

# Yuen Long Public Secondary School

## Sports Day

### Standard for Various Events

Event	Boys			Girls		
	A	B	C	A	B	C
100m	15"	15.5"	17"	17.5"	18"	18.5"
200m	31"	32"	35"	36"	37"	40"
400m	1'12"	1'15"	1'25"	1'32"	1'35"	1'40"
800m	3'10"	3'20"	3'50"	3'50"	4'00"	4'10"
1500m	7'00"	7'10"	8'00"	8'30"	8'40"	9'00"
100m Hurdles	-	25" (0.914 m)	-	26" (0.762 m)	28" (0.762 m)	-
110m Hurdles	26" (0.914 m)	-	-	-	-	-
Long Lump	3.80 m	3.50 m	2.70 m	2.80 m	2.50 m	2.50 m
High Jump	1.20 m	1.10 m	1.05 m	1.00 m	1.00 m	0.90 m
Triple Jump	8.50 m	8.00 m	-	-	-	-
Discus	13 m (1.5 kg)	13 m (1 kg)	-	10 m (1 kg)	10 m (1 kg)	-
Shot Put	7 m (5 kg)	7 m (4 kg)	5 m (4 kg)	5 m (4 kg)	5 m (3 kg)	4 m (3 kg)
Javelin	16 m (700 g)	15 m (600 g)	-	9 m (600 g)	-	-
4x100m Relay	58"	1'00"	1'06"	1'10"	1'14"	1'18"
4x400m Relay	4'50"	5'00"	5'30"	6'30"	6'40"	6'50"