



屈臣氏田徑會周年大賽2024
Watsons Athletic Club Annual Challenge 2024
Sunday, 6 October 2024
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	8:30 - 8:40						HJ (1.5m) (F)						LJ (F1) (Pit A)							JT (500g) (F)					LJ (F1) (Pit B)		
9:00	8:35 - 8:45	400mH (H1-2) (0.914m)		400mH (H1) (0.838m)																							
9:10	8:45 - 8:55			400mH (H2-4) (0.838m)																							
9:20	8:55 - 9:05					400mH (H1-2) (0.762m)																					
9:40	9:20 - 9:30																								200m (H1-5)		
9:50	9:30 - 9:40																								200m (H6-10)		
10:00	9:40 - 9:50																								200m (H11-15)		
10:10	9:50 - 10:00													200m (H1-4)											200m (H16)		
10:20	9:50 - 10:00																										
10:20	10:00 - 10:10													200m (H5-9)													
10:30	10:10 - 10:20													200m (H10-14)													
10:40	10:20 - 10:30													200m (H15-17)												200m (H1-2)	
10:50	10:30 - 10:40																								200m (H3-7)		
11:00	10:40 - 10:50																								200m (H8-12)		
11:10	10:40 - 10:50													LJ (F2) (Pit A)											LJ (F2) (Pit B)		
11:10	10:50 - 11:00													200m (H1-5)													
11:20	11:00 - 11:10													200m (H6-10)													
11:30	11:10 - 11:20													200m (H11-15)													
11:50	11:25 - 11:35	3000mSC (F) (0.914m)																									
12:05	11:40 - 11:50																									3000mSC (F) (0.762m)	
午飯時間 LUNCH TIME																											
13:00	12:30 - 12:40		HJ (1.6m) (F)																								
13:00	12:40 - 12:50																										
13:15	12:55 - 13:05																										
13:40	13:10 - 13:20																										
13:30	13:10 - 13:20																										
14:00	13:35 - 13:45	400mH (F) (0.914m)		400mH (F) (0.838m)		400mH (F) (0.838m)									400mH (F) (0.762m)		400mH (F) (0.762m)										
14:30	14:10 - 14:20													200m (F1-3)												200m (F1-3)	
14:40	14:10 - 14:20																										
14:40	14:20 - 14:30																									200m (F1-3)	
4x100米混合接力邀請賽 4x100m INVITATION MIXED RELAY																											
15:10	14:45 - 14:55																									4x100m (F1)	
15:15	14:50 - 15:00																									4x100m (F2)	
15:20	14:55 - 15:05																									4x100m (F3)	
15:25	15:00 - 15:10																										
15:30	15:05 - 15:15														4x100m (F1)												
15:35	15:10 - 15:20														4x100m (F2)												
15:40	15:15 - 15:25														4x100m (F3)												
15:40	15:15 - 15:25														4x100m (F4)												
15:45	15:20 - 15:30																									4x100m (F1)	
15:50	15:25 - 15:35																									4x100m (F2)	
15:55	15:30 - 15:40																									4x100m (F3)	
16:00	15:35 - 15:45																									4x100m (F4)	
16:05	15:40 - 15:50																									4x100m (F5)	



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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
16:10	15:45 - 15:55																								
16:15	15:50 - 16:00																								
16:20	15:55 - 16:05																								
16:25	16:00 - 16:10																								
16:30	16:05 - 16:15																								
16:35	16:10 - 16:20																								
16:40	16:15 - 16:25																								
16:45	16:20 - 16:30																								
16:50	16:25 - 16:35																								
16:55	16:30 - 16:40																								
17:00	16:35 - 16:45																								
17:00	16:40 - 16:50	最佳運動員頒獎典禮 Most Valuable Player Prize Presentation																							
17:05	16:40 - 16:50																								
17:10	16:45 - 16:55																								
17:15	16:50 - 17:00																								
17:20	16:55 - 17:05																								
17:25	17:00 - 17:10																								
17:30	17:05 - 17:15																								
17:35	17:10 - 17:20																								

直入決賽 Straight to final events: (GU20) 400mH (GU18) 400mH

取消項目 Cancellation of events: (GU20) HJ (GU16) 400mH

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(H) 初賽 Heats

(F) 決賽 Final