

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)

2021-22 Long Course Masters Swimming Competition (Part 3)

二零二一至二零二二年長池先進游泳比賽第三部份

20 June 2021 (Sun)

二零二一年六月二十日(日)

**Sun Yat Sen
Memorial Park
Swimming Pool**

中山紀念公園游泳池

Subvented by the LCSD



2021-22 MSLCP3 - Entry Information

No. of Entries by Event		
Event #	Event Name	Entries
1	Men 100 Breaststroke	48
2	Women 100 Breaststroke	33
3	Men 50 Freestyle	102
4	Women 50 Freestyle	58
5	Men 50 Backstroke	55
6	Women 50 Backstroke	45
7	Men 100 Freestyle	82
8	Women 100 Freestyle	37
9	Men 200 Freestyle Relay	38
10	Women 200 Freestyle Relay	22
11	Men 50 Breaststroke	94
12	Women 50 Breaststroke	52
13	Mixed 200 Medley Relay	32
14	Men 400 Freestyle	64
15	Women 400 Freestyle	23

Total

785

Entry information by Day		
Day / Session	No. of Entries	Total
A.M.	460	785
P.M.	325	

Long Course Masters Swimming Competition – Part 3
長池先進游泳比賽 – 第三部份

Date: 20-06-2021 (Sunday)

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

Morning Warm up/熱身: 0830 – 0920 Hrs
Morning First Event/開始: 0930 Hrs
Afternoon Warm up/熱身: 1300 – 1350 Hrs
Afternoon First Event/開始: 1400 Hrs

MEN				WOMEN	
1	100 M	Breaststroke	蛙泳	2	
3	50 M	Freestyle	自由泳	4	
5	50 M	Backstroke	背泳	6	
7	100 M	Freestyle	自由泳	8	
Lunch Break 午膳時間					
9	4 x 50 M	Freestyle Relay	自由接力	10	
11	50 M	Breaststroke	蛙泳	12	
13	4 x 50 M	Mixed Medley Relay	男女混合四式接力		
14	400 M	Freestyle	自由泳	15	

二零二一至二二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 2021-2022 年度先進組別泳員。2021-22 年註冊費為港幣\$70 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正式註冊泳員。
報名：	<ul style="list-style-type: none"> ◇ 必須以報名總表報名，不正確及未填妥的報名總表，將不獲受理，報名費概不發還。 <p>個人項目</p> <ul style="list-style-type: none"> ◇ 每名泳員可參加不多於 3 項個人項目。 ◇ 每項報名費為港幣\$15 元正。 <p>接力項目</p> <ul style="list-style-type: none"> ◇ 接力採取會際形式。 ◇ 每個屬會最多可派出一隊參加每個年齡組別之接力項目。接力項目可不填寫最佳時間。 ◇ 所有參賽泳員須年滿 25 歲或以上。 ◇ 每位泳員於每項接力項目只能參加一個年齡組別。如泳員參加多於一個年齡組別，該泳員所參與的接力項目成績將會被取消。 ◇ 各隊所有運動員需依照所屬屬會提交的接力表上次序比賽，如運動員沒有依照接力表上的次序比賽，該隊成績將會被取消。 ◇ 每項報名費為港幣\$15 元正。 <p>支票請劃線，抬頭寫 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) *(包括轉會註冊)
項目：	請參閱項目表。所有賽事均以時間決定名次，不設初賽。
年齡組：	<p>年齡以比賽年 12 月 31 日計算。</p> <p>個人項目</p> <ul style="list-style-type: none"> ◇ 18-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90 或以上 <p>接力項目</p> <ul style="list-style-type: none"> ◇ 100-119, 120-159, 160-199, 200-239, 240-279, 280-319, 320-359, 360-399
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"> ◇ 所有參加者，將不按年齡，而是跟據其提交的報名時間作編組，唯成績將按泳員所屬的組別分別處理

獎項：	<ul style="list-style-type: none"> ◇ 首三名將分別獲頒發獎牌。 ◇ 前八名可分別獲得分數 (年齡 18-24 組除外): <table border="1" data-bbox="427 192 1211 293" style="margin-left: 20px;"> <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> ◇ *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。 ◇ 如參加 400m 或 800m 自由泳的泳員未能於先進游泳比賽的標準時間內游畢全程，裁判有權要求其泳員離開比賽線道，而其成績會記錄為“DNF” (未能完成比賽)。 ◇ 男女混合自由接力的隊伍必須由兩男兩女的泳員組成，其成員均為 25 歲或以上，而取得首 8 名的隊伍將獲得 9, 7, 6, 5, 4, 3, 2 及 1 分，該得分將計算在男子及女子的團體分內。 ◇ 泳會必須按照接力名單上填寫的運動員出賽，如被發現有冒認選手或頂包行為，泳會將被嚴厲處分。詳細罰則如下： <p>第一次違規</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>第二次違規</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>第三次違規</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>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> 																		
工作人員安排：	<ul style="list-style-type: none"> ◇ 各參賽屬會需派出以下工作人員數量： <table border="1" data-bbox="384 1346 1326 1576" style="margin-left: 20px;"> <thead> <tr> <th>參賽人數</th> <th>需要提供工作人員數量</th> <th>最多可派出工作人員數量</th> </tr> </thead> <tbody> <tr> <td>5 至 14 人</td> <td>1</td> <td>4</td> </tr> <tr> <td>15 至 24 人</td> <td>2</td> <td>4</td> </tr> <tr> <td>25 人或以上</td> <td>3</td> <td>4</td> </tr> </tbody> </table> ◇ 如屬會不能提供所需工作人員數量，有關屬會將於下個比賽被罰停賽一次。 	參賽人數	需要提供工作人員數量	最多可派出工作人員數量	5 至 14 人	1	4	15 至 24 人	2	4	25 人或以上	3	4						
參賽人數	需要提供工作人員數量	最多可派出工作人員數量																	
5 至 14 人	1	4																	
15 至 24 人	2	4																	
25 人或以上	3	4																	
上訴：	<ul style="list-style-type: none"> ◇ 任何上訴須以書面提出，並須在該項目比賽結果公佈後的 30 分鐘內，連同上訴費港幣\$200 元遞交予總裁判。 ◇ 上訴會交由該比賽之上訴委員會作決定。 ◇ 若上訴被駁回，已繳費用概不發還。 																		

*海外參賽者並不適用。

Hong Kong Masters Swimming Competition Series 2021-22

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 2021-22 registered masters (MS) swimmers of HKASA (2021-22 Registration Fee: HK\$70 per swimmer)</p> <p>※Age 18 or above.</p> <p>※<u>Overseas Teams: All Overseas competitors must be 2021-22 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</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>※Each swimmer is only allowed to participate in one age group of each relay event. If swimmer race in two or more age group relay, concerned team result shall be disqualified.</p> <p>※The composition of a relay team must be the same order to the submitted relay form. Any club failed to follow the same order will result in disqualified.</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) *(Including Transfer Registration)
Event list	Please see attached event lists. Events will be run as timed finals.
Age Group	<p>※Age is calculated as at 31 December of the year of the competition.</p> <p><u>Individual Events</u></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>※All competitors will be seeded according to the submitted times, regardless of age, but result will be processed according to their own respective age group.</p>																		
Awards	<p>※Medals will be awarded to 1st, 2nd and 3rd places.</p> <p>※*Point score for first 8 places respectively (exclude Age 18-24 Group):</p> <table border="1"> <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>																		

Official Arrangement	※Clubs would need to provide the below number of officials for the competition:		
	Swimmer(s) attend the competition	Minimum Numbers of Official need to provide	Maximum Numbers of Official could be provided
	5-14	1	4
	15-24	2	4
	25 or more	3	4
	※Clubs will be suspended from the next competition if failed to fulfil the requirement.		
Protest	※Any protest shall be made in writing to the referee within 30 minutes following the result announcement of the respective event with a protest fee of HK\$200. ※Protest will be forwarded to the Appeal Board of such competition for decision. The decision of Appeal Board shall be final. ※If the protest is rejected, the fee paid will be forfeited to the HKASA.		

HONG KONG MASTERS SWIMMING RECORDS

LONG COURSE

(Update to 2021-22 Long Course Masters Swimming Competition - Part 2)

MEN 50M FREESTYLE	NAME OF MEET				DATE ACHIEVED
LEE MING	SFC	85-89	0:46.70	2015-16 Long Course Masters Swimming Competition - Part 2	31-May-15
LEE MING	SFC	80-84	0:41.01	Spring Masters Swimming Championships 2010	6-Mar-10
FU TAI CHUN	KTS	75-79	0:33.94	2011-12 Long Course Masters Swimming Competition - Part 1	4-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
CHAN WAI KIANG	KTS	85-89	2:44.85	Annual Long Course Masters Swimming Championships 2019	1-Dec-19
<u>TAI LI HUA</u>	<u>SFC</u>	<u>80-84</u>	<u>0:43.88</u>	<u>2021-22 Long Course Masters Swimming Competition - Part 2</u>	<u>9-May-21</u>
OTSUKA YUKO	SGC	75-79	0:42.67	2014-15 Long Course Masters Swimming Competition - Part 1	22-Mar-15
WANG LI	*WA	70-74	0:38.75	Annual Long Course Masters Swimming Championships 2019	1-Dec-19
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	0:34.16	2019-20 Long Course Masters Swimming Competition - Part 2	5-May-19
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	4-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	#FL	45-49	1:07.17	FINA World Masters Championships 2019 - Gwangju	13-Aug-19
KELSEY JANE MACFARLAND	LRC	40-44	1:01.45	16th FINA World Masters Championships 2015 in Kazan	11-Aug-15
KELSEY JANE MACFARLAND	LRC	35-39	1:01.54	FINA World Masters Championships 2014	10-Aug-14
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 2021-22 Long Course Masters Swimming Competition - Part 2)

MEN 200M FREESTYLE				NAME OF MEET	DATE ACHIEVED
LEE MING	SFC	80-84	3:46.70	2010-11 Long Course Masters Swimming Championships - Part 2	20-Jun-10
YANG YEE ZEI	NWC	75-79	3:38.31	2014-15 Long Course Masters Swimming Competition Part 2	29-Jun-14
TSE KWOK PIU	SFC	70-74	2:47.81	2021-22 Long Course Masters Swimming Competition - Part 2	9-May-21
CHAN KAM POR	SFC	65-69	2:43.01	2017-18 Long Course Masters Swimming Competition Part 2	14-May-17
HO ROBERT YAU CHUNG	LRC	60-64	2:32.99	2019-20 Long Course Masters Swimming Competition - Part 2	5-May-19
HO ROBERT YAU CHUNG	LRC	55-59	2:24.07	FINA World Masters Championships 2014	10-Aug-14
JOHNSON ERIC ANDREW	LRC	50-54	2:14.33	FINA World Masters Championships 2014	10-Aug-14
LILJESTROEM LENNART PETER FREDRIC	LRC	45-49	2:10.21	FINA World Masters Championships 2019 - Gwangju	14-Aug-19
STAMENOVIC IVAN	LRC	40-44	2:07.89	FINA World Masters Championships 2019 - Gwangju	14-Aug-19
NORTJE CRAIG ANDREW	VRC	35-39	2:05.90	2013-14 Long Course Masters Swimming Competition - Part 2	23-Jun-13
WANG TIMOTHY JONG	LRC	30-34	2:05.11	2014-15 Long Course Masters Swimming Competition Part 2	29-Jun-14
SOUTOUL DAVID VINCENT OTMAN	#FL	25-29	2:05.18	FINA World Masters Championships 2019 - Gwangju	14-Aug-19
HUI CHUN HIN	EWS	18-24	2:06.87	2012-13 Long Course Masters Swimming Competition - Part 2	17-Jun-12

WOMEN 200M FREESTYLE				NAME OF MEET	DATE ACHIEVED
CHAN WAI KIANG	KTS	80-84	9:35.55	2014-15 Long Course Masters Swimming Competition Part 2	29-Jun-14
WONG JIM	SFC	75-79	4:51.46	2018-19 Long Course Masters Swimming Competition - Part 2	6-May-18
SUEN MING CHU	SFC	70-74	3:36.37	2018-19 Long Course Masters Swimming Competition - Part 2	6-May-18
SUEN MING CHU	SGC	65-69	3:27.53	2014-15 Long Course Masters Swimming Competition Part 2	29-Jun-14
TSEUNG NGA WAH	SFC	60-64	3:08.53	2019-20 Long Course Masters Swimming Competition - Part 2	5-May-19
KIRKWOOD, TAIN MHAIRA	LRC	55-59	2:50.45	2018-19 Long Course Masters Swimming Competition - Part 2	6-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 Competition - Part 3	12-Jun-16
POLSON IAN HASTINGS	LRC	70-74	6:57.41	2016-17 Long Course Masters Swimming Competition - Part 3	12-Jun-16
CHAN KAM POR	SFC	65-69	6:00.83	2017-18 Long Course Masters Swimming Competition - Part 3	13-Aug-17
HO ROBERT YAU CHUNG	LRC	60-64	5:24.54	FINA World Masters Championships 2019 - Gwangju	18-Aug-19
HO ROBERT YAU CHUNG	LRC	55-59	5:11.90	FINA World Masters Championships 2014	10-Aug-14
LETCHER, RICHARD ROY	LRC	50-54	5:02.73	2019-20 Long Course Masters Swimming Competition - Part 3	23-Jun-19
LILJESTROEM LENNART, PETER FREDRIC	LRC	45-49	4:31.75	The 1st Asian Masters Swimming Championships 2018 NAGOYA (JPN)	12-Jul-18
LILJESTROEM LENNART, PETER FREDRIC	LRC	40-44	4:35.39	FINA World Masters Championships 2017	17-Aug-17
CAGGIO, ANTONINO	LRC	35-39	4:29.74	2019-20 Long Course Masters Swimming Competition - Part 3	23-Jun-19
LEE, YEUNG DARWIN	FWC	30-34	4:46.54	2019-20 Long Course Masters Swimming Competition - Part 3	23-Jun-19
SOUTOUL DAVID VINCENT OTMAN	#FL	25-29	4:32.86	FINA World Masters Championships 2019 - Gwangju	18-Aug-19
LI CHUN HONG	HTA	18-24	4:25.08	2011-12 Long Course Masters Swimming Competition - Part 3	18-Sep-11

WOMEN 400M FREESTYLE				NAME OF MEET	DATE ACHIEVED
SUEN MING CHU	SFC	70-74	7:46.69	2019-20 Long Course Masters Swimming Competition - Part 3	23-Jun-19
SUEN MING CHU	SGC	65-69	7:13.63	Long Course Masters Swimming Competition - Part 3 2013	11-Aug-13
SUEN MING CHU	SGC	60-64	7:02.63	Long Course Masters Swimming Competition - Part 3 2011	18-Sep-11
KIRKWOOD, TAIN MHAIRA	LRC	55-59	6:02.65	The 1st Asian Masters Swimming Championships 2018 NAGOYA (JPN)	12-Jul-18
COGGINS LYNDA ANNE	LRC	50-54	5:25.06	16th FINA World Masters Championships 2015 in Kazan	16-Aug-15
PAZOS CHRISTENA MARIA	LRC	45-49	5:30.02	2016-17 Long Course Masters Swimming Competition - 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

HONG KONG MASTERS SWIMMING RECORDS

LONG COURSE

(Update to 2021-22 Long Course Masters Swimming Competition - Part 2)

MEN 800M FREESTYLE				NAME OF MEET	DATE ACHIEVED
POLSON IAN HASTINGS	LRC	75-79	16:05.75	2018-19 Long Course Masters Swimming Competition - Part 1	24-Mar-19
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	10:22.08	FINA World Masters Championships 2019 - Gwangju	12-Aug-19
LILJESTROEM LENNART PETER FREDRIC	LRC	45-49	9:28.79	FINA World Masters Championships 2019 - Gwangju	12-Aug-19
LILJESTROEM LENNART, PETER FREDRIC	LRC	40-44	9:30.23	FINA World Masters Championships 2017	14-Aug-17
CUMMINGS RICHARD MARK	LRC	35-39	9:28.64	FINA World Masters Championships 2012	10-Jun-12
WANG TIMOTHY JONG	LRC	30-34	9:43.41	Annual Long Course Masters Swimming Championships 2013	24-Nov-13
YUEN MARCUS	LRC	25-29	10:07.05	2018-19 Long Course Masters Swimming Competition - Part 1	24-Mar-19
TSE HON TING	LWS	18-24	8:53.89	2016-17 Long Course Masters Swimming Competition - Part 1	26-Mar-17

WOMEN 800M FREESTYLE				NAME OF MEET	DATE ACHIEVED
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	9-Dec-12
CARPENTER LINH THUC LUONG	LRC	25-29	10:50.58	Annual Long Course Masters Swimming Championships 2012	9-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	0:37.82	2019-20 Long Course Masters Swimming Competition - Part 3	23-Jun-19
TIN SHEUNG KWAI	SFC	65-69	0:35.70	FINA World Masters Championships 2014	10-Aug-14
HO ROBERT YAU CHUNG	LRC	60-64	0:33.94	FINA World Masters Championships 2019 - Gwangju	18-Aug-19
HO ROBERT YAU CHUNG	LRC	55-59	0:32.57	FINA World Masters Championships 2014	10-Aug-14
RUST STEFAN ROBERT	LRC	50-54	0:30.97	FINA World Masters Championships 2017	20-Aug-17
SAKA TAIHEI	SGC	45-49	0:30.37	2011-12 Long Course Masters Swimming Competition - Part 1	4-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
LAM YAU SUN DICKSON	#DB	30-34	0:29.77	Annual Long Course Masters Swimming Championships 2019	1-Dec-19
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	3-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
BAI XINFEN	SFC	65-69	0:42.89	Annual Long Course Masters Swimming Championships 2019	1-Dec-19
TSEUNG NGA WAH	SFC	60-64	0:46.26	2018-19 Long Course Masters Swimming Competition - Part 1	24-Mar-19
CHOW YEE HEUNG LIZA	LTS	55-59	0:43.53	Annual Long Course Masters Swimming Championships 2019	1-Dec-19
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
TAM MAI LING ALISON	#FL	40-44	0:34.40	FINA World Masters Championships 2019 - Gwangju	18-Aug-19
KELSEY JANE MACFARLAND	LRC	35-39	0:34.04	Annual Long Course Masters Swimming Championships	23-Nov-14
CARPENTER LINH THUC LUONG	LRC	30-34	0:32.81	FINA World Masters Championships 2014	10-Aug-14
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

HONG KONG MASTERS SWIMMING RECORDS

LONG COURSE

(Update to 2021-22 Long Course Masters Swimming Competition - Part 2)

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	6-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	1:13.98	FINA World Masters Championships 2019 - Gwangju	17-Aug-19
HO ROBERT YAU CHUNG	LRC	55-59	1:11.73	FINA World Masters Championships 2014	10-Aug-14
RUST STEFAN ROBERT	LRC	50-54	1:08.09	FINA World Masters Championships 2017	19-Aug-17
LILJESTROEM LENNART, PETER FREDRIC	LRC	45-49	1:09.39	The 1st Asian Masters Swimming Championships 2018 NAGOYA (JPN)	13-Jul-18
FONG LIK SUN	#FB	40-44	1:04.62	2021-22 Long Course Masters Swimming Competition - Part 2	9-May-21
NORTJE, CRAIG ANDREW	VRC	35-39	1:06.66	2015-16 Long Course Masters Swimming Competition - Part 2	31-May-15
LAM YAU SUN DICKSON	#DB	30-34	1:07.94	2019-20 Long Course Masters Swimming Competition - Part 2	5-May-19
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
SUEN MING CHU	SFC	70-74	1:59.12	2019-20 Long Course Masters Swimming Competition - Part 2	5-May-19
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
CHI LIEH YUNG	SFC	85-89	1:02.32	Annual Long Course Masters Swimming Championships 2019	1-Dec-19
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
TIN SHEUNG KWAI	NWC	70-74	0:39.27	2019-20 Long Course Masters Swimming Competition - Part 2	5-May-19
YONG KHIN SYN	SFC	65-69	0:37.84	2014-15 Long Course Masters Swimming Competition Part 2	29-Jun-14
FU TAI CHUN	KTS	60-64	0:36.61	Annual Masters Swimming Championships 1998	12-Sep-98
WONG LUN KWOK	SFC	55-59	0:35.10	Annual Masters Swimming Championships 2002	31-Aug-02
SIEH TIEN YU	KTS	50-54	0:34.48	2018-19 Long Course Masters Swimming Competition - Part 1	24-Mar-19
COOPER, KENNETH ALLEN	PSC	45-49	0:32.70	2017-18 Long Course Masters Swimming Competition - Part 1	25-Mar-18
WAN LAP SUN	FWC	40-44	0:33.00	Spring Masters Swimming Championships 2006	25-Mar-06
LO JONATHAN KA YAN	LRC	35-39	0:31.14	The 1st Asian Masters Swimming Championships 2018 NAGOYA (JPN)	14-Jul-18
WAN LAP SUN	KTS	30-34	0:31.11	Summer Masters Swimming Championships 1998	13-Jun-98
GLASSMAN ZACHARY	LRC	25-29	0:30.66	2011-12 Long Course Masters Swimming Competition - Part 1	4-Mar-12
YUEN MARCUS	PSC	18-24	0:30.47	2017-18 Long Course Masters Swimming Competition - Part 3	13-Aug-17

WOMEN 50M BREASTSTROKE

				NAME OF MEET	DATE ACHIEVED
CHAN WAI KIANG	KTS	85-89	2:23.87	Annual Long Course Masters Swimming Championships 2019	1-Dec-19
TAI LI HUA	SFC	80-84	0:52.77	Annual Long Course Masters Swimming Championships 2019	1-Dec-19
OTSUKA TUKO	SGC	75-79	0:56.26	2014-15 Long Course Masters Swimming Competition - Part 1	22-Mar-15
SUEN, MING CHU	SFC	70-74	0:53.36	2018-19 Long Course Masters Swimming Competition - Part 3	24-Jun-18
LEUNG WONG YIN HAR HAYLEY	SGC	65-69	0:50.56	2017-18 Long Course Masters Swimming Competition - Part 1	25-Mar-18
LEUNG WONG YIN HAR HAYLEY	SGC	60-64	0:47.46	Long Course Masters Swimming Competition - Part 3 2013	11-Aug-13
LEUNG WAI FAN	KTS	55-59	0:38.73	2017-18 Long Course Masters Swimming Competition - Part 2	14-May-17
LEUNG WAI FAN	KTS	50-54	0:37.63	Annual Long Course Masters Swimming Championships 2015	20-Dec-15
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

HONG KONG MASTERS SWIMMING RECORDS

LONG COURSE

(Update to 2021-22 Long Course Masters Swimming Competition - Part 2)

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	6-Sep-08
CHAN KAM	SFC	75-79	1:55.28	Summer Masters Swimming Championships 2005	4-Jun-05
YONG KHIN SYN	SFC	70-74	1:34.27	2019-20 Long Course Masters Swimming Competition - Part 3	23-Jun-19
CHAN KAM POR	SFC	65-69	1:26.42	2017-18 Long Course Masters Swimming Competition Part 2	14-May-17
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
COOPER KENNETH ALLEN	#FL	50-54	1:13.66	FINA World Masters Championships 2019 - Gwangju	13-Aug-19
COOPER KENNETH ALLEN	PSC	45-49	1:15.29	2018-19 Long Course Masters Swimming Competition - Part 2	6-May-18
WAN LAP SUN	FWC	40-44	1:15.87	Winter Masters Swimming Championships 2008	22-Nov-08
LO JONATHAN KA YAN	LRC	35-39	1:10.50	The 1st Asian Masters Swimming Championships 2018 NAGOYA (JPN)	15-Jul-18
KWOK HO TIN	NWC	30-34	1:09.75	2019-20 Long Course Masters Swimming Competition - Part 3	23-Jun-19
YUEN MARCUS	LRC	25-29	1:09.75	Annual Long Course Masters Swimming Championships 2019	1-Dec-19
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
<u>WONG JIM</u>	<u>SFC</u>	<u>80-84</u>	<u>2:40.29</u>	<u>2021-22 Long Course Masters Swimming Competition - Part 2</u>	<u>9-May-21</u>
WONG JIM	SFC	75-79	2:09.00	2016-17 Long Course Masters Swimming Competition - Part 3	12-Jun-16
YONG KHIN 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	6-Sep-08
KIRKWOOD, TAIN MHAIRA	LRC	55-59	1:35.97	2018-19 Long Course Masters Swimming Competition - Part 2	6-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	6-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	6-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	4-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	4-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	4-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	3-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	3-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	3-Mar-13
PANG HIU KWAN	JHC	18-24	3:13.71	2011-12 Long Course Masters Swimming Competition - Part 1	4-Mar-12

HONG KONG MASTERS SWIMMING RECORDS

LONG COURSE

(Update to 2021-22 Long Course Masters Swimming Competition - Part 2)

MEN 50M BUTTERFLY				NAME OF MEET	DATE ACHIEVED
YIM KAM WING	SFC	85-89	1:10.42	2019-20 Long Course Masters Swimming Competition - Part 2	5-May-19
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	#FL	40-44	0:26.85	FINA World Masters Championship 2019 - Gwangju	14-Aug-19
NORTJE CRAIG ANDREW	CKW	35-39	0:26.70	Annual Long Course Masters Swimming Championships 2015	20-Dec-15
BEAHAN, GRANT KENNETH	BSC	30-34	0:26.54	Annual Long Course Masters Swimming Championships 2017	25-Nov-17
LAU CHUN LEUNG JOHNNY	KHC	25-29	0:26.21	Annual Long Course Masters Swimming Championships 2017	25-Nov-17
CHEUNG YAU MING	#DB	18-24	0:26.27	2018-19 Annual Long Course Masters Swimming Championships	25-Nov-18

WOMEN 50M BUTTERFLY				NAME OF MEET	DATE ACHIEVED
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	0:48.26	Annual Long Course Masters Swimming Championships 2019	1-Dec-19
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	6-May-18
KIRKWOOD, TAIN MHAIRA	LRC	55-59	0:36.39	2018-19 Annual Long Course Masters Swimming Championships	25-Nov-18
LEE TANYA DIANE	PSC	50-54	0:32.53	The 1st Asian Masters Swimming Championships 2018 NAGOYA (JPN)	13-Jul-18
PAZOS CHRISTENA MARIA	LRC	45-49	0:32.96	2015-16 Long Course Masters Swimming Competition - Part 3	26-Jul-15
TAM MAI LING ALISON	#FL	40-44	0:32.51	FINA World Masters Championships 2019 - Gwangju	14-Aug-19
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	1:15.51	FINA World Masters Championships 2019 - Gwangju	15-Aug-19
KOO YU FAT MARCUS	FFA	55-59	1:11.94	2016-17 Long Course Masters Swimming Competition - Part 1	26-Mar-17
JOHNSON ERIC ANDREW	LRC	50-54	1:04.49	FINA World Masters Championships 2014	10-Aug-14
SAKA TAIHEI	SGC	45-49	1:00.90	2013-14 Long Course Masters Swimming Competition - Part 1	4-Mar-12
NORTJE, CRAIG ANDREW	#FL	40-44	0:59.49	FINA World Masters Championships 2019 - Gwangju	15-Aug-19
CRAIG ANDREW NORTJE	VRC	35-39	0:59.58	FINA World Masters Championships 2014	10-Aug-14
BEAHAN, GRANT KENNETH	BSC	30-34	0:58.66	2017-18 Long Course Masters Swimming Competition - Part 1	25-Mar-18
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	4-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 2021-22 Long Course Masters Swimming Competition - Part 2)

MEN 200M INDIVIDUAL MEDLEY				NAME OF MEET	DATE ACHIEVED
LAW KWAI FONG	SFC	80-84	5:10.21	Annual Long Course Masters Swimming Championships 2017	25-Nov-17
WONG 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	#FL	40-44	2:19.17	FINA World Masters Championships 2019 - Gwangju	15-Aug-19
NORTJE, CRAIG ANDREW	VRC	35-39	2:20.07	FINA World Masters Championships 2014	10-Aug-14
JACOBS DAMIAN CHARLES	LRC	30-34	2:25.69	FINA World Masters Championships 2014	10-Aug-14
GLASSMAN ZACHARY	LRC	25-29	2:13.80	2011-12 Long Course Masters Swimming Competition - Part 1	4-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	6-May-18
SUEN MING CHU	SGC	65-69	3:47.99	2013-14 Long Course Masters Swimming Competition - Part 2	23-Jun-13
SUEN MING CHU	SCA	60-64	3:37.27	Winter Masters Swimming Championships 2007	27-Jan-08
KIRKWOOD, TAIN MHAIRA	LRC	55-59	3:16.65	The 1st Asian Masters Swimming Championships 2018 NAGOYA (JPN)	12-Jul-18
COGGINS LYNDA ANNE	LRC	50-54	2:55.65	FINA World Masters Championships 2014	10-Aug-14
PAZOS CHRISTENA MARIA	LRC	45-49	2:46.91	16th FINA World Masters Championships 2015 in Kazan	13-Aug-15
KELSEY JANE MACFARLAND	LRC	40-44	2:41.17	2014-15 Long Course Masters Swimming Competition - Part 1	22-Mar-15
KELSEY JANE MACFARLAND	LRC	35-39	2:37.75	Annual Long Course Masters Swimming Champions 2013	24-Nov-13
CHAN WING SUET	PSC	30-34	2:38.52	The 1st Asian Masters Swimming Championships 2018 NAGOYA (JPN)	12-Jul-18
CHAN WING SUET	LRC	25-29	2:36.59	FINA World Masters Championships 2014	10-Aug-14
CHARTER ROBYN JUDY	SFC	18-24	2:42.84	2018-19 Annual Long Course Masters Swimming Championships	25-Nov-18

MEN 4 X 50M FREESTYLE RELAY				NAME OF MEET	DATE ACHIEVED
SWORD FISH CLUB	SFC	320+	3:09.80	2019-20 Long Course Masters Swimming Competition - Part 3	23-Jun-19
NEW WATER POLO CLUB	NWC	280+	2:18.05	2018-19 Long Course Masters Swimming Competition - Part 3	24-Jun-18
SWORD FISH CLUB	SFC	240+	2:02.09	2018-19 Annual Long Course Masters Swimming Championships	25-Nov-18
SEA GREEN SWIMMING & LIFE SAVING CLUB	SGC	200+	1:52.52	2010-11 Long Course Masters Swimming Championships - Part 1	20-Mar-11
LADIES' RECREATION CLUB	LRC	160+	1:41.91	FINA World Masters Championships 2017	18-Aug-17
NEW WATER POLO CLUB	NWC	120+	1:40.03	2018-19 Long Course Masters Swimming Competition - Part 3	24-Jun-18
DIOCESAN SCHOOL OLD BOY'S ASSOCIATION LTD	#DB	100+	1:36.96	2018-19 Long Course Masters Swimming Competition - Part 1	24-Mar-19

WOMEN 4 X 50M FREESTYLE RELAY				NAME OF MEET	DATE ACHIEVED
SWORD FISH CLUB	SFC	280+	2:42.61	Annual Long Course Masters Swimming Championships 2019	1-Dec-19
SWORD FISH CLUB	SFC	240+	2:34.06	2018-19 Annual Long Course Masters Swimming Championships	25-Nov-18
LADIES' RECREATION CLUB	LRC	200+	2:12.67	FINA World Masters Championships 2012	14-Jun-12
LADIES' RECREATION CLUB	LRC	160+	1:58.32	16th FINA World Masters Championships 2015 in Kazan	14-Aug-15
LADIES' RECREATION CLUB	LRC	120+	1:55.57	FINA World Masters Championships 2012	14-Jun-12
KWUN TONG SWIMMING CLUB	KTS	100+	2:02.27	Winter Masters Swimming Championships 1995	9-Dec-95

HONG KONG MASTERS SWIMMING RECORDS

LONG COURSE

(Update to 2021-22 Long Course Masters Swimming Competition - Part 2)

MEN 4 X 50M MEDLEY RELAY				NAME OF MEET	DATE ACHIEVED
SWORD FISH CLUB	SFC	320+	3:30.63	Annual Long Course Masters Swimming Championships 2012	9-Dec-12
SWORD FISH CLUB	SFC	280+	2:39.12	2021-22 Long Course Masters Swimming Competition - Part 2	9-May-21
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	6-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+	2:34.42	2021-22 Long Course Masters Swimming Competition - Part 2	9-May-21
SWORD FISH CLUB	SFC	240+	2:15.69	2018-19 Annual Long Course Masters Swimming Championships	25-Nov-18
LADIES' RECREATION CLUB	LRC	200+	1:55.82	FINA World Masters Championships 2017	18-Aug-17
LADIES' RECREATION CLUB	LRC	160+	1:52.54	FINA World Masters Championships 2017	18-Aug-17
FASTLANE SWIMMING CO. LTD	#FL	120+	1:48.72	FINA World Masters Championships 2019 - Gwangju	19-Aug-19
NEW WATER POLO CLUB	NWC	100+	1:51.20	Annual Long Course Masters Swimming Championships 2017	25-Nov-17

2021-2022 Long Course Masters Swimming Competition (Part 3)**Reject List**

No.	Name	Event	Club	Remarks
1	Chow Chun Pui	3,7,14	FWC	No Reg

2021-22 Long Course Masters Swimming Comp P3 - 20-Jun-21

Psych Sheet

Event 1 Men 100 LC Meter Breaststroke

18-24 MSR: 1:08.54

25-29 MSR: 1:09.75

30-34 MSR: 1:09.75

35-39 MSR: 1:10.50

40-44 MSR: 1:15.87

45-49 MSR: 1:15.29

50-54 MSR: 1:13.66

55-59 MSR: 1:21.91

60-64 MSR: 1:24.95

65-69 MSR: 1:26.42

	ID#	Name	Age	Team	Seed Time
18-24					
1	46127 IAZ	Poon, Pak Shing	20	Sword Fish Club	1:30.00
2	45846 IAZ	Chan, Tsz Ngo	21	SuperStar Sports	NT
3	45847 IAZ	Cheung, Ka Hei	19	SuperStar Sports	NT
25-29					
1	05577 IBZ	Yuen, Marcus	27	LRC	1:09.75
30-34					
1	44665 ICO	Holland, Tyler Michael	33	Fastlane Swimmin	1:20.00
2	09136 IAZ	Tsang, Chun Kin	33	New Water Polo	1:50.00
35-39					
1	06960 ICZ	Lau, Yan Kid	37	Fire Services	1:19.00
2	24266 IAZ	Ma, Ling Ho Herwin	38	Hong Kong Police	1:26.20
3	45574 IAZ	Ng, Siu Kwong	39	Sword Fish Club	1:31.00
4	12176 ICZ	Ng, Siu Yu	39	Sword Fish Club	1:34.00
5	08964 IAZ	Yeung, Wai Kam William	38	Sun Yip	1:40.00
6	38303 IAZ	Ng, Ho Yin	36	Sun Yip	1:45.00
40-44					
1	35790 ICO	Launay, Thomas	42	LRC	1:18.48
2	16451	Cheng, Ngai Bun	43	Kwun Tong	1:30.00
3	23119 IAZ	Chan, Ying Tsung Bosco	40	Sword Fish Club	1:38.00
4	18880 IAZ	Chan, Ho Wai Howard	40	Sun Yip	1:45.00
5	16467	Chak, Pui Ching	43	Wong Tai Sin	1:50.00
45-49					
1	06154	Leung, Siu Kin Philip	46	Lai Tsun	1:22.00
2	28518 IAZ	Yau, Wo Fung	49	Kwun Tong	1:30.00
3	42737 IAZ	So, Ma Loi	45	Sword Fish Club	1:38.00
4	42085 IAZ	Lee, Hon Lun Philip	49	Sword Fish Club	1:40.00
5	15166	Leung, Chi Keung	49	Sun Yip	1:45.00
50-54					
1	25112 IAO	Cheung Alexander, Howarth Y	50	LRC	1:21.00
2	44871 IAZ	Chan, Chi Leung	50	Fastlane Swimmin	1:30.00
3	26317 IAZN	Tung, Shang Wei Timothy	51	Kwun Tong	1:30.00
4	38127 IAZ	Leung, Cheung Wai Ricky	53	Sword Fish Club	1:50.00
5	35711 IAX	Wong, Fuk Kei	52	Sword Fish Club	1:50.00
55-59					
1	33085 IAZ	Pang, Yu Man Manson	55	Fire Services	1:22.00
2	18856 IAZ	Au, Mun Shing	56	Sword Fish Club	1:30.00
3	32108 IAX	Chan, Kiu	59	Sword Fish Club	1:40.00
4	38291 IAZ	Liu, Chun Sing	55	Sword Fish Club	1:40.00
5	40592 IAZ	Fo, Pui Keung	57	Hong Kong Police	1:45.00
6	26176 IAX	Ho, Chung Man	58	Lai Tsun	1:45.00

2021-22 Long Course Masters Swimming Comp P3 - 20-Jun-21

Psych Sheet

55-59... (Event 1 Men 100 LC Meter Breaststroke)

7	22433 IAZ	Lui, Man Pong	56	New Water Polo	1:45.00
8	27869 IAZ	Lee, Kam Cheong	57	Sword Fish Club	1:50.00
60-64					
1	26249 IAZ	Cheung, Yun Fai	61	Lai Tsun	1:50.00
2	25226 IAZ	Choi, Tai Wing	60	Sword Fish Club	1:55.00
3	07802	Chau, Kam Tim	61	Sea Green	1:55.00
65-69					
1	06382	Chan, Kam Por	69	Sword Fish Club	1:35.00
2	11563	Lee, Kwok Hung	68	Sword Fish Club	1:40.00
3	14035	Wong, Shing Kuen	68	Lai Tsun	1:50.00
4	06176	Wong, Kung Wan	65	Sea Green	1:55.00
5	25228 IAZ	Chan, Fai Ming	67	Lai Tsun	2:00.00
70-74					
1	06243	Koo, Choi Fat	71	Wong Tai Sin	1:52.00
75-79					
1	10274	Lau, Chun Nung	75	Lai Tsun	2:10.00
2	14029	Ieong, Vun Fai	75	Sword Fish Club	2:20.00
80-84					
1	06270	Lam, Luk Kan	80	Sword Fish Club	2:10.00
2	17832 IAX	Chan, Sau	84	Sword Fish Club	3:00.00

Event 2 Women 100 LC Meter Breaststroke

18-24 MSR:	1:13.79
25-29 MSR:	1:22.65
30-34 MSR:	1:18.68
35-39 MSR:	1:20.17
40-44 MSR:	1:27.30
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	31023 IAZ	Cheung, Ka Yu	24	New Water Polo	1:50.98
2	43533 IAZ	Wong, Yu Tung	23	New Water Polo	2:30.00
3	45845 IAZ	Cheung, Ho Ying	22	SuperStar Sports	NT
25-29					
1	46331 @ICO	Brueck, Hannah Madeleine	25	Fastlane Swimmin	1:28.00
2	09971 IAZ	Kam, Wing Lam Lucinda	25	Tung Sing	1:45.00
3	11418 P	Chan, Yuan Ting Janet	26	Lai Tsun	1:45.00
4	10873 B	Cheung, Wing Kei	29	Tuen Mun	1:48.00
5	28004 IAZ	Kwan, Ka Wan	28	Tung Sing	2:00.00
30-34					
1	43965 IAZ	Yu, Yik Man	32	New Water Polo	1:55.00
40-44					
1	40853 IAO	Tam, Alison Mai Ling	43	Fastlane Swimmin	1:30.00
2	46247 @IAO	Krkalo, Shauna Kathleen	43	LRC	1:30.00
3	06304 ICZ	Cheung, Man Yiu	42	Sea Green	1:50.00
4	30261 IAX	Chan, Mung Yu	41	Sword Fish Club	1:55.00
5	30072 ICW	Chao, Man Chi	42	New Water Polo	2:50.00
45-49					
1	35969 IAX	Wang, Ying Lian	49	Tung Sing	1:48.00
2	46181 IAZ	Ng, Yan Yan Bandy	45	Tung Sing	1:50.00

2021-22 Long Course Masters Swimming Comp P3 - 20-Jun-21

Psych Sheet

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

3	35772 IAX	Ban, Xianhai	49	New Water Polo	1:59.00
4	06349	Ip, Oi Wa Wendy	49	Sword Fish Club	1:59.00
5	45917	Huang, Caifang	47	Sword Fish Club	2:05.00
6	44304 IAX	Choi, Shan Shan	49	Sword Fish Club	2:20.00
7	45745 IAZ	Liu, Pui Ha	49	Sword Fish Club	2:21.00
50-54					
1	29064 IAZ	Ho, Bun Yee	54	Tung Sing	2:30.00
55-59					
1	24216 IAZ	Li, Chuk Ping	59	Sword Fish Club	1:42.00
2	17890 IAZ	Lee, Mo Kee Cillia	56	Sword Fish Club	1:46.00
3	38289 IAZ	Ng, Wai Lin Angie	57	Sword Fish Club	2:05.00
60-64					
1	16533	Wong, Shun Ying	62	Sea Green	2:00.00
2	14007	Ho, Yuk Ling	64	Tung Sing	2:04.00
3	23957 IAX	Yeung, Tun Lim Lily	64	Sword Fish Club	2:25.00
65-69					
1	06127	Lau, Wai Lin	65	New Water Polo	2:50.00
70-74					
1	06357	Suen, Ming Chu	73	Sword Fish Club	2:00.00
2	06212	Lo, Yeuk Shuen	72	Wong Tai Sin	3:30.00
75-79					
1	08936	Leong, Kuai Heng	75	New Water Polo	3:38.00
80-84					
1	06374	Wong, Jim	80	Sword Fish Club	2:40.00

Event 3 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
18-24					
1	31893 IAZ	Wong, Ka Ho Marco	20	Tung Sing	32.00
2	45846 IAZ	Chan, Tsz Ngo	21	SuperStar Sports	NT
3	45847 IAZ	Cheung, Ka Hei	19	SuperStar Sports	NT
25-29					
1	05296 #B	Hui, Chun Hin	28	New Water Polo	27.00
2	44549 ICX	Zhang, Yage	27	Fastlane Swimmin	28.00
3	08003 B	Lam, Chun Kit	26	Tuen Mun	30.00
4	35851 IAZ	Chow, Yin Leung	27	Sun Yip	30.00
5	42362 IAZ	Leung, Kung Ming	25	YMCA OF Hong Kong	30.00
6	41150 IAZ	Poon, Chun Yat	29	New Water Polo	31.00
7	13624 B	Tang, Kwok Wai	25	Kwun Tong	32.00
8	46301 IAZ	Lai, Siu In	28	New Water Polo	40.00
9	10683 IBZ	Lee, Tsun Sang	29	Golden Dolphin	40.00
10	12683 IBZ	Ho, To Yu	27	SuperStar Sports	NT
30-34					
1	03907 IBZ	Kong, Chun Yin	32	Fire Services	25.00

2021-22 Long Course Masters Swimming Comp P3 - 20-Jun-21

Psych Sheet

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

2	26260 IAZ	Yu, Lap Sing	31 Fire Services	27.00
3	01772	Pang, Hin Sing	30 Hong Kong Police	27.03
4	00234 IBZ	Lau, Tsun Ting	34 Kwun Tong	28.90
5	06602 IBZ	Yam, Chi Ching	32 Fire Services	29.00
6	45952 IAZ	Lau, Pak Ka	31 Hong Kong Police	29.50
7	25589 IAZ	Ng, Kai Chung	31 Kwun Tong	32.00
8	38437 IAZ	Poon, Yat Lam	30 Sword Fish Club	33.28
9	10686	Chan, Ching	30 Golden Dolphin	35.00
10	09136 IAZ	Tsang, Chun Kin	33 New Water Polo	40.00

35-39

1	22420 IAZ	Chan, Chi Ming	35 Kwun Tong	26.00
2	06960 ICZ	Lau, Yan Kid	37 Fire Services	27.50
3	19334 IAZ	Lee, Chun Lim Michael	36 Hong Kong Police	27.54
4	03095	Lau, Ko Chun	39 Hong Kong Police	29.99
5	03793 ICZ	Po, Tik San	39 New Water Polo	30.00
6	45574 IAZ	Ng, Siu Kwong	39 Sword Fish Club	30.00
7	12176 ICZ	Ng, Siu Yu	39 Sword Fish Club	30.00
8	44302 ICO	Boas, Michael Joel	36 Fastlane Swimmin	31.00
9	35767 ICO	Pilloni, Iosto	35 New Water Polo	31.00
10	37619 IAZ	Cheung, Kin Chun	36 New Water Polo	31.50
11	09165	Cheung, Siu Fung	38 Lai Tsun	35.00
12	38303 IAZ	Ng, Ho Yin	36 Sun Yip	35.00
13	23298 IAZ	Li, Cheuk Bun	36 Wong Tai Sin	35.00
14	40001 IAZ	Yip, Ka Ho Tonie	39 Kwun Tong	40.00
15	40927 IAZ	Chu, Chun Sing	38 Golden Dolphin	40.00

40-44

1	01591 ICZ	Fu, Wing Harbeth	41 Kwun Tong	26.00
2	35791 IAO	Lewis, Gareth Rhys	42 LRC	26.54
3	39981 IAZ	Mui, Ho Chuen	41 Sword Fish Club	27.92
4	16451	Cheng, Ngai Bun	43 Kwun Tong	31.00
5	40107 IAZ	Chan, Falcon	42 Lai Tsun	33.00
6	18880 IAZ	Chan, Ho Wai Howard	40 Sun Yip	33.00
7	29261 IAZ	Lai, Ka Wai	43 Tuen Mun	38.41
8	40925 IAZ	Chan, Kam Hang	43 Golden Dolphin	45.00

45-49

1	37671 ICO	Stamenovic, Ivan	45 LRC	27.44
2	06310	Chan, Fung Sun	48 Kwun Tong	28.00
3	31887 IAZ	Ho, Michael Chak Sing	48 Sun Yip	28.00
4	36962 IAZ	Leung, Yung Yu	49 Kwun Tong	29.00
5	02366	Li, Ka Wing	47 Kwun Tong	30.00
6	46246 @IAO	Krkalo, Hrvoje	46 LRC	30.00
7	06711	Leung, Tsz Kin	49 New Water Polo	30.00
8	36554 ICO	Wolfers, Lachlan Robert	47 Hong Kong Footba	30.87
9	06229	Mak, Wing Yin	48 Hong Kong Police	31.50
10	42737 IAZ	So, Ma Loi	45 Sword Fish Club	32.00
11	21008 IAZ	Cheung, Chun Kwan Michael	48 Wong Tai Sin	33.00

50-54

1	04166	Rust, Stefan Robert	54 LRC	25.81
2	41757 IAO	Stamper, Mark	50 Fastlane Swimmin	28.50
3	25112 IAO	Cheung Alexander, Howarth Y	50 LRC	29.42
4	45576 @P	Plummer, B Justin Gayle	51 LRC	30.00
5	31054 IAO	Stimson, Mark Grant	50 Fastlane Swimmin	31.00
6	06395	Cheung, Ting Fan	50 Kwun Tong	32.00
7	43158 IAZ	Chan, Tin Lung	52 Lai Tsun	32.00

2021-22 Long Course Masters Swimming Comp P3 - 20-Jun-21

Psych Sheet

50-54... (Event 3 Men 50 LC Meter Freestyle)

8	21814 ICO	Mattoli, Enrico Andrea	51 LRC	34.85
9	45582 @IAO	Reeve, Blair	53 LRC	37.23
10	23587 IAZ	Au, Wing Sum	54 New Water Polo	40.00
11	40922 IAZ	Ngan, Chun Keung	50 Golden Dolphin	40.00
12	41685 IAZN	Ng, Yeuk Yu Dick	51 Tung Sing	50.00
13	04184	Woo, Siu Ming William	50 Sword Fish Club	1:18.00
14	10264 #	Faiola, Jeff Alan	50 Island Stingrays	NT

55-59

1	27460 IAZ	Chan, Ying Chiu Johnson	58 Lai Tsun	33.00
2	26250 IAZ	Lau, Cho Tak	58 Lai Tsun	33.00
3	40592 IAZ	Fo, Pui Keung	57 Hong Kong Police	33.96
4	21023 IAZ	Ho, Kwong Ngai Eric	58 Sword Fish Club	36.00
5	26261 IAZ	Tsun, Chung Wa Jode	57 Hong Kong Police	36.82
6	40861 IAZ	Cheung, Chi Ming Rover	58 Sword Fish Club	37.00
7	37048 IAZ	Cheung, Wai Chuen Jimmy	58 Sword Fish Club	37.00
8	18856 IAZ	Au, Mun Shing	56 Sword Fish Club	38.00
9	39982 IAZ	Chow, Wing Chun	57 Sword Fish Club	38.00

60-64

1	05071	Choi, Tony	63 LRC	31.85
2	07802	Chau, Kam Tim	61 Sea Green	32.00
3	12890 IAZN	Leung, Kwai Ching	63 Lai Tsun	35.00
4	20636 IAZ	Pang, Seung Chiu	62 Lai Tsun	44.00
5	46092 @IAO	Munro, Gavin Malcolm	61 LRC	NT

65-69

1	06398	Cho, Wai Sun	68 Fastlane Swimmin	33.00
2	06184	Ng, Pak Chiu	67 Sea Green	35.00
3	06389	Chan, Hong Wah	68 New Water Polo	38.00
4	06388	Lau, Man Kin	67 Sword Fish Club	40.00
5	23123 IAZ	Poon, Wai	69 Sword Fish Club	42.00
6	25228 IAZ	Chan, Fai Ming	67 Lai Tsun	46.00
7	11563	Lee, Kwok Hung	68 Sword Fish Club	48.00
8	41059 IAX	Ng, Kau Yuen	68 Sword Fish Club	50.00

70-74

1	06268	Tse, Kwok Piu	70 Sword Fish Club	32.00
2	03845	Tin, Sheung Kwai	74 New Water Polo	32.01
3	23297 IAZ	Chan, Shing Chi	73 Lai Tsun	38.00
4	44756 IAZ	Lo, Che Hung	73 Lai Tsun	38.00
5	45624 IAZ	Mok, Hin Ming	71 Lai Tsun	NT

75-79

1	38301 IAX	Cheung, Hao Yen	78 Lai Tsun	54.00
---	-----------	-----------------	-------------	-------

80-84

1	28522 IAX	Wong, Tat Choi	80 Sword Fish Club	50.00
2	05407	Lee, She Kwok	83 Sword Fish Club	54.00

85-89

1	15490	Law, Kwai Fong	85 Sword Fish Club	1:00.00
---	-------	----------------	--------------------	---------

2021-22 Long Course Masters Swimming Comp P3 - 20-Jun-21

Psych Sheet

Event 4 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:	34.16
65-69 MSR:	37.61

	ID#	Name	Age	Team	Seed Time
18-24... (Event 4 Women 50 LC Meter Freestyle)					
1	31023 IAZ	Cheung, Ka Yu	24	New Water Polo	35.01
2	43534 IAZN	Tsang, Chik Yi	18	Golden Dolphin	40.00
3	43536 IAZ	Choi, Kit Ying	18	Golden Dolphin	40.00
4	43533 IAZ	Wong, Yu Tung	23	New Water Polo	58.00
5	45845 IAZ	Cheung, Ho Ying	22	SuperStar Sports	NT
25-29					
1	45704 @ICO	Vainius, Therese Ellen	28	LRC	29.00
2	09971 IAZ	Kam, Wing Lam Lucinda	25	Tung Sing	35.00
3	11418 P	Chan, Yuan Ting Janet	26	Lai Tsun	35.00
4	19495 IAZ	Lai, Oi Hin	25	Golden Dolphin	40.00
30-34					
1	44667 IAO	Chang, Charlotte Chi-lok	32	Fastlane Swimmin	30.00
2	33178 IAO	Barot, Tara Charlotte	33	Hong Kong Footba	32.07
3	05347	Chui, Kit Man	31	Hong Kong Police	33.88
4	06577 IBZ	Leung, Wei Yan	31	Sword Fish Club	34.00
5	46104 @ICO	Sheridan, Kaitlyn Rose	34	Fastlane Swimmin	34.50
6	10425 IBZ	Tin, Tsz Pui	30	Golden Dolphin	40.00
7	46294 ICX	Lin, Shengzhu	33	New Water Polo	50.00
35-39					
1	26745 ICX	Chen, Yangyang	36	LRC	30.28
2	30316 IAZ	Ng, Yee Lam	36	Hong Kong Police	36.49
40-44					
1	46247 @IAO	Krkalo, Shauna Kathleen	43	LRC	29.00
2	30261 IAX	Chan, Mung Yu	41	Sword Fish Club	47.00
3	36961 IAZ	Tung, Fung	44	Kwun Tong	48.00
45-49					
1	33517 IAO	Yamaguchi, Mika	49	Fastlane Swimmin	30.00
2	43674 IAO	Kato, Emi	47	Fastlane Swimmin	37.00
3	39310 IAZ	Au-Yeung, Sze	48	Lai Tsun	38.00
4	35969 IAX	Wang, Ying Lian	49	Tung Sing	42.00
5	06349	Ip, Oi Wa Wendy	49	Sword Fish Club	48.00
6	44641 IAZ	Chan, Suk Yin	49	Sword Fish Club	55.00
7	45745 IAZ	Liu, Pui Ha	49	Sword Fish Club	55.00
8	44304 IAX	Choi, Shan Shan	49	Sword Fish Club	1:20.00
50-54					
1	08917	Chang, Lai Shan Eliza	53	Kwun Tong	35.00
2	06350	Fu, Mui	53	Kwun Tong	35.00
3	40907 IAZ	Lai, Shui Nin Ingrid	54	YMCA OF Hong Kong	35.00
4	40575 IAO	Chan, San Ngah	53	Fastlane Swimmin	37.21
5	36045 IAZN	Hsu, Ava	54	LRC	44.04

2021-22 Long Course Masters Swimming Comp P3 - 20-Jun-21

Psych Sheet

55-59... (Event 4 Women 50 LC Meter Freestyle)

1	26254 IAX	Ng, Kong Ching	56 New Water Polo	40.00
2	41423 IAZ	Chiu, Pauline	59 Tung Sing	40.00
3	23323 IAZ	Tam, Choi Ping Scalene	56 New Water Polo	45.00
4	29831 IAZ	Lowe, Yeuk Ling Dilys	57 Sword Fish Club	55.00
5	36225 IAX	Li, Wai Kam	59 Sea Green	1:00.00
6	24216 IAZ	Li, Chuk Ping	59 Sword Fish Club	1:10.00
7	44303 IAZ	Lam, Man Lai	55 Sword Fish Club	1:12.00
60-64				
1	10289	Chan, Wai Yee	63 Lai Tsun	47.00
2	16533	Wong, Shun Ying	62 Sea Green	50.00
3	20640 IAZ	Wong, Fung Yee	61 Sword Fish Club	55.00
4	46110 IAZ	Tse, Soo Fong Kitty	60 Sword Fish Club	1:00.00
5	26257 IAX	Lo, Shuk Ling	61 Sword Fish Club	1:04.00
6	23957 IAX	Yeung, Tun Lim Lily	64 Sword Fish Club	1:05.00
65-69				
1	03503	Castka, Gillian Hancer	65 Sword Fish Club	38.00
2	06213	Mo, Mei Ling	67 Wong Tai Sin	1:02.00
3	06127	Lau, Wai Lin	65 New Water Polo	1:10.00
70-74				
1	22852 ICX	Bai, Xiufen	70 Sword Fish Club	40.00
2	05412	Chu, Lui Kwong	70 Sword Fish Club	50.05
3	06212	Lo, Yeuk Shuen	72 Wong Tai Sin	1:20.00
75-79				
1	06372 IAZ	Leung, Mabel Yuen Ying	79 Sword Fish Club	54.00
2	08936	Leong, Kuai Heng	75 New Water Polo	1:10.00
80-84				
1	38059 IAX	Tai, Li Hua	82 Sword Fish Club	44.00
2	06144	Mak, Suet Man	84 Sea Green	1:00.00
3	13262	Kwong, Shuet Hing	81 Wong Tai Sin	1:12.20

Event 5 Men 50 LC Meter Backstroke

18-24 MSR:	28.26
25-29 MSR:	28.12
30-34 MSR:	29.77
35-39 MSR:	30.38
40-44 MSR:	30.30
45-49 MSR:	30.37
50-54 MSR:	30.97
55-59 MSR:	32.57
60-64 MSR:	33.94
65-69 MSR:	35.70

	ID#	Name	Age Team	Seed Time
25-29				
1	16201 B	Kwok, Yuk Hang	25 Kwun Tong	32.00
2	41150 IAZ	Poon, Chun Yat	29 New Water Polo	40.00
3	08003 B	Lam, Chun Kit	26 Tuen Mun	50.00
30-34				
1	06886 B	Li, Chin Long	31 Eastern Winter	35.00
2	14526 IBZ	Ho, Chun Sum Samuel	32 New Water Polo	40.00
3	14527 IBZ	Ho, Chun Ting Timothy	32 New Water Polo	40.00
4	38437 IAZ	Poon, Yat Lam	30 Sword Fish Club	41.18
35-39				
1	19334 IAZ	Lee, Chun Lim Michael	36 Hong Kong Police	36.00

2021-22 Long Course Masters Swimming Comp P3 - 20-Jun-21

Psych Sheet

35-39... (Event 5 Men 50 LC Meter Backstroke)

2	44302 ICO	Boas, Michael Joel	36	Fastlane Swimmin	40.00
3	38304 IAO	Chee, Hoi-Tung Christopher	35	Sun Yip	40.00
4	03793 ICZ	Po, Tik San	39	New Water Polo	45.00
5	23298 IAZ	Li, Cheuk Bun	36	Wong Tai Sin	50.00

40-44

1	46248 @ICO	O' Neill, Donal Thomas	41	LRC	29.00
2	42766 ICO	Dahlmann, Sven Christoph	41	Fastlane Swimmin	32.00
3	35790 ICO	Launay, Thomas	42	LRC	37.81
4	23119 IAZ	Chan, Ying Tsung Bosco	40	Sword Fish Club	1:06.00

45-49

1	36554 ICO	Wolfers, Lachlan Robert	47	Hong Kong Footba	37.08
2	28518 IAZ	Yau, Wo Fung	49	Kwun Tong	40.00
3	36962 IAZ	Leung, Yung Yu	49	Kwun Tong	41.00
4	06310	Chan, Fung Sun	48	Kwun Tong	1:06.00

50-54

1	04166	Rust, Stefan Robert	54	LRC	30.97
2	41548 IAZ	Ip, Ka Keung Patrick	53	Hong Kong Footba	38.00
3	31054 IAO	Stimson, Mark Grant	50	Fastlane Swimmin	46.00
4	23587 IAZ	Au, Wing Sum	54	New Water Polo	50.00
5	35711 IAX	Wong, Fuk Kei	52	Sword Fish Club	55.00
6	45582 @IAO	Reeve, Blair	53	LRC	NT

55-59

1	27460 IAZ	Chan, Ying Chiu Johnson	58	Lai Tsun	41.00
2	26250 IAZ	Lau, Cho Tak	58	Lai Tsun	41.00
3	22433 IAZ	Lui, Man Pong	56	New Water Polo	45.00
4	39982 IAZ	Chow, Wing Chun	57	Sword Fish Club	46.00
5	21023 IAZ	Ho, Kwong Ngai Eric	58	Sword Fish Club	48.00
6	38291 IAZ	Liu, Chun Sing	55	Sword Fish Club	48.00
7	27869 IAZ	Lee, Kam Cheong	57	Sword Fish Club	50.00

60-64

1	06237	Mok, Chu Piu	64	Lai Tsun	41.00
2	03215 IAZ	Leung, Yiu Chuen	63	Sun Yip	42.00
3	25226 IAZ	Choi, Tai Wing	60	Sword Fish Club	1:00.00

65-69

1	06201	Wong, Cheuk Yin	65	Fire Services	38.00
2	06398	Cho, Wai Sun	68	Fastlane Swimmin	42.00
3	06382	Chan, Kam Por	69	Sword Fish Club	48.00
4	06388	Lau, Man Kin	67	Sword Fish Club	48.00
5	23123 IAZ	Poon, Wai	69	Sword Fish Club	48.00
6	06176	Wong, Kung Wan	65	Sea Green	49.00
7	26318	Suen, Chi Wing	67	Sword Fish Club	50.00
8	04500	Cheung, Ip Chor	66	Sword Fish Club	52.00
9	41059 IAX	Ng, Kau Yuen	68	Sword Fish Club	1:03.00

70-74

1	03845	Tin, Sheung Kwai	74	New Water Polo	44.00
2	40518 IAZ	Liu, Wing Chiu	73	Tuen Mun	52.50
3	20634 IAZ	Wu, Shu Sun	71	New Water Polo	55.00
4	22182 IAZ	Ngai, Yin Leung	72	Sword Fish Club	56.61
5	06129	Wu, Pak Yin	71	Sword Fish Club	1:10.00

75-79

1	38301 IAX	Cheung, Hao Yen	78	Lai Tsun	1:12.00
2	06274	Wong, Yau Chuen	75	Sword Fish Club	1:40.00

80-84

1	17832 IAX	Chan, Sau	84	Sword Fish Club	1:10.00
---	-----------	-----------	----	-----------------	---------

2021-22 Long Course Masters Swimming Comp P3 - 20-Jun-21

Psych Sheet

80-84... (Event 5 Men 50 LC Meter Backstroke)

2	05407	Lee, She Kwok	83	Sword Fish Club	1:30.00
---	-------	---------------	----	-----------------	---------

85-89

1	02987	Cheung, Tsan	87	Sword Fish Club	1:06.00
---	-------	--------------	----	-----------------	---------

Event 6 Women 50 LC Meter Backstroke

18-24 MSR: 31.58

25-29 MSR: 33.38

30-34 MSR: 32.81

35-39 MSR: 34.04

40-44 MSR: 34.40

45-49 MSR: 35.08

50-54 MSR: 35.58

55-59 MSR: 43.53

60-64 MSR: 46.26

65-69 MSR: 42.89

	ID#	Name	Age	Team	Seed Time
18-24					
1	43533 IAZ	Wong, Yu Tung	23	New Water Polo	1:00.00
25-29					
1	42080 ICFO	Charter, Robyn Judy	27	Hong Kong Footba	34.10
2	08238 B	Li, Tsz Yu	27	New Water Polo	39.00
3	07028 B	Fong, Sin Yi	28	New Water Polo	39.00
4	28004 IAZ	Kwan, Ka Wan	28	Tung Sing	45.00
30-34					
1	44667 IAO	Chang, Charlotte Chi-lok	32	Fastlane Swimmin	37.00
2	46104 @ICO	Sheridan, Kaitlyn Rose	34	Fastlane Swimmin	38.00
3	05347	Chui, Kit Man	31	Hong Kong Police	39.00
4	33178 IAO	Barot, Tara Charlotte	33	Hong Kong Footba	41.91
5	38425 IAZ	Lai, Kit Sum	34	Csu	55.00
35-39					
1	26745 ICX	Chen, Yangyang	36	LRC	35.96
40-44					
1	40853 IAO	Tam, Alison Mai Ling	43	Fastlane Swimmin	35.00
2	45733 ICO	Jennings, Caitriona	41	Hong Kong Footba	41.00
3	40702 IAX	Kar, Ka	44	New Water Polo	42.00
4	06304 ICZ	Cheung, Man Yiu	42	Sea Green	45.00
5	30072 ICW	Chao, Man Chi	42	New Water Polo	1:00.00
45-49					
1	39310 IAZ	Au-Yeung, Sze	48	Lai Tsun	52.00
2	35772 IAX	Ban, Xianhai	49	New Water Polo	58.00
3	44641 IAZ	Chan, Suk Yin	49	Sword Fish Club	1:14.00
50-54					
1	40907 IAZ	Lai, Shui Nin Ingrid	54	YMCA OF Hong Kong	45.00
2	40575 IAO	Chan, San Ngah	53	Fastlane Swimmin	45.08
3	08917	Chang, Lai Shan Eliza	53	Kwun Tong	50.00
4	36045 IAZN	Hsu, Ava	54	LRC	55.35
55-59					
1	26254 IAX	Ng, Kong Ching	56	New Water Polo	48.00
2	41423 IAZ	Chiu, Pauline	59	Tung Sing	52.00
3	06337	Tse, Yee Wah	55	YMCA OF Hong Kong	55.00
4	41911 IAZN	Ng, Kit Man Joanna	56	New Water Polo	59.99
5	17890 IAZ	Lee, Mo Kee Cillia	56	Sword Fish Club	1:10.00
6	29831 IAZ	Lowe, Yeuk Ling Dilys	57	Sword Fish Club	1:14.00
7	30804 IAON	Yue, Roberta May-wan	58	LRC	NT

2021-22 Long Course Masters Swimming Comp P3 - 20-Jun-21

Psych Sheet

60-64... (Event 6 Women 50 LC Meter Backstroke)

1	16533	Wong, Shun Ying	62	Sea Green	1:00.00
2	14007	Ho, Yuk Ling	64	Tung Sing	1:00.00
3	46110 IAZ	Tse, Soo Fong Kitty	60	Sword Fish Club	1:02.00
4	10289	Chan, Wai Yee	63	Lai Tsun	1:05.00
5	23957 IAX	Yeung, Tun Lim Lily	64	Sword Fish Club	1:10.00
6	20640 IAZ	Wong, Fung Yee	61	Sword Fish Club	1:15.00

65-69

1	06355	Lo, Lai Yung	66	New Water Polo	52.00
2	06213	Mo, Mei Ling	67	Wong Tai Sin	1:10.00

70-74

1	22852 ICX	Bai, Xiufen	70	Sword Fish Club	43.00
2	06357	Suen, Ming Chu	73	Sword Fish Club	55.00
3	07440	Yip, Lai Kuen	70	Lai Tsun	1:11.00

75-79

1	17480 IAZ	Chow, Pui Han Angela	75	Lai Tsun	1:20.00
2	08936	Leong, Kuai Heng	75	New Water Polo	1:20.00

80-84

1	38059 IAX	Tai, Li Hua	82	Sword Fish Club	1:15.00
2	13262	Kwong, Shuet Hing	81	Wong Tai Sin	1:43.08

Event 7 Men 100 LC Meter Freestyle

18-24 MSR: 54.18

25-29 MSR: 54.16

30-34 MSR: 56.01

35-39 MSR: 56.13

40-44 MSR: 57.76

45-49 MSR: 59.62

50-54 MSR: 58.29

55-59 MSR: 1:03.62

60-64 MSR: 1:04.39

65-69 MSR: 1:08.31

	ID#	Name	Age	Team	Seed Time
25-29					
1	05296 #B	Hui, Chun Hin	28	New Water Polo	58.00
2	16201 B	Kwok, Yuk Hang	25	Kwun Tong	58.00
3	05577 IBZ	Yuen, Marcus	27	LRC	58.08
4	35851 IAZ	Chow, Yin Leung	27	Sun Yip	1:05.00
5	12001 IB	Li, Chung Yin	28	Hong Kong Police	1:05.00
6	42362 IAZ	Leung, Kung Ming	25	YMCA OF Hong Kong	1:10.00
7	13624 B	Tang, Kwok Wai	25	Kwun Tong	1:15.00
8	10683 IBZ	Lee, Tsun Sang	29	Golden Dolphin	1:30.00
30-34					
1	44665 ICO	Holland, Tyler Michael	33	Fastlane Swimmin	58.00
2	14526 IBZ	Ho, Chun Sum Samuel	32	New Water Polo	1:00.00
3	14527 IBZ	Ho, Chun Ting Timothy	32	New Water Polo	1:00.00
4	06886 B	Li, Chin Long	31	Eastern Winter	1:05.00
5	33387 IAO	Wu, Kenneth Yee Lok	30	Sword Fish Club	1:05.00
6	00234 IBZ	Lau, Tsun Ting	34	Kwun Tong	1:10.00
7	10686	Chan, Ching	30	Golden Dolphin	1:10.00
8	38437 IAZ	Poon, Yat Lam	30	Sword Fish Club	1:13.13
9	02040	Yei, Tak Sau	32	Flying Fish	NT
35-39					
1	41151 @ICO	Caggio, Antonino	39	LRC	58.49

2021-22 Long Course Masters Swimming Comp P3 - 20-Jun-21

Psych Sheet

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

2	22420 IAZ	Chan, Chi Ming	35 Kwun Tong	1:01.00
3	24266 IAZ	Ma, Ling Ho Herwin	38 Hong Kong Police	1:04.97
4	12176 ICZ	Ng, Siu Yu	39 Sword Fish Club	1:05.00
5	44302 ICO	Boas, Michael Joel	36 Fastlane Swimmin	1:10.00
6	09165	Cheung, Siu Fung	38 Lai Tsun	1:20.00
7	38304 IAO	Chee, Hoi-Tung Christopher	35 Sun Yip	1:20.00
8	08964 IAZ	Yeung, Wai Kam William	38 Sun Yip	1:30.00
9	40927 IAZ	Chu, Chun Sing	38 Golden Dolphin	1:30.00

40-44

1	46248 @ICO	O' Neill, Donal Thomas	41 LRC	57.00
2	42766 ICO	Dahlmann, Sven Christoph	41 Fastlane Swimmin	1:05.00
3	39981 IAZ	Mui, Ho Chuen	41 Sword Fish Club	1:06.00
4	16451	Cheng, Ngai Bun	43 Kwun Tong	1:15.00
5	27133 IAZ	Poon, Man Chun	40 Wong Tai Sin	1:19.16
6	18880 IAZ	Chan, Ho Wai Howard	40 Sun Yip	1:20.00
7	40107 IAZ	Chan, Falcon	42 Lai Tsun	1:25.00
8	40925 IAZ	Chan, Kam Hang	43 Golden Dolphin	1:40.00

45-49

1	37671 ICO	Stamenovic, Ivan	45 LRC	57.97
2	28849 IAZ	Chan, Chun Kuen	46 Sword Fish Club	1:05.00
3	46246 @IAO	Krkalo, Hrvoje	46 LRC	1:08.00
4	36554 ICO	Wolfers, Lachlan Robert	47 Hong Kong Footba	1:10.00
5	06229	Mak, Wing Yin	48 Hong Kong Police	1:10.00
6	02366	Li, Ka Wing	47 Kwun Tong	1:10.00
7	19343 IAZ	Leung, Wan Hung Andy	47 Hong Kong Police	1:15.00
8	42085 IAZ	Lee, Hon Lun Philip	49 Sword Fish Club	1:30.00

50-54

1	10264 #	Faiola, Jeff Alan	50 Island Stingrays	1:01.23
2	41757 IAO	Stamper, Mark	50 Fastlane Swimmin	1:05.00
3	45576 @P	Plummer, B Justin Gayle	51 LRC	1:05.00
4	31054 IAO	Stimson, Mark Grant	50 Fastlane Swimmin	1:11.00
5	21814 ICO	Mattoli, Enrico Andrea	51 LRC	1:14.55
6	39091 IAZ	Luk, Kai Ming Stephen	54 Sword Fish Club	1:15.00
7	41548 IAZ	Ip, Ka Keung Patrick	53 Hong Kong Footba	1:25.00
8	38127 IAZ	Leung, Cheung Wai Ricky	53 Sword Fish Club	1:28.00
9	40922 IAZ	Ngan, Chun Keung	50 Golden Dolphin	1:30.00
10	35711 IAX	Wong, Fuk Kei	52 Sword Fish Club	1:40.00
11	04184	Woo, Siu Ming William	50 Sword Fish Club	2:48.00

55-59

1	39982 IAZ	Chow, Wing Chun	57 Sword Fish Club	1:28.00
2	22433 IAZ	Lui, Man Pong	56 New Water Polo	1:30.00
3	40861 IAZ	Cheung, Chi Ming Rover	58 Sword Fish Club	1:30.00
4	37048 IAZ	Cheung, Wai Chuen Jimmy	58 Sword Fish Club	1:30.00
5	21023 IAZ	Ho, Kwong Ngai Eric	58 Sword Fish Club	1:30.00
6	05191	Koo, Yu Fat Marcus	59 Flying Fish	NT

60-64

1	05071	Choi, Tony	63 LRC	1:14.47
2	13979	Lee, Sing Tim	60 Lai Tsun	1:30.00
3	07802	Chau, Kam Tim	61 Sea Green	1:40.00
4	46092 @IAO	Munro, Gavin Malcolm	61 LRC	NT

65-69

1	06281	Fung, Kam Tai	66 Sword Fish Club	42.00
2	06201	Wong, Cheuk Yin	65 Fire Services	1:08.00
3	33115 IAX	Ng, Kan Sing	68 Sword Fish Club	1:25.00

2021-22 Long Course Masters Swimming Comp P3 - 20-Jun-21

Psych Sheet

65-69... (Event 7 Men 100 LC Meter Freestyle)

4	04500	Cheung, Ip Chor	66	Sword Fish Club	1:30.00
5	06239	Chan, King Yuen	66	Lai Tsun	1:35.00
6	26318	Suen, Chi Wing	67	Sword Fish Club	1:40.00

70-74

1	06268	Tse, Kwok Piu	70	Sword Fish Club	1:10.00
2	44756 IAZ	Lo, Che Hung	73	Lai Tsun	1:40.00
3	23297 IAZ	Chan, Shing Chi	73	Lai Tsun	1:45.00
4	06243	Koo, Choi Fat	71	Wong Tai Sin	1:55.00
5	22182 IAZ	Ngai, Yin Leung	72	Sword Fish Club	1:57.00
6	06129	Wu, Pak Yin	71	Sword Fish Club	2:10.00

75-79

1	10274	Lau, Chun Nung	75	Lai Tsun	2:00.00
2	14029	Ieong, Vun Fai	75	Sword Fish Club	2:10.00
3	06274	Wong, Yau Chuen	75	Sword Fish Club	2:30.00
4	38301 IAX	Cheung, Hao Yen	78	Lai Tsun	NT

80-84

1	28522 IAX	Wong, Tat Choi	80	Sword Fish Club	1:50.00
2	17832 IAX	Chan, Sau	84	Sword Fish Club	2:30.00

85-89

1	15490	Law, Kwai Fong	85	Sword Fish Club	2:20.00
---	-------	----------------	----	-----------------	---------

Event 8 Women 100 LC Meter Freestyle

18-24 MSR: 1:02.73

25-29 MSR: 1:02.46

30-34 MSR: 1:04.36

35-39 MSR: 1:01.54

40-44 MSR: 1:01.45

45-49 MSR: 1:07.17

50-54 MSR: 1:10.99

55-59 MSR: 1:14.96

60-64 MSR: 1:22.04

65-69 MSR: 1:37.41

	ID#	Name	Age	Team	Seed Time
18-24					
1	26980 IAZ	Wong, Suet Wing	22	North District	1:11.83
2	43534 IAZN	Tsang, Chik Yi	18	Golden Dolphin	1:30.00
3	43536 IAZ	Choi, Kit Ying	18	Golden Dolphin	1:30.00
25-29					
1	45704 @ICO	Vainius, Therese Ellen	28	LRC	1:05.00
2	42080 ICFO	Charter, Robyn Judy	27	Hong Kong Footba	1:05.12
3	46331 @ICO	Brueck, Hannah Madeleine	25	Fastlane Swimmin	1:12.00
4	09971 IAZ	Kam, Wing Lam Lucinda	25	Tung Sing	1:20.00
5	19495 IAZ	Lai, Oi Hin	25	Golden Dolphin	1:30.00
30-34					
1	01929 IBZ	Ng, Ka Man	32	New Water Polo	1:02.00
2	33178 IAO	Barot, Tara Charlotte	33	Hong Kong Footba	1:11.98
3	10425 IBZ	Tin, Tsz Pui	30	Golden Dolphin	1:30.00
4	46294 ICX	Lin, Shengzhu	33	New Water Polo	1:40.00
5	38425 IAZ	Lai, Kit Sum	34	Csu	1:50.00
35-39					
1	26745 ICX	Chen, Yangyang	36	LRC	1:06.45
2	30316 IAZ	Ng, Yee Lam	36	Hong Kong Police	1:25.00
40-44					
1	40853 IAO	Tam, Alison Mai Ling	43	Fastlane Swimmin	1:07.00

2021-22 Long Course Masters Swimming Comp P3 - 20-Jun-21

Psych Sheet

40-44... (Event 8 Women 100 LC Meter Freestyle)

2	40702 IAX	Kar, Ka	44	New Water Polo	1:15.00
45-49					
1	33517 IAO	Yamaguchi, Mika	49	Fastlane Swimmin	1:07.50
2	38302 IAZ	Cheung, Man Ling Melody	49	Lai Tsun	1:20.00
3	39310 IAZ	Au-Yeung, Sze	48	Lai Tsun	1:30.00
4	35969 IAX	Wang, Ying Lian	49	Tung Sing	1:30.00
5	44641 IAZ	Chan, Suk Yin	49	Sword Fish Club	2:15.00
50-54					
1	08917	Chang, Lai Shan Eliza	53	Kwun Tong	1:20.00
2	40907 IAZ	Lai, Shui Nin Ingrid	54	YMCA OF Hong Kong	1:24.00
55-59					
1	23323 IAZ	Tam, Choi Ping Scalene	56	New Water Polo	1:45.00
2	31750 IAZ	Cheung, Lai Ying Anita	58	Lai Tsun	1:50.00
3	36225 IAX	Li, Wai Kam	59	Sea Green	1:55.00
60-64					
1	19290 IAX	Tseung, Nga Wah	64	Sword Fish Club	1:35.00
2	26257 IAX	Lo, Shuk Ling	61	Sword Fish Club	2:20.00
3	20640 IAZ	Wong, Fung Yee	61	Sword Fish Club	2:25.00
65-69					
1	03503	Castka, Gillian Hancer	65	Sword Fish Club	1:38.00
2	06355	Lo, Lai Yung	66	New Water Polo	1:45.00
70-74					
1	06357	Suen, Ming Chu	73	Sword Fish Club	1:45.00
2	07440	Yip, Lai Kuen	70	Lai Tsun	2:10.00
75-79					
1	06372 IAZ	Leung, Mabel Yuen Ying	79	Sword Fish Club	2:30.00
2	17480 IAZ	Chow, Pui Han Angela	75	Lai Tsun	2:40.00
80-84					
1	06374	Wong, Jim	80	Sword Fish Club	2:10.00

Event 9 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:	3:09.80

	Team	Relay	Seed Time
100-119			
1	Hong Kong Police Swimming	M100 A	NT
2	New Water Polo Club	M100 A	NT
3	Kwun Tong Swimming Club	M100 A	NT
120-159			
1	Hong Kong Police Swimming	M120 A	NT
2	Fastlane Swimming Co Limited	M120 A	NT
3	Hong Kong Football Club	M120 A	NT
4	New Water Polo Club	M120 A	NT
5	Kwun Tong Swimming Club	M120 A	NT
6	Ladies' Recreation Club	M120 A	NT
160-199			
1	HK Fire Services S. & W. Club	M160 A	1:58.00
2	Sword Fish Club	M160 A	2:10.00
3	Hong Kong Flying Fish Athlet	M160 A	NT

2021-22 Long Course Masters Swimming Comp P3 - 20-Jun-21

Psych Sheet

160-199... (Event 9 Men 200 LC Meter Freestyle Relay)

4	Lai Tsun Swimming Society	M160 A	NT
5	Hong Kong Police Swimming	M160 A	NT
6	Fastlane Swimming Co Limited	M160 A	NT
7	Hong Kong Football Club	M160 A	NT
8	Sun Yip Swimming Club	M160 A	NT
9	New Water Polo Club	M160 A	NT
10	Kwun Tong Swimming Club	M160 A	NT
11	Ladies' Recreation Club	M160 A	NT

200-239

1	Sword Fish Club	M200 A	2:10.00
2	Hong Kong Flying Fish Athletic	M200 A	NT
3	Lai Tsun Swimming Society	M200 A	NT
4	Hong Kong Police Swimming	M200 A	NT
5	Fastlane Swimming Co Limited	M200 A	NT
6	Sun Yip Swimming Club	M200 A	NT
7	New Water Polo Club	M200 A	NT
8	Kwun Tong Swimming Club	M200 A	NT
9	Ladies' Recreation Club	M200 A	NT

240-279

1	Sword Fish Club	M240 A	2:20.00
2	Lai Tsun Swimming Society	M240 A	NT
3	Hong Kong Police Swimming	M240 A	NT
4	New Water Polo Club	M240 A	NT
5	Ladies' Recreation Club	M240 A	NT

280-319

1	Sword Fish Club	M280 A	2:30.00
2	Lai Tsun Swimming Society	M280 A	NT
3	New Water Polo Club	M280 A	NT

320-359

1	Sword Fish Club	M320 A	3:05.00
---	-----------------	--------	---------

Event 10 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: 2:42.61

	Team	Relay	Seed Time
<hr/>			
100-119			
1	Hong Kong Police Swimming	W100 A	NT
2	New Water Polo Club	W100 A	NT
120-159			
1	Hong Kong Police Swimming	W120 A	NT
2	Fastlane Swimming Co Limited	W120 A	NT
3	New Water Polo Club	W120 A	NT
4	Ladies' Recreation Club	W120 A	NT
160-199			
1	Sword Fish Club	W160 A	2:30.00
2	Lai Tsun Swimming Society	W160 A	NT
3	Hong Kong Police Swimming	W160 A	NT
4	Fastlane Swimming Co Limited	W160 A	NT
5	New Water Polo Club	W160 A	NT
6	Ladies' Recreation Club	W160 A	NT

2021-22 Long Course Masters Swimming Comp P3 - 20-Jun-21

Psych Sheet

200-239... (Event 10 Women 200 LC Meter Freestyle Relay)

1	Tung Sing Athletic Association	W200	A	2:40.00
2	Sword Fish Club	W200	A	2:45.00
3	Lai Tsun Swimming Society	W200	A	NT
4	New Water Polo Club	W200	A	NT
5	Ladies' Recreation Club	W200	A	NT

240-279

1	Sword Fish Club	W240	A	3:00.00
2	Lai Tsun Swimming Society	W240	A	NT
3	New Water Polo Club	W240	A	NT
4	Ladies' Recreation Club	W240	A	NT

280-319

1	Sword Fish Club	W280	A	3:15.00
---	-----------------	------	---	---------

Event 11 Men 50 LC Meter Breaststroke

18-24 MSR:	30.47
25-29 MSR:	30.66
30-34 MSR:	31.11
35-39 MSR:	31.14
40-44 MSR:	33.00
45-49 MSR:	32.70
50-54 MSR:	34.48
55-59 MSR:	35.10
60-64 MSR:	36.61
65-69 MSR:	37.84

	ID#	Name	Age	Team	Seed Time
18-24					
1	46127 IAZ	Poon, Pak Shing	20	Sword Fish Club	39.00
25-29					
1	05577 IBZ	Yuen, Marcus	27	LRC	30.81
2	44549 ICX	Zhang, Yage	27	Fastlane Swimmin	33.50
3	01018	Tam, Wing Chung	29	Kwun Tong	35.00
4	10083 IAZ	Chan, Chun Yin Wilson	27	Hong Kong Police	35.17
5	46302 IAZ	Yu, Shun Hong	28	New Water Polo	40.00
6	41150 IAZ	Poon, Chun Yat	29	New Water Polo	46.00
30-34					
1	00590 IBZ	Kwok, Ho Tin	34	New Water Polo	32.00
2	00314 IBZ	Mok, Hon Hei	33	Hong Kong Police	33.79
3	26260 IAZ	Yu, Lap Sing	31	Fire Services	34.50
4	01326 IBZ	Cheng, Yuen Henry	33	Kwun Tong	35.00
5	27873 IAZ	Ko, King Hei	33	New Water Polo	36.00
6	27874 IAZ	Chan, Cheuk Man	33	New Water Polo	37.00
7	06602 IBZ	Yam, Chi Ching	32	Fire Services	38.00
8	39190 IAZ	Lee, Ka Lun	32	New Water Polo	40.00
9	33387 IAO	Wu, Kenneth Yee Lok	30	Sword Fish Club	40.00
10	25589 IAZ	Ng, Kai Chung	31	Kwun Tong	42.00
11	00385	Cheng, Pong Man Reuben	32	Flying Fish	NT
35-39					
1	05145	Lo, Jonathan Ka Yan	38	LRC	31.14
2	06960 ICZ	Lau, Yan Kid	37	Fire Services	34.50
3	01465 ICZ	Chiang, Filomeno	39	Hong Kong Police	35.99
4	22420 IAZ	Chan, Chi Ming	35	Kwun Tong	36.00
5	41151 @ICO	Caggio, Antonino	39	LRC	36.66
6	19336 IAZ	Ma, Ling Kei Kelvin	39	Hong Kong Police	36.88

2021-22 Long Course Masters Swimming Comp P3 - 20-Jun-21

Psych Sheet

35-39... (Event 11 Men 50 LC Meter Breaststroke)

7	27469 IAX	Lam, Kin Wang	36 Hong Kong Police	38.43
8	08964 IAZ	Yeung, Wai Kam William	38 Sun Yip	40.00
9	37619 IAZ	Cheung, Kin Chun	36 New Water Polo	40.60
10	40001 IAZ	Yip, Ka Ho Tonie	39 Kwun Tong	45.00
11	03793 ICZ	Po, Tik San	39 New Water Polo	45.00
12	23298 IAZ	Li, Cheuk Bun	36 Wong Tai Sin	50.00

40-44

1	35791 IAO	Lewis, Gareth Rhys	42 LRC	33.58
2	35790 ICO	Launay, Thomas	42 LRC	34.59
3	07458	Yu, Ka Kui	43 Fire Services	37.00
4	28993 #IAZ	Tung, Tin	44 Sun Yip	50.00
5	23119 IAZ	Chan, Ying Tsung Bosco	40 Sword Fish Club	52.00
6	29261 IAZ	Lai, Ka Wai	43 Tuen Mun	58.00
7	44666 IAZ	Ma, Choi	43 Sun Yip	1:00.00

45-49

1	06154	Leung, Siu Kin Philip	46 Lai Tsun	35.00
2	33179 IAX	Chu, Lui	49 Hong Kong Footba	37.00
3	24641 ICO	Cummings, Richard Mark	48 LRC	37.10
4	25114 ICO	Barry, Matthieu Marie	47 LRC	38.18
5	06310	Chan, Fung Sun	48 Kwun Tong	39.00
6	36962 IAZ	Leung, Yung Yu	49 Kwun Tong	39.00
7	06229	Mak, Wing Yin	48 Hong Kong Police	40.00
8	02366	Li, Ka Wing	47 Kwun Tong	40.00
9	42737 IAZ	So, Ma Loi	45 Sword Fish Club	40.00
10	06711	Leung, Tsz Kin	49 New Water Polo	41.79
11	42085 IAZ	Lee, Hon Lun Philip	49 Sword Fish Club	43.00
12	25592 IAZ	Cheung, Wai Kei	49 Flying Fish	NT

50-54

1	25112 IAO	Cheung Alexander, Howarth Y	50 LRC	35.28
2	21025 IAX	Yue, Ngai Ho	51 Sun Yip	38.00
3	06395	Cheung, Ting Fan	50 Kwun Tong	39.00
4	26317 IAZN	Tung, Shang Wei Timothy	51 Kwun Tong	39.00
5	40591 IAZ	Chan, Man Cheung Laurence	54 Hong Kong Police	42.79
6	43158 IAZ	Chan, Tin Lung	52 Lai Tsun	44.00
7	38127 IAZ	Leung, Cheung Wai Ricky	53 Sword Fish Club	48.00
8	45582 @IAO	Reeve, Blair	53 LRC	NT
9	26053 IAZ	Wong, Yee Keung	50 Flying Fish	NT
10	05273	Poon, Ho Keung Danny	51 Flying Fish	NT

55-59

1	33085 IAZ	Pang, Yu Man Manson	55 Fire Services	38.00
2	18856 IAZ	Au, Mun Shing	56 Sword Fish Club	39.00
3	15528	Tsui, Tak Shing Dominic	59 Fastlane Swimmin	40.85
4	26250 IAZ	Lau, Cho Tak	58 Lai Tsun	42.00
5	38291 IAZ	Liu, Chun Sing	55 Sword Fish Club	44.00
6	40592 IAZ	Fo, Pui Keung	57 Hong Kong Police	44.14
7	26176 IAX	Ho, Chung Man	58 Lai Tsun	45.00
8	37048 IAZ	Cheung, Wai Chuen Jimmy	58 Sword Fish Club	47.00
9	26261 IAZ	Tsun, Chung Wa Jode	57 Hong Kong Police	49.59
10	32108 IAX	Chan, Kiu	59 Sword Fish Club	55.00

60-64

1	04988	Cheung, Chi Kwong	63 Fire Services	37.00
2	06202	Lau, Kim Wah	62 Fire Services	39.00
3	03215 IAZ	Leung, Yiu Chuen	63 Sun Yip	42.00
4	45930 IAZ	Lo, Wing Kwong	60 Sun Yip	42.00

2021-22 Long Course Masters Swimming Comp P3 - 20-Jun-21

Psych Sheet

60-64... (Event 11 Men 50 LC Meter Breaststroke)

5	17725 IAZ	Ng, Yu Hung	63	Sword Fish Club	42.08
6	12890 IAZN	Leung, Kwai Ching	63	Lai Tsun	44.00
7	19350 IAZ	Leung, Chi Wah	64	Hong Kong Police	50.00
8	41426 IAZ	Tang, Yu Hang Francis	60	Tung Sing	54.00
9	25226 IAZ	Choi, Tai Wing	60	Sword Fish Club	55.00

65-69

1	06207	Lau, Kim Man	65	Fire Services	39.00
2	06281	Fung, Kam Tai	66	Sword Fish Club	40.00
3	03847	Cheung, Kwok Yu	65	Sun Yip	40.00
4	14035	Wong, Shing Kuen	68	Lai Tsun	50.00
5	06389	Chan, Hong Wah	68	New Water Polo	55.00

70-74

1	03845	Tin, Sheung Kwai	74	New Water Polo	41.80
2	05917	Yong, Khin Syn	72	Sword Fish Club	43.00
3	06243	Koo, Choi Fat	71	Wong Tai Sin	48.00
4	20634 IAZ	Wu, Shu Sun	71	New Water Polo	55.00
5	06242	Lau, Heung Wing	72	Wong Tai Sin	1:03.00

75-79

1	14029	Ieong, Vun Fai	75	Sword Fish Club	55.00
2	10274	Lau, Chun Nung	75	Lai Tsun	1:00.00

80-84

1	06270	Lam, Luk Kan	80	Sword Fish Club	55.00
2	05407	Lee, She Kwok	83	Sword Fish Club	58.00

85-89

1	38060 IAZ	Chi, Lieh Yung	87	Sword Fish Club	1:08.00
2	31988 IAO	Wilson, John Simon	89	New Water Polo	1:30.00

Event 12 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	14748 IAZ	Yue, Wing Suet	22	Golden Dolphin	41.00
2	20104 IAZ	Koo, Man Yan	22	Kwun Tong	42.00
3	26980 IAZ	Wong, Suet Wing	22	North District	44.25
25-29					
1	46331 @ICO	Brueck, Hannah Madeleine	25	Fastlane Swimmin	41.00
2	11418 P	Chan, Yuan Ting Janet	26	Lai Tsun	45.00
3	38431 IAZ	Tsang, Hiu Ching	29	Hong Kong Police	46.28
4	07028 B	Fong, Sin Yi	28	New Water Polo	48.61
5	08727 B	Hung Yuen Ching, Moose Culle	25	New Water Polo	50.00
6	08238 B	Li, Tsz Yu	27	New Water Polo	50.39
30-34					
1	00313 IBZ	Mok, Hon Ching	32	Hong Kong Police	40.00
2	05452 IBZ	Ho, Mei Po	33	Kwun Tong	42.00
3	01552 IBZ	Lai, Hiu Ling	32	New Water Polo	42.01

2021-22 Long Course Masters Swimming Comp P3 - 20-Jun-21

Psych Sheet

30-34... (Event 12 Women 50 LC Meter Breaststroke)

4	06577 IBZ	Leung, Wei Yan	31	Sword Fish Club	44.00
5	43965 IAZ	Yu, Yik Man	32	New Water Polo	50.00

35-39

1	00777 IBZ	Tse, Yu Ting	35	New Water Polo	44.45
---	-----------	--------------	----	----------------	-------

40-44

1	46247 @IAO	Krkalo, Shauna Kathleen	43	LRC	38.00
2	42785 @ICO	Coughlin, Joni Payne	42	LRC	40.55
3	33036 ICO	Coleman, Claire Michelle	43	Fastlane Swimmin	42.50
4	43157 @ICO	Lee, Chew Ling	44	LRC	44.10
5	38290 IAZ	Wong, Ting Chi Vanessa	41	Sword Fish Club	45.00
6	26803 IAZ	Yung, Hoi Ying	41	New Water Polo	48.61
7	06304 ICZ	Cheung, Man Yiu	42	Sea Green	50.00
8	30261 IAX	Chan, Mung Yu	41	Sword Fish Club	52.00
9	36961 IAZ	Tung, Fung	44	Kwun Tong	55.00
10	41149 IAZ	Yeung, Oi Mei	44	New Water Polo	57.00
11	30072 ICW	Chao, Man Chi	42	New Water Polo	59.00
12	43497 IAZ	Tang, Pik Lam Cathy	43	Lai Tsun	1:00.00

45-49

1	33517 IAO	Yamaguchi, Mika	49	Fastlane Swimmin	40.50
2	35982 IAZ	Chang, Wing Man	49	Lai Tsun	47.00
3	06209	Lam, Wing Lan Hazard	45	Hong Kong Police	50.62
4	46181 IAZ	Ng, Yan Yan Bandy	45	Tung Sing	53.00
5	06349	Ip, Oi Wa Wendy	49	Sword Fish Club	54.00
6	45917	Huang, Caifang	47	Sword Fish Club	56.00
7	44304 IAX	Choi, Shan Shan	49	Sword Fish Club	1:10.00

50-54

1	40575 IAO	Chan, San Ngah	53	Fastlane Swimmin	47.48
2	37012 IAZ	Lun, Yau Chun Nara	53	New Water Polo	1:10.00
3	31395 IAZ	Chan, Pui Ling	51	Flying Fish	NT

55-59

1	36267 IAZ	Yau, Sin Man	55	Hong Kong Police	49.64
2	41423 IAZ	Chiu, Pauline	59	Tung Sing	53.00
3	45065 @IAZ	Lo, Fung Po Jennifer	58	LRC	53.41
4	26254 IAX	Ng, Kong Ching	56	New Water Polo	58.00
5	38289 IAZ	Ng, Wai Lin Angie	57	Sword Fish Club	1:00.00
6	38460 IAZ	Tang, Kit Fong Yvonne	57	New Water Polo	1:20.00
7	44303 IAZ	Lam, Man Lai	55	Sword Fish Club	1:20.00

60-64

1	27141 IAZ	Wong, Kit Man Kitty	60	Tung Sing	52.00
2	31755 IAZ	Woo, Wing Fong Cinderella	62	Lai Tsun	55.00
3	02711	Fok, Wai Fung	63	Wong Tai Sin	55.49
4	19290 IAX	Tseung, Nga Wah	64	Sword Fish Club	1:00.00

65-69

1	06213	Mo, Mei Ling	67	Wong Tai Sin	1:06.00
2	06127	Lau, Wai Lin	65	New Water Polo	1:20.00

70-74

1	05412	Chu, Lui Kwong	70	Sword Fish Club	1:00.00
2	06212	Lo, Yeuk Shuen	72	Wong Tai Sin	1:30.00

2021-22 Long Course Masters Swimming Comp P3 - 20-Jun-21

Psych Sheet

Event 13 Mixed 200 LC Meter Medley Relay

100-119W MSR: 2:19.21

120-159W MSR: 2:10.92

160-199W MSR: 2:10.35

200-239W MSR: 2:32.48

240-279W MSR: 2:48.90

280-319W MSR: 3:21.30

100-119M MSR: 1:51.11

120-159M MSR: 1:54.76

160-199M MSR: 1:53.94

200-239M MSR: 2:03.19

	Team	Relay	Seed Time
X100-119... (Event 13 Mixed 200 LC Meter Medley Relay)			
1	Hong Kong Police Swimming	X100 A	NT
2	New Water Polo Club	X100 A	NT
X120-159			
1	Lai Tsun Swimming Society	X120 A	NT
2	Hong Kong Police Swimming	X120 A	NT
3	Fastlane Swimming Co Limited	X120 A	NT
4	Hong Kong Football Club	X120 A	NT
5	New Water Polo Club	X120 A	NT
6	Ladies' Recreation Club	X120 A	NT
X160-199			
1	Sword Fish Club	X160 A	2:50.00
2	Hong Kong Flying Fish Athletic	X160 A	NT
3	Lai Tsun Swimming Society	X160 A	NT
4	Hong Kong Police Swimming	X160 A	NT
5	Fastlane Swimming Co Limited	X160 A	NT
6	Hong Kong Football Club	X160 A	NT
7	New Water Polo Club	X160 A	NT
8	Kwun Tong Swimming Club	X160 A	NT
9	Ladies' Recreation Club	X160 A	NT
X200-239			
1	Sword Fish Club	X200 A	3:00.00
2	Hong Kong Flying Fish Athletic	X200 A	NT
3	Lai Tsun Swimming Society	X200 A	NT
4	Hong Kong Police Swimming	X200 A	NT
5	Fastlane Swimming Co Limited	X200 A	NT
6	New Water Polo Club	X200 A	NT
7	Ladies' Recreation Club	X200 A	NT
X240-279			
1	Sword Fish Club	X240 A	3:10.00
2	Lai Tsun Swimming Society	X240 A	NT
3	New Water Polo Club	X240 A	NT
4	Ladies' Recreation Club	X240 A	NT
X280-319			
1	Sword Fish Club	X280 A	3:30.00
2	Lai Tsun Swimming Society	X280 A	NT
3	New Water Polo Club	X280 A	NT
X320-359			
1	Sword Fish Club	X320 A	4:00.00

2021-22 Long Course Masters Swimming Comp P3 - 20-Jun-21

Psych Sheet

Event 14 Men 400 LC Meter Freestyle

18-24 MSR: 4:25.08

25-29 MSR: 4:32.86

30-34 MSR: 4:46.54

35-39 MSR: 4:29.74

40-44 MSR: 4:35.39

45-49 MSR: 4:31.75

50-54 MSR: 5:02.73

55-59 MSR: 5:11.90

60-64 MSR: 5:24.54

65-69 MSR: 6:00.83

	ID#	Name	Age	Team	Seed Time
18-24... (Event 14 Men 400 LC Meter Freestyle)					
1	09034 IAZ	Tai, Man To	23	New Water Polo	4:35.00
2	24728 IAZ	Chan, Wing Fa	24	Eastern Winter	5:30.00
25-29					
1	05296 #B	Hui, Chun Hin	28	New Water Polo	4:25.00
2	39152 ICO	Belecanech, Matthew Joseph	29	Hong Kong Footba	4:59.99
3	16201 B	Kwok, Yuk Hang	25	Kwun Tong	5:00.00
4	12001 IB	Li, Chung Yin	28	Hong Kong Police	5:00.00
5	46302 IAZ	Yu, Shun Hong	28	New Water Polo	6:40.00
6	46301 IAZ	Lai, Siu In	28	New Water Polo	7:46.00
30-34					
1	34366 ICO	Maury, Matthieu Bernard	33	Hong Kong Footba	5:00.00
2	10309 IBZ	Leung, Chin Fung	32	Fire Services	5:00.00
3	10686	Chan, Ching	30	Golden Dolphin	5:30.00
4	33387 IAO	Wu, Kenneth Yee Lok	30	Sword Fish Club	5:48.00
5	38439 ICO	Ou Yong, Xuan Sheng	33	Fastlane Swimmin	5:50.00
6	27874 IAZ	Chan, Cheuk Man	33	New Water Polo	6:00.00
7	27873 IAZ	Ko, King Hei	33	New Water Polo	6:00.00
8	39190 IAZ	Lee, Ka Lun	32	New Water Polo	6:00.00
35-39					
1	41151 @ICO	Caggio, Antonino	39	LRC	4:29.74
2	01465 ICZ	Chiang, Filomeno	39	Hong Kong Police	5:15.00
3	09165	Cheung, Siu Fung	38	Lai Tsun	6:30.00
40-44					
1	46248 @ICO	O' Neill, Donal Thomas	41	LRC	4:30.00
2	01012 ICZ	Fong, Lik Sun	41	Hong Kong Footba	4:36.00
3	42766 ICO	Dahlmann, Sven Christoph	41	Fastlane Swimmin	5:10.00
4	27133 IAZ	Poon, Man Chun	40	Wong Tai Sin	6:27.79
5	28993 #IAX	Tung, Tin	44	Sun Yip	6:30.00
6	37781 IAZ	Lo, Kar Lai Gary	43	New Water Polo	8:00.00
45-49					
1	24641 ICO	Cummings, Richard Mark	48	LRC	4:33.35
2	37671 ICO	Stamenovic, Ivan	45	LRC	4:37.56
3	25114 ICO	Barry, Matthieu Marie	47	LRC	4:57.75
4	19343 IAZ	Leung, Wan Hung Andy	47	Hong Kong Police	5:30.00
5	27868 IAZ	Chan, Chi Wah Ringo	49	Sword Fish Club	5:48.00
6	28849 IAZ	Chan, Chun Kuen	46	Sword Fish Club	5:48.00
7	28518 IAZ	Yau, Wo Fung	49	Kwun Tong	6:30.00
8	25592 IAZ	Cheung, Wai Kei	49	Flying Fish	NT
50-54					
1	10264 #	Faiola, Jeff Alan	50	Island Stingrays	4:59.67

2021-22 Long Course Masters Swimming Comp P3 - 20-Jun-21

Psych Sheet

50-54... (Event 14 Men 400 LC Meter Freestyle)

2	41757 IAO	Stamper, Mark	50	Fastlane Swimmin	5:10.00
3	45576 @P	Plummer, B Justin Gayle	51	LRC	5:15.00
4	27470 IAZ	Chan, Tin Hung	53	Hong Kong Police	5:30.00
5	21814 ICO	Mattoli, Enrico Andrea	51	LRC	6:15.00
6	26053 IAZ	Wong, Yee Keung	50	Flying Fish	NT
7	30710 IAZ	Lai, Kin Sun	51	Flying Fish	NT
8	05273	Poon, Ho Keung Danny	51	Flying Fish	NT

55-59

1	22512 ICO	Kehoe, Andrew John	56	LRC	5:53.80
2	19802 IAO	Farrands, Sam	56	LRC	6:15.00
3	26594 IAZ	Ching, Wai Kin	57	Sword Fish Club	6:44.28
4	32108 IAX	Chan, Kiu	59	Sword Fish Club	7:10.00
5	40861 IAZ	Cheung, Chi Ming Rover	58	Sword Fish Club	7:50.00
6	29472 IAZN	Choi, Kwok Man Tony	55	Sword Fish Club	7:50.00
7	21024 IAZ	Chan, Wai Man Kelvin	57	New Water Polo	7:56.00
8	05191	Koo, Yu Fat Marcus	59	Flying Fish	NT

60-64

1	26591 IAO	Ho, Robert Yau Chung	63	LRC	5:40.00
2	06247	So, Kam Shing	60	Wong Tai Sin	6:30.00
3	06237	Mok, Chu Piu	64	Lai Tsun	6:40.00
4	13979	Lee, Sing Tim	60	Lai Tsun	7:20.00
5	17956 IAZ	Chau, Kim Fai	64	Sword Fish Club	8:05.00
6	46092 @IAO	Munro, Gavin Malcolm	61	LRC	NT

65-69

1	06382	Chan, Kam Por	69	Sword Fish Club	6:30.00
2	33115 IAX	Ng, Kan Sing	68	Sword Fish Club	6:30.00
3	04500	Cheung, Ip Chor	66	Sword Fish Club	7:00.00
4	06239	Chan, King Yuen	66	Lai Tsun	7:55.00
5	26318	Suen, Chi Wing	67	Sword Fish Club	8:00.00

70-74

1	06268	Tse, Kwok Piu	70	Sword Fish Club	5:12.00
2	04505	Chan, Kwok Hung	74	Hong Kong Police	8:10.00
3	22182 IAZ	Ngai, Yin Leung	72	Sword Fish Club	9:06.00

75-79

1	06274	Wong, Yau Chuen	75	Sword Fish Club	7:08.00
---	-------	-----------------	----	-----------------	---------

Event 15 Women 400 LC Meter Freestyle

18-24 MSR:	5:06.39
25-29 MSR:	5:12.71
30-34 MSR:	5:04.92
35-39 MSR:	4:41.52
40-44 MSR:	4:44.60
45-49 MSR:	5:30.02
50-54 MSR:	5:25.06
55-59 MSR:	6:02.65
60-64 MSR:	7:02.63
65-69 MSR:	7:13.63

	ID#	Name	Age	Team	Seed Time
18-24					
1	26980 IAZ	Wong, Suet Wing	22	North District	NT
25-29					
1	45704 @ICO	Vainius, Therese Ellen	28	LRC	5:15.00
2	01436	Yeung, Hui Wei Hervien	28	Fastlane Swimmin	5:40.00

2021-22 Long Course Masters Swimming Comp P3 - 20-Jun-21

Psych Sheet

30-34... (Event 15 Women 400 LC Meter Freestyle)

1	46104 @ICO	Sheridan, Kaitlyn Rose	34	Fastlane Swimmin	6:00.00
2	06577 IBZ	Leung, Wei Yan	31	Sword Fish Club	6:28.00
3	43965 IAZ	Yu, Yik Man	32	New Water Polo	7:40.00
4	46294 ICX	Lin, Shengzhu	33	New Water Polo	8:00.00

40-44

1	40702 IAX	Kar, Ka	44	New Water Polo	6:30.00
2	41149 IAZ	Yeung, Oi Mei	44	New Water Polo	7:45.00

45-49

1	40852 ICO	Coley, Allison Leigh	45	Fastlane Swimmin	5:35.00
2	38302 IAZ	Cheung, Man Ling Melody	49	Lai Tsun	6:30.00
3	35772 IAX	Ban, Xianhai	49	New Water Polo	8:00.00

50-54

1	23588 IAZ	Lee, Ying Chi	53	Tung Sing	8:05.00
2	43190 IAZ	Li, Hau Yi Dora	52	Eastern Winter	10:00.00
3	31395 IAZ	Chan, Pui Ling	51	Flying Fish	NT

55-59

1	31750 IAZ	Cheung, Lai Ying Anita	58	Lai Tsun	9:10.00
2	41911 IAZN	Ng, Kit Man Joanna	56	New Water Polo	9:50.00
3	36225 IAX	Li, Wai Kam	59	Sea Green	9:50.00
4	45065 @IAZ	Lo, Fung Po Jennifer	58	LRC	NT

60-64

1	27141 IAZ	Wong, Kit Man Kitty	60	Tung Sing	8:00.00
2	31755 IAZ	Woo, Wing Fong Cinderella	62	Lai Tsun	9:00.00

65-69

1	03503	Castka, Gillian Hancer	65	Sword Fish Club	7:50.00
2	06355	Lo, Lai Yung	66	New Water Polo	8:30.00