

瑪利諾神父教會學校

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Maryknoll Fathers' School

2 To Yuen Street

Tai Hang Tung

Kowloon, Hong Kong

Circular No.: G030/2627

Annual Athletic Meet 2026-2027

18th September 2026

Dear Parents/Guardians,

Please be informed that the Athletic Meet is scheduled on 24 September 2026 (Thursday) and 13 October 2026 (Tuesday). This activity is for all students, unexcused absence will be considered as truancy. Please ensure the health condition of your children and make sure they are fit for the Athletic Meet. Details of the activity are as follows:

Date: Day 1 – 24 September 2026 (Thursday)

Day 2 – 13 October 2026 (Tuesday)

Time: 8:10 am – 5:00 pm

Venue: Sham Shui Po Sports Ground

Please note the followings:

1. Should there be suspension of classes by the EDB, the competition will be cancelled.
2. Students should wear school PE uniform.

Please reply to the eNotice no later than 24th September 2026. Should you have any enquiries, please feel free to contact Mr. Chan Siu Pong or Ms. Law Man Chung at 2777 5117.



Yours faithfully,

Mr. Yuen Cheung Oi
Principal

Reply Slip

I am notified of the details of 'Annual Athletic Meet 2026-2027'

(Please indicate with a ✓ in the box if applicable.)

*Emergency contact no. : _____

*Student's contact no. : _____

'Each one of you has received a special grace, so, like good stewards responsible for all these varied graces of God, put it at the service of others.' (1 Peter 4:10)

周年陸運會

比賽規則

1. 除特別聲明外，比賽將依照「香港業餘田徑總會」規則舉行。
2. 所須器材均由大會供應。
3. 運動員可穿著釘鞋出賽，但釘長不能超過7mm（徑賽），9mm（田賽）由場地員工負責查驗。
4. 報到程序：
 - 4.1 徑賽運動員須到召集處報到。
 - 4.2 田賽運動員則到比賽地點報到。
 - 4.3 宣佈最後召集五分鐘後而未報到者將被取消出賽資格。
5. 田賽運動員如需要於比賽中途參加另一徑賽，須於田賽比賽前向裁判請假。離開比賽場地時，亦須得到裁判準許。田賽裁判可臨時改變比賽次序，以便運動員於離開前試擲或試跳一次。
6. 如運動員所參加之兩項賽事同時舉行，或時間非常接近，運動員應首先向徑賽召集處報到。並向召集處裁判請假。徑賽賽事完畢後，立刻向田賽裁判報到。
7. 當運動員離開比賽場地期間，賽事仍如常舉行。故此運動員完成另一賽事後，應立刻返回比賽場地。
8. 在跳高項目中，當運動員返回場地時，他只能試跳當時進行比賽的高度。而其他田賽項目，運動員返回場地時只可參加正在進行之輪次比賽。失去之試跳或試擲次數，將不獲補償。
9. 如賽事在運動員返回場地前結束，並已宣佈名次，該運動員比賽機會則自動取消。
10. 運動員如無故拖延返回場地報到，比賽資格將被取消。
11. 田賽項目
 - 11.1 如參賽人數眾多，體育科因應參賽情況安排預賽。
 - 11.2 初賽成績最佳之8位運動員，可進入決賽。同成績者則以次佳成績決定入決賽者。如未能有次佳成績，則同成績者同入決賽。
 - 11.3 三級跳進行時，運動員須確定其使用之起跳板，裁判得記錄之，比賽進行中不能作任何更改。起跳板與池邊之距離為（1）11米（2）9米，裁判亦可個別考慮給予運動員使用7米起跳線。
12. 在賽事進行中，運動員不能接受任何協助。協助包括提供資料，指導或提示。犯例之運動員將被警告或取消比賽資格。提供協助之人仕可被警告或被體育科處分。
13. 徑賽項目
 - 13.1 起跑
 - 12.1.1 參加四百米或以下賽事之運動員須用蹲的式起跑。
 - 12.1.2 召回一運動員如在非指定跑道賽事的首一百米內因與其他運動員發生身體接觸而倒地，組運動員應被召回及重新開始。
 - 12.1.3 入選準決賽及決賽資格（只限100米至400米）初賽/準決賽之最佳成績者進入準決賽/決賽入選運動員綫道分配如下：

線道： 初賽成績：

1	7
2	1
3	2
4	3
5	4
6	5
7	6
8	8

14. 上訴

14.1 有受有關事件影響的同學可進行上訴。

14.2 由該社社長或社監於宣佈有關成績30分鐘內以書面呈交有關職員。

14.3 其他學生或觀眾之上訴均不受理。

14.4 投訴有關技術性規則，可呈交裁判小組。而裁判小組之決定為最終決定。

15. 投訴賽事管理工作，可呈交上訴委員會。而委員會之決定為最終決定。

個人項目起跑將依照全能項目起跑規則執行（裁判員對第一次起跑犯規的運動員給予警告，運動員不會被取消資格，之後，任何起跑犯規的一名或多名運動員均將被取消比賽資格）。

16. 因應需要，部分徑賽運動員須穿著大會供應之號碼背心作賽。

17. 跳高之起跳高度建議：

	男甲	男乙	男丙	女甲	女乙	女丙
建議高度	1.4m	1.35m	1.15m	1.13m	1.1m	1.05m

18. 跳遠/三級跳項目：初賽每人輪流跳 3 次，頭8名入決賽，每人輪流跳 3 次(最佳成績最後跳)。

19. 鉛球/鐵餅項目：初賽每人輪流擲 3 次，頭8名入決賽，每人輪流擲 3 次(最佳成績最後擲)。

以下為擲類及跨欄項目之規格：

組別 項目	男子組			女子組		
	甲	乙	丙	甲	乙	丙
鉛球	5kg	4kg	4kg	4kg	3kg	3kg
鐵餅	1.5kg	1kg	1kg	1kg	1kg	1kg

組別 項目	男子組			女子組		
	甲	乙	丙	甲	乙	丙
100m欄	/	0.914m	0.84m	0.762m	0.762m	0.762m
110m欄	0.914m	/	/	/	/	/

Maryknoll Fathers' School 2026 – 2027

Annual Athletic Meet

General Rules

1. Unless otherwise stated, the competition will be held in accordance with the rules of the **Hong Kong Amateur Athletics Federation**.
2. All required equipment will be provided by the conference.
3. Athletes may wear spiked shoes to compete, but the spike length cannot exceed 7 mm for track events and 9 mm for field events; these will be inspected by judges.
4. Marshal procedures:
 - 4.1 Track athletes must report to the meeting place.
 - 4.2 Field athletes will report to the competition location.
 - 4.3 Those who fail to register five minutes after the final call is announced will be disqualified.
5. If track and field athletes need to participate in another track event during the competition, they must request leave from the referee before leaving the track and field competition. Permission from the referee is also required when leaving the playing field. The field referee may temporarily change the order of competition to allow athletes to attempt a throw or jump before leaving.
6. If two events that an athlete participates in are held at the same time or very close together, the athlete should first report to the track race convening office and ask for leave from the referee there. After completing the track event, they must report immediately to the field referee.
7. When athletes leave the competition venue, the event will continue as scheduled. Therefore, athletes should return to the competition venue immediately after completing another event.
8. In the high jump event, when an athlete returns to the venue, they can only attempt jumps at the height at which they were competing. For other field events, athletes can only participate in the ongoing round of competition upon their return. Lost trial jumps or throws will not be compensated.
9. If an event ends before an athlete returns to the venue and rankings are announced, that athlete's opportunity to compete will be automatically cancelled.
10. If athletes delay returning to report without a valid reason, their qualifications for the competition will be revoked.

11. Field events:

11.1 If there are a large number of participants, the Physical Education Department will arrange preliminary rounds based on participant numbers.

11.2 The eight athletes with the best results in the preliminary round can advance to the finals. Those with identical scores will be selected as finalists based on their next best score. If there is no second-best result, those with identical scores will advance to the finals.

11.3 During the triple jump, athletes must determine their starting board, which can be recorded by the referee. No changes can be made during competition. The distance between the take-off board and the edge of the pit is as follows: (1) 11 meters (2) 9 meters. The referee may also consider allowing athletes to use a 7-meter take-off line on an individual basis.

12. Athletes are not allowed to receive any assistance during events. Assistance includes providing information, guidance, or tips. Athletes who violate this rule may be warned or disqualified from competition; those providing assistance may also face warnings or sanctions from the Physical Education Department.

13. Track events:

13.1 Starting:

13.1.1 Athletes participating in events of 400 meters or less must start from a squatting position.

13.1.2 Recall: If an athlete falls to the ground due to physical contact with other athletes within the first 100 meters of an event on a non-designated track, that athlete shall be recalled and restarted.

13.1.3 Qualifications for semi-finals and finals (limited to events between 100 meters and 400 meters):

The best scorer in preliminary/semi-finals will advance to semi-finals/finals according to this route distribution:

Line	Preliminary Results
1	7
2	1
3	2
4	3
5	4
6	5
7	6
8	8

14. Appeal:

14.1 Students affected by incidents may appeal.

14.2 The president or supervisor of a society must submit relevant results in writing to staff within 30 minutes of announcing results.

14.3 Appeals from other students or spectators will not be entertained.

14.4 Complaints regarding technical rules may be submitted to the referee panel; their decision is final.

15. Complaints about event management can be submitted to the Appeal Committee; their decision is final.

16. The start of individual events will follow starting rules for all-around events (the referee will warn any athlete committing a foul at first start; that athlete will not be disqualified initially but may face disqualification if fouls occur again).

17. If necessary, some track athletes must wear numbered vests provided by the competition.

18. Recommended starting heights for high jump:

Category	Boys A	Boys B	Boys C	Girls A	Girls B	Girls C
Recommended Height	1.4m	1.35m	1.15m	1.13m	1.1m	1.05m

19. Long jump/triple jump event: In preliminary rounds, each athlete will take turns jumping three times; the top eight will advance to finals where each athlete takes turns jumping three times (the best result jumps last).

20. Shot put/discus event: In preliminary rounds, each athlete will take turns throwing three times; again, the top eight will advance to finals where each takes turns throwing three times (the best result throws last).

Specifications for throwing and hurdle events:

Group Event	Boy's Group			Girl's Group		
	A	B	C	A	B	C
Shot Put	5kg	4kg	4kg	4kg	3kg	3kg
Discus	1.5kg	1kg	1kg	1kg	1kg	1kg

Group Event	Boy's Group			Girl's Group		
	A	B	C	A	B	C
100m Hurdles	/	0.914m	0.84m	0.762m	0.762m	0.762m
110m Hurdles	0.914m	/	/	/	/	/

Scoring Reminder

Event Score:	participation score + standard score + place score + break record score (if any)
Individual score:	Event Score (in case of ties in individual scores, the final order will be decided by the scores from the 4x100M and 4x400M relay)
Participation score:	1 point will be given to each athlete who has completed an event.
Standard score:	1 point will be given to each athlete who meets the standard. For events divided into heats and finals, only the standard score of heats will be counted.
Break record score:	3 points will be given to each athlete who has broken the event record.

Place Score:

(a) Individual event

Places	1st	2nd	3rd	4th	5th	6th	7th	8th
Points	9	7	6	5	4	3	2	1

(b) Relays (Inter-House 4x100m and 4x400m relay)

Places	1st	2nd	3rd	4th
House Score	18	14	12	10

Maryknoll Fathers' School 2026 – 2027

Annual Athletic Meet

Date : 24th September 2026 (Day 1)
 Time : 8:10 a.m. – 4:30 p.m.
 Place : Sham Shui Po Sports Ground
 Chairperson : Mr. Yuen Cheung Oi (Principal)
 Guest of Honour : Prof. Cheung Sai On (Alumni)

Rundown

Time	Procedure	
8:10 a.m. – 8:20 a.m.	Attendance Taking & Rehearsal of Opening	
8:20 a.m. – 8:30 a.m.	Seating	
8:30 a.m. – 9:00 a.m.	<u>Opening Ceremony:</u> 1. National Anthem Ceremony (4') 2. Opening Prayer (5') 3. Speech by Prof. Cheung (5') 4. Oath Ceremony (3') 5. School Hymn (3') 6. First Shot Ceremony (10')	
9:00 a.m. – 9:45 a.m.	Roll Call, Equipment Set-up & Cheering Performance	
9:45 a.m. – 11:45 a.m.	<u>Track Events:</u> 400m (Final), 100m (Heat)	<u>Field Events:</u> (9:45 a.m. – 11:45 a.m.) Long Jump High Jump Shot Put Discus
11:45 a.m. – 1:15 p.m.	Lunch Break	
1:15 p.m. – 1:45 p.m.	Attendance Taking & Seating	
1:45 p.m. – 2:00 p.m.	Roll Call & Equipment Set-up	
2:00 p.m. – 3:45 p.m.	<u>Track Events:</u> 200m (Final), 1500m (Final)	<u>Field Events:</u> (2:00 p.m. – 3:45 p.m.) Long Jump High Jump Shot Put Discus
3:45 p.m. – 4:30 p.m.	24 x 50m Form 6 Students + Teachers Relay (14 Male + 10 Female)	
4:30 p.m.	Dismissal	

Timetable:

24/09/2026 (Day 1) 8:10a.m. - 4:30 p.m.

Track Events						Field Events				
Time	Order and Name of Event		Grade	Heat / Final	No. of Heats	Time	Order and Name of Event		Grade	No. of Students
8:30 a.m.	Opening Ceremony									
9:00 a.m.	Roll Call, Equipment Set-up & Cheering Performance									
9:45 a.m.	1	400m	Girls C	F		9:45 a.m.	1	Long Jump	Boys C	
	2		Girls B	F				Discus	Boys A	
	3		Girls A	F				High Jump	Girls A	
	4		Boys C	F				Shot Put	Boys B	
	5		Boys B	F						
	6		Boys A	F						
10:45 a.m.	7	100m	Girls C	H		10:45 a.m.	2	Long Jump	Boys A	
	8		Girls B	H				Discus	Boys C	
	9		Girls A	H				High Jump	Boys B	
	10		Boys C	H				Shot Put	Girls A	
	11		Boys B	H						
	12		Boys A	H						
11:45 a.m.	Lunch Time (11:45a.m. – 1:15p.m.)									
1:00 p.m.	Attendance Taking & Seating									
2:00 p.m.	13	200m	Girls C	F		2:00 p.m.	3	Long Jump	Girls B	
	14		Girls B	F				Discus	Boys B	
	15		Girls A	F				High Jump	Boys C	
	16		Boys C	F				Shot Put	Girls C	
	17		Boys B	F						
	18		Boys A	F						
2:45p.m.	19	1500m	Girls C, B, A	F		2:45 p.m.	4	Long Jump	Boys B	
	20		Boys C, B, A					Discus	Girls C	
3:45p.m.	1	24 X 50m (14M 10F)	Form 6	F	1			High Jump	Boys A	
			(Teachers- Students)					Shot Put	Girls B	
4:30p.m.	Dismissal									

Maryknoll Fathers' School 2026 – 2027

Annual Athletic Meet

Date : 13th October 2026 (Day 2)
 Time : 8:10 a.m. – 4:45 p.m.
 Place : Sham Shui Po Sports Ground
 Chairperson : Mr. Yuen Cheung Oi (Principal)
 Guest of Prize : Fr. Cyril Cheung (Supervisor)
 Presentation
 Guest of Hounor : Miss Sarah Lee Wai Sze,
 a former Hong Kong professional track cyclist. Her greatest success to date is winning the bronze medal in the women's keirin at the 2012 London Olympics, Hong Kong's third-ever Olympic medal and first in cycling. She won a second Olympic bronze medal in the women's sprint at the 2020 Tokyo Olympics

Rundown

Time	Procedure
8:10 a.m. – 8:40 a.m.	Attendance Taking & Seating
8:40 a.m. – 9:00 a.m.	Roll Call & Equipment Set-up
9:00 a.m. – 11:00 a.m.	<u>Track Events:</u> Hurdles, 100m Final, 800m <u>Field Events:</u> (9:00 a.m. – 11:00 a.m.) Long Jump High Jump Shot Put Discus
11:00 a.m. – 11:45 p.m.	4 x 100m Relay
11:45 a.m. – 1:15 p.m.	Lunch Time (11:45a.m. – 1:15p.m.)
11:45 a.m. – 1:15 p.m.	Lunch Break
1:15 p.m. – 1:35 p.m.	Attendance Taking & Seating
1:35 p.m. – 1:50 p.m.	Roll Call & Equipment Set-up
1:50 p.m. – 2:45 p.m.	4 x 400m Relay
2:45 p.m. – 3:30 p.m.	4 x 100m Inter – School Invitation Relay
3:30 p.m. – 4:00 p.m.	House Cheerleading Performance
4:00 p.m. – 4:45 p.m.	<u>Closing Ceremony:</u> 1. Speech by Supervisor (5') 2. Speech by Guest (10') 3. Prize Presentation (20') 4. Speech by Principal (5') 5. Closing Prayer (3') 6. School Hymn (2')
4:45 p.m.	Dismissal

Timetable:

13/10/2026 (Day 2) 8:10a.m. - 4:45 p.m.

Track Events						Field Events					
Time	Order and Name of Event		Grade	Heat / Final	No. of Heats	Time	Order and Name of Event		Grade	No. of Students	
9:00a.m.	1	100mH	Girls Open	F		9:15a.m.	5	Long Jump	Girls C		
	2	100mH	Boys C	F				Discus	Girls A		
	3	100mH	Boys B	F				High Jump	Girls B		
	4	110mH	Boys A	F				Shot Put	Boys A		
9:30a.m.	6	100m	Girls C	F	1(8)						
	7		Girls B	F	1(8)						
	8		Girls A	F	1(8)						
	9		Boys C	F	1(8)						
	10		Boys B	F	1(8)						
	11		Boys A	F	1(8)						
	10:15a.m.		12	800m	Girls C		F		10:15a.m.	18	Long Jump
13		Girls B	F			Discus	Girls B				
14		Girls A	F			High Jump	Girls C				
15		Boys C	F			Shot Put	Boys C				
16		Boys B	F								
17		Boys A	F								
11:00a.m.		19	4 X 100m		Girls C, B, A ; Boys C, B, A	F	6				
11:45a.m.	Lunch Time (11:45a.m. – 1:15p.m.)										
1:15 p.m.	Attendance Taking & Seating										
1:50p.m.	1	4 X 400m	Girls Open ; Boys C, B, A	F	4						
2:45p.m.	1	4 X 100m	Inter – School Invitation Relay	F	4						
3:30p.m.	Inter House Cheering Performance										
4:00p.m.	Closing Ceremony										
4:45p.m.	Dismissal										

瑪利諾神父教會學校 2026 – 2027

周年陸運會 學生注意事項

	初賽日	決賽日
日期	2026 年 9 月 24 日(星期四)	2026 年 10 月 13 日(星期二)
時間	8:10 a.m. - 4:30 p.m.	8:10 a.m. - 4:45 p.m.
地點	深水埗運動場	
對象	中一至六同學	
服飾	整齊體育服	
主禮嘉賓	張世安教授(校友)	李慧詩小姐

1. 學生必須於當日早上 **8:10a.m.** 前到達運動場。
2. 學生需於入口處拍卡，然後到跑道指定的位置集隊點名，班主任完成點名及確認。
3. 若因事或病告假者，請按平日手續處理。若因病未能出席，請於當日早上由父母/監護人**致電**
回校 / 利用 E-Class 程式告假，若因事請假者，更應事前把告假信交班主任轉校務處。
4. 如當天因天氣惡劣，教育局宣佈停課，陸運會將會取消，校方會於早上 6 時 30 分前透過網頁發出緊急通告，學生或家長無需致電回校查詢。
5. 按平常上學守則，所有同學到達運動場後須立即拍咭。
6. 當日學生應穿着夏季短袖運動衫，配上冬季運動長褲及以白色為主的運動鞋。若天氣稍涼，學生亦可加上合乎校規的外套。若有校隊之成員擬穿上制服或運動鞋者，亦請先攜帶到運動場才更換。
7. 小心保管個人財物，切勿攜帶大量金錢或貴重物品，有需要時可將個人物品放入儲物櫃內(自備輔幣\$1 或\$5)。若有遺失，請立即通知訓導組當值老師。
8. 學生可攜帶手機，在得到老師允許的情況下可作拍攝用途，惟不可使用手機進行與運動會無關的活動(例如瀏覽網頁、打電子遊戲或閱讀等等)。
9. 各同學應投入比賽，除運動員及工作人員外，其他學生應留在看台為社打氣；故此，嚴禁學生擅自離開屬社看台(不應越社)、閱讀書籍、報章及雜誌，更不應攜帶棋類及紙牌類物品到場。
10. 運動員可於比賽前到熱身區準備及練習，並必須於賽事完成後返回屬社看台；不應逗留在比賽場區。
11. 工作人員需準時向項目負責老師報到，盡力協助賽事順利進行，並必須於賽事完成後返回屬社看台；不能隨意逗留在比賽場區。
12. 位於看台上方的通道列作當值老師巡視之用；故此，請各位切勿在此逗留，如需熱身，請到看台後方之熱身區進行。
13. 若因病或事假需中途離場者，請到看台「檢錄處」向訓導組老師/領袖生辦妥手續，方可離場。
14. 中六學生於班際接力比賽可穿著班衫，亦可穿著不超過 6 毫米之鈍角釘鞋或橡膠跑鞋進行比賽，如有同學違反以上規則，裁判老師有權取消其比賽資格。
15. 若需要到洗手間/小賣部，須先獲當值老師批准，再向各社的當值領袖生登記。

	時段一	時段二
中一、二	9:45 – 10:15a.m.	2:30 – 3:00p.m.
中三、四	10:15 – 10:45a.m.	3:00 – 3:30p.m.
中五、六	10:45 – 11:15a.m.	3:30 – 4:00p.m.

所有同學須跟左方所列出的時間才可到小賣部。

Maryknoll Fathers' School 2026 – 2027

Annual Athletic Meet

Students Reminders:

Date : 24th September 2026 (Day 1)
Time : 8:10 a.m. – 4:30 p.m.
Place : Sham Shui Po Sports Ground
Guest of Honour : Prof. Cheung Sai On (Alumni)

Date : 13rd October 2026 (Day 2)
Time : 8:10 a.m. – 4:45 p.m.
Place : Sham Shui Po Sports Ground
Guest of Prize : Fr. Cyril Cheung (Supervisor)
Presentation
Guest of Hounor : Miss Sarah Lee Wai Sze,
a former Hong Kong professional track cyclist. Her greatest success to date is winning the bronze medal in the women's keirin at the 2012 London Olympics, Hong Kong's third-ever Olympic medal and first in cycling. She won a second Olympic bronze medal in the women's sprint at the 2020 Tokyo Olympics

1. Students must arrive at the sports ground before **8:10 a.m.** on the same day.
2. Students must present your student cards at the entrance and then proceed to the designated location on the track for roll call. The class teacher will confirm the attendance record.
3. If you need to request leave due to personal matters or illness, please follow the usual procedures. If you are unable to attend due to illness, please have your parents or guardians call the school or use the E-Class program to apply for leave in the morning. If you are requesting leave for any other reason, you should submit a leave letter to your class teacher in advance, who will forward it to the school office.
4. If the EDB announces the suspension of classes due to bad weather that day, the Athletic Meet will be cancelled. The school will issue an emergency notice through the website before 6:30 a.m. Students and parents do not need to call the school for inquiries.
5. According to normal school rules, all students must take their cards immediately upon arriving at the sports ground.
6. At the Athletic Meet, students should wear summer short-sleeved sweatshirts, winter sports trousers, and primarily white sports shoes. If the weather is cooler, students may also wear jackets

that comply with school regulations. If any members of the school team plan to wear uniforms or sneakers, please bring them to the sports field before changing.

7. Keep personal belongings secure and do not carry large amounts of money or valuables. If necessary, you may store personal belongings in lockers (bring your own tokens of \$1 or \$5). If items are lost, please notify the teacher on duty in the discipline team immediately.
8. Students are allowed to bring mobile phones for filming purposes with permission from a teacher; however, they are not permitted to use mobile phones for activities unrelated to the Athletic Meet (such as browsing the web, playing video games, or reading).
9. All students should participate in the competition. Except for athletes and officials, other students should remain in the stands to cheer for their houses; therefore, students are strictly prohibited from leaving their house stand without permission (they should not cross into another house's area), reading books, newspapers, or magazines, and bringing chess or card games to the venue.
10. Athletes can go to the warm-up area to prepare and practice before their events but must return to their house stands after the event; they should not remain in the track and field area.
11. Officials must report to the teacher in charge of their project on time and do their best to help ensure that the event runs smoothly. They must return to their house stands after their duties are completed and are not allowed to remain in the track and field area without permission.
12. The passage above the stands is reserved for inspections by teachers on duty; therefore, please do not linger there. If you need to warm up, please go to the warm-up area behind the stands.
13. If you need to leave the venue midway due to illness or personal reasons, please go to the "Registration Area" in the stands to complete the necessary procedures with a discipline team teacher before leaving.
14. Secondary 6 students may wear class T-shirts during Inter-class relay competitions and may also wear obtuse spikes or rubber running shoes with spikes not exceeding 6 mm for competition. Any student who violates these rules may be disqualified from competing by the referee.
15. If students need to go to the restroom/tuck shop, you must first obtain approval from the teacher on duty, and then register with the on-duty prefects.

	Time Slot 1	Time Slot 2
Form 1, 2	9:45 – 10:15a.m.	2:30 – 3:00p.m.
Form 3, 4	10:15 – 10:45a.m.	3:00 – 3:30p.m.
Form 5, 6	10:45 – 11:15a.m.	3:30 – 4:00p.m.

All students must follow the time listed on the left to go to the tuck shop.

深水埗運動場平面圖 Sham Shui Po Sports Ground Layout Plan

Bus (In / Out) 巴士途經路線

2A,2B,2F,6,6A,6C,6D,30X,31B,32,33A,35A,36A,36B,37,40,41,
41A,42,42A,43C,44,45,46,52X,58X,59A,59X,60X,63X,66,66X,67X,68X,
69X,72,86,86A,86B,86C,98C,102,171,904,905,234X,238X,265B,E21,E21A
專線小巴 : 44A,75, 97A,411

長沙灣道 Cheung Sha Wan Road

Cheung Sha Wan Plaza
長沙灣廣場

匯豐銀行
HSBC

Lai Chi Kok
MTR Exit A
荔枝角地鐵
站 A 出口

入口 B
(圍封)

入口 C
(圍封)

入口 A
(出入及運輸用)

Stage II G

備註: 公眾電話及小食亭設在一樓
Remark: Public Telephone & Kiosk at 1/F

熱身區

拍卡區

領袖生

忠社

預留

信社

真社

預留

誠社

召集處

檢錄

檢錄

一樓看台座位表

報到

地下正門入口
G/F Main Entrance

經理室
Manager Room

辦事處
General Office

紀錄室
Record Room

男洗手間及更衣室
Men's Toilet and Changing Room

女洗手間
Ladies' Toilet

器材室
Equipment Room

女洗手間及更衣室
Ladies' Toilet and Changing

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