

HK Island & Kowloon Secondary Schools Competition - BOCHK Indoor Rowing Cup 2023-2024

Date : 25-May 2024(Saturday)
Venue : Good Hope School

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| Girls |
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This timetable serves as a guide only. The actual event may be held ahead or behind the scheduled time. Competitors are requested to turn up at least 1 hour before the scheduled time of the event.

AM Session

| Event | Competition Event | Heat | Race Time | Reporting Time | Warm up Time | Prize Presentation |
|----------------------------|-------------------------|------|-----------|----------------|--------------|--------------------|
| 1 | C Grade 500M | 1 | 10:00 am | 9:55 am | 9:50 am | 11:30 am |
| 2 | | 2 | 10:05 am | 10:00 am | 9:55 am | |
| 3 | B Grade 500M | 1 | 10:10 am | 10:05 am | 10:00 am | 11:30 am |
| 4 | | 2 | 10:15 am | 10:10 am | 10:05 am | |
| 5 | | 3 | 10:20 am | 10:15 am | 10:10 am | |
| 6 | A Grade 500M | 1 | 10:25 am | 10:20 am | 10:15 am | 11:30 am |
| 7 | | 2 | 10:30 am | 10:25 am | 10:20 am | |
| 8 | C Grade 1000M | 1 | 10:35 am | 10:30 am | 10:25 am | 12:00 pm |
| 9 | | 2 | 10:40 am | 10:35 am | 10:30 am | |
| 10 | B Grade 1000M | 1 | 10:45 am | 10:40 am | 10:35 am | 12:00 pm |
| 11 | | 2 | 10:50 am | 10:45 am | 10:40 am | |
| 12 | | 3 | 10:55 am | 10:50 am | 10:45 am | |
| 13 | A Grade 1000M | 1 | 11:00 am | 10:55 am | 10:50 am | 12:00 pm |
| 14 | | 2 | 11:05 am | 11:00 am | 10:55 am | |
| Break (12:00-13:30) | | | | | | |

PM Session

| Event | Competition Event | Heat | Race Time | Reporting Time | Warm up Time | Prize Presentation |
|---|--------------------------------|------|-----------|----------------|--------------|--------------------|
| 15 | C Grade 300M | 1 | 1:30 pm | 1:25 pm | 1:20 pm | 2:00 pm |
| 16 | | 2 | 1:35 pm | 1:30 pm | 1:25 pm | |
| 17 | B Grade 2000M | 1 | 1:40 pm | 1:35 pm | 1:30 pm | 3:10 pm |
| 18 | | 2 | 1:50 pm | 1:45 pm | 1:40 pm | |
| 19 | A Grade 2000M | 1 | 2:00 pm | 1:55 pm | 1:50 pm | 3:10 pm |
| 20 | | 2 | 2:10 pm | 2:05 pm | 2:00 pm | |
| 21 | B Grade Relay 4x500M | 1 | 2:25 pm | 2:15 pm | 2:05 pm | 3:45 pm |
| 22 | A Grade Relay 4x500M | 1 | 2:35 pm | 2:30 pm | 2:20 pm | 3:45 pm |
| 23 | C Grade Relay 4x500M | 1 | 2:45 pm | 2:40 pm | 2:30 pm | 3:45 pm |
| Prize Presentation for Grade & Overall | | | | | | 3:45 pm |

HK Island & Kowloon Secondary Schools Competition - BOCHK Indoor Rowing Cup 2023-2024

Date : 26-May 2024(Sunday)
Venue : Good Hope School

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| Boys |
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This timetable serves as a guide only. The actual event may be held ahead or behind the scheduled time.
Competitors are requested to turn up at least 1 hour before the scheduled time of the event.

AM Session

| Event | Competition Event | Heat | Race Time | Reporting Time | Warm up Time | Prize Presentation |
|----------------------------|-------------------------|------|-----------|----------------|--------------|--------------------|
| 24 | C Grade 500M | 1 | 9:00 am | 8:55 am | 8:50 am | 10:55 am |
| 25 | | 2 | 9:05 am | 9:00 am | 8:55 am | |
| 26 | | 3 | 9:10 am | 9:05 am | 9:00 am | |
| 27 | B Grade 500M | 1 | 9:15 am | 9:10 am | 9:05 am | 10:55 am |
| 28 | | 2 | 9:20 am | 9:15 am | 9:10 am | |
| 29 | | 3 | 9:25 am | 9:20 am | 9:15 am | |
| 30 | | 4 | 9:30 am | 9:25 am | 9:20 am | |
| 31 | | 5 | 9:35 am | 9:30 am | 9:25 am | |
| 32 | A Grade 500M | 1 | 9:40 am | 9:35 am | 9:30 am | 10:55 am |
| 33 | | 2 | 9:45 am | 9:40 am | 9:35 am | |
| 34 | | 3 | 9:50 am | 9:45 am | 9:40 am | |
| 35 | | 4 | 9:55 am | 9:50 am | 9:45 am | |
| 36 | C Grade 1000M | 1 | 10:00 am | 9:55 am | 9:50 am | 12:00 pm |
| 37 | | 2 | 10:05 am | 10:00 am | 9:55 am | |
| 38 | | 3 | 10:10 am | 10:05 am | 10:00 am | |
| 39 | B Grade 1000M | 1 | 10:15 am | 10:10 am | 10:05 am | 12:00 pm |
| 40 | | 2 | 10:20 am | 10:15 am | 10:10 am | |
| 41 | | 3 | 10:25 am | 10:20 am | 10:15 am | |
| 42 | | 4 | 10:30 am | 10:25 am | 10:20 am | |
| 43 | A Grade 1000M | 1 | 10:35 am | 10:30 am | 10:25 am | 12:00 pm |
| 44 | | 2 | 10:40 am | 10:35 am | 10:30 am | |
| 45 | | 3 | 10:45 am | 10:40 am | 10:35 am | |
| 46 | | 4 | 10:50 am | 10:45 am | 10:40 am | |
| Break (12:00-13:30) | | | | | | |

HK Island & Kowloon Secondary Schools Competition - BOCHK Indoor Rowing Cup 2023-2024

Date : 26-May 2024(Sunday)
Venue : Good Hope School

| |
|-------------|
| Boys |
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PM Session

| Event | Competition Event | Heat | Race Time | Reporting Time | Warm up Time | Prize Presentation |
|---|---------------------------------|------|-----------|----------------|--------------|--------------------|
| 47 | C Grade 300M | 1 | 1:30 pm | 1:25 pm | 1:20 pm | 2:30 pm |
| 48 | | 2 | 1:35 pm | 1:30 pm | 1:25 pm | |
| 49 | | 3 | 1:40 pm | 1:35 pm | 1:30 pm | |
| 50 | B Grade 2000M | 1 | 1:50 pm | 1:45 pm | 1:40 pm | 3:30 pm |
| 51 | | 2 | 2:00 pm | 1:55 pm | 1:50 pm | |
| 52 | | 3 | 2:10 pm | 2:05 pm | 2:00 pm | |
| 53 | A Grade 2000M | 1 | 2:20 pm | 2:15 pm | 2:10 pm | 3:30 pm |
| 54 | | 2 | 2:30 pm | 2:25 pm | 2:20 pm | |
| 55 | | 3 | 2:40 pm | 2:35 pm | 2:30 pm | |
| 56 | B Grade Relay 4x500M | 1 | 2:55 pm | 2:45 pm | 2:35 pm | 4:45 pm |
| 57 | | 2 | 3:05 pm | 2:55 pm | 2:45 pm | |
| 58 | A Grade Relay 4x500M | 1 | 3:15 pm | 3:05 pm | 2:55 pm | 4:45 pm |
| 59 | | 2 | 3:25 pm | 3:15 pm | 3:05 pm | |
| 60 | C Grade Relay 4x500M | 1 | 3:35 pm | 3:25 pm | 3:15 pm | 4:45 pm |
| 61 | | 2 | 3:45 pm | 3:35 pm | 3:25 pm | |
| Prize Presentation for Grade & Overall | | | | | | 4:40 pm |