCKT
	46	Szeto Tsz Kei	PBSS
	47	Wong Ka Ki	PKSS
	48	Khan Muskaan	YCKMC-2

Event 5	Girls C Grade 100m Hurdles	8:30am	
	Record : 15.23		
Final	1	Leung Man Wai	HTMS-THT
	2	Zeng Yuen Man	WTSMC
	3	Choi Cheuk Wing	SWC
	4	Cheng Nga Yu	SMS
	5	So Yuen Chi	SKHKH
	6	Tse Kit Ying	SWC
	7	Lee Ngar Nam	BPS
	8	Fan Pui Lam	CWCC

Event 6	Girls B Grade 100m Hurdles	8:30am
	Record : 14.42	
Final	1 Chan Suet Lam	BTHC
	2 Siau Nam Heung	WTSMC
	3 Shen Ip	WTSMC
	4 Ho Dooriya	QUALIED
	5 Lu Ziyang	SWC
	6 Leung Wai Yiu	BPS
	7 Chung Yuen Laam	KSSS
	8 Chan Wang Yu	YCKMC-2
Event 7	Girls A Grade 100m Hurdles	8:30am
	Record : 13.76	
Final	1 Chik Pui Yan	DLKP
	2 Li Ming Chu	WTSMC
	3 Kwan Man Ching	SKHKH
	4 Lin Danni	WTSMC
	5 Kwok Wing Sum	SMS
	6 Cheung Chak Ying	CCSC
	7 Lau Wing Yi	CSL
	8 Chan Yee Ying	YCKMC-2
Event 8	Boys C Grade 100m Hurdles	8:30am
	Record : 13.57	
Final	1 Man Ho Lam	HKTKP
	2 Huang Kai Xiang	WTSMC
	3 Ng Wing Yuet	CCSC
	4 Law Tang Fung	HTCSS
	5 Cheung Ho Fai	NCC
	6 Ng Kai Yiu	SMS
	7 Tsoi Sing Yu	CWCC
	8 Lee Yik Hei Chester	CWCC
Event 9	Boys B Grade 100m Hurdles	8:30am
	Record : 13.25	
Final	1 Liu Hon San	QUALIED
	2 Liu Shun Luo	WTSMC
	3 Cheung Man Hei	WTSMC
	4 Kung Tsun Wang Avignon	LCD
	5 Chan Long Ho	CCSC
	6 Li Mingfeng	BTHC
	7 Cheng Timothy	SMS
	8 Watts Oliver Daniel	DLKP
Event 10	Boys A Grade 110m Hurdles	8:30am
	Record : 13.63	
Final	1 Danial-Yasin	HKTAYY3
	2 Mak Tsz Ching	WTSMC
	3 Li Zhuohang	NWCSS
	4 Huang Weixuan	NCC
	5 Lai Tsz Chung	CSL
	6 Ng Cheuk Lam Marcus	HTMS-THT
	7 Tam Shing Chak	MDIST
	8 Lui Pok Hin	HTMS-THT
Event 11	Girls C Grade 400m	9:00am
	Record : 58.64	
Final	1 Wong Wing Sum	SKHTKP
	2 Yuen Yat Yi Hannah	SWC
	3 Zhong Qingjin	HTMS-THT
	4 Fung Tsz Yiu	WTSMC
	5 Li Sum Yi	OLRC
	6 Lai Tin Man	CSL
	7 Leung Man Wai	HTMS-THT
	8 Lam Charmaine	KTSS

Event 12	Boys C Grade 400m	9:00am
	Record : 51.23	
Final	1 Ng Romeo	HTMS-THT
	2 Lee Ho Ting	MDIST
	3 Ng Wang Chit	PKSS
	4 Lin Wang Yu	SMS
	5 Ma Yi Kai	WTSMC
	6 Cheung Ho Fai	NCC
	7 Leung Chung Hang	FSS-KT
	8 Ting, Yu Tung	MSCHK
Event 13	Girls B Grade 400m	9:00am
	Record : 56.27	
Final	1 Lan Wing Yan	SKHTKP
	2 Lau Ka Hei	QUALIED
	3 Li Jiamiao	KSSS
	4 Leung Hoi Ching	PBSS
	5 Wong Ming Yue	CCSC
	6 Chu Wing Yi	QUALIED
	7 Zhong Ching Anne	WTSMC
	8 Chan Siu Hing	PBSS
Event 14	Boys B Grade 400m	9:00am
	Record : 49.72	
Final	1 Ma Hiu Yin	QUALIED
	2 Liem Ho Yat Isaac	SMS
	3 Wong Ka Po	CSL
	4 Ho Ka Wai	HTMS-THT
	5 Wong Kam Fu	QUALIED
	6 Woo Hei Shun Samuel	SMS
	7 Chan Pak Sum	NCC
	8 Ng Tsun Yuen	SKHTKP
Event 15	Girls A Grade 400m	9:00am
	Record : 57.37	
Final	1 Jiang Yau Chun	BPS
	2 Kwan Man Ching	SKHKH
	3 Lam Hoi Ying	NCC
	4 Zhang On Yuen	MDIST
	5 Tsang Tsz Yan	KSSS
	6 Wong Ying Wan	BTHC
	7 Li Yan	OLRC
	8 Hui Trina	SMS
Event 16	Boys A Grade 400m	9:00am
	Record : 49.92	
Final	1 Yam, Hong Ching	MSCHK
	2 Khan Sameer	HKTAYY3
	3 Cheung Sum Ho	QUALIED
	4 Chan Wai Shing	NWCSS
	5 Chan Ka Wai	NCC
	6 Manjot-Singh	HKTAYY3
	7 Cheung Ho Wai	CCSC
	8 Leung Tsz Kin	NCC
Event 17	Girls C Grade 100m	9:30am
	Record : 12.37	
Final	1 Ip Oi Ching	SWC
	2 Chung Nga Man	OLRC
	3 Cheng Tsam Yuet	OLRC
	4 Chan Hei Yuet	WESLEY
	5 Wang Yuhua	SWC
	6 Chen Shuk Yee	SKHKH
	7 Wong Cho Yee	DLKP
	8 Chan Yuet Ying Odette	TNSS

Event 18	Boys C Grade 100m	9:30am
	Record : 11.21	
Final	1	Ogbonna David Chibuike DMS-GP
	2	Wong Ying Fan DLKP
	3	Tang Long Tin SKHKH
	4	Lee Ho Ting MDIST
	5	Cheng Tsun Hei HTMS-THT
	6	Chu Tsun Hing CCSC
	7	Chong Cho Kuen SKHKH
	8	Ngan Pak Him FSS-KT
Event 19	Girls B Grade 100m	9:30am
	Record : 11.89	
Final	1	Chong Ka Yan SWC
	2	Tsang Tsz Ying Laura QUALIED
	3	Wan Man Kei WTSMC
	4	Lau Ka Ching QUALIED
	5	Tse, Nga Kiu MSCHK
	6	Ozor Favour Chioma DMS-GP
	7	Lee Suet Ying Ice CCCKT
	8	Mok Yuk Ying BTHC
Event 20	Boys B Grade 100m	9:30am
	Record : 10.63	
Final	1	Lam Tsz Ho CWCC
	2	Lin, Chun King MSCHK
	3	Chui O Chit Oren WESLEY
	4	Kwok Yui LCD
	5	Qi Haoyu CWCC
	6	Hung Kwok Hong NCC
	7	Lee Pui Lam SMS
	8	Zou Tsz Yui SKHKH
Event 21	Girls A Grade 100m	9:30am
	Record : 11.85	
Final	1	Liu Wing Tung HTMS-THT
	2	Li Ming Chu WTSMC
	3	Wong Ka Yan TNSS
	4	Arina-Tseo-Ming-En-Tseo-Nai-Woo CWCC
	5	Silva Gaile Au OLRC
	6	Wu Yee Lam SKHKH
	7	Lau Yan Yuet SMS
	8	Mok Mei Chun SKHTKP
Event 22	Boys A Grade 100m	9:30am
	Record : 10.60	
Final	1	Feng Chun Kit KTSS
	2	Liu Chit QUALIED
	3	Choy Pak Yin Jeffrey KCC
	4	Lok Kai Chung NCC
	5	Chen Erji SKHTKP
	6	Chan Chun Kin TVGSS
	7	Cheung Kin Long PKSS
	8	Chen, Ka Chun MSCHK

Event 23	Boys A Grade 5000m	10:00am	
	Record : 15:37.60	Standard : 21:45.00	
Final	1	Wong Tsz Ho	CSL
	2	Lam Hin Wang	ATS
	3	Tong Lok Yin	SMS
	4	Xiao Zishan	LCMS
	5	Hui Yat Hang	FSS-KT
	6	Cheng Sze Chit	MDIST
	7	Tai Chun Yin	WTSMC
	8	Yung Pu Chak	FSS-KT
	9	Lau Shing Cheung	HKTKP
	10	Wang Yan Kwai	CSL
	11	Kok Chun	SKWGSS
	12	Tsang Chun Hei	QC
	13	Yu Cheuk Long	SMS
	14	Wong Ryan Cheuk Yin	CLBSS
	15	Tsoi Wang Chuen	WBSS
	16	Tsoi Chak Hang	NCC
	17	Kwok San Yiu	TVGSS
	18	Chan Yuen On	KTSS
	19	Wong Lok Yin	YCKMC-2
	20	Wong Chak Lam	WBSS
	21	Premkumar Vipra Shree	CWCCSS
	22	Gurung Jenish	MDIST
	23	Sidhu Pukhraj Singh	HKTAYY3
	24	Lum Tsz Nok	QUALIED
	25	Lee Shing Yip	CLBSS
	26	Ou Chung Yin	WESLEY
	27	Khan Mohammad Abrahaem	DMS-GP
	28	Wang Kwan	NCC
	29	Wang Junhe	HTMS-THT
	30	Yip Hon Kwan	QC
	31	Hau Yiu Chi	SKHKH
	32	Poon Man Hei Joe	KCC
	33	Zhong Zhijie	HTMS-THT
	34	Kwok Shing Ho Kurtis	CCSC
	35	Mohammad Sameer	DMS-GP
	36	Chen Weiyao	NWCSS
	37	Cheuk Ching Yiu	HKTAYY3

Event 24	Boys A Grade Long Jump		10:30am
	Record : 7.89		Standard : 4.90
Final	1	Yeung Chun Hei	CCSC
	2	Sze Wai Fung	FSS-KT
	3	Mok Chun Kit	SMS
	4	Singh Jashanjeet	CWCCSS
	5	Yee Hei Ming	HTMS-THT
	6	Lin Chi Yin	LWSSS
	7	Lau Shing Hei	CCSC
	8	Chow Tsz Lok	ATS
	9	Lee Kin Chun	QUALIED
	10	Li Zhuohang	NWCSS
	11	Cheng King To	SKHKH
	12	Kwok Hiu Yeung	CWCC
	13	Capulong Arvic Ian Fabriga	DMS-GP
	14	Cheung Lap Keung	NDC
	15	Wong Tsun Kit	HKTAYY3
	16	Chong Chung Tim	PKSS
	17	Lai Tsz Chung	CSL
	18	Tsang Yi Kok	WESLEY
	19	Mak Tsz Ching	WTSMC
	20	Cheng Ho Man	SMS
	21	Kwok Ka Ming	YCKMC-2
	22	Yeung Ka Chun	NWCSS
	23	Lo Shu Sing	SKWGSS
	24	Ifeanyi-Ubah Chideraa Morton	LCMS
	25	Cheung Lok Hei	CWCC
	26	Hon Tsun Yu	HKTAYY3
	27	Wong Sung Chi	HTCSS
	28	Lai Tsz Him	FSS-KT
	29	Lim Jacob Samuel Alberto	DMS-GP
	30	Chi Hong Yau	NDC
	31	Chen Erji	SKHTKP
	32	Yueh Cheung Pang Andrew	YCKMC-2
	33	Chen Weibin	SKHTKP
	34	Leung Ngai Chun	LCD
	35	Chan Sui Hin Alfred	KCC
	36	Leung Ka Hin	BTHC
	37	Sin Chun Yin	QC
	38	Wen Tsz Fung	CSL
	39	Lau Chun Hay	NCC
	40	Li Yen Ju	SKWGSS
	41	Ho Kai Yuen	NCC
	42	Ibrahim Muhammad	CWCCSS
	43	Chan Ivan Chun Hei	DLKP
	44	Chen Wing Tsun	BTHC
	45	Pan Omega	TVGSS
	46	Chan Yui Wun	ATS
	47	Ng Cheuk Lam Marcus	HTMS-THT
	48	Yip Chi Hong	KTSS
	49	Mo Cuining	LCMS
	50	Lo Man Him Hime	TVGSS
	51	Fok Ching Hei	SKHKH
	52	Lam Man Fung	LCD
	53	Sun Man Lok	WESLEY
	54	Hui Boris	QC
	55	Situ Matthew Kang You	KCC

Event 25	Girls C Grade 800m	10:30am
	Record : 2:19.72	
Final	1 Kay Yan Mei	BPS
	2 Yu Cheuk Wan	BPS
	3 Chan Sing Wen	PBSS
	4 Xu Feier	SKHTKP
	5 Lee Ying Qiao	DLKP
	6 Fung Tsz Yiu	WTSMC
	7 Law Pui Chi	CSL
	8 Fong Nga Yin	SWC
	9 Choi Luk Ki	SWC
	10 Law Hoi Ching	WESLEY
	11 Guo Yuqi	WTSMC
	12 Tang Lok Yan	TLGC
Event 26	Boys C Grade 800m	10:30am
	Record : 2:06.64	
Final	1 Leung Tsun Hei	NCC
	2 Ma Yi Kai	WTSMC
	3 Zheng Chin Yik Robin	FSS-KT
	4 Wang Ka Hei	BTHC
	5 Ip Hin Ting	WBSS
	6 Lam Ka Yau	NDC
	7 Keung Ho Cheung Horus	ATS
	8 Chan Hay Yeung	WESLEY
	9 Mohammad Saif Bin Naseem	CSL
	10 Tai Chi Ming	HKTAYY3
	11 Zhang Jia Heng	NCC
	12 Cheuk Chon Hei	QUALIED
Event 27	Girls B Grade 800m	10:30am
	Record : 2:15.76	
Final	1 Leung Yuet Tung Enya	HTMS-THT
	2 Ng Tsz Yin	CSL
	3 Chu Wing Yi	QUALIED
	4 Cheng Chak Yan	KSSS
	5 Li Man Hin	LCMS
	6 Ngai Ngai	SWC
	7 Lam Cheuk Ka	PTCC
	8 Zhen Pui Han	QUALIED
	9 Shi Han Lin	HTMS-THT
	10 Lam Toi Ying	KSSS
	11 Razack Asmah	HTCSS
	12 Yip Ka Kei	DMS-GP
Event 28	Boys B Grade 800m	10:30am
	Record : 2:00.69	
Final	1 Chu Hon Yin	DLKP
	2 Leung Ka Ming	HTMS-THT
	3 Ng Sai Ho	SKHKH
	4 Kwok Chun On	HKTAYY3
	5 Chan Pak Sum	NCC
	6 Cheung Ho Ho	NCC
	7 Lam Leong Hei	WESLEY
	8 Leung Ho Yiu	QUALIED
	9 De Guzman Jean Roven Taro	DMS-GP
	10 Chung Ho Yin	HTMS-THT
	11 Lo King Wang	KTSS
	12 Lai Ching To	FSS-KT

Event 29	Girls A Grade 800m	10:30am	
	Record : 2:17.06		
Final	1	Chang Chi Yu	PTCC
	2	Yang Chui Shan	LCMS
	3	Li Yan	OLRC
	4	Kwan Wing Yan	SKHKH
	5	Young Hazel Chin Miu	CWCC
	6	Zhang Ming Lee	WTSMC
	7	Lee Hiu Chun	SMS
	8	Wong Ying Wan	BTHC
	9	Mok Wai Yan	SKHKH
	10	Chan Hoi Hei	NDC
	11	Yeung Kaitlyn	OLRC
	12	Leung Hiu Yu	QUALIED
Event 30	Boys A Grade 800m	10:30am	
	Record : 1:54.89		
Final	1	Samsul Ahmed Tanim	HTCSS
	2	Feng Nok Yin	KTSS
	3	Su Wan Chak	PKSS
	4	Wong Tsz Him	SMS
	5	Cheung Yuk Kin	FSS-KT
	6	Lui Lam Anson	FSS-KT
	7	Hau Yiu Chi	SKHKH
	8	Young Haron Yuk Miu	CWCC
	9	Khan Sameer	HKTAYY3
	10	Lee Cheuk Yin	CCSC
	11	Li Ho Yee	ATS
	12	Wong Ka Hing	ATS
Event 31	Girls A Grade Javelin	11:00am	
	Record : 47.16	Standard : 13.50	
Final	1	Lin Huiyan	WTSMC
	2	Yu Hiu Ching	TLGC
	3	Wang Sze Lam	NCC
	4	Tse Man Yi Anson	CCCKT
	5	So Po Yu	WESLEY
	6	Chan Yee Po	TLGC
	7	Mak Tsz Yiu	OLRC
	8	Ye Tsz Yan	CCCKT
	9	Qu Yi Ting Annie	CCSC
	10	Cheung Tsoi Yi	NDC
	11	He Tsz Ching	WTSMC
	12	Cheng Tsang Kei	DLKP
	13	Yu Man Yan	HTMS-THT
	14	Zeng Sum Yu	KSSS
	15	Yau Tsz Wai Evelyn	OLRC
	16	Tang Wing Lam	SMS
	17	Cheung Lee Suet	NCC
	18	Chu Tsz Hei	WESLEY
	19	Leung Wing Yu	HTCSS
	20	Cheng Hong Ching	KSSS
	21	Tsang Wai Ka	HTMS-THT
	22	Yan Wah	DLKP
	23	Chen Ching Lui Yuki	SKWGSS
	24	Pang Sze Wing Catherine	SMS
	25	Kwan Wing Yan	SKHKH
	26	Tasawar Izza Noor	DMS-GP

Event 32	Girls C Grade 200m	11:00am
	Record : 25.77	
Final	1	Chukwuka Chinaza Gabrielle DMS-GP
	2	Chung Nga Man OLRG
	3	Cheng Tsam Yuet OLRG
	4	Ip Oi Ching SWC
	5	Yuen Yat Yi Hannah SWC
	6	Chan Hei Yuet WESLEY
	7	Chan Yuet Ying Odette TNSS
	8	Li Wing Kiu Jasmine HTMS-THT
Event 33	Boys C Grade 200m	11:00am
	Record : 22.59	
Final	1	Tang Ho Hin Chester SKHTKP
	2	Wong Ying Fan DLKP
	3	Cheng Tsun Hei HTMS-THT
	4	Tang Long Tin SKHKH
	5	Fu Hao FSS-KT
	6	Chu Tsun Hing CCSC
	7	Ng Shing Hin LWSSS
	8	Wong Matthew LCD
Event 34	Girls B Grade 200m	11:00am
	Record : 24.96	
Final	1	Yeung Kwan Ting HKTAYY3
	2	Wan Man Kei WTSMC
	3	Li Jiamiao KSSS
	4	Lau Ka Hei QUALIED
	5	Tse, Nga Kiu MSCHK
	6	Leung Hoi Ching PBSS
	7	Tang Long Ching SKHKH
	8	Fung Tsz Kiu OLRG
Event 35	Boys B Grade 200m	11:00am
	Record : 21.90	
Final	1	Chui O Chit Oren WESLEY
	2	Liem Ho Yat Isaac SMS
	3	Wong Ka Po CSL
	4	Tam Andy Po Chung PKSS
	5	Wong Kam Fu QUALIED
	6	Lin, Chun King MSCHK
	7	Kwok Yui LCD
	8	Pang Mavis HTCSS
Event 36	Girls A Grade 200m	11:00am
	Record : 24.31	
Final	1	Jiang Yau Chun BPS
	2	Wong Ka Yan TNSS
	3	Shum Yolanda CCSC
	4	Arina-Tseo-Ming-En-Tseo-Nai-Woo CWCC
	5	Yeung Ka Wai PKSS
	6	Tsang Tsz Yan KSSS
	7	Chan Yee Ling KTSS
	8	Hui Trina SMS
Event 37	Boys A Grade 200m	11:00am
	Record : 21.91	
Final	1	Liu Chit QUALIED
	2	Lok Kai Chung NCC
	3	Cheung Sum Ho QUALIED
	4	Choy Pak Yin Jeffrey KCC
	5	Cheung Kin Long PKSS
	6	Chan Ka Wai NCC
	7	Chung Chun Hung CWCC
	8	Tso Tsz Chun Gareth KCC

Event 38	Boys C Grade Discus	1:00pm	
	Record : 43.58	Standard : 15.50	
Final	1	Liu Yiu Chung Leo	LCD
	2	Zhang Chenwei	KCC
	3	Zhang Yu Kit	NCC
	4	Yau Chun Ching	QUALIED
	5	Zhang En Yu	HTMS-THT
	6	Wai Pok Sum	DLKP
	7	Tsai Kwan Chak	WESLEY
	8	Chau So Hin	CCSC
	9	Sin Chak Pan	WTSMC
	10	Khan Mohammad Adam	YCKMC-2
	11	Mbah Chigozie Destiny	DMS-GP
	12	Shi Chun Wai	LCD
	13	Ng Kik Sidney	WESLEY
	14	Ailes Jacob Rence	CWCCSS
	15	Li Kerry	FSS-KT
	16	Law Chung Yin Ezra	MSCHK
	17	Ou Hao Ran	YCKMC-2
	18	Or Mung Ming	WBSS
	19	Wong Tsz Hin	KTSS
	20	Zhang Jiarun Lucas	FSS-KT
	21	Chung Chun On	HKTAYY3
	22	Tong Kai Bon	QC
	23	Lee Chun Ting	SKHKH
	24	Sze, Henderson	MSCHK
	25	Kafle Abhinab	DMS-GP
	26	Yu Chen Rui Calvin	HTMS-THT
	27	Sze Ching Nam	CCSC
	28	Leung Yim Yuet Lucas	SKHKH
	29	Wen Chi Yan	NCC
	30	Shamir Mohammad	HKTAYY3
	31	Law Nok Hin	PKSS
	32	Lu Kai Kit	WTSMC
	33	Tseng Ka Yin	SMS
	34	Lam Yung Sing	KTSS
	35	Kwok Hin Yeung	QC
	36	Tsai Yiu Hon	SMS
	37	Zhu Kwan Leuk Alex	ATS
	38	Cheung Kwan Yiu	SKWGSS
	39	Rai Anmol	LCMS
	40	Chan Kwan Ho	QUALIED
	41	Yu Chun Ching	WBSS

Event 39	Girls C Grade 1500m	1:00pm	
	Record : 4:53.42	Standard : 7:08.00	
Final	1	Guo Yuqi	WTSMC
	2	Raof Mahwish	HKTAYY3
	3	Rao Juliana	HTMS-THT
	4	Hung Tsz Yan	SWC
	5	Yuen Ching Hei Hedia	SMS
	6	Law Wan Yuet	TNSS
	7	Tsang Cheuk Ting	PTCC
	8	Wong Ching Nam Cyan	SKWGSS
	9	Yu Cheuk Wan	BPS
	10	Li Yee Ching Venus	QUALIED
	11	Sun Ka Hei	WTSMC
	12	Xu Feier	SKHTKP
	13	Chow Hei Yuet Ellie	SMS
	14	Chen Chi Ling	LCMS
	15	Law Hoi Ching	WESLEY
	16	Lee Tsz Ching	BTHC
	17	Leung Ashley Yu Chi	TLGC
	18	Li Kai Yi	SKHKH
	19	Tang Man Yi	HTMS-THT
	20	Law Pui Chi	CSL
	21	Wan Yuen Man	KTSS
	22	Wang Fung Ling	CWCC
	23	Fong Cheuk Yu Ailey	TLGC
	24	Chan Sing Wen	PBSS
	25	Li Tsz Ying	KSSS
	26	Chui Hoi Ying	CSL
	27	Chair Wing Tung Mavis	PTCC
	28	Wong Ho Yi Kelly	HKTAYY3
	29	Lee Ying Qiao	DLKP
	30	Fong Nga Yin	SWC
	31	Chan Yan Yi	KSSS
	32	Ma Tsz Ki	NCC
	33	Lee Wing Tung	SKHKH
	34	Kay Yan Mei	BPS
	35	Pang Ho Ying Jessi	PKSS
	36	Chu Yau Sze	WESLEY
	37	Wong Chin Wai	NCC
	38	Lau Tsz Kiu	KTSS
	39	Chan Cheuk Lam	BTHC

Event 40	Girls B Grade 1500m	1:00pm	
	Record : 4:37.99	Standard : 7:08.00	
Final	1	Wong Hei Kiu Heidi	OLRC
	2	Ngai Ngai	SWC
	3	Fung Ka Yi	NWCSS
	4	Lam Toi Ying	KSSS
	5	Lo Chit Lam	CWCC
	6	Lai Bowen Yuanna	TLGC
	7	Lam Lam	BPS
	8	Wang Yingyu	NDC
	9	Leung Yuet Tung Enya	HTMS-THT
	10	Chan Sing Yu	PBSS
	11	Cheng Ka Wai	NWCSS
	12	Ge Ruina	NCC
	13	Ho Sin Yung	WESLEY
	14	Ho Dooriya	QUALIED
	15	Lam Cheuk Ka	PTCC
	16	Woo Ming Shan	SWC
	17	Kam Wai Laam	WTSMC
	18	Zheng Yan Yee	PTCC
	19	Wai Cheuk Yin	LCMS
	20	Cheung Nga Yin	WESLEY
	21	Cheng Chak Yan	KSSS
	22	Wang Zi Yi	NCC
	23	Poon Tsz Shing	KTSS
	24	Zhong Ching Anne	WTSMC
	25	Chan Yan Kiu Jocelyn	SKWGSS
	26	Lam Ka Wing	TLGC
	27	Ng Tsz Yin	CSL
	28	Ser Ka Yu Kasie	YCKMC-2
	29	Ng Chi Kei	SKHKH
	30	Tse Yan Tung	OLRC
	31	Yip Ka Kei	DMS-GP
	32	Kong Cheuk Nam	KTSS
	33	Yeung Hoi Ying Celine	CCCKT
	34	Zhen Pui Han	QUALIED
	35	Li Man Hin	LCMS
	36	Chan On Ki	YCKMC-2
	37	Zhang Yuqing	HTMS-THT
	38	Lau Yee Lam	CSL
	39	Wong Chi Ki	SKHKH
	40	Kam Kiu Dzoen	BPS
	41	Hu Nga Lam	LCD

Event 41	Girls A Grade 1500m	1:00pm
	Record : 4:53.27	Standard : 7:08.00
Final	1	Dao Hei Ching
	2	Suen Zi Yan
	3	Asghar Anaum Ali
	4	Wang Tsz Ki
	5	Liu Tsz Yin
	6	Zeng Liming
	7	Wu Ka Yiu
	8	Jiang Mei Wai
	9	Chang Chi Yu
	10	Zhang Ming Lee
	11	Ho Man Kwan
	12	Huang Yuci
	13	Chan Hoi Hei
	14	Mo Yee Lam
	15	Yu Sui Hang
	16	Lui Cheuk Lam
	17	Lin Hei Yin Anson
	18	Zhu Tingting
	19	Tang Pak Lam
	20	Young Hazel Chin Miu
	21	Chan Sit Yan
	22	Chan Yuen Shan Vianna
	23	Po Yuen Yi
	24	Fong Fei Suet
	25	Khan Manaal
	26	Cai Xinyi
	27	Mok Wai Yan
	28	So Po Yu
Event 42	Boys C Grade 4x100m Relay	1:30pm
	Record : 45.05	
Final	1	FSS-KT
	2	DLKP
	3	KTSS
	4	SKHKH
	5	CCSC
	6	SKHTKP
	7	MDIST
	8	HTCSS
Event 43	Boys B Grade 4x100m Relay	1:30pm
	Record : 43.01	
Final	1	MSCHK
	2	LCD
	3	QUALIED
	4	WESLEY
	5	HTCSS
	6	CCSC
	7	SMS
	8	WTSMC
Event 44	Boys A Grade 4x100m Relay	1:30pm
	Record : 42.16	
Final	1	CCSC
	2	QUALIED
	3	MSCHK
	4	SKHTKP
	5	KTSS
	6	LCD
	7	NCC
	8	ATS

Event 45	Girls C Grade 4x100m Relay	1:45pm
	Record : 48.41	
Final	1	HTMS-THT
	2	SWC
	3	OLRC
	4	TNSS
	5	SKHKH
	6	CWCC
	7	BPS
	8	KTSS
Event 46	Girls B Grade 4x100m Relay	1:45pm
	Record : 49.44	
Final	1	HTMS-THT
	2	QUALIED
	3	WTSMC
	4	CCCKT
	5	OLRC
	6	SWC
	7	BPS
	8	HKTAYY3
Event 47	Girls A Grade 4x100m Relay	1:45pm
	Record : 48.77	
Final	1	WESLEY
	2	SMS
	3	WTSMC
	4	CWCC
	5	TNSS
	6	LCD
	7	PKSS
	8	WBSS
Event 48	Boys C Grade 4x400m Relay	2:00pm
	Record : 3:45.03	
Final	1	HKTKP
	2	NCC
	3	FSS-KT
	4	SMS
	5	WTSMC
	6	QC
	7	QUALIED
	8	HTMS-THT
Event 49	Boys B Grade 4x400m Relay	2:00pm
	Record : 3:33.81	
Final	1	DLKP
	2	HTMS-THT
	3	SMS
	4	NCC
	5	QUALIED
	6	CSL
	7	KTSS
	8	CCSC
Event 50	Boys A Grade 4x400m Relay	2:00pm
	Record : 3:25.18	
Final	1	NWCSS
	2	HKTAYY3
	3	NCC
	4	PKSS
	5	FSS-KT
	6	WBSS
	7	CSL
	8	SKHKH

Event 51	Girls C Grade 4x400m Relay	2:15pm
	Record : 4:12.52	
Final	1	KSSS
	2	SWC
	3	HTMS-THT
	4	CWCC
	5	WTSMC
	6	SKHTKP
	7	BPS
	8	CSL
Event 52	Girls B Grade 4x400m Relay	2:15pm
	Record : 3:59.42	
Final	1	SWC
	2	QUALIED
	3	CCSC
	4	KSSS
	5	PBSS
	6	BPS
	7	HTMS-THT
	8	BTHC
Event 53	Girls A Grade 4x400m Relay	2:15pm
	Record : 4:07.82	
Final	1	BPS
	2	SKHKH
	3	CCSC
	4	CSL
	5	HKTAYY3
	6	KSSS
	7	SMS
	8	NCC