

支持及認可單位:



媒體支持:



# HONG KONG JUNIOR AGE GROUP ATHLETICS COMPETITION 2024 - 6

10~11 Aug 2024 (U14~U20)

Tsing Yi Sports Ground

(U8~U12) 15 Dec 2024

Wanchai Sports Ground

主辦單位:



飛達田徑會

U8  
~ U12

二零二四年十二月十五日

灣仔運動場

香港青少年  
田徑分齡賽  
日徑分齡賽

U14  
~ U20

二零二四年八月十日、十一日

青衣運動場

第六站





香港青少年田徑 2024 分齡賽 (六)  
HONG KONG JUNIOR AGE GROUP ATHLETICS COMPETITION 2024 - VI

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## 香港青少年田徑 2024 分齡賽 (六)

### HONG KONG JUNIOR AGE GROUP ATHLETICS COMPETITION 2024 - VI

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#### 1. Venue

10-11/Aug/2024: Tsing Yi Sports Ground

Tsing King Road, Tsing Yi, New Territories

**Spectator stand in Tsing Yi Sports Ground is under maintenance. Only registered coaches and team leaders are allowed to go into to the restricted area in the sports ground. One coach and one leader as per organization / school / club can register to enter into the competition area one week before the event date.**

15/Dec/2024: Wan Chai Sports Ground

20 Tonnochy Road, Wan Chai

#### 2. Date

U14~U20 Tsing Yi Sports Ground : 10-11 Aug 2024

U8~U12 Wan Chai Sport Ground: 15 Dec 2024

#### 3. Time

Tsing Yi Sports Ground : 8:30 am - 5:30 pm (0830 - 17:30)

Wan Chai Sports Ground : 8:30 am - 6:00 pm (0830 - 1800)

#### 4. Category

Participating categories	Year of birth
U8	2017
U9	2016
U10	2015
U11	2014
U12	2013
U14	2011~2012
U16	2009~2010
U18	2007~2008
U20	2005~2006

\* No cross-division challenge is allowed

## 香港青少年田徑 2024 分齡賽 (六)

## HONG KONG JUNIOR AGE GROUP ATHLETICS COMPETITION 2024 - VI

## 5. Events

Category	Boys									Girls									
	05~06 (U20)	07~08 (U18)	09~10 (U16)	11-12 (U14)	2013 (U12)	2014 (U11)	2015 (U10)	2016 (U9)	2017 (U8)	05~06 (U20)	07~08 (U18)	09~10 (U16)	2011-12 (U14)	2013 (U12)	2014 (U11)	2015 (U10)	2016 (U9)	2017 (U8)	
60m	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
100m	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
200m	✓	✓	✓	✓	✓	✓	✓			✓	✓	✓	✓	✓	✓	✓	✓		
400m	✓	✓	✓	✓	✓	✓				✓	✓	✓	✓	✓	✓	✓			
800m	✓	✓	✓	✓						✓	✓	✓	✓						
1500m	✓	✓	✓	✓						✓	✓	✓	✓						
3000m			✓									✓							
5000m	✓	✓								✓	✓								
100mH				✓						✓	✓	✓	✓						
110mH	✓	✓	✓																
400mH	✓	✓								✓	✓								
High Jump	✓	✓	✓	✓	✓					✓	✓	✓	✓	✓					
Long Jump	✓	✓	✓	✓	✓	✓	✓	✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	
Triple Jump	✓	✓	✓							✓	✓	✓							
Softball					✓	✓	✓	✓	✓					✓	✓	✓	✓	✓	✓
Shot Put	✓	✓	✓	✓						✓	✓	✓	✓						
Discus Throw	✓	✓	✓	✓						✓	✓	✓	✓						

## 香港青少年田徑 2024 分齡賽 (六)

## HONG KONG JUNIOR AGE GROUP ATHLETICS COMPETITION 2024 - VI

Category	Boys									Girls								
	05~06 (U20)	07~08 (U18)	09~10 (U16)	11-12 (U14)	2013 (U12)	2014 (U11)	2015 (U10)	2016 (U9)	2017 (U8)	05~06 (U20)	07~08 (U18)	09~10 (U16)	2011-12 (U14)	2013 (U12)	2014 (U11)	2015 (U10)	2016 (U9)	2017 (U8)
Javelin Throw	✓	✓	✓	✓						✓	✓	✓	✓					
Pentathlon	✓	✓																
Heptathlon										✓	✓							
3000m Steeplechase (Event cancel)		✓																
4x100m Relay*	✓	✓	✓	✓	✓	✓	✓	✓		✓	✓	✓	✓	✓	✓	✓	✓	
4x400m Relay*	✓	✓	✓	✓						✓	✓	✓	✓					

\* Each organization/club is allowed to send different age group athletes to take part in the 4x100m & 4x400m relay. The age group which the relay team belongs to is determined by the age of the eldest participant in the relay team.

## 香港青少年田徑 2024 分齡賽 (六)

### HONG KONG JUNIOR AGE GROUP ATHLETICS COMPETITION 2024 - VI

#### 6. Implementations

Category	Boys									Girls								
	05~06 (U20)	07~08 (U18)	09~10 (U16)	2011 (U14)	2013 (U12)	2014 (U11)	2015 (U10)	2016 (U9)	2017 (U8)	05~06 (U20)	07~08 (U18)	09~10 (U16)	2011 (U14)	2013 (U12)	2014 (U11)	2015 (U10)	2016 (U9)	2017 (U8)
100mH				0.838m						0.838m	0.762m	0.762m	0.762m					
110mH	0.991m	0.914m	0.914m															
400mH	0.914m	0.838m								0.762m	0.762m							
Shot Put	6.0kg	5.0kg	5.0kg	4.0kg						4.0kg	3.0kg	3.0kg	3.0kg					
Discus Throw	1.75kg	1.5kg	1.5kg	1.0kg						1.0kg	1.0kg	1.0kg	1.0kg					
Javelin Throw	800gm	700gm	700gm	600gm						600gm	500gm	500gm	500gm					
3000m Steeplechase (Event Cancel)		0.838m																

## 香港青少年田徑 2024 分齡賽 (六)

### HONG KONG JUNIOR AGE GROUP ATHLETICS COMPETITION 2024 - VI

#### 7. Order of Events

<< Please keep update from the website >>

Date	Track	Field
<b>10/Aug/2024</b> <b>SAT</b> <b>DAY 1</b>	Boys/Girls U20 U18 U16 U14 100m-Heat/Final Boys/Girls U20 U18 U16 U14 400m-Heat/Final Boys/Girls U20 U18 U16 U14 1500m-Final Boys/Girls U20 U18 400mH-Final Boys/Girls U20 U18 U16 U14 4X100m Relay-Final Boys U20 U18 5000m-Final Girls U20 U18 5000m-Final 100mH (Heptathlon) 200m (Heptathlon)	Boys/Girls U20 U18 U16 U14 High Jump Boys/Girls U20 U18 U16 U14 Long Jump Boys/Girls U20 U18 U16 U14 Shot Put Boys/Girls U20 U18 U16 U14 Discus Throw High Jump (Heptathlon) Shot Put (Heptathlon)
<b>11/Aug/2024</b> <b>SUN</b> <b>DAY 2</b>	Boys/Girls U20 U18 U16 U14 60m - Heat/Final Boys/Girls U20 U18 U16 U14 200m - Heat/Final Boys/Girls U20 U18 U16 U14 800m - Final Boys U14 100mH-Heat/Final Girls U14 U16 U18 U20 100mH- Heat/Final Boys U20 U18 U16 110mH-Heat/Final BoysU20 U18 Pentathlon 200m, 1500-m Boys/Girls U20 U18 U16 U14 4X400m Relay-Final Boys/Girls U20 U18 3000m Boys U18 3000m Steeplechase(Event cancel) 800m (Heptathlon)	Boys/Girls U20 U18 U16 Triple Jump Boys/Girls U20 U18 U16 U14 Javelin Throw Boys U20 U18 Pentathlon – Long Jump Boys U20 U18 Pentathlon – Javelin Throw Boys U20 U18 Pentathlon – Discus Throw Long Jump (Heptathlon) Javelin Throw (Heptathlon)
<b>15/12/2024</b> <b>SUN</b> <b>DAY 3</b>	Boys/Girls U12 U11 U10 U9 U8 (60m-Heat/Final) Boys/ Girls U12 U11 U10 U9 U8 (100m-Heat/Final) Boys/ Girls U12 U11 U10 U9 (200m-Heat/Final) Boys/ Girls U12 U11 U10 (400m-Heat/Final) Boys/ Girls U12 U11 U10 U9 (4X100m Relay-Final)	Boys/ Girls U12 U11 U10 U9 (Long Jump) Boys/ Girls U12 U11 U10 U9 U8 (SoftBall) Boys/ Girls U12 (High Jump)

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#### 8. Enrolment Procedures

- All entries should be made by HKAAA Clubs or registered schools, individual entries will not be accepted. Each athlete can only represent one unit and one age group in the competition. Each group can only submit one registration from.
- HKAAA Clubs or registered schools filled in the entry form and send the payment record to the email box of PAC ([TFEvent@pacers.org.hk](mailto:TFEvent@pacers.org.hk)) / WhatsApp 66781500
- Once the entry form is received, PAC will contact the Club / School within 1 week via WhatsApp for providing the payment record. If there is no response or confirmation after 1 week, please contact us (WhatsApp: 66781500). For other enquiries, please email to PAC [TFEvent@pacers.org.hk](mailto:TFEvent@pacers.org.hk)
- Please fill in the entry form in “Microsoft Excel Format” with all information, and the declaration form with the Affiliated Clubs’ or schools’ email address, attached with the payment proof . Please type in your Affiliated club / school at email subject.
- Once the enrolment is accepted, the entry fee will not be refunded.
- Enrolment date: 13 June, 2024 ( Thursday )
- Deadline: 19 July, 2024 ( Friday ) or closed once events are full
- U8-U12 Enrolment date : Oct,2024, Deadline: End of Nov, 2024 or closed once events are full
- If the enrolment is overwhelmed, the priority will be given to athletes who has better performance (only the result from HKAAA Competitions or HKAAA Sanctioned Competitions). Please fill in the seasonal best performance of your event in the entry form based on the competitions listed in the table.
- For Boys triple Jump only 2 of the take-off boards (13m/11m/9m) will be used, for Girls Jump only 2 of the take-off board (11m / 9m / 7m) will be used ; participants please select the take-off board during roll call. Field Judge will make the final decision. Once selected the take-off board, it will not allow to change. Suggested to have the ability of the distance of the take-off board + 2m [Personal Best – 2m = take-off board], to keep safe.

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Only the result from HKAAA Competitions or HKAAA Sanctioned Competitions from the period of 1/1/2023 to 19/7/2024 will be accepted.

HKAAA competitions	HKAAA Sanctioned Competitions
Hong Kong Pre-season Athletics Trial 2023	The 61st USFHK Annual Athletics Meet
Hong Kong Athletics Series 2023 – Series 1-4	Inter-School Athletics Championships (Division 1), 2022-2023
Hong Kong Junior Age Group Athletics Competition 2023 – Series 1-4	Inter-School Athletics Championships (Division 2), 2022-2023
Hong Kong Athletics Championships 2023	TCAA Open Athletics Championship 2023 Round 1 to 4
Hong Kong Athletics Championships 2024	All Hong Kong Schools Jing Ying Athletics (Team) Tournament 2022–2023
Hong Kong Inter-City Athletics Championships 2023 and 2024	The 66th Festival of Sport Youth and Kids Athletics Day 2023
Hong Kong Junior Age Group Athletics Championships 2024	WAC Annual Challenge 2023
Hong Kong Athletics Open Meet 2023	The 74th SCAA Inter-school Athletics Meet
Hong Kong Pre-season Athletics Trial 2024	The 62nd USFHK Annual Athletics Meet
Hong Kong Athletics Series 2024 – Series 1-3	Inter-School Athletics Championships (Division 1), 2023-2024
Hong Kong Junior Age Group Athletics Competition 2021 – Series 1	Inter-School Athletics Championships (Division 2), 2023-2024
Junior Age Group Athletics Championships 2024	TCAA Open Athletics Championship 2024 Round 1-2

## 香港青少年田徑 2024 分齡賽 (六)

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HKAAA competitions	HKAAA Sanctioned Competitions
Combined Event Championships 2024	Hong Kong Junior Age Group Athletics Competitions 2024 – Series 2
The 9th Hong Kong Games	All Hong Kong Schools Jing Ying Athletics (Team) Tournament 2023–2024
	Hong Kong Junior Age Group Athletics Competition 2024 – Series 3

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#### 8.1. Individual Events:

- HKD \$100/event ;

#### 8.2. Relay

- HKD\$200/team ;

#### 8.3. Pentathlon/Heptathlon

- HKD\$300;

#### 8.4. Clubs / Schools Entry

- Only HKAAA Clubs or registered schools are accepted

#### 8.5. Cost of each event certificate HKD\$20/pcs, Relay certificate HKD\$30/4pcs, with one event result printed. Please fill in the entry form if requested. After event, each certificate will cost in HKD\$50.

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#### 9. Payment

##### 9.1. Cheque

- Cheque should be made payable to Pacers Athletics Club Limited' and send to the following address
- Address: Room 318, Town Health Technology Centre, 10-12 Yuen Shun Circuit, Shatin N.T.

##### 9.2. Bank Transfer

- BOC: 012-688-00086700 /
- HSBC : 023-779614-001

##### 9.3. HSBC - FPS

- ID: 3100336

##### 9.4. PayMe

- <https://qr.payme.hsbc.com.hk/2/7Gx4G6TSzZKhD25osCcFRg>
- Once received the entry form, we will contact the Club / School within 1 week via WhatsApp for providing the payment record. If there is no response or confirmation after 1 week, please contact the us (WhatsApp: 66781500). For other enquiries, please email to [TFevent@pacers.org.hk](mailto:TFevent@pacers.org.hk)
- Remark: All Entry form and payment proof should submit to the designated email / mobile number. Others will not be accepted.

## 香港青少年田徑 2024 分齡賽 (六)

### HONG KONG JUNIOR AGE GROUP ATHLETICS COMPETITION 2024 - VI

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#### 10. Registration Terms

- 10.1. Athletes can only represent one team in the competition. If there are any repeated entries, the organizer will cancel the repeated entries without further notice. Repeated entry fees will not be refunded.
- 10.2. Participants must enroll to the category according to their birth year
- 10.3. Timetable and Lane list are scheduled to be released before 5 Aug 2024.
- 10.4. Enrolment List will be posted within one week after the registration deadline. Event secretariat will release the confirmed participants list on [www.pacers.org.hk](http://www.pacers.org.hk). Participants please check as soon as possible.
- 10.5. Relay entries should be made by HKAAA Affiliated Clubs or schools, all team member should be registered even they haven't participated in individual event. Please ensure all the team members will get the bib cloths for the events.
- 10.6. Once the enrolment is accepted, the entry fee will not be refunded.

#### 11. Competition Rules

- 11.1. Athletes should bring along with your own age documentary proof copy, for officials checking.
- 11.2. Athletes must wear represented team uniform for all events.
- 11.3. Participants are only allowed to enter into the track and field area no earlier than the start time for warming-up purpose.
- 11.4. Participants must leave the track & field area after the completion of his/her event.
- 11.5. Track events with 400m or below will be competed in heats and finals, best 8 athletes among all heats will be advanced to final. 800m or above will be finalized in group timing.
- 11.6. 5000m will set with time limited. If athletes cannot be finished with the designated time, judges can end up the event, the result will be marked as DNF.

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### HONG KONG JUNIOR AGE GROUP ATHLETICS COMPETITION 2024 - VI

Event	Boys	Girls
5000m	19:00	22:00
3000m Steeplechase (Event cancel)	14:00	-

- 11.7. Athletes U18 & U20 must use crouch start and a starting block for 400m or below races, including 4x100 & 4x 400 relay; U16 or below categories can choose to use the starting block.
- 11.8. Timing System: Fully Automatic Timing and Photo Finish System will be used, hand timing will serve for backup purpose.
- 11.9. Competitions will be held accordance to the WA competition Rules and HKAAA's general rules.
- 11.10. For all field events (except High Jump), the organizer will rank the athletes according to their seasonal bests provided. Athletes of U20&U18 will have 3 trials, then the top 8 athletes after 3 trials will have 3 more trials; If there are 8 or less athletes competing the race, all athletes will have 6 trials. Athlete of U16 or below will have 3 trials only.
- 11.11. In case of tie in high jump event, no jump off is required to determine the champion.
- 11.12. Pentathlon order will follow as 1) Long Jump 2) Javelin Throw 3) 200m 4) Discus Throw 5) 1500m
- 11.13. Heptathlon order will follow as 1) 100mH 2) High Jump 3) Shot Put 4) 200m 5) Long Jump 6) Javelin Throw 7)800m.
- 11.14. If events where applicable are less, organizer combine the categories. Result will be counted by the age group.
- 11.15. 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.

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- 11.16. Note : 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.
- 11.17. If only one team or below 3 athletes report for roll call on race day, the event will be held as scheduled. However, the records achieved in this event will not be recognized.
- 11.18. 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. Late attendance will be disqualified.
- 11.19. Relay teams are requested to submit their team lists to the Call room before the end of roll call time as per event. Late submission will be disqualified.
- 11.20. Relay events: All athletes of the same team must wear the same uniform .
- 11.21. Roll Call Time:

Track Event (Except Hurdles)	Start of Call	20 mins before the races
	End of Call	10 mins before the races
Hurdles Event	Start of Call	25 mins before the races
	End of Call	15 mins before the races
Field Event	Start of Call	35 mins before the races
	End of Call	25 mins before the races

Pentathlon / Heptathlon roll call time will only follow by 1<sup>st</sup> race day's 1<sup>st</sup> event. Athletes please take note on competition schedule.

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**11.22.** According to the World Athletics Competition Rules (CR5), athletes must ensure that the shoes used in the competition meet the requirements of the event. Officials reserve the right to reject athletes who do not wear shoes that are eligible and named on the approved list from participating

WA Shoes:

<https://worldathletics.org/about-iaaf/documents/technical-information>

Final list will subject to the latest version before the event day.

11.23. Athletes should wear WA approved Athletic Shoes to participant the event (WA Rule 5.143). All shoes that will be worth in 800m or above must pass the shoes checking procedure **one hour** before Roll call.

11.24. Athlete shall not be allowed to take part in any subsequent events in the same competition without valid reasons if absent /late at Roll Call time, from any event he/she entered. Result will mark as DNS.

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#### 12. Hong Kong Ranking and Records

- 12.1. All results of this competition are results recognized by HKAAA. If athletes wish their results to be included in U14 or above Hong Kong Ranking and Record, they must be 2024 HKAAA registered athletes and correctly provide their HKAAA Registration Numbers in their entries. Results of those failed to provide such information will not be considered in Hong Kong Ranking or Record.

#### 13. Prizes

- 13.1. All winners may collect their medal and prize at the medals distribution area after the results have announced and confirmed. Please check the prize carefully, if there is any problem, subsequent prizes will be sent via SF Express (delivery fee paid upon receive). If prize collection cannot made on the event day, please arrange the collection time by email with the enrolment coordinator before 30 Aug 2024, late arrangement will not be entertained. For events on 15 Dec 2024, please arrange the collection time by email with the enrolment coordinator before 30 Dec 2024, late arrangement will not be entertained.
- 13.2. Each categories will have overall championship, scoring system as following table for Overall Scoring System, the highest points accumulation (only count the highest 3 events) will be the champion of that categories. Event secretariat will award the championships on the event date.

Position							
1st	2nd	3rd	4th	5th	6th	7th	8th
9	7	6	5	4	3	2	1

- In case of tie in athletes scores, the highest number of champions shall be determined as winner. Then if tie again, the highest number of first runner-up, and so on.

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- 13.3. Trophy will be awarded to the top three positions of each event category. Ranking Certificate will be awarded to 4-7<sup>th</sup> runners up or above. Trophy, 4 medals and 4 certificates will be awarded to the top three positions of each relay.
- 13.4. Certificates will be issued by HKAAA for athletes who break either Hong Kong Record/ Hong Kong U20 Record or Hong Kong U18 Record.
- 13.5. Please find the HKAAA Hong Kong Records:  
[https://www.hkaaa.com/tc/template.php?menu\\_refid=61](https://www.hkaaa.com/tc/template.php?menu_refid=61)
- 13.6. There is appeal system. Letter of appeal should be submitted together with HKD\$100 administration fee within 30 minutes after the competition results are announced. The administration fee will be refund if the appeal is successful. The organizer reserves the right of final decision in case of any dispute.

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**HONG KONG JUNIOR AGE GROUP ATHLETICS COMPETITION 2024 - VI**

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**14. Bib cloth**

- 14.1. Please put the number bib on the front of the T-shirt during the competition, otherwise, result will not be recorded. An additional administration fee HKD\$50 will be charged for replacement of number bib. For any new additional bib cloths application or bib cloth re-issue requested on event day, please visit information counter for application. All track events athletes need to put “lane cloth” on the right-hand side of your sports shorts.

**15. Declaration**

- 15.1. All athletes discharge the Organizer, as well as any other individual or organization connected directly or indirectly with this Event from any responsibility in injury, death or loss of property incurred during, as consequence of or while traveling to or from the competition.
- 15.2. Bad Weather Arrangements:
- The competition will be cancelled if Tropical Cyclone signal No.8, Red/Black rain Signals are in force at 6:00 a.m. on the event day;
  - The competition will be held as scheduled if the signals are lowered before 11:00 a.m. News will be announced on Pacers Athletics Club website / Facebook.
  - The competition may be stopped if there is serve weather during the race.  
Entry fee will not be refunded.
- 15.3. All athletes agree to abide by all rules and conditions of the Organizer and the Organizing Committee reserves the right of interpreting and amending the regulations.
- 15.4. All athletes grant permission and assign all rights, title and interest to the Organizer to utilize their appearance, names, voice, bio-data likeness in connection with the Event in any promotion and publicity; and agree to waive any right of inspection or approval associated thereto.

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- 15.5. Participants and their parents should understand and attention to whether on the athletes' physical condition is suitable for the competition, and pay more attention to the weather on the event day and the reasons that may cause their physical stress. If feeling unwell, please seek help from staff, judges or first-aider as soon as possible. Or if injuries occur due to slippery weather without adequate equipment (such as high jump or javelin spikes), team leaders, teachers, teachers and parents should consider whether the athlete is suitable for the competition.
- 15.6. Participants themselves or those under the age of 18 have obtained their parents/guardians and group leaders' consent to agree all terms, rules and disclaimers of this competition at the time of submitting the entry form.

Waiting for you...

HONG KONG JUNIOR AGE GROUP  
ATHLETICS COMPETITION - 4  
14~15 Sep 2024

*in*

Wan Chai Sports Ground

Happy Valley Athletic Association

香港青少年田徑分齡賽 第四站

二零二四年九月十四、十五日

灣仔運動場 見

愉園體育會