

# CHAN SUI KI (LA SALLE) COLLEGE

## Inter-class Athletics Meet 2017-2018

Friday, 15<sup>th</sup> December 2017

### Officials

**Patron:** Mr. T. L. Lee (Principal)

<b>Manager:</b>	Mr. T. S. Wong	<b>Javelin:</b>	Mr. K. V. Vong (Chief) Mr. K. H. Ng Mr. H. T. Tang
<b>Equipment:</b>	Mr. K. V. Vong	<b>Long Jump:</b>	Mr. F. M. Ying (Chief) Mr. K. K. Young Mr. T. H. Lin
<b>Starters:</b>	Mr. M. H. Siu Mr. H. K. Lok	<b>Triple Jump:</b>	Mr. W. H. Lam (Chief) Mr. W. L. Yeung Mr. K. C. Ng
<b>Track Judges:</b>	Mr. W. T. Lam (Chief) Mr. K. T. Yu Mr. H. L. Lee Mr. T. F. Chau Mr. C. K. Ma Mr. K. K. Lam Mr. W. Y. Lee Mr. R. Wong	<b>Announcer:</b>	Ms. Y. M. Lee (Chief) Ms. V. Kwok Mrs. B. Chan CSK Students
<b>Marksmen:</b>	Mr. M. H. Fan (Chief) Mr. H. W. Leung Prefects	<b>Recorders:</b>	Ms. S. Chung (Chief) Ms. Y. L. Tse Ms. S. Y. Hung Ms. W. F. Tse Ms. K. Y. Leung Ms. W. S. Tong Ms. O. L. Ho
<b>Relay Takeover:</b>	Mr. K. V. Vong (Briefing)  Mr. K. K. Young (1) Mr. F. M. Ying (1)  Mr. W. H. Lam (2) Mr. K. C. Ng (2)  Mr. K. H. Ng (3) Mr. A. Beynon (3)	<b>Film Judges:</b>	Mrs. A. Lau (Chief) Mrs. Mak Tse CSK Students
<b>Timekeepers:</b>	Mr. Y. C. Chu (Chief) Ms. Y. M. Law Ms. K. Lau CSK Students	<b>Discipline:</b>	Mr. C. K. Wong (Chief) Mr. W. K. Wong (Prefects) Mr. K. S. Chan Ms. S. Y. Leung Ms. M. K. Tse Ms. F. Lee Ms. Y. Y. Lam Ms. H. K. Li Ms. H. K. Wong Ms. Y. S. Choi
<b>First Aid:</b>	Mr. W. K. Li Auxiliary Medical Service CSK Red Cross Unit	<b>Runners:</b>	Scouts
<b>Prizes:</b>	Mr. K. H. Chan (Chief) Ms. Y. Y. Kwan Ms. Y. M. Chan Ms. K. M. Chiu		
<b>Refreshment:</b>	Ms. W. L. Leung (Chief) Ms. M. Y. Lau Ms. S. F. Lee Prefects		

*Remarks: Officials please note that only soft-soled or P.E. shoes can be worn on the track.*

## Order of Events

### Friday, 15<sup>th</sup> December 2017

#### Track Events

08:30	Event No. 1	400 m Hurdles	A
08:45	Event No. 2	Staff 2000 m	Teachers only
09:10	Event No. 3	3000 m	B
09:30	Event No. 4	5000 m	A
10:00	Event No. 5	200 m	A
	Event No. 6	200 m	B
	Event No. 7	200 m	C
10:10	Event No. 8	800 m	A
	Event No. 9	800 m	B
	Event No. 10	800 m	C
10:25	Event No. 11	100 m	A
	Event No. 12	100 m	B
	Event No. 13	100 m	C
10:35	Event No. 14	400 m	A
	Event No. 15	400 m	B
	Event No. 16	400 m	C
11:00	Event No. 17	110 m Hurdles	A
11:10	Event No. 18	100 m Hurdles	B
	Event No. 19	100 m Hurdles	C
11:30	Event No. 20	4 x 100 m Invitation Relay	

#### *Medal Presentation for 4 x 100 m Invitation Relay*

11:40	Event No. 21	4 x 400 m Relay	A
	Event No. 22	4 x 100 m Relay	A
	Event No. 23	4 x 400 m Relay	B
	Event No. 24	4 x 100 m Relay	B
	Event No. 25	4 x 400 m Relay	C
	Event No. 26	4 x 100 m Relay	C
12:15	Event No. 27	Staff/Club Medley Relay (800 m, 200 m, 200 m, 400 m)	
	Event No. 28	Staff/PTA 4 x 100 m Walk	

#### *Prize Giving Ceremony*

#### Field Events

09:15	Long Jump	C
	Triple Jump	B
	Javelin	A
10:15	Javelin	B
	Triple Jump	A

## Important Remarks

- 1) Each event will be called **twice** only.
- 2) Competitors for **track** events please report **directly** to the **Start**.
- 3) Competitors for **field** events please report to the **place of competition**.
- 4) Only **5 mm to 7 mm** spikes are allowed on the Track or Jumping areas.
- 5) Throwing events are **dangerous!** Spectators are **not** allowed on the Track or Field **at any time**.
- 6) Competitors must return to the spectators stand after competitions.

## Track Events

### Event No. 1 A Grade 400 m Hurdles

SD1: 1'25.00, SD2: 1'12.00", R: 1:00.09"

#### Final

<u>Lane</u>	<u>Class</u>	<u>Name</u>
1	---	
2	5D 11	Cho Ching Long
3	5B 20	Tai Oon Haang
4	6C 17	Leung Brandon
5	6D 05	Chui Ming Hang Oscar
6	5D 22	Pon Tsz Yeung
7	5B 29	Yang Tin Yi
8	---	

### Event No. 2 Staff 2000 m

R: 7:41.80"

#### Final

Name to be announced

### Event No. 3 B Grade 3000 m

SD1: 16'00", SD2: 11'25", R: 10'06.91"

#### Final

<u>No.</u>	<u>Class</u>	<u>Name</u>
1	3A 02	Chan Kai Ho
2	3A 11	Lam Man Lok
3	3A 15	Liu Lok Hin
4	3B 01	Chan Cheuk Hei
5	3C 32	Wu Yu Kwan
6	4A 22	Wong Hiu Fung
7	4B 18	Ng Yin Fung
8	4B 21	So Tsz Hey
9	4D 07	Cheng Wang Chi
10	4D 08	Cheung Kwong Ho
11	4D 28	Wong Kwan Wing
12	4D 29	Yeung Dik Long

### Event No. 4 A Grade 5000 m

SD1: 26'00", SD2: 21'30", R: 16'59.87"

#### Final

<u>No.</u>	<u>Class</u>	<u>Name</u>
1	3A 25	Shi Jiajun
2	5A 28	Wong Chun Yat
3	5B 08	Kok Tsz Lun
4	5B 16	Ng Kwun Hang
5	5B 22	Tang Tsz Hi
6	5B 29	Yang Tin Yi
7	5D 14	Lai Cheuk Fai
8	5D 25	Wong Kwok Fai
9	6B 11	Kwok Hin Yan
10	6B 14	Tsoi Chun To
11	6C 01	Chan Ka Chi
12	6C 04	Choi Tsun Fung
13	6C 09	Kwok Wing Hang
14	6C 10	Kwok Ying Chung
15	6C 12	Lam Tin Yat
16	6C 13	Lau Ka Chun
17	6C 15	Lee Chun Shing
18	6C 18	Li Ka Chun
19	6C 25	Wong Hak Lun
20	6C 26	Wong Pak Hei
21	6C 29	Yu Chak Sing
22	6C 30	Yuen Ho Sum
23	6D 12	Leung Ka Chun
24	6D 22	Wong Kwun Wai
25	6D 24	Woo Shiu Hong Bonton
26	6D 27	Yeung Ting Hong

**Event No. 5 A Grade 200 m**

SD1: 29.00", SD2: 26.10", R: 22.68"

**Final**

<u>Lane</u>	<u>Class</u>	<u>Name</u>
1	5C	Li Chak Lai Anson
2	6B	Yeung Cheuk Yin
3	6B	Chung Kui Chiu
4	5B	Tai Oon Hang
5	5C	Yu Sze Hang
6	5D	Chan Pak Hin
7	3C	Ng Yau Sing
8	5B	Lam Lok Hung

**Event No. 6 B Grade 200 m**

SD1: 32.00", SD2: 27.00", R: 24.05"

**Final**

<u>Lane</u>	<u>Class</u>	<u>Name</u>
1	3A	Chiu Chung Kai
2	3A	Cheung Chuk Hei
3	4A	Ho Lok Hin
4	2A	Choi Yat Lam
5	3B	Yim Chung Ling James
6	4D	Chiu Cheuk Yin
7	3D	Tsang Wa Kwan
8	3B	Zhuang Man To Eric

**Event No. 7 C Grade 200 m**

SD1: 35.00", SD2: 29.00", R: 26.31"

**Final**

<u>Lane</u>	<u>Class</u>	<u>Name</u>
1	2D	Choy Shing Yan Zenith
2	1C	Cho Shiu Yan
3	2B	Choi Yik Nam
4	1D	Cheung Chung Po
5	1D	Wong Chun Him
6	2A	Ho Cheuk Lim
7	2D	Wong Yat Kiu
8	1D	Sham Chi Wing

**Event No. 8 A Grade 800 m**

SD1: 2'55", SD2: 2'28", R: 2'00.04"

**Final**

<u>No.</u>	<u>Class</u>	<u>Name</u>
1	5B 04	Cheng Tsun Yan
2	5C 05	Chan Pui Hong
3	5C 20	Leung Pak Sang
4	5C 27	Ng Ka Yui
5	5D 26	Wong Tsan Shun
6	6A 13	Ng Kai Chin
7	6A 15	Tang Yu Yeung
8	6A 19	Yau Wai Lun Donald
9	6B 04	Chan Kin Lung
10	6B 08	Fung Hiu Fai
11	6C 14	Lau Kwan Nok
12	6D 01	Chan Kin Ting

13	6D 03	Cheng Cheuk Hei
14	6D 06	Chung Mang Yiu
15	6D 07	Ha Tim
16	6D 09	Lam Ka Ki
17	6D 10	Leung Chun Yui
18	6D 11	Leung Hong Yee
19	6D 13	Leung Kok Tsun
20	6D 15	Ma Hin Sing
21	6D 16	Ma Hon Wing
22	6D 19	Sit Hok Yin
23	6D 25	Yam Ho Yin
24	6D 26	Yau Tsz Wai

**Event No. 9 B Grade 800 m**

SD1: 3'00", SD2: 2'30", R: 2'07.48"

**Final**

<u>No.</u>	<u>Class</u>	<u>Name</u>
1	2A 28	Wong Ki Yip
2	3A 05	Cheung Chek Hei
3	3B 23	Tong Chi Yiu
4	3B 30	Yun Tin Yau
5	3C 08	Ho Kit Cheung
6	3D 19	Ng Young Jun
7	4D 34	Fontaine Benjamin
8	4A 19	Tse Chun Hei
9	4B 21	So Tsz Hei
10	4C 05	Chan Johnson Chun Sang
11	4C 09	Chiang Man Kit
12	4D 30	Yeung Ka Tung

**Event No. 10 C Grade 800 m**

SD1: 3'20", SD2: 2'43", R: 2'16.39"

**Final**

<u>No.</u>	<u>Class</u>	<u>Name</u>
1	1C 13	Fung Tsz Long
2	1C 32	Yu Man Long
3	1D 16	Kwok Ho Long
4	1D 24	Sham Chi Wang
5	2C 28	Yeung Chi Fai
6	2D 15	Kwok Chun Sang Samuel
7	2D 20	Li Ching Yin Clement

**Event No. 11 A Grade 100 m**

SD1: 14.00", SD2: 12.70", R: 11.19"

**Final**

<u>Lane</u>	<u>Class</u>	<u>Name</u>
1	5D	Wong Wai Yin
2	5A	Chuang Wa Ming
3	6B	Yeung Cheuk Yin
4	6C	Lo Yuen Fung
5	5A	Leung Plato
6	5C	Yu Sze Hang
7	5D	Poon Tsz Yeung
8	5D	Wong Tsan Shun

**Event No. 12 B Grade 100 m**

SD1: 15.50", SD2: 13.00", R: 11.88"

**Final**

Lane	Class	Name
1	3D	Chan Hau Woon
2	4A	Ho Lok Hin
3	3B	Yim Chung Ling James
4	4A	So Wai Ho
5	4D	Fong Pak Him
6	2A	Choi Yat lam
7	3C	Lee Ho Kiu Elvis
8	3C	Ng Cheuk Him

**Event No. 13 C Grade 100 m**

SD1: 18.00", SD2: 13.70", R: 12.28"

**Final**

Lane	Class	Name
1	1B	Cheng Kin Ting
2	2B	Yau Lok Hei
3	2A	Cheung Ka Ho
4	2B	Choi Yik Nam
5	2A	Tam Chak Hei
6	1C	Cho Shiu Yan
7	1B	Lin Ming Fu
8	2A	Pun Cheuk Nam

**Event No. 14 A Grade 400 m**

SD1: 1'12", SD2: 1'00", R: 51.74"

**Final**

Lane	Class	Name
1	3B	Chan Tsun Ho
2	6D	Leung Chun Yui
3	6D	Yam Ho Yin
4	6C	Leung Brandon
5	5B	Cheng Tsun Yan
6	5D	Chan Pak Hin
7	5D	Chan Tsz Yeung
8	5C	Ma Hing Wa

**Event No. 15 B Grade 400 m**

SD1: 1'18", SD2: 1'03", R: 54.97"

**Final**

Lane	Class	Name
1	3B	Li Tsun Hin
2	3B	Chan Cheuk Hei
3	4A	Wong Hiu Fung
4	4C	Lam Chun Fai
5	3B	Tong Chi Yiu
6	4D	Chiu Cheuk Yin
7	4C	Chan Johnson Chan Sang
8	3B	Zhuang Man To Eric

**Event No. 16 C Grade 400 m**

SD1: 1'25", SD2: 1'09", R: 56.50"

**Final**

Lane	Class	Name
1	1D 08	Cheung Chung Po
2	1B 03	Chan Pak Yin
3	1B 07	Cheng Oscar
4	1B 10	Fu Shun Ming
5	1B 26	Pak Ka Ho
6	1D 16	Kwok Ho Long
7	1D 29	Wong Chun Him
8	2C 28	Yeung Chi Fai

**Event No. 17 A Grade 110 m Hurdles**

SD1: 23.00", SD2: 20.00", R: 15.45"

**Final**

Lane	Class	Name
1	---	
2	3A 20	Mak Yiu Kwan
3	6B 16	Wong Man Hin
4	6B 18	Yeung Chun Ming
5	6C 22	See Too Tsz Chun
6	6D 05	Chui Ming Hang Oscar
7	6D 18	Ng Wang Lok
8	---	

**Event No. 18 B Grade 100 m Hurdles**

SD1: 24.00", SD2: 19.80", R: 14.77"

**Final**

Lane	Class	Name
1	---	
2	2A 28	Wong Ki Yip
3	3A 31	Yau Tsz Kin
4	4A 17	So Wai Ho
5	4C 05	Chan Johnson Chun Sang
6	4D 07	Cheng Wang Chi
7	4D 32	Yeung Kit Man
8	---	

**Event No. 19 C Grade 100 m Hurdles**

SD1: 26.00", SD2: 21.00", R: 15.87"

**Final**

Lane	Class	Name
1	---	
2	1A 05	Chau Chun Leung
3	1A 16	Lo Kin Yu
4	1C 14	Ho Ho Long
5	2A 20	Pun Cheuk Fung
6	2B 30	Yau Lok Hei
7	2D 29	Wong Chik Yin
8	---	

**Event No. 20 4 x 100 m Invitation Relay**

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Lanes and names of schools to be announced

**Event No. 21 A Grade 4x400 m**

SD1: 4'45", SD2: 4'06", R: 3'51.98"

**Final**

<u>Lane</u>	<u>Class</u>
1	5A
2	5B
3	5C
4	5D
5	6A
6	6B
7	6C
8	6D

**Event No. 22 A Grade 4x100 m**

SD1: 55.00", SD2: 49.00", R: 47.40"

**Final**

<u>Lane</u>	<u>Class</u>
1	5D
2	5B
3	5A
4	6C
5	3A
6	5C
7	6D
8	6B

**Event No. 23 B Grade 4x400 m**

SD1: 4'55", SD2: 4'12", R: 4'03.46"

**Final**

<u>Lane</u>	<u>Class</u>
1	3B
2	3C
3	3D
4	4A
5	4C
6	4D

**Event No. 24 B Grade 4x100 m**

SD1: 59.50", SD2: 50.50", R: 49.60"

**Final**

<u>Lane</u>	<u>Class</u>
1	---
2	2A
3	3A
4	3B
5	3D
6	4A
7	4D
8	---

**Event No. 25 C Grade 4x400 m**

SD1: 5'20", SD2: 4'40", R: 4'32.89"

**Final**

<u>Lane</u>	<u>Class</u>
1	1A
2	1D
3	2B
4	2D

**Event No. 26 C Grade 4x100 m**

SD1: 1'15", SD2: 54.20", R: 53.78"

**Final**

<u>Lane</u>	<u>Class</u>
1	---
2	1A
3	1B
4	1C
5	1D
6	2B
7	2D
8	---

**Event No. 27 Staff/Club Medley Relay****(800 m, 200 m, 200 m, 400 m)**

Lanes and names of club/society to be announced

**Event No. 28 Staff/PTA 4x100 m Walk**

Lanes and teams to be announced

## Field Events

### 09:15 C Grade Long Jump

SD1: 3.80 m, SD2: 4.10 m, R: 5.02 m”

#### Final

No.	Class	Name
1	1A 01	Au Ka Chung
2	1A 09	Lam Horace
3	1A 11	Lee Hok Lai
4	1A 13	Leung King Pui
5	1A 15	Lo Ching Wang
6	1A 16	Lo Kin Yu
7	1B 07	Cheng Oscar
8	1B 08	Cheng Kin Ting
9	1B 09	Chu Chun Tak
10	1B 11	Fu Chung Hang
11	1C 10	Cho Shiu Yan
12	1C 14	Ho Ho Long
13	1C 26	Lu Chun Pan
14	1D 03	Chan Ho Nin
15	1D 13	Ho Shing Yu
16	1D 16	Kwok Ho Long
17	1D 18	Lau Chun Nam
18	2A 20	Pun Cheuk Fung
19	2B 26	Tsoi Hiu Tung
20	2B 27	Tsui Chung Ho
21	2B 30	Yau Lok Hei
22	2C 28	Yeung Chi Fai
23	2D 16	Lai Cheuk Lim
24	2D 17	Lai Enoch Matthew
25	2D 18	Lam Yuk Hei
26	2D 21	Liu Wing Him William

### 09:15 B Grade Triple Jump

SD1: 8.50 m, SD2: 9.50 m, R: 12.04 m”

#### Final

No.	Class	Name
1	3D 19	Ng Young Jun
2	4A 08	Ho Lok Hin
3	4C 02	Au Yeung Ching
4	4D 02	Chan Cheuk Hei

### 09:15 A Grade Javelin

SD1: 20.00 m, SD2: 26.00 m, R: 50.09 m”

#### Final

No.	Class	Name
1	3A 20	Mak Yiu Kwan
2	4D 14	Lam King Hong
3	5A 12	Kong Kwen Him Lucas
4	5B 05	Choi Tsz Chun
5	5B 18	So Chak Bong
6	5B 31	Yu Yat Long
7	5C 10	Fong Kwan Ho
8	5C 16	Lam Ha Chi
9	5C 18	Law Ching Yeung
10	5C 21	Li Chak Lai Anson

11	5C 22	Li Shun Chi
12	5C 26	Nee Kai Le
13	5C 35	Yu Yat Chun
14	5D 01	Chan Chun Hei
15	5D 04	Chan Sheung Chi
16	5D 06	Chan Tsz Yeung
17	5D 25	Wong Kwok Fai
18	5D 26	Wong Tsan Shun
19	6A 09	Lau Chun Yin
20	6C 07	He Ki Chi Michael
21	6C 20	Lo Yuen Fung
22	6C 26	Wong Pak Hei
23	6C 27	Yau King Yuk
24	6C 29	Yu Chak Sing
25	6D 01	Chan Kin Ting
26	6D 06	Chung Mang Yiu
27	6D 08	Kwok Chun Pui
28	6D 19	Sit Hok Yin

### 10:15 B Grade Javelin

SD1: 18.00 m, SD2: 20.00 m, R: 49.43 m”

#### Final

No.	Class	Name
1	2A 16	Leung Tsun Hei
2	3B 32	Wong Ho Long
3	3C 04	Chan Wing San
4	3D 07	Chin Man Chak Solomon
5	3D 13	Lam Ho Ting
6	3D 21	Sung Hei Tung
7	3D 25	Tong Hin Yeung Sean
8	3D 26	Tsang Wa Kwan
9	3D 32	Yip Tsz Chun
10	4D 10	Fong Pak Him
11	4D 33	Yuen Ka Hang Christian
12	4D 34	Fontaine Benjamin

### 10:15 A Grade Triple Jump

SD1: 9.10 m, SD2: 10.70 m, R: 13.17 m”

#### Final

No.	Class	Name
1	3A 17	Lo Chun Kwan
2	3B 02	Chan Tsun Ho
3	5A 16	Law Lok Yin
4	5C 16	Lam Ha Chi
5	5D 11	Cho Ching Long
6	5D 18	Lau Yu Hin
7	6C 14	Lau Kwan Nok
8	6C 16	Lee Tsun Wang
9	6C 22	See Too Tsz Chun
10	6D 07	Ha Tim
11	6D 09	Lam Ka Ki
12	6D 16	Ma Hon Wing
13	6D 18	Ng Wang Lok
14	6D 26	Yau TszWai

## Specifications of Equipment

### Throwing Events

	A Grade	B Grade	C Grade
Shot Put	5 kg	4 kg	4 kg
Discus	1.5 kg	1 kg	1 kg
Javelin	700 g	600 g	-

### Heights of Hurdles

	A Grade	B Grade	C Grade
400 m Hurdles	0.84 m	-	-
110 m Hurdles	0.914 m	-	-
100 m Hurdles	-	0.914 m	0.84 m

## Total Points after Day 1

### A Grade

3A	3B	3C	4A	4B	4C	4D	5A	5B	5C	5D	6A	6B	6C	6D
31	6	2				7	38	22	58	23	14	27	37	19

### B Grade

1A	2A	2C	3A	3B	3C	3D	4A	4B	4C	4D
	13	1	18	22	14	48	55	19	32	65

### C Grade

1A	1B	1C	1D	2A	2B	2C	2D
30	23	15	18	17	24	25	43



## CSK ATHLETICS RECORDS (Up to September, 2017)

### A Grade

Event	Name	Class	Result	Year
100 m	Wong Chi Keung	6A	11.19"	1992
200 m	Wong Chi Keung	6A	22.68"	1992
400 m	Sung Ka Chun	5A	51.74"	1982
800 m	To Sze Wai	6A	2'00.04"	1991
1500 m	Wong Tak Shing	7A	4'15.66"	1984
5000 m	Wong Tak Shing	7A	16'59.87"	1983
110 m H (1.0 m)	Pang Kwan Hung	6A	15.80"	1976
110 m H (0.914 m)	Wong Kai Chun	4A	15.45"	2008
400 m H (0.914 m)	Tso Chi Kit	6A	58.87"	1984
400 m H (0.84 m)	Wong Cheuk Lun	7B	1'00.09"	2012
High Jump	Tse Ka Ho	5C	1.86 m	1993
Long Jump	Leung Yat Ho	6A	6.51 m	2002
Triple Jump	Lee Chun Fai	5A	13.17 m	1981
Shot Put (5.44 Kg)	Ng Kwok Hung	4B	13.67 m	1987
Shot Put (5 Kg)	Ngan Tsz Cheung	6D	14.79 m	2014
Discus	Ngan Tsz Cheung	5D	39.13 m	2013
Javelin	Li Ka Ho	5E	50.09 m	2015
4 x 100 m Relay		7A	47.40"	1980
4 x 400 m Relay		7A	3'51.98"	1991

### B Grade

Event	Name	Class	Result	Year
100 m	Lau Ying Yeung	3E	11.88"	2013
200 m	Wong Chun Kiu	4C	24.05"	2006
400 m	Li Hin Yu	4D	54.97"	2012
800 m	Chan Kai Chieh	4E	2'07.48"	2012
1500 m	So Wai Chung	4E	4'36.74"	2008
3000 m	Mak Him Kwan	3C	10'06.91"	2007
100 m Hurdles	Chau Chi Kiu	4C	14.77"	2010
High Jump	Yip Ho Sang	4C	1.77 m	2015
Long Jump	Leung Yat Ho	4E	6.04 m	2000
Triple Jump	Leung Yat Ho	4E	12.04 m	2000
Shot Put	Ngan Tsz Cheung	4D	14.36 m	2012
Discus	Ngan Tsz Cheung	4D	47.18 m	2012
Javelin	Li Ka Ho	4E	49.43 m	2014
4 x 100 m Relay		3B	49.60"	2015
4 x 400 m Relay		4E	4'03.46"	2011

### C Grade

Event	Name	Class	Result	Year
100 m	Wong Chun Kiu	2B	12.28"	2004
200 m	Chan Kwai Lam	1B	26.31"	2002
400 m	Ng Pak Hei	1A	56.50"	2017
800 m	Kum Hoi Chung	2A	2'16.39"	2008
1500 m	Kum Hoi Chung	2A	4'47.48"	2008
100 m Hurdles	Chau Chi Kiu	2D	15.87"	2009
High Jump	So Chak Pong	2D	1.60 m	2015
Long Jump	Liu Yau Shing	1D	5.02 m	2002
Shot Put	Chan Ka Wai Gary	2B	12.03 m	2007
Discus	Lai Hiu Long	2B	28.41 m	2013
4 x 100 m Relay		2B	53.78"	2013
4 x 400 m Relay		2A	4'32.89"	2007

### Others

Event	Name	Result	Year
Staff 3000 m	Mr. T. S. Wong	11'32.07"	2006
Staff 2000 m	Mr. T. S. Wong	7'41.80"	2011