

Hong Kong Junior Age Group Athletics Meet 7(24th October 2026)

Track Events Time Table

Competition Time	Gender	Age Group	Event	Start of call	End of Call
08:30	Girls	U16-U20	3000m (F-6+6+1)	08:10	08:20
08:55	Girls	U10	60m (H1-H3)	08:35	08:45
09:00	Girls	U10	60m (H4-H6)	08:40	08:50
09:05	Girls	U10	60m (H7-H9)	08:45	08:55
09:10	Girls	U10	60m (H10-H12)	08:50	09:00
09:15	Girls	U10	60m (H13-H14)	08:55	09:05
09:20	Girls	U12	60m (H1-H3)	09:00	09:10
09:25	Girls	U12	60m (H4-H6)	09:05	09:15
09:30	Girls	U12	60m (H7-H9)	09:10	09:20
09:35	Girls	U12	60m (H10-H13)	09:15	09:25
09:42	Girls	U14	60m (H1-H3)	09:22	09:32
09:47	Boys	U10	60m (H1-H4)	09:27	09:37
09:53	Boys	U10	60m (H5-H8)	09:33	09:43
09:59	Boys	U10	60m (H9-H12)	09:39	09:49
10:05	Boys	U12	60m (H1-H3)	09:45	09:55
10:10	Boys	U12	60m (H4-H6)	09:50	10:00
10:15	Boys	U12	60m (H7-H10)	09:55	10:05
10:21	Boys	U12	60m (H11-H14)	10:01	10:11
10:27	Boys	U14	60m (H1-H3)	10:07	10:17
10:32	Boys	U16	60m (H1-H3)	10:12	10:22
10:38	Girls	U12	200m (F1-F3)	10:18	10:28
11:00	Girls	U12	200m (F4-F6)	10:40	10:50
11:06	Girls	U12	200m (F7-F10)	10:46	10:56
11:14	Girls	U14	200m (H1-H3)	10:54	11:04
11:20	Girls	U16	200m (H1-H2)	11:00	11:10
11:25	Boys	U12	200m (F1-F4)	11:05	11:15
11:33	Boys	U12	200m (F5-F8)	11:13	11:23
11:41	Boys	U14	200m (H1-H5)	11:21	11:31
11:51	Boys	U16	200m (H1-H5)	11:31	11:41
12:04	Boys	U18	200m (H1-H3)	11:44	11:54
12:12	Boys	U20	200m (H1-H2)	11:52	12:02
12:22	Girls	U10; U12; U14; U16; U18-U20	60m (F)	12:02	12:12
12:32	Boys	U10; U12; U14; U16; U18;U20	60m (F)	12:12	12:22
Lunch					

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Track Events Time Table

Competition Time	Gender	Age Group	Event	Start of call	End of Call
13:30	Girls	U18-U20	400m Hurdles (F-2+1)	13:05	13:15
13:38	Boys	U18	400m Hurdles (F1-F2)	13:13	13:23
13:48	Boys	U20	400m Hurdles (F)	13:23	13:33
13:58	Girls	U10	100m (H1-H4)	13:38	13:48
14:05	Girls	U10	100m (H5-H7)	13:45	13:55
14:10	Girls	U10	100m (H8-H10)	13:50	14:00
14:15	Girls	U10	100m (H11-H13)	13:55	14:05
14:20	Girls	U12	100m (H1-H3)	14:00	14:10
14:25	Girls	U12	100m (H4-H7)	14:05	14:15
14:31	Girls	U12	100m (H8-H11)	14:11	14:21
14:37	Girls	U12	100m (H12-H15)	14:17	14:27
14:44	Boys	U10	100m (H1-H3)	14:24	14:34
14:49	Boys	U10	100m (H4-H6)	14:29	14:39
14:54	Boys	U10	100m (H7-H9)	14:34	14:44
14:59	Boys	U10	100m (H10-H11)	14:39	14:49
15:04	Boys	U12	100m (H1-H3)	14:44	14:54
15:09	Boys	U12	100m (H4-H6)	14:49	14:59
15:14	Boys	U12	100m (H7-H9)	14:54	15:04
15:19	Boys	U12	100m (H10-H12)	14:59	15:09
15:24	Boys	U12	100m (H13-H16)	15:04	15:14
15:36	Girls	U14; U16; U18;U20	200m (F)	15:16	15:26
15:44	Boys	U14; U16 ;U18; U20	200m (F)	15:24	15:34
16:00	Girs	U12	400m (F1-F4)	15:40	15:50
16:12	Boys	U12	400m (F1-F3)	15:52	16:02
16:25	Girls	U14	800m (F)	16:05	16:15
16:30	Girls	U16	800m (F)	16:10	16:20
16:35	Girls	U18-U20	800m(F-5+1)	16:15	16:25
16:40	Boys	U14	800m (F)	16:20	16:30
16:44	Boys	U16	800m (F1-F2)	16:24	16:34
16:52	Boys	U18	800m (F1-F2)	16:32	16:42
17:00	Boys	U20	800m (F)	16:40	16:50
17:10	Girls	U10 U12	100m (F)	16:50	17:00
17:15	Boys	U10 U12	100m (F)	16:55	17:05
17:25	Boys	U16-U20	3000m (F-9+13+4)	17:05	17:15
17:50	Girls	U10	4 X100m (F1-F3)	17:25	17:35
18:05	Girls	U12	4 X100m (F1-F3)	17:40	17:50
18:20	Boys	U10	4 X100m (F1-F2)	17:55	18:05
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