

PAOC Ka Chi Secondary School
加拿大神召會嘉智中學
School Circular No. 43 (2017-2018)
家長通告第四十三號 (二零一七至二零一八年度)
【The 31st Athletic Meet in School Year 2018-2019】
【2018-2019 年度第三十一屆運動會】
Enrollment Notice
學生參賽通知

4 June 2018

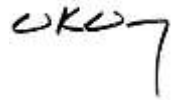
Dear Parents,

The 31st Athletic Meet of our school will be held between **5th and 6th of Septemehr 2018** at **Tuen Mun Tang Shiu Kin Sports Ground**. Since the Althetic Meet is scheduled in the first week of the next school year, the competition enrolment procedures for current students will begin now. Please see the attachment for details regarding all competition events. Each student should enroll in at least one but up to three individual events with a combination of:

- a) **2 field events + 1 track event** **OR**
b) **2 races + 1 track event.** (All relays and open events will not be enrolled as individual events.)

Please fill in and submit the reply slip to class teachers on or before 8 June 2018. Should you have any enquiries about the event, please contact Ms. Wong Kam Fung via the school number (2441 3818).

Yours faithfully,



Principal Wong Wai Keung

敬啟者：

本校擬定於 2018 年 9 月 5 及 6 日假屯門鄧肇堅運動場舉行第三十一屆陸運會。由於陸運會將於新學年的第一個星期舉行，因此學生需提早進行報名工作。現附上各項賽事的列表，學生應參加不少於一項的比賽，而個人參加比賽的數量不能多於三項，並須符合以下的條件：

- a) 2 田項+1 徑項 或
b) 2 徑項+1 田項 (接力及公開賽並不計入個人項目。)

敬請填妥回條，於六月八日或之前交回給班主任，以便辦理。如有任何查詢，歡迎隨時致電 2441 3818 與黃金鳳老師聯絡。

此致

貴家長

校長



謹啟

二零一八年六月四日

【Reply Slip 回條】

Please submit this reply slip to the class teachers on 8 June 2018 (Monday).

請於二零一八年六月八日(星期五)將此回條交回有關班主任。

Dear Principal 敬覆者：

Having received School Circular No.43, I understand the details about the 【The 31st Athletic Meet in School Year 2018-2019】. 頃接家長通告第四十三號，藉悉 貴校【2018-2019 年度第三十一屆運動會】事宜。

I *agree / disagree my child to participate in the following events:

本人*同意 / 不同意學生參與以下項目：

Individual events 個人項目:

1. _____ 2. _____ 3. _____

Relays and open events 接力及公開賽項目:

Put a tick "✓" in the box if you choose the event(s) 如參加請在以下合適項目加"✓"

- Boys 3000 m 男子公開賽 4 x 100 House Relay 社際接力比賽
 4 x 100 Inter-class Relay 班際接力比賽 1500 m Charity Run 慈善跑

Disclaimer:

I understand that once I have signed the reply slip, it implies that I fully understand and I am willing to bear the natural and medical risks and responsibilities arisen from the accidents. By signing below, it represents I absolutely agree with the above conditions. Also, I declare that my child is in good physical condition and he/ she is capable of all kinds of trainings.

免責聲明:

本人明白在下方簽署後，將表示本人已完全明白並願意承擔在此活動期間所涉及相關的自然和醫療風險及責任。本人亦明白子女必須遵守有關活動的安全守則，以及遵守是次活動教練和老師的指示。在下方簽署後，將代表本人同意上述的一切條款，以及聲明本人子女身體狀況良好，並無任何傷患或不適影響本人子女進行訓練。

此覆

加拿大神召會嘉智中學校長

Name of Student	學生姓名：	_____
Class	班 別：	_____
Class Number	學 號：	_____
Name of Parent	家長姓名：	_____
Signature of Parent	家長簽名：	_____
Date	日 期：	_____

PAOC KA CHI SECONDARY SCHOOL
The 31st Athletic Meet
(2018-2019)
Reminders for Athletic Meet Enrollment

(1) Period of application: 2018-06-04 to 2018-06-08

Grade A: Born after 2000-01-01

Grade B: Born after 2003-01-01

Grade C: Born after 2005-01-01

(2) Participants should apply according to their grade categories.

(3) Participants are not allowed to change their grade categories during the match.

(4) Each participant can enroll no more than three individual items (except relay and open items). Among those three items, both track and field events should be included.

(5) Athletic Meet Events:

Event/Grade	Boys A	Boys B	Boys C	Girls A	Girls B	Girls C	Remarks
100M	✓	✓	✓	✓	✓	✓	
200M	✓	✓	✓	✓	✓	✓	
400M	✓	✓	✓	✓	✓	✓	
800M	✓	✓		✓	✓		
100M Hurdle	84cm	84cm		76cm	76cm		
High Jump	✓	✓	✓	✓	✓	✓	
Long Jump	✓	✓	✓	✓	✓	✓	
Triple Jump	✓	✓					
Shot Put	✓ 5kg	✓ 4kg	✓ 3kg	✓ 4kg	✓ 3kg	✓ 3kg	
Discus	✓ 1.5kg	✓ 1kg		✓ 1kg	✓ 1kg		
Javelin	✓ 700g	✓ 600g		✓ 600g	✓ 600g		
4 ×100 Relay	✓	✓	✓	✓	✓	✓	Two teams per house
4 ×400 Relay	✓	✓		✓	✓		Two teams per house
3000M	Boys Open						
1500M	Girls Open						
4X100 Class Relay	S1、S2 / S3、S4 / S5、S6 (mix team)						At least one female participant in each team
Graduation Cup	S6 (15 students + teachers 400 meters relay)						At least seven female participants in each team

加拿大神召會嘉智中學

第三十一屆陸運會

(2018-2019)

報名須知

〈一〉 報名日期 : 2018-06-04 至 2018-06-08

甲組 : 二零零零年一月一日或以後出生

乙組 : 二零零三年一月一日或以後出生

丙組 : 二零零五年一月一日或以後出生

〈二〉 參賽者需按其出身年份實報其所屬之組別或越級挑戰。

〈三〉 參賽者不得比賽期間更改組別。

〈四〉 每位運動員不得參加超過三項個人項目(接力及公開項目除外)。

三項比賽中必須包括田賽及徑賽，惟少於三項者除外。

〈五〉 比賽項目：

項目/組別	男 甲	男 乙	男 丙	女 甲	女 乙	女 丙	備 註
100M	✓	✓	✓	✓	✓	✓	
200M	✓	✓	✓	✓	✓	✓	
400M	✓	✓	✓	✓	✓	✓	
800M	✓	✓		✓	✓		
100M 跨欄	84cm	84cm		76cm	76cm		
跳高	✓	✓	✓	✓	✓	✓	
跳遠	✓	✓	✓	✓	✓	✓	
三級跳遠	✓	✓					
鉛球	✓ 5kg	✓ 4kg	✓ 3kg	✓ 4kg	✓ 3kg	✓ 3kg	
鐵餅	✓ 1.5kg	✓ 1kg		✓ 1kg	✓ 1kg		
標槍	✓ 700kg	✓ 600g		✓ 600g	✓ 600g		
4 x100 接力	✓	✓	✓	✓	✓	✓	各社兩隊
3000M	男子公開賽						
4X100 班際接力	F.1、2 / F3、4 / F5、6 (男女混合賽)						每隊不少於一名女生出賽
畢業盃	F6 (15 人師生 400 米接力賽)						每隊不少於七名女生出賽