

Schedule - Day 1

| USFHK Rugby Sevens Competition 2019- 2020 | | | | | | | |
|---|----------------|-----------|--------|---|--------|--------|--------|
| Pitch 1 | | | | | | | |
| | Pool | Time | Home | v | Away | Result | Remark |
| | Men's Pool A | 1100-1120 | CUHK | v | HSU | | |
| | Men's Pool A | 1120-1140 | LU | v | POLY U | | |
| | Men's Pool B | 1140-1200 | HKUST | v | HKU | | |
| | Men's Pool B | 1200-1220 | HKBU | v | VTC | | |
| | Men's Pool B | 1220-1240 | CITY U | v | SYU | | |
| | Men's Pool A | 1240-1300 | HSU | v | LU | | |
| | Men's Pool A | 1300-1320 | EdUHK | v | CUHK | | |
| | Men's Pool B | 1320-1340 | HKBU | v | HKUST | | |
| | Men's Pool B | 1340-1400 | VTC | v | SYU | | |
| | Men's Pool B | 1400-1420 | CITY U | v | HKU | | |
| | Men's Pool A | 1420-1440 | EdUHK | v | POLY U | | |
| USFHK Rugby Sevens Competition 2019- 2020 | | | | | | | |
| Pitch 2 | | | | | | | |
| | Pool | Time | Home | v | Away | Result | Remark |
| | Women's Pool A | 1000-1020 | CITY U | v | VTC | | |
| | Women's Pool A | 1020-1040 | SYU | v | POLY U | | |
| | Women's Pool B | 1040-1100 | EdUHK | v | LU | | |
| | Women's Pool B | 1100-1120 | HKUST | v | CUHK | | |
| | Women's Pool A | 1120-1140 | SYU | v | HKBU | | |
| | Women's Pool A | 1140-1200 | POLY U | v | VTC | | |
| | Women's Pool B | 1200-1220 | HKUST | v | HKU | | |
| | Women's Pool B | 1220-1240 | CUHK | v | LU | | |
| | Women's Pool A | 1240-1300 | CITY U | v | SYU | | |
| | Women's Pool A | 1300-1320 | HKBU | v | POLY U | | |
| | Women's Pool B | 1320-1340 | EdUHK | v | HKUST | | |
| | Women's Pool B | 1340-1400 | HKU | v | CUHK | | |
| | | 1400-1420 | | | | | |
| | | 1420-1440 | | | | | |
| | Women's Pool A | 1440-1500 | HKBU | v | CITY U | | |
| | Women's Pool B | 1500-1520 | HKU | v | EdUHK | | |

Schedule - Day 2

| USFHK Rugby Sevens Competition 2019- 2020 | | | | | | | |
|---|--------------|-----------|--------|---|--------|--------|--------|
| Pitch 1 | | | | | | | |
| | Pool | Time | Home | v | Away | Result | Remark |
| | Men's Pool B | 1000-1020 | HKU | v | HKBU | | |
| | Men's Pool B | 1020-1040 | VTC | v | CITY U | | |
| | Men's Pool B | 1040-1100 | SYU | v | HKUST | | |
| | Men's Pool A | 1100-1120 | LU | v | EdUHK | | |
| | Men's Pool A | 1120-1140 | POLY U | v | HSU | | |
| | Men's Pool B | 1140-1200 | HKU | v | VTC | | |
| | Men's Pool B | 1200-1220 | SYU | v | HKBU | | |
| | Men's Pool B | 1220-1240 | HKUST | v | CITY U | | |
| | Men's Pool A | 1240-1300 | CUHK | v | LU | | |
| | Men's Pool A | 1300-1320 | HSU | v | EdUHK | | |
| | Men's Pool B | 1320-1340 | SYU | v | HKU | | |
| | Men's Pool B | 1340-1400 | HKUST | v | VTC | | |
| | Men's Pool B | 1400-1420 | CITY U | v | HKBU | | |
| | Men's Pool A | 1420-1440 | POLY U | v | CUHK | | |

| USFHK Rugby Sevens Competition 2019- 2020 | | | | | | | |
|---|-----------------------|-----------|-------------------|---|-------------------|--------|--------|
| Pitch 2 | | | | | | | |
| | Pool | Time | Home | v | Away | Result | Remark |
| | Women's Pool B | 1000-1020 | LU | v | HKU | | |
| | Women's Pool B | 1020-1040 | CUHK | v | EdUHK | | |
| | Women's Pool A | 1040-1100 | VTC | v | HKBU | | |
| | Women's Pool A | 1100-1120 | POLY U | v | CITY U | | |
| | | 1120-1140 | | | | | |
| | Women's Pool B | 1140-1200 | LU | v | HKUST | | |
| | Women's Pool A | 1200-1220 | VTC | v | SYU | | |
| | | 1220-1240 | | | | | |
| | | 1240-1300 | | | | | |
| | | 1300-1320 | | | | | |
| BREAK | | | | | | | |
| | Women's 5th-8th SF1 | 1330-1355 | Pool A - Rank 3rd | v | Pool B - Rank 4th | | |
| | Women's 5th-8th SF2 | 1355-1420 | Pool B - Rank 3rd | v | Pool A - Rank 4th | | |
| | Women's 1st-4th SF1 | 1420-1445 | Pool A - Rank 1st | v | Pool B - Rank 2nd | | |
| | Women's 1st-4th SF2 | 1445-1510 | Pool B - Rank 1st | v | Pool A - Rank 2nd | | |
| BREAK | | | | | | | |
| | Women's 7th/8th Final | 1550-1615 | Game 62 Loser | v | Game 64 Loser | | |
| | Women's 5th/6th Final | 1615-1640 | Game 62 Winner | v | Game 64 Winner | | |
| | Women's 3rd/4th Final | 1640-1705 | Game 66 Loser | v | Game 68 Loser | | |
| | Women's 1st/2nd Final | 1705-1730 | Game 66 Winner | v | Game 68 Winner | | |
| 18:30 END | | | | | | | |

Schedule - Day 3

| USFHK Rugby Sevens Competition 2019- 2020 | | | | | | | |
|---|---------------------|-----------|-------------------|---|-------------------|--------|--------|
| Pitch 1 | | | | | | | |
| | Pool | Time | Home | v | Away | Result | Remark |
| | Men's 5th-8th SF1 | 0900-0925 | Pool A - Rank 3rd | v | Pool B - Rank 4th | | |
| | Men's 5th-8th SF2 | 0925-0950 | Pool B - Rank 3rd | v | Pool A - Rank 4th | | |
| | Men's 1st-4th SF1 | 0950-1015 | Pool A - Rank 1st | v | Pool B - Rank 2nd | | |
| | Men's 1st-4th SF2 | 1015-1040 | Pool B - Rank 1st | v | Pool A - Rank 2nd | | |
| | | 1040-1105 | | | | | |
| | Men's 7th/8th Final | 1105-1130 | Game 61 Loser | v | Game 63 Loser | | |
| | Men's 5th/6th Final | 1130-1155 | Game 61 Winner | v | Game 63 Winner | | |
| | Men's 3rd/4th Final | 1155-1220 | Game 65 Loser | v | Game 67 Loser | | |
| | Men's 1st/2nd Final | 1220-1245 | Game 65 Winner | v | Game 67 Winner | | |
| 13:15 END | | | | | | | |