



**Organizer**  
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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)

**64<sup>th</sup> Festival of Sport - Hong Kong Long Course Swimming Time Trial II**

**第 64 屆體育節 - 香港長池游泳計時賽 II**

**18 April 2021 (Sun)**

二零二一年四月十八日(星期日)

**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**

## 64th Festival of Sport - Hong Kong Long Course Swimming Time Trial II

| No. of Entries by Event |                        |           |
|-------------------------|------------------------|-----------|
| Event #                 | Event Name             | Entries   |
| 1                       | Men 200 IM             | 5         |
| 2                       | Women 100 Butterfly    | 7         |
| 3                       | Men 200 Butterfly      | 2         |
| 4                       | Women 200 Freestyle    | 6         |
| 5                       | Men 50 Freestyle       | 2         |
| 6                       | Women 100 Breaststroke | 3         |
| 7                       | Men 100 Breaststroke   | 3         |
| 8                       | Women 50 Freestyle     | 7         |
| 9                       | Men 400 Freestyle      | 5         |
| 10                      | Women 100 Backstroke   | 6         |
| 11                      | Men 200 Backstroke     | 1         |
| 12                      | Women 100 Freestyle    | 11        |
| 13                      | Men 400 IM             | 4         |
| 14                      | Women 200 Backstroke   | 5         |
| 15                      | Men 100 Backstroke     | 3         |
| 16                      | Women 400 Freestyle    | 5         |
| 17                      | Men 200 Freestyle      | 5         |
| 18                      | Women 200 Breaststroke | 3         |
| 19                      | Men 200 Breaststroke   | 3         |
| 20                      | Women 200 IM           | 7         |
| <b>Total</b>            |                        | <b>93</b> |

| Entry information by Day |                |           |
|--------------------------|----------------|-----------|
| Day / Session            | No. of Entries | Total     |
| <b>A.M.</b>              | <b>47</b>      | <b>93</b> |
| <b>P.M.</b>              | <b>46</b>      |           |

**64<sup>th</sup> Festival of Sport - Hong Kong Long Course Swimming Time Trial II**  
**第64屆體育節 - 香港長池游泳計時賽 II**

**Date :** 18<sup>th</sup> April 2021  
**日期:** 2021年4月18日

Morning Warm Up : 0800-0845 Hrs  
 上午熱身

Afternoon Warm Up : 1400 - 1445 Hrs  
 下午熱身:

**Venue:** HKSI  
 地點: 香港體育學院

Morning First Event : 0900 Hrs  
 上午比賽:

Afternoon First Event : 1500 Hrs  
 下午比賽:

| Start Time                                  |            | Women 女 |      |      | OQT / "A" Time    | OQT / "A" Time + 1% | OST / "B" Time | OST / "B" Time + 1% | Men男    |    |
|---------------------------------------------|------------|---------|------|------|-------------------|---------------------|----------------|---------------------|---------|----|
| AM                                          | 0900 hours |         | Open | 200M | INDIVIDUAL MEDLEY | 1:59.67             | 2:00.87        | 2:03.26             | 2:04.49 | 1  |
|                                             | 0910 hours | 2       | Open | 100M | BUTTERFLY         | 57.92               | 58.50          | 59.66               | 1:00.26 |    |
|                                             | 0920 hours |         | Open | 200M | BUTTERFLY         | 1:56.48             | 1:57.64        | 1:59.97             | 2:01.17 | 3  |
|                                             | 0930 hours | 4       | Open | 200M | FREESTYLE         | 1:57.28             | 1:58.45        | 2:00.80             | 2:02.01 |    |
|                                             | 0940 hours |         | Open | 50M  | FREESTYLE         | 22.01               | 22.23          | 22.67               | 22.90   | 5  |
|                                             | 0950 hours | 6       | Open | 100M | BREASTSTROKE      | 1:07.07             | 1:07.74        | 1:09.08             | 1:09.77 |    |
|                                             | 1000 hours |         | Open | 100M | BREASTSTROKE      | 59.93               | 1:00.53        | 1:01.73             | 1:02.35 | 7  |
|                                             | 1010 hours | 8       | Open | 50M  | FREESTYLE         | 24.77               | 25.02          | 25.51               | 25.77   |    |
|                                             | 1020 hours |         | Open | 400M | FREESTYLE         | 3:46.78             | 3:49.05        | 3:53.58             | 3:55.92 | 9  |
|                                             | 1030 hours | 10      | Open | 100M | BACKSTROKE        | 1:00.25             | 1:00.85        | 1:02.06             | 1:02.68 |    |
|                                             | 1040 hours |         | Open | 200M | BACKSTROKE        | 1:57.50             | 1:58.68        | 2:01.03             | 2:02.24 | 11 |
| *2 <sup>nd</sup> attempt OST/B + 1% swimmer |            |         |      |      |                   |                     |                |                     |         |    |
| Break                                       |            |         |      |      |                   |                     |                |                     |         |    |
| PM                                          | 1500 hours | 12      | Open | 100M | FREESTYLE         | 54.38               | 54.92          | 56.01               | 56.57   |    |
|                                             | 1510 hours |         | Open | 400M | INDIVIDUAL MEDLEY | 4:15.84             | 4:18.40        | 4:21.46             | 4:24.07 | 13 |
|                                             | 1520 hours | 14      | Open | 200M | BACKSTROKE        | 2:10.39             | 2:11.69        | 2:14.30             | 2:15.64 |    |
|                                             | 1530 hours |         | Open | 100M | BACKSTROKE        | 53.85               | 54.39          | 55.47               | 56.02   | 15 |
|                                             | 1540 hours | 16      | Open | 400M | FREESTYLE         | 4:07.90             | 4:10.38        | 4:15.34             | 4:17.89 |    |
|                                             | 1550 hours |         | Open | 200M | FREESTYLE         | 1:47.02             | 1:48.09        | 1:50.23             | 1:51.33 | 17 |
|                                             | 1600 hours | 18      | Open | 200M | BREASTSTROKE      | 2:25.52             | 2:26.98        | 2:29.89             | 2:31.39 |    |
|                                             | 1610 hours |         | Open | 200M | BREASTSTROKE      | 2:10.35             | 2:11.65        | 2:14.26             | 2:15.60 | 19 |
|                                             | 1620 hours | 20      | Open | 200M | INDIVIDUAL MEDLEY | 2:12.56             | 2:13.89        | 2:16.54             | 2:17.91 |    |
| *2 <sup>nd</sup> attempt OST/B + 1% swimmer |            |         |      |      |                   |                     |                |                     |         |    |

截止報名日期 **CLOSING DATE FOR ENTRIES: 7<sup>th</sup> April 2021 (Wednesday) (1200 noon)**

\*subject to swimmer who has achieved OST/B +1% or faster in first trial in concerned event

**2<sup>nd</sup> Trial Entry Form shall submit by HKSI Coaches within 30 minutes after official result show on scoreboard**

**64<sup>th</sup> Festival of Sport**  
**Hong Kong Long Course Swimming Time Trial II (18<sup>th</sup> April 2021)**  
**SWIMMING COMPETITIONS**

*Rules & Regulations*

|                                      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |
|--------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Date / Venue</b>                  | 18 <sup>th</sup> April 2021 (Sunday) Hong Kong Sports Institute Swimming Pool                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
| <b>Organizer</b>                     | Sports Federation & Olympic Committee of Hong Kong, China (SF&OC)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
| <b>Co-organizer</b>                  | Hong Kong Amateur Swimming Association                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
| <b>Subvented By</b>                  | Leisure and Cultural Services Department                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
| <b>Entry Conditions</b>              | <ul style="list-style-type: none"> <li>❖ All competitors must be 2021 – 2022 registered age group swimmers of HKASA and register to HKASA on or before <b>1<sup>st</sup> April 2021</b></li> <li>❖ <b>Must be HKSI ETG swimmers (Full time and Part Time);</b> Not including HKSI Potential Swimmers</li> <li>❖ <b>Only LC Results achieved from recent 2 years will be considered, i.e. from 1<sup>st</sup> January 2019 – 17<sup>th</sup> April 2021</b></li> <li>❖ <b>Top 8 in each event</b></li> </ul>                                                                                                                                                                                                                                       |
| <b>Entries</b>                       | <ul style="list-style-type: none"> <li>❖ Incomplete/incorrect entry information will be rejected and fees paid will not be refunded.</li> <li>❖ Late entries will not be accepted.</li> </ul> <p><u>Individual Events</u></p> <ul style="list-style-type: none"> <li>❖ <b>Each swimmer is NO limit to individual events</b></li> <li>❖ *HK\$15 per individual event</li> <li>❖ *Paid by cheque. Crossed cheque made payable to 'HKASA'.</li> <li>❖ Swimmer can apply for the 2<sup>nd</sup> Trial after they has achieved OST/B Time+1% or faster in the first trial of the concerned event.</li> <li>❖ <b>2<sup>nd</sup> Trial Entry Form shall submit by HKSI Coaches within 30 minutes after official result show on scoreboard</b></li> </ul> |
| <b>Closing Date for Registration</b> | 1 <sup>st</sup> April 2021 (Wednesday) 1200 noon                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
| <b>Closing Date for Entries</b>      | 7 <sup>th</sup> April 2021 (Wednesday) 1200 noon                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
| <b>Event list</b>                    | Please see attached event list. Events will be run as timed finals.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
| <b>Scratches</b>                     | Scratches must be submitted 30 minutes before the scheduled start time of each session. A fine of \$30 will be charged for each “no show”.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
| <b>Rules</b>                         | <ul style="list-style-type: none"> <li>❖ FINA rules &amp; HKASA swimming rules will apply.</li> <li>❖ <b>There is only ONE Heat in each event. (Top 8)</b></li> <li>❖ Swimmers who apply for split time record should submit application form with application fee <b>HK\$300</b> to the Referee 30 minutes before the start of each session. <b>Fee paid will not be refunded in any case.</b></li> </ul>                                                                                                                                                                                                                                                                                                                                        |
| <b>Infection Control Measure</b>     | All participants (Swimmers, Coaches and Officials) must follow the Infection Control Measure Guidelines. Please see the attachment.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
| <b>Protest</b>                       | <ul style="list-style-type: none"> <li>❖ Any protest shall be made in writing to the referee within 30 minutes following the result announcement of the respective event with protest fee of <b>HK\$300</b>.</li> <li>❖ Protest will be forward to the Appeal Board of such competition for decision. (Within 48 hours)</li> <li>❖ If the protest is rejected, the fee paid will be forfeited to the HKASA.</li> </ul>                                                                                                                                                                                                                                                                                                                            |

香港業餘游泳總會  
第 64 屆體育節-香港長池游泳計時賽 II  
比賽規程

|         |                                                                                                                                                                                                                                                           |
|---------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 日期/場地：  | 二零二一年四月十八日(星期日)<br>體育學院游泳池                                                                                                                                                                                                                                |
| 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                                                                                                                                                                                                                                                  |
| 報名條件：   | <p>✧ 所有參賽者必須為游泳總會正式註冊的 2021-2022 年度分齡組泳員，並於二零二一年四月一日或之前註冊</p> <p>✧ 只限體育學院資助運動員(全職及兼職泳員)；不包括體育學院潛質運動員</p> <p>✧ 所有項目只接受最近兩年長池比賽報名成績 (2019 年 1 月 1 日至 2021 年 4 月 17 日)</p> <p>✧ 所有項目只設 1 組 (最快 8 名)</p>                                                      |
| 報名：     | <p>✧ 未填妥及不正確的報名資料，將不獲受理，報名費概不發還</p> <p>✧ 截止後的報名將不獲受理</p> <p><u>個人項目</u></p> <p>✧ 每名泳員 <u>不設</u> 報名數目上限</p> <p>✧ *每項名費為港幣\$15 元正<br/>*支票請劃線，抬頭寫 HKASA</p> <p>✧ 運動員如於其參賽項目達到奧運 B 標+1%或更高水平，可申請參加第二次測試賽</p> <p>✧ 第二次測試報名表必須由體育學院教練於電子計分板顯示正式成績後 30 分鐘內提交</p> |
| 截止註冊：   | 二零二一年四月一日(星期三)十二時正或之前辦妥                                                                                                                                                                                                                                   |
| 截止報名：   | 二零二一年四月七日(星期三) 十二時正或之前辦妥                                                                                                                                                                                                                                  |
| 項目：     | 請參閱項目表。所有項目不設初賽，名次以比賽成績計算                                                                                                                                                                                                                                 |
| 棄權：     | 棄權須於每節開賽三十分鐘前遞交。“缺席”的罰款為每項港幣\$30 元正                                                                                                                                                                                                                       |
| 規則：     | <p>✧ 比賽採用國際泳聯規則及泳總游泳競賽 規程</p> <p>✧ 所有項目只設一組。(最快 8 名)</p> <p>✧ 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</p>                                                                                                                             |
| 防疫措施指引： | ✧ 所有參加者(包括運動員，教練及工作人員)必須遵守防疫措施指引。請參考附件                                                                                                                                                                                                                    |
| 上訴：     | <p>✧ 任何上訴須以書面提出，並須在該成績公佈後三十分鐘內，連同上訴費港幣\$300 元遞交予總裁判</p> <p>✧ 上訴交由該比賽之上訴委員會作決定(48 小時內處理)</p> <p>✧ 若上訴被駁回，已繳費用概不發還</p>                                                                                                                                      |



# HONG KONG AMATEUR SWIMMING ASSOCIATION

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## **防疫措施指引 及 比賽安排** **Infection Control Measure Guidelines and** **Competition Arrangement**

賽事將以閉門方式進行，不設觀賽。

**The competition will be held behind closed-door.**

### **防疫措施指引 / Infection Control Measure Guidelines:**

1. 所有工作人員和兼職運動員必須於 **4月15日 8:00 am – 9:30 am** 交回由體院提供的測試套件樣本到體院指定地方(見圖 3)。獲得陰性結果並在比賽當日經體院人員確認身份後方可進入體院游泳池工作或參賽，並在任何時間不可前往其他體院場地。

All officials and Part-time athletes must return the specimen bottle (provided by HKSI) to HKSI designated point (Appendix 3) **in between 8:00 am – 9:30 am on 15<sup>th</sup> April 2021**. All officials and Part-time athletes could only enter HKSI with a negative COVID-19 test result and confirming their identities by the HKSI staff on 18<sup>th</sup> April 2021. All officials and part-time athletes could not visit any sports facilities other than the swimming pools in HKSI on 18<sup>th</sup> April 2021.

2. 所有工作人員及泳員均只可從 體院 52 米游泳池(主池) 的正門樓梯進入游泳池(電梯不提供服務)。泳員前往 25 米游泳池只可從主池 與 副池中間的通道往返。

To enter the HKSI 52m Swimming Pool, all officials and swimmers must use the staircase located at the main entrance of the HKSI 52m Swimming Pool (the lift will be closed). All swimmers must enter HKSI 25m swimming pool by passing through from pool deck of the HKSI 52m Swimming Pool.

3. 全職運動員、教練員只能從更衣室一邊進出游泳池池面，教練辦公室一邊的池面被封住，只供工作人員和兼職運動員使用(見圖 1)。

Full-time athletes and HKSI coaches can only enter and exit the swimming pool from one side of the changing room. The swimming pool entrance on the side of the HKSI Coaches' office will be sealed and used by the officials and Part-time athletes only (Appendix 1).

4. 全職和兼職的運動員需使用不同更衣室。運動員使用更衣室要按社交距離作出措施(體院已經在更衣室做出指示)。

Full-time and Part-time athletes shall use the different changing rooms in accordance with the HKSI social distance arrangements.



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5. 游泳池看台劃分小區，每區最多讓 2 - 4 名泳員作等待或休息(見圖 2)。

The spectator stand is reserved for swimmers only and will be divided into small areas for swimmers' waiting and resting. Each area shall not house more than 2 - 4 swimmers (Appendix 2).

6. 運動員如需藥檢，藥檢人員及藥檢陪同人員必須穿戴整齊防護裝備（整套防護裝備由體院提供）以便近距離監督運動員留取樣本，並在不與運動員有身體接觸的情況下，隔著一張桌子來辦理藥檢手續。

Doping Control Officer and Chaperone: If Doping test is needed, Doping Control Officer and Chaperone must wear the personal protective equipment and gown provided by HKSI to collect the sample from the swimmers. Doping Control Officer and Chaperone shall not have any body contact with the swimmers. One table shall be set between the Doping Control Officer and swimmer during the sample collection in the doping station.

7. 所有工作人員及下午有賽事的兼職運動員必須留在體院游泳池內由體院餐廳專人運送飯盒到體院游泳池，並需要在足夠社交距離下用餐；全職運動員則到體院餐廳午膳。

All officials and Part-time athletes participating in the PM session shall stay at HKSI Swimming Pool and lunch will be prepared and delivery by HKSI Canteen directly to ensure following the social distance measures. Full-time athletes shall have their lunch at HKSI Canteen.

8. 工作人員和兼職運動員比賽當日不能泊車在體院內。

No vehicle parking spaces will be provided to all officials and Part-time athletes at HKSI on 18<sup>th</sup> April 2021.

備註 / Remarks: 工作人員不會進入運動員專區，並需全時間佩戴口罩。  
Officials must not enter the restricted area which is for swimmers only. Wearing a mask properly at all times is a must.



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### 比賽安排 / Competition arrangement:

- 2 位登記員會全日於體院 52 米游泳池正門把守，只有持有泳總所發出的工作証之工作人員 或 泳員入場證才可進入體院游泳池。

Two Registration Officials will stand-by at the swimming pool entrance. Only those who can present a Work Permit or Swimmer's Entry Permit could enter the swimming pool.

- 上午比賽之泳員必須 **7:30 am – 8:45 am** 進入體院 52 米游泳池，  
下午比賽之泳員則必須 **1:30 pm – 2:45 pm** 進入體院 52 米游泳池。

Swimmer who only participates at the AM session must enter the swimming pool during **7:30 am – 8:45 am**.

Swimmer who only participates at the PM session must enter the swimming pool during **1:30 pm – 2:45 pm**.

- 泳員登記時須出示身份證以便核對身份並同時**歸還**入場證予登記員。如需全日比賽之泳員，登記後獲發還入場證。

Swimmers must present their Hong Kong ID Cards for verifying their identity and the Swimmer Entry Permit will be collected by the Registration officials. For the swimmer(s) who participated in both AM and PM session, Registration Officials will do the registration by checking swimmer's HK ID Card and return the Swimmer Entry Permit to swimmer.

- 當比賽進行中，所有已進入游泳池之泳員均**不得** 離開游泳池（緊急事件除外）。

During the competition session, all swimmers **could not leave** the Swimming Pool unless any emergency case.

- 熱身時:
- 每條線道不可超過 4 名泳員。
  - 線道 0 至 線道 5 只限全職運動員使用；
  - 線道 6 暫停使用。
  - 線道 7 至 線道 9 只限兼職運動員使用。

- Warm up:
- No more than 4 swimmers per swimming lane
  - Lane No. 0 to Lane No. 5 for Full-time athletes only ;
  - Lane No. 6 Not in use
  - Lane No. 7 to Lane No. 9 for Part-time athletes only.



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|                                                                |                                                                                                                                                                                                                                                                                                                  |
|----------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 上午體院 52 米游泳池入口<br>開放時間 /<br>Entrance Opening:<br>(AM Session)  | 7:30 am – 8:45 am<br><br>8:45 am 之後停止內進，緊急事件除外/<br>The swimming pool entrance shall be closed after<br>8:45am (except for emergency case).                                                                                                                                                                       |
| 上午熱身時間 /<br>Warm Up - AM Session:                              | 8:00 am – 8:45 am                                                                                                                                                                                                                                                                                                |
| 上午比賽時間 /<br>Competition - AM Session:                          | 9:00 am – 11:00 am<br><br>上午比賽完結後 30 分鐘內，所有只有上午比賽的泳員<br>(包括全職及兼職運動員)必須離開體院游泳池。<br>Full-time and Part-time athletes participating in the<br>AM session only must leave the swimming pool within<br>30 minutes after the AM Competition Session                                                                    |
| 午膳時間 /<br>Lunch Time :                                         | 11:00 am – 1:30 pm<br><br>所有工作人員及下午有賽事的兼職運動員留在體院游<br>泳池內由體院餐廳安排午膳<br>All officials and Part-time athletes participating in the<br>PM session shall stay at HKSI Swimming Pool and<br>lunch will be prepared by HKSI Canteen<br><br>全職運動員則到體院餐廳午膳。<br>Full-time athletes must have their lunch at HKSI<br>Canteen |
| 下午體院 52 米游泳池入口<br>開放時間 /<br>Entrance Opening<br>(PM Session) : | 1:30 pm – 2:45 pm<br><br>2:45 pm 之後停止內進，緊急事件除外。<br>The swimming pool entrance shall be closed after<br>2:45 pm (except for emergency case)                                                                                                                                                                       |
| 下午熱身時間 /<br>Warm Up - PM Session:                              | 2:00 pm – 2:45 pm                                                                                                                                                                                                                                                                                                |
| 下午比賽時間 /<br>Competition - PM Session:                          | 3:00 pm – 5:00 pm<br><br>比賽完結後一小時內，所有工作人員及泳員必須離開<br>體院游泳池。<br>All officials and swimmers must leave the swimming<br>pool within 1 hour after the PM Competition Session                                                                                                                                          |



## HONG KONG AMATEUR SWIMMING ASSOCIATION

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- 比賽項目已預先作實名制(Seeded)安排線道，泳員應按照比賽項目而直接自行上線。

The event program is seeded by the swimmer's name. Swimmer will follow the event program and go direct to wait at the swimming lane by themselves.

- 當泳員自行上線後，召集員會站於工作人員地區並用體院游泳池之音響作泳員介紹，確認後，總裁判便會主持餘下比賽程序。

When swimmer stand-by for preparation, Marshalling Official would use the HKSI P.A. System to ensure the swimmers are in correct order. FINA starter and FINA referee will start the competition afterwards.

- 泳員完成比賽後，只限用線道 0 上水並領回所有私人物品及配帶口罩，返回游泳池看台已劃分之小區作等待或休息，亦可到體院 25 米游泳池作放鬆。體院 25 米游泳池的線道安排與體院游泳池(主池) 的防疫規格一樣，將會劃分水線供全職運動員及兼職泳員使用，每條線道不可超過 4 名泳員。

When the race finished, swimmers leave the pool at Lane No. 0 and collect all their belongings, put on their masks then return to the spectator stand area for waiting/resting; or go to HKSI 25m swimming pool for warming down. The rules and regulations for using the HKSI 25m swimming pool shall be the same as the HKSI 52m swimming pool which separate the swimming lanes for Full-time athletes and Part-time athletes and shall not hold more than 4 swimmers per swimming lane in the same time.

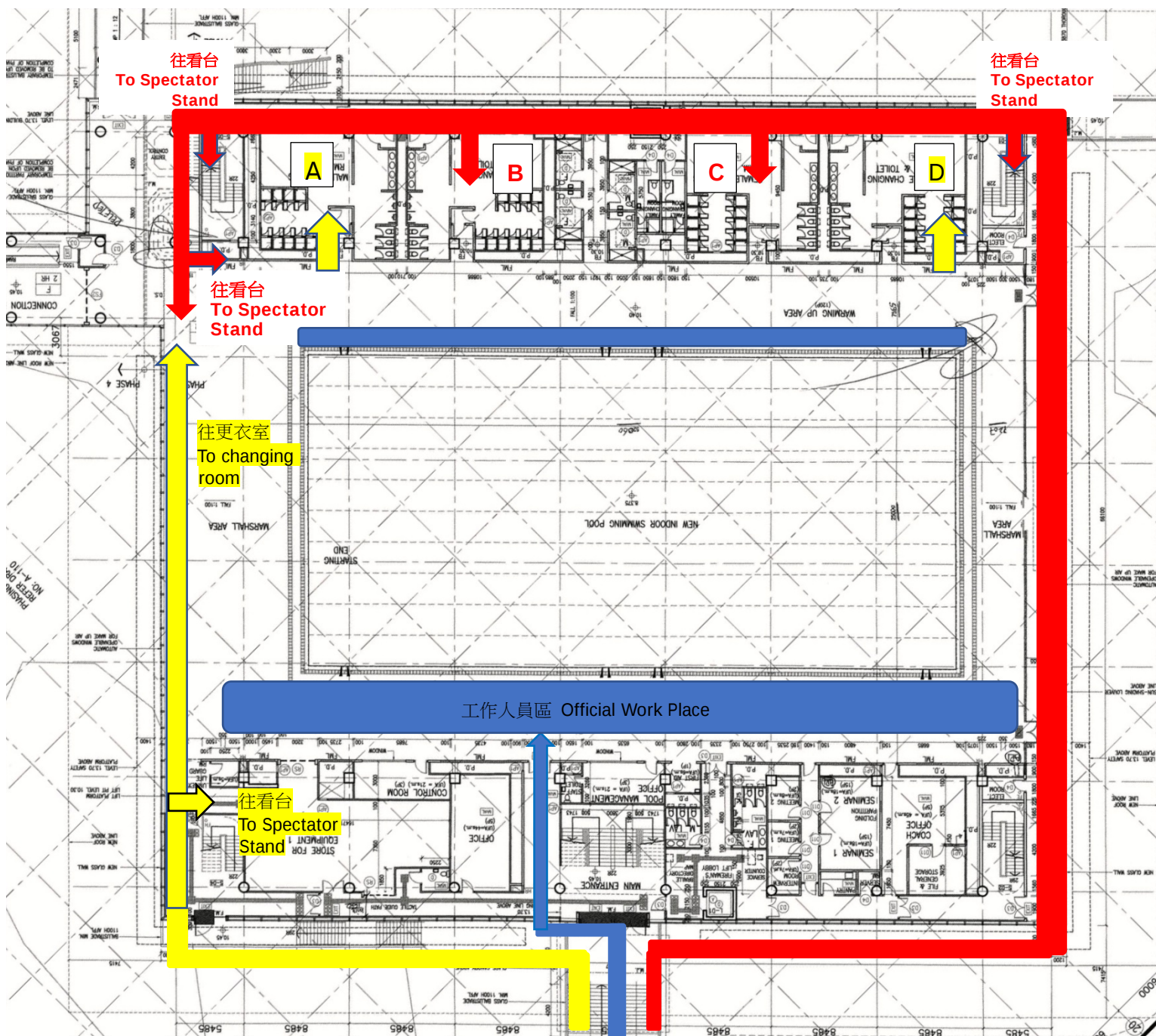
- A. Male changing room (Part-time)  
男更衣室 (兼職運動員)
- B. Male changing room (Full-time)  
男更衣室 (全職運動員)
- C. Female changing room (Full-time)  
女更衣室 (全職運動員)
- D. Female changing room (Part-time)  
女更衣室 (兼職運動員)

## Appendix 1

Red for Full-time Swimmers Only 紅色只供全職運動員

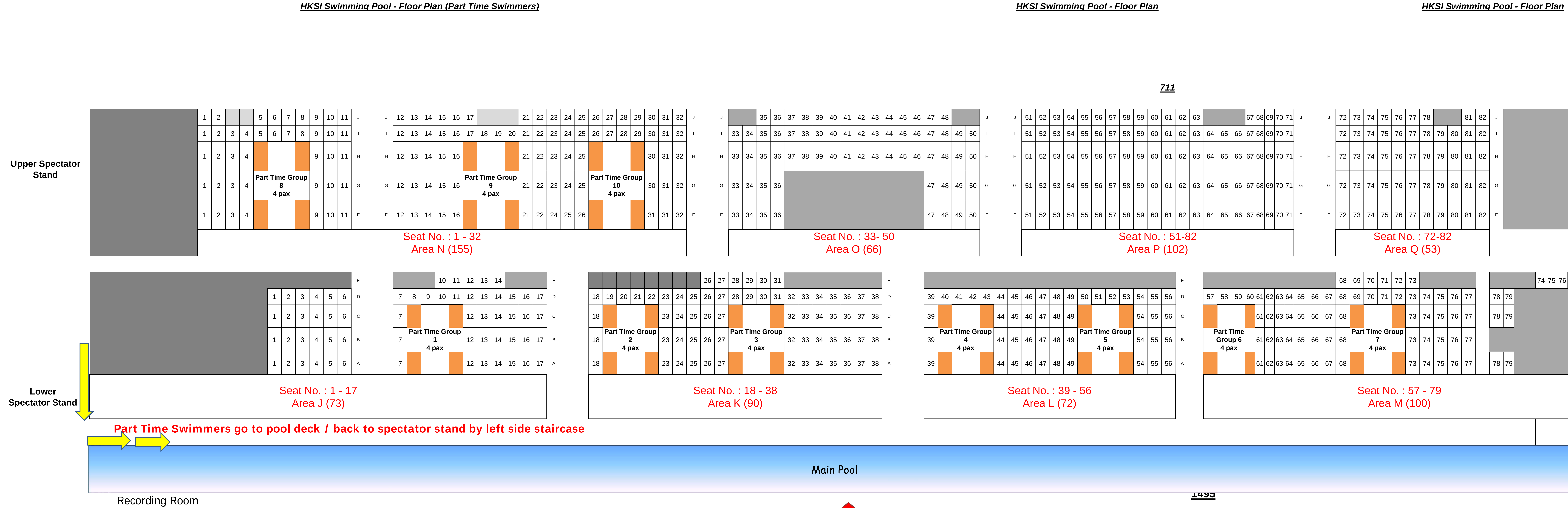
Yellow for Part-time Swimmers Only 黃色只供兼職運動員

Blue for Officials Only 藍色只供工作人員



Swimming Pool Main Entrance

泳池正入口



Main Entrance

# Points to note:

- ① Keep your hands clean and dry when giving the deep throat saliva
- ② Tighten the bottle cap properly after giving specimen in the bottle and wipe the bottle dry and clean
- ③ Refer to the demonstration video for giving specimen whenever necessary
- ④ Return one bottle with enough specimen (cover the bottom of bottle)
- ⑤ **Return the specimen on 15 April 2021, Thursday between 08:00am – 09:30am**
- ⑥ Specimen collection point at the Main Entrance, Hong Kong Sport Institute (*please refer to the location map*)

## 注意事項：

- ① 採樣時，請保持雙手清潔及乾爽
- ② 採樣後，請確認瓶蓋已緊緊關上，擦乾並清潔樣本瓶
- ③ 請依照示範錄像的指示採樣
- ④ 只需交回一個有足夠深喉唾液的樣本瓶（覆蓋瓶子底部）
- ⑤ **請於2021年4月15日(星期四)，上午8時至9時半期間交回樣本**
- ⑥ **樣本瓶收集處設於香港體育學院正門(請參考有關位置圖)**



示範錄像



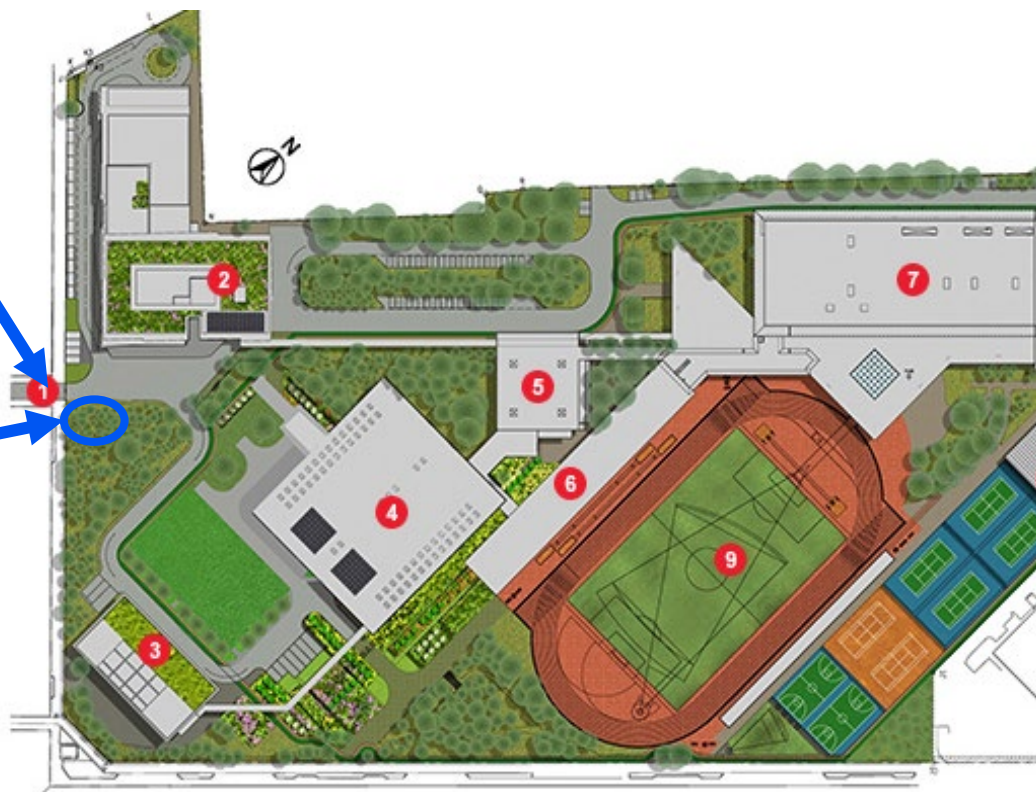
Demonstration  
Video

# Location Map 位置圖:

**HKSI Main Entrance**  
香港體育學院正門



**Specimen Collection Point**  
樣本瓶收集處



## FINA A & B Qualifying Time Standards

### Men's Standard

### Women's Standard

| OQT / A<br>2 Entries | OST / B<br>1 Entry | Event                  | OQT / A<br>2 Entries | OST / B<br>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: 1<sup>st</sup> March 2019 – 27<sup>th</sup> June 2021**  
**Qualifying period – Relay entries: 1<sup>st</sup> March 2019 – 31<sup>st</sup> May 2021**  
**(only at FINA approved events)**

50m Pool – Qualifying Times for Fukuoka 2022 Applied

| WOMEN    |          |                       | MEN      |          |
|----------|----------|-----------------------|----------|----------|
| W - "B"  | W - "A"  |                       | M - "A"  | M - "B"  |
| 25.92    | 25.04    | 50 Freestyle          | 22.18    | 22.96    |
| 56.15    | 54.25    | 100 Freestyle         | 48.77    | 50.48    |
| 2:02.81  | 1:58.66  | 200 Freestyle         | 1:47.06  | 1:50.81  |
| 4:19.34  | 4:10.57  | 400 Freestyle         | 3:48.15  | 3:56.14  |
| 8:56.03  | 8:37.90  | 800 Freestyle         | 7:53.11  | 8:09.67  |
| 17:24.20 | 16:29.57 | 1500 Freestyle        | 15:04.64 | 15:36.30 |
| 29.21    | 28.22    | 50 Backstroke         | 25.17    | 26.05    |
| 1:02.71  | 1:00.59  | 100 Backstroke        | 54.03    | 55.92    |
| 2:15.67  | 2:11.08  | 200 Backstroke        | 1:58.07  | 2:02.20  |
| 32.31    | 31.22    | 50 Breaststroke       | 27.33    | 28.29    |
| 1:09.79  | 1:07.43  | 100 Breaststroke      | 59.75    | 1:01.84  |
| 2:31.02  | 2:25.91  | 200 Breaststroke      | 2:10.32  | 2:14.88  |
| 27.24    | 26.32    | 50 Butterfly          | 23.63    | 24.46    |
| 1:00.37  | 58.33    | 100 Butterfly         | 51.96    | 53.78    |
| 2:13.73  | 2:09.21  | 200 Butterfly         | 1:56.71  | 2:00.79  |
| 2:17.63  | 2:12.98  | 200 Individual Medley | 1:59.76  | 2:03.95  |
| 4:52.97  | 4:43.06  | 400 Individual Medley | 4:17.48  | 4:26.49  |

**Note: For the 100m IM only the short-course times are applicable.**

|        |                     |        |
|--------|---------------------|--------|
| 1 Team | 4 x 100 m Freestyle | 1 Team |
| 1 Team | 4 x 200 m Freestyle | 1 Team |
| 1 Team | 4 x 100 m Medley    | 1 Team |

|                           |        |
|---------------------------|--------|
| 4 x 100 m Freestyle Mixed | 1 Team |
| 4 x 100 m Medley Mixed    | 1 Team |

Explanation:

- The "A" standards for the 2022 Worlds were created by using the faster of two times from:
  - The 2019 "A" qualifying time standard; and
  - The 16<sup>th</sup> place time from the 2019 World Championships

For this meet, the standards broke down as follows:

**Women:** 10 of the 2022 "A" time standards were the 2019 "A" time standard, and 7 of the 2022 "A" time standards were the 16<sup>th</sup> place time from the 2019 Worlds.

**Men:** 5 of the 2022 "A" time standards were the 2019 "A" time standard, and 12 of the 2022 "A" time standards were the 16<sup>th</sup> place time from the 2019 Worlds.

- All "B" time standards were derived by multiplying the "A" time standard by 3.5%.

# HONG KONG SWIMMING RECORDS

Listed Date: 21<sup>ST</sup> March 2021

## HONG KONG LONG COURSE RECORDS

### MEN'S EVENTS

|                     |                                                                                                                                 |                                                                        |
|---------------------|---------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------|
| 50 Free             | 22.38 TO Kenneth King Him, LWS                                                                                                  | 18 <sup>th</sup> Asian Games, Jakarta- Palembang , Aug 19-24 , 2018    |
| 100 Free            | 49.22 TO Kenneth King Him, LWS                                                                                                  | 61 <sup>st</sup> FOS – LC SW Time Trial, Apr 14-15 2018                |
| <b>*200 Free</b>    | <b>1:48.46 CHEUK Ming Ho, CPS</b>                                                                                               | <b>Hong Kong National Olympic Time Trial, Mar 21, 2021</b>             |
| 400 Free            | 3:53.05 CHEUK Ming Ho, CPS                                                                                                      | 62 <sup>nd</sup> FOS – LC Time Trial, April 13-14, 2019                |
| <b>*800 Free</b>    | <b>8:03.41 CHEUK Ming Ho, CPS</b>                                                                                               | <b>Hong Kong National Olympic Time Trial, Mar 21, 2021</b>             |
| 1500 Free           | 15:38.76 CHEUK Ming Ho, CPS                                                                                                     | 18 <sup>th</sup> Asian Games, Jakarta- Palembang, Aug 19-24, 2018      |
| 50 Back             | 26.03 LAU Shiu Yue, HTA                                                                                                         | 5 <sup>th</sup> 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                                                                                                | Div. 1 AG LC Swim Comp. Part 3, Feb. 10-11, 2018                       |
| 200 Breast          | 2:15.34 NG Michael Yu Hin, CPS                                                                                                  | 62 <sup>nd</sup> FOS – LC Time Trial, April 13-14, 2019                |
| 50 Fly              | 23.97 NG Cheuk Yin, TPS                                                                                                         | HK Age Group LC SW Championships 2019-20, Nov. 1-3, 2019               |
| 100 Fly             | 53.70 CHEAH Geoffrey, SCA                                                                                                       | 27 <sup>th</sup> Summer Universiade in Kazan 2013., Jul 6-17, 2013     |
| 200 Fly             | 2:00.43 LIM Nicholas Owen Zhaoguang, LRC                                                                                        | 62 <sup>nd</sup> FOS – LC Time Trial, April 13-14, 2019                |
| 200 IM              | 2:01.37 TO Kenneth King Him, LWS                                                                                                | 29 <sup>th</sup> Summer Universiade, Aug 19-30, 2017                   |
| <b>*400 IM</b>      | <b>4:26.78 WHITTINGTON, Peter Harry, DLS</b>                                                                                    | <b>Hong Kong National Olympic Time Trial, Mar 21, 2021</b>             |
| 4x100 MR            | 3:44.16 Hong Kong Team<br>LAU Shiu Yue, TO Kenneth King Him, LIM Nicholas Owen Zhaoguang, WONG Chen Ho Jeremy                   | 18 <sup>th</sup> Asian Games, Jakarta- Palembang, Aug 19-24, 2018      |
| 4x100 FR            | 3:21.22 Hong Kong Team<br>LUM Ching Tat, NG Chun Nam Derick, CHEUNG Kin Tat Kent, WONG Kai Wai David<br>50.88 1:40.70 2:31.65   | 5 <sup>th</sup> East Asian Games, Dec 8, 2009                          |
| 4x200 FR            | 7:27.16 Hong Kong Team<br>CHEUNG Kin Tat Kent, NG Chun Nam Derick, LUM Ching Tat, WONG Kai Wai David<br>1:52.46 3:43.70 5:35.08 | 5 <sup>th</sup> East Asian Games, Dec 6, 2009                          |
| Hong Kong Best Time |                                                                                                                                 |                                                                        |
| #50 Free            | 22.18 HO Ian Yentou, SCA                                                                                                        | 30 <sup>th</sup> Summer Universiade, Napoli, July 4-10, 2019           |

\*: Pending for Swimming Committee's Ratification

#Hong Kong Best Time

HKRLC20200415

# HONG KONG SWIMMING RECORDS

Listed Date: 21<sup>ST</sup> March 2021

## HONG KONG LONG COURSE RECORDS

### WOMEN'S EVENTS

|            |                                                                                                                                             |                                                                           |
|------------|---------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------|
| 50 Free    | 24.85 HAUGHEY Siobhan Bernadette, SCA                                                                                                       | Mare Nostrum 2019 – Monaco, Jun 8-9, 2019                                 |
| 100 Free   | 53.30 HAUGHEY Siobhan Bernadette, SCA                                                                                                       | TYR Pro Swim Series Des Moines, Mar 4-7 2020                              |
| 200 Free   | 1:54.98 HAUGHEY Siobhan Bernadette, SCA                                                                                                     | 18 <sup>th</sup> FINA World Championships – Gwangju 2019, Jul 21-28, 2019 |
| 400 Free   | 4:11.90 HAUGHEY Siobhan Bernadette, SCA                                                                                                     | Mare Nostrum 2019 – Canet en Roussillon, Jun 11-12, 2019                  |
| 800 Free   | 8:41.66 AU Hoi Shun Stephanie, DWA                                                                                                          | Olympic Games – Beijing, Aug 14, 2008                                     |
| 1500 Free  | 16:51.05 HO Nam Wai, WTS                                                                                                                    | Mare Nostrum 2019 – Barcelona, Jun 15-16, 2019                            |
| 50 Back    | 27.98 AU Hoi Shun Stephanie, DWA                                                                                                            | Mare Nostrum 2019 – Monaco, Jun 8-9, 2019                                 |
| 100 Back   | 1:00.22 AU Hoi Shun Stephanie, DWA                                                                                                          | FINA Swimming World Cup – Singapore, Aug 15-17, 2019                      |
| 200 Back   | 2:09.33 LAU Yin Yan Claudia, DLS                                                                                                            | Div.1 AG LC Swim Comp. Part 3, Jul. 2-3, 2016                             |
| 50 Breast  | 31.61 YEUNG Jamie Zhen Mei, HTA                                                                                                             | 18 <sup>th</sup> FINA World Championships – Gwangju 2019, Jul 21-28, 2019 |
| 100 Breast | 1:07.69 KONG Yvette Man Yi, SCA                                                                                                             | 12 <sup>th</sup> 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 <sup>th</sup> Universiade, Jul. 5, 2009                                |
| 100 Fly    | 58.24 Hannah WILSON, SCA                                                                                                                    | 25 <sup>th</sup> 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 <sup>th</sup> East Asian Games, Oct 10-15, 2013            |
| 4x100 MR   | 4:03.07 Hong Kong Team<br>TSAI Hiu Wai Sherry, KONG Yvette Man Yi, SZE Hang Yu, Hannah WILSON<br>1:02.38 2:09.77 3:08.72                    | 5 <sup>th</sup> East Asian Games, Dec 10, 2009                            |
| 4x100 FR   | 3:39.94 Hong Kong Team<br>CHENG Camille Lily Mei, AU Hoi Shun Stephanie, SZE Hang Yu, HAUGHEY Siobhan Bernadette<br>55.67 1:51.18 2:46.23   | Incheon 2014 Asian Games, Sept 20 <sup>th</sup> -26 <sup>th</sup> 2014    |
| 4x200 FR   | 8:04.55 Hong Kong Team<br>CHENG Camille Lily Mei, AU Hoi Shun Stephanie, SZE Hang Yu, HAUGHEY Siobhan Bernadette<br>2:01.43 4:03.99 6:04.31 | Incheon 2014 Asian Games, Sept 20 <sup>th</sup> -26 <sup>th</sup> 2014    |

\*: Pending for Swimming Committee's Ratification

#Hong Kong Best Time

HKRLC20200415

# HONG KONG SWIMMING RECORDS

Listed Date: 21<sup>ST</sup> March 2021

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## 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 18<sup>th</sup> Asian Games, Jakarta- Palembang , Aug 19-24 , 2018  
AU Hoi Shun Stephanie, TO Kenneth King Him, LIM Nicholas Owen Zhaoguang, CHENG Camille Lily Mei  
1:00.52 2:01.15 2:54.90

### Hong Kong Best Time

#4x100 FR 3:32.55 Hong Kong Team 18<sup>th</sup> FINA World Championships – Gwangju 2019, Jul 21-28, 2019  
LIM Nicholas Owen Zhaoguang, HO Ian Yentou, TAM Hoi Lam, CHENG Camille Lily Mei  
51.99 1:41.52 2:37.76

\*: Pending for Swimming Committee's Ratification

#Hong Kong Best Time

HKRLC20200415

# HONG KONG SWIMMING RECORDS

Listed Date: 21<sup>ST</sup> March 2021

## 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                                                                    | HK Age Group LC SW Championships 2009-10, Oct. 24, 2009            |
| 200 Free        | 1:52.59 Cheuk Ming Ho, CPS                                                                       | 17 <sup>th</sup> 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                                                                      | Div. 1 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                                                                           | Div. 1 AG LC Swim Comp. Part 3, Feb. 10-11, 2018                   |
| 100 Back        | 57.73 HO Siu Lun, DLS                                                                            | HK Age Group LC SW Championships 2019-20, Nov. 1-3, 2019           |
| 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 <sup>st</sup> FOS – LC SW Time Trial, Apr 14-15 2018            |
| 100 Fly         | 54.42 NG Chun Nam Derick, WTS                                                                    | 8 <sup>th</sup> Asian Swimming Champ., Nov 25, 2009                |
| <b>*200 Fly</b> | <b>2:06.22 WHITTINGTON Peter Harry, DLS</b>                                                      | <b>Hong Kong National Olympic Time Trial, Mar 21, 2021</b>         |
| 200 IM          | 2:07.94 Lau Ping Chi, HTA                                                                        | 61 <sup>st</sup> FOS – LC SW Time Trial, Apr 14-15 2018            |
| <b>*400 IM</b>  | <b>4:26.78 WHITTINGTON Peter Harry, DLS</b>                                                      | <b>Hong Kong National Olympic Time Trial, Mar 21, 2021</b>         |
| 4x100 MR        | 4:03.50 Hong Kong Team<br>MOK Kai Tik Marcus, CHAN Chun Lok, CHAN Pak Hin, LUI Nok Ryan          | 8 <sup>th</sup> Asian Age Group Swim. Champ, Oct 1-4, 2015         |
| 4x100 FR        | 3:41.42 Hong Kong Team<br>TAM Sze Shing Thomas, LAM Chak Hang, CHAN Pak Hin, Temana Andrew SHORT | 52 <sup>nd</sup> Milo Pram Malaysia AG Champ, Mar 29 – Apr 4, 2016 |
| 4x200 FR        | 8:06.77 WTS<br>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

#Hong Kong Best Time

HKRLC20200415

# HONG KONG SWIMMING RECORDS

Listed Date: 21<sup>ST</sup> March 2021

## HONG KONG LONG COURSE JUNIOR RECORDS (Under 16 years)

### WOMEN'S EVENTS

|            |          |                                                                                       |                                                                               |
|------------|----------|---------------------------------------------------------------------------------------|-------------------------------------------------------------------------------|
| 50 Free    | 25.38    | HAUGHEY Siobhan Bernadette, SCA                                                       | 4 <sup>th</sup> FINA World Junior Swimming Champ., Aug 26-31, 2013            |
| 100 Free   | 54.47    | HAUGHEY Siobhan Bernadette, SCA                                                       | 4 <sup>th</sup> FINA World Junior Swimming Champ., Aug 26-31, 2013            |
| 200 Free   | 1:59.77  | HAUGHEY Siobhan Bernadette, SCA                                                       | Tianjin 2013 6 <sup>th</sup> East Asian Games, Oct 10-15, 2013                |
| 400 Free   | 4:13.81  | AU Hoi Shun Stephanie, DWA                                                            | HK Age Group LC SW Championships 2007-08, Nov. 17, 2019                       |
| 800 Free   | 8:50.21  | AU Hoi Shun Stephanie, DWA                                                            | 3 <sup>rd</sup> 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 <sup>th</sup> HK Int' Open Champ, Sep 12-14, 2008                           |
| 50 Breast  | 32.79    | CHEUNG Hui Yan Cheyenne, DLS                                                          | 4 <sup>th</sup> FINA World Junior Swimming Champ., Aug 26-31, 2013            |
| 100 Breast | 1:11.30  | KONG Yvette Man Yi, DLS                                                               | HKSSF Div. 1 Inter-School Swim. Champ, Oct 17, 2008                           |
| 200 Breast | 2:32.79  | MA Hei Tung Fiona, SLA                                                                | 5 <sup>th</sup> East Asian Games, Dec 9, 2009                                 |
| 50 Fly     | 27.45    | LAU Ping Yi Audrey, HTA                                                               | HK Age Group LC SW Championships 2019-20, Nov. 1-3, 2019                      |
| 100 Fly    | 1:00.54  | LAU Ping Yi Audrey, HTA                                                               | HK Age Group LC SW Championships 2019-20, Nov. 1-3, 2019                      |
| 200 Fly    | 2:14.96  | LAU Ping Yi Audrey, HTA                                                               | HK Age Group LC SW Championships 2019-20, Nov. 1-3, 2019                      |
| 200 IM     | 2:13.35  | HAUGHEY Siobhan Bernadette, SCA                                                       | Tianjin 2013 6 <sup>th</sup> East Asian Games, Oct 10-15, 2013                |
| 400 IM     | 4:51.30  | HAUGHEY Siobhan Bernadette, SCA                                                       | Tianjin 2013 6 <sup>th</sup> East Asian Games, Oct 10-15, 2013                |
| 4x100 MR   | 4:19.55  | Hong Kong Team<br>FUNG Suet Ying Chloe, CHENG Chloe, LAU Ping Yi Audrey, TSE On Ching | 2 <sup>nd</sup> Youth Games of the People's Republic of China, Aug 8-18, 2019 |
| 4x100 FR   | 3:55.42  | Hong Kong Team<br>LAU Ping Yi Audrey, CHU Sarah Ting Yan, MOK Sze Ki, LEE Yan Hei     | 10 <sup>th</sup> Asian Age Group Swimming Championships, Sep 24-27, 2019      |
| 4x200 FR   | 8:32.64  | Hong Kong Team<br>LAU Ping Yi Audrey, CHENG Chloe, TSE On Ching, DU Zheng             | 2 <sup>nd</sup> Youth Games of the People's Republic of China, Aug 8-18, 2019 |

\*: Pending for Swimming Committee's Ratification

#Hong Kong Best Time

HKRLC20200415

# HONG KONG SWIMMING RECORDS

Listed Date: 21<sup>ST</sup> March 2021

## 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          | The 5 <sup>th</sup> HK Games. May 2-3, 2015              |
| 100 Back   | 1:12.02 LAU Hoi Hang, LWS      | Div. 1 AG LC Swim Comp. Part 1. Jul. 18-19, 2015         |
| 50 Breast  | 36.43 TAM Ka Ming, HVA         | HK Age Group LC SW Championships 2007-08, 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. 1 AG LC Swim Comp. Part 1, May 23, 2004             |
| 200 IM     | 2:32.07 LAU Kin Hei James, HTA | Div. 1 AG LC Swim Comp. Part 3, Sep. 21-22, 2019         |

## HONG KONG AGE GROUP LONG COURSE RECORDS

### GIRLS' 10 & UNDER EVENTS

|            |                                         |                                                                                                       |
|------------|-----------------------------------------|-------------------------------------------------------------------------------------------------------|
| 50 Free    | 28.50 HAUGHEY Siobhan Bernadette, SCA   | Div. 1 AG LC Swim Comp. Part 1, May 25, 2008                                                          |
| 100 Free   | 1:02.44 HAUGHEY Siobhan Bernadette, SCA | Div. 1 AG LC Swim Comp. Part 2, Jun. 29, 2008                                                         |
| 200 Free   | 2:16.52 LOK Hoi Man, WTS                | HK Age Group LC SW Championships 2011-12, Nov. 5, 2011                                                |
| 50 Back    | 33.49 MA Wing Yu, *WA                   | HK Age Group LC SW Championships 2015-16, 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  | 35.23 Lam Chelsie, DLS                  | 3 <sup>rd</sup> All Hong Kong Inter-Area Primary Schools Swimming Competition 2018-2019, 8 Jun 2019   |
| 100 Breast | 1:18.24 YIP Hiu Lok, *WA                | HK Age Group LC SW Championships 2015-16, Nov. 6-8, 2015                                              |
| 50 Fly     | 30.56 LEE Si Yao Peony, TPS             | 2 <sup>nd</sup> 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     | 2:32.15 HAUGHEY Siobhan Bernadette, SCA | Div. 1 AG LC Swim Comp. Part 3, Jul. 27, 2008                                                         |

\*: Pending for Swimming Committee's Ratification

#Hong Kong Best Time

HKRLC20200415

# HONG KONG SWIMMING RECORDS

Listed Date: 21<sup>ST</sup> March 2021

## 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   | 57.02 CHU, Hon Hei, WDA         | Div. 1 AG LC Swim Comp. Part 3, Sep 21-22, 2019           |
| 200 Free   | 2:04.40 LEE Yat Yuen Yen, HTA   | HK Age Group LC SW Championships 2019-20, Nov. 1-3, 2019  |
| 400 Free   | 4:21.19 LAI King Wo, WTS        | HK Age Group LC SW Championships 2019-20, Nov. 1-3, 2019  |
| 50 Back    | 29.28 CHAN Tsz Kwan, TPS        | HKSSF Div. 1 Inter-School Swim. Comp., Oct 18, 2019       |
| 100 Back   | 1:03.66 HO Siu Lun, DLS         | The 6 <sup>th</sup> Hong Kong Games, May 13-14, 2017      |
| 200 Back   | 2:19.13 MOK Kai Tik Marcus, WTS | HK Age Group LC SW Championships 2013-14, Nov. 8-10, 2019 |
| 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     | 27.63 HUI Ching Ho, SFC         | HKSSF Div. 1 Inter-School Swim. Comp., Oct 25, 2019       |
| 100 Fly    | 1:01.11 SUEN Tsz Hin, PSC       | HK Age Group LC SW Championships 2010-11, Nov. 6, 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 <sup>th</sup> HK Open Swimming Champ., Sep 4, 2010       |
| 200 Free          | 2:06.55 HAUGHEY Siobhan Bernadette, SCA | 6 <sup>th</sup> HK Open Swimming Champ., Sep 4, 2010       |
| 400 Free          | 4:28.03 NAM Carmen, TPS                 | 7 <sup>th</sup> 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 <sup>th</sup> Asian AG Champ, Bangkok, Aug 21, 2005      |
| <b>*50 Breast</b> | <b>34.27 WONG Hin Yi, TPS</b>           | <b>Div. 1 AG LC Swim Comp. Part 2, Jan 12, 2020</b>        |
| 100 Breast        | 1:12.78 YIP Tsz-wa, DLS                 | HKSSF Div. 1 Inter-School Swim Champ., 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 <sup>th</sup> HK Open Swimming Champ., Sep 4, 2011       |
| 100 Fly           | 1:02.95 MOK Sze Ki, HVA                 | HK Open Swimming Champ 2019, Aug 9-11, 2019                |
| 200 Fly           | 2:18.68 MOK Sze Ki, HVA                 | Div. 1 AG LC Swim Comp. Part 1, Jul 13-14, 2019            |
| 200 IM            | 2:21.79 HAUGHEY Siobhan Bernadette, SCA | Div. 1 AG LC Swim Comp. Part 3, Jul 25, 2010               |

\*: Pending for Swimming Committee's Ratification

#Hong Kong Best Time

HKRLC20200415

# HONG KONG SWIMMING RECORDS

Listed Date: 21<sup>ST</sup> March 2021

## 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 25.75 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

HKSSF Div. 1 Inter-School Swim. Comp. Oct 23, 2013  
The 6<sup>th</sup> Hong Kong Games, May 13-14, 2017  
The 6<sup>th</sup> Hong Kong Games, May 13-14, 2017  
HK Age Group LC SW Championships 2016-17, Nov. 4-6, 2016  
Div. 1 AG LC Swim Comp. Part 3, Feb. 28 - Mar. 1, 2015  
60<sup>th</sup> 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

62<sup>nd</sup> FOS – LC Time Trial, April 13-14, 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

## 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 2:02.00 CHENG Chloe, PSC  
400 Free 4:19.32 CHENG Chloe, PSC  
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 27.45 LAU Ping Yi Audrey, HTA  
100 Fly 1:00.54 LAU Ping Yi Audrey, HTA  
200 Fly 2:14.96 LAU Ping Yi Audrey, HTA

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

Australian Age Championships, Apr 9-14, 2012  
HK Age Group LC SW Championships 2011-12, Nov. 5, 2019  
HKSSF Div. 1 Inter-School Swim. Comp., Oct 25, 2019  
Div. 1 AG LC Swim Comp. Part 3, Sep. 21-22, 2019  
Thailand Age Group Swimming Championships 2017  
World Champ 2007 – Melbourne, Mar 26, 2007

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

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

HK Age Group LC SW Championships 2019-20, Nov. 1-3, 2019  
HK Age Group LC SW Championships 2019-20, Nov. 1-3, 2019  
HK Age Group LC SW Championships 2019-20, Nov. 1-3, 2019

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

\*: Pending for Swimming Committee's Ratification

#Hong Kong Best Time

HKRLC20200415

# HONG KONG SWIMMING RECORDS

Listed Date: 21<sup>ST</sup> March 2021

## HONG KONG AGE GROUP LONG COURSE RECORDS

### BOYS' 15 – 17 YEARS EVENTS

|                |                                              |                                                                   |
|----------------|----------------------------------------------|-------------------------------------------------------------------|
| 50 Free        | 22.99 LUM Ching Tat Jeffrey, HFS             | 8 <sup>th</sup> Asian Swimming Champ., Nov 28, 2009               |
| 100 Free       | 50.48 LUM Ching Tat Jeffrey, HFS             | 1 <sup>st</sup> Asian Youth Games, Jul 06, 2009                   |
| 200 Free       | 1:50.11 CHEUK Ming Ho, CPS                   | HKSSF Div. 1 Inter-School Swim. Comp., Oct. 25, 2019              |
| 400 Free       | 3:53.05 CHEUK Ming Ho, CPS                   | 62 <sup>nd</sup> FOS – LC Time Trial, April 13-14, 2019           |
| 800 Free       | 8:07.76 CHEUK Ming Ho, CPS                   | 18 <sup>th</sup> Asian Games, Jakarta- Palembang, Aug 19-24, 2018 |
| 1500 Free      | 15:38.76 CHEUK Ming Ho, CPS                  | 18 <sup>th</sup> Asian Games, Jakarta- Palembang, Aug 19-24, 2018 |
| 50 Back        | 26.27 NG Cheuk Yin, TPS                      | HKSSF Div. 1 Inter-School Swim. Comp, Oct. 19, 2018               |
| 100 Back       | 57.38 NG Cheuk Yin, TPS                      | HKSSF Div. 1 Inter-School Swim. Comp., Oct. 25, 2019              |
| 200 Back       | 2:05.82 NG Cheuk Yin, TPS                    | 7 <sup>th</sup> Hong Kong Games, May 18-19, 2019                  |
| 50 Breast      | 29.19 FONG Ka Yu, WDA                        | HK Age Group LC SW Championships 2019-20, Nov. 1-3, 2019          |
| 100 Breast     | 1:03.91 NG Yan Kin, HTA                      | 51 <sup>st</sup> Malaysia Age Group Swim Champ., Apr 24-26, 2015  |
| 200 Breast     | 2:15.77 MOK Kai Tik Marcus, WTS              | HK Age Group LC SW Championships 2017-18, Nov. 3-5, 2017          |
| 50 Fly         | 23.97 NG Cheuk Yin, TPS                      | HK Age Group LC SW Championships 2019-20, Nov. 1-3, 2019          |
| 100 Fly        | 54.42 NG Chun Nam Derick, WTS                | 8 <sup>th</sup> Asian Swimming Champ., Nov 25, 2009               |
| 200 Fly        | 2:02.70 LIM Nicholas Owen Zhaoguang, LRC     | 18 <sup>th</sup> Asian Games, Jakarta- Palembang, Aug 19-24, 2018 |
| 200 IM         | 2:05.98 LAU Ping Chi, HTA                    | HKSSF Div. 1 Inter-School Swim. Comp, Oct. 25, 2019               |
| <b>*400 IM</b> | <b>4:26.78 WHITTINGTON, Peter Harry, DLS</b> | <b>Hong Kong National Olympic Time Trial, Mar 21, 2021</b>        |

## HONG KONG AGE GROUP LONG COURSE RECORDS

### GIRLS' 15 – 17 YEARS EVENTS

|            |                                            |                                                                        |
|------------|--------------------------------------------|------------------------------------------------------------------------|
| 50 Free    | 25.38 HAUGHEY Siobhan Bernadette, SCA      | 4 <sup>th</sup> FINA World Junior Swimming Champ., Aug 26-31, 2013     |
| 100 Free   | 54.47 HAUGHEY Siobhan Bernadette, SCA      | 4 <sup>th</sup> FINA World Junior Swimming Champ., Aug 26-31, 2013     |
| 200 Free   | 1:59.66 HAUGHEY Siobhan Bernadette, SCA    | Incheon 2014 Asian Games, Sep 20-26, 2014                              |
| 400 Free   | 4:13.81 AU Hoi Shun Stephanie, DWA         | HK Age Group LC SW Championships 2007-08, Nov. 17, 2007                |
| 800 Free   | 8:41.66 AU Hoi Shun Stephanie, DWA         | Olympic Games – Beijing, Aug 14, 2008                                  |
| 1500 Free  | 16:51.05 HO Nam Wai, WTS                   | Mare Nostrum 2019 – Barcelona, Jun 15-16, 2019                         |
| 50 Back    | 29.01 Kwok Sabrina Christine YingYing, SCA | 4 <sup>th</sup> FINA World Junior Swimming Champ., Aug 26-31, 2013     |
| 100 Back   | 1:01.92 WONG ToTo Kwan To, HTA             | 10 <sup>th</sup> Asian Swimming Championships, Nov 17-20, 2016         |
| 200 Back   | 2:15.18 LAU Yin Yan Claudia, DLS           | 5 <sup>th</sup> East Asian Games, Dec 6, 2009                          |
| 50 Breast  | 31.82 KONG Yvette Man Yi, SCA              | 5 <sup>th</sup> East Asian Games, Dec 6, 2009                          |
| 100 Breast | 1:08.43 KONG Yvette Man Yi, SCA            | 8 <sup>th</sup> Asian Swimming Champ., Nov 27, 2009                    |
| 200 Breast | 2:31.65 KONG Yvette Man Yi, SCA            | 5 <sup>th</sup> East Asian Games, Dec 9, 2009                          |
| 50 Fly     | 27.47 KAN Cheuk Tung Natalie, HVA          | 7 <sup>th</sup> FINA World Junior Swimming Champ 2019, Aug 20-25, 2019 |
| 100 Fly    | 1:00.48 KAN Cheuk Tung Natalie, HVA        | HK Open Swimming Champ 2019, Aug 9-11, 2019                            |
| 200 Fly    | 2:13.91 NAM Carmen, TPS                    | Zoggs Queensland Swim Champ 09, Dec 18, 2009                           |
| 200 IM     | 2:13.07 HAUGHEY Siobhan Bernadette, SCA    | 16 <sup>th</sup> FINA World Championships – Kazan 2015, Aug 2, 2015    |
| 400 IM     | 4:51.30 HAUGHEY Siobhan Bernadette, SCA    | Tianjin 2013 6 <sup>th</sup> East Asian Games, Oct 10-15, 2013         |

\*: Pending for Swimming Committee's Ratification

#Hong Kong Best Time

HKRLC20200415

## 64th Festival of Sport LC Time Trial 2 - 18-Apr-21

## Meet Program

## Event 1 Men 200 LC Meter IM

OQTA: 1:59.67

OSTB: 2:03.26

OQT A+1%: 2:00.87

OST B+1%: 2:04.49

WCA: 1:59.76

WCB: 2:03.95

HKR: 2:01.37

JR: 2:07.94

TO Kenneth King Him, LWS

| Lane | ID#     | Name                     | Age | Team               | Seed Time |
|------|---------|--------------------------|-----|--------------------|-----------|
| 2    | 32248 B | Li, Sing Hoi             | 16  | Win Tin            | 2:20.68   |
| 3    | 22961 B | Chan, Tsun Hin           | 16  | White Dolphin      | 2:15.38   |
| 4    | 11438 B | Fung, Chun Ho            | 23  | Hoi Tin            | 2:08.05   |
| 5    | 30192 B | Whittington, Peter Harry | 17  | Dali Swimming Club | 2:09.98   |
| 6    | 29257 B | He, Shing Ip             | 15  | Chi Pui            | 2:18.46   |

## Event 2 Women 100 LC Meter Butterfly

OQTA: 57.92

OSTB: 59.66

OQT A+1%: 58.50

OST B+1%: 1:00.26

WCA: 58.33

WCB: 1:00.37

HKR: 58.24

JR: 1:00.54

Hannah WILSON, SCA

| Lane | ID#       | Name                    | Age | Team         | Seed Time |
|------|-----------|-------------------------|-----|--------------|-----------|
| 1    | 32517 B   | Wong, Hoi Wai           | 14  | Happy Valley | 1:05.81   |
| 2    | 18904 B   | Wong, Ching Lam         | 19  | Win Tin      | 1:04.17   |
| 3    | 04515 ICZ | Sze, Hang Yu            | 33  | Win Tin      | 1:03.52   |
| 4    | 05641 IBZ | Chan, Kin Lok           | 27  | Win Tin      | 1:00.43   |
| 5    | 20540 IAZ | Kan, Cheuk Tung Natalie | 18  | Happy Valley | 1:00.48   |
| 6    | 26843 B   | Yue, Wai Lui Valerie    | 19  | Happy Valley | 1:04.07   |
| 7    | 25263 B   | Tai, Samantha Natalie   | 16  | Pacific      | 1:05.64   |

## Event 3 Men 200 LC Meter Butterfly

OQTA: 1:56.48

OSTB: 1:59.97

OQT A+1%: 1:57.64

OST B+1%: 2:01.17

WCA: 1:56.71

WCB: 2:00.79

HKR: 2:00.43

JR: 2:06.22

LIM Nicholas Owen Zhaoguang

LRC

| Lane | ID#     | Name                        | Age | Team    | Seed Time |
|------|---------|-----------------------------|-----|---------|-----------|
| 4    | 08999 B | Ho, Tin Long                | 23  | Win Tin | 2:03.80   |
| 5    | 20058 P | Lim Nicholas, Owen Zhaoguan | 20  | LRC     | 2:04.50   |

## 64th Festival of Sport LC Time Trial 2 - 18-Apr-21

## Meet Program

## Event 4 Women 200 LC Meter Freestyle

OQTA: 1:57.28

OSTB: 2:00.80

OQT A+1%: 1:58.45

OST B+1%: 2:02.01

WCA: 1:58.66

WCB: 2:02.81

HKR: 1:54.98

JR: 1:59.77

HAUGHEY Siobhan Bernadette

SCA

| Lane | ID#       | Name                        | Age | Team         | Seed Time |
|------|-----------|-----------------------------|-----|--------------|-----------|
| 2    | 32517 B   | Wong, Hoi Wai               | 14  | Happy Valley | 2:12.38   |
| 3    | 30054 IAZ | Cheng, Chloe                | 16  | Pacific      | 2:02.00   |
| 4    | 06425 B   | Haughey, Siobhan Bernadette | 23  | South China  | 1:54.98   |
| 5    | 21383 B   | Ho, Nam Wai                 | 18  | Win Tin      | 2:01.29   |
| 6    | 22842 IAZ | Tang, Tsoi Lam Katii        | 19  | Happy Valley | 2:02.90   |
| 7    | 31841 IAZ | Ng, Lai Wa                  | 15  | Hoi Tin      | 2:14.05   |

## Event 5 Men 50 LC Meter Freestyle

OQTA: 22.01

OSTB: 22.67

OQT A+1%: 22.23

OST B+1%: 22.90

WCA: 22.18

WCB: 22.96

HKR: 22.38

JR: 23.65

TO Kenneth King Him, LWS

| Lane | ID#       | Name           | Age | Team        | Seed Time |
|------|-----------|----------------|-----|-------------|-----------|
| 4    | 39105 IAO | Ho, Ian Yentou | 23  | South China | 22.18     |
| 5    | 32248 B   | Li, Sing Hoi   | 16  | Win Tin     | 24.45     |

## Event 6 Women 100 LC Meter Breaststroke

OQTA: 1:07.07

OSTB: 1:09.08

OQT A+1%: 1:07.74

OST B+1%: 1:09.77

WCA: 1:07.43

WCB: 1:09.79

HKR: 1:07.69

JR: 1:11.30

KONG Yvette Man Yi, SCA

| Lane | ID#       | Name                  | Age | Team    | Seed Time |
|------|-----------|-----------------------|-----|---------|-----------|
| 3    | 35365 B   | Choy, Lai Lam         | 14  | Hoi Tin | 1:15.95   |
| 4    | 15574 P   | Yeung, Jamie Zhen Mei | 23  | Hoi Tin | 1:09.95   |
| 5    | 29060 IAZ | Lam, Hoi Kiu          | 17  | Hoi Tin | 1:11.94   |

## 64th Festival of Sport LC Time Trial 2 - 18-Apr-21

## Meet Program

## Event 7 Men 100 LC Meter Breaststroke

OQTA: 59.93

OSTB: 1:01.73

OQT A+1%: 1:00.53

OST B+1%: 1:02.35

WCA: 59.75

WCB: 1:01.84

HKR: 1:01.91

JR: 1:05.29

TO Kenneth King Him, LWS

| Lane | ID#       | Name               | Age | Team    | Seed Time |
|------|-----------|--------------------|-----|---------|-----------|
| 3    | 18823 B   | Ng, Michael Yu Hin | 20  | Chi Pui | 1:04.03   |
| 4    | 22987 IAZ | Yuen, Kai Ho       | 18  | Hoi Tin | 1:03.86   |
| 5    | 12303 IAZ | Ng, Yan Kin        | 23  | Hoi Tin | 1:03.88   |

## Event 8 Women 50 LC Meter Freestyle

OQTA: 24.77

OSTB: 25.51

OQT A+1%: 25.02

OST B+1%: 25.77

WCA: 25.04

WCB: 25.92

HKR: 24.85

JR: 25.38

HAUGHEY Siobhan Bernadette

SCA

| Lane | ID#       | Name                        | Age | Team             | Seed Time |
|------|-----------|-----------------------------|-----|------------------|-----------|
| 1    | 25263 B   | Tai, Samantha Natalie       | 16  | Pacific          | 29.51     |
| 2    | 25098 B   | Fung, Suet Ying Chloe       | 16  | Win Tin          | 28.35     |
| 3    | 04515 ICZ | Sze, Hang Yu                | 33  | Win Tin          | 26.20     |
| 4    | 06425 B   | Haughey, Siobhan Bernadette | 23  | South China      | 24.85     |
| 5    | 11920 B   | Tam, Hoi Lam                | 22  | Current Club Ltd | 25.69     |
| 6    | 26843 B   | Yue, Wai Lui Valerie        | 19  | Happy Valley     | 27.57     |
| 7    | 30162 ICX | Chang, Yujuan               | 21  | Win Tin          | 28.82     |

## Event 9 Men 400 LC Meter Freestyle

OQTA: 3:46.78

OSTB: 3:53.58

OQT A+1%: 3:49.05

OST B+1%: 3:55.92

WCA: 3:48.15

WCB: 3:56.14

HKR: 3:53.05

JR: 3:57.77

CHEUK Ming Ho, CPS

| Lane | ID#       | Name                 | Age | Team          | Seed Time |
|------|-----------|----------------------|-----|---------------|-----------|
| 2    | 22961 B   | Chan, Tsun Hin       | 16  | White Dolphin | 4:12.99   |
| 3    | 03439 IAZ | Sin, Chin Ting Keith | 26  | South China   | 4:11.27   |
| 4    | 25777 B   | Cheuk, Ming Ho       | 18  | Chi Pui       | 3:53.05   |
| 5    | 24648 B   | Kwok, Chun Hei       | 17  | Hoi Tin       | 4:06.62   |
| 6    | 29257 B   | He, Shing Ip         | 15  | Chi Pui       | 4:12.33   |

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## Meet Program

## Event 10 Women 100 LC Meter Backstroke

OQTA: 1:00.25

OSTB: 1:02.06

OQT A+1%: 1:00.85

OST B+1%: 1:02.68

WCA: 1:00.59

WCB: 1:02.71

HKR: 1:00.22

JR: 1:03.48

AU Hoi Shun Stephanie, DWA

| Lane | ID#       | Name                   | Age | Team     | Seed Time |
|------|-----------|------------------------|-----|----------|-----------|
| 2    | 25098 B   | Fung, Suet Ying Chloe  | 16  | Win Tin  | 1:05.61   |
| 3    | 30162 ICX | Chang, Yujuan          | 21  | Win Tin  | 1:03.96   |
| 4    | 00866 IAZ | Au, Hoi Shun Stephanie | 28  | Dik Wing | 1:00.22   |
| 5    | 22719 IAZ | Wong, Toto Kwan To     | 21  | Hoi Tin  | 1:01.30   |
| 6    | 18904 B   | Wong, Ching Lam        | 19  | Win Tin  | 1:05.50   |
| 7    | 29498 B   | Tang, Yee Man          | 16  | Dik Wing | 1:10.02   |

## Event 11 Men 200 LC Meter Backstroke

OQTA: 1:57.50

OSTB: 2:01.03

OQT A+1%: 1:58.68

OST B+1%: 2:02.24

WCA: 1:58.07

WCB: 2:02.20

HKR: 2:05.47

JR: 2:07.52

Alex FONG Lik-sun, SCA

| Lane | ID#       | Name          | Age | Team    | Seed Time |
|------|-----------|---------------|-----|---------|-----------|
| 4    | 12117 IAZ | Lau, Shiu Yue | 23  | Hoi Tin | 2:07.68   |

## Event 12 Women 100 LC Meter Freestyle

OQTA: 54.38

OSTB: 56.01

OQT A+1%: 54.92

OST B+1%: 56.57

WCA: 54.25

WCB: 56.15

HKR: 53.30

JR: 54.47

HAUGHEY Siobhan Bernadette

SCA

| Lane | ID#       | Name                        | Age | Team             | Seed Time |
|------|-----------|-----------------------------|-----|------------------|-----------|
| 1    | 30054 IAZ | Cheng, Chloe                | 16  | Pacific          | 57.11     |
| 2    | 04515 ICZ | Sze, Hang Yu                | 33  | Win Tin          | 56.91     |
| 3    | 21383 B   | Ho, Nam Wai                 | 18  | Win Tin          | 56.44     |
| 4    | 06425 B   | Haughey, Siobhan Bernadette | 23  | South China      | 53.30     |
| 5    | 11920 B   | Tam, Hoi Lam                | 22  | Current Club Ltd | 55.50     |
| 6    | 20540 IAZ | Kan, Cheuk Tung Natalie     | 18  | Happy Valley     | 56.73     |
| 7    | 05641 IBZ | Chan, Kin Lok               | 27  | Win Tin          | 57.04     |
| 8    | 22842 IAZ | Tang, Tsoi Lam Katii        | 19  | Happy Valley     | 57.35     |

## Alternative

|   |         |                       |    |              |         |
|---|---------|-----------------------|----|--------------|---------|
| 1 | 32517 B | Wong, Hoi Wai         | 14 | Happy Valley | 1:02.65 |
| 2 | 25098 B | Fung, Suet Ying Chloe | 16 | Win Tin      | 1:00.37 |
| 3 | 18904 B | Wong, Ching Lam       | 19 | Win Tin      | 1:00.52 |

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## Event 13 Men 400 LC Meter IM

OQTA: 4:15.84

OSTB: 4:21.46

OQT A+1%: 4:18.40

OST B+1%: 4:24.07

WCA: 4:17.48

WCB: 4:26.49

HKR: 4:26.78

JR: 4:26.78

WHITTINGTON, Peter Harry, DLS

| Lane | ID#       | Name                     | Age | Team               | Seed Time |
|------|-----------|--------------------------|-----|--------------------|-----------|
| 3    | 22961 B   | Chan, Tsun Hin           | 16  | White Dolphin      | 4:48.75   |
| 4    | 30192 B   | Whittington, Peter Harry | 17  | Dali Swimming Club | 4:26.78   |
| 5    | 03439 IAZ | Sin, Chin Ting Keith     | 26  | South China        | 4:44.09   |
| 6    | 29257 B   | He, Shing Ip             | 15  | Chi Pui            | 4:52.67   |

## Event 14 Women 200 LC Meter Backstroke

OQTA: 2:10.39

OSTB: 2:14.30

OQT A+1%: 2:11.69

OST B+1%: 2:15.64

WCA: 2:11.08

WCB: 2:15.67

HKR: 2:09.33

JR: 2:17.31

LAU Yin Yan Claudia, DLS

| Lane | ID#       | Name                   | Age | Team     | Seed Time |
|------|-----------|------------------------|-----|----------|-----------|
| 2    | 35365 B   | Choy, Lai Lam          | 14  | Hoi Tin  | 2:49.92   |
| 3    | 25098 B   | Fung, Suet Ying Chloe  | 16  | Win Tin  | 2:22.98   |
| 4    | 22719 IAZ | Wong, Toto Kwan To     | 21  | Hoi Tin  | 2:13.00   |
| 5    | 00866 IAZ | Au, Hoi Shun Stephanie | 28  | Dik Wing | 2:19.29   |
| 6    | 31841 IAZ | Ng, Lai Wa             | 15  | Hoi Tin  | 2:23.12   |

## Event 15 Men 100 LC Meter Backstroke

OQTA: 53.85

OSTB: 55.47

OQT A+1%: 54.39

OST B+1%: 56.02

WCA: 54.03

WCB: 55.92

HKR: 56.63

JR: 57.73

CHEAH Geoffrey, SCA

| Lane | ID#       | Name          | Age | Team          | Seed Time |
|------|-----------|---------------|-----|---------------|-----------|
| 3    | 32248 B   | Li, Sing Hoi  | 16  | Win Tin       | 1:05.03   |
| 4    | 12117 IAZ | Lau, Shiu Yue | 23  | Hoi Tin       | 56.78     |
| 5    | 18781 IAZ | Chan, Pak Hin | 20  | White Dolphin | 1:03.62   |

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## Meet Program

## Event 16 Women 400 LC Meter Freestyle

OQTA: 4:07.90

OSTB: 4:15.34

OQT A+1%: 4:10.38

OST B+1%: 4:17.89

WCA: 4:10.57

WCB: 4:19.34

HKR: 4:11.90

HAUGHEY Siobhan Bernadette

SCA

JR: 4:13.81

| Lane | ID#       | Name                        | Age | Team           | Seed Time |
|------|-----------|-----------------------------|-----|----------------|-----------|
| 2    | 31841 IAZ | Ng, Lai Wa                  | 15  | Hoi Tin        | 4:32.37   |
| 3    | 22842 IAZ | Tang, Tsoi Lam Katii        | 19  | Happy Valley   | 4:21.84   |
| 4    | 06425 B   | Haughey, Siobhan Bernadette | 23  | South China    | 4:11.90   |
| 5    | 21383 B   | Ho, Nam Wai                 | 18  | Win Tin        | 4:14.04   |
| 6    | 19207 B   | Nip, Tsz Yin                | 21  | Eastern Winter | 4:27.80   |

## Event 17 Men 200 LC Meter Freestyle

OQTA: 1:47.02

OSTB: 1:50.23

OQT A+1%: 1:48.09

OST B+1%: 1:51.33

WCA: 1:47.06

WCB: 1:50.81

HKR: 1:48.46

CHEUK Ming Ho, CPS

JR: 1:52.59

| Lane | ID#     | Name                        | Age | Team    | Seed Time |
|------|---------|-----------------------------|-----|---------|-----------|
| 2    | 29257 B | He, Shing Ip                | 15  | Chi Pui | 1:58.71   |
| 3    | 24648 B | Kwok, Chun Hei              | 17  | Hoi Tin | 1:55.72   |
| 4    | 25777 B | Cheuk, Ming Ho              | 18  | Chi Pui | 1:48.46   |
| 5    | 20058 P | Lim Nicholas, Owen Zhaoguan | 20  | LRC     | 1:53.39   |
| 6    | 11438 B | Fung, Chun Ho               | 23  | Hoi Tin | 1:58.01   |

## Event 18 Women 200 LC Meter Breaststroke

OQTA: 2:25.52

OSTB: 2:29.89

OQT A+1%: 2:26.98

OST B+1%: 2:31.39

WCA: 2:25.91

WCB: 2:31.02

HKR: 2:27.96

KONG Yvette Man Yi, SCA

JR: 2:32.79

| Lane | ID#       | Name                  | Age | Team    | Seed Time |
|------|-----------|-----------------------|-----|---------|-----------|
| 3    | 35365 B   | Choy, Lai Lam         | 14  | Hoi Tin | 2:45.38   |
| 4    | 15574 P   | Yeung, Jamie Zhen Mei | 23  | Hoi Tin | 2:33.50   |
| 5    | 29060 IAZ | Lam, Hoi Kiu          | 17  | Hoi Tin | 2:37.57   |

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**Meet Program**

**Event 19 Men 200 LC Meter Breaststroke****OQTA:** 2:10.35**OSTB:** 2:14.26**OQT A+1%:** 2:11.65**OST B+1%:** 2:15.60**WCA:** 2:10.32**WCB:** 2:14.88**HKR:** 2:15.34**JR:** 2:18.11**NG Michael Yu Hin, CPS**

| <b>Lane</b> | <b>ID#</b> | <b>Name</b>        | <b>Age</b> | <b>Team</b> | <b>Seed Time</b> |
|-------------|------------|--------------------|------------|-------------|------------------|
| 3           | 12303 IAZ  | Ng, Yan Kin        | 23         | Hoi Tin     | 2:27.99          |
| 4           | 18823 B    | Ng, Michael Yu Hin | 20         | Chi Pui     | 2:15.34          |
| 5           | 22987 IAZ  | Yuen, Kai Ho       | 18         | Hoi Tin     | 2:21.29          |

**Event 20 Women 200 LC Meter IM****OQTA:** 2:12.56**OSTB:** 2:16.54**OQT A+1%:** 2:13.89**OST B+1%:** 2:17.91**WCA:** 2:12.98**WCB:** 2:17.63**HKR:** 2:12.10**JR:** 2:13.35**HAUGHEY Siobhan Bernadette****SCA**

| <b>Lane</b> | <b>ID#</b> | <b>Name</b>             | <b>Age</b> | <b>Team</b>  | <b>Seed Time</b> |
|-------------|------------|-------------------------|------------|--------------|------------------|
| 1           | 32517 B    | Wong, Hoi Wai           | 14         | Happy Valley | 2:28.79          |
| 2           | 30162 ICX  | Chang, Yujuan           | 21         | Win Tin      | 2:24.56          |
| 3           | 18904 B    | Wong, Ching Lam         | 19         | Win Tin      | 2:21.37          |
| 4           | 20540 IAZ  | Kan, Cheuk Tung Natalie | 18         | Happy Valley | 2:16.84          |
| 5           | 30054 IAZ  | Cheng, Chloe            | 16         | Pacific      | 2:18.98          |
| 6           | 29060 IAZ  | Lam, Hoi Kiu            | 17         | Hoi Tin      | 2:21.87          |
| 7           | 31841 IAZ  | Ng, Lai Wa              | 15         | Hoi Tin      | 2:25.43          |