REMINDER 備忘

DATE 日期:	22nd , 27th JANUARY & 2nd FEBRUARY, 2010
TIME 時間:	7:30 AM.
PLACE 地點:	WAN CHAI SPORTS GROUND **(WAN CHAI MTR HANG SENG BANK** "EXIT A5") 灣仔運動場 (灣仔地鐵站恒生銀行 A5 出口)
WARM UP 熱身時間:	8:15 AM – 8:30 AM

- **STUDENTS MUST BRING PE UNIFORM AND ATHLETIC TEAM UNIFORM**
- 學生必須帶備體育服裝及田徑隊隊服
- IF THERE ARE TYPHOON SIGNAL NO8, OR BLACK RAIN AT 6:00AM, THE COMPETITION WILL BE CANCELLED.
- 除了在上午六時正後懸掛 8 號颱風及黑雨訊號外，在任何情況下學生必須出席陸運會。
- **YOU MUST HAVE YOUR BREAKFAST BEFORE COMPETITON**
- **請在比賽前進食早餐**
- **STUDENT ATTEND THE COMPEITION, LIGHT MERIT WILL BE GIVEN.**
- **學生出席賽事，將會記優點一次**
- **IF YOU ARE ABSENT FOR NO REASON, YOU WILL BE GIVEN A DERMERIT**
- **學生如沒有合理理由缺席，將會被記小過**

PERSONAL BELONGING 個人物品:

SPORTS SHOES	**釘鞋**
WATER	**水**
WHITE COLOR UNDER SHIRT (GIRLS)	**白色長袖內衣 (女)**
MR WONG	***68553234***

INTER-SCHOOL ATHLETICS 2009/2010

DAY 1 22/01/2010

TIME	EVENT	GRADE	STUDENT 1	STUDENT 2
08:15	HURDLES	BOYS A	TASAWAR USMAN	DOLLANO AL CHRISTIAN
		BOYS B	SHIVADARJEE ANUP	MIRZA ZAIN SHAFIQ
		BOYS C	SINGH NAVSAGIT	TAM CURTIS JUDE KWAN LUNG
		GIRLS A	0	GORAYA MANDEEP KAUR
		GIRLS B	RAI PRATISTA	0
		GIRLS C	LIMBU LISHA	DIESTA JEANALENE
	HIGH JUMP	GIRLS C	KAUR NAVDIPAK	AWAN AMMARAH PARVEEN
	TRIPLE JUMP	BOYS B	SINGH SANKY	CHETTIYAR NATHAN
	LONG JUMP	BOYS C	THAPA SANDIP	RAI HARI KAJI
	SHOT PUT	GIRLS A	MAHWASH	
	DISCUS	GIRLS B	ZAFFAR NIDA	YIP CRYSTAL PALIMA
09:15	400M	GIRLS A	0	0
		GIRLS B	KAUR RAJVIR	BILAN JEULIANNE BAUTISTA
		GIRLS C	KAUR NAVDIPAK	KAUR SUMANPREET
		BOYS A	GURUNG RAGHU	MALIK TAUQEER RIAZ
		BOYS B	NASIR ALI	MIRZA ZAIN SHAFIQ
		BOYS C	SHAH HAMID	URCHENKO ADRIAN L
10:30	DISCUS	BOYS B	RANA KIRAN	SHARMA SUBHAM
	HIGH JUMP	BOYS C	RAZI HARIS	SINGH NAVNINDER
11:00	100M	GIRLS A	TAHIR SIDERA	SINGH JASWINDER KAUR
		GIRLS B	KHALID MASHAL ISLAM	CABUHAT PRINCESS NICOLE VICTORIA
		GIRLS C	LAI CHUN PO	ANGELES PRINCESS KASANDRA LYN
		BOYS A	ZACARIAS CANGA	SINGH CHOHAN HARMANPREET
		BOYS B	SINGH SANKY	KUMAR RAJIN LABARO
		BOYS C	YUMUL FLORENZ ANTHONY R	SEROTE JEREMY CHRISTIAN HIPOLITO
13:15	200M	GIRLS A	MOTWANI PAYAL VASHI	SINGH JASWINDER KAUR
		GIRLS B	GURUNG ANJU	GURUNG MANOJU
		GIRLS C	HARMANBIR KAUR	AWAN AMMARAH PARVEEN
		BOYS A	ZACARIAS CANGA	DOLLANO AL CHRISTIAN
		BOYS B	SHARMA SUBHAM	CHETTIYAR NATHAN
		BOYS C	THAPA SANDIP	KHAN SAYR REPATACODO
	JAVELIN	BOYS A	SINGH GAGANDEEP	DURAISAMY KARTHI
	SHOT PUT	BOYS B	SINGH JASMINDER BAL	VILLANUEVA JOSEPH SATRI CLEOFE
	LONG JUMP	GIRLS A	TAHIR SIDERA	GORAYA MANDEEP KAUR
	HIGH JUMP	BOYS A	GHULAM ABBAS	SAJAHAN SULAIMAN SHAH
14:30	1500M	BOYS A	GURUNG ROHIT	RANA PRAKASH
		BOYS B	RANA KAL SINGH	SINGH BAL PREET
		BOYS C	LIMBU DIPESH	0
03:30	4x100M RELAY	GIRLS A		
		GIRLS B		
		GIRLS C		

INTER-SCHOOL ATHLETICS 2009/2010
DAY 2 27/01/2010

TIME	EVENT	GRADE	STUDENT 1	STUDENT 2
08:15	LONG JUMP	BOYS B		
	SHOT PUT	BOYS C		
	DISCUS	GIRLS A		
	HIGH JUMP	GIRLS B		
	HURDLES	BOYS A		
		BOYS B		
		BOYS C		
		GIRLS A		
		GIRLS B		
		GIRLS C		
08:30	400M	GIRLS A		
		GIRLS B		
		GIRLS C		
		BOYS A		
		BOYS B		
		BOYS C		
09:30	100M	GIRLS A		
		GIRLS B		
		GIRLS C		
		BOYS A		
		BOYS B		
		BOYS C		
09:45	TRIPLE JUMP	BOYS A	TASAWAR USMAN	
10:00	800M	GIRLS A		
		GIRLS B		
		GIRLS C		
10:30	DISCUS	GIRLS C		
	SHOT PUT	GIRLS B		
10:45	800M	BOYS A		
		BOYS B		
		BOYS C		
12:45	SHOT PUT	BOYS A		
	JAVELIN	BOYS B		
	HIGH JUMP	GIRLS A		
	LONG JUMP	GIRLS C		
	200M	GIRLS A		
		GIRLS B		
		GIRLS C		
		BOYS A		
		BOYS B		
		BOYS C		
13:15	1500M	BOYS A		
		BOYS B		
		BOYS C		
13:45	4x400M RELAY	GIRLS A		
		GIRLS B		
		GIRLS C		
		BOYS A		
		BOYS B		
		BOYS C		
15:00	4x100M RELAY	BOYS A		
		BOYS B		
		BOYS C		

INTER-SCHOOL ATHLETICS 2009/2010
DAY 3 02/02/2010

TIME	EVENT	GRADE	STUDENT 1	STUDENT 2
08:15	HURDLES	GIRLS C		
		GIRLS B		
		GIRLS A		
		BOYS C		
		BOYS B		
		BOYS A		
	DISCUS	BOYS A		
	HIGH JUMP	BOYS B		
	LONG JUMP	GIRLS B		
	SHOT PUT	GIRLS C		
08:45	400M	GIRLS C		
		GIRLS B		
		GIRLS A		
		BOYS C		
		BOYS B		
		BOYS A		
09:15	100M	GIRLS C		
		GIRLS B		
		GIRLS A		
		BOYS C		
		BOYS B		
		BOYS A		
09:45	5000M	BOYS A		
10:15	LONG JUMP	BOYS A		
	JAVELIN	GIRLS A		
	800M	GIRLS C		
		GIRLS B		
		GIRLS A		
		BOYS C		
		BOYS B		
		BOYS A		
10:45	200M	GIRLS C		
		GIRLS B		
		GIRLS A		
		BOYS C		
		BOYS B		
		BOYS A		
12:45	DISCUS	BOYS C		
	1500M	GIRLS C		
		GIRLS B		
		GIRLS A		
13:15	4x100M RELAY	BOYS C		
		BOYS B		
		BOYS A		
		GIRLS C		
		GIRLS B		
		GIRLS A		
14:15	4x400m RELAY	BOYS C		
		BOYS B		
		BOYS A		
		GIRLS C		
		GIRLS B		
		GIRLS A		