

AQUARIUS All Hong Kong Schools

Jing Ying Athletics (Team) Tournament 2025-2026

2025-2026 年度水動樂全港學界
精英田徑(團體)比賽

水動樂全港學界

主辦機構
Organiser



HKSSF
中國香港學界體育聯會

冠名贊助
Title sponsor



資助機構
Subvented by



精英田徑(團體)比賽

AQUARIUS All Hong Kong Schools Jing Ying Athletics (Team) Tournament

日期 Date:	10 & 12/03/2026
時間 Time:	第一日及第二日 Day 1 & 2
地點 Venue:	灣仔運動場 Wan Chai Sports Groud

主辦機構
Organiser



HKSSF
中國香港學界體育聯會

冠名贊助
Title Sponsor



資助機構
Subvented by



康樂及文化事務署
Leisure and Cultural
Services Department



政府資助計劃
Government-funded
programme

AQUARIUS ALL HONG KONG SCHOOLS JING YING ATHLETICS (TEAM) TOURNAMENT 2025-2026

2025-2026 年度水動樂全港學界精英田徑(團體)比賽

ATHLETICS TECHNICAL AND SELECTION COMMITTEE

田徑技術及遴選小組

Mr. LEE Siu Leung (Convenor)	Tin Shui Wai Methodist College
Mr. CHAN Chin Wan (Deputy Convenor)	Wah Yan College (Hong Kong)
Ms. HO Ka Man	Hong Kong Sheng Kung Hui Bishop Hall Secondary School
Mr. HO Man Lok	Kwok Tak Seng Catholic Secondary School
Mr. Hui Wai Hei Ricky	Diocesan Boys' School
Mr. LI Kwong Ling	Jockey Club Ti-I College
Mr. SZETO Man Ho Timothy	La Salle College
Mr. WU Wai Ho	TWGHs Mrs. Wu York Yu Memorial College
Ms. YAU Lin Tai	HHCKLA Buddhist Ma Kam Chan Memorial English Sec. Sch.
Mr. YIP Chung Wa	STFA Leung Kau Kui College
Ms. VUT Tsz Ying	Ma On Shan Ling Liang Primary School
Ms. WONG Yuen Nam	Pui Ching Primary School
Mrs. SIU CHOW Sau Wah	Adviser
Mr. DONG Ka Chung	Adviser
Mr. TAM Yiu Chung	Adviser
Mr. TANG Kun Loi	Adviser
Mr. TSE Ping Sin	Adviser
Dr. YEUNG Sai Mo, Simon	Hong Kong, China Association of Athletics Affiliates

******* Acknowledgements *******

The Athletics T&S Committee wishes to express its appreciation to the following parties for their support and assistance to make this event every success: 田徑技術及遴選小組委員在此感謝以下各單位的鼎力支持 (*In alphabetical order*):

- ~ AQUARIUS for title sponsoring the Tournament 水動樂冠名贊助本賽事
- ~ Hong Kong, China Association of Athletics Affiliates for sanctioning the event and providing technical support, and Mr. Chan Man Hau as Technical Delegate 中國香港田徑總會提供技術支援
- ~ Auxiliary Medical Service for providing first aid services 醫療輔助隊提供急救服務
- ~ Wah Yan College, Hong Kong for providing student helpers 香港華仁書院派出服務生
- ~ Diocesan Girls' School for providing student helpers 拔萃女書院提供服務生
- ~ Diocesan Boys' School for providing student helpers 拔萃男書院提供服務生
- ~ Tin Shui Wai Methodist College for providing student helpers 天水圍循道衛理中學提供服務生
- ~ Jockey Club Ti-I College for providing student helpers 賽馬會體藝中學提供服務生
- ~ La Salle College for providing student helpers 喇沙書院提供服務生
- ~ Yuen Long Merchants Associate School for providing student helpers 元朗商會中學提供服務生
- ~ Lam Tai Fai College for providing student helpers 林大輝中學提供服務生
- ~ Buddhist Tai Hung College for providing student helpers 佛教大雄中學提供服務生
- ~ Yu Chun Keung Memorial College for providing student helpers 余振強紀念中學提供服務生
- ~ Leisure and Cultural Services Department for subventing the event 康樂及文化事務署資助本賽事
- ~ Wan Chai Sports Ground staffs for their co-operation and keen support 灣仔運動場員工鼎力協助
- ~ All Officials, Judges & individual helpers of the event 所有工作人員及裁判員的參與

AQUARIUS All Hong Kong Schools Jing Ying Athletics (Team) Tournament 2025 - 2026
10/3 & 12/3/2026

Wan Chai Sports Ground

Official List (DAY 2 12/3/2026)

Convenor : Mr. Lee Siu Leung(TSWMC)
Management Committee : All Athletics T&S members
Competition Director : Mr. Lee Siu Leung(TSWMC), Mr. Chan Chin Wan(WYHK)
Technical Delegate : Mr. Chan Man Hau(HKAAA)
Jury of Appeal : Mr. Tang Kun Loi(HKSSF), Dr. Tsang Cheuk Kuen, Eric
First Aid : Auxiliary Medical Service (AMS) x 4
Record Rm helpers: : Helper X 6 (DGS)

Announcers : 1. Ms. Cheng Ka Po, Mabel(MASS) 2. Ms. Poon Yan Ki(TSWMC)
Prize Presentation : 1. Mrs. Siu Chow Sau Wah(HKSSF) - Chief
Award Collection Point : 1. Helper X 5 2. HKSSF Staff

Field Events

Jump Event Referee : Mr. Lai Tsz Leung(SPCC)
Long Jump/Triple Jump : 1. Ms. Chan Shannon Vera(GHS) - Chief 2. Ms. Ho Ka Man(BHSS)
3. Chan Hiu Shuen(PLKNPL) 4. Mr Mathew Shum(DLKP)
5. Ms. Yau Fung Ting(SCGS) 6. Mr. Chim Lung Fung(SMS)
7. Yau Sheung Yung(HPCCSS) 8. Mr. Chan Hon Yin(TKPSS)
Helper x 8
High Jump : 1. Mr. Wong Kwun Chung(MKPSS) - Chief 2. Ms. Wong Yuen Nam(PCPS)
3. Mr. Li Ka Chun(DMS-BW)
Helper X 3
Throw Event Referee : Mr. Alex Yiu
Discus/Javelin : 1. Mr. Lam Chun Kit(BTHC) - Chief 2. Mr. Chan Ho Yan Caleb(WYY)
3. Mr. Chow Ka Wa(YCKMC) 4. Ms. Chau Shun Wah(SHDC)
5. Mr. Kong Chi Wai(FLSS) 6. Mr. Chan Ka Hung(QUALIED)
Helper x 8
Shot Put : 1. Mr. Lau Sai Man - Chief 2. Ms. Wan Cheuk Ping(HKUGA)
2. Ms. Chan Wing Yee(PTSS) 4. Mr. Chung Siu Yin(FYW)
Helper x 4

Track Events

Track Events Referee : Mr. HO Shiu Kei, James - Chief
Starter : 1. Mr. Liu Hang Chiu - Chief 2. Mr. Kwong Kwan Yin(SPCC)
3. Mr. Loo Chun Yu
Starters' Assistants : Helper X 8
Call Rm Judges (Roll Call) : 1. Mr. Yip Chung Wa(LKCC) - Chief 2. Mr. Ip Chun Kwan(LSTC)
3. Ms. Tang Wai Ping(CPU) 4. Mr. Rowan Varty(KGV)
Helper X 8
Track Umpires : 1. Mr. Wu Wai Ho(NCC) - Chief 2. Ms. Chu Sze Sze(SMCESPS)
3. Ms. Wong Mei Sze(STSS) 4. Mr. Hui Yuk Tiger(LSKC)
5. Mr. Lam Sum Yiu(TCCS) 6. Ms. Yu Wing Wing(POHCKMC)
Helper X 10
Photo Finishing Judge : 1. Ms. Cheung Lai Ching 2. Mr. Cheung Chun Ching
Position Judges : 1. Mr. Ho Tsz Him(JCTIC) 2. Ms. Vut Tsz Ying, Crystal (MOSLLPS)
3. Ms. Lau Tsz Fan, Yoko(PKMS) 4. Mr. Wong Chi Tang Charlton(SWC)
Helper x 2
Time keeper : 1. Ms. Chan Hoi Yi(WYHK) - Chief 2. Mr. Sezto ManHo(LSC)
Helper x 15 (WYHK)
Wind Gauge Operators : 1. Mr. Leung Tat Shing(YYC)
Helper x 2
EDM Operators : 1. Ms. Chung Wai Wa (DBS)
2. Ms. Rachel Cheung(SPCS)
3. Mr. Liu Kwok Ho(HYS)
4. Mr. Ng Chi Wai(CSWCSS)
EDM Technical Support : 1. Mr. Ng Wai Shing, Watson

中國香港學界體育聯會
2025-2026 年度全港學界精英田徑(團體)比賽
比賽章則

1. 比賽資料

日期	時間	地點
10 / 3 / 2026 (二)	0830 – 1800	灣仔運動場
12 / 3 / 2026 (四)	0830 – 1800	

2. 參賽資格及人數

2.1 比賽以公開組別進行。

2.2 獲邀參賽學校

2.2.1 獲邀參賽學校共 48 隊(男子組 24 隊，女子組 24 隊): 包括該年度港九區第一組總團體前六名、第二組總團體冠、亞軍、第三組四區總團體冠軍；新界六區總團體冠、亞軍。每間獲邀參賽學校於個人項目可派出最多兩名運動員參賽，接力項目只可派出一隊接力隊參賽。

2.2.2 獲邀請參賽學校如放棄參賽資格，其名額將由同組/同區餘下最多兩隊最佳名次隊伍順序補上。若所有後補學校放棄參賽，該組/區將會輪空。

2.3 外卡 (不適用於獲邀參賽學校)

2.3.1 公開報名外卡名額每項 8 名(已獲邀參賽的 48 支隊伍不適用)，將挑選於報名運動員中最佳成績首 8 名獲參賽資格(外卡名額只適用於個人項目)。

2.3.2 外卡提名

提名人需提供其在 **2025 年 9 月 1 日至 2026 年 2 月 8 日 (包含首尾兩日)** 期間，由中國香港學界體育聯會*及中國香港田徑總會 (田總) 主辦及/或由田總認可的其他賽事中取得的最佳個人比賽成績。成績證明須附上以供核實。必要時，成績須包含風速讀數資料。

*短跑項目的最佳成績須經電子計時及在有效風速記錄 ($\leq +2.0$ 公尺/秒) 下取得，並經中國香港田徑總會認可。

*跳遠及三級跳遠項目的最佳成績須在有效風速記錄 ($\leq +2.0$ 公尺/秒) 下取得，並經中國香港田徑總會認可。

2.3.3 外卡提名截止日期：**2026 年 2 月 10 日 (二)**

2.3.4 接獲外卡提名的運動員將收到通知。每項賽事的報名費為 130 元。

2.4 每名運動員最多可參加兩項個人項目。

2.5 不論以獲邀參賽學校身份或以外卡身份報名，每所學校於各個人項目上最多只有兩名運動員參賽。獲邀參賽學校代表，不能參與外卡提名。

2.6 各個人項目參與人數不多於 56 人。

若以外卡身份報名的第九名或往後名次的運動員成績與第八名相同，賽會將會增加該項項目的參賽名額。

3. 換人

3.1 運動員因生病或受傷而有註冊醫生紙證明者，可在比賽當日向主委申請換人，被替補之運動員將不能參加當天的任何比賽。入選決賽之運動員不准以任何理由申請更換，如賽事為直入決賽除外。

3.2 外卡名額運動員不設替補。

4. 運動員註冊

- 4.1 運動員必須已註冊及在比賽時出示由中國香港學界體育聯會簽發之 2025 - 2026 年度運動員註冊證。未能出示註冊證者不准出賽。而違反註冊條例之運動員將被取消比賽資格。
- 4.2 本賽事屬中國香港田徑總會(田總)認可賽事，如運動員成績須獲田總認可，請於報名表上填寫田總註冊號碼。若發現虛報資料，其成績將被取消資格，並有機會被處分。
- 4.3 註冊詳情請參閱田總網頁 https://www.hkaaa.com/tc/athlete_registration_intro.php
- 4.4 田總屬會運動員可向田總申請註冊；如非田總屬會運動員，請先帶同田總註冊運動員申請表前往中國香港學界體育聯會蓋印，再自行向田總辦理手續。

5. 裁判及工作人員安排

所有獲邀之參賽學校必須於兩日比賽日派出至少一名體育教師或教師作裁判或大會工作人員。如獲邀之參賽學校同時受邀參加男子組及女子組比賽，則必須指派兩名教師。

6. 細則

6.1 比賽規則

除另行規定外，全部採用中國香港田徑總會依據世界田聯(WA)制定最新之比賽規則。

6.2 器材

6.2.1 所須器材由場地供應。

6.2.2 跳高及擲標槍釘鞋釘長不能超過 9mm，其他項目為 7mm。

6.3 ****報到程序****

6.3.1 各參賽學校到場後，請派負責老師前往記錄室報到及領取該校的號碼布。

6.3.2 **大會不設現場宣布報到時間(召集時間將依照運動場展示板大鐘)，運動員請依時帶同學界証及號碼布自行前往召集處報到:(召集處設於 8 號看台)
運動員須到召集處報到，然後由工作人員帶往比賽場地；
如不依時往召集處報到者，即當作缺席棄權論。**

項目	開始報到	報到結束
徑賽	項目開始前 25 分鐘	項目開始前 15 分鐘
田賽	項目開始前 45 分鐘	項目開始前 35 分鐘

6.3.3 兼項：如運動員兼項有衝突時，按 WA 技術規則 4.3 進行，但離開前或回來後必須知會裁判。

6.3.4 每名參賽者將獲發一張號碼布參賽（兩天比賽均須使用）。如比賽日需要補領號碼布，請到記錄室辦理，補領號碼布費用為港幣 50 元一張。

6.4 田賽項目

6.4.1 **所有田項賽事設有資格賽及決賽**。所有資格賽設於第 1 個比賽日，而決賽則設於第 2 個比賽日。

6.4.2 資格賽

每項資格賽均設有及格標準成績，運動員只須於資格賽中達到此成績均可進入決賽。除跳高賽事外，每名參加資格賽運動員，最多只有 3 次試跳（擲）。過程中，運動員一旦達到及格標準成績，不用繼續參加資格賽。及格標準成績如下：

及格標準成績

項目	男子	女子
跳遠	6.50 米	5.10 米
三級跳遠	13.40 米	
跳高	1.80 米	1.50 米
鉛球	11.40 米	9.40 米
鐵餅	33.00 米	28.00 米
標槍	42.00 米	33.50 米

標準分只給予在資格賽中達到標準（標準成績與及格標準成績不同，詳情請參閱第 15 項 -項目標準）之運動員。

資格賽成績不會計算在決賽內。

6.4.3 決賽名額及資格

每項田項賽事決賽名額為不少於十二名運動員，符合以下任何一項條件之資格賽參賽者，可獲得決賽資格。

- 於資格賽中達到及格標準成績。
- 若達到及格標準成績者不足十二名，則由資格賽所有運動員中，取得最佳前十二名進入決賽（已達標者包括在內）。

除跳高賽事，若因成績相同並列第十二名，則以次佳成績決定入決賽者。若次佳成績依然相同，則比較第三好的成績。如依然相同，則同成績者同入決賽。

跳高資格賽中若出現並列第十二名，會以最終成功越過的高度上，試跳失敗次數較少者名次在前。若上述次數相同，則計算運動員從起跳高度開始，直到最終成功高度為止的全場總失敗次數，失敗次數較少者名次在前。如依然相同，則同成績者同入決賽。

6.4.4 決賽

決賽將直接決定該賽事之最終名次，只有在決賽中取得前八名的運動員可獲名次分數。

6.4.5 項目三級跳只設 11 米起跳板。

6.4.6 試跳高度、跳高起跳高度和每次升幅：

女子組：

資格賽跳高起跳高度為 1.30 米，試跳高度為 1.30 及 1.50 米；1.30 至 1.50 米每次調整高度為 5 厘米。

決賽跳高起跳高度為 1.40 米，試跳高度為 1.30 及 1.50 米；1.40 至 1.50 米每次調整高度為 5 厘米，1.50 米或以上每次調整高度為 3 厘米。

男子組：

資格賽跳高起跳高度為 1.60 米，試跳高度為 1.60 及 1.80 米；1.60 至 1.80 米每次調整高度為 5 厘米。

決賽跳高起跳高度為 1.70 米，試跳高度為 1.60 及 1.80 米；1.70 至 1.80 米每次調整高度為 5 厘米，1.80 米或以上每次調整高度為 3 厘米。

6.4.7 跳高項目不進行決名次跳(Jump off)。

6.5 徑賽項目

6.5.1 由於大會使用起跑資訊系統，參加四百米或以下賽事之運動員必採用蹲踞式起跑及使用起跑器。

6.5.2 初賽成績最佳前八名會進入決賽，決賽運動員線道分配如下：

線道抽籤 次序	項目		
	100 米/ 100 米欄/110 米欄	200 米	400 米/400 米欄/ 4X100 米接力/ 4X400 米接力
最高排名	3,4,5,6	5,6,7	4,5,6,7
次高排名	2,7	3,4,8	3,8
最後排名	1,8	1,2	1,2

6.5.3 直入決賽

如報到時參賽運動員不超過 8 名/隊，所有運動員/隊伍直入決賽，並於原定決賽時間舉行，線道將以抽籤排定。

6.5.4 接力項目 – 提交名單

請於接力項目**比賽報到時間於召集處提交**接力隊運動員名單，逾時遞交者將被取消參賽資格。

6.5.5 5000 米 – 比賽時限

男子及女子 5000 米決賽，均設有比賽時限：男子組 25 分鐘；女子組 30 分鐘。

7. 計分方法

名 次	第一名	第二名	第三名	第四名	第五名	第六名	第七名	第八名
個人項目得分	9	7	6	5	4	3	2	1
接力項目得分	18	14	12	10	8	6	4	2

7.1 若名次相同，則以相關名次所得之分數總和平均分配。

7.2 團體總成績應包括各項賽事名次分數及標準分。標準分只給予資格賽/初賽成績達到標準之運動員，賽事為直入決賽除外。所有參賽運動員（包括外卡運動員）的成績，都計算團體總成績內。

標準分：個人項目：獲 1 分、接力項目：獲 2 分

7.3 如總分相同，則計算同分隊獲金牌數目多寡而定名次，如再相同則計算同分隊獲銀牌數目，如此類推。

8. 成績公布及獎項

8.1 請學校自行掃描場刊內的二維碼，獲取當日比賽之成績。二維碼只供比賽當日使用，全日之比賽成績將於 3 月 13 日（五）上載到中國香港學界體育聯會網頁 (www.hkssf.org.hk)內。

8.2 每組設男女子團體冠、亞、季、殿獎，得獎學校可獲頒發獎盃。

8.3 每項個人項目均設冠、亞、季、殿獎，得獎運動員可獲頒發獎牌及證書。

8.4 每隊接力得獎隊伍均獲六枚獎牌及四張證書。

8.5 破紀錄之運動員可獲頒發證書，證書將於賽後郵寄至學校。

9. 運動員服裝

所有參賽運動員須穿上印有該校校徽或簡寫之田徑運動服裝。接力隊隊員須穿著同色同款之運動上衣，違例運動員不准參加比賽。

10. 場外協助

10.1 如非比賽運動員，禁止進入比賽場區。比賽期間，教練禁止進入比賽場區與運動員溝通。運動員橫過跑道時必須留意比賽情況，如有阻礙或影響其他參賽者將被警告，嚴重者將會被直接取消比賽資格。

10.2 在比賽場區內禁止使用任何電子通訊器材。違規者將被警告，再犯者將會被取消比賽資格。

11. 上 訴

11.1 只有受有關影響的學校可進行上訴。由負責老師於宣布有關項目成績公布 30 分鐘內以書面交予大會，並繳交上訴費用港幣 200 元。如上訴得直費用將全數退還。其他人士上訴均不受理。

11.2 關於技術性事宜及賽例之演繹，由總裁判決定，如有上訴將交由上訴委員會作最終決定。

11.3 關於有關賽事管理工作，應呈交主委決定。而賽會之決定應為最終決定。

12. 熱身安排

所有熱身活動應在熱身區進行。

運動員須出示號碼布(只接受該時段需要作比賽準備的運動員進入)方可進入熱身區。

領隊老師/教練須出示教練證件，方可進入熱身區/教練區。(受邀學校最多派發 5 張，外卡學校按參賽學生人數派發，不多於 2 張)

13. 灣仔運動場使用守則

13.1 參賽運動員在完成比賽後必須立即離開田賽場區。

標槍和鐵餅項目可能發生意外。運動員必須待在等候區，直至開始比賽才能進入投擲區。

參加中長跑項目的選手亦應特別注意鐵餅項目。鐵餅圈位於 200 米起跑線的拐角處。場地提供的鐵餅圍網並不能百分之百保證安全。

13.2 除指定的工作人員和參賽運動員外，任何人不得進入田賽場區(草地區域)。田賽場區已用塑膠帶圍封，所有指定工作人員將配戴證件或背心以便辨識。如有學校的老師或學生不遵守此規定，該學校將有可能被取消資格。

13.3 小食亭 B(上午 9 時開始營業)

灣仔運動場內小食亭經營者擁有在運動場內售賣的特許權。禁止攜帶食物或飲料進入運動場進行銷售、轉售或免費分發。

13.4 所有進場人士必須遵守灣仔運動場內之場地守則。

14. 其他

14.1 運動場內嚴禁使用航拍。

14.2 運動場將不提供停車位。

14.3 運動會參加者之入場時間為上午 7 時 45 分。

14.4 請留意網上最新版本之賽事時間表。

15. 項目標準

項目	男子	標準成績	女子	標準成績
100 米	✓	12.20	✓	14.50
200 米	✓	25.50	✓	30.50
400 米	✓	57.80	✓	1:12.50
800 米	✓	2:20.00	✓	2:55.00
1500 米	✓	5:00.00	✓	6:15.00
5000 米	✓	20:00.00	✓	25:00.00
100 米欄			✓(0.762 米)	19.50
110 米欄	✓(0.914 米)	18.50		
400 米欄	✓(0.838 米)	1:07.50		
跳遠	✓	5.45 米	✓	4.10 米
三級跳遠	✓	11.20 米		
跳高	✓	1.60 米	✓	1.30 米
鉛球	✓(5 千克)	10.05 米	✓(4 千克)	6.90 米
鐵餅	✓(1.5 千克)	26.00 米	✓(1 千克)	18.80 米
標槍	✓(700 克)	30.00 米	✓(600 克)	19.00 米
4×100 米接力	✓	47.50	✓	56.80
4×400 米接力	✓	3:54.00	✓	4:55.00

~ 完 ~

The Schools Sports Federation of Hong Kong, China
All Hong Kong Schools Jing Ying Athletics (Team) Tournament 2025-2026
General Rules

1. Competition Information

Date	Time	Venue
10 / 3 / 2026 (Tue)	0830 – 1800	Wan Chai Sports Ground (WCSG)
12 / 3 / 2026 (Thu)	0830 – 1800	

2. Eligibility for participation

2.1 The tournament will be contested in Open Grade.

2.2 Invited schools

2.2.1 48 teams by invitation of Boys and Girls teams (24 Boys and 24 Girls team): including Division One Overall results in 1st to 6th, Division Two Overall results in 1st to 2nd, Division Three of four Areas in 1st from HKSSRC; Overall results in 1st to 2nd from the six ACs of NT. A total of 24 teams will be invited to take part in the tournament.). **Each Invited school may have 2 athletes to participate in each individual event**, and only 1 team to participate in each relay event.

2.2.2 If an invited school declines its qualification to participate, its spot will be filled by the next best-ranked teams from the same group/area, up to a maximum of two teams. If all substitute schools decline to participate, spot of that group/area will be left vacant.

2.3 Wild Card (Not applicable to invited schools)

2.3.1 There will be 8 wild card places open for nomination for each individual event (not apply to 48 teams that have already received invitations to participate), and the top 8 athletes with the best results will be eligible for participation (Wild Card are only applicable to individual events).

2.3.2 Wild Card Nomination

Provision of nominees' competition BEST results of ALL individual events organized by the Schools Sports Federation of Hong Kong, China (HKSSF)* and the Hong Kong, China Association of Athletics Affiliates (HKAAA) and/or other sanctioned by the HKAAA **between 1st September 2025 and 8th February 2026 (both dates inclusive)**. Proof of results should be attached for verification. Results with Wind Speed should be provided whenever necessary.

*For sprint events of HKSSF competitions, the best result must be electronically timed with a valid wind speed reading ($\leq +2.0$ m/s) and sanctioned by the HKAAA.

*For long jump and triple jump of HKSSF competitions, the best result must be achieved with a valid wind speed reading ($\leq +2.0$ m/s) and sanctioned by the HKAAA.

2.3.3 **Closing Date of Nomination :10th February 2026 (Tue)**

2.3.4 **Successful wild card nomination will be notified individually. Entry fee for each event will be charged \$130.**

2.4 Each athlete may enter 2 individual events.

2.5 All entries included school by invitation or wild card nomination, a maximum of **2 athletes** per school can participate in each individual event. The representative of the invited school cannot take part in the wild card nomination.

2.6 A maximum of 56 athletes in an individual event.

If the 9th position or subsequent athlete who is nominate via wild card has the same result as the 8th place, the number of participants of that event will increase.

3. Substitution

3.1 Substitution only consider in a case supported by registered doctor's certificate or obvious injuries on the day of the competition, the player who is replaced will be prohibited to participate in any event on the same day. This will only apply in preliminary round and no substitution may be made for individual finals. However, if an event is programmed as a straight final, substitution may be allowed.

3.2 Substitution is not allowed to make for any wild card athletes.

4. Registration of Competitors

- 4.1 Athletes must be registered and must produce their HKSSF registration card 2025-2026 to the officials of the meet. Athletes with no registration card are not allowed to take part in the competition.
- 4.2 This Tournament is a sanctioned event of the Hong Kong, China Association of Athletics Affiliates (HKAAA). For results to be included in the Hong Kong Ranking and used for selection to Hong Kong Athletic Team, athletes must have current valid HKAAA registration number. Registered athlete please fills in the HKAAA registration number on the entry form. If has any false information, this result(s) will be disqualified and may have further punishment.
- 4.3 For registration details, please visit https://www.hkaaa.com/en/athlete_registration_intro.php
- 4.4 Athletes with HKAAA Affiliated clubs can apply for registration via their respective clubs, for non-member of HKAAA affiliated clubs athletes, athletes require to bring along the HKAAA Registered Athletes application form and endorsed by HKSSF before sending the application to HKAAA.

5. Referees and Official Arrangements

To assist in the arrangement for this competition, all invited participating schools must assign at least one P.E. teacher/ teacher to serve as referee or official in both competition days. If an invited school participates in both Boys & Girls group, two teachers must be assigned.

6. Regulations

6.1 Competition Rules

All events will be held in accordance with the competition rules of the HKAAA as per World Athletics (WA) unless otherwise specified.

6.2 Equipment

6.2.1 The venue will provide equipment for all events.

6.2.2 Maximum length of tartan spikes :-
for High Jump and Javelin: up to 9mm :
for other events: up to 7mm

6.3 ****Reporting Procedure ****

6.3.1 Teacher in charge of participating schools should report to the Record Keeper Room to collect athlete's number bibs.

6.3.2 There will be no announcement for the reporting time (Please refer to Main Clock at the Sports Ground) :

Athletes must report to the Roll Call Area on time by themselves, with their own registration card and number bibs. (The Roll Call Area is located at Block 8 of Spectator Stand.) Officials will escort the reported athletes to the competition area after the End of Roll Call.

Athletes who fail to report to the Roll Call Area will be treated as absent and will not be allowed to compete in that event.

Events	Start of reporting time	End of Reporting time
Track event	25mins prior event time	15mins prior event time
Field event	45mins prior event time	35mins prior event time

6.3.3 Simultaneous Entries

If athlete in both a Track Event and a Field Event, or in more than one Field Event taking place simultaneously, please follow WA technical rules 4.3. Athletes must report to the referee before leaving and going back to the competition area.

6.3.4 All athletes must wear the number bibs issued by the HKSSF (Required for both days of competition). Replacement of number bib can be made at the Record Keeper Room and HK\$50.00 will be charged per re-issue of a number bib.

6.4 Field Event

6.4.1 **All field events consist of a qualifying round and a final.** All qualifying rounds are held on the first competition day, with the finals scheduled on the second competition day.

6.4.2 Qualifying round

Each qualifying round has a designated qualifying standard. Athletes who achieve qualifying standard in the qualifying round will advance to the final. Apart from the High Jump, each athlete shall be allowed up to three trials. Once an athlete has achieved the qualifying standard, they shall not continue in the qualifying round. The qualifying standards are as follows:

Event	Boys	Girls
Long Jump	6.50 m	5.10 m
Triple Jump	13.40 m	/
High Jump	1.80 m	1.50 m
Shot put	11.40 m	9.40 m
Discus	33.00 m	28.00 m
Javelin	42.00 m	33.50 m

Standard points are only awarded to athletes who meet the standard in the qualifying round (the Standard is different from the Qualifying Standard, please refer to item 15 – Event Standards for details).

Qualification round results are not counted towards the Finals.

6.4.3 **Final Quotas and Qualification**

The finals quota for each field event is **no less than TWELVE athletes**. Athletes who meet ANY of the following two conditions during qualifying rounds will qualify for the finals.

- Achieve the Qualifying Standard in the qualifying round.
- If fewer than twelve athletes achieve the qualifying standard, the best TWELVE athletes from the qualifying round (including those who have already achieved the qualifying standard) will advance to the final.

For all events except the high jump, if there is a tie for 12th place, tying competitors shall be resolved by comparing the second best performance, or if necessary, the third best, and so on. If the tie remains, tying competitors shall both qualify for the final.

In high jump qualifying round, if there is a tie for 12th place, the athlete with the fewer number of failures at the last height successfully cleared will be ranked higher. If the number of failures is identical, the total number of failures throughout the entire qualifying round, starting from the initial height up to and including the last height cleared, will be compared. The athlete with the fewer total failures will be ranked higher. If the tie remains, tying competitors shall both qualify for the final.

6.4.4 **Final**

The final will directly determine the final position for the event. Only the TOP EIGHT athletes in the final will receive position points.

6.4.5 For Triple Jump only: ONLY an 11m take off board/mark is provided.

6.4.6 Warm up jump, High jump starting height and increasing height:

Girls:

Qualifying round: starting height at 1.30m, two warm up jumps at 1.30m and 1.50m respectively; each jump will increase 5cm from 1.30m to 1.50m.

Final: starting height at 1.40m, two warm up jumps at 1.30m and 1.50m respectively; each jump will increase 5cm from 1.40m to 1.5m, then 3cm increase onwards.

Boys:

Qualifying round: starting height at 1.60m, two warm up jumps at 1.60m and 1.80m respectively; each jump will increase 5cm from 1.60m to 1.80m.

Final: starting height at 1.70m, two warm up jumps at 1.60m and 1.80m respectively; each jump will increase 5cm from 1.60m to 1.80m, then 3cm increase onwards.

6.4.7 Jump off is not applicable in High Jump.

6.5 Track Event

6.5.1 **Start Information System is used in the tournament. A Crouch start with starting blocks will be used for all races up to 400m.**

- 6.5.2 The best 8 runners in heat will be qualified to final. Finalists will be seeded in lanes according to time as follow:

Lane Draw Order	Events		
	100m/ 100mh/110mh	200m	400m/ 400mh/ 4x100m Relay / 4x400m Relay
Top ranked	3,4,5,6	5,6,7	4,5,6,7
Next ranked	2,7	3,4,8	3,8
Last ranked	1,8	1,2	1,2

- 6.5.3 Straight finals

If 8 or less athletes or teams are reported to the Call Room after the End of Call, the event will be declared a straight final and to be run at time scheduled for that final. Draws for lane will be made.

- 6.5.4 Relay Events

Schools are requested to submit their Relay Team lists to the Roll Call Area **before reporting time of the relay competition.** Any late submission will not be accepted and the team will be disqualified.

- 6.5.5 Competition time limit for 5000m finals

Boys Open: 25mins

Girls Open: 30mins

7. Points

Placing	1 st	2 nd	3 rd	4 th	5 th	6 th	7 th	8 th
Individual Event	9	7	6	5	4	3	2	1
Relay Event	18	14	12	10	8	6	4	2

- 7.1 When tying for a position each competitor tying for that position will be credited with an average of points awarded to that position and the position(s) following it.
- 7.2 Standard points shall be counted towards the Overall Champions of the Tournament. Standard points may only be awarded during qualifying rounds/heats, unless the event(s) is/are declared as straight final(s), in which case standard points may be gained in the final in addition to position points. The results of all participating athletes (including wild card athletes) are included in the Overall Champions of the Tournament.
Standard point: Individual Event : 1 point \ Relay Event : 2 points
- 7.3 When tying for the overall, the ranking will be determined by the number of gold medals won by the same team, if still tie, determined by the number of silver medals, and so on.

8. Award and Results

- 8.1 Please scan the QR code on the program for the update results for the tournament day. Result will be removed from that link after the tournament day and the final results will upload to our website (<http://hkssf.org.hk/>) on 13th March 2026 (Fri).
- 8.2 Trophies will be awarded to the 1st, 2nd, 3rd and 4th places in Boys and Girls Overall.
- 8.3 Medals and Certificates will be awarded to the 1st, 2nd, 3rd and 4th places in each event.
- 8.4 Each relay winning team will be awarded 6 medals and 4 certificates only.
- 8.5 Certificate of Merit will be awarded to record breakers. The certificates will send to schools by post after the Tournament.

9. Uniform

Athletes are required to wear their athletics uniform bearing school name / abbreviation / badge. Teams will be disqualified in the event if they are not properly dressed.

10. Outside Assistance

- 10.1 Coaches are not allowed to communicate with athletes in competition area. Athletes must pay attention to the competition situation when crossing the track. If they obstruct or affect the competition, they will be warned, and in serious cases they will be disqualified.
- 10.2 Athletes are not allowed to use any electronic communication devices within the competition area. The offender will be warned. If there is any repetition, he/she will be disqualified.

11. Protest

- 11.1 Protest should be made in writing by the teacher(s) in charge of the school(s) being affected at an incident within 30 minutes of the announcement of the result of the event concerned. Protest fee of \$200 will be returned if the appeal is successful. No protest will be accepted from student and spectator.
- 11.2 All protests concerning technical rules and interpretation should be made to the Referees. The decision of the Jury of Appeal shall be final.
- 11.3 All protests concerning the management of the tournament should be made to the Convenor. The decision of the Committee of the tournament shall be the final.

12. Warm Up Arrangement

Warm Up arrangement: All warm up should be done in the warm up track area. Athletes must present their bib to enter the warm-up area (only athletes who need to prepare for competition during that time are allowed entry). For teachers and coaches, they must present their coach pass will be distributed on event day in order to enter the warm-up area/coaching zone. Coach pass will be distributed on event day (maximum 5 passes for invited school and no more than 2 passes for wild card school based on the number of wild card athletes)

13. Safety Precautions of Wan Chai Sports Ground

- 13.1 Athletes must leave the FIELD as soon as they finish their events.
Athletes 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.
Accidents can occur in Javelin and Discus events. The area around the Javelin Runway and Discus circle should be kept clear at all times. Athletes must station in the waiting area and can only enter the throwing area when he/she starts to compete.
- 13.2 Nobody will be allowed to go inside the field (grass area) except appointed officials & athletes 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 athletes do not follow regulation, the school concerned is liable to disqualification.
- 13.3 Refreshment Kiosk B (Open from 09:00 a.m.)
Neither food nor drink may be brought into the ground for sale, resale or free distribution.
- 13.4 All attendees must comply with the Conditions of Entry of Wan Chai Sports Ground.

14. Others:

- 14.1 Aerial photographing is not allowed within WCSG.
- 14.2 No parking will be available at WCSG.
- 14.3 Admission time for Participating Schools: 07:45 a.m.
- 14.4 Please check the latest version of competition schedule on HKSSF website.

15. Events Standards

Event	Boys	Standard	Girls	Standard
100m	✓	12.20	✓	14.50
200m	✓	25.50	✓	30.50
400m	✓	57.80	✓	1:12.50
800m	✓	2:20.00	✓	2:55.00
1500m	✓	5:00.00	✓	6:15.00
5000m	✓	20:00.00	✓	25:00.00
100mh			✓(0.762m)	19.50
110mh	✓ (0.914m)	18.50		
400mh	✓(0.838m)	1:07.50		
Long Jump	✓	5.45m	✓	4.10m
Triple Jump	✓	11.20m		
High Jump	✓	1.60m	✓	1.30m
Shot put	✓(5kg)	10.05m	✓(4kg)	6.90m
Discus	✓(1.5kg)	26.00m	✓(1kg)	18.80m
Javelin	✓(700g)	30.00m	✓(600g)	19.00m
4x100m Relay	✓	47.50	✓	56.80
4x400m Relay	✓	3:54.00	✓	4:55.00

- End -

All Hong Kong Schools Jing Ying Athletics (Team) Tournament - RECORD

BOYS OPEN GRADE (under 19)

Event	Record	Year	Holder	School
100m	10.53	2023-2024	Kwok Chun Ting	Tai Kwong Hilary College
200m	20.93	2025-2026	Koo Cheuk Fung Jasper	Diocesan Boys' School
400m	49.03	2024-2025	Liem Ho Yat Isaac	St. Mark's School
800m	1:54.54	2024-2025	Wang Nok Wang	Diocesan Boys' School
1500m	4:02.72	2024-2025	Wang Nok Wang	Diocesan Boys' School
5000m	15:47:19	2024-2025	Chung Tak Chak	Sing Yin Secondary School
110m Hurdles (0.914m)	14.01	2024-2025	Mak Tsz Ching	HKSYCIA Wong Tai Shan Memorial College
400m Hurdle (0.838m)	53.53	2025-2026	Tong Pak Hin Issac	Pui Kiu College
4 x 100m Relay	41.85	2022-2023	Zheng Wang Kei Leung Ching Hang Wesley Johannsson Magnus Prostur Koo Cheuk Fung Jasper	Diocesan Boys' School
4 x 400m Relay	3:23.14	2024-2025	Lau Hoi Tsun Leung Ching Hang Wesley Leung Ching Shun Jensen Wang Nok Wang	Diocesan Boys' School
Long Jump	7.26	2022-2023	Lin Mingfu	Chan Sui Ki (La Salle) College
Triple Jump	14.41	2022-2023	Cheung Wing Lok	TWGHs Yow Kam Yuen College
High Jump	2.09	2024-2025	Lai Pak Hei	La Salle College
Shot Put (5Kg)	15.44	2023-2024	Zhang Weidong	Cheung Sha Wan Catholic Secondary School
Discus (1.5Kg)	49.36	2021-2022	Wong Kwan Yu	Hoi Ping Chamber of Commerce Secondary School
Javelin (700g)	63.50	2023-2024	Wong Yi Hin	Diocesan Boys' School

All Hong Kong Schools Jing Ying Athletics (Team) Tournament - RECORD

GIRLS OPEN GRADE (under 19)

Event	Record	Year	Holder	School
100m	12.03	2023-2024	Yu Pui Yi Yip Man Yan	Good Hope School HKUGA College
200m	24.98	2022-2023	Li Tsz To	HKUGA College
400m	56.73	2022-2023	Karlsson Jane Christa Ming Suet	Diocesan Girls' School
800m	2:18.29	2022-2023	Karlsson Jane Christa Ming Suet	Diocesan Girls' School
1500m	4:51.09	2016-2017	Tong Lok Yu	St. Margaret's Co-Educational English Secondary and Primary School
5000m	18:57.71	2024-2025	Chan Pak Yin	Good Hope School
100m Hurdles (0.762m)	13.89	2022-2023	Pak Hoi Man Chloe	Diocesan Girls' School
4 x 100m Relay	47.81	2022-2023	Chow Chi Kiu Sum Hei Lam Nicole Tang Cheuk Man Serena Pak Hoi Man Chloe	Diocesan Girls' School
4 x 400m Relay	3:59.21	2022-2023	Tseng, Hailey Li Man Ching Yip Yik Tung Karlsson Jane Christa Ming Suet	Diocesan Girls' School
Long Jump	6.14	2023-2024	Jia Wai Yin	St. Margart Co-Educational English Secondary And Primary School
High Jump	1.71	2016-2017	Cheung Ching Laam P.	Heep Yunn School
Shot Put (4Kg)	10.63	2016-2017	Cheung Yuet Ting	YCH Law Chan Chor Si College
Discus (1Kg)	36.22	2023-2024	Man Ho Lam Hina	Diocesan Girls' School
Javelin (600g)	48.38	2024-2025	Kwong Sze Oi Sarah	Baptist Lui Ming Choi Secondary School

The Schools Sports Federation of Hong Kong, China
AQUARIUS All Hong Kong Schools Jing Ying Athletics (Team) Tournament 2025-2026
Participating School List

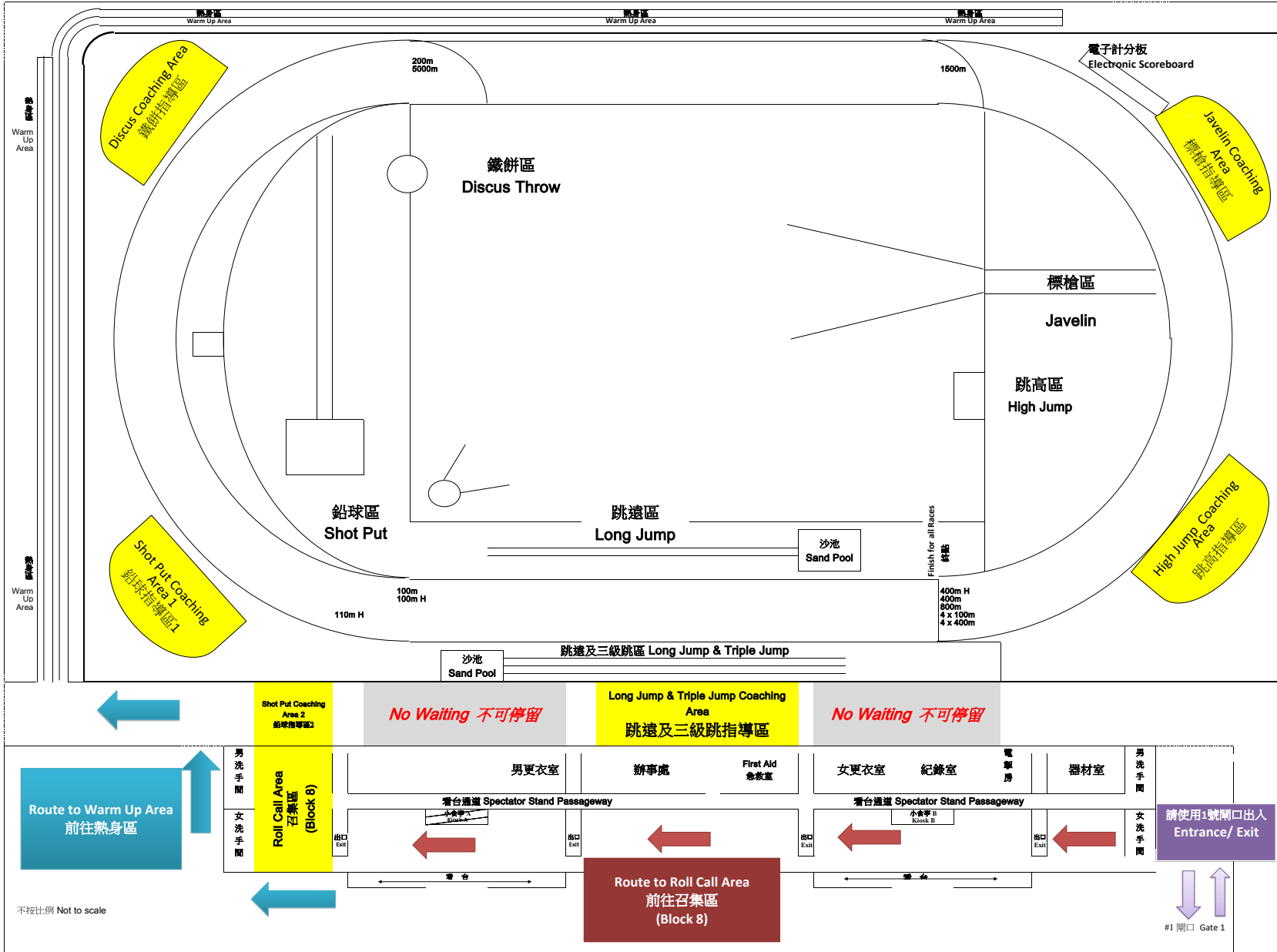
No.	Abbrevia	School	Boys Open	Girls Open
1	ASMS	SKH All Saints' Middle School	2	1
2	BCKSS	HHCKLA Buddhist Ching Kok Secondary School	1	-
3	BHSC	Buddhist Hung Sean Chau Memorial College	2	-
4	BMFMC	Buddhist Mau Fung Memorial College	2	-
5	BPS	Belilios Public School	-	2
6	CCASS	Chiu Chow Association Secondary School	1	-
7	CCCRSS	CCC Rotary Secondary School	1	-
8	CCCSS	Cheng Chek Chee Secondary School	1	1
9	CFCCH	Caritas Fanling Chan Chun Ha Secondary School	1	-
10	CGHC	Chong Gene Hang College	2	-
11	CHECSS	Choi Hung Estate Catholic Secondary School	2	-
12	CLS	Concordia Lutheran School (Kowloon)	1	-
13	CMASS	CMA Secondary School	3	-
14	CMT	TWGHs Chang Ming Thien College	-	1
15	CPU	Carmel Pak U Secondary School	19	15
16	CSCMC	Christian Alliance S. C. Chan Memorial College	-	1
17	CSK	Chan Sui Ki (La Salle) College	4	-
18	CSL	HKWMA Chu Shek Lun Secondary School	1	-
19	CSWCSS	Cheung Sha Wan Catholic Secondary School	25	-
20	CZM	TWGHs Chen Zao Men College	1	-
21	DBS	Diocesan Boys' School	22	-
22	DGS	Diocesan Girls' School	-	21
23	DMS-BW	Delia Memorial School (Broadway)	18	-
24	DMS-HW2C	Delia Memorial School (Hip Wo No.2 College)	1	-
25	EC	Elegantia College (Sponsored by Education Convergence)	-	1
26	EVANGEL	Evangel College	-	1
27	FIS	French International School	-	2
28	FK1	Fung Kai No. 1 Secondary School	1	-
29	FLSS	Fanling Lutheran Secondary School	-	17
30	FSS-KT	Fukien Secondary School (Kwun Tong)	1	2
31	FSS-SSW	Fukien Secondary School (Siu Sai Wan)	-	1
32	FYW	CCC Fong Yun Wah Secondary School	18	-
33	GHS	Good Hope School	-	17
34	GSIS	German Swiss International School	1	-
35	HDC	Ho Dao College (Sponsored by Sik Sik Yuen)	1	-
36	HFC	Ho Fung College (Sponsored By Sik Sik Yuen)	2	-
37	HFTC	CCC Hoh Fuk Tong College	-	1
38	HGC	The Mission Covenant Church Holm Glad College	1	-
39	HKBUAS	HK Baptist University Affiliated School Wong Kam Fai Secondary & Primary School	-	1
40	HKUGA	HKUGA College	3	17
41	HNC	Ho Ngai College (Sponsored By Sik Sik Yuen)	2	-
42	HPCCSS	Hoi Ping Chamber of Commerce Secondary School	24	3
43	HTC	Holy Trinity College	-	1
44	HTCSS	SKH Holy Trinity Church Secondary School	1	-
45	HTSS-TKO	Heung To Secondary School (Tseung Kwan O)	1	-
46	HWC	CCC Heep Woh College	2	-
47	HYS	Heep Yunn School	-	20
48	IS	Island School	-	1
49	ISFA	The Independent Schools Foundation Academy	-	1
50	JCC	Ju Ching Chu Secondary School (Kwai Chung)	1	-
51	JCTIC	Jockey Club Ti-I College	20	21
52	KGV	King George V School	7	-
53	KYS	Shap Pat Heung Rural Committee Kung Yik She Sec. Sch.	1	-
54	KYWC	TWGHs Kwok Yat Wai College	1	-
55	LA	ELCHK Lutheran Academy	-	2
56	LCW	LST Leung Chik Wai Memorial School	1	-
57	LIYMSS	CNEC Lee I Yao Memorial Sec. Sch.	1	-
58	LKKC	STFA Leung Kau Kui College	20	21
59	LKYMS	Lee Kau Yan Memorial School	2	-
60	LLMC	YPICA Lee Lim Ming College	1	-
61	LSC	La Salle College	22	-
62	LSKC	STFA Lee Shau Kee College	21	13
63	LSTC	AD & FD POHL Leung Sing Tak College	18	19
64	LSTLKK	Lok Sin Tong Leung Kau Kui College	-	2
65	LSTWCM	Lok Sin Tong Wong Chung Ming Secondary School	-	1
66	LSTYKHL	LST Young Ko Hsiao Lin Secondary School	1	-

The Schools Sports Federation of Hong Kong, China
AQUARIUS All Hong Kong Schools Jing Ying Athletics (Team) Tournament 2025-2026
Participating School List

No.	Abbrevia	School	Boys Open	Girls Open
67	LTFC	Lam Tai Fai College	4	3
68	LTPSS	Law Ting Pong Secondary School	-	1
69	LWLC	The Methodist Lee Wai Lee College	-	2
70	LYC	TWGHs Lui Yun Choy Memorial College	-	1
71	MCS	Maryknoll Convent School	-	1
72	MKPMC	SMKMCF Ma Ko Pan Memorial College	14	-
73	MSC	Munsang College	2	2
74	NCC	Newman Catholic College	2	-
75	NYSS	Ng Yuk Secondary School	1	-
76	PCMS	Pui Ching Middle School	-	2
77	PKC	Pui Kiu College	1	1
78	PKMS	Pui Kiu Middle School	19	2
79	PLKCHYT	Po Leung Kuk Celine Ho Yam Tong College	-	1
80	PLKNPL	Po Leung Kuk Ngan Po Ling College	-	16
81	POHCKMC	POH Chan Kai Memorial College	20	13
82	PTSS	Stewards Pooi Tun Secondary School	9	1
83	QUALIED	Man Kwan QualiEd College	-	15
84	RC	Renaissance College	-	1
85	RCPHKMC	Rhenish Church Pang Hok Ko Memorial College	-	1
86	S.C.	Sha Tin College	-	1
87	SCGS	St. Clare's Girls' School	-	15
88	SFAC	St. Francis of Assisi's College	1	-
89	SHCC	Sacred Heart Canossian College	-	1
90	SHDC	TWGHs Sun Hoi Directors' College	-	16
91	SJACS	St. Joseph's Anglo-Chinese School	2	-
92	SJSS	Ma On Shan St. Joseph's Secondary School	1	-
93	SKHKH	SKH Kei Hau Secondary School	-	1
94	SMCESPS	St. Margaret's Co-Educational English Secondary and Primary School	23	3
95	SMS	St. Mark's School	23	-
96	SPC	St. Paul's College	1	-
97	SPCC	St. Paul's Co-educational College	-	20
98	SPCS	St. Paul's Convent School (Secondary Section)	-	20
99	SPS	St. Paul's School (Lam Tin)	-	1
100	SSCS	St. Stephen's College	1	1
101	STC	Shung Tak Catholic English College	-	1
102	STCC	ECF Saint Too Canaan College	1	1
103	STS	Sai Kung Sung Tsun Catholic School (Secondary Section)	-	1
104	STSS	St. Teresa Secondary School	-	12
105	STTSS	Sha Tin Tsung Tsin Secondary School	-	2
106	SWC	STFA Seaward Woo College	2	22
107	SYSS	Sing Yin Secondary School	1	-
108	TCCS	Tung Chung Catholic School	20	15
109	TCGSS	Tack Ching Girls' Secondary School	-	1
110	TKOGSS	Tseung Kwan O Government Secondary School	-	1
111	TKPSS	Tin Ka Ping Secondary School	15	-
112	TLHK	The True Light School of Hong Kong	-	2
113	TLLF	CCC Tam Lee Lai Fun Memorial Sec. Sch.	1	-
114	TMCSS	Tuen Mun Catholic Secondary School	-	1
115	TPSY	Tai Po Sam Yuk Secondary School	-	1
116	TPYC	STFA Tam Pak Yu College	-	1
117	TSIS	The South Island School	1	1
118	TSWMC	Tin Shui Wai Methodist College	3	16
119	TTCA	Tsung Tsin Christian Academy	-	1
120	UCC-KE	United Christian College (Kowloon East)	-	1
121	WBSS	The Salvation Army William Booth Secondary School	1	-
122	WFLC	TWGHs Wong Fung Ling College	-	1
123	WFN	TWGHs Wong Fut Nam College	24	18
124	WIS	West Island School	3	1
125	WSCSS	POCA Wong Siu Ching Secondary School	-	1
126	WTSMC	HKSYCIA Wong Tai Shan Memorial College	1	2
127	WYHK	Wah Yan College (Hong Kong)	5	-
128	WYK	Wah Yan College (Kowloon)	3	-
129	WYY	TWGHs Mrs. Wu York Yu Memorial College	19	1
130	YCKMC	Yu Chun Keung Memorial College	22	2
131	YKN	Buddhist Yip Kei Nam Memorial College	1	-
132	YKYC	TWGHs Yow Kam Yuen College	1	2
133	YMCA	Chinese Y.M.C.A. Secondary School	-	1
134	YMCAC	Chinese Y.M.C.A. College	-	1
135	YWC	Ying Wa College	1	-
136	YWG	Ying Wa Girls' School	-	1
137	YYC	Shun Tak Fraternal Association Yung Yau College	21	16
138	YYNo.2	HKTA The Yuen Yuen Institute No. 2 Sec. Sch.	1	-

2025-2026年度水動樂全港學界精英田徑(團體)比賽 AQUARIUS All Hong Kong Schools Jing Ying Athletics (Team) Tournament 2025-2026
座位分配表 Seating Plan

Zone 1		Zone 2		Zone 3		Zone 4		Zone 5		Zone 6		Zone 7		Zone 8					
Exit to G/F ⇨				⇩ Exit to G/F				Exit to G/F ⇨				⇩ Exit to G/F							
		Control Room																	
<i>PLKNPL</i>	<i>LKKC</i>		<i>SMCESPS</i>	<i>TKPSS</i>	<i>SWC</i>	<i>PKMS</i>	<i>SCGS</i>	<i>MKPMC</i>	<i>WILD CARD</i>	<i>WILD CARD</i>	Roll Call Area								
<i>STSS</i>		<i>TSWMC</i>	<i>SPCC</i>	<i>KGV</i>		<i>FYW</i>	<i>SMS</i>	<i>FLSS</i>	<i>TCCS</i>										
<i>WYY</i>		<i>SPCS</i>	<i>CSWCSS</i>	<i>LSKC</i>		<i>PTSS</i>	<i>DMS-BW</i>	<i>QUALIED</i>											
<i>CPU</i>		<i>POHCKMC</i>	<i>YYC</i>		<i>LSTC</i>	<i>JCTIC</i>		<i>WFN</i>	<i>SHDC</i>										
Exit					Exit			<i>Exit</i>	Exit										
看台通道 Spectator Stand Passageway																			
<i>YCKMC</i>	<i>HYS</i>	<i>HKUGA</i>	<i>DBS</i>	<i>GHS</i>	<i>VIP</i>	<i>LSC</i>	<i>DGS</i>	<i>HPCCSS</i>	<i>WILD CARD</i>										
Exit																			Exit



不按比例 Not to scale

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

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

AQUARIUS All Hong Kong Schools Jing Ying Athletics (Team) Tournament 2025-2026

Day Two 12 March 2026

Event 37	Boys Javelin (F)		09:00AM		
	Record : 63.50m		Standard : 30.00m		
Final	1	Zheng Wai Hon Yohann	鄭偉瀚	HNC	1500
	2	CHENG WAI LOK	鄭煒樂	YYC	1457
	3	WONG MAN HEI MAX	黃文熙	SJACS	1527
	4	Wong Ching Ho	王靖皓	CSWCSS	1040
	5	NG CHI TIN	伍智天	DBS	1061
	6	LIU YIN BOK	廖彥博	TKPSS	1375
	7	ZHAN YIMIN	詹益民	YYC	1459
	8	Su Cheuk Hei	蘇焯熙	YYNo.2	1556
	9	KWOK KIN LUN	郭建麟	TLLF	1535
	10	KAN ETHAN	簡栢翹	YCKMC	1438
	11	Yip Tin Ching Walter	葉天正	WYHK	1549
	12	LEUNG TIN LONG	梁天朗	LSC	1190
	13	Kwok Wing Fung	郭泳鋒	CLS	1479
	14	Lam Cho Hei	林祖熹	CSWCSS	1039
	15	LEE WING TO	李穎滔	YCKMC	1437
Event 38	Girls Shot Put (F)		09:00AM		
	Record : 10.63m		Standard : 6.90m		
Final	1	LUI PAK YI	呂柏誼	WFN	2372
	2	Chu Wai Ling	朱瑋玲	YKYC	2473
	3	Tse Wing Shan	謝泳珊	HYS	2099
	4	TANG WING YAN	唐穎恩	LSTLKK	2420
	5	Chan Hiu Ching	陳曉澄	PLKCHYT	2437
	6	Leung Wa Yan	梁華恩	HYS	2100
	7	Xu Chuwei	許楚唯	DGS	2030
	8	YAU, Hiu Wai Brianne	邱曉蔚	PKMS	2436
	9	Lee Lok Yau	李樂悠	UCC-KE	2463
	10	HE CHING YI CHERRY	何靜宜	POHCKMC	2206
	11	LO WING LAM VENUS	盧咏琳	WYY	2469
	12	Lee Phyllis	李珞瑜	DGS	2029
Event 39	Boys Long Jump (F)		09:00AM		
	Record : 7.26m		Standard : 5.45m		
Final	1	Chan Chun Sui	陳俊穗	CMASS	1480
	2	CHEUNG MARCUS	張銳程	WFN	1378
	3	LOI HOI YIN	雷海彥	POHCKMC	1284
	4	LEONG CHI KAN KANNY	梁智勤	TSWMC	1537
	5	YIP CHUNG YIN HOLDYIN	葉聰賢	WFN	1397
	6	Wai Cheong Lok	韋昌樂	FK1	1490
	7	Chow Tsz Fung	周梓峰	CSWCSS	1041
	8	KO SZE WANG	高斯泓	SJACS	1526
	9	LAU KWOK HAY	劉國熙	HPCCSS	1122
	10	KWOK YUK LAM	郭育林	LSC	1192
	11	Leung Tsz Hin Bosco	梁梓軒	WYHK	1547
	12	SHING KA HEI	成嘉熙	DBS	1062
Event 40	Girls High Jump (F)		09:00AM		
	Record : 1.71m		Standard : 1.30m		
Final	1	Kwong Hay Tung Hayden	鄺希彤	DGS	2036
	2	Kwok Cho Sze Leann	郭楚斯	MCS	2429
	3	CHAN WING LIN	陳穎霖	LKKC	2139
	4	ZHAO kaitong	趙凱彤	TMCSS	2458
	5	YIU HOI LAM	姚凱嵐	TSWMC	2346
	6	WOO SUM YAU	胡芯攸	GHS	2069
	7	WONG HO CHING EMILY	黃浩澄	GHS	2070
	8	Poon Tsz Yin	潘芷然	SCGS	2236
	9	MAK Hiu Ting	麥曉婷	HPCCSS	2413
	10	Lui Yui Ching Karis	呂睿晴	DGS	2035
	11	LEUNG Nga Yin	梁雅賢	TKOGSS	2455
	12	LEE SZE HEI HEIDI	李思曦	RC	2439
	13	Lam Nok Yin	林諾言	HYS	2106

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Day Two 12 March 2026

Event 41	Boys 110mH (H)		09:30AM		
	Record : 14.01		Standard : 18.50		
Heat 1	2	SHEA DIN YAN CARSON	余典忻	TCCS	1353
	3	NG SHING LOK	伍晟樂	DBS	1054
	4	Ng Yue Kiu	吳宇橋	LTFC	1517
	5	Ng Hoi Chun	吳凱晉	CSWCSS	1033
	6	Wu Henry	吳縉樺	LSKC	1206
	7	Li Shing Cheung Neo	李成章	CPU	1011
	8	LEE CHUN HIN	李俊軒	POHCKMC	1277
	Heat 2	2	LEE WAI CHUN	李煒俊	YCKMC
3		SHUM CHUN HEI REGAN	沈俊熙	YWC	1555
4		SHUM PUI KIT	沈培杰	TKPSS	1372
5		LAM YU HIN	林宇軒	LSC	1183
6		LAM KIN HEI	林見熙	DBS	1055
7		CHAN YAT HEI	陳逸希	HPCCSS	1113
8		KHAN SARIM MEHMOOD		DMS-BW	1075
Heat 3		2	XU YUI HANG	許睿桁	LSTC
	3	MA YONG QIANG	馬永鏘	WFN	1389
	4	Yee Ching Kwan	庾靖鈞	SWC	1533
	5	Liu Yan Sun Nathan	廖因信	MKPMC	1243
	6	ZHANG CHEN MING	張宸銘	PTSS	1294
	7	CHEUNG Tsz Yui	張梓銳	SMS	1331
	8	CHEUNG Ching Fung	張靖風	WYY	1412
	Heat 4	2	LEUNG TSZ HO	梁子濠	TKPSS
3		Leung Wai Kwan	梁偉鈞	CSK	1484
4		LEUNG YIU SANG	梁耀生	LSTC	1226
5		HUANG GEORGE	黃靖遠	YYC	1453
6		CHONG Ho Lun	莊浩麟	YCKMC	1431
7		CHUI YU CHEUNG	徐宇翔	WFN	1388
8		HUI Hiu Fung	許曉峯	JCTIC	1136
Heat 5		2	Lin Yuk Ching	林毓程	BHSC
	3	CHAN YIK YI	陳奕爾	HPCCSS	1114
	4	Guo Juanhao	郭隽昊	FYW	1093
	5	Chen Aoyu	陳奧宇	LSKC	1205
	6	Cheung Man Hei	張文熹	WTSMC	1544
	7	ZENG HEI	曾曦	TCCS	1352
	8	COLOSSA ZWELIBANZI	賀文信	SMCESPS	1307
	Heat 6	2	WONG SHUN LOK	黃信樂	POHCKMC
3		Luk Chun Kit Jacky	陸焯傑	FYW	1094
4		YEUNG Yat Tin Isaac	楊日天	JCTIC	1135
5		LIN MING KIN	林明健	BMFMC	1470
6		YIP YEUNG	葉揚	LSC	1184
7		CHENG Timothy	鄭敬華	SMS	1332
8		LAI KIN LOK	黎鍵樂	YYC	1452
Heat 7		2	LO YAT SING	盧逸昇	WYY
	3	SIU TIK KAN DEACON	蕭滌勤	SMCESPS	1308
	4	Lai Po Yi	賴寶怡	CSWCSS	1032
	5	Luo Tsz Yeung	羅梓揚	CPU	1010
	6	Fu Yongqi	符永奇	ASMS	1465
	7	SINGH MANJOT		DMS-BW	1076
	8	KANG, Byung Ho		KGV	1151

AQUARIUS All Hong Kong Schools Jing Ying Athletics (Team) Tournament 2025-2026

Day Two 12 March 2026

Event 42	Girls 100mH (H)		09:55AM		
	Record : 13.89		Standard : 19.50		
Heat 1	1	Zeng Yuen Man	曾婉雯	WTSMC	2467
	2	YEUNG YAN CHING	楊欣晴	SWC	2319
	3	LEUNG TSZ CHING	梁紫晴	TCCS	2339
	4	LEUNG SIU TUNG	梁小冬	FLSS	2045
	5	Mok Yui Tung Tessa	莫睿桐	DGS	2028
	6	Wong Chi Yan	黃芷昕	SPCC	2268
	7	TSANG JIA LI	曾嘉麗	LSTC	2173
Heat 2	1	Wang Jiaxin	王嘉馨	LSKC	2155
	2	WAN Sum Yu	尹深俞	CPU	2009
	3	TSE YU YEE	謝雨綺	SHDC	2251
	4	CHAN CHEUK KWAN	陳芍君	SPCS	2286
	5	Tam Yan Q	譚因喬	STSS	2300
	6	So Yuen Chi	蘇宛姿	SKHKH	2443
	7	So Sin Hau Hilary	蘇倩巧	HYS	2090
Heat 3	1	SING Sin Ying	成善盈	JCTIC	2118
	2	NGAI YEE KI	魏綺琪	YYC	2388
	3	NG YUI YIN	吳睿妍	SHDC	2242
	4	Ng Yan Lam	吳恩霖	HKUGA	2079
	5	NG WING KIU NIKITA	吳穎蕎	GHS	2062
	6	NG TSUN TING	吳蕤庭	WFN	2371
	7	WONG Nga Ki	黃雅琪	EVANGEL	2403
Heat 4	1	Li Yan Hei Odilia	李恩希	HKUGA	2080
	2	Chan Tsz Yu	陳紫鈿	ASMS	2396
	3	YEUNG WUN YI	楊煥兒	TSWMC	2355
	4	YAU JASMINE HIU TUNG	邱曉彤	SPCS	2287
	5	Lee Yi Kwan	李懿君	PLKNPL	2182
	6	Lee Ming Ki	李洛圻	SPCC	2267
	7	HO SUM KIU CASSIDY	何心喬	GHS	2054
Heat 5	1	LEE KA YI	李嘉兒	YYC	2389
	2	LAU SUM YU	劉芯瑜	TSWMC	2356
	3	Lau Hoi Ching	劉凱澄	CPU	2010
	4	Kwok Oi Ming	郭譚明	HYS	2098
	5	CHAN SZE NGA	陳思雅	WFN	2370
	6	Ho Dooriya	郝容潞	QUALIED	2220
	7	HE WING HEI	何穎曦	LSTLKK	2419
Heat 6	1	CHONG HEI YU	莊稀渝	PLKNPL	2186
	2	Choi Ming Yan	蔡明殷	LSTC	2174
	3	CHO Man Wai	曹汶慧	PKC	2434
	4	CHEUNG VIOLET	張苾彤	SWC	2320
	5	CHEUNG KA KIU	張嘉喬	SMCESPS	2444
	6	Cheung Cheuk Ying Stephanie	張卓滢	QUALIED	2221
	7	CHEN Jia Len	陳嘉嵐	JCTIC	2117
Heat 7	1	CHAN WING LIN	陳穎霖	LKKC	2139
	2	Leung Tze Yin	梁芷嫣	LKKC	2140
	3	CHAN TSIK HEI	陳汐晞	POHCKMC	2205
	4	Wo Hoi Yiu Richelle	鄺凱蕘	DGS	2027
	5	CHAN Sui Hei Katie	陳萃稀	HKBUAS	2410
	6	CHAN CHI YAN	陳智恩	TCCS	2340
	7	LEE LONG HEI	李朗希	FLSS	2046

AQUARIUS All Hong Kong Schools Jing Ying Athletics (Team) Tournament 2025-2026

Day Two 12 March 2026

Event 43	Girls 400m (F)			10:30AM	
	Record : 56.73			Standard :	01:12.50
Final	1	Cheng Tsz Yan	鄭芷殷	HKUGA	2073
	2	LEE TSZ YIU	李紫瑤	GHS	2057
	3	Yip Yik Tung	葉奕彤	DGS	2019
	4	FAN ON WING	樊安詠	GHS	2058
	5	Zhuo Yijing	卓奕靜	HYS	2091
	6	LAM WING CHI	林穎姿	TPYC	2460
	7	Shum Yan Wing	岑昕穎	DGS	2020
	8	FUNG PUI WAI SHELL	馮貝惠	WFN	2364
Event 44	Boys 400m (F)			10:30AM	
	Record : 49.03			Standard :	57.80
Final	1	HAU CHIT LONG	侯詰朗	HPCCSS	1106
	2	WONG KA PO	黃家寶	CSL	1487
	3	MAK YIU WING	麥耀榮	LIYMSS	1510
	4	WONG Kwok Man	黃崢文	WYK	1551
	5	HUANG YAU NAM	黃佑楠	YYC	1446
	6	Yeung Hoi To	楊愷滔	YCKMC	1425
	7	Ma Yung Sang	馬榕生	WYHK	1548
	8	Chan Rio	陳曉楠	HKUGA	1497
Event 45	Boys High Jump (F)			10:30AM	
	Record : 2.09m			Standard :	1.60m
Final	1	FOK YUI CHUN	霍銳縉	DBS	1066
	2	Chow Tin Nok	周天諾	HWC	1504
	3	CAI HIU TUNG	蔡曉東	HPCCSS	1124
	4	Lee Tin Ho Avery	李天灝	SSCS	1530
	5	Lam Ching Hei	林政熹	CPU	1018
	6	LAI TSZ HEI RAIN	賴梓希	POHCKMC	1286
	7	Jiang Yuk Chun	江毓晉	HWC	1505
	8	HUI CHI MAN	許智文	YCKMC	1442
	9	TSOI HON KAN HANZ	蔡翰勤	WFN	1401
	10	TSANG HONG YAT ARTHUR	曾康溢	CSWCSS	1043
	11	SONG JIA JIE GAVIN	宋嘉杰	WFN	1400
	12	NGAN WAI LUN	顏煒倫	SMCESPS	1318
	13	LU WEI YU	陸維譽	SFAC	1525
	14	LOW HO LUM	劉濫霖	DBS	1065
	15	LO HOI LONG	盧凱朗	YYC	1461
	16	ZHENG JEFF	鄭竣文	POHCKMC	1287
	17	Yiu Shing Hei	姚丞禧	HFC	1495
	18	WONG YIN POK	黃彥博	MSC	1520
	19	WONG CHAK SUM	黃澤森	YCKMC	1441

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Event 46	Girls Long Jump (F)		10:30AM		
	Record : 6.14m		Standard : 4.10m		
Final	1	MOK WING KI	莫穎綺	PTSS	2438
	2	Sze Hei Man Joby	施晞敏	LTFC	2422
	3	CHAN SZE CHING	陳思晴	GHS	2068
	4	Lau Tsz Ching	劉紫晴	YCKMC	2471
	5	Lo Yuet Ching	羅悅澄	DGS	2034
	6	Ching Hei Tung Hillary	程晞桐	DGS	2033
	7	Tsang Tsz Ying Laura	曾梓瑩	QUALIED	2211
	8	WONG MING KIT	黃銘潔	GHS	2067
	9	WONG Hei Sen	黃希晨	JCTIC	2125
	10	LAU Hoi Ying	劉鎰盈	JCTIC	2126
	11	Wong Wing Tung	黃詠瞳	HYS	2088
	12	Kwok Kwan Ching	郭君澄	HKUGA	2085

Event 47	Boys Shot Put (F)		10:45AM		
	Record : 15.44m		Standard : 10.05m		
Final	1	FUNG SIU CHO	馮紹祖	CCASS	1471
	2	Tong Chun Kit	唐俊杰	SWC	1532
	3	CHOW PAK YIN	周柏言	BMFMC	1469
	4	YAN JASON TSZ SHING	燕梓誠	WFN	1392
	5	HU WENXUAN	胡文旋	LSTC	1228
	6	YUNG KA KIT	翁家杰	NCC	1522
	7	LEUNG YU TO KIAN	梁裕韜	DBS	1059
	8	XU, Hoi Ming	許凱銘	YCKMC	1436
	9	WONG KIN MING	黃健銘	TSWMC	1539
	10	YUEN NGO LONG	袁傲朗	POHCKMC	1281
	11	Zhang Weidong	張偉東	CSWCSS	1036
	12	CHENG YAT FUNG	鄭逸楓	YCKMC	1435
	13	MA CHING	馬政	CFCC	1474
	14	SAMUS Viktor		KGV	1152
	15	SIU YUK NAM	蕭煜楠	LSC	1188
	16	POON PAK WAI	潘柏維	HDC	1493

Event 48	Girls Javelin (F)		10:45AM		
	Record : 48.38m		Standard : 19.00m		
Final	1	TONG WING YAN MICHELLE	湯穎欣	FSS-KT	2407
	2	HUI SUET YING	許雪盈	EC	2402
	3	Sze Hei Nam Jacy	施晞嵐	LTFC	2423
	4	KWAN YAN YI	關恩懿	YMCAC	2475
	5	Xiao Jingjing	肖晶晶	HPCCSS	2411
	6	Chong Chi Hang	莊知行	HYS	2103
	7	Yip Hau Chee	葉巧至	SPCC	2272
	8	CHOI SAN YI	蔡申怡	WFN	2376
	9	Cheung Mimzy Hoi Ching	張凱晴	LTPSS	2425
	10	Lee Phyllis	李瑤瑜	DGS	2029
	11	POEK YING LAM	卜映林	GHS	2065
	12	Ma Yung Wai Jocelyn	馬榕蔚	DGS	2032

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Event 49	Girls 5000m (F)		10:45AM			
	Record : 18:57.71		Standard :	25:00.00	Timing Bib	
Final 1	1	Lau Sin Yin Chloe	劉善然	DGS	2025	1
	2	CHAN OI YIN	陳愛妍	GHS	2061	2
	3	Liu Yuen Lam	廖婉霖	HKUGA	2077	3
	4	Guan Tsz Yin	關子妍	HYS	2097	4
	5	WONG Lok Tung	王樂彤	JCTIC	2115	5
	6	Leong Pui Sze Priscilla	梁霽施	LKKC	2137	6
	7	Lam Wing Hei	林泳希	LSTC	2170	7
	8	Lau Hong Ching	劉康澄	PLKNPL	2190	8
	9	LUO TSZ YEE	羅梓綺	POHCKMC	2203	9
	10	Lee Tsz in	李祉妍	QUALIED	2218	10
	11	WONG TSZ YAN	黃梓欣	SHDC	2249	11
	12	He Mu Jia	何沐珈	SPCC	2266	12
	13	YIU TSZ KI ALICIA	姚芷琪	SPCS	2285	13
	14	HUNG TSZ YAN	熊芷欣	SWC	2317	14
	15	CHANG YI TUNG	張爾瞳	TSWMC	2353	15
	16	NGAN LOK YI	顏樂誼	WFN	2368	16
	17	KAM IAN LAM	甘欣琳	YYC	2387	17
	18	WU MAN QI	吳曼祺	FSS-KT	2406	18
	19	Fong Hei Tong	方希彤	LSTWCM	2421	19
	20	HO LOK IN PANSY	何洛舷	LWLC	2426	20
	21	AU ABBIE	歐愷昕	PCMS	2433	21
Final 2	1	WONG YUET TUNG	黃侑佟	CPU	2008	22
	2	Chung Cin Yee Cydnee	鍾倩兒	DGS	2026	23
	3	CHAN PAK YIN KATIE	陳柏延	GHS	2059	24
	4	Wong Ching	黃晴	HKUGA	2078	25
	5	Yu Long Ching	余朗晴	HYS	2096	26
	6	WONG Wan Tung	黃允彤	JCTIC	2116	27
	7	Leung Ho Ching	梁可晴	LKKC	2138	28
	8	Xiao Qiyun	肖淇勻	LSKC	2156	29
	9	Lok, Pui Sze Hailey	陸珮詩	LSTC	2172	30
	10	Chan Hang Lam	陳幸林	PLKNPL	2191	31
	11	NG PUI KA	吳貝珈	POHCKMC	2204	32
	12	Chow Hang Yu Stephanie	周杏榆	QUALIED	2219	33
	13	HO LOK YI	何樂怡	SHDC	2250	34
	14	Lui Lauren	呂諾文	SPCC	2265	35
	15	ACKBER BERTHA	區曉彤	SPCS	2284	36
	16	LI WAI YAN	李慧欣	SWC	2318	37
	17	CHEUNG NGA CHING	張雅晴	TSWMC	2354	38
	18	NG PUI YU	吳佩如	WFN	2369	39
	19	TSOI WAI KIU	蔡蕙蕎	YYC	2386	40
	20	WONG BERENICE ASHLEY	黃心筱	STC	2449	41
	21	KOO HIU LAM	顧曉琳	STS	2451	42
	22	WU Yuk Ki	胡鈺琪	WFLC	2464	43
	23	FAULKNER, Emily Jane		WIS	2465	44

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Event 50	Girls 200m (F)			11:20AM	
	Record : 24.98			Standard :	30.50
Final	1	Wong Bo Kiu Belinda	黃寶嶠	HFTC	2409
	2	Leung Ka Yui Kami	梁珈睿	HYS	2089
	3	Chan Hay Yee Jessy	陳熻而	DGS	2016
	4	Yip Man Yan	葉泯妍	HKUGA	2072
	5	Ngan Chloe Hoi Yiu	顏愷瑤	SSCS	2448
	6	LIU HUI YUET	廖珮玥	GHS	2055
	7	LAU Tsz Wun Amber	劉芷垣	STCC	2450
	8	Cheng Tsz Yan	鄭芷殷	HKUGA	2073
Event 51	Boys 200m (F)			11:20AM	
	Record : 20.93			Standard :	25.50
Final	1	Wan Sze Chai	尹思齊	TSWMC	1538
	2	HUI HO HIN	許浩軒	DBS	1047
	3	PANG MAVIS	彭承任	HTCSS	1502
	4	TSUI MAN HIN	徐文軒	HPCCSS	1103
	5	JUN, Chaemin		TSIS	1536
	6	KOO CHEUK FUNG JASPER	古緯峰	DBS	1045
	7	Cheing Chun Yin	張俊然	LTFC	1515
	8	Pan Choi Chun	潘才俊	LTFC	1518
Event 52	Girls 800m (F)			11:35AM	
	Record : 02:18.29			Standard :	02:55.00
Final	1	Ng Yuet HeI	吳悅曦	HYS	2094
	2	Ku Lok Yin	古樂妍	HYS	2093
	3	Tu Tsz Wing	杜芷詠	DGS	2022
	4	Chow Kiu	周喬	DGS	2021
	5	LEE TSZ YIU	李紫瑤	GHS	2057
	6	MODIANO, Sarah Elise		FIS	2405
	7	LEE WING SZE	李穎思	SHCC	2442
	8	CHEUNG WAN SHUN	張蘊淳	SMCESPS	2445
Event 53	Boys 800m (F)			11:35AM	
	Record : 01:54.54			Standard :	02:20.00
Final	1	NG PAK KI	吳柏其	POHCKMC	1271
	2	SY KWAN HON JOHANN	施鈞瀚	DBS	1051
	3	Ma Yung Sang	馬榕生	WYHK	1548
	4	MONGIA Atharva		KGV	1150
	5	XIE SHING CHUN	謝城俊	LKYMS	1512
	6	HO HOI WAI HOWARD	何海懷	LSC	1179
	7	WONG LOK CHING	黃樂政	POHCKMC	1272
	8	KWAN YIK YIN	關亦然	CHECSS	1478

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Event 54	Girls 4x100m (H)	11:55AM
	Record : 47.81	Standard : 56.80
Heat 1	2	YYC
	3	WFN
	4	TSWMC
	5	HYS
	6	SWC
	7	STSS
	8	SPCS
	Heat 2	2
3		SHDC
4		QUALIED
5		POHCKMC
6		PLKNPL
7		GHS
8		HKUGA
Heat 3		1
	2	JCTIC
	3	TCCS
	4	DGS
	5	CPU
	6	FLSS
	7	LSTC
	8	LSKC

Event 55	Boys 4x100m (H)	12:20PM
	Record : 41.85	Standard : 47.50
Heat 1	1	YYC
	2	YCKMC
	3	WYY
	4	WFN
	5	TKPSS
	6	TCCS
	7	SMS
	8	SMCESPS
Heat 2	2	PTSS
	3	POHCKMC
	4	PKMS
	5	LSC
	6	LSTC
	7	LSKC
	8	CSWCSS
	Heat 3	2
3		JCTIC
4		DBS
5		FYW
6		DMS-BW
7		MKPMC
8		HPCCSS

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Event 56	Boys Discus (F)		01:15PM		
	Record : 49.36m		Standard : 26.00m		
Final	1	HO CHEUK SAN	何卓榮	TKPSS	1366
	2	KAN ETHAN	簡栢翹	YCKMC	1438
	3	Zhang Weidong	張偉東	CSWCSS	1036
	4	HU WENXUAN	胡文旋	LSTC	1228
	5	LAM CHAK KWAN	林澤鈞	POHCKMC	1280
	6	LEE WING TO	李穎滔	YCKMC	1437
	7	CHEUNG KIN FUNG	張健鋒	CHECSS	1477
	8	ZHU JIAHAO	朱家浩	DBS	1060
	9	LU KA CHUN	盧嘉俊	CCCRSS	1472
	10	Yu Tak Wai	余德威	CMASS	1482
	11	YUEN NGO LONG	袁傲朗	POHCKMC	1281
	12	YAN JASON TSZ SHING	燕梓誠	WFN	1392
	13	Wong Hei Shun	黃熙舜	CGHC	1475
	14	LEE Sui Long		KGV	1153
	15	WONG KIN MING	黃健銘	TSWMC	1539
	16	LEUNG YU TO KIAN	梁裕韜	DBS	1059
	17	Zheng Wen Tao	鄭文韜	HNC	1501
	18	POON PAK WAI	潘柏維	HDC	1493
	19	Wong Tsz Chun	王子俊	FYW	1098

Event 57	Boys Triple Jump (F)		01:30PM		
	Record : 14.41m		Standard : 11.20m		
Final	1	Chow Tsz Fung	周梓峰	CSWCSS	1041
	2	LO HOI LONG	盧凱朗	YYC	1461
	3	WONG CHAK SUM	黃澤森	YCKMC	1441
	4	WONG TSE CHUN	黃梓俊	YKYC	1554
	5	AU YEUNG Tin	歐陽天	WYK	1550
	6	LEUNG KIN CHAI	梁建齊	DBS	1064
	7	LAM Kai Yip	林啟燁	LTFC	1516
	8	CHONG Ho Lun	莊浩麟	YCKMC	1431
	9	POON WAI SUM	潘瑋琛	LSC	1191
	10	Wai Cheong Lok	韋昌樂	FK1	1490
	11	CHAN CHUN YUEN	陳晉源	WFN	1398
	12	AU YEUNG HEY	歐陽希	LSC	1193

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Event 58 Girls 100mH (F) 02:15PM
 Record : 13.89 Standard : 19.50

Final
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Event 59 Boys 110mH (F) 02:25PM
 Record : 14.01 Standard : 18.50

Final
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Event 60 Girls Discus (F) 02:40PM
 Record : 36.22m Standard : 18.80m

Final	1	Hung On Kiu	洪安喬	HYS	2101
	2	Chu Wai Ling	朱瑋羚	YKYC	2473
	3	Leung Cho Yan Chole	梁楚欣	CMT	2400
	4	KWAN YAN YI	關恩懿	YMCAC	2475
	5	Lau I Shun	劉漪醇	DGS	2031
	6	Ding Wing Sum	丁穎心	YCKMC	2470
	7	POEK YING LAM	卜映林	GHS	2065
	8	LEUNG WING TUNG	梁穎彤	SPCS	2290
	9	Li Ho Man Katrina	李灝汶	HKUGA	2083
	10	LO WING LAM VENUS	盧咏琳	WYY	2469
	11	LUI PAK YI	呂柏誼	WFN	2372
	12	Xu Chuwei	許楚唯	DGS	2030

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Event 61	Boys 5000m (F)		02:40PM			
	Record : 15:47.19		Standard :	20:00.00	Timing bib	
Final 1	1	Li Zhao Li	黎釗立	CPU	1009	45
	2	Chan Ho Cheung	陳浩翔	CSWCSS	1031	46
	3	WAN CHAK YAN	溫澤仁	DBS	1053	47
	4	THAPA KEERISH		DMS-BW	1073	48
	5	Chu Ka Ming	朱家洺	FYW	1090	49
	6	HO MICHAEL TSZ-HEI	何子熙	HPCCSS	1112	50
	7	WONG Nok Hei	王諾熙	JCTIC	1133	51
	8	Ng Kwan Chak Bosco	吳均澤	LKCC	1162	52
	9	CHAN HAU CHUN	陳孝濬	LSC	1181	53
	10	Cheung Long Ching	張朗程	LSKC	1203	54
	11	CHAN ELVIS	陳柏熙	LSTC	1224	55
	12	YUE CHEUK NAM	姚焯楠	MKPMC	1241	56
	13	CHIANG KA HO	蔣家灝	PKMS	1257	57
	14	LO YAT FUNG	盧溢楓	POHCKMC	1274	58
	15	TONG WING HEI MOSES	湯穎羲	PTSS	1292	59
	16	LAM YI CHUN	林以臻	SMCESPS	1305	60
	17	YEE Chung Him	余頌謙	SMS	1330	61
	18	PO CHUN HEI	布振熙	WFN	1386	62
	19	Cheung Ching	張正	WYY	1411	63
	20	LAI HOI SHUN	黎海信	YCKMC	1430	64
	21	IP TSZ NOK	葉子諾	YYC	1451	65
	22	YUNG PU CHAK	翁溥澤	FSS-KT	1491	66
	23	Yu Ka Yui	余家睿	SYSS	1534	67
	24	Yichen Zhong Gao		WIS	1543	68
	25	Law Tsun Lam	羅浚霖	WYHK	1546	69
Final 2	1	Ip Wan Hin	葉雲軒	CPU	1008	70
	2	So Cheuk Hei	蘇倬希	CSWCSS	1030	71
	3	AU HO CHUN	區皓駿	DBS	1052	72
	4	LIMBU ADRIAN		DMS-BW	1074	73
	5	Au Wai Chun	區偉俊	FYW	1092	74
	6	Kuang Jie Zhi	鄺傑治	HPCCSS	1111	75
	7	LAM Wik Derek	林域	JCTIC	1134	76
	8	KO NOK HIM	高諾謙	LKCC	1164	77
	9	LAU YIK HEI	劉奕希	LSC	1182	78
	10	Lam Ching Hei	林靖曦	LSKC	1204	79
	11	LI WEIZHENG	李維政	LSTC	1223	80
	12	Chan Chun Hym Joshua	陳雋謙	MKPMC	1242	81
	13	BEI, Ji Ming	北濟銘	PKMS	1256	82
	14	SUNG MAN TO	宋旻韜	POHCKMC	1275	83
	15	NG SHI KAN	伍仕勤	PTSS	1293	84
	16	CHUNG JOHN BENEDICT		SMCESPS	1306	85
	17	NG Yat Ho	吳逸豪	SMS	1329	86
	18	XUE HO CHEUNG	薛浩翔	TCCS	1351	87
	19	LAM PAK HEI	林栢希	WFN	1387	88
	20	WONG CHUN	黃浚	WYY	1410	89
	21	Ho Chun Hang	何駿鏗	YCKMC	1429	90
	22	LEE HIN CHING MATTHEW	李衍正	YYC	1450	91
	23	Tang Ho Hin	鄧皓軒	HTSS-TKO	1503	92
	24	MOK TSZ HIM	莫子謙	KYWC	1508	93
	25	Wong Chak Lam	黃澤林	WBSS	1540	94
	26	Yip Ka Kui	葉鏖駒	YKN	1553	95

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Event 62	Girls 100m (F)		03:15PM		
	Record : 12.03		Standard : 14.50		
Final	1	Leung Ka Yui Kami	梁珈睿	HYS	2089
	2	LIU HUI YUET	廖珊珊	GHS	2055
	3	Yip Man Yan	葉泯妍	HKUGA	2072
	4	Wong Wing Tung	黃詠瞳	HYS	2088
	5	Chan Hay Yee Jessy	陳偕而	DGS	2016
	6	Ngan Chloe Hoi Yiu	顏愷瑤	SSCS	2448
	7	CHEUNG Shan Shan	張珊珊	LA	2418
	8	Cheung Yan Tung	張欣彤	DGS	2017

Event 63	Boys 100m (F)		03:15PM		
	Record : 10.53		Standard : 12.20		
Final	1	LIEM Ho Yat Isaac	林皓壹	SMS	1321
	2	Yeung Man Chun	楊汶臻	CZM	1488
	3	Cheing Chun Yin	張俊然	LTFC	1515
	4	JUN, Chaemin		TSIS	1536
	5	KOO CHEUK FUNG JASPER	古緯峰	DBS	1045
	6	CHUI LOK HEI	崔樂曦	HGC	1496
	7	TSUI MAN HIN	徐文軒	HPCCSS	1103
	8	Pan Choi Chun	潘才俊	LTFC	1518

Event 64	Girls 4x400m (F)		03:30PM		
	Record : 03:59.21		Standard : 04:55.00		
Final	1	TSWMC			
	2	JCTIC			
	3	SPCS			
	4	HYS			
	5	GHS			
	6	HKUGA			
	7	DGS			
	8	YYC			

Event 65	Boys 4x400m (F)		03:30PM		
	Record : 03:23.14		Standard : 03:54.00		
Final	1	WFN			
	2	JCTIC			
	3	LSC			
	4	KGV			
	5	POHCKMC			
	6	YCKMC			
	7	HPCCSS			
	8	DBS			

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Event 66	Girls 4x100m (F)	03:45PM
	Record : 47.81	Standard : 56.80

Final	1
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Event 67	Boys 4x100m (F)	03:45PM
	Record : 41.85	Standard : 47.50

Final	1
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