

## Best Record 大會紀錄

	Men			Women		
Event	Record	Name	Year	Record	Name	Year
100M	10.53	Lam Yiu Ming (MIBS)	1996	12.74	余凱然 (BAS)	2013
200M	22.09	楊偉剛 (SBF)	1999	27.46	梁曉彤 (BA)	2015
400M	54.87	周啟文 (CC)	2013	1:04.65	利詠妍 (LIFE)	2019
800M	2:09.65	鄭詠聰 (LIFE)	2019	2:32.34	利詠妍 (LIFE)	2019
1500M	4:33.90	鄭詠聰 (LIFE)	2019	6:15.11	Mariana SILVA (BSS)	2011
3000M	10:15.71	黃朗熙 (BBA)	2018	13:15.10	Mariana SILVA (BSS)	2011
110M Hurdles	15.91	Mok Wai Bun (SBF)	1997	---		
100M Hurdles	---			17.51	余凱然 (BAS)	2013
Discus	27.40m	羅家麒(BBA)	2015	23.86m	Tsang Chui Ping (MIBS)	1996
Javelin	41.22m	Yao York Fai (MA)	1992	29.70m	Yung Ching Yee (BAC)	1998
Shot Put	10.63	滕梓源 (BSS)	2009	9.13m	Tsang Chui Ping (MIBS)	1996
High Jump	1.82m	周安傑 (CC)	2005	1.44 m	丘敏芝 (CHIN)	2004
Long Jump	6.36m	Li Yiu Wa (BSS)	1997	5.21m	梁曉彤 (BA)	2015
Triple Jump	12.85m	余曦陽 (BBA)	2012	-		
4x100M Relay	47.00	SBF	1997	57.49	高綺蔓 李沚螢 梁曉彤 梁碧珊 (BA)	2017
4x400M Relay	3:56.29	陳敬偉 李志雄 楊振宇 蕭毅 (CC)	2004	4:59.78	季芷晴 利詠妍 秦曉琳 植綺華 (LIFE)	2019

Other Relay			
Event	Record	Name	Year
4x100M 公開接力	45.98	史上最快田徑飛人隊	2015
4x100M 校隊接力	45.96	田徑隊	2015
4X100M 屬會接力	51.24	跆拳道	2015
4x100M 教職員接力	57.88	CSO	2019
女子 4X100M 宿舍接力	59.37	William M W Mong Hall The Bank of East Asia Hall (A)	2014
男子 4X100M 宿舍接力	47.71	Lam Woo Hall (D)	2014