

The School Sports Federation of Hong Kong, China
All Hong Kong Schools Jing Ying Athletics (Team) Tournament 2024-2025
Competition Schedule
 10 & 12 March 2025

updated: 7/3/2025

DAY1 (10/3/2025)

Event time	Reporting time		Boys		Girls	
	Track event	Field event	Track event	Field event	Track event	Field event
9:30	09:05-09:15	08:45-08:55	⁽³⁾ 400mH(Heat)	⁽¹⁾ High Jump		⁽²⁾ Discus
10:10	09:45-09:55				⁽⁴⁾ 100m (Heat)	
10:30	10:05-10:15		⁽⁵⁾ 100m (Heat)			
10:55	10:30-10:40				⁽⁶⁾ 1500m (Final)	
11:10	10:45-10:55		⁽⁷⁾ 1500m (Final)			
11:30	11:05-11:15				⁽⁸⁾ 400m (Heat)	
11:50	11:25-11:35		⁽⁹⁾ 400m (Heat)			
LUNCH						
13:30	13:05-13:15	12:45-12:55	⁽¹³⁾ 400mH(Final)	⁽¹⁰⁾ Long Jump ⁽¹¹⁾ Discus		⁽¹²⁾ High Jump
13:45	13:20-13:30				⁽¹⁴⁾ 800m (Heat)	
14:05	13:40-13:50		⁽¹⁵⁾ 800m (Heat)			
14:20	13:55-14:05				⁽¹⁶⁾ 200m (Heat)	
14:40	14:15-14:25		⁽¹⁷⁾ 200m (Heat)			
15:05	14:40-14:50				⁽¹⁸⁾ 4x400mRelay (Heat)	
15:25	15:00-15:10		⁽¹⁹⁾ 4x400mRelay (Heat)			
15:50	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.

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DAY 2 (12/3/2025)

Event time	Reporting time		Boys		Girls	
	Track event	Field event	Track event	Field event	Track event	Field event
9:30	09:05-09:15	08:45-08:55		⁽²⁰⁾ Javelin	⁽²³⁾ 100mH(Heat)	⁽²¹⁾ Long Jump ⁽²²⁾ Shot Put
9:55	09:30-09:40		⁽²⁴⁾ 110mH(Heat)			
10:20	09:55-10:05		⁽²⁵⁾ 400m (Final)		⁽²⁶⁾ 400m (Final)	
10:35	10:10-10:20				⁽²⁷⁾ 5000m (Final)	
11:40	11:15-11:25		⁽²⁸⁾ 200m (Final)		⁽²⁹⁾ 200m (Final)	
11:55	11:30-11:40		⁽³⁰⁾ 800m (Final)		⁽³¹⁾ 800m (Final)	
12:10	11:45-11:55				⁽³²⁾ 4x100mRelay (Heat)	
12:30	12:05-12:15		⁽³³⁾ 4x100mRelay (Heat)			
LUNCH						
13:30		12:45-12:55		⁽³⁴⁾ Triple Jump ⁽³⁵⁾ Shot Put		⁽³⁶⁾ Javelin
14:00	13:35-13:45				⁽³⁷⁾ 100mH (Final)	
14:10	13:45-13:55		⁽³⁸⁾ 110mH (Final)			
14:25	14:00-14:10		⁽³⁹⁾ 5000m (Final)			
15:20	14:55-15:05		⁽⁴⁰⁾ 100m (Final)		⁽⁴¹⁾ 100m (Final)	
15:35	Prize Presentation					
15:55	15:30-15:40		⁽⁴²⁾ 4x400mRelay (Final)		⁽⁴³⁾ 4x400mRelay (Final)	
16:10	15:45-15:55		⁽⁴⁴⁾ 4x100mRelay (Final)		⁽⁴⁵⁾ 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。

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