



屈臣氏田徑會周年大賽2022
Watsons Athletic Club Annual Challenge 2022

24 Sep 2022

第一賽事時間表 Competition Day 1 (暫定 Tentative)

比賽時間表 ORDER OF EVENT

比賽時間 Competition Time	檢錄時間 Roll Call	男子U20組 Boys U20 Grade		男子U18組 Boys U18 Grade		男子U16組 Boys U16 Grade		男子U14組 Boys U14 Grade		男子U12組 Boys U12 Grade		男子U10組 Boys U10 Grade		女子U20組 Girls U20 Grade		女子U18組 Girls U18 Grade		女子U16組 Girls U16 Grade		女子U14組 Girls U14 Grade		女子U12組 Girls U12 Grade		女子U10組 Girls U10 Grade		
		Track	Field	Track	Field	Track	Field	Track	Field	Track	Field	Track	Field	Track	Field	Track	Field	Track	Field	Track	Field	Track	Field	Track	Field	
9:30	9:00 - 9:10								DT (1.0kg) (F)				LJ (F1) (Pitch B)								SP (3.0kg) (F)				LJ (F1) (Pitch A)	
9:30	9:05 - 9:15	3000mSC (F) (0.914m)																								
10:00	9:30 - 9:40																HJ (1.3m) (F)									
10:00	9:40 - 9:50																	400m (H1-5)								
10:10	9:50 - 10:00					400m (H1-4)												400m (H6)								
10:20	10:00 - 10:10					400m (H5-9)																				
10:30	10:10 - 10:20					400m (H10-11)											400m (H1-3)									
10:40	10:20 - 10:30			400m (H1-4)													400m (H4)									
10:50	10:30 - 10:40			400m (H5-7)										400m (H1-2)												
11:00	10:40 - 10:50	400m (H1-4)																								
11:10	10:40 - 10:50																								LJ (F2) (Pitch A)	
11:20	10:50 - 11:00							DT (1.5kg) (F)													SP (3.0kg) (F)					
11:20	11:00 - 11:10																	100m (H1-5)								
11:30	11:10 - 11:20																	100m (H6-10)								
11:40	11:10 - 11:20												LJ (F2) (Pitch B)													
11:40	11:20 - 11:30					100m (H1)												100m (H11-14)								
11:50	11:30 - 11:40					100m (H2-6)																				
12:00	11:40 - 11:50					100m (H7-11)																				
12:10	11:50 - 12:00					100m (H12-16)																				
12:20	12:00 - 12:10					100m (H17-21)																				
12:30	12:10 - 12:20																	100m (H1-5)								
12:40	12:20 - 12:30			100m (H1-4)														100m (H6)								
12:50	12:30 - 12:40			100m (H5-9)																						
13:00	12:40 - 12:50			100m (H10-12)											100m (H)											
13:10	12:50 - 13:00	100m (H1-5)																								
13:20	12:50 - 13:00								LJ (F1) (Pitch A)																	
13:20	13:00 - 13:10	100m (H6-7)																								
13:30	13:00 - 13:10				HJ (1.6m) (F)																					
LUNCH TIME																										
14:00	13:30 - 13:40				DT (1.5kg) (F)																				SP (3.0kg) (F)	
14:10	13:50 - 14:00																								800m (F1-2)	
14:20	14:00 - 14:10								800m (F1)																	800m (F3)
14:30	14:10 - 14:20								800m (F2-3)																	
14:40	14:20 - 14:30								800m (F4)																	800m (F1)
14:50	14:30 - 14:40																									800m (F2-3)
15:00	14:40 - 14:50					800m (F1-2)																				
15:10	14:50 - 15:00					800m (F3-4)																				
15:20	15:00 - 15:10					800m (F5)											800m (F)									
15:30	15:10 - 15:20				800m (F1-2)																					
15:40	15:20 - 15:30	800m (F)			800m (F3)																					
15:50	15:20 - 15:30									LJ (F2) (Pitch A)																
16:00	15:30 - 15:40				DT (1.75kg) (F)																					SP (4.0kg) (F)
16:00	15:40 - 15:50					400m (F)											400m (F)									400m (F)
16:10	15:40 - 15:50																									LJ (F2) (Pitch B)
16:10	15:50 - 16:00	400m (F)			400m (F)										400m (F)											
16:30	16:10 - 16:20																									100m (F)



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		Track	Field	Track	Field	Track	Field	Track	Field	Track	Field	Track	Field	Track	Field	Track	Field	Track	Field	Track	Field	Track	Field	Track	Field
16:40	16:20 - 16:30			100m (F)												100m (F)									
16:50	16:30 - 16:40	100m (F)													100m (F)										

直入決賽 Straight to final events: N/A

取消項目 Cancellation of events: (GU20) 800m, 3000mSC

查詢 Enquiry: (電話 Tel) 3521 6100 / (傳真 Fax) 3525 1780 / (電郵 Email) wac@aswatson.com

(H) 初賽 Heats

(F) 決賽 Final