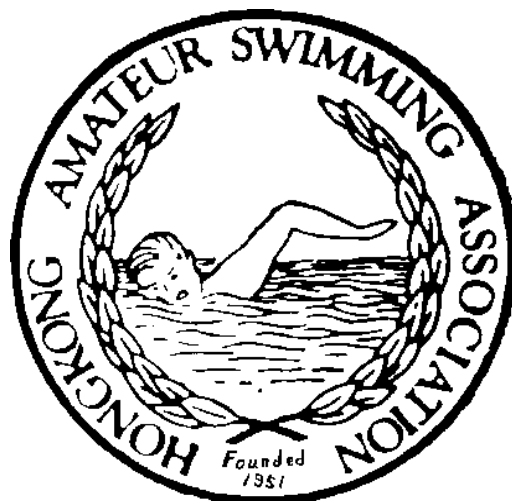


Programme

比賽賽程



HONG KONG AMATEUR SWIMMING ASSOCIATION

(MEMBER OF THE FEDERATION INTERNATIONALE DE NATATION)

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

2021-2022 Hong Kong National Olympic Time Trial

2021-2022 香港游泳奧運計時賽

21 March 2021 (Sun)

二零二一年三月二十一日 (星期日)

Hong Kong Sports Institute Swimming Pool

香港體育學院游泳池

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

地址: 香港新界沙田源禾路 25 號

2021-2022 Hong Kong National Olympic Time Trial - Entry Information

No. of Entries by Event		
Event #	Event Name	Entries
1	Women 100 Butterfly	7
2	Men 200 Butterfly	4
3	Women 200 Freestyle	6
4	Men 50 Freestyle	1
5	Women 100 Breaststroke	3
6	Men 100 Breaststroke	2
7	Women 50 Freestyle	7
8	Men 800 Freestyle	4
9	Women 100 Freestyle	10
10	Men 400 IM	3
11	Women 100 Backstroke	5
12	Men 100 Backstroke	3
13	Women 400 Freestyle	5
14	Men 200 Freestyle	4
Total		64

Entry information by Day		
Day / Session	No. of Entries	Total
A.M.	34	64
P.M.	30	

2021-22 Hong Kong National Olympic Time Trial

2021-2022 香港游泳奧運計時賽

Date : 21st March 2021
日期: 2021年3月21日

Morning Warm Up : 0800-0845 Hrs
上午熱身:

Afternoon Warm Up : 1300-1345 Hrs
下午熱身:

Venue: HKSI
地點: 香港體育學院

Morning First Event : 0900 Hrs
上午比賽:

Afternoon First Event : 1400 Hrs
下午比賽:

	Start Time	Women 女				OQT / "A" Time	OQT / "A" Time + 1%	OST / "B" Time	OST / "B" Time + 1%	Men男
AM	0900 hours	1	Open	100M	BUTTERFLY	57.92	58.50	59.66	1:00.26	
	0910 hours		Open	200M	BUTTERFLY	1:56.48	1:57.64	1:59.97	2:01.17	2
	0920 hours	3	Open	200M	FREESTYLE	1:57.28	1:58.45	2:00.80	2:02.01	
	0930 hours		Open	50M	FREESTYLE	22.01	22.23	22.67	22.90	4
	0940 hours	5	Open	100M	BREASTSTROKE	1:07.07	1:07.74	1:09.08	1:09.77	
	0950 hours		Open	100M	BREASTSTROKE	59.93	1:00.53	1:01.73	1:02.35	6
	1000 hours	7	Open	50M	FREESTYLE	24.77	25.02	25.51	25.77	
	1010 hours		Open	800M	FREESTYLE	7:54.31	7:59.05	8:08.54	8:13.43	8
*2 nd attempt OST/B + 1% swimmer										
Break										
PM	1400 hours	9	Open	100M	FREESTYLE	54.38	54.92	56.01	56.57	
	1410 hours		Open	400M	INDIVIDUAL MEDLEY	4:15.84	4:18.40	4:21.46	4:24.07	10
	1420 hours	11	Open	100M	BACKSTROKE	1:00.25	1:00.85	1:02.06	1:02.68	
	1430 hours		Open	100M	BACKSTROKE	53.85	54.39	55.47	56.02	12
	1440 hours	13	Open	400M	FREESTYLE	4:07.90	4:10.38	4:15.34	4:17.89	
	1450 hours		Open	200M	FREESTYLE	1:47.02	1:48.09	1:50.23	1:51.33	14
*2 nd attempt OST/B + 1% swimmer										

截止報名日期 **CLOSING DATE FOR ENTRIES: 12th March 2021 (Friday) (1200 noon)**

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

2nd Trial Entry Form shall submit by HKSI Coaches within 30 minutes after official result show on scoreboard

Hong Kong National Olympic Time Trial

(21st March 2021)

SWIMMING COMPETITIONS

Rules & Regulations

Date/Venue	21 st March 2021 (Sunday) Hong Kong Sports Institute Swimming Pool
Entry Conditions	❖ All competitors must be 2020 – 2021 registered age group swimmers of HKASA and register to HKASA on or before 5th March 2021 ❖ Must be HKSI ETG swimmers (Full time and Part Time); Not including HKSI Potential Swimmers ❖ Only LC Results achieved from recent 2 years will be considered ❖ Top 8 in each event
Entries	❖ Incomplete/incorrect entry information will be rejected and fees paid will not be refunded. ❖ Late entries will not be accepted. <u>Individual Events</u> ❖ Each swimmer is NO limit to individual events ❖ *HK\$15 per individual event *Paid by cheque. Crossed cheque made payable to 'HKASA'. ❖ 2nd Trial Entry Form shall submit by HKSI Coaches within 30 minutes after official result show on scoreboard
Closing Date for Registration	5 th March 2021 (Friday) 1200 noon
Closing Date for Entries	12 th March 2021 (Friday) 1200 noon
Event list	Please see attached event list. Events will be run as timed finals.
Scratches	Scratches must be submitted 30 minutes before the scheduled start time of each session. A fine of \$30 will be charged for each "no show".
Rules	❖ FINA rules & HKASA swimming rules will apply. ❖ There is only ONE Heat in each event. (Top 8) ❖ Swimmers who apply for split time record should submit application form with application fee HK\$300 to the Referee 30 minutes before the start of each session. Fee paid will not be refunded in any case.
Infection Control Measure	All participants (Swimmers, Coaches and Officials) must follow the Infection Control Measure Guidelines. Please see the attachment.
Protest	❖ Any protest shall be made in writing to the referee within 30 minutes following the result announcement of the respective event with protest fee of HK\$300. ❖ Protest will be forward to the Appeal Board of such competition for decision. (Within 48 hours) ❖ If the protest is rejected, the fee paid will be forfeited to the HKASA.

**香港游泳奧運計時賽
比賽規程**

日期/場地：	二零二一年三月二十一日(星期日) 體育學院游泳池
報名條件：	✧ 所有參賽者必須為游泳總會正式註冊的 2020-2021 年度分齡組泳員，並於二零二一年三月五日或之前註冊 ✧ 只限體育學院資助運動員(全職及兼職泳員)；不包括體育學院潛質運動員 ✧ 所有項目只接受最近兩年長池比賽報名成績 ✧ 所有項目只設 1 組 (最快 8 名)
報名：	✧ 未填妥及不正確的報名資料，將不獲受理，報名費概不發還 ✧ 截止後的報名將不獲受理 <u>個人項目</u> ✧ 每名泳員<u>不設</u>報名數目上限 ✧ *每項名費為港幣\$15 元正 *支票請劃線，抬頭寫 HKASA ✧ 第二次測試報名表必須由體育學院教練於電子計分板顯示正式成績後 30 分鐘內提交
截止註冊：	二零二一年三月五日(星期五)十二時正或之前辦妥
截止報名：	二零二一年三月十二日(星期五) 十二時正或之前辦妥
項目：	請參閱項目表。所有項目不設初賽，名次以比賽成績計算
棄權：	棄權須於每節開賽三十分鐘前遞交。“缺席”的罰款為每項港幣\$30 元正
規則：	✧ 比賽採用國際泳聯規則及泳總游泳競賽規程 ✧ 所有項目只設一組。(最快 8 名) ✧ 泳員申請分段時間紀錄須於每節開賽前 30 分鐘遞交申請表，連同港幣 300 元正予總裁判。任何情況下，所繳費用概不發還
防疫措施指引：	✧ 所有參加者(包括運動員，教練及工作人員)必須遵守防疫措施指引。請參考附件
上訴：	✧ 任何上訴須以書面提出，並須在該成績公佈後三十分鐘內，連同上訴費港幣\$300 元遞交予總裁判 ✧ 上訴交由該比賽之上訴委員會作決定(48 小時內處理) ✧ 若上訴被駁回，已繳費用概不發還



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

賽事將以閉門方式進行，不設觀賽。

The competition will be held behind closed-door.

防疫措施指引 / Infection Control Measure Guidelines:

1. 所有工作人員和兼職運動員必須於 **3月18日 8:00 am – 9:30 am** 交回由體院提供的測試套件樣本到體院指定地方(見圖 3)。獲得陰性結果並在比賽當日經體院人員確認身份後方可進入體院游泳池工作或參賽，並在任何時間不可前往其他體院場地。

All officials and Part-time athletes must return the specimen bottle (provided by HKSI) to HKSI designated point (Appendix 3) **in between 8:00 am – 9:30 am on 18th March 2021**. All officials and Part-time athletes could only enter HKSI with a negative COVID-19 test result and confirming their identities by the HKSI staff on 21st March 2021. All officials and part-time athletes could not visit any sports facilities other than the swimming pools in HKSI on 21st March 2021.

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

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

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

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

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

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



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

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

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

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

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

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

8. 工作人員和兼職運動員比賽當日不能泊車在體院內。

No vehicle parking spaces will be provided to all officials and Part-time athletes at HKSI on 21st March 2021.

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



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比賽安排 / Competition arrangement:

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

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

- 上午比賽之泳員必須 **7:30 am – 8:45 am** 進入體院 52 米游泳池，
下午比賽之泳員則必須 **12:30 pm – 1:45 pm** 進入體院 52 米游泳池。

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

Swimmer who only participates at the PM session must enter the swimming pool during **12:30 pm – 1:45 pm**.

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

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

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

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

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

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



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上午體院 52 米游泳池入口 開放時間 / Entrance Opening: (AM Session)	7:30 am – 8:45 am 8:45 am 之後停止內進，緊急事件除外/ The swimming pool entrance shall be closed after 8:45am (except for emergency case).
上午熱身時間 / Warm Up - AM Session:	8:00 am – 8:45 am
上午比賽時間 / Competition - AM Session:	9:00 am – 11:30 am 上午比賽完結後 30 分鐘內，所有只有上午比賽的泳員 (包括全職及兼職運動員)必須離開體院游泳池。 Full-time and Part-time athletes participating in the AM session only must leave the swimming pool within 30 minutes after the AM Competition Session
午膳時間 / Lunch Time :	11:30 am – 1:00 pm 所有工作人員及下午有賽事的兼職運動員留在體院游 泳池內由體院餐廳安排午膳 All officials and Part-time athletes participating in the PM session shall stay at HKSI Swimming Pool and lunch will be prepared by HKSI Canteen 全職運動員則到體院餐廳午膳。 Full-time athletes must have their lunch at HKSI Canteen
下午體院 52 米游泳池入口 開放時間 / Entrance Opening (PM Session) :	12:30 pm – 1:45 pm 1:45 pm 之後停止內進，緊急事件除外。 The swimming pool entrance shall be closed after 1:45 pm (except for emergency case)
下午熱身時間 / Warm Up - PM Session:	1:00 pm – 1:45 pm
下午比賽時間 / Competition - PM Session:	2:00 pm – 4:30 pm 比賽完結後一小時內，所以工作人員及泳員必須離開 體院游泳池。 All officials and swimmers must leave the swimming pool within 1 hour after the PM Competition Session



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

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

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

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

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

When the race finished, swimmers can collect all their belongings, put on their mask and return the spectator stand area; or go to HKSI 25m swimming pool for warming down/waiting/resting. The rules and regulations for using the HKSI 25m swimming pool shall be the same as the HKSI 52m swimming pool which separate the swimming lanes for Full-time athletes and Part-time athletes and shall not hold more than 4 swimmers per swimming lane in the same time.

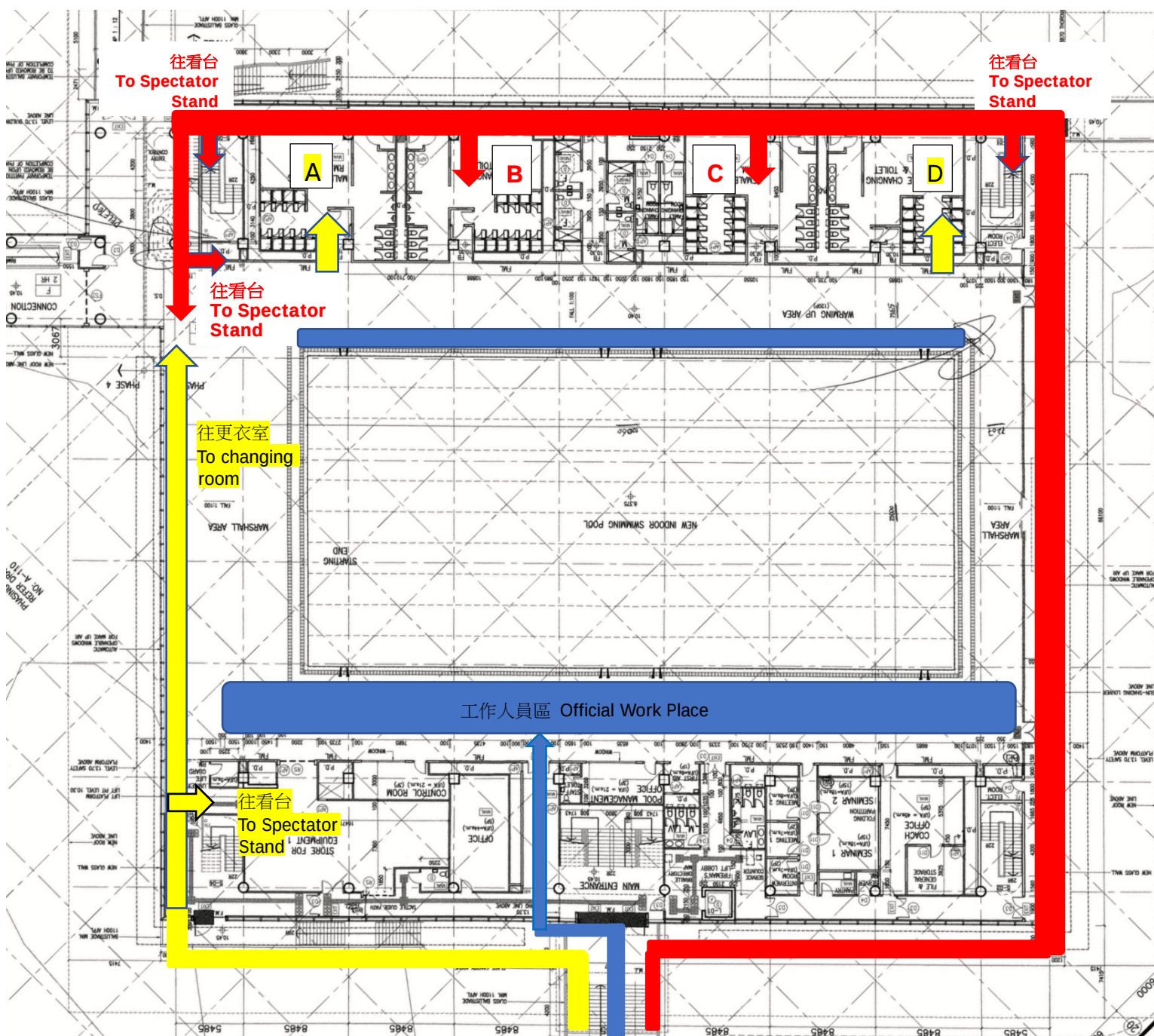
- A. Male changing room (Part-time)
男更衣室 (兼職運動員)
- B. Male changing room (Full-time)
男更衣室 (全職運動員)
- C. Female changing room (Full-time)
女更衣室 (全職運動員)
- D. Female changing room (Part-time)
女更衣室 (兼職運動員)

Appendix 1 - REVISED

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

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

Blue for Officials Only 藍色只供工作人員



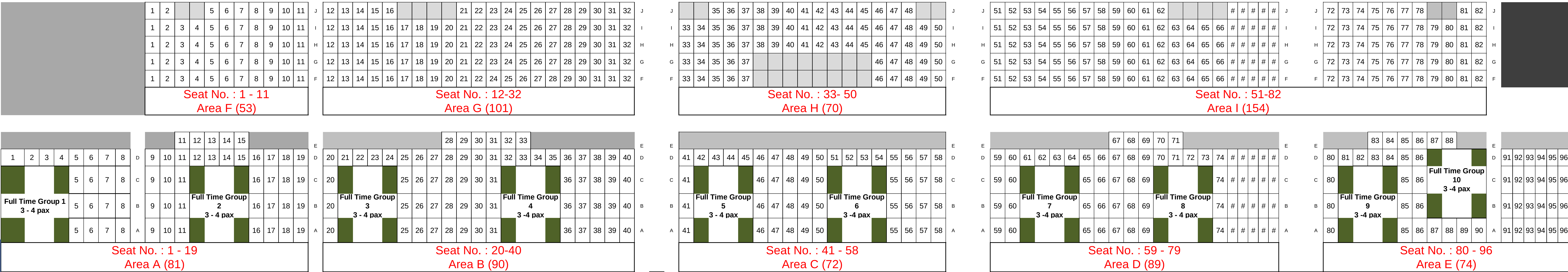
Swimming Pool Main Entrance

泳池正入口

Changing Room

784

Upper Spectator Stand

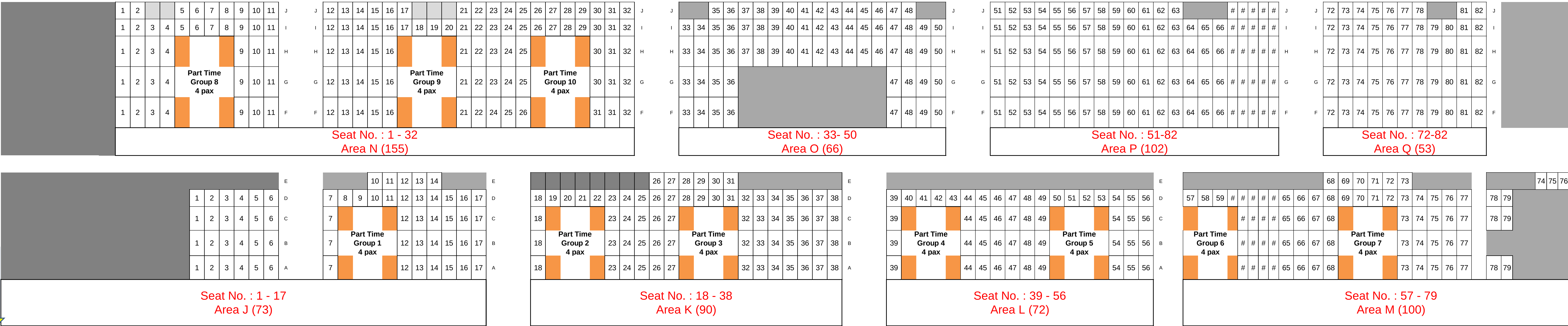


Total seat no.: 1356

EX. SKYLIGHT

711

Upper Spectator Stand



1499

Main Entrance

Points to note:

- ① Keep your hands clean and dry when giving the deep throat saliva
- ② Tighten the bottle cap properly after giving specimen in the bottle and wipe the bottle dry and clean
- ③ Refer to the demonstration video for giving specimen whenever necessary
- ④ Return one bottle with enough specimen (cover the bottom of bottle)
- ⑤ **Return the specimen on 18 March 2021, Thursday between 08:00am – 09:30am**
- ⑥ Specimen collection point at the Main Entrance, Hong Kong Sport Institute (*please refer to the location map*)

注意事項：

- ① 採樣時，請保持雙手清潔及乾爽
- ② 採樣後，請確認瓶蓋已緊緊關上，擦乾並清潔樣本瓶
- ③ 請依照示範錄像的指示採樣
- ④ 只需交回一個有足夠深喉唾液的樣本瓶（覆蓋瓶子底部）
- ⑤ **請於2021年3月18日(星期四)，上午8時至9時半期間交回樣本**
- ⑥ **樣本瓶收集處設於香港體育學院正門(請參考有關位置圖)**



示範錄像



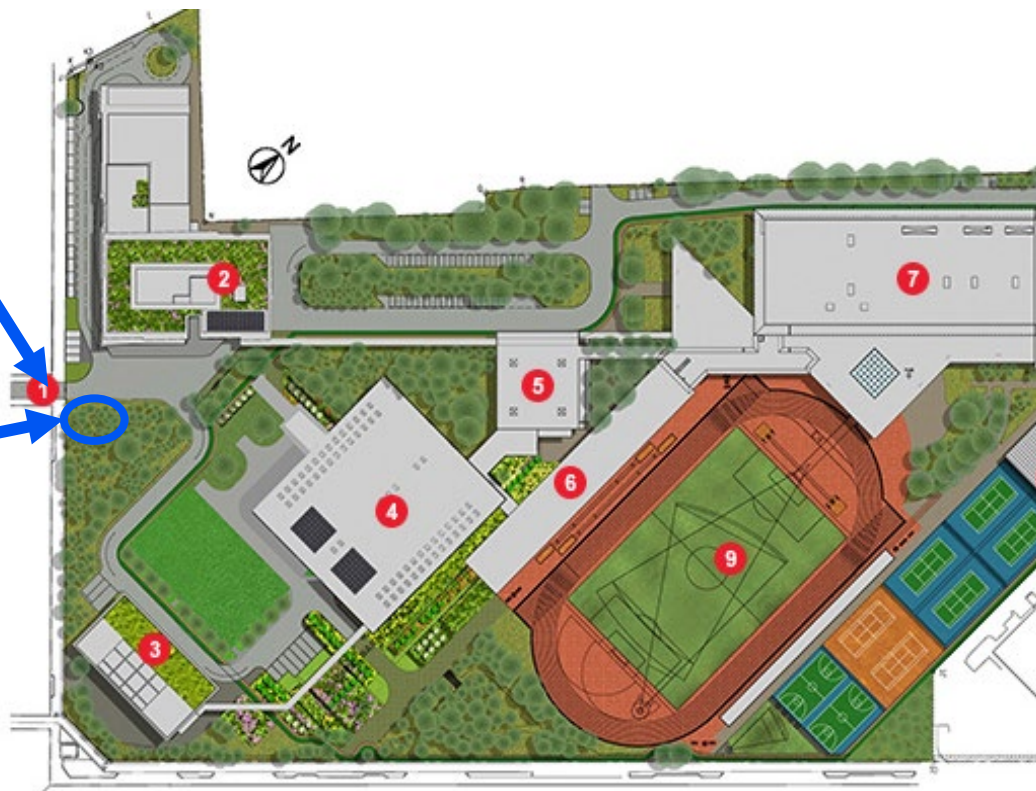
Demonstration
Video

Location Map 位置圖:

HKSI Main Entrance
香港體育學院正門



Specimen Collection Point
樣本瓶收集處



FINA A & B Qualifying Time Standards

Men's Standard

Women's Standard

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

Relays:

Men

Women

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

4x100m, 4x200m
4x100m

Mixed: 4x100m Medley

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

Qualifying period - Individual entries: 1st March 2019 – 27th June 2021
Qualifying period – Relay entries: 1st March 2019 – 31st May 2021
(only at FINA approved events)

HONG KONG SWIMMING RECORDS

Listed Date: 15th April 2020

HONG KONG LONG COURSE RECORDS

MEN'S EVENTS

50 Free	22.38 TO Kenneth King Him, LWS	18 th Asian Games, Jakarta- Palembang , Aug 19-24 , 2018
100 Free	49.22 TO Kenneth King Him, LWS	61 st FOS – LC SW Time Trial, Apr 14-15 2018
200 Free	1:49.58 WONG Kai Wai David, HTA	14 th FINA World Champ - Shanghai, Jul 25, 2011
400 Free	3:53.05 CHEUK Ming Ho, CPS	62 nd FOS – LC Time Trial, April 13-14, 2019
800 Free	8:07.76 CHEUK Ming Ho, CPS	18 th Asian Games, Jakarta- Palembang, Aug 19-24, 2018
1500 Free	15:38.76 CHEUK Ming Ho, CPS	18 th Asian Games, Jakarta- Palembang, Aug 19-24, 2018
50 Back	26.03 LAU Shiu Yue, HTA	5 th FINA World Junior Swimming Champ 2015, Aug 25-30, 2015
100 Back	56.63 CHEAH Geoffrey, SCA	2014 USA Swimming Grand Prix-Santa Clara, Jun 19-22, 2014
200 Back	2:05.47 Alex FONG Lik-sun, SCA	Olympic Games – Sydney, Sept. 20, 2000
50 Breast	28.23 TO Kenneth King Him, LWS	HK Age Group LC SW Championships 2017-18, Nov. 3-5, 2017
100 Breast	1:01.91 TO Kenneth King Him, LWS	Div. 1 AG LC Swim Comp. Part 3, Feb. 10-11, 2018
200 Breast	2:15.34 NG Michael Yu Hin, CPS	62 nd FOS – LC Time Trial, April 13-14, 2019
50 Fly	23.97 NG Cheuk Yin, TPS	HK Age Group LC SW Championships 2019-20, Nov. 1-3, 2019
100 Fly	53.70 CHEAH Geoffrey, SCA	27 th Summer Universiade in Kazan 2013., Jul 6-17, 2013
200 Fly	2:00.43 LIM Nicholas Owen Zhaoguang, LRC	62 nd FOS – LC Time Trial, April 13-14, 2019
200 IM	2:01.37 TO Kenneth King Him, LWS	29 th Summer Universiade, Aug 19-30, 2017
400 IM	4:29.02 Alex FONG Lik-sun, SCA	Olympic Games – Sydney, Sept. 17, 2000
4x100 MR	3:44.16 Hong Kong Team LAU Shiu Yue, TO Kenneth King Him, LIM Nicholas Owen Zhaoguang, WONG Chen Ho Jeremy	18 th Asian Games, Jakarta- Palembang, Aug 19-24, 2018
4x100 FR	3:21.22 Hong Kong Team LUM Ching Tat, NG Chun Nam Derick, CHEUNG Kin Tat Kent, WONG Kai Wai David 50.88 1:40.70 2:31.65	5 th East Asian Games, Dec 8, 2009
4x200 FR	7:27.16 Hong Kong Team CHEUNG Kin Tat Kent, NG Chun Nam Derick, LUM Ching Tat, WONG Kai Wai David 1:52.46 3:43.70 5:35.08	5 th East Asian Games, Dec 6, 2009
Hong Kong Best Time		
#50 Free	22.18 HO Ian Yentou, SCA	30 th Summer Universiade, Napoli, July 4-10, 2019

*: Pending for Swimming Committee's Ratification

#Hong Kong Best Time

HKRLC20200415

HONG KONG SWIMMING RECORDS

Listed Date: 15th April 2020

HONG KONG LONG COURSE RECORDS

WOMEN'S EVENTS

50 Free	24.85 HAUGHEY Siobhan Bernadette, SCA	Mare Nostrum 2019 – Monaco, Jun 8-9, 2019
100 Free	53.30 HAUGHEY Siobhan Bernadette, SCA	TYR Pro Swim Series Des Moines, Mar 4-7 2020
200 Free	1:54.98 HAUGHEY Siobhan Bernadette, SCA	18 th FINA World Championships – Gwangju 2019, Jul 21-28, 2019
400 Free	4:11.90 HAUGHEY Siobhan Bernadette, SCA	Mare Nostrum 2019 – Canet en Roussillon, Jun 11-12, 2019
800 Free	8:41.66 AU Hoi Shun Stephanie, DWA	Olympic Games – Beijing, Aug 14, 2008
1500 Free	16:51.05 HO Nam Wai, WTS	Mare Nostrum 2019 – Barcelona, Jun 15-16, 2019
50 Back	27.98 AU Hoi Shun Stephanie, DWA	Mare Nostrum 2019 – Monaco, Jun 8-9, 2019
100 Back	1:00.22 AU Hoi Shun Stephanie, DWA	FINA Swimming World Cup – Singapore, Aug 15-17, 2019
200 Back	2:09.33 LAU Yin Yan Claudia, DLS	Div.1 AG LC Swim Comp. Part 3, Jul. 2-3, 2016
50 Breast	31.61 YEUNG Jamie Zhen Mei, HTA	18 th FINA World Championships – Gwangju 2019, Jul 21-28, 2019
100 Breast	1:07.69 KONG Yvette Man Yi, SCA	12 th Swim Cup Eindhoven 2016, Apr 6 - 10, 2016
200 Breast	2:27.96 KONG Yvette Man Yi, SCA	Edinburgh International Swim Meet, Mar 11-13, 2016
50 Fly	26.66 Hannah WILSON, SCA	25 th Universiade, Jul. 5, 2009
100 Fly	58.24 Hannah WILSON, SCA	25 th Universiade, Jul. 9, 2009
200 Fly	2:13.91 NAM Carmen, TPS	Zoggs Queensland Swim Champ 09, Dec 18, 2009
200 IM	2:12.10 HAUGHEY Siobhan Bernadette, SCA	2017 Arena Pro Swim Series - Santa Clara, USA, June 1-4, 2017
400 IM	4:51.30 HAUGHEY Siobhan Bernadette, SCA	Tianjin 2013 6 th East Asian Games, Oct 10-15, 2013
4x100 MR	4:03.07 Hong Kong Team TSAI Hiu Wai Sherry, KONG Yvette Man Yi, SZE Hang Yu, Hannah WILSON 1:02.38 2:09.77 3:08.72	5 th East Asian Games, Dec 10, 2009
4x100 FR	3:39.94 Hong Kong Team CHENG Camille Lily Mei, AU Hoi Shun Stephanie, SZE Hang Yu, HAUGHEY Siobhan Bernadette 55.67 1:51.18 2:46.23	Incheon 2014 Asian Games, Sept 20 th -26 th 2014
4x200 FR	8:04.55 Hong Kong Team CHENG Camille Lily Mei, AU Hoi Shun Stephanie, SZE Hang Yu, HAUGHEY Siobhan Bernadette 2:01.43 4:03.99 6:04.31	Incheon 2014 Asian Games, Sept 20 th -26 th 2014

*: Pending for Swimming Committee's Ratification

#Hong Kong Best Time

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HONG KONG SWIMMING RECORDS

Listed Date: 15th April 2020

HONG KONG LONG COURSE RECORDS

MIXED'S EVENTS

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

4x100 MR 3:50.22 Hong Kong Team 18th Asian Games, Jakarta- Palembang, Aug 19-24, 2018
AU Hoi Shun Stephanie, TO Kenneth King Him, LIM Nicholas Owen Zhaoguang, CHENG Camille Lily Mei
1:00.52 2:01.15 2:54.90

Hong Kong Best Time

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

*: Pending for Swimming Committee's Ratification

#Hong Kong Best Time

HKRLC20200415

HONG KONG SWIMMING RECORDS

Listed Date: 15th April 2020

HONG KONG LONG COURSE JUNIOR RECORDS (Under 16 years)

MEN'S EVENTS

50 Free	23.65 NG Chun Nam Derick, WTS	Australian Age Swim. Champ., Apr 07, 2010
100 Free	51.24 NG Chun Nam Derick, WTS	HK Age Group LC SW Championships 2009-10, Oct. 24, 2009
200 Free	1:52.59 Cheuk Ming Ho, CPS	17 th ISF Gymnasiade - Swimming, May 2-9 2018
400 Free	3:57.77 CHEUK, Ming Ho, CPS	HK Age Group LC SW Championships 2017-18, Nov. 3-5, 2017
800 Free	8:25.47 CHEUK, Ming Ho, CPS	Div. 1 AG LC Swim Comp. Part 3, Feb. 10-11, 2018
1500 Free	16:00.66 CHEUK, Ming Ho, CPS	HK Age Group LC SW Championships 2017-18, Nov. 3-5, 2017
50 Back	26.81 NG Cheuk Yin TPS	Div. 1 AG LC Swim Comp. Part 3, Feb. 10-11, 2018
100 Back	57.73 HO Siu Lun, DLS	HK Age Group LC SW Championships 2019-20, Nov. 1-3, 2019
200 Back	2:07.52 NG Cheuk Yin, TPS	HK Open Swimming Champ 2018, Aug. 10-12, 2018
50 Breast	29.57 FONG Ka Yu, WDA	HKSSF Div. 1 Inter-School Swim. Comp, Oct. 27, 2017
100 Breast	1:05.29 WONG Benson, DLS	HKSSF Div. 1 Inter-School Swim. Comp, Oct. 27, 2017
200 Breast	2:18.11 WONG Benson, DLS	HK Open Swimming Champ 2017, July 28-30, 2017
50 Fly	24.74 NG Cheuk Yin, TPS	61 st FOS – LC SW Time Trial, Apr 14-15 2018
100 Fly	54.42 NG Chun Nam Derick, WTS	8 th Asian Swimming Champ., Nov 25, 2009
200 Fly	2:06.68 NG Chun Nam Derick, WTS	HK Age Group LC SW Championships 2009-10, Oct. 24-25, 2009
200 IM	2:07.94 Lau Ping Chi, HTA	61 st FOS – LC SW Time Trial, Apr 14-15 2018
400 IM	4:32.42 WHITTINGTON Peter Harry, DLS	HK Age Group LC SW Championships 2019-20, Nov. 1-3, 2019
4x100 MR	4:03.50 Hong Kong Team MOK Kai Tik Marcus, CHAN Chun Lok, CHAN Pak Hin, LUI Nok Ryan	8 th Asian Age Group Swim. Champ, Oct 1-4, 2015
4x100 FR	3:41.42 Hong Kong Team TAM Sze Shing Thomas, LAM Chak Hang, CHAN Pak Hin, Temana Andrew SHORT	52 nd Milo Pram Malaysia AG Champ, Mar 29 – Apr 4, 2016
4x200 FR	8:06.77 WTS TAM Sze Shing Thomas, LEUNG Chun Hei Bryan, FONG Ching Yuen, MOK Kai Tik Marcus	Div.1 AG LC Swim Comp. Part 1, May. 14-15, 2016

*: Pending for Swimming Committee's Ratification

#Hong Kong Best Time

HKRLC20200415

HONG KONG SWIMMING RECORDS

Listed Date: 15th April 2020

HONG KONG LONG COURSE JUNIOR RECORDS (Under 16 years)

WOMEN'S EVENTS

50 Free	25.38	HAUGHEY Siobhan Bernadette, SCA	4 th FINA World Junior Swimming Champ., Aug 26-31, 2013
100 Free	54.47	HAUGHEY Siobhan Bernadette, SCA	4 th FINA World Junior Swimming Champ., Aug 26-31, 2013
200 Free	1:59.77	HAUGHEY Siobhan Bernadette, SCA	Tianjin 2013 6 th East Asian Games, Oct 10-15, 2013
400 Free	4:13.81	AU Hoi Shun Stephanie, DWA	HK Age Group LC SW Championships 2007-08, Nov. 17, 2019
800 Free	8:50.21	AU Hoi Shun Stephanie, DWA	3 rd H.K. Int' Open Swimming Champ, Aug 31, 2007
1500 Free	16:58.79	Anderson Charlotte Kiki, HIS	2014 Scottish Gas National AG Swim Champ, Jun 25-29, 2014
50 Back	29.52	KAN Cheuk Tung Natalie, HVA	HKSSF Div. 2 Inter-School Swim. Champ, Oct 10, 2017
100 Back	1:03.48	WONG Kwan To, HTA	HKSSF Div. 1 Inter-School Swim. Champ, Oct 28, 2015
200 Back	2:17.31	LAU Yin Yan Claudia, DLS	4 th HK Int' Open Champ, Sep 12-14, 2008
50 Breast	32.79	CHEUNG Hui Yan Cheyenne, DLS	4 th FINA World Junior Swimming Champ., Aug 26-31, 2013
100 Breast	1:11.30	KONG Yvette Man Yi, DLS	HKSSF Div. 1 Inter-School Swim. Champ, Oct 17, 2008
200 Breast	2:32.79	MA Hei Tung Fiona, SLA	5 th East Asian Games, Dec 9, 2009
50 Fly	27.45	LAU Ping Yi Audrey, HTA	HK Age Group LC SW Championships 2019-20, Nov. 1-3, 2019
100 Fly	1:00.54	LAU Ping Yi Audrey, HTA	HK Age Group LC SW Championships 2019-20, Nov. 1-3, 2019
200 Fly	2:14.96	LAU Ping Yi Audrey, HTA	HK Age Group LC SW Championships 2019-20, Nov. 1-3, 2019
200 IM	2:13.35	HAUGHEY Siobhan Bernadette, SCA	Tianjin 2013 6 th East Asian Games, Oct 10-15, 2013
400 IM	4:51.30	HAUGHEY Siobhan Bernadette, SCA	Tianjin 2013 6 th East Asian Games, Oct 10-15, 2013
4x100 MR	4:19.55	Hong Kong Team FUNG Suet Ying Chloe, CHENG Chloe, LAU Ping Yi Audrey, TSE On Ching	2 nd Youth Games of the People's Republic of China, Aug 8-18, 2019
4x100 FR	3:55.42	Hong Kong Team LAU Ping Yi Audrey, CHU Sarah Ting Yan, MOK Sze Ki, LEE Yan Hei	10 th Asian Age Group Swimming Championships, Sep 24-27, 2019
4x200 FR	8:32.64	Hong Kong Team LAU Ping Yi Audrey, CHENG Chloe, TSE On Ching, DU Zheng	2 nd Youth Games of the People's Republic of China, Aug 8-18, 2019

*: Pending for Swimming Committee's Ratification

#Hong Kong Best Time

HKRLC20200415

HONG KONG SWIMMING RECORDS

Listed Date: 15th April 2020

HONG KONG AGE GROUP LONG COURSE RECORDS

BOYS' 10 & UNDER EVENTS

50 Free	29.13 RUAN Wan Hang, WTS	HK Age Group LC SW Championships 2017-18, Nov. 3-5, 2017
100 Free	1:02.87 RUAN Wan Hang, WTS	HK Age Group LC SW Championships 2017-18, Nov. 3-5, 2017
200 Free	2:15.96 RUAN Wan Hang, WTS	HK Age Group LC SW Championships 2017-18, Nov. 3-5, 2017
50 Back	32.29 HO Siu Lun, DLS	The 5 th HK Games. May 2-3, 2015
100 Back	1:12.02 LAU Hoi Hang, LWS	Div. 1 AG LC Swim Comp. Part 1. Jul. 18-19, 2015
50 Breast	36.43 TAM Ka Ming, HVA	HK Age Group LC SW Championships 2007-08, Nov. 17, 2007
100 Breast	1:18.73 TAM Ka Ming, *CY	HKSSF Inter-Area Primary Swim Comp., Nov 29, 2008
50 Fly	31.15 HO Siu Lun, DLS	HKSSF Inter-Area Primary Swim Comp, Nov 22, 2014
100 Fly	1:10.22 HUNG Leung-fung, PSC	Div. 1 AG LC Swim Comp. Part 1, May 23, 2004
200 IM	2:32.07 LAU Kin Hei James, HTA	Div. 1 AG LC Swim Comp. Part 3, Sep. 21-22, 2019

HONG KONG AGE GROUP LONG COURSE RECORDS

GIRLS' 10 & UNDER EVENTS

50 Free	28.50 HAUGHEY Siobhan Bernadette, SCA	Div. 1 AG LC Swim Comp. Part 1, May 25, 2008
100 Free	1:02.44 HAUGHEY Siobhan Bernadette, SCA	Div. 1 AG LC Swim Comp. Part 2, Jun. 29, 2008
200 Free	2:16.52 LOK Hoi Man, WTS	HK Age Group LC SW Championships 2011-12, Nov. 5, 2011
50 Back	33.49 MA Wing Yu, *WA	HK Age Group LC SW Championships 2015-16, Nov. 6-8, 2015
100 Back	1:11.95 CHENG Jessica Chloe, TPS	Div. 1 AG LC Swim Comp. Part 1, May 14-15, 2016
50 Breast	35.23 Lam Chelsie, DLS	3 rd All Hong Kong Inter-Area Primary Schools Swimming Competition 2018-2019, 8 Jun 2019
100 Breast	1:18.24 YIP Hiu Lok, *WA	HK Age Group LC SW Championships 2015-16, Nov. 6-8, 2015
50 Fly	30.56 LEE Si Yao Peony, TPS	2 nd All Hong Kong Inter-Area Primary Schools Swimming Competition 2017-2018, 9 June, 2018
100 Fly	1:09.78 LAU Ping Yi Audrey, HTA	Div. 1 AG LC Swim Comp. Part 1, May 14-15, 2016
200 IM	2:32.15 HAUGHEY Siobhan Bernadette, SCA	Div. 1 AG LC Swim Comp. Part 3, Jul. 27, 2008

*: Pending for Swimming Committee's Ratification

#Hong Kong Best Time

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HONG KONG SWIMMING RECORDS

Listed Date: 15th April 2020

HONG KONG AGE GROUP LONG COURSE RECORDS

BOYS' 11 – 12 YEARS EVENTS

50 Free	25.59 LI Sing Hoi, WTS	HK Age Group LC SW Championships 2017-18, Nov. 3-5, 2017
100 Free	57.02 CHU, Hon Hei, WDA	Div. 1 AG LC Swim Comp. Part 3, Sep 21-22, 2019
200 Free	2:04.40 LEE Yat Yuen Yen, HTA	HK Age Group LC SW Championships 2019-20, Nov. 1-3, 2019
400 Free	4:21.19 LAI King Wo, WTS	HK Age Group LC SW Championships 2019-20, Nov. 1-3, 2019
50 Back	29.28 CHAN Tsz Kwan, TPS	HKSSF Div. 1 Inter-School Swim. Comp., Oct 18, 2019
100 Back	1:03.66 HO Siu Lun, DLS	The 6 th Hong Kong Games, May 13-14, 2017
200 Back	2:19.13 MOK Kai Tik Marcus, WTS	HK Age Group LC SW Championships 2013-14, Nov. 8-10, 2019
50 Breast	30.24 TAM Ka Ming, *CY	HKSSF Div. 1 Inter-School Swim. Champ, Oct 27, 2010
100 Breast	1:09.54 TAM Ka Ming, *CY	HKSSF Div. 1 Inter-School Swim. Champ, Oct 14, 2010
200 Breast	2:30.15 WONG Benson, DLS	HKSSF Div. 1 Inter-School Swim. Champ, 28 Oct, 2015
50 Fly	27.63 HUI Ching Ho, SFC	HKSSF Div. 1 Inter-School Swim. Comp., Oct 25, 2019
100 Fly	1:01.11 SUEN Tsz Hin, PSC	HK Age Group LC SW Championships 2010-11, Nov. 6, 2010
200 Fly	2:17.51 CHOW Yin-Ching, *CY	Zoggs Queensland Swim Champ 07, Dec 19, 2007
200 IM	2:18.78 LU Pat Fan, HVA	Thailand AG Swimming Champ 2019, April 5-10, 2019

HONG KONG AGE GROUP LONG COURSE RECORDS

GIRLS' 11 – 12 YEARS EVENTS

50 Free	26.80 HAUGHEY Siobhan Bernadette, SCA	HKSSF Div 1 Inter-School Swim. Champ, Oct 14, 2010
100 Free	57.77 HAUGHEY Siobhan Bernadette, SCA	6 th HK Open Swimming Champ., Sep 4, 2010
200 Free	2:06.55 HAUGHEY Siobhan Bernadette, SCA	6 th HK Open Swimming Champ., Sep 4, 2010
400 Free	4:28.03 NAM Carmen, TPS	7 th Asian Swimming Champ, Mar. 07, 2006
50 Back	31.01 MA Wing Yu, HTA	9th Asian Age Group Swimming Championships, Sep 8-11, 2017
100 Back	1:06.02 KWOK Sabrina Christine, SCA	Zoggs Queensland Swim Champ 09, Dec 13, 2009
200 Back	2:22.78 LAU Yin-yan, DLS	4 th Asian AG Champ, Bangkok, Aug 21, 2005
50 Breast	34.27 WONG Hin Yi, TPS	Div. 1 AG LC Swim Comp. Part 2, Jan 12, 2020
100 Breast	1:12.78 YIP Tsz-wa, DLS	HKSSF Div. 1 Inter-School Swim Champ., Oct 15, 2003
200 Breast	2:35.62 MA Hei-tung, DLS	LI FOS-Olympic Time Trial II, Apr 20, 2008
50 Fly	28.87 LAI Chu Yi, WTS	7 th HK Open Swimming Champ., Sep 4, 2011
100 Fly	1:02.95 MOK Sze Ki, HVA	HK Open Swimming Champ 2019, Aug 9-11, 2019
200 Fly	2:18.68 MOK Sze Ki, HVA	Div. 1 AG LC Swim Comp. Part 1, Jul 13-14, 2019
200 IM	2:21.79 HAUGHEY Siobhan Bernadette, SCA	Div. 1 AG LC Swim Comp. Part 3, Jul 25, 2010

*: Pending for Swimming Committee's Ratification

#Hong Kong Best Time

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HONG KONG SWIMMING RECORDS

Listed Date: 15th April 2020

HONG KONG AGE GROUP LONG COURSE RECORDS

BOYS' 13 – 14 YEARS EVENTS

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

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

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

50 Fly 25.75 HO Siu Lun, DLS
100 Fly 56.68 NG Chun Nam, Derick, WTS
200 Fly 2:09.62 CHAN Pak Hin, *WD

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

HKSSF Div. 1 Inter-School Swim. Comp. Oct 23, 2013
The 6th Hong Kong Games, May 13-14, 2017
The 6th Hong Kong Games, May 13-14, 2017
HK Age Group LC SW Championships 2016-17, Nov. 4-6, 2016
Div. 1 AG LC Swim Comp. Part 3, Feb. 28 - Mar. 1, 2015
60th FOS – LC Time Trial, Apr. 15-16, 2017

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

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

62nd FOS – LC Time Trial, April 13-14, 2019
LII FOS LC Sw. Time Trial, Apr 19, 2009
Div. 1 AG LC Swim Comp. Part 3, Feb. 20-21, 2016

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

HONG KONG AGE GROUP LONG COURSE RECORDS

GIRLS' 13 – 14 YEARS EVENTS

50 Free 25.93 HAUGHEY Siobhan Bernadette, SCA
100 Free 56.07 HAUGHEY Siobhan Bernadette, SCA
200 Free 2:02.00 CHENG Chloe, PSC
400 Free 4:19.32 CHENG Chloe, PSC
800 Free 8:56.31 HO Wai Nam, WTS
1500 Free 17:17.68 NAM Carmen, TPS

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

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

50 Fly 27.45 LAU Ping Yi Audrey, HTA
100 Fly 1:00.54 LAU Ping Yi Audrey, HTA
200 Fly 2:14.96 LAU Ping Yi Audrey, HTA

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

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

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

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

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

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

*: Pending for Swimming Committee's Ratification

#Hong Kong Best Time

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HONG KONG SWIMMING RECORDS

Listed Date: 15th April 2020

HONG KONG AGE GROUP LONG COURSE RECORDS

BOYS' 15 – 17 YEARS EVENTS

50 Free	22.99 LUM Ching Tat Jeffrey, HFS	8 th Asian Swimming Champ., Nov 28, 2009
100 Free	50.48 LUM Ching Tat Jeffrey, HFS	1 st Asian Youth Games, Jul 06, 2009
200 Free	1:50.11 CHEUK Ming Ho, CPS	HKSSF Div. 1 Inter-School Swim. Comp., Oct. 25, 2019
400 Free	3:53.05 CHEUK Ming Ho, CPS	62 nd FOS – LC Time Trial, April 13-14, 2019
800 Free	8:07.76 CHEUK Ming Ho, CPS	18 th Asian Games, Jakarta- Palembang, Aug 19-24, 2018
1500 Free	15:38.76 CHEUK Ming Ho, CPS	18 th Asian Games, Jakarta- Palembang, Aug 19-24, 2018
50 Back	26.27 NG Cheuk Yin, TPS	HKSSF Div. 1 Inter-School Swim. Comp, Oct. 19, 2018
100 Back	57.38 NG Cheuk Yin, TPS	HKSSF Div. 1 Inter-School Swim. Comp., Oct. 25, 2019
200 Back	2:05.82 NG Cheuk Yin, TPS	7 th Hong Kong Games, May 18-19, 2019
50 Breast	29.19 FONG Ka Yu, WDA	HK Age Group LC SW Championships 2019-20, Nov. 1-3, 2019
100 Breast	1:03.91 NG Yan Kin, HTA	51 st Malaysia Age Group Swim Champ., Apr 24-26, 2015
200 Breast	2:15.77 MOK Kai Tik Marcus, WTS	HK Age Group LC SW Championships 2017-18, Nov. 3-5, 2017
50 Fly	23.97 NG Cheuk Yin, TPS	HK Age Group LC SW Championships 2019-20, Nov. 1-3, 2019
100 Fly	54.42 NG Chun Nam Derick, WTS	8 th Asian Swimming Champ., Nov 25, 2009
200 Fly	2:02.70 LIM Nicholas Owen Zhaoguang, LRC	18 th Asian Games, Jakarta- Palembang, Aug 19-24, 2018
200 IM	2:05.98 LAU Ping Chi, HTA	HKSSF Div. 1 Inter-School Swim. Comp, Oct. 25, 2019
400 IM	4:30.99 LAU Ping Chi, HTA	HK Age Group LC SW Championships 2019-20, Nov. 1-3, 2019

HONG KONG AGE GROUP LONG COURSE RECORDS

GIRLS' 15 – 17 YEARS EVENTS

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

*: Pending for Swimming Committee's Ratification

#Hong Kong Best Time

HKRLC20200415

2021-22 Hong Kong National Olympic Time Trial - 21-Mar-21

Meet Program - AM

Event 1 Women 100 LC Meter Butterfly

OQTA: 57.92

OSTB: 59.66

HKR: 58.24

OQTA+1%: 58.50

OSTB+1%: 1:00.26

Hannah WILSON, SCA

Lane	ID#	Name	Age	Team	Seed Time
1	29060 IAZ	Lam, Hoi Kiu	17	Hoi Tin	1:06.45
2	25263 B	Tai, Samantha Natalie	16	Pacific	1:05.64
3	25607 IAZ	Lau, Ping Yi Audrey	15	Hoi Tin	1:00.54
4	05641 IBZ	Chan, Kin Lok	27	Win Tin	1:00.43
5	20540 IAZ	Kan, Cheuk Tung Natalie	18	Happy Valley	1:00.48
6	18904 B	Wong, Ching Lam	19	Win Tin	1:04.17
7	32517 B	Wong, Hoi Wai	14	Happy Valley	1:05.81

Event 2 Men 200 LC Meter Butterfly

OQTA: 1:56.48

OSTB: 1:59.97

HKR: 2:00.43

OQTA+1%: 1:57.64

OSTB+1%: 2:01.17

LIM Nicholas Owen Zhaoguang,

LRC

Lane	ID#	Name	Age	Team	Seed Time
3	30192 B	Whittington, Peter Harry	16	Dali Swimming Club	2:09.51
4	20058 P	Lim Nicholas, Owen Zhaoguan	19	LRC	2:00.43
5	08999 B	Ho, Tin Long	23	Win Tin	2:03.80
6	22961 B	Chan, Tsun Hin	16	White Dolphin	2:11.75

Event 3 Women 200 LC Meter Freestyle

OQTA: 1:57.28

OSTB: 2:00.80

HKR: 1:54.98

OQTA+1%: 1:58.45

OSTB+1%: 2:02.01

HAUGHEY Siobhan Bernadette,

SCA

Lane	ID#	Name	Age	Team	Seed Time
2	15574 P	Yeung, Jamie Zhen Mei	23	Hoi Tin	2:06.38
3	30054 IAZ	Cheng, Chloe	16	Pacific	2:02.00
4	06425 B	Haughey, Siobhan Bernadette	23	South China	1:54.98
5	21383 B	Ho, Nam Wai	18	Win Tin	2:01.29
6	22842 IAZ	Tang, Tsoi Lam Katii	19	Happy Valley	2:02.90
7	31841 IAZ	Ng, Lai Wa	15	Hoi Tin	2:11.35

Event 4 Men 50 LC Meter Freestyle

OQTA: 22.01

OSTB: 22.67

HKR: 22.38

OQTA+1%: 22.23

OSTB+1%: 22.90

TO Kenneth King Him, LWS

Lane	ID#	Name	Age	Team	Seed Time
4	39105 IAO	Ho, Ian Yentou	23	South China	22.18

2021-22 Hong Kong National Olympic Time Trial - 21-Mar-21

Meet Program - AM

Event 5 Women 100 LC Meter Breaststroke

OQTA: 1:07.07

OSTB: 1:09.08

HKR: 1:07.69

KONG Yvette Man Yi, SCA

OQTA+1%: 1:07.74

OSTB+1%: 1:09.77

Lane	ID#	Name	Age	Team	Seed Time
3	35365 B	Choy, Lai Lam	14	Hoi Tin	1:15.95
4	15574 P	Yeung, Jamie Zhen Mei	23	Hoi Tin	1:08.70
5	29060 IAZ	Lam, Hoi Kiu	17	Hoi Tin	1:11.94

Event 6 Men 100 LC Meter Breaststroke

OQTA: 59.93

OSTB: 1:01.73

HKR: 1:01.91

TO Kenneth King Him, LWS

OQTA+1%: 1:00.53

OSTB+1%: 1:02.35

Lane	ID#	Name	Age	Team	Seed Time
4	12303 IAZ	Ng, Yan Kin	23	Hoi Tin	1:04.48
5	22987 IAZ	Yuen, Kai Ho	18	Hoi Tin	1:05.73

Event 7 Women 50 LC Meter Freestyle

OQTA: 24.77

OSTB: 25.51

HKR: 24.85

HAUGHEY Siobhan Bernadette,

SCA

OQTA+1%: 25.02

OSTB+1%: 25.77

Lane	ID#	Name	Age	Team	Seed Time
1	25263 B	Tai, Samantha Natalie	16	Pacific	29.51
2	29060 IAZ	Lam, Hoi Kiu	17	Hoi Tin	27.81
3	00866 IAZ	Au, Hoi Shun Stephanie	28	Dik Wing	26.42
4	11920 B	Tam, Hoi Lam	22	Current Club Ltd	25.85
5	04515 ICZ	Sze, Hang Yu	33	Win Tin	26.20
6	22719 IAZ	Wong, Toto Kwan To	21	Hoi Tin	27.81
7	30162 ICX	Chang, Yujuan	20	Win Tin	28.82

Event 8 Men 800 LC Meter Freestyle

OQTA: 7:54.31

OSTB: 8:08.54

HKR: 8:07.76

CHEUK Ming Ho, CPS

OQTA+1%: 7:59.05

OSTB+1%: 8:13.43

Lane	ID#	Name	Age	Team	Seed Time
3	29257 B	He, Shing Ip	15	Chi Pui	8:42.81
4	25777 B	Cheuk, Ming Ho	18	Chi Pui	8:15.11
5	24648 B	Kwok, Chun Hei	17	Hoi Tin	8:36.38
6	03439 IAZ	Sin, Chin Ting Keith	26	South China	8:48.49

2021-22 Hong Kong National Olympic Time Trial - 21-Mar-21

Meet Program - PM

Event 9 Women 100 LC Meter Freestyle

OQTA: 54.38

OSTB: 56.01

HKR: 53.30

HAUGHEY Siobhan Bernadette,

SCA

OQTA+1%: 54.92

OSTB+1%: 56.57

Lane	ID#	Name	Age	Team	Seed Time
1	05641 IBZ	Chan, Kin Lok	27	Win Tin	57.04
2	20540 IAZ	Kan, Cheuk Tung Natalie	18	Happy Valley	56.73
3	21383 B	Ho, Nam Wai	18	Win Tin	56.44
4	06425 B	Haughey, Siobhan Bernadette	23	South China	53.30
5	11920 B	Tam, Hoi Lam	22	Current Club Ltd	55.50
6	25607 IAZ	Lau, Ping Yi Audrey	15	Hoi Tin	56.65
7	04515 ICZ	Sze, Hang Yu	33	Win Tin	56.91
8	30054 IAZ	Cheng, Chloe	16	Pacific	57.63

Alternative

1	22842 IAZ	Tang, Tsoi Lam Katii	19	Happy Valley	58.79
2	29060 IAZ	Lam, Hoi Kiu	17	Hoi Tin	1:02.00

Event 10 Men 400 LC Meter IM

OQTA: 4:15.84

OSTB: 4:21.46

HKR: 4:29.02

Alex FONG Lik-sun, SCA

OQTA+1%: 4:18.40

OSTB+1%: 4:24.07

Lane	ID#	Name	Age	Team	Seed Time
3	29257 B	He, Shing Ip	15	Chi Pui	4:52.67
4	30192 B	Whittington, Peter Harry	16	Dali Swimming Club	4:32.42
5	03439 IAZ	Sin, Chin Ting Keith	26	South China	4:44.09

Event 11 Women 100 LC Meter Backstroke

OQTA: 1:00.25

OSTB: 1:02.06

HKR: 1:00.22

AU Hoi Shun Stephanie, DWA

OQTA+1%: 1:00.85

OSTB+1%: 1:02.68

Lane	ID#	Name	Age	Team	Seed Time
2	29498 B	Tang, Yee Man	16	Dik Wing	1:08.31
3	18904 B	Wong, Ching Lam	19	Win Tin	1:05.50
4	22719 IAZ	Wong, Toto Kwan To	21	Hoi Tin	1:01.30
5	30162 ICX	Chang, Yujuan	20	Win Tin	1:05.46
6	25098 B	Fung, Suet Ying Chloe	16	Win Tin	1:05.61

2021-22 Hong Kong National Olympic Time Trial - 21-Mar-21

Meet Program - PM

Event 12 Men 100 LC Meter Backstroke

OQTA: 53.85

OSTB: 55.47

HKR: 56.63

CHEAH Geoffrey, SCA

OQTA+1%: 54.39

OSTB+1%: 56.02

Lane	ID#	Name	Age	Team	Seed Time
3	18781 IAZ	Chan, Pak Hin	19	White Dolphin	1:03.62
4	12117 IAZ	Lau, Shiu Yue	23	Hoi Tin	57.56
5	11438 B	Fung, Chun Ho	23	Hoi Tin	58.75

Event 13 Women 400 LC Meter Freestyle

OQTA: 4:07.90

OSTB: 4:15.34

HKR: 4:11.90

HAUGHEY Siobhan Bernadette,

SCA

OQTA+1%: 4:10.38

OSTB+1%: 4:17.89

Lane	ID#	Name	Age	Team	Seed Time
2	32517 B	Wong, Hoi Wai	14	Happy Valley	4:43.77
3	19207 B	Nip, Tsz Yin	20	Eastern Winter	4:29.23
4	21383 B	Ho, Nam Wai	18	Win Tin	4:14.04
5	29060 IAZ	Lam, Hoi Kiu	17	Hoi Tin	4:25.89
6	31841 IAZ	Ng, Lai Wa	15	Hoi Tin	4:32.37

Event 14 Men 200 LC Meter Freestyle

OQTA: 1:47.02

OSTB: 1:50.23

HKR: 1:49.58

WONG Kai Wai David, HTA

OQTA+1%: 1:48.09

OSTB+1%: 1:51.33

Lane	ID#	Name	Age	Team	Seed Time
3	24648 B	Kwok, Chun Hei	17	Hoi Tin	1:56.74
4	25777 B	Cheuk, Ming Ho	18	Chi Pui	1:50.11
5	20058 P	Lim Nicholas, Owen Zhaoguan	19	LRC	1:52.88
6	29257 B	He, Shing Ip	15	Chi Pui	1:58.71