



Po Leung Kuk  
Lo Kit Sing (1983) College

保良局羅傑承(一九八三)中學

Cheung Hong Estate, Tsing Yi, N.T., Hong Kong

香港新界青衣長康邨

Tel: 2497 7110

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Dear Parents,  
各位家長：

P22056

**Arrangement for the enrolment of Annual Sports Days**

**周年陸運會報名安排**

The Annual Sports Days are going to be held on 6th and 7th February 2023 (Monday and Tuesday) at Tsing Yi Sports Ground. Your child can take part in three individual events at most which include at least one track and one field event. The online entry form is as follows, your child is required to hand in the online entry form on or before 11th November 2022 (Friday). The details of the enrolment has been sent to your child via iMail. Parents are requested to sign the reply slip by 11th November 2022 (Friday).

本校將於 2023 年 2 月 6 及 7 日(星期一及星期二)舉行周年陸運會，地點為青衣運動場。貴子弟可參加最多三項比賽，當中包括最少一項田賽和一項徑賽。貴子弟需於 2022 年 11 月 11 日(星期五)或以前填妥網上報名表格。詳細報名資料已透過學校電郵發放。請貴家長於 2022 年 11 月 11 日(星期五)或之前，簽回電子通告。

Online entry form 網上報名表格: <https://forms.gle/GMjbWsQjwY2qLB9b9>

Po Leung Kuk Lo Kit Sing (1983) College  
保良局羅傑承(一九八三)中學



Law Wing Chung, Principal 羅穎忠校長  
4<sup>th</sup> November 2022 二零二二年十一月四日

Po Leung Kuk Lo Kit Sing (1983) College  
34<sup>th</sup> Annual Sports Day  
Schedule of Competition 6th February, 2023 (Monday)

Time	Boys (A)	Boys (B)	Boys (C)	Girls(A)	Girls(B)	Girls(C)
8:20	OPENING CEREMONY					
8:50	Triple Jump	Shot Put	-----	High Jump	Long Jump	Discus
9:00	110MH(F)	100MH(F)	100MH(F)	100MH(F)	100MH(F)	100MH(F)
9:10	-----	-----	Javelin	-----	-----	-----
9:30	400M(F)	400M(F)	400M(F)	400M(F)	400M(F)	400M(F)
9:35	Discus	Triple Jump	Long Jump	Shot Put	-----	High Jump
10:10	1500M(F)	1500M(F)	1500M(F)	1500M(F)	1500M(F)	1500M(F)
10:20	High Jump	-----	-----	Long Jump	Shot Put	Javelin
10:40	-----	Discus	-----	-----	-----	-----
11:00	100M(F)	100M(F)	100M(F)	100M(F)	100M(F)	100M(F)
11:05	Shot Put	Long Jump	High Jump	-----	-----	-----
11:25	-----	-----	-----	Javelin	-----	-----
12:00	4X400M(F)	4X400M(F)	4X400M(F)	4X400M(F)	4X400M(F)	4X400M(F)
12:10	-----	-----	-----	-----	Discus	-----
13:30	END					

Schedule of Competition 7th February, 2023 (Tuesday)

Time	Boys (A)	Boys (B)	Boys (C)	Girls(A)	Girls(B)	Girls(C)
8:30	Javelin	High Jump	Shot Put	-----	-----	Long Jump
8:45	200M(F)	200M(F)	200M(F)	200M(F)	200M(F)	200M(F)
9:00	-----	-----	-----	Discus	-----	-----
9:30	800M(F)	800M(F)	800M(F)	800M(F)	800M(F)	800M(F)
9:30	Long Jump	Javelin	-----	-----	High Jump	Shot Put
10:00	-----	-----	Discus	-----	-----	-----
10:15	4X100M(F)	4X100M(F)	4X100M(F)	4X100M(F)	4X100M(F)	4X100M(F)
10:30	-----	-----	-----	-----	Javelin	-----
11:00	4 X 100M CLUBS MIXED RELAY (F)					
11:45	TEACHERS AND STUDENTS RELAY (F)					
12:30	CLOSING CEREMONY					

KEYS: F : Final, H : Heat, A : Grade A, B : Grade B, C : Grade C

All events will go straight to Final.