

香港青少年田徑分齡賽2026 (5)
Hong Kong Junior Age Group Athletics Competition 2026 - 5

場內不設廣播，請各運動員按賽事時間表上之 檢錄時間 內到達檢錄處報到。田項及徑項均需到檢錄處檢錄，由工作人員帶往比賽場地
There is no announcement, all athletes must attend at Roll call area on time, officials will escort the reported athletes to the competition area after the end of the call.

接力名單需於檢錄時交到檢錄處，檢錄時需 4 位運動員一同出席

Relay teams are requested to submit their team lists to the Call room within the roll call time as per event. Late submission will be disqualified.

Competition Date 賽事日期: 13/9/2026
Venue 地點:將軍澳運動場 Tseung Kwan O Sports Ground

Competition Time	Start of call	End of Call	Girls									Competition Time	Start of call	End of Call	Boys									
			U8 2019	U9 2018	U10 2017	U11 2016	U12 2015	U14 2013-2014	U16 2011-2012	U18 2009-2010	U20 2007-2008				U8 2019	U9 2018	U10 2017	U11 2016	U12 2015	U14 2013-2014	U16 2011-2012	U18 2009-2010	U20 2007-2008	
8:35	8:15	8:25	60m H1-4									8:35	8:15	8:25										
8:40	8:05	8:15										8:40	8:05	8:15									High Jump A(F7)	
8:40	8:20	8:30		60m H1-5								8:40	8:20	8:30										
8:40	8:05	8:15										8:40	8:05	8:15							Pentathlon Long Jump PitchA	Pentathlon Long Jump PitchA		
8:50	8:30	8:40			60m H1-7							8:50	8:30	8:40			Softball Throw (F-15)							
8:50	8:15	8:25									Long Jump Pitch B (F1-9)	8:50	8:15	8:25					Long Jump Pitch C - F1(1-26)		Javelin Throw (F-16)			
9:00	8:40	8:50			60m H8-9	60m H1-5						9:00	8:40	8:50										
9:10	8:50	9:00				60m H6-10	60m H1-2					9:10	8:50	9:00										
9:20	9:00	9:10					60m H3-8					9:20	9:00	9:10										
9:30	9:10	9:20						60m H1-4	60m H1-2			9:30	9:10	9:20										
9:35	9:00	9:10										9:35	9:00	9:10						Long Jump Pitch A - F1 (1-18)				
9:40	9:20	9:30										9:40	9:20	9:30	60m H1-5	60m H1-2								
9:50	9:30	9:40										9:50	9:30	9:40		60m H3-8	60m H1							
9:50	9:15	9:25								Heptathlon Long Jump B	Heptathlon Long Jump B	9:50	9:15	9:25										
9:50	9:30	9:40				Softball Throw (F-15)						9:50	9:30	9:40										
10:00	9:40	9:50										10:00	9:40	9:50			60m H2-8							
10:10	9:35	9:45							High Jump A(F13)			10:10	9:35	9:45										
10:10	9:50	10:00										10:10	9:50	10:00			60m H9-11	60m H1-3						
10:20	10:00	10:10										10:20	10:00	10:10				60m H4-9						
10:30	10:10	10:20										10:30	10:10	10:20					60m H1-7					
10:30												10:30									Pentathlon Javelin Throw	Pentathlon Javelin Throw		
10:40	10:20	10:30										10:40	10:20	10:30						60m H1-6	60m H1-2			
10:40	10:05	10:15								Long Jump Pitch B (F1-17)		10:40	10:05	10:15					Long Jump Pitch C - F2(1-27)					
10:45	10:25	10:35					Softball Throw (F-13)					10:45	10:25	10:35										
11:00	10:35	10:45										11:00	10:35	10:45							400mH 3H			
11:10										Heptathlon Javelin Throw	Heptathlon Javelin Throw	11:10												
11:10	10:45	10:55										11:10	10:45	10:55								400mH 2H		
11:10	10:35	10:45										11:10	10:35	10:45						Long Jump Pitch A - F2 (1-19)				
11:25	11:00	11:10						60mH F		60mH F		11:25	11:00	11:10										
11:35	11:10	11:20										11:35	11:10	11:20						60mH F	60mH F			
11:35	11:15	11:25										11:35	11:15	11:25				Softball Throw (F-14)						
11:50	11:30	11:40		200m H1-2	200m H1-2	200m H1						11:50	11:30	11:40										
12:00	11:40	11:50				200m H2-6						12:00	11:40	11:50										
12:00	11:25	11:35										12:00	11:25	11:35						Javelin Throw (F-6)	Javelin Throw (F-10)			
12:10												12:10									Pentathlon 200m	Pentathlon 200m		
12:10	11:50	12:00					200m H1-5					12:10	11:50	12:00										
12:20	12:00	12:10					200m H6-7					12:20	12:00	12:10		200m H1-2								
12:30	12:10	12:20										12:30	12:10	12:20	Softball Throw (F-12)		200m H1-3	200m H1-2						
12:40	12:20	12:30										12:40	12:20	12:30			200m H3-5	200m H1-2						
12:50	12:30	12:40										12:50	12:30	12:40				200m H3-5						
13:15	12:50	13:00								400mH F		13:15	12:50	13:00							400mH F	400mH F		
13:20												13:20									Pentathlon Discus	Pentathlon Discus		
13:25	12:50	13:00										13:25	12:50	13:00						High Jump A(F19)	Long Jump Pitch B F1 (1-18)			
13:25	12:50	13:00										13:25	12:50	13:00							Long Jump Pitch A F2 (1-18)			
13:35	13:15	13:25	60m F	60m F	60m F	60m F	60m F	60m F	60m F			13:35	13:15	13:25										
13:45	13:25	13:35								60m F	60m F	13:45	13:25	13:35	60m F	60m F	60m F	60m F	60m F					
13:45	13:10	13:20						Long Jump Pitch C F1(1-24)				13:45	13:10	13:20										
13:55	13:35	13:45										13:55	13:35	13:45						60m F	60m F	60m F	60m F	
14:05										Heptathlon 800M	Heptathlon 800M	14:05												
14:10	13:50	14:00						800m F1-2				14:10	13:50	14:00										
14:18	13:58	14:08							800m F1	800m F1		14:18	13:58	14:08		Softball Throw (F-9)								
14:25	13:50	14:00						Javelin Throw (F-9)	Javelin Throw (F-9)			14:25	13:50	14:00										
14:26	14:06	14:16										14:26	14:06	14:16						800m F1	800m F1-2			
14:36	14:16	14:26										14:36	14:16	14:26							800m F1-2	800m F1		
14:50												14:50									Pentathlon 1500m	Pentathlon 1500m		
14:55	14:20	14:30										14:55	14:20	14:30								Long Jump Pitch B (F18)		
15:00	14:40	14:50	100m H1-3	100m H1-4								15:00	14:40	14:50										
15:10	14:50	15:00		100m H5	100m H1-6							15:10	14:50	15:00				Softball Throw (F-12)						
15:20	15:00	15:10			100m H7-9	100m H1-4						15:20	15:00	15:10										
15:30	15:10	15:20				100m H5-11						15:30	15:10	15:20										

Competition Time	Start of call	End of Call	Girls									Competition Time	Start of call	End of Call	Boys									
			U8 2019	U9 2018	U10 2017	U11 2016	U12 2015	U14 2013-2014	U16 2011-2012	U18 2009-2010	U20 2007-2008				U8 2019	U9 2018	U10 2017	U11 2016	U12 2015	U14 2013-2014	U16 2011-2012	U18 2009-2010	U20 2007-2008	
15:40	15:20	15:30					100m H1-6					15:40	15:20	15:30										
15:50	15:30	15:40					100m H7-10					15:50	15:30	15:40										
15:50	15:15	15:25						Long Jump Pitch C F2(1-23)	Long Jump Pitch A (F1-23)	Javelin Throw (F-8)		15:50	15:15	15:25							High Jump A(F12)			
15:55	15:35	15:45										15:55	15:35	15:45	100m H1-5	100m H1-2								
16:05	15:45	15:55	Softball Throw (F-8)	Softball Throw (F-7)								16:05	15:45	15:55		100m H3-8	100m H1							
16:15	15:55	16:05										16:15	15:55	16:05			100m H2-9							
16:25	16:05	16:15										16:25	16:05	16:15			100m H10-11	100m H1-5						
16:35	16:15	16:25										16:35	16:15	16:25				100m H6-10	100m H1-2					
16:45	16:25	16:35										16:45	16:25	16:35					100m H3-10					
17:00	16:40	16:50			Softball Throw (F-6)				3000m F			17:00	16:40	16:50										
17:15	16:40	16:50										17:15	16:40	16:50								Javelin Throw (F-4)		
17:20	17:00	17:10		200m F	200m F	200m F	200m F					17:20	17:00	17:10										
17:30	17:10	17:20										17:30	17:10	17:20		200m F	200m F	200m F	200m F					
17:35	17:15	17:25										17:35	17:15	17:25										
17:35	17:00	17:10								High Jump A(F10)		17:35	17:00	17:10										
17:40	17:20	17:30		4X100m F1-2		4X100m F1-2						17:40	17:20	17:30										
17:52	17:32	17:42					4X100m F1-2					17:52	17:32	17:42		4X100m F1-2								
18:05	17:45	17:55										18:05	17:45	17:55				4X100m F1-2	4X100m F1					
18:10	17:35	17:45									Javelin Throw (F-6)	18:10	17:35	17:45										
18:15	17:55	18:05						4 X 400m F				18:15	17:55	18:05						4 X 400m F				
18:25	18:05	18:15	100m F	100m F	100m F	100m F	100m F					18:25	18:05	18:15										
18:35	18:15	18:25										18:35	18:15	18:25	100m F	100m F	100m F	100m F	100m F					
18:45	18:25	18:35										18:45	18:25	18:35							3000m F			

兼項情況：運動員須先向田賽裁判長請假，裁判長允許運動員以不同抽籤排定的順序進行一次試跳後，方可離去參加徑賽項目。返回後，應即向裁判長消假。兼項情況：運動員須先向田賽裁判長請假，方可離去參加徑賽項目。返回後，應即向裁判長消假。

If the athletes compete in track and field events at the same time, they should inform the field judges before they leave for the other event, and report to Call Room in person for their Track Event. Athletes should report to the field judges again immediately after finishing the track event.

若運動員向田賽裁判長請假前往徑賽項目參賽，當返回田賽賽場時比賽已結束，恕不能追討重賽。

If the athlete asked for leave from the field event to compete in a track event, and the competition is over when he returns to the field event, no rematch can be claimed.