

第 64 屆大專周年陸運會(2026)

比賽規則

1. 報名

- 1.1 各項個人項目各院校最多可派兩名運動員參加。而每項接力項目則可派一隊參加。每隊接力隊隊員（非個人項目參賽者）亦需在報名時辦妥報名手續。凡已辦妥報名手續之每位運動員，均有資格參加接力項目。
- 1.2 每位運動員最多可參加三項個人項目，其中必須包括田、徑賽項目。
- 1.3 如有院校在同一項目中填報了超過兩名運動員，處理方法將會刪除在報名表上該項目最後填報之運動員。
- 1.4 若某項目之報名人數不足 4 人隊（並需來自最少3間不同院校），該項目將會取消。

2. 規則

- 2.1 賽例：除大會特定之賽例外，所有項目將採用最新版本之世界田徑聯會及中國香港田徑總會競賽及技術規則。
- 2.2 接力線道：如該項有兩組之參賽隊伍，棄權後只剩得一組(八隊或以下)，則需要重新抽籤。要分組作賽而有棄權者，則線道不變。
- 2.3 驗證：所有運動員需攜帶與報名表內一致的身份證明文件及號碼布於比賽前辦妥驗證手續，並將已驗證的號碼布掛在胸前當眼處，方可出賽。
- 2.4 檢錄：
 - 2.4.1 大會不設現場宣佈檢錄時間，所有運動員請依時自行前往檢錄處報到。檢錄處設於看台上。
 - 2.4.2 檢錄時間的安排原則如下：
 - a) 徑賽及接力：比賽開始前20分開始檢錄；比賽開始前10分結束檢錄
 - b) 田賽：比賽開始前35分開始檢錄；比賽開始前25分結束檢錄
 - c) 撐竿跳高：比賽開始前45分開始檢錄；比賽開始前35分結束檢錄
 - 2.4.3 運動員若沒有準時到檢錄處報到，將被視作缺席及放棄參賽之權利。
 - 2.4.4 檢錄時間將按照檢錄處上的電子鐘為準。
 - 2.4.5 運動員於檢錄處報到後，若要離開檢錄範圍，必須事先向檢錄處工作人員請假。
 - 2.4.6 正進行田賽比賽的運動員需參加徑賽項目時，必須先向田賽有關裁判請假，方可離開。
 - 2.4.7 若運動員參加的徑賽及田賽項目是接連或同時舉行，運動員必須先向徑賽項目報到。惟運動員必須留意其缺席之田賽項目的進行情況，並於完成徑賽項目後立即向有關之田賽裁判報到。
 - 2.4.8 若運動員於田賽項目完結或已定出成績名次時方返回報到，其機會將會喪失。

2.5 徑賽項目安排

- 2.5.1 一百米至四百米：初賽獲得首八名最佳時間的運動員將可進入決賽；若最後入選名次超過一人，以有關者時間之千分之一秒分勝負，如仍相同，由徑賽總裁判抽籤決定。
- 2.5.2 八百米至五千米、四百米跨欄及接力項目採直接決賽制。按比賽成績的時間快慢編定名次。

比賽時限:

項目	男子	女子
五千米	23:00	25 :00

- 2.5.3 接力項目需要按照上屆成績編排線道。排列前四名的運動員或隊，抽籤排定 4、5、6 及 7 線道；排列五、第六名的運動員或隊，抽籤排定 3 及 8 線道，和排列最後兩名的運動員或隊，抽籤排定 1 及 2 線道。若要分為兩組比賽，上年度的成績較佳的隊伍編排在第二組。

2.5.4 徑賽單項決賽線道編排如下:

- 直道項目: 排列前四名的運動員或隊, 抽籤排定 3、4、5 及 6 線道; 排列第五、第六名的運動員或隊, 抽籤排定 2、7 線道, 和排列後兩名的運動員或隊, 抽籤排定 1、8 線道。
- 二百米項目: 排列前三名的運動員或隊, 抽籤排定 5、6 及 7 線道; 排列第四、五、六名的運動員或隊, 抽籤排定 3、4 及 8 線道, 和排列最後兩名的運動員或隊, 抽籤排定 1、2 線道。
- 四百米項目: 排列前四名的運動員或隊, 抽籤排定 4、5、6 及 7 線道; 排列五、第六名的運動員或隊, 抽籤排定 3 及 8 線道, 和排列最後兩名的運動員或隊, 抽籤排定 1 及 2 線道。

2.5.5 八百米及八百米以上項目, 均使用不分道起跑。若八百米有17位或以上運動員, 應以最佳成績分組作賽; 若16位或以下便以一組作賽。

2.5.6 所有四乘四百米接力比賽, 不論參賽隊伍數目多少, 均採用3個彎道分道跑的方式進行, (WA技術規則第24.17.1)

2.5.7 所有需抽籤的線道分配由徑賽總裁判主持。

2.6 經初賽進入決賽之運動員, 若在決賽中棄權, 該運動員不能參加餘下之所有賽事, 包括接力項目; 有關裁判將通知檢錄處及記錄室。

2.7 田項試跳(擲)可用時間, 由有關裁判員負責向運動員顯示一切準備就緒、試跳(擲)開始, 並從這一瞬間開始計算該次試跳(擲)的時間。

仍在參賽的運動員人數	跳高	撐竿跳高	其他 (時間單位: 分鐘)
3人以上 (或運動員的首次試跳/擲)	1	1	1
2或3人	1.5	2	1
1人	3	5	-
連續試跳或試擲	2	3	2

*當跳高和撐竿跳高比賽剩餘一名已經獲勝的運動員時, 而這名運動員嘗試挑戰世界紀錄或是其他與該場比賽相關的紀錄時, 該運動員可有額外一分鐘時限。

2.8 跳高之起跳高度及升幅

組別	5 cm	3 cm	2 cm
男子組	1.70m → 1.85m	1.85m → 1.97m	1.97m或之後
女子組	1.30m → 1.45m	1.45m → 1.57m	1.57m 或之後

2.9 男子撐竿跳高之起跳高度及升幅

組別	20 cm	10 cm	5 cm
男子組	2.20m → 3.00m	3.00m → 3.50m	3.50m或之後

2.10 三級跳遠項目運動員需要使用11m起跳板。

2.11 所有運動員不得在比賽場地內劃上或貼上任何記號。由賽會提供的皺皮膠紙除外。

3. 得分

3.1 每項目將依下列計分方法給予優勝運動員個人及其所屬院校團體得分:

名次		1	2	3	4	5	6	7	8
得分	個人項目	9	7	6	5	4	3	2	1
	接力項目	18	14	12	10	8	6	4	2

3.2 當名次相同時, 有關運動員將獲得其名次及隨後名次之平均分數。

3.3 當第八名次超過一人時, 有關運動員將獲得該名次之平均分數。

3.4 個人全場成績, 只計算個人項目得分。

4. 器材

4.1 各運動員可使用大會供應或自備器材，惟該自備器材必須符合以下規則：

4.1.1 該器材經WA認可及可識別及證明是同一型號；

4.1.2 同一投擲項目及同一重量之私人器械，每人最多只准使用兩件；

4.1.3 運動員如使用私人投擲器械，必須是WA認證的器械，於比賽當日開賽前兩小時前交到器材室，由大會檢查及格後，方可使用。

4.1.4 該器材可供其他比賽的運動員使用直至該項比賽完結。

4.2 運動員只能使用鈍釘釘鞋。參加田徑賽項目者，釘鞋長度不得超過七毫米。

4.2.1 按照世界田聯競賽規則第五條，運動員須確保比賽所使用之鞋款合符該項目之要求，大會工作人員有權禁止未有穿著名於核准名單上之鞋款的運動員參賽。

4.3 比賽器材的規定資料：

項目	男子	女子
鉛球	7.26kg	4.00kg
鐵餅	2.00kg	1.00kg
標槍	800gm	600gm
110米欄	1.067m	---
100米欄	---	0.84m
400米欄	0.914m	

5. 獎品

5.1 每項目最佳成績的首三名運動員可獲獎牌。

5.2 男子及女子組團體的首四名院校均可獲獎座，全場團體總成績只首三名院校可獲獎座。如團體總分相同，院校名次將會並列。

5.3 男子及女子個人全場成績首名運動員可獲獎座，大專頒獎禮當天頒發。

5.4 打破紀錄的運動員，當天將獲頒發破紀錄證書。

6. 上訴

6.1 所有抗議上訴應在成績宣佈後三十分鐘內以書面提出。

6.1.1 有關規則的疑問應向各裁判長提出。

6.1.2 有關比賽執行的疑問應向籌委會主席提出。

6.2 所有書面上訴須由董事局/執委會成員簽署連同保證金港幣一千元送交籌委會主席。

6.3 上訴的裁定以上訴委員會的決定為最終判決。上訴得直，保證金得以發還。

7. 特別事項

7.1 任何院校如有非法替補或欺騙行為將被取消該項目的參賽資格。

7.2 任何院校如於比賽截止報名日期前未能填妥有關資料，將被取消資格。

7.3 各院校必須呈交參加接力賽之運動員名單到紀錄室，截止時間為該接力項目開賽前90分鐘，逾時概不受理。

7.4 運動員進入比賽場地後，不得使用任何通訊或錄影器材（如對講機、手提電話、攝錄機），違規者可判罰取消比賽資格。

7.5 除工作人員及當時參賽運動員外，其餘人士不得進入比賽場地。

8. 服裝

8.1 所有參賽運動員必須穿著整齊運動服裝並於胸前掛上由大會供應之號碼布；參加跳高及撐竿跳高的運動員可掛在背後。

8.2 同一院校之接力隊隊員須穿上劃一之運動衣參加比賽。

8.3 未能穿著適當服裝的運動員將被禁止參加比賽。

個人全場冠軍

由比賽當日獲得男女子分數最多運動員自動當選為陸運會個人全場冠軍。

計分方法：

1. 先計算每名運動員於比賽時所獲得的個人項目得分，多者為勝；
2. 分數相同時，先計算金牌數目、多者為勝；
3. 如再相同，計算銀牌數目，多者為勝；
4. 如再相同，計算銅牌數目，多者為勝；
5. 如再相同，計算破紀錄的次數，多者為勝；
6. 如再相同，計算平紀錄的次數，多者為勝；
7. 如再相同，由團體總成績佔先的院校為勝。
8. 如屬同一院校則由該院校提名其中一位當選。

聯校運動中心場地使用簡則

1. 中心範圍內嚴禁吸煙及赤裸上身。
2. 工作人員應將工作證掛在胸前當眼處以資識別，及請穿著運動鞋。
3. 只准田賽運動員及裁判/工作人員進入規定的田賽區域。
4. 只准田賽運動員及裁判/工作人員進入規定的田賽區域。
5. 請各院校自行負責維護所屬校區的看台秩序及安全，防止觀眾坐立、依靠或攀越看台欄杆觀看賽事(小心玻璃)。
6. 在人造草地熱身區內，運動員不可穿著釘鞋。

The University Sports Federation of Hong Kong, China
Annual Athletics Meet(2026)
Rules & Regulations

1. ENROLLMENT

- 1.1 Each institution is limited to enrolling TWO athletes for an individual event, ONE relay team in any relay events. All relay team members (including athletes joining relay only) have to complete enrollment requirement. All enrolled athletes are eligible to take part in relay events.
- 1.2 Each athlete may enter into a maximum of THREE individual events in which track and field events shall be included.
- 1.3 If an institution has enrolled more than TWO athletes for an individual event, the last athlete enrolling in that particular event on the list will be deleted.
- 1.4 A particular event will be cancelled if the number of entries of the event is less than 4 (and entries should be from at least 3 different institutions).

2. REGULATIONS

- 2.1 Competition rules: Unless otherwise specified, competition will be held in accordance to the latest World Athletics (WA) and Hong Kong Association of Athletics Affiliates (HKAAA) Competition Rules.
- 2.2 Relay Events lanes allocation: If due to withdrawal of teams (only 4 teams or less), lanes will be reallocated by lots. Otherwise, originally lane assignment will stand.
- 2.3 All Athletes must bring along the proof of identity (match with the application form) and complete verification procedures before competition. Verified bib shall be worn visibly on the chest during the competition.
- 2.4 Roll Call:
 - 2.4.1 No announcement will be conducted for the call time. All athletes must report to the Roll Call Station on time. Roll Call Station is located at Spectator Stand.
 - 2.4.2 Reporting time arrangement:

Roll Call Time	Start time for Roll Call	End Time for Roll Call
a) Track and Relay Events:	20 minutes before the event	10 minutes before the event
b) Field Events:	35 minutes before the event	25 minutes before the event
c) Pole Vault:	45 minutes before the event	35 minutes before the event

- 2.4.3 Athletes who fail reporting to the Roll Call Station within the reporting time shall be disqualified from the event.
 - 2.4.4 Roll call time should be referred to the clock at the Roll Call Station.
 - 2.4.5 Athletes must ask for permission if he/she needs to leave the Roll Call Station after reporting to the station.
 - 2.4.6 Athletes taking part in a FIELD event who required leaving during competition for joining a TRACK event, must ask for permission from the judge of the FIELD event first.
 - 2.4.7 Athletes taking part in both a track event and a field event simultaneously, should report to the track event first. Athletes should be aware of the progress of field event during their absence and report to the field event judge once they complete the track event.
 - 2.4.8 If athletes, who left for other events, did not report to the field event judge before the end of the event, it shall be deemed that they are forfeiting their right to compete.
- 2.5 TRACK events arrangements:
 - 2.5.1100m to 400m: The athletes of the best 8 times run in heats shall qualify to final. If there has been a tie between athletes for the last qualifying position, lots shall be drawn by the Chief Track Judge to determine who shall be placed in the final.

2.5.2 Straight FINALS will be adopted in 800m to 5000m, 400m Hurdles and Relay events. The final standings of the participants will be determined according to their finishing time.

Finishing Time Limit:

Event	Men	Women
5000m	23:00	25:00

2.5.3 Lane assignment of relay events will follow the result of the previous USFHKAAM. If there were more than 1 group, higher ranked teams will be competing in the latter group. Determine allocation of lanes for Final will adopt the International Competition mode: A draw for the four highest ranked athletes to determine placing in lanes 4, 5, 6 and 7; a draw for the fifth and sixth ranked athletes to determine placing in lanes 3 and 8; and a draw for the two lowest ranked athletes to determine placing in lanes 1 and 2.

2.5.4 Determine allocation of lanes for final of track events will be as follow:

For straight races: one draw for the four highest ranked athletes or teams to determine placings in lanes 3, 4, 5 and 6; another for the fifth and sixth ranked athletes or teams to determine placings in lanes 2 and 7, and another for the two lowest ranked athletes or teams to determine placings in lanes 1 and 8.

For 200m races: one draw for the three highest ranked athletes or teams to determine placings in lanes 5, 6 and 7; another for the fourth, fifth and sixth ranked athletes or teams to determine placings in lanes 3, 4 and 8, and another for the two lowest ranked athletes or teams to determine placings in lanes 1 and 2.

For 400m races: one draw for the four highest ranked athletes or teams to determine placings in lanes 4, 5, 6 and 7; another for the fifth and sixth ranked athletes or teams to determine placings in lanes 3 and 8, and another for the two lowest ranked athletes or teams to determine placings in lanes 1 and 2.

2.5.5 Group start will be used for events of 800m or longer. When there are more than 16 athletes in 800m, they shall be arranged in groups to compete according to their personal results provided in application. One straight final will be held if there are 16 or less athletes only.

2.5.6 In all 4x400m relay races, regardless of the number of participating teams, the running shall be conducted using a three bands in lane system. (WA Technical Rules 24.17.1)

2.5.7 All lane assignments requiring a draw shall be handled by the track event referee.

2.6 Athletes, who qualified to final but failed to participate, shall be excluded from participation in all further events. Related judges shall inform Roll Call Station and Record Room.

2.7 The time allowed for trials shall commence from the moment that the responsible official indicates to an athlete that all is ready for the trial to begin.

Athletes remain in competition	High Jump (minute)	Pole Vault (minute)	Other (minute)
More than 3	1	1	1
2 or 3	1.5	2	1
1	3	5	-
Consecutive trials	2	3	2

* When only one athlete remains in a High Jump or Pole Vault competition and has already won the event, the athlete shall be allowed an additional one minute when making an attempt on a World Record or on any other record applicable to the competition.

2.8 The starting height and increment of High Jump

Categories	5 cm	3 cm	2 cm
Men	1.70m →1.85m	1.85m→1.97m	1.97m or over
Women	1.30m→1.45m	1.45m→1.57m	1.57m or over

2.9 The starting height increment of Men's Pole Vault

Categories	20 cm	10 cm	5 cm
Men	2.20m →3.00m	3.00m →3.50m	3.50m or over

2.10 Triple Jump Athletes must use 11m take off board.

2.11 Except the gummed paper provided by the organizer, athletes may not make check-marks or place objects on the facilities.

3. SCORING

3.1 Points for Individual Events and relay event will be awarded as follow:

Positions		1	2	3	4	5	6	7	8
Points	Individual event	9	7	6	5	4	3	2	1
	Relay event	18	14	12	10	8	6	4	2

3.2 If more than one athlete tied for the same position in the same event, they will attain the average score of their position and the tied position.

3.3 If there were more than one 8th position, involve athletes will share the average score of the position.

3.4 Individual overall results will only count the score of individual event.

4. IMPLEMENT

4.1 Athletes can use their own implements, provided that:

4.1.1 The implements are WA certified, checked and marked as the same model.

4.1.2 The implements will not be accepted if there are more than two implements in the same event and of the same weight.

4.1.3 The implements must be approved by the judge whether it is conforms to the WA regulation.

The implements must be submitted to equipment room for checking two hours before the first event of competition day.

4.1.4 The implements should be made available to all athletes.

4.2 No sharp spikes are allowed. Spikes shall not exceed 7mm for track events.

4.2.1 According to WA Competition Rules 5, athletes are required to ensure the shoes used during competition are on the latest approved shoes list, HKAAA officials have the right to refuse athletes who do not wear shoes on the approved shoes list to compete in the competition.

4.3 Information on the specification of implements:

<u>Event</u>	<u>Men</u>	<u>Women</u>
Shot Put	7.26kg	4.00kg
Discus	2.00kg	1.00kg
Javelin	800gm	600gm
110m Hurdles	1.067m	---
100m Hurdles	---	0.84m
400m Hurdles	0.914m	

5. AWARDS

- 5.1 Medals will be awarded to the top three positions of each event in each category.
- 5.2 The first 4 Men's Team and Women's Team are awarded while only the first 3 overall teams are awarded. If more than one institutions scored the same overall points, they will be placed the same overall rank.
- 5.3 Trophy will be awarded to the Men's and Women's Individual Champion.
- 5.4 Certificates will be issued to athletes who break record.

6. APPEAL

- 6.1 Appeals should be made in writing within thirty minutes after the official announcement of the result.
 - 6.1.1 Query about regulation should be made to Chief Judge.
 - 6.1.2 Query about the execution of the competition should be made to Chairman of the organizing committee.
- 6.2 The Appeal letter should be sign by Council/Executive Committee member and send to Chairman of the organizing committee together with an appeal fee of Hong Kong dollars one thousand.
- 6.3 The decision of the Appeal Board shall be final. Appeal fee will be refund if the appeal was success.

7. SPECIAL NOTICES

- 7.1 Any institute having illegal replacement or deception behavior in an event will be disqualified in that event.
- 7.2 Any institute cannot provide complete required information before enrollment deadline will be disqualified.
- 7.3 Each institute must submit relay team member name list to recording room 90 minutes before the start of the relay event. Late submission will not be entertained.
- 7.4 Athletes cannot bring any communication or recording devices (such as walkie-talkies, mobile phones, video cameras) to the competition area, violators will be disqualified.
- 7.5 Non athletes (except permitted working officials) are not allowed to enter competition venues.

8. DRESS

- 8.1 Athletes shall put on tidy sportswear and wear the bib provided by the Organizer on the chest, High Jump and Pole Vault events Athletes may wear the bib on the back.
- 8.2 In relay events, athletes of the same institution must wear sports uniform of the same design and in the same color.
- 8.3 Athletes without proper sportswear will not be allowed to participate in the competition.

In case of controversy over the rules/regulations between the Chinese and the English versions, the interpretation of the Chinese version shall be followed.

The Individual Champion

Participant with the highest score from individual events in the Men's and Women's Group will be the respective Individual Champion

Scoring method:

1. the point obtained in individual events;
2. if score are the same, the number of gold medals obtained in individual events;
3. if score are the same, the number of silver medals obtained in individual events;
4. if score are the same, the number of bronze medals obtained in individual events;
5. if score are the same, the number of new records set;
6. if score are the same, the number of new records set
7. if score are the same, the overall result of team score;
8. If the competitors are from the same institution, the institute has to nominate one.

Regulation of Joint Sports Centre (JSC)

1. Bare body and smoking is not permitted within the JSC premises.
2. Student Helper should wear his work card for discriminating his identity, must dress in appropriate sports shoes.
3. Spectators must remain on the spectator stands.
4. Designated field event areas are for the athletes and judges only.
5. Each Institute has responsible to supervise the order and safety of their area, prevent spectators sitting, back on or climb over the railing fences. (Caution: the glass on the fence)
6. Users are not allowed in track and field areas during lunch time. Athletes can use the designated track areas for warm-up exercise and jogging before 30 minutes start of the afternoon event only.
7. Spiked Track shoes are fobidded within the artificial turf area.

聯校運動中心場地使用簡則

1. 中心範圍內嚴禁吸煙及赤裸上身。
2. 工作人員應備工作證以資識別及請穿著運動鞋。
3. 只准田賽運動員及裁判/工作人員進入規定的田賽區域。
4. 請各院校自行負責維護所屬校區的看台秩序及安全，防止觀眾坐立、依靠或攀越看台欄杆觀看賽事(小心玻璃)。
5. 在人造草地熱身區內，運動員不可穿著釘鞋。

運動員須知

1. 比賽場內嚴禁飲食。
2. 運動員需攜帶與報名表內一致的身份證明文件於賽前辦妥驗證手續，並將號碼布掛上，方可出賽。
3. 中心分別有密碼鎖及投幣儲物櫃，投幣儲物櫃需投入\$5 硬幣才可使用，先到先得。
4. 運動員必須於檢錄時間內行到檢錄處報到。大會不作廣播通知。檢錄處設於看台上。
5. 檢錄：

項目	開始檢錄	結束檢錄	檢錄地點
徑賽及接力	賽前 20 分鐘	賽前 10 分鐘	檢錄處
田賽	賽前 35 分鐘	賽前 25 分鐘	檢錄處
撐竿跳高	賽前 45 分鐘	賽前 35 分鐘	檢錄處

6. 運動員若沒有準時到地點報到，將被視作缺席及放棄參賽之權利。所有賽事的檢錄時間將按照檢錄處的大鐘為準。
7. 除大會特定之賽例外，所有項目將採用最新版本之世界田徑總會及中國香港田徑總會競賽及技術規則。
8. 切勿於比賽場內落粉或劃上任何記號(大會裁判供應之皺皮紙除外)。
9. 按照世界田聯競賽規則第 5 條，運動員須確保比賽所使用之鞋款符合該項目之要求，大會工作人員有權禁止未有穿著名於核准名單上之鞋款的運動員參賽。
10. 運動員只能使用鈍釘鞋。參加徑賽項目者，釘鞋長度不得超過七毫米。起跑器須由主辦機構之工作人員運送及擺放。
11. 運動員不得攜帶任何通訊或攝錄器材進入比賽場地(如對講機、手提電話、攝錄機)，裁判會發出黃牌警告，再犯者將被取消資格。
12. 所有參賽運動員必須穿著整齊運動服裝並於胸前掛上由大會供應之號碼布；參加跳高及撐竿跳高的運動員可掛在背後。
13. 運動員如使用私人投擲器械，必須是 WA 認證的器械，於比賽日開賽前兩小時前交到器材室，由大會檢查及格後，方可使用。
14. 有關香港排名：運動員在報名截止日期前必須已成為該年度中國香港田徑總會註冊運動員，其成績方會被納入香港排名及用作遴選香港田徑隊。報名時必須填寫 2026 年度田總註冊號碼。若發現虛報資料，其成績將被取消資格，並有機會被處分。

64th USFHK Athletics Meet

LIST OF APPROVED ATHLETIC SHOES

Shoe Checker

<https://certcheck.worldathletics.org>



*按照世界田聯競賽規則第 5 條，運動員須確保比賽所使用之鞋款合符該項目之要求，大會工作人員有權禁止未有穿著名於核准名單上之鞋款的運動員參賽。

* According to WA Competition Rules 5, athletes are required to ensure the shoes used during competition are on the latest approved shoes list, USFHK officials have the right to refuse athletes who do not wear shoes on the approved shoes list to compete in the competition.

中國香港大專體育協會周年陸運會 大會紀錄

男子組 (Update 2026-03-03)

項目	紀錄	風速(m/s)	紀錄保持者	院校	年份
100米	10.42	+1.6	吳君浩	港大	2025
200米	20.95	+1.2	葉景維	理大	2025
400米	47.67		陳嘉駿	教院	2015
800米	1:52.39		金智武	港大	2025
1500米	3:50.61		Hornyik Kristof	科大	2023
5000米	15:00.20		孫鎮傑	理大	2019
110米欄	14.08	-0.3	陳仲泓	浸大	2018
400米欄	52.98		陳嘉駿	教院	2013
三級跳遠	14.63米	-1.2	周程宇	理大	2016
跳遠	7.71米	+0.2	黃珀恒	中大	2023
跳高	2.11米		呂子軒	理大	2009
鉛球	14.95米		薛瑋樂	浸大	2024
鐵餅	44.65米		蕭啟榮	中大	2025
標槍	65.81米		林銘堯	理大	2019
撐竿跳高	4.14米		楊力持	中大	2024
4x100米	40.85		吳君浩、陳梓灝、郭家齊、陳俊宇	港大	2025
4x400米	3:20.57		梁常禮、劉俊申、岑啟豪、張卓泓	城大	2025

女子組

項目	紀錄	風速(m/s)	紀錄保持者	院校	年份
100米	11.84	+1.6	梁筠宜	理大	2023
200米	24.83	+0.5	方綺蓓	港大	2013
400米	56.33		馬穎雯	科大	2025
800米	2:17.94		姚潔貞	中大	2010
1500米	4:42.99		姚潔貞	中大	2011
5000米	18:21.49		蔡泳茵	浸大	2025
100米欄	13.75	+0.6	盛楚殷	浸大	2025
跳遠	6.22米	+0.2	俞雅欣	中大	2019
跳高	1.77米		張靜嵐	理大	2023
鉛球	13.19米		杜婉筠	浸大	2021
鐵餅	42.55米		杜婉筠	浸大	2019
標槍	46.24米		麥子欣	中大	2023
4x100米	47.48		譚施晴、馮焯琳、梁筠宜、陳佩琦	理大	2021
4x400米	4:01.54		鄧佩君、施泳坤、黃影彤、廖海茵	浸大	2021

中國香港大專體育協會 (田徑最佳紀錄) (Update 2026-03-03)

項目	賽事	紀錄	風速(m/s)	紀錄保持者	院校	年份
男子組						
100米	大專陸運會	10.42	+1.6	吳君浩	港大	2025
200米		20.95	+1.2	葉景維	理大	2025
400米		47.67		陳嘉駿	教院	2015
800米		1:52.39		金智武	港大	2025
1500米		3:50.61		Hornyik Kristof	科大	2023
5000米		15:00.20		孫鎮傑	理大	2019
110米欄		13.89	-0.3	陳仲泓	浸大	2018
400米欄		世界大學生運動會	52.62		陳嘉駿	教院
3000米障礙	全國學生(青年)運動會	9:56.26		梁德洋	浸大	2023
10000米	全國學生(青年)運動會	30:26.51		謝俊賢	理大	2023
半馬拉松	世界大學生運動會	1:07.31		黃尹雋	理大	2019
三級跳遠	大專陸運會	14.63米	-1.2	周程宇	理大	2016
跳遠	世界大學生運動會	7.89米	+0.9	陳銘泰	港大	2015
跳高	大專陸運會	2.11米		呂子軒	理大	2009
鉛球		14.95米		薛瑋樂	浸大	2024
鐵餅		44.65米		蕭啟榮	中大	2025
標槍		65.81米		林銘堯	理大	2019
撐竿跳高		4.14米		楊力持	中大	2024
鏈球		全國大學生比賽	58.41米		林瑋	專教院
4x100米	世界大學生運動會	39.44		葉紹強、黎振浩 梁祺浩、何文樂	城大、理大 城大、浸大	2011
4x400米		3:20.05		黃沛洪、黃健安 蔡偉健、王偉權	浸大、港大 港大、柴灣科技	1995
女子組						
100米	世界大學生運動會	11.80	+0.9	陳佩琦	理大	2023
200米		24.13	(+0.5)	溫健儀	柴灣科技	1999
400米	大專陸運會	56.33		馬穎雯	科大	2025
800米		2:17.94		姚潔貞	中大	2010
1500米	世界大學生運動會	4:21.60		陳敏儀		1999
5000米		16:05.86				2001
10000米		33:38.85				2001
100米欄		13.52	-0.4	呂麗瑤	中大	2019
400米欄		61.77		馬穎雯	科大	2023
3000米障礙		10:45.11		姚潔貞	中大	2011
20公里競走	1:40:52		程小雅		2013	
半馬拉松	1:21:01		羅映潮	理大	2023	
三級跳遠	12.55米	-1.3	陳彥霖	浸大	2023	
跳遠	6.31米	-0.4	俞雅欣	中大	2019	
跳高	1.84米		楊文蔚	港大	2017	
鉛球	大專陸運會	13.19米		杜婉筠	浸大	2021
鐵餅		42.55米		杜婉筠	浸大	2019
標槍		46.24米		麥子欣	中大	2023
鏈球		48.68米		梁綺薇	專教院	2005
4x100米	世界大學生運動會	45.50		方綺蓓、梁巧詩 潘柏茵、陳皓怡	港大、專教院 城大、城大	2011
4x400米	大專陸運會	4:01.54		鄧佩君、施泳坤 黃影彤、廖海茵	浸大	2021

Event Schedule

Day 1 (14 Mar 2026)								
Event	Time	Roll Call Time		Men		Women		Heat / Final
		Track	Field	Track	Field	Track	Field	
1	13:00		12:15 - 12:25		Pole Vault			Final
2			12:25 - 12:35		Triple Jump			Final
3			12:25 - 12:35		Javelin Throw			Final
4		12:40 - 12:50		110mH				Heat
5	13:20	13:00 - 13:10				100mH		Heat
6	13:40	13:20 - 13:30		200m				Heat
7	13:50	13:30 - 13:40				200m		Heat
8	14:00	13:40 - 13:50		800m				Final
9	14:10	13:50 - 14:00				800m		Final
10	14:40	14:30 - 14:40				100mH		Final
11	15:00	14:40 - 14:50		110mH				Final
12			14:25 - 14:35				Javelin Throw	Final
13	15:10	14:50 - 15:00		200m				Final
14	15:20	15:00 - 15:10				200m		Final
15	15:30	15:10 - 15:20		5000m				Final
16	16:10	15:50 - 16:00				5000m		Final
17	16:50	16:30 - 16:40		4X400m Relay				Final
18	17:10	16:50 - 17:00				4X400m Relay		Final

Day 2 (15 Mar 2026)								
Event	Time	Roll Call Time		Men		Women		Heat / Final
		Track	Field	Track	Field	Track	Field	
19	9:00		8:25 - 8:35		Discus Throw			Final
20			8:25 - 8:35				Shot Put	Final
21	9:30		8:55 - 9:05		Long Jump			Final
22		9:10 - 9:20		400mH				Final
23	9:45		9:10 - 9:20				High Jump	Final
24	10:00	9:40 - 9:50				400m		Heat
25	10:10	9:50 - 10:00		400m				Heat
26	10:30	10:10 - 10:20				100m		Heat
27	10:40	10:20 - 10:30		100m				Heat
28	11:00	10:40 - 10:50				1500m		Final
29	11:20	11:00 - 11:10		1500m				Final
LUNCH								
30	12:30		11:55-12:05				Discus Throw	Final
31	13:00		12:25 - 12:35				Long Jump	Final
32	13:15		12:40 - 12:50		High Jump			Final
33			12:40 - 12:50		Shot Put			Final
34	13:30	13:10 - 13:20				100m		Final
35	13:40	13:20 - 13:30		100m				Final
36	13:50	13:30 - 13:40				400m		Final
37	14:00	13:40 - 14:50		400m				Final
38	14:20	14:00 - 14:10				4X100m Relay		Final
39	14:40	14:20 - 14:30		4X100m Relay				Final
		15:00	Closing and Prize Presentation Ceremony					