

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

**Updated on 4 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		8:00-8:10		<sup>(1)</sup> Shot Put (QR) Gp1		<sup>(2)</sup> Javelin (QR) Gp1
9:00		8:15-8:25		<sup>(3)</sup> Triple Jump (QR) Gp1		<sup>(4)</sup> Long Jump (QR) Gp1
9:30	9:05-9:15		<sup>(5)</sup> 400mH(Heat)			
9:45		9:00-9:10		<sup>(6)</sup> High Jump (QR) Gp1 <sup>(8)</sup> Shot Put (QR) Gp2		<sup>(7)</sup> Javelin (QR) Gp2
10:10	9:45-9:55				<sup>(9)</sup> 100m (Heat)	
10:30	10:05-10:15	9:45-9:55	<sup>(12)</sup> 100m (Heat)	<sup>(10)</sup> Triple Jump (QR) Gp2		<sup>(11)</sup> Long Jump (QR) Gp2
10:45		10:00-10:10		<sup>(13)</sup> Javelin (QR) Gp1		<sup>(14)</sup> Shot Put (QR) Gp1
10:55	10:30-10:40				<sup>(15)</sup> 1500m (Final)	
11:15	10:50-11:00	10:30-10:40	<sup>(17)</sup> 1500m (Final)	<sup>(16)</sup> High Jump (QR) Gp2		
11:30	11:05-11:15				<sup>(18)</sup> 400m (Heat)	
11:45		11:00-11:10		<sup>(19)</sup> Javelin (QR) Gp2		<sup>(20)</sup> Shot Put (QR) Gp2
11:50	11:25-11:35		<sup>(21)</sup> 400m (Heat)			
LUNCH						
13:30	13:05-13:15	12:45-12:50	<sup>(25)</sup> 400mH(Final)	<sup>(22)</sup> Long Jump (QR) Gp1 <sup>(23)</sup> Discus (QR) Gp1		<sup>(24)</sup> High Jump (QR) Gp1
13:45	13:20-13:30				<sup>(26)</sup> 800m (Heat)	
14:05	13:40-13:50		<sup>(27)</sup> 800m (Heat)			
14:20	13:55-14:05				<sup>(28)</sup> 200m (Heat)	
14:30		13:45-13:55		<sup>(29)</sup> Discus (QR) Gp2		
14:45	14:20-14:30		<sup>(30)</sup> 200m (Heat)			
15:05	14:40-14:50	14:20-14:30		<sup>(31)</sup> Long Jump (QR) Gp2	<sup>(33)</sup> 4x400mRelay (Heat)	<sup>(32)</sup> High Jump (QR) Gp2
15:30	15:05-15:15	14:45-14:55	<sup>(35)</sup> 4x400mRelay (Heat)			<sup>(34)</sup> Discus (QR) Gp1
16:30		15:45-15:55				<sup>(36)</sup> 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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**AQUARIUS All Hong Kong Schools Jing Ying Athletics (Team) Tournament 2025-2026**  
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**Updated on 4 March 2026**

**DAY2 (12/3/2026)**

	Reporting time		Boys		Girls	
	Track event	Field event	Track event	Field event	Track event	Field event
9:00		8:15-8:25		<sup>(37)</sup> Javelin (Final)		<sup>(38)</sup> Shot Put (Final)
				<sup>(39)</sup> Long Jump (Final)		<sup>(40)</sup> High Jump (Final)
9:30	9:05-9:15		<sup>(41)</sup> 110mH(Heat)			
9:55	9:30-9:40				<sup>(42)</sup> 100mH(Heat)	
10:30	10:05-10:15		<sup>(44)</sup> 400m (Final)		<sup>(43)</sup> 400m (Final)	
		9:45-9:55		<sup>(45)</sup> High Jump (Final)		<sup>(46)</sup> Long Jump (Final)
10:45	10:20-10:30	10:00-10:10		<sup>(47)</sup> Shot Put (Final)	<sup>(49)</sup> 5000m (Final)	<sup>(48)</sup> Javelin (Final)
11:20	10:55-11:05		<sup>(51)</sup> 200m (Final)		<sup>(50)</sup> 200m (Final)	
11:35	11:10-11:20		<sup>(53)</sup> 800m (Final)		<sup>(52)</sup> 800m (Final)	
11:55	11:30-11:40				<sup>(54)</sup> 4x100mRelay (Heat)	
12:20	11:55-12:05		<sup>(55)</sup> 4x100mRelay (Heat)			
LUNCH						
13:15		12:30-12:40		<sup>(56)</sup> Discus (Final)		
13:30		12:45-12:55		<sup>(57)</sup> Triple Jump (Final)		
14:15	13:50-14:00				<sup>(58)</sup> 100mH (Final)	
14:25	14:00-14:10		<sup>(59)</sup> 110mH (Final)			
14:40	14:15-14:25	13:55-14:05	<sup>(61)</sup> 5000m (Final)			<sup>(60)</sup> Discus (Final)
15:15	14:50-15:00		<sup>(63)</sup> 100m (Final)		<sup>(62)</sup> 100m (Final)	
15:30	15:05-15:15		<sup>(65)</sup> 4x400mRelay (Final)		<sup>(64)</sup> 4x400mRelay (Final)	
15:45	15:20-15:30		<sup>(67)</sup> 4x100mRelay (Final)		<sup>(66)</sup> 4x100mRelay (Final)	
16:30	Prize Presentation					

Remark : ( ) Event No.

**Reporting Time**

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