

30th CityU Annual Athletic Meet (2023)

Advisor

Mr. Sunny CHAU Associate Director (PE), SDS

Organizing Committee

Chairperson : Ms. Rebecca LAI

OC Member : Mr. Vincent KWAN

Appeal Committee : Mr. Sunny CHAU
 Ms. Rebecca LAI
 Mr. Matthew YIP

Clerical Support : Miss. Rita LEE
 Miss. Sze Wing CHAN
 Miss. Tsz Wing LAI

Official and Helper List

Advisor : Mr. Sunny CHAU

Chairperson : Ms. Rebecca LAI

OC Member : Mr. Vincent KWAN

Appeal Committee : Mr. Sunny CHAU
: Ms. Rebecca LAI
: Mr. Matthew YIP

Chief Judge (Track Events) : Mr. Matthew YIP
Chief Judge (Jump Events) : Mr. Wing Yat CHU
Chief Judge (Throw Events) : Mr. Wing Yin LEUNG

Position:	Marshal:	Equipment Management:	High Jump/Pole Vault:
Mr. Peter WU (Chief)	Miss Hoi Lam POON (Chief)	Mr. Vincent KWAN (Chief)	Mr. Denis WAN (Chief)
Miss Nina MRAVCAKOVA	Mr. Chi Ho LEE (Chief)	Miss Sze Wing CHAN	Mr. Man Sang LU
Miss Nusaibah REZA	Mr. Chi Chung SIN	Miss Tsz Wing LAI	Miss Cho Man HUEN
Miss Shurong ZHANG	Mr. Cheuk Man LAU	Mr. Aumio Kumar SARKER	
Miss Clarissa Eugenia CHUA	Miss Hui Yi CHONG	Mr. Kei Jun SIU	
Miss Zixun ZHAO			
Miss Elisabeth Felicia ADRIANI			
Miss Melissa LO			

Time Keeper:	Recording:	Starters:	Shot Put:
Mr. Gordis YAU (Chief)	Dr. Clara WONG (Chief)	Mr. Wing Yat CHU (Chief)	Ms. Man Kaai MA (Chief)
Mr. Chi Hang LAU (Chief)	Miss Yuemeng SUN	Mr. Hang Chiu LIU (Chief)	Official Judge
Miss Hiu Lam TANG	Mr. Hei Kan HUI	Mr. Duman AIDARBEKOV	Miss Kamola MADRAKHIMOVA
Miss Nga Ki LO	Mr. Muhammad Ibrahim KHAN		
Miss Marisa ARJANANONT	Mr. Meiirbek KYDYR		
Miss Jocelyn Andrea MADOLEN	Mr. Mengyang MA		
Mr. Nap Yan Samuel CHOW			

Starting Block:	Corner Judge:	Announcer:	Long Jump and Triple Jump:
Mr. Vincent KWAN (Chief)	Mr. Matthew YIP	Ms. Winnie WONG (Chief)	Mr. Wing Yin LEUNG (Chief)
Miss Winny WILLYSKA		Miss Jinghan WU	Mr. Siu Fung YIP (Chief)
Miss Khodijah		Miss Rae HO	Mr. Alikhan MUKASHEV
Miss JENDRICOVSKÁ			Mr. Ashar Ahmed SIDDIQUI
Michaela			Mr. Madi KAIYRKHAN
Photographers:	Prize and Receptions:	First Aid	Javeline and Discus:
Ms. Ho Fung LI	Miss Rita LEE	Miss Rita LEE	Mr. Wing Fai WONG (Chief)
Mr. Kin Man KWAN	Miss Hoi Yau KONG		Miss Xingyao LI
	Miss Yuen Shan LEUNG		Mr. Jianbo HE

Event

Events	Student		Staff		Alumni		Staff & Alumni Children		
	Men	Women	Men	Women	Men	Women	Boys	Girls	Mixed
Track									
60 M									
Age 4-6									√
Age 7-9									√
Age 10-12							√	√	
100 M	√	√	√						
200 M	√	√							
400 M	√	√							
110 M Hurdles	√								
100 M Hurdles		√							
400 M Hurdles	√								
800 M	√	√	√						
1500 M	√	√							
5000 M	√	√	√	√	√	√			
4 X 100 M Relay	√	√							
4 X 400 M Relay	√	√							
Field									
Long Jump	√	√	√						
High Jump	√	√							
Triple Jump	√								
Pole Vault	√								
Javelin	√	√							
Discus	√	√							
Shot Put	√	√	√						

Reminders for Athletes

1. In addition to the race in particular stated, all other rules adopt the latest World Athletics Competition & Technical Rules – 2022-2023 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 Marshalling Station for Roll Call within the reporting time shall be disqualified from the event. Participants must present their student or staff identity card when reporting to the Marshalling 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）

項目	姓名	部門	年份	紀錄
男子組				
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	He Jingwu	CLASS	2022	4'22.70"
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	Kennnelly Michael John	CENG	2022	2.05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"
女子組				
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"
Interhall Cheering Competition Best Performance Award	舍堂啦啦隊比賽優異獎	Hall 4	2011	540分

Best Record (Staff, Children and Alumni)

大會紀錄（教職、兒童及校友組）

項目	姓名	部門	年份	紀錄
男子組				
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"
女子組				
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"
兒童組				
60米 (4 - 6 歲)	Ethan Chen		2013	11.08"
60米 (7 - 9 歲)	Chan Yat Long		2022	9.50"
60米 (10 - 12 歲)	陳日楠		2019	8.19"
校友組				
女子5000米	楊梓君		2009	23'11.18"
男子5000米	Yee Cheuk Hin		2022	17'21.26"

Schedule and List of Athletes

Event 1	<i>Student Women High Jump Finals</i>
Time	<i>10:00</i>

No.	Participant	College	No.	Participant	College
F01	Lam Charlotte	JCC	F18	Ji Meng Ying	CLASS
F04	Yick Wing Sum	CLASS			
F13	Ho Wai Kiu Carrie	CB			
F17	Lau Ka Yin	CVM			

Event 2	<i>Student Women Shot Put Finals</i>
Time	<i>10:00</i>

No.	Participant	College	No.	Participant	College
F07	Ng Chi Oi	CENG	F22	Zhou Yi Ying	SEE
F20	Lai Tsz Wing	CENG	F25	Kwok Tsz Yi	CB
F21	Chan Sze Wing	CB			

Event 3	<i>Student Women Long Jump Finals</i>
Time	<i>10:00</i>

No.	Participant	College	No.	Participant	College
F04	Yick Wing Sum	CLASS	F13	Ho Wai Kiu Carrie	CB
F05	Lam Yi Tung	CB	F26	Chan Elaine	CENG
F08	Chung Wai Yan	SLW	F27	Tang Suet Ying	CB
F10	Chong Wing	CB			

Event 4	<i>Student Women Javelin Finals</i>
Time	<i>10:00</i>

No.	Participant	College	No.	Participant	College
F05	Lam Yi Tung	CB	F14	Chen Xin Yi	CB
F07	Ng Chi Oi	CENG	F29	ZHENG Xinfang	CB
F12	Chan Wing Yiu Avian	SEE			

Event 5	<i>Student Men 400M Hurdles Finals</i>
	<i>Cancelled</i>

Event 6	<i>Staff Men & Alumni 5000M Finals</i>
Time	<i>10:00</i>

No.	Participant	College	No.	Participant	College
MS01	Ran Duan	CB	A02	Choi Shi Him Josiah	CENG
MS03	Wu Da Peng	CENG	A03	Huynh Gia Luong Michel	CB
A01	Yee Cheuk Hin	CENG			

Event 7	<i>Student Men High Jump Finals</i>
Time	<i>10:30</i>

No.	Participant	College	No.	Participant	College
M06	Wang Ji Tong	CLASS	M65	Chung Ka Po	CB
M22	Chan Man Hin	CB	M67	Wong Hoi Nam	CB

Event 8	<i>Student and Staff Men Shot Put Finals</i>
Time	<i>10:30</i>

No.	Participant	College	No.	Participant	College
M11	Wong Cheuk Yin	CLASS	M45	Cheng Eden	CENG
M18	Nazir Khan	CB	M54	Ng Yan Chi	CLASS
M27	Luk Ka Ming	CB	M59	Ho Chi Yu	CENG
M31	Sit Hoi	CLASS	M66	Ng Hay Yui	CLASS

Event 9	<i>Student and Staff Men Long Jump Finals</i>
Time	<i>10:45</i>

No.	Participant	College	No.	Participant	College
M02	Han Jialin	CLASS	M29	Ma Tin Lok	CLASS
M11	Wong Cheuk Yin	CLASS	M35	Poon Tsz Ho	CB
M12	Lui Chu Lok	CLASS	M40	Wong Ho Ching	CB
M14	Fan Chao Yang	JCC	M43	Wong Chi Kuen	CENG
M20	Chan Tsz Wai	CLASS	M57	Yip Man Kit	CS
M24	Zhao Ming Chuan	CENG	M58	Sy Man Tik	SCM
M25	Lau Chun Hei	SEE	MS02	Poon Yin	CLASS

Event 10	<i>Student Men Javelin Finals</i>
Time	<i>10:45</i>

No.	Participant	College	No.	Participant	College
M10	Kam Man Ching	CENG	M45	Cheng Eden	CENG
M16	Kwan Ngo Chun Elvis	CENG	M54	Ng Yan Chi	CLASS
M18	Nazir Khan	CB	M56	Liang Chun Cheung	CB
M19	Lau Sin Hei	CB	M59	Ho Chi Yu	CENG
M30	Ko Ching Yu	CENG	M61	Song Long Tat	CB

Event 11	<i>Student Women 100M Finals</i>
Time	<i>10:55</i>

No.	Participant	College	No.	Participant	College
F02	Latisha Besariani Hendra	CENG	F17	Lau Ka Yin	CVM
F03	Liu Yi Xian	CB	F20	Lai Tsz Wing	CENG
F09	Xia Shu Jun	CENG	F23	Yu Ke Yao	CB
F10	Chong Wing	CB	F24	Tsang Hoi Ying	CLASS

Event 12	<i>Student and Staff Men 100M Finals</i>
Time	<i>11:00</i>

No.	Participant	College	No.	Participant	College
M05	Li Xi Yuan Patrick	SDSC	M34	Liu Hiu Long	CENG
M07	Wu Zhe	CENG	M35	Poon Tsz Ho	CB
M11	Wong Cheuk Yin	CLASS	M36	Yap Wing Sun	CB
M12	Lui Chu Lok	CLASS	M43	Wong Chi Kuen	CENG
M14	Fan Chaoyang	JCC	M53	Reynaldo Augustinus Luping	SCM
M17	Ashar Ahmed Siddiqui	CENG	M56	Liang Chun Cheung	CB
M20	Chan Tsz Wai	CLASS	MS02	Poon Yin	CLASS
M24	Zhao Ming Chuan	CENG	MS04	Leung Kin Sang	FS
M30	Ko Ching Yu	CENG			

Event 13	<i>Student Women 400M Finals</i>
Time	<i>11:10</i>

No.	Participant	College	No.	Participant	College
F01	Lam Charlotte	JCC	F06	Leung Yuen Shan	CM
F02	Latisha Besariani Hendra	CENG	F24	Tsang Hoi Ying	CLASS

Event 14	<i>Student Men 400M Finals</i>
Time	<i>11:15</i>

No.	Participant	College	No.	Participant	College
M28	Lau Yiu Yeung	JCC	M53	Reynaldo Augustinus Luping	SCM
M33	Lam Tsz Nok R.	CLASS	M55	Li Rui Bo	CENG
M37	Tai Kin Kwok	CB	M57	Yip Man Kit	CS
M42	Leung Sheung Lai	CLASS			

Event 15	<i>Student Women 800M Finals</i>
Time	<i>11:20</i>

No.	Participant	College	No.	Participant	College
F05	Lam Yi Tung	CB	F26	Chan Elaine	CENG
F16	Wang Qi Xuan	CSI			

Event 16	<i>Student and Staff Men 800M Finals</i>
Time	<i>11:25</i>

No.	Participant	College	No.	Participant	College
M01	Tse Hou Ting	JCC	M46	Kwok Chi Sing	CLASS
M21	Lun Tsz San	CENG	M62	Cheung Chi Chung	CLASS
M41	Woo Shing Lok	CLASS	M63	Ning Tong Qi	CENG

Event 17	<i>Student Men Pole Vault Finals</i>
	<i>Cancelled</i>

Event 18	<i>Student Women Discus Finals</i>
Time	<i>11:30</i>

No.	Participant	College	No.	Participant	College
F12	Chan Wing Yiu Avian	SEE	F22	Zhou Yi Ying	SEE
F20	Lai Tsz Wing	CENG	F25	Kwok Tsz Yi	CB
F21	Chan Sze Wing	CB			

Event 19	<i>Student Men Triple Jump Finals</i>
Time	<i>11:30</i>

No.	Participant	College	No.	Participant	College
M13	Yan Wang Leong Byron	CB	M58	Sy Man Tik	SCM
M22	Chan Man Hin	CB	M64	Leung Lok Hin	CB
M29	Ma Tin Lok	CLASS	M67	Wong Hoi Nam	CB

Event 20	<i>Student Men and Women 5000M Finals</i>
Time	<i>11:30</i>

No.	Participant	College	No.	Participant	College
M04	Yuen ling hang	SCOPE	M51	Wong Yat Hong	CENG
M08	Liu Ming	JCC	M52	Kwok Yik Hau	CB
M09	Tsang Ka Tim	CENG	M64	Leung Lok Hin	CB
M15	Mai Jin	SLW	F11	Fung Yeuk Kei	CLASS
M25	Lau Chun Hei	SEE	F15	Cheung Ka Yin	CSI
M46	Kwok Chi Sing	CLASS	F16	Wang Qi Xxuan	CSI
M47	Lee Chi Tat	CB	F17	Lau Ka Yin	CVM
M48	He Jing Wu	CLASS	F26	Chan Elaine	CENG
M49	Ho Kwan Hoi	CLASS	F28	Ding Xin Yi	CLASS
M50	Wang Shi Chao	CB			

Event 21	<i>Student Men Discus Finals</i>
Time	<i>12:00</i>

No.	Participant	College	No.	Participant	College
M10	Kam Man Ching	CENG	M31	Sit Hoi	CLASS
M27	Luk Ka Ming	CB			

Event 22	<i>Children Aged 10-12 60M Finals (Girls)</i>
Time	<i>12:15</i>

No.	Participant	College	No.	Participant	College
C04	Chan Yat Ching	CLASS	C11	Zoe Lo	CSI
C07	Sun Lin Xi	CB	C14	Yip Yik Huen	CLASS

Event 23	<i>Children Aged 10-12 60M Finals (Boys)</i>
Time	<i>12:20</i>

No.	Participant	College	No.	Participant	College
C05	Chan Yat Long	CLASS	C16	Tsz Yuen Xu	
C12	Ho Pak Hin	SRO			

Event 24	<i>Children Aged 7-9 60M Finals (Mixed)</i>
Time	<i>12:25</i>

No.	Participant	College	No.	Participant	College
C03	Li Pak Kiu		C15	Yip Yik Fei	CLASS
C10	Cheung Yan Yuk	CENG	C17	Cheng Yu Hei	
C13	Ho Pak Kiu	SRO	C18	Cheng Yu Tung	

Event 25	<i>Children Aged 4-6 60M Finals (Mixed)</i>
Time	<i>12:30</i>

No.	Participant	College	No.	Participant	College
C01	Boris Wong Yan Pok	SDS	C08	Davinae Wai Lam Lau	CENG
C02	Harris Wong Yan Hoi	SDS	C09	Cheung Yui Hang	CENG
C06	Sun Mu Yang	CB			

Event 27	<i>Student Men 110M Hurdles Finals</i>
Time	<i>12:40</i>

No.	Participant	College	No.	Participant	College
M38	Chak Ho Yan Timothy	SLW	M66	Ng Hay Yui	CLASS
M44	Heung Ho Yeung	SLW	M67	Wong Hoi Nam	CB

Event 28	<i>Student Women 100M Hurdles Finals</i>
Time	<i>12:45</i>

No.	Participant	College	No.	Participant	College
F01	Lam Charlotte	JCC	F19	Lau Tsoi Kwan Quinn	CLASS
F08	Chung Wai Yan	SLW			

Event 29	<i>Student Men 200M Finals</i>
Time	<i>12:55</i>

No.	Participant	College	No.	Participant	College
M05	Li Xi Yuan Patrick	SDSC	M32	Ng Yik Cheung	CLASS
M07	Wu Zhe	CENG	M39	Lau Tsun San	CB
M17	Ashar Ahmed Siddiqui	CENG	M53	Reynaldo Augustinus Luping	SCM
M23	Chan Tsz Hin	CENG	M55	Li Rui Bo	CENG
M24	Zhao Ming Chuan	CENG	M57	Yip Man Kit	CS
M28	Lau Yiu Yeung	JCC			

Event 30	<i>Student Women 200M Finals</i>
Time	<i>13:00</i>

No.	Participant	College	No.	Participant	College
F10	Chong Wing	CB	F19	Lau Tsoi Kwan Quinn	CLASS
F13	Ho Wai Kiu Carrie	CB	F29	ZHENG Xinfang	CB

Event 31	<i>Student Men 1500M Finals</i>
Time	<i>13:05</i>

No.	Participant	College	No.	Participant	College
M01	Tse Hou Ting	JCC	M26	Tsang Hing Weng Eric	CM
M03	Tin Ka Yuen	CLASS	M48	He Jing Wu	CLASS
M04	Yuen ling hang	SCOPE	M60	Yung Wing Chun	CENG
M17	Ashar Ahmed Siddiqui	CENG	M62	Cheung Chi Chung	CLASS
M21	Lun Tsz San	CENG	M63	Ning Tong Qi	CENG
M25	Lau Chun Hei	SEE			

Event 32	<i>Student Women 1500M Finals</i>
Time	<i>13:15</i>

No.	Participant	College	No.	Participant	College
F02	Latisha Besariani Hendra	CENG	F27	Tang Suet Ying	CB
F08	Chung Wai Yan	SLW	F28	Ding Xin Yi	CLASS
F11	Fung Yeuk Kei	CLASS			

There are some remaining quotas in event 33 to 35. Students can collect and submit the relay application form at the Medals Collection Table next to the JSC office if they want to participate in the event.

Quotas are in first come first serve basis and the submission deadline is on or before 12 noon

Event 33	<i>Men 4 x 100M Student Relay Finals</i>
Time	<i>13:20</i>
2	<i>Remaining quota</i>

No.	Team		No.	Team	
H01	Jockey Club Academic Hall-2		H06	FIRE	
H02	Jockey Club Academy Hall-1		H09	蕉皮 Team	
H04	橙皮 team		H10	Maryknoll Fathers' School	

Event 34	<i>Women 4 x 100M Student Relay Finals</i>
Time	<i>13:25</i>
4	<i>Remaining quota</i>

No.	Team		No.	Team	
H03	Jockey Club Academy Hall		H08	A-Team	
H05	Team Team Team ching		H10	Maryknoll Fathers' School	

Event 35	<i>Men 4 x 400M Student Relay Finals</i>
Time	<i>13:30</i>
5	<i>Remaining quota</i>

No.	Team		No.	Team	
H04	橙皮 team		H09	蕉皮 Team	
H07	CityU Cross Country Team				

Event 36	<i>Women 4 x 400M Student Relay Finals</i>
	<i>Cancelled</i>

香港城市大學第三十屆週年陸運會 2023
The 30th CityU Annual Athletic Meet 2023

TIME TABLE

項 目 Events	時間 Time	開始檢錄 Start of Marshal	結束檢錄 End of Marshal	男 Men		女 Women		賽事 Races
				徑 Track	田 Field	徑 Track	田 Field	
1.	1000	0925	0935				跳高 HIGH JUMP	決賽 Finals
2.	1000	0925	0935				鉛球 SHOT PUT	決賽 Finals
3.	1000	0925	0935				跳遠 LONG JUMP	決賽 Finals
4.	1000	0925	0935				標槍 JAVELIN	決賽 Finals
5.				400M HURDLES				Cancel
6.	1000	0940	0950	5000M 米 (Staff Men & Alumni 職員及校友組)				決賽 Finals
7.	1030	0955	1005		跳高 HIGH JUMP			決賽 Finals
8.	1030	0955	1005		鉛球 SHOT PUT			決賽 Finals
9.	1045	1010	1020		跳遠 LONG JUMP*			決賽 Finals
10.	1045	1010	1020		標槍 JAVELIN			決賽 Finals
11.	1055	1035	1045			100M 米		決賽 Finals
12.	1100	1040	1050	100M 米*				決賽 Finals
13.	1110	1050	1100			400M 米		決賽 Finals
14.	1115	1055	1005	400M 米				決賽 Finals
15.	1120	1100	1110			800M 米		決賽 Finals
16.	1125	1105	1115	800M 米				決賽 Finals
17.					撐竿跳高			Cancel
18.	1130	1055	1105				鐵餅 DISCUS	決賽 Finals
19.	1130	1055	1105		三級跳 TRIPLE			決賽 Finals
20.	1130	1110	1120	5000M 米# (Men's & Women's Student 男子及女子學生組)				決賽 Finals
21.	1200	1125	1235		鐵餅 DISCUS			決賽 Finals
22.	1215	1155	1205			60 M 米 CHILDREN AGED 10 – 12		決賽 Finals
23.	1220	1200	1210	60 M 米 CHILDREN AGED 10 – 12				決賽 Finals
24.	1225	1205	1215	60 M 米 CHILDREN AGED 7 – 9#				決賽 Finals
25.	1230	1210	1220	60 M 米 CHILDREN AGED 4 – 6#				決賽 Finals
26.				Prize Presentation on Children Event 22 to 24				
27.	1240	1220	1230	110M HURDLES				決賽 Finals
28.	1245	1225	1235			100M HURDLES		決賽 Finals
29.	1255	1235	1245	200M 米				決賽 Finals
30.	1300	1240	1250			200M 米		決賽 Finals
31.	1305	1245	1255	1500M 米				決賽 Finals
32.	1315	1255	1305			1500M 米		決賽 Finals
33.	1320	1300	1310	4 X 100M 接力 (學生組) 4 X 100M RELAY (STUDENT)				決賽 Finals
34.	1325	1305	1315			4 X 100M 接力 (學生組) 4 X 100M RELAY (STUDENT)		決賽 Finals
35.	1330	1310	1320	4 X 400M 接力 (學生組) 4 X 400M RELAY (STUDENT)				決賽 Finals
36.						4 X 400M 接力 (學生組) 4 X 400M RELAY (STUDENT)		Cancel
35.	1345			比賽結束，接力項目及個人全場冠軍頒獎。 End of Events and Prize Presentations to Relays and Individual Overall Champions				

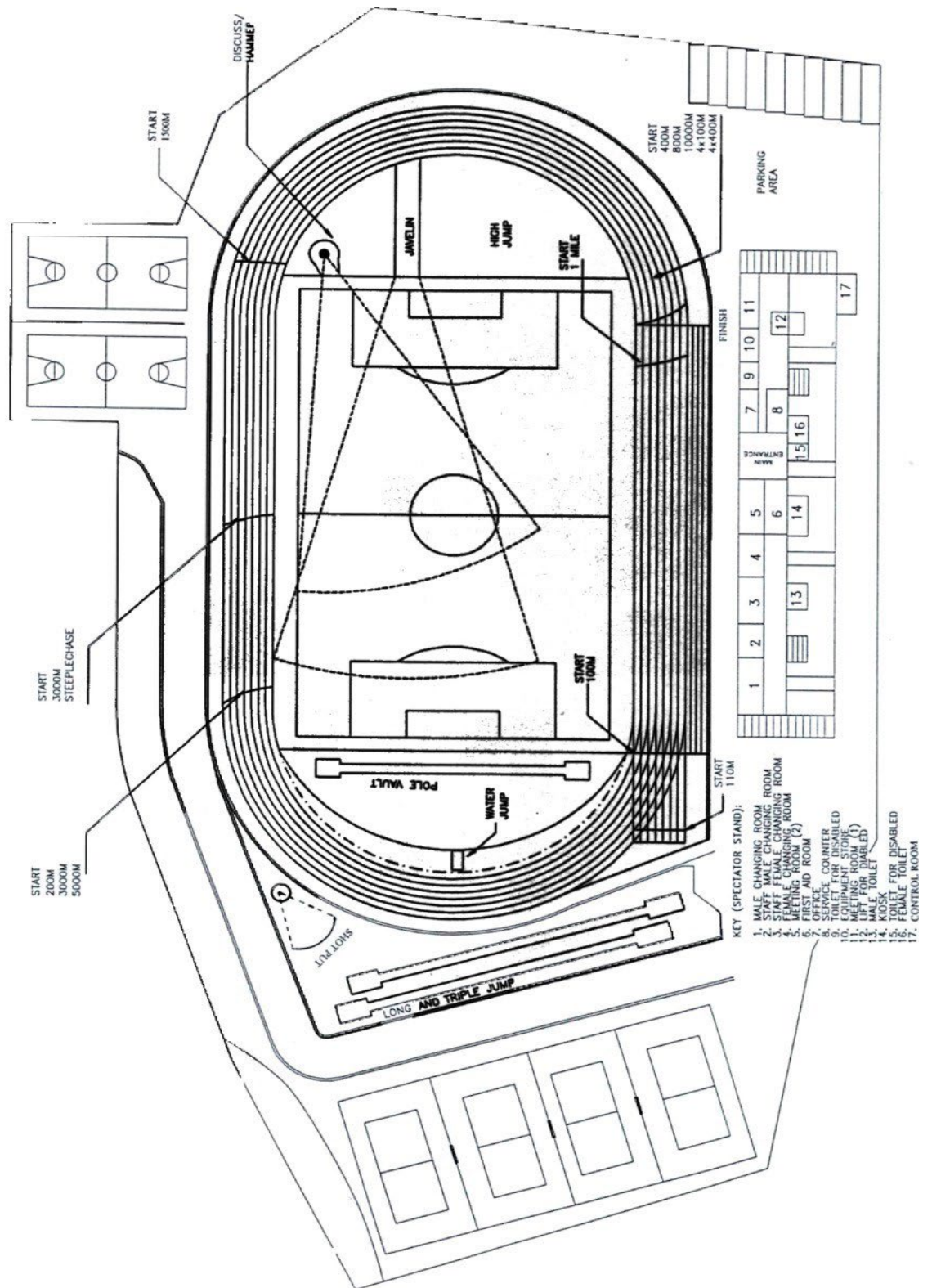
男子組及女子組之比賽均同時進行，但成績將分別計算。Men & women events will be held at the same time, prizes will be awarded separately.

* 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.

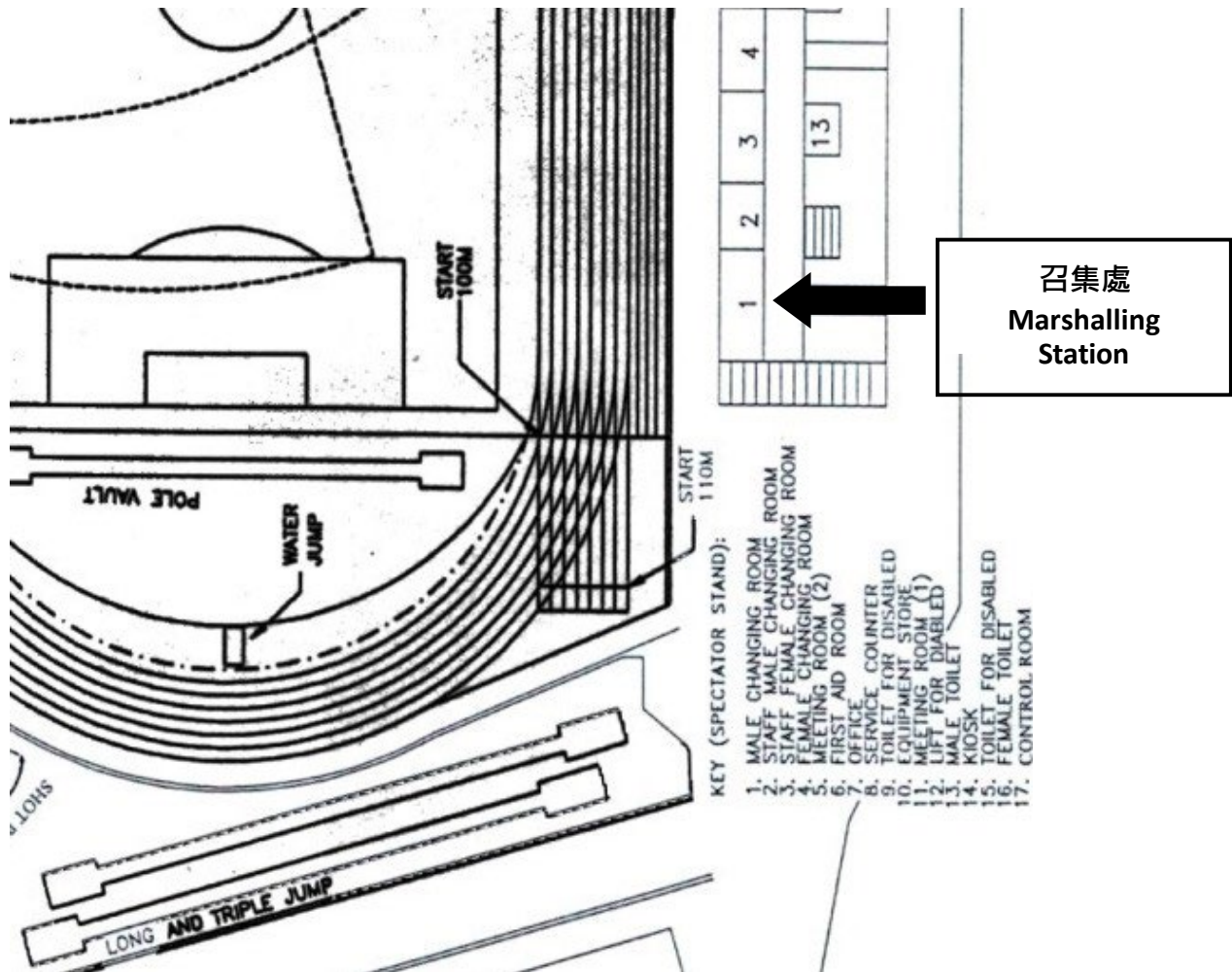
Important reminders regarding the use of Joint Sports Centre

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.

JOINT SPORTS CENTRE



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

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|----|---|-------------------|
| 1. | Honourable Guest - Associate Provost (Student Life) | Prof. Isabel YAN |
| 2. | Honourable Guest – Dean of Students | Prof. Henry CHUNG |
| 3. | Honourable Guest – Director of SDS | Dr. Larry NG |
| 4. | Advisor - Associate Director (PE), SDS | Mr. Sunny CHAU |
| 5. | Cultural and Sports Committee | |
| 6. | Joint Sports Centre | |
| 7. | Students Helpers and Officials | |