

### **Regulations of Annual Sports Day (2016–2017)**

1. Dates and times of Annual Sports Day :  
Day 1: 17/3/2017 (Fri) 8am-4pm  
Day 2: 18/3/2017 (Sat) 7:45am-12:30pm
2. How to get to the Sham Shui Po Sports Ground : Take the MTR. Get out at Exit A of Lai Chi Kok MTR station (Exit to Cheung Sha Wan Plaza)
3. Reporting time for competitors and cheering team members: 7:30am
4. Reporting time for house committee members and helpers (Including Girl Guides, Red Cross, Air Cadet and Sports Association): 7am
5. Students should arrive at the venue on time and sit in the area of their houses on the spectator stand.
  - Reporting time for students on heat day : 8am & after lunch (To be announced on that day)
  - Reporting time for students on final day : 7:45am
6. The roll call of students will be taken by class teachers on the sports ground. For those students who are absent because of illness, please hand in a medical certificate from a registered doctor.
7. All students have to wear school PE uniforms when they enter or leave the sports ground. Students may wear supports in white colour and spikes shoes during the competition when necessary.
8. Please check the programme for the schedule of events and read the regulations on the board in classrooms before Sports Day. The competition details have been posted on the PE board on the 2/F.
9. The number bibs will be distributed by house captains at the area behind the spectator stand before the opening ceremony. Therefore, competitors should gather there after the roll call and prepare to attend the opening ceremony.
10. Each event will be called twice. Competitors of track events and field events should report to the marshalling area on the spectator stand and the competition area respectively when the first roll call of their event is made, i.e. 10 minutes before the event starts.
11. Competitors enrolling in both track and field events held at the same time or close should first report to the track event and ask the Girl Guides helper in the marshalling point to inform the judges of the field event. Immediately after the competitors have finished the track event, they should report at once to their field event judges.
12. There are no heats in the 800m and 1500m events and there are semi-finals in the C Grade 100m event.
13. Competition results will be posted in the corridor of the main entrance.
14. Students should not leave their belongings in the changing room unattended.
15. Parents should stay on the spectator stand, location of which can be found in the programme. Competitors should tell their parents not to get into the competition area to prevent any accidents.
16. Students should not bring anything and do anything that is not related to the Annual Sports Day.
17. The time table of the competitions serves only as a guide and is subject to change if the Management Committee deems it necessary. Events may be held ahead or behind the scheduled time, or even cancelled subject to the flow of competitions.

**The above regulations may be adjusted when necessary.**