## Track & Field (Men)

(Aug 2025 Version)

	Attendance &	Written					
Examination	Marks	100metres	* Shot put	Long jump	* Javelin	Participation	Exam
						26%	20%
RESULTS	15	12.0 sec or below	10.00 meters or above	5.00 meters or above	27.00 meters or above		
	14	12.5	9.50	4.75	24.00		
	13	13.0	9.00	4.50	21.00		
	12	13.5	8.50	4.25	18.00		
	11	13.9	8.00	4.00	16.50		
	10	14.3	7.50	3.80	15.00		
	9	14.7	7.00	3.60	13.50		
	8	15.1	6.50	3.40	12.00		
HSS	7	15.4	6.10	3.20	11.50		
<u>⊠</u>	6	15.7	5.70	3.00	11.00		
	5	16.0	5.30	2.80	10.50		
	4	16.3	4.90	2.60	10.00		
	3	16.6	4.60	2.40	9.50		
	2	16.9	4.30	2.30	9.00		
	1	17.1	4.00	2.20	8.50		
Quality of Skills		3 pts – In the exam, students fulfill the requirements of skill quality and their performances are extremely smooth and skillful 2 pts – In the exam, students fairly fulfill the requirements of skill quality and their performances are fairly smooth and skillful 1 pt – In the exam, students fail to fulfill the requirements of skill quality and their performances are not smooth and skillful					
No. of Trials		Each track event takes the best score out of the two attempts; Each field event takes the best score out of three attempts.					
Remarks		*The shot weights 5kg; The javelin weights 800g.  # The best 3 out of the 4 events will be scored.					

## Track & Field (Women)

(Aug 2025 Version)

	Attendance &	Written					
Examination	Marks	100metres	* Shot put	Long jump	* Javelin	Participation	Exam
						26%	20%
S	15	14.2 sec or below	6.60 meters or above	3.90 meters or above	19.30 meters or above		
	14	14.7	6.10	3.60	16.90		
	13	15.2	5.60	3.40	14.50		
	12	15.7	5.10	3.20	12.20		
	11	16.2	4.70	3.00	11.10		
	10	16.7	4.30	2.80	10.00		
LT	9	17.2	3.90	2.60	8.90		
[] []	8	17.6	3.60	2.50	7.80		
RESULTS	7	18.0	3.50	2.40	7.60		
	6	18.4	3.40	2.30	7.40		
	5	18.8	3.30	2.20	7.20		
	4	19.2	3.20	2.10	7.05		
	3	19.6	3.10	2.00	6.90		
	2	20.0	3.05	1.95	6.75		
	1	21.0	3.00	1.90	6.60		
Quality of Skills		3 pts – In the exam, students fulfill the requirements of skill quality and their performances are extremely smooth and skillful 2 pts – In the exam, students fairly fulfill the requirements of skill quality and their performances are fairly smooth and skillful 1 pt – In the exam, students fail to fulfill the requirements of skill quality and their performances are not smooth and skillful					
No. of Trials		Each track event takes the best score out of the two attempts; Each field event takes the best score out of three attempts.					
Remarks		* The shot weights 3kg; The javelin weights 600g.  # The best 3 out of the 4 events will be scored.					