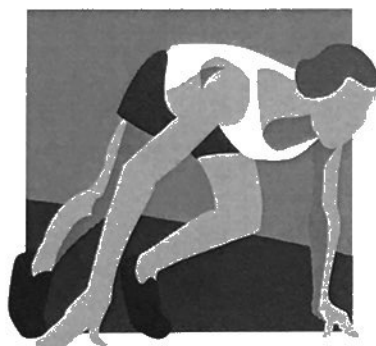




SAINT LOUIS SCHOOL
Annual Sports Day 2019-2020
6th January & 14th January 2020



Wanchai Sports Ground

0800 - 1600

ST. LOUIS SCHOOL
ANNUAL SPORTS DAY 2019-2020
Duty List

President	Mr. Yu Lap Fun Peter, Principal
Appeals Board	Mr. Chong Wing Kit, Mr. Chan Bit Leung
Crisis Team	Mr. Chan Bit Leung, Mr. Chong Wing Kit, Mr. Lai Tak Wai
Meet Manager	Mr. Chan Bit Leung
Announcers	Ms Mayura Kim Roberts, Ms Tam Hoi Hei, Ms Wong Po Shan, Mr. Lai Pei Kit
Recorders	Mr. Tsoi Chun Fung, Mr. Ng Chun Ho, assisted by 4 students
Track Referee	Mr. Chan Bit Leung
Marshals	Mr. Cheung Wing Wah (Chief), Mr. Chan Shui Leung, Mr. Keung Chun Hing, Mr. Chong Wing Kit, Mr. Chan Chun Ket
Linesman	Scouts
Starters	Mr. Yung Yat Pui, Mr. Cheng Wing Cheung, Mr. Lee Yiu Wang
Corner Judges	Ms Chow Yin Hung, Ms Fong Chun, Ms Ho Yun Ngor
Position Judges	Mr. Tam Ka Lok (Chief), Ms Chan Hiu Wan (2 nd IC) Ms Kwok Yim Fai, Ms Tang Pui Man , Ms Leung Ching Yin, Ms Chan Kit I
Timekeepers	St. Louis Timing Squad
Field Referee	Mr. Chan Bit Leung
High Jump Judges	Ms Cheung Sau Chu(Chief), Ms Ma Po Yuen
Long Jump Judges	Mr. So Tsz Wai (Chief), Mr. Lai Chung Hau, Mr. Yeung Hon Pan
Triple Jump Judges	Mr. Cheung Chiu Kee (Chief), Mr. Chan Ka Lai
Discus Throw Judges	Mr. Cheung Ka Ho(Chief), Mr. Wong Shing Kit
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. So Ho Yin, Scouts of 16 th Hong Kong Group
Photographers	Mr. Kwok Sheung Yin and Photography Club
Discipline	Mr. Lui Yiu Sun (Chief), Mr. Chan Bit Leung, Mr. Lai Hon Fai, Mr. Cheung Ka Ho, Mr. Leung Siu Pong, Mr. Tsang Chun Ngai, Mr. Tsoi Chun Fung, School Prefects
First Aid	Auxiliary Medical Service
MC of Prize Presentation	Ms Chan Man Ying, Mr. Lui Kwan Yin
Prize Stewards	Ms Lui Wing Yee, Ms Poon Ying Tsz, assisted by scouts
Emergency Stand-by	Mr. Hui Chui Shun, Ms Mok Mei Yee
House Master/Mistress	Mr. Wong Man Chun , Mr. Li Tsz Hoi (Tulip), Ms Cheung Yik Lam, Mr. Hung Yuen Ho (Lily), Mr. Li Chi Yip, Mr. Leung Siu Pong (Shamrock), Mr. Ho Wai Leung, Mr. Ng Wai Ming(Rose), Mr. Wan Chi Kong, Mr. Poon Sheung Him (Thistle)

The Guest of Honour

Dr. Li Tat Wing Francis

李達榮醫生

Graduated in 1984

腸胃肝臟科專科醫生

香港中文大學內外全醫學士(MBChB)

英國皇家內科醫學院院士(MRCP)

英國愛丁堡皇家內科醫學院榮授院士(FRCP)

英國格拉斯哥皇家醫學院內科榮授院士(FRCP)

香港內科醫學院院士(FHKCP)

香港醫學學院院士(內科)(FHKAM-Medicine)

St. Louis School

Annual Sports Day 2019– 2020

Timetable

Day 1-----6th January 2020(Monday)						
No.	Time	Grade	Track Event	Field Event	Heats/Final	
1	0830	A		Javelin	Final(15)	
2	0830	B		High Jump	Final(4)	
3	0830	C		Shot Put	Final(25)	
4	0830	A		Discus	Final(22)	
5	0830	A	400m Hurdles		Final(4)	
6	0845	C	100m		9Heats(70)	
7	0910	A	100m		3Heats(18)	
8	0920	B	100m		3Heats(19)	
9	0930	A	1500m		2Final(30)	
10	0950	C	1500m		Final(9)	
11	0930	C		Long Jump	Final(30)	
12	1015	A	400m		Final(8)	
13	1025	B	400m		2Final(12)	
14	1040	C	400m		3Final(18)	
15	1050	A	800m		Final(6)	
16	1100	B	800m		Final(9)	
17	1120	C	800m		Final(10)	
Lunch Break						
18	1330	B		Long Jump	Final(23)	
19	1330	C		High Jump	Final(5)	
20	1330	A		Shot Put	Final(13)	
21	1330	B		Discus	Final(20)	
22	1400	C	100m		Final	
23	1405	B	100m		Final	
24	1410	A	100m		Final	
25	1420	S. 1	4x100m Relay		Final	
26	1425	S. 2	4x100m Relay		Final	
27	1430	S. 3	4x100m Relay		Final	
28	1435	S. 4	4x100m Relay		Final	
29	1440	S. 5	4x100m Relay		Final	
30	1445	S. 6	4x100m Relay		Final	
31	1455	Presentation of Prizes				

St. Louis School

Annual Sports Day 2019 – 2020

Timetable

Day 2-----14th January 2020(Tuesday)					
No.	Time	Grade	Track Event	Field Event	Heats/Final
1	0830	A		Triple Jump	Final(5)
2	0830	A		Long Jump	Final(16)
3	0830	B		Shot Put	Final(11)
4	0900	B		Javelin	Final(11)
5	0900	A	110m Hurdles		Final(7)
6	0905	B	100m Hurdles		Final(6)
7	0915	C	100m Hurdles		Final(5)
8	0940	A	200m		2Heats(11)
9	1000	C	200m		5Heats(39)
10	1000	A		High Jump	Final(5)
11	1010	A	5000m		Final
12	1100	B	1500m		2Final(35)
Lunch Break					
13	1300	C		Discus	Final(42)
14	1300	B		Triple Jump	Final(15)
15	1320	C	200m		Final
16	1330	B	200m		Final
17	1340	A	200m		Final
18	1345	C	4x100m Relay (Inter-House)		Final
19	1350	B	4x100m Relay (Inter-House)		Final
20	1355	A	4x100m Relay (Inter-House)		Final
21	1400	C	4x400m Relay (Inter-House)		Final
22	1410	B	4x400m Relay (Inter-House)		Final
23	1420	A	4x400m Relay (Inter-House)		Final
24	1430	Invitation Relay			
25	1450	Presentation of Prizes			

Saint Louis School Annual Sports Day 2019/2020

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**

SAINT LOUIS SCHOOL

Annual Sports Day 2019 / 2020

Athletics Standard

Event	A Grade	B Grade	C Grade
100 m	12"60	13"00	13"70
200 m	26"10	26"80	29"00
400 m	1'00"00	1'03"00	1'09"00
800 m	2'30"00	2'30"00	2'43"00
1500 m	5'12"00	5'20"00	5'45"00
5000 m	21'00"00	---	---
100 m Hurdles	---	19"80	21"00
110 m Hurdles	20"00	---	---
400m Hurdles	1:10.00		
High Jump	1.55 m	1.47 m	1.30 m
Long Jump	5.10 m	4.70 m	4.10 m
Triple Jump	10.50 m	9.50 m	---
Discus	21.00 m	23.00 m	17.00 m
Javelin	26.00 m	20.00 m	---
Shot Put	9.10 m	9.30 m	7.30 m
4 x 100 m	48"50	50"00	53"00
4 x 400m	4'06"00	4'10"00	4'30"00

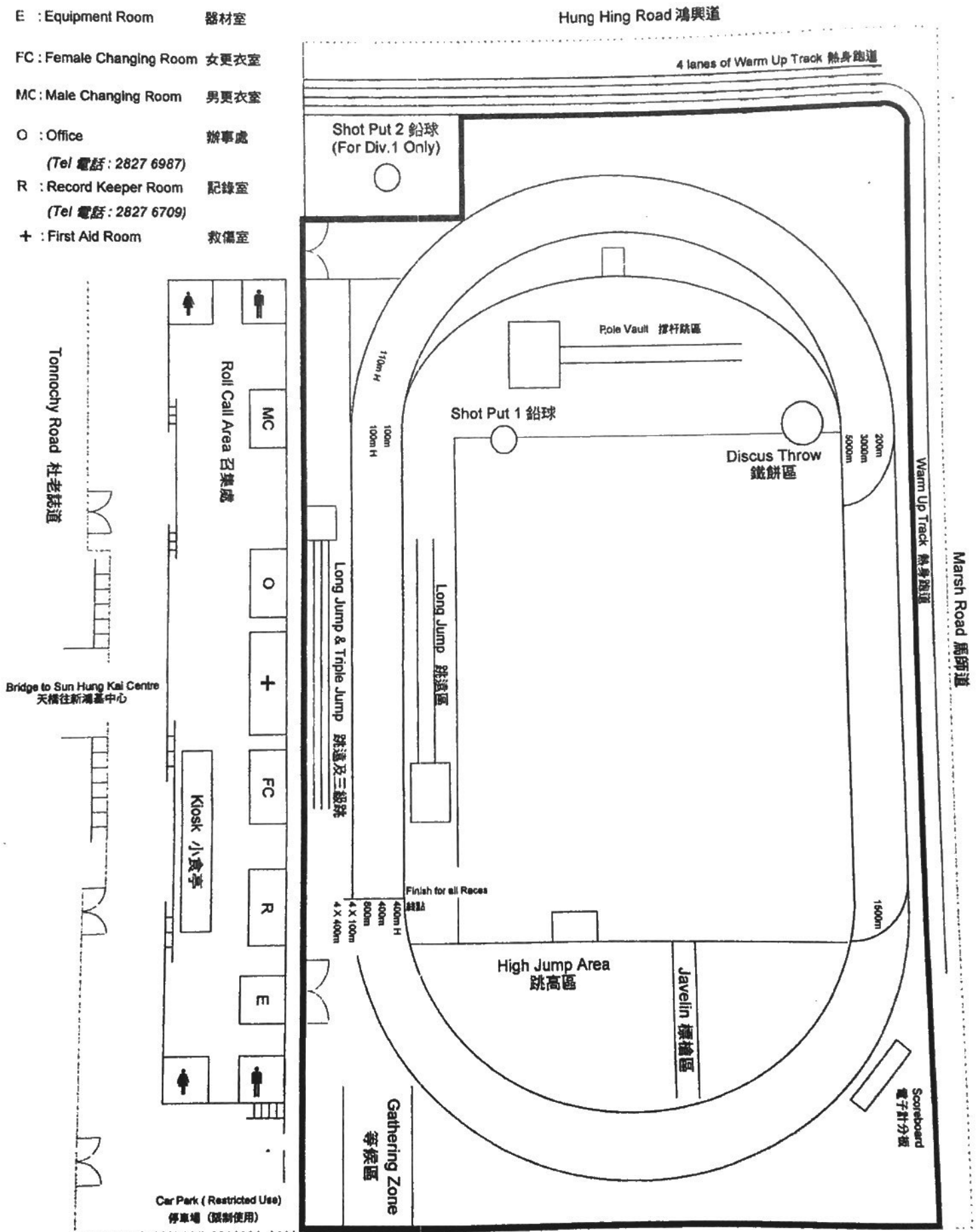
Remarks :

Standard points shall be awarded ONLY to Heats unless the event is a straight final.

Keys:

— Border of Competition Area (Only Officials and Competitors are allowed to enter the competition area)
 比賽場區 (只限工作人員及運動員進入)

- E : Equipment Room 器材室
- FC : Female Changing Room 女更衣室
- MC : Male Changing Room 男更衣室
- O : Office 辦事處
(Tel 電話: 2827 6987)
- R : Record Keeper Room 記錄室
(Tel 電話: 2827 6709)
- + : First Aid Room 救傷室

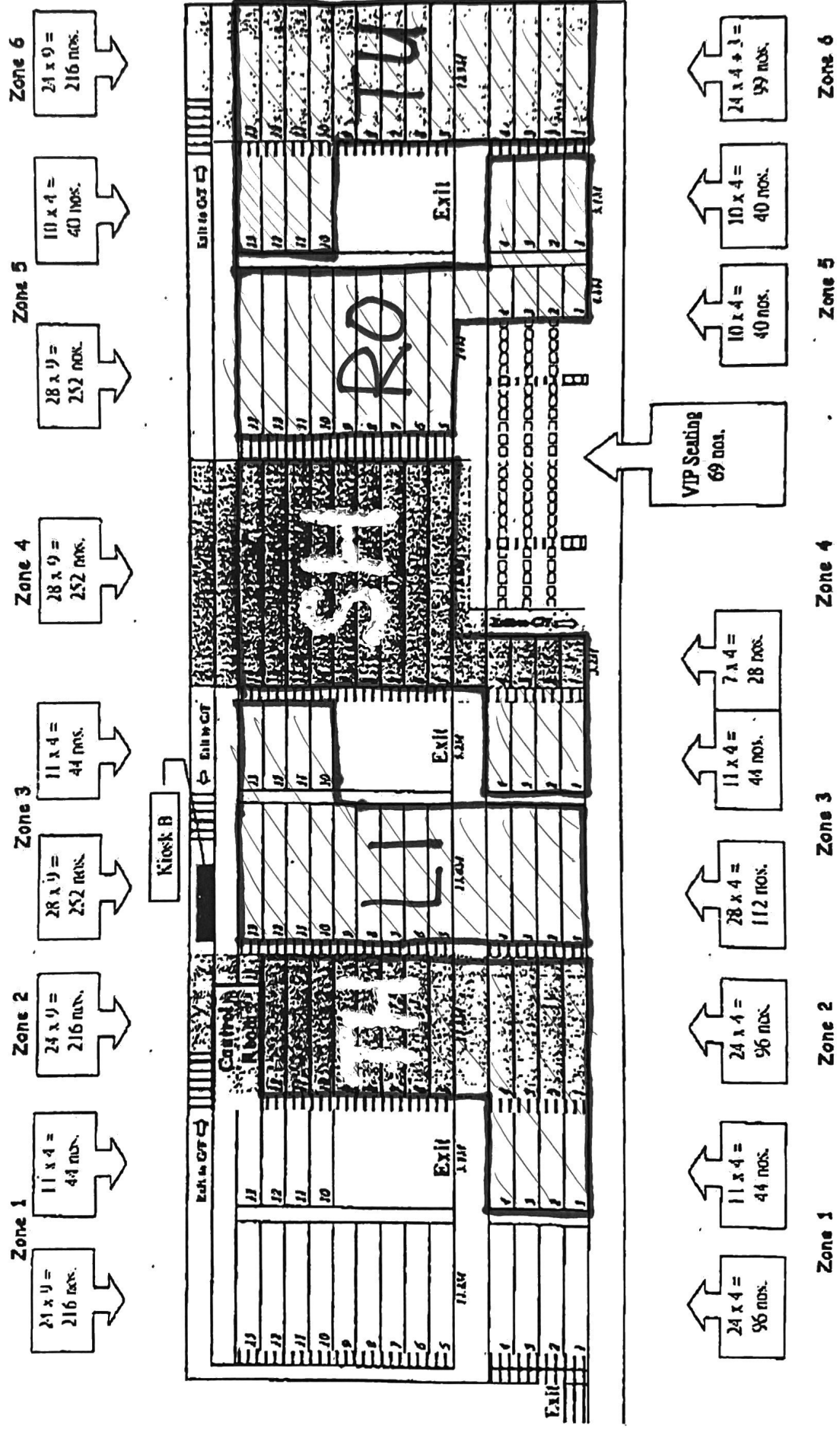


Not in Scale 不按比例

Gloucester Road 告士打道

Seating Layout at Wan Chai Sports Ground

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



Regulations

1. Competition Rules

All events will be held in accordance with the competition rules of the Hong Kong Amateur Athletic Association as per IAAF unless otherwise specified.

2. 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 direct 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.

3. Track events

a) 100 m --

A Grade - The best times achieved in heat will be qualified to final.

B Grade - The best times achieved in heat will be qualified to final.

C Grade - The best times achieved in heat will be qualified to final.

b) 200 m --

A Grade - The best times achieved in heat will be qualified to final.

B Grade - Straight final.

C Grade - The best times achieved in heat will be qualified to final.

c) 400 m --

A Grade - Straight final.

B Grade - Straight final.

C Grade - Straight final.

d) 800 m --

A Grade - Straight final.

B Grade - Straight final.

C Grade - Straight final.

e) 1500 m --

A,B,C Grade -- Straight final.

- f) 5000 m --
A Grade - Straight final.
- g) 110 m Hurdles --
A Grade - Straight final.
- h) 100 m Hurdles --
B Grade - Straight final.
C Grade - Straight final.
- i) 400 m Hurdles --
A Grade - Straight final.

4. **Throwing and Jumping events**

- 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. The first EIGHT (8) competitors and any competitor tying for eighth place in the qualifying round shall take part in the final round.
- c. There will be a take off board/marks for triple jump for both A and B grade. The distance of the take off board/mark from the edge of the jump pit will be 7 m or 9m.

5. **Throwing Events (Shot put, Discus, Javelin)**

Each competitor can attempt 3 trials, only those results up to a standard distance will be counted. Position will be ranked according to the best trial.

6. **High Jump**

Starting from standard height, the competitor will lose his turns if he fails in 3 consecutive trials. The bar height will be raised by 2 cm in every trial.

7. **Long Jump**

Each competitor can attempt 3 trials, only those results attain the standard distance will be counted. Position will be ranked according to the best trial.

8. **Triple Jump**

Each competitor can attempt 3 trials. Position will be ranked according to the best trial.