

Programme

比賽賽程



HONG KONG CHINA SWIMMING ASSOCIATION

(MEMBER OF THE FEDERATION INTERNATIONALE DE NATATION)

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

2022-23 Long Course Masters Swimming Competition (Part 3)

二零二二至二零二三年長池先進游泳比賽第三部份

12 June 2022 (Sun)

二零二二年六月十二日(日)

**Sun Yat Sen
Memorial Park
Swimming Pool**

中山紀念公園游泳池

Subvented by the LCSD



2022-23 MSLCP3 - Entry Information

No. of Entries by Event		
Event #	Event Name	Entries
1	Men 100 Breaststroke	55
2	Women 100 Breaststroke	36
3	Men 50 Freestyle	89
4	Women 50 Freestyle	55
5	Men 50 Backstroke	53
6	Women 50 Backstroke	35
7	Men 100 Freestyle	61
8	Women 100 Freestyle	31
9	Men 200 Freestyle Relay	33
10	Women 200 Freestyle Relay	21
11	Men 50 Breaststroke	76
12	Women 50 Breaststroke	44
13	Mixed 200 Medley Relay	29
14	Men 400 Freestyle	42
15	Women 400 Freestyle	21

Total

681

Entry information by Day		
Day / Session	No. of Entries	Total
A.M.	415	681
P.M.	266	

Long Course Masters Swimming Competition – Part 3

長池先進游泳比賽 – 第三部份

Date: 12-06-2022 (Sunday)

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

Morning Warm up/熱身:	0830 – 0920 Hrs
Morning First Event/開始:	0930 Hrs
Afternoon Warm up/熱身:	1300 – 1350 Hrs
Afternoon First Event/開始:	1400 Hrs

MEN				WOMEN	
1	100 M	Breaststroke	蛙泳	2	
3	50 M	Freestyle	自由泳	4	
5	50 M	Backstroke	背泳	6	
7	100 M	Freestyle	自由泳	8	
Lunch Break 午膳時間					
9	4 x 50 M	Freestyle Relay	自由接力	10	
11	50 M	Breaststroke	蛙泳	12	
13	4 x 50 M	Mixed Medley Relay	男女混合四式接力		
14	400 M	Freestyle	自由泳	15	

Hong Kong Masters Swimming Competition Series 2022-23

Rules & Regulations for Local Competitors

Date / Time	Please see attached event calendar and event list.
Venue	Please see attached event calendar.
Entry Conditions	<p>※All competitors must be 2022-23 registered masters (MS) swimmers of HKGSA (2022-23 Registration Fee: HK\$100 per swimmer)</p> <p>※Age 18 or above.</p> <p>※<u>Overseas Teams: All Overseas competitors must be 2022-23 registered masters swimmers of their respective National Swimming Federation.</u></p>
Entries	<p>※Entries must be submitted with HKGSA master entry form. Incomplete/incorrect master entry form will be rejected and fees paid will not be refunded.</p> <p><u>Individual Events</u></p> <p>※Each swimmer is limited to no more than 3 individual events.</p> <p>※HK\$15 per individual event</p> <p><u>Relay Events</u></p> <p>※Relays will be run on a club basis.</p> <p>※Each club may enter no more than one team in one age group of each relay event.</p> <p>※All swimmers must be aged 25 or above.</p> <p>※Each swimmer is only allowed to participate in one age group of each relay event. If swimmer race in two or more age group relay, concerned team result shall be disqualified.</p> <p>※The composition of a relay team must be the same order to the submitted relay form. Any club failed to follow the same order will result in disqualified.</p> <p>※HK\$15 per team per relay event.</p> <p>Paid by cheque. Crossed cheque made <u>payable to 'HKGSA'</u>.</p>
Closing Date for Entries	21 days prior to the date of competition. (Subject to the announcement of the HKGSA)
Closing Date for Registration	21 days prior to the <u>closing date of entries</u> . (Subject to the announcement of the HKGSA) *(Including Transfer Registration)
Event list	Please see attached event lists. Events will be run as timed finals.

Age Group	<p>※Age is calculated as at 31 December of the year of the competition.</p> <p>Individual Events</p> <p>※18-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90 & over</p> <p>Relay Events</p> <p>※100-119, 120-159, 160-199, 200-239, 240-279, 280-319, 320-359, 360-399</p>																		
Scratches	<p>※Scratches must be submitted 30 minutes before the scheduled start time of each session.</p> <p>※Relay entry form must be submitted before 1200hours on the competition day.</p> <p>※A fine of \$30 will be charged for each “no show”. Fine payment should be settled before the next competition entry deadline. Otherwise, entry will not be accepted.</p>																		
Seeding	<p>※All competitors will be seeded according to the submitted times, regardless of age, but result will be processed according to their own respective age group.</p>																		
Awards	<p>※Medals will be awarded to 1st, 2nd and 3rd places.</p> <p>※*Point score for first 8 places respectively (exclude Age 18-24 Group):</p> <table border="1" data-bbox="296 1013 943 1095"> <tr> <td>Individual</td> <td>9</td> <td>7</td> <td>6</td> <td>5</td> <td>4</td> <td>3</td> <td>2</td> <td>1</td> </tr> <tr> <td>Relay</td> <td>18</td> <td>14</td> <td>12</td> <td>10</td> <td>8</td> <td>6</td> <td>4</td> <td>2</td> </tr> </table> <p>※*Awards for Clubs: Trophies will be awarded to 1st, 2nd, and 3rd places of Men Overall and Women Overall.</p>	Individual	9	7	6	5	4	3	2	1	Relay	18	14	12	10	8	6	4	2
Individual	9	7	6	5	4	3	2	1											
Relay	18	14	12	10	8	6	4	2											

<p>Rules</p>	<p>※FINA rules will be applied.</p> <p>※Referee may request swimmers to leave the water if they could not complete the race within the Master Swimming Competition Series standard times for 400m and 800m Freestyle Events. Their results will be recorded as “DNF” (Did not Finish).</p> <p>※Mixed Freestyle Relay must include 2 Male and 2 Female who are all Age 25 or above. The point scores for first 8 place are: 9,7,6,5,4,3,2,1. The points will be calculated in both Men and Women overall awards.</p> <p>※Swimmers shall not replace the swimmers on the swimmers list without HKASA's permission, represented clubs will be punished as follows:</p> <p><u>First time of violation</u> A fine of \$1000 per violated entry will be penalized to the respective club and all the point scores attained by the violator(s) in relay events will not be given.</p> <p><u>Second time of violation</u> A fine of \$1000 per violated entry will be penalized to the club and all the point scores attained by the respective club in both men and women's relay events will not be given.</p> <p><u>Third time of violation</u> A fine of \$1000 per violated entry will be penalized to the club and all the point scores attained by the respective club in all events during the competition will not be given and respective club shall be suspended from the next competition.</p> <p><u>Violation would be counted within one financial year, i.e. (starting from 1st April and ending 31st March)</u></p>												
<p>Official Arrangement</p>	<p>※Clubs would need to provide the below number of officials for the competition:</p> <table border="1" data-bbox="295 1379 951 1712"> <thead> <tr> <th>Swimmer(s) attend the competition</th> <th>Minimum Numbers of Official need to provide</th> <th>Maximum Numbers of Official could be provided</th> </tr> </thead> <tbody> <tr> <td>5-14</td> <td>1</td> <td>4</td> </tr> <tr> <td>15-24</td> <td>2</td> <td>4</td> </tr> <tr> <td>25 or more</td> <td>3</td> <td>4</td> </tr> </tbody> </table> <p>※Clubs will be suspended from the next competition if failed to fulfil the requirement.</p>	Swimmer(s) attend the competition	Minimum Numbers of Official need to provide	Maximum Numbers of Official could be provided	5-14	1	4	15-24	2	4	25 or more	3	4
Swimmer(s) attend the competition	Minimum Numbers of Official need to provide	Maximum Numbers of Official could be provided											
5-14	1	4											
15-24	2	4											
25 or more	3	4											

Protest	<ul style="list-style-type: none">✘ Any protest shall be made in writing to the referee within 30 minutes following the result announcement of the respective event with a protest fee of HK\$200.✘ Protest will be forwarded to the Appeal Board of such competition for decision. The decision of Appeal Board shall be final.✘ If the protest is rejected, the fee paid will be forfeited to the HKGSA.
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* Not apply to Overseas Competitors.

Hong Kong Masters Swimming Competition Series 2021-22

Rules & Regulations for Overseas Competitors

Date / Time	Please see attached event calendar and event list.
Venue	Please see attached event calendar.
Entry Conditions	<p>※Age 18 or above.</p> <p>※<u>Overseas Teams: All Overseas competitors must be 2022-2023 registered masters swimmers of their respective National Swimming Federation.</u></p>
Entries	<p>※Entries must be submitted with HKGSA master entry form. Incomplete/incorrect master entry form will be rejected and fees paid will not be refunded.</p> <p><u>Individual Events</u></p> <p>※Each swimmer is limited to no more than 3 individual events.</p> <p>※HK\$20.00 per individual event</p> <p><u>Relay Events</u></p> <p>※Relays will be run on a club basis.</p> <p>※Each club may enter no more than one team in one age group of each relay event.</p> <p>※All swimmers must be aged 25 or above.</p> <p>※HK\$30.00 per team per relay event. Paid by cheque ONLY. Crossed cheque made pavable to 'HKGSA'.</p>
Closing Date for Entries	1 month before the 1 st date of competition of each meet.
Event list	Please see attached event lists. Events will be run as timed finals.
Age Group	<p>※Age is calculated as at 31 December of the year of the competition.</p> <p><u>Individual Events</u></p> <p>※18-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90 & over</p> <p><u>Relay Events</u></p> <p>※100-119, 120-159, 160-199, 200-239, 240-279, 280-319, 320-359, 360-399</p>

Scratches	<p>※Scratches must be submitted 30 minutes before the scheduled start time of each session.</p> <p>※Relay entry form must be submitted before 1200hours on the competition day.</p>
Seeding	<p>※All competitors will be seeded according to the submitted times, regardless of age, but result will be processed according to their own respective age group.</p>
Awards	<p>※Medals will be awarded to 1st, 2nd and 3rd places. Separate medals will be awarded to overseas swimmers.</p>
Rules	<p>※FINA rules will be applied.</p> <p>※Referee may request swimmers to leave the water if they could not complete the race within the Master Swimming Competition Series standard times for 400m and 800m Freestyle Events. Their results will be recorded as “DNF” (Did not Finish).</p>
Protest	<p>※Any protest shall be made in writing to the referee within 30 minutes following the result announcement of the respective event with a protest fee of HK\$200.</p> <p>※Protest will be forwarded to the Appeal Board of such competition for decision. The decision of Appeal Board shall be final.</p> <p>※If the protest is rejected, the fee paid will be forfeited to the HKGSA.</p>

二零二二至二三年香港先進游泳比賽系列 比賽規程

日期/時間:	請參閱比賽年表及項目表。
地點:	請參閱比賽年表。
報名條件:	<ul style="list-style-type: none"> ◇ 所有參賽者必須為游泳總會正式註冊的2022-2023年度先進組別泳員。2022-23年註冊費為港幣\$100元正。 ◇ 年滿18歲或以上。 ◇ 外隊參賽:所有參賽者必須為該國總會先進游泳組別的正式註冊泳員。
報名:	<ul style="list-style-type: none"> ◇ 必須以報名總表報名, 不正確及未填妥的報名總表, 將不獲受理, 報名費概不發還。 <p>個人項目</p> <ul style="list-style-type: none"> ◇ 每名泳員可參加不多於3項個人項目。 ◇ 每項報名費為港幣\$15元正。 <p>接力項目</p> <ul style="list-style-type: none"> ◇ 接力採取會際形式。 ◇ 每個屬會最多可派出一隊參加每個年齡組別之接力項目。接力項目可不填寫最佳時間。 ◇ 所有參賽泳員須年滿25歲或以上。 ◇ 每位泳員於每項接力項目只能參加一個年齡組別。如泳員參加多於一個年齡組別, 該泳員所參與的接力項目成績將會被取消。 ◇ 各隊所有運動員需依照所屬屬會提交的接力表上次序比賽, 如運動員沒有依照接力表上的次序比賽, 該隊成績將會被取消。 ◇ 每項報名費為港幣\$15元正。 <p>支票請劃線, 抬頭寫HKGSA。</p>
截止報名:	報名須於首日比賽21日前辦妥。(以泳總的公佈為準)
截止註冊:	註冊須於比賽截止報名21日前辦妥。(以泳總的公佈為準) *(包括轉會註冊)
項目:	請參閱項目表。 <u>所有賽事均以時間決定名次, 不設初賽。</u>
年齡組:	<p>年齡以比賽年12月31日計算。</p> <p>個人項目</p> <ul style="list-style-type: none"> ◇ 18-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90或以上 <p>接力項目</p> <ul style="list-style-type: none"> ◇ 100-119, 120-159, 160-199, 200-239, 240-279, 280-319, 320-359, 360-399
棄權:	<ul style="list-style-type: none"> ◇ 棄權須於每節開賽30分鐘前遞交。 ◇ 接力名單須於比賽日12時前遞交。 ◇ 每次“缺席”的罰款為港幣\$30元正。罰款須於下次比賽截止報名前付清, 否則將不獲接受報名。
線道安排:	◇ 所有參加者, 將不按年齡, 而是跟據其提交的報名時間作編組, 唯成績將按泳員所屬的組別分別處理。
獎項:	<ul style="list-style-type: none"> ◇ 首三名將分別獲頒發獎牌。 ◇ *個人項目前八名可分別獲得9, 7, 6, 5, 4, 3, 2及1分 ◇ *接力首八名得分為18, 14, 12, 10, 8, 6, 4, 2。(年齡18-24組除外) ◇ *團體獎項: 男子 / 女子組全場冠、亞及季軍。
規則:	<ul style="list-style-type: none"> ◇ 比賽採用國際泳聯的規則。 ◇ 如參加400m或800m自由泳的泳員未能於先進游泳比賽的標準時間內游畢全程, 裁判有權要求其泳員離開比賽線道, 而其成績會記錄為“DNF”(未能完成比賽)。

	<ul style="list-style-type: none"> ◇ 男女混合自由接力的隊伍必須由兩男兩女的泳員組成, 其成員均為25歲或以上, 而取得首8名的隊伍將獲得9, 7, 6, 5, 4, 3, 2及1分, 該得分將計算在男子及女子的團體分內。 ◇ 泳會必須按照接力名單上填寫的運動員出賽, 如被發現有冒認選手或頂包行為, 泳會將被嚴厲處分。詳細罰則如下: 第一次違規 有關屬會須就每個違規項目繳交\$1,000罰款, 另外涉事成員在該次比賽中的所有接力項目成績將不會計算在屬會總分內。 第二次違規 有關屬會須就每個違規項目繳交\$1,000罰款, 另外涉事屬會在該次比賽中的所有接力項目成績將不會計算在屬會總分內(包括男、女子)。 第三次違規 有關屬會須就每個違規項目繳交\$1,000罰款, 另外涉事屬會在當天比賽的所有項目將不會計算在屬會總分內和於下次比賽時不得參與任何接力項目(包括男、女子)。 <p style="text-align: center;"><u>違規記錄於一個財政年度清算(由4月1日起至3月31日)</u></p>												
<p>工作人員安排:</p>	<ul style="list-style-type: none"> ◇ 各參賽屬會需派出以下工作人員數量: <table border="1" data-bbox="267 711 916 1052" style="width: 100%; text-align: center;"> <thead> <tr> <th>參賽人數</th> <th>需要提供工作人員數量</th> <th>最多可派出工作人員數量</th> </tr> </thead> <tbody> <tr> <td>5至14人</td> <td>1</td> <td>4</td> </tr> <tr> <td>15至24人</td> <td>2</td> <td>4</td> </tr> <tr> <td>25人或以上</td> <td>3</td> <td>4</td> </tr> </tbody> </table> <ul style="list-style-type: none"> ◇ 如屬會不能提供所需工作人員數量, 有關屬會將於下個比賽被罰停賽一次。 	參賽人數	需要提供工作人員數量	最多可派出工作人員數量	5至14人	1	4	15至24人	2	4	25人或以上	3	4
參賽人數	需要提供工作人員數量	最多可派出工作人員數量											
5至14人	1	4											
15至24人	2	4											
25人或以上	3	4											
<p>上訴:</p>	<ul style="list-style-type: none"> ◇ 任何上訴須以書面提出, 並須在該項目比賽結果公佈後的30分鐘內, 連同上訴費港幣\$200元遞交予總裁判。 ◇ 上訴會交由該比賽之上訴委員會作決定。 ◇ 若上訴被駁回, 已繳費用概不發還。 												

*海外參賽者並不適用。

HONG KONG MASTERS SWIMMING RECORDS

LONG COURSE

(Update to 2021-22 Long Course Masters Swimming Competition - Part 3)

MEN 50M FREESTYLE	NAME OF MEET				DATE ACHIEVED
LEE MING	SFC	85-89	0:46.70	2015-16 Long Course Masters Swimming Competition - Part 2	31-May-15
LEE MING	SFC	80-84	0:41.01	Spring Masters Swimming Championships 2010	6-Mar-10
FU TAI CHUN	KTS	75-79	0:33.94	2011-12 Long Course Masters Swimming Competition - Part 1	4-Mar-12
TIN SHEUNG KWAI	NWC	70-74	0:30.07	2017-18 Long Course Masters Swimming Competition Part 2	14-May-17
TIN SHEUNG KWAI	KTS	65-69	0:29.72	Annual Long Course Masters Swimming Championships	23-Nov-14
FU TAI CHUN	KTS	60-64	0:27.95	Summer Masters Swimming Championships 1999	19-Jun-99
FU TAI CHUN	KTS	55-59	0:28.02	Spring Masters Swimming Championships 1997	22-Mar-97
RUST STEFAN ROBERT	LRC	50-54	0:25.80	FINA World Masters Championships 2017	17-Aug-17
RUST STEFAN ROBERT	LRC	45-49	0:26.47	FINA World Masters Championships 2014	10-Aug-14
<u>FU WING HARBETH</u>	<u>KTS</u>	<u>40-44</u>	<u>0:25.24</u>	<u>2021-22 Long Course Masters Swimming Competition Part 3</u>	<u>20-Jun-21</u>
WONG KWOK WAH	SCA	35-39	0:24.80	Summer Masters Swimming Championships 2000	27-May-00
FU WING HARBETH	KTS	30-34	0:24.31	Annual Long Course Masters Swimming Championships 2011	11-Dec-11
CHUNG LAI YEUNG	#DB	25-29	0:23.92	2018-19 Annual Long Course Masters Swimming Championships	25-Nov-18
CHANG GERRY JIUN YIH	KTS	18-24	0:24:17	Long Course Masters Swimming Competition - Part 3 2013	11-Aug-13

WOMEN 50M FREESTYLE	NAME OF MEET				DATE ACHIEVED
CHAN WAI KIANG	KTS	85-89	2:44.85	Annual Long Course Masters Swimming Championships 2019	1-Dec-19
<u>TAI LI HUA</u>	<u>SFC</u>	<u>80-84</u>	<u>0:43.31</u>	<u>2021-22 Long Course Masters Swimming Competition - Part 3</u>	<u>20-Jun-21</u>
OTSUKA YUKO	SGC	75-79	0:42.67	2014-15 Long Course Masters Swimming Competition - Part 1	22-Mar-15
WANG LI	*WA	70-74	0:38.75	Annual Long Course Masters Swimming Championships 2019	1-Dec-19
WANG LI	*WA	65-69	0:37.61	2017-18 Long Course Masters Swimming Competition Part 3	13-Aug-17
TSEUNG NGA WAH	LRC	60-64	0:34.16	2019-20 Long Course Masters Swimming Competition - Part 2	5-May-19
KIRKWOOD, TAIN MHAIRA	LRC	55-59	0:32.17	The 1st Asian Masters Swimming Championships 2018 NAGOYA (JPN)	15-Jul-18
COGGINS LYNDA ANNE	LRC	50-54	0:30.65	2014-15 Long Course Masters Swimming Competition - Part 1	22-Mar-15
YAMAGUCHI MIKA	PSC	45-49	0:30.12	The 1st Asian Masters Swimming Championships 2018 NAGOYA (JPN)	15-Jul-18
<u>KRKALO SHAUNA KATHLEEN</u>	<u>LRC</u>	<u>40-44</u>	<u>0:28.87</u>	<u>2021-22 Long Course Masters Swimming Competition - Part 3</u>	<u>20-Jun-21</u>
KELSEY JANE MACFARLAND	LRC	35-39	0:28.65	FINA World Masters Championships 2014	10-Aug-14
CARPENTER LINH THUC LUONG	LRC	30-34	0:28.96	16th FINA World Masters Championships 2015 in Kazan	14-Aug-15
SETO WING YAN	NWC	25-29	0:29.28	2015-16 Long Course Masters Swimming Competition - Part 2	31-May-15
AU HIU PUI	*GW	18-24	0:28.20	2018-19 Annual Long Course Masters Swimming Championships	25-Nov-18

MEN 100M FREESTYLE	NAME OF MEET				DATE ACHIEVED
LEE MING	SFC	85-89	1:49.14	2015-16 Long Course Masters Swimming Competition - Part 3	26-Jul-15
LEE MING	SFC	80-84	1:38.42	Annual Long Course Masters Swimming Championships 2011	11-Dec-11
TZENG TEH REN	SGC	75-79	1:23.46	2016-17 Long Course Masters Swimming Competition - Part 1	26-Mar-17
<u>TSE KWOK PIU</u>	<u>SFC</u>	<u>70-74</u>	<u>1:13.99</u>	<u>2021-22 Long Course Masters Swimming Competition - Part 3</u>	<u>20-Jun-21</u>
FU TAI CHUN	KTS	65-69	1:08.31	Annual Masters Swimming Championships 2002	31-Aug-02
FU TAI CHUN	KTS	60-64	1:04.39	Spring Masters Swimming Championships 1998	21-Mar-98
MA ETIENNE	YMC	55-59	1:03.62	2011-12 Long Course Masters Swimming Competition - Part 1	4-Mar-12
RUST STEFAN ROBERT	LRC	50-54	0:58.29	FINA World Masters Championships 2017	15-Aug-17
RUST STEFAN ROBERT	LRC	45-49	0:59.62	FINA World Masters Championships 2014	10-Aug-14
<u>O'NEILL DONAL THOMAS</u>	<u>LRC</u>	<u>40-44</u>	<u>0:56.60</u>	<u>2021-22 Long Course Masters Swimming Competition - Part 3</u>	<u>20-Jun-21</u>
NORTJE CRAIG ANDREW	VRC	35-39	0:56.13	Long Course Masters Swimming Competition - Part 3 2013	11-Aug-13
BEAHAN, GRANT KENNETH	BSC	30-34	0:56.01	Annual Long Course Masters Swimming Championships 2017	25-Nov-17
FU WING HARBETH	KTS	25-29	0:54.16	Annual Masters Swimming Championships 2006	26-Aug-06
KONG CHUN YIN	HVA	18-24	0:54.18	Annual Long Course Masters Swimming Championships 2013	24-Nov-13

WOMEN 100M FREESTYLE	NAME OF MEET				DATE ACHIEVED
<u>WONG, JIM</u>	<u>SFC</u>	<u>80-84</u>	<u>2:10.64</u>	<u>2021-22 Long Course Masters Swimming Competition - Part 3</u>	<u>20-Jun-21</u>
WONG, JIM	SFC	75-79	1:54.16	2018-19 Long Course Masters Swimming Competition - Part 3	24-Jun-18
SUEN MING CHU	SFC	70-74	1:39.80	2018-19 Long Course Masters Swimming Competition - Part 3	24-Jun-18
<u>CASTKA GILLIAN HANCER</u>	<u>SFC</u>	<u>65-69</u>	<u>1:36.66</u>	<u>2021-22 Long Course Masters Swimming Competition - Part 3</u>	<u>20-Jun-21</u>
TSEUNG NGA WAH	SFC	60-64	1:22.04	2017-18 Long Course Masters Swimming Competition - Part 1	25-Mar-18
KIRKWOOD, TAIN MHAIRA	LRC	55-59	1:14.96	The 1st Asian Masters Swimming Championships 2018 NAGOYA (JPN)	14-Jul-18
COGGINS LYNDA ANNE	LRC	50-54	1:10.99	Annual Long Course Masters Swimming Championships 2014	23-Nov-14
YAMAGUCHI MIKA	#FL	45-49	1:07.17	FINA World Masters Championships 2019 - Gwangju	13-Aug-19
KELSEY JANE MACFARLAND	LRC	40-44	1:01.45	16th FINA World Masters Championships 2015 in Kazan	11-Aug-15
KELSEY JANE MACFARLAND	LRC	35-39	1:01.54	FINA World Masters Championships 2014	10-Aug-14
<u>NG KA MAN</u>	<u>KTS</u>	<u>30-34</u>	<u>1:03.43</u>	<u>2021-22 Long Course Masters Swimming Competition - Part 3</u>	<u>20-Jun-21</u>
NG KA MAN	KTS	25-29	1:02.46	Annual Long Course Masters Swimming Championships 2014	23-Nov-14
NG KA MAN	KTS	18-24	1:02.73	Annual Long Course Masters Swimming Championships 2013	24-Nov-13

HONG KONG MASTERS SWIMMING RECORDS

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(Update to 2021-22 Long Course Masters Swimming Competition - Part 3)

MEN 200M FREESTYLE	NAME OF MEET				DATE ACHIEVED
LEE MING	SFC	80-84	3:46.70	2010-11 Long Course Masters Swimming Championships - Part 2	20-Jun-10
YANG YEE ZEI	NWC	75-79	3:38.31	2014-15 Long Course Masters Swimming Competition Part 2	29-Jun-14
TSE KWOK PIU	SFC	70-74	2:47.81	2021-22 Long Course Masters Swimming Competition - Part 2	9-May-21
CHAN KAM POR	SFC	65-69	2:43.01	2017-18 Long Course Masters Swimming Competition Part 2	14-May-17
HO ROBERT YAU CHUNG	LRC	60-64	2:32.99	2019-20 Long Course Masters Swimming Competition - Part 2	5-May-19
HO ROBERT YAU CHUNG	LRC	55-59	2:24.07	FINA World Masters Championships 2014	10-Aug-14
JOHNSON ERIC ANDREW	LRC	50-54	2:14.33	FINA World Masters Championships 2014	10-Aug-14
LILJESTROEM LENNART PETER FREDRIC	LRC	45-49	2:10.21	FINA World Masters Championships 2019 - Gwangju	14-Aug-19
STAMENOVIC IVAN	LRC	40-44	2:07.89	FINA World Masters Championships 2019 - Gwangju	14-Aug-19
NORTJE CRAIG ANDREW	VRC	35-39	2:05.90	2013-14 Long Course Masters Swimming Competition - Part 2	23-Jun-13
WANG TIMOTHY JONG	LRC	30-34	2:05.11	2014-15 Long Course Masters Swimming Competition Part 2	29-Jun-14
SOUTOUL DAVID VINCENT OTMAN	#FL	25-29	2:05.18	FINA World Masters Championships 2019 - Gwangju	14-Aug-19
HUI CHUN HIN	EWS	18-24	2:06.87	2012-13 Long Course Masters Swimming Competition - Part 2	17-Jun-12

WOMEN 200M FREESTYLE	NAME OF MEET				DATE ACHIEVED
CHAN WAI KIANG	KTS	80-84	9:35.55	2014-15 Long Course Masters Swimming Competition Part 2	29-Jun-14
WONG JIM	SFC	75-79	4:51.46	2018-19 Long Course Masters Swimming Competition - Part 2	6-May-18
SUEN MING CHU	SFC	70-74	3:36.37	2018-19 Long Course Masters Swimming Competition - Part 2	6-May-18
SUEN MING CHU	SGC	65-69	3:27.53	2014-15 Long Course Masters Swimming Competition Part 2	29-Jun-14
TSEUNG NGA WAH	SFC	60-64	3:08.53	2019-20 Long Course Masters Swimming Competition - Part 2	5-May-19
KIRKWOOD, TAIN MHAIRA	LRC	55-59	2:50.45	2018-19 Long Course Masters Swimming Competition - Part 2	6-May-18
COGGINS LYNDA ANNE	LRC	50-54	2:32.26	FINA World Masters Championships 2014	10-Aug-14
PAZOS CHRISTENA MARIA	LRC	45-49	2:28.14	16th FINA World Masters Championships 2015 in Kazan	12-Aug-15
KELSEY JANE MACFARLAND	LRC	40-44	2:13.70	16th FINA World Masters Championships 2015 in Kazan	12-Aug-15
KELSEY JANE MACFARLAND	LRC	35-39	2:13.59	FINA World Masters Championships 2014	10-Aug-14
MORRISON RUTH	LRC	30-34	2:25.29	FINA World Masters Championships 2010	31-Jul-10
NG KA MAN	KTS	25-29	2:18.17	2014-15 Long Course Masters Swimming Competition Part 2	29-Jun-14
LAMB ENEKA MARIE	HIS	18-24	2:16.66	2011-12 Long Course Masters Swimming Competition - Part 2	19-Jun-11

MEN 400M FREESTYLE	NAME OF MEET				DATE ACHIEVED
LAM LIT KWAN	LTS	75-79	8:21.67	2016-17 Long Course Masters Swimming Competition - Part 3	12-Jun-16
<u>TSE KWOK PIU</u>	<u>SFC</u>	<u>70-74</u>	<u>6:41.35</u>	<u>2021-22 Long Course Masters Swimming Competition - Part 3</u>	<u>20-Jun-21</u>
CHAN KAM POR	SFC	65-69	6:00.83	2017-18 Long Course Masters Swimming Competition - Part 3	13-Aug-17
HO ROBERT YAU CHUNG	LRC	60-64	5:24.54	FINA World Masters Championships 2019 - Gwangju	18-Aug-19
HO ROBERT YAU CHUNG	LRC	55-59	5:11.90	FINA World Masters Championships 2014	10-Aug-14
LETCHER, RICHARD ROY	LRC	50-54	5:02.73	2019-20 Long Course Masters Swimming Competition - Part 3	23-Jun-19
LILJESTROEM LENNART, PETER FREDRIC	LRC	45-49	4:31.75	The 1st Asian Masters Swimming Championships 2018 NAGOYA (JPN)	12-Jul-18
LILJESTROEM LENNART, PETER FREDRIC	LRC	40-44	4:35.39	FINA World Masters Championships 2017	17-Aug-17
CAGGIO, ANTONINO	LRC	35-39	4:29.74	2019-20 Long Course Masters Swimming Competition - Part 3	23-Jun-19
LEE, YEUNG DARWIN	FWC	30-34	4:46.54	2019-20 Long Course Masters Swimming Competition - Part 3	23-Jun-19
SOUTOUL DAVID VINCENT OTMAN	#FL	25-29	4:32.86	FINA World Masters Championships 2019 - Gwangju	18-Aug-19
LI CHUN HONG	HTA	18-24	4:25.08	2011-12 Long Course Masters Swimming Competition - Part 3	18-Sep-11

WOMEN 400M FREESTYLE	NAME OF MEET				DATE ACHIEVED
SUEN MING CHU	SFC	70-74	7:46.69	2019-20 Long Course Masters Swimming Competition - Part 3	23-Jun-19
SUEN MING CHU	SGC	65-69	7:13.63	Long Course Masters Swimming Competition - Part 3 2013	11-Aug-13
SUEN MING CHU	SGC	60-64	7:02.63	Long Course Masters Swimming Competition - Part 3 2011	18-Sep-11
KIRKWOOD, TAIN MHAIRA	LRC	55-59	6:02.65	The 1st Asian Masters Swimming Championships 2018 NAGOYA (JPN)	12-Jul-18
COGGINS LYNDA ANNE	LRC	50-54	5:25.06	16th FINA World Masters Championships 2015 in Kazan	16-Aug-15
<u>COLEY ALLISON LEIGH</u>	<u>#FL</u>	<u>45-49</u>	<u>5:24.04</u>	<u>2021-22 Long Course Masters Swimming Competition - Part 3</u>	<u>20-Jun-21</u>
KELSEY JANE MACFARLAND	LRC	40-44	4:44.60	16th FINA World Masters Championships 2015 in Kazan	16-Aug-15
KELSEY JANE MACFARLAND	LRC	35-39	4:41.52	FINA World Masters Championships 2014	10-Aug-14
BARNES RUTH	LRC	30-34	5:04.92	Long Course Masters Swimming Competition - Part 3 2013	11-Aug-13
CARPENTER LINH THUC LUONG	LRC	25-29	5:12.71	Long Course Masters Swimming Competition - Part 3 2013	11-Aug-13
MAU LOK YAN EUNICE	CUC	18-24	5:06.39	2011-12 Long Course Masters Swimming Competition - Part 3	18-Sep-11

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(Update to 2021-22 Long Course Masters Swimming Competition - Part 3)

MEN 800M FREESTYLE	NAME OF MEET				DATE ACHIEVED
POLSON IAN HASTINGS	LRC	75-79	16:05.75	2018-19 Long Course Masters Swimming Competition - Part 1	24-Mar-19
POLSON IAN HASTINGS	LRC	70-74	14:07.92	2014-15 Long Course Masters Swimming Competition - Part 1	22-Mar-15
CHAN KAM POR	SFC	65-69	12:19.01	2018-19 Long Course Masters Swimming Competition - Part 1	24-Mar-19
HO ROBERT YAU CHUNG	LRC	60-64	11:32.69	2018-19 Long Course Masters Swimming Competition - Part 1	24-Mar-19
SAKA TOSHIYUKI	SGC	55-59	10:38.21	2017-18 Long Course Masters Swimming Competition - Part 1	25-Mar-18
LETCHER RICHARD ROY	LRC	50-54	10:22.08	FINA World Masters Championships 2019 - Gwangju	12-Aug-19
LILJESTROEM LENNART PETER FREDRIC	LRC	45-49	9:28.79	FINA World Masters Championships 2019 - Gwangju	12-Aug-19
LILJESTROEM LENNART, PETER FREDRIC	LRC	40-44	9:30.23	FINA World Masters Championships 2017	14-Aug-17
CUMMINGS RICHARD MARK	LRC	35-39	9:28.64	FINA World Masters Championships 2012	10-Jun-12
WANG TIMOTHY JONG	LRC	30-34	9:43.41	Annual Long Course Masters Swimming Championships 2013	24-Nov-13
YUEN MARCUS	LRC	25-29	10:07.05	2018-19 Long Course Masters Swimming Competition - Part 1	24-Mar-19
TSE HON TING	LWS	18-24	8:53.89	2016-17 Long Course Masters Swimming Competition - Part 1	26-Mar-17

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

MEN 50M BACKSTROKE	NAME OF MEET				DATE ACHIEVED
MAK HEI CHI	SGC	85-89	1:05.35	2012-13 Long Course Masters Swimming Competition - Part 3	19-Aug-12
CHEUNG TSAN	SFC	80-84	0:56.40	Annual Long Course Masters Swimming Championships	23-Nov-14
TZENG TEH REN	SGC	75-79	0:43.53	2016-17 Long Course Masters Swimming Competition - Part 1	26-Mar-17
TIN SHEUNG KWAI	NWC	70-74	0:37.82	2019-20 Long Course Masters Swimming Competition - Part 3	23-Jun-19
TIN SHEUNG KWAI	SFC	65-69	0:35.70	FINA World Masters Championships 2014	10-Aug-14
HO ROBERT YAU CHUNG	LRC	60-64	0:33.94	FINA World Masters Championships 2019 - Gwangju	18-Aug-19
HO ROBERT YAU CHUNG	LRC	55-59	0:32.57	FINA World Masters Championships 2014	10-Aug-14
RUST STEFAN ROBERT	LRC	50-54	0:30.97	FINA World Masters Championships 2017	20-Aug-17
SAKA TAIHEI	SGC	45-49	0:30.37	2011-12 Long Course Masters Swimming Competition - Part 1	4-Mar-12
<u>O'NEILL DONAL THOMAS</u>	<u>LRC</u>	<u>40-44</u>	<u>0:29.81</u>	<u>2021-22 Long Course Masters Swimming Competition - Part 3</u>	<u>20-Jun-21</u>
NORTJE CRAIG ANDREW	VRC	35-39	0:30.38	2015-16 Long Course Masters Swimming Competition - Part 3	26-Jul-15
LAM YAU SUN DICKSON	#DB	30-34	0:29.77	Annual Long Course Masters Swimming Championships 2019	1-Dec-19
CHUNG LAI YEUNG	#DB	25-29	0:28.12	2018-19 Annual Long Course Masters Swimming Championships	25-Nov-18
CHEUNG YAU MING	#DB	18-24	0:28.26	2018-19 Long Course Masters Swimming Competition - Part 1	24-Mar-19

WOMEN 50M BACKSTROKE	NAME OF MEET				DATE ACHIEVED
<u>TAI LI HUA</u>	<u>SFC</u>	<u>80-84</u>	<u>0:53.45</u>	<u>2021-22 Long Course Masters Swimming Competition - Part 3</u>	<u>20-Jun-21</u>
WONG JIM	SFC	75-79	0:55.07	2015-16 Long Course Masters Swimming Competition - Part 1	20-Mar-16
<u>BAI XINFEN</u>	<u>SFC</u>	<u>70-74</u>	<u>0:44.75</u>	<u>2021-22 Long Course Masters Swimming Competition - Part 3</u>	<u>20-Jun-21</u>
BAI XINFEN	SFC	65-69	0:42.89	Annual Long Course Masters Swimming Championships 2019	1-Dec-19
TSEUNG NGA WAH	SFC	60-64	0:46.26	2018-19 Long Course Masters Swimming Competition - Part 1	24-Mar-19
CHOW YEE HEUNG LIZA	LTS	55-59	0:43.53	Annual Long Course Masters Swimming Championships 2019	1-Dec-19
COGGINS LYNDA ANNE	LRC	50-54	0:35.58	16th FINA World Masters Championships 2015 in Kazan	16-Aug-15
LAKE AMBER ROBYN	LRC	45-49	0:35.08	2016-17 Long Course Masters Swimming Competition - Part 3	12-Jun-16
TAM MAI LING ALISON	#FL	40-44	0:34.40	FINA World Masters Championships 2019 - Gwangju	18-Aug-19
KELSEY JANE MACFARLAND	LRC	35-39	0:34.04	Annual Long Course Masters Swimming Championships	23-Nov-14
CARPENTER LINH THUC LUONG	LRC	30-34	0:32.81	FINA World Masters Championships 2014	10-Aug-14
<u>CHARTER ROBYN JUDY</u>	<u>#FB</u>	<u>25-29</u>	<u>0:32.98</u>	<u>2021-22 Long Course Masters Swimming Competition - Part 3</u>	<u>20-Jun-21</u>
AU HIU PUI	*GW	18-24	0:31.58	2018-19 Annual Long Course Masters Swimming Championships	25-Nov-18

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(Update to 2021-22 Long Course Masters Swimming Competition - Part 3)

MEN 100M BACKSTROKE	NAME OF MEET				DATE ACHIEVED
CHEUNG TSAN	SFC	80-84	2:21.27	2017-18 Long Course Masters Swimming Competition Part 2	14-May-17
LAM LIT KWAN	SFC	75-79	1:56.76	2016-17 Long Course Masters Swimming Competition Part 2	24-Apr-16
TIN SHEUNG KWAI	NWC	70-74	1:35.27	2018-19 Long Course Masters Swimming Competition - Part 2	6-May-18
TIN SHEUNG KWAI	SFC	65-69	1:23.65	FINA World Masters Championships 2014	10-Aug-14
HO ROBERT YAU CHUNG	LRC	60-64	1:13.98	FINA World Masters Championships 2019 - Gwangju	17-Aug-19
HO ROBERT YAU CHUNG	LRC	55-59	1:11.73	FINA World Masters Championships 2014	10-Aug-14
RUST STEFAN ROBERT	LRC	50-54	1:08.09	FINA World Masters Championships 2017	19-Aug-17
LILJESTROEM LENNART, PETER FREDRIC	LRC	45-49	1:09.39	The 1st Asian Masters Swimming Championships 2018 NAGOYA (JPN)	13-Jul-18
FONG LIK SUN	#FB	40-44	1:04.62	2021-22 Long Course Masters Swimming Competition - Part 2	9-May-21
NORTJE, CRAIG ANDREW	VRC	35-39	1:06.66	2015-16 Long Course Masters Swimming Competition - Part 2	31-May-15
LAM YAU SUN DICKSON	#DB	30-34	1:07.94	2019-20 Long Course Masters Swimming Competition - Part 2	5-May-19
WANG HU	*WA	25-29	1:06.32	2010-11 Long Course Masters Swimming Championships - Part 2	20-Jun-10
CHOI DERRICK CHRISTOPHER	LRC	18-24	1:02.10	2013-14 Long Course Masters Swimming Competition - Part 2	23-Jun-13

WOMEN 100M BACKSTROKE	NAME OF MEET				DATE ACHIEVED
WONG JIM	SFC	75-79	2:13.75	2016-17 Long Course Masters Swimming Competition Part 2	24-Apr-16
SUEN MING CHU	SFC	70-74	1:59.12	2019-20 Long Course Masters Swimming Competition - Part 2	5-May-19
LO LAI YUNG	NWC	65-69	1:52.49	2021-22 Long Course Masters Swimming Competition - Part 2	9-May-21
LO LAI YUNG	NWC	60-64	1:45.15	2015-16 Long Course Masters Swimming Competition - Part 2	31-May-15
BAI XIUFEN	*WA	55-59	1:36.84	2010-11 Long Course Masters Swimming Championships - Part 2	20-Jun-10
COGGINS LYNDA ANNE	LRC	50-54	1:17.38	16th FINA World Masters Championships 2015 in Kazan	15-Aug-15
LAKE AMBER ROBYN	LRC	45-49	1:19.43	FINA World Masters Championships 2017	19-Aug-17
KELSEY JANE MACFARLAND	LRC	40-44	1:13.75	2015-16 Long Course Masters Swimming Competition - Part 2	31-May-15
KELSEY JANE MACFARLAND	LRC	35-39	1:14.06	2014-15 Long Course Masters Swimming Competition Part 2	29-Jun-14
CARPENTER LINH THUC LUONG	LRC	30-34	1:11.37	16th FINA World Masters Championships 2015 in Kazan	15-Aug-15
CARPENTER LINH THUC LUONG	LRC	25-29	1:14.07	FINA World Masters Championships 2012	15-Jun-12
LAMB ENEKA MARIE	HIS	18-24	1:11.36	2011-12 Long Course Masters Swimming Competition - Part 2	19-Jun-11

MEN 50M BREASTSTROKE	NAME OF MEET				DATE ACHIEVED
CHI LIEH YUNG	SFC	85-89	1:02.32	Annual Long Course Masters Swimming Championships 2019	1-Dec-19
CHAN KAM	SFC	80-84	0:54.52	Annual Masters Swimming Championships 2009	18-Oct-09
FU TAI CHUN	KTS	75-79	0:49.01	2012-13 Long Course Masters Swimming Competition - Part 2	17-Jun-12
TIN SHEUNG KWAI	NWC	70-74	0:39.27	2019-20 Long Course Masters Swimming Competition - Part 2	5-May-19
YONG KHIN SYN	SFC	65-69	0:37.84	2014-15 Long Course Masters Swimming Competition Part 2	29-Jun-14
FU TAI CHUN	KTS	60-64	0:36.61	Annual Masters Swimming Championships 1998	12-Sep-98
WONG LUN KWOK	SFC	55-59	0:35.10	Annual Masters Swimming Championships 2002	31-Aug-02
SIEH TIEN YU	KTS	50-54	0:34.48	2018-19 Long Course Masters Swimming Competition - Part 1	24-Mar-19
COOPER, KENNETH ALLEN	PSC	45-49	0:32.70	2017-18 Long Course Masters Swimming Competition - Part 1	25-Mar-18
WAN LAP SUN	FWC	40-44	0:33.00	Spring Masters Swimming Championships 2006	25-Mar-06
LO JONATHAN KA YAN	LRC	35-39	0:31.14	The 1st Asian Masters Swimming Championships 2018 NAGOYA (JPN)	14-Jul-18
WAN LAP SUN	KTS	30-34	0:31.11	Summer Masters Swimming Championships 1998	13-Jun-98
GLASSMAN ZACHARY	LRC	25-29	0:30.66	2011-12 Long Course Masters Swimming Competition - Part 1	4-Mar-12
YUEN MARCUS	PSC	18-24	0:30.47	2017-18 Long Course Masters Swimming Competition - Part 3	13-Aug-17

WOMEN 50M BREASTSTROKE	NAME OF MEET				DATE ACHIEVED
CHAN WAI KIANG	KTS	85-89	2:23.87	Annual Long Course Masters Swimming Championships 2019	1-Dec-19
TAI LI HUA	SFC	80-84	0:52.77	Annual Long Course Masters Swimming Championships 2019	1-Dec-19
OTSUKA TUKO	SGC	75-79	0:56.26	2014-15 Long Course Masters Swimming Competition - Part 1	22-Mar-15
SUEN, MING CHU	SFC	70-74	0:53.36	2018-19 Long Course Masters Swimming Competition - Part 3	24-Jun-18
LEUNG WONG YIN HAR HAYLEY	SGC	65-69	0:50.56	2017-18 Long Course Masters Swimming Competition - Part 1	25-Mar-18
LEUNG WONG YIN HAR HAYLEY	SGC	60-64	0:47.46	Long Course Masters Swimming Competition - Part 3 2013	11-Aug-13
LEUNG WAI FAN	KTS	55-59	0:38.73	2017-18 Long Course Masters Swimming Competition - Part 2	14-May-17
LEUNG WAI FAN	KTS	50-54	0:37.63	Annual Long Course Masters Swimming Championships 2015	20-Dec-15
LEUNG WAI FAN	KTS	45-49	0:39.03	Annual Masters Swimming Championships 2007	21-Jul-07
<u>KRKALO SHAUNA KATHLEEN</u>	<u>LRC</u>	<u>40-44</u>	<u>0:35.85</u>	<u>2021-22 Long Course Masters Swimming Competition - Part 3</u>	<u>20-Jun-21</u>
NG KAM FUNG	SFC	35-39	0:34.71	Summer Masters Swimming Championships 2000	27-May-00
BARNES RUTH	LRC	30-34	0:35.23	Annual Masters Swimming Championships 2013	24-Nov-13
LEE WAI SZE	NWC	25-29	0:36.34	2016-17 Long Course Masters Swimming Competition - Part 1	26-Mar-17
LI TSZ YIU	HFS	18-24	0:35.53	Annual Masters Swimming Championships 2013	24-Nov-13

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MEN 100M BREASTSTROKE	NAME OF MEET				DATE ACHIEVED
LEE MING	SFC	85-89	2:42.22	2017-18 Long Course Masters Swimming Competition Part 2	14-May-17
MAK HEI CHI	SGC	80-84	2:08.90	Annual Masters Swimming Championships 2008	6-Sep-08
CHAN KAM	SFC	75-79	1:55.28	Summer Masters Swimming Championships 2005	4-Jun-05
YONG KHIN SYN	SFC	70-74	1:34.27	2019-20 Long Course Masters Swimming Competition - Part 3	23-Jun-19
CHAN KAM POR	SFC	65-69	1:26.42	2017-18 Long Course Masters Swimming Competition Part 2	14-May-17
CHAN KAM POR	SGC	60-64	1:24.95	2012-13 Long Course Masters Swimming Competition - Part 2	17-Jun-12
CHAN KAM POR	*HN	55-59	1:21.91	Summer Masters Swimming Championships 2008	14-Jun-08
COOPER KENNETH ALLEN	#FL	50-54	1:13.66	FINA World Masters Championships 2019 - Gwangju	13-Aug-19
COOPER KENNETH ALLEN	PSC	45-49	1:15.29	2018-19 Long Course Masters Swimming Competition - Part 2	6-May-18
WAN LAP SUN	FWC	40-44	1:15.87	Winter Masters Swimming Championships 2008	22-Nov-08
LO JONATHAN KA YAN	LRC	35-39	1:10.50	The 1st Asian Masters Swimming Championships 2018 NAGOYA (JPN)	15-Jul-18
KWOK HO TIN	NWC	30-34	1:09.75	2019-20 Long Course Masters Swimming Competition - Part 3	23-Jun-19
YUEN MARCUS	LRC	25-29	1:09.75	Annual Long Course Masters Swimming Championships 2019	1-Dec-19
YUEN MARCUS	PSC	18-24	1:08.54	2017-18 Long Course Masters Swimming Competition Part 3	13-Aug-17

WOMEN 100M BREASTSTROKE	NAME OF MEET				DATE ACHIEVED
<u>WONG JIM</u>	<u>SFC</u>	<u>80-84</u>	<u>2:31.67</u>	<u>2021-22 Long Course Masters Swimming Competition - Part 3</u>	<u>20-Jun-21</u>
WONG JIM	SFC	75-79	2:09.00	2016-17 Long Course Masters Swimming Competition - Part 3	12-Jun-16
SUEN MING CHU	SFC	70-74	1:53.65	2018-19 Annual Long Course Masters Swimming Championships	25-Nov-18
SUEN MING CHU	KTS	65-69	1:51.76	Long Course Masters Swimming Competition - Part 3 2013	11-Aug-13
SUEN MING CHU	SCA	60-64	1:46.35	Annual Masters Swimming Championships 2008	6-Sep-08
KIRKWOOD, TAIN MHAIRA	LRC	55-59	1:35.97	2018-19 Long Course Masters Swimming Competition - Part 2	6-May-18
COGGINS LYNDA ANNE	LRC	50-54	1:29.58	Annual Long Course Masters Swimming Championships	23-Nov-14
WONG FUNG YEE	KTS	45-49	1:26.75	Summer Masters Swimming Championships 2009	6-Jun-09
<u>KRKAŁO SHAUNA KATHLEEN</u>	<u>LRC</u>	<u>40-44</u>	<u>1:21.94</u>	<u>2021-22 Long Course Masters Swimming Competition - Part 3</u>	<u>20-Jun-21</u>
NEEDHAM SUZANNE HEIZER	LRC	35-39	1:20.17	FINA World Masters Championships 2012	11-Jun-12
BARNES RUTH	LRC	30-34	1:18.68	FINA World Masters Championships 2012	11-Jun-12
LIU KA LEI	KTS	25-29	1:22.65	Spring Masters Swimming Championships 2010	6-Mar-10
KONG YVETTE MAN YI	SCA	18-24	1:13.79	2014-15 Long Course Masters Swimming Competition - Part 3	10-Aug-14

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

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

HONG KONG MASTERS SWIMMING RECORDS

LONG COURSE

(Update to 2021-22 Long Course Masters Swimming Competition - Part 3)

MEN 50M BUTTERFLY				NAME OF MEET	DATE ACHIEVED
YIM KAM WING	SFC	85-89	1:10.42	2019-20 Long Course Masters Swimming Competition - Part 2	5-May-19
MAK HEI CHI	SGC	80-84	0:58.81	Winter Masters Swimming Championships 2008	22-Nov-08
LEE CHE KWOK	SFC	75-79	0:53.57	Long Course Masters Swimming Competition - Part 3 2013	11-Aug-13
FU TAI CHUN	KTS	70-74	0:37.28	Spring Masters Swimming Championships 2007	24-Mar-07
FU TAI CHUN	KTS	65-69	0:33.66	Annual Masters Swimming Championships 2002	31-Aug-02
FU TAI CHUN	KTS	60-64	0:30.60	Summer Masters Swimming Championships 1999	19-Jun-99
HO ROBERT YAU CHUNG	LRC	55-59	0:30.04	Annual Long Course Masters Swimming Championships 2015	20-Dec-15
WONG KWOK WAH	KHC	50-54	0:27.94	Annual Long Course Masters Swimming Championships 2017	25-Nov-17
WOODRING DOUGLAS	BSC	45-49	0:27.47	Long Course Masters Swimming Competition - Part 3 2013	11-Aug-13
NORTJE, CRAIG ANDREW	#FL	40-44	0:26.85	FINA World Masters Championship 2019 - Gwangju	14-Aug-19
NORTJE CRAIG ANDREW	CKW	35-39	0:26.70	Annual Long Course Masters Swimming Championships 2015	20-Dec-15
BEAHAN, GRANT KENNETH	BSC	30-34	0:26.54	Annual Long Course Masters Swimming Championships 2017	25-Nov-17
LAU CHUN LEUNG JOHNNY	KHC	25-29	0:26.21	Annual Long Course Masters Swimming Championships 2017	25-Nov-17
CHEUNG YAU MING	#DB	18-24	0:26.27	2018-19 Annual Long Course Masters Swimming Championships	25-Nov-18

WOMEN 50M BUTTERFLY				NAME OF MEET	DATE ACHIEVED
WONG JIM	SFC	75-79	1:00.33	2016-17 Long Course Masters Swimming Competition - Part 2	24-Apr-16
SUEN MING CHU	SFC	70-74	0:48.26	Annual Long Course Masters Swimming Championships 2019	1-Dec-19
SUEN MING CHU	SGC	65-69	0:45.64	Long Course Masters Swimming Competition - Part 3 2013	11-Aug-13
TSEUNG NGA WAH	SFC	60-64	0:39.95	2018-19 Long Course Masters Swimming Competition - Part 2	6-May-18
KIRKWOOD, TAIN MHAIRA	LRC	55-59	0:36.39	2018-19 Annual Long Course Masters Swimming Championships	25-Nov-18
LEE TANYA DIANE	PSC	50-54	0:32.53	The 1st Asian Masters Swimming Championships 2018 NAGOYA (JPN)	13-Jul-18
PAZOS CHRISTENA MARIA	LRC	45-49	0:32.96	2015-16 Long Course Masters Swimming Competition - Part 3	26-Jul-15
TAM MAI LING ALISON	#FL	40-44	0:32.51	FINA World Masters Championships 2019 - Gwangju	14-Aug-19
KELSEY JANE MACFARLAND	LRC	35-39	0:32.49	Annual Long Course Masters Swimming Championships 2013	24-Nov-13
CHAN WING SUET	PSC	30-34	0:30.75	The 1st Asian Masters Swimming Championships 2018 NAGOYA (JPN)	13-Jul-18
NG KA MAN	KTS	25-29	0:29.30	Annual Long Course Masters Swimming Championships	23-Nov-14
WONG YEE CHING	SGC	18-24	0:30.27	Annual Long Course Masters Swimming Championships 2013	24-Nov-13

MEN 100M BUTTERFLY				NAME OF MEET	DATE ACHIEVED
LEE MING	SFC	80-84	2:35.84	2010-11 Long Course Masters Swimming Championships - Part 1	20-Mar-11
LAW KWAI FONG	SFC	75-79	2:13.21	2010-11 Long Course Masters Swimming Championships - Part 1	20-Mar-11
CHAN SHING CHI	LTS	70-74	1:56.24	2018-19 Long Course Masters Swimming Competition - Part 1	24-Mar-19
YONG KHIN SYN	SFC	65-69	1:41.99	2015-16 Long Course Masters Swimming Competition - Part 1	20-Mar-16
HO ROBERT YAU CHUNG	LRC	60-64	1:15.51	FINA World Masters Championships 2019 - Gwangju	15-Aug-19
KOO YU FAT MARCUS	FFA	55-59	1:11.94	2016-17 Long Course Masters Swimming Competition - Part 1	26-Mar-17
JOHNSON ERIC ANDREW	LRC	50-54	1:04.49	FINA World Masters Championships 2014	10-Aug-14
SAKA TAIHEI	SGC	45-49	1:00.90	2013-14 Long Course Masters Swimming Competition - Part 1	4-Mar-12
NORTJE, CRAIG ANDREW	#FL	40-44	0:59.49	FINA World Masters Championships 2019 - Gwangju	15-Aug-19
CRAIG ANDREW NORTJE	VRC	35-39	0:59.58	FINA World Masters Championships 2014	10-Aug-14
BEAHAN, GRANT KENNETH	BSC	30-34	0:58.66	2017-18 Long Course Masters Swimming Competition - Part 1	25-Mar-18
LAU CHUN LEUNG JOHNNY	KHC	25-29	0:59.26	2018-19 Long Course Masters Swimming Competition - Part 1	24-Mar-19
CHEUNG YAU MING	#DB	18-24	0:59.53	2018-19 Long Course Masters Swimming Competition - Part 1	24-Mar-19

WOMEN 100M BUTTERFLY				NAME OF MEET	DATE ACHIEVED
SUEN MING CHU	SFC	70-74	1:56.01	2017-18 Long Course Masters Swimming Competition - Part 1	25-Mar-18
SUEN MING CHU	SGC	65-69	1:48.29	Masters Long Course Swimming Competition Part 1	26-Jan-14
SUEN MING CHU	SCA	60-64	1:49.51	2010-11 Long Course Masters Swimming Championships - Part 1	20-Mar-11
KIRKWOOD, TAIN MHAIRA	LRC	55-59	1:31.44	2017-18 Long Course Masters Swimming Competition - Part 1	25-Mar-18
LEE TANYA DIANE	PSC	50-54	1:14.85	The 1st Asian Masters Swimming Championships 2018 NAGOYA (JPN)	16-Jul-18
PAZOS CHRISTENA MARIA	LRC	45-49	1:12.50	16th FINA World Masters Championships 2015 in Kazan	13-Aug-15
KELSEY JANE MACFARLAND	LRC	40-44	1:13.55	2014-15 Long Course Masters Swimming Competition - Part 1	22-Mar-15
KELSEY JANE MACFARLAND	LRC	35-39	1:13.49	2011-12 Long Course Masters Swimming Competition - Part 1	4-Mar-12
CHAN WING SUET	PSC	30-34	1:10.44	The 1st Asian Masters Swimming Championships 2018 NAGOYA (JPN)	16-Jul-18
CHAN WING SUET	LRC	25-29	1:08.66	FINA World Masters Championships 2014	10-Aug-14
MAU LOK YAN EUNICE	CUC	18-24	1:13.91	Masters Long Course Swimming Competition Part 1	26-Jan-14

HONG KONG MASTERS SWIMMING RECORDS

LONG COURSE

(Update to 2021-22 Long Course Masters Swimming Competition - Part 3)

MEN 200M INDIVIDUAL MEDLEY				NAME OF MEET	DATE ACHIEVED
LAW KWAI FONG	SFC	80-84	5:10.21	Annual Long Course Masters Swimming Championships 2017	25-Nov-17
WONG SHIU MING	SFC	75-79	4:24.87	2016-17 Long Course Masters Swimming Competition - Part 1	26-Mar-17
TIN SHEUNG KWAI	NWC	70-74	3:38.48	Annual Long Course Masters Swimming Championships 2017	25-Nov-17
CHAN KAM POR	SFC	65-69	3:04.42	2017-18 Long Course Masters Swimming Competition - Part 1	25-Mar-18
HO ROBERT YAU CHUNG	LRC	60-64	2:58.40	2018-19 Annual Long Course Masters Swimming Championships	25-Nov-18
SAKA TOSHIYUKI	SGC	55-59	2:45.82	2016-17 Long Course Masters Swimming Competition - Part 1	26-Mar-17
CHAN KAM POR	KTS	50-54	2:26.14	Summer Masters Swimming Championships 2004	12-Jun-04
SAKA TAIHEI	SGC	45-49	2:23.04	2010-11 Long Course Masters Swimming Championships - Part 1	20-Mar-11
NORTJE, CRAIG ANDREW	#FL	40-44	2:19.17	FINA World Masters Championships 2019 - Gwangju	15-Aug-19
NORTJE, CRAIG ANDREW	VRC	35-39	2:20.07	FINA World Masters Championships 2014	10-Aug-14
JACOBS DAMIAN CHARLES	LRC	30-34	2:25.69	FINA World Masters Championships 2014	10-Aug-14
GLASSMAN ZACHARY	LRC	25-29	2:13.80	2011-12 Long Course Masters Swimming Competition - Part 1	4-Mar-12
WONG SING TSUM DEREK	CUC	18-24	2:21.50	Annual Long Course Masters Swimming Champions 2013	24-Nov-13

WOMEN 200M INDIVIDUAL MEDLEY				NAME OF MEET	DATE ACHIEVED
SHUM CHING FONG	HFS	80-84	5:35.17	Annual Long Course Masters Swimming Championships 2013	24-Nov-13
WONG JIM	SFC	75-79	4:49.42	Annual Long Course Masters Swimming Championships 2016	18-Dec-16
SUEN MING CHU	SFC	70-74	3:49.34	2018-19 Long Course Masters Swimming Competition - Part 2	6-May-18
SUEN MING CHU	SGC	65-69	3:47.99	2013-14 Long Course Masters Swimming Competition - Part 2	23-Jun-13
SUEN MING CHU	SCA	60-64	3:37.27	Winter Masters Swimming Championships 2007	27-Jan-08
KIRKWOOD, TAIN MHAIRA	LRC	55-59	3:16.65	The 1st Asian Masters Swimming Championships 2018 NAGOYA (JPN)	12-Jul-18
COGGINS LYNDA ANNE	LRC	50-54	2:55.65	FINA World Masters Championships 2014	10-Aug-14
PAZOS CHRISTENA MARIA	LRC	45-49	2:46.91	16th FINA World Masters Championships 2015 in Kazan	13-Aug-15
KELSEY JANE MACFARLAND	LRC	40-44	2:41.17	2014-15 Long Course Masters Swimming Competition - Part 1	22-Mar-15
KELSEY JANE MACFARLAND	LRC	35-39	2:37.75	Annual Long Course Masters Swimming Champions 2013	24-Nov-13
CHAN WING SUET	PSC	30-34	2:38.52	The 1st Asian Masters Swimming Championships 2018 NAGOYA (JPN)	12-Jul-18
CHAN WING SUET	LRC	25-29	2:36.59	FINA World Masters Championships 2014	10-Aug-14
CHARTER ROBYN JUDY	SFC	18-24	2:42.84	2018-19 Annual Long Course Masters Swimming Championships	25-Nov-18

MEN 4 X 50M FREESTYLE RELAY				NAME OF MEET	DATE ACHIEVED
SWORD FISH CLUB	SFC	320+	3:09.80	2019-20 Long Course Masters Swimming Competition - Part 3	23-Jun-19
NEW WATER POLO CLUB	NWC	280+	2:18.05	2018-19 Long Course Masters Swimming Competition - Part 3	24-Jun-18
SWORD FISH CLUB	SFC	240+	2:02.09	2018-19 Annual Long Course Masters Swimming Championships	25-Nov-18
SEA GREEN SWIMMING & LIFE SAVING CLUB	SGC	200+	1:52.52	2010-11 Long Course Masters Swimming Championships - Part 1	20-Mar-11
LADIES' RECREATION CLUB	LRC	160+	1:41.91	FINA World Masters Championships 2017	18-Aug-17
NEW WATER POLO CLUB	NWC	120+	1:40.03	2018-19 Long Course Masters Swimming Competition - Part 3	24-Jun-18
DIOCESAN SCHOOL OLD BOY'S ASSOCIATION LTD	#DB	100+	1:36.96	2018-19 Long Course Masters Swimming Competition - Part 1	24-Mar-19

WOMEN 4 X 50M FREESTYLE RELAY				NAME OF MEET	DATE ACHIEVED
SWORD FISH CLUB	SFC	280+	2:42.61	Annual Long Course Masters Swimming Championships 2019	1-Dec-19
SWORD FISH CLUB	SFC	240+	2:34.06	2018-19 Annual Long Course Masters Swimming Championships	25-Nov-18
LADIES' RECREATION CLUB	LRC	200+	2:12.67	FINA World Masters Championships 2012	14-Jun-12
LADIES' RECREATION CLUB	LRC	160+	1:58.32	16th FINA World Masters Championships 2015 in Kazan	14-Aug-15
LADIES' RECREATION CLUB	LRC	120+	1:55.57	FINA World Masters Championships 2012	14-Jun-12
KWUN TONG SWIMMING CLUB	KTS	100+	2:02.27	Winter Masters Swimming Championships 1995	9-Dec-95

HONG KONG MASTERS SWIMMING RECORDS

LONG COURSE

(Update to 2021-22 Long Course Masters Swimming Competition - Part 3)

MEN 4 X 50M MEDLEY RELAY				NAME OF MEET	DATE ACHIEVED
SWORD FISH CLUB	SFC	320+	3:30.63	Annual Long Course Masters Swimming Championships 2012	9-Dec-12
SWORD FISH CLUB	SFC	280+	2:39.12	2021-22 Long Course Masters Swimming Competition - Part 2	9-May-21
SWORD FISH CLUB	SFC	240+	2:19.80	Long Course Masters Swimming Competition - Part 3 2013	11-Aug-13
THE HONG KONG JOCKEY CLUB	HJC	200+	2:03.19	Winter Masters Swimming Championships 1993	11-Dec-93
YMCA OF HONG KONG	YMC	160+	1:53.94	Summer Masters Swimming Championships 1996	22-Jun-96
DIOCESAN SCHOOL OLD BOY'S ASSOCIATION LTD	#DB	120+	1:54.76	2018-19 Long Course Masters Swimming Competition - Part 1	24-Mar-19
YMCA OF HONG KONG	YMC	100+	1:51.11	Spring Masters Swimming Championships 1999	20-Mar-99
WOMEN 4 X 50M MEDLEY RELAY				NAME OF MEET	DATE ACHIEVED
SWORD FISH CLUB	SFC	280+	3:21.30	1st Asian Masters Swimming Championships 1996	14-Sep-96
SWORD FISH CLUB	SFC	240+	2:48.90	2017-18 Long Course Masters Swimming Competition Part 1	25-Mar-18
LADIES' RECREATION CLUB	LRC	200+	2:32.48	2016-17 Long Course Master Swimming Competition - Part 2	24-Apr-16
LADIES' RECREATION CLUB	LRC	160+	2:10.35	Annual Masters Swimming Championships 1994	17-Sep-94
LADIES' RECREATION CLUB	LRC	120+	2:10.92	FINA World Masters Championships 2012	14-Jun-12
NEW WATER POLO CLUB	NWC	100+	2:19.21	2018-19 Long Course Masters Swimming Competition - Part 2	6-May-18
MIXED 4 X 50M FREESTYLE RELAY				NAME OF MEET	DATE ACHIEVED
SWORD FISH CLUB	SFC	320+	3:38.22	2018-19 Annual Long Course Masters Swimming Championships	25-Nov-18
SWORD FISH CLUB	SFC	280+	2:34.42	2021-22 Long Course Masters Swimming Competition - Part 2	9-May-21
SWORD FISH CLUB	SFC	240+	2:15.69	2018-19 Annual Long Course Masters Swimming Championships	25-Nov-18
LADIES' RECREATION CLUB	LRC	200+	1:55.82	FINA World Masters Championships 2017	18-Aug-17
LADIES' RECREATION CLUB	LRC	160+	1:52.54	FINA World Masters Championships 2017	18-Aug-17
FASTLANE SWIMMING CO. LTD	#FL	120+	1:48.72	FINA World Masters Championships 2019 - Gwangju	19-Aug-19
NEW WATER POLO CLUB	NWC	100+	1:51.20	Annual Long Course Masters Swimming Championships 2017	25-Nov-17

2022-23 Long Course Masters Swimming Comp P3 - 12-Jun-22

Psych Sheet

Event 1 Men 100 LC Meter Breaststroke

18-24 MSR: 1:08.54

25-29 MSR: 1:09.75

30-34 MSR: 1:09.75

35-39 MSR: 1:10.50

40-44 MSR: 1:15.87

45-49 MSR: 1:15.29

50-54 MSR: 1:13.66

55-59 MSR: 1:21.91

60-64 MSR: 1:24.95

65-69 MSR: 1:26.42

	ID#	Name	Age	Team	Seed Time
18-24					
1	24279 IAZ	Au, Chung Yin	22	Kwun Tong	1:12.00
2	15390 B	Lau, Yat Fung	23	Diocesan School	1:20.00
3	48045 IAZ	Lo, Tsz Wang	19	Kwun Tong	1:20.00
4	28567 #IAZ	Tam, Wang Yin	22	New Water Polo	1:20.00
25-29					
1	24728 IAZ	Chan, Wing Fa	25	Eastern Winter	1:10.00
2	05642 IBZ	Lok, Ho Chun	28	Hong Kong Police	1:18.09
3	10083 IAZ	Chan, Chun Yin Wilson	28	Hong Kong Police	1:30.00
30-34					
1	02591	Luk, Wing Kin Andy	33	Kwan Hung	1:11.00
2	05730 IAZ	Wong, Tsz Wa	32	Kwan Hung	1:25.00
3	04877 IBZ	Ng, Yu Ting	31	Sword Fish Club	1:25.00
4	10683 IBZ	Lee, Tsun Sang	30	Golden Dolphin	1:30.00
5	23960 IAZ	Kong, Ka Wai	34	Kwun Tong	1:30.00
6	09136 IAZ	Tsang, Chun Kin	34	New Water Polo	1:50.00
35-39					
1	24266 IAZ	Ma, Ling Ho Herwin	39	Hong Kong Police	1:26.20
40-44					
1	01465 ICZ	Chiang, Filomeno	40	Hong Kong Police	1:29.50
2	45574 IAZ	Ng, Siu Kwong	40	Sword Fish Club	1:45.00
3	40834 IAZ	Chang, Hsi Tse JosephJeremy	43	Diocesan School	1:47.00
4	18880 IAZ	Chan, Ho Wai Howard	41	Sun Yip	1:50.00
5	16467	Chak, Pui Ching	44	Wong Tai Sin	1:50.00
6	01948 ICZ	Tang, Ho Yuen	40	Diocesan School	1:52.00
7	23119 IAZ	Chan, Ying Tsung Bosco	41	Sword Fish Club	2:15.00
45-49					
1	21008 IAZ	Cheung, Chun Kwan Michael	49	Wong Tai Sin	1:30.00
2	42737 IAZ	So, Ma Loi	46	Sword Fish Club	1:32.00
3	05160	Chan, Ka Wo	45	Diocesan School	1:40.00
4	48593 IAZ	Cheng, Wai Leung	45	Sword Fish Club	1:40.00
5	47461 IAZ	Tse, Ka Fai	48	New Water Polo	1:50.00
50-54					
1	25592 IAZ	Cheung, Wai Kei	50	Flying Fish	1:30.00
2	26317 IAZN	Tung, Shang Wei Timothy	52	Kwun Tong	1:35.00
3	42085 IAZ	Lee, Hon Lun Philip	50	Sword Fish Club	1:40.00
4	48592 @IAW	Kwok, Wah Lun	52	Sword Fish Club	1:45.00
5	42364 IAZ	Lau, Yip Kwong Francis	53	Diocesan School	1:50.00
6	38127 IAZ	Leung, Cheung Wai Ricky	54	Sword Fish Club	1:50.00
7	15166	Leung, Chi Keung	50	Sun Yip	1:50.00

2022-23 Long Course Masters Swimming Comp P3 - 12-Jun-22

Psych Sheet

55-59... (Event 1 Men 100 LC Meter Breaststroke)

1	18856 IAZ	Au, Mun Shing	57	Sword Fish Club	1:30.00
2	40592 IAZ	Fo, Pui Keung	58	Hong Kong Police	1:43.90
3	38291 IAZ	Liu, Chun Sing	56	Sword Fish Club	1:45.00
4	27869 IAZ	Lee, Kam Cheong	58	Sword Fish Club	1:50.00
5	22433 IAZ	Lui, Man Pong	57	New Water Polo	1:55.00
6	05139	Lin, Fulung	55	Flying Fish	NT

60-64

1	05191	Koo, Yu Fat Marcus	60	Flying Fish	1:26.00
2	15528	Tsui, Tak Shing Dominic	60	Fastlane Swimming	1:35.00
3	07802	Chau, Kam Tim	62	Sea Green	1:50.00
4	31475 IAZ	Kwan, Chi Yin	61	New Water Polo	1:55.00
5	25226 IAZ	Choi, Tai Wing	61	Sword Fish Club	1:55.00

65-69

1	06281	Fung, Kam Tai	67	Sword Fish Club	1:30.00
2	11563	Lee, Kwok Hung	69	Sword Fish Club	1:50.00
3	06176	Wong, Kung Wan	66	Sea Green	1:50.00

70-74

1	06382	Chan, Kam Por	70	Sword Fish Club	1:35.00
2	23123 IAZ	Poon, Wai	70	Sword Fish Club	1:38.00
3	06243	Koo, Choi Fat	72	Wong Tai Sin	1:53.00

75-79

1	10274	Lau, Chun Nung	76	Lai Tsun	2:10.00
2	09891	Wong, Chiu Shun	75	Sword Fish Club	2:10.00
3	14029	leong, Vun Fai	76	Sword Fish Club	2:15.00

80-84

1	06270	Lam, Luk Kan	81	Sword Fish Club	2:15.00
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85-89

1	17832 IAX	Chan, Sau	85	Sword Fish Club	3:20.00
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Event 2 Women 100 LC Meter Breaststroke

18-24 MSR: 1:13.79

25-29 MSR: 1:22.65

30-34 MSR: 1:18.68

35-39 MSR: 1:20.17

40-44 MSR: 1:21.94

45-49 MSR: 1:26.75

50-54 MSR: 1:29.58

55-59 MSR: 1:35.97

60-64 MSR: 1:46.35

65-69 MSR: 1:51.76

	ID#	Name	Age	Team	Seed Time
18-24					
1	27291 @P	Lau, Sze Wan	19	Kwun Tong	1:35.00
2	20969 #IAZ	Lui, Wing Lam	20	Kwun Tong	1:35.00
3	23688 IAZ	Mok, Ka Ka Janis	22	Fastlane Swimming	1:35.00
25-29					
1	09971 IAZ	Kam, Wing Lam Lucinda	26	Tung Sing	1:35.00
2	46331 @ICO	Brueck, Hannah Madeleine	26	Fastlane Swimming	1:40.00
3	11418 #P	Chan, Yuan Ting Janet	27	Fastlane Swimming	1:40.00
4	04236 B	Ngan, Tsz Lam	27	Hong Kong Police	1:45.00
30-34					
1	06577 IBZ	Leung, Wei Yan	32	Sword Fish Club	1:37.00
2	46294 ICX	Lin, Shengzhu	34	New Water Polo	2:00.00

2022-23 Long Course Masters Swimming Comp P3 - 12-Jun-22

Psych Sheet

35-39... (Event 2 Women 100 LC Meter Breaststroke)

1	30316 IAZ	Ng, Yee Lam	37	Hong Kong Police	1:45.00
2	13384 ICZ	Lee, May Sze Mei	35	New Water Polo	2:20.00

40-44

1	46247 @IAO	Krkalo, Shauna Kathleen	44	LRC	1:21.94
2	06304 ICZ	Cheung, Man Yiu	43	Sea Green	1:50.00
3	30072 ICW	Chao, Man Chi	43	New Water Polo	2:00.00

50-54

1	27463 IAX	Chen, Yugen	51	New Water Polo	1:50.00
2	40912 IAZ	Ng, Yee Ling	51	Tolo Harbour	1:50.00
3	23588 IAZ	Lee, Ying Chi	54	Tung Sing	1:55.00
4	06349	Ip, Oi Wa Wendy	50	Sword Fish Club	1:59.00
5	35772 IAX	Ban, Xianhai	50	New Water Polo	2:00.00
6	44304 IAX	Choi, Shan Shan	50	Sword Fish Club	2:15.00
7	45745 IAZ	Liu, Pui Ha	50	Sword Fish Club	2:35.00

55-59

1	40907 IAZ	Lai, Shui Nin Ingrid	55	YMCA OF Hong Kong	1:55.00
2	38289 IAZ	Ng, Wai Lin Angie	58	Sword Fish Club	2:15.00

60-64

1	16533	Wong, Shun Ying	63	Sea Green	1:50.00
2	24216 IAZ	Li, Chuk Ping	60	Sword Fish Club	1:58.00
3	02711	Fok, Wai Fung	64	Wong Tai Sin	2:00.00
4	21006 IAZ	Chan, Kin Ming Carrie	60	Sword Fish Club	2:15.00

65-69

1	06356 IAZN	Lo Yeung, Sau Han	69	Kwun Tong	2:10.00
2	06127	Lau, Wai Lin	66	New Water Polo	2:15.00
3	14007	Ho, Yuk Ling	65	Tung Sing	2:15.00
4	23957 IAX	Yeung, Tun Lim Lily	65	Sword Fish Club	2:40.00

70-74

1	06147	Leung Wong, Yin Har Hayley	70	Sea Green	2:30.00
2	06212	Lo, Yeuk Shuen	73	Wong Tai Sin	2:40.00

75-79

1	08936	Leong, Kuai Heng	76	New Water Polo	3:42.79
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80-84

1	06374	Wong, Jim	81	Sword Fish Club	3:00.00
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Event 3 Men 50 LC Meter Freestyle

18-24 MSR:	24.17
25-29 MSR:	23.92
30-34 MSR:	24.31
35-39 MSR:	24.80
40-44 MSR:	25.24
45-49 MSR:	26.47
50-54 MSR:	25.80
55-59 MSR:	28.02
60-64 MSR:	27.95
65-69 MSR:	29.72

	ID#	Name	Age	Team	Seed Time
25-29					
1	09964 IAZ	Lau, Chak Lam Nicholas	27	Diocesan School	26.00
2	05296 #B	Hui, Chun Hin	29	New Water Polo	27.00
3	12001 IB	Li, Chung Yin	29	Hong Kong Police	27.16
4	16201 B	Kwok, Yuk Hang	26	Kwun Tong	27.50
5	33918 IAZ	Chan, Ming Hin	27	Hong Kong Police	27.76

2022-23 Long Course Masters Swimming Comp P3 - 12-Jun-22

Psych Sheet

25-29... (Event 3 Men 50 LC Meter Freestyle)

6	40333 IAZ	Lam, Pak Lai	25 Flying Fish	28.00
7	08608 IAZ	Lau, Wang Chi	26 Hong Kong Police	28.50
8	46301 IAZ	Lai, Siu In	29 New Water Polo	35.00
9	48637 IAZ	Leung, Shu Wing	29 New Water Polo	38.00

30-34

1	00557 #	Chow, Sik Hang	34 Kwun Tong	25.00
2	01433	Tai, Hilary Francis	32 Diocesan School	26.00
3	03667 IBZ	Wong, Sai Man Sherman	33 New Water Polo	26.00
4	01582 IBZ	Siu, Kevin	34 Kwun Tong	26.00
5	27874 IAZ	Chan, Cheuk Man	34 New Water Polo	27.00
6	01772	Pang, Hin Sing	31 Hong Kong Police	27.87
7	00385	Cheng, Pong Man Reuben	33 Flying Fish	29.00
8	23960 IAZ	Kong, Ka Wai	34 Kwun Tong	29.00
9	02040	Yei, Tak Sau	33 Flying Fish	29.00
10	48029 IAZ	Lee, Ka Hung	32 Hong Kong Police	29.99
11	05730 IAZ	Wong, Tsz Wa	32 Kwan Hung	30.00
12	14526 IBZ	Ho, Chun Sum Samuel	33 New Water Polo	34.00
13	14527 IBZ	Ho, Chun Ting Timothy	33 New Water Polo	34.00
14	09136 IAZ	Tsang, Chun Kin	34 New Water Polo	40.00

35-39

1	42367 IAO	Chow, Chun Yin	36 Diocesan School	26.00
2	09143 ICZ	Chow, Wang Kei	38 Flying Fish	29.21
3	24266 IAZ	Ma, Ling Ho Herwin	39 Hong Kong Police	29.50
4	32424 IAZ	Law, Tin Yiu	37 Hong Kong Police	29.99
5	00444	Lam, Yau Sun Dickson	37 Diocesan School	30.00
6	46504 @IAO	Coe, Jason George	38 Fastlane Swimming	30.50
7	35767 ICO	Pilloni, Iosto	36 New Water Polo	31.00
8	23298 IAZ	Li, Cheuk Bun	37 Wong Tai Sin	33.00
9	09165	Cheung, Siu Fung	39 Lai Tsun	35.00

40-44

1	40841 IAX	Tsang, Kwok Tung	43 Diocesan School	30.00
2	40107 IAZ	Chan, Falcon	43 Lai Tsun	30.00
3	40558 IAZ	Law, Sai Wo	43 Tolo Harbour	32.09
4	03095	Lau, Ko Chun	40 Hong Kong Police	32.41
5	18880 IAZ	Chan, Ho Wai Howard	41 Sun Yip	33.00
6	03793 ICZ	Po, Tik San	40 New Water Polo	35.00
7	23119 IAZ	Chan, Ying Tsung Bosco	41 Sword Fish Club	1:10.00
8	29261 IAZ	Lai, Ka Wai	44 Tuen Mun	NT
9	46248 @ICO	O' Neill, Donal Thomas	42 LRC	NT

45-49

1	11569	Wong, Lok Shun	45 Flying Fish	29.00
2	06316	Chan, Sze Tat	47 Hong Kong Police	29.50
3	42737 IAZ	So, Ma Loi	46 Sword Fish Club	32.00
4	21008 IAZ	Cheung, Chun Kwan Michael	49 Wong Tai Sin	33.00
5	48665 IAZ	Law, Kwai Sun	47 New Water Polo	39.00
6	48593 IAZ	Cheng, Wai Leung	45 Sword Fish Club	40.00

50-54

1	48285 IAZ	Wan, Hong Yin Edmund	51 Hong Kong Footba	30.00
2	46434 IAZ	Tse, Chee Ho Bruce	52 Sword Fish Club	33.00
3	17701 IAZ	Lee, Chor Fu	53 Wong Tai Sin	34.00
4	35711 IAX	Wong, Fuk Kei	53 Sword Fish Club	48.00
5	04184	Woo, Siu Ming William	51 Sword Fish Club	50.00

55-59

1	40592 IAZ	Fo, Pui Keung	58 Hong Kong Police	31.07
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2022-23 Long Course Masters Swimming Comp P3 - 12-Jun-22

Psych Sheet

55-59... (Event 3 Men 50 LC Meter Freestyle)

2	26261 IAZ	Tsun, Chung Wa Jode	58 Hong Kong Police	34.81
3	21023 IAZ	Ho, Kwong Ngai Eric	59 Sword Fish Club	36.00
4	44868 IAZ	Leung, Cheong Chau Stephen	57 Diocesan School	37.00
5	40839 IAZ	Leung, Wing Hang Michael	57 Diocesan School	37.00
6	46973 IAZ	Leung, Wai Ming	56 New Water Polo	37.00
7	40861 IAZ	Cheung, Chi Ming Rover	59 Sword Fish Club	37.00
8	39982 IAZ	Chow, Wing Chun	58 Sword Fish Club	38.00
9	19802 IAO	Farrands, Sam	57 LRC	NT

60-64

1	06256	Chan, Kwong Peter	61 Sea Green	31.00
2	05071	Choi, Tony	64 LRC	31.85
3	46092 @IAO	Munro, Gavin Malcolm	62 LRC	34.27
4	41007 IAZ	So, Man Sing	61 Sea Green	39.00
5	28339 IAZ	Yim, Chi Yiu	62 New Water Polo	40.00
6	07802	Chau, Kam Tim	62 Sea Green	40.00
7	20636 IAZ	Pang, Seung Chiu	63 Lai Tsun	44.00

65-69

1	06331 ICZ	Ma, Etienne	65 YMCA OF Hong Kong	30.00
2	06398	Cho, Wai Sun	69 Fastlane Swimming	34.00
3	33115 IAX	Ng, Kan Sing	69 Sword Fish Club	39.00
4	06389	Chan, Hong Wah	69 New Water Polo	40.00
5	06388	Lau, Man Kin	68 Sword Fish Club	40.00
6	06184	Ng, Pak Chiu	68 Sea Green	40.00
7	11563	Lee, Kwok Hung	69 Sword Fish Club	50.00
8	41739 IAZ	Ng, Chin Wing	67 Sea Green	50.00

70-74

1	06268	Tse, Kwok Piu	71 Sword Fish Club	34.00
2	41729 IAZ	Ko, Leung Hung Alex	70 Diocesan School	36.00
3	23123 IAZ	Poon, Wai	70 Sword Fish Club	40.00
4	05917	Yong, Khin Syn	73 Sword Fish Club	40.00
5	44756 IAZ	Lo, Che Hung	74 Lai Tsun	42.00
6	23297 IAZ	Chan, Shing Chi	74 Lai Tsun	45.00
7	45624 IAZ	Mok, Hin Ming	72 Lai Tsun	47.00

75-79

1	03845	Tin, Sheung Kwai	75 New Water Polo	35.13
2	09171	Chan, Ying Chi	76 Sword Fish Club	48.00
3	38301 IAX	Cheung, Hao Yen	79 Lai Tsun	52.00

80-84

1	28522 IAX	Wong, Tat Choi	81 Sword Fish Club	50.00
2	05407	Lee, She Kwok	84 Sword Fish Club	52.00

85-89

1	15490	Law, Kwai Fong	86 Sword Fish Club	1:00.00
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2022-23 Long Course Masters Swimming Comp P3 - 12-Jun-22

Psych Sheet

Event 4 Women 50 LC Meter Freestyle

18-24 MSR:	28.20
25-29 MSR:	29.28
30-34 MSR:	28.96
35-39 MSR:	28.65
40-44 MSR:	28.87
45-49 MSR:	30.12
50-54 MSR:	30.65
55-59 MSR:	32.17
60-64 MSR:	34.16
65-69 MSR:	37.61

	ID#	Name	Age	Team	Seed Time
18-24... (Event 4 Women 50 LC Meter Freestyle)					
1	27291 @P	Lau, Sze Wan	19	Kwun Tong	33.00
2	46326 IAZ	Kwok, Yu Yan	23	New Water Polo	43.00
25-29					
1	08238 B	Li, Tsz Yu	28	New Water Polo	29.00
2	12653 B	Ching, Cho Miu	25	Flying Fish	30.00
3	12361 B	Fok, Sen Yin Stephanie	25	Flying Fish	30.00
4	29564 IAZ	Ng, Wai Ying Megan	26	Flying Fish	30.00
5	11797 B	Ip, Rainbow	25	Flying Fish	30.00
6	09971 IAZ	Kam, Wing Lam Lucinda	26	Tung Sing	33.00
7	11418 #P	Chan, Yuan Ting Janet	27	Fastlane Swimming	33.00
8	06608 B	Shek, Yan Sin	29	New Water Polo	35.00
9	48638 IAZ	Chen, Hei Ching	28	New Water Polo	55.00
30-34					
1	47085 @ICO	Reinfrank, Alkira Lee	30	Barracuda	29.00
2	17382 #IAZ	Tsui, Man Hei	31	New Water Polo	29.00
3	47086 @ICX	Miao, Amy	33	Barracuda	30.00
4	01513 IAZ	Ngai, Sze Long	34	Hong Kong Police	33.41
5	39995 IAS	Cheong, Sut Ieng	30	Sword Fish Club	34.00
35-39					
1	03070	Tu, Pui Yee	38	Hong Kong Police	30.88
2	14023	Wu, Pui Yan Natalie	37	Hong Kong Police	33.00
3	30316 IAZ	Ng, Yee Lam	37	Hong Kong Police	36.00
4	47561 IAZ	Leung, Tin Ho	38	Flying Fish	45.00
40-44					
1	46247 @IAO	Krkalo, Shauna Kathleen	44	LRC	28.87
2	40853 @IAO	Tam, Alison Mai Ling	44	Fastlane Swimming	31.00
3	47028 @ICO	Wittke, Alexandra Maria	40	Fastlane Swimming	39.00
4	25238 IAZ	Yip, Po Man	42	New Water Polo	41.00
5	06304 ICZ	Cheung, Man Yiu	43	Sea Green	45.00
6	34679 IAZ	Lam, Kai Yan	41	Sea Green	45.00
7	30072 ICW	Chao, Man Chi	43	New Water Polo	1:00.00
50-54					
1	28770 IAZ	Cromwell, Nicole Samantha	50	LRC	32.91
2	27463 IAX	Chen, Yugen	51	New Water Polo	45.00
3	06349	Ip, Oi Wa Wendy	50	Sword Fish Club	48.00
4	36840 IAZ	Chung, Ching Han Anna	50	Sea Green	49.00
5	44304 IAX	Choi, Shan Shan	50	Sword Fish Club	1:10.00
55-59					
1	48634 IAZ	Cheung, Wing Yee	56	New Water Polo	43.00
2	45065 @IAZ	Lo, Fung Po Jennifer	59	LRC	44.53

2022-23 Long Course Masters Swimming Comp P3 - 12-Jun-22

Psych Sheet

55-59... (Event 4 Women 50 LC Meter Freestyle)

3	26254 IAX	Ng, Kong Ching	57	New Water Polo	50.00
4	17890 IAZ	Lee, Mo Kee Cillia	57	Sword Fish Club	50.00
5	29831 IAZ	Lowe, Yeuk Ling Dilys	58	Sword Fish Club	55.00
6	44303 IAZ	Lam, Man Lai	56	Sword Fish Club	1:10.00
60-64					
1	41423 IAZ	Chiu, Pauline	60	Tung Sing	40.00
2	20640 IAZ	Wong, Fung Yee	62	Sword Fish Club	44.00
3	16533	Wong, Shun Ying	63	Sea Green	49.00
4	36225 IAX	Li, Wai Kam	60	Sea Green	50.00
5	02711	Fok, Wai Fung	64	Wong Tai Sin	50.58
6	21006 IAZ	Chan, Kin Ming Carrie	60	Sword Fish Club	1:10.00
65-69					
1	03503	Castka, Gillian Hancer	66	Sword Fish Club	40.00
2	19290 IAX	Tseung, Nga Wah	65	Sword Fish Club	40.00
3	06213	Mo, Mei Ling	68	Wong Tai Sin	1:02.00
4	06356 IAZN	Lo Yeung, Sau Han	69	Kwun Tong	1:08.00
5	06127	Lau, Wai Lin	66	New Water Polo	1:10.00
70-74					
1	22852 ICX	Bai, Xiufen	71	Sword Fish Club	37.00
2	06212	Lo, Yeuk Shuen	73	Wong Tai Sin	1:10.00
75-79					
1	08936	Leong, Kuai Heng	76	New Water Polo	1:07.09
2	32571 IAZ	Chan, Pui Yee	78	Sword Fish Club	1:10.00
80-84					
1	38059 IAX	Tai, Li Hua	83	Sword Fish Club	48.00
2	06372 IAZ	Leung, Mabel Yuen Ying	80	Sword Fish Club	1:00.00

Event 5 Men 50 LC Meter Backstroke

18-24 MSR:	28.26
25-29 MSR:	28.12
30-34 MSR:	29.77
35-39 MSR:	30.38
40-44 MSR:	29.81
45-49 MSR:	30.37
50-54 MSR:	30.97
55-59 MSR:	32.57
60-64 MSR:	33.94
65-69 MSR:	35.70

	ID#	Name	Age	Team	Seed Time
18-24					
1	48045 IAZ	Lo, Tsz Wang	19	Kwun Tong	35.00
25-29					
1	16201 B	Kwok, Yuk Hang	26	Kwun Tong	33.00
2	47043 IAZ	Lam, Pak Lun	28	Flying Fish	35.00
3	05567 B	Yeung, Sze Hon	29	Flying Fish	36.00
30-34					
1	06092 #IAZ	Ng, Yan Ho	32	Hong Kong Police	30.00
2	01772	Pang, Hin Sing	31	Hong Kong Police	33.50
3	10683 IBZ	Lee, Tsun Sang	30	Golden Dolphin	34.00
4	14526 IBZ	Ho, Chun Sum Samuel	33	New Water Polo	34.00
5	10686	Chan, Ching	31	Golden Dolphin	35.00
6	48029 IAZ	Lee, Ka Hung	32	Hong Kong Police	35.00
7	06886 B	Li, Chin Long	32	Eastern Winter	45.00

2022-23 Long Course Masters Swimming Comp P3 - 12-Jun-22

Psych Sheet

35-39... (Event 5 Men 50 LC Meter Backstroke)

1	00444	Lam, Yau Sun Dickson	37	Diocesan School	32.00
2	19334 IAZ	Lee, Chun Lim Michael	37	Hong Kong Police	33.50

40-44

1	46248 @ICO	O' Neill, Donal Thomas	42	LRC	29.81
2	40841 IAX	Tsang, Kwok Tung	43	Diocesan School	39.00
3	01948 ICZ	Tang, Ho Yuen	40	Diocesan School	42.00
4	03793 ICZ	Po, Tik San	40	New Water Polo	45.00
5	23119 IAZ	Chan, Ying Tsung Bosco	41	Sword Fish Club	1:30.00

50-54

1	48285 IAZ	Wan, Hong Yin Edmund	51	Hong Kong Footba	38.00
2	06711	Leung, Tsz Kin	50	New Water Polo	39.03
3	41548 IAZ	Ip, Ka Keung Patrick	54	Hong Kong Footba	40.00
4	21814 ICO	Mattoli, Enrico Andrea	52	LRC	44.00
5	21736 IAM	Lo, Lai Tou	54	Sword Fish Club	48.00
6	15166	Leung, Chi Keung	50	Sun Yip	1:00.00

55-59

1	22433 IAZ	Lui, Man Pong	57	New Water Polo	45.00
2	18856 IAZ	Au, Mun Shing	57	Sword Fish Club	45.00
3	37048 IAZ	Cheung, Wai Chuen Jimmy	59	Sword Fish Club	48.00
4	21023 IAZ	Ho, Kwong Ngai Eric	59	Sword Fish Club	48.00
5	39982 IAZ	Chow, Wing Chun	58	Sword Fish Club	50.00
6	27869 IAZ	Lee, Kam Cheong	58	Sword Fish Club	50.00
7	29472 IAZN	Choi, Kwok Man Tony	56	Sword Fish Club	55.00
8	05139	Lin, Fulung	55	Flying Fish	NT

60-64

1	06256	Chan, Kwong Peter	61	Sea Green	40.00
2	03215 IAZ	Leung, Yiu Chuen	64	Sun Yip	42.00
3	41007 IAZ	So, Man Sing	61	Sea Green	45.00
4	25226 IAZ	Choi, Tai Wing	61	Sword Fish Club	55.00
5	46092 @IAO	Munro, Gavin Malcolm	62	LRC	NT

65-69

1	06281	Fung, Kam Tai	67	Sword Fish Club	42.00
2	06398	Cho, Wai Sun	69	Fastlane Swimming	44.00
3	28893 IAZ	Au, King Tong	65	Sun Yip	45.00
4	06388	Lau, Man Kin	68	Sword Fish Club	48.00
5	06187	Kan, Kai Kwong	67	Sea Green	50.00
6	26318	Suen, Chi Wing	68	Sword Fish Club	55.00
7	11563	Lee, Kwok Hung	69	Sword Fish Club	58.00

70-74

1	23123 IAZ	Poon, Wai	70	Sword Fish Club	54.00
2	22182 IAZ	Ngai, Yin Leung	73	Sword Fish Club	57.62
3	40518 IAZ	Liu, Wing Chiu	74	Tuen Mun	1:00.00
4	20634 IAZ	Wu, Shu Sun	72	New Water Polo	1:00.00

75-79

1	38301 IAX	Cheung, Hao Yen	79	Lai Tsun	1:08.00
2	06274	Wong, Yau Chuen	76	Sword Fish Club	1:10.00
3	09891	Wong, Chiu Shun	75	Sword Fish Club	1:11.00

80-84

1	05407	Lee, She Kwok	84	Sword Fish Club	1:00.00
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85-89

1	17832 IAX	Chan, Sau	85	Sword Fish Club	1:15.00
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2022-23 Long Course Masters Swimming Comp P3 - 12-Jun-22

Psych Sheet

Event 6 Women 50 LC Meter Backstroke

18-24 MSR:	31.58
25-29 MSR:	32.98
30-34 MSR:	32.81
35-39 MSR:	34.04
40-44 MSR:	34.40
45-49 MSR:	35.08
50-54 MSR:	35.58
55-59 MSR:	43.53
60-64 MSR:	46.26
65-69 MSR:	42.89

ID#	Name	Age	Team	Seed Time
18-24... (Event 6 Women 50 LC Meter Backstroke)				
1	20969 #IAZ	Lui, Wing Lam	20 Kwun Tong	38.00
25-29				
1	06608 B	Shek, Yan Sin	29 New Water Polo	40.00
30-34				
1	05347	Chui, Kit Man	32 Hong Kong Police	40.09
2	39995 IAS	Cheong, Sut Ieng	30 Sword Fish Club	42.00
3	40936 IAZ	Chan, Po Yan	32 New Water Polo	50.00
40-44				
1	40853 @IAO	Tam, Alison Mai Ling	44 Fastlane Swimming	35.00
2	25238 IAZ	Yip, Po Man	42 New Water Polo	50.00
3	06304 ICZ	Cheung, Man Yiu	43 Sea Green	55.00
50-54				
1	28770 IAZ	Cromwell, Nicole Samantha	50 LRC	42.32
2	40575 IAO	Chan, San Ngah	54 Fastlane Swimming	1:00.00
3	35772 IAX	Ban, Xianhai	50 New Water Polo	1:00.00
55-59				
1	40907 IAZ	Lai, Shui Nin Ingrid	55 YMCA OF Hong Kong	44.00
2	26254 IAX	Ng, Kong Ching	57 New Water Polo	50.00
3	17890 IAZ	Lee, Mo Kee Cillia	57 Sword Fish Club	55.00
4	06337	Tse, Yee Wah	56 YMCA OF Hong Kong	55.00
5	12233	Hung, Isabel	56 Sword Fish Club	56.00
6	45187 IAX	Chan, On Mei	59 Sword Fish Club	1:05.00
7	29831 IAZ	Lowe, Yeuk Ling Dilys	58 Sword Fish Club	1:08.00
60-64				
1	41423 IAZ	Chiu, Pauline	60 Tung Sing	53.00
2	20640 IAZ	Wong, Fung Yee	62 Sword Fish Club	59.00
3	02711	Fok, Wai Fung	64 Wong Tai Sin	1:20.00
4	21006 IAZ	Chan, Kin Ming Carrie	60 Sword Fish Club	1:30.00
65-69				
1	06355	Lo, Lai Yung	67 New Water Polo	58.00
2	06356 IAZN	Lo Yeung, Sau Han	69 Kwun Tong	1:05.06
3	06213	Mo, Mei Ling	68 Wong Tai Sin	1:12.00
4	23957 IAX	Yeung, Tun Lim Lily	65 Sword Fish Club	1:15.00
5	14007	Ho, Yuk Ling	65 Tung Sing	1:15.00
6	06127	Lau, Wai Lin	66 New Water Polo	1:20.00
70-74				
1	22852 ICX	Bai, Xiufen	71 Sword Fish Club	47.00
2	07440	Yip, Lai Kuen	71 Lai Tsun	1:13.00
3	06147	Leung Wong, Yin Har Hayley	70 Sea Green	1:20.00

2022-23 Long Course Masters Swimming Comp P3 - 12-Jun-22

Psych Sheet

75-79... (Event 6 Women 50 LC Meter Backstroke)

1	08936	Leong, Kuai Heng	76	New Water Polo	1:11.87
2	32571 IAZ	Chan, Pui Yee	78	Sword Fish Club	1:20.00

80-84

1	06374	Wong, Jim	81	Sword Fish Club	1:00.00
2	06218	Sin, Lai Kwan	82	Wong Tai Sin	1:30.00

Event 7 Men 100 LC Meter Freestyle

18-24 MSR: 54.18

25-29 MSR: 54.16

30-34 MSR: 56.01

35-39 MSR: 56.13

40-44 MSR: 56.60

45-49 MSR: 59.62

50-54 MSR: 58.29

55-59 MSR: 1:03.62

60-64 MSR: 1:04.39

65-69 MSR: 1:08.31

	ID#	Name	Age	Team	Seed Time
18-24					
1	24279 IAZ	Au, Chung Yin	22	Kwun Tong	1:05.00
2	28567 #IAZ	Tam, Wang Yin	22	New Water Polo	1:05.00
25-29					
1	05296 #B	Hui, Chun Hin	29	New Water Polo	59.00
2	24728 IAZ	Chan, Wing Fa	25	Eastern Winter	1:00.00
3	16201 B	Kwok, Yuk Hang	26	Kwun Tong	1:02.00
4	12001 IB	Li, Chung Yin	29	Hong Kong Police	1:02.95
5	46301 IAZ	Lai, Siu In	29	New Water Polo	1:40.00
6	48637 IAZ	Leung, Shu Wing	29	New Water Polo	1:40.00
30-34					
1	39152 ICO	Belecanech, Matthew Joseph	30	Hong Kong Footba	58.00
2	27874 IAZ	Chan, Cheuk Man	34	New Water Polo	1:00.00
3	14527 IBZ	Ho, Chun Ting Timothy	33	New Water Polo	1:00.00
4	03667 IBZ	Wong, Sai Man Sherman	33	New Water Polo	1:00.00
5	23960 IAZ	Kong, Ka Wai	34	Kwun Tong	1:04.00
6	33387 IAO	Wu, Kenneth Yee Lok	31	Sword Fish Club	1:06.08
7	10686	Chan, Ching	31	Golden Dolphin	1:10.00
35-39					
1	03713 IBZ	Tang, Chee Kit	36	Diocesan School	1:08.00
2	46504 @IAO	Coe, Jason George	38	Fastlane Swimming	1:10.00
40-44					
1	40107 IAZ	Chan, Falcon	43	Lai Tsun	1:12.00
2	18880 IAZ	Chan, Ho Wai Howard	41	Sun Yip	1:45.00
45-49					
1	28849 IAZ	Chan, Chun Kuen	47	Sword Fish Club	1:07.00
2	46505 IAZ	Chang, Lambert Jen Hsiung	47	Fastlane Swimming	1:10.00
3	11569	Wong, Lok Shun	45	Flying Fish	1:12.00
4	48665 IAZ	Law, Kwai Sun	47	New Water Polo	1:46.00
50-54					
1	30710 IAZ	Lai, Kin Sun	52	Flying Fish	1:07.00
2	25592 IAZ	Cheung, Wai Kei	50	Flying Fish	1:13.00
3	21814 ICO	Mattoli, Enrico Andrea	52	LRC	1:14.55
4	07427	Wong, Ho Ming Edwin	53	Barracuda	1:15.00
5	42085 IAZ	Lee, Hon Lun Philip	50	Sword Fish Club	1:25.00

2022-23 Long Course Masters Swimming Comp P3 - 12-Jun-22

Psych Sheet

50-54... (Event 7 Men 100 LC Meter Freestyle)

6	38127 IAZ	Leung, Cheung Wai Ricky	54	Sword Fish Club	1:28.00
7	17701 IAZ	Lee, Chor Fu	53	Wong Tai Sin	1:34.00
55-59					
1	13992	Yim, Chung Chee	57	YMCA OF Hong Kong	1:15.00
2	26594 IAZ	Ching, Wai Kin	58	Sword Fish Club	1:19.98
3	22433 IAZ	Lui, Man Pong	57	New Water Polo	1:30.00
4	40861 IAZ	Cheung, Chi Ming Rover	59	Sword Fish Club	1:30.00
5	37048 IAZ	Cheung, Wai Chuen Jimmy	59	Sword Fish Club	1:30.00
6	21023 IAZ	Ho, Kwong Ngai Eric	59	Sword Fish Club	1:30.00
7	39982 IAZ	Chow, Wing Chun	58	Sword Fish Club	1:40.00
8	05139	Lin, Fulung	55	Flying Fish	NT
9	19802 IAO	Farrands, Sam	57	LRC	NT
60-64					
1	15528	Tsui, Tak Shing Dominic	60	Fastlane Swimming	1:12.00
2	05071	Choi, Tony	64	LRC	1:14.47
3	46092 @IAO	Munro, Gavin Malcolm	62	LRC	1:17.34
4	45199 #IAZ	Fok, Siu Por	64	Juan Hua Club	1:29.58
5	41007 IAZ	So, Man Sing	61	Sea Green	1:39.00
6	13979	Lee, Sing Tim	61	Lai Tsun	1:45.00
7	07802	Chau, Kam Tim	62	Sea Green	1:45.00
65-69					
1	06331 ICZ	Ma, Etienne	65	YMCA OF Hong Kong	1:10.00
2	33115 IAX	Ng, Kan Sing	69	Sword Fish Club	1:22.00
3	06239	Chan, King Yuen	67	Lai Tsun	1:42.00
4	26318	Suen, Chi Wing	68	Sword Fish Club	1:45.00
5	06176	Wong, Kung Wan	66	Sea Green	1:49.00
6	06184	Ng, Pak Chiu	68	Sea Green	1:50.00
7	41739 IAZ	Ng, Chin Wing	67	Sea Green	1:55.00
70-74					
1	06268	Tse, Kwok Piu	71	Sword Fish Club	1:14.00
2	06382	Chan, Kam Por	70	Sword Fish Club	1:18.00
3	22182 IAZ	Ngai, Yin Leung	73	Sword Fish Club	1:57.00
75-79					
1	06274	Wong, Yau Chuen	76	Sword Fish Club	2:10.00
80-84					
1	28522 IAX	Wong, Tat Choi	81	Sword Fish Club	2:00.00
2	05407	Lee, She Kwok	84	Sword Fish Club	2:22.00
85-89					
1	17832 IAX	Chan, Sau	85	Sword Fish Club	2:40.00

Event 8 Women 100 LC Meter Freestyle

18-24 MSR:	1:02.73
25-29 MSR:	1:02.46
30-34 MSR:	1:03.43
35-39 MSR:	1:01.54
40-44 MSR:	1:01.45
45-49 MSR:	1:07.17
50-54 MSR:	1:10.99
55-59 MSR:	1:14.96
60-64 MSR:	1:22.04
65-69 MSR:	1:36.66

	ID#	Name	Age	Team	Seed Time
18-24					
1	27291 @P	Lau, Sze Wan	19	Kwun Tong	1:10.00

2022-23 Long Course Masters Swimming Comp P3 - 12-Jun-22

Psych Sheet

18-24... (Event 8 Women 100 LC Meter Freestyle)

2	20969 #IAZ	Lui, Wing Lam	20	Kwun Tong	1:10.00
3	46326 IAZ	Kwok, Yu Yan	23	New Water Polo	1:45.00
25-29					
1	12361 B	Fok, Sen Yin Stephanie	25	Flying Fish	1:05.00
2	09413 B	Fang, Ka Ying	27	Eastern Winter	1:10.00
3	46331 @ICO	Brueck, Hannah Madeleine	26	Fastlane Swimming	1:15.00
4	09971 IAZ	Kam, Wing Lam Lucinda	26	Tung Sing	1:15.00
30-34					
1	01513 IAZ	Ngai, Sze Long	34	Hong Kong Police	1:18.65
2	47086 @ICX	Miao, Amy	33	Barracuda	1:35.00
35-39					
1	14023	Wu, Pui Yan Natalie	37	Hong Kong Police	1:18.00
2	13384 ICZ	Lee, May Sze Mei	35	New Water Polo	2:10.00
40-44					
1	47028 @ICO	Wittke, Alexandra Maria	40	Fastlane Swimming	1:29.50
2	34679 IAZ	Lam, Kai Yan	41	Sea Green	1:45.00
45-49					
1	07784 #IAZ	Tang, Mei Yin	45	Kwun Tong	1:12.00
50-54					
1	38295 IAZ	Liu, Wai Fun	52	Barracuda	1:40.00
2	27463 IAX	Chen, Yugen	51	New Water Polo	1:40.00
3	40912 IAZ	Ng, Yee Ling	51	Tolo Harbour	1:50.00
4	45745 IAZ	Liu, Pui Ha	50	Sword Fish Club	2:15.00
55-59					
1	45187 IAX	Chan, On Mei	59	Sword Fish Club	1:38.00
2	31750 IAZ	Cheung, Lai Ying Anita	59	Lai Tsun	1:54.00
3	48634 IAZ	Cheung, Wing Yee	56	New Water Polo	1:59.00
60-64					
1	16533	Wong, Shun Ying	63	Sea Green	1:50.00
2	36225 IAX	Li, Wai Kam	60	Sea Green	1:55.00
3	10289	Chan, Wai Yee	64	Lai Tsun	2:00.00
65-69					
1	03503	Castka, Gillian Hancer	66	Sword Fish Club	1:40.00
2	19290 IAX	Tseung, Nga Wah	65	Sword Fish Club	1:40.00
3	06355	Lo, Lai Yung	67	New Water Polo	1:55.00
4	23957 IAX	Yeung, Tun Lim Lily	65	Sword Fish Club	2:10.00
5	14007	Ho, Yuk Ling	65	Tung Sing	2:15.00
70-74					
1	06212	Lo, Yeuk Shuen	73	Wong Tai Sin	2:20.00
80-84					
1	06372 IAZ	Leung, Mabel Yuen Ying	80	Sword Fish Club	2:30.00

Event 9 Men 200 LC Meter Freestyle Relay

100-119 MSR: 1:36.96

120-159 MSR: 1:40.03

160-199 MSR: 1:41.91

200-239 MSR: 1:52.52

240-279 MSR: 2:02.09

280-319 MSR: 2:18.05

320-359 MSR: 3:09.80

	Team	Relay	Seed Time
100-119			
1	Hong Kong Police Swimming Club	M100 A	1:50.72
2	Diocesan School Old Boys' Association	M100 A	NT

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120-159... (Event 9 Men 200 LC Meter Freestyle Relay)

1	Hong Kong Police Swimming	M120 A	1:57.68
2	New Water Polo Club	M120 A	NT
3	Sword Fish Club	M120 A	NT
4	Fastlane Swimming	M120 A	NT
5	Diocesan School Old Boys' Assn	M120 A	NT

160-199

1	Hong Kong Police Swimming	M160 A	1:57.96
2	Barracuda Swimming Club	M160 A	NT
3	HK Flying Fish Athletic Assn	M160 A	NT
4	New Water Polo Club	M160 A	NT
5	Sword Fish Club	M160 A	NT
6	Sun Yip Swimming Club	M160 A	NT
7	Fastlane Swimming	M160 A	NT
8	Hong Kong Football Club	M160 A	NT
9	Diocesan School Old Boys' Assn	M160 A	NT

200-239

1	Hong Kong Police Swimming	M200 A	2:15.94
2	Wong Tai Sin District L.S. S.	M200 A	2:30.00
3	HK Flying Fish Athletic Assn	M200 A	NT
4	Kwun Tong Swimming Club	M200 A	NT
5	Lai Tsun Swimming Society	M200 A	NT
6	New Water Polo Club	M200 A	NT
7	Sword Fish Club	M200 A	NT
8	Fastlane Swimming	M200 A	NT
9	Diocesan School Old Boys' Assn	M200 A	NT

240-279

1	Lai Tsun Swimming Society	M240 A	NT
2	New Water Polo Club	M240 A	NT
3	Sword Fish Club	M240 A	NT
4	Sea Green Swimming & L.S. Club	M240 A	NT

280-319

1	Lai Tsun Swimming Society	M280 A	NT
2	New Water Polo Club	M280 A	NT
3	Sword Fish Club	M280 A	NT

320-359

1	Sword Fish Club	M320 A	NT
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Event 10 Women 200 LC Meter Freestyle Relay

100-119 MSR: 2:02.27

120-159 MSR: 1:55.57

160-199 MSR: 1:58.32

200-239 MSR: 2:12.67

240-279 MSR: 2:34.06

280-319 MSR: 2:42.61

	Team	Relay	Seed Time
100-119			
1	Hong Kong Police Swimming	W100 A	2:20.92
2	HK Flying Fish Athletic Assn	W100 A	NT
3	New Water Polo Club	W100 A	NT
4	Fastlane Swimming	W100 A	NT
120-159			
1	Hong Kong Police Swimming	W120 A	2:30.00
2	Barracuda Swimming Club	W120 A	NT

2022-23 Long Course Masters Swimming Comp P3 - 12-Jun-22

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120-159... (Event 10 Women 200 LC Meter Freestyle Relay)

3	New Water Polo Club	W120	A	NT
4	Sword Fish Club	W120	A	NT
5	Fastlane Swimming	W120	A	NT

160-199

1	New Water Polo Club	W160	A	NT
2	Sword Fish Club	W160	A	NT
3	Fastlane Swimming	W160	A	NT

200-239

1	Lai Tsun Swimming Society	W200	A	NT
2	New Water Polo Club	W200	A	NT
3	Sword Fish Club	W200	A	NT

240-279

1	Lai Tsun Swimming Society	W240	A	NT
2	New Water Polo Club	W240	A	NT
3	Sword Fish Club	W240	A	NT

280-319

1	Lai Tsun Swimming Society	W280	A	NT
2	Sword Fish Club	W280	A	NT

320-359

1	Sword Fish Club	W320	A	NT
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Event 11 Men 50 LC Meter Breaststroke

18-24 MSR: 30.47

25-29 MSR: 30.66

30-34 MSR: 31.11

35-39 MSR: 31.14

40-44 MSR: 33.00

45-49 MSR: 32.70

50-54 MSR: 34.48

55-59 MSR: 35.10

60-64 MSR: 36.61

65-69 MSR: 37.84

	ID#	Name	Age	Team	Seed Time
18-24					
1	15390 B	Lau, Yat Fung	23	Diocesan School	37.00
25-29					
1	05577 IBZ	Yuen, Marcus	28	LRC	30.81
2	05642 IBZ	Lok, Ho Chun	28	Hong Kong Police	33.42
3	33918 IAZ	Chan, Ming Hin	27	Hong Kong Police	34.46
30-34					
1	02591	Luk, Wing Kin Andy	33	Kwan Hung	31.00
2	10221 #IBZ	Tam, Ka Ho Ricky	31	Hong Kong Police	32.27
3	00314 IBZ	Mok, Hon Hei	34	Hong Kong Police	32.96
4	01728	Cheung, Wai Lun William	31	Diocesan School	34.00
5	01784 B	Tso, Hiu Fung	31	Diocesan School	34.00
6	27873 IAZ	Ko, King Hei	34	New Water Polo	35.00
7	33387 IAO	Wu, Kenneth Yee Lok	31	Sword Fish Club	39.00
8	04070 B	Poon, Ho Him	30	Kwan Hung	40.00
9	09136 IAZ	Tsang, Chun Kin	34	New Water Polo	45.00
35-39					
1	00590 IBZ	Kwok, Ho Tin	35	New Water Polo	31.50
2	42367 IAO	Chow, Chun Yin	36	Diocesan School	33.00
3	27469 IAX	Lam, Kin Wang	37	Hong Kong Police	38.12
4	08964 IAZ	Yeung, Wai Kam William	39	Sun Yip	39.00

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35-39... (Event 11 Men 50 LC Meter Breaststroke)

5	09165	Cheung, Siu Fung	39	Lai Tsun	50.00
40-44					
1	01465 ICZ	Chiang, Filomeno	40	Hong Kong Police	35.50
2	40558 IAZ	Law, Sai Wo	43	Tolo Harbour	38.08
3	40834 IAZ	Chang, Hsi Tse JosephJeremy	43	Diocesan School	40.00
4	10317	Ng, Ka Wing	42	Diocesan School	40.00
5	40107 IAZ	Chan, Falcon	43	Lai Tsun	42.00
6	38035 IAZ	Mok, Kin Fan	42	Tolo Harbour	48.00
7	45574 IAZ	Ng, Siu Kwong	40	Sword Fish Club	50.00
8	29261 IAZ	Lai, Ka Wai	44	Tuen Mun	NT
9	46248 @ICO	O' Neill, Donal Thomas	42	LRC	NT
45-49					
1	23497 IAZ	Au Yeung, Wai Kit	48	Kwun Tong	35.00
2	06154	Leung, Siu Kin Philip	47	Lai Tsun	35.00
3	06316	Chan, Sze Tat	47	Hong Kong Police	36.00
4	21008 IAZ	Cheung, Chun Kwan Michael	49	Wong Tai Sin	39.00
5	32473 IAZ	Chan, Yiu Chung	45	Hong Kong Police	39.03
6	46505 IAZ	Chang, Lambert Jen Hsiung	47	Fastlane Swimming	40.00
7	34315 IAZ	Yip, Chi Yan Christopher	47	Diocesan School	42.00
8	42737 IAZ	So, Ma Loi	46	Sword Fish Club	42.00
9	40835 IAZ	Leung, Wing Hong Alvin	48	Diocesan School	43.00
10	28993 IAX	Tung, Tin	45	Sun Yip	45.00
11	47463 IAZ	Kwong, Hoi Tik	46	New Water Polo	50.00
12	47461 IAZ	Tse, Ka Fai	48	New Water Polo	50.00
50-54					
1	07427	Wong, Ho Ming Edwin	53	Barracuda	35.00
2	05273	Poon, Ho Keung Danny	52	Flying Fish	39.00
3	26317 IAZN	Tung, Shang Wei Timothy	52	Kwun Tong	39.00
4	21736 IAM	Lo, Lai Tou	54	Sword Fish Club	42.00
5	42085 IAZ	Lee, Hon Lun Philip	50	Sword Fish Club	43.00
6	38127 IAZ	Leung, Cheung Wai Ricky	54	Sword Fish Club	47.00
7	35711 IAX	Wong, Fuk Kei	53	Sword Fish Club	50.00
8	04184	Woo, Siu Ming William	51	Sword Fish Club	59.00
55-59					
1	18856 IAZ	Au, Mun Shing	57	Sword Fish Club	39.00
2	40592 IAZ	Fo, Pui Keung	58	Hong Kong Police	41.46
3	46973 IAZ	Leung, Wai Ming	56	New Water Polo	42.00
4	26594 IAZ	Ching, Wai Kin	58	Sword Fish Club	44.02
5	40839 IAZ	Leung, Wing Hang Michael	57	Diocesan School	45.00
6	26176 IAX	Ho, Chung Man	59	Lai Tsun	45.00
7	13992	Yim, Chung Chee	57	YMCA OF Hong Kong	45.00
8	19866 IAZ	Wong, Tak Choi Paul	59	Hong Kong Police	51.00
9	26261 IAZ	Tsun, Chung Wa Jode	58	Hong Kong Police	51.50
60-64					
1	06256	Chan, Kwong Peter	61	Sea Green	40.00
2	03215 IAZ	Leung, Yiu Chuen	64	Sun Yip	41.00
3	17725 IAZ	Ng, Yu Hung	64	Sword Fish Club	41.08
4	25226 IAZ	Choi, Tai Wing	61	Sword Fish Club	50.00
5	41426 IAZ	Tang, Yu Hang Francis	61	Tung Sing	54.00
6	36725 IAZ	Yau, Wai	63	Sea Green	55.00
7	32108 IAX	Chan, Kiu	60	Sword Fish Club	56.00
65-69					
1	03847	Cheung, Kwok Yu	66	Sun Yip	39.00
2	06176	Wong, Kung Wan	66	Sea Green	45.00

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65-69... (Event 11 Men 50 LC Meter Breaststroke)

3	19350 IAZ	Leung, Chi Wah	65	Hong Kong Police	46.14
4	06187	Kan, Kai Kwong	67	Sea Green	55.00
5	06389	Chan, Hong Wah	69	New Water Polo	58.00

70-74

1	05917	Yong, Khin Syn	73	Sword Fish Club	43.00
2	06243	Koo, Choi Fat	72	Wong Tai Sin	48.00
3	20634 IAZ	Wu, Shu Sun	72	New Water Polo	1:00.00

75-79

1	48664 IAX	Shiu, Wai Yiu	75	Kwun Tong	55.00
2	14029	Jeong, Vun Fai	76	Sword Fish Club	1:00.00
3	09891	Wong, Chiu Shun	75	Sword Fish Club	1:00.00
4	10274	Lau, Chun Nung	76	Lai Tsun	1:05.00

80-84

1	06270	Lam, Luk Kan	81	Sword Fish Club	56.00
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85-89

1	06246	Ling, Wang Yam	85	Wong Tai Sin	NT
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Event 12 Women 50 LC Meter Breaststroke

18-24 MSR:	35.53
25-29 MSR:	36.34
30-34 MSR:	35.23
35-39 MSR:	34.71
40-44 MSR:	35.85
45-49 MSR:	39.03
50-54 MSR:	37.63
55-59 MSR:	38.73
60-64 MSR:	47.46
65-69 MSR:	50.56

	ID#	Name	Age	Team	Seed Time
18-24					
1	43533 IAZ	Wong, Yu Tung	24	New Water Polo	1:10.00
25-29					
1	08238 B	Li, Tsz Yu	28	New Water Polo	35.00
2	11797 B	Ip, Rainbow	25	Flying Fish	38.00
3	05722 B	Lam, Hoi Ying	28	Hong Kong Police	39.00
4	04236 B	Ngan, Tsz Lam	27	Hong Kong Police	45.00
5	11418 #P	Chan, Yuan Ting Janet	27	Fastlane Swimming	45.00
6	31023 IAZ	Cheung, Ka Yu	25	New Water Polo	50.00
30-34					
1	00313 IBZ	Mok, Hon Ching	33	Hong Kong Police	38.50
2	03731 IBZ	Li, Joanne	30	Kwan Hung	40.00
3	06577 IBZ	Leung, Wei Yan	32	Sword Fish Club	44.00
4	07651 IBZ	Yu, Sze Wai Joyce	34	Hong Kong Police	44.55
5	38431 IAZ	Tsang, Hiu Ching	30	Hong Kong Police	46.28
6	01552 IBZ	Lai, Hiu Ling	33	New Water Polo	59.00
35-39					
1	03070	Tu, Pui Yee	38	Hong Kong Police	38.17
2	47561 IAZ	Leung, Tin Ho	38	Flying Fish	55.00
3	00777 IBZ	Tse, Yu Ting	36	New Water Polo	59.00
40-44					
1	46247 @IAO	Krkalo, Shauna Kathleen	44	LRC	35.85
2	40853 @IAO	Tam, Alison Mai Ling	44	Fastlane Swimming	42.00
3	33036 ICO	Coleman, Claire Michelle	44	Fastlane Swimming	43.00
4	39979 IAZ	Lam, Ling Wai Jessica	43	Lai Tsun	50.00

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Psych Sheet

40-44... (Event 12 Women 50 LC Meter Breaststroke)

5	30072 ICW	Chao, Man Chi	43 New Water Polo	1:00.00
45-49				
1	06209	Lam, Yuet Tung	46 Hong Kong Police	54.48
2	46181 IAZ	Ng, Yan Yan Bandy	46 Tung Sing	1:00.00
50-54				
1	35969 IAX	Wang, Ying Lian	50 Tung Sing	48.00
2	31395 IAZ	Chan, Pui Ling	52 Flying Fish	51.00
3	06349	Ip, Oi Wa Wendy	50 Sword Fish Club	54.00
4	36840 IAZ	Chung, Ching Han Anna	50 Sea Green	58.00
5	37012 IAZ	Lun, Yau Chun Nara	54 New Water Polo	1:10.00
6	44304 IAX	Choi, Shan Shan	50 Sword Fish Club	1:10.00
7	40575 IAO	Chan, San Ngah	54 Fastlane Swimming	1:15.00
55-59				
1	40907 IAZ	Lai, Shui Nin Ingrid	55 YMCA OF Hong Kong	47.00
2	45065 @IAZ	Lo, Fung Po Jennifer	59 LRC	53.41
3	38289 IAZ	Ng, Wai Lin Angie	58 Sword Fish Club	55.00
4	29064 IAZ	Ho, Bun Yee	55 Tung Sing	59.00
5	26254 IAX	Ng, Kong Ching	57 New Water Polo	1:00.00
6	38460 IAZ	Tang, Kit Fong Yvonne	58 New Water Polo	1:15.00
7	41911 IAZN	Ng, Kit Man Joanna	57 New Water Polo	1:30.00
60-64				
1	20640 IAZ	Wong, Fung Yee	62 Sword Fish Club	57.00
2	28891 IAZ	Wan, Chui Wah	61 Lai Tsun	NT
65-69				
1	06213	Mo, Mei Ling	68 Wong Tai Sin	1:06.00
70-74				
1	06147	Leung Wong, Yin Har Hayley	70 Sea Green	1:15.00
75-79				
1	17480 IAZ	Chow, Pui Han Angela	76 Lai Tsun	1:11.00
2	32571 IAZ	Chan, Pui Yee	78 Sword Fish Club	1:30.00
80-84				
1	38059 IAX	Tai, Li Hua	83 Sword Fish Club	58.00
2	06218	Sin, Lai Kwan	82 Wong Tai Sin	1:30.00

Event 13 Mixed 200 LC Meter Medley Relay

100-119W MSR: 2:19.21

120-159W MSR: 2:10.92

160-199W MSR: 2:10.35

200-239W MSR: 2:32.48

240-279W MSR: 2:48.90

280-319W MSR: 3:21.30

100-119M MSR: 1:51.11

120-159M MSR: 1:54.76

160-199M MSR: 1:53.94

200-239M MSR: 2:03.19

	Team	Relay	Seed Time
X100-119			
1	Hong Kong Police Swimming	100 A	2:28.20
2	HK Flying Fish Athletic Assn	X100 A	NT
3	New Water Polo Club	X100 A	NT
4	Fastlane Swimming	X100 A	NT
X120-159			
1	Kwan Hung Swimming Club	X120 A	2:20.00
2	Hong Kong Police Swimming	120 A	2:28.42

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X120-159... (Event 13 Mixed 200 LC Meter Medley Relay)

3	New Water Polo Club	X120	A	NT
4	Sword Fish Club	X120	A	NT
5	Fastlane Swimming	X120	A	NT

X160-199

1	Hong Kong Police Swimming	X160	A	2:40.00
2	Barracuda Swimming Club	X160	A	NT
3	Kwun Tong Swimming Club	X160	A	NT
4	New Water Polo Club	X160	A	NT
5	Sword Fish Club	X160	A	NT
6	Fastlane Swimming	X160	A	NT

X200-239

1	Hong Kong Police Swimming	X200	A	3:10.08
2	HK Flying Fish Athletic Assn	X200	A	NT
3	Lai Tsun Swimming Society	X200	A	NT
4	New Water Polo Club	X200	A	NT
5	Sword Fish Club	X200	A	NT

X240-279

1	Lai Tsun Swimming Society	X240	A	NT
2	New Water Polo Club	X240	A	NT
3	Sword Fish Club	X240	A	NT
4	Sea Green Swimming & L.S. Club	X240	A	NT
5	Sun Yip Swimming Club	X240	A	NT

X280-319

1	Lai Tsun Swimming Society	X280	A	NT
2	New Water Polo Club	X280	A	NT
3	Sword Fish Club	X280	A	NT

X320-359

1	Sword Fish Club	X320	A	NT
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Event 14 Men 400 LC Meter Freestyle

18-24 MSR:	4:25.08
25-29 MSR:	4:32.86
30-34 MSR:	4:46.54
35-39 MSR:	4:29.74
40-44 MSR:	4:35.39
45-49 MSR:	4:31.75
50-54 MSR:	5:02.73
55-59 MSR:	5:11.90
60-64 MSR:	5:24.54
65-69 MSR:	6:00.83

	ID#	Name	Age	Team	Seed Time
25-29					
1	05296 #B	Hui, Chun Hin	29	New Water Polo	4:40.00
2	46301 IAZ	Lai, Siu In	29	New Water Polo	8:00.00
30-34					
1	33387 IAO	Wu, Kenneth Yee Lok	31	Sword Fish Club	5:48.00
2	04048 IBZ	Cheung, Siu Long	31	Hong Kong Police	6:00.00
35-39					
1	03409	Ho, Kin Kan	39	Barracuda	5:00.00
2	28529 #IAO	Wright, Henry Tomas	35	Barracuda	5:00.00
3	46504 @IAO	Coe, Jason George	38	Fastlane Swimming	5:59.00
4	09165	Cheung, Siu Fung	39	Lai Tsun	8:00.00
5	05179 ICZ	Wan, Chun Pong Michael	38	Current Club Ltd	NT

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40-44... (Event 14 Men 400 LC Meter Freestyle)

1	12176 ICZ	Ng, Siu Yu	40	Sword Fish Club	5:48.00
2	27133 IAZ	Poon, Man Chun	41	Wong Tai Sin	6:27.79
3	47042 IAZ	Ho, Kin Man	41	Sword Fish Club	6:30.00
4	01465 ICZ	Chiang, Filomeno	40	Hong Kong Police	6:53.50
5	38035 IAZ	Mok, Kin Fan	42	Tolo Harbour	8:20.00

45-49

1	46103 @ICO	Vavrek, Egon	46	Fastlane Swimming	5:40.00
2	28849 IAZ	Chan, Chun Kuen	47	Sword Fish Club	5:48.00
3	46505 IAZ	Chang, Lambert Jen Hsiung	47	Fastlane Swimming	5:55.00
4	28993 IAX	Tung, Tin	45	Sun Yip	6:40.00

50-54

1	05138 #	Lanzone, Francesco	54	Barracuda	5:20.00
2	07427	Wong, Ho Ming Edwin	53	Barracuda	5:20.00
3	05273	Poon, Ho Keung Danny	52	Flying Fish	5:40.00
4	41548 IAZ	Ip, Ka Keung Patrick	54	Hong Kong Footba	6:00.00
5	21814 ICO	Mattoli, Enrico Andrea	52	LRC	6:30.28
6	17701 IAZ	Lee, Chor Fu	53	Wong Tai Sin	NT

55-59

1	19802 IAO	Farrands, Sam	57	LRC	6:43.39
2	26594 IAZ	Ching, Wai Kin	58	Sword Fish Club	6:44.28
3	40861 IAZ	Cheung, Chi Ming Rover	59	Sword Fish Club	7:30.00
4	29472 IAZN	Choi, Kwok Man Tony	56	Sword Fish Club	7:59.00

60-64

1	05191	Koo, Yu Fat Marcus	60	Flying Fish	5:30.00
2	15528	Tsui, Tak Shing Dominic	60	Fastlane Swimming	6:12.00
3	32108 IAX	Chan, Kiu	60	Sword Fish Club	7:00.00
4	36725 IAZ	Yau, Wai	63	Sea Green	7:30.00
5	32520 IAX	Lam, Hoi	63	New Water Polo	8:51.00
6	13979	Lee, Sing Tim	61	Lai Tsun	9:00.00

65-69

1	33115 IAX	Ng, Kan Sing	69	Sword Fish Club	5:58.00
2	17956 IAZ	Chau, Kim Fai	65	Sword Fish Club	6:55.00
3	26318	Suen, Chi Wing	68	Sword Fish Club	8:00.00
4	06239	Chan, King Yuen	67	Lai Tsun	8:40.00

70-74

1	06268	Tse, Kwok Piu	71	Sword Fish Club	5:40.00
2	06382	Chan, Kam Por	70	Sword Fish Club	6:22.00
3	22182 IAZ	Ngai, Yin Leung	73	Sword Fish Club	9:06.00

75-79

1	06274	Wong, Yau Chuen	76	Sword Fish Club	8:30.00
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Event 15 Women 400 LC Meter Freestyle

18-24 MSR: 5:06.39

25-29 MSR: 5:12.71

30-34 MSR: 5:04.92

35-39 MSR: 4:41.52

40-44 MSR: 4:44.60

45-49 MSR: 5:24.04

50-54 MSR: 5:25.06

55-59 MSR: 6:02.65

60-64 MSR: 7:02.63

65-69 MSR: 7:13.63

	ID#	Name	Age	Team	Seed Time
18-24...	(Event 15 Women 400 LC Meter Freestyle)				
1	23688 IAZ	Mok, Ka Ka Janis	22	Fastlane Swimming	5:55.00
30-34					
1	44667 IAO	Chang, Charlotte Chi-lok	33	Fastlane Swimming	5:55.00
2	06577 IBZ	Leung, Wei Yan	32	Sword Fish Club	6:47.00
3	47085 @ICO	Reinfrank, Alkira Lee	30	Barracuda	6:50.00
4	07651 IBZ	Yu, Sze Wai Joyce	34	Hong Kong Police	7:30.00
5	46294 ICX	Lin, Shengzhu	34	New Water Polo	8:00.00
35-39					
1	14023	Wu, Pui Yan Natalie	37	Hong Kong Police	6:45.23
40-44					
1	47028 @ICO	Wittke, Alexandra Maria	40	Fastlane Swimming	7:10.00
50-54					
1	38302 IAZ	Cheung, Man Ling Melody	50	Lai Tsun	7:00.00
2	31395 IAZ	Chan, Pui Ling	52	Flying Fish	7:30.00
3	35772 IAX	Ban, Xianhai	50	New Water Polo	7:30.00
4	35969 IAX	Wang, Ying Lian	50	Tung Sing	7:30.00
5	38295 IAZ	Liu, Wai Fun	52	Barracuda	8:00.00
6	43190 IAZ	Li, Hau Yi Dora	53	Eastern Winter	9:00.00
55-59					
1	45187 IAX	Chan, On Mei	59	Sword Fish Club	7:20.00
2	31750 IAZ	Cheung, Lai Ying Anita	59	Lai Tsun	8:31.00
60-64					
1	36225 IAX	Li, Wai Kam	60	Sea Green	7:55.00
2	10289	Chan, Wai Yee	64	Lai Tsun	10:00.00
65-69					
1	03503	Castka, Gillian Hancer	66	Sword Fish Club	8:00.00
2	06355	Lo, Lai Yung	67	New Water Polo	8:50.00
80-84					
1	06372 IAZ	Leung, Mabel Yuen Ying	80	Sword Fish Club	12:22.00