# 香港青少年田徑分齡賽2025 (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**

**為確保運動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**

接力名單需於截止檢錄前交到檢錄處，檢錄時需 4 位運動員一同出席

## 賽事日期: 6/7/2025

| 檢錄時間 | 比賽時間 | 女 WOMEN | | | | | | | | | 檢錄時間 | 比賽時間 | 男 MEN | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | U8 2018 | U9 2017 | U10 2016 | U11 2015 | U12 2014 | U14 2012-2013 | U16 2010-2011 | U18 2008-2009 | U20 2006-2007 | | | U8 2018 | U9 2017 | U10 2016 | U11 2015 | U12 2014 | U14 2012-2013 | U16 2010-2011 | U18 2008-2009 | U20 2006-2007 |
| 0820-0830 | 08:40 | | | | | | | | | | 0820-0830 | 08:40 | | | | 擲壘球 | 擲壘球 | | | | |
| 0810-0820 | 8:45 | | | | | | | | | | 0810-0820 | 8:45 | | | | | | 跳遠B池 | | 跳高 | 跳高 |
| 0830-0840 | 08:50 | 100米初 | 100米初 | | | | | | | | 0830-0840 | 08:50 | | | | | | | | | |
| 0815-0825 | 8:50 | | | | | | | | | | 0815-0825 | 8:50 | | | | | | | 跳遠A池 | | |
| 0820-0830 | 8:55 | | | | | | 擲標槍 | 擲標槍 | | | 0820-0830 | 8:55 | | | | | | | | | |
| 0840-0850 | 09:00 | | | 100米初 | | | | | | | 0840-0850 | 09:00 | | | | | | | | | |
| 0850-0900 | 09:10 | | | | 100米初 | 100米初 | | | | | 0850-0900 | 09:10 | | | | | | | | | |
| 0905-0915 | 09:25 | | | | | | | | | | 0905-0915 | 09:25 | 100米初 | 100米初 | | | | | | | |
| 0910-0920 | 09:30 | | | 擲壘球 | | | | | | | 0910-0920 | 09:30 | | | | | | | | | |
| 0915-0925 | 09:35 | | | | | | | | | | 0915-0925 | 09:35 | | | 100米初 | | | | | | |
| 0925-0935 | 09:45 | | | | | | | | | | 0925-0935 | 09:45 | | | | 100米初 | | | | | |
| 0935-0945 | 09:55 | | | | | | | | | | 0935-0945 | 09:55 | | | | | 100米初 | | | | |
| 0930-0940 | 10:05 | | | | | | | | 擲標槍 | | 0930-0940 | 10:05 | | | | | | | | | |
| 0955-1005 | 10:15 | 60米初 | 60米初 | | | | | | | | 0955-1005 | 10:15 | 擲壘球 | 擲壘球 | | | | | | | |
| 1005-1015 | 10:25 | | | 60米初 | | | | | | | 1005-1015 | 10:25 | | | | | | | | | |
| 0950-1000 | 10:25 | | | | | | | | | 跳高 | 0950-1000 | 10:25 | | | | | | | | | 跳遠A池 |
| 1015-1025 | 10:35 | | | | 60米初 | 60米初 | | | | | 1015-1025 | 10:35 | | | | | | | | | |
| 1025-1035 | 10:45 | | | | | | 60米初 | 60米初 | | | 1025-1035 | 10:45 | | | | | | | | | |
| 1035-1045 | 10:55 | | | | | | | | | | 1035-1045 | 10:55 | 60米初 | 60米初 | | | | | | | |
| 1045-1055 | 11:05 | | | | | | | | | | 1045-1055 | 11:05 | | | 60米初 | | | | | | |
| 1030-1040 | 11:05 | | | | | | | 跳遠B池 | | | 1030-1040 | 11:05 | | | | | | | | | |
| 1050-1100 | 11:10 | 擲壘球 | 擲壘球 | | | | | | | | 1050-1100 | 11:10 | | | | | | | | | |
| 1055-1105 | 11:15 | | | | | | | | | | 1055-1105 | 11:15 | | | | 60米初 | | | | | |
| 1045-1055 | 11:20 | | | | | | | | | 擲標槍 | 1045-1055 | 11:20 | | | | | | | | | |
| 1105-1115 | 11:25 | | | | | | | | | | 1105-1115 | 11:25 | | | | | 60米初 | 60米初 | | | |
| 1100-1110 | 11:35 | | | | | | | | 跳高 | | 1100-1110 | 11:35 | | | | | | | | | |
| 1120-1130 | 11:40 | | | | | | | | | | 1120-1130 | 11:40 | | | | | | | 60米初 | 60米初 | |
| 1135-1145 | 11:55 | | | | | | | | | | 1135-1145 | 11:55 | | | 擲壘球 | | | | | | |
| 1140-1150 | 12:00 | | | | | | 800米 競走決 | | | | 1140-1150 | 12:00 | | | | | | 800米 競走決 | | | |
| 1125-1135 | 12:00 | | | | | | 跳遠B池 | | | | 1125-1135 | 12:00 | | | | | | | | | |
| 1155-1205 | 12:15 | 2014-2018 U8-U14 100米決 | | | | | | | | | 1155-1205 | 12:15 | | | | | | | | | |
| 1200-1210 | 12:20 | | | | | | | | | | 1200-1210 | 12:20 | 2014-2018 U8-U14 100米決 | | | | | | | | |
| 1205-1215 | 12:25 | | | | 擲壘球 | 擲壘球 | | | | | 1205-1215 | 12:25 | | | | | | | | | |
| 1150-1200 | 12:25 | | | | | | | | | 跳遠A池 | 1150-1200 | 12:25 | | | | | | | | | |
| **午膳** | | | | | | | | | | | | | | | | | | | | | |
| 1300-1310 | 13:35 | | | | | | | | | | 1300-1310 | 13:35 | | | | | | | | | 擲標槍 |
| 1315-1325 | 13:35 | 2006 - 2018 U8-U20 60米決賽 | | | | | | | | | 1315-1325 | 13:35 | | | | | | | | | |
| 1325-1335 | 13:45 | | | | | | | | | | 1325-1335 | 13:45 | 2006 - 2018 U8-U20 60米決賽 | | | | | | | | |
| 1435-1445 | 14:00 | | | | | | | | | | 1435-1445 | 14:00 | | | | | | | | | 400米欄-初 |
| 1330-1340 | 14:05 | | | | | | | | | | 1330-1340 | 14:05 | | | | | | | 跳高 | | |
| 1355-1405 | 14:15 | | 200米初 | 200米初 | 200米初 | | | | | | 1355-1405 | 14:15 | | | | | | | | | |
| 1405-1415 | 14:25 | | | | | 200米初 | | | | | 1405-1415 | 14:25 | | | | | | | | | |
| 1420-1430 | 14:40 | | | | | | | | | | 1420-1430 | 14:40 | | 200米初 | 200米初 | | | | | | |
| 1430-1440 | 14:50 | | | | | | | | | | 1430-1440 | 14:50 | | | | 200米初 | 200米初 | | | | |
| 1420-1430 | 14:55 | | | | | | | | | | 1420-1430 | 14:55 | | | | | | | 擲標槍 | 跳遠A池 | |
| 1445-1455 | 15:10 | | | | | | | | | 3000米障 | 1445-1455 | 15:10 | | | | | | | | | |
| 1505-1515 | 15:30 | | | | | | | | | | 1505-1515 | 15:30 | | | | | | | | | 3000米障 |
| 1535-1545 | 16:00 | | | | | | 60米欄決 | 60米欄決 | 60米欄決 | | 1535-1545 | 16:00 | | | | | | | | | |
| 1530-1540 | 16:05 | | | | | | | | | | 1530-1540 | 16:05 | | | | | | 擲標槍 | | | |
| 1545-1555 | 16:10 | | | | | | | | | 60米欄決 | 1545-1555 | 16:10 | | | | | | 60米欄決 | | | |
| 1550-1600 | 16:15 | | | | | | | | | | 1550-1600 | 16:15 | | | | | | | 60米欄決 | 60米欄決 | |
| 1555-1605 | 16:20 | | | | | | | | | | 1555-1605 | 16:20 | | | | | | | | | 60米欄決 |
| 1615-1625 | 16:35 | | 2014-2017 U9-U14 200米決 | | | | | | | | 1615-1625 | 16:35 | | | | | | | | | |
| 1620-1630 | 16:40 | | | | | | | | | | 1620-1630 | 16:40 | | 2014-2017 U9-U14 200米決 | | | | | | | |
| 1610-1620 | 16:45 | | | | | | | 跳高 | 跳遠A池 | | 1610-1620 | 16:45 | | | | | | | | | |
| 1630-1640 | 16:50 | | | | | | 800米 | 800米 | 800米 | | 1630-1640 | 16:50 | | | | | | | | | |
| 1620-1630 | 16:55 | | | | | | | | | | 1620-1630 | 16:55 | | | | | | | | 擲標槍 | |
| 1640-1650 | 17:00 | | | | | | | | | | 1640-1650 | 17:00 | | | | | | 800米 | | | |
| 1645-1655 | 17:05 | | | | | | | | | | 1645-1655 | 17:05 | | | | | | | 800米 | | |
| 1650-1700 | 17:10 | | | | | | | | | | 1650-1700 | 17:10 | | | | | | | | 800米 | 800米 |
| 1700-1710 | 17:25 | | | | | | | | 400米欄-決 | 400米欄-決 | 1700-1710 | 17:25 | | | | | | | | | |
| 1705-1715 | 17:30 | | | | | | | | | | 1705-1715 | 17:30 | | | | | | | | 400米欄-決 | 400米欄-決 |
| 1725-1735 | 17:45 | | 4X100米決 | 4X100米決 | 4X100米決 | | | | | | 1725-1735 | 17:45 | | | | | | | | | |
| 1735-1745 | 17:55 | | | | | 4X100米決 | | | | | 1735-1745 | 17:55 | | 4X100米決 | | | | | | | |
| 1745-1755 | 18:05 | | | | | | | | | | 1745-1755 | 18:05 | | | 4X100米決 | 4X100米決 | 4X100米決 | | | | |
| 1805-1815 | 18:25 | | | | | | | | | 3000米決 | 1805-1815 | 18:25 | | | | | | | | | 3000米決 |

跳遠沙池 A 位置位於近草地位置
跳遠沙池 B 位置位於近看台位置

**!!! 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.