

**Yuen Long Public Secondary School**  
**66<sup>th</sup> Sports Day (2019-2020)**

Date and Time: 9<sup>th</sup> December 2019, Monday (0830 – 1630)  
10<sup>th</sup> December 2019, Tuesday (0830 – 1300)  
Venue: Yuen Long Stadium

Event	Boys			Girls		
	A	B	C	A	B	C
<b>Track Events (徑項)</b> * All 200M, 400m, 800m, 1500m and Hurdles events will be held as <b>straight final</b>						
100m	✓	✓	✓	✓	✓	✓
200m	✓	✓	✓	✓	✓	✓
400m *	✓	✓	✓	✓	✓	✓
800m *	✓	✓	✓	✓	✓	✓
1500m *	✓	✓	✓	✓	✓	✓
110m Hurdles *	0.914m					
100m Hurdles *		0.914m		0.762m	0.762m	
<b>Field Events (田項)</b>						
High Jump	✓	✓	✓	✓	✓	✓
Long Jump	✓	✓	✓	✓	✓	✓
Triple Jump	✓	✓				
Discus	1.5 kg	1 kg		1 kg	1 kg	
Javelin	700 g	600 g		600 g		
Shot Put	5 kg	4 kg	4 kg	4 kg	3 kg	3 kg
<b>Relays (接力)</b>						
4x100m Inter-House Relay	✓	✓	✓	✓	✓	✓
4x400m Inter-House Relay	✓	✓	✓	✓	✓	✓
4x100m Inter-class Relay	Level	S.5 & S.6			Entry forms should be returned to Mr. Cheung Chi-wan.	
		S.3 & S.4				
		S.1 & S.2				
2x50m Special Relay	Open for all students					

Age groups: A Grade - Date of birth on or before 31st December 2003  
B Grade - Date of birth on or after 1st January 2004  
C Grade - Date of birth on or after 1st January 2006

Entries: Each competitor may enter **three** individual events (excluding the relay races). Among them, there should be a combination of **two field events and one track event, or two track events and one field event.**

Deadline of Entry: 1<sup>st</sup> November 2019, Friday (4:00 p.m.)

Remarks: Points are awarded to the competitors / houses as follows:

	Position								Standard
	1 <sup>st</sup>	2 <sup>nd</sup>	3 <sup>rd</sup>	4 <sup>th</sup>	5 <sup>th</sup>	6 <sup>th</sup>	7 <sup>th</sup>	8 <sup>th</sup>	
Individual Events	9	7	6	5	4	3	2	1	1
Inter-House Relay	18	14	12	10					