

2022 - 2023
1st - 2nd DECEMBER 2022



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Opening Ceremony

Date : 1st December, 2022 (Thursday)
Time : 8:10 a.m. – 8:30 a.m.

Event

Responsible Staff

Roll Call

Mr LEUNG Ching Man

Marching

Ms CHU King Pui, Helen
SA, Houses Oscar & Uniform Teams KC

Music

Ms Bessy Mak (National Anthem)

Flag Hoisting

Ms Choi Katheleen

Opening Speech

Mr KWOK Wing Keung
Principal

Athletes' Oath

Captains of Student Association & Houses

Launching Start

Mr KWOK Wing Keung
Principal

Prize Presentation & Closing Ceremony

Date : 2nd December 2022 (Friday)
Time : 12:30 – 13:10

Event

Responsible Staff / Party

Assemble on Track Athlete Representatives and Cheering Teams of the Four Houses

March In House Representatives and Cheering Teams of the Four Houses, Uniform Groups

Prize Presentation Mr KWOK Wing Keung, Principal
Ms LAM Sui Mei, Vice Principal
Ms CHEUNG Wai Yi, Vice Principal
Dr. ULLAH Rizwan, Vice Principal
Members of PTA Committee

Closing Speech Mr KWOK Wing Keung, Principal

Rules and Regulations

Categories

Year of Birth	2006 or before	2007- 2008	2009 or after
Boys	A Grade	B Grade	C Grade
Girls	A Grade	B Grade	C Grade

Standard Events

Events	Boys			Girls		
	A Grade	B Grade	C Grade	A Grade	B Grade	C Grade
100M	√	√	√	√	√	√
200M	√	√	√	√	√	√
400M	√	√	√	√	√	√
800M	√	√	√	√	√	√
High Jump	√	√	√	√	√	√
Long Jump	√	√	√	√	√	√
Shot Put	√	√	√	√	√	√
Discus	√	√	√	√	√	√
1500M Run for Fun	Open			Open		
Relay 4 x 100M (Inter-house)	√	√	√	√	√	√
Relay 4 x 100M (Inter-class)	At least one female athlete in the team					
Relay 4 x 100M (Open)	At least one female athlete in the team					

Remarks: The LTPSS Sports Days Organizing Committee reserves the right to interpret and alter the above events and rules whenever necessary without prior notice.

Participation

- All staff members are welcome to participate. Interested staff can contact Mr Fong Tsz Kei for enrolment. For Standard Events, staff will compete with A Grade students.
- **Vaccinated Students taken 3 doses of vaccination should join at least ONE event**
- Each student can only enter a maximum of **three individual events, e.g. 2 field events +1 track event or 2 track events + 1 field event. Relays events are exclusive.**

Clothing and Shoes

- All competitors must wear their PE uniform to attend all events. Competitors who dress improperly may not be allowed to compete.
- Competitors are allowed to wear spikes shoes to compete if necessary. The maximum length of each spike must not exceed 6mm.

Marshal Areas & Reporting Procedures

- All events would be delayed or advanced under all circumstances; competitors must pay attention to the announcement from the announcement stand at all time.
- As schedule of events and name list will be posted up on PE Display board in advance, all competitors should check their designed lane and group for the enrolled event prior to competition.
- There are two Calls prior to the actual competition time for each event. The time for Calls and Marshal Areas are listed below:

Events	Marshal Areas	First Call	Final Call
Track Events	Starting area of the event	10 mins before competition	5 mins before competition
Field Events	Competition field site		

- All competitors must report to the “Marshal Areas” before the start of the events. Late comers will be treated as absence and disqualified.
- All reported competitors are **NOT** allowed to leave the “Marshal Areas” without permission of the judges.
- Implements for throwing events are as follows:

Implements	Boys A	Boys B	Boys C	Girls A	Girls B	Girls C
Weight of Shot Put	5 kg	4 kg	4 kg	4 kg	3 kg	3 kg
Weight of Discus	1.5 kg	1 kg	1 kg	1 kg	1 kg	1kg

- Standard distance for Shot Put are as follows:

Shut Put	Boys A	Boys B	Boys C	Girls A	Girls B	Girls C
Standard distance	7m	7m	6m	4m	4m	3m

- Starting Heights for High Jump are as follows:

High Jump	Boys A	Boys B	Boys C	Girls A	Girls B	Girls C
Starting Height	125cm	120cm	105cm	100cm	95cm	95cm

- Standard distance for Long Jump are as follows:

Long Jump	Boys A	Boys B	Boys C	Girls A	Girls B	Girls C
Standard distance	4m	3.6m	3.2m	3m	2.8m	2.6m

Simultaneous Events

If a student's / staff's track event and field event take place simultaneously, he / she has to take the following procedures in the table below:

Step 1	Report to the field event first.
Step 2	Apply for a temporary leave from the field judge.
Step 3	Subject to the approval by the judges, the student can request to take one trial before leaving the field event.
Step 4	Report to the track event and compete immediately.
Step 5	Go back to the field event right after completing the track event.
Step 6	Report to the field judge and continue with the field event.

Marks Calculation

- 1 basic mark will be scored for each individual event entered and completed.
- The scoring system is as follows:

Position	1	2	3	4	5	6	7	8
Marks for Individual Events	9	7	6	5	4	3	2	1
Marks for Inter-House Relays	18	14	12	10	8	6	4	2

- If a competitor breaks a record in an individual event, he / she will get 1 extra mark.
- If a relay team breaks a record, its corresponding house will get 2 extra marks.

Referee

Chief Judge Panel : Mr. Kwok Wing Keung (Principal)
Mr Fong Tsz Kei, Ms Tam Pik Yau

Chief Track Judge : Ms. Tam Pik Yau

Chief Field Judge : Mr. Fong Tsz Kei

All competition rules are set according to IAAF. All matters not stated would be dealt with by the Chief Judge Panel, whose decision shall be final. The LTPSS Sports Day Organizing Committee reserves the right to interpret and alter the above rules and regulations whenever necessary without prior notice.

Staff Official & Student Helper List

Items / Events	Responsible Staff	Student Helper
Judge Panel		
Honorary Advisor	Mr. KWOK Wing Keung (Principal)	
Chief Judge	Mr FONG Tsz Kei	
Chief Field Judge	Mr FONG Tsz Kei	
Chief Track Judge	Ms Tam Pik Yau	
Ceremony		
Mistresses of Ceremony	Ms LAM Wing Yiu Irene* Ms Jasmine Law Chi Kei	3M Chow Yi Lam 4S Awan Mustafa
Marching	Ms Chu King Pui Helen* Mr Oscar Tso Ms CHOI Katheleen	Uniform Teams
Music	Ms Bessy Mak	School Choir
Reception	Ms LAM Wing Yiu Irene	5A Tung Lok Yiu Rosanna
Prize Presentation	Ms LAM Wing Yiu Irene* Ms XIAO Xiushi Ms YEUNG Man Ying	5T Lo Lok Hei* 5T Lo lok Yi 5T Cheng Chun Yin Jarvis 5A Zhuang Ziqiao 3M Lo Lok Chun
Photo and video taking	Mr Paul Marriott	Campus Media Team
Roll Call for attendance	Ms AU Hoi Yan Victorine* Ms MOK Ka Yan (Equipment) Mr TAM Wai Kit Wilky (Janitors allocation)	

Event & Operation		
First Aid	Ms LEUNG Sin Wa Panda Ms CHOI Pui Sze	St. John Ambulance & LTPSS St. John Brigade
Command Post & Announcement	Mr MO Ka Kit Chris* Ms LAW Chi Kei Jasmine	6R Wong Pui Chi 6R Lee Wing Kiu 3M Chow Yi Lam 4S Awan Mustafa
Event Data Processing	Mr KAM Ho Yeung Tony* Mr FAN Wing Lok Mr LAM Kam Shing	5R Sha Yui Ying* 1A Cheung Ho Chai Kaden 1A Cheung Yi Kwan 1A Zhang Yaoxiang
Discipline	Mr LEUNG Ching Man* Ms AU Tsui Yuk Mr ARRIAGA Agrelo Eduardo Ms CHUNG Hoi Man Mr CO Man Hon Isaac Ms FUNG Chau Yuet Mr FUNG Hoi Hin Ms TSE Sin Ting ALL House Advisors and Teachers (on Spectator Stand)	Prefect Team
House	Ms CHU King Pui Helen* Sing House Ms HEUNG Wing Sum Ms LEE Kun Yuk Ms SUM Mei Po Ching House Ms LOI Vivienne Hoyee Mr PATEL Alpesh Dolatbhai Mr TSOI Tsz Tsun See House Mr TSUI Shing Fai Ms WONG Ka Yi Ms CHEUNG Ka Hei	

	Hang House Mr HUNG Timmy Chun Ting Ms CHEUNG Kiu Yen Claudia Mr KWOK Sen Hei	
Photo & Video Taking	Mr MARRIOTT Paul Christopher	Campus Media Team
Equipment (Recording Room)	Ms LUK Ching Man Mr LIU Haozhu Ms MOK Ka Yan Ms Victorine AU	

Track Events Officials		
Finish Recording	Ms CHOW Wing Yi Winnie* Ms MA Tak Yee Maggie Ms CHAN Che Lam Fiona	6T Kong Yin Shan* 6T Kong Yin Ni 4R Tsang Wing Yu 4R Chen Yu Yin
Marshal	Mr CHAN Ting Yan Don* Mr HUI Wai Keung Mr TO Tik Hin	5S Wu Yu Nok* 5R Wong Wai Yin
Starter	Mr Wong Tak* Mr TSO Oscar Mr WONG Yu Hung Mr HAMILTON Daniel John	6S Sara Zafar* 6S Ibardaloza Nicole Reigne Pana 4S Mak Yee Man
Lanes Judge	Ms LAW Yin Yee Phoebe* Ms LAI Wing Yee Winnie Ms TO Lan Duyen Ms YEUNG Ling	5T Wong Yuen Ting* 5T Lo Lok Yi 5S Wang Tsz Han 5S Wong Esther
Time-keeper	Mr LAM Pak Wing* Ms CHIU Wing Yee Erica Ms LAM Hiu Man Mr SPENCER Christopher Paul	6A Cheung Wing Yan* 6S Lam Wai Sum Zoe 6A Li Kam Wing 6A Liu Wing Yan Wendy 6R Lai Ka Yiu 2M Chan Pui Yan 2M Shi Wing Yi 2M Choi O Wan Scion 2M Fu Hei Man 2M Wong Chun Hon 2A Chan Chi Yu 2A Kwan Tsz Pak

Position Judge	Mr CHAN Cham Ki Jeremy* Mr CHUI Ho Man Mr YIU Tsz Hin Ms CHEN Siu Wah	6S Chiu Yat Hin* 6R Ma Wing Chi 6R Mok Cheuk Ting 6T Cheng Karlson Ka Shun 5S Chau Wan Sum 3A Tsang Po Yuk 3A Wong Hoi Kiu 3A Chow Hiu Fung Daniel 3A Wong Ho Yin 2R Lo Wai Hong 1M Man Pak Kiu
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Field Events Officials		
High Jump	Dr. LAM Yuk Ping Terence Mr LAU Ka Fai Mr WONG Chi Man Ms CHOI Pui Sze	4R Wong Ming Him* 4R Chau Chi Shun 4R Lin Chi Hin 4A Koo Hau Kin 4A Au Chun Yat 4A Wong Pak Man 4S Tong Chin Wu
Long Jump	Mr SO Ka Fai Eric* Mr LUI Chung Kit Mr NG Kin Keung Ken Ms LI Siqing	6R Tang Chung Yin* 4T Zhong Yu Sin 4T Poon Wing 4T Law Chung Ting* 4A Lee Ka Hei 4T Lim Chak Fung 4A Huang Hon Lam 3T Tan Yik Sen Ethan 2R Tang Po Yin
Shot Put	Mr SHEK Yun Fai John Mr LAI Wai Lun Lawrence Mr SERRANO ARIAS Ivan Ms WONG Siu Yin	6S Tong Pak Fai* 6S Fong Hiu Yau Ariel 6T Tse Yu Ting 4T Wong Ching Hin 4A Yip Chun Ming 4T DingG Hao Lin 4A Lau Chun Kei 4T Ngai Cheuk Lam 3T Tong Lai Ho

Discus Throw	Mr LAW Chun Kit Jacky* Mr LAW Man Long Mr SO Yat Kan Thomas Ms SHUM Wing Lam	5A Chow O Tin* 5A Chan Ka Hei 5R Lee Tsz Dan 5A Yu Chun Yeung 5T Chan Leo 2R Pang Kiu Fung 2R Tong Kai Yeung Ray
Standby	Mr LEUNG Ka Chun (Recording Room) Ms CHAN Pui Yan (School Library)	

*Leader of position

Standby: ready to cover if any teachers/helpers absent

Cheering Team Competition

Judge Panel	<ul style="list-style-type: none"> ▪ Guests of PTA Committee ▪ Mr KWOK Wing Keung (Principal) ▪ Staff ▪ General Office Staff
Awards	Total marks is 100 Medals will be awarded to the members of the top two teams.
Time Limit	5 minutes, 3 marks will be deducted for every extra 10 seconds.

Atmosphere Criteria (1st Day)	Marks
● Creativity	10
● Team Co-operation	10
● Uniform & Cheering Tools	10
● Frequency of cheering	10
● Orderliness	10
Total	50

Dance Performance Criteria (2nd Day)	Marks
● Creativity	10
● Team Co-operation	10
● Uniform & Cheering Tools	10
● Movement & Rhythm	10
● Orderliness	10
Total	50

Schedule of Events

Day One: 1st December 2022 (Thursday)

Venue: Tai Po Sports Ground

Time	Events	Heat/Final	Girls			Boys		
			C	B	A	C	B	A
07:55	Roll Call							
08:10	Opening Ceremony							
08:30	100M	Heats	1.(49)	2.(15)	3.(25)	4.(57)	5.(37)	6.(32)
	Field	Finals		7. Discus (12)	8.Long Jump (19)		9. Shot Put (18)	10. High Jump (6)
09:45								
	Field	Finals	11.Discus (9) 12.High Jump (5)	13.Shot Put (18)				14.Long Jump (29)
10:45	200M	Heats	15.(18)	16.(6) Final	17.(8) Final	18.(15)	19.(12)	20.(10)
	Field	Finals			21. Discus(11)		22. High Jump (6)	
11:30	800M	Finals	23. (3)	24.(7)	25.(24)	26.(12)	27.(14)	28.(16)
	Field	Finals				29.Shot Put (8)	30.Long Jump (10)	
12:15	Lunch							
13:45	Roll Call							
14:00	Field	Finals	31.Long Jump (20)		32.High Jump (6)	33.Discus(12)		34.Shot put(16)
	35. 1500M Run for FUN				36. 1500M Run for FUN			
14:45	Inter-house 4x100M Relay		37.	38.	39.	40.	41.	42.
15:30	End of the 1 st day							

Day Two: 2nd December 2022 (Friday)

Venue: Tai Po Sports Ground

Time	Events	Heat/Final	Girls			Boys		
			C	B	A	C	B	A
07:55	Roll Call							
08:15	100M	Finals	43.	44.	45.	46.	47.	48.
	Field	Finals		49.Long Jump (20)	50.Shot Put (27)	51.High Jump (7)		52.Discus(18)
09:00	400M	Finals	53.	54.	55.	56.	57.	58.
	Field	Finals		59.High Jump (3)		60.Long Jump (24)		
09:30	200M	Finals	61.	62. (---)	63. (---)	64.	65.	66.
	Field	Finals	67.Shot Put (25)				68.Discus(13)	
10:00	Inter-class 4x100M Relay		69.					
10:30	Open 4x100M Relay		70.					
11:00	Inter-house Cheering Team Competition							
11:30	Closing Ceremony & Prize Presentation							
13:00	End							

Athlete List**Day One**

Event No. (1)

Time: 08:30

100M Girls C grade

Track

Heat

Heat	Lane-1	Lane-2	Lane-3	Lane-4	Lane-5	Lane-6	Lane-7	Lane-8
1	See 1R11 Tang Wing Yee	Sing 1R8 Liu Rachel	Hang 1T3 Angela Hong	Ching 2R8 Tsui Ngai Ting	Sing 2M10 Wu Ka Hei	Hang 1T5 Lee Hei Tung	Hang 1R4 Cheung Ka Mei	Hang 1T11 Yau Pak Kiu Renita
2	Ching 2A5 Choi Tsz Yu	Ching 2A10 Mak Hoi Ching	Ching 2S6 Ho Hong Ning	Sing 1T4 Lai Ho Nam	Ching 1R5 Lau Hiu Laam	See 2M7 Lau Yee Tung	Hang 2A13 Wong Suen Ting	See 1A2 Chan Yin Hei
3	See 1T9 Sardar Farheen Yousaf	Sing 1M5 Cheng Sum Yin	Hang 2R12 Yew Chi Kei	See 1M8 Lee Man Wai	Hang 1S9 Audrey Yiu Shin Yu	See 1S1 Chan Sze Ching	Sing 1S10 Yokokawa Rei	Sing 1S11 Gaile Yu
4	Ching 1M3 Chan Yu Yin	Ching 1M10 Tam Choi Yee	Hang 1M12 Yeh Hay Janelle	Ching 1M9 Mak Hei Ching	Ching 1A1 Chai Tsz Yu	Sing 1A11 Tsang Ngai Sze	Sing 1A6 Li Moon Wai	Ching 1R9 Luk Cho Kiu Elly
5	See 1R6 Lee Hei Lam	Ching 1T2 Chui Chwuk Ying	Ching 1T1 Awan Fajar	See 1T6 Katie Lee Jun Ling	Ching 1T10 Shek Lai Kiu Joey	See 1R2 Chan Ying Tung	Hang 1T7 Leung Yan Ting	Sing 2A8 Lo Yuen Ki
6	See 2S1 Chan On Kiu	Hang 1M6 Chu Tsoi Yi	Sing 1R12 Wu Jia Qi	Hang 2R3 Fan Connie	Hang 2A9 Lu Sze Wing	Hang 1A5 Leung Pui Lam		

Event No. (2)

Time: 08:30

100M Girls B grade

Track

Heat

Heat	Lane-1	Lane-2	Lane-3	Lane-4	Lane-5	Lane-6	Lane-7	Lane-8
1	See 4A4 Cheung Ho Yan	Ching 4A3 Cheung Hei Lam	Ching 3S8 Rhianna Chau	Hang 4T6 Kwok Tsz Yiu	Hang 3R10 Tsui Hei Ivana	See 3A6 Ma Hoi Laam Blue	Sing 4S2 Chung Tsoi Man	See 4S11 Suhana Sharma
2	Hang 3S1 Chu Wing Lam	Ching 3A1 Chan Sze Ching Ashley	Ching 4A5 Chui Ming Yan	Hang 3A4 Fan On Nei Anne	Sing 3R4 Lam Tsz Shuen Mandy	Sing 2A3 Cheung Wing Tung Matia	Sing 2S11 Wong Ching Yuet	Ching 3T1 Sarah Nicole Burge

Event No. (3)

Time: 08:30

100M Girls A grade

Track

Heat

Heat	Lane-1	Lane-2	Lane-3	Lane-4	Lane-5	Lane-6	Lane-7	Lane-8
1	Sing 5T7 Ng Man Sui Kara	Ching 5T5 Leung Tsz Kiu	See 5S13 Wu Tiana	Ching 6T3 Chow Tsz Yan	Sing 6T1 Cheng Sum Kiu Vania	Hang 6T6 Hung Ching Yu	See 5S8 Ho Ching Hei Shalisa	Ching 5S11 Wang Tsz Han
2	Hang 6T8 Kong Yin Shan, Owena	See 6A2 Cheung Hiu Wun	Sing 6A11 Ng Kanis	Sing 5T10 Muniba Bulanadi Razaq	Ching 4S9 Maria Elena Crepaldi	Ching 5T1 Abdelaal Gehad Mohamed Pasha A.P	See 4R12 Sin Wing Hei Hilda	See 5R5 Lau Yung
3	Ching 5R4 Lai Lee Sha, Lisa	Ching 6T9 Yim Hiu Ching Nicole	Sing 5T16 Yip Tsz Yin	Ching 6T4 Danansooriy a Danansooriy a Deyvinya	Sing 6S1 Cheung Yu Tung			
4	Ching 5S2 Chan Wan Sin, Reesa	Sing 6T7 Kong Yin Ni Ovia	Ching 5T13 Yang Xu Hui Alice	See 5T14 Yau Woon Man	Hang 6A16 Wong Ivy Tsi Yu			

Heat	Lane-1	Lane-2	Lane-3	Lane-4	Lane-5	Lane-6	Lane-7	Lane-8
1	See 2R27 Tsang Chuek Yat	Ching 1T8 Kimberly-A mne Preston	Ching 2R16 Cheung Yik Hei	Sing 2M16 Praneel Chandiramani	Hang 2S29 Tsang Chun Yat	Ching 2S19 Ho Ho Him	See 1T16 Pranshav Chandirama ni	Sing 1A26 Zhang Yao Xiang
2	Hang 2T17 Law Lok Him	Hang 1R16 Lai Cheuk Shing	Hang 2A17 Jia Hong Bo	Hang 2A22 Leung Chun	Ching 2R25 Tang Kai Yeung,Ray	See 1R22 Tam Chun Him	Sing 2M15 Chan Yin Ka	See 2S26 Mazen
3	Sing 1A21 Lau Pak Hei	Ching 2R21 Lee Pak Lok	See 2R26 Tang Po Yi	See 1S20 Tam Ka Hay	Ching 1T15 Chan Pak Man	See 1A22 Lee Kai Laam	Hang 1A25 Liu Tak To	See 1R17 Lam Yung Sing
4	Hang 1S18 Lam Liam	Sing 1A23 Leung Pak Yui	Hang 2M25 So Kwun Lun	Ching 2R17 Chuang Pak Kiu	Hang 2T27 Zhang Yan Hin	Sing 2R19 Lam Ka Yin	See 1M23 Tse Yu Ching	Sing 1M24 Wong Ciaran John Hoi Jun
5	Ching 1M15 Lam Man Ho	Ching 1M14 Hui Fung	Hang 1M16 Lam Zi To	Ching 1M25 Wu Nok Hang Hayden	Ching 1M21 Mau,Fong-C hai	Ching 1M26 Yu Chun To	Ching 1S14 Chan Ho Long	Ching 1M19 Mak Wing Pang
6	Sing 1R20 Alfred King Yu Siu	Sing 1R23 Tang Ho Yeung	Sing 1R19 Ling Tsunami Ting	Hang 1T24 Xu Zhong Wen	Ching 1T18 Lai Pak In	Sing 1T14 Blanchard Charlie Christian	Ching 1T19 Lee Pak To	Sing 1R21 So Tsz Ho Ivan
7	Ching 2A28 Yuenhuen	See 2A19 Lee Miles Shing Hei	Ching 1T23 Joseph Davi Pereira Naves	See 2S18 Chau Sing Hong	Hang 1T17 Ryan Lee Ching Man	Ching 2T21 Rai Shaswat	Ching 1S20 Mak Chun Yin Julian	Ching 1S17 Choi Kohki
8	Hang 1S13 Ahmed Maaz	Sing 1A18 Kam Sing Yan	Sing 1A19 Lam Kin Kwan	Sing 1T20 Lee Yik Gabriel	Hang 1A20 Lau King Hin	See 1M13 Cheung Chit In	See 2M29 Yan Canxu	Hang 2S25 Li Mark Adrhiane Canapi

Heat	Lane-1	Lane-2	Lane-3	Lane-4	Lane-5	Lane-6	Lane-7	Lane-8
1	See 3M27 Wong Tsz Hin	Sing 4T28 Wong Hei Chit	Ching 4T23 Lee Tsz Chung Oscar	Sing 4R28 Liu Yik Ming	Ching 4R20 Cheng Pak Hei	Ching 4A27 Wong Chun Hin	Hang 3S21 Lui Wan Hon Soulac	Ching 4S15 Ali Saim
2	See 4R25 Lam Yuk Leung	Hang 4S22 Pannu Manpal Singh	See 4S21 Lok King Tin	Ching 2A28 Xuzihua	See 4T12 Chan Wai Nok	See 3A26 Wong Ho Yin	Sing 3A27 Wu Yui Wai	See 3T15 Chan Lon
3	Ching 3M25 Tinmansing	Hang 3R23 Lin Junchen	Hang 3T24 Tanyiksen	Hang 4A24 Leung Chun Kiu	Hang 4S18 Danansooriya Danansooriya ge Diyon Rory	Hang 4S23 Singh Gurshaan	Hang 3T28 Tong Lai Ho	See 4R21 Cheung Lik Wai Ryan
4	Hang 3S19 Li Shen	See 3M21 Liu Yin Tak Jeffery	Sing 3T17 Chong Kit Lun	Sing 1S24 Veli Kaan Temir	Sing 3R22 Li Chun Hang	Ching 3A29 Yuen Ki Fung	Sing 3A25 Tse Chun Kuen,Noble	Ching 4A17 Au Chun Yat
5	Ching 2M26 Wang Lin Hao	Sing 3M22 Lo Lok Chun	Hang 3R14 Chan Colin	Hang 3R29 Yu Pak Chuen	Hang 3R18 Ho Chun Po			
6	Ching 3T22 Petrenko Moeen Alexander	Ching 2S20 Kieran Bowie Green	Sing 4S20 Marcus Lai Pak Long	Hang 2A25 Li Cheuk Nam	Hang 3A21 Mak Chun Yin			

Event No. (6)**Time: 08:30****100M Boys A grade****Track****Heat**

Heat	Lane-1	Lane-2	Lane-3	Lane-4	Lane-5	Lane-6	Lane-7	Lane-8
1	Sing 6R19 Mak Wai Kwan	Sing 5S25 Mak Sze Yuen	Sing 6A18 Lau Pak Yin	See 6A22 Wong Wang Hei	See 5T20 Lam Sheung Yin Alvin	See 6T2 Denique Cheung Tsuiyee	Hang 6T18 Sum Chin Chun Rico	Ching 5A18 Hallace Fong
2	See 5T25 James Nicholson Malanchuk	Hang 6R17 Li Pak Hon	See 5A25 Yu Tsun Yeung	Ching 5T29 Wan Tsz Hin	Sing 6S17 Reyes Sean Azriel	Sing 5T25 Ng Pak Hin	See 5S19 Fung Chin Fai	Ching 6T12 Sahaj Kothari
3	See 6T10 Darren James Burge	Sing 6S13 Chong Hei Lok Aglow	Hang 6T13 Lam Ngai Kiu	Hang 6S18 Tong Pak Fai	Hang 5R25 Tsangchun	Sing 6S19 Wong Tsz Hung	See 6T16 Ng Pui Hei	Sing 6A20 Tang Kam Lok
4	Hang 6A24 Yeung Yat	Hang 6R14 Chau Chun Hin	Ching 4A18 Chen Kin	Hang 5S22 Leung Ka Yuk	Ching 5S18 Lucus Fernandes			
5	See 5R28 Yuen Ting Po	Hang 5T15 Yau Yuet Ting	Sing 6S15 Lam Wai Shun	Hang 5R22 Leung Hong Shek Isaac				

Event No. (7)**Time: 08:30****Discus Girls B grade****Field****Final**

Order	1	2	3	4	5	6	7	8
	See 3A2 Cheung Chloe	Sing 4S1 Ahmed Alisha Fatima	Ching 4T1 Cai Sin Yi	Hang 4R4 Cheng Miu Ying	Ching 4R15 Wong Hiu Tung	Ching 3T1 Sarah Nicole Burge	Ching 4A10 Nie Lok Ching	Sing 3M8 Kong Hoi Yuet
Order	9	10	11	12	13	14	15	16
	Hang 4S27 Shrestha Sayastha	Ching 4S3 Gurung Ashley	Ching 4T13 Wan Yi Ling	Hang 4T6 Kwok Tsz Yiu				

Event No. (8)	Time: 08:30	Long Jump Girls A grade	Field	Final
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Order	1	2	3	4	5	6	7	8
	Sing 6A7 Lee Tsz Yiu Yoyo	Ching 5S4 Chen Sze Ting	Hang 5A13 Wong Pak Kiu Coby	Hang 6S4 Fong Hiu Yau	Sing 5A2 Chan Lok Lok Harsha	See 4T30 Poon Wing	Sing 6A11 Ng Kanis	Sing 5T10 Muniba Bulanadi Razaq
Order	9	10	11	12	13	14	15	16
	Ching 4S9 Maria Elena Crepaldi	Hang 5S6 Daima, Zainab	See 5A8 Leung Athena	See 6A8 Lee Yan Lam	See 5A9 Liu Hei Man	Sing 5S7 Sadie. A. Gardiner	See 6T2 Denique Cheung Tsuiyee	See 6A8 Lee Yan Lam
Order	17	18	19	20	21	22	23	24
	See 5S13 Wu Tiana	Ching 6T3 Chow Tsz Yan	Ching 5T1 Abdelaal Gehad Mohamed Pasha A.P	See 6T5 Deng Pui Lam	Sing 6R4 Li Kai Wing Karyn			

Event No. (9)	Time: 08:30	Shot Put Boys B grade	Field	Final
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Order	1	2	3	4	5	6	7	8
	Ching 3T19 Iqbal Qasim	Sing 3T18 Hou Jin Pei Kevin	Sing 4A25 Liu Guo Lin Willson	Sing 2R14 Jerry Chen	Ching 4S4 Lee Yi Hang	Hang 4R23 Fung Man Hei	Hang 3S22 Singh Hashanbir	Ching 4T29 Zhang Ngai Hung Jacky
Order	9	10	11	12	13	14	15	16
	See 3R19 Ho Ka Ho	Hang 4A24 Leung Chun Kiu	Hang 4S18 Danansooriya Danansooriyage Diyon Rory	Hang 4S23 Singh Gurshaan	Hang 3T28 Tong Lai Ho	Ching 2S20 Kieran Bowie Green	Sing 4R22 Fung Lok	4A30 Yip Chun Ming
Order	17	18	19	20	21	22	23	24
	Sing 3R28 Wong Long Hei	Hang 3T16 Cheung Kai Yan	See 3A26 Wong Ho Yin	Hang 3T24 Tanyiksen				

Event No. (10)	Time: 08:30	High Jump Boys A grade	Field	Final
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Order	1	2	3	4	5	6	7
	See 5A15 Chan Cheuk Hei	Ching 6A26 Yan Ho Hin	Hang 5T22 Lam Yuk Yu	See 5T18 Cheng Chun Yin Jarvis	See 6A8 Lee Yan Lam	See 6A22 Wong Wang Hei	Hang 6A19 Tang Ho Yin

Event No. (11)	Time: 09:45	Discus Girls C grade	Field	Final
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Order	1	2	3	4	5	6	7	8
	Hang 1M6 Chu Tsoi Yi	Hang 1A8 Lui Hon To	Sing 2T12 Natalie Yiu	Sing 1S3 Lee Man Sum	See 1S6 Tang Tsz Yan	Hang 2M8 Li Nok Ching	Hang 2A1 Chan Chi Yu	Hang 2A13 Wong Suen Ting
Order	9							
	See 1T9 Sardar Farheen Yousaf							

Event No. (12)	Time: 09:45	High Jump Girls C grade	Field	Final
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Order	1	2	3	4	5
	See 1R7 梁靖	Sing 1T4 Lai Ho Nam	Ching 1R5 Lau Hiu Laam	See 2R7 So Ching Tung	Hang 1T3 Angela Hong

Event No. (13)	Time: 08:30	Shot Put Girls B grade	Field	Final
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Order	1	2	3	4	5	6	7	8
	Ching 3T1 Sarah Nicole Burge	Sing 2A3 Cheung Wing Tung Matia	Ching 4A10 Nie Lok Ching	Sing 3M8 Kong Hoi Yuet	Hang 4S27 Shrestha Sayastha	Ching 4S3 Gurung Ashley	See 3T7 Vanshika Parekh	Hang 3T14 Waiman Zheng
Order	9	10	11	12	13	14	15	16
	See 4A9 Ng Tik Yin	Sing 3R3 He Wu Shiyi	Sing 3M12 Yin Jiahui	Sing 4S2 Chung Tsoi Man	See 4T2 Chow I Tung	Sing 4S1 Ahmed Alisha Fatima	Ching 4T1 Cai Sin Yi	See 4A4 Cheung Ho Yan

Order	17
	See 4S11 Suhana Sharma

Event No. (14)	Time: 09:45	Long Jump Boys A grade	Field	Final
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Order	1	2	3	4	5	6	7	8
	See 5R28 Yuen Ting Po	Ching 4A26 Lo Yat Long	Ching 6R21 Tang Chung Yin	See 6S10 Caius Cheung	Hang 5S24 Lo Hong Shing	See 6R20 Tam Ho Man	Sing 5R20 Lee Sam Eduards Juen Song	Ching 5T29 Wan Tsz Hin
Order	9	10	11	12	13	14	15	16
	Sing 6S17 Reyes Sean Azriel	Sing 5T25 Ng Pak Hin	See 5S19 Fung Chin Fai	Hang 6A19 Tang Ho Yin	See 5T20 Lam Sheung Yin Alvin	Hang 6T18 Sum Chin Chun Rico	Hang 6S18 Tong Pak Fai	Ching 6A25 Yuen Ho Chuen
Order	17	18	19	20	21	22	23	24
	Ching 6A26 Yan Ho Hin	Hang 5T22 Lam yuk yu						

Event No. (15)	Time: 10:45	200M Girls C grade	Track	Heat
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Heat	Lane-1	Lane-2	Lane-3	Lane-4	Lane-5	Lane-6	Lane-7	Lane-8
1	See 2R9 Wan Hoi Kiu Kary	Sing 2A12 Wan Ka Yi	Sing 2A7 Lee Sin Tung,Cici	Ching 2T3 Chu Sze Wing	Ching 2A6 Gao Nga Yi,Nina	Hang 1T3 Angela Hong	Ching 2R8 Tsui Ngai Ting	Sing 2M10 Wu Ka Hei
2	Hang 1T5 Lee Hei Tung	Hang 1R4 Cheung Ka Mei	See 1R11 Tang Wing Yee	Sing 1R8 Liu Rachel	Hang 1T11 Yau Pak Kiu Renita			
3	Hang 2S4 Gunreet Pannu	Ching 2A5 Choi Tsz Yu	Ching 2A10 Mak Hoi Ching	Sing 2T10 Wong Bethany				

Event No. (16)

Time: 10:45

200M Girls B grade

Track

Final

Heat	Lane-1	Lane-2	Lane-3	Lane-4	Lane-5	Lane-6	Lane-7	Lane-8
1	Hang 3S11 Wong Man Hei	Hang 3M2 Chan Tsz Lam	See 5S12 Wong Esther	See 4A4 Cheung Ho Yan	Ching 4A3 Cheung Hei Lam	Ching 4T13 Wan Yi Ling	Sing 3R12 Yeung Lok Ching	

Event No. (17)

Time: 10:45

200M Girls A grade

Track

Final

Heat	Lane-1	Lane-2	Lane-3	Lane-4	Lane-5	Lane-6	Lane-7	Lane-8
1	See 5S5 Cheung Hui Tung	Hang 5S6 Daima, Zainab	Hang 5S10 Lee Ka Ching	Hang 5T12 Wong Yuen Ting	Hang 5S14 Wu Yu Nok	Sing 5T7 Ng Man Sui Kara	Ching 5T5 Leung Tsz Kiu	See 6T5 Deng Pui Lam

Event No. (18)

Time: 10:45

200M Boys C grade

Track

Heat

Heat	Lane-1	Lane-2	Lane-3	Lane-4	Lane-5	Lane-6	Lane-7	Lane-8
1	See 2M29 Yan Canxu	See 2T23 Mansahajde ep Singh	Hang 2T24 Wong Chun Ting	Sing 1S19 Lau Pak Ching	Hang 1S16 Cheung Wai Chiu Justin	Ching 1T8 Kimberly- Anne Preston	Ching 2R16 Cheung Yik Hei	See 2R27 Tsang Chuek Yat
2	Sing 2M16 Praneel Chandiramani	Hang 2S29 Tsang Chun Yat	Ching 2S19 Ho Ho Him	See 1T16 Pranshav Chandiramani	Sing 1A26 Zhang Yao Xiang	See 1S21 Muhamma d Umar	Sing 2M15 Chan Yin Ka	

Event No. (19)

Time: 10:45

200M Boys B grade

Track

Heat

Heat	Lane-1	Lane-2	Lane-3	Lane-4	Lane-5	Lane-6	Lane-7	Lane-8
1	Ching 2S20 Kieran Bowie Green	Ching 4A19 Ho Ho To	Sing 4S20 Marcus Lai Pak Long	Sing 3R21 Lau Tsz Pak	Ching 3R13 Chan Chun Yui	Ching 2M24 Lui Cheuk Nam	Sing 4R28 Liu Yik Ming	Ching 4R20 Cheng Pak Hei
2	Ching 4A27 Wong Chun Hin	Hang 3S21 Lui Wan Hon Soulac	See 3M27 Wong Tsz Hin	Sing 4T28 Wong Hei Chit	Ching 4T23 Lee Tsz Chung Oscar	See 3R20 Lam Ming Hon	See 3T15 Chan Lon	Ching 3T19 Iqbal Qasim

Event No. (20)		Time: 10:45				200M Boys A grade		Track		Heat
Heat	Lane-1	Lane-2	Lane-3	Lane-4	Lane-5	Lane-6	Lane-7	Lane-8		
1	See 6A22 Wong Wang Hei	See 5T20 Lam Sheung Yin Alvin	See 6T2 Denique Cheung Tsuiyee	Hang 6T18 Sum Chin Chun Rico	Sing 6R19 Mak Wai Kwan	Sing 5S25 Mak Sze Yuen				
2	See 5T25 James Nicholson Malanchuk	See 6T21 Zhang Ng Kevin	Sing 6S14 Fung Tsz Chai	Sing 6A18 Lau Pak Yin	Ching 5A18 Hallace Fong					

Event No. (21)		Time: 10:45			Discus Girls A grade		Field		Final
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Order	1	2	3	4	5	6	7	8
	See 6R3 Lee Wing Kiu	Ching 6S2 Cho Hoi Tik	See 5A9 Liu Hei Man	Hang 6A1 Chan Hei Ching	Hang 5A7 Lam Tsz Yik	Ching 5R10 Ngai Tsz Ching Cassie	Sing 6R11 Meruku Tsang Yuet Ki	Hang 5A11 Sahmet Helison
Order	9	10						
	Sing 6A7 Lee Tsz Yiu Yoyo	See 5A8 Leung Athena						

Event No. (22)		Time: 10:45			High Jump Boys B grade		Track		Final
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Order	1	2	3	4	5	6
	Ching 3T22 Petrenko Moeen Alexander	Hang 4A20 Huang Honlam	Ching 4R18 Chan Yuk Hang	See 3T15 Chan Lon	Ching 3M25 Tinmansing	Hang 3R23 Lin Junchen

Event No. (23)		Time: 11:30			800M Girls C grade		Track		Final
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Heat	Lane-1	Lane-2	Lane-3	Lane-4	Lane-5	Lane-6	Lane-7	Lane-8
1	See 2M2 Chan Sin Ting	Ching 2S6 Ho Hong Ning	Sing 1S12 Yuen Yuen Yau Ashe					

Event No. (24)

Time: 11:30

800M Girls B grade

Track

Final

Heat	Lane-1	Lane-2	Lane-3	Lane-4	Lane-5	Lane-6	Lane-7	Lane-8
1	Ching 3M3 Cheung Man Kiu	Sing 3M11 Yeung Yuen Kei	See 4T2 Chow I Tung	See 3T10 Caitlin Wong	See 2A2 Cheung Chi Wing	Sing 2S9 Li Yik Kam Sunny		

Event No. (25)

Time: 11:30

800M Girls A grade

Track

Final

Heat	Lane-1	Lane-2	Lane-3	Lane-4	Lane-5	Lane-6	Lane-7	Lane-8
1	Ching 5S2 Chan Wan Sin, Reesa	Hang 6A4 Choy Hiu Tung	See 5A8 Leung Athena	See 6A8 Lee Yan Lam	See 6T5 Deng Pui Lam	Sing 6S1 Cheung Yu Tung	Sing 6A5 Ip Sze Yan	Hang 6R5 Lin Hiu Ying
2	See 6A13 Tsang Tsz Yan	See 6A15 Wan Sui Tin	Hang 6A3 Cheung Wong Yan	See 6A12 Poon Yuk Wah	Ching 6T3 Chow Tsz Yan	Sing 6T1 Cheng Sum Kiu Vania	Hang 6T6 Hung Ching Yu	See 5S8 Ho Ching Hei Shalisa
3	Ching 5S11 Wang Tsz Han	Hang 6T8 Kong Yin Shan, Owena	See 5S5 Cheung Hui Tung	Ching 4A6 Huangyeeman	Sing 6A7 Lee Tsz Yiu Yoyo			
4	See 6R3 Lee Wing Kiu	Hang 6A16 Wong Ivy Tsi Yu	See 6A2 Cheung Hiu Wun	Sing 6A11 Ng Kanis				

Event No. (26)

Time: 11:30

800M Boys C grade

Track

Final

Heat	Lane-1	Lane-2	Lane-3	Lane-4	Lane-5	Lane-6	Lane-7	Lane-8
1	Hang 1R14 Hong Ming Chun William	Sing 2M14 Chan Hok Sing	Ching 2A18 Kwan Tsz Pak	Ching 2A20 Lee Ngan Chi	Hang 2A27 Sun Zi Heng	Hang 2A17 Jia Hong Bo		
2	See 1R18 Lau Shing Tsun	Ching 2A14 Chow Ching Hoi	See 2A15 Jack Thomas Gardiner	See 1R15 Kok Lap Chun	Hang 2A22 Leung Chun	See 2R28 Yu Chun Yin		

Event No. (27)**Time: 11:30****800M Boys B grade****Track****Final**

Heat	Lane-1	Lane-2	Lane-3	Lane-4	Lane-5	Lane-6	Lane-7	Lane-8
1	Hang 2A25 Li Cheuk Nam	See 3R20 Lam Ming Hon	Ching 3T26 Wan Tin Yu	See 2T20 Lin Sawel	4A30 Yip Chun Ming	Sing 3T20 Lee Chun Kiu	Ching 4R29 Tsoi Kwan Long	See 3M14 Chan Shing Hei Harrison
2	Ching 2A28 Xuzihua	Hang 4T19 Chang Shun Ting	See 4T12 Chan Wai Nok	Sing 4A29 Wu Hung To	Ching 4T21 Lai Tsz Yau			

Event No. (28)**Time: 11:30****800M Boys A grade****Track****Final**

Heat	Lane-1	Lane-2	Lane-3	Lane-4	Lane-5	Lane-6	Lane-7	Lane-8
1	See 4T27 Wing Ching Hin	Ching 5R17 Kwong Nathan	See 5T18 Cheng Chun Yin Jarvis	See 6A8 Lee Yan Lam	Hang 5R22 Leung Hong Shek Isaac	Ching 5R19 Lee Chi Wai	Hang 6R17 Li Pak Hon	Sing 6T7 Kong Yin Ni Ovia
2	Ching 6A25 Yuen Ho Chuen	Hang 5T22 Lam Yuk Yu	See 5A15 Chan Cheuk Hei	See 5R24 Tin Tsun Lok	Ching 5T29 Wan Tsz Hin	Sing 6S17 Reyes Sean Azriel	See 5R23 Tang Pok Man	See 5R15 Chan Cheuk Hei

Event No. (29)**Time: 11:30****Shot Put Boys C grade****Field****Final**

Order	1	2	3	4	5	6	7	8
	Hang 1A20 Lau King Hin	Sing 2T25 Yeung Liam Hei Yuen	Sing 2S15 Chainani Sahil Kamal	Hang 2A24 Leung Yeuk Hei	Hang 2S21 Ryan Lam	See 2S16 Chan Cheuk Fai	See 1R17 Lam Yung Sing	Hang 1S18 Lam Liam
Order	9	10	11	12	13	14	15	16
	Hang 1A13 Chan Siu Chuen Jimmy	Sing 2R24 Pang Kiu Fung	See 2R28 Yu Chun Yin					

Event No. (30)	Time: 11:30	Long Jump Boys B grade	Field	Final
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Order	1	2	3	4	5	6	7	8
	Hang 4T17 Chan Pak Ho	Hang 3T24 Tanyiksen	Hang 3R18 Ho Chun Po	See 3S18 Leung Yip Wang	Ching 3T19 Iqbal Qasim	Sing 4R28 Liu Yik Ming	Ching 4R20 Cheng Pak Hei	Ching 4A27 Wong Chun Hin
Order	9	10	11	12	13	14	15	16
	Hang 3S21 Lui Wan Hon Soulac	Ching 4A19 Ho Ho To	Hang 4T19 Chang shun ting					

Event No. (31)	Time: 14:00	Long Jump Girls C grade	Field	Final
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Order	1	2	3	4	5	6	7	8
	Hang 1A5 Leung Pui Lam	Sing 1R12 Wu Jia Qi	Sing 2T10 Wong Bethany	Sing 2A11 Man Sze Ching	Sing 2S10 Wai Kok Ching	Sing 2R11 Yaoxiaojun	See 1S5 Pratt Elizabeth Jennifer Fang Yan	Ching 2R2 Cheng Cho Kiu
Order	9	10	11	12	13	14	15	16
	See 1A10 San Jia Yan	See 1A7 Liu Yan Yu	See 2M7 Lau Yee Tung	Hang 2A13 Wong Suen Ting	See 1A2 Chan Yin Hei	See 2R9 Wan Hoi Kiu Kary	Ching 2R8 Tsui Ngai Ting	Sing 2M10 Wu Ka Hei
Order	17	18	19	20	21	22	23	24
	Hang 1T5 Lee Hei Tung	Hang 1R4 Cheung Ka Mei	Sing 1T4 Lai Ho Nam	Ching 1R5 Lau Hiu Laam				

Event No. (32)	Time: 14:00	High Jump Girls A grade	Field	Final
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Order	1	2	3	4	5	6	7
	Sing 5S7 Sadie. A. Gardiner	Sing 4A7 Lee Tze Yan	Ching 5S2 Chan Wan Sin, Reesa	Ching 5S4 Chen Sze Ting	Ching 6T4 Danansooriya Deyvinya Tiffany	See 5S5 Cheung Hui Tung	See 6A8 Lee Yan Lam

Event No. (33)	Time: 14:00	Discus Boys C grade	Field	Finals
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Order	1	2	3	4	5	6	7	8
	Ching 2A14 Chow Ching Hoi	Sing 2R24 Pang Kiu Fung	See 2M18 Chung King Hin, Daniel	Ching 1R24 Wu Cheuk Kwan	See 1M13 Cheung Chit In	Sing 2T25 Yeung Liam Hei Yuen	Sing 2S15 Chainani Sahil Kamal	Hang 2A24 Leung Yeuk Hei
Order	9	10	11	12				
	Ching 1T8 Kimberly-Anne Preston	See 1R17 Lam Yung Sing	Hang 1S18 Lam Liam	Hang 1A13 Chan Siu Chuen Jimmy				

Event No. (34)	Time: 14:00	Shot Put Boys A grade	field	Finals
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Order	1	2	3	4	5	6	7	8
	Sing 6S14 Fung Tsz Chai	See 6T21 Zhang Ng Kevin	Ching 6A17 Chau Hau Yan	See 5R24 Tin Tsun Lok	Ching 5T28 Tang kam yuen	See 5T24 Lo Lok Hei	Hang 6T17 Pang Lok Yin	Ching 6T12 Sahaj Kothari
Order	9	10	11	12	13	14	15	16
	See 6T10 Darren James Burge	Sing 6S13 Chong Hei Lok Aglow	Hang 6T13 Lam Ngai Kiu	Hang 6S18 Tong Pak Fai	Ching 4T26 Sun Yu Ho	See 5R23 Tang Pok Man	See 5R15 Chan Cheuk Hei	Sing 6T15 Leung Kong
Order	17	18	19					
	Ching 4A26 Lo Yat Long	See 5A25 Yu Tsun Yeung	Sing 5T25 Ng Pak Hin					

Event No. (35)	Time: 14:00	1500 Run for Fun	Track	
Event No. (36)	Time: 14:00	1500 Run for Fun	Track	
Event No. (37)	Time: 14:45	Inter house 4*100 Relay Girls C grade	Track	Finals
Event No. (38)	Time: 14:45	Inter house 4*100 Relay Girls B grade	Track	Finals
Event No. (39)	Time: 14:45	Inter house 4*100 Relay Girls A grade	Track	Finals
Event No. (40)	Time: 14:45	Inter house 4*100 Relay Boys C grade	Track	Finals
Event No. (41)	Time: 14:45	Inter house 4*100 Relay Boys B grade	Track	Finals
Event No. (42)	Time: 14:45	Inter house 4*100 Relay Boys A grade	Track	Finals

Athlete List

Day Two

Event No. (43) **Time: 08:15** **100M Girls C grade** **Track** **Finals**

Heat	Lane-1	Lane-2	Lane-3	Lane-4	Lane-5	Lane-6	Lane-7	Lane-8
1	To be announced later							

Event No. (44) **Time: 08:15** **100M Girls B grade** **Track** **Final**

Heat	Lane-1	Lane-2	Lane-3	Lane-4	Lane-5	Lane-6	Lane-7	Lane-8
1	To be announced later							

Event No. (45) **Time: 08:15** **100M Girls A grade** **Track** **Final**

Heat	Lane-1	Lane-2	Lane-3	Lane-4	Lane-5	Lane-6	Lane-7	Lane-8
1	To be announced later							

Event No. (46) **Time: 08:15** **100M Boys C grade** **Track** **Finals**

Heat	Lane-1	Lane-2	Lane-3	Lane-4	Lane-5	Lane-6	Lane-7	Lane-8
1	To be announced later							

Event No. (47) **Time: 08:15** **100M Boys B grade** **Track** **Finals**

Heat	Lane-1	Lane-2	Lane-3	Lane-4	Lane-5	Lane-6	Lane-7	Lane-8
1	To be announced later							

Event No. (48) **Time: 08:15** **100M Boys A grade** **Track** **Finals**

Heat	Lane-1	Lane-2	Lane-3	Lane-4	Lane-5	Lane-6	Lane-7	Lane-8
1	To be announced later							

Event No. (49)**Time: 08:15****Long Jump Girls B grade****Field****Final**

Order	1	2	3	4	5	6	7	8
	Sing 3R12 Yeung Lok Ching	Hang 3A4 Fan On Nei Anne	Sing 3R4 Lam Tsz Shuen Mandy	Hang 3R7 Poon Wing Lam	Hang 3T5 Lee Queency Chi Yan	Hang 4S5 Li Yue Qing Charlotte	Sing 4T9 Liu Helen	Hang 3M6 Ho Yuen Yau
Order	9	10	11	12	13	14	15	16
	Hang 3A12 Wong Hoi Kiu	Sing 3A10 Tsang Po Yuk	See 4A2 Cheng Tsz Wing	See 4A11 Ting Hiu Yin	See 3M7 Jobe Chi Ching Aisha	Hang 3R10 Tsui Hei Ivana	See 3A6 Ma Hoi Laam Blue	See 3T12 Uswah Zeb
Order	17	18	19	20	21	22	23	24
	Sing 3M11 Yeung Yuen Kei	See 3A2 Cheung Chloe	Ching 3S8 Rhianna chau	Hang 3S11 Wong Man Hei	Sing 2S9 Li Yik Kam Sunny			

Event No. (50)**Time: 08:15****Shot Put Girls A grade****Field****Final**

Order	1	2	3	4	5	6	7	8
	Hang 6A16 Wong Ivy Tsi Yu	Sing 6R4 Li Kai Wing Karyn	Ching 5T13 Yang Xu Hui Alice	See 5T14 Yau Woon Man	Ching 5R10 Ngai Tsz Ching Cassie	Sing 6R11 Meruku Tsang Yuet Ki	Hang 5A11 Sahmet Helison	Ching 6R12 Wong Pui Chi
Order	9	10	11	12	13	14	15	16
	Hang 5R11 Sha Yui Ying	Ching 5S15 Yeung Hannah Mei Yan	Ching 4A8 Leung Yan Yu	Sing 5T4 Kean Joanne Sarah	Hang 5T2 Chan Lok Lok Rhema	Ching 5T1 Abdelaal Gehad Mohamed Pasha A.P	Hang 6A4 Choy Hiu Tung	See 6R3 Lee Wing Kiu
Order	17	18	19	20	21	22	23	24
	Hang 6A1 Chan Hei Ching	Hang 5A7 Lam Tsz Yik	Hang 5A13 Wong Pak Kiu Coby	Sing 6S1 Cheung Yu Tung	Sing 5T7 Ng Man Sui Kara	Sing 6A5 Ip Sze Yan	Sing 6T1 Cheng Sum Kiu Vania	Ching 4A6 Huangyeeman
Order	25	26						
	See 6A2 Cheung Hiu Wun	Sing 5T10 Muniba Bulanadi Razaq						

Event No. (51)	Time: 08:15	High Jump Boys C grade	Field	Final
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Order	1	2	3	4	5	6	7	8
	See 1M13 Cheung Chit In	See 2A15 Jack Thomas Gardiner	Sing 2M23 Leung Kwai Lun	Ching 2R25 Tang Kai Yeung,Ray	See 1R22 Tam Chun Him	Hang 1R14 Hong Ming Chun William	See 2T23 Mansahajdeep Singh	See 2S26 Mazen

Event No. (52)	Time: 08:15	Discus Boys A grade	Field	Final
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Order	1	2	3	4	5	6	7	8
	See 5R23 Tang Pok Man	See 5R15 Chan Cheuk Hei	Sing 6T15 Leung Kong	See 5R21 Lee Tsz Tan Daniel	Hang 6S11 Chiu Hong Kit	Ching 5R16 Iu Hor Ching	Hang 6S11 Chiu Hong Kit	See 5A25 Yu Tsun Yeung
Order	9	10	11	12	13	14	15	16
	See 5A15 Chan Cheuk Hei	Ching 6A17 Chau Hau Yan	See 5R24 Tin Tsun Lok	Ching 5T28 Tangkamyuen	See 4T27 Wing Ching Hin	Ching 5R17 Kwong Nathan	See 5T18 Cheng Chun Yin Jarvis	Ching 6T12 Sahaj Kothari
Order	17	18	19					
	See 6T10 Darren James Burge	Sing 6S13 Chong Hei Lok Aglow	Hang 6T13 Lam Ngai Kiu					

Event No. (53)	Time: 09:00	400M Girls C grade	Track	Final
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Heat	Lane-1	Lane-2	Lane-3	Lane-4	Lane-5	Lane-6	Lane-7	Lane-8
1	Hang 2S4 Gunreet Pannu	See 2A4 Choi Hau Nam	Hang 1A9 Luk Ka Lam	See 1S2 Cheung Hui Nga	See 2R7 So Ching Tung	Ching 2S6 Ho Hong Ning	Sing 2A12 Wan Ka Yi	See 2M7 Lau Yee Tung

Event No. (54)	Time: 09:00	400M Girls B grade	Track	Final
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Heat	Lane-1	Lane-2	Lane-3	Lane-4	Lane-5	Lane-6	Lane-7	Lane-8
1	Ching 4T13 Wan Yi Ling	Sing 2S9 Li Yik Kam Sunny	See 3T12 Uswah Zeb	Ching 3A9 Ng Oi Hang	Ching 2S14 Yip Yue	Hang 3S11 Wong Man Hei	Hang 3M2 Chan Tsz Lam	Ching 3M3 Cheung Man Kiu

Event No. (55)	Time: 09:00	400M Girls A grade	Track	Final
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Heat	Lane-1	Lane-2	Lane-3	Lane-4	Lane-5	Lane-6	Lane-7	Lane-8
1	Ching 6T4 Danansooriya Deyvinya Tiffany	Ching 4A6 Huangyeeman	See 5S13 Wu Tiana	Sing 6A5 Ip Sze Yan	Hang 6R5 Lin Hiu Ying	Ching 6S2 Cho Hoi Tik	Sing 6R4 Li Kai Wing Karyn	Hang 6A4 Choy Hiu Tung

Event No. (56)	Time: 09:00	400M Boys C grade	Track	Final
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Heat	Lane-1	Lane-2	Lane-3	Lane-4	Lane-5	Lane-6	Lane-7	Lane-8
1	Hang 1A13 Chan Siu Chuen Jimmy	See 2R28 Yu Chun Yin	See 1R18 Lau Shing Tsun	Ching 2M22 Lei Ho Ki	Hang 1R16 Lai Cheuk Shing			
2	Sing 2M14 Chan Hok Sing	See 1R15 Kok Lap Chun	Hang 2T17 Law Lok Him	See 2T23 Mansahajdeep Singh	Hang 2T24 Wong Chun Ting			

Event No. (57)	Time: 09:00	400M Boys B grade	Track	Final
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Heat	Lane-1	Lane-2	Lane-3	Lane-4	Lane-5	Lane-6	Lane-7	Lane-8
1	Sing 4R22 Fung Lok	Hang 4T19 Chang Shun Ting	Ching 4S15 Ali Saim	See 4R25 Lam Yuk Leung	Hang 4S22 Pannu Manpal Singh	See 4S21 Lok King Tin	Ching 4A19 Ho Ho To	Sing 3R21 Lau Tsz Pak
2	Ching 3R13 Chan Chun Yui	Ching 3T26 Wan Tin Yu	See 2T20 Lin Sawel	Ching 3M25 Tinmansing				

Event No. (58)**Time: 09:00****400M Boys A grade****Track****Final**

Heat	Lane-1	Lane-2	Lane-3	Lane-4	Lane-5	Lane-6	Lane-7	Lane-8
1	Hang 6A19 Tang Ho Yin	Ching 6A25 Yuen Ho Chuen	Ching 4T26 Sun Yu Ho	See 4T27 Wing Ching Hin	Ching 5R17 Kwong Nathan			
2	See 6T21 Zhang Ng Kevin	Ching 6A17 Chau Hau Yan	Ching 5R19 Lee Chi Wai	Ching 6A26 Yan Ho Hin	Sing 6S14 Fung Tsz Chai			

Event No. (59)**Time: 09:00****High Jump Girls B grade****Field****Final**

Order	1	2
	Hang 3A11 Tsang Tsz Ching Vinci	Ching 3S8 Rhianna Chau

Event No. (60)**Time: 09:00****Long Jump Boys C grade****Field****Final**

Order	1	2	3	4	5	6	7	8
	See 1R15 Kok Lap Chun	See 1S21 Muhammad Umar	Ching 2S24 Leung Ho Hin	Hang 1M20 Man Pak Jiu	Hang 1M17 Lau Cheuk Kiu	See 2M20 Law Tsz Ho	Hang 1M22 So Tsz Long	Sing 1A17 Hau Wang Ho
Order	9	10	11	12	13	14	15	16
	Sing 2M15 Chan Yin Ka	See 2S26 Mazen	Sing 1A21 Lau Pak Hei	Ching 2R21 Lee Pak Lok	See 2R26 Tang Po Yi	See 1S20 Tam Ka Hay	Ching 1T15 Chan Pak Man	See 1A22 Lee Kai Laam
Order	17	18	19	20	21	22	23	24
	Hang 1A25 Liu Tak To	See 2M29 Yan Canxu	Ching 2R16 Cheung Yik Hei	Hang 1R16 Lai Cheuk Shing	Ching 2R25 Tang Kai Yeung,Ray	See 1R22 Tam Chun Him	Hang 1R14 Hong Ming Chun William	Hang 1S25 Alfred Tsang

Event No. (61)	Time: 09:30	200M Girls C grade	Track	Final
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Heat	Lane-1	Lane-2	Lane-3	Lane-4	Lane-5	Lane-6	Lane-7	Lane-8
1	To be announced later							

Event No. (62)	Time: 09:30	200M Girls B grade	Track	Final
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Completed on Day 1								
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Event No. (63)	Time: 09:30	200M Girls A grade	Track	Final
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Completed on Day 1								
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Event No. (64)	Time: 09:30	200M Boys C grade	Track	Final
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Heat	Lane-1	Lane-2	Lane-3	Lane-4	Lane-5	Lane-6	Lane-7	Lane-8
1	To be announced later							

Event No. (65)	Time: 09:30	200M Boys B grade	Track	Final
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Heat	Lane-1	Lane-2	Lane-3	Lane-4	Lane-5	Lane-6	Lane-7	Lane-8
1	To be announced later							

Event No. (66)	Time: 09:30	200M Boys A grade	Track	Final
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Heat	Lane-1	Lane-2	Lane-3	Lane-4	Lane-5	Lane-6	Lane-7	Lane-8
1	To be announced later							

Event No. (67)	Time: 09:30	Shot Put Girls C grade	Field	Final
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Order	1	2	3	4	5	6	7	8
	Hang 2R3 Fan Connie	Hang 2A9 Lu Sze Wing	Hang 2M8 Li Nok Ching	Hang 2A1 Chan Chi Yu	Ching 2R4 Law Wai Kiu	See 2S12 Yeung Tsz Yin Athena	See 2S13 Yip Hoi Ching	Ching 2R10 Wong Hei Yiu

Order	9	10	11	12	13	14	15	16
	Ching 2M3 Cheung Chit Yu	Sing 2R5 Lee Ying Wai	Hang 1M11 Wong Sum Kan Siki	Sing 2M13 Yeung Ka Lam	Hang 2M12 Yau Sin Man	Ching 2M7 Lee Kwan Yin	Ching 1R10 So Cheuk Yin	Hang 1R3 Cheung Hoi Ching
Order	17	18	19	20	21	22	23	24
	Hang 1R1 Chan Wing Sze	Sing 2T1 Chan Hin Ching	See 1T9 Sardar Farheen Yousaf	Sing 2A7 Lee Sin Tung,Cici	Hang 2S4 Gunreet Pannu	Hang 1A8 Lui Hon To	Hang 1A5 Leung Pui Lam	Sing 1R12 Wu Jia Qi
Order	25							
	See 2R9 Wan Hoi Kiu Kary							

Event No. (68) **Time: 09:30** **Discus Boys B grade** **Field** **Final**

Order	1	2	3	4	5	6	7	8
	Hang 3A21 Mak Chun Yin	See 3S18 Leung Yip Wang	Sing 3R28 Wong Long Hei	Hang 3T16 Cheung Kai Yan	See 3T27 Alexander Nathan Yiu	See 3A26 Wong Ho Yin	Sing 3A27 Wu Yui Wai	Ching 3T22 Petrenko Moeen Alexander
Order	9	10	11	12	13	14		
	Hang 4T17 Chan Pak Ho	Sing 3T18 Hou Jin Pei Kevin	Sing 4A25 Liu Guo Lin Willson	See 4T12 Chan Wai Nok	Hang 4A24 Leung Chun Kiu	Sing 4R22 Fung Lok		

Event No. (69) **Time: 10:00** **Inter class 4*100 Relay** **Track** **Final**

Event No. (70) **Time: 10:30** **Open 4*100 Relay** **Track** **Final**

RECORDS

	Event	Year	Record Holder	Result
G	100M	98-99	Lau Sin Ting (Ching)	13"27
	200M	09-10	Ng Pui Yin (Sing)	29"75
I	400M	97-98	Chan Wai Yi (See)	1'13"40
R	800M	02-03	Keung Hiu Man (See)	3'02"56
L	1500M	97-98	Chan Tze Mei (Ching)	6'37"49
S	4X100M Relay	15-16	See House	1'02"28
	4X400M Relay	05-06	Ching House	5'27"30
A	High Jump	01-02	Jin Chou Ha (Ching)	1.36M
	Long Jump	97-98	Hiu Shuk Hing (Ching)	4.40M
	Shot Put	97-98	Hiu Pui Hung (Sing)	6.93M
	Discus	03-04	Chiu Yin Tung (Sing)	19.13M

	Event	Year	Record Holder	Result
G	100M	99-00	Kwong Hiu Ki (Hang)	13"68
	200M	96-97	Choi Po Hang (See)	30"19
I	400M	04-05	Wong Ling Yi (Hang)	1'14"81
R	800M	03-04	Chung Yuk Sin (Hang)	3'30"97
L	1500M	03-04	Chung Yuk Sin (Hang)	6'13"62
S	4X100M Relay	97-98	See House	59"8
	4X400M Relay	97-98	Ching House	5'14"94
B	High Jump	99-00	tai Ann (Hang)	1.35M
	Long Jump	14-15	Au Tsz Ki (See)	4.66M
	Shot Put	95-96	Chui Ting Yan (Hang)	9.80M
	Discus	16-17	Kraft Ashley Katherine (Hang)	18.47M

	Event	Year	Record Holder	Result
G	100M	05-06	Ng Pui Yin (Sing)	14"23
	200M	97-98	Lam Ho Yee (See)	30"69
I	400M	01-02	Lee Wing Hang (See)	1'12"69
R	800M	01-02	Kwan Ching Chi (Hang)	3'03"57
L	1500M	01-02	Kwan Ching Chi (Hang)	6'27"87
S	4X100M Relay	96-97	See House	1'02"09
	4X400M Relay	12-13	See House	5'25"00
C	High Jump	99-00	Chan Tsz Ling (See)	1.36M
	Long Jump	97-98	Cheung Yi Dik (See)	4.19M
	Shot Put	05-06	Chan On Ni (Ching)	6.94M
	Discus	03-04	Chiu Yin Tung (Sing)	19.13M

	Event	Year	Record Holder	Result
B O Y S A	100M	97-98	Au Kai Tung (Hang)	11"32
	200M	96-97	Lee Chak Sum (Ching)	24"03
	400M	01-02	Kwok Ka Chun (Sing)	55"72
	800M	98-99	Wong Chi Man (Hang)	2'15"56
	1500M	09-10	Lui Man Cheuk Mathew (Ching)	4'55"93
	110M Hurdle	98-99	Yip Pak Wing (Hang)	18"00
	4X100M Relay	14-15	Sing House	48"71
	4X400M Relay	11-12	Sing House	4'01"10
	High Jump	00-01	Shum chun Peng (Sing)	1.67M
	Long Jump	99-00	Yeung Ka Ki (See)	5.92M
	Shot Put	96-97	Miu Kwan (Hang)	10.29M
	Discus	14-15	Wong Ting Kwan (Ching)	29.22M

	Event	Year	Record Holder	Result
B O Y S B	100M	96-97	Au Kai Tung (Hang)	11"86
	200M	06-07	Chow Tai Cheong (Ching)	25"17
	400M	97-98	Cheng Yuen Tung (See)	58"06
	800M	00-01	Or Ying Man (Ching)	2'18"93
	1500M	08-09	Lui Man Cheuk Mathew (Ching)	4'51"42
	4X100M Relay	14-15	Sing House	50"61
	4X400M Relay	02-03	Ching House	4'07"96
	High Jump	97-98	Chan Kwan Chou (Hang)	1.60M
	Long Jump	97-98	Cheng Yuen Tung (See)	5.75M
	Shot Put	94-95	Chan Wai Ming (See)	11M
	Discus	15-16	Wong Ho Ting (Ching)	28.22M

	Event	Year	Record Holder	Result
B O Y S C	100M	96-97	Chan Ka Ming (See)	11"56
	200M	96-97	Cheng Yuen Tung (See)	26"56
	400M	96-97	Cheng Yuen Tung (See)	1'00"75
	800M	00-01	Lee Sze (Ching)	2'25"53
	1500M	00-01	Lee Sze (Ching)	5'18"39
	4X100M Relay	96-97	See House	52"74
	4X400M Relay	01-02	Hang House	4'17"13
	High Jump	01-02	Law Wai Lun (Hang)	1.48M
	Long Jump	97-98	Kwok Ka Chung (Sing)	4.85M
	Shot Put	02-03	Kwok Tsz Chung (Ching)	10.80M

Relay	Year	Record Holder	Result
4X100M Inter-class Relay	11-12	5S	52"55
4X100M Open Relay (Boys)	15-16	Man In Black 5	47"80
4X100M Open Relay (Girls)	12-13	女籃隊	1'00"00

Acknowledgements

Special thanks to the following organizations for supporting our Sports Day
Tai Po Sports Ground

Law Ting Pong Secondary School St. John Ambulance

Floor Plan of Tai Po Sports Ground 2022-23

