

ST. PAUL'S COLLEGE

Annual Sports Day 2014-2015



17th November 14' / Monday

Wan Chai Sports Ground

Order of Event - Heats Day

- 8:00 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)
- 8:30 a.m. Opening Ceremony
- 8:50 a.m. ALL Student Officials, Prefects, Scouts, Youth Red Cross and the School Timing Teams please report duty at the Official Stand.

Time	TRACK				FIELD			
	Event No.	Grade	Event	Heat/Final	Event No.	Grade	Event	Heat/Final
9:00	1	C	400M	3 H	4	A	Long Jump	53 nos.
	2	B	400M	3 H	5	C	Shot Put	61 nos.
	3	A	400M	3 H	6	B	High Jump	18 nos.
					7	B	Discus	30 nos.
9:30	8	C	100M	14 H				
10:00	9	B	100M	11 H	10	C	High Jump	19 nos.
10:25	11	A	100M	8 H				
10:30					12	C	Discus	26 nos.
					13	B	Long Jump	73 nos.
10:45	14	C	800M	2H				
	15	B	800M	2H				
	16	A	800M	3H				
11:00					17	B	Shot Put	51 nos.
					18	A	High Jump	15 nos.
					19	A	Javelin	35 nos.
11:15	20	C	200M	6H				
	21	B	200M	5H				
	22	A	200M	5H				
11:45	23	C	1500M	1F				
	24	B	1500M	2F				
	25	A	1500M	3F				
12:00					26	A	Triple Jump	22 nos.
12:35	27	C	I/C4x100M	2 H				
	28	B	I/C4x100M	2 H				
	39	A	I/C4x100M	2 H				
13:10	30	B	I/H4x400M	1 F				
	31	A	I/H4x400M	1 F				
	32	C	I/H4x400M	1 F				
13:40	School Dismiss							

ST. PAUL'S COLLEGE

Annual Sports Day 2014-2015

21st November 14/Friday

Wan Chai Sports Ground

Order of Event - Finals Day



- 8:00 a.m. Warm - up for the competitors.
 8:10 a.m. The Entrance will be open and Roll-call will be taken.
 Students should be seated according to Houses.
 8:20 a.m. All Officials, Prefects, Scouts, Youth Red Cross & the School Timing Teams please report duty at the Official Stand.

TRACK					FIELD			
Time	Event No.	Grade	Event	Final / Heat	Event No.	Grade	Event	Heat/Final
8:30	1	Open	400M Hurdle	6F				
8:45	2	C	100M Hurdle	1F				
	3	B	100M Hurdle	2F				
	4	A	110M Hurdle	2F				
9:15	5	C	400 M	F	8	C	Long Jump	43 nos.
	6	B	400 M	F	9	A	Shot Put	29 nos.
	7	A	400 M	F	10	B	Javelin	42 nos.
9:30	11	C	100 M	F				
	12	B	100 M	F				
	13	A	100 M	F				
10:00	14	C	800M	F				
	15	B	800M	F				
	16	A	800M	F				
10:15					17	B	Triple Jump	9 nos.
					18	A	Discus	31 nos.
10:30	19	C	200M	F				
	20	B	200M	F				
	21	A	200M	F				
11:00	22	A,B,C	I/C 4x100M	F				
11:20	23	Open	3000M	F				
11:50	24	A,B,C	I/H 4x100M	F				
12:00	25	Open	Parent-Teacher Invitation Relay	F				
12:20	26	Open	Staff Invitation Relay	F				
12:30	27	Open	Parent-student 2x100M Relay	F				
12:50	PRIZE PRESENTATION & CLOSING CEREMONY							
13:20	SCHOOL DISMISS							

ST. PAUL'S COLLEGE

Annual Sports Day 2014-2015

Heats Day - Officials

Guest of Honour	:	Ms. Terese Wong (Member of College Council)
<u>Officials</u>		
Chairman of the Meet	:	Mr. D.Y. Yuen
Vice-Chairmen	:	Mr. H.W. Wong Mr. C.H. Mak Mrs. Y.H. Chung
Organizing Secretary	:	Mr. W.L. Tang
Referees	:	Mr. W.L. Tang Mr. W.H. Wong Mr. W.W. Mak Mr. W.K. Wong Mr. H.C. Wu
Chief Track Judge	:	Mr. W.L. Tang Mr. H.C. Wu
Chief Field Judge	:	Mr. W.H. Wong Mr. W.W. Mak
Announcer	:	Mr. D. Chan Mrs. W.P. Lam Ms. L.K. Chan Mrs. Y.L. Kwok Ms. C.S. Kou Ms. L.Y. Wong Ms. M.Y. Hui Mr. C.P. Spencer Mr. P. Crozier Ms. M. Sameen
Competitors' Marshall	:	Mr. W.K. Wong Mr. K.C. Wu Mr. K.W. Ng Mr. H.L. Yeung Mr. Cheung Shun Tat <i>Student officials</i>
Starters and Marksmen	:	Mr. H.C. Wu Mr. S.N. Tse Mr. L. Law Mr. F. Ngan Mr. H.S. Keung <i>Student officials</i>
Position Judges	:	Mr. H.C. Wu Mr. W.L. Tang <i>Student officials</i>
Timekeepers	:	School Timing Team
Recorders and Computer Advisor	:	Ms W.C. Fung Mr. K.H. Yuen Mrs. Y.O. Zai <i>Student officials</i>
Corner & Relay Judges	:	<i>Student Officials</i>
High Jump	:	Mr. C.C. Chan Mr. H.C. Ho Ms. L.N. Chan Ms. N.Y. Tin Ms. K.Y. Chan Ms. W. Yiu Mrs. J. Wai Ms. C.C. Hong Ms. W.S. Leung <i>Student officials</i>
Long Jump	:	<u>Mr. W.H. Poon (Finals Day)</u> Mr. T.O. Chu Mr. C.L Wong Mr. H.W. Tsang <u>Mr. K.W. Lee</u> <u>Mr. M.F. Kwok (Heats Day)</u> Ms. T.W. Lui Ms. S.K. Lam Ms. L.L. Chan Ms. W.Y. Chau Ms. K.Y. Kwong Ms. W.S. Wong Ms. K.C. Ho Ms. S.M. Yu Ms. N.K. Wong Ms. M.S. Lee Ms. W.Y. Yuen Ms. S. Hsu <i>Student officials</i>
Triple Jump	:	Mr. W.F. Ryan Ms. K.W. Chang Ms. S.S. Lai Ms. M. Chan Mr. L.T. Chan Ms. T.F. Ng <i>Student officials</i>
Shot Put	:	Mr. K.H. Ngan <u>Mr. H.Y. Wong (Heats Day)</u> Mr. K.S. Kwok Mrs. P.M. Ng <u>Ms. M.Y. Shek (Finals Day)</u> Mr. S.Y. Leung Ms. K.Y. Ng Ms. H.L. Chan <u>Ms. H.Y. Chan (Heats Day)</u> <i>Student officials</i>
Discus	:	<u>Mr. P.C. Chan (Finals Day)</u> Mr. T. Ho Ms. S.C. Yu Mr. C.H. Lau Ms. L.W. Wu <u>Ms. P.S. Kwok (Finals Day)</u> Ms. F.B. Leung <u>Ms. L.M. Wong (Finals Day)</u> Mr. T.L. Cheung <i>Student officials</i>
Javelin	:	Mr. K.C. Au Yeung Mrs. M.K. See Mr. S.C. Cheng Ms. S.Y. Ngan Ms. P.S. Chan Mr. P. Lam <i>Student officials</i>
Prizes	:	Ms Y.S. Chan Ms W.L. Kam <i>Scouts</i>
Runners & Helpers	:	<i>Scouts</i>
Photography	:	Ms. W.Y. Yuen <i>Photographic Club</i>
First-aiders	:	Ms. K.Y. Wong Mr. F. Ngan <i>Youth Red Cross</i>
Discipline	:	Mr. Y.H. Li Mr. Y.L. Chow <i>Prefects</i>
Best Cheering Team Judges:	:	Mr. D.Y. Yuen Mr. H.W. Wong Mr. C.H. Mak Mrs. Y.H. Chung Fr. Philip

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.

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	15.9 sec.	1987	<i>Lai Chi Yeung</i>
Long Jump	6.20 m.	1975	<i>Leung Yiu Hing</i>
Triple Jump	12.97 m.	1993	<i>Ku Wai Ming</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	48.59 sec.	2000	<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.	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	11.83 m.	1998	<i>Chan Heng Shan</i>
High Jump	1.70 m.	2000	<i>Chan Wai Lok</i>
Shot	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>
<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. 19.87 sec.	1986	<i>Leung Yu Hin</i>
1500 m.	5 min. 12.12 sec.	1986	<i>Leung Yu Hin</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	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.19.14 sec.	2010	<i>Chiu Chung Tak</i>

ST. PAUL'S COLLEGE

ATHLETIC STANDARDS & SPECIFICATIONS OF IMPLEMENT

EVENT	GRADE		
	A / OPEN	B	C
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	1.55 m.	1.45 m.	1.30 m.
Long Jump	5.0 m.	4.6 m.	4.0 m.
Triple Jump	10.6 m.	9.5 m.	-----
Shot Put	8.9 m. (5 Kg)	9.2 m. (4 Kg)	7.3 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. (600 gm)	-----
4 x 100 m.	50.0 sec.	52.0 sec.	56.0 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.

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. No food and drink may be brought into the sports ground for sale or free distribution purpose.
6. 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.
7. Central lawn area can only be used for field events; activities other than those cannot be taken place in the central lawn area.
8. Competitors can only use the warm up track for warm up exercise.
9. Unless authorized, all other stands are out-of-bounds to all students.



PRIZE GIVING CEREMONY

1. WINNERS of the 1st 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 ! "

ST. PAUL'S COLLEGE
Annual Sports Day
2014-2015
Student Officials List

- Starter : Shek Tsz Chun (5F) Chan Ho Wan (5F) Chan Tsz Yuk (5F)
 Marksmen : Leung Chun Hong (4C) Wong Pak Sze (4C) Ma Chun Hang (4C)
- Marshal : To Cheuk Hang (5A) Lau Yan Chai (4D)
- Position : Lee Tsun Ho (4F) Tung Chak Shun (3D) Kwok Hou Nan (2B) Ko Chung Yin (2B)
 Sy Him Shun (2B) Chan Chun Hei (2B) Tang Yan Ching (2B) Lai Wing Fung (2B)
 Lin Chun Lung (2B) Tam Hok Duen (2B)
- Shot Put : Wong Ho Ching (2C) Yu Yat Toa (2C) Tsoi Chi Wang (2C)
 Yuan Qifan (2C) Yip Chanah Michael Chak Fung (2C)
- Long Jump : Chau Tin Yau (4B) Tjendano Kevin (4B) Wong Cheuk Shing (4B)
 Tsang Sau Chun (4B) Ip Tsun Ming (4B)
- High Jump : Chan Lang Ting Jonathan (3B) Chan Yan Leong Dominic (3B) Tse Kin Ho (3B)
- Discus : Choi Cheuk Hei (2F) Lai Kin Yeung (2F) Lui Cheuk Him (2F)
 Man Tsz Chun Isaac (2F) Ngai Sean Gracias (2F)
- Javelin : Chan Yin Wang (2D) Cheung Ka Fai (3E) Law Cheuk Yin (3E) Lee Lok Kwan (3E)
 Li Ka Long (3E) Yeung Kwan Long Gary (3E)
- Triple Jump : Yu Kwan Ho (3C) Chan Chun Wai (3C)
- Recorder : Coleman Keung (6D) Jason Keung (5B) Tsui Hin Kwan Jarvis (4D) Suen King Yu (3E)
 Chan Chun Tung (3E)
- Photo (marking) : Tam King Hei (5A) Chan Kar Lok (5F) Lai Handrick (5F) Lau Chun Shing Tristan (5E)
- Runners : Scouts