

**St. Paul's College**  
**Physical Education Department**  
**Weekly Bulletin (Sep. 22 to 27)**

|              | 22/9 (Mon.)  | 23/9 (Tue.)   | 24/9 (Wed.)   | 25/9 (Thu)                  | 26/9 (Fri)  | 27/9 (Sat.)   |
|--------------|--|---|---|-----------------------------|---|---|
| Lunch Time   | -Swimming Team Practice<br>-Smith Cup (F.3B vs F.5F)   | -Smith Cup (F.6D vs F.4E)<br>-Stanton Cup (F.5A vs F.3E)                        | -Swimming Team Practice<br>-Smith Cup (F.6B vs F.5C)<br>-Stanton Cup (F.6F vs F.4C)   | <b>Annual Swimming Gala</b> | -Swimming Team Practice<br>-Smith Cup (F.6E vs F.5B)<br>-Stanton Cup (F.5F vs F.4A)           | - Archery Team Practice (9:00 to 11:00)<br>- Basketball Team Practice (C grade, 12:30 to 14:30)<br>- Basketball Team Practice (A & B grade, 14:30 to 16:30) |
| After school | - Fencing Team Practice<br>- Swimming Team Practice<br>- A & B grade Football Team Selection | -Badminton Team Practice<br>- Archery Team Practice<br>-Athletics Team Practice | - Basketball Team Practice (A & B grade)<br>-Table-tennis Team Practice<br>- Handball Team Practice<br>- Swimming Team Practice |                             | -Swimming Team Practice<br>- Football Team Selection (C grade)<br>-Table-tennis Team Practice |   |
| Others       |  | - Basketball Team Practice (C grade 7:30 am)                                    |   |                             |   |   |