

# 28<sup>th</sup> CityU Annual Athletic Meet (2021)

## **Advisor**

Mr. Sunny CHAU      Associate Director (PE), SDS

## **Organizing Committee**

Chairperson           :   Ms. Rebecca LAI

OC member           :   Mr. Vincent KWAN  
                                  Mr. Matthew YIP

Clerical support     :   Mr. Steve MUN  
                                  Miss Wing Sze LI  
                                  Miss Yu Tuen CHAN

# Official and Helper List

**Advisor** : Mr. Sunny CHAU

**Chairperson** : Ms. Rebecca LAI

**OC member** : Mr. Vincent KWAN  
: Mr. Matthew YIP

**Chief Judge (Track Events)** : Mr. Matthew YIP  
**Chief Judge (Jump Events)** : Mr. Wing Yin LEUNG  
**Chief Judge (Throw Events)** : Mr. Wai Kin CHOW

Position:	Marshal:	Equipment Management & Starting Block:	High Jump/Pole Vault:
Mr. Peter WU (Chief)	Miss Hoi Lam POON (Chief)	Mr. Vincent KWAN (Chief)	Mr. Chun Yu LOO (Chief)
Mr. Denis WAN	Mr. Ho Ning LAM	Miss Yu Tuen CHAN	Mr. Chun Wa LAM
Mr. Chun Him CHAN	Mr. Angus TO	Mr. Tsan Lim LEUNG	Mr. SWAMI Chinmay
Miss Cheuk Chun Charlotte MA	Mr. Nok Hei LAI	Mr. SOFJAN Bernardus Alvian	
Miss Hoi Yau CHEUNG	Mr. Nok CHEUNG	Miss Tsz Ying TSOI	
Miss Hiu Hin CHAN			
Miss Yi Nam TIN			

Time Keeper:	Recording:	Starters:	Shot Put:
Mr. Gordis YAU (Chief)	Dr. Clara WONG (Chief)	Mr. Wing Yat CHU	Miss Man Kaai MA
Miss Jia Yin KOO	Mr. Steve MUN	Mr. Hang Chiu LIU	Mr. HALDIYA Shivam
Mr. Tsun Sang KUNG	Miss Wing Sze LI	Mr. HOSSAIN Md Tanjeeb	Miss Yinuo FENG
Mr. Sung Chi SIT	Miss Jiayi HU		
Mr. Ka Sing YUEN	Miss Hei Yi SHA		
	Mr. Guorui MA		

Announcer:	Long Jump and Triple Jump:
Ms. Winnie WONG (Chief)	Mr. Wing Yin LEUNG (Chief)
Miss Wing Yee NG	Mr. Siu Fung YIP
	Mr. Wai Leung TSANG
	Mr. Ka Keung LEE

**Photographer:**  
Miss Sin Ting WONG

Prize and Receptions:	Javeline and Discus:
Ms. Rebecca LAI	Mr. Wai Kin CHOW (Chief)
Miss Kam Yiu CHAN	Miss Wing Yiu LAAU
	Miss Tsz Yu SIU
	Miss Sze Ying WONG

# Event

Event	Student		Staff		Children (Staff & Alumni)		
	Men	Women	Men	Women	Boy	Girl	Mixed Gender
Track							
60 M							
4-6 Aged							✓
7-9 Aged							✓
10-12 Aged					Cancelled		
100 M	✓	✓	Cancelled				
200 M	✓	✓					
400 M	✓	✓					
110M Hurdles	Cancelled						
100M Hurdles		✓					
400M Hurdles	✓						
800 M	✓	✓	Cancelled				
1500 M	✓	Cancelled					
5000 M	✓	✓	✓				
4 X 100 M Relay	Cancelled	Cancelled	Cancelled				
4 X 400 M Relay	✓	✓					
5000 M (Alumni & Staff)	20 Quota for Men and Women respectively						
Field							
Long Jump	✓	✓	Cancelled				
High Jump	✓	Cancelled					
Triple Jump	✓						
Pole Vault	Cancelled						
Javelin	✓	✓					
Discus	✓	Cancelled					
Shot Put	✓	✓	Cancelled				

# Reminders for Athletes

1. In addition to the race in particular stated, all other rules adopt the World Athletics Competition & Technical Rules - 2020-2021 Edition (English version).
2. All events are straight finals. Official positions will be judged by time, distance and height of each event competed.
3. Only registered participants and event officials are allowed to enter competition venue.
4. Participants must report to the Roll Call Station within the reporting time. Roll Call Station is located at Spectator Stand.
5. Reporting time arrangement:

Roll Call Time	Start time for Roll Call	End Time for Roll Call
a. Track and Relay Events:	20 minutes before the event	10 minutes before the event
b. Field Events:	35 minutes before the event	25 minutes before the event
c. Pole Vault:	45 minutes before the event	35 minutes before the event

6. Participants who fail reporting to the Roll Call Station within the reporting time shall be disqualified from the event. Participants must present their student or staff identity card when reporting to the Roll Call Station.
  - a. Athletes taking part in a FIELD event who required leaving in the middle of that event to take part in a TRACK event, must ask for permission from the judge of the FIELD event first.
  - b. Athletes taking part in two events (one track, one field) which happen to be carried out at the same time should report first to the track event. Athletes are requested to note that the field event will still in progress during their absence. Immediately after the Track event is finished, athletes should report at once to their field event judge.
  - c. If the field event has already been finished and placing of athletes is fixed, athletes who left the event will forfeit their chance of competing.
7. If there is only one athlete reported to the Roll Call Station for an event, the event will be cancelled. If there are two athletes reported to the Roll Call Station, the event will be held as scheduled, but new record set in that event will not be recognized as a record.
8. No prize presentation ceremony is arranged for all individual events. Medals and certificate of Children 60M will be collected at the reception table. Prize presentation for all relay events will be arranged in the closing ceremony and compulsory for all awarded relay team members.

## Implement

1. Information on the specification of implements:

Events	Shot Put	Discus	Javelin	100 Hurdles	110 Hurdles	400 Hurdles
Men	7.260kg	2.000kg	800gm	-	1.067m	0.914m
Women	4.000kg	1.000kg	600gm	0.840m	-	-

2. Use of starting block is not compulsory for sprinting events, including 100M, 200M, 400M 100M Hurdles, 110M Hurdles, 400M Hurdles, and all relays.
3. Triple jump athletes can use either 9M or 11M take off board.
4. The starting height and increment for the Men's High Jump (M) are: 1.25, with 0.03 increment afterwards; with 0.02 increment after 1.90.
5. The starting height and increment for the Women's High Jump (M) are: 0.90, with 0.03 increment afterwards; with 0.02 increment after 1.55.
6. The starting height for the Men's Pole Vault (M) is 1.70 with increment of 0.10 till to 3.00, and 0.05 afterwards.
7. All athletes agree to abide by all rules and conditions of the Organiser and the Organising Committee reserves the right of interpreting and amending the regulations with immediate effect.

## Prizes

1. Top three positions of individual and relay events.
2. Men's and Women's Individual Champion of student categories.

## Scoring

(Applicable for Students Only)

1. Points of top eight positions of individual events is scored in the descending order: 9, 7, 6, 5, 4, 3, 2, 1.
2. Athlete(s) scored the highest points in individual events are the Individual Champion. If scores are the same, the prize concerned shall be determined by the following order of priority: a. the number of gold medals, followed by number of silver medals and then bronze medals, obtained in individual events; b. the number of new records set.

## Appeal

Neither individual nor relay events shall be subjected to appeal. For query of competition matters, organizer and official judges for either written regulations or the rules in particular stated shall be final and no objection accepted.

## Best Record (Student)

### 大會紀錄 (學生組)

<u>項目</u>	<u>姓名</u>	<u>部門</u>	<u>年份</u>	<u>紀錄</u>
<b>男子組</b>				
100米	賴家斌	EE	2002	10.58"
200米	賴家斌	EE	2001	22.20"
400米	麥俊然	DSS	2004	49.41"
800米	黎潤生	CLASS	2019	2'03.60"
1500米	麥潤良	CCCU	2013	4'23.69"
5000米	Michael Chamberlain	MEEM	2004	16'17.88"
110MH	岑植禮	CSE	2010	15.23"
400MH	朱永日	SCM	2005	57.00"
跳 高	歐凱軒	CLASS	2014	2.02米
跳 遠	楊偉明	BCH	2000	6.52米
三 級 跳	曹嘉豪	CCCU	2009	13.72米
鉛 球	招立新	MKT	2007	13.16米
鐵 餅	招立新	MKT	2007	40.95米
標 槍	文高俊	CLASS	2014	54.95米
撐竿跳	陳嘉豪	CLASS	2018	3.6米
4 x 100米接力	系/部際	MEEM	1998	45.27"
4 x 100米接力	公開組	Final Year 再次多謝戴太葉 sir 隊	2016	43.24"
4 x 100米接力	舍際組	Hall 7	2015	44.50"
4 x 400米接力	系/部際	EE	2002	3'54.17"
4 x 400米接力	公開組	Hall 2	2019	3'39.99"
<b>女子組</b>				
100米	潘栢茵	CCCU	2010	12.21"
200米	潘栢茵	CCCU	2010	25.33"
400米	鄺舒婷	MKT	2007	1'01.93"
800米	范家瓊	CB	2013	2'28.03"
1500米	范家瓊	CB	2013	5'06.17"
100MH	梁淑華	DSS	2006	15.37"
跳 高	陳美迪	DSS	2003	1.61米
跳 遠	葉穎薇	CB	2020	5.30米
鉛 球	李嘉萱	CLASS	2011	11.30米
鐵 餅	李嘉萱	CLASS	2011	35.58米
標 槍	吳其芯	CLASS	2018	38.73米
4 x 100米接力	系/部際	DSS	1999	53.76"
4 x 100米接力	公開組	白華茵欣隊	2003	53.42"
4 x 100米接力	舍際組	Hall 5	2016	56.36"
4 x 400米接力	公開組	X Team	2012	4'31.38"
<b>Interhall Cheering Competition Best Performance Award</b>	<b>舍堂啦啦隊比賽優異獎</b>	Hall 4	2011	540分

## Best Record (Staff, Children and Alumni)

### 大會紀錄 (教職、兒童及校友組)

<u>項目</u>	<u>姓名</u>	<u>部門</u>	<u>年份</u>	<u>紀錄</u>
<b>男子組</b>				
100米	謝佳佑	CSE	2016	12.23"
800米	鄧振波	EE	1998	2'15.24"
5000米	Michael Mould	EE	1998	17'22.39"
鉛 球	吳志飈	AP	1997	11.33米
跳 遠	何浩培	AP	1998	5.56米
跳 高	何浩培	AP	1998	1.50米
4 x 100米系際接力		ME	1996	53.36"
4 x 100米混合接力	Runners		2007	1'02.92"
<b>女子組</b>				
100米	陳凱姬	BC	2002	14.76"
400米	李美玲	SAO	1996	1'24.27"
1500米	羅慕賢	MEEM	2000	6'19.51"
5000米	趙滿豐	PRVT	2015	24'27.72"
鉛 球	區惠芬	IS	1995	7.06米
跳 遠	黃衛嫦	LIB	1996	3.38米
4 x 100米系際接力	Rabbits		2008	1'00.30"
<b>兒童組</b>				
60米 (4 - 6 歲)	Ethan Chen		2013	11.08"
60米 (7 - 9 歲)	鮑穎怡		2002	10.03"
60米 (10 - 12 歲)	陳日楠		2019	8.19"
<b>校友組</b>				
女子5000米	楊梓君		2009	23'11.18"
男子5000米	郭善雄		2010	18'16.04"

# Schedule and List of Athletes

## ***Event 1      Women High Jump Finals Cancelled***

## ***Event 2      Women Shot Put Finals Time      09:00***

No	Participant	College	No.	Participant	College
F04	GAI, Xiaokun	CB	F33	Yip Wing Mei	CB
F15	Lam Tsz Ching	CB			

## ***Event 3      Women Long Jump Finals Time      09:00***

No	Participant	College	No.	Participant	College
F01	Hu Qun Xin	CLASS	F33	Yip Wing Mei	CB
F17	Chong Wing	CB			

## ***Event 4      Women Javelin Finals Time      09:00***

No	Participant	College	No.	Participant	College
F10	Wong Ka Yin	CLASS	F14	Chan Wing Yiu Avian	SEE
F13	Chui Tsz Shan	CB	F21	Wong Po Yung	CB

## ***Event 5      Men 400m Hurdles Finals Time      09:00***

No	Participant	College	No.	Participant	College
M14	Wong Yat Hong	CENG	M24	Lau Siu Wing	CB
M16	Tso Hui Ka	CB	M32	Ma Tin Lok	CLASS
M23	Lee Ho Ching	CB	M40	Yau Tik Hei	CLASS

## ***Event 6      Men & Women Student, Staff & Alumni 5000M Finals# Time      09:20***

No	Participant	College	No.	Participant	College
M12	Lam Chun Tin Sky	CLASS	F26	Pang Wing Ki	CB
M13	Shek Tsz Wai Raymond	CLASS	F27	Yung Hoi Ching	CVMLS



M15	MUHAMMAD ASHRAF	SGS	F28	Wong Wai Nam	CLASS
M41	Cheng Chak Tong	CLASS	F30	Luk Hoi Lam	CENG
M44	Fok Lai Chak	CLASS	A01	Ip Kwok Hang	A01
F22	Franciska Maric	CENG	A02	Chiang Yuk Shui	A02
F23	Ng Tsz Yan	CB	A03	Kwok Sui Cheong	A03
F24	Lee Wing Yan	CLASS	A04	Tam Chi Yan	A04
F25	Hung Devina Catherine	SM	MS02	Benz Chan	MS02
			MS03	Yu Chai	MS03

***Event 7      Men High Jump Finals***  
***Time        09:45***

No	Participant	College	No	Participant	College
M11	Lam Tsz Yiu Kyle	CB	M32	Ma Tin Lok	CLASS
M18	Cheng Ho Lam	CSCI	M33	Michael John	CENG

***Event 8      Men Shot Put Finals***  
***Time        09:45***

No	Participant	College	No	Participant	College
M01	Ho Chi Yu	CENG	M38	Wong Cheuk Yin	CLASS
M08	Hung Yeung Sing	SDSC	M46	John Philip Luk	CENG
M09	Chan Wai Ho	CENG	M47	FUNG Sheung Wai Martin	CB
M34	Obaid-UI-Haq	CENG			

***Event 9      Men Long Jump Finals***  
***Time        09:45***

No	Participant	College	No	Participant	College
M04	Cheng Shing Hang	CLASS	M34	Obaid-UI-Haq	CENG
M13	Shek Tsz Wai Raymond	CLASS	M35	So Tsz Hang	CSCI
M18	Cheng Ho Lam	CSCI	M37	Tsui Ka Tsun	CENG
M19	Zhang Jia Xiang	CB	M43	Kwok Chi Sing	CLASS
M33	Michael John	CENG	M48	TO Chun Lok Paris	CB

***Event 10     Men Javelin Finals***  
***Time        09:45***

No.	Participant	College	No.	Participant	College
M08	Hung Yeung Sing	SDSC	M32	Ma Tin Lok	CLASS
M14	Wong Yat Hong	CENG	M36	To Chun Hei	CB
M17	Ko Ching Yu	CENG	M47	FUNG Sheung Wai Martin	CB

M30      Kam Man Ching      CENG

**Event 11      Women 100M Finals**  
**Time      10:05**

No	Participant	College	No	Participant	College
F01	Hu Qun Xin	CLASS	F08	WANG Mei Jun	CVMLS
F02	Chan Hiu Hin	CLASS	F16	Lau Tsoi Kwan Quinn	CLASS
F03	FANG Jing	CENG	F17	Chong Wing	CB
F04	Gai Xiao Kun	CB	F20	Lau Wing Tung	CB
F05	Lau Ying Yu	SLW	F21	Wong Po Yung	CB
F06	Li Jing Yi	CSCI	F33	Yip Wing Mei	CB

**Event 12      Men 100M Finals**  
**Time      10:15**

No	Participant	College	No	Participant	College
M06	Jiang Yi Nuo	SEE	M31	Lee Chun Hei	CLASS
M07	Jang Dong Hyun	SEE	M35	So Tsz Hang	CSCI
M09	Chan Wai Ho	CENG	M39	Wong Wai Yin	CENG
M19	Zhang Jia Xiang	CB	M48	TO Chun Lok Paris	CB
M22	Ren Xin Yu	CB	M08	Hung Yeung Sing	SDSC
M25	Cheng Chi Tim	CB			
M27	Wu Yi	CENG			

**Event 13      Women 400M Finals**  
**Time      10:25**

No.	Participant	College	No.	Participant	College
F01	Hu Qun Xin	CLASS	F12	PEI Xinyi	CENG
F19	Yip Wan Kiu	CVMLS			

**Event 14      Men 400M Finals**  
**Time      10:30**

No	Participant	College	No	Participant	College
M04	Cheng Shing Hang	CLASS	M21	Zhao Qian yi	CENG
M05	Tang Zi Tian	CENG	M27	Wu Yi	CENG
M06	Jiang Yi Nuo	SEE	M34	Obaid-UI-Haq	CENG
M11	Lam Tsz Yiu Kyle	CB			
M16	Tso Hui Ka	CB			

**Event 15 Women 800M Finals****Time 10:35**

No.	Participant	College	No.	Participant	College
F06	Li Jing Yi	CSCI	F14	Chan Wing Yiu Avian	SEE
F09	Cheng Sze Nok	CB	F23	Ng Tsz Yan	CB
			F29	Law Ka Yi	CLASS

**Event 16 Men 800M Finals****Time 10:40**

No.	Participant	College	No.	Participant	College
M03	Arthur Hamelin	CB	M21	Zhao Qian yi	CENG
M11	Lam Tsz Yiu Kyle	CB	M28	Chan Chak Sum	CLASS
M15	MUHAMMAD ASHRAF	SGS			

**Event 17 Men Pole Vault Finals****Cancelled****Event 18 Women Discus Finals****Cancelled****Event 19 Men Discus Finals****Time 10:45**

No.	Participant	College	No.	Participant	College
M01	Ho Chi Yu	CENG	M17	Ko Ching Yu	CENG
M09	Chan Wai Ho	CENG	M26	Hui Ka Kit	CB
			M36	To Chun Hei	CB

**Event 20 Men Triple Jump Finals****Time 10:45**

No.	Participant	College	No.	Participant	College
M13	Shek Tsz Wai Raymond	CLASS	M40	Yau Tik Hei	CLASS
M48	TO Chun Lok Paris	CB			

**Event 21 Children Aged 10-12 60M Finals (Boys )****Time 10:45****Cancelled****Event 22 Children (Mixed Gender) Aged 7-9 60M Finals**

**Time 10:50**

No.	Participant	No.	Participant	No.	Participant
C09	Tse Wing Hung	C11	Mak Cheuk Tik	C13	Cheng Yu Hei
C10	Kwok Wing Yi	C12	Cheung Yan Yuk	C14	Tam Tsz Hei
C17	SUN Linxi				

**Event 23 Children (Mixed Gender) Aged 4-6 60M Finals**

**Time 10:55**

No.	Participant	No.	Participant	No.	Participant
C01	Li Pak Kiu	C04	Cheung Yui Hang	C07	Cheng Yu Tung
C02	Kwok Lok Yiu	C05	Kate Wong	C08	Boris Wong
C03	Kwok Cheuk Nam	C06	Chan Wai Ki		

**Event 24 Women 100M Hurdles Finals**

**Time 11:15**

No.	Participant	College	No.	Participant	College
F16	Lau Tsoi Kwan Quinn	CLASS	F20	Lau Wing Tung	CB
F18	Lee Ka Hei	CB	F21	Wong Po Yung	CB

**Event 25 Men 110M Hurdles Finals**

**Cancelled**

**Event 26 Women 1500M Finals**

**Cancelled**

**Event 27 Men 1500M Finals**

**Time 11:25**

No.	Participant	College	No.	Participant	College
M03	Arthur Hamelin	CB	M29	Chan Ken	CLASS
M10	Bai Hui Yu	CENG	M35	So Tsz Hang	CSCI
M15	MUHAMMAD ASHRAF	SGS	M38	Wong Cheuk Yin	CLASS
M20	Yan Tsz Hin	CSCI	M43	Kwok Chi Sing	CLASS
			M45	Yiu Ho Chi	CLASS

**Event 28 Women 200M Finals**

**Time 11:40**

No.	Participant	College	No.	Participant	College
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F03	Fang Jing	CENG	F18	Lee Ka Hei	CB
F07	Zhou Mo	CENG	F19	Yip Wan Kiu	CVMLS
F17	Chong Wing	CB			

**Event 29    Men 200M Finals**  
**Time       11:45**

No.	Participant	College	No.	Participant	College
M02	Su Yu Pei	CENG	M22	Ren Xin Yu	CB
M04	Cheng Shing Hang	CLASS	M25	Cheng Chi Tim	CB
M05	Tang Zi Tian	CENG	M46	John Philip Luk	CENG

**Event 30    Women 4 x 100M Inter-Hall Relay Final 1**  
**Time       12:00**

No.	Participant	Lane
H02	HSBC Prosperity Hall	3
H07	Jockey Club Academy Hall	4
H11	Hall 11	5

**Event 30    Women 4 x 100M Inter-Hall Relay Final 2**

No.	Participant	Lane
H05	Chan Sui Kau Hall	3
H10	Hall 10	4
H01	Jockey Club Humanity Hall	5
H09	Sir Gordon and Lady Ivy Wu Hall	6

**Event 30    Women 4 x 100M Inter-Hall Relay Final 3**

No.	Participant	Lane
H06	Lee Shau Kee Hall	3
H03	Alumni Civility Hall	4
H04	Jockey Club Academy Hall	5
H08	Yip Yuen Yuk Hing Hall & Jockey Club House	6

**Event 31    Men 4 x 100M Inter-Hall Relay Final 1**  
**Time       12:20**

No.	Participant	Lane
H02	HSBC Prosperity Hall	3
H09	Sir Gordon and Lady Ivy Wu Hall	4

H06	Lee Shau Kee Hall	5
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***Event 31 Men 4 x 100M Inter-Hall Relay Final 2***

No.	Participant	Lane
H05	Chan Sui Kau Hall	3
H03	Alumni Civility Hall	4
H01	Jockey Club Humanity Hall	5
H08	Yip Yuen Yuk Hing Hall & Jockey Club House	6

***Event 31 Men 4 x 100M Inter-Hall Relay Final 3***

No.	Participant	Lane
H10	Hall 10	3
H04	Jockey Club Academy Hall	4
H11	Hall 11	5
H07	Jockey Club Academy Hall	6

***Event 32 4 x 100M Staff & Alumni Mixed Relay  
Cancelled***

***Event 33 Women 4 x 100M Student Relay  
Cancelled***

***Event 34 Men 4 x 100M Student Relay  
Cancelled***

***Event 35 Women 4 x 100M Invitation Relay  
Cancelled***

***Event 36 Men 4 x 100M Invitation Relay  
Cancelled***

***Event 37 Women 4 x 400M Student Relay Final  
Time 12:50***

No.	Participant	Lane
H12	Jockey Hall 7 Gogogo	3
H13	Hall 3 Female Team	4
H14	HSBC Prosperity Hall	5

***Event 37 Men 4 x 400M Student Relay Final***

***Time***      ***13:00***

No.	Participant	Lane
H15	TFMans	2
H16	Jockey Hall 7 Gogogo	3
H17	Chan Sui Kau Hall	4
H18	Hall 3 Male Team	5
H19	HSBC Prosperity Hall	6

# 香港城市大學第二十八屆週年陸運會 2021

## The 28<sup>th</sup> CityU Annual Athletic Meet 2021

### 賽程表 TIME TABLE

項 目 Event	時間 Time	開始檢錄 Start of Marshal	結束檢錄 End of Marshal	男 Men		女 Women		初/決賽 Heats/Finals
				徑 Track	田 Field	徑 Track	田 Field	
1.							跳高 HIGH JUMP	取消 Cancel
2.	0900	0825	0835				鉛球 SHOT PUT	決賽 Final
3.	0900	0825	0835				跳遠 LONG JUMP	決賽 Final
4.	0900	0825	0835				標槍 JAVELIN	決賽 Final
5.	0900	0840	0850	400M HURDLES 欄				決賽 Final
6.	0920	0900	0910	5000M 米#* (Men's & Women's Student, Men's Staff & Alumni 男女學生, 男職員及校友)				決賽 Final
7.	0945	0910	0920		跳高 HIGH JUMP			決賽 Final
8.	0945	0910	0920		鉛球 SHOT PUT			決賽 Final
9.	0945	0910	0920		跳遠 LONG JUMP			決賽 Final
10.	0945	0910	0920		標槍 JAVELIN			決賽 Final
11.	1005	0945	0955			100M 米		決賽 Finals
12.	1015	0955	1005	100M 米				決賽 Finals
13.	1025	1005	1015			400M 米		決賽 Final
14.	1030	1010	1020	400M 米				決賽 Final
15.	1035	1015	1025			800M 米		決賽 Final
16.	1040	1020	1030	800M 米				決賽 Final
17.					撐竿跳高 POLE VAULT			取消 Cancel
18.							鐵餅 DISCUS	取消 Cancel
19.	1045	1010	1020		鐵餅 DISCUS			
20.	1045	1010	1020		三級跳 TRIPLE JUMP			決賽 Final
21.	1045	1025	1035	60 M 米 CHILDREN AGED 10 – 12		60 M 米 CHILDREN AGED 10 – 12		取消 Cancel
22.	1050	1030	1040	60 M 米 CHILDREN AGED 7 – 9#				決賽 Final
23.	1055	1035	1045	60 M 米 CHILDREN AGED 4 – 6#				決賽 Final
24.	1115	1055	1105			100M HURDLES 欄		決賽 Final
25.				110M HURDLES 欄				取消 Cancel
26.						1500M 米		取消 Cancel
27.	1125	1105	1115	1500M 米				決賽 Final
28.	1140	1120	1130			200M 米		決賽 Final
29.	1145	1125	1135	200M 米				決賽 Final
30.	1200	1140	1150			4 X 100M 接力(舍堂組) 4 X 100M INTER-HALL RELAY		決賽 Finals
31.	1220	1200	1210	4 X 100M 接力 (舍堂組) 4 X 100M INTER-HALL RELAY				決賽 Finals
32.				4X100M Staff & Alumni Mixed Relay 教職員及校友混合接力				取消 Cancel
33.						4 X 100M 接力 (學生組) 4 X 100M RELAY (STUDENT)		取消 Cancel
34.				4 X 100M 接力 (學生組) 4 X 100M RELAY (STUDENT)				取消 Cancel
35.						4X100M 友校邀請接力 INVITATION RELAY		取消 Cancel
36.				4X100M 友校邀請接力 INVITATION RELAY				取消 Cancel
37.	1250	1230	1240			4 X 400M 接力 (學生組) 4 X 400M RELAY (STUDENT)		決賽 Final
38.	1300	1240	1250	4 X 400M 接力 (學生組) 4 X 400M RELAY (STUDENT)				決賽 Final

As of 20211015, 11:13

# 男子組及女子組之比賽均同時進行，但成績將分別計算。Men & women events will be held at the same time, prizes will be awarded separately.

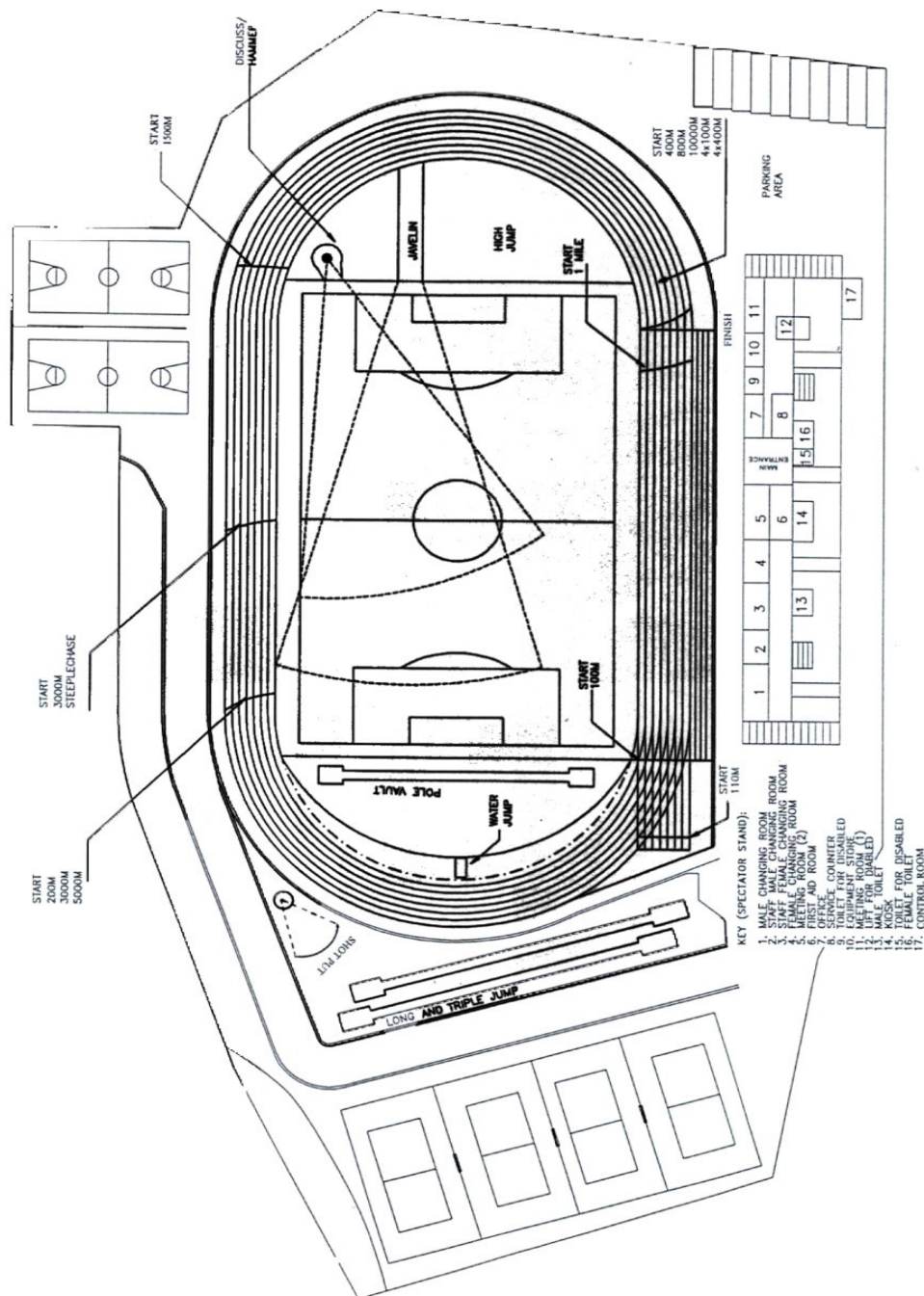
\* 學生組及教職員或校友之比賽均同時進行，但成績將分別計算。Students & Staff events will be held at the same time, prizes will be awarded separately.



## Important reminders regarding the use of Joint Sports Centre

1. Designated field event areas are for the athletes and judges only.
2. Except the gummed paper provided by the organizer, athletes are not permitted to make check-marks or place objects on the lane or facilities.
3. All participants are not allowed to stay on the track or in the field during break.
4. Only spiked track shoes with 7mm spikes and plastic sports shoes are allowed.
5. No food and drinks in competition area.
6. Smoking is strictly prohibited in Joint Sports Centre.
7. For safety and precaution due to COVID-19 pandemic, **no spectator is allowed**, participants are advised to wear mask at all times except for competition(s). Participants are also required to fill in the Health Questionnaire upon arrival at the entrance of JSC.
8. Disease preventive measures for competitions are referred to HKAAA COVID-19 Precaution.
9. Competitors have to comply with the Prevention and Control of Disease Regulation (Chapter 599, sub. leg. F).

# JOINT SPORTS CENTRE

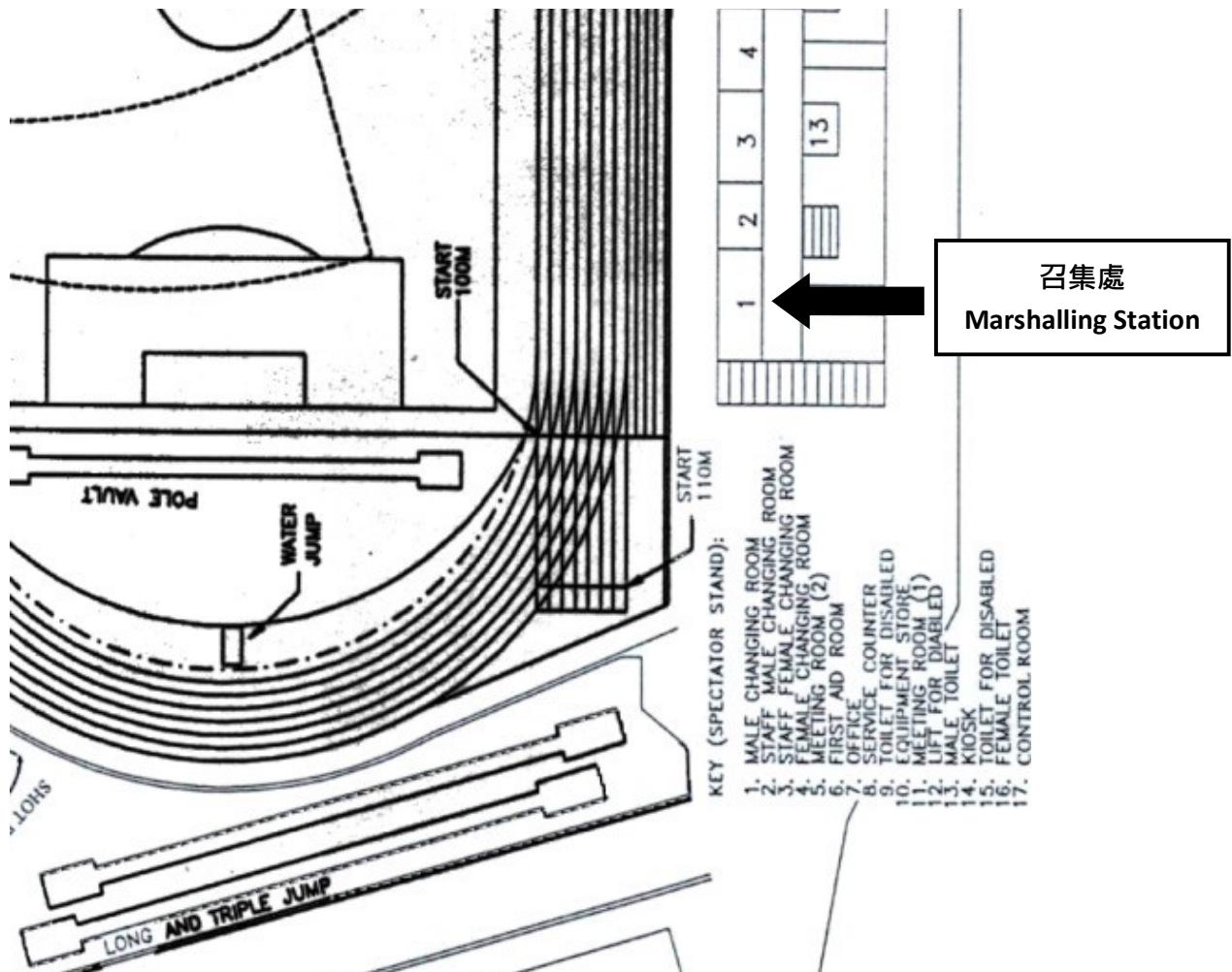


## The Seating Arrangement for Competitors

Start line for 100m

Reserved for Marshal	Area A Hall 3	Area B Hall 8	Reserved for Guest	Area C Hall 7	Area D Hall 1	Area E Hall 6	Reserved for Time Recording
	Area F Hall 10	Area G Hall 2	Area H Hall 11	Area I Hall 5	Area J Hall 9	Area K Hall 4	

# Marshalling procedure



Athletes (both Track and Field events) must report to the Marshalling Station within the Reporting time. Athletes who fail reporting to the Marshalling Station within the reporting time shall be disqualified from the event. Marshalling Station is located at the left of the Spectator Stand above the 100M starting line.

# Acknowledgement

1. Associate Director (PE), SDS
2. Cultural and Sports Committee
3. Joint Sports Centre
4. Students Helpers and Officials

Mr. Sunny CHAU