



Glorifying God, Edifying People 崇聖敬道 榮神益人

2017 – 2018 Circular to Parents (65)
Matters on the 15th Annual Sports Day Individual Event Enrollment

21 November 2017

To our dearest parents,

I am pleased to inform you that the 15th Annual Sports Day will be held on 23rd & 26th February 2018 (Friday & Monday) at Kowloon Bay Sports Ground. Our school emphasizes on the development of sports education and the enhancement of students' physical fitness. We believe that Sports plays the critical role in inspiring the self-confidence and perseverance of our students. Please read the following details for the scheduled event and the reminders for students.

Events		Categories	Boys			Girls		
			A	B	C	A	B	C
Track	100m		✓	✓	✓	✓	✓	✓
	200m		✓	✓	✓	✓	✓	✓
	400m		✓	✓	✓	✓	✓	✓
	800m		✓	✓	✓	✓	✓	✓
	1500m		✓	✓	✓	✓	✓	✓
	3000m		(Open)			(Open)		
	100m Hurdles		-	0.84m	0.762m	0.762m	0.762m	-
	110m Hurdles		0.914m	-	-	-	-	-
Field	High Jump		✓	✓	✓	✓	✓	✓
	Long Jump		✓	✓	✓	✓	✓	✓
	Triple Jump		✓	✓	-	-	-	-
	Javelin		700g	600g	-	600g	600g	-
	Shot Put		5kg	4kg	4kg	4kg	3kg	3kg
	Discus Throw		1.5kg	1kg	1kg	1kg	1kg	1kg

Reminders

- Categories:
A: Date of birth: On or after 1st Jan 1999
B: Date of birth: Between 1st Jan 2002 and 31st December 2003
C: Date of birth: Between 1st Jan 2004 and 31st December 2005
- Each participant may enter a maximum of 2 track events and 1 field event or 2 field events and 1 track event. (Except 3000m).
- All House and Open events including 4X100m relay, 4X400m relay and 3000m should not be counted as individual result.
- For the scheduled event, please refer to the back page.

Please return the reply slip with your signature to Form teachers **on or before 30 November 2017**. All late submission will not be processed. Should you have any enquiries, please contact Mr. Chu Chong Tat at 2372-0033.

In the Lord's service.

Li Pak Hung PhD
Principal
ECF Saint Too Canaan College

P.T.O.

Day 1

	Track		Field					
	Boys	Girls	Boys A	Boys B	Boys C	Girls A	Girls B	Girls C
A.M.	Opening Ceremony							
	200m (Heats)		Long Jump	Long Jump	Discus Throw	Shot Put		
	1500m (Final)				Long Jump	High Jump	Javelin	
	400m (Heats)		Triple Jump	Shot Put		Discus Throw		
	Inter-house 4x100m relay (Final)							
Lunch Break	Lunch Break							
P.M.	100mH/110mH (Heats)			Discus Throw	High Jump	Long Jump	Shot Put	
	200m (Final)		Shot Put	Javelin			High Jump	Discus Throw
	Inter-house 4x400m relay (Final)							
	Inter-house Cheering Team Competition							

Day 2

A.M.	100m (Heats)		Discus Throw	High Jump			Shot Put	
	400m (Final)		High Jump	Triple Jump		Javelin	Discus Throw	
	3000m Open Event (Final)							
Lunch Break	Lunch Break							
P.M.	100m (Final)		Javelin		Shot Put		Long Jump	
	800m (Final)						High Jump	
	Primary school 4x100m Invitation relay (Final)							
	Alumni 4x100m relay (Final)							
	Inter-house teachers-students 4x100m relay (Final)							
	PTA Trophy 4x100m relay (Final)							
Prize presentation & Closing Ceremony								

Schedule (For reference)

