

Lingnan University Sports Day 2025 Helpers Briefing



DATE: 20th FEBRUARY 2025 (THUR)

TIME: 09:00 - 17:30

VENUE: PAN SUTONG SPORTS GROUND

ENROLMENT DEADLINE: 6TH FEBRUARY 2025

About Sports Day

Context

Lingnan University Sports Day is an annual event that celebrates student well-being, sportsmanship, and community spirit.

Objectives

We aim to create a safe and memorable event for all participants and spectators. Your help is essential in making this happen.

About Sports Day

Date	February 20, 2025
Venue	<i>Pan Sutong Sports Ground</i> (潘蘇通運動場)
Time	Time: 9:00 AM to 5:30 PM

Importance

- 1 Reporting Time: **08:00 (Sharp)**
- 2 Report to your designated staff member.
- 3 **Punctuality** is of utmost importance.
- 4 Bring Your Own Water Bottle

Roles and Responsibilities

Master of Ceremonies 司儀

Starter 發令員

Finish Judge 終點裁判員

Shot Put Judge 鉛球裁判員

Discus Judge 鐵餅裁判員

High Jump Judge 跳高裁判員

Long Jump & Triple Jump Judge 跳遠及三級跳遠裁判員

First takeover zone Umpire 第一棒區檢察

Second takeover zone Umpire 第二棒區檢察

Third takeover zone Umpire 第三棒區檢察

Announcer 宣佈

Marshal 召集

Timekeeper 計時員

Ceremony 典禮

Reception 接待

Recorder 成績紀錄

Attendant 場務

Registry 登記

Photography 攝影

List of Officials

Director賽事總監：Ms. LAW Sze Ida 羅思女士

Chief Judge總裁判長：Mr. HO Hon Hin Harrison 何漢軒先生

Chief Field Judge田項裁判長: Ms. WANG Ting Wei 王庭蔚女士

Chief Track Judge徑項裁判長: Mr. KENG Yat Chuen Roy 耿溢泉先生

Chief Starter發令長：Dr. MOK Kam Ming 莫鑑明博士 Ms. CHAN Ho Ying Amy 陳可瑩女士

Chief Finish Judge 終點裁判長：Mr. LI Shui Man 李瑞文先生

Chief Shot Put Judge 鉛球裁判長:Mr. CHEONG Kaki 張珈祺先生

Chief Discus Judge 鐵餅裁判長: Mr. CHENG Yik Kei Bmos 鄭翊頌先生

Chief High Jump Judge 跳高裁判長: Mr. TSUI On Tik 徐安滴先生

Chief Long Jump & Triple Jump Judge 跳遠及三級跳遠裁判長: Mr. WONG Sui Wai 黃瑞偉先生

First takeover zone Umpire 第一棒區檢察: Mr. HO Hon Hin Harrison 何漢軒先生

Second takeover zone Umpire 第二棒區檢察: Mr. KENG Yat Chuen Roy 耿溢泉先生

Third takeover zone Umpire 第三棒區檢察: Ms. WANG Ting Wei 王庭蔚女士

Announcer宣佈：Ms. WONG Nga Man Rebekah 黃雅文女士

Marshal召集：Ms. LIN Chiu Ngan Foris 連肖顏女士 Ms. LEE Yan Yee Yammi 李欣嫻女士

Chief Timekeeper計時長：Mr. KWOK San Kin Kyle 郭燦堅先生

Ceremony 典禮：Dr. HO Muk Mang Niki 何沐萌博士 Mr. KENG Yat Chuen Roy 耿溢泉先生

Master of Ceremonies 司儀: Mr. FOK Chun Yin Edwin 霍雋彥先生

Reception 接待: Ms. LI Ming Wai Jessica 李明惠女士 Ms. WONG Fung Chi Gigi 黃風姿女士

Recorder 成績紀錄：Ms. LAW Suk Man Sue 羅淑敏女士

Attendant 場務: Ms. KWOK Ka Yan Scully 郭嘉欣女士

Registry 登記: Ms. CHAN Mei Chi Gigi 陳美芝女士 Ms. CHU Wing Yi Anita 朱詠怡女士

Photography攝影： Mr. LI Zou 李兆先生

First-aid 救傷：Hong Kong St. John Ambulance 香港聖約翰救傷隊

Competition Events

Track Events

Men's Events: 100m, 200m, 400m, 800m, 1500m, 3000m

Women's Events: 100m, 200m, 400m, 800m, 3000m

Field Events

Men's Events: Shot Put, Discus, High Jump, Long Jump, Triple Jump

Women's Events: Shot Put, Discus, High Jump, Long Jump

Relay Events

Inter-faculty Relay Events (Counting towards Overall Champion):

- Men's 4x100m
- Women's 4x100m
- Men's 4x400m
- Women's 4x400m

Additional 4x100m Relay (Not counting towards Overall Champion):

- Student Society Relay
- Sports Team Relay
- Open Relay

Event Schedule

Time	Event Name
10:10	Women’s High Jump 跳高
10:10	Women’s Shot Put 鉛球
10:10	Men’s Long Jump 跳遠
10:10	Men’s Discus 鐵餅
10:10	Men’s 200M (Heat)
10:20	Women’s 200M (Heat)
10:30	Men’s 800M (Final)
10:35	Women’s 800M (Final)
10:40	Men’s 100M (Heat)
10:45	Women’s 100M (Heat)
10:55	Men’s 1500M (Final)
11:05	Men’s 400M (Heat)
11:15	Women’s Long Jump 跳遠
11:15	Women’s Discus 鐵餅
11:15	Men’s High Jump 跳高
11:15	Men’s Shot Put 鉛球
11:15	Women’s 400M (Heat)
11:25	Men’s 3000M (Final)
11:35	Men’s 200M (Final)
11:45	Women’s 200M (Final)
14:00	Men’s Triple Jump 三級跳遠
14:00	Men’s 400M (Final)
14:05	Women’s 400M (Heat)
14:10	Women’s 3000M (Final)
14:30	Men’s 100M (Final)
14:35	Women’s 100M (Final)
14:40	4x100M Sports Team Relay
14:45	Women’s 4x400M Inter-faculty Relay
14:50	Men’s 4x400M Inter-faculty Relay
15:00	Women’s 4x100M Inter-faculty Relay
15:05	Men’s 4x100M Inter-faculty Relay
15:10	4x100M Open Relay
15:25	4x100M Staff Relay
15:30	Women’s 4x100M Inter-hostel Relay
15:35	Men’s 4x100M Inter-hostel Relay

Ceremony

1

10:00 Opening ceremony

2

12:00 1st Prize presentation

3

16:00 Closing ceremony

****Helpers are required to stay in the spectator stand area during the ceremony**

Reminder



1

Attire and Protection: Please wear comfortable attire suitable for physical activity and bring appropriate sun protection (sunscreen, hats, sunglasses) for working outdoors.

2

Preparation: Ensure you get sufficient sleep and eat breakfast before reporting.

3

Lunch Break: The designated lunch period is from 12:00 to 13:30. Please be aware that event schedules may vary, and flexibility may be required

Estimated Weather

2月20日
(四)



16 | 20 °C

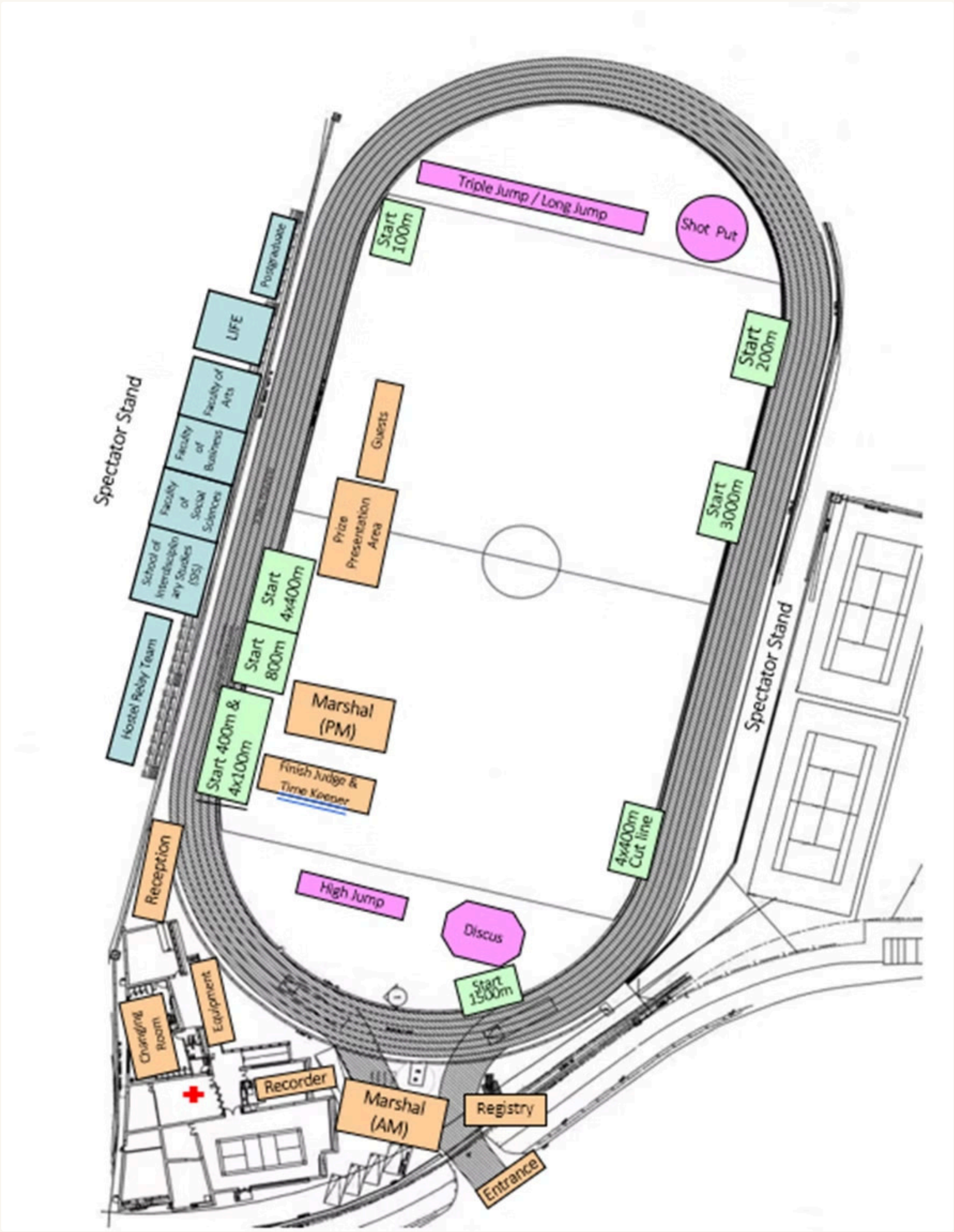
55-80%

 低

東風4級。

短暫時間有陽光。

Floor Plan



Lunch

Halal food options are **not** available at this event.

One vegetarian option is available.