

The Baseball Association of Hong Kong, China

Men Squad Training Schedule
For the period of July 2025

Last updated: 11 Jun 2025

Organizer:
The Baseball Association of Hong Kong, China (BAHKC)

IASS/TS/NS

2025 JUL

Subvention:
IASS : Subvented by the Hong Kong Sports Institute (HKSI) under Individual Athletes Support Scheme
TS : Subvented by the Hong Kong Sports Institute (HKSI) under Development Programme for Team Sports
NS (National Squad Regular Training) : Block grant subvention by the Leisure and Cultural Services Department (LCSD) under Sports Subvention Scheme (Cat. B1)
JS (Junior Squad Regular Training) : Block grant subvention by the Leisure and Cultural Services Department (LCSD) under Sports Subvention Scheme (Cat. B1)

Date (YYYY-MM-DD)	Day	Day	Time	hours	Venue	Venue Available Time	Remarks	Subvention Source
2025-07-01	Tue	2	1/7 - 2/7 Oversea Training (Development Programme for Team Sports 2024-2027) (Zhongshan, China)					
2025-07-01	Tue	2	17:30 ~ 19:00	1:30	STW	Field	STW/F 1730-2030	備戰15th全運會 ASDF
2025-07-01	Tue	2	19:00 ~ 20:30	1:30	STW	Field	STW/F 1730-2030	IASS+TS(NS) HKSI
2025-07-02	Wed	3	17:30 ~ 19:00	1:30	STW	Field	STW/F 1730-2030 STW/C 1900-2200	備戰15th全運會 ASDF
2025-07-02	Wed	3	19:00 ~ 22:00	3:00	STW	Field / Cage	STW/F 1730-2030 STW/C 1900-2200	Men NS LCSD
2025-07-03	Thu	4	9:00 ~ 13:00	4:00	STW	Field	STW/F 0930-1100	備戰15th全運會 ASDF
2025-07-03	Thu	4	17:30 ~ 22:00	4:30	STW	Field / Cage	STW/F 1730-2030 STW/C 2000-2200	備戰15th全運會 ASDF
2025-07-04	Fri	5	17:30 ~ 19:00	1:30	STW	Field	STW/F 1730-2030 STW/C 1900-2200	備戰15th全運會 ASDF
2025-07-04	Fri	5	19:00 ~ 22:00	3:00	STW	Field / Cage	STW/F 1730-2030 STW/C 1900-2200	IASS+TS(NS) HKSI
2025-07-05	Sat	6	5/7 - 6/7 Oversea Training (Zhongshan, China)					
2025-07-05	Sat	6	16:30 ~ 18:00	1:30	STW	Field	STW/F 1630-2100	備戰15th全運會 ASDF
2025-07-05	Sat	6	18:00 ~ 21:00	3:00	STW	Field	STW/F 1630-2100	IASS+TS(NS) HKSI
2025-07-06	Sun	7	9:30 ~ 12:30	3:00	STW	Field	STW/F 0930-1230	IASS+TS(NS) HKSI
2025-07-06	Sun	7	13:30 ~ 16:30	3:00	STW	Field	STW/F 1330-1630 STW/C 1300-1600	備戰15th全運會 ASDF
2025-07-08	Tue	2	17:30 ~ 19:00	1:30	STW	Field	STW/F 1730-2030 STW/C 1900-2200	備戰15th全運會 ASDF
2025-07-08	Tue	2	19:00 ~ 22:00	3:00	STW	Field / Cage	STW/F 1730-2030 STW/C 1900-2200	IASS+TS(NS) HKSI
2025-07-09	Wed	3	17:30 ~ 19:00	1:30	STW	Field	STW/F 1730-2030 STW/C 1900-2200	備戰15th全運會 ASDF
2025-07-09	Wed	3	19:00 ~ 22:00	3:00	STW	Field / Cage	STW/F 1730-2030 STW/C 1900-2200	Men NS LCSD
2025-07-10	Thu	4	17:30 ~ 22:00	4:30	STW	Field / Cage	STW/F 1730-2030 STW/C 2000-2200	備戰15th全運會 ASDF
2025-07-11	Fri	5	17:30 ~ 19:00	1:30	STW	Field	STW/F 1730-2030 STW/C 1900-2200	備戰15th全運會 ASDF
2025-07-11	Fri	5	19:00 ~ 22:00	3:00	STW	Field / Cage	STW/F 1730-2030 STW/C 1900-2200	IASS+TS(NS) HKSI
2025-07-12	Sat	6	16:30 ~ 18:00	1:30	STW	Field	STW/F 1630-2100	備戰15th全運會 ASDF
2025-07-12	Sat	6	18:00 ~ 21:00	3:00	STW	Field	STW/F 1630-2100	IASS+TS(NS) HKSI
2025-07-13	Sun	7	9:30 ~ 12:30	3:00	STW	Field	STW/F 0930-1230	IASS+TS(NS) HKSI
2025-07-15	Tue	2	17:30 ~ 19:00	1:30	STW	Field	STW/F 1730-2030 STW/C 1900-2200	備戰15th全運會 ASDF
2025-07-15	Tue	2	19:00 ~ 22:00	3:00	STW	Field / Cage	STW/F 1730-2030 STW/C 1900-2200	IASS+TS(NS) HKSI
2025-07-16	Wed	3	17:30 ~ 19:00	1:30	STW	Field	STW/F 1730-2030 STW/C 1900-2200	備戰15th全運會 ASDF
2025-07-16	Wed	3	19:00 ~ 22:00	3:00	STW	Field / Cage	STW/F 1730-2030 STW/C 1900-2200	Men NS LCSD
2025-07-17	Thu	4	17:30 ~ 22:00	4:30	STW	Field / Cage	STW/F 1730-2030 STW/C 2000-2200	備戰15th全運會 ASDF
2025-07-18	Fri	5	17:30 ~ 19:00	1:30	STW	Field	STW/F 1730-2030 STW/C 1900-2200	備戰15th全運會 ASDF
2025-07-18	Fri	5	19:00 ~ 22:00	3:00	STW	Field / Cage	STW/F 1730-2030 STW/C 1900-2200	IASS+TS(NS) HKSI
2025-07-19	Sat	6	16:30 ~ 18:00	1:30	STW	Field	STW/F 1630-2100	備戰15th全運會 ASDF
2025-07-19	Sat	6	18:00 ~ 21:00	3:00	STW	Field	STW/F 1630-2100	IASS+TS(NS) HKSI
2025-07-20	Sun	7	9:30 ~ 12:30	3:00	STW	Field	STW/F 0930-1230	IASS+TS(NS) HKSI
2025-07-22	Tue	2	17:30 ~ 19:00	1:30	STW	Field	STW/F 1730-2030 STW/C 1900-2200	備戰15th全運會 ASDF
2025-07-22	Tue	2	19:00 ~ 22:00	3:00	STW	Field / Cage	STW/F 1730-2030 STW/C 1900-2200	IASS+TS(NS) HKSI
2025-07-23	Wed	3	17:30 ~ 19:00	1:30	STW	Field	STW/F 1730-2030 STW/C 1900-2200	備戰15th全運會 ASDF
2025-07-23	Wed	3	19:00 ~ 22:00	3:00	STW	Field / Cage	STW/F 1730-2030 STW/C 1900-2200	Men NS LCSD
2025-07-24	Thu	4	17:30 ~ 22:00	4:30	STW	Field / Cage	STW/F 1730-2030 STW/C 2000-2200	備戰15th全運會 ASDF
2025-07-25	Fri	5	17:30 ~ 19:00	1:30	STW	Field	STW/F 1730-2030 STW/C 1900-2200	備戰15th全運會 ASDF
2025-07-25	Fri	5	19:00 ~ 22:00	3:00	STW	Field / Cage	STW/F 1730-2030 STW/C 1900-2200	IASS+TS(NS) HKSI
2025-07-26	Sat	6	16:30 ~ 18:00	1:30	STW	Field	STW/F 1630-2100	備戰15th全運會 ASDF
2025-07-26	Sat	6	18:00 ~ 21:00	3:00	STW	Field	STW/F 1630-2100	IASS+TS(NS) HKSI
2025-07-27	Sun	7	9:30 ~ 12:30	3:00	STW	Field	STW/F 0930-1230	IASS+TS(NS) HKSI
2025-07-29	Tue	2	17:30 ~ 19:00	1:30	STW	Field	STW/F 1730-2030 STW/C 1900-2200	備戰15th全運會 ASDF
2025-07-29	Tue	2	19:00 ~ 22:00	3:00	STW	Field / Cage	STW/F 1730-2030 STW/C 1900-2200	IASS+TS(NS) HKSI
2025-07-30	Wed	3	17:30 ~ 19:00	1:30	STW	Field	STW/F 1730-2030 STW/C 1900-2200	備戰15th全運會 ASDF
2025-07-30	Wed	3	19:00 ~ 22:00	3:00	STW	Field / Cage	STW/F 1730-2030 STW/C 1900-2200	Men NS LCSD
2025-07-31	Thu	4	17:30 ~ 22:00	4:30	STW	Field / Cage	STW/F 1730-2030 STW/C 2000-2200	備戰15th全運會 ASDF

The Baseball Association of Hong Kong, China

Men Squad Training Schedule
For the period of August 2025

Last updated: 24 Jun 2025

Organizer:
The Baseball Association of Hong Kong, China (BAHKC)

IASS/TS/NS

Subvention:
IASS : Subvented by the Hong Kong Sports Institute (HKSI) under Individual Athletes Support Scheme
TS : Subvented by the Hong Kong Sports Institute (HKSI) under Development Programme for Team Sports
NS (National Squad Regular Training) : Block grant subvention by the Leisure and Cultural Services Department (LCSD) under Sports Subvention Scheme (Cat. B1)
JS (Junior Squad Regular Training) : Block grant subvention by the Leisure and Cultural Services Department (LCSD) under Sports Subvention Scheme (Cat. B1)

2025 AUG

Date (YYYY-MM-DD)	Day	Day	Time	hours	Venue		Venue Available Time	Remarks	Subvention Source
2025-08-01	Fri	5	17:30 ~ 19:00	1:30	STW	Field	STW/F 1730-2030 STW/C 1900-2200	備戰15th全運會	ASDF
2025-08-01	Fri	5	19:00 ~ 22:00	3:00	STW	Field / Cage	STW/F 1730-2030 STW/C 1900-2200	IASS+TS(NS)	HKSI
2025-08-02	Sat	6	16:30 ~ 18:00	1:30	STW	Field	STW/F 1630-2100	備戰15th全運會	ASDF
2025-08-02	Sat	6	18:00 ~ 21:00	3:00	STW	Field	STW/F 1630-2100	IASS+TS(NS)	HKSI
2025-08-03	Sun	7	9:30 ~ 12:30	3:00	STW	Field	STW/F 0930-1230	IASS+TS(NS)	HKSI
2025-08-05	Tue	2	17:30 ~ 19:00	1:30	STW	Field	STW/F 1730-2030 STW/C 1900-2200	備戰15th全運會	ASDF
2025-08-05	Tue	2	19:00 ~ 22:00	3:00	STW	Field / Cage	STW/F 1730-2030 STW/C 1900-2200	IASS+TS(NS)	HKSI
2025-08-06	Wed	3	17:30 ~ 19:00	1:30	STW	Field	STW/F 1730-2030 STW/C 1900-2200	備戰15th全運會	ASDF
2025-08-06	Wed	3	19:00 ~ 22:00	3:00	STW	Field / Cage	STW/F 1730-2030 STW/C 1900-2200	Men NS	LCSD
2025-08-07	Thu	4	17:30 ~ 22:00	4:30	STW	Field / Cage	STW/F 1730-2030 STW/C 2000-2200	備戰15th全運會	ASDF
2025-08-08	Fri	5	17:30 ~ 19:00	1:30	STW	Field	STW/F 1730-2030 STW/C 1900-2200	備戰15th全運會	ASDF
2025-08-08	Fri	5	19:00 ~ 22:00	3:00	STW	Field / Cage	STW/F 1730-2030 STW/C 1900-2200	IASS+TS(NS)	HKSI
2025-08-09	Sat	6	16:30 ~ 18:00	1:30	STW	Field	STW/F 1630-2100	備戰15th全運會	ASDF
2025-08-09	Sat	6	18:00 ~ 21:00	3:00	STW	Field	STW/F 1630-2100	IASS+TS(NS)	HKSI
2025-08-10	Sun	7	9:30 ~ 12:30	3:00	STW	Field	STW/F 0930-1230	IASS+TS(NS)	HKSI
2025-08-12	Tue	2	17:30 ~ 19:00	1:30	STW	Field	STW/F 1730-2030 STW/C 1900-2200	備戰15th全運會	ASDF
2025-08-12	Tue	2	19:00 ~ 22:00	3:00	STW	Field / Cage	STW/F 1730-2030 STW/C 1900-2200	IASS+TS(NS)	HKSI
2025-08-13	Wed	3	17:30 ~ 19:00	1:30	STW	Field	STW/F 1730-2030 STW/C 1900-2200	備戰15th全運會	ASDF
2025-08-13	Wed	3	19:00 ~ 22:00	3:00	STW	Field / Cage	STW/F 1730-2030 STW/C 1900-2200	Men NS	LCSD
2025-08-14	Thu	4	17:30 ~ 22:00	4:30	STW	Field / Cage	STW/F 1730-2030 STW/C 2000-2200	備戰15th全運會	ASDF
2025-08-15	Fri	5	17:30 ~ 19:00	1:30	STW	Field	STW/F 1730-2030 STW/C 1900-2200	備戰15th全運會	ASDF
2025-08-15	Fri	5	19:00 ~ 22:00	3:00	STW	Field / Cage	STW/F 1730-2030 STW/C 1900-2200	IASS+TS(NS)	HKSI
2025-08-16	Sat	6	16:30 ~ 18:00	1:30	STW	Field	STW/F 1630-2100	備戰15th全運會	ASDF
2025-08-16	Sat	6	18:00 ~ 21:00	3:00	STW	Field	STW/F 1630-2100	IASS+TS(NS)	HKSI
2025-08-17	Sun	7	9:30 ~ 12:30	3:00	STW	Field	STW/F 0930-1230	IASS+TS(NS)	HKSI
2025-08-19	Tue	2	19 Aug - 26 Aug 2025雲林縣麥寮鄉拱範宮媽祖盃全國青棒錦標賽 (Kaohsiung, Taiwan)						
2025-08-19	Tue	2	17:30 ~ 19:00	1:30	STW	Field	STW/F 1730-2030 STW/C 1900-2200	備戰15th全運會	ASDF
2025-08-19	Tue	2	19:00 ~ 22:00	3:00	STW	Field / Cage	STW/F 1730-2030 STW/C 1900-2200	IASS+TS(NS)	HKSI
2025-08-20	Wed	3	17:30 ~ 19:00	1:30	STW	Field	STW/F 1730-2030 STW/C 1900-2200	備戰15th全運會	ASDF
2025-08-20	Wed	3	19:00 ~ 22:00	3:00	STW	Field / Cage	STW/F 1730-2030 STW/C 1900-2200	Men NS	LCSD
2025-08-21	Thu	4	17:30 ~ 22:00	4:30	STW	Field / Cage	STW/F 1730-2030 STW/C 2000-2200	備戰15th全運會	ASDF
2025-08-22	Fri	5	17:30 ~ 19:00	1:30	STW	Field	STW/F 1730-2030 STW/C 1900-2200	備戰15th全運會	ASDF
2025-08-22	Fri	5	19:00 ~ 22:00	3:00	STW	Field / Cage	STW/F 1730-2030 STW/C 1900-2200	IASS+TS(NS)	HKSI
2025-08-23	Sat	6	16:30 ~ 18:00	1:30	STW	Field	STW/F 1630-2100	備戰15th全運會	ASDF
2025-08-23	Sat	6	18:00 ~ 21:00	3:00	STW	Field	STW/F 1630-2100	IASS+TS(NS)	HKSI
2025-08-24	Sun	7	9:30 ~ 12:30	3:00	STW	Field	STW/F 0930-1230	IASS+TS(NS)	HKSI
2025-08-26	Tue	2	17:30 ~ 19:00	1:30	STW	Field	STW/F 1730-2030 STW/C 1900-2200	備戰15th全運會	ASDF
2025-08-26	Tue	2	19:00 ~ 22:00	3:00	STW	Field / Cage	STW/F 1730-2030 STW/C 1900-2200	IASS+TS(NS)	HKSI
2025-08-27	Wed	3	17:30 ~ 19:00	1:30	STW	Field	STW/F 1730-2030 STW/C 1900-2200	備戰15th全運會	ASDF
2025-08-27	Wed	3	19:00 ~ 22:00	3:00	STW	Field / Cage	STW/F 1730-2030 STW/C 1900-2200	Men NS	LCSD
2025-08-28	Thu	4	17:30 ~ 22:00	4:30	STW	Field / Cage	STW/F 1730-2030 STW/C 2000-2200	備戰15th全運會	ASDF
2025-08-29	Fri	5	17:30 ~ 19:00	1:30	STW	Field	STW/F 1730-2030 STW/C 1900-2200	備戰15th全運會	ASDF
2025-08-29	Fri	5	19:00 ~ 22:00	3:00	STW	Field / Cage	STW/F 1730-2030 STW/C 1900-2200	IASS+TS(NS)	HKSI
2025-08-30	Sat	6	16:30 ~ 18:00	1:30	STW	Field	STW/F 1630-2100	備戰15th全運會	ASDF
2025-08-30	Sat	6	18:00 ~ 21:00	3:00	STW	Field	STW/F 1630-2100	IASS+TS(NS)	HKSI
2025-08-31	Sun	7	9:30 ~ 12:30	3:00	STW	Field	STW/F 0930-1230	IASS+TS(NS)	HKSI

The Baseball Association of Hong Kong, China

Men Squad Training Schedule
For the period of September 2025

Last updated: 24 Jun 2025

Organizer:
The Baseball Association of Hong Kong, China (BAHKC)

IASS/TS/NS

Subvention:
IASS : Subvented by the Hong Kong Sports Institute (HKSI) under Individual Athletes Support Scheme
TS : Subvented by the Hong Kong Sports Institute (HKSI) under Development Programme for Team Sports
NS (National Squad Regular Training) : Block grant subvention by the Leisure and Cultural Services Department (LCSD) under Sports Subvention Scheme (Cat. B1)
JS (Junior Squad Regular Training) : Block grant subvention by the Leisure and Cultural Services Department (LCSD) under Sports Subvention Scheme (Cat. B1)

2025 SEP

Date (YYYY-MM-DD)	Day	Day	Time	hours	Venue		Venue Available Time	Remarks	Subvention Source
2025-09-02	Tue	2	17:30 ~ 19:00	1:30	STW	Field	STW/F 1730-2030 STW/C 2000-2200	備戰15th全運會	ASDF
2025-09-02	Tue	2	19:00 ~ 22:00	3:00	STW	Field / Cage	STW/F 1730-2030 STW/C 2000-2200	IASS+TS(NS)	HKSI
2025-09-03	Wed	3	17:30 ~ 19:00	1:30	STW	Field	STW/F 1730-2030 STW/C 2000-2200	備戰15th全運會	ASDF
2025-09-03	Wed	3	19:00 ~ 22:00	3:00	STW	Field / Cage	STW/F 1730-2030 STW/C 2000-2200	Men NS	LCSD
2025-09-04	Thu	4	17:30 ~ 22:00	4:30	STW	Field / Cage	STW/F 1730-2030 STW/C 2000-2200	備戰15th全運會	ASDF
2025-09-05	Fri	5	5 Sep - 7 Sep Oversea Training: Warm-up Match in Pingtan (Pingtan, Fujian, China)						
2025-09-05	Fri	5	17:30 ~ 19:00	1:30	STW	Field	STW/F 1730-2030 STW/C 2000-2200	備戰15th全運會	ASDF
2025-09-05	Fri	5	19:00 ~ 22:00	3:00	STW	Field / Cage	STW/F 1730-2030 STW/C 2000-2200	IASS+TS(NS)	HKSI
2025-09-06	Sat	6	6 Sep - 20 Oct STW Baseball Field closed for maintenance						
2025-09-06	Sat	6	18:00 ~ 21:00	3:00	STW	Cage	STW/C 1800-2100	IASS+TS(NS)	HKSI
2025-09-07	Sun	7	9:00 ~ 10:30	1:30	LR	Cage	LR/F 0900-1330	備戰15th全運會	ASDF
2025-09-07	Sun	7	10:30 ~ 13:30	3:00	LR	Cage	LR/F 0900-1330	IASS+TS(NS)	HKSI
2025-09-09	Tue	2	18:00 ~ 19:00	1:00	STW	Cage	STW/C 1800-2200	備戰15th全運會	ASDF
2025-09-09	Tue	2	19:00 ~ 22:00	3:00	STW	Cage	STW/C 1800-2200	IASS+TS(NS)	HKSI
2025-09-10	Wed	3	18:00 ~ 19:00	1:00	STW	Cage	STW/C 1800-2200	備戰15th全運會	ASDF
2025-09-10	Wed	3	19:00 ~ 22:00	3:00	STW	Cage	STW/C 1800-2200	Men NS	LCSD
2025-09-11	Thu	4	11 Sep - 14 Sep Oversea Training: Practicing game with Team Chinese Taipei (Kaohsiung, Taiwan)						
2025-09-11	Thu	4	18:00 ~ 19:00	1:00	STW	Cage	STW/C 1800-2200	備戰15th全運會	ASDF
2025-09-11	Thu	4	19:00 ~ 22:00	3:00	STW	Cage	STW/C 1800-2200	IASS+TS(NS)	HKSI
2025-09-12	Fri	5	19:00 ~ 22:00	3:00	STW	Cage	STW/C 1900-2200	IASS+TS(NS)	HKSI
2025-09-13	Sat	6	18:00 ~ 21:00	3:00	STW	Cage	STW/C 1800-2100	IASS+TS(NS)	HKSI
2025-09-14	Sun	7	9:00 ~ 10:30	1:30	LR	Cage	LR/F 0900-1330	備戰15th全運會	ASDF
2025-09-14	Sun	7	10:30 ~ 13:30	3:00	LR	Cage	LR/F 0900-1330	IASS+TS(NS)	HKSI
2025-09-16	Tue	2	18:00 ~ 19:00	1:00	STW	Cage	STW/C 1800-2200	備戰15th全運會	ASDF
2025-09-16	Tue	2	19:00 ~ 22:00	3:00	STW	Cage	STW/C 1800-2200	IASS+TS(NS)	HKSI
2025-09-17	Wed	3	18:00 ~ 19:00	1:00	STW	Cage	STW/C 1800-2200	備戰15th全運會	ASDF
2025-09-17	Wed	3	19:00 ~ 22:00	3:00	STW	Cage	STW/C 1800-2200	Men NS	LCSD
2025-09-18	Thu	4	18:00 ~ 19:00	1:00	STW	Cage	STW/C 1800-2200	備戰15th全運會	ASDF
2025-09-18	Thu	4	19:00 ~ 22:00	3:00	STW	Cage	STW/C 1800-2200	IASS+TS(NS)	HKSI
2025-09-19	Fri	5	19:00 ~ 22:00	3:00	STW	Cage	STW/C 1900-2200	IASS+TS(NS)	HKSI
2025-09-20	Sat	6	18:00 ~ 21:00	3:00	STW	Cage	STW/C 1800-2100	IASS+TS(NS)	HKSI
2025-09-21	Sun	7	9:00 ~ 10:30	1:30	LR	Cage	LR/F 0900-1330	備戰15th全運會	ASDF
2025-09-21	Sun	7	10:30 ~ 13:30	3:00	LR	Cage	LR/F 0900-1330	IASS+TS(NS)	HKSI
2025-09-22	Mon	1	22 Sep - 28 Sep 2025 BFA XXXI (31st) Asian Baseball Championship Preparation (Pingtan, Fujian, China)						
2025-09-23	Tue	2	18:00 ~ 19:00	1:00	STW	Cage	STW/C 1800-2200	備戰15th全運會	ASDF
2025-09-23	Tue	2	19:00 ~ 22:00	3:00	STW	Cage	STW/C 1800-2200	IASS+TS(NS)	HKSI
2025-09-24	Wed	3	18:00 ~ 19:00	1:00	STW	Cage	STW/C 1800-2200	備戰15th全運會	ASDF
2025-09-24	Wed	3	19:00 ~ 22:00	3:00	STW	Cage	STW/C 1800-2200	Men NS	LCSD
2025-09-25	Thu	4	18:00 ~ 19:00	1:00	STW	Cage	STW/C 1800-2200	備戰15th全運會	ASDF
2025-09-25	Thu	4	19:00 ~ 22:00	3:00	STW	Cage	STW/C 1800-2200	IASS+TS(NS)	HKSI
2025-09-26	Fri	5	19:00 ~ 22:00	3:00	STW	Cage	STW/C 1900-2200	IASS+TS(NS)	HKSI
2025-09-27	Sat	6	18:00 ~ 21:00	3:00	STW	Cage	STW/C 1800-2100	IASS+TS(NS)	HKSI
2025-09-28	Sun	7	9:00 ~ 10:30	1:30	LR	Cage	LR/F 0900-1330	備戰15th全運會	ASDF
2025-09-28	Sun	7	10:30 ~ 13:30	3:00	LR	Cage	LR/F 0900-1330	IASS+TS(NS)	HKSI
2025-09-30	Tue	7	18:00 ~ 19:00	1:00	STW	Cage	STW/C 1800-2200	備戰15th全運會	ASDF
2025-09-30	Tue	7	19:00 ~ 22:00	3:00	STW	Cage	STW/C 1800-2200	IASS+TS(NS)	HKSI