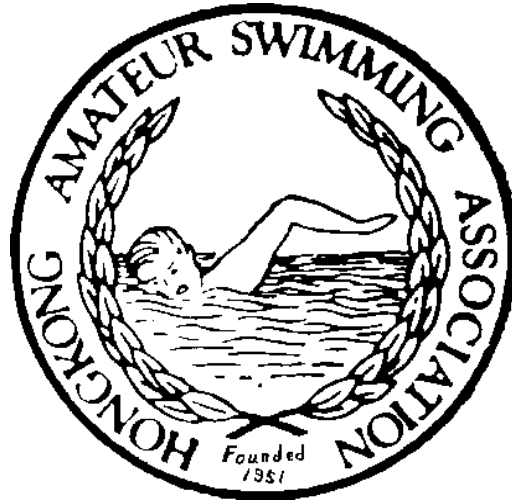


Programme

比賽賽程



HONG KONG AMATEUR SWIMMING ASSOCIATION

(MEMBER OF THE FEDERATION INTERNATIONALE DE NATATION)

(AFFILIATED TO THE SPORTS FEDERATION AND
OLYMPIC COMMITTEE OF HONG KONG, CHINA)

2019-20 Long Course Masters Swimming Competition (Part 3)

二零一九至二零年長池先進游泳比賽第三部份

23 June 2019 (Sun)

二零一九年六月二十三日(日)

**Sun Yat Sen
Memorial Park
Swimming Pool**

中山紀念公園游泳池

Subvented by the LCSD



2019-20 MSLCP3 - Entry Information

No. of Entries by Event		
Event #	Event Name	Entries
1	Men 50 Freestyle	127
2	Women 50 Freestyle	56
3	Men 100 Breaststroke	86
4	Women 100 Breaststroke	52
5	Men 50 Backstroke	80
6	Women 50 Backstroke	54
7	Men 400 Freestyle	91
8	Women 400 Freestyle	44
9	Men 50 Butterfly	102
10	Women 50 Butterfly	55
11	Men 200 Medley Relay	49
12	Women 200 Medley Relay	28
13	Men 50 Breaststroke	111
14	Women 50 Breaststroke	67
15	Men 100 Freestyle	105
16	Women 100 Freestyle	42
17	Men 200 Freestyle Relay	49
18	Women 200 Freestyle Relay	28

Total

1226

Entry information by Day		
Day / Session	No. of Entries	Total
A.M.	590	1226
P.M.	636	

Long Course Masters Swimming Competition – Part 3

長池先進游泳比賽 – 第三部份

Date: 23-06-2019 (Sunday)

Venue: Sun Yat Sen Memorial Park Swimming Pool 中山紀念公園游泳池

Morning Warm up/熱身: 0830 – 0920 Hrs

Morning First Event/開始: 0930 Hrs

Afternoon Warm up/熱身: 1300 – 1350 Hrs

Afternoon First Event/開始: 1400 Hrs

MEN			WOMEN	
1	50 M	Freestyle	自由泳	2
3	100 M	Breaststroke	蛙泳	4
5	50 M	Backstroke	背泳	6
7	400 M	Freestyle	自由泳	8
Lunch Break 午膳時間				
9	50 M	Butterfly	蝶泳	10
11	4 x 50 M	Medley Relay	四式接力	12
13	50 M	Breaststroke	蛙泳	14
15	100 M	Freestyle	自由泳	16
17	4 x 50 M	Freestyle Relay	自由接力	18

二零一九至二零年香港先進游泳比賽系列
比賽規程

日期/時間：	請參閱比賽年表及項目表。																		
地點：	請參閱比賽年表。																		
報名條件：	<ul style="list-style-type: none"> ◇ 所有參賽者必須為游泳總會正式註冊的 2019-2020 年度先進組別泳員。2019-20 年註冊費為港幣\$100 元正。 ◇ 年滿 18 歲或以上。 ◇ 外隊參賽：所有參賽者必須為該國總會先進游泳組別的正正式註冊泳員。 																		
報名：	<ul style="list-style-type: none"> ◇ 必須以報名總表報名，不正確及未填妥的報名總表，將不獲受理，報名費概不發還。 <p>個人項目</p> <ul style="list-style-type: none"> ◇ 長池比賽：每名泳員可參加不多於 3 項個人項目。 ◇ 短池比賽：每名泳員可參加不多於 3+1 項個人項目。（其中一項必須為二十五米個人項目） ◇ 每項報名費為港幣\$15 元正。 <p>接力項目</p> <ul style="list-style-type: none"> ◇ 接力採取會際形式。 ◇ 每個屬會最多可派出一隊參加每個年齡組別之接力項目。接力項目可不填寫最佳時間。 ◇ 所有參賽泳員須年滿 25 歲或以上。 ◇ 每項報名費為港幣\$15 元正。 <p>支票請劃線，抬頭寫 HKASA。</p>																		
截止報名：	報名須於首日比賽 21 日前辦妥。(以泳總的公佈為準)																		
截止註冊：	註冊須於比賽截止報名 21 日前辦妥。(以泳總的公佈為準)																		
項目：	請參閱項目表。所有賽事均以時間決定名次，不設初賽。																		
年齡組：	<p>年齡以比賽年 12 月 31 日計算。</p> <p>個人項目</p> <ul style="list-style-type: none"> ◇ 18-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90 或以上 <p>接力項目</p> <ul style="list-style-type: none"> ◇ 100-119, 120-159, 160-199, 200-239, 240-279, 280-319, 320-359, 360-399 																		
棄權：	<ul style="list-style-type: none"> ◇ 棄權須於每節開賽 30 分鐘前遞交。 ◇ 接力名單須於比賽日 12 時前遞交。 ◇ 每次“缺席”的罰款為港幣\$30 元正。罰款須於下次比賽截止報名前付清，否則將不獲接受報名。 																		
線道安排：	<ul style="list-style-type: none"> ◇ 如有需要，不同的年齡及性別亦會安排一起以免剩餘一人作賽。 																		
獎項：	<ul style="list-style-type: none"> ◇ 首三名將分別獲頒發獎牌。 ◇ 前八名可分別獲得分數 (年齡 18-24 組除外): <table border="1" style="margin-left: 20px; border-collapse: collapse; text-align: center;"> <tr> <td>個人項目</td> <td>9</td> <td>7</td> <td>6</td> <td>5</td> <td>4</td> <td>3</td> <td>2</td> <td>1</td> </tr> <tr> <td>接力</td> <td>18</td> <td>14</td> <td>12</td> <td>10</td> <td>8</td> <td>6</td> <td>4</td> <td>2</td> </tr> </table> <ul style="list-style-type: none"> ◇ *團體獎項：男子 / 女子組全場冠、亞及季軍。 	個人項目	9	7	6	5	4	3	2	1	接力	18	14	12	10	8	6	4	2
個人項目	9	7	6	5	4	3	2	1											
接力	18	14	12	10	8	6	4	2											
規則：	<ul style="list-style-type: none"> ◇ 比賽採用國際泳聯的規則。 																		

	<p>◇ 如參加 400m 或 800m 自由泳的泳員未能於先進游泳比賽的標準時間內游畢全程，裁判有權要求其泳員離開比賽線道，而其成績會記錄為“DNF” (未能完成比賽)。</p> <p>◇ 男女混合自由接力的隊伍必須由兩男兩女的泳員組成，其成員均為 25 歲或以上，而取得首 8 名的隊伍將獲得 9, 7, 6, 5, 4, 3, 2 及 1 分，該得分將計算在男子及女子的團體分內。</p> <p>◇ 泳會必須按照接力名單上填寫的運動員出賽，如被發現有冒認選手或頂包行為，泳會將被嚴厲處分。詳細罰則如下：</p> <p>第一次違規</p> <p>有關屬會須就每個違規項目繳交\$1,000 罰款，另外涉事成員在該次比賽中的所有接力項目成績將不會計算在屬會總分內。</p> <p>第二次違規</p> <p>有關屬會須就每個違規項目繳交\$1,000 罰款，另外涉事屬會在該次比賽中的所有接力項目成績將不會計算在屬會總分內(包括男、女子)。</p> <p>第三次違規</p> <p>有關屬會須就每個違規項目繳交\$1,000 罰款，另外涉事屬會在當天比賽的所有項目將不會計算在屬會總分內和於下次比賽時不得參與任何接力項目(包括男、女子)。</p> <p>違規記錄於一個財政年度清算(由 4 月 1 日起至 3 月 31 日)</p>
<p>上訴：</p>	<p>◇ 任何上訴須以書面提出，並須在該項目比賽結果公佈後的 30 分鐘內，連同上訴費港幣\$200 元遞交予總裁判。</p> <p>◇ 上訴會交由該比賽之上訴委員會作決定。</p> <p>◇ 若上訴被駁回，已繳費用概不發還。</p>

*海外參賽者並不適用。

Hong Kong Masters Swimming Competition Series 2019-20

Rules & Regulations for Local Competitors

Date / Time	Please see attached event calendar and event list.
Venue	Please see attached event calendar.
Entry Conditions	<p>※All competitors must be 2019-20 registered masters (MS) swimmers of HKASA (2019-20 Registration Fee: HK\$100 per swimmer)</p> <p>※Age 18 or above.</p> <p>※<u>Overseas Teams: All Overseas competitors must be 2019-20 registered masters swimmers of their respective National Swimming Federation.</u></p>
Entries	<p>※Entries must be submitted with HKASA master entry form. Incomplete/incorrect master entry form will be rejected and fees paid will not be refunded.</p> <p><u>Individual Events</u></p> <p>※Each swimmer is limited to no more than 3 individual events for Long Course Competitions</p> <p>※Each swimmer is limited to no more than 3+1 individual events for Short Course Competitions (At least ONE 25m individual event is required)</p> <p>※HK\$15 per individual event</p> <p><u>Relay Events</u></p> <p>※Relays will be run on a club basis.</p> <p>※Each club may enter no more than one team in one age group of each relay event.</p> <p>※All swimmers must be aged 25 or above.</p> <p>※HK\$15 per team per relay event.</p> <p>Paid by cheque. Crossed cheque made <u>payable to 'HKASA'</u>.</p>
Closing Date for Entries	21 days prior to the date of competition. (Subject to the announcement of the HKASA)
Closing Date for Registration	21 days prior to the <u>closing date of entries</u> . (Subject to the announcement of the HKASA)
Event list	Please see attached event lists. Events will be run as timed finals.
Age Group	<p>※Age is calculated as at 31 December of the year of the competition.</p> <p><u>Individual Events</u></p> <p>※18-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90 & over</p> <p><u>Relay Events</u></p> <p>※100-119, 120-159, 160-199, 200-239, 240-279, 280-319, 320-359, 360-399</p>
Scratches	<p>※Scratches must be submitted 30 minutes before the scheduled start time of each session.</p> <p>※Relay entry form must be submitted before 1200hours of each competition.</p> <p>※A fine of \$30 will be charged for each "no show". Fine payment should be settled before the next competition entry deadline. Otherwise, entry will not be accepted.</p>

Seeding	<p>※When necessary, different age will be seeded together so that no one will swim alone.</p>																		
Awards	<p>※Medals will be awarded to 1st, 2nd and 3rd places.</p> <p>※*Point score for first 8 places respectively (exclude Age 18-24 Group):</p> <table border="1" data-bbox="376 286 1158 387"> <tr> <td>Individual</td> <td>9</td> <td>7</td> <td>6</td> <td>5</td> <td>4</td> <td>3</td> <td>2</td> <td>1</td> </tr> <tr> <td>Relay</td> <td>18</td> <td>14</td> <td>12</td> <td>10</td> <td>8</td> <td>6</td> <td>4</td> <td>2</td> </tr> </table> <p>※*Awards for Clubs: Trophies will be awarded to 1st, 2nd, and 3rd places of Men Overall and Women Overall.</p>	Individual	9	7	6	5	4	3	2	1	Relay	18	14	12	10	8	6	4	2
Individual	9	7	6	5	4	3	2	1											
Relay	18	14	12	10	8	6	4	2											
Rules	<p>※FINA rules will be applied.</p> <p>※Referee may request swimmers to leave the water if they could not complete the race within the Master Swimming Competition Series standard times for 400m and 800m Freestyle Event. Their results will be recorded as "DNF" (Did not Finish).</p> <p>※Mixed Freestyle Relay must include 2 Male and 2 Female who are all Age 25 or above. The point scores for first 8 place are: 9,7,6,5,4,3,2,1. The points will be calculated in both Men and Women overall awards.</p> <p>※Swimmers shall not replace the swimmers on the swimmers list without HKASA's permission, represented clubs will be punished as follows:</p> <p><u>First time of violation</u></p> <p>※A fine of \$1000 per violated entry will be penalized to the respective club and all the point scores attained by the violator(s) in relay events will not be given.</p> <p><u>Second time of violation</u></p> <p>※A fine of \$1000 per violated entry will be penalized to the club and all the point scores attained by the respective club in both men and women's relay events will not be given.</p> <p><u>Third time of violation</u></p> <p>※A fine of \$1000 per violated entry will be penalized to the club and all the point scores attained by the respective club in all events during the competition will not be given and respective club shall be suspended from the next competition.</p> <p>Violation would be counted within one financial year (i.e. starting from 1st April and ending 31st March)</p>																		
Protest	<p>※Any protest shall be made in writing to the referee within 30 minutes following the result announcement of the respective event with a protest fee of HK\$200.</p> <p>※Protest will be forwarded to the Appeal Board of such competition for decision. The decision of Appeal Board shall be final.</p> <p>※If the protest is rejected, the fee paid will be forfeited to the HKASA.</p>																		

HONG KONG MASTERS SWIMMING RECORDS

LONG COURSE

(Update to 2018-19 Long Course Masters Swimming Competition - Part 1)

MEN 50M FREESTYLE					NAME OF MEET	DATE ACHIEVED
LEE MING	SFC	85-89	0:46.70	2015-16 Long Course Masters Swimming Competition - Part 2		31-May-15
LEE MING	SFC	80-84	0:41.01	Spring Masters Swimming Championships 2010		06-Mar-10
FU TAI CHUN	KTS	75-79	0:33.94	2011-12 Long Course Masters Swimming Competition - Part 1		04-Mar-12
TIN SHEUNG KWAI	NWC	70-74	0:30.07	2017-18 Long Course Masters Swimming Competition Part 2		14-May-17
TIN SHEUNG KWAI	KTS	65-69	0:29.72	Annual Long Course Masters Swimming Championships		23-Nov-14
FU TAI CHUN	KTS	60-64	0:27.95	Summer Masters Swimming Championships 1999		19-Jun-99
FU TAI CHUN	KTS	55-59	0:28.02	Spring Masters Swimming Championships 1997		22-Mar-97
RUST STEFAN ROBERT	LRC	50-54	0:25.80	FINA World Masters Championships 2017		17-Aug-17
RUST STEFAN ROBERT	LRC	45-49	0:26.47	FINA World Masters Championships 2014		10-Aug-14
NORTJE, CRAIG ANDREW	CKW	40-44	0:25.42	2017-18 Long Course Masters Swimming Competition - Part 1		25-Mar-18
WONG KWOK WAH	SCA	35-39	0:24.80	Summer Masters Swimming Championships 2000		27-May-00
FU WING HARBETH	KTS	30-34	0:24.31	Annual Long Course Masters Swimming Championships 2011		11-Dec-11
CHUNG LAI YEUNG	#DB	25-29	0:23.92	2018-19 Annual Long Course Masters Swimming Championships		25-Nov-18
CHANG GERRY JIUN YIH	KTS	18-24	0:24:17	Long Course Masters Swimming Competition - Part 3 2013		11-Aug-13

WOMEN 50M FREESTYLE					NAME OF MEET	DATE ACHIEVED
SHUM CHING FONG	HFS	80-84	0:52.94	2013-14 Long Course Masters Swimming Competition - Part 1		03-Mar-13
OTSUKA YUKO	SGC	75-79	0:42.67	2014-15 Long Course Masters Swimming Competition - Part 1		22-Mar-15
SUEN MING CHU	SFC	70-74	0:42.42	2018-19 Long Course Masters Swimming Competition - Part 2		06-May-18
WANG LI	*WA	65-69	0:37.61	2017-18 Long Course Masters Swimming Competition Part 3		13-Aug-17
TSEUNG NGA WAH	SFC	60-64	0:34.51	2018-19 Long Course Masters Swimming Competition - Part 2		06-May-18
KIRKWOOD, TAIN MHAIRA	LRC	55-59	0:32.17	The 1st Asian Masters Swimming Championships 2018 NAGOYA (JPN)		15-Jul-18
COGGINS LYNDA ANNE	LRC	50-54	0:30.65	2014-15 Long Course Masters Swimming Competition - Part 1		22-Mar-15
YAMAGUCHI MIKA	PSC	45-49	0:30.12	The 1st Asian Masters Swimming Championships 2018 NAGOYA (JPN)		15-Jul-18
KELSEY JANE MACFARLAND	LRC	40-44	0:28.88	2015-16 Long Course Masters Swimming Competition - Part 2		31-May-15
KELSEY JANE MACFARLAND	LRC	35-39	0:28.65	FINA World Masters Championships 2014		10-Aug-14
CARPENTER LINH THUC LUONG	LRC	30-34	0:28.96	16th FINA World Masters Championships 2015 in Kazan		14-Aug-15
SETO WING YAN	NWC	25-29	0:29.28	2015-16 Long Course Masters Swimming Competition - Part 2		31-May-15
AU HIU PUI	*GW	18-24	0:28.20	2018-19 Annual Long Course Masters Swimming Championships		25-Nov-18

MEN 100M FREESTYLE					NAME OF MEET	DATE ACHIEVED
LEE MING	SFC	85-89	1:49.14	2015-16 Long Course Masters Swimming Competition - Part 3		26-Jul-15
LEE MING	SFC	80-84	1:38.42	Annual Long Course Masters Swimming Championships 2011		11-Dec-11
TZENG TEH REN	SGC	75-79	1:23.46	2016-17 Long Course Masters Swimming Competition - Part 1		26-Mar-17
TIN SHEUNG KWAI	NWC	70-74	1:14.18	Annual Long Course Masters Swimming Championships 2017		25-Nov-17
FU TAI CHUN	KTS	65-69	1:08.31	Annual Masters Swimming Championships 2002		31-Aug-02
FU TAI CHUN	KTS	60-64	1:04.39	Spring Masters Swimming Championships 1998		21-Mar-98
MA ETIENNE	YMC	55-59	1:03.62	2011-12 Long Course Masters Swimming Competition - Part 1		04-Mar-12
RUST STEFAN ROBERT	LRC	50-54	0:58.29	FINA World Masters Championships 2017		15-Aug-17
RUST STEFAN ROBERT	LRC	45-49	0:59.62	FINA World Masters Championships 2014		10-Aug-14
NORTJE, CRAIG ANDREW	#FB	40-44	0:57.76	2018-19 Long Course Masters Swimming Competition - Part 3		24-Jun-18
NORTJE CRAIG ANDREW	VRC	35-39	0:56.13	Long Course Masters Swimming Competition - Part 3 2013		11-Aug-13
BEAHAN, GRANT KENNETH	BSC	30-34	0:56.01	Annual Long Course Masters Swimming Championships 2017		25-Nov-17
FU WING HARBETH	KTS	25-29	0:54.16	Annual Masters Swimming Championships 2006		26-Aug-06
KONG CHUN YIN	HVA	18-24	0:54.18	Annual Long Course Masters Swimming Championships 2013		24-Nov-13

WOMEN 100M FREESTYLE					NAME OF MEET	DATE ACHIEVED
MAK SUET MAN	SGC	80-84	2:23.43	2016-17 Long Course Masters Swimming Competition - Part 1		26-Mar-17
WONG, JIM	SFC	75-79	1:54.16	2018-19 Long Course Masters Swimming Competition - Part 3		24-Jun-18
SUEN MING CHU	SFC	70-74	1:39.80	2018-19 Long Course Masters Swimming Competition - Part 3		24-Jun-18
SUEN MING CHU	SFC	65-69	1:37.41	Annual Long Course Masters Swimming Championships 2014		23-Nov-14
TSEUNG NGA WAH	SFC	60-64	1:22.04	2017-18 Long Course Masters Swimming Competition - Part 1		25-Mar-18
KIRKWOOD, TAIN MHAIRA	LRC	55-59	1:14.96	The 1st Asian Masters Swimming Championships 2018 NAGOYA (JPN)		14-Jul-18
COGGINS LYNDA ANNE	LRC	50-54	1:10.99	Annual Long Course Masters Swimming Championships 2014		23-Nov-14
*YAMAGUCHI MIKA	PSC	45-49	1:07.21	2018-19 Long Course Masters Swimming Competition - Part 1		24-Mar-19
KELSEY JANE MACFARLAND	LRC	40-44	1:01.45	16th FINA World Masters Championships 2015 in Kazan		11-Aug-15
KELSEY JANE MACFARLAND	LRC	35-39	1:01.54	FINA World Masters Championships 2014		10-Aug-14
BARNES RUTH	LRC	30-34	1:04.36	Long Course Masters Swimming Competition - Part 3 2013		11-Aug-13
NG KA MAN	KTS	25-29	1:02.46	Annual Long Course Masters Swimming Championships 2014		23-Nov-14
NG KA MAN	KTS	18-24	1:02.73	Annual Long Course Masters Swimming Championships 2013		24-Nov-13

HONG KONG MASTERS SWIMMING RECORDS

LONG COURSE

(Update to 2018-19 Long Course Masters Swimming Competition - Part 1)

MEN 200M FREESTYLE					NAME OF MEET	DATE ACHIEVED
LEE MING	SFC	80-84	3:46.70	2010-11 Long Course Masters Swimming Championships - Part 2	20-Jun-10	
YANG YEE ZEI	NWC	75-79	3:38.31	2014-15 Long Course Masters Swimming Competition Part 2	29-Jun-14	
POLSON IAN HASTINGS	LRC	70-74	3:07.65	2014-15 Long Course Masters Swimming Competition Part 2	29-Jun-14	
CHAN KAM POR	SFC	65-69	2:43.01	2017-18 Long Course Masters Swimming Competition Part 2	14-May-17	
CAMPBELL JOHN REID	SFC	60-64	2:40.82	2015-16 Long Course Masters Swimming Competition - Part 2	31-May-15	
HO ROBERT YAU CHUNG	LRC	55-59	2:24.07	FINA World Masters Championships 2014	10-Aug-14	
JOHNSON ERIC ANDREW	LRC	50-54	2:14.33	FINA World Masters Championships 2014	10-Aug-14	
LILJESTROEM LENNART, PETER FREDRIC	LRC	45-49	2:13.09	2018-19 Long Course Masters Swimming Competition - Part 2	06-May-18	
LILJESTROEM LENNART, PETER FREDRIC	LRC	40-44	2:08.51	FINA World Masters Championships 2017	16-Aug-17	
NORTJE CRAIG ANDREW	VRC	35-39	2:05.90	2013-14 Long Course Masters Swimming Competition - Part 2	23-Jun-13	
WANG TIMOTHY JONG	LRC	30-34	2:05.11	2014-15 Long Course Masters Swimming Competition Part 2	29-Jun-14	
LI KA HO	LRC	25-29	2:13.52	2018-19 Long Course Masters Swimming Competition - Part 2	06-May-18	
HUI CHUN HIN	EWS	18-24	2:06.87	2012-13 Long Course Masters Swimming Competition - Part 2	17-Jun-12	

WOMEN 200M FREESTYLE					NAME OF MEET	DATE ACHIEVED
CHAN WAI KIANG	KTS	80-84	9:35.55	2014-15 Long Course Masters Swimming Competition Part 2	29-Jun-14	
WONG JIM	SFC	75-79	4:51.46	2018-19 Long Course Masters Swimming Competition - Part 2	06-May-18	
SUEN MING CHU	SFC	70-74	3:36.37	2018-19 Long Course Masters Swimming Competition - Part 2	06-May-18	
SUEN MING CHU	SGC	65-69	3:27.53	2014-15 Long Course Masters Swimming Competition Part 2	29-Jun-14	
TSEUNG NGA WAH	SFC	60-64	3:12.00	2017-18 Long Course Masters Swimming Competition Part 2	14-May-17	
KIRKWOOD, TAIN MHAIRA	LRC	55-59	2:50.45	2018-19 Long Course Masters Swimming Competition - Part 2	06-May-18	
COGGINS LYNDA ANNE	LRC	50-54	2:32.26	FINA World Masters Championships 2014	10-Aug-14	
PAZOS CHRISTENA MARIA	LRC	45-49	2:28.14	16th FINA World Masters Championships 2015 in Kazan	12-Aug-15	
KELSEY JANE MACFARLAND	LRC	40-44	2:13.70	16th FINA World Masters Championships 2015 in Kazan	12-Aug-15	
KELSEY JANE MACFARLAND	LRC	35-39	2:13.59	FINA World Masters Championships 2014	10-Aug-14	
MORRISON RUTH	LRC	30-34	2:25.29	FINA World Masters Championships 2010	31-Jul-10	
NG KA MAN	KTS	25-29	2:18.17	2014-15 Long Course Masters Swimming Competition Part 2	29-Jun-14	
LAMB ENEKA MARIE	HIS	18-24	2:16.66	2011-12 Long Course Masters Swimming Competition - Part 2	19-Jun-11	

MEN 400M FREESTYLE					NAME OF MEET	DATE ACHIEVED
LAM LIT KWAN	LTS	75-79	8:21.67	2016-17 Long Course Masters Swimming Competitoin - Part 3	12-Jun-16	
POLSON IAN HASTINGS	LRC	70-74	6:57.41	2016-17 Long Course Masters Swimming Competitoin - Part 3	12-Jun-16	
CHAN KAM POR	SFC	65-69	6:00.83	2017-18 Long Course Masters Swimming Competitoin - Part 3	13-Aug-17	
HO, ROBERT YAU CHUNG	LRC	60-64	5:34.43	2018-19 Long Course Masters Swimming Competitoin - Part 3	24-Jun-18	
HO ROBERT YAU CHUNG	LRC	55-59	5:11.90	FINA World Masters Championships 2014	10-Aug-14	
MA ETIENNE	YMC	50-54	5:13.38	2011-12 Long Course Masters Swimming Competition - Part 3	18-Sep-11	
LILJESTROEM LENNART, PETER FREDRIC	LRC	45-49	4:31.75	The 1st Asian Masters Swimming Championships 2018 NAGOYA (JPN)	12-Jul-18	
LILJESTROEM LENNART, PETER FREDRIC	LRC	40-44	4:35.39	FINA World Masters Championships 2017	17-Aug-17	
CUMMINGS RICHARD MARK	LRC	35-39	4:33.35	FINA World Masters Championships 2012	16-Jun-12	
CHOW KEVIN TZE HO	SCA	30-34	4:49.42	2011-12 Long Course Masters Swimming Competition - Part 3	18-Sep-11	
BELECANECH, MATTHEW JOSEPH	#FB	25-29	4:33.91	2018-19 Long Course Masters Swimming Competitoin - Part 3	24-Jun-18	
LI CHUN HONG	HTA	18-24	4:25.08	2011-12 Long Course Masters Swimming Competition - Part 3	18-Sep-11	

WOMEN 400M FREESTYLE					NAME OF MEET	DATE ACHIEVED
NG YUNG HO	SGC	70-74	9:10.85	2014-15 Long Course Masters Swimming Competition - Part 3	10-Aug-14	
SUEN MING CHU	SGC	65-69	7:13.63	Long Course Masters Swimming Competition - Part 3 2013	11-Aug-13	
SUEN MING CHU	SGC	60-64	7:02.63	Long Course Masters Swimming Competition - Part 3 2011	18-Sep-11	
KIRKWOOD, TAIN MHAIRA	LRC	55-59	6:02.65	The 1st Asian Masters Swimming Championships 2018 NAGOYA (JPN)	12-Jul-18	
COGGINS LYNDA ANNE	LRC	50-54	5:25.06	16th FINA World Masters Championships 2015 in Kazan	16-Aug-15	
PAZOS CHRISTENA MARIA	LRC	45-49	5:30.02	2016-17 Long Course Masters Swimming Competitoin - Part 3	12-Jun-16	
KELSEY JANE MACFARLAND	LRC	40-44	4:44.60	16th FINA World Masters Championships 2015 in Kazan	16-Aug-15	
KELSEY JANE MACFARLAND	LRC	35-39	4:41.52	FINA World Masters Championships 2014	10-Aug-14	
BARNES RUTH	LRC	30-34	5:04.92	Long Course Masters Swimming Competition - Part 3 2013	11-Aug-13	
CARPENTER LINH THUC LUONG	LRC	25-29	5:12.71	Long Course Masters Swimming Competition - Part 3 2013	11-Aug-13	
MAU LOK YAN EUNICE	CUC	18-24	5:06.39	2011-12 Long Course Masters Swimming Competition - Part 3	18-Sep-11	

HONG KONG MASTERS SWIMMING RECORDS

LONG COURSE

(Update to 2018-19 Long Course Masters Swimming Competition - Part 1)

MEN 800M FREESTYLE				NAME OF MEET	DATE ACHIEVED
*POLSON IAN HASTINGS	LRC	75-79	16:05.75	2018-19 Long Course Masters Swimming Competition - Part 1	24-Mar-19
POLSON IAN HASTINGS	LRC	70-74	14:07.92	2014-15 Long Course Masters Swimming Competition - Part 1	22-Mar-15
*CHAN KAM POR	SFC	65-69	12:19.01	2018-19 Long Course Masters Swimming Competition - Part 1	24-Mar-19
*HO ROBERT YAU CHUNG	LRC	60-64	11:32.69	2018-19 Long Course Masters Swimming Competition - Part 1	24-Mar-19
SAKA TOSHIYUKI	SGC	55-59	10:38.21	2017-18 Long Course Masters Swimming Competition - Part 1	25-Mar-18
*LETCHER RICHARD ROY	LRC	50-54	10:40.53	2018-19 Long Course Masters Swimming Competition - Part 1	24-Mar-19
LILJESTROEM LENNART, PETER FREDRIC	LRC	45-49	9:47.75	2017-18 Long Course Masters Swimming Competition - Part 1	25-Mar-18
LILJESTROEM LENNART, PETER FREDRIC	LRC	40-44	9:30.23	FINA World Masters Championships 2017	14-Aug-17
CUMMINGS RICHARD MARK	LRC	35-39	9:28.64	FINA World Masters Championships 2012	10-Jun-12
WANG TIMOTHY JONG	LRC	30-34	9:43.41	Annual Long Course Masters Swimming Championships 2013	24-Nov-13
*YUEN MARCUS	LRC	25-29	10:07.05	2018-19 Long Course Masters Swimming Competition - Part 1	24-Mar-19
TSE HON TING	LWS	18-24	8:53.89	2016-17 Long Course Masters Swimming Competition - Part 1	26-Mar-17

WOMEN 800M FREESTYLE				NAME OF MEET	DATE ACHIEVED
LEUNG MABEL YUEN YING	SFC	75-79	21:40.55	2016-17 Long Course Masters Swimming Competition Part 1	26-Mar-17
SUEN MING CHU	SFC	70-74	16:02.36	2017-18 Long Course Masters Swimming Competition - Part 1	25-Mar-18
SUEN MING CHU	SFC	65-69	13:11.38	Annual Long Course Masters Swimming Championships 2013	24-Nov-13
*CASTKA GILLIAN HANCER	SFC	60-64	14:45.69	2018-19 Long Course Masters Swimming Competition - Part 1	24-Mar-19
KIRKWOOD, TAIN MHAIRA	LRC	55-59	12:32.89	2017-18 Long Course Masters Swimming Competition - Part 1	25-Mar-18
COGGINS LYNDA ANNE	LRC	50-54	11:48.01	2014-15 Long Course Masters Swimming Competition - Part 1	22-Mar-15
KWOH DICK YUEN MARY	FFA	45-49	10:54.55	Annual Long Course Masters Swimming Championships 2013	24-Nov-13
KELSEY JANE MACFARLAND	LRC	40-44	9:42.82	16th FINA World Masters Championships 2015 in Kazan	10-Aug-15
KELSEY JANE MACFARLAND	LRC	35-39	9:48.87	FINA World Masters Championships 2014	10-Aug-14
BARNES RUTH	LRC	30-34	10:53.53	Annual Long Course Masters Swimming Championships 2012	09-Dec-12
CARPENTER LINH THUC LUONG	LRC	25-29	10:50.58	Annual Long Course Masters Swimming Championships 2012	09-Dec-12
LAU SZE WING	HTA	18-24	10:22.03	2016-17 Long Course Masters Swimming Competition - Part 1	26-Mar-17

MEN 50M BACKSTROKE				NAME OF MEET	DATE ACHIEVED
MAK HEI CHI	SGC	85-89	1:05.35	2012-13 Long Course Masters Swimming Competition - Part 3	19-Aug-12
CHEUNG TSAN	SFC	80-84	0:56.40	Annual Long Course Masters Swimming Championships	23-Nov-14
TZENG TEH REN	SGC	75-79	0:43.53	2016-17 Long Course Masters Swimming Competition - Part 1	26-Mar-17
TIN SHEUNG KWAI	NWC	70-74	0:38.52	2017-18 Long Course Masters Swimming Competition - Part 1	25-Mar-18
TIN SHEUNG KWAI	SFC	65-69	0:35.70	FINA World Masters Championships 2014	10-Aug-14
HO ROBERT YAU CHUNG	LRC	60-64	0:34.40	2018-19 Annual Long Course Masters Swimming Championships	25-Nov-18
(HO ROBERT YAU CHUNG)	LRC	60-64	0:34.68	The 1st Asian Masters Swimming Championships 2018 NAGOYA (JPN)	14-Jul-18)
HO ROBERT YAU CHUNG	LRC	55-59	0:32.57	FINA World Masters Championships 2014	10-Aug-14
RUST STEFAN ROBERT	LRC	50-54	0:30.97	FINA World Masters Championships 2017	20-Aug-17
SAKA TAIHEI	SGC	45-49	0:30.37	2011-12 Long Course Masters Swimming Competition - Part 1	04-Mar-12
NORTJE CRAIG ANDREW	#FB	40-44	0:30.30	2018-19 Long Course Masters Swimming Competition - Part 3	24-Jun-18
NORTJE CRAIG ANDREW	VRC	35-39	0:30.38	2015-16 Long Course Masters Swimming Competition - Part 3	26-Jul-15
BRADFORD LORD DILY	HMA	30-34	0:29.89	2011-12 Long Course Masters Swimming Competition - Part 1	04-Mar-12
CHUNG LAI YEUNG	#DB	25-29	0:28.12	2018-19 Annual Long Course Masters Swimming Championships	25-Nov-18
*CHEUNG YAU MING	#DB	18-24	0:28.26	2018-19 Long Course Masters Swimming Competition - Part 1	24-Mar-19

WOMEN 50M BACKSTROKE				NAME OF MEET	DATE ACHIEVED
SHUM CHING FONG	HFS	80-84	1:09.10	2013-14 Long Course Masters Swimming Competition - Part 1	03-Mar-13
WONG JIM	SFC	75-79	0:55.07	2015-16 Long Course Masters Swimming Competition - Part 1	20-Mar-16
WONG JIM	KTS	70-74	0:54.72	Annual Long Course Masters Swimming Championships	23-Nov-14
CHENG MIN	SFC	65-69	0:50.29	Spring Masters Swimming Championships 2006	25-Mar-06
*TSEUNG NGA WAH	SFC	60-64	0:46.26	2018-19 Long Course Masters Swimming Competition - Part 1	24-Mar-19
YEUNG HIU WA	SFC	55-59	0:44.27	2018-19 Annual Long Course Masters Swimming Championships	25-Nov-18
COGGINS LYNDA ANNE	LRC	50-54	0:35.58	16th FINA World Masters Championships 2015 in Kazan	16-Aug-15
LAKE AMBER ROBYN	LRC	45-49	0:35.08	2016-17 Long Course Masters Swimming Competition - Part 3	12-Jun-16
LAKE AMBER ROBYN	LRC	40-44	0:35.33	2014-15 Long Course Masters Swimming Competition - Part 1	22-Mar-15
KELSEY JANE MACFARLAND	LRC	35-39	0:34.04	Annual Long Course Masters Swimming Championships	23-Nov-14
CARPENTER LINH THUC LUONG	LRC	30-34	0:32.81	FINA World Masters Championships 2014	10-Aug-14
CARPENTER LINH THUC LUONG	LRC	25-29	0:33.38	Annual Long Course Masters Swimming Championships 2013	24-Nov-13
AU HIU PUI	*GW	18-24	0:31.58	2018-19 Annual Long Course Masters Swimming Championships	25-Nov-18

HONG KONG MASTERS SWIMMING RECORDS

LONG COURSE

(Update to 2018-19 Long Course Masters Swimming Competition - Part 1)

MEN 100M BACKSTROKE	NAME OF MEET				DATE ACHIEVED
CHEUNG TSAN	SFC	80-84	2:21.27	2017-18 Long Course Masters Swimming Competition Part 2	14-May-17
LAM LIT KWAN	SFC	75-79	1:56.76	2016-17 Long Course Masters Swimming Competition Part 2	24-Apr-16
TIN SHEUNG KWAI	NWC	70-74	1:35.27	2018-19 Long Course Masters Swimming Competition - Part 2	06-May-18
TIN SHEUNG KWAI	SFC	65-69	1:23.65	FINA World Masters Championships 2014	10-Aug-14
HO ROBERT YAU CHUNG	LRC	60-64	1:16.06	The 1st Asian Masters Swimming Championships 2018 NAGOYA (JPN)	13-Jul-18
HO ROBERT YAU CHUNG	LRC	55-59	1:11.73	FINA World Masters Championships 2014	10-Aug-14
RUST STEFAN ROBERT	LRC	50-54	1:08.09	FINA World Masters Championships 2017	19-Aug-17
LILJESTROEM LENNART, PETER FREDRIC	LRC	45-49	1:09.39	The 1st Asian Masters Swimming Championships 2018 NAGOYA (JPN)	13-Jul-18
NORTJE, CRAIG ANDREW	#FB	40-44	1:07.73	2018-19 Long Course Masters Swimming Competition - Part 2	06-May-18
NORTJE, CRAIG ANDREW	VRC	35-39	1:06.66	2015-16 Long Course Masters Swimming Competition - Part 2	31-May-15
SUN FAT YEE DAVID	FWC	30-34	1:09.95	2012-13 Long Course Masters Swimming Competition - Part 2	17-Jun-12
WANG HU	*WA	25-29	1:06.32	2010-11 Long Course Masters Swimming Championships - Part 2	20-Jun-10
CHOI DERRICK CHRISTOPHER	LRC	18-24	1:02.10	2013-14 Long Course Masters Swimming Competition - Part 2	23-Jun-13

WOMEN 100M BACKSTROKE	NAME OF MEET				DATE ACHIEVED
WONG JIM	SFC	75-79	2:13.75	2016-17 Long Course Masters Swimming Competition Part 2	24-Apr-16
WONG JIM	KTS	70-74	2:12.88	2011-12 Long Course Masters Swimming Competition - Part 2	19-Jun-11
SUEN MING CHU	SFC	65-69	1:53.27	2016-17 Long Course Masters Swimming Competition Part 2	24-Apr-16
LO LAI YUNG	NWC	60-64	1:45.15	2015-16 Long Course Masters Swimming Competition - Part 2	31-May-15
BAI XIUFEN	*WA	55-59	1:36.84	2010-11 Long Course Masters Swimming Championships - Part 2	20-Jun-10
COGGINS LYNDA ANNE	LRC	50-54	1:17.38	16th FINA World Masters Championships 2015 in Kazan	15-Aug-15
LAKE AMBER ROBYN	LRC	45-49	1:19.43	FINA World Masters Championships 2017	19-Aug-17
KELSEY JANE MACFARLAND	LRC	40-44	1:13.75	2015-16 Long Course Masters Swimming Competition - Part 2	31-May-15
KELSEY JANE MACFARLAND	LRC	35-39	1:14.06	2014-15 Long Course Masters Swimming Competition Part 2	29-Jun-14
CARPENTER LINH THUC LUONG	LRC	30-34	1:11.37	16th FINA World Masters Championships 2015 in Kazan	15-Aug-15
CARPENTER LINH THUC LUONG	LRC	25-29	1:14.07	FINA World Masters Championships 2012	15-Jun-12
LAMB ENEKA MARIE	HIS	18-24	1:11.36	2011-12 Long Course Masters Swimming Competition - Part 2	19-Jun-11

MEN 50M BREASTSTROKE	NAME OF MEET				DATE ACHIEVED
LEE MING	SFC	85-89	1:06.71	Annual Long Course Masters Swimming Championships 2017	25-Nov-17
CHAN KAM	SFC	80-84	0:54.52	Annual Masters Swimming Championships 2009	18-Oct-09
FU TAI CHUN	KTS	75-79	0:49.01	2012-13 Long Course Masters Swimming Competition - Part 2	17-Jun-12
*YONG KHIN SYN	SFC	70-74	0:42.24	2018-19 Long Course Masters Swimming Competition - Part 1	24-Mar-19
YONG KHIN SYN	SFC	65-69	0:37.84	2014-15 Long Course Masters Swimming Competition Part 2	29-Jun-14
FU TAI CHUN	KTS	60-64	0:36.61	Annual Masters Swimming Championships 1998	12-Sep-98
WONG LUN KWOK	SFC	55-59	0:35.10	Annual Masters Swimming Championships 2002	31-Aug-02
*SIEH TIEN YU	KTS	50-54	0:34.48	2018-19 Long Course Masters Swimming Competition - Part 1	24-Mar-19
COOPER, KENNETH ALLEN	PSC	45-49	0:32.70	2017-18 Long Course Masters Swimming Competition - Part 1	25-Mar-18
WAN LAP SUN	FWC	40-44	0:33.00	Spring Masters Swimming Championships 2006	25-Mar-06
LO JONATHAN KA YAN	LRC	35-39	0:31.14	The 1st Asian Masters Swimming Championships 2018 NAGOYA (JPN)	14-Jul-18
WAN LAP SUN	KTS	30-34	0:31.11	Summer Masters Swimming Championships 1998	13-Jun-98
GLASSMAN ZACHARY	LRC	25-29	0:30.66	2011-12 Long Course Masters Swimming Competition - Part 1	04-Mar-12
YUEN MARCUS	PSC	18-24	0:30.47	2017-18 Long Course Masters Swimming Competition - Part 3	13-Aug-17

WOMEN 50M BREASTSTROKE	NAME OF MEET				DATE ACHIEVED
HO PO YEE	LTS	80-84	1:24.02	2016-17 Long Course Masters Swimming Competition - Part 3	12-Jun-16
OTSUKA TUKO	SGC	75-79	0:56.26	2014-15 Long Course Masters Swimming Competition - Part 1	22-Mar-15
SUEN, MING CHU	SFC	70-74	0:53.36	2018-19 Long Course Masters Swimming Competition - Part 3	24-Jun-18
LEUNG WONG YIN HAR HAYLEY	SGC	65-69	0:50.56	2017-18 Long Course Masters Swimming Competition - Part 1	25-Mar-18
LEUNG WONG YIN HAR HAYLEY	SGC	60-64	0:47.46	Long Course Masters Swimming Competition - Part 3 2013	11-Aug-13
LEUNG WAI FAN	KTS	55-59	0:38.73	2017-18 Long Course Masters Swimming Competition - Part 2	14-May-17
LEUNG WAI FAN	KTS	50-54	0:37.63	Annual Long Course Masters Swimming Championships 2015	20-Dec-15
LEUNG WAI FAN	KTS	45-49	0:39.03	Annual Masters Swimming Championships 2007	21-Jul-07
LEUNG WAI FAN	KTS	40-44	0:38.79	Spring Masters Swimming Championships 2004	13-Mar-04
NG KAM FUNG	SFC	35-39	0:34.71	Summer Masters Swimming Championships 2000	27-May-00
BARNES RUTH	LRC	30-34	0:35.23	Annual Masters Swimming Championships 2013	24-Nov-13
LEE WAI SZE	NWC	25-29	0:36.34	2016-17 Long Course Masters Swimming Competition - Part 1	26-Mar-17
LI TSZ YIU	HFS	18-24	0:35.53	Annual Masters Swimming Championships 2013	24-Nov-13

HONG KONG MASTERS SWIMMING RECORDS

LONG COURSE

(Update to 2018-19 Long Course Masters Swimming Competition - Part 1)

MEN 100M BREASTSTROKE				NAME OF MEET	DATE ACHIEVED
LEE MING	SFC	85-89	2:42.22	2017-18 Long Course Masters Swimming Competition Part 2	14-May-17
MAK HEI CHI	SGC	80-84	2:08.90	Annual Masters Swimming Championships 2008	06-Sep-08
CHAN KAM	SFC	75-79	1:55.28	Summer Masters Swimming Championships 2005	04-Jun-05
TIN SHEUNG KWAI	NWC	70-74	1:39.72	2018-19 Annual Long Course Masters Swimming Championships	25-Nov-18
CHAN KAM POR	SFC	65-69	1:26.42	2017-18 Long Course Masters Swimming Competition Part 2	14-May-17
CHAN KAM POR	SGC	60-64	1:24.95	2012-13 Long Course Masters Swimming Competition - Part 2	17-Jun-12
CHAN KAM POR	*HN	55-59	1:21.91	Summer Masters Swimming Championships 2008	14-Jun-08
CHAN KAM POR	KTS	50-54	1:17.66	Annual Masters Swimming Championships 2002	31-Aug-02
COOPER, KENNETH ALLEN	PSC	45-49	1:15.29	2018-19 Long Course Masters Swimming Competition - Part 2	06-May-18
WAN LAP SUN	FWC	40-44	1:15.87	Winter Masters Swimming Championships 2008	22-Nov-08
LO JONATHAN KA YAN	LRC	35-39	1:10.50	The 1st Asian Masters Swimming Championships 2018 NAGOYA (JPN)	15-Jul-18
JACOBS DAMIAN KARL	LRC	30-34	1:14.34	FINA World Masters Championships 2014	10-Aug-14
LUK WING KIN ANDY	KHC	25-29	1:10.16	Annual Long Course Masters Swimming Championships	23-Nov-14
YUEN MARCUS	PSC	18-24	1:08.54	2017-18 Long Course Masters Swimming Competition Part 3	13-Aug-17

WOMEN 100M BREASTSTROKE				NAME OF MEET	DATE ACHIEVED
SHUM CHING FONG	HFS	80-84	2:44.43	Annual Long Course Masters Swimming Champions 2013	24-Nov-13
WONG JIM	SFC	75-79	2:09.00	2016-17 Long Course Masters Swimming Competition - Part 3	12-Jun-16
SUEN MING CHU	SFC	70-74	1:53.65	2018-19 Annual Long Course Masters Swimming Championships	25-Nov-18
SUEN MING CHU	KTS	65-69	1:51.76	Long Course Masters Swimming Competition - Part 3 2013	11-Aug-13
SUEN MING CHU	SCA	60-64	1:46.35	Annual Masters Swimming Championships 2008	06-Sep-08
KIRKWOOD, TAIN MHAIRA	LRC	55-59	1:35.97	2018-19 Long Course Masters Swimming Competition - Part 2	06-May-18
COGGINS LYNDA ANNE	LRC	50-54	1:29.58	Annual Long Course Masters Swimming Championships	23-Nov-14
WONG FUNG YEE	KTS	45-49	1:26.75	Summer Masters Swimming Championships 2009	06-Jun-09
LEUNG WAI FAN	KTS	40-44	1:27.30	Spring Masters Swimming Championships 2002	16-Mar-02
NEEDHAM SUZANNE HEIZER	LRC	35-39	1:20.17	FINA World Masters Championships 2012	11-Jun-12
BARNES RUTH	LRC	30-34	1:18.68	FINA World Masters Championships 2012	11-Jun-12
LIU KA LEI	KTS	25-29	1:22.65	Spring Masters Swimming Championships 2010	06-Mar-10
KONG YVETTE MAN YI	SCA	18-24	1:13.79	2014-15 Long Course Masters Swimming Competition - Part 3	10-Aug-14

MEN 200M BREASTSTROKE				NAME OF MEET	DATE ACHIEVED
CHEUNG TSAN	SFC	80-84	5:10.49	Masters Long Course Swimming Competition Part 1	26-Jan-14
LAM LIT KWAN	LTS	75-79	4:33.83	2015-16 Long Course Masters Swimming Competition - Part 1	20-Mar-16
*YONG KHIN SYN	SFC	70-74	3:37.34	2018-19 Long Course Masters Swimming Competition - Part 1	24-Mar-19
CHAN KAM POR	SFC	65-69	3:19.33	2017-18 Long Course Masters Swimming Competition - Part 1	25-Mar-18
CHAN KAM POR	SGC	60-64	3:07.34	2011-12 Long Course Masters Swimming Competition - Part 1	04-Mar-12
SAKA TOSHIYUKI	SGC	55-59	2:59.17	2016-17 Long Course Masters Swimming Competition - Part 1	26-Mar-17
SAKA TOSHIYUKI	SGC	50-54	2:50.25	2011-12 Long Course Masters Swimming Competition - Part 1	04-Mar-12
SAKA TOSHIYUKI	SGC	45-49	2:49.64	2010-11 Long Course Masters Swimming Championships - Part 1	20-Mar-11
STAMENOVIC, IVAN	LRC	40-44	3:02.25	2017-18 Long Course Masters Swimming Competition - Part 1	25-Mar-18
LO JONATHAN KA YAN	LRC	35-39	2:47.70	2017-18 Long Course Masters Swimming Competition - Part 1	25-Mar-18
*LUK WING KIN ANDY	KHC	30-34	2:36.71	2018-19 Long Course Masters Swimming Competition - Part 1	24-Mar-19
GLASSMAN ZACHARY	LRC	25-29	2:23.47	2011-12 Long Course Masters Swimming Competition - Part 1	04-Mar-12
YUEN MARCUS	PSC	18-24	2:38.14	2017-18 Long Course Masters Swimming Competition - Part 1	25-Mar-18

WOMEN 200M BREASTSTROKE				NAME OF MEET	DATE ACHIEVED
WONG SUI YING	SFC	80-84	9:51.71	2013-14 Long Course Masters Swimming Competition - Part 1	03-Mar-13
OTSUKA YUKO	SGC	75-79	4:39.40	2016-17 Long Course Masters Swimming Competition - Part 1	26-Mar-17
SUEN MING CHU	SFC	70-74	4:01.57	2017-18 Long Course Masters Swimming Competition - Part 1	25-Mar-18
SUEN MING CHU	SGC	65-69	3:58.01	2013-14 Long Course Masters Swimming Competition - Part 1	03-Mar-13
SUEN MING CHU	SCA	60-64	3:54.41	2010-11 Long Course Masters Swimming Championships - Part 1	20-Mar-11
KIRKWOOD, TAIN MHAIRA	LRC	55-59	3:31.49	2017-18 Long Course Masters Swimming Competition - Part 1	25-Mar-18
COGGINS LYNDA ANNE	LRC	50-54	3:09.55	FINA World Masters Championships 2014	10-Aug-14
COGGINS LYNDA ANNE	LRC	45-49	3:14.74	FINA World Masters Championships 2012	15-Jun-12
LAKE AMBER ROBYN	LRC	40-44	3:31.46	2014-15 Long Course Masters Swimming Competition - Part 1	22-Mar-15
NEEDHAM SUZANNE HEIZER	LRC	35-39	2:56.78	FINA World Masters Championships 2012	15-Jun-12
MORRISON RUTH	LRC	30-34	2:53.80	FINA World Masters Championships 2010	31-Jul-10
LIU KA LEI	KTS	25-29	3:05.17	2013-14 Long Course Masters Swimming Competition - Part 1	03-Mar-13
PANG HIU KWAN	JHC	18-24	3:13.71	2011-12 Long Course Masters Swimming Competition - Part 1	04-Mar-12

HONG KONG MASTERS SWIMMING RECORDS

LONG COURSE

(Update to 2018-19 Long Course Masters Swimming Competition - Part 1)

MEN 50M BUTTERFLY				NAME OF MEET	DATE ACHIEVED
LEE MING	SFC	85-89	1:11.44	2015-16 Long Course Masters Swimming Competition - Part 3	26-Jul-15
MAK HEI CHI	SGC	80-84	0:58.81	Winter Masters Swimming Championships 2008	22-Nov-08
LEE CHE KWOK	SFC	75-79	0:53.57	Long Course Masters Swimming Competition - Part 3 2013	11-Aug-13
FU TAI CHUN	KTS	70-74	0:37.28	Spring Masters Swimming Championships 2007	24-Mar-07
FU TAI CHUN	KTS	65-69	0:33.66	Annual Masters Swimming Championships 2002	31-Aug-02
FU TAI CHUN	KTS	60-64	0:30.60	Summer Masters Swimming Championships 1999	19-Jun-99
HO ROBERT YAU CHUNG	LRC	55-59	0:30.04	Annual Long Course Masters Swimming Championships 2015	20-Dec-15
WONG KWOK WAH	KHC	50-54	0:27.94	Annual Long Course Masters Swimming Championships 2017	25-Nov-17
WOODRING DOUGLAS	BSC	45-49	0:27.47	Long Course Masters Swimming Competition - Part 3 2013	11-Aug-13
NORTJE, CRAIG ANDREW	#FB	40-44	0:26.98	2018-19 Long Course Masters Swimming Competition - Part 2	06-May-18
NORTJE, CRAIG ANDREW	CKW	35-39	0:26.70	Annual Long Course Masters Swimming Championships 2015	20-Dec-15
BEAHAN, GRANT KENNETH	BSC	30-34	0:26.54	Annual Long Course Masters Swimming Championships 2017	25-Nov-17
LAU CHUN LEUNG JOHNNY	KHC	25-29	0:26.21	Annual Long Course Masters Swimming Championships 2017	25-Nov-17
CHEUNG YAU MING	#DB	18-24	0:26.27	2018-19 Annual Long Course Masters Swimming Championships	25-Nov-18

WOMEN 50M BUTTERFLY				NAME OF MEET	DATE ACHIEVED
WONG JIM	SFC	75-79	1:00.33	2016-17 Long Course Masters Swimming Competition - Part 2	24-Apr-16
SUEN MING CHU	SFC	70-74	0:48.54	2018-19 Annual Long Course Masters Swimming Championships	25-Nov-18
SUEN MING CHU	SGC	65-69	0:45.64	Long Course Masters Swimming Competition - Part 3 2013	11-Aug-13
TSEUNG NGA WAH	SFC	60-64	0:39.95	2018-19 Long Course Masters Swimming Competition - Part 2	06-May-18
KIRKWOOD, TAIN MHAIRA	LRC	55-59	0:36.39	2018-19 Annual Long Course Masters Swimming Championships	25-Nov-18
KIRKWOOD, TAIN MHAIRA	LRC	55-59	0:36.47	The 1st Asian Masters Swimming Championships 2018 NAGOYA (JPN)	13-Jul-18
LEE TANYA DIANE	PSC	50-54	0:32.53	The 1st Asian Masters Swimming Championships 2018 NAGOYA (JPN)	13-Jul-18
PAZOS CHRISTENA MARIA	LRC	45-49	0:32.96	2015-16 Long Course Masters Swimming Competition - Part 3	26-Jul-15
KELSEY JANE MACFARLAND	LRC	40-44	0:33.10	2015-16 Long Course Masters Swimming Competition - Part 3	26-Jul-15
KELSEY JANE MACFARLAND	LRC	35-39	0:32.49	Annual Long Course Masters Swimming Championships 2013	24-Nov-13
CHAN WING SUET	PSC	30-34	0:30.75	The 1st Asian Masters Swimming Championships 2018 NAGOYA (JPN)	13-Jul-18
NG KA MAN	KTS	25-29	0:29.30	Annual Long Course Masters Swimming Championships	23-Nov-14
WONG YEE CHING	SGC	18-24	0:30.27	Annual Long Course Masters Swimming Championships 2013	24-Nov-13

MEN 100M BUTTERFLY				NAME OF MEET	DATE ACHIEVED
LEE MING	SFC	80-84	2:35.84	2010-11 Long Course Masters Swimming Championships - Part 1	20-Mar-11
LAW KWAI FONG	SFC	75-79	2:13.21	2010-11 Long Course Masters Swimming Championships - Part 1	20-Mar-11
*CHAN SHING CHI	LTS	70-74	1:56.24	2018-19 Long Course Masters Swimming Competition - Part 1	24-Mar-19
YONG KHIN SYN	SFC	65-69	1:41.99	2015-16 Long Course Masters Swimming Competition - Part 1	20-Mar-16
*HO ROBERT YAU CHUNG	LRC	60-64	1:15.74	2018-19 Long Course Masters Swimming Competition - Part 1	24-Mar-19
KOO YU FAT MARCUS	FFA	55-59	1:11.94	2016-17 Long Course Masters Swimming Competition - Part 1	26-Mar-17
JOHNSON ERIC ANDREW	LRC	50-54	1:04.49	FINA World Masters Championships 2014	10-Aug-14
SAKA TAIHEI	SGC	45-49	1:00.90	2013-14 Long Course Masters Swimming Competition - Part 1	04-Mar-12
NORTJE, CRAIG ANDREW	CKW	40-44	1:00.36	2017-18 Long Course Masters Swimming Competition - Part 1	25-Mar-18
CRAIG ANDREW NORTJE	VRG	35-39	0:59.58	FINA World Masters Championships 2014	10-Aug-14
BEAHAN, GRANT KENNETH	BSC	30-34	0:58.66	2017-18 Long Course Masters Swimming Competition - Part 1	25-Mar-18
*LAU CHUN LEUNG JOHNNY	KHC	25-29	0:59.26	2018-19 Long Course Masters Swimming Competition - Part 1	24-Mar-19
*CHEUNG YAU MING	#DB	18-24	0:59.53	2018-19 Long Course Masters Swimming Competition - Part 1	24-Mar-19

WOMEN 100M BUTTERFLY				NAME OF MEET	DATE ACHIEVED
SUEN MING CHU	SFC	70-74	1:56.01	2017-18 Long Course Masters Swimming Competition - Part 1	25-Mar-18
SUEN MING CHU	SGC	65-69	1:48.29	Masters Long Course Swimming Competition Part 1	26-Jan-14
SUEN MING CHU	SCA	60-64	1:49.51	2010-11 Long Course Masters Swimming Championships - Part 1	20-Mar-11
KIRKWOOD, TAIN MHAIRA	LRC	55-59	1:31.44	2017-18 Long Course Masters Swimming Competition - Part 1	25-Mar-18
LEE TANYA DIANE	PSC	50-54	1:14.85	The 1st Asian Masters Swimming Championships 2018 NAGOYA (JPN)	16-Jul-18
PAZOS CHRISTENA MARIA	LRC	45-49	1:12.50	16th FINA World Masters Championships 2015 in Kazan	13-Aug-15
KELSEY JANE MACFARLAND	LRC	40-44	1:13.55	2014-15 Long Course Masters Swimming Competition - Part 1	22-Mar-15
KELSEY JANE MACFARLAND	LRC	35-39	1:13.49	2011-12 Long Course Masters Swimming Competition - Part 1	04-Mar-12
CHAN WING SUET	PSC	30-34	1:10.44	The 1st Asian Masters Swimming Championships 2018 NAGOYA (JPN)	16-Jul-18
CHAN WING SUET	LRC	25-29	1:08.66	FINA World Masters Championships 2014	10-Aug-14
MAU LOK YAN EUNICE	CUC	18-24	1:13.91	Masters Long Course Swimming Competition Part 1	26-Jan-14

HONG KONG MASTERS SWIMMING RECORDS

LONG COURSE

(Update to 2018-19 Long Course Masters Swimming Competition - Part 1)

MEN 200M INDIVIDUAL MEDLEY				NAME OF MEET	DATE ACHIEVED
LAW KWAI FONG	SFC	80-84	5:10.21	Annual Long Course Masters Swimming Championships 2017	25-Nov-17
WONG SHIU MING	SFC	75-79	4:24.87	2016-17 Long Course Masters Swimming Competition - Part 1	26-Mar-17
TIN SHEUNG KWAI	NWC	70-74	3:38.48	Annual Long Course Masters Swimming Championships 2017	25-Nov-17
CHAN KAM POR	SFC	65-69	3:04.42	2017-18 Long Course Masters Swimming Competition - Part 1	25-Mar-18
HO ROBERT YAU CHUNG	LRC	60-64	2:58.40	2018-19 Annual Long Course Masters Swimming Championships	25-Nov-18
SAKA TOSHIYUKI	SGC	55-59	2:45.82	2016-17 Long Course Masters Swimming Competition - Part 1	26-Mar-17
CHAN KAM POR	KTS	50-54	2:26.14	Summer Masters Swimming Championships 2004	12-Jun-04
SAKA TAIHEI	SGC	45-49	2:23.04	2010-11 Long Course Masters Swimming Championships - Part 1	20-Mar-11
*NORTJE, CRAIG ANDREW	#FB	40-44	2:22.49	2018-19 Long Course Masters Swimming Competition - Part 1	24-Mar-19
NORTJE, CRAIG ANDREW	VRC	35-39	2:20.07	FINA World Masters Championships 2014	10-Aug-14
JACOBS DAMIAN CHARLES	LRC	30-34	2:25.69	FINA World Masters Championships 2014	10-Aug-14
GLASSMAN ZACHARY	LRC	25-29	2:13.80	2011-12 Long Course Masters Swimming Competition - Part 1	04-Mar-12
WONG SING TSUM DEREK	CUC	18-24	2:21.50	Annual Long Course Masters Swimming Champions 2013	24-Nov-13

WOMEN 200M INDIVIDUAL MEDLEY				NAME OF MEET	DATE ACHIEVED
SHUM CHING FONG	HFS	80-84	5:35.17	Annual Long Course Masters Swimming Championships 2013	24-Nov-13
WONG JIM	SFC	75-79	4:49.42	Annual Long Course Masters Swimming Championships 2016	18-Dec-16
SUEN MING CHU	SFC	70-74	3:49.34	2018-19 Long Course Masters Swimming Competition - Part 2	06-May-18
SUEN MING CHU	SGC	65-69	3:47.99	2013-14 Long Course Masters Swimming Competition - Part 2	23-Jun-13
SUEN MING CHU	SCA	60-64	3:37.27	Winter Masters Swimming Championships 2007	27-Jan-08
KIRKWOOD, TAIN MHAIRA	LRC	55-59	3:16.65	The 1st Asian Masters Swimming Championships 2018 NAGOYA (JPN)	12-Jul-18
COGGINS LYNDA ANNE	LRC	50-54	2:55.65	FINA World Masters Championships 2014	10-Aug-14
PAZOS CHRISTENA MARIA	LRC	45-49	2:46.91	16th FINA World Masters Championships 2015 in Kazan	13-Aug-15
KELSEY JANE MACFARLAND	LRC	40-44	2:41.17	2014-15 Long Course Masters Swimming Competition - Part 1	22-Mar-15
KELSEY JANE MACFARLAND	LRC	35-39	2:37.75	Annual Long Course Masters Swimming Champions 2013	24-Nov-13
CHAN WING SUET	PSC	30-34	2:38.52	The 1st Asian Masters Swimming Championships 2018 NAGOYA (JPN)	12-Jul-18
CHAN WING SUET	LRC	25-29	2:36.59	FINA World Masters Championships 2014	10-Aug-14
CHARTER ROBYN JUDY	SFC	18-24	2:42.84	2018-19 Annual Long Course Masters Swimming Championships	25-Nov-18

MEN 4 X 50M FREESTYLE RELAY				NAME OF MEET	DATE ACHIEVED
SWORD FISH CLUB	SFC	320+	3:23.05	2016-17 Long Course Masters Swimming Competition - Part 1	26-Mar-17
NEW WATER POLO CLUB	NWC	280+	2:18.05	2018-19 Long Course Masters Swimming Competition - Part 3	24-Jun-18
SWORD FISH CLUB	SFC	240+	2:02.09	2018-19 Annual Long Course Masters Swimming Championships	25-Nov-18
SEA GREEN SWIMMING & LIFE SAVING CLUB	SGC	200+	1:52.52	2010-11 Long Course Masters Swimming Championships - Part 1	20-Mar-11
LADIES' RECREATION CLUB	LRC	160+	1:41.91	FINA World Masters Championships 2017	18-Aug-17
NEW WATER POLO CLUB	NWC	120+	1:40.03	2018-19 Long Course Masters Swimming Competition - Part 3	24-Jun-18
*DIOCESAN SCHOOL OLD BOY'S ASSOCIATION LTD	#DB	100+	1:36.96	2018-19 Long Course Masters Swimming Competition - Part 1	24-Mar-19

WOMEN 4 X 50M FREESTYLE RELAY				NAME OF MEET	DATE ACHIEVED
SWORD FISH CLUB	SFC	280+	3:08.62	2017-18 Long Course Masters Swimming Competition - Part 3	13-Aug-17
SWORD FISH CLUB	SFC	240+	2:34.06	2018-19 Annual Long Course Masters Swimming Championships	25-Nov-18
LADIES' RECREATION CLUB	LRC	200+	2:12.67	FINA World Masters Championships 2012	14-Jun-12
LADIES' RECREATION CLUB	LRC	160+	1:58.32	16th FINA World Masters Championships 2015 in Kazan	14-Aug-15
LADIES' RECREATION CLUB	LRC	120+	1:55.57	FINA World Masters Championships 2012	14-Jun-12
KWUN TONG SWIMMING CLUB	KTS	100+	2:02.27	Winter Masters Swimming Championships 1995	09-Dec-95

HONG KONG MASTERS SWIMMING RECORDS

LONG COURSE

(Update to 2018-19 Long Course Masters Swimming Competition - Part 1)

MEN 4 X 50M MEDLEY RELAY				NAME OF MEET	DATE ACHIEVED
SWORD FISH CLUB	SFC	320+	3:30.63	Annual Long Course Masters Swimming Championships 2012	09-Dec-12
SWORD FISH CLUB	SFC	280+	2:40.94	2016-17 Long Course Masters Swimming Competition - Part 1	26-Mar-17
SWORD FISH CLUB	SFC	240+	2:19.80	Long Course Masters Swimming Competition - Part 3 2013	11-Aug-13
THE HONG KONG JOCKEY CLUB	HJC	200+	2:03.19	Winter Masters Swimming Championships 1993	11-Dec-93
YMCA OF HONG KONG	YMC	160+	1:53.94	Summer Masters Swimming Championships 1996	22-Jun-96
*DIOCESAN SCHOOL OLD BOY'S ASSOCIATION LTD	#DB	120+	1:54.76	2018-19 Long Course Masters Swimming Competition - Part 1	24-Mar-19
YMCA OF HONG KONG	YMC	100+	1:51.11	Spring Masters Swimming Championships 1999	20-Mar-99
WOMEN 4 X 50M MEDLEY RELAY				NAME OF MEET	DATE ACHIEVED
SWORD FISH CLUB	SFC	280+	3:21.30	1st Asian Masters Swimming Championships 1996	14-Sep-96
SWORD FISH CLUB	SFC	240+	2:48.90	2017-18 Long Course Masters Swimming Competition Part 1	25-Mar-18
LADIES' RECREATION CLUB	LRC	200+	2:32.48	2016-17 Long Course Master Swimming Competition - Part 2	24-Apr-16
LADIES' RECREATION CLUB	LRC	160+	2:10.35	Annual Masters Swimming Championships 1994	17-Sep-94
LADIES' RECREATION CLUB	LRC	120+	2:10.92	FINA World Masters Championships 2012	14-Jun-12
NEW WATER POLO CLUB	NWC	100+	2:19.21	2018-19 Long Course Masters Swimming Competition - Part 2	06-May-18
MIXED 4 X 50M FREESTYLE RELAY				NAME OF MEET	DATE ACHIEVED
SWORD FISH CLUB	SFC	320+	3:38.22	2018-19 Annual Long Course Masters Swimming Championships	25-Nov-18
SWORD FISH CLUB	SFC	280+	2:42.24	Annual Long Course Masters Swimming Championships 2015	20-Dec-15
SWORD FISH CLUB	SFC	240+	2:15.69	2018-19 Annual Long Course Masters Swimming Championships	25-Nov-18
LADIES' RECREATION CLUB	LRC	200+	1:55.82	FINA World Masters Championships 2017	18-Aug-17
LADIES' RECREATION CLUB	LRC	160+	1:52.54	FINA World Masters Championships 2017	18-Aug-17
LADIES' RECREATION CLUB	LRC	120+	1:51.40	Annual Long Course Masters Swimming Championships 2014	23-Nov-14
NEW WATER POLO CLUB	NWC	100+	1:51.20	Annual Long Course Masters Swimming Championships 2017	25-Nov-17

2019-20 Long Course Masters Swimming Comp P3 - 23-Jun-19

Psych Sheet

Event 1 Men 50 LC Meter Freestyle

18-24 MS:	24.17
25-29 MS:	23.92
30-34 MS:	24.31
35-39 MS:	24.80
40-44 MS:	25.42
45-49 MS:	26.47
50-54 MS:	25.80
55-59 MS:	28.02
60-64 MS:	27.95
65-69 MS:	29.72

	ID#	Name	Age	Team	Seed Time
18-24					
1	24952 IAZ	Lam, Ho Man Henry	20	Pacific	28.00
2	13788 IAZ	Daswani, Rohit	22	Hong Kong Footba	28.00
3	21545 IAZ	Leung, Chung Yan	22	Kwun Tong	29.00
4	11659 B	Wu, Wing Hei Boris	23	Kwun Tong	29.00
5	13624 B	Tang, Kwok Wai	23	Kwun Tong	30.00
6	42362 IAZ	Leung, Kung Ming	23	YMCA OF Hong Kong	30.00
25-29					
1	01727	Cheung, Kin Tat Kent	27	Diocesan School	23.50
2	09333 #IBZ	Wong, Yui Hong	27	Kwan Hung	25.00
3	10747 IBZ	Tang, Bing Yuk	25	Fastlane Swimmin	26.00
4	39988 IASM	Leung, Ka Chon	28	Sword Fish Club	26.00
5	29833 #IAZ	Chow, Chun Pui	28	Fire Services	26.50
6	43276 #ICO	Gattegno, Julien	27	Fastlane Swimmin	27.00
7	04048 IBZ	Cheung, Siu Long	28	Hong Kong Police	27.42
8	05730 IAZ	Wong, Tsz Wa	29	Kwan Hung	28.00
9	07931 IBZ	Luk, Hiu Tsun	28	Hong Kong Police	28.19
10	17362 IAZ	Tsoi, Wai Kin	28	Flying Fish	28.50
11	12389 B	Li, Chun Ting	27	Eastern Winter	30.00
12	13715 IBZ	Chan, Paak Hang	28	New Water Polo	30.00
13	11990 IBZ	Que, Lung Hin Clark	28	City East	35.00
14	35718 IAZ	Wong, Hon Leung	25	Tuen Mun S.T.	40.00
30-34					
1	00557	Chow, Sik Hang	31	New Water Polo	24.30
2	00464 IA	Paul, Jonathan Matthew	34	Diocesan School	26.00
3	27874 IAZ	Chan, Cheuk Man	31	New Water Polo	26.00
4	42363 ICO	Gromak, Andrey	32	Sword Fish Club	29.00
5	02040	Yei, Tak Sau	30	Flying Fish	30.50
6	35767 #ICO	Pilloni, Iosto	33	New Water Polo	32.00
7	38303 IAZ	Ng, Ho Yin	34	Happy Valley	33.00
35-39					
1	11544	Fan, Yiu Wing	38	Flying Fish	27.00
2	09165	Cheung, Siu Fung	36	Lai Tsun	28.00
3	40843 IAZ	Lo, Kin Ngok	35	Diocesan School	29.00
4	39588 IAZ	Lo, Ho Wai Joe	39	Diocesan School	30.00
5	01948 ICZ	Tang, Ho Yuen	37	Diocesan School	30.00
6	03793 ICZ	Po, Tik San	37	New Water Polo	30.00
7	11587	Ng, Yu Hon	36	Sea Green	30.00
8	32462 IAZ	Tang, Yin Hong	36	YMCA OF Hong Kong	30.00
9	12176 ICZ	Ng, Siu Yu	37	Hong Kong Police	30.38
10	40001 IAZ	Yip, Ka Ho Tonie	37	Kwun Tong	41.00

2019-20 Long Course Masters Swimming Comp P3 - 23-Jun-19

Psych Sheet

35-39... (Event 1 Men 50 LC Meter Freestyle)

11	38035 IAZ	Mok, Kin Fan	39	Tolo Harbour	45.00
40-44					
1	27471 #ICO	Nortje, Craig Andrew	41	Fastlane Swimmin	25.70
2	40846 IAZ	Cheung, Chin Ho	44	Diocesan School	27.80
3	40841 IAX	Tsang, Kwok Tung	40	Diocesan School	29.00
4	04991 IAZ	Tang, King Man Alvin	42	Fire Services	30.00
5	16451	Cheng, Ngai Bun	41	Kwun Tong	30.00
6	42737 IAZ	So, Ma Loi	43	Sword Fish Club	30.00
7	43656 IAZ	Poon, Hiu Tung	41	Diocesan School	33.00
8	44312	Ma, Hui	44	New Water Polo	36.00
9	29261 IAZ	Lai, Ka Wai	41	Tuen Mun	37.07
10	43949	Yang, Zhipeng	43	New Water Polo	39.00
11	41889 IAZ	Leung, Ki Chi James	43	City East	40.00
12	43948	Wang, Shengl I	40	New Water Polo	41.00
45-49					
1	31857 #IAZ	Au, Andrew	45	Fastlane Swimmin	28.00
2	35237 ICW	Lam, Veng Vai	46	Current Club Ltd	28.90
3	30710 IAZ	Lai, Kin Sun	49	Flying Fish	29.00
4	36962 IAZ	Leung, Yung Yu	47	Kwun Tong	29.00
5	02366	Li, Ka Wing	45	Kwun Tong	29.00
6	27451 IAZ	Yip, Kin Man Stephen	49	Kwun Tong	29.00
7	05273	Poon, Ho Keung Danny	49	Hong Kong Police	29.24
8	27868 IAZ	Chan, Chi Wah Ringo	47	Sword Fish Club	30.00
9	31054 #IAO	Stimson, Mark Grant	48	Fastlane Swimmin	30.50
10	41758 #IAO	Graham, Kym Alexander	46	Fastlane Swimmin	32.00
11	40835 IAZ	Leung, Wing Hong Alvin	45	Diocesan School	33.00
12	41715 IAZ	Chan, Yip Hung	49	Lai Tsun	33.00
13	43956	Ma, Fujun	46	New Water Polo	36.00
14	43950 IAX	Guo, Hongzhi	47	New Water Polo	43.00
15	04184	Woo, Siu Ming William	48	Sword Fish Club	1:04.00
50-54					
1	43376 ICO	Cowen, Nathan Bernard	50	LRC	30.00
2	43198	Huang, Jin Liang	54	Sword Fish Club	30.00
3	43144	Xiao, Donghong	53	New Water Polo	31.00
4	43603	Feng, Bingxin	51	Sword Fish Club	31.00
5	22433 IAZ	Lui, Man Pong	54	New Water Polo	32.00
6	43158 IAZ	Chan, Tin Lung	50	Tolo Harbour	33.86
7	23587 IAZ	Au, Wing Sum	52	New Water Polo	34.00
8	18856 IAZ	Au, Mun Shing	54	Sword Fish Club	35.00
9	43967	Zhang, Chunxiao	52	New Water Polo	36.00
10	35238 IAZ	Yuen, Chak Hay	51	Current Club Ltd	38.20
11	38991 IAZ	Tong, Wing Kin	53	City East	40.00
12	08901	Koh, Kee Haw	51	Sword Fish Club	40.00
13	40845 IAZ	Pang, Wai Man Billy	54	Diocesan School	1:05.00
55-59					
1	43529 IAX	Ng, Wai Fung	56	New Water Polo	30.50
2	15528 #	Tsui, Tak Shing Dominic	57	Fastlane Swimmin	31.00
3	16470	Sha, Yu Kwan	56	Kornhill	31.45
4	26250 IAZ	Lau, Cho Tak	56	Lai Tsun	33.00
5	07802	Chau, Kam Tim	59	Sea Green	33.00
6	41007 IAZ	So, Man Sing	58	Sea Green	33.00
7	30267 IAZ	Leung, Hong Shun Alexander	56	Hoi Fung	33.33
8	40592 IAZ	Fo, Pui Keung	55	Hong Kong Police	34.67
9	26249 IAZ	Cheung, Yun Fai	59	Lai Tsun	35.00

2019-20 Long Course Masters Swimming Comp P3 - 23-Jun-19

Psych Sheet

55-59... (Event 1 Men 50 LC Meter Freestyle)

10	40942 P	He, Gaoxiong	57 New Water Polo	35.00
11	29485 IAZ	Tang, Cheuk Wa	59 Kwun Tong	36.00
12	26261 IAZ	Tsun, Chung Wa Jode	55 Hong Kong Police	36.82
13	28339 IAZ	Yim, Chi Yiu	59 New Water Polo	37.00
14	40861 IAZ	Cheung, Chi Ming Rover	56 Sword Fish Club	37.00
15	43530	Chen, Weizhong	57 New Water Polo	38.00
16	37732 IAZ	Chou, Man Keung	55 Sword Fish Club	40.00
17	40840 IAZ	Ng, Ka Yiu Karl	55 Diocesan School	41.00
18	20247 ICX	Wai, Chris Tak Wing	59 New Water Polo	59.00

60-64

1	05071	Choi, Tony	61 LRC	31.85
2	14555	Tang, Kon Leong	63 Sword Fish Club	32.00
3	17956 IAZ	Chau, Kim Fai	62 Sword Fish Club	34.00
4	43598	Chen, Weicai	62 Sword Fish Club	35.00
5	06176	Wong, Kung Wan	63 Sea Green	35.00
6	31217 IAX	Wong, Siu Man	63 Sword Fish Club	36.00
7	03762	Ha, Chi Ming	60 Flying Fish	37.00
8	43971 IAX	Lau, Kwok Ming	62 New Water Polo	37.00
9	20636 IAZ	Pang, Seung Chiu	60 Lai Tsun	39.00
10	32520 IAX	Lam, Hoi	60 New Water Polo	58.00
11	31252 IAZ	Chan, Wo Tung	62 Riverside	NT

65-69

1	43209	Liao, Guang Wen	68 Sword Fish Club	32.00
2	06268	Tse, Kwok Piu	68 Sword Fish Club	32.00
3	06398 #	Cho, Wai Sun	66 Fastlane Swimmin	33.00
4	06124	Szeto, Kwan Yin	66 New Water Polo	35.00
5	06184	Ng, Pak Chiu	65 Sea Green	35.00
6	06389	Chan, Hong Wah	66 New Water Polo	36.00
7	06388	Lau, Man Kin	65 Sword Fish Club	38.00
8	43966	Zhang, Jie	66 New Water Polo	42.00
9	23123 IAZ	Poon, Wai	67 Sword Fish Club	42.00
10	35236 IAZ	Chan, Pui Ming Sunny	65 Sword Fish Club	44.00
11	25228 IAZ	Chan, Fai Ming	65 Lai Tsun	45.00
12	11563	Lee, Kwok Hung	66 Sword Fish Club	48.00

70-74

1	23297 IAZ	Chan, Shing Chi	71 Lai Tsun	36.00
2	43979	Qi, Songhe	70 New Water Polo	42.00
3	09171	Chan, Ying Chi	73 Sword Fish Club	44.00

75-79

1	27135 IAX	Lam, Lit Kwan	78 Lai Tsun	42.00
2	28522 IAX	Wong, Tat Choi	78 Sword Fish Club	44.00
3	38301 IAX	Cheung, Hao Yen	76 Lai Tsun	51.00

80-84

1	15490	Law, Kwai Fong	83 Sword Fish Club	52.00
2	17964 IAZ	Kan, Ping Chu	81 Sea Green	59.00
3	05407	Lee, She Kwok	81 Sword Fish Club	1:01.00

85-89

1	06238	Lee, Ming	89 Sword Fish Club	50.00
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2019-20 Long Course Masters Swimming Comp P3 - 23-Jun-19

Psych Sheet

Event 2 Women 50 LC Meter Freestyle

18-24 MS:	28.20
25-29 MS:	29.28
30-34 MS:	28.96
35-39 MS:	28.65
40-44 MS:	28.88
45-49 MS:	30.12
50-54 MS:	30.65
55-59 MS:	32.17
60-64 MS:	34.51
65-69 MS:	37.61

	ID#	Name	Age	Team	Seed Time
18-24...	(Event 2 Women 50 LC Meter Freestyle)				
1	41512 IAZ	Liu, Long Yan Sedna	20	Current Club Ltd	34.92
25-29					
1	05769 B	Kot, Chung Ling	25	Hong Kong Police	31.00
2	02334 IBZ	Ma, Chi Ting	29	New Water Polo	32.00
3	10761 IAZ	Siu, Ka Sin	25	Creative Youth	35.00
4	43673 IAX	Cheng, Shan	29	Fastlane Swimmin	53.00
30-34					
1	00111	Chung, Yuen Yi	34	Kwun Tong	32.00
2	00754 IAZ	Yam, Shu Jun	32	Current Club Ltd	33.65
3	40851 #IAZ	Mak, Chung Kiu Joanna	33	Fastlane Swimmin	36.30
4	44048 IAZ	Wong, Wai Sum	30	Sword Fish Club	38.00
5	43390 ICO	Wong, Sook Leng	31	Fastlane Swimmin	44.00
35-39					
1	38440 #ICO	Johnson, Melissa Ann	36	Fastlane Swimmin	29.25
2	03070	Tu, Pui Yee	35	Hong Kong Police	30.88
3	43972	Liu, Bei	38	New Water Polo	35.00
4	33300 IAZ	Cheng, Ka Kee	39	Juan Hua Club	38.83
5	43391 IAXN	Lau, On Yue	36	Fastlane Swimmin	40.00
6	30261 IAX	Chan, Mung Yu	39	Sword Fish Club	43.00
7	44313 ICO	Tan, Eunice Ledesma	38	Fastlane Swimmin	45.00
8	41888 IAZ	Kwok, Sau Kam	35	City East	50.00
40-44					
1	43157 ICO	Lee, Chew Ling	42	LRC	40.87
45-49					
1	33517 #IAO	Yamaguchi, Mika	47	Fastlane Swimmin	30.12
2	36434 #IAZ	Lam, Wing Yan Jada	45	Fastlane Swimmin	34.00
3	39310 IAZ	Au-Yeung, Sze	46	Lai Tsun	38.00
4	36034 IAZ	Kwok, Kin Yee	46	Flying Fish	40.00
5	35969 #IAX	Wang, Ying Lian	47	Tung Sing	40.00
6	36840 IAZ	Chung, Ching Han Anna	47	Sea Green	41.00
7	44340	Wang, Wei	47	New Water Polo	44.00
8	43957	Lu, Mei	47	New Water Polo	48.00
50-54					
1	43951	Han, Yan	51	New Water Polo	34.00
2	39092 I	Chan, Chok Wa	52	Sword Fish Club	34.00
3	40907 IAZ	Lai, Shui Nin Ingrid	52	YMCA OF Hong Kong	34.00
4	43977	Lin, Zihe	50	New Water Polo	35.00
5	23323 IAZ	Tam, Choi Ping Scalene	54	New Water Polo	37.00
6	40575 #IAO	Chan, San Ngah	51	Fastlane Swimmin	37.28
7	36045 IAZN	Hsu, Ava	52	LRC	44.04

2019-20 Long Course Masters Swimming Comp P3 - 23-Jun-19

Psych Sheet

50-54... (Event 2 Women 50 LC Meter Freestyle)

8	37012 IAZ	Lun, Yau Chun Nara	51	New Water Polo	45.00
9	43226 IAZ	Yuen, Lai Ping Anna	53	South China	45.00
10	44303 IAZ	Lam, Man Lai	53	Sword Fish Club	1:00.00
55-59					
1	26049 IAZ	Kirkwood, Tain Mhaira	56	LRC	32.17
2	41423 IAZ	Chiu, Pauline	57	Tung Sing	40.00
3	43178 ICW	Hoi, Fong Mei	55	Sword Fish Club	42.00
4	32025 IAZ	Sin, Lai Wan Vicky	59	Kwun Tong	43.00
5	20001 IAZ	Leung, Siu Ling	59	Kwun Tong	45.00
6	29831 #IAZ	Lowe, Yeuk Ling Dilys	55	Sword Fish Club	55.00
60-64					
1	07474	Shing, Mei San	63	South China	46.31
2	06127	Lau, Wai Lin	63	New Water Polo	1:00.00
65-69					
1	05412	Chu, Lui Kwong	68	Sword Fish Club	53.00
2	07440	Yip, Lai Kuen	68	Lai Tsun	58.00
3	07432	Leung, May Kam	67	Tuen Mun S.T.	1:15.00
4	07763	Chow, Kit Bing	68	Sword Fish Club	1:30.00
70-74					
1	39991 IAS	Sam, Choi Lin	71	Sword Fish Club	50.00
2	07446	Lo, Kuk Chun	71	Sword Fish Club	53.00
3	08936	Leong, Kuai Heng	73	New Water Polo	1:25.00
75-79					
1	06372 IAZ	Leung, Mabel Yuen Ying	77	Sword Fish Club	50.00
2	32571 IAZ	Chan, Pui Yee	75	Sword Fish Club	55.20
3	13262	Kwong, Shuet Hing	79	Wong Tai Sin	1:12.20
80-84					
1	06144	Mak, Suet Man	82	Sea Green	59.00
85-89					
1	06375	Chan, Wai Kiang	86	Kwun Tong	1:20.00

Event 3 Men 100 LC Meter Breaststroke

18-24 MS:	1:08.54
25-29 MS:	1:10.16
30-34 MS:	1:14.34
35-39 MS:	1:10.50
40-44 MS:	1:15.87
45-49 MS:	1:15.29
50-54 MS:	1:17.66
55-59 MS:	1:21.91
60-64 MS:	1:24.95
65-69 MS:	1:26.42

	ID#	Name	Age	Team	Seed Time
25-29					
1	42728 P	Febo, Christopher Vincenzo	26	Sword Fish Club	1:15.00
2	05642 IBZ	Lok, Ho Chun	25	Hong Kong Police	1:19.00
3	10083 IAZ	Chan, Chun Yin Wilson	25	Hong Kong Police	1:21.49
4	11990 IBZ	Que, Lung Hin Clark	28	City East	1:46.00
30-34					
1	02591	Luk, Wing Kin Andy	30	Kwan Hung	1:08.00
2	01539 IBZ	Lee, Yeung Darwin	30	Fire Services	1:15.00
3	00590 #IBZ	Kwok, Ho Tin	32	New Water Polo	1:15.00
4	27873 IAZ	Ko, King Hei	31	New Water Polo	1:20.00
5	00095	Wan, Tsz Pat	32	Current Club Ltd	1:25.00

2019-20 Long Course Masters Swimming Comp P3 - 23-Jun-19

Psych Sheet

30-34... (Event 3 Men 100 LC Meter Breaststroke)

6	38303 IAZ	Ng, Ho Yin	34	Happy Valley	1:40.00
35-39					
1	32462 IAZ	Tang, Yin Hong	36	YMCA OF Hong Kong	40.00
2	19336 IAZ	Ma, Ling Kei Kelvin	37	Hong Kong Police	1:27.00
3	39588 IAZ	Lo, Ho Wai Joe	39	Diocesan School	1:30.00
4	26045	Lui, Ming Chun Pierre	35	Kwun Tong	1:30.00
5	05155	Chan, Albert Kam Ming	38	Diocesan School	1:30.00
6	12176 ICZ	Ng, Siu Yu	37	Hong Kong Police	1:35.00
7	29483 IAZ	Ng, Ki Wing	35	Sword Fish Club	1:40.00
8	12262	Ma, Chin Ho	39	Wong Tai Sin	1:42.00
9	44298 IAZ	Tong, Lik Lam	35	Pacific	NT
40-44					
1	37671 ICO	Stamenovic, Ivan	43	LRC	1:20.00
2	05160	Chan, Ka Wo	42	Diocesan School	1:24.00
3	33299 IAZ	Chan, Tsz Cheung	41	Juan Hua Club	1:25.74
4	32473 IAZ	Chan, Yiu Chung	42	Hong Kong Police	1:26.27
5	40834 IAZ	Chang, Hsi Tse JosephJeremy	40	Diocesan School	1:30.00
6	43602	Tan, Jiajie	44	Sword Fish Club	1:30.00
7	42737 IAZ	So, Ma Loi	43	Sword Fish Club	1:31.05
8	16451	Cheng, Ngai Bun	41	Kwun Tong	1:35.00
9	24603 IAZ	Hung, Ka Ming	44	YMCA OF Hong Kong	1:35.00
10	16467	Chak, Pui Ching	41	Wong Tai Sin	1:45.00
11	43949	Yang, Zhipeng	43	New Water Polo	1:46.00
12	40838 IAZ	Wong, Tat Shing Joe	42	Diocesan School	1:50.00
13	43948	Wang, Shengl I	40	New Water Polo	1:50.00
45-49					
1	25112 IAO	Cheung Alexander, Howarth Y	48	LRC	1:21.00
2	22422 IAZ	Tung, Ching Ho	48	YMCA OF Hong Kong	1:27.00
3	35237 ICW	Lam, Veng Vai	46	Current Club Ltd	1:30.00
4	26317 IAZN	Tung, Shang Wei Timothy	49	Kwun Tong	1:30.00
5	28518 IAZ	Yau, Wo Fung	47	Kwun Tong	1:30.00
6	40835 IAZ	Leung, Wing Hong Alvin	45	Diocesan School	1:39.00
7	42085 IAZ	Lee, Hon Lun Philip	47	Sword Fish Club	1:39.00
8	05273	Poon, Ho Keung Danny	49	Hong Kong Police	1:40.00
9	15166	Leung, Chi Keung	47	Sun Yip	1:40.00
10	41758 #IAO	Graham, Kym Alexander	46	Fastlane Swimmin	1:42.00
50-54					
1	37693 IAO	Sieh, Tien Yu	50	Kwun Tong	1:18.00
2	33085 IAZ	Pang, Yu Man Manson	53	Fire Services	1:25.00
3	18856 IAZ	Au, Mun Shing	54	Sword Fish Club	1:25.00
4	40591 IAZ	Chan, Man Cheung Laurence	52	Hong Kong Police	1:40.50
5	42364 IAZ	Lau, Yip Kwong Francis	50	Diocesan School	1:45.00
6	38991 IAZ	Tong, Wing Kin	53	City East	1:46.00
7	38127 IAZ	Leung, Cheung Wai Ricky	51	Sword Fish Club	1:46.00
8	40845 IAZ	Pang, Wai Man Billy	54	Diocesan School	2:27.00
9	44291 IAZ	Choi, Kin Man	50	Delta	NT
55-59					
1	05191	Koo, Yu Fat Marcus	57	Flying Fish	1:24.00
2	36022 IAZ	Wong, Chi Keung	55	Sword Fish Club	1:34.00
3	15528 #	Tsui, Tak Shing Dominic	57	Fastlane Swimmin	1:35.00
4	32108 IAX	Chan, Kiu	57	Sword Fish Club	1:36.00
5	26176 IAX	Ho, Chung Man	56	Lai Tsun	1:40.00
6	37048 IAZ	Cheung, Wai Chuen Jimmy	56	Sword Fish Club	1:42.00
7	19347 IAZ	Wun, Chun Leung	56	Hong Kong Police	1:44.57

2019-20 Long Course Masters Swimming Comp P3 - 23-Jun-19

Psych Sheet

55-59... (Event 3 Men 100 LC Meter Breaststroke)

8	27869 IAZ	Lee, Kam Cheong	55	Sword Fish Club	1:46.00
9	40592 IAZ	Fo, Pui Keung	55	Hong Kong Police	1:50.00
10	43994 IAZ	Chan, Kai Chiu	59	Kornhill	1:50.00
11	03849	Kwok, Hak Man Johnny	59	Lai Tsun	1:50.00
12	25226 IAZ	Choi, Tai Wing	58	Sword Fish Club	1:50.00
13	43824 IAZN	Tam, Tat Ming Adam	57	Flying Fish	1:55.00
14	20247 ICX	Wai, Chris Tak Wing	59	New Water Polo	1:59.00

60-64

1	06176	Wong, Kung Wan	63	Sea Green	1:29.00
2	43205	Zhou, Jin Jia	64	Sword Fish Club	1:35.00
3	14555	Tang, Kon Leong	63	Sword Fish Club	1:36.00
4	31217 IAX	Wong, Siu Man	63	Sword Fish Club	1:39.00
5	03762	Ha, Chi Ming	60	Flying Fish	1:40.00
6	31252 IAZ	Chan, Wo Tung	62	Riverside	1:40.00
7	43953	Guan, Nanqun	63	New Water Polo	1:45.00
8	32520 IAX	Lam, Hoi	60	New Water Polo	1:58.00

65-69

1	25228 IAZ	Chan, Fai Ming	65	Lai Tsun	1:45.00
2	17897 IAX	Shum, Mau Yau	65	Kornhill	1:48.00
3	14035	Wong, Shing Kuen	66	Lai Tsun	1:48.00
4	06243	Koo, Choi Fat	69	Wong Tai Sin	1:48.07
5	11563	Lee, Kwok Hung	66	Sword Fish Club	1:57.00
6	35236 IAZ	Chan, Pui Ming Sunny	65	Sword Fish Club	2:00.00
7	06129	Wu, Pak Yin	69	Sword Fish Club	2:00.00
8	23123 IAZ	Poon, Wai	67	Sword Fish Club	2:43.00

70-74

1	05917	Yong, Khin Syn	70	Sword Fish Club	1:36.00
2	10274	Lau, Chun Nung	73	Lai Tsun	1:50.00
3	14029	Ieong, Vun Fai	73	Sword Fish Club	2:02.00

75-79

1	27135 IAX	Lam, Lit Kwan	78	Lai Tsun	2:09.00
2	23959 IAZ	Chiu, Chin Hung	79	Kornhill	2:36.76

80-84

1	16471	Wong, Yuen Ying	83	Kornhill	3:07.59
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Event 4 Women 100 LC Meter Breaststroke

18-24 MS:	1:13.79
25-29 MS:	1:22.65
30-34 MS:	1:18.68
35-39 MS:	1:20.17
40-44 MS:	1:27.30
45-49 MS:	1:26.75
50-54 MS:	1:29.58
55-59 MS:	1:35.97
60-64 MS:	1:46.35
65-69 MS:	1:51.76

	ID#	Name	Age	Team	Seed Time
18-24					
1	20401 IAZ	Leung, Wan Ki	21	Kwan Hung	1:30.00
2	11418 P	Chan, Yuan Ting Janet	24	Lai Tsun	1:35.00
3	08727 B	Hung Yuen Ching, Moose Culle	23	New Water Polo	1:40.00
4	43533 IAZ	Wong, Yu Tung	21	New Water Polo	2:40.00
30-34					
1	03791 IBZ	Leung, Shu Hang	32	Current Club Ltd	1:26.90

2019-20 Long Course Masters Swimming Comp P3 - 23-Jun-19

Psych Sheet

30-34... (Event 4 Women 100 LC Meter Breaststroke)

2	01305 IBZ	Liu, Ka Lei	34 Kwun Tong	1:28.00
3	43519	Jia, Danping	31 New Water Polo	2:00.00
4	42081 IAZ	Lee, Chui Man	31 Sword Fish Club	2:00.00
5	13384 ICZ	Lee, May Sze Mei	32 New Water Polo	2:20.00
6	00777 IBZ	Tse, Yu Ting	33 New Water Polo	3:00.00
35-39				
1	38430 ICO	Millson, Nicole Elizabeth	36 Hong Kong Footba	1:32.57
2	03070	Tu, Pui Yee	35 Hong Kong Police	1:33.35
3	40632 #ICO	Baaklini, Cynthia	39 South China	1:35.79
4	30261 IAX	Chan, Mung Yu	39 Sword Fish Club	1:56.00
5	02727 ICZ	Lui, Wing Yee	36 Hoi Tin	2:00.00
6	41888 IAZ	Kwok, Sau Kam	35 City East	2:30.00
40-44				
1	06304 ICZ	Cheung, Man Yiu	40 Sea Green	1:40.00
2	39979 IAZ	Lam, Ling Wai Jessica	40 Lai Tsun	1:50.00
3	33017 IAZ	Ngan, Oi Sze	42 Sword Fish Club	1:52.00
4	06732 IAZ	Chan, Sin Jon Kimmy	40 Sword Fish Club	1:58.00
5	30072 ICW	Chao, Man Chi	40 New Water Polo	1:59.00
45-49				
1	33517 #IAO	Yamaguchi, Mika	47 Fastlane Swimmin	1:30.00
2	35969 #IAX	Wang, Ying Lian	47 Tung Sing	1:45.00
3	31395 IAZ	Chan, Pui Ling	49 Flying Fish	1:50.09
4	35772 IAX	Ban, Xianhai	47 New Water Polo	1:53.00
5	06349	Ip, Oi Wa Wendy	47 Sword Fish Club	1:55.00
6	36431 P	Buchta, Katrin	49 Sword Fish Club	2:00.00
7	43961	Li, Bingshi	47 New Water Polo	2:05.00
8	44304 IAX	Choi, Shan Shan	47 Sword Fish Club	2:16.00
50-54				
1	39092 I	Chan, Chok Wa	52 Sword Fish Club	1:31.00
2	23588 #IAZ	Lee, Ying Chi	51 Tung Sing	1:49.00
3	16303	Rana, Naomi	53 LRC	1:52.99
4	37012 IAZ	Lun, Yau Chun Nara	51 New Water Polo	2:00.00
5	43225 IAZN	Chan, Yuet Mei Carol	50 South China	2:20.00
6	43947	Xing, Xiaojuan	50 New Water Polo	2:25.00
55-59				
1	37056 IAZ	Wong, Hoi Ping Carol	59 Tuen Mun	1:48.00
2	20001 IAZ	Leung, Siu Ling	59 Kwun Tong	2:00.00
3	34668 IAZ	Tang, Pik Ha	59 New Water Polo	2:00.00
4	29831 #IAZ	Lowe, Yeuk Ling Dilys	55 Sword Fish Club	2:30.00
5	21006 IAZ	Chan, Kin Ming Carrie	57 Sword Fish Club	2:31.00
60-64				
1	08948	Young, Eve	62 Flying Fish	2:00.00
2	31755 IAZ	Woo, Wing Fong Cinderella	60 Lai Tsun	2:03.00
3	23957 IAX	Yeung, Tun Lim Lily	62 Sword Fish Club	2:10.00
4	06127	Lau, Wai Lin	63 New Water Polo	2:40.00
65-69				
1	06147	Leung Wong, Yin Har Hayley	67 Sea Green	1:55.00
2	43599	Li, Jiexian	69 Sword Fish Club	1:59.00
3	38462 IAZN	Shum, Shuk Wah Nora	67 Sword Fish Club	2:20.00
4	07432	Leung, May Kam	67 Tuen Mun S.T.	3:20.00
70-74				
1	02365	Chow, So Kam	74 Kwun Tong	2:20.00
2	30506 IAX	Li, Hoi Ying	71 Sword Fish Club	2:30.00
3	08936	Leong, Kuai Heng	73 New Water Polo	3:50.00

2019-20 Long Course Masters Swimming Comp P3 - 23-Jun-19

Psych Sheet

75-79... (Event 4 Women 100 LC Meter Breaststroke)

1	32571 IAZ	Chan, Pui Yee	75	Sword Fish Club	2:50.00
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Event 5 Men 50 LC Meter Backstroke

18-24 MS: 28.26

25-29 MS: 28.12

30-34 MS: 29.89

35-39 MS: 30.38

40-44 MS: 30.30

45-49 MS: 30.37

50-54 MS: 30.97

55-59 MS: 32.57

60-64 MS: 34.40

65-69 MS: 35.70

	ID#	Name	Age	Team	Seed Time
18-24					
1	24952 IAZ	Lam, Ho Man Henry	20	Pacific	33.00
2	11659 B	Wu, Wing Hei Boris	23	Kwun Tong	34.00
3	27803 B	Fan, Ka Ming	20	Current Club Ltd	34.96
4	24728 IAZ	Chan, Wing Fa	22	Eastern Winter	40.00
25-29					
1	39988 IASM	Leung, Ka Chon	28	Sword Fish Club	31.00
2	35718 IAZ	Wong, Hon Leung	25	Tuen Mun S.T.	35.00
3	05854 IAZ	Cho, Wai Ching	28	Flying Fish	35.00
4	13715 IBZ	Chan, Paak Hang	28	New Water Polo	36.00
5	17362 IAZ	Tsoi, Wai Kin	28	Flying Fish	37.00
6	06886 B	Li, Chin Long	29	Eastern Winter	40.00
30-34					
1	00444	Lam, Yau Sun Dickson	34	Diocesan School	30.00
2	27996 IAZ	Peck, Marcus De Quan	30	Hoi Fung	44.33
35-39					
1	42766 #ICO	Dahlmann, Sven Christoph	39	Fastlane Swimmin	31.00
2	11544	Fan, Yiu Wing	38	Flying Fish	36.00
3	40843 IAZ	Lo, Kin Ngok	35	Diocesan School	37.00
4	26045	Lui, Ming Chun Pierre	35	Kwun Tong	37.00
5	01948 ICZ	Tang, Ho Yuen	37	Diocesan School	40.00
6	03793 ICZ	Po, Tik San	37	New Water Polo	40.00
7	11587	Ng, Yu Hon	36	Sea Green	40.00
40-44					
1	35791 IAO	Lewis, Gareth Rhys	40	LRC	30.00
2	04991 IAZ	Tang, King Man Alvin	42	Fire Services	35.00
3	43604	Long, Zhisheng	40	Sword Fish Club	36.00
4	05160	Chan, Ka Wo	42	Diocesan School	37.00
5	40841 IAX	Tsang, Kwok Tung	40	Diocesan School	38.00
6	28849 IAZ	Chan, Chun Kuen	44	Sword Fish Club	38.00
7	40846 IAZ	Cheung, Chin Ho	44	Diocesan School	39.00
8	24603 IAZ	Hung, Ka Ming	44	YMCA OF Hong Kong	40.00
9	43656 IAZ	Poon, Hiu Tung	41	Diocesan School	44.00
10	41889 IAZ	Leung, Ki Chi James	43	City East	1:00.00
45-49					
1	06711	Leung, Tsz Kin	47	New Water Polo	35.00
2	25114 ICO	Barry, Matthieu Marie	45	LRC	35.93
3	27451 IAZ	Yip, Kin Man Stephen	49	Kwun Tong	38.00
4	15166	Leung, Chi Keung	47	Sun Yip	50.00

2019-20 Long Course Masters Swimming Comp P3 - 23-Jun-19

Psych Sheet

50-54... (Event 5 Men 50 LC Meter Backstroke)

1	22433 IAZ	Lui, Man Pong	54 New Water Polo	42.00
2	23587 IAZ	Au, Wing Sum	52 New Water Polo	45.00
3	43969	Liu, Wei	50 New Water Polo	45.00
4	43970	Liang, Zhiwen	53 New Water Polo	46.00
5	43158 IAZ	Chan, Tin Lung	50 Tolo Harbour	48.00
6	35711 IAX	Wong, Fuk Kei	50 Sword Fish Club	53.00
7	35238 IAZ	Yuen, Chak Hay	51 Current Club Ltd	56.23
8	08901	Koh, Kee Haw	51 Sword Fish Club	1:02.00
9	40845 IAZ	Pang, Wai Man Billy	54 Diocesan School	1:06.00

55-59

1	41007 IAZ	So, Man Sing	58 Sea Green	39.00
2	26250 IAZ	Lau, Cho Tak	56 Lai Tsun	40.00
3	21023 IAZ	Ho, Kwong Ngai Eric	56 Sword Fish Club	42.00
4	07802	Chau, Kam Tim	59 Sea Green	45.00
5	40840 IAZ	Ng, Ka Yiu Karl	55 Diocesan School	46.00
6	32108 IAX	Chan, Kiu	57 Sword Fish Club	46.00
7	39982 IAZ	Chow, Wing Chun	55 Sword Fish Club	46.00
8	29485 IAZ	Tang, Cheuk Wa	59 Kwun Tong	48.00
9	27869 IAZ	Lee, Kam Cheong	55 Sword Fish Club	48.00
10	19347 IAZ	Wun, Chun Leung	56 Hong Kong Police	50.00
11	37048 IAZ	Cheung, Wai Chuen Jimmy	56 Sword Fish Club	50.00
12	25226 IAZ	Choi, Tai Wing	58 Sword Fish Club	55.00

60-64

1	06201	Wong, Cheuk Yin	63 Fire Services	36.00
2	17725 IAZ	Ng, Yu Hung	61 Sword Fish Club	39.88
3	06187	Kan, Kai Kwong	64 Sea Green	42.00
4	06176	Wong, Kung Wan	63 Sea Green	42.00
5	04500	Cheung, Ip Chor	64 Sword Fish Club	42.96
6	17956 IAZ	Chau, Kim Fai	62 Sword Fish Club	45.00
7	43971 IAX	Lau, Kwok Ming	62 New Water Polo	48.00
8	31252 IAZ	Chan, Wo Tung	62 Riverside	50.00

65-69

1	06388	Lau, Man Kin	65 Sword Fish Club	45.00
2	20634 IAZ	Wu, Shu Sun	69 New Water Polo	50.00
3	38699 IAZ	Tse, Siu Hei	69 Kornhill	54.96
4	11563	Lee, Kwok Hung	66 Sword Fish Club	55.00
5	06129	Wu, Pak Yin	69 Sword Fish Club	55.00
6	06389	Chan, Hong Wah	66 New Water Polo	58.00
7	23123 IAZ	Poon, Wai	67 Sword Fish Club	1:10.00

70-74

1	03845	Tin, Sheung Kwai	72 New Water Polo	38.00
2	10274	Lau, Chun Nung	73 Lai Tsun	52.00
3	04505	Chan, Kwok Hung	72 Hong Kong Police	52.40
4	40518 IAZ	Liu, Wing Chiu	71 Tuen Mun	53.00
5	22182 IAZ	Ngai, Yin Leung	70 Sword Fish Club	59.00
6	06274	Wong, Yau Chuen	73 Sword Fish Club	1:03.00

75-79

1	27135 IAX	Lam, Lit Kwan	78 Lai Tsun	50.00
2	10279	Wong, Shiu Ming	77 Sword Fish Club	50.00
3	28522 IAX	Wong, Tat Choi	78 Sword Fish Club	59.00
4	38301 IAX	Cheung, Hao Yen	76 Lai Tsun	1:15.00

80-84

1	05407	Lee, She Kwok	81 Sword Fish Club	1:01.00
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2019-20 Long Course Masters Swimming Comp P3 - 23-Jun-19

Psych Sheet

85-89... (Event 5 Men 50 LC Meter Backstroke)

1	02987	Cheung, Tsan	85	Sword Fish Club	1:06.00
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Event 6 Women 50 LC Meter Backstroke

18-24 MS:	31.58
25-29 MS:	33.38
30-34 MS:	32.81
35-39 MS:	34.04
40-44 MS:	35.33
45-49 MS:	35.08
50-54 MS:	35.58
55-59 MS:	44.27
60-64 MS:	46.26
65-69 MS:	50.29

	ID#	Name	Age	Team	Seed Time
18-24					
1	41512 IAZ	Liu, Long Yan Sedna	20	Current Club Ltd	44.26
2	43597 IAZ	Su, Wenting	23	Sword Fish Club	45.00
25-29					
1	39995 IAS	Cheong, Sut Ieng	27	Sword Fish Club	36.00
2	05769 B	Kot, Chung Ling	25	Hong Kong Police	37.10
3	02334 IBZ	Ma, Chi Ting	29	New Water Polo	38.00
4	02455 #IAZ	Yu, Hoi Yung April	28	Fastlane Swimmin	38.00
5	43605	Dong, Jing	29	Sword Fish Club	40.00
6	10761 IAZ	Siu, Ka Sin	25	Creative Youth	40.00
30-34					
1	01666 #IBZ	Chan, Wing Suet	33	Hong Kong Footba	34.22
2	03791 IBZ	Leung, Shu Hang	32	Current Club Ltd	38.59
3	00111	Chung, Yuen Yi	34	Kwun Tong	43.00
4	44126	An, Chao	32	New Water Polo	56.00
5	13384 ICZ	Lee, May Sze Mei	32	New Water Polo	1:20.00
35-39					
1	38430 ICO	Millson, Nicole Elizabeth	36	Hong Kong Footba	39.37
2	02727 ICZ	Lui, Wing Yee	36	Hoi Tin	48.00
3	33300 IAZ	Cheng, Ka Kee	39	Juan Hua Club	49.62
40-44					
1	42192	Chen, Yunlin	43	Sword Fish Club	41.00
2	06304 ICZ	Cheung, Man Yiu	40	Sea Green	48.00
3	43523	Chen, Mo	44	New Water Polo	50.00
4	36785 IAZ	Inglis, Alexandra Sinead	44	LRC	51.00
5	39979 IAZ	Lam, Ling Wai Jessica	40	Lai Tsun	1:00.00
45-49					
1	36434 #IAZ	Lam, Wing Yan Jada	45	Fastlane Swimmin	47.00
2	35772 IAX	Ban, Xianhai	47	New Water Polo	50.00
3	39310 IAZ	Au-Yeung, Sze	46	Lai Tsun	52.84
4	38302 IAZ	Cheung, Man Ling Melody	47	Lai Tsun	55.00
5	43145	Sha, Youjin	49	New Water Polo	1:00.00
50-54					
1	43951	Han, Yan	51	New Water Polo	40.00
2	40907 IAZ	Lai, Shui Nin Ingrid	52	YMCA OF Hong Kong	45.00
3	26254 IAX	Ng, Kong Ching	54	New Water Polo	48.00
4	40575 #IAO	Chan, San Ngah	51	Fastlane Swimmin	51.04
5	16303	Rana, Naomi	53	LRC	55.97
6	43521	Li, Wei	53	New Water Polo	1:05.00

2019-20 Long Course Masters Swimming Comp P3 - 23-Jun-19

Psych Sheet

50-54... (Event 6 Women 50 LC Meter Backstroke)

7	23323 IAZ	Tam, Choi Ping Scalene	54	New Water Polo	2:00.00
55-59					
1	32025 IAZ	Sin, Lai Wan Vicky	59	Kwun Tong	50.00
2	44332	Xiao, Yun	58	New Water Polo	54.00
3	20640 IAZ	Wong, Fung Yee	59	Sword Fish Club	58.00
4	29831 #IAZ	Lowe, Yeuk Ling Dilys	55	Sword Fish Club	1:10.00
5	20001 IAZ	Leung, Siu Ling	59	Kwun Tong	1:15.00
60-64					
1	06355	Lo, Lai Yung	64	New Water Polo	50.00
2	14007 #	Ho, Yuk Ling	62	Tung Sing	56.79
3	06127	Lau, Wai Lin	63	New Water Polo	1:10.00
4	23957 IAX	Yeung, Tun Lim Lily	62	Sword Fish Club	1:10.00
65-69					
1	06147	Leung Wong, Yin Har Hayley	67	Sea Green	58.00
2	39357	Mak, Sok Iun	69	Sword Fish Club	1:10.00
3	07432	Leung, May Kam	67	Tuen Mun S.T.	1:30.00
4	07763	Chow, Kit Bing	68	Sword Fish Club	1:30.00
70-74					
1	06357	Suen, Ming Chu	71	Sword Fish Club	54.00
2	39991 IAS	Sam, Choi Lin	71	Sword Fish Club	1:00.00
3	07446	Lo, Kuk Chun	71	Sword Fish Club	1:06.00
4	17480 IAZ	Chow, Pui Han Angela	73	Lai Tsun	1:10.00
5	30506 IAX	Li, Hoi Ying	71	Sword Fish Club	1:10.00
6	08936	Leong, Kuai Heng	73	New Water Polo	1:32.00
75-79					
1	06374	Wong, Jim	78	Sword Fish Club	1:00.00
2	06218	Sin, Lai Kwan	79	Wong Tai Sin	1:30.00
3	13262	Kwong, Shuet Hing	79	Wong Tai Sin	1:43.08
80-84					
1	06144	Mak, Suet Man	82	Sea Green	1:05.00

Event 7 Men 400 LC Meter Freestyle

18-24 MS:	4:25.08
25-29 MS:	4:33.91
30-34 MS:	4:49.42
35-39 MS:	4:33.35
40-44 MS:	4:35.39
45-49 MS:	4:31.75
50-54 MS:	5:13.38
55-59 MS:	5:11.90
60-64 MS:	5:34.43
65-69 MS:	6:00.83

	ID#	Name	Age	Team	Seed Time
18-24					
1	13624 B	Tang, Kwok Wai	23	Kwun Tong	5:35.00
2	27803 B	Fan, Ka Ming	20	Current Club Ltd	6:00.00
3	20836 B	Chan, Kevin	22	Eastern Winter	6:40.00
25-29					
1	39152 ICO	Belecanech, Matthew Joseph	27	Hong Kong Footba	4:33.91
2	05577 #IBZ	Yuen, Marcus	25	LRC	4:40.00
3	29833 #IAZ	Chow, Chun Pui	28	Fire Services	4:50.00
4	43276 #ICO	Gattegno, Julien	27	Fastlane Swimmin	4:59.00
5	12389 B	Li, Chun Ting	27	Eastern Winter	6:00.00
6	04048 IBZ	Cheung, Siu Long	28	Hong Kong Police	6:00.00

2019-20 Long Course Masters Swimming Comp P3 - 23-Jun-19

Psych Sheet

25-29... (Event 7 Men 400 LC Meter Freestyle)

7	33387 IAO	Wu, Kenneth Yee Lok	28	Sword Fish Club	6:16.00
8	11990 IBZ	Que, Lung Hin Clark	28	City East	8:00.00

30-34

1	01539 IBZ	Lee, Yeung Darwin	30	Fire Services	4:50.00
2	00464 IA	Paul, Jonathan Matthew	34	Diocesan School	5:10.00
3	34366 ICO	Maury, Matthieu Bernard	31	Hong Kong Footba	5:10.00
4	39945 #ICO	Geiger, Wolfgang Christoph	31	South China	5:10.00
5	00095	Wan, Tsz Pat	32	Current Club Ltd	5:10.13
6	00557	Chow, Sik Hang	31	New Water Polo	5:20.00
7	27874 IAZ	Chan, Cheuk Man	31	New Water Polo	5:20.00
8	27873 IAZ	Ko, King Hei	31	New Water Polo	5:20.00
9	39190 IAZ	Lee, Ka Lun	30	New Water Polo	5:20.00
10	38356 ICO	Drake, Hector Donald Arthur	33	LRC	5:25.00
11	01862 ICZ	Kwan, Hei Yan	34	Diocesan School	6:10.00
12	27996 IAZ	Peck, Marcus De Quan	30	Hoi Fung	6:45.33

35-39

1	42766 #ICO	Dahlmann, Sven Christoph	39	Fastlane Swimmin	5:30.00
2	26045	Lui, Ming Chun Pierre	35	Kwun Tong	5:30.00
3	41151 #ICO	Caggio, Antonino	37	LRC	5:45.00
4	12176 ICZ	Ng, Siu Yu	37	Hong Kong Police	6:00.00
5	09165	Cheung, Siu Fung	36	Lai Tsun	6:00.00
6	01948 ICZ	Tang, Ho Yuen	37	Diocesan School	6:10.00
7	05155	Chan, Albert Kam Ming	38	Diocesan School	6:10.00
8	27133 IAZ	Poon, Man Chun	38	Wong Tai Sin	6:27.79
9	42215	He, Qihui	39	Sword Fish Club	6:30.00
10	38035 IAZ	Mok, Kin Fan	39	Tolo Harbour	7:20.00

40-44

1	37671 ICO	Stamenovic, Ivan	43	LRC	4:41.04
2	27471 #ICO	Nortje, Craig Andrew	41	Fastlane Swimmin	4:45.00
3	35790 ICO	Launay, Thomas	40	LRC	5:30.03
4	24603 IAZ	Hung, Ka Ming	44	YMCA OF Hong Kong	6:00.00
5	40841 IAX	Tsang, Kwok Tung	40	Diocesan School	6:10.00
6	16451	Cheng, Ngai Bun	41	Kwun Tong	6:15.00
7	39987 IAS	Chu, Tong Man	43	Sword Fish Club	6:20.00
8	37781 IAZ	Lo, Kar Lai Gary	41	New Water Polo	8:00.00

45-49

1	34619 P	Liljestroem Lennart, Peter F	46	LRC	4:31.75
2	25114 ICO	Barry, Matthieu Marie	45	LRC	5:00.00
3	10264 #	Faiola, Jeff Alan	48	South China	5:08.00
4	30710 IAZ	Lai, Kin Sun	49	Flying Fish	5:27.00
5	22422 IAZ	Tung, Ching Ho	48	YMCA OF Hong Kong	5:45.00
6	40704 IAX	Yeung, Chu Kwong	48	Lai Tsun	5:55.00
7	27868 IAZ	Chan, Chi Wah Ringo	47	Sword Fish Club	6:00.00
8	41758 #IAO	Graham, Kym Alexander	46	Fastlane Swimmin	6:15.00
9	28518 IAZ	Yau, Wo Fung	47	Kwun Tong	6:30.00
10	27451 IAZ	Yip, Kin Man Stephen	49	Kwun Tong	6:30.00
11	41715 IAZ	Chan, Yip Hung	49	Lai Tsun	7:40.00

50-54

1	20239 IAO	Letcher, Richard Roy	50	LRC	5:15.00
2	35313 IAZ	Pong, Chiu Yee Dario	51	LRC	5:16.00
3	05138 #	Lanzone, Francesco	51	South China	5:18.00
4	43376 ICO	Cowen, Nathan Bernard	50	LRC	5:20.00
5	43198	Huang, Jin Liang	54	Sword Fish Club	6:00.00
6	39091 IAZ	Luk, Kai Ming Stephen	52	Sword Fish Club	7:00.00

2019-20 Long Course Masters Swimming Comp P3 - 23-Jun-19

Psych Sheet

55-59... (Event 7 Men 400 LC Meter Freestyle)

1	05191	Koo, Yu Fat Marcus	57	Flying Fish	5:30.00
2	15528 #	Tsui, Tak Shing Dominic	57	Fastlane Swimmin	5:55.00
3	16470	Sha, Yu Kwan	56	Kornhill	6:38.00
4	26594 IAZ	Ching, Wai Kin	55	Sword Fish Club	6:44.28
5	32108 IAX	Chan, Kiu	57	Sword Fish Club	6:50.00
6	43959 IAX	Li, Yuan	56	New Water Polo	7:00.00
7	13979	Lee, Sing Tim	58	Lai Tsun	7:15.00
8	29485 IAZ	Tang, Cheuk Wa	59	Kwun Tong	7:20.00
9	40942 P	He, Gaoxiong	57	New Water Polo	7:20.00
10	40861 IAZ	Cheung, Chi Ming Rover	56	Sword Fish Club	7:30.00
11	25226 IAZ	Choi, Tai Wing	58	Sword Fish Club	7:57.00
12	43530	Chen, Weizhong	57	New Water Polo	8:00.00
13	15170	Mok, Wai Chung David	59	South China	8:20.00
14	43824 IAZN	Tam, Tat Ming Adam	57	Flying Fish	9:00.00
15	36475 IAZ	Morton, Peter Douglas	56	Hong Kong Footba	NT

60-64

1	24640 ICO	Campbell, John Reid	64	Sword Fish Club	6:00.00
2	06237	Mok, Chu Piu	62	Lai Tsun	6:20.00
3	03762	Ha, Chi Ming	60	Flying Fish	6:40.00
4	04500	Cheung, Ip Chor	64	Sword Fish Club	6:59.00
5	41739 IAZ	Ng, Chin Wing	64	Sea Green	6:59.00
6	43953	Guan, Nanqun	63	New Water Polo	7:00.00
7	06239	Chan, King Yuen	64	Lai Tsun	7:17.00
8	43963	Song, Xingzhi	62	New Water Polo	7:30.00
9	17956 IAZ	Chau, Kim Fai	62	Sword Fish Club	7:30.00

65-69

1	33115 IAX	Ng, Kan Sing	66	Sword Fish Club	6:13.00
2	06268	Tse, Kwok Piu	68	Sword Fish Club	6:17.00
3	26318	Suen, Chi Wing	65	Sword Fish Club	7:10.00
4	06129	Wu, Pak Yin	69	Sword Fish Club	9:00.00

70-74

1	43979	Qi, Songhe	70	New Water Polo	7:20.00
2	04505	Chan, Kwok Hung	72	Hong Kong Police	7:30.00
3	06274	Wong, Yau Chuen	73	Sword Fish Club	8:12.00
4	14029	Ieong, Vun Fai	73	Sword Fish Club	10:00.00
5	22182 IAZ	Ngai, Yin Leung	70	Sword Fish Club	10:00.00

Event 8 Women 400 LC Meter Freestyle

18-24 MS: 5:06.39

25-29 MS: 5:12.71

30-34 MS: 5:04.92

35-39 MS: 4:41.52

40-44 MS: 4:44.60

45-49 MS: 5:30.02

50-54 MS: 5:25.06

55-59 MS: 6:02.65

60-64 MS: 7:02.63

65-69 MS: 7:13.63

	ID#	Name	Age	Team	Seed Time
18-24					
1	08727 B	Hung Yuen Ching, Moose Culle	23	New Water Polo	6:00.00
25-29					
1	01436 #	Yeung, Hui Wei Hervien	26	Fastlane Swimmin	5:40.00

2019-20 Long Course Masters Swimming Comp P3 - 23-Jun-19

Psych Sheet

25-29... (Event 8 Women 400 LC Meter Freestyle)

2	01923 #IBZ	Wong, Suet Yiu	28	Csu	6:00.00
3	28004 #IAZ	Kwan, Ka Wan	26	Tung Sing	7:30.00
30-34					
1	00754 IAZ	Yam, Shu Jun	32	Current Club Ltd	6:30.00
2	40851 #IAZ	Mak, Chung Kiu Joanna	33	Fastlane Swimmin	7:10.00
3	30316 IAZ	Ng, Yee Lam	34	Hong Kong Police	7:39.54
35-39					
1	37200 #IAZ	Chan, Wing Lam	35	Fastlane Swimmin	5:50.00
2	34728 IAZ	Lam, Chi Hang	38	Tung Sing	6:40.00
3	38502 #ICO	Alfheim, Mai-britto	37	South China	6:52.00
4	43391 IAXN	Lau, On Yue	36	Fastlane Swimmin	7:00.00
5	41888 IAZ	Kwok, Sau Kam	35	City East	9:00.00
40-44					
1	43523	Chen, Mo	44	New Water Polo	6:45.00
2	36785 IAZ	Inglis, Alexandra Sinead	44	LRC	7:08.00
3	19353 IAZ	Poon, Yee Jane	41	Hong Kong Police	7:40.00
4	33017 IAZ	Ngan, Oi Sze	42	Sword Fish Club	8:22.00
45-49					
1	38302 IAZ	Cheung, Man Ling Melody	47	Lai Tsun	6:35.00
2	35969 #IAX	Wang, Ying Lian	47	Tung Sing	6:45.00
3	31395 IAZ	Chan, Pui Ling	49	Flying Fish	6:50.00
4	36431 P	Buchta, Katrin	49	Sword Fish Club	7:00.00
5	43520	Luo, Juanhui	49	New Water Polo	8:09.00
50-54					
1	43977	Lin, Zihe	50	New Water Polo	6:30.00
2	43083 ICO	Allard, Christine Skowronski	53	South China	7:00.00
3	40907 IAZ	Lai, Shui Nin Ingrid	52	YMCA OF Hong Kong	7:00.00
4	36045 IAZN	Hsu, Ava	52	LRC	7:20.00
5	43521	Li, Wei	53	New Water Polo	8:00.00
6	43962	Pan, Lijian	54	New Water Polo	8:20.00
7	23323 IAZ	Tam, Choi Ping Scalene	54	New Water Polo	10:00.00
8	41911 IAZN	Ng, Kit Man Joanna	54	New Water Polo	12:20.00
55-59					
1	37056 IAZ	Wong, Hoi Ping Carol	59	Tuen Mun	5:10.00
2	26049 IAZ	Kirkwood, Tain Mhaira	56	LRC	5:55.09
3	11528	Lo, Kit Ching	56	Kwun Tong	7:00.00
4	43234	Li, Xue Yan	56	New Water Polo	7:30.00
5	36225 IAX	Li, Wai Kam	57	Sea Green	7:59.00
6	31750 IAZ	Cheung, Lai Ying Anita	56	Lai Tsun	9:10.00
60-64					
1	07474	Shing, Mei San	63	South China	7:40.00
2	31755 IAZ	Woo, Wing Fong Cinderella	60	Lai Tsun	8:30.00
3	08948	Young, Eve	62	Flying Fish	8:36.00
4	06355	Lo, Lai Yung	64	New Water Polo	9:30.00
5	23957 IAX	Yeung, Tun Lim Lily	62	Sword Fish Club	10:30.00
65-69					
1	07440	Yip, Lai Kuen	68	Lai Tsun	9:20.00
2	07763	Chow, Kit Bing	68	Sword Fish Club	11:25.00
70-74					
1	06357	Suen, Ming Chu	71	Sword Fish Club	12:00.00
75-79					
1	06372 IAZ	Leung, Mabel Yuen Ying	77	Sword Fish Club	12:22.00

2019-20 Long Course Masters Swimming Comp P3 - 23-Jun-19

Psych Sheet

Event 9 Men 50 LC Meter Butterfly

18-24 MS:	26.27
25-29 MS:	26.21
30-34 MS:	26.54
35-39 MS:	26.70
40-44 MS:	26.98
45-49 MS:	27.47
50-54 MS:	27.94
55-59 MS:	30.04
60-64 MS:	30.60
65-69 MS:	33.66

ID#	Name	Age	Team	Seed Time
18-24... (Event 9 Men 50 LC Meter Butterfly)				
1	16201 B	Kwok, Yuk Hang	23 Kwun Tong	27.00
2	24952 IAZ	Lam, Ho Man Henry	20 Pacific	30.00
3	44301 IAO	Chau, Sing Ha	20 Hong Kong Footba	31.00
25-29				
1	02021 IBZ	Chow, Man Ho	29 Kwan Hung	27.75
2	10747 IBZ	Tang, Bing Yuk	25 Fastlane Swimmin	28.00
3	14158 #IAZ	Li, Hok Yee Terence	26 New Water Polo	28.00
4	39988 IASM	Leung, Ka Chon	28 Sword Fish Club	29.00
5	41694 IAZ	Tang, Toa	28 Hong Kong Police	29.50
6	01772	Pang, Hin Sing	28 Hong Kong Police	29.61
7	05854 IAZ	Cho, Wai Ching	28 Flying Fish	30.00
8	01728	Cheung, Wai Lun William	28 Diocesan School	31.00
9	43275 #IAON	Walsh, Alexander James	27 Fastlane Swimmin	32.50
10	10221 #IBZ	Tam, Ka Ho Ricky	28 Hong Kong Police	32.54
11	33387 IAO	Wu, Kenneth Yee Lok	28 Sword Fish Club	34.00
12	17362 IAZ	Tsoi, Wai Kin	28 Flying Fish	35.00
13	35718 IAZ	Wong, Hon Leung	25 Tuen Mun S.T.	50.00
30-34				
1	00557	Chow, Sik Hang	31 New Water Polo	26.50
2	00100	Cheung, Siu Laam	31 Current Club Ltd	27.98
3	38356 ICO	Drake, Hector Donald Arthur	33 LRC	28.99
4	01539 IBZ	Lee, Yeung Darwin	30 Fire Services	29.00
5	28529 #IAO	Wright, Henry Tomas	32 South China	29.00
6	07805 #IBZ	Cheung, Wai Ho	31 Wong Tai Sin	29.00
7	42367 IAO	Chow, Chun Yin	33 Diocesan School	30.00
8	01862 ICZ	Kwan, Hei Yan	34 Diocesan School	30.00
9	00385	Cheng, Pong Man Reuben	30 Flying Fish	31.00
10	02040	Yei, Tak Sau	30 Flying Fish	32.00
11	23298 IAZ	Li, Cheuk Bun	34 Wong Tai Sin	36.00
35-39				
1	12863	Yuen, Kai Lai	39 Fire Services	28.00
2	11544	Fan, Yiu Wing	38 Flying Fish	29.50
3	42766 #ICO	Dahlmann, Sven Christoph	39 Fastlane Swimmin	30.00
4	41151 #ICO	Caggio, Antonino	37 LRC	30.00
5	34367 ICO	Van Der Flier, Melvin Suresh	37 Hong Kong Footba	30.88
6	03895 ICZ	Lee, Ka Sing Joe	37 Fire Services	31.00
7	39981 IAZ	Mui, Ho Chuen	39 Sword Fish Club	31.30
8	10317	Ng, Ka Wing	39 Diocesan School	32.00
9	05179 ICZ	Wan, Chun Pong Michael	35 Current Club Ltd	32.00
10	12873	Wan, Ka Fai	37 Sea Green	33.00

2019-20 Long Course Masters Swimming Comp P3 - 23-Jun-19

Psych Sheet

35-39... (Event 9 Men 50 LC Meter Butterfly)

11	32462 IAZ	Tang, Yin Hong	36 YMCA OF Hong Kong	35.00
12	23119 IAZ	Chan, Ying Tsung Bosco	38 Sword Fish Club	54.00

40-44

1	35791 IAO	Lewis, Gareth Rhys	40 LRC	28.09
2	05253 ICZ	Sun, Fat Yee David	40 Fire Services	29.00
3	35790 ICO	Launay, Thomas	40 LRC	32.39
4	40846 IAZ	Cheung, Chin Ho	44 Diocesan School	33.00
5	37781 IAZ	Lo, Kar Lai Gary	41 New Water Polo	36.00
6	40558 IAZ	Law, Sai Wo	40 Tolo Harbour	36.09
7	40107 IAZ	Chan, Falcon	40 Lai Tsun	37.00
8	36839 ICO	Yap, Kok Wei	44 Sea Green	49.00

45-49

1	10264 #	Faiola, Jeff Alan	48 South China	28.63
2	28860 IEX	Lin, Qingzhan	45 Sword Fish Club	30.00
3	06310	Chan, Fung Sun	46 Kwun Tong	31.00
4	06711	Leung, Tsz Kin	47 New Water Polo	31.00
5	40216 ICO	Weller, Simon James	46 Hong Kong Footba	31.20
6	05280	Chung, Hung Fai	47 Fire Services	33.00
7	02366	Li, Ka Wing	45 Kwun Tong	33.00
8	21008 IAZ	Cheung, Chun Kwan Michael	46 Wong Tai Sin	33.00
9	36962 IAZ	Leung, Yung Yu	47 Kwun Tong	34.00
10	21025 IAX	Yue, Ngai Ho	49 Happy Valley	36.00
11	06229	Mak, Wing Yin	46 Hong Kong Police	38.00
12	23497 IAZ	Au Yeung, Wai Kit	45 Kwun Tong	38.00
13	06395	Cheung, Ting Fan	48 Kwun Tong	38.00
14	42085 IAZ	Lee, Hon Lun Philip	47 Sword Fish Club	43.00
15	15166	Leung, Chi Keung	47 Sun Yip	43.00

50-54

1	37693 IAO	Sieh, Tien Yu	50 Kwun Tong	28.50
2	20239 IAO	Letcher, Richard Roy	50 LRC	32.12
3	35313 IAZ	Pong, Chiu Yee Dario	51 LRC	33.77
4	43144	Xiao, Donghong	53 New Water Polo	34.00
5	43376 ICO	Cowen, Nathan Bernard	50 LRC	35.00
6	05139	Lin, Fu Lung	52 Flying Fish	37.00
7	35711 IAX	Wong, Fuk Kei	50 Sword Fish Club	44.00
8	38991 IAZ	Tong, Wing Kin	53 City East	45.00
9	38127 IAZ	Leung, Cheung Wai Ricky	51 Sword Fish Club	45.00
10	35238 IAZ	Yuen, Chak Hay	51 Current Club Ltd	46.09

55-59

1	05191	Koo, Yu Fat Marcus	57 Flying Fish	31.00
2	06256	Chan, Kwong Peter	58 Sea Green	34.50
3	26250 IAZ	Lau, Cho Tak	56 Lai Tsun	35.00
4	21023 IAZ	Ho, Kwong Ngai Eric	56 Sword Fish Club	36.00
5	06247	So, Kam Shing	58 Wong Tai Sin	36.00
6	07802	Chau, Kam Tim	59 Sea Green	37.00
7	39982 IAZ	Chow, Wing Chun	55 Sword Fish Club	42.00
8	26594 IAZ	Ching, Wai Kin	55 Sword Fish Club	43.05
9	40840 IAZ	Ng, Ka Yiu Karl	55 Diocesan School	49.00

60-64

1	04988	Cheung, Chi Kwong	61 Fire Services	33.00
2	03215	Leung, Yiu Chuen	61 Happy Valley	33.00
3	06202	Lau, Kim Wah	60 Fire Services	34.00
4	06201	Wong, Cheuk Yin	63 Fire Services	35.00
5	43598	Chen, Weicai	62 Sword Fish Club	37.00

2019-20 Long Course Masters Swimming Comp P3 - 23-Jun-19

Psych Sheet

60-64... (Event 9 Men 50 LC Meter Butterfly)

6	06281	Fung, Kam Tai	64	Sword Fish Club	41.00
7	06187	Kan, Kai Kwong	64	Sea Green	44.00
8	21548 IAZ	Ku, Chi Ming John	60	Lai Tsun	45.00

65-69

1	06398 #	Cho, Wai Sun	66	Fastlane Swimmin	36.00
2	06382	Chan, Kam Por	67	Sword Fish Club	36.00
3	43209	Liao, Guang Wen	68	Sword Fish Club	38.00
4	33115 IAX	Ng, Kan Sing	66	Sword Fish Club	38.00
5	06184	Ng, Pak Chiu	65	Sea Green	38.00

70-74

1	23297 IAZ	Chan, Shing Chi	71	Lai Tsun	46.00
2	09171	Chan, Ying Chi	73	Sword Fish Club	54.00
3	22182 IAZ	Ngai, Yin Leung	70	Sword Fish Club	54.00

75-79

1	10279	Wong, Shiu Ming	77	Sword Fish Club	58.00
2	39054 IAZ	Lai, Kerwin	79	Sea Green	59.00
3	06270	Lam, Luk Kan	78	Sword Fish Club	1:10.00
4	38301 IAX	Cheung, Hao Yen	76	Lai Tsun	NT

80-84

1	15490	Law, Kwai Fong	83	Sword Fish Club	1:30.00
2	05407	Lee, She Kwok	81	Sword Fish Club	1:38.00

85-89

1	02987	Cheung, Tsan	85	Sword Fish Club	1:16.00
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Event 10 Women 50 LC Meter Butterfly

18-24 MS: 30.27

25-29 MS: 29.30

30-34 MS: 30.75

35-39 MS: 32.49

40-44 MS: 33.10

45-49 MS: 32.96

50-54 MS: 32.53

55-59 MS: 36.39

60-64 MS: 39.95

65-69 MS: 45.64

	ID#	Name	Age	Team	Seed Time
18-24					
1	08727 B	Hung Yuen Ching, Moose Culle	23	New Water Polo	40.00
2	43597 IAZ	Su, Wenting	23	Sword Fish Club	45.00
25-29					
1	08900 IBZ	Lam, Suet	26	Hong Kong Police	31.22
2	19753 IAZ	Pang, Hiu Kwan	25	Juan Hua Club	33.26
3	01436 #	Yeung, Hui Wei Hervien	26	Fastlane Swimmin	34.00
4	02455 #IAZ	Yu, Hoi Yung April	28	Fastlane Swimmin	34.00
5	01923 #IBZ	Wong, Suet Yiu	28	Csu	35.00
6	28004 #IAZ	Kwan, Ka Wan	26	Tung Sing	45.00
30-34					
1	01666 #IBZ	Chan, Wing Suet	33	Hong Kong Footba	30.75
2	01305 IBZ	Liu, Ka Lei	34	Kwun Tong	33.00
3	01624 #IBZ	Wong, Yin Yue Olivia	32	Lai Tsun	35.00
4	00754 IAZ	Yam, Shu Jun	32	Current Club Ltd	36.49
5	44048 IAZ	Wong, Wai Sum	30	Sword Fish Club	42.00
6	35921 IAZ	Lui, Yick Ling	33	Kornhill	42.39
7	00777 IBZ	Tse, Yu Ting	33	New Water Polo	1:00.00

2019-20 Long Course Masters Swimming Comp P3 - 23-Jun-19

Psych Sheet

35-39... (Event 10 Women 50 LC Meter Butterfly)

1	37200 #IAZ	Chan, Wing Lam	35	Fastlane Swimmin	37.00
2	38440 #ICO	Johnson, Melissa Ann	36	Fastlane Swimmin	38.50
3	40632 #ICO	Baaklini, Cynthia	39	South China	42.00

40-44

1	40702 IAX	Kar, Ka	42	New Water Polo	38.00
2	42192	Chen, Yunlin	43	Sword Fish Club	39.00
3	07784	Tang, Mei Yin	42	Hong Kong Police	41.30
4	36785 IAZ	Inglis, Alexandra Sinead	44	LRC	46.61
5	30072 ICW	Chao, Man Chi	40	New Water Polo	59.00

45-49

1	36434 #IAZ	Lam, Wing Yan Jada	45	Fastlane Swimmin	38.00
2	38302 IAZ	Cheung, Man Ling Melody	47	Lai Tsun	44.00
3	35772 IAX	Ban, Xianhai	47	New Water Polo	48.00
4	16535	Yuen, Yuk Kuen	47	Sea Green	55.00
5	44340	Wang, Wei	47	New Water Polo	59.00
6	06349	Ip, Oi Wa Wendy	47	Sword Fish Club	1:00.00

50-54

1	06352	Liang, Wei Qiong	54	Sword Fish Club	38.00
2	43083 ICO	Allard, Christine Skowronski	53	South China	42.00
3	16303	Rana, Naomi	53	LRC	49.41
4	43225 IAZN	Chan, Yuet Mei Carol	50	South China	50.00
5	37012 IAZ	Lun, Yau Chun Nara	51	New Water Polo	52.00
6	26254 IAX	Ng, Kong Ching	54	New Water Polo	52.00
7	23588 #IAZ	Lee, Ying Chi	51	Tung Sing	55.00
8	43962	Pan, Lijian	54	New Water Polo	1:00.00
9	44303 IAZ	Lam, Man Lai	53	Sword Fish Club	1:10.00

55-59

1	26049 IAZ	Kirkwood, Tain Mhaira	56	LRC	36.39
2	39985 IC	Yeung, Hiu Wa	56	Sword Fish Club	40.00
3	27141 IAZ	Wong, Kit Man Kitty	58	Happy Valley	55.00
4	43178 ICW	Hoi, Fong Mei	55	Sword Fish Club	55.00
5	11528	Lo, Kit Ching	56	Kwun Tong	58.00

60-64

1	19290 IAX	Tseung, Nga Wah	62	Sword Fish Club	46.00
2	06355	Lo, Lai Yung	64	New Water Polo	52.00
3	16533	Wong, Shun Ying	60	Sea Green	52.00
4	14007 #	Ho, Yuk Ling	62	Tung Sing	58.50
5	25237 IAZ	Yu, Chi Seung	61	New Water Polo	1:10.00

65-69

1	43599	Li, Jiexian	69	Sword Fish Club	55.00
2	39357	Mak, Sok Iun	69	Sword Fish Club	58.00

70-74

1	06357	Suen, Ming Chu	71	Sword Fish Club	49.00
2	02365	Chow, So Kam	74	Kwun Tong	1:02.00
3	32572 IAO	Chan, Sui Kin	71	Sword Fish Club	1:08.00

75-79

1	05241	Ng, Yung Ho	76	Sea Green	59.00
2	06372 IAZ	Leung, Mabel Yuen Ying	77	Sword Fish Club	1:15.00

2019-20 Long Course Masters Swimming Comp P3 - 23-Jun-19

Psych Sheet

Event 11 Men 200 LC Meter Medley Relay

100-119 MS: 1:51.11
 120-159 MS: 1:54.76
 160-199 MS: 1:53.94
 200-239 MS: 2:03.19
 240-279 MS: 2:19.80
 280-319 MS: 2:40.94
 320-359 MS: 3:30.63

	Team	Relay	Seed Time
100-119... (Event 11 Men 200 LC Meter Medley Relay)			
1	Hong Kong Police Swimming	M100 A	2:14.72
2	HK Flying Fish Athletic Assn	M100 A	NT
3	Diocesan School Old Boys' Assn	M100 A	NT
120-159			
1	Current Club Ltd	M120 A	2:10.00
2	HK Fire Services S. & W. Club	M120 A	2:10.00
3	Sword Fish Club	M120 A	2:20.00
4	Hong Kong Police Swimming	M120 A	2:21.47
5	HK Flying Fish Athletic Assn	M120 A	NT
6	Ladies' Recreation Club	M120 A	NT
7	New Water Polo Club	M120 A	NT
8	Fastlane Swimming Co Limited	M120 A	NT
9	Diocesan School Old Boys' Assn	M120 A	NT
10	Kwun Tong Swimming Club	M120 A	NT
160-199			
1	Hong Kong Police Swimming	M160 A	2:16.18
2	YMCA OF Hong Kong	M160 A	2:21.70
3	Happy Valley Athletic Assn	M160 A	2:23.00
4	Sword Fish Club	M160 A	2:25.00
5	Wong Tai Sin District L.S. S.	M160 A	4:00.00
6	Ladies' Recreation Club	M160 A	NT
7	Lai Tsun Swimming Society	M160 A	NT
8	New Water Polo Club	M160 A	NT
9	South China Athletic Assn	M160 A	NT
10	Sea Green Swimming & L.S. Club	M160 A	NT
11	Fastlane Swimming Co Limited	M160 A	NT
12	Diocesan School Old Boys' Assn	M160 A	NT
13	Hong Kong Football Club	M160 A	NT
14	Kwun Tong Swimming Club	M160 A	NT
200-239			
1	HK Fire Services S. & W. Club	M200 A	2:15.00
2	Sword Fish Club	M200 A	2:30.00
3	Hong Kong Police Swimming	M200 A	2:49.98
4	Ladies' Recreation Club	M200 A	NT
5	Lai Tsun Swimming Society	M200 A	NT
6	New Water Polo Club	M200 A	NT
7	Sea Green Swimming & L.S. Club	M200 A	NT
8	Fastlane Swimming Co Limited	M200 A	NT
9	Diocesan School Old Boys' Assn	M200 A	NT
10	Kwun Tong Swimming Club	M200 A	NT
240-279			
1	HK Fire Services S. & W. Club	M240 A	2:30.00
2	Sword Fish Club	M240 A	2:40.00

2019-20 Long Course Masters Swimming Comp P3 - 23-Jun-19

Psych Sheet

240-279... (Event 11 Men 200 LC Meter Medley Relay)

3	Lai Tsun Swimming Society	M240	A	NT
4	New Water Polo Club	M240	A	NT
5	Sea Green Swimming & L.S.	M240	A	NT
6	Kwun Tong Swimming Club	M240	A	NT

280-319

1	Sword Fish Club	M280	A	2:50.00
2	Wong Tai Sin District L.S. S.	M280	A	4:00.00
3	Kornhill Recreation Club S.C.	M280	A	NT
4	Lai Tsun Swimming Society	M280	A	NT
5	New Water Polo Club	M280	A	NT

320-359

1	Sword Fish Club	M320	A	3:45.00
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Event 12 Women 200 LC Meter Medley Relay

100-119 MS: 2:19.21

120-159 MS: 2:10.92

160-199 MS: 2:10.35

200-239 MS: 2:32.48

240-279 MS: 2:48.90

280-319 MS: 3:21.30

	Team	Relay	Seed Time
100-119			
1	Hong Kong Police Swimming	W100 A	2:29.57
120-159			
1	Tung Sing Athletic Association	W120 A	2:37.00
2	Hong Kong Police Swimming	W120 A	2:49.36
3	Sword Fish Club	W120 A	2:50.00
4	Ladies' Recreation Club	W120 A	NT
5	Lai Tsun Swimming Society	W120 A	NT
6	New Water Polo Club	W120 A	NT
7	Fastlane Swimming Co Limited	W120 A	NT
8	Kwun Tong Swimming Club	W120 A	NT
160-199			
1	Hong Kong Police Swimming	W160 A	2:55.00
2	Sword Fish Club	W160 A	2:55.00
3	Ladies' Recreation Club	W160 A	NT
4	Lai Tsun Swimming Society	W160 A	NT
5	New Water Polo Club	W160 A	NT
6	Fastlane Swimming Co Limited	W160 A	NT
200-239			
1	Sword Fish Club	W200 A	2:55.00
2	Tung Sing Athletic Association	W200 A	3:10.00
3	Ladies' Recreation Club	W200 A	NT
4	New Water Polo Club	W200 A	NT
5	Sea Green Swimming & L.S.	W200 A	NT
240-279			
1	Sword Fish Club	W240 A	2:55.00
2	Wong Tai Sin District L.S. S.	W240 A	4:00.00
3	Lai Tsun Swimming Society	W240 A	NT
4	New Water Polo Club	W240 A	NT
5	Sea Green Swimming & L.S.	W240 A	NT
6	Kwun Tong Swimming Club	W240 A	NT
280-319			
1	Sword Fish Club	W280 A	4:00.00

2019-20 Long Course Masters Swimming Comp P3 - 23-Jun-19

Psych Sheet

280-319... (Event 12 Women 200 LC Meter Medley Relay)

2 Sea Green Swimming & L.S. QW280 A NT

Event 13 Men 50 LC Meter Breaststroke

18-24 MS: 30.47
 25-29 MS: 30.66
 30-34 MS: 31.11
 35-39 MS: 31.14
 40-44 MS: 33.00
 45-49 MS: 32.70
 50-54 MS: 34.48
 55-59 MS: 35.10
 60-64 MS: 36.61
 65-69 MS: 37.84

	ID#	Name	Age	Team	Seed Time
18-24					
1	33918 IAZ	Chan, Ming Hin	24	Hong Kong Police	33.79
2	21545 IAZ	Leung, Chung Yan	22	Kwun Tong	35.00
3	44301 IAO	Chau, Sing Ha	20	Hong Kong Footba	36.00
4	08334 IAZ	Lee, Satchel Alisdair	24	Kwan Hung	36.00
5	42362 IAZ	Leung, Kung Ming	23	YMCA OF Hong Kong	36.00
25-29					
1	05577 #IBZ	Yuen, Marcus	25	LRC	31.24
2	42728 P	Febo, Christopher Vincenzo	26	Sword Fish Club	32.05
3	05642 IBZ	Lok, Ho Chun	25	Hong Kong Police	33.50
4	10221 #IBZ	Tam, Ka Ho Ricky	28	Hong Kong Police	33.93
5	41694 IAZ	Tang, Toa	28	Hong Kong Police	34.50
6	02766 IBZ	Ma, Siu Chun Jason	28	Flying Fish	35.00
7	08246 IAZ	Kwok, Chun Lok	25	Kwan Hung	36.00
30-34					
1	02591	Luk, Wing Kin Andy	30	Kwan Hung	30.00
2	42367 IAO	Chow, Chun Yin	33	Diocesan School	32.00
3	00314 IBZ	Mok, Hon Hei	31	Hong Kong Police	33.51
4	01326 IBZ	Cheng, Yuen Henry	31	Kwun Tong	35.00
5	27873 IAZ	Ko, King Hei	31	New Water Polo	35.00
6	00385	Cheng, Pong Man Reuben	30	Flying Fish	37.00
7	27469 IAX	Lam, Kin Wang	34	Hong Kong Police	38.78
8	09136 IAZ	Tsang, Chun Kin	31	New Water Polo	40.00
35-39					
1	19336 IAZ	Ma, Ling Kei Kelvin	37	Hong Kong Police	36.88
2	21474 IAZ	Cheng, Yee Lok Rocky	36	South China	37.18
3	42215	He, Qihui	39	Sword Fish Club	39.00
4	11587	Ng, Yu Hon	36	Sea Green	39.00
5	10317	Ng, Ka Wing	39	Diocesan School	40.00
6	29483 IAZ	Ng, Ki Wing	35	Sword Fish Club	42.00
7	40001 IAZ	Yip, Ka Ho Tonie	37	Kwun Tong	44.00
8	23119 IAZ	Chan, Ying Tsung Bosco	38	Sword Fish Club	47.00
9	44298 IAZ	Tong, Lik Lam	35	Pacific	NT
40-44					
1	35791 IAO	Lewis, Gareth Rhys	40	LRC	33.58
2	05160	Chan, Ka Wo	42	Diocesan School	35.00
3	43604	Long, Zhisheng	40	Sword Fish Club	36.00
4	06303	Tsui, Chin Pang	43	New Water Polo	37.00
5	33299 IAZ	Chan, Tsz Cheung	41	Juan Hua Club	37.10
6	42737 IAZ	So, Ma Loi	43	Sword Fish Club	39.00

2019-20 Long Course Masters Swimming Comp P3 - 23-Jun-19

Psych Sheet

40-44... (Event 13 Men 50 LC Meter Breaststroke)

7	40558 IAZ	Law, Sai Wo	40 Tolo Harbour	40.00
8	40107 IAZ	Chan, Falcon	40 Lai Tsun	46.00
9	44312	Ma, Hui	44 New Water Polo	46.00
10	43948	Wang, Shengl I	40 New Water Polo	48.00
11	43949	Yang, Zhipeng	43 New Water Polo	49.00
12	40838 IAZ	Wong, Tat Shing Joe	42 Diocesan School	50.00
13	43952	Hao, Wanyun	40 New Water Polo	53.00

45-49

1	25112 IAO	Cheung Alexander, Howarth Y	48 LRC	35.30
2	22422 IAZ	Tung, Ching Ho	48 YMCA OF Hong Kong	37.00
3	05273	Poon, Ho Keung Danny	49 Hong Kong Police	37.92
4	05398	Lau, Ting Kwong	48 Happy Valley	38.00
5	21008 IAZ	Cheung, Chun Kwan Michael	46 Wong Tai Sin	38.00
6	23497 IAZ	Au Yeung, Wai Kit	45 Kwun Tong	40.00
7	36962 IAZ	Leung, Yung Yu	47 Kwun Tong	40.00
8	26317 IAZN	Tung, Shang Wei Timothy	49 Kwun Tong	40.00
9	06395	Cheung, Ting Fan	48 Kwun Tong	41.00
10	06229	Mak, Wing Yin	46 Hong Kong Police	42.00
11	21025 IAX	Yue, Ngai Ho	49 Happy Valley	42.00
12	40835 IAZ	Leung, Wing Hong Alvin	45 Diocesan School	43.00
13	42085 IAZ	Lee, Hon Lun Philip	47 Sword Fish Club	43.00
14	43950 IAX	Guo, Hongzhi	47 New Water Polo	48.00
15	43956	Ma, Fujun	46 New Water Polo	48.00
16	43954	Gao, Dongyun	49 New Water Polo	58.00
17	04184	Woo, Siu Ming William	48 Sword Fish Club	1:20.00

50-54

1	33085 IAZ	Pang, Yu Man Manson	53 Fire Services	37.00
2	18856 IAZ	Au, Mun Shing	54 Sword Fish Club	37.00
3	21736 IAM	Lo, Lai Tou	51 Sword Fish Club	40.00
4	35313 IAZ	Pong, Chiu Yee Dario	51 LRC	40.09
5	05139	Lin, Fu Lung	52 Flying Fish	43.00
6	27470 IAZ	Chan, Tin Hung	51 Hong Kong Police	44.05
7	32342 IAZ	Li, Ka Hong	53 Hong Kong Police	44.74
8	42364 IAZ	Lau, Yip Kwong Francis	50 Diocesan School	45.00
9	38127 IAZ	Leung, Cheung Wai Ricky	51 Sword Fish Club	48.00
10	35711 IAX	Wong, Fuk Kei	50 Sword Fish Club	48.00
11	23587 IAZ	Au, Wing Sum	52 New Water Polo	50.00
12	44291 IAZ	Choi, Kin Man	50 Delta	NT

55-59

1	27460 IAZ	Chan, Ying Chiu Johnson	56 Lai Tsun	40.00
2	36022 IAZ	Wong, Chi Keung	55 Sword Fish Club	42.00
3	06256	Chan, Kwong Peter	58 Sea Green	42.00
4	26176 IAX	Ho, Chung Man	56 Lai Tsun	44.00
5	21023 IAZ	Ho, Kwong Ngai Eric	56 Sword Fish Club	44.00
6	40592 IAZ	Fo, Pui Keung	55 Hong Kong Police	44.90
7	43530	Chen, Weizhong	57 New Water Polo	47.00
8	26261 IAZ	Tsun, Chung Wa Jode	55 Hong Kong Police	49.73
9	21024 IAZ	Chan, Wai Man Kelvin	55 New Water Polo	50.00
10	20247 ICX	Wai, Chris Tak Wing	59 New Water Polo	59.00

60-64

1	04988	Cheung, Chi Kwong	61 Fire Services	37.00
2	03847	Cheung, Kwok Yu	63 Happy Valley	38.00
3	14555	Tang, Kon Leong	63 Sword Fish Club	39.00
4	17725 IAZ	Ng, Yu Hung	61 Sword Fish Club	39.99

2019-20 Long Course Masters Swimming Comp P3 - 23-Jun-19

Psych Sheet

60-64... (Event 13 Men 50 LC Meter Breaststroke)

5	06207	Lau, Kim Man	63	Fire Services	40.00
6	06202	Lau, Kim Wah	60	Fire Services	40.00
7	03215	Leung, Yiu Chuen	61	Happy Valley	40.00
8	31217 IAX	Wong, Siu Man	63	Sword Fish Club	41.00
9	43205	Zhou, Jin Jia	64	Sword Fish Club	42.00
10	06281	Fung, Kam Tai	64	Sword Fish Club	43.00
11	26245 IAZ	Choi, Hei Shing	60	Kwun Tong	47.00

65-69

1	37684 IAZ	Mok, Yun Cheung	69	Sword Fish Club	41.00
2	06382	Chan, Kam Por	67	Sword Fish Club	42.00
3	05237	Wong, Pit Wang Philip	66	Kwun Tong	45.00
4	35236 IAZ	Chan, Pui Ming Sunny	65	Sword Fish Club	46.00
5	14035	Wong, Shing Kuen	66	Lai Tsun	48.00
6	06243	Koo, Choi Fat	69	Wong Tai Sin	48.07
7	06389	Chan, Hong Wah	66	New Water Polo	49.00
8	43966	Zhang, Jie	66	New Water Polo	49.00
9	41059 IAX	Ng, Kau Yuen	66	Sword Fish Club	55.00

70-74

1	03845	Tin, Sheung Kwai	72	New Water Polo	37.00
2	05917	Yong, Khin Syn	70	Sword Fish Club	41.00
3	11562	Leckie, Stuart	74	LRC	44.94
4	14029	Ieong, Vun Fai	73	Sword Fish Club	54.00
5	28336 #IAZ	Ng, Yat Shum	72	Wong Tai Sin	NT

75-79

1	10279	Wong, Shiu Ming	77	Sword Fish Club	48.00
2	06270	Lam, Luk Kan	78	Sword Fish Club	1:00.00
3	23959 IAZ	Chiu, Chin Hung	79	Kornhill	1:04.95

80-84

1	23927 IAZ	Ho, Shui On	83	Kornhill	1:01.09
2	06246	Ling, Wang Yam	82	Wong Tai Sin	1:01.34
3	17964 IAZ	Kan, Ping Chu	81	Sea Green	1:05.00

85-89

1	06238	Lee, Ming	89	Sword Fish Club	1:15.00
2	31988 IAO	Wilson, John Simon	87	New Water Polo	1:30.00

Event 14 Women 50 LC Meter Breaststroke

18-24 MS:	35.53
25-29 MS:	36.34
30-34 MS:	35.23
35-39 MS:	34.71
40-44 MS:	38.79
45-49 MS:	39.03
50-54 MS:	37.63
55-59 MS:	38.73
60-64 MS:	47.46
65-69 MS:	50.56

	ID#	Name	Age	Team	Seed Time
18-24					
1	11418 P	Chan, Yuan Ting Janet	24	Lai Tsun	40.00
2	43533 IAZ	Wong, Yu Tung	21	New Water Polo	1:20.00
3	24882 IAZ	Cho, Pan Lam	21	Kwun Tong	1:25.00
4	20104 IAZ	Koo, Man Yan	20	Kwun Tong	1:25.00
25-29					
1	03730 IBZ	Li, Jamie	27	Kwan Hung	31.00

2019-20 Long Course Masters Swimming Comp P3 - 23-Jun-19

Psych Sheet

25-29... (Event 14 Women 50 LC Meter Breaststroke)

2	27146 #ICX	Hu, Zhijun	29 Tung Sing	38.00
3	01459 IBZ	Cheng, Wing Kwan	29 Hong Kong Police	41.48
4	19753 IAZ	Pang, Hiu Kwan	25 Juan Hua Club	42.14
5	43605	Dong, Jing	29 Sword Fish Club	48.00
6	28004 #IAZ	Kwan, Ka Wan	26 Tung Sing	50.00

30-34

1	01305 IBZ	Liu, Ka Lei	34 Kwun Tong	37.00
2	00111	Chung, Yuen Yi	34 Kwun Tong	40.00
3	07651 IBZ	Yu, Sze Wai Joyce	31 Hong Kong Police	44.55
4	05452 IBZ	Ho, Mei Po	31 Kwun Tong	45.00
5	35921 IAZ	Lui, Yick Ling	33 Kornhill	48.85
6	00777 IBZ	Tse, Yu Ting	33 New Water Polo	50.00
7	42081 IAZ	Lee, Chui Man	31 Sword Fish Club	57.00
8	43519	Jia, Danping	31 New Water Polo	58.00

35-39

1	03070	Tu, Pui Yee	35 Hong Kong Police	39.54
2	37200 #IAZ	Chan, Wing Lam	35 Fastlane Swimmin	40.00
3	38290 IAZ	Wong, Ting Chi Vanessa	39 Sword Fish Club	41.00
4	40632 #ICO	Baaklini, Cynthia	39 South China	44.82
5	30261 IAX	Chan, Mung Yu	39 Sword Fish Club	52.00
6	41684 #IAZ	Leung, Wing Yin Winnie	35 Tung Sing	54.00

40-44

1	43157 ICO	Lee, Chew Ling	42 LRC	44.10
2	39979 IAZ	Lam, Ling Wai Jessica	40 Lai Tsun	48.00
3	06209	Lam, Wing Lan Hazard	43 Hong Kong Police	50.62
4	41149 IAZ	Yeung, Oi Mei	42 New Water Polo	58.60
5	30072 ICW	Chao, Man Chi	40 New Water Polo	59.00
6	31534 IAZ	Mo, Wing Yee	43 Wong Tai Sin	1:10.00

45-49

1	36840 IAZ	Chung, Ching Han Anna	47 Sea Green	45.00
2	16535	Yuen, Yuk Kuen	47 Sea Green	49.00
3	39310 IAZ	Au-Yeung, Sze	46 Lai Tsun	50.00
4	06349	Ip, Oi Wa Wendy	47 Sword Fish Club	53.00
5	43961	Li, Bingshi	47 New Water Polo	58.00
6	22434 #IAZ	Lee, Tak Mui	49 Tung Sing	58.00
7	36034 IAZ	Kwok, Kin Yee	46 Flying Fish	1:00.00
8	44304 IAX	Choi, Shan Shan	47 Sword Fish Club	1:00.00

50-54

1	39092 I	Chan, Chok Wa	52 Sword Fish Club	41.00
2	40575 #IAO	Chan, San Ngah	51 Fastlane Swimmin	49.00
3	43977	Lin, Zihe	50 New Water Polo	50.00
4	26254 IAX	Ng, Kong Ching	54 New Water Polo	58.00
5	35801 IAZ	Ho, Yuk Yi Carol	50 Flying Fish	1:00.00

55-59

1	06353	Leung, Wai Fan	57 Kwun Tong	38.00
2	39985 IC	Yeung, Hiu Wa	56 Sword Fish Club	43.05
3	41423 IAZ	Chiu, Pauline	57 Tung Sing	48.00
4	44332	Xiao, Yun	58 New Water Polo	51.00
5	32025 IAZ	Sin, Lai Wan Vicky	59 Kwun Tong	53.00
6	27141 IAZ	Wong, Kit Man Kitty	58 Happy Valley	58.00
7	34668 IAZ	Tang, Pik Ha	59 New Water Polo	58.00
8	21006 IAZ	Chan, Kin Ming Carrie	57 Sword Fish Club	1:04.00
9	38460 IAZ	Tang, Kit Fong Yvonne	55 New Water Polo	1:20.00
10	11528	Lo, Kit Ching	56 Kwun Tong	1:50.00

2019-20 Long Course Masters Swimming Comp P3 - 23-Jun-19

Psych Sheet

60-64... (Event 14 Women 50 LC Meter Breaststroke)

1	16533	Wong, Shun Ying	60	Sea Green	53.00
2	14007 #	Ho, Yuk Ling	62	Tung Sing	55.35
3	02711	Fok, Wai Fung	61	Wong Tai Sin	55.49

65-69

1	06147	Leung Wong, Yin Har Hayley	67	Sea Green	54.00
2	39357	Mak, Sok Iun	69	Sword Fish Club	58.00
3	38462 IAZN	Shum, Shuk Wah Nora	67	Sword Fish Club	1:00.00

70-74

1	02365	Chow, So Kam	74	Kwun Tong	1:02.00
2	30506 IAX	Li, Hoi Ying	71	Sword Fish Club	1:06.00
3	17480 IAZ	Chow, Pui Han Angela	73	Lai Tsun	1:08.00
4	06212	Lo, Yeuk Shuen	70	Wong Tai Sin	1:12.00
5	30248 IAZ	Chan, Lai King	72	Wong Tai Sin	1:30.00

75-79

1	06374	Wong, Jim	78	Sword Fish Club	1:02.00
2	05241	Ng, Yung Ho	76	Sea Green	1:08.00
3	06218	Sin, Lai Kwan	79	Wong Tai Sin	1:28.00

85-89

1	06375	Chan, Wai Kiang	86	Kwun Tong	1:20.00
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Event 15 Men 100 LC Meter Freestyle

18-24 MS:	54.18
25-29 MS:	54.16
30-34 MS:	56.01
35-39 MS:	56.13
40-44 MS:	57.76
45-49 MS:	59.62
50-54 MS:	58.29
55-59 MS:	1:03.62
60-64 MS:	1:04.39
65-69 MS:	1:08.31

	ID#	Name	Age	Team	Seed Time
18-24					
1	16201 B	Kwok, Yuk Hang	23	Kwun Tong	56.00
2	11659 B	Wu, Wing Hei Boris	23	Kwun Tong	1:00.00
3	13788 IAZ	Daswani, Rohit	22	Hong Kong Footba	1:04.00
4	42362 IAZ	Leung, Kung Ming	23	YMCA OF Hong Kong	1:15.00
5	20836 B	Chan, Kevin	22	Eastern Winter	1:20.00
25-29					
1	39152 ICO	Belecanech, Matthew Joseph	27	Hong Kong Footba	55.42
2	02021 IBZ	Chow, Man Ho	29	Kwan Hung	58.50
3	10747 IBZ	Tang, Bing Yuk	25	Fastlane Swimmin	59.00
4	14158 #IAZ	Li, Hok Yee Terence	26	New Water Polo	59.00
5	29833 #IAZ	Chow, Chun Pui	28	Fire Services	1:00.00
6	05577 #IBZ	Yuen, Marcus	25	LRC	1:00.00
7	01381 IB	Hon, Ian Tin Yeung	29	Kwan Hung	1:00.00
8	43275 #IAON	Walsh, Alexander James	27	Fastlane Swimmin	1:02.00
9	04048 IBZ	Cheung, Siu Long	28	Hong Kong Police	1:02.73
10	35851 IAZ	Chow, Yin Leung	25	Happy Valley	1:05.00
11	33387 IAO	Wu, Kenneth Yee Lok	28	Sword Fish Club	1:07.00
30-34					
1	00464 IA	Paul, Jonathan Matthew	34	Diocesan School	59.00
2	00100	Cheung, Siu Laam	31	Current Club Ltd	1:00.00

2019-20 Long Course Masters Swimming Comp P3 - 23-Jun-19

Psych Sheet

30-34... (Event 15 Men 100 LC Meter Freestyle)

3	27874 IAZ	Chan, Cheuk Man	31 New Water Polo	1:00.00
4	07805 #IBZ	Cheung, Wai Ho	31 Wong Tai Sin	1:00.00
5	38356 ICO	Drake, Hector Donald Arthur	33 LRC	1:00.63
6	00095	Wan, Tsz Pat	32 Current Club Ltd	1:02.00
7	34366 ICO	Mauy, Matthieu Bernard	31 Hong Kong Footba	1:04.00
8	28529 #IAO	Wright, Henry Tomas	32 South China	1:04.00
9	42363 ICO	Gromak, Andrey	32 Sword Fish Club	1:07.00
10	19334 IAZ	Lee, Chun Lim Michael	34 Hong Kong Police	1:08.00
11	23298 IAZ	Li, Cheuk Bun	34 Wong Tai Sin	1:20.00

35-39

1	41151 #ICO	Caggio, Antonino	37 LRC	1:00.00
2	34367 ICO	Van Der Flier, Melvin Suresh	37 Hong Kong Footba	1:03.00
3	12873	Wan, Ka Fai	37 Sea Green	1:05.00
4	03895 ICZ	Lee, Ka Sing Joe	37 Fire Services	1:06.00
5	09165	Cheung, Siu Fung	36 Lai Tsun	1:08.00
6	10317	Ng, Ka Wing	39 Diocesan School	1:17.00
7	27133 IAZ	Poon, Man Chun	38 Wong Tai Sin	1:19.16
8	38035 IAZ	Mok, Kin Fan	39 Tolo Harbour	1:34.00
9	23119 IAZ	Chan, Ying Tsung Bosco	38 Sword Fish Club	1:46.00

40-44

1	27471 #ICO	Nortje, Craig Andrew	41 Fastlane Swimmin	56.50
2	37671 ICO	Stamenovic, Ivan	43 LRC	58.55
3	05253 ICZ	Sun, Fat Yee David	40 Fire Services	1:00.00
4	31573 ICO	Barnes, Simon Andrew	44 LRC	1:05.65
5	28849 IAZ	Chan, Chun Kuen	44 Sword Fish Club	1:07.00
6	35790 ICO	Launay, Thomas	40 LRC	1:07.14
7	05068	Yuen, Chung Ho Albert	44 South China	1:10.00
8	39987 IAS	Chu, Tong Man	43 Sword Fish Club	1:14.00
9	40107 IAZ	Chan, Falcon	40 Lai Tsun	1:16.00
10	43602	Tan, Jiajie	44 Sword Fish Club	1:16.00
11	39151 ICO	Wyborn, Christian David	43 Hong Kong Footba	1:19.06
12	44312	Ma, Hui	44 New Water Polo	1:30.00
13	44233 IAZ	Li, Ka Lok Tony	40 Tolo Harbour	1:30.00
14	36839 ICO	Yap, Kok Wei	44 Sea Green	1:49.00

45-49

1	34619 P	Liljestroem Lennart, Peter F	46 LRC	59.68
2	10264 #	Faiola, Jeff Alan	48 South China	1:01.22
3	06310	Chan, Fung Sun	46 Kwun Tong	1:05.00
4	25112 IAO	Cheung Alexander, Howarth Yc	48 LRC	1:05.48
5	30710 IAZ	Lai, Kin Sun	49 Flying Fish	1:07.00
6	35237 ICW	Lam, Veng Vai	46 Current Club Ltd	1:07.76
7	31054 #IAO	Stimson, Mark Grant	48 Fastlane Swimmin	1:08.00
8	02366	Li, Ka Wing	45 Kwun Tong	1:08.00
9	40216 ICO	Weller, Simon James	46 Hong Kong Footba	1:08.11
10	28518 IAZ	Yau, Wo Fung	47 Kwun Tong	1:10.00
11	27868 IAZ	Chan, Chi Wah Ringo	47 Sword Fish Club	1:10.00
12	21008 IAZ	Cheung, Chun Kwan Michael	46 Wong Tai Sin	1:18.00
13	43956	Ma, Fujun	46 New Water Polo	1:28.00

50-54

1	37693 IAO	Sieh, Tien Yu	50 Kwun Tong	1:02.00
2	20239 IAO	Letcher, Richard Roy	50 LRC	1:05.50
3	43603	Feng, Bingxin	51 Sword Fish Club	1:10.00
4	39091 IAZ	Luk, Kai Ming Stephen	52 Sword Fish Club	1:13.00
5	05139	Lin, Fu Lung	52 Flying Fish	1:15.00

2019-20 Long Course Masters Swimming Comp P3 - 23-Jun-19

Psych Sheet

50-54... (Event 15 Men 100 LC Meter Freestyle)

6	27470 IAZ	Chan, Tin Hung	51 Hong Kong Police	1:17.26
7	43158 IAZ	Chan, Tin Lung	50 Tolo Harbour	1:19.81
8	22433 IAZ	Lui, Man Pong	54 New Water Polo	1:22.00
9	43969	Liu, Wei	50 New Water Polo	1:26.00
10	43967	Zhang, Chunxiao	52 New Water Polo	1:26.00
11	43970	Liang, Zhiwen	53 New Water Polo	1:35.00

55-59

1	43529 IAX	Ng, Wai Fung	56 New Water Polo	1:08.00
2	06256	Chan, Kwong Peter	58 Sea Green	1:10.00
3	16470	Sha, Yu Kwan	56 Kornhill	1:14.57
4	26594 IAZ	Ching, Wai Kin	55 Sword Fish Club	1:19.98
5	41007 IAZ	So, Man Sing	58 Sea Green	1:20.00
6	06247	So, Kam Shing	58 Wong Tai Sin	1:20.00
7	40942 P	He, Gaoxiong	57 New Water Polo	1:22.00
8	21024 IAZ	Chan, Wai Man Kelvin	55 New Water Polo	1:30.00
9	40861 IAZ	Cheung, Chi Ming Rover	56 Sword Fish Club	1:30.00
10	36475 IAZ	Morton, Peter Douglas	56 Hong Kong Footba	1:31.00
11	28339 IAZ	Yim, Chi Yiu	59 New Water Polo	1:36.00
12	37732 IAZ	Chou, Man Keung	55 Sword Fish Club	1:40.00

60-64

1	06331 ICZ	Ma, Etienne	62 YMCA OF Hong Kong	1:07.23
2	05071	Choi, Tony	61 LRC	1:14.47
3	04500	Cheung, Ip Chor	64 Sword Fish Club	1:31.00
4	21548 IAZ	Ku, Chi Ming John	60 Lai Tsun	1:49.00
5	41739 IAZ	Ng, Chin Wing	64 Sea Green	1:50.00

65-69

1	06268	Tse, Kwok Piu	68 Sword Fish Club	1:14.00
2	06398 #	Cho, Wai Sun	66 Fastlane Swimmin	1:18.00
3	06382	Chan, Kam Por	67 Sword Fish Club	1:19.00
4	33115 IAZ	Ng, Kan Sing	66 Sword Fish Club	1:22.00
5	26318	Suen, Chi Wing	65 Sword Fish Club	1:33.00
6	38699 IAZ	Tse, Siu Hei	69 Kornhill	1:42.43
7	41059 IAX	Ng, Kau Yuen	66 Sword Fish Club	2:00.00

70-74

1	03845	Tin, Sheung Kwai	72 New Water Polo	1:39.00
2	43979	Qi, Songhe	70 New Water Polo	1:40.00
3	10274	Lau, Chun Nung	73 Lai Tsun	1:45.00
4	06274	Wong, Yau Chuen	73 Sword Fish Club	1:49.00
5	28336 #IAZ	Ng, Yat Shum	72 Wong Tai Sin	NT

75-79

1	28522 IAX	Wong, Tat Choi	78 Sword Fish Club	2:02.00
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80-84

1	15490	Law, Kwai Fong	83 Sword Fish Club	2:06.00
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85-89

1	06238	Lee, Ming	89 Sword Fish Club	2:20.00
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2019-20 Long Course Masters Swimming Comp P3 - 23-Jun-19

Psych Sheet

Event 16 Women 100 LC Meter Freestyle

18-24 MS: 1:02.73

25-29 MS: 1:02.46

30-34 MS: 1:04.36

35-39 MS: 1:01.54

40-44 MS: 1:01.45

45-49 MS: 1:07.21

50-54 MS: 1:10.99

55-59 MS: 1:14.96

60-64 MS: 1:22.04

65-69 MS: 1:37.41

	ID#	Name	Age	Team	Seed Time
18-24...	(Event 16 Women 100 LC Meter Freestyle)				
1	43533 IAZ	Wong, Yu Tung	21	New Water Polo	2:40.00
25-29					
1	08900 IBZ	Lam, Suet	26	Hong Kong Police	1:04.19
2	19753 IAZ	Pang, Hiu Kwan	25	Juan Hua Club	1:10.20
3	01923 #IBZ	Wong, Suet Yiu	28	Csu	1:12.00
4	39995 IAS	Cheong, Sut Ieng	27	Sword Fish Club	1:14.00
30-34					
1	02685 ICZ	Master, Farah Jimmy	34	Hong Kong Footba	1:05.42
2	01624 #IBZ	Wong, Yin Yue Olivia	32	Lai Tsun	1:10.00
3	07651 IBZ	Yu, Sze Wai Joyce	31	Hong Kong Police	1:18.65
4	35921 IAZ	Lui, Yick Ling	33	Kornhill	1:27.80
5	44126	An, Chao	32	New Water Polo	1:32.00
6	13384 ICZ	Lee, May Sze Mei	32	New Water Polo	2:10.00
35-39					
1	38440 #ICO	Johnson, Melissa Ann	36	Fastlane Swimmin	1:05.37
40-44					
1	40702 IAX	Kar, Ka	42	New Water Polo	1:12.00
2	07784	Tang, Mei Yin	42	Hong Kong Police	1:23.78
3	41149 IAZ	Yeung, Oi Mei	42	New Water Polo	1:50.00
45-49					
1	33517 #IAO	Yamaguchi, Mika	47	Fastlane Swimmin	1:07.21
2	43520	Luo, Juanhui	49	New Water Polo	1:47.00
3	43957	Lu, Mei	47	New Water Polo	1:48.00
4	36431 P	Buchta, Katrin	49	Sword Fish Club	1:50.00
5	16535	Yuen, Yuk Kuen	47	Sea Green	1:58.00
50-54					
1	43951	Han, Yan	51	New Water Polo	1:18.00
2	43083 ICO	Allard, Christine Skowronski	53	South China	1:22.00
3	43225 IAZN	Chan, Yuet Mei Carol	50	South China	1:40.00
4	36045 IAZN	Hsu, Ava	52	LRC	1:46.29
5	35801 IAZ	Ho, Yuk Yi Carol	50	Flying Fish	2:00.00
55-59					
1	43234	Li, Xue Yan	56	New Water Polo	1:35.00
2	27141 IAZ	Wong, Kit Man Kitty	58	Happy Valley	1:40.00
3	31750 IAZ	Cheung, Lai Ying Anita	56	Lai Tsun	1:44.00
4	43178 ICW	Hoi, Fong Mei	55	Sword Fish Club	1:55.00
5	21006 IAZ	Chan, Kin Ming Carrie	57	Sword Fish Club	2:00.00
6	36225 IAX	Li, Wai Kam	57	Sea Green	3:50.00
60-64					
1	19290 IAX	Tseung, Nga Wah	62	Sword Fish Club	1:28.00

2019-20 Long Course Masters Swimming Comp P3 - 23-Jun-19

Psych Sheet

60-64... (Event 16 Women 100 LC Meter Freestyle)

2	16533	Wong, Shun Ying	60	Sea Green	1:55.00
3	25237 IAZ	Yu, Chi Seung	61	New Water Polo	2:15.00
65-69					
1	07440	Yip, Lai Kuen	68	Lai Tsun	1:59.00
70-74					
1	17480 IAZ	Chow, Pui Han Angela	73	Lai Tsun	1:54.00
2	32572 IAO	Chan, Sui Kin	71	Sword Fish Club	2:08.00
3	39991 IAS	Sam, Choi Lin	71	Sword Fish Club	2:10.00
4	06212	Lo, Yeuk Shuen	70	Wong Tai Sin	2:20.00
75-79					
1	05241	Ng, Yung Ho	76	Sea Green	1:59.00
2	32571 IAZ	Chan, Pui Yee	75	Sword Fish Club	2:20.00
3	13262	Kwong, Shuet Hing	79	Wong Tai Sin	2:48.79

Event 17 Men 200 LC Meter Freestyle Relay

100-119 MS:	1:36.96
120-159 MS:	1:40.03
160-199 MS:	1:41.91
200-239 MS:	1:52.52
240-279 MS:	2:02.09
280-319 MS:	2:18.05
320-359 MS:	3:23.05

	Team	Relay	Seed Time
100-119			
1	Hong Kong Police Swimming	M100 A	1:48.90
2	HK Flying Fish Athletic Assn	M100 A	NT
3	Diocesan School Old Boys' Assn	M100 A	NT
120-159			
1	HK Fire Services S. & W. Club	M120 A	1:48.00
2	Current Club Ltd	M120 A	1:55.00
3	Hong Kong Police Swimming	M120 A	2:00.86
4	Sword Fish Club	M120 A	2:05.00
5	HK Flying Fish Athletic Assn	M120 A	NT
6	Ladies' Recreation Club	M120 A	NT
7	New Water Polo Club	M120 A	NT
8	Fastlane Swimming Co Limited	M120 A	NT
9	Diocesan School Old Boys' Assn	M120 A	NT
10	Hong Kong Football Club	M120 A	NT
11	Kwun Tong Swimming Club	M120 A	NT
160-199			
1	Hong Kong Police Swimming	M160 A	1:59.80
2	Sword Fish Club	M160 A	2:10.00
3	Tolo Harbour Swimming T. S.	M160 A	2:40.00
4	Wong Tai Sin District L.S. S.	M160 A	4:00.00
5	Ladies' Recreation Club	M160 A	NT
6	Lai Tsun Swimming Society	M160 A	NT
7	New Water Polo Club	M160 A	NT
8	South China Athletic Assn	M160 A	NT
9	Sea Green Swimming & L.S. C	M160 A	NT
10	Fastlane Swimming Co Limited	M160 A	NT
11	Diocesan School Old Boys' Assn	M160 A	NT
12	Kwun Tong Swimming Club	M160 A	NT
200-239			
1	HK Fire Services S. & W. Club	M200 A	1:55.00

2019-20 Long Course Masters Swimming Comp P3 - 23-Jun-19

Psych Sheet

200-239... (Event 17 Men 200 LC Meter Freestyle Relay)

2	Happy Valley Athletic Assn	M200	A	2:05.00
3	Sword Fish Club	M200	A	2:15.00
4	Hong Kong Police Swimming	M200	A	2:15.94
5	Ladies' Recreation Club	M200	A	NT
6	Lai Tsun Swimming Society	M200	A	NT
7	New Water Polo Club	M200	A	NT
8	Sea Green Swimming & L.S.	M200	A	NT
9	Fastlane Swimming Co Limited	M200	A	NT
10	Diocesan School Old Boys' Assn	M200	A	NT
11	Kwun Tong Swimming Club	M200	A	NT

240-279

1	HK Fire Services S. & W. Club	M240	A	2:20.00
2	Sword Fish Club	M240	A	2:20.00
3	Lai Tsun Swimming Society	M240	A	NT
4	New Water Polo Club	M240	A	NT
5	Sea Green Swimming & L.S.	M240	A	NT
6	Kwun Tong Swimming Club	M240	A	NT

280-319

1	Sword Fish Club	M280	A	2:40.00
2	Wong Tai Sin District L.S. S.	M280	A	4:00.00
3	Kornhill Recreation Club S.C.	M280	A	NT
4	Lai Tsun Swimming Society	M280	A	NT
5	New Water Polo Club	M280	A	NT

320-359

1	Sword Fish Club	M320	A	3:45.00
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Event 18 Women 200 LC Meter Freestyle Relay

100-119 MS:	2:02.27
120-159 MS:	1:55.57
160-199 MS:	1:58.32
200-239 MS:	2:12.67
240-279 MS:	2:34.00
280-319 MS:	3:08.62

	Team	Relay	Seed Time
100-119			
1	Hong Kong Police Swimming	W100 A	2:14.43
120-159			
1	Hong Kong Police Swimming	W120 A	2:20.39
2	Sword Fish Club	W120 A	2:30.00
3	Ladies' Recreation Club	W120 A	NT
4	Lai Tsun Swimming Society	W120 A	NT
5	New Water Polo Club	W120 A	NT
6	Fastlane Swimming Co Limited	W120 A	NT
7	Kwun Tong Swimming Club	W120 A	NT
160-199			
1	Tung Sing Athletic Association	W160 A	2:26.00
2	Hong Kong Police Swimming	W160 A	2:30.00
3	Sword Fish Club	W160 A	2:40.00
4	Ladies' Recreation Club	W160 A	NT
5	Lai Tsun Swimming Society	W160 A	NT
6	New Water Polo Club	W160 A	NT
7	South China Athletic Assn	W160 A	NT
8	Fastlane Swimming Co Limited	W160 A	NT

2019-20 Long Course Masters Swimming Comp P3 - 23-Jun-19**Psych Sheet****200-239... (Event 18 Women 200 LC Meter Freestyle Relay)**

1	Sword Fish Club	W200	A	2:40.00
2	Ladies' Recreation Club	W200	A	NT
3	New Water Polo Club	W200	A	NT
4	Sea Green Swimming & L.S.	W 200	A	NT

240-279

1	Sword Fish Club	W240	A	2:40.00
2	Lai Tsun Swimming Society	W240	A	NT
3	New Water Polo Club	W240	A	NT
4	Sea Green Swimming & L.S.	W 240	A	NT
5	Kwun Tong Swimming Club	W240	A	NT

280-319

1	Sword Fish Club	W280	A	3:30.00
2	Wong Tai Sin District L.S. S.	W280	A	4:00.00
3	Sea Green Swimming & L.S.	W 280	A	NT