

New Territories Inter-Secondary Schools Indoor Rowing Competition 2025-2026

2025-2026年度新界地域中學校際室內賽艇比賽

Date 日期: 3 May 2026 (Sunday)

Day One - 第一日賽程

| Event 賽次 | Competition Event 比賽項目 | Heat 場次 | Race Time 比賽時間 | Marshalling time 檢錄時間 | Warm Up 熱身時間 | No. of Participants |
|-------------|---------------------------|------------|-------------------|--------------------------|-----------------|------------------------|
| 1 | Boys A 男子甲組 1000M | 1 | 1:00 pm | 12:55 pm | 12:45 pm | 73 |
| 2 | | 2 | 1:10 pm | 1:05 pm | 12:55 pm | |
| 3 | | 3 | 1:20 am | 1:15 am | 1:05 am | |
| 4 | | 4 | 1:30 pm | 1:25 pm | 1:15 pm | |
| 5 | Girls A 女子甲組 1000M | 1 | 1:40 pm | 1:35 pm | 1:25 pm | 52 |
| 6 | | 2 | 1:50 pm | 1:45 pm | 1:35 pm | |
| 7 | | 3 | 2:00 pm | 1:55 pm | 1:45 pm | |
| 8 | Boys B 男子乙組 1000M | 1 | 2:10 pm | 2:05 pm | 1:55 pm | 103 |
| 9 | | 2 | 2:20 pm | 2:15 pm | 2:05 pm | |
| 10 | | 3 | 2:30 pm | 2:25 pm | 2:15 pm | |
| 11 | | 4 | 2:40 pm | 2:35 pm | 2:25 pm | |
| 12 | | 5 | 2:50 pm | 2:45 pm | 2:35 pm | |
| 13 | | 6 | 3:00 pm | 2:55 pm | 2:45 pm | |
| 14 | Girls B 女子乙組 1000M | 1 | 3:10 pm | 3:05 pm | 2:55 pm | 69 |
| 15 | | 2 | 3:20 pm | 3:15 pm | 3:05 pm | |
| 16 | | 3 | 3:30 pm | 3:25 pm | 3:15 pm | |
| 17 | | 4 | 3:40 pm | 3:35 pm | 3:25 pm | |
| 18 | Boys C 男子丙組 1000M | 1 | 3:50 pm | 3:45 pm | 3:35 pm | 64 |
| 19 | | 2 | 4:00 pm | 3:55 pm | 3:45 pm | |
| 20 | | 3 | 4:10 pm | 4:05 pm | 3:55 pm | |
| 21 | | 4 | 4:20 pm | 4:15 pm | 4:05 pm | |
| 22 | Girls C 女子丙組 1000M | 1 | 4:30 pm | 4:25 pm | 4:15 pm | 64 |
| 23 | | 2 | 4:40 pm | 4:35 pm | 4:25 pm | |
| 24 | | 3 | 4:50 pm | 4:15 pm | 4:35 pm | |
| 25 | | 4 | 5:00 pm | 4:55 pm | 4:45 pm | |

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|------------------------|---------------------------|------------|-------------------|--------------------------|-----------------|------------------------|
| 26 | Girls A 女子甲組 2000M | 1 | 5:10 pm | 5:05 pm | 4:55 pm | 29 |
| 27 | | 2 | 5:25 pm | 5:20 pm | 5:10 pm | |
| 28 | Girls B 女子乙組 2000M | 1 | 5:40 pm | 5:35 pm | 5:25 pm | 26 |
| 29 | | 2 | 5:55 pm | 5:50 pm | 5:40 pm | |
| 30 | Boys B 男子乙組 2000M | 1 | 6:10 pm | 6:05 pm | 5:55 pm | 61 |
| 31 | | 2 | 6:22 pm | 6:17 pm | 6:07 pm | |
| 32 | | 3 | 6:34 pm | 6:29 pm | 6:19 pm | |
| 33 | | 4 | 6:46 pm | 6:41 pm | 6:31 pm | |
| 34 | Boys A 男子甲組 2000M | 1 | 6:58 pm | 6:53 pm | 6:43 pm | 48 |
| 35 | | 2 | 7:05 pm | 7:00 pm | 6:50 pm | |
| 36 | | 3 | 7:17 pm | 7:12 pm | 7:02 pm | |
| End of Day One 第一天賽事完成 | | | | | | |

New Territories Inter-Secondary Schools Indoor Rowing Competition 2025-2026

2025-2026年度新界地域中學校際室內賽艇比賽

Date 日期: 4 May 2026 (Monday)

Day Two - 第二日賽程

| Event 賽次 | Competition Event 比賽項目 | Heat 場次 | Race Time 比賽時間 | Marshalling time 檢錄時間 | Warm Up 熱身時間 | No. of Participants |
|-------------|---------------------------|------------|-------------------|--------------------------|-----------------|------------------------|
| 37 | Girls C 女子丙組 500M | 1 | 9:00 am | 8:55 am | 8:45 am | 75 |
| 38 | | 2 | 9:05 am | 9:00 am | 8:50 am | |
| 39 | | 3 | 9:10 am | 9:05 am | 8:55 am | |
| 40 | | 4 | 9:15 am | 9:10 am | 9:00 am | |
| 41 | Boys C 男子丙組 500M | 1 | 9:20 am | 9:15 am | 9:05 am | 99 |
| 42 | | 2 | 9:25 am | 9:20 am | 9:10 am | |
| 43 | | 3 | 9:30 am | 9:25 am | 9:15 am | |
| 44 | | 4 | 9:35 am | 9:30 am | 9:20 am | |
| 45 | | 5 | 9:40 am | 9:35 am | 9:25 am | |
| 46 | Girls B 女子乙組 500M | 1 | 9:45 am | 9:40 am | 9:30 am | 90 |
| 47 | | 2 | 9:50 am | 9:45 am | 9:35 am | |
| 48 | | 3 | 9:55 am | 9:50 am | 9:40 am | |
| 49 | | 4 | 10:00 am | 9:55 am | 9:45 am | |
| 50 | | 5 | 10:05 am | 10:00 am | 9:50 am | |
| 51 | Boys B 男子乙組 500M | 1 | 10:10 am | 10:05 am | 9:55 am | 120 |
| 52 | | 2 | 10:15 am | 10:10 am | 10:00 am | |
| 53 | | 3 | 10:20 am | 10:15 am | 10:05 am | |
| 54 | | 4 | 10:25 am | 10:20 am | 10:10 am | |
| 55 | | 5 | 10:30 am | 10:25 am | 10:15 am | |
| 56 | | 6 | 10:35 am | 10:30 am | 10:20 am | |
| 57 | Girls A 女子甲組 500M | 1 | 10:40 am | 10:35 am | 10:25 am | 66 |
| 58 | | 2 | 10:45 am | 10:40 am | 10:30 am | |
| 59 | | 3 | 10:50 am | 10:45 am | 10:35 am | |
| 60 | | 4 | 10:55 am | 10:50 am | 10:40 am | |

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Date 日期: 4 May 2026 (Monday)

Day Two - 第二日賽程

| Event 賽次 | Competition Event 比賽項目 | Heat 場次 | Race Time 比賽時間 | Marshalling time 檢錄時間 | Warm Up 熱身時間 | No. of Participants |
|----------------------------|---------------------------------|------------|-------------------|--------------------------|-----------------|------------------------|
| 61 | Boys A 男子甲組 500M | 1 | 11:00 am | 10:55 am | 10:45 am | 96 |
| 62 | | 2 | 11:05 am | 11:00 am | 10:50 am | |
| 63 | | 3 | 11:10 am | 11:05 am | 10:55 am | |
| 64 | | 4 | 11:15 am | 11:10 am | 11:00 am | |
| 65 | | 5 | 11:20 am | 11:15 am | 11:05 am | |
| 66 | Girls C 女子丙組 300M | 1 | 11:25 am | 11:20 am | 11:10 am | 83 |
| 67 | | 2 | 11:30 am | 11:25 am | 11:15 am | |
| 68 | | 3 | 11:35 am | 11:30 am | 11:20 am | |
| 69 | | 4 | 11:40 am | 11:35 am | 11:25 am | |
| 70 | | 5 | 11:45 am | 11:40 am | 11:30 am | |
| 71 | Boys C 男子丙組 300M | 1 | 11:50 am | 11:45 am | 11:35 am | 111 |
| 72 | | 2 | 11:55 am | 11:50 am | 11:40 am | |
| 73 | | 3 | 12:00 pm | 11:55 am | 11:45 am | |
| 74 | | 4 | 12:05 pm | 12:00 pm | 11:50 am | |
| 75 | | 5 | 12:10 pm | 12:05 pm | 11:55 am | |
| 76 | | 6 | 12:15 pm | 12:10 pm | 12:00 pm | |
| 12:15 pm -1:15 pm Lunch 午膳 | | | | | | |
| 77 | Girls B 女子乙組 4x500M Relay | 1 | 1:30 pm | 1:25 pm | 1:15 pm | 39 |
| 78 | | 2 | 1:45 pm | 1:40 pm | 1:30 pm | |
| 79 | Boys B 男子乙組 4x500M Relay | 1 | 2:00 pm | 1:55 pm | 1:45 pm | 56 |
| 80 | | 2 | 2:15 pm | 2:10 pm | 2:00 pm | |
| 81 | | 3 | 2:30 pm | 2:25 pm | 2:15 pm | |
| 82 | Girls A 女子甲組 4x500M Relay | 1 | 2:45 pm | 2:40 pm | 2:30 pm | 31 |
| 83 | | 2 | 3:00 pm | 2:55 pm | 2:45 pm | |
| 84 | Boys A 男子甲組 4x500M Relay | 1 | 3:15 pm | 3:10 pm | 3:00 pm | 40 |
| 85 | | 2 | 3:30 pm | 3:25 pm | 3:15 pm | |

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Date 日期: 4 May 2026 (Monday)

Day Two - 第二日賽程

| Event 賽次 | Competition Event 比賽項目 | Heat 場次 | Race Time 比賽時間 | Marshalling time 檢錄時間 | Warm Up 熱身時間 | No. of Participants |
|---|---------------------------------|------------|-------------------|--------------------------|-----------------|------------------------|
| 86 | Girls C 女子丙組 4x500M Relay | 1 | 3:45 pm | 3:40 pm | 3:30 pm | 42 |
| 87 | | 2 | 4:00 pm | 3:55 pm | 3:45 pm | |
| 88 | | 3 | 4:15 pm | 4:10 pm | 4:00 pm | |
| 89 | Boys C 男子丙組 4x500M Relay | 1 | 4:30 pm | 4:25 pm | 4:15 pm | 54 |
| 90 | | 2 | 4:45 pm | 4:40 pm | 4:30 pm | |
| 91 | | 3 | 5:00 pm | 4:55 pm | 4:45 pm | |
| 5:30 pm Prize Presentation Ceremony 頒獎禮 | | | | | | |