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St. Paul's College Annual Sports Day (Heats Day)

28th November 2023
Wan Chai Sports Ground





ST. PAUL'S COLLEGE

Tuesday, 28th November 2023 (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.

TRACK					FIELD				
Time	Event No.	Grade	Event	Heat/Final	Time	Event No.	Grade	Event	Final
9:15	1	C	100M Hurdle	2 F	9:15	4	A	Long Jump	41 nos.
	2	B	100M Hurdle	2 F		5	B	Discus	20 nos.
	3	A	110M Hurdle	3 F		6	C	High Jump	15 nos.
						7	A	Shot Put	39 nos.
9:35	8	C	400M	3 H					
	9	B	400M	3 H					
	10	A	400M	2 H					
10:00	11	C	100M	12 H	10:00	14	A	High Jump	14 nos.
	12	B	100M	6 H		15	B	Triple Jump	8 nos.
	13	A	100M	8 H	10:15	16	B	Shot Put	13 nos.
						17	A	Discus	51 nos.
10:45	18	C	800M	2 H	10:45	21	C	Long Jump	54 nos.
	19	B	800M	2 H					
	20	A	800M	3 H					
11:00	22	C	200M	6 H					
	23	B	200M	4 H	11:15	25	B	High Jump	12 nos.
	24	A	200M	5 H					
11:25	26	C	1500M	1 F					
	27	B	1500M	2 F					
	28	A	1500M	3 F					
12:30	30	C	I/C4x100M	2 H	12:00	29	B	Javelin	21 nos.
	31	B	I/C4x100M	2 H					
	32	A	I/C4x100M	2 H					
13:00	33	B	I/H4x400M	1 F					
	34	A	I/H4x400M	1 F					
	35	C	I/H4x400M	1 F					
13:30	School Dismiss								

ST. PAUL'S COLLEGE

Annual Sports Day (Heats Day)

Guest of Honour : Mr. Yeung Man Tat
(Chairman of the Parent Teacher Association of the College)

Officials

Chairman of the Meet	:	Mr. D.Y. Yuen			
Vice-chairpersons	:	Ms. K.Y. Ng	Mr. K.C. Chan	Ms. W.S. Wong	
Organizing Secretaries	:	Mr. W.L. Tang	Mr. W.W. Mak		
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. W.K. Wong		
Chief Field Judges	:	Mr. W.W. Mak	Mr. T. Lee	Mr. L.H. Yeung	
Announcers	:	Mr. W.I. Yu	Mrs. M.K. See	Mr. T.F. Ng	Ms. K.Y. Chan
		Ms. M.Y. Hui	Ms. H.Y. Chan	Ms. K.Y. Yu	Mr. C.L. Lo
		Ms. C. Lam	Ms. C. Wong	Ms. Y.Y. Lee	Ms. P. Chan
Competitors' Marshall	:	Mr. W.K. Wong	Mr. S.H. Lee	Mr. L.H. Ho	Mr. S.L. Ho
		Student officials			
Starters	:	Mr. P.M. Choi	Mr. K.L. Ng	Mr. K.L. Wong	Student officials
Marksman	:	Mr. W.L. Tang	Student officials		
Position Judges	:	Mr. W.L. Tang	Mr. Y.L. Chow	Mr. C.H. Ng	Student officials
Timekeepers	:	School Timing Team			
Recorders' Advisor	:	Mr. M.F. Kwok	Ms. W.C. Fung	Student officials	
Corner & Relay Judges	:	Mr. T. Lee	Mr. L.H. Yeung	Mr. S.H. Lee	
High Jump	:	Mr. W.H. Poon	Ms. S. Leung	Ms. K.Y. Kwong	Ms. K.Y. Wong
		Mr. S.H. Koo	Mr. C.C. Wan	Student Officials	
Long Jump	:	Mr. K.S. Kwok	Ms. P.S. Chan	Ms. L.Y. Kwok	Ms. X. Ma
		Ms. N. Yeung	Mr. J. Leung	Mr. F.Y. Chu	Mr. K.C. Leung
		Mr. L.S. Ha	Student Officials		
Triple Jump	:	Mr. H.M. Tang	Mr. S.C. Woods	Mr. K. Kan	Mr. A. Jolly
		Ms. I.Y. Mohammad	Student Officials		
Shot Put	:	Mr. C.C. Chan	Ms. S.Y. Ngan	Ms. S.M. Yu	Mr. K.H. Ngan
		Mr. T.O. Chu	Ms. S.K. Lam	Ms. T.S. Chan	Mr. L.C. Lo
		Mr. P.Y. Chan	Student Officials		
Discus	:	Mr. S.N. Tse	Ms. M.S. Lee	Ms. W.Y. Yuen	Mr. P. Lam
		Ms. N.T. Cheng	Ms. W.Y. Chau	Ms. L.M. Wong	Ms. W.Y. Ng
		Ms. S.Q. Li	Student Officials		
Javelin	:	Mr. K.C. Au Yeung	Ms. P.S. Kwok	Ms. M.W. Wong	Ms.T.M. Fong
		Mr. C.K. Choi	Ms. O.Y. Cheung	Student Officials	
Prizes	:	Ms. Y.S. Chan	Ms. L.L. Chan	Scouts	
Runners & Helpers	:	Mr. H.W. Lee	Scouts		
Publicity	:	Mrs. Y.O. Zai	Mr. K.W. Lee	Mr. C.H. Lee	
First-aiders	:	Mr. K.W. Kan	Ms. Y. Y. Tse	Youth Red Cross	
Discipline	:	Mr. Y.H. Li	Ms. M. Chan	Ms. S.C. Yu	Ms. M.Y. Shek
		Ms. L.N. Chan	Ms. H.L. Chan	Prefects	
Reception for the Primary	:	Ms. W. Yiu	Mrs. J. Wai	Ms. C.C. Hung	Ms. W.S. Leung
School Invitation Relay					
Best Cheering Team Judges	:	Mr. D.Y. Yuen	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
<u>A-Grade</u>			
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	15.90 sec.	1987	<i>Lai Chi Yeung</i>
Long Jump	6.50 m.	2018	<i>Wu Kieran Hiu Chun</i>
Triple Jump	12.97 m.	1997	<i>Chow Lee Kuen</i>
High Jump	1.78m.	1997	<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>
<u>B-Grade</u>			
100 m.	11.25 sec.	1989	<i>Ku Wai Ming</i>
200 m.	23.05 sec.	1989	<i>Ku Wai Ming</i>
400 m.	55.15 sec.	2022	<i>Leung Kin Shing</i>
800 m.	2 min. 12.20 sec.	1980	<i>Lee Kwok Fai</i>
1500 m.	4 min. 43.80 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 Kieran 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>Phang Calvin Sherab</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>
<u>C-Grade</u>			
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. 17.97 sec.	2022	<i>Tsui Hin Fung Herman</i>
1500 m.	4 min. 58.58 sec.	2022	<i>Tsui Hin Fung Herman</i>
100 m. Hurdles	17.40 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>
<u>Open-Grade</u>			
3000 m.	10 min. 14.72 sec.	2022	<i>Tsui Hin Fung Herman</i>
400 m. Hurdle	1 min. 05.44 sec.	2015	<i>Tam Hok Yiu Sean</i>

ST. PAUL'S COLLEGE

ATHLETIC STANDARDS & SPECIFICATIONS OF IMPLEMENT

EVENT	GRADE		
	A / OPEN	B	C
100 m.	13.00 sec.	13.50 sec.	14.20 sec.
200 m.	26.80 sec.	27.80 sec.	29.80 sec.
400 m.	1 min. 02 sec.	1 min. 04 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	-----	20.50 sec. (0.914 m. high)	22.20 sec. (0.84 m. high)
110 m. Hurdle	20.80 sec. (0.914 m. high)	-----	-----
400 m. Hurdle	1 min. 07.50 sec. (0.84 m. high)		
High Jump	1.50 m.	1.45 m.	1.25 m.
Long Jump	4.90 m.	4.60 m.	3.80 m.
Triple Jump	10.00 m.	9.20 m.	-----
Shot Put	8.50 m. (5 Kg)	8.80 m. (4 Kg)	7.00 m. (4 Kg)
Discus	18.50 m. (1.5 Kg)	20.00 m. (1 Kg)	15.50 m. (1 Kg)
Javelin	21.50 m. (700 gm)	17.50 m.	-----
4 x 100 m.	51.00 sec.	53.00 sec.	56.5 sec.
4 x 400 m.	4 min. 13 sec.	4 min. 28 sec.	4 min. 50 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

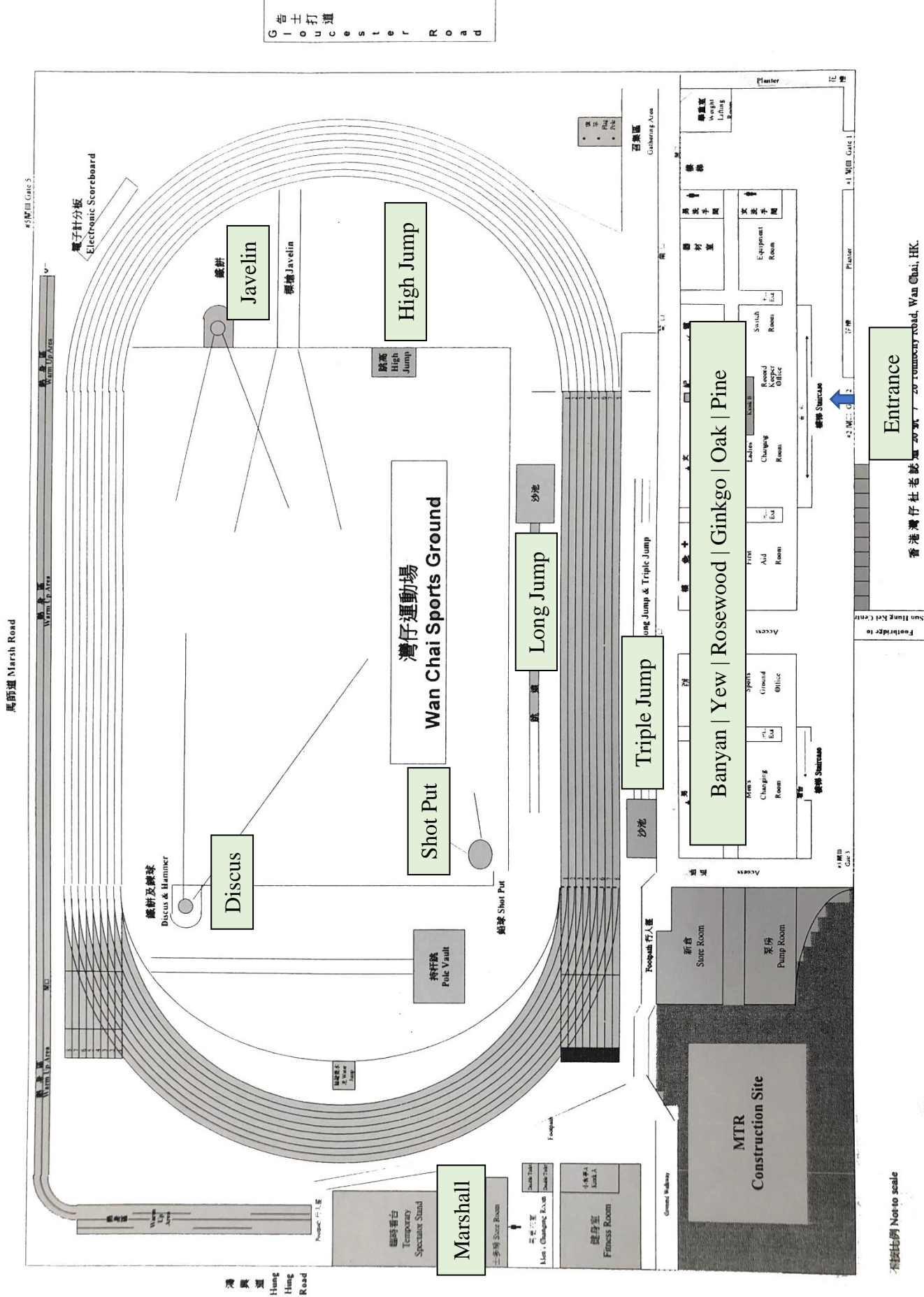
1. Only 5-7mm spikes or rubber shoes are allowed on the track. The competitor wearing spikes other than the specified category will be refused access to the track. (no one is allowed to run bare-footed)
2. Eating and drinking are not allowed on the track.
3. No glassware is allowed to be brought onto 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 ! "

Wan Chai Sports Ground Layout Plan



不設比例 Not to scale

Student Officials

Competitors' Marshall:	4F Fok Marcus Wai Sen	4C Tan Asher Tze Kit	4C Zhu Hong Cheng Manco
Starters:	4A Chan Lok San	4A Lee Wang Hei	4A Cheung Jun Ming
Marksman:	5C Lau Cheuk Kiu	5E Lok Fung	2B Chan Pak Yeung
Position Judges:	3D Lam Kin Hei 3F Chan Chak Kiu Ambrose 3A Choi Tin Mong Timothy 3E Chu Kai Kong	3D Tsang Tsz Long 3A Leung Yu Hei 3A Wong Shu Hang Carson 4F Hung Chi Ho	3D Lau Cheuk Hin 3A Li O Ki Bryce 3A Lam Kwan Leong Alva 5D Wong Ka To
Photo-Finish & Recorders:	6E Ng Cheuk Hin Bernard 5E Tsai Shing Him	5E Li Shun Hin Ernest 3E Lau Tsun Fei	5C Fung Hin Yu 3E Chan Tsun Ho Martin
High Jump:	4F Guo Jinming	4A Chan Kim Nam Cyrus	4E Lam Ting Pong
Long Jump:	3E Lam Yuk Hang Brian	3B Chan Hin Kiu Hugo	3B Chan Hon Lam Arthur
Triple Jump:	1C Chan Tsz Nok	2A Shiu Adrian Kai Lim	
Shot Put:	3D Lai Ho Wan	2F Liu Qi Chen	1F Chew Cheuk Him Chester
Discus:	3D Leung Yat Chun	3F Chui Chung Hei	4B Lam Chung Ming Timothy
Javelin:	4D Cheung Kong To	2E So Ryan	2A Chan Tsz Hei

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, Primary Schools Invitation 4x100m	---	Finals
Field Event	Heats Day	Finals Day
Long Jump	A, C	B
Triple Jump	B	A
High Jump	A, B, C	---
Shot Put	A, B	C
Discus	A, B	C
Javelin	B	A

Lane Distribution

Event 1 C Grade 100M Hurdle Final 1			
1	1A04	P	Chan Yin Fung Curtis
2	2C31	R	Yeung Nok Hei Brian
3	2C32	G	Yip Knoton
4	2A01	B	Chan Ka Cheuk
5	1D15	G	Guo Junda
6	1D17	B	Hu Sin Cheung
7	2B07	O	Cheung Chi Yin
8	2F10	Y	Fu Tai Yuan
Event 1 C Grade 100M Hurdle Final 2			
2	1D16	B	Ho Shun Yin Bryant
3	1D21	R	Kong Davidson
4	1D20	P	Jim Ho Yin
5	2A32	Y	Yau Pak Lam
6	1D03	G	Chan Chun Yin
Event 2 B Grade 100M Hurdle Final 1			
1	3A21	P	Ng Wai Cheung
2	4A29	R	Yiu Cheuk Kiu
3	3C26	G	Tsang Ho Yin
4	3F17	P	Kwok Yui Shu
5	3B32	O	Wong Wai Ming
6	3D29	B	Wong To Wang Darren
7	3E31	B	Yuen Tsz Hin
8	3C16	R	Lam Cheuk Hang
Event 2 B Grade 100M Hurdle Final 2			
2	3D25	P	Wong Ki Wai
3	3F11	O	Chu Pak Wai
4	4E23	G	Szeto Pak Hei
5	4A21	O	Man Ho Lam
6	3E28	O	Yeung Xing Hei
7	3A22	R	Poon Tak Him
8	4B03	O	Chan Yat Cho
Event 3 A Grade 110M Hurdle Final 1			
1	6C18	G	Yu Chung Yau
2	5C16	B	Leung Kin Shing
3	6F11	O	Hui King Bong
4	6A10	G	Lau Chi Hey Damien
5	6B10	P	Lau Wai Hin
6	6E27	R	Wu Pak Kwan
7	6A14	G	Liu Xingjian Isaac
8	5C09	O	Ho Chak Kai
Event 3 A Grade 110M Hurdle Final 2			
2	6D18	G	Yip Alfred
3	5C08	P	Fung Hin Yu
4	5B14	P	Wong Ki Ching
5	6E04	O	Chiu Chun Hei

6	5A13	G	Shum Cheuk Yin Donald
7	5C15	B	Lau Cheuk Kiu
Event 3 A Grade 110M Hurdle Final 3			
2	6B06	P	Chiu Chung Him Brian
3	5F17	G	Leung Wingyat
4	5C13	O	Lai Ming Tsaan Jason
5	5C24	O	Yin Shun Kit
6	5C10	Y	Ho Roy
Event 8 C Grade 400M Heat 1			
1	1F25	Y	Shek Tin Long
2	1C05	O	Chan Tsz Nok
3	1D08	P	Cheng Louis
4	2B22	Y	Leung Man Nok Cyrus
5	1F09	O	Chew Cheuk Him Chester
6	1B27	G	Sung Man Hei
7	2A05	P	Cheung Ching Kit
8	1D36	Y	Gan Yee Mak
Event 8 C Grade 400M Heat 2			
2	2D27	P	Tin Ho Lam Jairo
3	1E32	O	Yeung Ching Yiu
4	1D28	B	Man Kenneth
5	2B07	O	Cheung Chi Yin
6	2E28	G	Shum Hoo Cheung
7	2D34	R	Yu Tin Yiu
Event 8 C Grade 400M Heat 3			
2	1E03	O	Chan Ho Lap Aidan
3	1E27	O	Wong Chi To Anthony
4	1D09	R	Cheuk Him
5	2E27	R	Poon Ngai Chun
6	1A01	B	Chan Chun Yat
Event 9 B Grade 400M Heat 1			
1	3B32	O	Wong Wai Ming
2	4E18	B	Lee Chun Sun
3	3E28	O	Yeung Xing Hei
4	4C16	O	Lam Ching Ho
5	3B03	R	Chan Hin Kiu Hugo
6	3C13	G	Fan Kok Pan Justin
7	2A06	P	Cheung Tsz Yung
8	2A13	Y	Jia Wing Hong
Event 9 B Grade 400M Heat 2			
1	3F13	O	Chui Chung Hei
2	4C09	Y	Cheung Chun To Ambrose
3	3B23	R	Ng Tsz Lok Aiden
4	3C21	G	Leung Tsz Kiu
5	4D18	Y	Ng Cheuk Lam
6	3C20	G	Lee Ming Yau
7	4B02	G	Chan Fan San
8	3A02	P	Chan Lok Hei

Event 9 B Grade 400M Heat 3			
2	3B18	Y	Law Tin Yat Barret
3	3A21	P	Ng Wai Cheung
4	3E07	Y	Du Yat Kiu
5	3D29	B	Wong To Wang Darren
6	4E09	B	Ku Chun Hei
7	4B18	B	Ngan Ka Hung
Event 10 A Grade 400M Heat 1			
1	6C20	R	Yung Cheuk Nam
2	5D03	Y	Chu Po Sing
3	6B11	Y	Li Chi Hong
4	5D10	R	Lo Ka Hei
5	4A20	P	Lu Kenneth
6	5C14	G	Lam Tai Yin
7	6F05	R	Chiu Xenon Bezalel
8	6F16	P	Lau Ka Ming
Event 10 A Grade 400M Heat 2			
1	5C16	B	Leung Kin Shing
2	5E11	O	Leung Pak Hei
3	6E02	Y	Chang Sa Lang Enoch
4	5E02	G	Chan Chi Hang
5	6B20	O	Wong Hau Kin
6	5D19	R	Yu Lik Hang
7	5F24	G	Vrijmoed Justin
8	5E06	R	Law Lok Hei
Event 11 C Grade 100M Heat 1			
1	2E27	R	Poon Ngai Chun
2	2C31	R	Yeung Nok Hei Brian
3	2B32	P	Wong Cheuk Long
4	1D17	B	Hu Sin Cheung
5	2A10	P	Cu Hay In
6	2F04	P	Chen Xuhong William
7	1C32	P	Tung Chun Ting
8	1A09	P	Fung Tsz Wai
Event 11 C Grade 100M Heat 2			
1	2E02	Y	Chan Chak Hin Bosco
2	2E10	B	Chau Kun Fung Moses
3	1D02	O	Chan Cayden Kai Tung
4	2E09	G	Chan Yuen Ho
5	1C19	P	Lin Jinhao
6	1F20	G	Mak Chun Ting
7	1F32	G	Wong Ling Hin
8	2B24	R	Lo Chun Yin
Event 11 C Grade 100M Heat 3			
1	1B01	B	Au Ka Lun
2	1F34	P	Yip Chin Pok
3	1D30	G	Ng Pak Hei
4	1F15	P	Lam Yat Hei

5	1F21	O	Man Ho Chit
6	1E11	Y	Fu Jaden
7	1F11	R	Ho Yan To
8	2C11	P	Fung Kwok Yui Markus
Event 11 C Grade 100M Heat 4			
1	1F22	P	Man Tsz Kit
2	1F17	G	Law Yi Shun
3	2D05	P	Cheung Kyle Ka-Hay
4	1E19	G	Li Jun Ai Barnaby
5	2A28	O	Siu Chak Sum
6	2F02	O	Chan Yu Hin
7	1B12	G	Law Sum Chit
8	2F31	Y	Yeung Long Hei Angus
Event 11 C Grade 100M Heat 5			
1	2A33	Y	Yeung Brandon Chung Hei
2	2A03	B	Chan Tsz Hei
3	1B13	B	Lee Jonathan Pui Tsun
4	2D23	O	Ng Shing Hei Lincoln
5	1C13	O	Fu Hok Yin
6	2D12	G	Ip Pok Man
7	2F23	B	Poon Shing Chun Jeffrey
8	1E22	R	Ng Shing Hin
Event 11 C Grade 100M Heat 6			
1	1A19	Y	Law Yui Chit
2	1A04	P	Chan Yin Fung Curtis
3	2C30	G	Yao Pak Him
4	1E08	O	Cheung Yan Shek Isaac
5	2C23	G	Sin Lok Yin
6	1D11	Y	Cheung Shun Yan
7	1F31	B	Wong Ching Kiu
8	1B24	G	Ng Yat Hin
Event 11 C Grade 100M Heat 7			
1	2D08	Y	Chu Jan
2	1D12	R	Chow Cheuk Hin
3	1E02	P	Chan Caleb
4	2A29	G	Tin Shing Kwan Amos
5	2E26	Y	Pang Pak Hang Marcus
6	2F16	G	Lam Kheiron
7	1E17	B	Law Tsz Chun
8	2D34	R	Yu Tin Yiu
Event 11 C Grade 100M Heat 8			
1	1B20	Y	Lui Hong Wing
2	2C13	G	Ip Ho Sum
3	2E01	G	Au-Yeung Nicholas
4	2F25	B	Tin Cheuk Lam
5	1F26	R	Sin Kai Hin
6	1F29	G	Wan Ho Ching
7	2A17	R	Lee Cheuk Hin Chester

8	1B15	G	Lee Kwok Hey
Event 11 C Grade 100M Heat 9			
1	1F12	Y	Kam Ernest
2	1A20	R	Lee Ming Hin
3	1F06	B	Chan Tsz Wang
4	1E24	Y	Tao Yichen
5	1D01	P	Cham Tsz Him
6	1B25	B	Ng Yuk Cheung
7	2A08	Y	Choi Ho Yan
8	2A16	P	Lee Cheuk Hin Carson
Event 11 C Grade 100M Heat 10			
1	2B27	O	Tam Man Ho Matthew
2	2F26	O	To Yu Hin Desmond
3	2C19	P	Li Louis Ka Wo
4	2F08	Y	Chu King Ching
5	2D33	R	Yau Chun Ting
6	1B30	P	Wong Chun Wai Stanley
7	1F07	B	Chang Lok Him
8	1C10	R	Cheung Tsz Ko Aris
Event 11 C Grade 100M Heat 11			
1	2C02	B	Chan Chun To
2	1C21	Y	Lui Ho Hong
3	2C28	P	Wong Tsz On
4	2A24	R	Loo Anchor
5	1A21	P	Leung Ching Him
6	1F04	O	Chan Pak Lam
7	2A27	P	Shiu Adrian Kai Lim
8	2E17	G	Ho Ching Ho
Event 11 C Grade 100M Heat 12			
2	1F35	R	Yip Ho Yeung
3	2C26	B	Wong Chit
4	1F19	B	Lei Chun Hei
5	2A34	P	Zhang Chenyi
6	2D31	P	Wong Chi Yi
7	1D21	R	Kong Davidson
Event 12 B Grade 100M Heat 1			
1	4C10	P	Choi Cheuk Hin Ethan
2	3E10	Y	Hou Baicheng
3	3D17	P	Lee Chak Nung
4	4B02	G	Chan Fan San
5	3E23	Y	Tang Tin Long Gordon
6	4C13	P	Ho Chi Yin
7	3E14	O	Lam Tsun Hei
8	4A10	P	Keung Wun Yu
Event 12 B Grade 100M Heat 2			
1	3D10	Y	Hui Chun Ching Donald
2	4E16	O	Lau Tai Ka
3	3C11	O	Deng Sai Ting

4	4C25	R	Tsoi Cheuk Hang
5	4C21	Y	Liu Siu Fung
6	3A26	G	Wang Ruoyu
7	4E19	Y	Ma Cheuk Kwan
8	3F01	O	Chan Chak Kiu Ambrose
Event 12 B Grade 100M Heat 3			
1	4C18	B	Lee Ho Ting
2	3D02	Y	Chan Jit
3	3C07	P	Cheung Shing Lok
4	3B23	R	Ng Tsz Lok Aiden
5	3E17	B	Lau Tsun Fei
6	4A16	P	Li Chi Shing
7	3E31	B	Yuen Tsz Hin
8	3D04	R	Chan Wai Hon Clifford
Event 12 B Grade 100M Heat 4			
1	4B04	P	Chan Yat Nam
2	2B08	R	Chong Chun Hei Isaac
3	2A12	O	Gao Yang
4	4F20	G	Ta Shanyee
5	3D19	R	Leung Ching Hon
6	4F11	O	Lai Ming San
7	4A13	Y	Lee Pak Kiu Ryan
8	4A25	R	Wong Augustus Robert
Event 12 B Grade 100M Heat 5			
1	2B03	P	Chan Pak Yeung
2	3B08	G	Chiu Leung Shun Colin Joann
3	3F20	R	Lie Chun Ming
4	3E06	Y	Chui Cheuk Kiu Isaac
5	4C16	O	Lam Ching Ho
6	2D10	Y	Ho Ho Kiu
7	4C07	R	Cheng Chun Kit
8	3B14	O	Ki Long
Event 12 B Grade 100M Heat 6			
2	3D25	P	Wong Ki Wai
3	3E12	O	Kwok Chun Yin Alvin
4	3D16	O	Lau Chun Bun
5	3C16	R	Lam Cheuk Hang
6	2C01	O	Au Pak Qiu Duncan
Event 13 A Grade 100M Heat 1			
1	6F13	B	Kwong Yan Lok
2	6C17	R	Wong Yin Fung Gabriel
3	6E16	G	Tsoi Pui Fung
4	4C26	B	Wong Lok Sang
5	5F20	Y	Mak Wai Nok Enoch
6	6E22	Y	Wong Ming Chun Daryl
7	5B07	R	Lau Wang Chit
8	6E04	O	Chiu Chun Hei
Event 13 A Grade 100M Heat 2			

1	4A31	Y	Yuen Lok To Brandon
2	5F07	P	Chan Wing Hei
3	5E01	B	Cham Ho Long
4	5C12	R	Ku Pak Hin
5	4B12	B	Lam Tsz Kiu
6	4A18	R	Lo Ka Hei
7	6F19	O	Leung Ming Hei
8	6B19	R	Tsoi Tsz Wai
Event 13 A Grade 100M Heat 3			
1	5C25	O	Yu Kai Chun
2	6F20	Y	Leung Ming Yiu
3	5C01	O	Au Yeung Yat Hei
4	6F15	Y	Lau Ethan Ambrose
5	6E09	P	Lee Chung Yan Daniel
6	5B14	P	Wong Ki Ching
7	5D10	R	Lo Ka Hei
8	6A05	R	Chiu Kwok Wai
Event 13 A Grade 100M Heat 4			
1	4D15	O	Lee Yat Hou
2	5F23	Y	Tsang Cheuk Hang David
3	5D02	P	Chow Gi On
4	6E15	P	Tse Nga Lok
5	5F27	Y	Yu Tsz Tsun
6	5C09	O	Ho Chak Kai
7	6A01	R	Chan Hin Cheung
8	5A12	G	Low Lik Hang
Event 13 A Grade 100M Heat 5			
1	5A19	B	Yeung Lok Tin Timothy
2	5B10	Y	Lo Ming Yin
3	6E08	R	Lam Yin Hei Bosco
4	6F14	P	Lam Lik Chun Frank
5	6E02	Y	Chang Sa Lang Enoch
6	6D04	R	Cheuk Tin Lok
7	5F21	Y	Ng Hoi Chun
8	6F06	P	Choi Bosco
Event 13 A Grade 100M Heat 6			
1	5C24	O	Yin Shun Kit
2	6F07	O	Choi Wang Ho
3	5C14	G	Lam Tai Yin
4	6F26	P	Tang Shiu Hang
5	6F04	Y	Cheung Chun Kiu
6	5A13	G	Shum Cheuk Yin Donald
7	6E11	Y	Ma Hok Ching
8	5F02	G	Chan Chi Lam Adrian
Event 13 A Grade 100M Heat 7			
1	5E08	R	Lee Ming Hin
2	6F31	Y	Yung Lok
3	5B08	Y	Lee Wing Yin

4	6E20	O	Wong Ho Fung
5	4D25	B	Yau Hoi Lok
6	6F24	R	Mak Yui Bob
7	5E12	O	Li Shun Hin Ernest
8	6E17	Y	Tsoi Siu Hin
Event 13 A Grade 100M Heat 8			
2	5A18	B	Wong Yat Hin
3	4F17	R	Ng Yui Hin Franklin
4	5F04	B	Chan Hong Laam
5	6A14	G	Liu Xingjian Isaac
6	5F13	G	Lam Long Yin
Event 18 C Grade 800M Heat 1			
1	2D28	G	Tsang Suen Hoi
2	1E35	Y	Zhang Renli
3	1E03	O	Chan Ho Lap Aidan
4	1A23	G	Leung Yui Long
5	1E27	O	Wong Chi To Anthony
6	1E18	B	Leung Yin Hei
7	1C05	O	Chan Tsz Nok
8	1D07	O	Chau Pak Yin
9	1F02	R	Chan Chi Ho
10	1D31	P	Ngai Tsz Yin
11	1D26	O	Liu Waai Hin
12	2A21	R	Leung Hoi Hei Geoffrey
Event 18 C Grade 800M Heat 2			
1	1F09	O	Chew Cheuk Him Chester
2	1E08	O	Cheung Yan Shek Isaac
3	2A07	R	Cheung Will
4	2C20	R	Mar Yat Long
5	1E32	O	Yeung Ching Yiu
6	2F32	Y	Yip Cheuk Him
7	2F33	O	Yuen Lok Luc
Event 19 B Grade 800M Heat 1			
1	4A21	O	Man Ho Lam
2	4F25	P	Wong Tsz Lam Jeffrey
3	3F06	B	Chan Pak Kui Aidan
4	3A25	P	Tsui Hin Fung Herman
5	2A06	P	Cheung Tsz Yung
6	3D08	P	Cheung Pak Ho
7	2A13	Y	Jia Wing Hong
8	4D17	R	Li Guan Hao
9	4D19	O	Ng Lucas
10	3A22	R	Poon Tak Him
11	4A13	Y	Lee Pak Kiu Ryan
12	4E04	Y	Cho Jin Hey
Event 19 B Grade 800M Heat 2			
1	4D26	B	Yeung Shing Hei
2	4E16	O	Lau Tai Ka

3	4B07	Y	Chue Toby Wai To
4	4C23	P	Tan Asher Tze Kit
5	4E20	R	Man Sin Kei Collins
6	3A11	O	Lai King Him
7	4D12	O	Lau Ting Hang
8	4A04	O	Chan Tsz Fuk Josiah
9	1D19	O	Jiang Yi
Event 20 A Grade 800M Heat 1			
1	6B09	R	Ko Ka Him Samuel
2	6C20	R	Yung Cheuk Nam
3	5A17	B	Wong Ming Tak
4	6F10	P	Fung Hong Ching
5	6A04	B	Cheng Sze Ming
6	4A20	P	Lu Kenneth
7	6B12	G	Lui Lok Him
8	5F03	P	Chan Hei Yu
9	6C06	B	Ho Pak Chun
10	6B02	P	Chan Yin Cheung
11	6C04	R	Chow Thomas
12	6F03	Y	Cheng Tai Hin
Event 20 A Grade 800M Heat 2			
1	5F11	O	Fan Siu Lung
2	6B06	P	Chiu Chung Him Brian
3	6B01	G	Chan Ho Fung Rio
4	4D25	B	Yau Hoi Lok
5	6B03	O	Chau Vito Dik Hin
6	6B10	P	Lau Wai Hin
7	6F29	O	Yip Tsz Ho
8	5D05	R	Kwan Nok Yin
9	5E07	Y	Lee Chun Fung
10	6E26	G	Wong Yik Yu
11	6B04	P	Cheng Yee Him
12	6C07	P	Hung Ling In
Event 20 A Grade 800M Heat 3			
1	5A06	G	Houng Shing Hin
2	4A23	P	Tai Ho Him
3	6F23	O	Lun Yui Chit
4	5E18	P	Tsai Shing Him
5	5F19	Y	Liu Tsz Fung
6	4B20	O	Yeh Ka Hei
7	5E11	O	Leung Pak Hei
8	5A04	B	Choy Ching Hei
Event 22 C Grade 200M Heat 1			
1	1F35	R	Yip Ho Yeung
2	2E10	B	Chau Kun Fung Moses
3	1E29	B	Wong Hoi Leong
4	1B32	Y	Wong Lok Yin
5	1C07	R	Chan Yik

6	1B27	G	Sung Man Hei
7	1A20	R	Lee Ming Hin
8	2D04	O	Cheung Ka Wai
Event 22 C Grade 200M Heat 2			
1	2E29	R	Sin Cheuk Ting
2	1D23	Y	Leung Lai Yin
3	1B19	Y	Liu Chun Hay Hayden
4	1A19	Y	Law Yui Chit
5	1F25	Y	Shek Tin Long
6	1C02	B	Cao Lang Rui
7	1D18	G	Huang Tsz Sen
8	1C14	G	Kwong Chit Hei Alfred
Event 22 C Grade 200M Heat 3			
1	2E12	G	Cheng Ping Chi
2	1D36	Y	Gan Yee Mak
3	1F21	O	Man Ho Chit
4	1B25	B	Ng Yuk Cheung
5	1A09	P	Fung Tsz Wai
6	2F23	B	Poon Shing Chun Jeffrey
7	2A08	Y	Choi Ho Yan
8	1D08	P	Cheng Louis
Event 22 C Grade 200M Heat 4			
1	2D31	P	Wong Chi Yi
2	1A11	G	Ho Cheuk Yuen
3	2C19	P	Li Louis Ka Wo
4	2F16	G	Lam Kheiron
5	1E11	Y	Fu Jaden
6	1F20	G	Mak Chun Ting
7	1A21	P	Leung Ching Him
8	1D01	P	Cham Tsz Him
Event 22 C Grade 200M Heat 5			
2	1C21	Y	Lui Ho Hong
3	1F26	R	Sin Kai Hin
4	1F17	G	Law Yi Shun
5	2C02	B	Chan Chun To
6	2C30	G	Yao Pak Him
Event 22 C Grade 200M Heat 6			
2	1D35	Y	Yeung Ho Yin
3	1F12	Y	Kam Ernest
4	2E17	G	Ho Ching Ho
5	1D09	R	Cheuk Him
6	1F31	B	Wong Ching Kiu
Event 23 B Grade 200M Heat 1			
1	4E04	Y	Cho Jin Hey
2	3D17	P	Lee Chak Nung
3	4D23	Y	Wong Kei Zeon Ethan
4	3E11	Y	Hu Haoxiang
5	3E14	O	Lam Tsun Hei

6	4D18	Y	Ng Cheuk Lam
7	3E12	O	Kwok Chun Yin Alvin
8	4A16	P	Li Chi Shing
Event 23 B Grade 200M Heat 2			
1	3D04	R	Chan Wai Hon Clifford
2	3B03	R	Chan Hin Kiu Hugo
3	4B04	P	Chan Yat Nam
4	3E10	Y	Hou Baicheng
5	4A10	P	Keung Wun Yu
6	4E17	B	Lau Yiu Fung Wyatt
7	2B08	R	Chong Chun Hei Isaac
8	4F25	P	Wong Tsz Lam Jeffrey
Event 23 B Grade 200M Heat 3			
2	4E06	R	Chu Chun Heen Ryan
3	3C02	Y	Chan Chun Hay
4	4E09	B	Ku Chun Hei
5	3F21	Y	Lo Cheuk Him
6	4F28	G	Yeh Yuhao
7	4E18	B	Lee Chun Sun
Event 23 B Grade 200M Heat 4			
2	3A32	R	Zhao Yanjun
3	3D10	Y	Hui Chun Ching Donald
4	4C21	Y	Liu Siu Fung
5	3A26	G	Wang Ruoyu
6	3F16	G	Hung Leong
Event 24 A Grade 200M Heat 1			
1	4B12	B	Lam Tsz Kiu
2	5F17	G	Leung Wingyat
3	6B08	G	Ho Chun Ting
4	5E07	Y	Lee Chun Fung
5	4C24	G	Tso Ho Ming
6	6B11	Y	Li Chi Hong
7	6B04	P	Cheng Yee Him
8	6B13	B	Ng Ho Fung
Event 24 A Grade 200M Heat 2			
1	4C26	B	Wong Lok Sang
2	6C10	R	Lei Wing Hei
3	6E29	B	Yeung Shing Yau
4	6E20	O	Wong Ho Fung
5	4A31	Y	Yuen Lok To Brandon
6	5F24	G	Vrijmoed Justin
7	6B19	R	Tsoi Tsz Wai
8	5F20	Y	Mak Wai Nok Enoch
Event 24 A Grade 200M Heat 3			
1	6B07	G	Chow Wai Ching
2	6E28	B	Xiao Guanze
3	6E22	Y	Wong Ming Chun Daryl
4	6B21	O	Yu Cheuk Him

5	6E10	B	Li Jun Xi
6	6A22	G	Woo Sung Tak
7	5C01	O	Au Yeung Yat Hei
8	6E16	G	Tsoi Pui Fung
Event 24 A Grade 200M Heat 4			
2	5C13	O	Lai Ming Tsaan Jason
3	5C21	G	Wan Long Yat
4	5C12	R	Ku Pak Hin
5	6D11	R	Keung Pui Nam
6	6E19	G	Wong Chung Ki
Event 24 A Grade 200M Heat 5			
3	5A16	B	Wong Bryan Marcus
4	6E03	B	Chim Chad Aristo
5	6E07	Y	Lam Long Hei
6	6B03	O	Chau Vito Dik Hin
Event 26 C Grade 1500M Final			
1	2A15	O	Lai Yu Tung
2	2A21	R	Leung Hoi Hei Geoffrey
3	2B27	O	Tam Man Ho Matthew
4	1F02	R	Chan Chi Ho
5	2F06	Y	Chow Chun Lok Alvin
6	1D28	B	Man Kenneth
7	1D07	O	Chau Pak Yin
8	2B18	O	Lam Ho Sum
9	1D31	P	Ngai Tsz Yin
10	1D29	B	Ng Nok Hin
11	2F33	O	Yuen Lok Luc
12	1D26	O	Liu Waai Hin
13	2A32	Y	Yau Pak Lam
14	1B19	Y	Liu Chun Hay Hayden
15	2D28	G	Tsang Suen Hoi
16	1E19	G	Li Jun Ai Barnaby
17	1D35	Y	Yeung Ho Yin
18	2B09	Y	Chu Pak Hei
19	2F32	Y	Yip Cheuk Him
Event 27 B Grade 1500M Final 1			
1	3D08	P	Cheung Pak Ho
2	3F13	O	Chui Chung Hei
3	3F06	B	Chan Pak Kui Aidan
4	4D12	O	Lau Ting Hang
5	4D28	P	Yip Tsz Him
6	4A09	R	Ke Tat
7	4F23	Y	Wang Chris Sen Yu
8	4A14	O	Lee Sung Hei Matthew
9	3C26	G	Tsang Ho Yin
10	3C20	G	Lee Ming Yau
11	4E14	R	Lau Chun Hei
12	4C08	G	Cheng Shing Hang

13	3C13	G	Fan Kok Pan Justin
14	4E19	Y	Ma Cheuk Kwan
15	4D19	O	Ng Lucas
16	3A02	P	Chan Lok Hei
17	4A15	O	Lee Wang Hei Stan
18	3F23	P	Poon Chun Kei
19	4F20	G	Ta Shanyee
20	3A12	B	Lam Kwan Leong Alva
21	3A16	B	Li O Ki Bryce
22	3D20	P	Leung Yat Chun
23	3F29	O	Wu Jia Chen
24	3F11	O	Chu Pak Wai
25	3F21	Y	Lo Cheuk Him
26	3A29	O	Wong Shu Hang Carson
Event 27 B Grade 1500M Final 2			
1	3E21	G	Mak Chun Kei
2	4E21	Y	Mung Chun Yan
3	4F11	O	Lai Ming San
4	4F16	O	Ng Hin Lam Harvey
5	4C23	P	Tan Asher Tze Kit
6	3A24	R	Tse Shing Yau
7	3A32	R	Zhao Yanjun
8	3D19	R	Leung Ching Hon
9	1D19	O	Jiang Yi
10	4A01	B	Chan Kim Nam Cyrus
11	2E13	O	Cheng Ping Ho
12	4B19	R	Wong Hon Ming
13	4B14	B	Lau Yin Pok
14	3F05	B	Chan King Sum Samuel
15	3E13	G	Kwong Cheuk Kwan
16	3A25	P	Tsui Hin Fung Herman
17	4C09	Y	Cheung Chun To Ambrose
18	3F20	R	Lie Chun Ming
19	3F16	G	Hung Leong
20	4F13	G	Law King Yin
21	4D03	P	Chan Wang Yui
22	3E09	R	Ho Man Yui
23	4B18	B	Ngan Ka Hung
24	3C11	O	Deng Sai Ting
25	3A11	O	Lai King Him
26	3F31	R	Yuan Tianle
Event 28 A Grade 1500M Final 1			
1	6B08	G	Ho Chun Ting
2	5E26	O	Yu Chun Chai
3	6B05	G	Cheung Chee Shing
4	6D02	B	Chan Kin Ting
5	6B20	O	Wong Hau Kin
6	6E13	Y	Meng Youchao

7	6A15	R	Pang Sin Hong
8	6D17	Y	Yang Feichi
9	5D05	R	Kwan Nok Yin
10	6C14	P	Wong Kai Wai
11	5C20	Y	Sinn Wang Chun
12	6F28	B	Tsang Ho Ming Vincent
13	5F01	P	Chan Cheuk Nam
14	5F22	O	Szeto Wang Kit
15	6A17	O	Tang Shing Yau Dave
16	6E09	P	Lee Chung Yan Daniel
17	6E14	B	Ng Cheuk Hin Bernard
18	6D18	G	Yip Alfred
19	5A16	B	Wong Bryan Marcus
20	6F16	P	Lau Ka Ming
21	5C04	B	Chow Hon Ho Brian
22	6F19	O	Leung Ming Hei
23	6A03	R	Chau Chun Ki Mike
24	5E25	G	Yip Hon Sang
25	5E06	R	Law Lok Hei
26	6F17	O	Lau Tsz Hei Nathan
27	5C08	P	Fung Hin Yu
28	6B15	Y	Poon Hin Yu
29	6F12	P	Ku Ryan Chun Wing
30	6E03	B	Chim Chad Aristo
31	6F29	O	Yip Tsz Ho
32	4F17	R	Ng Yui Hin Franklin
33	6F05	R	Chiu Xenon Bezalel
34	6F30	B	Yuen Cheuk Hei
35	6F13	B	Kwong Yan Lok
36	6E01	R	Chan Tsz San
37	6E24	O	Wong Tsz Wang
38	6A19	O	Ting Yi Sum
39	6E28	B	Xiao Guanze
40	4F29	O	Yim Wai Lun Warren
Event 28 A Grade 1500M Final 2			
1	6E15	P	Tse Nga Lok
2	6E11	Y	Ma Hok Ching
3	6E29	B	Yeung Shing Yau
4	6F06	P	Choi Bosco
5	6F25	R	Song Harel Jingyao
6	5F05	B	Chan King Yeung
7	6F24	R	Mak Yui Bob
8	5D08	R	Lo Chi Him
9	5E12	O	Li Shun Hin Ernest
10	6C09	P	Lee Donald Cheuk Yiu
11	6B13	B	Ng Ho Fung
12	6F27	R	Ting Wai Chung
13	6F11	O	Hui King Bong

14	6F22	R	Lu To Yin
15	5D03	Y	Chu Po Sing
16	6F10	P	Fung Hong Ching
17	6F26	P	Tang Shiu Hang
18	5F03	P	Chan Hei Yu
19	6B02	P	Chan Yin Cheung
20	6F07	O	Choi Wang Ho
21	6B09	R	Ko Ka Him Samuel
22	6A20	O	Wong Pak Long
23	6F03	Y	Cheng Tai Hin
24	6F04	Y	Cheung Chun Kiu
25	5D02	P	Chow Gi On
26	5F19	Y	Liu Tsz Fung
27	6E23	O	Wong Tin Long
28	6F09	B	Fung Ching Yin
29	5F13	G	Lam Long Yin
30	6D16	R	Wong Lok Yin Isaac
31	6E25	B	Wong Wing Ping
32	6E21	G	Wong Long Hin
33	6E05	R	Chong Chun Kit
34	6E10	B	Li Jun Xi
35	5A19	B	Yeung Lok Tin Timothy
36	5A17	B	Wong Ming Tak
37	5E19	R	Tsui Ka Chun
38	6F08	G	Chow Tsz Hei
39	6D10	G	Hui Tang Ho
40	5F18	R	Li Edison Chun Yin
Event 28 A Grade 1500M Final 3			
1	6E19	G	Wong Chung Ki
2	6E17	Y	Tsoi Siu Hin
3	6E07	Y	Lam Long Hei
4	6F15	Y	Lau Ethan Ambrose
5	5E02	G	Chan Chi Hang
6	6E18	B	Tung Yau Sang
7	6D04	R	Cheuk Tin Lok
8	6E06	R	Kwok Wing Kai Ricky
9	5E03	B	Hong Pak Hei
10	6F21	G	Li Bryan
11	5F15	O	Lau Chun Yin
12	5F11	O	Fan Siu Lung
13	6A16	B	Tai Ka Lun
14	6C07	P	Hung Ling In
15	5D19	R	Yu Lik Hang
16	5E18	P	Tsai Shing Him
17	6A05	R	Chiu Kwok Wai
18	6F18	G	Lau Yue Ching
19	6E08	R	Lam Yin Hei Bosco
20	6E12	P	Mak Chun Hei Ronald

21	4E28	R	Zhang Tsz Long
22	5C15	B	Lau Cheuk Kiu
23	6E26	G	Wong Yik Yu
24	6F01	O	Chan Leong Heng Jayden
25	6F20	Y	Leung Ming Yiu
26	6E30	B	Yiu Chung Him
27	4F14	B	Leung Chun Hei
28	6A04	B	Cheng Sze Ming
29	6A22	G	Woo Sung Tak
30	6F31	Y	Yung Lok
Event 30 C Grade Inter-Class 4x100M Relay Heat 1			
2			2E
3			2A
4			2C
5			2B
6			1B
7			1D
Event 30 C Grade Inter-Class 4x100M Relay Heat 2			
2			1C
3			1E
4			2D
5			1F
6			2F
7			1A
Event 31 B Grade Inter-Class 4x100M Relay Heat 1			
2			4C
3			3C
4			3B
5			4D
6			4B
7			3F
Event 31 B Grade Inter-Class 4x100M Relay Heat 2			
2			3A
3			4A
4			4E
5			4F
6			3E
Event 32 A Grade Inter-Class 4x100M Relay Heat 1			
1			4B
2			6C
3			6B
4			5F
5			6F
6			6E
7			5A
Event 32 A Grade Inter-Class 4x100M Relay Heat 2			
2			5C
3			5E

4		5B
5		6D
6		6A
7		5D
Event 33 B Grade Inter-House 4x400M Relay Final		
2		Rosewood
3		Pine
4		Banyan
5		Oak
6		Yew
7		Gingko
Event 34 A Grade Inter-House 4x400M Relay Final		
2		Oak
3		Gingko
4		Pine
5		Rosewood
6		Yew
7		Banyan
Event 35 C Grade Inter-House 4x400M Relay Final		
2		Gingko
3		Rosewood
4		Pine
5		Oak
6		Banyan
7		Yew