

Swimming Official Training Course 2026 (B)
Practical Session Roster

Updated as on 04.09.2026

S/N	Name	Chinese Name	Club	VPSP						KPSP					
				6/8 PM	7/8 PM	8/8 AM	8/8 PM	9/8 AM	9/8 PM	29/10 PM	30/10 PM	31/10 AM	31/10 PM	1/11 AM	1/11 PM
				1715	1715	0815	1445	0815	1445	1715	1715	0845	1315	0845	1315
1	Tam Hei Yiu	譚晞堯	-			✓	✓	✓	✓			✓	✓		
2	Sze-To Po Ki	司徒寶琦	#LT	✓	✓	✓	✓	✓	✓						
3	Yeung Chu Kwong	楊曙光	-			✓		✓	✓		✓	✓	✓		
4	Wong Wai Man Wiman	黃慧敏	WTS		✓	✓	✓	✓	✓		✓				
5	Ng Kwan Yee	吳君怡	SFC	✓	✓	✓	✓	✓	✓						
6	Lee Carrie-Anne	李慧敏	DWA	✓	✓	✓	✓	✓	✓						
7	Lo Lai Tou	羅禮濤	SFC	✓	✓	✓	✓	✓	✓						
9	Lam Chin Yau	林芊攸	JHC	✓	✓	✓	✓	✓	✓						
10	Li Wai Keung	李偉強	-	✓	✓	✓	✓			✓	✓				
11	Tang Yuen Kwan	鄧婉筠	HMA	✓	✓	✓	✓	✓	✓						
12	Chan Chiu Fan	陳肖芬	HMA	✓	✓	✓	✓	✓	✓						
13	Ng Tsz Hin	吳子軒	SFC	✓				✓	✓	✓				✓	✓
14	Lam Ka Hin	林嘉軒	KGC			✓	✓					✓	✓	✓	✓
15	Chu Siu Mui	朱少梅	EWS			✓	✓	✓	✓					✓	✓
16	Yung Tsz Ming	容子鳴	-	✓	✓	✓	✓	✓	✓						
17	Yung Tsz Kit	容子杰	-	✓	✓	✓	✓	✓	✓						
18	Lam Chun Hei	林俊希	-	✓	✓	✓	✓	✓	✓						
19	Chan Suet Wan	陳雪雲	SFC	✓	✓	✓	✓	✓	✓						
20	Chen Yanyun	陳艷雲	SFC	✓		✓	✓			✓		✓	✓		
21	So Cheuk Hei	蘇卓希	-	✓	✓	✓	✓	✓	✓						
22	Kan Kwan Wing Cloris	簡君穎	EBC			✓	✓	✓	✓					✓	✓
23	Chan Kam Yin	陳鑑賢	DWA	✓	✓	✓	✓	✓	✓						
24	Pan Lai Yin	彭禮賢	-	✓	✓			✓	✓			✓	✓		
25	Yue Yun Ting	岳云婷	WTS			✓	✓	✓	✓			✓	✓		
27	Yip Kwan Lung	葉坤龍	TPS		✓	✓	✓				✓	✓	✓		
28	Cheng Ho Tin	鄭灝天	JHC			✓	✓					✓	✓	✓	✓
29	Ma Wai Yan	馬煒欣	JHC	✓	✓		✓		✓	✓	✓				
30	Ho Pak Tao	何柏滔	JHC			✓	✓					✓	✓	✓	✓
31	Chan Suanne	陳詩韻	JHC			✓	✓					✓	✓	✓	✓
32	Cheung Sum In	張心弦	JHC			✓	✓					✓	✓	✓	✓
33	Cheung Yau Hei	張筱晞	-			✓	✓	✓	✓					✓	✓
34	Cheng Lai Chun Jennie	鄭麗珍	HVA	✓	✓	✓	✓			✓	✓				
35	Wong Fuk Kei	黃福基	SFC			✓	✓	✓	✓			✓	✓		
36	Wang Qun	王群	WTS	✓	✓	✓	✓	✓	✓						
37	Chong Tsz Hei Peter	莊子傖	DWA	✓	✓	✓	✓	✓	✓						
38	Li Wai Ting	李麗廷	HMA	✓	✓	✓	✓	✓	✓						
39	Lai Chi Ling	黎芷苓	-	✓	✓					✓	✓	✓	✓		
40	Lai Pak Ho	黎栢豪	JHC			✓	✓					✓	✓	✓	✓
41	Pang Ka Wai	彭嘉慧	-	✓	✓					✓	✓	✓	✓		
42	Lin Fu Po Violette	林伏波	HTA	✓	✓	✓	✓	✓	✓						
43	Ma Zi Ming	馬梓銘	-			✓	✓	✓	✓					✓	✓
44	Lam Tik I	林狄錡	RSC	✓	✓	✓	✓	✓	✓						
45	Leng Xianhua	冷仙花	SLA			✓	✓	✓	✓					✓	✓
46	Wong Ka Ki	黃嘉棋	-	✓	✓	✓	✓	✓	✓						
47	Wu Wong Ting	胡旺鼎	-				✓			✓		✓	✓	✓	✓
48	So Ho Kwan	蘇浩鈞	DWA	✓	✓	✓	✓	✓	✓						
49	Leung Hiu Lam	梁曉琳	DWA	✓	✓	✓	✓	✓	✓						
50	Ma Ka Tung Ella	馬嘉彤	DWA	✓	✓	✓	✓	✓	✓						
51	Chu Tak Him	朱德謙	DWA	✓	✓	✓	✓	✓	✓						
52	Keung King Him	姜敬謙	DWA	✓	✓	✓	✓	✓	✓						
53	Yeung Chim Kuen	楊暹娟	THS			✓	✓	✓	✓			✓	✓		
54	Wong Ching Ha	黃清霞	THS			✓	✓	✓	✓			✓	✓		
55	Ng Sau Kuen	吳秀娟	THS			✓	✓	✓	✓			✓	✓		
56	Chung Lok Yan	鍾樂欣	CYM	✓	✓			✓	✓	✓	✓				
57	Tsui Man Sze	徐敏施	CYM	✓	✓			✓	✓	✓	✓				
58	Leung Ho Hei	梁皓晞	*LG	✓	✓	✓	✓	✓	✓						
59	Chan Lok Hin	陳樂軒	*LG	✓	✓	✓	✓	✓	✓						
60	Ng Kai Wing	吳佳穎	-		✓			✓	✓		✓			✓	✓
62	Cheng Ho Tin	鄭皓天	-			✓	✓	✓	✓					✓	✓
63	Pang Tsz Hin	彭梓軒	KTS			✓	✓	✓	✓					✓	✓
64	Wong Yu Hang Joe	王御恒	*GW	✓	✓					✓	✓	✓	✓		
66	Chan Chun Shek	陳俊碩	WTS							✓	✓	✓	✓	✓	✓
68	Luk Heng Zhi	陸行止	EBC							✓	✓	✓	✓	✓	✓

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				1715	1715	0815	1445	0815	1445	1715	1715	0845	1315	0845	1315
69	Zhong Tsz Kin	鍾梓健	EBC							✓	✓	✓	✓	✓	✓
70	Chan Sze Ki	陳詩淇	EBC							✓	✓	✓	✓	✓	✓
72	Liao Junqi	廖俊琪	-							✓	✓	✓	✓	✓	✓
73	Ng Yi Lam	吳怡霖	-							✓	✓	✓	✓	✓	✓
74	Yeung Wing Man	楊詠文	WTS							✓	✓	✓	✓	✓	✓
75	Ho Ka Wai	何嘉慧	WTS							✓	✓	✓	✓	✓	✓
76	Pun Ngo Hei	潘韜曦	*LG							✓	✓	✓	✓	✓	✓
77	Chan Wah Shing	陳華勝	*WL							✓	✓	✓	✓	✓	✓
78	Cham Wai Chun	湛維鎮	*WL							✓	✓	✓	✓	✓	✓
79	Chan Yee Mei Margaret	陳依媚	-							✓	✓	✓	✓	✓	✓
80	Lam Wai Yan	林慧茵	-							✓	✓	✓	✓	✓	✓
81	Lam Wai Man	林慧汶	-							✓	✓	✓	✓	✓	✓
82	Cheung Hoi Yan Hoily	張愷恩	-	✓	✓	✓	✓	✓	✓						
83	Yiu Lai Yung	姚麗容	CPS							✓	✓	✓	✓	✓	✓
84	Lau Siu Hong	留兆康	-					✓	✓			✓	✓	✓	✓
85	Lam Ho Shing	林灝鉞	WTS							✓	✓	✓	✓	✓	✓
86	Cheung Yin Ming	張言銘	WTS							✓	✓	✓	✓	✓	✓
87	Chan Ching Yiu	陳靜瑤	SLA							✓	✓	✓	✓	✓	✓
88	Hong Liping	洪麗萍	CPS							✓	✓	✓	✓	✓	✓
89	Cheung Sai Hung Steven	張世雄	SFC							✓	✓	✓	✓	✓	✓
90	So Yuen Fung	蘇遠鋒	-							✓	✓	✓	✓	✓	✓