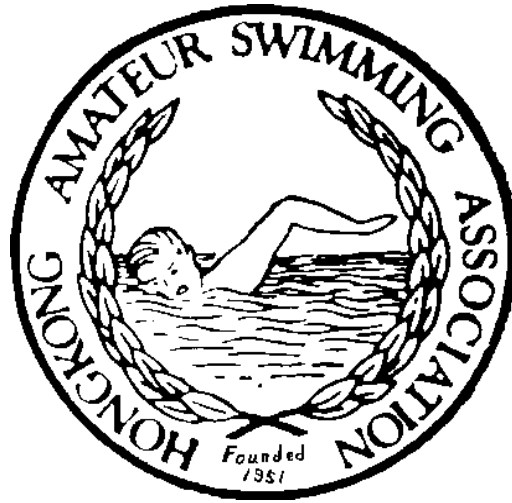


Programme

比賽賽程



HONG KONG AMATEUR SWIMMING ASSOCIATION

(MEMBER OF THE FEDERATION INTERNATIONALE DE NATATION)

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

2019-20 Long Course Masters Swimming Competition (Part 2)

二零一九至二零年長池先進游泳比賽第二部份

5 May 2019 (Sun)

二零一九年五月五日(日)

Tung Chung Swimming Pool

東涌游泳池

Subvented by the LCSD



2019-2020 MSLCP2 - Entry Information

No. of Entries by Event		
Event #	Event Name	Entries
1	Men 200 IM	51
2	Women 200 IM	18
3	Men 100 Breaststroke	56
4	Women 100 Breaststroke	40
5	Men 50 Freestyle	95
6	Women 50 Freestyle	44
7	Men 100 Backstroke	54
8	Women 100 Backstroke	18
9	Men 50 Butterfly	77
10	Women 50 Butterfly	35
11	Men 200 Medley Relay	36
12	Women 200 Medley Relay	21
13	Men 50 Breaststroke	83
14	Women 50 Breaststroke	51
15	Men 200 Freestyle	54
16	Women 200 Freestyle	31
17	Men 200 Freestyle Relay	36
18	Women 200 Freestyle Relay	21

Total

821

Entry information by Day		
Day / Session	No. of Entries	Total
A.M.	376	821
P.M.	445	

Long Course Masters Swimming Competition – Part 2
長池先進游泳比賽 – 第二部份

Date: 05-05-2019 (Sunday)

Venue: Tung Chung Swimming Pool 東涌游泳池

Morning Warm up/熱身: 0900 – 0950 Hrs

Morning First Event/開始: 1000 Hrs

Afternoon Warm up/熱身: 1300 – 1350 Hrs

Afternoon First Event/開始: 1400 Hrs

MEN					WOMEN	
1	200 M	Individual Medley	個人四式			2
3	100 M	Breaststroke	蛙泳			4
5	50 M	Freestyle	自由泳			6
7	100 M	Backstroke	背泳			8
Lunch Break 午膳時間						
9	50 M	Butterfly	蝶泳			10
11	4 x 50 M	Medley Relay	四式接力			12
13	50 M	Breaststroke	蛙泳			14
15	200 M	Freestyle	自由泳			16
17	4 x 50 M	Freestyle Relay	自由接力			18

二零一九至二零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 2019-2020 年度先進組別泳員。2019-20 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"> ◇ 長池比賽：每名泳員可參加不多於 3 項個人項目。 ◇ 短池比賽：每名泳員可參加不多於 3+1 項個人項目。(其中一項必須為二十五米個人項目) ◇ 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。 ◇ 每項報名費為港幣\$15 元正。 <p>支票請劃線，抬頭寫 HKASA。</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)																		
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 																		
棄權：	<ul style="list-style-type: none"> ◇ 棄權須於每節開賽 30 分鐘前遞交。 ◇ 接力名單須於比賽日 12 時前遞交。 ◇ 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：	<ul style="list-style-type: none"> ◇ 如有需要，不同的年齡及性別亦會安排一起以免剩餘一人作賽。 																		
獎項：	<ul style="list-style-type: none"> ◇ 首三名將分別獲頒發獎牌。 ◇ 前八名可分別獲得分數 (年齡 18-24 組除外): <table border="1" style="margin-left: 20px; border-collapse: collapse; text-align: center;"> <tr> <td>個人項目</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>接力</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> <ul style="list-style-type: none"> ◇ *團體獎項：男子 / 女子組全場冠、亞及季軍。 	個人項目	9	7	6	5	4	3	2	1	接力	18	14	12	10	8	6	4	2
個人項目	9	7	6	5	4	3	2	1											
接力	18	14	12	10	8	6	4	2											
規則：	<ul style="list-style-type: none"> ◇ 比賽採用國際泳聯的規則。 																		

	<p>◇ 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)。</p> <p>◇ 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。</p> <p>◇ 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：</p> <p>第一次違規</p> <p>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。</p> <p>第二次違規</p> <p>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)。</p> <p>第三次違規</p> <p>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> <p>違規記錄於一個財政年度清算(由 4 月 1 日起至 3 月 31 日)</p>
<p>上訴：</p>	<p>◇ 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。</p> <p>◇ 上訴會交由該比賽之上訴委員會作決定。</p> <p>◇ 若上訴被駁回，已繳費用概不發還。</p>

*海外參賽者並不適用。

Hong Kong Masters Swimming Competition Series 2019-20

Rules & Regulations for Local Competitors

Date / Time	Please see attached event calendar and event list.
Venue	Please see attached event calendar.
Entry Conditions	<p>※All competitors must be 2019-20 registered masters (MS) swimmers of HKASA (2019-20 Registration Fee: HK\$100 per swimmer)</p> <p>※Age 18 or above.</p> <p>※<u>Overseas Teams: All Overseas competitors must be 2019-20 registered masters swimmers of their respective National Swimming Federation.</u></p>
Entries	<p>※Entries must be submitted with HKASA master entry form. Incomplete/incorrect master entry form will be rejected and fees paid will not be refunded.</p> <p><u>Individual Events</u></p> <p>※Each swimmer is limited to no more than 3 individual events for Long Course Competitions</p> <p>※Each swimmer is limited to no more than 3+1 individual events for Short Course Competitions (At least ONE 25m individual event is required)</p> <p>※HK\$15 per individual event</p> <p><u>Relay Events</u></p> <p>※Relays will be run on a club basis.</p> <p>※Each club may enter no more than one team in one age group of each relay event.</p> <p>※All swimmers must be aged 25 or above.</p> <p>※HK\$15 per team per relay event.</p> <p>Paid by cheque. Crossed cheque made <u>payable to 'HKASA'</u>.</p>
Closing Date for Entries	21 days prior to the date of competition. (Subject to the announcement of the HKASA)
Closing Date for Registration	21 days prior to the <u>closing date of entries</u> . (Subject to the announcement of the HKASA)
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></p> <p>※18-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90 & over</p> <p><u>Relay Events</u></p> <p>※100-119, 120-159, 160-199, 200-239, 240-279, 280-319, 320-359, 360-399</p>
Scratches	<p>※Scratches must be submitted 30 minutes before the scheduled start time of each session.</p> <p>※Relay entry form must be submitted before 1200hours of each competition.</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>※When necessary, different age will be seeded together so that no one will swim alone.</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="376 286 1158 387"> <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											
Rules	<p>※FINA rules will be applied.</p> <p>※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 Event. Their results will be recorded as "DNF" (Did not Finish).</p> <p>※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.</p> <p>※Swimmers shall not replace the swimmers on the swimmers list without HKASA's permission, represented clubs will be punished as follows:</p> <p><u>First time of violation</u></p> <p>※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.</p> <p><u>Second time of violation</u></p> <p>※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.</p> <p><u>Third time of violation</u></p> <p>※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> <p>Violation would be counted within one financial year (i.e. starting from 1st April and ending 31st March)</p>																		
Protest	<p>※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.</p> <p>※Protest will be forwarded to the Appeal Board of such competition for decision. The decision of Appeal Board shall be final.</p> <p>※If the protest is rejected, the fee paid will be forfeited to the HKASA.</p>																		

HONG KONG MASTERS SWIMMING RECORDS

LONG COURSE

(Update to 2018-19 Long Course Masters Swimming Competition - Part 1)

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
FU TAI CHUN	KTS	75-79	0:33.94	2011-12 Long Course Masters Swimming Competition - Part 1		04-Mar-12
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
RUST STEFAN ROBERT	LRC	45-49	0:26.47	FINA World Masters Championships 2014		10-Aug-14
NORTJE, CRAIG ANDREW	CKW	40-44	0:25.42	2017-18 Long Course Masters Swimming Competition - Part 1		25-Mar-18
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 JIUN YIH	KTS	18-24	0:24:17	Long Course Masters Swimming Competition - Part 3 2013		11-Aug-13

WOMEN 50M FREESTYLE					NAME OF MEET	DATE ACHIEVED
SHUM CHING FONG	HFS	80-84	0:52.94	2013-14 Long Course Masters Swimming Competition - Part 1		03-Mar-13
OTSUKA YUKO	SGC	75-79	0:42.67	2014-15 Long Course Masters Swimming Competition - Part 1		22-Mar-15
SUEN MING CHU	SFC	70-74	0:42.42	2018-19 Long Course Masters Swimming Competition - Part 2		06-May-18
WANG LI	*WA	65-69	0:37.61	2017-18 Long Course Masters Swimming Competition Part 3		13-Aug-17
TSEUNG NGA WAH	SFC	60-64	0:34.51	2018-19 Long Course Masters Swimming Competition - Part 2		06-May-18
KIRKWOOD, TAIN MHAIRA	LRC	55-59	0:32.17	The 1st Asian Masters Swimming Championships 2018 NAGOYA (JPN)		15-Jul-18
COGGINS LYNDA ANNE	LRC	50-54	0:30.65	2014-15 Long Course Masters Swimming Competition - Part 1		22-Mar-15
YAMAGUCHI MIKA	PSC	45-49	0:30.12	The 1st Asian Masters Swimming Championships 2018 NAGOYA (JPN)		15-Jul-18
KELSEY JANE MACFARLAND	LRC	40-44	0:28.88	2015-16 Long Course Masters Swimming Competition - Part 2		31-May-15
KELSEY JANE MACFARLAND	LRC	35-39	0:28.65	FINA World Masters Championships 2014		10-Aug-14
CARPENTER LINH THUC LUONG	LRC	30-34	0:28.96	16th FINA World Masters Championships 2015 in Kazan		14-Aug-15
SETO WING YAN	NWC	25-29	0:29.28	2015-16 Long Course Masters Swimming Competition - Part 2		31-May-15
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
TIN SHEUNG KWAI	NWC	70-74	1:14.18	Annual Long Course Masters Swimming Championships 2017		25-Nov-17
FU TAI CHUN	KTS	65-69	1:08.31	Annual Masters Swimming Championships 2002		31-Aug-02
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
NORTJE, CRAIG ANDREW	#FB	40-44	0:57.76	2018-19 Long Course Masters Swimming Competition - Part 3		24-Jun-18
NORTJE CRAIG ANDREW	VRC	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
MAK SUET MAN	SGC	80-84	2:23.43	2016-17 Long Course Masters Swimming Competition - Part 1		26-Mar-17
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
SUEN MING CHU	SFC	65-69	1:37.41	Annual Long Course Masters Swimming Championships 2014		23-Nov-14
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
COGGINS LYNDA ANNE	LRC	50-54	1:10.99	Annual Long Course Masters Swimming Championships 2014		23-Nov-14
*YAMAGUCHI MIKA	PSC	45-49	1:07.21	2018-19 Long Course Masters Swimming Competition - Part 1		24-Mar-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
BARNES RUTH	LRC	30-34	1:04.36	Long Course Masters Swimming Competition - Part 3 2013		11-Aug-13
NG KA MAN	KTS	25-29	1:02.46	Annual Long Course Masters Swimming Championships 2014		23-Nov-14
NG KA MAN	KTS	18-24	1:02.73	Annual Long Course Masters Swimming Championships 2013		24-Nov-13

HONG KONG MASTERS SWIMMING RECORDS

LONG COURSE

(Update to 2018-19 Long Course Masters Swimming Competition - Part 1)

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
POLSON IAN HASTINGS	LRC	70-74	3:07.65	2014-15 Long Course Masters Swimming Competition Part 2	29-Jun-14
CHAN KAM POR	SFC	65-69	2:43.01	2017-18 Long Course Masters Swimming Competition Part 2	14-May-17
CAMPBELL JOHN REID	SFC	60-64	2:40.82	2015-16 Long Course Masters Swimming Competition - Part 2	31-May-15
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	2:13.09	2018-19 Long Course Masters Swimming Competition - Part 2	06-May-18
LILJESTROEM LENNART, PETER FREDRIC	LRC	40-44	2:08.51	FINA World Masters Championships 2017	16-Aug-17
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
LI KA HO	LRC	25-29	2:13.52	2018-19 Long Course Masters Swimming Competition - Part 2	06-May-18
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	3:12.00	2017-18 Long Course Masters Swimming Competition Part 2	14-May-17
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
MORRISON RUTH	LRC	30-34	2:25.29	FINA World Masters Championships 2010	31-Jul-10
NG KA MAN	KTS	25-29	2:18.17	2014-15 Long Course Masters Swimming Competition Part 2	29-Jun-14
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 Competitoin - Part 3	12-Jun-16
POLSON IAN HASTINGS	LRC	70-74	6:57.41	2016-17 Long Course Masters Swimming Competitoin - Part 3	12-Jun-16
CHAN KAM POR	SFC	65-69	6:00.83	2017-18 Long Course Masters Swimming Competitoin - Part 3	13-Aug-17
HO, ROBERT YAU CHUNG	LRC	60-64	5:34.43	2018-19 Long Course Masters Swimming Competitoin - Part 3	24-Jun-18
HO ROBERT YAU CHUNG	LRC	55-59	5:11.90	FINA World Masters Championships 2014	10-Aug-14
MA ETIENNE	YMC	50-54	5:13.38	2011-12 Long Course Masters Swimming Competition - Part 3	18-Sep-11
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
CUMMINGS RICHARD MARK	LRC	35-39	4:33.35	FINA World Masters Championships 2012	16-Jun-12
CHOW KEVIN TZE HO	SCA	30-34	4:49.42	2011-12 Long Course Masters Swimming Competition - Part 3	18-Sep-11
BELECANECH, MATTHEW JOSEPH	#FB	25-29	4:33.91	2018-19 Long Course Masters Swimming Competitoin - Part 3	24-Jun-18
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
NG YUNG HO	SGC	70-74	9:10.85	2014-15 Long Course Masters Swimming Competition - Part 3	10-Aug-14
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
PAZOS CHRISTENA MARIA	LRC	45-49	5:30.02	2016-17 Long Course Masters Swimming Competitoin - Part 3	12-Jun-16
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 2018-19 Long Course Masters Swimming Competition - Part 1)

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
POLSON IAN HASTINGS	LRC	70-74	14:07.92	2014-15 Long Course Masters Swimming Competition - Part 1	22-Mar-15
*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
SAKA TOSHIYUKI	SGC	55-59	10:38.21	2017-18 Long Course Masters Swimming Competition - Part 1	25-Mar-18
*LETCHER RICHARD ROY	LRC	50-54	10:40.53	2018-19 Long Course Masters Swimming Competition - Part 1	24-Mar-19
LILJESTROEM LENNART, PETER FREDRIC	LRC	45-49	9:47.75	2017-18 Long Course Masters Swimming Competition - Part 1	25-Mar-18
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
LEUNG MABEL YUEN YING	SFC	75-79	21:40.55	2016-17 Long Course Masters Swimming Competition Part 1	26-Mar-17
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
MAK HEI CHI	SGC	85-89	1:05.35	2012-13 Long Course Masters Swimming Competition - Part 3	19-Aug-12
CHEUNG TSAN	SFC	80-84	0:56.40	Annual Long Course Masters Swimming Championships	23-Nov-14
TZENG TEH REN	SGC	75-79	0:43.53	2016-17 Long Course Masters Swimming Competition - Part 1	26-Mar-17
TIN SHEUNG KWAI	NWC	70-74	0:38.52	2017-18 Long Course Masters Swimming Competition - Part 1	25-Mar-18
TIN SHEUNG KWAI	SFC	65-69	0:35.70	FINA World Masters Championships 2014	10-Aug-14
HO ROBERT YAU CHUNG	LRC	60-64	0:34.40	2018-19 Annual Long Course Masters Swimming Championships	25-Nov-18
(HO ROBERT YAU CHUNG)	LRC	60-64	0:34.68	The 1st Asian Masters Swimming Championships 2018 NAGOYA (JPN)	14-Jul-18)
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
NORTJE CRAIG ANDREW	#FB	40-44	0:30.30	2018-19 Long Course Masters Swimming Competition - Part 3	24-Jun-18
NORTJE CRAIG ANDREW	VRC	35-39	0:30.38	2015-16 Long Course Masters Swimming Competition - Part 3	26-Jul-15
BRADFORD LORD DILY	HMA	30-34	0:29.89	2011-12 Long Course Masters Swimming Competition - Part 1	04-Mar-12
CHUNG LAI YEUNG	#DB	25-29	0:28.12	2018-19 Annual Long Course Masters Swimming Championships	25-Nov-18
*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
SHUM CHING FONG	HFS	80-84	1:09.10	2013-14 Long Course Masters Swimming Competition - Part 1	03-Mar-13
WONG JIM	SFC	75-79	0:55.07	2015-16 Long Course Masters Swimming Competition - Part 1	20-Mar-16
WONG JIM	KTS	70-74	0:54.72	Annual Long Course Masters Swimming Championships	23-Nov-14
CHENG MIN	SFC	65-69	0:50.29	Spring Masters Swimming Championships 2006	25-Mar-06
*TSEUNG NGA WAH	SFC	60-64	0:46.26	2018-19 Long Course Masters Swimming Competition - Part 1	24-Mar-19
YEUNG HIU WA	SFC	55-59	0:44.27	2018-19 Annual Long Course Masters Swimming Championships	25-Nov-18
COGGINS LYNDA ANNE	LRC	50-54	0:35.58	16th FINA World Masters Championships 2015 in Kazan	16-Aug-15
LAKE AMBER ROBYN	LRC	45-49	0:35.08	2016-17 Long Course Masters Swimming Competition - Part 3	12-Jun-16
LAKE AMBER ROBYN	LRC	40-44	0:35.33	2014-15 Long Course Masters Swimming Competition - Part 1	22-Mar-15
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
CARPENTER LINH THUC LUONG	LRC	25-29	0:33.38	Annual Long Course Masters Swimming Championships 2013	24-Nov-13
AU HIU PUI	*GW	18-24	0:31.58	2018-19 Annual Long Course Masters Swimming Championships	25-Nov-18

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(Update to 2018-19 Long Course Masters Swimming Competition - Part 1)

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
LAM LIT KWAN	SFC	75-79	1:56.76	2016-17 Long Course Masters Swimming Competition Part 2	24-Apr-16
TIN SHEUNG KWAI	NWC	70-74	1:35.27	2018-19 Long Course Masters Swimming Competition - Part 2	06-May-18
TIN SHEUNG KWAI	SFC	65-69	1:23.65	FINA World Masters Championships 2014	10-Aug-14
HO ROBERT YAU CHUNG	LRC	60-64	1:16.06	The 1st Asian Masters Swimming Championships 2018 NAGOYA (JPN)	13-Jul-18
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
NORTJE, CRAIG ANDREW	#FB	40-44	1:07.73	2018-19 Long Course Masters Swimming Competition - Part 2	06-May-18
NORTJE, CRAIG ANDREW	VRC	35-39	1:06.66	2015-16 Long Course Masters Swimming Competition - Part 2	31-May-15
SUN FAT YEE DAVID	FWC	30-34	1:09.95	2012-13 Long Course Masters Swimming Competition - Part 2	17-Jun-12
WANG HU	*WA	25-29	1:06.32	2010-11 Long Course Masters Swimming Championships - Part 2	20-Jun-10
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
WONG JIM	KTS	70-74	2:12.88	2011-12 Long Course Masters Swimming Competition - Part 2	19-Jun-11
SUEN MING CHU	SFC	65-69	1:53.27	2016-17 Long Course Masters Swimming Competition Part 2	24-Apr-16
LO LAI YUNG	NWC	60-64	1:45.15	2015-16 Long Course Masters Swimming Competition - Part 2	31-May-15
BAI XIUFEN	*WA	55-59	1:36.84	2010-11 Long Course Masters Swimming Championships - Part 2	20-Jun-10
COGGINS LYNDA ANNE	LRC	50-54	1:17.38	16th FINA World Masters Championships 2015 in Kazan	15-Aug-15
LAKE AMBER ROBYN	LRC	45-49	1:19.43	FINA World Masters Championships 2017	19-Aug-17
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
CARPENTER LINH THUC LUONG	LRC	25-29	1:14.07	FINA World Masters Championships 2012	15-Jun-12
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
LEE MING	SFC	85-89	1:06.71	Annual Long Course Masters Swimming Championships 2017	25-Nov-17
CHAN KAM	SFC	80-84	0:54.52	Annual Masters Swimming Championships 2009	18-Oct-09
FU TAI CHUN	KTS	75-79	0:49.01	2012-13 Long Course Masters Swimming Competition - Part 2	17-Jun-12
*YONG KHIN SYN	SFC	70-74	0:42.24	2018-19 Long Course Masters Swimming Competition - Part 1	24-Mar-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
HO PO YEE	LTS	80-84	1:24.02	2016-17 Long Course Masters Swimming Competition - Part 3	12-Jun-16
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
LEUNG WAI FAN	KTS	45-49	0:39.03	Annual Masters Swimming Championships 2007	21-Jul-07
LEUNG WAI FAN	KTS	40-44	0:38.79	Spring Masters Swimming Championships 2004	13-Mar-04
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
LEE WAI SZE	NWC	25-29	0:36.34	2016-17 Long Course Masters Swimming Competition - Part 1	26-Mar-17
LI TSZ YIU	HFS	18-24	0:35.53	Annual Masters Swimming Championships 2013	24-Nov-13

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(Update to 2018-19 Long Course Masters Swimming Competition - Part 1)

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
CHAN KAM	SFC	75-79	1:55.28	Summer Masters Swimming Championships 2005	04-Jun-05
TIN SHEUNG KWAI	NWC	70-74	1:39.72	2018-19 Annual Long Course Masters Swimming Championships	25-Nov-18
CHAN KAM POR	SFC	65-69	1:26.42	2017-18 Long Course Masters Swimming Competition Part 2	14-May-17
CHAN KAM POR	SGC	60-64	1:24.95	2012-13 Long Course Masters Swimming Competition - Part 2	17-Jun-12
CHAN KAM POR	*HN	55-59	1:21.91	Summer Masters Swimming Championships 2008	14-Jun-08
CHAN KAM POR	KTS	50-54	1:17.66	Annual Masters Swimming Championships 2002	31-Aug-02
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
JACOBS DAMIAN KARL	LRC	30-34	1:14.34	FINA World Masters Championships 2014	10-Aug-14
LUK WING KIN ANDY	KHC	25-29	1:10.16	Annual Long Course Masters Swimming Championships	23-Nov-14
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
SHUM CHING FONG	HFS	80-84	2:44.43	Annual Long Course Masters Swimming Champions 2013	24-Nov-13
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
SUEN MING CHU	SCA	60-64	1:46.35	Annual Masters Swimming Championships 2008	06-Sep-08
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
WONG FUNG YEE	KTS	45-49	1:26.75	Summer Masters Swimming Championships 2009	06-Jun-09
LEUNG WAI FAN	KTS	40-44	1:27.30	Spring Masters Swimming Championships 2002	16-Mar-02
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
LAM LIT KWAN	LTS	75-79	4:33.83	2015-16 Long Course Masters Swimming Competition - Part 1	20-Mar-16
*YONG KHIN SYN	SFC	70-74	3:37.34	2018-19 Long Course Masters Swimming Competition - Part 1	24-Mar-19
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
STAMENOVIC, IVAN	LRC	40-44	3:02.25	2017-18 Long Course Masters Swimming Competition - Part 1	25-Mar-18
LO JONATHAN KA YAN	LRC	35-39	2:47.70	2017-18 Long Course Masters Swimming Competition - Part 1	25-Mar-18
*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 SUI YING	SFC	80-84	9:51.71	2013-14 Long Course Masters Swimming Competition - Part 1	03-Mar-13
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
LAKE AMBER ROBYN	LRC	40-44	3:31.46	2014-15 Long Course Masters Swimming Competition - Part 1	22-Mar-15
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

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MEN 50M BUTTERFLY				NAME OF MEET	DATE ACHIEVED
LEE MING	SFC	85-89	1:11.44	2015-16 Long Course Masters Swimming Competition - Part 3	26-Jul-15
MAK HEI CHI	SGC	80-84	0:58.81	Winter Masters Swimming Championships 2008	22-Nov-08
LEE CHE KWOK	SFC	75-79	0:53.57	Long Course Masters Swimming Competition - Part 3 2013	11-Aug-13
FU TAI CHUN	KTS	70-74	0:37.28	Spring Masters Swimming Championships 2007	24-Mar-07
FU TAI CHUN	KTS	65-69	0:33.66	Annual Masters Swimming Championships 2002	31-Aug-02
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	#FB	40-44	0:26.98	2018-19 Long Course Masters Swimming Competition - Part 2	06-May-18
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
WONG JIM	SFC	75-79	1:00.33	2016-17 Long Course Masters Swimming Competition - Part 2	24-Apr-16
SUEN MING CHU	SFC	70-74	0:48.54	2018-19 Annual Long Course Masters Swimming Championships	25-Nov-18
SUEN MING CHU	SGC	65-69	0:45.64	Long Course Masters Swimming Competition - Part 3 2013	11-Aug-13
TSEUNG NGA WAH	SFC	60-64	0:39.95	2018-19 Long Course Masters Swimming Competition - Part 2	06-May-18
KIRKWOOD, TAIN MHAIRA	LRC	55-59	0:36.39	2018-19 Annual Long Course Masters Swimming Championships	25-Nov-18
KIRKWOOD, TAIN MHAIRA	LRC	55-59	0:36.47	The 1st Asian Masters Swimming Championships 2018 NAGOYA (JPN)	13-Jul-18
LEE TANYA DIANE	PSC	50-54	0:32.53	The 1st Asian Masters Swimming Championships 2018 NAGOYA (JPN)	13-Jul-18
PAZOS CHRISTENA MARIA	LRC	45-49	0:32.96	2015-16 Long Course Masters Swimming Competition - Part 3	26-Jul-15
KELSEY JANE MACFARLAND	LRC	40-44	0:33.10	2015-16 Long Course Masters Swimming Competition - Part 3	26-Jul-15
KELSEY JANE MACFARLAND	LRC	35-39	0:32.49	Annual Long Course Masters Swimming Championships 2013	24-Nov-13
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
WONG YEE CHING	SGC	18-24	0:30.27	Annual Long Course Masters Swimming Championships 2013	24-Nov-13

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
LAW KWAI FONG	SFC	75-79	2:13.21	2010-11 Long Course Masters Swimming Championships - Part 1	20-Mar-11
*CHAN SHING CHI	LTS	70-74	1:56.24	2018-19 Long Course Masters Swimming Competition - Part 1	24-Mar-19
YONG KHIN SYN	SFC	65-69	1:41.99	2015-16 Long Course Masters Swimming Competition - Part 1	20-Mar-16
*HO ROBERT YAU CHUNG	LRC	60-64	1:15.74	2018-19 Long Course Masters Swimming Competition - Part 1	24-Mar-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	CKW	40-44	1:00.36	2017-18 Long Course Masters Swimming Competition - Part 1	25-Mar-18
CRAIG ANDREW NORTJE	VRG	35-39	0:59.58	FINA World Masters Championships 2014	10-Aug-14
BEAHAN, GRANT KENNETH	BSC	30-34	0:58.66	2017-18 Long Course Masters Swimming Competition - Part 1	25-Mar-18
*LAU CHUN LEUNG JOHNNY	KHC	25-29	0:59.26	2018-19 Long Course Masters Swimming Competition - Part 1	24-Mar-19
*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
SUEN MING CHU	SCA	60-64	1:49.51	2010-11 Long Course Masters Swimming Championships - Part 1	20-Mar-11
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 2018-19 Long Course Masters Swimming Competition - Part 1)

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 SHIU MING	SFC	75-79	4:24.87	2016-17 Long Course Masters Swimming Competition - Part 1	26-Mar-17
TIN SHEUNG KWAI	NWC	70-74	3:38.48	Annual Long Course Masters Swimming Championships 2017	25-Nov-17
CHAN KAM POR	SFC	65-69	3:04.42	2017-18 Long Course Masters Swimming Competition - Part 1	25-Mar-18
HO ROBERT YAU CHUNG	LRC	60-64	2:58.40	2018-19 Annual Long Course Masters Swimming Championships	25-Nov-18
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	#FB	40-44	2:22.49	2018-19 Long Course Masters Swimming Competition - Part 1	24-Mar-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
WONG JIM	SFC	75-79	4:49.42	Annual Long Course Masters Swimming Championships 2016	18-Dec-16
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+	3:23.05	2016-17 Long Course Masters Swimming Competition - Part 1	26-Mar-17
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+	3:08.62	2017-18 Long Course Masters Swimming Competition - Part 3	13-Aug-17
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
KWUN TONG SWIMMING CLUB	KTS	100+	2:02.27	Winter Masters Swimming Championships 1995	09-Dec-95

HONG KONG MASTERS SWIMMING RECORDS

LONG COURSE

(Update to 2018-19 Long Course Masters Swimming Competition - Part 1)

MEN 4 X 50M MEDLEY RELAY				NAME OF MEET	DATE ACHIEVED
SWORD FISH CLUB	SFC	320+	3:30.63	Annual Long Course Masters Swimming Championships 2012	09-Dec-12
SWORD FISH CLUB	SFC	280+	2:40.94	2016-17 Long Course Masters Swimming Competition - Part 1	26-Mar-17
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
YMCA OF HONG KONG	YMC	100+	1:51.11	Spring Masters Swimming Championships 1999	20-Mar-99
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+	2:42.24	Annual Long Course Masters Swimming Championships 2015	20-Dec-15
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
LADIES' RECREATION CLUB	LRC	120+	1:51.40	Annual Long Course Masters Swimming Championships 2014	23-Nov-14
NEW WATER POLO CLUB	NWC	100+	1:51.20	Annual Long Course Masters Swimming Championships 2017	25-Nov-17

Long Course Masters Swimming Competition Part 2

Reject List as at 18-4-2019

No.	Name	Event	Club	Remarks
1	Law Tin Ching Kelvin	1, 9	EWS	No reg.
2	Chan Kelvin	7, 15	EWS	No reg.
3	Yuen Sin Ling	2, 10	WDA	No reg.
4	Millson, Nicole Elizabeth	2, 8	#FB	No reg.

2019-20 Long Course Masters Swimming Comp P2 - 05-May-19

Psych Sheet

Event 1 Men 200 LC Meter IM

18-24 MSR: 2:21.50

25-29 MSR: 2:13.80

30-34 MSR: 2:25.69

35-39 MSR: 2:20.07

40-44 MSR: 2:22.49

45-49 MSR: 2:23.04

50-54 MSR: 2:26.14

55-59 MSR: 2:45.82

60-64 MSR: 2:58.40

65-69 MSR: 3:04.42

	ID#	Name	Age	Team	Seed Time
18-24					
1	13624 B	Tang, Kwok Wai	23	Kwun Tong	2:40.00
2	13133 B	Lo, Cheuk Chun	20	Diocesan School	3:00.00
25-29					
1	02021 IBZ	Chow, Man Ho	29	Kwan Hung	2:50.00
2	06886 B	Li, Chin Long	29	Eastern Winter	3:00.00
3	12389 B	Li, Chun Ting	27	Eastern Winter	3:00.00
4	13715 IBZ	Chan, Paak Hang	28	New Water Polo	3:00.00
5	11990 IBZ	Que, Lung Hin Clark	28	City East	3:35.00
6	35718 IAZ	Wong, Hon Leung	25	Tuen Mun S.T.	4:00.00
30-34					
1	02591	Luk, Wing Kin Andy	30	Kwan Hung	2:25.00
2	00095	Wan, Tsz Pat	32	Current Club Ltd	2:45.00
3	39190 IAZ	Lee, Ka Lun	30	New Water Polo	3:00.00
4	01862 ICZ	Kwan, Hei Yan	34	Diocesan School	3:30.00
5	38303 IAZ	Ng, Ho Yin	34	Happy Valley	3:30.00
35-39					
1	42766 #ICO	Dahlmann, Sven Christoph	39	Fastlane Swimmin	2:39.00
2	09165	Cheung, Siu Fung	36	Lai Tsun	3:00.00
3	01948 ICZ	Tang, Ho Yuen	37	Diocesan School	3:40.00
40-44					
1	27471 #ICO	Nortje, Craig Andrew	41	Fastlane Swimmin	2:25.00
2	40841 IAX	Tsang, Kwok Tung	40	Diocesan School	3:00.00
3	43528	Li, Huijian	40	New Water Polo	3:00.00
4	28849 IAZ	Chan, Chun Kuen	44	Sword Fish Club	3:03.00
5	16451	Cheng, Ngai Bun	41	Kwun Tong	3:15.00
6	41889 IAZ	Leung, Ki Chi James	43	City East	4:00.00
7	41887 IAZ	Woo, Cheuk Yiu Jeffrey	44	City East	4:00.00
45-49					
1	41757 #IAO	Stamper, Mark	48	Fastlane Swimmin	3:00.00
2	28518 IAZ	Yau, Wo Fung	47	Kwun Tong	3:00.00
3	27451 IAZ	Yip, Kin Man Stephen	49	Kwun Tong	3:05.00
4	39990 IAZ	Leong, Chin Hang	47	Sword Fish Club	3:15.00
5	36554 #ICO	Wolfers, Lachlan Robert	45	Hong Kong Footba	3:15.53
6	41758 #IAO	Graham, Kym Alexander	46	Fastlane Swimmin	3:45.00
7	15166	Leung, Chi Keung	47	Sun Yip	3:55.00
8	42085 IAZ	Lee, Hon Lun Philip	47	Sword Fish Club	3:58.00
50-54					
1	35313 IAZ	Pong, Chiu Yee Dario	51	LRC	2:50.78
2	39091 IAZ	Luk, Kai Ming Stephen	52	Sword Fish Club	3:25.00
3	35711 IAX	Wong, Fuk Kei	50	Sword Fish Club	3:50.00

2019-20 Long Course Masters Swimming Comp P2 - 05-May-19**Psych Sheet****50-54... (Event 1 Men 200 LC Meter IM)**

4	38991 IAZ	Tong, Wing Kin	53	City East	3:57.00
5	35238 IAZ	Yuen, Chak Hay	51	Current Club Ltd	4:03.00
6	38127 IAZ	Leung, Cheung Wai Ricky	51	Sword Fish Club	4:05.00

55-59

1	32108 IAX	Chan, Kiu	57	Sword Fish Club	3:34.00
2	24256 IAW	Lok, Wai Man	56	New Water Polo	3:35.00
3	39982 IAZ	Chow, Wing Chun	55	Sword Fish Club	3:37.00
4	27869 IAZ	Lee, Kam Cheong	55	Sword Fish Club	3:58.00

60-64

1	06176	Wong, Kung Wan	63	Sea Green	3:59.00
2	04500	Cheung, Ip Chor	64	Sword Fish Club	4:24.00

65-69

1	06388	Lau, Man Kin	65	Sword Fish Club	4:00.00
2	06243	Koo, Choi Fat	69	Wong Tai Sin	4:12.61
3	26318	Suen, Chi Wing	65	Sword Fish Club	4:20.00
4	11563	Lee, Kwok Hung	66	Sword Fish Club	5:01.00

70-74

1	40518 IAZ	Liu, Wing Chiu	71	Tuen Mun	3:58.56
2	22182 IAZ	Ngai, Yin Leung	70	Sword Fish Club	4:00.00
3	06274	Wong, Yau Chuen	73	Sword Fish Club	5:08.00

75-79

1	28522 IAX	Wong, Tat Choi	78	Sword Fish Club	5:18.00
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Event 2 Women 200 LC Meter IM

18-24 MSR: 2:42.84

25-29 MSR: 2:36.59

30-34 MSR: 2:38.52

35-39 MSR: 2:37.75

40-44 MSR: 2:41.17

45-49 MSR: 2:46.91

50-54 MSR: 2:55.65

55-59 MSR: 3:16.65

60-64 MSR: 3:37.27

65-69 MSR: 3:47.99

	ID#	Name	Age	Team	Seed Time
25-29					
1	01262	Mau, Lok Yan Eunice	26	Current Club Ltd	2:37.66
2	06577 IBZ	Leung, Wei Yan	29	Sword Fish Club	3:05.00
3	05636 B	Chan, Yau Shan Zoe	28	Current Club Ltd	3:15.00
4	38653 IAZ	Sin, Wai Ting	25	Golden Dolphin	4:15.00
30-34					
1	26745 #ICX	Chen, Yangyang	34	LRC	2:30.00
2	00085	Yu, Pei En Priscilla	30	Current Club Ltd	3:00.00
3	00754 IAZ	Yam, Shu Jun	32	Current Club Ltd	3:21.77
35-39					
1	41602 P	Wu, Kuei Yi	36	Sea Green	4:00.00
40-44					
1	08977	Ho, Yee Yun Rosalind	40	Current Club Ltd	3:25.00
2	06304 ICZ	Cheung, Man Yiu	40	Sea Green	3:50.00
3	36785 IAZ	Inglis, Alexandra Sinead	44	LRC	4:01.70
60-64					
1	16533	Wong, Shun Ying	60	Sea Green	4:00.00
2	06355	Lo, Lai Yung	64	New Water Polo	4:20.00

2019-20 Long Course Masters Swimming Comp P2 - 05-May-19

Psych Sheet

65-69... (Event 2 Women 200 LC Meter IM)

1	06147	Leung Wong, Yin Har Hayl	67	Sea Green	4:10.00
2	39357	Mak, Sok Iun	69	Sword Fish Club	5:00.00

70-74

1	06357	Suen, Ming Chu	71	Sword Fish Club	4:10.00
2	30506 IAX	Li, Hoi Ying	71	Sword Fish Club	5:30.00
3	08936	Leong, Kuai Heng	73	New Water Polo	6:44.00

Event 3 Men 100 LC Meter Breaststroke

18-24 MSR: 1:08.54

25-29 MSR: 1:10.16

30-34 MSR: 1:14.34

35-39 MSR: 1:10.50

40-44 MSR: 1:15.87

45-49 MSR: 1:15.29

50-54 MSR: 1:17.66

55-59 MSR: 1:21.91

60-64 MSR: 1:24.95

65-69 MSR: 1:26.42

	ID#	Name	Age	Team	Seed Time
18-24					
1	13624 B	Tang, Kwok Wai	23	Kwun Tong	1:30.00
25-29					
1	05577 #IBZ	Yuen, Marcus	25	LRC	1:11.31
2	42728 P	Febo, Christopher Vincenz	26	Sword Fish Club	1:13.00
3	06886 B	Li, Chin Long	29	Eastern Winter	1:30.00
30-34					
1	02591	Luk, Wing Kin Andy	30	Kwan Hung	1:10.00
2	00095	Wan, Tsz Pat	32	Current Club Ltd	1:25.00
35-39					
1	08964	Yeung, Wai Kam William	36	Happy Valley	1:30.00
2	03796 ICZ	Chan, Pui Kei	38	New Water Polo	1:30.00
3	29483 IAZ	Ng, Ki Wing	35	Sword Fish Club	1:31.00
4	01948 ICZ	Tang, Ho Yuen	37	Diocesan School	1:40.00
5	26045	Lui, Ming Chun Pierre	35	Kwun Tong	3:00.00
40-44					
1	05160	Chan, Ka Wo	42	Diocesan School	1:24.00
2	42737 IAZ	So, Ma Loi	43	Sword Fish Club	1:30.00
3	38958 IAZ	Lai, Yiu Kuen	44	Current Club Ltd	1:30.58
4	40834 IAZ	Chang, Hsi Tse JosephJere	40	Diocesan School	1:31.00
5	40107 IAZ	Chan, Falcon	40	Lai Tsun	1:38.00
6	16451	Cheng, Ngai Bun	41	Kwun Tong	1:40.00
7	41889 IAZ	Leung, Ki Chi James	43	City East	1:45.00
8	40838 IAZ	Wong, Tat Shing Joe	42	Diocesan School	1:50.00
9	41887 IAZ	Woo, Cheuk Yiu Jeffrey	44	City East	2:00.00
10	31571 IAX	Yue, Kwok Bun	41	Sword Fish Club	2:00.00
45-49					
1	41757 #IAO	Stamper, Mark	48	Fastlane Swimmin	1:30.00
2	23497 IAZ	Au Yeung, Wai Kit	45	Kwun Tong	1:30.00
3	40835 IAZ	Leung, Wing Hong Alvin	45	Diocesan School	1:35.00
4	15166	Leung, Chi Keung	47	Sun Yip	1:35.00
5	22419 IAZ	Fok, Kai Yuen	46	Sword Fish Club	1:40.00
6	40844 IAZ	Lee, Hoi Wang Gary	45	Diocesan School	2:00.00
7	43542 IAZ	Choi, Wai Ho	48	Golden Dolphin	2:00.00

2019-20 Long Course Masters Swimming Comp P2 - 05-May-19

Psych Sheet

45-49... (Event 3 Men 100 LC Meter Breaststroke)

8	26317 IAZN	Tung, Shang Wei Timothy	49	Kwun Tong	2:29.00
50-54					
1	37693 IAO	Sieh, Tien Yu	50	Kwun Tong	1:19.00
2	18856 IAZ	Au, Mun Shing	54	Sword Fish Club	1:24.00
3	38291 IAZ	Liu, Chun Sing	53	Sword Fish Club	1:40.00
4	38991 IAZ	Tong, Wing Kin	53	City East	1:42.00
5	40839 IAZ	Leung, Wing Hang Michael	54	Diocesan School	1:47.00
6	40845 IAZ	Pang, Wai Man Billy	54	Diocesan School	2:17.00
55-59					
1	05191	Koo, Yu Fat Marcus	57	Flying Fish	1:22.00
2	26250 IAZ	Lau, Cho Tak	56	Lai Tsun	1:35.00
3	32108 IAX	Chan, Kiu	57	Sword Fish Club	1:35.00
4	36022 IAZ	Wong, Chi Keung	55	Sword Fish Club	1:41.00
5	37048 IAZ	Cheung, Wai Chuen Jimmy	56	Sword Fish Club	1:42.00
6	26176 IAX	Ho, Chung Man	56	Lai Tsun	1:43.00
7	20247 ICX	Wai, Chris Tak Wing	59	New Water Polo	1:59.00
60-64					
1	14555	Tang, Kon Leong	63	Sword Fish Club	1:30.00
2	31217 IAX	Wong, Siu Man	63	Sword Fish Club	1:36.00
3	06176	Wong, Kung Wan	63	Sea Green	1:39.00
65-69					
1	04504	Yura, Tadami	67	Sword Fish Club	1:38.00
2	14035	Wong, Shing Kuen	66	Lai Tsun	1:45.00
3	40576 P	Aw, Seng Meng	65	Sword Fish Club	1:50.00
4	35236 IAZ	Chan, Pui Ming Sunny	65	Sword Fish Club	1:50.00
5	11563	Lee, Kwok Hung	66	Sword Fish Club	1:57.00
6	23123 IAZ	Poon, Wai	67	Sword Fish Club	2:24.00
7	06243	Koo, Choi Fat	69	Wong Tai Sin	3:47.23
70-74					
1	05917	Yong, Khin Syn	70	Sword Fish Club	1:35.00
2	10274	Lau, Chun Nung	73	Lai Tsun	1:50.00
3	14029	Ieong, Yun Fai	73	Sword Fish Club	2:05.00
80-84					
1	17832 IAX	Chan, Sau	82	Sword Fish Club	3:15.00

Event 4 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: 1:27.30

45-49 MSR: 1:26.75

50-54 MSR: 1:29.58

55-59 MSR: 1:35.97

60-64 MSR: 1:46.35

65-69 MSR: 1:51.76

	ID#	Name	Age	Team	Seed Time
18-24					
1	08727 B	Hung Yuen Ching, Moose (23	New Water Polo	1:40.00
2	43533 IAZ	Wong, Yu Tung	21	New Water Polo	2:20.00
25-29					
1	28004 IAZ	Kwan, Ka Wan	26	Happy Valley	1:20.00
2	06577 IBZ	Leung, Wei Yan	29	Sword Fish Club	1:39.00
3	38653 IAZ	Sin, Wai Ting	25	Golden Dolphin	2:15.00

2019-20 Long Course Masters Swimming Comp P2 - 05-May-19

Psych Sheet

25-29... (Event 4 Women 100 LC Meter Breaststroke)

4	01262	Mau, Lok Yan Eunice	26	Current Club Ltd	2:37.66
30-34					
1	00085	Yu, Pei En Priscilla	30	Current Club Ltd	1:30.00
2	38425 IAZ	Lai, Kit Sum	32	Csu	1:45.00
3	01552 #IBZ	Lai, Hiu Ling	30	New Water Polo	2:01.00
4	00777 IBZ	Tse, Yu Ting	33	New Water Polo	2:01.00
5	42081 IAZ	Lee, Chui Man	31	Sword Fish Club	2:05.00
6	13384 ICZ	Lee, May Sze Mei	32	New Water Polo	2:20.00
35-39					
1	30261 IAX	Chan, Mung Yu	39	Sword Fish Club	1:50.00
2	41602 P	Wu, Kuei Yi	36	Sea Green	2:00.00
40-44					
1	42785 ICO	Coughlin, Joni Payne	40	LRC	1:38.93
2	06304 ICZ	Cheung, Man Yiu	40	Sea Green	1:49.00
3	33017 IAZ	Ngan, Oi Sze	42	Sword Fish Club	1:50.00
4	06732 IAZ	Chan, Sin Ion Kimmy	40	Sword Fish Club	1:55.00
5	30072 ICW	Chao, Man Chi	40	New Water Polo	1:59.00
45-49					
1	35772 IAX	Ban, Xianhai	47	New Water Polo	1:50.00
2	35782 P	Tang, Hsueh Li	45	Sea Green	1:50.00
3	06349	Ip, Oi Wa Wendy	47	Sword Fish Club	1:55.00
4	36431 P	Buchta, Katrin	49	Sword Fish Club	2:00.00
50-54					
1	39092 I	Chan, Chok Wa	52	Sword Fish Club	1:32.00
2	16303	Rana, Naomi	53	LRC	1:52.99
3	43102 ICO	Roberts, Tonya Leanne	51	LRC	1:55.00
4	40575 #IAO	Chan, San Nghah	51	Fastlane Swimmin	2:00.00
5	32492 IAZ	Ng, Lai Yee Donna	53	Sword Fish Club	2:10.00
55-59					
1	34668 IAZ	Tang, Pik Ha	59	New Water Polo	1:59.00
2	20001 IAZ	Leung, Siu Ling	59	Kwun Tong	2:00.00
3	21006 IAZ	Chan, Kin Ming Carrie	57	Sword Fish Club	2:00.00
4	38289 IAZ	Ng, Wai Lin Angie	55	Sword Fish Club	2:00.00
5	20640 IAZ	Wong, Fung Yee	59	Sword Fish Club	2:15.00
60-64					
1	16533	Wong, Shun Ying	60	Sea Green	1:50.00
2	06127	Lau, Wai Lin	63	New Water Polo	2:20.00
65-69					
1	06147	Leung Wong, Yin Har Hayl	67	Sea Green	1:55.00
70-74					
1	02365	Chow, So Kam	74	Kwun Tong	2:00.00
2	30506 IAX	Li, Hoi Ying	71	Sword Fish Club	2:20.00
3	08936	Leong, Kuai Heng	73	New Water Polo	3:50.00
75-79					
1	06374	Wong, Jim	78	Sword Fish Club	2:20.00

**2019-20 Long Course Masters Swimming Comp P2 - 05-May-19
Psych Sheet**

Event 5 Men 50 LC Meter Freestyle

18-24 MSR:	24.17
25-29 MSR:	23.92
30-34 MSR:	24.31
35-39 MSR:	24.80
40-44 MSR:	25.42
45-49 MSR:	26.47
50-54 MSR:	25.80
55-59 MSR:	28.02
60-64 MSR:	27.95
65-69 MSR:	29.72

	ID#	Name	Age	Team	Seed Time
25-29... (Event 5 Men 50 LC Meter Freestyle)					
1	05577 #IBZ	Yuen, Marcus	25	LRC	26.00
2	39988 IASM	Leung, Ka Chon	28	Sword Fish Club	26.00
3	43822 IAZ	Wong, Lu Yeung	29	Flying Fish	27.00
4	12389 B	Li, Chun Ting	27	Eastern Winter	30.00
5	10686	Chan, Ching	28	Golden Dolphin	32.00
6	11990 IBZ	Que, Lung Hin Clark	28	City East	32.00
7	43594 IAZ	Chan, Hau Yin	26	Sword Fish Club	32.00
8	35718 IAZ	Wong, Hon Leung	25	Tuen Mun S.T.	40.00
30-34					
1	22420 IAZ	Chan, Chi Ming	33	Kwun Tong	20.00
2	03716 #ICZ	Yan, Ho Chun	34	Diocesan School	24.00
3	00557 #	Chow, Sik Hang	31	New Water Polo	24.30
4	00464 IA	Paul, Jonathan Matthew	34	Diocesan School	26.00
5	05990 IAZ	Ho, Ka Chun	33	New Water Polo	28.00
6	42363 ICO	Gromak, Andrey	32	Sword Fish Club	29.00
7	35767 #ICO	Pilloni, Iosto	33	New Water Polo	31.00
8	23298 IAZ	Li, Cheuk Bun	34	Wong Tai Sin	33.00
35-39					
1	09165	Cheung, Siu Fung	36	Lai Tsun	28.00
2	03796 ICZ	Chan, Pui Kei	38	New Water Polo	29.00
3	08964	Yeung, Wai Kam William	36	Happy Valley	30.00
4	40927 IAZ	Chu, Chun Sing	36	Golden Dolphin	35.00
5	40001 IAZ	Yip, Ka Ho Tonie	37	Kwun Tong	43.00
40-44					
1	27471 #ICO	Nortje, Craig Andrew	41	Fastlane Swimmin	26.00
2	35791 IAO	Lewis, Gareth Rhys	40	LRC	26.54
3	40846 IAZ	Cheung, Chin Ho	44	Diocesan School	27.60
4	43528	Li, Huijian	40	New Water Polo	28.00
5	34315 IAZ	Yip, Chi Yan Christopher	44	Diocesan School	29.00
6	16451	Cheng, Ngai Bun	41	Kwun Tong	30.00
7	42737 IAZ	So, Ma Loi	43	Sword Fish Club	30.00
8	38958 IAZ	Lai, Yiu Kuen	44	Current Club Ltd	30.06
9	40107 IAZ	Chan, Falcon	40	Lai Tsun	31.00
10	39987 IAS	Chu, Tong Man	43	Sword Fish Club	32.00
11	40923 IAZ	Yip, Kam Wing	42	Golden Dolphin	33.00
12	43656 IAZ	Poon, Hiu Tung	41	Diocesan School	34.00
13	40925 IAZ	Chan, Kam Hang	41	Golden Dolphin	34.00
14	29261 IAZ	Lai, Ka Wai	41	Tuen Mun	36.65
15	41730 IAO	Hui, Peter	44	Diocesan School	39.00

2019-20 Long Course Masters Swimming Comp P2 - 05-May-19**Psych Sheet****45-49... (Event 5 Men 50 LC Meter Freestyle)**

1	31857 #IAZ	Au, Andrew	45 Fastlane Swimmin	27.80
2	35237 ICW	Lam, Veng Vai	46 Current Club Ltd	28.90
3	30710 IAZ	Lai, Kin Sun	49 Flying Fish	29.00
4	27451 IAZ	Yip, Kin Man Stephen	49 Kwun Tong	29.00
5	06711	Leung, Tsz Kin	47 New Water Polo	29.00
6	41757 #IAO	Stamper, Mark	48 Fastlane Swimmin	29.50
7	31054 #IAO	Stimson, Mark Grant	48 Fastlane Swimmin	29.50
8	36962 IAZ	Leung, Yung Yu	47 Kwun Tong	30.00
9	36554 #ICO	Wolfers, Lachlan Robert	45 Hong Kong Footba	31.78
10	41758 #IAO	Graham, Kym Alexander	46 Fastlane Swimmin	32.00
11	39990 IAZ	Leong, Chin Hang	47 Sword Fish Club	32.00
12	40835 IAZ	Leung, Wing Hong Alvin	45 Diocesan School	33.00
13	40844 IAZ	Lee, Hoi Wang Gary	45 Diocesan School	34.00
14	40922 IAZ	Ngan, Chun Keung	48 Golden Dolphin	37.00
15	04184	Woo, Siu Ming William	48 Sword Fish Club	1:05.00

50-54

1	43144	Xiao, Donghong	53 New Water Polo	31.00
2	22433 IAZ	Lui, Man Pong	54 New Water Polo	32.00
3	06175	Lo, King Man	52 Sea Green	35.00
4	40839 IAZ	Leung, Wing Hang Michae	54 Diocesan School	36.00
5	35238 IAZ	Yuen, Chak Hay	51 Current Club Ltd	38.29
6	43739 P	Hsu, Li Hong	51 Sea Green	39.00
7	08901	Koh, Kee Haw	51 Sword Fish Club	40.00
8	38991 IAZ	Tong, Wing Kin	53 City East	41.00

55-59

1	43529 IAX	Ng, Wai Fung	56 New Water Polo	28.50
2	15528 #	Tsui, Tak Shing Dominic	57 Fastlane Swimmin	31.00
3	41007 IAZ	So, Man Sing	58 Sea Green	31.00
4	07802	Chau, Kam Tim	59 Sea Green	33.00
5	30711 IAO	Chen, Teck Meng	55 Lai Tsun	34.00
6	32108 IAX	Chan, Kiu	57 Sword Fish Club	35.00
7	28339 IAZ	Yim, Chi Yiu	59 New Water Polo	36.00
8	37048 IAZ	Cheung, Wai Chuen Jimmy	56 Sword Fish Club	36.00
9	27869 IAZ	Lee, Kam Cheong	55 Sword Fish Club	38.00
10	19324 IAZ	Lau, Chun Ching	56 Kwun Tong	41.00
11	20247 ICX	Wai, Chris Tak Wing	59 New Water Polo	59.00

60-64

1	05071	Choi, Tony	61 LRC	31.85
2	14555	Tang, Kon Leong	63 Sword Fish Club	32.00
3	31217 IAX	Wong, Siu Man	63 Sword Fish Club	35.00
4	20636 IAZ	Pang, Seung Chiu	60 Lai Tsun	39.00
5	41739 IAZ	Ng, Chin Wing	64 Sea Green	49.00

65-69

1	06268	Tse, Kwok Piu	68 Sword Fish Club	32.00
2	06389	Chan, Hong Wah	66 New Water Polo	36.00
3	06184	Ng, Pak Chiu	65 Sea Green	38.00
4	23123 IAZ	Poon, Wai	67 Sword Fish Club	40.00
5	40576 P	Aw, Seng Meng	65 Sword Fish Club	41.00
6	35236 IAZ	Chan, Pui Ming Sunny	65 Sword Fish Club	44.00
7	06129	Wu, Pak Yin	69 Sword Fish Club	45.00
8	11563	Lee, Kwok Hung	66 Sword Fish Club	48.00

70-74

1	03845	Tin, Sheung Kwai	72 New Water Polo	33.00
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2019-20 Long Course Masters Swimming Comp P2 - 05-May-19

Psych Sheet

70-74... (Event 5 Men 50 LC Meter Freestyle)

2	09171	Chan, Ying Chi	73	Sword Fish Club	42.00
3	10274	Lau, Chun Nung	73	Lai Tsun	50.00

75-79

1	27135 IAX	Lam, Lit Kwan	78	Lai Tsun	42.00
2	28522 IAX	Wong, Tat Choi	78	Sword Fish Club	44.00
3	10279	Wong, Shiu Ming	77	Sword Fish Club	45.00
4	38301 IAX	Cheung, Hao Yen	76	Lai Tsun	51.00
5	06379	Kwong, Chi Hung	79	Sword Fish Club	1:10.00

80-84

1	06399	Fu, Tai Chun	82	Kwun Tong	42.00
2	05407	Lee, She Kwok	81	Sword Fish Club	51.00
3	15490	Law, Kwai Fong	83	Sword Fish Club	53.00

85-89

1	06238	Lee, Ming	89	Sword Fish Club	52.00
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Event 6 Women 50 LC Meter Freestyle

18-24 MSR:	28.20
25-29 MSR:	29.28
30-34 MSR:	28.96
35-39 MSR:	28.65
40-44 MSR:	28.88
45-49 MSR:	30.12
50-54 MSR:	30.65
55-59 MSR:	32.17
60-64 MSR:	34.51
65-69 MSR:	37.61

	ID#	Name	Age	Team	Seed Time
25-29					
1	01262	Mau, Lok Yan Eunice	26	Current Club Ltd	28.29
2	01923 #IBZ	Wong, Suet Yiu	28	Csu	31.00
3	03730 IBZ	Li, Jamie	27	Kwan Hung	31.00
4	05636 B	Chan, Yau Shan Zoe	28	Current Club Ltd	31.93
5	28004 IAZ	Kwan, Ka Wan	26	Happy Valley	32.00
6	10425 IBZ	Tin, Tsz Pui	28	Golden Dolphin	40.00
7	16027 IBZ	Yeung, Yan Wing	29	Kwan Hung	44.00
30-34					
1	26745 #ICX	Chen, Yangyang	34	LRC	30.48
2	00085	Yu, Pei En Priscilla	30	Current Club Ltd	32.00
3	01624 #IBZ	Wong, Yin Yue Olivia	32	Lai Tsun	32.00
4	00754 IAZ	Yam, Shu Jun	32	Current Club Ltd	33.65
5	38425 IAZ	Lai, Kit Sum	32	Csu	45.00
6	13384 ICZ	Lee, May Sze Mei	32	New Water Polo	1:10.00
35-39					
1	38440 #ICO	Johnson, Melissa Ann	36	Fastlane Swimmin	29.25
2	33300 IAZ	Cheng, Ka Kee	39	Juan Hua Club	39.40
3	30261 IAX	Chan, Mung Yu	39	Sword Fish Club	48.00
40-44					
1	42785 ICO	Coughlin, Joni Payne	40	LRC	32.58
2	08977	Ho, Yee Yun Rosalind	40	Current Club Ltd	34.02
3	43157 ICO	Lee, Chew Ling	42	LRC	42.00
45-49					
1	33517 #IAO	Yamaguchi, Mika	47	Fastlane Swimmin	30.12
2	36434 #IAZ	Lam, Wing Yan Jada	45	Fastlane Swimmin	34.00
3	42082 IAZ	Luk, Chuen Joey	48	Sword Fish Club	43.00

2019-20 Long Course Masters Swimming Comp P2 - 05-May-19

Psych Sheet

50-54... (Event 6 Women 50 LC Meter Freestyle)

1	39092 I	Chan, Chok Wa	52	Sword Fish Club	35.00
2	36045 IAZN	Hsu, Ava	52	LRC	44.04
3	16303	Rana, Naomi	53	LRC	44.62
4	43102 ICO	Roberts, Tonya Leanne	51	LRC	48.00
5	37623 IAZ	Au, Wing Sze Grace	51	Sword Fish Club	50.00
6	32492 IAZ	Ng, Lai Yee Donna	53	Sword Fish Club	56.00

55-59

1	26049 IAZ	Kirkwood, Tain Mhaira	56	LRC	32.17
2	43178 ICW	Hoi, Fong Mei	55	Sword Fish Club	42.00
3	32025 IAZ	Sin, Lai Wan Vicky	59	Kwun Tong	43.00
4	20001 IAZ	Leung, Siu Ling	59	Kwun Tong	45.00
5	07469	Devereux, Anne Gillian	56	LRC	46.06

60-64

1	19290 IAX	Tseung, Nga Wah	62	Sword Fish Club	36.00
2	03503	Castka, Gillian Hancer	63	Sword Fish Club	38.00
3	43146	Liang, Yueping	61	New Water Polo	43.00
4	25237 IAZ	Yu, Chi Seung	61	New Water Polo	1:00.00

65-69

1	05412	Chu, Lui Kwong	68	Sword Fish Club	49.00
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70-74

1	39991 IAS	Sam, Choi Lin	71	Sword Fish Club	49.00
2	08936	Leong, Kuai Heng	73	New Water Polo	1:07.00

75-79

1	32571 IAZ	Chan, Pui Yee	75	Sword Fish Club	55.00
2	13262	Kwong, Shuet Hing	79	Wong Tai Sin	1:12.20

80-84

1	06144	Mak, Suet Man	82	Sea Green	59.00
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85-89

1	06375	Chan, Wai Kiang	86	Kwun Tong	1:20.00
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Event 7 Men 100 LC Meter Backstroke

18-24 MSR: 1:02.10

25-29 MSR: 1:06.32

30-34 MSR: 1:09.95

35-39 MSR: 1:06.66

40-44 MSR: 1:07.73

45-49 MSR: 1:09.39

50-54 MSR: 1:08.09

55-59 MSR: 1:11.73

60-64 MSR: 1:16.06

65-69 MSR: 1:23.65

	ID#	Name	Age	Team	Seed Time
18-24					
1	13133 B	Lo, Cheuk Chun	20	Diocesan School	1:20.00
25-29					
1	39988 IASM	Leung, Ka Chon	28	Sword Fish Club	1:15.00
2	01728	Cheung, Wai Lun William	28	Diocesan School	1:20.00
3	13715 IBZ	Chan, Paak Hang	28	New Water Polo	1:20.00
30-34					
1	00444	Lam, Yau Sun Dickson	34	Diocesan School	1:07.00
2	02047 IBZ	Li, Ka Ho	30	LRC	1:20.00
35-39					
1	42766 #ICO	Dahlmann, Sven Christoph	39	Fastlane Swimmin	1:10.00

2019-20 Long Course Masters Swimming Comp P2 - 05-May-19

Psych Sheet

35-39... (Event 7 Men 100 LC Meter Backstroke)

2	26045	Lui, Ming Chun Pierre	35	Kwun Tong	1:30.00
3	03796 ICZ	Chan, Pui Kei	38	New Water Polo	1:30.00
4	01948 ICZ	Tang, Ho Yuen	37	Diocesan School	1:35.00
40-44					
1	28849 IAZ	Chan, Chun Kuen	44	Sword Fish Club	1:25.00
2	05160	Chan, Ka Wo	42	Diocesan School	1:34.00
3	40841 IAX	Tsang, Kwok Tung	40	Diocesan School	1:40.00
4	41889 IAZ	Leung, Ki Chi James	43	City East	2:00.00
5	41887 IAZ	Woo, Cheuk Yiu Jeffrey	44	City East	2:00.00
45-49					
1	36554 #ICO	Wolfers, Lachlan Robert	45	Hong Kong Footba	1:30.00
2	28518 IAZ	Yau, Wo Fung	47	Kwun Tong	1:30.00
3	27451 IAZ	Yip, Kin Man Stephen	49	Kwun Tong	1:30.00
50-54					
1	20239 IAO	Letcher, Richard Roy	50	LRC	1:14.80
2	32253 IAZ	Watt, Kam Sing Michael	52	Kowloon Tong Club	1:30.00
3	35313 IAZ	Pong, Chiu Yee Dario	51	LRC	1:35.00
4	39091 IAZ	Luk, Kai Ming Stephen	52	Sword Fish Club	1:45.00
5	38291 IAZ	Liu, Chun Sing	53	Sword Fish Club	1:50.00
6	35711 IAX	Wong, Fuk Kei	50	Sword Fish Club	2:10.00
7	40845 IAZ	Pang, Wai Man Billy	54	Diocesan School	2:17.00
8	22433 IAZ	Lui, Man Pong	54	New Water Polo	2:40.00
9	08901	Koh, Kee Haw	51	Sword Fish Club	2:41.00
55-59					
1	26250 IAZ	Lau, Cho Tak	56	Lai Tsun	1:32.00
2	24256 IAW	Lok, Wai Man	56	New Water Polo	1:48.00
3	41007 IAZ	So, Man Sing	58	Sea Green	1:49.00
4	07802	Chau, Kam Tim	59	Sea Green	1:50.00
5	40840 IAZ	Ng, Ka Yiu Karl	55	Diocesan School	2:00.00
6	39982 IAZ	Chow, Wing Chun	55	Sword Fish Club	2:15.00
60-64					
1	26591 IAO	Ho, Robert Yau Chung	61	LRC	1:20.00
2	17725 IAZ	Ng, Yu Hung	61	Sword Fish Club	1:38.00
3	17956 IAZ	Chau, Kim Fai	62	Sword Fish Club	1:45.00
4	06187	Kan, Kai Kwong	64	Sea Green	1:50.00
5	06176	Wong, Kung Wan	63	Sea Green	1:59.00
6	04500	Cheung, Ip Chor	64	Sword Fish Club	2:00.00
65-69					
1	37684 IAZ	Mok, Yun Cheung	69	Sword Fish Club	1:32.00
2	06388	Lau, Man Kin	65	Sword Fish Club	1:40.00
3	06124	Szeto, Kwan Yin	66	New Water Polo	1:55.00
4	26318	Suen, Chi Wing	65	Sword Fish Club	1:55.00
5	20634 IAZ	Wu, Shu Sun	69	New Water Polo	2:00.00
6	06129	Wu, Pak Yin	69	Sword Fish Club	2:00.00
7	06389	Chan, Hong Wah	66	New Water Polo	2:08.00
8	23123 IAZ	Poon, Wai	67	Sword Fish Club	2:24.00
70-74					
1	22182 IAZ	Ngai, Yin Leung	70	Sword Fish Club	2:00.00
2	06274	Wong, Yau Chuen	73	Sword Fish Club	2:09.00
75-79					
1	10279	Wong, Shiu Ming	77	Sword Fish Club	2:00.00
2	38301 IAX	Cheung, Hao Yen	76	Lai Tsun	NT
80-84					
1	05407	Lee, She Kwok	81	Sword Fish Club	2:38.00

2019-20 Long Course Masters Swimming Comp P2 - 05-May-19

Psych Sheet

80-84... (Event 7 Men 100 LC Meter Backstroke)

2	17832 IAX	Chan, Sau	82	Sword Fish Club	2:40.00
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85-89					
1	02987	Cheung, Tsan	85	Sword Fish Club	2:35.00

Event 8 Women 100 LC Meter Backstroke

18-24 MSR: 1:11.36

25-29 MSR: 1:14.07

30-34 MSR: 1:11.37

35-39 MSR: 1:14.06

40-44 MSR: 1:13.75

45-49 MSR: 1:19.43

50-54 MSR: 1:17.38

55-59 MSR: 1:36.84

60-64 MSR: 1:45.15

65-69 MSR: 1:53.27

	ID#	Name	Age	Team	Seed Time
25-29					
1	38653 IAZ	Sin, Wai Ting	25	Golden Dolphin	2:15.00
30-34					
1	13384 ICZ	Lee, May Sze Mei	32	New Water Polo	2:15.00
40-44					
1	36785 IAZ	Inglis, Alexandra Sinead	44	LRC	1:42.00
45-49					
1	35772 IAX	Ban, Xianhai	47	New Water Polo	1:50.00
2	16535	Yuen, Yuk Kuen	47	Sea Green	2:00.00
3	43145	Sha, Youjin	49	New Water Polo	2:20.00
50-54					
1	26254 IAX	Ng, Kong Ching	54	New Water Polo	1:50.00
55-59					
1	29752 IAZ	Chow, Yee Heung Liza	55	Lai Tsun	1:34.00
2	20001 IAZ	Leung, Siu Ling	59	Kwun Tong	2:15.00
3	20640 IAZ	Wong, Fung Yee	59	Sword Fish Club	2:20.00
60-64					
1	06355	Lo, Lai Yung	64	New Water Polo	1:55.00
2	06127	Lau, Wai Lin	63	New Water Polo	2:20.00
65-69					
1	39357	Mak, Sok Iun	69	Sword Fish Club	2:25.00
70-74					
1	06357	Suen, Ming Chu	71	Sword Fish Club	2:05.00
2	39991 IAS	Sam, Choi Lin	71	Sword Fish Club	2:20.00
75-79					
1	32571 IAZ	Chan, Pui Yee	75	Sword Fish Club	2:30.00
2	13262	Kwong, Shuet Hing	79	Wong Tai Sin	2:52.56
80-84					
1	06144	Mak, Suet Man	82	Sea Green	2:00.00

**2019-20 Long Course Masters Swimming Comp P2 - 05-May-19
Psych Sheet**

Event 9 Men 50 LC Meter Butterfly

18-24 MSR:	26.27
25-29 MSR:	26.21
30-34 MSR:	26.54
35-39 MSR:	26.70
40-44 MSR:	26.98
45-49 MSR:	27.47
50-54 MSR:	27.94
55-59 MSR:	30.04
60-64 MSR:	30.60
65-69 MSR:	33.66

	ID#	Name	Age	Team	Seed Time
18-24... (Event 9 Men 50 LC Meter Butterfly)					
1	13133 B	Lo, Cheuk Chun	20	Diocesan School	26.00
25-29					
1	14158 #IAZ	Li, Hok Yee Terence	26	New Water Polo	28.50
2	39988 IASM	Leung, Ka Chon	28	Sword Fish Club	29.00
3	05854 IAZ	Cho, Wai Ching	28	Flying Fish	29.50
4	13715 IBZ	Chan, Paak Hang	28	New Water Polo	32.00
5	43275 #IAON	Walsh, Alexander James	27	Fastlane Swimmin	33.00
6	01728	Cheung, Wai Lun William	28	Diocesan School	33.00
7	33387 IAO	Wu, Kenneth Yee Lok	28	Sword Fish Club	34.00
8	10686	Chan, Ching	28	Golden Dolphin	35.00
9	35718 IAZ	Wong, Hon Leung	25	Tuen Mun S.T.	50.00
30-34					
1	03716 #ICZ	Yan, Ho Chun	34	Diocesan School	26.00
2	00557 #	Chow, Sik Hang	31	New Water Polo	26.90
3	27874 #IAZ	Chan, Cheuk Man	31	New Water Polo	28.80
4	04867 IBZ	Wong, Ho Long	30	New Water Polo	28.80
5	05990 IAZ	Ho, Ka Chun	33	New Water Polo	28.80
6	02047 IBZ	Li, Ka Ho	30	LRC	30.00
7	00385	Cheng, Pong Man Reuben	30	Flying Fish	32.00
8	42363 ICO	Gromak, Andrey	32	Sword Fish Club	32.00
9	01862 ICZ	Kwan, Hei Yan	34	Diocesan School	35.00
10	23298 IAZ	Li, Cheuk Bun	34	Wong Tai Sin	35.00
35-39					
1	11544	Fan, Yiu Wing	38	Flying Fish	29.50
2	42766 #ICO	Dahlmann, Sven Christoph	39	Fastlane Swimmin	30.00
3	39981 IAZ	Mui, Ho Chuen	39	Sword Fish Club	31.06
4	10317	Ng, Ka Wing	39	Diocesan School	32.00
5	23963 IAZ	Wong, Ka Ki	35	Kwun Tong	35.00
40-44					
1	35791 IAO	Lewis, Gareth Rhys	40	LRC	28.46
2	43528	Li, Huijian	40	New Water Polo	30.00
3	37671 ICO	Stamenovic, Ivan	43	LRC	30.18
4	35790 ICO	Launay, Thomas	40	LRC	32.39
5	40846 IAZ	Cheung, Chin Ho	44	Diocesan School	33.00
6	37781 IAZ	Lo, Kar Lai Gary	41	New Water Polo	36.00
45-49					
1	06711	Leung, Tsz Kin	47	New Water Polo	31.00
2	28860 IEX	Lin, Qingzhan	45	Sword Fish Club	31.00
3	21008 IAZ	Cheung, Chun Kwan Mich	46	Wong Tai Sin	33.00
4	30710 IAZ	Lai, Kin Sun	49	Flying Fish	34.00

2019-20 Long Course Masters Swimming Comp P2 - 05-May-19**Psych Sheet****45-49... (Event 9 Men 50 LC Meter Butterfly)**

5	36962 IAZ	Leung, Yung Yu	47 Kwun Tong	34.00
6	28518 IAZ	Yau, Wo Fung	47 Kwun Tong	34.00
7	42085 IAZ	Lee, Hon Lun Philip	47 Sword Fish Club	43.00
50-54				
1	37693 IAO	Sieh, Tien Yu	50 Kwun Tong	29.00
2	20239 IAO	Letcher, Richard Roy	50 LRC	31.25
3	43144	Xiao, Donghong	53 New Water Polo	34.00
4	06175	Lo, King Man	52 Sea Green	36.00
5	43739 P	Hsu, Li Hong	51 Sea Green	42.00
6	35711 IAX	Wong, Fuk Kei	50 Sword Fish Club	43.61
7	38127 IAZ	Leung, Cheung Wai Ricky	51 Sword Fish Club	45.00
8	35238 IAZ	Yuen, Chak Hay	51 Current Club Ltd	46.09
55-59				
1	05191	Koo, Yu Fat Marcus	57 Flying Fish	31.00
2	06256	Chan, Kwong Peter	58 Sea Green	34.00
3	07802	Chau, Kam Tim	59 Sea Green	34.00
4	15528 #	Tsui, Tak Shing Dominic	57 Fastlane Swimmin	35.00
5	26250 IAZ	Lau, Cho Tak	56 Lai Tsun	35.00
6	41007 IAZ	So, Man Sing	58 Sea Green	35.00
7	39982 IAZ	Chow, Wing Chun	55 Sword Fish Club	41.00
8	26594 IAZ	Ching, Wai Kin	55 Sword Fish Club	43.58
9	40840 IAZ	Ng, Ka Yiu Karl	55 Diocesan School	48.00
10	06247	So, Kam Shing	58 Wong Tai Sin	50.00
60-64				
1	26591 IAO	Ho, Robert Yau Chung	61 LRC	35.00
2	17956 IAZ	Chau, Kim Fai	62 Sword Fish Club	37.00
3	06281	Fung, Kam Tai	64 Sword Fish Club	42.00
4	06187	Kan, Kai Kwong	64 Sea Green	45.00
5	06785	Leung, Chun Yi	62 New Water Polo	1:01.00
65-69				
1	06382	Chan, Kam Por	67 Sword Fish Club	35.00
2	06184	Ng, Pak Chiu	65 Sea Green	40.00
3	06388	Lau, Man Kin	65 Sword Fish Club	44.00
4	21729 IAX	Chan, Ping Chiu	68 New Water Polo	1:00.00
70-74				
1	22182 IAZ	Ngai, Yin Leung	70 Sword Fish Club	50.00
2	09171	Chan, Ying Chi	73 Sword Fish Club	56.00
3	06242	Lau, Heung Wing	70 Wong Tai Sin	1:18.00
75-79				
1	17620 IAO	Polson, Ian Hastings	75 LRC	41.26
2	10279	Wong, Shiu Ming	77 Sword Fish Club	58.00
3	39054 IAZ	Lai, Kerwin	79 Sea Green	1:01.00
4	06270	Lam, Luk Kan	78 Sword Fish Club	1:10.00
5	38301 IAX	Cheung, Hao Yen	76 Lai Tsun	NT
80-84				
1	15490	Law, Kwai Fong	83 Sword Fish Club	1:18.00
2	05407	Lee, She Kwok	81 Sword Fish Club	1:38.00
85-89				
1	06131	Yim, Kam Wing	86 Sword Fish Club	1:06.00
2	02987	Cheung, Tsan	85 Sword Fish Club	1:26.00

**2019-20 Long Course Masters Swimming Comp P2 - 05-May-19
Psych Sheet**

Event 10 Women 50 LC Meter Butterfly

18-24 MSR: 30.27
 25-29 MSR: 29.30
 30-34 MSR: 30.75
 35-39 MSR: 32.49
 40-44 MSR: 33.10
 45-49 MSR: 32.96
 50-54 MSR: 32.53
 55-59 MSR: 36.47
 60-64 MSR: 36.39
 65-69 MSR: 39.95

	ID#	Name	Age	Team	Seed Time
18-24... (Event 10 Women 50 LC Meter Butterfly)					
1	08727 B	Hung Yuen Ching, Moose (23	New Water Polo	39.00
25-29					
1	19753 IAZ	Pang, Hiu Kwan	25	Juan Hua Club	33.26
2	01923 #IBZ	Wong, Suet Yiu	28	Csu	35.00
30-34					
1	01666 #IBZ	Chan, Wing Suet	33	Hong Kong Footba	30.75
2	26745 #ICX	Chen, Yangyang	34	LRC	32.92
3	00754 IAZ	Yam, Shu Jun	32	Current Club Ltd	36.49
4	00777 IBZ	Tse, Yu Ting	33	New Water Polo	1:00.00
35-39					
1	41602 P	Wu, Kuei Yi	36	Sea Green	50.00
40-44					
1	40702 IAX	Kar, Ka	42	New Water Polo	38.00
2	30072 ICW	Chao, Man Chi	40	New Water Polo	59.00
45-49					
1	33517 #IAO	Yamaguchi, Mika	47	Fastlane Swimmin	33.55
2	36434 #IAZ	Lam, Wing Yan Jada	45	Fastlane Swimmin	37.00
3	38302 IAZ	Cheung, Man Ling Melody	47	Lai Tsun	42.00
4	27463 IAX	Chen, Yugen	48	New Water Polo	46.00
5	42082 IAZ	Luk, Chuen Joey	48	Sword Fish Club	48.00
6	16535	Yuen, Yuk Kuen	47	Sea Green	50.00
7	06349	Ip, Oi Wa Wendy	47	Sword Fish Club	1:00.00
50-54					
1	16303	Rana, Naomi	53	LRC	49.41
2	26254 IAX	Ng, Kong Ching	54	New Water Polo	50.00
3	37012 IAZ	Lun, Yau Chun Nara	51	New Water Polo	1:00.00
4	41911 IAZN	Ng, Kit Man Joanna	54	New Water Polo	1:30.00
55-59					
1	26049 IAZ	Kirkwood, Tain Mhaira	56	LRC	36.39
2	29752 IAZ	Chow, Yee Heung Liza	55	Lai Tsun	42.00
3	43178 ICW	Hoi, Fong Mei	55	Sword Fish Club	55.00
4	37056 IAZ	Wong, Hoi Ping Carol	59	Tuen Mun	1:04.04
60-64					
1	19290 IAX	Tseung, Nga Wah	62	Sword Fish Club	46.00
2	16533	Wong, Shun Ying	60	Sea Green	49.00
3	06355	Lo, Lai Yung	64	New Water Polo	50.00
4	03503	Castka, Gillian Hancer	63	Sword Fish Club	50.00
5	25237 IAZ	Yu, Chi Seung	61	New Water Polo	1:10.00
65-69					
1	39357	Mak, Sok Iun	69	Sword Fish Club	58.00

2019-20 Long Course Masters Swimming Comp P2 - 05-May-19

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70-74... (Event 10 Women 50 LC Meter Butterfly)

1	06357	Suen, Ming Chu	71	Sword Fish Club	56.00
2	32572 IAO	Chan, Sui Kin	71	Sword Fish Club	1:08.00
3	02365	Chow, So Kam	74	Kwun Tong	1:10.00

75-79					
1	05241	Ng, Yung Ho	76	Sea Green	1:10.00

Event 11 Men 200 LC Meter Medley Relay

100-119 MSR: 1:51.11

120-159 MSR: 1:54.76

160-199 MSR: 1:53.94

200-239 MSR: 2:03.19

240-279 MSR: 2:19.80

280-319 MSR: 2:40.94

320-359 MSR: 3:30.63

	Team	Relay	Seed Time
100-119			
1	New Water Polo Club	M100 A	NT
2	Diocesan School Old Boys	M100 A	NT
120-159			
1	Sword Fish Club	M120 A	2:20.00
2	HK Flying Fish Athletic Club	M120 A	NT
3	Ladies' Recreation Club	M120 A	NT
4	Kwun Tong Swimming Club	M120 A	NT
5	New Water Polo Club	M120 A	NT
6	Diocesan School Old Boys	M120 A	NT
7	Fastlane Swimming Club	M120 A	NT
160-199			
1	Kowloon Tong Club	M160 A	2:20.00
2	Sword Fish Club	M160 A	2:25.00
3	Current Club Ltd	M160 A	2:30.00
4	Golden Dolphin Sports Club	M160 A	2:30.00
5	Lai Tsun Swimming Society	M160 A	2:37.00
6	Ladies' Recreation Club	M160 A	NT
7	Kwun Tong Swimming Club	M160 A	NT
8	New Water Polo Club	M160 A	NT
9	Diocesan School Old Boys	M160 A	NT
10	Fastlane Swimming Club	M160 A	NT
200-239			
1	Sword Fish Club	M200 A	2:30.00
2	Lai Tsun Swimming Society	M200 A	2:40.19
3	Ladies' Recreation Club	M200 A	NT
4	Kwun Tong Swimming Club	M200 A	NT
5	New Water Polo Club	M200 A	NT
6	Sea Green Swimming & Diving	M200 A	NT
7	Diocesan School Old Boys	M200 A	NT
240-279			
1	Sword Fish Club	M240 A	2:40.00
2	Wong Tai Sin District L.S.	M240 A	4:00.00
3	Ladies' Recreation Club	M240 A	NT
4	Kwun Tong Swimming Club	M240 A	NT
5	New Water Polo Club	M240 A	NT
6	Sea Green Swimming & Diving	M240 A	NT

2019-20 Long Course Masters Swimming Comp P2 - 05-May-19

Psych Sheet

280-319... (Event 11 Men 200 LC Meter Medley Relay)

1	Sword Fish Club	M280	A	2:50.00
2	Lai Tsun Swimming Soc	M280	A	3:19.37
3	New Water Polo Club	M280	A	NT

320-359

1	Sword Fish Club	M320	A	3:45.00
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Event 12 Women 200 LC Meter Medley Relay

100-119 MSR: 2:19.21

120-159 MSR: 2:10.92

160-199 MSR: 2:10.35

200-239 MSR: 2:32.48

240-279 MSR: 2:48.90

280-319 MSR: 3:21.30

	Team	Relay	Seed Time
120-159			
1	Sword Fish Club	W120 A	2:50.00
2	Ladies' Recreation Club	W120 A	NT
3	New Water Polo Club	W120 A	NT
4	Fastlane Swimming Co	M120 A	NT
160-199			
1	Lai Tsun Swimming Soc	M160 A	2:53.00
2	Sword Fish Club	W160 A	2:55.00
3	Ladies' Recreation Club	W160 A	NT
4	New Water Polo Club	W160 A	NT
5	Sea Green Swimming &	W160 A	NT
6	Fastlane Swimming Co	M160 A	NT
200-239			
1	Sword Fish Club	W200 A	2:55.00
2	Ladies' Recreation Club	W200 A	NT
3	New Water Polo Club	W200 A	NT
240-279			
1	Sword Fish Club	W240 A	2:55.00
2	Wong Tai Sin District L	S240 A	5:00.00
3	Ladies' Recreation Club	W240 A	NT
4	Kwun Tong Swimming C	M240 A	NT
5	New Water Polo Club	W240 A	NT
6	Sea Green Swimming &	W240 A	NT
280-319			
1	Sword Fish Club	W280 A	4:00.00
2	Sea Green Swimming &	W280 A	NT

2019-20 Long Course Masters Swimming Comp P2 - 05-May-19

Psych Sheet

Event 13 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
25-29... (Event 13 Men 50 LC Meter Breaststroke)				
1	42728 P	Febo, Christopher Vincenz	26 Sword Fish Club	32.00
2	02766 IBZ	Ma, Siu Chun Jason	28 Flying Fish	35.00
3	00529 B	Wong, Lok Sum	26 Kwun Tong	35.00
4	33387 IAO	Wu, Kenneth Yee Lok	28 Sword Fish Club	40.00
30-34				
1	02591	Luk, Wing Kin Andy	30 Kwan Hung	29.00
2	03716 #ICZ	Yan, Ho Chun	34 Diocesan School	31.00
3	01326 IBZ	Cheng, Yuen Henry	31 Kwun Tong	35.00
4	27874 #IAZ	Chan, Cheuk Man	31 New Water Polo	35.00
5	04867 IBZ	Wong, Ho Long	30 New Water Polo	35.00
6	00385	Cheng, Pong Man Reuben	30 Flying Fish	37.00
7	23960 IAZ	Kong, Ka Wai	31 Kwun Tong	38.00
8	05990 IAZ	Ho, Ka Chun	33 New Water Polo	40.00
35-39				
1	39588 IAZ	Lo, Ho Wai Joe	39 Diocesan School	34.00
2	11544	Fan, Yiu Wing	38 Flying Fish	35.00
3	23963 IAZ	Wong, Ka Ki	35 Kwun Tong	38.00
4	10317	Ng, Ka Wing	39 Diocesan School	40.00
5	08964	Yeung, Wai Kam William	36 Happy Valley	40.00
6	29483 IAZ	Ng, Ki Wing	35 Sword Fish Club	41.00
7	40001 IAZ	Yip, Ka Ho Tonie	37 Kwun Tong	47.00
40-44				
1	35791 IAO	Lewis, Gareth Rhys	40 LRC	33.58
2	06154	Leung, Siu Kin Philip	44 Lai Tsun	33.99
3	35790 ICO	Launay, Thomas	40 LRC	34.94
4	05160	Chan, Ka Wo	42 Diocesan School	35.00
5	37671 ICO	Stamenovic, Ivan	43 LRC	35.00
6	33299 IAZ	Chan, Tsz Cheung	41 Juan Hua Club	37.10
7	40834 IAZ	Chang, Hsi Tse JosephJere	40 Diocesan School	38.00
8	42737 IAZ	So, Ma Loi	43 Sword Fish Club	39.00
9	38958 IAZ	Lai, Yiu Kuen	44 Current Club Ltd	39.52
10	34315 IAZ	Yip, Chi Yan Christopher	44 Diocesan School	40.00
11	40846 IAZ	Cheung, Chin Ho	44 Diocesan School	41.00
12	40107 IAZ	Chan, Falcon	40 Lai Tsun	41.00
13	43656 IAZ	Poon, Hiu Tung	41 Diocesan School	43.00
14	40838 IAZ	Wong, Tat Shing Joe	42 Diocesan School	50.00
15	40925 IAZ	Chan, Kam Hang	41 Golden Dolphin	1:00.00
45-49				
1	23497 IAZ	Au Yeung, Wai Kit	45 Kwun Tong	38.00
2	21008 IAZ	Cheung, Chun Kwan Michz	46 Wong Tai Sin	38.00

2019-20 Long Course Masters Swimming Comp P2 - 05-May-19

Psych Sheet

45-49... (Event 13 Men 50 LC Meter Breaststroke)

3	35237 ICW	Lam, Veng Vai	46	Current Club Ltd	38.94
4	26317 IAZN	Tung, Shang Wei Timothy	49	Kwun Tong	39.00
5	36962 IAZ	Leung, Yung Yu	47	Kwun Tong	40.00
6	40835 IAZ	Leung, Wing Hong Alvin	45	Diocesan School	43.00
7	42085 IAZ	Lee, Hon Lun Philip	47	Sword Fish Club	43.00
8	22419 IAZ	Fok, Kai Yuen	46	Sword Fish Club	45.00
9	43542 IAZ	Choi, Wai Ho	48	Golden Dolphin	55.00
10	04184	Woo, Siu Ming William	48	Sword Fish Club	1:20.00

50-54

1	37693 IAO	Sieh, Tien Yu	50	Kwun Tong	34.00
2	35677 IAZ	Choy, Kwok Ping	51	Kwun Tong	35.00
3	32253 IAZ	Watt, Kam Sing Michael	52	Kowloon Tong Club	35.00
4	18856 IAZ	Au, Mun Shing	54	Sword Fish Club	37.00
5	21736 IAM	Lo, Lai Tou	51	Sword Fish Club	40.00
6	38291 IAZ	Liu, Chun Sing	53	Sword Fish Club	43.00
7	40839 IAZ	Leung, Wing Hang Michael	54	Diocesan School	47.00
8	38127 IAZ	Leung, Cheung Wai Ricky	51	Sword Fish Club	48.00
9	42364 IAZ	Lau, Yip Kwong Francis	50	Diocesan School	50.00
10	41146 IAZ	Yiu, Ka Fung Vincent	50	Diocesan School	52.00

55-59

1	36022 IAZ	Wong, Chi Keung	55	Sword Fish Club	41.00
2	06256	Chan, Kwong Peter	58	Sea Green	41.00
3	26176 IAX	Ho, Chung Man	56	Lai Tsun	43.00
4	37048 IAZ	Cheung, Wai Chuen Jimmy	56	Sword Fish Club	46.00
5	40840 IAZ	Ng, Ka Yiu Karl	55	Diocesan School	50.00
6	20247 ICX	Wai, Chris Tak Wing	59	New Water Polo	59.00

60-64

1	14555	Tang, Kon Leong	63	Sword Fish Club	39.00
2	17725 IAZ	Ng, Yu Hung	61	Sword Fish Club	39.88
3	06281	Fung, Kam Tai	64	Sword Fish Club	41.00
4	31217 IAX	Wong, Siu Man	63	Sword Fish Club	41.00
5	26245 IAZ	Choi, Hei Shing	60	Kwun Tong	47.00
6	36725 IAZ	Yau, Wai	60	Sea Green	55.00

65-69

1	20634 IAZ	Wu, Shu Sun	69	New Water Polo	42.50
2	06382	Chan, Kam Por	67	Sword Fish Club	43.00
3	14035	Wong, Shing Kuen	66	Lai Tsun	45.00
4	04504	Yura, Tadami	67	Sword Fish Club	45.00
5	06243	Koo, Choi Fat	69	Wong Tai Sin	47.90
6	41059 IAX	Ng, Kau Yuen	66	Sword Fish Club	55.00
7	35236 IAZ	Chan, Pui Ming Sunny	65	Sword Fish Club	56.00

70-74

1	03845	Tin, Sheung Kwai	72	New Water Polo	38.00
2	05917	Yong, Khin Syn	70	Sword Fish Club	42.00
3	10274	Lau, Chun Nung	73	Lai Tsun	50.00
4	14029	Jeong, Vun Fai	73	Sword Fish Club	55.00

75-79

1	17620 IAO	Polson, Ian Hastings	75	LRC	48.98
2	27135 IAX	Lam, Lit Kwan	78	Lai Tsun	52.00
3	06270	Lam, Luk Kan	78	Sword Fish Club	1:00.00

80-84

1	06399	Fu, Tai Chun	82	Kwun Tong	46.00
2	06246	Ling, Wang Yam	82	Wong Tai Sin	59.45

2019-20 Long Course Masters Swimming Comp P2 - 05-May-19

Psych Sheet

85-89... (Event 13 Men 50 LC Meter Breaststroke)

1	06238	Lee, Ming	89	Sword Fish Club	1:15.00
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Event 14 Women 50 LC Meter Breaststroke

18-24 MSR:	35.53
25-29 MSR:	36.34
30-34 MSR:	35.23
35-39 MSR:	34.71
40-44 MSR:	38.79
45-49 MSR:	39.03
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	08727 B	Hung Yuen Ching, Moose (23	New Water Polo	45.00
2	43533 IAZ	Wong, Yu Tung	21	New Water Polo	1:10.00
25-29					
1	03730 IBZ	Li, Jamie	27	Kwan Hung	41.00
2	19753 IAZ	Pang, Hiu Kwan	25	Juan Hua Club	42.20
3	06577 IBZ	Leung, Wei Yan	29	Sword Fish Club	44.00
4	01923 #IBZ	Wong, Suet Yiu	28	Csu	45.00
5	16027 IBZ	Yeung, Yan Wing	29	Kwan Hung	54.00
30-34					
1	01552 #IBZ	Lai, Hiu Ling	30	New Water Polo	50.00
2	00777 IBZ	Tse, Yu Ting	33	New Water Polo	50.00
3	39980 IAZ	Yau, Lik Man	32	Sword Fish Club	52.00
4	42081 IAZ	Lee, Chui Man	31	Sword Fish Club	55.00
35-39					
1	38290 IAZ	Wong, Ting Chi Vanessa	39	Sword Fish Club	41.00
2	30261 IAX	Chan, Mung Yu	39	Sword Fish Club	52.00
40-44					
1	42785 ICO	Coughlin, Joni Payne	40	LRC	40.55
2	43157 ICO	Lee, Chew Ling	42	LRC	45.86
3	30072 ICW	Chao, Man Chi	40	New Water Polo	59.00
4	41149 IAZ	Yeung, Oi Mei	42	New Water Polo	1:10.00
5	31534 IAZ	Mo, Wing Yee	43	Wong Tai Sin	1:10.00
45-49					
1	35772 IAX	Ban, Xianhai	47	New Water Polo	48.00
2	35782 P	Tang, Hsueh Li	45	Sea Green	49.00
3	27463 IAX	Chen, Yugen	48	New Water Polo	50.00
4	38299 ICO	Mcmahon, Nicole Kirsty	47	LRC	50.31
5	42082 IAZ	Luk, Chuen Joey	48	Sword Fish Club	52.00
6	06349	Ip, Oi Wa Wendy	47	Sword Fish Club	53.00
7	43145	Sha, Youjin	49	New Water Polo	58.00
8	36431 P	Buchta, Katrin	49	Sword Fish Club	58.83
50-54					
1	39092 I	Chan, Chok Wa	52	Sword Fish Club	41.00
2	40575 #IAO	Chan, San Ngah	51	Fastlane Swimmin	49.10
3	37012 IAZ	Lun, Yau Chun Nara	51	New Water Polo	55.00
4	26254 IAX	Ng, Kong Ching	54	New Water Polo	1:00.00
5	41911 IAZN	Ng, Kit Man Joanna	54	New Water Polo	1:20.00

2019-20 Long Course Masters Swimming Comp P2 - 05-May-19**Psych Sheet****55-59... (Event 14 Women 50 LC Meter Breaststroke)**

1	06353	Leung, Wai Fan	57	Kwun Tong	38.00
2	29752 IAZ	Chow, Yee Heung Liza	55	Lai Tsun	44.00
3	32025 IAZ	Sin, Lai Wan Vicky	59	Kwun Tong	53.00
4	21006 IAZ	Chan, Kin Ming Carrie	57	Sword Fish Club	55.00
5	20640 IAZ	Wong, Fung Yee	59	Sword Fish Club	55.00
6	34668 IAZ	Tang, Pik Ha	59	New Water Polo	55.55
7	43178 ICW	Hoi, Fong Mei	55	Sword Fish Club	56.00
8	38289 IAZ	Ng, Wai Lin Angie	55	Sword Fish Club	1:00.00

60-64

1	43146	Liang, Yueping	61	New Water Polo	53.00
2	02711	Fok, Wai Fung	61	Wong Tai Sin	1:00.00
3	06127	Lau, Wai Lin	63	New Water Polo	1:10.00

65-69

1	05412	Chu, Lui Kwong	68	Sword Fish Club	56.00
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70-74

1	30506 IAX	Li, Hoi Ying	71	Sword Fish Club	1:06.00
2	06212	Lo, Yeuk Shuen	70	Wong Tai Sin	1:12.00
3	02365	Chow, So Kam	74	Kwun Tong	1:20.00
4	30248 IAZ	Chan, Lai King	72	Wong Tai Sin	1:30.00

75-79

1	05241	Ng, Yung Ho	76	Sea Green	58.00
2	06374	Wong, Jim	78	Sword Fish Club	1:00.00
3	06218	Sin, Lai Kwan	79	Wong Tai Sin	1:28.00

85-89

1	06375	Chan, Wai Kiang	86	Kwun Tong	1:30.00
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Event 15 Men 200 LC Meter Freestyle

18-24 MSR: 2:06.87

25-29 MSR: 2:13.52

30-34 MSR: 2:05.11

35-39 MSR: 2:05.90

40-44 MSR: 2:08.51

45-49 MSR: 2:13.09

50-54 MSR: 2:14.33

55-59 MSR: 2:24.07

60-64 MSR: 2:40.82

65-69 MSR: 2:43.01

	ID#	Name	Age	Team	Seed Time
25-29					
1	39152 #ICO	Belecanech, Matthew Jose	27	Hong Kong Footba	2:10.68
2	05577 #IBZ	Yuen, Marcus	25	LRC	2:13.00
3	33387 IAO	Wu, Kenneth Yee Lok	28	Sword Fish Club	2:33.00
4	35851 IAZ	Chow, Yin Leung	25	Happy Valley	2:35.00
30-34					
1	00464 IA	Paul, Jonathan Matthew	34	Diocesan School	2:13.00
2	00557 #	Chow, Sik Hang	31	New Water Polo	2:15.00
3	22420 IAZ	Chan, Chi Ming	33	Kwun Tong	2:15.00
4	02047 IBZ	Li, Ka Ho	30	LRC	2:20.00
5	00095	Wan, Tsz Pat	32	Current Club Ltd	2:25.00
6	23960 IAZ	Kong, Ka Wai	31	Kwun Tong	2:30.00
35-39					
1	41151 #ICO	Caggio, Antonino	37	LRC	2:10.00
2	09165	Cheung, Siu Fung	36	Lai Tsun	2:25.00

2019-20 Long Course Masters Swimming Comp P2 - 05-May-19**Psych Sheet****35-39... (Event 15 Men 200 LC Meter Freestyle)**

3	26045	Lui, Ming Chun Pierre	35	Kwun Tong	2:34.00
4	27133 IAZ	Poon, Man Chun	38	Wong Tai Sin	2:56.29
5	10317	Ng, Ka Wing	39	Diocesan School	3:20.00

40-44

1	27471 #ICO	Nortje, Craig Andrew	41	Fastlane Swimmin	2:10.00
2	37671 ICO	Stamenovic, Ivan	43	LRC	2:10.36
3	35790 ICO	Launay, Thomas	40	LRC	2:20.00
4	28849 IAZ	Chan, Chun Kuen	44	Sword Fish Club	2:36.00
5	40841 IAX	Tsang, Kwok Tung	40	Diocesan School	2:40.00
6	39987 IAS	Chu, Tong Man	43	Sword Fish Club	2:55.00

45-49

1	30710 IAZ	Lai, Kin Sun	49	Flying Fish	2:30.00
2	27868 IAZ	Chan, Chi Wah Ringo	47	Sword Fish Club	2:40.00
3	35237 ICW	Lam, Veng Vai	46	Current Club Ltd	2:40.83
4	21008 IAZ	Cheung, Chun Kwan Mich	46	Wong Tai Sin	3:20.00

50-54

1	20239 IAO	Letcher, Richard Roy	50	LRC	2:17.13
2	43739 P	Hsu, Li Hong	51	Sea Green	2:59.00
3	18856 IAZ	Au, Mun Shing	54	Sword Fish Club	3:05.00

55-59

1	05191	Koo, Yu Fat Marcus	57	Flying Fish	2:30.00
2	43529 IAX	Ng, Wai Fung	56	New Water Polo	2:35.00
3	15528 #	Tsui, Tak Shing Dominic	57	Fastlane Swimmin	2:40.00
4	06256	Chan, Kwong Peter	58	Sea Green	2:45.00
5	26594 IAZ	Ching, Wai Kin	55	Sword Fish Club	3:03.00
6	29485 IAZ	Tang, Cheuk Wa	59	Kwun Tong	3:15.00
7	24256 IAW	Lok, Wai Man	56	New Water Polo	3:15.00
8	28339 IAZ	Yim, Chi Yiu	59	New Water Polo	4:00.00
9	06247	So, Kam Shing	58	Wong Tai Sin	4:50.00

60-64

1	26591 IAO	Ho, Robert Yau Chung	61	LRC	2:35.00
2	04500	Cheung, Ip Chor	64	Sword Fish Club	3:15.00
3	36725 IAZ	Yau, Wai	60	Sea Green	4:00.00
4	41739 IAZ	Ng, Chin Wing	64	Sea Green	4:10.00

65-69

1	06382	Chan, Kam Por	67	Sword Fish Club	2:50.00
2	06268	Tse, Kwok Piu	68	Sword Fish Club	2:51.00
3	26318	Suen, Chi Wing	65	Sword Fish Club	3:20.00
4	04504	Yura, Tadami	67	Sword Fish Club	3:59.00
5	06129	Wu, Pak Yin	69	Sword Fish Club	4:00.00
6	41059 IAX	Ng, Kau Yuen	66	Sword Fish Club	4:10.00

70-74

1	06274	Wong, Yau Chuen	73	Sword Fish Club	3:56.00
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75-79

1	17620 IAO	Polson, Ian Hastings	75	LRC	3:07.65
2	06379	Kwong, Chi Hung	79	Sword Fish Club	4:20.00
3	28522 IAX	Wong, Tat Choi	78	Sword Fish Club	4:45.00

80-84

1	15490	Law, Kwai Fong	83	Sword Fish Club	4:38.00
2	17832 IAX	Chan, Sau	82	Sword Fish Club	5:30.00

85-89

1	06131	Yim, Kam Wing	86	Sword Fish Club	4:10.00
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2019-20 Long Course Masters Swimming Comp P2 - 05-May-19

Psych Sheet

Event 16 Women 200 LC Meter Freestyle

18-24 MSR: 2:16.66

25-29 MSR: 2:18.17

30-34 MSR: 2:25.29

35-39 MSR: 2:13.59

40-44 MSR: 2:13.70

45-49 MSR: 2:28.14

50-54 MSR: 2:32.26

55-59 MSR: 2:50.45

60-64 MSR: 3:12.00

65-69 MSR: 3:27.53

	ID#	Name	Age	Team	Seed Time
25-29... (Event 16 Women 200 LC Meter Freestyle)					
1	19753 IAZ	Pang, Hiu Kwan	25	Juan Hua Club	2:33.63
2	10425 IBZ	Tin, Tsz Pui	28	Golden Dolphin	3:30.00
30-34					
1	01624 #IBZ	Wong, Yin Yue Olivia	32	Lai Tsun	2:30.00
2	38126 IAZ	Lee, Wai Sze	30	New Water Polo	3:00.00
3	40851 #IAZ	Mak, Chung Kiu Joanna	33	Fastlane Swimmin	3:25.00
4	39980 IAZ	Yau, Lik Man	32	Sword Fish Club	3:30.00
35-39					
1	38440 #ICO	Johnson, Melissa Ann	36	Fastlane Swimmin	2:27.67
2	41888 IAZ	Kwok, Sau Kam	35	City East	4:00.00
40-44					
1	40853 #IAO	Tam, Alison Mai Ling	41	Fastlane Swimmin	2:35.00
2	40702 IAX	Kar, Ka	42	New Water Polo	2:40.00
3	41149 IAZ	Yeung, Oi Mei	42	New Water Polo	3:38.00
4	36785 IAZ	Inglis, Alexandra Sinead	44	LRC	3:46.00
45-49					
1	35782 P	Tang, Hsueh Li	45	Sea Green	1:50.00
2	33517 #IAO	Yamaguchi, Mika	47	Fastlane Swimmin	2:30.00
3	38302 IAZ	Cheung, Man Ling Melody	47	Lai Tsun	3:03.00
4	16535	Yuen, Yuk Kuen	47	Sea Green	3:20.00
5	38299 ICO	Mcmahon, Nicole Kirsty	47	LRC	3:45.00
6	36431 P	Buchta, Katrin	49	Sword Fish Club	4:00.00
50-54					
1	37623 IAZ	Au, Wing Sze Grace	51	Sword Fish Club	4:00.00
55-59					
1	37056 IAZ	Wong, Hoi Ping Carol	59	Tuen Mun	2:30.00
2	26049 IAZ	Kirkwood, Tain Mhaira	56	LRC	2:46.48
3	36225 IAX	Li, Wai Kam	57	Sea Green	3:58.00
4	21006 IAZ	Chan, Kin Ming Carrie	57	Sword Fish Club	4:00.00
60-64					
1	03503	Castka, Gillian Hancer	63	Sword Fish Club	3:25.00
2	19290 IAX	Tseung, Nga Wah	62	Sword Fish Club	3:40.00
70-74					
1	39991 IAS	Sam, Choi Lin	71	Sword Fish Club	4:10.00
2	32572 IAO	Chan, Sui Kin	71	Sword Fish Club	4:30.00
3	06212	Lo, Yeuk Shuen	70	Wong Tai Sin	5:20.00
75-79					
1	05241	Ng, Yung Ho	76	Sea Green	4:00.00
2	13262	Kwong, Shuet Hing	79	Wong Tai Sin	5:26.03
3	32571 IAZ	Chan, Pui Yee	75	Sword Fish Club	5:30.00

2019-20 Long Course Masters Swimming Comp P2 - 05-May-19

Psych Sheet

Event 17 Men 200 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: 3:23.05

	Team	Relay	Seed Time
100-119... (Event 17 Men 200 LC Meter Freestyle Relay)			
1	New Water Polo Club	M100 A	NT
2	Diocesan School Old Boys	M100 A	NT
120-159			
1	Sword Fish Club	M120 A	2:05.00
2	HK Flying Fish Athletic Club	M120 A	NT
3	Ladies' Recreation Club	M120 A	NT
4	Kwun Tong Swimming Club	M120 A	NT
5	New Water Polo Club	M120 A	NT
6	Diocesan School Old Boys	M120 A	NT
7	Fastlane Swimming Co Ltd	M120 A	NT
160-199			
1	Current Club Ltd	M160 A	2:05.00
2	Kowloon Tong Club	M160 A	2:08.00
3	Lai Tsun Swimming Society	M160 A	2:10.00
4	Sword Fish Club	M160 A	2:10.00
5	Golden Dolphin Sports Club	M160 A	2:15.00
6	Ladies' Recreation Club	M160 A	NT
7	Kwun Tong Swimming Club	M160 A	NT
8	New Water Polo Club	M160 A	NT
9	Diocesan School Old Boys	M160 A	NT
10	Fastlane Swimming Co Ltd	M160 A	NT
200-239			
1	Sword Fish Club	M200 A	2:15.00
2	Lai Tsun Swimming Society	M200 A	2:18.00
3	Ladies' Recreation Club	M200 A	NT
4	Kwun Tong Swimming Club	M200 A	NT
5	New Water Polo Club	M200 A	NT
6	Sea Green Swimming & Sports	M200 A	NT
7	Diocesan School Old Boys	M200 A	NT
240-279			
1	Sword Fish Club	M240 A	2:20.00
2	Wong Tai Sin District L.S.	M240 A	4:55.00
3	Ladies' Recreation Club	M240 A	NT
4	Kwun Tong Swimming Club	M240 A	NT
5	New Water Polo Club	M240 A	NT
6	Sea Green Swimming & Sports	M240 A	NT
280-319			
1	Sword Fish Club	M280 A	2:40.00
2	Lai Tsun Swimming Society	M280 A	3:04.00
3	New Water Polo Club	M280 A	NT
320-359			
1	Sword Fish Club	M320 A	3:45.00

2019-20 Long Course Masters Swimming Comp P2 - 05-May-19

Psych Sheet

Event 18 Women 200 LC Meter Freestyle Relay

100-119 MSR: 2:02.27

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: 3:08.62

	Team	Relay	Seed Time
120-159... (Event 18 Women 200 LC Meter Freestyle Relay)			
1	Sword Fish Club	W120 A	2:30.00
2	Ladies' Recreation Club	W120 A	NT
3	New Water Polo Club	W120 A	NT
4	Fastlane Swimming Co	M120 A	NT
160-199			
1	Lai Tsun Swimming Soc	W160 A	2:37.00
2	Sword Fish Club	W160 A	2:40.00
3	Ladies' Recreation Club	W160 A	NT
4	New Water Polo Club	W160 A	NT
5	Sea Green Swimming &	W160 A	NT
6	Fastlane Swimming Co	M160 A	NT
200-239			
1	Sword Fish Club	W200 A	2:40.00
2	Ladies' Recreation Club	W200 A	NT
3	New Water Polo Club	W200 A	NT
240-279			
1	Sword Fish Club	W240 A	2:40.00
2	Ladies' Recreation Club	W240 A	NT
3	Kwun Tong Swimming C	M240 A	NT
4	New Water Polo Club	W240 A	NT
5	Sea Green Swimming &	W240 A	NT
280-319			
1	Sword Fish Club	W280 A	3:30.00
2	Wong Tai Sin District L	S280 A	5:00.00
3	Sea Green Swimming &	W280 A	NT