

1. Login school intranet (<http://www.lamhonkwong.edu.hk>)
2. Click on the “Sports Day Enrolment” icon



3. Read the Enrolment Details, select the events and click on the “Save” button

Maximum Number of Events that can be Enroled (Track) 2
Maximum Number of Events that can be Enroled (Field) 2
Maximum Number of Events that can be Enroled (Total) 3

- Track
- 100m
 - 200m
 - 400m
 - 800m
- Field
- High Jump
 - Long Jump
 - Triple Jump
 - Javelin
 - Shot Put

