



# ANNUAL SPORTS DAY



**2024**  
**JANUARY**  
**8, 15**

**WAN CHAI SPORTS GROUND**



**ST. LOUIS SCHOOL**  
**ANNUAL SPORTS DAY 2023-2024**  
**Duty List**

President	Dr. Yick Ho Kuen Victor, Principal
Appeals Board	Mr. Ho Wai Leung, Mr. Chan Bit Leung
Crisis Team	Mr. Chan Bit Leung, Mr. Ho Wai Leung, Mr. Lai Tak Wai
Meet Manager	Mr. Chan Bit Leung
Announcers	Ms Mayura Kim Roberts, Ms Fong Chun, Ms Chan Suk Ha, Mr. Lau Yu Hang
Recorders	Mr. Kwok Sheung Yin, Mr. Ng Chun Ho, Mr. Chan Kwan Yuk, assisted by students
Track Referee	Mr. Wong Ching Kwan
Marshals	Mr. Ho Wai Leung (Chief), Mr. Chan Shui Leung, Mr. Keung Chun Hing, Mr. Chan Chun Ket, Mr. Cheung Wing Wah, Mr. Ng Yuk Lam
Linesman	The Scouts of 16 <sup>th</sup> Hong Kong Group
Starters	Mr. Wong Ching Kwan, Mr. Cheng Wing Cheung, Mr. Kwok Hui Kin
Corner Judges	Ms Chow Yin Hung, Ms Fong Chun, Ms Cheung Ka Ki
Position Judges	Mr. Tam Ka Lok(Chief), Ms Chan Hiu Wan (2 <sup>nd</sup> IC) Ms Kwok Yim Fai, Ms Fung Yuk Ling, Ms Leung Ching Yin, Ms Cho Mei Ching, Mr. Lai Hon Fai, Mr. Yung Yat Pui
Timekeepers	St. Louis Timing Squad
Field Referee	Mr. Chan Bit Leung
High Jump Judges	Ms Ma Po Yuen(Chief), Ms Jim Man Yan
Long Jump Judges	Mr. So Tsz Wai(Chief), Mr. So Ho Yin, Mr. Tsang Chun Ngai
Triple Jump Judges	Mr. Tsui Kin Kwong (Chief), Mr. Lee Kwing Shing
Discus Throw Judges	Mr. Cheung Ka Ho(Chief), Mr. Yeung Hon Pan
Javelin Throw Judges	Mr. Lai Tak Wai(Chief), Mr. Leung Sze Chun
Shot Put Judges	Mr. Wu Ka Yat(Chief), Mr. Lo King Yeung
Runners & Helpers	Mr. Wu Man Hui, Scouts of 16 <sup>th</sup> Hong Kong Group
Photographers	Mr. Wong Shing Kit, Ms Cheung Sau Chu and Aloysians
Discipline	Mr. Lui Yiu Sun(Chief), Mr. Chan Bit Leung, Mr. Tsoi Chun Fung, Mr. Cheung Wing Wah, Mr. Cheung Ka Ho, Ms Chan Man Ying, Mr. Kwok Hui Kin, Mr. Ho Hin Yeung, Mr. Wong Ching Kwan, Mr. Wu Ka Yat, Mr. Ng Yuk Lam, Mr. Cheng Yuet Ki , School Prefects
First Aid	Hong Kong Red Cross
MC of Prize Presentation	Ms Chui Lok Ting, Mr. Li Ling Fung
Prize Stewards	Ms Li Sheung Yi, Ms Chan Man Ying, assisted by scouts
Emergency Stand-by	Mr. Hui Chui Shun
House Master/Mistress	Tulip: Mr. Wong Man Chun , Mr. Li Ling Fung, Lily: Ms Cheung Yik Lam, Mr. Cheng Yuet Ki , Shamrock: Mr. Li Chi Yip, Mr. Leung Siu Pong , Rose: Mr. Ho Hin Yeung, Mr. Yu Yik Hin, Thistle: Mr. Wan Chi Kong, Mr. Poon Sheung Him

*The Guest of Honour*

Mr. CHAN Cheuk Kit

陳卓傑先生

Hong Kong eSports Athlete

Silver Medalist in the 19<sup>th</sup> Asian Games

Graduated in 2005

# St. Louis School

## Annual Sports Day 2023/24

### Timetable

Day 1 ----- 8/1/2024 (Monday)					
Event	Time	Grade	Track Event	Field Event	Heat/Final
1	0830	A		Discus	Final (37)
2	0830	A		High Jump	Final (11)
3	0830	B		Shot Put	Final (35)
4	0830	C		Long Jump	Final (70)
5	0840	B	400m (H1-3)		Heat (20)
6	0855	C	400m (H1-3)		Heat (20)
7	0910	A	1500m		Final (17)
8	0920	B	1500m		Final (14)
9	0930	C	1500m		Final (14)
10	0930	B		Triple Jump	Final (25)
11	0940	A	100m (H1-4)		Heat (70)
12	0955	B	100m (H1-9)		Heat (31)
13	1000	C		Discus	Final (55)
14	1020	C	100m (H1-15)		Heat (113)
15	1100	A	800m		Final (12)
16	1110	B	800m		Final (8)
17	1120	C	800m		Final (9)
/	1130	Prize Presentation			
Lunch					
18	1300	A		Triple Jump	Final (9)
19	1300	B		High Jump	Final (11)
20	1300	B		Discus	Final (32)
21	1320	A	200m (H1-2)		Heat (10)
22	1330	B	200m (H1-4)		Heat (26)
23	1340	C	200m (H1-9)		Heat (69)
24	1430	S1	4x100m Relay		Final
25	1435	S2	4x100m Relay		Final
26	1440	S3	4x100m Relay		Final
27	1445	S4	4x100m Relay		Final
28	1450	S5	4x100m Relay		Final
29	1455	S6	4x100m Relay		Final
/	1500	Prize Presentation			

# St. Louis School

## Annual Sports Day 2023/24

### Timetable

Day 2 ----- 15/1/2024 (Monday)					
Event	Time	Grade	Track Event	Field Event	Heat/ Final
1	0830	A		Long Jump	Final (22)
2	0830	A		Shot Put	Final (24)
3	0830	B		Javelin	Final (29)
4	0830	C		High Jump	Final (15)
5	0830	A	400mH		Final (7)
6	0845	A	200m		Final (8)
7	0850	B	200m		Final (8)
8	0855	C	200m		Final (8)
9	0905	A	110m Hurdles		Final (8)
10	0915	B	100m Hurdles (F1-2)		Final (10)
11	0925	C	100m Hurdles (F1-2)		Final (16)
12	0940	A	5000m		Final (50)
13	0945	A		Javelin	Final (26)
14	0945	B		Long Jump	Final (36)
15	0945	C		Shot Put	Final (30)
16	1030	A	400m		*Final (5)
17	1035	B	400m		Final (8)
18	1040	C	400m		Final (8)
19	1050	A	100m		Final (8)
20	1055	B	100m		Final (8)
21	1100	C	100m		Final (8)
/	1100	Prize Presentation			
Lunch					
22	1330	C	4x100m Relay (House)		Final
23	1340	B	4x100m Relay (House)		Final
24	1350	A	4x100m Relay (House)		Final
25	1400	C	4x400m Relay (House)		Final
26	1415	B	4x400m Relay (House)		Final
27	1430	A	4x400m Relay (House)		Final
28	1445	Invitation Relay			
/	1500	Prize Presentation			

\*Boys A Grade 400m is scheduled as a **Straight Final**

# St. Louis School

## Annual Sports Day 2023/24

### Athletics Record

#### A Grade

100m	11.27"	Tsang Wai Hon	2001	RO
200m	23.61"	Wong Ho Man	2011	LI
400m	52.67"	Ho Cheuk Yin	2012	LI
800m	2'15.94"	Yeung Ka Wai	2013	RO(I.S.)
1500m	4'51.03"	Cheung Kwok Cheong	1994	RO(I.S.)
5000m	18'51.40"	Leung Caspar Gabriel	2019	LI
110m Hurdles	16.19"	Wai Chun To	2008	TH
400m Hurdles	1'02.41"	Wai Chun To	2008	TH(I.S.)
High Jump	1.65m	Ng Chor Pan	2000	RO
Long Jump	6.03m	Lam Ming Hong	2004	LI
Triple Jump	12.73m	Choi Kwok To	2002	LI
Shot Put	10.18m	Wan Chi Hang	2013	TH(I.S.)
Discus	29.74m	Yau Wing Ming	2009	LI(I.S.)
Javelin	45.59m	Keung Tsz Lok	2013	SH(I.S.)
4 x 100m Relay	48.15"	Lily	2001	
4 x 400m	3'53.16"	Shamrock	1999	

#### Grade B

100m	11.23"	Fu Tsun Hao	1999	LI
200m	23.63"	Lau Kin Ho	1999	TH
400m	53.48"	Yeung Ka Wai	2012	RO(I.S.)
800m	2'10.48"	Ng Chun Yip Gavin	2012	TU(I.S.)
1500m	4'46.24"	Ng Chun Yip Gavin	2012	TU(I.S.)
3000m	10'18.98"	Ng Chun Yip Gavin	2011	TU(I.S.)
100m Hurdles	15.07"	Lai Lok Man	2013	SH(I.S.)
High Jump	1.67m	Lee Kwong Kee	1994	SH(I.S.)
Long Jump	6.00m	Yau Siu Wah	2013	TH
Triple Jump	12.26m	Yau Siu Wah	2013	TH
Shot Put	11.90m	Shek Kee Hong	1992	SH
Discus	32.08m	Lee Siu Fung	2010	TH(I.S.)
Javelin	34.92m	Li Ho Yin	1994	SH(I.S.)
4 x 100m Relay	46.97"	Shamrock	2012	
4 x 400m Relay	3'58.41"	Rose	2012	

#### Grade C

100m	11.70"	Lam Chok Sau	1997	TH
200m	25.10"	Ho Wing Lim	2001	RO
400m	59.53"	Yuen Ching Ho	1994	RO(I.S.)
800m	2'21.66"	Yeung Ka Wai	2010	RO(I.S.)
1500m	4'54.66"	Ng Chun Yip Gavin	2010	TU(I.S.)
100m Hurdles	16.74"	Wu Ngai Chit	2012	TU
High Jump	1.52m	Li Chun Yuen	1997	TU
Long Jump	5.64m	Lau Hong Ching	1993	TU(I.S.)
Shot Put	10.53m	Hui Shui Kam	1993	SH(I.S.)
Discus	28.02m	Lau Ching Hong	2014	TU(I.S.)
4 x 100m Relay	52.43"	Shamrock	1993	
4 x 400m Relay	4'24.97"	Rose	1998	

\*\*\***(I.S.) = Inter-school Athletics Championships**

# St. Louis School

## Annual Sports Day 2023/24

### Scoring System

1. **ONE STANDARD POINT** will be awarded to each athlete who has attained the following set of standards in the Heats only, except in the case of straight finals:

Event	A Grade	B Grade	C Grade
<b>100m</b>	12.60	13.00	13.70
<b>200m</b>	26.10	26.80	29.00
<b>400m</b>	1:00.00	1:03.00	1:09.00
<b>800m</b>	2:30.00	2:30.00	2:45.00
<b>1500m</b>	5:12.00	5:20.00	5:45.00
<b>5000m</b>	21:00.00	-	-
<b>100m Hurdles</b>	-	19.80	21.00
<b>110m Hurdles</b>	20.00	-	-
<b>400m Hurdles</b>	1:10.00	-	-
<b>High Jump</b>	1.55 m	1.47 m	1.30 m
<b>Long Jump</b>	5.10 m	4.70 m	4.10 m
<b>Triple Jump</b>	10.50 m	9.50 m	-
<b>Shot Put</b>	9.00 m	9.00 m	7.30 m
<b>Discus</b>	21.00 m	23.00 m	17.00 m
<b>Javelin</b>	24.50 m	20.00 m	-
<b>4x100m Relay</b>	48.50	50.00	53.00
<b>4x400m Relay</b>	4:06.00	4:10.00	4:30.00

2. **POSITION POINTS** will be awarded to each of the 8 final positions as follows.  
(Points for relays shall be doubled)

Placing	1st	2nd	3rd	4th	5th	6th	7th	8 <sup>th</sup>
<b>Individual Event</b>	9	7	6	5	4	3	2	1
<b>Relay Races</b>	18	14	12	10	8			

3. **COMPLETION POINT** of 0.5 points will be awarded to each athlete who has completed an event in the Heats only, except in the case of straight finals.

# St. Louis School

## Annual Sports Day 2023/24

### General Regulations

#### 1. **Competition Rules**

All events will be held in accordance with the competition rules of the Hong Kong, China Association of Athletic Affiliates as per World Athletics unless otherwise specified.

#### 2. **Categories**

Grade	Year of Birth
A	Students who born in and before 2007
B	Students who born in 2008-2009
C	Students who born in and after 2010

#### 3. **Competitors Reporting Procedure :**

- a. Track event competitors should report to the Marshalling area which is located at the left end of the spectator's stand. Field event competitors should report directly to competition area.
- b. Competitors who fail to report to the respect judges within five minutes of the FINAL CALL shall be disqualified from that event.
- c. Competitors taking part in a FIELD event who require to leave in the middle of event to take part in a TRACK event, should obtain a permission from the field event judge before the start of competition. The competitors must still ask permission from the field event judge before leaving the field event to report to the MARSHAL for the track event. The field event judges may alter the order of competition in allowing competitors to take their trial first before leaving.
- d. Competitors entering in both TRACK AND FIELD event which start near, or at the same time, should report FIRST for the TRACK event and inform the Marshal that they also enter in the field event concerned.
- e. For High Jump event, competitors can only re-enter the competition at the height from the round in progress. They are not allowed to jump at any previous height. For other field events, competitors can only take their trial from the round that is still in progress when they report to the field event judge. They will forfeit their trial for any round that has already been completed.
- f. If the field event has already been finished and placing of competitors is fixed, competitors that leave the event will forfeit their chance of competing.
- g. Any undue delay on the part of the competitors to report for their event will make them liable to disqualification.

#### 4. **Track events**

- a. For track events 100m, 200m and 400m, the best times achieved in heat will be qualified to final, except when the total number of enrolled competitors is less than eight, where a straight final will be placed.
- b. For track events 100m Hurdles, 110m Hurdles, 400m Hurdles and 800m or above, straight finals will be held.
- c. For all events, the event will be cancelled if the number of entries is less than three.
- d. For track events up to and including 400m, involving heats, if no more than 8 athletes reported to the Marshal after the FINAL CALL, the event will be a straight Final and held at the scheduled time for the Final.

#### **Events scheduled as STRAIGHT FINAL:**

**Boys A Grade 400m**



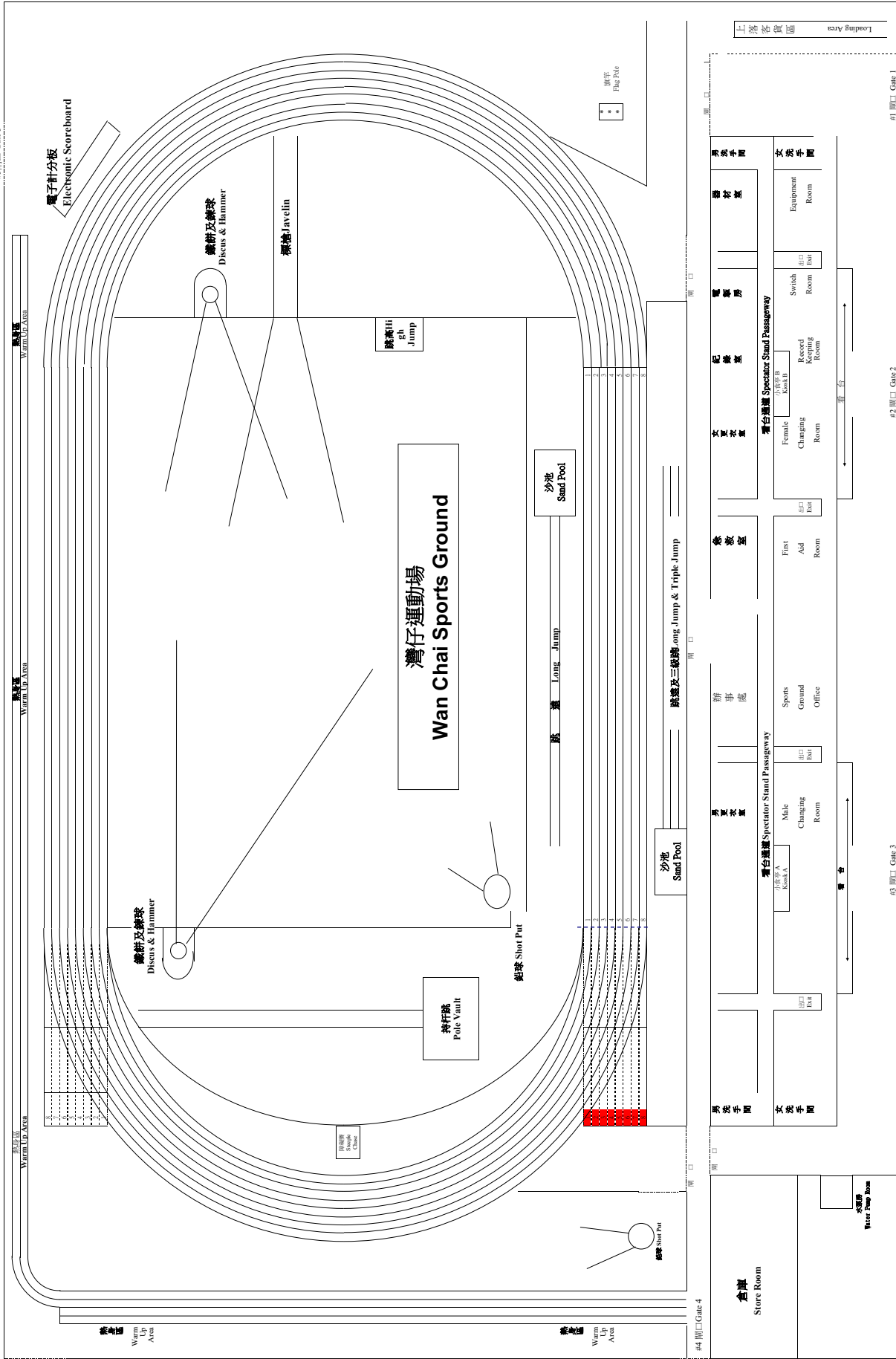
5. **Field events (Throwing and Jumping)**

- a. Where in any of the throwing or jumping events the number of competitors is too big, a qualifying round may be held prior to the competition proper at the discretion of the Management Committee.
- b. Except of High Jump events, each competitor can attempt 2 trials in the preliminary rounds. The first EIGHT (8) competitors and any competitor tying for eighth place shall take part in the final rounds with 3 more trials. If there are 8 or less athletes competing the race, all athletes will have 6 trials. Position will be ranked according to the best trial.
- c. For High Jump events, The bar height will be raised by no less than 2 cm in every trial. The competitor will lose his turns if he fails in 3 consecutive trials. Jump off is not required in case of a tie.
- d. There will be a takeoff board/marks for triple jump for both A and B grade. The distance of the takeoff board/mark from the edge of the jump pit will be 7 m or 9 m.
- e. For all events, the event will be cancelled if the number of entries is less than three.

6. **Event Implements**

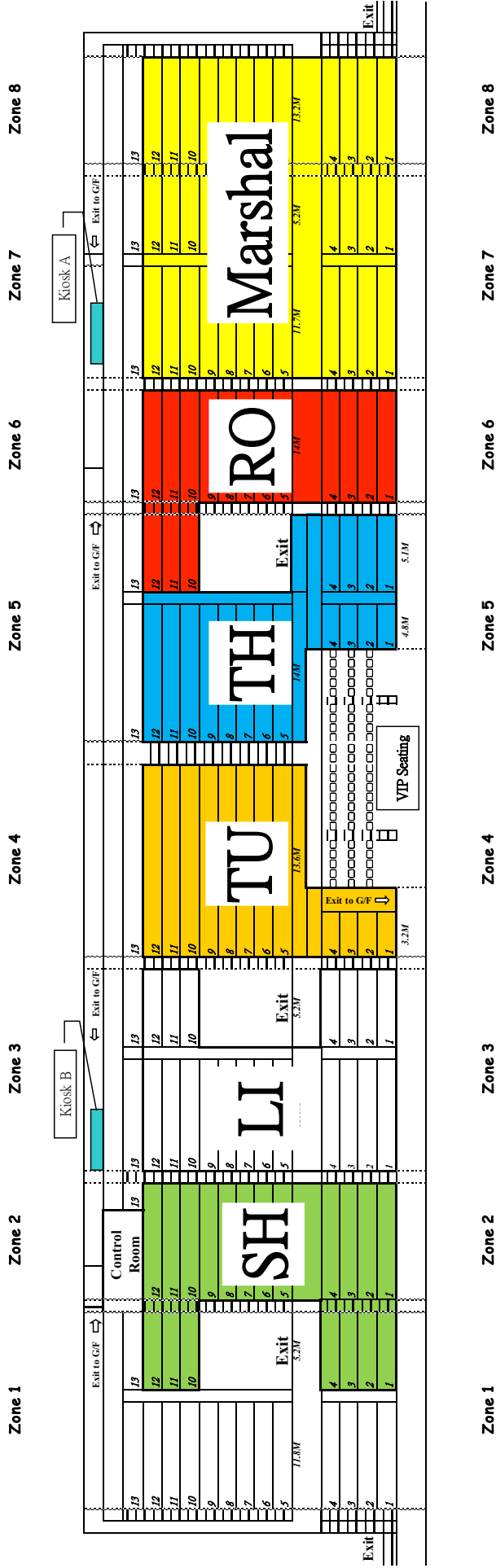
The Followings are the specifications of the hurdle races and throwing events.

Events	Grade		
	A	B	C
100m Hurdles	-	0.914 m	0.838 m
110m Hurdles	0.914 m	-	-
400m Hurdles	0.838 m	-	-
Shot Put	5 kg	4 kg	4 kg
Discus	1.5 kg	1 kg	1 kg
Javelin	700 g	600 g	-



## Seating Layout at Wan Chai Sports Ground

Gate No. 1 (Main Entrance at Tonnochy Road)    Gate No. 2 (Footbridge to Sun Hung Kai Centre)



# TRACK