

**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

**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	<sup>(3)</sup> 400mH(Heat)	<sup>(1)</sup> High Jump		<sup>(2)</sup> Discus
10:10	09:45-09:55				<sup>(4)</sup> 100m (Heat)	
10:30	10:05-10:15		<sup>(5)</sup> 100m (Heat)			
10:55	10:30-10:40				<sup>(6)</sup> 1500m (Final)	
11:10	10:45-10:55		<sup>(7)</sup> 1500m (Final)			
11:30	11:05-11:15				<sup>(8)</sup> 400m (Heat)	
11:50	11:25-11:35		<sup>(9)</sup> 400m (Heat)			
LUNCH						
13:30	13:05-13:15	12:45-12:55	<sup>(13)</sup> 400mH(Final)	<sup>(10)</sup> Long Jump <sup>(11)</sup> Discus		<sup>(12)</sup> High Jump
13:45	13:20-13:30				<sup>(14)</sup> 800m (Heat)	
14:05	13:40-13:50		<sup>(15)</sup> 800m (Heat)			
14:20	13:55-14:05				<sup>(16)</sup> 200m (Heat)	
14:40	14:15-14:25		<sup>(17)</sup> 200m (Heat)			
15:05	14:40-14:50				<sup>(18)</sup> 4x400mRelay (Heat)	
15:25	15:00-15:10		<sup>(19)</sup> 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.**

**The School Sports Federation of Hong Kong, China**  
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Competition Schedule  
 10 & 12 March 2025

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

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