

PENTECOSTAL LAM HON KWONG SCHOOL

The 34th Annual Athletic Meet

Date Time	28 th September 2017 (Heat)											
08:00	Roll Call and Preparation											
08:20	Opening Ceremony											
08:45	Competition											
Event	Boys A		Boys B		Boys C		Girls A		Girls B		Girls C	
	Field	Track	Field	Track	Field	Track	Field	Track	Field	Track	Field	Track
09:00	JAV (F)		SP (F)		LJ (F)		HJ (F)		800M	(2/F)		800M (1/F)
09:15						800M (4/F)		800M (3/F)				
09:30		800M (6/F)		800M (5/F)								
09:45										100M (8/H)		100M (7/H)
10:00	LJ (F)					100M (10/H)	SP (F)	100M (9/H)	JAV (F)		HJ (F)	
10:15		100M (12/H)		100M (11/H)								
10:30										400M (14/F)		400M (13/F)
10:45						400M (16/F)		400M (15/F)	LJ (F)			
11:00		400M (18/F)	JAV (F)	400M (17/F)	SP (F)							
11:15										1500M (Junior 19/F)		
11:30							1500M (Senior 20/F)					
12:00	Lunch											
13:10	Roll Call											
13:15	Prize presentation											
13:30	HJ (F)		LJ (F)				JAV (F)	200M (23/H)	SP (F)	200M (22/H)		200M (21/H)
13:45		200M (26/H)		200M (25/H)		200M (24/H)						
14:00								S.3 4x100M (29/F)		S.2 4x100M (28/F)		S.1 4x100M (27/F)
14:30	SP (F)	S.6 4x100M (32/F)		S.5 4x100M (31/F)		S.4 4x100M (30/F)						
14:45	4 X 100M Inter-Society Invitation Relay (33/F)											
15:00	4 X 100M Inter-Sports Team Invitation Relay (34/F) (35/F)											
15:15	4 X 100M Alumni Mixed Invitation Relay (36/F)											
15:20	Lowering of the School Flag											
15:30	Tidy Up											
15:45	End of Heat Day											

PENTECOSTAL LAM HON KWONG SCHOOL

The 34th Annual Athletic Meet

Date Time	29 th September 2017 (Final)											
08:00	Roll Call and Preparation											
08:15	Hoisting of the School Flag											
Event	Boys A		Boys B		Boys C		Girls A		Girls B		Girls C	
	Field	Track	Field	Track	Field	Track	Field	Track	Field	Track	Field	Track
08:30	4 X 400M (38/F)						4 X 400M (37/F)					
08:45					HJ (F)		LJ (F)		DIS (F)		SP (F)	
09:00								200M (41/F)		200M (40/F)		200M (39/F)
09:15	TJ (F)	200M (44/F)		200M (43/F)		200M (42/F)						
09:30			Dis (F)									
09:45	1500M (Senior 46/F)			1500M (Junior 45/F)					HJ (F)			
10:00											LJ (F)	
10:15							DIS (F)	100M (49/F)		100M (48/F)		100M (47/F)
10:30		100M (52/F)	HJ (F)	100M (51/F)		100M (50/F)						
10:45	DIS (F)											
11:00	Healthy Kilometer (53/F)											
11:45	Prize presentation											
12:15	Lunch											
13:10	Roll Call											
13:15	4 X 100M (54/F)		4 X 100M (55/F)									
-					4 X 100M (56/F)		4 X 100M (57/F)					
13:30									4 X 100M (58/F)		4 X 100M (59/F)	
13:45	4 X 100M Inter-House Captain Relay (60/F)											
14:00	Cheering Team Performance											
14:15	Closing Ceremony											
15:30	Tidy Up											
16:30	End of Sports Day											

Remarks : Heat (H)~~初賽 Final (F)~~~決賽 High Jump (HJ)~~跳高
 Long Jump (LJ)~~跳遠 Shot Put (SP)~~推鉛球 Javelin (JAV)~~擲標槍
 Discus (DIS)~~擲鐵餅 Triple Jump (TJ)~~三級跳