



Programme

比賽賽程



HONG KONG AMATEUR SWIMMING ASSOCIATION

(MEMBER OF THE FEDERATION INTERNATIONALE DE NATATION)

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

Hong Kong Long Course Swimming Time Trial IV

香港長池游泳計時賽 IV

20 June 2021 (Sun)

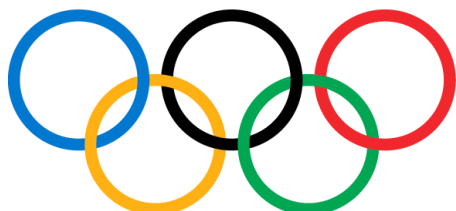
二零二一年六月二十日(星期日)

Hong Kong Sports Institute Swimming Pool

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

香港體育學院游泳池

地址: 香港新界沙田源禾路 25 號



OLYMPIC DAY

Hong Kong Long Course Swimming Time Trial IV

No. of Entries by Event		
Event #	Event Name	Entries
1	Men 200 Freestyle	10
2	Women 100 Freestyle	10
3	Men 100 Butterfly	8
4	Women 100 Backstroke	5
5	Men 50 Freestyle	10
6	Women 100 Breaststroke	8
7	Men 100 Breaststroke	7
8	Women 100 Butterfly	8
9	Men 100 Backstroke	9
10	Women 400 Freestyle	4
11	Men 400 IM	4
12	Women 200 IM	3
13	Men 200 Breaststroke	7
14	Women 200 Freestyle	9
15	Men 100 Freestyle	10
16	Women 50 Freestyle	7
17	Men 200 IM	10
18	Women 200 Breaststroke	3
19	Men 200 Backstroke	4
20	Women 200 Backstroke	3
21	Men 200 Butterfly	4
22	Women 200 Butterfly	2
23	Men 400 Freestyle	10
24	Women 400 IM	5
Total		160

Entry information by Day		
Day / Session	No. of Entries	Total
A.M.	86	160
P.M.	74	

Hong Kong Long Course Swimming Time Trial IV
香港長池游泳計時賽 IV

Date : 20th June 2021
日期: 2021年6月20日
Morning Warm Up : 0800-0845 Hrs
上午熱身
Afternoon Warm Up : 1400 - 1445 Hrs
下午熱身:

Venue: HKSI
地點: 香港體育學院
Morning First Event : 0900 Hrs
上午比賽:
Afternoon First Event : 1500 Hrs
下午比賽:

		Start Time	Women 女		OQT / "A" Time	OQT / "A" Time + 1%	OST / "B" Time	OST / "B" Time + 1%	W-A	W-B	Men 男
AM		0900 hours		Open 200M FREESTYLE	1:47.02	1:48.09	1:50.23	1:51.33	1:47.06	1:50.81	1
		0910 hours	2	Open 100M FREESTYLE	54.38	54.92	56.01	56.57	54.25	56.15	
		0920 hours		Open 100M BUTTERFLY	51.96	52.48	53.52	54.05	51.96	53.78	3
		0930 hours	4	Open 100M BACKSTROKE	1:00.25	1:00.85	1:02.06	1:02.68	1:00.59	1:02.71	
		0940 hours		Open 50M FREESTYLE	22.01	22.23	22.67	22.89	22.18	22.96	5
		0950 hours	6	Open 100M BREASTSTROKE	1:07.07	1:07.74	1:09.08	1:09.77	1:07.43	1:09.79	
		1000 hours		Open 100M BREASTSTROKE	59.93	1:00.53	1:01.73	1:02.35	59.75	1:01.84	7
		1010 hours	8	Open 100M BUTTERFLY	57.92	58.49	59.66	1:00.26	58.33	1:00.37	
		1020 hours		Open 100M BACKSTROKE	53.85	54.38	55.47	56.02	54.03	55.92	9
		1030 hours	10	Open 400M FREESTYLE	4:07.90	4:10.38	4:15.34	4:17.89	4:10.57	4:19.34	
		1040 hours		Open 400M INDIVIDUAL MEDLEY	4:15.84	4:18.40	4:21.46	4:24.07	4:17.48	4:26.49	11
		1050 hours	12	Open 200M INDIVIDUAL MEDLEY	2:12.56	2:13.89	2:16.54	2:17.91	2:12.98	2:17.63	
*2 nd attempt OST/B + 1% swimmer											
Break											
		1500 hours		Open 200M BREASTSTROKE	2:10.35	2:11.65	2:14.26	2:15.60	2:10.32	2:14.88	13
PM		1510 hours	14	Open 200M FREESTYLE	1:57.28	1:58.45	2:00.80	2:02.01	1:58.66	2:02.81	
		1520 hours		Open 100M FREESTYLE	48.57	49.05	50.03	50.53	48.77	50.48	15
		1530 hours	16	Open 50M FREESTYLE	24.77	25.01	25.51	25.76	25.04	25.92	
		1540 hours		Open 200M INDIVIDUAL MEDLEY	1:59.67	2:00.87	2:03.26	2:04.49	1:59.76	2:03.95	17
		1550 hours	18	Open 200M BREASTSTROKE	2:25.52	2:26.98	2:29.89	2:31.39	2:25.91	2:31.02	
		1600 hours		Open 200M BACKSTROKE	1:57.50	1:58.68	2:01.03	2:02.24	1:58.07	2:02.20	19
		1610 hours	20	Open 200M BACKSTROKE	2:10.39	2:11.69	2:14.30	2:15.64	2:11.08	2:15.67	
		1620 hours		Open 200M BUTTERFLY	1:56.48	1:57.64	1:59.97	2:01.17	1:56.71	2:00.79	21
		1630 hours	22	Open 200M BUTTERFLY	2:08.43	2:09.71	2:12.28	2:13.60	2:09.21	2:13.73	
		1640 hours		Open 400M FREESTYLE	3:46.78	3:49.05	3:53.58	3:55.92	3:48.15	3:56.14	23
		1650 hours	24	Open 400M INDIVIDUAL MEDLEY	4:38.53	4:41.32	4:46.89	4:49.76	4:43.06	4:52.97	
*2 nd attempt OST/B + 1% swimmer											

截止報名日期 **CLOSING DATE FOR ENTRIES: 9th June 2021 (Wednesday) (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 Long Course Swimming Time Trial IV (20th June 2021)

SWIMMING COMPETITIONS

Rules & Regulations

Date/Venue	20 th June 2021 (Sunday) Hong Kong Sports Institute Swimming Pool
Entry Conditions	❖ All competitors must be 2021 – 2022 registered age group swimmers of HKASA and register to HKASA on or before 1st June 2021 ❖ Must be HKSI ETG swimmers (Full time, Part Time & Potential Swimmers) ❖ Only LC Results achieved from recent 2 years will be considered, i.e. from 1st January 2019 – 19th June 2021 ❖ 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'. ❖ Swimmer can apply for the 2nd Trial after they has achieved OST/B Time+1% or faster in the first trial of the concerned event. ❖ 2nd Trial Entry Form shall submit by HKSI Coaches within 30 minutes after official result show on scoreboard
Closing Date for Registration	1 st June 2021 (Tuesday) 1200 noon
Closing Date for Entries	9 th June 2021 (Wednesday) 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.
Doping Control	❖ This meet is one of the qualify meets of Olympic Games and FINA Swimming World Championships (Long Course & Short Course), all swimmers who achieved FINA Qualifying Time Standards are required to conduct a doping test
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.

香港業餘游泳總會
香港長池游泳計時賽 IV
比賽規程

日期/場地：	二零二一年六月二十日(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 2021-2022 年度分齡組泳員，並於二零二一年六月一日或之前註冊 ✧ 只限體育學院資助運動員(全職、兼職及潛質泳員) ✧ 所有項目只接受最近兩年長池比賽報名成績 (2019 年 1 月 1 日至 2021 年 6 月 19 日) ✧ 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 個人項目 ✧ 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 ✧ 運動員如於其參賽項目達到奧運 B 標+1%或更高水平，可申請參加第二次測試賽 ✧ 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：	二零二一年六月一日(星期二)十二時正或之前辦妥
截止報名：	二零二一年六月九日(星期三) 十二時正或之前辦妥
項目：	請參閱項目表。所有項目不設初賽，名次以比賽成績計算
棄權：	棄權須於每節開賽三十分鐘前遞交。“缺席”的罰款為每項港幣\$30 元正
規則：	✧ 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
運動禁藥管制	✧ 此比賽是奧運會及 FINA 世界游泳錦標賽(長池及短池) 達標賽之一，所有達標運動員均需要進行運動禁藥檢測
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、兼職運動員及潛質運動員必須於 **6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, Part-time athletes and Potential athletes must return the specimen bottle (provided by HKSI) to HKSI destined point (Appendix 3) **in between 8:00 am – 9:30 am on 18th June 2021**. All officials, Part-time athletes and Potential athletes could only enter HKSI with a negative COVID-19 test result and confirming their identities by the HKSI staff. All officials, part-time athletes and potential athletes could not visit any sports facilities other than the swimming pools in HKSI on 20th June 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、兼職運動員及潛質運動員使用(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, Part-time athletes and Potential athletes only (Appendix 1).

4. 全職和兼職的運動員及潛質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 & Potential 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及潛質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, Part-time athletes and Potential 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、兼職運動員及潛質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, Part-time athletes and Potential athletes at HKSI on 20th June 2021.

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



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比賽安排 / Competition arrangement:

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

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

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

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

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

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

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

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

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

- 熱身時:
- 每條線道不可超過 8 名泳員。
 - 線道 0 至 線道 3 只限全職運動員使用；
 - 線道 4 至 線道 9 只限兼職及潛質運動員使用。

- Warm up:
- No more than 8 swimmers per swimming lane
 - Lane No. 0 to Lane No. 3 for Full-time athletes only ;
 - Lane No. 4 to Lane No. 9 for Part-time & Potential 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 – 11:00 am 上午比賽完結後 30 分鐘內，所有只有上午比賽的泳員 必須離開體院游泳池。 All athletes who is 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 :	11:00 am – 1:30 pm 所有工作人員及下午有賽事的兼職運動員及潛質運動 員留在體院游泳池內由體院餐廳安排午膳 All officials, Part-time athletes and Potential athletes who are 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) :	1:30 pm – 2:45 pm 2:45 pm 之後停止內進，緊急事件除外。 The swimming pool entrance shall be closed after 2:45 pm (except for emergency case)
下午熱身時間 / Warm Up - PM Session:	2:00 pm – 2:45 pm
下午比賽時間 / Competition - PM Session:	3:00 pm – 5:00 pm 比賽完結後一小時內，所有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.

- 後備泳員(賽程排名第九及第十名)須於該項目比賽前到等候區報到。如欲棄權，必須於指定時間內遞交棄權表格。

Reserve swimmers (Ranked 9th & 10th place in the event program) shall report to the waiting area before the start of each respective event. Scratch is required.

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

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

- 泳員完成比賽後，只限用線道 0 上水並領回所有私人物品及配帶口罩，返回游泳池看台已劃分之小區作等待或休息，亦可到體院 25 米游泳池作放鬆。體院 25 米游泳池的線道安排與體院游泳池(主池) 的防疫規格一樣，將會劃分水線供全職運動員、兼職泳員及潛質運動員使用，每條線道不可超過 8 名泳員。

When the race finished, swimmers leave the pool at Lane No. 0 and collect all their belongings, put on their masks then return to the spectator stand area for waiting/resting; or go to HKSI 25m swimming pool for warming down. The rules and regulations for using the HKSI 25m swimming pool shall be the same as the HKSI 52m swimming pool which separate the swimming lanes for Full-time athletes, Part-time athletes and Potential athletes and shall not hold more than 8 swimmers per swimming lane in the same time.

- A. Male changing room (Part-time & Potential Swimmers)
男更衣室 (兼職及潛質運動員)
- 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 & Potential Swimmers)
女更衣室 (兼職及潛質運動員)

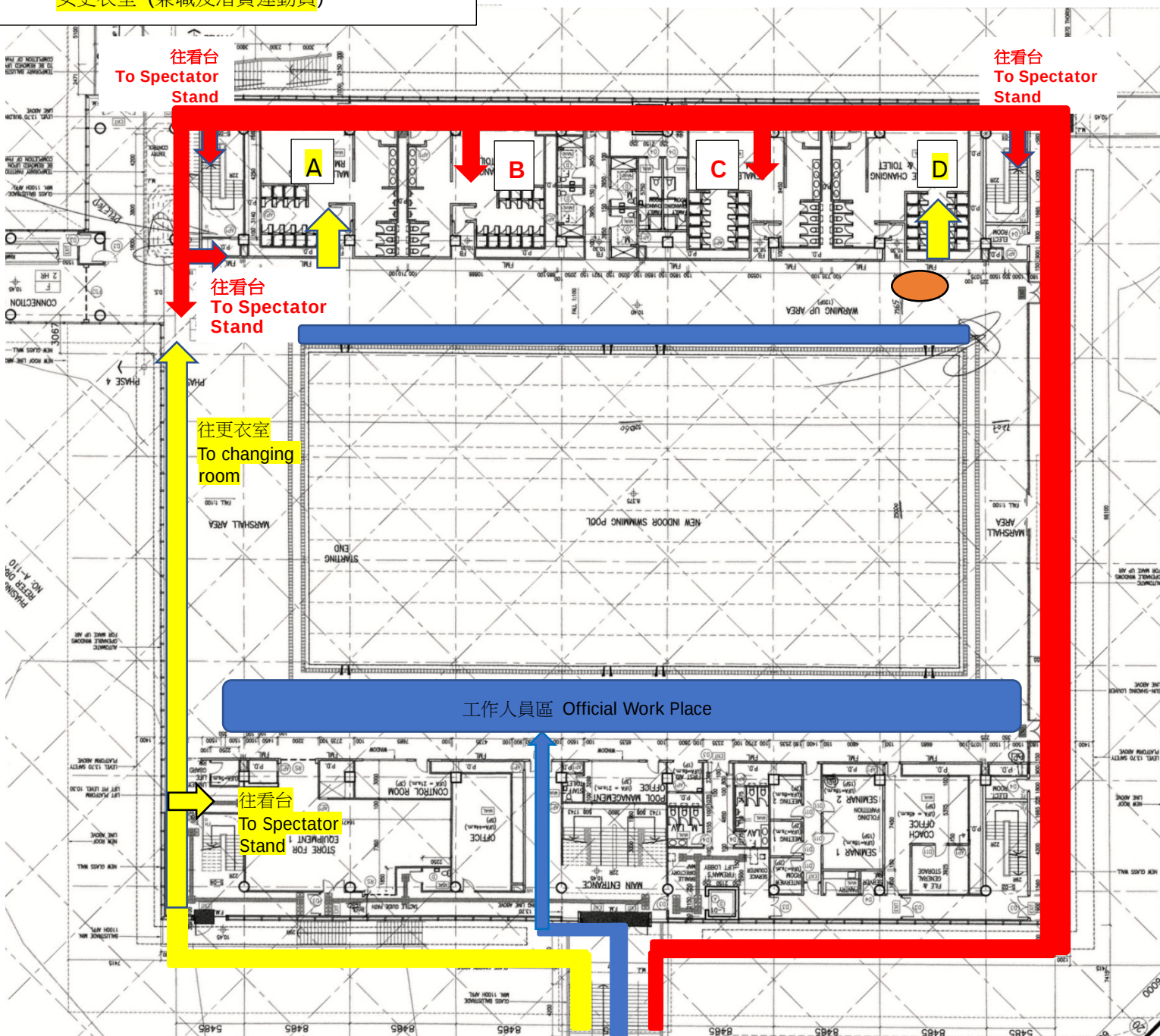
Red for Full-time Swimmers Only 紅色只供全職運動員

Yellow for Part-time and Potential Swimmers Only

黃色只供兼職及潛質運動員

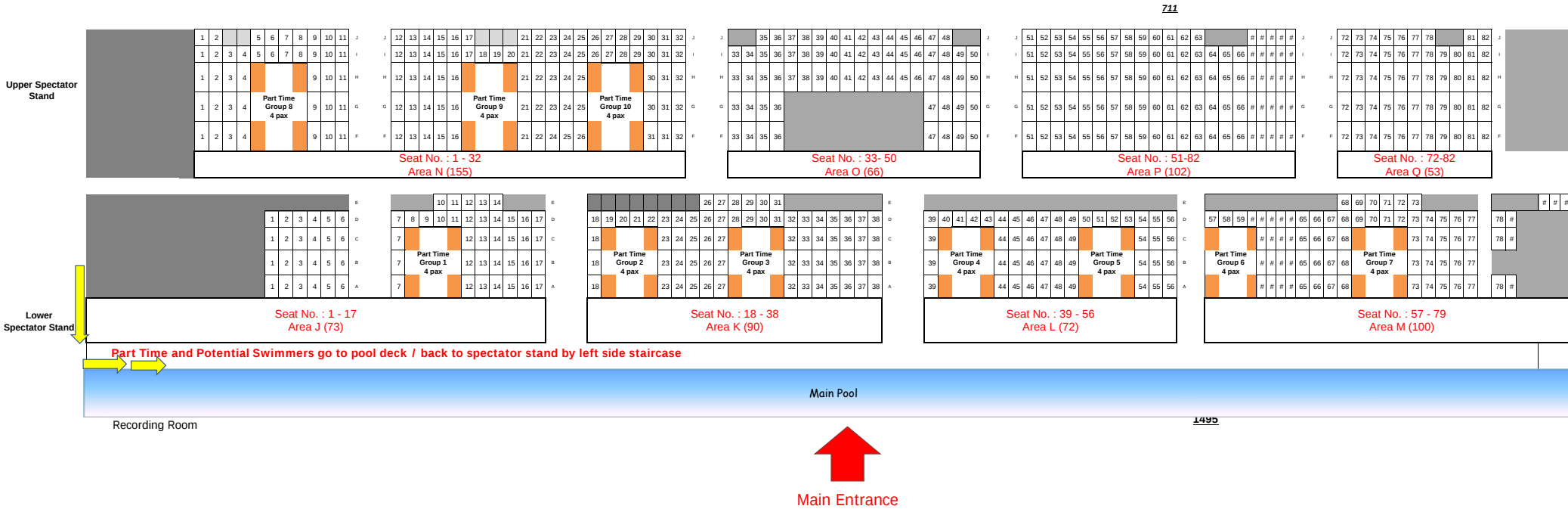
Blue for Officials Only 藍色只供工作人員

Waiting area for Reserve swimmer (Rank 9th & 10th)
後備泳員等候區 (賽程排名第九及第十名)



Swimming Pool Main Entrance

泳池正入口



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 Keep the sample bag dry when dropping specimen
- ⑥ **Return the specimen on 18 June 2021, Friday between 08:00am – 09:30am**
- ⑦ Specimen collection point at the Front Door of the Main Building, 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 交回樣本時，請保持樣本袋內外乾爽
- ⑥ **請於2021年6月18日(星期五)，上午8時至9時半期間交回樣本**
- ⑦ 樣本瓶收集處設於香港體育學院主大樓正門(*請參考有關位置圖*)



示範錄像



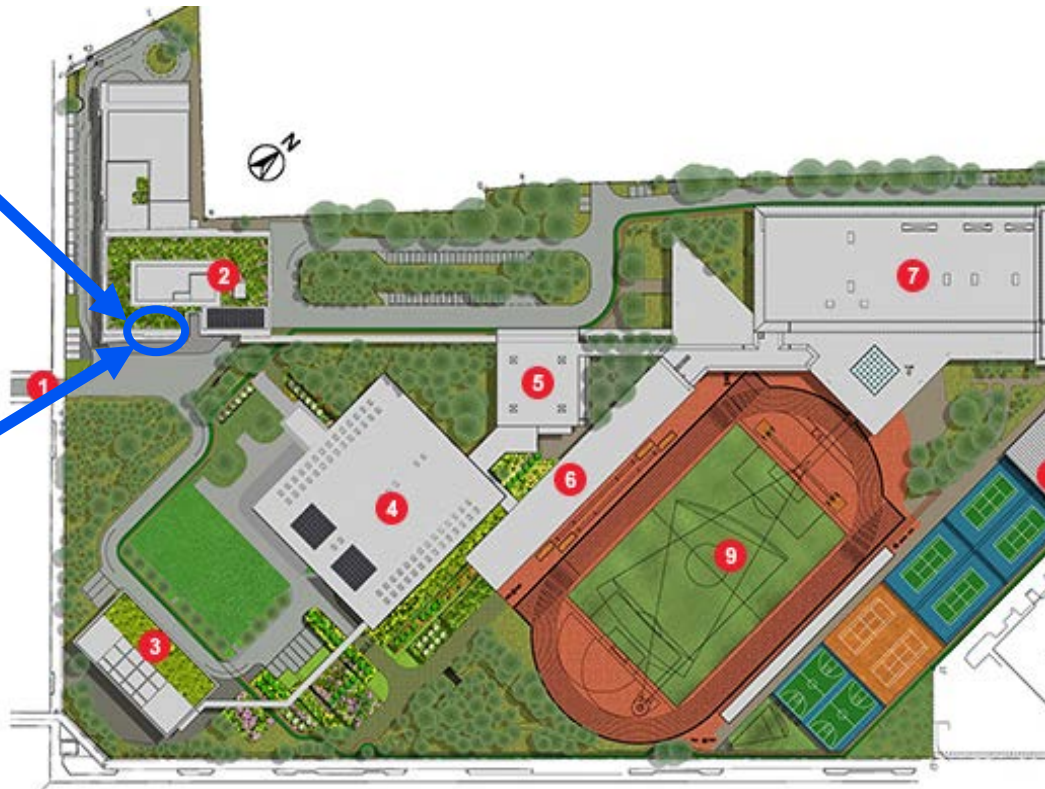
Demonstration
Video

Location Map 位置圖:

**Front Door of
the HKSI Main Building**
香港體育學院主大樓正門



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)

50m Pool – Qualifying Times for Fukuoka 2022 Applied

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

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

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

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

Explanation:

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

For this meet, the standards broke down as follows:

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

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

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

HONG KONG SWIMMING RECORDS

Listed Date: 2nd June 2021

HONG KONG LONG COURSE RECORDS

MEN'S EVENTS

50 Free	22.09 HO Ian Yentou, SCA	Hong Kong Long Course Swimming Time Trial III, May 9, 2021
*100 Free	49.15 CHEUK Ming Ho, CPS	Div.1 AG LC Swim Comp. Part 2, May. 29-30, 2021
*200 Free	1:47.61 CHEUK Ming Ho, CPS	Div.1 AG LC Swim Comp. Part 2, May. 29-30, 2021
400 Free	3:50.53 CHEUK Ming Ho, CPS	64 th Festival of Sport LC Time Trial II, Apr 18, 2021
800 Free	8:03.41 CHEUK Ming Ho, CPS	Hong Kong National Olympic Time Trial, Mar 21, 2021
1500 Free	15:38.76 CHEUK Ming Ho, CPS	18 th Asian Games, Jakarta- Palembang, Aug 19-24, 2018
50 Back	26.03 LAU Shiu Yue, HTA	5 th FINA World Junior Swimming Champ 2015, Aug 25-30, 2015
*100 Back	56.50 LAU Shiu Yue, HTA	Div.1 AG LC Swim Comp. Part 2, May. 29-30, 2021
200 Back	2:05.07 LAU Shiu Yue, HTA	64 th Festival of Sport LC Time Trial II, Apr 18, 2021
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	4:26.78 WHITTINGTON, Peter Harry, DLS	Hong Kong National Olympic Time Trial, Mar 21, 2021
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

*: Pending for Swimming Committee's Ratification

#Hong Kong Best Time

HKRLC20210602

HONG KONG SWIMMING RECORDS

Listed Date: 2nd June 2021

HONG KONG LONG COURSE RECORDS

WOMEN'S EVENTS

50 Free	24.59 HAUGHEY Siobhan Bernadette, SCA	Hong Kong Long Course Swimming Time Trial III, May 9, 2021
100 Free	53.30 HAUGHEY Siobhan Bernadette, SCA	TYR Pro Swim Series Des Moines, Mar 4-7 2020
200 Free	1:54.89 HAUGHEY Siobhan Bernadette, SCA	64 th Festival of Sport LC Time Trial II, Apr 18, 2021
400 Free	4:10.87 HAUGHEY Siobhan Bernadette, SCA	Hong Kong Long Course Swimming Time Trial III, May 9, 2021
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	4:01.77 Hong Kong Team AU Hoi Shun Stephanie, YEUNG Jamie Zhen Mei, HAUGHEY Siobhan Bernadette, TAM Hoi Lam 1:01.25 2:09.19 3:06.15	Div.1 AG LC Swim Comp. Part 2, May. 29-30, 2021
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: 2nd June 2021

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

HKRLC20210602

HONG KONG SWIMMING RECORDS

Listed Date: 2nd June 2021

HONG KONG LONG COURSE JUNIOR RECORDS (Under 16 years)

MEN'S EVENTS

50 Free	23.65 NG Chun Nam Derick, WTS	Australian Age Swim. Champ., Apr 07, 2010
100 Free	51.24 NG Chun Nam Derick, WTS	HK Age Group LC SW Championships 2009-10, Oct. 24, 2009
200 Free	1:52.59 Cheuk Ming Ho, CPS	17 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	2:06.22 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

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HONG KONG SWIMMING RECORDS

Listed Date: 2nd June 2021

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, 2007
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

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HONG KONG SWIMMING RECORDS

Listed Date: 2nd June 2021

HONG KONG AGE GROUP LONG COURSE RECORDS

BOYS' 10 & UNDER EVENTS

50 Free	29.13 RUAN Wan Hang, WTS	HK Age Group LC SW Championships 2017-18, Nov. 3-5, 2017
100 Free	1:02.87 RUAN Wan Hang, WTS	HK Age Group LC SW Championships 2017-18, Nov. 3-5, 2017
200 Free	2:15.96 RUAN Wan Hang, WTS	HK Age Group LC SW Championships 2017-18, Nov. 3-5, 2017
50 Back	32.29 HO Siu Lun, DLS	The 5 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: 2nd June 2021

HONG KONG AGE GROUP LONG COURSE RECORDS

BOYS' 11 – 12 YEARS EVENTS

50 Free	25.59 LI Sing Hoi, WTS	HK Age Group LC SW Championships 2017-18, Nov. 3-5, 2017
100 Free	57.02 CHU, Hon Hei, WDA	Div. 1 AG LC Swim Comp. Part 3, Sep 21-22, 2019
200 Free	2:04.40 LEE Yat Yuen Yen, HTA	HK Age Group LC SW Championships 2019-20, Nov. 1-3, 2019
400 Free	4:21.19 LAI King Wo, WTS	HK Age Group LC SW Championships 2019-20, Nov. 1-3, 2019
50 Back	29.28 CHAN Tsz Kwan, TPS	HKSSF Div. 1 Inter-School Swim. Comp., Oct 18, 2019
100 Back	1:03.66 HO Siu Lun, DLS	The 6 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	2:16.51 LAU Kin Hei James, HTA	Div.1 AG LC Swim Comp. Part 2, May. 29-30, 2021
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-yau, 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: 2nd June 2021

HONG KONG AGE GROUP LONG COURSE RECORDS

BOYS' 13 – 14 YEARS EVENTS

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

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

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

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

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

HKSSF Div. 1 Inter-School Swim. Comp. Oct 23, 2013
The 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

HKRLC20210602

HONG KONG SWIMMING RECORDS

Listed Date: 2nd June 2021

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	4:26.78 WHITTINGTON, Peter Harry, DLS	Hong Kong National Olympic Time Trial, Mar 21, 2021

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

HKRLC20210602

Hong Kong Long Course Swimming Time Trial IV - 20-Jun-21

Meet Program

Event 1 Men 200 LC Meter Freestyle

OQTA: 1:47.02

OSTB: 1:50.23

WCA: 1:47.06

WCB: 1:50.81

HKR: 1:47.61

JR: 1:52.59

CHEUK Ming Ho, CPS

Lane	ID#	Name	Age	Team	Seed Time
Heat 1 of 2 Timed Finals					
1	17507 B	Leung, Cheuk Fung	18	Dali Swimming Club	2:02.51
2	28345 B	Sum, Ka Lok Leo	17	White Dolphin	2:00.34
3	21094 IAZ	Leung, Chun Hei Bryan	20	Win Tin	1:56.47
4	25777 B	Cheuk, Ming Ho	19	Chi Pui	1:47.61
5	24648 B	Kwok, Chun Hei	17	Hoi Tin	1:55.72
6	29257 B	He, Shing Ip	15	Chi Pui	1:58.17
7	35894 B	Chui, Ka Yeung	15	Win Tin	2:01.03
8	32463 IAZ	Chan, Austin	15	Dik Wing	2:04.13
Alternative					
1	30733 B	Lai, King Wo	14	Win Tin	2:04.75
2	33890 IAZ	Lai, Chun Wai	13	Lai Wa	2:28.20

Event 2 Women 100 LC Meter Freestyle

OQTA: 54.38

OSTB: 56.01

WCA: 54.25

WCB: 56.15

HKR: 53.30

JR: 54.47

HAUGHEY Siobhan Bernadette,SCA

Lane	ID#	Name	Age	Team	Seed Time
Heat 1 of 2 Timed Finals					
1	22842 IAZ	Tang, Tsoi Lam Katii	19	Happy Valley	57.35
2	04515 ICZ	Sze, Hang Yu	33	Win Tin	56.62
3	14159 B	Cheng, Camille Lily Mei	28	Hoi Tin	55.98
4	06425 B	Haughey, Siobhan Bernadette	23	South China	53.30
5	11920 B	Tam, Hoi Lam	23	Current Club Ltd	55.14
6	21383 B	Ho, Nam Wai	19	Win Tin	56.18
7	05641 IBZ	Chan, Kin Lok	27	Win Tin	57.04
8	27089 B	Chan, Ying Sen	16	Hoi Tin	59.91
Alternative					
1	32517 B	Wong, Hoi Wai	14	Happy Valley	1:00.38
2	34467 B	Chan, Tsz Ching	15	Sea Lion	1:01.28

Event 3 Men 100 LC Meter Butterfly

OQTA: 51.96

OSTB: 53.52

WCA: 51.96

WCB: 53.78

HKR: 53.70

JR: 54.42

CHEAH Geoffrey, SCA

Lane	ID#	Name	Age	Team	Seed Time
Heat 1 of 1 Timed Finals					
1	29257 B	He, Shing Ip	15	Chi Pui	1:06.52
2	22961 B	Chan, Tsun Hin	16	White Dolphin	1:01.73
3	32463 IAZ	Chan, Austin	15	Dik Wing	1:01.48
4	20058 P	Lim Nicholas, Owen Zhaoguan	20	LRC	54.23
5	08999 B	Ho, Tin Long	24	Win Tin	54.72
6	33755 IAZ	Lau, Kin Hei James	12	Hoi Tin	1:01.65
7	33935 B	Yau, Pak Ho	13	Chi Pui	1:04.46
8	29884 B	Kwong, Jacob Yat Nam	14	Win Tin	1:10.93

Hong Kong Long Course Swimming Time Trial IV - 20-Jun-21

Meet Program

Event 4 Women 100 LC Meter Backstroke

OQTA: 1:00.25

OSTB: 1:02.06

WCA: 1:00.59

WCB: 1:02.71

HKR: 1:00.22

JR: 1:03.48

AU Hoi Shun Stephanie, DWA

Lane	ID#	Name	Age	Team	Seed Time
Heat 1 of 1 Timed Finals					
2	29498 B	Tang, Yee Man	17	Dik Wing	1:10.02
3	18904 B	Wong, Ching Lam	19	Win Tin	1:05.50
4	00866 IAZ	Au, Hoi Shun Stephanie	29	Dik Wing	1:00.22
5	22719 IAZ	Wong, Toto Kwan To	21	Hoi Tin	1:02.07
6	25098 B	Fung, Suet Ying Chloe	16	Win Tin	1:05.61

Event 5 Men 50 LC Meter Freestyle

OQTA: 22.01

OSTB: 22.67

WCA: 22.18

WCB: 22.96

HKR: 22.09

JR: 23.65

HO Ian Yentou, SCA

Lane	ID#	Name	Age	Team	Seed Time
Heat 1 of 2 Timed Finals					
1	28863 B	Leung, Chun Him	18	Dali Swimming Club	24.93
2	25254 B	Ho, Siu Lun	17	Dali Swimming Club	24.83
3	32248 B	Li, Sing Hoi	16	Win Tin	24.45
4	39105 IAO	Ho, Ian Yentou	24	South China	22.09
5	20289 IAZ	Tsui, Wai Chi	18	Win Tin	23.84
6	21094 IAZ	Leung, Chun Hei Bryan	20	Win Tin	24.81
7	21248 B	Lau, Ping Chi	18	Hoi Tin	24.90
8	35894 B	Chui, Ka Yeung	15	Win Tin	25.00
Alternative					
1	30798 IAZ	Yeung, Hei Pui	15	Dali Swimming Club	25.37
2	19970 IAZ	Chang, Tak Kin David	19	Chi Pui	25.75

Event 6 Women 100 LC Meter Breaststroke

OQTA: 1:07.07

OSTB: 1:09.08

WCA: 1:07.43

WCB: 1:09.79

HKR: 1:07.69

JR: 1:11.30

KONG Yvette Man Yi, SCA

Lane	ID#	Name	Age	Team	Seed Time
Heat 1 of 1 Timed Finals					
1	29843 B	Lai, Tsz Yan	13	Win Tin	1:21.54
2	28108 B	Seeto, Wai Ching	16	Keung Sang	1:18.10
3	30162 ICX	Chang, Yujuan	21	Win Tin	1:11.82
4	15574 P	Yeung, Jamie Zhen Mei	23	Hoi Tin	1:09.29
5	29060 IAZ	Lam, Hoi Kiu	17	Hoi Tin	1:10.60
6	34467 B	Chan, Tsz Ching	15	Sea Lion	1:16.64
7	33004 B	So, Reenie	15	Win Tin	1:18.67
8	33742 IAZ	Lam, Chelsie	12	Dali Swimming Club	1:22.41

Hong Kong Long Course Swimming Time Trial IV - 20-Jun-21

Meet Program

Event 7 Men 100 LC Meter Breaststroke

OQTA: 59.93

OSTB: 1:01.73

WCA: 59.75

WCB: 1:01.84

HKR: 1:01.91

JR: 1:05.29

TO Kenneth King Him, LWS

Lane	ID#	Name	Age	Team	Seed Time
Heat 1 of 1	Timed Finals				
1	32099 B	Ng, Wai Ting	13	Win Tin	1:25.90
2	27080 B	Chan, Tsz Chung Samuel	17	Sword Fish Club	1:07.81
3	18823 B	Ng, Michael Yu Hin	21	Chi Pui	1:04.02
4	12303 IAZ	Ng, Yan Kin	23	Hoi Tin	1:03.16
5	22987 IAZ	Yuen, Kai Ho	18	Hoi Tin	1:03.86
6	22994 B	Wong, Benson	18	Dali Swimming Club	1:05.51
7	30574 IAZ	Cheung, Ryan	14	Chi Pui	1:14.96

Event 8 Women 100 LC Meter Butterfly

OQTA: 57.92

OSTB: 59.66

WCA: 58.33

WCB: 1:00.37

HKR: 58.24

JR: 1:00.54

Hannah WILSON, SCA

Lane	ID#	Name	Age	Team	Seed Time
Heat 1 of 1	Timed Finals				
1	32517 B	Wong, Hoi Wai	14	Happy Valley	1:05.81
2	29449 B	Leung, Wing Tsun Rachel	14	Win Tin	1:05.48
3	04515 ICZ	Sze, Hang Yu	33	Win Tin	1:00.80
4	05641 IBZ	Chan, Kin Lok	27	Win Tin	1:00.43
5	20540 IAZ	Kan, Cheuk Tung Natalie	19	Happy Valley	1:00.48
6	26843 B	Yue, Wai Lui Valerie	19	Happy Valley	1:04.07
7	25263 B	Tai, Samantha Natalie	16	Pacific	1:05.64
8	25098 B	Fung, Suet Ying Chloe	16	Win Tin	1:08.94

Event 9 Men 100 LC Meter Backstroke

OQTA: 53.85

OSTB: 55.47

WCA: 54.03

WCB: 55.92

HKR: 56.50

JR: 57.73

LAU Shiu Yue, HTA

Lane	ID#	Name	Age	Team	Seed Time
Heat 1 of 2	Timed Finals				
1	33755 IAZ	Lau, Kin Hei James	12	Hoi Tin	1:15.05
2	35666 IM	Chan, Cheuk Kit	14	Win Tin	1:10.50
3	19970 IAZ	Chang, Tak Kin David	19	Chi Pui	1:00.65
4	12117 IAZ	Lau, Shiu Yue	23	Hoi Tin	56.50
5	24751 B	Lau, Hoi Hang	16	Lai Wa	1:00.22
6	22210 B	Chan, Yin Ban	17	White Dolphin	1:02.49
7	33935 B	Yau, Pak Ho	13	Chi Pui	1:12.75
8	33890 IAZ	Lai, Chun Wai	13	Lai Wa	1:15.09
Alternative					
1	36457 B	Wong, Kaden Lok Fung	12	Hoi Tin	1:18.77

Hong Kong Long Course Swimming Time Trial IV - 20-Jun-21

Meet Program

Event 10 Women 400 LC Meter Freestyle

OQTA: 4:07.90

OSTB: 4:15.34

WCA: 4:10.57

WCB: 4:19.34

HKR: 4:10.87

JR: 4:13.81

HAUGHEY Siobhan Bernadette,SCA

Lane	ID#	Name	Age	Team	Seed Time
Heat 1 of 1	Timed Finals				
3	31841 IAZ	Ng, Lai Wa	15	Hoi Tin	4:27.97
4	30054 IAZ	Cheng, Chloe	16	Pacific	4:19.32
5	22842 IAZ	Tang, Tsoi Lam Katii	19	Happy Valley	4:21.84
6	29449 B	Leung, Wing Tsun Rachel	14	Win Tin	4:40.93

Event 11 Men 400 LC Meter IM

OQTA: 4:15.84

OSTB: 4:21.46

WCA: 4:17.48

WCB: 4:26.49

HKR: 4:26.78

JR: 4:32.42

WHITTINGTON, Peter Harry, DLS

Lane	ID#	Name	Age	Team	Seed Time
Heat 1 of 1	Timed Finals				
3	31864 IAZ	Kwong, Bui Ming	15	Hoi Ngai	4:57.65
4	30192 B	Whittington, Peter Harry	17	Dali Swimming Club	4:26.78
5	18823 B	Ng, Michael Yu Hin	21	Chi Pui	4:39.44
6	29884 B	Kwong, Jacob Yat Nam	14	Win Tin	5:05.49

Event 12 Women 200 LC Meter IM

OQTA: 2:12.56

OSTB: 2:16.54

WCA: 2:12.98

WCB: 2:17.63

HKR: 2:12.10

JR: 2:13.35

HAUGHEY Siobhan Bernadette,SCA

Lane	ID#	Name	Age	Team	Seed Time
Heat 1 of 1	Timed Finals				
3	29843 B	Lai, Tsz Yan	13	Win Tin	2:45.44
4	30054 IAZ	Cheng, Chloe	16	Pacific	2:18.98
5	18904 B	Wong, Ching Lam	19	Win Tin	2:21.37

Event 13 Men 200 LC Meter Breaststroke

OQTA: 2:10.35

OSTB: 2:14.26

WCA: 2:10.32

WCB: 2:14.88

HKR: 2:15.34

JR: 2:18.11

NG Michael Yu Hin, CPS

Lane	ID#	Name	Age	Team	Seed Time
Heat 1 of 1	Timed Finals				
1	32101 B	Yuen, Kurtis Chung Kiu	13	Win Tin	3:05.39
2	27080 B	Chan, Tsz Chung Samuel	17	Sword Fish Club	2:32.43
3	22987 IAZ	Yuen, Kai Ho	18	Hoi Tin	2:21.41
4	18823 B	Ng, Michael Yu Hin	21	Chi Pui	2:15.34
5	22994 B	Wong, Benson	18	Dali Swimming Club	2:19.28
6	12303 IAZ	Ng, Yan Kin	23	Hoi Tin	2:24.69
7	30574 IAZ	Cheung, Ryan	14	Chi Pui	2:39.62

Hong Kong Long Course Swimming Time Trial IV - 20-Jun-21
Meet Program

Event 14 Women 200 LC Meter Freestyle**OQTA: 1:57.28****OSTB: 2:00.80****WCA: 1:58.66****WCB: 2:02.81****HKR: 1:54.89****JR: 1:59.77****HAUGHEY Siobhan Bernadette,SCA**

Lane	ID#	Name	Age	Team	Seed Time
Heat 1 of 2 Timed Finals					
1	32517 B	Wong, Hoi Wai	14	Happy Valley	2:12.38
2	31841 IAZ	Ng, Lai Wa	15	Hoi Tin	2:09.37
3	22842 IAZ	Tang, Tsoi Lam Katii	19	Happy Valley	2:02.90
4	21383 B	Ho, Nam Wai	19	Win Tin	2:01.38
5	30054 IAZ	Cheng, Chloe	16	Pacific	2:02.00
6	04515 ICZ	Sze, Hang Yu	33	Win Tin	2:06.16
7	25101 B	Ng, Sze Kwan	15	Kowloon Tong Club	2:10.12
8	29449 B	Leung, Wing Tsun Rachel	14	Win Tin	2:12.64
Alternative					
1	34467 B	Chan, Tsz Ching	15	Sea Lion	2:21.13

Event 15 Men 100 LC Meter Freestyle**OQTA: 48.57****OSTB: 50.03****WCA: 48.77****WCB: 50.48****HKR: 49.15****JR: 51.24****CHEUK Ming Ho, CPS**

Lane	ID#	Name	Age	Team	Seed Time
Heat 1 of 2 Timed Finals					
1	28863 B	Leung, Chun Him	18	Dali Swimming Club	55.13
2	35894 B	Chui, Ka Yeung	15	Win Tin	54.25
3	21094 IAZ	Leung, Chun Hei Bryan	20	Win Tin	53.25
4	25777 B	Cheuk, Ming Ho	19	Chi Pui	49.15
5	20058 P	Lim Nicholas, Owen Zhaoguan	20	LRC	51.90
6	20289 IAZ	Tsui, Wai Chi	18	Win Tin	53.94
7	28345 B	Sum, Ka Lok Leo	17	White Dolphin	54.86
8	19970 IAZ	Chang, Tak Kin David	19	Chi Pui	56.21
Alternative					
1	17507 B	Leung, Cheuk Fung	18	Dali Swimming Club	56.40
2	32463 IAZ	Chan, Austin	15	Dik Wing	57.09

Event 16 Women 50 LC Meter Freestyle**OQTA: 24.77****OSTB: 25.51****WCA: 25.04****WCB: 25.92****HKR: 24.59****JR: 25.38****HAUGHEY Siobhan Bernadette,SCA**

Lane	ID#	Name	Age	Team	Seed Time
Heat 1 of 1 Timed Finals					
1	34467 B	Chan, Tsz Ching	15	Sea Lion	28.38
2	22842 IAZ	Tang, Tsoi Lam Katii	19	Happy Valley	26.78
3	14159 B	Cheng, Camille Lily Mei	28	Hoi Tin	25.94
4	06425 B	Haughey, Siobhan Bernadette	23	South China	24.59
5	11920 B	Tam, Hoi Lam	23	Current Club Ltd	25.38
6	20540 IAZ	Kan, Cheuk Tung Natalie	19	Happy Valley	26.00
7	27089 B	Chan, Ying Sen	16	Hoi Tin	28.17

Hong Kong Long Course Swimming Time Trial IV - 20-Jun-21

Meet Program

Event 17 Men 200 LC Meter IM

OQTA: 1:59.67

OSTB: 2:03.26

WCA: 1:59.76

WCB: 2:03.95

HKR: 2:01.37

JR: 2:07.94

TO Kenneth King Him, LWS

Lane	ID#	Name	Age	Team	Seed Time
Heat 1 of 2 Timed Finals					
1	30574 IAZ	Cheung, Ryan	14	Chi Pui	2:26.79
2	32248 B	Li, Sing Hoi	16	Win Tin	2:16.74
3	18823 B	Ng, Michael Yu Hin	21	Chi Pui	2:11.07
4	30192 B	Whittington, Peter Harry	17	Dali Swimming Club	2:07.03
5	11438 B	Fung, Chun Ho	23	Hoi Tin	2:08.05
6	22210 B	Chan, Yin Ban	17	White Dolphin	2:12.66
7	33755 IAZ	Lau, Kin Hei James	12	Hoi Tin	2:19.68
8	36457 B	Wong, Kaden Lok Fung	12	Hoi Tin	2:35.68
Alternative					
1	33890 IAZ	Lai, Chun Wai	13	Lai Wa	2:41.20
2	32099 B	Ng, Wai Ting	13	Win Tin	2:44.96

Event 18 Women 200 LC Meter Breaststroke

OQTA: 2:25.52

OSTB: 2:29.89

WCA: 2:25.91

WCB: 2:31.02

HKR: 2:27.96

JR: 2:32.79

HAUGHEY Siobhan Bernadette,SCA

Lane	ID#	Name	Age	Team	Seed Time
Heat 1 of 1 Timed Finals					
3	34467 B	Chan, Tsz Ching	15	Sea Lion	2:43.16
4	29060 IAZ	Lam, Hoi Kiu	17	Hoi Tin	2:34.00
5	30162 ICX	Chang, Yujuan	21	Win Tin	2:36.03

Event 19 Men 200 LC Meter Backstroke

OQTA: 1:57.50

OSTB: 2:01.03

WCA: 1:58.07

WCB: 2:02.20

HKR: 2:05.07

JR: 2:07.52

LAU Shiu Yue, HTA

Lane	ID#	Name	Age	Team	Seed Time
Heat 1 of 1 Timed Finals					
3	24751 B	Lau, Hoi Hang	16	Lai Wa	2:12.51
4	12117 IAZ	Lau, Shiu Yue	23	Hoi Tin	2:05.07
5	19970 IAZ	Chang, Tak Kin David	19	Chi Pui	2:09.95
6	35666 IM	Chan, Cheuk Kit	14	Win Tin	2:20.93

Event 20 Women 200 LC Meter Backstroke

OQTA: 2:10.39

OSTB: 2:14.30

WCA: 2:11.08

WCB: 2:15.67

HKR: 2:09.33

JR: 2:17.31

LAU Yin Yan Claudia, DLS

Lane	ID#	Name	Age	Team	Seed Time
Heat 1 of 1 Timed Finals					
3	25098 B	Fung, Suet Ying Chloe	16	Win Tin	2:22.98
4	22719 IAZ	Wong, Toto Kwan To	21	Hoi Tin	2:17.42
5	26843 B	Yue, Wai Lui Valerie	19	Happy Valley	2:21.04

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Event 21 Men 200 LC Meter Butterfly

OQTa: 1:56.48

OSTB: 1:59.67

WCA: 1:56.71

WCB: 2:00.79

HKR: 2:00.43

JR: 2:06.22

LIM Nicholas Owen ZhaoguangLRC

Lane	ID#	Name	Age	Team	Seed Time
Heat 1 of 1 Timed Finals					
3	29884 B	Kwong, Jacob Yat Nam	14	Win Tin	2:22.94
4	20058 P	Lim Nicholas, Owen Zhaoguan	20	LRC	2:00.43
5	08999 B	Ho, Tin Long	24	Win Tin	2:03.80
6	33935 B	Yau, Pak Ho	13	Chi Pui	2:38.55

Event 22 Women 200 LC Meter Butterfly

OQTa: 2:08.43

OSTB: 2:12.28

WCA: 2:09.21

WCB: 2:13.73

HKR: 2:13.91

JR: 2:14.96

NAM Carmen, TPS

Lane	ID#	Name	Age	Team	Seed Time
Heat 1 of 1 Timed Finals					
4	25263 B	Tai, Samantha Natalie	16	Pacific	2:20.95
5	32517 B	Wong, Hoi Wai	14	Happy Valley	2:21.99

Event 23 Men 400 LC Meter Freestyle

OQTa: 3:46.78

OSTB: 3:53.58

WCA: 3:48.15

WCB: 3:56.14

HKR: 3:50.53

JR: 3:57.77

CHEUK Ming Ho, CPS

Lane	ID#	Name	Age	Team	Seed Time
Heat 1 of 2 Timed Finals					
1	32463 IAZ	Chan, Austin	15	Dik Wing	4:24.48
2	35894 B	Chui, Ka Yeung	15	Win Tin	4:17.27
3	29257 B	He, Shing Ip	15	Chi Pui	4:08.43
4	25777 B	Cheuk, Ming Ho	19	Chi Pui	3:50.53
5	24648 B	Kwok, Chun Hei	17	Hoi Tin	4:05.14
6	21094 IAZ	Leung, Chun Hei Bryan	20	Win Tin	4:11.46
7	30733 B	Lai, King Wo	14	Win Tin	4:20.38
8	29884 B	Kwong, Jacob Yat Nam	14	Win Tin	4:25.73
Alternative					
1	31864 IAZ	Kwong, Bui Ming	15	Hoi Ngai	4:28.67
2	35666 IM	Chan, Cheuk Kit	14	Win Tin	4:38.54

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Event 24 Women 400 LC Meter IM**OQTA: 4:38.53****OSTB: 4:46.89****WCA: 4:43.06****WCB: 4:52.97****HKR: 4:51.30****JR: 4:51.30****HAUGHEY Siobhan Bernadette,SCA**

Lane	ID#	Name	Age	Team	Seed Time
Heat 1 of 1	Timed Finals				
2	29449 B	Leung, Wing Tsun Rachel	14	Win Tin	5:17.12
3	31841 IAZ	Ng, Lai Wa	15	Hoi Tin	5:05.90
4	18904 B	Wong, Ching Lam	19	Win Tin	4:59.82
5	30054 IAZ	Cheng, Chloe	16	Pacific	5:01.75
6	30162 ICX	Chang, Yujuan	21	Win Tin	5:13.19