葵青體育節2026 - 田徑錦標賽 - 賽事時間表

Day 1 - 28/11/2026

		男子 Men		女子 Women				男子 Men		女子 Women	
比賽時間 Start Time	檢錄時間 Roll Call Time	徑項 Track	組別 Age Group	徑項 Track	組別 Age Group	比賽時間 Start Time	檢錄時間 Roll Call Time	田項 Field	組別 Age Group	田項 Field	組別 Age Group
						0910	0850-0900	Shot Put	M50 - M75	Long Jump	U18 - U20
						0920	0900-0910			Javelin Throw	W45 - W60
0950	0930-0940					0950	0930-0940	Long Jump (Pentathlon)	M35 - M70	Javelin Throw	U14 - U18
1000	0940-0950			100M	W35 - W75						
1005	0945-0955			100M	U10	1005	0945-0955	Shot Put	Open ,M35 - M45		
1015	0955-1005			100M	U12						
1025	1005-1015			100M	U14	1025	1005-1015	Javelin Throw	U14 - U18		
1030	1010-1020			100M	U16 -20						
1040	1020-1030	100 M	M40 - M80								
						1045	1025-1035			Shot Put	U14 - U18
1050	1030-1040	100 M	U10			1050	1030-1040			Long Jump	W45 - W65
1100	1040-1050	100 M	U12								
1110	1050-1100	100 M	U14 - U16			1110	1050-1100	Javelin Throw	M50 - M70		
1120	1100-1110	100 M	U18 - U20								
1125	1105-1115	100 M	Open -M35			1125	1105-1115			Shot Put	W40 - W60
						1125	1105-1115			Long Jump	U12
1140	1120-1130			800M	U18 - W75	1140		Javelin (Pentathlon)	M35 - M70		
1145	1125-1135			800M	U14 - U16						
1150	1130-1140	800M	M50-M70								
1155	1135-1145	800M	M35-M45			1155	1135-1145	Shot Put	U16 - U18		
1200	1140-1150	800M	U14-U20								
						1230	1210-1220	Shot Put	U14		
						1250	1230-1240	Javelin Throw	U20,OPEN M35-M40		

午膳

		男子 Men		女子 Women				男子 Men		女子 Women	
比賽時間 Start Time	檢錄時間 Roll Call Time	徑項 Track	組別 Age Group	徑項 Track	組別 Age Group	比賽時間 Start Time	檢錄時間 Roll Call Time	田項 Field	組別 Age Group	田項 Field	組別 Age Group
1330		200M (Pentathlon)	M35 - M70								
1345	1325-1335			400M	W40 - W75						
1350	1330-1340			400M	U12						
1355	1335-1345			400M	U14						
1405	1345-1355			400M	U16 - U20	1405	1345-1355	Long Jump	U12		
1415	1355-1405	400M	M35 - M65								
						1420		Discus (Pentathlon)	M35 - M70		
1430	1410-1420	400M	U12								
1440	1420-1430	400M	U14								
1450	1430-1440	400M	U16 - U20								
1515	1455-1505			4X100M	U14,W50						
1520	1500-1510			4X100M	U10	1520	1500-1510	Softball Throw	U10 - U12		
1530	1510-1520			4X100M	U12						
1540	1520-1530	4X100M	M45 - M60			1540	1520-1530			Long Jump	U14
1550	1530-1540	4X100M	U10 - U18								
1600	1540-1550	Mixed 4X100M									
1615		1500M (Pentathlon)	M35 - M70								
						1620	1600-1610			Softball Throw	U10
						1645	1625-1635			Long Jump	U16
1700	1640-1650			5000M	Women's	1700	1640-1650			Softball Throw	U12
						1715	1655-1705	Long Jump	U18-U20		
1735	1715-1725	5000M	Men's			1735	1715-1725				
1805	1745-1755			5000M RW	Women's						
1850	1830-1840	5000M RW	Men's								

!!! 為確保運動員安全及賽事順利進行，所有比賽場地嚴禁家長及教練進入 !!! 如未經許可下進入比賽場地，賽後或會被取消資格

In order to ensure the safety of athletes and the smooth progress of events, parents and coaches are strictly prohibited from entering all competition venues!!! If anyone enter the competition venue without permission, the athletes may be

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

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.

葵青體育節2026 - 田徑錦標賽 - 賽事時間表

Day 2 - 29/11/2026

		男子 Men		女子 Women				男子 Men		女子 Women	
比賽時間 Start Time	檢錄時間 Roll Call Time	徑項 Track	組別 Age Group	徑項Track	組別 Age Group	比賽時間 Start Time	檢錄時間 Roll Call Time	田項 Field	組別 Age Group	田項 Field	組別 Age Group
						0900	0840-0850			High Jump	U14 ,U18 ,W50
						0900	0840-0850	Discus	M50 - M75		
0910	0850-0900			100M Hurdles	U18						
0920	0900-0910	110M Hurdles	U18								
0930	0910-0920	110M Hurdles	M35 - M40			0930	0910-0920	Long Jump	U14		
0950	0930-0940			60M	W35 - W75	0950	0930-0940			Discus	W45 - W65
0955	0935-0945			60M	U10						
1005	0945-0955			60M	U12						
1015	0955-1005			60M	U14 - U20	1015	0955-1005	Long Jump	U16	Discus	U14 - U20
1025	1005-1015	60M	M40 - M80			1025	1005-1015	High Jump	U16 - U18		
1030	1010-1020	60M	U10								
1040	1020-1030	60M	U12								
1050	1030-1040	60M	U14 - U20			1050	1030-1040	Long Jump	M50 - M70		
1100	1040-1050	60M	Open - M35			1100	1040-1050	Discus	Open ,M35 - M45		
1115	1055-1105			200M	W45 - W75						
1120	1100-1110			200M	U10						
1130	1110-1120			200M	U12	1130	1110-1120	High Jump	U14		
1140	1120-1130			200M	U14 - U20						
1150	1130-1140	200M	M35 - M80			1150	1130-1140	Discus	U14-16		
1155	1135-1145	200M	U10								
1205	1145-1155	200M	U12								
1215	1155-1205	200M	U14 - U16			1215	1155-1205	Long Jump	M35 - M45		
1225	1205-1215	200M	U18 - U20 ,Open			1225	1205-1215	Discus	U18 - U20		
1240	1220-1230					1240	1220-1230	High Jump	M40 - M50		

午膳

		男子 Men		女子 Women				男子 Men		女子 Women	
比賽時間 Start Time	檢錄時間 Roll Call Time	徑項 Track	組別 Age Group	徑項 Track	組別 Age Group	比賽時間 Start Time	檢錄時間 Roll Call Time	田項 Field	組別 Age Group	田項 Field	組別 Age Group
						1355	1335-1345	High Jump	M60 - M70		
1400	1340-1350	4X400M	Men's	4X400M	Women's						
1415	1355-1405			400M Family Race	U6 - U10						
1425	1405-1415	400M Family Race	U6 - U10								

!!! 為確保運動員安全及賽事順利進行，所有比賽場地嚴禁家長及教練進入 !!! 如未經許可下進入比賽場地，賽後或會被取消資格

In order to ensure the safety of athletes and the smooth progress of events, parents and coaches are strictly prohibited from entering all competition venues!!! If anyone enter the competition venue without permission, the athletes may be disqualified.

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.