

The Schools Sports Federation Of Hong Kong, China
All Hong Kong Schools Jing Ying Athletics (Team) Tournament 2025-2026
Competition Schedule
(10 & 12 March 2026)

DAY1 (10/3/2026)

Event time	Reporting time		Boys		Girls	
	Track event	Field event	Track event	Field event	Track event	Field event
8:45				(¹) Shot Put (QR) Gp1		(²) Javelin (QR) Gp1
				(³) Triple Jump (QR) Gp1		(⁴) Long Jump (QR) Gp1
		(⁵) 400mH(Heat)				
				(⁶) High Jump (QR) Gp1		
				(⁸) Shot Put (QR) Gp2		(⁷) Javelin (QR) Gp2
					(⁹) 100m (Heat)	
		(¹²) 100m (Heat)	(¹⁰) Triple Jump (QR) Gp2		(¹¹) Long Jump (QR) Gp2	
				(¹³) Javelin (QR) Gp1		(¹⁴) Shot Put (QR) Gp1
					(¹⁵) 1500m (Final)	
		(¹⁷) 1500m (Final)	(¹⁶) High Jump (QR) Gp2			
					(¹⁸) 400m (Heat)	
				(¹⁹) Javelin (QR) Gp2		(²⁰) Shot Put (QR) Gp2
		(²¹) 400m (Heat)				
	LUNCH					
		(²⁵) 400mH(Final)	(²²) Long Jump (QR) Gp1			(²⁴) High Jump (QR) Gp1
			(²³) Discus (QR) Gp1			
		(²⁷) 800m (Heat)			(²⁶) 800m (Heat)	
					(²⁸) 200m (Heat)	
			(²⁹) Discus (QR) Gp2			
		(³⁰) 200m (Heat)				
			(³¹) Long Jump (QR) Gp2	(³³) 4x400mRelay (Heat)	(³²) High Jump (QR) Gp2	
		(³⁵) 4x400mRelay (Heat)			(³⁴) Discus (QR) Gp1	
					(³⁶) Discus (QR) Gp2	
17:30	End of Day 1					

Remark : () Event No.

Reporting Time

Events	Start of reporting time	End of Reporting time
Track event (Including Hurdle & Relay)	25mins prior event time	15mins prior event time
Field event	45mins prior event time	35mins prior event time

以上比賽時間表，將按各項目的報名人數而有機會作出修改。

Event time may be changed depending on number of participants.

The Schools Sports Federation Of Hong Kong, China
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DAY2 (12/3/2026)

	Reporting time		Boys		Girls	
	Track event	Field event	Track event	Field event	Track event	Field event
9:00				(¹)Javelin (Final)		(²)Shot Put (Final)
				(³)Long Jump (Final)		(⁴)High Jump (Final)
			(⁵)110mH(Heat)			
					(⁶)100mH(Heat)	
			(⁸)400m (Final)		(⁷)400m (Final)	
				(⁹)High Jump (Final)		(¹⁰)Long Jump (Final)
				(¹¹)Shot Put (Final)	(¹³)5000m (Final)	(¹²)Javelin (Final)
			(¹⁵)200m (Final)		(¹⁴)200m (Final)	
			(¹⁷)800m (Final)		(¹⁶)800m (Final)	
					(¹⁸)4x100mRelay (Heat)	
	LUNCH					
				(²⁰)Discus (Final)		
				(²¹)Triple Jump (Final)		
					(²²)100mH (Final)	
			(²³)110mH (Final)			
			(²⁵)5000m (Final)			(²⁴)Discus (Final)
			(²⁷)100m (Final)		(²⁶)100m (Final)	
			(²⁹)4x400mRelay (Final)		(²⁸)4x400mRelay (Final)	
			(³¹)4x100mRelay (Final)		(³⁰)4x100mRelay (Final)	
16:30	Prize Presentation					

Remark : () Event No.

Reporting Time

Events	Start of reporting time	End of Reporting time
Track event (Including Hurdle & Relay)	25mins prior event time	15mins prior event time
Field event	45mins prior event time	35mins prior event time

以上比賽時間表，將按各項目的報名人數而有機會作出修改。

Event time may be changed depending on number of participants.