

13:55								
14:00						跳高(F-12) High Jump		
14:05								
14:10		擲鐵餅 (F-10) Discus Throw						
14:15								
14:20						推鉛球(F-10)	100m 跨欄 (F) 100m Hurdles	
14:25					110m 跨欄 (F) 110m Hurdles			
14:30			110m 跨欄 (F) 110m Hurdles					
14:35	110m 跨欄 (F) 110m Hurdles							
14:40								
14:45								
14:50								
14:55					400m (F)		400m (F)	
15:00	400m (F)		400m (F)					
15:05								
15:10								
15:15				推鉛球(F-19) Shot Put				
15:20	100m (F)		100m (F)		100m (F)		100m (F)	
15:25								
15:30								
15:35								
15:40								
15:45								
15:50							1500m (F)	
15:55					1500m (F)			
16:00		跳高(F-3) High Jump		跳高(F-12) High Jump				
16:05			1500m (F)					
16:10								
16:15	1500m (F)							
16:20								
16:25								
16:30								
16:35	200m (F)		200m (F)		200m (F)		200m (F)	
16:40								
16:45								
16:50								
16:55								
17:00							4 X 100m (F-1)	擲鐵餅 (F-14) Discus Throw
17:05								
17:10								
17:15			4 X 100m (F-1)C		4 X 100m (F-1)C			
17:20								
17:25								
17:30								
17:35								
17:40								
17:45					4 X 400m (F-1)		4 X 400m (F-1)	

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

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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.

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

Date : 25/5/2024

Roll Call Time

比賽時間aR	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
女子 Girls						
	U20		U18		U16	
	徑賽 Track	田賽 Field	徑賽 Track	田賽 Field	徑賽 Track	田賽 Field
08:30					跳高(F-8) High Jump	推鉛球(F-6) shot put
08:35						
08:40					100m 跨欄 (H-3) 100m Hurdles	
08:45						
08:50			100m 跨欄 (H-2) 100m Hurdles			
08:55						
09:00						
09:05						
09:10						
09:15						
09:20						
09:25						
09:30						200m (H-4)
09:35				擲鐵餅 (F-15) Discus Throw		
09:40			200m (H-2)		200m (H-3)	
09:45						
09:50						
09:55						
10:00						
10:05		推鉛球(F-6) shot put				
10:10						
10:15						
10:20						
10:25					3000m (F/C)	
10:30						
10:35						
10:40				跳高(F-10)C High Jump		100m (H-6)
10:45						
10:50					100m (H-5)	
10:55						推鉛球(F-15) Shot Put
11:00	100m (H-2)		100m (H-4)			
11:05						
11:10						
11:15						
11:20						跳遠 (F-29)-B Long Jump
11:25						
11:30						
11:35						
11:40						
11:45						
11:50						
11:55						
12:00						
12:05						400m (H-4)
12:10			400m (H-2)		400m (H-2)	
12:15				跳遠 (F-14)-A Long Jump		擲鐵餅 (F-4) Discus Throw
12:20						
12:25						
12:30						
12:35						
12:40						跳遠 (F-25)-B Long Jump
12:45						
12:50						
13:10		跳遠 (F-6)-A Long Jump				
午膳						
13:50						

13:55							
14:00						100m 跨欄 (F) 100m Hurdles	
14:05					100m 跨欄 (F) 100m Hurdles		
14:10			100m 跨欄 (F) 100m Hurdles				
14:15	100m 跨欄 (F) 100m Hurdles						
14:20							
14:25							
14:30							
14:35							
14:40							
14:45					400m (F)		400m (F)
14:50	400m (F)		400m (F)				
14:55							
15:00							
15:05							
15:10						擲鐵餅 (F-15) Discus Throw	
15:15	100m (F)		100m (F)		100m (F)		100m (F)
15:20							
15:25							
15:30							
15:35					1500m (F)C		1500m (F)C
15:40	1500m (F)C		1500m (F)C				
15:45							
15:50							
15:55							
16:00							
16:05							
16:10			擲鐵餅 (F-5) Discus Throw				
16:15							
16:20							
16:25	200m (F)		200m (F)		200m (F)		200m (F)
16:30					推鉛球(F-9) Shot Put		
16:35							
16:40							
16:45							
16:50					4 X 100m (F-1)		4 X 100m (F-1)
16:55							
17:00							
17:05							
17:10							
17:15							
17:20							
17:25					4 X 400m (F-1)		4 X 400m (F-1)
17:30							
17:35							
17:40							
17:45							

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