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PACERS

ATHLETICS CLUB

SINCE 1978

Hong Kong Junior Age Group Athletics Competition 2025 - I

香港青少年田徑分齡賽 2025 (一)

二零二五年 二月二十三日
灣仔運動場

二零二五年 三月一日及三月二日
將軍澳運動場

支持及認可單位:

 **HKAAA**
中國香港田徑總會



香港青少年田徑 2025 分齡賽 (一)
HONG KONG JUNIOR AGE GROUP ATHLETICS COMPETITION 2025 - I

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1. Venue

23/Feb/2025: Wan Chai Sports Ground
20 Tonnochy Road, Wan Chai

1~2/Mar/2025: Tseung Kwan O Sports Ground
109 Po Hong Road, Tseung Kwan O

2. Date

Wan Chai Sports Ground : 23 Feb 2025

Tseung Kwan O Sports Ground : 1-2 Mar 2025

3. Time

Wan Chai Sports Ground: 8:30am - 7:00pm

Tseung Kwan O Sports Ground : 8:30 - 6:00pm

4. Category

Participating categories	Year of birth
U8	2018
U9	2017
U10	2016
U11	2015
U12	2014
U14	2012~2013
U16	2010~2011
U18	2008~2009
U20	2006~2007
Open	2005 Or before

* No cross-division challenge is allowed

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5. Events

Category	Boys										Girls										
	(Open)	06~07 (U20)	08~09 (U18)	10~11 (U16)	12-13 (U14)	2014 (U12)	2015 (U11)	2016 (U10)	2017 (U9)	2018 (U8)	(Open)	06~07 (U20)	08~09 (U18)	10~11 (U16)	2012-13 (U14)	2014 (U12)	2015 (U11)	2016 (U10)	2017 (U9)	2018 (U8)	
60m		✓	✓	✓	✓	✓	✓	✓	✓	✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
100m		✓	✓	✓	✓	✓	✓	✓	✓	✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
200m		✓	✓	✓	✓	✓	✓	✓	✓			✓	✓	✓	✓	✓	✓	✓	✓		
400m		✓	✓	✓	✓	✓	✓	✓				✓	✓	✓	✓	✓	✓	✓			
800m		✓	✓	✓	✓							✓	✓	✓	✓						
1500m		✓	✓	✓	✓							✓	✓	✓	✓						
3000m				✓										✓							
5000m		✓	✓									✓	✓								
60mH	✓	✓	✓	✓	✓						✓	✓	✓	✓	✓						
100mH					✓							✓	✓	✓	✓						
110mH		✓	✓	✓																	
400mH		✓	✓									✓	✓								
High Jump		✓	✓	✓	✓	✓						✓	✓	✓	✓	✓					
Long Jump		✓	✓	✓	✓	✓	✓	✓	✓			✓	✓	✓	✓	✓	✓	✓	✓	✓	
Triple Jump		✓	✓	✓								✓	✓	✓							
Softball						✓	✓	✓	✓	✓						✓	✓	✓	✓	✓	✓
Shot Put		✓	✓	✓	✓							✓	✓	✓	✓						

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Category	Boys										Girls									
	(Open)	06~07 (U20)	08~09 (U18)	10~11 (U16)	12-13 (U14)	2014 (U12)	2015 (U11)	2016 (U10)	2017 (U9)	2018 (U8)	(Open)	06~07 (U20)	08~09 (U18)	10~11 (U16)	2012-13 (U14)	2014 (U12)	2015 (U11)	2016 (U10)	2017 (U9)	2018 (U8)
Discus Throw		✓	✓	✓	✓							✓	✓	✓	✓					
Javelin Throw		✓	✓	✓	✓							✓	✓	✓	✓					
Heptathlon		✓	✓																	
Pentathlon												✓	✓							
2000m Steeplechase													✓							
3000m Steeplechase		✓	✓									✓								
800mWalk		✓	✓	✓	✓							✓	✓	✓	✓					
4x100m Relay*		✓	✓	✓	✓	✓	✓	✓	✓			✓	✓	✓	✓	✓	✓	✓	✓	
4x400m Relay*		✓	✓	✓	✓							✓	✓	✓	✓					
2 x 100mH Relay*					✓							✓	✓	✓	✓					
2 x 110mH Relay*		✓	✓	✓																
2 x 100mH Mixed Relay*					✓									✓						
2 x 110mH Mixed Relay*		✓	✓	✓								✓	✓	✓						

* Each organization/club is allowed to send different age group athletes to take part in the 4x100m, 4x400m, 2x100mH relay, 2x110mH relay, 2x100mH mixed shuttles relay & 2x110mH mixed shuttles relay. The age group which the relay team belongs to is determined by the age of the eldest participant in the relay team.

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6. Implementations

Category	Boys										Girls									
	(Open)	05~06 (U20)	07~08 (U18)	09~10 (U16)	11~12 (U14)	2013 (U12)	2014 (U11)	2015 (U10)	2016 (U9)	2017 (U8)	(Open)	05~06 (U20)	07~08 (U18)	09~10 (U16)	11~12 (U14)	2013 (U12)	2014 (U11)	2015 (U10)	2016 (U9)	2017 (U8)
60mH	1.067m	0.991m	0.914m	0.914m	0.838m						0.838m	0.838m	0.762m	0.762m	0.762m					
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		0.914m										0.762m								
2000m Steeplechase			0.838m										0.762m							

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Starting Height and Cross Bar Progression

Categories		Cross Bar Progression		
		5cm	3cm	2cm
Boys	U20	1.60m→1.75m	1.75m→1.87m	Over 1.87m
	U18	1.60m→1.75m	1.75m→1.87m	Over 1.87m
	U16	1.50m→1.65m	1.65m→1.77m	Over 1.77m
	U14	1.40m→1.55m	1.55m→1.67m	Over 1.67m
	U12	1.15m→1.30m	1.30m→1.42m	Over 1.42m
Girls	U20	1.30m→1.45m	1.45m→1.57m	Over 1.57m
	U18	1.30m→1.45m	1.45m→1.57m	Over 1.57m
	U16	1.20m→1.35m	1.35m→1.47m	Over 1.47m
	U14	1.15m→1.30m	1.30m→1.42m	Over 1.42m
	U12	1.15m→1.30m	1.30m→1.42m	Over 1.42m

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7. Order of Events

<< Please keep update from website >>

日期	徑項	田項
23/02/2025 SUN DAY 1	Boys / Girls U20 U18 U16 U14 (800walk Final) Boys / GirlsU12 U11 U10 U9 U8 (60m - Heats/Final) Boys / GirlsU12 U11 U10 U9 U8 (100m - Heats/Final) Boys / GirlsU12 U11 U10 U9 (200m - Heats/Final) Boys / GirlsU12 U11 U10 (400m - Final) Boys / Girls U16 (3000m - Final) Boys U18 (3000m Steeplechase - Final)	Boys / GirlsU12 U11 U10 U9 Long Jump Boys / GirlsU12 U11 U10 U9 U8 Softball Boys / Girls U12 High Jump
01/03/2025 SAT DAY 2	Boys / Girls Open U20 U18 U16 U14 (60mH - Final) Boys / Girls U20 U18 U16 U14 (100 m - Heats/Final) Boys / Girls U20 U18 U16 U14 (400 m - Heats/Final) Boys / Girls U20 U18 U16 U14 (1500m - Final) Boys / Girls U20 U18 (400mH - Final) Boys / Girls U20 U18 U16 U14 (1500m - Final) Boys / Girls U20 U18 (5000m - Final) Boys / Girls U20 U18 U16 U14 U12 U11 U10 (4 X 100m Relay-Final) GirlsU20 U18 Heptathlon (100mH、200m)	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 GirlsU20 U18 Heptathlon (High Jump、Shot Put)
02/03/2025 SUN DAY 3	Boys / GirlsU20 U18 U16 U14 (60 m - Heats/Final) Boys / GirlsU20 U18 U16 U14 (200m- Heats/Final) Boys / Girls U20 U18 U16 U14 (800 m - Final) BoysU20 U18 U16 (110mH- Heats/Final) BoysU14 (100mH - Heats/Final) GirlsU20 U18 U16 U14 (100mH - Heats/Final) Boys / Girls U20 (3000m Steeplechase - Final) Girls U18 (2000m Steeplechase - Final) Boys / Girls U20 U18 U16 U14 (4 X 400m Relay - Final) Girls U20 U18 U16 U14 (2 X 100mH Relay - Final) Boys U20 U18 U16 U14 (2 X 110mH Relay - Final) Mixed U20 U18 U16 U14 (2 X 110mH Relay - Final) Mixed U14 (2 X 100mH Relay - Final) GirlsU20 U18 Heptathlon 800m BoysU20 U18 Pentathlon (200m、1500m)	Boys / Girls U20 U18 U16 Triple Jump Boys / Girls U20 U18 U16 U14 Javelin Throw GirlsU20 U18 Heptathlon (Long Jump、Javelin throw) BoysU20 U18 Pentathlon (Long Jump、Javelin Throw、Discus throw)

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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) / 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
- 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: 23 Jan, 2025 (Thursday)
- Deadline: 14 Feb 2025 (Friday) 12:00pm 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 1/1/2024 to 13/2/2025 will be accepted.

HKAAA competitions	HKAAA Sanctioned Competitions
Hong Kong Pre-season Athletics Trial 2024	The 74th SCAA Inter-school Athletics Meet
Hong Kong Athletics Series 2024 – Series 1 -4	The 62nd USFHK Annual Athletics Meet
Hong Kong Junior Age Group Athletic Competition 2024 – Series 1-6	Inter-School Athletics Championships (Division 1), 2023-2024
Hong Kong Junior Age Group Championships 2024	Inter-School Athletics Championships (Division 2), 2023-2024
Hong Kong Athletics Open Meet 2024	TCAA Open Athletics Championship 2024 Round 1 - 4
Hong Kong Inter-City Athletics Championships 2024	67th Festival of Sport Youth and Kids Athletics Day 2024
Combined Event Championship 2024	All Hong Kong Schools Jing Ying Athletics (Team) Tournament 2023–2024
Hong Kong Athletics Open Meet 2024	The 9 th Hong Kong Games Athletics Competition
Pre-season Athletics Trial Cum Relay Carnival 2025	WAC Annual Challenge 2024
Hong Kong Athletics Series 2025 – Series 1	Inter-School Athletics Championships (Division 1), 2024-2025
	Inter-School Athletics Championships (Division 2), 2024-2025

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8.1. Individual Events:

- HKD \$110/event ;

8.2. Relay

- HKD\$220/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
- Remark: All Entry form and payment proof should submit to the designated email / mobile number. Others will not be accepted

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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 within 1 week before the event.
- 10.4. Enrolment List will be posted within one week before the event. Event secretariat will release the confirmed participants list on 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.

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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 and 3000m Steeplechase 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.

項目	男子	女子
5000m	19:00	22:00
3000m Steeplechase	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, 2x 100mH Relay & 2x 110mH Mixed 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.

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- 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. If events where applicable are less, organizer combine the categories. Result will be counted by the age group.
- 11.13. 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.
- 11.14. 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.
- 11.15. 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.
- 11.16. 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.
- 11.17. 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.
- 11.18. Relay events: All athletes of the same team must wear the same uniform ◦

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11.19. Roll Call Time:

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

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

11.20. According to WA Competition Rules 5, athletes are required to ensure the shoes used during competition are on the latest approved shoes list, HKAAA officials have the right to refuse athletes who do not wear shoes on the approved shoes list to compete in the competition.

WA shoes:

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

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

11.21. Athletes are allowed to use their own throwing equipment in field events, the equipment must be submitted to result room two hours before the roll call. The equipment can be used after passing the review.

11.22. 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 2025 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.
- 12.2. 800m Race Walking and all Shuttle Hurdles Relays are new events and will not be considered in Hong Kong rankings and records.

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 31 Mar 2025, 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. Certificate of Merit will be awarded to 4-7th 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 Records/ Hong Kong U20 Records /Hong Kong U18 Records.
- 13.5. Please find the HKAAA Hong Kong Records:
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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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;
- 15.3. 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 severe weather during the race. Entry fee will not be refunded. 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.