



FOUNDED 1851

## St. Paul's College Annual Sports Day

*21<sup>st</sup> November & 1<sup>st</sup> December 2022*  
*Wan Chai Sports Ground*





# ST. PAUL'S COLLEGE

*Monday, 21<sup>st</sup> November 2022 (Heats Day)*  
*Wan Chai Sports Ground*

## Order of Event - Heats Day

- 8:05 a.m.** The entrance will be open and roll-call will be taken. Students should be seated according to Houses. (Please refer to the layout plan)
- 8:45 a.m.** ALL Student Officials, Prefects, Scouts, Youth Red Cross, Flag-guards and the School Timing Team please report duty at the Official Stand.

Time	TRACK				FIELD			
	Event No.	Grade	Event	Heat/Final	Event No.	Grade	Event	Final
9:00	1	C	400M	4 H	4	A	Long Jump	42 nos.
	2	B	400M	2 H	5	B	Discus	34 nos.
	3	A	400M	6 H	6	C	High Jump	9 nos.
					7	C	Shot Put	15 nos.
9:45	8	C	100M	11 H				
10:05	9	B	100M	6 H				
10:15	10	A	100M	11 H	11	A	Javelin	46 nos.
					12	A	High Jump	23 nos.
					13	B	Triple Jump	10 nos.
10:30	14	C	800M	1 H	17	B	Shot Put	18 nos.
	15	B	800M	1 H				
	16	A	800M	2 H				
11:00	18	C	200M	5 H	21	C	Long Jump	36 nos.
	19	B	200M	3 H				
	20	A	200M	3 H				
11:40	22	C	1500M	1 F	25	A	Discus	31 nos.
	23	B	1500M	2 F	26	B	High Jump	11 nos.
	24	A	1500M	4 F				
12:30	27	C	100M Hurdle	1 F				
	28	B	100M Hurdle	2 F				
	29	A	110M Hurdle	1 F				
12:45	30	C	I/C4x100M	2 H				
	31	B	I/C4x100M	2 H				
	32	A	I/C4x100M	2 H				
13:30	33	B	I/H4x400M	1 F				
	34	A	I/H4x400M	1 F				
	35	C	I/H4x400M	1 F				
14:15	School Dismiss							

# ST. PAUL'S COLLEGE

## *Annual Sports Day (Heats)*

Guest of Honour : Dr. Leung Hiu Yan, Mike  
(Clinical Associate Professor in Oral and Maxillofacial Surgery,  
HKU Faculty of Dentistry; Class of 1997)

### Officials

Chairman of the Meet	:	Mr. D.Y. Yuen				
Vice-chairpersons	:	Mr. W.H. Wong	Mr. C.L. Wong	Ms. K.Y. Ng	Mr. K.C. Chan	Ms. W.S. Wong
Organizing Secretaries	:	Mr. W.L. Tang	Mr. W.K. Wong			
Prayer	:	The Revd S. Turnquest				
Referees	:	Mr. W.L. Tang	Mr. W.W. Mak	Mr. W.K. Wong	Mr. T. Lee	
Chief Track Judges	:	Mr. W.L. Tang	Mr. T. Lee			
Chief Field Judges	:	Mr. W.W. Mak	Mr. W.K. Wong	Ms. W.T. Chan		
Announcers	:	Mr. W.I. Yu	Ms. C.S. Kou	Ms. K.Y. Yu	Ms. M.Y. Hui	Mr. C.L. Lo
		Ms. K.Y. Chan	Ms. H.Y. Chan	Ms. C. Lam	Ms. C. Wong	Ms. Y.Y. Lee
		Ms. P. Chan				
Competitors' Marshall	:	Mr. T. Lee	Mr. S.H. Lee	Mr. K.W. Wong	<u>Student officials</u>	
Starters and Marksmen	:	Mr. P.M. Choi	Mr. Y.K. Cheng	Mr. H. Li	<u>Student officials</u>	
Position Judges	:	Mr. W.L. Tang	Ms. W.T. Chan	Mr. Y.L. Chow	<u>Student officials</u>	
Timekeepers	:	School Timing Team				
Recorders' Advisor	:	Ms. W.C. Fung	<u>Student officials</u>			
Corner & Relay Judges	:	Mr. S.H. Lee	Mr. W.W. Mak	Ms. W.T. Chan		
High Jump	:	Mr. T.O. Chu	Mr. C.H. Lee	Mr. M.F. Kwok	Mrs. J. Wai	Ms. C.C. Hung
		Ms. W.S. Leung	Mr. C.H. Ho	Ms. W. Yiu	Ms. P.Y. Lee	<u>Student Officials</u>
Long Jump	:	Mr. K.S. Kwok	Mrs. M.K. See	Ms. P.S. Chan	Ms. M.Y. Shek	Ms. K.C. Wong
		Ms. S.C. Yu	Ms. P.S. Kwok	Ms. Y. Y. Tse	Ms. L.Y. Kwok	Ms. B. Cheng
		Ms. X. Ma	Mr. T.W. Lau	Mr. K.C. Shek	<u>Student Officials</u>	
Triple Jump	:	Mr. H.M. Tang	Mr. T.F. Ng	Mr. S.C. Woods	Mr. K. Kan	Ms. C.M. Massey
		Ms. M.F. To	<u>Student Officials</u>			
Shot Put	:	Mr. C.C. Chan	Ms. S.Y. Ngan	Mrs. S. Hsu	Ms. L.N. Chan	Ms. S.M. Yu
		Ms. L.T. Ng	Ms. H.L. Chan	Ms. S.K. Lam	Ms. T.S. Chan	
		Ms. N.K. Wong	Mr. H.W. Lee	Mrs. P.M. Ng	<u>Student Officials</u>	
Discus	:	Mr. S.N. Tse	Ms. M. S. Lee	Ms. W.Y. Yuen	Mr. P.Y. Chan	Ms. N.T. Cheng
		Ms. W.Y. Chau	Ms. L.L. Chan	Ms. L.M. Wong	Mr. P. Lam	Mr. K.H. Ngan
		Mr. K.C. Leung	<u>Student Officials</u>			
Javelin	:	Mr. K.C. Au Yeung	Mr. W.H. Poon	Ms. S.O. Chak	Ms. S. Leung	Ms. K.Y. Kwong
		Ms. M.W. Wong	<u>Student Officials</u>			
Prizes	:	Ms. Y.S. Chan	Ms. I.M. Hui	<u>Scouts</u>		
Runners & Helpers	:	<u>Scouts</u>				
Publicity Team	:	Mrs. Y.O. Zai	Mr. K.W. Lee	Mr. B. Lee		
First-aiders	:	Ms. K.Y. Wong	Mr. K.W. Kan	<u>Youth Red Cross</u>		
Discipline	:	Mr. Y.H. Li	Ms. M. Chan	<u>Prefects</u>		
Best Cheering Team Judges:		Mr. D.Y. Yuen	Mr. W.H. Wong	Mr. C.L. Wong	Ms. K.Y. Ng	Mr. K.C. Chan
		Ms. W.S. Wong				

If 2 or more persons are named for any event or duty, the first shall be considered the chief official.  
All teachers should please help in

- (1) Maintaining general discipline among the participants.
- (2) Ensuring that no spectators go onto the field and track.
- (3) Enforcing anti-septic measures.

# ST. PAUL'S COLLEGE

## Athletics Records

EVENT	RECORD	YEAR	HOLDER
<b><u>A-Grade</u></b>			
100 m.	10.79 sec.	1992	<i>Ku Wai Ming</i>
200 m.	23.16 sec.	1992	<i>Ku Wai Ming</i>
400 m.	52.73 sec.	1991	<i>Ku Wai Ming</i>
800 m.	2 min. 06.12 sec.	2010	<i>Chiu Chung Tak</i>
1500 m.	4 min. 28.24 sec.	2010	<i>Chiu Chung Tak</i>
110 m. Hurdles	15.9 sec.	1987	<i>Lai Chi Yeung</i>
Long Jump	6.50 m.	2018	<i>Wu Hiu Chun</i>
Triple Jump	12.97 m.	1997	<i>Chow Lee Kuen</i>
High Jump	1.78m.	2006	<i>Yu Kin Wai</i>
Shot Put	12.20 m.	2010	<i>Wong Yat Hin</i>
Discus	32.10 m.	1969	<i>Mak Kuk Kwan</i>
Javelin	43.84 m.	2007	<i>Ng Tit Ho</i>
4x100 m. I/H Relay	48.28 sec.	2018	<i>Pine</i>
4x400 m. I/H Relay	4 min. 04.13 sec.	2008	<i>Rosewood</i>
<b><u>B-Grade</u></b>			
100 m.	11.25 sec.	1989	<i>Ku Wai Ming</i>
200 m.	23.05 sec.	1989	<i>Ku Wai Ming</i>
400 m.	56.97 sec.	1988	<i>Leung Yu Hin</i>
800 m.	2 min. 12.2 sec.	1980	<i>Lee Kwok Fai</i>
1500 m.	4 min. 43.8 sec.	1980	<i>Lee Kwok Fai</i>
100 m. Hurdles	15.18 sec.	1986	<i>Lai Chi Yeung</i>
Long Jump	6.24 m.	1975	<i>Li Tai Fu</i>
Triple Jump	12.16 m.	2016	<i>Wu Hiu Chun</i>
High Jump	1.70 m.	2000	<i>Chan Wai Lok</i>
Shot Put	13.04 m.	1972	<i>Rex Leung</i>
Discus	33.50 m.	2000	<i>Calvin Phang</i>
Javelin	38.56 m.	1980	<i>Fu Kwok Keung</i>
4x100 m. I/H Relay	50.18 sec.	2012	<i>Pine</i>
4x400 m. I/H Relay	4 min. 07.66 sec.	2010	<i>Oak</i>
<b><u>C-Grade</u></b>			
100 m.	12.2 sec.	1974	<i>Li Sing Yip</i>
200 m.	25.6 sec.	1969	<i>Luk Chi Kong</i>
400 m.	59.85 sec.	1989	<i>Lai Kin Fai</i>
800 m.	2 min. 19.87 sec.	1986	<i>Leung Yu Hin</i>
1500 m.	5 min. 08.12 sec.	2019	<i>Fung Hong Ching</i>
100 m. Hurdles	17.4 sec.	1982	<i>Leung Kai Man</i>
Long Jump	5.30 m.	1997	<i>Chan Heng Shan</i>
High Jump	1.60 m.	2010	<i>Tse Shing Ho</i>
Shot Put	13.05 m.	1983	<i>Cheng Mau Tin</i>
Discus	29.54 m.	1989	<i>Ho Yuk Kwan</i>
4x100 m. I/H Relay	54.04 sec.	2012	<i>Rosewood</i>
4x400 m. I/H Relay	4 min. 26.19 sec.	2013	<i>Oak</i>
<b><u>Open-Grade</u></b>			
3000 m.	10 min.19.14 sec.	2010	<i>Chiu Chung Tak</i>
400m. Hurdle	1 min.05.44 sec.	2015	<i>Tam Hok Yiu Sean</i>

## ST. PAUL'S COLLEGE

<b>ATHLETIC STANDARDS &amp; SPECIFICATIONS OF IMPLEMENT</b>
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<b>EVENT</b>	<b>GRADE</b>		
	<b>A / OPEN</b>	<b>B</b>	<b>C</b>
100 m.	12.80 sec.	13.30 sec.	14.10 sec.
200 m.	26.50 sec.	27.00 sec.	29.60 sec.
400 m.	1 min .02 sec.	1 min. 06 sec.	1 min.12 sec.
800 m.	2 min. 34 sec.	2 min. 40 sec.	2 min. 53 sec.
1500 m.	5 min. 30 sec.	5 min. 40 sec.	5 min. 58 sec.
3000 m.	15 min.	-----	-----
100 m. Hurdle	-----	20.0 sec. (0.914 m. high)	21.8 sec. (0.84 m. high)
110 m. Hurdle	20.3 sec. (0.914m. high)	-----	-----
400 m. Hurdle	1:10.00 (0.84m. high)		
High Jump	1.50 m.	1.45 m.	1.25 m.
Long Jump	4.9 m.	4.6 m.	3.9 m.
Triple Jump	10.3 m.	9.4 m.	-----
Shot Put	8.9 m. (5 Kg)	9.2 m. (4 Kg)	7.25 m. (4 Kg)
Discus	20.00 m. (1.5 Kg)	22.0 m. (1 Kg)	15.50 m. (1 Kg)
Javelin	23.0 m. (700 gm)	18.0 m.	-----
4 x 100 m.	50.0 sec.	52.0 sec.	56.5 sec.
4 x 400 m.	4 min. 09 sec.	4 min. 20 sec.	4 min. 48 sec.

## THINGS TO NOTE

### 1. MARSHALLING POINTS

For all Field and Track Events -

Competitors should go to report for events at Marselling Point. (Please refer to the attached layout plan.)

### 2. CLASH OF EVENTS

The competitor should report to the field event official and inform the official i/c that he will join after his track event finished

### 3. QUALIFYING FOR FINALS

- The BEST 8 in the heats will qualify to the finals.
- The BEST 12 in the heats will qualify to the 800m finals

### 4. Scoring System:

- a. Entry Point: 1 entry point will be added for each participant.
- b. Penalty Point: 1 point will be deducted for competitors who failed to turn up for competition.



## RULES AND REGULATIONS

1. Only 5-7mm spikes or rubber shoes are allowed on the track. The competitor wearing spikes other than the specified category will be refused access to the track. (no one is allowed to run bare-footed)
2. Eating and drinking are not allowed on the track.
3. No glassware is allowed to be brought onto the track.
4. Non-competitors must remain on the spectator stands.
5. When shot put, discus and javelin are being used, they must be carried back by hand to the throwing point. On no account will the above mentioned items be allowed to throw back.
6. Central lawn area can only be used for field events; activities other than those cannot be taken place in the central lawn area.
7. Competitors can only use the warm up track for warm up exercise.



## PRIZE GIVING CEREMONY

1. WINNERS of the first three places in a final race should quickly assemble at the prize-giving stand in front of official stand.
2. REMEMBER to receive your prizes from Guest-of-Honour in FULL SCHOOL UNIFORM / PROPER SPORTS ATTIRE.
3. As a matter of COURTESY : Bow - Shake Hand - Say " Thank You ! "



## *Student Officials*

Chief	:	5B Poon Hoi Yui Horus		
Competitors' Marshall	:	3D Ang Lok Hay	3D Kung Chun Hong	
Starters and Marksmen	:	5C Gao Chun Yu	3D Wu Lu	4C Ho Chak Kai
Position Judges	:	5D Yang Feichi	4E Zhou Tsz Shing	3C Chan Hong Cham
		4A Choy Ching Hei	4A Lau Ho Yin	5D Chan Chun Wing Adrian
		4B Tam Lok Him	3B Szeto Pak Hei	
Photo-Recording	:	5F Lau Yue Ching		
Recorders	:	5E Ng Cheuk Hin Bernard	5D Cheuk Tin Lok	5E Wong Wing Ping
		5E Yeung Shing Yau		
High Jump	:	5B Li Chi Hong		
Long Jump	:	5E Tung Yau Sang		
Triple Jump	:	4F Wong Kin On		
Shot Put	:	3D Lai Ming San		
Discus	:	5E Mak Chun Hei Ronald		
Javelin	:	3D Lee Hei Yui		
	:			

## *Events List*

Track Event	Heats Day	Finals Day
100m, 200m, 400m, 800m, I/C 4x100m	Heats	Finals
100m Hurdle, 110m Hurdle, 1500m, I/H 4x400m	Finals	---
3000m, 400m Hurdle, I/H 4x100m, Staff Invitation 4x100m, PTA 4x100m, Parent-student 2x100m	---	Finals
Field Event	Heats Day	Finals Day
Long Jump	A, C	B
Triple Jump	B	A
High Jump	A, B, C	---
Shot Put	B, C	A
Discus	A, B	C
Javelin	A	B



# Heats Day – Lane Distributions

<b>Event No.: 1</b>				
<b>Event Name: 400M Grade C</b>				
<b>Event Time: 9:00 a.m.</b>				
<b>Heat No.: 1</b>				
Lane	Cls	No	Name	Hse
1	1C	30	Tam Man Ho Matthew	O
2	2F	21	Poon Tak Him	R
3	2C	8	Cheung Shing Lok	P
4	2A	32	Yeung Xing Hei	O
5	1D	28	Ng Pak Hei	Y
6	2E	28	Ng Tsz Lok Aiden	R
7	1A	35	Zhang Shing Yuen	O
8	1A	33	Yu Tin Yiu	R
<b>Heat No.: 2</b>				
Lane	Cls	No	Name	Hse
1	1A	24	Tsang Kwok Cho	B
2	2E	18	Lau Chun Bun	O
3	2E	13	Hu Haoxiang	Y
4	1D	32	Wong Lok Tin	P
5	2C	21	Leung Yu Hei	Y
6	2E	23	Lee Ming Yau	G
7	2E	15	Hung Man To	O
8	2E	21	Law Tin Yat Barret	Y
<b>Heat No.: 3</b>				
Lane	Cls	No	Name	Hse
1	2D	8	Ki Long	O
2	1B	27	Sin Lok Yin	G
3	1F	18	Kam Wai Kin	B
4	1D	12	Chow Ting Chun	P
5	1E	9	Cheung Tsz Yung	P
6	2D	18	Mak Kin To James	G
7	2E	27	Ng Pak Lok Roderick	B
8	1B	34	Yeung Nok Hei Brian	R
<b>Heat No.: 4</b>				
Lane	Cls	No	Name	Hse
2	2C	19	Leung Tsz Kiu	G
3	1A	17	Mar Yat Long	R
4	1B	22	Leung Hoi Hei Geoffrey	R
5	2C	7	Chan Lok Hei	P
6	1E	6	Cheng Ping Ho	O
7	2C	20	Leung Yat Chun	P
8	2C	14	Lam Kin Hei	G
<b>Event No.: 2</b>				
<b>Event Name: 400M Grade B</b>				
<b>Event Time: 9:00 a.m.</b>				

<b>Heat No.: 1</b>				
Lane	Cls	No	Name	Hse
1	3C	25	Wong Tsz Lam Jeffrey	P
2	3F	9	Chu Hau Ting	G
3	3A	9	Hui Yee Chun	G
4	3C	17	Lu Kenneth	P
5	4E	14	Leung Pak Hei	O
6	1A	14	Leung Timothy Tsz Wo	Y
7	3A	24	Wang Chris Sen Yu	Y
8	3B	22	Ta Shanyee	G
<b>Heat No.: 2</b>				
Lane	Cls	No	Name	Hse
1	2E	8	Chu Kai Kong	B
2	3A	15	Lee Hon Sum Martin	B
3	2F	23	Siu Hoi Long	B
4	2F	19	Ng Ka Wai	Y
5	3F	14	Law King Yin	G
6	3A	2	Chan Fan San	G
7	4C	17	Leung Kin Shing	B
8	3E	4	Chan Wang Yui	P
<b>Event No.: 3</b>				
<b>Event Name: 400M Grade A</b>				
<b>Event Time: 9:00 a.m.</b>				
<b>Heat No.: 1</b>				
Lane	Cls	No	Name	Hse
1	5F	1	Chan Leong Heng Jayden	O
2	5F	31	Yung Lok	Y
3	5F	5	Chiu Xenon Bezalel	R
4	5F	17	Lau Tsz Hei Nathan	O
5	5F	24	Mak Yui Bob	R
6	6B	13	Siu Tsz Shing	B
7	5F	6	Choi Bosco	P
8	5F	16	Lau Ka Ming	P
<b>Heat No.: 2</b>				
Lane	Cls	No	Name	Hse
1	5F	18	Lau Yue Ching	G
2	5F	20	Leung Ming Yiu	Y
3	5B	6	Chiu Chung Him Brian	P
4	5F	30	Yuen Cheuk Hei	B
5	5B	20	Wong Hau Kin	O
6	5F	12	Ku Ryan Chun Wing	P
7	5F	15	Lau Ethan Ambrose	Y
8	5F	26	Tang Shiu Hang	P
<b>Heat No.: 3</b>				
Lane	Cls	No	Name	Hse
1	6A	5	Chow Jeff	R
2	6F	12	Hung Hong Chun Trillion	G

# Heats Day – Lane Distributions

3	5F	19	Leung Ming Hei	O
4	6D	11	Leung Yat Chun	R
5	6A	18	Poon Yip Sing	P
6	3C	29	Zhang Tsz Long	R
7	6D	19	Yeung King Pak	O
8	5F	13	Kwong Yan Lok	B

## Heat No.: 4

1	5F	11	Hui King Bong	O
2	6E	6	Chiu Yat Yau Aidan	O
3	4F	27	Vrijmoed Justin	G
4	5F	8	Chow Tsz Hei	G
5	5E	4	Chiu Chun Hei	O
6	5F	23	Lun Yui Chit	O
7	6F	16	Lo Pok Man Baldwin	B
8	5F	27	Ting Wai Chung	R

## Heat No.: 5

2	5F	21	Li Bryan	G
3	5F	28	Tsang Ho Ming Vincent	B
4	6A	10	Lau Wang Yui	R
5	5F	25	Song Harel Jingyao	R
6	5F	7	Choi Wang Ho	O
7	5F	4	Cheung Chun Kiu	Y
8	5C	17	Wong Wang Wai	O

## Heat No.: 6

3	5F	22	Lu To Yin	R
4	6F	21	Tse Ka Yu	B
5	5E	2	Chang Sa Lang Enoch	Y
6	5F	9	Fung Ching Yin	B

## Event No.: 4

**Event Name: Long Jump Grade A**

**Event Time: 9:00 a.m.**

## Final

1	5B	21	Yu Cheuk Him	O
2	5F	11	Hui King Bong	O
3	6A	1	Chan Ho Yue	B
4	4C	29	Zhang Chun Hei	P
5	5F	16	Lau Ka Ming	P
6	5F	28	Tsang Ho Ming Vincent	B
7	5A	24	Woo Sung Tak	G
8	6A	7	Foo Wai Hei Calvin	B
9	6A	19	To Tsz Chun	R
10	6F	19	Ma Shun Ngai	R
11	5C	4	Chow Thomas	R

12	5B	5	Cheung Chee Shing	G
13	5E	2	Chang Sa Lang Enoch	Y
14	5E	8	Lam Long Hei	Y
15	5D	19	Wong Lok Yin Isaac	R
16	5D	18	Wong Kin Chi	R
17	5A	10	Lam Chin Yu	B
18	6E	28	Yuen Yat Tsang	R
19	6A	25	Yim Tsz Fung	B
20	6E	18	Ma Cheuk Him	B
21	6A	10	Lau Wang Yui	R
22	5A	16	Liu Xingjian Isaac	G
23	6A	15	Ng Ka Chai Matthew	B
24	5B	6	Chiu Chung Him Brian	P
25	6F	25	Yu Junyan	P
26	6B	1	Chan Sheung Kit	Y
27	5C	8	Hung Ling In	P
28	5C	21	Yung Cheuk Nam	R
29	6A	24	Wong King Fai	R
30	4F	27	Vrijmoed Justin	G
31	6E	1	Au Ki Chun	O
32	6A	20	Tsang Lok Ching Syrus	B
33	5A	12	Lau Chi Hey Damien	G
34	5B	10	Lau Wai Hin	P
35	5F	6	Choi Bosco	P
36	6A	4	Cheung Ka Po Henry	P
37	5A	4	Chau Chun Ki Mike	R
38	5F	21	Li Bryan	G
39	6A	14	Mok Pak Hei	G
40	6D	1	Chan Pak Guan	R
41	5C	1	Chang Yan Lok	G
42	5E	28	Wu Pak Kwan	R

## Event No.: 5

**Event Name: Discus Grade B**

**Event Time: 9:00 a.m.**

## Final

1	3C	2	Chan Pak Him	P
2	2D	32	Yuan Tianle	R
3	4C	23	Wong Ka To	P
4	4F	26	Tsang Cheuk Hang David	Y
5	2C	3	Chan Chun Hin	Y
6	4A	14	Leung Chun Kiu	G
7	4D	16	Wan Ka Chun	O
8	3F	16	Li Guan Hao	R
9	3D	2	Chan Tsz Fuk Josiah	O

# Heats Day – Lane Distributions

10	4F	23	Ng Hoi Chun	Y
11	4E	25	Wong Ho Him	O
12	3F	18	Ng Cheuk Lam	Y
13	3C	21	Tai Ho Him	P
14	4F	22	Mak Wai Nok Enoch	Y
15	3F	9	Chu Hau Ting	G
16	3F	8	Chu Chun Heen Ryan	R
17	4F	14	Ho Adrian	R
18	3C	15	Law Tsz Hei	G
19	4D	5	Chu Po Sing	Y
20	4C	26	Yin Shun Kit	O
21	4E	3	Chan James	O
22	3C	11	Ku Chun Hei	B
23	3A	2	Chan Fan San	G
24	3D	25	Ling Ho Sing	Y
25	4D	10	Lo Chi Him	R
26	4D	13	Poon Chung Hei	B
27	2F	23	Siu Hoi Long	B
28	3A	20	Ng Hin Lam Harvey	O
29	3B	16	Leung Chun Hei	B
30	3D	14	Lau Chun Ngai	P
31	4E	20	Tang Long Hei Harvey	Y
32	4A	13	Law Ka Ho	O
33	4E	8	Lam Chun Hong	R
34	4F	15	Lam Long Yin	G
35	3A	28	Yiu Cheuk Kiu	R

**Event No.: 6**  
**Event Name: High Jump Grade C**  
**Event Time: 9:00 a.m.**

**Final**

1	2C	26	Tsang Tsz Long	R
2	1F	35	Yuen Lok Luc	O
3	2F	32	Yeung Cheuk Yin	O
4	1B	33	Xu Xize	Y
5	2D	2	Chan Tsun Ho Martin	Y
6	1F	36	Yip Knoton	G
7	2A	3	Chan Chun Hay	Y
8	1D	28	Ng Pak Hei	Y
9	1C	35	Zhou Junrong	R

**Event No.: 7**  
**Event Name: Shot Put Grade C**  
**Event Time: 9:00 a.m.**

**Final**

1	1D	22	Leung Man Nok Cyrus	Y
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2	1D	24	Luk Hei Man	P
3	1C	14	Ip Pok Man	G
4	1D	12	Chow Ting Chun	P
5	2C	1	Cai Pak Hin Kelvin	R
6	1D	17	Kwong Pak Hei	G
7	2C	32	Yip Tsz Long	R
8	1B	34	Yeung Nok Hei Brian	R
9	1F	10	Cheng Ping Chi	G
10	2F	16	Lin Chun Kwan	Y
11	2A	30	Wong Shun Ping	B
12	2E	18	Lau Chun Bun	O
13	2D	2	Chan Tsun Ho Martin	Y
14	1D	14	Ho Ching Ho	G
15	2C	20	Leung Yat Chun	P

**Event No.: 8**  
**Event Name: 100M Grade C**  
**Event Time: 9:45 a.m.**

**Heat No.: 1**

1	2D	3	Cheung Pak Ho	P
2	1D	11	Chow Lap Man Evan	R
3	1E	18	Lau Yuk Leung	G
4	1C	8	Cheung Tsz Ko Aris	R
5	1D	32	Wong Lok Tin	P
6	1C	3	Chan Chun To	B
7	1B	11	Fung Kwok Yui Markus	P
8	2C	8	Cheung Shing Lok	P

**Heat No.: 2**

1	1F	13	Chu Jan	Y
2	2C	13	Lam Cheuk Hang	R
3	2D	8	Ki Long	O
4	1D	17	Kwong Pak Hei	G
5	2F	27	Wang Ruoyu	G
6	2A	4	Chan Wai Hon Clifford	R
7	2D	15	Li O Ki Bryce	B
8	1C	12	Hsu Chun Kiu Sirius	P

**Heat No.: 3**

1	1F	30	Sze Hui Lok	O
2	1E	3	Chan Pak Yin Matthew	O
3	2C	21	Leung Yu Hei	Y
4	1C	13	Hui Cheuk Hei	O
5	2A	24	Lam Wai Ho	P
6	1F	26	Loo Anchor	R
7	1E	4	Chan Pui Chung Thomas	G

# Heats Day – Lane Distributions

8	1F	15	Chui Yat Long	R
<b>Heat No.: 4</b>				
1	1B	16	Lam Kheiron	G
2	2E	13	Hu Haoxiang	Y
3	1F	6	Chan Yuen Ho	G
4	1E	34	Zhang Chenyi	P
5	1B	34	Yeung Nok Hei Brian	R
6	1A	4	Chen Xuhong William	P
7	1A	28	Wong Cheuk Kiu	O
8	1D	12	Chow Ting Chun	P
<b>Heat No.: 5</b>				
1	1C	20	Lee Cheuk Hin Chester	R
2	1D	16	Hui Matthew Holam	B
3	1F	2	Chan Chak Hin Bosco	Y
4	1A	23	Ting Ho Shan	B
5	1B	33	Xu Zize	Y
6	1F	27	Pang Pak Hang Marcus	Y
7	1E	19	Law Hei Lok Jaevis	O
8	2B	17	Kwok Chun Yin Alvin	O
<b>Heat No.: 6</b>				
1	1C	30	Tam Man Ho Matthew	O
2	1D	18	Lam Ho Sum	O
3	1E	2	Chan Pak Yeung	P
4	1A	34	Yuen Yui Hei	P
5	2C	18	Leung Ching Hon	R
6	1E	30	Wong Chit	B
7	1B	12	Ho Ho Kiu	Y
8	2C	22	Lie Chun Ming	R
<b>Heat No.: 7</b>				
1	1D	15	Ho Hoi Chun	B
2	2B	3	Chan Hin Kiu Hugo	R
3	1D	21	Law Yu Sing Carter	Y
4	2B	20	Lai King Him	O
5	1B	5	Cheng Pok Man Hugo	G
6	2D	10	Kwong Cheuk Kwan	G
7	2C	31	Wong Wai Ming	O
8	1F	36	Yip Knoton	G
<b>Heat No.: 8</b>				
1	2E	9	Chui Cheuk Kiu Isaac	Y
2	1D	14	Ho Ching Ho	G
3	1C	16	Kwan Pak Kei	B

4	2C	15	Lam Tsun Hei	O
5	2E	22	Lee Chak Nung	P
6	1A	19	Poon Ngai Chun	R
7	1B	28	Tin Cheuk Lam	B
8	1A	29	Wong Chi Yi	P
<b>Heat No.: 9</b>				
1	2A	2	Chan Chak Kiu Ambrose	O
2	1D	30	Tam Pok Him Jerome	G
3	2C	6	Chan King Sum Samuel	B
4	1B	27	Sin Lok Yin	G
5	2F	6	Hui Chun Ching Donald	Y
6	1A	7	Chu Tsz Ho Arthur	R
7	2F	33	Yu Sing Hei	B
8	1F	25	Lo Chun Yin	R
<b>Heat No.: 10</b>				
3	1D	10	Choi Ho Yan	Y
4	1D	34	Yeu Tin Yu	Y
5	1F	22	Lee Alden	O
6	2D	18	Mak Kin To James	G
7	1C	28	Poon Shing Chun Jeffrey	B
<b>Heat No.: 11</b>				
2	1A	33	Yu Tin Yiu	R
3	1E	25	Sin Cheuk Ting	R
4	1E	10	Chong Chun Hei Isaac	R
5	2E	27	Ng Pak Lok Roderick	B
6	1B	2	Chan Kwan Yiu Aden	B
<b>Event No.: 9</b> <b>Event Name: 100M Grade B</b> <b>Event Time: 10:00 a.m.</b>				
<b>Heat No.: 1</b>				
1	3B	7	Choi Cheuk Hin Ethan	P
2	3E	19	Lo Ka Hei	R
3	4B	8	Lee Wing Yin	Y
4	3F	23	Wong Lok Sang	B
5	3F	28	Yuen Lok To Brandon	Y
6	4C	14	Lai Ming Tsaan Jason	O
7	4C	13	Ku Pak Hin	R
8	4F	20	Li Edison Chun Yin	R
<b>Heat No.: 2</b>				
1	3E	18	Lee Yat Lok	R
2	4C	22	Wan Long Yat	G
3	3C	4	Chan Yat Nam	P

# Heats Day – Lane Distributions

4	3F	3	Chan Kim Nam Cyrus	B
5	3C	10	Hung Wing Tim	B
6	4C	26	Yin Shun Kit	O
7	4D	12	Lo Ka Hei	R
8	3F	14	Law King Yin	G
<b>Heat No.: 3</b>				
1	4E	19	Tan Kwun Him	P
2	4A	15	Low Lik Hang	G
3	4E	9	Law Lok Hei	R
4	4A	16	Shum Cheuk Yin Donald	G
5	3F	25	Wu You	P
6	2E	8	Chu Kai Kong	B
7	3D	10	Keung Wun Yu	P
<b>Heat No.: 4</b>				
1	3D	16	Lau Yiu Fung Wyatt	B
2	2C	29	Wong Ki Wai	P
3	3C	22	Tse Kai Him Trevor	B
4	4C	1	Au Yeung Yat Hei	O
5	4D	3	Cheung Chak Son	P
6	4C	4	Cheng Yiu Chun	R
7	4F	15	Lam Long Yin	G
8	4E	7	Kwong Hin Hei Angus	B
<b>Heat No.: 5</b>				
1	3D	22	Lee Yat Hou	O
2	3A	28	Yiu Cheuk Kiu	R
3	4F	22	Mak Wai Nok Enoch	Y
4	2E	33	Yuen Tsz Hin	B
5	3F	7	Cho Jin Hey	Y
6	2B	7	Cheung Kwan To	R
7	3E	16	Lee Chun Sun	B
8	4E	21	Tsai Shing Him	P
<b>Heat No.: 6</b>				
2	3B	28	Yeung Shing Hei	B
3	3A	11	Lam Tsz Kiu	B
4	4F	30	Yu Tsz Tsun	Y
5	3E	24	Ngan Ka Hung	B
6	4F	5	Chan Ka Hon	G
7	3A	30	Zhuang Hoi Hon	Y
<b>Event No.: 10</b>				
<b>Event Name: 100M Grade A</b>				
<b>Event Time: 10:45 a.m.</b>				
<b>Heat No.: 1</b>				

1	6F	6	Chung Hin Long	R
2	5A	16	Liu Xingjian Isaac	G
3	6C	9	Law King Yin	O
4	6A	24	Wong King Fai	R
5	6E	15	Leung Cheuk Fung	Y
6	6C	1	Chan Ching Wai	P
7	5C	1	Chang Yan Lok	G
8	6C	8	Law Chun Ting	G
<b>Heat No.: 2</b>				
1	6C	4	Chung Tin Hei Colin	G
2	5C	15	Wong Kai Wai	P
3	6A	5	Chow Jeff	R
4	6D	15	Tang Chi Nok Alex	P
5	5C	6	Ho Pak Chun	B
6	6E	1	Au Ki Chun	O
7	6E	7	Chiu Yin Chi	P
<b>Heat No.: 3</b>				
1	5C	5	Gao Chun Yu	B
2	5F	16	Lau Ka Ming	P
3	6A	15	Ng Ka Chai Matthew	B
4	5C	19	Yu Chung Yau	G
5	5A	12	Lau Chi Hey Damien	G
6	6E	28	Yuen Yat Tsang	R
7	5E	31	Yiu Chung Him	B
8	6A	20	Tsang Lok Ching Syrus	B
<b>Heat No.: 4</b>				
1	5E	21	Wong Ho Fung	O
2	6C	6	Lam Ho Yin	R
3	6E	18	Ma Cheuk Him	B
4	5E	25	Wong Tsz Wang	O
5	6B	15	Yee Him Ming	O
6	5F	17	Lau Tsz Hei Nathan	O
7	6C	5	Lam Ho Yin	P
8	6D	9	Leung De Wei Trevor	B
<b>Heat No.: 5</b>				
1	6E	16	Leung Lok Him	G
2	4C	9	Fung Hin Yu	P
3	5C	9	Lee Cheuk Kiu	O
4	6E	22	Wong Christopher Chi Hin	Y
5	5A	6	Chiu Kwok Wai	R
6	6C	7	Lau Wai Pong	R
7	5E	23	Wong Ming Chun Daryl	Y

# Heats Day – Lane Distributions

8	5E	18	Tsoi Siu Hin	Y
<b>Heat No.: 6</b>				
1	6F	20	Mak Chun To Oscar	G
2	6E	21	Wong Chin Fung	G
3	6A	9	Lai Kin Kwan	P
4	5C	2	Chau Cheuk Him Truman	B
5	5E	19	Tung Yau Sang	B
6	6F	11	Ho Yi Hang	P
7	6C	13	Tam Ching Man Edmund	G
8	5B	8	Ho Chun Ting	G
<b>Heat No.: 7</b>				
1	4C	8	Fan Pak Yin	B
2	6C	14	Tam Ho Hin	G
3	4B	15	Wong Ki Ching	P
4	5E	30	Yeung Shing Yau	B
5	5E	24	Wong Tin Long	O
6	5C	18	Wong Yin Fung Gabriel	R
7	5A	24	Woo Sung Tak	G
8	6C	12	Ngai Matthew Hon Hin	R
<b>Heat No.: 8</b>				
1	5E	12	Ma Hok Ching	Y
2	5B	13	Ng Ho Fung	B
3	5C	10	Lee Donald Cheuk Yiu	P
4	5E	14	Meng Youchao	Y
5	6C	16	Wong Pak Hang	Y
6	6A	12	Leung Chun Kiu	P
7	6F	19	Ma Shun Ngai	R
8	6C	15	Tam Man To	O
<b>Heat No.: 9</b>				
1	5E	20	Wong Chung Ki	G
2	6F	17	Lo Yat Kwan	B
3	6C	11	Liu Tin Yui	Y
4	5A	9	Ip Chak Ho	P
5	6C	3	Cheung Ka Yiu	B
6	5C	16	Wong Tsz Him	P
7	5F	14	Lam Lik Chun Frank	P
8	6C	2	Chan Chun Nok	R
<b>Heat No.: 10</b>				
1	5E	9	Lam Yin Hei Bosco	R
2	6B	5	Ho Sze Chun	O
3	5E	22	Wong Long Hin	G

4	5E	16	Tse Nga Lok	P
5	6E	3	Chan Hoi Chun	B
6	6E	5	Cheung Tung Lam	O
7	5B	19	Tsoi Tsz Wai	R
8	5B	6	Chiu Chung Him Brian	P
<b>Heat No.: 11</b>				
2	5C	17	Wong Wang Wai	O
3	6A	19	To Tsz Chun	R
4	5A	2	Chan King Laam	Y
5	6E	20	Nip Sin Hang Brian	Y
6	6C	10	Lee Alexander Marcus	O
7	5D	14	Lou Lap Yan	
<b>Event No.: 11</b>				
<b>Event Name: Javelin Grade A</b>				
<b>Event Time: 10:15 a.m.</b>				
<b>Final</b>				
1	3B	12	Kwong Jacob Yat Nam	R
2	5F	15	Lau Ethan Ambrose	Y
3	5E	16	Tse Nga Lok	P
4	6E	23	Wong Hon Yin	O
5	5B	2	Chan Yin Cheung	P
6	5F	31	Yung Lok	Y
7	6A	17	Poon Cheuk Hei	P
8	5E	25	Wong Tsz Wang	O
9	5B	12	Lui Lok Him	G
10	5E	5	Chong Chun Kit	R
11	6A	18	Poon Yip Sing	P
12	5A	12	Lau Chi Hey Damien	G
13	5D	12	Hung Kiu Sum	O
14	6A	8	Kwok Chung	Y
15	6A	25	Yim Tsz Fung	B
16	5B	5	Cheung Chee Shing	G
17	5E	23	Wong Ming Chun Daryl	Y
18	5F	30	Yuen Cheuk Hei	B
19	6A	4	Cheung Ka Po Henry	P
20	6E	19	Ng Wai Hang	R
21	5F	18	Lau Yue Ching	G
22	5B	13	Ng Ho Fung	B
23	6F	17	Lo Yat Kwan	B
24	6F	6	Chung Hin Long	R
25	6A	7	Foo Wai Hei Calvin	B
26	6F	16	Lo Pok Man Baldwin	B
27	6A	2	Chan Yin Chung	Y

# Heats Day – Lane Distributions

28	5D	11	Hui Tang Ho	G
29	5F	4	Cheung Chun Kiu	Y
30	5C	12	Leung Herman	R
31	6F	23	Wong Ho Lam	G
32	6F	12	Hung Hong Chun Trillion	G
33	6E	14	Lee Ming Hin	G
34	5B	4	Cheng Yee Him	P
35	5D	19	Wong Lok Yin Isaac	R
36	5B	3	Chau Vito Dik Hin	O
37	6E	15	Leung Cheuk Fung	Y
38	6F	11	Ho Yi Hang	P
39	5B	17	Pun Ho Cheung	R
40	6A	1	Chan Ho Yue	B
41	5B	9	Ko Ka Him Samuel	R
42	5C	6	Ho Pak Chun	B
43	5B	20	Wong Hau Kin	O
44	6A	21	Tsang Yau Lam	O
45	5B	1	Chan Ho Fung Rio	G
46	6A	22	Tsui Jerry William	G

**Event No.: 12**  
**Event Name: High Jump Grade A**  
**Event Time: 10:15 a.m.**

**Final**

1	6C	4	Chung Tin Hei Colin	G
2	6A	10	Lau Wang Yui	R
3	6C	1	Chan Ching Wai	P
4	6E	16	Leung Lok Him	G
5	6C	13	Tam Ching Man Edmund	G
6	6C	8	Law Chun Ting	G
7	6C	11	Liu Tin Yui	Y
8	6C	6	Lam Ho Yin	R
9	6C	12	Ngai Matthew Hon Hin	R
10	6C	3	Cheung Ka Yiu	B
11	4B	15	Wong Ki Ching	P
12	5A	6	Chiu Kwok Wai	R
13	6C	5	Lam Ho Yin	P
14	6C	9	Law King Yin	O
15	6C	2	Chan Chun Nok	R
16	6C	15	Tam Man To	O
17	5C	1	Chang Yan Lok	G
18	6C	14	Tam Ho Hin	G
19	5E	21	Wong Ho Fung	O
20	6D	1	Chan Pak Guan	R
21	6C	10	Lee Alexander Marcus	O

22	6C	7	Lau Wai Pong	R
23	6C	16	Wong Pak Hang	Y

**Event No.: 13**  
**Event Name: Triple Jump Grade B**  
**Event Time: 10:15 a.m.**

**Final**

1	4A	15	Low Lik Hang	G
2	3D	3	Chan Yat Cho	O
3	3C	8	Chow Yi Lok	P
4	4F	23	Ng Hoi Chun	Y
5	3E	19	Lo Ka Hei	R
6	4F	19	Leung Wingyat	G
7	4A	4	Choy Ching Hei	B
8	4D	7	Kwan Nok Yin	R
9	4B	8	Lee Wing Yin	Y
10	4E	11	Lee Ming Hin	R

**Event No.: 14**  
**Event Name: 800M Grade C**  
**Event Time: 10:30 a.m.**

**Heat No.: 1**

1	1A	20	Shiu Adrian Kai Lim	P
2	1D	35	Yip Cheuk Him	Y
3	2A	30	Wong Shun Ping	B
4	2E	19	Lau Chun Him	B
5	1A	2	Chan Nok	G
6	2E	21	Law Tin Yat Barret	Y
7	2C	22	Lie Chun Ming	R
8	1A	24	Tsang Kwok Cho	B
9	2C	27	Tsui Hin Fung Herman	P
10	1B	22	Leung Hoi Hei Geoffrey	R
11	2B	20	Lai King Him	O
12	1A	17	Mar Yat Long	R
13	2F	10	Lam Wai Nok	R
14	1E	29	Tsang Suen Hoi	G
15	1F	35	Yuen Lok Luc	O
16	1D	9	Cheung Will	R
17	1E	9	Cheung Tsz Yung	P
18	1D	18	Lam Ho Sum	O
19	1C	36	Tin Ho Lam Jairo	P
20	1F	1	Au Pak Ki	Y
21	1D	22	Leung Man Nok Cyrus	Y

**Event No.: 15**  
**Event Name: 800M Grade B**  
**Event Time: 10:30 a.m.**

**Heat No.: 1**

# Heats Day – Lane Distributions

1	3A	24	Wang Chris Sen Yu	Y
2	2D	16	Lo Cheuk Him	Y
3	5E	27	Wong Yik Yu	G
4	3C	25	Wong Tsz Lam Jeffrey	P
5	3D	24	Li Chi Shing	P
6	4F	21	Liu Tsz Fung	Y
7	2E	12	Fan Kok Pan Justin	G
8	4C	16	Lau Cheuk Kiu	B
9	3B	17	Man Sin Kei Collins	R
10	3F	16	Li Guan Hao	R
11	3E	16	Lee Chun Sun	B
12	3C	17	Lu Kenneth	P
13	3A	3	Chan Yan Ho Karvyn	R
14	4E	15	Li Shun Hin Ernest	O
15	4E	10	Lee Chun Fung	Y
16	4E	1	Cham Ho Long	B
17	4A	19	Wong Ming Tak	B
18	3D	30	Yu Shing Hin	R
19	3D	2	Chan Tsz Fuk Josiah	O
20	3F	17	Man Ho Lam	O

**Event No.: 16**  
**Event Name: 800M Grade A**  
**Event Time: 10:30 a.m.**

**Heat No.: 1**

1	5B	8	Ho Chun Ting	G
2	5B	17	Pun Ho Cheung	R
3	5B	21	Yu Cheuk Him	O
4	5E	3	Chim Chad Aristo	B
5	5B	5	Cheung Chee Shing	G
6	5B	19	Tsoi Tsz Wai	R
7	5B	2	Chan Yin Cheung	P
8	5F	29	Yip Tsz Ho	O
9	5C	6	Ho Pak Chun	B
10	5F	10	Fung Hong Ching	P
11	5B	9	Ko Ka Him Samuel	R
12	5B	22	Zhu Xuanyu	Y
13	5E	17	Tsoi Pui Fung	G
14	5B	3	Chau Vito Dik Hin	O
15	5F	11	Hui King Bong	O

**Heat No.: 2**

1	5B	10	Lau Wai Hin	P
2	5C	21	Yung Cheuk Nam	R
3	5B	4	Cheng Yee Him	P

4	5B	14	Pang Yin Ki	Y
5	5E	4	Chiu Chun Hei	O
6	5B	12	Lui Lok Him	G
7	5D	9	Hong Pok Him	G
8	5B	13	Ng Ho Fung	B
9	6A	16	Ng Ming Hon Anthony	P
10	6A	11	Law Ho Wai	R
11	6F	18	Lui Nok Marcus	Y
12	5C	8	Hung Ling In	P
13	5E	29	Xiao Guanze	B
14	5A	5	Cheng Sze Ming	B
15	5E	5	Chong Chun Kit	R
16	5F	19	Leung Ming Hei	O

**Event No.: 17**  
**Event Name: Shot Put Grade B**  
**Event Time: 10:30 a.m.**

**Final**

1	4A	12	Lau Ho Yin	R
2	3C	21	Tai Ho Him	P
3	4A	17	Tsang Pak Hei	B
4	3A	16	Lee Sung Hei Matthew	O
5	3F	12	Ke Tat	R
6	3B	5	Cheng Chun Kit	R
7	4F	26	Tsang Cheuk Hang David	Y
8	3B	16	Leung Chun Hei	B
9	4C	12	Ji Ka Chun	O
10	4C	27	Yu Kai Chun	O
11	3F	9	Chu Hau Ting	G
12	3D	25	Ling Ho Sing	Y
13	4A	13	Law Ka Ho	O
14	2C	3	Chan Chun Hin	Y
15	4C	23	Wong Ka To	P
16	3D	14	Lau Chun Ngai	P
17	3F	18	Ng Cheuk Lam	Y

**Event No.: 18**  
**Event Name: 200M Grade C**  
**Event Time: 11:00 a.m.**

**Heat No.: 1**

1	2C	15	Lam Tsun Hei	O
2	1D	10	Choi Ho Yan	Y
3	1D	34	Yeu Tin Yu	Y
4	1D	11	Chow Lap Man Evan	R
5	2F	21	Poon Tak Him	R
6	1E	8	Cheung Chi Yin	O



# Heats Day – Lane Distributions

7	1D	30	Tam Pok Him Jerome	G
8	1F	10	Cheng Ping Chi	G
<b>Heat No.: 2</b>				
1	1E	25	Sin Cheuk Ting	R
2	2A	4	Chan Wai Hon Clifford	R
3	2D	10	Kwong Cheuk Kwan	G
4	1A	4	Chen Xuhong William	P
5	2C	14	Lam Kin Hei	G
6	1E	19	Law Hei Lok Jaevis	O
7	2A	3	Chan Chun Hay	Y
8	1D	16	Hui Matthew Holam	B
<b>Heat No.: 3</b>				
1	1D	19	Lam Zit	P
2	2E	9	Chui Cheuk Kiu Isaac	Y
3	1C	12	Hsu Chun Kiu Sirius	P
4	2A	32	Yeung Xing Hei	O
5	1A	29	Wong Chi Yi	P
6	1D	17	Kwong Pak Hei	G
7	1E	6	Cheng Ping Ho	O
8	1C	16	Kwan Pak Kei	B
<b>Heat No.: 4</b>				
2	1C	17	Lai Kwun Shing	G
3	1B	16	Lam Kheiron	G
4	1B	5	Cheng Pok Man Hugo	G
5	2C	18	Leung Ching Hon	R
6	2B	3	Chan Hin Kiu Hugo	R
7	2B	17	Kwok Chun Yin Alvin	O
<b>Heat No.: 5</b>				
2	2A	30	Wong Shun Ping	B
3	1E	10	Chong Chun Hei Isaac	R
4	1B	12	Ho Ho Kiu	Y
5	1C	28	Poon Shing Chun Jeffrey	B
6	2E	19	Lau Chun Him	B
<b>Event No.: 19</b> <b>Event Name: 200M Grade B</b> <b>Event Time: 11:00 a.m.</b>				
<b>Heat No.: 1</b>				
1	3C	4	Chan Yat Nam	P
2	3B	17	Man Sin Kei Collins	R
3	2D	16	Lo Cheuk Him	Y
4	3E	18	Lee Yat Lok	R
5	3E	25	Tan Asher Tze Kit	P

6	3F	8	Chu Chun Heen Ryan	R
7	4E	9	Law Lok Hei	R
8	3A	11	Lam Tsz Kiu	B
<b>Heat No.: 2</b>				
1	3F	23	Wong Lok Sang	B
2	3E	24	Ngan Ka Hung	B
3	4C	1	Au Yeung Yat Hei	O
4	3D	10	Keung Wun Yu	P
5	3A	15	Lee Hon Sum Martin	B
6	3F	28	Yuen Lok To Brandon	Y
7	3B	22	Ta Shanyee	G
8	4F	22	Mak Wai Nok Enoch	Y
<b>Heat No.: 3</b>				
1	3E	23	Ng Yui Hin Franklin	R
2	4F	20	Li Edison Chun Yin	R
3	4E	17	Lok Fung	G
4	4C	4	Cheng Yiu Chun	R
5	3D	16	Lau Yiu Fung Wyatt	B
6	2E	33	Yuen Tsz Hin	B
7	4C	13	Ku Pak Hin	R
8	2F	19	Ng Ka Wai	Y
<b>Event No.: 20</b> <b>Event Name: 200M Grade A</b> <b>Event Time: 11:00 a.m.</b>				
<b>Heat No.: 1</b>				
1	4F	27	Vrijmoed Justin	G
2	5F	28	Tsang Ho Ming Vincent	B
3	5F	8	Chow Tsz Hei	G
4	6F	13	Lau Ting Him Cedric	Y
5	5E	6	Chung Andy Ka Wai	O
6	6F	8	Fung Ngo Yeung	R
7	4C	8	Fan Pak Yin	B
8	6E	9	Hui Man Kit	P
<b>Heat No.: 2</b>				
2	6A	1	Chan Ho Yue	B
3	6F	20	Mak Chun To Oscar	G
4	5E	11	Li Jun Xi	B
5	6E	19	Ng Wai Hang	R
6	6E	2	Chan Chun Ngai	P
7	6E	18	Ma Cheuk Him	B
8	5B	7	Chow Wai Ching	G
<b>Heat No.: 3</b>				

# Heats Day – Lane Distributions

4	5E	10	Lee Chung Yan Daniel	P
5	6E	4	Chan Wang Tik	R
6	5d	14	Lou Lap Yan	P

**Event No.: 21**  
**Event Name: Long Jump Grade C**  
**Event Time: 11:00 a.m.**

**Final**

1	1D	18	Lam Ho Sum	O
2	1D	23	Lo Chung Tin	R
3	1F	22	Lee Alden	O
4	1E	34	Zhang Chenyi	P
5	2E	21	Law Tin Yat Barret	Y
6	1C	17	Lai Kwun Shing	G
7	2D	26	Wong Samuel Hon Yee	G
8	1E	8	Cheung Chi Yin	O
9	2F	22	Shum Yeuk Hei	Y
10	2C	8	Cheung Shing Lok	P
11	1D	9	Cheung Will	R
12	1B	5	Cheng Pok Man Hugo	G
13	1D	1	Chan Chun Ting	P
14	1C	12	Hsu Chun Kiu Sirius	P
15	1A	33	Yu Tin Yiu	R
16	1E	10	Chong Chun Hei Isaac	R
17	1A	2	Chan Nok	G
18	2F	32	Yeung Cheuk Yin	O
19	1D	34	Yeu Tin Yu	Y
20	1A	20	Shiu Adrian Kai Lim	P
21	1D	16	Hui Matthew Holam	B
22	2E	23	Lee Ming Yau	G
23	1C	8	Cheung Tsz Ko Aris	R
24	2E	18	Lau Chun Bun	O
25	1B	12	Ho Ho Kiu	Y
26	1C	30	Tam Man Ho Matthew	O
27	1A	25	Tung Chun Pang Gordon	B
28	2F	27	Wang Ruoyu	G
29	2C	27	Tsui Hin Fung Herman	P
30	1F	35	Yuen Lok Luc	O
31	1C	3	Chan Chun To	B
32	1B	11	Fung Kwok Yui Markus	P
33	2C	7	Chan Lok Hei	P
34	2E	13	Hu Haoxiang	Y
35	1E	29	Tsang Suen Hoi	G
36	1C	34	Yeung Brandon Chung Hei	Y

**Event No.: 22**

**Event Name: 1500M Grade C**  
**Event Time: 11:40 a.m.**

**Final**

1	1D	9	Cheung Will	R
2	2E	31	Wong Ngai	G
3	1A	35	Zhang Shing Yuen	O
4	1D	14	Ho Ching Ho	G
5	1D	35	Yip Cheuk Him	Y
6	2E	23	Lee Ming Yau	G
7	1D	21	Law Yu Sing Carter	Y
8	1E	2	Chan Pak Yeung	P
9	2C	7	Chan Lok Hei	P
10	2C	27	Tsui Hin Fung Herman	P
11	1E	29	Tsang Suen Hoi	G
12	1B	9	Chow Chun Lok Alvin	Y
13	1D	28	Ng Pak Hei	Y
14	1C	36	Tin Ho Lam Jairo	P
15	1F	1	Au Pak Ki	Y
16	2F	6	Hui Chun Ching Donald	Y
17	2A	5	Chang Lok Hang	Y
18	2F	10	Lam Wai Nok	R
19	2D	2	Chan Tsun Ho Martin	Y

**Event No.: 23**  
**Event Name: 1500M Grade B**  
**Event Time: 11:40 a.m.**

**Final 1**

1	4A	3	Cherk Kam Him	O
2	4A	21	Yeung Lok Tin Timothy	B
3	4B	12	Shek Chi Chung	G
4	3C	18	Mak Long Hei	Y
5	4B	1	Au-Yeung Anton	B
6	4A	2	Chau Isaac Samuel	G
7	4D	15	Tse Long Hei	B
8	4A	1	Chan Yat Hin Daniel	Y
9	3F	26	Yip Tsz Him	P
10	4C	16	Lau Cheuk Kiu	B
11	4D	2	Cheng Chin Hang	G
12	3B	21	Szeto Pak Hei	G
13	4B	4	Fong Shun Hei Bosco	R
14	4D	3	Cheung Chak Son	P
15	3F	13	Lau Ting Hang	O
16	4D	4	Chow Gi On	P
17	4A	13	Law Ka Ho	O
18	3D	2	Chan Tsz Fuk Josiah	O

# Heats Day – Lane Distributions

19	3A	14	Lau Tak Ho	Y
20	4D	9	Lau Ka Long	R
21	4C	25	Yao Jia Wei James	O
22	4B	13	Tai Che Hang Asset	P
23	4D	11	Lo Hoi Him	P
24	4B	5	Lai Shun Fai Max	Y
25	3A	8	Ho Chung Him	B
26	3F	12	Ke Tat	R
27	4A	12	Lau Ho Yin	R
28	4A	5	Ho Shing Kwan Anson	Y
29	4D	19	Wong Ho Kwan	Y
30	4D	8	Lao Jerry Zhi Rui	Y
31	3F	8	Chu Chun Heen Ryan	R
32	4A	4	Choy Ching Hei	B
33	4F	15	Lam Long Yin	G
34	3B	6	Cheng Shing Hang	G
35	4A	10	Lai Shun Ming Mason	P
36	4C	15	Lam Tai Yin	G
37	4B	16	Wong Po Fung Valere	G
38	3F	3	Chan Kim Nam Cyrus	B
39	4D	16	Wan Ka Chun	O
40	4A	14	Leung Chun Kiu	G
41	3F	7	Cho Jin Hey	Y
42	5E	27	Wong Yik Yu	G
43	3A	3	Chan Yan Ho Karvyn	R
44	3D	30	Yu Shing Hin	R

## Final 2

1	3A	12	Lau Chun Hei	R
2	3C	3	Chan Pak Tao Owen	G
3	4B	3	Chan Yin Chun	B
4	4D	1	Chan Sung Long	O
5	4A	11	Lau Chun Him	O
6	4A	8	Lai Chun Yin	Y
7	4F	21	Liu Tsz Fung	Y
8	4D	10	Lo Chi Him	R
9	3E	4	Chan Wang Yui	P
10	4D	13	Poon Chung Hei	B
11	4D	5	Chu Po Sing	Y
12	4D	22	Zhang Andy	G
13	3C	11	Ku Chun Hei	B
14	3C	7	Choi Ka Hei Martin	R
15	4B	6	Lau Chin To Brendan	G
16	4D	20	Yik Chor Fan	P

17	3C	26	Yau Hoi Lok	B
18	3A	19	Ma Cheuk Kwan	Y
19	4A	9	Lai Pui Kwan	B
20	4B	14	Tam Lok Him	G
21	2E	12	Fan Kok Pan Justin	G
22	4D	7	Kwan Nok Yin	R
23	4D	14	Tang Wing Chit	P
24	4A	6	Houng Shing Hin	G
25	4B	10	Lo Ming Yin	Y
26	3C	8	Chow Yi Lok	P
27	4D	6	Fong Lue Aiden	P
28	4B	2	Chan Hei Chung Alton	Y
29	4B	9	Leung You Lin Frank	O
30	3B	29	Yim Wai Lun Warren	O
31	4D	18	Wang Hin Justin	O
32	4A	19	Wong Ming Tak	B
33	4D	17	Wan Tsz Wing	P
34	3B	18	Ng Lucas	O
35	4B	11	Lum Hei Lok	B
36	4D	12	Lo Ka Hei	R
37	3D	24	Li Chi Shing	P
38	3E	22	Mung Chun Yan	Y
39	4A	17	Tsang Pak Hei	B
40	4B	7	Lau Wang Chit	R
41	3C	19	Ng Chun Hei	Y
42	3F	22	Wong Hon Ming	R

**Event No.: 24**

**Event Name: 1500M Grade A**

**Event Time: 11:40 a.m.**

## Final 1

1	6D	10	Leung Wing Hang	O
2	5E	24	Wong Tin Long	O
3	6B	5	Ho Sze Chun	O
4	6F	8	Fung Ngo Yeung	R
5	5D	6	Ching Chak Ming	O
6	6E	15	Leung Cheuk Fung	Y
7	6E	13	Lau Chi Hang	Y
8	5E	6	Chung Andy Ka Wai	O
9	5E	12	Ma Hok Ching	Y
10	6C	11	Liu Tin Yui	Y
11	6C	12	Ngai Matthew Hon Hin	R
12	5F	29	Yip Tsz Ho	O

# Heats Day – Lane Distributions

13	6D	18	Wan Tsz Kit	P
14	5E	2	Chang Sa Lang Enoch	Y
15	6E	5	Cheung Tung Lam	O
16	5E	25	Wong Tsz Wang	O
17	5A	24	Woo Sung Tak	G
18	5E	31	Yiu Chung Him	B
19	5E	29	Xiao Guanze	B
20	5D	11	Hui Tang Ho	G
21	6C	2	Chan Chun Nok	R
22	6F	18	Lui Nok Marcus	Y
23	4C	2	Chai To Sum	P
24	6C	1	Chan Ching Wai	P
25	6E	21	Wong Chin Fung	G
26	6A	24	Wong King Fai	R
27	6C	6	Lam Ho Yin	R
28	6B	10	Leung Shing Yiu	P
29	6E	23	Wong Hon Yin	O
30	5A	1	Chan Hin Cheung	R
31	5A	22	Wong Pak Long	O
32	5A	8	Hung Ho Ching Matthew	O
33	5D	9	Hong Pok Him	G
34	5A	5	Cheng Sze Ming	B
35	5F	5	Chiu Xenon Bezalel	R
36	5B	1	Chan Ho Fung Rio	G
37	5D	18	Wong Kin Chi	R
38	6D	4	Lam Fung Ian	O
39	6A	4	Cheung Ka Po Henry	P
40	6C	15	Tam Man To	O
41	6B	3	Fong Sze Chit	B
42	6A	21	Tsang Yau Lam	O
43	5E	10	Lee Chung Yan Daniel	P
44	6D	17	Tong Lap Man	Y
45	6C	9	Law King Yin	O

## Final 2

1	5D	12	Hung Kiu Sum	O
2	6D	16	Tang Yat Long	P
3	5A	13	Law Yat Hei	B
4	5E	15	Ng Cheuk Hin Bernard	B
5	6A	14	Mok Pak Hei	G
6	6E	19	Ng Wai Hang	R
7	5A	11	Lam Varian	B
8	5A	23	Wong Tun Kit	Y
9	6B	14	Wong Hon Pui	P

10	6C	4	Chung Tin Hei Colin	G
11	5D	22	Zuo Yun Qi Joshua	P
12	6D	8	Lee Cheuk Hang Jacob	P
13	5D	14	Lou Lap Yan	P
14	6E	7	Chiu Yin Chi	P
15	6C	7	Lau Wai Pong	R
16	6D	1	Chan Pak Guan	R
17	5E	7	Kwok Wing Kai Ricky	R
18	5D	17	Sze Fei Tak Fred	Y
19	6C	13	Tam Ching Man Edmund	G
20	5A	18	Tai Ka Lun	B
21	6B	1	Chan Sheung Kit	Y
22	6A	12	Leung Chun Kiu	P
23	5A	17	Pang Sin Hong	R
24	6C	5	Lam Ho Yin	P
25	5E	30	Yeung Shing Yau	B
26	6A	6	Chung Yin Long	O
27	6B	13	Siu Tsz Shing	B
28	5E	1	Chan Tsz San	R
29	5D	10	Hui Daniel	R
30	5E	17	Tsoi Pui Fung	G
31	5E	9	Lam Yin Hei Bosco	R
32	4D	21	Yu Lik Hang	R
33	5A	3	Chan Shing Hei	G
34	6D	15	Tang Chi Nok Alex	P
35	5D	20	Yang Feichi	Y
36	6D	11	Leung Yat Chun	R
37	6B	15	Yee Him Ming	O
38	6E	9	Hui Man Kit	P
39	6A	9	Lai Kin Kwan	P
40	5D	16	Pang Long Hin Alfred	R
41	6D	2	Chan Wang Yan	Y
42	6E	20	Nip Sin Hang Brian	Y
43	6B	8	Kwok Fong Yui	O
44	6F	21	Tse Ka Yu	B
45	6E	2	Chan Chun Ngai	P

## Final 3

1	5E	11	Li Jun Xi	B
2	6D	9	Leung De Wei Trevor	B
3	6D	14	Nip Ka On	Y
4	5C	8	Hung Ling In	P
5	5D	5	Cheuk Tin Lok	R
6	5A	20	Tang Siu Fung	B

# Heats Day – Lane Distributions

7	6F	5	Chua Jia Kang	Y
8	5D	7	Foo Shing Cheung Brian	Y
9	5A	7	Choi Sai Lok Aidan	P
10	6A	18	Poon Yip Sing	P
11	6B	12	Ng Wing Cheung	G
12	6B	6	Kam Chun San	O
13	5A	6	Chiu Kwok Wai	R
14	6E	10	Hung Kwan Ngok	R
15	4A	18	Wong Bryan Marcus	B
16	6D	12	Lo Sze Long Toby	Y
17	6E	22	Wong Christopher Chi Hin	Y
18	5A	15	Liu Panhua	B
19	5E	19	Tung Yau Sang	B
20	6F	11	Ho Yi Hang	P
21	6D	6	Lau Cheuk Hang	G
22	5E	20	Wong Chung Ki	G
23	6C	14	Tam Ho Hin	G
24	5A	14	Lee Andrew Barnabas	O
25	5E	13	Mak Chun Hei Ronald	P
26	6D	13	Nip Ka Lok	O
27	6E	12	Kan Pok Man Eric	B
28	5A	4	Chau Chun Ki Mike	R
29	6B	9	Lam Tsz Yuen	O
30	6E	11	Kam Chun Hei	Y
31	5D	15	Ng Felix	Y
32	6D	7	Lau Tai Wai	P
33	5E	8	Lam Long Hei	Y
34	6C	16	Wong Pak Hang	Y
35	5D	19	Wong Lok Yin Isaac	R
36	5D	2	Chan Kin Ting	B
37	6B	4	Fu Kwok Pan	O
38	6A	2	Chan Yin Chung	Y
39	6E	16	Leung Lok Him	G
40	6E	14	Lee Ming Hin	G
41	5F	10	Fung Hong Ching	P
42	5A	19	Tang Shing Yau Dave	O
43	6B	7	Kwok Chun Yin	O
44	6F	3	Chow Ho Yin	R
45	5D	13	Keung Pui Nam	R

4	5E	14	Meng Youchao	Y
5	5E	22	Wong Long Hin	G
6	5D	8	Ho Hei Yin	B
7	5B	16	Poon Hoi Yui Horus	G
8	6A	25	Yim Tsz Fung	B
9	6D	3	Kwan Chung Hei	G
10	6C	10	Lee Alexander Marcus	O
11	6F	19	Ma Shun Ngai	R
12	5E	3	Chim Chad Aristo	B
13	6B	11	Ng Man Chak Engus	B
14	6E	1	Au Ki Chun	O
15	6E	24	Wong Yan Chung	P
16	5A	21	Ting Yi Sum	O
17	5C	21	Yung Cheuk Nam	R
18	6D	19	Yeung King Pak	O
19	5B	20	Wong Hau Kin	O
20	5B	2	Chan Yin Cheung	P
21	5A	9	Ip Chak Ho	P
22	6A	16	Ng Ming Hon Anthony	P
23	5A	2	Chan King Laam	Y
24	6D	5	Lam Ming Long	B
25	5E	18	Tsoi Siu Hin	Y
26	6A	8	Kwok Chung	Y
27	6A	11	Law Ho Wai	R
28	6C	3	Cheung Ka Yiu	B
29	5A	16	Liu Xingjian Isaac	G
30	6C	8	Law Chun Ting	G
31	6A	20	Tsang Lok Ching Syrus	B
32	6A	15	Ng Ka Chai Matthew	B
33	6A	17	Poon Cheuk Hei	P
34	6A	22	Tsui Jerry William	G
35	5B	22	Zhu Xuanyu	Y
36	5D	21	Yip Alfred	G
37	6F	16	Lo Pok Man Baldwin	B
38	6E	4	Chan Wang Tik	R
39	5E	16	Tse Nga Lok	P
40	5A	10	Lam Chin Yu	B
41	5E	26	Wong Wing Ping	B
42	6F	24	Yeung Lok Wa Jr. Ray	G
43	6B	2	Cheng Chun Wang	O

**Event No.:** 25  
**Event Name:** Discus Grade A  
**Event Time:** 11:40 a.m.  
**Final**

<b>Final 4</b>				
1	6A	7	Foo Wai Hei Calvin	B
2	6F	10	Ho Wilson	O
3	5D	4	Cheng Yuet Long	B

# Heats Day – Lane Distributions

1	5F	19	Leung Ming Hei	O
2	5B	21	Yu Cheuk Him	O
3	6A	21	Tsang Yau Lam	O
4	5E	22	Wong Long Hin	G
5	5C	10	Lee Donald Cheuk Yiu	P
6	5E	26	Wong Wing Ping	B
7	6A	8	Kwok Chung	Y
8	5B	17	Pun Ho Cheung	R
9	5E	30	Yeung Shing Yau	B
10	3B	12	Kwong Jacob Yat Nam	R
11	5E	7	Kwok Wing Kai Ricky	R
12	6A	6	Chung Yin Long	O
13	5E	1	Chan Tsz San	R
14	5E	5	Chong Chun Kit	R
15	5B	4	Cheng Yee Him	P
16	5F	22	Lu To Yin	R
17	5E	11	Li Jun Xi	B
18	5E	4	Chiu Chun Hei	O
19	5E	13	Mak Chun Hei Ronald	P
20	5B	7	Chow Wai Ching	G
21	5B	3	Chau Vito Dik Hin	O
22	5F	7	Choi Wang Ho	O
23	5E	31	Yiu Chung Him	B
24	5E	15	Ng Cheuk Hin Bernard	B
25	5B	12	Lui Lok Him	G
26	3A	6	Gao Kwok Ho	Y
27	6A	22	Tsui Jerry William	G
28	5D	9	Hong Pok Him	G
29	5E	14	Meng Youchao	Y
30	5B	9	Ko Ka Him Samuel	R
31	5E	6	Chung Andy Ka Wai	O

<b>Event No.: 26</b>				
<b>Event Name: High Jump Grade B</b>				
<b>Event Time: 11:40 a.m.</b>				
<b>Final</b>				
1	4C	16	Lau Cheuk Kiu	B
2	4C	17	Leung Kin Shing	B
3	3C	8	Chow Yi Lok	P
4	3D	6	Guo Jinming	G
5	3C	28	Yu Chi Lam	P
6	4E	10	Lee Chun Fung	Y
7	3E	16	Lee Chun Sun	B
8	2A	26	Luo Yacheng	R
9	4A	6	Houng Shing Hin	G

10	3D	3	Chan Yat Cho	O
11	4E	1	Cham Ho Long	B

**Event No.: 27**  
**Event Name: 100M Hurdle Grade C**  
**Event Time: 12:30 p.m.**

**Final**

3	1F	10	Cheng Ping Chi	G
4	1F	36	Yip Knoton	G

**Event No.: 28**  
**Event Name: 100M Hurdle Grade B**  
**Event Time: 12:30 p.m.**

**Final 1**

2	3E	19	Lo Ka Hei	R
3	4E	10	Lee Chun Fung	Y
4	4F	19	Leung Wingyat	G
5	3B	16	Leung Chun Hei	B
6	4E	14	Leung Pak Hei	O
7	3D	3	Chan Yat Cho	O

**Final 2**

2	4A	16	Shum Cheuk Yin Donald	G
3	2C	29	Wong Ki Wai	P
4	3F	17	Man Ho Lam	O
5	4E	7	Kwong Hin Hei Angus	B
6	4C	11	Ho Roy	Y
7	4C	17	Leung Kin Shing	B

**Event No.: 29**  
**Event Name: 110M Hurdle Grade A**  
**Event Time: 12:30 p.m.**

**Final**

2	5D	18	Wong Kin Chi	R
3	5B	10	Lau Wai Hin	P
4	5C	4	Chow Thomas	R
5	5E	28	Wu Pak Kwan	R
6	5D	21	Yip Alfred	G
7	4B	15	Wong Ki Ching	P
8	5F	14	Lam Lik Chun Frank	P

**Event No.: 30**  
**Event Name: I/C 4x100M Grade C**  
**Event Time: 12:45 p.m.**

**Final 1**

2	1F		1F	
3	2B		2B	
4	2E		2E	
5	1A		1A	
6	2F		2F	

# Heats Day – Lane Distributions

7	1E		1E	
<b>Final 2</b>				
2	2D		2D	
3	2C		2C	
4	2A		2A	
5	1D		1D	
6	1C		1C	
7	1B		1B	

**Event No.: 31**  
**Event Name: I/C 4x100M Grade B**  
**Event Time: 12:45 p.m.**

<b>Final 1</b>				
2	4C		4C	
3	4A		4A	
4	4D		4D	
5	3F		3F	
6	3A		3A	
7	3B		3B	

<b>Final 2</b>				
2	3D		3D	
3	3C		3C	
4	3E		3E	
5	4F		4F	
6	4E		4E	
7	4B		4B	

**Event No.: 32**  
**Event Name: I/C 4x100M Grade A**  
**Event Time: 12:45 p.m.**

<b>Final 1</b>				
2	5E		5E	
3	6C		6C	
4	6F		6F	
5	5A		5A	
6	5F		5F	

<b>Final 2</b>				
1	5D		5D	
2	5B		5B	
3	6E		6E	
4	5C		5C	
5	6D		6D	
6	6A		6A	
7	6B		6B	

**Event No.: 33**  
**Event Name: I/H 4x400M Grade B**

<b>Event Time: 13:30p.m.</b>				
<b>Final</b>				
2			Banyan	B
3			Pine	P
4			Yew	Y
5			Ginkgo	G
6			Oak	O
7			Rosewood	R

**Event No.: 34**  
**Event Name: I/C 4x400M Grade A**  
**Event Time: 1:30 p.m.**

<b>Final</b>				
2			Banyan	B
3			Rosewood	R
4			Ginkgo	G
5			Oak	O
6			Pine	P
7			Yew	Y

**Event No.: 35**  
**Event Name: I/C 4x400M Grade C**  
**Event Time: 13:30 p.m.**

<b>Final</b>				
2			Pine	P
3			Rosewood	R
4			Ginkgo	G
5			Banyan	B
6			Yew	Y
7			Oak	O