

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)

2024-25 Long Course Masters Swimming Competition (Part 3)
二零二四至二五年長池先進游泳比賽第三部份

23 June 2024 (Sun)

二零二四年六月二十三日(日)

Tung Chung Swimming Pool

東涌游泳池

Subvented by the LCSD



2024-25 MSLCP3 - Entry Information

No. of Entries by Event		
Event #	Event Name	Entries
1	Men 100 Breaststroke	83
2	Women 100 Breaststroke	47
3	Men 50 Backstroke	75
4	Women 50 Backstroke	61
5	Men 100 Freestyle	137
6	Women 100 Freestyle	70
7	Men 4x50 Freestyle Relay	41
8	Women 4x50 Freestyle Relay	24
9	Men 50 Breaststroke	104
10	Women 50 Breaststroke	63
11	Mixed 4x50 Medley Relay	36
12	Men 400 Freestyle	69
13	Women 400 Freestyle	27

Total

837

Entry information by Day		
Day / Session	No. of Entries	Total
AM	473	837
PM	364	

Long Course Masters Swimming Competition – Part 3
長池先進游泳比賽 – 第三部份

Date: 23-06-2024 (Sunday)

Venue: Tung Chung Swimming Pool 東涌游泳池

Morning Warm up/熱身: 0900– 0950 Hrs

Morning First Event/開始: 1000 Hrs

Afternoon Warm up/熱身: 1300 – 1350

Afternoon First Event/開始: Hrs 1400 Hrs

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

二零二四至二五年香港先進游泳比賽系列

比賽規程

日期/時間：	請參閱比賽年表及項目表。
地點：	請參閱比賽年表。
報名條件：	<ul style="list-style-type: none"> ◇ 所有參賽者必須為游泳總會正式註冊的 2024-2025 年度先進組別泳員。2024-25 年註冊費為港幣\$100 元正。 ◇ 年滿 18 歲或以上。 ◇ 外隊參賽：所有參賽者必須為該國總會先進游泳組別的正式註冊泳員。
報名：	<ul style="list-style-type: none"> ◇ 必須以報名總表報名，不正確及未填妥的報名總表，將不獲受理，報名費概不發還。 <p>個人項目</p> <ul style="list-style-type: none"> ◇ 每名泳員可參加不多於 3 項個人項目。 ◇ 每項報名費為港幣\$15 元正。 <p>接力項目</p> <ul style="list-style-type: none"> ◇ 接力採取會際形式。 ◇ 每個屬會最多可派出一隊參加每個年齡組別之接力項目。接力項目可不填寫最佳時間。 ◇ 所有參賽泳員須年滿 25 歲或以上。 ◇ 每位泳員於每項接力項目只能參加一個年齡組別。如泳員參加多於一個年齡組別，該泳員所參與的接力項目成績將會被取消。 ◇ 各隊所有運動員需依照所屬屬會提交的接力表上次序比賽，如運動員沒有依照接力表上的次序比賽，該隊成績將會被取消。 ◇ 每項報名費為港幣\$15 元正。 <p>支票請劃線，抬頭寫 HKGSA。</p>
截止報名：	報名須於首日比賽 21 日前辦妥。(以泳總的公佈為準)
截止註冊：	註冊須於比賽截止報名 21 日前辦妥。(以泳總的公佈為準) *(包括轉會註冊)
項目：	請參閱項目表。 所有賽事均以時間決定名次，不設初賽。
年齡組：	<p>年齡以比賽年 12 月 31 日計算。</p> <p>個人項目</p> <ul style="list-style-type: none"> ◇ 18-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90 或以上 <p>接力項目</p> <ul style="list-style-type: none"> ◇ 100-119, 120-159, 160-199, 200-239, 240-279, 280-319, 320-359, 360-399
接力：	◇ 接力名單須於 比賽日 12 時前遞交 。
棄權：	<ul style="list-style-type: none"> ◇ 棄權須於每節開賽 30 分鐘前遞交。 ◇ 每次“缺席”的罰款為港幣\$30 元正。罰款須於下次比賽截止報名前付清，否則將不獲接受報名。
線道安排：	◇ 所有參加者，將不按年齡，而是跟據其提交的報名時間作編組，唯成績將按泳員所屬的組別分別處理。
獎項：	<ul style="list-style-type: none"> ◇ 首三名將分別獲頒發獎牌。 ◇ *個人項目前八名可分別獲得 9, 7, 6, 5, 4, 3, 2 及 1 分 ◇ *接力首八名得分為 18, 14, 12, 10, 8, 6, 4, 2。(年齡 18-24 組除外) ◇ *團體獎項：男子 / 女子組全場冠、亞及季軍。
規則：	◇ 比賽採用世界泳聯的規則。

	<ul style="list-style-type: none"> ◇ 如參加 400m 或 800m 自由泳的泳員未能於先進游泳比賽的標準時間內游畢全程，裁判有權要求其泳員離開比賽線道，而其成績會記錄為“DNF”（未能完成比賽）。 ◇ 男女混合自由接力的隊伍必須由兩男兩女的泳員組成，其成員均為 25 歲或以上，而取得首 8 名的隊伍將獲得 9, 7, 6, 5, 4, 3, 2 及 1 分，該得分將計算在男子及女子的團體分內。 ◇ 泳會必須按照接力名單上填寫的運動員出賽，如被發現有冒認選手或頂包行為，泳會將被嚴厲處分。詳細罰則如下： <ul style="list-style-type: none"> <u>第一次違規</u> 有關屬會須就每個違規項目繳交\$1,000 罰款，另外涉事成員在該次比賽中的所有接力項目成績將不會計算在屬會總分內。 <u>第二次違規</u> 有關屬會須就每個違規項目繳交\$1,000 罰款，另外涉事屬會在該次比賽中的所有接力項目成績將不會計算在屬會總分內(包括男、女子)。 <u>第三次違規</u> 有關屬會須就每個違規項目繳交\$1,000 罰款，另外涉事屬會在當天比賽的所有項目將不會計算在屬會總分內和於下次比賽時不得參與任何接力項目(包括男、女子)。 <p style="text-align: center;"><u>違規記錄於一個財政年度清算(由 4 月 1 日起至 3 月 31 日)</u></p>												
<p>工作人員安排：</p>	<ul style="list-style-type: none"> ◇ 各參賽屬會需派出以下工作人員數量： <table border="1" data-bbox="270 885 919 1193" style="width: 100%; border-collapse: collapse; text-align: center;"> <thead> <tr> <th style="padding: 5px;">參賽人數</th> <th style="padding: 5px;">需要提供工作人員數量</th> <th style="padding: 5px;">最多可派出工作人員數量</th> </tr> </thead> <tbody> <tr> <td style="padding: 5px;">5 至 14 人</td> <td style="padding: 5px;">1</td> <td style="padding: 5px;">4</td> </tr> <tr> <td style="padding: 5px;">15 至 24 人</td> <td style="padding: 5px;">2</td> <td style="padding: 5px;">4</td> </tr> <tr> <td style="padding: 5px;">25 人或以上</td> <td style="padding: 5px;">3</td> <td style="padding: 5px;">4</td> </tr> </tbody> </table> <ul style="list-style-type: none"> ◇ 如屬會不能提供所需工作人員數量，有關屬會將於下個比賽被罰停賽一次。 	參賽人數	需要提供工作人員數量	最多可派出工作人員數量	5 至 14 人	1	4	15 至 24 人	2	4	25 人或以上	3	4
參賽人數	需要提供工作人員數量	最多可派出工作人員數量											
5 至 14 人	1	4											
15 至 24 人	2	4											
25 人或以上	3	4											
<p>上訴：</p>	<ul style="list-style-type: none"> ◇ 任何上訴須以書面提出，並須在該項目比賽結果公佈後的 30 分鐘內，連同上訴費港幣\$200 元遞交予總裁判。 ◇ 上訴會交由該比賽之上訴委員會作決定。 ◇ 若上訴被駁回，已繳費用概不發還。 												

*海外參賽者並不適用。

Hong Kong Masters Swimming Competition Series 2024-25

Rules & Regulations for Local Competitors

Date / Time	Please see attached event calendar and event list.
Venue	Please see attached event calendar.
Entry Conditions	<ul style="list-style-type: none"> ※ All competitors must be 2024-25 registered masters (MS) swimmers of HKGSA (2024-25 Registration Fee: HK\$100 per swimmer) ※ Age 18 or above. ※ <u>Overseas Teams: All Overseas competitors must be 2024-25 registered masters swimmers of their respective National Swimming Federation.</u>
Entries	<ul style="list-style-type: none"> ※ Entries must be submitted with HKGSA master entry form. Incomplete/incorrect master entry form will be rejected and fees paid will not be refunded. <p><u>Individual Events</u></p> <ul style="list-style-type: none"> ※ Each swimmer is limited to no more than 3 individual events. ※ HK\$15 per individual event <p><u>Relay Events</u></p> <ul style="list-style-type: none"> ※ Relays will be run on a club basis. ※ Each club may enter no more than one team in one age group of each relay event. ※ All swimmers must be aged 25 or above. ※ Each swimmer is only allowed to participate in one age group of each relay event. If swimmer race in two or more age group relay, concerned team result shall be disqualified. ※ The composition of a relay team must be the same order to the submitted relay form. Any club failed to follow the same order will result in disqualified. ※ HK\$15 per team per relay event. <p>Paid by cheque. Crossed cheque made payable to 'HKGSA'.</p>
Closing Date for Entries	21 days prior to the date of competition. (Subject to the announcement of the HKGSA)
Closing Date for Registration	21 days prior to the <u>closing date of entries</u> . (Subject to the announcement of the HKGSA) *(Including Transfer Registration)
Event list	Please see attached event lists. Events will be run as timed finals.

Age Group	<p>※ Age is calculated as at 31 December of the year of the competition.</p> <p>Individual Events</p> <p>※ 18-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90 & over</p> <p>Relay Events</p> <p>※ 100-119, 120-159, 160-199, 200-239, 240-279, 280-319, 320-359, 360-399</p>																		
Relay	<p>※ Relay entry form must be submitted before 1200hours on the competition day.</p>																		
Scratches	<p>※ Scratches must be submitted 30 minutes before the scheduled start time of each session.</p> <p>※ A fine of \$30 will be charged for each “no show”. Fine payment should be settled before the next competition entry deadline. Otherwise, entry will not be accepted.</p>																		
Seeding	<p>※ All competitors will be seeded according to the submitted times, regardless of age, but result will be processed according to their own respective age group.</p>																		
Awards	<p>※ Medals will be awarded to 1st, 2nd and 3rd places.</p> <p>※ *Point score for first 8 places respectively (exclude Age 18-24 Group):</p> <table border="1" data-bbox="301 1028 951 1105"> <tr> <td>Individual</td> <td>9</td> <td>7</td> <td>6</td> <td>5</td> <td>4</td> <td>3</td> <td>2</td> <td>1</td> </tr> <tr> <td>Relay</td> <td>18</td> <td>14</td> <td>12</td> <td>10</td> <td>8</td> <td>6</td> <td>4</td> <td>2</td> </tr> </table> <p>※ *Awards for Clubs: Trophies will be awarded to 1st, 2nd, and 3rd places of Men Overall and Women Overall.</p>	Individual	9	7	6	5	4	3	2	1	Relay	18	14	12	10	8	6	4	2
Individual	9	7	6	5	4	3	2	1											
Relay	18	14	12	10	8	6	4	2											

<p>Rules</p>	<p> ※ World Aquatic rules will be applied. ※ Referee may request swimmers to leave the water if they could not complete the race within the Master Swimming Competition Series standard times for 400m and 800m Freestyle Events. Their results will be recorded as “DNF” (Did not Finish). ※ Mixed Freestyle Relay must include 2 Male and 2 Female who are all Age 25 or above. The point scores for first 8 place are: 9,7,6,5,4,3,2,1. The points will be calculated in both Men and Women overall awards. ※ Swimmers shall not replace the swimmers on the swimmers list without HKASA’s permission, represented clubs will be punished as follows: <u>First time of violation</u> A fine of \$1000 per violated entry will be penalized to the respective club and all the point scores attained by the violator(s) in relay events will not be given. <u>Second time of violation</u> A fine of \$1000 per violated entry will be penalized to the club and all the point scores attained by the respective club in both men and women’s relay events will not be given. <u>Third time of violation</u> A fine of \$1000 per violated entry will be penalized to the club and all the point scores attained by the respective club in all events during the competition will not be given and respective club shall be suspended from the next competition. <u>Violation would be counted within one financial year, i.e. (starting from 1st April and ending 31st March)</u> </p>												
<p>Official Arrangement</p>	<p> ※ Clubs would need to provide the below number of officials for the competition: </p> <table border="1" data-bbox="298 1377 953 1708"> <thead> <tr> <th>Swimmer(s) attend the competition</th> <th>Minimum Numbers of Official need to provide</th> <th>Maximum Numbers of Official could be provided</th> </tr> </thead> <tbody> <tr> <td>5-14</td> <td>1</td> <td>4</td> </tr> <tr> <td>15-24</td> <td>2</td> <td>4</td> </tr> <tr> <td>25 or more</td> <td>3</td> <td>4</td> </tr> </tbody> </table> <p> ※ Clubs will be suspended from the next competition if failed to fulfil the requirement. </p>	Swimmer(s) attend the competition	Minimum Numbers of Official need to provide	Maximum Numbers of Official could be provided	5-14	1	4	15-24	2	4	25 or more	3	4
Swimmer(s) attend the competition	Minimum Numbers of Official need to provide	Maximum Numbers of Official could be provided											
5-14	1	4											
15-24	2	4											
25 or more	3	4											

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

Hong Kong Masters Swimming Competition Series 2024-25

Rules & Regulations for Overseas Competitors

Date / Time	Please see attached event calendar and event list.
Venue	Please see attached event calendar.
Entry Conditions	<ul style="list-style-type: none"> ※ Age 18 or above. ※ <u>Overseas Teams: All Overseas competitors must be 2024-2025 registered masters swimmers of their respective National Swimming Federation.</u>
Entries	<ul style="list-style-type: none"> ※ Entries must be submitted with HKGSA master entry form. Incomplete/incorrect master entry form will be rejected and fees paid will not be refunded. <u>Individual Events</u> ※ Each swimmer is limited to no more than 3 individual events. ※ HK\$20.00 per individual event <u>Relay Events</u> ※ Relays will be run on a club basis. ※ Each club may enter no more than one team in one age group of each relay event. ※ All swimmers must be aged 25 or above. ※ HK\$30.00 per team per relay event. <p>Paid by cheque ONLY. Crossed cheque made payable to 'HKGSA'.</p>
Closing Date for Entries	1 month before the 1 st date of competition of each meet.
Event list	Please see attached event lists. Events will be run as timed finals.
Age Group	<ul style="list-style-type: none"> ※ Age is calculated as at 31 December of the year of the competition. <u>Individual Events</u> ※ 18-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90 & over <u>Relay Events</u> ※ 100-119, 120-159, 160-199, 200-239, 240-279, 280-319, 320-359, 360-399

Relay	<ul style="list-style-type: none"> ※ Relay entry form must be submitted before 1200hours on the competition day.
Scratches	<ul style="list-style-type: none"> ※ Scratches must be submitted 30 minutes before the scheduled start time of each session. ※ Relay entry form must be submitted before 1200hours on the competition day.
Seeding	<ul style="list-style-type: none"> ※ All competitors will be seeded according to the submitted times, regardless of age, but result will be processed according to their own respective age group.
Awards	<ul style="list-style-type: none"> ※ Medals will be awarded to 1st, 2nd and 3rd places. Separate medals will be awarded to overseas swimmers.
Rules	<ul style="list-style-type: none"> ※ World Aquatic rules will be applied. ※ Referee may request swimmers to leave the water if they could not complete the race within the Master Swimming Competition Series standard times for 400m and 800m Freestyle Events. Their results will be recorded as "DNF" (Did not Finish).
Protest	<ul style="list-style-type: none"> ※ Any protest shall be made in writing to the referee within 30 minutes following the result announcement of the respective event with a protest fee of HK\$200. ※ Protest will be forwarded to the Appeal Board of such competition for decision. The decision of Appeal Board shall be final. ※ If the protest is rejected, the fee paid will be forfeited to the HKGSA.

HONG KONG MASTERS SWIMMING RECORDS

LONG COURSE

(Update to 2024-25 Long Course Masters Swimming Competition - Part 2)

MEN 50M FREESTYLE				NAME OF MEET	DATE ACHIEVED
LEE MING	SFC	85-89	0:46.70	2015-16 Long Course Masters Swimming Competition - Part 2	31-May-15
LEE MING	SFC	80-84	0:41.01	Spring Masters Swimming Championships 2010	06-Mar-10
TIN SHEUNG KWAI	NWC	75-79	0:31.30	2022-23 Long Course Masters Swimming Competition - Part 1	26-Mar-23
TIN SHEUNG KWAI	NWC	70-74	0:30.07	2017-18 Long Course Masters Swimming Competition Part 2	14-May-17
TIN SHEUNG KWAI	KTS	65-69	0:29.72	Annual Long Course Masters Swimming Championships	23-Nov-14
FU TAI CHUN	KTS	60-64	0:27.95	Summer Masters Swimming Championships 1999	19-Jun-99
FU TAI CHUN	KTS	55-59	0:28.02	Spring Masters Swimming Championships 1997	22-Mar-97
RUST STEFAN ROBERT	LRC	50-54	0:25.80	FINA World Masters Championships 2017	17-Aug-17
NORTJE CRAIG ANDREW	#FB	45-49	0:26.19	2023-24 Long Course Masters Swimming Competition - Part 1	03-Mar-24
FU WING HARBETH	KTS	40-44	0:25.15	2022-23 Long Course Masters Swimming Competition - Part 2	15-Jan-23
SMIT MARCEL PIETER ARNOLD	*FL	35-39	0:24.35	World Aquatics Masters World Championships 2023 - Kyushu	07-Aug-23
FU WING HARBETH	KTS	30-34	0:24.31	Annual Long Course Masters Swimming Championships 2011	11-Dec-11
CHUNG LAI YEUNG	#DB	25-29	0:23.92	2018-19 Annual Long Course Masters Swimming Championships	25-Nov-18
CHANG GERRY JIUN YIH	KTS	18-24	0:24:17	Long Course Masters Swimming Competition - Part 3 2013	11-Aug-13

WOMEN 50M FREESTYLE				NAME OF MEET	DATE ACHIEVED
MAK SUET MAN	SGC	85-89	1:08.53	2022-23 Long Course Masters Swimming Competition - Part 1	26-Mar-23
TAI LI HUA	SFC	80-84	0:43.31	2021-22 Long Course Masters Swimming Competition - Part 3	20-Jun-21
OTSUKA YUKO	SGC	75-79	0:42.67	2014-15 Long Course Masters Swimming Competition - Part 1	22-Mar-15
WANG LI	*WA	70-74	0:38.75	Annual Long Course Masters Swimming Championships 2019	01-Dec-19
TSEUNG NGA WAH	SFC	65-69	0:35.01	2022-23 Long Course Masters Swimming Competition - Part 2	15-Jan-23
<u>KIRKWOOD TAIN MHAIRA</u>	<u>LRC</u>	<u>60-64</u>	<u>0:33.14</u>	<u>2024-25 Long Course Masters Swimming Competition - Part 2</u>	<u>28-Apr-24</u>
KIRKWOOD TAIN MHAIRA	LRC	55-59	0:32.17	The 1st Asian Masters Swimming Championships 2018 NAGOYA (JPN)	15-Jul-18
YAMAGUCHI MIKA	*FL	50-54	0:29.35	World Aquatics Masters World Championships 2023 - Kyushu	08-Aug-23
KRKALO SHAUNA KATHLEEN	LRC	45-49	0:27.03	World Aquatics Masters Championships 2024 - Doha	29-Feb-24
KRKALO SHAUNA KATHLEEN	LRC	40-44	0:28.17	Annual Long Course Masters Swimming Championships 2022	27-Nov-22
YIP WING YAN	DWA	35-39	0:28.10	2023-24 Long Course Masters Swimming Competition - Part 2	30-Apr-23
ZHANG XIAO TONG ISABELLA	*FL	30-34	0:27.80	World Aquatics Masters World Championships 2023 - Kyushu	08-Aug-23
MOK HOI MAN SHERON	NWC	25-29	0:27.70	Annual Long Course Masters Swimming Championships 2022	27-Nov-22
AU HIU PUI	*GW	18-24	0:28.20	2018-19 Annual Long Course Masters Swimming Championships	25-Nov-18

MEN 100M FREESTYLE				NAME OF MEET	DATE ACHIEVED
LEE MING	SFC	85-89	1:49.14	2015-16 Long Course Masters Swimming Competition - Part 3	26-Jul-15
LEE MING	SFC	80-84	1:38.42	Annual Long Course Masters Swimming Championships 2011	11-Dec-11
TZENG TEH REN	SGC	75-79	1:23.46	2016-17 Long Course Masters Swimming Competition - Part 1	26-Mar-17
TSE KWOK PIU	SFC	70-74	1:13.75	2022-23 Long Course Masters Swimming Competition - Part 3	12-Jun-22
FU TAI CHUN	KTS	65-69	1:08.31	Annual Masters Swimming Championships 2002	31-Aug-02
MA ETIENNE	YMC			Annual Long Course Masters Swimming Championships 2022	27-Nov-22
FU TAI CHUN	KTS	60-64	1:04.39	Spring Masters Swimming Championships 1998	21-Mar-98
MA ETIENNE	YMC	55-59	1:03.62	2011-12 Long Course Masters Swimming Competition - Part 1	04-Mar-12
RUST STEFAN ROBERT	LRC	50-54	0:58.29	FINA World Masters Championships 2017	15-Aug-17
NORTJE CRAIG ANDREW	#FB	45-49	0:58.48	Annual Long Course Masters Swimming Championships 2023	03-Dec-23
O'NEILL DONAL THOMAS	LRC	40-44	0:56.60	2021-22 Long Course Masters Swimming Competition - Part 3	20-Jun-21
SMIT MARCEL PIETER ARNOLD	*FL	35-39	0:54.66	World Aquatics Masters World Championships 2023 - Kyushu	06-Aug-23
BEAHAN, GRANT KENNETH	BSC	30-34	0:56.01	Annual Long Course Masters Swimming Championships 2017	25-Nov-17
FU WING HARBETH	KTS	25-29	0:54.16	Annual Masters Swimming Championships 2006	26-Aug-06
LEE MAN TIM	HTA			World Aquatics Masters World Championships 2023 - Kyushu	06-Aug-23
KONG CHUN YIN	HVA	18-24	0:54.18	Annual Long Course Masters Swimming Championships 2013	24-Nov-13

WOMEN 100M FREESTYLE				NAME OF MEET	DATE ACHIEVED
WONG JIM	SFC	80-84	2:10.64	2021-22 Long Course Masters Swimming Competition - Part 3	20-Jun-21
WONG JIM	SFC	75-79	1:54.16	2018-19 Long Course Masters Swimming Competition - Part 3	24-Jun-18
SUEN MING CHU	SFC	70-74	1:39.80	2018-19 Long Course Masters Swimming Competition - Part 3	24-Jun-18
TSEUNG NGA WAH	SFC	65-69	1:28.57	2022-23 Long Course Masters Swimming Competition - Part 3	12-Jun-22
KIRKWOOD TAIN MHAIRA	LRC	60-64	1:17.42	Annual Long Course Masters Swimming Championships 2023	03-Dec-23
KIRKWOOD TAIN MHAIRA	LRC	55-59	1:14.96	The 1st Asian Masters Swimming Championships 2018 NAGOYA (JPN)	14-Jul-18
YAMAGUCHI MIKA	*FL	50-54	1:05.38	World Aquatics Masters World Championships 2023 - Kyushu	06-Aug-23
KRKALO SHAUNA KATHLEEN	LRC	45-49	1:02.25	World Aquatics Masters Championships - Doha 2024	27-Feb-24
KELSEY JANE MACFARLAND	LRC	40-44	1:01.45	16th FINA World Masters Championships 2015 in Kazan	11-Aug-15
KELSEY JANE MACFARLAND	LRC	35-39	1:01.54	FINA World Masters Championships 2014	10-Aug-14
ZHANG XIAO TONG ISABELLA	*FL	30-34	1:01.79	World Aquatics Masters World Championships 2023 - Kyushu	06-Aug-23
MOK HOI MAN SHERON	NWC	25-29	1:01.02	Annual Long Course Masters Swimming Championships 2022	27-Nov-22
CHAN TSZ CHING	*FL	18-24	1:00.76	Annual Long Course Masters Swimming Championships 2023	03-Dec-23

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(Update to 2024-25 Long Course Masters Swimming Competition - Part 2)

MEN 200M FREESTYLE					NAME OF MEET	DATE ACHIEVED
LEE MING	SFC	80-84	3:46.70	2010-11 Long Course Masters Swimming Championships - Part 2		20-Jun-10
YANG YEE ZEI	NWC	75-79	3:38.31	2014-15 Long Course Masters Swimming Competition Part 2		29-Jun-14
TSE KWOK PIU	SFC	70-74	2:47.81	2021-22 Long Course Masters Swimming Competition - Part 2		09-May-21
MA ETIENNE	YMC	65-69	2:36.59	2023-24 Long Course Masters Swimming Competition - Part 2		30-Apr-23
HO ROBERT YAU CHUNG	LRC	60-64	2:32.99	2019-20 Long Course Masters Swimming Competition - Part 2		05-May-19
HO ROBERT YAU CHUNG	LRC	55-59	2:24.07	FINA World Masters Championships 2014		10-Aug-14
JOHNSON ERIC ANDREW	LRC	50-54	2:14.33	FINA World Masters Championships 2014		10-Aug-14
<u>NORTJE CRAIG ANDREW</u>	<u>#FB</u>	<u>45-49</u>	<u>2:08.80</u>	<u>2024-25 Long Course Masters Swimming Competition - Part 2</u>		<u>28-Apr-24</u>
<u>FONG LIK SUN</u>	<u>#FB</u>	<u>40-44</u>	<u>2:07.25</u>	<u>2024-25 Long Course Masters Swimming Competition - Part 2</u>		<u>28-Apr-24</u>
NORTJE CRAIG ANDREW	VRG	35-39	2:05.90	2013-14 Long Course Masters Swimming Competition - Part 2		23-Jun-13
WANG TIMOTHY JONG	LRC	30-34	2:05.11	2014-15 Long Course Masters Swimming Competition Part 2		29-Jun-14
SOUTOUL DAVID VINCENT OTMAN	#FL	25-29	2:05.18	FINA World Masters Championships 2019 - Gwangju		14-Aug-19
HUI CHUN HIN	EWS	18-24	2:06.87	2012-13 Long Course Masters Swimming Competition - Part 2		17-Jun-12

WOMEN 200M FREESTYLE					NAME OF MEET	DATE ACHIEVED
CHAN WAI KIANG	KTS	80-84	9:35.55	2014-15 Long Course Masters Swimming Competition Part 2		29-Jun-14
WONG JIM	SFC	75-79	4:51.46	2018-19 Long Course Masters Swimming Competition - Part 2		06-May-18
SUEN MING CHU	SFC	70-74	3:36.37	2018-19 Long Course Masters Swimming Competition - Part 2		06-May-18
<u>TSEUNG NGA WAH</u>	<u>SFC</u>	<u>65-69</u>	<u>3:26.68</u>	<u>2024-25 Long Course Masters Swimming Competition - Part 2</u>		<u>28-Apr-24</u>
KIRKWOOD TAIN MHAIRA	LRC	60-64	2:55.64	World Aquatics Masters Championships – Doha 2024		03-Mar-24
KIRKWOOD TAIN MHAIRA	LRC	55-59	2:50.45	2018-19 Long Course Masters Swimming Competition - Part 2		06-May-18
COGGINS LYNDA ANNE	LRC	50-54	2:32.26	FINA World Masters Championships 2014		10-Aug-14
PAZOS CHRISTENA MARIA	LRC	45-49	2:28.14	16th FINA World Masters Championships 2015 in Kazan		12-Aug-15
KELSEY JANE MACFARLAND	LRC	40-44	2:13.70	16th FINA World Masters Championships 2015 in Kazan		12-Aug-15
KELSEY JANE MACFARLAND	LRC	35-39	2:13.59	FINA World Masters Championships 2014		10-Aug-14
ZHANG XIAO TONG ISABELLA	*FL	30-34	2:23.47	2023-24 Long Course Masters Swimming Competition - Part 2		30-Apr-23
<u>MOK HOI MAN SHERON</u>	<u>NWC</u>	<u>25-29</u>	<u>2:14.58</u>	<u>2024-25 Long Course Masters Swimming Competition - Part 2</u>		<u>28-Apr-24</u>
LAMB ENEKA MARIE	HIS	18-24	2:16.66	2011-12 Long Course Masters Swimming Competition - Part 2		19-Jun-11

MEN 400M FREESTYLE					NAME OF MEET	DATE ACHIEVED
LAM LIT KWAN	LTS	75-79	8:21.67	2016-17 Long Course Masters Swimming Competition - Part 3		12-Jun-16
CHAN KAM POR	SFC	70-74	6:25.09	2022-23 Long Course Masters Swimming Competition - Part 3		12-Jun-22
CHAN KAM POR	SFC	65-69	6:00.83	2017-18 Long Course Masters Swimming Competition - Part 3		13-Aug-17
HO ROBERT YAU CHUNG	LRC	60-64	5:24.54	FINA World Masters Championships 2019 - Gwangju		18-Aug-19
LANZONE FRANCESCO	BSC	55-59	5:11.47	World Aquatics Masters Championships – Doha 2024		28-Feb-24
LETCHER, RICHARD ROY	LRC	50-54	5:02.73	2019-20 Long Course Masters Swimming Competition - Part 3		23-Jun-19
LILJESTROEM LENNART, PETER FREDRIC	LRC	45-49	4:31.75	The 1st Asian Masters Swimming Championships 2018 NAGOYA (JPN)		12-Jul-18
LILJESTROEM LENNART, PETER FREDRIC	LRC	40-44	4:35.39	FINA World Masters Championships 2017		17-Aug-17
CAGGIO ANTONINO	LRC	35-39	4:29.74	2019-20 Long Course Masters Swimming Competition - Part 3		23-Jun-19
LEE, YEUNG DARWIN	FWC	30-34	4:46.54	2019-20 Long Course Masters Swimming Competition - Part 3		23-Jun-19
SOUTOUL DAVID VINCENT OTMAN	#FL	25-29	4:32.86	FINA World Masters Championships 2019 - Gwangju		18-Aug-19
LI CHUN HONG	HTA	18-24	4:25.08	2011-12 Long Course Masters Swimming Competition - Part 3		18-Sep-11

WOMEN 400M FREESTYLE					NAME OF MEET	DATE ACHIEVED
SUEN MING CHU	SFC	70-74	7:46.69	2019-20 Long Course Masters Swimming Competition - Part 3		23-Jun-19
SUEN MING CHU	SGC	65-69	7:13.63	Long Course Masters Swimming Competition - Part 3 2013		11-Aug-13
KIRKWOOD TAIN MHAIRA	LRC	60-64	6:05.89	World Aquatics Masters Championships – Doha 2024		28-Feb-24
KIRKWOOD TAIN MHAIRA	LRC	55-59	6:02.65	The 1st Asian Masters Swimming Championships 2018 NAGOYA (JPN)		12-Jul-18
COGGINS LYNDA ANNE	LRC	50-54	5:25.06	16th FINA World Masters Championships 2015 in Kazan		16-Aug-15
COLEY ALLISON LEIGH	#FL	45-49	5:24.04	2021-22 Long Course Masters Swimming Competition - Part 3		20-Jun-21
KELSEY JANE MACFARLAND	LRC	40-44	4:44.60	16th FINA World Masters Championships 2015 in Kazan		16-Aug-15
KELSEY JANE MACFARLAND	LRC	35-39	4:41.52	FINA World Masters Championships 2014		10-Aug-14
BARNES RUTH	LRC	30-34	5:04.92	Long Course Masters Swimming Competition - Part 3 2013		11-Aug-13
CARPENTER LINH THUC LUONG	LRC	25-29	5:12.71	Long Course Masters Swimming Competition - Part 3 2013		11-Aug-13
MAU LOK YAN EUNICE	CUC	18-24	5:06.39	2011-12 Long Course Masters Swimming Competition - Part 3		18-Sep-11

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(Update to 2024-25 Long Course Masters Swimming Competition - Part 2)

MEN 800M FREESTYLE		NAME OF MEET		DATE ACHIEVED	
POLSON IAN HASTINGS	LRC	75-79	16:05.75	2018-19 Long Course Masters Swimming Competition - Part 1	24-Mar-19
CHAN KAM POR	SFC	70-74	13:28.85	2022-23 Long Course Masters Swimming Competition - Part 1	26-Mar-23
CHAN KAM POR	SFC	65-69	12:19.01	2018-19 Long Course Masters Swimming Competition - Part 1	24-Mar-19
HO ROBERT YAU CHUNG	LRC	60-64	11:32.69	2018-19 Long Course Masters Swimming Competition - Part 1	24-Mar-19
LANZONE FRANCESCO	BSC	55-59	10:34.14	World Aquatics Masters Championships – Doha 2024	26-Feb-24
LI KAI YIEN ARTHUR ALBERT	#FB	50-54	10:19.44	World Aquatics Masters World Championships 2023 - Kyushu	05-Aug-23
LILJESTROEM LENNART PETER FREDRIC	LRC	45-49	9:28.79	FINA World Masters Championships 2019 - Gwangju	12-Aug-19
LILJESTROEM LENNART PETER FREDRIC	LRC	40-44	9:30.23	FINA World Masters Championships 2017	14-Aug-17
CUMMINGS RICHARD MARK	LRC	35-39	9:28.64	FINA World Masters Championships 2012	10-Jun-12
WANG TIMOTHY JONG	LRC	30-34	9:43.41	Annual Long Course Masters Swimming Championships 2013	24-Mar-13
YUEN MARCUS	LRC	25-29	10:07.05	2018-19 Long Course Masters Swimming Competition - Part 1	24-Mar-19
TSE HON TING	LWS	18-24	8:53.89	2016-17 Long Course Masters Swimming Competition - Part 1	26-Mar-17

WOMEN 800M FREESTYLE		NAME OF MEET		DATE ACHIEVED	
SUEN MING CHU	SFC	75-79	17:34.92	2022-23 Long Course Masters Swimming Competition - Part 1	26-Mar-23
SUEN MING CHU	SFC	70-74	16:02.36	2017-18 Long Course Masters Swimming Competition - Part 1	25-Mar-18
SUEN MING CHU	SFC	65-69	13:11.38	Annual Long Course Masters Swimming Championships 2013	24-Nov-13
CASTKA GILLIAN HANCER	SFC	60-64	14:45.69	2018-19 Long Course Masters Swimming Competition - Part 1	24-Mar-19
KIRKWOOD TAIN MHAIRA	LRC	55-59	12:32.89	2017-18 Long Course Masters Swimming Competition - Part 1	25-Mar-18
COGGINS LYNDA ANNE	LRC	50-54	11:48.01	2014-15 Long Course Masters Swimming Competition - Part 1	22-Mar-15
KWOH DICK YUEN MARY	FFA	45-49	10:54.55	Annual Long Course Masters Swimming Championships 2013	24-Nov-13
KELSEY JANE MACFARLAND	LRC	40-44	9:42.82	16th FINA World Masters Championships 2015 in Kazan	10-Aug-15
KELSEY JANE MACFARLAND	LRC	35-39	9:48.87	FINA World Masters Championships 2014	10-Aug-14
BARNES RUTH	LRC	30-34	10:53.53	Annual Long Course Masters Swimming Championships 2012	09-Dec-12
CARPENTER LINH THUC LUONG	LRC	25-29	10:50.58	Annual Long Course Masters Swimming Championships 2012	09-Dec-12
LAU SZE WING	HTA	18-24	10:22.03	2016-17 Long Course Masters Swimming Competition - Part 1	26-Mar-17

MEN 50M BACKSTROKE		NAME OF MEET		DATE ACHIEVED	
LEE SHE KWOK	SFC	85-89	0:57.83	2022-23 Long Course Masters Swimming Competition - Part 1	26-Mar-23
CHEUNG TSAN	SFC	80-84	0:56.40	Annual Long Course Masters Swimming Championships	23-Nov-14
TIN SHEUNG KWAI	NWC	75-79	0:38.96	Annual Long Course Masters Swimming Championships 2022	27-Nov-22
TIN SHEUNG KWAI	NWC	70-74	0:37.82	2019-20 Long Course Masters Swimming Competition - Part 3	23-Jun-19
TIN SHEUNG KWAI	SFC	65-69	0:35.70	FINA World Masters Championships 2014	10-Aug-14
HO ROBERT YAU CHUNG	LRC	60-64	0:33.94	FINA World Masters Championships 2019 - Gwangju	18-Aug-19
HO ROBERT YAU CHUNG	LRC	55-59	0:32.57	FINA World Masters Championships 2014	10-Aug-14
RUST STEFAN ROBERT	LRC	50-54	0:30.97	FINA World Masters Championships 2017	20-Aug-17
SAKA TAIHEI	SGC	45-49	0:30.37	2011-12 Long Course Masters Swimming Competition - Part 1	04-Mar-12
O'NEILL DONAL THOMAS	LRC	40-44	0:28.69	World Aquatics Masters Championships – Doha 2024	01-Mar-24
NORTJE CRAIG ANDREW	VRG	35-39	0:30.38	2015-16 Long Course Masters Swimming Competition - Part 3	26-Jul-15
LAM YAU SUN DICKSON	#DB	30-34	0:29.77	Annual Long Course Masters Swimming Championships 2019	01-Dec-19
LAU SHIU YUE	#DB	25-29	0:27.65	2022-23 Long Course Masters Swimming Competition - Part 2	15-Jan-23
CHEUNG YAU MING	#DB	18-24	0:28.26	2018-19 Long Course Masters Swimming Competition - Part 1	24-Mar-19

WOMEN 50M BACKSTROKE		NAME OF MEET		DATE ACHIEVED	
MAK SUET MAN	SGC	85-89	1:46.02	Annual Long Course Masters Swimming Championships 2023	03-Dec-23
MAK SUET MAN	SFC	80-84	0:53.45	2021-22 Long Course Masters Swimming Competition - Part 3	20-Jun-21
WONG JIM	SFC	75-79	0:55.07	2015-16 Long Course Masters Swimming Competition - Part 1	20-Mar-16
BAI XINFEN	SFC	70-74	0:44.75	2021-22 Long Course Masters Swimming Competition - Part 3	20-Jun-21
BAI XINFEN	SFC	65-69	0:42.89	Annual Long Course Masters Swimming Championships 2019	01-Dec-19
NG YEE MAN	SFC	60-64	0:45.62	Annual Long Course Masters Swimming Championships 2023	03-Dec-23
LAI SHUI NIN INGRID	YMC	55-59	0:41.05	Annual Long Course Masters Swimming Championships 2023	03-Dec-23
COGGINS LYNDA ANNE	LRC	50-54	0:35.58	16th FINA World Masters Championships 2015 in Kazan	16-Aug-15
TAM LAI LING ALISON	*FL	45-49	0:34.75	World Aquatics Masters World Championships 2023 - Kyushu	11-Aug-23
TAM MAI LING ALISON	*FL	40-44	0:34.40	FINA World Masters Championships 2019 - Gwangju	18-Aug-19
KELSEY JANE MACFARLAND	LRC	35-39	0:34.04	Annual Long Course Masters Swimming Championships	23-Nov-14
CARPENTER LINH THUC LUONG	LRC	30-34	0:32.81	FINA World Masters Championships 2014	10-Aug-14
MAK HOI MAN SHERON	#FB	25-29	0:31.91	Annual Long Course Masters Swimming Championships 2023	03-Dec-23
AU HIU PUI	*GW	18-24	0:31.58	2018-19 Annual Long Course Masters Swimming Championships	25-Nov-18

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MEN 100M BACKSTROKE				NAME OF MEET	DATE ACHIEVED
CHEUNG TSAN	SFC	80-84	2:21.27	2017-18 Long Course Masters Swimming Competition Part 2	14-May-17
LIU WING CHIU	*TM	75-79	1:52.21	2022-23 Long Course Masters Swimming Competition - Part 2	15-Jan-23
TIN SHEUNG KWAI	NWC	70-74	1:35.27	2018-19 Long Course Masters Swimming Competition - Part 2	06-May-18
HO ROBERT YAU CHUNG	LRC	65-69	1:18.71	2022-23 Long Course Masters Swimming Competition - Part 2	15-Jan-23
HO ROBERT YAU CHUNG	LRC	60-64	1:13.98	FINA World Masters Championships 2019 - Gwangju	17-Aug-19
HO ROBERT YAU CHUNG	LRC	55-59	1:11.73	FINA World Masters Championships 2014	10-Aug-14
RUST STEFAN ROBERT	LRC	50-54	1:08.09	FINA World Masters Championships 2017	19-Aug-17
<u>NORTJE CRAIG ANDREW</u>	<u>#FB</u>	<u>45-49</u>	<u>1:08.75</u>	<u>2024-25 Long Course Masters Swimming Competition - Part 2</u>	<u>28-Apr-24</u>
O' NEILL DONAL THOMAS	LRC	40-44	1:01.05	World Aquatics Masters Championships 2024 - Doha	28-Feb-24
NORTJE CRAIG ANDREW	VRC	35-39	1:06.66	2015-16 Long Course Masters Swimming Competition - Part 2	31-May-15
LAM YAU SUN DICKSON	#DB	30-34	1:07.94	2019-20 Long Course Masters Swimming Competition - Part 2	05-May-19
CHEUNG YAU MING	#DB	25-29	1:02.70	2023-24 Long Course Masters Swimming Competition - Part 2	30-Apr-23
CHOI DERRICK CHRISTOPHER	LRC	18-24	1:02.10	2013-14 Long Course Masters Swimming Competition - Part 2	23-Jun-13

WOMEN 100M BACKSTROKE				NAME OF MEET	DATE ACHIEVED
WONG JIM	SFC	75-79	2:13.75	2016-17 Long Course Masters Swimming Competition Part 2	24-Apr-16
BAI XIUFEN	SFC	70-74	1:40.55	2022-23 Long Course Masters Swimming Competition - Part 2	15-Jan-23
<u>NG YEE MAN</u>	<u>NWC</u>	<u>65-69</u>	<u>1:37.51</u>	<u>2024-25 Long Course Masters Swimming Competition - Part 2</u>	<u>28-Apr-24</u>
NG YEE MAN	NWC	60-64	1:43.42	2022-23 Long Course Masters Swimming Competition - Part 2	15-Jan-23
LAI SHUI NIN INGRID	YMC	55-59	1:32.18	World Aquatics Masters World Championships 2023 - Kyushu	10-Aug-23
COGGINS LYNDA ANNE	LRC	50-54	1:17.38	16th FINA World Masters Championships 2015 in Kazan	15-Aug-15
TAM ALISON MAI LING	#FL	45-49	1:15.99	2022-23 Long Course Masters Swimming Competition - Part 2	15-Jan-23
KELSEY JANE MACFARLAND	LRC	40-44	1:13.75	2015-16 Long Course Masters Swimming Competition - Part 2	31-May-15
KELSEY JANE MACFARLAND	LRC	35-39	1:14.06	2014-15 Long Course Masters Swimming Competition Part 2	29-Jun-14
CARPENTER LINH THUC LUONG	LRC	30-34	1:11.37	16th FINA World Masters Championships 2015 in Kazan	15-Aug-15
<u>MOK HOI MAN SHERON</u>	<u>NWC</u>	<u>25-29</u>	<u>1:10.14</u>	<u>2024-25 Long Course Masters Swimming Competition - Part 2</u>	<u>28-Apr-24</u>
LAMB ENEKA MARIE	HIS	18-24	1:11.36	2011-12 Long Course Masters Swimming Competition - Part 2	19-Jun-11

MEN 50M BREASTSTROKE				NAME OF MEET	DATE ACHIEVED
CHI LIEH YUNG	SFC	85-89	1:02.32	Annual Long Course Masters Swimming Championships 2019	01-Dec-19
CHAN KAM	SFC	80-84	0:54.52	Annual Masters Swimming Championships 2009	18-Oct-09
TIN SHEUNG KWAI	NWC	75-79	0:41.67	2023-24 Long Course Masters Swimming Competition - Part 3	18-Jun-23
TIN SHEUNG KWAI	NWC	70-74	0:39.27	2019-20 Long Course Masters Swimming Competition - Part 2	05-May-19
YONG KHIN SYN	SFC	65-69	0:37.84	2014-15 Long Course Masters Swimming Competition Part 2	29-Jun-14
FU TAI CHUN	KTS	60-64	0:36.61	Annual Masters Swimming Championships 1998	12-Sep-98
WONG LUN KWOK	SFC	55-59	0:35.10	Annual Masters Swimming Championships 2002	31-Aug-02
SIEH TIEN YU	KTS	50-54	0:34.48	2018-19 Long Course Masters Swimming Competition - Part 1	24-Mar-19
COOPER KENNETH ALLEN	PSC	45-49	0:32.70	2017-18 Long Course Masters Swimming Competition - Part 1	25-Mar-18
WAN LAP SUN	FWC	40-44	0:33.00	Spring Masters Swimming Championships 2006	25-Mar-06
LO JONATHAN KA YAN	LRC	35-39	0:31.14	The 1st Asian Masters Swimming Championships 2018 NAGOYA (JPN)	14-Jul-18
WAN LAP SUN	KTS	30-34	0:31.11	Summer Masters Swimming Championships 1998	13-Jun-98
GLASSMAN ZACHARY	LRC	25-29	0:30.66	2011-12 Long Course Masters Swimming Competition - Part 1	04-Mar-12
CHEUNG CHI KIT NICHOLAS	WDS	18-24	0:28.53	Annual Long Course Masters Swimming Championships 2023	03-Dec-23

WOMEN 50M BREASTSTROKE				NAME OF MEET	DATE ACHIEVED
CHAN WAI KIANG	KTS	85-89	2:23.87	Annual Long Course Masters Swimming Championships 2019	01-Dec-19
TAI LI HUA	SFC	80-84	0:52.77	Annual Long Course Masters Swimming Championships 2019	01-Dec-19
OTSUKA TUKO	SGC	75-79	0:56.26	2014-15 Long Course Masters Swimming Competition - Part 1	22-Mar-15
SUEN MING CHU	SFC	70-74	0:53.36	2018-19 Long Course Masters Swimming Competition - Part 3	24-Jun-18
LEUNG WONG YIN HAR HAYLEY	SGC	65-69	0:50.56	2017-18 Long Course Masters Swimming Competition - Part 1	25-Mar-18
KIRKWOOD TAIN MHAIRA	LRC	60-64	0:46.97	Annual Long Course Masters Swimming Championships 2023	03-Dec-23
LEUNG WAI FAN	KTS	55-59	0:38.73	2017-18 Long Course Masters Swimming Competition - Part 2	14-May-17
LEUNG WAI FAN	KTS	50-54	0:37.63	Annual Long Course Masters Swimming Championships 2015	20-Dec-15
KRKALO SHAUNA KATHLEEN	LRC	45-49	0:33.82	World Aquatics Masters Championships 2024 - Doha	28-Feb-24
KRKALO SHAUNA KATHLEEN	LRC	40-44	0:34.74	2022-23 Long Course Masters Swimming Competition - Part 3	12-Jun-22
NG KAM FUNG	SFC	35-39	0:34.71	Summer Masters Swimming Championships 2000	27-May-00
BARNES RUTH	LRC	30-34	0:35.23	Annual Masters Swimming Championships 2013	24-Nov-13
IP RAINBOW	FFA	25-29	0:36.06	2022-23 Long Course Masters Swimming Competition - Part 3	12-Jun-22
LI TSZ YIU	HFS	18-24	0:35.53	Annual Masters Swimming Championships 2013	24-Nov-13

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MEN 100M BREASTSTROKE	NAME OF MEET				DATE ACHIEVED
LEE MING	SFC	85-89	2:42.22	2017-18 Long Course Masters Swimming Competition Part 2	14-May-17
MAK HEI CHI	SGC	80-84	2:08.90	Annual Masters Swimming Championships 2008	06-Sep-08
WONG CHIU SHUN	SFC	75-79	1:52.09	Annual Long Course Masters Swimming Championships 2022	27-Nov-22
YONG KHIN SYN	SFC	70-74	1:34.27	2019-20 Long Course Masters Swimming Competition - Part 3	23-Jun-19
CHAN KAM POR	SFC	65-69	1:26.42	2017-18 Long Course Masters Swimming Competition Part 2	14-May-17
KOO YU FAT MARCUS	FFA	60-64	1:24.69	2022-23 Long Course Masters Swimming Competition - Part 3	12-Jun-22
<u>WATT KAM SING MICHAEL</u>	<u>*FL</u>	<u>55-59</u>	<u>1:21.41</u>	<u>2024-25 Long Course Masters Swimming Competition - Part 2</u>	<u>28-Apr-24</u>
COOPER KENNETH ALLEN	#FL	50-54	1:13.66	FINA World Masters Championships 2019 - Gwangju	13-Aug-19
COOPER KENNETH ALLEN	PSC	45-49	1:15.29	2018-19 Long Course Masters Swimming Competition - Part 2	06-May-18
FONG LIK SUN	#FB	40-44	1:10.45	Annual Long Course Masters Swimming Championships 2023	03-Dec-23
LO JONATHAN KA YAN	LRC	35-39	1:10.50	The 1st Asian Masters Swimming Championships 2018 NAGOYA (JPN)	15-Jul-18
KWOK HO TIN	NWC	30-34	1:09.75	2019-20 Long Course Masters Swimming Competition - Part 3	23-Jun-19
CHEUNG KAM KWAN RONALD	LRC	25-29	1:07.53	World Aquatics Masters World Championships 2023 - Kyushu	06-Aug-23
<u>CHEUNG CHI KIT NICHOLAS</u>	<u>WDS</u>	<u>18-24</u>	<u>1:02.84</u>	<u>2024-25 Long Course Masters Swimming Competition - Part 2</u>	<u>28-Apr-24</u>

WOMEN 100M BREASTSTROKE	NAME OF MEET				DATE ACHIEVED
WONG JIM	SFC	80-84	2:31.67	2021-22 Long Course Masters Swimming Competition - Part 3	20-Jun-21
SUEN MING CHU	SFC	75-79	2:02.61	Annual Long Course Masters Swimming Championships 2023	03-Dec-23
SUEN MING CHU	SFC	70-74	1:53.65	2018-19 Annual Long Course Masters Swimming Championships	25-Nov-18
SUEN MING CHU	KTS	65-69	1:51.76	Long Course Masters Swimming Competition - Part 3 2013	11-Aug-13
KIRKWOOD TAIN MHAIRA	LRC	60-64	1:39.76	2023-24 Long Course Masters Swimming Competition - Part 2	30-Apr-23
KIRKWOOD TAIN MHAIRA	LRC	55-59	1:35.97	2018-19 Long Course Masters Swimming Competition - Part 2	06-May-18
YAMAGUCHI MIKA	*FL	50-54	1:27.99	World Aquatics Masters Championships - Doha 2024	27-Feb-24
KRKALO SHAUNA KATHLEEN	LRC	45-49	1:19.77	World Aquatics Masters Championships - Doha 2024	27-Feb-24
KRKALO SHAUNA KATHLEEN	LRC	40-44	1:21.23	2022-23 Long Course Masters Swimming Competition - Part 3	12-Jun-22
NEEDHAM SUZANNE HEIZER	LRC	35-39	1:20.17	FINA World Masters Championships 2012	11-Jun-12
BARNES RUTH	LRC	30-34	1:18.68	FINA World Masters Championships 2012	11-Jun-12
LIU KA LEI	KTS	25-29	1:22.65	Spring Masters Swimming Championships 2010	06-Mar-10
KONG YVETTE MAN YI	SCA	18-24	1:13.79	2014-15 Long Course Masters Swimming Competition - Part 3	10-Aug-14

MEN 200M BREASTSTROKE	NAME OF MEET				DATE ACHIEVED
CHEUNG TSAN	SFC	80-84	5:10.49	Masters Long Course Swimming Competition Part 1	26-Jan-14
LAU CHUN NUNG	LTS	75-79	4:33.83	2022-23 Long Course Masters Swimming Competition - Part 1	26-Mar-23
CHAN KAM POR	SFC	70-74	3:34.76	2022-23 Long Course Masters Swimming Competition - Part 1	26-Mar-23
CHAN KAM POR	SFC	65-69	3:19.33	2017-18 Long Course Masters Swimming Competition - Part 1	25-Mar-18
CHAN KAM POR	SGC	60-64	3:07.34	2011-12 Long Course Masters Swimming Competition - Part 1	04-Mar-12
SAKA TOSHIYUKI	SGC	55-59	2:59.17	2016-17 Long Course Masters Swimming Competition - Part 1	26-Mar-17
SAKA TOSHIYUKI	SGC	50-54	2:50.25	2011-12 Long Course Masters Swimming Competition - Part 1	04-Mar-12
SAKA TOSHIYUKI	SGC	45-49	2:49.64	2010-11 Long Course Masters Swimming Championships - Part 1	20-Mar-11
FONG LIK SUN	#FB	40-44	2:38.70	2022-23 Long Course Masters Swimming Competition - Part 1	26-Mar-23
LUK WING KIN ANDY	KHC	35-39	2:38.67	2023-24 Long Course Masters Swimming Competition - Part 1	03-Mar-24
LUK WING KIN ANDY	KHC	30-34	2:36.71	2018-19 Long Course Masters Swimming Competition - Part 1	24-Mar-19
GLASSMAN ZACHARY	LRC	25-29	2:23.47	2011-12 Long Course Masters Swimming Competition - Part 1	04-Mar-12
CHEUNG CHI KIT NICHOLAS	WDS	18-24	2:19.39	2023-24 Long Course Masters Swimming Competition - Part 1	03-Mar-24

WOMEN 200M BREASTSTROKE	NAME OF MEET				DATE ACHIEVED
WONG JIM	SFC	80-84	5:53.00	2022-23 Long Course Masters Swimming Competition - Part 1	26-Mar-23
OTSUKA YUKO	SGC	75-79	4:39.40	2016-17 Long Course Masters Swimming Competition - Part 1	26-Mar-17
SUEN MING CHU	SFC	70-74	4:01.57	2017-18 Long Course Masters Swimming Competition - Part 1	25-Mar-18
SUEN MING CHU	SGC	65-69	3:58.01	2013-14 Long Course Masters Swimming Competition - Part 1	03-Mar-13
SUEN MING CHU	SCA	60-64	3:54.41	2010-11 Long Course Masters Swimming Championships - Part 1	20-Mar-11
KIRKWOOD TAIN MHAIRA	LRC	55-59	3:31.49	2017-18 Long Course Masters Swimming Competition - Part 1	25-Mar-18
COGGINS LYNDA ANNE	LRC	50-54	3:09.55	FINA World Masters Championships 2014	10-Aug-14
COGGINS LYNDA ANNE	LRC	45-49	3:14.74	FINA World Masters Championships 2012	15-Jun-12
CHEUNG MAN YIU	SGC	40-44	3:19.49	World Aquatics Masters World Championships 2023 - Kyushu	10-Aug-23
NEEDHAM SUZANNE HEIZER	LRC	35-39	2:56.78	FINA World Masters Championships 2012	15-Jun-12
HUGHES CHRISTINE VIRGINIA	LRC	30-34	2:52.97	World Aquatics Masters Championships - Doha 2024	02-Mar-24
LIU KA LEI	KTS	25-29	3:05.17	2013-14 Long Course Masters Swimming Competition - Part 1	03-Mar-13
PANG HIU KWAN	JHC	18-24	3:13.71	2011-12 Long Course Masters Swimming Competition - Part 1	04-Mar-12

HONG KONG MASTERS SWIMMING RECORDS

LONG COURSE

(Update to 2024-25 Long Course Masters Swimming Competition - Part 2)

MEN 50M BUTTERFLY				NAME OF MEET	DATE ACHIEVED
YIM KAM WING	SFC	85-89	1:10.42	2019-20 Long Course Masters Swimming Competition - Part 2	05-May-19
MAK HEI CHI	SGC	80-84	0:58.81	Winter Masters Swimming Championships 2008	22-Nov-08
TIN SHEUNG KWAI	NWC	75-79	0:41.68	Annual Masters Swimming Championships 2022	27-Nov-22
INGLIS PETER	#FB	70-74	0:36.36	2024-25 Long Course Masters Swimming Competition - Part 2	28-Apr-24
HO ROBERT YAU CHUNG	LRC	65-69	0:33.20	2022-23 Long Course Masters Swimming Competition - Part 2	15-Jan-23
FU TAI CHUN	KTS	60-64	0:30.60	Summer Masters Swimming Championships 1999	19-Jun-99
HO ROBERT YAU CHUNG	LRC	55-59	0:30.04	Annual Long Course Masters Swimming Championships 2015	20-Dec-15
WONG KWOK WAH	KHC	50-54	0:27.94	Annual Long Course Masters Swimming Championships 2017	25-Nov-17
WOODRING DOUGLAS	BSC	45-49	0:27.47	Long Course Masters Swimming Competition - Part 3 2013	11-Aug-13
NORTJE CRAIG ANDREW	*FL	40-44	0:26.85	FINA World Masters Championship 2019 - Gwangju	14-Aug-19
SMIT MARCEL PIETER ARNOLD	*FL	35-39	0:26.46	World Aquatics Masters World Championships 2023 - Kyushu	07-Aug-23
BEAHAN GRANT KENNETH	BSC	30-34	0:26.54	Annual Long Course Masters Swimming Championships 2017	25-Nov-17
LAU CHUN LEUNG JOHNNY	KHC	25-29	0:26.21	Annual Long Course Masters Swimming Championships 2017	25-Nov-17
CHEUNG YAU MING	#DB	18-24	0:26.27	2018-19 Annual Long Course Masters Swimming Championships	25-Nov-18

WOMEN 50M BUTTERFLY				NAME OF MEET	DATE ACHIEVED
SUEN MING CHU	SFC	75-79	0:52.07	2023-24 Long Course Masters Swimming Competition - Part 2	30-Apr-23
SUEN MING CHU	SFC	70-74	0:48.26	Annual Long Course Masters Swimming Championships 2019	01-Dec-19
TSEUNG NGA WAH	SFC	65-69	0:41.67	2024-25 Long Course Masters Swimming Competition - Part 2	28-Apr-24
KIRKWOOD TAIN MHAIRA	LRC	60-64	0:37.04	2024-25 Long Course Masters Swimming Competition - Part 2	28-Apr-24
KIRKWOOD TAIN MHAIRA	LRC	55-59	0:36.39	2018-19 Annual Long Course Masters Swimming Championships	25-Nov-18
LEE TANYA DIANE	PSC	50-54	0:32.53	The 1st Asian Masters Swimming Championships 2018 NAGOYA (JPN)	13-Jul-18
KRKALO SHAUNA KATHLEEN	LRC	45-49	0:29.02	World Aquatics Masters Championships – Doha 2024	03-Mar-24
KRKALO SHAUNA KATHLEEN	LRC	40-44	0:30.39	Annual Long Course Masters Swimming Championships 2022	27-Nov-22
YIP WING YAN	DWA	35-39	0:30.35	2024-25 Long Course Masters Swimming Competition - Part 2	28-Apr-24
ZHANG XIAO TONG ISABELLA	*FL	30-34	0:30.25	World Aquatics Masters World Championships 2023 - Kyushu	07-Aug-23
NG KA MAN	KTS	25-29	0:29.30	Annual Long Course Masters Swimming Championships	23-Nov-14
CHAN TSZ CHING	*FL	18-24	0:29.61	2023-24 Long Course Masters Swimming Competition - Part 2	30-Apr-23

MEN 100M BUTTERFLY				NAME OF MEET	DATE ACHIEVED
LEE MING	SFC	80-84	2:35.84	2010-11 Long Course Masters Swimming Championships - Part 1	20-Mar-11
CHAN SHING CHI	LTS	75-79	2:02.41	2022-23 Long Course Masters Swimming Competition - Part 1	26-Mar-23
CHAN SHING CHI	LTS	70-74	1:56.24	2018-19 Long Course Masters Swimming Competition - Part 1	24-Mar-19
MA ETIENNE	YMC	65-69	1:32.97	2023-24 Long Course Masters Swimming Competition - Part 1	03-Mar-24
HO ROBERT YAU CHUNG	LRC	60-64	1:15.51	FINA World Masters Championships 2019 - Gwangju	15-Aug-19
KOO YU FAT MARCUS	FFA	55-59	1:11.94	2016-17 Long Course Masters Swimming Competition - Part 1	26-Mar-17
JOHNSON ERIC ANDREW	LRC	50-54	1:04.49	FINA World Masters Championships 2014	10-Aug-14
SAKA TAIHEI	SGC	45-49	1:00.90	2013-14 Long Course Masters Swimming Competition - Part 1	04-Mar-12
O'NEILL DONAL THOMAS	LRC	40-44	0:59.06	World Aquatics Masters Championships 2024 - Doha	29-Feb-24
CRAIG ANDREW NORTJE	VRG	35-39	0:59.58	FINA World Masters Championships 2014	10-Aug-14
BEAHAN GRANT KENNETH	BSC	30-34	0:58.66	2017-18 Long Course Masters Swimming Competition - Part 1	25-Mar-18
CHEUNG YAU MING	#DB	25-29	0:58.94	2022-23 Long Course Masters Swimming Competition - Part 1	26-Mar-23
CHEUNG YAU MING	#DB	18-24	0:59.53	2018-19 Long Course Masters Swimming Competition - Part 1	24-Mar-19

WOMEN 100M BUTTERFLY				NAME OF MEET	DATE ACHIEVED
SUEN MING CHU	SFC	70-74	1:56.01	2017-18 Long Course Masters Swimming Competition - Part 1	25-Mar-18
SUEN MING CHU	SGC	65-69	1:48.29	Masters Long Course Swimming Competition Part 1	26-Jan-14
KIRKWOOD TAIN MHAIRA	LRC	60-64	1:36.26	World Aquatics Masters Championships – Doha 2024	29-Feb-24
KIRKWOOD TAIN MHAIRA	LRC	55-59	1:31.44	2017-18 Long Course Masters Swimming Competition - Part 1	25-Mar-18
LEE TANYA DIANE	PSC	50-54	1:14.85	The 1st Asian Masters Swimming Championships 2018 NAGOYA (JPN)	16-Jul-18
PAZOS CRISTENA MARIA	LRC	45-49	1:12.50	16th FINA World Masters Championships 2015 in Kazan	13-Aug-15
KELSEY JANE MACFARLAND	LRC	40-44	1:13.55	2014-15 Long Course Masters Swimming Competition - Part 1	22-Mar-15
KELSEY JANE MACFARLAND	LRC	35-39	1:13.49	2011-12 Long Course Masters Swimming Competition - Part 1	04-Mar-12
HUGHES CHRISTINE VIRGINIA	LRC	30-34	1:10.18	World Aquatics Masters Championships – Doha 2024	29-Feb-24
CHAN WING SUET	LRC	25-29	1:08.66	FINA World Masters Championships 2014	10-Aug-14
CHAN TSZ CHING	*FL	18-24	1:07.41	2023-24 Long Course Masters Swimming Competition - Part 1	03-Mar-24

HONG KONG MASTERS SWIMMING RECORDS

LONG COURSE

(Update to 2024-25 Long Course Masters Swimming Competition - Part 2)

MEN 200M INDIVIDUAL MEDLEY				NAME OF MEET	DATE ACHIEVED
LAW KWAI FONG	SFC	80-84	5:10.21	Annual Long Course Masters Swimming Championships 2017	25-Nov-17
WONG CHIU SHUN	SFC	75-79	4:03.11	2022-23 Long Course Masters Swimming Competition - Part 2	15-Jan-23
CHAN KAM POR	SFC	70-74	3:17.13	Annual Long Course Masters Swimming Championships 2022	27-Nov-22
CHAN KAM POR	SFC	65-69	3:04.42	2017-18 Long Course Masters Swimming Competition - Part 1	25-Mar-18
KOO YU FAT MARCUS	FFA	60-64	2:49.64	Annual Long Course Masters Swimming Championships 2022	27-Nov-22
SAKA TOSHIYUKI	SGC	55-59	2:45.82	2016-17 Long Course Masters Swimming Competition - Part 1	26-Mar-17
CHAN KAM POR	KTS	50-54	2:26.14	Summer Masters Swimming Championships 2004	12-Jun-04
SAKA TAIHEI	SGC	45-49	2:23.04	2010-11 Long Course Masters Swimming Championships - Part 1	20-Mar-11
FONG LIK SUN	#FB	40-44	2:17.83	World Aquatics Masters Championships – Doha 2024	29-Feb-24
NORTJE CRAIG ANDREW	VRC	35-39	2:20.07	FINA World Masters Championships 2014	10-Aug-14
JACOBS DAMIAN CHARLES	LRC	30-34	2:25.69	FINA World Masters Championships 2014	10-Aug-14
GLASSMAN ZACHARY	LRC	25-29	2:13.80	2011-12 Long Course Masters Swimming Competition - Part 1	04-Mar-12
WONG SING TSUM DEREK	CUC	18-24	2:21.50	Annual Long Course Masters Swimming Champions 2013	24-Nov-13

WOMEN 200M INDIVIDUAL MEDLEY				NAME OF MEET	DATE ACHIEVED
SHUM CHING FONG	HFS	80-84	5:35.17	Annual Long Course Masters Swimming Championships 2013	24-Nov-13
SUEN MING CHU	SFC	75-79	4:06.12	Annual Long Course Masters Swimming Championships 2023	03-Dec-23
SUEN MING CHU	SFC	70-74	3:49.34	2018-19 Long Course Masters Swimming Competition - Part 2	06-May-18
NG YEE MAN	NWC	65-69	3:36.79	2024-25 Long Course Masters Swimming Competition - Part 2	28-Apr-24
KIRKWOOD TAIN MHAIRA	LRC	60-64	3:25.62	Annual Long Course Masters Swimming Championships 2023	03-Dec-23
KIRKWOOD TAIN MHAIRA	LRC	55-59	3:16.65	The 1st Asian Masters Swimming Championships 2018 NAGOYA (JPN)	12-Jul-18
COGGINS LYNDA ANNE	LRC	50-54	2:55.65	FINA World Masters Championships 2014	10-Aug-14
TAM MEI LING ALISON	*FL	45-49	2:45.26	World Aquatics Masters World Championships 2023 - Kyushu	08-Aug-23
KELSEY JANE MACFARLAND	LRC	40-44	2:41.17	2014-15 Long Course Masters Swimming Competition - Part 1	22-Mar-15
KELSEY JANE MACFARLAND	LRC	35-39	2:37.75	Annual Long Course Masters Swimming Champions 2013	24-Nov-13
HUGHES CHRISTINE VIRGINIA	LRC	30-34	2:37.93	World Aquatics Masters Championships – Doha 2024	29-Feb-24
CHAN WING SUET	LRC	25-29	2:36.59	FINA World Masters Championships 2014	10-Aug-14
CHARTER ROBYN JUDY	SFC	18-24	2:42.84	2018-19 Annual Long Course Masters Swimming Championships	25-Nov-18

MEN 4 X 50M FREESTYLE RELAY				NAME OF MEET	DATE ACHIEVED
SWORD FISH CLUB	SFC	320+	3:09.80	2019-20 Long Course Masters Swimming Competition - Part 3	23-Jun-19
NEW WATER POLO CLUB	NWC	280+	2:13.41	2023-24 Long Course Masters Swimming Competition - Part 1	03-Mar-24
SWORD FISH CLUB	SFC	240+	2:02.09	2018-19 Annual Long Course Masters Swimming Championships	25-Nov-18
SEA GREEN SWIMMING & LIFE SAVING CLUB	SGC	200+	1:52.52	2010-11 Long Course Masters Swimming Championships - Part 1	20-Mar-11
HONG KONG FOOTBALL CLUB	#FB	160+	1:40.73	World Aquatics Masters World Championships 2023 - Kyushu	05-Aug-23
NEW WATER POLO CLUB	NWC	120+	1:40.03	2018-19 Long Course Masters Swimming Competition - Part 3	24-Jun-18
DIOCESAN SCHOOL OLD BOY'S ASSOCIATION LTD	#DB	100+	1:36.96	2018-19 Long Course Masters Swimming Competition - Part 1	24-Mar-19

WOMEN 4 X 50M FREESTYLE RELAY				NAME OF MEET	DATE ACHIEVED
SWORD FISH CLUB	SFC	280+	2:42.61	Annual Long Course Masters Swimming Championships 2019	01-Dec-19
SWORD FISH CLUB	SFC	240+	2:34.06	2018-19 Annual Long Course Masters Swimming Championships	25-Nov-18
LADIES' RECREATION CLUB	LRC	200+	2:12.67	FINA World Masters Championships 2012	14-Jun-12
FASTLANE SWIMMING	*FL	160+	1:54.74	World Aquatics Masters World Championships 2023 - Kyushu	09-Aug-23
LADIES' RECREATION CLUB	LRC	120+	1:55.57	FINA World Masters Championships 2012	14-Jun-12
HONG KONG FLYING FISH ATHLETIC ASSOCIATION	FFA	100+	1:58.55	2022-23 Long Course Masters Swimming Competition - Part 3	12-Jun-22

HONG KONG MASTERS SWIMMING RECORDS

LONG COURSE

(Update to 2024-25 Long Course Masters Swimming Competition - Part 2)

MEN 4 X 50M MEDLEY RELAY				NAME OF MEET	DATE ACHIEVED
SWORD FISH CLUB	SFC	320+	3:30.63	Annual Long Course Masters Swimming Championships 2012	09-Dec-12
SWORD FISH CLUB	SFC	280+	2:33.32	2024-25 Long Course Masters Swimming Competition - Part 2	28-Apr-24
SWORD FISH CLUB	SFC	240+	2:19.80	Long Course Masters Swimming Competition - Part 3 2013	11-Aug-13
THE HONG KONG JOCKEY CLUB	HJC	200+	2:03.19	Winter Masters Swimming Championships 1993	11-Dec-93
YMCA OF HONG KONG	YMC	160+	1:53.94	Summer Masters Swimming Championships 1996	22-Jun-96
DIOCESAN SCHOOL OLD BOY'S ASSOCIATION LTD	#DB	120+	1:54.76	2018-19 Long Course Masters Swimming Competition - Part 1	24-Mar-19
DIOCESAN SCHOOL OLD BOY'S ASSOCIATION LTD	#DB	100+	1:49.32	2022-23 Long Course Masters Swimming Competition - Part 2	15-Jan-23

WOMEN 4 X 50M MEDLEY RELAY				NAME OF MEET	DATE ACHIEVED
SWORD FISH CLUB	SFC	280+	3:21.30	1st Asian Masters Swimming Championships 1996	14-Sep-96
SWORD FISH CLUB	SFC	240+	2:48.90	2017-18 Long Course Masters Swimming Competition Part 1	25-Mar-18
LADIES' RECREATION CLUB	LRC	200+	2:32.48	2016-17 Long Course Master Swimming Competition - Part 2	24-Apr-16
LADIES' RECREATION CLUB	LRC	160+	2:10.35	Annual Masters Swimming Championships 1994	17-Sep-94
LADIES' RECREATION CLUB	LRC	120+	2:10.92	FINA World Masters Championships 2012	14-Jun-12
NEW WATER POLO CLUB	NWC	100+	2:19.21	2018-19 Long Course Masters Swimming Competition - Part 2	06-May-18

MIXED 4 X 50M FREESTYLE RELAY				NAME OF MEET	DATE ACHIEVED
SWORD FISH CLUB	SFC	320+	3:38.22	2018-19 Annual Long Course Masters Swimming Championships	25-Nov-18
SWORD FISH CLUB	SFC	280+	2:25.20	2022-23 Long Course Masters Swimming Competition - Part 2	15-Jan-23
SWORD FISH CLUB	SFC	240+	2:15.69	2018-19 Annual Long Course Masters Swimming Championships	25-Nov-18
LADIES' RECREATION CLUB	LRC	200+	1:55.82	FINA World Masters Championships 2017	18-Aug-17
FASTLANE SWIMMING	*FL	160+	1:46.49	World Aquatics Masters World Championships 2023 - Kyushu	09-Aug-23
FASTLANE SWIMMING CO. LTD	#FL	120+	1:48.72	FINA World Masters Championships 2019 - Gwangju	19-Aug-19
NEW WATER POLO CLUB	NWC	100+	1:51.20	Annual Long Course Masters Swimming Championships 2017	25-Nov-17

MIXED 4 X 50M MEDLEY RELAY				NAME OF MEET	DATE ACHIEVED
SWORD FISH CLUB	SFC	320+	4:35.50	2022-23 Long Course Masters Swimming Competition - Part 3	12-Jun-22
SWORD FISH CLUB	SFC	280+	2:47.88	2021-22 Long Course Masters Swimming Competition - Part 3	20-Jun-21
SWORD FISH CLUB	SFC	240+	2:49.16	2021-22 Long Course Masters Swimming Competition - Part 3	20-Jun-21
FASTLANE SWIMMING	*FL	200+	2:20.04	World Aquatics Masters World Championships 2023 - Kyushu	09-Aug-23
FASTLANE SWIMMING	*FL	160+	2:00.48	World Aquatics Masters World Championships 2023 - Kyushu	09-Aug-23
LADIES' RECREATION CLUB	LRC	120+	2:05.95	2021-22 Long Course Masters Swimming Competition - Part 3	20-Jun-21
HONG KONG POLICE SWIMMING CLUB	HKP	100+	2:09.75	2023-24 Long Course Masters Swimming Competition - Part 3	18-Jun-23

2024-2025 Long Course Masters Swimming Competition (Part 3)**Reject List**

No.	Name	Event	Club	Remarks
1	Yeung Hiu Wa	4, 6	SFC	No Reg
2	Ma Mya Mya Kyu	6	SFC	No Reg

2425 Long Course MS Swi Competition Part 3 - 23/06/2024

Psych Sheet

Event 1 Men 100 LC Meter Breaststroke

18-24 MSR: 1:02.84

25-29 MSR: 1:07.53

30-34 MSR: 1:09.75

35-39 MSR: 1:10.50

40-44 MSR: 1:10.45

45-49 MSR: 1:15.29

50-54 MSR: 1:13.66

55-59 MSR: 1:21.41

60-64 MSR: 1:24.69

65-69 MSR: 1:26.42

	ID#	Name	Age	Team	Seed Time
18-24					
1	30694 #IAZ	Cheung, Chi Kit Nicholas	19	Wong Tai Sin	1:03.00
2	53273 @^IM	Yang, Weicong	20	New Water Polo	1:20.00
3	40782 IAZ	Chan, Ho Long	19	Current Club Ltd	1:22.58
4	28413 B	Kwong, Shue Hei	24	Tung Sing	1:45.00
25-29					
1	08003 B	Lam, Chun Kit	29	Tuen Mun	1:24.00
2	19958 IAZ	Wong, Ting Toh	25	Kwan Hung	1:30.00
3	08404 IAZ	Yeung, Sze Chai	28	Crest Ray	1:40.00
30-34					
1	03978 #	Lau, Chun Sing	32	Eastern Winter	1:12.91
2	05642 IBZ	Lok, Ho Chun	30	Hong Kong Police	1:17.98
3	04637 IBZ	Kwan, Yui Hang	31	Current Club Ltd	1:20.86
4	14158 #IAZ	Li, Hok Yee Terence	31	Eastern Winter	1:30.00
5	04048 IBZ	Cheung, Siu Long	33	Hong Kong Police	1:32.00
6	03312 IAZ	Li, Yun Sing	34	Diocesan School	1:45.00
35-39					
1	02591	Luk, Wing Kin Andy	35	Kwan Hung	1:10.00
2	42367 IAO	Chow, Chun Yin	38	Diocesan School	1:30.00
3	39190 IAZ	Lee, Ka Lun	35	New Water Polo	1:30.00
4	00099 IAZ	Wong, Cheuk Wai	36	New Water Polo	1:30.00
5	03713 IBZ	Tang, Chee Kit	38	Diocesan School	1:45.00
6	09136 IAZ	Tsang, Chun Kin	36	New Water Polo	1:45.00
40-44					
1	01465 ICZ	Chiang, Filomeno	42	Hong Kong Police	1:22.11
2	48856 @IAO	Gallearchie, Jeewantha Madu	40	Fastlane Swimming	1:25.00
3	05155	Chan, Albert Kam Ming	43	Diocesan School	1:27.14
4	42708 IAZ	Tang, Wing Chung Jonathan	42	Hoi Fung	1:28.00
5	44298 IAZ	Tong, Lik Lam	40	Pacific	1:30.00
6	03796 ICZ	Chan, Pui Kei	43	New Water Polo	1:33.00
7	49027 IAZ	Ng, Fung Kei	44	Sword Fish Club	1:35.00
8	12176 ICZ	Ng, Siu Yu	42	Sword Fish Club	1:40.00
9	23119 IAZ	Chan, Ying Tsung Bosco	43	Sword Fish Club	1:43.00
10	01948 ICZ	Tang, Ho Yuen	42	Diocesan School	1:45.00
11	53109 @^IM	Wu, Xugui	41	Sword Fish Club	1:47.00
12	03793 ICZ	Po, Tik San	42	New Water Polo	1:50.00
13	53110 @^IM	Liang, Ge	43	Sword Fish Club	1:50.00
14	45574 IAZ	Ng, Siu Kwong	42	Sword Fish Club	1:50.00
15	38035 IAZ	Mok, Kin Fan	44	Tolo Harbour	1:55.00
16	03409	Ho, Kin Kan Adrian	41	Barracuda	2:00.00

2425 Long Course MS Swi Competition Part 3 - 23/06/2024

Psych Sheet

45-49... (Event 1 Men 100 LC Meter Breaststroke)

1	17961 ICO	Jones, Simon	48 LRC	1:15.73
2	53312 IAZ	Tang, Tin Lok Stephen	48 Win Tin	1:20.00
3	40834 IAZ	Chang, Hsi Tse JosephJeremy	45 Diocesan School	1:23.00
4	05160	Chan, Ka Wo	47 Diocesan School	1:27.14
5	51531 #IAX	Tang, Min	49 Fastlane Swimming	1:35.00
6	48593 #IAZ	Cheng, Wai Leung	47 Wong Tai Sin	1:40.00
7	51192 IAZ	Lo, Yui Man	47 Flying Fish	1:40.16

50-54

1	27459 IAZ	Lui, Wing Tak Victor	50 Diocesan School	1:30.00
2	26317 IAZN	Tung, Shang Wei Timothy	54 Kwun Tong	1:35.00
3	21008 IAZ	Cheung, Chun Kwan Michael	51 Wong Tai Sin	1:40.00
4	40835 IAZ	Leung, Wing Hong Alvin	50 Diocesan School	1:45.00
5	47461 #IAZ	Tse, Ka Fai	50 Crest Ray	2:05.00

55-59

1	18856 IAZ	Au, Mun Shing	59 Sword Fish Club	1:30.00
2	53271 @^IM	Chen, Weizhong	55 New Water Polo	1:45.00
3	38127 IAZ	Leung, Cheung Wai Ricky	56 Sword Fish Club	1:45.00
4	35711 IAX	Wong, Fuk Kei	55 Sword Fish Club	1:45.00
5	53581 IAO	Shi, Bertram Emil	58 Fastlane Swimming	1:45.00
6	22433 IAZ	Lui, Man Pong	59 New Water Polo	1:55.00
7	53923 @IM	Wen, Bin	55 Sword Fish Club	2:20.00

60-64

1	05191	Koo, Yu Fat Marcus	62 Flying Fish	1:24.64
2	50514 @^IM	Ye, Jinkun	62 Sword Fish Club	1:35.00
3	40592 IAZ	Fo, Pui Keung	60 Hong Kong Police	1:38.86
4	32108 IAX	Chan, Kiu	62 Sword Fish Club	1:40.00
5	50511 @^IM	Ye, Huanliang	61 Sword Fish Club	1:40.00
6	10135 #IAZ	Mo, Kim Fung Bosco	60 Diocesan School	1:45.00
7	25226 IAZ	Choi, Tai Wing	63 Sword Fish Club	1:55.00
8	50782 @IAX	Pang, Shu Ming	63 Sea Green	1:55.00
9	18872 IAZ	Chan, Kin Chung	63 Wong Tai Sin	1:59.00

65-69

1	43205 #	Zhou, Jin Jia	69 New Water Polo	1:35.00
2	53888 @IM	Cai, Dexiong	66 New Water Polo	1:38.00
3	49915 @IAX	Tai, Yu Chung	66 New Water Polo	1:40.00
4	50662 @^P	Zong, Cheng	66 Sword Fish Club	1:40.00
5	52302 @^IM	He, Jiaming	67 New Water Polo	1:44.00
6	06176	Wong, Kung Wan	68 Sea Green	1:45.00
7	52982 @^IM	Wu, Maokang	66 New Water Polo	1:46.30
8	36725 IAZ	Yau, Wai	65 Sea Green	1:55.00
9	48753 IAX	Fung, Sik Tong	68 Sea Green	1:59.00
10	06281	Fung, Kam Tai	69 Sword Fish Club	2:07.00

70-74

1	36553 IAO	Inglis, Peter	70 HK Football Club	1:35.00
2	06382	Chan, Kam Por	72 Sword Fish Club	1:40.00
3	04504 IAO	Yura, Tadami	72 Sword Fish Club	1:48.00
4	06192	Chu, Shui Yi	73 Sea Green	1:55.00
5	06243	Koo, Choi Fat	74 Wong Tai Sin	1:55.00
6	11563	Lee, Kwok Hung	71 Sword Fish Club	2:10.00

75-79

1	10274	Lau, Chun Nung	78 Lai Tsun	2:10.00
2	14029	Ieong, Vun Fai	78 Sword Fish Club	2:20.00
3	22182 IAZ	Ngai, Yin Leung	75 Sword Fish Club	2:20.00

2425 Long Course MS Swi Competition Part 3 - 23/06/2024

Psych Sheet

80-84... (Event 1 Men 100 LC Meter Breaststroke)

1	06270	Lam, Luk Kan	83	Sword Fish Club	2:15.00
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Event 2 Women 100 LC Meter Breaststroke

18-24 MSR: 1:13.79

25-29 MSR: 1:22.65

30-34 MSR: 1:18.68

35-39 MSR: 1:20.17

40-44 MSR: 1:21.23

45-49 MSR: 1:19.77

50-54 MSR: 1:27.99

55-59 MSR: 1:35.97

60-64 MSR: 1:39.76

65-69 MSR: 1:51.76

	ID#	Name	Age	Team	Seed Time
18-24					
1	23105 IAZ	Ho, Cheuk Wai	23	Dik Wing	1:22.13
2	31444 IAX	Tang, Hiu Tung	23	Pacific	1:27.64
3	27403 IAZ	Yuen, Hiu Tung Alyssa	20	Lai Tsun	1:40.00
4	53920 @IM	Lan, Yan	20	Sword Fish Club	1:48.00
25-29					
1	52768 @^ICO	Barton, Lucy Rebecca	27	HK Football Club	1:18.00
2	49513 IAZ	To, Yan Wing	28	Crest Ray	1:50.00
3	43533 IAZ	Wong, Yu Tung	26	New Water Polo	2:00.00
4	53922 @IM	Wen, Shanhui	26	Sword Fish Club	2:10.00
30-34					
1	50922 @ICO	Hughes, Christine Virginia	33	LRC	1:26.93
2	38653 IAZ	Sin, Wai Ting	30	Golden Dolphin	2:00.00
3	52066 @^IM	Liang, Biyu	30	New Water Polo	2:00.00
35-39					
1	53921 IAZ	Ho, Hu Kar	36	Sword Fish Club	1:50.00
2	48188 IAZ	Tang, Ho Tung Kathy	39	Csu	2:00.00
3	13384 ICZ	Lee, May Sze Mei	37	New Water Polo	2:10.00
40-44					
1	45041 IAZ	Fung, Cheuk Ching Candy	42	Hoi Fung	1:39.00
2	52215 @^P	Li, Yunfen	42	New Water Polo	1:50.00
3	50515 IAZ	Cheung, Hiu Yan	42	Sword Fish Club	2:00.00
45-49					
1	40853 @IAO	Tam, Alison Mai Ling	46	Fastlane Swimming	1:33.00
2	06304 ICZ	Cheung, Man Yiu	45	Sea Green	1:35.00
3	30072 ICW	Chao, Man Chi	45	New Water Polo	1:35.17
4	35765 IAZ	Wong, See Ming	46	Hong Kong Police	1:36.00
5	08977	Ho, Yee Yun Rosalind	45	Current Club Ltd	1:46.93
6	33017 IAZ	Ngan, Oi Sze	47	Sword Fish Club	2:00.00
7	46181 IAZ	Ng, Yan Yan Bandy	48	Tung Sing	2:00.00
50-54					
1	27128 IAZ	Lau, Yan Yan	50	Flying Fish	1:50.00
2	35969 IAX	Wang, Ying Lian	52	Tung Sing	1:53.00
3	06349	Ip, Oi Wa Wendy	52	Sword Fish Club	1:55.00
4	44304 IAX	Choi, Shan Shan	52	Sword Fish Club	2:00.00
5	40912 IAZ	Ng, Yee Ling	53	Tolo Harbour	2:00.00
6	35772 IAX	Ban, Xianhai	52	New Water Polo	2:10.00
7	53924 @IM	Yang, Suqiong	53	Sword Fish Club	2:20.00

2425 Long Course MS Swi Competition Part 3 - 23/06/2024

Psych Sheet

55-59... (Event 2 Women 100 LC Meter Breaststroke)

1	29505 IAZ	Lai, Wai Man	59	New Water Polo	2:15.00
60-64					
1	22428 IAZ	Lau, Yuk Lin Rocky	62	Sea Green	1:58.00
2	34668 IAZ	Tang, Pik Ha	64	New Water Polo	2:07.56
3	38289 IAZ	Ng, Wai Lin Angie	60	Sword Fish Club	2:15.00
4	45187 IAX	Chan, On Mei	61	Sword Fish Club	2:20.00
5	24216 IAZ	Li, Chuk Ping	62	Sword Fish Club	2:21.00
6	38460 IAZ	Tang, Kit Fong Yvonne	60	New Water Polo	2:30.00
65-69					
1	49914 @IAXB	Ng, Yee Man	65	New Water Polo	1:50.00
2	02711	Fok, Wai Fung	66	Wong Tai Sin	2:15.00
3	14007	Ho, Yuk Ling	67	Tung Sing	2:16.00
4	16533	Wong, Shun Ying	65	Sea Green	2:28.00
5	06127	Lau, Wai Lin	68	New Water Polo	2:30.00
6	49428 IAX	Leong, Sao Fan	67	New Water Polo	2:30.00
70-74					
1	39357 @^P	Mak, Sok Iun	74	Sword Fish Club	2:30.00
75-79					
1	08936	Leong, Kuai Heng	78	New Water Polo	2:30.00
2	06212	Lo, Yeuk Shuen	75	Wong Tai Sin	2:30.00

Event 3 Men 50 LC Meter Backstroke

18-24 MSR:	28.26
25-29 MSR:	27.65
30-34 MSR:	29.77
35-39 MSR:	30.38
40-44 MSR:	28.69
45-49 MSR:	30.37
50-54 MSR:	30.97
55-59 MSR:	32.57
60-64 MSR:	33.94
65-69 MSR:	35.70

ID#	Name	Age	Team	Seed Time
18-24				
1	22276 B	23	Sword Fish Club	30.18
2	44222 IAZ	20	Crest Ray	40.00
3	53917 @IM	24	Sword Fish Club	45.00
4	28413 B	24	Tung Sing	45.00
5	38234 IAZ	19	Current Club Ltd	48.00
25-29				
1	10096 B	28	Kwan Hung	32.00
2	15262 B	27	Kwun Tong	32.00
3	53844 ICX	26	New Water Polo	42.00
4	08003 B	29	Tuen Mun	45.00
30-34				
1	06092 IAZ	34	Hong Kong Police	31.41
2	01772	33	Hong Kong Police	33.00
3	14158 #IAZ	31	Eastern Winter	35.00
4	05567 B	31	Crest Ray	40.00
5	03312 IAZ	34	Diocesan School	40.00
35-39				
1	00444	39	Diocesan School	32.00
2	03667 IBZ	35	New Water Polo	33.00

2425 Long Course MS Swi Competition Part 3 - 23/06/2024

Psych Sheet

35-39... (Event 3 Men 50 LC Meter Backstroke)

3	42367 IAO	Chow, Chun Yin	38	Diocesan School	35.00
4	03713 IBZ	Tang, Chee Kit	38	Diocesan School	35.00
5	52980 IAZ	Ma, Sau Him Sean	38	New Water Polo	40.00
6	09136 IAZ	Tsang, Chun Kin	36	New Water Polo	48.00

40-44

1	49498 @IAO	Dunwoody, Ross William	43	LRC	33.45
2	09165	Cheung, Siu Fung	41	Lai Tsun	38.00
3	01948 ICZ	Tang, Ho Yuen	42	Diocesan School	40.00
4	03796 ICZ	Chan, Pui Kei	43	New Water Polo	41.00
5	03793 ICZ	Po, Tik San	42	New Water Polo	45.00
6	23119 IAZ	Chan, Ying Tsung Bosco	43	Sword Fish Club	52.00

45-49

1	39215 IAZ	Cheung, Chun Hoi Allan	48	Kowloon Tong Club	30.37
2	49497 @ICO	Macceod, Andrew Ian	45	LRC	32.87
3	05160	Chan, Ka Wo	47	Diocesan School	40.00
4	51531 #IAX	Tang, Min	49	Fastlane Swimming	50.00
5	52883 IAZ	Lo, Fu Fui Frankie	49	Win Tin	50.00

50-54

1	06711	Leung, Tsz Kin	52	New Water Polo	36.72
2	30710 IAZ	Lai, Kin Sun	54	Flying Fish	38.36
3	02366	Li, Ka Wing	50	Kwun Tong	42.00
4	26821 IAZ	Chan, Kwok Chi	53	Sword Fish Club	42.00
5	06338 IAZ	Wong, Ka Fai	50	Sword Fish Club	42.00
6	27451 IAZ	Yip, Kin Man Stephen	54	Kwun Tong	45.00

55-59

1	41548 IAZ	Ip, Ka Keung Patrick	56	HK Football Club	39.00
2	52275 @^IM	Shan, Jinzhi	56	Sword Fish Club	40.00
3	22433 IAZ	Lui, Man Pong	59	New Water Polo	44.00
4	21736 IAM	Lo, Lai Tou	56	Sword Fish Club	46.00
5	08901	Koh, Kee Haw	56	Sword Fish Club	52.00
6	53271 @^IM	Chen, Weizhong	55	New Water Polo	55.00
7	38127 IAZ	Leung, Cheung Wai Ricky	56	Sword Fish Club	55.00
8	35711 IAX	Wong, Fuk Kei	55	Sword Fish Club	55.00

60-64

1	05191	Koo, Yu Fat Marcus	62	Flying Fish	38.00
2	50482 @^IM	Chen, Heqiang	61	Sword Fish Club	40.00
3	24256 IAW	Lok, Wai Man	61	New Water Polo	45.00
4	40840 IAZ	Ng, Ka Yiu Karl	60	Diocesan School	48.00
5	32108 IAX	Chan, Kiu	62	Sword Fish Club	50.00
6	10135 #IAZ	Mo, Kim Fung Bosco	60	Diocesan School	55.00
7	25226 IAZ	Choi, Tai Wing	63	Sword Fish Club	55.00
8	39982 IAZ	Chow, Wing Chun	60	Sword Fish Club	55.00

65-69

1	03215 #IAZ	Leung, Yiu Chuen	66	Tung Sing	40.49
2	49915 @IAX	Tai, Yu Chung	66	New Water Polo	45.00
3	50493 #^IM	Kong, Lingxiong	65	New Water Polo	48.00
4	14555 @IAX	Tang, Kon Leong	68	Sword Fish Club	50.00
5	06281	Fung, Kam Tai	69	Sword Fish Club	54.00

70-74

1	51797 @^IM	Kong, Fanqiang	72	New Water Polo	43.00
2	53341 @^IM	Lu, Zhuoying	70	New Water Polo	50.00
3	20634 IAZ	Wu, Shu Sun	74	New Water Polo	50.00
4	50503 @^IM	Feng, Bingkun	73	Sword Fish Club	50.00
5	52549 IAZ	Lam, Tak On	70	Sword Fish Club	50.00

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Psych Sheet

70-74... (Event 3 Men 50 LC Meter Backstroke)

6	06388	Lau, Man Kin	70	Sword Fish Club	50.00
7	26318	Suen, Chi Wing	70	Sword Fish Club	55.00
8	11563	Lee, Kwok Hung	71	Sword Fish Club	1:20.00

75-79

1	03845	Tin, Sheung Kwai	77	New Water Polo	38.89
2	44756 IAZ	Lo, Che Hung	76	Lai Tsun	49.00
3	22182 IAZ	Ngai, Yin Leung	75	Sword Fish Club	56.00
4	44788 IAZ	Chui, Hong Sheung	75	Diocesan School	1:05.00
5	10274	Lau, Chun Nung	78	Lai Tsun	1:05.00

80-84

1	27458 IAZ	Tsui, Yau Ho	80	Sword Fish Club	1:05.00
2	38301 IAX	Cheung, Hao Yen	81	Lai Tsun	1:11.00

85-89

1	05407	Lee, She Kwok	86	Sword Fish Club	59.00
2	15490	Law, Kwai Fong	88	Sword Fish Club	1:23.00

Event 4 Women 50 LC Meter Backstroke

18-24 MSR:	31.58
25-29 MSR:	31.91
30-34 MSR:	32.81
35-39 MSR:	34.04
40-44 MSR:	34.40
45-49 MSR:	34.75
50-54 MSR:	35.58
55-59 MSR:	41.05
60-64 MSR:	45.62
65-69 MSR:	42.89

ID#	Name	Age	Team	Seed Time
18-24				
1	25461 B	21	Compass	38.00
2	20969 IAZ	22	Kwun Tong	38.00
3	27403 IAZ	20	Lai Tsun	38.00
4	30970 B	20	Keung Sung	NT
25-29				
1	52769 @^ICO	27	HK Football Club	34.00
2	26980 IAZ	25	Dik Wing	40.78
3	17201 B	25	Kwan Hung	50.00
4	52696 @ICX	26	Tung Sing	50.00
5	43533 IAZ	26	New Water Polo	1:00.00
30-34				
1	05142 IAZ	31	Kowloon Tong Club	32.81
2	51507 IAZ	32	Kowloon Tong Club	32.81
3	02489 IB	32	Kwan Hung	36.00
4	05347	34	Hong Kong Police	42.00
5	09856 @IAO	30	Hong Kong Police	42.00
6	38653 IAZ	30	Golden Dolphin	50.00
35-39				
1	52770 IAO	38	HK Football Club	34.30
2	13384 ICZ	37	New Water Polo	58.00
3	48188 IAZ	39	Csu	1:00.00
40-44				
1	52215 @^P	42	New Water Polo	1:00.00
45-49				
1	06304 ICZ	45	Sea Green	45.00

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Psych Sheet

45-49... (Event 4 Women 50 LC Meter Backstroke)

2	08977	Ho, Yee Yun Rosalind	45	Current Club Ltd	48.58
3	46181 IAZ	Ng, Yan Yan Bandy	48	Tung Sing	1:00.00
4	53270 @^IM	Xie, Lexian	47	New Water Polo	1:10.00
5	49121 #IAZ	So, Chin Wing	45	New Water Polo	1:20.00

50-54

1	09870 @ICO	Chong, Yin Szu Adeline	54	Fastlane Swimming	42.35
2	27128 IAZ	Lau, Yan Yan	50	Flying Fish	49.00
3	36431 @^P	Buchta, Katrin	54	Sword Fish Club	53.00
4	47040 @IAX	Zou, Shengling	53	Tung Sing	55.00
5	35772 IAX	Ban, Xianhai	52	New Water Polo	1:00.00
6	06349	Ip, Oi Wa Wendy	52	Sword Fish Club	1:00.00
7	52764 @ICO	Schoening Naujoks, Mirjam Be	54	LRC	NT

55-59

1	37062 IAZ	Lee, E Way Yvonne	58	Kowloon Tong Club	43.15
2	26254 IAX	Ng, Kong Ching	59	New Water Polo	49.00
3	49429 #IAZ	Choy, Yee Ling Elina Elain	55	Fastlane Swimming	50.00
4	16303	Rana, Naomi	58	LRC	54.46
5	53014 IAZ	Koo, Wai Man Anne	57	Fastlane Swimming	55.00
6	06337	Tse, Yee Wah	58	YMCA OF Hong Kong	55.00
7	53267 IAZ	Leung, Hoi Lun Helen	58	New Water Polo	59.00

60-64

1	05190	Ho, Wan Sai Rita	62	Flying Fish	49.00
2	30804 IAON	Yue, Roberta May-wan	61	LRC	50.35
3	22428 IAZ	Lau, Yuk Lin Rocky	62	Sea Green	55.00
4	38460 IAZ	Tang, Kit Fong Yvonne	60	New Water Polo	1:10.00

65-69

1	49914 @IAXB	Ng, Yee Man	65	New Water Polo	39.00
2	06355	Lo, Lai Yung	69	New Water Polo	58.00
3	51786 @^IM	Chen, Junying	66	Sword Fish Club	1:00.00
4	53928 @IM	Huang, Lifang	69	Sword Fish Club	1:00.00
5	14007	Ho, Yuk Ling	67	Tung Sing	1:00.00
6	03503	Castka, Gillian Hancer	68	Sword Fish Club	1:03.00
7	06127	Lau, Wai Lin	68	New Water Polo	1:10.00
8	02711	Fok, Wai Fung	66	Wong Tai Sin	1:10.00
9	25237 IAZ	Yu, Chi Seung	66	New Water Polo	1:15.00
10	16533	Wong, Shun Ying	65	Sea Green	1:15.00

70-74

1	50480 @^ICX	Lam, Lai Mui	73	Sword Fish Club	59.00
2	39357 @^P	Mak, Sok Iun	74	Sword Fish Club	1:10.00
3	46236 #IAZ	Fok, Miu Han	71	New Water Polo	1:20.00

75-79

1	39991 IAS	Sam, Choi Lin	76	Sword Fish Club	55.00
2	06357	Suen, Ming Chu	76	Sword Fish Club	1:10.00
3	08936	Leong, Kuai Heng	78	New Water Polo	1:15.00
4	02365	Chow, So Kam	79	Kwun Tong	1:20.00

80-84

1	32571 IAZ	Chan, Pui Yee	80	Sword Fish Club	1:20.00
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85-89

1	06144	Mak, Suet Man	87	Sea Green	1:20.00
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2425 Long Course MS Swi Competition Part 3 - 23/06/2024

Psych Sheet

Event 5 Men 100 LC Meter Freestyle

18-24 MSR:	54.18
25-29 MSR:	54.16
30-34 MSR:	56.01
35-39 MSR:	54.66
40-44 MSR:	56.60
45-49 MSR:	58.48
50-54 MSR:	58.29
55-59 MSR:	1:03.62
60-64 MSR:	1:04.39
65-69 MSR:	1:08.31

	ID#	Name	Age	Team	Seed Time
18-24... (Event 5 Men 100 LC Meter Freestyle)					
1	53228 @^IM	Hou, Pu	22	Sword Fish Club	53.00
2	53273 @^IM	Yang, Weicong	20	New Water Polo	1:00.00
3	27411 IAZ	Siu, Ka Hang	20	Sword Fish Club	1:00.00
4	22276 B	Chong, Michael Yat Tsun	23	Sword Fish Club	1:06.00
5	38234 IAZ	Kwok, King Him	19	Current Club Ltd	1:09.07
6	40782 IAZ	Chan, Ho Long	19	Current Club Ltd	1:09.13
7	27205 P	Chan, Yan Shing	22	Current Club Ltd	1:15.00
8	24827 IAZ	Li, Ernest	22	Golden Dolphin	1:30.00
9	30966 #B	Ng, Yat Hei	19	Eastern Winter	1:30.00
10	28567 #IAZ	Tam, Wang Yin	24	Eastern Winter	1:30.00
11	44222 IAZ	Ng, Ping Shing	20	Crest Ray	1:40.00
12	25611 #B	Chu, Kin Shing	20	Creative Youth	1:40.00
13	40140 #IAZ	Li, Wing Yin	20	Creative Youth	1:40.00
14	45854 IAZ	Cheng, Wing Ka	19	Current Club Ltd	1:40.00
25-29					
1	10096 B	Ko, Ka Chun	28	Kwan Hung	58.00
2	15815	Lo, Ting Kin	28	Sea Green	1:00.50
3	19383 B	Lee, Man Kit	25	Kwan Hung	1:05.00
4	20997 B	Yung, Cheuk Long Charlie	25	Kwan Hung	1:05.00
5	33918 IAZ	Chan, Ming Hin	29	Hong Kong Police	1:08.00
6	08003 B	Lam, Chun Kit	29	Tuen Mun	1:15.00
7	53844 ICX	Wang, Yuehan	26	New Water Polo	1:20.00
8	08404 IAZ	Yeung, Sze Chai	28	Crest Ray	1:30.00
9	24728 IAZ	Chan, Wing Fa	27	Eastern Winter	1:30.00
10	20836 B	Chan, Kevin	27	Eastern Winter	1:30.00
11	47585 IAZ	Kwok, Hon Chun	27	Crest Ray	1:40.00
12	53501 IAZ	Tang, Hon Man	27	Dik Wing	NT
30-34					
1	02021 IBZ	Chow, Man Ho	34	Kwan Hung	57.30
2	05577 IBZ	Yuen, Marcus	30	LRC	57.92
3	43276 ICO	Gattegno, Julien	32	Fastlane Swimming	1:00.00
4	04048 IBZ	Cheung, Siu Long	33	Hong Kong Police	1:02.80
5	01772	Pang, Hin Sing	33	Hong Kong Police	1:04.00
6	52515 IAZ	Leung, Kit Chung	31	Hong Kong Police	1:06.00
7	11816 IBZ	Chu, Chun Yin	31	Csu	1:10.00
8	04637 IBZ	Kwan, Yui Hang	31	Current Club Ltd	1:15.00
9	51281 IAZ	Hui, Ka Yin	31	Lai Tsun	1:15.00
10	53832 IAZ	Choi, Sze Kam	34	Aqua Gym	1:20.00
11	53830 @IAX	Chung, Tai Wai	33	Aqua Gym	1:20.00
12	53831 IAZ	Ho, Chun Sing	30	Aqua Gym	1:20.00

2425 Long Course MS Swi Competition Part 3 - 23/06/2024

Psych Sheet

30-34... (Event 5 Men 100 LC Meter Freestyle)

13	48637 IAZ	Leung, Shu Wing	31	New Water Polo	1:20.00
14	53272 @^IM	Xu, Rui	34	New Water Polo	1:25.00
15	52204 IAZ	Chan, Tsz Ming	32	Pacific	1:40.00
35-39					
1	51101 @ICO	Smit, Marcel Pieter Arnold	37	Fastlane Swimming	54.00
2	00464 IA	Paul, Jonathan Matthew	39	Diocesan School	1:00.00
3	22420 IAZ	Chan, Chi Ming	38	Kwun Tong	1:01.00
4	03667 IBZ	Wong, Sai Man Sherman	35	New Water Polo	1:02.00
5	00444	Lam, Yau Sun Dickson	39	Diocesan School	1:05.00
6	39190 IAZ	Lee, Ka Lun	35	New Water Polo	1:10.00
7	23298 IAZ	Li, Cheuk Bun	39	Wong Tai Sin	1:15.00
8	52980 IAZ	Ma, Sau Him Sean	38	New Water Polo	1:18.00
9	49512 IAZ	Ho, Chung	35	Crest Ray	1:30.00
10	49017 @ICO	McInnes, Christopher Peter	39	Kwun Tong	1:30.00
11	42848 P	Li, Yuhui	35	Sword Fish Club	2:00.00
40-44					
1	03409	Ho, Kin Kan Adrian	41	Barracuda	1:05.00
2	39981 IAZ	Mui, Ho Chuen	44	Sword Fish Club	1:06.00
3	12176 ICZ	Ng, Siu Yu	42	Sword Fish Club	1:07.00
4	09165	Cheung, Siu Fung	41	Lai Tsun	1:08.00
5	52800 IAZ	Lam, Kun Lei	42	Juan Hua Club	1:09.00
6	42708 IAZ	Tang, Wing Chung Jonathan	42	Hoi Fung	1:10.00
7	03796 ICZ	Chan, Pui Kei	43	New Water Polo	1:10.00
8	42222 IAZ	Yick, Tsip Lam	41	Sword Fish Club	1:11.00
9	48856 @IAO	Gallearchie, Jeewantha Madu	40	Fastlane Swimming	1:15.00
10	49027 IAZ	Ng, Fung Kei	44	Sword Fish Club	1:20.00
11	01948 ICZ	Tang, Ho Yuen	42	Diocesan School	1:30.00
12	38035 IAZ	Mok, Kin Fan	44	Tolo Harbour	1:50.00
13	49498 @IAO	Dunwoody, Ross William	43	LRC	1:55.00
45-49					
1	39215 IAZ	Cheung, Chun Hoi Allan	48	Kowloon Tong Club	59.62
2	49497 @ICO	Maceod, Andrew Ian	45	LRC	1:04.06
3	40712 ICO	Holliday, Simon Gareth	46	HK Football Club	1:05.00
4	28849 IAZ	Chan, Chun Kuen	49	Sword Fish Club	1:07.00
5	53312 IAZ	Tang, Tin Lok Stephen	48	Win Tin	1:08.00
6	46505 IAZ	Chang, Lambert Jen Hsiung	49	Fastlane Swimming	1:10.00
7	52883 IAZ	Lo, Fu Fui Frankie	49	Win Tin	1:10.00
8	51192 IAZ	Lo, Yui Man	47	Flying Fish	1:15.00
9	51531 #IAX	Tang, Min	49	Fastlane Swimming	1:20.00
10	48593 #IAZ	Cheng, Wai Leung	47	Wong Tai Sin	1:30.00
50-54					
1	06310	Chan, Fung Sun	51	Kwun Tong	1:07.00
2	02366	Li, Ka Wing	50	Kwun Tong	1:08.00
3	27451 IAZ	Yip, Kin Man Stephen	54	Kwun Tong	1:08.00
4	30710 IAZ	Lai, Kin Sun	54	Flying Fish	1:08.59
5	48285 IAZ	Wan, Hong Yin Edmund	53	HK Football Club	1:10.00
6	19343 IAZ	Leung, Wan Hung Andy	50	Hong Kong Police	1:10.00
7	26821 IAZ	Chan, Kwok Chi	53	Sword Fish Club	1:11.00
8	03372	Lau, Allan	51	Sword Fish Club	1:11.00
9	49443 IAZN	Siu, Cheuk Kuen	52	Sword Fish Club	1:25.00
10	50404 @IAO	Livotto, Andrea	50	Fastlane Swimming	1:30.00
11	40835 IAZ	Leung, Wing Hong Alvin	50	Diocesan School	1:35.00
12	47461 #IAZ	Tse, Ka Fai	50	Crest Ray	1:55.00

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Psych Sheet

55-59... (Event 5 Men 100 LC Meter Freestyle)

1	27470 IAZ	Chan, Tin Hung	56 Hong Kong Police	1:15.61
2	53271 @^IM	Chen, Weizhong	55 New Water Polo	1:22.00
3	53581 IAO	Shi, Bertram Emil	58 Fastlane Swimming	1:25.00
4	44678 IAZ	Hung, Tin Wai Robert	58 Pacific	1:25.54
5	38127 IAZ	Leung, Cheung Wai Ricky	56 Sword Fish Club	1:27.00
6	43144	Xiao, Donghong	58 New Water Polo	1:30.00
7	08901	Koh, Kee Haw	56 Sword Fish Club	1:30.00
8	53916 IAZ	Ma, Kwok Leung	59 Sword Fish Club	1:30.00
9	22433 IAZ	Lui, Man Pong	59 New Water Polo	1:35.00
10	52275 @^IM	Shan, Jinzhi	56 Sword Fish Club	1:35.00
11	35711 IAX	Wong, Fuk Kei	55 Sword Fish Club	1:40.00

60-64

1	43529 IAX	Ng, Wai Fung	61 Sword Fish Club	1:08.00
2	50485 #@^IM	Chen, Shuquan	61 New Water Polo	1:21.00
3	37048 IAZ	Cheung, Wai Chuen Jimmy	61 Sword Fish Club	1:25.00
4	41007 IAZ	So, Man Sing	63 Sea Green	1:25.00
5	13979	Lee, Sing Tim	63 Lai Tsun	1:30.00
6	32108 IAX	Chan, Kiu	62 Sword Fish Club	1:30.00
7	40861 IAZ	Cheung, Chi Ming Rover	61 Sword Fish Club	1:30.00
8	39982 IAZ	Chow, Wing Chun	60 Sword Fish Club	1:30.00
9	24256 IAW	Lok, Wai Man	61 New Water Polo	1:38.00
10	40840 IAZ	Ng, Ka Yiu Karl	60 Diocesan School	1:40.00
11	10135 #IAZ	Mo, Kim Fung Bosco	60 Diocesan School	1:45.00
12	07802	Chau, Kam Tim	64 Sea Green	1:58.00

65-69

1	06331 ICZ	Ma, Etienne	67 YMCA OF Hong Kong	1:08.31
2	17956 #IAZ	Chau, Kim Fai	67 Hong Kong Police	1:20.00
3	05071	Choi, Tony	66 LRC	1:20.02
4	45199 #IAZ	Fok, Siu Por	66 New Water Polo	1:30.00
5	52302 @^IM	He, Jiaming	67 New Water Polo	1:35.00
6	06239	Chan, King Yuen	69 Lai Tsun	1:36.00
7	50662 @^P	Zong, Cheng	66 Sword Fish Club	1:36.00
8	48753 IAX	Fung, Sik Tong	68 Sea Green	1:49.00
9	43598 #@^IM	Chen, Weicai	67 New Water Polo	1:50.00
10	06281	Fung, Kam Tai	69 Sword Fish Club	1:50.00
11	52766 IAO	Dundon, Christopher John	66 LRC	2:10.00

70-74

1	06268	Tse, Kwok Piu	73 Sword Fish Club	1:16.00
2	52549 IAZ	Lam, Tak On	70 Sword Fish Club	1:30.00
3	53341 @^IM	Lu, Zhuoying	70 New Water Polo	1:40.00
4	26318	Suen, Chi Wing	70 Sword Fish Club	1:45.00
5	11563	Lee, Kwok Hung	71 Sword Fish Club	2:10.00

75-79

1	51227 @^IM	Liang, Shuntian	75 Sword Fish Club	1:13.00
2	23297 IAZ	Chan, Shing Chi	76 Lai Tsun	1:40.00
3	44756 IAZ	Lo, Che Hung	76 Lai Tsun	1:40.00
4	22182 IAZ	Ngai, Yin Leung	75 Sword Fish Club	1:57.00
5	14029	Ieong, Vun Fai	78 Sword Fish Club	2:10.00

80-84

1	51752 #@^IM	Li, Shiguang	81 Sword Fish Club	1:20.00
2	53956 IAZ	Lao, Ki Chit	84 Tuen Mun	1:50.00
3	27458 IAZ	Tsui, Yau Ho	80 Sword Fish Club	2:10.00

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85-89... (Event 5 Men 100 LC Meter Freestyle)

1	17832 IAX	Chan, Sau	87	Sword Fish Club	2:10.00
2	05407	Lee, She Kwok	86	Sword Fish Club	2:12.00
3	15490	Law, Kwai Fong	88	Sword Fish Club	2:20.00

Event 6 Women 100 LC Meter Freestyle

18-24 MSR: 1:00.76

25-29 MSR: 1:01.02

30-34 MSR: 1:01.79

35-39 MSR: 1:01.54

40-44 MSR: 1:01.45

45-49 MSR: 1:02.25

50-54 MSR: 1:05.38

55-59 MSR: 1:14.96

60-64 MSR: 1:17.42

65-69 MSR: 1:28.57

	ID#	Name	Age	Team	Seed Time
18-24					
1	21953 B	Chan, Tsz Ching	24	Fastlane Swimming	1:00.70
2	23105 IAZ	Ho, Cheuk Wai	23	Dik Wing	1:03.04
3	27403 IAZ	Yuen, Hiu Tung Alyssa	20	Lai Tsun	1:05.00
4	29874 B	Yau, Sin Lin	21	Csu	1:06.00
5	31444 IAX	Tang, Hiu Tung	23	Pacific	1:08.40
6	27376 IAZ	Lee, Wai Ki	24	Kwan Hung	1:15.00
7	41134 IAZ	Heo, Jeong Min	19	Current Club Ltd	1:20.00
8	53920 @IM	Lan, Yan	20	Sword Fish Club	1:20.00
25-29					
1	18350 #IAZ	Lam, Nga Yin Eunice	28	Fastlane Swimming	1:20.00
2	52696 @ICX	Wen, Zhibin	26	Tung Sing	1:35.00
3	49513 IAZ	To, Yan Wing	28	Crest Ray	1:40.00
4	43533 IAZ	Wong, Yu Tung	26	New Water Polo	1:50.00
30-34					
1	51507 IAZ	Hui, Ngan Ying	32	Kowloon Tong Club	1:02.12
2	50922 @ICO	Hughes, Christine Virginia	33	LRC	1:05.28
3	03730 IBZ	Li, Jamie	32	Kwan Hung	1:12.00
4	47085 @ICO	Reinfrank, Alkira Lee	32	Barracuda	1:20.00
5	38653 IAZ	Sin, Wai Ting	30	Golden Dolphin	1:30.00
6	52066 @^IM	Liang, Biyu	30	New Water Polo	1:40.00
35-39					
1	02685 ICZ	Master, Farah Jimmy	39	HK Football Club	1:03.00
2	00288 IBZ	Yip, Wing Yan	36	Dik Wing	1:03.06
3	52770 IAO	Sjoholm, Ingrid Christina	38	HK Football Club	1:10.00
4	46327 #IAZ	Wong, Pui Yin	36	Wong Tai Sin	1:20.00
5	53240 IAZ	Li, Ka Tung Antonia	36	Jockey Club	1:30.00
6	53100 IAX	Wong, Sze Kei	35	Fastlane Swimming	1:40.00
7	48188 IAZ	Tang, Ho Tung Kathy	39	Csu	1:50.00
8	13384 ICZ	Lee, May Sze Mei	37	New Water Polo	2:10.00
40-44					
1	38440 ICO	Eichelberger, Melissa Ann	41	Fastlane Swimming	1:05.00
2	44676 IAZ	Lam, Sze Wai Jacqueline	44	Jockey Club	1:25.00
3	50247 IAZ	Lo, Ching Yin Esther	42	Jockey Club	1:30.00
4	52215 @^P	Li, Yunfen	42	New Water Polo	1:30.00
5	50515 IAZ	Cheung, Hiu Yan	42	Sword Fish Club	1:40.00

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Psych Sheet

45-49... (Event 6 Women 100 LC Meter Freestyle)

1	40853 @IAO	Tam, Alison Mai Ling	46	Fastlane Swimming	1:10.00
2	35765 IAZ	Wong, See Ming	46	Hong Kong Police	1:16.00
3	08977	Ho, Yee Yun Rosalind	45	Current Club Ltd	1:23.99
4	48028 IAZ	Chan, Wing Yi Winnie	49	Hong Kong Police	1:30.00
5	30072 ICW	Chao, Man Chi	45	New Water Polo	1:33.47
6	52214 @^IM	Yu, Lang	45	New Water Polo	2:00.00

50-54

1	33517 IAO	Yamaguchi, Mika	52	Fastlane Swimming	1:05.97
2	50110 IAZ	Chow, Yin Wei Nora	52	New Water Polo	1:21.00
3	09870 @ICO	Chong, Yin Szu Adeline	54	Fastlane Swimming	1:28.00
4	36431 @^P	Buchta, Katrin	54	Sword Fish Club	1:31.00
5	35969 IAX	Wang, Ying Lian	52	Tung Sing	1:35.92
6	52996 IAX	Shum, Yim	53	Current Club Ltd	1:40.00
7	47040 @IAX	Zou, Shengling	53	Tung Sing	1:44.00
8	40912 IAZ	Ng, Yee Ling	53	Tolo Harbour	1:50.00
9	43063 @IAO	Wong, Rose	54	LRC	1:58.27
10	52764 @ICO	Schoening Naujoks, Mirjam Be	54	LRC	2:05.00

55-59

1	37062 IAZ	Lee, E Way Yvonne	58	Kowloon Tong Club	1:14.96
2	36045 IAZN	Hsu, Ava	57	LRC	1:38.93
3	16303	Rana, Naomi	58	LRC	1:42.96
4	53267 IAZ	Leung, Hoi Lun Helen	58	New Water Polo	1:50.00
5	23323 IAZ	Tam, Choi Ping Scalene	59	New Water Polo	1:50.00

60-64

1	41423 IAZ	Chiu, Pauline	62	Tung Sing	1:31.00
2	44442 IAZ	Lai, Fang Ha Shirley	64	Jockey Club	1:35.00
3	50893 @^P	Niu, Zili	60	New Water Polo	1:40.00
4	43595	Ao, Wai Lan	62	Sword Fish Club	1:50.00
5	45187 IAX	Chan, On Mei	61	Sword Fish Club	2:00.00
6	38289 IAZ	Ng, Wai Lin Angie	60	Sword Fish Club	2:10.00

65-69

1	03503	Castka, Gillian Hancer	68	Sword Fish Club	1:38.00
2	06355	Lo, Lai Yung	69	New Water Polo	2:10.00
3	25237 IAZ	Yu, Chi Seung	66	New Water Polo	2:15.00
4	06127	Lau, Wai Lin	68	New Water Polo	2:20.00
5	16533	Wong, Shun Ying	65	Sea Green	2:20.00

70-74

1	46236 #IAZ	Fok, Miu Han	71	New Water Polo	2:03.00
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75-79

1	06357	Suen, Ming Chu	76	Sword Fish Club	2:00.00
2	39991 IAS	Sam, Choi Lin	76	Sword Fish Club	2:10.00
3	02365	Chow, So Kam	79	Kwun Tong	2:20.00
4	08936	Leong, Kuai Heng	78	New Water Polo	2:20.00
5	06212	Lo, Yeuk Shuen	75	Wong Tai Sin	2:20.00

80-84

1	32571 IAZ	Chan, Pui Yee	80	Sword Fish Club	2:20.00
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2425 Long Course MS Swi Competition Part 3 - 23/06/2024

Psych Sheet

Event 7 Men 4x50 LC Meter Freestyle Relay

100-119 MSR: 1:36.96
 120-159 MSR: 1:40.03
 160-199 MSR: 1:40.73
 200-239 MSR: 1:52.52
 240-279 MSR: 2:02.09
 280-319 MSR: 2:13.41
 320-359 MSR: 3:09.80

	Team	Relay	Seed Time
100-119... (Event 7 Men 4x50 LC Meter Freestyle Relay)			
1	Hong Kong Police Swimming Club	M100 A	1:51.42
120-159			
1	Kwan Hung Swimming Club	M120 A	1:42.26
2	Hong Kong Police Swimming Club	M120 A	1:51.49
3	Eastern Winter Swimming Association	M120 A	NT
4	Kwun Tong Swimming Club	M120 A	NT
5	New Water Polo Club	M120 A	NT
6	Ladies' Recreation Club	M120 A	NT
7	Sword Fish Club	M120 A	NT
8	Fastlane Swimming	M120 A	NT
9	Hong Kong Football Club	M120 A	NT
160-199			
1	Hong Kong Police Swimming Club	M160 A	2:02.39
2	New Water Polo Club	M160 A	NT
3	Ladies' Recreation Club	M160 A	NT
4	Sword Fish Club	M160 A	NT
5	Fastlane Swimming	M160 A	NT
6	Hong Kong Football Club	M160 A	NT
7	Diocesan School Old Boys' Association	M160 A	NT
200-239			
1	YMCA OF Hong Kong	M200 A	2:10.00
2	Hong Kong Police Swimming Club	M200 A	2:11.43
3	Wong Tai Sin District L.S. S.	M200 A	2:40.00
4	Kowloon Tong Club	M200 A	NT
5	Lai Tsun Swimming Society	M200 A	NT
6	New Water Polo Club	M200 A	NT
7	Ladies' Recreation Club	M200 A	NT
8	Sword Fish Club	M200 A	NT
9	Tung Sing Athletic Association	M200 A	NT
10	Fastlane Swimming	M200 A	NT
11	Hong Kong Football Club	M200 A	NT
12	Diocesan School Old Boys' Association	M200 A	NT
240-279			
1	Hong Kong Police Swimming Club	M240 A	2:20.00
2	Lai Tsun Swimming Society	M240 A	NT
3	New Water Polo Club	M240 A	NT
4	Ladies' Recreation Club	M240 A	NT
5	Sword Fish Club	M240 A	NT
6	Sea Green Swimming & L.S. Club	M240 A	NT
7	Diocesan School Old Boys' Association	M240 A	NT
280-319			
1	Lai Tsun Swimming Society	M280 A	NT
2	New Water Polo Club	M280 A	NT

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Psych Sheet

280-319... (Event 7 Men 4x50 LC Meter Freestyle Relay)

3	Sword Fish Club	M280	A	NT
4	Sea Green Swimming & L.S. Club	M280	A	NT

320-359

1	Sword Fish Club	M320	A	NT
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Event 8 Women 4x50 LC Meter Freestyle Relay

100-119 MSR:	1:58.55
120-159 MSR:	1:55.57
160-199 MSR:	1:54.74
200-239 MSR:	2:12.67
240-279 MSR:	2:34.06
280-319 MSR:	2:42.61

	Team	Relay	Seed Time
120-159			
1	Hong Kong Police Swimming Club	W120 A	2:17.41
2	Lai Tsun Swimming Society	W120 A	NT
3	New Water Polo Club	W120 A	NT
4	Ladies' Recreation Club	W120 A	NT
5	Sword Fish Club	W120 A	NT
6	Fastlane Swimming	W120 A	NT
7	Hong Kong Football Club	W120 A	NT
160-199			
1	The Hong Kong Jockey Club	W160 A	2:28.00
2	Hong Kong Police Swimming Club	W160 A	2:30.79
3	New Water Polo Club	W160 A	NT
4	Ladies' Recreation Club	W160 A	NT
5	Sword Fish Club	W160 A	NT
6	Fastlane Swimming	W160 A	NT
7	Hong Kong Football Club	W160 A	NT
200-239			
1	New Water Polo Club	W200 A	NT
2	Ladies' Recreation Club	W200 A	NT
3	Sword Fish Club	W200 A	NT
4	Tung Sing Athletic Association	W200 A	NT
240-279			
1	New Water Polo Club	W240 A	NT
2	Ladies' Recreation Club	W240 A	NT
3	Sword Fish Club	W240 A	NT
280-319			
1	New Water Polo Club	W280 A	NT
2	Sword Fish Club	W280 A	NT
320-359			
1	Sword Fish Club	W320 A	NT

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Psych Sheet

Event 9 Men 50 LC Meter Breaststroke

18-24 MSR:	28.53
25-29 MSR:	30.66
30-34 MSR:	31.11
35-39 MSR:	31.14
40-44 MSR:	33.00
45-49 MSR:	32.70
50-54 MSR:	34.48
55-59 MSR:	35.10
60-64 MSR:	36.61
65-69 MSR:	37.84

ID#	Name	Age	Team	Seed Time
18-24... (Event 9 Men 50 LC Meter Breaststroke)				
1	30694 #IAZ	Cheung, Chi Kit Nicholas	19 Wong Tai Sin	29.00
2	27205 P	Chan, Yan Shing	22 Current Club Ltd	31.51
3	53273 @^IM	Yang, Weicong	20 New Water Polo	33.00
4	22276 B	Chong, Michael Yat Tsun	23 Sword Fish Club	33.00
5	27411 IAZ	Siu, Ka Hang	20 Sword Fish Club	33.00
6	53228 @^IM	Hou, Pu	22 Sword Fish Club	35.00
7	27703 IAZ	Chan, Ming Chi	24 Hong Kong Police	36.31
8	48045 IAZ	Lo, Tsz Wang	21 Kwun Tong	38.00
9	28567 #IAZ	Tam, Wang Yin	24 Eastern Winter	40.00
10	53917 @IM	Cai, Hong	24 Sword Fish Club	45.00
11	40140 #IAZ	Li, Wing Yin	20 Creative Youth	NT
25-29				
1	04579 IAO	Cheng, Chris	27 HK Football Club	33.50
2	40333 IAZ	Lam, Pak Lai	27 Flying Fish	35.00
3	15815	Lo, Ting Kin	28 Sea Green	35.00
4	53844 ICX	Wang, Yuehan	26 New Water Polo	45.00
30-34				
1	04959 IBZ	Ma, Chi Wang Damien	30 Hong Kong Police	30.76
2	05577 IBZ	Yuen, Marcus	30 LRC	30.81
3	05642 IBZ	Lok, Ho Chun	30 Hong Kong Police	32.93
4	03978 #	Lau, Chun Sing	32 Eastern Winter	33.11
5	33387 IAO	Wu, Kenneth Yee Lok	33 Sword Fish Club	39.00
6	47043 IAZ	Lam, Pak Lun	30 Flying Fish	40.00
7	51281 IAZ	Hui, Ka Yin	31 Lai Tsun	43.00
8	53272 @^IM	Xu, Rui	34 New Water Polo	45.00
35-39				
1	02591	Luk, Wing Kin Andy	35 Kwan Hung	32.00
2	47580 #@IAO	Poon, Derrick Gene-ming	36 Kwan Hung	32.00
3	00314 IBZ	Mok, Hon Hei	36 Hong Kong Police	34.04
4	00385	Cheng, Pong Man Reuben	35 Flying Fish	35.20
5	01621 IBZ	So, Man Hon	36 Fastlane Swimming	38.50
6	32424 IAZ	Law, Tin Yiu	39 Hong Kong Police	39.00
7	00104	Lo, Shek Pui	35 HK Football Club	45.00
8	42848 P	Li, Yuhui	35 Sword Fish Club	1:00.00
40-44				
1	01012 ICZ	Fong, Lik Sun	44 HK Football Club	32.50
2	48666 @ICO	Upman, David Ross	40 Fastlane Swimming	35.00
3	00091	Chan, Lok Yan	40 New Water Polo	35.00
4	01465 ICZ	Chiang, Filomeno	42 Hong Kong Police	35.50
5	48856 @IAO	Gallearachie, Jeewantha Madu	40 Fastlane Swimming	37.00

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40-44... (Event 9 Men 50 LC Meter Breaststroke)

6	08964 #IAZ	Yeung, Wai Kam William	41 Tung Sing	39.88
7	44298 IAZ	Tong, Lik Lam	40 Pacific	40.00
8	52285 IAO	Lung, Donald Andrew	42 Diocesan School	42.00
9	42222 IAZ	Yick, Tsip Lam	41 Sword Fish Club	43.00
10	03793 ICZ	Po, Tik San	42 New Water Polo	45.00
11	53110 @^IM	Liang, Ge	43 Sword Fish Club	45.00
12	45574 IAZ	Ng, Siu Kwong	42 Sword Fish Club	45.00
13	53109 @^IM	Wu, Xugui	41 Sword Fish Club	48.00
14	49498 @IAO	Dunwoody, Ross William	43 LRC	NT

45-49

1	05160	Chan, Ka Wo	47 Diocesan School	35.00
2	40834 IAZ	Chang, Hsi Tse JosephJeremy	45 Diocesan School	36.00
3	06154	Leung, Siu Kin Philip	49 Lai Tsun	37.00
4	06316	Chan, Sze Tat	49 Hong Kong Police	37.82
5	16451	Cheng, Ngai Bun	46 Kwun Tong	42.00
6	41887 IAZ	Woo, Cheuk Yiu Jeffrey	49 YMCA OF Hong Kong	45.00

50-54

1	27459 IAZ	Lui, Wing Tak Victor	50 Diocesan School	38.00
2	52639 @ICO	Cordina, David Henri	51 Kwun Tong	40.00
3	26317 IAZN	Tung, Shang Wei Timothy	54 Kwun Tong	40.00
4	21008 IAZ	Cheung, Chun Kwan Michael	51 Wong Tai Sin	40.00
5	40835 IAZ	Leung, Wing Hong Alvin	50 Diocesan School	44.00

55-59

1	32253 IAZ	Watt, Kam Sing Michael	57 Fastlane Swimming	35.50
2	18856 IAZ	Au, Mun Shing	59 Sword Fish Club	38.00
3	43144	Xiao, Donghong	58 New Water Polo	40.00
4	43158 IAZ	Chan, Tin Lung	55 Lai Tsun	44.00
5	44678 IAZ	Hung, Tin Wai Robert	58 Pacific	44.36
6	21736 IAM	Lo, Lai Tou	56 Sword Fish Club	48.00
7	53916 IAZ	Ma, Kwok Leung	59 Sword Fish Club	50.00
8	53923 @IM	Wen, Bin	55 Sword Fish Club	55.00
9	19345 #IAZ	Kwok, Yam Yung	59 YMCA OF Hong Kong	NT

60-64

1	43529 IAX	Ng, Wai Fung	61 Sword Fish Club	39.00
2	45930 #IAZ	Lo, Wing Kwong	63 Tung Sing	40.49
3	40592 IAZ	Fo, Pui Keung	60 Hong Kong Police	42.05
4	50514 @^IM	Ye, Jinkun	62 Sword Fish Club	43.00
5	26261 IAZ	Tsun, Chung Wa Jode	60 Hong Kong Police	47.71
6	40840 IAZ	Ng, Ka Yiu Karl	60 Diocesan School	48.00
7	39982 IAZ	Chow, Wing Chun	60 Sword Fish Club	48.00
8	40861 IAZ	Cheung, Chi Ming Rover	61 Sword Fish Club	50.00
9	41426 IAZ	Tang, Yu Hang Francis	63 Tung Sing	53.00
10	50782 @IAX	Pang, Shu Ming	63 Sea Green	54.00
11	25226 IAZ	Choi, Tai Wing	63 Sword Fish Club	55.00

65-69

1	50662 @^P	Zong, Cheng	66 Sword Fish Club	41.00
2	03215 #IAZ	Leung, Yiu Chuen	66 Tung Sing	41.45
3	43205 #	Zhou, Jin Jia	69 New Water Polo	42.00
4	14555 @IAX	Tang, Kon Leong	68 Sword Fish Club	42.00
5	53888 @IM	Cai, Dexiong	66 New Water Polo	42.00
6	49915 @IAX	Tai, Yu Chung	66 New Water Polo	45.00
7	52982 @^IM	Wu, Maokang	66 New Water Polo	46.30
8	19350 IAZ	Leung, Chi Wah	67 Hong Kong Police	47.71
9	50493 #@^IM	Kong, Lingxiong	65 New Water Polo	48.00

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65-69... (Event 9 Men 50 LC Meter Breaststroke)

10	36725 IAZ	Yau, Wai	65	Sea Green	56.00
11	40705 IAZ	Lai, Chung Fat Paulus	68	Wong Tai Sin	2:00.00
70-74					
1	36553 IAO	Inglis, Peter	70	HK Football Club	41.00
2	51797 @^IM	Kong, Fanqiang	72	New Water Polo	43.00
3	06382	Chan, Kam Por	72	Sword Fish Club	43.00
4	20634 IAZ	Wu, Shu Sun	74	New Water Polo	50.00
5	06243	Koo, Choi Fat	74	Wong Tai Sin	50.00
6	06388	Lau, Man Kin	70	Sword Fish Club	55.00
7	10252	Chow, Eugene	73	Diocesan School	1:00.00
8	21729 IAX	Chan, Ping Chiu	73	New Water Polo	1:00.00
75-79					
1	03845	Tin, Sheung Kwai	77	New Water Polo	41.66
2	44788 IAZ	Chui, Hong Sheung	75	Diocesan School	1:00.00
3	10274	Lau, Chun Nung	78	Lai Tsun	1:05.00
4	06242	Lau, Heung Wing	75	Wong Tai Sin	1:06.00
5	23289 IAX	Chan, Chi Chung	76	Lai Tsun	1:10.00
6	14029	leong, Vun Fai	78	Sword Fish Club	1:15.00
80-84					
1	06270	Lam, Luk Kan	83	Sword Fish Club	1:10.00
85-89					
1	05407	Lee, She Kwok	86	Sword Fish Club	1:09.00
2	06246	Ling, Wang Yam	87	Wong Tai Sin	1:16.00

Event 10 Women 50 LC Meter Breaststroke

18-24 MSR:	35.53
25-29 MSR:	36.06
30-34 MSR:	35.23
35-39 MSR:	34.71
40-44 MSR:	34.74
45-49 MSR:	33.82
50-54 MSR:	37.63
55-59 MSR:	38.73
60-64 MSR:	46.97
65-69 MSR:	50.56

	ID#	Name	Age	Team	Seed Time
18-24					
1	28694 B	Cheuk, Yuet Ying Phoebe	20	Sword Fish Club	36.00
2	25461 B	Wong, Tsz Wan	21	Compass	41.00
3	20969 IAZ	Lui, Wing Lam	22	Kwun Tong	42.00
4	41134 IAZ	Heo, Jeong Min	19	Current Club Ltd	50.00
5	30970 B	Tam, Wing Yan	20	Keung Sung	NT
25-29					
1	52768 @^ICO	Barton, Lucy Rebecca	27	HK Football Club	37.00
2	18028 B	Leung, Ho Ching	25	Fastlane Swimming	39.00
3	29564 IAZ	Ng, Wai Ying Megan	28	Flying Fish	40.00
4	52696 @ICX	Wen, Zhibin	26	Tung Sing	47.00
5	53922 @IM	Wen, Shanhui	26	Sword Fish Club	52.00
30-34					
1	05142 IAZ	Hui, Ngan Ting	31	Kowloon Tong Club	35.23
2	51507 IAZ	Hui, Ngan Ying	32	Kowloon Tong Club	35.23
3	08238 #B	Li, Tsz Yu	30	Fastlane Swimming	36.00
4	50922 @ICO	Hughes, Christine Virginia	33	LRC	37.25
5	01441	Yeung, Hiu Ching Judy	33	New Water Polo	45.00

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35-39... (Event 10 Women 50 LC Meter Breaststroke)

1	00288 IBZ	Yip, Wing Yan	36 Dik Wing	40.59
2	46327 #IAZ	Wong, Pui Yin	36 Wong Tai Sin	42.00
3	07651 IBZ	Yu, Sze Wai Joyce	36 Hong Kong Police	43.88
4	00412	Tsui, Po Kei	36 Hong Kong Police	45.22
5	53100 IAX	Wong, Sze Kei	35 Fastlane Swimming	50.00
6	53921 IAZ	Ho, Hu Kar	36 Sword Fish Club	1:05.00
7	02647 IBZ	Lee, Pui Ka	35 Wong Tai Sin	1:20.00

40-44

1	01625 #ICZ	Wu, Ka Wing	42 HK Football Club	44.00
2	52180 IAZ	Leung, Man Kee	40 Fastlane Swimming	45.00
3	44676 IAZ	Lam, Sze Wai Jacqueline	44 Jockey Club	46.50
4	45041 IAZ	Fung, Cheuk Ching Candy	42 Hoi Fung	50.00
5	50515 IAZ	Cheung, Hiu Yan	42 Sword Fish Club	53.00

45-49

1	35765 IAZ	Wong, See Ming	46 Hong Kong Police	42.62
2	06304 ICZ	Cheung, Man Yiu	45 Sea Green	43.00
3	30072 ICW	Chao, Man Chi	45 New Water Polo	44.00
4	46181 IAZ	Ng, Yan Yan Bandy	48 Tung Sing	1:00.00
5	53270 @^IM	Xie, Lexian	47 New Water Polo	1:10.00

50-54

1	33517 IAO	Yamaguchi, Mika	52 Fastlane Swimming	38.30
2	50110 IAZ	Chow, Yin Wei Nora	52 New Water Polo	48.00
3	31395 IAZ	Chan, Pui Ling	54 Flying Fish	49.05
4	27463 IAX	Chen, Yugen	53 New Water Polo	50.00
5	06349	Ip, Oi Wa Wendy	52 Sword Fish Club	55.00
6	53924 @IM	Yang, Suqiong	53 Sword Fish Club	55.00
7	43063 @IAO	Wong, Rose	54 LRC	56.01
8	53113 @^IM	Huang, Zhiling	54 Sword Fish Club	1:00.00

55-59

1	16303	Rana, Naomi	58 LRC	51.21
2	26254 IAX	Ng, Kong Ching	59 New Water Polo	55.00
3	53267 IAZ	Leung, Hoi Lun Helen	58 New Water Polo	59.00

60-64

1	51472 @IM	Pang, Yunxiao	60 New Water Polo	50.00
2	44442 IAZ	Lai, Fang Ha Shirley	64 Jockey Club	52.50
3	22428 IAZ	Lau, Yuk Lin Rocky	62 Sea Green	53.00
4	34668 IAZ	Tang, Pik Ha	64 New Water Polo	55.00
5	52150 @^IM	Li, Huili	64 Sword Fish Club	59.00
6	38289 IAZ	Ng, Wai Lin Angie	60 Sword Fish Club	1:00.00
7	53460 IAX	Chau, Kwong Yung	60 Tung Sing	1:10.00

65-69

1	19290 IAX	Tseung, Nga Wah	67 Sword Fish Club	58.00
2	02711	Fok, Wai Fung	66 Wong Tai Sin	59.00
3	51786 @^IM	Chen, Junying	66 Sword Fish Club	1:00.00
4	53928 @IM	Huang, Lifang	69 Sword Fish Club	1:00.00
5	49428 IAX	Leong, Sao Fan	67 New Water Polo	1:01.00

70-74

1	53154 IAX	Leung, Wai Hung	72 Sword Fish Club	59.00
2	50480 @^ICX	Lam, Lai Mui	73 Sword Fish Club	1:10.00
3	39357 @^P	Mak, Sok Iun	74 Sword Fish Club	1:10.00
4	06147	Leung Wong, Yin Har Hayley	72 Sea Green	1:10.00

75-79

1	06357	Suen, Ming Chu	76 Sword Fish Club	1:00.00
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75-79... (Event 10 Women 50 LC Meter Breaststroke)

2	02365	Chow, So Kam	79 Kwun Tong	1:20.00
3	06212	Lo, Yeuk Shuen	75 Wong Tai Sin	1:20.00

80-84

1	32571 IAZ	Chan, Pui Yee	80 Sword Fish Club	1:20.00
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Event 11 Mixed 4x50 LC Meter Medley Relay

100-119 MSR:	2:09.75
120-159 MSR:	2:05.95
160-199 MSR:	2:00.48
200-239 MSR:	2:20.04
240-279 MSR:	2:49.16
280-319 MSR:	2:47.88
320-359 MSR:	4:35.50

	Team	Relay	Seed Time
X100-119			
1	Hong Kong Police Swimming	100 A	2:09.75
X120-159			
1	Wong Tai Sin District L.S. S.	X120 A	2:20.00
2	Hong Kong Police Swimming	120 A	2:30.12
3	Dik Wing Association Limited	X120 A	NT
4	Lai Tsun Swimming Society	X120 A	NT
5	New Water Polo Club	X120 A	NT
6	Ladies' Recreation Club	X120 A	NT
7	Sword Fish Club	X120 A	NT
8	Fastlane Swimming	X120 A	NT
9	Hong Kong Football Club	X120 A	NT
X160-199			
1	Hong Kong Police Swimming	160 A	2:46.98
2	Kowloon Tong Club	X160 A	NT
3	Lai Tsun Swimming Society	X160 A	NT
4	New Water Polo Club	X160 A	NT
5	Ladies' Recreation Club	X160 A	NT
6	Sword Fish Club	X160 A	NT
7	Tung Sing Athletic Association	X160 A	NT
8	Fastlane Swimming	X160 A	NT
9	Hong Kong Football Club	X160 A	NT
X200-239			
1	Hong Kong Police Swimming	200 A	2:55.00
2	Lai Tsun Swimming Society	X200 A	NT
3	New Water Polo Club	X200 A	NT
4	Ladies' Recreation Club	X200 A	NT
5	Sword Fish Club	X200 A	NT
6	Tung Sing Athletic Association	X200 A	NT
7	Fastlane Swimming	X200 A	NT
8	Hong Kong Football Club	X200 A	NT
X240-279			
1	Lai Tsun Swimming Society	X240 A	NT
2	New Water Polo Club	X240 A	NT
3	Ladies' Recreation Club	X240 A	NT
4	Sword Fish Club	X240 A	NT
5	Sea Green Swimming & L.S. C	X240 A	NT
X280-319			
1	Wong Tai Sin District L.S. S.	X280 A	3:00.00
2	New Water Polo Club	X280 A	NT

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X280-319... (Event 11 Mixed 4x50 LC Meter Medley Relay)

3	Sword Fish Club	X280	A	NT
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X320-359

1	Sword Fish Club	X320	A	NT
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Event 12 Boys 400 LC Meter Freestyle

18-24 MSR: 4:25.08

25-29 MSR: 4:32.86

30-34 MSR: 4:46.54

35-39 MSR: 4:29.74

40-44 MSR: 4:35.39

45-49 MSR: 4:31.75

50-54 MSR: 5:02.73

55-59 MSR: 5:11.47

60-64 MSR: 5:24.54

65-69 MSR: 6:00.83

	ID#	Name	Age	Team	Seed Time
18-24					
1	22532 #IAZ	Ma, Chun Pong Angus	24	Diocesan School	5:40.00
2	27205 P	Chan, Yan Shing	22	Current Club Ltd	6:00.00
3	25611 #B	Chu, Kin Shing	20	Creative Youth	6:46.00
4	40140 #IAZ	Li, Wing Yin	20	Creative Youth	6:46.00
5	30694 #IAZ	Cheung, Chi Kit Nicholas	19	Wong Tai Sin	6:46.00
6	30966 #B	Ng, Yat Hei	19	Eastern Winter	7:30.00
7	28567 #IAZ	Tam, Wang Yin	24	Eastern Winter	7:30.00
25-29					
1	24728 IAZ	Chan, Wing Fa	27	Eastern Winter	4:55.64
2	23695 IAZ	Lee, Michael Le Jin	29	Current Club Ltd	6:00.00
3	40333 IAZ	Lam, Pak Lai	27	Flying Fish	6:46.00
30-34					
1	04048 IBZ	Cheung, Siu Long	33	Hong Kong Police	5:40.00
2	33387 IAO	Wu, Kenneth Yee Lok	33	Sword Fish Club	5:42.00
3	46301 IAZ	Lai, Siu In	31	New Water Polo	6:30.00
4	47043 IAZ	Lam, Pak Lun	30	Flying Fish	6:54.00
5	06886 B	Li, Chin Long	34	Eastern Winter	7:30.00
35-39					
1	33910 IAZ	Cheung, Tai Hang	36	Crest Ray	5:00.00
2	01621 IBZ	So, Man Hon	36	Fastlane Swimming	5:10.00
3	38441 ICO	Davis, Shane Joseph	38	HK Football Club	5:15.00
4	14526 IBZ	Ho, Chun Sum Samuel	35	New Water Polo	5:30.00
5	14527 IBZ	Ho, Chun Ting Timothy	35	New Water Polo	5:30.00
6	00104	Lo, Shek Pui	35	HK Football Club	5:30.30
7	27874 IAZ	Chan, Cheuk Man	36	New Water Polo	6:00.00
8	02591	Luk, Wing Kin Andy	35	Kwan Hung	7:00.00
9	10309 IBZ	Leung, Chin Fung	35	New Water Polo	7:00.00
10	50508 @^IM	Zhong, Zhiming	39	Sword Fish Club	7:00.00
40-44					
1	01012 ICZ	Fong, Lik Sun	44	HK Football Club	4:40.00
2	05179 ICZ	Wan, Chun Pong Michael	40	Fastlane Swimming	5:30.00
3	00091	Chan, Lok Yan	40	New Water Polo	5:30.00
4	12176 ICZ	Ng, Siu Yu	42	Sword Fish Club	5:50.00
5	09165	Cheung, Siu Fung	41	Lai Tsun	6:00.00
6	01465 ICZ	Chiang, Filomeno	42	Hong Kong Police	6:30.00
7	05155	Chan, Albert Kam Ming	43	Diocesan School	6:45.00
8	27133 IAZ	Poon, Man Chun	43	Wong Tai Sin	7:05.15

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40-44... (Event 12 Boys 400 LC Meter Freestyle)

9	03409	Ho, Kin Kan Adrian	41 Barracuda	7:09.00
10	49027 IAZ	Ng, Fung Kei	44 Sword Fish Club	7:15.00
11	38035 IAZ	Mok, Kin Fan	44 Tolo Harbour	9:10.00

45-49

1	46505 IAZ	Chang, Lambert Jen Hsiung	49 Fastlane Swimming	5:45.00
2	24603 IAZ	Hung, Ka Ming	49 YMCA OF Hong Kong	6:00.00
3	16451	Cheng, Ngai Bun	46 Kwun Tong	6:19.41
4	17961 ICO	Jones, Simon	48 LRC	7:28.00
5	49497 @ICO	Macceod, Andrew Ian	45 LRC	7:28.00
6	41887 IAZ	Woo, Cheuk Yiu Jeffrey	49 YMCA OF Hong Kong	8:00.00

50-54

1	09558 IAO	Li, Kai Yien Authur	52 HK Football Club	5:00.00
2	48285 IAZ	Wan, Hong Yin Edmund	53 HK Football Club	6:00.00
3	24606 IAZ	Tsang, Hin Lap	53 Flying Fish	6:30.00
4	27459 IAZ	Lui, Wing Tak Victor	50 Diocesan School	6:44.00
5	03372	Lau, Allan	51 Sword Fish Club	6:44.00
6	06338 IAZ	Wong, Ka Fai	50 Sword Fish Club	6:44.00
7	49443 IAZN	Siu, Cheuk Kuen	52 Sword Fish Club	7:00.00
8	15166 #	Leung, Chi Keung	52 Tung Sing	8:45.00

55-59

1	41548 IAZ	Ip, Ka Keung Patrick	56 HK Football Club	5:50.00
2	29472 IAZN	Choi, Kwok Man Tony	58 Sword Fish Club	7:55.00

60-64

1	37048 IAZ	Cheung, Wai Chuen Jimmy	61 Sword Fish Club	7:00.00
2	26594 IAZ	Ching, Wai Kin	60 Sword Fish Club	7:07.00
3	50482 @^IM	Chen, Heqiang	61 Sword Fish Club	7:20.00
4	40861 IAZ	Cheung, Chi Ming Rover	61 Sword Fish Club	7:30.00
5	50485 #@^IM	Chen, Shuquan	61 New Water Polo	8:00.00
6	50511 @^IM	Ye, Huanliang	61 Sword Fish Club	8:26.00

65-69

1	52225 @^IM	Chen, Shengyou	68 New Water Polo	7:58.00
2	06239	Chan, King Yuen	69 Lai Tsun	8:00.00
3	45199 #IAZ	Fok, Siu Por	66 New Water Polo	8:00.00
4	52302 @^IM	He, Jiaming	67 New Water Polo	8:00.00
5	15527	Zhou, Hao	66 Tung Sing	8:25.00

70-74

1	06268	Tse, Kwok Piu	73 Sword Fish Club	6:30.00
2	06382	Chan, Kam Por	72 Sword Fish Club	6:50.00
3	26318	Suen, Chi Wing	70 Sword Fish Club	8:00.00
4	50503 @^IM	Feng, Bingkun	73 Sword Fish Club	8:20.00

75-79

1	51227 @^IM	Liang, Shuntian	75 Sword Fish Club	6:40.00
2	40518 IAZ	Liu, Wing Chiu	76 Tuen Mun	10:00.00

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Event 13 Girls 400 LC Meter Freestyle

18-24 MSR: 5:06.39

25-29 MSR: 5:12.71

30-34 MSR: 5:04.92

35-39 MSR: 4:41.52

40-44 MSR: 4:44.60

45-49 MSR: 5:24.04

50-54 MSR: 5:25.06

55-59 MSR: 6:02.65

60-64 MSR: 6:05.89

65-69 MSR: 7:13.63

	ID#	Name	Age	Team	Seed Time
18-24... (Event 13 Girls 400 LC Meter Freestyle)					
1	31444 IAX	Tang, Hiu Tung	23	Pacific	5:20.43
2	20969 IAZ	Lui, Wing Lam	22	Kwun Tong	6:00.00
3	32413 B	Tso, Yi Wun	20	Current Club Ltd	6:30.00
4	25461 B	Wong, Tsz Wan	21	Compass	7:30.00
25-29					
1	09959 IAZ	Mok, Hoi Man Sheron	29	New Water Polo	5:30.00
2	26980 IAZ	Wong, Suet Wing	25	Dik Wing	5:39.02
3	09413 B	Fang, Ka Ying	29	Eastern Winter	6:00.00
4	49513 IAZ	To, Yan Wing	28	Crest Ray	6:21.00
5	29564 IAZ	Ng, Wai Ying Megan	28	Flying Fish	7:30.00
6	08727 B	Hung Yuen Ching, Moose Culle	28	New Water Polo	7:30.00
30-34					
1	08900 IBZ	Lam, Suet	31	Hong Kong Police	6:00.22
2	01441	Yeung, Hiu Ching Judy	33	New Water Polo	7:30.00
35-39					
1	07651 IBZ	Yu, Sze Wai Joyce	36	Hong Kong Police	7:12.88
2	02685 ICZ	Master, Farah Jimmy	39	HK Football Club	8:00.00
45-49					
1	49442 IAZ	Chan, Yuk Man Phoebe	45	Sword Fish Club	5:30.00
50-54					
1	38302 IAZ	Cheung, Man Ling Melody	52	Lai Tsun	6:30.00
2	36431 @^P	Buchta, Katrin	54	Sword Fish Club	6:50.00
3	31395 IAZ	Chan, Pui Ling	54	Flying Fish	6:55.91
4	40912 IAZ	Ng, Yee Ling	53	Tolo Harbour	7:00.00
5	35969 IAX	Wang, Ying Lian	52	Tung Sing	8:45.00
55-59					
1	36045 IAZN	Hsu, Ava	57	LRC	7:30.00
2	23323 IAZ	Tam, Choi Ping Scalene	59	New Water Polo	8:40.00
60-64					
1	51780 IAZ	Chan, Kei Tsz	60	New Water Polo	7:30.00
2	50893 @^P	Niu, Zili	60	New Water Polo	8:00.00
3	51472 @IM	Pang, Yunxiao	60	New Water Polo	10:00.00
65-69					
1	03503	Castka, Gillian Hancer	68	Sword Fish Club	7:30.00
2	49914 @IAXB	Ng, Yee Man	65	New Water Polo	8:00.00