

香港青少年田徑2024分齡賽 (三)  
HONG KONG JUNIOR AGE GROUP ATHLETICS COMPETITION 2024 - III

Date : 1/6/2024

Roll Call Time

徑賽(障礙除外) Track Event (Except Hurdles)		障礙 Hurdles		田項 Field Event	
開始檢錄 Start of Call	比賽前20分鐘 20mins before the races	開始檢錄 Start of Call	比賽前25分鐘 25mins before the races	開始檢錄 Start of Call	比賽前35分鐘 35mins before the races
截止檢錄 End of Call	比賽前10分鐘 10mins before the races	截止檢錄 End of Call	比賽前15分鐘 15mins before the races	截止檢錄 End of Call	比賽前25分鐘 25mins before the races

\* 擲壘球檢錄安排：比賽前20分鐘開始檢錄；比賽前10分鐘截止檢錄  
Softball Roll Call Time: Start of call will be 20mins before the races ; End of call will be 10mins before the races

比賽時間 Race time	男子 Boys																	
	U20		U18		U16		U14		U12		U11		U10		U9		U8	
	徑賽 Track	田賽 Field	徑賽 Track	田賽 Field	徑賽 Track	田賽 Field	徑賽 Track	田賽 Field	徑賽 Track	田賽 Field	徑賽 Track	田賽 Field	徑賽 Track	田賽 Field	徑賽 Track	田賽 Field	徑賽 Track	田賽 Field
08:15										擲壘球(F) Softball		擲壘球(F) Softball		擲壘球(F) Softball		擲壘球(F) Softball		擲壘球(F) Softball
08:30				三級跳 (F-13)-A Triple Jump														
08:35																		
08:40																		
08:45																		
08:50																		
08:55													100m (H-2)		100m (H-2)		100m (H-2)	
09:00																		
09:05									100m (H-3)		100m (H-3)							
09:10																		
09:15																		
09:20	5000m (F-3)C		5000m (F-9)C															
09:25																		
09:30																		
09:35						三級跳 (F-9)-A Triple Jump												
09:40																		
09:45																		
09:50																		
09:55			400m障礙 (H-2) 400m Hurdles															
10:00										跳遠 (F-13)-B Long Jump								
10:05																		
10:10																		
10:15																		
10:20																		
10:25																		
10:30																		
10:35																		
10:40										跳高 (F-6)-B High Jump							60m (H-2)	
10:45																		
10:50													60m (H-3)		60m (H-3)			
10:55																		
11:00									60m (H-2)		60m (H-3)							
11:05																		
11:10						標槍(F 14) Javelin Throw		標槍(F 7) Javelin Throw										
11:15					60m (H-2)			60m (H-4)										
11:20	60m (H-2)		60m (H-3)															
11:25																		
11:30																		
11:35																		
11:40									200m (H-2)		200m (H-2)							
11:45																		
11:50																		
11:55																		
12:00																		
12:05																		
12:10																		
12:15		三級跳 (F-7)-A Triple Jump						800m (F-10)										
12:20						800m (F-41) 3												
12:25																		
12:30			800m (F-24) 2															
12:35	800m (F-14)																	
12:40																		
12:45																		
12:50																		
12:55																		
13:00									100m (F)		100m (F)		100m (F)		100m (F)		100m (F)	
13:05	午膳																	



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Roll Call Time

徑賽(跨欄除外) Track Event (Except Hurdles)		跨欄 Hurdles		田項 Field Event	
開始檢錄 Start of Call	比賽前20分鐘 20mins before the races	開始檢錄 Start of Call	比賽前25分鐘 25mins before the races	開始檢錄 Start of Call	比賽前35分鐘 35mins before the races
截止檢錄 End of Call	比賽前10分鐘 10mins before the races	截止檢錄 End of Call	比賽前15分鐘 15mins before the races	截止檢錄 End of Call	比賽前25分鐘 25mins before the races

\* 擲壘球檢錄安排：比賽前20分鐘開始檢錄；比賽前10分鐘截止檢錄  
Softball Roll Call Time: Start of call will be 20mins before the races ; End of call will be 10mins before the races

比賽時間 Race time	女子 Girls																	
	U20		U18		U16		U14		U12		U11		U10		U9		U8	
	徑賽 Track	田賽 Field	徑賽 Track	田賽 Field	徑賽 Track	田賽 Field	徑賽 Track	田賽 Field	徑賽 Track	田賽 Field	徑賽 Track	田賽 Field	徑賽 Track	田賽 Field	徑賽 Track	田賽 Field	徑賽 Track	田賽 Field
08:30																		
08:35														100m (H-2)		100m (H-3)		
08:40								跳高 (F-11)-B High Jump		跳高 (F-1)-B High Jump								
08:45									100m (H-3)			100m (H-4)						
08:50																		
08:55																		
09:00																		
09:05																		
09:10																		
09:15														跳遠 (F-6)-B Long Jump		跳遠 (F-4)-B Long Jump		
09:20			5000m (F-9)C															
09:25																		
09:30																		
09:35																		
09:40										擲壘球F Softball		擲壘球F Softball		擲壘球F Softball		擲壘球F Softball		擲壘球F Softball
09:45																		
09:50																		
09:55																		
10:00																		
10:05																		
10:10														60m (H-2)		60m (H-4)		
10:15																		
10:20		三級跳 (F-5)-A Triple Jump		三級跳 (F-1)-A Triple Jump								60m (H-4)						
10:25																		
10:30								60m (H-4)		60m (H-3)								
10:35																		
10:40						60m (H-2)												
10:45																		
10:50																		
10:55																		
11:00														跳遠 (F-14)-B Long Jump				
11:05								三級跳 (F-2)-A Triple Jump										
11:10																		
11:15																		
11:20																		
11:25																		
11:30																		
11:35									200m (H-2)		200m (H-2)							
11:40																		
11:45																		
11:50																		
11:55								800m (F-18)2										
12:00						800m (F-11)1												
12:05	800m (F-3)C		800m (F-5)C															
12:10																		
12:15																		
12:20																		
12:25																		
12:30																		
12:35																		
12:40						擲標槍(F 6) Javelin Throw		擲標槍(F 7) Javelin Throw										
12:45																		
12:50									100m (F)		100m (F)		100m (F)		100m (F)		100m (F)	
12:55																		
13:00																		
13:05	午膳																	

13:50																			
13:55																			
14:00																			
14:05																			
14:10																			
14:15																			
14:20																			
14:25																			
14:30	60m (F)		60m (F)		60m (F)		60m (F)		60m (F)		60m (F)		60m (F)		60m (F)		60m (F)		60m (F)
14:35																			
14:40																			
14:45																			
14:50		標槍(F 1) Javelin Throw		標槍(F 11) Javelin Throw															
14:55																			
15:00																			
15:05																			
15:10								200m (F)		200m (F)		200m (F)		200m (F)					
15:15																			
15:20																			
15:25																			
15:30																			
15:35										跳遠 (F-16)-B Long Jump									
15:40			400m 障礙 (F-1) 400m Hurdles																
15:45																			
15:50																			
15:55																			
16:00								400m (F)		400m (F)		400m (F)							
16:05																			
16:10																			
16:15																			
16:20																			
16:25																			
16:30													4 X 100m (F-1)		4 X 100m (F-1)				
16:35																			
16:40								4 X 100m (F-1)		4 X 100m (F-1)									
16:45																			
16:50																			
16:55																			
17:00																			
17:05																			
17:10																			
17:15																			
17:20																			
17:25																			
17:30																			
17:35																			
17:40																			
17:45																			

跳遠 A池 近草地位置、跳遠 B池 近看台位置 Long Jump A located at near meadows, Long Jump B near to the spectator stands

**!!! 為確保運動員安全及賽事順利進行，所有比賽場地嚴禁家長及教練進入 !!!**  
**In order to ensure the safety of athletes and the smooth progress of events, parents and coaches are strictly**

賽場情況：運動員須先向田賽裁判長請假，裁判長允許運動員以不同抽籤排定的順序進行一次試跳後，方可離去參加徑賽項目。返回後，應即向裁判長請假。兼項情況：運動員須先向田賽裁判長請假，方可離去參加徑賽項目。返回後，應即向裁判長請假。

If the athletes compete in track and field events at the same time, they should inform the field judges before they leave for the other event, and report to Call Room in person for their Track Event. Athletes should report to the field judges again immediately after finishing the track event.

若運動員向田賽裁判長請假前往徑賽項目參賽，當返回田賽賽場時比賽已結束，恕不能換好履賽。

If the athlete asked for leave from the field event to compete in a track event, and the competition is over when he returns to the field event, no rematch can be claimed.