

Date	Sport	Time	Event	Athlete/s	Result	Remarks
29-Sep	Bowling	9:00	Men's Team of Five - 1st Block	KAM Siu Lun, MAK Cheuk Yin, TSENG Tak Hin, WU Siu Hong, YEUNG Wai Ki	3rd/ 18 (3055)	
29-Sep	Table Tennis	10:00	Mixed Doubles - 1/32 Elimination HKG vs LAO	JIANG Tianyi, LEE Ho Ching	Win (3:0)	Qualified to 1/16 Elimination
29-Sep	Sailing	10:30	J80 - Open Match Racing - Round Robin - Race 35 HKG vs CHN	LUI Kam, YEUNG Chun Cheong, TONG Ping Shun, LAW Yat Fung, WONG Owen	Loss	
29-Sep	Table Tennis	10:40	Mixed Doubles - 1/32 Elimination HKG vs MDV	CHEUNG Yuk, JIANG Huajun	Win (3:0)	Qualified to 1/16 Elimination
29-Sep	Cycling - Road	12:00 - 16:00	Women's Road Race - Final	MENG Zhaojuan	17th/23 (3:39:33)	
29-Sep	Cycling - Road	12:00 - 16:00	Women's Road Race - Final	DIAO Xiaojuan	4th/23 (3:39:33)	
29-Sep	Table Tennis	12:30	Women's Doubles - 1/32 Elimination HKG vs NEP	DOO Hoi Kem, TIE Ya Na	Win (3:0)	Qualified to 1/16 Elimination
29-Sep	Table Tennis	12:30	Women's Doubles - 1/32 Elimination HKG vs MAS	LEE Ho Ching, NG Wing Nam	Win (3:0)	Qualified to 1/16 Elimination
29-Sep	Sailing	13:00	J80 - Open Match Racing - Round Robin - Race 45 HKG vs MAS	LUI Kam, YEUNG Chun Cheong, TONG Ping Shun, LAW Yat Fung, WONG Owen	Loss	
29-Sep	Sailing	13:30	J80 - Open Match Racing - Round Robin - Race 47 HKG vs BRN	LUI Kam, YEUNG Chun Cheong, TONG Ping Shun, LAW Yat Fung, WONG Owen	Win	
29-Sep	Volleyball	13:30	Men's Volleyball - Play-off HKG vs TPE	Hong Kong Volleyball Team	Loss (0:3)	
29-Sep	Hockey	14:00	Women's Hockey - Classification 7- 8 HKG vs THA	Hong Kong Hockey Team	Loss (0:5)	
29-Sep	Sailing	14:00	J80 - Open Match Racing - Round Robin - Race 50 HKG vs JPN	LUI Kam, YEUNG Chun Cheong, TONG Ping Shun, LAW Yat Fung, WONG Owen	Loss	
29-Sep	Athletics	19:52	Men's 4x100m Relay - 1st Round - Heat 2	NG Ka Fung, LAI Chun Ho, TSUI Chi Ho, TANG Yik Chun, SO Chun Hong	3rd/ 5 45.34	Qualified to Final
29-Sep	Athletics	20:53	Men's 4x400m Relay - 1st Round - Heat 2	CHOI Ho Sing, CHAN Ka Chun, HO Tsz Fung, LEUNG King Hung	4th/ 8 (3:11.28)	Personal Best