

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 2)

二零二二至二三年長池先進游泳比賽第二部份

15 January 2023 (Sun)

二零二三年一月十五日(日)

Sun Yat Sen Memorial Park Swimming Pool

中山紀念公園游泳池

Subvented by the LCSD



2022-2023 MSLCP2 - Entry Information

No. of Entries by Event

Event #	Event Name	Entries
1	Men 200 IM	47
2	Women 200 IM	22
3	Men 100 Breaststroke	66
4	Women 100 Breaststroke	40
5	Men 50 Freestyle	119
6	Women 50 Freestyle	55
7	Men 100 Backstroke	62
8	Women 100 Backstroke	33
9	Men 200 Freestyle	64
10	Women 200 Freestyle	30
11	Men 50 Butterfly	82
12	Women 50 Butterfly	42
13	Men 4x50 Medley Relay	42
14	Women 4x50 Medley Relay	21
15	Men 50 Breaststroke	84
16	Women 50 Breaststroke	55
17	Mixed 4x50 Medley Relay	31
Total		895

Entry information by Day

Day / Session	No. of Entries	Total
A.M.	444	895
P.M.	451	

Long Course Masters Swimming Competition – Part 2
長池先進游泳比賽 – 第二部份

Date: 15-01-2023 (Sunday)

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

Morning Warm up/熱身:	0900 – 0950 Hrs
Morning First Event/開始:	1000 Hrs
Afternoon Warm up/熱身:	1300 – 1350 Hrs
Afternoon First Event/開始:	1400 Hrs

MEN			WOMEN	
1	200 M	Individual Medley	個人四式	2
3	100 M	Breaststroke	蛙泳	4
5	50 M	Freestyle	自由泳	6
7	100 M	Backstroke	背泳	8
Lunch Break 午膳時間				
9	200 M	Freestyle	自由泳	10
11	50 M	Butterfly	蝶泳	12
13	4 x 50 M	Medley Relay	四式接力	14
15	50 M	Breaststroke	蛙泳	16
17	4 x 50 M	Mixed Freestyle Relay	男女混合自由接力	

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之正式註冊泳員。
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。 所有賽事均以時間決定名次，不設初賽。
年齡組：	<p>年齡以比賽年 12 月 31 日計算。</p> <p>個人項目</p> <ul style="list-style-type: none"> ◇ 18-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90 或以上 <p>接力項目</p> <ul style="list-style-type: none"> ◇ 100-119, 120-159, 160-199, 200-239, 240-279, 280-319, 320-359, 360-399
棄權：	<ul style="list-style-type: none"> ◇ 棄權須於每節開賽 30 分鐘前遞交。 ◇ 接力名單須於比賽日 12 時前遞交。 ◇ 每次“缺席”的罰款為港幣\$30 元正。罰款須於下次比賽截止報名前付清，否則將不獲接受報名。
線道安排：	◇ 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

	<p>道，而其成績會記錄為“DNF”(未能完成比賽)。</p> <p>◇ 男女混合自由接力的隊伍必須由兩男兩女的泳員組成，其成員均為 25 歲或以上，而取得首 8 名的隊伍將獲得 9, 7, 6, 5, 4, 3, 2 及 1 分，該得分將計算在男子及女子的團體分內。</p> <p>◇ 泳會必須按照接力名單上填寫的運動員出賽，如被發現有冒認選手或頂包行為，泳會將被嚴厲處分。詳細罰則如下：</p> <p><u>第一次違規</u> 有關屬會須就每個違規項目繳交\$1,000 罰款，另外涉事成員在該次比賽中的所有接力項目成績將不會計算在屬會總分內。</p> <p><u>第二次違規</u> 有關屬會須就每個違規項目繳交\$1,000 罰款，另外涉事屬會在該次比賽中的所有接力項目成績將不會計算在屬會總分內(包括男、女子)。</p> <p><u>第三次違規</u> 有關屬會須就每個違規項目繳交\$1,000 罰款，另外涉事屬會在當天比賽的所有項目將不會計算在屬會總分內和於下次比賽時不得參與任何接力項目(包括男、女子)。</p> <p><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>	<p>◇ 各參賽屬會需派出以下工作人員數量：</p> <table border="1" data-bbox="270 819 921 1130"> <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> <p>◇ 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。</p>	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>	<p>◇ 任何上訴須以書面提出，並須在該項目比賽結果公佈後的 30 分鐘內，連同上訴費港幣\$200 元遞交予總裁判。</p> <p>◇ 上訴會交由該比賽之上訴委員會作決定。</p> <p>◇ 若上訴被駁回，已繳費用概不發還。</p>												

*海外參賽者並不適用。

Hong Kong Masters Swimming Competition Series 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	<ul style="list-style-type: none"> ※ All competitors must be 2022-23 registered masters (MS) swimmers of HKGSA (2022-23 Registration Fee: HK\$100 per swimmer) ※ Age 18 or above. ※ <u>Overseas Teams: All Overseas competitors must be 2022-23 registered masters swimmers of their respective National Swimming Federation.</u>
Entries	<ul style="list-style-type: none"> ※ 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><u>Individual Events</u></p> <ul style="list-style-type: none"> ※ Each swimmer is limited to no more than 3 individual events. ※ HK\$15 per individual event <p><u>Relay Events</u></p> <ul style="list-style-type: none"> ※ Relays will be run on a club basis. ※ Each club may enter no more than one team in one age group of each relay event. ※ All swimmers must be aged 25 or above. ※ 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. ※ 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. ※ HK\$15 per team per relay event. <p>Paid by cheque. Crossed cheque made payable to 'HKGSA'.</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.

<p>Age Group</p>	<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>																		
<p>Scratches</p>	<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>																		
<p>Seeding</p>	<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>																		
<p>Awards</p>	<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="298 1009 954 1089"> <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="298 1377 953 1708"> <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 2022-23

Rules & Regulations for Overseas Competitors

Date / Time	Please see attached event calendar and event list.
Venue	Please see attached event calendar.
Entry Conditions	<ul style="list-style-type: none"> ※ Age 18 or above. ※ <u>Overseas Teams: All Overseas competitors must be 2022-2023 registered masters swimmers of their respective National Swimming Federation.</u>
Entries	<ul style="list-style-type: none"> ※ Entries must be submitted with HKGSA master entry form. Incomplete/incorrect master entry form will be rejected and fees paid will not be refunded. <u>Individual Events</u> ※ Each swimmer is limited to no more than 3 individual events. ※ HK\$20.00 per individual event <u>Relay Events</u> ※ Relays will be run on a club basis. ※ Each club may enter no more than one team in one age group of each relay event. ※ All swimmers must be aged 25 or above. ※ HK\$30.00 per team per relay event. <p>Paid by cheque ONLY. Crossed cheque made payable 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	<ul style="list-style-type: none"> ※ Age is calculated as at 31 December of the year of the competition. <u>Individual Events</u> ※ 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 <u>Relay Events</u> ※ 100-119, 120-159, 160-199, 200-239, 240-279, 280-319, 320-359, 360-399

Scratches	<ul style="list-style-type: none"> ※ Scratches must be submitted 30 minutes before the scheduled start time of each session. ※ Relay entry form must be submitted before 1200hours on the competition day.
Seeding	<ul style="list-style-type: none"> ※ 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.
Awards	<ul style="list-style-type: none"> ※ Medals will be awarded to 1st, 2nd and 3rd places. Separate medals will be awarded to overseas swimmers.
Rules	<ul style="list-style-type: none"> ※ FINA rules will be applied. ※ 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).
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.

HONG KONG MASTERS SWIMMING RECORDS

LONG COURSE

(Update to Annual Long Course Masters Swimming Championships 2022)

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
TIN SHEUNG KWAI	NWC	75-79	0:31.79	2022-23 Long Course Masters Swimming Competition - Part 3	12-Jun-22
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
FU WING HARBETH	KTS	40-44	0:25.24	2021-22 Long Course Masters Swimming Competition Part 3	20-Jun-21
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 JUUN 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
<u>MAK SUET MAN</u>	<u>SGC</u>	<u>85-89</u>	<u>1:10.14</u>	<u>Annual Long Course Masters Swimming Championships 2022</u>	<u>27-Nov-22</u>
TAI LI HUA	SFC	80-84	0:43.31	2021-22 Long Course Masters Swimming Competition - Part 3	20-Jun-21
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
TSEUNG NGA WAH	SFC	65-69	0:35.31	2022-23 Long Course Masters Swimming Competition - Part 3	12-Jun-22
TSEUNG NGA WAH	SFC	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
<u>YAMAGUCHI MIKA</u>	<u>#FL</u>	<u>50-54</u>	<u>0:30.07</u>	<u>Annual Long Course Masters Swimming Championships 2022</u>	<u>27-Nov-22</u>
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>0:28.17</u>	<u>Annual Long Course Masters Swimming Championships 2022</u>	<u>27-Nov-22</u>
KELSEY JANE MACFARLAND	LRC	35-39	0:28.65	FINA World Masters Championships 2014	10-Aug-14
<u>ZHANG XIAO TONG ISABELLA</u>	<u>#FL</u>	<u>30-34</u>	<u>0:28.58</u>	<u>Annual Long Course Masters Swimming Championships 2022</u>	<u>27-Nov-22</u>
<u>MOK HOI MAN SHERON</u>	<u>PSC</u>	<u>25-29</u>	<u>0:27.70</u>	<u>Annual Long Course Masters Swimming Championships 2022</u>	<u>27-Nov-22</u>
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
TSE KWOK PIU	SFC	70-74	1:13.75	2022-23 Long Course Masters Swimming Competition - Part 3	12-Jun-22
FU TAI CHUN	KTS			Annual Masters Swimming Championships 2002	31-Aug-02
<u>MA ETIENNE</u>	<u>YMC</u>	<u>65-69</u>	<u>1:08.31</u>	<u>Annual Long Course Masters Swimming Championships 2022</u>	<u>27-Nov-22</u>
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
O'NEILL DONAL THOMAS	LRC	40-44	0:56.60	2021-22 Long Course Masters Swimming Competition - Part 3	20-Jun-21
NORTJE CRAIG ANDREW	VRG	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
WONG JIM	SFC	80-84	2:10.64	2021-22 Long Course Masters Swimming Competition - Part 3	20-Jun-21
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
TSEUNG NGA WAH	SFC	65-69	1:28.57	2022-23 Long Course Masters Swimming Competition - Part 3	12-Jun-22
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
<u>YAMAGUCHI MIKA</u>	<u>#FL</u>	<u>50-54</u>	<u>1:06.58</u>	<u>Annual Long Course Masters Swimming Championships 2022</u>	<u>27-Nov-22</u>
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>ZHANG XIAO TONG ISABELLA</u>	<u>#FL</u>	<u>30-34</u>	<u>1:02.12</u>	<u>Annual Long Course Masters Swimming Championships 2022</u>	<u>27-Nov-22</u>
<u>MOK HOI MAN SHERON</u>	<u>KTS</u>	<u>25-29</u>	<u>1:01.02</u>	<u>Annual Long Course Masters Swimming Championships 2022</u>	<u>27-Nov-22</u>
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 Annual Long Course Masters Swimming Championships 2022)

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
MORRSION 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
CHAN KAM POR	SFC	70-74	6:25.09	2022-23 Long Course Masters Swimming Competition - Part 3	12-Jun-22
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
COLEY ALLISON LEIGH	#FL	45-49	5:24.04	2021-22 Long Course Masters Swimming Competition - Part 3	20-Jun-21
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 Annual Long Course Masters Swimming Championships 2022)

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
TIN SHEUNG KWAI	NWC	75-79	0:38.96	Annual Long Course Masters Swimming Championships 2022	27-Nov-22
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
O'NEILL DONAL THOMAS	LRC	40-44	0:29.49	2022-23 Long Course Masters Swimming Competition - Part 3	12-Jun-22
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
TAI LI HUA	SFC	80-84	0:53.45	2021-22 Long Course Masters Swimming Competition - Part 3	20-Jun-21
WONG JIM	SFC	75-79	0:55.07	2015-16 Long Course Masters Swimming Competition - Part 1	20-Mar-16
BAI XINFEN	SFC	70-74	0:44.75	2021-22 Long Course Masters Swimming Competition - Part 3	20-Jun-21
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
CHARTER ROBYN JUDY	#FB	25-29	0:32.98	2021-22 Long Course Masters Swimming Competition - Part 3	20-Jun-21
AU HIU PUI	*GW	18-24	0:31.58	2018-19 Annual Long Course Masters Swimming Championships	25-Nov-18

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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	VRG	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
<u>TIN SHEUNG KWAI</u>	<u>NWC</u>	<u>75-79</u>	<u>0:43.11</u>	<u>Annual Masters Swimming Championships 2022</u>		<u>27-Nov-22</u>
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
KRKALO SHAUNA KATHLEEN	LRC	40-44	0:34.74	2022-23 Long Course Masters Swimming Competition - Part 3		12-Jun-22
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
IP RAINBOW	FFA	25-29	0:36.06	2022-23 Long Course Masters Swimming Competition - Part 3		12-Jun-22
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
WONG CHIU SHUN	SFC	75-79	1:52.09	Annual Long Course Masters Swimming Championships 2022	27-Nov-22
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
KOO YU FAT MARCUS	FFA	60-64	1:24.69	2022-23 Long Course Masters Swimming Competition - Part 3	12-Jun-22
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
WONG JIM	SFC	80-84	2:31.67	2021-22 Long Course Masters Swimming Competition - Part 3	20-Jun-21
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
KRKALO SHAUNA KATHLEEN	LRC	40-44	1:21.23	2022-23 Long Course Masters Swimming Competition - Part 3	12-Jun-22
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 Annual Long Course Masters Swimming Championships 2022)

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
<u>TIN SHEUNG KWAI</u>	<u>NWC</u>	<u>75-79</u>	<u>0:41.68</u>	<u>Annual Masters Swimming Championships 2022</u>	<u>27-Nov-22</u>
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
<u>TSEUNG NGA WAH</u>	<u>SFC</u>	<u>65-69</u>	<u>0:42.05</u>	<u>Annual Long Course Masters Swimming Championships 2022</u>	<u>27-Nov-22</u>
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
<u>KRKALO SHAUNA KATHLEEN</u>	<u>LRC</u>	<u>40-44</u>	<u>0:30.39</u>	<u>Annual Long Course Masters Swimming Championships 2022</u>	<u>27-Nov-22</u>
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 Annual Long Course Masters Swimming Championships 2022)

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	4:08.70	Annual Long Course Masters Swimming Championships 2022	27-Nov-22
CHAN KAM POR	SFC	70-74	3:17.13	Annual Long Course Masters Swimming Championships 2022	27-Nov-22
CHAN KAM POR	SFC	65-69	3:04.42	2017-18 Long Course Masters Swimming Competition - Part 1	25-Mar-18
KOO YU FAT MARCUS	FFA	60-64	2:49.64	Annual Long Course Masters Swimming Championships 2022	27-Nov-22
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 Championships 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
HONG KONG FLYING FISH ATHLETIC ASSOCIATION	FFA	100+	1:58.55	2022-23 Long Course Masters Swimming Competition - Part 3	12-Jun-22

HONG KONG MASTERS SWIMMING RECORDS

LONG COURSE

(Update to Annual Long Course Masters Swimming Championships 2022)

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
MIXED 4 X 50M MEDLEY RELAY				NAME OF MEET	DATE ACHIEVED
HONG KONG FLYING FISH ATHLETIC ASSOCIATION	FFA	100+	2:11.65	2022-23 Long Course Masters Swimming Competition - Part 3	12-Jun-22

2022-2023 Long Course Masters Swimming Competition (Part 2)**Reject List**

No.	Name	Event	Club	Remarks
1	Mo Mei Ling	15	WDS	Wrong Event
2	Matsuzawa Atsushi	16	#FL	Wrong Event

Long Course MS Swimming Competition Part 2 - 15/01/2023

Psych Sheet

Event 1 Men 200 LC Meter IM

18-24 MSR:	2:21.50
25-29 MSR:	2:13.80
30-34 MSR:	2:25.69
35-39 MSR:	2:20.07
40-44 MSR:	2:19.17
45-49 MSR:	2:23.04
50-54 MSR:	2:26.14
55-59 MSR:	2:45.82
60-64 MSR:	2:49.64
65-69 MSR:	3:04.42

	ID#	Name	Age	Team	Seed Time
18-24					
1	19383 B	Lee, Man Kit	24	Kwan Hung	2:40.00
2	20997 B	Yung, Cheuk Long Charlie	24	Kwan Hung	2:40.00
3	41451 IAZ	Kwan, Wing Hin	19	Crest Ray	NT
25-29					
1	08404 #IAZ	Yeung, Sze Chai	27	Crest Ray	2:45.00
2	47043 IAZ	Lam, Pak Lun	29	Flying Fish	3:15.00
3	21343 IAZ	Yu, Man Hin	27	Sea Green	3:50.00
30-34					
1	02591	Luk, Wing Kin Andy	34	Kwan Hung	2:30.00
2	05296 B	Hui, Chun Hin	30	New Water Polo	2:35.00
3	10683 IBZ	Lee, Tsun Sang	31	Golden Dolphin	2:40.00
4	02040	Yei, Tak Sau	34	Flying Fish	2:55.00
5	33387 IAO	Wu, Kenneth Yee Lok	32	Sword Fish Club	2:59.00
6	06886 B	Li, Chin Long	33	Eastern Winter	3:00.00
7	04604 IBZ	Kwong, Chun Hung	34	Sea Green	3:50.00
8	05050 IBZ	Wong, Chak Pang Benson	33	Dik Wing	NT
35-39					
1		Wan, Watt Wai Kowng	38	Out to Swim	X2:27.35
2	03713 IBZ	Tang, Chee Kit	37	Diocesan School	4:00.00
3	38303 IAZ	Ng, Ho Yin	38	Sun Yip	4:00.00
4	02938 IBZ	Wong, Lit Ken	37	Dik Wing	NT
40-44					
1	01012 ICZ	Fong, Lik Sun	43	Hong Kong Footba	2:23.36
2	01591 ICZ	Fu, Wing Harbeth	43	Kwun Tong	2:30.00
3	01948 ICZ	Tang, Ho Yuen	41	Diocesan School	4:00.00
4	18880 IAZ	Chan, Ho Wai Howard	42	Sun Yip	5:00.00
45-49					
1	37671 @ICO	Stamenovic, Ivan	47	LRC	2:28.90
2	16451	Cheng, Ngai Bun	45	Kwun Tong	3:05.00
3	24603 IAZ	Hung, Ka Ming	48	YMCA OF Hong Kong	3:10.00
4	05160	Chan, Ka Wo	46	Diocesan School	4:00.00
5	47461 IAZ	Tse, Ka Fai	49	New Water Polo	4:10.00
50-54					
1	25592 IAZ	Cheung, Wai Kei	51	Flying Fish	3:00.27
2	15166	Leung, Chi Keung	51	Sun Yip	4:00.00
3	17701 IAZ	Lee, Chor Fu	54	Wong Tai Sin	4:30.00
55-59					
1	35313 IAZ	Pong, Chiu Yee Dario	55	LRC	2:50.78
2	41548 IAZ	Ip, Ka Keung Patrick	55	Hong Kong Footba	3:10.00
3	38127 IAZ	Leung, Cheung Wai Ricky	55	Sword Fish Club	3:57.00

Long Course MS Swimming Competition Part 2 - 15/01/2023

Psych Sheet

55-59... (Event 1 Men 200 LC Meter IM)

4	26594 IAZ	Ching, Wai Kin	59	Sword Fish Club	3:58.67
5	18856 IAZ	Au, Mun Shing	58	Sword Fish Club	6:00.00
60-64					
1	06256	Chan, Kwong Peter	62	Sea Green	3:49.00
2	32108 IAX	Chan, Kiu	61	Sword Fish Club	3:50.00
3	24256 IAW	Lok, Wai Man	60	New Water Polo	4:00.00
4	13979	Lee, Sing Tim	62	Lai Tsun	4:30.00
65-69					
1	06237	Mok, Chu Piu	66	Lai Tsun	3:32.00
2	06176	Wong, Kung Wan	67	Sea Green	3:50.00
70-74					
1	33115 IAX	Ng, Kan Sing	70	Sword Fish Club	3:59.00
2	22182 IAZ	Ngai, Yin Leung	74	Sword Fish Club	4:39.00
3	06243	Koo, Choi Fat	73	Wong Tai Sin	4:50.00
4	11563	Lee, Kwok Hung	70	Sword Fish Club	5:00.00
75-79					
1	09891	Wong, Chiu Shun	76	Sword Fish Club	4:20.00
2	06274	Wong, Yau Chuen	77	Sword Fish Club	5:08.00

Event 2 Women 200 LC Meter IM

18-24 MSR:	2:42.84
25-29 MSR:	2:36.59
30-34 MSR:	2:38.52
35-39 MSR:	2:37.75
40-44 MSR:	2:41.17
45-49 MSR:	2:46.91
50-54 MSR:	2:55.65
55-59 MSR:	3:16.65
60-64 MSR:	3:37.27
65-69 MSR:	3:47.99

	ID#	Name	Age	Team	Seed Time
18-24					
1	26669 P	Mak, Ho Yan	20	Eastern Winter	2:30.00
2	27376 IAZ	Lee, Wai Ki	23	Kwan Hung	3:00.00
3	26980 IAZ	Wong, Suet Wing	24	Dik Wing	NT
25-29					
1	49513 IAZ	To, Yan Wing	27	Crest Ray	4:00.00
2	47460 IAZ	Mak, Cheuk Lam	28	New Water Polo	4:00.00
3	12724 IAZ	Wan, Tsz Huen Alexsandra	26	Crest Ray	NT
30-34					
1	06577 IBZ	Leung, Wei Yan	33	Sword Fish Club	3:10.00
2	01441	Yeung, Hiu Ching Judy	32	New Water Polo	3:45.00
3	06608 B	Shek, Yan Sin	30	New Water Polo	3:55.00
35-39					
1	26745 ICX	Chen, Yangyang	38	LRC	2:50.68
2	46104 @ICO	Sheridan, Kaitlyn Rose	36	Fastlane Swimmin	3:15.00
3	35921 IAZ	Lui, Yick Ling	37	Kornhill	3:33.26
4	42712 IAZ	Chan, Hiu Ying	39	Real Kinetic	4:00.00
40-44					
1	45041 IAZ	Fung, Cheuk Ching Candy	41	Hoi Fung	3:45.85
45-49					
1	36785 IAZ	Inglis, Alexandra Sinead	48	LRC	3:44.42
55-59					
1	40575 IAO	Chan, San Ngah	55	Fastlane Swimmin	4:10.00

Long Course MS Swimming Competition Part 2 - 15/01/2023**Psych Sheet****55-59... (Event 2 Women 200 LC Meter IM)**

2	06337	Tse, Yee Wah	57	YMCA OF Hong Kong	4:20.00
60-64					
1	16533	Wong, Shun Ying	64	Sea Green	5:18.00
65-69					
1	06355	Lo, Lai Yung	68	New Water Polo	4:30.00
2	03503	Castka, Gillian Hancer	67	Sword Fish Club	4:40.00
3	23957 IAX	Yeung, Tun Lim Lily	66	Sword Fish Club	5:20.00
75-79					
1	08936	Leong, Kuai Heng	77	New Water Polo	7:30.38

Event 3 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: 1:24.69

65-69 MSR: 1:26.42

	ID#	Name	Age	Team	Seed Time
18-24					
1	23150 B	Yoshida, Satoshi	24	Fastlane Swimmin	1:16.00
2	25258 IAZ	Chik, Shun Hei	22	Current Club Ltd	1:25.00
3	15351 IAZ	Chang, Jaw Ting	22	Pacific	1:30.00
4	27803 B	Fan, Ka Ming	24	Current Club Ltd	1:35.00
25-29					
1	08246 IAZ	Kwok, Chun Lok	29	Kwan Hung	1:26.00
2	40333 IAZ	Lam, Pak Lai	26	Flying Fish	1:30.00
3	49927 @IAX	Tang, Yue Yau	27	Crest Ray	NT
30-34					
1	02591	Luk, Wing Kin Andy	34	Kwan Hung	1:12.00
2	05050 IBZ	Wong, Chak Pang Benson	33	Dik Wing	NT
35-39					
1	00590 IBZ	Kwok, Ho Tin	36	New Water Polo	1:10.00
2	49812 IAZ	Kam, Lik Hang Leonard	36	New Water Polo	1:30.00
3	38303 IAZ	Ng, Ho Yin	38	Sun Yip	1:45.00
4	09136 IAZ	Tsang, Chun Kin	35	New Water Polo	1:50.00
5	44298 IAZ	Tong, Lik Lam	39	Pacific	NT
6	00093	Tam, Tak Ching	36	Dik Wing	NT
7	04706 IBZ	Hui, Cheung Hin Raymond	39	Dik Wing	NT
40-44					
1	35790 ICO	Launay, Thomas	44	LRC	1:17.37
2	40558 IAZ	Law, Sai Wo	44	Tolo Harbour	1:35.00
3	40834 IAZ	Chang, Hsi Tse JosephJeremy	44	Diocesan School	1:40.00
4	01948 ICZ	Tang, Ho Yuen	41	Diocesan School	1:40.00
5	18880 IAZ	Chan, Ho Wai Howard	42	Sun Yip	1:40.00
6	38035 IAZ	Mok, Kin Fan	43	Tolo Harbour	1:40.00
7	03793 ICZ	Po, Tik San	41	New Water Polo	1:50.00
8	45574 IAZ	Ng, Siu Kwong	41	Sword Fish Club	1:50.00
9	12262	Ma, Chin Ho	43	Wong Tai Sin	1:50.00
10	23119 IAZ	Chan, Ying Tsung Bosco	42	Sword Fish Club	1:54.00
11	46808 IAZ	Leung, Wang Chi	44	Current Club Ltd	1:55.00

Long Course MS Swimming Competition Part 2 - 15/01/2023**Psych Sheet****45-49... (Event 3 Men 100 LC Meter Breaststroke)**

1	17961 ICO	Jones, Simon	47 LRC	1:17.18
2	42737 IAZ	So, Ma Loi	47 Sword Fish Club	1:32.00
3	05160	Chan, Ka Wo	46 Diocesan School	1:34.00
4	16451	Cheng, Ngai Bun	45 Kwun Tong	1:40.00

50-54

1	17701 IAZ	Lee, Chor Fu	54 Wong Tai Sin	36.00
2	26317 IAZN	Tung, Shang Wei Timothy	53 Kwun Tong	1:35.00
3	28518 IAZ	Yau, Wo Fung	51 Kwun Tong	1:35.00
4	27868 IAZ	Chan, Chi Wah Ringo	51 Sword Fish Club	1:35.00
5	21008 IAZ	Cheung, Chun Kwan Michael	50 Wong Tai Sin	1:40.00
6	42364 IAZ	Lau, Yip Kwong Francis	54 Diocesan School	1:42.00
7	15166	Leung, Chi Keung	51 Sun Yip	1:45.00
8	35711 IAX	Wong, Fuk Kei	54 Sword Fish Club	1:53.00

55-59

1	18856 IAZ	Au, Mun Shing	58 Sword Fish Club	1:29.00
2	38291 IAZ	Liu, Chun Sing	57 Sword Fish Club	1:50.00

60-64

1	15528	Tsui, Tak Shing Dominic	61 Fastlane Swimmin	1:35.00
2	27460 IAZ	Chan, Ying Chiu Johnson	60 Lai Tsun	1:41.00
3	32108 IAX	Chan, Kiu	61 Sword Fish Club	1:42.00
4	26176 IAX	Ho, Chung Man	60 Lai Tsun	1:47.00
5	07802	Chau, Kam Tim	63 Sea Green	1:50.00
6	45198 IAZN	Lam, Tsz Kiu Goldie	61 Sea Green	1:50.00
7	25226 IAZ	Choi, Tai Wing	62 Sword Fish Club	1:55.00

65-69

1	40705 IAZ	Lai, Chung Fat Paulus	67 Wong Tai Sin	1:36.00
2	49915 @IAX	Tai, Yu Chung	65 New Water Polo	1:40.00
3	06176	Wong, Kung Wan	67 Sea Green	1:45.00
4	25228 IAZ	Chan, Fai Ming	69 Lai Tsun	1:50.00
5	06281	Fung, Kam Tai	68 Sword Fish Club	2:00.00

70-74

1	06382	Chan, Kam Por	71 Sword Fish Club	1:40.00
2	05917	Yong, Khin Syn	74 Sword Fish Club	1:44.00
3	06243	Koo, Choi Fat	73 Wong Tai Sin	1:50.00
4	04504 IAO	Yura, Tadami	71 Sword Fish Club	1:54.97
5	06192	Chu, Shui Yi	72 Sea Green	1:56.00
6	23123 IAZ	Poon, Wai	71 Sword Fish Club	1:58.00
7	11563	Lee, Kwok Hung	70 Sword Fish Club	2:10.00

75-79

1	10274	Lau, Chun Nung	77 Lai Tsun	2:00.00
2	14029	Ieong, Vun Fai	77 Sword Fish Club	2:30.00

80-84

1	06270	Lam, Luk Kan	82 Sword Fish Club	2:50.00
2	23959 IAZ	Chiu, Chin Hung	83 Kornhill	3:04.83

85-89

1	17832 IAX	Chan, Sau	86 Sword Fish Club	3:20.00
2	16471	Wong, Yuen Ying	87 Kornhill	4:18.12

Long Course MS Swimming Competition Part 2 - 15/01/2023

Psych Sheet

Event 4 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:	1:21.23
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... (Event 4 Women 100 LC Meter Breaststroke)				
1	20969 IAZ	Lui, Wing Lam	21 Kwun Tong	1:27.00
2	39029 IAZ	Fung, Yin Ching	21 Hoi Ngai	1:30.00
25-29				
1	20401 IAZ	Leung, Wan Ki	25 Kwan Hung	1:39.92
2	49513 IAZ	To, Yan Wing	27 Crest Ray	1:44.00
3	12724 IAZ	Wan, Tsz Huen Alexsandra	26 Crest Ray	1:46.00
4	31023 IAZ	Cheung, Ka Yu	26 New Water Polo	1:50.00
5	43533 IAZ	Wong, Yu Tung	25 New Water Polo	1:55.00
6	08727 B	Hung Yuen Ching, Moose Culle	27 New Water Polo	2:00.00
30-34				
1	06577 IBZ	Leung, Wei Yan	33 Sword Fish Club	1:36.00
35-39				
1	49329 #@IAO	Ng, Carmen C M	39 Pacific	1:36.00
2	35921 IAZ	Lui, Yick Ling	37 Kornhill	1:43.07
3	46294 ICX	Lin, Shengzhu	35 New Water Polo	2:15.00
4	13384 ICZ	Lee, May Sze Mei	36 New Water Polo	2:28.00
40-44				
1	06304 ICZ	Cheung, Man Yiu	44 Sea Green	1:33.00
2	45041 IAZ	Fung, Cheuk Ching Candy	41 Hoi Fung	1:43.07
3	02727 ICZ	Lui, Wing Yee	40 Hoi Tin	2:00.00
45-49				
1	33036 ICO	Coleman, Claire Michelle	45 Fastlane Swimmin	1:35.00
2	49205 IAX	Li, Donghui	49 Sea Green	1:50.00
3	33017 IAZ	Ngan, Oi Sze	46 Sword Fish Club	1:52.00
4	06224	Lee, Suk King	47 Wong Tai Sin	2:00.00
50-54				
1	06349	Ip, Oi Wa Wendy	51 Sword Fish Club	1:50.00
2	44304 IAX	Choi, Shan Shan	51 Sword Fish Club	1:59.00
3	49204 IAZ	Cheng, Wai Man	52 Sea Green	2:00.00
4	48201 IAZ	Poon, Nga Yi	50 Tolo Harbour	2:00.00
5	43063 @IAO	Wong, Rose	53 LRC	2:14.18
6	40937 IAZ	Leung, Wai Fan Fanny	53 New Water Polo	3:30.00
55-59				
1	38289 IAZ	Ng, Wai Lin Angie	59 Sword Fish Club	2:20.00
2	38460 IAZ	Tang, Kit Fong Yvonne	59 New Water Polo	2:38.00
3	29831 IAZ	Lowe, Yeuk Ling Dilys	59 Sword Fish Club	2:49.00
60-64				
1	45187 IAX	Chan, On Mei	60 Sword Fish Club	1:58.00
2	24216 IAZ	Li, Chuk Ping	61 Sword Fish Club	2:00.00
3	16533	Wong, Shun Ying	64 Sea Green	2:30.00

Long Course MS Swimming Competition Part 2 - 15/01/2023

Psych Sheet

60-64... (Event 4 Women 100 LC Meter Breaststroke)

4	37056 IAZ	Wong, Hoi Ping Carol	63	Tuen Mun	NT
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65-69

1	23957 IAX	Yeung, Tun Lim Lily	66	Sword Fish Club	2:15.00
2	06127	Lau, Wai Lin	67	New Water Polo	2:30.00

70-74

1	06356 IAZN	Lo Yeung, Sau Han	70	Kwun Tong	2:10.00
2	06147	Leung Wong, Yin Har Hayley	71	Sea Green	2:30.00
3	06212	Lo, Yeuk Shuen	74	Wong Tai Sin	2:50.00

75-79

1	08936	Leong, Kuai Heng	77	New Water Polo	4:27.28
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80-84

1	06374	Wong, Jim	82	Sword Fish Club	2:30.00
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Event 5 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
18-24					
1	19383 B	Lee, Man Kit	24	Kwan Hung	25.50
2	20997 B	Yung, Cheuk Long Charlie	24	Kwan Hung	26.50
3	41451 IAZ	Kwan, Wing Hin	19	Crest Ray	27.00
4	22513 IAZ	Tang, Cheuk Yan	23	Kwun Tong	27.00
5	49792 @ICO	Phu, Alex	23	Current Club Ltd	27.60
6	29520 IAZ	Chui, Yu Hin	23	Pacific	28.00
7	23150 B	Yoshida, Satoshi	24	Fastlane Swimmin	28.00
8	25258 IAZ	Chik, Shun Hei	22	Current Club Ltd	28.49
9	15351 IAZ	Chang, Jaw Ting	22	Pacific	30.00
10	27803 B	Fan, Ka Ming	24	Current Club Ltd	33.39
25-29					
1	16201 B	Kwok, Yuk Hang	27	Kwun Tong	27.00
2	40333 IAZ	Lam, Pak Lai	26	Flying Fish	28.00
3	42362 IAZ	Leung, Kung Ming	27	YMCA OF Hong Kong	29.00
4	47585 IAZ	Kwok, Hon Chun	26	Crest Ray	30.00
5	02884 IAZ	Lui, Sheung Chung Billy	28	Current Club Ltd	30.00
6	08246 IAZ	Kwok, Chun Lok	29	Kwan Hung	30.00
7	08003 B	Lam, Chun Kit	28	Tuen Mun	31.00
8	21343 IAZ	Yu, Man Hin	27	Sea Green	33.00
9	12759 IAZ	Yue, Suen Yin	29	Sea Green	33.00
10	15815	Lo, Ting Kin	27	Sea Green	35.00
11	50010 IAZ	Yao, Hiu Tsun Nelson	29	Fastlane Swimmin	40.00
30-34					
1	04637 IBZ	Kwan, Yui Hang	30	Current Club Ltd	24.78
2	01433	Tai, Hilary Francis	33	Diocesan School	27.00
3	05296 B	Hui, Chun Hin	30	New Water Polo	27.00
4	10683 IBZ	Lee, Tsun Sang	31	Golden Dolphin	29.00
5	10686	Chan, Ching	32	Golden Dolphin	30.00

Long Course MS Swimming Competition Part 2 - 15/01/2023

Psych Sheet

30-34... (Event 5 Men 50 LC Meter Freestyle)

6	04604 IBZ	Kwong, Chun Hung	34	Sea Green	31.00
7	49516 @IAX	Chan, Cheuk Wai	31	Crest Ray	35.00
8	48637 IAZ	Leung, Shu Wing	30	New Water Polo	35.00
9	05050 IBZ	Wong, Chak Pang Benson	33	Dik Wing	NT

35-39

1	47580 @IAO	Poon, Derrick Gene-ming	35	Fastlane Swimmin	26.40
2	22420 IAZ	Chan, Chi Ming	37	Kwun Tong	27.00
3	27874 IAZ	Chan, Cheuk Man	35	New Water Polo	27.00
4	49120 IAZ	Tsang, Sau Fung	37	Juan Hua Club	27.97
5	00234 IBZ	Lau, Tsun Ting	36	Kwun Tong	28.00
6	09143 ICZ	Chow, Wang Kei	39	Flying Fish	28.00
7	46504 @IAO	Coe, Jason George	39	Fastlane Swimmin	29.40
8	03713 IBZ	Tang, Chee Kit	37	Diocesan School	30.00
9	23298 IAZ	Li, Cheuk Bun	38	Wong Tai Sin	30.00
10	48667 @IRO	Wong, Dominic Clayton Joe	35	Fastlane Swimmin	33.00
11	09136 IAZ	Tsang, Chun Kin	35	New Water Polo	36.00
12	02938 IBZ	Wong, Lit Ken	37	Dik Wing	NT
13	00093	Tam, Tak Ching	36	Dik Wing	NT

40-44

1	01591 ICZ	Fu, Wing Harbeth	43	Kwun Tong	25.00
2	49497 @ICO	Macceod, Andrew Ian	44	LRC	28.33
3	49498 @IAO	Dunwoody, Ross William	42	LRC	28.53
4	40107 IAZ	Chan, Falcon	44	Lai Tsun	30.00
5	38121 IAZ	Cheung, Chi Yan Clifford	43	Sea Green	30.00
6	11587	Ng, Yu Hon	40	Sea Green	30.00
7	40841 IAX	Tsang, Kwok Tung	44	Diocesan School	32.00
8	09165	Cheung, Siu Fung	40	Lai Tsun	32.00
9	49027 IAZ	Ng, Fung Kei	43	Sword Fish Club	33.00
10	47525 IAZ	Wu, Wing Fung	42	Wong Tai Sin	33.00
11	03793 ICZ	Po, Tik San	41	New Water Polo	35.00
12	49496 @ICO	Growney, Christopher	43	Sword Fish Club	38.00
13	46808 IAZ	Leung, Wang Chi	44	Current Club Ltd	41.78
14	38035 IAZ	Mok, Kin Fan	43	Tolo Harbour	42.00
15	49852 @IAX	Wu, Yongjian	41	CYM	48.00
16	23119 IAZ	Chan, Ying Tsung Bosco	42	Sword Fish Club	49.01

45-49

1	11569	Wong, Lok Shun	46	Flying Fish	29.00
2	02366	Li, Ka Wing	49	Kwun Tong	30.00
3	16451	Cheng, Ngai Bun	45	Kwun Tong	31.00
4	42737 IAZ	So, Ma Loi	47	Sword Fish Club	31.00
5	38958 #IAZ	Lai, Yiu Kuen	48	CYM	34.00
6	37739 #IAZ	Mi, Hau Fung	46	CYM	34.00
7	48665 IAZ	Law, Kwai Sun	48	New Water Polo	35.00
8	48593 IAZ	Cheng, Wai Leung	46	Sword Fish Club	37.00
9	40923 IAZ	Yip, Kam Wing	46	Sea Green	39.00
10	29261 IAZ	Lai, Ka Wai	45	Tuen Mun	40.00
11	48939 IAZ	Ho, Lik Shan	49	Pacific	NT

50-54

1	48285 IAZ	Wan, Hong Yin Edmund	52	Hong Kong Footba	29.40
2	06711	Leung, Tsz Kin	51	New Water Polo	30.30
3	46434 IAZ	Tse, Chee Ho Bruce	53	Sword Fish Club	33.00
4	21814 ICO	Mattoli, Enrico Andrea	53	LRC	33.61
5	43158 IAZ	Chan, Tin Lung	54	Lai Tsun	34.00
6	22419 IAZ	Fok, Kai Yuen	50	Sword Fish Club	34.00

Long Course MS Swimming Competition Part 2 - 15/01/2023**Psych Sheet****50-54... (Event 5 Men 50 LC Meter Freestyle)**

7	42085 IAZ	Lee, Hon Lun Philip	51	Sword Fish Club	36.00
8	47465 IAZ	Wong, Ka Po Dick	50	New Water Polo	45.00
55-59					
1	02570 IAX	Wong, Kwok Wah	58	Kwan Hung	26.40
2	40839 IAZ	Leung, Wing Hang Michael	58	Diocesan School	33.00
3	13992	Yim, Chung Chee	58	YMCA OF Hong Kong	34.00
4	46973 IAZ	Leung, Wai Ming	57	New Water Polo	36.00
5	22433 IAZ	Lui, Man Pong	58	New Water Polo	36.00
6	39982 IAZ	Chow, Wing Chun	59	Sword Fish Club	36.00
7	45582 @IAO	Reeve, Blair	55	LRC	38.03
8	24602 IAZ	Li, Ka Wing Peter	58	Sea Green	39.00
9	44868 IAZ	Leung, Cheong Chau Stephen	58	Diocesan School	40.00
10	48938 IAZ	Ng, Kim Hung Justin	58	Pacific	NT
60-64					
1	15528	Tsui, Tak Shing Dominic	61	Fastlane Swimmin	32.00
2	06256	Chan, Kwong Peter	62	Sea Green	35.00
3	41007 IAZ	So, Man Sing	62	Sea Green	35.00
4	32108 IAX	Chan, Kiu	61	Sword Fish Club	36.00
5	37048 IAZ	Cheung, Wai Chuen Jimmy	60	Sword Fish Club	36.00
6	40861 IAZ	Cheung, Chi Ming Rover	60	Sword Fish Club	37.00
7	28339 IAZ	Yim, Chi Yiu	63	New Water Polo	39.00
8	18872 IAZ	Chan, Kin Chung	62	Wong Tai Sin	45.00
9	41426 IAZ	Tang, Yu Hang Francis	62	Tung Sing	50.00
65-69					
1	26591 IAO	Ho, Robert Yau Chung	65	LRC	28.77
2	05071	Choi, Tony	65	LRC	33.25
3	06281	Fung, Kam Tai	68	Sword Fish Club	45.00
4	06184	Ng, Pak Chiu	69	Sea Green	45.00
5	44839 IAXN	Hou, Ting Fun Stephen	69	Hoi Tin	50.00
6	41739 IAZ	Ng, Chin Wing	68	Sea Green	50.00
7	19292 IAX	Leung, Fu Keung	69	Sea Green	51.00
70-74					
1	06398	Cho, Wai Sun	70	Fastlane Swimmin	33.30
2	06268	Tse, Kwok Piu	72	Sword Fish Club	36.00
3	33115 IAX	Ng, Kan Sing	70	Sword Fish Club	36.53
4	06389	Chan, Hong Wah	70	New Water Polo	39.00
5	41729 IAZ	Ko, Leung Hung Alex	71	Diocesan School	40.00
6	05917	Yong, Khin Syn	74	Sword Fish Club	41.00
7	23123 IAZ	Poon, Wai	71	Sword Fish Club	47.25
8	11563	Lee, Kwok Hung	70	Sword Fish Club	48.00
9	45624 IAZ	Mok, Hin Ming	73	Lai Tsun	50.00
75-79					
1	23297 IAZ	Chan, Shing Chi	75	Lai Tsun	39.00
2	09171	Chan, Ying Chi	77	Sword Fish Club	49.00
80-84					
1	38301 IAX	Cheung, Hao Yen	80	Lai Tsun	52.00
2	23959 IAZ	Chiu, Chin Hung	83	Kornhill	1:08.76
85-89					
1	05407	Lee, She Kwok	85	Sword Fish Club	54.00
2	15490	Law, Kwai Fong	87	Sword Fish Club	1:03.00

Long Course MS Swimming Competition Part 2 - 15/01/2023

Psych Sheet

Event 6 Women 50 LC Meter Freestyle

- 18-24 MSR: 28.20**
- 25-29 MSR: 27.70**
- 30-34 MSR: 28.58**
- 35-39 MSR: 28.65**
- 40-44 MSR: 28.17**
- 45-49 MSR: 30.12**
- 50-54 MSR: 30.07**
- 55-59 MSR: 32.17**
- 60-64 MSR: 34.16**
- 65-69 MSR: 35.31**

	ID#	Name	Age	Team	Seed Time
18-24... (Event 6 Women 50 LC Meter Freestyle)					
1	27376 IAZ	Lee, Wai Ki	23	Kwan Hung	32.00
2	24555 IAO	Ho, Nicola Gabrielle	24	Fastlane Swimmin	32.00
3	16159 IAZ	Cheng, Megan Tszyeuk	24	Hoi Fung	33.60
4	49846 IAZ	Li, Hong Yu Kanas	20	Pacific	36.00
5	49847 IAZ	Li, Ka Yu Karen	21	Pacific	36.00
6	49026 IAZ	Lee, Wing Tung	24	New Water Polo	40.00
7	23105 IAZ	Ho, Cheuk Wai	22	Dik Wing	NT
25-29					
1	49399 @^ICO	Trujillo, Sarah Marie	27	Fastlane Swimmin	35.00
2	08727 B	Hung Yuen Ching, Moose Culle	27	New Water Polo	35.00
3	20401 IAZ	Leung, Wan Ki	25	Kwan Hung	35.00
4	31023 IAZ	Cheung, Ka Yu	26	New Water Polo	37.00
5	49513 IAZ	To, Yan Wing	27	Crest Ray	38.00
6	43533 IAZ	Wong, Yu Tung	25	New Water Polo	50.00
7	49510 IAZ	Chan, Lok Wing	26	Pacific	NT
30-34					
1	17382 #IAZ	Tsui, Man Hei	32	New Water Polo	30.00
2	01441	Yeung, Hiu Ching Judy	32	New Water Polo	35.00
3	06608 B	Shek, Yan Sin	30	New Water Polo	35.00
35-39					
1	49524 @IAO	Lau, Maggie Y	36	Flying Fish	32.00
2	43390 ICO	Wong, Sook Leng	35	Hoi Fung	36.43
3	35921 IAZ	Lui, Yick Ling	37	Kornhill	36.48
4	47561 IAZ	Leung, Tin Ho	39	Flying Fish	41.00
5	00288 IBZ	Yip, Wing Yan	35	Dik Wing	NT
40-44					
1	45779 #IAZ	Wong, Ka Sin	42	New Water Polo	45.00
45-49					
1	46247 @IAO	Krkalo, Shauna Kathleen	45	LRC	28.17
2	33036 ICO	Coleman, Claire Michelle	45	Fastlane Swimmin	34.00
50-54					
1	33517 IAO	Yamaguchi, Mika	51	Fastlane Swimmin	30.00
2	47040 @IAX	Zou, Shengling	52	Tung Sing	48.00
3	49206 IAX	Yang, Daokui	50	Sea Green	50.00
4	44304 IAX	Choi, Shan Shan	51	Sword Fish Club	1:00.00
5	40937 IAZ	Leung, Wai Fan Fanny	53	New Water Polo	1:30.00
55-59					
1	12894	Lee, Wai Yee Stella	57	Hoi Fung	35.20
2	40907 IAZ	Lai, Shui Nin Ingrid	56	YMCA OF Hong Kong	35.50
3	23323 IAZ	Tam, Choi Ping Scalene	58	New Water Polo	38.00

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55-59... (Event 6 Women 50 LC Meter Freestyle)

4	26254 IAX	Ng, Kong Ching	58	New Water Polo	40.00
5	36045 IAZN	Hsu, Ava	56	LRC	44.04
6	48634 IAZ	Cheung, Wing Yee	57	New Water Polo	46.00
7	29831 IAZ	Lowe, Yeuk Ling Dilys	59	Sword Fish Club	56.00
8	38289 IAZ	Ng, Wai Lin Angie	59	Sword Fish Club	1:00.00
9	38460 IAZ	Tang, Kit Fong Yvonne	59	New Water Polo	1:05.00
10	44303 IAZ	Lam, Man Lai	57	Sword Fish Club	1:07.00

60-64

1	49914 @IAXB	Ng, Yee Man	64	New Water Polo	40.00
2	20640 IAZ	Wong, Fung Yee	63	Sword Fish Club	52.00
3	36225 IAX	Li, Wai Kam	61	Sea Green	1:00.00

65-69

1	19290 IAX	Tseung, Nga Wah	66	Sword Fish Club	38.00
2	03503	Castka, Gillian Hancer	67	Sword Fish Club	41.00
3	06127	Lau, Wai Lin	67	New Water Polo	1:00.00
4	06213	Mo, Mei Ling	69	Wong Tai Sin	1:00.00

70-74

1	22852 ICX	Bai, Xiufen	72	Sword Fish Club	39.00
2	06356 IAZN	Lo Yeung, Sau Han	70	Kwun Tong	53.00
3	06212	Lo, Yeuk Shuen	74	Wong Tai Sin	1:10.00

75-79

1	32571 IAZ	Chan, Pui Yee	79	Sword Fish Club	1:00.00
2	17480 IAZ	Chow, Pui Han Angela	77	Lai Tsun	1:05.00
3	08936	Leong, Kuai Heng	77	New Water Polo	1:17.25

80-84

1	06372 IAZ	Leung, Mabel Yuen Ying	81	Sword Fish Club	53.00
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85-89

1	06144	Mak, Suet Man	86	Sea Green	1:10.00
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Event 7 Men 100 LC Meter Backstroke

- 18-24 MSR: 1:02.10
- 25-29 MSR: 1:06.32
- 30-34 MSR: 1:07.94
- 35-39 MSR: 1:06.66
- 40-44 MSR: 1:04.62
- 45-49 MSR: 1:09.39
- 50-54 MSR: 1:08.09
- 55-59 MSR: 1:11.73
- 60-64 MSR: 1:13.98
- 65-69 MSR: 1:23.65

	ID#	Name	Age	Team	Seed Time
18-24					
1	28439 IAZ	Cheng, Kam Fung	19	Current Club Ltd	1:00.73
2	29946 B	Yip, Shung Kit	21	Current Club Ltd	1:20.00
3	27803 B	Fan, Ka Ming	24	Current Club Ltd	1:30.00
25-29					
1	16201 B	Kwok, Yuk Hang	27	Kwun Tong	1:13.00
2	47043 IAZ	Lam, Pak Lun	29	Flying Fish	1:15.00
3	08003 B	Lam, Chun Kit	28	Tuen Mun	1:40.00
30-34					
1	49924 @ICO	Lemaire, Thibaud Christophe	31	Flying Fish	1:20.00
2	05567 #B	Yeung, Sze Hon	30	Crest Ray	1:20.00
3	48262 IAZ	Quan, Wing Yeung Marwick	33	Sword Fish Club	1:22.00
4	06886 B	Li, Chin Long	33	Eastern Winter	1:30.00

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35-39... (Event 7 Men 100 LC Meter Backstroke)

1	00444	Lam, Yau Sun Dickson	38 Diocesan School	1:07.00
2		Wan, Watt Wai Kowng	38 Out to Swim	X1:07.57
3	02938 IBZ	Wong, Lit Ken	37 Dik Wing	NT

40-44

1	49498 @IAO	Dunwoody, Ross William	42 LRC	1:10.00
2	49497 @ICO	Macceod, Andrew Ian	44 LRC	1:16.45
3	35790 ICO	Launay, Thomas	44 LRC	1:20.00
4	01948 ICZ	Tang, Ho Yuen	41 Diocesan School	1:40.00
5	40841 IAX	Tsang, Kwok Tung	44 Diocesan School	1:40.00
6	49027 IAZ	Ng, Fung Kei	43 Sword Fish Club	1:40.00

45-49

1	37671 @ICO	Stamenovic, Ivan	47 LRC	1:18.00
2	28849 IAZ	Chan, Chun Kuen	48 Sword Fish Club	1:29.00
3	24603 IAZ	Hung, Ka Ming	48 YMCA OF Hong Kong	1:30.00
4	05160	Chan, Ka Wo	46 Diocesan School	1:40.00

50-54

1	06711	Leung, Tsz Kin	51 New Water Polo	1:20.21
2	30710 IAZ	Lai, Kin Sun	53 Flying Fish	1:26.00
3	48285 IAZ	Wan, Hong Yin Edmund	52 Hong Kong Footba	1:30.00
4	28518 IAZ	Yau, Wo Fung	51 Kwun Tong	1:30.00
5	25592 IAZ	Cheung, Wai Kei	51 Flying Fish	1:35.00
6	05273	Poon, Ho Keung Danny	53 Flying Fish	1:35.00
7	35711 IAX	Wong, Fuk Kei	54 Sword Fish Club	2:00.00

55-59

1	35313 IAZ	Pong, Chiu Yee Dario	55 LRC	1:26.32
2	41548 IAZ	Ip, Ka Keung Patrick	55 Hong Kong Footba	1:28.00
3	25579 IAZ	Leung, Tak Sing	57 Hoi Fung	1:36.30
4	39982 IAZ	Chow, Wing Chun	59 Sword Fish Club	1:46.00
5	22433 IAZ	Lui, Man Pong	58 New Water Polo	1:55.00
6	29472 IAZN	Choi, Kwok Man Tony	57 Sword Fish Club	1:55.00
7	40840 IAZ	Ng, Ka Yiu Karl	59 Diocesan School	2:00.00
8	38291 IAZ	Liu, Chun Sing	57 Sword Fish Club	2:00.00
9	26594 IAZ	Ching, Wai Kin	59 Sword Fish Club	2:06.31
10	05139	Lin, Fulong	56 Flying Fish	NT

60-64

1	41007 IAZ	So, Man Sing	62 Sea Green	1:50.00
2	07802	Chau, Kam Tim	63 Sea Green	1:55.00
3	24256 IAW	Lok, Wai Man	60 New Water Polo	2:00.00
4	25226 IAZ	Choi, Tai Wing	62 Sword Fish Club	2:00.00
5	27460 IAZ	Chan, Ying Chiu Johnson	60 Lai Tsun	NT
6	03849	Kwok, Hak Man Johnny	63 Lai Tsun	NT

65-69

1	26591 IAO	Ho, Robert Yau Chung	65 LRC	1:14.67
2	03215 IAZ	Leung, Yiu Chuen	65 Sun Yip	1:38.00
3	06237	Mok, Chu Piu	66 Lai Tsun	1:41.00
4	06388	Lau, Man Kin	69 Sword Fish Club	1:50.00
5	26318	Suen, Chi Wing	69 Sword Fish Club	1:53.00
6	06187	Kan, Kai Kwong	68 Sea Green	1:59.00
7	06281	Fung, Kam Tai	68 Sword Fish Club	2:10.00

70-74

1	06192	Chu, Shui Yi	72 Sea Green	1:59.00
2	20634 IAZ	Wu, Shu Sun	73 New Water Polo	2:00.00
3	22182 IAZ	Ngai, Yin Leung	74 Sword Fish Club	2:18.00

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75-79... (Event 7 Men 100 LC Meter Backstroke)

1	40518 IAZ	Liu, Wing Chiu	75	Tuen Mun	2:00.00
2	06274	Wong, Yau Chuen	77	Sword Fish Club	2:10.00
3	09891	Wong, Chiu Shun	76	Sword Fish Club	2:20.00

80-84

1	38301 IAX	Cheung, Hao Yen	80	Lai Tsun	NT
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85-89

1	17832 IAX	Chan, Sau	86	Sword Fish Club	3:10.00
2	16471	Wong, Yuen Ying	87	Kornhill	3:20.00

Event 8 Women 100 LC Meter Backstroke

- 18-24 MSR: 1:11.36
- 25-29 MSR: 1:14.07
- 30-34 MSR: 1:11.37
- 35-39 MSR: 1:14.06
- 40-44 MSR: 1:13.75
- 45-49 MSR: 1:19.43
- 50-54 MSR: 1:17.38
- 55-59 MSR: 1:36.84
- 60-64 MSR: 1:45.15
- 65-69 MSR: 1:52.49

	ID#	Name	Age	Team	Seed Time
18-24					
1	26669 P	Mak, Ho Yan	20	Eastern Winter	1:10.00
2	20969 IAZ	Lui, Wing Lam	21	Kwun Tong	1:22.00
3	39029 IAZ	Fung, Yin Ching	21	Hoi Ngai	1:50.00
25-29					
1	47460 IAZ	Mak, Cheuk Lam	28	New Water Polo	2:00.00
2	09959 #IAZ	Mok, Hoi Man Sheron	28	New Water Polo	NT
30-34					
1	01441	Yeung, Hiu Ching Judy	32	New Water Polo	1:20.00
2	28004 IAZ	Kwan, Ka Wan	30	Tung Sing	1:48.00
35-39					
1	26745 ICX	Chen, Yangyang	38	LRC	1:20.00
2	46104 @ICO	Sheridan, Kaitlyn Rose	36	Fastlane Swimmin	1:45.00
3	43390 ICO	Wong, Sook Leng	35	Hoi Fung	1:50.12
4	13384 ICZ	Lee, May Sze Mei	36	New Water Polo	2:38.00
40-44					
1	02727 ICZ	Lui, Wing Yee	40	Hoi Tin	2:00.00
45-49					
1	40853 @IAO	Tam, Alison Mai Ling	45	Fastlane Swimmin	1:20.00
2	06315	Chan, Sui Yee	47	LRC	1:38.71
3	36785 IAZ	Inglis, Alexandra Sinead	48	LRC	1:45.85
4	45139 IAZ	Tai, Kwan Yee	46	Hoi Fung	1:52.00
50-54					
1	47040 @IAX	Zou, Shengling	52	Tung Sing	1:50.00
55-59					
1	26254 IAX	Ng, Kong Ching	58	New Water Polo	1:40.00
2	29752 IAZ	Chow, Yee Heung Liza	59	Lai Tsun	1:45.00
3	40907 IAZ	Lai, Shui Nin Ingrid	56	YMCA OF Hong Kong	1:50.50
4	40575 IAO	Chan, San Ngah	55	Fastlane Swimmin	2:04.00
5	06337	Tse, Yee Wah	57	YMCA OF Hong Kong	2:05.00
60-64					
1	49914 @IAXB	Ng, Yee Man	64	New Water Polo	2:00.00

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60-64... (Event 8 Women 100 LC Meter Backstroke)

2	20640 IAZ	Wong, Fung Yee	63	Sword Fish Club	2:48.00
3	37056 IAZ	Wong, Hoi Ping Carol	63	Tuen Mun	NT
65-69					
1	06355	Lo, Lai Yung	68	New Water Polo	2:10.00
2	23957 IAX	Yeung, Tun Lim Lily	66	Sword Fish Club	2:15.00
70-74					
1	22852 ICX	Bai, Xiufen	72	Sword Fish Club	1:40.00
2	06212	Lo, Yeuk Shuen	74	Wong Tai Sin	4:00.00
75-79					
1	17480 IAZ	Chow, Pui Han Angela	77	Lai Tsun	2:26.00
2	32571 IAZ	Chan, Pui Yee	79	Sword Fish Club	3:00.00
80-84					
1	06374	Wong, Jim	82	Sword Fish Club	3:00.00
85-89					
1	06144	Mak, Suet Man	86	Sea Green	3:20.00

Event 9 Men 200 LC Meter Freestyle

18-24 MSR: 2:06.87

25-29 MSR: 2:05.18

30-34 MSR: 2:05.11

35-39 MSR: 2:05.90

40-44 MSR: 2:07.89

45-49 MSR: 2:10.21

50-54 MSR: 2:14.33

55-59 MSR: 2:24.07

60-64 MSR: 2:32.99

65-69 MSR: 2:43.01

	ID#	Name	Age	Team	Seed Time
18-24					
1	28567 #IAZ	Tam, Wang Yin	23	New Water Polo	2:20.00
2	27205 P	Chan, Yan Shing	21	Current Club Ltd	2:30.00
3	29946 B	Yip, Shung Kit	21	Current Club Ltd	2:50.00
25-29					
1	13072 IAZ	Mo, Tsun Hei	27	Kwan Hung	2:40.00
2	16830 #IAM	Yip, Ming Hei	27	New Water Polo	2:40.00
3	15815	Lo, Ting Kin	27	Sea Green	2:59.00
30-34					
1	02580	Lau, Chun Leung Johnny	32	Kwan Hung	2:06.00
2	49924 @ICO	Lemaire, Thibaud Christophe	31	Flying Fish	2:20.00
3	05296 B	Hui, Chun Hin	30	New Water Polo	2:20.00
4	33387 IAO	Wu, Kenneth Yee Lok	32	Sword Fish Club	2:33.02
5	01938 IBZ	Lam, Yun Hei	34	New Water Polo	2:45.00
6	48637 IAZ	Leung, Shu Wing	30	New Water Polo	3:40.00
7	09319 IBZ	Chan, Chun Wing	31	New Water Polo	4:00.00
8	46301 IAZ	Lai, Siu In	30	New Water Polo	4:00.00
35-39					
1	47580 @IAO	Poon, Derrick Gene-ming	35	Fastlane Swimmin	2:12.00
2	00091	Chan, Lok Yan	39	New Water Polo	2:20.00
3	22420 IAZ	Chan, Chi Ming	37	Kwun Tong	2:30.00
4	05179 #ICZ	Wan, Chun Pong Michael	39	Fastlane Swimmin	2:35.00
5	46504 @IAO	Coe, Jason George	39	Fastlane Swimmin	2:38.00
6	03713 IBZ	Tang, Chee Kit	37	Diocesan School	3:20.00
7	04706 IBZ	Hui, Cheung Hin Raymond	39	Dik Wing	NT

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40-44... (Event 9 Men 200 LC Meter Freestyle)

1	30399 IAZ	Lam, Shu Wing	40 Flying Fish	2:28.00
2	38121 IAZ	Cheung, Chi Yan Clifford	43 Sea Green	2:40.00
3	42708 IAZ	Tang, Wing Chung Jonathan	41 Hoi Fung	2:50.02
4	27133 IAZ	Poon, Man Chun	42 Wong Tai Sin	2:56.29
5	10317	Ng, Ka Wing	43 Diocesan School	3:20.00
6	40841 IAX	Tsang, Kwok Tung	44 Diocesan School	3:20.00
7	38035 IAZ	Mok, Kin Fan	43 Tolo Harbour	3:40.00
45-49				
1	37671 @ICO	Stamenovic, Ivan	47 LRC	2:06.76
2	28849 IAZ	Chan, Chun Kuen	48 Sword Fish Club	2:33.00
3	46505 IAZ	Chang, Lambert Jen Hsiung	48 Fastlane Swimmin	2:38.00
4	02366	Li, Ka Wing	49 Kwun Tong	2:50.00
5	47463 IAZ	Kwong, Hoi Tik	47 New Water Polo	3:40.00
6	48665 IAZ	Law, Kwai Sun	48 New Water Polo	3:40.00
50-54				
1	09558 IAO	Li, Kai Yien Authur	51 Hong Kong Footba	2:15.00
2	27868 IAZ	Chan, Chi Wah Ringo	51 Sword Fish Club	2:40.00
3	25592 IAZ	Cheung, Wai Kei	51 Flying Fish	2:45.00
4	21814 ICO	Mattoli, Enrico Andrea	53 LRC	2:56.90
5	28518 IAZ	Yau, Wo Fung	51 Kwun Tong	3:00.00
6	27451 IAZ	Yip, Kin Man Stephen	53 Kwun Tong	3:00.00
7	17701 IAZ	Lee, Chor Fu	54 Wong Tai Sin	3:30.00
8	47465 IAZ	Wong, Ka Po Dick	50 New Water Polo	4:30.00
55-59				
1	24602 IAZ	Li, Ka Wing Peter	58 Sea Green	2:50.00
2	26594 IAZ	Ching, Wai Kin	59 Sword Fish Club	3:02.01
3	21024 IAZ	Chan, Wai Man Kelvin	59 New Water Polo	3:50.00
4	29472 IAZN	Choi, Kwok Man Tony	57 Sword Fish Club	3:57.00
5	05139	Lin, Fulong	56 Flying Fish	NT
60-64				
1	47656 IAZ	Lau, Che Hung	61 Kwan Hung	2:20.00
2	05191	Koo, Yu Fat Marcus	61 Flying Fish	2:35.00
3	13979	Lee, Sing Tim	62 Lai Tsun	3:30.00
4	40861 IAZ	Cheung, Chi Ming Rover	60 Sword Fish Club	3:30.00
5	04512	Wong, Shek Ming	63 New Water Polo	4:15.00
65-69				
1	06331 ICZ	Ma, Etienne	66 YMCA OF Hong Kong	2:38.00
2	41739 IAZ	Ng, Chin Wing	68 Sea Green	2:59.00
3	06237	Mok, Chu Piu	66 Lai Tsun	3:00.00
4	06239	Chan, King Yuen	68 Lai Tsun	3:32.00
5	26318	Suen, Chi Wing	69 Sword Fish Club	3:45.00
70-74				
1	33115 IAX	Ng, Kan Sing	70 Sword Fish Club	2:44.00
2	06268	Tse, Kwok Piu	72 Sword Fish Club	2:50.00
75-79				
1	40518 IAZ	Liu, Wing Chiu	75 Tuen Mun	4:00.00
2	06274	Wong, Yau Chuen	77 Sword Fish Club	4:03.00
3	09891	Wong, Chiu Shun	76 Sword Fish Club	4:10.00
85-89				
1	17832 IAX	Chan, Sau	86 Sword Fish Club	5:00.00
2	15490	Law, Kwai Fong	87 Sword Fish Club	5:00.00

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Event 10 Women 200 LC Meter Freestyle

18-24 MSR: 2:16.66

25-29 MSR: 2:18.17

30-34 MSR: 2:25.29

35-39 MSR: 2:13.59

40-44 MSR: 2:13.70

45-49 MSR: 2:28.14

50-54 MSR: 2:32.26

55-59 MSR: 2:50.45

60-64 MSR: 3:08.53

65-69 MSR: 3:27.53

ID#	Name	Age	Team	Seed Time
18-24... (Event 10 Women 200 LC Meter Freestyle)				
1	26669 P	Mak, Ho Yan	20 Eastern Winter	2:20.00
2	27291 #@P	Lau, Sze Wan	20 Kwun Tong	2:35.00
3	20969 IAZ	Lui, Wing Lam	21 Kwun Tong	2:35.00
4	26980 IAZ	Wong, Suet Wing	24 Dik Wing	NT
25-29				
1	08727 B	Hung Yuen Ching, Moose Culle	27 New Water Polo	2:25.00
2	49510 IAZ	Chan, Lok Wing	26 Pacific	NT
3	09959 #IAZ	Mok, Hoi Man Sheron	28 New Water Polo	NT
30-34				
1	38126 IAZ	Lee, Wai Sze	34 New Water Polo	2:30.00
2	06577 IBZ	Leung, Wei Yan	33 Sword Fish Club	2:47.00
35-39				
1	46294 ICX	Lin, Shengzhu	35 New Water Polo	3:10.00
2	43390 ICO	Wong, Sook Leng	35 Hoi Fung	3:20.12
3	00288 IBZ	Yip, Wing Yan	35 Dik Wing	NT
4	47057 IAZ	Chan, Sze Wing	36 Pacific	NT
40-44				
1	49442 IAZ	Chan, Yuk Man Phoebe	44 Sword Fish Club	2:40.00
45-49				
1	40853 @IAO	Tam, Alison Mai Ling	45 Fastlane Swimmin	2:30.00
2	06315	Chan, Sui Yee	47 LRC	2:52.00
3	48942 IAZ	Wong, Wing Sze Sesy	47 Pacific	NT
50-54				
1	31395 IAZ	Chan, Pui Ling	53 Flying Fish	3:20.00
2	40912 IAZ	Ng, Yee Ling	52 Tolo Harbour	3:20.00
3	35969 IAX	Wang, Ying Lian	51 Tung Sing	3:40.00
4	06349	Ip, Oi Wa Wendy	51 Sword Fish Club	4:00.00
5	48201 IAZ	Poon, Nga Yi	50 Tolo Harbour	4:00.00
6	47040 @IAX	Zou, Shengling	52 Tung Sing	4:10.00
55-59				
1	36045 IAZN	Hsu, Ava	56 LRC	4:00.00
2	23323 IAZ	Tam, Choi Ping Scalene	58 New Water Polo	4:55.00
3	41911 IAZN	Ng, Kit Man Joanna	58 New Water Polo	6:02.00
60-64				
1	45187 IAX	Chan, On Mei	60 Sword Fish Club	3:54.00
2	36225 IAX	Li, Wai Kam	61 Sea Green	3:59.00
3	31750 IAZ	Cheung, Lai Ying Anita	60 Lai Tsun	4:02.00
65-69				
1	03503	Castka, Gillian Hancer	67 Sword Fish Club	3:40.00

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Event 11 Men 50 LC Meter Butterfly

18-24 MSR:	26.27
25-29 MSR:	26.21
30-34 MSR:	26.54
35-39 MSR:	26.70
40-44 MSR:	26.85
45-49 MSR:	27.47
50-54 MSR:	27.94
55-59 MSR:	30.04
60-64 MSR:	30.60
65-69 MSR:	33.66

ID#	Name	Age	Team	Seed Time
18-24... (Event 11 Men 50 LC Meter Butterfly)				
1	28439 IAZ	Cheng, Kam Fung	19 Current Club Ltd	26.12
2	49792 @ICO	Phu, Alex	23 Current Club Ltd	27.60
3	48045 IAZ	Lo, Tsz Wang	20 Kwun Tong	28.00
4	30675 B	Chan, Wai Tsun	20 Current Club Ltd	30.00
5	27205 P	Chan, Yan Shing	21 Current Club Ltd	30.00
6	28567 #IAZ	Tam, Wang Yin	23 New Water Polo	30.00
7	29520 IAZ	Chui, Yu Hin	23 Pacific	30.00
8	41451 IAZ	Kwan, Wing Hin	19 Crest Ray	31.00
25-29				
1	16201 B	Kwok, Yuk Hang	27 Kwun Tong	28.00
2	05577 IBZ	Yuen, Marcus	29 LRC	28.01
3	16830 #IAM	Yip, Ming Hei	27 New Water Polo	29.00
4	13072 IAZ	Mo, Tsun Hei	27 Kwan Hung	30.00
5	24728 IAZ	Chan, Wing Fa	26 Eastern Winter	32.00
6	21343 IAZ	Yu, Man Hin	27 Sea Green	35.00
30-34				
1	01433	Tai, Hilary Francis	33 Diocesan School	27.00
2	14158 #IAZ	Li, Hok Yee Terence	30 New Water Polo	29.00
3	02040	Yei, Tak Sau	34 Flying Fish	32.00
4	33387 IAO	Wu, Kenneth Yee Lok	32 Sword Fish Club	34.00
5	00529 B	Wong, Lok Sum	30 Kwun Tong	35.00
6	04604 IBZ	Kwong, Chun Hung	34 Sea Green	35.00
7	10686	Chan, Ching	32 Golden Dolphin	35.00
8	03978	Lau, Chun Sing	31 Marlins	NT
35-39				
1	27874 IAZ	Chan, Cheuk Man	35 New Water Polo	29.00
2	00234 IBZ	Lau, Tsun Ting	36 Kwun Tong	30.00
3	00091	Chan, Lok Yan	39 New Water Polo	30.00
4	49120 IAZ	Tsang, Sau Fung	37 Juan Hua Club	30.45
5	05179 #ICZ	Wan, Chun Pong Michael	39 Fastlane Swimmin	31.00
6	23298 IAZ	Li, Cheuk Bun	38 Wong Tai Sin	33.00
7	46504 @IAO	Coe, Jason George	39 Fastlane Swimmin	39.98
40-44				
1	05145	Lo, Jonathan Ka Yan	40 LRC	27.95
2	15530 IAZ	Lam, Matthew Ming Lok	41 New Water Polo	30.00
3	49497 @ICO	MaccLeod, Andrew Ian	44 LRC	30.30
4	10317	Ng, Ka Wing	43 Diocesan School	33.00
5	49498 @IAO	Dunwoody, Ross William	42 LRC	33.31
6	40107 IAZ	Chan, Falcon	44 Lai Tsun	36.00
7	40558 IAZ	Law, Sai Wo	44 Tolo Harbour	37.00

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Psych Sheet

40-44... (Event 11 Men 50 LC Meter Butterfly)

8	03793 ICZ	Po, Tik San	41 New Water Polo	40.00
45-49				
1	28860 IEX	Lin, Qingzhan	49 Sword Fish Club	31.00
2	11569	Wong, Lok Shun	46 Flying Fish	34.00
3	02366	Li, Ka Wing	49 Kwun Tong	34.00
4	37739 #IAZ	Mi, Hau Fung	46 CYM	38.00
5	42737 IAZ	So, Ma Loi	47 Sword Fish Club	39.00
6	41887 IAZ	Woo, Cheuk Yiu Jeffrey	48 YMCA OF Hong Kong	50.00
50-54				
1	06711	Leung, Tsz Kin	51 New Water Polo	31.78
2	05273	Poon, Ho Keung Danny	53 Flying Fish	32.82
3	26053 IAZ	Wong, Yee Keung	52 Flying Fish	34.00
4	21008 IAZ	Cheung, Chun Kwan Michael	50 Wong Tai Sin	34.00
5	27451 IAZ	Yip, Kin Man Stephen	53 Kwun Tong	35.00
6	27868 IAZ	Chan, Chi Wah Ringo	51 Sword Fish Club	40.00
7	42085 IAZ	Lee, Hon Lun Philip	51 Sword Fish Club	40.00
8	35711 IAX	Wong, Fuk Kei	54 Sword Fish Club	45.00
55-59				
1	02570 IAX	Wong, Kwok Wah	58 Kwan Hung	27.00
2	13992	Yim, Chung Chee	58 YMCA OF Hong Kong	35.00
3	25579 IAZ	Leung, Tak Sing	57 Hoi Fung	36.25
4	41548 IAZ	Ip, Ka Keung Patrick	55 Hong Kong Footba	37.00
5	21024 IAZ	Chan, Wai Man Kelvin	59 New Water Polo	39.00
6	39982 IAZ	Chow, Wing Chun	59 Sword Fish Club	39.00
7	31109 IAZ	Chan, Ping Yan Bryan	57 Hoi Fung	39.64
8	38127 IAZ	Leung, Cheung Wai Ricky	55 Sword Fish Club	42.00
9	22433 IAZ	Lui, Man Pong	58 New Water Polo	43.00
10	40840 IAZ	Ng, Ka Yiu Karl	59 Diocesan School	50.00
11	05139	Lin, Fulong	56 Flying Fish	NT
60-64				
1	05191	Koo, Yu Fat Marcus	61 Flying Fish	32.00
2	06256	Chan, Kwong Peter	62 Sea Green	35.00
3	15528	Tsui, Tak Shing Dominic	61 Fastlane Swimmin	36.00
4	41007 IAZ	So, Man Sing	62 Sea Green	40.00
5	45198 IAZN	Lam, Tsz Kiu Goldie	61 Sea Green	50.00
65-69				
1	26591 IAO	Ho, Robert Yau Chung	65 LRC	30.21
2	03215 IAZ	Leung, Yiu Chuen	65 Sun Yip	35.00
3	06187	Kan, Kai Kwong	68 Sea Green	49.00
4	06184	Ng, Pak Chiu	69 Sea Green	49.00
5	49915 @IAX	Tai, Yu Chung	65 New Water Polo	50.00
6	06388	Lau, Man Kin	69 Sword Fish Club	50.00
70-74				
1	06398	Cho, Wai Sun	70 Fastlane Swimmin	38.00
2	06382	Chan, Kam Por	71 Sword Fish Club	38.00
3	22182 IAZ	Ngai, Yin Leung	74 Sword Fish Club	55.36
4	06242	Lau, Heung Wing	74 Wong Tai Sin	1:20.00
5	45624 IAZ	Mok, Hin Ming	73 Lai Tsun	NT
75-79				
1	03845	Tin, Sheung Kwai	76 New Water Polo	41.91
2	23297 IAZ	Chan, Shing Chi	75 Lai Tsun	52.00
80-84				
1	06270	Lam, Luk Kan	82 Sword Fish Club	1:40.00
2	38301 IAX	Cheung, Hao Yen	80 Lai Tsun	NT

Long Course MS Swimming Competition Part 2 - 15/01/2023

Psych Sheet

Event 12 Women 50 LC Meter Butterfly

18-24 MSR:	30.27
25-29 MSR:	29.30
30-34 MSR:	30.75
35-39 MSR:	32.49
40-44 MSR:	30.39
45-49 MSR:	32.96
50-54 MSR:	32.53
55-59 MSR:	36.39
60-64 MSR:	39.95
65-69 MSR:	42.05

	ID#	Name	Age	Team	Seed Time
18-24... (Event 12 Women 50 LC Meter Butterfly)					
1	16159 IAZ	Cheng, Megan Tszyeuk	24	Hoi Fung	36.39
2	24555 IAO	Ho, Nicola Gabrielle	24	Fastlane Swimmin	37.00
3	17201 B	Tse, Hiu Tung	24	Kwan Hung	40.00
4	23105 IAZ	Ho, Cheuk Wai	22	Dik Wing	NT
25-29					
1	09959 #IAZ	Mok, Hoi Man Sheron	28	New Water Polo	31.00
2	49510 IAZ	Chan, Lok Wing	26	Pacific	NT
30-34					
1	01262	Mau, Lok Yan Eunice	30	Current Club Ltd	30.73
2	03730 IBZ	Li, Jamie	31	Kwan Hung	35.00
3	28004 IAZ	Kwan, Ka Wan	30	Tung Sing	46.00
35-39					
1	49524 @IAO	Lau, Maggie Y	36	Flying Fish	35.00
2	01305 IBZ	Liu, Ka Lei	38	Kwun Tong	36.00
3	42712 IAZ	Chan, Hiu Ying	39	Real Kinetic	40.00
4	46104 @ICO	Sheridan, Kaitlyn Rose	36	Fastlane Swimmin	42.00
5	01624 IBZ	Wong, Yin Yue Olivia	36	Lai Tsun	42.00
6	41684 IAZ	Leung, Wing Yin Winnie	39	Hoi Fung	45.40
7	47561 IAZ	Leung, Tin Ho	39	Flying Fish	47.00
8	01652 IBZ	Lau, Hok Lam	36	Pacific	NT
40-44					
1	08977	Ho, Yee Yun Rosalind	44	Current Club Ltd	40.00
2	31022 IAZ	Lai, Pan Yin	40	Tuen Mun	NT
45-49					
1	46247 @IAO	Krkalo, Shauna Kathleen	45	LRC	30.39
2	40853 @IAO	Tam, Alison Mai Ling	45	Fastlane Swimmin	33.27
3	33036 ICO	Coleman, Claire Michelle	45	Fastlane Swimmin	38.00
50-54					
1	33517 IAO	Yamaguchi, Mika	51	Fastlane Swimmin	33.50
2	35969 IAX	Wang, Ying Lian	51	Tung Sing	48.00
3	31395 IAZ	Chan, Pui Ling	53	Flying Fish	52.71
4	49206 IAX	Yang, Daokui	50	Sea Green	55.00
5	40912 IAZ	Ng, Yee Ling	52	Tolo Harbour	58.00
55-59					
1	23323 IAZ	Tam, Choi Ping Scalene	58	New Water Polo	46.00
2	29752 IAZ	Chow, Yee Heung Liza	59	Lai Tsun	47.33
3	40575 IAO	Chan, San Ngah	55	Fastlane Swimmin	53.00
4	26254 IAX	Ng, Kong Ching	58	New Water Polo	55.00
5	37012 IAZ	Lun, Yau Chun Nara	55	New Water Polo	1:00.00

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Psych Sheet

60-64... (Event 12 Women 50 LC Meter Butterfly)

1	49914 @IAXB	Ng, Yee Man	64 New Water Polo	45.00
2	41423 IAZ	Chiu, Pauline	61 Tung Sing	50.00
3	22428 IAZ	Lau, Yuk Lin Rocky	61 Sea Green	58.00
4	36225 IAX	Li, Wai Kam	61 Sea Green	1:00.00
5	16533	Wong, Shun Ying	64 Sea Green	1:08.00
6	37056 IAZ	Wong, Hoi Ping Carol	63 Tuen Mun	NT

65-69

1	19290 IAX	Tseung, Nga Wah	66 Sword Fish Club	48.00
2	06355	Lo, Lai Yung	68 New Water Polo	52.00

75-79

1	02365	Chow, So Kam	78 Kwun Tong	1:20.00
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80-84

1	06372 IAZ	Leung, Mabel Yuen Ying	81 Sword Fish Club	1:12.00
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Event 13 Men 4x50 LC Meter Medley Relay

100-119 MSR: 1:51.11

120-159 MSR: 1:54.76

160-199 MSR: 1:53.94

200-239 MSR: 2:03.19

240-279 MSR: 2:19.80

280-319 MSR: 2:39.12

320-359 MSR: 3:30.63

	Team	Relay	Seed Time
100-119			
1	New Water Polo Club	M100 A	NT
2	Sea Green Swimming & L.S. Club	M100 A	NT
3	Diocesan School Old Boys' Assn	M100 A	NT
120-159			
1	Kwan Hung Swimming Club	M120 A	1:54.00
2	Kwun Tong Swimming Club	M120 A	2:10.00
3	Sword Fish Club	M120 A	2:30.00
4	New Water Polo Club	M120 A	NT
5	Pacific Swimming Club	M120 A	NT
6	Sea Green Swimming & L.S. Club	M120 A	NT
7	Diocesan School Old Boys' Assn	M120 A	NT
8	Fastlane Swimming Co Limited	M120 A	NT
160-199			
1	Kwun Tong Swimming Club	M160 A	2:13.00
2	HK Flying Fish Athletic Assn	M160 A	2:15.00
3	Sword Fish Club	M160 A	2:30.00
4	Sun Yip Swimming Club	M160 A	2:30.00
5	Ladies' Recreation Club	M160 A	NT
6	New Water Polo Club	M160 A	NT
7	Pacific Swimming Club	M160 A	NT
8	Diocesan School Old Boys' Assn	M160 A	NT
9	Fastlane Swimming Co Limited	M160 A	NT
200-239			
1	Kwun Tong Swimming Club	M200 A	2:15.00
2	HK Flying Fish Athletic Assn	M200 A	2:19.00
3	Sword Fish Club	M200 A	2:30.00
4	Wong Tai Sin District L.S. S.	M200 A	3:00.00
5	Hoi Fung Swimming Club	M200 A	3:12.48
6	Ladies' Recreation Club	M200 A	NT

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Psych Sheet

200-239... (Event 13 Men 4x50 LC Meter Medley Relay)

7	Lai Tsun Swimming Society	M200	A	NT
8	New Water Polo Club	M200	A	NT
9	Sea Green Swimming & L.S.	M200	A	NT
10	Diocesan School Old Boys' Assn	M200	A	NT
11	Hong Kong Football Club	M200	A	NT
12	Fastlane Swimming Co Limited	M200	A	NT

240-279

1	Sword Fish Club	M240	A	2:45.00
2	Lai Tsun Swimming Society	M240	A	NT
3	New Water Polo Club	M240	A	NT
4	Sea Green Swimming & L.S.	M240	A	NT
5	Diocesan School Old Boys' Assn	M240	A	NT

280-319

1	Sword Fish Club	M280	A	3:00.00
2	Lai Tsun Swimming Society	M280	A	NT
3	New Water Polo Club	M280	A	NT
4	Diocesan School Old Boys' Assn	M280	A	NT

320-359

1	Sword Fish Club	M320	A	3:45.00
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Event 14 Women 4x50 LC Meter Medley Relay

- 100-119 MSR: 2:19.21
- 120-159 MSR: 2:10.92
- 160-199 MSR: 2:10.35
- 200-239 MSR: 2:32.48
- 240-279 MSR: 2:48.90
- 280-319 MSR: 3:21.30

	Team	Relay	Seed Time
100-119			
1	New Water Polo Club	W100 A	NT
120-159			
1	New Water Polo Club	W120 A	NT
2	Pacific Swimming Club	W120 A	NT
3	Fastlane Swimming Co Limited	W120 A	NT
160-199			
1	Sword Fish Club	W160 A	2:35.00
2	Hoi Fung Swimming Club	W160 A	2:47.27
3	Ladies' Recreation Club	W160 A	NT
4	New Water Polo Club	W160 A	NT
5	Fastlane Swimming Co Limited	W160 A	NT
200-239			
1	Kwun Tong Swimming Club	W200 A	2:45.00
2	Sword Fish Club	W200 A	2:55.00
3	Tung Sing Athletic Association	W200 A	3:10.00
4	Ladies' Recreation Club	W200 A	NT
5	Lai Tsun Swimming Society	W200 A	NT
6	New Water Polo Club	W200 A	NT
7	Sea Green Swimming & L.S.	W200 A	NT
240-279			
1	Sword Fish Club	W240 A	3:05.00
2	Lai Tsun Swimming Society	W240 A	NT
3	New Water Polo Club	W240 A	NT
4	Sea Green Swimming & L.S.	W240 A	NT

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Psych Sheet

280-319... (Event 14 Women 4x50 LC Meter Medley Relay)

1	Sword Fish Club	W280 A	3:45.00
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Event 15 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	27205 P	Chan, Yan Shing	21	Current Club Ltd	31.51
2	28439 IAZ	Cheng, Kam Fung	19	Current Club Ltd	33.05
3	48045 IAZ	Lo, Tsz Wang	20	Kwun Tong	34.00
4	22513 IAZ	Tang, Cheuk Yan	23	Kwun Tong	34.00
5	15351 IAZ	Chang, Jaw Ting	22	Pacific	37.00
25-29					
1	05577 IBZ	Yuen, Marcus	29	LRC	30.81
2	23081 IAZ	Loo, Chun Hei	25	Dik Wing	NT
30-34					
1	12294 IBZ	Chung, Fu Shing	32	Flying Fish	32.00
2	02591	Luk, Wing Kin Andy	34	Kwan Hung	32.00
3	09319 IBZ	Chan, Chun Wing	31	New Water Polo	35.00
4	00529 B	Wong, Lok Sum	30	Kwun Tong	37.00
5	02040	Yei, Tak Sau	34	Flying Fish	39.00
6	03978	Lau, Chun Sing	31	Marlins	NT
7	00243	Li, Wing Fai	32	Dik Wing	NT
35-39					
1	47580 @IAO	Poon, Derrick Gene-ming	35	Fastlane Swimmin	32.85
2		Wan, Watt Wai Kowng	38	Out to Swim	X32.92
3	42367 IAO	Chow, Chun Yin	37	Diocesan School	35.00
4	00091	Chan, Lok Yan	39	New Water Polo	35.00
5	27873 IAZ	Ko, King Hei	35	New Water Polo	37.00
6	49812 IAZ	Kam, Lik Hang Leonard	36	New Water Polo	45.00
7	23298 IAZ	Li, Cheuk Bun	38	Wong Tai Sin	45.00
8	44298 IAZ	Tong, Lik Lam	39	Pacific	NT
40-44					
1	05145	Lo, Jonathan Ka Yan	40	LRC	31.14
2	35790 ICO	Launay, Thomas	44	LRC	34.59
3	50012 @IAO	Griffiths, Evan Paul	43	Fastlane Swimmin	38.59
4	40107 IAZ	Chan, Falcon	44	Lai Tsun	39.00
5	08964 IAZ	Yeung, Wai Kam William	40	Sun Yip	40.00
6	11587	Ng, Yu Hon	40	Sea Green	41.00
7	42708 IAZ	Tang, Wing Chung Jonathan	41	Hoi Fung	41.52
8	10317	Ng, Ka Wing	43	Diocesan School	42.00
9	49027 IAZ	Ng, Fung Kei	43	Sword Fish Club	44.00
10	45574 IAZ	Ng, Siu Kwong	41	Sword Fish Club	50.00
45-49					
1	17961 ICO	Jones, Simon	47	LRC	34.43

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Psych Sheet

45-49... (Event 15 Men 50 LC Meter Breaststroke)

2	46505 IAZ	Chang, Lambert Jen Hsiung	48 Fastlane Swimmin	38.00
3	06154	Leung, Siu Kin Philip	48 Lai Tsun	38.88
4	11569	Wong, Lok Shun	46 Flying Fish	40.00
5	47463 IAZ	Kwong, Hoi Tik	47 New Water Polo	40.00
6	38958 #IAZ	Lai, Yiu Kuen	48 CYM	41.00
7	48593 IAZ	Cheng, Wai Leung	46 Sword Fish Club	44.00
8	41730 IAO	Hui, Peter	48 Diocesan School	48.00
9	48665 IAZ	Law, Kwai Sun	48 New Water Polo	48.00
10	41887 IAZ	Woo, Cheuk Yiu Jeffrey	48 YMCA OF Hong Kong	1:00.00
11	48939 IAZ	Ho, Lik Shan	49 Pacific	NT

50-54

1	05273	Poon, Ho Keung Danny	53 Flying Fish	38.92
2	26317 IAZN	Tung, Shang Wei Timothy	53 Kwun Tong	39.00
3	26053 IAZ	Wong, Yee Keung	52 Flying Fish	40.00
4	21008 IAZ	Cheung, Chun Kwan Michael	50 Wong Tai Sin	40.00
5	42085 IAZ	Lee, Hon Lun Philip	51 Sword Fish Club	42.00
6	42364 IAZ	Lau, Yip Kwong Francis	54 Diocesan School	44.00
7	22419 IAZ	Fok, Kai Yuen	50 Sword Fish Club	46.00

55-59

1	18856 IAZ	Au, Mun Shing	58 Sword Fish Club	39.00
2	25579 IAZ	Leung, Tak Sing	57 Hoi Fung	40.25
3	24602 IAZ	Li, Ka Wing Peter	58 Sea Green	45.00
4	13992	Yim, Chung Chee	58 YMCA OF Hong Kong	45.00
5	40839 IAZ	Leung, Wing Hang Michael	58 Diocesan School	46.00
6	38127 IAZ	Leung, Cheung Wai Ricky	55 Sword Fish Club	47.00
7	40840 IAZ	Ng, Ka Yiu Karl	59 Diocesan School	48.00
8	38291 IAZ	Liu, Chun Sing	57 Sword Fish Club	50.00
9	48938 IAZ	Ng, Kim Hung Justin	58 Pacific	NT

60-64

1	45198 IAZN	Lam, Tsz Kiu Goldie	61 Sea Green	45.00
2	26176 IAX	Ho, Chung Man	60 Lai Tsun	47.00
3	03849	Kwok, Hak Man Johnny	63 Lai Tsun	47.00
4	07802	Chau, Kam Tim	63 Sea Green	47.00
5	37048 IAZ	Cheung, Wai Chuen Jimmy	60 Sword Fish Club	48.00
6	40861 IAZ	Cheung, Chi Ming Rover	60 Sword Fish Club	51.00
7	41426 IAZ	Tang, Yu Hang Francis	62 Tung Sing	53.00
8	25226 IAZ	Choi, Tai Wing	62 Sword Fish Club	55.00
9	44359 IAZ	Lee, Chi Wai	64 Kornhill	59.67
10	04512	Wong, Shek Ming	63 New Water Polo	1:10.00

65-69

1	03215 IAZ	Leung, Yiu Chuen	65 Sun Yip	40.00
2	03847	Cheung, Kwok Yu	67 Sun Yip	42.00
3	17725 IAZ	Ng, Yu Hung	65 Sword Fish Club	43.00
4	49915 @IAX	Tai, Yu Chung	65 New Water Polo	45.00
5	06388	Lau, Man Kin	69 Sword Fish Club	55.00
6	19292 IAX	Leung, Fu Keung	69 Sea Green	59.00

70-74

1	05917	Yong, Khin Syn	74 Sword Fish Club	45.00
2	20634 IAZ	Wu, Shu Sun	73 New Water Polo	50.00
3	06243	Koo, Choi Fat	73 Wong Tai Sin	50.00
4	06389	Chan, Hong Wah	70 New Water Polo	55.00

75-79

1	03845	Tin, Sheung Kwai	76 New Water Polo	43.11
2	10274	Lau, Chun Nung	77 Lai Tsun	1:00.00

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Psych Sheet

75-79... (Event 15 Men 50 LC Meter Breaststroke)

3	14029	Ieong, Vun Fai	77	Sword Fish Club	1:06.00
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80-84

1	06270	Lam, Luk Kan	82	Sword Fish Club	1:50.00
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85-89

1	05407	Lee, She Kwok	85	Sword Fish Club	1:20.00
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Event 16 Women 50 LC Meter Breaststroke

18-24 MSR: 35.53

25-29 MSR: 36.06

30-34 MSR: 35.23

35-39 MSR: 34.71

40-44 MSR: 34.74

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	16159 IAZ	Cheng, Megan Tszyeuk	24	Hoi Fung	44.01
2	39029 IAZ	Fung, Yin Ching	21	Hoi Ngai	45.00
3	17201 B	Tse, Hiu Tung	24	Kwan Hung	46.00
4	23105 IAZ	Ho, Cheuk Wai	22	Dik Wing	NT
5	26980 IAZ	Wong, Suet Wing	24	Dik Wing	NT
25-29					
1	08238 B	Li, Tsz Yu	29	New Water Polo	35.50
2	43533 IAZ	Wong, Yu Tung	25	New Water Polo	55.00
3	47460 IAZ	Mak, Cheuk Lam	28	New Water Polo	1:00.00
30-34					
1	01262	Mau, Lok Yan Eunice	30	Current Club Ltd	36.64
2	02295 IBZ	Tao, Wai Kiu	30	Pacific	37.00
3	38126 IAZ	Lee, Wai Sze	34	New Water Polo	40.00
4	28004 IAZ	Kwan, Ka Wan	30	Tung Sing	52.00
35-39					
1	03399 ICZ	Suen, Ka Yi	36	New Water Polo	37.00
2	49329 #@IAO	Ng, Carmen C M	39	Pacific	40.00
3	01305 IBZ	Liu, Ka Lei	38	Kwun Tong	40.00
4	47561 IAZ	Leung, Tin Ho	39	Flying Fish	50.00
5	41684 IAZ	Leung, Wing Yin Winnie	39	Hoi Fung	55.26
6	13384 ICZ	Lee, May Sze Mei	36	New Water Polo	1:05.00
7	00288 IBZ	Yip, Wing Yan	35	Dik Wing	NT
40-44					
1	06304 ICZ	Cheung, Man Yiu	44	Sea Green	43.00
2	45041 IAZ	Fung, Cheuk Ching Candy	41	Hoi Fung	44.30
3	08977	Ho, Yee Yun Rosalind	44	Current Club Ltd	47.99
4	49442 IAZ	Chan, Yuk Man Phoebe	44	Sword Fish Club	48.00
5	45779 #IAZ	Wong, Ka Sin	42	New Water Polo	53.00
45-49					
1	46247 @IAO	Krkalo, Shauna Kathleen	45	LRC	35.44
2	49205 IAX	Li, Donghui	49	Sea Green	50.00
3	46181 IAZ	Ng, Yan Yan Bandy	47	Tung Sing	50.00
4	50015 @IAX	Du, Shengqiong	48	New Water Polo	1:30.00
50-54					
1	35969 IAX	Wang, Ying Lian	51	Tung Sing	48.00

Long Course MS Swimming Competition Part 2 - 15/01/2023**Psych Sheet****50-54... (Event 16 Women 50 LC Meter Breaststroke)**

2	31395 IAZ	Chan, Pui Ling	53 Flying Fish	49.05
3	06349	Ip, Oi Wa Wendy	51 Sword Fish Club	50.00
4	43063 @IAO	Wong, Rose	53 LRC	58.33
5	49204 IAZ	Cheng, Wai Man	52 Sea Green	59.00
6	40912 IAZ	Ng, Yee Ling	52 Tolo Harbour	59.00
7	44304 IAX	Choi, Shan Shan	51 Sword Fish Club	1:00.00
8	48201 IAZ	Poon, Nga Yi	50 Tolo Harbour	1:00.00

55-59

1	29752 IAZ	Chow, Yee Heung Liza	59 Lai Tsun	48.91
2	48634 IAZ	Cheung, Wing Yee	57 New Water Polo	55.00
3	38289 IAZ	Ng, Wai Lin Angie	59 Sword Fish Club	1:02.00
4	37012 IAZ	Lun, Yau Chun Nara	55 New Water Polo	1:10.00
5	44303 IAZ	Lam, Man Lai	57 Sword Fish Club	1:24.00
6	41911 IAZN	Ng, Kit Man Joanna	58 New Water Polo	1:28.00

60-64

1	41423 IAZ	Chiu, Pauline	61 Tung Sing	51.00
2	45187 IAX	Chan, On Mei	60 Sword Fish Club	52.00
3	22428 IAZ	Lau, Yuk Lin Rocky	61 Sea Green	59.00
4	20640 IAZ	Wong, Fung Yee	63 Sword Fish Club	1:04.00

65-69

1	19290 IAX	Tseung, Nga Wah	66 Sword Fish Club	1:05.00
2	06127	Lau, Wai Lin	67 New Water Polo	1:10.00
3	49428 IAX	Leong, Sao Fan	66 New Water Polo	1:20.00

70-74

1	06356 IAZN	Lo Yeung, Sau Han	70 Kwun Tong	1:08.00
2	06147	Leung Wong, Yin Har Hayley	71 Sea Green	1:30.00

75-79

1	17480 IAZ	Chow, Pui Han Angela	77 Lai Tsun	1:12.00
2	02365	Chow, So Kam	78 Kwun Tong	1:20.00
3	32571 IAZ	Chan, Pui Yee	79 Sword Fish Club	1:22.00

80-84

1	06372 IAZ	Leung, Mabel Yuen Ying	81 Sword Fish Club	1:10.00
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Event 17 Mixed 4x50 LC Meter Freestyle Relay

100-119 MSR: 1:51.20

120-159 MSR: 1:48.72

160-199 MSR: 1:52.54

200-239 MSR: 1:55.82

240-279 MSR: 2:15.69

280-319 MSR: 2:34.42

320-359 MSR: 3:38.22

	Team	Relay	Seed Time
X100-119			
1	Kwan Hung Swimming Club	X100 A	1:56.00
2	New Water Polo Club	X100 A	NT
X120-159			
1	Kwun Tong Swimming Club	X120 A	1:55.00
2	Sword Fish Club	X120 A	2:25.00
3	New Water Polo Club	X120 A	NT
4	Pacific Swimming Club	X120 A	NT
5	Fastlane Swimming Co Limite	X120 A	NT
X160-199			
1	Kwun Tong Swimming Club	X160 A	2:10.00
2	HK Flying Fish Athletic Assn	X160 A	2:13.00

Long Course MS Swimming Competition Part 2 - 15/01/2023**Psych Sheet****X160-199... (Event 17 Mixed 4x50 LC Meter Freestyle Relay)**

3	Hoi Fung Swimming Club	X160	A	2:22.36
4	Sword Fish Club	X160	A	2:25.00
5	Ladies' Recreation Club	X160	A	NT
6	New Water Polo Club	X160	A	NT
7	Pacific Swimming Club	X160	A	NT
8	Fastlane Swimming Co Limited	X160	A	NT
9	Tolo Harbour Swimming T. S.	X160	A	NT

X200-239

1	Kwun Tong Swimming Club	X200	A	2:15.00
2	Hoi Fung Swimming Club	X200	A	2:16.26
3	Sword Fish Club	X200	A	2:35.00
4	Ladies' Recreation Club	X200	A	NT
5	Lai Tsun Swimming Society	X200	A	NT
6	New Water Polo Club	X200	A	NT
7	Tuen Mun Swimming Association	X200	A	NT
8	Fastlane Swimming Co Limited	X200	A	NT

X240-279

1	Sword Fish Club	X240	A	2:45.00
2	Lai Tsun Swimming Society	X240	A	NT
3	New Water Polo Club	X240	A	NT

X280-319

1	Sword Fish Club	X280	A	3:05.00
2	Lai Tsun Swimming Society	X280	A	NT
3	New Water Polo Club	X280	A	NT

X320-359

1	Sword Fish Club	X320	A	3:45.00
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