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Programme

比賽賽程



HONG KONG AMATEUR SWIMMING ASSOCIATION

(MEMBER OF THE FEDERATION INTERNATIONALE DE NATATION)

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

62nd Festival of Sport – Long Course Swimming Time Trial

第 62 屆體育節 – 長池游泳計時賽

13-14 April 2019 (Sat & Sun)

二零一九年四月十三至十四日(星期六、日)

Hong Kong Sports Institute Swimming Pool

Address: Hong Kong Sports Institute, 25 Yuen Wo Road, Sha Tin, N.T., Hong Kong

香港體育學院游泳池

地址：香港新界沙田源禾路 25 號

Sport for All 全民運動



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2019 FOS - Entry Information (After Re-entry)

No. of Entries by Event		
Event #	Event Name	Entries
1	Men 100 Freestyle	31
2	Women 200 Freestyle	35
3	Men 50 Breaststroke	36
4	Women 100 Breaststroke	35
5	Men 400 IM	10
6	Women 100 Butterfly	26
7	Men 100 Backstroke	28
8	Women 50 Backstroke	35
9	Men 200 Butterfly	14
10	Women 200 IM	14
11	Men 400 Freestyle	20
12	Women 50 Freestyle	38
13	Men 200 Breaststroke	38
14	Women 800 Freestyle	13
15	Men 50 Butterfly	35
16	Women 200 Backstroke	14
17	Men 200 Freestyle	29
18	Women 100 Freestyle	42
19	Men 100 Breaststroke	40
20	Women 50 Breaststroke	30
21	Men 100 Butterfly	21
22	Women 400 IM	9
23	Men 50 Backstroke	34
24	Women 100 Backstroke	32
25	Men 200 IM	21
26	Women 200 Butterfly	11
27	Men 50 Freestyle	33
28	Women 400 Freestyle	23
29	Men 1500 Freestyle	21
30	Women 200 Breaststroke	34
31	Men 200 Backstroke	23
32	Women 50 Butterfly	38

863

Entry information by Day		
Day / Session	No. of Entries	Total
Day 1	422	863
Day 2	441	

62nd Festival of Sport - Long Course Swimming Time Trial

EVENT LIST

Venue: 香港體育學院 HKSI

Date: 13-14 April 2019
(Sat & Sun)

AM Warmup: 0800-0845 Hrs				Start:0900 Hrs		
PM Warmup: 1430-1515 Hrs				Start:1530 Hrs		
Day 1						
Women	QT	Event			QT	Men
			100M	Freestyle	00:57.55	1
2	02:22.31	Freestyle	200M			
			50M	Breaststroke	00:33.49	3
4	01:25.13	Breaststroke	100M			
			400M	Ind. Medley	05:20.71	5
6	01:13.26	Butterfly	100M			
			100M	Backstroke	01:09.08	7
8	00:34.89	Backstroke	50M			
			200M	Butterfly	02:25.98	9
10	02:38.84	Ind. Medley	200M			
			400M	Freestyle	04:34.03	11
12	00:30.01	Freestyle	50M			
			200M	Breaststroke	02:45.08	13
14	09:50.29	Freestyle	800M			
			50M	Butterfly	00:29.32	15
16	02:37.67	Backstroke	200M			
Day 2						
			200M	Freestyle	02:10.53	17
18	01:04.84	Freestyle	100M			
			100M	Breaststroke	01:13.91	19
20	00:39.06	Breaststroke	50M			
			100M	Butterfly	01:06.03	21
22	05:38.68	Ind. Medley	400M			
			50M	Backstroke	00:32.00	23
24	01:15.88	Backstroke	100M			
			200M	Ind. Medley	02:28.92	25
26	02:31.17	Butterfly	200M			
			50M	Freestyle	00:26.11	27
28	04:52.07	Freestyle	400M			
			1500M	Freestyle	18:35.64	29
30	03:03.83	Breaststroke	200M			
			200M	Backstroke	02:28.79	31
32	00:33.09	Butterfly	50M			

截止註冊日期 CLOSING DATE FOR REGISTRATION: 8th March 2019

截止報名日期 CLOSING DATE FOR ENTRIES: 22nd March 2019

香港業餘游泳總會

第 62 屆體育節-長池游泳計時賽

比賽章程

日期	第一日 13/4/2019 (星期六) 熱身時間: 0800-0845 比賽開始: 0900 熱身時間: 1430 - 1515 比賽開始: 1530 第二日 14/4/2019 (星期日) 熱身時間: 0800-0845 比賽開始: 0900 熱身時間: 1430-1515 比賽開始: 1530
主辦機構	中國香港體育協會暨奧林匹克委員會
協辦機構	香港業餘游泳總會
資助機構	康樂及文化事務署
地點	香港體育學院游泳池
報名條件	❖ 所有參賽者必須為香港業餘游泳總會正式註冊的 2019-2020 年度(SW 組別)泳員 ❖ 泳員須達到標準時間方可參加比賽。 ❖ 首次報名參與體育節長池游泳計程賽而未能提交本會舉辦或認可游泳賽事的成績證明，必須以該項的達標時間報名
報名/棄權	❖ 每名泳員可參加不多於六個個人項目。 ❖ 每項報名費為港幣\$15 元正。 ❖ 所有以達標時間(“QT”)報名的項目一律為港幣\$15+港幣\$40, 即港幣\$55 元正 ❖ 不正確及未達標泳員的報名資料，將不獲受理，報名費概不發還。 ❖ 截止後的報名將不獲受理。 ❖ 所有初賽棄權須於比賽首天前一天(工作天)中午十二時正前遞交。 ❖ 決賽棄權須於每項初賽成績公佈後三十分鐘內遞交。 ❖ 合資格進入下午決賽的第九及第十名後備泳員如欲棄權，<u>必需</u>遞交棄權表格。
截止註冊	二零一九年三月八日 (星期五) (1700 小時)
截止報名	二零一九年三月二十二日 (星期五) (1700 小時)
項目及參賽標準	請參閱項目表 (附達標時間)。
形式	初賽 (上午) 及決賽 (下午)
規則	❖ 如泳員在比賽前或比賽後被發現參加多於指定數量，本會將取消該泳員最後一項的項或成績。 ❖ 八個或少於八個泳員報名的項目於下午舉行。 ❖ 合資格進入下午決賽的第九及第十名後備泳員須於下午決賽前到召集處報到。 ❖ 未能達到參賽標準之泳員將不能參加決賽。 ❖ 800 米及 1500 米自由泳項目以時間定名次，報名時間最快的首八名泳員將安排於下午作賽，其餘泳員則於上午作賽。 ❖ 泳員申請分段時間紀錄須於每節開賽前 30 分鐘遞交申請表連同港幣\$300 元正予總裁判。任何情況下，所繳費用概不發還。 ❖ 不達標項目的每項罰款為港幣\$120 元正。 ❖ 每項初賽「缺席」的罰款為港幣\$120 元正。 ❖ <u>每項決賽「缺席」的罰款為港幣\$1000 元正。</u> ❖ 比賽將採用國際泳聯及本會規則。

獎項及計分方法：	❖ 個人項目首三名將獲發由中國香港體育協會暨奧林匹克委員會提供之獎牌。未能達到參賽標準之泳員將不獲發獎牌。 ❖ <u>挑戰盃男子/女子個人總冠軍</u>：頒發給在 2019 年香港長池得分表中達到最高分（計至小數後兩個位）的泳員。 (如得分相同，優勝將以下一個最高得分的參賽項目來定奪) ❖ 破香港紀錄的本地泳員獲頒發特別獎，並需進行藥物檢驗。
上訴	❖ 任何上訴須以書面提出，並須在該項目比賽後三十分鐘內，連同上訴費港幣\$300 元遞交予總裁判。 ❖ 若上訴被駁回，已繳費用概不發還。

HONG KONG AMATEUR SWIMMING ASSOCIATION

62nd Festival of Sport

Long Course Swimming Time Trial

Rules & Regulations

Date	<u>Day 1 13/4/2019 (Sat)</u> Warm Up: 0800-0845 Start: 0900 Warm Up: 1430 - 1515 Start: 1530 <u>Day 2 14/4/2019 (Sun)</u> Warm Up: 0800-0845 Start: 0900 Warm Up: 1430-1515 Start: 1530
Organizer	Sports Federation & Olympic Committee of Hong Kong, China (SF&OC)
Co-organizer	Hong Kong Amateur Swimming Association
Subvented By	Leisure and Cultural Services Department
Venue	HKSI Swimming Pool
Entry Conditions	❖ All competitors must be 2019/20 registered swimmers (SW) of HKASA ❖ Swimmers should reach the qualifying standard; Qualifying standard will be announced by HKASA later. ❖ For all new entries for any event entered with no proven result, Qualify time for individual event shall be used as entry time.
Entries/Scratch	❖ Each swimmer is limited to no more than 6 individual events. ❖ HK\$15.00 per event. ❖ *HK\$ 15 + HK\$40 = HK\$ 55 For each Qualify time ("QT") entry ❖ Entries must be submitted with HKASA master entry forms & fees. Incorrect information or not qualified swimmers will be rejected and fees paid will not be refunded. ❖ Late entries will not be accepted. ❖ Scratch for heats must be submitted one working day before the first event day at 1200 noon ❖ Scratch for finals must be submitted within 30 minutes following the announcement of the prelim result. ❖ Scratch for reserve swimmers in the final list (9th & 10th place) of respective final events is required.
Closing Date for Registration	<u>8th March 2019 (Friday) at 1700 hours</u>
Closing Date for Entries	<u>22nd March 2019 (Friday) at 1700 hours</u>
Event list and Qualifying Standards	Please refer to attached list.
Format	Heat (morning session) and Final (afternoon session)
Rules	❖ In case of any swimmer entering number of events in excess of the entry quota, HKASA will have the sole discretion to scratch or cancel the swimmer's last entry event at any point of time. ❖ Events with 8 or less swimmers will proceed to the afternoon session. ❖ Reserve swimmers in the final list (9th & 10th place in the morning session) shall report to the marshalling area. ❖ Swimmer not meeting the respective qualifying times will not be allowed to swim in the final. ❖ Time Final format will be applied to 800M/1500M events, slow heats will be in the morning while the fastest heat will take place in the afternoon session. ❖ Application for Split Time Record: swimmers who apply for split time record should submit application form with application fee of HK\$300 to the Referee 30 minutes before the start of each session.

	❖ A fine of \$120 will be charged for each “not qualified” ❖ A fine of \$120 will be charged for each “no show” of Preliminary. ❖ A fine of \$1000 will be charged for each “no show” of Final. ❖ FINA & HKASA Rules will apply.
Awards	❖ Medals provided by SF & OC, will be awarded to 1st, 2nd and 3rd places. Medals will not be awarded to swimmers failed to achieve the respective qualifying times. ❖ <u>Challenge Cup for Outstanding Male / Female Swimmer</u>: presented to male / female who achieve the highest HK LC pointscore 2019 (calculated to 2 decimal places) in individual event. (In case of a tie, winner will be determined by the swimmers’ second highest scored event obtained.) ❖ Special awards will be presented to swimmers who break Hong Kong Records and doping test will be requested.
Protest	❖ Any protest shall be made in writing to the Referee within 30 minutes following the result announcement of the respective event with an appeal fee of HK\$300. ❖ If the protest is rejected, fee paid will be forfeited.

熱身安全守則

運動員及教練必須於所有本會舉辦之游泳比賽中，遵守以下熱身安全守則：

普通熱身安全守則

由熱身時間開始至熱身完結前十五分鐘期間，以下普通熱身安全守則將會執行：

- 1) 所有泳道只開放用作一般熱身之用
- 2) 泳員只能以腳入水方式落水。
- 3) 泳員只能以循環游泳方式熱身，不可以從跳台或泳池邊起跳
- 4) 泳員於熱身後須儘快離開泳道以讓其他泳員能有充足時間進行熱身。泳員更不可於泳池內逗留或嬉戲
- 5) 泳員須於起點及終點兩旁離開泳池，當泳員穿越泳道時應於泳線下越過並應儘速離開水面，不得潛泳

衝刺及起跳熱身安全守則

由熱身完結前十五分鐘至熱身完結期間，以下衝刺及起跳熱身安全守則將會執行：

- 1) 一般情況下，最外圍四條泳道(左右各兩)將開放用作起跳及衝刺練習。其他泳道仍只用作普通熱身之用。以一個標準泳池作舉例，泳道 0,1 及 8,9 將開放予泳員用作衝刺及起跳練習。
- 2) 泳員必須於練習完畢後儘速離開
- 3) 長池安排：衝刺泳道將劃分為兩部份(五十米池)，由起點起計二十五米及由終點起計十五米
- 4) 短池安排：衝刺泳道用作予泳員於指定時段及泳道從跳台或水中起跳。泳員只能以單向方式前進。泳員必須於教練監察下作衝刺及起跳練習
- 5) 進行背泳練習之泳員須留意沒有其他泳員於跳台上同時準備起跳。如有背泳泳員準備起跳，等候中泳員不應踏上跳台

除以上守則以外，泳員須留意及遵守大會或總裁判現場有關熱身時段安排之宣佈

教練應注意以下事項：

只有泳總註冊教練方能於熱身時間期間在池面逗留，並須佩戴泳總註冊教練證於當眼處。總裁判及泳總職員將於熱身期間進行檢查，未能出示泳總註冊教練證之人仕將不能於池面逗留並須立即離開。**未合符註冊資格的教練可申請進入池面許可證。**

- 1) 佩戴泳總註冊教練證於當眼處
- 2) 指導泳員遵守安全指引及熱身注意事項
- 3) 於泳員熱身期間積極監察其安全及活動
- 4) 盡量與泳員保持良好溝通

WARM UP RULES

The following general pool procedures for the **MAIN COMPETITION POOL** must be observed throughout the warm up sessions in every HKASA swimming competition:

GENERAL Warm-up procedure

From the beginning to 15 minutes prior to the end of warm up session, the following warm up arrangements will be implemented,

- 1) All lanes can be used for general warm-up.
- 2) Swimmers must enter the pool feet first. NO DIVING is allowed
- 3) Lap Swimming only.
- 4) Swimmers are required to exit the pool on completion of their warm-up to allow other swimmers to have adequate warm-up time. The pool is not for visiting or playing during the warm-up session.
- 5) Swimmers are recommended to cross lanes at the side of Starting or Turning End. They should swim under water when crossing the lane and should break to the surface as soon as possible.

Sprint and Start practice Warm-up procedure

From 15 minutes prior to the end of warm up session, the following warm up arrangements will be implemented,

- 1) In general, the outermost lane(s) should be used for race starts and sprint purpose, the remaining lanes for general warm-up. For instance, for a standard pool, lanes 0,1 and 8, 9 would be reserved as Sprints Lanes for swimmers to have race starts and sprint practice.
- 2) Swimmers must leave the sprint lanes immediately after practice.
- 3) In 50m pool, sprints lanes will be split into two ends in standard 50m pool, 25m from the Starting end and 15m from the turning end of the pool.
- 4) In 25m pool, sprint lanes are for diving from blocks or for backstroke starts in specified lanes at designated times. One way only! Dive sprints may only be done under the direct supervision of the coach.
- 5) Backstrokers should ensure that they are not starting at the same time while a swimmer is on the block. Swimmers shall not step up on the blocks if there is a backstroker waiting to start.

In addition to the procedures above please be aware of announcements to determine lane usage throughout the meet, as usage may vary at the discretion of the Referee.

Coaches are responsible for the following:

Only Registered Coaches of HKASA are allowed to stay at the pool deck during warm-up time. Registered Coaches are required to wear the Coach Registration Card conspicuously when staying at the pool deck during warm up session. They should process and present the Coach Registration Card to the Referee and designated HKASA staff thereat for validation. Those who fail to process and present the Coach Registration Card will **not** be permitted to stay at the pool deck. Pool deck entry application is available for coaches who are not eligible to register with HKASA.

- 1) Wearing the Coach Registration Card conspicuously
- 2) Instructing swimmers regarding safety guidelines and warm-up procedures.
- 3) Actively supervising their swimmers throughout the warm-up sessions.
- 4) Maintaining as much contact with their swimmers as possible.

HONG KONG SWIMMING RECORDS

Listed Date: 10th April, 2019

HONG KONG LONG COURSE RECORDS

MEN'S EVENTS

50 Free	22.38 TO Kenneth King Him, LWS	18 th Asian Games, Jakarta- Palembang , Aug 19-24 , 2018
100 Free	49.22 TO Kenneth King Him, LWS	61 st FOS – LC SW Time Trial, Apr 14-15 2018
200 Free	1:49.58 WONG Kai Wai David, HTA	14 th FINA World Champ - Shanghai, Jul 25, 2011
400 Free	3:55.13 CHEUK Ming Ho, CPS	18 th Asian Games, Jakarta- Palembang , Aug 19-24 , 2018
800 Free	8:07.76 CHEUK Ming Ho, CPS	18 th Asian Games, Jakarta- Palembang , Aug 19-24 , 2018
1500 Free	15:38.76 CHEUK Ming Ho, CPS	18 th Asian Games, Jakarta- Palembang , Aug 19-24 , 2018
50 Back	26.03 LAU Shiu Yue, HTA	5 th FINA World Junior Swimming Champ 2015, Aug 25-30, 2015
100 Back	56.63 CHEAH Geoffrey, SCA	2014 USA Swimming Grand Prix-Santa Clara, Jun 19-22, 2014
200 Back	2:05.47 Alex FONG Lik-sun, SCA	Olympic Games – Sydney, Sept. 20, 2000
50 Breast	28.23 TO Kenneth King Him, LWS	HK Age Group LC SW Championships 2017-18, Nov. 3-5, 2017
100 Breast	1:01.91 TO Kenneth King Him, LWS	D1 AG LC Swim Comp. Part 3, Feb 10-11, 2018
200 Breast	2:15.77 MOK Kai Tik Marcus, WTS	HK Age Group LC SW Championships 2017-18, Nov. 3-5, 2017
50 Fly	24.12 CHEAH Geoffrey, SCA	16 th FINA World Championships – Kazan 2015, Aug. 2, 2015
100 Fly	53.70 CHEAH Geoffrey, SCA	27 th Summer Universiade in Kazan 2013., Jul 6-17, 2013
200 Fly	2:01.54 WONG Kai Wai David, HFS	11 th National Games of China, Oct, 19, 2009
200 IM	2:01.37 TO Kenneth King Him, LWS	29 th Summer Universiade, Aug 19-30, 2017
400 IM	4:29.02 Alex FONG Lik-sun, SCA	Olympic Games – Sydney, Sept. 17, 2000
4x100 MR	3:44.16 Hong Kong Team LAU Shiu Yue, TO Kenneth King Him, LIM Nicholas Owen Zhaoguang, WONG Chen Ho Jeremy	18 th Asian Games, Jakarta- Palembang , Aug 19-24 , 2018
4x100 FR	3:21.22 Hong Kong Team LUM Ching Tat, NG Chun Nam Derick, CHEUNG Kin Tat Kent, WONG Kai Wai David 50.88 1:40.70 2:31.65	5 th East Asian Games, Dec 8, 2009
4x200 FR	7:27.16 Hong Kong Team CHEUNG Kin Tat Kent, NG Chun Nam Derick, LUM Ching Tat, WONG Kai Wai David 1:52.46 3:43.70 5:35.08	5 th East Asian Games, Dec 6, 2009

*: Pending for Swimming Committee's Ratification

HKRLC20190410

HONG KONG SWIMMING RECORDS

Listed Date: 10th April, 2019

HONG KONG LONG COURSE RECORDS

WOMEN'S EVENTS

50 Free	25.38 HAUGHEY Siobhan Bernadette, SCA	4 th FINA World Junior Swimming Champ., Aug 26-31, 2013
100 Free	53.83 HAUGHEY Siobhan Bernadette, SCA	29 th Summer Universiade, Aug 19-30, 2017
200 Free	1:55.96 HAUGHEY Siobhan Bernadette, SCA	17 th FINA World Championships - Budapest 2017, July 26, 2017
400 Free	4:13.81 AU Hoi Shun Stephanie, DWA	Age Group LC Champ 07, Nov 17, 2007
800 Free	8:41.66 AU Hoi Shun Stephanie, DWA	Olympic Games – Beijing, Aug 14, 2008
1500 Free	16:53.36 TANG Wing Yung Natasha, TPS	5 th East Asian Games, Dec 8, 2009
50 Back	28.33 AU Hoi Shun Stephanie, DWA	FINA World Swimming Champ 2013, July 28-Aug 4, 2013
100 Back	1:00.38 AU Hoi Shun Stephanie, DWA	18 th Asian Games, Jakarta- Palembang, Aug 19-24, 2018
200 Back	2:09.33 LAU Yin Yan Claudia, DLS	Div.1 AG LC Swim Comp. Part 3., Jul. 2-3, 2016
50 Breast	31.74 KONG Yvette Man Yi, SCA	HK Open Swimming Champ 2018, Aug. 10-12, 2018
100 Breast	1:07.69 KONG Yvette Man Yi, SCA	12 th Swim Cup Eindhoven 2016, Apr 6 - 10, 2016
200 Breast	2:27.96 KONG Yvette Man Yi, SCA	Edinburgh International Swim Meet, Mar 11-13, 2016
50 Fly	26.66 Hannah WILSON, SCA	25 th Universiade, Jul. 5, 2009
100 Fly	58.24 Hannah WILSON, SCA	25 th Universiade, Jul. 9, 2009
200 Fly	2:13.91 NAM Carmen, TPS	Zoggs Queensland Swim Champ 09, Dec 18, 2009
200 IM	2:12.10 HAUGHEY Siobhan Bernadette, SCA	2017 Arena Pro Swim Series - Santa Clara, USA, June 1-4, 2017
400 IM	4:51.30 HAUGHEY Siobhan Bernadette, SCA	Tianjin 2013 6 th East Asian Games, Oct 10-15, 2013
4x100 MR	4:03.07 Hong Kong Team TSAI Hiu Wai Sherry, KONG Yvette Man Yi, SZE Hang Yu, Hannah WILSON 1:02.38 2:09.77 3:08.72	5 th East Asian Games, Dec 10, 2009
4x100 FR	3:39.94 Hong Kong Team CHENG Camille Lily Mei, AU Hoi Shun Stephanie, SZE Hang Yu, HAUGHEY Siobhan Bernadette 55.67 1:51.18 2:46.23	Incheon 2014 Asian Games, Sept 20 th -26 th 2014
4x200 FR	8:04.55 Hong Kong Team CHENG Camille Lily Mei, AU Hoi Shun Stephanie, SZE Hang Yu, HAUGHEY Siobhan Bernadette 2:01.43 4:03.99 6:04.31	Incheon 2014 Asian Games, Sept 20 th -26 th 2014

*: Pending for Swimming Committee's Ratification

HKRLC20190410

HONG KONG SWIMMING RECORDS

Listed Date:10th April, 2019

HONG KONG LONG COURSE RECORDS

MIXED'S EVENTS

4x100 FR 3:37.67 HTA HK Open Swimming Champ 2017, July 28-30, 2017
WONG Chen Ho Jeremy, MAK Ho Lun Raymond, YU Wai Ting, CHENG Camille Lily Mei

4x100 MR 3:50.22 Hong Kong Team 18th Asian Games, Jakarta- Palembang , Aug 19-24 , 2018
AU Hoi Shun Stephanie, TO Kenneth King Him, LIM Nicholas Owen Zhaoguang, CHENG Camille Lily Mei

*: Pending for Swimming Committee's Ratification

HKRLC20190410

HONG KONG SWIMMING RECORDS

Listed Date: 10th April, 2019

HONG KONG LONG COURSE JUNIOR RECORDS (Under 16 years)

MEN'S EVENTS

50 Free	23.65 NG Chun Nam Derick, WTS	Australian Age Swim. Champ., Apr 07, 2010
100 Free	51.24 NG Chun Nam Derick, WTS	Age Group LC Champ 09, Oct. 24, 2009
200 Free	1:52.59 Cheuk Ming Ho, CPS	17 th ISF Gymnasiade - Swimming, May 2-9 2018
400 Free	3:57.77 CHEUK, Ming Ho, CPS	HK Age Group LC SW Championships 2017-18, Nov. 3-5, 2017
800 Free	8:25.47 CHEUK, Ming Ho, CPS	D1 AG LC Swim Comp. Part 3, Feb 10-11, 2018
1500 Free	16:00.66 CHEUK, Ming Ho, CPS	HK Age Group LC SW Championships 2017-18, Nov. 3-5, 2017
50 Back	26.81 NG Cheuk Yin TPS	D1 AG LC Swim Comp. Part 3, Feb 10-11, 2018
*100 Back	58.17 HO Siu Lun, DLS	HKSSF Div. 1 Inter-School Swim. Comp, Oct. 26, 2018
200 Back	2:07.52 NG Cheuk Yin, TPS	HK Open Swimming Champ 2018, Aug. 10-12, 2018
50 Breast	29.57 FONG Ka Yu, WDA	HKSSF Div. 1 Inter-School Swim. Comp, Oct. 27, 2017
100 Breast	1:05.29 WONG Benson, DLS	HKSSF Div. 1 Inter-School Swim. Comp, Oct. 27, 2017
200 Breast	2:18.11 WONG Benson, DLS	HK Open Swimming Champ 2017, July 28-30, 2017
50 Fly	24.74 NG Cheuk Yin, TPS	61 st FOS – LC SW Time Trial, Apr 14-15 2018
100 Fly	54.42 NG Chun Nam Derick, WTS	8 th Asian Swimming Champ., Nov 25, 2009
200 Fly	2:06.68 NG Chun Nam Derick, WTS	Age Group LC Champ 09, Oct. 25, 2009
200 IM	2:07.94 Lau Ping Chi, HTA	61 st FOS – LC SW Time Trial, Apr 14-15 2018
400 IM	4:33.86 Lau Ping Chi, HTA	61 st FOS – LC SW Time Trial, Apr 14-15 2018
4x100 MR	4:03.50 Hong Kong Team MOK Kai Tik Marcus, CHAN Chun Lok, CHAN Pak Hin, LUI Nok Ryan	8 th Asian Age Group Swim. Champ, Oct 1-4, 2015
4x100 FR	3:41.42 Hong Kong Team TAM Sze Shing Thomas, LAM Chak Hang, CHAN Pak Hin, Temana Andrew SHORT	52 nd Milo Pram Malaysia AG Champ, Mar 29 – Apr 4, 2016
4x200 FR	8:06.77 WTS TAM Sze Shing Thomas, LEUNG Chun Hei Bryan, FONG Ching Yuen, MOK Kai Tik Marcus	Div.1 AG LC Swim Comp. Part 1, May. 14-15, 2016

*: Pending for Swimming Committee's Ratification

HKRLC20190410

HONG KONG SWIMMING RECORDS

Listed Date: 10th April, 2019

HONG KONG LONG COURSE JUNIOR RECORDS (Under 16 years)

WOMEN'S EVENTS

50 Free	25.38 HAUGHEY Siobhan Bernadette, SCA	4 th FINA World Junior Swimming Champ., Aug 26-31, 2013
100 Free	54.47 HAUGHEY Siobhan Bernadette, SCA	4 th FINA World Junior Swimming Champ., Aug 26-31, 2013
200 Free	1:59.77 HAUGHEY Siobhan Bernadette, SCA	Tianjin 2013 6 th East Asian Games, Oct 10-15, 2013
400 Free	4:13.81 AU Hoi Shun Stephanie, DWA	Age Group LC Champ 07, Nov 17, 2007
800 Free	8:50.21 AU Hoi Shun Stephanie, DWA	3 rd H.K. Int' Open Swimming Champ., Aug 31, 2007
1500 Free	16:58.79 Anderson Charlotte Kiki, HIS	2014 Scottish Gas National AG Swim Champ., Jun 25-29, 2014
50 Back	29.52 KAN Cheuk Tung Natalie, HVA	HKSSF Div. 2 Inter-School Swim. Champ., Oct 10, 2017
100 Back	1:03.48 WONG Kwan To, HTA	HKSSF Div 1 Inter-School Swim. Champ, Oct 28, 2015
200 Back	2:17.31 LAU Yin Yan Claudia, DLS	4 th HK Int' Open Champ., Sep 12-14, 2008
50 Breast	32.79 CHEUNG Hui Yan Cheyenne, DLS	4 th FINA World Junior Swimming Champ., Aug 26-31, 2013
100 Breast	1:11.30 KONG Yvette Man Yi, DLS	08/09 HKSSF Inter-School Champ, Oct 17, 2008
200 Breast	2:32.79 MA Hei Tung Fiona, SLA	5 th East Asian Games, Dec 9, 2009
50 Fly	27.69 CHAN Kin Lok, WTS	8 th Asian Swimming Champ., Nov 26, 2009
100 Fly	1:01.53 CHAN Kin Lok, WTS	8 th Asian Swimming Champ., Nov 27, 2009
200 Fly	2:15.73 TOWN Jennifer Ka Hang, SCA	LI FOS-Olympic Time Trial II, Apr 20, 2008
200 IM	2:13.35 HAUGHEY Siobhan Bernadette, SCA	Tianjin 2013 6 th East Asian Games, Oct 10-15, 2013
400 IM	4:51.30 HAUGHEY Siobhan Bernadette, SCA	Tianjin 2013 6 th East Asian Games, Oct 10-15, 2013
4x100 MR	4:20.79 Hong Kong School Team LAU Yin Yan Claudia, KONG Man Yi Yvette, TOWN Ka Hang Jennifer, LAI Hiu Tung Vivian	3 rd Asian School Swim Champ, Jul 14-20, 2008
4x100 FR	3:56.46 Hong Kong School Team KONG Man Yi Yvette, LAU Yin Yan Claudia, TOWN Ka Hang Jennifer, LAI Hiu Tung Vivian	3 rd Asian School Swim Champ, Jul 14-20, 2008
4x200 FR	8:40.12 HVA Tang Tsoi Lam Katii, Kan Cheuk Tung Natalie, Yip Charis Gabrielle Chak Yan, Chong, Sum Yee	Div.I AG LC SWIM COMP (PART 1), July 15, 2017

*: Pending for Swimming Committee's Ratification

HKRLC20190410

HONG KONG SWIMMING RECORDS

Listed Date: 10th April, 2019

HONG KONG AGE GROUP LONG COURSE RECORDS

BOYS' 10 & UNDER EVENTS

50 Free	29.13 RUAN Wan Hang, WTS	HK Age Group LC SW Championships 2017-18, Nov. 3-5, 2017
100 Free	1:02.87 RUAN Wan Hang, WTS	HK Age Group LC SW Championships 2017-18, Nov. 3-5, 2017
200 Free	2:15.96 RUAN Wan Hang, WTS	HK Age Group LC SW Championships 2017-18, Nov. 3-5, 2017
50 Back	32.29 HO Siu Lun, DLS	5th HK Games. May 2-3, 2015
100 Back	1:12.02 LAU Hoi Hang, LWS	Div. 1 AG LC Swim Comp. Part 1. July 18-19, 2015
50 Breast	36.43 TAM Ka Ming, HVA	Age Group LC Champ 07, Nov 17, 2007
100 Breast	1:18.73 TAM Ka Ming, *CY	HKSSF Inter-Area Primary Swim Comp., Nov 29, 2008
50 Fly	31.15 HO Siu Lun, DLS	HKSSF Inter-Area Primary Swim Comp, Nov 22, 2014
100 Fly	1:10.22 HUNG Leung-fung, PSC	Div. I AG LC SWIM COMP (PART 1), May 23, 2004
200 IM	2:35.51 RUAN Wan Hang, WTS	HK Age Group LC SW Championships 2017-18, Nov. 3-5, 2017

HONG KONG AGE GROUP LONG COURSE RECORDS

GIRLS' 10 & UNDER EVENTS

50 Free	HAUGHEY Siobhan 28.50 Bernadette, SCA	Div. 1 AG LC SWIM COMP (PART 1), May 25 2008
100 Free	HAUGHEY Siobhan 1:02.44 Bernadette, SCA	Div. 1 AG LC SWIM COMP (PART 2), Jun 29 2008
200 Free	2:16.52 LOK Hoi Man, WTS	Age Group LC Champ 11, Nov 05, 2011
50 Back	33.49 MA Wing Yu, *WA	Age Group LC Champ 15, Nov 6-8, 2015
100 Back	1:11.95 CHENG Jessica Chloe, TPS	Div. 1 AG LC Swim Comp. Part 1, May 14-15, 2016
50 Breast	36.28 HO Wan Yui, LWS	HK AG LC Swim Champ 16, Nov 4-6, 2016
100 Breast	1:18.24 YIP Hiu Lok, *WA	Age Group LC Champ 15, Nov 6-8, 2015
50 Fly	30.56 LEE Si Yao Peony, TPS	2 nd All Hong Kong Inter-Area Primary Schools Swimming Competition 2017-2018, 9 June, 2018
100 Fly	1:09.78 LAU Ping Yi Audrey, HTA	Div. 1 AG LC Swim Comp. Part 1, May 14-15, 2016
200 IM	HAUGHEY Siobhan 2:32.15 Bernadette, SCA	Div. 1 AG LC SWIM COMP (PART 3), Jul 27, 2008

*: Pending for Swimming Committee's Ratification

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HONG KONG SWIMMING RECORDS

Listed Date: 10th April, 2019

HONG KONG AGE GROUP LONG COURSE RECORDS

BOYS' 11 – 12 YEARS EVENTS

50 Free	25.59 LI Sing Hoi, WTS	HK Age Group LC SW Championships 2017-18, Nov. 3-5, 2017
100 Free	57.05 TAM Sze Shing Thomas, WTS	HK AG LC Swim Champ, Nov 7-9, 2014
200 Free	2:04.67 WONG Ming Hong, DLS	HK Games Swim Champ, May 25-26, 2013
400 Free	4:24.37 CHOW Yin-ching, *CY	Zoggs Queensland Swim Champ 07, Dec 19, 2007
50 Back	29.46 HO Siu Lun, DLS	The 6 th Hong Kong Games, May 13-14, 2017
100 Back	1:03.66 HO Siu Lun, DLS	The 6 th Hong Kong Games, May 13-14, 2017
200 Back	2:19.13 MOK Kai Tik Marcus, WTS	HK AG LC Swim Champ, Nov 8-10, 2013
50 Breast	30.24 TAM Ka Ming, *CY	HKSSF Div 1 Inter-School Swim. Champ, Oct 27, 2010
100 Breast	1:09.54 TAM Ka Ming, *CY	HKSSF Div 1 Inter-School Swim. Champ, Oct 14, 2010
200 Breast	2:30.15 WONG Benson, DLS	HKSSF Div 1 Inter-School Swim. Champ, 28 Oct, 2015
50 Fly	27.69 LI SING HOI, WTS	D1 AG LC Swim Comp. Part 2, Jan 14, 2018
100 Fly	1:01.11 SUEN Tsz Hin, PSC	HK AG LC Swim Champ. 10, Nov 06, 2010
200 Fly	2:17.51 CHOW Yin-Ching, *CY	Zoggs Queensland Swim Champ 07, Dec 19, 2007
*200 IM 2:18.78 LU Pat Fan, HVA		Thailand AG Swimming Champ 2019, April 5-10, 2019

HONG KONG AGE GROUP LONG COURSE RECORDS

GIRLS' 11 – 12 YEARS EVENTS

50 Free	26.80 HAUGHEY Siobhan Bernadette, SCA	HKSSF Div 1 Inter-School Swim. Champ, Oct 14, 2010
100 Free	57.77 HAUGHEY Siobhan Bernadette, SCA	6 th HK Open Swimming Champ., Sep 4, 2010
200 Free	2:06.55 HAUGHEY Siobhan Bernadette, SCA	6 th HK Open Swimming Champ., Sep 4, 2010
400 Free	4:28.03 NAM Carmen, TPS	7 th Asian Swimming Champ, Mar. 07, 2006
50 Back	31.01 MA Wing Yu, HTA	9th Asian Age Group Swimming Championships, Sep 8-11, 2017
100 Back	1:06.02 KWOK Sabrina Christine, SCA	Zoggs Queensland Swim Champ 09, Dec 13, 2009
200 Back	2:22.78 LAU Yin-yan, DLS	4 th Asian AG Champ, Bangkok, Aug 21, 2005
50 Breast	34.33 YIP Tsz-wa, DLS	AASF Age Group Champ., Aug 24, 2003
100 Breast	1:12.78 YIP Tsz-wa, DLS	Inter-School Swim Champ Div I., Oct 15, 2003
200 Breast	2:35.62 MA Hei-tung, DLS	LI FOS-Olympic Time Trial II, Apr 20, 2008
50 Fly	28.87 LAI Chu Yi, WTS	7 th HK Open Swimming Champ., Sep 4, 2011
100 Fly	1:04.24 LAU Ping Yi Audrey, HTA	61 st FOS – LC SW Time Trial, Apr 14-15 2018
200 Fly	2:20.54 NAM Ka-man, TPS	7 th Asian Swimming Champ, Mar 10, 2006
200 IM	2:21.79 HAUGHEY Siobhan Bernadette, SCA	D1 AG LC Swim Comp. Part 3, Jul 25, 2010

*: Pending for Swimming Committee's Ratification

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HONG KONG SWIMMING RECORDS

Listed Date: 10th April, 2019

HONG KONG AGE GROUP LONG COURSE RECORDS

BOYS' 13 – 14 YEARS EVENTS

50 Free 24.43 LAM Ho Yin Martin, HJC
100 Free 52.80 CHEUK Ming Ho, CPS
200 Free 1:56.03 CHEUK Ming Ho, CPS
400 Free 4:08.81 CHEUK Ming Ho, CPS
800 Free 8:37.69 WONG Ming Hong, HTA
1500 Free 16:14.23 CHEUK Ming Ho, CPS

***50 Back 27.12 HO Siu Lun, DLS**
***100 Back 58.17 HO Siu Lun, DLS**
200 Back 2:09.86 YUK Shing Chi, PSC

50 Breast 29.91 TAM Ka Ming, *CY
100 Breast 1:05.29 WONG Benson, DLS
200 Breast 2:18.11 WONG Benson, DLS

***50 Fly 25.83 HO Siu Lun, DLS**
100 Fly 56.68 NG Chun Nam, Derick, WTS
200 Fly 2:09.62 CHAN Pak Hin, *WD

200 IM 2:09.42 LAU, Ping Chi, HTA
400 IM 4:35.75 LAU, Ping Chi, HTA

HONG KONG AGE GROUP LONG COURSE RECORDS

GIRLS' 13 – 14 YEARS EVENTS

50 Free 25.93 HAUGHEY Siobhan Bernadette, SCA
100 Free 56.07 HAUGHEY Siobhan Bernadette, SCA
200 Free 2:02.06 HAUGHEY Siobhan Bernadette, SCA
400 Free 4:19.62 HO Nam Wai, WTS
800 Free 8:56.31 HO Wai Nam, WTS
1500 Free 17:17.68 NAM Carmen, TPS

***50 Back 29.95 LOO Tsz Ki Cherrie, DWA**
100 Back 1:04.42 LAU Yin Yan Claudia, DLS
200 Back 2:17.61 LAU Yin Yan Claudia, DLS

50 Breast 32.79 CHEUNG Hui Yan Cheyenne, DLS
100 Breast 1:11.31 MA Hei Tung Fiona, SLA
200 Breast 2:32.79 MA Hei Tung Fiona, SLA

50 Fly 28.34 KAN Cheuk Tung Natalie, HVA
100 Fly 1:02.07 LEUNG Ya Yuan Rachel, KGC
200 Fly 2:17.63 WONG Yee Ching, HVA

200 IM 2:18.44 HAUGHEY Siobhan Bernadette, SCA
400 IM 4:55.42 LAM Hoi Kiu, HTA

HKSSF D1 Inter-School Swim. Comp. Oct 23, 2013
The 6th Hong Kong Games, May 13-14, 2017
The 6th Hong Kong Games, May 13-14, 2017
HK AG LC Swim Champ 16, Nov 4-6, 2016
Div. I AG LC SWIM COMP (PART 3), Feb 28 - Mar 1, 2015
60th FOS – LC Time Trial, Apr. 15-16, 2017

HKSSF Div. 1 Inter-School Swim. Comp, Oct. 26, 2018
HKSSF Div. 1 Inter-School Swim. Comp, Oct. 26, 2018
HK Age Group LC SW Championships 2017-18, Nov. 3-5, 2017

LV FOS Olympic Time Trial II, Apr 14, 2012
HKSSF Div. 1 Inter-School Swim. Comp., Oct 27, 2017
HK Open Swimming Champ 2017, July 28-30, 2017

Thailand AG Swimming Champ 2019, April 5-10, 2019
LII FOS LC Sw. Time Trial, Apr 19, 2009
Div. 1 AG LC Swim Comp. Part 3., Feb 20-21, 2016

HKSSF Div. 1 Inter-School Swim. Comp., Oct 27, 2017
HK Open Swimming Champ 2017, July 28-30, 2017

Australian Age Championships, Apr 9-14, 2012
Age Group LC Champ, Nov 05, 2011
Australian Age Championships, Apr. 9-14, 2012
60th FOS – LC Time Trial, Apr. 15-16, 2017
Thailand Age Group Swimming Championships 2017
World Champ 2007 – Melbourne, Mar 26, 2007

Div. 1 AG LC Swim Comp. Part 3., Jan 27, 2019
6th Inter City Games, Oct 2007
Hong Kong Open Champ. 07, Sep 2007

4th FINA World Junior Swimming Champ., Aug 26-31, 2013
5th East Asian Games, Dec 8, 2009
5th East Asian Games, Dec 9, 2009

Thailand Age Group Swimming Championships 2017
Zoggs Queensland Swim Champ 09, Dec 17, 2009
Zoggs Queensland Swim Champ 09, Dec 13, 2009

Australian Age Championships, Apr 9-14, 2012
18th Asian Games, Jakarta- Palembang, Aug 19-24, 2018

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HKRLC20190410

HONG KONG SWIMMING RECORDS

Listed Date: 10th April, 2019

HONG KONG AGE GROUP LONG COURSE RECORDS

BOYS' 15 – 17 YEARS EVENTS

50 Free 22.99 LUM Ching Tat Jeffrey, HFS
100 Free 50.48 LUM Ching Tat Jeffrey, HFS
***200 Free 1:50.30 CHEUK Ming Ho, CPS**
400 Free 3:55.13 CHEUK Ming Ho, CPS
800 Free 8:07.76 CHEUK Ming Ho, CPS
1500 Free 15:38.76 CHEUK Ming Ho, CPS

***50 Back 26.27 NG Cheuk Yin, TPS**
100 Back 57.57 CHUNG Lai Yeung, TPS
200 Back 2:06.36 LAU Shiu Yue, HTA

50 Breast 29.34 FONG Ka Yu, WDA
100 Breast 1:03.91 NG Yan Kin, HTA
200 Breast 2:15.77 MOK Kai Tik Marcus, WTS

50 Fly 24.74 Ng Cheuk Yin, TPS
100 Fly 54.42 NG Chun Nam Derick, WTS
200 Fly 2:02.70 LIM Nicholas Owen Zhaoguang, LRC

***200 IM 2:06.38 MOK Kai Tik Marcus, WTS**
400 IM 4:31.51 LLEWELLYN Little, HTA

HONG KONG AGE GROUP LONG COURSE RECORDS

GIRLS' 15 – 17 YEARS EVENTS

50 Free 25.38 HAUGHEY Siobhan Bernadette, SCA
100 Free 54.47 HAUGHEY Siobhan Bernadette, SCA
200 Free 1:59.66 HAUGHEY Siobhan Bernadette, SCA
400 Free 4:13.81 AU Hoi Shun Stephanie, DWA
800 Free 8:41.66 AU Hoi Shun Stephanie, DWA
1500 Free 16:53.36 TANG Wing Yung Natasha, TPS

50 Back 29.01 Kwok Sabrina Christine YingYing, SCA
100 Back 1:01.92 WONG ToTo Kwan To, HTA
200 Back 2:15.18 LAU Yin Yan Claudia, DLS

50 Breast 31.82 KONG Yvette Man Yi, SCA
100 Breast 1:08.43 KONG Yvette Man Yi, SCA
200 Breast 2:31.65 KONG Yvette Man Yi, SCA

50 Fly 27.66 Hannah WILSON, LRC
27.66 CHAN Kin Lok, WTS
100 Fly 1:00.89 Hannah WILSON, LRC
200 Fly 2:13.91 NAM Carmen, TPS

200 IM 2:13.07 HAUGHEY Siobhan Bernadette, SCA
400 IM 4:51.30 HAUGHEY Siobhan Bernadette, SCA

8th Asian Swimming Champ., Nov 28, 2009
1st Asian Youth Games, Jul 06, 2009

HKSSF Div. 1 Inter-School Swim. Comp, Oct. 26, 2018
18th Asian Games, Jakarta- Palembang, Aug 19-24, 2018
18th Asian Games, Jakarta- Palembang, Aug 19-24, 2018
18th Asian Games, Jakarta- Palembang, Aug 19-24, 2018

HKSSF Div. 1 Inter-School Swim. Comp, Oct. 19, 2018
5th East Asian Games, Dec 10, 2009
HK Age Group LC Champ, Nov 7-9, 2014

D1 AG LC Swim Comp. Part 2, Jan 14, 2018
51st Malaysia Age Group Swim Champ., Apr 24-26, 2015
HK Age Group LC SW Championships 2017-18, Nov. 3-5, 2017

61st FOS – LC SW Time Trial, Apr 14-15 2018
8th Asian Swimming Champ., Nov 25, 2009
18th Asian Games, Jakarta- Palembang, Aug 19-24, 2018

HKSSF Div. 1 Inter-School Swim. Comp, Oct. 26, 2018
Australian Age Championships, Apr 06, 2010

4th FINA World Junior Swimming Champ., Aug 26-31, 2013
4th FINA World Junior Swimming Champ., Aug 26-31, 2013
Incheon 2014 Asian Games, Sep 20-26, 2014
Age Group LC Champ 07, Nov 17, 2007
Olympic Games – Beijing, Aug 14, 2008
5th East Asian Games, Dec 8, 2009

4th FINA World Junior Swimming Champ., Aug 26-31, 2013
10th Asian Swimming Championships, Nov 17-20, 2016
5th East Asian Games, Dec 6, 2009

5th East Asian Games, Dec 6, 2009
8th Asian Swimming Champ., Nov 27, 2009
5th East Asian Games, Dec 9, 2009

7th Asian Swimming Champ, Mar. 06, 2006
53rd FOS – LC Time Trial, Apr. 18, 2010
7th Asian Swimming Champ, Mar. 08, 2006
Zoggs Queensland Swim Champ 09, Dec 18, 2009

16th FINA World Championships – Kazan 2015, Aug 2, 2015
Tianjin 2013 6th East Asian Games, Oct 10-15, 2013

*: Pending for Swimming Committee's Ratification

HKRLC20190410



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Revised

18th FINA WORLD CHAMPIONSHIPS – GWANGJU 2019

FINA "A" & "B" SWIMMING QUALIFYING TIME STANDARDS

Qualify period: - 1st March 2018 – 3rd July 2019

Women's Standard			Men's Standard	
A – 2 Entries	B – 1 Entry		A – 2 Entries	B – 1 Entry
25.04	25.92	50 m Freestyle	22.18	22.96
54.49	56.40	100 m Freestyle	48.80	50.51
1:58.66	2:02.81	200 m Freestyle	1:47.40	1:51.16
4:10.57	4:19.34	400 m Freestyle	3:48.15	3:56.14
8:38.56	8:56.71	800 m Freestyle	7:54.31	8:10.91
16:32.04	17:06.76	1500m Freestyle	15:07.38	15:39.14
28.22	29.21	50 m Backstroke	25.17	26.05
1:00.59	1:02.71	100 m Backstroke	54.06	55.95
2:11.53	2:16.13	200 m Backstroke	1:58.34	2:02.48
31.22	32.31	50 m Breaststroke	27.39	28.35
1:07.43	1:09.79	100 m Breaststroke	59.95	1:02.05
2:25.91	2:31.02	200 m Breaststroke	2:11.00	2:15.59
26.34	27.26	50 m Butterfly	23.66	24.49
58.48	1:00.53	100 m Butterfly	51.96	53.78
2:09.21	2:13.73	200 m Butterfly	1:56.71	2:00.80
2:13.03	2:17.69	200 m Ind. Medley	2:00.22	2:04.43
4:43.06	4:52.97	400 m Ind. Medley	4:17.90	4:26.93

FINA A & B Qualifying Time Standards

Men's Standard

Women's Standard

OQT / A 2 Entries	OST / B 1 Entry	Event	OQT / A 2 Entries	OST / B 1 Entry
22.01	22.67	50m Freestyle	24.77	25.51
48.57	50.03	100m Freestyle	54.38	56.01
1:47.02	1:50.23	200m Freestyle	1:57.28	2:00.80
3:46.78	3:53.58	400m Freestyle	4:07.90	4:15.34
7:54.31	8:08.54	800m Freestyle	8:33.36	8:48.76
15:00.99	15:28.02	1500m Freestyle	16:32.04	17:01.80
53.85	55.47	100m Backstroke	1:00.25	1:02.06
1:57.50	2:01.03	200m Backstroke	2:10.39	2:14.30
59.93	1:01.73	100m Breaststroke	1:07.07	1:09.08
2:10.35	2:14.26	200m Breaststroke	2:25.52	2:29.89
51.96	53.52	100m Butterfly	57.92	59.66
1:56.48	1:59.97	200m Butterfly	2:08.43	2:12.28
1:59.67	2:03.26	200m Individual Medley	2:12.56	2:16.54
4:15.84	4:21.46	400m Individual Medley	4:38.53	4:46.89

Relays:

Men

Women

Freestyle: 4x100m, 4x200m,
Medley: 4x100m

4x100m, 4x200m
4x100m

Mixed: 4x100m Medley

* One (1) Relay per Federation – Maximum 16 Teams

Qualifying period - Individual entries: 1st March 2019 – 29th June 2020
Qualifying period – Relay entries: 1st March 2019 – 22nd May 2020
(only at FINA approved events)

Hong Kong Swimming Point Score 2019 (LC)

Men

Score	%	Freestyle						Backstroke		
		50m	100m	200m	400m	800m	1500m	50m	100m	200m
100	1.00	21.72	47.93	1:45.32	3:45.11	7:44.00	14:53.60	24.76	53.45	1:56.63
99	1.01	21.94	48.41	1:46.37	3:47.36	7:48.64	15:02.54	25.01	53.98	1:57.80
98	1.02	22.15	48.89	1:47.43	3:49.61	7:53.28	15:11.47	25.26	54.52	1:58.96
97	1.03	22.37	49.37	1:48.48	3:51.86	7:57.92	15:20.41	25.50	55.05	2:00.13
96	1.04	22.59	49.85	1:49.53	3:54.11	8:02.56	15:29.34	25.75	55.59	2:01.30
95	1.05	22.81	50.33	1:50.59	3:56.37	8:07.20	15:38.28	26.00	56.12	2:02.46
94	1.06	23.02	50.81	1:51.64	3:58.62	8:11.84	15:47.22	26.25	56.66	2:03.63
93	1.07	23.24	51.29	1:52.69	4:00.87	8:16.48	15:56.15	26.49	57.19	2:04.79
92	1.08	23.46	51.76	1:53.75	4:03.12	8:21.12	16:05.09	26.74	57.73	2:05.96
91	1.09	23.67	52.24	1:54.80	4:05.37	8:25.76	16:14.02	26.99	58.26	2:07.13
90	1.10	23.89	52.72	1:55.85	4:07.62	8:30.40	16:22.96	27.24	58.80	2:08.29
89	1.11	24.11	53.20	1:56.91	4:09.87	8:35.04	16:31.90	27.48	59.33	2:09.46
88	1.12	24.33	53.68	1:57.96	4:12.12	8:39.68	16:40.83	27.73	59.86	2:10.63
87	1.13	24.54	54.16	1:59.01	4:14.37	8:44.32	16:49.77	27.98	1:00.40	2:11.79
86	1.14	24.76	54.64	2:00.06	4:16.63	8:48.96	16:58.70	28.23	1:00.93	2:12.96
85	1.15	24.98	55.12	2:01.12	4:18.88	8:53.60	17:07.64	28.47	1:01.47	2:14.12
84	1.16	25.20	55.60	2:02.17	4:21.13	8:58.24	17:16.58	28.72	1:02.00	2:15.29
83	1.17	25.41	56.08	2:03.22	4:23.38	9:02.88	17:25.51	28.97	1:02.54	2:16.46
82	1.18	25.63	56.56	2:04.28	4:25.63	9:07.52	17:34.45	29.22	1:03.07	2:17.62
81	1.19	25.85	57.04	2:05.33	4:27.88	9:12.16	17:43.38	29.46	1:03.61	2:18.79
80	1.20	26.06	57.52	2:06.38	4:30.13	9:16.80	17:52.32	29.71	1:04.14	2:19.96
79	1.21	26.28	58.00	2:07.44	4:32.38	9:21.44	18:01.26	29.96	1:04.67	2:21.12
78	1.22	26.50	58.47	2:08.49	4:34.63	9:26.08	18:10.19	30.21	1:05.21	2:22.29
77	1.23	26.72	58.95	2:09.54	4:36.89	9:30.72	18:19.13	30.45	1:05.74	2:23.45
76	1.24	26.93	59.43	2:10.60	4:39.14	9:35.36	18:28.06	30.70	1:06.28	2:24.62
75	1.25	27.15	59.91	2:11.65	4:41.39	9:40.00	18:37.00	30.95	1:06.81	2:25.79
74	1.26	27.37	1:00.39	2:12.70	4:43.64	9:44.64	18:45.94	31.20	1:07.35	2:26.95
73	1.27	27.58	1:00.87	2:13.76	4:45.89	9:49.28	18:54.87	31.45	1:07.88	2:28.12
72	1.28	27.80	1:01.35	2:14.81	4:48.14	9:53.92	19:03.81	31.69	1:08.42	2:29.29
71	1.29	28.02	1:01.83	2:15.86	4:50.39	9:58.56	19:12.74	31.94	1:08.95	2:30.45
70	1.30	28.24	1:02.31	2:16.92	4:52.64	10:03.20	19:21.68	32.19	1:09.49	2:31.62
69	1.31	28.45	1:02.79	2:17.97	4:54.89	10:07.84	19:30.62	32.44	1:10.02	2:32.79
68	1.32	28.67	1:03.27	2:19.02	4:57.15	10:12.48	19:39.55	32.68	1:10.55	2:33.95
67	1.33	28.89	1:03.75	2:20.08	4:59.40	10:17.12	19:48.49	32.93	1:11.09	2:35.12
66	1.34	29.10	1:04.23	2:21.13	5:01.65	10:21.76	19:57.42	33.18	1:11.62	2:36.28
65	1.35	29.32	1:04.71	2:22.18	5:03.90	10:26.40	20:06.36	33.43	1:12.16	2:37.45
64	1.36	29.54	1:05.18	2:23.24	5:06.15	10:31.04	20:15.30	33.67	1:12.69	2:38.62
63	1.37	29.76	1:05.66	2:24.29	5:08.40	10:35.68	20:24.23	33.92	1:13.23	2:39.78
62	1.38	29.97	1:06.14	2:25.34	5:10.65	10:40.32	20:33.17	34.17	1:13.76	2:40.95
61	1.39	30.19	1:06.62	2:26.39	5:12.90	10:44.96	20:42.10	34.42	1:14.30	2:42.12
60	1.40	30.41	1:07.10	2:27.45	5:15.15	10:49.60	20:51.04	34.66	1:14.83	2:43.28
59	1.41	30.63	1:07.58	2:28.50	5:17.41	10:54.24	20:59.98	34.91	1:15.36	2:44.45
58	1.42	30.84	1:08.06	2:29.55	5:19.66	10:58.88	21:08.91	35.16	1:15.90	2:45.61
57	1.43	31.06	1:08.54	2:30.61	5:21.91	11:03.52	21:17.85	35.41	1:16.43	2:46.78
56	1.44	31.28	1:09.02	2:31.66	5:24.16	11:08.16	21:26.78	35.65	1:16.97	2:47.95
55	1.45	31.49	1:09.50	2:32.71	5:26.41	11:12.80	21:35.72	35.90	1:17.50	2:49.11
54	1.46	31.71	1:09.98	2:33.77	5:28.66	11:17.44	21:44.66	36.15	1:18.04	2:50.28
53	1.47	31.93	1:10.46	2:34.82	5:30.91	11:22.08	21:53.59	36.40	1:18.57	2:51.45

Hong Kong Swimming Point Score 2019 (LC)

Men

Score	%	Breaststroke			Butterfly			Ind Medley	
		50m	100m	200m	50m	100m	200m	200m	400m
100	1.00	27.04	59.26	2:09.70	23.11	51.30	1:55.34	1:56.81	4:12.97
99	1.01	27.31	59.85	2:11.00	23.34	51.81	1:56.49	1:57.98	4:15.50
98	1.02	27.58	1:00.45	2:12.29	23.57	52.33	1:57.65	1:59.15	4:18.03
97	1.03	27.85	1:01.04	2:13.59	23.80	52.84	1:58.80	2:00.31	4:20.56
96	1.04	28.12	1:01.63	2:14.89	24.03	53.35	1:59.95	2:01.48	4:23.09
95	1.05	28.39	1:02.22	2:16.19	24.27	53.87	2:01.11	2:02.65	4:25.62
94	1.06	28.66	1:02.82	2:17.48	24.50	54.38	2:02.26	2:03.82	4:28.15
93	1.07	28.93	1:03.41	2:18.78	24.73	54.89	2:03.41	2:04.99	4:30.68
92	1.08	29.20	1:04.00	2:20.08	24.96	55.40	2:04.57	2:06.15	4:33.21
91	1.09	29.47	1:04.59	2:21.37	25.19	55.92	2:05.72	2:07.32	4:35.74
90	1.10	29.74	1:05.19	2:22.67	25.42	56.43	2:06.87	2:08.49	4:38.27
89	1.11	30.01	1:05.78	2:23.97	25.65	56.94	2:08.03	2:09.66	4:40.80
88	1.12	30.28	1:06.37	2:25.26	25.88	57.46	2:09.18	2:10.83	4:43.33
87	1.13	30.56	1:06.96	2:26.56	26.11	57.97	2:10.33	2:12.00	4:45.86
86	1.14	30.83	1:07.56	2:27.86	26.35	58.48	2:11.49	2:13.16	4:48.39
85	1.15	31.10	1:08.15	2:29.16	26.58	59.00	2:12.64	2:14.33	4:50.92
84	1.16	31.37	1:08.74	2:30.45	26.81	59.51	2:13.79	2:15.50	4:53.45
83	1.17	31.64	1:09.33	2:31.75	27.04	1:00.02	2:14.95	2:16.67	4:55.97
82	1.18	31.91	1:09.93	2:33.05	27.27	1:00.53	2:16.10	2:17.84	4:58.50
81	1.19	32.18	1:10.52	2:34.34	27.50	1:01.05	2:17.25	2:19.00	5:01.03
80	1.20	32.45	1:11.11	2:35.64	27.73	1:01.56	2:18.41	2:20.17	5:03.56
79	1.21	32.72	1:11.70	2:36.94	27.96	1:02.07	2:19.56	2:21.34	5:06.09
78	1.22	32.99	1:12.30	2:38.23	28.19	1:02.59	2:20.71	2:22.51	5:08.62
77	1.23	33.26	1:12.89	2:39.53	28.43	1:03.10	2:21.87	2:23.68	5:11.15
76	1.24	33.53	1:13.48	2:40.83	28.66	1:03.61	2:23.02	2:24.84	5:13.68
75	1.25	33.80	1:14.08	2:42.13	28.89	1:04.13	2:24.18	2:26.01	5:16.21
74	1.26	34.07	1:14.67	2:43.42	29.12	1:04.64	2:25.33	2:27.18	5:18.74
73	1.27	34.34	1:15.26	2:44.72	29.35	1:05.15	2:26.48	2:28.35	5:21.27
72	1.28	34.61	1:15.85	2:46.02	29.58	1:05.66	2:27.64	2:29.52	5:23.80
71	1.29	34.88	1:16.45	2:47.31	29.81	1:06.18	2:28.79	2:30.68	5:26.33
70	1.30	35.15	1:17.04	2:48.61	30.04	1:06.69	2:29.94	2:31.85	5:28.86
69	1.31	35.42	1:17.63	2:49.91	30.27	1:07.20	2:31.10	2:33.02	5:31.39
68	1.32	35.69	1:18.22	2:51.20	30.51	1:07.72	2:32.25	2:34.19	5:33.92
67	1.33	35.96	1:18.82	2:52.50	30.74	1:08.23	2:33.40	2:35.36	5:36.45
66	1.34	36.23	1:19.41	2:53.80	30.97	1:08.74	2:34.56	2:36.53	5:38.98
65	1.35	36.50	1:20.00	2:55.10	31.20	1:09.26	2:35.71	2:37.69	5:41.51
64	1.36	36.77	1:20.59	2:56.39	31.43	1:09.77	2:36.86	2:38.86	5:44.04
63	1.37	37.04	1:21.19	2:57.69	31.66	1:10.28	2:38.02	2:40.03	5:46.57
62	1.38	37.32	1:21.78	2:58.99	31.89	1:10.79	2:39.17	2:41.20	5:49.10
61	1.39	37.59	1:22.37	3:00.28	32.12	1:11.31	2:40.32	2:42.37	5:51.63
60	1.40	37.86	1:22.96	3:01.58	32.35	1:11.82	2:41.48	2:43.53	5:54.16
59	1.41	38.13	1:23.56	3:02.88	32.59	1:12.33	2:42.63	2:44.70	5:56.69
58	1.42	38.40	1:24.15	3:04.17	32.82	1:12.85	2:43.78	2:45.87	5:59.22
57	1.43	38.67	1:24.74	3:05.47	33.05	1:13.36	2:44.94	2:47.04	6:01.75
56	1.44	38.94	1:25.33	3:06.77	33.28	1:13.87	2:46.09	2:48.21	6:04.28
55	1.45	39.21	1:25.93	3:08.07	33.51	1:14.39	2:47.24	2:49.37	6:06.81
54	1.46	39.48	1:26.52	3:09.36	33.74	1:14.90	2:48.40	2:50.54	6:09.34
53	1.47	39.75	1:27.11	3:10.66	33.97	1:15.41	2:49.55	2:51.71	6:11.87

Hong Kong Swimming Point Score 2019 (LC)

Women

Score	%	Freestyle						Backstroke		
		50m	100m	200m	400m	800m	1500m	50m	100m	200m
100	1.00	24.36	52.86	1:54.60	4:04.01	8:20.64	16:02.24	27.46	59.03	2:06.62
99	1.01	24.60	53.39	1:55.75	4:06.45	8:25.65	16:11.86	27.73	59.62	2:07.89
98	1.02	24.85	53.92	1:56.89	4:08.89	8:30.65	16:21.48	28.01	1:00.21	2:09.15
97	1.03	25.09	54.45	1:58.04	4:11.33	8:35.66	16:31.11	28.28	1:00.80	2:10.42
96	1.04	25.33	54.97	1:59.18	4:13.77	8:40.67	16:40.73	28.56	1:01.39	2:11.68
95	1.05	25.58	55.50	2:00.33	4:16.21	8:45.67	16:50.35	28.83	1:01.98	2:12.95
94	1.06	25.82	56.03	2:01.48	4:18.65	8:50.68	16:59.97	29.11	1:02.57	2:14.22
93	1.07	26.07	56.56	2:02.62	4:21.09	8:55.68	17:09.60	29.38	1:03.16	2:15.48
92	1.08	26.31	57.09	2:03.77	4:23.53	9:00.69	17:19.22	29.66	1:03.75	2:16.75
91	1.09	26.55	57.62	2:04.91	4:25.97	9:05.70	17:28.84	29.93	1:04.34	2:18.02
90	1.10	26.80	58.15	2:06.06	4:28.41	9:10.70	17:38.46	30.21	1:04.93	2:19.28
89	1.11	27.04	58.67	2:07.21	4:30.85	9:15.71	17:48.09	30.48	1:05.52	2:20.55
88	1.12	27.28	59.20	2:08.35	4:33.29	9:20.72	17:57.71	30.76	1:06.11	2:21.81
87	1.13	27.53	59.73	2:09.50	4:35.73	9:25.72	18:07.33	31.03	1:06.70	2:23.08
86	1.14	27.77	1:00.26	2:10.64	4:38.17	9:30.73	18:16.95	31.30	1:07.29	2:24.35
85	1.15	28.01	1:00.79	2:11.79	4:40.61	9:35.74	18:26.58	31.58	1:07.88	2:25.61
84	1.16	28.26	1:01.32	2:12.94	4:43.05	9:40.74	18:36.20	31.85	1:08.47	2:26.88
83	1.17	28.50	1:01.85	2:14.08	4:45.49	9:45.75	18:45.82	32.13	1:09.07	2:28.15
82	1.18	28.74	1:02.37	2:15.23	4:47.93	9:50.76	18:55.44	32.40	1:09.66	2:29.41
81	1.19	28.99	1:02.90	2:16.37	4:50.37	9:55.76	19:05.07	32.68	1:10.25	2:30.68
80	1.20	29.23	1:03.43	2:17.52	4:52.81	10:00.77	19:14.69	32.95	1:10.84	2:31.94
79	1.21	29.48	1:03.96	2:18.67	4:55.25	10:05.77	19:24.31	33.23	1:11.43	2:33.21
78	1.22	29.72	1:04.49	2:19.81	4:57.69	10:10.78	19:33.93	33.50	1:12.02	2:34.48
77	1.23	29.96	1:05.02	2:20.96	5:00.13	10:15.79	19:43.56	33.78	1:12.61	2:35.74
76	1.24	30.21	1:05.55	2:22.10	5:02.57	10:20.79	19:53.18	34.05	1:13.20	2:37.01
75	1.25	30.45	1:06.08	2:23.25	5:05.01	10:25.80	20:02.80	34.33	1:13.79	2:38.28
74	1.26	30.69	1:06.60	2:24.40	5:07.45	10:30.81	20:12.42	34.60	1:14.38	2:39.54
73	1.27	30.94	1:07.13	2:25.54	5:09.89	10:35.81	20:22.04	34.87	1:14.97	2:40.81
72	1.28	31.18	1:07.66	2:26.69	5:12.33	10:40.82	20:31.67	35.15	1:15.56	2:42.07
71	1.29	31.42	1:08.19	2:27.83	5:14.77	10:45.83	20:41.29	35.42	1:16.15	2:43.34
70	1.30	31.67	1:08.72	2:28.98	5:17.21	10:50.83	20:50.91	35.70	1:16.74	2:44.61
69	1.31	31.91	1:09.25	2:30.13	5:19.65	10:55.84	21:00.53	35.97	1:17.33	2:45.87
68	1.32	32.16	1:09.78	2:31.27	5:22.09	11:00.84	21:10.16	36.25	1:17.92	2:47.14
67	1.33	32.40	1:10.30	2:32.42	5:24.53	11:05.85	21:19.78	36.52	1:18.51	2:48.40
66	1.34	32.64	1:10.83	2:33.56	5:26.97	11:10.86	21:29.40	36.80	1:19.10	2:49.67
65	1.35	32.89	1:11.36	2:34.71	5:29.41	11:15.86	21:39.02	37.07	1:19.69	2:50.94
64	1.36	33.13	1:11.89	2:35.86	5:31.85	11:20.87	21:48.65	37.35	1:20.28	2:52.20
63	1.37	33.37	1:12.42	2:37.00	5:34.29	11:25.88	21:58.27	37.62	1:20.87	2:53.47
62	1.38	33.62	1:12.95	2:38.15	5:36.73	11:30.88	22:07.89	37.89	1:21.46	2:54.74
61	1.39	33.86	1:13.48	2:39.29	5:39.17	11:35.89	22:17.51	38.17	1:22.05	2:56.00
60	1.40	34.10	1:14.00	2:40.44	5:41.61	11:40.90	22:27.14	38.44	1:22.64	2:57.27
59	1.41	34.35	1:14.53	2:41.59	5:44.05	11:45.90	22:36.76	38.72	1:23.23	2:58.53
58	1.42	34.59	1:15.06	2:42.73	5:46.49	11:50.91	22:46.38	38.99	1:23.82	2:59.80
57	1.43	34.83	1:15.59	2:43.88	5:48.93	11:55.92	22:56.00	39.27	1:24.41	3:01.07
56	1.44	35.08	1:16.12	2:45.02	5:51.37	12:00.92	23:05.63	39.54	1:25.00	3:02.33
55	1.45	35.32	1:16.65	2:46.17	5:53.81	12:05.93	23:15.25	39.82	1:25.59	3:03.60
54	1.46	35.57	1:17.18	2:47.32	5:56.25	12:10.93	23:24.87	40.09	1:26.18	3:04.87
53	1.47	35.81	1:17.70	2:48.46	5:58.69	12:15.94	23:34.49	40.37	1:26.77	3:06.13

Hong Kong Swimming Point Score 2019 (LC)

Women

Score	%	Breaststroke			Butterfly			Ind Medley	
		50m	100m	200m	50m	100m	200m	200m	400m
100	1.00	30.53	1:05.71	2:22.24	25.40	56.60	2:05.84	2:08.60	4:35.36
99	1.01	30.84	1:06.37	2:23.66	25.65	57.17	2:07.10	2:09.89	4:38.11
98	1.02	31.14	1:07.02	2:25.08	25.91	57.73	2:08.36	2:11.17	4:40.87
97	1.03	31.45	1:07.68	2:26.51	26.16	58.30	2:09.62	2:12.46	4:43.62
96	1.04	31.75	1:08.34	2:27.93	26.42	58.86	2:10.87	2:13.74	4:46.37
95	1.05	32.06	1:09.00	2:29.35	26.67	59.43	2:12.13	2:15.03	4:49.13
94	1.06	32.36	1:09.65	2:30.77	26.92	1:00.00	2:13.39	2:16.32	4:51.88
93	1.07	32.67	1:10.31	2:32.20	27.18	1:00.56	2:14.65	2:17.60	4:54.64
92	1.08	32.97	1:10.97	2:33.62	27.43	1:01.13	2:15.91	2:18.89	4:57.39
91	1.09	33.28	1:11.62	2:35.04	27.69	1:01.69	2:17.17	2:20.17	5:00.14
90	1.10	33.58	1:12.28	2:36.46	27.94	1:02.26	2:18.42	2:21.46	5:02.90
89	1.11	33.89	1:12.94	2:37.89	28.19	1:02.83	2:19.68	2:22.75	5:05.65
88	1.12	34.19	1:13.60	2:39.31	28.45	1:03.39	2:20.94	2:24.03	5:08.40
87	1.13	34.50	1:14.25	2:40.73	28.70	1:03.96	2:22.20	2:25.32	5:11.16
86	1.14	34.80	1:14.91	2:42.15	28.96	1:04.52	2:23.46	2:26.60	5:13.91
85	1.15	35.11	1:15.57	2:43.58	29.21	1:05.09	2:24.72	2:27.89	5:16.66
84	1.16	35.41	1:16.22	2:45.00	29.46	1:05.66	2:25.97	2:29.18	5:19.42
83	1.17	35.72	1:16.88	2:46.42	29.72	1:06.22	2:27.23	2:30.46	5:22.17
82	1.18	36.03	1:17.54	2:47.84	29.97	1:06.79	2:28.49	2:31.75	5:24.92
81	1.19	36.33	1:18.19	2:49.27	30.23	1:07.35	2:29.75	2:33.03	5:27.68
80	1.20	36.64	1:18.85	2:50.69	30.48	1:07.92	2:31.01	2:34.32	5:30.43
79	1.21	36.94	1:19.51	2:52.11	30.73	1:08.49	2:32.27	2:35.61	5:33.19
78	1.22	37.25	1:20.17	2:53.53	30.99	1:09.05	2:33.52	2:36.89	5:35.94
77	1.23	37.55	1:20.82	2:54.96	31.24	1:09.62	2:34.78	2:38.18	5:38.69
76	1.24	37.86	1:21.48	2:56.38	31.50	1:10.18	2:36.04	2:39.46	5:41.45
75	1.25	38.16	1:22.14	2:57.80	31.75	1:10.75	2:37.30	2:40.75	5:44.20
74	1.26	38.47	1:22.79	2:59.22	32.00	1:11.32	2:38.56	2:42.04	5:46.95
73	1.27	38.77	1:23.45	3:00.64	32.26	1:11.88	2:39.82	2:43.32	5:49.71
72	1.28	39.08	1:24.11	3:02.07	32.51	1:12.45	2:41.08	2:44.61	5:52.46
71	1.29	39.38	1:24.77	3:03.49	32.77	1:13.01	2:42.33	2:45.89	5:55.21
70	1.30	39.69	1:25.42	3:04.91	33.02	1:13.58	2:43.59	2:47.18	5:57.97
69	1.31	39.99	1:26.08	3:06.33	33.27	1:14.15	2:44.85	2:48.47	6:00.72
68	1.32	40.30	1:26.74	3:07.76	33.53	1:14.71	2:46.11	2:49.75	6:03.48
67	1.33	40.60	1:27.39	3:09.18	33.78	1:15.28	2:47.37	2:51.04	6:06.23
66	1.34	40.91	1:28.05	3:10.60	34.04	1:15.84	2:48.63	2:52.32	6:08.98
65	1.35	41.22	1:28.71	3:12.02	34.29	1:16.41	2:49.88	2:53.61	6:11.74
64	1.36	41.52	1:29.37	3:13.45	34.54	1:16.98	2:51.14	2:54.90	6:14.49
63	1.37	41.83	1:30.02	3:14.87	34.80	1:17.54	2:52.40	2:56.18	6:17.24
62	1.38	42.13	1:30.68	3:16.29	35.05	1:18.11	2:53.66	2:57.47	6:20.00
61	1.39	42.44	1:31.34	3:17.71	35.31	1:18.67	2:54.92	2:58.75	6:22.75
60	1.40	42.74	1:31.99	3:19.14	35.56	1:19.24	2:56.18	3:00.04	6:25.50
59	1.41	43.05	1:32.65	3:20.56	35.81	1:19.81	2:57.43	3:01.33	6:28.26
58	1.42	43.35	1:33.31	3:21.98	36.07	1:20.37	2:58.69	3:02.61	6:31.01
57	1.43	43.66	1:33.97	3:23.40	36.32	1:20.94	2:59.95	3:03.90	6:33.76
56	1.44	43.96	1:34.62	3:24.83	36.58	1:21.50	3:01.21	3:05.18	6:36.52
55	1.45	44.27	1:35.28	3:26.25	36.83	1:22.07	3:02.47	3:06.47	6:39.27
54	1.46	44.57	1:35.94	3:27.67	37.08	1:22.64	3:03.73	3:07.76	6:42.03
53	1.47	44.88	1:36.59	3:29.09	37.34	1:23.20	3:04.98	3:09.04	6:44.78

62nd Festival of Sport – Long Course Swimming Time Trial 2019
Reject List

No.	Name	Event	Club	Remarks
1	Tsang Long Kiu	1	DWA	Wrong Time
2	Chan Ching Hei Alvin	15	DWA	Entry Time Slower than QT
3	Chan Lok Mei	2	HVA	Have Swimming Record
4	Chan Yeuk Hei Andrew	3, 19	KTC	No Reg
5	Lim Katharine Elizabeth Ying	18	LRC	Wrong Time
6	Guillot Oriane Islay	28	LRC	Wrong Time
7	Lui Wing Lam	20	LWS	Wrong Information of Past Record
8	Pinlott Leila Renae	8	SCA	Wrong Time
9	Tam Anson Lok Tin	25	SCA	Entry Time Slower than QT
10	Saunders Jade Rose	8, 12, 16, 18, 24	STA	No Reg
11	Wong Ching Lam	18	WTS	Wrong Time

62nd Festival of Sport LC Time Trial - 13-Apr-19 to 14-Apr-19

Meet Program

Event 1 Men 100 LC Meter Freestyle

HKR:	49.22	TO Kenneth King Him, LWS
JR:	51.24	
WCA:	48.80	
WCB:	50.51	
OQT A:	48.57	
OST B:	50.03	
	57.55	QT Qualifying Time

Meet Qualifying: 57.55

Lane	ID#	Name	Age	Team	Seed Time
Heat 1 of 4 Prelims					
1	33519 P	Graham, Adam Louis	13	South China	57.55 QT
2	36556 IAZ	Yuan, Kan	16	Hoi Tin	57.55 QT
3	40419 IAO	Lo, Ze Alan	14	Lai Wa	57.55 QT
4	35894 B	Chui, Ka Yeung	13	Win Tin	56.59 QT
5	29218 IAZ	Choi, Ming Hon Marcus	14	South China	57.42 QT
6	27542 B	Richard, Melvyn Chan	14	South China	57.55 QT
7	20214 B	Ho, Lok Yin	17	Win Tin	57.55 QT
Heat 2 of 4 Prelims					
1	24576 IAZ	Tsang, Long Kiu	16	Dik Wing	55.46 QT
2	25038 B	Leung, Wing Him	16	Tai Po	54.52 QT
3	22824 IAZ	Wong, Lok Kan	15	Hoi Tin	53.22 QT
4	39105 IAO	Ho, Ian Yentou	21	South China	50.19 QT
5	20289 IAZ	Tsui, Wai Chi	16	Win Tin	52.52 QT
6	20376 B	Tsang, Ho Yan	17	Win Tin	54.38 QT
7	29257 B	He, Shing Ip	13	Chi Pui	55.08 QT
8	34735 P	Umali, Juan Lucas	15	Island Stingrays	56.37 QT
Heat 3 of 4 Prelims					
1	13133 B	Lo, Cheuk Chun	19	Tai Po	55.33 QT
2	26123 IAZ	Wong, Wai Lun	16	Hoi Tin	54.48 QT
3	27064 #P	Yeoh, Nathaniel Min-kye	15	LRC	52.91 QT
4	07734 P	Wong, Chen Ho Jeremy	25	Hoi Tin	50.02 QT
5	25254 B	Ho, Siu Lun	14	Dali Swimming Club	51.56 QT
6	24901 IAZ	Yau, Alfred Kap Fong	15	South China	53.87 QT
7	17507 B	Leung, Cheuk Fung	16	Dali Swimming Club	54.79 QT
8	28931 IAZ	Mok, Ho Yin	15	South China	56.32 QT
Heat 4 of 4 Prelims					
1	28863 #B	Leung, Chun Him	15	Dali Swimming Club	55.09 QT
2	18634 B	Chan, Hei Chun	16	Juan Hua Club	54.39 QT
3	19179 B	Tam, Sze Shing Thomas	17	Win Tin	52.71 QT
4	15203 B	Lam, Ho Yin Martin	20	Jockey Club	49.53 QT
5	14415 B	Law, Siu Chung	21	Happy Valley	50.88 QT
6	20206 B	Suen, Tsz Hin	15	Chi Pui	53.57 QT
7	20763 IAX	Fok, Chun Wang Anthony	17	Dali Swimming Club	54.54 QT
8	25848 B	Tsang, Ho Ka	15	Win Tin	55.83 QT



62nd Festival of Sport LC Time Trial - 13-Apr-19 to 14-Apr-19

Meet Program

Event 2 Women 200 LC Meter Freestyle

HKR:	1:55.96	HAUGHEY Siobhan Bernadette	SCA
JR:	1:59.77		
WCA:	1:58.66		
WCB:	2:02.81		
OQT A:	1:57.28		
OST B:	2:00.80		
	2:22.31	QT Qualifying Time	

Meet Qualifying: 2:22.31

Lane	ID#	Name	Age	Team	Seed Time
Heat 1 of 5 Prelims					
3	28912 P	Eilers, Jodie Natasha	14	Island Stingrays	2:21.32 QT
4	34404 IAZ	Hobson, Kimberly Erin	15	South China	2:20.59 QT
5	28014 B	Chow, Wingby	14	HK Sportworld	2:20.89 QT
Heat 2 of 5 Prelims					
1	29449 B	Leung, Wing Tsun Rachel	12	Win Tin	2:20.30 QT
2	33467 P	De Pree, Nicole Josephine	13	South China	2:17.79 QT
3	34757 P	Mcmahon, Greta Alexandra	13	South China	2:16.87 QT
4	34590 P	Won, Elizabeth Jiho	14	Island Stingrays	2:16.57 QT
5	33715 #IAZ	Ma, Gilaine	10	Tai Po	2:16.69 QT
6	22416 IAZ	Shih, Ying Tung	15	Dik Wing	2:16.91 QT
7	31630 P	Chi, Chia Yu Joy	14	South China	2:19.90 QT
8	27659 P	Lai, Lok Yee	16	Giant Whale	2:20.35 QT
Heat 3 of 5 Prelims					
1	27385 IAZ	Lam, Michelle Hiu-tung	15	South China	2:15.61 QT
2	31301 IAZ	To, Wing Yan	12	Sha Mei 318	2:14.01 QT
3	09770 IA	Li, Hannah Hang Fung	21	Kwan Hung	2:06.50 QT
4	22347 B	Wong, Sze Ting	14	Win Tin	2:02.29 QT
5	29632 IAZ	Tse, On Ching	12	Tai Po	2:03.92 QT
6	31499 IAZ	Cheung Cassandra, Farrell Ji	13	LRC	2:11.34 QT
7	31648 P	Du, Olivia Yiting	14	South China	2:14.64 QT
8	31657 IAZ	Chan, Lok Mei	11	Happy Valley	2:16.47 QT
Heat 4 of 5 Prelims					
1	32604 IAZ	Donohugh, Sophie Christina	12	South China	2:15.26 QT
2	33185 IAX	Tso, Chau Ho	14	Win Tin	2:13.69 QT
3	18028 B	Leung, Ho Ching	19	Pacific	2:06.45 QT
4	14159 B	Cheng, Camille Lily Mei	25	Hoi Tin	1:59.70 QT
5	25340 B	Leung, Yan Tung	16	Tai Po	2:03.76 QT
6	29111 B	Chan, Lok Wai	14	Happy Valley	2:08.69 QT
7	40273 P	Kerrigan, Nathalie	15	Island Stingrays	2:14.30 QT
8	24756 B	Yu, Wing Tung	15	Kwun Tong	2:16.23 QT



62nd Festival of Sport LC Time Trial - 13-Apr-19 to 14-Apr-19

Meet Program

Heat 5 Prelims... (Event 2 Women 200 LC Meter Freestyle)

1	36461 P	Mak, Rebecca Tsz Man	16	South China	2:15.23	QT
2	26940 B	Yau, Yee Shun Hannah	14	Tai Po	2:12.84	QT
3	05641 IBZ	Chan, Kin Lok	25	Win Tin	2:05.50	QT
4	21383 B	Ho, Nam Wai	16	Win Tin	1:56.83	QT
5	22842 IAZ	Tang, Tsoi Lam Katii	17	Happy Valley	2:02.91	QT
6	25607 IAZ	Lau, Ping Yi Audrey	13	Hoi Tin	2:06.89	QT
7	27774 B	Lam, Hoi Ching Summer	14	South China	2:14.27	QT
8	30461 B	Siu, Hoi Ting Carrie	15	Tai Po	2:16.06	QT

Event 3 Men 50 LC Meter Breaststroke

HKR: 28.23 TO Kenneth King Him, LWS

JR: 29.57

WCA: 27.39

WCB: 28.35

33.49 QT Qualifying Time

Meet Qualifying: 33.49

Lane	ID#	Name	Age	Team	Seed Time	
Heat 1 of 5 Prelims						
3	32776 IAZ	Lai, Wai Tsan	14	South China	33.49	QT
4	28463 IAZ	Cheung, Spencer Warwick M F	14	Current Club Ltd	33.25	QT
5	22722 B	Yap, Cheng Hei Scott	16	Lai Wa	33.49	QT
6	25442 B	Kong, Wai Chun	15	Tolo Harbour	33.49	QT
Heat 2 of 5 Prelims						
1	24340 B	Chow, Cheuk Wing	16	Sea Lion	32.99	QT
2	23201 B	So, Fermin	16	South China	32.40	QT
3	29506 B	Cheng, Chun Him	14	Dali Swimming Club	31.62	QT
4	25108 B	Au, Hao Yang	14	Win Tin	31.47	QT
5	31867 #P	Lam, Ka Chun	16	Pacific	31.54	QT
6	33407 IAZ	Chu, Ho Yin	14	Tai Po	31.74	QT
7	30572 B	Leung, Sze Hang	13	Chi Pui	32.55	QT
8	28192 IAZ	Choi, Chun Lok	19	Happy Valley	33.03	QT
Heat 3 of 5 Prelims						
1	40109 IAZ	Lee, Chun Sing Jason	15	South China	31.11	QT
2	22087 IAZ	Yung, Ting Cheung	18	Kowloon Tong Club	30.63	QT
3	22413 IAZ	Lee, Shing Yan	16	Hoi Tin	30.05	QT
4	18823 B	Ng, Michael Yu Hin	18	Chi Pui	29.21	QT
5	28535 B	Law, Tsz Hin	16	Hoi Ngai	29.46	QT
6	17949 B	Ip, Alvin Ho Shuen	17	South China	30.38	QT
7	19430 B	Mok, Yik Long	16	Win Tin	30.84	QT
8	26154 IAZ	Wong, Yat Shan	16	Dik Wing	31.47	QT
Heat 4 of 5 Prelims						
1	30024 #B	Lau, Yui Hin	16	Sword Fish Club	31.09	QT
2	27080 B	Chan, Tsz Chung Samuel	15	Sword Fish Club	30.54	QT
3	26736 IAZ	Wong, Hong Kiu	17	Tai Po	29.98	QT
4	11395 B	Chan, Yin Kwan	21	Sea Lion	29.04	QT
5	18147 B	Sanborn, Byron Longsing	24	Hoi Tin	29.36	QT
6	22994 B	Wong, Benson	16	Dali Swimming Club	30.25	QT
7	20763 IAX	Fok, Chun Wang Anthony	17	Dali Swimming Club	30.78	QT
8	25440 P	Cheng, Tsz Kin	17	HK Sportworld	31.32	QT



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Meet Program

Heat 5 Prelims... (Event 3 Men 50 LC Meter Breaststroke)

1	25569 #P	Ng, Eson	17	Dali Swimming Club	31.08	QT
2	25050 B	Kung, Lok Sum	14	Tai Po	30.51	QT
3	20272 B	Tsui, Nga Hang Jason	18	Hoi Tin	29.83	QT
4	12303 IAZ	Ng, Yan Kin	21	Hoi Tin	28.66	QT
5	29699 IAZ	Fong, Ka Yu	17	White Dolphin	29.34	QT
6	21627 #B	Au, Chun Hei	15	Dali Swimming Club	30.22	QT
7	29568 B	Chan, Chun Shek	16	Win Tin	30.72	QT
8	02591	Luk, Wing Kin Andy	29	Kwan Hung	31.23	QT

Event 4 Women 100 LC Meter Breaststroke

HKR:	1:07.69	KONG Yvette Man Yi, SCA
JR:	1:11.30	
WCA:	1:07.43	
WCB:	1:09.79	
OQT A:	1:07.07	
OST B:	1:09.08	
	1:25.13	QT Qualifying Time

Meet Qualifying: 1:25.13

Lane	ID#	Name	Age	Team	Seed Time	
Heat 1 of 5 Prelims						
3	40075 IAZ	Shum, Wai Shuen	12	Happy Valley	1:25.13	QT
4	38578 IAO	Ng, Vianca	13	Dik Wing	1:25.13	QT
5	29567 B	Chan, Wing Yan	12	Win Tin	1:25.13	QT
Heat 2 of 5 Prelims						
1	27661 IAZ	Mak, Ying Qian Phoebe	15	Giant Whale	1:24.68	QT
2	32230 B	Ko, Yu Ting	15	Giant Whale	1:22.36	QT
3	29005 B	Quah, Cheng Xi Inez	14	Jockey Club	1:21.66	QT
4	33129 #IAZ	Lau, Yui Sze	12	Sword Fish Club	1:20.62	QT
5	28998 B	Lai, Nok Hei	13	Tai Po	1:20.99	QT
6	33492 IAZ	Chu, Ching Yin Annika	12	South China	1:21.72	QT
7	29746 B	Tang, Ka Ying Lorraine	14	Jockey Club	1:22.40	QT
8	28973 IAZ	Ma, Kwai Ching Amanda	16	LRC	1:25.01	QT
Heat 3 of 5 Prelims						
1	24409 #B	Chiu, Hei Ching	14	Kowloon Tong Club	1:19.82	QT
2	28108 B	Seeto, Wai Ching	14	Keung Sang	1:17.79	QT
3	19152 IAZ	Cheung, Wing Yan	19	Tai Po	1:15.17	QT
4	30054 IAZ	Cheng, Chloe	14	Pacific	1:10.59	QT
5	30744 B	Hui, Ka Ling	14	Win Tin	1:12.72	QT
6	31524 B	Chu, Wai Ki	12	Win Tin	1:16.18	QT
7	20969 IAZ	Lui, Wing Lam	16	Lai Wa	1:18.70	QT
8	37035 IAZ	Ip, Ka Wei Katherine	12	Happy Valley	1:20.38	QT

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Meet Program

Heat 4 Prelims... (Event 4 Women 100 LC Meter Breaststroke)

1	28258 #B	Chan, Hong Yin Kara	11	Dali Swimming Club	1:19.66	QT
2	33004 B	So, Reenie	13	Win Tin	1:17.27	QT
3	29156 IAZ	Ng, Hei Tung	14	Hoi Tin	1:14.83	QT
4	29060 IAZ	Lam, Hoi Kiu	15	Hoi Tin	1:09.57	QT
5	23005 B	Lam, Hiu Wai	18	Kwun Tong	1:11.78	QT
6	34467 B	Chan, Tsz Ching	12	Sea Lion	1:15.97	QT
7	26929 B	Cheung, Yi Nian Mercedes	14	Win Tin	1:18.58	QT
8	39592 IAZ	Sng, Yan Megan	14	South China	1:20.20	QT

Heat 5 of 5 Prelims

1	34933 B	Hui, Tsz Ching	14	Tai Po	1:18.96	QT
2	26665 IAZ	Chan, Yuen Ting Charmaine	13	South China	1:16.98	QT
3	22665 IAZ	Wei, Gabrielle Jia Yun	16	Island Stingrays	1:14.53	QT
4	30162 ICX	Chang, Yujuan	19	Win Tin	1:08.61	QT
5	29139 B	Young, Sze Ki	15	Tai Po	1:11.31	QT
6	34810 IAZ	Chan, Chi Ting	13	Pacific	1:15.86	QT
7	28438 B	Lam, Hiu Nam	15	Kwun Tong	1:18.27	QT
8	30871 P	Pouillart, Chloe Chin	14	Island Stingrays	1:19.91	QT

Event 5 Men 400 LC Meter IM

HKR: 4:29.02

Alex FONG Lik-sun, SCA

JR: 4:33.86

WCA: 4:17.90

WCB: 4:26.93

OQT A: 4:15.84

OST B: 4:21.46

5:20.71

QT Qualifying Time

Meet Qualifying: 5:20.71

Lane	ID#	Name	Age	Team	Seed Time	
Heat 1 of 2 Prelims						
2	32042 #IAZ	Lee, Jia Jun Jody George	12	South China	5:20.10	QT
3	00252	Liu, Ho Fung	26	CYM	4:55.78	QT
4	33495 IAZ	Wan, Siu Chun	14	Sword Fish Club	4:43.06	QT
5	27061 IAZ	Chow, Ching Hei Julian	16	South China	4:54.76	QT
6	29059 IAZ	Ching, Lucan	14	Pacific	5:03.51	QT
Heat 2 of 2 Prelims						
2	36050 IA0	Mattoli, Luciano James Roger	16	LRC	5:11.95	QT
3	32950 IAZN	Tam, Anson Lok Tin	14	South China	4:55.72	QT
4	26123 IAZ	Wong, Wai Lun	16	Hoi Tin	4:35.92	QT
5	22210 B	Chan, Yin Ban	14	White Dolphin	4:43.69	QT
6	29579 IAZ	Kan, Tsz Chun	14	Pacific	4:55.97	QT



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Meet Program

Event 6 Women 100 LC Meter Butterfly

HKR: 58.24 Hannah WILSON, SCA
 JR: 1:01.53
 WCA: 58.48
 WCB: 1:00.53
 OQT A: 57.92
 OST B: 59.66
 1:13.26 QT Qualifying Time

Meet Qualifying: 1:13.26

Lane	ID#	Name	Age	Team	Seed Time
Heat 1 of 4 Prelims					
3	31657 IAZ	Chan, Lok Mei	11	Happy Valley	1:13.26 QT
4	31701 IAZ	Yu, Tsz Wing	14	Current Club Ltd	1:11.63 QT
5	33185 IAX	Tso, Chau Ho	14	Win Tin	1:13.17 QT
Heat 2 of 4 Prelims					
1	35308 IAF0	Koenig, Luisa Marie Jeana	16	LRC	1:10.05 QT
2	32517 B	Wong, Hoi Wai	12	Happy Valley	1:07.31 QT
3	36827 IAZ	Wong, Anthea Ching Wun	16	South China	1:02.91 QT
4	26843 B	Yue, Wai Lui Valerie	17	Happy Valley	1:01.57 QT
5	18144 IAF	Wong, Yuk Yan	19	Hoi Tin	1:02.47 QT
6	21860 B	Tam, Suet Ying	15	Win Tin	1:05.05 QT
7	33046 IAZ	Rice, Mia Louise	15	Pacific	1:08.65 QT
Heat 3 of 4 Prelims					
1	35549 B	Kwan, Cheuk Tung	13	Win Tin	1:10.03 QT
2	25091 P	Lim Katharine, Elizabeth Yin	14	LRC	1:05.92 QT
3	38093 IAZ	Wang, Yu Chi	16	Hoi Tin	1:02.54 QT
4	20540 IAZ	Kan, Cheuk Tung Natalie	16	Happy Valley	59.47 QT
5	21953 B	Chan, Tsz Ching	18	Happy Valley	1:02.41 QT
6	29240 B	Chu, Sarah Ting Yan	14	South China	1:04.74 QT
7	27774 B	Lam, Hoi Ching Summer	14	South China	1:08.58 QT
8	32037 #P	Tang, Katelyn Wing Wa	14	Jockey Club	1:10.53 QT
Heat 4 of 4 Prelims					
1	25403 IAZ	Wong, Tsz Tong Phoebe	16	South China	1:10.01 QT
2	29111 B	Chan, Lok Wai	14	Happy Valley	1:05.38 QT
3	30455 B	Lui, Ho Yee Chloe	13	Win Tin	1:02.53 QT
4	05641 IBZ	Chan, Kin Lok	25	Win Tin	58.72 QT
5	25607 IAZ	Lau, Ping Yi Audrey	13	Hoi Tin	1:01.63 QT
6	18783 IAZ	Wong, Wai Nam	17	White Dolphin	1:04.08 QT
7	29902 B	Lam, Cheuk Ue Natalie	14	Tai Po	1:07.55 QT
8	14069 IAZ	Yuen, Sin Ling	22	White Dolphin	1:10.33 QT



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Meet Program

Event 7 Men 100 LC Meter Backstroke

HKR: 56.63 CHEAH Geoffrey, SCA
 JR: 58.17
 WCA: 54.06
 WCB: 55.95
 OQT A: 53.85
 OST B: 55.47

1:09.08 QT Qualifying Time

Meet Qualifying: 1:09.08

Lane	ID#	Name	Age	Team	Seed Time
Heat 1 of 4 Prelims					
3	33935 B	Yau, Pak Ho	11	Chi Pui	1:09.08 QT
4	40419 IAO	Lo, Ze Alan	14	Lai Wa	1:09.08 QT
5	34754 IAO	Payer Emeric, Yat-long Franc	13	South China	1:09.08 QT
6	25284 B	Leung, Shing Hin	16	HK Sportworld	1:09.08 QT
Heat 2 of 4 Prelims					
1	27088 #B	Lee, Cheuk Ho	14	Dali Swimming Club	1:06.04 QT
2	29337 IAZ	Leung, Chun Yin	13	Win Tin	1:03.40 QT
3	31320 IAZ	Leung, Lok Him Barry	16	Pacific	1:00.61 QT
4	26842 IAZ	Yuk, Shing Chi	16	Pacific	56.03 QT
5	19970 IAZ	Chang, Tak Kin David	17	Chi Pui	57.67 QT
6	24751 B	Lau, Hoi Hang	14	Lai Wa	1:01.55 QT
7	29545 IAZN	Cheung, Cheuk To	13	Tai Po	1:04.10 QT
8	33519 P	Graham, Adam Louis	13	South China	1:09.08 QT
Heat 3 of 4 Prelims					
1	30435 IAZ	Chan, Chin Kan	14	Lai Wa	1:05.68 QT
2	28792 IAZ	Leung, Man Shun Anson	15	South China	1:02.12 QT
3	27239 B	Chan, Sheung Kwan	16	Keung Sang	1:00.22 QT
4	12117 IAZ	Lau, Shiu Yue	21	Hoi Tin	55.19 QT
5	28636 B	Chan, Tsz Chiu	15	Keung Sang	57.23 QT
6	33385 B	Lu, Pat Fan	13	Happy Valley	1:01.08 QT
7	26867 B	Lau, Chun Yin	16	HK Sportworld	1:03.76 QT
8	24692 IAZ	Ho, Hok Wang	17	Jockey Club	1:06.72 QT
Heat 4 of 4 Prelims					
1	28580 IAZ	Yau, Ryan Long Yuen	16	South China	1:05.19 QT
2	34197 IAZ	Ong, Chak Min	14	Tai Po	1:01.76 QT
3	11438 B	Fung, Chun Ho	21	Hoi Tin	59.55 QT
4	22533 IAZ	Ng, Cheuk Yin	16	Tai Po	54.62 QT
5	15423 IAZ	Cheung, Yau Ming	21	Giant Whale	56.03 QT
6	28439 IAZ	Cheng, Kam Fung	14	Current Club Ltd	1:00.99 QT
7	32420 IAZ	Hui, Wai Chun	15	CYM	1:03.50 QT
8	27542 B	Richard, Melvyn Chan	14	South China	1:06.17 QT



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Meet Program

Event 8 Women 50 LC Meter Backstroke

HKR: 28.33 AU Hoi Shun Stephanie, DWA

JR: 29.52

WCA: 28.22

WCB: 29.21

34.89 QT Qualifying Time

Meet Qualifying: 34.89

Lane	ID#	Name	Age	Team	Seed Time
Heat 1 of 5 Prelims					
3	36580 #B	Tang, Man Rao Jasmine	11	Tai Po	34.89 QT
4	31321 IAZ	Leung, Man Wai Yoyo	11	Pacific	34.89 QT
5	21701 IAZ	Hui, Ka Lai	20	Kowloon Tong Club	34.89 QT
Heat 2 of 5 Prelims					
1	33177 IAZ	Wun, Tsz Ching	12	Hoi Tin	34.62 QT
2	32607 P	Pimlott, Leila Renae	12	South China	34.29 QT
3	32604 IAZ	Donohugh, Sophie Christina	12	South China	34.03 QT
4	33539 IAZ	Ng, Wing Sum Minnie	13	Giant Whale	33.98 QT
5	33171 B	Chan, Sze Wing Wincy	11	Hoi Tin	34.01 QT
6	33467 P	De Pree, Nicole Josephine	13	South China	34.22 QT
7	26508 P	Lindsay, Alys Okabe Yuqi	16	Island Stingrays	34.36 QT
8	34757 P	Mcmahon, Greta Alexandra	13	South China	34.74 QT
Heat 3 of 5 Prelims					
1	35455 #B	Poon, Lok Yan	11	Chi Pui	32.78 QT
2	25097 B	Cheung, Margaret	13	Hoi Tin	31.89 QT
3	29057 B	Cheng, Jessica Chloe	13	Tai Po	30.47 QT
4	28897 IAZ	Loo, Tsz Ki Cherrie	14	Dik Wing	28.95 QT
5	26843 B	Yue, Wai Lui Valerie	17	Happy Valley	29.65 QT
6	18549 IAZ	So, Ching Laam	18	Win Tin	31.24 QT
7	24746 B	Ho, Pui Chi	15	Hoi Tin	32.15 QT
8	30309 P	Leven, Malin Elisabeth	15	South China	33.44 QT
Heat 4 of 5 Prelims					
1	31520 B	Chan, Hiu Tung Annabel	11	Win Tin	32.38 QT
2	28142 B	Lee, Man Fei	13	Win Tin	31.84 QT
3	25098 B	Fung, Suet Ying Chloe	14	Win Tin	30.06 QT
4	22719 IAZ	Wong, Kwan To	19	Hoi Tin	27.78 QT
5	23349 IAZ	Leung, Hui Tung	16	Hoi Tin	29.51 QT
6	27089 B	Chan, Ying Sen	14	Hoi Tin	31.22 QT
7	29746 B	Tang, Ka Ying Lorraine	14	Jockey Club	32.13 QT
8	25101 B	Ng, Sze Kwan	13	Kowloon Tong Club	32.90 QT
Heat 5 of 5 Prelims					
1	34404 IAZ	Hobson, Kimberly Erin	15	South China	32.36 QT
2	31597 B	Ng, Cheuk Yan	12	Hoi Tin	31.69 QT
3	17084 IAZ	Lau, Sze Wing	21	Hoi Tin	29.88 QT
4	00866 IAZ	Au, Hoi Shun Stephanie	26	Dik Wing	27.68 QT
5	10974 IAZ	Au, Hiu Pui	22	Giant Whale	29.11 QT
6	20885 B	Tsang, Hoi Lan	17	Giant Whale	31.15 QT
7	33947 IAZ	Chan, Hin Yau	12	Tai Po	31.99 QT
8	29211 B	Hsieh, Hoi Ying Katrina	13	South China	32.80 QT



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Meet Program

Event 9 Men 200 LC Meter Butterfly

HKR: 2:01.54 WONG Kai Wai David, HFS
 JR: 2:06.68
 WCA: 1:56.71
 WCB: 2:00.80
 OQT A: 1:56.48
 OST B: 1:59.97
 2:25.98 QT Qualifying Time

Meet Qualifying: 2:25.98

Lane	ID#	Name	Age	Team	Seed Time
Heat 1 of 2 Prelims					
1	30527 IAZ	Cheung, Chun Wang	14	Chi Pui	2:25.80 QT
2	28439 IAZ	Cheng, Kam Fung	14	Current Club Ltd	2:13.66 QT
3	22863 B	Chung, Hau Yin Howard	18	Southern D.	2:09.31 QT
4	20058 P	Lim Nicholas, Owen Zhaoguan	18	LRC	2:02.70 QT
5	23092 B	Chan, Chun Yip Jonathan	15	Happy Valley	2:06.45 QT
6	18172 B	Tsang, Tsz Ho	21	Happy Valley	2:13.08 QT
7	33495 IAZ	Wan, Siu Chun	14	Sword Fish Club	2:14.87 QT
Heat 2 of 2 Prelims					
1	25326 B	Lam, Tsz Him	15	Happy Valley	2:17.18 QT
2	20376 B	Tsang, Ho Yan	17	Win Tin	2:13.34 QT
3	30444 IAZ	Ho, Chung Lun	15	CYM	2:09.21 QT
4	08999 B	Ho, Tin Long	21	Win Tin	2:00.23 QT
5	16256 IAZ	Chan, James Gavin	18	Happy Valley	2:02.73 QT
6	23101 #P	Li, Chun Yin Jason	17	Happy Valley	2:11.12 QT
7	22961 B	Chan, Tsun Hin	14	White Dolphin	2:14.44 QT

Event 10 Women 200 LC Meter IM

HKR: 2:12.10 HAUGHEY Siobhan Bernadette SCA
 JR: 2:13.35
 WCA: 2:13.03
 WCB: 2:17.69
 OQT A: 2:12.56
 OST B: 2:16.54
 2:38.84 QT Qualifying Time

Meet Qualifying: 2:38.84

Lane	ID#	Name	Age	Team	Seed Time
Heat 1 of 2 Prelims					
1	33492 IAZ	Chu, Ching Yin Annika	12	South China	2:38.84 QT
2	31005 IAZ	Tan, Hannah Qi Wen	17	Island Stingrays	2:30.78 QT
3	27089 B	Chan, Ying Sen	14	Hoi Tin	2:27.48 QT
4	15445 IAZ	Liu, Karen	19	Hoi Tin	2:19.40 QT
5	27413 B	Wong, Suet Ching	15	Happy Valley	2:24.02 QT
6	31701 IAZ	Yu, Tsz Wing	14	Current Club Ltd	2:29.84 QT
7	16992 IAZ	Leung, Ching In	19	Sea Lion	2:32.55 QT

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Heat 2 Prelims... (Event 10 Women 200 LC Meter IM)

1	30871 P	Pouillart, Chloe Chin	14	Island Stingrays	2:38.36	QT
2	33046 IAZ	Rice, Mia Louise	15	Pacific	2:30.54	QT
3	22665 IAZ	Wei, Gabrielle Jia Yun	16	Island Stingrays	2:26.24	QT
4	20540 IAZ	Kan, Cheuk Tung Natalie	16	Happy Valley	2:13.42	QT
5	30054 IAZ	Cheng, Chloe	14	Pacific	2:19.94	QT
6	29449 B	Leung, Wing Tsun Rachel	12	Win Tin	2:27.55	QT
7	28438 B	Lam, Hiu Nam	15	Kwun Tong	2:31.94	QT

Event 11 Men 400 LC Meter Freestyle

HKR:	3:55.13	CHEUK Ming Ho, CPS
JR:	3:57.77	
WCA:	3:48.15	
WCB:	3:56.14	
OQT A:	3:46.78	
OST B:	3:53.58	
	4:34.03	QT Qualifying Time

Meet Qualifying: 4:34.03

Lane	ID#	Name	Age	Team	Seed Time	
Heat 1 of 3 Prelims						
3	26308 IAZ	Yip, Ching Tak	17	Csu	4:34.03	QT
4	35894 B	Chui, Ka Yeung	13	Win Tin	4:32.46	QT
5	29282 #IAZ	Lin, Lok Him Angus	12	Pacific	4:32.71	QT
6	34735 P	Umali, Juan Lucas	15	Island Stingrays	4:34.03	QT
Heat 2 of 3 Prelims						
1	25848 B	Tsang, Ho Ka	15	Win Tin	4:24.28	QT
2	22009 IAZ	Eng, Matthew Tingchen	14	Pacific	4:11.92	QT
3	24648 B	Kwok, Chun Hei	15	Hoi Tin	4:07.26	QT
4	19179 B	Tam, Sze Shing Thomas	17	Win Tin	4:02.00	QT
5	19092 IAZ	Wong, Ming Hong	18	Hoi Tin	4:04.21	QT
6	29257 B	He, Shing Ip	13	Chi Pui	4:08.04	QT
7	22824 IAZ	Wong, Lok Kan	15	Hoi Tin	4:20.01	QT
8	30184 B	Yeung, Wing Hei	13	Win Tin	4:26.69	QT
Heat 3 of 3 Prelims						
1	30889 IAZ	Tsang, Lok Hin	14	Dik Wing	4:22.64	QT
2	17507 B	Leung, Cheuk Fung	16	Dali Swimming Club	4:10.39	QT
3	27064 #P	Yeoh, Nathaniel Min-kye	15	LRC	4:05.17	QT
4	25777 B	Cheuk, Ming Ho	16	Chi Pui	3:52.28	QT
5	30192 B	Whittington, Peter Harry	15	Dali Swimming Club	4:02.78	QT
6	28345 B	Sum, Ka Lok Leo	15	White Dolphin	4:07.43	QT
7	25326 B	Lam, Tsz Him	15	Happy Valley	4:18.11	QT
8	28580 IAZ	Yau, Ryan Long Yuen	16	South China	4:25.86	QT

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Meet Program

Event 12 Women 50 LC Meter Freestyle

HKR:	25.38	HAUGHEY Siobhan Bernadette	SCA
JR:	25.38		
WCA:	25.04		
WCB:	25.92		
OQT A:	24.77		
OST B:	25.51		
	30.01	QT Qualifying Time	

Meet Qualifying: 30.01

Lane	ID#	Name	Age	Team	Seed Time
Heat 1 of 5 Prelims					
2	34757 P	Mcmahon, Greta Alexandra	13	South China	30.01 QT
3	18028 B	Leung, Ho Ching	19	Pacific	30.01 QT
4	34919 #IAZ	Fong, Ching Ki	14	Dik Wing	30.01 QT
5	22416 IAZ	Shih, Ying Tung	15	Dik Wing	30.01 QT
6	28573 B	Wong, Yu Ching	13	Hoi Tin	30.01 QT
7	40273 P	Kerrigan, Nathalie	15	Island Stingrays	30.01 QT
Heat 2 of 5 Prelims					
1	33539 IAZ	Ng, Wing Sum Minnie	13	Giant Whale	29.81 QT
2	27774 B	Lam, Hoi Ching Summer	14	South China	29.12 QT
3	37157 B	Lam, Lok Hei	12	Csu	28.99 QT
4	32604 IAZ	Donohugh, Sophie Christina	12	South China	28.79 QT
5	25101 B	Ng, Sze Kwan	13	Kowloon Tong Club	28.79 QT
6	33749 P	Standing, Emma	13	South China	29.09 QT
7	29567 B	Chan, Wing Yan	12	Win Tin	29.75 QT
8	33715 #IAZ	Ma, Gilaine	10	Tai Po	29.95 QT
Heat 3 of 5 Prelims					
1	27661 IAZ	Mak, Ying Qian Phoebe	15	Giant Whale	28.47 QT
2	29201 #B	Tsui, Choi Ching Sharon	12	Tai Po	28.24 QT
3	21701 IAZ	Hui, Ka Lai	20	Kowloon Tong Club	28.00 QT
4	25340 B	Leung, Yan Tung	16	Tai Po	26.38 QT
5	29240 B	Chu, Sarah Ting Yan	14	South China	27.17 QT
6	33467 P	De Pree, Nicole Josephine	13	South China	28.10 QT
7	31301 IAZ	To, Wing Yan	12	Sha Mei 318	28.28 QT
8	32037 #P	Tang, Katelyn Wing Wa	14	Jockey Club	28.69 QT
Heat 4 of 5 Prelims					
1	34827 B	Kong, Charis	12	Tai Po	28.47 QT
2	29936 #IAZ	Yim, Tsz Kiu Jasmine	14	Dali Swimming Club	28.19 QT
3	27659 P	Lai, Lok Yee	16	Giant Whale	27.98 QT
4	04515 ICZ	Sze, Hang Yu	31	Win Tin	25.35 QT
5	31001 IAZ	Shen, Cheuk Ki	15	Dik Wing	27.15 QT
6	26940 B	Yau, Yee Shun Hannah	14	Tai Po	28.05 QT
7	29211 B	Hsieh, Hoi Ying Katrina	13	South China	28.27 QT
8	28014 B	Chow, Wingby	14	HK Sportworld	28.52 QT

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Heat 5 Prelims... (Event 12 Women 50 LC Meter Freestyle)

1	16992 IAZ	Leung, Ching In	19	Sea Lion	28.36	QT
2	29746 B	Tang, Ka Ying Lorraine	14	Jockey Club	28.10	QT
3	31869 IAZ	Ma, Gian	14	Tai Po	27.78	QT
4	22347 B	Wong, Sze Ting	14	Win Tin	25.22	QT
5	10974 IAZ	Au, Hiu Pui	22	Giant Whale	26.50	QT
6	29542 IAZ	Yeung, Hin Yan	15	Hoi Tin	28.05	QT
7	24409 #B	Chiu, Hei Ching	14	Kowloon Tong Club	28.25	QT
8	24756 B	Yu, Wing Tung	15	Kwun Tong	28.49	QT

Event 13 Men 200 LC Meter Breaststroke

HKR: 2:15.77 MOK Kai Tik Marcus, WTS

JR: 2:18.11

WCA: 2:11.00

WCB: 2:15.59

OQT A: 2:10.35

OST B: 2:14.26

2:45.08 QT Qualifying Time

Meet Qualifying: 2:45.08

Lane	ID#	Name	Age	Team	Seed Time
Heat 1 of 5 Prelims					
2	30733 B	Lai, King Wo	12	Win Tin	2:45.08 QT
3	35893 B	Cheung, King Long	11	Chi Pui	2:44.55 QT
4	40109 IAZ	Lee, Chun Sing Jason	15	South China	2:42.97 QT
5	21627 #B	Au, Chun Hei	15	Dali Swimming Club	2:43.56 QT
6	32776 IAZ	Lai, Wai Tsan	14	South China	2:45.08 QT
7	18147 B	Sanborn, Byron Longsing	24	Hoi Tin	2:45.08 QT
Heat 2 of 5 Prelims					
1	28463 IAZ	Cheung, Spencer Warwick M F	14	Current Club Ltd	2:39.59 QT
2	33945 #B	Lai, Tsz Chun	14	Candy Row	2:38.78 QT
3	35559 B	Yam, Ming Chit Frederick	13	Win Tin	2:37.76 QT
4	30574 IAZ	Cheung, Ryan	12	Chi Pui	2:36.97 QT
5	27866 B	Tam, Man Chun Vincent	12	Chi Pui	2:37.70 QT
6	00252	Liu, Ho Fung	26	CYM	2:38.61 QT
7	24340 B	Chow, Cheuk Wing	16	Sea Lion	2:39.47 QT
8	25440 P	Cheng, Tsz Kin	17	HK Sportworld	2:39.80 QT
Heat 3 of 5 Prelims					
1	36050 IAO	Mattoli, Luciano James Roger	16	LRC	2:32.02 QT
2	23201 B	So, Fermin	16	South China	2:27.33 QT
3	22413 IAZ	Lee, Shing Yan	16	Hoi Tin	2:23.69 QT
4	12303 IAZ	Ng, Yan Kin	21	Hoi Tin	2:17.17 QT
5	26313 B	Sam, Yat Kan	15	Win Tin	2:22.57 QT
6	29568 B	Chan, Chun Shek	16	Win Tin	2:25.37 QT
7	20272 B	Tsui, Nga Hang Jason	18	Hoi Tin	2:29.30 QT
8	42679 IAZ	Wong, Kwan Hon	14	Win Tin	2:36.40 QT

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Heat 4 Prelims... (Event 13 Men 200 LC Meter Breaststroke)

1	33495 IAZ	Wan, Siu Chun	14	Sword Fish Club	2:31.26	QT
2	22961 B	Chan, Tsun Hin	14	White Dolphin	2:26.63	QT
3	27080 B	Chan, Tsz Chung Samuel	15	Sword Fish Club	2:23.65	QT
4	22994 B	Wong, Benson	16	Dali Swimming Club	2:14.80	QT
5	26736 IAZ	Wong, Hong Kiu	17	Tai Po	2:22.46	QT
6	02591	Luk, Wing Kin Andy	29	Kwan Hung	2:24.67	QT
7	22993 B	Hui, Chi Kong Matthew	15	Dali Swimming Club	2:29.15	QT
8	32950 IAZN	Tam, Anson Lok Tin	14	South China	2:35.13	QT

Heat 5 of 5 Prelims

1	13717 IAZ	Leung, Ho Wai	18	Hoi Tin	2:30.32	QT
2	33407 IAZ	Chu, Ho Yin	14	Tai Po	2:26.07	QT
3	22987 IAZ	Yuen, Kai Ho	16	Hoi Tin	2:22.95	QT
4	18823 B	Ng, Michael Yu Hin	18	Chi Pui	2:09.94	QT
5	29599 IAZ	Lai, Ching Hei	14	Pacific	2:20.33	QT
6	25569 #P	Ng, Eson	17	Dali Swimming Club	2:24.14	QT
7	27061 IAZ	Chow, Ching Hei Julian	16	South China	2:28.18	QT
8	29579 IAZ	Kan, Tsz Chun	14	Pacific	2:32.39	QT

Event 14 Women 800 LC Meter Freestyle

HKR:	8:41.66	AU Hoi Shun Stephanie, DWA
JR:	8:50.21	
WCA:	8:38.56	
WCB:	8:56.71	
OQT A:	8:33.36	
OST B:	8:48.76	
	9:50.29	QT Qualifying Time

Meet Qualifying: 9:50.29

Lane	ID#	Name	Age	Team	Seed Time	
Heat 1 of 2 Timed Finals						
2	33492 IAZ	Chu, Ching Yin Annika	12	South China	9:50.29	QT
3	35308 IAF0	Koenig, Luisa Marie Jeana	16	LRC	9:33.73	QT
4	31648 P	Du, Olivia Yiting	14	South China	9:25.74	QT
5	18545	Lam, Pac Tung Nikita	18	Tai Po	9:29.73	QT
6	26669 P	Mak, Ho Yan	15	Eastern Winter	9:50.29	QT
Heat 2 of 2 Timed Finals						
1	31499 IAZ	Cheung Cassandra, Farrell Ji	13	LRC	9:14.58	QT
2	34590 P	Won, Elizabeth Jiho	14	Island Stingrays	9:14.33	QT
3	30953 B	Ho, Sheung Wai	16	Hoi Tin	9:04.86	QT
4	21383 B	Ho, Nam Wai	16	Win Tin	8:29.61	QT
5	29060 IAZ	Lam, Hoi Kiu	15	Hoi Tin	8:49.42	QT
6	19207 B	Nip, Tsz Yin	19	Eastern Winter	9:06.55	QT
7	25091 P	Lim Katharine, Elizabeth Yin	14	LRC	9:14.49	QT
8	09770 IA	Li, Hannah Hang Fung	21	Kwan Hung	9:16.57	QT



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Meet Program

Event 15 Men 50 LC Meter Butterfly

HKR:	24.12	CHEAH Geoffrey, SCA
JR:	24.74	
WCA:	23.66	
WCB:	24.49	
	29.32	QT Qualifying Time

Meet Qualifying: 29.32

Lane	ID#	Name	Age	Team	Seed Time
Heat 1 of 5 Prelims					
3	39105 IAO	Ho, Ian Yentou	21	South China	29.32 QT
4	25442 B	Kong, Wai Chun	15	Tolo Harbour	29.32 QT
5	36166 #IAZ	Chan, Ching Hei Alvin	12	Dik Wing	29.32 QT
Heat 2 of 5 Prelims					
1	22210 B	Chan, Yin Ban	14	White Dolphin	28.99 QT
2	32042 #IAZ	Lee, Jia Jun Jody George	12	South China	28.36 QT
3	30675 B	Chan, Wai Tsun	15	Current Club Ltd	28.01 QT
4	40419 IAO	Lo, Ze Alan	14	Lai Wa	27.94 QT
5	36000 B	Chan, Chi Chung	13	White Dolphin	27.97 QT
6	32463 IAZ	Chan, Austin	13	Dik Wing	28.12 QT
7	27437 B	Chan, Yin Wang	16	Dik Wing	28.41 QT
8	25284 B	Leung, Shing Hin	16	HK Sportworld	29.32 QT
Heat 3 of 5 Prelims					
1	28888 IAZN	Yeung, Hoi Yau Angus	16	Dik Wing	27.64 QT
2	28863 #B	Leung, Chun Him	15	Dali Swimming Club	26.66 QT
3	32248 B	Li, Sing Hoi	14	Win Tin	25.71 QT
4	08999 B	Ho, Tin Long	21	Win Tin	24.49 QT
5	26842 IAZ	Yuk, Shing Chi	16	Pacific	24.94 QT
6	20419 IAM	Li, Tsz Yuen	17	Dali Swimming Club	26.24 QT
7	30024 #B	Lau, Yui Hin	16	Sword Fish Club	26.89 QT
8	29506 B	Cheng, Chun Him	14	Dali Swimming Club	27.91 QT
Heat 4 of 5 Prelims					
1	24849 IAZ	Cho, Hei Kang	16	Pacific	27.41 QT
2	20206 B	Suen, Tsz Hin	15	Chi Pui	26.60 QT
3	25254 B	Ho, Siu Lun	14	Dali Swimming Club	25.26 QT
4	20058 P	Lim Nicholas, Owen Zhaoguan	18	LRC	24.30 QT
5	13133 B	Lo, Cheuk Chun	19	Tai Po	24.85 QT
6	30499 IAO	Chan, Nathan	15	Dik Wing	25.92 QT
7	28439 IAZ	Cheng, Kam Fung	14	Current Club Ltd	26.84 QT
8	30546 B	Wong, Chak Ki	15	Sword Fish Club	27.85 QT
Heat 5 of 5 Prelims					
1	32950 IAZN	Tam, Anson Lok Tin	14	South China	27.38 QT
2	04637 IBZ	Kwan, Yui Hang	26	CYM	26.51 QT
3	07734 P	Wong, Chen Ho Jeremy	25	Hoi Tin	25.08 QT
4	22533 IAZ	Ng, Cheuk Yin	16	Tai Po	23.95 QT
5	14415 B	Law, Siu Chung	21	Happy Valley	24.78 QT
6	18079 IAZ	Lo, Jian Ming Jeffrey	23	Hoi Tin	25.84 QT
7	36556 IAZ	Yuan, Kan	16	Hoi Tin	26.77 QT
8	16201 B	Kwok, Yuk Hang	22	Kwun Tong	27.75 QT



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Meet Program

Event 16 Women 200 LC Meter Backstroke

HKR: 2:09.33 LAU Yin Yan Claudia, DLS
 JR: 2:17.31
 WCA: 2:11.53
 WCB: 2:16.13
 OQT A: 2:10.39
 OST B: 2:14.30
 2:37.67 QT Qualifying Time

Meet Qualifying: 2:37.67

Lane	ID#	Name	Age	Team	Seed Time
Heat 1 of 2 Prelims					
1	31701 IAZ	Yu, Tsz Wing	14	Current Club Ltd	2:37.67 QT
2	30878 #P	Vong, Camille Sara Jia Yi	13	LRC	2:32.65 QT
3	17084 IAZ	Lau, Sze Wing	21	Hoi Tin	2:23.26 QT
4	26843 B	Yue, Wai Lui Valerie	17	Happy Valley	2:13.82 QT
5	29057 B	Cheng, Jessica Chloe	13	Tai Po	2:18.62 QT
6	30309 P	Leven, Malin Elisabeth	15	South China	2:28.79 QT
7	31005 IAZ	Tan, Hannah Qi Wen	17	Island Stingrays	2:33.09 QT
Heat 2 of 2 Prelims					
1	34404 IAZ	Hobson, Kimberly Erin	15	South China	2:37.67 QT
2	26508 P	Lindsay, Alys Okabe Yuqi	16	Island Stingrays	2:29.30 QT
3	09959 IAZ	Mok, Hoi Man Sheron	23	Pacific	2:19.31 QT
4	22719 IAZ	Wong, Kwan To	19	Hoi Tin	2:08.91 QT
5	25098 B	Fung, Suet Ying Chloe	14	Win Tin	2:16.73 QT
6	28142 B	Lee, Man Fei	13	Win Tin	2:24.14 QT
7	28912 P	Eilers, Jodie Natasha	14	Island Stingrays	2:32.89 QT

Event 17 Men 200 LC Meter Freestyle

HKR: 1:49.58 WONG Kai Wai David, HTA
 JR: 1:52.59
 WCA: 1:47.40
 WCB: 1:51.16
 OQT A: 1:47.02
 OST B: 1:50.23
 2:10.53 QT Qualifying Time

Meet Qualifying: 2:10.53

Lane	ID#	Name	Age	Team	Seed Time
Heat 1 of 4 Prelims					
2	33519 P	Graham, Adam Louis	13	South China	2:10.53 QT
3	35894 B	Chui, Ka Yeung	13	Win Tin	2:10.09 QT
4	34735 P	Umali, Juan Lucas	15	Island Stingrays	2:09.35 QT
5	22270 B	Law, Lok Yin Alvin	18	Tuen Mun	2:09.69 QT
6	20214 B	Ho, Lok Yin	17	Win Tin	2:10.53 QT



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Meet Program

Heat 2 Prelims... (Event 17 Men 200 LC Meter Freestyle)

1	22961 B	Chan, Tsun Hin	14	White Dolphin	2:07.55	QT
2	24901 IAZ	Yau, Alfred Kap Fong	15	South China	2:02.21	QT
3	28345 B	Sum, Ka Lok Leo	15	White Dolphin	1:58.97	QT
4	20289 IAZ	Tsui, Wai Chi	16	Win Tin	1:54.45	QT
5	27064 #P	Yeoh, Nathaniel Min-kye	15	LRC	1:56.24	QT
6	20376 B	Tsang, Ho Yan	17	Win Tin	2:00.75	QT
7	25254 B	Ho, Siu Lun	14	Dali Swimming Club	2:03.23	QT
8	30527 IAZ	Cheung, Chun Wang	14	Chi Pui	2:09.32	QT

Heat 3 of 4 Prelims

1	35660 IAZ	Lee, Man Chun	12	Chi Pui	2:06.25	QT
2	25848 B	Tsang, Ho Ka	15	Win Tin	2:01.22	QT
3	17507 B	Leung, Cheuk Fung	16	Dali Swimming Club	1:58.15	QT
4	19179 B	Tam, Sze Shing Thomas	17	Win Tin	1:53.85	QT
5	30192 B	Whittington, Peter Harry	15	Dali Swimming Club	1:55.71	QT
6	25106 B	Lam, Wai Lok	15	Win Tin	2:00.45	QT
7	20379 IAZ	Lam, Chak Fung	16	Happy Valley	2:03.03	QT
8	30572 B	Leung, Sze Hang	13	Chi Pui	2:07.89	QT

Heat 4 of 4 Prelims

1	40419 IAO	Lo, Ze Alan	14	Lai Wa	2:05.99	QT
2	22824 IAZ	Wong, Lok Kan	15	Hoi Tin	2:00.82	QT
3	29257 B	He, Shing Ip	13	Chi Pui	1:57.35	QT
4	25777 B	Cheuk, Ming Ho	16	Chi Pui	1:48.82	QT
5	19092 IAZ	Wong, Ming Hong	18	Hoi Tin	1:54.47	QT
6	25138 B	Chan, Long Yin	16	Hoi Tin	1:59.90	QT
7	18634 B	Chan, Hei Chun	16	Juan Hua Club	2:02.72	QT
8	29282 #IAZ	Lin, Lok Him Angus	12	Pacific	2:07.83	QT

Event 18 Women 100 LC Meter Freestyle

HKR:	53.83	HAUGHEY Siobhan Bernadette	SCA
JR:	54.47		
WCA:	54.49		
WCB:	56.40		
OQT A:	54.38		
OST B:	56.01		
1:04.84	QT Qualifying Time		

Meet Qualifying: 1:04.84

Lane	ID#	Name	Age	Team	Seed Time
Heat 1 of 6 Prelims					
3	31657 IAZ	Chan, Lok Mei	11	Happy Valley	1:04.84 QT
4	33715 #IAZ	Ma, Gilaine	10	Tai Po	1:04.11 QT
5	36580 #B	Tang, Man Rao Jasmine	11	Tai Po	1:04.84 QT
Heat 2 of 6 Prelims					
1	34590 P	Won, Elizabeth Jiho	14	Island Stingrays	1:03.96 QT
2	33492 IAZ	Chu, Ching Yin Annika	12	South China	1:03.70 QT
3	32604 IAZ	Donohugh, Sophie Christina	12	South China	1:03.15 QT
4	29201 #B	Tsui, Choi Ching Sharon	12	Tai Po	1:02.97 QT
5	32037 #P	Tang, Katelyn Wing Wa	14	Jockey Club	1:02.99 QT
6	34827 B	Kong, Charis	12	Tai Po	1:03.26 QT
7	32230 B	Ko, Yu Ting	15	Giant Whale	1:03.91 QT



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Meet Program

Heat 3 Prelims... (Event 18 Women 100 LC Meter Freestyle)

1	36461 P	Mak, Rebecca Tsz Man	16 South China	1:02.79	QT
2	24756 B	Yu, Wing Tung	15 Kwun Tong	1:02.58	QT
3	33185 IAX	Tso, Chau Ho	14 Win Tin	1:02.27	QT
4	40273 P	Kerrigan, Nathalie	15 Island Stingrays	1:02.12	QT
5	25101 B	Ng, Sze Kwan	13 Kowloon Tong Club	1:02.19	QT
6	29936 #IAZ	Yim, Tsz Kiu Jasmine	14 Dali Swimming Club	1:02.27	QT
7	33467 P	De Pree, Nicole Josephine	13 South China	1:02.61	QT
8	27385 IAZ	Lam, Michelle Hiu-tung	15 South China	1:02.83	QT

Heat 4 of 6 Prelims

1	34404 IAZ	Hobson, Kimberly Erin	15 South China	1:01.75	QT
2	28014 B	Chow, Wingby	14 HK Sportworld	1:01.18	QT
3	29240 B	Chu, Sarah Ting Yan	14 South China	58.96	QT
4	22347 B	Wong, Sze Ting	14 Win Tin	55.22	QT
5	29632 IAZ	Tse, On Ching	12 Tai Po	57.15	QT
6	25091 P	Lim Katharine, Elizabeth Yin	14 LRC	1:00.48	QT
7	29498 B	Tang, Yee Man	14 Dik Wing	1:01.42	QT
8	28573 B	Wong, Yu Ching	13 Hoi Tin	1:02.08	QT

Heat 5 of 6 Prelims

1	31869 IAZ	Ma, Gian	14 Tai Po	1:01.71	QT
2	31499 IAZ	Cheung Cassandra, Farrell Ji	13 LRC	1:00.98	QT
3	18028 B	Leung, Ho Ching	19 Pacific	57.64	QT
4	14159 B	Cheng, Camille Lily Mei	25 Hoi Tin	54.49	QT
5	21383 B	Ho, Nam Wai	16 Win Tin	55.77	QT
6	26940 B	Yau, Yee Shun Hannah	14 Tai Po	1:00.44	QT
7	29449 B	Leung, Wing Tsun Rachel	12 Win Tin	1:01.21	QT
8	27774 B	Lam, Hoi Ching Summer	14 South China	1:01.84	QT

Heat 6 of 6 Prelims

1	27659 P	Lai, Lok Yee	16 Giant Whale	1:01.45	QT
2	31841 IAZ	Ng, Lai Wa	13 Hoi Tin	1:00.84	QT
3	05641 IBZ	Chan, Kin Lok	25 Win Tin	57.34	QT
4	06425 B	Haughey, Siobhan Bernadette	21 South China	53.83	QT
5	04515 ICZ	Sze, Hang Yu	31 Win Tin	55.23	QT
6	31001 IAZ	Shen, Cheuk Ki	15 Dik Wing	59.91	QT
7	31301 IAZ	To, Wing Yan	12 Sha Mei 318	1:01.21	QT
8	21701 IAZ	Hui, Ka Lai	20 Kowloon Tong Club	1:01.76	QT



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Meet Program

Event 19 Men 100 LC Meter Breaststroke

HKR: 1:01.91 TO Kenneth King Him, LWS

JR: 1:05.29

WCA: 59.95

WCB: 1:02.05

OQT A: 59.93

OST B: 1:01.73

1:13.91 QT Qualifying Time

Meet Qualifying: 1:13.91

Lane	ID#	Name	Age	Team	Seed Time
Heat 1 of 5 Prelims					
1	33945 #B	Lai, Tsz Chun	14	Candy Row	1:13.91 QT
2	30896 IAZ	Wong, Aidan Chun Yin	14	Jockey Club	1:13.91 QT
3	22993 B	Hui, Chi Kong Matthew	15	Dali Swimming Club	1:12.60 QT
4	32776 IAZ	Lai, Wai Tsan	14	South China	1:11.87 QT
5	28463 IAZ	Cheung, Spencer Warwick M F	14	Current Club Ltd	1:12.57 QT
6	22722 B	Yap, Cheng Hei Scott	16	Lai Wa	1:13.91 QT
7	23201 B	So, Fermin	16	South China	1:13.91 QT
8	00252	Liu, Ho Fung	26	CYM	1:13.91 QT
Heat 2 of 5 Prelims					
1	42679 IAZ	Wong, Kwan Hon	14	Win Tin	1:11.02 QT
2	22961 B	Chan, Tsun Hin	14	White Dolphin	1:10.37 QT
3	29579 IAZ	Kan, Tsz Chun	14	Pacific	1:10.19 QT
4	40109 IAZ	Lee, Chun Sing Jason	15	South China	1:09.76 QT
5	29001 B	Sun, Kai Chun	15	Win Tin	1:09.95 QT
6	36050 IA0	Mattoli, Luciano James Roger	16	LRC	1:10.19 QT
7	31867 #P	Lam, Ka Chun	16	Pacific	1:10.92 QT
8	30899 IAZ	Wong, Adam Chun To	12	Jockey Club	1:11.32 QT
Heat 3 of 5 Prelims					
1	27061 IAZ	Chow, Ching Hei Julian	16	South China	1:08.25 QT
2	21627 #B	Au, Chun Hei	15	Dali Swimming Club	1:06.84 QT
3	26313 B	Sam, Yat Kan	15	Win Tin	1:05.84 QT
4	22994 B	Wong, Benson	16	Dali Swimming Club	1:03.37 QT
5	28535 B	Law, Tsz Hin	16	Hoi Ngai	1:04.93 QT
6	19430 B	Mok, Yik Long	16	Win Tin	1:06.76 QT
7	02591	Luk, Wing Kin Andy	29	Kwan Hung	1:07.38 QT
8	13717 IAZ	Leung, Ho Wai	18	Hoi Tin	1:09.63 QT
Heat 4 of 5 Prelims					
1	33407 IAZ	Chu, Ho Yin	14	Tai Po	1:07.85 QT
2	22987 IAZ	Yuen, Kai Ho	16	Hoi Tin	1:06.80 QT
3	22413 IAZ	Lee, Shing Yan	16	Hoi Tin	1:05.14 QT
4	12303 IAZ	Ng, Yan Kin	21	Hoi Tin	1:01.52 QT
5	11395 B	Chan, Yin Kwan	21	Sea Lion	1:04.24 QT
6	29599 IAZ	Lai, Ching Hei	14	Pacific	1:06.61 QT
7	27080 B	Chan, Tsz Chung Samuel	15	Sword Fish Club	1:06.99 QT
8	25440 P	Cheng, Tsz Kin	17	HK Sportworld	1:08.59 QT



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Meet Program

Heat 5 Prelims... (Event 19 Men 100 LC Meter Breaststroke)

1	17949 B	Ip, Alvin Ho Shuen	17	South China	1:07.63	QT
2	25569 #P	Ng, Eson	17	Dali Swimming Club	1:06.77	QT
3	18147 B	Sanborn, Byron Longsing	24	Hoi Tin	1:05.00	QT
4	18823 B	Ng, Michael Yu Hin	18	Chi Pui	1:00.65	QT
5	26736 IAZ	Wong, Hong Kiu	17	Tai Po	1:04.13	QT
6	20272 B	Tsui, Nga Hang Jason	18	Hoi Tin	1:06.44	QT
7	25050 B	Kung, Lok Sum	14	Tai Po	1:06.94	QT
8	22087 IAZ	Yung, Ting Cheung	18	Kowloon Tong Club	1:08.26	QT

Event 20 Women 50 LC Meter Breaststroke

HKR:	31.74	KONG Yvette Man Yi, SCA
JR:	32.79	
WCA:	31.22	
WCB:	32.31	
	39.06	QT Qualifying Time

Meet Qualifying: 39.06

Lane	ID#	Name	Age	Team	Seed Time	
Heat 1 of 4 Prelims						
2	02405 B	Haughey, Aisling Bridget	23	South China	39.06	QT
3	27661 IAZ	Mak, Ying Qian Phoebe	15	Giant Whale	38.07	QT
4	28258 #B	Chan, Hong Yin Kara	11	Dali Swimming Club	37.53	QT
5	20969 IAZ	Lui, Wing Lam	16	Lai Wa	37.61	QT
6	40075 IAZ	Shum, Wai Shuen	12	Happy Valley	38.38	QT
7	28973 IAZ	Ma, Kwai Ching Amanda	16	LRC	39.06	QT
Heat 2 of 4 Prelims						
1	28998 B	Lai, Nok Hei	13	Tai Po	36.98	QT
2	30999 IAZ	Lau, Tsz Ching Jaime	15	Tai Po	35.84	QT
3	34810 IAZ	Chan, Chi Ting	13	Pacific	35.28	QT
4	30744 B	Hui, Ka Ling	14	Win Tin	32.61	QT
5	34467 B	Chan, Tsz Ching	12	Sea Lion	34.60	QT
6	21701 IAZ	Hui, Ka Lai	20	Kowloon Tong Club	35.52	QT
7	34933 B	Hui, Tsz Ching	14	Tai Po	35.92	QT
8	33742 IAZ	Lam, Chelsie	10	Dali Swimming Club	37.42	QT
Heat 3 of 4 Prelims						
1	30871 P	Pouillart, Chloe Chin	14	Island Stingrays	36.81	QT
2	29746 B	Tang, Ka Ying Lorraine	14	Jockey Club	35.72	QT
3	29156 IAZ	Ng, Hei Tung	14	Hoi Tin	35.05	QT
4	30162 ICX	Chang, Yajuan	19	Win Tin	32.56	QT
5	35365 B	Choy, Lai Lam	12	Hoi Tin	34.51	QT
6	38578 IAO	Ng, Vianca	13	Dik Wing	35.43	QT
7	26665 IAZ	Chan, Yuen Ting Charmaine	13	South China	35.92	QT
8	37035 IAZ	Ip, Ka Wei Katherine	12	Happy Valley	37.32	QT



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Meet Program

Heat 4 Prelims... (Event 20 Women 50 LC Meter Breaststroke)

1	24409 #B	Chiu, Hei Ching	14	Kowloon Tong Club	36.08	QT
2	39592 IAZ	Sng, Yan Megan	14	South China	35.67	QT
3	31524 B	Chu, Wai Ki	12	Win Tin	35.02	QT
4	29139 B	Young, Sze Ki	15	Tai Po	32.41	QT
5	27413 B	Wong, Suet Ching	15	Happy Valley	33.57	QT
6	33004 B	So, Reenie	13	Win Tin	35.35	QT
7	26929 B	Cheung, Yi Nian Mercedes	14	Win Tin	35.84	QT
8	33129 #IAZ	Lau, Yui Sze	12	Sword Fish Club	37.18	QT

Event 21 Men 100 LC Meter Butterfly

HKR:	53.70	CHEAH Geoffrey, SCA
JR:	54.42	
WCA:	51.96	
WCB:	53.78	
OQT A:	51.96	
OST B:	53.52	
1:06.03	QT Qualifying Time	

Meet Qualifying: 1:06.03

Lane	ID#	Name	Age	Team	Seed Time
Heat 1 of 3 Prelims					
1	22722 B	Yap, Cheng Hei Scott	16	Lai Wa	1:06.03 QT
2	28863 #B	Leung, Chun Him	15	Dali Swimming Club	1:00.89 QT
3	36556 IAZ	Yuan, Kan	16	Hoi Tin	58.31 QT
4	16256 IAZ	Chan, James Gavin	18	Happy Valley	54.87 QT
5	20289 IAZ	Tsui, Wai Chi	16	Win Tin	57.69 QT
6	24648 B	Kwok, Chun Hei	15	Hoi Tin	59.00 QT
7	32042 #IAZ	Lee, Jia Jun Jody George	12	South China	1:04.14 QT
Heat 2 of 3 Prelims					
1	25284 B	Leung, Shing Hin	16	HK Sportworld	1:05.66 QT
2	32950 IAZN	Tam, Anson Lok Tin	14	South China	59.81 QT
3	23092 B	Chan, Chun Yip Jonathan	15	Happy Valley	58.00 QT
4	20058 P	Lim Nicholas, Owen Zhaoguan	18	LRC	54.67 QT
5	22863 B	Chung, Hau Yin Howard	18	Southern D.	57.65 QT
6	20376 B	Tsang, Ho Yan	17	Win Tin	58.71 QT
7	30527 IAZ	Cheung, Chun Wang	14	Chi Pui	1:03.53 QT
Heat 3 of 3 Prelims					
1	32463 IAZ	Chan, Austin	13	Dik Wing	1:04.97 QT
2	30024 #B	Lau, Yui Hin	16	Sword Fish Club	59.18 QT
3	30444 IAZ	Ho, Chung Lun	15	CYM	57.81 QT
4	08999 B	Ho, Tin Long	21	Win Tin	53.85 QT
5	13133 B	Lo, Cheuk Chun	19	Tai Po	55.54 QT
6	28439 IAZ	Cheng, Kam Fung	14	Current Club Ltd	58.71 QT
7	24849 IAZ	Cho, Hei Kang	16	Pacific	1:01.86 QT



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Meet Program

Event 22 Women 400 LC Meter IM

HKR:	4:51.30	HAUGHEY Siobhan Bernadette	SCA
JR:	4:51.30		
WCA:	4:43.06		
WCB:	4:52.97		
OQT A:	4:38.53		
OST B:	4:46.89		
	5:38.68	QT Qualifying Time	

Meet Qualifying: 5:38.68

Lane	ID#	Name	Age	Team	Seed Time
Heat 1 of 2 Prelims					
3	31648 P	Du, Olivia Yiting	14	South China	5:16.51 QT
4	15445 IAZ	Liu, Karen	19	Hoi Tin	4:50.30 QT
5	31841 IAZ	Ng, Lai Wa	13	Hoi Tin	5:02.05 QT
6	31701 IAZ	Yu, Tsz Wing	14	Current Club Ltd	5:19.26 QT
Heat 2 of 2 Prelims					
2	33046 IAZ	Rice, Mia Louise	15	Pacific	5:32.66 QT
3	20766 B	Li, Yuet Sum Phyllis	16	Tai Po	5:03.73 QT
4	29060 IAZ	Lam, Hoi Kiu	15	Hoi Tin	4:46.18 QT
5	30054 IAZ	Cheng, Chloe	14	Pacific	4:50.91 QT
6	31005 IAZ	Tan, Hannah Qi Wen	17	Island Stingrays	5:18.67 QT

Event 23 Men 50 LC Meter Backstroke

HKR:	26.03	LAU Shiu Yue, HTA
JR:	26.81	
WCA:	25.17	
WCB:	26.05	
	32.00	QT Qualifying Time

Meet Qualifying: 32.00

Lane	ID#	Name	Age	Team	Seed Time
Heat 1 of 5 Prelims					
3	25990 B	Leung, Siu Hei	14	Win Tin	32.00 QT
4	20419 IAM	Li, Tsz Yuen	17	Dali Swimming Club	32.00 QT
5	31127 IAZ	Cheng, Chun Hong	11	Dali Swimming Club	32.00 QT
Heat 2 of 5 Prelims					
1	33519 P	Graham, Adam Louis	13	South China	32.00 QT
2	30435 IAZ	Chan, Chin Kan	14	Lai Wa	30.63 QT
3	32457 B	Lau, Chi To	12	Happy Valley	30.43 QT
4	40419 IAO	Lo, Ze Alan	14	Lai Wa	30.03 QT
5	27542 B	Richard, Melvyn Chan	14	South China	30.05 QT
6	31674 B	Cheung, Ho Lam Edison	13	Win Tin	30.48 QT
7	24692 IAZ	Ho, Hok Wang	17	Jockey Club	31.76 QT



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Heat 3 Prelims... (Event 23 Men 50 LC Meter Backstroke)

1	29545 IAZN	Cheung, Cheuk To	13	Tai Po	29.62	QT
2	27088 #B	Lee, Cheuk Ho	14	Dali Swimming Club	29.37	QT
3	19793 B	Kwok, Ching Heng	16	Hoi Ngai	27.86	QT
4	26842 IAZ	Yuk, Shing Chi	16	Pacific	25.50	QT
5	32248 B	Li, Sing Hoi	14	Win Tin	26.81	QT
6	31320 IAZ	Leung, Lok Him Barry	16	Pacific	28.13	QT
7	28888 IAZN	Yeung, Hoi Yau Angus	16	Dik Wing	29.49	QT
8	29337 IAZ	Leung, Chun Yin	13	Win Tin	30.03	QT

Heat 4 of 5 Prelims

1	26867 B	Lau, Chun Yin	16	HK Sportworld	29.53	QT
2	32420 IAZ	Hui, Wai Chun	15	CYM	28.74	QT
3	27239 B	Chan, Sheung Kwan	16	Keung Sang	27.70	QT
4	12117 IAZ	Lau, Shiu Yue	21	Hoi Tin	25.14	QT
5	28636 B	Chan, Tsz Chiu	15	Keung Sang	26.59	QT
6	34197 IAZ	Ong, Chak Min	14	Tai Po	28.03	QT
7	24751 B	Lau, Hoi Hang	14	Lai Wa	29.48	QT
8	28580 IAZ	Yau, Ryan Long Yuen	16	South China	29.91	QT

Heat 5 of 5 Prelims

1	16201 B	Kwok, Yuk Hang	22	Kwun Tong	29.53	QT
2	33385 B	Lu, Pat Fan	13	Happy Valley	28.22	QT
3	28439 IAZ	Cheng, Kam Fung	14	Current Club Ltd	27.60	QT
4	22533 IAZ	Ng, Cheuk Yin	16	Tai Po	24.71	QT
5	15423 IAZ	Cheung, Yau Ming	21	Giant Whale	26.30	QT
6	19970 IAZ	Chang, Tak Kin David	17	Chi Pui	27.99	QT
7	31028 IAO	Ho, Cyrus	14	Win Tin	29.47	QT
8	28957 IAZ	Kwok, Man Shun Linus	14	Jockey Club	29.65	QT

Event 24 Women 100 LC Meter Backstroke

HKR: 1:00.38

AU Hoi Shun Stephanie, DWA

JR: 1:03.48

WCA: 1:00.59

WCB: 1:02.71

OQT A: 1:00.25

OST B: 1:02.06

1:15.88

QT Qualifying Time

Meet Qualifying: 1:15.88

Lane	ID#	Name	Age	Team	Seed Time
Heat 1 of 4 Prelims					
1	31557 B	Lau, Yan Tung	12	Hoi Tin	1:14.73 QT
2	28912 P	Eilers, Jodie Natasha	14	Island Stingrays	1:12.94 QT
3	30878 #P	Vong, Camille Sara Jia Yi	13	LRC	1:12.20 QT
4	35455 #B	Poon, Lok Yan	11	Chi Pui	1:11.40 QT
5	23847 IAZ	Chu, Hor Ting	16	South China	1:11.98 QT
6	32607 P	Pimlott, Leila Renae	12	South China	1:12.68 QT
7	33271 B	Ng, Sin Ying Cheryl	12	Hoi Tin	1:13.55 QT
8	32604 IAZ	Donohugh, Sophie Christina	12	South China	1:15.88 QT



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Meet Program

Heat 2 Prelims... (Event 24 Women 100 LC Meter Backstroke)

1	33947 IAZ	Chan, Hin Yau	12	Tai Po	1:10.21	QT
2	25097 B	Cheung, Margaret	13	Hoi Tin	1:08.66	QT
3	17084 IAZ	Lau, Sze Wing	21	Hoi Tin	1:04.79	QT
4	26843 B	Yue, Wai Lui Valerie	17	Happy Valley	1:02.07	QT
5	28897 IAZ	Loo, Tsz Ki Cherrie	14	Dik Wing	1:03.98	QT
6	20766 B	Li, Yuet Sum Phyllis	16	Tai Po	1:08.27	QT
7	24746 B	Ho, Pui Chi	15	Hoi Tin	1:09.76	QT
8	36461 P	Mak, Rebecca Tsz Man	16	South China	1:11.38	QT

Heat 3 of 4 Prelims

1	34404 IAZ	Hobson, Kimberly Erin	15	South China	1:09.86	QT
2	20769 B	Yeung, Tsoi Yuk	16	Dik Wing	1:08.37	QT
3	29057 B	Cheng, Jessica Chloe	13	Tai Po	1:04.59	QT
4	00866 IAZ	Au, Hoi Shun Stephanie	26	Dik Wing	1:00.38	QT
5	25098 B	Fung, Suet Ying Chloe	14	Win Tin	1:03.92	QT
6	18549 IAZ	So, Ching Laam	18	Win Tin	1:07.07	QT
7	25101 B	Ng, Sze Kwan	13	Kowloon Tong Club	1:09.73	QT
8	26508 P	Lindsay, Alys Okabe Yuqi	16	Island Stingrays	1:11.22	QT

Heat 4 of 4 Prelims

1	31520 B	Chan, Hiu Tung Annabel	11	Win Tin	1:09.82	QT
2	28142 B	Lee, Man Fei	13	Win Tin	1:08.33	QT
3	23349 IAZ	Leung, Hui Tung	16	Hoi Tin	1:04.17	QT
4	22719 IAZ	Wong, Kwan To	19	Hoi Tin	59.71	QT
5	10974 IAZ	Au, Hiu Pui	22	Giant Whale	1:03.22	QT
6	21869 B	Kwan, Sum Yuet	16	Win Tin	1:05.99	QT
7	30309 P	Leven, Malin Elisabeth	15	South China	1:09.67	QT
8	29746 B	Tang, Ka Ying Lorraine	14	Jockey Club	1:10.68	QT

Event 25 Men 200 LC Meter IM

HKR: 2:01.37

TO Kenneth King Him, LWS

JR: 2:07.94

WCA: 2:00.22

WCB: 2:04.43

OQT A: 1:59.67

OST B: 2:03.26

2:28.92

QT Qualifying Time

Meet Qualifying: 2:28.92

Lane	ID#	Name	Age	Team	Seed Time	
Heat 1 of 3 Prelims						
1	32950 IAZN	Tam, Anson Lok Tin	14	South China	2:28.92	QT
2	25440 P	Cheng, Tsz Kin	17	HK Sportworld	2:23.75	QT
3	13717 IAZ	Leung, Ho Wai	18	Hoi Tin	2:17.05	QT
4	27064 #P	Yeoh, Nathaniel Min-kye	15	LRC	2:10.21	QT
5	30444 IAZ	Ho, Chung Lun	15	CYM	2:14.08	QT
6	00252	Liu, Ho Fung	26	CYM	2:19.67	QT
7	30733 B	Lai, King Wo	12	Win Tin	2:28.60	QT



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Meet Program

Heat 2 Prelims... (Event 25 Men 200 LC Meter IM)

1	28249 #B	Fung, O See Asaph	12	Kowloon Tong Club	2:28.92	QT
2	18634 B	Chan, Hei Chun	16	Juan Hua Club	2:23.58	QT
3	33495 IAZ	Wan, Siu Chun	14	Sword Fish Club	2:15.75	QT
4	28636 B	Chan, Tsz Chiu	15	Keung Sang	2:09.04	QT
5	30024 #B	Lau, Yui Hin	16	Sword Fish Club	2:14.06	QT
6	23201 B	So, Fermin	16	South China	2:18.24	QT
7	32042 #IAZ	Lee, Jia Jun Jody George	12	South China	2:26.91	QT

Heat 3 of 3 Prelims

1	36050 IAO	Mattoli, Luciano James Roger	16	LRC	2:28.79	QT
2	28439 IAZ	Cheng, Kam Fung	14	Current Club Ltd	2:19.69	QT
3	22210 B	Chan, Yin Ban	14	White Dolphin	2:15.24	QT
4	11438 B	Fung, Chun Ho	21	Hoi Tin	2:01.94	QT
5	26123 IAZ	Wong, Wai Lun	16	Hoi Tin	2:10.87	QT
6	31320 IAZ	Leung, Lok Him Barry	16	Pacific	2:17.15	QT
7	29579 IAZ	Kan, Tsz Chun	14	Pacific	2:26.73	QT

Event 26 Women 200 LC Meter Butterfly

HKR:	2:13.91	NAM Carmen, TPS
JR:	2:15.73	
WCA:	2:09.21	
WCB:	2:13.73	
OQT A:	2:08.43	
OST B:	2:12.28	
	2:31.17	QT Qualifying Time

Meet Qualifying: 2:31.17

Lane	ID#	Name	Age	Team	Seed Time	
Heat 1 of 2 Prelims						
2	29111 B	Chan, Lok Wai	14	Happy Valley	2:28.55	QT
3	29902 B	Lam, Cheuk Ue Natalie	14	Tai Po	2:25.79	QT
4	25607 IAZ	Lau, Ping Yi Audrey	13	Hoi Tin	2:15.54	QT
5	36827 IAZ	Wong, Anthea Ching Wun	16	South China	2:20.48	QT
6	18783 IAZ	Wong, Wai Nam	17	White Dolphin	2:26.59	QT
Heat 2 of 2 Prelims						
2	32517 B	Wong, Hoi Wai	12	Happy Valley	2:27.56	QT
3	25091 P	Lim Katharine, Elizabeth Yin	14	LRC	2:25.53	QT
4	15445 IAZ	Liu, Karen	19	Hoi Tin	2:14.92	QT
5	21953 B	Chan, Tsz Ching	18	Happy Valley	2:19.65	QT
6	31005 IAZ	Tan, Hannah Qi Wen	17	Island Stingrays	2:26.21	QT
7	31657 IAZ	Chan, Lok Mei	11	Happy Valley	2:31.17	QT



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Meet Program

Event 27 Men 50 LC Meter Freestyle

HKR:	22.38	TO Kenneth King Him, LWS
JR:	23.65	
WCA:	22.18	
WCB:	22.96	
OQT A:	22.01	
OST B:	22.67	
	26.11	QT Qualifying Time

Meet Qualifying: 26.11

Lane	ID#	Name	Age	Team	Seed Time
Heat 1 of 5 Prelims					
3	20214 B	Ho, Lok Yin	17	Win Tin	26.11 QT
4	33519 P	Graham, Adam Louis	13	South China	26.11 QT
5	34735 P	Umali, Juan Lucas	15	Island Stingrays	26.11 QT
Heat 2 of 5 Prelims					
2	35894 B	Chui, Ka Yeung	13	Win Tin	26.11 QT
3	40419 IAO	Lo, Ze Alan	14	Lai Wa	25.94 QT
4	17507 B	Leung, Cheuk Fung	16	Dali Swimming Club	25.57 QT
5	30546 B	Wong, Chak Ki	15	Sword Fish Club	25.67 QT
6	36000 B	Chan, Chi Chung	13	White Dolphin	25.95 QT
7	40109 IAZ	Lee, Chun Sing Jason	15	South China	26.11 QT
Heat 3 of 5 Prelims					
1	28863 #B	Leung, Chun Him	15	Dali Swimming Club	25.09 QT
2	20763 IAX	Fok, Chun Wang Anthony	17	Dali Swimming Club	24.40 QT
3	18147 B	Sanborn, Byron Longsing	24	Hoi Tin	24.10 QT
4	14415 B	Law, Siu Chung	21	Happy Valley	23.27 QT
5	20289 IAZ	Tsui, Wai Chi	16	Win Tin	23.79 QT
6	13133 B	Lo, Cheuk Chun	19	Tai Po	24.23 QT
7	04637 IBZ	Kwan, Yui Hang	26	CYM	24.67 QT
8	34197 IAZ	Ong, Chak Min	14	Tai Po	25.55 QT
Heat 4 of 5 Prelims					
1	17949 B	Ip, Alvin Ho Shuen	17	South China	25.03 QT
2	19179 B	Tam, Sze Shing Thomas	17	Win Tin	24.33 QT
3	24901 IAZ	Yau, Alfred Kap Fong	15	South China	24.07 QT
4	39105 IAO	Ho, Ian Yentou	21	South China	22.77 QT
5	32248 B	Li, Sing Hoi	14	Win Tin	23.67 QT
6	25038 B	Leung, Wing Him	16	Tai Po	24.22 QT
7	20419 IAM	Li, Tsz Yuen	17	Dali Swimming Club	24.67 QT
8	28931 IAZ	Mok, Ho Yin	15	South China	25.49 QT
Heat 5 of 5 Prelims					
1	36556 IAZ	Yuan, Kan	16	Hoi Tin	24.82 QT
2	30499 IAO	Chan, Nathan	15	Dik Wing	24.26 QT
3	18079 IAZ	Lo, Jian Ming Jeffrey	23	Hoi Tin	23.99 QT
4	15203 B	Lam, Ho Yin Martin	20	Jockey Club	22.74 QT
5	07734 P	Wong, Chen Ho Jeremy	25	Hoi Tin	23.30 QT
6	24576 IAZ	Tsang, Long Kiu	16	Dik Wing	24.12 QT
7	20058 P	Lim Nicholas, Owen Zhaoguan	18	LRC	24.63 QT
8	28888 IAZN	Yeung, Hoi Yau Angus	16	Dik Wing	25.19 QT



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Meet Program

Event 28 Women 400 LC Meter Freestyle

HKR:	4:13.81	AU Hoi Shun Stephanie, DWA
JR:	4:13.81	
WCA:	4:10.57	
WCB:	4:19.34	
OQT A:	4:07.90	
OST B:	4:15.34	
	4:52.07	QT Qualifying Time

Meet Qualifying: 4:52.07

Lane	ID#	Name	Age	Team	Seed Time
Heat 1 of 3 Prelims					
1	06425 B	Haughey, Siobhan Bernadette	21	South China	4:52.07 QT
2	28912 P	Eilers, Jodie Natasha	14	Island Stingrays	4:52.07 QT
3	33492 IAZ	Chu, Ching Yin Annika	12	South China	4:43.33 QT
4	27385 IAZ	Lam, Michelle Hiu-tung	15	South China	4:42.73 QT
5	26940 B	Yau, Yee Shun Hannah	14	Tai Po	4:42.80 QT
6	26669 P	Mak, Ho Yan	15	Eastern Winter	4:52.07 QT
7	31657 IAZ	Chan, Lok Mei	11	Happy Valley	4:52.07 QT
Heat 2 of 3 Prelims					
1	18545	Lam, Pac Tung Nikita	18	Tai Po	4:38.14 QT
2	29240 B	Chu, Sarah Ting Yan	14	South China	4:34.47 QT
3	09770 IA	Li, Hannah Hang Fung	21	Kwan Hung	4:28.10 QT
4	22842 IAZ	Tang, Tsoi Lam Katii	17	Happy Valley	4:14.20 QT
5	30953 B	Ho, Sheung Wai	16	Hoi Tin	4:27.32 QT
6	19207 B	Nip, Tsz Yin	19	Eastern Winter	4:29.49 QT
7	34590 P	Won, Elizabeth Jiho	14	Island Stingrays	4:37.42 QT
8	27774 B	Lam, Hoi Ching Summer	14	South China	4:40.56 QT
Heat 3 of 3 Prelims					
1	33759 B	Mak, Hoi Ching	12	Hoi Tin	4:37.84 QT
2	29111 B	Chan, Lok Wai	14	Happy Valley	4:34.35 QT
3	09959 IAZ	Mok, Hoi Man Sheron	23	Pacific	4:27.53 QT
4	21383 B	Ho, Nam Wai	16	Win Tin	4:05.59 QT
5	16884 IAZ	Wong, Cho Ying	18	Win Tin	4:21.41 QT
6	25607 IAZ	Lau, Ping Yi Audrey	13	Hoi Tin	4:28.92 QT
7	35308 IAF0	Koenig, Luisa Marie Jeana	16	LRC	4:34.54 QT
8	31648 P	Du, Olivia Yiting	14	South China	4:40.45 QT



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Meet Program

Event 29 Men 1500 LC Meter Freestyle

HKR: 15:38.76 CHEUK Ming Ho, CPS
 JR: 16:00.66
 WCA: 15:07.38
 WCB: 15:39.14
 OQT A: 15:00.99
 OST B: 15:28.02
 18:35.64 QT Qualifying Time

Meet Qualifying: 18:35.64

Lane	ID#	Name	Age	Team	Seed Time
Heat 1 of 3 Timed Finals					
2	22270 B	Law, Lok Yin Alvin	18	Tuen Mun	18:00.20 QT
3	26308 IAZ	Yip, Ching Tak	17	Csu	17:55.29 QT
4	33495 IAZ	Wan, Siu Chun	14	Sword Fish Club	17:07.59 QT
5	25889 IAZ	Chung, Yu Jing	14	Hoi Tin	17:22.75 QT
6	29849 B	Yeung, Cheuk Hay Hayden	13	Chi Pui	17:55.52 QT
Heat 2 of 3 Timed Finals					
1	27061 IAZ	Chow, Ching Hei Julian	16	South China	17:00.78 QT
2	20379 IAZ	Lam, Chak Fung	16	Happy Valley	16:52.65 QT
3	28345 B	Sum, Ka Lok Leo	15	White Dolphin	16:47.93 QT
4	23092 B	Chan, Chun Yip Jonathan	15	Happy Valley	16:39.58 QT
5	05296 B	Hui, Chun Hin	26	Eastern Winter	16:43.89 QT
6	18172 B	Tsang, Tsz Ho	21	Happy Valley	16:48.21 QT
7	23101 #P	Li, Chun Yin Jason	17	Happy Valley	16:56.25 QT
8	25326 B	Lam, Tsz Him	15	Happy Valley	17:05.02 QT
Heat 3 of 3 Timed Finals					
1	21052 B	Thorley, William Yan	16	Sha Mei 318	16:31.30 QT
2	05302 IAZ	Poon, Ching Leung Sunny	23	Tai Po	16:23.62 QT
3	16256 IAZ	Chan, James Gavin	18	Happy Valley	16:22.16 QT
4	25777 B	Cheuk, Ming Ho	16	Chi Pui	15:25.42 QT
5	29257 B	He, Shing Ip	13	Chi Pui	16:17.64 QT
6	24648 B	Kwok, Chun Hei	15	Hoi Tin	16:22.75 QT
7	03439 IAZ	Sin, Chin Ting Keith	24	South China	16:26.97 QT
8	22009 IAZ	Eng, Matthew Tingchen	14	Pacific	16:33.38 QT

Event 30 Women 200 LC Meter Breaststroke

HKR: 2:27.96 KONG Yvette Man Yi, SCA
 JR: 2:32.79
 WCA: 2:25.91
 WCB: 2:31.02
 OQT A: 2:25.52
 OST B: 2:29.89
 3:03.83 QT Qualifying Time

Meet Qualifying: 3:03.83

Lane	ID#	Name	Age	Team	Seed Time
Heat 1 of 5 Prelims					
3	28973 IAZ	Ma, Kwai Ching Amanda	16	LRC	2:59.95 QT
4	29746 B	Tang, Ka Ying Lorraine	14	Jockey Club	2:59.36 QT
5	27661 IAZ	Mak, Ying Qian Phoebe	15	Giant Whale	2:59.40 QT



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Meet Program

Heat 2 Prelims... (Event 30 Women 200 LC Meter Breaststroke)

1	29005 B	Quah, Cheng Xi Inez	14	Jockey Club	2:59.02	QT
2	39592 IAZ	Sng, Yan Megan	14	South China	2:56.32	QT
3	33492 IAZ	Chu, Ching Yin Annika	12	South China	2:54.45	QT
4	37035 IAZ	Ip, Ka Wei Katherine	12	Happy Valley	2:52.78	QT
5	27640 #B	Chen, Yu Xin	13	Chi Pui	2:53.94	QT
6	33046 IAZ	Rice, Mia Louise	15	Pacific	2:55.40	QT
7	32230 B	Ko, Yu Ting	15	Giant Whale	2:57.38	QT

Heat 3 of 5 Prelims

1	25430 B	Lam, Oi In Peri	17	Win Tin	2:48.90	QT
2	28108 B	Seeto, Wai Ching	14	Keung Sang	2:45.87	QT
3	30744 B	Hui, Ka Ling	14	Win Tin	2:38.13	QT
4	30054 IAZ	Cheng, Chloe	14	Pacific	2:31.59	QT
5	29139 B	Young, Sze Ki	15	Tai Po	2:36.35	QT
6	31524 B	Chu, Wai Ki	12	Win Tin	2:42.52	QT
7	28998 B	Lai, Nok Hei	13	Tai Po	2:48.04	QT
8	34933 B	Hui, Tsz Ching	14	Tai Po	2:50.89	QT

Heat 4 of 5 Prelims

1	20969 IAZ	Lui, Wing Lam	16	Lai Wa	2:48.37	QT
2	30999 IAZ	Lau, Tsz Ching Jaime	15	Tai Po	2:45.40	QT
3	02405 B	Haughey, Aisling Bridget	23	South China	2:37.89	QT
4	30162 ICX	Chang, Yujuan	19	Win Tin	2:28.93	QT
5	22665 IAZ	Wei, Gabrielle Jia Yun	16	Island Stingrays	2:36.28	QT
6	33004 B	So, Reenie	13	Win Tin	2:41.46	QT
7	30871 P	Pouillart, Chloe Chin	14	Island Stingrays	2:47.08	QT
8	33129 #IAZ	Lau, Yui Sze	12	Sword Fish Club	2:49.20	QT

Heat 5 of 5 Prelims

1	26665 IAZ	Chan, Yuen Ting Charmaine	13	South China	2:48.05	QT
2	34467 B	Chan, Tsz Ching	12	Sea Lion	2:43.75	QT
3	29156 IAZ	Ng, Hei Tung	14	Hoi Tin	2:36.65	QT
4	29060 IAZ	Lam, Hoi Kiu	15	Hoi Tin	2:28.79	QT
5	23005 B	Lam, Hiu Wai	18	Kwun Tong	2:33.30	QT
6	19152 IAZ	Cheung, Wing Yan	19	Tai Po	2:38.21	QT
7	28438 B	Lam, Hiu Nam	15	Kwun Tong	2:46.71	QT
8	28258 #B	Chan, Hong Yin Kara	11	Dali Swimming Club	2:49.04	QT



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Meet Program

Event 31 Men 200 LC Meter Backstroke

HKR: 2:05.47 Alex FONG Lik-sun, SCA
 JR: 2:07.52
 WCA: 1:58.34
 WCB: 2:02.48
 OQT A: 1:57.50
 OST B: 2:01.03
 2:28.79 QT Qualifying Time

Meet Qualifying: 2:28.79

Lane	ID#	Name	Age	Team	Seed Time
Heat 1 of 3 Prelims					
1	32457 B	Lau, Chi To	12	Happy Valley	2:26.76 QT
2	29337 IAZ	Leung, Chun Yin	13	Win Tin	2:20.60 QT
3	33385 B	Lu, Pat Fan	13	Happy Valley	2:13.10 QT
4	25254 B	Ho, Siu Lun	14	Dali Swimming Club	2:02.57 QT
5	28636 B	Chan, Tsz Chiu	15	Keung Sang	2:05.44 QT
6	28957 IAZ	Kwok, Man Shun Linus	14	Jockey Club	2:17.78 QT
7	27542 B	Richard, Melvyn Chan	14	South China	2:24.53 QT
Heat 2 of 3 Prelims					
1	32420 IAZ	Hui, Wai Chun	15	CYM	2:25.29 QT
2	26867 B	Lau, Chun Yin	16	HK Sportworld	2:18.97 QT
3	27239 B	Chan, Sheung Kwan	16	Keung Sang	2:11.93 QT
4	15423 IAZ	Cheung, Yau Ming	21	Giant Whale	2:01.19 QT
5	26842 IAZ	Yuk, Shing Chi	16	Pacific	2:05.24 QT
6	24751 B	Lau, Hoi Hang	14	Lai Wa	2:15.81 QT
7	28580 IAZ	Yau, Ryan Long Yuen	16	South China	2:23.71 QT
8	33519 P	Graham, Adam Louis	13	South China	2:28.79 QT
Heat 3 of 3 Prelims					
1	34754 IAO	Payer Emeric, Yat-long Franc	13	South China	2:24.81 QT
2	22210 B	Chan, Yin Ban	14	White Dolphin	2:18.30 QT
3	19970 IAZ	Chang, Tak Kin David	17	Chi Pui	2:06.26 QT
4	22533 IAZ	Ng, Cheuk Yin	16	Tai Po	1:59.14 QT
5	12117 IAZ	Lau, Shiu Yue	21	Hoi Tin	2:04.16 QT
6	31320 IAZ	Leung, Lok Him Barry	16	Pacific	2:14.20 QT
7	30435 IAZ	Chan, Chin Kan	14	Lai Wa	2:21.12 QT
8	29052 IAO	Ng, Philip	13	Chi Pui	2:28.20 QT



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Meet Program

Event 32 Women 50 LC Meter Butterfly

HKR: 26.66 Hannah WILSON, SCA

JR: 27.69

WCA: 26.34

WCB: 27.26

33.09 QT Qualifying Time

Meet Qualifying: 33.09

Lane	ID#	Name	Age	Team	Seed Time
Heat 1 of 5 Prelims					
2	34404 IAZ	Hobson, Kimberly Erin	15	South China	33.04 QT
3	25403 IAZ	Wong, Tsz Tong Phoebe	16	South China	32.48 QT
4	29115 B	Lam, Shun Hei	14	Tai Po	32.21 QT
5	35455 #B	Poon, Lok Yan	11	Chi Pui	32.28 QT
6	31321 IAZ	Leung, Man Wai Yoyo	11	Pacific	32.67 QT
7	38578 IAO	Ng, Vianca	13	Dik Wing	33.09 QT
Heat 2 of 5 Prelims					
1	35549 B	Kwan, Cheuk Tung	13	Win Tin	31.62 QT
2	29902 B	Lam, Cheuk Ue Natalie	14	Tai Po	31.36 QT
3	33749 P	Standing, Emma	13	South China	31.27 QT
4	27403 IAZ	Yuen, Hiu Tung Alyssa	14	Lai Tsun	31.04 QT
5	31301 IAZ	To, Wing Yan	12	Sha Mei 318	31.18 QT
6	32517 B	Wong, Hoi Wai	12	Happy Valley	31.32 QT
7	33540 B	Kwok, Tsz Yu	15	Giant Whale	31.42 QT
8	30309 P	Leven, Malin Elisabeth	15	South China	32.08 QT
Heat 3 of 5 Prelims					
1	32037 #P	Tang, Katelyn Wing Wa	14	Jockey Club	30.66 QT
2	29936 #IAZ	Yim, Tsz Kiu Jasmine	14	Dali Swimming Club	30.14 QT
3	18783 IAZ	Wong, Wai Nam	17	White Dolphin	28.91 QT
4	20540 IAZ	Kan, Cheuk Tung Natalie	16	Happy Valley	27.01 QT
5	36827 IAZ	Wong, Anthea Ching Wun	16	South China	28.24 QT
6	27774 B	Lam, Hoi Ching Summer	14	South China	29.86 QT
7	29449 B	Leung, Wing Tsun Rachel	12	Win Tin	30.25 QT
8	27640 #B	Chen, Yu Xin	13	Chi Pui	30.75 QT
Heat 4 of 5 Prelims					
1	31520 B	Chan, Hiu Tung Annabel	11	Win Tin	30.57 QT
2	27659 P	Lai, Lok Yee	16	Giant Whale	30.10 QT
3	38093 IAZ	Wang, Yu Chi	16	Hoi Tin	28.51 QT
4	04515 ICZ	Sze, Hang Yu	31	Win Tin	26.75 QT
5	30455 B	Lui, Ho Yee Chloe	13	Win Tin	28.11 QT
6	29498 B	Tang, Yee Man	14	Dik Wing	29.50 QT
7	21860 B	Tam, Suet Ying	15	Win Tin	30.24 QT
8	40273 P	Kerrigan, Nathalie	15	Island Stingrays	30.75 QT



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Meet Program

Heat 5 Prelims... (Event 32 Women 50 LC Meter Butterfly)

1	18549 IAZ	So, Ching Laam	18	Win Tin	30.49	QT
2	14779 IAZ	To, Long Yan Esther	21	Giant Whale	30.03	QT
3	25098 B	Fung, Suet Ying Chloe	14	Win Tin	28.51	QT
4	05641 IBZ	Chan, Kin Lok	25	Win Tin	26.54	QT
5	18144 IAF	Wong, Yuk Yan	19	Hoi Tin	27.48	QT
6	27413 B	Wong, Suet Ching	15	Happy Valley	29.33	QT
7	10974 IAZ	Au, Hiu Pui	22	Giant Whale	30.17	QT
8	14069 IAZ	Yuen, Sin Ling	22	White Dolphin	30.67	QT

