

## HKMU University Sports Teams 2025/26 – Trials Schedule

Team	Venue	Date	Time	Regular Training Schedule
<b>Cross Country</b>	Sha Tin	27 Sep 2025	16:00 – 18:00	<ul style="list-style-type: none"> <li>• Every Wed: 18:00 – 22:00</li> <li>• Every Sat: 16:00 -18:00</li> </ul>
		TBC	TBC	
		TBC	TBC	
<b>Men's Badminton</b>	1/F Agile Sports Hall, JCC	17 Sep 2025	19:00 – 22:00	<ul style="list-style-type: none"> <li>• Every Mon (ASH): 20:00 – 22:00</li> <li>• Every Wed (ASH): 20:00 – 22:00</li> </ul>
		22 Sep 2025		
<b>Women's Badminton</b>	1/F Agile Sports Hall, JCC	17 Sep 2025	18:00 – 20:00	<ul style="list-style-type: none"> <li>• Every Mon (ASH): 18:00 – 20:00</li> <li>• Every Wed (ASH): 18:00 – 20:00</li> </ul>
		22 Sep 2025		
<b>Men's Basketball</b>	1/F Agile Sports Hall, JCC	18 Sep 2025	18:00 – 21:00	<ul style="list-style-type: none"> <li>• Every Tue (ASH): 18:30 – 20:30</li> <li>• Every Thu (ASH): 20:30 – 22:30</li> </ul>
		25 Sep 2025	20:30 – 22:30	
<b>Women's Basketball</b>	10/F Muti-purpose Hall, MC	18 Sep 2025	18:30 – 20:30	<ul style="list-style-type: none"> <li>• Every Tue (ASH): 20:30 – 22:30</li> <li>• Every Thu (ASH): 18:30 – 20:30</li> </ul>
	1/F Agile Sports Hall, JCC	25 Sep 2025	18:30 – 20:30	
<b>Men's Table Tennis</b>	F0901&F0902, IOH	18 Sep 2025	17:30 – 19:30	<ul style="list-style-type: none"> <li>• Every Thu (IOH): 18:30 – 21:30</li> </ul>
		25 Sep 2025	19:30 – 21:30	
<b>Women's Table Tennis</b>	F0901&F0902, IOH	18 Sep 2025	19:30 – 21:30	<ul style="list-style-type: none"> <li>• Every Thu (IOH): 18:30 – 21:30</li> </ul>
		25 Sep 2025	17:30 – 19:30	

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<b>Men's Volleyball</b>	1/F Agile Sports Hall, JCC	19 Sep 2025	20:30 – 22:30	<ul style="list-style-type: none"> <li>• Every Wed (ASH): 18:30 – 20:30</li> <li>• Every Fri (ASH): 20:30 – 22:30</li> </ul>
		26 Sep 2025	20:30 – 22:30	
<b>Women's Volleyball</b>	1/F Agile Sports Hall, JCC	19 Sep 2025	18:30 – 20:30	<ul style="list-style-type: none"> <li>• Every Wed (ASH): 20:30 – 22:30</li> <li>• Every Fri (ASH): 18:30 – 20:30</li> </ul>
		26 Sep 2025	18:30 – 20:30	
<b>Soccer</b>	Jockey Club HKFA Football Training Centre, pitch 6 (Address: 190 Wan Po Rd, Tseung Kwan O)	29 Sep 2025 (Pitch #6)	21:00 – 22:30	<ul style="list-style-type: none"> <li>• Every Mon: 21:00 – 22:30</li> <li>• Every Thu: 19:30 – 21:00</li> </ul>
		2 Oct 2025 (Pitch #5)	19:30 – 21:00	
<b>Swimming</b>	Lai Chi Kok Park Swimming Pool	22 Sep 2025	20:00 – 22:00	<ul style="list-style-type: none"> <li>• Starts on 15 Sep 2025</li> <li>• Every Mon and Thu: 20:00 – 22:00</li> </ul>
		29 Sep 2025		
<b>Karatedo</b>	F901&F902, IOH	24 Oct 2025	18:30 – 20:30	<ul style="list-style-type: none"> <li>• Every Mon (新蒲崗): 19:30 – 21:30</li> <li>• Every Fri (IOH): 18:30 – 20:30</li> </ul>
		31 Oct 2025		
<b>Taekwondo</b>	F901&F902, IOH	20 Oct 2025	19:30 – 21:30	<ul style="list-style-type: none"> <li>• Every Mon (IOH): 19:00 – 21:30</li> <li>• Every Wed (IOH): 19:00 – 21:30</li> </ul>
		22 Oct 2025		
<b>Dragon Boat</b>	HKCDBA Training Centre, Shek Mun (Address: Area 51E, 51 On King Street, Shek Mun, Shatin)	21 Sep 2025	11:00 - 16:30	<ul style="list-style-type: none"> <li>• Every Fri (Shek Mun): 19:00 – 21:00</li> <li>• Every Sun (Shek Mun): 14:30 – 16:30</li> </ul>
		28 Sep 2025		

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*Last update: 22 September 2025*

<b>Fencing</b>	F901&F902, IOH	21 Oct 2025	18:00 – 20:00	<ul style="list-style-type: none"> <li>Every Tue (IOH): 18:00 – 20:00</li> </ul>
		28 Oct 2025		
		4 Nov 2025		
<b>Rugby</b>	Po Kong Village Road Park (Address: 140 Po Kong Village Road, Diamond Hill)	19 Sep 2025	20:00 – 22:00	<ul style="list-style-type: none"> <li>Every Friday (<i>Po Kong Village Road Park</i>): 20:00 – 22:00</li> </ul>
		26 Sep 2025		
<b>Track and Field</b>	TBC			

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