

HKUST Sports Day cum Intramural Athletics Meet

Event Schedule

Date: 14 February 2026, Saturday

Venue: FYT Sports Center, HKUST

| Event No. | Marshal Time | Men | | Women | | Heat/Final |
|--|--------------|--------------------------------------|-------------|-------|-----------|------------|
| | | Track | Field | Track | Field | |
| Opening Ceremony | | | | | | |
| 1 | 10:45 | | Long Jump | | | Final |
| 2 | 11:45 | | | | Long Jump | Final |
| 3 | 11:45 | | High Jump | | | Final |
| 4 | 12:15 | 100m | | | | Heat |
| 5 | 12:20 | | Triple Jump | | | Final |
| 6 | 12:25 | 400m | | | | Heat |
| 7 | 12:35 | 1500m | | | | Final |
| 8 | | | | 1500m | | Final |
| 9 | 12:50 | 200m | | | | Heat |
| 10 | 13:00 | | | 800m | | Final |
| 11 | 13:10 | 800m | | | | Final |
| 12 | 13:20 | | | 100m | | Final |
| 13 | 13:25 | 100m | | | | Final |
| 14 | 13:35 | | | 400m | | Final |
| 15 | 13:40 | 400m | | | | Final |
| 16 | 13:50 | 5000m | | | | Final |
| 17 | 14:30 | | | 200m | | Final |
| 18 | 14:35 | 200m | | | | Final |
| 19 | 14:40 | Mixed Interdepartmental 4x400m Relay | | | | Final |
| 20 | 14:50 | 4x100m Run for Friendship | | | | Final |
| 21 | 14:55 | Interdepartmental 4x100m Relay | | | | Final |
| 22 | 15:00 | 10x200m Mass Relay | | | | Final |
| 23 | 15:15 | Mass Games for Sports for ALL | | | | Final |
| Prize Presentation and Closing Ceremony | | | | | | |