

Hong Kong Junior Age Group Athletics Meet (7) 2026
Tseung Kwan O Sports Ground
Day one Track Events Time Table (24th October 2026)

Code 序	Competition Time 比賽時間	Gender 性別	Age Group 組別	Event 項目	Start of call 開始檢錄時間	End of Call 截止檢錄時間
101	8:30	Girls	U16-U20	3000m (F-6+6+1)	8:10	8:20
102	8:55	Girls	U10	60m (H1-H3)	8:35	8:45
103	9:00	Girls	U10	60m (H4-H6)	8:40	8:50
104	9:05	Girls	U10	60m (H7-H9)	8:45	8:55
105	9:10	Girls	U10	60m (H10-H12)	8:50	9:00
106	9:15	Girls	U10	60m (H13-H14)	8:55	9:05
107	9:20	Girls	U12	60m (H1-H3)	9:00	9:10
108	9:25	Girls	U12	60m (H4-H6)	9:05	9:15
109	9:30	Girls	U12	60m (H7-H9)	9:10	9:20
110	9:35	Girls	U12	60m (H10-H13)	9:15	9:25
111	9:42	Girls	U14	60m (H1-H3)	9:22	9:32
112	9:47	Boys	U10	60m (H1-H4)	9:27	9:37
113	9:53	Boys	U10	60m (H5-H8)	9:33	9:43
114	9:59	Boys	U10	60m (H9-H12)	9:39	9:49
115	10:05	Boys	U12	60m (H1-H3)	9:45	9:55
116	10:10	Boys	U12	60m (H4-H6)	9:50	10:00
117	10:15	Boys	U12	60m (H7-H10)	9:55	10:05
118	10:21	Boys	U12	60m (H11-H14)	10:01	10:11
119	10:27	Boys	U14	60m (H1-H3)	10:07	10:17
120	10:32	Boys	U16	60m (H1-H3)	10:12	10:22
121	10:38	Girls	U12	200m (F1-F3)	10:18	10:28
122	11:00	Girls	U12	200m (F4-F6)	10:40	10:50
123	11:06	Girls	U12	200m (F7-F10)	10:46	10:56
124	11:14	Girls	U14	200m (H1-H3)	10:54	11:04
125	11:20	Girls	U16	200m (H1-H2)	11:00	11:10
126	11:25	Boys	U12	200m (F1-F4)	11:05	11:15
127	11:33	Boys	U12	200m (F5-F8)	11:13	11:23
128	11:41	Boys	U14	200m (H1-H5)	11:21	11:31
129	11:51	Boys	U16	200m (H1-H5)	11:31	11:41
130	12:04	Boys	U18	200m (H1-H3)	11:44	11:54
131	12:12	Boys	U20	200m (H1-H2)	11:52	12:02
132-136	12:22	Girls	U10; U12; U14; U16; U18-U20	60m (F)	12:02	12:12
137-142	12:32	Boys	U10; U12; U14; U16; U18; U20	60m (F)	12:12	12:22
	Lunch 午膳					

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143	13:30	Girls	U18-U20	400m Hurdles (F-2+1)	13:05	13:15
144	13:38	Boys	U18	400m Hurdles (F1-F2)	13:13	13:23
145	13:48	Boys	U20	400m Hurdles (F)	13:23	13:33
146	13:58	Girls	U10	100m (H1-H4)	13:38	13:48
147	14:05	Girls	U10	100m (H5-H7)	13:45	13:55
148	14:10	Girls	U10	100m (H8-H10)	13:50	14:00
149	14:15	Girls	U10	100m (H11-H13)	13:55	14:05
150	14:20	Girls	U12	100m (H1-H3)	14:00	14:10
151	14:25	Girls	U12	100m (H4-H7)	14:05	14:15
152	14:31	Girls	U12	100m (H8-H11)	14:11	14:21
153	14:37	Girls	U12	100m (H12-H15)	14:17	14:27
155	14:44	Boys	U10	100m (H1-H3)	14:24	14:34
156	14:49	Boys	U10	100m (H4-H6)	14:29	14:39
157	14:54	Boys	U10	100m (H7-H9)	14:34	14:44
158	14:59	Boys	U10	100m (H10-H11)	14:39	14:49
159	15:04	Boys	U12	100m (H1-H3)	14:44	14:54
160	15:09	Boys	U12	100m (H4-H6)	14:49	14:59
161	15:14	Boys	U12	100m (H7-H9)	14:54	15:04
162	15:19	Boys	U12	100m (H10-H12)	14:59	15:09
163	15:24	Boys	U12	100m (H13-H16)	15:04	15:14
164-167	15:36	Girls	U14; U16; U18;U20	200m (F)	15:16	15:26
168-1171	15:44	Boys	U14; U16 ;U18; U20	200m (F)	15:24	15:34
172	16:00	Girs	U12	400m (F1-F4)	15:40	15:50
173	16:12	Boys	U12	400m (F1-F3)	15:52	16:02
174	16:25	Girls	U14	800m (F)	16:05	16:15
175	16:30	Girls	U16	800m (F)	16:10	16:20
176	16:35	Girls	U18-U20	800m(F-5+1)	16:15	16:25
177	16:40	Boys	U14	800m (F)	16:20	16:30
178	16:44	Boys	U16	800m (F1-F2)	16:24	16:34
179	16:52	Boys	U18	800m (F1-F2)	16:32	16:42
180	17:00	Boys	U20	800m (F)	16:40	16:50
181-182	17:10	Girls	U10 U12	100m (F)	16:50	17:00
183-184	17:15	Boys	U10 U12	100m (F)	16:55	17:05
185	17:25	Boys	U16-U20	3000m (F-9+13+4)	17:05	17:15
186	17:50	Girls	U10	4 X100m (F1-F3)	17:25	17:35
187	18:05	Girls	U12	4 X100m (F1-F3)	17:40	17:50
188	18:20	Boys	U10	4 X100m (F1-F2)	17:55	18:05
189	18:30	Boys	U12	4 X100m (F1-F3)	18:05	18:15

備註：

為合併組進行但分組計成績

To merge groups but calculate results for each group

Hong Kong Junior Age Group Athletics Meet (7) 2026
Tseung Kwan O Sports Ground
Day one Field Events Time Table (24th October 2026)

Code 序	Competition Time 比賽時間	Gender 性別	Age Group 組別	Event 項目	Start of call 開始檢錄時間	End of Call 截止檢錄時間
201	8:30	Girls	U18	Long Jump (F-13) Pitch B	8:00	8:10
202	8:30	Boys	U14	High Jump (F-16)	8:00	8:10
203	8:30	Girls	U14-U16	Discus Throw (F-2+8)	8:00	8:10
204	8:40	Girls	U16	Long Jump (F-22) Pitch A	8:10	8:20
205	8:45	Boys	U10	Softball Throw (F-17)	8:15	8:25
206	9:20	Girls	U18	Discus Throw (F-11)	8:50	9:00
207	9:30	Girls	U10	Softball Throw (F-12)	9:00	9:10
208	10:10	Boys	U20	Long Jump (F-17) Pitch B	9:40	9:50
209	10:15	Boys	U12	High Jump (F-31)	9:45	9:55
210	10:30	Girls	U20	Long Jump (F-8) Pitch A	10:00	10:10
211	10:30	Boys	U11(2016)	Softball Throw (F-18)	10:00	10:10
212	10:40	Girls	U20	Discus Throw (F-8)	10:10	10:20
213	11:30	Girls	U12	Softball Throw (F-27)	11:00	11:10
214	11:50	Boys	U14	Discus Throw (F-7)	11:20	11:30
Lunch 午膳						
215	13:30	Boys	U14	Long Jump (F-30) Pitch B	13:00	13:10
216	13:30	Boys	U16	Long Jump (F-35) Pitch A	13:00	13:10
217	13:30	Girls	U14	High Jump (F-20)	13:00	13:10
218	13:30	Boys	U16	Discus Throw (F-16)	13:00	13:10
219	13:45	Boys	U12(2015)	Softball Throw (F-25)	13:15	13:25
220	14:45	Boys	U18	Discus Throw (F-27)	14:15	14:25
221	15:15	Girls	U12(2015)	High Jump (F-21)	14:45	14:55
222	15:30	Boys	U18	Long Jump (F-38) Pitch B	15:00	15:10
223	15:45	Girls	U12	Shot Put (F-5)	15:15	15:25
224	15:50	Girls	U14	Long Jump (F-38) Pitch A	15:20	15:30
225	16:30	Boys	U12	Shot Put (F-14)	16:00	16:10
226	17:00	Girls	U11(2016)	High Jump (F-19)	16:30	16:40
227	17:05	Boys	U20	Discus Throw (F-12)	16:35	16:45

備註1:

為合併組進行但分組計成績

To merge groups but calculate results for each group

備註2:

因人數多將U12分為2015及2016年組

Due to the large number of participants, the U12 age group was divided into the 2015 and 2016 groups.

備註3:

擲壘球比賽在副場舉行

The Softball Throw was held in the secondary stadium.

Hong Kong Junior Age Group Athletics Meet (7) 2026
Tseung Kwan O Sports Ground
Day Two Track Events Time Table (25th October 2026)

Code 序	Competition Time 比賽時間	Gender 性別	Age Group 組別	Event 項目	Start of call 開始檢錄時間	End of Call 截止檢錄時間
301	8:30	Girls	U14	100m Hurdles (H1-H2)	8:05	8:15
302	8:40	Girls	U16	100m Hurdles (H1-H3)	8:15	8:25
303	8:55	Girls	U18	100m Hurdles (H1-H2)	8:30	8:40
304	9:10	Boys	U14	100m Hurdles (H1-H2)	8:45	8:55
305	9:25	Boys	U16	110m Hurdles (H1-H2)	9:00	9:10
306	9:35	Boys	U18	110m Hurdles (H1-H2)	9:10	9:20
307	9:55	Girls	U14	400m (H1-H3)	9:35	9:45
308	10:04	Girls	U16	400m (H1-H4)	9:44	9:54
309	10:15	Girls	U18	400m (H1-H2)	9:55	10:05
310	10:21	Boys	U14	400m (H1-H4)	10:01	10:11
311	10:32	Boys	U16	400m (H1-H3)	10:12	10:22
312	10:41	Boys	U16	400m (H4-H6)	10:21	10:31
313	10:50	Boys	U18	400m (H1-H3)	10:30	10:40
314	10:59	Boys	U18	400m (H4-H6)	10:39	10:49
315	11:08	Boys	U20	400m (H1-H3)	10:48	10:58
316	11:22	Girls	U14	100m (H1-H4)	11:02	11:12
317	11:28	Girls	U14	100m (H5-H7)	11:08	11:18
318	11:33	Girls	U16	100m (H1-H5)	11:13	11:23
319	11:42	Girls	U18	100m (H1-H2)	11:22	11:32
320	11:46	Girls	U20	100m (H1-H2)	11:26	11:36
321	11:50	Boys	U14	100m (H1-H4)	11:30	11:40
322	11:56	Boys	U14	100m (H5-H8)	11:36	11:46
323	12:02	Boys	U16	100m (H1-H3)	11:42	11:52
324	12:08	Boys	U16	100m (H4-H6)	11:48	11:58
325	12:14	Boys	U16	100m (H7-H9)	11:54	12:04
326	12:22	Boys	U18	100m (H1-H4)	12:02	12:12
327	12:28	Boys	U18	100m (H5-H8)	12:08	12:18
328	12:34	Boys	U18	100m (H9-H11)	12:14	12:24
329	12:40	Boys	U20	100m (H1-H3)	12:20	12:30
330	12:46	Boys	U20	100m (H4-H6)	12:26	12:36
	Lunch 午膳					

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331-333	14:00	Girls	U14; U16; U18	100m Hurdles (F)	13:35	13:45
334	14:20	Girls	U20	100m Hurdles (F)	13:55	14:05
335	14:25	Boys	U14	100m Hurdles (F)	14:00	14:10
336-337	14:40	Boys	U16; U18	110m Hurdles (F)	14:15	14:25
338	14:50	Boys	U20	110m Hurdles (F)	14:25	14:35
339-342	15:00	Girls	U14; U16 ;U18 ;U20	400m (F)	14:40	14:50
343-346	15:12	Boys	U14; U16 ;U18 ;U20	400m (F)	14:52	15:02
347-350	15:29	Girls	U14; U16 ;U18 ;U20	100m (F)	15:09	15:19
351-354	15:37	Boys	U14; U16 ;U18 ;U20	100m (F)	15:17	15:27
355	15:50	Girls	U14-U16	1500m (F-6+7))	15:30	15:40
356	15:58	Girls	U18-U20	1500m (F-5+2))	15:38	15:48
357	16:06	Boys	U14 & U20	1500m (F13+4))	15:46	15:56
358	16:14	Boys	U16	1500m (F1 & F2)	15:54	16:04
359	16:30	Boys	U18	1500m (F1 & F2)	16:10	16:20
360	16:50	Girls	U14-U16	4 X 100m (F)	16:25	16:35
361	17:00	Boys	U14-U20	4 X 100m (F)	16:35	16:45
362	17:10	Boys	U14-U18	4 X 400m (F)	16:45	16:55

備註：

為合併組進行但分組計成績

To merge groups but calculate results for each group

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Day Two Field Events Time Table (25th October 2026)

Code 序	Competition Time 比賽時間	Gender 性別	Age Group 組別	Event 項目	Start of call 開始檢錄時間	End of Call 截止檢錄時間
401	8:30	Boys	U16-U18	Triple Jump (F-5+10)Pitch A	8:00	8:10
402	8:30	Boys	U10	Long Jump (F-30) pitch B	8:00	8:10
403	8:30	Girls	U14-U16	Javelin Throw (F-7+7)	8:00	8:10
404	8:45	Girls	U16	High Jump (F-15)	8:15	8:25
405	8:45	Boys	U20	Shot Put (F-9)	8:15	8:25
406	9:30	Girls	U18	Javelin Throw (F-14)	9:00	9:10
407	9:40	Boys	U18	Shot Put (F-18)	9:10	9:20
408	10:10	Boys	U20	Triple Jump (F-10)Pitch A	9:40	9:50
409	10:30	Girls	U10	Long Jump (F-44) pitch B	10:00	10:10
410	10:30	Boys	U16	High Jump (F-18)	10:00	10:10
411	11:00	Girls	U20	Javelin Throw (F-7)	10:30	10:40
412	11:00	Boys	U14	Javelin Throw (F-3)	10:30	10:40
413	11:10	Boys	U16	Shot Put (F-13)	10:40	10:50
414	11:35	Girls	U16-U20	Triple Jump (F-2+3+1)Pitch A	11:05	11:15
415	12:00	Girls	U20	Shot Put (F-4)	11:30	11:40
Lunch 午膳						
416	14:00	Boys	U11(2016)	Long Jump (F-29) pitch B	13:30	13:40
417	14:00	Boys	U12(2015)	Long Jump (F-34) pitch A	13:30	13:40
418	14:00	Boys	U16	Javelin Throw (F-20)	13:30	13:40
419	14:15	Girls	U18-U20	High Jump (F-8+3)	13:45	13:55
420	14:15	Boys	U14	Shot Put (F-11)	13:45	13:55
421	15:05	Girls	U14	Shot Put (F-7)	14:35	14:45
422	15:25	Boys	U18	Javelin Throw (F-19)	14:55	15:05
423	15:45	Girls	U11(2016)	Long Jump (F-37) pitch A	15:15	15:25
424	15:45	Boys	U18-U20	High Jump (F-9+4)	15:15	15:25
425	15:45	Girls	U16	Shot Put (F-15)	15:15	15:25
426	16:15	Girls	U12(2015)	Long Jump (F-31) pitch B	15:45	15:55
427	16:45	Girls	U18	Shot Put (F-11)	16:15	16:25
428	17:00	Boys	U20	Javelin Throw (F-8)	16:30	16:40

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為合併組進行但分組計成績

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因人數多將U12分為2015及2016年組

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