



第58屆周年陸運會

The 58th USFHK Annual Athletic Meet

日期 Date

10/03/2019 (日)

地點 Venue

聯校運動中心
Joint Sports Centre

時間 Time

0900-1730



<http://www.usfhk.org>



Event Schedule

秩序表

Event	Time	Marshal		Men		Women		Heat/Final
		Start	End	Track	Field	Track	Field	
1	9:00	8:15	8:25		Pole Vault			Final
2		8:25	8:35		Javelin			Final
3		8:25	8:35				High Jump	Final
4		8:25	8:35		Long Jump			Final
5		8:40	8:50	400MH				Final
6	9:10	8:35	8:45				Shot Put	Final
7	9:20	9:00	9:10			100M		Heat
8	9:30	9:10	9:20	100M				Heat
9	9:40	9:20	9:30	1500M				Final
10	9:50	9:30	9:40			400M		Heat
11	10:00	9:40	9:50	400M				Heat
12	10:15	9:55	10:05			100MH		Heat
13	10:30	10:10	10:20	110MH				Heat
14		9:55	10:05		Shot Put			Final
15	10:35	10:00	10:10				Long Jump	Final
16		10:00	10:10				Javelin	Final
17	10:50	10:30	10:40			200M		Heat
18	11:00	10:40	10:50	200M				Heat
19	11:15	10:55	11:05			800M		Final
20	11:30	11:10	11:20	800M				Final
		11:45		Lunch				
21	13:00	12:25	12:35				Discus	Final
22		12:25	12:35		High Jump			Final
23	13:15	12:55	13:05			100MH		Final
24	13:25	13:05	13:15	110MH				Final
25		12:50	13:00		Triple Jump			Final
26	13:35	13:15	13:25			400M		Final
27	13:40	13:20	13:30	400M				Final
28	13:50	13:30	13:40			100M		Final
29	13:55	13:35	13:45	100M				Final
30	14:05	13:45	13:55			1500M		Final
31	14:20	13:45	13:55		Discus			Final
32	14:35	14:15	14:25			200M		Final
33	14:40	14:20	14:30	200M				Final
34	14:45	14:25	14:35	5000M				Final
35	15:25	15:05	15:15			4x100MRelay		Final
36	15:35	15:15	15:25	4x100MRelay				Final
37	15:55	15:35	15:45			4x400MRelay		Final
38	16:15	15:55	16:05	4x400MRelay				Final
		16:25		Closing and Prize Presentation Ceremony				