

St. Paul's Secondary School
Sports Day Heats 2011-2012

A Grade 800M

Standard: 3'16.00"

School Record: 2'51.71"

Class	No	Name	Heat	Time	Record	Rank	Lane in Final
4C	8	Haughey Aisling Bridget	3	2'49.74"	Record	1	3
5D	17	Lee Wing Wien	1	2'58.55"	Standard	2	4
4D	14	Hung Wai Lam (Queenie)	1	3'07.68"	Standard	3	2
4D	17	Lam Ho Ching (Coco)	2	3'11.96"	Standard	4	5
7AA	16	Tam Hoi Man (Helen)	3	3'24.55"		5	1
6A	19	Lam Ching Yu (Rachel)	2	3'37.01"		6	6

B Grade 800M

Standard: 3'20.00"

School Record: 2'46.45"

Class	No	Name	Heat	Time	Record	Rank	Lane in Final
3B	12	Haughey Siobhan Bernadette	1	3'04.44"	Standard	1	3
3B	10	Choi Yui Lam (Yolinda)	3	3'11.44"	Standard	2	4
2C	8	Kaur Dalvinder	3	3'17.84"	Standard	3	2
2B	4	Cheung Jessie Tin Wing	2	3'20.58"		4	5
2E	2	Chan Cheuk Yung (Jenny)	2	3'22.74"		5	1
1E	21	Lui Hiu Lam Victoria	2	3'23.18"		6	6

B Grade Long Jump

Standard: 3.60M

School Record: 4.35M

Class	No	Name	Distance	Record	Rank
3A	12	Ho Hiu Yui (Hazel)	3.77M	Standard	1
2B	20	Li Ching Yih (Mary)	3.62M	Standard	2
2D	33	Yu Kirsten Sung Yuk	3.46M		3
2B	12	Ip Sze Yu (Sammie)	3.41M		4
3B	10	Choi Yui Lam (Yolinda)	3.34M		5
2E	21	Lo Yuk Sheung (Rachel)	3.33M		6

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B Grade 100M

Standard: 15.50"

School Record: 13.25"

Class	No	Name	Heat	Lane	Time	Record	Rank	Lane in Final
3E	14	Lin Tim Li (Lily)	1	3	15.31"	Standard	1	3
2B	23	Lo Yan Tung (Lydia)	1	4	15.65"		2	4
2A	16	Lo Yan Lok (Hilda)	1	2	15.94"		3	2
3C	30	Wong Ching Man (Kamy)	2	5	16.14"		4	5
2D	11	Lee Yat Hei (Jasmine)	2	1	16.24"		5	1
2A	22	Own Wai Lam Janice	2	6	16.46"		6	6

A Grade 100M

Standard: 15.30"

School Record: 12.76"

Class	No	Name	Final	Lane	Time	Record	Rank	Lane in Final
4C	37	Yuen Wing Tung (Agatha)	1	3	13.58"	Standard	1	3
4A	6	Kam Tsz Ching (Mandy)	1	4	14.37"	Standard	2	4
4C	23	Lin Hei Ting (Shermaine)	1	2	15.14"	Standard	3	2
5A	9	Chu Tsz Wa Ellen	2	5	15.37"		4	5
5B	19	Shiu Wing Lam (Wendy)	2	1	15.65"		5	1
6B	1	Chan Hoi Yan (Gladys)	2	6	16.18"		6	6

B Grade 200M

Standard: 33.00"

School Record: 27.03"

Class	No	Name	Heat	Lane	Time	Record	Rank	Lane in Final
2B	13	Ip Tsz Ching Cherrie	1	3	31.87"	Standard	1	3
3E	14	Lin Tim Li (Lily)	6	5	32.84"	Standard	2	4
3B	9	Cho Man Wai (Maggie)	5	4	33.05"		3	2
2A	28	Tsao Christie Ga-Jing	6	2	33.24"		4	5
3C	3	Chan Cheuk Lok Charlotte	1	5	34.37"		5	1
2A	19	Mah Tak Shuen (Sylvia)	5	2	35.12"		6	6

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A Grade Shot Put

Standard: 6.30M

School Record: 7.86M

Class	No	Name	Distance	Record	Rank
4C	19	Lam Yung Wai (Gloria)	5.882M		1
4A	1	Au Sin Yu (Maggie)	5.722M		2
7B	12	Lam Hiu Tung Janet	5.722M		2
6B	10	Ko Wing Man (Wing)	5.690M		4
5B	1	Chau Yuen Nam (Ronda)	5.444M		5
5B	25	Yiu Yin Ki Veronica	5.354M		6

A Grade High Jump

Standard: 1.26M

School Record: 1.40M

Class	No	Name	Distance	Record	Rank
5A	22	Ngai Wai Yan (Charlie)	1.1M		1
5C	4	Chan Ying (Crystal)	1.1M		1
5C	5	Cheung Ching Yan (Kylie)	1.1M		1
5D	4	Chau Yan Yu Angel	1.1M		1
5D	27	Tang Ching Hin (Matilda)	1.1M		1
6B	16	Leung Chung Man (Jasmine)	1.1M		1
6C	19	She Christy Yan Yue	1.1M		1

B Grade Soft Ball

Standard: 34.30M

School Record: 42M

Class	No	Name	Distance	Record	Rank
3C	18	Ko Wai Yan Alicia	35.50M	Standard	1
2B	8	Chow Jolie	33.06M		2
3D	30	Yiu Ching Lam (Janna)	26.38M		3
3E	6	Chow Kei Yee (Poby)	25.55M		4
3A	6	Chan Wing Yan Vianne	24.80M		5
1B	26	Leung Ho Mei (Joyce)	22.72M		6

St. Paul's Secondary School
Sports Day Heats 2011-2012

A Grade 200M

Standard: 33.00"

School Record: 27.94"

Class	No	Name	Heat	Lane	Time	Record	Rank	Lane in Final
4C	37	Yuen Wing Tung (Agatha)	6	1	29.75"	Standard	1	3
7B	10	Kwan Ka Yi (Natalie)	4	6	33.12"		2	4
5E	22	Tsui Ka Kei (Kristy)	2	4	33.14"		3	2
5A	9	Chu Tsz Wa Ellen	5	2	35.21"		4	5
4D	22	Leung Ho Yan (Joyce)	2	2	35.58"		5	1
7AA	4	Cheng Swiss	5	5	35.87"		6	6

A Grade Long Jump

Standard: 3.80M

School Record: 4.35M

Class	No	Name	Distance	Record	Rank
5C	22	Leung Cheuk Yu (Coco)	3.77M		1
4E	11	Chiu Tsz Ying (Crystal)	3.53M		2
6B	8	Kan Lok Yan (Roze)	3.53M		3
5C	5	Cheung Ching Yan (Kylie)	3.50M		4
5D	20	Li Tze Wei (Cherry)	3.45M		5
4D	20	Lam Wing Tung (Winnie)	3.38M		6

B Grade 60M

Standard: 9.30"

School Record: 8.28"

Class	No	Name	Final	Lane	Time	Record	Rank	Lane in Final
1A	21	Leung Tsz Wan (Michelle)	1	3	9.12"	Standard	1	3
3C	15	Ho Wai Ching Teresa	1	4	9.22"	Standard	2	4
3A	28	Ng Chin Ching (Edwina)	1	2	9.22"	Standard	3	2
2C	9	Koo Sze Ming Anna	2	5	9.24"	Standard	4	5
2B	4	Cheung Jessie Tin Wing	2	1	9.27"	Standard	5	1
2D	1	Chan Wing Sze Vincy	2	6	9.44"		6	6

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B Grade Shot Put

Standard: 6.20M

School Record: 9.09M

Class	No	Name	Distance	Record	Rank
3E	6	Chow Kei Yee (Poby)	6.394M	Standard	1
3D	31	Yu Hiu Ching (Bobo)	5.768M		2
3D	5	Fu Tsing Lam (Melissa)	5.642M		3
1B	22	Lam Yen Yuon (Sylva)	5.422M		4
3B	23	Leung Ka Shin Leona	5.314M		5
3B	33	Wong Man Yi Rachel	5.022M		6

A Grade 400M

Standard: 1'20.00"

School Record: 1'09.00"

Class	No	Name	Heat	Lane	Time	Record	Rank	Lane in Final
6B	13	Lai Yi Kiu (Zoe)	3	4	1'21.52"		1	3
5E	22	Tsui Ka Kei (Kristy)	6	3	1'23.41"		2	4
4C	25	Ma Lok Hang (Priscilla)	4	1	1'25.21"		3	2
4B	6	Chow Sin Ying Serena	2	1	1'26.42"		4	5
7AA	16	Tam Hoi Man (Helen)	3	5	1'28.01"		5	1
6A	15	Ho Gwenji Billie	1	4	1'28.72"		6	6

B Grade High Jump

Standard: 1.22M

School Record: 1.31M

Class	No	Name	Distance	Record	Rank
1C	7	Cheng Tin Wing (Esther)	1.05M		1
2E	6	Cheung Yi Lam Elin	1.05M		1
2E	19	Li Qing (Azura)	1.05M		1
3A	8	Chiu Tiffany Pui Wan	1.05M		1
3B	30	Tjhin Anna	1.05M		1
3C	3	Chan Cheuk Lok Charlotte	1.05M		1
3C	9	Chiu Yee Cheng (Eunice)	1.05M		1

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B Grade 400M

Standard: 1'23.00"

School Record: 1'11.00"

Class	No	Name	Heat	Lane	Time	Record	Rank	Lane in Final
2E	16	Lam Oi Man (Amelia)	5	4	1'21.24"	Standard	1	3
2A	28	Tsao Christie Ga-Jing	2	3	1'21.65"	Standard	2	4
2B	13	Ip Tsz Ching Cherrie	3	3	1'21.65"	Standard	3	2
3A	21	Lam Wai Ching (Joanna)	1	5	1'23.24"		4	5
1D	11	Lam Chi Ching (Cecilia)	2	2	1'31.01"		5	1
1C	18	Hsu Ka Wan (Sally)	5	1	1'31.44"		6	6

A Grade Discus

Standard: 15.00M

School Record: 21.87M

Class	No	Name	Distance	Record	Rank
6A	25	Lo Long Kiu Peace	15.24M	Standard	1
6B	10	Ko Wing Man (Wing)	15.24M	Standard	1
7B	12	Lam Hiu Tung Janet	14.92M		3
6E	19	Siu Lok Man (Lian)	14.56M		4
5B	1	Chau Yuen Nam (Ronda)	14.17M		5
6D	22	Li Joanne Yun	13.07M		6

A Grade 4x100 Relay

Standard: 1'02.00"

School Record: 57.86"

Class	Heat	Lane	Time	FALSE	Rank	Lane in Final
4C	3	1	1'00.31"	Standard	1	3
6C	1	5	1'04.34"		2	4
4D	1	2	1'04.65"		3	2
6B	3	4	1'05.01"		4	5
4A	1	1	1'05.90"		5	1
5B	1	3	1'06.46"		6	6

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B Grade 4x100M

Standard: 1'03.00"

School Record: 59.94"

Class	Heat	Lane	Time	Record	Rank	Lane in Final
2B	1	3	1'03.65"		1	3
2A	3	2	1'04.22"		2	4
3B	3	4	1'04.74"		3	2
3E	3	5	1'05.62"		4	5
3A	2	4	1'05.82"		5	1
3C	1	5	1'06.14"		6	6

A Grade Javelin

Standard: 15.00M

School Record: 25.50M

Class	No	Name	Distance	Record	Rank
4D	24	Li Hoi Ting Heidi	15.34	Standard	1
5A	20	Ma Ho Yee (Vanessa)	15.26	Standard	2
6B	3	Cheung Pui Ling Pauline	14.00		3
5B	10	Lam Hau Yin (Howie)	13.54		4
6A	1	Chan Austine Sze Chai	12.55		5
7AS	22	Tsui Sien Yue Angela	12.48		6