

All Hong Kong Schools
Jing Ying Athletics (Team) Tournament 2023-2024
 2023-2024 年度全港學界
 精英田徑(團體)比賽



Day 1 Programme

Date:	3 -4 May 2024
Time:	9:00am - 6:00pm (Day 1)
	9:00am - 1:00pm (Day 2)
Venue:	Wan Chai Sports Ground

主辦機構
 Organiser

 HKSSF
 中國香港學界體育聯會

資助機構
 Subvented by

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

資助機構
 Subvented by

 政府文體旅計劃
 Government
 culture, sports and tourism programme

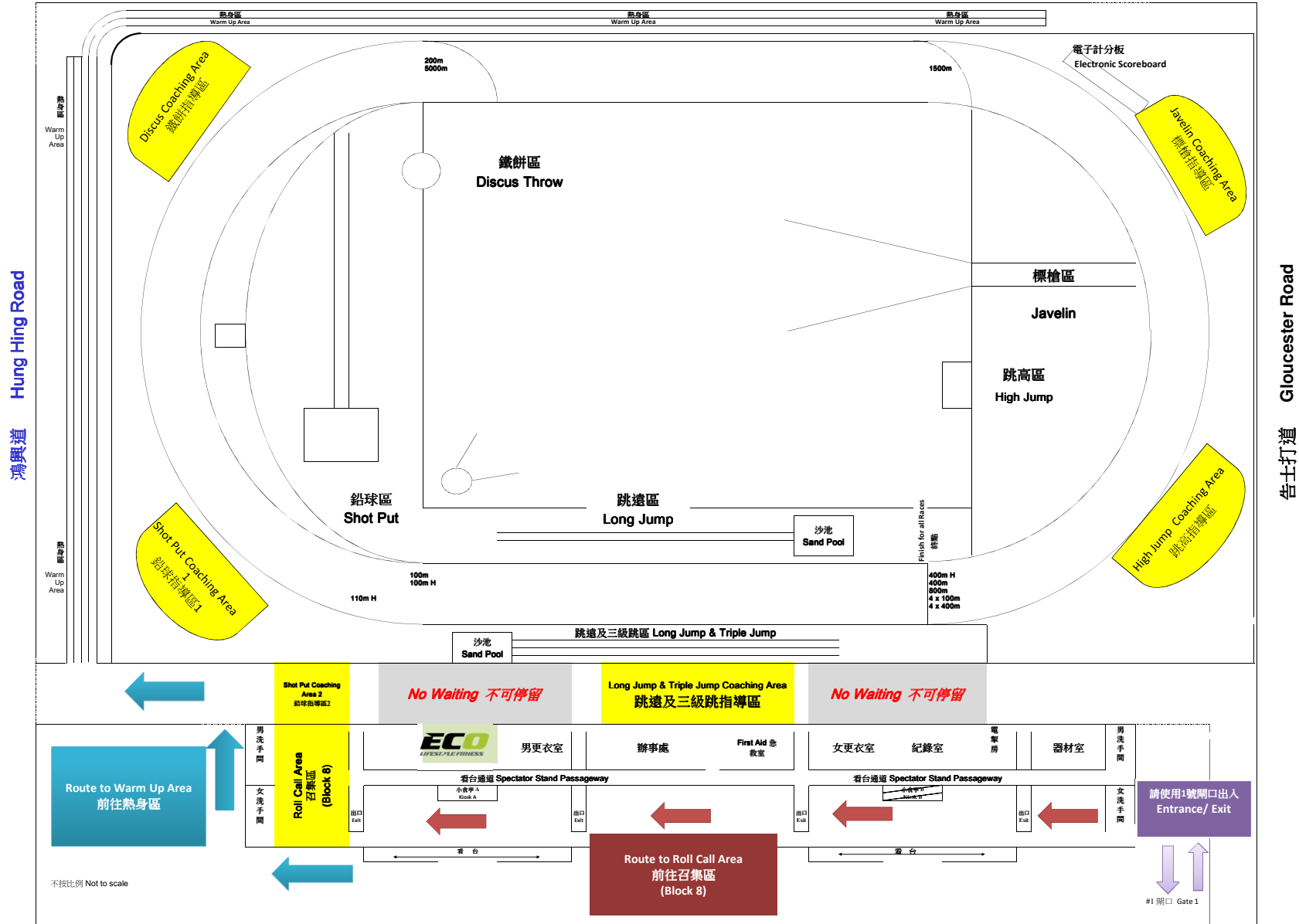
贊助機構
 Sponsored by

 ECO
 LIFESTYLE FITNESS

中國香港學界體育聯會
 The Schools Sports Federation of Hong Kong, China
 2023-2024年度全港學界精英田徑(團體)比賽 All Hong Kong Schools Jing Ying Athletics (Team) Tournament 2023-2024
 3 & 4 / 5 / 2024

灣仔運動場 Wan Chai Sports Ground

馬師道 Marsh Road



香港體育學院
 Hong Kong Sports Institute

ALL HONG KONG SCHOOLS JING YING ATHLETICS (TEAM) TOURNAMENT 2023-2024
2023-2024 年度全港學界精英田徑(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	Po Leung Kuk Celine Ho Yam Tong College
Mr.	HO Man Lok	Kwok Tak Seng Catholic Secondary School
Mr.	LI Kwong Ling	Jockey Club Ti-I College
Mr.	SZETO Man Ho Timothy	La Salle College
Mr.	WU Wai Ho	Wah Yan College (Kowloon)
Ms.	YAU Lin Tai	HHCKLA Buddhist Ma Kam Chan Memorial English Sec. Sch.
Mr.	YIP Chung Wa	STFA Leung Kau Kui College
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):

- ~ AD & FD POHL Leung Sing Tak College for providing student helpers 博愛醫院歷屆總理聯誼會梁省德中學提供服務生
- ~ Auxiliary Medical Service for providing first aid services 醫療輔助隊提供急救服務
- ~ CMA Secondary School for providing student helpers 廠商會中學提供服務生
- ~ Cumberland Presbyterian Church Yao Dao Secondary School for providing student helpers 金巴崙長老會耀道中學提供服務生
- ~ Diocesan Boys' School for providing student helpers 拔萃男書院派出計時隊
- ~ Diocesan Girls' School for providing student helpers 拔萃女書院提供服務生
- ~ ECO Lifestyle Fitness (HK) Limited for sponsoring the Tournament 贊助本賽事
- ~ Hong Kong, China Association of Athletics Affiliates for sanctioning the event and providing technical support, and Mr. Lee Chi Wai as Technical Manager 中國香港田徑總會提供技術支援
- ~ the Hong Kong Institute of Vocational Education (IVE), Chai Wan for providing student helpers 香港專業教育學院(柴灣分校) 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
- ~ POH Chan Kai Memorial College for providing student helpers 博愛醫院陳楷紀念中學提供服務生
- ~ Wan Chai Sports Ground staff for their co-operation and keen support 灣仔運動場 員工鼎力協助
- ~ Tin Shui Wai Methodist College for providing student helpers 天水圍循道衛理中學提供服務生
- ~ All Officials, Judges & individual helpers of the event 所有工作人員及裁判員的參與

All Hong Kong Schools Jing Ying Athletics (Team) Tournament 2023 - 2024

Wan Chai Sports Ground

Official List (DAY 1 3/5/2024)

Convenor : Mr. Lee Siu Leung

Management Committee	: All Athletics T&S members		
	Competition Director	: Mr. Lee Siu Leung, Mr. Chan Chin Wan	
	Technical Manager	: Mr. Lee Chi Wai	
	Jury of Appeal	: Dr. Tsang Cheuk Kuen, Eric, Mr. Lam Ho Fung, Mr. Lee Siu Leung, Mr. Chan Chin Wan	
	First Aid	: Auxiliary Medical Service (AMS) x 4	
	Record Rm helpers:	: DGS	8 pax
	Student Officials /	: CMASS	12 pax
		CPCYDSS	10 pax
		DBS Timing Team	10 pax
		HKIVE (CW)	11 pax
		POHCKMC	15 pax
		LSTC	15 pax
		TSWMC	3 pax
Announcers	: 1. DGS student helper		2. TSWMC student helper
Prize Presentation	1. Mrs. Siu Chow Sau Wah	- Chief	
Award Presentation	1. TSWMC 1-3		2. CMASS 1-8
		Field Events	
	Field Event Referee	: Mr. Lam Ho Fung	
Long Jump	: 1. Mr. Shum Matthew	- Chief	2. Mr. Leung Shing Hei
	3. CMASS 1-4		
Triple Jump	: 1. Mr. Shum Matthew	- Chief	2. Mr. Leung Shing Hei
	3. CMASS 5-8		
Discus	: 1. Mr. Cheng Eden	- Chief	2. Mr. Lam Shing Tak
	3. Mr. Lam Kai Chung		4. POHCKMC 1-8
Javelin	: 1. Mr. Cheng Eden	- Chief	2. Mr. Lam Shing Tak
	3. Mr. Lam Chun Kit		4. LSTC 1-8
		Track Events	
	Track Event Referee	: Dr. Tsang Cheuk Kuen, Eric	
Start Coordinator	: 1. Mr. Kot Hin Tak	- Chief	2. Ms. Au Yeung Hok Ka
Recall Starters	: 1. HKIVE (CW) 1-2		
Starters' Assistants	: 1. CMASS 11-12		2. POHCKMC 9-11
	3. LSTC 9-11		
Call Rm Judges (Roll Cal	: 1. Ms. Liu Ka Man		2. CPCYDSS 1-10
Track Umpires	: 1. Mr. Chan Ka Fai	- Chief	2. Mr. Wu Wai Ho
	3. HKIVE (CW) 3-6		4. POHCKMC 12-13
Registration card distribution(Finish line)	: 1. CMASS 9-10		
Photo Finishing Judge	: 1. Ms. Edith Fung		2. Ms. Kong Chun Ki
Position Judges	: 1. Mr. Szeto Man Ho		2. HKIVE (CW) 7-9
	3. LSTC 12-13		
Wind Gauge Operators	: 1. HKIVE(CW) 10-11		
EDM Operator	1. Mr. Watson Ng		
Time Keeper	1. Mr. Yip Chung Wa		2. DBS 1-10
Equipment	1. HKSSF Staff		2. LSTC 14-15
Water station	1. POHCKMC 14-15		

All Hong Kong Schools Jing Ying Athletics (Team) Tournament 2023 - 2024

Wan Chai Sports Ground

Official List (DAY 2 4/5/2024)

Convenor : Mr. Lee Siu Leung

Management Committee	: All Athletics T&S members	
Competition Director	: Mr. Lee Siu Leung, Mr. Chan Chin Wan	
Technical Manager	: Mr. Lee Chi Wai	
Jury of Appeal	: Dr. Tsang Cheuk Kuen, Eric, Mr. Lam Ho Fung, Mr. Lee Siu Leung, Mr. Chan Chin Wan	
First Aid	: Auxiliary Medical Service (AMS) x 4	
Record Rm helpers:	DGS	8 pax
Student Officials /	CMASS	12 pax
	CPCYDSS	10 pax
	DBS Timing Team	10 pax
	HKIVE (CW)	19 pax
	POHCKMC	15 pax
	LSTC	15 pax
	TSWMC	3 pax

Prize Presentation 1. Mrs. Siu Chow Sau Wah - Chief

Award Presentation 1. TSWMC 1-3 2. CMASS 1-8

Field Events

Field Event Referee : Mr. Lam Ho Fung

High Jump : 1. Mr. Wong Kwun Chung - Chief 2. Ms. Wong Yuen Nam
3. POHCKMC 1-6

Shot Put : 1. Mr. Lau Sai Man - Chief 2. Mr. Lam Chun Kit
3. Mr. Lam Kai Chung 4. LSTC 1-8

Track Events

Track Event Referee : Dr. Tsang Cheuk Kuen, Eric

Start Coordinator : 1. Mr. Kot Hin Tak - Chief 2. Mr. Li Kwong Ling

Recall Starters : 1. HKIVE (CW) 1-2

Starters' Assistants : 1. CMASS 11-12 2. POHCKMC 9-11
3. LSTC 9-11

Call Rm Judges (Roll Cal) : 1. Ms. Liu Ka Man 2. CPCYDSS 1-10

Track Umpires : 1. Mr. Chan Ka Fai - Chief 2. Mr. Wu Wai Ho
3. HKIVE (CW) 3-8 4. POHCKMC 12-13

Registration card distribution(Finish line) : 1. CMASS 9-10

Photo Finishing Judge : 1. Ms. Edith Fung 2. Ms. Kong Chun Ki

Position Judges : 1. Ms. Ho Ka Man 2. HKIVE (CW) 9-13
3. LSTC 12-13

Wind Gauge Operators : 1. HKIVE(CW) 14-15

EDM Operator 1. Mr. Tu Yu Ta

Time Keeper 1. Mr. Yip Chung Wa 2. DBS 1-10

Equipment 1. HKSSF Staff 2. LSTC 14-15

Water station 1. POHCKMC 14-15

Exhibition Booth Assistant 1. HKIVE(CW) 16-19

The Schools Sports Federation of Hong Kong, China

All Hong Kong Schools Jing Ying Athletics(Team) Tournament 2023-2024
3 - 4 May 2024, Wan Chai Sports Ground
Competition Schedule

DAY 1 (3/5/2024)

Event time	Reporting time		Boys		Girls	
	Track event	Field event	Track event	Field event	Track event	Field event
09:00	8:35-8:45	8:15-8:25	⁽³⁾ 400mH(Heat)	⁽¹⁾ Long Jump ⁽²⁾ Javelin		
09:25	9:00-9:10		⁽⁴⁾ 800m(Heat)			
09:50	9:25-9:35				⁽⁵⁾ 800m(Heat)	
10:15	9:50-10:00		⁽⁶⁾ 5000m(Final)			
10:45	10:20-10:30	10:00-10:10	⁽⁸⁾ 200m(Heat)			⁽⁷⁾ Javelin
11:05	10:40-10:50				⁽⁹⁾ 200m(Heat)	
11:25	11:00-11:15		⁽¹⁰⁾ 110mH(Heat)			
11:45	11:20-11:30				⁽¹¹⁾ 100mH(Heat)	
12:05	11:40-11:50		⁽¹²⁾ 400m(Heat)			
12:25	12:00-12:10				⁽¹³⁾ 400m(Heat)	
14:00	13:35-13:45	13:15-13:25	⁽¹⁶⁾ 100m(Heat)	⁽¹⁴⁾ Triple Jump ⁽¹⁵⁾ Discus		
14:20	13:55-14:05				⁽¹⁷⁾ 100m(Heat)	
14:40	14:15-14:25		⁽¹⁸⁾ 400mH(Final)			
15:05	14:40-14:50		⁽¹⁹⁾ 800m(Final)		⁽²⁰⁾ 800m(Final)	
15:20	14:55-15:05	14:35-14:45	⁽²³⁾ 4x100mRelay (Heat)			⁽²¹⁾ Discus ⁽²²⁾ Long Jump
15:40	15:15-15:25				⁽²⁴⁾ 4x100mRelay (Heat)	
16:00	Prize Presentation					
16:20	15:55-16:05		⁽²⁵⁾ 4x400mRelay (Heat)			
16:40	16:15-16:25				⁽²⁶⁾ 4x400mRelay (Heat)	

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

**All Hong Kong Schools Jing Ying Athletics(Team) Tournament 2023-2024
3 - 4 May 2024, Wan Chai Sports Ground
Competition Schedule**

DAY 2 (4/5/2024)

Event time	Reporting time		Boys		Girls	
	Track event	Field event	Track event	Field event	Track event	Field event
09:00	8:35-8:45	8:15-8:25	⁽²⁹⁾ 110mH(Final)	⁽²⁷⁾ High Jump		⁽²⁸⁾ Shot Put
09:10	8:45-8:55				⁽³⁰⁾ 100mH(Final)	
09:25	9:00-9:15		⁽³¹⁾ 200m(Final)			
09:35	9:10-9:25				⁽³²⁾ 200m(Final)	
09:45	9:20-9:30		⁽³³⁾ 1500m(Final)			
10:15	9:50-10:00				⁽³⁴⁾ 1500m(Final)	
10:30	10:05-10:15	9:45-9:55	⁽³⁶⁾ 400m(Final)			⁽³⁵⁾ High Jump
10:40	10:15-10:25	9:55-10:05		⁽³⁷⁾ Shot Put	⁽³⁸⁾ 400m(Final)	
10:50	10:25-10:35		⁽³⁹⁾ 100m(Final)			
10:55	10:30-10:40				⁽⁴⁰⁾ 100m(Final)	
11:10	Prize Presentation					
11:30	11:05-11:15		⁽⁴¹⁾ 4x400mRelay (Final)		⁽⁴²⁾ 4x400mRelay (Final)	
11:45	11:20-11:30		⁽⁴³⁾ 4x100mRelay (Final)		⁽⁴⁴⁾ 4x100mRelay (Final)	
12:15	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.

The Schools Sports Federation of Hong Kong, China
All Hong Kong Schools Jing Ying Athletics (Team) Tournament 2023-2024

Notice to Participating Schools

1. Competition Information

<u>Date</u>	<u>Time</u>	<u>Venue</u>
3 / 5 / 2024 (Fri)	0900 – 1800	Wan Chai Sports Ground (WSCG)
4 / 5 / 2024 (Sat)	0900 – 1300	

2. Entries

- 2.1 24 teams by invitation of Boys and Girls teams (12 teams for HKSSRC and 12 teams for ACs of NT). There will be 8 wild card nominations for open registration for each individual event, and the top 8 athletes with the best results will be eligible to participate. (The school that is invited to participate can ONLY nominate 1 athlete to participate in individual events as a wild card nomination)
- 2.2 Each athlete may enter **TWO** individual events.
- 2.3 All entries included school by invitation or wild card nomination, a maximum of **two athletes** per school can participate in each individual event.
The representative of the invited school cannot take part in the wild card nomination.
- 2.4 A maximum of thirty-two 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 2023-2024 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. Regulations

5.1 Competition Rules

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

5.2 Equipment

- 5.2.1 The venue will provide equipment for all events.
- 5.2.2 Maximum length of tartan spikes :-
for High Jump and Javelin: up to 9mm :
for other events: up to 7mm

5.3 *****Reporting Procedure *****

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

5.3.2 **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 Zone 8 of Spectator Stand d 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

5.3.3 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.

5.3.4 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.

5.4 Field Event

5.4.1 For Triple Jump only: There will be 2 take off boards/marks (9m/11m). Once the decisions are conveyed to the officials, the take off mark will apply to the competitors concerned throughout the competition.

5.4.2 Warm up jump, High jump starting height and increasing height

Girls:

Starting height at 1.35m, two warm up jump at 1.3m and 1.55m respectively; each jump will increase 5cm from 1.35m to 1.6m, then 3cm increase onwards.

Boys:

Starting height at 1.6m, two warm up jumps at 1.55m and 1.75m respectively; each jump will increase 5cm from 1.6m to 1.8m, then 3cm increase onwards.

5.4.3 Jump off is not applicable in High Jump.

5.5 Track Event

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

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

Three draws for lanes will then be made:

one for the four highest ranked athletes or teams to determine placings in lanes

3, 4, 5 and 6; another for the fifth and sixth ranked athletes or teams to determine placings in lanes 7 and 8, and another for the two lowest ranked athletes or teams to determine placings in lanes 1 and 2.

5.5.3 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.

5.5.4 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. 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

- 6.1 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.
- 6.2 Standard points shall be counted towards the Overall Champions of the Tournament. Standard points may only be awarded during 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
- 6.3 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.

7. Award and Results

- 7.1 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 6th May 2024 (Mon).
- 7.2 Trophies will be awarded to the 1st, 2nd, 3rd and 4th places in Boys and Girls Overall.
- 7.3 Medals and Certificates will be awarded to the 1st, 2nd, 3rd and 4th places in each event.
- 7.4 Each relay winning team will be awarded 6 medals and 4 certificates only.
- 7.5 Certificate of Merit will be awarded to record breakers. The certificates will send to schools by post after the Tournament.
- 7.6 Prizes sponsored by ECO Lifestyle Fitness (HK) Ltd. will be presented to 1st, 2nd, 3rd, 4th place in each event. (Both Individual and Relay Events)

8. 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.

9. Outside Assistance

- 9.1 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.
- 9.2 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.

10. Protest

- 10.1 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.
- 10.2 All protests concerning technical rules and interpretation should be made to the Referees. The decision of the Jury of Appeal shall be final.
- 10.3 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.

11. Warm Up Arrangement

- 11.1 Warm Up arrangement: All warm up should be done in the warm up track area.

12. Safety Precautions

- 12.1 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.
- 12.2 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.
- 12.3 Refreshment Kiosk A (Open from 0900 a.m.)
Neither food nor drink may be brought into the ground for sale, resale or free distribution.

13. ECO Lifestyle Fitness (HK) Limited - Exhibition Booth

Event Sponsor ECO fitness consultant will be available at Exhibition Booth situated at Ground Floor, Fitness Room to provide professional advice and introduction on muscle relaxation and recovery devices and its products. Attendees are welcome to pay a visit and experience.

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: 7:45 a.m. Please use Gate 1 to enter or exit the WCSG.

End -

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

BOYS OPEN GRADE (under 19)

Event	Record	Year	Holder	School
100m	10.72	2021-2022	Cheung Ho Hin	Diocesan Boys' School
200m	21.61	2021-2022	Yip King Wai	Diocesan Boys' School
400m	49.58	2021-2022	Lai Hiu Long	HKUGA College
800m	1:57:56	2022-2023	Chu Lok Yin	Diocesan Boys' School
1500m	4:17.64	2022-2023	Wang Nok Wang	Diocesan Boys' School
5000m	16:26:28	2016-2017	Yu Shing Him	Fukien Secondary School (Kwun Tong)
110m Hurdles (0.914m)	14.08	2021-2022	Liu Hiu Long	Hoi Ping Chamber of Commerce Secondary School
400m Hurdle (0.838m)	55.48	2022-2023	Lee Cheuk Hei	Diocesan Boys' School
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	3:26.67	2022-2023	Wong Ho Chuen Hugo Tsang Man Chi Lee Cheuk Hei Chu Lok Yin	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	2.04	2016-2017	Lam Hin Chak Timothy	La Salle College
Shot Put (5Kg)	14.54	2016-2017	Sit Wai Lok	TWGHs Wong Fut Nam College
Discus (1.5Kg)	49.36	2021-2022	Wong Kwan Yu	Hoi Ping Chamber of Commerce Secondary School
Javelin (700g)	59.25	2016-2017	Fong Wai Lik	Diocesan Boys' School

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

GIRLS OPEN GRADE (under 19)

Event	Record	Year	Holder	School
100m	12.04	2016-2017	Chan Pui Kei	Good Hope School
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
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	5.86	2022-2023	Jia Wai Yin	St. Margaeat 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)	34.61	2016-2017	Chan Janice	Good Hope School
Javelin (600g)	39.70	2021-2022	Lau Kit Ying	Pok Oi Hospital Tang Pui King Memorial College

All Hong Kong Schools Jing Ying Athletics (Team) Tournament 2023-2024

Result



SCAN ME!

The Schools Sports Federation of Hong Kong, China
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 List of Participating Schools

No.	School	學校	ABBR	Boys	Girls
1	AD & FD POHL Leung Sing Tak College	博愛醫院歷屆總理聯誼會梁省德中學	LSTC	13	8
2	Baptist Lui Ming Choi Secondary School	浸信會呂明才中學	BLMCSS	-	1
3	Baptist Wing Lung Secondary School	浸信會永隆中學	BWLSS	1	-
4	Buddhist Mau Fung Memorial College	佛教茂峰法師紀念中學	BMFMC	1	-
5	Caritas Fanling Chan Chun Ha Secondary School	明愛粉嶺陳震夏中學	CFCCH	1	-
6	Carmel Pak U Secondary School	迦密柏雨中學	CPU	-	11
7	CCC Chuen Yuen College	中華基督教會全完中學	CYC	1	-
8	CCC Fong Yun Wah Secondary School	中華基督教會方潤華中學	FYW	10	-
9	CCC Heep Woh College	中華基督教會協和書院	HWC	1	-
10	CCC Kei To Secondary School	中華基督教會基道中學	CCCKT	-	1
11	CCC Tam Lee Lai Fun Memorial Sec. Sch.	中華基督教會譚李麗芬紀念中學	TLLF	2	-
12	Chan Sui Ki (La Salle) College	陳瑞祺(喇沙)書院	CSK	2	-
13	Cheung Sha Wan Catholic Secondary School	長沙灣天主教英文中學	CSWCSS	4	-
14	Chinese Y.M.C.A. College	青年會書院	YMCAC	-	1
15	Chong Gene Hang College	張振興伉儷書院	CGHC	2	-
16	CMA Secondary School	廠商會中學	CMASS	12	-
17	Concordia Lutheran School (Kowloon)	路德會協同中學	CLS	1	-
18	Creative Secondary School	啟思中學	CREATIVE	-	1
19	De La Salle Secondary School N.T.	新界喇沙中學	DLS	-	1
20	Diocesan Boys' School	拔萃男書院	DBS	21	-
21	Diocesan Girls' School	拔萃女書院	DGS	-	18
22	ELCHK Lutheran Academy	基督教香港信義會宏信書院	ELCHK	-	1
23	ELCHK Lutheran Secondary School	基督教香港信義會信義中學	LS	-	5
24	Fanling Kau Yan College	粉嶺救恩書院	FKYC	1	-
25	Fanling Lutheran Secondary School	基督教香港信義會心誠中學	FLSS	14	10
26	Fukien Secondary School (Kwun Tong)	福建中學	FSS-KT	1	1
27	Fung Kai No. 1 Secondary School	鳳溪第一中學	FK1	11	-
28	Good Hope School	德望學校	GHS	-	15
29	Heep Yunn School	協恩中學	HYS	-	14
30	Heung To Middle School(Tin Shui Wai)	天水圍香島中學	HTMS	1	-
31	Heung To Secondary School (Tseung Kwan O)	將軍澳香島中學	HTSS-TKO	1	-
32	HKMA David Li Kwok Po College	香港管理專業協會李國寶中學	DLKP	-	1
33	HKSYCIA Wong Tai Shan Memorial College	香港四邑商工總會黃棣珊紀念中學	WTSMC	1	10
34	HKUGA College	港大同學會書院	HKUGA	12	11
35	Ho Ngai College (Sponsored By Sik Sik Yuen)	薈色園主辦可藝中學	HNC	11	-
36	Hoi Ping Chamber of Commerce Secondary School	旅港開平商會中學	HPCCSS	16	11
37	Holy Trinity College	寶血會上智英文書院	HTC	-	1
38	Homantin Government Secondary School	何文田官立中學	HGSS	-	1
39	Hong Kong True Light College	香港真光書院	HKTLC	-	1
40	Immaculate Heart of Mary College	聖母無玷聖心書院	IHMC	-	1
41	Jockey Club Ti-I College	賽馬會體藝中學	JCTIC	2	12
42	Kowloon True Light School	九龍真光中學	KTLS	-	1
43	La Salle College	喇沙書院	LSC	18	-
44	Lam Tai Fai College	林大輝中學	LTFC	8	-
45	Lee Kau Yan Memorial School	李求恩紀念中學	LKYMS	3	2
46	LST Ku Chiu Man Secondary School	樂善堂顧超文中學	KCM	1	1
47	Man Kwan QualiEd College	萬鈞匯知中學	QUALIED	1	-
48	Maryknoll Convent School	瑪利諾修院學校(中學部)	MCS	-	3
49	Maryknoll Secondary School	瑪利諾中學	MS	7	-
50	Munsang College	民生書院	MSC	3	11

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No.	School	學校	ABBR	Boys	Girls
51	New Asia Middle School	新亞中學	NAMS	1	-
52	Newman Catholic College	天主教新民書院	NCC	12	-
53	Ng Yuk Secondary School	五育中學	NYSS	1	-
54	Po Kok Secondary School	寶覺中學	PKSS	-	2
55	POH 80th Anniversary Tang Ying Hei College	博愛醫院八十週年鄧英喜中學	TYH	1	-
56	POH Chan Kai Memorial College	博愛醫院陳楷紀念中學	POHCKMC	11	9
57	Pui Ching Middle School	香港培正中學	PCMS	1	-
58	Pui Kiu Middle School	培僑中學	PKMS	-	1
59	Sacred Heart Canossian College	嘉諾撒聖心書院	SHCC	-	1
60	Sai Kung Sung Tsun Catholic School (Secondary Section)	西貢崇真天主教學校(中學部)	STS	-	1
61	Salesian English School (Secondary Section)	慈幼英文學校(中學部)	SS	11	-
62	Sha Tin Tsung Tsin Secondary School	沙田崇真中學	STTSS	-	1
63	Shun Tak Fraternal Association Yung Yau College	順德聯誼總會翁祐中學	YYC	14	10
64	SKH Bishop Baker Secondary School	聖公會白約翰會督中學	BBSS	-	1
65	St. Joan of Arc Secondary School	聖貞德中學	SJA	1	-
66	St. Joseph's College	聖若瑟書院	SJC	11	-
67	St. Margaret's Co-Educational English Secondary and Primary School	聖瑪加利男女英文中小學	SMCESPS	1	11
68	St. Mark's School	聖馬可中學	SMS	1	-
69	St. Paul's College	聖保羅書院	SPC	2	-
70	St. Paul's Convent School (Secondary Section)	聖保祿學校(中學部)	SPCS	-	8
71	St. Stephen's College	聖士提反書院	SSCS	-	1
72	St. Teresa Secondary School	德蘭中學	STSS	-	2
73	STFA Lee Shau Kee College	順德聯誼總會李兆基中學	LSK	12	7
74	STFA Leung Kau Kui College	順德聯誼總會梁銑琚中學	LKKC	13	9
75	STFA Seaward Woo College	順德聯誼總會胡兆熾中學	SWC	1	-
76	STFA Tam Pak Yu College	順德聯誼總會譚伯羽中學	TPYC	-	1
77	Tai Kwong Hilary College	大光德萃書院	TKHC	2	-
78	The Evangelical Lutheran Church of Hong Kong Yuen Long Lutheran Secondary School	基督教香港信義會元朗信義中學	YLLSS	-	2
79	The South Island School	南島中學	TSIS	1	-
80	Tin Shui Wai Methodist College	天水圍循道衛理中學	TSWMC	2	6
81	Tseung Kwan O Government Secondary School	將軍澳官立中學	TKOGSS	-	1
82	Tung Chung Catholic School	東涌天主教學校	TCCS	11	10
83	TWGHs Chang Ming Thien College	東華三院張明添中學	CMT	-	2
84	TWGHs Kap Yan Directors' College	東華三院甲寅年總理中學	KYD	-	2
85	TWGHs Kwok Yat Wai College	東華三院郭一葦中學	KYWC	2	-
86	TWGHs Mrs. Wu York Yu Memorial College	東華三院伍若瑜夫人紀念中學	WYY	6	6
87	TWGHs Sun Hoi Directors' College	東華三院辛亥年總理中學	SHDC	-	8
88	TWGHs Wong Fung Ling College	東華三院黃鳳翎中學	WFLC	1	-
89	TWGHs Wong Fut Nam College	東華三院黃笏南中學	WFN	12	9
90	TWGHs Yow Kam Yuen College	東華三院邱金元中學	YKYC	4	1
91	United Christian College (Kowloon East)	匯基書院(東九龍)	UCC-KE	-	1
92	Wah Yan College (Hong Kong)	香港華仁書院	WYHK	7	-
93	Wah Yan College (Kowloon)	九龍華仁書院	WYK	14	-
94	West Island School	西島中學	WIS	3	-
95	Yan Chai Hospital No. 2 Secondary School	仁濟醫院第二中學	YCH2	-	1
96	YCH Law Chan Chor Si College	仁濟醫院羅陳楚思中學	LCCS	-	10
97	Ying Wa Girls' School	英華女學校	YWG	-	1
98	YMCA of Hong Kong Christian College	港青基信書院	YHKCC	1	-
99	Yu Chun Keung Memorial College	余振強紀念中學	YCKMC	18	2
Sub Total:				362	282
Total:				644	

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Event 1	Boys Long Jump		09:00AM	
	Record : 7.26		Standard : 5.45m	
1	Chan Chun Sui	陳俊穗	CMASS	039
2	Shing Ka Hei	成嘉熙	DBS	065
3	Wai Cheong Lok	韋昌樂	FK1	095
4	So Ching Ho	蘇政昊	FLSS	082
5	Kwong Cheuk Hei	鄭卓羲	FYW	022
6	Tsui Chung Yi	徐仲貽	HKUGA	112
7	Pun Ayus	潘艾星	HNC	122
8	Chan Pok Him	陳博謙	HPCCSS	127
9	Siu Tsz Shun	蕭梓淳	LKKC	274
10	Poon Wai Sum	潘瑋琛	LSC	156
11	Tang Ho Chun	鄧昊俊	LSK	261
12	Fu Cheong Ho	傅鏘灝	LSTC	007
13	Zhang Tsz Yau	張子游	LTFC	169
14	Hung Kwok Hong	洪國康	NCC	190
15	Lam Yung Chun	林勇俊	POHCKMC	202
16	Lo Chung Wang	羅宗弘	SJC	243
17	Cheng Cheuk Yin	鄭卓彥	SS	212
18	Guevarra, Jan Jeff Claus	高子傑	TCCS	285
19	Cheung Marcus	張銳程	WFN	306
20	Au Yeung Tin	歐陽天	WYK	327
21	Tsang Sze Kwan	曾思鈞	YCKMC	359
22	Ng King Yin	吳敬言	YYC	232
23	Leung Tsz Hin Bosco	梁梓軒	WYHK	323
24	Yeung Man Long	楊文朗	HPCCSS	139
25	Mak Tsz Ching	麥子正	WTSMC	102
26	Tsang Yuk Pui	曾煜培	YHKCC	344
27	Mok Nai Tin Victor	莫乃天	SMCESPS	249
28	Zheng Wang Kei	鄭弘基	DBS	072
29	Lee Wing Yin	李穎言	SPC	251
30	Ng Ka Lam	吳家霖	TYH	199

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Event 2	Boys Javelin		09:00AM	
	Record : 59.25		Standard : 30.00m	
1	Chan Kwun Nam	陳冠楠	CMASS	040
2	Wong Yat Long	黃日朗	DBS	070
3	Zheng Tsz Ming	鄭梓銘	FK1	099
4	Pang Tsz Hei	彭祉熹	FLSS	080
5	Wong Ho Ming	王灝銘	FYW	025
6	Chan Luk Gi	陳祿知	HKUGA	103
7	Tong Yin Chung	湯彥宗	HNC	123
8	Wong Wai Yin	王煒言	HPCCSS	138
9	Li Chun Faat	李鎮發	LKKC	271
10	Leung Tin Long	梁天朗	LSC	154
11	Wang Chuxin	王楚昕	LSK	262
12	Wong Yan Ho	黃甄豪	LSTC	012
13	Chau Ho Ming	巢浩銘	MS	176
14	Lu Yung Sung	盧永崧	NCC	194
15	Ng Pierce Anrew Lin	吳駿穎	POHCKMC	205
16	Wing Shun Kwan	榮信鈞	SJC	247
17	Chow Shu Sang	周樹生	SS	216
18	Tsang Hin Yu	曾憲譽	TCCS	294
19	Pan Yat Long	潘逸朗	WFN	312
20	Chu Yat Shun Anson	朱洸信	WYK	331
21	Yu Tak Wai	余德威	WYY	302
22	Lee Wing To	李穎滔	YCKMC	352
23	Ho Shing To	何丞韜	YYC	226
24	Wong Yi Hin	黃義騫	DBS	071
25	Li Ho Him	李皓謙	JCTIC	142
26	Wong Man Ho Angus	黃文浩	CSK	032
27	Bu Tsz Hin	卜子軒	CFCCCH	016
28	Chong Wing Yat Carlos	莊穎壹	WYHK	320
29	Cai Kong Lam	蔡港霖	WFLC	303
30	Yip Ting Ching Walter	葉天正	WYHK	326
31	Kan Ethan	簡柏翹	YCKMC	351

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Event 3	Boys 400m Hurdles (Heat)			09:00AM	
	Record : 55.48			Standard : 1:07.50	
Heat 1	1	Lam Kit Lun	林杰倫	CMASS	045
	2	Ko Man Hong	高敏航	FYW	021
	3	Wong Hiu Nam	黃曉楠	LKKC	276
	4	Cheung Chi Hin Hugo	張志軒	DBS	052
	5	Leung Po Hong Cedric	梁溥匡	WFN	309
	6	Law Cheuk Nam	羅卓男	YYC	230
	7	Hui Yik Yeung Colby	許奕揚	HPCCSS	130
	8	Cho Ho Yin	曹浩賢	YKYC	316
Heat 2	2	Cheung Ho Tin	張灝天	WYY	297
	3	Liu Chak On	劉澤安	HKUGA	108
	4	Fong Chun Kit Jacky	方俊傑	LSC	148
	5	Cheung Ho Fai	張灝輝	NCC	188
	6	Lai Yat Hin	黎逸軒	LTFC	164
	7	Chu Lok Yin Ryan	朱洛言	DBS	053
	8	Nip Long Ho Adrian	聶朗皓	PCMS	211
	Heat 3	2	Ng Wai Hin	吳煒軒	FK1
3		Wong Yat Sing	黃逸星	HNC	125
4		Huang Jiayi	黃家逸	LSK	256
5		Ng Cheuk Hang	吳焯衡	SJC	245
6		Tsang Pui Tin	曾沛田	YCKMC	358
7		Chung Long Hei Cyrus	鍾朗晞	MSC	182
8		Yu Hon Chiu	余漢朝	CGHC	037
Heat 4		2	Chui Tsz Kin	徐子健	FLSS
	3	Wong Pak To	黃柏滔	HPCCSS	137
	4	Xu Yui Hang	許睿桁	LSTC	013
	5	Chow Tsz Him	蔡子謙	SS	217
	6	Chen Shun Tin	陳信典	YCKMC	346
	7	Wong Tsz Ngo	黃梓昇	WYK	340
	8	Chui Tsun Yin	徐浚賢	KYWC	295

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Event 4	Boys 800m (Heat)		09:25AM		
	Record : 1:57.56		Standard : 2:20.00		
Heat 1	1	Li Chak Ho	李澤豪	CMASS	051
	2	Yang Zili	楊子立	FYW	027
	3	Law Wing Lap	羅永立	LKKC	270
	4	Chan Wang Leong	陳弘亮	LTFC	162
	5	Lu Ho Sun	呂昊燊	SJC	244
	6	Li Kai King Justin	李佳憬	WYK	332
	7	Chow Chi Yin	周知言	LSTC	005
	8	Chen Yik Fan	陳奕帆	YCKMC	347
Heat 2	1	Chan Pak Sum	陳栢深	NCC	187
	2	Chan Rio	陳曉楠	HKUGA	104
	3	Ho Hoi Wai	何海懷	LSC	150
	4	Wang Nok Wang	王諾弘	DBS	068
	5	Cheng Pui Hong	鄭沛康	SS	213
	6	Lam Chung Sum	林宗琛	WYY	299
	7	Kwan Yik Yin	關亦然	MSC	183
	8	Tsui Wai Lok	徐偉樂	TLLF	029
Heat 3	1	Bong Pak Kwan	黃柏君	FK1	089
	2	Fong Tsz Chung	方梓聰	HNC	117
	3	Mak Cheuk Kiu	麥焯僑	LSK	260
	4	Chan Chi Yuen	陳志元	MS	175
	5	Rico Marc Chester	潘政崐	TCCS	291
	6	Leung Kin Pan	梁鍵彬	YCKMC	353
	7	Wong Hin Fu	黃顯富	NYSS	198
	8	Sy Kwan Hon Johann	施鈞瀚	DBS	066
Heat 4	1	Kwok Lok Hei	郭樂晞	FLSS	077
	2	So Chun Nga	蘇俊雅	HPCCSS	134
	3	Hall, Tomas Zionede	-	WIS	341
	4	Wong Lok Ching	黃樂政	POHCKMC	208
	5	Chu Tsz Lok	朱梓樂	WFN	307
	6	Cheung Yuk Hang	張煜恆	YYC	224
	7	Ma Yung Sang	馬榕生	WYHK	324
	8	Lai Tin Long	黎天朗	SJA	237

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Event 5	Girls 800m (Heat)		09:50AM		
	Record : 2:18.29		Standard : 2:55:00		
Heat 1	1	Chan Tsz Yin	陳梓賢	SMCESPS	698
	2	Chu Po Jewel	朱寶	HKUGA	570
	3	Lai Nok Sze	黎諾思	LSK	651
	4	Tse Tung Ling	謝冬寧	YLLSS	770
	5	Tang Tsz Kiu	鄧芷喬	LKKC	638
	6	Wong Wan Tung	黃允彤	JCTIC	616
	7	WONG WAN KI	黃蘊祈	GHS	560
	8	Cheung Tsz Yuet	張子悅	YLLSS	769
Heat 2	1	Chan Yi Chun	陳以臻	YYC	773
	2	Chung Yuet Ching	鍾月晴	FLSS	542
	3	Lai Tsz Sen	黎紫晨	WFN	744
	4	Lee Tsz Yau	李紫悠	WYY	760
	5	Tse Yi Lee Eliz	謝伊利	LSTC	659
	6	Yung Nga Man	翁雅雯	POHCKMC	687
	7	Wong Hillary	黃心怡	JCTIC	614
	8	Tse Nok Hang	謝諾珩	KTLS	618
Heat 3	1	Chen Qinuo Kelly	陳祈諾	DGS	518
	2	Chan Lok Ching	陳樂晴	HKUGA	568
	3	Lam Lok Tung	林洛彤	TSWMC	734
	4	Lo Lok Tung	羅洛桐	HYS	599
	5	Wan Hay Yuet Jayden	溫熙悅	CPU	514
	6	Zhang Ming Kee	張銘莉	WTSMC	758
	7	Lau Yee	劉頤	TCCS	725
	8	Poon Hilly	潘煦澄	LCCS	627
Heat 4	2	Choi Wing Chi	蔡穎芝	LS	643
	3	Ip Ching	葉澄	MSC	669
	4	Lau Tsz Ying	劉鈺澄	HPCCSS	582
	5	KU LOK YIN	古樂妍	HYS	596
	6	Wong Tsz Yan	黃梓欣	SHDC	695
	7	Jane Karlsson Christa Ming Suet	徐穎恩	DGS	522
	8	Fan On Wing	樊安詠	GHS	553

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Event 6	Boys 5000m (F)		10:15AM	
	Record : 16:26.28		Standard : 20:00.00	
Final	1	Lau Kin Leung	劉建樑	CMASS 047
	2	Lam Lok Shi	林樂仕	DBS 059
	3	Yiu Tsz Kin	姚子健	FK1 096
	4	Kwong Tsz Chun	鄺梓俊	FLSS 078
	5	Leung King Chung	梁景從	HKUGA 107
	6	Jiang Fu Shing	江富城	HNC 119
	7	Chow Yik Ming	周翊銘	HPCCSS 129
	8	Mang Cheuk Hong	孟倬匡	LKKC 273
	9	Cheng Tsz Leong Louie	鄭梓亮	LSC 146
	10	Kwok Siu Hin	郭筱騫	LSK 258
	11	Cheung Ho Fung	張浩鋒	LSTC 004
	12	Tsang Wai Chun	曾津潛	LTFC 168
	13	Wong Chun Hei	黃俊僖	MS 181
	14	Wang Kwan	王坤	NCC 195
	15	Sung Man To	宋旻韜	POHCKMC 206
	16	Fung Ho Chun	馮灝俊	SJC 240
	17	Luo Wing Chun	羅泳進	SS 218
	18	Suen Chung On	孫頌安	TCCS 293
	19	Lo Ho Ming	羅浩銘	WFN 310
	20	Wong Kin Long	黃健朗	WYK 336
	21	Lai Man Lap	黎文立	WYY 298
	22	Rahulpreet Raymond	柏偉文	YCKMC 355
	23	Chung Pui Pan	鍾沛彬	YYC 225
	24	Sze Sum Tik	施心迪	NAMS 185
	25	Tung Fu Shing	童富盛	YCKMC 360
	26	Mok Pak Fan	莫柏勛	DBS 064
	27	Kwok Chung Hin	郭誦軒	KYWC 296
	28	Yung Pu Chak	翁溥澤	FSS-KT 088
	29	Loasby, Jiro Joey	-	WIS 342
	30	Lum Tsz Nok	林子諾	QUALIED 174
	31	Kong Ying Ming	江英明	BWLSS 014

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Event 7	Girls Javelin		10:45AM		
	Record :	39.7	Standard : 19.00m		
Final	1	Chan Mei Jun	陳美君	CPU	506
	2	Poek Ying Lam	卜映林	GHS	558
	3	Ho Ching Yin	何婧妍	WFN	743
	4	Ho Tsz Ching	何紫菁	LKCC	634
	5	Ho Hoi Lun Helen	何鎧倫	YYC	774
	6	Ng Lo Yee	吳璐儀	WYY	764
	7	Li Yi Suen Annabel	李依旋	HKUGA	571
	8	Wong Lok Yung	汪樂蓉	DGS	533
	9	Xiao Jingjing	尚晶晶	HPCCSS	588
	10	Cheuk Lok Yi Daphane	卓樂兒	POHCKMC	679
	11	Lin Danni	林丹妮	WTSMC	753
	12	Leung Wing Yi Chloe	梁穎兒	YCKMC	767
	13	Leung Wai Nam	梁蕙藍	MSC	671
	14	Leung Wan Chi	梁韻姿	LSTC	656
	15	Mok Ka Kei	莫嘉琦	TCCS	727
	16	Hui Man Yi	許汶懿	KYD	619
	17	Hui Cyrene	許鎧珈	MCS	663
	18	Lin Hui Ching	連栩滢	SPCS	712
	19	Kwok Huen	郭暄	HYS	597
	20	Chan Sze Ning	陳思寧	JCTIC	605
	21	Chan Ying	陳盈	LS	642
	22	Tsang Man Chi	曾憫智	FLSS	545
	23	Wong Man Hei	黃敏晞	TSWMC	736
	24	Lau Hoi Yin	劉海燕	SHDC	690
	25	Lau Wing Lam	劉穎霖	SMCESPS	702
	26	Cheng Tsang Ki	鄭崢頌	DLKP	536
	27	Tse Sau Lam Bernice	謝秀霖	DGS	530
	28	Chung Yan Ting Jennifer	鍾欣庭	GHS	552
	29	Kwong Sze Oi Sarah	鄺施愛	BLMCSS	502
	30	Kwan Yan Yi	關恩懿	YMCAC	771

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Event 8	Boys 200m (Heat)		10:45AM		
	Record :		21.61	Standard : 25.50	
Heat 1	1	Lin Tsz Chung	林梓聰	CMASS	048
	2	Lee Cheuk Yin	李綽然	FYW	023
	3	Chong Ming Hei	莊銘希	LKKC	266
	4	Cheung Chun Yin	張俊然	LTFC	163
	5	Chung Tsz Sing	鍾梓聖	LKYMS	170
	6	Lau Kin Wai	劉健威	WYY	300
	7	Yu Ka Lun	余嘉倫	SS	222
	8	Chaemin Jun	-	TSIS	281
Heat 2	1	Chan Hon Chiu	陳漢釗	YCKMC	345
	2	Tho Jonathan	涂卓能	HKUGA	111
	3	Chan Ting Fong James	陳庭方	KCM	173
	4	Leung Ching Hang Wesley	梁靖恆	DBS	060
	5	Wu Pak Hang	胡柏行	LSC	159
	6	Lok Kai Chung	駱啟聰	NCC	193
	7	Li Xuan	李炫	TCCS	288
	8	Yeung Tsz Fung	楊子鋒	LSC	161
Heat 3	1	Li Lu Cai	李祿財	FK1	092
	2	Pun Ayus	潘艾星	HNC	122
	3	Chan Lit Man	陳烈文	LSK	254
	4	Cheuk Kwan Yin	卓鈞賢	POHCKMC	201
	5	Lau Chi Hong	劉志杭	WFN	308
	6	Siu Chun Ki	蕭竣麒	YYC	234
	7	Chan Chun Yu Lucas	陳俊宇	WYK	328
	8	Yip Tin Long	葉天朗	TLLF	030
Heat 4	2	Yang Ning Yui Ken	楊濶睿	FLSS	086
	3	Johannsson Magnus Prostur	吳君浩	DBS	056
	4	Cheung Chun	張駿	LSTC	003
	5	Tung Kiu Fung Paul	董翹鋒	SJC	246
	6	Wong Kwok Man	黃崑文	WYK	337
	7	Tsui Man Hin	徐文軒	HPCCSS	136
	8	Wong Hoi Yuen Xavier	王凱炫	HKUGA	113

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Event 9	Girls 200m (Heat)		11:05AM		
	Record : 24.98		Standard : 30.50		
Heat 1	1	Chan Suen Fei	陳宣霏	FLSS	540
	2	Chow Chi Kiu	鄒子蕎	DGS	520
	3	Leung Sin Ki	梁善淇	POHCKMC	681
	4	Man Sin Ying	文倩瑩	WYY	763
	5	Tsui Yan Hei	徐恩熙	CPU	513
	6	Wu Tsz Ching	胡芷晴	LKKC	639
	7	Cheng Tsz Yan	鄭芷殷	HYS	590
	8	Chan Chi Yan	陳祉欣	YCH2	765
Heat 2	1	Man Tsz Ching	文芷澄	JCTIC	612
	2	Fong Tsz Ching	方芷晴	LSTC	654
	3	Li Xiaoqing	李曉清	LCCS	625
	4	Yau Sin Ting Nicole	邱蓓庭	SPCS	714
	5	Wan Man Kei	溫文琦	WTSMC	755
	6	Lee Fay Yee	李菲兒	GHS	555
	7	Ng Yuen Fan	伍沅芬	DGS	527
	8	Ng Hoi Ying Hannah	吳愷瑩	SSCS	716
Heat 3	1	Cheng Nok Ching	鄭諾澄	MSC	667
	2	Hui Ching Grace	許晴	HYS	593
	3	Liu Hau Yui Emma	廖巧睿	SMCESPS	704
	4	Qiu Huiqi	邱慧琪	HPCCSS	586
	5	Wong Wan Chi	黃韻之	HKUGA	575
	6	Zhang Ka Ni	張嘉妮	TCCS	730
	7	Chan Hui Wing Nuria	陳珣穎	MCS	662
	8	Wun Hoi Lam Sapphire	尹愷琳	IHMC	604
Heat 4	2	Chan Sze Wun	陳思媛	TSWMC	733
	3	Lam Wing Suet	林穎雪	YYC	775
	4	Luo Cheuk Nam	羅卓楠	SHDC	692
	5	Shum Man Huen	沈汶暄	WFN	747
	6	Woo Joy Hei	胡在曦	GHS	561
	7	Yip Man Yan	葉泯妍	HKUGA	577
	8	Cheng Yuen Yung	鄭琬融	LSK	649

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Event 10	Boys 110m Hurdles (Heat)			11:25AM	
	Record : 14.08			Standard : 18.50	
Heat 1	1	Lam Kit Lun	林杰倫	CMASS	045
	2	Guo Juanhao	郭隽昊	FYW	019
	3	Lam Yu Hin	林宇軒	LSC	152
	4	Huang Weixuan	黃偉軒	NCC	189
	5	Miu Wing Yim	繆泳琰	TCCS	289
	6	Pang Sung Him	彭崇謙	YCKMC	354
	7	Chau Ho Yin	周昊賢	LSC	145
	8	Chong Ho Lun	莊浩麟	HTSS-TKO	101
Heat 2	1	Chui Long Hei Rex	崔朗希	DBS	054
	2	Jia Yanren	賈彥任	HNC	118
	3	Kan Chung Yat	簡頌溢	LSK	257
	4	Yang Xin Kai	楊新凱	POHCKMC	209
	5	Tsoi Hon Kan Hanz	蔡翰勤	WFN	313
	6	Cai Tsz Hin	蔡子軒	YYC	223
	7	Leung Wai Kwan	梁偉鈞	CSK	031
	8	Zheng Wang Kei	鄭弘基	DBS	072
Heat 3	2	Pang Kwok Chi	彭國智	FK1	094
	3	Chan Yat Hei	陳逸希	HPCCSS	128
	4	Chua Chiu Hei	蔡昭晞	LSTC	006
	5	Ng Cheuk Hang	吳焯衡	SJC	245
	6	Wong Man Hong	黃文康	WYK	339
	7	Mak Tsz Ching	麥子正	WTSMC	102
	8	Tsang Pui Tin	曾沛田	YCKMC	358
	Heat 4	2	Sio King Tin	蕭景天	FLSS
3		Li Zi Bin	李梓瀨	LKKC	272
4		Ng Yue Kiu	吳宇橋	LTFC	167
5		Yeung Tsz Chun	楊子進	SS	221
6		Cheung Ho Tin	張灝天	WYY	297
7		Kwok Chun Ting	郭俊廷	TKHC	280
8		Hui Yik Yeung Colby	許奕暘	HPCCSS	130

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Event 11	Girls 100m Hurdles (Heat)		11:45AM		
	Record : 13.89		Standard : 19.50		
Heat 1	1	Chan Cheuk Ying	陳倬瑩	WYY	759
	2	Cheung Ka Kiu	張嘉喬	SMCESPS	699
	3	Lie Hiu Yee	李曉頤	GHS	557
	4	Siu Pui Ki Peggy	蕭珮琪	LSTC	658
	5	Sum Hau Kiu	沈考翹	HYS	602
	6	Zeng Hoi Yee	曾凱儀	LSK	653
	7	Mok Nga Ki	莫雅淇	SPCS	713
	8	Chung Tsz Yan	鍾芷甄	LKYMS	640
Heat 2	1	Chan Cheuk Ying	陳芍滢	WFN	741
	2	Chong Hei Yu	鍾希瑜	HPCCSS	580
	3	Liu Hok Ying	廖學凝	POHCKMC	682
	4	Ngai Yee Ki	魏綺琪	YYC	779
	5	Wo Hoi Yiu Richelle	鄔凱堯	DGS	531
	6	Zhang Hui You	張惠柔	CPU	516
	7	Tam Yan Q	譚因喬	STSS	718
	8	Lee Ka Yan	李嘉欣	HPCCSS	583
Heat 3	2	Chan Wing Lin	陳穎霖	LKKC	631
	3	Lau Pui Chi	劉佩姿	LCCS	624
	4	Lo Joy Ching	盧在晴	MSC	672
	5	Rachel Xue	薛潤禾	HKUGA	573
	6	Pak Hoi Man Chloe	白凱文	DGS	528
	7	Wong Tsz Ying Mercedes	黃梓縈	FLSS	546
	8	Lee Wai Ting	李慧婷	HTC	589
	Heat 4	2	Chen Jia Lan	陳嘉嵐	JCTIC
3		Li Ming Chu	李明珠	WTSMC	752
4		Mak Emen	麥薊文	SHDC	693
5		So Sin Hau Hilary	蘇倩巧	HYS	601
6		Yeung Patricia Anne Celoso	楊寶儀	TCCS	729
7		Yu Pui Yi	庾沛怡	GHS	563
8		Soo Cho Kei	蘇楚淇	HKTLC	566

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Event 12	Boys 400m (Heat)		12:05PM		
	Record : 49.58		Standard : 57.80		
Heat 1	1	Yeung Kit Chuen	楊傑全	CMASS	050
	2	Lam Chun Hei	林俊熹	LSTC	008
	3	Zhong Ming Ho	鍾銘灝	LKKC	277
	4	Lai Yat Hin	黎逸軒	LTFC	164
	5	Cheng Cheuk Yin	鄭卓彥	SS	212
	6	Lam Chung Sum	林宗琛	WYY	299
	7	Lee Ho Kuen	李浩權	HPCCSS	131
	8	Chung Long Hei Cyrus	鍾朗晞	MSC	182
Heat 2	1	Lu Ho Sun	呂昊燊	SJC	244
	2	Pun Chit Lam	潘哲霖	HKUGA	109
	3	Cheung Jun Jonathan	張進	LSC	147
	4	Chan Ka Wai	陳嘉威	NCC	186
	5	Ruan Shing Chi	阮承智	TCCS	292
	6	Tsang Sze Kwan	曾思鈞	YCKMC	359
	7	Chau Hoi Tim	鄒凱添	CYC	017
	8	Lau Ka Lun	劉珈麟	LSC	153
Heat 3	1	Chen Jia Hong	陳家鴻	FK1	090
	2	Chan Yat Long	陳日朗	HNC	115
	3	Li Long Ching	黎朗清	LSK	259
	4	Ng Pak Ki	吳柏其	POHCKMC	204
	5	Wong Wang Shun	王宏信	WFN	314
	6	Zhang Zhong	張忠	YYC	236
	7	Yeung Hoi To	楊愷滔	LKYMS	172
	8	Leung Kin Shing	梁堅成	SPC	252
Heat 4	2	Kwan Yik Yin	關亦然	MSC	183
	3	Lee Cheuk Yin	李綽然	FYW	023
	4	Huang Yau Nam	黃佑楠	YYC	229
	5	Wong Ho Chuen Hugo	黃浩川	DBS	069
	6	Wong Tsz Ngo	黃梓昇	WYK	340
	7	Chan Cheuk Him Daniel	陳卓謙	FLSS	074
	8	Liem Ho Yat Isaac	林皓壹	SMS	250

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Event 13	Girls 400m (Heat)	12:25PM			
	Record : 56.73	Standard : 1:12.50			
Heat 1	1	Chan Ching Man	陳靖玟	HKUGA	567
	2	Chow Chi Kiu	鄒子蕎	DGS	520
	3	Hung Yan Ting Angela	洪欣婷	LCCS	623
	4	Lam Wing Sum	林詠心	FLSS	543
	5	Lou Nga Ki	羅雅琪	WYY	762
	6	Yeung Yuet Naomi	楊悅	LS	646
	7	Chan Lok Ching	陳樂晴	HKUGA	568
	8	Sy, Mei Han Sabrina	施鎂嫻	PKMS	676
Heat 2	1	Chan Hei Ying	陳希盈	HPCCSS	578
	2	Fung Hei Yin	馮晞妍	SMCESPS	700
	3	Jiang Tsz Kei	江芷琦	CPU	509
	4	Lee Tsz Yiu	李紫瑤	GHS	556
	5	Mak Wing Yi	麥穎怡	SHDC	694
	6	Yung Nga Man	翁雅雯	POHCKMC	687
	7	Cheng Tsz Yan	鄭芷殷	HYS	590
	8	Wong Tsz Ching	黃芷晴	JCTIC	615
Heat 3	2	Cheung Tsz Ching	張芷晴	JCTIC	608
	3	Fung Tsz Yiu	馮芷瑤	WTSMC	750
	4	Jane Karlsson Christa Ming Suet	徐穎恩	DGS	522
	5	Leung Tze Yin	梁芷嫻	LKKC	636
	6	Siu Pui Ki Peggy	蕭珮琪	LSTC	658
	7	Kwok Yan Ling	郭茵羚	MSC	670
	8	Lee Fay Yee	李菲兒	GHS	555
	Heat 4	2	Cheung Yu Ching	張雨晴	TCCS
3		Hui Wing Laam	許穎嵐	LSK	650
4		Lai Tsz Sen	黎紫晨	WFN	744
5		Li Wing Chi	李穎芝	YYC	777
6		Sum Hau Kiu	沈考翹	HYS	602
7		Lam Wing Chi	林穎姿	TPYC	732
8		Ho Cheuk Wing Wins	何芍穎	YWG	772

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Event 14	Boys Triple Jump		02:00PM		
	Record : 14.41		Standard : 11.20m		
Final	1	Lau Ka Leung	劉嘉梁	CMASS	046
	2	To Kai Chit	杜繁哲	DBS	067
	3	Wai Cheong Lok	韋昌樂	FK1	095
	4	Xian Yiu Man	冼耀民	FLSS	085
	5	Fung Kai Chun	馮啟真	FYW	018
	6	Yan Jayden	嚴韋麟	HKUGA	114
	7	Cheung Ka Hei	張家熙	HNC	116
	8	Chan Pok Him	陳博謙	HPCCSS	127
	9	Lai Tsz Lam	黎子霖	LKKC	268
	10	Yeung Tin Long	楊天朗	LSC	160
	11	Ng Ching Wang Markus	吳清宏	LSTC	011
	12	Ng Tsz Chun	吳子俊	MS	180
	13	Yu Yat Tung	余日東	NCC	196
	14	Tsui Chi Lam	徐智霖	POHCKMC	207
	15	Lau Chun Chuen	劉濬銓	SJC	241
	16	Yeung Tsz Chun	楊子進	SS	221
	17	Lam Ka Yuen Joe	林嘉源	TCCS	287
	18	Chan Chun Yuen	陳晉源	WFN	305
	19	Au Yeung Tin	歐陽天	WYK	327
	20	Guo Baixin	郭柏欣	YCKMC	349
	21	Ho Yim	何焯	YYC	228
	22	Yiu Cho Yin George	姚佐賢	MSC	184
	23	Leung Kin Wang	梁建宏	DBS	061
	24	Chan Chung Yin	陳頌言	WYK	329
	25	Mui Lok Yin	梅樂弦	YKYC	319
	26	Hui Ting Lok	許庭樂	WYHK	322
	27	Ng Ka Lam	吳家霖	TYH	199
	28	Lee Wing Yin	李穎言	SPC	251
	29	Tan Kwan Ho	陳堃濠	WYHK	325

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Event 15	Boys Discus		02:00PM		
	Record : 49.36		Standard : 26.00m		
Final	1	Fung Kin Wang	馮建弘	CMASS	043
	2	Ma King Dom	馬敬登	DBS	063
	3	Zhang Tsz Kit	張子傑	FK1	097
	4	Lam Chung Hei Moses	林頌義	FLSS	079
	5	Wong Tsz Chun	王子俊	FYW	026
	6	Chan Sin Ching Kirin	陳善正	HKUGA	105
	7	Wong Shing Yu	王誠宇	HNC	124
	8	Leung Chiu Ming	梁釗銘	HPCCSS	132
	9	Tsang Hok Ming	曾學銘	LKKC	275
	10	Luo Ka Cheong	羅嘉昌	LSC	155
	11	Wong Shun Hei	黃舜滸	LSK	264
	12	Lam Yau Shing	林宥丞	LSTC	009
	13	Cheung Yu	張瑜	MS	177
	14	Lam Kwun Wah	林冠鑾	NCC	191
	15	Yuen Ngo Long	袁傲朗	POHCKMC	210
	16	Chiu Kwan Ching	趙君政	SJC	239
	17	Chow Chun Hei	鄒鎮禧	SS	215
	18	Fung Wing Hong	馮永康	TCCS	284
	19	Yan Jason Tsz Shing	燕梓誠	WFN	315
	20	Chan Sing Yeung	陳昇陽	WYK	330
	21	Yu Tak Wai	余德威	WYY	302
	22	Kan Ethan	簡柏翹	YCKMC	351
	23	Lin Yannan	林燕楠	YYC	231
	24	Zhang Easing	張裕誠	CLS	361
	25	Tsang Cheung Yu	曾祥裕	YCKMC	357
	26	Ng Sze Pang	吳思澎	LKYMS	171
	27	Yung Ngai Tsun	翁藝峻	HPCCSS	140
	28	Fung Ho Kwan Johnathan	馮浩鈞	WYHK	321
	29	Chen Chen	陳晨	CSWCSS	033
	30	Lam Chun Yin	林俊賢	YKYC	317
	31	Zhu Hui Fung	朱栩鋒	SWC	278

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Event 16	Boys 100m (Heat)			02:00PM	
	Record : 10.72			Standard : 12.20	
Heat 1	1	Chen Pok Kwan	陳博坤	CMASS	042
	2	Koo Cheuk Fung Jasper	古緯峰	DBS	057
	3	Lee Tsz Him	李梓謙	FK1	091
	4	Zhao Yam Mang	趙鑫萌	FLSS	087
	5	Liu Wang Lok	廖弘樂	FYW	024
	6	Chan Yat Lok	陳一樂	TKHC	279
	7	Leung Wai Kin	梁緯鍵	HNC	120
	8	Wong Kwok Yau	王國祐	WYK	338
Heat 2	1	Cheng Pak Hei	鄭柏晞	LKKS	265
	2	Yeung Tsz Fung	楊子鋒	LSC	161
	3	Chan Lit Man	陳烈文	LSK	254
	4	Chang Tin Hang Kyle	張天桁	LSTC	001
	5	Cheung Chun Yin	張俊然	LTFC	163
	6	Johannsson Magnus Prostur	吳君浩	DBS	056
	7	Lok Kai Chung	駱啟聰	NCC	193
	8	Cheuk Kwan Yin	卓鈞賢	POHCKMC	201
Heat 3	1	Tung Kiu Fung Paul	董翹鋒	SJC	246
	2	Yu Ka Lun	余嘉倫	SS	222
	3	Ng Lok Man	伍樂文	TCCS	290
	4	Kwok Chun Ting	郭俊廷	TKHC	280
	5	Wan Fu Wang David	尹富弘	WYK	335
	6	Lau Kin Wai	劉健威	WYY	300
	7	Wong Hoi Yuen Xavier	王凱炫	HKUGA	113
	8	Xu Ka Fai	許家輝	YYC	235
Heat 4	1	Cheung Marcus	張銳程	WFN	306
	2	Ho Ka Chun	何嘉俊	MS	178
	3	Chan Ting Fong James	陳庭方	KCM	173
	4	Tam King Hei	譚景禧	YCKMC	356
	5	Chung Tsz Sing	鍾梓聖	LKYMS	170
	6	Sit Lok Yin Pasco	薛諾言	HKUGA	110
	7	Wong Lai Fung	王禮鋒	LSC	158
	8	Zeng Yuen Cho	曾炫祖	HPCCSS	141

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Event 17	Girls 100m (Heat)			02:20PM	
	Record : 12.04			Standard : 14.50	
Heat 1	1	Chan Cheuk Yan	陳卓鋼	SMCESPS	697
	2	Chen Nizi	陳霓孜	TCCS	721
	3	Yu Pui Yi	庾沛怡	GHS	563
	4	Liu Jiazhen	劉家甄	YYC	778
	5	Sum Hei Lam Nicole	沈羲琳	DGS	529
	6	Yau Sin Ting Nicole	邱禧庭	SPCS	714
	7	Wong Wing Tung	黃詠瞳	HYS	603
	8	Chan Hui Wing Nuria	陳珣穎	MCS	662
Heat 2	1	Li Ming Chu	李明珠	WTSMC	752
	2	Cheung Ka Yu	張珈瑜	LKKC	632
	3	Ku Wan Ngai	古昀霓	HPCCSS	581
	4	Yip Man Yan	葉泯妍	HKUGA	577
	5	Cheung Shan Shan	張珊珊	ELCHK	538
	6	Man Sin Ying	文倩瑩	WYY	763
	7	Wong Wan Chi	黃韻之	HKUGA	575
	8	Yeung Stacy	楊卓潼	LSTC	660
Heat 3	1	Chan Wah	陳華	FLSS	541
	2	Cheung Yuet	張悅	MSC	668
	3	Cheung Yiu Gi Janice	張鈺芝	CREATIVE	517
	4	Shih Yuen Ting	施沅婷	LCCS	628
	5	Tsui Yan Tung	徐欣彤	POHCKMC	686
	6	Yu Tsz Lam	余紫琳	GHS	564
	7	Chan Sze Wun	陳思媛	TSWMC	733
	8	Ng Hoi Ying Hannah	吳愷瑩	SSCS	716
Heat 4	2	Lee Yuen Sum	李婉芯	SHDC	691
	3	Hui Ching Grace	許晴	HYS	593
	4	Wong Yu Kiu Hilary	王羽翹	CPU	515
	5	Shum Man Huen	沈汶暄	WFN	747
	6	Pak Hoi Man Chloe	白凱文	DGS	528
	7	Chan Ying Wai	陳映慧	LSK	648
	8	Hung Tsz Yiu	洪梓瑤	JCTIC	609

All Hong Kong Schools Jing Ying Athletics (Team) Tournament 2023-2024

Day One 03 May 2024

Event 18	Boys 400m Hurdles (F)	02:40PM
	Record :	55.48 Standard : 1:07.50

Final	1
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Event 19	Boys 800m (F)	03:05PM
	Record : 1:57.56	Standard : 2:20.00

Final	1
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Event 20	Girls 800m (F)	03:05PM
	Record : 2:18.29	Standard : 2:55:00

Final	1
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All Hong Kong Schools Jing Ying Athletics (Team) Tournament 2023-2024

Day One 03 May 2024

Event 21	Girls Discus			03:20PM	
	Record :		34.61	Standard :	18.80m
Final	1	Au Huen Yi	歐暄宜	FLSS	539
	2	Poek Ying Lam	卜映林	GHS	558
	3	Man Ho Lam Hina	文浩琳	DGS	525
	4	Wong Hoi Yiu	王海遙	CMT	505
	5	Wong Ching	王晴	WFN	748
	6	Chu Wai Ling	朱瑋玲	YKYC	768
	7	Ng Yuet Yee	吳悅儀	HPCCSS	585
	8	Ng Ka Ching	吳嘉晴	TCCS	728
	9	Lui Pak Yi	呂柏誼	WFN	746
	10	Cheuk Lok Yi Daphane	卓樂兒	POHCKMC	679
	11	Hung On Kiu	洪安喬	HYS	595
	12	Chapman Elizabeth	唐曉晴	JCTIC	606
	13	Chui Tsz Ching	徐芷晴	LCCS	622
	14	Mei Joy Casera Jover	祖華美	TSWMC	735
	15	Cheung Hoi Yan	張鎧恩	DGS	519
	16	Leung Sze Nga	梁思雅	SMCESPS	703
	17	Leung Cho Yan Chloe	梁楚欣	CMT	504
	18	Leung Wing Tung	梁穎彤	SPCS	711
	19	Chan Sze Yau	陳思攸	MSC	666
	20	Chan Ying	陳盈	LS	642
	21	Zeng Yuen Man	曾婉雯	WTSMC	757
	22	Yeung Yan Yu Erica	楊殷瑜	HKUGA	576
	23	Liu Hoi Ching	廖海澄	KYD	620
	24	Lau Ming Sum	劉明心	YYC	776
	25	Lau Hoi Yin	劉海燕	SHDC	690
	26	Tang Tsz Yan	鄧芷欣	BBSS	501
	27	Lo Wing Lam Venus	盧咏琳	WYY	761
	28	Siu Hiu Ka	蕭曉嘉	LSTC	657
	29	Lai Jing Jun	賴敬軍	CPU	510
	30	Tam On Ki	譚安琪	HGSS	565

All Hong Kong Schools Jing Ying Athletics (Team) Tournament 2023-2024

Day One 03 May 2024

Event 22	Girls Long Jump			03:20PM	
	Record :		5.86	Standard :	4.10m
Final	1	Chan Hong Yau	陳康悠	HPCCSS	579
	2	Chan Kai Ni	陳佳妮	SHDC	689
	3	Chan Sze Ching	陳思晴	GHS	551
	4	Chan Tsz Ching	陳祉澄	LSK	647
	5	Cheung Hoi Ki	張凱琪	WFN	742
	6	Cheung Ka Yu Casey	張嘉洳	HKUGA	569
	7	Cheung Yiu Gi Janice	張鈺芝	CREATIVE	517
	8	Hung Hok Wai Audrey	洪學惠	HYS	594
	9	Jia Wai Yin	賈慧妍	SMCESPS	701
	10	Kwok Ching Yi	郭靜怡	LKYMS	641
	11	Lam Chi Huen	林芷萱	TCCS	724
	12	Lau Hoi Ying	劉鎧盈	JCTIC	610
	13	Lau Tsz Ching	劉紫晴	YCKMC	766
	14	Lee Hoi Wan	李愷韻	CPU	512
	15	Lee Yan Kiu Yannes	李茵蕎	FLSS	544
	16	Lee Yee Ching	李苡澂	SPCS	710
	17	Lie Hiu Yee	李曉頤	GHS	557
	18	Liu Ying	劉瑩	LCCS	626
	19	Lo Tsz Ching	盧枳晴	LKKC	637
	20	Ng Hei Yin	吳禧言	DGS	526
	21	Ng Ka Wing	吳嘉詠	PKSS	677
	22	Tsang Leanne Lai Yan	曾麗仁	WTSMC	754
	23	Tsoi Shu Ying	蔡舒楹	POHCKMC	685
	24	Wong Hei Ching	黃熙澄	MSC	674
	25	Wong Hei Sen	黃希晨	JCTIC	613
	26	Wong Tsz Yan	王芷茵	TSWMC	737
	27	Wong Wing Tung	黃詠瞳	HYS	603
	28	Yang Yan	楊昕	YYC	782
	29	Yang Zhichu	楊芷初	DGS	534
	30	Yeung Stacy	楊卓滢	LSTC	660

All Hong Kong Schools Jing Ying Athletics (Team) Tournament 2023-2024

Day One 03 May 2024

Event 23	Boys 4x100m Relay (Heat)	03:20PM
	Record :	41.85
		Standard : 47.50

Heat 1

- 1
- 2 CMASS
- 3 FYW
- 4 LKKC
- 5 LTFC
- 6 SJC
- 7 WYK
- 8

Heat 2

- 1
- 2 DBS
- 3 HKUGA
- 4 LSTC
- 5 MS
- 6 SS
- 7 WYY
- 8

Heat 3

- 1
- 2 FK1
- 3 HNC
- 4 LSK
- 5 NCC
- 6 TCCS
- 7 YCKMC
- 8

Heat 4

- 1
- 2 FLSS
- 3 HPCCSS
- 4 LSC
- 5 POHCKMC
- 6 WFN
- 7 YYC
- 8

All Hong Kong Schools Jing Ying Athletics (Team) Tournament 2023-2024

Day One 03 May 2024

Event 24	Girls 4x100m Relay (Heat)	03:40PM
	Record :	47.81
		Standard : 56.80
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Heat 1	1	CPU
	2	HYS
	3	TSWMC
	4	LKKC
	5	HKUGA
	6	SMCESPS
	7	LCCS
	8	WYY
Heat 2	1	POHCKMC
	2	MSC
	3	GHS
	4	JCTIC
	5	LSK
	6	SPCS
	7	WFN
	8	YYC
Heat 3	1	
	2	FLSS
	3	HPCCSS
	4	DGS
	5	LSTC
	6	SHDC
	7	TCCS
	8	WTSMC

All Hong Kong Schools Jing Ying Athletics (Team) Tournament 2023-2024

Day One 03 May 2024

Event 25	Boys 4x400m Relay (Heat)	04:20PM
	Record : 3:26.67	Standard : 3:54.00

Heat 1	1	
	2	CMASS
	3	DBS
	4	FK1
	5	FLSS
	6	FYW
	7	
	8	
Heat 2	1	
	2	
	3	HKUGA
	4	HNC
	5	HPCCSS
	6	LKKC
	7	LSC
	8	
Heat 3	1	
	2	LSTC
	3	LTFC
	4	NCC
	5	POHCKMC
	6	SJC
	7	SS
	8	
Heat 4	1	
	2	TCCS
	3	YYC
	4	WYK
	5	WYY
	6	YCKMC
	7	WFN
	8	

All Hong Kong Schools Jing Ying Athletics (Team) Tournament 2023-2024

Day One 03 May 2024

Event 26	Girls 4x400m Relay (Heat)	04:40PM
	Record : 3:59.21	Standard : 4:55.00
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Heat 1	1	
	2	SHDC
	3	HYS
	4	LCCS
	5	MSC
	6	CPU
	7	TCCS
	8	WYY
Heat 2	1	
	2	HPCCSS
	3	WFN
	4	WTSMC
	5	DGS
	6	FLSS
	7	LS
	8	POHCKMC
Heat 3	1	
	2	HKUGA
	3	LSK
	4	YYC
	5	LKKC
	6	SMCESPS
	7	GHS
	8	JCTIC

All Hong Kong Schools Jing Ying Athletics (Team) Tournament 2023-2024

Day Two 04 May 2024

Event 27	Boys High Jump		09:00AM		
	Record : 2.04		Standard : 1.60m		
Final	1	Chan Sheung Yin	陳尚彥	CMASS	041
	2	Low Ho Lum	劉浩霖	DBS	062
	3	Tung Wai Chin	童尉展	FLSS	084
	4	Ko Man Hong	高敏航	FYW	021
	5	Hon King Hang	韓景行	HKUGA	106
	6	Cai Hiu Tung	蔡曉東	HPCCSS	126
	7	Li Zi Bin	李梓繽	LKKC	272
	8	Chan Tsz Yin	陳子言	LSC	144
	9	Chen Jiexi	陳杰熙	LSK	255
	10	Chen Haokang	陳昊康	LSTC	002
	11	Lam Kai Yip	林啟燁	LTFC	165
	12	Ng Tsz Chun	吳子俊	MS	180
	13	Huang Weixuan	黃偉軒	NCC	189
	14	Li Man Long	李文朗	POHCKMC	203
	15	Wong Ching Hin	黃晴軒	SJC	248
	16	Yeung Ho Kiu	楊昊橋	SS	220
	17	Chan Cheuk Yu	陳卓宇	WFN	304
	18	Mai Kin San	麥建桑	WYK	333
	19	Pang Sung Him	彭崇謙	YCKMC	354
	20	Ho Siu Fung	何韶豐	YYC	227
	21	Lai Pak Hei	黎柏希	LSC	151
	22	Jiang Yuk Chun	江毓晉	HWC	028
	23	Hui Chi Man	許智文	YCKMC	350
	24	Tsang Hong Yat	曾康溢	CSWCSS	035
	25	Fok Yui Chun	霍銳縉	DBS	055
	26	Leung Chi Ho Ryan	梁智皓	HTMS	100
	27	Liang Tung Pui	梁棟培	YKYC	318
	28	Chu Ho Yin	朱浩然	TSWMC	282

All Hong Kong Schools Jing Ying Athletics (Team) Tournament 2023-2024

Day Two 04 May 2024

Event 28	Girls Shot Put		09:00AM		
	Record : 10.63			Standard : 6.90m	
Final	1	Au Huen Yi	歐暄宜	FLSS	539
	2	Rana Kangana	-	SMCESPS	706
	3	Wong Ching	王晴	WFN	748
	4	He Ching Yi Cherry	何靜宜	POHCKMC	680
	5	Yu Yuet	余悅	SHDC	696
	6	Lui Pak Yi	呂柏誼	WFN	746
	7	Lee Pui Yee	李沛儀	DLS	537
	8	Lee Lok Yau	李樂悠	UCC-KE	739
	9	Lee Ching Yan Stephanie	李澄欣	SPCS	709
	10	Xiao Jingjing	尚晶晶	HPCCSS	588
	11	Lam Tsz Yin Esther	林子言	CPU	511
	12	Chapman Elizabeth	唐曉晴	JCTIC	606
	13	Hong Wing Lam Chloe	康穎霖	DGS	521
	14	Cheung Hoi Yan	張鎧恩	DGS	519
	15	Leung Wa Yan	梁華恩	HYS	598
	16	Mok Ching Hei	莫靜希	TCCS	726
	17	Mak Ching Man	麥靜文	CCCKT	503
	18	Wan Tsoi Wing	溫采穎	LCCS	629
	19	Wong Tsz Yee	黃芷儀	WTSMC	756
	20	Wong Tsz Ying	黃芷瑩	MSC	675
	21	Wong Man Hei	黃敏晞	TSWMC	736
	22	Wong Yuen Sim	黃琬嬋	YYC	781
	23	Yeung Yan Yu Erica	楊殷瑜	HKUGA	576
	24	Ip Charmaine Chi Maan	葉子漫	GHS	554
	25	Lau Yin Tung	劉彥彤	LKKC	635
	26	Tang Tsz Yan	鄧芷欣	BBSS	501
	27	Lo Wing Lam Venus	盧咏琳	WYY	761
	28	Siu Hiu Ka	蕭曉嘉	LSTC	657
	29	Chung Yan Ting Jennifer	鍾欣庭	GHS	552
	30	Tam On Ki	譚安琪	HGSS	565

All Hong Kong Schools Jing Ying Athletics (Team) Tournament 2023-2024

Day Two 04 May 2024

Event 29	Boys 110m Hurdles (F)	09:00AM
	Record : 14.08	Standard : 18.50

Final	1
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Event 30	Girls 100m Hurdles (F)	09:10AM
	Record : 13.89	Standard : 19.50

Final	1
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Event 31	Boys 200m (F)	09:25AM
	Record : 21.61	Standard : 25.50

Final	1
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Event 32	Girls 200m (F)	09:35AM
	Record : 24.98	Standard : 30.50

Final	1
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All Hong Kong Schools Jing Ying Athletics (Team) Tournament 2023-2024

Day Two 04 May 2024

Event 33	Boys 1500m (F)			09:45AM	
	Record : 4:17.64			Standard : 5:00.00	
Final 1	1	Chow Chi Yin	周知言	LSTC	005
	2	Li Shun Hang	李信恒	HPCCSS	133
	3	Lai Man Lap	黎文立	WYY	298
	4	Ng Cheuk Him	吳卓謙	WFN	311
	5	Fong Yuk Ning	方旭寧	LSC	149
	6	Guevarra, Jan Jeff Claus	高子傑	TCCS	285
	7	Ko Nok Him	高諾謙	LKKC	267
	8	Jiang Fu Shing	江富城	HNC	119
	9	Cheung Ho Wai	張浩維	FLSS	075
	10	Leung King Chung	梁景從	HKUGA	107
	11	Chan Chun Pang	陳振鵬	LSK	253
	12	Leung Tsun Hei	梁峻熙	NCC	192
	13	Ng Wai Hin	吳煒軒	FK1	093
	14	Chan Wui Fung	陳滙峯	POHCKMC	200
	15	Yang Zili	楊子立	FYW	027
	16	Tsui Wing Long Vinci	徐穎朗	SS	219
Final 2	1	Wong Nok Hei	王諾熙	JCTIC	143
	2	Szentes, Koppany	-	WIS	343
	3	Wong Kin Long	黃健朗	WYK	336
	4	Lee Ka Ki	李嘉淇	FKYC	073
	5	Leung Tze Yui Darryl	梁子睿	SJC	242
	6	Chu Lok Yin Ryan	朱洛言	DBS	053
	7	Lai Tin Long	黎天朗	SJA	237
	8	Tung Fu Shing	童富盛	YCKMC	360
	9	Wang Nok Wang	王諾弘	DBS	068
	10	Chen Yik Fan	陳奕帆	YCKMC	347
	11	Tsang Wai Chun	曾漳潛	LTFC	168
	12	Kwok Chung Hin	郭誦軒	KYWC	296
	13	He Tak Shing	何德晟	FYW	020
	14	Wong Chun Hei	黃俊偉	MS	181
	15	Hu Ching Ham	胡正哈	CMASS	044
	16	Cheung Yuk Hang	張煜恆	YYC	224

All Hong Kong Schools Jing Ying Athletics (Team) Tournament 2023-2024

Day Two 04 May 2024

Event 34	Girls 1500m (F)			10:15AM	
	Record : 4:51.09			Standard : 6:15.00	
Final 1	1	Ng Lo Yee	吳璐儀	WYY	764
	2	Tam Hei Tung	譚悌桐	LS	645
	3	Zhang Hannah	張夢麟	FLSS	548
	4	Chow Wing Lam	周泳淋	LKKC	633
	5	So Hei Shun	蘇悌淳	MSC	673
	6	Wong Tsz Yan	黃梓欣	SHDC	695
	7	Han Xiuqi Elise	韓修齊	TCCS	723
	8	Wong Ching Hei	黃靜熙	HPCCSS	587
	9	Lam Lok Tung	林洛彤	TSWMC	734
	10	Ng Pui Ka	吳貝珈	POHCKMC	684
	11	Cao Jia En	曹加恩	WFN	740
	12	Cheung Kam Sau	張金琇	CPU	508
	13	Chan Hoi Ching	陳鎧澄	LCCS	621
	14	Lau Yee Pui	劉綺珮	LSTC	655
	15	Guo Yuqi	郭羽綺	WTSMC	751
Final 2	1	Guan Tsz Yin	關子妍	HYS	592
	2	Kong Jerika	江瀛	DGS	523
	3	Wong Jit	黃哲	DGS	532
	4	Lau Ka Wai	劉嘉慧	JCTIC	611
	5	Cheung Tsz Yuet	張子悅	YLLSS	769
	6	Tse Tung Ling	謝冬寧	YLLSS	770
	7	Wong Wan Ki	黃蘊祈	GHS	560
	8	Man Lai Ki Nicole	文麗淇	HYS	600
	9	Chan Pak Yin Katie	陳柏延	GHS	550
	10	Koo Hiu Lam	顧曉琳	STS	717
	11	Shum Chung Ning	岑頌寧	STTSS	720
	12	Lee Wing Sze	李穎思	SHCC	688
	13	Tsoi Wai Kiu	蔡蕙蓆	YYC	780
	14	Ackber Bertha	區曉彤	SPCS	708
	15	Ng Sum Yau Isa	吳心悠	HKUGA	572
	16	Lo Tsz Ching	盧祉澄	SMCESPS	705

All Hong Kong Schools Jing Ying Athletics (Team) Tournament 2023-2024

Day Two 04 May 2024

Event 35	Girls High Jump			10:30AM	
	Record : 1.71			Standard : 1.30m	
Final	1	Leung Ka Lam Charis	梁家霖	FSS-KT	549
	2	Chan Wing Lin	陳穎霖	LKKC	631
	3	Chan Yuk Lam	鍾玉琳	CPU	507
	4	Cheng Hoi Tung	鄭凱彤	WTSMC	749
	5	Choy Ceci	蔡繕施	HYS	591
	6	Lam Pui Shan	林沛珊	WFN	745
	7	Lam Tsz Ying	林芷瑩	LSK	652
	8	Li Rou Rou	李柔柔	LS	644
	9	Lui Yui Ching, Karis	呂睿晴	DGS	524
	10	Yiu Hoi Lam	姚凱嵐	TSWMC	738
	11	Mak Hiu Ting	麥曉婷	HPCCSS	584
	12	Wu Meng Ni	巫夢妮	FLSS	547
	13	Tao Kwan Po	杜君寶	SMCESPS	707
	14	Yuen Pui Pui	阮銀銀	LSTC	661
	15	Zhou Ziyi	周梓藝	LCCS	630
	16	Yiu Hong Ching Katelyn	姚康晴	DGS	535
	17	Woo Sum Yau	胡芯攸	GHS	562
	18	Chan Joelie	陳悅晴	MSC	665
	19	Leung Nga Yin	梁雅賢	TKOGSS	731
	20	Kwok Cho Sze Leann	郭楚斯	MCS	664
	21	Mak Hiu Ching	麥曉晴	POHCKMC	683
	22	Wong Hei Sen	黃希晨	JCTIC	613
	23	Wong Cherise	黃悅芯	STSS	719
	24	Wong Ho Ching Emily	黃浩澄	GHS	559
	25	Yeung Lok Yee Jasmine	楊洛頤	SPCS	715
	26	Yeung Ka Wai	楊嘉慧	PKSS	678
	27	Lai Hoi Yi	黎鎧宜	KCM	617
	28	Siu Brianna	蕭瑤	HKUGA	574

All Hong Kong Schools Jing Ying Athletics (Team) Tournament 2023-2024

Day Two 04 May 2024

Event 36	Boys 400m (F)	10:30AM
	Record : 49.58	Standard : 57.80

Final	1
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All Hong Kong Schools Jing Ying Athletics (Team) Tournament 2023-2024

Day Two 04 May 2024

Event 37	Boys Shot Put		10:40AM		
	Record : 14.54		Standard : 10.05m		
Final	1	Wong Lok Hang	黃樂恒	CMASS	049
	2	Ku Hok Ching	古學政	DBS	058
	3	Zheng Tai Kit	鄭泰傑	FK1	098
	4	To Man Tik	杜旻迪	FLSS	083
	5	Wong Ho Ming	王灝銘	FYW	025
	6	Chan Sin Ching Kirin	陳善正	HKUGA	105
	7	Lin Ka Hin	林嘉軒	HNC	121
	8	Tse Ming Hong	謝銘康	HPCCSS	135
	9	Lam Chak Him	林澤謙	LKKC	269
	10	Wong Kin Ming	黃健銘	TSWMC	283
	11	Wen Tsz Hing	溫子慶	LSK	263
	12	Liu Xi	劉熙	LSTC	010
	13	Lau Lok Yin Ethan	劉洛言	LTFC	166
	14	Kwong Sze Ho	鄺思浩	MS	179
	15	Yung Ka Kit	翁家杰	NCC	197
	16	Yuen Ngo Long	袁傲朗	POHCKMC	210
	17	Chan Tsz Kiu	陳子喬	SJC	238
	18	Cheung Chit Hei	張哲熙	SS	214
	19	Lam Ching Yin	林靖然	TCCS	286
	20	Yan Jason Tsz Shing	燕梓誠	WFN	315
	21	Ng Lok Hei Anthony	吳洛曦	WYK	334
	22	Szeto Nok Tin	司徒諾天	WYY	301
	23	Cheng Yat Fung	鄭逸楓	YCKMC	348
	24	Shum Sheung Wun	沈尚桓	YYC	233
	25	Siu Yuk Nam	蕭煜楠	LSC	157
	26	Zhang Weidong	張偉東	CSWCSS	036
	27	Ng Sze Pang	吳思澎	LKYMS	171
	28	Yung Ngai Tsun	翁藝峻	HPCCSS	140
	29	Zhong Tsz Chung	鍾梓聰	CGHC	038
	30	Tsang Cheung Yu	曾祥裕	YCKMC	357
	31	Chow Pak Yin	周柏言	BMFMC	015
	32	Sze Wai Shun	施懷舜	CSWCSS	034

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Day Two 04 May 2024

Event 38	Girls 400m (F)	10:40AM
	Record : 56.73	Standard : 1:12.50

Final	1
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Event 39	Boys 100m (F)	10:50AM
	Record : 10.72	Standard : 12.20

Final	1
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	7
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Event 40	Girls 100m (F)	10:55AM
	Record : 12.04	Standard : 14.50

Final	1
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All Hong Kong Schools Jing Ying Athletics (Team) Tournament 2023-2024

Day Two 04 May 2024

Event 41	Boys 4x400m Relay (F)	11:30AM
	Record : 3:26.67	Standard : 3:54.00

Final	1
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Event 42	Girls 4x400m Relay (F)	11:30AM
	Record : 3:59.21	Standard : 4:55.00

Final	1
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Event 43	Boys 4x100m Relay (F)	11:45AM
	Record : 41.85	Standard : 47.50

Final	1
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Event 44	Girls 4x100m Relay (F)	11:45AM	
	Record :	47.81	Standard : 56.80

Final	1
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