

Organizer

主辦機構

Co-organizer

協辦機構

Subvented by

資助機構

Sponsored by

贊助機構



Programme

比賽賽程



HONG KONG CHINA SWIMMING ASSOCIATION

(MEMBER OF WORLD AQUATICS)

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

National Long Course Swimming Trial - 67th Festival of Sport

第 67 屆體育節 - 長池游泳計時賽

13-14 April 2024 (Sat-Sun)

二零二四年四月十三至十四日(星期六至日)

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

Sport for All 全民運動

National Long Course Swimming Trial - 67th Festival of Sport

No. of Entries by Event		
Event #	Event Name	Entries
1	Men 100 Freestyle	28
2	Women 200 Freestyle	33
3	Men 50 Breaststroke	35
4	Women 100 Breaststroke	38
5	Men 400 IM	20
6	Women 100 Butterfly	23
7	Men 100 Backstroke	33
8	Women 50 Backstroke	23
9	Men 200 Butterfly	23
10	Women 200 IM	21
11	Men 400 Freestyle	20
12	Women 50 Freestyle	34
13	Men 200 Breaststroke	42
14	Women 800 Freestyle	11
15	Men 50 Butterfly	39
16	Women 200 Backstroke	25
17	Men 800 Freestyle	24
18	Women 1500 Freestyle	6
19	Men 200 Freestyle	42
20	Women 100 Freestyle	30
21	Men 100 Breaststroke	37
22	Women 50 Breaststroke	37
23	Men 100 Butterfly	33
24	Women 400 IM	12
25	Men 50 Backstroke	35
26	Women 100 Backstroke	39
27	Men 200 IM	20
28	Women 200 Butterfly	12
29	Men 50 Freestyle	51
30	Women 400 Freestyle	20
31	Men 1500 Freestyle	24
32	Women 200 Breaststroke	35
33	Men 200 Backstroke	31
34	Women 50 Butterfly	36
Total		972

Entry information by Day		
Day / Session	No. of Entries	Total
Day1	472	972
Day2	500	

National Long Course Swimming Trial - 67th Festival of Sport
第67屆體育節 - 長池游泳計時賽

EVENT LIST

Venue: 香港體育學院 HKSI Date: 13-14 April 2024 (Sat - Sun)

AM Warmup: 0800 - 0845 hours Start: 0900 hours

PM Warmup: 1430 - 1515 hours Start: 1530 hours

Day 1						
Women	QT	Event			QT	Men
			100M	Freestyle	00:55.38	1
2	02:19.97	Freestyle	200M			
			50M	Breaststroke	00:32.66	3
4	01:23.48	Breaststroke	100M			
			400M	Ind. Medley	05:19.19	5
6	01:13.26	Butterfly	100M			
			100M	Backstroke	01:07.39	7
8	00:33.77	Backstroke	50M			
			200M	Butterfly	02:25.98	9
10	02:38.84	Ind. Medley	200M			
			400M	Freestyle	04:34.03	11
12	00:28.83	Freestyle	50M			
			200M	Breaststroke	02:41.90	13
14	09:50.29	Freestyle	800M			
			50M	Butterfly	00:28.10	15
16	02:37.67	Backstroke	200M			
			800	Freestyle	09:30.00	17
Day 2						
Women	QT	Event			QT	Men
18	19:20.00	Freestyle	1500			
			200M	Freestyle	02:08.25	19
20	01:02.90	Freestyle	100M			
			100M	Breaststroke	01:11.64	21
22	00:37.66	Breaststroke	50M			
			100M	Butterfly	01:04.75	23
24	05:38.68	Ind. Medley	400M			
			50M	Backstroke	00:30.58	25
26	01:15.80	Backstroke	100M			
			200M	Ind. Medley	02:24.55	27
28	02:31.17	Butterfly	200M			
			50M	Freestyle	00:25.97	29
30	04:52.07	Freestyle	400M			
			1500M	Freestyle	18:20.31	31
32	03:02.68	Breaststroke	200M			
			200M	Backstroke	02:28.79	33
34	00:32.16	Butterfly	50M			

截止註冊日期 CLOSING DATE FOR REGISTRATION: 1 March 2024 (1700 hours)

截止報名日期 CLOSING DATE FOR ENTRIES: 22 March 2024 (1700 hours)

第 67 屆體育節 - 長池游泳計時賽

比賽章程

日期	第一日 13/4/2024 (星期六) 熱身時間: 0800-0845 比賽開始: 0900 熱身時間: 1430 - 1515 比賽開始: 1530	第二日 14/4/2024 (星期日) 熱身時間: 0800-0845 比賽開始: 0900 熱身時間: 1430-1515 比賽開始: 1530
主辦機構	中國香港體育協會暨奧林匹克委員會	
協辦機構	中國香港游泳總會	
資助機構	康樂及文化事務署	
地點	香港體育學院游泳池	
報名條件	❖ 所有參賽者必須為中國香港游泳總會正式註冊的 2024-2025 年度(SW 組別)泳員。 ❖ 錦標賽參賽資格規則適用。 ❖ 泳員須達到標準時間方可參加比賽。 ❖ 首次報名參與體育節長池游泳計程賽而未能提交本會舉辦或認可游泳賽事的成績證明，必須以該項的達標時間報名。	
報名/棄權	❖ 每名泳員可參加不多於六個個人項目。 ❖ 每項報名費為港幣\$15 元正。 ❖ 所有以達標時間("QT") 報名的項目一律為港幣\$15+港幣\$40, 即港幣\$55 元正。 ❖ 不正確及未達標泳員的報名資料，將不獲受理，報名費概不發還。 ❖ 截止後的報名將不獲受理。 ❖ 13 歲或以上的泳員方可參加 800 米及 1500 自由泳項目。 ❖ 所有初賽棄權須於比賽首天前一天(工作天)中午十二時正前遞交。 ❖ 決賽棄權須於每項初賽成績公佈後三十分鐘內遞交。 ❖ 合資格進入下午決賽的第九及第十名後備泳員如欲棄權，必需遞交棄權表格。	
截止註冊	二零二四年三月一日 (星期五) (1700 小時)	
截止報名	二零二四年三月二十二日 (星期五) (1700 小時)	
項目及參賽標準	請參閱項目表 (附達標時間)。	
形式	初賽 (上午) 及決賽 (下午)。	
規則	❖ 如泳員在比賽前或比賽後被發現參加多於指定數量，本會將取消該泳員最後一項的項目成績。 ❖ 八個或少於八個泳員報名的項目於下午舉行。 ❖ 合資格進入下午決賽的第九及第十名後備泳員須於下午決賽前到召集處報到。 ❖ 未能達到參賽標準之泳員將不能參加決賽。 ❖ 800 米及 1500 米自由泳項目以時間定名次，報名時間最快的首八名泳員將安排於下午作賽，其餘泳員則於上午作賽。 ❖ 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。 ❖ 不達標項目的每項罰款為港幣\$120 元正。 ❖ 每項初賽「缺席」的罰款為港幣\$120 元正。 ❖ 每項決賽「缺席」的罰款為港幣\$1000 元正。 ❖ 比賽將採用世界泳聯及本會規則。	
獎項及計分方法	❖ 個人項目前三名將獲發獎牌。未能達到參賽標準之泳員將不獲發獎牌。 ❖ 挑戰盃男子/女子個人總冠軍：頒發給在 2024 年香港長池得分表中達到最高分（計至小數後兩個位）的泳員。 (如得分相同，優勝將以下一個最高得分的參賽項目來定奪) ❖ 破香港紀錄的本地泳員獲頒發特別獎，並需進行藥物檢驗。	

上訴	❖ 任何上訴須以書面提出，並須在該項目比賽後三十分鐘內，連同上訴費港幣\$300 元遞交予總裁判。 ❖ 若上訴被駁回，已繳費用概不發還。
運動禁藥管制	❖ 比賽大會設有運動禁藥檢測。大會有權挑選任何參賽運動員接受藥檢。被挑選運動員須在監察下提供尿液樣本。拒絕提供樣本或檢測結果呈陽性均屬違反運動禁藥規條，處分可包括： 1. 取消比賽成績 2. 停賽 停賽期間不可以用任何身份(包括作為出賽運動員、教練、領隊、裁判等)參與比賽及體育活動 3. 罰款港幣\$20,000 4. 身份及違例詳情被公佈 5. 其他適用處分 ❖ 參賽運動員應細閱並了解在中國香港運動禁藥管制機構有限公司官方網頁 (www.antidoping.hk)中的運動禁藥規條及資訊。 根據嚴格責任原則，運動員須對存在於其體內的任何物質負責，「不知情」並不可用作陽性個案的抗辯理由。
第 67 屆體育節 - 長池游泳計時賽為世界泳聯認可之 2024 巴黎奧林匹克運動會 – 游泳項目本地達標賽。	

National Long Course Swimming Trial

- 67th Festival of Sport

Rules & Regulations

Date	<u>Day 1 13/4/2024 (Sat)</u> Warm Up: 0800-0845 Start: 0900 Warm Up: 1430-1515 Start: 1530 <u>Day 2 14/4/2024 (Sun)</u> Warm Up: 0800-0845 Start: 0900 Warm Up: 1430-1515 Start: 1530
Organizer	Sports Federation & Olympic Committee of Hong Kong, China (SF&OC)
Co-organizer	Hong Kong China Swimming Association
Subvented By	Leisure and Cultural Services Department
Venue	HKSI Swimming Pool
Entry Conditions	❖ All competitors must be 2024/25 registered swimmers (SW) of HKGSA. ❖ Championship Eligibility rule applies. ❖ Swimmers should reach the qualifying standard. ❖ For all new entries for any event entered with no proven result, Qualify time for individual event shall be used as entry time.
Entries/Scratch	❖ Each swimmer is limited to no more than 6 individual events. ❖ HK\$15.00 per event. ❖ *HK\$ 15 + HK\$40 = HK\$ 55 For each Qualify time ("QT") entry ❖ Entries must be submitted with HKGSA master entry forms & fees. Incorrect information or not qualified swimmers will be rejected and fees paid will not be refunded. ❖ Late entries will not be accepted. ❖ Swimmers who enroll in 800m and 1500m freestyle must be age 13 or above. ❖ Scratch for heats must be submitted one working day before the first event day at 1200 noon. ❖ Scratch for finals must be submitted within 30 minutes following the announcement of the prelim result. ❖ Scratch for reserve swimmers in the final list (9th & 10th place) of respective final events is required.
Closing Date for Registration	1 March 2024 (Fri) (1700 Hours)
Closing Date for Entries	22 March 2024 (Fri) (1700 hours)
Event list and Qualifying Standards	Please refer to event list. (with qualifying standards)
Format	Heat (morning session) and Final (afternoon session).
Rules	❖ In case of any swimmer entering number of events in excess of the entry quota, HKGSA will have the sole discretion to scratch or cancel the swimmer's last entry event at any point of time. ❖ Events with 8 or less swimmers will proceed to the afternoon session. ❖ Reserve swimmers in the final list (9th & 10th place in the morning session) shall report to the marshalling area. ❖ Swimmer not meeting the respective qualifying times will not be allowed to swim in the final. ❖ Time Final format will be applied to 800M/1500M events, slow heats will be in the morning while the fastest heat will take place in the afternoon session. ❖ Application for Split Time Record: swimmers who apply for split time record should submit application form with application fee of HK\$300 to the Referee 30 minutes

	before the start of each session. ❖ A fine of \$120 will be charged for each “not qualified” ❖ A fine of \$120 will be charged for each “no show” of Preliminary. ❖ A fine of \$1000 will be charged for each “no show” of Final. ❖ World Aquatics & HKGSA Rules will apply.
Awards	❖ Medals will be awarded to 1st, 2nd and 3rd places. Medals will not be awarded to swimmers failed to achieve the respective qualifying times. ❖ <u>Challenge Cup for Outstanding Male / Female Swimmer</u>: presented to male / female who achieve the highest HK LC point score 2024 (calculated to 2 decimal places) in individual event. (In case of a tie, winner will be determined by the swimmers’ second highest scored event obtained.) ❖ Special awards will be presented to swimmers who break Hong Kong Records and doping test will be requested.
Protest	❖ Any protest shall be made in writing to the Referee within 30 minutes following the result announcement of the respective event with an appeal fee of HK\$300. ❖ If the protest is rejected, fee paid will be forfeited.
Anti -Doping Test	❖ Random Doping tests will be conducted by HKGSA at this event. Any participating athletes could be selected for doping tests and be requested to provide urine sample under witness. Sanctions for Anti-Doping Rules violation, such as refusal to providing sample or returning of positive test results, may include: 1. Disqualification of results achieved at the event 2. Ineligibility in sport During the period of ineligibility, the individual is not allowed to participate in any capacity (including but not limited to competing athlete, coach, team official, judge etc.) in competitions or other sporting activities. 3. Financial sanction of HK\$20,000 4. Public disclosure of athlete’s identity and details of the violation 5. Any other applicable sanctions. ❖ Athletes should read and understand the anti-doping regulations and information available on the official webpage of Anti-Doping Organization of Hong Kong, China Limited (www.antidoping.hk). According to the Strict Liability Principle, athlete is responsible for what could be found in his/her body. Ignorance could not be used as an excuse for a positive test.
National Long Course Swimming Trial - 67th Festival of Sport is one of the Local Qualifying meets of Paris 2024 Olympic Games – Swimming Events sanctioned by World Aquatics.	



3 rd July 2024	World Aquatics to inform NOCs of OQT athletes and OCT athlete invitations
3 rd July 2024	World Aquatics to confirm the allocation of Universality Places to NOCs
4 th July 2024	NOCs to confirm use of OQT athletes and OCT athlete invitations to World Aquatics
4 th July 2024	NOCs to confirm the acceptance of Universality Places
5 th July 2024	World Aquatics to reallocate unused OCT athletes' invitations
By 5 th July 2025	World Aquatics to reallocate all unused quota places
5 July 2024	World Aquatics to inform Paris 2024 Sports Entries Department of all allocated quota places
8 July 2024	Paris 2024 Sport Entries deadline
26 th July – 11 th August 2024	Olympic Games Paris 2024 (Swimming - 27 th July – 4 th August 2024)

H. QUALIFICATION TIME STANDARDS

The following table outlines the Qualification Time Standards* for the Olympic Games Paris 2024:

Men's		Event	Women's	
Olympic Qualifying Time (OQT) – 2 Entries	Olympic Consideration Time (OCT) – 1 Entry		Olympic Qualifying Time (OQT) – 2 Entries	Olympic Consideration Time (OCT) – 1 Entry
21.96	22.07	50m Freestyle	24.70	24.82
48.34	48.58	100m Freestyle	53.61	53.88
1:46.26	1:46.79	200m Freestyle	1:57.26	1:57.85
3:46.78	3:47.91	400m Freestyle	4:07.90	4:09.14
7:51.65	7:54.01	800m Freestyle	8:26.71	8:29.24
15:00.99	15:05.49	1500m Freestyle	16:09.09	16:13.94
53.74	54.01	100m Backstroke	59.99	1:00.29
1:57.50	1:58.09	200m Backstroke	2:10.39	2:11.04
59.49	59.79	100m Breaststroke	1:06.79	1:07.12
2:09.68	2:10.33	200m Breaststroke	2:23.91	2:24.63
51.67	51.93	100m Butterfly	57.92	58.21
1:55.78	1:56.36	200m Butterfly	2:08.43	2:09.07
1:57.94	1:58.53	200m Individual Medley	2:11.47	2:12.13
4:12.50	4:13.76	400m Individual Medley	4:38.53	4:39.92

***Explanation :**

- OQTs correspond to the time achieved by the 14th Place in the respective preliminary heats of the event in Tokyo 2020.
- All OCTs were derived by adding 0.5% to the OQT time standard.

The qualification for the World Aquatics Swimming Championships (25m) 2024 Budapest (HUN) is set out below. Entry times will only be accepted if they have been achieved at a World Aquatics-approved qualification event, either in a 25m pool or a 50m pool, within the period **23 July 2023 – 17 November 2024**. All times achieved outside this qualifying period will not be accepted. The Standard Entry Times for the World Aquatics Championships Doha 2024 will be applied as the standard times for 50m pool competitions.

1. Programme and Qualifying Times

Standard Entry Times (25m course)

Women			Men	
W - "B"	W - "A"		M - "A"	M - "B"
25.30	24.44	50m Freestyle	21.40	22.15
55.66	53.78	100m Freestyle	47.23	48.88
1:59.65	1:55.60	200m Freestyle	1:44.08	1:47.72
4:15.59	4:06.95	400m Freestyle	3:42.50	3:50.29
8:46.99	8:29.17	800m Freestyle	7:45.02	8:01.30
16:49.40	16:15.27	1500m Freestyle	14:49.29	15:20.42
27.47	26.54	50m Backstroke	23.38	24.20
1:00.11	58.08	100m Backstroke	51.30	53.10
2:09.93	2:05.54	200m Backstroke	1:52.66	1:56.60
31.52	30.45	50m Breaststroke	26.57	27.50
1:07.56	1:05.28	100m Breaststroke	57.63	59.65
2:28.40	2:23.38	200m Breaststroke	2:06.23	2:10.65
26.72	25.82	50m Butterfly	22.53	23.32
59.41	57.40	100m Butterfly	50.57	52.34
2:13.36	2:08.85	200m Butterfly	1:53.61	1:57.59
1:01.74	59.65	100m Individual Medley	52.98	54.83
2:14.72	2:10.16	200m Individual Medley	1:55.25	1:59.28
4:47.25	4:37.54	400m Individual Medley	4:09.19	4:17.91

Men & Women		
1 Team	4 x 50 m Freestyle	1 Team
1 Team	4 x 100 m Freestyle	1 Team
1 Team	4 x 200 m Freestyle	1 Team
1 Team	4 x 50 m Medley	1 Team
1 Team	4 x 100 m Medley	1 Team

Mixed	
4 x 50 m Freestyle Mixed	1 Team
4 x 50 m Medley Mixed	1 Team

Explanation:

1. The "A" Standards for the World Aquatics Swimming Championships (25m) 2024 were created by using the faster of two times with a 1% or more variation from:

- The Melbourne 2022 "A" qualifying time standard; and
- The 16th place time from Melbourne 2022 preliminary heats

For these Championships, the standards broke down as follows:

Women: 15 of the 2024 "A" time standards were the 2022 "A" time standard, and 3 of the 2024 "A" time standards were the 16th place time from the 2022 Worlds.

Men: 16 of the 2024 "A" time standards were the 2022 "A" time standard, and 2 of the 2024 "A" time standards were the 16th place time from the 2022 Worlds.

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

Standard Entry Times (50m course)

Women			Men	
W - "B"	W - "A"		M - "A"	M - "B"
25.92	25.04	50m Freestyle	22.12	22.89
56.15	54.25	100m Freestyle	48.51	50.21
2:02.81	1:58.66	200m Freestyle	1:47.06	1:50.81
4:19.34	4:10.57	400m Freestyle	3:48.15	3:56.14
8:56.03	8:37.90	800m Freestyle	7:53.11	8:09.67
17:04.20	16:29.57	1500m Freestyle	15:04.64	15:36.30
29.21	28.22	50m Backstroke	25.16	26.04
1:02.71	1:00.59	100m Backstroke	54.03	55.92
2:15.67	2:11.08	200m Backstroke	1:58.07	2:02.20
32.11	31.02	50m Breaststroke	27.33	28.29
1:09.71	1:07.35	100m Breaststroke	59.75	1:01.84
2:31.02	2:25.91	200m Breaststroke	2:10.32	2:14.88
27.24	26.32	50m Butterfly	23.53	24.35
1:00.37	58.33	100m Butterfly	51.96	53.78
2:13.73	2:09.21	200m Butterfly	1:56.71	2:00.79
2:17.63	2:12.98	200m Individual Medley	1:59.53	2:03.71
4:52.97	4:43.06	400m Individual Medley	4:17.48	4:26.49

2. Reference to the governing rules pertaining to registration and sport entries

[World Aquatics Competition Regulations](#), Part One – Rules Applicable to All Aquatic Sports, 6.2 Swimming – Registration and Sport Entries (Ver. As of 1 January 2024)

HONG KONG SWIMMING RECORDS

Listed Date: 12th March 2024

HONG KONG LONG COURSE RECORDS

MEN'S EVENTS

50 Free	21.83 HO Ian Yentou, SCA	World Aquatics Championships – Doha 2024, Feb 11 – 18, 2024
100 Free	49.15 CHEUK Ming Ho, CPS	Div.1 AG LC Swim Comp. Part 2, May. 29-30, 2021
200 Free	1:47.46 CHEUK Ming Ho, CPS	Div.1 AG LC Swim Comp. Part 3, Jun. 26-27, 2021
400 Free	3:50.53 CHEUK Ming Ho, CPS	64 th Festival of Sport LC Time Trial II, Apr 18, 2021
800 Free	8:03.41 CHEUK Ming Ho, CPS	Hong Kong National Olympic Time Trial, Mar 21, 2021
1500 Free	15:38.76 CHEUK Ming Ho, CPS	18 th Asian Games, Jakarta- Palembang, Aug 19-24, 2018
50 Back	26.00 LAU Shiu Yue, HTA	Div.1 AG LC Swim Comp. Part 3, Jun. 26-27, 2021
100 Back	55.61 KWAN Hayden, PSC	HK Open Swimming Championships 2022, Aug. 19-21, 2022
200 Back	2:00.70 KWAN Hayden, PSC	HK Open Swimming Championships 2022, Aug. 19-21, 2022
50 Breast	28.23 TO Kenneth King Him, LWS	HK Age Group LC SW Championships 2017-18, Nov. 3-5, 2017
100 Breast	1:00.95 MAK Sai Ting Adam, HTA	11 th Asian Age Group Championships, Feb 26-29, 2024
200 Breast	2:11.20 MAK Sai Ting Adam, HTA	11 th Asian Age Group Championships, Feb 26-29, 2024
50 Fly	23.97 NG Cheuk Yin, TPS	HK Age Group LC SW Championships 2019-20, Nov. 1-3, 2019
100 Fly	53.38 NG Cheuk Yin, TPS	Div.1 AG LC Swim Comp. Part 3, Jun. 25-26, 2022
200 Fly	2:00.43 LIM Nicholas Owen Zhaoguang, LRC	62 nd FOS – LC Time Trial, April 13-14, 2019
200 IM	2:01.37 TO Kenneth King Him, LWS	29 th Summer Universiade, Aug 19-30, 2017
400 IM	4:26.54 WHITTINGTON, Peter Harry, DLS	Thailand Age Group Swimming Championships 2023, Apr 6-11, 2023
4x100 MR	3:42.40 Hong Kong Team KWAN Hayden, WONG Benson, NG Cheuk Yin, CHEUK Ming Ho 56.20 1:58.50 2:52.28	19 th Asian Games, Hangzhou 2022, Sep 24-29, 2023
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 ^AAsian Record #Hong Kong Best Time

HONG KONG SWIMMING RECORDS

Listed Date: 12th March 2024

HONG KONG LONG COURSE RECORDS

WOMEN'S EVENTS

50 Free	24.30 HAUGHEY Siobhan Bernadette, SCA	World Aquatics Swimming World Cup – Budapest, Oct 20-22, 2023
^A 100 Free	52.02 HAUGHEY Siobhan Bernadette, SCA	World Aquatics Swimming World Cup – Berlin, Oct 6-8, 2023
^A 200 Free	1:53.92 HAUGHEY Siobhan Bernadette, SCA	Tokyo 2020 Olympic Games, July 23 – August 8, 2021
400 Free	4:05.30 HAUGHEY Siobhan Bernadette, SCA	World Aquatics Swimming World Cup – Berlin, Oct 6-8, 2023
800 Free	8:41.66 AU Hoi Shun Stephanie, *DW	Olympic Games – Beijing, Aug 14, 2008
1500 Free	16:51.05 HO Nam Wai, WTS	Mare Nostrum 2019 – Barcelona, Jun 15-16, 2019
50 Back	27.98 AU Hoi Shun Stephanie, DWA	Mare Nostrum 2019 – Monaco, Jun 8-9, 2019
100 Back	1:00.22 AU Hoi Shun Stephanie, DWA	FINA Swimming World Cup – Singapore, Aug 15-17, 2019
200 Back	2:09.33 LAU Yin Yan Claudia, DLS	Div.1 AG LC Swim Comp. Part 3, Jul. 2-3, 2016
50 Breast	30.36 HAUGHEY Siobhan Bernadette, SCA	19 th Asian Games, Hangzhou 2022, Sep 24-29, 2023
100 Breast	1:05.92 HAUGHEY Siobhan Bernadette, SCA	World Aquatics Swimming World Cup – Athens, Oct 13-15, 2023
200 Breast	2:27.96 KONG Yvette Man Yi, SCA	World Aquatics Championships – Doha 2024, Feb 11 – 18, 2024
50 Fly	26.55 TAM Hoi Lam, CUC	Edinburgh International Swim Meet, Mar 11-13, 2016
100 Fly	58.12 HAUGHEY Siobhan Bernadette, SCA	66 th Festival of Sport LC Time Trial, Apr 15-16, 2023
200 Fly	2:13.06 MOK Sze Ki, HVA	66 th Festival of Sport LC Time Trial, Apr 15-16, 2023
200 IM	2:12.10 HAUGHEY Siobhan Bernadette, SCA	Hong Kong Open Swimming Champ. 2023, August 18-20, 2023
400 IM	4:48.58 CHENG Chloe, PSC	2017 Arena Pro Swim Series - Santa Clara, USA, June 1-4, 2017
4x100 MR	4:01.72 Hong Kong Team AU Hoi Shun Stephanie, HAUGHEY Siobhan Bernadette, KAN Cheuk Tung Natalie, TAM Hoi Lam 1:00.74 2:06.77 3:06.66	Div.1 AG LC Swim Comp. Part 3, Jun. 26-27, 2021
4x100 FR	3:39.10 Hong Kong Team CHENG Camille Lily Mei, HAUGHEY Siobhan Bernadette, TAM Hoi Lam, AU Hoi Shun Stephanie 56.11 1:48.03 2:43.69	19 th Asian Games, Hangzhou 2022, Sep 24-29, 2023
4x200 FR	8:02.42 Hong Kong Team CHENG Chloe, HAUGHEY Siobhan Bernadette, CHENG Camille Lily Mei, AU Hoi Shun Stephanie 2:03.19 3:57.40 5:59.86	19 th Asian Games, Hangzhou 2022, Sep 24-29, 2023

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

HONG KONG SWIMMING RECORDS

Listed Date: 12th March 2024

HONG KONG LONG COURSE RECORDS

MIXED'S EVENTS

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

4x100 MR 3:50.22 Hong Kong Team 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 ^AAsian Record #Hong Kong Best Time

HONG KONG SWIMMING RECORDS

Listed Date: 12th March 2024

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	28.83 TSUI Yik Ki, PSC	World Junior Swimming Championships – Netanya, Sep 4-9, 2023
100 Breast	1:03.01 MAK Sai Ting Adam, HTA	HKSSF Div. 1 Inter-School Swim. Comp, Jul 22, 2022
200 Breast	2:14.41 MAK Sai Ting Adam, HTA	65 th Festival of Sport LC Time Trial, Apr 23, 2022
50 Fly	24.74 NG Cheuk Yin, TPS	61 st FOS – LC SW Time Trial, Apr 14-15 2018
100 Fly	54.42 NG Chun Nam Derick, WTS	8 th Asian Swimming Champ., Nov 25, 2009
200 Fly	2:01.23 LAU Kin Hei James, HTA	World Junior Swimming Championships – Netanya, Sep 4-9, 2023
200 IM	2:05.10 LAU Kin Hei James, HTA	66 th Festival of Sport LC Time Trial, Apr 15-16, 2023
400 IM	4:32.42 WHITTINGTON Peter Harry, DLS	HK Age Group LC SW Championships 2019-20, Nov. 1-3,2019
4x100 MR	3:59.69 PSC YU Chi Lung, TSUI Yik Ki, ZHU Xiuping, LAU Tsz Pok	Hong Kong Open Swimming Champ. 2023, August 18-20, 2023
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 ^Asian Record #Hong Kong Best Time

HONG KONG SWIMMING RECORDS

Listed Date: 12th March 2024

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, *DW	HK Age Group LC SW Championships 2007-08, Nov. 17,2007
800 Free	8:50.21 AU Hoi Shun Stephanie, *DW	3 rd H.K. Int' Open Swimming Champ, Aug 31, 2007
1500 Free	16:58.79 Anderson Charlotte Kiki, HIS	2014 Scottish Gas National AG Swim Champ, Jun 25-29,2014
50 Back	29.52 KAN Cheuk Tung Natalie, HVA	HKSSF Div. 2 Inter-School Swim. Comp, Oct 10, 2017
100 Back	1:03.30 CHEUNG Sum Yuet Cindy, TPS	HKSSF Div. 1 Inter-School Swim. Comp, Jul 22, 2022
200 Back	2:16.10 CHEUNG Sum Yuet Cindy, TPS	HK Age Group LC SW Championships 2021-22, Nov 5-7, 2021
50 Breast	32.45 MAN Wui Kiu, CPS	HK Age Group LC SW Championships 2022-23, Nov 4-6, 2022
100 Breast	1:10.24 MAN Wui Kiu, CPS	11th Asian Age Group Championships, Feb 26-29, 2024
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	2:14.06 MOK Sze Ki, HVA	HK Open Swimming Championships 2022, Aug. 19-21, 2022
200 IM	2:13.35 HAUGHEY Siobhan Bernadette, SCA	Tianjin 2013 6 th East Asian Games, Oct 10-15,2013
400 IM	4:51.30 HAUGHEY Siobhan Bernadette, SCA	Tianjin 2013 6 th East Asian Games, Oct 10-15,2013
4x100 MR	4:19.55 Hong Kong Team FUNG Suet Ying Chloe, CHENG Chloe, LAU Ping Yi Audrey, TSE On Ching	2 nd Youth Games of the People's Republic of China, Aug 8-18, 2019
*4x100 FR	3:51.08 Hong Kong Team LI Sum Yiu, MATHIS Mya Lynn, MAN Wui Kiu, LI Yuqing	11th Asian Age Group Championships, Feb 26-29, 2024
4x200 FR	8:32.64 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 ^Asian Record #Hong Kong Best Time

HONG KONG SWIMMING RECORDS

Listed Date: 12th March 2024

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 32.10 HSIEH Kurtis Yi Hon, TPS**

Singapore Swim Series I. Jan 12-14, 2024

100 Back	1:10.28 HSIEH Kurtis Yi Hon, TPS	HK Age Group LC SW Championships 2023-24, Oct. 6-7,29,2023
----------	----------------------------------	--

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 2:31.15 HSIEH Kurtis Yi Hon, TPS**

Singapore Swim Series I. Jan 12-14, 2024

HONG KONG AGE GROUP LONG COURSE RECORDS

GIRLS' 10 & UNDER EVENTS

50 Free	28.50 HAUGHEY Siobhan Bernadette, SCA	Div. 1 AG LC Swim Comp. Part 1, May 25, 2008
---------	---------------------------------------	--

100 Free	1:02.44 HAUGHEY Siobhan Bernadette, SCA	Div. 1 AG LC Swim Comp. Part 2, Jun. 29, 2008
200 Free	2:16.52 LOK Hoi Man, WTS	HK Age Group LC SW Championships 2011-12, Nov. 5,2011

50 Back	33.49 MA Wing Yu, *WA	HK Age Group LC SW Championships 2015-16, Nov. 6-8,2015
---------	-----------------------	---

100 Back	1:11.95 CHENG Jessica Chloe, TPS	Div.1 AG LC Swim Comp. Part 1, May 14-15, 2016
----------	----------------------------------	--

50 Breast	35.23 Lam Chelsie, DLS	3 rd All Hong Kong Inter-Area Primary Schools Swimming Competition 2018-2019, 8 June, 2019
100 Breast	1:15.44 HO Kang Ni Chloe, HTA	HK Age Group LC SW Championships 2023-24, Oct. 6-7,29,2023

50 Fly	30.56 LEE Si Yao Peony, TPS	2 nd All Hong Kong Inter-Area Primary Schools Swimming Competition 2017-2018, 9 June, 2018
100 Fly	1:09.78 LAU Ping Yi Audrey, HTA	Div.1 AG LC Swim Comp. Part 1, May 14-15, 2016

200 IM	2:32.15 HAUGHEY Siobhan Bernadette, SCA	Div. 1 AG LC Swim Comp. Part 3, Jul. 27, 2008
--------	---	---

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

HONG KONG SWIMMING RECORDS

Listed Date: 12th March 2024

HONG KONG AGE GROUP LONG COURSE RECORDS

BOYS' 11 – 12 YEARS EVENTS

50 Free	25.59 LI Sing Hoi, WTS	HK Age Group LC SW Championships 2017-18, Nov. 3-5, 2017
100 Free	56.91 YICK Sum Kiu, SLA	66 th Festival of Sport LC Time Trial, Apr 15-16, 2023
200 Free	2:01.93 Han Pak Kiu, HTA	HK Open Swimming Championships 2022, Aug. 19-21, 2022
400 Free	4:16.08 Han Pak Kiu, HTA	HK Open Swimming Championships 2022, Aug. 19-21, 2022
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	30.86 TAM Ka Ming, *CY	HKSSF Div. 1 Inter-School Swim. Comp, Oct 14, 2010
100 Breast	1:09.05 LAU Kin Hei James, HTA	HK Open Swimming Championships 2021, Aug. 6-8, 2021
200 Breast	2:30.15 WONG Benson, DLS	HKSSF Div. 1 Inter-School Swim. Comp, 28 Oct, 2015
50 Fly	27.23 CHAN Wai Ching Adrian, WTS	HKSSF Div. 1 Inter-School Swim. Comp, Nov 3, 2022
100 Fly	1:00.08 LAU Kin Hei James, HTA	Hong Kong Long Course Swimming Time Trial IV, June 20, 2021
200 Fly	2:13.93 LAU Kin Hei James, HTA	Div.1 AG LC Swim Comp. Part 3, Jun. 26-27, 2021
200 IM	2:15.50 LAU Kin Hei James, HTA	Div.1 AG LC Swim Comp. Part 3, Jun. 26-27, 2021

HONG KONG AGE GROUP LONG COURSE RECORDS

GIRLS' 11 – 12 YEARS EVENTS

50 Free	26.80 HAUGHEY Siobhan Bernadette, SCA	HKSSF Div 1 Inter-School Swim. Comp, Oct 14, 2010
100 Free	57.77 HAUGHEY Siobhan Bernadette, SCA	6 th HK Open Swimming Champ., Sep 4, 2010
200 Free	2:06.55 HAUGHEY Siobhan Bernadette, SCA	6 th HK Open Swimming Champ., Sep 4, 2010
400 Free	4:28.03 NAM Carmen, TPS	7 th Asian Swimming Champ, Mar. 07, 2006
*50 Back	30.77 WONG Hei Ching Henrietta, TPS	Div. 1 AG LC Swim Comp. Part 3, Mar 9-10, 2024
100 Back	1:06.02 KWOK Sabrina Christine, SCA	Zoggs Queensland Swim Champ 09, Dec 13, 2009
200 Back	2:21.61 HO Tin Wing, HTA	HK Age Group LC SW Championships 2022-23, Nov 4-6, 2022
50 Breast	33.64 MAN Wui Kiu, CPS	HK Open Swimming Championships 2022, Aug. 19-21, 2022
100 Breast	1:12.78 YIP Tsz-wa, DLS	HKSSF Div. 1 Inter-School Swim Comp., Oct 15, 2003
200 Breast	2:35.62 MA Hei-tung, DLS	LI FOS-Olympic Time Trial II, Apr 20, 2008
50 Fly	28.87 LAI Chu Yi, WTS	7 th HK Open Swimming Champ., Sep 4, 2011
100 Fly	1:02.95 MOK Sze Ki, HVA	HK Open Swimming Champ 2019, Aug 9-11, 2019
200 Fly	2:18.68 MOK Sze Ki, HVA	Div. 1 AG LC Swim Comp. Part 1, Jul 13-14, 2019
200 IM	2:21.79 HAUGHEY Siobhan Bernadette, SCA	Div. 1 AG LC Swim Comp. Part 3, Jul 25, 2010

HONG KONG SWIMMING RECORDS

Listed Date: 12th March 2024

HONG KONG AGE GROUP LONG COURSE RECORDS

BOYS' 13 – 14 YEARS EVENTS

50 Free 24.18 LAU Kin Hei James, HTA
100 Free 52.62 LAU Kin Hei James, HTA
200 Free 1:55.46 LAU Kin Hei James, HTA
400 Free 4:07.24 WANG Yi Shun, CPS
***800 Free 8:37.09 HAN Pak Kiu, 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 29.08 TSUI Yik Ki, PSC
100 Breast 1:05.00 LAU Kin Hei James, HTA
200 Breast 2:18.11 WONG Benson, DLS

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

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

HK Age Group LC SW Championships 2022-23, Nov 4-6, 2022
HK Age Group LC SW Championships 2023-24, Oct. 6-7, 2023
66th Festival of Sport LC Time Trial, Apr 15-16, 2023
66th Festival of Sport LC Time Trial, Apr 15-16, 2023
Div. 1 AG LC Swim Comp. Part 3, Mar 9-10, 2024
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

HKSSF Div. 1 Inter-School Swim. Comp, Nov 3, 2022
HKSSF Div. 1 Inter-School Swim. Comp, Nov 3, 2022
HK Open Swimming Champ 2017, July 28-30, 2017

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

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

HONG KONG AGE GROUP LONG COURSE RECORDS

GIRLS' 13 – 14 YEARS EVENTS

50 Free 25.67 LI Sum Yiu, WDA
***100 Free 55.92 LI Sum Yiu, WDA**
200 Free 2:02.00 CHENG Chloe, PSC
400 Free 4:19.32 CHENG Chloe, PSC
800 Free 8:56.31 HO Wai Nam, WTS
1500 Free 17:17.68 NAM Carmen, TPS

50 Back 29.95 LOO Tsz Ki Cherrie, DWA
100 Back 1:04.18 CHEUNG Sum Yuet Cindy, TPS
200 Back 2:17.61 LAU Yin Yan Claudia, DLS

50 Breast 32.45 MAN Wui Kiu, CPS
100 Breast 1:10.24 MAN Wui Kiu, CPS
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

1st National Student (Youth) Games of the People's Republic of China(Secondary)
Nov 7-11, 2023

11th Asian Age Group Championships, Feb 26-29, 2024

HKSSF Div. 1 Inter-School Swim. Comp., Oct 25, 2019
Div. 1 AG LC Swim Comp. Part 3, Sep. 21-22, 2019
Thailand Age Group Swimming Championships 2017
World Champ 2007 – Melbourne, Mar 26, 2007

Div.1 AG LC Swim Comp. Part 3, Jan 27, 2019
Div.1 AG LC Swim Comp. Part 3, Jun. 26-27, 2021
Hong Kong Open Champ. 07, Sep 2007

HK Age Group LC SW Championships 2022-23, Nov 4-6, 2022
11th Asian Age Group Championships, Feb 26-29, 2024
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

HONG KONG SWIMMING RECORDS

Listed Date: 12th March 2024

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	28.54 MAK Sai Ting Adam, HTA	11 th Asian Age Group Championships, Feb 26-29, 2024
100 Breast	1:00.95 MAK Sai Ting Adam, HTA	11 th Asian Age Group Championships, Feb 26-29, 2024
200 Breast	2:11.29 MAK Sai Ting Adam, HTA	1 st National Student (Youth) Games of the People's Republic of China (Open), Nov 1-4, 2023
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, *DW	HK Age Group LC SW Championships 2007-08, Nov. 17, 2007
800 Free	8:41.66 AU Hoi Shun Stephanie, *DW	Olympic Games – Beijing, Aug 14, 2008
1500 Free	16:51.05 HO Nam Wai, WTS	Mare Nostrum 2019 – Barcelona, Jun 15-16, 2019
50 Back	28.83 CHEUNG Sum Yuet Cindy, TPS	66 th Festival of Sport LC Time Trial, Apr 15-16, 2023
100 Back	1:01.57 CHEUNG Sum Yuet Cindy, TPS	World Junior Swimming Championships – Netanya, Sep 4-9, 2023
200 Back	2:10.35 CHEUNG Sum Yuet Cindy, TPS	66 th Festival of Sport LC Time Trial, Apr 15-16, 2023
50 Breast	31.82 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	27.16 YEUNG Hoi Ching, TPS	World Junior Swimming Championships – Netanya, Sep 4-9, 2023
100 Fly	59.77 YEUNG Hoi Ching, TPS	World Junior Swimming Championships – Netanya, Sep 4-9, 2023
200 Fly	2:13.06 MOK Sze Ki, HVA	Hong Kong Open Swimming Champ. 2023, August 18-20, 2023
200 IM	2:13.07 HAUGHEY Siobhan Bernadette, SCA	16 th FINA World Championships – Kazan 2015, Aug 2, 2015
400 IM	4:48.58 CHENG Chloe, PSC	Div.1 AG LC Swim Comp. Part 3, Jun. 26-27, 2021

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

Hong Kong Swimming Point Score 2024 (LC)

Men

Score	%	Freestyle						Backstroke		
		50m	100m	200m	400m	800m	1500m	50m	100m	200m
100	1.00	21.48	47.66	1:44.62	3:43.58	7:42.55	14:53.60	24.60	53.02	1:55.04
99	1.01	21.69	48.14	1:45.67	3:45.82	7:47.18	15:02.54	24.85	53.55	1:56.19
98	1.02	21.91	48.61	1:46.71	3:48.05	7:51.80	15:11.47	25.09	54.08	1:57.34
97	1.03	22.12	49.09	1:47.76	3:50.29	7:56.43	15:20.41	25.34	54.61	1:58.49
96	1.04	22.34	49.57	1:48.80	3:52.52	8:01.05	15:29.34	25.58	55.14	1:59.64
95	1.05	22.55	50.04	1:49.85	3:54.76	8:05.68	15:38.28	25.83	55.67	2:00.79
94	1.06	22.77	50.52	1:50.90	3:56.99	8:10.30	15:47.22	26.08	56.20	2:01.94
93	1.07	22.98	51.00	1:51.94	3:59.23	8:14.93	15:56.15	26.32	56.73	2:03.09
92	1.08	23.20	51.47	1:52.99	4:01.47	8:19.55	16:05.09	26.57	57.26	2:04.24
91	1.09	23.41	51.95	1:54.04	4:03.70	8:24.18	16:14.02	26.81	57.79	2:05.39
90	1.10	23.63	52.43	1:55.08	4:05.94	8:28.81	16:22.96	27.06	58.32	2:06.54
89	1.11	23.84	52.90	1:56.13	4:08.17	8:33.43	16:31.90	27.31	58.85	2:07.69
88	1.12	24.06	53.38	1:57.17	4:10.41	8:38.06	16:40.83	27.55	59.38	2:08.84
87	1.13	24.27	53.86	1:58.22	4:12.65	8:42.68	16:49.77	27.80	59.91	2:10.00
86	1.14	24.49	54.33	1:59.27	4:14.88	8:47.31	16:58.70	28.04	1:00.44	2:11.15
85	1.15	24.70	54.81	2:00.31	4:17.12	8:51.93	17:07.64	28.29	1:00.97	2:12.30
84	1.16	24.92	55.29	2:01.36	4:19.35	8:56.56	17:16.58	28.54	1:01.50	2:13.45
83	1.17	25.13	55.76	2:02.41	4:21.59	9:01.18	17:25.51	28.78	1:02.03	2:14.60
82	1.18	25.35	56.24	2:03.45	4:23.82	9:05.81	17:34.45	29.03	1:02.56	2:15.75
81	1.19	25.56	56.72	2:04.50	4:26.06	9:10.43	17:43.38	29.27	1:03.09	2:16.90
80	1.20	25.78	57.19	2:05.54	4:28.30	9:15.06	17:52.32	29.52	1:03.62	2:18.05
79	1.21	25.99	57.67	2:06.59	4:30.53	9:19.69	18:01.26	29.77	1:04.15	2:19.20
78	1.22	26.21	58.15	2:07.64	4:32.77	9:24.31	18:10.19	30.01	1:04.68	2:20.35
77	1.23	26.42	58.62	2:08.68	4:35.00	9:28.94	18:19.13	30.26	1:05.21	2:21.50
76	1.24	26.64	59.10	2:09.73	4:37.24	9:33.56	18:28.06	30.50	1:05.74	2:22.65
75	1.25	26.85	59.58	2:10.78	4:39.48	9:38.19	18:37.00	30.75	1:06.28	2:23.80
74	1.26	27.06	1:00.05	2:11.82	4:41.71	9:42.81	18:45.94	31.00	1:06.81	2:24.95
73	1.27	27.28	1:00.53	2:12.87	4:43.95	9:47.44	18:54.87	31.24	1:07.34	2:26.10
72	1.28	27.49	1:01.00	2:13.91	4:46.18	9:52.06	19:03.81	31.49	1:07.87	2:27.25
71	1.29	27.71	1:01.48	2:14.96	4:48.42	9:56.69	19:12.74	31.73	1:08.40	2:28.40
70	1.30	27.92	1:01.96	2:16.01	4:50.65	10:01.32	19:21.68	31.98	1:08.93	2:29.55
69	1.31	28.14	1:02.43	2:17.05	4:52.89	10:05.94	19:30.62	32.23	1:09.46	2:30.70
68	1.32	28.35	1:02.91	2:18.10	4:55.13	10:10.57	19:39.55	32.47	1:09.99	2:31.85
67	1.33	28.57	1:03.39	2:19.14	4:57.36	10:15.19	19:48.49	32.72	1:10.52	2:33.00
66	1.34	28.78	1:03.86	2:20.19	4:59.60	10:19.82	19:57.42	32.96	1:11.05	2:34.15
65	1.35	29.00	1:04.34	2:21.24	5:01.83	10:24.44	20:06.36	33.21	1:11.58	2:35.30
64	1.36	29.21	1:04.82	2:22.28	5:04.07	10:29.07	20:15.30	33.46	1:12.11	2:36.45
63	1.37	29.43	1:05.29	2:23.33	5:06.30	10:33.69	20:24.23	33.70	1:12.64	2:37.60
62	1.38	29.64	1:05.77	2:24.38	5:08.54	10:38.32	20:33.17	33.95	1:13.17	2:38.76
61	1.39	29.86	1:06.25	2:25.42	5:10.78	10:42.94	20:42.10	34.19	1:13.70	2:39.91
60	1.40	30.07	1:06.72	2:26.47	5:13.01	10:47.57	20:51.04	34.44	1:14.23	2:41.06
59	1.41	30.29	1:07.20	2:27.51	5:15.25	10:52.20	20:59.98	34.69	1:14.76	2:42.21
58	1.42	30.50	1:07.68	2:28.56	5:17.48	10:56.82	21:08.91	34.93	1:15.29	2:43.36
57	1.43	30.72	1:08.15	2:29.61	5:19.72	11:01.45	21:17.85	35.18	1:15.82	2:44.51
56	1.44	30.93	1:08.63	2:30.65	5:21.96	11:06.07	21:26.78	35.42	1:16.35	2:45.66
55	1.45	31.15	1:09.11	2:31.70	5:24.19	11:10.70	21:35.72	35.67	1:16.88	2:46.81
54	1.46	31.36	1:09.58	2:32.75	5:26.43	11:15.32	21:44.66	35.92	1:17.41	2:47.96
53	1.47	31.58	1:10.06	2:33.79	5:28.66	11:19.95	21:53.59	36.16	1:17.94	2:49.11

Hong Kong Swimming Point Score 2024 (LC)

Men

Score	%	Breaststroke			Butterfly			Ind Medley	
		50m	100m	200m	50m	100m	200m	200m	400m
100	1.00	26.79	58.62	2:07.42	23.06	51.07	1:54.43	1:56.66	4:11.70
99	1.01	27.06	59.21	2:08.69	23.29	51.58	1:55.57	1:57.83	4:14.22
98	1.02	27.33	59.79	2:09.97	23.52	52.09	1:56.72	1:58.99	4:16.73
97	1.03	27.59	1:00.38	2:11.24	23.75	52.60	1:57.86	2:00.16	4:19.25
96	1.04	27.86	1:00.96	2:12.52	23.98	53.11	1:59.01	2:01.33	4:21.77
95	1.05	28.13	1:01.55	2:13.79	24.21	53.62	2:00.15	2:02.49	4:24.29
94	1.06	28.40	1:02.14	2:15.07	24.44	54.13	2:01.30	2:03.66	4:26.80
93	1.07	28.67	1:02.72	2:16.34	24.67	54.64	2:02.44	2:04.83	4:29.32
92	1.08	28.93	1:03.31	2:17.61	24.90	55.16	2:03.58	2:05.99	4:31.84
91	1.09	29.20	1:03.90	2:18.89	25.14	55.67	2:04.73	2:07.16	4:34.35
90	1.10	29.47	1:04.48	2:20.16	25.37	56.18	2:05.87	2:08.33	4:36.87
89	1.11	29.74	1:05.07	2:21.44	25.60	56.69	2:07.02	2:09.49	4:39.39
88	1.12	30.00	1:05.65	2:22.71	25.83	57.20	2:08.16	2:10.66	4:41.90
87	1.13	30.27	1:06.24	2:23.98	26.06	57.71	2:09.31	2:11.83	4:44.42
86	1.14	30.54	1:06.83	2:25.26	26.29	58.22	2:10.45	2:12.99	4:46.94
85	1.15	30.81	1:07.41	2:26.53	26.52	58.73	2:11.59	2:14.16	4:49.46
84	1.16	31.08	1:08.00	2:27.81	26.75	59.24	2:12.74	2:15.33	4:51.97
83	1.17	31.34	1:08.59	2:29.08	26.98	59.75	2:13.88	2:16.49	4:54.49
82	1.18	31.61	1:09.17	2:30.36	27.21	1:00.26	2:15.03	2:17.66	4:57.01
81	1.19	31.88	1:09.76	2:31.63	27.44	1:00.77	2:16.17	2:18.83	4:59.52
80	1.20	32.15	1:10.34	2:32.90	27.67	1:01.28	2:17.32	2:19.99	5:02.04
79	1.21	32.42	1:10.93	2:34.18	27.90	1:01.79	2:18.46	2:21.16	5:04.56
78	1.22	32.68	1:11.52	2:35.45	28.13	1:02.31	2:19.60	2:22.33	5:07.07
77	1.23	32.95	1:12.10	2:36.73	28.36	1:02.82	2:20.75	2:23.49	5:09.59
76	1.24	33.22	1:12.69	2:38.00	28.59	1:03.33	2:21.89	2:24.66	5:12.11
75	1.25	33.49	1:13.28	2:39.28	28.83	1:03.84	2:23.04	2:25.83	5:14.63
74	1.26	33.76	1:13.86	2:40.55	29.06	1:04.35	2:24.18	2:26.99	5:17.14
73	1.27	34.02	1:14.45	2:41.82	29.29	1:04.86	2:25.33	2:28.16	5:19.66
72	1.28	34.29	1:15.03	2:43.10	29.52	1:05.37	2:26.47	2:29.32	5:22.18
71	1.29	34.56	1:15.62	2:44.37	29.75	1:05.88	2:27.61	2:30.49	5:24.69
70	1.30	34.83	1:16.21	2:45.65	29.98	1:06.39	2:28.76	2:31.66	5:27.21
69	1.31	35.09	1:16.79	2:46.92	30.21	1:06.90	2:29.90	2:32.82	5:29.73
68	1.32	35.36	1:17.38	2:48.19	30.44	1:07.41	2:31.05	2:33.99	5:32.24
67	1.33	35.63	1:17.96	2:49.47	30.67	1:07.92	2:32.19	2:35.16	5:34.76
66	1.34	35.90	1:18.55	2:50.74	30.90	1:08.43	2:33.34	2:36.32	5:37.28
65	1.35	36.17	1:19.14	2:52.02	31.13	1:08.94	2:34.48	2:37.49	5:39.80
64	1.36	36.43	1:19.72	2:53.29	31.36	1:09.46	2:35.62	2:38.66	5:42.31
63	1.37	36.70	1:20.31	2:54.57	31.59	1:09.97	2:36.77	2:39.82	5:44.83
62	1.38	36.97	1:20.90	2:55.84	31.82	1:10.48	2:37.91	2:40.99	5:47.35
61	1.39	37.24	1:21.48	2:57.11	32.05	1:10.99	2:39.06	2:42.16	5:49.86
60	1.40	37.51	1:22.07	2:58.39	32.28	1:11.50	2:40.20	2:43.32	5:52.38
59	1.41	37.77	1:22.65	2:59.66	32.51	1:12.01	2:41.35	2:44.49	5:54.90
58	1.42	38.04	1:23.24	3:00.94	32.75	1:12.52	2:42.49	2:45.66	5:57.41
57	1.43	38.31	1:23.83	3:02.21	32.98	1:13.03	2:43.63	2:46.82	5:59.93
56	1.44	38.58	1:24.41	3:03.48	33.21	1:13.54	2:44.78	2:47.99	6:02.45
55	1.45	38.85	1:25.00	3:04.76	33.44	1:14.05	2:45.92	2:49.16	6:04.97
54	1.46	39.11	1:25.59	3:06.03	33.67	1:14.56	2:47.07	2:50.32	6:07.48
53	1.47	39.38	1:26.17	3:07.31	33.90	1:15.07	2:48.21	2:51.49	6:10.00

Hong Kong Swimming Point Score 2024 (LC)

Women

Score	%	Freestyle						Backstroke		
		50m	100m	200m	400m	800m	1500m	50m	100m	200m
100	1.00	23.96	51.92	1:53.56	4:00.59	8:19.92	15:57.67	27.27	58.75	2:06.31
99	1.01	24.20	52.44	1:54.70	4:03.00	8:24.92	16:07.25	27.54	59.34	2:07.57
98	1.02	24.44	52.96	1:55.83	4:05.40	8:29.92	16:16.82	27.82	59.93	2:08.84
97	1.03	24.68	53.48	1:56.97	4:07.81	8:34.92	16:26.40	28.09	1:00.51	2:10.10
96	1.04	24.92	54.00	1:58.10	4:10.21	8:39.92	16:35.98	28.36	1:01.10	2:11.36
95	1.05	25.16	54.52	1:59.24	4:12.62	8:44.92	16:45.55	28.63	1:01.69	2:12.63
94	1.06	25.40	55.04	2:00.37	4:15.03	8:49.92	16:55.13	28.91	1:02.28	2:13.89
93	1.07	25.64	55.55	2:01.51	4:17.43	8:54.91	17:04.71	29.18	1:02.86	2:15.15
92	1.08	25.88	56.07	2:02.64	4:19.84	8:59.91	17:14.28	29.45	1:03.45	2:16.41
91	1.09	26.12	56.59	2:03.78	4:22.24	9:04.91	17:23.86	29.72	1:04.04	2:17.68
90	1.10	26.36	57.11	2:04.92	4:24.65	9:09.91	17:33.44	30.00	1:04.63	2:18.94
89	1.11	26.60	57.63	2:06.05	4:27.05	9:14.91	17:43.01	30.27	1:05.21	2:20.20
88	1.12	26.84	58.15	2:07.19	4:29.46	9:19.91	17:52.59	30.54	1:05.80	2:21.47
87	1.13	27.07	58.67	2:08.32	4:31.87	9:24.91	18:02.17	30.82	1:06.39	2:22.73
86	1.14	27.31	59.19	2:09.46	4:34.27	9:29.91	18:11.74	31.09	1:06.98	2:23.99
85	1.15	27.55	59.71	2:10.59	4:36.68	9:34.91	18:21.32	31.36	1:07.56	2:25.26
84	1.16	27.79	1:00.23	2:11.73	4:39.08	9:39.91	18:30.90	31.63	1:08.15	2:26.52
83	1.17	28.03	1:00.75	2:12.87	4:41.49	9:44.91	18:40.47	31.91	1:08.74	2:27.78
82	1.18	28.27	1:01.27	2:14.00	4:43.90	9:49.91	18:50.05	32.18	1:09.33	2:29.05
81	1.19	28.51	1:01.78	2:15.14	4:46.30	9:54.90	18:59.63	32.45	1:09.91	2:30.31
80	1.20	28.75	1:02.30	2:16.27	4:48.71	9:59.90	19:09.20	32.72	1:10.50	2:31.57
79	1.21	28.99	1:02.82	2:17.41	4:51.11	10:04.90	19:18.78	33.00	1:11.09	2:32.84
78	1.22	29.23	1:03.34	2:18.54	4:53.52	10:09.90	19:28.36	33.27	1:11.68	2:34.10
77	1.23	29.47	1:03.86	2:19.68	4:55.93	10:14.90	19:37.93	33.54	1:12.26	2:35.36
76	1.24	29.71	1:04.38	2:20.81	4:58.33	10:19.90	19:47.51	33.81	1:12.85	2:36.62
75	1.25	29.95	1:04.90	2:21.95	5:00.74	10:24.90	19:57.09	34.09	1:13.44	2:37.89
74	1.26	30.19	1:05.42	2:23.09	5:03.14	10:29.90	20:06.66	34.36	1:14.03	2:39.15
73	1.27	30.43	1:05.94	2:24.22	5:05.55	10:34.90	20:16.24	34.63	1:14.61	2:40.41
72	1.28	30.67	1:06.46	2:25.36	5:07.96	10:39.90	20:25.82	34.91	1:15.20	2:41.68
71	1.29	30.91	1:06.98	2:26.49	5:10.36	10:44.90	20:35.39	35.18	1:15.79	2:42.94
70	1.30	31.15	1:07.50	2:27.63	5:12.77	10:49.90	20:44.97	35.45	1:16.38	2:44.20
69	1.31	31.39	1:08.02	2:28.76	5:15.17	10:54.90	20:54.55	35.72	1:16.96	2:45.47
68	1.32	31.63	1:08.53	2:29.90	5:17.58	10:59.89	21:04.12	36.00	1:17.55	2:46.73
67	1.33	31.87	1:09.05	2:31.03	5:19.98	11:04.89	21:13.70	36.27	1:18.14	2:47.99
66	1.34	32.11	1:09.57	2:32.17	5:22.39	11:09.89	21:23.28	36.54	1:18.73	2:49.26
65	1.35	32.35	1:10.09	2:33.31	5:24.80	11:14.89	21:32.85	36.81	1:19.31	2:50.52
64	1.36	32.59	1:10.61	2:34.44	5:27.20	11:19.89	21:42.43	37.09	1:19.90	2:51.78
63	1.37	32.83	1:11.13	2:35.58	5:29.61	11:24.89	21:52.01	37.36	1:20.49	2:53.04
62	1.38	33.06	1:11.65	2:36.71	5:32.01	11:29.89	22:01.58	37.63	1:21.08	2:54.31
61	1.39	33.30	1:12.17	2:37.85	5:34.42	11:34.89	22:11.16	37.91	1:21.66	2:55.57
60	1.40	33.54	1:12.69	2:38.98	5:36.83	11:39.89	22:20.74	38.18	1:22.25	2:56.83
59	1.41	33.78	1:13.21	2:40.12	5:39.23	11:44.89	22:30.31	38.45	1:22.84	2:58.10
58	1.42	34.02	1:13.73	2:41.26	5:41.64	11:49.89	22:39.89	38.72	1:23.43	2:59.36
57	1.43	34.26	1:14.25	2:42.39	5:44.04	11:54.89	22:49.47	39.00	1:24.01	3:00.62
56	1.44	34.50	1:14.76	2:43.53	5:46.45	11:59.88	22:59.04	39.27	1:24.60	3:01.89
55	1.45	34.74	1:15.28	2:44.66	5:48.86	12:04.88	23:08.62	39.54	1:25.19	3:03.15
54	1.46	34.98	1:15.80	2:45.80	5:51.26	12:09.88	23:18.20	39.81	1:25.78	3:04.41
53	1.47	35.22	1:16.32	2:46.93	5:53.67	12:14.88	23:27.77	40.09	1:26.36	3:05.68

Hong Kong Swimming Point Score 2024 (LC)

Women

Score	%	Breaststroke			Butterfly			Ind Medley	
		50m	100m	200m	50m	100m	200m	200m	400m
100	1.00	29.81	1:05.12	2:21.72	25.34	56.41	2:05.56	2:08.60	4:34.29
99	1.01	30.11	1:05.77	2:23.14	25.59	56.97	2:06.82	2:09.89	4:37.03
98	1.02	30.41	1:06.42	2:24.55	25.85	57.54	2:08.07	2:11.17	4:39.78
97	1.03	30.70	1:07.07	2:25.97	26.10	58.10	2:09.33	2:12.46	4:42.52
96	1.04	31.00	1:07.72	2:27.39	26.35	58.67	2:10.58	2:13.74	4:45.26
95	1.05	31.30	1:08.38	2:28.81	26.61	59.23	2:11.84	2:15.03	4:48.00
94	1.06	31.60	1:09.03	2:30.22	26.86	59.79	2:13.09	2:16.32	4:50.75
93	1.07	31.90	1:09.68	2:31.64	27.11	1:00.36	2:14.35	2:17.60	4:53.49
92	1.08	32.19	1:10.33	2:33.06	27.37	1:00.92	2:15.60	2:18.89	4:56.23
91	1.09	32.49	1:10.98	2:34.47	27.62	1:01.49	2:16.86	2:20.17	4:58.98
90	1.10	32.79	1:11.63	2:35.89	27.87	1:02.05	2:18.12	2:21.46	5:01.72
89	1.11	33.09	1:12.28	2:37.31	28.13	1:02.62	2:19.37	2:22.75	5:04.46
88	1.12	33.39	1:12.93	2:38.73	28.38	1:03.18	2:20.63	2:24.03	5:07.20
87	1.13	33.69	1:13.59	2:40.14	28.63	1:03.74	2:21.88	2:25.32	5:09.95
86	1.14	33.98	1:14.24	2:41.56	28.89	1:04.31	2:23.14	2:26.60	5:12.69
85	1.15	34.28	1:14.89	2:42.98	29.14	1:04.87	2:24.39	2:27.89	5:15.43
84	1.16	34.58	1:15.54	2:44.40	29.39	1:05.44	2:25.65	2:29.18	5:18.18
83	1.17	34.88	1:16.19	2:45.81	29.65	1:06.00	2:26.91	2:30.46	5:20.92
82	1.18	35.18	1:16.84	2:47.23	29.90	1:06.56	2:28.16	2:31.75	5:23.66
81	1.19	35.47	1:17.49	2:48.65	30.15	1:07.13	2:29.42	2:33.03	5:26.41
80	1.20	35.77	1:18.14	2:50.06	30.41	1:07.69	2:30.67	2:34.32	5:29.15
79	1.21	36.07	1:18.80	2:51.48	30.66	1:08.26	2:31.93	2:35.61	5:31.89
78	1.22	36.37	1:19.45	2:52.90	30.91	1:08.82	2:33.18	2:36.89	5:34.63
77	1.23	36.67	1:20.10	2:54.32	31.17	1:09.38	2:34.44	2:38.18	5:37.38
76	1.24	36.96	1:20.75	2:55.73	31.42	1:09.95	2:35.69	2:39.46	5:40.12
75	1.25	37.26	1:21.40	2:57.15	31.68	1:10.51	2:36.95	2:40.75	5:42.86
74	1.26	37.56	1:22.05	2:58.57	31.93	1:11.08	2:38.21	2:42.04	5:45.61
73	1.27	37.86	1:22.70	2:59.98	32.18	1:11.64	2:39.46	2:43.32	5:48.35
72	1.28	38.16	1:23.35	3:01.40	32.44	1:12.20	2:40.72	2:44.61	5:51.09
71	1.29	38.45	1:24.00	3:02.82	32.69	1:12.77	2:41.97	2:45.89	5:53.83
70	1.30	38.75	1:24.66	3:04.24	32.94	1:13.33	2:43.23	2:47.18	5:56.58
69	1.31	39.05	1:25.31	3:05.65	33.20	1:13.90	2:44.48	2:48.47	5:59.32
68	1.32	39.35	1:25.96	3:07.07	33.45	1:14.46	2:45.74	2:49.75	6:02.06
67	1.33	39.65	1:26.61	3:08.49	33.70	1:15.03	2:46.99	2:51.04	6:04.81
66	1.34	39.95	1:27.26	3:09.90	33.96	1:15.59	2:48.25	2:52.32	6:07.55
65	1.35	40.24	1:27.91	3:11.32	34.21	1:16.15	2:49.51	2:53.61	6:10.29
64	1.36	40.54	1:28.56	3:12.74	34.46	1:16.72	2:50.76	2:54.90	6:13.03
63	1.37	40.84	1:29.21	3:14.16	34.72	1:17.28	2:52.02	2:56.18	6:15.78
62	1.38	41.14	1:29.87	3:15.57	34.97	1:17.85	2:53.27	2:57.47	6:18.52
61	1.39	41.44	1:30.52	3:16.99	35.22	1:18.41	2:54.53	2:58.75	6:21.26
60	1.40	41.73	1:31.17	3:18.41	35.48	1:18.97	2:55.78	3:00.04	6:24.01
59	1.41	42.03	1:31.82	3:19.83	35.73	1:19.54	2:57.04	3:01.33	6:26.75
58	1.42	42.33	1:32.47	3:21.24	35.98	1:20.10	2:58.30	3:02.61	6:29.49
57	1.43	42.63	1:33.12	3:22.66	36.24	1:20.67	2:59.55	3:03.90	6:32.23
56	1.44	42.93	1:33.77	3:24.08	36.49	1:21.23	3:00.81	3:05.18	6:34.98
55	1.45	43.22	1:34.42	3:25.49	36.74	1:21.79	3:02.06	3:06.47	6:37.72
54	1.46	43.52	1:35.08	3:26.91	37.00	1:22.36	3:03.32	3:07.76	6:40.46
53	1.47	43.82	1:35.73	3:28.33	37.25	1:22.92	3:04.57	3:09.04	6:43.21

**National Long Course Swimming Trial - 67th Festival of Sport
Reject List**

No.	Name	Event	Club	Remarks
1	Hofstede Adam Marcel	12	DWA	Wrong Event
2	Li Man Hin	22	FDL	Wrong Event
3	Ho Taylor	22	HIS	Wrong information of past competition
4	Hong Eric	19	HIS	Have Swimming Record
5	Kwok Thomas	9,23	HIS	No Reg
6	Robertson Claire	2	HIS	Wrong information of past competition
7	Leung Sze Ki Safira	132	HMA	Wrong Event
8	Yeung Tsz Ho	21	HSW	Entry time slower than QT
9	Wang Long Yee	12	HVA	Wrong information of past competition
10	Wang Long Yee	20	HVA	Wrong information of past competition
11	Liao Zitong	11	KCD	No Reg
12	Cheuk Yuet Ying	22	KGC	Wrong information of past competition
13	Seeto Shun Yin	3	KGC	Wrong information of past competition
14	Andiappan Ethan	25	LRC	Have Swimming Record
15	Zhong Sin Yiu	34	NSC	Wrong information of past competition
16	Lau Chin Fung	13	PSC	Have Swimming Record
17	Man Harmony Valentina	2	PSC	Wrong information of past competition
18	Yu Chi Lung	7	PSC	Wrong information of past competition
19	Zhu Xiu Ping	17	PSC	Wrong information of past competition
20	Kwan Ho Yin	17	RSC	Wrong information of past competition
21	Lauren Lusher	2	SCA	No Reg
22	Tang Jing Yun	23	SYS	Have Swimming Record
23	Ip Ali	17,31	TPS	No Reg
24	Mathis Mya Lynn	20	TPS	Wrong information of past competition
25	Sum Yi Man	12	TPS	Wrong information of past competition
26	Tian Trevor	7	TPS	Wrong Event
27	Au Chung Yin	3	WDA	No Reg
28	Ho Pui Yan	8	WTS	Wrong information of past competition
29	Lo Tsz Lam	29	WTS	Wrong information of past competition
30	Wu Hoi Fu	29	WTS	Have Swimming Record
31	Kwong Bui Ming	1,7,15,23,27,29	*HN	No Reg
32	Lee Simona	6,34	*HN	No Reg

National LC Swimming Trial - 67th FOS - 13-Apr-24 to 14-Apr-24

Meet Program

Event 1 Men 100 LC Meter Freestyle

HKR: 49.15 CHEUK Ming Ho, CPS

JR: 51.24

OQT: 48.34

OCT: 48.58

WCA: 48.51

WCB: 50.21

55.38 QT Qualifying Time

Meet Qualifying: 55.38

Lane	ID#	Name	Age	Team	Seed Time
Heat 1 of 4 Prelims					
3	30798 #IAZ	Yeung, Hei Pui	18	Lai WA	55.38 QT
4	40651 P	Leung, Tsz Ming	14	White Dolphin	55.38 QT
5	45426 IAZ	Ng, Dik Him	15	Superstar	55.38 QT
6	41692 P	Hong, Eric Mingze	15	Island Stingrays	55.38 QT
Heat 2 of 4 Prelims					
1	35258 B	Cheung, Man Ho	13	Sea Lion	55.12 QT
2	31666 IAZ	Lee, Yat Yuen Yen	17	Hoi Tin	53.33 QT
3	38227 IAZ	Lo, Tsz Lam	16	Win Tin	51.35 QT
4	32248 B	Li, Sing Hoi	19	Win Tin	50.25 QT
5	33922 P	So, Kwun Wa	16	White Dolphin	50.92 QT
6	33935 B	Yau, Pak Ho	16	Chi Pui	51.84 QT
7	43212 B	Tsang, Pak Kiu	14	Sun Yip	54.15 QT
8	39500 IAZ	Lau, Tin Long	15	Kwun Tong	55.38 QT
Heat 3 of 4 Prelims					
1	42554 P	Jin, Ethan N	16	Island Stingrays	54.51 QT
2	36085 B	Hui, Yik Kiu	16	Chi Pui	52.64 QT
3	36913 IAZ	Cheng, Cheuk Chi George	16	Dali Swimming Club	51.35 QT
4	12117 IAZ	Lau, Shiu Yue	26	Hoi Tin	50.10 QT
5	22824 IAZ	Wong, Lok Kan	20	Hoi Tin	50.68 QT
6	30733 B	Lai, King Wo	17	Win Tin	51.81 QT
7	37757 B	Cheng, Pak Ho	15	HK Sportworld	54.11 QT
8	46974 IAZ	Yang, Yide Adam	13	Chi Pui	55.38 QT
Heat 4 of 4 Prelims					
1	44820 ICX	Yeow, Zheng Ren	16	South China	54.46 QT
2	39015 P	Chan, Tsz Kwan	17	Tai PO	52.15 QT
3	29257 B	He, Shing Ip	18	Chi Pui	51.01 QT
4	06697 B	Koo, Ralph Yat Ho	26	Hoi Tin	49.68 QT
5	49455 IAZ	Cai, Qi Hong	17	Chi Pui	50.36 QT
6	33435 IAZ	Siu, To	17	Dali Swimming Club	51.61 QT
7	33791 B	Tang, Kak Shing	15	Tai PO	53.60 QT
8	45922 @ICX	Fu, Enze	14	Chi Pui	55.14 QT

National LC Swimming Trial - 67th FOS - 13-Apr-24 to 14-Apr-24

Meet Program

Event 2 Women 200 LC Meter Freestyle

HKR: 1:53.92 HAUGHEY Siobhan Bernadette,SCA

JR: 1:59.77

OQT: 1:57.26

OCT: 1:57.85

WCA: 1:58.66

WCB: 2:02.81

2:19.97 QT Qualifying Time

Meet Qualifying: 2:19.97

Lane	ID#	Name	Age	Team	Seed Time
Heat 1 of 5 Prelims					
3	42704 @P	Krkalo, Mila Sofia	13	Island Stingrays	2:19.97 QT
4	45986 IAZ	Wong, Cheuk Ying Siena	12	Win Tin	2:19.97 QT
5	44351 P	Huang, Zhiqi	13	Keung Sung	2:19.97 QT
Heat 2 of 5 Prelims					
2	42048 IAZ	Lee, Cynthia Shin Kiu	13	Win Tin	2:18.92 QT
3	42707 P	Kim, Eva Hahn	16	Island Stingrays	2:18.29 QT
4	46174 IAZ	Au, Hoi Ching Abby	12	Kwan Hung	2:17.62 QT
5	38973 IAZ	Ng, Wai Ting Tiana	13	Dik Wing	2:17.64 QT
6	42705 @P	Krkalo, Eva Katarina	15	Island Stingrays	2:18.69 QT
7	47272 IAZ	Man, Harmony Valentina	12	Pacific	2:19.23 QT
Heat 3 of 5 Prelims					
1	29902 B	Lam, Cheuk Ue Natalie	19	Sun Yip	2:15.07 QT
2	33874 IAZ	Lee Giselle, Jacinda Jia Hui	16	South China	2:10.07 QT
3	23856 B	Leung, Ka Ching	20	Hoi Tin	2:08.92 QT
4	31841 IAZ	Ng, Lai Wa	18	Hoi Tin	2:02.07 QT
5	29449 B	Leung, Wing Tsun Rachel	17	Win Tin	2:05.24 QT
6	37874 IAZ	Choi, Hiu Ying	14	Hoi Tin	2:09.67 QT
7	39706 B	Yip, Tsz Laam	14	White Dolphin	2:14.03 QT
8	38394 B	Yeung, Tin Wing	12	Hoi Tin	2:15.77 QT
Heat 4 of 5 Prelims					
1	40081 B	Lin, Yee Ka Chloe	12	Hoi Tin	2:14.42 QT
2	40949 B	Sum, Yi Man	12	Tai PO	2:10.02 QT
3	36944 B	Chan, Yi Lok	13	Win Tin	2:07.78 QT
4	32098 B	Ma, Tsz Tsing Ashley	16	Hoi Tin	2:00.92 QT
5	44386	Li, Yu Qing	14	Win Tin	2:03.27 QT
6	38029 B	Leung, Evita Yan	13	Tai PO	2:09.65 QT
7	39432 IAZ	Leung, Sze Ki Safira	14	Marlins	2:12.85 QT
8	42912 IAZ	Tse, Lai Yiu	14	White Dolphin	2:15.57 QT
Heat 5 of 5 Prelims					
1	41234 B	Chan, Yik Naam	11	Hoi Tin	2:14.20 QT
2	40824 P	Robertson, Claire Mei	15	Island Stingrays	2:09.92 QT
3	38217 IAZ	Yan, Ellie	14	Hoi Tin	2:06.16 QT
4	42490	Wang, Xin Tong	15	Win Tin	2:00.06 QT
5	40738 B	Li, Sum Yiu	14	White Dolphin	2:02.66 QT
6	36011 B	Law, Hang Ue Anastasia	18	Hoi Tin	2:09.61 QT
7	45628 IAZ	Chan, Pui Ka	12	White Dolphin	2:11.41 QT
8	42855 #IAX	Kong, Chi Yin	16	Happy Valley	2:15.13 QT

National LC Swimming Trial - 67th FOS - 13-Apr-24 to 14-Apr-24

Meet Program

Event 3 Men 50 LC Meter Breaststroke

HKR: 28.23 TO Kenneth King Him, LWS

JR: 28.83

WCA: 27.33

WCB: 28.29

32.66 QT Qualifying Time

Meet Qualifying: 32.66

Lane	ID#	Name	Age	Team	Seed Time
Heat 1 of 5 Prelims					
3	44787 IAZ	Kam, Yu Hin Villa	13	Sun Yip	32.66 QT
4	36826 B	Wan, Tsz Shan Shawn	14	Win Tin	32.66 QT
5	40988 @IAX	Chung, Shing Yuk	16	Dik Wing	32.66 QT
Heat 2 of 5 Prelims					
1	22513 IAZ	Tang, Cheuk Yan	23	White Dolphin	32.51 QT
2	37181 IAZ	Yu, Ming Hei	16	Pacific	32.43 QT
3	34714 B	Chan, Chi Kit Javen	15	Win Tin	32.05 QT
4	32426 IAZ	Lam, Tsz Yeung YY	16	Dik Wing	31.62 QT
5	46409 IAZ	Wang, Zi Ran	14	Island Stingrays	31.94 QT
6	42703 IAZ	Huang, Sebastian Kai	14	Island Stingrays	32.31 QT
7	47847 IAZ	Lau, Chun To	14	Ti Dynamics	32.43 QT
8	30754 B	Ho, Siu Shing	16	Pacific	32.66 QT
Heat 3 of 5 Prelims					
1	46189 #@IAX	Ayhan, S. Deniz	17	Kowloon City	31.25 QT
2	36658 IAZ	Ng, Chit	16	Dali Swimming Club	30.44 QT
3	33716 B	Chan, Ngai Cheung	19	Tuen Mun	29.80 QT
4	30694 #IAZ	Cheung, Chi Kit Nicholas	18	Win Tin	28.21 QT
5	32095 B	Lau, Chor Tik	14	Win Tin	29.50 QT
6	31440 B	Lau, Yuk Hin	19	Hoi Tin	29.85 QT
7	41024 B	Li, Matthew	15	HK Sportworld	30.91 QT
8	37591 P	Chen, Joshua Luke	16	Island Stingrays	31.57 QT
Heat 4 of 5 Prelims					
1	33925 B	Wong, Tsz Ming	17	White Dolphin	30.98 QT
2	31822 B	Lau, Ming Yui	18	Lai WA	30.26 QT
3	40651 P	Leung, Tsz Ming	14	White Dolphin	29.65 QT
4	28535 #B	Law, Tsz Hin	21	Hoi Tin	28.17 QT
5	42025 IAO	Luk, Arnold Bingtse	27	South China	28.67 QT
6	32214 B	Wong, Sum Lam	16	White Dolphin	29.83 QT
7	36805 B	Chan, Leong To	14	Hoi Tin	30.64 QT
8	45634 IAZ	Chan, Cheuk Hin	15	Marlins	31.42 QT
Heat 5 of 5 Prelims					
1	38206 IAZ	Cheung, Pang Cho	16	Kwun Tong	30.95 QT
2	33793 IAZ	Tam, Ka Shek	17	Win Tin	30.08 QT
3	25050 B	Kung, Lok Sum	19	Tai PO	29.53 QT
4	45703 IAZ	Tsui, Yik Ki	16	Pacific	27.98 QT
5	35805 B	So, Chun Hin	17	Tai PO	28.61 QT
6	45057 @ICO	Caglar, Mehmet Emre	17	Island Stingrays	29.82 QT
7	32099 B	Ng, Wai Ting	16	Win Tin	30.64 QT
8	39328 IAZ	Yau, Shing Ho	16	Compass	31.31 QT

National LC Swimming Trial - 67th FOS - 13-Apr-24 to 14-Apr-24

Meet Program

Event 4 Women 100 LC Meter Breaststroke

HKR: 1:05.92 HAUGHEY Siobhan Bernadette,SCA

JR: 1:10.24

OQT: 1:06.79

OCT: 1:07.12

WCA: 1:07.35

WCB: 1:09.71

1:23.48 QT Qualifying Time

Meet Qualifying: 1:23.48

Lane	ID#	Name	Age	Team	Seed Time
Heat 1 of 5 Prelims					
2	46244 B	Li, Man Wai Mavis	10	HK Sportworld	1:23.48 QT
3	37788 IAZ	Chan, Hoi Lam	16	Tuen Mun	1:22.99 QT
4	40953 #B	Tsang, Yuet Tung	14	HK Sportworld	1:21.91 QT
5	42528 IAZ	Leung, Wing Kiu	13	HK Sportworld	1:22.60 QT
6	46111 B	Chau, Pak Yu	11	Tai PO	1:23.48 QT
7	39333 B	Chung, Lok Ching	15	Compass	1:23.48 QT
Heat 2 of 5 Prelims					
1	47395 IAZ	Yu, Yik Huen	12	Win Tin	1:20.85 QT
2	42706 P	Mohanty, Ananya	16	Island Stingrays	1:19.68 QT
3	47588 #B	Li, Man Hin	14	Flying Dragon	1:19.12 QT
4	43099 IAZ	Ng, Hoi Ching	14	Win Tin	1:18.42 QT
5	46308 IAZ	So, Hei Shun	12	Kwun Tong	1:18.94 QT
6	51369 @^IM	Liu, Yuehan	14	Chi Pui	1:19.26 QT
7	44742 IAZ	Ho, Michelle Yan Sin	12	White Dolphin	1:19.72 QT
8	45734 IAZ	Fung, Hei Yiu	12	Sword Fish Club	1:21.09 QT
Heat 3 of 5 Prelims					
1	36672 B	Lam, Karman	16	Pacific	1:16.12 QT
2	40306 IAZ	Chi, Yi Lam	13	Jockey Club	1:14.00 QT
3	38537 B	Chung, Wing Sum Hazel	14	HK Sportworld	1:12.23 QT
4	29139 B	Young, Sze Ki	20	Tai PO	1:10.50 QT
5	42578 IAZ	Leung, Yan Yui	15	Chi Pui	1:10.94 QT
6	38297 IAX	Cheung, Hau Wing	16	Lai WA	1:12.53 QT
7	43137 IAZ	Yiu, Sum Yin	13	Win Tin	1:15.39 QT
8	43298 IAZ	Hau, Maya Elizabeth	14	Ti Dynamics	1:17.57 QT
Heat 4 of 5 Prelims					
1	39592 IAZ	Sng, Yan Megan	19	Dik Wing	1:15.52 QT
2	46320 @ICO	Bennett, Alyvia Paige	16	Island Stingrays	1:13.61 QT
3	33492 #IAZ	Chu, Ching Yin Annika	17	Hoi Tin	1:11.88 QT
4	29060 IAZ	Lam, Hoi Kiu	20	Hoi Tin	1:08.32 QT
5	33742 IAZ	Lam, Chelsie	15	Dali Swimming Club	1:10.69 QT
6	38411 B	Yung, Tsz Ching	13	Hoi Tin	1:12.51 QT
7	38528 B	Lam, Tsz Ying	13	Hoi Tin	1:15.13 QT
8	39149 IAZ	Xing, Yina	12	Happy Valley	1:17.12 QT

National LC Swimming Trial - 67th FOS - 13-Apr-24 to 14-Apr-24

Meet Program

Heat 5 Prelims... (Event 4 Women 100 LC Meter Breaststroke)

1	28694 B	Cheuk, Yuet Ying Phoebe	19	Keung Sung	1:15.50	QT
2	33815 IAZ	Wong, Hin Yi	16	Tai PO	1:13.02	QT
3	39432 IAZ	Leung, Sze Ki Safira	14	Marlins	1:10.97	QT
4	39179 B	Man, Wui Kiu	14	Chi Pui	1:07.92	QT
5	37750 IAZ	So, Ching Nga	15	Hoi Tin	1:10.52	QT
6	48950 #@P	Gao, Jialian	12	Chi Pui	1:12.38	QT
7	32978 IAZ	Yip, Wai Iu	15	Chi Pui	1:14.79	QT
8	43778 IAZ	Lee, Rianne	12	White Dolphin	1:16.81	QT

Event 5 Men 400 LC Meter IM

HKR: 4:26.54

WHITTINGTON, Peter Harry, DLS

JR: 4:32.42

OQT: 4:13.76

OCT: 4:13.76

WCA: 4:17.48

WCB: 4:26.49

5:19.19 QT Qualifying Time

Meet Qualifying: 5:19.19

Lane	ID#	Name	Age	Team	Seed Time
Heat 1 of 3 Prelims					
3	40879 IAZ	Chen, Zheng Xuan Jason	12	Hoi Tin	5:19.19 QT
4	46416 B	Lin, Pak Yin	14	HK Sportworld	5:10.24 QT
5	37498 B	Lam, Hing Ka	14	Riverside	5:12.48 QT
6	39332 B	Wu, Yik Hei	14	HK Sportworld	5:19.19 QT
Heat 2 of 3 Prelims					
1	43281 IAZ	Chan, Chak Alfred	13	HK Sportworld	5:00.27 QT
2	40460 IAZ	Zhao, Oscar	14	Hoi Tin	4:53.33 QT
3	36113 IAZ	Wong, Tsun Ting	17	Eastern Winter	4:44.93 QT
4	22961 B	Chan, Tsun Hin	19	White Dolphin	4:34.69 QT
5	40455 IAZ	Lam, Wai Lok	15	Sun Yip	4:42.61 QT
6	37574 P	Chen, Eric Q	14	Island Stingrays	4:45.65 QT
7	41457 IAZ	Leung, Hoi Chun	15	Kwun Tong	4:56.10 QT
8	36897 IAZ	Han, Hao	14	Kwun Tong	5:08.20 QT
Heat 3 of 3 Prelims					
1	46984 IAZ	Wong, Pak Wai	13	Pacific	4:58.69 QT
2	35804 IAZ	Tong, Ching Wa	18	Pacific	4:46.11 QT
3	26123 IAZ	Wong, Wai Lun	21	Hoi Tin	4:44.00 QT
4	36547 IAZ	Wong, Yik Yan Sean	16	South China	4:31.44 QT
5	41422 B	Yick, Sum Kiu	13	Sea Lion	4:37.40 QT
6	36895 B	Lo, Kei Hon Andre	15	Hoi Tin	4:45.43 QT
7	31715 IAZ	Tsang, Kei Hon Ian	16	Dik Wing	4:53.70 QT
8	45162 IAZ	Lau, Chin Fung	14	Pacific	5:04.82 QT

National LC Swimming Trial - 67th FOS - 13-Apr-24 to 14-Apr-24

Meet Program

Event 6 Women 100 LC Meter Butterfly

HKR: 58.12 HAUGHEY Siobhan Bernadette,SCA

JR: 1:00.54

OQT: 57.92

OCT: 58.21

WCA: 58.33

WCB: 1:00.37

1:13.26 QT Qualifying Time

Meet Qualifying: 1:13.26

Lane	ID#	Name	Age	Team	Seed Time
Heat 1 of 3 Prelims					
1	53037 @^ICX	Sun, Qimiao	13	Chi Pui	1:13.26 QT
2	42555 @P	Chow, Adison Hailey	16	Island Stingrays	1:08.10 QT
3	38714 IAZ	Au, Hoi Sin	16	Kwun Tong	1:05.72 QT
4	43424 IAZ	Mathis, Mya Lynn	14	Tai PO	1:02.58 QT
5	44988 @P	Koh, Li Wen Ashley	16	South China	1:04.52 QT
6	39706 B	Yip, Tsz Laam	14	White Dolphin	1:07.12 QT
7	45531 IAZ	Zhong, Sin Yiu	12	North Sports	1:09.27 QT
Heat 2 of 3 Prelims					
1	36150 IAZ	Wong, Yin Hei Hayley	16	Happy Valley	1:11.77 QT
2	38394 B	Yeung, Tin Wing	12	Hoi Tin	1:07.87 QT
3	38813 #P	Liu, Yuen Ching	13	Hoi Tin	1:05.57 QT
4	29449 B	Leung, Wing Tsun Rachel	17	Win Tin	1:01.10 QT
5	18783 IAZ	Wong, Wai Nam	22	White Dolphin	1:03.87 QT
6	48949 IAZ	Chang, Sienna Jing Huan	13	Island Stingrays	1:06.75 QT
7	41875 IAZ	Li, Hei Man	13	Sword Fish Club	1:08.76 QT
8	41671 #IAZ	Ma, Wai Yan	15	Csu	1:13.26 QT
Heat 3 of 3 Prelims					
1	42705 @P	Krkalo, Eva Katarina	15	Island Stingrays	1:11.24 QT
2	28108 B	Seeto, Wai Ching	19	Keung Sung	1:07.53 QT
3	38028 B	Leung, Evelyn Yi	14	Tai PO	1:05.26 QT
4	31437 B	Yeung, Hoi Ching	17	Tai PO	59.20 QT
5	29902 B	Lam, Cheuk Ue Natalie	19	Sun Yip	1:03.19 QT
6	46124 #IAZ	Mathis, Kayla J	13	Tai PO	1:06.63 QT
7	42151 IAZ	Lai, Cheuk Ling Maris	12	Happy Valley	1:08.47 QT
8	43249 B	Chan, Hiu Laam	16	Tuen Mun	1:13.26 QT

National LC Swimming Trial - 67th FOS - 13-Apr-24 to 14-Apr-24

Meet Program

Event 7 Men 100 LC Meter Backstroke

HKR: 55.61 KWAN Hayden, PSC

JR: 57.73

OQT: 53.74

OCT: 54.01

WCA: 54.03

WCB: 55.92

1:07.39 QT Qualifying Time

Meet Qualifying: 1:07.39

Lane	ID#	Name	Age	Team	Seed Time
Heat 1 of 5 Prelims					
3	45424 IAZ	Leung, Wai Lok	16	Superstar	1:07.39 QT
4	51867 IAZ	Ng, Tsz Ching	12	Sun Yip	1:07.39 QT
5	43427 IAZ	Lam, Kayden	12	Chi Pui	1:07.39 QT
Heat 2 of 5 Prelims					
2	37513 IAZ	Wan, Lok Him	14	Dik Wing	1:06.10 QT
3	34715 B	Chan, Chi Ho Steven	15	Win Tin	1:05.48 QT
4	44357 B	Leung, Chun Ho Franky	16	Pacific	1:04.40 QT
5	39071 B	Luk, Man Him	15	Win Tin	1:04.49 QT
6	41692 P	Hong, Eric Mingze	15	Island Stingrays	1:06.02 QT
7	39041 IAZ	Lam, Lok Sum	12	Hoi Tin	1:06.66 QT
Heat 3 of 5 Prelims					
1	33791 B	Tang, Kak Shing	15	Tai PO	1:03.44 QT
2	33758 IAZ	Leung, Tsz Wo	16	Hoi Tin	1:02.37 QT
3	41163 IAZ	Chan, Tsz Hin	16	Tai PO	1:00.66 QT
4	42311 IAZ	Yu, Chi Lung	16	Pacific	57.32 QT
5	36914 IAZ	Cheng, Cheuk Kin Jake	16	Dali Swimming Club	58.42 QT
6	37568 IAZ	Ding, Wilfred Weixin	16	Island Stingrays	1:01.76 QT
7	36447 B	Chin, Wai Lok	15	Win Tin	1:03.06 QT
8	41457 IAZ	Leung, Hoi Chun	15	Kwun Tong	1:04.29 QT
Heat 4 of 5 Prelims					
1	49384 IAZ	Li, Louis Ka Wo	13	Pacific	1:03.44 QT
2	41268 IAZ	Tan, Pak Hei Brian	14	Dik Wing	1:02.23 QT
3	30435 IAZ	Chan, Chin Kan	19	Lai WA	1:00.28 QT
4	15423 IAZ	Cheung, Yau Ming	26	Hoi Tin	56.28 QT
5	27239 B	Chan, Sheung Kwan	21	Keung Sung	57.81 QT
6	43609 P	Wu, Lok Kan	13	Pacific	1:01.27 QT
7	36551 IAZ	Tian, Trevor	14	Tai PO	1:02.70 QT
8	42703 IAZ	Huang, Sebastian Kai	14	Island Stingrays	1:03.93 QT
Heat 5 of 5 Prelims					
1	48286 IAZ	Muller, Ethan	16	South China	1:03.32 QT
2	36791 #IAZ	Fong, Tsz Long Jose	14	Dik Wing	1:02.14 QT
3	17709 B	Whittington, Ryan Michael	23	South China	58.57 QT
4	28636 B	Chan, Tsz Chiu	20	Keung Sung	55.58 QT
5	39015 P	Chan, Tsz Kwan	17	Tai PO	57.53 QT
6	40104 B	Cheung, Yung	13	White Dolphin	1:01.22 QT
7	40285 IAZ	Woo, Bono	15	Pacific	1:02.60 QT
8	37746 @P	Qiu, Junhao	15	Island Stingrays	1:03.64 QT

National LC Swimming Trial - 67th FOS - 13-Apr-24 to 14-Apr-24

Meet Program

Event 8 Women 50 LC Meter Backstroke

HKR: 27.98 AU Hoi Shun Stephanie, DWA

JR: 29.52

WCA: 28.22

WCB: 29.21

33.77 QT Qualifying Time

Meet Qualifying: 33.77

Lane	ID#	Name	Age	Team	Seed Time
Heat 1 of 3 Prelims					
1	35992 P	Mcfarland, Charlotte Chia-Ju	16	South China	33.48 QT
2	51369 @^IM	Liu, Yuehan	14	Chi Pui	32.51 QT
3	33940 B	Lau, Sze Yuet	16	Hoi Tin	30.40 QT
4	45227 IAZ	Tang, Angel	15	Lai WA	29.41 QT
5	46816 IAZ	Chan, Tsz Yu Ashley	12	Hoi Tin	29.65 QT
6	41265 B	Li, Elizabeth	14	South China	30.86 QT
7	40519 #B	Keong, Hiu Tung	13	Hoi Tin	33.10 QT
Heat 2 of 3 Prelims					
1	33828 IAZ	Kor, Ka Hei	16	South China	33.39 QT
2	35752 B	Li, Cheuk Yiu	14	Hoi Tin	31.02 QT
3		Ariuntamir, Enkh-Amgalan	20	Mongolia	30.32 QT
4	31597 B	Ng, Cheuk Yan	17	Hoi Tin	28.37 QT
5	33947 IAZ	Chan, Hin Yau	17	Tai PO	29.63 QT
6	40887 IAZ	Au-Yeung, Sze Ching	14	Chi Pui	30.65 QT
7	40117 IAZ	Chan, Kalila	13	South China	33.03 QT
8	51635 B	Sin, Sze Yan Hailey	11	HK Sportworld	33.77 QT
Heat 3 of 3 Prelims					
1	35953 IAZ	Siu, Hoi Lam	16	Tai PO	33.28 QT
2	46124 #IAZ	Mathis, Kayla J	13	Tai PO	30.87 QT
3	38055 B	Ho, Tsz Tung	13	Tai PO	30.01 QT
4	36321 B	Cheung, Sum Yuet Cindy	17	Tai PO	27.43 QT
5	36936 IAZ	Ho, Pui Yan	14	Win Tin	29.42 QT
6	35345 B	Ho, Tin Wing	14	Hoi Tin	30.43 QT
7	38891 #IAZ	Leung, Hiu Lam	15	Win Tin	32.71 QT
8	38855 IAZ	Chow, Natalie Karis	15	South China	33.77 QT

National LC Swimming Trial - 67th FOS - 13-Apr-24 to 14-Apr-24

Meet Program

Event 9 Men 200 LC Meter Butterfly

HKR: 2:00.43

LIM Nicholas Owen Zhaoguang

LRC

JR: 2:01.23

OQT: 1:55.78

OCT: 1:56.36

WCA: 1:56.71

WCB: 2:00.79

2:25.98 QT Qualifying Time

Meet Qualifying: 2:25.98

Lane	ID#	Name	Age	Team	Seed Time
Heat 1 of 3 Prelims					
1	44319 IAZ	Lo, Yat Long Matthew	11	Sun Yip	2:25.98 QT
2	33767 IAZ	Lee, Cheston	15	Pacific	2:17.38 QT
3	34048 IAZ	Wong, Pok Lam	17	Hoi Tin	2:09.61 QT
4	38214 #IAZ	Chan, Wai Ching Adrian	14	Hoi Tin	2:04.48 QT
5	30444 #IAZ	Ho, Chung Lun	20	Pacific	2:05.32 QT
6	41723 IAZ	Fong, Yik Yuen	16	Hoi Tin	2:11.08 QT
7	46461 IAZ	Chung, Pak Hin	15	Superstar	2:25.80 QT
Heat 2 of 3 Prelims					
1	40095 IAZ	Chow, Ngai Fun	15	Sun Yip	2:25.98 QT
2	49179 @ICX	Zhu, Xiuping	15	Pacific	2:14.46 QT
3	35931 B	Lam, Marcus Pak Hei	14	Win Tin	2:08.90 QT
4	33935 B	Yau, Pak Ho	16	Chi Pui	2:02.07 QT
5	29884 B	Kwong, Jacob Yat Nam	17	Win Tin	2:04.92 QT
6	37575 P	Chen, Jason Q	17	Island Stingrays	2:10.85 QT
7	46985 IAZ	Wong, Chung Kok Helge	13	Pacific	2:19.98 QT
8	47542 IAZ	Leung, Chasen Pak Ho	12	Tai PO	2:25.98 QT
Heat 3 of 3 Prelims					
1	39576 B	Chan, Pak Yu	13	Sun Yip	2:25.98 QT
2	36551 IAZ	Tian, Trevor	14	Tai PO	2:13.23 QT
3	41422 B	Yick, Sum Kiu	13	Sea Lion	2:06.25 QT
4	33755 IAZ	Lau, Kin Hei James	15	Hoi Tin	1:58.13 QT
5	38701 B	Chung, Hei Chit	15	Hoi Tin	2:04.68 QT
6	28256 @IAX	Ma, Zeyuan	20	Chi Pui	2:09.62 QT
7	39669 IAZ	Lau, Yiu Him Jayson	14	Win Tin	2:19.66 QT
8	45833 B	Cheng, Tsun Yu	11	Sun Yip	2:25.98 QT

National LC Swimming Trial - 67th FOS - 13-Apr-24 to 14-Apr-24

Meet Program

Event 10 Women 200 LC Meter IM

HKR: 2:12.10 HAUGHEY Siobhan Bernadette,SCA

JR: 2:13.35

OQT: 2:11.47

OCT: 2:12.13

WCA: 2:12.98

WCB: 2:17.63

2:38.84 QT Qualifying Time

Meet Qualifying: 2:38.84

Lane	ID#	Name	Age	Team	Seed Time
Heat 1 of 3 Prelims					
1	42270 B	Wong, Hei Tung	12	Win Tin	2:38.84 QT
2	38714 IAZ	Au, Hoi Sin	16	Kwun Tong	2:30.73 QT
3	40949 B	Sum, Yi Man	12	Tai PO	2:24.99 QT
4	35932 B	Wong, Sze Laam Serena	14	Win Tin	2:20.43 QT
5	48950 #@P	Gao, Jialian	12	Chi Pui	2:23.22 QT
6	38860 IAZ	Chui, On Tsz	15	Hoi Tin	2:27.15 QT
7	46320 @ICO	Bennett, Alyvia Paige	16	Island Stingrays	2:31.58 QT
Heat 2 of 3 Prelims					
1	40306 IAZ	Chi, Yi Lam	13	Jockey Club	2:38.84 QT
2	38028 B	Leung, Evelyn Yi	14	Tai PO	2:30.07 QT
3	38411 B	Yung, Tsz Ching	13	Hoi Tin	2:24.81 QT
4	31841 IAZ	Ng, Lai Wa	18	Hoi Tin	2:14.99 QT
5	36944 B	Chan, Yi Lok	13	Win Tin	2:21.94 QT
6	43137 IAZ	Yiu, Sum Yin	13	Win Tin	2:25.92 QT
7	38537 B	Chung, Wing Sum Hazel	14	HK Sportworld	2:31.05 QT
Heat 3 of 3 Prelims					
1	41875 IAZ	Li, Hei Man	13	Sword Fish Club	2:33.68 QT
2	38967 B	Gao, Elva	14	Hoi Tin	2:27.36 QT
3	42578 IAZ	Leung, Yan Yui	15	Chi Pui	2:23.81 QT
4	42490	Wang, Xin Tong	15	Win Tin	2:14.36 QT
5	32517 B	Wong, Hoi Wai	17	Win Tin	2:21.45 QT
6	39531 B	Lee, Hoi Lam	13	Win Tin	2:25.89 QT
7	41234 B	Chan, Yik Naam	11	Hoi Tin	2:30.88 QT

Event 11 Men 400 LC Meter Freestyle

HKR: 3:50.53 CHEUK Ming Ho, CPS

JR: 3:57.77

OQT: 3:46.78

OCT: 3:47.91

WCA: 3:48.15

WCB: 3:56.14

4:34.03 QT Qualifying Time

Meet Qualifying: 4:34.03

Lane	ID#	Name	Age	Team	Seed Time
Heat 1 of 3 Prelims					
3	42638 IAZ	Ong, Sheng Shu David	14	HK Sportworld	4:31.34 QT
4	37746 @P	Qiu, Junhao	15	Island Stingrays	4:24.69 QT
5	40757 IAZ	To, Hiu Fung	14	Hoi Tin	4:28.97 QT
6	42008 B	Law, Tsz Lok	12	Win Tin	4:32.97 QT

National LC Swimming Trial - 67th FOS - 13-Apr-24 to 14-Apr-24

Meet Program

Heat 2 Prelims... (Event 11 Men 400 LC Meter Freestyle)

1	37574 P	Chen, Eric Q	14	Island Stingrays	4:19.75	QT
2	35385 B	Chong, Hin Yeung	15	Dik Wing	4:13.53	QT
3	45057 @ICO	Caglar, Mehmet Emre	17	Island Stingrays	4:01.31	QT
4	29257 B	He, Shing Ip	18	Chi Pui	3:51.05	QT
5	30733 B	Lai, King Wo	17	Win Tin	3:56.18	QT
6	35648 IAZ	Lau, Tsz Pok	16	Pacific	4:08.98	QT
7	43212 B	Tsang, Pak Kiu	14	Sun Yip	4:15.81	QT
8	39571 IAZ	Cheung, Chi Daniel	15	Sun Yip	4:24.53	QT

Heat 3 of 3 Prelims

1	43919 IAZ	Chui, Hoi Haang	15	White Dolphin	4:18.57	QT
2	37482 B	Kwan, Ho Yin	16	Riverside	4:12.48	QT
3	38539 B	Chan, Wah Royce	15	HK Sportworld	4:00.64	QT
4	48237 IAZ	Wang, Yi Shun	15	Chi Pui	3:50.45	QT
5	33922 P	So, Kwun Wa	16	White Dolphin	3:56.12	QT
6	41900 B	Han, Pak Kiu	14	Hoi Tin	4:01.74	QT
7	37420 IAZ	Ko, Chin Fung	15	Kwun Tong	4:15.28	QT
8	43918 @IAX	Chui, Ue Haang	13	White Dolphin	4:20.26	QT

Event 12 Women 50 LC Meter Freestyle

HKR:	24.30	HAUGHEY Siobhan Bernadette,SCA
JR:	25.38	
OQT:	24.70	
OCT:	24.82	
WCA:	25.04	
WCB:	25.92	
	28.83	QT Qualifying Time

Meet Qualifying: 28.83

Lane	ID#	Name	Age	Team	Seed Time	
Heat 1 of 5 Prelims						
3	46174 IAZ	Au, Hoi Ching Abby	12	Kwan Hung	28.83	QT
4	46320 @ICO	Bennett, Alyvia Paige	16	Island Stingrays	28.83	QT
5	48209 B	Cheng, Yuen Ki	10	Kwan Hung	28.83	QT
Heat 2 of 5 Prelims						
1	44351 P	Huang, Zhiqi	13	Keung Sung	28.83	QT
2	38808 IAZ	Chan, Wing Hei	14	Pacific	28.80	QT
3	41872 IAZ	Wong, Hei Ching	16	Long Fame	28.47	QT
4	28108 B	Seeto, Wai Ching	19	Keung Sung	28.20	QT
5	40824 P	Robertson, Claire Mei	15	Island Stingrays	28.42	QT
6	39706 B	Yip, Tsz Laam	14	White Dolphin	28.78	QT
7	43110 B	Leung, Sin Ming Sammy	13	Happy Valley	28.83	QT
Heat 3 of 5 Prelims						
1	42637 B	So, Yin Yan	13	Happy Valley	27.71	QT
2	33979 IAZ	Liu, Hei Yu	13	White Dolphin	27.18	QT
3	46253 @P	Lutz, Gabriella Chelsea	12	Lai WA	26.56	QT
4	33715 IAZ	Ma, Gilaine	15	Tai PO	25.42	QT
5	29449 B	Leung, Wing Tsun Rachel	17	Win Tin	26.40	QT
6	38029 B	Leung, Evita Yan	13	Tai PO	26.89	QT
7	38973 IAZ	Ng, Wai Ting Tiana	13	Dik Wing	27.56	QT
8	38714 IAZ	Au, Hoi Sin	16	Kwun Tong	28.12	QT

National LC Swimming Trial - 67th FOS - 13-Apr-24 to 14-Apr-24

Meet Program

Heat 4 Prelims... (Event 12 Women 50 LC Meter Freestyle)

1	40949 B	Sum, Yi Man	12	Tai PO	27.69	QT
2	40887 IAZ	Au-Yeung, Sze Ching	14	Chi Pui	27.03	QT
3	39432 IAZ	Leung, Sze Ki Safira	14	Marlins	26.47	QT
4	40738 B	Li, Sum Yiu	14	White Dolphin	25.22	QT
5	44386	Li, Yu Qing	14	Win Tin	26.21	QT
6	43424 IAZ	Mathis, Mya Lynn	14	Tai PO	26.88	QT
7	51369 @^IM	Liu, Yuehan	14	Chi Pui	27.52	QT
8	44674 B	Wan, Ching Yiu Iris	11	Tai PO	27.93	QT

Heat 5 of 5 Prelims

1	41015 B	Yao, Megan Samantha	14	South China	27.65	QT
2	38422 B	Wang, Long Yee	14	Happy Valley	26.91	QT
3	33492 #IAZ	Chu, Ching Yin Annika	17	Hoi Tin	26.40	QT
4	11920 B	Tam, Hoi Lam	25	Current Club Ltd	24.67	QT
5	35455 B	Poon, Lok Yan	16	Chi Pui	25.90	QT
6	36011 B	Law, Hang Ue Anastasia	18	Hoi Tin	26.70	QT
7	37875 B	Chan, Yuk Yan	15	Hoi Tin	27.29	QT
8	28694 B	Cheuk, Yuet Ying Phoebe	19	Keung Sung	27.73	QT

Event 13 Men 200 LC Meter Breaststroke

HKR:	2:11.20	MAK Sai Ting Adam, HTA
JR:	2:14.41	
OQT:	2:09.68	
OCT:	2:10.33	
WCA:	2:10.32	
WCB:	2:14.88	
	2:41.90	QT Qualifying Time

Meet Qualifying: 2:41.90

Lane	ID#	Name	Age	Team	Seed Time	
Heat 1 of 6 Prelims						
3	36826 B	Wan, Tsz Shan Shawn	14	Win Tin	2:41.90	QT
4	45833 B	Cheng, Tsun Yu	11	Sun Yip	2:41.90	QT
5	46068 B	Akande, Asher Oloruntoba	14	Win Tin	2:41.90	QT
Heat 2 of 6 Prelims						
1	37181 IAZ	Yu, Ming Hei	16	Pacific	2:41.90	QT
2	46299 IAZ	Lo, Kei Yan Ian	11	Hoi Tin	2:40.76	QT
3	44787 IAZ	Kam, Yu Hin Villa	13	Sun Yip	2:37.72	QT
4	49117 @I	Liu, Haoliang	13	Chi Pui	2:36.67	QT
5	43925 B	Lam, Ka Yeung	12	Pacific	2:37.32	QT
6	42303 B	Mi, Chun Ho	12	Hoi Tin	2:39.71	QT
7	41236 B	Yeung, Ho Yin	12	Win Tin	2:41.90	QT
Heat 3 of 6 Prelims						
1	43786 IAZ	Lee, Sze Tsun	16	Lai WA	2:35.54	QT
2	41457 IAZ	Leung, Hoi Chun	15	Kwun Tong	2:34.52	QT
3	38206 IAZ	Cheung, Pang Cho	16	Kwun Tong	2:33.58	QT
4	33793 IAZ	Tam, Ka Shek	17	Win Tin	2:31.11	QT
5	45472 B	Yeung, Tsz Ho	12	HK Sportworld	2:31.63	QT
6	46409 IAZ	Wang, Zi Ran	14	Island Stingrays	2:33.74	QT
7	45162 IAZ	Lau, Chin Fung	14	Pacific	2:34.86	QT
8	38725 B	Hong, Yan Shek	13	Pacific	2:36.49	QT

National LC Swimming Trial - 67th FOS - 13-Apr-24 to 14-Apr-24

Meet Program

Heat 4 Prelims... (Event 13 Men 200 LC Meter Breaststroke)

1	45634 IAZ	Chan, Cheuk Hin	15	Marlins	2:28.98	QT
2	32099 B	Ng, Wai Ting	16	Win Tin	2:26.21	QT
3	45922 @ICX	Fu, Enze	14	Chi Pui	2:21.49	QT
4	30574 IAZ	Cheung, Ryan	17	Chi Pui	2:13.36	QT
5	45057 @ICO	Caglar, Mehmet Emre	17	Island Stingrays	2:19.85	QT
6	33716 B	Chan, Ngai Cheung	19	Tuen Mun	2:24.33	QT
7	39065 B	Leung, Ching To	12	Win Tin	2:28.53	QT
8	46189 #@IAX	Ayhan, S. Deniz	17	Kowloon City	2:30.55	QT

Heat 5 of 6 Prelims

1	31822 B	Lau, Ming Yui	18	Lai WA	2:28.93	QT
2	41024 B	Li, Matthew	15	HK Sportworld	2:25.27	QT
3	40651 P	Leung, Tsz Ming	14	White Dolphin	2:21.30	QT
4	30694 #IAZ	Cheung, Chi Kit Nicholas	18	Win Tin	2:12.24	QT
5	32095 B	Lau, Chor Tik	14	Win Tin	2:17.39	QT
6	32214 B	Wong, Sum Lam	16	White Dolphin	2:23.65	QT
7	34714 B	Chan, Chi Kit Javen	15	Win Tin	2:27.93	QT
8	46984 IAZ	Wong, Pak Wai	13	Pacific	2:29.18	QT

Heat 6 of 6 Prelims

1	30899 IAZ	Wong, Adam Chun To	17	South China	2:28.92	QT
2	33925 B	Wong, Tsz Ming	17	White Dolphin	2:24.83	QT
3	36592 B	Lau, Ka Long	15	Hoi Tin	2:21.06	QT
4	25379 B	Mak, Sai Ting Adam	17	Hoi Tin	2:06.63	QT
5	38227 IAZ	Lo, Tsz Lam	16	Win Tin	2:14.17	QT
6	25050 B	Kung, Lok Sum	19	Tai PO	2:22.16	QT
7	37663 IAZ	Yan, Kyle	15	Hoi Tin	2:27.34	QT
8	42703 IAZ	Huang, Sebastian Kai	14	Island Stingrays	2:29.02	QT

Event 14 Women 800 LC Meter Freestyle

HKR: 8:41.66

AU Hoi Shun Stephanie, *DW

JR: 8:50.21

OQT: 8:26.71

OCT: 8:29.24

WCA: 8:37.90

WCB: 8:56.03

9:50.29

QT Qualifying Time

Meet Qualifying: 9:50.29

Lane	ID#	Name	Age	Team	Seed Time
Heat 1 of 2 Timed Finals					
3	36150 IAZ	Wong, Yin Hei Hayley	16	Happy Valley	9:50.29 QT
4	40426 B	Fong, Sin Ka	13	Long Fame	9:40.14 QT
5	43137 IAZ	Yiu, Sum Yin	13	Win Tin	9:50.29 QT

National LC Swimming Trial - 67th FOS - 13-Apr-24 to 14-Apr-24

Meet Program

Fastest Heat Swims in PM Sessions (Event 14 Women 800 LC Meter Freestyle)

1	29902 B	Lam, Cheuk Ue Natalie	19	Sun Yip	9:17.32	QT
2	35932 B	Wong, Sze Laam Serena	14	Win Tin	9:14.02	QT
3	31841 IAZ	Ng, Lai Wa	18	Hoi Tin	8:50.76	QT
4	19207 B	Nip, Tsz Yin	24	Eastern Winter	8:40.70	QT
5	42490	Wang, Xin Tong	15	Win Tin	8:41.88	QT
6	36944 B	Chan, Yi Lok	13	Win Tin	9:12.78	QT
7	38217 IAZ	Yan, Ellie	14	Hoi Tin	9:15.93	QT
8	42463 B	Ackber, Bertha	13	Hoi Tin	9:34.75	QT

Event 15 Men 50 LC Meter Butterfly

HKR:	23.97	NG Cheuk Yin, TPS
JR:	24.74	
WCA:	23.53	
WCB:	24.35	
	28.10	QT Qualifying Time

Meet Qualifying: 28.10

Lane	ID#	Name	Age	Team	Seed Time	
Heat 1 of 5 Prelims						
1	35949 B	Lo, Sui Hong	14	Dali Swimming Club	28.10	QT
2	46780 #IAZ	Tang, Jing Yun	13	Sun Yip	28.10	QT
3	36563 B	Leung, Hok Kiu Jason	15	Sun Yip	28.10	QT
4	33109 B	Seeto, Shun Yin	17	Keung Sung	27.93	QT
5	43245 B	Wong, Pak Dick	13	Tuen Mun	27.94	QT
6	47542 IAZ	Leung, Chasen Pak Ho	12	Tai PO	28.10	QT
7	40095 IAZ	Chow, Ngai Fun	15	Sun Yip	28.10	QT
Heat 2 of 5 Prelims						
1	43009 B	Wong, Ho Long	12	Dik Wing	27.83	QT
2	37568 IAZ	Ding, Wilfred Weixin	16	Island Stingrays	27.77	QT
3	42554 P	Jin, Ethan N	16	Island Stingrays	27.60	QT
4	46461 IAZ	Chung, Pak Hin	15	Superstar	27.41	QT
5	36551 IAZ	Tian, Trevor	14	Tai PO	27.42	QT
6	31915 IAZ	Wong, Ho Yeung	18	Lai WA	27.65	QT
7	39500 IAZ	Lau, Tin Long	15	Kwun Tong	27.78	QT
8	38789 #IAZ	Cheng, Pok Him Boris	15	Kwun Tong	27.86	QT
Heat 3 of 5 Prelims						
1	38858 B	Lam, Tsz Yeung	14	Hoi Tin	27.05	QT
2	37591 P	Chen, Joshua Luke	16	Island Stingrays	26.80	QT
3	36085 B	Hui, Yik Kiu	16	Chi Pui	26.24	QT
4	38701 B	Chung, Hei Chit	15	Hoi Tin	24.81	QT
5	36914 IAZ	Cheng, Cheuk Kin Jake	16	Dali Swimming Club	25.71	QT
6	30444 #IAZ	Ho, Chung Lun	20	Pacific	26.47	QT
7	22513 IAZ	Tang, Cheuk Yan	23	White Dolphin	26.93	QT
8	32426 IAZ	Lam, Tsz Yeung YY	16	Dik Wing	27.41	QT

National LC Swimming Trial - 67th FOS - 13-Apr-24 to 14-Apr-24

Meet Program

Heat 4 Prelims... (Event 15 Men 50 LC Meter Butterfly)

1	38026 IAZ	Wu, Yik Ham	15	HK Sportworld	26.95	QT
2	30798 #IAZ	Yeung, Hei Pui	18	Lai WA	26.62	QT
3	37757 B	Cheng, Pak Ho	15	HK Sportworld	26.21	QT
4	28636 B	Chan, Tsz Chiu	20	Keung Sung	24.63	QT
5	35894 B	Chui, Ka Yeung	18	Win Tin	25.44	QT
6	31127 IAZ	Cheng, Chun Hong	16	Dali Swimming Club	26.45	QT
7	43321 IAZ	Po, Jit Shun	13	Ti Dynamics	26.86	QT
8	16201 B	Kwok, Yuk Hang	27	Kwun Tong	27.40	QT

Heat 5 of 5 Prelims

1	36805 B	Chan, Leong To	14	Hoi Tin	26.93	QT
2	41163 IAZ	Chan, Tsz Hin	16	Tai PO	26.52	QT
3	31077 B	Lo, Man Kit	20	Sword Fish Club	25.97	QT
4	33755 IAZ	Lau, Kin Hei James	15	Hoi Tin	24.50	QT
5	33935 B	Yau, Pak Ho	16	Chi Pui	25.16	QT
6	36113 IAZ	Wong, Tsun Ting	17	Eastern Winter	26.36	QT
7	41027 IAZ	Cheng, Cheuk Hin	17	Tai PO	26.85	QT
8	37575 P	Chen, Jason Q	17	Island Stingrays	27.09	QT

Event 16 Women 200 LC Meter Backstroke

HKR:	2:09.33	LAU Yin Yan Claudia, DLS
JR:	2:16.10	
OQT:	2:10.39	
OCT:	2:11.04	
WCA:	2:11.08	
WCB:	2:15.67	
	2:37.67	QT Qualifying Time

Meet Qualifying: 2:37.67

Lane	ID#	Name	Age	Team	Seed Time	
Heat 1 of 4 Prelims						
3	38813 #P	Liu, Yuen Ching	13	Hoi Tin	2:37.67	QT
4	42048 IAZ	Lee, Cynthia Shin Kiu	13	Win Tin	2:37.25	QT
5	51390 IAZ	Deng, Xiaoqin	13	Current Club Ltd	2:37.67	QT
Heat 2 of 4 Prelims						
1	42704 @P	Krkalo, Mila Sofia	13	Island Stingrays	2:35.06	QT
2	47344 #B	Ng, Cheuk Yee	13	HK Sportworld	2:30.14	QT
3	37038 IAZ	Chan, Yin Yan	15	Hoi Tin	2:25.52	QT
4	35345 B	Ho, Tin Wing	14	Hoi Tin	2:16.63	QT
5	33874 IAZ	Lee Giselle, Jacinda Jia Hui	16	South China	2:20.43	QT
6	40824 P	Robertson, Claire Mei	15	Island Stingrays	2:28.46	QT
7	44853 IAZ	Yeung, Gabrielle	13	Pacific	2:32.54	QT
Heat 3 of 4 Prelims						
1	42707 P	Kim, Eva Hahn	16	Island Stingrays	2:33.98	QT
2	38967 B	Gao, Elva	14	Hoi Tin	2:29.68	QT
3	46816 IAZ	Chan, Tsz Yu Ashley	12	Hoi Tin	2:20.90	QT
4	36936 IAZ	Ho, Pui Yan	14	Win Tin	2:14.84	QT
5	45227 IAZ	Tang, Angel	15	Lai WA	2:19.88	QT
6	46124 #IAZ	Mathis, Kayla J	13	Tai PO	2:26.30	QT
7	42270 B	Wong, Hei Tung	12	Win Tin	2:32.25	QT

National LC Swimming Trial - 67th FOS - 13-Apr-24 to 14-Apr-24

Meet Program

Heat 4 Prelims... (Event 16 Women 200 LC Meter Backstroke)

1	40519 #B	Keong, Hiu Tung	13	Hoi Tin	2:33.41	QT
2	38891 #IAZ	Leung, Hiu Lam	15	Win Tin	2:28.76	QT
3	39531 B	Lee, Hoi Lam	13	Win Tin	2:20.90	QT
4	36321 B	Cheung, Sum Yuet Cindy	17	Tai PO	2:06.65	QT
5	35752 B	Li, Cheuk Yiu	14	Hoi Tin	2:18.46	QT
6	40963 IAZ	Chung, Wing Yee Sessie	13	Hoi Tin	2:25.77	QT
7		Ariuntamir, Enkh-Amgalan	20	Mongolia	2:31.09	QT
8	42555 @P	Chow, Adison Hailey	16	Island Stingrays	2:36.33	QT

Event 17 Men 800 LC Meter Freestyle

HKR: 8:03.41 CHEUK Ming Ho, CPS

JR: 8:25.47

OQT: 8:26.71

OCT: 7:54.01

WCA: 7:53.11

WCB: 8:09.67

9:30.00 QT Qualifying Time

Meet Qualifying: 9:30.00

Lane	ID#	Name	Age	Team	Seed Time
Heat 1 of 3 Timed Finals					
1	48286 IAZ	Muller, Ethan	16	South China	9:15.31 QT
2	35145 IAZ	Liu, Siu Fung	16	Chi Pui	9:03.06 QT
3	33829 IAO	Ko, Harry Hing	16	South China	9:01.21 QT
4	36895 B	Lo, Kei Hon Andre	15	Hoi Tin	8:57.91 QT
5	39574 B	Lau, Yi Fung	14	Sun Yip	9:00.78 QT
6	48681 IAZ	Ho, James On	14	South China	9:02.45 QT
7	43918 @IAX	Chui, Ue Haang	13	White Dolphin	9:15.22 QT
8	38685 B	Wen, Cheuk Pan	14	Csu	9:30.00 QT
Heat 2 of 3 Timed Finals					
1	37420 IAZ	Ko, Chin Fung	15	Kwun Tong	8:48.36 QT
2	35804 IAZ	Tong, Ching Wa	18	Pacific	8:43.98 QT
3	35385 B	Chong, Hin Yeung	15	Dik Wing	8:37.26 QT
4	38214 #IAZ	Chan, Wai Ching Adrian	14	Hoi Tin	8:35.24 QT
5	49179 @ICX	Zhu, Xiuping	15	Pacific	8:36.87 QT
6	37482 B	Kwan, Ho Yin	16	Riverside	8:43.69 QT
7	40460 IAZ	Zhao, Oscar	14	Hoi Tin	8:45.86 QT
8	43919 IAZ	Chui, Hoi Haang	15	White Dolphin	8:56.88 QT

Fastest Heat Swims in PM Sessions

1	35648 IAZ	Lau, Tsz Pok	16	Pacific	8:33.03 QT
2	30733 B	Lai, King Wo	17	Win Tin	8:23.80 QT
3	33922 P	So, Kwun Wa	16	White Dolphin	8:07.71 QT
4	48237 IAZ	Wang, Yi Shun	15	Chi Pui	7:57.52 QT
5	29257 B	He, Shing Ip	18	Chi Pui	8:02.85 QT
6	29884 B	Kwong, Jacob Yat Nam	17	Win Tin	8:16.49 QT
7	03439 IAZ	Sin, Chin Ting Keith	30	South China	8:27.85 QT
8	35931 B	Lam, Marcus Pak Hei	14	Win Tin	8:34.88 QT

National LC Swimming Trial - 67th FOS - 13-Apr-24 to 14-Apr-24

Meet Program

Event 18 Women 1500 LC Meter Freestyle

HKR: 16:51.05 HO Nam Wai, WTS

JR: 16:58.79

OQT: 16:09.09

OCT: 16:13.94

WCA: 16:29.57

WCB: 17:04.20

19:20.00 QT Qualifying Time

Meet Qualifying: 19:20.00

Lane	ID#	Name	Age	Team	Seed Time
Straight Final in PM Sessions					
2	38891 #IAZ	Leung, Hiu Lam	15	Win Tin	19:20.00 QT
3	33874 IAZ	Lee Giselle, Jacinda Jia Hui	16	South China	17:47.39 QT
4	19207 B	Nip, Tsz Yin	24	Eastern Winter	16:40.76 QT
5	42490	Wang, Xin Tong	15	Win Tin	16:40.93 QT
6	42893 IAZ	Tse, Lok Lam	14	Hoi Tin	18:32.94 QT
7	43137 IAZ	Yiu, Sum Yin	13	Win Tin	19:20.00 QT

Event 19 Men 200 LC Meter Freestyle

HKR: 1:47.46 CHEUK Ming Ho, CPS

JR: 1:52.59

OQT: 1:46.26

OCT: 1:46.79

WCA: 1:47.06

WCB: 1:50.81

2:08.25 QT Qualifying Time

Meet Qualifying: 2:08.25

Lane	ID#	Name	Age	Team	Seed Time
Heat 1 of 6 Prelims					
3	45426 IAZ	Ng, Dik Him	15	Superstar	2:08.25 QT
4	40879 IAZ	Chen, Zheng Xuan Jason	12	Hoi Tin	2:08.25 QT
5	40460 IAZ	Zhao, Oscar	14	Hoi Tin	2:08.25 QT
Heat 2 of 6 Prelims					
1	40757 IAZ	To, Hiu Fung	14	Hoi Tin	2:08.25 QT
2	47980 B	Jin, Yu Tong	12	Lai WA	2:08.25 QT
3	42008 B	Law, Tsz Lok	12	Win Tin	2:08.25 QT
4	41692 P	Hong, Eric Mingze	15	Island Stingrays	2:08.19 QT
5	33601 B	Chow, Ian Tsz Long	16	Hoi Tin	2:08.25 QT
6	37746 @P	Qiu, Junhao	15	Island Stingrays	2:08.25 QT
7	46974 IAZ	Yang, Yide Adam	13	Chi Pui	2:08.25 QT
Heat 3 of 6 Prelims					
1	35258 B	Cheung, Man Ho	13	Sea Lion	2:07.73 QT
2	32780 IAZ	Lam, Yuk Kiu	16	South China	2:07.20 QT
3	42554 P	Jin, Ethan N	16	Island Stingrays	2:06.07 QT
4	45472 B	Yeung, Tsz Ho	12	HK Sportworld	2:05.30 QT
5	40455 IAZ	Lam, Wai Lok	15	Sun Yip	2:05.95 QT
6	49117 @I	Liu, Haoliang	13	Chi Pui	2:06.72 QT
7	38859 @IAO	Yang, Ruei Bin	17	Tuen Mun	2:07.25 QT
8	38218 IAZ	Cheng, Tsz Leong Louie	14	Hoi Tin	2:07.82 QT

National LC Swimming Trial - 67th FOS - 13-Apr-24 to 14-Apr-24**Meet Program****Heat 4 Prelims... (Event 19 Men 200 LC Meter Freestyle)**

1	35385 B	Chong, Hin Yeung	15	Dik Wing	2:01.31	QT
2	36085 B	Hui, Yik Kiu	16	Chi Pui	1:58.29	QT
3	38539 B	Chan, Wah Royce	15	HK Sportworld	1:53.70	QT
4	48237 IAZ	Wang, Yi Shun	15	Chi Pui	1:50.64	QT
5	33922 P	So, Kwun Wa	16	White Dolphin	1:51.72	QT
6	36547 IAZ	Wong, Yik Yan Sean	16	South China	1:54.69	QT
7	43212 B	Tsang, Pak Kiu	14	Sun Yip	2:00.62	QT
8	37574 P	Chen, Eric Q	14	Island Stingrays	2:05.23	QT

Heat 5 of 6 Prelims

1	35145 IAZ	Liu, Siu Fung	16	Chi Pui	2:01.08	QT
2	33435 IAZ	Siu, To	17	Dali Swimming Club	1:56.60	QT
3	41900 B	Han, Pak Kiu	14	Hoi Tin	1:53.30	QT
4	38227 IAZ	Lo, Tsz Lam	16	Win Tin	1:50.28	QT
5	22824 IAZ	Wong, Lok Kan	20	Hoi Tin	1:51.64	QT
6	34048 IAZ	Wong, Pok Lam	17	Hoi Tin	1:54.41	QT
7	44820 ICX	Yeow, Zheng Ren	16	South China	1:59.89	QT
8	46409 IAZ	Wang, Zi Ran	14	Island Stingrays	2:04.72	QT

Heat 6 of 6 Prelims

1	43918 @IAZ	Chui, Ue Haang	13	White Dolphin	2:00.93	QT
2	33890 IAZ	Lai, Chun Wai	16	Lai WA	1:56.04	QT
3	36913 IAZ	Cheng, Cheuk Chi George	16	Dali Swimming Club	1:51.77	QT
4	29257 B	He, Shing Ip	18	Chi Pui	1:48.84	QT
5	30733 B	Lai, King Wo	17	Win Tin	1:50.72	QT
6	26123 IAZ	Wong, Wai Lun	21	Hoi Tin	1:53.95	QT
7	46416 B	Lin, Pak Yin	14	HK Sportworld	1:58.59	QT
8	33791 B	Tang, Kak Shing	15	Tai PO	2:04.12	QT

Event 20 Women 100 LC Meter Freestyle

HKR: 52.02

HAUGHEY Siobhan Bernadette,SCA

JR: 54.47

OQT: 53.61

OCT: 53.88

WCA: 54.25

WCB: 56.15

1:02.90

QT Qualifying Time

Meet Qualifying: 1:02.90

Lane	ID#	Name	Age	Team	Seed Time
Heat 1 of 4 Prelims					
2	40426 B	Fong, Sin Ka	13	Long Fame	1:02.90 QT
3	42048 IAZ	Lee, Cynthia Shin Kiu	13	Win Tin	1:02.90 QT
4	38808 IAZ	Chan, Wing Hei	14	Pacific	1:02.70 QT
5	42855 #IAZ	Kong, Chi Yin	16	Happy Valley	1:02.90 QT
6	48088 IAZ	Wang, Ching Yee	11	Happy Valley	1:02.90 QT
7	46174 IAZ	Au, Hoi Ching Abby	12	Kwan Hung	1:02.90 QT

National LC Swimming Trial - 67th FOS - 13-Apr-24 to 14-Apr-24

Meet Program

Heat 2 Prelims... (Event 20 Women 100 LC Meter Freestyle)

1	39706 B	Yip, Tsz Laam	14	White Dolphin	1:00.46	QT
2	45227 IAZ	Tang, Angel	15	Lai WA	59.57	QT
3	46253 @P	Lutz, Gabriella Chelsea	12	Lai WA	58.47	QT
4	33715 IAZ	Ma, Gilaine	15	Tai PO	55.25	QT
5	44386	Li, Yu Qing	14	Win Tin	56.70	QT
6	38422 B	Wang, Long Yee	14	Happy Valley	58.89	QT
7	40824 P	Robertson, Claire Mei	15	Island Stingrays	59.76	QT
8	38714 IAZ	Au, Hoi Sin	16	Kwun Tong	1:02.13	QT

Heat 3 of 4 Prelims

1	42637 B	So, Yin Yan	13	Happy Valley	1:00.20	QT
2	39432 IAZ	Leung, Sze Ki Safira	14	Marlins	59.37	QT
3	43424 IAZ	Mathis, Mya Lynn	14	Tai PO	58.29	QT
4	40738 B	Li, Sum Yiu	14	White Dolphin	54.42	QT
5	32098 B	Ma, Tsz Tsing Ashley	16	Hoi Tin	56.67	QT
6	37875 B	Chan, Yuk Yan	15	Hoi Tin	58.68	QT
7	40949 B	Sum, Yi Man	12	Tai PO	59.75	QT
8	38973 IAZ	Ng, Wai Ting Tiana	13	Dik Wing	1:01.42	QT

Heat 4 of 4 Prelims

1	33979 IAZ	Liu, Hei Yu	13	White Dolphin	59.88	QT
2	37874 IAZ	Choi, Hiu Ying	14	Hoi Tin	59.22	QT
3	35455 B	Poon, Lok Yan	16	Chi Pui	57.13	QT
4	11920 B	Tam, Hoi Lam	25	Current Club Ltd	53.98	QT
5	29449 B	Leung, Wing Tsun Rachel	17	Win Tin	56.57	QT
6	36011 B	Law, Hang Ue Anastasia	18	Hoi Tin	58.58	QT
7	38029 B	Leung, Evita Yan	13	Tai PO	59.74	QT
8	45628 IAZ	Chan, Pui Ka	12	White Dolphin	1:01.22	QT

Event 21 Men 100 LC Meter Breaststroke

HKR:	1:00.95	MAK Sai Ting Adam, HTA
JR:	1:03.01	
OQT:	59.49	
OCT:	59.79	
WCA:	59.75	
WCB:	1:01.84	
	1:11.64	QT Qualifying Time

Meet Qualifying: 1:11.64

Lane	ID#	Name	Age	Team	Seed Time
Heat 1 of 5 Prelims					
2	46409 IAZ	Wang, Zi Ran	14	Island Stingrays	1:11.64 QT
3	37591 P	Chen, Joshua Luke	16	Island Stingrays	1:11.64 QT
4	44787 IAZ	Kam, Yu Hin Villa	13	Sun Yip	1:11.64 QT
5	46299 IAZ	Lo, Kei Yan Ian	11	Hoi Tin	1:11.64 QT
6	43786 IAZ	Lee, Sze Tsun	16	Lai WA	1:11.64 QT

National LC Swimming Trial - 67th FOS - 13-Apr-24 to 14-Apr-24

Meet Program

Heat 2 Prelims... (Event 21 Men 100 LC Meter Breaststroke)

1	36826 B	Wan, Tsz Shan Shawn	14	Win Tin	1:10.73	QT
2	34714 B	Chan, Chi Kit Javen	15	Win Tin	1:10.04	QT
3	45634 IAZ	Chan, Cheuk Hin	15	Marlins	1:09.07	QT
4	38206 IAZ	Cheung, Pang Cho	16	Kwun Tong	1:08.41	QT
5	42703 IAZ	Huang, Sebastian Kai	14	Island Stingrays	1:08.66	QT
6	37663 IAZ	Yan, Kyle	15	Hoi Tin	1:09.55	QT
7	39065 B	Leung, Ching To	12	Win Tin	1:10.67	QT
8	30754 B	Ho, Siu Shing	16	Pacific	1:11.56	QT

Heat 3 of 5 Prelims

1	39328 IAZ	Yau, Shing Ho	16	Compass	1:07.41	QT
2	31822 B	Lau, Ming Yui	18	Lai WA	1:06.24	QT
3	40651 P	Leung, Tsz Ming	14	White Dolphin	1:04.30	QT
4	28535 #B	Law, Tsz Hin	21	Hoi Tin	1:02.19	QT
5	32095 B	Lau, Chor Tik	14	Win Tin	1:03.71	QT
6	32214 B	Wong, Sum Lam	16	White Dolphin	1:05.36	QT
7	33793 IAZ	Tam, Ka Shek	17	Win Tin	1:06.56	QT
8	46189 #@IAZ	Ayhan, S. Deniz	17	Kowloon City	1:08.25	QT

Heat 4 of 5 Prelims

1	36592 B	Lau, Ka Long	15	Hoi Tin	1:07.16	QT
2	31440 B	Lau, Yuk Hin	19	Hoi Tin	1:05.65	QT
3	30899 IAZ	Wong, Adam Chun To	17	South China	1:03.92	QT
4	30694 #IAZ	Cheung, Chi Kit Nicholas	18	Win Tin	1:01.09	QT
5	45703 IAZ	Tsui, Yik Ki	16	Pacific	1:03.23	QT
6	25050 B	Kung, Lok Sum	19	Tai PO	1:05.36	QT
7	32099 B	Ng, Wai Ting	16	Win Tin	1:06.42	QT
8	35804 IAZ	Tong, Ching Wa	18	Pacific	1:07.65	QT

Heat 5 of 5 Prelims

1	41024 B	Li, Matthew	15	HK Sportworld	1:07.16	QT
2	33716 B	Chan, Ngai Cheung	19	Tuen Mun	1:05.44	QT
3	42025 IAO	Luk, Arnold Bingtse	27	South China	1:03.88	QT
4	25379 B	Mak, Sai Ting Adam	17	Hoi Tin	59.57	QT
5	35805 B	So, Chun Hin	17	Tai PO	1:02.73	QT
6	45057 @ICO	Caglar, Mehmet Emre	17	Island Stingrays	1:05.34	QT
7	45922 @ICX	Fu, Enze	14	Chi Pui	1:06.26	QT
8	33925 B	Wong, Tsz Ming	17	White Dolphin	1:07.53	QT

National LC Swimming Trial - 67th FOS - 13-Apr-24 to 14-Apr-24

Meet Program

Event 22 Women 50 LC Meter Breaststroke

HKR: 30.36 HAUGHEY Siobhan Bernadette,SCA
 JR: 32.45
 WCA: 31.02
 WCB: 32.11
 37.66 QT Qualifying Time

Meet Qualifying: 37.66

Lane	ID#	Name	Age	Team	Seed Time
Heat 1 of 5 Prelims					
2	51952 #IAZN	Shi, Ziwen	13	Flying Dragon	37.66 QT
3	46111 B	Chau, Pak Yu	11	Tai PO	37.66 QT
4	46250 IAZ	Cheung, Ka Yu	11	Flying Fish	37.66 QT
5	42706 P	Mohanty, Ananya	16	Island Stingrays	37.66 QT
6	39484 IAZ	Ho, Taylor Lei	13	Island Stingrays	37.66 QT
Heat 2 of 5 Prelims					
1	44742 IAZ	Ho, Michelle Yan Sin	12	White Dolphin	36.59 QT
2	46308 IAZ	So, Hei Shun	12	Kwun Tong	36.26 QT
3	42837 IAZ	Kan, Hong Wing Amelia	13	Jockey Club	35.86 QT
4	35988 P	Lee, Jeanelle Faith	16	South China	35.65 QT
5	25097 B	Cheung, Margaret	18	Kowloon Tong Club	35.73 QT
6	37209 B	Kan, Hong Ching Audrey	15	Jockey Club	36.01 QT
7	39333 B	Chung, Lok Ching	15	Compass	36.39 QT
8	48088 IAZ	Wang, Ching Yee	11	Happy Valley	36.94 QT
Heat 3 of 5 Prelims					
1	43099 IAZ	Ng, Hoi Ching	14	Win Tin	34.90 QT
2	41015 B	Yao, Megan Samantha	14	South China	34.03 QT
3	38297 IAX	Cheung, Hau Wing	16	Lai WA	32.83 QT
4	33742 IAZ	Lam, Chelsie	15	Dali Swimming Club	32.09 QT
5	42578 IAZ	Leung, Yan Yui	15	Chi Pui	32.71 QT
6	40306 IAZ	Chi, Yi Lam	13	Jockey Club	33.90 QT
7	39149 IAZ	Xing, Yina	12	Happy Valley	34.58 QT
8	47588 #B	Li, Man Hin	14	Flying Dragon	35.37 QT
Heat 4 of 5 Prelims					
1	51369 @^IM	Liu, Yuehan	14	Chi Pui	34.64 QT
2	33815 IAZ	Wong, Hin Yi	16	Tai PO	33.96 QT
3	29139 B	Young, Sze Ki	20	Tai PO	32.75 QT
4	29060 IAZ	Lam, Hoi Kiu	20	Hoi Tin	31.46 QT
5	39592 IAZ	Sng, Yan Megan	19	Dik Wing	32.60 QT
6	48950 #@P	Gao, Jialian	12	Chi Pui	33.40 QT
7	28694 B	Cheuk, Yuet Ying Phoebe	19	Keung Sung	34.27 QT
8	43778 IAZ	Lee, Rianne	12	White Dolphin	34.95 QT

National LC Swimming Trial - 67th FOS - 13-Apr-24 to 14-Apr-24

Meet Program

Heat 5 Prelims... (Event 22 Women 50 LC Meter Breaststroke)

1	43137 IAZ	Yiu, Sum Yin	13	Win Tin	34.61	QT
2	43298 IAZ	Hau, Maya Elizabeth	14	Ti Dynamics	33.91	QT
3	39432 IAZ	Leung, Sze Ki Safira	14	Marlins	32.73	QT
4	39179 B	Man, Wui Kiu	14	Chi Pui	31.31	QT
5	37750 IAZ	So, Ching Nga	15	Hoi Tin	32.25	QT
6	38411 B	Yung, Tsz Ching	13	Hoi Tin	33.34	QT
7	32978 IAZ	Yip, Wai Iu	15	Chi Pui	34.12	QT
8	38528 B	Lam, Tsz Ying	13	Hoi Tin	34.90	QT

Event 23 Men 100 LC Meter Butterfly

HKR:	53.38	NG Cheuk Yin, TPS
JR:	54.42	
OQT:	51.67	
OCT:	51.93	
WCA:	51.96	
WCB:	53.78	

1:04.75 QT Qualifying Time

Meet Qualifying: 1:04.75

Lane	ID#	Name	Age	Team	Seed Time	
Heat 1 of 5 Prelims						
3	38789 #IAZ	Cheng, Pok Him Boris	15	Kwun Tong	1:04.75	QT
4	40095 IAZ	Chow, Ngai Fun	15	Sun Yip	1:04.75	QT
5	47542 IAZ	Leung, Chasen Pak Ho	12	Tai PO	1:04.75	QT
Heat 2 of 5 Prelims						
2	46780 #IAZ	Tang, Jing Yun	13	Sun Yip	1:04.04	QT
3	37574 P	Chen, Eric Q	14	Island Stingrays	1:03.38	QT
4	36563 B	Leung, Hok Kiu Jason	15	Sun Yip	1:02.53	QT
5	36897 IAZ	Han, Hao	14	Kwun Tong	1:03.32	QT
6	43245 B	Wong, Pak Dick	13	Tuen Mun	1:03.46	QT
7	46461 IAZ	Chung, Pak Hin	15	Superstar	1:04.12	QT
Heat 3 of 5 Prelims						
1	35931 B	Lam, Marcus Pak Hei	14	Win Tin	1:00.29	QT
2	49179 @ICX	Zhu, Xiuping	15	Pacific	58.99	QT
3	37757 B	Cheng, Pak Ho	15	HK Sportworld	57.49	QT
4	33935 B	Yau, Pak Ho	16	Chi Pui	55.19	QT
5	38214 #IAZ	Chan, Wai Ching Adrian	14	Hoi Tin	56.41	QT
6	41723 IAZ	Fong, Yik Yuen	16	Hoi Tin	57.98	QT
7	37575 P	Chen, Jason Q	17	Island Stingrays	59.82	QT
8	43009 B	Wong, Ho Long	12	Dik Wing	1:02.37	QT
Heat 4 of 5 Prelims						
1	35949 B	Lo, Sui Hong	14	Dali Swimming Club	1:00.08	QT
2	28256 @IAX	Ma, Zeyuan	20	Chi Pui	58.73	QT
3	34048 IAZ	Wong, Pok Lam	17	Hoi Tin	57.46	QT
4	38701 B	Chung, Hei Chit	15	Hoi Tin	55.00	QT
5	36914 IAZ	Cheng, Cheuk Kin Jake	16	Dali Swimming Club	56.41	QT
6	29884 B	Kwong, Jacob Yat Nam	17	Win Tin	57.94	QT
7	41422 B	Yick, Sum Kiu	13	Sea Lion	59.29	QT
8	37591 P	Chen, Joshua Luke	16	Island Stingrays	1:01.93	QT

National LC Swimming Trial - 67th FOS - 13-Apr-24 to 14-Apr-24

Meet Program

Heat 5 Prelims... (Event 23 Men 100 LC Meter Butterfly)

1	36113 IAZ	Wong, Tsun Ting	17	Eastern Winter	59.95	QT
2	35894 B	Chui, Ka Yeung	18	Win Tin	58.67	QT
3	30444 #IAZ	Ho, Chung Lun	20	Pacific	56.78	QT
4	33755 IAZ	Lau, Kin Hei James	15	Hoi Tin	53.38	QT
5	06697 B	Koo, Ralph Yat Ho	26	Hoi Tin	55.58	QT
6	36085 B	Hui, Yik Kiu	16	Chi Pui	57.58	QT
7	43321 IAZ	Po, Jit Shun	13	Ti Dynamics	59.22	QT
8	36551 IAZ	Tian, Trevor	14	Tai PO	1:00.67	QT

Event 24 Women 400 LC Meter IM

HKR:	4:48.58	CHENG Chloe, PSC
JR:	4:51.30	
OQT:	4:38.53	
OCT:	4:39.92	
WCA:	4:43.06	
WCB:	4:52.97	
	5:38.68	QT Qualifying Time

Meet Qualifying: 5:38.68

Lane	ID#	Name	Age	Team	Seed Time
Heat 1 of 2 Prelims					
2	38028 B	Leung, Evelyn Yi	14	Tai PO	5:15.24 QT
3	38860 IAZ	Chui, On Tsz	15	Hoi Tin	5:07.29 QT
4	31841 IAZ	Ng, Lai Wa	18	Hoi Tin	4:43.92 QT
5	36944 B	Chan, Yi Lok	13	Win Tin	4:57.12 QT
6	38967 B	Gao, Elva	14	Hoi Tin	5:10.15 QT
7	40081 B	Lin, Yee Ka Chloe	12	Hoi Tin	5:38.68 QT
Heat 2 of 2 Prelims					
2	39531 B	Lee, Hoi Lam	13	Win Tin	5:13.43 QT
3	35932 B	Wong, Sze Laam Serena	14	Win Tin	4:57.35 QT
4	42490	Wang, Xin Tong	15	Win Tin	4:42.99 QT
5	32517 B	Wong, Hoi Wai	17	Win Tin	4:56.87 QT
6	39905 IAZ	Lan, Jasmine Lauren	14	Jockey Club	5:07.56 QT
7	41875 IAZ	Li, Hei Man	13	Sword Fish Club	5:16.49 QT

Event 25 Men 50 LC Meter Backstroke

HKR:	26.00	LAU Shiu Yue, HTA
JR:	26.81	
WCA:	25.16	
WCB:	26.04	
	30.58	QT Qualifying Time

Meet Qualifying: 30.58

Lane	ID#	Name	Age	Team	Seed Time
Heat 1 of 5 Prelims					
3	36899 B	Kwok, Kin Wai	16	Keung Sung	30.58 QT
4	37746 @P	Qiu, Junhao	15	Island Stingrays	30.58 QT
5	43427 IAZ	Lam, Kayden	12	Chi Pui	30.58 QT

National LC Swimming Trial - 67th FOS - 13-Apr-24 to 14-Apr-24**Meet Program****Heat 2 Prelims... (Event 25 Men 50 LC Meter Backstroke)**

1	51867 IAZ	Ng, Tsz Ching	12	Sun Yip	30.58	QT
2	45424 IAZ	Leung, Wai Lok	16	Superstar	30.53	QT
3	37513 IAZ	Wan, Lok Him	14	Dik Wing	29.86	QT
4	39071 B	Luk, Man Him	15	Win Tin	29.14	QT
5	33767 IAZ	Lee, Cheston	15	Pacific	29.17	QT
6	36739 #IAZ	Wu, Hoi Fu	19	Win Tin	29.95	QT
7	32426 IAZ	Lam, Tsz Yeung YY	16	Dik Wing	30.58	QT
8	43637 IAZ	Lam, Ching Ho	15	Dik Wing	30.58	QT

Heat 3 of 5 Prelims

1	40104 B	Cheung, Yung	13	White Dolphin	28.96	QT
2	33758 IAZ	Leung, Tsz Wo	16	Hoi Tin	28.36	QT
3	31077 B	Lo, Man Kit	20	Sword Fish Club	27.52	QT
4	27239 B	Chan, Sheung Kwan	21	Keung Sung	26.31	QT
5	42311 IAZ	Yu, Chi Lung	16	Pacific	26.68	QT
6	36551 IAZ	Tian, Trevor	14	Tai PO	28.07	QT
7	41268 IAZ	Tan, Pak Hei Brian	14	Dik Wing	28.58	QT
8	36447 B	Chin, Wai Lok	15	Win Tin	29.13	QT

Heat 4 of 5 Prelims

1	32972 IAZ	Tam, Chung Nam	16	South China	28.75	QT
2	40285 IAZ	Woo, Bono	15	Pacific	28.34	QT
3	31127 IAZ	Cheng, Chun Hong	16	Dali Swimming Club	27.17	QT
4	28636 B	Chan, Tsz Chiu	20	Keung Sung	24.78	QT
5	36914 IAZ	Cheng, Cheuk Kin Jake	16	Dali Swimming Club	26.40	QT
6	43609 P	Wu, Lok Kan	13	Pacific	28.03	QT
7	36805 B	Chan, Leong To	14	Hoi Tin	28.48	QT
8	48286 IAZ	Muller, Ethan	16	South China	29.05	QT

Heat 5 of 5 Prelims

1	37568 IAZ	Ding, Wilfred Weixin	16	Island Stingrays	28.70	QT
2	36791 #IAZ	Fong, Tsz Long Jose	14	Dik Wing	28.24	QT
3	30435 IAZ	Chan, Chin Kan	19	Lai WA	26.87	QT
4	12117 IAZ	Lau, Shiu Yue	26	Hoi Tin	24.38	QT
5	39015 P	Chan, Tsz Kwan	17	Tai PO	26.39	QT
6	41163 IAZ	Chan, Tsz Hin	16	Tai PO	28.02	QT
7	37159 IAZ	Andiappan, Ethan Siddha Hsu	14	LRC	28.43	QT
8	49384 IAZ	Li, Louis Ka Wo	13	Pacific	29.02	QT

National LC Swimming Trial - 67th FOS - 13-Apr-24 to 14-Apr-24

Meet Program

Event 26 Women 100 LC Meter Backstroke

HKR: 1:00.22 AU Hoi Shun Stephanie, DWA

JR: 1:03.30

OQT: 59.99

OCT: 1:00.29

WCA: 1:00.59

WCB: 1:02.71

1:15.80 QT Qualifying Time

Meet Qualifying: 1:15.80

Lane	ID#	Name	Age	Team	Seed Time
Heat 1 of 5 Prelims					
1	38813 #P	Liu, Yuen Ching	13	Hoi Tin	1:15.80 QT
2	42704 @P	Krkalo, Mila Sofia	13	Island Stingrays	1:13.78 QT
3	42127 IAZ	Chong, Seu Kiu	13	South China	1:13.33 QT
4	35992 P	Mcfarland, Charlotte Chia-Ju	16	South China	1:13.09 QT
5	45558 IAZ	Wan, Pisces	12	Dali Swimming Club	1:13.26 QT
6	51390 IAZ	Deng, Xiaoqin	13	Current Club Ltd	1:13.50 QT
7	42048 IAZ	Lee, Cynthia Shin Kiu	13	Win Tin	1:15.80 QT
Heat 2 of 5 Prelims					
1	40519 #B	Keong, Hiu Tung	13	Hoi Tin	1:12.54 QT
2	40117 IAZ	Chan, Kalila	13	South China	1:12.46 QT
3	35953 IAZ	Siu, Hoi Lam	16	Tai PO	1:12.26 QT
4	46253 @P	Lutz, Gabriella Chelsea	12	Lai WA	1:11.54 QT
5	42705 @P	Krkalo, Eva Katarina	15	Island Stingrays	1:12.15 QT
6	42463 B	Ackber, Bertha	13	Hoi Tin	1:12.40 QT
7	42270 B	Wong, Hei Tung	12	Win Tin	1:12.53 QT
8	45888 IAZ	Lie Ken Jie, Sophie Hoi Hei	12	Jockey Club	1:12.87 QT
Heat 3 of 5 Prelims					
1	44853 IAZ	Yeung, Gabrielle	13	Pacific	1:10.90 QT
2	41265 B	Li, Elizabeth	14	South China	1:06.72 QT
3	33947 IAZ	Chan, Hin Yau	17	Tai PO	1:05.18 QT
4	36936 IAZ	Ho, Pui Yan	14	Win Tin	1:02.90 QT
5	35345 B	Ho, Tin Wing	14	Hoi Tin	1:04.46 QT
6	38055 B	Ho, Tsz Tung	13	Tai PO	1:05.75 QT
7	38967 B	Gao, Elva	14	Hoi Tin	1:09.26 QT
8	42707 P	Kim, Eva Hahn	16	Island Stingrays	1:11.38 QT
Heat 4 of 5 Prelims					
1	47344 #B	Ng, Cheuk Yee	13	HK Sportworld	1:10.28 QT
2	39531 B	Lee, Hoi Lam	13	Win Tin	1:06.55 QT
3	45227 IAZ	Tang, Angel	15	Lai WA	1:04.74 QT
4	35455 B	Poon, Lok Yan	16	Chi Pui	1:01.76 QT
5	25098 #B	Fung, Suet Ying Chloe	19	Kowloon Tong Club	1:03.93 QT
6	46816 IAZ	Chan, Tsz Yu Ashley	12	Hoi Tin	1:05.46 QT
7	38891 #IAZ	Leung, Hiu Lam	15	Win Tin	1:08.50 QT
8	33828 IAZ	Kor, Ka Hei	16	South China	1:11.14 QT

National LC Swimming Trial - 67th FOS - 13-Apr-24 to 14-Apr-24

Meet Program

Heat 5 Prelims... (Event 26 Women 100 LC Meter Backstroke)

1	42555 @P	Chow, Adison Hailey	16	Island Stingrays	1:09.58	QT
2	46124 #IAZ	Mathis, Kayla J	13	Tai PO	1:06.35	QT
3		Ariuntamir, Enkh-Amgalan	20	Mongolia	1:04.72	QT
4	36321 B	Cheung, Sum Yuet Cindy	17	Tai PO	58.39	QT
5	31597 B	Ng, Cheuk Yan	17	Hoi Tin	1:03.26	QT
6	35752 B	Li, Cheuk Yiu	14	Hoi Tin	1:05.36	QT
7	37038 IAZ	Chan, Yin Yan	15	Hoi Tin	1:08.48	QT
8	40824 P	Robertson, Claire Mei	15	Island Stingrays	1:11.09	QT

Event 27 Men 200 LC Meter IM

HKR: 2:01.37

TO Kenneth King Him, LWS

JR: 2:05.10

OQT: 1:57.94

OCT: 1:58.53

WCA: 1:59.53

WCB: 2:03.71

2:24.55

QT Qualifying Time

Meet Qualifying: 2:24.55

Lane	ID#	Name	Age	Team	Seed Time	
Heat 1 of 3 Prelims						
2	41457 IAZ	Leung, Hoi Chun	15	Kwun Tong	2:19.99	QT
3	45057 @ICO	Caglar, Mehmet Emre	17	Island Stingrays	2:11.05	QT
4	36547 IAZ	Wong, Yik Yan Sean	16	South China	2:07.08	QT
5	25050 B	Kung, Lok Sum	19	Tai PO	2:09.14	QT
6	37574 P	Chen, Eric Q	14	Island Stingrays	2:18.86	QT
7	37498 B	Lam, Hing Ka	14	Riverside	2:24.55	QT
Heat 2 of 3 Prelims						
1	40879 IAZ	Chen, Zheng Xuan Jason	12	Hoi Tin	2:24.55	QT
2	42703 IAZ	Huang, Sebastian Kai	14	Island Stingrays	2:19.88	QT
3	41422 B	Yick, Sum Kiu	13	Sea Lion	2:10.73	QT
4	30574 IAZ	Cheung, Ryan	17	Chi Pui	2:06.24	QT
5	33890 IAZ	Lai, Chun Wai	16	Lai WA	2:08.58	QT
6	46416 B	Lin, Pak Yin	14	HK Sportworld	2:16.63	QT
7	49117 @I	Liu, Haoliang	13	Chi Pui	2:21.29	QT
Heat 3 of 3 Prelims						
1	36111 #IAZ	Yeung, Pun Yin	17	Dali Swimming Club	2:24.55	QT
2	43918 @IAX	Chui, Ue Haang	13	White Dolphin	2:19.19	QT
3	38539 B	Chan, Wah Royce	15	HK Sportworld	2:10.40	QT
4	38227 IAZ	Lo, Tsz Lam	16	Win Tin	2:03.49	QT
5	26123 IAZ	Wong, Wai Lun	21	Hoi Tin	2:07.11	QT
6	32095 B	Lau, Chor Tik	14	Win Tin	2:16.34	QT
7	36897 IAZ	Han, Hao	14	Kwun Tong	2:20.32	QT

National LC Swimming Trial - 67th FOS - 13-Apr-24 to 14-Apr-24

Meet Program

Event 28 Women 200 LC Meter Butterfly

HKR: 2:13.06 MOK Sze Ki, HVA

JR: 2:14.06

OQT: 2:08.43

OCT: 2:09.07

WCA: 2:09.21

WCB: 2:13.73

2:31.17 QT Qualifying Time

Meet Qualifying: 2:31.17

Lane	ID#	Name	Age	Team	Seed Time
Heat 1 of 2 Prelims					
2	49341 IAZ	Chen, Jiayu	13	Tuen Mun	2:28.91 QT
3	29449 B	Leung, Wing Tsun Rachel	17	Win Tin	2:19.91 QT
4	43424 IAZ	Mathis, Mya Lynn	14	Tai PO	2:17.65 QT
5	32517 B	Wong, Hoi Wai	17	Win Tin	2:18.38 QT
6	44988 @P	Koh, Li Wen Ashley	16	South China	2:25.46 QT
7	42151 IAZ	Lai, Cheuk Ling Maris	12	Happy Valley	2:31.17 QT
Heat 2 of 2 Prelims					
2	40963 IAZ	Chung, Wing Yee Sessie	13	Hoi Tin	2:27.82 QT
3	20766 B	Li, Yuet Sum Phyllis	21	Tai PO	2:19.63 QT
4	31437 B	Yeung, Hoi Ching	17	Tai PO	2:12.57 QT
5	29902 B	Lam, Cheuk Ue Natalie	19	Sun Yip	2:17.70 QT
6	35932 B	Wong, Sze Laam Serena	14	Win Tin	2:19.96 QT
7	28108 B	Seeto, Wai Ching	19	Keung Sung	2:30.95 QT

Event 29 Men 50 LC Meter Freestyle

HKR: 21.83 HO Ian Yentou, SCA

JR: 23.65

OQT: 21.96

OCT: 22.07

WCA: 22.12

WCB: 22.89

25.97 QT Qualifying Time

Meet Qualifying: 25.97

Lane	ID#	Name	Age	Team	Seed Time
Heat 1 of 7 Prelims					
3	32972 IAZ	Tam, Chung Nam	16	South China	25.97 QT
4	45426 IAZ	Ng, Dik Him	15	Superstar	25.97 QT
5	46182 B	Sung, Pak Kiu	13	Sun Yip	25.97 QT
Heat 2 of 7 Prelims					
1	38239 IAZ	Choi, Tsz Chun Markus	15	Dik Wing	25.97 QT
2	31127 IAZ	Cheng, Chun Hong	16	Dali Swimming Club	25.97 QT
3	46409 IAZ	Wang, Zi Ran	14	Island Stingrays	25.89 QT
4	32426 IAZ	Lam, Tsz Yeung YY	16	Dik Wing	25.65 QT
5	41692 P	Hong, Eric Mingze	15	Island Stingrays	25.84 QT
6	35900 IAZ	Lee, On Kit	15	North Sports	25.97 QT
7	46974 IAZ	Yang, Yide Adam	13	Chi Pui	25.97 QT
8	45797 B	Liu, Ho Lun	10	Long Fame	25.97 QT

National LC Swimming Trial - 67th FOS - 13-Apr-24 to 14-Apr-24**Meet Program****Heat 3 Prelims... (Event 29 Men 50 LC Meter Freestyle)**

1	39500 IAZ	Lau, Tin Long	15	Kwun Tong	25.59	QT
2	35949 B	Lo, Sui Hong	14	Dali Swimming Club	25.51	QT
3	34488 B	Lau, Chi Shun	14	Pacific	25.39	QT
4	35258 B	Cheung, Man Ho	13	Sea Lion	25.29	QT
5	38859 @IAO	Yang, Rwei Bin	17	Tuen Mun	25.34	QT
6	37627 IAZ	Ng, Tsz Yui	15	Dik Wing	25.40	QT
7	45424 IAZ	Leung, Wai Lok	16	Superstar	25.59	QT
8	39279 B	Shum, Chun Hei	14	White Dolphin	25.63	QT

Heat 4 of 7 Prelims

1	37591 P	Chen, Joshua Luke	16	Island Stingrays	25.21	QT
2	42554 P	Jin, Ethan N	16	Island Stingrays	25.04	QT
3	44820 ICX	Yeow, Zheng Ren	16	South China	24.97	QT
4	31915 IAZ	Wong, Ho Yeung	18	Lai WA	24.94	QT
5	37575 P	Chen, Jason Q	17	Island Stingrays	24.95	QT
6	36739 #IAZ	Wu, Hoi Fu	19	Win Tin	25.03	QT
7	41024 B	Li, Matthew	15	HK Sportworld	25.09	QT
8	35145 IAZ	Liu, Siu Fung	16	Chi Pui	25.24	QT

Heat 5 of 7 Prelims

1	43212 B	Tsang, Pak Kiu	14	Sun Yip	24.78	QT
2	37358 IAO	Fothergill Alastair, Ian Leu	16	Tai PO	24.12	QT
3	36913 IAZ	Cheng, Cheuk Chi George	16	Dali Swimming Club	23.60	QT
4	49455 IAZ	Cai, Qi Hong	17	Chi Pui	22.94	QT
5	42311 IAZ	Yu, Chi Lung	16	Pacific	23.15	QT
6	30798 #IAZ	Yeung, Hei Pui	18	Lai WA	23.90	QT
7	27239 B	Chan, Sheung Kwan	21	Keung Sung	24.67	QT
8	36805 B	Chan, Leong To	14	Hoi Tin	24.92	QT

Heat 6 of 7 Prelims

1	44357 B	Leung, Chun Ho Franky	16	Pacific	24.78	QT
2	39015 P	Chan, Tsz Kwan	17	Tai PO	23.96	QT
3	33435 IAZ	Siu, To	17	Dali Swimming Club	23.34	QT
4	22824 IAZ	Wong, Lok Kan	20	Hoi Tin	22.89	QT
5	38227 IAZ	Lo, Tsz Lam	16	Win Tin	23.13	QT
6	35894 B	Chui, Ka Yeung	18	Win Tin	23.80	QT
7	37757 B	Cheng, Pak Ho	15	HK Sportworld	24.38	QT
8	41529 IAZ	Chan, Yat Fung Evan	14	South China	24.90	QT

Heat 7 of 7 Prelims

1	46521 @ICO	Arrigoni, Leonardo	17	South China	24.68	QT
2	42025 IAO	Luk, Arnold Bingtse	27	South China	23.90	QT
3	34756 IAZ	Hofstede, Adam Marcel	17	Dik Wing	23.26	QT
4	06697 B	Koo, Ralph Yat Ho	26	Hoi Tin	22.44	QT
5	32248 B	Li, Sing Hoi	19	Win Tin	23.10	QT
6	33922 P	So, Kwun Wa	16	White Dolphin	23.77	QT
7	36085 B	Hui, Yik Kiu	16	Chi Pui	24.33	QT
8	41163 IAZ	Chan, Tsz Hin	16	Tai PO	24.82	QT

National LC Swimming Trial - 67th FOS - 13-Apr-24 to 14-Apr-24

Meet Program

Event 30 Women 400 LC Meter Freestyle

HKR: 4:05.30 HAUGHEY Siobhan Bernadette,SCA

JR: 4:13.81

OQT: 4:07.90

OCT: 4:09.14

WCA: 4:10.57

WCB: 4:19.34

4:52.07 QT Qualifying Time

Meet Qualifying: 4:52.07

Lane	ID#	Name	Age	Team	Seed Time
Heat 1 of 3 Prelims					
3	45986 IAZ	Wong, Cheuk Ying Siena	12	Win Tin	4:52.07 QT
4	42707 P	Kim, Eva Hahn	16	Island Stingrays	4:47.51 QT
5	40081 B	Lin, Yee Ka Chloe	12	Hoi Tin	4:48.97 QT
6	35686 IM	Leung, Kai Sheung	15	Keung Sung	4:52.07 QT
Heat 2 of 3 Prelims					
1	41234 B	Chan, Yik Naam	11	Hoi Tin	4:41.13 QT
2	33874 IAZ	Lee Giselle, Jacinda Jia Hui	16	South China	4:32.18 QT
3	36944 B	Chan, Yi Lok	13	Win Tin	4:25.68 QT
4	32098 B	Ma, Tsz Tsing Ashley	16	Hoi Tin	4:15.98 QT
5	38217 IAZ	Yan, Ellie	14	Hoi Tin	4:21.98 QT
6	37874 IAZ	Choi, Hiu Ying	14	Hoi Tin	4:30.68 QT
7	38394 B	Yeung, Tin Wing	12	Hoi Tin	4:34.27 QT
8	39706 B	Yip, Tsz Laam	14	White Dolphin	4:43.89 QT
Heat 3 of 3 Prelims					
1	39905 IAZ	Lan, Jasmine Lauren	14	Jockey Club	4:36.20 QT
2	45628 IAZ	Chan, Pui Ka	12	White Dolphin	4:31.61 QT
3	19207 B	Nip, Tsz Yin	24	Eastern Winter	4:23.63 QT
4	42490	Wang, Xin Tong	15	Win Tin	4:14.38 QT
5	31841 IAZ	Ng, Lai Wa	18	Hoi Tin	4:18.88 QT
6	40949 B	Sum, Yi Man	12	Tai PO	4:28.27 QT
7	40824 P	Robertson, Claire Mei	15	Island Stingrays	4:32.86 QT
8	42463 B	Ackber, Bertha	13	Hoi Tin	4:43.20 QT

National LC Swimming Trial - 67th FOS - 13-Apr-24 to 14-Apr-24

Meet Program

Event 31 Men 1500 LC Meter Freestyle

HKR: 15:38.76 CHEUK Ming Ho, CPS

JR: 16:00.66

OQT: 15:00.99

OCT: 15:05.49

WCA: 15:04.64

WCB: 15:36.30

18:20.31 QT Qualifying Time

Meet Qualifying: 18:20.31

Lane	ID#	Name	Age	Team	Seed Time
Heat 1 of 3 Timed Finals					
1	40651 P	Leung, Tsz Ming	14	White Dolphin	18:20.31 QT
2	39574 B	Lau, Yi Fung	14	Sun Yip	18:20.31 QT
3	40757 IAZ	To, Hiu Fung	14	Hoi Tin	17:29.90 QT
4	33829 IAO	Ko, Harry Hing	16	South China	17:24.84 QT
5	38218 IAZ	Cheng, Tsz Leong Louie	14	Hoi Tin	17:29.54 QT
6	38725 B	Hong, Yan Shek	13	Pacific	17:51.22 QT
7	39576 B	Chan, Pak Yu	13	Sun Yip	18:20.31 QT
8	44781 #IAZ	Wong, Kwong Wa Donald	14	Lai WA	18:20.31 QT
Heat 2 of 3 Timed Finals					
1	48681 IAZ	Ho, James On	14	South China	17:18.77 QT
2	36895 B	Lo, Kei Hon Andre	15	Hoi Tin	17:07.66 QT
3	39571 IAZ	Cheung, Chi Daniel	15	Sun Yip	16:58.77 QT
4	35385 B	Chong, Hin Yeung	15	Dik Wing	16:41.44 QT
5	37663 IAZ	Yan, Kyle	15	Hoi Tin	16:42.42 QT
6	37420 IAZ	Ko, Chin Fung	15	Kwun Tong	17:02.95 QT
7	31715 IAZ	Tsang, Kei Hon Ian	16	Dik Wing	17:17.85 QT
8	43919 IAZ	Chui, Hoi Haang	15	White Dolphin	17:22.42 QT
Fastest Heat Swims in PM Sessions					
1	35931 B	Lam, Marcus Pak Hei	14	Win Tin	16:25.42 QT
2	35648 IAZ	Lau, Tsz Pok	16	Pacific	16:17.46 QT
3	33922 P	So, Kwun Wa	16	White Dolphin	16:05.51 QT
4	48237 IAZ	Wang, Yi Shun	15	Chi Pui	15:22.38 QT
5	29884 B	Kwong, Jacob Yat Nam	17	Win Tin	15:50.83 QT
6	38214 #IAZ	Chan, Wai Ching Adrian	14	Hoi Tin	16:16.66 QT
7	22961 B	Chan, Tsun Hin	19	White Dolphin	16:21.28 QT
8	03439 IAZ	Sin, Chin Ting Keith	30	South China	16:36.56 QT

National LC Swimming Trial - 67th FOS - 13-Apr-24 to 14-Apr-24

Meet Program

Event 32 Women 200 LC Meter Breaststroke

HKR: 2:27.96 KONG Yvette Man Yi, SCA

JR: 2:32.79

OQT: 2:23.91

OCT: 2:24.63

WCA: 2:25.91

WCB: 2:31.02

3:02.68 QT Qualifying Time

Meet Qualifying: 3:02.68

Lane	ID#	Name	Age	Team	Seed Time
Heat 1 of 5 Prelims					
3	51952 #IAZN	Shi, Ziwen	13	Flying Dragon	3:02.68 QT
4	52786 P	Luo, Zhenglan	13	Current Club Ltd	3:02.68 QT
5	47484 IAZ	Bao, Sum Yi Lucinda	12	Win Tin	3:02.68 QT
Heat 2 of 5 Prelims					
1	42704 @P	Krkalo, Mila Sofia	13	Island Stingrays	3:02.25 QT
2	46111 B	Chau, Pak Yu	11	Tai PO	2:59.64 QT
3	36832 IAZ	Lee, Hon Sum Samantha	15	South China	2:56.56 QT
4	37788 IAZ	Chan, Hoi Lam	16	Tuen Mun	2:56.37 QT
5	42880 IAZ	Cheng, Lok Ching	13	Win Tin	2:56.38 QT
6	45734 IAZ	Fung, Hei Yiu	12	Sword Fish Club	2:56.78 QT
7	42706 P	Mohanty, Ananya	16	Island Stingrays	3:00.03 QT
8	46308 IAZ	So, Hei Shun	12	Kwun Tong	3:02.68 QT
Heat 3 of 5 Prelims					
1	47588 #B	Li, Man Hin	14	Flying Dragon	2:51.32 QT
2	39592 IAZ	Sng, Yan Megan	19	Dik Wing	2:44.40 QT
3	33815 IAZ	Wong, Hin Yi	16	Tai PO	2:37.21 QT
4	33492 #IAZ	Chu, Ching Yin Annika	17	Hoi Tin	2:32.83 QT
5	38297 IAX	Cheung, Hau Wing	16	Lai WA	2:36.33 QT
6	36672 B	Lam, Karman	16	Pacific	2:42.45 QT
7	41875 IAZ	Li, Hei Man	13	Sword Fish Club	2:48.70 QT
8	43294 B	Wong, Tsz Huen	13	Pacific	2:56.32 QT
Heat 4 of 5 Prelims					
1	39149 IAZ	Xing, Yina	12	Happy Valley	2:50.05 QT
2	43137 IAZ	Yiu, Sum Yin	13	Win Tin	2:44.37 QT
3	48950 #@P	Gao, Jialian	12	Chi Pui	2:36.83 QT
4	39179 B	Man, Wui Kiu	14	Chi Pui	2:28.02 QT
5	42578 IAZ	Leung, Yan Yui	15	Chi Pui	2:36.09 QT
6	40306 IAZ	Chi, Yi Lam	13	Jockey Club	2:41.45 QT
7	32978 IAZ	Yip, Wai Iu	15	Chi Pui	2:47.27 QT
8	43397 IAZ	Lan, Jacey Laura	12	Jockey Club	2:54.19 QT

National LC Swimming Trial - 67th FOS - 13-Apr-24 to 14-Apr-24

Meet Program

Heat 5 Prelims... (Event 32 Women 200 LC Meter Breaststroke)

1	43099 IAZ	Ng, Hoi Ching	14	Win Tin	2:49.09	QT
2	38528 B	Lam, Tsz Ying	13	Hoi Tin	2:42.78	QT
3	39432 IAZ	Leung, Sze Ki Safira	14	Marlins	2:36.63	QT
4	29060 IAZ	Lam, Hoi Kiu	20	Hoi Tin	2:27.69	QT
5	33742 IAZ	Lam, Chelsie	15	Dali Swimming Club	2:35.73	QT
6	38537 B	Chung, Wing Sum Hazel	14	HK Sportworld	2:37.84	QT
7	44853 IAZ	Yeung, Gabrielle	13	Pacific	2:46.88	QT
8	42912 IAZ	Tse, Lai Yiu	14	White Dolphin	2:53.31	QT

Event 33 Men 200 LC Meter Backstroke

HKR:	2:00.70	KWAN Hayden, PSC
JR:	2:07.52	
OQT:	1:57.50	
OCT:	1:58.09	
WCA:	1:58.07	
WCB:	2:02.20	
	2:28.79	QT Qualifying Time

Meet Qualifying: 2:28.79

Lane	ID#	Name	Age	Team	Seed Time	
Heat 1 of 4 Prelims						
1	51867 IAZ	Ng, Tsz Ching	12	Sun Yip	2:28.79	QT
2	43427 IAZ	Lam, Kayden	12	Chi Pui	2:28.47	QT
3	49384 IAZ	Li, Louis Ka Wo	13	Pacific	2:25.04	QT
4	38881 B	Chong, Tik Hei Dick	14	Pacific	2:21.81	QT
5	40879 IAZ	Chen, Zheng Xuan Jason	12	Hoi Tin	2:22.73	QT
6	39669 IAZ	Lau, Yiu Him Jayson	14	Win Tin	2:25.52	QT
7	46299 IAZ	Lo, Kei Yan Ian	11	Hoi Tin	2:28.79	QT
Heat 2 of 4 Prelims						
1	33767 IAZ	Lee, Cheston	15	Pacific	2:20.97	QT
2	30574 IAZ	Cheung, Ryan	17	Chi Pui	2:18.63	QT
3	43609 P	Wu, Lok Kan	13	Pacific	2:15.76	QT
4	42311 IAZ	Yu, Chi Lung	16	Pacific	2:06.58	QT
5	33758 IAZ	Leung, Tsz Wo	16	Hoi Tin	2:14.01	QT
6	46985 IAZ	Wong, Chung Kok Helge	13	Pacific	2:17.63	QT
7	41422 B	Yick, Sum Kiu	13	Sea Lion	2:19.23	QT
8	42008 B	Law, Tsz Lok	12	Win Tin	2:21.18	QT
Heat 3 of 4 Prelims						
1	37568 IAZ	Ding, Wilfred Weixin	16	Island Stingrays	2:20.49	QT
2	48286 IAZ	Muller, Ethan	16	South China	2:18.48	QT
3	40455 IAZ	Lam, Wai Lok	15	Sun Yip	2:15.69	QT
4	28636 B	Chan, Tsz Chiu	20	Keung Sung	2:01.75	QT
5	40104 B	Cheung, Yung	13	White Dolphin	2:11.75	QT
6	41457 IAZ	Leung, Hoi Chun	15	Kwun Tong	2:16.97	QT
7	42703 IAZ	Huang, Sebastian Kai	14	Island Stingrays	2:18.73	QT
8	39041 IAZ	Lam, Lok Sum	12	Hoi Tin	2:21.07	QT

National LC Swimming Trial - 67th FOS - 13-Apr-24 to 14-Apr-24

Meet Program

Heat 4 Prelims... (Event 33 Men 200 LC Meter Backstroke)

1	39071 B	Luk, Man Him	15	Win Tin	2:19.73	QT
2	36551 IAZ	Tian, Trevor	14	Tai PO	2:18.15	QT
3	30435 IAZ	Chan, Chin Kan	19	Lai WA	2:15.67	QT
4	15423 IAZ	Cheung, Yau Ming	26	Hoi Tin	2:01.36	QT
5	17709 B	Whittington, Ryan Michael	23	South China	2:10.58	QT
6	41268 IAZ	Tan, Pak Hei Brian	14	Dik Wing	2:15.95	QT
7	36791 #IAZ	Fong, Tsz Long Jose	14	Dik Wing	2:18.69	QT
8	37746 @P	Qiu, Junhao	15	Island Stingrays	2:20.98	QT

Event 34 Women 50 LC Meter Butterfly

HKR:	26.55	TAM Hoi Lam, CUC
JR:	27.45	
WCA:	26.32	
WCB:	27.24	
	32.16	QT Qualifying Time

Meet Qualifying: 32.16

Lane	ID#	Name	Age	Team	Seed Time	
Heat 1 of 5 Prelims						
3	43249 B	Chan, Hiu Laam	16	Tuen Mun	32.16	QT
4	41671 #IAZ	Ma, Wai Yan	15	Csu	32.16	QT
5	47272 IAZ	Man, Harmony Valentina	12	Pacific	32.16	QT
6	53037 @^ICX	Sun, Qimiao	13	Chi Pui	32.16	QT
Heat 2 of 5 Prelims						
1	46174 IAZ	Au, Hoi Ching Abby	12	Kwan Hung	32.06	QT
2	42705 @P	Krkalo, Eva Katarina	15	Island Stingrays	31.72	QT
3	38973 IAZ	Ng, Wai Ting Tiana	13	Dik Wing	30.98	QT
4	32777 P	Ho, Natalie Jade	16	South China	30.37	QT
5	42151 IAZ	Lai, Cheuk Ling Maris	12	Happy Valley	30.72	QT
6	38394 B	Yeung, Tin Wing	12	Hoi Tin	31.19	QT
7	46816 IAZ	Chan, Tsz Yu Ashley	12	Hoi Tin	32.06	QT
8	41234 B	Chan, Yik Naam	11	Hoi Tin	32.12	QT
Heat 3 of 5 Prelims						
1	48949 IAZ	Chang, Sienna Jing Huan	13	Island Stingrays	30.22	QT
2	38813 #P	Liu, Yuen Ching	13	Hoi Tin	29.65	QT
3	49341 IAZ	Chen, Jiayu	13	Tuen Mun	29.18	QT
4	40738 B	Li, Sum Yiu	14	White Dolphin	27.26	QT
5	38411 B	Yung, Tsz Ching	13	Hoi Tin	28.39	QT
6	46253 @P	Lutz, Gabriella Chelsea	12	Lai WA	29.53	QT
7	14069 IAZ	Yuen, Sin Ling	27	White Dolphin	30.09	QT
8	39801 IAZ	Chan, Hiu Tung Vernyce	16	South China	30.36	QT
Heat 4 of 5 Prelims						
1	42555 @P	Chow, Adison Hailey	16	Island Stingrays	30.22	QT
2	20766 B	Li, Yuet Sum Phyllis	21	Tai PO	29.59	QT
3	40887 IAZ	Au-Yeung, Sze Ching	14	Chi Pui	28.95	QT
4	31437 B	Yeung, Hoi Ching	17	Tai PO	27.16	QT
5	43424 IAZ	Mathis, Mya Lynn	14	Tai PO	28.35	QT
6	45894 IAZ	Yu, Kok Yiu	13	Hoi Tin	29.50	QT
7	46124 #IAZ	Mathis, Kayla J	13	Tai PO	30.05	QT
8	38028 B	Leung, Evelyn Yi	14	Tai PO	30.29	QT

National LC Swimming Trial - 67th FOS - 13-Apr-24 to 14-Apr-24**Meet Program****Heat 5 Prelims... (Event 34 Women 50 LC Meter Butterfly)**

1	39706 B	Yip, Tsz Laam	14 White Dolphin	30.20	QT
2	28108 B	Seeto, Wai Ching	19 Keung Sung	29.54	QT
3	18783 IAZ	Wong, Wai Nam	22 White Dolphin	28.50	QT
4	05641 IBZ	Chan, Kin Lok	30 Win Tin	27.03	QT
5	29449 B	Leung, Wing Tsun Rachel	17 Win Tin	28.05	QT
6	44988 @P	Koh, Li Wen Ashley	16 South China	29.31	QT
7	38714 IAZ	Au, Hoi Sin	16 Kwun Tong	29.68	QT
8	45531 IAZ	Zhong, Sin Yiu	12 North Sports	30.23	QT