

香港青少年田徑2024分齡賽 (三)  
HONG KONG JUNIOR AGE GROUP ATHLETICS COMPETITION 2024 - III

Date : 25/5/2024

Roll Call Time

比賽時間 Race time	徑賽(跨欄除外) Track Event (Except Hurdles)		跨欄 Hurdles		田徑 Field Event			
	開始檢錄 Start of Call	比賽前20分鐘 20mins before the races	開始檢錄 Start of Call	比賽前25分鐘 25mins before the races	開始檢錄 Start of Call	比賽前35分鐘 35mins before the races		
	截止檢錄 End of Call	比賽前10分鐘 10mins before the races	截止檢錄 End of Call	比賽前15分鐘 15mins before the races	截止檢錄 End of Call	比賽前25分鐘 25mins before the races		
男子 Boys								
	U20		U18		U16		U14	
	徑賽 Track	田賽 Field	徑賽 Track	田賽 Field	徑賽 Track	田賽 Field	徑賽 Track	田賽 Field
08:30		跳遠 (F-20)-A Long Jump				擲鐵餅 (F-20) Discus Throw		跳遠 (F-14)-B Long Jump
08:35								
08:40								
08:45								
08:50								
08:55								
09:00								
09:05					110m 跨欄 (H-3) 110m Hurdles			
09:10		推鉛球(F-7) Shot Put						
09:15			110m 跨欄 (H-3) 110m Hurdles					
09:20								
09:25								
09:30								
09:35								
09:40								
09:45						跳遠 (F-21)-A Long Jump		
09:50							200m (H-4)	
09:55								
10:00					200m (H-5)			
10:05								
10:10	200m (H-2)		200m (H-6)					
10:15								
10:20								
10:25					300m (F/C)			
10:30								
10:35								
10:40								
10:45				擲鐵餅 (F-20) Discus Throw				
10:50				跳遠 (F-23)-A Long Jump				
10:55								
11:00								
11:05								
11:10								
11:15							100m (H-7)	
11:20								
11:25					100m (H-10)			
11:30								
11:35			100m (H-13)					
11:40								
11:45								
11:50	100m (H-5)							
11:55								
12:00								
12:05								
12:10								
12:15								
12:20						400m (H-3)	推鉛球(F-14) Shot Put	
12:25								
12:30					400m (H-7)			
12:35								
12:40			400m (H-5)					
12:45								
12:50	400m (H-3)							
13:10								
午膳								
13:50								

跳遠 A池 近草地位置 · 跳遠 B池 近看台位置 Long Jump A located at near meadows , Long Jump B near to the spectator stands

**!!! 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.**

賽項情況：運動員須先向田徑裁判長請假，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，應即向裁判長請假。賽項情況：運動員須先向田徑裁判長請假，方可離去參加徑賽項目。返回後，應即向裁判長請假。

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 Tra Event. Athletes should report to the field judges again immediately after finishing the track event.

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

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.