



Dear Parents,

**Joint School Sports Day 2024-25**

The PLKVKTC & PLKTNK Joint School Sports Day will be held on 4<sup>th</sup> & 7<sup>th</sup> October, 2024 (Friday and Monday) at Kowloon Bay Sports Ground. All students must attend the meet on both days punctually and please pay attention to the following:

- Venue:** Kowloon Bay Sports Ground (Location map on the attached page)
- Time of arrival:** Designated student helpers: Arrive at 7:45a.m. Report to teacher(s) in charges after arrival.  
Other students: Students can begin to enter at 8:00 a.m., and after 8:20 a.m., it will be considered late.  
Please gather at the designated places at the spectator stand for roll call.
- Roll Call:** Gather at the spectator stand by class (To be taken by mentors for both a.m. & p.m. sessions)
- Time of dismissal:** Around 4 p.m.
- Dress code:** Students should wear school uniform or school sports uniform (long pants) when entering and leaving the sports ground.
- Regulations in the sports ground:**  
Students should take good care of their personal belongings.  
Except athletes, officials and student-helpers, no one is allowed to enter the competition areas. Helpers should wear the permit while working.  
Eating and drinking is allowed on the stand, but please keep the area clean. Students can go out for lunch.  
If the Hong Kong Observatory issues a Tropical Cyclone Warning Signal No. 3 or above, a Red or Black Rainstorm Warning Signal, the Air Quality Health Index reaches level 10+, or the Education Bureau announces class suspension, the sports day will be canceled.  
Students are not allowed to use mobile phones without teacher's approval.
- Safety:** Athletes should have sufficient warm-up exercise in the warm-up zone before the competition.  
Athletes must obey judges' instructions strictly.  
Students are not allowed to cross the track during the race.  
Students should seek help from AMS in case of injury or feeling unwell.  
Athletes may wear spike shoes only during the competitions. They cannot walk in spikes shoes in the sportsground.
- Regulations of the competitions:**  
Each athlete must participate in at least one track or field event.  
The general rules are published in the 'Athletes' Guidelines' of the Sports Day Program. The regulations for the events will be posted on the notice boards outside the school hall. The judges of each event will explain the rules to all participants before the event starts.  
Athletes should check the time of the events, their own heats & lanes, athlete's guide and the marshalling procedure by reading the sports day program. Athletes may get the program from mentors on that day.
- Others:** Absentees of the Sports Day must present a medical certificate together with a parent letter afterwards for sick leave application. 8<sup>th</sup> October, 2024 (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 Joint School Sports Day. Please sign the reply slip on or before 19 September 2024 (Thursday).



Yours faithfully,

Mr. Yau Man Kwong  
Principal

2024-25 聯校陸運會通告

敬啟者：

本校將聯同保良局唐乃勤初中書院於二零二四年十月四日及七日，假九龍灣運動場舉行聯校陸運會。全校同學必須準時出席全部共兩日活動，並請注意以下事項：

- 集合地點：** 九龍灣運動場（場地位置請參閱附頁地圖）
- 集合時間：** 指定工作人員： 上午七時四十五分。到達後向各崗位負責老師報到。  
其他同學： 上午八時可以開始進場，八時二十分後作遲到論。  
到達後到看台上指定位置等候班導師點名。
- 點名：** 早上進場及午膳後，到看台上指定位置等候班導師點名。
- 解散時間：** 約下午四時
- 服裝：** 各同學必須穿著校服或學校體育服(長褲)進出運動場。
- 場地規則：** 同學須自行保管個人財物。  
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必須配戴工作證。  
看台上可以進食，惟請注意衛生及保持場地清潔。  
同學可在午飯時間外出進食午膳。  
如天文台懸掛三號或以上之熱帶氣旋警告訊號、發出紅色或黑色暴雨警告訊號、「空氣質素健康指數」或指數預報達到10+級、或教育局宣佈停課，陸運會將取消。  
未經老師批准，不得使用手提電話。
- 比賽安全：** 運動員於比賽前須有足夠熱身，以免受傷（熱身可於指定位置內進行）。  
比賽進行期間，同學必須嚴守裁判指示。  
比賽進行期間，同學切勿橫越比賽場地。  
賽後如有身體不適或受傷，可向當值的醫療輔助隊求助。  
如非正在參加徑項賽事，請勿穿著釘鞋於場地內走動。
- 賽例及安排：** 每名學生須參與最少一個徑項或田項比賽。  
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禮堂外壁報板。比賽當日各裁判會於賽前解釋賽例。  
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所屬導師索取)
- 其他：** 因病缺席同學必須於缺席後補交醫生證明，否則作曠課論。  
二零二四年十月八日(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。  
請家長於九月十九日(星期四)或之前簽署回條。

此致

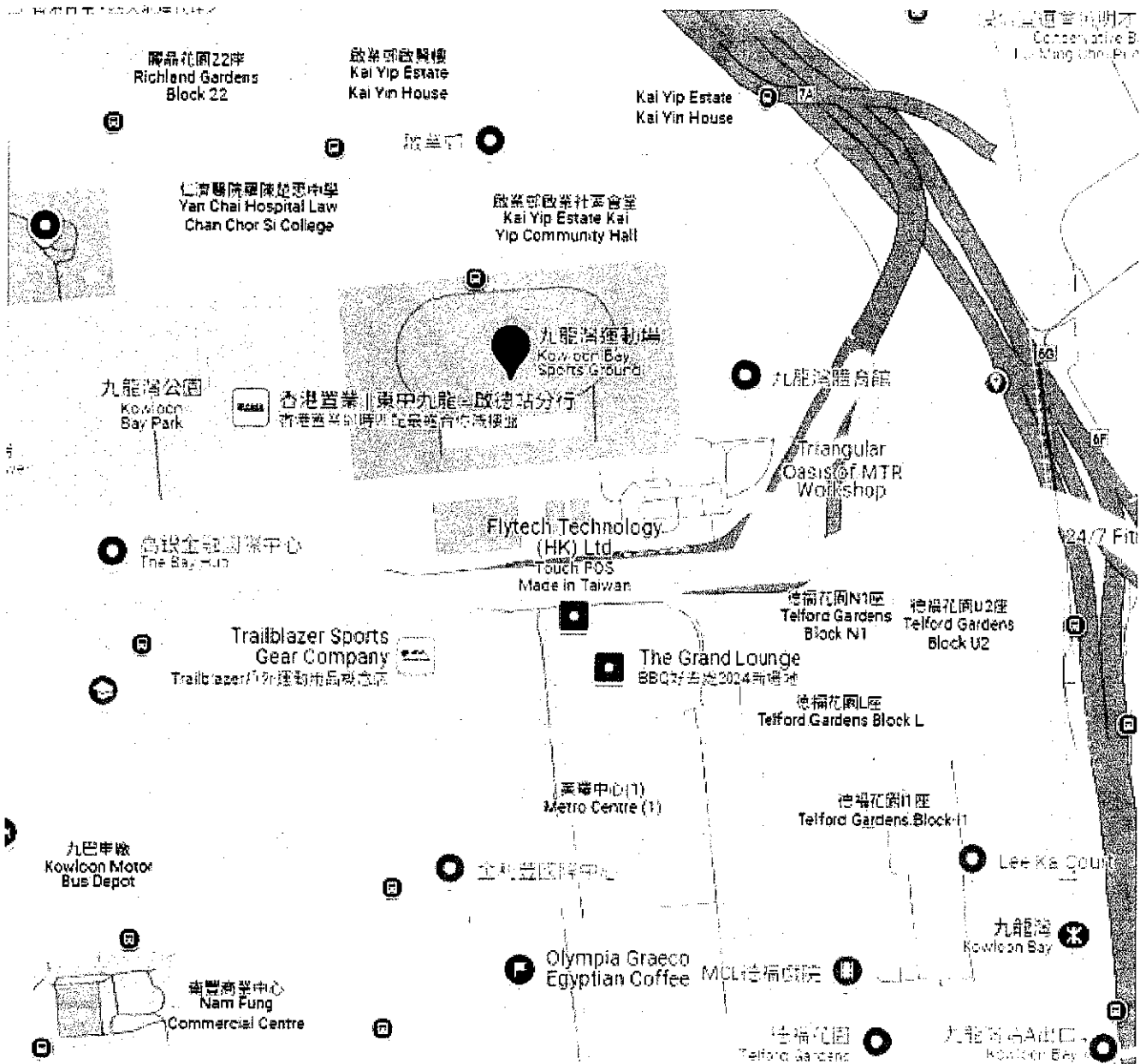
貴家長

二零二四年九月十二日

保良局莊啟程預科書院



邱萬光校長謹啟



學生可乘坐以下交通工具到達九龍灣運動場：

**港鐵：**

九龍灣站 B 出口沿德福花園平台過天橋後轉右步行

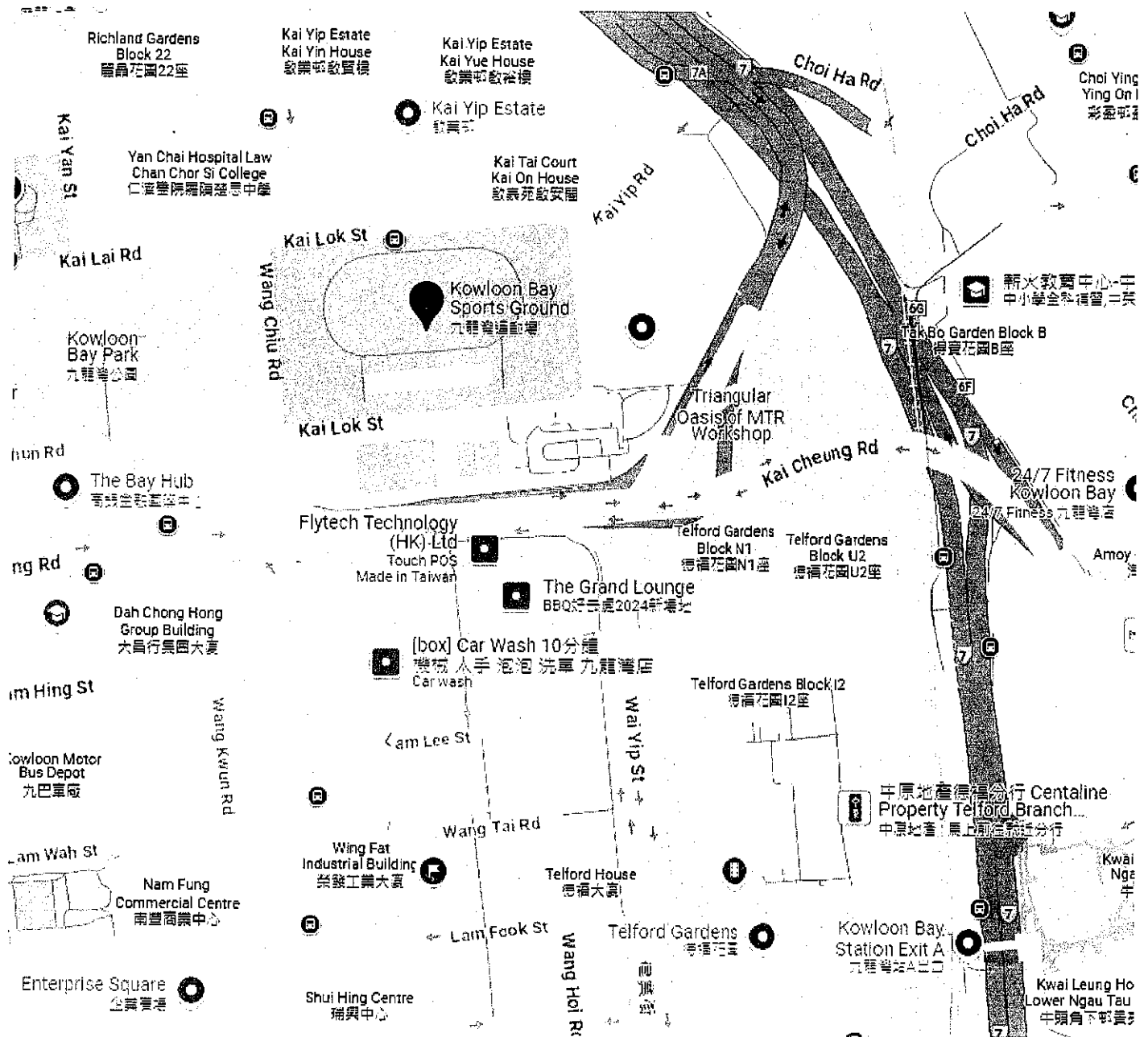
**巴士：**

從長沙灣/深水埗可乘坐 2A/6D/296C/793 於啟業邨站下車

另外以下路線亦會經九龍灣運動場：

巴士路線：5D、13X、15A、24、107

小巴路線：46、56、51M



Students can take the following means of transportation to reach the Kowloon Bay Sports Ground:

**MTR:**

Take Exit B at Kowloon Bay Station, walk along the Telford Garden platform, cross the footbridge, and then turn right.

**Bus:**

From Cheung Sha Wan/Sham Shui Po, take bus 2A/6D/296C/793 and get off at Kai Yip Estate.

**In addition, the following bus/mini bus routes also pass by the Kowloon Bay Sports Ground:**

Bus routes: 5D, 13X, 15A, 24, 107

Minibus routes: 46, 56, 51M