

ST. PAUL'S COLLEGE

Annual Sports Day

26th November, 08' / Wednesday

Siu Sai Wan Sports Ground

Order of Event - Heats Day



8:00 a.m. The Entrance will be open and the School will be seated according to Houses.
(Please refer to the layout plan)

8:05 a.m. Warm - up for the competitors

8:10 a.m. Roll-call will be taken

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	A	400M	2H	4	A	Long Jump	34 nos.
	2	B	400M	2H	5	C	Shot Put	34 nos.
	3	C	400M	3H	6	B	High Jump	17 nos.
					7	B	Javelin	26 nos.
9:30	8	A	100M	9H				
	9	B	100M	5H				
	10	C	100M	14H				
10:00					11	A	High Jump	16 nos.
					12	B	Discus	23 nos.
10:30	13	A	1500M	3F	16	C	Long Jump	63 nos.
	14	B	1500M	3F	17	Girls	Shot Put	4 nos.
	15	C	1500M	2F	18	A	Shot Put	81 nos.
10:55					19	C	High Jump	19 nos.
					20	Girls	Discus	2 nos.
					21	A	Discus	54 nos.
11:30	22	A	200M	3H				
	23	B	200M	2H				
	24	C	200M	7H				
11:55	25	A	800M	3H	28	Girls	Long Jump	3 nos.
	26	B	800M	2H	29	B	Triple Jump	10 nos.
	27	C	800M	2H				
12:30	30	A	I/C4x100M	2H				
	31	B	I/C4x100M	2H				
	32	C	I/C4x100M	2H				
13:00	33	A	I/H4x400M	F				
	34	B	I/H4x400M	F				
13:20	School Dismiss							

ST. PAUL'S COLLEGE

Annual Sports Day

Heats Day - Officials

Guest of Honour	:	Mr. Leung Tse Sau (The Former Art Master)
<u>Officials</u>		
Chairman of the Meet	:	Dr. J.R. Kennard
Vice-Chairmen	:	Mr. H.W. Wong Mr. C.H. Mak Mrs. Y.H. Chung Mr. D.Y. Yuen
Organizing Secretary	:	Mr. W.L. Tang
Referees	:	Mr. W.L. Tang Mr. H.C. Ho Mr. W.K. Wong
Chief Track Judge	:	Mr. H.C. Ho
Chief Field Judge	:	Mr. W.K. Wong
House Advisor	:	Mr. W.H. Wong Mr. W.K. Wong
Announcer	:	Mr. D.Chan Mrs. W.P. Lam Mr. C.L. Wong Miss C.S. Kou Mr. W.I. Yu Miss Y.S. Leung Mrs. Y.O. Zai Mrs. Y.L. Kwok Miss. L.K. Chan
Competitors' Marshall	:	Mr. W.W. Mak <u>Mr. K.W. Wong (Final Day)</u> Mr. K.W. Ng Mr. S.C. Tam <i>Student officials</i>
Starters	:	Mr. W.H. Poon Mr. C.S. Mah Mr. K.S. Kwok Mr. Y.H. Lee (student teacher) <i>Student officials</i>
Marksmen	:	<i>Student officials</i>
Position Judges	:	Mr. H.C. Ho <i>Student officials</i>
Timekeepers	:	School Timing Teams
Recorders	:	Miss W.C. Fung Miss S.M. Yu Miss P.S. Kwok Miss L.N. Chan Miss W.K. Yu <i>Student officials</i>
Corner & Relay Judges	:	<i>Student Officials</i>
High Jump	:	Mr. H.K. Ho Mr. K.H. Ngan Miss S.Y. Ngan Mrs. M.K. See Miss Y.S. Chan Mr. C.C. Lau <i>Student officials</i>
Long Jump	:	Mr. W.C. Lam Mr. K.L. Cheung Mr. C.C. Chan Miss W.S. Wong Mrs. P.M. Lau Miss S.C. Cheng Mr. A. Chow Mr. T.O. Chu Miss K.Y. Ng <i>Student officials</i>
Triple Jump	:	Mr. F.Y. Ho Mr. H.L. Yeung Miss M.S. Lee Miss W. Yiu <i>Student officials</i>
Shot Put	:	Mr. P.C. Chan Mr. W.F. Ryan Mr. D.B. Williamson Miss P.S. Chan Miss S.C. Yu Mr. W.C. Tsoi Miss L.W. Wu Miss M.Y. Shek Miss K.Y. Kwong Miss W.Y. Yuen <i>Student officials</i>
Discus	:	Mr. Y.K. Fu Miss W.C. Cheung Mr. K.H. Mok Miss K.C. Ho Mrs. S. Hsu Mr. S.N. Tse <u>Miss H.Y. Ko (Final Day)</u> <i>Student officials</i>
Javelin	:	Mr. K.C. Au Yeung Miss S.L. Cheung Mr. C.D. Yurk Revd. O.L. Mok Mr. F. Ngan Mr. C.Y. Ho <i>Student officials</i>
Prizes	:	Miss Y.S. Chan Miss P.S. Kwok <i>Scouts</i>
Runners & Helpers	:	<i>Scouts</i>
Computer Advisor	:	Mr. K.H. Yuen
Photography	:	<i>Photographic Club</i>
Reception	:	<i>Head Prefect</i>
First-aiders	:	Mr. F. Ngan <i>Youth Red Cross</i>
Discipline	:	Mr. Y.H. Li Mr. Y.L. Chow <i>Prefects</i>
Best Cheering Team Judges:	:	Dr. J.R. Kennard Mr. H.W. Wong Mr. C.H. Mak Mrs. Y.H. Chung Mr. D.Y. Yuen
Duty Teachers	:	Mr. K.W. Wong Miss H.Y. Ko Mrs. W.K. Yu

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. 12.0 sec.	1980	<i>Lam Pun Lee</i>
1500 m.	4 min. 39.2 sec.	1975	<i>Kwok Tak Shing</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	12.00 m.	1953	<i>Ng Yee Fuk</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. 05.65 sec.	2002	<i>Banyan</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	50.5 sec.	1977	<i>Banyan</i>
4x400 m. I/H Relay	4 min. 25.07 sec.	2002	<i>Ginkgo</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	1.57 m.	1993	<i>Chow Lee Kuen</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	54.20 sec.	1993	<i>Ginkgo</i>
<u>Open-Grade</u>			
3000 m.	11 min. 25.34 sec.	2007	<i>Chiu Chung Tak</i>

ST. PAUL'S COLLEGE

ATHLETIC STANDARDS & SPECIFICATIONS OF IMPLEMENT

EVENT	GRADE		
	A / OPEN	B	C
100 m.	12.60 sec.	13.00 sec.	14.00 sec.
200 m.	26.50 sec.	27.00 sec.	29.50 sec.
400 m.	1 min .01 sec.	1 min. 03 sec.	1 min. 10 sec.
800 m.	2 min. 30 sec.	2 min. 30 sec.	2 min. 45 sec.
1500 m.	5 min. 18 sec.	5 min. 30 sec.	5 min. 55 sec.
3000 m.	15 min.	-----	-----
100 m. Hurdles	-----	20 sec.	21 sec.
		(0.914 m. high)	(0.84 m. high)
110 m. Hurdles	20.30 sec.	-----	-----
	(0.914m. high)		
High Jump	1.55 m.	1.45 m.	1.30 m.
Long Jump	5.1 m.	4.8 m.	4.00 m.
Triple Jump	10.8 m.	9.5 m.	-----
Shot	8.8 m.	9.2 m.	7.5 m.
	(5 Kg)	(4 Kg)	(4 Kg)
Discus	20.00 m.	22.00 m.	15.00 m.
	(1.5 Kg)	(1 Kg)	(1 Kg)
Javelin	22.00 m.	18.00 m.	-----
	(700 gm)	(600 gm)	
4 x 100 m.	49.5 sec.	52.0 sec.	56.0 sec.
4 x 400 m.	4 min. 05 sec.	4 min. 20 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 8 will qualify to the 800 m. 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 ! "