

香港教師會

《第四十二屆全港教師田徑運動大會 2026》

42nd Hong Kong Teachers' Athletic Meet 2026

賽程表

Competition Timetable

日期：2026 年 12 月 6 日（星期日）
時間：8:00-17:00
地點：灣仔運動場
（香港灣仔杜老誌道 20 號）

Date：Sunday, 6th December 2026
Time：8:00-17:00
Venue：Wan Chai Sports Ground
(20 Tonnochy Road, Wan Chai, Hong Kong)

		男 教 師 組 (Male)				女 教 師 組 (Female)		
		A	B	C	D	A	B	C/D
8:30A.M.		大會開幕禮 Opening Ceremony						
9:00A.M.	徑	100M 低欄 0.76M ① 決 (100M hurdle) Final	100M 低欄 0.76M ② 決 (100M hurdle) Final			100M 低欄 0.76M ③ 決 (100M hurdle) Final		
	田	標槍 800gm (Javelin Throw)	鉛球 4kg (Shot Put)				跳 遠 (Long Jump)	跳 遠 (Long Jump)
9:45A.M.	徑	100M Heat ④ 初	100M Heat ⑤ 初	100M Heat ⑥ 初	100M Heat ⑦ 初	100M Heat ⑧ 初	100M Heat ⑨ 初	100M Heat ⑩ 初
	田	跳高 (High Jump)						
10:30A.M.	徑	400M Final ⑪ 決	400M Final ⑫ 決			400M Final ⑬ 決		
	田	鉛球 6kg (Shot Put)	標槍 600gm (Javelin Throw)			跳遠 (Long Jump)		
11:00A.M.	徑	200M Heat ⑭ 初	200M Heat ⑮ 初	200M Heat ⑯ 初		200M Heat ⑰ 初		
	田							
12:00noon	徑	4X400M Final ⑱ 決		60M Final ⑲ 決	60M Final ⑳ 決		60M Final ㉑ 決	60M Final ㉒ 決
	田		跳 遠 (Long Jump)	跳 遠 (Long Jump)	跳 遠 (Long Jump)	鐵餅 1kg (Discus Throw)	鉛球 3kg (Shot Put)	鉛球 3kg (Shot Put)
休 息 12:30 — 13:30								
13:45P.M.	徑	800M Final ㉓ 決						
	田	鐵餅 1.5kg (Discus Throw)	跳 高 (High Jump)	鉛球 3kg (Shot Put)	鉛球 3kg (Shot Put)			
14:10P.M.	徑	100M Final ㉔ 決	100M Final ㉕ 決	100M Final ㉖ 決	100M Final ㉗ 決	100M Final ㉘ 決	100M Final ㉙ 決	100M Final ㉚ 決
	田	跳遠 (Long Jump)				鉛球 3kg(Shot Put)		
14:30P.M.	徑	200M Final ㉛ 決	200M Final ㉜ 決	200M Final ㉝ 決		200M Final ㉞ 決		
	田		鐵餅 1kg (Discus Throw)	鐵餅 1kg (Discus Throw)	鐵餅 1kg (Discus Throw)	跳高 (High Jump)	跳高 (High Jump)	
14:50P.M.	徑	4X100M Final ㉟ 決	4X100M Final ㊱ 決			4X100M Final ㊲ 決	4X100M Final ㊳ 決	
	田					標槍 600gm (Javelin throw)		
15:30P.M.	教育團體友誼接力邀請賽（4X100M）An Invitational Tournament ㊴ 3000M 決 Final ㊵							
16:30P.M.	大會閉幕禮 Closing Ceremony							

附註： 1. 賽程表內之比賽時間可能有變，請各參賽者隨時留意司令台之宣布。
The exact time for each listed event is subject to change and announcements from the control centre as regards time are final.

2. 如同一時間參加田賽及徑賽項目的運動員，請先向田賽裁判員請假，待參加徑賽項目後，立即向田賽裁判銷假，繼續參加比賽。惟已錯過的輪次及順序一律不補，若田賽項目完結及已定出成績名次，其參賽機會將會喪失。
An athlete who has to simultaneously join both track- and field-events should ask the referee for excuse from the field-event to attend the track one and should report back to the field-event immediately after. No retake is allowed if an athlete misses his/her turn on whatever grounds. His/Her chance to attend the field-event concerned is consequently regarded elapsed if that match has finished with announced results.