



2023年3月22日

敬致: 全体家长及学生

2023年3月25日学校活动

校方将于2023年3月25日(星期六)举办三项活动, 分别是全校运动会色队练习、2023年奖学金颁奖仪式及第27届家教协会常年会员大会。详情如下:

2. 为了准备2023年6月15日(星期四)及17日(星期六)全校运动会, 校方安排全体学生于3月25日(星期六)上午7时半至10时半回校参加色队练习, 学生需穿上色队衣裤出席, 未购买色队衣裤的初中一学生和插班生可穿体育衣裤出席, 放学时间为上午10时半。有关第65届运动会简章, 请参阅附件。
3. 2023年奖学金颁奖仪式将于2023年3月25日(星期六)上午8时至9时在礼堂举行, 全体奖学金受惠学生都必须穿着整齐校服参加仪式。奖学金受惠学生家长也受邀出席观礼, 以肯定及表扬孩子的优秀表现。
4. 家教协会第27届常年会员大会将于2023年3月25日(星期六)上午10时半至中午12时半在礼堂举行, 校方欢迎家长们出席。

敬请垂注。谢谢!


KUNG BEE LEE 江美利
PRINCIPAL
HAN CHIANG HIGH SCHOOL PENANG
韩江中学校长



22 March 2023

To: All Parents and Students

School Activities on 25 March 2023


Please be informed that there are 3 activities on 25 March 2023 (Saturday): The Sports Day House Practice, Scholarship Award Presentation & 27th PTA Annual General Meeting.

2. To prepare for the upcoming Sports Day which will be held from 15 and 17 June 2023, all students are required to come back to the school for the colour-house practice from 7.30am to 10.30am. Students are required to wear the colour-house uniforms. For Junior 1 students and transfer students who have not bought the colour-house uniforms, they are allowed to wear the school sports wear. Students will dismiss at 10.30am on that day. For the general regulations of the Sports Day, kindly refer to the attachment.

3. The Scholarship Award Presentation for 2023 will be held from 8am to 9am at the school hall. All beneficiary students are required to wear complete school uniforms to attend this event. Parents of the beneficiary students are also invited to attend.

4. The 27th PTA Annual General Meeting will be held from 10.30am to 12.30pm at the school hall. All parents are welcome to attend this meeting.

Thank you.


KUNG BEE LEE 江美利
PRINCIPAL
HAN CHIANG HIGH SCHOOL PENANG
韩江中学校长

韩江中学 2023 年第 65 届运动会简章

一、名称：韩江中学 2023 年第 65 届运动会

二、宗旨：1. 联络师生感情，提高学生田径运动技术水平。
2. 互相观摩，共同切磋技艺，选拔校队选手。

三、日期：15-6-2023 及 17-6-2023

四、地点：本校草场

五、资格：凡韩江在籍生皆可参加

六、队伍：1. 黄队（1、6 号） 2. 红队（2、7 号） 3. 绿队（3、8 号）
4. 紫队（4、9 号） 5. 蓝队（5、0 号）

* 以学号最后一个号码为编列队伍

七、组别：男甲、女甲 - 17 岁- 20 岁

男乙、女乙 - 15 岁- 16 岁

男丙、女丙 - 12 岁- 14 岁（韩中生 11 岁和 12 岁）

参赛者必须按照实际年龄参赛，不得跨组比赛，违反者将被取消资格。

八、赛项：个人项目：100m、200m、400m、800m、跳高、跳远、铅球、铁饼、标枪
1500m（分为初中男女组和高中男女组）

团体项目：4 X 100m、4 X 400m、啦啦队、拔河、步操

九、参赛规定：1. 田径个人项目，每队只限每组别派出 2 位选手参加，委任 1 位候补。

2. 每位选手只限参加 3 项个人项目和 2 项团体项目（田径项目）。

3. 若田径比赛项目少于三个人参赛，该项目将被取消。

4. 每色队步操需要 80 人或以上组成色队方阵参赛。

5. 每色队啦啦队需要 50 人或以上组成色队方阵参赛。

6. 每色队拔河需要 10 位选手参加，委任 2 位候补参赛。

十、报名方式及截止日期：各色队必须在 5 月 24 日 12: 00 之前将报名表格发至邮箱：
jinzp@hchs.edu.my

十一、奖励：1. 每个项目设冠、亚、季军奖。

2. 全场总冠军、亚军和季军。

3. 各组最佳男女运动员。

十二、队伍分数算法：冠军 8 分、亚军 6 分、季军 4 分

色队步操、啦啦队、拔河得分计入色队总成绩

十三、规则：采取国际最新田径比赛规则。

十四、本简章若有未尽善之处，大会有权作出增删。



Handbook of HCHS Sports Day 2023

1. Name : The 65th HCHS Sports Day

2. Purpose : A. Enhance the relationship between teachers and students & Improve the technical level of athletics.
B. Observe each other, discuss skills together, and select school team players.

3. Date: 15-6-2023 and 17-6-2023

4. Location: School Field

5. Qualifications: Existing Han Chiang High School's Students

6. Teams: 1. Yellow Team (No. 1, 6) 2. Red Team (No. 2, 7) 3. Green Team (No. 3, 8)

4. Purple Team (Nos. 4, 9) 5. Blue Team (No. 5, 0)

* Arrange teams with the last number of the student number

7. Group: Group A Male , Group A Female: 17 years old - 20 years old

Group B Male , Group B Female: 15 years old - 16 years old

Group C Male , Group C Female: 12 years old - 14 years old (11 and 12 years old)

Participants must compete according to their actual age, and no cross-group competition is allowed. Violators will be disqualified.

8. Events: Individual events: 100m, 200m, 400m, 800m, Shot put, Discus, Javelin, High Jump , Long Jump , 1500m (divided into Junior Group and Senior Group)

Group events: 4X 100m, 4x400m, cheerleaders , tug of war , marching

9. Participation regulations:

- i. For each event, each team is only allowed to send 2 players from each group to participate, and appoint 1 alternate.
- ii. Each athlete can only participate in 3 individual events and 2 team event (except for marching).
- iii. If there are less than three participants in the competition, the competition will be cancelled.
- iv. Each color marching team requires 80 or more people to form a color team to enter the field.
- v. Each color cheerleaders team requires 50 or more people to form a color team to enter the field.
- vi. For tug of war each team is only allowed to send 10 players from each group to participate, and appoint 2 alternate.

10. Registration method and deadline: All teams must send the registration form to email: jinzp@hchs.edu.my before 12:00 by 24th of MAY.

11. Rewards:

- i. Each project will have the first, second and third runner-up awards.
- ii. Overall champion, runner-up and third runner-up.
- iii. Best male and female athlete in each group

12. Team score calculation method: 8 points for the champion, 6 points for the runner-up, 4 points for the third place. The color team's marching , cheerleaders and tug of war score is included in the color team's total score.

13. Rules: adopt the latest international track and field rules.

14. If there are any imperfections in this prospectus, the conference has the right to make additions or deletions.

