

HONG KONG SWIMMING RECORDS

Listed Date: 3rd August 2026

HONG KONG LONG COURSE RECORDS

MEN'S EVENTS

50 Free	21.71 HO Ian Yentou, SCA	15 th National Games of the People's Republic of China, Nov 10-17, 2025
100 Free	49.15 CHEUK Ming Ho, CPS	Div.1 AG LC Swim Comp. Part 2, May. 29-30, 2021
200 Free	1:47.46 CHEUK Ming Ho, CPS	Div.1 AG LC Swim Comp. Part 3, Jun. 26-27, 2021
400 Free	3:50.53 CHEUK Ming Ho, CPS	64 th Festival of Sport LC Time Trial II, Apr 18, 2021
800 Free	8:03.41 CHEUK Ming Ho, CPS	Hong Kong National Olympic Time Trial, Mar 21, 2021
1500 Free	15:38.76 CHEUK Ming Ho, CPS	18 th Asian Games, Jakarta- Palembang, Aug 19-24, 2018
*50 Back	25.91 YU Dongqi, HTA	69th Festival of Sport - Long Course Swimming Time Trial, Apr 11-12, 2026
100 Back	55.51 KWAN Hayden, PSC	2025 FISU World University Games Summer – Rhine-Ruhr, Jul. 17-26, 2025
200 Back	2:00.22 KWAN Hayden, PSC	2024 Tyr Pro Swim Series, San Antonio, TX, Apr 10-13, 2024
*50 Breast	27.61 CHEUNG Chi Kit Nicholas, WTS	Div.1 AG LC Swim Comp. Part 2, Jul. 19, 2026
*100 Breast	1:00.14 MAK Sai Ting Adam, HTA	Shouxian Valley 2026 National Swimming Championship, June 16-21, 2026
*200 Breast	2:09.33 MAK Sai Ting Adam, HTA	Shouxian Valley 2026 National Swimming Championship, June 16-21, 2026
50 Fly	23.97 NG Cheuk Yin, TPS	HK Age Group LC SW Championships 2019-20, Nov. 1-3, 2019
*100 Fly	53.34 HO Ian Yentou, SCA	Mare Nostrum 2026 - Canet-en-Roussillon, May 27 – May 28, 2026
200 Fly	2:00.43 LIM Nicholas Owen Zhaoguang, LRC	62 nd FOS – LC Time Trial, April 13-14, 2019
200 IM	2:01.37 TO Kenneth King Him, LWS	29 th Summer Universiade, Aug 19-30, 2017
*400 IM	4:23.70 WANG Yi Shun, CPS	69th Festival of Sport - Long Course Swimming Time Trial, Apr 11-12, 2026
4x100 MR	3:41.71 Hong Kong Team KWAN Hayden, CHEUNG Chi Kit Nicholas, NG Cheuk Yin, HO Siu Lun 55.81 1:56.66 2:51.08	2025 FISU World University Games Summer – Rhine-Ruhr, Jul. 17-26, 2025
4x100 FR	3:21.22 Hong Kong Team LUM Ching Tat, NG Chun Nam Derick, CHEUNG Kin Tat Kent, WONG Kai Wai David 50.88 1:40.70 2:31.65	5 th East Asian Games, Dec 8, 2009
4x200 FR	7:27.16 Hong Kong Team CHEUNG Kin Tat Kent, NG Chun Nam Derick, LUM Ching Tat, WONG Kai Wai David 1:52.46 3:43.70 5:35.08	5 th East Asian Games, Dec 6, 2009

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

HONG KONG SWIMMING RECORDS

Listed Date: 3rd August 2026

HONG KONG LONG COURSE RECORDS

WOMEN'S EVENTS

50 Free	24.30 HAUGHEY Siobhan Bernadette, SCA	World Aquatics Swimming World Cup – Budapest, Oct 20-22, 2023
^A 100 Free	52.02 HAUGHEY Siobhan Bernadette, SCA	World Aquatics Swimming World Cup – Berlin, Oct 6-8, 2023
^A 200 Free	1:53.92 HAUGHEY Siobhan Bernadette, SCA	Tokyo 2020 Olympic Games, July 23 – August 8, 2021
400 Free	4:05.30 HAUGHEY Siobhan Bernadette, SCA	World Aquatics Swimming World Cup – Berlin, Oct 6-8, 2023
800 Free	8:39.93 HAUGHEY Siobhan Bernadette, SCA	Paris 2024 OG – Hong Kong LC Swimming Invitational Trial I, May 11-12, 2024
1500 Free	16:51.05 HO Nam Wai, WTS	Mare Nostrum 2019 – Barcelona, Jun 15-16, 2019
50 Back	27.98 AU Hoi Shun Stephanie, DWA	Mare Nostrum 2019 – Monaco, Jun 8-9, 2019
100 Back	1:00.22 AU Hoi Shun Stephanie, DWA	FINA Swimming World Cup – Singapore, Aug 15-17, 2019
200 Back	2:09.33 LAU Yin Yan Claudia, DLS	Div.1 AG LC Swim Comp. Part 3, Jul. 2-3, 2016
50 Breast	30.36 HAUGHEY Siobhan Bernadette, SCA	19 th Asian Games, Hangzhou 2022, Sep 24-29, 2023
100 Breast	1:05.92 HAUGHEY Siobhan Bernadette, SCA	World Aquatics Swimming World Cup – Athens, Oct 13-15, 2023
		World Aquatics Championships – Doha 2024, Feb 11 – 18, 2024
200 Breast	2:27.96 KONG Yvette Man Yi, SCA	Edinburgh International Swim Meet, Mar 11-13, 2016
*50 Fly	26.34 KAN Cheuk Tung Natalie, HTA	69th Festival of Sport - Long Course Swimming Time Trial, Apr 11-12, 2026
100 Fly	58.12 HAUGHEY Siobhan Bernadette, SCA	66th Festival of Sport LC Time Trial, Apr 15-16, 2023
200 Fly	2:10.63 YEUNG Hoi Ching, TPS	HK Open Swimming Champ 2024, Jul 12-14, 2024
200 IM	2:12.10 HAUGHEY Siobhan Bernadette, SCA	2017 Arena Pro Swim Series - Santa Clara, USA, June 1-4, 2017
400 IM	4:48.58 CHENG Chloe, PSC	Div.1 AG LC Swim Comp. Part 3, Jun. 26-27, 2021
4x100 MR	4:01.72 Hong Kong Team AU Hoi Shun Stephanie, HAUGHEY Siobhan Bernadette, KAN Cheuk Tung Natalie, TAM Hoi Lam 1:00.74 2:06.77 3:06.66	19 th Asian Games, Hangzhou 2022, Sep 24-29, 2023
4x100 FR	3:39.10 Hong Kong Team CHENG Camille Lily Mei, HAUGHEY Siobhan Bernadette, TAM Hoi Lam, AU Hoi Shun Stephanie 56.11 1:48.03 2:43.69	19 th Asian Games, Hangzhou 2022, Sep 24-29, 2023
4x200 FR	8:02.42 Hong Kong Team CHENG Chloe, HAUGHEY Siobhan Bernadette, CHENG Camille Lily Mei, AU Hoi Shun Stephanie 3:57.40 5:59.86	19 th Asian Games, Hangzhou 2022, Sep 24-29, 2023 2:03.19

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

HONG KONG SWIMMING RECORDS

Listed Date: 3rd August 2026

HONG KONG LONG COURSE RECORDS

MIXED'S EVENTS

4x100 FR	3:31.13 Hong Kong Team	World Aquatics Championships – Doha 2024, Feb 11 – 18, 2024
	LAU Shiu Yue, HO Ian Yentou, CHENG Camille Lily Mei, TAM Hoi Lam	
	52.24 1:40.90 2:35.61	
4x100 MR	3:50.22 Hong Kong Team	18 th Asian Games, Jakarta- Palembang , Aug 19-24 , 2018
	AU Hoi Shun Stephanie, TO Kenneth King Him, LIM Nicholas Owen Zhaoguang, CHENG Camille Lily Mei	
	1:00.52 2:01.15 2:54.90	

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

HONG KONG SWIMMING RECORDS

Listed Date: 3rd August 2026

HONG KONG LONG COURSE JUNIOR RECORDS (Under 16 years)

MEN'S EVENTS

*50 Free	23.58 CHEUNG Man Ho, SLA	12th Asian Age Group Championships, July 17-21, 2026
100 Free	51.24 NG Chun Nam Derick, WTS	HK Age Group LC SW Championships 2009-10, Oct. 24, 2009
200 Free	1:52.59 Cheuk Ming Ho, CPS	17 th ISF Gymnasiade - Swimming, May 2-9 2018
400 Free	3:57.77 CHEUK, Ming Ho, CPS	HK Age Group LC SW Championships 2017-18, Nov. 3-5, 2017
800 Free	8:18.64 Wang Yi Shun, CPS	Hong Kong Open Swimming Championships 2023, Aug 18-20, 2023
1500 Free	16:00.66 CHEUK, Ming Ho, CPS	HK Age Group LC SW Championships 2017-18, Nov. 3-5, 2017
50 Back	26.81 NG Cheuk Yin TPS	Div. 1 AG LC Swim Comp. Part 3, Feb. 10-11, 2018
100 Back	57.73 HO Siu Lun, DLS	HK Age Group LC SW Championships 2019-20, Nov. 1-3, 2019
*200 Back	2:05.97 CHEUNG Yung, WDA	69th Festival of Sport - Long Course Swimming Time Trial, Apr 11-12, 2022
50 Breast	28.83 TSUI Yik Ki, PSC	World Junior Swimming Championships – Netanya, Sep 4-9, 2023
100 Breast	1:03.01 MAK Sai Ting Adam, HTA	HKSSF Div. 1 Inter-School Swim. Comp, Jul 22, 2022
200 Breast	2:14.41 MAK Sai Ting Adam, HTA	65 th Festival of Sport LC Time Trial, Apr 23, 2022
50 Fly	24.74 NG Cheuk Yin, TPS	61 st FOS – LC SW Time Trial, Apr 14-15 2018
100 Fly	54.42 NG Chun Nam Derick, WTS	8 th Asian Swimming Champ., Nov 25, 2009
200 Fly	2:01.23 LAU Kin Hei James, HTA	World Junior Swimming Championships – Netanya, Sep 4-9, 2023
200 IM	2:05.10 LAU Kin Hei James, HTA	66 th Festival of Sport LC Time Trial, Apr 15-16, 2023
*400 IM	4:30.48 CHEN Zheng Xuan Jason, HTA	12th Asian Age Group Championships, July 17-21, 2026
4x100 MR	3:56.66 HTA HAN Pak Kiu, LAU Ka Long, CHUNG Hei Chit, LAU Kin Hei James	HK Open Swimming Champ 2024, Jul 12-14, 2024
4x100 FR	3:36.50 HTA LAU Kin Hei James, CHAN Leong To, CHUNG Hei Chit, HAN Pak Kiu	HK Open Swimming Champ 2024, Jul 12-14, 2024
4x200 FR	7:58.33 Hong Kong Team CHAN Wai Ching Adrian, HAN Pak Kiu, LAM Wai Lok, LAU Chor Tik	59th Malaysia Invitational AG Swimming Championships 2024, Apr.25 - 28, 2024

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

HONG KONG SWIMMING RECORDS

Listed Date: 3rd August 2026

HONG KONG LONG COURSE JUNIOR RECORDS (Under 16 years)

WOMEN'S EVENTS

50 Free	25.03 LI Sum Yiu, WDA	HK Open Swimming Champ 2024, Jul 12-14, 2024
100 Free	54.47 HAUGHEY Siobhan Bernadette, SCA	4 th FINA World Junior Swimming Champ., Aug 26-31, 2013
200 Free	1:59.77 HAUGHEY Siobhan Bernadette, SCA	Tianjin 2013 6 th East Asian Games, Oct 10-15, 2013
400 Free	4:13.81 AU Hoi Shun Stephanie, *DW	HK Age Group LC SW Championships 2007-08, Nov. 17, 2007
800 Free	8:50.21 AU Hoi Shun Stephanie, *DW	3 rd H.K. Int' Open Swimming Champ, Aug 31, 2007
1500 Free	16:58.79 Anderson Charlotte Kiki, HIS	2014 Scottish Gas National AG Swim Champ, Jun 25-29, 2014
*50 Back	28.81 CHAN Tsz Yu Ashley, HTA	69th Festival of Sport - Long Course Swimming Time Trial, Apr 11-12, 2026
*100 Back	1:02.67 CHAN Tsz Yu Ashley, HTA	69th Festival of Sport - Long Course Swimming Time Trial, Apr 11-12, 2026
200 Back	2:15.96 CHAN Tsz Yu Ashley, HTA	World Aquatics Junior Swimming Championships - Otopeni, Aug 19-24, 2025
50 Breast	31.54 MAN Wui Kiu, CPS	World Aquatics Junior Swimming Championships - Otopeni, Aug 19-24, 2025
100 Breast	1:09.38 MAN Wui Kiu, CPS	68th Festival of Sport LC Time Trial, Apr 12-13, 2025
200 Breast	2:29.94 GAO Jialian Candice, CPS	HK Open Swimming Champ 2025, Aug. 15-17, 2025
*50 Fly	27:43 WONG Yuen Ching, HTA	Thailand Age Group Swimming Championships 2026, Apr 3-8, 2026
100 Fly	1:00.54 LAU Ping Yi Audrey, HTA	HK Age Group LC SW Championships 2019-20, Nov. 1-3, 2019
200 Fly	2:14.06 MOK Sze Ki, HVA	HK Open Swimming Championships 2022, Aug. 19-21, 2022
200 IM	2:13.35 HAUGHEY Siobhan Bernadette, SCA	Tianjin 2013 6 th East Asian Games, Oct 10-15, 2013
*400 IM	4:49.16 GAO Jialian Candice, CPS	69th Festival of Sport - Long Course Swimming Time Trial, Apr 11-12, 2026
4x100 MR	4:18.29 Hong Kong Team CHAN Tsz Yu Ashley, SO Hei Shun, ZHONG Sin Yiu, SUM Yi Man	61st MILO/MAS Malaysia Invitational Age Grp, Feb 5-8, 2026
4x100 FR	3:51.08 Hong Kong Team LI Sum Yiu, MATHIS Mya Lynn, MAN Wui Kiu, LI Yuqing	11th Asian Age Group Championships, Feb 26-29, 2024
4x200 FR	8:29.95 Hong Kong Team SUM Yi Man, TONG Youjia, CHAN Pui Ka, CHAN Yik Naam	61st MILO/MAS Malaysia Invitational Age Grp, Feb 5-8, 2026

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

HONG KONG SWIMMING RECORDS

Listed Date: 3rd August 2026

HONG KONG AGE GROUP LONG COURSE RECORDS

BOYS' 10 & UNDER EVENTS

50 Free	29.13 RUAN Wan Hang, WTS	HK Age Group LC SW Championships 2017-18, Nov. 3-5,2017
100 Free	1:02.87 RUAN Wan Hang, WTS	HK Age Group LC SW Championships 2017-18, Nov. 3-5,2017
200 Free	2:14.16 HSIEH Kyrus Shing Hin, TPS	HK Age Group LC SW Champ 2025-26, Oct 31 – Nov 2, 2025
50 Back	31.76 LI Ming Lok, SGC	Div.1 AG LC Swim Comp. Part 3, Sep 6-7, 2025
100 Back	1:08.91 HSIEH Kyrus Shing Hin, TPS	Div.1 AG LC Swim Comp. Part 1, Jun 28-29, 2025
*50 Breast	36.11 KONG Yau Nam, KTS	Div.1 AG LC Swim Comp. Part 2, Jul. 19, 2026
*100 Breast	1:18.20 CHAN Ching Hang, TPS	Div.1 AG LC Swim Comp. Part 1, Jun 20-21, 2026
50 Fly	30.14 LI Ming Lok, SGC	Div.1 AG LC Swim Comp. Part 3, Sep 6-7, 2025
100 Fly	1:09.82 CHAN Yin Chun, HTA	HK Age Group LC SW Championships 2024-25, Nov 15-17, 2024
200 IM	2:31.15 HSIEH Kurtis Yi Hon, TPS	Singapore Swim Series I. Jan 12-14, 2024

HONG KONG AGE GROUP LONG COURSE RECORDS

GIRLS' 10 & UNDER EVENTS

50 Free	HAUGHEY Siobhan Bernadette, 28.50 SCA	Div. 1 AG LC Swim Comp. Part 1, May 25, 2008
100 Free	HAUGHEY Siobhan Bernadette, 1:02.44 SCA	Div. 1 AG LC Swim Comp. Part 2, Jun. 29, 2008
200 Free	2:16.52 LOK Hoi Man, WTS	HK Age Group LC SW Championships 2011-12, Nov. 5,2011
50 Back	33.49 MA Wing Yu, *WA	HK Age Group LC SW Championships 2015-16, Nov. 6-8,2015
100 Back	1:11.95 CHENG Jessica Chloe, TPS	Div.1 AG LC Swim Comp. Part 1, May 14-15, 2016
50 Breast	35.23 Lam Chelsie, DLS	3 rd All Hong Kong Inter-Area Primary Schools Swimming Competition 2018-2019, 8 June, 2019
100 Breast	1:15.44 HO Kang Ni Chloe, HTA	HK Age Group LC SW Championships 2023-24, Oct. 6-7,29,2023
50 Fly	30.56 LEE Si Yao Peony, TPS	2 nd All Hong Kong Inter-Area Primary Schools Swimming Competition 2017-2018, 9 June, 2018
100 Fly	1:09.78 LAU Ping Yi Audrey, HTA	Div.1 AG LC Swim Comp. Part 1, May 14-15, 2016
200 IM	HAUGHEY Siobhan Bernadette, 2:32.15 SCA	Div. 1 AG LC Swim Comp. Part 3, Jul. 27, 2008

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

HONG KONG SWIMMING RECORDS

Listed Date: 3rd August 2026

HONG KONG AGE GROUP LONG COURSE RECORDS

BOYS' 11 – 12 YEARS EVENTS

50 Free	25.59 LI Sing Hoi, WTS	HK Age Group LC SW Championships 2017-18, Nov. 3-5, 2017
100 Free	56.38 SUN Maokun, KCD	All Hong Kong Inter-Area Primary Schools Swimming Competition, Jun 14, 2024
200 Free	2:01.34 SUN Maokun, KCD	Div.1 AG LC Swim Comp. Part 1, Jun. 29-30, 2024
400 Free	4:16.08 Han Pak Kiu, HTA	HK Open Swimming Championships 2022, Aug. 19-21, 2022
800 Free	8:56.44 SUN Mao Kun, KCD	Div.1 AG LC Swim Comp. Part 1, Jun. 29-30, 2024
50 Back	29.28 CHAN Tsz Kwan, TPS	HKSSF Div. 1 Inter-School Swim. Comp., Oct 18, 2019
100 Back	1:03.24 CHEN Zheng Xuan Jason, HTA	HKSSF Div. 1 Inter-School Swim. Comp., Oct 18, 2024
200 Back	2:16.66 CHEN Zheng Xuan Jason, HTA	HK Age Group LC SW Championships 2024-25, Nov 15-17, 2024
50 Breast	30.86 TAM Ka Ming, *CY	HKSSF Div. 1 Inter-School Swim. Comp, Oct 14, 2010
100 Breast	1:09.05 LAU Kin Hei James, HTA	HK Open Swimming Championships 2021, Aug. 6-8, 2021
200 Breast	2:30.15 WONG Benson, DLS	HKSSF Div. 1 Inter-School Swim. Comp, 28 Oct, 2015
50 Fly	27.23 CHAN Wai Ching Adrian, WTS	HKSSF Div. 1 Inter-School Swim. Comp, Nov 3, 2022
100 Fly	1:00.08 LAU Kin Hei James, HTA	Hong Kong Long Course Swimming Time Trial IV, June 20, 2021
200 Fly	2:13.93 LAU Kin Hei James, HTA	Div.1 AG LC Swim Comp. Part 3, Jun. 26-27, 2021
200 IM	2:15.50 LAU Kin Hei James, HTA	Div.1 AG LC Swim Comp. Part 3, Jun. 26-27, 2021

HONG KONG AGE GROUP LONG COURSE RECORDS

GIRLS' 11 – 12 YEARS EVENTS

50 Free	26.80 HAUGHEY Siobhan Bernadette, SCA	HKSSF Div 1 Inter-School Swim. Comp, Oct 14, 2010
100 Free	57.77 HAUGHEY Siobhan Bernadette, SCA	6 th HK Open Swimming Champ., Sep 4, 2010
200 Free	2:06.55 HAUGHEY Siobhan Bernadette, SCA	6 th HK Open Swimming Champ., Sep 4, 2010
400 Free	4:26.45 CHAN Jacaranda Yik Naam, HTA	HK Open Swimming Champ 2025, Aug. 15-17, 2025
800 Free	9:17.34 CHAN Jacaranda Yik Naam, HTA	HK Open Swimming Champ 2025, Aug. 15-17, 2025
50 Back	30.39 CHAN Tsz Yu Ashley, HTA	59th Malaysia Invitational AG Swimming Championships 2024, Apr.25 - 28, 2024
100 Back	1:04.98 CHAN Tsz Yu Ashley, HTA	59th Malaysia Invitational AG Swimming Championships 2024, Apr.25 - 28, 2024
200 Back	2:21.61 HO Tin Wing, HTA	HK Age Group LC SW Championships 2022-23, Nov 4-6, 2022
50 Breast	33.54 GAO Jialian, CPS	HK Age Group LC SW Championships 2024-25, Nov 15-17, 2024
100 Breast	1:12.78 YIP Tsz-wa, DLS	HKSSF Div. 1 Inter-School Swim Comp., Oct 15, 2003
200 Breast	2:35.62 MA Hei-tung, DLS	LI FOS-Olympic Time Trial II, Apr 20, 2008
50 Fly	28.87 LAI Chu Yi, WTS	7 th HK Open Swimming Champ., Sep 4, 2011
100 Fly	1:02.95 MOK Sze Ki, HVA	HK Open Swimming Champ 2019, Aug 9-11, 2019
200 Fly	2:18.68 MOK Sze Ki, HVA	Div. 1 AG LC Swim Comp. Part 1, Jul 13-14, 2019
200 IM	2:21.79 HAUGHEY Siobhan Bernadette, SCA	Div. 1 AG LC Swim Comp. Part 3, Jul 25, 2010

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

HONG KONG SWIMMING RECORDS

Listed Date: 3rd August 2026

HONG KONG AGE GROUP LONG COURSE RECORDS

BOYS' 13 – 14 YEARS EVENTS

50 Free 24.18 LAU Kin Hei James, HTA
100 Free 52.62 LAU Kin Hei James, HTA
200 Free 1:55.46 LAU Kin Hei James, HTA
400 Free 4:05.82 SUN Maokun, WTS
800 Free 8:29.17 SUN Maokun, WTS
1500 Free 16:07.83 SUN Maokun, WTS

50 Back 27.12 HO Siu Lun, DLS
100 Back 58.17 HO Siu Lun, DLS
200 Back 2:06.34 CHEUNG Yung, WDA

50 Breast 29.08 TSUI Yik Ki, PSC
100 Breast 1:04.82 LAU Chor Tik, WTS
200 Breast 2:18.11 WONG Benson, DLS

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

200 IM 2:05.10 LAU Kin Hei James, HTA
***400 IM 4:30.48 CHEN Zheng Xuan Jason, HTA**

HK Age Group LC SW Championships 2022-23, Nov 4-6, 2022
HK Age Group LC SW Championships 2023-24, Oct. 6-7, 2023
66th Festival of Sport LC Time Trial, Apr 15-16, 2023
HK Open Swimming Champ 2025, Aug 15-17, 2025
HK Age Group LC SW Champ 2025-26, Oct 31 – Nov 2, 2025
HK Age Group LC SW Champ 2025-26, Oct 31 – Nov 2, 2025

HKSSF Div. 1 Inter-School Swim. Comp, Oct. 26, 2018
HKSSF Div. 1 Inter-School Swim. Comp, Oct. 26, 2018
HK Open Swimming Champ 2025, Aug. 15-17, 2025

HKSSF Div. 1 Inter-School Swim. Comp, Nov 3, 2022
Paris 2024 OG – Hong Kong LC Swimming Invitational Trial I, May 11-12, 2024
HK Open Swimming Champ 2017, July 28-30, 2017

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

66th Festival of Sport LC Time Trial, Apr 15-16, 2023
12th Asian Age Group Championships, July 17-21, 2026

HONG KONG AGE GROUP LONG COURSE RECORDS

GIRLS' 13 – 14 YEARS EVENTS

50 Free 25.44 LI Sum Yiu, WDA
100 Free 55.92 LI Sum Yiu, WDA
200 Free 2:02.00 CHENG Chloe, PSC
400 Free 4:19.32 CHENG Chloe, PSC
***800 Free 8:52.95 GAO Jialian Candice, CPS**

***1500 Free 17:12.95 TONG Youjia, DWA**

***50 Back 28.81 CHAN Tsz Yu Ashley, HTA**

***100 Back 1:02.67 CHAN Tsz Yu Ashley, HTA**
200 Back 2:15.96 CHAN Tsz Yu Ashley, HTA

50 Breast 32.11 YUNG Tsz Ching, HTA
100 Breast 1:09.84 MAN Wui Kiu, CPS
200 Breast 2:29.94 GAO Jialian Candice, CPS

50 Fly 27.45 LAU Ping Yi Audrey, HTA
100 Fly 1:00.54 LAU Ping Yi Audrey, HTA
200 Fly 2:14.96 LAU Ping Yi Audrey, HTA

200 IM 2:18.44 HAUGHEY Siobhan Bernadette, SCA

***400 IM 4:49.16 GAO Jialian Candice, CPS**

National LC Swimming Trial - 67th FOS, Apr 13-14, 2024
11th Asian Age Group Championships, Feb 26-29, 2024
HKSSF Div. 1 Inter-School Swim. Comp., Oct 25, 2019
Div. 1 AG LC Swim Comp. Part 3, Sep. 21-22, 2019
69th Festival of Sport - Long Course Swimming Time Trial, Apr 11-12, 2026
69th Festival of Sport - Long Course Swimming Time Trial, Apr 11-12, 2026
6

69th Festival of Sport - Long Course Swimming Time Trial, Apr 11-12, 2026
69th Festival of Sport - Long Course Swimming Time Trial, Apr 11-12, 2026
6

World Aquatics Junior Swimming Championships - Otopeni, Aug 19-24, 2025

68th Festival of Sport LC Time Trial, Apr 12-13, 2025
HK Open Swimming Champ 2024, Jul 12-14, 2024
Div.1 AG LC Swim Comp. Part 1, Jun. 28-29, 2025

HK Age Group LC SW Championships 2019-20, Nov. 1-3, 2019
HK Age Group LC SW Championships 2019-20, Nov. 1-3, 2019
HK Age Group LC SW Championships 2019-20, Nov. 1-3, 2019

Australian Age Championships, Apr 9-14, 2012
69th Festival of Sport - Long Course Swimming Time Trial, Apr 11-12, 2026
6

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

HONG KONG SWIMMING RECORDS

Listed Date: 3rd August 2026

HONG KONG AGE GROUP LONG COURSE RECORDS

BOYS' 15 – 17 YEARS EVENTS

*50 Free	22.79 LI Adam Onyu, CPS	12th Asian Age Group Championships, July 17-21, 2026
100 Free	50.48 LUM Ching Tat Jeffrey, HFS	1 st Asian Youth Games, Jul 06, 2009
200 Free	1:50.11 CHEUK Ming Ho, CPS	HKSSF Div. 1 Inter-School Swim. Comp., Oct. 25, 2019
400 Free	3:53.05 CHEUK Ming Ho, CPS	62 nd FOS – LC Time Trial, April 13-14, 2019
800 Free	8:07.76 CHEUK Ming Ho, CPS	18 th Asian Games, Jakarta- Palembang, Aug 19-24, 2018
1500 Free	15:38.76 CHEUK Ming Ho, CPS	18 th Asian Games, Jakarta- Palembang, Aug 19-24, 2018
50 Back	26.27 NG Cheuk Yin, TPS	HKSSF Div. 1 Inter-School Swim. Comp, Oct. 19, 2018
100 Back	57.38 NG Cheuk Yin, TPS	HKSSF Div. 1 Inter-School Swim. Comp., Oct. 25, 2019
200 Back	2:05.82 NG Cheuk Yin, TPS	7 th Hong Kong Games, May 18-19, 2019
50 Breast	27.76 TSUI Yik Ki, PSC	67 th MILO/MAS MALAYSIA OPEN SWIMMING CHAMPIONSHIPS 2025, April 24-27, 2025
100 Breast	1:00.95 MAK Sai Ting Adam, HTA	11 th Asian Age Group Championships, Feb 26-29, 2024
200 Breast	2:11.20 MAK Sai Ting Adam, HTA	11 th Asian Age Group Championships, Feb 26-29, 2024
50 Fly	23.97 NG Cheuk Yin, TPS	HK Age Group LC SW Championships 2019-20, Nov. 1-3, 2019
100 Fly	54.01 ZHU Xiuping, PSC	HK Open Swimming Champ 2025, Aug 15-17, 2025
200 Fly	2:02.07 LAU Kin Hei James, HTA	11 th Asian Aquatics Championship Swimming Sep 28 – Oct 1, 2025
200 IM	2:04.94 MAK Sai Ting Adam, HTA	HK Open Swimming Champ 2024, Jul 12-14, 2024
*400 IM	4:23.70 WANG Yi Shun, CPS	69th Festival of Sport - Long Course Swimming Time Trial, Apr 11-12, 2026

HONG KONG AGE GROUP LONG COURSE RECORDS

GIRLS' 15 – 17 YEARS EVENTS

50 Free	25.03 LI Sum Yiu, WDA	HK Open Swimming Champ 2024, Jul 12-14, 2024
100 Free	54.47 HAUGHEY Siobhan Bernadette, SCA	4 th FINA World Junior Swimming Champ., Aug 26-31, 2013
200 Free	1:59.66 HAUGHEY Siobhan Bernadette, SCA	Incheon 2014 Asian Games, Sep 20-26, 2014
400 Free	4:13.81 AU Hoi Shun Stephanie, *DW	HK Age Group LC SW Championships 2007-08, Nov. 17, 2007
800 Free	8:41.66 AU Hoi Shun Stephanie, *DW	Olympic Games – Beijing, Aug 14, 2008
1500 Free	16:51.05 HO Nam Wai, WTS	Mare Nostrum 2019 – Barcelona, Jun 15-16, 2019
50 Back	28.83 CHEUNG Sum Yuet Cindy, TPS	66 th Festival of Sport LC Time Trial, Apr 15-16, 2023
100 Back	1:01.57 CHEUNG Sum Yuet Cindy, TPS	World Junior Swimming Championships – Netanya, Sep 4-9, 2023
200 Back	2:10.35 CHEUNG Sum Yuet Cindy, TPS	66 th Festival of Sport LC Time Trial, Apr 15-16, 2023
*50 Breast	31.15 MAN Wui Kiu, CPS	69th Festival of Sport - Long Course Swimming Time Trial, Apr 11-12, 2026
*100 Breast	1:08.36 LAM Chelsie, DLS	Thailand Age Group Swimming Championships 2026, Apr 3-8, 2026
*200 Breast	2:30.05 LAM Chelsie, DLS	Thailand Age Group Swimming Championships 2026, Apr 3-8, 2026
50 Fly	26.98 YEUNG Hoi Ching, TPS	HK Open Swimming Champ 2024, Jul 12-14, 2024
100 Fly	58.89 YEUNG Hoi Ching, TPS	HK Open Swimming Champ 2024, Jul 12-14, 2024
200 Fly	2:10.63 YEUNG Hoi Ching, TPS	HK Open Swimming Champ 2024, Jul 12-14, 2024
200 IM	2:13.07 HAUGHEY Siobhan Bernadette, SCA	16 th FINA World Championships – Kazan 2015, Aug 2, 2015
400 IM	4:48.58 CHENG Chloe, PSC	Div.1 AG LC Swim Comp. Part 3, Jun. 26-27, 2021

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

HONG KONG SWIMMING RECORDS

Listed Date: 3rd August 2026

Hong Kong Records Update – List of Summary

Last Updated File: HKRLC20260723

Last Updated File: 12th Asian Age Group Championships,

Jul 17-21, 2026

6

50 Free	23.65 23.59	NG Chun Nam Derick, WTS CHEUNG Man Ho, SLA	Junior Record
50 Free	23.59 23.58	CHEUNG Man Ho, SLA CHEUNG Man Ho, SLA	Junior Record
50 Free	22.99 22.98	LUM Ching Tat Jeffrey, HFS LI Adam Onyu, CPS	Age Group Record
50 Free	22.98 22.79	LI Adam Onyu, CPS LI Adam Onyu, CPS	Age Group Record
400 IM	4:32.42 4:30.48	WHITTINGTON Peter Harry, DLS CHEN Zheng Xuan Jason, HTA	Junior Record
400 IM	4:33.98 4:30.48	CHEN Zheng Xuan Jason, HTA CHEN Zheng Xuan Jason, HTA	Age Group Record

Last Updated File: 2026-27 D1 Age Group Long Course Swimming Competition,

Jul 19, 2026

6

50 Breast	27.63 27.61	TSUI Yik Ki, PSC CHEUNG Chi Kit Nicholas, WTS	Hong Kong Record
50 Breast	36.43 36.11	TAM Ka Ming, HVA KONG Yau Nam, KTS	Age Group Record

Last Updated File: 2026-27 D1 Age Group Long Course Swimming Competition,

June 20-21, 2026

100 Breast	1:18.73 1:18.20	TAM Ka Ming, *CY CHAN, Ching Hang, TPS	Age Group Record
------------	--------------------	---	------------------

Last Updated File: Shouxian Valley 2026 National Swimming Championship,

June 16-21, 2026

100 Breast	1:00.37 1:00.14	CHEUNG Chi Kit Nicholas, WTS MAK Sai Ting Adam, HTA	Hong Kong Record
200 Breast	2:09.93 2:09.33	MAK Sai Ting Adam, HTA MAK Sai Ting Adam, HTA	Hong Kong Record

Last Updated File: Mare Nostrum 2026 - Canet-en-Roussillon,

May 27-28, 2026

100 Fly	53.36 53.34	HO Ian Yentou, SCA HO Ian Yentou, SCA	Hong Kong Record
---------	----------------	--	------------------

Last Updated File: 69th Festival of Sport - Long Course Swimming Time Trial,

Apr 11-12, 2026

50 Back	26.00 25.91	LAU Shiu Yue, HTA YU Dongqi, HTA	Hong Kong Record
400 IM	4:26.54 4:23.70	WHITTINGTON, Peter Harry, DLS WANG Yi Shun, CPS	Hong Kong Record
50 Fly	26.55 26.34	TAM Hoi Lam, CUC KAN Cheuk Tung Natalie, HTA	Hong Kong Record
50 Back	29.12 28.81	CHAN Tsz Yu Ashley, HTA CHAN Tsz Yu Ashley, HTA	Junior Record

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

HONG KONG SWIMMING RECORDS

Listed Date: 3rd August 2026

200 Back	2:06.34 2:05.97	CHEUNG Yung, WDA CHEUNG Yung, WDA	Junior Record
100 Back	1:02.70 1:02.67	CHAN Tsz Yu Ashley, HTA CHAN Tsz Yu Ashley, HTA	Junior Record
400 IM	4:51.30 4:49.16	HAUGHEY Siobhan Bernadette, SCA GAO Jialian Candice, CPS	Junior Record
400 IM	4:34.49 4:33.98	LAU Kin Hei James, HTA CHEN Zheng Xuan Jason, HTA	Age Group Record
100 Back	1:02.70 1:02.67	CHAN Tsz Yu Ashley, HTA CHAN Tsz Yu Ashley, HTA	Age Group Record
400 IM	4:52.61 4:49.16	GAO Jialian Candice, CPS GAO Jialian Candice, CPS	Age Group Record
400 IM	4:26.78 4:23.70	WHITTINGTON, Peter Harry, DLS WANG Yi Shun, CPS	Age Group Record
50 Back	29.12 28.81	CHAN Tsz Yu Ashley, HTA CHAN Tsz Yu Ashley, HTA	Age Group Record
800 Free	8:56.31 8:52.95	HO Wai Nam, WTS GAO Jialian Candice, CPS	Age Group Record
1500 Free	17:17.68 17:12.95	NAM Carmen, TPS TONG Youjia, DWA	Age Group Record
50 Breast	31.54 31.15	MAN Wui Kiu, CPS MAN Wui Kiu, CPS	Age Group Record

Last Updated File: Thailand Age Group Swimming Championships 2026,

Apr 3-8, 2026

50 Breast	27.64 27.63	MAK Sai Ting Adam, HTA TSUI Yik Ki, PSC	Hong Kong Record
100 Breast	1:08.43 1:08.36	KONG Yvette Man Yi, SCA LAM Chelsie, DLS	Age Group Record
200 Breast	2:31.45 2:30.05	LAM Chelsie, DLS LAM Chelsie, DLS	Age Group Record
50 Fly	27.45 27:43	LAU Ping Yi Audrey, HTA WONG Yuen Ching, HTA	Junior Record

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