

LINGNAN UNIVERSITY



***SPORTS DAY
2026***

 **Date: 5 February 2026**

 **Time: 09:00–17:30**

 **Venue: Pan Sutong Sports Ground**

 **Enrolment Deadline: 11 January 2026**

Apply now



Individual Event



Relay



Helper



Website

 **2616 7026**

 **osa-pe@LN.edu.hk**

Lingnan University Sports Day 2026

嶺南大學陸運會 2026

Appeal Committee 上訴委員會

Mr. KENG Yat Chuen Roy 耿溢泉先生(總裁判長)

Mr. HO Hon Hin, Harrison 何漢軒先生(徑項裁判長)

Mr. Yip Nga Wing, Allen 葉雅榮先生(田項裁判長)

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Opening Ceremony 開幕禮

1. Oath-taking by Athlete Representatives

運動員代表宣誓

Closing Ceremony 閉幕禮

1. Alma Mater Song 唱校歌

2. Prizes Presentation 頒獎

嶺南校歌

平原廣闊 瞭近目前 江水流其間
群邱遠繞 恆為障護 奮前莫畏難
母校屹立 風波不搖 佳氣承遠方
地美人娛 乃祖所賜 愛保兩勿忘
韶光幾度 花娛鳥樂 飽受春風雨
使我樂輸 黃金時刻 基爾高翼序
當前百事 待儂擔負 不怕半途廢
壯我胸懷 得如昔在 母校光風裡

Oath-taking by Athlete Representatives 運動員代表誓詞

余等謹以至誠，本奧林匹克運動精神，勝不驕，敗不餒，
遵守大會一切之規定，服從裁判之判決，以公平競爭的態度，
盡己所能參與各項賽事。

（運動員姓名）謹誓

Guest List 嘉賓名單

Prof. QIN Si Zhao Joe 秦泗釗 教授	President
Prof. CHAN Raymond 陳漢夫 教授	Vice-President (Academics) cum Provost
Prof. YAO Xin 姚新 教授	Vice-President (Research and Innovation)
Mr. CHAN Chi Man Ernest 陳志民 先生	Vice-President (Administration)
Prof. LI Dong Hui 李東輝 教授	Associate Vice-President (Experiential Learning Projects)
Prof. BARNES Bradley R	Special Advisor to President on Internationalization and Director of Global Education
Mr DU Yike 杜毅珂 先生	Council Member (Student Member)
Prof. CHEN Xi 陳曦 教授	Dean of the Wu Jieh Yee School of Interdisciplinary Studies
Ms. SHEN Tingting Ivy 沈婷婷 女士	Head of Office of National Engagement
Ms. NG Wai Ming Irene 伍慧明 女士	Director of Student Affairs
Prof Albert KO 高永賢教授	Director of Office of Service-Learning
Dr. LAM Mei Chun Louisa 林美珍 博士	Chief Information Officer and University Librarian
Mr WONG Chiu Lung Dennis 黃朝龍 先生	Director of Office of Campus Development and Management
Prof. AMOAH Padmore Adusei 柏墨 教授	Warden of William M W Mong Hall The Bank of East Asia Hall (A)
Prof. FONG Jonathan 方健恩 教授	Warden of Wong Hoo Chuen Hall (WHC)

List of Sports Day Officials 大會工作人員名單

Director 賽事總監：Ms. LAW Sze Ida 羅思女士

Chief Judge 總裁判長：Mr. KENG Yat Chuen Roy 耿溢泉先生

Chief Track Judge 徑項裁判長：Mr. HO Hon Hin, Harrison 何漢軒先生

Chief Field Judge 田項裁判長：Mr. Yip Nga Wing, Allen 葉雅榮先生

Marshal 召集	Ms. LIN Chiu Ngan Foris 連肖顏女士
	Ms. LEE Yan Yee Yammi 李欣嫻女士
Chief Starter 發令長	Mr. HO Hon Hin Harrison 何漢軒先生
Chief Finish Judge 終點裁判長	Ms. Chan Hoi Ching, Kyle 陳愷晴女士
First takeover zone Umpire 第一接棒區檢察	Mr. LI Shui Man 李瑞文先生
Second takeover zone Umpire 第二接棒區檢察	Mr. TSUI On Tik 徐安滴先生
Third takeover zone Umpire 第三接棒區檢察	Mr. Yip Nga Wing, Allen 葉雅榮先生
Chief Timekeeper 計時長	Mr. KWOK San Kin Kyle 郭燊堅先生
Chief Field Judge 田項裁判長	Mr. Yip Nga Wing, Allen 葉雅榮先生
Chief Shot Put Judge 鉛球裁判長	Mr. LI Shui Man 李瑞文先生
Chief High Jump Judge 跳高裁判長	Mr. TSUI On Tik 徐安滴先生
Chief Long Jump & Triple Jump Judge 跳遠及三級跳遠裁判長	Mr. WONG Sui Wai 黃瑞偉先生
Announcer 宣佈	Mr. Jonathan CHAU Koon Sun 周冠伸先生
Recorder 成績紀錄	Ms. KWOK Ka Yan Scully 郭嘉欣女士
	Ms. CHAN Ho Lam Kit 陳可霖女士
Registry 登記	Ms. CHAN Mei Chi Gigi 陳美芝女士
	Ms. LEUNG Long Ni 梁朗妮女士
Attendant 場務	Mr. KENG Yat Chuen Roy 耿溢泉先生

Ceremony 典禮	Mr. CHEUNG Hok Him, Nelson 張學謙先生
	Dr. HO Muk Mang Niki 何沐萌博士
	Ms. LI Ming Wai Jessica 李明惠女士
	Mr. Yip Nga Wing, Allen 葉雅榮先生
	Mr. CHAN Kei Tat Derek 陳其達先生
Master of Ceremonies 司儀:	Mr. FOK Chun Yin Edwin 霍雋彥先生
Reception 接待	Ms. LAW Collia 羅凱欣女士
	Ms. Sarah NG 伍倚祈女士
	Ms. CHAN Ho Ying Amy 陳可瑩女士
Photography 攝影	Flowbits Studio 日嚙攝影工作室
First-aid 救傷	Hong Kong St. John Ambulance 香港聖約翰救傷隊

List of Student Helper 學生工作人員名單

Marshal 召集		
GAO Jiaying		高佳穎
LING Wai Mui		凌慧梅
MO Yawen		莫雅雯
OR Chun Hin Justin		柯俊軒
SHUM Sheung Ching		岑上正
XIE Yu Chen		謝雨宸
YANG Chun Nan		楊春楠
ZHANG JIAHAO		張嘉豪
Starter 發令員		
Kan Man Chung		簡汶聰
Li Yiu Hei Adrian		李耀熙
TSENG_LAU Luke		
WEI ZI YI		魏梓壹
ZHOU Ben Hui		周本輝
Finish Judge 終點裁判員		
Ding jin cheng		丁錦程
ISAKOVA Nodirabegim		麗沐雅
WANG CHONH YAN		王崇妍
WANG Yun Jie		王蘊洁
Wang Zi Yi		王紫衣
XIA Michelle		夏小米
XIONG Jing Yi		熊靜怡
XU Si Qi		徐思齊
ZHOU Jia Hui		周嘉慧
ZHUMAZHAN Dilda		N/A
Timekeeper 計時員		
CHEN yi xuan		陳奕璇
CHAN San Leung		陳燊亮
CHEUNG Chi Hin		張智軒
FAN Shu Yi		樊舒伊
GUO Chenfei		郭晨菲
HUANG LUCKILIA		黃吉鈺

LEE SAI HO CEDRIC	李世皓
LEI Ruomu	雷若木
LI Guang Yi	李光懿
NWOSU Clinton	N/A
OMOLE Victor	N/A
OPOKU ERIC	NA
RAI Surjan Rai	N/A
TO Wing Sze	杜詠詩
WANG Huilin	王慧林
XIONG Yi Jing	熊忆菁
YE Wing Yu	葉詠渝
Zeng Hui Min	曾惠敏
Zhao Weiyu	赵尉佑
ZHOU Ming Zhu	周明珠

Third takeover zone Umpire 第三棒區檢察

FENG Huibo	冯惠博
LAU Yu Hin	劉雨軒
LIU Junchen	刘俊辰
NI Tian Ming	倪天铭

Shot Put Judge 鉛球裁判員 (a.m.) / First takeover zone Umpire 第一棒區檢察 (p.m.)

CHAN Yat Hong	陳一匡
CHAN Lok Sze	陳樂詩
WONG Yuk Hei	黃旭晞
ZHAO Xi Nan	赵习楠
ZHONG Zhi Heng	钟志恒
ZHU Xing Yi	朱星怡

High Jump Judge 跳高裁判員 (a.m.) / Second takeover zone Umpire 第二棒區檢察 (p.m.)

DENG Zhi Yin	邓芷茵
JIANG Lingzhi	蒋凌志
LUO Qin Yi	骆秦亦
Makhambetaliyeva Zhansaya	N/A
SUN Sun Chi Hin	孫志軒
WANG YIFEI	王亦菲

Long Jump & Triple Jump Judge 跳遠及三級跳遠裁判員

AREEBA SYED	NA
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BALTABEK Amir sultan	N/A
He Pei	何沛
OLZHABAY Aruzhan	N/A
WU Sihan	吳思翰
YANG Jia Hao	杨家豪
Master of Ceremonies 司儀	
CHAN Yee Kiu	陳依翹
CHEUNG Siu Ki	張筱琪
Ceremony 典禮	
BULAT Indira	N/A
CHAN Pak Yu Paxton	陳柏榆
CHANG XIA Clara	常霞
CHEN Xiao Yan	陳曉妍
EVERSTOVA Tatiana	N/A
LIN QiuLing	林秋伶
Liu Nian	刘念
Man Kam Shing	文金城
PENG Yang Han	彭杨涵
WANG Siqi	王思淇
Reception 接待	
FAN Pui Kwan	樊佩君
LEE Wai Ning	李慧寧
LU WANG KAM	盧泓錦
WONG Tsz Ying	黃芷瑩
Recorder 成績紀錄	
Chan Siu Kong	陳兆剛
CHAN Tsz Ho	陳子浩
CHEN Min Chang	陈敏嫦
CHEN TianQi	陈天琪
Chen Yuwen	
CHENG Ka Lai	鄭嘉麗
HU Kelsey	胡馨月
JIANG Jia Ying	蒋佳颖
JIANG Jin Ping	蒋锦婷
WANG Zixuan	王梓萱

Announcer 宣佈

KONG Chui Man	江翠雯
LIN Yong Zhi	林咏芝
WANG Hong Jin	王泓瑾
ZHAO Hua	趙華

Registry 登記

CHEN Sau Ping	陳秀平
CHEN SIQING	陳思晴
CHEN Xintong	陈辛桐
Cheng Yan Hei	鄭欣希
CHOW Chun To Iris	鄒臻陶
GUAN JIN YI	管晋翊
NG Wai Ching	吳瑋晴
ZHANG Xinyun	张馨云

Attendant 場務

CHEN Yuhan	陈昱涵
CISSONPOWELL Ahjanae Lashay	N/A
He Yuping	何玉苹
HOU BINGBING	侯冰冰
HUANG Jia Xin	黄佳欣
HUANG Sizhe	黄思哲
HUANG Zi Xuan	黃子璇
Kwan Cheuk Ki	關卓棋
LEUNG Cheuk Ting	梁綽婷
LIU RUNYU Reina	劉潤妤
MA Yue Chuan	马悦川
MENJEYU Aisha	N/A
NASEEB Fatima	N/A
SHAIBU Peter	N/A
ZHENG Yee Man	鄭依曼

General Rules

1. Eligibility Requirements

Lingnan University and Lingnan Institute of Further Education - Full-time Students and Staff Members

2. Competition Event

2.1) Track Event:

- Men's: 110mH, 100m, 200m, 400m, 800m, 1500m & 3000m
- Women's: 100mH, 100m, 200m, 400m, 800m, 1500m & 3000m

2.2) Field Event:

- Men's: Shot Put, Discus, High Jump, Long Jump & Triple Jump
- Women's: Shot Put, Discus, High Jump & Long Jump

2.3) Relay Event:

a) Score to be counted in Overall Champion:

- Men's and Women's 4x100m and 4x400m Inter-faculty Relay Event (Each faculty may enter only one team in each event.)

b) Score not to be counted in Overall Champion:

- 4x100m Student Society, Sports Team and Open Relay Event (Regardless of gender)
- 4x100m Staff Relay Event (3 Men and 1 Woman) (If the participants are not 3 men and 1 woman, the result will be adjusted as follows.)
 - * 4M0W plus 3 seconds; 2M2W minus 3 seconds; 1M3W minus 6 seconds; 0M4W minus 9 seconds
- Men's and Women's 4x100m Hostel Relay Event (Each hostel may enter only one team in each event.)

c) Relay event teams are required to wear the same color T-shirts

3. Regulations

3.1) Unless otherwise stated, World Athletics rules shall apply.

3.2) Each participant may enroll in a maximum of 3 individual events (Either 2 fields & 1 track or 2 tracks & 1 field), excluding relay events.

3.3) 100m, 200m & 400m will be run on a Heats* and Final basis. The 6 best times in heats will be qualified for finals. Finalists will be seeded in lanes according to times as follows:

Finals Lane	1	2	3	4	5	6
Heats Position	5	3	1	2	4	6

* If 6 or less competitors report to the marshal on heats, the event will be declared a straight final immediately.

3.4) 100mH, 110mH, 800m, 1500m & 3000m will be run as a straight final.

3.5) Athletes who have made a false start shall be disqualified from the competition immediately.

3.6) A combined 3000m event will be held when both male and female athletes will run in the same race. The results of participants will be recorded separately in Men's group and Women's group.

3.7) In field events except High Jump, the 6 best results in Heats will be qualified for finals.

3.8) When there are more than 15 participants in Shot Put, Discus, Long Jump and Triple Jump, 2 trials will be given in heats and 3 trials will be given in finals.

3.9) If the total number of participants/teams enrolled in any events is less than three after the enrollment deadline, the event will be cancelled.

4. Points and Prizes

4.1) Positions Points are as follows:

Position	1	2	3	4	5	6
Individual Event	7	5	4	3	2	1
Relay Event	14	10	8	6	4	2

4.2) The participants/ teams who have participated in the individual event and relay event will score 1 point and 2 points respectively.

4.3) The participants/ teams who have broken a record will score 2 points.

4.4) Medals will be awarded to the top 3 places in individual and relay events.

4.5) Men's and Women's Individual Champion: A trophy will be awarded to the highest points' participant in individual events. If 2 or more participants accumulate the same points, the one who holds more first places will win; The same method applies until the third places are determined. If all the results are the same, the one who breaks more records will win; If all the results are the same, it will be double overall champion.

4.6) Overall Champion: A pennant and an extra trophy which can be kept for a year will be awarded to the 3 highest points' faculties in all events. If 2 or more faculties obtain the same points, the scoring method is the same as (4.5).

5. Equipment

5.1) Information on the specification of equipment:

Event	Men's	Women's
Shot Put	7.26kg	4.00kg
Discus	2.00kg	1.00kg
110mH	1.067m	-
100mH	-	0.84m

5.2) Triple Jump athletes should use 9 meters take-off board.

5.3) The starting height for the Men's High Jump is 1.35m. The bar will be raised at 0.05m intervals until 1.55m and at 0.03m intervals thereafter. The starting height for the Women's High Jump is 1m. The bar will be raised at 0.05m intervals until 1.10m and at 0.03m intervals thereafter.

6. Protests & Appeals

6.1) Any protests or appeals should be submitted in writing and a deposit of HKD\$200 within 30 minutes after the announcement of the results of that particular event.

6.2) The deposit will be refunded if the appeal is upheld.

7. Others

7.1) If the sports day is cancelled due to inclement weather, the re-arrangement will depend on the circumstances later.

- 7.2) Amendments of the rules/regulations may be made if needed by the Organizer.
- 7.3) If there is any inconsistency or ambiguity between the English version and the Chinese version, the Chinese version shall prevail.

Updated on 5 Feb 2025

比賽章程

1. 參賽資格：嶺南大學及嶺南大學持續進修學院 – 全日制學生及全職教職員

2. 比賽項目

2.1) 徑賽：

- 男子：110 米欄、100 米、200 米、400 米、800 米、1500 米及 3000 米
- 女子：100 米欄、100 米、200 米、400 米、800 米、1500 米及 3000 米

2.2) 田賽：

- 男子：鉛球、鐵餅、跳高、跳遠及三級跳遠
- 女子：鉛球、鐵餅、跳高及跳遠

2.3) 接力賽：

a) 計算團體分之項目：

- 男子、女子 4x100 米及 4x400 米院際接力賽（每學院每項接力賽只可派一隊）

b) 不計算團體分之項目：

- 4x100 米學生組織、校隊及公開接力賽（男女不限）
- 4x100 米教職員接力（三男一女）（如參賽者非三男一女，成績將作以下方法算。）
* 四男零女加三秒；二男二女減三秒；一男三女減六秒；四女零男減九秒
- 男子、女子 4x100 米舍際接力賽（每宿舍只可派一隊參加）

c) 接力隊伍需穿著一致顏色上衣

3. 賽規

3.1) 除賽會特別訂明外，其他規則一律採用最新世界田徑聯會編訂之規則。

3.2) 每位參賽者最多可參加三項個人項目（兩田一徑或兩徑一田），接力賽則不在此限。

3.3) 100 米、200 米及 400 米，分初賽*及決賽；初賽首 6 名最佳成績者可進入決賽，決賽線道編排如下：

決賽線道	1	2	3	4	5	6
初賽名次	5	3	1	2	4	6

* 若初賽結束召集時，只有 6 名或以下運動員檢錄，將即時進行決賽。

3.4) 100 欄、110 米欄、800 米、1500 米及 3000 米賽事直接計時決賽。

3.5) 任何偷跑的運動員將會即時被取消該項目的比賽資格。

3.6) 田賽項目（跳高除外）初賽最佳成績之首 6 名運動員或與第 6 名成績相同之運動員可進入決賽。

3.7) 鉛球、鐵餅、跳遠及三級跳遠，若實際報到參賽人數超過 15 人，初賽只有兩次試擲/跳。決賽仍保持三擲/跳。

3.8) 截止報名後，個人項目少於三人或接力項目少於三隊報名之賽事，將被取消。

4. 計分方法及獎項

4.1) 名次得分如下：

名次	1	2	3	4	5	6
個人項目	7	5	4	3	2	1
接力項目	14	10	8	6	4	2

4.2) 凡出席參與該項賽事之運動員或接力隊伍，個人項目可得 1 分，接力項目可得 2 分。

4.3) 凡於該項賽事破紀錄之運動員或接力隊伍，可得 2 分。

4.4) 個人及接力項目前三名者皆可獲獎牌乙面。

4.5) 男子及女子個人全場冠軍：所有個人項目總分最高之參加者，可獲獎盃乙座。如遇總分相同，金牌數多者為勝，如此類推至銅牌；如仍相同，以破紀錄項目多者為勝；如仍相同，則並列冠軍。

4.6) 團體總錦標：所有項目總分最高之首三隊學院，可獲錦旗乙面及可保存獎盃一年。如遇總

分相同，處理方法與（4.5）相同。

5. 比賽器材

5.1) 比賽器材規格：

項目	男子	女子
鉛球	7.26 公斤	4.00 公斤
鐵餅	2.00 公斤	1.00 公斤
百一米欄	1.067 米	-
一百米欄	-	0.84 米

5.2 三級跳遠項目運動員需要使用 9 米起跳板。

5.3 男子跳高起跳高度為 1.35 米，每次升幅為 0.05 米；1.55 米以後則為 0.03 米。女子跳高之起

跳高度為 1 米，每次升幅為 0.05 米；1.10 米以後則為 0.03 米。

6. 抗議及上訴

- 6.1) 所有抗議及上訴，須於成績公佈後 30 分鐘內，以書面方式連同保證金港幣貳佰圓正，提交賽會處理。
- 6.2) 若上訴成功，保證金將予以退還。

7. 其他

- 7.1) 如比賽該日因惡劣天氣而取消，補賽將會視乎情況而安排。
- 7.2) 本比賽章則如有未盡善之處，賽會得隨時修訂。
- 7.3) 如中、英文兩個版本有任何抵觸或不相符之處，應以中文版本為準。

更新於 2025 年 2 月 5 日

Notices to Athletes

1. Athlete must wear suitable sportswear and hang on the number bib on chest before the competition. **(Number bib can be collected at the Registry counter).**
2. Reporting procedures for athletes:
 - a Athletes must complete the registration procedures within the reporting time. Athletes who participate in **track events** should report to the Marshal Area. Athletes who participate **field events** should report to the field event judges at the competition venue. (Please refer to the programme booklet for **the reporting time.**)
 - b Athlete who fails to report on time will be regarded as absence and withdrawal.
 - c The athlete who is competing in field event and needs to participate in track event, he/she **should obtain the leave approval from the relevant field judges.**
 - d If the track and field events are held one after another or simultaneously, athlete **must report to the Marshal Area (Track event) first,** and then report to the official (field event) and apply for leave. Athlete must pay attention to progress of the field events have signed up for. Upon completion of your track event, athlete must report to the official of the field event immediately and continue the competition.
 - e If the athlete returns to the relevant field to report after the completion of the field event or when the ranking has been determined, the qualification of the athlete will be forfeited.
3. Athlete who has made a false start will be disqualified from the competition immediately.
4. Athletes (except Shot Put, Discus and High Jump) may borrow the spiked shoes by presenting **Student ID card and Number Bib** at the equipment counter, on a first-come-first-served basis. The shoes must be **returned immediately after the competition.**
 - Athletes who borrow spikes shoes during the morning session, must return it **before 12:15** – otherwise **an overdue fine of HK\$100** will be charged.
 - Athletes who borrow spikes shoes during the afternoon session, must return it **before 16:30** – otherwise **an overdue fine of HK\$100** will be charged.
5. All non-competitors are not allowed to enter the competition venue.
6. No one shall draw or affix any marks on the competition field.

運動員須知

- 一、 所有參賽者必須穿著合適運動服及於胸前掛上號碼布方能出賽（運動員號碼布可於登記處領取）。
- 二、 運動員檢錄程序：
 1. 運動員必須於檢錄時間內完成報到手續。徑項運動員向檢錄處報到；田項運動員直接在比賽場地報到。（檢錄時間表請參閱場刊）
 2. 運動員若沒有準時到各場地檢錄，將被視作缺席及棄權論。
 3. 正進行比賽的田賽運動員如需要參加徑賽項目，必須先向有關田賽裁判請假，方可離開。
 4. 若運動員參加的徑賽及田賽項目是接連或同時舉行，運動員必須先向徑賽項目報到，再到田賽場地檢錄及請假。運動員必須自行留意其缺席之田賽項目進行情況，並於完成徑賽項目後，立即返回田賽場地向裁判員報到及繼續比賽。
 5. 若運動員於田賽項目完結或已定出成績名次時方返回有關田賽場地報到，其參賽資格將會喪失。
- 三、 如出現起跑犯規情況，運動員將會即時被取消該項目的比賽資格。
- 四、 運動員（鉛球、鐵餅及跳高項目除外）可親自帶同學生証及運動員號碼布，到場地器材組借用釘鞋。**惟數量有限，先到先得**。所借用之釘鞋須於賽後立即歸還器材組。
 - 上午時段借用釘鞋的運動員，若於下午 12:15 仍未歸還，將罰款港幣一百元正；
 - 下午時段借用釘鞋的運動員，若於下午 16:30 仍未歸還，將罰款港幣一百元正。
- 五、 所有非參賽者，不得擅進比賽場地。
- 六、 任何人仕不得在比賽場地內劃上或貼上任何記號。

Best Records 大會紀錄

	Men			Women		
Event	Record	Name	Year	Record	Name	Year
100M	10.53	Lam Yiu Ming (MIBS)	1996	12.74	余凱然 (BAS)	2013
200M	22.09	楊偉剛 (SBF)	1999	27.46	梁曉彤 (BA)	2015
400M	53.75	吳永濠 (SIS)	2025	01:04.7	利詠妍 (LIFE)	2019
800M	02:09.7	鄭詠聰 (LIFE)	2019	02:32.3	利詠妍 (LIFE)	2019
1500M	04:31.6	余德偉 (LIFE)	2025	06:15.1	Mariana SILVA (BSS)	2011
3000M	10:15.7	黃朗熙 (BBA)	2018	13:15.1	Mariana SILVA (BSS)	2011
110M Hurdles	15.91	Mok Wai Bun (SBF)	1997	---		
100M Hurdles	---			17.51	余凱然 (BAS)	2013
Discus	27.95m	魏彰 (LIFE)	2025	24.52m	胡凱瑤 (SIS)	2025
Javelin	41.22m	Yao York Fai (MA)	1992	29.70m	Yung Ching Yee (BAC)	1998
Shot Put	10.63	滕梓源 (BSS)	2009	9.13m	Tsang Chui Ping (MIBS)	1996
High Jump	1.82m	周安傑 (CC)	2005	1.44m	丘敏芝 (CHIN)	2004
Long Jump	6.36m	Li Yiu Wa (BSS)	1997	5.21m	梁曉彤 (BA)	2015
Triple Jump	12.85m	余曦陽 (BBA)	2012	-		
4x100M Relay	47	SBF	1997	57.49	高綺蔓 李沚螢 梁曉彤 梁碧珊 (BA)	2017
4x400M Relay	03:46.4	賴浚愷 馮希昊 吳永濠 黃錫安 (SIS)	2024	04:59.8	季芷晴 利詠妍 秦曉琳 植綺華 (LIFE)	2019

Other Relay			
Event	Record	Name	Year
4x100M 公開接力	45.98	史上最快田徑飛人隊	2015
4x100M 校隊接力	45.96	田徑隊	2015
4X100M 屬會接力	51.24	跆拳道	2015
4x100M 教職員接力	56.34	OSA	2024
4X100M 女子宿舍接力	59.37	William M. W. Mong Hall 東亞堂 The Bank of East Asia Hall (A)	2014
4X100M 男子宿舍接力	47.71	Lam Woo Hall (D)	2014

Event Schedule 賽程表

Event No.	Time	Marshal		Men's		Women's		Heat / Final
		Start	End	Track	Field	Track	Field	
	9:30	Assembly (AM session)						
	10:00	Opening Ceremony						
1	10:10	9:55	10:05				High Jump	Final
2							Shot Put	Final
3					Long Jump			Final
4				200m				Heat
5	10:20	10:05	10:15			200m		Heat
6	10:30	10:15	10:25	1500m				Final
7	10:40	10:25	10:35			1500m		Final
8	10:50	10:35	10:45	400m				Heat
9	11:00	10:45	10:55			400m		Heat
10	11:10	10:55	11:05	100m				Heat
11	11:15	11:00	11:10			100m		Heat
12	11:20	11:05	11:15				Long Jump	Final
13					High Jump			Final
14					Shot Put			Final
15				800m				Final
16	11:25	11:10	11:20			800m		Final
17	11:35	11:20	11:30	400m				Final
18	11:40	11:25	11:35			400m		Final
19	11:45	11:30	11:40	200m				Final
20	11:50	11:35	11:45			200m		Final
	12:00	Prize Presentation						
	13:30	Assembly (PM session)						
21	14:00	13:45	13:55		Triple Jump			Final
22				100m				Final
23	14:05	13:50	14:00			100m		Final
24	14:10	13:55	14:05			4x400m Inter-faculty Relay		Final
25	14:20	14:05	14:15	4x400m Inter-faculty Relay				Final
26	14:30	14:15	14:25	4x100m Sports Team Relay				Final
27	14:40	14:25	14:35	4x100m Open Relay				Final
28	14:50	14:35	14:45	4x100m Society Relay				Final
29	15:00	14:45	14:55	3000m				Final
30	15:10	14:55	15:05			3000m		Final
31	15:25	15:10	15:20			4x100m Inter-faculty Relay		Final
32	15:35	15:20	15:30	4x100m Inter-faculty Relay				Final
33	15:45	15:30	15:40	4x100m Staff Relay				Final
34	15:55	15:40	15:50			4x100m Inter-hostel Relay		Final
35	16:05	15:50	16:00	4x100m Inter-hostel Relay				Final
	16:20	Closing Ceremony & Prize Presentation						

List of Participants 參賽名單

Event 1	10:10	Women's High Jump	Marshal	09:55	
Order	No.	Name	Order	No.	Name
1	AF01	CHAN Yuen Yin	3	BF02	GAO Wanxin
2	AF03	CHUNG Ka Po	4	SF06	LO Tse Tsing
Event 2	10:10	Women's Shot Put	Marshal	09:55	
Order	No.	Name	Order	No.	Name
1	WF01	CHEN Pengru	16	AF07	WANG Huilin
2	WF02	CHEN Zhirong	17	WF13	WANG Jun
3	LF02	CHENG Wing Sze	18	WF14	WANG Sai
4	AF02	CHU Tsz Hei	19	AF08	WONG Yi Lin
5	WF05	GUO Jinyue	20	BF07	WONG Yin Yin
6	BF03	HUI Ming Wai	21	WF15	WOO Ho Yan
7	SF03	LAM Wing Tung	22	WF16	XIA Xin
8	WF07	LAM Yan Lok	23	SF10	YEUNG Yan Tung Janice
9	BF04	LI Sze Yin	24	WF17	YIN Yunquan
10	WF10	MIAO Chujin	25	WF18	YU Anqi
11	WF11	NI Jiamin	26	WF19	YU Hiu Ching
12	SF07	PANG Hoi Lee	27	OF02	ZENG Tingyu
13	OF05	SHI Xinyi	28	WF21	ZHANG Yuling
14	BF05	SO NARVAEZ Hang	29	SF11	ZHAO Yuqing
15	LF07	TRAN Suet Yee	30	WF23	ZHOU Yuxin
Event 3	10:10	Men's Long Jump	Marshal	09:55	
Order	No.	Name	Order	No.	Name
1	LM11	CHAN, MAN YUET	10	AM07	NWOSU Clinton Innocent Chinedu
2	BM02	FOK Tsz Yui	11	DM05	POON Wing Hong
3	AM04	FU Qidong	12	WM26	TANG Wenhan
4	WM05	HO Lap Yin	13	BM11	TSUI Chun Lok
5	SM04	JARN Sung Hei	14	WM32	YAN Yuhan
6	WM08	LAM Chung Yin	15	WM35	YEUNG Kam Ho
7	SM10	MENLIKUL Nurmukhamet	16	LM10	YU Tak Wai
8	WM20	MOK Kam Ming	17	BM14	ZHANG Kaijun
9	LM05	NG Pak Sin			

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Event 4	10:10	Men's 200m (Heat)	Marshal	09:55	
Group 1 of 3					
Order	No.	Name	Order	No.	
1	WM01	CHAN Chun Hin	4	WM19	MA Guangpei
2	LM11	CHAN, MAN YUET	5	SM10	MENLIKUL Nurmukhamet
3	WM09	LAU Chak Ming	6	SM11	MONTOYA RODRIGUEZ, Cristian Camilo
Group 2 of 3					
Order	No.	Name	Order	No.	Name
1	/	/	4	WM23	SAMMARCHI Sergio
2	LM05	NG Pak Sin	5	BM11	TSUI Chun Lok
3	BM07	OGORMAN, James Grahame Scott	6	WM29	WONG Shek On Zion
Group 3 of 3					
Order	No.	Name	Order	No.	Name
1	/	/	4	WM34	YANG Zhichao
2	WM31	YANG Haiyang	5	WM36	YU Wenxuan
3	WM32	YAN Yuhan	6	BM15	ZHANG Yang
Event 5	10:20	Women's 200m (Heat)	Marshal	10:05	
Group 1 of 2					
Order	No.	Name	Order	No.	Name
1	/	/	4	SF02	KERAOUI, Aya
2	BF02	GAO Wanxin	5	LF03	LAI Wing Yi
3	AF04	GUO Yue	6	SF04	LIU Jiali
Group 2 of 2					
Order	No.	Name	Order	No.	Name
1	/	/	4	LF06	SIU Hiu Ki
2	SF05	LIU Yunyun	5	SF09	WANG Zhihui
3	GF01	LUO Wenrui	6	WF20	ZHANG Weiting
Event 6	10:30	Men's 1500m	Marshal	10:15	
Order	No.	Name	Order	No.	Name
1	WM02	CHEN Ze	10	BM06	LIANG Tsz Hin
2	LM02	CHEUNG Pui Yin	11	LM06	NG Wai Lun

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3	SM01	CHOW Kai Yi	12	DM05	POON Wing Hong
4	WM04	GAO Liangzhen	13	WM27	WANG Mingxu
5	BM03	HO Wai Choi	14	SM13	WONG Long Tin
6	WM07	KONG Zhuofan	15	SM16	YAU Yu Hin
7	AM06	LAM Yin Cho Joe	16	LM10	YU Tak Wai
8	SM06	LAW Wing Hong	17	BM13	YUEN Ka Chung
9	SM07	LI Ho Fung			
Event 7	10:40	Women's 1500m	Marshal	10:25	
Order	No.	Name	Order	No.	Name
1	LF02	CHENG Wing Sze	4	WF10	MIAO Chujin
2	OF04	GUO Jialin	5	OF06	STEPHENS CO Alice Jane
3	LF04	LAU Chui Shan	6	SF12	ZIEGLER, Cora Madeleine
Event 8	10:50	Men's 400m (Heat)	Marshal	10:35	
Group 1 of 3					
Order	No.	Name	Order	No.	Name
1	/	/	4	DM03	HUANG Zhenyang
2	AM01	BAUTISTA Edwin Jade Abenir Jr	5	WM12	LI Wenhao
3	OM01	CHAN Cheuk Long	6	WM13	LIANG Yuxin
Group 2 of 3					
Order	No.	Name	Order	No.	Name
1	/	/	4	AM08	STERK Darryl
2	WM23	SAMMARCHI Sergio	5	BM12	WONG Kin Ho
3	BM09	SHAN Yichong	6	WM28	WONG Pak Long
Group 3 of 3					
Order	No.	Name	Order	No.	Name
1	/	/	4	WM32	YAN Yuhan
2	WM29	WONG Shek On Zion	5	SM16	YAU Yu Hin
3	WM30	XIN Zihao	6	WM35	YEUNG Kam Ho
Event 9	11:00	Women's 400m (Heat)	Marshal	10:45	
Group 1 of 2					
Order	No.	Name	Order	No.	Name
1	/	/	4	BF03	HUI Ming Wai
2	BF01	CHEUNG Tin Yan	5	SF02	KERAOU, Aya
3	AF04	GUO Yue	6	/	/
Group 2 of 2					

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Order	No.	Name	Order	No.	Name
1	/	/	4	OF06	STEPHENS CO Alice Jane
2	WF08	LI Shengxian	5	WF19	YU Hiu Ching
3	SF06	LO Tse Tsing	6	BF09	YU Yunwen
Event 10	11:10	Men's 100m (Heat)	Marshal	10:55	
Group 1 of 4					
Order	No.	Name	Order	No.	Name
1	AM01	BAUTISTA Edwin Jade Abenir Jr	4	BM01	CHAN Yam Kit
2	WM01	CHAN Chun Hin	5	LM11	CHAN, MAN YUET
3	AM02	CHAN Ka Ho	6	DM01	CHEUNG Man Yim
Group 2 of 4					
Order	No.	Name	Order	No.	Name
1	AM03	DONG Deyang	4	LM03	LAW Cheuk Nam
2	BM02	FOK Tsz Yui	5	LM04	LI Tongde
3	WM09	LAU Chak Ming	6	WM13	LIANG Yuxin
Group 3 of 4					
Order	No.	Name	Order	No.	Name
1	WM18	LYU Cheng	4	LM05	NG Pak Sin
2	WM19	MA Guangpei	5	OM02	NG Tsz Huen
3	SM11	MONTROYA RODRIGUEZ, Cristian Camilo	6	BM07	OGORMAN, James Grahame Scott
Group 4 of 4					
Order	No.	Name	Order	No.	Name
1	/	/	4	LM08	TO Cheuk Kin
2	SM12	RAI Surjan	5	BM11	TSUI Chun Lok
3	WM26	TANG Wenhan	6	SM13	WONG Long Tin
Event 11	11:15	Women's 100m (Heat)	Marshal	11:00	
Group 1 of 4					
Order	No.	Name	Order	No.	Name
1	/	/	4	WF03	DU Yipeng
2	LF01	CHAN Sheung Lam	5	LF03	LAI Wing Yi
3	BF01	CHEUNG Tin Yan	6	WF06	LAI Yihan
Group 2 of 4					
Order	No.	Name	Order	No.	Name
1	/	/	4	WF09	LI Yiran
2	OF01	LAU Fan Ling	5	SF04	LIU Jiali

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3	LF05	LAU Yan Yan	6	SF06	LO Tse Tsing
Group 3 of 4					
Order	No.	Name	Order	No.	Name
1	/	/	4	GF02	SHEN Shunying
2	GF01	LUO Wenrui	5	BF06	TANG Yu
3	AF06	NI Yuehan	6	LF07	TRAN Suet Yee
Group 4 of 4					
Order	No.	Name	Order	No.	Name
1	/	/	4	WF19	YU Hiu Ching
2	SF09	WANG Zhihui	5	WF20	ZHANG Weiting
3	BF08	YEUNG Yeung	6	OF03	ZHOU Xiaohua
Event 12	11:20	Women's Long Jump	Marshal	11:05	
Order	No.	Name	Order	No.	Name
1	LF01	CHAN Sheung Lam	6	GF02	SHEN Shunying
2	BF01	CHEUNG Tin Yan	7	WF12	SHI Xinya
3	AF03	CHUNG Ka Po	8	LF06	SIU Hiu Ki
4	SF01	HUANG Yaxin	9	BF09	YU Yunwen
5	WF06	LAI Yihan			
Event 13	11:20	Men's High Jump	Marshal	11:05	
Order	No.	Name	Order	No.	Name
1	LM01	CHENG Yin	7	WM15	LIAO Shengyu
2	BM02	FOK Tsz Yui	8	SM09	LIU Ho Yu
3	AM04	FU Qidong	9	OM02	NG Tsz Huen
4	WM09	LAU Chak Ming	10	LM07	SIU Long
5	WM11	LEUNG Hoi Chun	11	LM09	WU Boxiong
6	SM08	LI Ka Hei			
Event 14	11:20	Men's Shot Put	Marshal	11:05	
Order	No.	Name	Order	No.	Name
1	DM01	CHEUNG Man Yim	15	WM17	LOK Man Ho
2	WM03	CHU Hok Ming	16	WM18	LYU Cheng
3	AM05	HAMZA Mohammad	17	DM04	MA Ruihong
4	SM03	HUNG Ho Lam	18	WM21	NGAI Long
5	SM05	LAI Tsz Kit Ricky	19	AM07	NWOSU Clinton Innocent Chinedu
6	WM10	LAU Ka Ying	20	SM12	RAI Surjan

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7	LM03	LAW Cheuk Nam	21	WM24	SHI Yong
8	BM04	LEUNG Chun Man	22	WM25	SINGH Abhishek Deep
9	GM02	LI Hekai	23	LM08	TO Cheuk Kin
10	SM08	LI Ka Hei	24	WM27	WANG Mingxu
11	BM05	LI Tsun Pong	25	SM14	WONG Tsz Hin
12	WM13	LIANG Yuxin	26	SM15	WU Nok Yin
13	WM14	LIANG Ze	27	WM38	ZHONG Yuan
14	WM16	LIN Yonghou			
Event 15	11:20	Men's 800m	Marshal	11:05	
Order	No.	Name	Order	No.	Name
1	GM01	CHEN Zhisheng	8	AM08	STERK Darryl
2	LM01	CHENG Yin	9	BM10	TAM Hiu Fung
3	AM05	HAMZA Mohammad	10	BM12	WONG Kin Ho
4	WM18	LYU Cheng	11	LM10	YU Tak Wai
5	SM10	MENLIKUL Nurmukhamet	12	BM13	YUEN Ka Chung
6	LM06	NG Wai Lun	13	WM38	ZHONG Yuan
7	DM05	POON Wing Hong			
Event 16	11:25	Women's 800m	Marshal	11:10	
Order	No.	Name	Order	No.	Name
1	BF03	HUI Ming Wai	4	BF05	SO NARVAEZ Hang
2	WF07	LAM Yan Lok	5	BF09	YU Yunwen
3	AF05	LU Beian	6	WF22	ZHENG Chunyan
Event 17	11:35	Men's 400m (Final)	Marshal	11:20	
Order	No.	Name	Order	No.	Name
1	\	Heat Position 5	4	\	Heat Position 2
2	\	Heat Position 3	5	\	Heat Position 4
3	\	Heat Position 1	6	\	Heat Position 6
Event 18	11:40	Women's 400m (Final)	Marshal	11:25	
Order	No.	Name	Order	No.	Name
1	\	Heat Position 5	4	\	Heat Position 2
2	\	Heat Position 3	5	\	Heat Position 4
3	\	Heat Position 1	6	\	Heat Position 6
Event 19	11:45	Men's 200m (Final)	Marshal	11:30	

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Order	No.	Name	Order	No.	Name
1	\	Heat Position 5	4	\	Heat Position 2
2	\	Heat Position 3	5	\	Heat Position 4
3	\	Heat Position 1	6	\	Heat Position 6
Event 20	11:50	Women's 200m (Final)	Marshal	11:35	
Order	No.	Name	Order	No.	Name
1	\	Heats Position 5	4	\	Heats Position 2
2	\	Heats Position 3	5	\	Heats Position 4
3	\	Heats Position 1	6	\	Heats Position 6
Event 21	14:00	Men's Triple Jump	Marshal	13:45	
Order	No.	Name	Order	No.	Name
1	SM05	LAI Tsz Kit Ricky	3	BM12	WONG Kin Ho
2	SM06	LAW Wing Hong	4	BM13	YUEN Ka Chung
Event 22	14:00	Men's 100m (Final)	Marshal	13:45	
Order	No.	Name	Order	No.	Name
1	\	Heats Position 5	4	\	Heats Position 2
2	\	Heats Position 3	5	\	Heats Position 4
3	\	Heats Position 1	6	\	Heats Position 6
Event 23	14:05	Women's 100m (Final)	Marshal	13:50	
Order	No.	Name	Order	No.	Name
1	\	Heats Position 5	4	\	Heats Position 2
2	\	Heats Position 3	5	\	Heats Position 4
3	\	Heats Position 1	6	\	Heats Position 6
Event 24	14:10	Women's 4x400m Inter-faculty Relay	Marshal	13:55	
Order	No.	Name	Order	No.	Name
1	\	\	4	\	伍潔宜跨學科學院 School of Interdisciplinary Studies
2	\	商學院 Faculty of Business	5	\	\
3	\	社會科學院 Faculty of Social Sciences	6	\	\

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Event 25	14:20	Men's 4x400m Inter-faculty Relay	Marshal	14:05	
Order	No.	Name	Order	No.	Name
1	\	\	4	\	伍絮宜跨學科學院 School of Interdisciplinary Studies
2	\	社會科學院 Faculty of Social Sciences	5	\	\
3	\	嶺南大學持續進修學院 Lingnan Institute of Further Education	6	\	\
Event 26	14:30	4x100m Sports Team Relay	Marshal	14:15	
Order	No.	Name	Order	No.	Name
1	\	\	4	\	木球隊 Woodball Team
2	\	籃球隊 Basketball Team	5	\	\
3	\	田徑隊 Track & Field Team	6	\	\
Event 27	14:40	4x100m Open Relay	Marshal	14:25	
Group 1 of 2					
Order	No.	Name	Order	No.	Name
1	\	\	4	\	Kazakhstan
2	\	Bball	5	\	LUnity
3	\	Final Dance	6	\	四海魚蛋
Group 2 of 2					
Order	No.	Name	Order	No.	Name
1	\	\	4	\	最後 100m 隊
2	\	四驅姊妹	5	\	給我擦皮鞋
3	\	強風吹拂	6	\	像樹懶一樣慢 Slow as a sloth
Event 28	14:50	4x100m Society Relay	Marshal	14:35	
Order	No.	Name	Order	No.	Name
1	\	\	4	\	嶺南大學翻譯系系會 Translation Departmental Society, Lingnan University
2	\	嶺南大學工商管理課程聯會 Business Administration Programmes Society, Lingnan University	5	\	嶺南大學伍絮宜堂宿生會 Wu Jieh Yee Hall Student Hostel Association, Lingnan University

Lingnan University Sports Day 2026
嶺南大學陸運會 2026

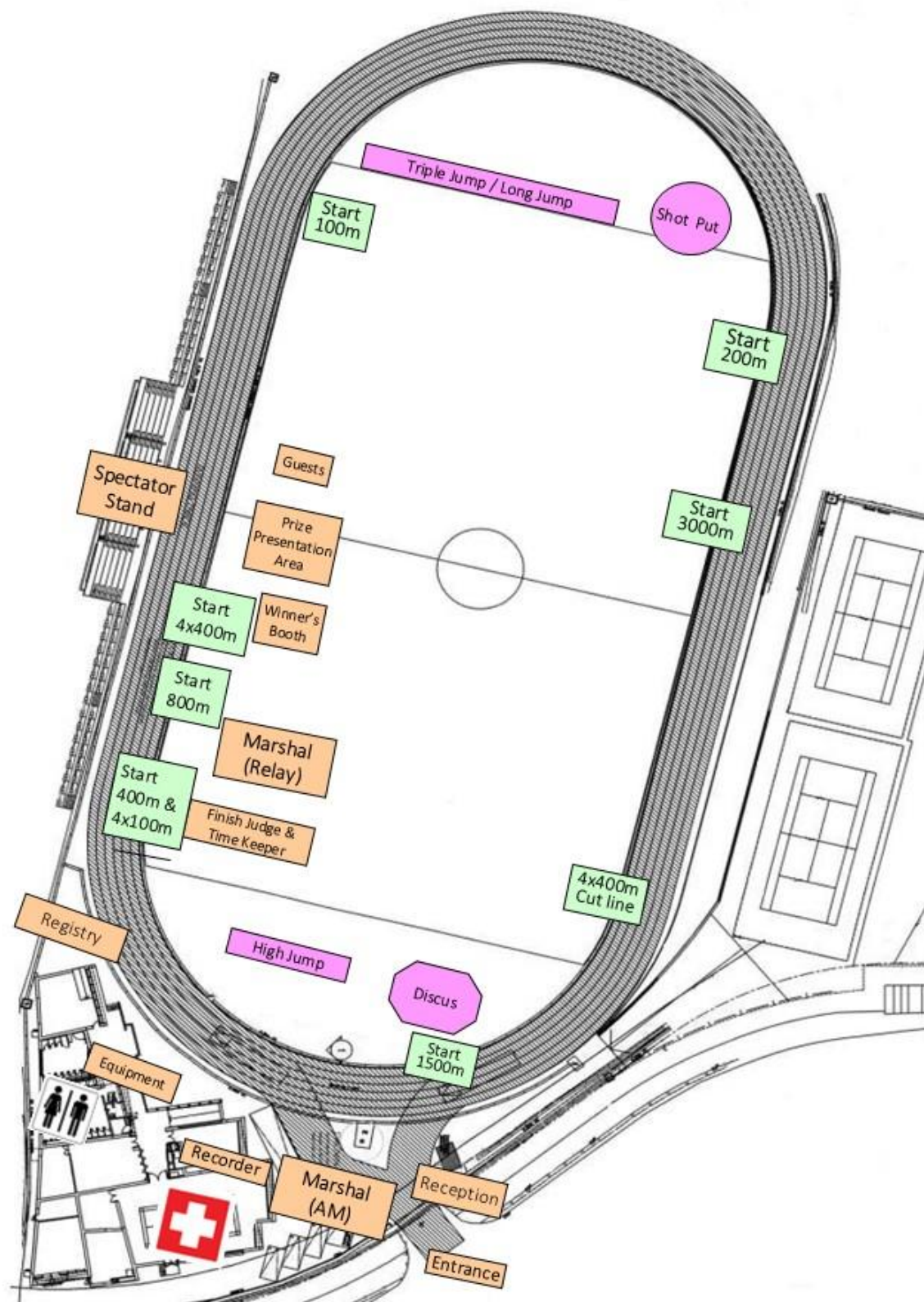
3	\	嶺南大學賽馬會堂 E 座宿生會 Jockey Club Hall E Student Hostel Association, Lingnan University	6	\	\
Event 29	15:00	Men's 3000m	Marshal	14:45	
Order	No.	Name	Order	No.	Name
1	WM02	CHEN Ze	11	BM06	LIANG Tsz Hin
2	LM02	CHEUNG Pui Yin	12	WM14	LIANG Ze
3	SM02	DING Rui	13	OM02	NG Tsz Huen
4	BM03	HO Wai Choi	14	WM22	POON Wing Wai
5	DM02	HOU Shuwei	15	BM09	SHAN Yichong
6	WM06	JI Jiajie	16	AM09	SUN Tianqi
7	WM07	KONG Zhuofan	17	AM10	WANG Juntao
8	AM06	LAM Yin Cho Joe	18	WM33	YANG JICHANG
9	SM06	LAW Wing Hong	19	WM37	ZHANG Boyin
10	SM07	LI Ho Fung			
Event 30	15:10	Women's 3000m	Marshal	14:55	
Order	No.	Name	Order	No.	Name
1	LF02	CHENG Wing Sze	4	OF04	GUO Jialin
2	AF03	CHUNG Ka Po	5	WF07	LAM Yan Lok
3	WF04	GU YU	6	LF04	LAU Chui Shan
Event 31	15:25	Women's 4x100m Inter-faculty Relay	Marshal	15:10	
Order	No.	Name	Order	No.	Name
1	\	\	4	\	伍潔宜跨學科學院 Wu Jieh Yee School of Interdisciplinary Studies
2	\	商學院 Faculty of Business	5	\	\
3	\	社會科學院 Faculty of Social Sciences	6	\	\
Event 32	15:35	Men's 4x100m Inter-faculty Relay	Marshal	15:20	
Order	No.	Name	Order	No.	Name

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1	\	\	4	\	伍絮宜跨學科學院 Wu Jieh Yee School of Interdisciplinary Studies
2	\	社會科學院 Faculty of Social Sciences	5	\	\
3	\	嶺南大學持續進修學院 Lingnan Institute of Further Education	6	\	\
Event 33	15:45	4x100m Staff Relay	Marshal	15:30	
Order	No.	Name	Order	No.	Name
1	\	校園發展及管理處 Campus Support Office, Office of Campus Development and Management	4	\	數據科學學院人工智能學部 Division of Artificial Intelligence, School of Data Science
2	\	英文系 Department of English	5	\	學生事務處 Office of Student Affairs
3	\	社會學及社會政策系 Department of Sociology and Social Policy	6	\	伍絮宜跨學科學院 Wu Jieh Yee School of Interdisciplinary Studies
Event 34	15:55	Women's 4x100m Inter-hostel Relay	Marshal	15:40	
Order	No.	Name	Order	No.	Name
1	\	\	4	\	伍絮宜堂 Wu Jieh Yee Hall (WJY)
2	\	賽馬會堂 E 座 The Jockey Club Hall E	5	\	\
3	\	黃浩川堂 Wong Hoo Chuen Hall (WHC)	6	\	\
Event 35	16:05	Men's 4x100m Inter-hostel Relay	Marshal	15:50	
Order	No.	Name	Order	No.	Name
1	\	賽馬會博雅堂 G 座 The Jockey Club New Hall (G)	4	\	賽馬會博雅堂 H 座 The Jockey Club New Hall (H)
2	\	賽馬會堂 E 座 The Jockey Club Hall (E)	5	\	黃浩川堂 Wong Hoo Chuen Hall (WHC)
3	\	賽馬會堂 F 座 The Jockey Club Hall (F)	6	\	伍絮宜堂 Wu Jieh Yee Hall (WJY)

Floor Plan 比賽場地平面圖

Lingnan University Sports Day 2026 Floor Plan



Acknowledgement 鳴謝

Guests of Honour

各大會嘉賓

Staff of the Event

各大會工作人員

Office of Student Affairs (OSA)

嶺南大學學生事務處

Office of Campus Development and Management (OCDM)

校園發展及管理處

Information Technology Services Centre (ITSC)

資訊科技服務中心

Hong Kong St. John Ambulance

香港聖約翰救傷隊