

# Programme

## 比賽賽程



### **HONG KONG CHINA SWIMMING ASSOCIATION**

(MEMBER OF THE FEDERATION INTERNATIONALE DE NATATION)

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

#### **Division 1 SC Swimming Time Trial**

第一組短池計時賽

**17 July 2022 (Sun)**

二零二二年七月十七日(星期日)

**Hong Kong Sports Institute Swimming Pool**

香港體育學院游泳池

**Address: Hong Kong Sports Institute, 25 Yuen Wo Road, Sha Tin,  
N.T., Hong Kong**

**地址: 香港新界沙田源禾路 25 號**

## Divison 1 SC Swimming Time Trial

No. of Entries by Event		
Event #	Event Name	Entries
1	Men 100 Freestyle	7
2	Women 100 Freestyle	8
3	Men 100 Breaststroke	6
4	Women 100 Breaststroke	4
5	Men 50 Backstroke	7
6	Women 50 Backstroke	5
7	Men 200 Butterfly	2
8	Women 200 Butterfly	2
9	Men 400 Freestyle	2
10	Women 400 Freestyle	8
11	Men 100 IM	0
12	Women 100 IM	4
13	Men 200 Backstroke	4
14	Women 200 Backstroke	3
15	Men 50 Butterfly	5
16	Women 50 Butterfly	3
17	Men 1500 Freestyle	2
18	Women 800 Freestyle	3
19	Men 200 Freestyle	4
20	Women 200 Freestyle	7
21	Men 50 Breaststroke	8
22	Women 50 Breaststroke	5
23	Men 100 Butterfly	2
24	Women 100 Butterfly	4
25	Men 400 IM	2
26	Women 400 IM	4
27	Men 100 Backstroke	5
28	Women 100 Backstroke	5
29	Men 200 Breaststroke	5
30	Women 200 Breaststroke	3
31	Men 50 Freestyle	6
32	Women 50 Freestyle	6
33	Men 200 IM	3
34	Women 200 IM	2
35	Men 800 Freestyle	2
36	Women 1500 Freestyle	6

**Total**

**154**

Entry information by Day		
Day / Session	No. of Entries	Total
A.M	75	<b>154</b>
P.M	79	

**Hong Kong Short Course Swimming Time Trial**  
香港短池游泳計時賽

**Date :** 17<sup>th</sup> July 2022  
**日期:** 2022年7月17日

**Venue:** HKSI  
**地點:** 香港體育學院

**Morning Warm Up :** 0800-0845 Hrs  
**上午熱身**

**Morning First Event :**  
0900 Hrs  
**上午比賽:**

**Afternoon Warm Up :** 1300 - 1345 Hrs  
**下午熱身:**

**Afternoon First Event**  
: 1400 Hrs  
**下午比賽:**

	Start Time	Women 女				WCA	WCB	Men 男
AM	0900 hours		Open	100M	FREESTYLE	0:47.23	0:48.88	1
	0910 hours	2	Open	100M	FREESTYLE	0:53.78	0:55.66	
	0920 hours		Open	100M	BREASTSTROKE	0:57.63	0:59.65	3
	0930 hours	4	Open	100M	BREASTSTROKE	1:06.18	1:08.50	
	0940 hours		Open	50M	BACKSTROKE	0:23.75	0:24.58	5
	0950 hours	6	Open	50M	BACKSTROKE	0:26.81	0:27.75	
	1000 hours		Open	200M	BUTTERFLY	1:53.61	1:57.59	7
	1010 hours	8	Open	200M	BUTTERFLY	2:08.85	2:13.36	
	1020 hours		Open	400M	FREESTYLE	3:42.50	3:50.29	9
	1030 hours	10	Open	400M	FREESTYLE	4:06.95	4:15.59	
	1040 hours		Open	100M	INDIVIDUAL MEDLEY	0:52.98	0:54.83	11
	1050 hours	12	Open	100M	INDIVIDUAL MEDLEY	0:59.65	1:01.74	
	1100 hours		Open	200M	BACKSTROKE	1:52.66	1:56.60	13
	1110 hours	14	Open	200M	BACKSTROKE	2:07.19	2:11.64	
	1120 hours		Open	50M	BUTTERFLY	0:22.91	0:23.71	15
	1130 hours	16	Open	50M	BUTTERFLY	0:25.82	0:26.72	
	1140 hours		Open	1500M	FREESTYLE	14:49.29	15:20.42	17
	1205 hours	18	Open	800M	FREESTYLE	8:29.17	8:46.99	
<b>Break</b>								
PM	1400 hours		Open	200M	FREESTYLE	1:44.08	1:47.72	19
	1410 hours	20	Open	200M	FREESTYLE	1:55.60	1:59.65	
	1420 hours		Open	50M	BREASTSTROKE	0:26.57	0:27.50	21
	1430 hours	22	Open	50M	BREASTSTROKE	0:30.45	0:31.52	
	1440 hours		Open	100M	BUTTERFLY	0:50.57	0:52.34	23
	1450 hours	24	Open	100M	BUTTERFLY	0:57.40	0:59.41	
	1500 hours		Open	400M	INDIVIDUAL MEDLEY	4:09.19	4:17.91	25
	1510 hours	26	Open	400M	INDIVIDUAL MEDLEY	4:37.54	4:47.25	
	1520 hours		Open	100M	BACKSTROKE	0:51.30	0:53.10	27
	1530 hours	28	Open	100M	BACKSTROKE	0:58.08	1:00.11	
	1540 hours		Open	200M	BREASTSTROKE	2:06.23	2:10.65	29
	1550 hours	30	Open	200M	BREASTSTROKE	2:23.38	2:28.40	
	1600 hours		Open	50M	FREESTYLE	0:21.40	0:22.15	31
	1610 hours	32	Open	50M	FREESTYLE	0:24.44	0:25.30	
	1620 hours		Open	200M	INDIVIDUAL MEDLEY	1:55.25	1:59.28	33
	1630 hours	34	Open	200M	INDIVIDUAL MEDLEY	2:10.16	2:14.72	
	1640 hours		Open	800 M	FREESTYLE	7:45.02	8:01.30	35
	1700 hours	36	Open	1500M	FREESTYLE	16:15.27	16:49.40	

截止報名日期 CLOSING DATE FOR ENTRIES: 4th July 2022 (Monday) at 1200 noon

二零二二至二零二三年第一組短池游泳計時賽  
比賽規程

日期/場地：	二零二二年七月十七日 體育學院游泳池
報名條件：	<ul style="list-style-type: none"> <li>◇ 所有參賽者必須為游泳總會正式註冊的 2022-2023 度分齡組泳員。</li> <li>◇ 所有項目只設 1 組 (最快 8 名)</li> <li>◇ 報名項目需達得分表 88 分或以上</li> <li>◇ 所有項目接受最近兩年長池 / 短池比賽報名成績 (2020 年 1 月 1 日至 2022 年 7 月 4 日)</li> <li>◇ 運動員必須跟據政府【疫苗通行證】計劃相關條款完成接種。請參看附件。報名時請提交相關接種紀錄。</li> </ul>
報名：	<ul style="list-style-type: none"> <li>◇ 未填妥或不正確的報名資料，將不獲受理，報名費概不發還。</li> <li>◇ 截止後的報名將不獲受理。</li> </ul> <p>個人項目</p> <ul style="list-style-type: none"> <li>◇ 每名泳員不設報名數目上限</li> <li>◇ 每項名費為港幣\$15 元正</li> </ul> <p>*支票請劃線，抬頭寫 HKGSA</p>
截止註冊：	二零二二年六月二十四日(星期五)十二時正或之前辦妥
截止報名：	二零二二年七月四日(星期一)十二時正或之前辦妥
項目：	請參閱項目表。所有項目不設初賽，名次以比賽成績計算。
棄權：	棄權須於每節開賽三十分鐘前遞交。“缺席”的罰款為每項港幣\$30 元正。
獎項：	◇ 是次比賽不設獎牌
規則：	<ul style="list-style-type: none"> <li>◇ 比賽採用國際泳聯規則及泳總游泳競賽規程。</li> <li>◇ 所有項目只設一組。(最快 8 名)</li> <li>◇ 泳員申請分段時間紀錄須於每節開賽前 30 分鐘遞交申請表，連同港幣 300 元正予總裁判。任何情況下，所繳費用概不發還。</li> </ul>
防疫措施指引：	◇ 所有參加者(包括運動員，教練及工作人員)必須遵守防疫措施指引。請參考附件
上訴：	<ul style="list-style-type: none"> <li>◇ 任何上訴須以書面提出，並須在該成績公佈後三十分鐘內，連同上訴費港幣\$300 元遞交予總裁判。</li> <li>◇ 上訴交由該比賽之上訴委員會作決定。</li> <li>◇ 若上訴被駁回，已繳費用概不發還。</li> </ul>

## 2022 – 2023 DIVISION 1 - SHORT COURSE SWIMMING TIME TRIAL

### *Rules & Regulations*

<b>Date/Venue</b>	17 <sup>th</sup> July 2022 HKSI Swimming Pool
<b>Entry Conditions</b>	<ul style="list-style-type: none"> <li>❖ All competitors must be 2022 – 2023 registered age group swimmers of HKGSA.</li> <li>❖ <b>1 heat for all Open events (top 8)</b></li> <li>❖ Swimmers achieve minimum Point Score 88pt or above of concerned event</li> <li>❖ <b>LC / SC results achieved from recent 2 years will be considered, i.e. from 1<sup>st</sup> January 2020 – 4<sup>th</sup> July 2022</b></li> <li>❖ Have been fully vaccinated according to the Government Dosage Schedule for Vaccine Pass. Please refer to the attached for more information. Submit vaccination record together with entry application.</li> </ul>
<b>Entries</b>	<ul style="list-style-type: none"> <li>❖ Incomplete/incorrect entry information will be rejected and fees paid will not be refunded.</li> <li>❖ Late entries will not be accepted</li> </ul> <p><u>Individual Events</u></p> <ul style="list-style-type: none"> <li>❖ <b>Each swimmer is NO limit to individual events</b></li> <li>❖ *HK\$15 per individual event *Paid by cheque. Crossed cheque made payable to 'HKGSA'.</li> </ul>
<b>Closing Date for Registration</b>	24 <sup>th</sup> June 2022 (Friday) 1200 noon
<b>Closing Date for Entries</b>	4 <sup>th</sup> July 2022 (Monday) 1200 noon
<b>Event list</b>	Please see attached event list. Events will be run as timed finals.
<b>Scratches</b>	Scratches must be submitted 30 minutes before the scheduled start time of each session. A fine of \$30 will be charged for each "no show".
<b>Awards</b>	❖ No Medals will be awarded in this competition
<b>Rules</b>	<ul style="list-style-type: none"> <li>❖ FINA rules &amp; HKGSA swimming rules will apply.</li> <li>❖ <b>There is only ONE Heat in Open Group. (Top 8)</b></li> <li>❖ Swimmers who apply for split time record should submit application form with application fee <b>HK\$300</b> to the Referee 30 minutes before the start of each session. <b>Fee paid will not be refunded in any case.</b></li> </ul>
<b>Infection Control Measure</b>	❖ All participants (Swimmers, Coaches and Officials) must follow the Infection Control Measure Guidelines. Please see the attachment.
<b>Protest</b>	<ul style="list-style-type: none"> <li>❖ Any protest shall be made in writing to the referee within 30 minutes following the result announcement of the respective event with protest fee of <b>HK\$300</b>.</li> <li>❖ Protest will be forward to the Appeal Board of such competition for decision.</li> <li>❖ If the protest is rejected, the fee paid will be forfeited.</li> </ul>

## 2. Standard Entry Times

Women			Men	
W - "B"	W - "A"		M - "A"	M - "B"
25.30	24.44	50m Freestyle	21.40	22.15
55.66	53.78	100m Freestyle	47.23	48.88
1:59.65	1:55.60	200m Freestyle	1:44.08	1:47.72
4:15.59	4:06.95	400m Freestyle	3:42.50	3:50.29
8:46.99	8:29.17	800m Freestyle	7:45.02	8 :01.30
16:49.40	16:15.27	1500m Freestyle	14:49.29	15:20.42
27.75	26.81	50m Backstroke	23.75	24.58
1:00.11	58.08	100m Backstroke	51.30	53.10
2:11.64	2:07.19	200m Backstroke	1:52.66	1:56.60
31.52	30.45	50m Breaststroke	26.57	27.50
1:08.50	1:06.18	100m Breaststroke	57.63	59.65
2:28.40	2:23.38	200m Breaststroke	2:06.23	2:10.65
26.72	25.82	50m Butterfly	22.91	23.71
59.41	57.40	100m Butterfly	50.57	52.34
2:13.36	2:08.85	200m Butterfly	1:53.61	1:57.59
1:01.74	59.65	100m Individual Medley	52.98	54.83
2:14.72	2:10.16	200m Individual Medley	1:55.25	1:59.28
4:47.25	4:37.54	400m Individual Medley	4:09.19	4:17.91

1 Team	4 x 50 m Freestyle	1 Team
1 Team	4 x 100 m Freestyle	1 Team
1 Team	4 x 200 m Freestyle	1 Team
1 Team	4 x 50 m Medley	1 Team
1 Team	4 x 100 m Medley	1 Team

4 x 50 m Freestyle Mixed	1 Team
4 x 50 m Medley Mixed	1 Team

Explanation:

1. The "A" Standards for the FINA World Swimming Championships (25m) 2022 were created by using the faster of two times from:

- a. The Abu Dhabi 2021 "A" qualifying time standard; and
- b. The 16th place time from Abu Dhabi 2021

For this meet, the standards broke down as follows:

**Women:** 8 of the 2022 "A" time standards were the 2021 "A" time standard, and 9 of the 2022 "A" time standards were the 16th place time from the 2021 Worlds.

**Men:** 10 of the 2022 "A" time standards were the 2021 "A" time standard, and 10 of the 2022 "A" time standards were the 16th place time from the 2021 Worlds.

2. All "B" time standards were derived by multiplying the "A" time standard by 3.5%.

3. Standard times for the Men's 800m Freestyle and Women's 1500m Freestyle were established based on the FINA points of the Men's 1500m Freestyle and Women's 800m Freestyle, respectively.

# HONG KONG SWIMMING RECORDS

Listed Date: 22<sup>nd</sup> December 2021

## HONG KONG SHORT COURSE RECORDS

### MEN'S EVENTS

50 Free	21.22 HO Ian Yentou, SCA	15 <sup>th</sup> FINA World Swimming Championships (25m), Dec 16-21, 2021
100 Free	47.15 TO Kenneth King Him, LWS	FINA/airweave Swimming World Cup – Tokyo, Nov 14-15, 2017
200 Free	1:45.36 TO Kenneth King Him, LWS	Div.1 (Part 1) SC Comp, Jun 10-11, 2017
400 Free	3:47.51 CHEUK Ming Ho, CPS	15 <sup>th</sup> FINA World Swimming Championships (25m), Dec 16-21, 2021
800 Free	8:00.08 CHEUK Ming Ho, CPS	FINA Swimming World Cup – Singapore, Nov 15-17, 2018
1500 Free	15:01.80 CHEUK Ming Ho, CPS	FINA Swimming World Cup – Singapore, Nov 15-17, 2018
50 Back	24.18 CHEAH Geoffrey Robin, SCA	FINA/MASTBANK World Cup - HK, Sep 30, 2014
100 Back	52.08 CHEAH Geoffrey Robin, SCA	FINA/MASTBANK World Cup - HK, Sep 29, 2014
200 Back	1:56.93 NG Cheuk Yin, TPS	15 <sup>th</sup> FINA World Swimming Championships (25m), Dec 16-21, 2021
50 Breast	26.89 TO Kenneth King Him, LWS	HK AG SC Champ. Mar 9-11, 2018
100 Breast	57.82 TO Kenneth King Him, LWS	HK AG SC Champ. Mar 9-11, 2018
200 Breast	2:09.14 NG Michael Yu Hin, CPS	Hong Kong Short Course Swimming Time Trial I, Jul 11, 2021
50 Fly	22.90 TO Kenneth King Him, LWS	FINA/airweave Swimming World Cup – Beijing, Nov 10-11, 2017
100 Fly	51.73 TO Kenneth King Him, LWS LIM Nicholas Owen	FINA/airweave Swimming World Cup – Beijing, Nov 10-11, 2017
200 Fly	1:57.18 Zhaoguang, LRC	Div.1 (Part 1) SC Comp, Jun 2-3, 2018
100 IM	51.88 TO Kenneth King Him, LWS	14 <sup>th</sup> FINA World Swimming Championships (25m) – Hangzhou, Dec 11-16, 2018
200 IM	1:54.83 TO Kenneth King Him, LWS	FINA/airweave Swimming World Cup – Hong Kong, Sep 30–Oct 1, 2017
400 IM	4:18.92 TO Kenneth King Him, LWS	FINA Swimming World Cup – Singapore, Nov 15-17, 2018
4x50 FR	1:29.04 Hong Kong Team NG Cheuk Yin, HO Ian Yentou, NG Yan Kin, CHEUK Ming Ho 22.45 43.41 1:06.51	15 <sup>th</sup> FINA World Swimming Championships (25m), Dec 16-21, 2021
4x50 MR	1:36.36 Hong Kong Team LAU Shiu Yue, NG Yan Kin, NG Cheuk Yin, HO Ian Yentou 24.41 52.03 1:15.35	15 <sup>th</sup> FINA World Swimming Championships (25m), Dec 16-21, 2021
4x100 MR	3:36.93 Hong Kong Team LAU Shiu Yue, NG Michael Yu Hin, HO Tin Long, CHEUK Ming Ho 53.61 1:55.54 2:48.71	15 <sup>th</sup> FINA World Swimming Championships (25m), Dec 16-21, 2021
4x100 FR	3:15.44 Hong Kong Team CHEUK Ming Ho, HO Ian Yentou, NG Yan Kin, NG Cheuk Yin 48.76 1:36.57 2:26.58	15 <sup>th</sup> FINA World Swimming Championships (25m), Dec 16-21, 2021
4x200 FR	7:27.52 Hoi Tin Athletic Association KOO Ralph Yat Ho, KWOK Chun Hei, WONG Lok Kan, WONG Wai Lun 1:50.42 3:42.69 5:35.43	Div.1 (Part 2) SC Comp, Sep 12, 2021

\*: Pending for Swimming Committee's Ratification

<sup>w</sup>World Record

<sup>a</sup>Asian Record

<sup>#</sup> Hong Kong Best Time

# HONG KONG SWIMMING RECORDS

Listed Date:22<sup>nd</sup> December 2021

## HONG KONG SHORT COURSE RECORDS

### WOMEN'S EVENTS

<sup>A</sup> 50 Free	23.75 HAUGHEY Siobhan Bernadette, SCA	ISL Season (ITA) Aug 26, 2021
<sup>A</sup> 100 Free	50.79 HAUGHEY Siobhan Bernadette, SCA	ISL Season (NED) Dec 04, 2021
<sup>wA</sup> 200 Free	1:50.31 HAUGHEY Siobhan Bernadette, SCA	15 <sup>th</sup> FINA World Swimming Championships (25m), Dec 16-21, 2021
400 Free	3:57.06 HAUGHEY Siobhan Bernadette, SCA	ISL, Eindhoven, Netherlands, Nov 18-19,2021
800 Free	8:25.47 AU Hoi-Shun Stephanie, *DW	FINA World Cup – Singapore, Nov.22,2009
1500 Free	16:35.88 AU Hoi-Shun Stephanie, *DW	Div.1 (Part 3) SC Comp, Feb 22,2009
50 Back	26.95 AU Hoi-Shun Stephanie, DWA	FINA/airweave Swimming World Cup – Hong Kong,Sep 30–Oct 1, 2017
100 Back	58.27 AU Hoi-Shun Stephanie, DWA	FINA/MASTBANK World Cup - HK, Sep 30,2014
200 Back	2:06.93 AU Hoi-Shun Stephanie, DWA	HK Age Group SC Champ Mar 12,2016
50 Breast	29.88 HAUGHEY Siobhan Bernadette, SCA	ISL Season College Park, MD (USA) Nov 16-17,2019
100 Breast	1:05.92 KONG Yvette Man-yi, SCA	FINA World Cup – Singapore, Nov 21-22 ,2009
200 Breast	2:23.46 HAUGHEY Siobhan Bernadette, SCA	Div.1 (Part 3) SC Comp, Feb 23, 2014
50 Fly	26.09 SZE Hang-Yu, WTS	HK SC Age Group Champ., Mar 14-16,2014
100 Fly	57.98 CHAN Kin Lok, WTS	FINA/airweave Swimming World Cup – Doha, Oct 4-5,2017
200 Fly	2:08.72 CHAN Kin Lok, WTS	FINA/airweave Swimming World Cup – Doha, Oct 4-5,2017
100 IM	1:00.63 SZE Hang Yu, WTS	Hong Kong Short Course Swimming Time Trial I, Jul 11, 2021
200 IM	2:10.90 CHENG Chloe, PSC	Hong Kong Short Course Swimming Time Trial I, Jul 11, 2021
400 IM	4:42.32 HAUGHEY Siobhan Bernadette, SCA	Div.1 (Part 3) SC Comp, Feb 23, 2014
4x50 FR	1:39.35 Hong Kong Team TAM Hoi Lam, AU Hoi Shun Stephanie, CHAN Kin Lok, SZE Hang Yu 24.70 49.38 1:14.59	15 <sup>th</sup> FINA World Swimming Championships (25m), Dec 16-21, 2021
4x100 MR	3:58.32 Hong Kong Team AU Hoi Shun Stephanie, IP Rainbow, CHAN Kin Lok, SZE Hang Yu 58.32 2:06.03 3:04.68	5 <sup>th</sup> Asian Indoor & Martial Arts Games Ashgabat Sep 17-27, 2017
4x100 FR	3:40.18 Hong Kong Team AU Hoi Shun Stephanie, Ho Nam Wai, WONG Cho Ying, SZE Hang Yu 54.47 1:49.59 2:46.58	5 <sup>th</sup> Asian Indoor & Martial Arts Games Ashgabat Sep 17-27, 2017
4x200 FR	7:55.48 Hong Kong Team TANG Tsoi Lam Katii, SZE Hang Yu, CHENG Chloe, AU Hoi Shun Stephanie 1:58.31 3:56.72 5:55.92	15 <sup>th</sup> FINA World Swimming Championships (25m), Dec 16-21, 2021

### Target Time

**4x50 MR 1:48.79**

\*: Pending for Swimming Committee's Ratification

<sup>w</sup>World Record

<sup>A</sup>Asian Record

# Hong Kong Best Time



## MIXED'S EVENTS

4x50 FR 1:30.43 Hong Kong Team 15<sup>th</sup> FINA World Swimming Championships (25m), Dec 16-21, 2021  
NG Cheuk Yin, HO Ian Yentou, HAUGHEY Siobhan Bernadette, TAM Hoi Lam  
22.29 42.90 1:06.32

### Target Time

4x50 MR 1:42.42

# HONG KONG SWIMMING RECORDS

Listed Date: 22<sup>nd</sup> December 2021

## HONG KONG SHORT COURSE JUNIOR RECORDS (Under 16 years)

### MEN'S EVENTS

50 Free	23.20	NG Cheuk Yin, TPS	Div. 1 (Part 2) AG SC Competition, Jul 29,2018
100 Free	50.21	HO Siu Lun, DLS	Div. 1 AG SC Swim Comp. Part 3, Nov 30- Dec 1,2019
200 Free	1:51.85	CHEUK Ming Ho, CPS	HK AG SC Champ. Mar 9-11,2018
400 Free	3:55.97	CHEUK Ming Ho, CPS	HK AG SC Champ. Mar 9-11,2018
800 Free	8:14.91	KWOK Chun Hei, HTA	Div. 1 AG SC Swim Comp. Part 3, Nov 30- Dec 1,2019
1500 Free	15:47.30	CHEUK Ming Ho, CPS	HK AG SC Champ. Mar 9-11,2018
50 Back	25.33	NG Cheuk Yin, TPS	HK AG SC Champ. Mar 9-11,2018
100 Back	55.56	NG Cheuk Yin, TPS	HK AG SC Champ. Mar 9-11,2018
200 Back	2:01.01	NG Cheuk Yin, TPS	Div. 1 (Part 2) AG SC Competition, Jul 29,2018
50 Breast	29.00	MAK Sai Ting, WDA	Div.1 (Part 2) SC Comp, Sep 12,2021
100 Breast	1:03.37	WONG Benson, DLS	HK AG SC Champ. Mar 9-11,2018
200 Breast	2:14.80	WONG Benson, DLS	FINA/airweave Swimming World Cup – Hong Kong, Sep 30–Oct 1, 2017
50 Fly	24.54	NG Cheuk Yin, TPS	HK AG SC Champ. Mar 9-11,2018
	24.54	HO Siu Lun, DLS	Div. 1 AG SC Swim Comp. Part 3, Nov 30- Dec 1,2019
100 Fly	54.07	NG Chun Nam Derick, WTS	HK AG SC Champ. 10, Mar 14,2010
200 Fly	2:02.64	KWONG Ka Ho, *LW	HK SC Age Group Champ., Mar 16-18,2012
100 IM	56.99	NG Chun Nam Derick, WTS	HK AG SC Champ. 10, Mar 13,2010
200 IM	2:03.15	NG Chun Nam Derick, WTS	HK AG SC Champ. 10, Mar 14,2010
400 IM	4:24.14	LAU Ping Chi, HTA	FINA/airweave Swimming World Cup – Hong Kong, Sep 30–Oct 1, 2017
4x100 FR	3:33.20	Hoi Tin Athletic Association	Div.1 (Part 1) SC Comp, Jun 2-3,2018
		LAU Ping Chi, WONG Lok Kan, TSUI Wang Long Dominic, WONG Wai Lun	
	51.49	3:33.20	
4x100 MR	3:55.95	Hoi Tin Athletic Association	Div.1 (Part 1) SC Comp, Dec 8-9,2018
		Tsui Wang Long Dominic, Yuen Kai Ho, Kwok Chun Hei, Wong Lok Kan	
<b>Target Time</b>			
<b>4x200 FR</b>	<b>8:06.77</b>		

# HONG KONG SWIMMING RECORDS

Listed Date: 22<sup>nd</sup> December 2021

## HONG KONG SHORT COURSE JUNIOR RECORDS (Under 16 years)

### WOMEN'S EVENTS

50 Free	25.22 WONG Sze Ting, WTS	HK AG SC Champ, Mar 8-10, 2019
100 Free	54.45 HAUGHEY Siobhan Bernadette, SCA	2013 NSW State Age SC Champ., Aug 2, 2013
200 Free	1:56.83 HO Nam Wai, WTS	HK AG SC Champ. Mar 9-11, 2018
400 Free	4:05.59 HO Nam Wai, WTS	HK AG SC Champ. Mar 9-11, 2018
800 Free	8:32.97 HO, Nam Wai, WTS	HK AG SC Champ. Mar 9-11, 2018
1500 Free	16:39.11 HO, Nam Wai, WTS	Div.1 (Part 3) SC Comp, Feb 11-12, 2017
50 Back	28.14 KAN Cheuk Tung Natalie, HVA	HK AG SC Champ, Mar 9-11, 2018
100 Back	1:01.39 AU Hoi-Shun Stephanie, *DW	2 <sup>nd</sup> Asian Indoor Games – Macau, Oct 31, 2007
200 Back	2:13.20 LAU Yin Yan Claudia, DLS	AG SC Champ 08, Mar 14-16, 2008
50 Breast	31.82 LAM Hoi Kiu, HTA	FINA Swimming World Cup – Singapore, Nov 15-17, 2018
100 Breast	1:09.14 KAN Cheuk Tung Natalie, HVA	HK AG SC Champ. Mar 9-11, 2018
200 Breast	2:28.79 LAM Hoi Kiu, HTA	FINA Swimming World Cup – Singapore, Nov 15-17, 2018
50 Fly	27.14 CHAN Kin Lok, WTS	3 <sup>rd</sup> Asian Indoor Games-Vietnam, Nov 6, 2009
100 Fly	1:00.98 LAU Ping Yi Audrey, HTA	Div.1 (Part 2) SC Comp, Sep 1, 2019
200 Fly	2:12.57 TOWN Jennifer Ka Hang, SCA	AG SC Champ 08, Mar 14-16, 2008
100 IM	1:02.10 KAN Cheuk Tung Natalie, HVA 1:02.10 KAN Cheuk Tung Natalie, HVA	5 <sup>th</sup> Asian Indoor & Martial Arts Games Ashgabat, Sep 17-27, 2017 HK AG SC Champ. Mar 9-11, 2018
200 IM	2:13.68 HAUGHEY Siobhan Bernadette, SCA	HK SC Age Group Champ., Mar.16-18, 2012
400 IM	4:43.49 HAUGHEY Siobhan Bernadette, SCA	HK SC Age Group Champ., Mar.12, 2011
4x100 MR	4:13.67 Win Tin Swimming Club FUNG Suet Ying Chloe, HUI Ka Ling, LUI Ho Yee Chloe, WONG Sze Ting 1:03.67 2:15.42 3:18.77	Div. 1 AG SC Swim Comp. Part 3, Nov 30- Dec 1, 2019
4x200 FR	8:24.30 Hoi Tin Athletic Association Lam Hoi Kiu, Ng Lai Wa, Leung Ka Ching, Lau Ping Yi Audrey 2:06.58 4:14.59 6:21.71	Div.1 (Part 2) SC Comp, Sep 1, 2019

### Target Time

**4x100 FR 3:56.46**

# HONG KONG SWIMMING RECORDS

Listed Date:22<sup>nd</sup> December 2021

## HONG KONG AGE GROUP SHORT COURSE RECORDS

### BOYS' 10 & UNDER EVENTS

50 Free	28.40	HO Siu Lun, DLS	HK AG Group SC Champ, Mar 13-15,2015
100 Free	1:02.04	WONG Hung-ting, CYM	HK SC Age Group Champ., Mar 19-21,2004
200 Free	2:12.62	WONG Hung-ting, CYM	Div.1 (Part1) SC Comp, Dec 14,2003
50 Back	31.54	HO Siu Lun, DLS	HK AG Group SC Champ, Mar 13-15,2015
100 Back	1:10.67	WHITTINGTON, Peter Harry, DLS	HK AG Group SC Champ, Mar 13-15,2015
50 Breast	36.37	TAM Ka-ming, HVA	AG SC Champ 08, Mar 14-16,2008
100 Breast	1:19.50	CHEUNG Ryan, CPS	HK AG SC Champ. Mar 9-11,2018
50 Fly	30.21	HO Siu Lun, DLS	HK AG Group SC Champ, Mar 13-15,2015
100 Fly	1:06.24	LAU Kin Hei James, HTA	Div.1 (Part 2) SC Comp, Sep 1, 2019
100 IM	1:09.97	CHAN Pak Hin, *WD	HK SC Age Group Champ., Mar 16-18,2012
200 IM	2:30.59	WHITTINGTON Peter Harry, DLS	HK AG Group SC Champ, Mar 13-15,2015

## HONG KONG AGE GROUP SHORT COURSE RECORDS

### GIRLS' 10 & UNDER EVENTS

50 Free	28.03	HAUGHEY Siobhan Bernadette, SCA	AG SC Champ 08, Mar 14-16,2008
100 Free	1:00.74	HAUGHEY Siobhan Bernadette, SCA	AG SC Champ 08, Mar 14-16,2008
200 Free	2:11.43	HAUGHEY Siobhan Bernadette, SCA	AG SC Champ 08, Mar 14-16,2008
50 Back	32.00	MA Wing Yu, *WA	HK Age Group SC Champ Mar 13,2016
100 Back	1:07.91	MA Wing Yu, *WA	HK Age Group SC Champ Mar 13,2016
50 Breast	36.40	YIU Sum Yin, WTS	Div.1 (Part 2) SC Comp, Sep 12,2021
100 Breast	1:17.28	HAUGHEY Siobhan Bernadette, SCA	Div.1 (Part 1) SC Comp, Dec 2,2007
50 Fly	30.67	LEE Si Yao Peony, TPS	HK AG SC Champ. Mar 9-11,2018
100 Fly	1:07.58	LEE Si Yao Peony, SCA	Div. 1 (Part 2) AG SC Competition, Jul 29,2018
100 IM	1:11.57	LEE Si Yao Peony, TPS	Div.1 (Part 1) SC Comp, Jun 2-3,2018
200 IM	2:29.06	HAUGHEY Siobhan Bernadette, SCA	AG SC Champ 08, Mar 14-16,2008

# HONG KONG SWIMMING RECORDS

Listed Date: 22<sup>nd</sup> December 2021

## HONG KONG AGE GROUP SHORT COURSE RECORDS

### BOYS' 11 – 12 YEARS EVENTS

50 Free	24.83 Lau Kin Hei James, HTA	Div.1 (Part 2) SC Comp, Sep 12, 2021
100 Free	55.13 LEE Yat Yuen Yen, HTA	Div. 1 AG SC Swim Comp. Part 3, Nov 30- Dec 1, 2019
200 Free	2:00.73 WONG Ming Hong, DLS	HK AG SC Champ. 13, Mar 15-17, 2013
400 Free	4:16.54 WONG Kaden Lok Fung, HTA	Div.1 (Part 2) SC Comp, Sep 12, 2021
50 Back	28.09 HO Siu Lun, DLS	HK AG SC Champ, Mar 10-12, 2017
100 Back	1:01.08 LU Pat Fan, HVA	HK AG SC Champ, Mar 8-10, 2019
200 Back	2:13.10 LU Pat Fan, HVA	HK AG SC Champ, Mar 8-10, 2019
50 Breast	30.81 LAU Kin Hei James, HTA	Div.1 (Part 2) SC Comp, Sep 12, 2021
100 Breast	1:09.13 TAM Ka Ming, *CY	Div.1 (Part 1) SC Comp, Dec. 5, 2010
200 Breast	2:31.54 LAU Yat Fung, HTA	HK SC Age Group Champ., Mar. 16-18, 2012
50 Fly	27.22 LAU Kin Hei James, HTA	Hong Kong Short Course Swimming Time Trial I, Jul 11, 2021
100 Fly	58.69 LAU Kin Hei James, HTA	Div.1 (Part 2) SC Comp, Sep 12, 2021
200 Fly	2:12.65 LAU Kin Hei James, HTA	Hong Kong Short Course Swimming Time Trial I, Jul 11, 2021
100 IM	1:01.68 LU Pat Fan, HVA	HK AG SC Champ, Mar 8-10, 2019
200 IM	2:12.31 LAU Kin Hei James, HTA	Div.1 (Part 2) SC Comp, Sep 12, 2021

## HONG KONG AGE GROUP SHORT COURSE RECORDS

### GIRLS' 11 – 12 YEARS EVENTS

50 Free	26.39 TSE On Ching, TPS	HK AG SC Champ, Mar 8-10, 2019
100 Free	57.15 TSE On Ching, TPS	HK AG SC Champ, Mar 8-10, 2019
200 Free	2:03.92 TSE On Ching, TPS	HK AG SC Champ, Mar 8-10, 2019
400 Free	4:20.95 MOK Sze Ki, HVA	HK AG SC Champ, Mar 8-10, 2019
50 Back	30.03 TPS WAN Ching Man Andrea,	HK AG SC Champ. 10, Mar 14, 2010
100 Back	1:02.82 LAI Chu Yi, WTS CHEUNG Sum Yuet Cindy,	HK SC Age Group Champ., Mar 13, 2011
200 Back	2:17.59 TPS	HK AG SC Champ, Mar 8-10, 2019
50 Breast	33.74 Au-Yeung Sze Ching, CPS	Div.1 (Part 2) SC Comp, Sep 12, 2021
100 Breast	1:12.54 KONG Man-yi, DLS	DIV I AG SC Swim Comp, Dec 18, 2005
200 Breast	2:34.47 MA Hei Tung Fiona, DLS	AG SC Champ 08, Mar 14-16, 2008
50 Fly	28.75 TSE On Ching, TPS	HK AG SC Champ, Mar 8-10, 2019
100 Fly	1:03.17 MOK Sze Ki, HVA	HK AG SC Champ, Mar 8-10, 2019
200 Fly	2:17.67 MOK Sze Ki, HVA	HK AG SC Champ, Mar 8-10, 2019
100 IM	1:06.38 LAU Ping Yi Audrey, HTA	HK AG SC Champ. Mar 9-11, 2018
200 IM	2:20.77 MOK Sze Ki, HVA	HK AG SC Champ, Mar 8-10, 2019

# HONG KONG SWIMMING RECORDS

Listed Date: 22<sup>nd</sup> December 2021

## HONG KONG AGE GROUP SHORT COURSE RECORDS

### BOYS' 13 – 14 YEARS EVENTS

50 Free	23.52	HO Siu Lun, DLS	HK AG SC Champ, Mar 8-10, 2019
100 Free	51.56	HO Siu Lun, DLS	HK AG SC Champ, Mar 8-10, 2019
200 Free	1:53.57	CHEUK Ming Ho, CPS	HK AG SC Champ, Mar 10-12, 2017
400 Free	4:02.23	WONG Ming Hong, HTA	HK AG Group SC Champ, Mar 13-15, 2015
800 Free	8:23.87	CHEUK Ming Ho, CPS	Div.1 (Part 3) SC Comp, Feb 11-12, 2017
1500 Free	15:50.65	WONG Ming Hong, HTA	HK AG Group SC Champ, Mar 13-15, 2015
50 Back	25.88	HO Siu Lun, DLS	HK AG SC Champ, Mar 8-10, 2019
100 Back	56.29	YUK Shing Chi, PSC	FINA/airweave Swimming World Cup – Hong Kong, Sep 30–Oct 1, 2017
200 Back	2:02.57	HO Siu Lun, DLS	HK AG SC Champ, Mar 8-10, 2019
50 Breast	29.72	TAM Ka Ming, *CY	HK SC Age Group Champ., Mar 16-18, 2012
100 Breast	1:03.73	WONG Benson, DLS	FINA/airweave Swimming World Cup – Hong Kong, Sep 30–Oct 1, 2017
200 Breast	2:14.80	WONG Benson, DLS	FINA/airweave Swimming World Cup – Hong Kong, Sep 30–Oct 1, 2017
50 Fly	25.26	HO Siu Lun, DLS	HK AG SC Champ, Mar 8-10, 2019
100 Fly	56.33	NG Chun Nam Derick, WTS	HK Age Group SC Champ. 09, Mar 15, 2009
200 Fly	2:06.38	CHAN Pak Hin, *WD	HK Age Group SC Champ Mar 13, 2016
100 IM	58.38	LAU Ping Chi, HTA	FINA/airweave Swimming World Cup – Hong Kong, Sep 30–Oct 1, 2017
200 IM	2:05.88	LAU Ping Chi, HTA	FINA/airweave Swimming World Cup – Hong Kong, Sep 30–Oct 1, 2017
400 IM	4:24.14	LAU Ping Chi, HTA	FINA/airweave Swimming World Cup – Hong Kong, Sep 30–Oct 1, 2017

## HONG KONG AGE GROUP SHORT COURSE RECORDS

### GIRLS' 13 – 14 YEARS EVENTS

50 Free	25.22	WONG Sze Ting, WTS	HK AG SC Champ, Mar 8-10, 2019
100 Free	54.63	HAUGHEY Siobhan Bernadette, SCA	HK SC Age Group Champ., Mar 16-18, 2012
200 Free	2:00.32	HAUGHEY Siobhan Bernadette, SCA	HK SC Age Group Champ., Mar 16-18, 2012
400 Free	4:11.59	HO, Nam Wai, WTS	HK AG SC Champ, Mar 10-12, 2017
800 Free	8:38.96	HO, Nam Wai, WTS	HK AG SC Champ, Mar 10-12, 2017
1500 Free	16:39.11	HO, Nam Wai, WTS	Div.1 (Part 3) SC Comp, Feb 11-12, 2017
50 Back	28.24	KAN Cheuk Tung Natalie, HVA	HK AG SC Champ, Mar 10-12, 2017
100 Back	1:02.07	KAN Cheuk Tung Natalie, HVA	HK AG SC Champ, Mar 10-12, 2017
200 Back	2:13.57	WAN Ching Man Andrea, TPS	HK SC Age Group Champ., Mar 16-18, 2012
50 Breast	31.82	LAM Hoi Kiu, HTA	FINA Swimming World Cup – Singapore, Nov 15-17, 2018
100 Breast	1:09.48	KAN Cheuk Tung Natalie, HVA	HK AG SC Champ, Mar 10-12, 2017
200 Breast	2:28.79	LAM Hoi Kiu, HTA	FINA Swimming World Cup – Singapore, Nov 15-17, 2018
50 Fly	27.62	LAU Ping Yi Audrey, HTA	Div. 1 AG SC Swim Comp. Part 3, Nov 30- Dec 1, 2019
100 Fly	1:00.98	LAU Ping Yi Audrey, HTA	Div.1 (Part 2) SC Comp, Sep 1, 2019
200 Fly	2:14.73	TSANG Jin Nuo Joan, *WA	HK AG Group SC Champ, Mar 13-15, 2015
100 IM	1:02.75	WONG Sze Ting, WTS	HK AG SC Champ, Mar 8-10, 2019
200 IM	2:13.68	HAUGHEY Siobhan Bernadette, SCA	HK SC Age Group Champ., Mar 16-18, 2012
400 IM	4:43.49	HAUGHEY Siobhan Bernadette, SCA	HK SC Age Group Champ., Mar 12, 2011

\*: Pending for Swimming Committee's Ratification

<sup>w</sup>World Record

<sup>a</sup>Asian Record

# Hong Kong Best Time

# HONG KONG SWIMMING RECORDS

Listed Date: 22<sup>nd</sup> December 2021

## HONG KONG AGE GROUP SHORT COURSE RECORDS

### BOYS' 15 – 17 YEARS EVENTS

50 Free	22.41 NG Cheuk Yin, TPS	Div.1 (Part 2) SC Comp, Sep 1, 2019
100 Free	48.95 NG Cheuk Yin, TPS	Div. 1 AG SC Swim Comp. Part 3, Nov 30- Dec 1, 2019
200 Free	1:48.82 CHEUK Ming Ho, CPS	14 <sup>th</sup> FINA World Swimming Championships (25m) – Hangzhou, Dec 11-16, 2018
400 Free	3:51.88 LIAO Xian Hao Jonathan, HJC	HK Age Group SC Champ Mar 13, 2016
800 Free	8:00.08 CHEUK Ming Ho, CPS	FINA Swimming World Cup – Singapore, Nov 15-17, 2018
1500 Free	15:01.80 CHEUK Ming Ho, CPS	FINA Swimming World Cup – Singapore, Nov 15-17, 2018
50 Back	24.71 NG Cheuk Yin, TPS	HK AG SC Champ, Mar 8-10, 2019
100 Back	53.52 NG Cheuk Yin, TPS	Div. 1 AG SC Swim Comp. Part 3, Nov 30- Dec 1, 2019
200 Back	1:58.67 NG Cheuk Yin, TPS	Div.1 (Part 2) SC Comp, Sep 1, 2019
50 Breast	28.52 SIN Yau Cheung, SLA	Div. 1 (Part 2) SC Comp, Sep 12, 2021
100 Breast	1:02.07 NG Yan Kin, HTA	FINA/MASTBANK WorldCup–Doha, Aug 27-28, 2014
200 Breast	2:10.35 MOK Kai Tik Marcus, WTS	FINA/airweave Swimming World Cup – Hong Kong, Sep 30–Oct 1, 2017
50 Fly	23.37 NG Cheuk Yin, TPS	Div. 1 AG SC Swim Comp. Part 3, Nov 30- Dec 1, 2019
100 Fly	53.88 LIM Nicholas Owen Zhaoguang, LRC	HK AG SC Champ, Mar 8-10, 2019
200 Fly	1:57.18 LIM Nicholas Owen Zhaoguang, LRC	Div.1 (Part 1) SC Comp, Jun 2-3, 2018
100 IM	56.00 NG Chun Nam Derick, WTS	Div.1 (Part 1) SC Comp, Dec 3-4, 2011
200 IM	2:00.62 WHITTINGTON Peter Harry, DLS	Div.1 (Part 2) SC Comp, Sep 12, 2021
400 IM	4:21.85 CHEUK Ming Ho, CPS	Div. 1 AG SC Swim Comp. Part 3, Nov 30- Dec 1, 2019

## HONG KONG AGE GROUP SHORT COURSE RECORDS

### GIRLS' 15 – 17 YEARS EVENTS

50 Free	24.99 HAUGHEY Siobhan Bernadette, SCA	Div.1 (Part 2) SC Comp, Jan 19, 2014
100 Free	53.28 HAUGHEY Siobhan Bernadette, SCA	HK SC Age Group Champ, Mar 15, 2014
200 Free	1:56.83 HO Nam Wai, WTS	HK AG SC Champ. Mar 9-11, 2018
400 Free	4:05.83 HO Nam Wai, WTS	HK AG SC Champ. Mar 9-11, 2018
800 Free	8:25.47 AU Hoi-Shun Stephanie. *DW	FINA World Cup – Singapore. Nov 21, 2009
1500 Free	16:35.88 AU Hoi-Shun Stephanie. *DW	Div.1 (Part 3) SC Comp, Feb 22, 2009
50 Back	27.78 WONG Toto Kwan To, HTA	FINA/airweave Swimming World Cup – Hong Kong Oct 29-30, 2016
100 Back	59.51 WONG Toto Kwan To, HTA	5 <sup>th</sup> Asian Indoor & Martial Arts Games Ashgabat Sep 17-27, 2017
200 Back	2:11.93 WONG Toto Kwan To, HTA	13 <sup>th</sup> FINA World Swimming Champ 2016, Dec 6-11, 2016
50 Breast	31.15 KONG Yvette Man-yi, SCA	FINA World Cup – Singapore, Nov 21-22, 2009
100 Breast	1:05.92 KONG Yvette Man-vi, SCA	FINA World Cup – Singapore. Nov 21-22, 2009
200 Breast	2:23.46 HAUGHEY Siobhan Bernadette, SCA	Div.1 (Part 3) SC Comp, Feb 23, 2014
50 Fly	27.01 KAN Cheuk Tung Natalie, HVA	HK AG SC Champ, Mar 8-10, 2019
100 Fly	59.47 KAN Cheuk Tung Natalie, HVA	HK AG SC Champ, Mar 8-10, 2019
200 Fly	2:12.57 TOWN Jennifer Ka Hang, SCA	AG SC Champ 08, Mar 14-16, 2008
100 IM	1:01.08 KAN Cheuk Tung Natalie, HVA	FINA Swimming World Cup – Singapore, Nov 15-17, 2018
200 IM	2:10.90 CHENG, Chloe, PSC	Hong Kong Short Course Swimming Time Trial I, Jul 11, 2021
400 IM	4:42.32 HAUGHEY Siobhan Bernadette, SCA	Div.1 (Part 3) SC Comp, Feb 23, 2014

\*: Pending for Swimming Committee's Ratification

<sup>w</sup>World Record

<sup>a</sup>Asian Record

# Hong Kong Best Time

**Division 1 SC Swimming Time Trial - 17-Jul-22**

**Meet Program**

**Event 1 Men 100 SC Meter Freestyle**

**HKR:** 47.15 **TO Kenneth King Him, LWS**  
**WCA:** 47.23  
**WCB:** 48.88  
**JR:** 50.21

Lane	ID#	Name	Age	Team	Seed Time
<b>Heat 1 of 1 Timed Finals</b>					
1	35894 B	Chui, Ka Yeung	16	Win Tin	53.67
2	22824 IAZ	Wong, Lok Kan	18	Hoi Tin	52.85
3	22987 IAZ	Yuen, Kai Ho	19	Hoi Tin	52.54
4	25777 B	Cheuk, Ming Ho	20	Chi Pui	49.15
5	25254 B	Ho, Siu Lun	18	Dali Swimming Club	51.55
6	20289 IAZ	Tsui, Wai Chi	19	Win Tin	52.57
7	32248 B	Li, Sing Hoi	17	Win Tin	52.94

**Event 2 Women 100 SC Meter Freestyle**

**HKR:** 50.79 **HAUGHEY Siobhan Bernadette,SCA**  
**WCA:** 53.78  
**WCB:** 55.66  
**JR:** 54.45

Lane	ID#	Name	Age	Team	Seed Time
<b>Heat 1 of 1 Timed Finals</b>					
1	05641 IBZ	Chan, Kin Lok	28	Win Tin	58.01
2	30054 IAZ	Cheng, Chloe	17	Pacific	56.75
3	21383 B	Ho, Nam Wai Tinky	20	Win Tin	55.54
4	04515 ICZ	Sze, Hang Yu	34	Win Tin	54.34
5	11920 B	Tam, Hoi Lam	24	Current Club Ltd	55.14
6	14159 B	Cheng, Camille Lily Mei	29	Hoi Tin	55.62
7	26541 B	Lee, Yan Hei	17	Win Tin	57.35
8	30744 B	Hui, Ka Ling	17	Win Tin	58.23

**Event 3 Men 100 SC Meter Breaststroke**

**HKR:** 57.82 **TO Kenneth King Him, LWS**  
**WCA:** 57.63  
**WCB:** 59.65  
**JR:** 1:03.37

Lane	ID#	Name	Age	Team	Seed Time
<b>Heat 1 of 1 Timed Finals</b>					
2	30694 IAZ	Cheung, Chi Kit Nicholas	17	Wong Tai Sin	1:04.40
3	22994 B	Wong, Benson	19	Dali Swimming Club	1:03.02
4	18823 B	Ng, Michael Yu Hin	22	Chi Pui	1:00.68
5	12303 IAZ	Ng, Yan Kin	24	Hoi Tin	1:00.84
6	25379 #B	Mak, Sai Ting Adam	15	Hoi Tin	1:03.52
7	31867 P	Lam, Ka Chun	19	Pacific	1:06.12

**Event 4 Women 100 SC Meter Breaststroke**

**HKR:** 1:05.92 **KONG Yvette Man-yi, SCA**  
**WCA:** 1:06.18  
**WCB:** 1:08.50  
**JR:** 1:09.14

Lane	ID#	Name	Age	Team	Seed Time
<b>Heat 1 of 1 Timed Finals</b>					
3	29139 B	Young, Sze Ki	19	Tai Po	1:13.21
4	15574 P	Yeung, Jamie Zhen Mei	25	Hoi Tin	1:06.66
5	29060 IAZ	Lam, Hoi Kiu	18	Hoi Tin	1:09.36
6	34467 B	Chan, Tsz Ching	16	Sea Lion	1:13.54



## Division 1 SC Swimming Time Trial - 17-Jul-22

## Meet Program

## Event 5 Men 50 SC Meter Backstroke

HKR: 24.18

CHEAH Geoffrey Robin, SCA

WCA: 23.75

WCB: 24.58

JR: 25.33

Lane	ID#	Name	Age	Team	Seed Time
<b>Heat 1 of 1 Timed Finals</b>					
1	24751 B	Lau, Hoi Hang	17	Lai Wa	27.66
2	28636 B	Chan, Tsz Chiu	19	Keung Sang	27.22
3	36902 IAO	Kwan, Hayden	19	Pacific	26.77
4	12117 IAZ	Lau, Shiu Yue	24	Hoi Tin	24.22
5	22533 IAZ	Ng, Cheuk Yin	19	Tai Po	26.11
6	25254 B	Ho, Siu Lun	18	Dali Swimming Club	27.17
7	26842 IAZ	Yuk, Shing Chi	19	Pacific	27.40

## Event 6 Women 50 SC Meter Backstroke

HKR: 26.95

AU Hoi-Shun Stephanie, DWA

WCA: 26.81

WCB: 27.75

JR: 28.14

Lane	ID#	Name	Age	Team	Seed Time
<b>Heat 1 of 1 Timed Finals</b>					
2	25098 B	Fung, Suet Ying Chloe	17	Win Tin	30.52
3	05641 IBZ	Chan, Kin Lok	28	Win Tin	29.91
4	22719 IAZ	Wong, Toto Kwan To	22	Hoi Tin	27.98
5	28897 IAZ	Loo, Tsz Ki Cherrie	18	Dik Wing	29.42
6	36321 B	Cheung, Sum Yuet Cindy	15	Tai Po	30.03

## Event 7 Men 200 SC Meter Butterfly

HKR: 1:57.18

LIM Nicholas Owen ZhaoguangLRC

WCA: 1:53.61

WCB: 1:57.59

JR: 2:02.64

Lane	ID#	Name	Age	Team	Seed Time
<b>Heat 1 of 1 Timed Finals</b>					
4	30444 IAZ	Ho, Chung Lun	19	CYM	2:07.79
5	33935 B	Yau, Pak Ho	14	Chi Pui	2:07.88

## Event 8 Women 200 SC Meter Butterfly

HKR: 2:08.72

CHAN Kin Lok, WTS

WCA: 2:08.85

WCB: 2:13.36

JR: 2:12.57

Lane	ID#	Name	Age	Team	Seed Time
<b>Heat 1 of 1 Timed Finals</b>					
4	25263 B	Tai, Samantha Natalie	17	Pacific	2:16.04
5	18545 IAZ	Lam, Pac Tung Nikita	21	Sun Yip	2:18.81

## Event 9 Men 400 SC Meter Freestyle

HKR: 3:47.51

CHEUK Ming Ho, CPS

WCA: 3:42.50

WCB: 3:50.29

JR: 3:55.97

Lane	ID#	Name	Age	Team	Seed Time
<b>Heat 1 of 1 Timed Finals</b>					
4	29257 B	He, Shing Ip	16	Chi Pui	3:58.70
5	30192 B	Whittington, Peter Harry	18	Dali Swimming Club	4:01.20

## Division 1 SC Swimming Time Trial - 17-Jul-22

## Meet Program

## Event 10 Women 400 SC Meter Freestyle

HKR: 3:57.06

HAUGHEY Siobhan Bernadette,SCA

WCA: 4:06.95

WCB: 4:15.59

JR: 4:05.59

Lane	ID#	Name	Age	Team	Seed Time
<b>Heat 1 of 1 Timed Finals</b>					
1	25101 B	Ng, Sze Kwan	16	Kowloon Tong Club	4:29.96
2	32098 #B	Ma, Tsz Tsing Ashley	14	Hoi Tin	4:28.53
3	19207 B	Nip, Tsz Yin	22	Eastern Winter	4:24.29
4	21383 B	Ho, Nam Wai Tinky	20	Win Tin	4:13.64
5	38248 P	Du, Zheng	17	Flying Dragon	4:20.12
6	32517 B	Wong, Hoi Wai	16	Win Tin	4:27.90
7	42490	Wang, Xin Tong	13	Win Tin	4:29.04
8	29519 IAZ	Hung, Lok Ching	17	Happy Valley	4:31.47

## Event 12 Women 100 SC Meter IM

HKR: 1:00.63

SZE Hang Yu, WTS

WCA: 59.65

WCB: 1:01.74

JR: 1:02.10

Lane	ID#	Name	Age	Team	Seed Time
<b>Heat 1 of 1 Timed Finals</b>					
3	18904 B	Wong, Ching Lam	20	Win Tin	1:04.15
4	04515 ICZ	Sze, Hang Yu	34	Win Tin	1:00.63
5	30054 IAZ	Cheng, Chloe	17	Pacific	1:01.43
6	31301 IAZ	To, Wing Yan	15	Happy Valley	1:08.37

## Event 13 Men 200 SC Meter Backstroke

HKR: 1:56.93

NG Cheuk Yin, TPS

WCA: 1:52.66

WCB: 1:56.60

JR: 2:01.01

Lane	ID#	Name	Age	Team	Seed Time
<b>Heat 1 of 1 Timed Finals</b>					
3	15423 #IAZ	Cheung, Yau Ming	24	Hoi Tin	2:08.75
4	36902 IAO	Kwan, Hayden	19	Pacific	1:57.04
5	28636 B	Chan, Tsz Chiu	19	Keung Sang	2:07.52
6	24751 B	Lau, Hoi Hang	17	Lai Wa	2:10.47

## Event 14 Women 200 SC Meter Backstroke

HKR: 2:06.93

AU Hoi-Shun Stephanie, DWA

WCA: 2:07.19

WCB: 2:11.64

JR: 2:13.20

Lane	ID#	Name	Age	Team	Seed Time
<b>Heat 1 of 1 Timed Finals</b>					
3	29057 #B	Cheng, Jessica Chloe	16	Pacific	2:16.68
4	22719 IAZ	Wong, Toto Kwan To	22	Hoi Tin	2:14.86
5	36321 B	Cheung, Sum Yuet Cindy	15	Tai Po	2:15.94

**Division 1 SC Swimming Time Trial - 17-Jul-22**

**Meet Program**

**Event 15 Men 50 SC Meter Butterfly**

HKR: 22.90 TO Kenneth King Him, LWS  
 WCA: 22.91  
 WCB: 23.71  
 JR: 24.54

Lane	ID#	Name	Age	Team	Seed Time
<b>Heat 1 of 1 Timed Finals</b>					
2	32248 B	Li, Sing Hoi	17	Win Tin	25.63
3	25254 B	Ho, Siu Lun	18	Dali Swimming Club	24.86
4	08999 B	Ho, Tin Long	25	Win Tin	24.16
5	22533 IAZ	Ng, Cheuk Yin	19	Tai Po	24.39
6	33370 IAZ	Hui, Ching Ho	15	Sword Fish Club	25.42

**Event 16 Women 50 SC Meter Butterfly**

HKR: 26.09 SZE Hang-Yu, WTS  
 WCA: 25.82  
 WCB: 26.72  
 JR: 27.14

Lane	ID#	Name	Age	Team	Seed Time
<b>Heat 1 of 1 Timed Finals</b>					
3	11920 B	Tam, Hoi Lam	24	Current Club Ltd	27.20
4	04515 ICZ	Sze, Hang Yu	34	Win Tin	26.53
5	05641 IBZ	Chan, Kin Lok	28	Win Tin	26.67

**Event 17 Men 1500 SC Meter Freestyle**

HKR: 15:01.80 CHEUK Ming Ho, CPS  
 WCA: 14:49.29  
 WCB: 15:20.42  
 JR: 15:47.30

Lane	ID#	Name	Age	Team	Seed Time
<b>Heat 1 of 1 Timed Finals</b>					
4	24648 B	Kwok, Chun Hei	18	Hoi Tin	16:20.09
5	29257 B	He, Shing Ip	16	Chi Pui	16:30.20

**Event 18 Women 800 SC Meter Freestyle**

HKR: 8:25.47 AU Hoi-Shun Stephanie, DWA  
 WCA: 8:29.17  
 WCB: 8:46.99  
 JR: 8:32.97

Lane	ID#	Name	Age	Team	Seed Time
<b>Heat 1 of 1 Timed Finals</b>					
3	32282 IAZ	Cheng, Denise	15	Pacific	9:16.50
4	31841 IAZ	Ng, Lai Wa	16	Hoi Tin	9:05.05
5	19207 B	Nip, Tsz Yin	22	Eastern Winter	9:05.40

**Event 19 Men 200 SC Meter Freestyle**

HKR: 1:45.36 TO Kenneth King Him, LWS  
 WCA: 1:44.08  
 WCB: 1:47.72  
 JR: 1:51.85

Lane	ID#	Name	Age	Team	Seed Time
<b>Heat 1 of 1 Timed Finals</b>					
3	26123 IAZ	Wong, Wai Lun	20	Hoi Tin	1:55.93
4	29257 B	He, Shing Ip	16	Chi Pui	1:52.18
5	22987 IAZ	Yuen, Kai Ho	19	Hoi Tin	1:55.91
6	16256 IAZ	Chan, James Gavin	21	Happy Valley	1:57.10

## Division 1 SC Swimming Time Trial - 17-Jul-22

## Meet Program

## Event 20 Women 200 SC Meter Freestyle

HKR: 1:50.31

HAUGHEY Siobhan Bernadette,SCA

WCA: 1:55.60

WCB: 1:59.65

JR: 1:56.83

Lane	ID#	Name	Age	Team	Seed Time
<b>Heat 1 of 1 Timed Finals</b>					
1	25101 B	Ng, Sze Kwan	16	Kowloon Tong Club	2:07.86
2	32517 B	Wong, Hoi Wai	16	Win Tin	2:05.62
3	14159 B	Cheng, Camille Lily Mei	29	Hoi Tin	2:02.11
4	21383 B	Ho, Nam Wai Tinky	20	Win Tin	2:00.43
5	30054 IAZ	Cheng, Chloe	17	Pacific	2:01.22
6	31841 IAZ	Ng, Lai Wa	16	Hoi Tin	2:05.18
7	32098 #B	Ma, Tsz Tsing Ashley	14	Hoi Tin	2:07.84

## Event 21 Men 50 SC Meter Breaststroke

HKR: 26.89

TO Kenneth King Him, LWS

WCA: 26.57

WCB: 27.50

JR: 29.00

Lane	ID#	Name	Age	Team	Seed Time
<b>Heat 1 of 1 Timed Finals</b>					
1	33495 IAZ	Wan, Siu Chun	17	Tai Po	30.20
2	29699 IAZ	Fong, Ka Yu	20	White Dolphin	29.43
3	30592 IAZ	Sin, Yau Cheung	18	Sea Lion	28.52
4	12303 IAZ	Ng, Yan Kin	24	Hoi Tin	27.49
5	28535 B	Law, Tsz Hin	19	Hoi Ngai	28.34
6	25379 #B	Mak, Sai Ting Adam	15	Hoi Tin	29.00
7	35805 B	So, Chun Hin	15	Tai Po	30.16
8	45703 IAZ	Tsui, Yik Ki	14	Pacific	30.22

## Event 22 Women 50 SC Meter Breaststroke

HKR: 29.88

HAUGHEY Siobhan Bernadette,SCA

WCA: 30.45

WCB: 31.52

JR: 31.82

Lane	ID#	Name	Age	Team	Seed Time
<b>Heat 1 of 1 Timed Finals</b>					
2	29139 B	Young, Sze Ki	19	Tai Po	33.78
3	15574 P	Yeung, Jamie Zhen Mei	25	Hoi Tin	32.93
4	29060 IAZ	Lam, Hoi Kiu	18	Hoi Tin	31.35
5	28081 B	Cheung, Hoi Lam	17	White Dolphin	32.82
6	30744 B	Hui, Ka Ling	17	Win Tin	33.23

## Event 23 Men 100 SC Meter Butterfly

HKR: 51.73

TO Kenneth King Him, LWS

WCA: 50.57

WCB: 52.34

JR: 54.07

Lane	ID#	Name	Age	Team	Seed Time
<b>Heat 1 of 1 Timed Finals</b>					
4	08999 B	Ho, Tin Long	25	Win Tin	53.08
5	22533 IAZ	Ng, Cheuk Yin	19	Tai Po	53.38

## Division 1 SC Swimming Time Trial - 17-Jul-22

## Meet Program

## Event 24 Women 100 SC Meter Butterfly

HKR: 57.98 CHAN Kin Lok, WTS  
 WCA: 57.40  
 WCB: 59.41  
 JR: 1:00.98

Lane	ID#	Name	Age	Team	Seed Time
<b>Heat 1 of 1 Timed Finals</b>					
3	18783 IAZ	Wong, Wai Nam	20	White Dolphin	1:01.39
4	05641 IBZ	Chan, Kin Lok	28	Win Tin	58.46
5	04515 ICZ	Sze, Hang Yu	34	Win Tin	58.47
6	29449 B	Leung, Wing Tsun Rachel	15	Win Tin	1:02.61

## Event 25 Men 400 SC Meter IM

HKR: 4:18.92 TO Kenneth King Him, LWS  
 WCA: 4:09.19  
 WCB: 4:17.91  
 JR: 4:24.14

Lane	ID#	Name	Age	Team	Seed Time
<b>Heat 1 of 1 Timed Finals</b>					
4	30192 B	Whittington, Peter Harry	18	Dali Swimming Club	4:26.78
5	33755 IAZ	Lau, Kin Hei James	13	Hoi Tin	4:41.33

## Event 26 Women 400 SC Meter IM

HKR: 4:42.32 HAUGHEY Siobhan Bernadette, SCA  
 WCA: 4:37.54  
 WCB: 4:47.25  
 JR: 4:43.49

Lane	ID#	Name	Age	Team	Seed Time
<b>Heat 1 of 1 Timed Finals</b>					
3	38248 P	Du, Zheng	17	Flying Dragon	5:05.37
4	30054 IAZ	Cheng, Chloe	17	Pacific	4:42.45
5	18904 B	Wong, Ching Lam	20	Win Tin	5:04.14
6	31301 IAZ	To, Wing Yan	15	Happy Valley	5:06.44

## Event 27 Men 100 SC Meter Backstroke

HKR: 52.08 CHEAH Geoffrey Robin, SCA  
 WCA: 51.30  
 WCB: 53.10  
 JR: 55.56

Lane	ID#	Name	Age	Team	Seed Time
<b>Heat 1 of 1 Timed Finals</b>					
2	24751 B	Lau, Hoi Hang	17	Lai Wa	59.49
3	22533 IAZ	Ng, Cheuk Yin	19	Tai Po	57.48
4	12117 IAZ	Lau, Shiu Yue	24	Hoi Tin	53.04
5	36902 IAO	Kwan, Hayden	19	Pacific	56.47
6	28636 B	Chan, Tsz Chiu	19	Keung Sang	59.33

## Event 28 Women 100 SC Meter Backstroke

HKR: 58.27 AU Hoi-Shun Stephanie, DWA  
 WCA: 58.08  
 WCB: 1:00.11  
 JR: 1:01.39

Lane	ID#	Name	Age	Team	Seed Time
<b>Heat 1 of 1 Timed Finals</b>					
2	25098 B	Fung, Suet Ying Chloe	17	Win Tin	1:05.41
3	29057 #B	Cheng, Jessica Chloe	16	Pacific	1:03.90
4	00866 IAZ	Au, Hoi Shun Stephanie	30	Dik Wing	59.12
5	22719 IAZ	Wong, Toto Kwan To	22	Hoi Tin	59.70
6	36321 B	Cheung, Sum Yuet Cindy	15	Tai Po	1:04.18

## Division 1 SC Swimming Time Trial - 17-Jul-22

## Meet Program

## Event 29 Men 200 SC Meter Breaststroke

HKR: 2:09.14

NG Michael Yu Hin, CPS

WCA: 2:06.23

WCB: 2:10.65

JR: 2:14.80

Lane	ID#	Name	Age	Team	Seed Time
<b>Heat 1 of 1 Timed Finals</b>					
2	30574 IAZ	Cheung, Ryan	15	Chi Pui	2:22.51
3	22994 B	Wong, Benson	19	Dali Swimming Club	2:17.42
4	18823 B	Ng, Michael Yu Hin	22	Chi Pui	2:09.14
5	25379 #B	Mak, Sai Ting Adam	15	Hoi Tin	2:14.41
6	30694 IAZ	Cheung, Chi Kit Nicholas	17	Wong Tai Sin	2:21.46

## Event 30 Women 200 SC Meter Breaststroke

HKR: 2:23.46

HAUGHEY Siobhan Bernadette,SCA

WCA: 2:23.38

WCB: 2:28.40

JR: 2:28.79

Lane	ID#	Name	Age	Team	Seed Time
<b>Heat 1 of 1 Timed Finals</b>					
3	34467 B	Chan, Tsz Ching	16	Sea Lion	2:39.27
4	29060 IAZ	Lam, Hoi Kiu	18	Hoi Tin	2:28.53
5	30162 ICX	Chang, Yujuan	22	Win Tin	2:34.20

## Event 31 Men 50 SC Meter Freestyle

HKR: 21.22

HO Ian Yentou, SCA

WCA: 21.40

WCB: 22.15

JR: 23.20

Lane	ID#	Name	Age	Team	Seed Time
<b>Heat 1 of 1 Timed Finals</b>					
2	20289 IAZ	Tsui, Wai Chi	19	Win Tin	23.88
3	25254 B	Ho, Siu Lun	18	Dali Swimming Club	23.74
4	06697 B	Koo, Ralph Yat Ho	24	Hoi Tin	22.82
5	25777 B	Cheuk, Ming Ho	20	Chi Pui	23.43
6	22533 IAZ	Ng, Cheuk Yin	19	Tai Po	23.75
7	08999 B	Ho, Tin Long	25	Win Tin	24.21

## Event 32 Women 50 SC Meter Freestyle

HKR: 23.75

HAUGHEY Siobhan Bernadette,SCA

WCA: 24.44

WCB: 25.30

JR: 25.22

Lane	ID#	Name	Age	Team	Seed Time
<b>Heat 1 of 1 Timed Finals</b>					
2	30744 B	Hui, Ka Ling	17	Win Tin	26.93
3	04515 ICZ	Sze, Hang Yu	34	Win Tin	25.55
4	11920 B	Tam, Hoi Lam	24	Current Club Ltd	24.50
5	05641 IBZ	Chan, Kin Lok	28	Win Tin	25.31
6	14159 B	Cheng, Camille Lily Mei	29	Hoi Tin	26.29
7	26541 B	Lee, Yan Hei	17	Win Tin	27.04

## Division 1 SC Swimming Time Trial - 17-Jul-22

## Meet Program

## Event 33 Men 200 SC Meter IM

HKR: 1:54.83

TO Kenneth King Him, LWS

WCA: 1:55.25

WCB: 1:59.28

JR: 2:03.15

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

3	33755 IAZ	Lau, Kin Hei James	13	Hoi Tin	2:10.62
4	36902 IAO	Kwan, Hayden	19	Pacific	2:03.02
5	30192 B	Whittington, Peter Harry	18	Dali Swimming Club	2:05.84

## Event 34 Women 200 SC Meter IM

HKR: 2:10.90

CHENG Chloe, PSC

WCA: 2:10.16

WCB: 2:14.72

JR: 2:13.68

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

4	18904 B	Wong, Ching Lam	20	Win Tin	2:18.26
5	31301 IAZ	To, Wing Yan	15	Happy Valley	2:21.78

## Event 35 Men 800 SC Meter Freestyle

HKR: 8:00.08

CHEUK Ming Ho, CPS

WCA: 7:45.02

WCB: 8:01.30

JR: 8:14.91

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

4	24648 B	Kwok, Chun Hei	18	Hoi Tin	8:30.42
5	29257 B	He, Shing Ip	16	Chi Pui	8:36.75

## Event 36 Women 1500 SC Meter Freestyle

HKR: 16:35.88

AU Hoi-Shun Stephanie, DWA

WCA: 16:15.27

WCB: 16:49.40

JR: 16:39.11

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

2	32282 IAZ	Cheng, Denise	15	Pacific	17:51.50
3	42490	Wang, Xin Tong	13	Win Tin	17:40.87
4	19207 B	Nip, Tsz Yin	22	Eastern Winter	17:15.64
5	31841 IAZ	Ng, Lai Wa	16	Hoi Tin	17:16.30
6	18545 IAZ	Lam, Pac Tung Nikita	21	Sun Yip	17:42.54
7	23856 B	Leung, Ka Ching	18	Hoi Tin	17:54.04