



### One or Two-day Events

No.	Dates	Days	Time	Games	Events	Gender	Venues	Opponents	Results	Points / Games Won	Points / Games Lost	Remarks
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		N.A.	Men's Individual 3rd: Lo Chun Yin
3	30 Nov, 1 Dec 2024	Saturday & Sunday	1430-1500 / 0900-1700	Heats & Finals	Water Polo	M	Hong Kong Sports Institute	Local Institutes	Overall 4th	N.A.	N.A.	
4	28-十二月 24	Saturday	1327 - 1341	Heats	Rugby	F	King's Park	VTC	Win	28	7	
	28-十二月 24	Saturday	1522-1536	Heats	Rugby	M	King's Park	HSUHK	Win	37	0	
	28-十二月 24	Saturday	1631-1645	Heats	Rugby	F	King's Park	PolyU	Win	72	5	
	28-十二月 24	Saturday	1717-1731	Heats	Rugby	M	King's Park	EDUHK	Win	25	0	
	4-一月 25	Saturday	1350-1404	Heats	Rugby	M	King's Park	CUHK	Win	31	7	
	4-一月 25	Saturday	1545-1559	Heats	Rugby	F	King's Park	HKU	Win	36	5	
	4-一月 25	Saturday	1740-1754	Heats	Rugby	M	King's Park	HKU	Win	37	0	
	5-一月 25	Sunday	1318-1332	Semi Finals	Rugby	F	Kai Tak Sports Park	HKBU	Win	17	5	
	5-一月 25	Sunday	1404-1418	Semi Finals	Rugby	M	Kai Tak Sports Park	PolyU	Win	48	0	
	5-一月 25	Sunday	1750-1804	Finals	Rugby	F	Kai Tak Sports Park	EDUHK	Champion	12	5	
	5-一月 25	Sunday	1815-1829	Finals	Rugby	M	Kai Tak Sports Park	HKBU	1st Runner Up	7	10	
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>