

# 比賽賽程 Programme



中國香港游泳總會  
**HONG KONG CHINA SWIMMING ASSOCIATION**  
(MEMBER OF THE FEDERATION INTERNATIONALE DE NATATION)  
(AFFILIATED TO THE SPORTS FEDERATION AND  
OLYMPIC COMMITTEE OF HONG KONG, CHINA)

## 青少年韻律泳推廣計劃評核賽 2024-2025 Assessment of Youth Artistic Swimming Promotion Scheme 2024 – 2025

二零二四年十二月一日 (星期日)  
1<sup>st</sup> December 2024 (Sunday)

九龍公園游泳池 - 跳水池  
Kowloon Park Swimming Pool (Diving Pool)

Subvented By:



Organized  
by:



中國香港游泳總會  
Hong Kong China  
Swimming  
Association

Subvented  
by:



康樂及文化事務署  
Leisure and Cultural  
Services Department

## 青少年韻律泳推廣計劃評核賽 2024-2025 Assessment of Youth Artistic Swimming Promotion Scheme 2024-2025

日期: 2024年12月1日(星期日)  
Date: 1<sup>st</sup> December 2024 (Sunday)

地點: 九龍公園游泳池(跳水池)  
Venue: Kowloon Park Swimming Pool (Diving Pool)

### Run-Down

Date / 日期	Time / 時間	Program / 項目
<b>1/12/2024</b> <b>(Sunday 星期日)</b>	12:00-12:30	比賽場地準備 / Set up (Competition Venue)
	12:30-13:00	裁判會議 / Judges Meeting
	12:30-13:00	熱身時間及示範 / Warm Up & Demonstration
	13:00-13:15	運動員召集 / Marshal
	13:15-13:30	仰浮頭向 / Head First Scull
	13:30-13:40	仰浮腳向 / Foot First Scull
	13:40-13:55	仰泳腿 / Back Flutter Kick
	13:55-14:05	魚雷腳向 / Propeller
	14:05-14:15	俯浮倒推 / Paddle Scull
	14:15-14:25	側踩水 / Side Eggbeater
	14:25-14:45	比賽場地準備 / Set up (Competition Venue)
	14:45-15:00	熱身時間及示範 / Warm Up & Demonstration
	15:00-15:10	運動員召集 / Marshal
	15:10-16:00	一星套花 / Star I Routine
	16:00-16:35	二星套花 / Star II Routine
	16:35-16:45	節奏游 / Sequence Swim
16:50-17:00	頒獎典禮 / Prize Presentation	

## Assessment of Youth AS Promotion Scheme - 01/12/2024

## Meet Program

**Event 1 Girls 6-7 25 LC Meter Freestyle Head First Scull**

Lane	ID#	Name	Age	Team	Seed Time
<b>Heat 1 of 1 Timed Finals</b>					
1		Guo, Ailsa	7	AS	NT
2		Kong, Hei Yau	6	AS	NT
3		Lam, Grace	7	AS	NT
4		Wong, Suet Ming	7	AS	NT
5		Sophia, Chiang	6	AS	NT

**Event 2 Girls 8-9 25 LC Meter Freestyle Head First Scull**

Lane	ID#	Name	Age	Team	Seed Time
<b>Heat 1 of 3 Timed Finals</b>					
1		Chan, Tsz Yui	8	AS	NT
2		Mak, Kristen	9	AS	NT
3		Song, Si Qi	8	AS	NT
4		Sophie, Chu	8	AS	NT
5		Zihau, Audrea Qi	9	AS	NT
<b>Heat 2 of 3 Timed Finals</b>					
1		Liu, Chi Mang	8	AS	NT
2		Zhang, YouXi	8	AS	NT
3		Chan, Cheuk Nam	8	AS	NT
4		Victoria, Alexander	8	AS	NT
5		Sophie, Lulloc Pak	9	AS	NT
<b>Heat 3 of 3 Timed Finals</b>					
1		Zhou, Si Qiao	8	AS	NT
2		Chan, Tsz Lam	8	AS	NT
3		Ho, Koey	8	AS	NT
4		Jessia, Hsu	9	AS	NT
5		Danielle, Li Sun	8	AS	NT

**Event 3 Girls 10-11 25 LC Meter Freestyle Head First Scull**

Lane	ID#	Name	Age	Team	Seed Time
<b>Heat 1 of 2 Timed Finals</b>					
2		Liu, Xing Yan	10	AS	NT
3		Li, Raina	10	AS	NT
4		Cynthia, Zhang	10	AS	NT
<b>Heat 2 of 2 Timed Finals</b>					
2		Zhu, Jinsa	11	AS	NT
3		Yu, Leona Xin Yuan	10	AS	NT
4		Katelyn, Chiang	10	AS	NT
5		Wan, Jyanna	10	AS	NT

**Event 4 Girls 25 LC Meter Freestyle Head First Scull**

Lane	ID#	Name	Age	Team	Seed Time
<b>Heat 1 of 1 Timed Finals</b>					
1		Chiu, Jolie Sze Yu	12	AS	NT
2		Li, Hiu Ching	12	AS	NT
3		Zhou, YuTong	12	AS	NT
4		Tse, Shing Chun	12	AS	NT
5		Joanna, Wong	12	AS	NT

**Event 5 Girls 6-7 25 LC Meter Freestyle Foot First Scull**

Lane	ID#	Name	Age	Team	Seed Time
<b>Heat 1 of 1 Timed Finals</b>					
2		Kong, Hei Yau	6	AS	NT
3		Guo, Ailsa	7	AS	NT
4		Lam, Grace	7	AS	NT

## Assessment of Youth AS Promotion Scheme - 01/12/2024

## Meet Program

**Event 6 Girls 8-9 25 LC Meter Freestyle Foot First Scull**

Lane	ID#	Name	Age	Team	Seed Time
<b>Heat 1 of 2 Timed Finals</b>					
2		Danielle, Li Sun	8	AS	NT
3		Sophie, Chu	8	AS	NT
4		Ho, Koey	8	AS	NT
5		Liu, Chi Mang	8	AS	NT
<b>Heat 2 of 2 Timed Finals</b>					
1		Chan, Tsz Yui	8	AS	NT
2		Victoria, Alexander	8	AS	NT
3		Zhang, YouXi	8	AS	NT
4		Zhou, Si Qiao	8	AS	NT
5		Chan, Cheuk Nam	8	AS	NT

**Event 7 Girls 10-11 25 LC Meter Freestyle Foot First Scull**

Lane	ID#	Name	Age	Team	Seed Time
<b>Heat 1 of 2 Timed Finals</b>					
2		Katelyn, Chiang	10	AS	NT
3		Yu, Leona Xin Yuan	10	AS	NT
4		Zhang, Yui Ning	10	AS	NT
<b>Heat 2 of 2 Timed Finals</b>					
2		Cynthia, Zhang	10	AS	NT
3		Chan, Heung Ying Lea	10	AS	NT
4		Sophie, Jennifer Shek	10	AS	NT
5		Li, Raina	10	AS	NT

**Event 8 Girls 25 LC Meter Freestyle Foot First Scull**

Lane	ID#	Name	Age	Team	Seed Time
<b>Heat 1 of 1 Timed Finals</b>					
2		Li, Hiu Ching	12	AS	NT
3		Tse, Shing Chun	12	AS	NT
4		Zhou, YuTong	12	AS	NT
5		Joanna, Wong	12	AS	NT

**Event 9 Girls 6-7 25 LC Meter Freestyle Back Flutter Kick**

Lane	ID#	Name	Age	Team	Seed Time
<b>Heat 1 of 1 Timed Finals</b>					
2		Sophia, Chiang	6	AS	NT
3		Wong, Suet Ying	7	AS	NT
4		Lam, Grace	7	AS	NT

**Event 10 Girls 8-9 25 LC Meter Freestyle Back Flutter Kick**

Lane	ID#	Name	Age	Team	Seed Time
<b>Heat 1 of 3 Timed Finals</b>					
1		Song, Si Qi	8	AS	NT
2		Victoria, Alexander	8	AS	NT
3		Zihau, Audrea Qi	9	AS	NT
4		Ho, Koey	8	AS	NT
5		Jessia, Hsu	9	AS	NT
<b>Heat 2 of 3 Timed Finals</b>					
1		Sophie, Lulloc Pak	9	AS	NT
2		Mak, Kristen	9	AS	NT
3		Tsang, Tsz Yau	8	AS	NT
4		Chan, Tsz Lam	8	AS	NT
5		Ko, Katherine	9	AS	NT

## Assessment of Youth AS Promotion Scheme - 01/12/2024

## Meet Program

## Heat 3 Timed Finals... (Event 10 Girls 8-9 25 LC Meter Freestyle Back Flutter Kick)

1	Danielle, Li Sun	8 AS	NT
2	Zhou, Si Qiao	8 AS	NT
3	Lin, Chi Lok	8 AS	NT
4	Sophie, Chu	8 AS	NT
5	Zhang, YouXi	8 AS	NT

## Event 11 Girls 10-11 25 LC Meter Freestyle Back Flutter Kick

Lane	ID#	Name	Age	Team	Seed Time
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## Heat 1 of 2 Timed Finals

2	Zhang, Yui Ning	10 AS	NT
3	Coco, Tam	10 AS	NT
4	Ng, Kai Ching Sandy	11 AS	NT

## Heat 2 of 2 Timed Finals

1	Fung, Lok Yan	11 AS	NT
2	Yu, Leona Xin Yuan	10 AS	NT
3	Wan, Jyanna	10 AS	NT
4	Song, Rui Jia	10 AS	NT
5	Li, Raina	10 AS	NT

## Event 12 Girls 25 LC Meter Freestyle Back Flutter Kick

Lane	ID#	Name	Age	Team	Seed Time
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## Heat 1 of 1 Timed Finals

2	Ng, Kai Yee Kelly	12 AS	NT
3	Li, Hiu Ching	12 AS	NT
4	Poon, Sze Wing	12 AS	NT

## Event 13 Girls 6-7 25 LC Meter Freestyle Propeller

Lane	ID#	Name	Age	Team	Seed Time
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## Heat 1 of 1 Timed Finals

2	Zhu, Jinshang	7 AS	NT
3	Wan, Pui Ka	7 AS	NT
4	Wong, Suet Ying	7 AS	NT
5	Wong, Suet Ming	7 AS	NT

## Event 14 Girls 8-9 25 LC Meter Freestyle Propeller

Lane	ID#	Name	Age	Team	Seed Time
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## Heat 1 of 2 Timed Finals

2	Tsang, Tsz Yau	8 AS	NT
3	Chan, Tsz Yui	8 AS	NT
4	Hung, Tak Yan	8 AS	NT

## Heat 2 of 2 Timed Finals

1	Wei, Xinhe	9 AS	NT
2	Jessia, Hsu	9 AS	NT
3	Chan, Cheuk Nam	8 AS	NT
4	Lin, Chi Lok	8 AS	NT
5	Song, Si Qi	8 AS	NT

## Event 15 Girls 10-11 25 LC Meter Freestyle Propeller

Lane	ID#	Name	Age	Team	Seed Time
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## Heat 1 of 1 Timed Finals

1	Zhu, Jinsa	11 AS	NT
2	Sophie, Jennifer Shek	10 AS	NT
3	Song, Rui Jia	10 AS	NT
4	Katelyn, Chiang	10 AS	NT
5	Sui, ChenYi	11 AS	NT

## Assessment of Youth AS Promotion Scheme - 01/12/2024

## Meet Program

**Event 16 Girls 25 LC Meter Freestyle Propeller**

Lane	ID#	Name	Age	Team	Seed Time
<b>Heat 1 of 1 Timed Finals</b>					
2		Poon, Sze Wing	12	AS	NT
3		Chiu, Jolie Sze Yu	12	AS	NT
4		Zhou, YuTong	12	AS	NT
5		Tse, Shing Chun	12	AS	NT

**Event 17 Girls 8-9 25 LC Meter Freestyle Paddle Scull**

Lane	ID#	Name	Age	Team	Seed Time
<b>Heat 1 of 1 Timed Finals</b>					
1		Tsang, Tsz Yau	8	AS	NT
2		Zihau, Audrea Qi	9	AS	NT
3		Liu, Chi Mang	8	AS	NT
4		Wei, Xinhe	9	AS	NT
5		Lin, Chi Lok	8	AS	NT

**Event 18 Girls 10-11 25 LC Meter Freestyle Paddle Scull**

Lane	ID#	Name	Age	Team	Seed Time
<b>Heat 1 of 2 Timed Finals</b>					
2		Sui, ChenYi	11	AS	NT
3		Cynthia, Zhang	10	AS	NT
4		Chan, Heung Ying Lea	10	AS	NT
<b>Heat 2 of 2 Timed Finals</b>					
2		Fung, Lok Yan	11	AS	NT
3		Wan, Jyanna	10	AS	NT
4		Coco, Tam	10	AS	NT
5		Zhang, Yui Ning	10	AS	NT

**Event 19 Girls 6-7 25 LC Meter Freestyle Side Eggbeater**

Lane	ID#	Name	Age	Team	Seed Time
<b>Heat 1 of 1 Timed Finals</b>					
2		Wong, Suet Ying	7	AS	NT
3		Wan, Pui Ka	7	AS	NT
4		Guo, Ailsa	7	AS	NT
5		Wong, Suet Ming	7	AS	NT

**Event 20 Girls 8-9 25 LC Meter Freestyle Side Eggbeater**

Lane	ID#	Name	Age	Team	Seed Time
<b>Heat 1 of 1 Timed Finals</b>					
1		Ko, Katherine	9	AS	NT
2		Chan, Tsz Lam	8	AS	NT
3		Wei, Xinhe	9	AS	NT
4		Sophie, Lulloc Pak	9	AS	NT
5		Hung, Tak Yan	8	AS	NT

**Event 21 Girls 10-11 25 LC Meter Freestyle Side Eggbeater**

Lane	ID#	Name	Age	Team	Seed Time
<b>Heat 1 of 2 Timed Finals</b>					
2		Chan, Heung Ying Lea	10	AS	NT
3		Coco, Tam	10	AS	NT
4		Fung, Lok Yan	11	AS	NT
<b>Heat 2 of 2 Timed Finals</b>					
2		Liu, Xing Yan	10	AS	NT
3		Sui, ChenYi	11	AS	NT
4		Sophie, Jennifer Shek	10	AS	NT
5		Song, Rui Jia	10	AS	NT

# Assessment of Youth Artistic Swimming Promotion Scheme 2024-2025

## Star I Routine - Start List

Venue: Kowloon Park Swimming Pool

Date: 01 December 2024 (Sunday)

Time: 15:00

A: Age 6 - 7

B: Age 8 - 9

Age Group: C: Age 10 - 11

D: Open

<b>Panel A</b>			
No.	Name	姓名	Age Group
1	Lam Grace	林希妍	A
2	Zhu Jinshang		A
3	Wan Pui Ka	尹珮嘉	A
4	Zihau Audrea Qi	齊子涵	B
5	Sophie Lulloc Pak	白珞珞	B
6	Liu Chi Mang	廖祉漫	B
7	Danielle Li Sun	孫雲心	B
8	Chan Tsz Lam	陳祉霖	B
9	Song Si Qi	宋思齊	B
10	Ho Koey	何蕙	B
11	Sophie	朱欣瑤	B
12	Victoria Alexander	白芻束	B
13	Zhou Si Qiao	周思喬	B
14	Jessia Hsu	徐敬詩	B
15	Chan Tsz Yui	陳籽睿	B
16	Mak Kristen	麥鉸藍	B
17	Sophie Jennifer Shek	石琳	C
18	Zhang Yui Ning	張芮寧	C
19	Zhu Jinsa		C
20	Song Rui Jia	宋睿佳	C
21	Fung Lok Yan	馮樂恩	C
22	Wan Jyanna	溫梓臻	C
23	Li Raina	李雨霏	C
24	Chan Heung Ying Lea	陳香凝	C
25	Chiu Jolie Sze Yu	趙斯羽	D
26	Li Hiu Ching	李曉澄	D
27	Poon Sze Wing	潘施泳	D
28	Joanna Wong	王佳鑫	D

# Assessment of Youth Artistic Swimming Promotion Scheme 2024-2025

## Star II Routine - Start List

Venue: Kowloon Park Swimming Pool

Date: 01 December 2024 (Sunday)

Time: 15:00

A: Age 6 - 7

B: Age 8 - 9

Age Group:  
C: Age 10 - 11

D: Open

<b>Panel A</b>			
No.	Name	姓名	Age Group
1	Wan Pui Ka	尹珮嘉	A
2	Lam Grace	林希妍	A
3	Wei Xinhe	魏心禾	B
4	Ho Koey	何蕙	B
5	Hung Tak Yan	孔德恩	B
6	Lin Chi Lok	林之樂	B
7	Chan Cheuk Nam	陳芍嵐	B
8	Song Si Qi	宋思齊	B
9	Ko Katherine	柯芊汝	B
10	Fung Lok Yan	馮樂恩	C
11	Katelyn Chiang	蔣曉嵐	C
12	Zhang Yui Ning	張芮寧	C
13	Li Raina	李雨霏	C
14	Coco	譚澄睿	C
15	Cynthia Zhang	張思雅	C
16	Wan Jyanna	溫梓臻	C
17	Sui ChenYi	隋辰憶	C
18	Sophie Jennifer Shek	石琳	C
19	Chan Heung Ying Lea	陳香凝	C
20	Song Rui Jia	宋睿佳	C
21	Poon Sze Wing	潘施泳	D
22	Zhou YuTong	周語桐	D
23	Chiu Jolie Sze Yu	趙斯羽	D



# Assessment of Youth Artistic Swimming Promotion Scheme 2024-2025

Sequence Swim (Group C: Age 10 - 11)

## Start List

Venue: Kowloon Park Swimming Pool - Diving Pool

Date: 01 December 2024 (Sunday)

Marshal Time: 15:00

Start	Name	姓名	Age
1	Sui ChenYi	隋辰憶	11
2	Ng Kai Ching Sandy	吳佳晴	11
3	Bak Tin Yu Lily	白天予	11
4	Wei Kai Kenneth Yau	嚴唯開	9
5	Chan Sum Yee	陳心頤	10



# Assessment of Youth Artistic Swimming Promotion Scheme 2024-2025

Sequence Swim (Group D: Open)

## Start List

Venue: Kowloon Park Swimming Pool - Diving Pool

Date: 01 December 2024 (Saturday)

Marshal Time: 15:00

Start	Name	姓名	Age
1	Ng Kai Yee Kelly	吳佳儀	12
2	Zhou YuTong	周語桐	12