



屈臣氏田徑會周年大賽2023  
Watsons Athletic Club Annual Challenge 2023  
23 Sep 2023  
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
9:00	8:40 - 8:50																								
9:10	8:50 - 9:00					400m (H1-4)												400m (H1-5)							
9:20	9:00 - 9:10					400m (H5-9)												400m (H6)							
9:30	9:00 - 9:10								DT (1.0kg) (F)				LJ (F1) (Pitch A)								SP (3.0kg) (F)				LJ (F1) (Pitch B)
9:30	9:10 - 9:20					400m (H10-12)										400m (H1-2)									
9:40	9:20 - 9:30			400m (H1-4)												400m (H3)									
9:50	9:30 - 9:40			400m (H5-8)																					
10:00	9:40 - 9:50	400m (H1-5)																							
10:20	10:00 - 10:10																								
10:30	10:00 - 10:10																HJ (1.3m) (F)								
10:30	10:10 - 10:20																								
10:40	10:20 - 10:30					100m (H1-4)																			
10:50	10:30 - 10:40					100m (H5-9)																			
11:00	10:40 - 10:50					100m (H10-14)																			
11:10	10:40 - 10:50						DT (1.5kg) (F)																		
11:10	10:50 - 11:00					100m (H15-19)																			
11:20	11:00 - 11:10																								
11:30	11:00 - 11:10																								
11:30	11:10 - 11:20			100m (H1-4)																					
11:40	11:20 - 11:30			100m (H5-9)																					
11:50	11:20 - 11:30																								
11:50	11:30 - 11:40			100m (H10-14)																					
12:00	11:40 - 11:50			100m (H15)																					
12:10	11:50 - 12:00	100m (H1-5)																							
12:20	12:00 - 12:10	100m (H6-7)																							
午飯時間 LUNCH TIME																									
13:30	13:10 - 13:20																								
13:40	13:20 - 13:30																								
13:50	13:30 - 13:40																								
14:00	13:30 - 13:40																								
14:00	13:40 - 13:50																								
14:10	13:40 - 13:50																								
14:10	13:50 - 14:00																								
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14:20	14:00 - 14:10																								
14:30	14:00 - 14:10																								
14:30	14:10 - 14:20																								
14:40	14:20 - 14:30																								
14:50	14:30 - 14:40																								
15:00	14:40 - 14:50																								
15:10	14:50 - 15:00																								
15:20	15:00 - 15:10	800m (F1-2)																							
15:40	15:20 - 15:30																								
15:50	15:30 - 15:40	400m (F1-2)		400m (F1-2)																					
16:10	15:50 - 16:00																								
16:20	15:50 - 16:00																								
16:20	16:00 - 16:10																								



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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
16:20	15:50 - 16:00														SP (4.0kg) (F)										
16:20	15:50 - 16:00		DT (1.75kg) (F)																						
16:30	16:10 - 16:20	100m (F1-2)												100m (F)											

直入決賽 Straight to final events: (GU20) 400m

取消項目 Cancellation of events: N/A

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