

Lingnan University Sports Day 2023

Track Events

Event		Position			Record
		1st	2nd	3rd	
Men's 110M Hurdles	Team	SIS	SIS	Faculty of Business	15.91
	Name	Ng Tsz Leung	Lai Chun Hai	Ng Wai Chun	
	Result	20.00	23.19	26.68	
Women's 100M Hurdles	Team	SIS	SIS	Faculty of Business	17.51
	Name	Chu Ho Ching	Law Ka Yi	Lau Hong Lam	
	Result	21.88	31.31	36.09	
Men's 100M	Team	LIFE	SIS	Faculty of Social Sciences	10.53
	Name	Yiu King Sum	Ng Tsz Leung	Lo Sheung Wai	
	Result	11.82	12.31	12.46	
Women's 100M	Team	S 社科院	Faculty of Business	Faculty of Business	12.74
	Name	Kwan Wing Tung	Lung Sin Yan	Lau Kit Tung	
	Result	15.18	17.28	17.31	
Men's 200M	Team	Faculty of Business	Faculty of Business	Faculty of Arts	22.09
	Name	Yiu King Sum	Wong Shek On Zion	Chan Tsun To	
	Result	24.31	24.32	28.96	
Women's 200M	Team	SIS	SIS	Faculty of Social Sciences	27.46
	Name	Chu Ho Ching	Law Ka Yi	Kwan Wing Tung	
	Result	31.97	33.75	35.41	
Men's 400M	Team	Faculty of Business	School of Graduate Studies		54.87
	Name	Poon Ho Yin	Xu Zhengyi		
	Result	1:12.18	1:18.44		
Men's 800M	Team	Faculty of Business	Faculty of Social Sciences	Faculty of Arts	2:09.65
	Name	Fan Jeffrey	Cheng Pak Yiu Woody	Ma Shing Tim	
	Result	2:36.56	2:37.99	2:57.23	
Women's 800M	Team	Faculty of Social Sciences	Faculty of Arts	Faculty of Arts	2:32.34
	Name	Lui Ka Man	Liu Nok Tung	Leung Cho Yi	
	Result	3:56.28	4:02.09	4:48.75	
Men's 1500M	Team	Faculty of Arts	Faculty of Arts	Faculty of Social Sciences	4:33.90
	Name	Lyu Zhaohang	So King Pong	Zhang Yixuan	
	Result	5:18.18	5:38.18	5:42.82	
Women's 1500M	Team	SIS	Faculty of Social Sciences	LIFE	6:15.11
	Name	Yeung Tsz Wing	Yip Ching Sara	Lo Man Hei	
	Result	7:02.04	7:36.12	7:43.44	
Men's 3000M	Team	LIFE	Faculty of Arts	Faculty of Social Sciences	10:15.71
	Name	Yeung Chi Hei	Ng Siu Keung	Ding Rui	
	Result	10:56:88	13:07:69	13:14:44	
Women's 3000M	Team	Faculty of Arts	SIS	Staff	13:15.10
	Name	Chung Ka Po	Yeung Tsz Wing	Chow Yeuk Nga	
	Result	14:48:02	15:16:31	16:12:38	

* Broke the best record

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Field Events

Position		1st	2nd	3rd	Record
Event					
Men's Shot Put	Team	SIS	SIS	SIS	10.63m
	Name	Leung Kwok Kuen	Wong Yiu Ting	Leung Wai Kit	
	Result	8.92m	7.82m	7.34m	
Women's Shot Put	Team	Faculty of Business	LIFE	Faculty of Business	9.13m
	Name	Feder Tamara	Wu Hoi Yiu	Lau Kit Tung	
	Result	8.53m	7.48m	5.58m	
Men's Discus	Team	SIS	Faculty of Business		27.4m
	Name	Leung Kwok Kuen	Tsin Yu Hin		
	Result	26.84m	10.78m		
Women's Discus	Team	Faculty of Business	LIFE	Faculty of Social Sciences	23.86m
	Name	Feder Tamara	Wu Hoi Yiu	Cheng Mei Suet	
	Result	27.46m *	21.98m	18.76m	
Men's High Jump	Team	Faculty of Social Sciences	Faculty of Business	Faculty of Business	1.82m
	Name	Lau Cheuk Hin	Tai Ka Ho	Cheung Chun Kin	
	Result	1.58m	1.55m	1.55	
Women's High Jump	Team	SIS	Faculty of Arts	Faculty of Business	1.44m
	Name	Fung Tsz Ching	Chung Ka Po	Ng Hoi Tung	
	Result	1.31m	1.19m	1.16m	
Men's Long Jump	Team	Faculty of Business	LIFE	School of Graduate Studies	6.36m
	Name	Chan Ka Hin	Yiu King Sum	Yan Dexuan	
	Result	5.70m	5.36m	5.31m	
Women's Long Jump	Team	SIS	Faculty of Social Sciences	Faculty of Arts	5.21m
	Name	Chu Ho Ching	Cheng Mei Suet	Chung Ka Po	
	Result	4.08m	3.81m	3.76m	
Men's Triple Jump	Team	Faculty of Business	Faculty of Business	LIFE	12.85m
	Name	Tsui Chun Lok	Chan Ka Hin	Lau To Yin	
	Result	10.80m	10.78m	10.68m	

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Relay Events

Event		Position	1st	2nd	3rd	Record
Men's 4x400M Inter-faculty Relay	Team		LIFE	Faculty of Business	SIS	3:56.29
	Result		4:13.03	4:19.32	4:20.79	
Women's 4x400M Inter-faculty Relay	Team		Faculty of Social Sciences	Faculty of Business	Faculty of Arts	5:12.4
	Result		6:18.09	6:38.62	6:44.25	
Men's 4x100M Inter-faculty Relay	Team		LIFE	Faculty of Social Sciences	SIS	47.00
	Result		49.06	50.47	51.94	
Women's 4x100M Inter-faculty Relay	Team		Faculty of Social Sciences	Faculty of Arts	Faculty of Business	57.49
	Result		1:10.48	1:13.59	1:16.12	
Men's 4x100M Inter-hostel Relay	Team		Hall A	Hall D	Hall C	47.71
	Result		50.38	51.31	51.37	
Women's 4x100M Inter-hostel Relay	Team		Hall E	Hall C	Hall D	59.37
	Result		1:06.88	1:08.10	1:09.18	
4x100M Staff Relay	Team		OSA	ITSC	CSO	58.21
	Result		58.75	1:01.09	1:01.34	
4x100M Sports Team Relay	Team		T&F Team	Fencing Team	Badminton Team	45.96
	Result		50.50	56.60	1:01.56	
4x100M Society Relay	Team		Hall E莊 Elva	Hall C莊 Chivalry	Hall D莊 Lamcomfy	51.24
	Result		58.00	60.21	61.38	
4x100M Open Relay	Team		隊Jason	曾俊傑	奔走向上隊	45.98
	Result		52.40	53.13	54.44	

* Broke the best record

Women's Individual Champion - Chu Ho Ching (SIS)

Men's Individual Champion - Yiu King Sum (LIFE)

Overall Champion - Faculty of Business