

聯合書院第五十五屆陸運會 The 55th Athletics Meet of United College (25.10.2022)

項目及開賽時間（時間只供參考，以大會最後公佈為準）

Events & Schedule (For reference only)

- 17:15 [徑 Track] 男子四百米中欄 Men's 400m Hurdles (決賽 Final)
- 17:25 [徑 Track] 男子五千米 Men's 5000m (決賽 Final)
- 18:00 開幕禮 Opening Ceremony
- 18:30 [田 Field] 男子三級跳遠 Men's Triple Jump
[田 Field] 男子標槍 Men's Javelin Throw
[徑 Track] 女子千五百米 Women's 1500m (決賽 Final)
[田 Field] 女子跳高 Women's High Jump
[田 Field] 女子鉛球 Women's Shot Put
- 18:45 [徑 Track] 男子千五百米 Men's 1500m (決賽 Final)
[田 Field] 男子持桿跳 Men's Pole Vault
- 19:00 [徑 Track] 女子一百米 Women's 100m (初賽 Heats)
- 19:20 [徑 Track] 男子一百米 Men's 100m (初賽 Heats)
[田 Field] 男子鐵餅 Men's Discus Throw
- 19:40 [徑 Track] 女子四百米 Women's 400m (決賽 Final)
[田 Field] 女子跳遠 Women's Long Jump
- 19:50 [徑 Track] 男子四百米 Men's 400m (決賽 Final)
- 20:00 [田 Field] 男子跳高 Men's High Jump
[徑 Track] 女子一百米低欄 Women's 100m Hurdles (決賽 Final)
- 20:15 [徑 Track] 男子一百一十米高欄 Men's 110m Hurdles (決賽 Final)
[田 Field] 女子鐵餅 Women's Discus Throw
- 20:30 [田 Field] 男子跳遠 Men's Long Jump
[徑 Track] 女子一百米 Women's 100m (決賽 Final)
- 20:35 [徑 Track] 男子一百米 Men's 100m (決賽 Final)
[田 Field] 男子鉛球 Men's Shot Put
- 20:40 [徑 Track] 女子八百米 Women's 800m (決賽 Final)
[田 Field] 女子標槍 Woman's Javelin Throw
- 20:55 [徑 Track] 男子八百米 Men's 800m (決賽 Final)
- 21:10 [徑 Track] 女子二百米 Women's 200m (決賽 Final)
- 21:20 [徑 Track] 男子二百米 Men's 200m (決賽 Final)
- 21:30 女子舍際 4x100 米接力 Women's Inter-hall 4x100m Relay (決賽 Final)
- 21:45 男子舍際 4x100 米接力 Men's Inter-hall 4x100m Relay (決賽 Final)
- 22:00 舍際混合 4x400 米接力 Inter-hall 4x400m Mixed Relay (決賽 Final)
- 22:15 舍際混合 4x200 米接力 Inter-hall 4x200m Mixed Relay (決賽 Final)
- 22:45 閉幕及頒獎禮 Prize Presentation & Closing Ceremony

報名項目 Event Registration

每人最多可報名兩田一徑或兩徑一田項目，不包括熱身賽和接力賽。

An individual can only register maximum 3 events (2 track events + 1 field event or 2 field events + 1 track event), excluding warm-up race and relays.