

Dear Parents,

The 54th Sports Day

The 54th Sports Day will be held on 14 December and 19 December 2018. Details are as below. Kindly read the circular and fill in the reply slip which your child is to return to the teachers-in-charge on or before 31 October 2018 (Wednesday).

Name	The 54th Sports Day	Date	14/12/2018(Friday) & 19/12/2018(Wednesday)
Time	8:00 a.m. – 4:30 p.m.	Venue	Kowloon Tsai Sports Ground
Attire	PE Uniform		

To promote family activities, the Parent-Teacher Association is specially holding a 400-meter Parent-child Race on 19 December at about 15:30. You are cordially invited to come and watch this race, and especially welcomed to put on your sportswear and race with your child. The school has also reserved seats in the spectators' stand for you to take part in this year's Sports Day.

Students will be dismissed at the end of the sports day at around 16:30 and will return home in their own arrangement. However, if weather conditions deem it necessary, they may be dismissed earlier.

We look forward to seeing you.

Yours sincerely,

Ng Miu Yee
Principal
Carmel Secondary School

學校通告 C1822 號
有關第五十四屆陸運會事宜

敬啟者：本校將於二零一八年十二月十四日及十二月十九日舉辦陸運會。資料詳列於下，敬希細閱並填妥回條，由 貴子弟於二零一八年十月三十一日或之前交回負責老師，以便遵照辦理。

活動名稱	第五十四屆陸運會	活動日期	14/12/2018(五) 及 19/12/2018(三)
活動時間	8:00a.m. – 4:30p.m.	活動地點	九龍仔運動場
服 式	學校體育服		

為提倡親子活動，本校家長教師會將於十二月十九日下午三時三十分舉行四百公尺親子環圈賽，誠邀各位家長蒞臨觀賽並屆時穿著運動服裝與 貴子弟共同參加比賽。為歡迎家長參與本年度的陸運會，本校將於看台預留家長席，希望 台端屆時能抽空出席。

除遇特殊天氣情況學生或會提早離開運動場，否則學生將於活動後(約於下午 4:30)解散，自行回家。特此通告。

此 致
各位家長

迦密中學校長
伍妙儀啟

主曆二零一八年十月十九日

The 54th Sports Day Rundown

Date: 14th (Friday) December and 19th (Wednesday) December 2018

Venue: Kowloon Tsai Sports Ground

Grades:

Boys A / Girls A	Born on or before 31 December 2002
Boys B / Girls B	Born between 1 January 2003 and 31 December 2004
Boys C / Girls C	Born on or after 1 January 2005

Events:

		Boys A	Boys B	Boys C	Girls A	Girls B	Girls C
Individual Events (個人項目)	60 meters (60 公尺)	X	X	X	X	✓	✓
	100 meters (100 公尺)	✓	✓	✓	✓	✓	✓
	200 meters (200 公尺)	✓	✓	✓	✓	✓	✓
	400 meters (400 公尺)	✓	✓	✓	✓	✓	✓
	800 meters (800 公尺)	✓	✓	✓	✓	✓	✓
	1500 meters (1500 公尺)	✓	✓	✓	✓	✓	✓
	110 / 100 meter hurdles (110 / 100 跨欄)	✓ 110	✓ 100	✓ 100	✓ 100	✓ 100	✓ 100
	High Jump (跳高)	✓	✓	✓	✓	✓	✓
	Long Jump (跳遠)	✓	✓	✓	✓	✓	✓
	Triple Jump (三級跳遠)	✓	✓	X	X	X	X
	Shot Put (鉛球)	✓	✓	✓	✓	✓	✓
	Javelin (標槍)	✓	✓	X	✓	X	X
	Softball (擲壘球)	X	X	✓	X	✓	✓
Relay Races (接力)	4x100 meter relay (4x100 接力)	✓	✓	✓	✓	✓	✓
	4x400 meter relay (4x400 接力)	✓	✓	✓	✓	✓	✓
	12x200 meter relay (12x200 接力)	8 Boys and 4 Girls (no grouping)					
Parent-child Event (親子項目)	400 meter Parent-child Race (400 公尺親子環圈賽)						

Note: (1) Individual events will be cancelled if fewer than 4 students enter them.

(2) Each house can appoint two teams to participate in every grade of the 4x100 meter relay.

Awards:

(I) Individual Awards

- (1) 1 Champion, 1 First Runner-up and 1 Second Runner-up for every event
- (2) 1 Best Athlete for each group
- (3) 1 Best Boy Athlete and 1 Best Girl Athlete in the whole school

(II) Group Awards (for the houses)

- (1) 1 Champion for each group
- (2) 1 Champion and 1 First Runner-up for the Sports Performance Award in the whole school
- (3) 1 Champion and 1 First Runner-up for the Team Spirit Award in the whole school

Calculation of points:

- (1) The first 8 winners of each individual event will each receive 9, 7, 6, 5, 4, 3, 2 and 1 point accordingly.
- (2) The points for the 4x100 meter relay races and the 4X 400 meter relay races are 2 x score of individual events.
- (3) The points for the 12x200 meter relay races are three times the score of individual events.
- (4) The houses' points and individual points do not include that of the Parent-child Race.

Enrollment

- (1) Students can enter a maximum of 3 events: (2 Track 1 Field / 2 Field 1 Track)
- (2) Students please sign up for the relay races with the house committee members. The House Chief Coordinators will then select students to compete in them.

Reply Slip 回條

To: Ms Ng, Principal
致：伍校長

Date: 19 October 2018
日期：二零一八年十月十九日

*Please put a tick '✓' in an appropriate box '□'.
請在適當的□上加上「✓」號

I have received the circular (C1822) and been informed about the 54th Sports Day; and
敬覆者：頃接 貴校來函(C1822)，得悉有關第五十四屆陸運會事宜；並

- (i) my child * will / will not compete in the events of the Sports Day (including relay races);
敝子弟將 參加 / 不參加 貴校之陸運會比賽[包括接力項目]；
I hereby affirm that my child is in good health and is capable of participating in the events below (including relay races);
本人證明敝子弟健康情況良好及適合進行下列項目(包括接力項目)；
- (ii) I * consent / do not consent to my child participating in the Sports Day as helper with operation duties.
本人 同意 / 不同意敝子弟參與陸運會工作人員職務
(Only students of S3 or above are allowed to become helpers. All helpers must attend the Sports Day safety meeting at the Hall during lunch time (~30 minutes) on 23 November (Friday).
(此項只供中三或以上同學參與，所有工作人員必須出席陸運會工作人員安全會議，會議於 23/11(星期五) 午膳在禮堂進行，約需半小時)。
- (iii) My child and I * will / will not compete in the Parent-child event of the Sports Day ;
敝子弟及本人將 參加 / 不參加 貴校之陸運會親子項目；

Class monitors please collect all reply slips and return them to the collection box outside the General Office by 4:00p.m., 31 October (Wednesday)

請班長於 31/10(三) 4:00p.m. 或之前收齊回條並投進校務處外之收集箱

Student's Name : _____

學生姓名

Class : _____ Class Number: _____

班別 學號

Date of Birth: _____ (Y)年 _____ (M)月 _____ (D)日
出生日期

Parent's Signature : _____

家長簽署

Emergency Contact No. : _____

緊急聯絡電話

Students can enter a maximum of 3 events: Either **2 track events and 1 field event** OR **1 track event and 2 field events**.
(Excluding relay races and Parent-child Race)

最多參加三項：2 項徑賽 1 項田賽或2 項田賽 1 項徑賽(不包括接力及親子環圈賽)

Event 報名項目	Gender 性別	Grade 組別	Track Event 徑賽項目	Field Event 田賽項目
1	Male/Female 男子/女子	A / B / C		
2		A / B / C		
3		A / B / C		
Backup Events 後備項目 (considered if an enrolled event is cancelled)		A / B / C	1.	2.

*Students have to enter **at least 1 individual event** in order to compete in the House relay races
參加社際接力的同學，必須至少參加一項個人項目

*Form 1-3 students are required to enter **at least 1 individual event**
中一至三同學需要參加至少一項個人項目

*Deadline for application: **31 October 2018 (by 4:00p.m.)**
截止報名日期：二零一八年十月三十一日(下午四時正前)