香港青少年田徑分齡賽2026 (1)
Hong Kong Junior Age Group Athletics Competition 2026 - 1

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
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.

接力名單需於檢錄時交到檢錄處，檢錄時需 4 位運動員一同出席
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.

賽事日期: 28/2/2026　　Competition Date : 28/2/2026

Competition Time	Start of call	End of Call	Girls							
			U9 2018	U10 2017	U11 2016	U12 2015	U14 2013-2014	U16 2011-2012	U18 2009-2010	U20 2007-2008
8:30	7:55	8:05								ShotPut (F)
8:30	8:05	8:15					100m Hurdles (H1-H2)			
8:35	8:10	8:20						100m Hurdles (H1-H3)		
8:40	8:05	8:15								
8:41	8:16	8:26							100m Hurdles (H1-H2)	
8:46	8:21	8:31							Heptathlon 100m Hurdles	
8:51	8:26	8:36								Heptathlon 100m Hurdles
8:55	8:30	8:40								
9:00	8:35	8:45								
9:10	8:45	8:55								
9:20	8:45	8:55								
9:20	9:00	9:10		400m (H1-H2)						
9:25	9:05	9:15				400m (H1-H2)				
9:31	9:11	9:21					400m (H1-H3)			
9:37	9:17	9:27					400m (H4-H6)			
9:40	9:05	9:15						Triple Jump Pitch A (F)	Triple Jump Pitch A (F)	
9:44	9:24	9:34						400m (H1-H4)		
9:50	9:15	9:25								Discus (F)
9:54	9:34	9:44							400m (H1-H2)	
10:00									Heptathlon High Jump	
10:05	9:45	9:55								
10:10	9:50	10:00								
10:16	9:56	10:06								
10:25	9:50	10:00		Long Jump Pitch B (F)						
10:26	10:06	10:16								
10:35	10:00	10:10							Discus (F)	
10:36	10:16	10:26								
10:45	10:25	10:35								
10:55	10:35	10:45								
11:00	10:40	10:50								
11:05	10:30	10:40				High Jump (F)	ShotPut (F)			
11:12	10:52	11:02					100m (H1-H6)			
11:22	11:02	11:12					100m (H7-H9)			
11:27	11:07	11:17						100m (H1-H4)		
11:33	11:13	11:23						100m (H5-H8)		
11:39	11:19	11:29							100m (H1-H5)	
11:49	11:29	11:39								100m (H1-H2)
12:00	11:40	11:50								
12:05	11:30	11:40								
12:10	11:50	12:00								
12:20	12:00	12:10								
12:30	11:55	12:05					Discus (F)			
12:30	12:10	12:20								
12:35									Heptathlon Shot put	
12:40	12:05	12:15				Long Jump Pitch A -F				
12:40	12:20	12:30								
13:00	12:35	12:45					100m Hurdles -F	100m Hurdles -F	100m Hurdles -F	
13:10	12:45	12:55								100m Hurdles -F
13:20	12:55	13:05								
13:25	12:50	13:00								
13:30	13:10	13:20		400m (F)	400m (F)	400m (F)	400m (F)			
13:35	13:00	13:10								Hammer (F)
13:40	13:20	13:30						400m (F)	400m (F)	400m (F)
13:50	13:30	13:40								
14:00	13:40	13:50								
14:20	13:45	13:55			Long Jump Pitch B (F)				ShotPut (F)	
14:20									Heptathlon 200m	
14:25	14:05	14:15							5000m (F)	5000m (F)
14:40	14:05	14:15								
15:00	14:25	14:35								
15:00	14:40	14:50					100m (F)	100m (F)	100m (F)	100m (F)
15:10	14:50	15:00								
15:15	14:55	15:05					1500m (F)			
15:23	15:03	15:13						1500m (F)		
15:31	15:11	15:21							1500m (F)	
15:40	15:20	15:30								
15:45	15:10	15:20						Discus (F)		
15:48	15:28	15:38								
16:00	15:25	15:35								
16:10	15:50	16:00					200m (H1-H4)			
16:18	15:58	16:08					200m (H5-H8)			
16:20	15:45	15:55					High Jump (F)			
16:26	16:06	16:16						200m (H1-H4)		
16:34	16:14	16:24							200m (H1-H2)	200m (H1-H2)
16:35	16:00	16:10								
16:42	16:22	16:32								
16:55	16:35	16:45								
17:03	16:43	16:53								
17:10	16:50	17:00								
17:15	16:40	16:50	Long Jump Pitch A (F)					ShotPut (F)		
17:22	17:02	17:12								
17:30	17:05	17:15						2000m SC (F)		
17:45	17:20	17:30								
18:00	17:40	17:50					4 X 100m F1-2	4 X 100m F	4 X 100m F	
18:10	17:50	18:00								
18:20	18:00	18:10					4x400m (F)			
18:25	18:05	18:15								
18:30	18:10	18:20					200m (F)	200m (F)	200m (F)	200m (F)
18:40	18:05	18:15								

跳遠沙池 A 位置位於近草地位置　Long Jump Pool A located near lawn

跳遠沙池 B 位置位於近看台位置 Long Jump Pool B located near Spectator stands

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.