

One or Two-day Events

No.	Dates	Days	Time	Games	Events	Gender	Venues	Opponents				
1	13 Oct 2024	Sunday	0900-1700	Heats & Finals	Swimming	M & F	Hong Kong Sports Institute	Local Institutes	Overall 3rd Women's Overall 3rd Men's Overall 3rd	N.A.	N.A.	
2	10 Nov 2024	Sunday	0815 - 1200	Final	Cross Country	M & F	CUHK	Local Institutes	Overall 6th Women's Overall 7th Men's Overall 5th	Men's Individual 3rd: Lo Chun Yin	N.A.	
3	30 Nov, 1 Dec 2024	Saturday & Sunday	TBC	Heats & Finals	Water Polo	M	Hong Kong Sports Institute	Local Institutes	N.A.	N.A.	N.A.	
4	28 Dec 2024, 4 Jan 2025	Saturday	TBC	Heats	Rugby	M & F	King's Park	Local Institutes	N.A.	N.A.	N.A.	
	5-11月25	Sunday	TBC	Semi Finals & Finals	Rugby	M & F	Kai Tak Sports Park	Local Institutes	N.A.	N.A.	N.A.	
5	25 & 26 Jan 2025	Saturday & Sunday	TBC	Heats & Finals	Fencing	M & F	HKUST	Local Institutes	N.A.	N.A.	N.A.	
6	8 & 9 Mar 2025	Saturday & Sunday	TBC	Heats & Finals	Athletics Meet	M & F	Joint Sports Centre (JSC)	Local Institutes	N.A.	N.A.	N.A.	
7	8 & 9 Mar 2025	Saturday & Sunday	TBC	Heats & Finals	Woodball	M & F	The Sir Philip Haddon-Cave Sports Field, CUHK	Local Institutes	N.A.	N.A.	N.A.	
8	TBC	TBC	TBC	Heats & Finals	Dragon Boat	M & F	HKCDBA, Shing Mun River, Shatin	Local Institutes	N.A.	N.A.	N.A.	
9	16 三月 2025	Sunday	TBC	Heats & Finals	Karatado	M & F	SH Ho Sports Hall, HKUST	Local Institutes	N.A.	N.A.	N.A.	
10	22 & 23 Mar 2025	Saturday & Sunday	TBC	Heats & Finals	Taekwondo	M & F	PolyU	Local Institutes	N.A.	N.A.	N.A.	

Remarks:
For further details, please refer to <http://www.usfhk.org/?type=fixture&lang=tc>