

Programme

比賽賽程



HONG KONG CHINA SWIMMING ASSOCIATION

(MEMBER OF THE FEDERATION INTERNATIONALE DE NATATION)

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

2023-24 Long Course Masters Swimming Competition (Part 3)

二零二三至二零二四年長池先進游泳比賽第三部份

18 June 2023 (Sun)

二零二三年六月十八日(日)

**Sun Yat Sen
Memorial Park
Swimming Pool
中山紀念公園游泳池**

Subvented by the LCSD



2023-24 MSLCP3 - Entry Information

No. of Entries by Event		
Event #	Event Name	Entries
1	Men 100 Breaststroke	89
2	Women 100 Breaststroke	53
3	Men 50 Backstroke	92
4	Women 50 Backstroke	74
5	Men 100 Freestyle	153
6	Women 100 Freestyle	97
7	Men 4x50 Freestyle Relay	43
8	Women 4x50 Freestyle Relay	26
9	Men 50 Breaststroke	140
10	Women 50 Breaststroke	84
11	Mixed 4x50 Medley Relay	39
12	Men 400 Freestyle	59
13	Women 400 Freestyle	17

Total

966

Entry information by Day		
Day / Session	No. of Entries	Total
AM	558	966
PM	408	

Long Course Masters Swimming Competition – Part 3

長池先進游泳比賽 – 第三部份

Date: 18-06-2023 (Sunday)

Venue: Sun Yat Sen Memorial Park Swimming Pool 中山紀念公園游泳池

Morning Warm up/熱身: 0830 – 0920 Hrs

Morning First Event/開始: 0930 Hrs

Afternoon Warm up/熱身: 1300 – 1350 Hrs

Afternoon First Event/開始: 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

二零二三至二四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 2023-2024 年度先進組別泳員。2023-24 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 2023-24

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 2023-24 registered masters (MS) swimmers of HKGSA (2023-24 Registration Fee: HK\$100 per swimmer) ※ Age 18 or above. ※ <u>Overseas Teams: All Overseas competitors must be 2023-24 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 <u>payable to 'HKGSA'</u>.</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><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</p> <p><u>Relay Events</u> ※ 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="299 1028 954 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>	<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). ※ 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: <ul style="list-style-type: none"> <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. <p><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>	<ul style="list-style-type: none"> ※ Clubs would need to provide the below number of officials for the competition: <table border="1" data-bbox="298 1377 954 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> <ul style="list-style-type: none"> ※ Clubs will be suspended from the next competition if failed to fulfil the requirement. 	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 2023-24

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 2023-2024 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 <u>payable to 'HKGSA'</u>.</p>
Closing Date for Entries	<u>1 month</u> 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 2023-24 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	0:26.47	2022-23 Long Course Masters Swimming Competition - Part 1		26-Mar-23
FU WING HARBETH	KTS	40-44	0:25.15	2022-23 Long Course Masters Swimming Competition - Part 2		15-Jan-23
WONG KWOK WAH	SCA	35-39	0:24.80	Summer Masters Swimming Championships 2000		27-May-00
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 JUUN 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>0:33.85</u>	<u>2023-24 Long Course Masters Swimming Competition - Part 2</u>		<u>30-Apr-23</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	0:29.68	2022-23 Long Course Masters Swimming Competition - Part 1		26-Mar-23
KRKALO SHAUNA KATHLEEN	LRC	45-49	0:27.72	2022-23 Long Course Masters Swimming Competition - Part 1		26-Mar-23
KRKALO SHAUNA KATHLEEN	LRC	40-44	0:28.17	Annual Long Course Masters Swimming Championships 2022		27-Nov-22
<u>YIP WING YAN</u>	<u>DWA</u>	<u>35-39</u>	<u>0:28.10</u>	<u>2023-24 Long Course Masters Swimming Competition - Part 2</u>		<u>30-Apr-23</u>
<u>ZHANG XIAO TONG ISABELLA</u>	<u>*FL</u>	<u>30-34</u>	<u>0:28.39</u>	<u>2023-24 Long Course Masters Swimming Competition - Part 2</u>		<u>30-Apr-23</u>
MOK HOI MAN SHERON	PSC	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
RUST STEFAN ROBERT	LRC	45-49	0:59.62	FINA World Masters Championships 2014		10-Aug-14
O'NEILL DONAL THOMAS	LRC	40-44	0:56.60	2021-22 Long Course Masters Swimming Competition - Part 3		20-Jun-21
NORTJE CRAIG ANDREW	VRG	35-39	0:56.13	Long Course Masters Swimming Competition - Part 3 2013		11-Aug-13
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
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
TSEUNG NGA WAH	SFC	60-64	1:22.04	2017-18 Long Course Masters Swimming Competition - Part 1		25-Mar-18
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	1:06.58	Annual Long Course Masters Swimming Championships 2022		27-Nov-22
YAMAGUCHI MIKA	#FL	45-49	1:07.17	FINA World Masters Championships 2019 - Gwangju		13-Aug-19
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	1:02.12	Annual Long Course Masters Swimming Championships 2022		27-Nov-22
MOK HOI MAN SHERON	KTS	25-29	1:01.02	Annual Long Course Masters Swimming Championships 2022		27-Nov-22
NG KA MAN	KTS	18-24	1:02.73	Annual Long Course Masters Swimming Championships 2013		24-Nov-13

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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
LILJESTROEM LENNART PETER FREDRIC	LRC	45-49	2:10.21	FINA World Masters Championships 2019 - Gwangju	14-Aug-19
STAMENOVIC IVAN	LRC	40-44	2:07.89	FINA World Masters Championships 2019 - Gwangju	14-Aug-19
NORTJE CRAIG ANDREW	VRC	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
SUEN MING CHU	SGC	65-69	3:27.53	2014-15 Long Course Masters Swimming Competition Part 2	29-Jun-14
TSEUNG NGA WAH	SFC	60-64	3:08.53	2019-20 Long Course Masters Swimming Competition - Part 2	05-May-19
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
MOK HOI MAN SHERON	NWC	25-29	2:16.55	2022-23 Long Course Masters Swimming Competition - Part 2	15-Jan-23
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
HO ROBERT YAU CHUNG	LRC	55-59	5:11.90	FINA World Masters Championships 2014	10-Aug-14
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
SUEN MING CHU	SGC	60-64	7:02.63	Long Course Masters Swimming Competition - Part 3 2011	18-Sep-11
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 2023-24 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	10:37.84	2022-23 Long Course Masters Swimming Competition - Part 1	26-Mar-23
LETCHER RICHARD ROY	LRC	50-54	10:22.08	FINA World Masters Championships 2019 - Gwangju	12-Aug-19
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-Nov-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	0:29.16	2022-23 Long Course Masters Swimming Competition - Part 1	26-Mar-23
NORTJE CRAIG ANDREW	VRC	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
TAI LI HUA	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
TSEUNG NGA WAH	SFC	60-64	0:46.26	2018-19 Long Course Masters Swimming Competition - Part 1	24-Mar-19
LAI SHUI NIN INGRID	YMC	55-59	0:43.15	2022-23 Long Course Masters Swimming Competition - Part 1	26-Mar-23
COGGINS LYNDA ANNE	LRC	50-54	0:35.58	16th FINA World Masters Championships 2015 in Kazan	16-Aug-15
KRKALO SHAUNA KATHLEEN	LRC	45-49	0:34.79	2022-23 Long Course Masters Swimming Competition - Part 1	26-Mar-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
CHARTER ROBYN JUDY	#FB	25-29	0:32.98	2021-22 Long Course Masters Swimming Competition - Part 3	20-Jun-21
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
LILJESTROEM LENNART PETER FREDRIC	LRC	45-49	1:09.39	The 1st Asian Masters Swimming Championships 2018 NAGOYA (JPN)		13-Jul-18
<u>O' NEILL DONAL THOMAS</u>	<u>LRC</u>	<u>40-44</u>	<u>1:04.49</u>	<u>2023-24 Long Course Masters Swimming Competition - Part 2</u>		<u>30-Apr-23</u>
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
<u>CHEUNG YAU MING</u>	<u>#DB</u>	<u>25-29</u>	<u>1:02.70</u>	<u>2023-24 Long Course Masters Swimming Competition - Part 2</u>		<u>30-Apr-23</u>
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
LO LAI YUNG	NWC	65-69	1:50.32	2022-23 Long Course Masters Swimming Competition - Part 2		15-Jan-23
NG YEE MAN	NWC	60-64	1:43.42	2022-23 Long Course Masters Swimming Competition - Part 2		15-Jan-23
<u>LAI SHUI NIN INGRID</u>	<u>YMC</u>	<u>55-59</u>	<u>1:34.18</u>	<u>2023-24 Long Course Masters Swimming Competition - Part 2</u>		<u>30-Apr-23</u>
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>1:13.30</u>	<u>2023-24 Long Course Masters Swimming Competition - Part 2</u>		<u>30-Apr-23</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	0:43.11	Annual Masters Swimming Championships 2022		27-Nov-22
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
YUEN MARCUS	PSC	18-24	0:30.47	2017-18 Long Course Masters Swimming Competition - Part 3		13-Aug-17

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
LEUNG WONG YIN HAR HAYLEY	SGC	60-64	0:47.46	Long Course Masters Swimming Competition - Part 3 2013		11-Aug-13
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	0:34.72	2022-23 Long Course Masters Swimming Competition - Part 2		15-Jan-23
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
CHAN KAM POR	*HN	55-59	1:21.91	Summer Masters Swimming Championships 2008	14-Jun-08
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
WAN LAP SUN	FWC	40-44	1:15.87	Winter Masters Swimming Championships 2008	22-Nov-08
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
<u>CHEUNG YAU MING</u>	<u>#DB</u>	<u>25-29</u>	<u>1:09.28</u>	<u>2023-24 Long Course Masters Swimming Competition - Part 2</u>	<u>30-Apr-23</u>
YUEN MARCUS	PSC	18-24	1:08.54	2017-18 Long Course Masters Swimming Competition Part 3	13-Aug-17

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
WONG JIM	SFC	75-79	2:09.00	2016-17 Long Course Masters Swimming Competition - Part 3	12-Jun-16
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
<u>KIRKWOOD TAIN MHAIRA</u>	<u>LRC</u>	<u>60-64</u>	<u>1:39.76</u>	<u>2023-24 Long Course Masters Swimming Competition - Part 2</u>	<u>30-Apr-23</u>
KIRKWOOD TAIN MHAIRA	LRC	55-59	1:35.97	2018-19 Long Course Masters Swimming Competition - Part 2	06-May-18
COGGINS LYNDA ANNE	LRC	50-54	1:29.58	Annual Long Course Masters Swimming Championships	23-Nov-14
<u>KRKALO SHAUNA KATHLEEN</u>	<u>LRC</u>	<u>45-49</u>	<u>1:19.99</u>	<u>2023-24 Long Course Masters Swimming Competition - Part 2</u>	<u>30-Apr-23</u>
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
KWOK HO TIN	NWC	35-39	2:42.08	2022-23 Long Course Masters Swimming Competition - Part 1	26-Mar-23
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
YUEN MARCUS	PSC	18-24	2:38.14	2017-18 Long Course Masters Swimming Competition - Part 1	25-Mar-18

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	3:27.90	2022-23 Long Course Masters Swimming Competition - Part 1	26-Mar-23
NEEDHAM SUZANNE HEIZER	LRC	35-39	2:56.78	FINA World Masters Championships 2012	15-Jun-12
MORRISON RUTH	LRC	30-34	2:53.80	FINA World Masters Championships 2010	31-Jul-10
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 2023-24 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
CHAN KAM POR	SFC	70-74	0:36.76	2023-24 Long Course Masters Swimming Competition - Part 2	30-Apr-23
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
NORTJE CRAIG ANDREW	CKW	35-39	0:26.70	Annual Long Course Masters Swimming Championships 2015	20-Dec-15
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	0:41.78	2023-24 Long Course Masters Swimming Competition - Part 2	30-Apr-23
KIRKWOOD TAIN MHAIRA	LRC	60-64	0:37.47	2023-24 Long Course Masters Swimming Competition - Part 2	30-Apr-23
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	0:30.20	2023-24 Long Course Masters Swimming Competition - Part 2	30-Apr-23
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	0:30.58	2023-24 Long Course Masters Swimming Competition - Part 2	30-Apr-23
CHAN WING SUET	PSC	30-34	0:30.75	The 1st Asian Masters Swimming Championships 2018 NAGOYA (JPN)	13-Jul-18
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
LEUNG YIU CHUEN	SYS	65-69	1:40.79	2022-23 Long Course Masters Swimming Competition - Part 1	26-Mar-23
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
NORTJE CRAIG ANDREW	#FL	40-44	0:59.49	FINA World Masters Championships 2019 - Gwangju	15-Aug-19
CRAIG ANDREW NORTJE	VRC	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	1:39.42	2022-23 Long Course Masters Swimming Competition - Part 1	26-Mar-23
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 CHRISTENA 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
CHAN WING SUET	PSC	30-34	1:10.44	The 1st Asian Masters Swimming Championships 2018 NAGOYA (JPN)	16-Jul-18
CHAN WING SUET	LRC	25-29	1:08.66	FINA World Masters Championships 2014	10-Aug-14
MAU LOK YAN EUNICE	CUC	18-24	1:13.91	Masters Long Course Swimming Competition Part 1	26-Jan-14

HONG KONG MASTERS SWIMMING RECORDS

LONG COURSE

(Update to 2023-24 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
NORTJE CRAIG ANDREW	#FL	40-44	2:19.17	FINA World Masters Championships 2019 - Gwangju	15-Aug-19
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	4:19.85	2023-24 Long Course Masters Swimming Competition - Part 2	30-Apr-23
SUEN MING CHU	SFC	70-74	3:49.34	2018-19 Long Course Masters Swimming Competition - Part 2	06-May-18
SUEN MING CHU	SGC	65-69	3:47.99	2013-14 Long Course Masters Swimming Competition - Part 2	23-Jun-13
SUEN MING CHU	SCA	60-64	3:37.27	Winter Masters Swimming Championships 2007	27-Jan-08
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
PAZOS CHRISTENA MARIA	LRC	45-49	2:46.91	16th FINA World Masters Championships 2015 in Kazan	13-Aug-15
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
CHAN WING SUET	PSC	30-34	2:38.52	The 1st Asian Masters Swimming Championships 2018 NAGOYA (JPN)	12-Jul-18
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+	2:18.05	2018-19 Long Course Masters Swimming Competition - Part 3	24-Jun-18
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
LADIES' RECREATION CLUB	LRC	160+	1:41.91	FINA World Masters Championships 2017	18-Aug-17
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
LADIES' RECREATION CLUB	LRC	160+	1:58.32	16th FINA World Masters Championships 2015 in Kazan	14-Aug-15
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 2023-24 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
<u>SWORD FISH CLUB</u>	<u>SFC</u>	<u>280+</u>	<u>2:36.85</u>	<u>2023-24 Long Course Masters Swimming Competition - Part 2</u>	<u>30-Apr-23</u>
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
LADIES' RECREATION CLUB	LRC	160+	1:52.54	FINA World Masters Championships 2017	18-Aug-17
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
SWORD FISH CLUB	SFC	200+	2:34.70	2021-22 Long Course Masters Swimming Competition - Part 3	20-Jun-21
FASTLANE SWIMMING CO LIMITED	#FL	160+	2:06.82	2021-22 Long Course Masters Swimming Competition - Part 3	20-Jun-21
LADIES' RECREATION CLUB	LRC	120+	2:05.95	2021-22 Long Course Masters Swimming Competition - Part 3	20-Jun-21
HONG KONG FLYING FISH ATHLETIC ASSOCIATION	FFA	100+	2:11.65	2022-23 Long Course Masters Swimming Competition - Part 3	12-Jun-22

2023-2024 Long Course Masters Swimming Competition (Part 3)**Reject List**

No.	Name	Event	Club	Remarks
1	Yung Li Ling	13	*FL	No 200m Record
2	Fok Sen Yin Stephanie	13	FFA	No 200m Record
3	Wong Yee Keung	12	FFA	No 200m Record
4	Ma Chi Wang Damien	9	HKP	No Reg
5	Charlie Yung	3, 5	KHC	No Reg
6	Hsu Ava	13	LRC	Record Time Slower than MSQT
7	Woo Douglas	12	LRC	No 200m Record
8	Yip Lai Kuen	13	LTS	Record Time Slower than MSQT
9	Cheung Lai Ying	13	LTS	No 200m Record
10	Buchta Katrin	13	SFC	No 200m Record
11	Chan On Mei	13	SFC	Record Time Slower than MSQT
12	Siu Cheuk Kuen	12	SFC	No 200m Record
13	Kan Kai Kwong	12	SGC	No 200m Record
14	Wong Shun Ying	13	SGC	No 200m Record
15	Cheung Tai Hung	12	#CR	No 200m Record

2324 Long Course MS Swi Competition Part 3 - 18/06/2023

Psych Sheet

Event 1 Men 100 LC Meter Breaststroke

- 18-24 MSR: 1:08.54
- 25-29 MSR: 1:09.28
- 30-34 MSR: 1:09.75
- 35-39 MSR: 1:10.50
- 40-44 MSR: 1:15.87
- 45-49 MSR: 1:15.29
- 50-54 MSR: 1:13.66
- 55-59 MSR: 1:21.91
- 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	18	Wong Tai Sin	1:09.00
2	23150 B	Yoshida, Satoshi	24	Fastlane Swimming	1:18.00
3	40782 IAZ	Chan, Ho Long	18	Current Club Ltd	1:18.27
4	25258 IAZ	Chik, Shun Hei	22	Current Club Ltd	1:23.10
5	38234 IAZ	Kwok, King Him	18	Current Club Ltd	1:25.00
6	15351 IAZ	Chang, Jaw Ting	22	Pacific	1:28.37
7	19383 B	Lee, Man Kit	24	Kwan Hung	1:30.00
8	19958 IAZ	Wong, Ting Toh	24	Kwan Hung	1:30.00
9	22513 IAZ	Tang, Cheuk Yan	23	Kwun Tong	1:35.00
10	25611 B	Chu, Kin Shing	19	Creative Youth	1:50.00
11	23031 IAZ	Lam, Man Hin Andrew	22	Pacific	1:50.00
25-29					
1	05577 IBZ	Yuen, Marcus	29	LRC	1:09.94
2	50989 IAZ	Cheung, Kam Kwan Ronald	28	LRC	1:14.50
3	05642 IBZ	Lok, Ho Chun	29	Hong Kong Police	1:16.23
4	23081 IAZ	Loo, Chun Hei	25	Dik Wing	1:20.04
5	10083 IAZ	Chan, Chun Yin Wilson	29	Hong Kong Police	1:25.64
6	33918 IAZ	Chan, Ming Hin	28	Hong Kong Police	1:30.00
30-34					
1	02591	Luk, Wing Kin Andy	34	Kwan Hung	1:11.00
2	04877 IBZ	Ng, Yu Ting	32	Sword Fish Club	1:23.23
3	03978	Lau, Chun Sing	31	Marlins	1:50.00
35-39					
1	00093	Tam, Tak Ching	36	Dik Wing	1:15.39
2	33910 IAZ	Cheung, Tai Hang	35	Crest Ray	1:24.00
3	51246 @^IM	Zhang, Wei	35	New Water Polo	1:25.00
4	41147 IAZ	Mok, Lai Yeung Jason	39	Diocesan School	1:30.00
5	03713 IBZ	Tang, Chee Kit	37	Diocesan School	1:30.00
6	27469 IAX	Lam, Kin Wang	38	Hong Kong Police	1:39.00
7	50508 @^IM	Zhong, Zhiming	38	Sword Fish Club	1:40.00
8	48051 @IAO	Lacotte, Hugues	35	Fastlane Swimming	1:45.00
9	03717 IBZ	Yeung, Ka Ho	36	Dik Wing	1:50.00
40-44					
1	01012 ICZ	Fong, Lik Sun	43	Hong Kong Footba	1:15.00
2	35790 ICO	Launay, Thomas	44	LRC	1:19.71
3	40834 IAZ	Chang, Hsi Tse JosephJeremy	44	Diocesan School	1:22.00
4	39981 IAZ	Mui, Ho Chuen	43	Sword Fish Club	1:24.00
5	05155	Chan, Albert Kam Ming	42	Diocesan School	1:30.00
6	24266 IAZ	Ma, Ling Ho Herwin	40	Hong Kong Police	1:32.00
7	03796 ICZ	Chan, Pui Kei	42	New Water Polo	1:33.00

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Psych Sheet

40-44... (Event 1 Men 100 LC Meter Breaststroke)

8	50499 @^IM	Zhao, Liang	43 Sword Fish Club	1:35.00
9	42222 IAZ	Yick, Tsip Lam	40 Sword Fish Club	1:38.00
10	43948 @^IM	Wang, Shengli	44 New Water Polo	1:40.00
11	01948 ICZ	Tang, Ho Yuen	41 Diocesan School	1:41.00
12	49027 IAZ	Ng, Fung Kei	43 Sword Fish Club	1:45.00
13	03793 ICZ	Po, Tik San	41 New Water Polo	1:50.00
14	18880 IAZ	Chan, Ho Wai Howard	42 Sun Yip	1:50.00
15	38035 IAZ	Mok, Kin Fan	43 Tolo Harbour	2:00.00
16	23119 IAZ	Chan, Ying Tsung Bosco	42 Sword Fish Club	2:04.00

45-49

1	05160	Chan, Ka Wo	46 Diocesan School	1:15.44
2	17961 ICO	Jones, Simon	47 LRC	1:16.57
3	37671 @ICO	Stamenovic, Ivan	47 LRC	1:30.00
4	42737 IAZ	So, Ma Loi	47 Sword Fish Club	1:35.00
5	40835 IAZ	Leung, Wing Hong Alvin	49 Diocesan School	1:45.00
6	24603 IAZ	Hung, Ka Ming	48 YMCA OF Hong Kong	1:45.00
7	47461 IAZ	Tse, Ka Fai	49 New Water Polo	2:00.00

50-54

1	25592 IAZ	Cheung, Wai Kei	51 Flying Fish	1:27.21
2	26317 IAZN	Tung, Shang Wei Timothy	53 Kwun Tong	1:35.00
3	27868 IAZ	Chan, Chi Wah Ringo	51 Sword Fish Club	1:40.00
4	35849 IAX	Ku, Kin Hing	50 Hoi Fung	1:45.00
5	42085 IAZ	Lee, Hon Lun Philip	51 Sword Fish Club	1:45.00
6	42364 IAZ	Lau, Yip Kwong Francis	54 Diocesan School	1:50.00
7	35711 IAX	Wong, Fuk Kei	54 Sword Fish Club	1:50.00

55-59

1	32253 #IAZ	Watt, Kam Sing Michael	56 Fastlane Swimming	1:23.51
2	18856 IAZ	Au, Mun Shing	58 Sword Fish Club	1:25.00
3	22433 IAZ	Lui, Man Pong	58 New Water Polo	1:35.00
4	40592 IAZ	Fo, Pui Keung	59 Hong Kong Police	1:45.97
5	05139	Lin, Fulong	56 Flying Fish	1:46.73
6	27869 IAZ	Lee, Kam Cheong	59 Sword Fish Club	1:50.00

60-64

1	51229 @^IM	Chen, Yanmin	61 Sword Fish Club	1:25.00
2	06256	Chan, Kwong Peter	62 Sea Green	1:35.00
3	50514 @^IM	Ye, Jinkun	61 Sword Fish Club	1:36.00
4	45930 IAZ	Lo, Wing Kwong	62 Sun Yip	1:36.00
5	26176 IAX	Ho, Chung Man	60 Lai Tsun	1:46.00
6	32108 IAX	Chan, Kiu	61 Sword Fish Club	1:50.00
7	25226 IAZ	Choi, Tai Wing	62 Sword Fish Club	1:50.00
8	41007 IAZ	So, Man Sing	62 Sea Green	1:50.00
9	36725 IAZ	Yau, Wai	64 Sea Green	1:51.00
10	07802	Chau, Kam Tim	63 Sea Green	1:58.00
11	48289 IAZ	Cheung, Sai Hung Steven	63 Sword Fish Club	2:04.00

65-69

1	50662 @^P	Zong, Cheng	65 Sword Fish Club	1:33.00
2	06176	Wong, Kung Wan	67 Sea Green	1:38.00
3	49915 @IAX	Tai, Yu Chung	65 New Water Polo	1:40.00
4	06281	Fung, Kam Tai	68 Sword Fish Club	1:48.00

70-74

1	06382	Chan, Kam Por	71 Sword Fish Club	1:38.00
2	05917	Yong, Khin Syn	74 Sword Fish Club	1:47.00
3	04504 IAO	Yura, Tadami	71 Sword Fish Club	1:58.00
4	06243	Koo, Choi Fat	73 Wong Tai Sin	2:00.00

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Psych Sheet

70-74... (Event 1 Men 100 LC Meter Breaststroke)

5 11563 Lee, Kwok Hung 70 Sword Fish Club 2:10.00

75-79

1 10274 Lau, Chun Nung 77 Lai Tsun 2:10.00

2 49541 @IAXN Yang, Victor 78 Diocesan School 2:20.00

80-84

1 06270 Lam, Luk Kan 82 Sword Fish Club 2:10.00

2 23959 IAZ Chiu, Chin Hung 83 Kornhill 2:20.00

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: 1:19.99

50-54 MSR: 1:29.58

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	22	Dik Wing	1:22.13
2	23688 IAZ	23	Fastlane Swimming	1:30.00
3	20061 B	24	Sword Fish Club	1:30.00
4	31444 #IAX	22	Pacific	1:30.65
5	37318 IAO	20	Dik Wing	1:33.07
6	50379 @^ICO	24	Kwun Tong	1:46.00
7	31549 IAZ	21	Pacific	1:50.00
8	22061 IAZ	20	Dali Swimming Club	2:00.00
25-29				
1	46331 @ICO	27	Fastlane Swimming	1:32.00
2	20401 IAZ	25	Kwan Hung	1:50.00
3	38653 IAZ	29	Golden Dolphin	2:00.00
30-34				
1	02295 IBZ	30	Pacific	1:23.89
2	50922 @ICO	32	LRC	1:26.00
3	50513 @^IM	33	Sword Fish Club	1:46.00
4	51249 @^IM	34	New Water Polo	1:54.00
35-39				
1	49329 #@IAO	39	Pacific	1:32.44
2	07651 IBZ	35	Hong Kong Police	1:40.45
3	50839 @^IM	39	Tuen Mun	1:45.00
4	13384 ICZ	36	New Water Polo	2:07.38
40-44				
1	06304 ICZ	44	Sea Green	1:34.00
2	49442 IAZ	44	Sword Fish Club	1:45.00
3	08977	44	Current Club Ltd	1:46.93
4	44676 IAZ	43	Jockey Club	1:50.00
5	50515 IAZ	41	Sword Fish Club	1:55.00
6	02727 ICZ	40	Hoi Tin	2:00.00
7	30072 ICW	44	New Water Polo	2:00.00
45-49				
1	35765 IAZ	45	Hong Kong Police	1:35.00
2	33036 ICO	45	Fastlane Swimming	1:37.59

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Psych Sheet

45-49... (Event 2 Women 100 LC Meter Breaststroke)

3	43157 @ICO	Lee, Chew Ling	46 LRC	1:44.00
4	46181 IAZ	Ng, Yan Yan Bandy	47 Tung Sing	1:53.52
5	43964 @^IM	Qiu, Qi	47 New Water Polo	1:54.00
6	45917 @^IM	Huang, Caifang	49 Sword Fish Club	2:02.00

50-54

1	06349	Ip, Oi Wa Wendy	51 Sword Fish Club	1:50.00
2	35969 IAX	Wang, Ying Lian	51 Tung Sing	1:53.00
3	49204 IAZ	Cheng, Wai Man	52 Sea Green	1:55.00
4	35772 IAX	Ban, Xianhai	51 New Water Polo	2:00.00
5	40912 IAZ	Ng, Yee Ling	52 Tolo Harbour	2:00.00
6	44304 IAX	Choi, Shan Shan	51 Sword Fish Club	2:05.00
7	43063 @IAO	Wong, Rose	53 LRC	2:05.30
8	43947 @^IM	Xing, Xiaojuan	54 New Water Polo	2:15.00

55-59

1	16303	Rana, Naomi	57 LRC	1:52.99
2	29831 IAZ	Lowe, Yeuk Ling Dilys	59 Sword Fish Club	2:15.00
3	38289 IAZ	Ng, Wai Lin Angie	59 Sword Fish Club	2:20.00

60-64

1	22428 IAZ	Lau, Yuk Lin Rocky	61 Sea Green	1:52.00
2	44442 IAZ	Lai, Fang Ha Shirley	63 Jockey Club	2:00.00
3	34668 IAZ	Tang, Pik Ha	63 New Water Polo	2:07.00
4	45187 IAX	Chan, On Mei	60 Sword Fish Club	2:20.00

65-69

1	02711	Fok, Wai Fung	65 Wong Tai Sin	2:16.00
2	49428 IAX	Leong, Sao Fan	66 New Water Polo	2:30.00

70-74

1	39357 @^P	Mak, Sok Iun	73 Sword Fish Club	2:20.00
2	06212	Lo, Yeuk Shuen	74 Wong Tai Sin	2:30.00

75-79

1	02365	Chow, So Kam	78 Kwun Tong	2:30.00
2	32571 IAZ	Chan, Pui Yee	79 Sword Fish Club	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:	29.16
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	Chong, Michael Yat Tsun	22	Sword Fish Club	30.00
2	45854 IAZ	Cheng, Wing Ka	18	Current Club Ltd	39.04
3	19383 B	Lee, Man Kit	24	Kwan Hung	40.00
25-29					
1	50507 @^IM	Zhou, Boyang	27	Sword Fish Club	32.00
2	50989 IAZ	Cheung, Kam Kwan Ronald	28	LRC	33.40
3	05695 #IBZ	Wu, Tsz Fung	29	Sword Fish Club	35.00
4	23695 IAZ	Lee, Michael Le Jin	28	Current Club Ltd	40.00

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Psych Sheet

30-34... (Event 3 Men 50 LC Meter Backstroke)

1	06886 B	Li, Chin Long	33 Eastern Winter	32.22
2	01784 B	Tso, Hiu Fung	32 Diocesan School	33.00
3	05854 IAZ	Cho, Wai Ching	32 Flying Fish	34.36
4	06092 IAZ	Ng, Yan Ho	33 Hong Kong Police	35.00
5	10683 IBZ	Lee, Tsun Sang	31 Golden Dolphin	36.00
6	00385	Cheng, Pong Man Reuben	34 Flying Fish	36.00
7	43276 ICO	Gattegno, Julien	31 Fastlane Swimming	36.50
8	49924 @ICO	Lemaire, Thibaud Christophe	31 Flying Fish	37.00
9	02040	Yei, Tak Sau	34 Flying Fish	38.23
10	10686	Chan, Ching	32 Golden Dolphin	40.00

35-39

1	00444	Lam, Yau Sun Dickson	38 Diocesan School	30.00
2	00093	Tam, Tak Ching	36 Dik Wing	33.20
3	42367 IAO	Chow, Chun Yin	37 Diocesan School	35.00
4	44302 ICO	Boas, Michael Joel	38 Fastlane Swimming	38.25
5	02938 IBZ	Wong, Lit Ken	37 Dik Wing	NT

40-44

1	49497 @ICO	Macceod, Andrew Ian	44 LRC	35.51
2	35790 ICO	Launay, Thomas	44 LRC	38.06
3	40107 IAZ	Chan, Falcon	44 Lai Tsun	40.00
4	01948 ICZ	Tang, Ho Yuen	41 Diocesan School	41.00
5	40841 IAX	Tsang, Kwok Tung	44 Diocesan School	41.00
6	03796 ICZ	Chan, Pui Kei	42 New Water Polo	41.00
7	49027 IAZ	Ng, Fung Kei	43 Sword Fish Club	43.00
8	03793 ICZ	Po, Tik San	41 New Water Polo	45.00
9	50090 @IAO	Motoyama, Taichiro	43 Pacific	45.26
10	18880 IAZ	Chan, Ho Wai Howard	42 Sun Yip	50.00
11	23119 IAZ	Chan, Ying Tsung Bosco	42 Sword Fish Club	1:05.00

45-49

1	27471 ICO	Nortje, Craig Andrew	45 Hong Kong Footba	36.00
2	50881 @^IM	Liang, Huajiu	48 New Water Polo	36.00
3	39987 @^P	Chu, Tong Man	47 Sword Fish Club	39.00
4	11569	Wong, Lok Shun	46 Flying Fish	42.00
5	24603 IAZ	Hung, Ka Ming	48 YMCA OF Hong Kong	45.00
6	26077 IAZ	Tsui, Chun Wai	46 Hong Kong Police	50.02
7	47461 IAZ	Tse, Ka Fai	49 New Water Polo	1:00.00

50-54

1	06711	Leung, Tsz Kin	51 New Water Polo	37.01
2	27451 IAZ	Yip, Kin Man Stephen	53 Kwun Tong	38.00
3	30710 IAZ	Lai, Kin Sun	53 Flying Fish	38.36
4	06310	Chan, Fung Sun	50 Kwun Tong	39.00
5	48285 IAZ	Wan, Hong Yin Edmund	52 Hong Kong Footba	46.00
6	35849 IAX	Ku, Kin Hing	50 Hoi Fung	47.00
7		Chua, Anthony	54 Vas Team	X47.57
8	43969 @^IM	Liu, Wei	54 New Water Polo	55.00
9	35711 IAX	Wong, Fuk Kei	54 Sword Fish Club	55.00

55-59

1	43201 @^IM	Zhang, Wei Wen	56 Sword Fish Club	36.00
2	41548 IAZ	Ip, Ka Keung Patrick	55 Hong Kong Footba	40.00
3	43144	Xiao, Donghong	57 New Water Polo	42.00
4	05139	Lin, Fulong	56 Flying Fish	43.08
5	22433 IAZ	Lui, Man Pong	58 New Water Polo	45.00
6	39982 IAZ	Chow, Wing Chun	59 Sword Fish Club	46.00

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Psych Sheet

55-59... (Event 3 Men 50 LC Meter Backstroke)

7	40840 IAZ	Ng, Ka Yiu Karl	59	Diocesan School	49.00
8	21736 IAM	Lo, Lai Tou	55	Sword Fish Club	51.00
9	43970 @^IM	Liang, Zhiwen	57	New Water Polo	55.00

60-64

1	27460 IAZ	Chan, Ying Chiu Johnson	60	Lai Tsun	39.80
2	50482 @^IM	Chen, Heqiang	60	Sword Fish Club	40.00
3	51228 @^IM	Cui, Xiaobin	60	Sword Fish Club	42.00
4	21023 IAZ	Ho, Kwong Ngai Eric	60	Sword Fish Club	45.00
5	32108 IAX	Chan, Kiu	61	Sword Fish Club	50.00
6	25226 IAZ	Choi, Tai Wing	62	Sword Fish Club	55.00
7	07802	Chau, Kam Tim	63	Sea Green	59.00

65-69

1	03215 IAZ	Leung, Yiu Chuen	65	Sun Yip	40.92
2	49915 @IAX	Tai, Yu Chung	65	New Water Polo	45.00
3	14555 @IAX	Tang, Kon Leong	67	Sword Fish Club	45.00
4	43205	Zhou, Jin Jia	68	Sword Fish Club	46.00
5	06388	Lau, Man Kin	69	Sword Fish Club	48.00
6	43971 IAX	Lau, Kwok Ming	66	New Water Polo	50.00
7	06281	Fung, Kam Tai	68	Sword Fish Club	50.00
8	26318	Suen, Chi Wing	69	Sword Fish Club	51.00
9	06187	Kan, Kai Kwong	68	Sea Green	51.00
10	41739 IAZ	Ng, Chin Wing	68	Sea Green	51.00
11	43953 @^IM	Guan, Nanqun	67	New Water Polo	55.00

70-74

1	06398	Cho, Wai Sun	70	Fastlane Swimming	43.00
2	20634 IAZ	Wu, Shu Sun	73	New Water Polo	50.00
3	23123 IAZ	Poon, Wai	71	Sword Fish Club	54.00
4	06124	Szeto, Kwan Yin	70	New Water Polo	55.00
5	06192	Chu, Shui Yi	72	Sea Green	58.00
6	11563	Lee, Kwok Hung	70	Sword Fish Club	1:20.00

75-79

1	44756 IAZ	Lo, Che Hung	75	Lai Tsun	50.00
2	04505	Chan, Kwok Hung	76	Hong Kong Police	52.40
3	03845	Tin, Sheung Kwai	76	New Water Polo	58.00
4	06274	Wong, Yau Chuen	77	Sword Fish Club	1:00.00
5	44793 IAZ	Iu, Pui To	76	Diocesan School	1:15.00

80-84

1	38301 IAX	Cheung, Hao Yen	80	Lai Tsun	1:11.00
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85-89

1	05407	Lee, She Kwok	85	Sword Fish Club	59.00
2	17832 IAX	Chan, Sau	86	Sword Fish Club	1:08.00
3	15490	Law, Kwai Fong	87	Sword Fish Club	1:09.00
4	16471	Wong, Yuen Ying	87	Kornhill	1:29.27

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Psych Sheet

Event 4 Women 50 LC Meter Backstroke

18-24 MSR:	31.58
25-29 MSR:	32.98
30-34 MSR:	32.81
35-39 MSR:	34.04
40-44 MSR:	34.40
45-49 MSR:	34.79
50-54 MSR:	35.58
55-59 MSR:	43.15
60-64 MSR:	46.26
65-69 MSR:	42.89

ID#	Name	Age	Team	Seed Time
18-24... (Event 4 Women 50 LC Meter Backstroke)				
1	20969 IAZ	Lui, Wing Lam	21 Kwun Tong	39.00
2	27376 IAZ	Lee, Wai Ki	23 Kwan Hung	40.00
3	22604 #IAZ	Ng, Yuen Ying	24 Kwan Hung	40.00
4	26980 IAZ	Wong, Suet Wing	24 Dik Wing	40.96
5	49846 IAZ	Li, Hong Yu Kanas	20 Pacific	41.38
6	50384 IAZ	Hao, Chaohui Suzukitomoe	18 Current Club Ltd	53.00
7	24111 IAZ	Hung, Cassandra Josephine	19 Dali Swimming Club	NT
8	28242 IAZ	Hang, Kwan Tung Ruby	21 Dik Wing	NT
25-29				
1	09959 #IAZ	Mok, Hoi Man Sheron	28 New Water Polo	35.00
2	05769 B	Kot, Chung Ling	29 Hong Kong Police	36.76
3	38653 IAZ	Sin, Wai Ting	29 Golden Dolphin	1:00.00
30-34				
1	01262	Mau, Lok Yan Eunice	30 Current Club Ltd	34.15
2	50922 @ICO	Hughes, Christine Virginia	32 LRC	35.00
3	04674 IAZ	Lee, Hou Yin Dorothy	30 New Water Polo	36.00
4	50163 IAZ	Yim, Man Ting	34 Flying Fish	49.00
35-39				
1	02131	Tsang, Ting Yan Tania	37 LRC	35.98
2	26745 ICX	Chen, Yangyang	38 LRC	40.13
3	14023	Wu, Pui Yan Natalie	38 Hong Kong Police	41.00
4	47561 IAZ	Leung, Tin Ho	39 Flying Fish	49.00
5	13384 ICZ	Lee, May Sze Mei	36 New Water Polo	1:10.00
6	50839 @^IM	Zhuo, Enqi	39 Tuen Mun	NT
40-44				
1	49442 IAZ	Chan, Yuk Man Phoebe	44 Sword Fish Club	40.00
2	06304 ICZ	Cheung, Man Yiu	44 Sea Green	45.00
3	44676 IAZ	Lam, Sze Wai Jacqueline	43 Jockey Club	45.48
4	08977	Ho, Yee Yun Rosalind	44 Current Club Ltd	45.69
5	02727 ICZ	Lui, Wing Yee	40 Hoi Tin	50.00
6	34701 IAZ	Au, Hoi Ying	40 Flying Fish	58.00
45-49				
1	07784 #IAZ	Tang, Mei Yin	46 Hong Kong Police	40.00
2	45139 IAZ	Tai, Kwan Yee	46 Hoi Fung	46.00
3	45917 @^IM	Huang, Caifang	49 Sword Fish Club	1:01.00
4	46181 IAZ	Ng, Yan Yan Bandy	47 Tung Sing	1:03.84
50-54				
1	09870 @ICO	Chong, Yin Szu Adeline	53 Fastlane Swimming	48.00
2	36431 @^P	Buchta, Katrin	53 Sword Fish Club	49.00
3	38302 IAZ	Cheung, Man Ling Melody	51 Lai Tsun	55.00

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Psych Sheet

50-54... (Event 4 Women 50 LC Meter Backstroke)

4	47040 @IAX	Zou, Shengling	52 Tung Sing	57.34
5	06349	Ip, Oi Wa Wendy	51 Sword Fish Club	1:00.00
6	35772 IAX	Ban, Xianhai	51 New Water Polo	1:10.00
7	43947 @^IM	Xing, Xiaojuan	54 New Water Polo	1:15.00
55-59				
1	29752 IAZ	Chow, Yee Heung Liza	59 Lai Tsun	45.00
2	26254 IAX	Ng, Kong Ching	58 New Water Polo	50.00
3	50492 @^IM	Guo, Liyan	58 Sword Fish Club	50.00
4	50509 @^IM	Guan, Xiuqin	56 Sword Fish Club	54.00
5	06337	Tse, Yee Wah	57 YMCA OF Hong Kong	55.00
6	12233	Hung, Isabel	57 Sword Fish Club	57.00
7	40575 IAO	Chan, San Ngah	55 Fastlane Swimming	57.57
8	16303	Rana, Naomi	57 LRC	57.71
9	44303 IAZ	Lam, Man Lai	57 Sword Fish Club	1:10.00
10	29831 IAZ	Lowe, Yeuk Ling Dilys	59 Sword Fish Club	1:12.00
60-64				
1	49914 @IAXB	Ng, Yee Man	64 New Water Polo	38.00
2	05190	Ho, Wan Sai Rita	61 Flying Fish	49.09
3	22428 IAZ	Lau, Yuk Lin Rocky	61 Sea Green	50.00
4	44442 IAZ	Lai, Fang Ha Shirley	63 Jockey Club	52.00
5	41423 IAZ	Chiu, Pauline	61 Tung Sing	53.00
6	30804 IAON	Yue, Roberta May-wan	60 LRC	55.00
7	20640 IAZ	Wong, Fung Yee	63 Sword Fish Club	58.00
8	43974 @^IM	Chang, Jianhua	64 New Water Polo	59.00
9	34668 IAZ	Tang, Pik Ha	63 New Water Polo	1:10.00
65-69				
1	03503	Castka, Gillian Hancer	67 Sword Fish Club	1:00.00
2	49428 IAX	Leong, Sao Fan	66 New Water Polo	1:10.00
3	06355	Lo, Lai Yung	68 New Water Polo	1:10.00
4	02711	Fok, Wai Fung	65 Wong Tai Sin	1:10.00
5	43955 @^IM	Cui, Guoning	66 New Water Polo	1:15.00
6	43980	Zhang, Jun	65 New Water Polo	1:20.00
70-74				
1	22852 ICX	Bai, Xiufen	72 Sword Fish Club	45.00
2	39357 @^P	Mak, Sok Iun	73 Sword Fish Club	1:11.00
3	07440	Yip, Lai Kuen	72 Lai Tsun	1:14.00
4	06212	Lo, Yeuk Shuen	74 Wong Tai Sin	1:30.00
75-79				
1	39991 IAS	Sam, Choi Lin	75 Sword Fish Club	1:02.00
2	17480 IAZ	Chow, Pui Han Angela	77 Lai Tsun	1:14.00
3	32571 IAZ	Chan, Pui Yee	79 Sword Fish Club	1:20.00
80-84				
1	06374	Wong, Jim	82 Sword Fish Club	1:10.00
2	06372 IAZ	Leung, Mabel Yuen Ying	81 Sword Fish Club	1:22.00
3	13262	Kwong, Shuet Hing	83 Wong Tai Sin	1:43.08
85-89				
1	06144	Mak, Suet Man	86 Sea Green	1:11.00

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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:	56.13
40-44 MSR:	56.60
45-49 MSR:	59.62
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	29508 IAZ	Tsang, Pak Ho	20	Tolo Harbour	59.00
2	17615 IAZ	Kong, Man Pok	23	Tolo Harbour	59.10
3	25611 B	Chu, Kin Shing	19	Creative Youth	1:00.99
4	40140 IAZ	Li, Wing Yin	19	Creative Youth	1:00.99
5	40782 IAZ	Chan, Ho Long	18	Current Club Ltd	1:04.23
6	30694 IAZ	Cheung, Chi Kit Nicholas	18	Wong Tai Sin	1:05.00
7	27703 #IAZ	Chan, Ming Chi	23	Hong Kong Police	1:06.00
8	37171 #IAZ	Wong, Wai Cheung	18	Current Club Ltd	1:07.07
9	38234 IAZ	Kwok, King Him	18	Current Club Ltd	1:10.61
10	38369 P	Seo, Ayden Lee Taejun	18	Current Club Ltd	1:12.12
11	25258 IAZ	Chik, Shun Hei	22	Current Club Ltd	1:40.00
12	15351 IAZ	Chang, Jaw Ting	22	Pacific	1:40.00
13	29520 IAZ	Chui, Yu Hin	23	Pacific	1:40.00
14	23031 IAZ	Lam, Man Hin Andrew	22	Pacific	1:40.00
25-29					
1	09964 IAZ	Lau, Chak Lam Nicholas	28	Diocesan School	58.00
2	23365 IAZ	Chan, Wai Kwan	25	Tolo Harbour	59.00
3	28300 IAZ	Luk, Ho Man	27	Tolo Harbour	59.10
4	23695 IAZ	Lee, Michael Le Jin	28	Current Club Ltd	1:05.04
5	04683	Au, Ching Hong	29	Hong Kong Police	1:10.00
6	05695 #IBZ	Wu, Tsz Fung	29	Sword Fish Club	1:10.00
30-34					
1	02021 IBZ	Chow, Man Ho	33	Kwan Hung	1:00.00
2	14158 #IAZ	Li, Hok Yee Terence	30	New Water Polo	1:00.00
3	12001 IB	Li, Chung Yin	30	Hong Kong Police	1:02.95
4	06886 B	Li, Chin Long	33	Eastern Winter	1:03.95
5	06092 IAZ	Ng, Yan Ho	33	Hong Kong Police	1:05.00
6	09319 IBZ	Chan, Chun Wing	31	New Water Polo	1:05.00
7	50444 @ICO	Watanabe, Yuhei	30	Fastlane Swimming	1:05.50
8	43276 ICO	Gattegno, Julien	31	Fastlane Swimming	1:06.50
9	10683 IBZ	Lee, Tsun Sang	31	Golden Dolphin	1:08.00
10	10686	Chan, Ching	32	Golden Dolphin	1:10.00
11	48637 IAZ	Leung, Shu Wing	30	New Water Polo	1:25.00
12	51281 IAZ	Hui, Ka Yin	30	Lai Tsun	1:30.00
13	03978	Lau, Chun Sing	31	Marlins	1:40.00
14	49951 IAZ	Fung, Chi Wing Ryan	31	Pacific	1:40.00
35-39					
1	51101 @ICO	Smit, Marcel Pieter Arnold	36	Fastlane Swimming	56.00
2	47580 @IAO	Poon, Derrick Gene-ming	35	Fastlane Swimming	58.57
3	22420 IAZ	Chan, Chi Ming	37	Kwun Tong	1:00.00

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Psych Sheet

35-39... (Event 5 Men 100 LC Meter Freestyle)

4	27874 IAZ	Chan, Cheuk Man	35 New Water Polo	1:00.00
5	28529 IAO	Wright, Henry Thomas	36 Barracuda	1:02.00
6	00444	Lam, Yau Sun Dickson	38 Diocesan School	1:03.00
7	44302 ICO	Boas, Michael Joel	38 Fastlane Swimming	1:04.74
8	03017 ICZ	Chan, Yau Chuen	37 Hong Kong Police	1:05.00
9	51246 @^IM	Zhang, Wei	35 New Water Polo	1:05.00
10	03713 IBZ	Tang, Chee Kit	37 Diocesan School	1:08.00
11	38441 ICO	Davis, Shane Joseph	37 Hong Kong Footba	1:08.00
12	41147 IAZ	Mok, Lai Yeung Jason	39 Diocesan School	1:10.00
13	32424 IAZ	Law, Tin Yiu	38 Hong Kong Police	1:12.00
14	48667 @IRO	Wong, Dominic Clayton Joe	35 Fastlane Swimming	1:13.00
15	50508 @^IM	Zhong, Zhiming	38 Sword Fish Club	1:14.00
16	48051 @IAO	Lacotte, Hugues	35 Fastlane Swimming	1:15.00
17	09143 #ICZ	Chow, Wang Kei	39 New Water Polo	1:22.00
18	02938 IBZ	Wong, Lit Ken	37 Dik Wing	1:40.00
19	03717 IBZ	Yeung, Ka Ho	36 Dik Wing	1:40.00

40-44

1	03409	Ho, Kin Kan Adrian	40 Barracuda	1:01.12
2	49497 @ICO	Macceod, Andrew Ian	44 LRC	1:04.52
3	09165	Cheung, Siu Fung	40 Lai Tsun	1:08.00
4	50180 @IAO	Ong, Chi Tuan	41 LRC	1:08.21
5	03796 ICZ	Chan, Pui Kei	42 New Water Polo	1:10.00
6	42222 IAZ	Yick, Tsip Lam	40 Sword Fish Club	1:11.00
7	40107 IAZ	Chan, Falcon	44 Lai Tsun	1:12.00
8	18880 IAZ	Chan, Ho Wai Howard	42 Sun Yip	1:20.00
9	01948 ICZ	Tang, Ho Yuen	41 Diocesan School	1:21.00
10	43952	Hao, Wanyun	44 New Water Polo	1:28.00
11	38035 IAZ	Mok, Kin Fan	43 Tolo Harbour	1:45.00

45-49

1	27471 ICO	Nortje, Craig Andrew	45 Hong Kong Footba	58.00
2	04238	Woo, Chun Kuen Douglas	45 LRC	58.63
3	06227	Wong, Kam Tat	49 Sea Green	1:00.00
4	37671 @ICO	Stamenovic, Ivan	47 LRC	1:00.16
5	28849 IAZ	Chan, Chun Kuen	48 Sword Fish Club	1:07.00
6	46505 IAZ	Chang, Lambert Jen Hsiung	48 Fastlane Swimming	1:08.00
7	51233 @^IM	Ou, Enjian	49 Sword Fish Club	1:08.00
8	16451	Cheng, Ngai Bun	45 Kwun Tong	1:10.00
9	02366	Li, Ka Wing	49 Kwun Tong	1:10.00
10	11569	Wong, Lok Shun	46 Flying Fish	1:13.46
11	49489 IAZN	Grabner, Heinrich	49 Hong Kong Footba	1:15.00
12	42737 IAZ	So, Ma Loi	47 Sword Fish Club	1:15.00
13	51192 IAZ	Lo, Yui Man	46 Flying Fish	1:16.00
14	39987 @^P	Chu, Tong Man	47 Sword Fish Club	1:17.00
15	51100 IAO	Loo, Kevin Lester	45 Fastlane Swimming	1:20.00
16	44312 @^IM	Ma, Hui	48 New Water Polo	1:20.00
17	51247 @^IM	Ding, Kai	47 New Water Polo	1:24.00
18	43949 @^IM	Yang, Zhipeng	47 New Water Polo	1:25.00
19	40835 IAZ	Leung, Wing Hong Alvin	49 Diocesan School	1:30.00
20	40925 IAZ	Chan, Kam Hang	45 Golden Dolphin	1:30.00
21	41887 IAZ	Woo, Cheuk Yiu Jeffrey	48 YMCA OF Hong Kong	1:50.00
22	46165 @ICO	Waters, Andrew Allan	49 AVO	1:55.00
23	47461 IAZ	Tse, Ka Fai	49 New Water Polo	1:55.00

50-54

1	09558 IAO	Li, Kai Yien Authur	51 Hong Kong Footba	1:01.00
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Psych Sheet

50-54... (Event 5 Men 100 LC Meter Freestyle)

2	10264 #	Faiola, Jeff Alan	52 Island Stingrays	1:01.27
3	33179 IAZ	Chu, Lui	51 Hong Kong Footba	1:03.00
4	48285 IAZ	Wan, Hong Yin Edmund	52 Hong Kong Footba	1:08.00
5	27451 IAZ	Yip, Kin Man Stephen	53 Kwun Tong	1:12.00
6	06310	Chan, Fung Sun	50 Kwun Tong	1:13.00
7	27868 IAZ	Chan, Chi Wah Ringo	51 Sword Fish Club	1:15.00
8	24606 IAZ	Tsang, Hin Lap	52 Flying Fish	1:16.00
9	07427	Wong, Ho Ming Edwin	54 Barracuda	1:19.85
10	51230 @^IM	Zhou, Qingping	54 Sword Fish Club	1:20.00
11	42085 IAZ	Lee, Hon Lun Philip	51 Sword Fish Club	1:30.00
12	17701 IAZ	Lee, Chor Fu	54 Wong Tai Sin	1:31.00
13	43969 @^IM	Liu, Wei	54 New Water Polo	1:40.00
14	35711 IAZ	Wong, Fuk Kei	54 Sword Fish Club	1:40.00

55-59

1	32253 #IAZ	Watt, Kam Sing Michael	56 Fastlane Swimming	1:09.00
2	26594 IAZ	Ching, Wai Kin	59 Sword Fish Club	1:19.98
3	27470 IAZ	Chan, Tin Hung	55 Hong Kong Police	1:20.00
4	39982 IAZ	Chow, Wing Chun	59 Sword Fish Club	1:23.00
5	22433 IAZ	Lui, Man Pong	58 New Water Polo	1:35.00
6	40840 IAZ	Ng, Ka Yiu Karl	59 Diocesan School	1:36.00
7	24602 IAZ	Li, Ka Wing Peter	58 Sea Green	1:38.00
8	50903 @ICO	Baldovino, Lorenzo	56 Pacific	1:55.00
9	44678 IAZ	Hung, Tin Wai Robert	57 Pacific	1:55.00

60-64

1	43529 IAZ	Ng, Wai Fung	60 Sword Fish Club	1:06.00
2	05191	Koo, Yu Fat Marcus	61 Flying Fish	1:08.00
3	50482 @^IM	Chen, Heqiang	60 Sword Fish Club	1:10.00
4	06256	Chan, Kwong Peter	62 Sea Green	1:10.00
5	15528	Tsui, Tak Shing Dominic	61 Fastlane Swimming	1:12.00
6	41007 IAZ	So, Man Sing	62 Sea Green	1:12.00
7	16470	Sha, Yu Kwan	60 Kornhill	1:16.09
8	50485 @^IM	Chen, Shuquan	60 Sword Fish Club	1:20.00
9	06336	Tse, Siu Kin	61 Sword Fish Club	1:20.00
10	51228 @^IM	Cui, Xiaobin	60 Sword Fish Club	1:22.00
11	21023 IAZ	Ho, Kwong Ngai Eric	60 Sword Fish Club	1:25.00
12	37048 IAZ	Cheung, Wai Chuen Jimmy	60 Sword Fish Club	1:26.00
13	13979	Lee, Sing Tim	62 Lai Tsun	1:30.00
14	32108 IAZ	Chan, Kiu	61 Sword Fish Club	1:30.00
15	40861 IAZ	Cheung, Chi Ming Rover	60 Sword Fish Club	1:30.00
16	50511 @^IM	Ye, Huanliang	60 Sword Fish Club	1:38.00
17	43959 IAZ	Li, Yuan	60 New Water Polo	1:40.00
18	44359 IAZ	Lee, Chi Wai	64 Kornhill	2:10.00

65-69

1	05071	Choi, Tony	65 LRC	1:22.40
2	45199 IAZ	Fok, Siu Por	65 Juan Hua Club	1:24.04
3	06281	Fung, Kam Tai	68 Sword Fish Club	1:32.00
4	41739 IAZ	Ng, Chin Wing	68 Sea Green	1:39.00
5	43971 IAZ	Lau, Kwok Ming	66 New Water Polo	1:40.00
6	43953 @^IM	Guan, Nanqun	67 New Water Polo	1:45.00
7	26318	Suen, Chi Wing	69 Sword Fish Club	1:45.00

70-74

1	51227 @^IM	Liang, Shuntian	74 Sword Fish Club	1:10.00
2	06268	Tse, Kwok Piu	72 Sword Fish Club	1:18.00
3	43979	Qi, Songhe	74 New Water Polo	1:30.00

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70-74... (Event 5 Men 100 LC Meter Freestyle)

4	50503 @^IM	Feng, Bingkun	72	Sword Fish Club	1:35.00
5	33115 IAX	Ng, Kan Sing	70	Sword Fish Club	1:40.00
6	23123 IAZ	Poon, Wai	71	Sword Fish Club	1:49.00
7	06389	Chan, Hong Wah	70	New Water Polo	1:50.00
8	41729 IAZ	Ko, Leung Hung Alex	71	Diocesan School	1:51.00
9	11563	Lee, Kwok Hung	70	Sword Fish Club	2:10.00

75-79

1	44756 IAZ	Lo, Che Hung	75	Lai Tsun	1:40.00
2	04505	Chan, Kwok Hung	76	Hong Kong Police	1:50.00
3	06274	Wong, Yau Chuen	77	Sword Fish Club	1:58.00
4	10274	Lau, Chun Nung	77	Lai Tsun	2:00.00
5	09171	Chan, Ying Chi	77	Sword Fish Club	2:10.00

80-84

1	38301 IAX	Cheung, Hao Yen	80	Lai Tsun	2:10.00
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85-89

1	17832 IAX	Chan, Sau	86	Sword Fish Club	2:10.00
2	15490	Law, Kwai Fong	87	Sword Fish Club	2:10.00
3	05407	Lee, She Kwok	85	Sword Fish Club	2:10.00

Event 6 Women 100 LC Meter Freestyle

18-24 MSR:	1:02.73
25-29 MSR:	1:01.02
30-34 MSR:	1:02.12
35-39 MSR:	1:01.54
40-44 MSR:	1:01.45
45-49 MSR:	1:07.17
50-54 MSR:	1:06.58
55-59 MSR:	1:14.96
60-64 MSR:	1:22.04
65-69 MSR:	1:28.57

ID#	Name	Age	Team	Seed Time	
18-24					
1	21953 B	Chan, Tsz Ching	23	Fastlane Swimming	1:02.00
2	23105 IAZ	Ho, Cheuk Wai	22	Dik Wing	1:05.29
3	18028 B	Leung, Ho Ching	24	Fastlane Swimming	1:06.50
4	26980 IAZ	Wong, Suet Wing	24	Dik Wing	1:08.73
5	24555 IAO	Ho, Nicola Gabrielle	24	Fastlane Swimming	1:12.00
6	20969 IAZ	Lui, Wing Lam	21	Kwun Tong	1:15.00
7	50379 @^ICO	Kuai, Wen	24	Kwun Tong	1:16.00
8	27376 IAZ	Lee, Wai Ki	23	Kwan Hung	1:20.00
9	18489 B	Ng, Sin Yu	22	Kwan Hung	1:20.00
10	22604 #IAZ	Ng, Yuen Ying	24	Kwan Hung	1:20.00
11	50384 IAZ	Hao, Chaohui Suzukitomo	18	Current Club Ltd	1:40.00
12	31444 #IAX	Tang, Hiu Tung	22	Pacific	1:40.00
13	31549 IAZ	Wong, Choi Wan Phoebe	21	Pacific	1:40.00
14	24111 IAZ	Hung, Cassandra Josephine	19	Dali Swimming Club	1:50.00
15	22061 IAZ	Hung, Devina Catherine	20	Dali Swimming Club	1:50.00
16	37318 IAO	Chio, Yi Lan	20	Dik Wing	1:50.00
17	28242 IAZ	Hang, Kwan Tung Ruby	21	Dik Wing	1:50.00
18	49846 IAZ	Li, Hong Yu Kanas	20	Pacific	1:50.00
19	49847 IAZ	Li, Ka Yu Karen	21	Pacific	1:50.00
25-29					
1	11864 B	Chow, Tsz Hei	26	Crest Ray	1:04.00
2	46331 @ICO	Brueck, Hannah Madeleine	27	Fastlane Swimming	1:08.00

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Psych Sheet

25-29... (Event 6 Women 100 LC Meter Freestyle)

3	15442 IBZ	Cheong, Ka Ching	29	Fastlane Swimming	1:15.00
4	20401 IAZ	Leung, Wan Ki	25	Kwan Hung	1:30.00
5	38653 IAZ	Sin, Wai Ting	29	Golden Dolphin	1:48.00
6	09959 #IAZ	Mok, Hoi Man Sheron	28	New Water Polo	1:50.00

30-34

1	01655 IB	Zhang, Xiao Tong Isabella	34	Fastlane Swimming	1:02.65
2	01262	Mau, Lok Yan Eunice	30	Current Club Ltd	1:04.17
3	50922 @ICO	Hughes, Christine Virginia	32	LRC	1:08.00
4	04674 IAZ	Lee, Hou Yin Dorothy	30	New Water Polo	1:15.00
5	47086 @ICX	Miao, Amy	34	Barracuda	1:18.00
6	01271 IAZ	Lo, Yan Yin	31	Current Club Ltd	1:20.00
7	51249 @^IM	Liu, Juan	34	New Water Polo	1:30.00

35-39

1	00288 IBZ	Yip, Wing Yan	35	Dik Wing	1:03.14
2	02685 ICZ	Master, Farah Jimmy	38	Hong Kong Footba	1:05.00
3	26745 ICX	Chen, Yangyang	38	LRC	1:15.00
4	07651 IBZ	Yu, Sze Wai Joyce	35	Hong Kong Police	1:17.64
5	50839 @^IM	Zhuo, Enqi	39	Tuen Mun	1:27.00
6	14023	Wu, Pui Yan Natalie	38	Hong Kong Police	1:29.23
7	43390 ICO	Wong, Sook Leng	35	Hoi Fung	1:35.00
8	47561 IAZ	Leung, Tin Ho	39	Flying Fish	1:40.00

40-44

1	38440 ICO	Eichelberger, Melissa Ann	40	Fastlane Swimming	1:08.00
2	47299 IAZ	Kwok, Sum Lan	40	Hoi Fung	1:20.00
3	43972 @^IM	Liu, Bei	42	New Water Polo	1:25.00
4	50497 @^IM	Ye, Fengwei	43	Sword Fish Club	1:25.00
5	08977	Ho, Yee Yun Rosalind	44	Current Club Ltd	1:40.00
6	34701 IAZ	Au, Hoi Ying	40	Flying Fish	1:45.00
7	50515 IAZ	Cheung, Hiu Yan	41	Sword Fish Club	1:50.00
8	30072 ICW	Chao, Man Chi	44	New Water Polo	2:00.00

45-49

1	46247 @IAO	Krkalo, Shauna Kathleen	45	LRC	1:02.37
2	33036 ICO	Coleman, Claire Michelle	45	Fastlane Swimming	1:10.00
3	07784 #IAZ	Tang, Mei Yin	46	Hong Kong Police	1:14.00
4	43157 @ICO	Lee, Chew Ling	46	LRC	1:28.80
5	45917 @^IM	Huang, Caifang	49	Sword Fish Club	1:58.00

50-54

1	33517 IAO	Yamaguchi, Mika	51	Fastlane Swimming	1:06.19
2	50110 IAZ	Chow, Yin Wei Nora	51	New Water Polo	1:28.00
3	36431 @^P	Buchta, Katrin	53	Sword Fish Club	1:30.00
4	35969 IAX	Wang, Ying Lian	51	Tung Sing	1:30.00
5	38295 IAZ	Liu, Wai Fun	53	Barracuda	1:31.38
6	48393 IAZ	Leung, Lin Pik Stella	52	Hoi Fung	1:40.00
7	47040 @IAX	Zou, Shengling	52	Tung Sing	1:43.57
8	43957 @^IM	Lu, Mei	51	New Water Polo	1:50.00
9	40912 IAZ	Ng, Yee Ling	52	Tolo Harbour	1:50.00
10	43961 @^IM	Li, Bingshi	51	New Water Polo	1:56.00
11	43063 @IAO	Wong, Rose	53	LRC	2:05.00
12	51135 IAX	Tau, Ling Ling	54	Pacific	2:05.00
13	44304 IAX	Choi, Shan Shan	51	Sword Fish Club	2:05.00

55-59

1	12894	Lee, Wai Yee Stella	57	Hoi Fung	1:30.00
2	50509 @^IM	Guan, Xiuqin	56	Sword Fish Club	1:40.00
3	36045 IAZN	Hsu, Ava	56	LRC	1:44.29

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Psych Sheet

55-59... (Event 6 Women 100 LC Meter Freestyle)

4	40575 IAO	Chan, San Ngah	55	Fastlane Swimming	1:48.00
5	44303 IAZ	Lam, Man Lai	57	Sword Fish Club	1:48.00
6	43962 @^IM	Pan, Lijian	58	New Water Polo	1:56.00
7	12233	Hung, Isabel	57	Sword Fish Club	1:57.00
8	50893 @^P	Niu, Zili	59	New Water Polo	2:00.00
9	41911 IAZN	Ng, Kit Man Joanna	58	New Water Polo	2:05.00
10	38289 IAZ	Ng, Wai Lin Angie	59	Sword Fish Club	2:05.00

60-64

1	43974 @^IM	Chang, Jianhua	64	New Water Polo	1:40.00
2	43595	Ao, Wai Lan	61	Sword Fish Club	1:45.00
3	31750 IAZ	Cheung, Lai Ying Anita	60	Lai Tsun	1:53.00
4	36225 IAX	Li, Wai Kam	61	Sea Green	1:53.00
5	20640 IAZ	Wong, Fung Yee	63	Sword Fish Club	1:55.00

65-69

1	03503	Castka, Gillian Hancer	67	Sword Fish Club	1:37.00
2	19290 IAX	Tseung, Nga Wah	66	Sword Fish Club	1:38.00
3	43980	Zhang, Jun	65	New Water Polo	1:55.00
4	43955 @^IM	Cui, Guoning	66	New Water Polo	2:00.00
5	06355	Lo, Lai Yung	68	New Water Polo	2:10.00
6	25237 IAZ	Yu, Chi Seung	65	New Water Polo	2:15.00

70-74

1	46236 IAZ	Fok, Miu Han	70	Juan Hua Club	2:06.85
2	50480 @^ICX	Lam, Lai Mui	72	Sword Fish Club	2:20.00
3	06147	Leung Wong, Yin Har Hayley	71	Sea Green	2:20.00
4	06212	Lo, Yeuk Shuen	74	Wong Tai Sin	2:20.00

75-79

1	39991 IAS	Sam, Choi Lin	75	Sword Fish Club	2:01.00
2	02365	Chow, So Kam	78	Kwun Tong	2:20.00
3	06357	Suen, Ming Chu	75	Sword Fish Club	2:20.00

80-84

1	06372 IAZ	Leung, Mabel Yuen Ying	81	Sword Fish Club	2:13.00
2	13262	Kwong, Shuet Hing	83	Wong Tai Sin	2:20.00

85-89

1	06144	Mak, Suet Man	86	Sea Green	2:15.00
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Event 7 Men 4x50 LC Meter Freestyle Relay

100-119 MSR:	1:36.96
120-159 MSR:	1:40.03
160-199 MSR:	1:41.91
200-239 MSR:	1:52.52
240-279 MSR:	2:02.09
280-319 MSR:	2:18.05
320-359 MSR:	3:09.80

	Team	Relay	Seed Time
100-119			
1	Hong Kong Police Swimming	M100 A	1:56.46
2	Sword Fish Club	M100 A	2:15.00
3	New Water Polo Club	M100 A	NT
4	Diocesan School Old Boys' Assn	M100 A	NT
120-159			
1	Kwan Hung Swimming Club	M120 A	1:45.00
2	Hong Kong Police Swimming	M120 A	1:57.03
3	Sword Fish Club	M120 A	2:15.00
4	Fastlane Swimming	M120 A	NT

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Psych Sheet

120-159... (Event 7 Men 4x50 LC Meter Freestyle Relay)

5	HK Flying Fish Athletic Assn	M120 A	NT
6	Kwun Tong Swimming Club	M120 A	NT
7	New Water Polo Club	M120 A	NT
8	Diocesan School Old Boys' Assn	M120 A	NT

160-199

1	Hong Kong Police Swimming	M160 A	2:10.00
2	Sun Yip Swimming Club	M160 A	2:10.00
3	Hoi Fung Swimming Club	M160 A	2:18.23
4	Sword Fish Club	M160 A	2:30.00
5	Fastlane Swimming	M160 A	NT
6	HK Flying Fish Athletic Assn	M160 A	NT
7	Kwun Tong Swimming Club	M160 A	NT
8	Ladies' Recreation Club	M160 A	NT
9	New Water Polo Club	M160 A	NT
10	Hong Kong Football Club	M160 A	NT
11	Diocesan School Old Boys' Assn	M160 A	NT

200-239

1	Hong Kong Police Swimming	M200 A	2:14.46
2	Hoi Fung Swimming Club	M200 A	2:25.23
3	Sword Fish Club	M200 A	2:45.00
4	Fastlane Swimming	M200 A	NT
5	HK Flying Fish Athletic Assn	M200 A	NT
6	Ladies' Recreation Club	M200 A	NT
7	Lai Tsun Swimming Society	M200 A	NT
8	New Water Polo Club	M200 A	NT
9	Hong Kong Football Club	M200 A	NT
10	Diocesan School Old Boys' Assn	M200 A	NT

240-279

1	Sword Fish Club	M240 A	3:00.00
2	Lai Tsun Swimming Society	M240 A	NT
3	New Water Polo Club	M240 A	NT
4	Sea Green Swimming & L.S. Club	M240 A	NT
5	Diocesan School Old Boys' Assn	M240 A	NT

280-319

1	Sword Fish Club	M280 A	3:30.00
2	Lai Tsun Swimming Society	M280 A	NT
3	New Water Polo Club	M280 A	NT
4	Diocesan School Old Boys' Assn	M280 A	NT

320-359

1	Sword Fish Club	M320 A	4:15.00
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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:	1:58.32
200-239 MSR:	2:12.67
240-279 MSR:	2:34.06
280-319 MSR:	2:42.61

	Team	Relay	Seed Time
100-119			
1	Sword Fish Club	W100 A	2:30.00
2	HK Flying Fish Athletic Assn	W100 A	NT
3	New Water Polo Club	W100 A	NT

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120-159... (Event 8 Women 4x50 LC Meter Freestyle Relay)

1	Hong Kong Police Swimming	W120	A	2:17.62
2	Sword Fish Club	W120	A	2:35.00
3	Fastlane Swimming	W120	A	NT
4	New Water Polo Club	W120	A	NT

160-199

1	Hoi Fung Swimming Club	W160	A	2:23.00
2	Hong Kong Police Swimming	W160	A	2:25.00
3	Sword Fish Club	W160	A	2:45.00
4	Fastlane Swimming	W160	A	NT
5	Ladies' Recreation Club	W160	A	NT
6	Lai Tsun Swimming Society	W160	A	NT
7	New Water Polo Club	W160	A	NT

200-239

1	Tung Sing Athletic Association	W200	A	2:49.86
2	Sword Fish Club	W200	A	3:15.00
3	Hoi Fung Swimming Club	W200	A	3:20.00
4	Fastlane Swimming	W200	A	NT
5	HK Flying Fish Athletic Assn	W200	A	NT
6	Ladies' Recreation Club	W200	A	NT
7	Lai Tsun Swimming Society	W200	A	NT
8	New Water Polo Club	W200	A	NT

240-279

1	Sword Fish Club	W240	A	3:30.00
2	New Water Polo Club	W240	A	NT

280-319

1	Sword Fish Club	W280	A	3:45.00
2	Lai Tsun Swimming Society	W280	A	NT

Event 9 Men 50 LC Meter Breaststroke

18-24 MSR:	30.47
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					
1	30694 IAZ	Cheung, Chi Kit Nicholas	18	Wong Tai Sin	31.00
2	29520 IAZ	Chui, Yu Hin	23	Pacific	33.98
3	15390 B	Lau, Yat Fung	24	Diocesan School	36.00
4	40140 IAZ	Li, Wing Yin	19	Creative Youth	36.00
5	15351 IAZ	Chang, Jaw Ting	22	Pacific	36.49
6	27703 #IAZ	Chan, Ming Chi	23	Hong Kong Police	36.50
7	22513 IAZ	Tang, Cheuk Yan	23	Kwun Tong	39.00
25-29					
1	05577 IBZ	Yuen, Marcus	29	LRC	31.87
2	50989 IAZ	Cheung, Kam Kwan Ronald	28	LRC	32.00
3	05642 IBZ	Lok, Ho Chun	29	Hong Kong Police	32.04
4	09964 IAZ	Lau, Chak Lam Nicholas	28	Diocesan School	35.00

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25-29... (Event 9 Men 50 LC Meter Breaststroke)

5	50507 @^IM	Zhou, Boyang	27	Sword Fish Club	35.00
6	23081 IAZ	Loo, Chun Hei	25	Dik Wing	NT
7	47043 IAZ	Lam, Pak Lun	29	Flying Fish	NT

30-34

1	02591	Luk, Wing Kin Andy	34	Kwan Hung	31.00
2	42728 P	Febo, Christopher Vincenzo	30	Sword Fish Club	32.00
3	10221 IBZ	Tam, Ka Ho Ricky	32	Hong Kong Police	33.82
4	01784 B	Tso, Hiu Fung	32	Diocesan School	34.00
5	14527 IBZ	Ho, Chun Ting Timothy	34	New Water Polo	34.00
6	14526 IBZ	Ho, Chun Sum Samuel	34	New Water Polo	34.50
7	09319 IBZ	Chan, Chun Wing	31	New Water Polo	34.99
8	14299 IBZ	Kam, Tsz Ho	32	Sword Fish Club	35.00
9	00385	Cheng, Pong Man Reuben	34	Flying Fish	35.02
10	02766 IBZ	Ma, Siu Chun Jason	32	Flying Fish	35.90
11	04877 IBZ	Ng, Yu Ting	32	Sword Fish Club	36.81
12	50444 @ICO	Watanabe, Yuhei	30	Fastlane Swimming	38.00
13	00529 B	Wong, Lok Sum	30	Kwun Tong	38.00
14	05854 IAZ	Cho, Wai Ching	32	Flying Fish	39.00
15	33387 IAO	Wu, Kenneth Yee Lok	32	Sword Fish Club	39.00
16	02040	Yei, Tak Sau	34	Flying Fish	39.68
17	03312 IAZ	Li, Yun Sing	33	Diocesan School	40.00
18	51281 IAZ	Hui, Ka Yin	30	Lai Tsun	45.00
19	01728	Cheung, Wai Lun William	32	Diocesan School	50.00

35-39

1	00091	Chan, Lok Yan	39	New Water Polo	34.00
2	00314 IBZ	Mok, Hon Hei	35	Hong Kong Police	34.04
3	42367 IAO	Chow, Chun Yin	37	Diocesan School	35.00
4	00099 IAZ	Wong, Cheuk Wai	35	New Water Polo	35.00
5	42459 IAZ	Sit, Tsing Yui Robert	37	Hoi Fung	37.00
6	27469 IAX	Lam, Kin Wang	38	Hong Kong Police	39.18
7	48856 @IAO	Gallearchie, Jeewantha Madu	39	Fastlane Swimming	40.00
8	32424 IAZ	Law, Tin Yiu	38	Hong Kong Police	40.00
9	09136 IAZ	Tsang, Chun Kin	35	New Water Polo	40.00
10	48391 IAZ	Ho, Kin Ching	39	Hoi Fung	45.00

40-44

1	35790 ICO	Launay, Thomas	44	LRC	33.35
2	01465 ICZ	Chiang, Filomeno	41	Hong Kong Police	35.31
3	40834 IAZ	Chang, Hsi Tse JosephJeremy	44	Diocesan School	36.00
4	39981 IAZ	Mui, Ho Chuen	43	Sword Fish Club	38.00
5	08964 IAZ	Yeung, Wai Kam William	40	Sun Yip	38.00
6	40558 IAZ	Law, Sai Wo	44	Tolo Harbour	39.00
7	42708 IAZ	Tang, Wing Chung Jonathan	41	Hoi Fung	39.23
8	24965 IAZ	Leung, Yuk Ki	43	Hong Kong Police	39.50
9	49658 IAZ	Wong, Ming Yeung Anthony	44	Lai Tsun	40.00
10	40107 IAZ	Chan, Falcon	44	Lai Tsun	42.00
11	43952	Hao, Wanyun	44	New Water Polo	42.00
12	43948 @^IM	Wang, Shengli	44	New Water Polo	42.00
13	49497 @ICO	Macceod, Andrew Ian	44	LRC	42.14
14	42222 IAZ	Yick, Tsip Lam	40	Sword Fish Club	43.00
15	47042 IAZ	Ho, Kin Man	42	Sword Fish Club	46.00
16	03793 ICZ	Po, Tik San	41	New Water Polo	50.00
17	50090 @IAO	Motoyama, Taichiro	43	Pacific	NT

45-49

1	05160	Chan, Ka Wo	46	Diocesan School	33.97
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45-49... (Event 9 Men 50 LC Meter Breaststroke)

2	32473 IAZ	Chan, Yiu Chung	46 Hong Kong Police	39.03
3	04238	Woo, Chun Kuen Douglas	45 LRC	39.78
4	38958 IAZ	Lai, Yiu Kuen	48 CYM	40.00
5	11569	Wong, Lok Shun	46 Flying Fish	40.00
6	16451	Cheng, Ngai Bun	45 Kwun Tong	40.00
7	42737 IAZ	So, Ma Loi	47 Sword Fish Club	40.00
8	44312 @^IM	Ma, Hui	48 New Water Polo	42.00
9	43949 @^IM	Yang, Zhipeng	47 New Water Polo	42.00
10	40835 IAZ	Leung, Wing Hong Alvin	49 Diocesan School	44.00
11	51100 IAO	Loo, Kevin Lester	45 Fastlane Swimming	45.00
12	41730 IAO	Hui, Peter	48 Diocesan School	50.00
13	51250 @^IM	Li, Tong	49 New Water Polo	59.00

50-54

1	03555	Fung, Kim Hung	52 YMCA OF Hong Kong	36.00
2	25592 IAZ	Cheung, Wai Kei	51 Flying Fish	38.37
3	26317 IAZN	Tung, Shang Wei Timothy	53 Kwun Tong	39.00
4	06711	Leung, Tsz Kin	51 New Water Polo	39.98
5	38451 IAZ	Chong, Ming Hing	51 CYM	40.00
6	21008 IAZ	Cheung, Chun Kwan Michael	50 Wong Tai Sin	40.00
7	26053 IAZ	Wong, Yee Keung	52 Flying Fish	41.53
8	49957 @IAO	Matsuzawa, Atsushi	52 Fastlane Swimming	42.00
9	42364 IAZ	Lau, Yip Kwong Francis	54 Diocesan School	44.00
10	35849 IAX	Ku, Kin Hing	50 Hoi Fung	44.00
11	06310	Chan, Fung Sun	50 Kwun Tong	44.00
12	27451 IAZ	Yip, Kin Man Stephen	53 Kwun Tong	45.00
13	43158 IAZ	Chan, Tin Lung	54 Lai Tsun	45.00
14	42085 IAZ	Lee, Hon Lun Philip	51 Sword Fish Club	45.00
15	21025 IAX	Yue, Ngai Ho	53 Sun Yip	50.00
16	43954 @^IM	Gao, Dongyun	53 New Water Polo	54.00

55-59

1	32253 #IAZ	Watt, Kam Sing Michael	56 Fastlane Swimming	35.00
2	18856 IAZ	Au, Mun Shing	58 Sword Fish Club	37.00
3	19345 IAZ	Kwok, Yam Yung	58 Hong Kong Police	38.50
4	43144	Xiao, Donghong	57 New Water Polo	40.00
5	40592 IAZ	Fo, Pui Keung	59 Hong Kong Police	41.52
6	51283 IAZ	Chan, Shu Hang	59 Hoi Fung	42.00
7	39982 IAZ	Chow, Wing Chun	59 Sword Fish Club	46.00
8	21736 IAM	Lo, Lai Tou	55 Sword Fish Club	48.00
9	40840 IAZ	Ng, Ka Yiu Karl	59 Diocesan School	49.00
10	24602 IAZ	Li, Ka Wing Peter	58 Sea Green	49.00
11	26261 IAZ	Tsun, Chung Wa Jode	59 Hong Kong Police	50.57
12	43970 @^IM	Liang, Zhiwen	57 New Water Polo	59.00
13	44678 IAZ	Hung, Tin Wai Robert	57 Pacific	NT

60-64

1	43529 IAX	Ng, Wai Fung	60 Sword Fish Club	39.00
2	45930 IAZ	Lo, Wing Kwong	62 Sun Yip	40.00
3	50511 @^IM	Ye, Huanliang	60 Sword Fish Club	42.00
4	50514 @^IM	Ye, Jinkun	61 Sword Fish Club	43.00
5	26176 IAX	Ho, Chung Man	60 Lai Tsun	44.00
6	37048 IAZ	Cheung, Wai Chuen Jimmy	60 Sword Fish Club	46.00
7	41007 IAZ	So, Man Sing	62 Sea Green	48.00
8	07802	Chau, Kam Tim	63 Sea Green	49.00
9	36725 IAZ	Yau, Wai	64 Sea Green	50.00
10	40861 IAZ	Cheung, Chi Ming Rover	60 Sword Fish Club	51.00

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60-64... (Event 9 Men 50 LC Meter Breaststroke)

11	25226 IAZ	Choi, Tai Wing	62	Sword Fish Club	55.00
12	41426 IAZ	Tang, Yu Hang Francis	62	Tung Sing	59.00
13	48289 IAZ	Cheung, Sai Hung Steven	63	Sword Fish Club	1:00.00

65-69

1	50662 @^P	Zong, Cheng	65	Sword Fish Club	40.00
2	03215 IAZ	Leung, Yiu Chuen	65	Sun Yip	41.69
3	17725 IAZ	Ng, Yu Hung	65	Sword Fish Club	42.00
4	14555 @IAX	Tang, Kon Leong	67	Sword Fish Club	42.00
5	43205	Zhou, Jin Jia	68	Sword Fish Club	42.00
6	06176	Wong, Kung Wan	67	Sea Green	42.00
7	49915 @IAX	Tai, Yu Chung	65	New Water Polo	45.00
8	19350 IAZ	Leung, Chi Wah	66	Hong Kong Police	46.47
9	06388	Lau, Man Kin	69	Sword Fish Club	52.00
10	19292 IAX	Leung, Fu Keung	69	Sea Green	52.00
11	43963 @^IM	Song, Xingzhi	66	New Water Polo	59.00

70-74

1	50503 @^IM	Feng, Bingkun	72	Sword Fish Club	48.00
2	05917	Yong, Khin Syn	74	Sword Fish Club	48.00
3	20634 IAZ	Wu, Shu Sun	73	New Water Polo	50.00
4	06192	Chu, Shui Yi	72	Sea Green	50.00
5	06243	Koo, Choi Fat	73	Wong Tai Sin	50.00
6	06389	Chan, Hong Wah	70	New Water Polo	55.00
7	06124	Szeto, Kwan Yin	70	New Water Polo	58.00
8	43966 @^IM	Zhang, Jie	70	New Water Polo	59.00

75-79

1	03845	Tin, Sheung Kwai	76	New Water Polo	39.99
2	10274	Lau, Chun Nung	77	Lai Tsun	1:05.00

80-84

1	06270	Lam, Luk Kan	82	Sword Fish Club	56.00
2	23959 IAZ	Chiu, Chin Hung	83	Kornhill	1:07.11

85-89

1	05407	Lee, She Kwok	85	Sword Fish Club	59.00
2	06246	Ling, Wang Yam	86	Wong Tai Sin	1:12.00

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:	34.72
50-54 MSR:	37.63
55-59 MSR:	38.73
60-64 MSR:	47.46
65-69 MSR:	50.56

	ID#	Name	Age	Team	Seed Time
18-24					
1	23105 IAZ	Ho, Cheuk Wai	22	Dik Wing	37.40
2	20061 B	Wong, Tsz Yin	24	Sword Fish Club	43.00
3	50379 @^ICO	Kuai, Wen	24	Kwun Tong	46.00
4	50384 IAZ	Hao, Chaohui Suzukitomo	18	Current Club Ltd	55.00
5	37318 IAO	Chio, Yi Lan	20	Dik Wing	NT
6	28242 IAZ	Hang, Kwan Tung Ruby	21	Dik Wing	NT
7	49847 IAZ	Li, Ka Yu Karen	21	Pacific	NT

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18-24... (Event 10 Women 50 LC Meter Breaststroke)

8	31549 IAZ	Wong, Choi Wan Phoebe	21 Pacific	NT
25-29				
1	08238 B	Li, Tsz Yu	29 New Water Polo	35.80
2	29564 IAZ	Ng, Wai Ying Megan	27 Flying Fish	40.00
3	46331 @ICO	Brueck, Hannah Madeleine	27 Fastlane Swimming	41.00
4	15442 IBZ	Cheong, Ka Ching	29 Fastlane Swimming	41.00
30-34				
1	02295 IBZ	Tao, Wai Kiu	30 Pacific	36.42
2	01262	Mau, Lok Yan Eunice	30 Current Club Ltd	36.64
3	03730 IBZ	Li, Jamie	31 Kwan Hung	40.00
4	06608 B	Shek, Yan Sin	30 New Water Polo	40.00
5	01441	Yeung, Hiu Ching Judy	32 New Water Polo	40.00
6	01271 IAZ	Lo, Yan Yin	31 Current Club Ltd	45.00
7	50513 @^IM	Wu, Qiaoling	33 Sword Fish Club	55.00
35-39				
1	00288 IBZ	Yip, Wing Yan	35 Dik Wing	40.59
2	49329 #@IAO	Ng, Carmen C M	39 Pacific	43.06
3	07651 IBZ	Yu, Sze Wai Joyce	35 Hong Kong Police	46.31
4	41684 IAZ	Leung, Wing Yin Winnie	39 Hoi Fung	47.00
5	42212	Lu, Wanjun	37 Sword Fish Club	50.00
6	13384 ICZ	Lee, May Sze Mei	36 New Water Polo	55.00
7	00777 IBZ	Tse, Yu Ting	37 New Water Polo	1:00.00
40-44				
1	43972 @^IM	Liu, Bei	42 New Water Polo	48.00
2	39979 IAZ	Lam, Ling Wai Jessica	44 Lai Tsun	50.00
3	42194	Hu, Minyu	40 Sword Fish Club	50.00
4	50515 IAZ	Cheung, Hiu Yan	41 Sword Fish Club	55.00
5	47299 IAZ	Kwok, Sum Lan	40 Hoi Fung	59.00
6	30072 ICW	Chao, Man Chi	44 New Water Polo	1:00.00
45-49				
1	46247 @IAO	Krkalo, Shauna Kathleen	45 LRC	34.72
2	51232 @^IM	Li, Yanya	47 Sword Fish Club	42.00
3	35765 IAZ	Wong, See Ming	45 Hong Kong Police	42.11
4	33036 ICO	Coleman, Claire Michelle	45 Fastlane Swimming	43.00
5	43157 @ICO	Lee, Chew Ling	46 LRC	45.00
6	51234 @^IM	Rao, Qingsong	48 Sword Fish Club	47.00
7	27128 IAZ	Lau, Yan Yan	49 Flying Fish	49.00
8	42192 @^IM	Chen, Yunlin	47 Sword Fish Club	50.00
9	43964 @^IM	Qiu, Qi	47 New Water Polo	52.00
10	46181 IAZ	Ng, Yan Yan Bandy	47 Tung Sing	52.17
11	06209	Lam, Yuet Tung	47 Hong Kong Police	55.85
50-54				
1	33517 IAO	Yamaguchi, Mika	51 Fastlane Swimming	40.98
2	50110 IAZ	Chow, Yin Wei Nora	51 New Water Polo	48.00
3	31395 IAZ	Chan, Pui Ling	53 Flying Fish	49.05
4	06349	Ip, Oi Wa Wendy	51 Sword Fish Club	50.00
5	40912 IAZ	Ng, Yee Ling	52 Tolo Harbour	53.00
6	49204 IAZ	Cheng, Wai Man	52 Sea Green	54.00
7	44304 IAX	Choi, Shan Shan	51 Sword Fish Club	55.00
8	43961 @^IM	Li, Bingshi	51 New Water Polo	57.00
9	43063 @IAO	Wong, Rose	53 LRC	58.33
10	48393 IAZ	Leung, Lin Pik Stella	52 Hoi Fung	59.00
11	43957 @^IM	Lu, Mei	51 New Water Polo	59.00
12	48201 IAZ	Poon, Nga Yi	50 Tolo Harbour	1:05.00

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50-54... (Event 10 Women 50 LC Meter Breaststroke)

13	40937 IAZ	Leung, Wai Fan Fanny	53 New Water Polo	1:20.00
55-59				
1	29752 IAZ	Chow, Yee Heung Liza	59 Lai Tsun	49.00
2	50492 @^IM	Guo, Liyan	58 Sword Fish Club	50.00
3	43102 ICO	Roberts, Tonya Leanne	55 LRC	50.44
4	16303	Rana, Naomi	57 LRC	51.21
5	40575 IAO	Chan, San Ngah	55 Fastlane Swimming	53.00
6	50509 @^IM	Guan, Xiuqin	56 Sword Fish Club	54.00
7	26254 IAX	Ng, Kong Ching	58 New Water Polo	55.00
8	43962 @^IM	Pan, Lijian	58 New Water Polo	57.00
9	38289 IAZ	Ng, Wai Lin Angie	59 Sword Fish Club	59.00
10	37012 IAZ	Lun, Yau Chun Nara	55 New Water Polo	1:05.00
11	38460 IAZ	Tang, Kit Fong Yvonne	59 New Water Polo	1:09.00
60-64				
1	05190	Ho, Wan Sai Rita	61 Flying Fish	49.00
2	44332 @^IM	Xiao, Yun	62 New Water Polo	50.00
3	22428 IAZ	Lau, Yuk Lin Rocky	61 Sea Green	51.00
4	41423 IAZ	Chiu, Pauline	61 Tung Sing	52.00
5	34668 IAZ	Tang, Pik Ha	63 New Water Polo	55.00
6	45065 @IAZ	Lo, Fung Po Jennifer	60 LRC	55.65
7	20640 IAZ	Wong, Fung Yee	63 Sword Fish Club	58.00
65-69				
1	19290 IAX	Tseung, Nga Wah	66 Sword Fish Club	58.00
2	02711	Fok, Wai Fung	65 Wong Tai Sin	1:01.00
3	49428 IAX	Leong, Sao Fan	66 New Water Polo	1:08.00
4	43980	Zhang, Jun	65 New Water Polo	1:15.00
70-74				
1	39357 @^P	Mak, Sok Iun	73 Sword Fish Club	1:05.00
2	50480 @^ICX	Lam, Lai Mui	72 Sword Fish Club	1:10.00
75-79				
1	17480 IAZ	Chow, Pui Han Angela	77 Lai Tsun	1:12.00
2	02365	Chow, So Kam	78 Kwun Tong	1:20.00
3	32571 IAZ	Chan, Pui Yee	79 Sword Fish Club	1:20.00
80-84				
1	06374	Wong, Jim	82 Sword Fish Club	1:05.00

Event 11 Mixed 4x50 LC Meter Medley Relay

100-119 MSR: 2:11.65

	Team	Relay	Seed Time
X100-119			
1	Hong Kong Police Swimming	100 A	2:11.99
2	Sword Fish Club	X100 A	2:45.00
3	HK Flying Fish Athletic Assn	X100 A	NT
4	New Water Polo Club	X100 A	NT
X120-159			
1	Hong Kong Police Swimming	120 A	2:27.75
2	Hoi Fung Swimming Club	X120 A	2:56.25
3	Sword Fish Club	X120 A	3:00.00
4	Fastlane Swimming	X120 A	NT
5	HK Flying Fish Athletic Assn	X120 A	NT
6	New Water Polo Club	X120 A	NT
7	Crest Ray Recreation and Spo	120 A	NT
8	Hong Kong Football Club	X120 A	NT

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X160-199... (Event 11 Mixed 4x50 LC Meter Medley Relay)

1	Hong Kong Police Swimming	X160	A	2:44.16
2	Sword Fish Club	X160	A	3:15.00
3	Hoi Fung Swimming Club	X160	A	3:17.23
4	Fastlane Swimming	X160	A	NT
5	Pacific Swimming Club	X160	A	NT
6	HK Flying Fish Athletic Assn	X160	A	NT
7	Ladies' Recreation Club	X160	A	NT
8	Lai Tsun Swimming Society	X160	A	NT
9	New Water Polo Club	X160	A	NT
10	Tolo Harbour Swimming T. S.	X160	A	NT
11	Hong Kong Football Club	X160	A	NT

X200-239

1	Hoi Fung Swimming Club	X200	A	2:36.25
2	Hong Kong Police Swimming	X200	A	3:02.24
3	Sword Fish Club	X200	A	3:45.00
4	Fastlane Swimming	X200	A	NT
5	HK Flying Fish Athletic Assn	X200	A	NT
6	Ladies' Recreation Club	X200	A	NT
7	Lai Tsun Swimming Society	X200	A	NT
8	New Water Polo Club	X200	A	NT

X240-279

1	Hoi Fung Swimming Club	X240	A	3:24.80
2	Sword Fish Club	X240	A	4:00.00
3	Lai Tsun Swimming Society	X240	A	NT
4	New Water Polo Club	X240	A	NT

X280-319

1	Sword Fish Club	X280	A	4:15.00
2	Lai Tsun Swimming Society	X280	A	NT
3	New Water Polo Club	X280	A	NT

X320-359

1	Sword Fish Club	X320	A	5:00.00
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Event 12 Men 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:	5:11.90
60-64 MSR:	5:24.54
65-69 MSR:	6:00.83

	ID#	Name	Age	Team	Seed Time
18-24					
1	25611 B	Chu, Kin Shing	19	Creative Youth	NT
25-29					
1	24728 IAZ	Chan, Wing Fa	26	Eastern Winter	5:00.00
2	19810 IAZ	Lau, Ka Chun	27	Hong Kong Police	5:30.00
3	40333 IAZ	Lam, Pak Lai	26	Flying Fish	NT
4	47043 IAZ	Lam, Pak Lun	29	Flying Fish	NT
30-34					
1	05296 B	Hui, Chun Hin	30	New Water Polo	5:00.00

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30-34... (Event 12 Men 400 LC Meter Freestyle)

2	49924 @ICO	Lemaire, Thibaud Christophe	31 Flying Fish	5:25.00
3	02040	Yei, Tak Sau	34 Flying Fish	5:25.00
4	10309 #IBZ	Leung, Chin Fung	34 New Water Polo	5:30.00
5	33387 IAO	Wu, Kenneth Yee Lok	32 Sword Fish Club	5:45.00
6	00104	Lo, Shek Pui	34 Hong Kong Footba	5:50.00
7	46301 IAZ	Lai, Siu In	30 New Water Polo	6:54.00
8	48933 IAO	Leung, Ryan Chun Hay	34 Pacific	NT

35-39				
1	47580 @IAO	Poon, Derrick Gene-ming	35 Fastlane Swimming	5:20.00
2	00091	Chan, Lok Yan	39 New Water Polo	5:30.00
3	44302 ICO	Boas, Michael Joel	38 Fastlane Swimming	5:50.00
4	48158 IAZ	Lee, Sung Hai Hysan	39 Diocesan School	8:00.00

40-44				
1	01012 ICZ	Fong, Lik Sun	43 Hong Kong Footba	4:40.00
2	30399 IAZ	Lam, Shu Wing	40 Flying Fish	5:25.00
3	12176 ICZ	Ng, Siu Yu	41 Sword Fish Club	5:45.00
4	09165	Cheung, Siu Fung	40 Lai Tsun	6:00.00
5	01465 ICZ	Chiang, Filomeno	41 Hong Kong Police	6:14.74
6	27133 IAZ	Poon, Man Chun	42 Wong Tai Sin	6:27.79
7	42708 IAZ	Tang, Wing Chung Jonathan	41 Hoi Fung	6:40.00
8	49027 IAZ	Ng, Fung Kei	43 Sword Fish Club	7:09.00
9	38035 IAZ	Mok, Kin Fan	43 Tolo Harbour	7:09.00
10	03409	Ho, Kin Kan Adrian	40 Barracuda	NT

45-49				
1	37671 @ICO	Stamenovic, Ivan	47 LRC	5:15.33
2	46505 IAZ	Chang, Lambert Jen Hsiung	48 Fastlane Swimming	5:30.00
3	28849 IAZ	Chan, Chun Kuen	48 Sword Fish Club	5:45.00
4	24603 IAZ	Hung, Ka Ming	48 YMCA OF Hong Kong	6:30.00
5	16451	Cheng, Ngai Bun	45 Kwun Tong	7:00.00

50-54				
1	10264 #	Faiola, Jeff Alan	52 Island Stingrays	4:59.56
2	30710 IAZ	Lai, Kin Sun	53 Flying Fish	5:30.00
3	25592 IAZ	Cheung, Wai Kei	51 Flying Fish	5:40.00
4	05273	Poon, Ho Keung Danny	53 Flying Fish	5:40.49
5	27868 IAZ	Chan, Chi Wah Ringo	51 Sword Fish Club	6:00.00

55-59				
1	05138	Lanzzone, Francesco	55 Barracuda	5:12.00
2	41548 IAZ	Ip, Ka Keung Patrick	55 Hong Kong Footba	6:00.00
3	26594 IAZ	Ching, Wai Kin	59 Sword Fish Club	6:44.28
4	27470 IAZ	Chan, Tin Hung	55 Hong Kong Police	7:00.00
5	29472 IAZN	Choi, Kwok Man Tony	57 Sword Fish Club	7:50.00
6	05139	Lin, Fulong	56 Flying Fish	NT

60-64				
1	05191	Koo, Yu Fat Marcus	61 Flying Fish	5:30.00
2	06256	Chan, Kwong Peter	62 Sea Green	6:00.00
3	15528	Tsui, Tak Shing Dominic	61 Fastlane Swimming	6:08.00
4	32520 IAX	Lam, Hoi	64 New Water Polo	7:00.00
5	21023 IAZ	Ho, Kwong Ngai Eric	60 Sword Fish Club	7:00.00
6	40861 IAZ	Cheung, Chi Ming Rover	60 Sword Fish Club	7:30.00
7	37048 IAZ	Cheung, Wai Chuen Jimmy	60 Sword Fish Club	7:30.00
8	13979	Lee, Sing Tim	62 Lai Tsun	8:00.00

65-69				
1	06239	Chan, King Yuen	68 Lai Tsun	7:30.00
2	45199 IAZ	Fok, Siu Por	65 Juan Hua Club	8:00.00

2324 Long Course MS Swi Competition Part 3 - 18/06/2023

Psych Sheet

65-69... (Event 12 Men 400 LC Meter Freestyle)

3	26318	Suen, Chi Wing	69	Sword Fish Club	8:00.00
4	41739 IAZ	Ng, Chin Wing	68	Sea Green	NT

70-74

1	06382	Chan, Kam Por	71	Sword Fish Club	6:30.00
2	06268	Tse, Kwok Piu	72	Sword Fish Club	7:10.00
3	43979	Qi, Songhe	74	New Water Polo	7:15.00

75-79

1	40518 IAZ	Liu, Wing Chiu	75	Tuen Mun	9:00.00
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Event 13 Women 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: 7:02.63

65-69 MSR: 7:13.63

	ID#	Name	Age	Team	Seed Time
18-24					
1	26669 P	Mak, Ho Yan	20	Eastern Winter	5:00.00
2	31444 #IAX	Tang, Hiu Tung	22	Pacific	7:30.00
3	26980 IAZ	Wong, Suet Wing	24	Dik Wing	NT
25-29					
1	09959 #IAZ	Mok, Hoi Man Sheron	28	New Water Polo	7:30.00
30-34					
1	08900 IBZ	Lam, Suet	30	Hong Kong Police	5:30.00
2	01441	Yeung, Hiu Ching Judy	32	New Water Polo	6:30.00
35-39					
1	42712 IAZ	Chan, Hiu Ying	39	Real Kinetic	7:50.00
40-44					
1	49442 IAZ	Chan, Yuk Man Phoebe	44	Sword Fish Club	5:40.00
45-49					
1	40853 @IAO	Tam, Alison Mai Ling	45	Fastlane Swimming	5:45.00
2	06315	Chan, Sui Yee	47	LRC	NT
50-54					
1	38302 IAZ	Cheung, Man Ling Melody	51	Lai Tsun	6:38.05
2	31395 IAZ	Chan, Pui Ling	53	Flying Fish	6:55.91
3	35969 IAX	Wang, Ying Lian	51	Tung Sing	7:45.00
60-64					
1	36225 IAX	Li, Wai Kam	61	Sea Green	NT
65-69					
1	03503	Castka, Gillian Hancer	67	Sword Fish Club	7:30.00
2	06355	Lo, Lai Yung	68	New Water Polo	10:10.00
75-79					
1	06357	Suen, Ming Chu	75	Sword Fish Club	9:00.00