

Buddhist Sin Tak College

34<sup>th</sup> Athletics Meet

1. Dates: **21,24 October, 2016**
2. Venue: Kwai Chung Sports Ground
3. Participating Units: Chi House, Lai House, Yan House, Shun House
4. Groups: Boys A, B and C  
Girls A, B and C
5. Age: A: participants who were born in or before 2000  
B: participants who were born in 2001 or 2002  
C: participants who were born in or after 2003
6. Events (“✓”: events to be held on the current sports days)

Groups			Boys			Girls		
Events			A	B	C	A	B	C
Track events	1	60 m						✓
	2	100 m	✓	✓	✓	✓	✓	✓
	3	200 m	✓	✓	✓	✓	✓	✓
	4	400 m	✓	✓	✓	✓	✓	✓
	5	800 m	✓	✓	✓	✓	✓	✓
	6	1500 m	✓	✓	✓	Open		
	7	3000 m	Open					
	8	100 m hurdles		0.92m	0.85m	0.76m	0.76m	0.76m
	9	110 m hurdles	0.92m					
	10	4x100 m relay	✓	✓	✓	✓	✓	✓
	11	4x400 m relay	✓	✓	✓	Open		
Field events	12	High Jump	✓	✓	✓	✓	✓	✓
	13	Long Jump	✓	✓	✓	✓	✓	✓
	14	Triple Jump	✓	✓				
	15	Shot Put	5.4kg	4kg	4kg	4kg	3kg	3kg
	16	Discus	1.5kg	1kg		1kg	1kg	
	17	Javelin	700gm	600gm		600gm		
	18	Softball						✓
	19	School Club 4x100m relay	2 Boys and 2 Girls					
	20	Inter-class 4x100m relay	2 Boys and 2 Girls					

7. Application Procedure:
  - a) Application period : **22-28/9/2016**
  - b) Students should apply during the PE lessons.
  - c) A notification to parents will be issued to students upon application and must be filled in and returned to PE teachers.
  - d) Each student can apply for a maximum of three events, excluding open events and relays.
  - e) Change of events is not allowed after application period.

## 8. Competitions

- a) Among all track and field events, each participant can take part in any 3 of them. These three events do not include open events and relays. Yet, in calculating the overall individual results, the three events must be a combination of both track and field events.
- b) In relay events, names of six participants can be submitted, with two of them being the reserved athletes.
- c) The first eight athletes who finish an event will be awarded scores of 9, 7, 6, 5, 4, 3, 2 and 1 respectively, with 9 being awarded to the champion and 1 to the 7<sup>th</sup> runner-up. Scores will be doubled in relay events.
- d) An extra score of 2 will be awarded for a participant in individual events if he or she breaks the school record and an extra score of 4 for the house that the participants represent if they break the school record in relay events.
- e) The total scores gained in the open events will be divided by the number of groups involved and the average score will be added to each of the groups representing the house.
- f) Approval must be sought from parents before taking part in any competitions.

## 9. Awards and Penalty

- a) One medal will be awarded to each of the first three winners in an event. (Gold, Silver and Bronze medal)
- b) There will be an overall individual champion (boys and girls) in each group (A, B and C). In case of equal scores among athletes, the champion will be decided by the number of gold, silver and bronze medals awarded.
- c) There will be one Champion in each group among the four houses.
- d) There will be the Best Performance Prize awarded to one of the house cheering teams.
- e) There will be one overall class champion in each form (S.1-S.6)
- f) Participants will be disqualified and all awards and scores will be cancelled if found not meeting the requirements of the competition or if they participate in any of the events under false pretences.

## 10. Rules and Regulations

The updated version of rules and regulations from the Hong Kong Amateur Athletic Association will be adopted.

11. The PE Department can make amendments and announce any changes regarding the matters not covered in this circular.