

HKSSF

**All Hong Kong Schools Jing
Ying Athletics (Team)
Tournament
2024-2025**



5CH

LAI PAK LONG 黎栢朗

Boys A 1500m

4:15.99

**Entry the competition via
Wild Card Scheme**

透過外卡計劃參加精英賽

10/3 Mon 11:10am

啟德青年運動場



1500m





5CH 黎栢朗
LAI PAK LONG
Boys 1500m
4:14.75 (New record!!)
1st Runner-up



HKSSF

**All Hong Kong Schools Jing
Ying Athletics (Team)**

Tournament

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6CH
LI HOI WA 李凱華
Boys A Javelin
50.36m

Entry the competition via
Wild Card Scheme
透過外卡計劃參加精英賽

12/3 Wed 9:30am
啟德青年運動場



