

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		⁽⁷⁾ Javelin (QR) Gp2
				⁽⁸⁾ Shot Put (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		
					⁽²⁶⁾ 800m (Heat)	
			⁽²⁷⁾ 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.

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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)	
			⁽¹⁹⁾ 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.