

HK Island & Kowloon Secondary Schools Competition - BOCHK Indoor Rowing Cup 2018-2019  
2018-2019 年度港島及九龍地域中學校際比賽 - 中銀香港室內賽艇盃

Date 日期: 24-May 2019 (Friday)  
Venue 地點: Harbour Road Sports Centre 港灣道體育館

**Day One - AM Session - 第一日上午賽程**

| Event<br>賽次  | Competition Event<br>比賽項目            | Heat<br>場次 | Race Time<br>比賽時間 | Reporting Time<br>召集時間 | Warm up Time<br>熱身時間 |
|--|--------------------------------------|------------|-------------------|------------------------|----------------------|
| 1  | Girls C Grade<br>女子丙組<br><b>500M</b> | 1          | 9:00 am           | 8:55 am                | 8:45 am              |
| 2  |                                      | 2          | 9:10 am           | 9:05 am                | 8:55 am              |
| 3  |                                      | 3          | 9:20 am           | 9:15 am                | 9:05 am              |
| 4  |                                      | 4          | 9:30 am           | 9:25 am                | 9:15 am              |
| 5  | Boys C Grade<br>男子丙組<br><b>500M</b>  | 1          | 9:40 am           | 9:35 am                | 9:25 am              |
| 6  |                                      | 2          | 9:50 am           | 9:45 am                | 9:35 am              |
| 7  |                                      | 3          | 10:00 am          | 9:55 am                | 9:45 am              |
| 8  |                                      | 4          | 10:10 am          | 10:05 am               | 9:55 am              |
| 9  | Girls B Grade<br>女子乙組<br><b>500M</b> | 1          | 10:20 am          | 10:15 am               | 10:05 am             |
| 10   |                                      | 2          | 10:30 am          | 10:25 am               | 10:15 am             |
| 11   |                                      | 3          | 10:40 am          | 10:35 am               | 10:25 am             |
| 12   |                                      | 4          | 10:50 am          | 10:45 am               | 10:35 am             |
| 13   | Boys B Grade<br>男子乙組<br><b>500M</b>  | 1          | 11:00 am          | 10:55 am               | 10:45 am             |
| 14   |                                      | 2          | 11:10 am          | 11:05 am               | 10:55 am             |
| 15   |                                      | 3          | 11:20 am          | 11:15 am               | 11:05 am             |
| 16   |                                      | 4          | 11:30 am          | 11:25 am               | 11:15 am             |
| 17   |                                      | 5          | 11:40 am          | 11:35 am               | 11:25 am             |
| 18   | Girls A Grade<br>女子甲組<br><b>500M</b> | 1          | 11:50 am          | 11:45 am               | 11:35 am             |
| 19   |                                      | 2          | 12:00 pm          | 11:55 am               | 11:45 am             |
| 20   |                                      | 3          | 12:10 pm          | 12:05 pm               | 11:55 am             |
| 21   | Boys A Grade<br>男子甲組<br><b>500M</b>  | 1          | 12:20 pm          | 12:15 pm               | 12:05 pm             |
| 22   |                                      | 2          | 12:30 pm          | 12:25 pm               | 12:15 pm             |
| 23   |                                      | 3          | 12:40 pm          | 12:35 pm               | 12:25 pm             |
| 24   |                                      | 4          | 12:50 pm          | 12:45 pm               | 12:35 pm             |
| 25   |                                      | 5          | 1:00 pm           | 12:55 pm               | 12:45 pm             |
| Prize Presentation of 500m + Break<br>頒獎典禮 - 500米賽事 + 休息 |                                      |            |                   |                        | <b>1:40pm</b>        |

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2018-2019 年度港島及九龍地域中學校際比賽 - 中銀香港室內賽艇盃

Date 日期: 24-May 2019 (Friday)  
Venue 地點: Harbour Road Sports Centre 港灣道體育館

**Day One - PM Session - 第一日下午賽程**

| Event<br>賽次  | Competition Event<br>比賽項目             | Heat<br>場次 | Race Time<br>比賽時間 | Reporting Time<br>召集時間 | Warm up Time<br>熱身時間 |
|--|---------------------------------------|------------|-------------------|------------------------|----------------------|
| 26   | Girls C Grade<br>女子丙組<br><b>1000M</b> | 1          | 2:30 pm           | 2:25 pm                | 2:15 pm              |
| 27   |                                       | 2          | 2:40 pm           | 2:35 pm                | 2:25 pm              |
| 28   |                                       | 3          | 2:50 pm           | 2:45 pm                | 2:35 pm              |
| 29   | Boys C Grade<br>男子丙組<br><b>1000M</b>  | 1          | 3:00 pm           | 2:55 pm                | 2:45 pm              |
| 30   |                                       | 2          | 3:10 pm           | 3:05 pm                | 2:55 pm              |
| 31   |                                       | 3          | 3:20 pm           | 3:15 pm                | 3:05 pm              |
| 32   | Girls B Grade<br>女子乙組<br><b>1000M</b> | 1          | 3:30 pm           | 3:25 pm                | 3:15 pm              |
| 33   |                                       | 2          | 3:40 pm           | 3:35 pm                | 3:25 pm              |
| 34   | Boys B Grade<br>男子乙組<br><b>1000M</b>  | 1          | 3:50 pm           | 3:45 pm                | 3:35 pm              |
| 35   |                                       | 2          | 4:00 pm           | 3:55 pm                | 3:45 pm              |
| 36   |                                       | 3          | 4:10 pm           | 4:05 pm                | 3:55 pm              |
| 37   | Girls A Grade<br>女子甲組<br><b>1000M</b> | 1          | 4:20 pm           | 4:15 pm                | 4:05 pm              |
| 38   |                                       | 2          | 4:30 pm           | 4:25 pm                | 4:15 pm              |
| 39   | Boys A Grade<br>男子甲組<br><b>1000M</b>  | 1          | 4:40 pm           | 4:35 pm                | 4:25 pm              |
| 40   |                                       | 2          | 4:50 pm           | 4:45 pm                | 4:35 pm              |
| 41   |                                       | 3          | 5:00 pm           | 4:55 pm                | 4:45 pm              |
| 42   |                                       | 4          | 5:10 pm           | 5:05 pm                | 4:55 pm              |
| <b>Prize Presentation of 1000M</b><br>頒獎典禮 - 1000米賽事 |                                       |            |                   |                        | <b>5:50pm</b>        |

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2018-2019 年度港島及九龍地域中學校際比賽 - 中銀香港室內賽艇盃

Date 日期: 25-May 2019 (Saturday)  
Venue 地點: Harbour Road Sports Centre 港灣道體育館

**Day Two 第二日賽程**

| Event<br>賽次   | Competition Event<br>比賽項目     | Heat<br>場次 | Race Time<br>比賽時間 | Reporting Time<br>召集時間 | Warm up Time<br>熱身時間 |
|---|-------------------------------|------------|-------------------|------------------------|----------------------|
| 43  | Girls B Grade<br>女子乙組         | 1          | 9:00 am           | 8:55 am                | 8:45 am              |
| 44  | <b>2000M</b>                  | 2          | 9:15 am           | 9:10 am                | 9:00 am              |
| 45  | Boys B Grade<br>男子乙組          | 1          | 9:30 am           | 9:25 am                | 9:15 am              |
| 46  | <b>2000M</b>                  | 2          | 9:45 am           | 9:40 am                | 9:30 am              |
| 47  | Girls A Grade<br>女子甲組         | 1          | 10:00 am          | 9:55 am                | 9:45 am              |
| 48  | <b>2000M</b>                  | 2          | 10:15 am          | 10:10 am               | 10:00 am             |
| 49  | Boys A Grade<br>男子甲組          | 1          | 10:30 am          | 10:25 am               | 10:15 am             |
| 50  | <b>2000M</b>                  | 2          | 10:45 am          | 10:40 am               | 10:30 am             |
| 51  | Girls C Grade Relay<br>女子丙組接力 | 1          | 11:00 am          | 10:55 am               | 10:45 am             |
| 52  | <b>4x500M</b>                 | 2          | 11:15 am          | 11:05 am               | 10:55 am             |
| 53  | Boys C Grade Relay<br>男子丙組接力  | 1          | 11:30 am          | 11:20 am               | 11:10 am             |
|   | <b>4x500M</b>                 |            |                   |                        |                      |
| 54  | Girls B Grade Relay<br>女子乙組接力 | 1          | 11:45 am          | 11:35 am               | 11:25 am             |
|   | <b>4x500米</b>                 |            |                   |                        |                      |
| 55  | Boys B Grade Relay<br>男子乙組接力  | 1          | 12:00 pm          | 11:50 am               | 11:40 am             |
| 56  | <b>4x500M</b>                 | 2          | 12:15 pm          | 12:05 pm               | 11:55 am             |
| 57  | Girls A Grade Relay<br>女子甲組接力 | 1          | 12:30 pm          | 12:20 pm               | 12:10 pm             |
|   | <b>4x500M</b>                 |            |                   |                        |                      |
| 58  | Boys A Grade Relay<br>男子甲組接力  | 1          | 12:45 pm          | 12:35 pm               | 12:25 pm             |
| 59  | <b>4x500M</b>                 | 2          | 1:00 pm           | 12:50 pm               | 12:40 pm             |
| <b>Prize Presentation (Individual / Relay / Team)</b> |                               |            |                   |                        | <b>1:45 PM</b>       |
| 頒獎典禮 (個人項目 / 接力項目 / 團體獎)                              |                               |            |                   |                        |                      |