

HKSSF Shatin and Sai Kung Secondary Schools Area Committee
Inter-School Athletics Championships 2022-2023
Team Result

Boys A

| Abbr. | 100m | 400m Hurdles | 4x100m Relay | 4x400m Relay | 5000m | 800m | Discus | High Jump | Javelin | Long Jump | Shot Put | Triple Jump | 110m Hurdles | 400m | 1500m | 200m | Total | Rank |
|-------|------|--------------|--------------|--------------|-------|------|--------|-----------|---------|-----------|----------|-------------|--------------|------|-------|------|-------|--------|
| 陳楷 | 11 | 13 | 16 | 20 | 0 | 7 | 11 | 12 | 11 | 2 | 15 | 7 | 9 | 16 | 0 | 6 | 156 | 1 |
| 體藝 | 17 | 8 | 20 | 16 | 1 | 2 | 2 | 2.5 | 4 | 11 | 6 | 5 | 5 | 6 | 4 | 8 | 117.5 | 2 |
| 邱金元 | 1 | 7 | 14 | 0 | | 1 | 2 | 1 | 1 | 12 | 2 | 18 | 17 | 3 | 1 | 3 | 83 | 3 |
| 培僑 | 2 | 13 | 10 | 4 | | 8 | 8 | 1 | | 0 | 6 | 2 | 14 | 9 | 0 | 1 | 78 | 4 |
| 沙田崇真 | 9 | 1 | 6 | 6 | 1 | 0 | 11 | 12 | 1 | 7 | 0 | 0 | 0 | 0 | 1 | 10 | 65 | 5 |
| 林大輝 | 0 | | 0 | 8 | 12 | 2 | 1 | 6 | 3 | 5 | 0 | 0 | | 4 | 11 | 0 | 52 | 6 |
| 五育 | 2 | | | 14 | | 11 | | | | | | | | 7 | | | 34 | 7 (1冠) |
| 西貢崇真 | 0 | 1 | | 10 | 8 | 1 | 0 | 0 | 0 | 4 | 0 | | 0 | 2 | 7 | 1 | 34 | 8 (1亞) |
| 浸呂明才 | 2 | | 8 | 0 | 1 | 0 | 0 | 3 | 5 | 1 | 10 | 1 | | 0 | 0 | 2 | 33 | |
| 聖心 | 0 | | | 12 | | 6 | 1 | | 0 | 0 | 0 | | | 2 | 6 | | 27 | |
| 楊葛小琳 | 1 | | 2 | 2 | 0 | 0 | 7 | 0 | 6 | 1 | 0 | 3 | 0 | 0 | 0 | 4 | 26 | |
| 馮黃鳳亭 | 1 | 4 | 2 | | | 1 | | 1.5 | 11 | 2 | 0 | | | | 0 | 1 | 23.5 | |
| 鄭榮之 | 3 | | 12 | | | | | | | | | 6 | | | | 0 | 21 | |
| 台山商中 | 2 | | 4 | | | 0 | 0 | 10 | | 0 | 0 | | | 1 | | 2 | 19 | |
| 黃鳳翎 | 0 | | 2 | | | 2 | 4 | | 8 | | 0 | | | 1 | 0 | 2 | 19 | |
| 鄭植之 | 0 | | | | 6 | | 0 | | | | 5 | | | 0 | 8 | | 19 | |
| 浸附中 | 4 | 1 | 0 | 2 | | 1 | 0 | 0 | 0 | 0 | 0 | 0 | | 0 | 0 | 9 | 17 | |
| 潮州會館 | 0 | | 0 | | 4 | 5 | | | 0 | 0 | 0 | | | | 8 | 0 | 17 | |
| 沙田循道 | 1 | | | | | | 4 | | 0 | 6 | 3 | | | | | 0 | 14 | |
| 德信 | | | | | 12 | 0 | | | 1 | | | 0 | | 0 | 0 | | 13 | |
| 青年會 | 0 | | | 2 | 3 | 1 | 1 | | | | 0 | | | 1 | 2 | 1 | 11 | |
| 培基 | 3 | | | | | | | | | | | | | | | 6 | 9 | |
| 曾璧山 | 2 | | 2 | | | 0 | | | | 0 | | | | 0 | | 1 | 5 | |
| 林漢光 | 2 | | | | | | | | | 1 | | 0 | | 1 | | | 4 | |
| 梁文燕 | 0 | | 2 | | | 1 | | 0 | | 0 | | | | 1 | | 0 | 4 | |
| 沙田蘇浙 | 0 | | 0 | | | | 0 | | | 0 | 0 | | | 1 | | 2 | 3 | |
| 基督 | 1 | | | | | | | 1 | | | | | | | | 1 | 3 | |
| 聖若瑟 | | | | | 0 | 0 | | | | 0 | | | | 1 | 1 | 1 | 3 | |
| 曾肇添 | 1 | | 0 | | | | | 0 | | | 0 | | | 0 | 0 | 1 | 2 | |
| 黃允畋 | | | | | | | | 0 | 0 | 0 | 0 | | | 1 | | | 1 | |
| 朱敬文 | 0 | | | | | | | | | 0 | 0 | | | 0 | | | 0 | |
| 沙田培英 | | | | | | 0 | | | | | | | | | | | 0 | |
| 胡忠 | 0 | | | | 0 | | 0 | | | 0 | | | | | | 0 | 0 | |
| 郭得勝 | 0 | | | | | 0 | 0 | | 0 | 0 | | | | | 0 | | 0 | |
| 佛教覺光 | | | | | | | | | | | 0 | | | | | 0 | 0 | |

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Girls A

| Abbr. | 100m | 4x100m Relay | 4x400m Relay | 800m | Discus | High Jump | Javelin | Long Jump | Shot Put | 100m Hurdles | 400m | 1500m | 200m | Total | Rank |
|-------|------|--------------|--------------|------|--------|-----------|---------|-----------|----------|--------------|------|-------|------|-------|------|
| 體藝 | 17 | 20 | 20 | 10 | 7 | 9 | 9 | 14 | 6 | 15 | 9 | 17 | 7 | 160 | 1 |
| 陳楷 | 7 | 0 | 12 | 13 | 10 | 1 | 14 | 2 | 15 | 6 | 8 | 0 | 10 | 98 | 2 |
| 林大輝 | 1 | 10 | 2 | 5 | 1 | 0 | 1 | 1 | 10 | 7 | 10 | 11 | 8 | 67 | 3 |
| 培僑 | 11 | 16 | 10 | 0 | | 5 | | 5 | 1 | 8 | 1 | 3 | 1 | 61 | 4 |
| 聖心 | 7 | 12 | 16 | 1 | | 6 | | | | 1 | 6 | 2 | 10 | 61 | 5 |
| 青年會 | 1 | | 14 | 8 | | 7 | | | | | 4 | 8 | 0 | 42 | 6 |
| 邱金元 | 0 | 0 | | 0 | 8 | 10 | 1 | 11 | 0 | 4 | 1 | | 0 | 35 | 7 |
| 浸呂明才 | 1 | 2 | 8 | 0 | 7 | 2.5 | 0 | 4 | 3 | 3 | 1 | 1 | 1 | 33.5 | 8 |
| 浸附中 | 1 | 8 | 0 | 0 | 0 | 4 | 5 | 1 | 6 | 1 | 6 | 0 | 0 | 32 | |
| 梁文燕 | 0 | 14 | | | 3 | | 4 | 0 | 0 | | 5 | | 2 | 28 | |
| 沙田崇真 | 2 | 2 | 0 | 0 | 5 | 0 | 8 | 3 | 1 | 1 | 1 | 0 | 1 | 24 | |
| 沙田培英 | 1 | | | 5 | | | 6 | 1 | | | | 4 | 4 | 21 | |
| 聖羅撒 | 1 | 4 | 2 | 3 | 0 | 0 | 3 | 2 | 1 | 0 | 1 | 1 | 1 | 19 | |
| 馮黃鳳亭 | 1 | 6 | | | 2 | 0 | 1 | | | 2 | 1 | | 1 | 14 | |
| 朱敬文 | | | | | | | | 10 | | | 0 | | | 10 | |
| 台山商中 | 4 | | | | 4 | 0 | | 0 | 0 | | 0 | | | 8 | |
| 沙田循道 | 1 | | | | | | 1 | | | | | | 5 | 7 | |
| 郭得勝 | 0 | 0 | | | 0 | | 0 | | 5 | | | | | 5 | |
| 鄭榮之 | 2 | | 0 | | | | 1 | 1 | | | | | | 4 | |
| 鄭植之 | | | | | | 2.5 | | | | | 1 | | | 3.5 | |
| 楊葛小琳 | | 2 | | | | | 0 | 1 | | 0 | 0 | | | 3 | |
| 曾肇添 | 1 | | | | 0 | 0 | | | 1 | | | 0 | 0 | 2 | |
| 黃鳳翎 | 0 | 0 | | 1 | 0 | | 0 | 0 | 0 | | 1 | 0 | 0 | 2 | |
| 西貢崇真 | 1 | | | | 0 | | 0 | | 0 | 0 | | | | 1 | |
| 沙田蘇浙 | 1 | | | | | | | | | | | | 0 | 1 | |
| 林漢光 | | | | | | | | | 1 | | | | | 1 | |
| 基督 | 1 | | | 0 | | | | | | | | | | 1 | |
| 聖若瑟 | | | | 0 | | | | | | | | 1 | | 1 | |
| 潮州會館 | 0 | 0 | | 0 | | | | 1 | | | | 0 | 0 | 1 | |
| 中大陳震夏 | | | | | 0 | | | | | | | | | 0 | |
| 胡忠 | | | | 0 | 0 | | 0 | | | | | 0 | | 0 | |
| 馬崇真 | 0 | | | | | | | | | 0 | | | | 0 | |
| 黃允畋 | | | | | | | 0 | | | 0 | | | | 0 | |

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Boys B

| Abbr. | 100m | 4x100m Relay | 4x400m Relay | 800m | Discus | High Jump | Javelin | Long Jump | Shot Put | Triple Jump | 100m Hurdles | 400m | 1500m | 200m | 3000m | Total | Rank |
|-------|------|--------------|--------------|------|--------|-----------|---------|-----------|----------|-------------|--------------|------|-------|------|-------|-------|----------|
| 陳楷 | 7 | 16 | 20 | 9 | 17 | 16 | 3 | 11 | 10 | 10 | 7 | 12 | 7 | 16 | 6 | 167 | 1 |
| 體藝 | 12 | 20 | 14 | 10 | 5 | 0 | 14 | 7 | 0 | 2 | 2 | 7 | 16 | 11 | 10 | 130 | 2 |
| 邱金元 | 1 | 14 | 12 | 10 | 14 | 14 | 8 | 4 | 6 | 8 | 11 | 7 | 2 | 1 | 5 | 117 | 3 |
| 培僑 | 2 | 10 | 16 | 4 | | 6 | | 7 | | 15 | 6 | 13 | 5 | 2 | 5 | 91 | 4 |
| 林大輝 | 11 | 12 | 2 | 6 | 1 | 1 | 0 | 8 | 0 | 1 | 10 | 1 | 5 | 8 | 0 | 66 | 5 |
| 浸呂明才 | 2 | 4 | 0 | 1 | 0 | | 5 | 8 | 0 | 11 | 1 | 1 | 4 | 2 | 7 | 46 | 6 |
| 浸附中 | 5 | 8 | 6 | 3 | 0 | 0 | 7 | 1 | 5 | 0 | 1 | 1 | 2 | 5 | 0 | 44 | 7 |
| 青年會 | 1 | | 10 | 0 | | 0 | | 0 | | | | 2 | 8 | 2 | 8 | 31 | 8 |
| 沙田崇真 | 1 | 0 | 4 | 2 | 2 | 4 | 0 | 1 | 3 | | 3 | 2 | 2 | 1 | 0 | 25 | |
| 馮黃鳳亭 | 1 | 2 | 0 | 1 | 0 | 4 | | 4 | 0 | 1 | 9 | 0 | 1 | 2 | | 25 | |
| 培基 | 2 | 6 | | | | | | 1 | | 0 | | 6 | | 6 | | 21 | |
| 鄭榮之 | 0 | | 8 | 6 | 1 | | | | 0 | | | 2 | 1 | 2 | | 20 | |
| 黃鳳翎 | 1 | 2 | 2 | 0 | 4 | 0 | 6 | 1 | 1 | | | 1 | 0 | 1 | | 19 | |
| 潮州會館 | 1 | 2 | 2 | 0 | | | 2 | 0 | 8 | | | 0 | 1 | 1 | 2 | 19 | |
| 西貢崇真 | 10 | 2 | 0 | 0 | 0 | 1 | 0 | 0 | 0 | 0 | 0 | 1 | 0 | 2 | 0 | 16 | |
| 楊葛小琳 | 0 | 2 | 2 | 0 | 0 | 2 | 1 | 0 | 3 | 2 | 2 | 0 | | 1 | 0 | 15 | |
| 林裘謀 | 0 | 2 | 2 | 1 | 1 | 0 | | 1 | | 1 | | 0 | 0 | 0 | 0 | 8 | |
| 梁文燕 | 0 | 2 | | 0 | 1 | 0 | | 0 | 4 | | | 1 | | 0 | | 8 | |
| 佛教覺光 | | | | | | | | 0 | 7 | | | | 0 | 1 | | 8 | |
| 德信 | 2 | 2 | | 0 | | 0 | | 1 | | 0 | 1 | | 0 | 1 | | 7 | |
| 沙田循道 | 1 | | | 0 | 3 | | 0 | 0 | 0 | | | 0 | 0 | 1 | | 5 | |
| 曾璧山 | 2 | 2 | | 0 | | | | | | | | 1 | 0 | 0 | | 5 | |
| 聖若瑟 | | | | 0 | | | | | | | | | 1 | | 4 | 5 | |
| 中大陳震夏 | 1 | | | | | 1 | | 0 | 0 | | | 1 | | 1 | | 4 | |
| 台山商中 | 0 | 2 | | | | 0 | | | 0 | | | 0 | | 0 | | 2 | |
| 郭得勝 | 1 | 0 | | 0 | 0 | | 1 | | 0 | | | | | 0 | | 2 | |
| 五育 | 1 | | | | | | | 0 | | | | | | | | 1 | |
| 沙田蘇浙 | 0 | 0 | | | | | | 0 | | | 1 | | | 0 | | 1 | |
| 林漢光 | 1 | | | | | | | 0 | 0 | | | | | 0 | | 1 | |
| 基督 | 1 | 0 | | | | 0 | | 0 | 0 | | | | | | | 1 | |
| 朱敬文 | 0 | | | | | 0 | 0 | 0 | 0 | | | 0 | | 0 | | 0 | |
| 沙田培英 | 0 | | | | | | | 0 | 0 | | | | | | | 0 | |
| 胡志 | 0 | | | | | | | 0 | | | | | | 0 | | 0 | |
| 曾肇添 | | | | | 0 | 0 | | | | | | 0 | 0 | | 0 | 0 | |
| 黃允收 | | | | | | 0 | | 0 | | | | 0 | | 0 | | 0 | |
| 鄭植之 | 0 | | | | | | | 0 | | | | | 0 | 0 | 0 | 0 | |

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Girls B

| Abbr. | 100m | 4x100m Relay | 4x400m Relay | 800m | Discus | High Jump | Javelin | Long Jump | Shot Put | 100m Hurdles | 400m | 1500m | 200m | Total | Rank |
|-------|------|--------------|--------------|-----------|--------|-----------|---------|-----------|----------|--------------|------|-------|------|-------|----------|
| 體藝 | 2 | 20 | 20 | 8 | 5 | 1.5 | 0 | 14 | 0 | 4 | 11 | 8 | 9 | 102.5 | 1 |
| 林大輝 | 1 | 8 | 6 | 14 | 11 | 1.5 | 8 | 0 | 2 | 0 | 2 | 16 | 2 | 71.5 | 2 |
| 培僑 | 5 | 2 | 16 | 0 | | 5 | | 7 | | 18 | 7 | 0 | 2 | 62 | 3 |
| 邱金元 | 1 | 12 | | | 10 | 7 | 0 | 9 | 10 | 6 | | | 0 | 55 | 4 |
| 陳楷 | 10 | 16 | 0 | 0 | 7 | 3.5 | 5 | 1 | 0 | 0 | 2 | 0 | 10 | 54.5 | 5 |
| 青年會 | 4 | 2 | 12 | 1 | 3 | 0 | 13 | | 3 | | 6 | 5 | 4 | 53 | 6 |
| 浸呂明才 | 1 | 2 | 10 | 6 | 8 | 8 | 11 | 2 | 0 | 0 | 1 | 0 | 1 | 50 | 7 |
| 浸附中 | 8 | 2 | 14 | 2 | 1 | 0 | 0 | 0 | 0 | 0 | 8 | 0 | 8 | 43 | 8 |
| 聖羅撒 | 2 | 2 | 8 | 5 | 1 | 10 | 1 | 2 | 0 | 0 | 0 | 0 | 4 | 35 | |
| 沙田崇真 | 2 | 14 | 2 | 0 | 0 | 1 | 0 | 10 | 0 | | 2 | 0 | 1 | 32 | |
| 楊葛小琳 | 2 | 10 | 0 | 0 | 4 | 0 | 4 | 0 | 7 | 1 | 1 | 0 | 1 | 30 | |
| 沙田蘇浙 | 2 | 2 | | 0 | 1 | 3.5 | | 0 | 5 | 7 | 9 | | 0 | 29.5 | |
| 林裘謀 | | 6 | | 0 | | | | 6 | | 8 | 1 | 0 | 1 | 22 | |
| 黃鳳翎 | 5 | 2 | | 0 | 0 | | 0 | | 0 | | 2 | 7 | 1 | 17 | |
| 馮黃鳳亭 | 8 | | | | | | | | 0 | | 1 | | 6 | 15 | |
| 聖心 | 6 | 0 | | | 0 | | 3 | 1 | 0 | | | | 5 | 15 | |
| 林漢光 | 2 | | | 7 | | | | | | | 4 | | 1 | 14 | |
| 潮州會館 | 1 | 2 | | | | 0 | 1 | 0 | 6 | | 1 | | 0 | 11 | |
| 台山商中 | 1 | | | | | 0 | | | 8 | | 1 | | | 10 | |
| 西貢崇真 | | | 0 | 0 | 0 | | | | 0 | | 2 | 8 | 0 | 10 | |
| 沙田循道 | 1 | | | | | 7 | 1 | 0 | | | 0 | | | 9 | |
| 郭得勝 | 1 | 2 | 0 | 3 | 0 | | 0 | 1 | 0 | | | 0 | 1 | 8 | |
| 梁文燕 | 2 | 2 | | | | | 0 | 0 | 0 | | 2 | | 1 | 7 | |
| 培基 | 2 | 2 | | | | | | | | | | | 2 | 6 | |
| 五育 | 1 | | | | 0 | | | | 4 | | | | 0 | 5 | |
| 中大陳震夏 | 1 | | | | | | | | | | 1 | | | 2 | |
| 胡忠 | | | | | 0 | 0 | 2 | | | | | | 0 | 2 | |
| 曾肇添 | 1 | | | | | | | | | | | | 1 | 2 | |
| 黃允收 | | | | | 0 | | | 0 | | | 1 | | 1 | 2 | |
| 佛教覺光 | | | | | | | | | | | | | 2 | 2 | |
| 沙田培英 | 1 | | | | | 0 | | | | | | | | 1 | |
| 馬崇真 | 1 | | | | | | | | | | | | 0 | 1 | |
| 鄭植之 | | | | | 1 | | 0 | 0 | | | | | 0 | 1 | |
| 鄭榮之 | 1 | | | | | | | | | | 0 | | | 1 | |
| 基督 | 0 | | | | | 0 | | 0 | 0 | | | | | 0 | |

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Team Result

Boys C

| Abbr. | 100m | 4x100m Relay | 4x400m Relay | 800m | High Jump | Long Jump | Shot Put | 100m Hurdles | 400m | 1500m | 200m | Total | Rank |
|-------|------|--------------|--------------|------|-----------|-----------|----------|--------------|------|-------|------|-------|------|
| 陳楷 | 10 | 16 | 20 | 8 | 6 | 12 | 10 | 13 | 13 | 10 | 15 | 133 | 1 |
| 體藝 | 8 | 20 | 16 | 7 | 12 | 14 | 0 | 18 | 6 | 14 | 11 | 126 | 2 |
| 林大輝 | 3 | 12 | 10 | 1 | 4 | 7 | 10 | 2 | 0 | 1 | 6 | 56 | 3 |
| 聖心 | 11 | 2 | | 10 | | 8 | 7 | | 1 | 10 | 2 | 51 | 4 |
| 培僑 | 6 | 14 | 12 | 0 | 0 | 4 | 0 | 8 | 2 | 0 | 4 | 50 | 5 |
| 沙田崇真 | 0 | 2 | 8 | 6 | 8 | 1 | 8 | | 0 | 2 | 1 | 36 | 6 |
| 青年會 | 1 | | 14 | 4 | 0 | 0 | | | 5 | 5 | 5 | 34 | 7 |
| 浸呂明才 | 2 | 10 | 0 | 2 | 0 | | 0 | 0 | 7 | 0 | 7 | 28 | 8 |
| 邱金元 | 7 | 2 | 0 | 1 | 3 | 0 | 3 | 2 | 0 | 1 | 1 | 20 | |
| 西貢崇真 | 1 | | 6 | 0 | 7 | 0 | 0 | 2 | 1 | 0 | 0 | 17 | |
| 梁文燕 | 4 | 2 | 0 | 0 | 0 | | | 2 | 8 | 0 | 1 | 17 | |
| 曾肇添 | 1 | 8 | | | 6 | 2 | | | | | 0 | 17 | |
| 五育 | 0 | | 0 | 8 | 0 | | | 0 | 8 | 0 | 0 | 16 | |
| 沙田蘇浙 | 1 | 2 | 0 | 0 | 0 | 1 | 5 | 4 | 0 | 0 | 0 | 13 | |
| 林裘謀 | 2 | 6 | 0 | 0 | 1 | 0 | | | 1 | 1 | 2 | 13 | |
| 胡忠 | 0 | 2 | | 5 | 0 | | 0 | | | 2 | | 9 | |
| 浸附中 | 1 | 2 | 2 | 1 | 0 | 0 | 0 | 0 | 1 | 0 | 1 | 8 | |
| 聖若瑟 | 1 | | | 0 | | | | | | 4 | 2 | 7 | |
| 馮黃鳳亭 | 1 | 2 | 0 | | | 0 | 0 | 1 | 1 | | 1 | 6 | |
| 沙田培英 | | 2 | | | | 2 | 0 | | | | | 4 | |
| 培基 | 1 | 2 | | | 0 | 1 | 0 | 0 | 0 | | 0 | 4 | |
| 基督 | 1 | 2 | | 0 | 0 | 0 | 0 | | 0 | | 1 | 4 | |
| 楊葛小琳 | 0 | 2 | 0 | 1 | 0 | 0 | 0 | 0 | 0 | 0 | 1 | 4 | |
| 佛教覺光 | | | | | | 1 | 0 | | | 0 | 2 | 3 | |
| 台山商中 | 0 | 0 | | | | 1 | 1 | | 0 | | 0 | 2 | |
| 沙田循道 | 1 | | | | | 0 | | | | | 1 | 2 | |
| 郭得勝 | 0 | 2 | 0 | 0 | 0 | 0 | 0 | | 0 | 0 | 0 | 2 | |
| 黃鳳翎 | 0 | 2 | 0 | 0 | | | 0 | | 0 | 0 | 0 | 2 | |
| 中大陳震夏 | 0 | | | | | | 0 | | 0 | | 1 | 1 | |
| 朱敬文 | 1 | | | | | | | | 0 | | 0 | 1 | |
| 黃允畋 | | | | | | 0 | 0 | 0 | 1 | 0 | 0 | 1 | |
| 林漢光 | | | | | | | 0 | | | | | 0 | |
| 德信 | 0 | 0 | 0 | 0 | | 0 | | | 0 | 0 | 0 | 0 | |
| 潮州會館 | 0 | | | | | | | | | 0 | 0 | 0 | |
| 鄭植之 | | | | | | | | | 0 | 0 | 0 | 0 | |
| 鄭榮之 | | | | | | 0 | | | | | | 0 | |

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Girls C

| Abbr. | 100m | 4x100m Relay | 4x400m Relay | 800m | High Jump | Long Jump | Shot Put | 100m Hurdles | 400m | 1500m | 200m | Total | Rank |
|-------|------|--------------|--------------|------|-----------|-----------|----------|--------------|------|-------|------|-------|------|
| 體藝 | 10 | 20 | 20 | 18 | 18 | 18 | 0 | 18 | 11 | 16 | 10 | 159 | 1 |
| 陳楷 | 5 | 12 | 14 | 11 | 4.5 | 0 | 14 | 3 | 7 | 12 | 7 | 89.5 | 2 |
| 沙田崇真 | 14 | 16 | 10 | 2 | 0 | 2 | 0 | 0 | 2 | 12 | 12 | 70 | 3 |
| 林大輝 | 11 | 14 | 6 | 6 | 0 | 7 | 0 | 5 | 1 | 3 | 11 | 64 | 4 |
| 培僑 | 2 | 2 | 16 | 6 | 6 | 1 | | 10 | 9 | 1 | 2 | 55 | 5 |
| 楊葛小琳 | 2 | 8 | 12 | 2 | 3 | 0 | 0 | 2 | 2 | 0 | 6 | 37 | 6 |
| 浸附中 | 3 | 10 | 0 | 0 | 4.5 | 1 | 0 | 10 | 2 | 0 | 2 | 32.5 | 7 |
| 浸呂明才 | 2 | 4 | 2 | 3 | 0 | 5 | 2 | 1 | 7 | 3 | 1 | 30 | 8 |
| 邱金元 | 5 | 2 | 0 | 0 | 7 | 7 | 3 | 0 | 2 | 1 | 2 | 29 | |
| 沙田培英 | 2 | 6 | | | 2 | 6 | | | | | 2 | 18 | |
| 梁文燕 | 1 | 2 | | | | 1 | 8 | | 2 | | 2 | 16 | |
| 馮黃鳳亭 | | | 8 | | | 1 | 0 | | 5 | | 2 | 16 | |
| 胡忠 | 1 | 2 | | | | | 11 | | | | 1 | 15 | |
| 青年會 | 2 | | 4 | 1 | | | | | 2 | 1 | 2 | 12 | |
| 五育 | 2 | 2 | | | 0 | 2 | 0 | 0 | 2 | | 2 | 10 | |
| 黃鳳翎 | 1 | | | | | 1 | 7 | | | | 1 | 10 | |
| 聖羅撒 | 2 | 2 | 0 | 1 | 0 | 1 | | | 2 | 0 | 2 | 10 | |
| 曾璧山 | 1 | | | | | | | | 7 | | | 8 | |
| 聖心 | 1 | 2 | | | | 0 | 0 | | 3 | | 2 | 8 | |
| 沙田蘇浙 | 0 | 2 | | 0 | | 1 | 0 | | 2 | 0 | 2 | 7 | |
| 培基 | 1 | 2 | | | 0 | 1 | | 1 | 0 | | 1 | 6 | |
| 鄭榮之 | 1 | | 2 | | | | | | | | 2 | 5 | |
| 林裘謀 | 2 | | | | | | | | 1 | | 1 | 4 | |
| 黃允收 | | | | | 0 | 4 | 0 | | 0 | | 0 | 4 | |
| 郭得勝 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | | 1 | 1 | 1 | 3 | |
| 曾肇添 | 2 | | | | | 0 | 0 | | | | 1 | 3 | |
| 西貢崇真 | | | 0 | 1 | | 1 | 0 | 0 | 0 | 0 | | 2 | |
| 沙田循道 | 1 | | | | | 1 | 0 | | | | 0 | 2 | |
| 佛教覺光 | | | | | | | | | | | 2 | 2 | |
| 中大陳震夏 | 1 | | | | | | | | | | | 1 | |
| 林漢光 | | | | 1 | | 0 | | | | | | 1 | |
| 台山商中 | 0 | | | | | | 0 | | 0 | | | 0 | |
| 馬鞍山 | 0 | | | | | | 0 | | | | | 0 | |
| 基督 | 0 | 0 | | | 0 | 0 | | | | | 0 | 0 | |
| 潮州會館 | 0 | 0 | | | | | | | 0 | | 0 | 0 | |
| 鄭植之 | 0 | | | | | 0 | | | | | | 0 | |

HKSSF Shatin and Sai Kung Secondary Schools Area Committee
Inter-School Athletics Championships 2022-2023 Boys overall
Team Result

| School | BoysA | BoysB | BoysC | Total |
|---|--------------|--------------|--------------|--------------|
| POH Chan Kai Memorial College | 156 | 167 | 133 | 456 |
| Jockey Club Ti-I College | 117.5 | 130 | 126 | 373.5 |
| TWGHs Yow Kam Yuen College | 83 | 117 | 20 | 220 |
| Pui Kiu College | 78 | 91 | 50 | 219 |
| Lam Tai Fai College | 52 | 66 | 56 | 174 |
| Sha Tin Tsung Tsin Secondary School | 65 | 25 | 36 | 126 |
| Baptist Lui Ming Choi Secondary School | 33 | 46 | 28 | 107 |
| Immaculate Heart of Mary College | 27 | | 51 | 78 |
| Chinese Y.M.C.A. College | 11 | 31 | 34 | 76 |
| HK Baptist University Affiliated School Wong Kam Fai Secondary & Primary School | 17 | 44 | 8 | 69 |
| Sai Kung Sung Tsun Catholic School (Secondary Section) | 34 | 16 | 17 | 67 |
| TWGHs Mrs. Fung Wong Fung Ting College | 23.5 | 25 | 6 | 54.5 |
| Ng Yuk Secondary School | 34 | 1 | 16 | 51 |
| LST Young Ko Hsiao Lin Secondary School | 26 | 15 | 4 | 45 |
| Christian Alliance Cheng Wing Gee College | 21 | 20 | 0 | 41 |
| TWGHs Wong Fung Ling College | 19 | 19 | 2 | 40 |
| Chiu Chow Association Secondary School | 17 | 19 | 0 | 36 |
| Stewards Pooi Kei College | 9 | 21 | 4 | 34 |
| Helen Liang Memorial Secondary School (Shatin) | 4 | 8 | 17 | 29 |
| Toi Shan Association College | 19 | 2 | 2 | 23 |
| Sha Tin Methodist College | 14 | 5 | 2 | 21 |
| SKH Lam Kau Mow Secondary School | | 8 | 13 | 21 |
| Cheng Chek Chee Secondary School | 19 | 0 | 0 | 19 |
| SKH Tsang Shiu Tim Secondary School | 2 | 0 | 17 | 19 |
| Kiangsu-Chekiang College (Shatin) | 3 | 1 | 13 | 17 |
| Ma On Shan St. Joseph's Secondary School | 3 | 5 | 7 | 15 |
| Buddhist Kok Kwong Secondary School | 0 | 8 | 3 | 11 |
| Tsang Pik Shan (Sung Lan) Secondary School | 5 | 5 | | 10 |
| PLK Wu Chung College | 0 | 0 | 9 | 9 |
| Christ College | 3 | 1 | 4 | 8 |
| Tak Sun Secondary School | 1 | 7 | 0 | 8 |
| CUHK FAA Chan Chun Ha Secondary School | | 4 | 1 | 5 |
| Pentecostal Lam Hon Kwong School | 4 | 1 | 0 | 5 |
| Kwok Tak Seng Catholic Secondary School | 0 | 2 | 2 | 4 |
| Shatin Pui Ying College | 0 | 0 | 4 | 4 |
| Buddhist Wong Wan Tin College | 1 | 0 | 1 | 2 |
| PLK C W Chu College | 0 | 0 | 1 | 1 |

HKSSF Shatin and Sai Kung Secondary Schools Area Committee
Inter-School Athletics Championships 2022-2023 Girls overall
Team Result

| School | GirlsA | GirlsB | GirlsC | Total |
|---|---------------|---------------|---------------|--------------|
| Jockey Club Ti-I College | 160 | 102.5 | 159 | 421.5 |
| POH Chan Kai Memorial College | 98 | 54.5 | 89.5 | 242 |
| Lam Tai Fai College | 67 | 71.5 | 64 | 202.5 |
| Pui Kiu College | 61 | 62 | 55 | 178 |
| Sha Tin Tsung Tsin Secondary School | 24 | 32 | 70 | 126 |
| TWGHs Yow Kam Yuen College | 35 | 55 | 29 | 119 |
| Baptist Lui Ming Choi Secondary School | 33.5 | 50 | 30 | 113.5 |
| HK Baptist University Affiliated School Wong Kam Fai Secondary & Primary School | 32 | 43 | 32.5 | 107.5 |
| Chinese Y.M.C.A. College | 42 | 53 | 12 | 107 |
| Immaculate Heart of Mary College | 61 | 15 | 8 | 84 |
| LST Young Ko Hsiao Lin Secondary School | 3 | 30 | 37 | 70 |
| St Rose of Lima's College | 19 | 35 | 10 | 64 |
| Helen Liang Memorial Secondary School (Shatin) | 28 | 7 | 16 | 51 |
| TWGHs Mrs. Fung Wong Fung Ting College | 14 | 15 | 16 | 45 |
| Shatin Pui Ying College | 21 | 1 | 18 | 40 |
| Kiangsu-Chekiang College (Shatin) | 1 | 29.5 | 7 | 37.5 |
| TWGHs Wong Fung Ling College | 2 | 17 | 10 | 29 |
| SKH Lam Kau Mow Secondary School | | 22 | 4 | 26 |
| Sha Tin Methodist College | 7 | 9 | 2 | 18 |
| Toi Shan Association College | 8 | 10 | 0 | 18 |
| PLK Wu Chung College | 0 | 2 | 15 | 17 |
| Kwok Tak Seng Catholic Secondary School | 5 | 8 | 3 | 16 |
| Pentecostal Lam Hon Kwong School | 1 | 14 | 1 | 16 |
| Ng Yuk Secondary School | | 5 | 10 | 15 |
| Sai Kung Sung Tsun Catholic School (Secondary Section) | 1 | 10 | 2 | 13 |
| Chiu Chow Association Secondary School | 1 | 11 | 0 | 12 |
| Stewards Pooi Kei College | | 6 | 6 | 12 |
| Christian Alliance Cheng Wing Gee College | 4 | 1 | 5 | 10 |
| PLK C W Chu College | 10 | | | 10 |
| Tsang Pik Shan (Sung Lan) Secondary School | | | 8 | 8 |
| SKH Tsang Shiu Tim Secondary School | 2 | 2 | 3 | 7 |
| Buddhist Wong Wan Tin College | 0 | 2 | 4 | 6 |
| Cheng Chek Chee Secondary School | 3.5 | 1 | 0 | 4.5 |
| Buddhist Kok Kwong Secondary School | | 2 | 2 | 4 |
| CUHK FAA Chan Chun Ha Secondary School | 0 | 2 | 1 | 3 |
| Christ College | 1 | 0 | 0 | 1 |
| Ma On Shan St. Joseph's Secondary School | 1 | | | 1 |
| Ma On Shan Tsung Tsin Secondary School | 0 | 1 | | 1 |
| Caritas Ma On Shan Secondary School | | | 0 | 0 |