Corinthians 9:24-26

“Do you not know that in a race all the runners run, but only one gets the prize? Run in such a way as to get the prize. Everyone who competes in the games goes into strict training. They do it to get a crown that will not last; but we do it to get a crown that will last forever. Therefore I do not run like a man running aimlessly; I do not fight like a man beating the air.”

5 Opening Prayer (Poon Hui Kun, 4B) 

Our heavenly Father, we thank for giving us the opportunities to participate in the 26th Athletics Meet. We also thank for granting us good health and talents in sports. Guide and protect us all through all the events during these two days. Teach us that the price of success is hard work, dedication to the job at hand, and the determination that whether we win or lose, we have applied the best of ourselves to the task at hand. Encourage us to participate in sports so that we can further grow in our health, fitness, sportsmanship, appreciation of rules and care for equipment. Help us to learn from each other and respect each other, so that we can create a loving and caring school environment. We ask through Jesus Christ our Lord. Amen.

6 Hymn : Sing Hallelujah to the Lord (Chiu Nga Sze, 4C & Tse Kai Yeung, 4E) 

7 Opening Speech (Ms Rhonda Leung, Principal) 

8 Pledging by the House Captains : Sit

(Ms Rhonda Leung will lead the pledge)

THE PLEDGE :

We solemnly pledge that we will strive our best to participate in the Athletics Meet; to uphold our sportsmanship and team spirit. We will respect the decisions and judgments of the referees and complete all events of the 26th Athletics Meet.
Philippians 3:12-17
“Not that I have already obtained all this, or have already been made perfect, but I press on to
take hold of that for which Christ Jesus took hold of me. Brothers, I do not consider myself
yet to have taken hold of it. But one thing I do: Forgetting what is behind and straining toward
what is ahead, I press on toward the goal to win the prize for which God has called me
heavenward in Christ Jesus. All of us who are mature should take such a view of things. And
if on some point you think differently, that too God will make clear to you. Only let us live
up to what we have already attained. Join with others in following my example, brothers, and
take note of those who live according to the pattern we gave you.”

O God, we thank for the successful completion of the 26th Athletics Meet. We thank for creating
this day for gain not loss, success not failure, positive actions not negative thoughts. O Lord, inspire us
with desire for greatness, to wisely use these gifts and talents you have so generously given to us.
They are tools to be used, not treasures to be stored up. Create in our students the right attitude to
excel in the classroom and in life ---- the attitude that says "I can reach deeper inside myself.”
Strengthen their faith in God, themselves, their families, and their friends, to have great expectations
for their future. Grant them the enduring commitment to persevere, to never quit no matter what the
score, to never give up no matter what the odds. We ask through Jesus Christ our Lord. Amen.

Dr. Chung Tin Hei, Specialist in Neurology, 1989 F.7 Graduate

The grace of our Lord Jesus Christ, and the love of God, and the fellowship
of the Holy Spirit, be with us all evermore. Amen

Hymn: Shalom (Chiu Nga Sze, 4C & Tse Kai Yeung, 4E)
Recession of the Athletes