

Yuen Long Public Secondary School
66th Sports Day (2019-2020)
Schedule of Events

9th Dec 2019, Monday

Time	Boys A	Boys B	Boys C	Girls A	Girls B	Girls C
08:15	Roll call for all students					
08:45	Opening Ceremony					
09:00	Preparation for all officials and judges					
09:30	High Jump	Shot Put (4 kg)		Discus (1 kg)	Long Jump	Long Jump
	100m (heat)	100m (heat)	100m (heat)			
10:00				100m (heat)	100m (heat)	100m (heat)
10:30	1500m	1500m	1500m	1500m	1500m	1500m
		Long Jump		High Jump	Discus (1 kg)	
11:15	Discus (1.5 kg)	High Jump		Shot Put (4 kg)		
	400m	400m	400m	400m	400m	400m
12:15	Lunch					
13:20	Roll call for all students					
13:45	110m Hurdles (0.914m)	100m Hurdles (0.914m)		100m Hurdles (0.762m)	100m Hurdles (0.762m)	
	Long Jump	Discus (1 kg)	High Jump	Long Jump	Shot Put (3 kg)	
14:30	Javelin (700g)		Shot Put (4 kg)			High Jump
	200m	200m	200m	200m	200m	200m
15:00	4x400m Relay	4x400m Relay	4x400m Relay	4x400m Relay	4x400m Relay	4x400m Relay
16:00	End of First Day Programme					

10th Dec 2019, Tuesday

Time	Boys A	Boys B	Boys C	Girls A	Girls B	Girls C
08:15	Roll call for all students					
08:40	Preparation for all officials and judges					
09:00		Triple Jump	Long Jump	Javelin (600g)	High Jump	Shot Put (3 kg)
	100m (final)	100m (final)	100m (final)	100m (final)	100m (final)	100m (final)
09:30	Shot Put (5 kg)					
	800m	800m	800m	800m	800m	800m
10:15	Triple Jump	Javelin (700g)				
	4x100m Relay	4x100m Relay	4x100m Relay	4x100m Relay	4x100m Relay	4x100m Relay
10:45	4x100m Inter-class Relay 77. S1-S2 78. S3-S4 79. S5-S6					
11:00	2x50m Special Relay					
11:15	Cheering Teams Presentation					
11:45	Prize Presentation Ceremony					
12:30	End of Programme					