

Date	Sport	Time	Event	Athlete/s	Result	Remarks
30-Sep	Bowling	9:00	Women's All Events	CHAN Shuk Han	22nd/74 (4700)	
30-Sep	Bowling	9:00	Women's All Events	NG Tsz Yin	54th/74 (4380)	
30-Sep	Bowling	9:00	Women's All Events	TAM Shun Yee	58th/74 (4219)	
30-Sep	Bowling	9:00	Women's All Events	CHENG Chung Hang Joan	59th/74 (4162)	
30-Sep	Cricket	09:30- 12:30	Men's Cricket - Quarterfinals HKG vs MAS	Hong Kong Cricket Team	Win (130:129)	Qualified to Semi-finals
30-Sep	Equestrian	10:00	Jumping Individual - Final Round A	LEUNG Raena Hou Ling	1st/29	Qualified to Final Round B
30-Sep	Equestrian	10:00	Jumping Individual - Final Round A	LAM Samantha June	11th/29	
30-Sep	Equestrian	10:00	Jumping Individual - Final Round A	LAI Jacqueline Jing Man	11th/29	Qualified to Final Round B
30-Sep	Table Tennis	10:00	Mixed Doubles - 1/16 Elimination HKG vs SIN	JIANG Tianyi, LEE Ho Ching	Win (3:2)	Qualified to Quarterfinals
30-Sep	Table Tennis	10:00	Mixed Doubles - 1/16 Elimination HKG vs TPE	CHEUNG Yuk, JIANG Huajun	Win (3:0)	Qualified to Quarterfinals
30-Sep	Cycling - Mountain Bike	10:00 - 12:00	Men's Cross - Country - Final	CHAN Chun Hing	2nd/21 (1:43:27)	Silver Medal
30-Sep	Sailing	10:30	J80 - Open Match Racing - Round Robin - Race 53 HKG vs IND	LUI Kam, YEUNG Chun Cheong, TONG Ping Shun, LAW Yat Fung, WONG Owen	Loss	
30-Sep	Sailing	11:00	420 - Men's Two Person Dinghy - Race 11	CHIK Ho Yin, TSE Sui Lun	3rd/9	
30-Sep	Sailing - Windsurfing	11:00	Mistral - Men's Windsurfer - Race 11	CHENG Kwok Fai	1st/7	
30-Sep	Sailing - Windsurfing	11:00	RS:X - Men's Windsurfer - Race 11	LEUNG Ho Tsun Andy	1st/9	
29-Sep	Sailing - Windsurfing	11:00	RS:One - Women's Windsurfer - Race 11	LO Sin Lam Sonia	3rd/7	
29-Sep	Sailing - Windsurfing	11:00	RS:X - Women's Windsurfer - Race 11	CHAN Hei Man Hayley Victoria	1st/4	
30-Sep	Sailing	11:00	Hobies - 16 - Open Multihull - Race 11	TONG Yui Shing, TONG Kit Fong	3rd/9	
30-Sep	Sailing	11:00	420 - Men's Two Person Dinghy - Race 12	CHIK Ho Yin, TSE Sui Lun	4th/9	
30-Sep	Sailing - Windsurfing	11:00	Mistral - Men's Windsurfer - Race 12	CHENG Kwok Fai	1st/7	Gold Medal
30-Sep	Sailing - Windsurfing	11:00	RS:X - Men's Windsurfer - Race 12	LEUNG Ho Tsun Andy	3rd/9	Silver Medal

30-Sep	Sailing - Windsurfing	11:00	RS:One - Women's Windsurfer - Race 12	LO Sin Lam Sonia	4th/7	Silver Medal
30-Sep	Sailing - Windsurfing	11:00	RS:X - Women's Windsurfer - Race 12	CHAN Hei Man Hayley Victoria	1st/4	Gold Medal
30-Sep	Sailing	11:00	Hobies - 16 - Open Multihull - Race 12	TONG Yui Shing, TONG Kit Fong	3rd/9	Bronze Medal
30-Sep	Table Tennis	11:00	Men's Doubles - 1/32 Elimination HKG vs MGL	TANG Peng, WONG Chun Ting	Win (3:0)	Qualified to 1/16 Elimination
30-Sep	Athletics	11:02	Men's 400 Hurdles Round 1 - Heat 2	CHAN Ka Chun	5th/5 (52.65)	16th/17
30-Sep	Table Tennis	11:30	Men's Doubles - 1/32 Elimination HKG vs YEM	LEUNG Chu Yan, JIANG Tianyi	Win (3:0)	Qualified to 1/16 Elimination
30-Sep	Sailing	11:30	J80 - Open Match Racing - Round Robin - Race 57 HKG vs SIN	LUI Kam, YEUNG Chun Cheong, TONG Ping Shun, LAW Yat Fung, WONG Owen	Loss	
30-Sep	Rugby	11:44	Women's Rugby - Preliminary Round HKG vs LAO	Hong Kong Rugby Team	Win (52:0)	
30-Sep	Rugby	13:12	Men's Rugby - Preliminary Round HKG vs PAK	Hong Kong Rugby Team	Win (72:0)	
30-Sep	Sailing	13:30	J80 - Open Match Racing - Round Robin - Race 66 HKG vs KOR	LUI Kam, YEUNG Chun Cheong, TONG Ping Shun, LAW Yat Fung, WONG Owen	Loss	
30-Sep	Equestrian	14:00	Jumping Individual - Final Round B	LEUNG Raena Hou Ling	3rd/20	Qualified to Jump-off
30-Sep	Equestrian	14:00	Jumping Individual - Final Round B	LAI Jacqueline Jing Man	17th/20	
30-Sep	Bowling	14:30	Men's Team of Five - 2nd Block	KAM Siu Lun, MAK Cheuk Yin, TSENG Tak Hin, WU Siu Hong, YEUNG Wai Ki	3rd/18 (5900)	Bronze Medal
30-Sep	Bowling	14:30	Men's All Events	WU Siu Hong	11th/103 (4898)	
30-Sep	Bowling	14:30	Men's All Events	MAK Cheuk Yin	20th/103 (4826)	
30-Sep	Bowling	14:30	Men's All Events	KAM Siu Lun	43rd/103 (4653)	
30-Sep	Bowling	14:30	Men's All Events	YEUNG Wai Ki	46th/103 (4630)	
30-Sep	Bowling	14:30	Men's All Events	TSENG Tak Hin	51st/103 (4610)	
30-Sep	Sailing	14:30	J80 - Open Match Racing - Round Robin - Race 69 HKG vs TPE	LUI Kam, YEUNG Chun Cheong, TONG Ping Shun, LAW Yat Fung, WONG Owen	Win	
30-Sep	Volleyball	14:30	Men's Semi-final Round - 13th-16th Place HKG vs MYA	Hong Kong Volleyball Team	Loss (2:3)	

30-Sep	Sailing	15:00	J80 - Open Match Racing - Round Robin - Race 71 HKG vs CHN	LUI Kam, YEUNG Chun Cheong, TONG Ping Shun, LAW Yat Fung, WONG Owen	Loss	
30-Sep	Equestrian	15:15	Jumping Individual - Jump-off	LEUNG Raena Hou Ling	9th/10	Overall:9th/20
30-Sep	Rugby	15:46	Women's Rugby - Preliminary Round HKG vs MAS	Hong Kong Rugby Team	Win (65:0)	
30-Sep	Aquatics - Diving	16:00 - 17:00	Men's Synchronised 3m Springboard - Final	CHOW Ho Wing, POON Jason Wai Ching	5th/7 (335.34)	
30-Sep	Volleyball	16:30	Women's Semi-finals Round for 5th-8th Place HKG vs TPE	Hong Kong Volleyball Team	Loss (0:3)	
30-Sep	Rugby	16:52	Men's Rugby - Preliminary Round HKG vs PHI	Hong Kong Rugby Team	Win (40:0)	
30-Sep	Handball	18:00	Women's Handball - Classification - 5th-6th Place HKG vs UZB	Hong Kong Handball Team	Loss (16:26)	
30-Sep	Athletics	18:45	Women's 100 Hurdles Round 1 - Heat 1	LUI Lai Yiu	6th/7 (13.99)	11th/14 Personal Best
30-Sep	Athletics	19:10	Women's 200m Round 1 - Heat 1	HUI Man Ling	7th/7 (26.18)	20th/22
30-Sep	Athletics	19:24	Women's 200m Round 1 - Heat 3	LEUNG Hau Sze	7th/7 (25.81)	18th/22
30-Sep	Rugby	19:26	Men's Rugby - Preliminary Round HKG vs THA	Hong Kong Rugby Team	Win (33:14)	
30-Sep	Athletics	19:35	Men's Long Jump - Final	CHAN Ming Tai	5th/17 (7.73m)	Personal Best
30-Sep	Athletics	19:54	Men's 200m Round 1 - Heat 3	TANG Yik Chun	4th/8 (21.87)	24th/36 Qualified to Semi-finals
30-Sep	Athletics	20:08	Men's 200m Round 1 - Heat 5	NG Ka Fung	3rd/7 (21.34)	12th/36 Qualified to Semi-finals