



ST. LOUIS SCHOOL SPORTS DAY 2025-2026



12th, 13th January 2026
Wan Chai Sports Ground

St. Louis School

Annual Sports Day 2025-2026

The Guest of Honour

Ms FUNG Ho Ying 馮浩盈女士

Ms CHAN Sakurako 陳櫻子女士

Ms YEUNG Cho Tung 楊楚彤女士

Gold Medalists

Karate – Female Team Kata

**The 15th National Games of
the People's Republic of China**

ST. LOUIS SCHOOL
ANNUAL SPORTS DAY 2025-2026
Duty List

President	Dr. Yick Ho Kuen Victor, Principal
Appeals Board	Mr. Ho Wai Leung Lawrence, Mr. Wong Ching Kwan
Crisis Team	Mr. Ho Wai Leung Lawrence, Mr. Wong Ching Kwan, Mr. Wong Sung Yan
Meet Manager	Mr. Wong Ching Kwan
Announcers	Ms Mayura Kim Roberts, Ms Fong Chun Emma, Ms Ng Kar Wai Vivien
Recorders	Mr. Kwok Sheung Yin Dominic, Mr. Ng Chun Ho, Mr. Chan Kwan Yuk, assisted by students
Track Referee	Mr. Wong Ching Kwan
Marshals	Mr. Ho Wai Leung Lawrence (Chief), Mr. Chan Shui Leung Anthony, Mr. Chan Chun Ket, Mr. Cheung Wing Wah, Mr. Lai Cheuk Yin Arthur, Mr. Lai Siu Hang, Mr. Yeung Tsz Ho
Linesman	The Scouts of 16 th Hong Kong Group
Starters	Mr. Kwok Hui Kin, Mr. Cheng Wing Cheung, Mr. Poon Sheung Him
Relay Takeovers	Ms Chow Yin Hung Carrie, Ms Fong Chun Emma, Mr. Leung Sze Chun, Ms Leung Hoi Tung, Mr. Chan Chi Chiu, Ms Wan Ka Po
Position Judges	Mr. Tam Ka Lok Patrick (Chief), Ms Chan Hiu Wan (2 nd IC), Ms Kwok Yim Fai, Ms Leung Ching Yin, Ms Cho Mei Ching, Mr. Lai Hon Fai, Mr. Yung Yat Pui
Timekeepers	St. Louis Timing Squad
Field Referee	Mr. Wong Sung Yan
High Jump Judges	Ms Ma Po Yuen (Chief), Ms Jim Man Yan
Long Jump Judges	Mr. So Tsz Wai William (Chief), Mr. Tsang Chun Ngai, Mr. Lau Yu Hang
Triple Jump Judges	Mr. Yu Kwan Yiu (Chief), Ms Leung Hoi Tung
Discus Throw Judges	Mr. Yeung Hon Pan (Chief), Mr. Choi Wai
Javelin Throw Judges	Mr. Leung Sze Chun (Chief), Ms. Tong Yan Yuet Anna, Ms Wan Ka Po
Shot Put Judges	Mr. Lo King Yeung (Chief), Mr. Li Chi Yip Leo
Runners & Helpers	Mr. So Ho Yin Steven, Scouts of 16 th Hong Kong Group
Photographers	Mr. Wong Shing Kit, Ms Cheung Sau Chu, Mr. Yu Kwan Yiu and Aloysians
Discipline	Mr. Lui Yiu Sun (Chief), Mr. Tsoi Chun Fung, Mr. Wong Ching Kwan, Mr. Chan Chi Chiu, Ms Chan Man Ying, Mr. Cheng Yuet Ki, Mr. Cheung Wing Wah, Mr. Choi Wai, Mr. Ho Hin Yeung, Ms Jim Man Yan, Mr. Kwok Hui Kin, Mr. Wu Man Hui and PA
First Aid	MERS International Limited
Prize Presentation Ceremony	Ms Chui Lok Ting, Mr. Li Ling Fung Julian
Prize Stewards	Ms Li Sheung Yi, Ms Chan Man Ying, assisted by scouts
Emergency Stand-by	Mr. Lo Ka Leong
House Master/Mistress	Tulip: Mr. Wong Man Chun, Mr. Li Ling Fung Lily: Ms Cheung Yik Lam, Mr. Cheng Yuet Ki Shamrock: Mr. Leung Siu Pong, Mr. Leung Sze Chun Rose: Mr. Ho Hin Yeung, Mr. Yu Yik Hin Thistle: Mr. Wan Chi Kong, Mr. Kwok Hui Kin

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Timetable

Day 1 ----- 12/1/2025 (Monday)

Event	Time	Grade	Track Event	Field Event	Heat/Final
1	0845	A		Triple Jump	Final (13)
2	"	A		Shot Put	Final (19)
3	"	B		High Jump	Final (14)
4	"	B		Javelin	Final (20)
5	"	C		Long Jump	Final (58)
6	0900	A	400m		Heat 1-2 (9)
7	"	B	400m		Heat 1-3 (17)
8	"	C	400m		Heat 1-3 (21)
9	0930	A	1500m		Final (10)
10	"	B	1500m		Final (21)
11	"	C	1500m		Final (23)
12	1000	A		Javelin	Final (35)
13	1000	A	100m		Heat 1-5 (36)
14	1010	B	100m		Heat 1-9 (67)
15	1030	C	100m		Heat 1-15 (118)
-	1115		Prize Presentation		
Lunch					
16	1330	A		High Jump	Final (4)
17	"	B		Long Jump	Final (31)
18	"	B		Shot Put	Final (16)
19	"	C		Discus	Final (50)
20	1330	A	110m Hurdles		Final (7)
21	"	B	100m Hurdles		Final (6)
22	"	C	100m Hurdles		Final (5)
23	1405	A	400m		Final
24	"	B	400m		Final
25	"	C	400m		Final
26	1420	A	100m		Final
27	"	B	100m		Final
28	"	C	100m		Final
29	1445	S1	4x100m Relay (Class)		Final
30	"	S2	4x100m Relay (Class)		Final
31	"	S3	4x100m Relay (Class)		Final
32	"	S4	4x100m Relay (Class)		Final
33	"	S5	4x100m Relay (Class)		Final
34	"	S6	4x100m Relay (Class)		Final
-	1520		Prize Presentation		

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Timetable

Day 2 ----- 13/1/2025 (Tuesday)

Event	Time	Grade	Track Event	Field Event	Heat/ Final
35	0845	A		Discus	Final (21)
36	"	A		Long Jump	Final (19)
37	"	B		Triple Jump	Final (8)
38	"	C		High Jump	Final (7)
39	"	C		Shot Put	Final (35)
40	0900	A	400mH		Final (8)
41	0915	A	200m		Heat 1-3 (17)
42	"	B	200m		Heat 1-3 (24)
43	"	C	200m		Heat 1-6 (47)
44	0950	A	800m		Final (5)
45	"	B	800m		Final (11)
46	"	C	800m		Final (16)
47	1015	B		Discus	Final (28)
48	1020	A	5000m		Final (96)
49	1110	A	200m		Final
50	"	B	200m		Final
51	"	C	200m		Final
-	1120		Prize Presentation		
Lunch					
52	1315	C	4x100m Relay (House)		Final
53	"	B	4x100m Relay (House)		Final
54	"	A	4x100m Relay (House)		Final
55	1345	C	4x400m Relay (House)		Final
56	"	B	4x400m Relay (House)		Final
57	"	A	4x400m Relay (House)		Final
58	1415		Teacher-student Invitation Relay		
	1430		Guest Sharing and Performance		
59	1445		Schools Invitation Relay		
-	1500		Prize Presentation		

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General Regulations

1. **Competition Rules**

All events will be held in accordance with the competition rules of the Hong Kong, China Association of Athletic Affiliates as per World Athletics unless otherwise specified.

2. **Categories**

Grade	Year of Birth
A	Students who were born in and before 2009
B	Students who were born in 2010-2011
C	Students who were born in and after 2012

3. **Competitors Reporting Procedure:**

- a. Track event competitors should report to the Marshalling area which is located at the left end of the spectator's stand. Field event competitors should report directly to the competition area.
- b. Competitors who fail to report to the respective judges within five minutes of the FINAL CALL shall be disqualified from that event.
- c. Competitors taking part in a FIELD event who request to leave in the middle of event to take part in a TRACK event should obtain permission from the field event judge before the start of competition. The competitors must still ask permission from the field event judge before leaving the field event to report to the MARSHAL for the track event. The field event judges may alter the order of competition in allowing competitors to take their trial first before leaving.
- d. Competitors entering in both TRACK AND FIELD events which start near, or at the same time, should report FIRST for the TRACK event and inform the Marshal that they also enter in the FIELD event concerned.
- e. For the High Jump event, competitors can only re-enter the competition at the height from the round in progress. They are not allowed to jump at any previous height. For other field events, competitors can only take their trial from the round that is still in progress when they report to the field event judge. They will forfeit their trial for any round that has already been completed.
- f. If the field event has already been finished and placing of competitors is fixed, competitors that leave the event will forfeit their chance of competing.
- g. Any undue delay on the part of the competitors in reporting their event will make them liable to disqualification.

4. **Track events**

- a. For track events 100m, 200m and 400m, the best times achieved in heats will be qualified to final, except when the total number of enrolled competitors is less than eight, where a straight final will be placed.
- b. For track events 100m Hurdles, 110m Hurdles, 400m Hurdles and 800m or above, straight finals will be held.
- c. For all events, the event will be cancelled if the number of entries is less than three.
- d. For track events up to and including 400m, involving heats, if no more than 8 athletes reported to the Marshal after the FINAL CALL, the event will be a straight Final and held at the scheduled time for the Final.

5. **Field events (Throwing and Jumping)**

- a. Where in any of the throwing or jumping events the number of competitors is too big, a qualifying round may be held prior to the competition proper at the discretion of the Management Committee.
- b. Except for High Jump events, each competitor can attempt 2 trials in the preliminary rounds. If the total number of competitors in any event is fewer than 24, each competitor can attempt 3 trials. The first eight (8) competitors, along with any competitor tying for eighth place, shall take part in the final rounds with an additional 3 trials. If there are 8 or fewer athletes competing in the event, all athletes will have 6 trials. Positions will be ranked according to the best trial.
- c. For High Jump events, the bar height will be raised by no less than 2 cm in every trial. The competitor will lose his turn if he fails in 3 consecutive trials. A jump off is not required in case of a tie.
- d. There will be a takeoff board/marks for triple jump for both A and B grades. The distance of the takeoff board/mark from the edge of the jump pit will be 7 m or 9m.
- e. For all events, the event will be cancelled if the number of entries is less than three.

6. **Event Implements**

The Followings are the specifications of the hurdle races and throwing events.

Events	Grade		
	A	B	C
100m Hurdles	-	0.914 m	0.838 m
110m Hurdles	0.914 m	-	-
400m Hurdles	0.838 m	-	-
Shot Put	5 kg	4 kg	4 kg
Discus	1.5 kg	1 kg	1 kg
Javelin	700 g	600 g	-

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Athletics Record

A Grade

100m	11.27"	Tsang Wai Hon	2001	RO
200m	23.58"	Cheng Ethan Tsun Hei	2024	TH(I.S.)
400m	52.67"	Ho Cheuk Yin	2012	LI
800m	2'15.94"	Yeung Ka Wai	2013	RO(I.S.)
1500m	4'48.58"	Cheung Yu Curtis	2024	LI(I.S.)
5000m	18'30.64"	Cheung Yu Curtis	2023	LI(I.S.)
110m Hurdles	16.19"	Wai Chun To	2008	TH
400m Hurdles	1'02.41"	Wai Chun To	2008	TH(I.S.)
High Jump	1.66m	Sukhginder-Singh-Gill	2025	TH
Long Jump	6.38m	Chu Chun Kong	2024	TH(I.S.)
Triple Jump	13.17m	Chu Chun Kong	2025	TH
Shot Put	11.14m	Chan Shing Chun Jeffrey	2024	SH(I.S.)
Discus	29.74m	Yau Wing Ming	2009	LI(I.S.)
Javelin	45.59m	Keung Tsz Lok	2013	SH(I.S.)
4 x 100m Relay	45.40"	Thistle	2024	(I.S)
4 x 400m	3'53.16"	Shamrock	1999	

Grade B

100m	11.23"	Fu Tsun Hao	1999	LI
200m	23.63"	Lau Kin Ho	1999	TH
400m	53.48"	Yeung Ka Wai	2012	RO(I.S.)
800m	2'10.48"	Ng Chun Yip Gavin	2012	TU(I.S.)
1500m	4'44.14"	Lee Caleb	2025	TH
100m Hurdles	15.07"	Lai Lok Man	2013	SH(I.S)
High Jump	1.67m	Lee Kwong Kee	1994	SH(I.S.)
Long Jump	6.00m	Yau Siu Wah	2013	TH
Triple Jump	12.26m	Yau Siu Wah	2013	TH
Shot Put	14.17m	Macatuman Tobin Bradley	2025	LI
Discus	39.54m	Macatuman Tobin Bradley	2024	LI(I.S.)
Javelin	34.92m	Li Ho Yin	1994	SH(I.S.)
4 x 100m Relay	46.97"	Shamrock	2012	
4 x 400m Relay	3'58.41"	Rose	2012	

Grade C

100m	11.70"	Lam Chok Sau	1997	TH
200m	25.10"	Ho Wing Lim	2001	RO
400m	59.53"	Yuen Ching Ho	1994	RO(I.S.)
800m	2'21.17"	Lee Caleb	2024	TH(I.S.)
1500m	4'54.66"	Ng Chun Yip Gavin	2010	TU(I.S.)
100m Hurdles	16.74"	Wu Ngai Chit	2012	TU
High Jump	1.52m	Li Chun Yuen	1997	TU
Long Jump	5.64m	Lau Hong Ching	1993	TU(I.S.)
Shot Put	10.53m	Hui Shui Kam	1993	SH(I.S.)
Discus	34.00m	Zhao Ho Yin	2025	TU
4 x 100m Relay	52.43"	Shamrock	1993	
4 x 400m Relay	4'24.97"	Rose	1998	

***(I.S.) = Inter-school Athletics Championships

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Scoring System

1. **ONE STANDARD POINT** will be awarded to each athlete who has attained the following set of standards in the Heats only, except in the case of straight finals:

Event	A Grade	B Grade	C Grade
100m	12.60	13.00	13.70
200m	26.10	26.80	29.00
400m	1:00.00	1:03.00	1:09.00
800m	2:30.00	2:30.00	2:45.00
1500m	5:12.00	5:20.00	5:45.00
5000m	21:00.00	-	-
100m Hurdles	-	19.80	21.00
110m Hurdles	20.00	-	-
400m Hurdles	1:10.00	-	-
High Jump	1.55 m	1.47 m	1.30 m
Long Jump	5.10 m	4.70 m	4.10 m
Triple Jump	10.50 m	9.50 m	-
Shot Put	9.00 m	9.00 m	7.30 m
Discus	21.00 m	23.00 m	17.00 m
Javelin	24.50 m	20.00 m	-
4x100m Relay	51.00	53.00	56.50
4x400m Relay	4:13.00	4:28.00	4:50.00

2. **PARTICIPATION POINTS**

ONE POINT will be awarded to each athlete upon completion of each event. TWO POINTS will be awarded to each team upon completion of each relay event.

3. **POSITION POINTS**

Position points will be awarded to each of the 8 final positions as follows.

(Points for Relays shall be doubled)

Placing	1st	2nd	3rd	4th	5th	6th	7th	8th
Individual Event	9	7	6	5	4	3	2	1
Relay Races	18	14	12	10	8			

4. **RECORD BREAKING POINTS**

THREE POINTS will be rewarded to each broken record. (Points for Relays shall be doubled)

Seating Layout at Wan Chai Sports Ground

Gate No. 1 (Main Entrance at Tonnocl Gate No. 2 (Footbridge to Sun Hung Kai Centre))

