

ST. PAUL'S COLLEGE

Annual Sports Day

2nd December 08'/Tuesday

Siu Sai Wan Sports Ground

Order of Event - Final Day



- 8:20 a.m. The Entrance will be open and the School will be seated according to Houses.
 8:25 a.m. Warm - up for the competitors.
 8:35 a.m. Roll-call will be taken.
 8:45 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
9:00	1	A	110M Hurdle	2F	4	A	Javelin	68 nos.
	2	B	100M Hurdle	2F	5	A	Triple Jump	17 nos.
	3	C	100M Hurdle	2F	6	B	Shot Put	52 nos.
					7	B	Long Jump	29 nos.
					8	Girls	Javelin	
9:40	9	A	400 M	F				
	10	B	400 M	F				
	11	C	400 M	F				
9:50	12	A	100 M	F				
	13	B	100 M	F				
	14	C	100 M	F				
	15		Staff 100M	F				
	16	Girls	100 M	F				
10:15	17	A	800M	F	20	C	Discus	28 nos.
	18	B	800M	F				
	19	C	800M	F				
10:30	21	A	200M	F				
	22	B	200M	F				
	23	C	200M	F				
10:40	24	A,B,C	I/C 4x100M	3F				F
10:55	25	A,B,C	I/H 4x100M	3F				
11:30	26	Open	3000M					
11:45	27		Staff Invitation Relay	F				
11:50	28		Student (Mixed) 4x100M Relay	F				
12:10	29		Parent-Teacher Invitation Relay	F				
12:20	30		Inter-department 4x100M Relay	F				
12:40	PRIZE PRESENTATION & CLOSING CEREMONY							
13:25	SCHOOL IS DISMISSED							

ST. PAUL'S COLLEGE

Annual Sports Day

Final 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 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 Mr. K.W. Wong Mr. K.W. Ng Mr. S.C. Tam
		<u>Student officials</u>
Starters	:	Mr. W.H. Poon Mr. C.S. Mah Mr. K.S. Kwok Mr. Y.H. Lee (student teacher)
		<u>Student officials</u>
Marksmen	:	<u>Student officials</u>
Position Judges	:	Mr. H.C. Ho <u>Student officials</u>
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
		<u>Student officials</u>
Corner & Relay Judges	:	<u>Student Officials</u>
High Jump	:	Mr. K.H. Ngan Miss S.Y. Ngan Mrs. M.K. See Miss Y.S. Chan
		Mr. C.C. Lau <u>Student officials</u>
Long Jump	:	Mr. W.H. Wong Mr. K.L. Cheung Mr. C.C. Chan Miss W.S. Wong
		Mrs. P.M. Lau Miss S.C. Cheng Mr. A. Chow
		Miss K.Y. Ng <u>Student officials</u>
Triple Jump	:	Mr. F.Y. Ho Mr. H.L. Yeung Miss M.S. Lee Miss W. Yiu <u>Student officials</u>
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 <u>Student officials</u>
Discus	:	Miss K.C. Ho Mrs. S. Hsu Mr. S.N. Tse Miss H.Y. Ko Miss W.C. Cheung
		<u>Student officials</u>
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 <u>Student officials</u>
Prizes	:	Miss Y.S. Chan Miss P.S. Kwok <u>Scouts</u>
Runners & Helpers	:	<u>Scouts</u>
Computer Advisor	:	Mr. K.H. Yuen
Music Performance	:	Mr. Y.K. Fu Mr.K.H. Mok
Photography	:	<u>Photographic Club</u>
Video	:	<u>Video Production Team</u>
Reception	:	<u>Head Prefect</u>
First-aiders	:	Mr. F. Ngan <u>Youth Red Cross</u>
Discipline	:	Mr. Y.H. Li Mr. Y.L. Chow <u>Prefects</u>
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. T.O. Chu Mr. H.K. Ho Miss C.S. Kou

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
Annual Sports Day
Student Officials List

- Starter** : Pang Chun Hai (5E) Jeffrey Chan (5E) Ryan Chan (5E)
Robie Wong (5E) Chan Lai Kit (2A) Cho Mong Chi (3D)
Lock Yau Ning (7A)
- Marshall** : Arthur Chiu (6B) Chris Lee (6C) Gao Victor (6C) Aaron Fong (6C)
Lam Hou (3C) Lo Chun Wan (3C)
- Recorder** : Chase Ko (6A) Kwong Hei Man (6A) Cheung Tik (6A) Li Yiu Sing (6A)
- Position** : Chan Gee Kiu (6C) Wong Man Fay (6C) Li Pak Woo (6C)
Sin Wai Kin (6C) Li Yick Chun (6C) Wong Tsz Chun (6C)
Huang Qi Lu (6C) Davis Chung (6B)
- Shot Put** : Chan Sze Chun (3D) Clement Hui (3D) Gary Lee (3D) Jason Tang (3D)
Chan Kai Tsun (3D) Jeffrey So (3D)
- High Jump** : Jeffrey Kwan (5E) Victor Fung (5E) Lam Jamie Holden (3D)
Ku Ming Ho (3D)
- Discus** : Timothy Leung (5E) Andrew Chan (5E) Steven So (5E) Colin Cheung (5E)
- Javelin** : Carson Wong (3A) Adrian Chan (3A) Alvin Tan (3A) Daven Chau (3A)
- Long Jump** : Lo Pak Fung (3D) Yau Tsz Hin (3D) Kwan Chun Yue (3D)
Lau Hui Tung (3D) Chiu Cheuk Wang (3D) Wang Ngai Chun (3D)
- Triple Jump**: Ko Tsz Ming (3C) Leung Hon Kei (3C) Lo Yik Man (3C)
Leung Kam Hoi (3C)
- Runners** : Scouts
- Photographic Club** : Alvin Poon (3C) Edmund Kong (6A) Tim Ngan (6C)
Benjamin Chan (3C) Kelvin Wu (6A) Au Yik Chung (3A)
Au Chi Lok (3D)
- Video Team** : Chan Kai Hei (4A) Leung Hin Lun (4E) Kong Chun Hang (2A)
Mok Tsz Fung (3B) Ho Sing Fung (2A) Leung Hin Ming (6B)

ST. PAUL'S COLLEGE

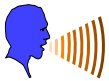
Athletics Records

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	<u>4 min. 04.13 sec.</u>	<u>2008</u>	<u><i>Rosewood</i></u>
<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	<u>4 min. 22.63sec.</u>	<u>2008</u>	<u><i>Oak</i></u>
<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	<u>1.59 m.</u>	<u>2008</u>	<u><i>Wong Yuk Wing</i></u>
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

<u>ATHLETIC STANDARDS & SPECIFICATIONS OF IMPLEMENT</u>
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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 ! "