

The Chinese Foundation Secondary School
 The 10th Annual Athletics Meet 2009-2010
Girls C Grade Result

Event	1st		2nd		3rd		4th		5th		6th		7th		8th	
100m	Lo Yu Ching 15.44" R	1E S	Chan Yu Tung 15.96" R	2E S	Yeung Hing Wai 15.97" R	2A S	Chan Kei Yau 16.09" O	2E	Lam Ying Celia 16.20" R	1C	Les Oi Ning 16.34" Y	2D	Mok Wing Sze 16.41" Y	2E	Hui Tsin Lam 17.66' O	2C
100m Hurdles	Lam Kristie Kai'po-malulani 21.45" O	2C S	Wong Lilian 25.67" y	2A	Leung Chi Man Tiffany 26.06" R	2A	Lo Hiu Wah 28.09" O	2A	Chan Shui Ching 42.09" Y	1D						
200m	Yeung Hing Wai 35.03" R	2A	Chiu Wing Ki 35.40" G	1C	Cheung Shin Yee Zoe 35.68" R	2B	Lau Hiu Wing 36.02" R	1C	Cheung Lok Lok 36.22" O	2E	Yip Yee Wah 36.62" O	2D	Chan Kei Yau 36.64" O	2E	Yip Hiu Lam Emily 37.42" G	2D
400m	Lam Kristie Kai'po-malulani 1'21.20" O	2C S	Hui Tsin Lam 1'24.60" O	2C	Cheung Shin Yee Zoe 1'26.79" R	2B	Lau Sin Fai 1'31.16" R	1B								
800m																
1500m	Lam Lai Wai 7.50.49 Y	1E	Ng Hoi Shuen 8.20.91 G	2C	Hui Tsz Ching 8.22.16 Y	1A	Ho Wing Ka 10.54.18 g	1A								
Discus	Tsoi Lok Yi 9.78 R	2B	Tu Ya Chi Jennifer 9.08 Y	1A												
Shot Put	Liu Christa 5.68 R	2B	Tsoi Lok Yi 4.17 R	2B	Yu Hei Ping 4.15 Y	1E	Wei Cheuk Way 3.97 G	2C	Wong Lillian 3.59 Y	2A	Ng Tsz Yu 3.36 R	2C	Lung Ling Chin 3.29 O	1B		
Long Jump	Chan Yu Tung 3.30m R	2E	Hui Tsin Lam 3.28m O	2C	Hui Emily 3.25m G	2C	Yeung Hing Wai 3.24m R	2A	Chiu Wing Ki 3.10m G	1C	Lung Ling Chin 3.00m O	1B	Ng Hoi Shuen 2.97m G	2C	Cheung Shin Yee Zoe 2.95m R	2B
High Jump	Lam Kristie Kai' Po-Malulan 1.17M O	2C S	Chan Yu Tung 1.15M R	2E S	Mok Wing Sze 1.12M Y	2E	Ho Yuen Lam 1.0M Y	1A								
4x100m Relay	Red House 1'06.60" R		Yellow House 1'08.52" Y		Red House 1'09.26" R		Orange House 1'09.84" O		Orange House 1'10.34" O		Green House 1'12.50" G		Yellow House 1'13.88" Y		Green House 1'17.41" G	
4x400m Relay	Orange House 5'50.03"		Red House 6.02.92		Green House 6.20.73		Orange House 6.49.36		Yellow House 6.51.49		Green House 6.53.59					

S - Standard
 R - Break Record