



2<sup>nd</sup> October, 2018

Dear Parents and Students,

**Re: The 27<sup>th</sup> Sports Day**

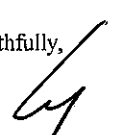
**Our 27<sup>th</sup> School Sports Day will be held on 15<sup>th</sup> October, 2018 (Monday) at Kowloon Tsai Sports Ground. All students must attend the meet.**

- I. **Venue:** Kowloon Tsai Sports Ground (Location map on the attached page)
- II. **Time of arrival:**
  - A. **Student helpers:**
    - i) Sports Prefects: Arrive at 7:20am. Report to Ms Yim Sui Man after arrival.
    - ii) Decoration Team: Arrive at 7:20am. Report to Ms Mak Ying Har after arrival.
    - ii) Opening Ceremony Team: Arrive at 7:20am. Report to Ms Ng Yan Ying after arrival.
    - iii) Equipment Team: Arrive at 7:20am. Report to Mr Ng Yin Cheong after arrival.
    - iv) Reception Team: Arrive at 7:30am. Report to Ms Chan Ka Lam after arrival.
    - v) Other student helpers: Arrive at 8:15am. Report to the teachers-in-charge after the Opening Ceremony.
  - B. **Other students: Arrive at 8:15am and sit according to class and class no.**
- III. **Roll Call:** Morning and after lunch at the spectator stand according to class and class no.
- IV. **Time of dismissal:** 4:00pm
- V. **Dress code:**
  - A. Students should wear school sports uniform (shorts/trousers) when entering and leaving the sports ground.
  - B. Form or class cheering costumes are allowed only with advanced approval from ECA before 11/10 (Thur) and can be worn after school announcement at 9:00am on the sports day.
- VI. **Regulations of the sports ground :** Students:
  - A. should use all the facilities properly and keep the environment tidy and clean.
  - B. should take good care of the personal belongings.
  - C. except athletes, officials and student-helpers, are not allowed to enter the competition area.
  - D. must not eat or drink in the competition area. No chewing gum is allowed in the sports ground.
  - E. need not attend the meet if typhoon signal no.8 or the black rainstorm signal is raised.
  - F. All school rules are applied in the sports ground. (Using of mobile phone for taking photo is not allowed.)
- VII. **Safety :** Athletes:
  - A. should have sufficient warm-up exercise in the warm-up zone before the competition.
  - B. must obey judges' instructions strictly.
  - C. do not go across the track during the race.
  - D. should seek help from the HKAMS in case of injury or feeling sick.
  - E. may wear spike shoes only during taking part in the events.
- VIII. **Regulations of the competition:**
  - A. Athletes must stick the labels on the front. Class co-ordinators will distribute the labels during the roll call.
  - B. Athletes can only use spike shoes with spikes less than 7mm in length. Those not wearing shoes are not allowed to take part in the race. Athletes may borrow spike shoes from the equipment team with the student ID submitted to the team. Athletes must return the shoes before the lunch break and the closing ceremony (for those borrowed the shoes after lunch).
  - C. The general rules are published in the 'Athletes' Guidelines' of the Sports Day Program. The regulations for the events have been posted on the PE, ECA and classroom notice boards. The judges of each event will explain the rules to all participants before the event starts.
  - D. Athletes should check the time of the events, their own heats & lanes and the marshalling procedure by reading the sports day programme. Athletes may get the programme from class sports prefects on that day.
- IX. **Closing Ceremony:**
  - A. There will be a rehearsal for the closing ceremony during lunchtime. The student helpers of ceremony must attend the rehearsal. They will have an earlier lunch break. Please pay attention to the related announcement on that day.
  - B. Students should be self-disciplined during the closing ceremony.
- X. **Helpers Training:** All student helpers, except Sports Prefects and Discipline Prefects, have to attend the training for student-helpers at the school hall during the 9<sup>th</sup> period of 11<sup>th</sup> October, 2018 (Thur).
- XI. **Others:**
  - A. **Absentees of the Sports Day must present a doctor's note together with a parent letter afterwards for applying for sick leave.**
  - B. Parents and Alumni are welcome to attend our Sports Day. Those who plan to attend the meet, please inform Miss So of the school office (Tel: 23905010) before 1pm, 12<sup>th</sup> October, 2018.
  - C. 16<sup>th</sup> October, 2018 (Tuesday) will be a school holiday after the Sports Day.

Your participation and co-operation will ensure the smooth running and the success of the College's 27<sup>th</sup> Sports Day.

**Students have to return the completed reply slip to the mentor on or before 4<sup>th</sup> October 2018 (Thursday)**

Yours faithfully,

  
Dr Lee Poon Shing,  
Principal



### 第廿七屆陸運會通告

敬啟者：本校將於二零一八年十月十五日(星期一)，假九龍仔運動場舉行第廿七屆陸運會。全校同學必須準時出席是次活動，並請注意以下事項：

- 一． 集合地點：九龍仔運動場（位置及交通指南，請參閱附頁地圖）
- 二． 集合時間：
  - a) 工作人員：
    - 體育幹事：上午七時二十分。到達後向嚴瑞文老師報到。
    - 佈置組：上午七時二十分。到達後向麥英霞老師報到。
    - 開幕典禮：上午七時二十分。到達後向伍仁英老師報到。
    - 器材組：上午七時二十分。到達後向吳彥昌老師報到。
    - 接待組：上午七時三十分。到達後向陳嘉琳老師報到。
    - 其他工作人員：上午八時十五分。開幕禮後向所屬負責老師報到。
  - b) 其他同學：上午八時十五分。到達後按班別及班號於看台就座，等候點名。
- 三． 點名：上午及午膳後於看台按班別點名。
- 四． 解散時間：下午四
- 五． 服 裝：
  - a) 各同學必須穿著學校體育服(長褲或短褲)進出會場。
  - b) 部份班級如欲於活動當日穿著學校體育服以外的啦啦隊制服，須於 11/10(星期四)前連同式樣向課外活動組申請，獲准後亦祇可於活動當天上午九時於校方宣佈後方可穿著。
- 六． 場地規則：
  - a) 請善用場內一切設施及用具，並保持場館清潔。
  - b) 同學須自行小心保管個人財物。
  - c) 非運動員及非工作人員不准進入跑道及草地。(工作人員於比賽場地須配戴工作證)。
  - d) 比賽場地內不准飲食。場館內不可咀嚼香口膠。
  - e) 如天文台懸掛八號颱風訊號、黑色暴雨警告訊號或教育局宣佈停課，活動將取消。
  - f) 所有校規適用於場館內。(包括不可使用手提電話作拍攝用途)
- 七． 比賽安全：
  - a) 運動員於比賽前須有足夠熱身，以免受傷。(熱身只可於指定熱身區內進行)
  - b) 比賽進行期間必須嚴守裁判指示。
  - c) 比賽進行期間切勿橫越比賽場地。
  - d) 賽後如有身體不適或受傷，可向當值醫療隊求助。
  - e) 除參加田徑賽事期間，勿穿著釘鞋於場館內走動。
- 八． 賽例及安排：
  - a) 運動員須於比賽時在上衣胸前位置貼上號碼貼，以資識別。號碼貼於比賽當日早上點名時由所屬班別老師派發。
  - b) 運動員只可穿著釘長少於 7mm 之釘鞋或運動鞋比賽，嚴禁赤腳參加比賽。運動員可於比賽當日憑學生證向器材組借用釘鞋，惟需於上午及下午比賽結束後即時歸還。
  - c) 有關大會賽例請參閱場刊內之「運動員指引」。各項比賽規例亦會張貼於體育科、課外活動組及課室壁報板。比賽當日各裁判會於賽前解釋賽例。
  - d) 陸運會場刊載有比賽時間表、各項目之組別及線道名單、運動員指引及報到方法。各運動員請於報到前查閱。(場刊可於比賽當日向各班體育幹事索取。)
- 九． 閉幕典禮：
  - a) 閉幕典禮於當日午膳時間進行綵排，閉幕禮工作人員須準時出席。其午膳時間將會提早，有關同學請留意當日宣佈。
  - b) 典禮進行時，請保持良好秩序。
- 十． 工作人員訓練：所有大會工作人員（除訓導組及體育領袖生）請於十月十一日(星期四)第九節課到禮堂出席相關訓練。
- 十一． 其 他：
  - a) 因病缺席同學必須於缺席後補交醫生證明，否則作曠課論。
  - b) 歡迎家長及舊生出席是次活動。有意出席者，請於十月十二日(星期五)下午一時前致電通知本校校務處蘇小姐。
  - c) 二零一八年十月十六日(星期二)為陸運會後假期。

陸運會能順利進行有賴全體師生之衷誠合作。謹祝各同學於比賽中取得優異成績。  
家長請簽署附頁之同意書，於十月四日(星期四)或之前交回所屬導師。



此致  
貴家長及各位同學

保良局莊啟程預科書院  
校長李盤勝博士 謹啟

二零一八年十月二日

**Athletes Guideline****27<sup>th</sup> Sports Day (2018-19)****Time Table**

A. **Regulations** : All events will be held in accordance with the competition rules of the HKAAA as per IAAF, unless the rules are specified.

B. **Reporting Procedure** :

- i) Track event competitors should report to the Marshalling area, which is located at the left end of the spectators' stand. Field event competitors should go directly to the competition area for reporting.
- ii) Athletes who fail to report to the respective judge within 5 minutes after the FINAL CALL would be disqualified from the event.
- iii) Athletes who have to take part in a TRACK event while they are participating in a FIELD event shall obtain the permission for temporary leave from the FIELD event judge during the competition. The FIELD event judges may alter the order of the competitors to allow competitors to take their trial before leaving.

C. **Field events** :

- i) If the number of competitors is too large, a qualifying round may be held.
- ii) The first EIGHT competitors and any competitor tying for the eighth place in the first three rounds shall take part in the final round.

	BOYS	OPEN	GIRLS	OPEN
TIME	TRACK	FIELD	TRACK	FIELD
9:00AM	110m Hurdle	Long Jump	100m Hurdle	High Jump
9:15AM		Discus	100m (Heat)	Shot Put
9:30AM	100m (Heat)			
9:45AM	800m		800m	
10:00AM			200m (Heat)	
10:15AM	200m (Heat)	High Jump		
10:30AM			400m	Long Jump
10:45AM	400m			Discus
11:00AM	100m (Final)	Shot Put	100m (Final)	
11:15AM			1500m	
11:30AM	1500m			
12:00PM	I-F 4X100m		I-F 4X100m	
12:30PM	LUNCH (Rehearsal for Closing Ceremony)			
1:55PM	ROLL CALL			
2:00PM	PRIZE PRESENTATION for AM Events			
2:15PM	200m (Final)		200m(Final)	
2:30PM	I-F 4X400m		I-F 4X400m	
3:00PM	4X100m MIXED RELAY			
3:15PM	4X100m INVITATION RELAY			
3:30PM	CLOSING CEREMONY			



SA48/1819/032

**Parental Consent to Student Participation in the 27<sup>th</sup> Sports Day**

I agree / do not agree to let my son/daughter \_\_\_\_\_(Class)  
 \_\_\_\_\_(Name) of \_\_\_\_\_(Mentor) attend and take part in the athletic  
 event(s) or service(s) he/she has signed up for on the 27<sup>th</sup> Sports Day.

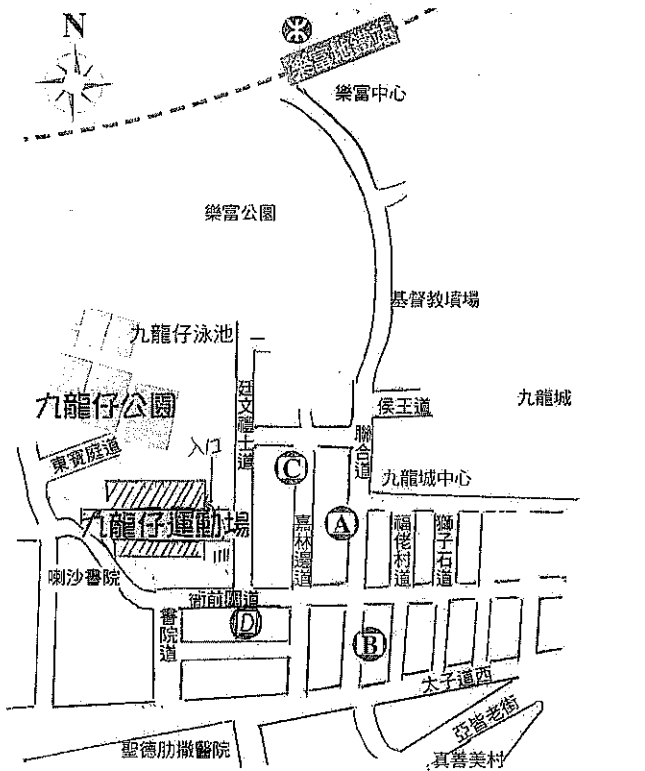
Signature : \_\_\_\_\_

Name of Parent : \_\_\_\_\_

Date : \_\_\_\_\_

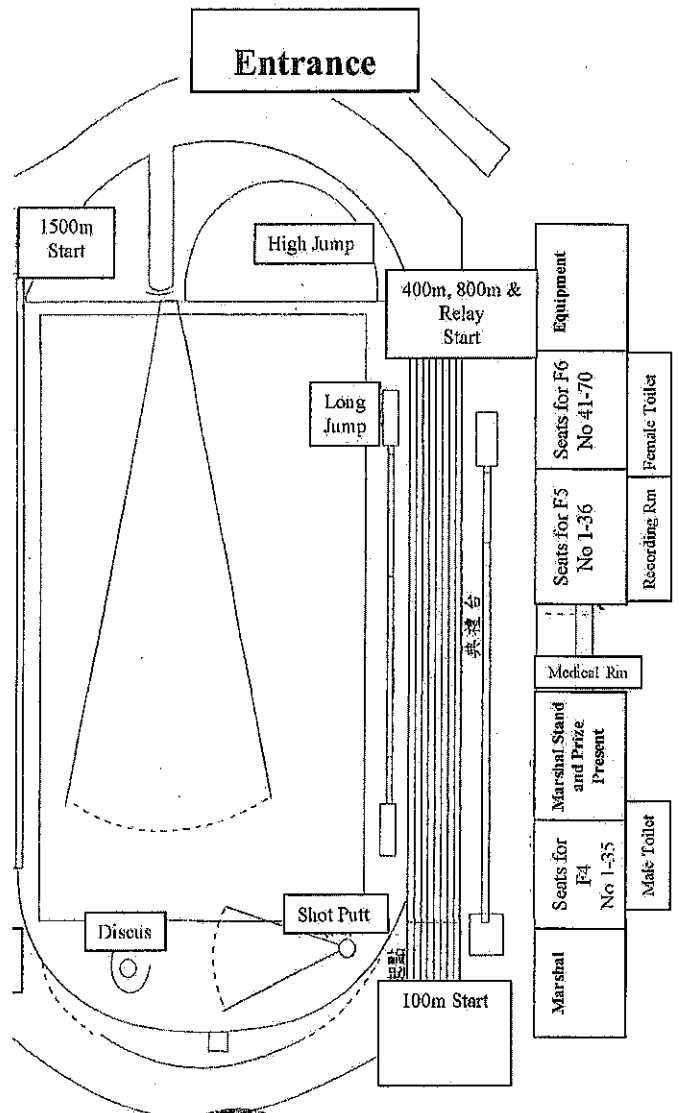
# 九龍仔公園及九龍仔運動場

## 位置圖



途經巴士路線 **A** 1, 11D, 75X, 85, 85A, 85B, 85C, 113, 891  
**B** 3, 11K  
**C** 1, 7B **D** 2D, 1D

## LAY-OUT MAP OF KOWLOON TSAI SPORTS GROUND



### 第廿七屆陸運會 家長同意書

敬覆者：來函業已閱悉。本人 同意 / 不同意 敝子弟 \_\_\_\_\_ 班

\_\_\_\_\_ (導師) 出席陸運會，並參加陸運會之田徑賽事或擔任工作人員。

此覆

保良局莊啟程預科書院校長

學生家長簽署： \_\_\_\_\_

家長姓名： \_\_\_\_\_

二零一八年 月 日