

# INTER-SCHOOL ATHLETICS 2009/2010

## DAY 2

## 27/01/2010

TIME	EVENT	GRADE	STUDENT 1	STUDENT 2
08:15	LONG JUMP	BOYS B	RANA KAL SINGH	KUMAR RAJIN LABARO
	SHOT PUT	BOYS C	URCHENKO ADRIAN L	VILLANUEVA JOSEPH CLEM CLEOFE
	DISCUS	GIRLS A	MAHWASH	MOTWANI PAYAL VASHI
	HIGH JUMP	GIRLS B	MANAN ZUBARIA	BILAN JEULIANNE BAUTISTA
	HURDLES	BOYS A	TASAWAR USMAN	
		BOYS B	MIRZA ZAIN SHAFIQ	
		BOYS C	AM CURTIS JUDE KWAN LUNG	
		GIRLS A		
		GIRLS B		
		GIRLS C		
08:30	400M	GIRLS A		
		GIRLS B		
		GIRLS C	KAUR NAVDIPAK	
		BOYS A		
		BOYS B	MIRZA ZAIN SHAFIQ	
		BOYS C		
09:30	100M	GIRLS A	SINGH JASWINDER KAUR	
		GIRLS B		
		GIRLS C		ANGELES PRINCESS KASANDRA LYN
		BOYS A	ZACARIAS CANGA	
		BOYS B		
		BOYS C		
09:45	TRIPLE JUMP	BOYS A	TASAWAR USMAN	WU CHUN MING
10:00	800M	GIRLS A	0	0
		GIRLS B	0	0
		GIRLS C	0	0
10:30	DISCUS	GIRLS C	TASAWAR SEHRASH NOREEN	WONG BLESS QUENIE GALLANO
	SHOT PUT	GIRLS B	ZAFFAR NIDA	YIP CRYSTAL PALIMA
10:45	800M	BOYS A	GURUNG PRAJAY	0
		BOYS B	SINGH BAL PREET	GURUNG SACHIN
		BOYS C	0	0
12:45	SHOT PUT	BOYS A	SINGH AMRITPAL	DURAISAMY KARTHI
	JAVELIN	BOYS B	GURUNG SACHIN	VILLANUEVA JOSEPH SATRI CLEOFE
	HIGH JUMP	GIRLS A	VEGA GERSHWIN POLO	FARAH NAWAZ
	LONG JUMP	GIRLS C	DIESTA JEANALENE	ANGELES PRINCESS KASANDRA LYN
	200M	GIRLS A	SINGH JASWINDER KAUR	
		GIRLS B		
		GIRLS C	HARMANBIR KAUR	
		BOYS A	ZACARIAS CANGA	
		BOYS B	CHETTIYAR NATHAN	
		BOYS C		
13:15	1500M	BOYS A		
		BOYS B		
		BOYS C		
13:45	4x400M RELAY	GIRLS A	--	
		GIRLS B	--	
		GIRLS C		JEANALENE, KAYNAT, BLESS, NOREEN
		BOYS A		RAGHU, ROHIT, PRAKASH, PRAJAY
		BOYS B		KIRAN, SUBHAM, ZAIN, JASMINDER
		BOYS C		ADRIAN, SANDIP, DIPESH, KAJI
15:00	4x100M RELAY	BOYS A		CANGA, SULAIMAN, USMAN, KARTHI
		BOYS B		RAJIN, SANKY, NATHAN, ANUP
		BOYS C		FLORENZ, NAVNINDER, NAVSAGIT, SANDIP

# REMINDER 備忘

DATE 日期: 22<sup>nd</sup>, 27<sup>th</sup> JANUARY & 2<sup>nd</sup> 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 COMPETITION**

✂ **請在比賽前進食早餐**

✂ **STUDENT ATTEND THE COMPETITION, 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               |
| ☞ <b><u>WHITE COLOR UNDER SHIRT (GIRLS)</u></b> | 白色長袖內衣 (女)      |
| ☞ <b><i>MR WONG</i></b>                         | <b>68553234</b> |