

Date	Sport	Time	Event	Athlete/s	Result	Remarks
1-Oct	Bowling	9:00	Men's Masters - 1st Block	WU Siu Hong	1st/16 (1764)	
1-Oct	Bowling	9:00	Men's Masters - 1st Block	MAK Cheuk Yin	8th/16 (1683)	
1-Oct	Athletics	9:52	Men's 200m - Semi-finals 2	NG Ka Fung	3rd/8 (21.59)	9th/24
1-Oct	Athletics	9:59	Men's 200m - Semi-finals 3	TANG Yik Chun	6th/8 (22.03)	15th/24
1-Oct	Canoe - Obstacle Slalom	10:00	Women's Canoe Single - Qualification - Heat 1	HO Yin Ngai	11th/11 (1:48.05)	Remainder to Repechage
1-Oct	Volleyball	10:30	Men's Volleyball - Classification 15th-16th Place HKG vs MDV	Hong Kong Volleyball Team	Win (3:2)	
1-Oct	Canoe - Obstacle Slalom	10:46	Women's Kayak Single - Qualification- Heat 1	HO Yin Ngai	12th/13 (1:31.30)	Remainder to Repechage
1-Oct	Canoe - Obstacle Slalom	12:00	Women's Canoe Single - Repechage 1	HO Yin Ngai	7th/7 (1:59.76)	
1-Oct	Canoe - Obstacle Slalom	12:17	Women's Kayak Single - Repechage 1	HO Yin Ngai	8th/9 (1:30.92)	
1-Oct	Bowling	13:00	Women's Masters - 1st Block	CHAN Shuk Han	10th/16 (1570)	
1-Oct	Rugby	13:12	Men's Rugby - Preliminary Round HKG vs CHN	Hong Kong Rugby Team	Win (19:5)	Qualified to Quarterfinals
1-Oct	Aquatics - Diving	14:00	Women's 1m Springboard - Final	CHAN Sharon	8th/11 (222.9)	
1-Oct	Table Tennis	14:00	Mixed Doubles - Quarterfinals HKG vs CHN	JIANG Tianyi, LEE Ho Ching	Win (3:0)	Qualified to Semi-finals
1-Oct	Table Tennis	14:00	Mixed Doubles - Quarterfinals HKG vs JPN	CHEUNG Yuk, JIANG Huajun	Loss (2:3)	
1-Oct	Table Tennis	14:30	Men's Singles - 1/32 Elimination HKG vs KSA	JIANG Tianyi	Win (4:0)	Qualified to 1/16 Elimination
1-Oct	Table Tennis	15:10	Men's Singles - 1/32 Elimination HKG vs PRK	TANG Peng	Loss (3:4)	
1-Oct	Rugby	15:24	Women's Rugby - Preliminary Round HKG vs KAZ	Hong Kong Rugby Team	Win (12:7)	Qualified to Semi-finals
1-Oct	Table Tennis	16:00	Women's Doubles - 1/16 Elimination HKG vs PRK	DOO Hoi Kem, TIE Ya Na	Loss (1:3)	
1-Oct	Table Tennis	16:00	Women's Doubles - 1/16 Elimination HKG vs THA	LEE Ho Ching, NG Wing Nam	Win (3:0)	Qualified to Quarterfinals
1-Oct	Table Tennis	17:00	Men's Doubles - 1/16 Elimination HKG vs KOR	TANG Peng, WONG Chun Ting	Win (3:1)	Qualified to Quarterfinals
1-Oct	Table Tennis	17:00	Men's Doubles - 1/16 Elimination HKG vs KOR	LEUNG Chu Yan, JIANG Tianyi	Loss (1:3)	Qualified to Quarterfinals
1-Oct	Rugby	17:18	Men's Rugby - Quarterfinal Match 1 HKG vs PHI	Hong Kong Rugby Team	Win (21:0)	Qualified to Semi-finals