

HONG KONG SWIMMING RECORDS

Listed Date: 1st September 2025

HONG KONG LONG COURSE RECORDS

MEN'S EVENTS

*50 Free	21.82 HO Ian Yentou, SCA	World Aquatics Championships – Singapore Jul 11 – 3 Aug, 2025
100 Free	49.15 CHEUK Ming Ho, CPS	Div.1 AG LC Swim Comp. Part 2, May. 29-30, 2021
200 Free	1:47.46 CHEUK Ming Ho, CPS	Div.1 AG LC Swim Comp. Part 3, Jun. 26-27, 2021
400 Free	3:50.53 CHEUK Ming Ho, CPS	64 th Festival of Sport LC Time Trial II, Apr 18, 2021
800 Free	8:03.41 CHEUK Ming Ho, CPS	Hong Kong National Olympic Time Trial, Mar 21, 2021
1500 Free	15:38.76 CHEUK Ming Ho, CPS	18 th Asian Games, Jakarta- Palembang, Aug 19-24, 2018
50 Back	26.00 LAU Shiu Yue, HTA	Div.1 AG LC Swim Comp. Part 3, Jun. 26-27, 2021
*100 Back	55.51 KWAN Hayden, PSC	2025 FISU World University Games Summer – Rhine-Ruhr, Jul. 17-26, 2025
200 Back	2:00.22 KWAN Hayden, PSC	2024 Tyr Pro Swim Series, San Antonio, TX, Apr 10-13, 2024
*50 Breast	27.64 MAK Sai Ting Adam, HTA	2025 FISU World University Games Summer – Rhine-Ruhr, Jul. 17-26, 2025
*100 Breast	1:00.50 CHEUNG Chi Kit Nicholas, WTS	2025 FISU World University Games Summer – Rhine-Ruhr, Jul. 17-26, 2025
*200 Breast	2:10.53 MAK Sai Ting Adam, HTA	2025 FISU World University Games Summer – Rhine-Ruhr, Jul. 17-26, 2025
50 Fly	23.97 NG Cheuk Yin, TPS	HK Age Group LC SW Championships 2019-20, Nov. 1-3, 2019
100 Fly	53.38 NG Cheuk Yin, TPS	Div.1 AG LC Swim Comp. Part 3, Jun. 25-26, 2022
200 Fly	2:00.43 LIM Nicholas Owen Zhaoguang, LRC	62 nd FOS – LC Time Trial, April 13-14, 2019
200 IM	2:01.37 TO Kenneth King Him, LWS	29 th Summer Universiade, Aug 19-30, 2017
400 IM	4:26.54 WHITTINGTON, Peter Harry, DLS	Thailand Age Group Swimming Championships 2023, Apr 6-11, 2023
*4x100 MR	3:41.71 Hong Kong Team KWAN Hayden, CHEUNG Chi Kit Nicholas, NG Cheuk Yin, HO Siu Lun 55.81 1:56.66 2:51.08	2025 FISU World University Games Summer – Rhine-Ruhr, Jul. 17-26, 2025
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 ^Asian Record #Hong Kong Best Time

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WOMEN'S EVENTS

50 Free	24.30 HAUGHEY Siobhan Bernadette, SCA	World Aquatics Swimming World Cup – Budapest, Oct 20-22, 2023
^A 100 Free	52.02 HAUGHEY Siobhan Bernadette, SCA	World Aquatics Swimming World Cup – Berlin, Oct 6-8, 2023
^A 200 Free	1:53.92 HAUGHEY Siobhan Bernadette, SCA	Tokyo 2020 Olympic Games, July 23 – August 8, 2021
400 Free	4:05.30 HAUGHEY Siobhan Bernadette, SCA	World Aquatics Swimming World Cup – Berlin, Oct 6-8, 2023
800 Free	8:39.93 HAUGHEY Siobhan Bernadette, SCA	Paris 2024 OG – Hong Kong LC Swimming Invitational Trial I, May 11-12, 2024
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	30.36 HAUGHEY Siobhan Bernadette, SCA	19 th Asian Games, Hangzhou 2022, Sep 24-29, 2023
100 Breast	1:05.92 HAUGHEY Siobhan Bernadette, SCA	World Aquatics Swimming World Cup – Athens, Oct 13-15, 2023
		World Aquatics Championships – Doha 2024, Feb 11 – 18, 2024
200 Breast	2:27.96 KONG Yvette Man Yi, SCA	Edinburgh International Swim Meet, Mar 11-13, 2016
50 Fly	26.55 TAM Hoi Lam, CUC	66th Festival of Sport LC Time Trial, Apr 15-16, 2023
100 Fly	58.12 HAUGHEY Siobhan Bernadette, SCA	66th Festival of Sport LC Time Trial, Apr 15-16, 2023
200 Fly	2:10.63 YEUNG Hoi Ching, TPS	HK Open Swimming Champ 2024, Jul 12-14, 2024
200 IM	2:12.10 HAUGHEY Siobhan Bernadette, SCA	2017 Arena Pro Swim Series - Santa Clara, USA, June 1-4, 2017
400 IM	4:48.58 CHENG Chloe, PSC	Div.1 AG LC Swim Comp. Part 3, Jun. 26-27, 2021
4x100 MR	4:01.72 Hong Kong Team AU Hoi Shun Stephanie, HAUGHEY Siobhan Bernadette, KAN Cheuk Tung Natalie, TAM Hoi Lam 1:00.74 2:06.77 3:06.66	19 th Asian Games, Hangzhou 2022, Sep 24-29, 2023
4x100 FR	3:39.10 Hong Kong Team CHENG Camille Lily Mei, HAUGHEY Siobhan Bernadette, TAM Hoi Lam, AU Hoi Shun Stephanie 56.11 1:48.03 2:43.69	19 th Asian Games, Hangzhou 2022, Sep 24-29, 2023
4x200 FR	8:02.42 Hong Kong Team CHENG Chloe, HAUGHEY Siobhan Bernadette, CHENG Camille Lily Mei, AU Hoi Shun Stephanie 2:03.19 3:57.40 5:59.86	19 th Asian Games, Hangzhou 2022, Sep 24-29, 2023

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HONG KONG LONG COURSE RECORDS

MIXED'S EVENTS

4x100 FR	3:31.13 Hong Kong Team	World Aquatics Championships – Doha 2024, Feb 11 – 18, 2024
	LAU Shiu Yue, HO Ian Yentou, CHENG Camille Lily Mei, TAM Hoi Lam	
	52.24 1:40.90 2:35.61	
4x100 MR	3:50.22 Hong Kong Team	18 th 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	

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HONG KONG SWIMMING RECORDS

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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 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	8:18.64 Wang Yi Shun, CPS	Hong Kong Open Swimming Championships 2023, Aug 18-20, 2023
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	2:06.34 CHEUNG Yung, WDA	HK Open Swimming Champ 2025, Aug. 15-17,2025
50 Breast	28.83 TSUI Yik Ki, PSC	World Junior Swimming Championships – Netanya, Sep 4-9, 2023
100 Breast	1:03.01 MAK Sai Ting Adam, HTA	HKSSF Div. 1 Inter-School Swim. Comp, Jul 22, 2022
200 Breast	2:14.41 MAK Sai Ting Adam, HTA	65 th Festival of Sport LC Time Trial, Apr 23, 2022
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	2:01.23 LAU Kin Hei James, HTA	World Junior Swimming Championships – Netanya, Sep 4-9, 2023
200 IM	2:05.10 LAU Kin Hei James, HTA	66 th Festival of Sport LC Time Trial, Apr 15-16, 2023
400 IM	4:32.42 WHITTINGTON Peter Harry, DLS	HK Age Group LC SW Championships 2019-20, Nov. 1-3,2019
4x100 MR	3:56.66 HTA HAN Pak Kiu, LAU Ka Long, CHUNG Hei Chit, LAU Kin Hei James	HK Open Swimming Champ 2024, Jul 12-14, 2024
4x100 FR	3:36.50 HTA LAU Kin Hei James, CHAN Leong To, CHUNG Hei Chit, HAN Pak Kiu	HK Open Swimming Champ 2024, Jul 12-14, 2024
4x200 FR	7:58.33 Hong Kong Team CHAN Wai Ching Adrian, HAN Pak Kiu, LAM Wai Lok, LAU Chor Tik	59 th Malaysia Invitational AG Swimming Championships 2024, Apr.25 - 28, 2024

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HONG KONG LONG COURSE JUNIOR RECORDS (Under 16 years)

WOMEN'S EVENTS

50 Free	25.03 LI Sum Yiu, WDA	HK Open Swimming Champ 2024, Jul 12-14, 2024
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, *DW	HK Age Group LC SW Championships 2007-08, Nov. 17, 2007
800 Free	8:50.21 AU Hoi Shun Stephanie, *DW	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	29.12 CHAN Tsz Yu Ashley, HTA	68th Festival of Sport LC Time Trial, Apr 12-13, 2025
*100 Back	1:02.81 CHAN Tsz Yu Ashley, HTA	World Aquatics Junior Swimming Championships - Otopeni, Aug 19-24, 2025
*200 Back	2:15.96 CHAN Tsz Yu Ashley, HTA	World Aquatics Junior Swimming Championships - Otopeni, Aug 19-24, 2025
*50 Breast	31.54 MAN Wui Kiu, CPS	World Aquatics Junior Swimming Championships - Otopeni, Aug 19-24, 2025
*100 Breast	1:09.38 MAN Wui Kiu, CPS	68th Festival of Sport LC Time Trial, Apr 12-13, 2025
*200 Breast	2:29.94 GAO Jialian Candice, CPS	HK Open Swimming Champ 2025, Aug. 15-17, 2025
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	2:14.06 MOK Sze Ki, HVA	HK Open Swimming Championships 2022, Aug. 19-21, 2022
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	4:19.55 Hong Kong Team FUNG Suet Ying Chloe, CHENG Chloe, LAU Ping Yi Audrey, TSE On Ching	2 nd Youth Games of the People's Republic of China, Aug 8-18, 2019
4x100 FR	3:51.08 Hong Kong Team LI Sum Yiu, MATHIS Mya Lynn, MAN Wui Kiu, LI Yuqing	11th Asian Age Group Championships, Feb 26-29, 2024
*4x200 FR	8:30.78 Hong Kong Team SUM Yi Man, CHAN Yi Lok, WONG Sze Laam Serena, YAN Ellie	60th MILO / MAS Malaysia Invitational Age Group Swimming Championships 2025, Feb 20-23, 2025

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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	2:15.30 HSIEH Kyrus Shing Hin, TPS	Singapore Swim Series II, Feb 14-16, 2024
50 Back	32.10 HSIEH Kurtis Yi Hon, TPS	Singapore Swim Series I. Jan 12-14, 2024
*100 Back	1:08.91 HSIEH Kyrus Shing Hin, TPS	Div.1 AG LC Swim Comp. Part 1, Jun 28-29, 2025
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	30.58 LI Ming Lok, SGC	Div.1 AG LC Swim Comp. Part 2, Jul 27, 2025
100 Fly	1:09.82 CHAN Yin Chun, HTA	HK Age Group LC SW Championships 2024-25, Nov 15-17, 2024
200 IM	2:31.15 HSIEH Kurtis Yi Hon, TPS	Singapore Swim Series I. Jan 12-14, 2024

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 rd All Hong Kong Inter-Area Primary Schools Swimming Competition 2018-2019, 8 June, 2019
100 Breast	1:15.44 HO Kang Ni Chloe, HTA	HK Age Group LC SW Championships 2023-24, Oct. 6-7, 2023
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	2:32.15 HAUGHEY Siobhan Bernadette, SCA	Div. 1 AG LC Swim Comp. Part 3, Jul. 27, 2008

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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	56.38 SUN Maokun, KCD	All Hong Kong Inter-Area Primary Schools Swimming Competition, Jun 14, 2024
200 Free	2:01.34 SUN Maokun, KCD	Div.1 AG LC Swim Comp. Part 1, Jun. 29-30, 2024
400 Free	4:16.08 Han Pak Kiu, HTA	HK Open Swimming Championships 2022, Aug. 19-21, 2022
800 Free	8:56.44 SUN Mao Kun, KCD	Div.1 AG LC Swim Comp. Part 1, Jun. 29-30, 2024
50 Back	29.28 CHAN Tsz Kwan, TPS	HKSSF Div. 1 Inter-School Swim. Comp., Oct 18, 2019
100 Back	1:03.24 CHEN Zheng Xuan Jason, HTA	HKSSF Div. 1 Inter-School Swim. Comp., Oct 18, 2024
200 Back	2:16.66 CHEN Zheng Xuan Jason, HTA	HK Age Group LC SW Championships 2024-25, Nov 15-17, 2024
50 Breast	30.86 TAM Ka Ming, *CY	HKSSF Div. 1 Inter-School Swim. Comp, Oct 14, 2010
100 Breast	1:09.05 LAU Kin Hei James, HTA	HK Open Swimming Championships 2021, Aug. 6-8, 2021
200 Breast	2:30.15 WONG Benson, DLS	HKSSF Div. 1 Inter-School Swim. Comp, 28 Oct, 2015
50 Fly	27.23 CHAN Wai Ching Adrian, WTS	HKSSF Div. 1 Inter-School Swim. Comp, Nov 3, 2022
100 Fly	1:00.08 LAU Kin Hei James, HTA	Hong Kong Long Course Swimming Time Trial IV, June 20, 2021
200 Fly	2:13.93 LAU Kin Hei James, HTA	Div.1 AG LC Swim Comp. Part 3, Jun. 26-27, 2021
200 IM	2:15.50 LAU Kin Hei James, HTA	Div.1 AG LC Swim Comp. Part 3, Jun. 26-27, 2021

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. Comp, 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	4:26.45 CHAN Jacaranda Yik Naam, HTA	HK Open Swimming Champ 2025, Aug. 15-17, 2025
*800 Free	9:17.34 CHAN Jacaranda Yik Naam, HTA	HK Open Swimming Champ 2025, Aug. 15-17, 2025
50 Back	30.39 CHAN Tsz Yu Ashley, HTA	59th Malaysia Invitational AG Swimming Championships 2024, Apr.25 - 28, 2024
100 Back	1:04.98 CHAN Tsz Yu Ashley, HTA	59th Malaysia Invitational AG Swimming Championships 2024, Apr.25 - 28, 2024
200 Back	2:21.61 HO Tin Wing, HTA	HK Age Group LC SW Championships 2022-23, Nov 4-6, 2022
50 Breast	33.54 GAO Jialian, CPS	HK Age Group LC SW Championships 2024-25, Nov 15-17, 2024
100 Breast	1:12.78 YIP Tsz-wa, DLS	HKSSF Div. 1 Inter-School Swim Comp., 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	1:02.95 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

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BOYS' 13 – 14 YEARS EVENTS

50 Free 24.18 LAU Kin Hei James, HTA
100 Free 52.62 LAU Kin Hei James, HTA
200 Free 1:55.46 LAU Kin Hei James, HTA
*400 Free 4:05.82 SUN Maokun, WTS
*800 Free 8:31.81 SUN Maokun, WTS
*1500 Free 16:12.84 SUN Maokun, WTS

50 Back 27.12 HO Siu Lun, DLS
100 Back 58.17 HO Siu Lun, DLS
*200 Back 2:06.34 CHEUNG Yung, WDA

50 Breast 29.08 TSUI Yik Ki, PSC
100 Breast 1:04.82 LAU Chor Tik, WTS
200 Breast 2:18.11 WONG Benson, DLS

50 Fly 24.90 LAU Kin Hei James, HTA
100 Fly 55.07 LAU Kin Hei James, HTA
200 Fly 2:01.23 LAU Kin Hei James, HTA

200 IM 2:05.10 LAU Kin Hei James, HTA
400 IM 4:34.49 LAU Kin Hei James, HTA

HK Age Group LC SW Championships 2022-23, Nov 4-6, 2022
HK Age Group LC SW Championships 2023-24, Oct. 6-7, 2023
66th Festival of Sport LC Time Trial, Apr 15-16, 2023
HK Open Swimming Champ 2025, Aug 15-17, 2025
HK Open Swimming Champ 2025, Aug 15-17, 2025
HK Open Swimming Champ 2025, Aug 15-17, 2025

HKSSF Div. 1 Inter-School Swim. Comp, Oct. 26, 2018
HKSSF Div. 1 Inter-School Swim. Comp, Oct. 26, 2018
HK Open Swimming Champ 2025, Aug. 15-17, 2025

HKSSF Div. 1 Inter-School Swim. Comp, Nov 3, 2022
Paris 2024 OG – Hong Kong LC Swimming Invitational Trial I, May 11-12, 2024
HK Open Swimming Champ 2017, July 28-30, 2017

Div. 1 AG LC Swim Comp. Part 2, Jun 18, 2023
66th Festival of Sport LC Time Trial, Apr 15-16, 2023
World Junior Swimming Championships – Netanya, Sep 4-9, 2023

66th Festival of Sport LC Time Trial, Apr 15-16, 2023
HK Age Group LC SW Championships 2023-24, Oct. 6-7, 2023

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GIRLS' 13 – 14 YEARS EVENTS

*50 Free 25.44 LI Sum Yiu, WDA
100 Free 55.92 LI Sum Yiu, WDA
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 29.12 CHAN Tsz Yu Ashley, HTA
*100 Back 1:02.81 CHAN Tsz Yu Ashley, HTA
*200 Back 2:15:96 CHAN Tsz Yu Ashley, HTA

*50 Breast 32.11 YUNG Tsz Ching, HTA
100 Breast 1:09.84 MAN Wui Kiu, CPS
*200 Breast 2:29.94 GAO Jialian Candice, CPS

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 4:52.61 GAO Jialian Candice, CPS

National LC Swimming Trial - 67th FOS, Apr 13-14, 2024
11th Asian Age Group Championships, Feb 26-29, 2024
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

68th Festival of Sport LC Time Trial, Apr 12-13, 2025
World Aquatics Junior Swimming Championships - Otopeni, Aug 19-24, 2025
World Aquatics Junior Swimming Championships - Otopeni, Aug 19-24, 2025

68th Festival of Sport LC Time Trial, Apr 12-13, 2025
HK Open Swimming Champ 2024, Jul 12-14, 2024
Div.1 AG LC Swim Comp. Part 1, Jun. 28-29, 2025

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
HK Open Swimming Champ 2025, Aug. 15-17, 2025

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BOYS' 15 – 17 YEARS EVENTS

50 Free	22.99 LUM Ching Tat Jeffrey, HFS	8 th Asian Swimming Champ., Nov 28, 2009
100 Free	50.48 LUM Ching Tat Jeffrey, HFS	1 st 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 nd FOS – LC Time Trial, April 13-14, 2019
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	26.27 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 th Hong Kong Games, May 18-19, 2019
*50 Breast	27.76 TSUI Yik Ki, PSC	67 th MILO/MAS MALAYSIA OPEN SWIMMING CHAMPIONSHIPS 2025, April 24-27, 2025
100 Breast	1:00.95 MAK Sai Ting Adam, HTA	11 th Asian Age Group Championships, Feb 26-29, 2024
200 Breast	2:11.20 MAK Sai Ting Adam, HTA	11 th Asian Age Group Championships, Feb 26-29, 2024
50 Fly	23.97 NG Cheuk Yin, TPS	HK Age Group LC SW Championships 2019-20, Nov. 1-3,2019
*100 Fly	54.01 ZHU Xiuping, PSC	HK Open Swimming Champ 2025, Aug 15-17, 2025
200 Fly	2:02.70 LIM Nicholas Owen Zhaoguang, LRC	18 th Asian Games, Jakarta- Palembang, Aug 19-24, 2018
*200 IM	2:04.94 MAK Sai Ting Adam, HTA	HK Open Swimming Champ 2024, Jul 12-14, 2024
400 IM	4:26.78 WHITTINGTON, Peter Harry, DLS	Hong Kong National Olympic Time Trial, Mar 21, 2021

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GIRLS' 15 – 17 YEARS EVENTS

50 Free	25.03 LI Sum Yiu, WDA	HK Open Swimming Champ 2024, Jul 12-14, 2024
100 Free	54.47 HAUGHEY Siobhan Bernadette, SCA	4 th 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, *DW	HK Age Group LC SW Championships 2007-08, Nov. 17,2007
800 Free	8:41.66 AU Hoi Shun Stephanie, *DW	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	28.83 CHEUNG Sum Yuet Cindy, TPS	66 th Festival of Sport LC Time Trial, Apr 15-16, 2023
100 Back	1:01.57 CHEUNG Sum Yuet Cindy, TPS	World Junior Swimming Championships – Netanya, Sep 4-9, 2023
200 Back	2:10.35 CHEUNG Sum Yuet Cindy, TPS	66 th Festival of Sport LC Time Trial, Apr 15-16, 2023
*50 Breast	31.54 MAN Wui Kiu, CPS	World Aquatics Junior Swimming Championships - Otopeni, Aug 19-24, 2025
100 Breast	1:08.43 KONG Yvette Man Yi, SCA	8 th Asian Swimming Champ., Nov 27, 2009
200 Breast	2:31.65 KONG Yvette Man Yi, SCA	5 th East Asian Games, Dec 9, 2009
50 Fly	26.98 YEUNG Hoi Ching, TPS	HK Open Swimming Champ 2024, Jul 12-14, 2024
100 Fly	58.89 YEUNG Hoi Ching, TPS	HK Open Swimming Champ 2024, Jul 12-14, 2024
200 Fly	2:10.63 YEUNG Hoi Ching, TPS	HK Open Swimming Champ 2024, Jul 12-14, 2024
200 IM	2:13.07 HAUGHEY Siobhan Bernadette, SCA	16 th FINA World Championships – Kazan 2015, Aug 2,2015
400 IM	4:48.58 CHENG Chloe, PSC	Div.1 AG LC Swim Comp. Part 3, Jun. 26-27, 2021

*: Pending for Swimming Committee's Ratification ^AAsian Record #Hong Kong Best Time

HONG KONG SWIMMING RECORDS

Listed Date: 1st September 2025

Hong Kong Records Update – List of Summary
Last Updated File: HKRLC20250815

Updated competition: World Aquatics Junior Swimming Championships - Otopeni Aug 19-24, 2025

50 Breast	31.78 31.54	MAN Wui Kiu, CPS MAN Wui Kiu, CPS	Junior Record
50 Breast	31.91 31.78	MAN Wui Kiu, CPS MAN Wui Kiu, CPS	Junior Record
100 Back	1:03.30 1:02.81	CHEUNG Sum Yuet Cindy, TPS CHAN Tsz Yu Ashley, HTA	Junior Record
50 Breast	31.78 31.54	MAN Wui Kiu, CPS MAN Wui Kiu, CPS	Age Group Record
50 Breast	31.82 31.78	KONG Yvette Man Yi, SCA MAN Wui Kiu, CPS	Age Group Record
100 Back	1:03.66 1:02.81	CHAN Tsz Yu Ashley, HTA CHAN Tsz Yu Ashley, HTA	Age Group Record
200 Back	2:16.10 2:15.96	CHEUNG Sum Yuet Cindy, TPS CHAN Tsz Yu Ashley, HTA	Junior Record
200 Back	2:17.61 2:15.96	LAU Yin Yan Claudia, DLS CHAN Tsz Yu Ashley, HTA	Age Group Record

Updated competition: HK Open Swimming Champ 2025 Aug 15-17, 2025

200 Back	2:07.52 2:06.34	NG Cheuk Yin, TPS CHEUNG Yung, WDA	Junior Record
200 Breast	2:30.74 2:29.94	GAO Jialian Candice, CPS GAO Jialian Candice, CPS	Junior Record
400 Free	4:28.03 4:26.45	NAM Carmen, TPS CHAN Jacaranda Yik Naam, HTA	Age Group Record
800 Free	9:26.98 9:17.34	CHAN Pui Ka, WDA CHAN Jacaranda Yik Naam, HTA	Age Group Record
200 Back	2:09.49 2:06.34	CHEUNG Yung, WDA CHEUNG Yung, WDA	Age Group Record
200 Back	2:09.86 2:09.49	YUK Shing Chi, PSC CHEUNG Yung, WDA	Age Group Record
200 Breast	2:30.74 2:29.94	GAO Jialian Candice, CPS GAO Jialian Candice, CPS	Age Group Record
400 IM	4:55.26 4:52.61	GAO Jialian Candice, CPS GAO Jialian Candice, CPS	Age Group Record
100 Fly	54.42 54.01	NG Chun Nam Derick, WTS ZHU Xiuping, PSC	Age Group Record
400 Free	4:06.61 4:05.82	CHAN Wai Ching Adrian, HTA SUN Maokun, WTS	Age Group Record
800 Free	8:34.52 8:31.81	CHAN Wai Ching Adrian, HTA SUN Maokun, WTS	Age Group Record
1500 Free	16:14.23 16:12.84	CHEUK Ming Ho, CPS SUN Maokun, WTS	Age Group Record

Updated competition: World Aquatics Championships-Singapore Jul 11 – 3 Aug, 2025

50 Free	21.83 21.82	HO Ian Yentou, SCA HO Ian Yentou, SCA	Hong Kong Record
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HONG KONG SWIMMING RECORDS

Listed Date: 1st September 2025

Updated competition: Div.1 AG LC Swim Comp. Part 2, Jul 27, 2025

100 Back	1:03.95 1:03.66	CHAN Tsz Yu Ashley, HTA CHAN Tsz Yu Ashley, HTA	Age Group Record
50 Fly	31.15 30.58	HO Siu Lun, DLS LI Ming Lok, SGC	Age Group Record

Updated competition: 2025 FISU World University Games Summer – Rhine-Ruhr Jul 16-27, 2025

50 Breast	27.76 27.64	TSUI Yik Ki, PSC MAK Sai Ting Adam, HTA	Hong Kong Record
100 Breast	1:00.95 1:00.80	MAK Sai Ting Adam, HTA MAK Sai Ting Adam, HTA	Hong Kong Record
100 Breast	1:00.80 1:00.57	MAK Sai Ting Adam, HTA MAK Sai Ting Adam, HTA	Hong Kong Record
100 Breast	1:00.57 1:00.50	MAK Sai Ting Adam, HTA CHEUNG Chi Kit Nicholas, WTS	Hong Kong Record
200 Breast	2:11.07 2:10.61	MAK Sai Ting Adam, HTA MAK Sai Ting Adam, HTA	Hong Kong Record
200 Breast	2:10.61 2:10.53	MAK Sai Ting Adam, HTA MAK Sai Ting Adam, HTA	Hong Kong Record
100 Back	55.61 55.51	KWAN Hayden, PSC KWAN Hayden, PSC	Hong Kong Record
4x100 MR	3:42.40 3:41.71	Hong Kong Team Hong Kong Team	Hong Kong Record

Updated competition: Div.1 AG LC Swim Comp. Part 1 Jun 28-29, 2025

200 Breast	2:32.05 2:30.74	MAN Wui Kiu, CPS GAO Jialian Candice, CPS	Junior Record
100 Back	1:09.53 1:08.91	HSIEH Kyrus Shing Hin, TPS HSIEH Kyrus Shing Hin, TPS	Age Group Record
200 Breast	2:32.79 2:30.74	MA Hei Tung Fiona, SLA GAO Jialian Candice, CPS	Age Group Record
400 IM	4:55.42 4:55.26	LAM Hoi Kiu, HTA GAO Jialian Candice, CPS	Age Group Record

Updated competition: 55th Singapore National Age Group Swimming Championships 2025 Mar 14-16, 2025

100 Back	1:10.28 1:09.53	HSIEH Kurtis Yi Hon, TPS HSIEH Kyrus Shing Hin, TPS	Age Group Record
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Updated competition: 67th MILO/MAS MALAYSIA OPEN SWIMMING CHAMPIONSHIPS 2025 Apr 24-27, 2025

50 Breast	27.89 27.76	MAK Sai Ting Adam, HTA TSUI Yik Ki, PSC	Hong Kong Record
50 Breast	27.99 27.76	TSUI Yik Ki, PSC TSUI Yik Ki, PSC	Age Group Record

Updated competition: 68th Festival of Sport LC Time Trial Apr 12-13, 2025

100 Breast	1:09.84 1:09.38	MAN Wui Kiu, CPS MAN Wui Kiu, CPS	Junior Record
50 Back	29.52 29.12	KAN Cheuk Tung Natalie, HVA CHAN Tsz Yu Ashley, HTA	Junior Record
50 Breast	32.45 32.11	MAN Wui Kiu, CPS YUNG Tsz Ching, HTA	Age Group Record

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HONG KONG SWIMMING RECORDS

Listed Date: 1st September 2025

50 Back	29.69 29.12	CHAN Tsz Yu Ashley, HTA CHAN Tsz Yu Ashley, HTA	Age Group Record
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Updated competition: 60th MILO / MAS Malaysia Invitational Age Group Swimming Championships 2025 Feb 20-23, 2025

50 Breast	27.99 27.89	TSUI Yik Ki, PSC MAK Sai Ting Adam, HTA	Hong Kong Record
200 Breast	2:11.16 2:11.07	CHILLINGWORTH Adam John, SCA MAK Sai Ting Adam, HTA	Hong Kong Record
50 Breast	32.02 31.91	CHEUNG Wing Yi Claire, HJC MAN Wui Kiu, CPS	Junior Record
200 Breast	2:32.79 2:32.05	MA Hei Tung Fiona, SLA MAN Wui Kiu, CPS	Junior Record
4x200 FR	8:32.64 8:30.78	Hong Kong Team Hong Kong Team	Junior Record
50 Back	29.95 29.69	LOO Tsz Ki Cherrie, DWA CHAN Tsz Yu Ashley, HTA	Age Group Record
100 Back	1:04.18 1:03.95	CHEUNG Sum Yuet Cindy, TPS CHAN Tsz Yu Ashley, HTA	Age Group Record

Updated competition: Singapore Swim Series II Feb 14-16, 2024

200 Free	2:15.96 2:15.30	RUAN Wan Hang, WTS HSIEH Kyrus Shing Hin, TPS	Age Group Record
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Updated competition: HK Age Group LC SW Championships 2024-25 Nov 15-17, 2024

50 Breast	28.10 27.99	CHEUNG Chi Kit Nicholas, WTS TSUI Yik Ki, PSC	Hong Kong Record
50 Breast	32.31 32.02	LAM Chelsie, DLS CHEUNG Wing Yi Claire, HJC	Junior Record
400 Free	4:07.24 4:06.61	WANG Yi Shun, CPS CHAN Wai Ching Adrian, HTA	Age Group Record
800 Free	8:37.09 8:34.52	HAN Pak Kiu, HTA CHAN Wai Ching Adrian, HTA	Age Group Record
100 Fly	1:10.22 1:09.82	HUNG Leung-fung, PSC CHAN Yin Chun, HTA	Age Group Record
200 Back	2:19.13 2:16.66	MOK Kai Tik Marcus, WTS CHEN Zheng Xuan Jason, HTA	Age Group Record
50 Breast	33.64 33.54	MAN Wui Kiu, CPS GAO Jialian, CPS	Age Group Record
50 Breast	28.31 27.99	TSUI Yik Ki, PSC MAK Sai Ting Adam, HTA TSUI Yik Ki, PSC	Age Group Record

Updated competition: HK Open Swimming Champ 2024 Jul 12-14, 2024

200 IM	2:05.98 2:04.94	LAU Ping Chi, HTA MAK Sai Ting Adam, HTA	Age Group Record
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Updated competition: National LC Swimming Trial - 67th FOS Apr 13 - 14, 2024

50 Free	25.67 25.44	LI Sum Yiu, WDA LI Sum Yiu, WDA	Age Group Record
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