

Programme

比賽賽程



HONG KONG CHINA SWIMMING ASSOCIATION

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

Hong Kong Open Swimming Championships 2024
二零二四年香港公開游泳錦標賽

12 - 14 July 2024 (Fri - Sun)
二零二四年七月十二至十四日 (星期五至日)

Victoria Park Swimming Pool

維多利亞公園游泳池

Address: 1 Hing Fat Street, Causeway Bay, Hong Kong
香港銅鑼灣興發街一號



Subvented by: LCSD



Hong Kong Open Swimming Championship 2024
Entry Information

No. of Entries by Event		
Event #	Event Name	Entries
39	Mixed 4x100 Medley Relay	11
1	Women 1500 Freestyle	15
40	Mixed 4x100 Freestyle Relay	8
2	Men 1500 Freestyle	31
3	Women 200 Freestyle	22
4	Men 100 Freestyle	23
5	Women 100 Breaststroke	39
6	Men 50 Breaststroke	33
7	Women 100 Butterfly	20
8	Men 400 IM	27
9	Women 50 Backstroke	20
10	Men 100 Backstroke	34
11	Women 200 IM	26
12	Men 200 Butterfly	21
13	Women 50 Freestyle	17
14	Men 400 Freestyle	28
15	Women 200 Backstroke	12
16	Men 200 Breaststroke	37
17	Women 800 Freestyle	14
18	Men 4x100 Medley Relay	10
19	Women 4x100 Medley Relay	7
20	Men 50 Butterfly	33
21	Women 100 Freestyle	20
22	Men 200 Freestyle	25
23	Women 50 Breaststroke	33
24	Men 100 Breaststroke	34
25	Women 400 IM	13
26	Men 100 Butterfly	34
27	Women 100 Backstroke	26
28	Men 50 Backstroke	28
29	Women 200 Butterfly	8
30	Men 200 IM	32
31	Women 400 Freestyle	17
32	Men 50 Freestyle	31
33	Women 200 Breaststroke	33
34	Men 200 Backstroke	29
35	Women 50 Butterfly	30
36	Men 800 Freestyle	18
37	Women 4x100 Freestyle Relay	8
38	Men 4x100 Freestyle Relay	11

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Entry information by day	
Day / Session	No. of Entries
Day 1	65
Day 2	390
Day 3	463

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Event List for Hong Kong Open Swimming Championships 2024

二零二四年香港公開游泳錦標賽 - 項目表

Venue 場地: Victoria Park Swimming Pool

Date 日期: 12-14 July 2024 (星期五至日)

維多利亞公園游泳池

Day 1 第一日						
Warmup:	1700 - 1745 hours		Start:	1800 hours		
Women 女		Event 項目				Men 男
	QT				QT	
39	04:54.00	Mixed Medley Relay 混合四式接力	4x100M			
1	19:20.00	Freestyle 自由泳	1500M			
40	04:33.07	Mixed Freestyle Relay 混合自由接力	4x100M			
			1500M	Freestyle 自由泳	18:20.31	2
Day 2 第二日						
AM Warmup:	0800 - 0845 hours		Start:	0900 hours		
PM Warmup:	1430 - 1515 hours		Start:	1530 hours		
Women 女		Event 項目				Men 男
3	02:19.97	Freestyle 自由泳	200M			
			100M	Freestyle 自由泳	00:55.38	4
5	01:23.48	Breaststroke 蛙泳	100M			
			50M	Breaststroke 蛙泳	00:32.66	6
7	01:13.26	Butterfly 蝶泳	100M			
			400M	Ind. Medley 個人四式	05:19.19	8
9	00:33.77	Backstroke 背泳	50M			
			100M	Backstroke 背泳	01:07.39	10
11	02:38.84	Ind. Medley 個人四式	200M			
			200M	Butterfly 蝶泳	02:25.98	12
13	00:28.83	Freestyle 自由泳	50M			
			400M	Freestyle 自由泳	04:34.03	14
15	02:37.67	Backstroke 背泳	200M			
			200M	Breaststroke 蛙泳	02:41.90	16
17	09:50.29	Freestyle 自由泳	800M			
19	04:54.00	Medley Relay 四式接力	4x100M	Medley Relay 四式接力	04:26.84	18

Day 3 第三日

AM Warmup:	0800 - 0845 hours	Start:	0900 hours		
PM Warmup:	1430 - 1515 hours	Start:	1530 hours		
Women 女		Event 項目			Men 男
			50M	Butterfly 蝶泳	00:28.10 20
21	01:02.90	Freestyle 自由泳	100M		
			200M	Freestyle 自由泳	02:08.25 22
23	00:37.66	Breaststroke 蛙泳	50M		
			100M	Breaststroke 蛙泳	01:11.64 24
25	05:38.68	Ind. Medley 個人四式	400M		
			100M	Butterfly 蝶泳	01:04.75 26
27	01:15.80	Backstroke 背泳	100M		
			50M	Backstroke 背泳	00:30.58 28
29	02:31.17	Butterfly 蝶泳	200M		
			200M	Ind. Medley 個人四式	02:24.55 30
31	04:52.07	Freestyle 自由泳	400M		
			50M	Freestyle 自由泳	00:25.97 32
33	03:02.68	Breaststroke 蛙泳	200M		
			200M	Backstroke 背泳	02:28.79 34
35	00:32.16	Butterfly 蝶泳	50M		
			800M	Freestyle 自由泳	09:00.00 36
37	04:33.07	Free Relay 自由泳接力	4x100M	Free Relay 自由泳接力	03:57.79 38

截止註冊日期

CLOSING DATE FOR REGISTRATION: **31 May 2024 (1700 hours)**

截止報名日期

CLOSING DATE FOR ENTRIES: **21 June 2024 (1700 hours)**

二零二四年香港公開游泳錦標賽

比賽章程 (本地適用)

日期：	第一日 - 12/07/2024 (五) 熱身：1700-1745 比賽開始：1800	第二日 - 13/07/2024 (六) 熱身：0800-0845 比賽開始：0900 熱身：1430-1515 比賽開始：1530	第三日 - 14/07/2024 (日) 熱身：0800-0845 比賽開始：0900 熱身：1430-1515 比賽開始：1530
地點：	維多利亞公園游泳池		
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 2024-2025 年度(SW 組別)泳員，並於比賽截止報名前廿一日註冊。◇ 錦標賽參賽資格規則適用。◇ 泳員須達到標準時間方可參加比賽。◇ 首次報名參與公開游泳錦標賽而未能提交本會舉辦認可游泳賽事的成績證明，必須以該項的達標時間報名。		
報名：	<ul style="list-style-type: none">◇ 不正確及未達標泳員的報名資料，將不獲受理，報名費概不發還。◇ 截止後的報名將不獲受理。◇ 13 歲或以上的泳員方可參加 800 米及 1500 自由泳項目。 <p><u>本地組個人項目</u></p> <ul style="list-style-type: none">◇ 每名泳員可參加不多於四項個人項目。◇ 如泳員在比賽前或比賽後被發現參加多於指定數量，本會將取消該泳員最後一項的項目或成績。◇ *每項報名費為港幣\$15 元正。◇ 所有以達標時間(“QT”)報名的項目一律為港幣\$15+港幣\$40，即港幣\$55 元正。 <p><u>本地組屬會接力項目</u></p> <ul style="list-style-type: none">◇ 每個屬會只可派一隊參加每項接力。◇ *每項報名費為港幣\$15 元正。◇ 所有以達標時間(“QT”)報名的項目一律為港幣\$15+港幣\$40，即港幣\$55 元正。 <p>*支票請劃線，抬頭寫 'HKGSA'。</p>		
截止註冊：	二零二四年五月三十一日 (星期五) (1700 小時)		
截止報名：	二零二四年六月二十一日 (星期五) (1700 小時)		
項目及參賽標準：	請參閱項目表 (附達標時間)。		

規則：	<ul style="list-style-type: none"> ✧ 所有 800 米、1500 米自由泳及混合接力以時間定名次。 ✧ 800 米及 1500 米自由泳項目以時間定名次，報名時間最快的首八名泳員將安排於下午作賽，其餘泳員則於上午作賽。 ✧ 除 800 米及 1500 米自以外的項目，次天與第三天賽事上午與下午的項目次序相同，上午為初賽，下午為決賽。 ✧ 八個或少於八個泳員報名的項目於下午舉行。 ✧ 進入決賽的達標泳員/泳隊以決賽成績再排名次。 ✧ 無論如何，進入決賽的泳員/泳隊所獲之最後名次必比沒有進入決賽者為高。 ✧ 合資格進入下午決賽的第九及第十名後備泳員/泳隊須於下午決賽前到召集處報到。如欲棄權，必須於指定時間內遞交棄權表格。 ✧ 比賽將採用世界泳聯及泳總規則。 ✧ 上午成績未能達到參賽標準之泳員/屬會將不獲計分，其屬會/團體將被扣三分。 ✧ 在決賽項目中，成績未能達到參賽標準之泳員將不獲獎牌，其個人/屬會/團體不會被扣分。(直入決賽項目例外。) ✧ 屬會於接力項目未能達到參賽標準，將每項被扣六分。(初賽已達標例外) ✧ 沒有遞交棄權表格而「缺席」比賽者，其個人及屬會/團體將被扣三分。 ✧ 接力名單須於每節開賽三十分鐘前遞交。 ✧ 所有初賽棄權須於首天比賽一日(工作天)前中午十二時或之前遞交。 ✧ 決賽棄權須於每項初賽成績公佈後三十分鐘內遞交。 ✧ 泳員申請分段時間紀錄須於每節開賽前 30 分鐘遞交申請表連同港幣\$300元正予總裁判。任何情況下，所繳費用概不發還。 ✧ 運動員轉會：轉會競賽運動員在成功轉會日起一年內代表新屬會參與所有計分的比賽中所得的分數(不論個人或接力項目)將不會被計算至新屬會的團體總分。 ✧ 每項初賽「缺席」的罰款為港幣\$120 元正。 ✧ 每項決賽「缺席」的罰款為港幣\$120 元正。 ✧ 不達標項目的每項罰款為港幣\$120 元正。
獎項及計分方法：	<p><u>團體獎項：</u></p> <ul style="list-style-type: none"> ✧ 團體總冠軍、亞軍及季軍 ✧ 男、女子團體總冠軍、亞軍、季軍 <p><u>個人獎項：</u></p> <ol style="list-style-type: none"> 1. 個人項目首三名將獲發獎牌。 2. <u>最高積分獎</u> <ul style="list-style-type: none"> ✧ 男、女泳員各一名。 ✧ 最高積分獎頒發給是次比賽中得最高積分者，積分計算方法見附表。 ✧ 如得分相同，優勝將以金、銀、銅牌數量來定奪。(接力項目除外) 如得分仍相同，則以其所破紀錄計算：香港紀錄得 5 分，大會紀錄 3 分。 2. <u>最佳男、女子泳員獎</u> <ul style="list-style-type: none"> ✧ 頒發給在香港長池得分表中達到最高分(計至小數後兩個位)的泳員。(如得分相同，優勝將以下一個最高得分的參賽項目來定奪。) ✧ 破香港紀錄的本地泳員獲頒發特別獎。

上訴：	<ul style="list-style-type: none"> ◇ 任何上訴須以書面提出，並須在該項目比賽後三十分鐘內，連同上訴費港幣\$300元正遞交予總裁判。 ◇ 上訴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。
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計分表

名次	1	2	3	4	5	6	7	8
個人/團體	11	7	6	5	4	3	2	1
接力	22	14	12	10	8	6	4	2

HONG KONG OPEN SWIMMING CHAMPIONSHIPS 2024

Rules & Regulations (Local)

Date	<u>Day 1 - 12/07/2024 (Fri)</u> Warm Up: 1700-1745 Start: 1800	<u>Day 2 - 13/07/2024 (Sat)</u> Warm Up: 0800-0845 Start: 0900 Warm Up: 1430-1515 Start: 1530	<u>Day 3 - 14/07/2024 (Sun)</u> Warm Up: 0800-0845 Start: 0900 Warm Up: 1430-1515 Start: 1530
Venue	Victoria Park Swimming Pool		
Entry Conditions	<ul style="list-style-type: none"> ❖ All competitors must be 2024-2025 registered swimmers (SW) of HKGSA and register to HKGSA at least 21 days prior to the closing date of entries. ❖ Championship Eligibility rule applies. ❖ Swimmers should reach qualifying standard. ❖ For all new entries for any event entered with no proven result, qualify time for individual event shall be used as entry time. 		
Entries	<ul style="list-style-type: none"> ❖ Entries must be submitted with HKGSA master entry forms & fees. Incomplete / Incorrect information will be rejected and fees paid will not be refunded. ❖ Late entries will not be accepted. ❖ Swimmers who enroll in 800m and 1500m freestyle must be age 13 or above. <p style="text-align: center;"><u>Local Individual Events</u></p> <ul style="list-style-type: none"> ❖ Each swimmer is limited to no more than 4 individual events. ❖ In case of any swimmer entering number of events in excess of the entry quota, HKGSA will have the sole discretion to scratch or cancel the swimmer's last entry event at any point of time. ❖ *HK\$15 per individual event. ❖ * HK\$ 15 + HK\$ 40 = HK\$ 55 --- For each qualified time ("QT") entry. <p style="text-align: center;"><u>Local Club Relay Events</u></p> <ul style="list-style-type: none"> ❖ Each club may enter one team in each relay event. ❖ *HK\$15 per team per relay event. ❖ HK\$ 15 + HK\$ 40 = HK\$ 55 --- For each qualified time ("QT") entry. <p>*Paid by cheque. Crossed cheque made payable to 'HKGSA'.</p>		
Closing Date for Registration	<u>(Fri) 31 May 2024 (1700 hrs)</u>	Closing Date for Entries	<u>(Fri) 21 June 2024 (1700 hrs)</u>
Event list / Qualifying Standards	Please see attached event list. (With Qualifying Time)		
Rules	<ul style="list-style-type: none"> ❖ 800m, 1500m Free & Mixed Relay is Timed-final. ❖ Time Final format will be applied to 800m/1500m events, slow heats will be in the morning while the fastest heat will take place in the afternoon session. ❖ The morning and the afternoon sessions of the second and third day of the 		

competition (apart from 800m & 1500m Free) are in the same event order. Morning session of the competition is for preliminary, afternoon session will be finals.

- ❖ Events with 8 or less swimmers will proceed to the afternoon session.
- ❖ Rank according to the results gained in the morning session.
- ❖ Swimmers entered final (first eight qualified swimmers in the morning session) will rank according to the results gained in the afternoon final session.
- ❖ Anyhow, swimmers who entered Finals will rank higher than swimmers who did not enter the Finals.
- ❖ Reserve swimmers in the final list (9th & 10th place in the morning session) shall report to the marshalling area before the start of each respective event. **Scratch is required.**
- ❖ Name list of the Finals will announce shortly after the morning session.
- ❖ World Aquatics and HKGSA rules apply.
- ❖ Swimmers who fail to reach the respective qualifying times in the morning session will not be counted for points regardless of placing. Three points will be deducted from their respective club/team points in each case.
- ❖ Swimmers not meeting the qualifying times in the Finals will not be awarded medals. No Individual/Club/team points will be deducted. (Except Straight Final Events)
- ❖ Six points will be deducted in each case when clubs fail to reach the respective qualifying times in relay events. (Except those qualified in the morning)
- ❖ Three points will be deducted from individual/clubs'/teams' total score for each "no show".
- ❖ Name list with registration number of Relay must be submitted 30 minutes before the scheduled start time of each session.
- ❖ **All Scratch for heats must be submitted on or before 1200 noon one working day before the first event day.**
- ❖ A competitor or team not wishing to take part in final in which qualification was earned shall withdraw within 30 minutes following the announcement of **each prelim result.**
- ❖ Application for Split Time Record: swimmers who apply for split time record should submit application form with application fee of **HK\$300** to the Referee 30 minutes before the start of each session. Fee paid will not be refunded in any case.
- ❖ Swimmers' Club Transfer: Upon compliance with rules in relation to Registration of Club Transfer under Registration of Athletes, the requesting Athlete (as defined therein) can after the 1 month suspension period represent the new club in any meets but no point will be counted towards the new club's total scores for any event (whether individual or relay event) for 1 years from the first effective day of the completed Club Transfer.

	<ul style="list-style-type: none"> ❖ <u>A fine of \$120 will be charged for each "no show" of heats.</u> ❖ <u>A fine of \$120 will be charged for each "no show" of finals.</u> ❖ A fine of \$120 will be charged for each "not qualified".
Awards and Calculation of Points	<p>The following awards will be awarded:</p> <ul style="list-style-type: none"> ❖ Awards for Clubs / Teams: <ul style="list-style-type: none"> -Overall Champion, 1st runners up and 2nd runners up. -Overall Men & Women Champion, 1st runners up and 2nd runners up. ❖ Awards for Swimmers: <ul style="list-style-type: none"> - Medals will be awarded to 1st, 2nd and 3rd places. ❖ Awards for High Point Winners: (Overall Boy/Overall Girl) <ul style="list-style-type: none"> - High point winner trophies will be awarded to those swimmers accumulating the highest points in their events using the point score set out below. - In case of a tie, the winner will be determined by the no. of the medals (Relay events excluded) obtained in the following sequences i.e. gold, silver and bronze and finally the no. of records obtained with the following scoring method: HK Record: 5 Points, Meet Record: 3 Points. ❖ Awards for Outstanding Swimmers: (Overall Boy/Overall Girl) <ul style="list-style-type: none"> - Awarded to swimmers scoring the highest point (calculated to 2 decimal places) on the HK Point score table during the Championships. - In case of a tie, the winner will be determined by the second highest scored event obtained. ❖ Special awards will be presented to swimmers who break Hong Kong records.
Protest	<ul style="list-style-type: none"> ❖ Any protest shall be made in writing to the referee within 30 minutes following the result announcement of the respective event with an appeal fee of HK\$300. ❖ Protest will be forward to the Appeal Board of such competition for decision. ❖ If the protest is rejected, fee paid will be forfeited.

POINT SCORING

Placing	1 st	2 nd	3 rd	4 th	5 th	6 th	7 th	8 th
Club & Individual	11	7	6	5	4	3	2	1
Relay	22	14	12	10	8	6	4	2

熱身安全守則

運動員及教練必須於所有本會舉辦之游泳比賽中，遵守以下熱身安全守則：

普通熱身安全守則

由熱身時間開始至熱身完結前十五分鐘期間，以下普通熱身安全守則將會執行：

- 1) 所有泳道只開放用作一般熱身之用。
- 2) 泳員只能以腳入水方式落水。
- 3) 泳員只能以循環游泳方式熱身，不可以從跳台或泳池邊起跳。
- 4) 泳員於熱身後須儘快離開泳道以讓其他泳員能有充足時間進行熱身。泳員更不可於泳池內逗留或嬉戲。
- 5) 泳員須於起點及終點兩旁離開泳池，當泳員穿越泳道時應於泳線下越過並應儘速離開水面，不得潛泳。

衝刺及起跳熱身安全守則

由熱身完結前十五分鐘至熱身完結期間，以下衝刺及起跳熱身安全守則將會執行：

- 1) 一般情況下，最外圍四條泳道(左右各兩)將開放用作起跳及衝刺練習。其他泳道仍只用作普通熱身之用。以一個標準泳池作舉例，泳道 0,1 及 8,9 將開放予泳員用作衝刺及起跳練習。
- 2) 泳員必須於練習完畢後儘速離開。
- 3) 長池安排: 衝刺泳道將劃分為兩部份,由起點起計二十五米及由終點起計十五米。
- 4) 短池安排: 衝刺泳道用作予泳員於指定時段及泳道從跳台或水中起跳。泳員只能以單向方式前進。泳員必須於教練監察下作衝刺及起跳練習。
- 5) 進行背泳練習之泳員須留意沒有其他泳員於跳台上同時準備起跳。如有背泳泳員準備起跳，等候中泳員不應踏上跳台。

除以上守則以外，泳員須留意及遵守大會或總裁判現場有關熱身時段安排之宣佈。

教練應注意以下事項:

只有泳總註冊教練方能於熱身時間期間在池面逗留，並須佩戴泳總註冊教練證於當眼處。總裁判及泳總職員將於熱身期間進行檢查，未能出示泳總註冊教練證之人仕將不能於池面逗留並須立即離開。未合符註冊資格的教練可申請進入池面許可證。

- 1) 佩戴泳總註冊教練證於當眼處。
- 2) 指導泳員遵守安全指引及熱身注意事項。
- 3) 於泳員熱身期間積極監察其安全及活動。
- 4) 盡量與泳員保持良好溝通。

WARM UP RULES

The following general pool procedures for the **MAIN COMPETITION POOL** must be observed throughout the warm up sessions in every HKGSA swimming competition:

GENERAL Warm-up procedure

From the beginning to 15 minutes prior to the end of warm up session, the following warm up arrangements will be implemented,

- 1) All lanes can be used for general warm-up.
- 2) Swimmers must enter the pool feet first. NO DIVING is allowed.
- 3) Lap Swimming only.
- 4) Swimmers are required to exit the pool on completion of their warm-up to allow other swimmers to have adequate warm-up time. The pool is not for visiting or playing during the warm-up session.
- 5) Swimmers are recommended to cross lanes at the side of Starting or Turning End. They should swim under water when crossing the lane and should break to the surface as soon as possible.

Sprint and Start practice Warm-up procedure

From 15 minutes prior to the end of warm up session, the following warm up arrangements will be implemented,

- 1) In general, the outermost lane(s) should be used for race starts and sprint purpose, the remaining lanes for general warm-up. For instance, for a standard pool, lanes 0,1 and 8, 9 would be reserved as Sprints Lanes for swimmers to have race starts and sprint practice.
- 2) Swimmers must leave the sprint lanes immediately after practice.
- 3) In 50m pool, sprints lanes will be split into two ends, 25m from the Starting end and 15m from the turning end of the pool.
- 4) In 25m pool, sprint lanes are for diving from blocks or for backstroke starts in specified lanes at designated times. One way only! Dive sprints may only be done under the direct supervision of the coach.
- 5) Backstrokers should ensure that they are not starting at the same time while a swimmer is on the block. Swimmers shall not step up on the blocks if there is a backstroker waiting to start.

In addition to the procedures above please be aware of announcements to determine lane usage throughout the meet, as usage may vary at the discretion of the Referee.

Coaches are responsible for the following:

Only Registered Coaches of HKGSA are allowed to stay at the pool deck during warm-up time. Registered Coaches are required to wear the Coach Registration Card conspicuously when staying at the pool deck during warm up session. They should process and present the Coach Registration Card to the Referee and designated HKGSA staff for validation. Those who fail to process and present the Coach Registration Card will **not** be permitted to stay at the pool deck. Pool deck entry application is available for coaches who are not eligible to register with HKGSA.

- 1) Wearing the Coach Registration Card conspicuously.
- 2) Instructing swimmers regarding safety guidelines and warm-up procedures.
- 3) Actively supervising their swimmers throughout the warm-up sessions.
- 4) Maintaining as much contact with their swimmers as possible.

Hong Kong Swimming Point Score 2024 (LC)

Men

Score	%	Freestyle						Backstroke		
		50m	100m	200m	400m	800m	1500m	50m	100m	200m
100	1.00	21.48	47.66	1:44.62	3:43.58	7:42.55	14:53.60	24.60	53.02	1:55.04
99	1.01	21.69	48.14	1:45.67	3:45.82	7:47.18	15:02.54	24.85	53.55	1:56.19
98	1.02	21.91	48.61	1:46.71	3:48.05	7:51.80	15:11.47	25.09	54.08	1:57.34
97	1.03	22.12	49.09	1:47.76	3:50.29	7:56.43	15:20.41	25.34	54.61	1:58.49
96	1.04	22.34	49.57	1:48.80	3:52.52	8:01.05	15:29.34	25.58	55.14	1:59.64
95	1.05	22.55	50.04	1:49.85	3:54.76	8:05.68	15:38.28	25.83	55.67	2:00.79
94	1.06	22.77	50.52	1:50.90	3:56.99	8:10.30	15:47.22	26.08	56.20	2:01.94
93	1.07	22.98	51.00	1:51.94	3:59.23	8:14.93	15:56.15	26.32	56.73	2:03.09
92	1.08	23.20	51.47	1:52.99	4:01.47	8:19.55	16:05.09	26.57	57.26	2:04.24
91	1.09	23.41	51.95	1:54.04	4:03.70	8:24.18	16:14.02	26.81	57.79	2:05.39
90	1.10	23.63	52.43	1:55.08	4:05.94	8:28.81	16:22.96	27.06	58.32	2:06.54
89	1.11	23.84	52.90	1:56.13	4:08.17	8:33.43	16:31.90	27.31	58.85	2:07.69
88	1.12	24.06	53.38	1:57.17	4:10.41	8:38.06	16:40.83	27.55	59.38	2:08.84
87	1.13	24.27	53.86	1:58.22	4:12.65	8:42.68	16:49.77	27.80	59.91	2:10.00
86	1.14	24.49	54.33	1:59.27	4:14.88	8:47.31	16:58.70	28.04	1:00.44	2:11.15
85	1.15	24.70	54.81	2:00.31	4:17.12	8:51.93	17:07.64	28.29	1:00.97	2:12.30
84	1.16	24.92	55.29	2:01.36	4:19.35	8:56.56	17:16.58	28.54	1:01.50	2:13.45
83	1.17	25.13	55.76	2:02.41	4:21.59	9:01.18	17:25.51	28.78	1:02.03	2:14.60
82	1.18	25.35	56.24	2:03.45	4:23.82	9:05.81	17:34.45	29.03	1:02.56	2:15.75
81	1.19	25.56	56.72	2:04.50	4:26.06	9:10.43	17:43.38	29.27	1:03.09	2:16.90
80	1.20	25.78	57.19	2:05.54	4:28.30	9:15.06	17:52.32	29.52	1:03.62	2:18.05
79	1.21	25.99	57.67	2:06.59	4:30.53	9:19.69	18:01.26	29.77	1:04.15	2:19.20
78	1.22	26.21	58.15	2:07.64	4:32.77	9:24.31	18:10.19	30.01	1:04.68	2:20.35
77	1.23	26.42	58.62	2:08.68	4:35.00	9:28.94	18:19.13	30.26	1:05.21	2:21.50
76	1.24	26.64	59.10	2:09.73	4:37.24	9:33.56	18:28.06	30.50	1:05.74	2:22.65
75	1.25	26.85	59.58	2:10.78	4:39.48	9:38.19	18:37.00	30.75	1:06.28	2:23.80
74	1.26	27.06	1:00.05	2:11.82	4:41.71	9:42.81	18:45.94	31.00	1:06.81	2:24.95
73	1.27	27.28	1:00.53	2:12.87	4:43.95	9:47.44	18:54.87	31.24	1:07.34	2:26.10
72	1.28	27.49	1:01.00	2:13.91	4:46.18	9:52.06	19:03.81	31.49	1:07.87	2:27.25
71	1.29	27.71	1:01.48	2:14.96	4:48.42	9:56.69	19:12.74	31.73	1:08.40	2:28.40
70	1.30	27.92	1:01.96	2:16.01	4:50.65	10:01.32	19:21.68	31.98	1:08.93	2:29.55
69	1.31	28.14	1:02.43	2:17.05	4:52.89	10:05.94	19:30.62	32.23	1:09.46	2:30.70
68	1.32	28.35	1:02.91	2:18.10	4:55.13	10:10.57	19:39.55	32.47	1:09.99	2:31.85
67	1.33	28.57	1:03.39	2:19.14	4:57.36	10:15.19	19:48.49	32.72	1:10.52	2:33.00
66	1.34	28.78	1:03.86	2:20.19	4:59.60	10:19.82	19:57.42	32.96	1:11.05	2:34.15
65	1.35	29.00	1:04.34	2:21.24	5:01.83	10:24.44	20:06.36	33.21	1:11.58	2:35.30
64	1.36	29.21	1:04.82	2:22.28	5:04.07	10:29.07	20:15.30	33.46	1:12.11	2:36.45
63	1.37	29.43	1:05.29	2:23.33	5:06.30	10:33.69	20:24.23	33.70	1:12.64	2:37.60
62	1.38	29.64	1:05.77	2:24.38	5:08.54	10:38.32	20:33.17	33.95	1:13.17	2:38.76
61	1.39	29.86	1:06.25	2:25.42	5:10.78	10:42.94	20:42.10	34.19	1:13.70	2:39.91
60	1.40	30.07	1:06.72	2:26.47	5:13.01	10:47.57	20:51.04	34.44	1:14.23	2:41.06
59	1.41	30.29	1:07.20	2:27.51	5:15.25	10:52.20	20:59.98	34.69	1:14.76	2:42.21
58	1.42	30.50	1:07.68	2:28.56	5:17.48	10:56.82	21:08.91	34.93	1:15.29	2:43.36
57	1.43	30.72	1:08.15	2:29.61	5:19.72	11:01.45	21:17.85	35.18	1:15.82	2:44.51
56	1.44	30.93	1:08.63	2:30.65	5:21.96	11:06.07	21:26.78	35.42	1:16.35	2:45.66
55	1.45	31.15	1:09.11	2:31.70	5:24.19	11:10.70	21:35.72	35.67	1:16.88	2:46.81
54	1.46	31.36	1:09.58	2:32.75	5:26.43	11:15.32	21:44.66	35.92	1:17.41	2:47.96
53	1.47	31.58	1:10.06	2:33.79	5:28.66	11:19.95	21:53.59	36.16	1:17.94	2:49.11

Hong Kong Swimming Point Score 2024 (LC)

Men

Score	%	Breaststroke			Butterfly			Ind Medley	
		50m	100m	200m	50m	100m	200m	200m	400m
100	1.00	26.79	58.62	2:07.42	23.06	51.07	1:54.43	1:56.66	4:11.70
99	1.01	27.06	59.21	2:08.69	23.29	51.58	1:55.57	1:57.83	4:14.22
98	1.02	27.33	59.79	2:09.97	23.52	52.09	1:56.72	1:58.99	4:16.73
97	1.03	27.59	1:00.38	2:11.24	23.75	52.60	1:57.86	2:00.16	4:19.25
96	1.04	27.86	1:00.96	2:12.52	23.98	53.11	1:59.01	2:01.33	4:21.77
95	1.05	28.13	1:01.55	2:13.79	24.21	53.62	2:00.15	2:02.49	4:24.29
94	1.06	28.40	1:02.14	2:15.07	24.44	54.13	2:01.30	2:03.66	4:26.80
93	1.07	28.67	1:02.72	2:16.34	24.67	54.64	2:02.44	2:04.83	4:29.32
92	1.08	28.93	1:03.31	2:17.61	24.90	55.16	2:03.58	2:05.99	4:31.84
91	1.09	29.20	1:03.90	2:18.89	25.14	55.67	2:04.73	2:07.16	4:34.35
90	1.10	29.47	1:04.48	2:20.16	25.37	56.18	2:05.87	2:08.33	4:36.87
89	1.11	29.74	1:05.07	2:21.44	25.60	56.69	2:07.02	2:09.49	4:39.39
88	1.12	30.00	1:05.65	2:22.71	25.83	57.20	2:08.16	2:10.66	4:41.90
87	1.13	30.27	1:06.24	2:23.98	26.06	57.71	2:09.31	2:11.83	4:44.42
86	1.14	30.54	1:06.83	2:25.26	26.29	58.22	2:10.45	2:12.99	4:46.94
85	1.15	30.81	1:07.41	2:26.53	26.52	58.73	2:11.59	2:14.16	4:49.46
84	1.16	31.08	1:08.00	2:27.81	26.75	59.24	2:12.74	2:15.33	4:51.97
83	1.17	31.34	1:08.59	2:29.08	26.98	59.75	2:13.88	2:16.49	4:54.49
82	1.18	31.61	1:09.17	2:30.36	27.21	1:00.26	2:15.03	2:17.66	4:57.01
81	1.19	31.88	1:09.76	2:31.63	27.44	1:00.77	2:16.17	2:18.83	4:59.52
80	1.20	32.15	1:10.34	2:32.90	27.67	1:01.28	2:17.32	2:19.99	5:02.04
79	1.21	32.42	1:10.93	2:34.18	27.90	1:01.79	2:18.46	2:21.16	5:04.56
78	1.22	32.68	1:11.52	2:35.45	28.13	1:02.31	2:19.60	2:22.33	5:07.07
77	1.23	32.95	1:12.10	2:36.73	28.36	1:02.82	2:20.75	2:23.49	5:09.59
76	1.24	33.22	1:12.69	2:38.00	28.59	1:03.33	2:21.89	2:24.66	5:12.11
75	1.25	33.49	1:13.28	2:39.28	28.83	1:03.84	2:23.04	2:25.83	5:14.63
74	1.26	33.76	1:13.86	2:40.55	29.06	1:04.35	2:24.18	2:26.99	5:17.14
73	1.27	34.02	1:14.45	2:41.82	29.29	1:04.86	2:25.33	2:28.16	5:19.66
72	1.28	34.29	1:15.03	2:43.10	29.52	1:05.37	2:26.47	2:29.32	5:22.18
71	1.29	34.56	1:15.62	2:44.37	29.75	1:05.88	2:27.61	2:30.49	5:24.69
70	1.30	34.83	1:16.21	2:45.65	29.98	1:06.39	2:28.76	2:31.66	5:27.21
69	1.31	35.09	1:16.79	2:46.92	30.21	1:06.90	2:29.90	2:32.82	5:29.73
68	1.32	35.36	1:17.38	2:48.19	30.44	1:07.41	2:31.05	2:33.99	5:32.24
67	1.33	35.63	1:17.96	2:49.47	30.67	1:07.92	2:32.19	2:35.16	5:34.76
66	1.34	35.90	1:18.55	2:50.74	30.90	1:08.43	2:33.34	2:36.32	5:37.28
65	1.35	36.17	1:19.14	2:52.02	31.13	1:08.94	2:34.48	2:37.49	5:39.80
64	1.36	36.43	1:19.72	2:53.29	31.36	1:09.46	2:35.62	2:38.66	5:42.31
63	1.37	36.70	1:20.31	2:54.57	31.59	1:09.97	2:36.77	2:39.82	5:44.83
62	1.38	36.97	1:20.90	2:55.84	31.82	1:10.48	2:37.91	2:40.99	5:47.35
61	1.39	37.24	1:21.48	2:57.11	32.05	1:10.99	2:39.06	2:42.16	5:49.86
60	1.40	37.51	1:22.07	2:58.39	32.28	1:11.50	2:40.20	2:43.32	5:52.38
59	1.41	37.77	1:22.65	2:59.66	32.51	1:12.01	2:41.35	2:44.49	5:54.90
58	1.42	38.04	1:23.24	3:00.94	32.75	1:12.52	2:42.49	2:45.66	5:57.41
57	1.43	38.31	1:23.83	3:02.21	32.98	1:13.03	2:43.63	2:46.82	5:59.93
56	1.44	38.58	1:24.41	3:03.48	33.21	1:13.54	2:44.78	2:47.99	6:02.45
55	1.45	38.85	1:25.00	3:04.76	33.44	1:14.05	2:45.92	2:49.16	6:04.97
54	1.46	39.11	1:25.59	3:06.03	33.67	1:14.56	2:47.07	2:50.32	6:07.48
53	1.47	39.38	1:26.17	3:07.31	33.90	1:15.07	2:48.21	2:51.49	6:10.00

Hong Kong Swimming Point Score 2024 (LC)

Women

Score	%	Freestyle						Backstroke		
		50m	100m	200m	400m	800m	1500m	50m	100m	200m
100	1.00	23.96	51.92	1:53.56	4:00.59	8:19.92	15:57.67	27.27	58.75	2:06.31
99	1.01	24.20	52.44	1:54.70	4:03.00	8:24.92	16:07.25	27.54	59.34	2:07.57
98	1.02	24.44	52.96	1:55.83	4:05.40	8:29.92	16:16.82	27.82	59.93	2:08.84
97	1.03	24.68	53.48	1:56.97	4:07.81	8:34.92	16:26.40	28.09	1:00.51	2:10.10
96	1.04	24.92	54.00	1:58.10	4:10.21	8:39.92	16:35.98	28.36	1:01.10	2:11.36
95	1.05	25.16	54.52	1:59.24	4:12.62	8:44.92	16:45.55	28.63	1:01.69	2:12.63
94	1.06	25.40	55.04	2:00.37	4:15.03	8:49.92	16:55.13	28.91	1:02.28	2:13.89
93	1.07	25.64	55.55	2:01.51	4:17.43	8:54.91	17:04.71	29.18	1:02.86	2:15.15
92	1.08	25.88	56.07	2:02.64	4:19.84	8:59.91	17:14.28	29.45	1:03.45	2:16.41
91	1.09	26.12	56.59	2:03.78	4:22.24	9:04.91	17:23.86	29.72	1:04.04	2:17.68
90	1.10	26.36	57.11	2:04.92	4:24.65	9:09.91	17:33.44	30.00	1:04.63	2:18.94
89	1.11	26.60	57.63	2:06.05	4:27.05	9:14.91	17:43.01	30.27	1:05.21	2:20.20
88	1.12	26.84	58.15	2:07.19	4:29.46	9:19.91	17:52.59	30.54	1:05.80	2:21.47
87	1.13	27.07	58.67	2:08.32	4:31.87	9:24.91	18:02.17	30.82	1:06.39	2:22.73
86	1.14	27.31	59.19	2:09.46	4:34.27	9:29.91	18:11.74	31.09	1:06.98	2:23.99
85	1.15	27.55	59.71	2:10.59	4:36.68	9:34.91	18:21.32	31.36	1:07.56	2:25.26
84	1.16	27.79	1:00.23	2:11.73	4:39.08	9:39.91	18:30.90	31.63	1:08.15	2:26.52
83	1.17	28.03	1:00.75	2:12.87	4:41.49	9:44.91	18:40.47	31.91	1:08.74	2:27.78
82	1.18	28.27	1:01.27	2:14.00	4:43.90	9:49.91	18:50.05	32.18	1:09.33	2:29.05
81	1.19	28.51	1:01.78	2:15.14	4:46.30	9:54.90	18:59.63	32.45	1:09.91	2:30.31
80	1.20	28.75	1:02.30	2:16.27	4:48.71	9:59.90	19:09.20	32.72	1:10.50	2:31.57
79	1.21	28.99	1:02.82	2:17.41	4:51.11	10:04.90	19:18.78	33.00	1:11.09	2:32.84
78	1.22	29.23	1:03.34	2:18.54	4:53.52	10:09.90	19:28.36	33.27	1:11.68	2:34.10
77	1.23	29.47	1:03.86	2:19.68	4:55.93	10:14.90	19:37.93	33.54	1:12.26	2:35.36
76	1.24	29.71	1:04.38	2:20.81	4:58.33	10:19.90	19:47.51	33.81	1:12.85	2:36.62
75	1.25	29.95	1:04.90	2:21.95	5:00.74	10:24.90	19:57.09	34.09	1:13.44	2:37.89
74	1.26	30.19	1:05.42	2:23.09	5:03.14	10:29.90	20:06.66	34.36	1:14.03	2:39.15
73	1.27	30.43	1:05.94	2:24.22	5:05.55	10:34.90	20:16.24	34.63	1:14.61	2:40.41
72	1.28	30.67	1:06.46	2:25.36	5:07.96	10:39.90	20:25.82	34.91	1:15.20	2:41.68
71	1.29	30.91	1:06.98	2:26.49	5:10.36	10:44.90	20:35.39	35.18	1:15.79	2:42.94
70	1.30	31.15	1:07.50	2:27.63	5:12.77	10:49.90	20:44.97	35.45	1:16.38	2:44.20
69	1.31	31.39	1:08.02	2:28.76	5:15.17	10:54.90	20:54.55	35.72	1:16.96	2:45.47
68	1.32	31.63	1:08.53	2:29.90	5:17.58	10:59.89	21:04.12	36.00	1:17.55	2:46.73
67	1.33	31.87	1:09.05	2:31.03	5:19.98	11:04.89	21:13.70	36.27	1:18.14	2:47.99
66	1.34	32.11	1:09.57	2:32.17	5:22.39	11:09.89	21:23.28	36.54	1:18.73	2:49.26
65	1.35	32.35	1:10.09	2:33.31	5:24.80	11:14.89	21:32.85	36.81	1:19.31	2:50.52
64	1.36	32.59	1:10.61	2:34.44	5:27.20	11:19.89	21:42.43	37.09	1:19.90	2:51.78
63	1.37	32.83	1:11.13	2:35.58	5:29.61	11:24.89	21:52.01	37.36	1:20.49	2:53.04
62	1.38	33.06	1:11.65	2:36.71	5:32.01	11:29.89	22:01.58	37.63	1:21.08	2:54.31
61	1.39	33.30	1:12.17	2:37.85	5:34.42	11:34.89	22:11.16	37.91	1:21.66	2:55.57
60	1.40	33.54	1:12.69	2:38.98	5:36.83	11:39.89	22:20.74	38.18	1:22.25	2:56.83
59	1.41	33.78	1:13.21	2:40.12	5:39.23	11:44.89	22:30.31	38.45	1:22.84	2:58.10
58	1.42	34.02	1:13.73	2:41.26	5:41.64	11:49.89	22:39.89	38.72	1:23.43	2:59.36
57	1.43	34.26	1:14.25	2:42.39	5:44.04	11:54.89	22:49.47	39.00	1:24.01	3:00.62
56	1.44	34.50	1:14.76	2:43.53	5:46.45	11:59.88	22:59.04	39.27	1:24.60	3:01.89
55	1.45	34.74	1:15.28	2:44.66	5:48.86	12:04.88	23:08.62	39.54	1:25.19	3:03.15
54	1.46	34.98	1:15.80	2:45.80	5:51.26	12:09.88	23:18.20	39.81	1:25.78	3:04.41
53	1.47	35.22	1:16.32	2:46.93	5:53.67	12:14.88	23:27.77	40.09	1:26.36	3:05.68

Hong Kong Swimming Point Score 2024 (LC)

Women

Score	%	Breaststroke			Butterfly			Ind Medley	
		50m	100m	200m	50m	100m	200m	200m	400m
100	1.00	29.81	1:05.12	2:21.72	25.34	56.41	2:05.56	2:08.60	4:34.29
99	1.01	30.11	1:05.77	2:23.14	25.59	56.97	2:06.82	2:09.89	4:37.03
98	1.02	30.41	1:06.42	2:24.55	25.85	57.54	2:08.07	2:11.17	4:39.78
97	1.03	30.70	1:07.07	2:25.97	26.10	58.10	2:09.33	2:12.46	4:42.52
96	1.04	31.00	1:07.72	2:27.39	26.35	58.67	2:10.58	2:13.74	4:45.26
95	1.05	31.30	1:08.38	2:28.81	26.61	59.23	2:11.84	2:15.03	4:48.00
94	1.06	31.60	1:09.03	2:30.22	26.86	59.79	2:13.09	2:16.32	4:50.75
93	1.07	31.90	1:09.68	2:31.64	27.11	1:00.36	2:14.35	2:17.60	4:53.49
92	1.08	32.19	1:10.33	2:33.06	27.37	1:00.92	2:15.60	2:18.89	4:56.23
91	1.09	32.49	1:10.98	2:34.47	27.62	1:01.49	2:16.86	2:20.17	4:58.98
90	1.10	32.79	1:11.63	2:35.89	27.87	1:02.05	2:18.12	2:21.46	5:01.72
89	1.11	33.09	1:12.28	2:37.31	28.13	1:02.62	2:19.37	2:22.75	5:04.46
88	1.12	33.39	1:12.93	2:38.73	28.38	1:03.18	2:20.63	2:24.03	5:07.20
87	1.13	33.69	1:13.59	2:40.14	28.63	1:03.74	2:21.88	2:25.32	5:09.95
86	1.14	33.98	1:14.24	2:41.56	28.89	1:04.31	2:23.14	2:26.60	5:12.69
85	1.15	34.28	1:14.89	2:42.98	29.14	1:04.87	2:24.39	2:27.89	5:15.43
84	1.16	34.58	1:15.54	2:44.40	29.39	1:05.44	2:25.65	2:29.18	5:18.18
83	1.17	34.88	1:16.19	2:45.81	29.65	1:06.00	2:26.91	2:30.46	5:20.92
82	1.18	35.18	1:16.84	2:47.23	29.90	1:06.56	2:28.16	2:31.75	5:23.66
81	1.19	35.47	1:17.49	2:48.65	30.15	1:07.13	2:29.42	2:33.03	5:26.41
80	1.20	35.77	1:18.14	2:50.06	30.41	1:07.69	2:30.67	2:34.32	5:29.15
79	1.21	36.07	1:18.80	2:51.48	30.66	1:08.26	2:31.93	2:35.61	5:31.89
78	1.22	36.37	1:19.45	2:52.90	30.91	1:08.82	2:33.18	2:36.89	5:34.63
77	1.23	36.67	1:20.10	2:54.32	31.17	1:09.38	2:34.44	2:38.18	5:37.38
76	1.24	36.96	1:20.75	2:55.73	31.42	1:09.95	2:35.69	2:39.46	5:40.12
75	1.25	37.26	1:21.40	2:57.15	31.68	1:10.51	2:36.95	2:40.75	5:42.86
74	1.26	37.56	1:22.05	2:58.57	31.93	1:11.08	2:38.21	2:42.04	5:45.61
73	1.27	37.86	1:22.70	2:59.98	32.18	1:11.64	2:39.46	2:43.32	5:48.35
72	1.28	38.16	1:23.35	3:01.40	32.44	1:12.20	2:40.72	2:44.61	5:51.09
71	1.29	38.45	1:24.00	3:02.82	32.69	1:12.77	2:41.97	2:45.89	5:53.83
70	1.30	38.75	1:24.66	3:04.24	32.94	1:13.33	2:43.23	2:47.18	5:56.58
69	1.31	39.05	1:25.31	3:05.65	33.20	1:13.90	2:44.48	2:48.47	5:59.32
68	1.32	39.35	1:25.96	3:07.07	33.45	1:14.46	2:45.74	2:49.75	6:02.06
67	1.33	39.65	1:26.61	3:08.49	33.70	1:15.03	2:46.99	2:51.04	6:04.81
66	1.34	39.95	1:27.26	3:09.90	33.96	1:15.59	2:48.25	2:52.32	6:07.55
65	1.35	40.24	1:27.91	3:11.32	34.21	1:16.15	2:49.51	2:53.61	6:10.29
64	1.36	40.54	1:28.56	3:12.74	34.46	1:16.72	2:50.76	2:54.90	6:13.03
63	1.37	40.84	1:29.21	3:14.16	34.72	1:17.28	2:52.02	2:56.18	6:15.78
62	1.38	41.14	1:29.87	3:15.57	34.97	1:17.85	2:53.27	2:57.47	6:18.52
61	1.39	41.44	1:30.52	3:16.99	35.22	1:18.41	2:54.53	2:58.75	6:21.26
60	1.40	41.73	1:31.17	3:18.41	35.48	1:18.97	2:55.78	3:00.04	6:24.01
59	1.41	42.03	1:31.82	3:19.83	35.73	1:19.54	2:57.04	3:01.33	6:26.75
58	1.42	42.33	1:32.47	3:21.24	35.98	1:20.10	2:58.30	3:02.61	6:29.49
57	1.43	42.63	1:33.12	3:22.66	36.24	1:20.67	2:59.55	3:03.90	6:32.23
56	1.44	42.93	1:33.77	3:24.08	36.49	1:21.23	3:00.81	3:05.18	6:34.98
55	1.45	43.22	1:34.42	3:25.49	36.74	1:21.79	3:02.06	3:06.47	6:37.72
54	1.46	43.52	1:35.08	3:26.91	37.00	1:22.36	3:03.32	3:07.76	6:40.46
53	1.47	43.82	1:35.73	3:28.33	37.25	1:22.92	3:04.57	3:09.04	6:43.21

HONG KONG SWIMMING RECORDS

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HONG KONG LONG COURSE RECORDS

MEN'S EVENTS

50 Free	21.83 HO Ian Yentou, SCA	World Aquatics Championships – Doha 2024, Feb 11 – 18, 2024
100 Free	49.15 CHEUK Ming Ho, CPS	Div.1 AG LC Swim Comp. Part 2, May. 29-30, 2021
200 Free	1:47.46 CHEUK Ming Ho, CPS	Div.1 AG LC Swim Comp. Part 3, Jun. 26-27, 2021
400 Free	3:50.53 CHEUK Ming Ho, CPS	64 th Festival of Sport LC Time Trial II, Apr 18, 2021
800 Free	8:03.41 CHEUK Ming Ho, CPS	Hong Kong National Olympic Time Trial, Mar 21, 2021
1500 Free	15:38.76 CHEUK Ming Ho, CPS	18 th Asian Games, Jakarta- Palembang, Aug 19-24, 2018
50 Back	26.00 LAU Shiu Yue, HTA	Div.1 AG LC Swim Comp. Part 3, Jun. 26-27, 2021
100 Back	55.61 KWAN Hayden, PSC	HK Open Swimming Championships 2022, Aug. 19-21, 2022
200 Back	2:00.22 KWAN Hayden, PSC	2024 Tyr Pro Swim Series, San Antonio, TX, Apr 10-13, 2024
50 Breast	28.10 CHEUNG Chi Kit Nicholas, WTS	9 th Hong Kong Games, May. 18-19, 2024
100 Breast	1:00.95 MAK Sai Ting Adam, HTA	11 th Asian Age Group Championships, Feb 26-29, 2024
200 Breast	2:11.16 CHILLINGWORTH Adam John, SCA	2024 Tyr Pro Swim Series, San Antonio, TX, Apr 10-13, 2024
50 Fly	23.97 NG Cheuk Yin, TPS	HK Age Group LC SW Championships 2019-20, Nov. 1-3, 2019
100 Fly	53.38 NG Cheuk Yin, TPS	Div.1 AG LC Swim Comp. Part 3, Jun. 25-26, 2022
200 Fly	2:00.43 LIM Nicholas Owen Zhaoguang, LRC	62 nd FOS – LC Time Trial, April 13-14, 2019
200 IM	2:01.37 TO Kenneth King Him, LWS	29 th Summer Universiade, Aug 19-30, 2017
400 IM	4:26.54 WHITTINGTON, Peter Harry, DLS	Thailand Age Group Swimming Championships 2023, Apr 6-11, 2023
4x100 MR	3:42.40 Hong Kong Team KWAN Hayden, WONG Benson, NG Cheuk Yin, CHEUK Ming Ho 56.20 1:58.50 2:52.28	19 th Asian Games, Hangzhou 2022, Sep 24-29, 2023
4x100 FR	3:21.22 Hong Kong Team LUM Ching Tat, NG Chun Nam Derick, CHEUNG Kin Tat Kent, WONG Kai Wai David 50.88 1:40.70 2:31.65	5 th East Asian Games, Dec 8, 2009
4x200 FR	7:27.16 Hong Kong Team CHEUNG Kin Tat Kent, NG Chun Nam Derick, LUM Ching Tat, WONG Kai Wai David 1:52.46 3:43.70 5:35.08	5 th East Asian Games, Dec 6, 2009

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

HONG KONG SWIMMING RECORDS

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HONG KONG LONG COURSE RECORDS

WOMEN'S EVENTS

50 Free	24.30 HAUGHEY Siobhan Bernadette, SCA	World Aquatics Swimming World Cup – Budapest, Oct 20-22, 2023
^A 100 Free	52.02 HAUGHEY Siobhan Bernadette, SCA	World Aquatics Swimming World Cup – Berlin, Oct 6-8, 2023
^A 200 Free	1:53.92 HAUGHEY Siobhan Bernadette, SCA	Tokyo 2020 Olympic Games, July 23 – August 8, 2021
400 Free	4:05.30 HAUGHEY Siobhan Bernadette, SCA	World Aquatics Swimming World Cup – Berlin, Oct 6-8, 2023
800 Free	8:39.93 HAUGHEY Siobhan Bernadette, SCA	Paris 2024 OG – Hong Kong LC Swimming Invitational Trial I, May 11-12, 2024
1500 Free	16:51.05 HO Nam Wai, WTS	Mare Nostrum 2019 – Barcelona, Jun 15-16, 2019
50 Back	27.98 AU Hoi Shun Stephanie, DWA	Mare Nostrum 2019 – Monaco, Jun 8-9, 2019
100 Back	1:00.22 AU Hoi Shun Stephanie, DWA	FINA Swimming World Cup – Singapore, Aug 15-17, 2019
200 Back	2:09.33 LAU Yin Yan Claudia, DLS	Div.1 AG LC Swim Comp. Part 3, Jul. 2-3, 2016
50 Breast	30.36 HAUGHEY Siobhan Bernadette, SCA	19 th Asian Games, Hangzhou 2022, Sep 24-29, 2023
100 Breast	1:05.92 HAUGHEY Siobhan Bernadette, SCA	World Aquatics Swimming World Cup – Athens, Oct 13-15, 2023
200 Breast	2:27.96 KONG Yvette Man Yi, SCA	World Aquatics Championships – Doha 2024, Feb 11 – 18, 2024
50 Fly	26.55 TAM Hoi Lam, CUC	Edinburgh International Swim Meet, Mar 11-13, 2016
100 Fly	58.12 HAUGHEY Siobhan Bernadette, SCA	66th Festival of Sport LC Time Trial, Apr 15-16, 2023
200 Fly	2:12.79 YEUNG Hoi Ching, TPS	66th Festival of Sport LC Time Trial, Apr 15-16, 2023
200 IM	2:12.10 HAUGHEY Siobhan Bernadette, SCA	National LC Swimming Trial - 67th FOS, Apr 13-14, 2024
400 IM	4:48.58 CHENG Chloe, PSC	2017 Arena Pro Swim Series - Santa Clara, USA, June 1-4, 2017
4x100 MR	4:01.72 Hong Kong Team AU Hoi Shun Stephanie, HAUGHEY Siobhan Bernadette, KAN Cheuk Tung Natalie, TAM Hoi Lam 1:00.74 2:06.77 3:06.66	Div.1 AG LC Swim Comp. Part 3, Jun. 26-27, 2021
4x100 FR	3:39.10 Hong Kong Team CHENG Camille Lily Mei, HAUGHEY Siobhan Bernadette, TAM Hoi Lam, AU Hoi Shun Stephanie 56.11 1:48.03 2:43.69	19 th Asian Games, Hangzhou 2022, Sep 24-29, 2023
4x200 FR	8:02.42 Hong Kong Team CHENG Chloe, HAUGHEY Siobhan Bernadette, CHENG Camille Lily Mei, AU Hoi Shun Stephanie 2:03.19 3:57.40 5:59.86	19 th Asian Games, Hangzhou 2022, Sep 24-29, 2023

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

HONG KONG SWIMMING RECORDS

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HONG KONG LONG COURSE RECORDS

MIXED'S EVENTS

4x100 FR 3:31.13 Hong Kong Team World Aquatics Championships – Doha 2024, Feb 11 – 18, 2024
LAU Shiu Yue, HO Ian Yentou, CHENG Camille Lily Mei, TAM Hoi Lam
52.24 1:40.90 2:35.61

4x100 MR 3:50.22 Hong Kong Team 18th Asian Games, Jakarta- Palembang , Aug 19-24 , 2018
AU Hoi Shun Stephanie, TO Kenneth King Him, LIM Nicholas Owen Zhaoguang, CHENG Camille Lily Mei
1:00.52 2:01.15 2:54.90

HONG KONG SWIMMING RECORDS

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HONG KONG LONG COURSE JUNIOR RECORDS (Under 16 years)

MEN'S EVENTS

50 Free	23.65 NG Chun Nam Derick, WTS	Australian Age Swim. Champ., Apr 07,2010
100 Free	51.24 NG Chun Nam Derick, WTS	HK Age Group LC SW Championships 2009-10, Oct. 24,2009
200 Free	1:52.59 Cheuk Ming Ho, CPS	17 th ISF Gymnasiade - Swimming, May 2-9 2018
400 Free	3:57.77 CHEUK, Ming Ho, CPS	HK Age Group LC SW Championships 2017-18, Nov. 3-5,2017
800 Free	8:18.64 Wang Yi Shun, CPS	Hong Kong Open Swimming Championships 2023, Aug 18-20, 2023
1500 Free	16:00.66 CHEUK, Ming Ho, CPS	HK Age Group LC SW Championships 2017-18, Nov. 3-5,2017
50 Back	26.81 NG Cheuk Yin TPS	Div. 1 AG LC Swim Comp. Part 3, Feb. 10-11, 2018
100 Back	57.73 HO Siu Lun, DLS	HK Age Group LC SW Championships 2019-20, Nov. 1-3,2019
200 Back	2:07.52 NG Cheuk Yin, TPS	HK Open Swimming Champ 2018, Aug. 10-12,2018
50 Breast	28.83 TSUI Yik Ki, PSC	World Junior Swimming Championships – Netanya, Sep 4-9, 2023
100 Breast	1:03.01 MAK Sai Ting Adam, HTA	HKSSF Div. 1 Inter-School Swim. Comp, Jul 22, 2022
200 Breast	2:14.41 MAK Sai Ting Adam, HTA	65 th Festival of Sport LC Time Trial, Apr 23, 2022
50 Fly	24.74 NG Cheuk Yin, TPS	61 st FOS – LC SW Time Trial, Apr 14-15 2018
100 Fly	54.42 NG Chun Nam Derick, WTS	8 th Asian Swimming Champ., Nov 25, 2009
200 Fly	2:01.23 LAU Kin Hei James, HTA	World Junior Swimming Championships – Netanya, Sep 4-9, 2023
200 IM	2:05.10 LAU Kin Hei James, HTA	66 th Festival of Sport LC Time Trial, Apr 15-16, 2023
400 IM	4:32.42 WHITTINGTON Peter Harry, DLS	HK Age Group LC SW Championships 2019-20, Nov. 1-3,2019
4x100 MR	3:59.69 PSC YU Chi Lung, TSUI Yik Ki, ZHU Xiuping, LAU Tsz Pok	Hong Kong Open Swimming Champ. 2023, Aug 18-20, 2023
4x100 FR	3:41.42 Hong Kong Team TAM Sze Shing Thomas, LAM Chak Hang, CHAN Pak Hin, Temana Andrew SHORT	52 nd Milo Pram Malaysia AG Champ, Mar 29 – Apr 4,2016
4x200 FR	7:58.33 Hong Kong Team CHAN Wai Ching Adrian, HAN Pak Kiu, LAM Wai Lok, LAU Chor Tik	59 th Malaysia Invitational AG Swimming Championships 2024, Apr.25 - 28, 2024

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

HONG KONG SWIMMING RECORDS

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HONG KONG LONG COURSE JUNIOR RECORDS (Under 16 years)

WOMEN'S EVENTS

50 Free	25.38 HAUGHEY Siobhan Bernadette, SCA	4 th FINA World Junior Swimming Champ., Aug 26-31,2013
100 Free	54.47 HAUGHEY Siobhan Bernadette, SCA	4 th FINA World Junior Swimming Champ., Aug 26-31,2013
200 Free	1:59.77 HAUGHEY Siobhan Bernadette, SCA	Tianjin 2013 6 th East Asian Games, Oct 10-15,2013
400 Free	4:13.81 AU Hoi Shun Stephanie, *DW	HK Age Group LC SW Championships 2007-08, Nov. 17,2007
800 Free	8:50.21 AU Hoi Shun Stephanie, *DW	3 rd H.K. Int' Open Swimming Champ, Aug 31, 2007
1500 Free	16:58.79 Anderson Charlotte Kiki, HIS	2014 Scottish Gas National AG Swim Champ, Jun 25-29,2014
50 Back	29.52 KAN Cheuk Tung Natalie, HVA	HKSSF Div. 2 Inter-School Swim. Comp, Oct 10, 2017
100 Back	1:03.30 CHEUNG Sum Yuet Cindy, TPS	HKSSF Div. 1 Inter-School Swim. Comp, Jul 22, 2022
200 Back	2:16.10 CHEUNG Sum Yuet Cindy, TPS	HK Age Group LC SW Championships 2021-22, Nov 5-7, 2021
50 Breast	32.31 LAM Chelsie, DLS	National LC Swimming Trial - 67th FOS, Apr 13-14, 2024
100 Breast	1:09.93 MAN Wui Kiu, CPS	National LC Swimming Trial - 67th FOS, Apr 13-14, 2024
200 Breast	2:32.79 MA Hei Tung Fiona, SLA	5 th East Asian Games, Dec 9, 2009
50 Fly	27.45 LAU Ping Yi Audrey, HTA	HK Age Group LC SW Championships 2019-20, Nov. 1-3,2019
100 Fly	1:00.54 LAU Ping Yi Audrey, HTA	HK Age Group LC SW Championships 2019-20, Nov. 1-3,2019
200 Fly	2:14.06 MOK Sze Ki, HVA	HK Open Swimming Championships 2022, Aug. 19-21, 2022
200 IM	2:13.35 HAUGHEY Siobhan Bernadette, SCA	Tianjin 2013 6 th East Asian Games, Oct 10-15,2013
400 IM	4:51.30 HAUGHEY Siobhan Bernadette, SCA	Tianjin 2013 6 th East Asian Games, Oct 10-15,2013
4x100 MR	4:19.55 Hong Kong Team FUNG Suet Ying Chloe, CHENG Chloe, LAU Ping Yi Audrey, TSE On Ching	2 nd Youth Games of the People's Republic of China, Aug 8-18, 2019
4x100 FR	3:51.08 Hong Kong Team LI Sum Yiu, MATHIS Mya Lynn, MAN Wui Kiu, LI Yuqing	11th Asian Age Group Championships, Feb 26-29, 2024
4x200 FR	8:32.64 Hong Kong Team LAU Ping Yi Audrey, CHENG Chloe, TSE On Ching, DU Zheng	2 nd Youth Games of the People's Republic of China, Aug 8-18, 2019

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

HONG KONG SWIMMING RECORDS

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HONG KONG AGE GROUP LONG COURSE RECORDS

BOYS' 10 & UNDER EVENTS

50 Free	29.13 RUAN Wan Hang, WTS	HK Age Group LC SW Championships 2017-18, Nov. 3-5,2017
100 Free	1:02.87 RUAN Wan Hang, WTS	HK Age Group LC SW Championships 2017-18, Nov. 3-5,2017
200 Free	2:15.96 RUAN Wan Hang, WTS	HK Age Group LC SW Championships 2017-18, Nov. 3-5,2017
50 Back	32.10 HSIEH Kurtis Yi Hon, TPS	Singapore Swim Series I. Jan 12-14, 2024
100 Back	1:10.28 HSIEH Kurtis Yi Hon, TPS	HK Age Group LC SW Championships 2023-24, Oct. 6-7,29,2023
50 Breast	36.43 TAM Ka Ming, HVA	HK Age Group LC SW Championships 2007-08, Nov. 17,2007
100 Breast	1:18.73 TAM Ka Ming, *CY	HKSSF Inter-Area Primary Swim Comp., Nov 29, 2008
50 Fly	31.15 HO Siu Lun, DLS	HKSSF Inter-Area Primary Swim Comp, Nov 22, 2014
100 Fly	1:10.22 HUNG Leung-fung, PSC	Div. 1 AG LC Swim Comp. Part 1, May 23, 2004
200 IM	2:31.15 HSIEH Kurtis Yi Hon, TPS	Singapore Swim Series I. Jan 12-14, 2024

HONG KONG AGE GROUP LONG COURSE RECORDS

GIRLS' 10 & UNDER EVENTS

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

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

HONG KONG SWIMMING RECORDS

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HONG KONG AGE GROUP LONG COURSE RECORDS

BOYS' 11 – 12 YEARS EVENTS

50 Free	25.59 LI Sing Hoi, WTS	HK Age Group LC SW Championships 2017-18, Nov. 3-5, 2017
*100 Free	56.38 SUN Maokun, KCD	All Hong Kong Inter-Area Primary Schools Swimming Competition, Jun 14, 2024
*200 Free	2:01.34 SUN Maokun, KCD	Div.1 AG LC Swim Comp. Part 1, Jun. 29-30, 2024
400 Free	4:16.08 Han Pak Kiu, HTA	HK Open Swimming Championships 2022, Aug. 19-21, 2022
50 Back	29.28 CHAN Tsz Kwan, TPS	HKSSF Div. 1 Inter-School Swim. Comp., Oct 18, 2019
100 Back	1:03.66 HO Siu Lun, DLS	The 6 th Hong Kong Games, May 13-14, 2017
200 Back	2:19.13 MOK Kai Tik Marcus, WTS	HK Age Group LC SW Championships 2013-14, Nov. 8-10, 2019
50 Breast	30.86 TAM Ka Ming, *CY	HKSSF Div. 1 Inter-School Swim. Comp, Oct 14, 2010
100 Breast	1:09.05 LAU Kin Hei James, HTA	HK Open Swimming Championships 2021, Aug. 6-8, 2021
200 Breast	2:30.15 WONG Benson, DLS	HKSSF Div. 1 Inter-School Swim. Comp, 28 Oct, 2015
50 Fly	27.23 CHAN Wai Ching Adrian, WTS	HKSSF Div. 1 Inter-School Swim. Comp, Nov 3, 2022
100 Fly	1:00.08 LAU Kin Hei James, HTA	Hong Kong Long Course Swimming Time Trial IV, June 20, 2021
200 Fly	2:13.93 LAU Kin Hei James, HTA	Div.1 AG LC Swim Comp. Part 3, Jun. 26-27, 2021
200 IM	2:15.50 LAU Kin Hei James, HTA	Div.1 AG LC Swim Comp. Part 3, Jun. 26-27, 2021

HONG KONG AGE GROUP LONG COURSE RECORDS

GIRLS' 11 – 12 YEARS EVENTS

50 Free	26.80 HAUGHEY Siobhan Bernadette, SCA	HKSSF Div 1 Inter-School Swim. Comp, Oct 14, 2010
100 Free	57.77 HAUGHEY Siobhan Bernadette, SCA	6 th HK Open Swimming Champ., Sep 4, 2010
200 Free	2:06.55 HAUGHEY Siobhan Bernadette, SCA	6 th HK Open Swimming Champ., Sep 4, 2010
400 Free	4:28.03 NAM Carmen, TPS	7 th Asian Swimming Champ, Mar. 07, 2006
50 Back	30.39 CHAN Tsz Yu Ashley, HTA	59 th Malaysia Invitational AG Swimming Championships 2024, Apr.25 - 28, 2024
100 Back	1:04.98 CHAN Tsz Yu Ashley, HTA	59 th Malaysia Invitational AG Swimming Championships 2024, Apr.25 - 28, 2024
200 Back	2:21.61 HO Tin Wing, HTA	HK Age Group LC SW Championships 2022-23, Nov 4-6, 2022
50 Breast	33.64 MAN Wui Kiu, CPS	HK Open Swimming Championships 2022, Aug. 19-21, 2022
100 Breast	1:12.78 YIP Tsz-wa, DLS	HKSSF Div. 1 Inter-School Swim Comp., Oct 15, 2003
200 Breast	2:35.62 MA Hei-tung, DLS	LI FOS-Olympic Time Trial II, Apr 20, 2008
50 Fly	28.87 LAI Chu Yi, WTS	7 th HK Open Swimming Champ., Sep 4, 2011
100 Fly	1:02.95 MOK Sze Ki, HVA	HK Open Swimming Champ 2019, Aug 9-11, 2019
200 Fly	2:18.68 MOK Sze Ki, HVA	Div. 1 AG LC Swim Comp. Part 1, Jul 13-14, 2019
200 IM	2:21.79 HAUGHEY Siobhan Bernadette, SCA	Div. 1 AG LC Swim Comp. Part 3, Jul 25, 2010

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

HONG KONG SWIMMING RECORDS

Listed Date: 2nd July 2024

HONG KONG AGE GROUP LONG COURSE RECORDS

BOYS' 13 – 14 YEARS EVENTS

50 Free	24.18 LAU Kin Hei James, HTA	HK Age Group LC SW Championships 2022-23, Nov 4-6, 2022
100 Free	52.62 LAU Kin Hei James, HTA	HK Age Group LC SW Championships 2023-24, Oct. 6-7,29,2023
200 Free	1:55.46 LAU Kin Hei James, HTA	66th Festival of Sport LC Time Trial, Apr 15-16, 2023
400 Free	4:07.24 WANG Yi Shun, CPS	66th Festival of Sport LC Time Trial, Apr 15-16, 2023
800 Free	8:37.09 HAN Pak Kiu, HTA	Div. 1 AG LC Swim Comp. Part 3, Mar 9-10, 2024
1500 Free	16:14.23 CHEUK Ming Ho, CPS	60 th FOS – LC Time Trial, Apr.15-16,2017
50 Back	27.12 HO Siu Lun, DLS	HKSSF Div. 1 Inter-School Swim. Comp, Oct. 26,2018
100 Back	58.17 HO Siu Lun, DLS	HKSSF Div. 1 Inter-School Swim. Comp, Oct. 26,2018
200 Back	2:09.86 YUK Shing Chi, PSC	HK Age Group LC SW Championships 2017-18, Nov. 3-5,2017
50 Breast	29.08 TSUI Yik Ki, PSC	HKSSF Div. 1 Inter-School Swim. Comp, Nov 3, 2022
100 Breast	1:04.82 LAU Chor Tik, WTS	Paris 2024 OG – Hong Kong LC Swimming Invitational Trial I, May 11-12, 2024
200 Breast	2:18.11 WONG Benson, DLS	HK Open Swimming Champ 2017, July 28-30, 2017
50 Fly	24.90 LAU Kin Hei James, HTA	Div. 1 AG LC Swim Comp. Part 2, Jun 18, 2023
100 Fly	55.07 LAU Kin Hei James, HTA	66th Festival of Sport LC Time Trial, Apr 15-16, 2023
200 Fly	2:01.23 LAU Kin Hei James, HTA	World Junior Swimming Championships – Netanya, Sep 4-9, 2023
200 IM	2:05.10 LAU Kin Hei James, HTA	66th Festival of Sport LC Time Trial, Apr 15-16, 2023
400 IM	4:34.49 LAU Kin Hei James, HTA	HK Age Group LC SW Championships 2023-24, Oct. 6-7,29,2023

HONG KONG AGE GROUP LONG COURSE RECORDS

GIRLS' 13 – 14 YEARS EVENTS

50 Free	25.67 LI Sum Yiu, WDA	1 st National Student (Youth) Games of the People's Republic of China(Secondary) Nov 7-11, 2023
100 Free	55.92 LI Sum Yiu, WDA	11th Asian Age Group Championships, Feb 26-29, 2024
200 Free	2:02.00 CHENG Chloe, PSC	HKSSF Div. 1 Inter-School Swim. Comp., Oct 25, 2019
400 Free	4:19.32 CHENG Chloe, PSC	Div. 1 AG LC Swim Comp. Part 3, Sep. 21-22, 2019
800 Free	8:56.31 HO Wai Nam, WTS	Thailand Age Group Swimming Championships 2017
1500 Free	17:17.68 NAM Carmen, TPS	World Champ 2007 – Melbourne, Mar 26, 2007
50 Back	29.95 LOO Tsz Ki Cherrie, DWA	Div.1 AG LC Swim Comp. Part 3, Jan 27, 2019
100 Back	1:04.18 CHEUNG Sum Yuet Cindy, TPS	Div.1 AG LC Swim Comp. Part 3, Jun. 26-27, 2021
200 Back	2:17.61 LAU Yin Yan Claudia, DLS	Hong Kong Open Champ. 07, Sep 2007
50 Breast	32.45 MAN Wui Kiu, CPS	HK Age Group LC SW Championships 2022-23, Nov 4-6, 2022
100 Breast	1:10.24 MAN Wui Kiu, CPS	11th Asian Age Group Championships, Feb 26-29, 2024
200 Breast	2:32.79 MA Hei Tung Fiona, SLA	5 th East Asian Games, Dec 9, 2009
50 Fly	27.45 LAU Ping Yi Audrey, HTA	HK Age Group LC SW Championships 2019-20, Nov. 1-3,2019
100 Fly	1:00.54 LAU Ping Yi Audrey, HTA	HK Age Group LC SW Championships 2019-20, Nov. 1-3,2019
200 Fly	2:14.96 LAU Ping Yi Audrey, HTA	HK Age Group LC SW Championships 2019-20, Nov. 1-3,2019
200 IM	2:18.44 HAUGHEY Siobhan Bernadette, SCA	Australian Age Championships, Apr 9-14,2012
400 IM	4:55.42 LAM Hoi Kiu, HTA	18 th Asian Games, Jakarta- Palembang, Aug 19-24 , 2018

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

HONG KONG SWIMMING RECORDS

Listed Date: 2nd July 2024

HONG KONG AGE GROUP LONG COURSE RECORDS

BOYS' 15 – 17 YEARS EVENTS

50 Free	22.99 LUM Ching Tat Jeffrey, HFS	8 th Asian Swimming Champ., Nov 28, 2009
100 Free	50.48 LUM Ching Tat Jeffrey, HFS	1 st Asian Youth Games, Jul 06, 2009
200 Free	1:50.11 CHEUK Ming Ho, CPS	HKSSF Div. 1 Inter-School Swim. Comp., Oct. 25, 2019
400 Free	3:53.05 CHEUK Ming Ho, CPS	62 nd FOS – LC Time Trial, April 13-14, 2019
800 Free	8:07.76 CHEUK Ming Ho, CPS	18 th Asian Games, Jakarta- Palembang, Aug 19-24, 2018
1500 Free	15:38.76 CHEUK Ming Ho, CPS	18 th Asian Games, Jakarta- Palembang, Aug 19-24, 2018
50 Back	26.27 NG Cheuk Yin, TPS	HKSSF Div. 1 Inter-School Swim. Comp, Oct. 19,2018
100 Back	57.38 NG Cheuk Yin, TPS	HKSSF Div. 1 Inter-School Swim. Comp., Oct. 25, 2019
200 Back	2:05.82 NG Cheuk Yin, TPS	7 th Hong Kong Games, May 18-19, 2019
50 Breast	28.31 TSUI Yik Ki, PSC MAK Sai Ting Adam, HTA	National LC Swimming Trial - 67 th FOS, Apr 13-14, 2024
100 Breast	1:00.95 MAK Sai Ting Adam, HTA	59 th Malaysia Invitational AG Swimming Championships 2024, Apr.25 - 28, 2024
200 Breast	2:11.20 MAK Sai Ting Adam, HTA	11 th Asian Age Group Championships, Feb 26-29, 2024
		11 th Asian Age Group Championships, Feb 26-29, 2024
50 Fly	23.97 NG Cheuk Yin, TPS	HK Age Group LC SW Championships 2019-20, Nov. 1-3,2019
100 Fly	54.42 NG Chun Nam Derick, WTS	8 th Asian Swimming Champ., Nov 25, 2009
200 Fly	2:02.70 LIM Nicholas Owen Zhaoguang, LRC	18 th Asian Games, Jakarta- Palembang, Aug 19-24, 2018
200 IM	2:05.98 LAU Ping Chi, HTA	HKSSF Div. 1 Inter-School Swim. Comp, Oct. 25, 2019
400 IM	4:26.78 WHITTINGTON, Peter Harry, DLS	Hong Kong National Olympic Time Trial, Mar 21, 2021

HONG KONG AGE GROUP LONG COURSE RECORDS

GIRLS' 15 – 17 YEARS EVENTS

50 Free	25.38 HAUGHEY Siobhan Bernadette, SCA	4 th FINA World Junior Swimming Champ., Aug 26-31,2013
100 Free	54.47 HAUGHEY Siobhan Bernadette, SCA	4 th FINA World Junior Swimming Champ., Aug 26-31,2013
200 Free	1:59.66 HAUGHEY Siobhan Bernadette, SCA	Incheon 2014 Asian Games, Sep 20-26,2014
400 Free	4:13.81 AU Hoi Shun Stephanie, *DW	HK Age Group LC SW Championships 2007-08, Nov. 17,2007
800 Free	8:41.66 AU Hoi Shun Stephanie, *DW	Olympic Games – Beijing, Aug 14, 2008
1500 Free	16:51.05 HO Nam Wai, WTS	Mare Nostrum 2019 – Barcelona, Jun 15-16, 2019
50 Back	28.83 CHEUNG Sum Yuet Cindy, TPS	66 th Festival of Sport LC Time Trial, Apr 15-16, 2023
100 Back	1:01.57 CHEUNG Sum Yuet Cindy, TPS	World Junior Swimming Championships – Netanya, Sep 4-9, 2023
200 Back	2:10.35 CHEUNG Sum Yuet Cindy, TPS	66 th Festival of Sport LC Time Trial, Apr 15-16, 2023
50 Breast	31.82 KONG Yvette Man Yi, SCA	5 th East Asian Games, Dec 6, 2009
100 Breast	1:08.43 KONG Yvette Man Yi, SCA	8 th Asian Swimming Champ., Nov 27, 2009
200 Breast	2:31.65 KONG Yvette Man Yi, SCA	5 th East Asian Games, Dec 9, 2009
50 Fly	27.16 YEUNG Hoi Ching, TPS	World Junior Swimming Championships – Netanya, Sep 4-9, 2023
100 Fly	59.42 YEUNG Hoi Ching, TPS	National LC Swimming Trial - 67 th FOS, Apr 13-14, 2024
200 Fly	2:12.79 YEUNG Hoi Ching, TPS	National LC Swimming Trial - 67 th FOS, Apr 13-14, 2024
200 IM	2:13.07 HAUGHEY Siobhan Bernadette, SCA	16 th FINA World Championships – Kazan 2015, Aug 2,2015
400 IM	4:48.58 CHENG Chloe, PSC	Div.1 AG LC Swim Comp. Part 3, Jun. 26-27, 2021

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

Hong Kong Open Swimming Championships 2024**Reject List**

No.	Name	Event	Club	Remarks
1	Zhou Xiaolin	5	DWA	Wrong Event
2	Zhou Xiaolin	23	DWA	Wrong Event
3	Ding Wilfred	34	HIS	Wrong Information of Past Competition
4	Leung Sze Ki Safira	23	HMA	More Than Limited Entries
5	Leung Sze Ki Safira	33	HMA	More Than Limited Entries
6	Chan Leong Medwin	4	HSW	Have Swimming Record
7	HSW Relay	18	HSW	Wrong Information of Past Competition
8	Cheuk Yuet Ying	12	KGC	Wrong Event
9	So Chun Hei	30	KTS	More Than Limited Entries
10	Fong Sin Ka	1	LFS	Have Swimming Record
11	Fong Sin Ka	31	LFS	Have Swimming Record
12	Pong Yik Hang Ryan	28	LRC	Wrong Information of Past Competition
13	Kirk Ian James	12	LWS	Wrong Information of Past Competition
14	Leung Lok Hei	20	NSC	Entry Time Slower Than Champ QT
15	Kwan Hayden	4	PSC	Invalid Swimming Record
16	Kwan Hayden	22	PSC	Wrong Event
17	Kwan Hayden	28	PSC	Invalid Swimming Record
19	Wan Chun Lim	14	PSC	Have Swimming Record
20	Wan Chun Lim	34	PSC	Have Swimming Record
21	Wong Chung Kok Hedge	8	PSC	Wrong Information of Past Competition
22	Yuk Shing Chi	28	PSC	Have Swimming Record
23	Zhu Xiu Ping	16	PSC	Wrong Event
24	Fung Hei Yiu	5	SFC	Wrong Event
25	Fung Hei Yiu	23	SFC	Wrong Event
26	Kwan Nicholas	36	TPS	More Than Limited Entries
27	Ng Cheuk Yin	32	TPS	Have Swimming Record
28	Yang Zi Le	6	TPS	Have Swimming Record
29	Yang Zi Le	24	TPS	Have Swimming Record

* Please submit re-entry form no later than 12p.m on 11 July 2024

Hong Kong Open Swimming Championships 2024 - 12/07/2024 to 14/07/2024

Meet Program - Day 1

Event 39 Mixed 4x100 LC Meter Medley Relay

HKR: 3:50.22 Hong Kong Team
 MR: 3:59.22 Tai PO Swimming Club
 4:54.00 QT Qualifying Time

Meet Qualifying: 4:54.00

Lane	Team	Relay	Seed Time
Heat 1 of 2 Timed Finals			
3	Kwun Tong Swimming Club	A	4:54.00 QT
4	Lai Wa Swimming Club	A	4:33.07 QT
5	Dali Swimming Club	A	4:54.00 QT
Heat 2 of 2 Timed Finals			
1	Keung Sung Swimming Club	A	4:22.18 QT
2	Win Tin Swimming Club	A	4:11.85 QT
3	Hoi Tin Athletic Assn Ltd	A	3:59.78 QT
4	White Dolphin Sport Assn	A	3:45.79 QT
5	Tai PO Swimming Club	A	3:59.22 QT
6	Chi Pui Swimming Club Ltd	A	4:11.54 QT
7	South China Athletic Assn	A	4:14.99 QT
8	Pacific Swimming Club	A	4:22.52 QT

Event 1 Women 1500 LC Meter Freestyle

HKR: 16:51.05 HO Nam Wai, WTS
 JR: 16:58.79
 MR: 17:10.89 NIP Tsz Yin, EWS
 19:20.00 QT Qualifying Time

Meet Qualifying: 19:20.00

Lane	ID#	Name	Age	Team	Seed Time
Heat 1 of 2 Timed Finals					
2	38394 B	Yeung, Tin Wing	13	Hoi Tin	19:20.00 QT
3	44386	Li, Yu Qing	14	Win Tin	18:35.82 QT
4	39905 IAZ	Lan, Jasmine Lauren	14	Jockey Club	18:28.34 QT
5	40426 B	Fong, Sin Ka	13	Long Fame	18:28.36 QT
6	41875 IAZ	Li, Hei Man	13	Sword Fish Club	19:20.00 QT
Heat 2 of 2 Timed Finals					
0	40963 IAZ	Chung, Wing Yee Sessie	13	Hoi Tin	18:08.35 QT
1	38217 IAZ	Yan, Ellie	14	Hoi Tin	17:44.90 QT
2	29902 B	Lam, Cheuk Ue Natalie	19	Sun Yip	17:40.62 QT
3	38627 #IAZ	Ho, So Yu	16	Hoi Tin	17:25.20 QT
4	19207 B	Nip, Tsz Yin	24	Eastern Winter	16:40.76 QT
5	23856 B	Leung, Ka Ching	20	Hoi Tin	17:21.99 QT
6	36944 B	Chan, Yi Lok	13	Win Tin	17:26.16 QT
7	31657 #IAZ	Chan, Lok Mei	16	Hoi Tin	17:43.55 QT
8	37874 IAZ	Choi, Hiu Ying	14	Hoi Tin	18:04.68 QT
9	40949 B	Sum, Yi Man	13	Tai PO	18:23.53 QT



Hong Kong Open Swimming Championships 2024 - 12/07/2024 to 14/07/2024

Meet Program - Day 1

Event 40 Mixed 4x100 LC Meter Freestyle Relay

HKR: 3:31.13 Hong Kong Team
MR: 3:37.67 Hoi Tin Athletic Association
4:33.07 QT Qualifying Time

Meet Qualifying: 4:33.07

Lane	Team	Relay	Seed Time
Heat 1 of 1 Timed Finals			
1	Pacific Swimming Club	A	3:58.27 QT
2	White Dolphin Sport Assn	A	3:51.01 QT
3	Win Tin Swimming Club	A	3:43.12 QT
4	Dali Swimming Club	A	3:39.62 QT
5	Hoi Tin Athletic Assn Ltd	A	3:40.63 QT
6	Chi Pui Swimming Club Ltd	A	3:49.65 QT
7	South China Athletic Assn	A	3:53.20 QT
8	Tuen Mun Swimming Associat	A	4:33.07 QT

Event 2 Men 1500 LC Meter Freestyle

HKR: 15:38.76 CHEUK Ming Ho, CPS
JR: 16:00.66
MR: 15:21.60 HAO Yun, CHN
18:20.31 QT Qualifying Time

Meet Qualifying: 18:20.31

Lane	ID#	Name	Age	Team	Seed Time
Heat 1 of 4 Timed Finals					
3	36805 B	Chan, Leong To	14	Hoi Tin	18:20.31 QT
4	46984 IAZ	Wong, Pak Wai	14	Pacific	18:08.40 QT
5	39576 B	Chan, Pak Yu	13	Sun Yip	18:20.31 QT
Heat 2 of 4 Timed Finals					
1	39574 B	Lau, Yi Fung	14	Sun Yip	17:49.77 QT
2	35804 IAZ	Tong, Ching Wa	18	Pacific	17:26.87 QT
3	43919 IAZ	Chui, Hoi Haang	15	White Dolphin	17:22.42 QT
4	46985 IAZ	Wong, Chung Kok Helge	13	Pacific	17:12.73 QT
5	48681 IAZ	Ho, James On	14	South China	17:18.77 QT
6	33829 IAO	Ko, Harry Hing	16	South China	17:24.84 QT
7	40757 IAZ	To, Hiu Fung	14	Hoi Tin	17:29.90 QT
8	38725 B	Hong, Yan Shek	14	Pacific	17:51.22 QT
Heat 3 of 4 Timed Finals					
0	37420 IAZ	Ko, Chin Fung	15	Kwun Tong	17:02.95 QT
1	39571 IAZ	Cheung, Chi Daniel	15	Sun Yip	16:58.77 QT
2	37482 B	Kwan, Ho Yin	16	Riverside	16:48.71 QT
3	35648 IAZ	Lau, Tsz Pok	16	Pacific	16:45.35 QT
4	03439 IAZ	Sin, Chin Ting Keith	29	South China	16:41.31 QT
5	37663 IAZ	Yan, Kyle	15	Hoi Tin	16:42.42 QT
6	34506 B	Yu, Shing Hin	16	Win Tin	16:47.16 QT
7	21052 B	Thorley, William Yan	21	Sha Mei 318	16:49.39 QT
8	33935 B	Yau, Pak Ho	16	Chi Pui	17:00.17 QT
9	36895 B	Lo, Kei Hon Andre	15	Hoi Tin	17:07.66 QT



Hong Kong Open Swimming Championships 2024 - 12/07/2024 to 14/07/2024

Meet Program - Day 1

Heat 4 Timed Finals... (Event 2 Men 1500 LC Meter Freestyle)

0	39573 #B	Lee, Chak Fung Jaiden	15	Hoi Tin	16:27.32	QT
1	35022 IAZ	Ip, Ali	16	Tai PO	16:24.25	QT
2	23101 P	Li, Chun Yin Jason	23	Sun Yip	16:14.98	QT
3	33922 P	So, Kwun Wa	16	White Dolphin	16:05.51	QT
4	48237 IAZ	Wang, Yi Shun	16	Chi Pui	15:22.38	QT
5	29884 B	Kwong, Jacob Yat Nam	17	Win Tin	15:50.83	QT
6	29043 B	Tsang, Lok Hei	20	Sun Yip	16:09.62	QT
7	38214 #IAZ	Chan, Wai Ching Adrian	14	Hoi Tin	16:16.66	QT
8	35931 B	Lam, Marcus Pak Hei	14	Win Tin	16:25.42	QT
9	35385 B	Chong, Hin Yeung	15	Dik Wing	16:41.06	QT



Hong Kong Open Swimming Championships 2024 - 12/07/2024 to 14/07/2024

Meet Program

Event 3 Women 200 LC Meter Freestyle

HKR: 1:53.92 **HAUGHEY Siobhan Bernadette** **SCA**
JR: 1:59.77
MR: 1:56.47 **HAUGHEY Siobhan Bernadette** **SCA**
2:19.97 QT Qualifying Time

Meet Qualifying: 2:19.97

Lane	ID#	Name	Age	Team	Seed Time
Heat 1 of 3 Prelims					
1	39905 IAZ	Lan, Jasmine Lauren	14	Jockey Club	2:15.97 QT
2	45628 IAZ	Chan, Pui Ka	12	White Dolphin	2:11.41 QT
3	38217 IAZ	Yan, Ellie	14	Hoi Tin	2:06.16 QT
4	32098 B	Ma, Tsz Tsing Ashley	16	Hoi Tin	2:00.92 QT
5	44386	Li, Yu Qing	14	Win Tin	2:03.27 QT
6	38029 B	Leung, Evita Yan	13	Tai PO	2:09.65 QT
7	41234 B	Chan, Jacaranda Yik Naam	11	Hoi Tin	2:14.20 QT
Heat 2 of 3 Prelims					
1	38394 B	Yeung, Tin Wing	13	Hoi Tin	2:15.71 QT
2	33874 IAZ	Lee Giselle, Jacinda Jia Hui	16	South China	2:10.07 QT
3	29449 B	Leung, Wing Tsun Rachel	17	Win Tin	2:05.24 QT
4	42490	Wang, Xin Tong	15	Win Tin	2:00.06 QT
5	40738 B	Li, Sum Yiu	15	White Dolphin	2:02.66 QT
6	25101 B	Ng, Sze Kwan	18	Kowloon Tong Club	2:08.96 QT
7	42463 B	Ackber, Bertha	13	Hoi Tin	2:13.55 QT
Heat 3 of 3 Prelims					
1	40081 B	Lin, Yee Ka Chloe	13	Hoi Tin	2:14.42 QT
2	40949 B	Sum, Yi Man	13	Tai PO	2:09.99 QT
3	42134 #IAZN	Tang, Kai Ting	14	Hoi Tin	2:05.07 QT
4	33715 IAZ	Ma, Gilaine	16	Tai PO	1:59.41 QT
5	31841 IAZ	Ng, Lai Wa	18	Hoi Tin	2:02.07 QT
6	36944 B	Chan, Yi Lok	13	Win Tin	2:07.78 QT
7	39432 IAZ	Leung, Sze Ki Safira	14	Marlins	2:12.85 QT
8	44674 B	Wan, Ching Yiu Iris	12	Tai PO	2:18.34 QT

Event 4 Men 100 LC Meter Freestyle

HKR: 49.15 **CHEUK Ming Ho, CPS**
JR: 51.24
MR: 49.33 **TO Kenneth King Him, LWS**
55.38 QT Qualifying Time

Meet Qualifying: 55.38

Lane	ID#	Name	Age	Team	Seed Time
Heat 1 of 3 Prelims					
1	37083 P	Kwan, Nicholas	16	Tai PO	55.38 QT
2	31864 IAZ	Kwong, Bui Ming	18	Hoi Ngai	52.61 QT
3	36913 IAZ	Cheng, Cheuk Chi George	16	Dali Swimming Club	51.35 QT
4	12117 IAZ	Lau, Shiu Yue	26	Hoi Tin	50.10 QT
5	22824 IAZ	Wong, Lok Kan	20	Hoi Tin	50.68 QT
6	30733 B	Lai, King Wo	17	Win Tin	51.81 QT
7	37757 B	Cheng, Pak Ho	16	HK Sportworld	54.11 QT



Hong Kong Open Swimming Championships 2024 - 12/07/2024 to 14/07/2024

Meet Program

Heat 2 Prelims... (Event 4 Men 100 LC Meter Freestyle)

1	35258 B	Cheung, Man Ho	13	Sea Lion	54.78	QT
2	39015 P	Chan, Tsz Kwan	17	Tai PO	52.15	QT
3	29257 B	He, Shing Ip	18	Chi Pui	51.01	QT
4	06697 B	Koo, Ralph Yat Ho	26	Hoi Tin	49.68	QT
5	49455 IAZ	Cai, Qi Hong	17	Chi Pui	50.36	QT
6	32042 IAZ	Lee, Jia Jun Jody George	18	South China	51.74	QT
7	20763 @IAX	Fok, Chun Wang Anthony	22	Dali Swimming Club	53.80	QT
8	44460 IAZ	Lau, Hon Fung	14	Dik Wing	55.38	QT

Heat 3 of 3 Prelims

1	42311 IAZ	Yu, Chi Lung	16	Pacific	54.25	QT
2	35393 B	Law, Lok Hei	17	Win Tin	51.91	QT
3	33755 IAZ	Lau, Kin Hei James	15	Hoi Tin	50.86	QT
4	25254 B	Ho, Siu Lun	20	Dali Swimming Club	49.23	QT
5	32248 B	Li, Sing Hoi	19	Win Tin	50.25	QT
6	21248 B	Lau, Ping Chi	21	Hoi Tin	51.56	QT
7	36085 B	Hui, Yik Kiu	16	Chi Pui	52.64	QT
8	46688 IAZ	Chan, Yui Hong	15	Dik Wing	55.38	QT

Event 5 Women 100 LC Meter Breaststroke

HKR:	1:05.92	HAUGHEY Siobhan Bernadette	SCA
JR:	1:09.93		
MR:	1:08.66	LIN Pei Wun, TPE	
	1:23.48	QT Qualifying Time	

Meet Qualifying: 1:23.48

Lane	ID#	Name	Age	Team	Seed Time	
Heat 1 of 4 Prelims						
0	46111 B	Chau, Pak Yu	12	Tai PO	1:23.48	QT
1	38702 IAZ	Siu, Hoi Ching	13	Tai PO	1:23.48	QT
2	48850 #B	Lam, Tsz Kei	11	Tai PO	1:22.90	QT
3	45558 IAZ	Wan, Pisces	12	Dali Swimming Club	1:21.83	QT
4	45734 IAZ	Fung, Hei Yiu	12	Sword Fish Club	1:21.09	QT
5	36412 #B	Poon, Ka Yan Angel	15	Old Folks	1:21.44	QT
6	41485 IAZ	Tang, Lok Yin	12	Happy Valley	1:22.20	QT
7	48170 IAZ	Choi, Hei Yi	12	Winner	1:23.48	QT
8	46824 #IAZ	Siu, Hoi Nam	12	Tai PO	1:23.48	QT
Heat 2 of 4 Prelims						
0	50134 IAZN	Wu, Melody	15	South China	1:18.05	QT
1	39706 B	Yip, Tsz Laam	14	White Dolphin	1:15.58	QT
2	40306 IAZ	Chi, Yi Lam	13	Jockey Club	1:14.00	QT
3	33492 IAZ	Chu, Ching Yin Annika	17	Hoi Tin	1:11.88	QT
4	35670 B	Cheung, Wing Yi Claire	15	Jockey Club	1:09.74	QT
5	42578 IAZ	Leung, Yan Yui	15	Chi Pui	1:10.94	QT
6	38411 B	Yung, Tsz Ching	13	Hoi Tin	1:12.51	QT
7	38528 B	Lam, Tsz Ying	13	Hoi Tin	1:15.13	QT
8	46308 IAZ	So, Hei Shun	13	Kwun Tong	1:17.20	QT
9	48088 IAZ	Wang, Ching Yee	11	Happy Valley	1:20.55	QT



Hong Kong Open Swimming Championships 2024 - 12/07/2024 to 14/07/2024

Meet Program

Heat 3 Prelims... (Event 5 Women 100 LC Meter Breaststroke)

0	43294 B	Wong, Tsz Huen	14 Pacific	1:17.69	QT
1	28694 B	Cheuk, Yuet Ying Phoebe	19 Keung Sung	1:15.50	QT
2	36010 IAZ	Wu, Kwan Lo	14 Win Tin	1:13.62	QT
3	39592 IAZ	Sng, Yan Megan	19 Dik Wing	1:11.87	QT
4	29060 IAZ	Lam, Hoi Kiu	20 Hoi Tin	1:08.32	QT
5	33742 IAZ	Lam, Chelsie	15 Dali Swimming Club	1:10.69	QT
6	48950 #@P	Gao, Jialian	12 Chi Pui	1:12.38	QT
7	32978 IAZ	Yip, Wai Iu	15 Chi Pui	1:14.79	QT
8	39149 IAZ	Xing, Yina	13 Happy Valley	1:17.12	QT
9	43337 #	Zhou, Xiaolin	15 Dik Wing	1:19.28	QT

Heat 4 of 4 Prelims

0	48559 IAZ	Yeung, Ho Yuet	12 Hoi Ngai	1:17.37	QT
1	43137 IAZ	Yiu, Sum Yin	13 Win Tin	1:15.39	QT
2	38297 IAX	Cheung, Hau Wing	16 Lai WA	1:12.53	QT
3	39432 IAZ	Leung, Sze Ki Safira	14 Marlins	1:10.97	QT
4	39179 B	Man, Wui Kiu	14 Chi Pui	1:07.92	QT
5	29139 B	Young, Sze Ki	21 Tai PO	1:10.50	QT
6	38537 B	Chung, Wing Sum Hazel	15 HK Sportworld	1:12.23	QT
7	34467 B	Chan, Tsz Ching	18 Sea Lion	1:14.19	QT
8	43778 IAZ	Lee, Rianne	13 White Dolphin	1:16.81	QT
9	44742 IAZ	Ho, Michelle Yan Sin	12 White Dolphin	1:19.21	QT

Event 6 Men 50 LC Meter Breaststroke

HKR:	28.10	CHEUNG Chi Kit Nicholas, WTS
JR:	28.83	
MR:	28.15	CHAO Man Hou, MAC
	32.66	QT Qualifying Time

Meet Qualifying: 32.66

Lane	ID#	Name	Age	Team	Seed Time
Heat 1 of 4 Prelims					
3	46409 IAZ	Wang, Zi Ran	14	Island Stingrays	32.58 QT
4	37181 IAZ	Yu, Ming Hei	16	Pacific	32.21 QT
5	40739 IAZ	Yu, Tsz Hei	14	White Dolphin	32.33 QT
Heat 2 of 4 Prelims					
0	36592 B	Lau, Ka Long	15	Hoi Tin	31.58 QT
1	33925 B	Wong, Tsz Ming	17	White Dolphin	30.98 QT
2	33716 B	Chan, Ngai Cheung	19	Tuen Mun	29.80 QT
3	36314 IAZ	Mok, Long Sum	15	Lai WA	29.29 QT
4	30694 #IAZ	Cheung, Chi Kit Nicholas	19	Win Tin	28.21 QT
5	32738 IAZ	Man, Ho Him	18	Lai WA	28.74 QT
6	25050 B	Kung, Lok Sum	20	Tai PO	29.53 QT
7	45922 @ICX	Fu, Enze	15	Chi Pui	30.33 QT
8	41024 B	Li, Matthew	16	HK Sportworld	31.06 QT
9	33109 B	Seeto, Shun Yin	17	Keung Sung	31.81 QT



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Meet Program

Heat 3 Prelims... (Event 6 Men 50 LC Meter Breaststroke)

0	35668 B	Chan, Jayden	16	Jockey Club	31.29	QT
1	32099 B	Ng, Wai Ting	16	Win Tin	30.64	QT
2	31822 B	Lau, Ming Yui	18	Lai WA	29.75	QT
3	30635 IAZ	So, Tsz Kin David	18	Kowloon City	29.03	QT
4	28535 B	Law, Tsz Hin	21	Hoi Tin	28.17	QT
5	35805 B	So, Chun Hin	17	Tai PO	28.61	QT
6	32095 B	Lau, Chor Tik	14	Win Tin	29.50	QT
7	33793 IAZ	Tam, Ka Shek	17	Win Tin	30.08	QT
8	32776 IAZ	Lai, Wai Tsan	19	South China	31.05	QT
9	43816 P	Wu, Yulun	14	Tai PO	31.77	QT

Heat 4 of 4 Prelims

0	46189 #@IAX	Ayhan, S. Deniz	17	Kowloon City	31.25	QT
1	36658 IAZ	Ng, Chit	16	Dali Swimming Club	30.44	QT
2	40651 P	Leung, Tsz Ming	14	White Dolphin	29.65	QT
3	33495 IAZ	Wan, Siu Chun	19	Tai PO	28.87	QT
4	45703 IAZ	Tsui, Yik Ki	16	Pacific	27.98	QT
5	29699 IAZ	Fong, Ka Yu	22	White Dolphin	28.49	QT
6	29849 B	Yeung, Cheuk Hay Hayden	18	Chi Pui	29.42	QT
7	32214 B	Wong, Sum Lam	16	White Dolphin	29.83	QT
8	38206 IAZ	Cheung, Pang Cho	17	Kwun Tong	31.04	QT
9	44480 P	Cheng, Yu	15	Dik Wing	31.69	QT

Event 7 Women 100 LC Meter Butterfly

HKR:	58.12	HAUGHEY Siobhan Bernadette	SCA
JR:	1:00.54		
MR:	59.78	TAO Li, SIN	
	1:13.26	QT Qualifying Time	

Meet Qualifying: 1:13.26

Lane	ID#	Name	Age	Team	Seed Time
Heat 1 of 2 Prelims					
0	45558 IAZ	Wan, Pisces	12	Dali Swimming Club	1:11.73 QT
1	42151 IAZ	Lai, Cheuk Ling Maris	12	Happy Valley	1:07.60 QT
2	38813 #P	Liu, Yuen Ching	14	Hoi Tin	1:05.13 QT
3	28108 B	Seeto, Wai Ching	19	Keung Sung	1:03.43 QT
4	31437 B	Yeung, Hoi Ching	17	Tai PO	59.20 QT
5	43424 IAZ	Mathis, Mya Lynn	14	Tai PO	1:02.58 QT
6	45411 #B	Ding, Tian	12	Hoi Tin	1:04.69 QT
7	40887 IAZ	Au-Yeung, Sze Ching	15	Chi Pui	1:06.76 QT
8	45571 #B	Chan, Hei Ching	12	Hoi Ngai	1:08.58 QT
9	41671 #IAZ	Ma, Wai Yan	16	Csu	1:13.26 QT



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0	39030 IAZN	Tse, Steffi	16	Hoi Ngai	1:10.21	QT
1	40831 B	Lau, Tsz Tung	16	Dali Swimming Club	1:07.36	QT
2	49341 IAZ	Chen, Jiayu	13	Tuen Mun	1:05.00	QT
3	29902 B	Lam, Cheuk Ue Natalie	19	Sun Yip	1:03.19	QT
4	20540 #IAZ	Kan, Cheuk Tung Natalie	22	Hoi Tin	58.41	QT
5	29449 B	Leung, Wing Tsun Rachel	17	Win Tin	1:01.10	QT
6	18783 IAZ	Wong, Wai Nam	22	White Dolphin	1:03.87	QT
7	38028 B	Leung, Evelyn Yi	14	Tai PO	1:05.26	QT
8	45894 IAZ	Yu, Kok Yiu	13	Hoi Tin	1:07.91	QT
9	36827 IAZ	Wong, Anthea Ching Wun	21	Island Stingrays	1:13.26	QT

Event 8 Men 400 LC Meter IM

HKR: 4:26.54

WHITTINGTON, Peter Harry, DLS

JR: 4:32.42

MR: 4:15.86

WANG Hsing Hao, TPE

5:19.19

QT Qualifying Time

Meet Qualifying: 5:19.19

Lane	ID#	Name	Age	Team	Seed Time	
Heat 1 of 3 Prelims						
1	46984 IAZ	Wong, Pak Wai	14	Pacific	5:15.92	QT
2	40879 IAZ	Chen, Zheng Xuan Jason	12	Hoi Tin	5:10.28	QT
3	45162 IAZ	Lau, Chin Fung	14	Pacific	5:04.82	QT
4	24053 B	Po, Hin Hang	21	Pacific	4:59.71	QT
5	35804 IAZ	Tong, Ching Wa	18	Pacific	5:01.31	QT
6	36897 IAZ	Han, Hao	15	Kwun Tong	5:08.20	QT
7	37498 B	Lam, Hing Ka	14	Riverside	5:12.48	QT
Heat 2 of 3 Prelims						
0	35145 IAZ	Liu, Siu Fung	16	Chi Pui	4:48.87	QT
1	31864 IAZ	Kwong, Bui Ming	18	Hoi Ngai	4:43.75	QT
2	40455 IAZ	Lam, Wai Lok	15	Sun Yip	4:42.61	QT
3	22961 B	Chan, Tsun Hin	19	White Dolphin	4:34.69	QT
4	25379 B	Mak, Sai Ting Adam	17	Hoi Tin	4:18.65	QT
5	38227 IAZ	Lo, Tsz Lam	17	Win Tin	4:29.48	QT
6	29043 B	Tsang, Lok Hei	20	Sun Yip	4:39.31	QT
7	41422 B	Yick, Sum Kiu	14	Sea Lion	4:42.89	QT
8	34506 B	Yu, Shing Hin	16	Win Tin	4:44.16	QT
9	33608 IAZN	Wan, Chun Lim	18	Pacific	4:59.06	QT
Heat 3 of 3 Prelims						
0	36895 B	Lo, Kei Hon Andre	15	Hoi Tin	4:45.43	QT
1	36805 B	Chan, Leong To	14	Hoi Tin	4:43.41	QT
2	31256 @P	Xu, Rui Chen	15	Win Tin	4:41.24	QT
3	36547 IAZ	Wong, Yik Yan Sean	17	South China	4:31.75	QT
4	30192 B	Whittington, Peter Harry	20	Dali Swimming Club	4:15.24	QT
5	30574 IAZ	Cheung, Ryan	17	Chi Pui	4:21.07	QT
6	34145 #IAO	Ng, Anson	16	Hoi Tin	4:37.03	QT
7	44135 B	So, Chun Hei	15	Kwun Tong	4:42.65	QT
8	26123 IAZ	Wong, Wai Lun	21	Hoi Tin	4:44.00	QT
9	42549 B	Kirk, Ian James	16	Lai WA	4:58.24	QT



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Meet Program

Event 9 Women 50 LC Meter Backstroke

HKR: 27.98 AU Hoi Shun Stephanie, DWA
 JR: 29.52
 MR: 28.49 AU Hoi Shun Stephanie, DWA
 33.77 QT Qualifying Time

Meet Qualifying: 33.77

Lane	ID#	Name	Age	Team	Seed Time
Heat 1 of 2 Prelims					
0	35953 IAZ	Siu, Hoi Lam	16	Tai PO	33.28 QT
1	35752 B	Li, Cheuk Yiu	14	Hoi Tin	31.02 QT
2	38797 IAZ	Wong, Hei Ching Henrietta	12	Tai PO	30.17 QT
3	46816 IAZ	Chan, Tsz Yu Ashley	12	Hoi Tin	29.65 QT
4	31597 B	Ng, Cheuk Yan	17	Hoi Tin	28.37 QT
5	35455 B	Poon, Lok Yan	16	Chi Pui	29.15 QT
6	36936 IAZ	Ho, Pui Yan	14	Win Tin	29.91 QT
7	41265 B	Li, Elizabeth	14	South China	30.86 QT
8	46507 B	Chen, Wai Yan	12	Dali Swimming Club	33.01 QT
9	46200 IAZ	Kwong, Hoi Yee Phoebe	10	Winner	33.77 QT
Heat 2 of 2 Prelims					
0	51520 IAZ	Cheung, Yik Nga Ashley	14	Flying Dragon	33.15 QT
1	46124 IAZ	Mathis, Kayla J	13	Tai PO	30.87 QT
2		Enkh-Amgalan, Ariuntamir	20	Mongolia	X30.16 QT
3	33947 IAZ	Chan, Hin Yau	17	Tai PO	29.63 QT
4	36321 B	Cheung, Sum Yuet Cindy	17	Tai PO	27.43 QT
5	29057 B	Cheng, Jessica Chloe	18	Pacific	29.11 QT
6	28897 IAZ	Loo, Tsz Ki Cherrie	20	Dik Wing	29.77 QT
7	35345 B	Ho, Tin Wing	14	Hoi Tin	30.43 QT
8	38813 #P	Liu, Yuen Ching	14	Hoi Tin	31.74 QT
9	48850 #B	Lam, Tsz Kei	11	Tai PO	33.77 QT

Event 10 Men 100 LC Meter Backstroke

HKR: 55.61 KWAN Hayden, PSC
 JR: 57.73
 MR: 54.54 CHUANG Mu Lun, TPE
 1:07.39 QT Qualifying Time

Meet Qualifying: 1:07.39

Lane	ID#	Name	Age	Team	Seed Time
Heat 1 of 4 Prelims					
3	35668 B	Chan, Jayden	16	Jockey Club	1:07.39 QT
4	49384 IAZ	Li, Louis Ka Wo	14	Pacific	1:05.64 QT
5	37568 IAZ	Ding, Wilfred Weixin	16	Island Stingrays	1:05.98 QT
6	53989 IC0	Chu, Yu Hsiang	14	Tai PO	1:07.39 QT



Hong Kong Open Swimming Championships 2024 - 12/07/2024 to 14/07/2024**Meet Program****Heat 2 Prelims... (Event 10 Men 100 LC Meter Backstroke)**

0	48286 IAZ	Muller, Ethan	16	South China	1:03.32	QT
1	36791 IAZ	Fong, Tsz Long Jose	15	Dik Wing	1:02.14	QT
2	35666 @IM	Chan, Cheuk Kit	17	Win Tin	1:00.78	QT
3	36914 IAZ	Cheng, Cheuk Kin Jake	16	Dali Swimming Club	58.42	QT
4	15423 IAZ	Cheung, Yau Ming	26	Hoi Tin	56.28	QT
5	39015 P	Chan, Tsz Kwan	17	Tai PO	57.53	QT
6	41900 B	Han, Pak Kiu	14	Hoi Tin	58.93	QT
7	36111 IAZ	Yeung, Pun Yin	17	Dali Swimming Club	1:01.39	QT
8	33758 IAZ	Leung, Tsz Wo	16	Hoi Tin	1:02.37	QT
9	37159 IAZ	Andiappan, Ethan Siddha Hsu	15	LRC	1:03.64	QT

Heat 3 of 4 Prelims

0	38337 IAZ	Pong, Yik Hang Ryan	15	LRC	1:03.12	QT
1	37686 B	Chang, Hok Hin	16	Tai PO	1:01.82	QT
2	41163 IAZ	Chan, Tsz Hin	16	Tai PO	1:00.66	QT
3	27239 B	Chan, Sheung Kwan	22	Keung Sung	57.81	QT
4	36902 IAO	Kwan, Hayden	21	Pacific	55.84	QT
5	29545 IAZN	Cheung, Cheuk To	18	Tai PO	57.20	QT
6	17709 B	Whittington, Ryan Michael	23	South China	58.57	QT
7	40104 B	Cheung, Yung	13	White Dolphin	1:01.22	QT
8	22824 IAZ	Wong, Lok Kan	20	Hoi Tin	1:02.32	QT
9	40455 IAZ	Lam, Wai Lok	15	Sun Yip	1:03.54	QT

Heat 4 of 4 Prelims

0	36551 IAZ	Tian, Trevor	15	Tai PO	1:02.70	QT
1	38564 IAZ	Fung, Kwun Yui	14	Pacific	1:01.82	QT
2	26842 IAZ	Yuk, Shing Chi	21	Pacific	1:00.21	QT
3	28636 B	Chan, Tsz Chiu	21	Keung Sung	57.61	QT
4	12117 IAZ	Lau, Shiu Yue	26	Hoi Tin	52.87	QT
5	22533 IAZ	Ng, Cheuk Yin	21	Tai PO	56.61	QT
6	30435 IAZ	Chan, Chin Kan	19	Lai WA	58.47	QT
7	42311 IAZ	Yu, Chi Lung	16	Pacific	1:01.11	QT
8	41268 IAZ	Tan, Pak Hei Brian	14	Dik Wing	1:02.23	QT
9	33767 IAZ	Lee, Cheston	16	Pacific	1:03.33	QT



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Meet Program

Event 11 Women 200 LC Meter IM

HKR: 2:12.10

HAUGHEY Siobhan Bernadette

SCA

JR: 2:13.35

MR: 2:13.56

ZHANG Si Shi, CHN

2:38.84 QT Qualifying Time

Meet Qualifying: 2:38.84

Lane	ID#	Name	Age	Team	Seed Time
Heat 1 of 3 Prelims					
1	38967 B	Gao, Elva	14	Hoi Tin	2:27.36 QT
2	38411 B	Yung, Tsz Ching	13	Hoi Tin	2:24.81 QT
3	29117 #IAZ	Wong, Po Yin	19	Hoi Tin	2:23.18 QT
4	30054 IAZ	Cheng, Chloe	19	Pacific	2:17.85 QT
5	40655 IAZ	Ma, Malia	16	Hoi Tin	2:20.33 QT
6	42578 IAZ	Leung, Yan Yui	15	Chi Pui	2:23.81 QT
7	39179 B	Man, Wui Kiu	14	Chi Pui	2:25.92 QT
8	38028 B	Leung, Evelyn Yi	14	Tai PO	2:30.07 QT
Heat 2 of 3 Prelims					
0	38537 B	Chung, Wing Sum Hazel	15	HK Sportworld	2:31.05 QT
1	38860 IAZ	Chui, On Tsz	15	Hoi Tin	2:27.15 QT
2	33715 IAZ	Ma, Gilaine	16	Tai PO	2:24.15 QT
3	36944 B	Chan, Yi Lok	13	Win Tin	2:21.94 QT
4	31841 IAZ	Ng, Lai Wa	18	Hoi Tin	2:14.99 QT
5	31301 IAZ	To, Wing Yan	17	Happy Valley	2:19.27 QT
6	48950 #@P	Gao, Jialian	12	Chi Pui	2:23.22 QT
7	39531 B	Lee, Hoi Lam	14	Win Tin	2:25.89 QT
8	32098 B	Ma, Tsz Tsing Ashley	16	Hoi Tin	2:28.87 QT
Heat 3 of 3 Prelims					
0	37038 IAZ	Chan, Yin Yan	15	Hoi Tin	2:30.64 QT
1	43137 IAZ	Yiu, Sum Yin	13	Win Tin	2:25.92 QT
2	38628 #IAZ	Ho, So Wai	16	Hoi Tin	2:23.96 QT
3	35932 B	Wong, Sze Laam Serena	14	Win Tin	2:20.43 QT
4	42490	Wang, Xin Tong	15	Win Tin	2:14.36 QT
5	36580 B	Tang, Man Rao Jasmine	16	Tai PO	2:18.66 QT
6	39706 B	Yip, Tsz Laam	14	White Dolphin	2:23.21 QT
7	39905 IAZ	Lan, Jasmine Lauren	14	Jockey Club	2:25.00 QT
8	36936 IAZ	Ho, Pui Yan	14	Win Tin	2:27.50 QT



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Meet Program

Event 12 Men 200 LC Meter Butterfly

HKR: 2:00.43 LIM Nicholas Owen Zhaoguang LRC
 JR: 2:01.23
 MR: 1:57.67 WANG Kuan Hung, TPE
 2:25.98 QT Qualifying Time

Meet Qualifying: 2:25.98

Lane	ID#	Name	Age	Team	Seed Time
Heat 1 of 3 Prelims					
1	43109 B	Law, Sai Lai	13	Sun Yip	2:25.26 QT
2	31256 @P	Xu, Rui Chen	15	Win Tin	2:12.04 QT
3	28236 B	Lau, Yiu Yeung Jamie	18	Win Tin	2:06.81 QT
4	38214 #IAZ	Chan, Wai Ching Adrian	14	Hoi Tin	2:04.48 QT
5	32042 IAZ	Lee, Jia Jun Jody George	18	South China	2:05.27 QT
6	35931 B	Lam, Marcus Pak Hei	14	Win Tin	2:08.90 QT
7	43321 IAZ	Po, Jit Shun	14	Ti Dynamics	2:17.36 QT
Heat 2 of 3 Prelims					
1	46985 IAZ	Wong, Chung Kok Helge	13	Pacific	2:20.62 QT
2	41723 IAZ	Fong, Yik Yuen	16	Hoi Tin	2:11.08 QT
3	22961 B	Chan, Tsun Hin	19	White Dolphin	2:06.19 QT
4	33935 B	Yau, Pak Ho	16	Chi Pui	2:02.07 QT
5	29884 B	Kwong, Jacob Yat Nam	17	Win Tin	2:04.92 QT
6	32170 B	Wan, Michael Tsz Shun	17	Tai PO	2:07.39 QT
7	42549 B	Kirk, Ian James	16	Lai WA	2:17.04 QT
Heat 3 of 3 Prelims					
1	45627 IAZ	Cheung, Ting Chun	12	Hoi Ngai	2:19.70 QT
2	41422 B	Yick, Sum Kiu	14	Sea Lion	2:08.95 QT
3	30444 #IAZ	Ho, Chung Lun	21	Pacific	2:05.32 QT
4	34145 #IAO	Ng, Anson	16	Hoi Tin	2:01.55 QT
5	38701 B	Chung, Hei Chit	15	Hoi Tin	2:04.68 QT
6	49179 @ICX	Zhu, Xiuping	15	Pacific	2:06.96 QT
7	36551 IAZ	Tian, Trevor	15	Tai PO	2:13.23 QT

Event 13 Women 50 LC Meter Freestyle

HKR: 24.30 HAUGHEY Siobhan Bernadette SCA
 JR: 25.38
 MR: 25.08 HAUGHEY Siobhan Bernadette SCA
 28.83 QT Qualifying Time

Meet Qualifying: 28.83

Lane	ID#	Name	Age	Team	Seed Time
Heat 1 of 2 Prelims					
1	35670 B	Cheung, Wing Yi Claire	15	Jockey Club	27.69 QT
2	25101 B	Ng, Sze Kwan	18	Kowloon Tong Club	27.00 QT
3	39432 IAZ	Leung, Sze Ki Safira	14	Marlins	26.47 QT
4	40738 B	Li, Sum Yiu	15	White Dolphin	25.22 QT
5	44386	Li, Yu Qing	14	Win Tin	26.21 QT
6	38422 B	Wang, Long Yee	14	Happy Valley	26.70 QT
7	33979 IAZ	Liu, Hei Yu	14	White Dolphin	27.18 QT
8	09959 IAZ	Mok, Hoi Man Sheron	28	Pacific	28.18 QT



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Meet Program

Heat 2 Prelims... (Event 13 Women 50 LC Meter Freestyle)

0	46145 #B	Lam, Ching Yee	11	Tai PO	28.48	QT
1	37875 B	Chan, Yuk Yan	15	Hoi Tin	27.29	QT
2	38029 B	Leung, Evita Yan	13	Tai PO	26.89	QT
3	33492 IAZ	Chu, Ching Yin Annika	17	Hoi Tin	26.40	QT
4		Lim, Xiang Qi Amanda	31	Singapore	X24.94	QT
5	35455 B	Poon, Lok Yan	16	Chi Pui	25.90	QT
6	46253 @P	Lutz, Gabriella Chelsea	13	Lai WA	26.55	QT
7	40887 IAZ	Au-Yeung, Sze Ching	15	Chi Pui	27.03	QT
8	28108 B	Seeto, Wai Ching	19	Keung Sung	27.82	QT

Event 14 Men 400 LC Meter Freestyle

HKR: 3:50.53 CHEUK Ming Ho, CPS

JR: 3:57.77

MR: 3:51.23 HAO Yun, CHN

4:34.03 QT Qualifying Time

Meet Qualifying: 4:34.03

Lane	ID#	Name	Age	Team	Seed Time	
Heat 1 of 3 Prelims						
1	46409 IAZ	Wang, Zi Ran	14	Island Stingrays	4:27.19	QT
2	48286 IAZ	Muller, Ethan	16	South China	4:25.35	QT
3	36113 IAZ	Wong, Tsun Ting	17	Eastern Winter	4:24.33	QT
4	35804 IAZ	Tong, Ching Wa	18	Pacific	4:20.46	QT
5	34506 B	Yu, Shing Hin	16	Win Tin	4:24.22	QT
6	50769 @^ICX	Sun, Maokun	12	Kowloon City	4:24.77	QT
7	45472 B	Yeung, Tsz Ho	12	HK Sportworld	4:25.65	QT
8	46688 IAZ	Chan, Yui Hong	15	Dik Wing	4:34.03	QT
Heat 2 of 3 Prelims						
0	38734 B	Zhang, Haoyu	15	Win Tin	4:19.57	QT
1	35393 B	Law, Lok Hei	17	Win Tin	4:14.52	QT
2	37482 B	Kwan, Ho Yin	16	Riverside	4:12.48	QT
3	37083 P	Kwan, Nicholas	16	Tai PO	4:01.10	QT
4	29257 B	He, Shing Ip	18	Chi Pui	3:51.05	QT
5	30733 B	Lai, King Wo	17	Win Tin	3:56.18	QT
6	23101 P	Li, Chun Yin Jason	23	Sun Yip	4:07.18	QT
7	35385 B	Chong, Hin Yeung	15	Dik Wing	4:13.53	QT
8	43212 B	Tsang, Pak Kiu	14	Sun Yip	4:15.81	QT
9	43918 @IAX	Chui, Ue Haang	13	White Dolphin	4:20.26	QT
Heat 3 of 3 Prelims						
0	43919 IAZ	Chui, Hoi Haang	15	White Dolphin	4:18.57	QT
1	33608 IAZN	Wan, Chun Lim	18	Pacific	4:14.37	QT
2	35648 IAZ	Lau, Tsz Pok	16	Pacific	4:11.06	QT
3	35022 IAZ	Ip, Ali	16	Tai PO	3:59.65	QT
4	48237 IAZ	Wang, Yi Shun	16	Chi Pui	3:50.45	QT
5	33922 P	So, Kwun Wa	16	White Dolphin	3:56.12	QT
6	34048 IAZ	Wong, Pok Lam	17	Hoi Tin	4:06.92	QT
7	21052 B	Thorley, William Yan	21	Sha Mei 318	4:13.13	QT
8	37420 IAZ	Ko, Chin Fung	15	Kwun Tong	4:15.28	QT
9	40460 IAZ	Zhao, Oscar	14	Hoi Tin	4:20.23	QT



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Meet Program

Event 15 Women 200 LC Meter Backstroke

HKR: 2:09.33 LAU Yin Yan Claudia, DLS

JR: 2:16.10

MR: 2:14.66 CHENG Jessica Chloe, PSC

2:37.67 QT Qualifying Time

Meet Qualifying: 2:37.67

Lane	ID#	Name	Age	Team	Seed Time
Heat 1 of 2 Prelims					
2		Enkh-Amgalan, Ariuntamir	20	Mongolia	X2:24.06 QT
3	33874 IAZ	Lee Giselle, Jacinda Jia Hui	16	South China	2:20.43 QT
4	29057 B	Cheng, Jessica Chloe	18	Pacific	2:14.27 QT
5	35345 B	Ho, Tin Wing	14	Hoi Tin	2:16.63 QT
6	39531 B	Lee, Hoi Lam	14	Win Tin	2:20.90 QT
7	35953 IAZ	Siu, Hoi Lam	16	Tai PO	2:37.67 QT
Heat 2 of 2 Prelims					
2	41265 B	Li, Elizabeth	14	South China	2:23.85 QT
3	35752 B	Li, Cheuk Yiu	14	Hoi Tin	2:18.46 QT
4	36321 B	Cheung, Sum Yuet Cindy	17	Tai PO	2:06.65 QT
5	36936 IAZ	Ho, Pui Yan	14	Win Tin	2:14.84 QT
6	46816 IAZ	Chan, Tsz Yu Ashley	12	Hoi Tin	2:20.90 QT
7	46124 IAZ	Mathis, Kayla J	13	Tai PO	2:26.30 QT

Event 16 Men 200 LC Meter Breaststroke

HKR: 2:11.16 CHILLINGWORTH Adam, SCA

JR: 2:14.41

MR: 2:12.52 WONG Benson, DLS

2:41.90 QT Qualifying Time

Meet Qualifying: 2:41.90

Lane	ID#	Name	Age	Team	Seed Time
Heat 1 of 4 Prelims					
1	36826 B	Wan, Tsz Shan Shawn	15	Win Tin	2:39.90 QT
2	37498 B	Lam, Hing Ka	14	Riverside	2:37.04 QT
3	46984 IAZ	Wong, Pak Wai	14	Pacific	2:36.66 QT
4	38725 B	Hong, Yan Shek	14	Pacific	2:36.49 QT
5	43925 B	Lam, Ka Yeung	13	Pacific	2:36.62 QT
6	49117 @I	Liu, Haoliang	13	Chi Pui	2:36.67 QT
7	44794 B	Fan, Cheuk Yiu	13	Tai PO	2:39.31 QT
Heat 2 of 4 Prelims					
0	46189 #@IAX	Ayhan, S. Deniz	17	Kowloon City	2:30.55 QT
1	41024 B	Li, Matthew	16	HK Sportworld	2:25.27 QT
2	32214 B	Wong, Sum Lam	16	White Dolphin	2:23.65 QT
3	36592 B	Lau, Ka Long	15	Hoi Tin	2:21.06 QT
4	30694 #IAZ	Cheung, Chi Kit Nicholas	19	Win Tin	2:12.24 QT
5	33755 IAZ	Lau, Kin Hei James	15	Hoi Tin	2:14.40 QT
6	39277 B	Fung, Ho Chun	16	Chi Pui	2:22.18 QT
7	33716 B	Chan, Ngai Cheung	19	Tuen Mun	2:24.33 QT
8	44480 P	Cheng, Yu	15	Dik Wing	2:26.74 QT
9	45162 IAZ	Lau, Chin Fung	14	Pacific	2:34.86 QT



Hong Kong Open Swimming Championships 2024 - 12/07/2024 to 14/07/2024**Meet Program****Heat 3 Prelims... (Event 16 Men 200 LC Meter Breaststroke)**

0	39065 B	Leung, Ching To	12	Win Tin	2:28.53	QT
1	43816 P	Wu, Yulun	14	Tai PO	2:25.01	QT
2	33407 IAZ	Chu, Ho Yin	19	Tai PO	2:22.60	QT
3	36314 IAZ	Mok, Long Sum	15	Lai WA	2:20.11	QT
4	22994 B	Wong, Benson	21	Dali Swimming Club	2:08.26	QT
5	38227 IAZ	Lo, Tsz Lam	17	Win Tin	2:14.17	QT
6	45922 @ICX	Fu, Enze	15	Chi Pui	2:21.49	QT
7	29849 B	Yeung, Cheuk Hay Hayden	18	Chi Pui	2:24.22	QT
8	32099 B	Ng, Wai Ting	16	Win Tin	2:26.21	QT
9	46416 B	Lin, Pak Yin	14	HK Sportworld	2:33.85	QT

Heat 4 of 4 Prelims

0	34714 B	Chan, Chi Kit Javen	15	Win Tin	2:27.93	QT
1	33925 B	Wong, Tsz Ming	17	White Dolphin	2:24.83	QT
2	29599 IAZ	Lai, Ching Hei	20	Pacific	2:22.48	QT
3	32095 B	Lau, Chor Tik	14	Win Tin	2:17.39	QT
4	25379 B	Mak, Sai Ting Adam	17	Hoi Tin	2:06.63	QT
5	30574 IAZ	Cheung, Ryan	17	Chi Pui	2:13.36	QT
6	40651 P	Leung, Tsz Ming	14	White Dolphin	2:21.30	QT
7	33495 IAZ	Wan, Siu Chun	19	Tai PO	2:23.85	QT
8	44135 B	So, Chun Hei	15	Kwun Tong	2:25.88	QT
9	38206 IAZ	Cheung, Pang Cho	17	Kwun Tong	2:33.58	QT

Event 17 Women 800 LC Meter Freestyle

HKR: 8:39.93

HAUGHEY Siobhan Bernadette

SCA

JR: 8:50.21

MR: 8:50.21

AU Hoi Shun Stephanie, DWA

9:50.29 QT Qualifying Time

Meet Qualifying: 9:50.29

Lane	ID#	Name	Age	Team	Seed	Time
Heat 1 of 2 Timed Finals						
2	45628 IAZ	Chan, Pui Ka	12	White Dolphin	9:48.26	QT
3	40949 B	Sum, Yi Man	13	Tai PO	9:34.35	QT
4	38860 IAZ	Chui, On Tsz	15	Hoi Tin	9:30.07	QT
5	40963 IAZ	Chung, Wing Yee Sessie	13	Hoi Tin	9:32.40	QT
6	41875 IAZ	Li, Hei Man	13	Sword Fish Club	9:36.88	QT
7	09959 IAZ	Mok, Hoi Man Sheron	28	Pacific	9:50.29	QT

Fastest Heat Swims in PM Sessions

1	29902 B	Lam, Cheuk Ue Natalie	19	Sun Yip	9:17.32	QT
2	37874 IAZ	Choi, Hiu Ying	14	Hoi Tin	9:13.70	QT
3	31657 #IAZ	Chan, Lok Mei	16	Hoi Tin	9:11.33	QT
4	19207 B	Nip, Tsz Yin	24	Eastern Winter	8:40.70	QT
5	32098 B	Ma, Tsz Tsing Ashley	16	Hoi Tin	8:49.07	QT
6	38627 #IAZ	Ho, So Yu	16	Hoi Tin	9:11.56	QT
7	35932 B	Wong, Sze Laam Serena	14	Win Tin	9:14.02	QT
8	38394 B	Yeung, Tin Wing	13	Hoi Tin	9:29.57	QT



Hong Kong Open Swimming Championships 2024 - 12/07/2024 to 14/07/2024

Meet Program

Event 18 Men 4x100 LC Meter Medley Relay

HKR: 3:42.40 **Hong Kong Team**
 JR: 3:59.69
 MR: 3:41.94 **Chinese Taipei**
 4:26.84 **QT Qualifying Time**

Meet Qualifying: 4:26.84

Lane	Team	Relay	Seed Time
Heat 1 of 1 Prelims			
0	Kwun Tong Swimming Club	A	4:26.84 QT
1	Lai Wa Swimming Club	A	4:05.76 QT
2	Pacific Swimming Club	A	4:00.55 QT
3	South China Athletic Assn	A	3:58.55 QT
4	Hoi Tin Athletic Assn Ltd	A	3:49.98 QT
5	Chi Pui Swimming Club Ltd	A	3:56.21 QT
6	Win Tin Swimming Club	A	4:00.24 QT
7	White Dolphin Sport Assn	A	4:02.52 QT
8	Sun Yip Swimming Club	A	4:14.21 QT
9	Dali Swimming Club	A	4:26.84 QT

Event 19 Women 4x100 LC Meter Medley Relay

HKR: 4:01.72 **Hong Kong Team**
 JR: 4:19.55
 MR: 4:13.33 **Hoi Tin Athletic Association**
 4:54.00 **QT Qualifying Time**

Meet Qualifying: 4:54.00

Lane	Team	Relay	Seed Time
Straight Final in PM Session			
1	Pacific Swimming Club	A	4:54.00 QT
2	White Dolphin Sport Assn	A	4:36.78 QT
3	South China Athletic Assn	A	4:24.25 QT
4	Win Tin Swimming Club	A	4:19.98 QT
5	Hoi Tin Athletic Assn Ltd	A	4:20.02 QT
6	Happy Valley Athletic Assn	A	4:32.37 QT
7	Chi Pui Swimming Club Ltd	A	4:42.11 QT

Event 20 Men 50 LC Meter Butterfly

HKR: 23.97 **NG Cheuk Yin, TPS**
 JR: 24.74
 MR: 24.28 **TO Kenneth King Him, LWS**
 28.10 **QT Qualifying Time**

Meet Qualifying: 28.10

Lane	ID#	Name	Age	Team	Seed Time
Heat 1 of 4 Prelims					
3	26842 IAZ	Yuk, Shing Chi	21	Pacific	28.10 QT
4	36111 IAZ	Yeung, Pun Yin	17	Dali Swimming Club	28.10 QT
5	21248 B	Lau, Ping Chi	21	Hoi Tin	28.10 QT



Hong Kong Open Swimming Championships 2024 - 12/07/2024 to 14/07/2024**Meet Program****Heat 2 Prelims... (Event 20 Men 50 LC Meter Butterfly)**

0	38153 IAZ	Cheung, Chi Hang	20	Old Folks	27.56	QT
1	35666 @IM	Chan, Cheuk Kit	17	Win Tin	26.85	QT
2	44135 B	So, Chun Hei	15	Kwun Tong	25.71	QT
3	32463 IAZ	Chan, Austin	18	Dik Wing	25.20	QT
4	32248 B	Li, Sing Hoi	19	Win Tin	24.05	QT
5	32042 IAZ	Lee, Jia Jun Jody George	18	South China	24.79	QT
6	31077 B	Lo, Man Kit	20	Sword Fish Club	25.46	QT
7	36085 B	Hui, Yik Kiu	16	Chi Pui	26.16	QT
8	31786 IAZ	Lee, Hon Chung Jonathan	18	South China	27.04	QT
9	31666 IAZ	Lee, Yat Yuen Yen	17	Hoi Tin	28.10	QT

Heat 3 of 4 Prelims

0	32789 IAZ	Au-Yeung, Bon Ethan	16	South China	27.40	QT
1	41723 IAZ	Fong, Yik Yuen	16	Hoi Tin	26.62	QT
2	20058 P	Lim Nicholas, Owen Zhaoguan	23	LRC	25.59	QT
3	33935 B	Yau, Pak Ho	16	Chi Pui	25.16	QT
4	06697 B	Koo, Ralph Yat Ho	26	Hoi Tin	23.93	QT
5	28636 B	Chan, Tsz Chiu	21	Keung Sung	24.63	QT
6	35894 B	Chui, Ka Yeung	18	Win Tin	25.44	QT
7	36335 IAZ	Wu, Yin To	16	Hoi Ngai	26.11	QT
8	38026 IAZ	Wu, Yik Ham	16	HK Sportworld	26.95	QT
9	46688 IAZ	Chan, Yui Hong	15	Dik Wing	28.10	QT

Heat 4 of 4 Prelims

0	36113 IAZ	Wong, Tsun Ting	17	Eastern Winter	27.12	QT
1	32170 B	Wan, Michael Tsz Shun	17	Tai PO	26.24	QT
2	31864 IAZ	Kwong, Bui Ming	18	Hoi Ngai	25.58	QT
3	38701 B	Chung, Hei Chit	15	Hoi Tin	24.81	QT
4	25254 B	Ho, Siu Lun	20	Dali Swimming Club	23.68	QT
5	22533 IAZ	Ng, Cheuk Yin	21	Tai PO	24.56	QT
6	49455 IAZ	Cai, Qi Hong	17	Chi Pui	25.24	QT
7	37757 B	Cheng, Pak Ho	16	HK Sportworld	25.87	QT
8	43321 IAZ	Po, Jit Shun	14	Ti Dynamics	26.86	QT
9	33109 B	Seeto, Shun Yin	17	Keung Sung	27.93	QT



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Meet Program

Event 21 Women 100 LC Meter Freestyle

HKR: 52.02 HAUGHEY Siobhan Bernadette SCA
 JR: 54.47
 MR: 55.77 HAUGHEY Siobhan Bernadette SCA

1:02.90 QT Qualifying Time

Meet Qualifying: 1:02.90

Lane	ID#	Name	Age	Team	Seed Time
Heat 1 of 2 Prelims					
0	46145 #B	Lam, Ching Yee	11	Tai PO	1:02.62 QT
1	33979 IAZ	Liu, Hei Yu	14	White Dolphin	59.88 QT
2	38422 B	Wang, Long Yee	14	Happy Valley	58.89 QT
3	44386	Li, Yu Qing	14	Win Tin	56.70 QT
4	14159 B	Cheng, Camille Lily Mei	31	Hoi Tin	54.66 QT
5	33715 IAZ	Ma, Gilaine	16	Tai PO	55.25 QT
6	46253 @P	Lutz, Gabriella Chelsea	13	Lai WA	58.47 QT
7	39432 IAZ	Leung, Sze Ki Safira	14	Marlins	59.37 QT
8	42912 IAZ	Tse, Lai Yiu	14	White Dolphin	1:01.44 QT
9	50176 IAZ	Chen, Vanessa	15	Dik Wing	1:02.90 QT
Heat 2 of 2 Prelims					
0	46124 IAZ	Mathis, Kayla J	13	Tai PO	1:02.57 QT
1	38029 B	Leung, Evita Yan	13	Tai PO	59.74 QT
2	37875 B	Chan, Yuk Yan	15	Hoi Tin	58.68 QT
3	29449 B	Leung, Wing Tsun Rachel	17	Win Tin	56.57 QT
4	40738 B	Li, Sum Yiu	15	White Dolphin	54.42 QT
5	20540 #IAZ	Kan, Cheuk Tung Natalie	22	Hoi Tin	55.00 QT
6	43424 IAZ	Mathis, Mya Lynn	14	Tai PO	58.29 QT
7	25101 B	Ng, Sze Kwan	18	Kowloon Tong Club	59.24 QT
8	44674 B	Wan, Ching Yiu Iris	12	Tai PO	1:01.34 QT
9	40655 IAZ	Ma, Malia	16	Hoi Tin	1:02.90 QT

Event 22 Men 200 LC Meter Freestyle

HKR: 1:47.46 CHEUK Ming Ho, CPS
 JR: 1:52.59
 MR: 1:50.36 CHEUK Ming Ho, CPS

2:08.25 QT Qualifying Time

Meet Qualifying: 2:08.25

Lane	ID#	Name	Age	Team	Seed Time
Heat 1 of 3 Prelims					
1	38734 B	Zhang, Haoyu	15	Win Tin	2:02.35 QT
2	37482 B	Kwan, Ho Yin	16	Riverside	1:58.61 QT
3	37083 P	Kwan, Nicholas	16	Tai PO	1:53.32 QT
4	48237 IAZ	Wang, Yi Shun	16	Chi Pui	1:50.64 QT
5	33922 P	So, Kwun Wa	16	White Dolphin	1:51.72 QT
6	36547 IAZ	Wong, Yik Yan Sean	17	South China	1:54.69 QT
7	43919 IAZ	Chui, Hoi Haang	15	White Dolphin	2:00.13 QT
8	48418 IAZ	Liao, Zitong	14	Kowloon City	2:07.16 QT



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Meet Program

Heat 2 Prelims... (Event 22 Men 200 LC Meter Freestyle)

1	43918 @IAX	Chui, Ue Haang	13	White Dolphin	2:00.93	QT
2	38214 #IAZ	Chan, Wai Ching Adrian	14	Hoi Tin	1:55.09	QT
3	41900 B	Han, Pak Kiu	14	Hoi Tin	1:53.30	QT
4	38227 IAZ	Lo, Tsz Lam	17	Win Tin	1:50.28	QT
5	22824 IAZ	Wong, Lok Kan	20	Hoi Tin	1:51.64	QT
6	34048 IAZ	Wong, Pok Lam	17	Hoi Tin	1:54.41	QT
7	37420 IAZ	Ko, Chin Fung	15	Kwun Tong	2:00.02	QT
8	45472 B	Yeung, Tsz Ho	12	HK Sportworld	2:05.30	QT

Heat 3 of 3 Prelims

0	38859 @IAO	Yang, Ruei Bin	18	Tuen Mun	2:07.25	QT
1	43212 B	Tsang, Pak Kiu	14	Sun Yip	2:00.62	QT
2	35393 B	Law, Lok Hei	17	Win Tin	1:54.80	QT
3	36913 IAZ	Cheng, Cheuk Chi George	16	Dali Swimming Club	1:51.77	QT
4	29257 B	He, Shing Ip	18	Chi Pui	1:48.84	QT
5	30733 B	Lai, King Wo	17	Win Tin	1:50.72	QT
6	26123 IAZ	Wong, Wai Lun	21	Hoi Tin	1:53.95	QT
7	35648 IAZ	Lau, Tsz Pok	16	Pacific	1:58.66	QT
8	48286 IAZ	Muller, Ethan	16	South China	2:04.20	QT

Event 23 Women 50 LC Meter Breaststroke

HKR:	30.36	HAUGHEY Siobhan Bernadette	SCA
JR:	32.31		
MR:	31.41	LIN Pei Wun, TPE	
	37.66	QT Qualifying Time	

Meet Qualifying: 37.66

Lane	ID#	Name	Age	Team	Seed Time	
Heat 1 of 4 Prelims						
3	38702 IAZ	Siu, Hoi Ching	13	Tai PO	37.66	QT
4	48850 #B	Lam, Tsz Kei	11	Tai PO	37.66	QT
5	46111 B	Chau, Pak Yu	12	Tai PO	37.66	QT
Heat 2 of 4 Prelims						
0	48088 IAZ	Wang, Ching Yee	11	Happy Valley	36.94	QT
1	47588 B	Li, Man Hin	15	Flying Dragon	35.37	QT
2	39149 IAZ	Xing, Yina	13	Happy Valley	34.58	QT
3	38411 B	Yung, Tsz Ching	13	Hoi Tin	33.34	QT
4	35670 B	Cheung, Wing Yi Claire	15	Jockey Club	31.93	QT
5	29139 B	Young, Sze Ki	21	Tai PO	32.75	QT
6	38537 B	Chung, Wing Sum Hazel	15	HK Sportworld	34.01	QT
7	50134 IAZN	Wu, Melody	15	South China	35.23	QT
8	37209 B	Kan, Hong Ching Audrey	15	Jockey Club	36.01	QT
9	45734 IAZ	Fung, Hei Yiu	12	Sword Fish Club	37.56	QT



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Meet Program

Heat 3 Prelims... (Event 23 Women 50 LC Meter Breaststroke)

0	44742 IAZ	Ho, Michelle Yan Sin	12	White Dolphin	36.59	QT
1	43337 #	Zhou, Xiaolin	15	Dik Wing	35.36	QT
2	28694 B	Cheuk, Yuet Ying Phoebe	19	Keung Sung	34.27	QT
3	38297 IAX	Cheung, Hau Wing	16	Lai WA	32.83	QT
4	29060 IAZ	Lam, Hoi Kiu	20	Hoi Tin	31.46	QT
5	42578 IAZ	Leung, Yan Yui	15	Chi Pui	32.71	QT
6	40306 IAZ	Chi, Yi Lam	13	Jockey Club	33.90	QT
7	43778 IAZ	Lee, Rianne	13	White Dolphin	34.95	QT
8	42837 IAZ	Kan, Hong Wing Amelia	13	Jockey Club	35.86	QT
9	43575 IAZ	Liu, Hei Tung	13	HK Sportworld	37.31	QT

Heat 4 of 4 Prelims

0	45894 IAZ	Yu, Kok Yiu	13	Hoi Tin	36.58	QT
1	46308 IAZ	So, Hei Shun	13	Kwun Tong	35.32	QT
2	32978 IAZ	Yip, Wai Iu	15	Chi Pui	34.12	QT
3	39592 IAZ	Sng, Yan Megan	19	Dik Wing	32.78	QT
4	39179 B	Man, Wui Kiu	14	Chi Pui	31.31	QT
5	33742 IAZ	Lam, Chelsie	15	Dali Swimming Club	32.09	QT
6	34467 B	Chan, Tsz Ching	18	Sea Lion	33.80	QT
7	38528 B	Lam, Tsz Ying	13	Hoi Tin	34.90	QT
8	48559 IAZ	Yeung, Ho Yuet	12	Hoi Ngai	35.41	QT
9	36412 #B	Poon, Ka Yan Angel	15	Old Folks	37.01	QT

Event 24 Men 100 LC Meter Breaststroke

HKR:	1:00.95	MAK Sai Ting Adam, HTA
JR:	1:03.01	
MR:	1:01.04	BALANDIN Dmitriy, KAZ
	1:11.64	QT Qualifying Time

Meet Qualifying: 1:11.64

Lane	ID#	Name	Age	Team	Seed	Time
Heat 1 of 4 Prelims						
3	46409 IAZ	Wang, Zi Ran	14	Island Stingrays	1:11.64	QT
4	46416 B	Lin, Pak Yin	14	HK Sportworld	1:10.30	QT
5	35804 IAZ	Tong, Ching Wa	18	Pacific	1:10.80	QT
6	35668 B	Chan, Jayden	16	Jockey Club	1:11.64	QT
Heat 2 of 4 Prelims						
0	43816 P	Wu, Yulun	14	Tai PO	1:08.35	QT
1	29599 IAZ	Lai, Ching Hei	20	Pacific	1:06.69	QT
2	33407 IAZ	Chu, Ho Yin	19	Tai PO	1:04.97	QT
3	33755 IAZ	Lau, Kin Hei James	15	Hoi Tin	1:03.57	QT
4	30694 #IAZ	Cheung, Chi Kit Nicholas	19	Win Tin	1:01.09	QT
5	45703 IAZ	Tsui, Yik Ki	16	Pacific	1:03.23	QT
6	32738 IAZ	Man, Ho Him	18	Lai WA	1:04.12	QT
7	45922 @ICX	Fu, Enze	15	Chi Pui	1:06.26	QT
8	41024 B	Li, Matthew	16	HK Sportworld	1:07.22	QT
9	40739 IAZ	Yu, Tsz Hei	14	White Dolphin	1:09.48	QT



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0	46189 #@IAX	Ayhan, S. Deniz	17	Kowloon City	1:08.25	QT
1	33793 IAZ	Tam, Ka Shek	17	Win Tin	1:06.56	QT
2	29849 B	Yeung, Cheuk Hay Hayden	18	Chi Pui	1:04.65	QT
3	30574 IAZ	Cheung, Ryan	17	Chi Pui	1:03.51	QT
4	22994 B	Wong, Benson	21	Dali Swimming Club	1:00.31	QT
5	35805 B	So, Chun Hin	17	Tai PO	1:02.73	QT
6	33495 IAZ	Wan, Siu Chun	19	Tai PO	1:03.86	QT
7	33716 B	Chan, Ngai Cheung	19	Tuen Mun	1:05.44	QT
8	36592 B	Lau, Ka Long	15	Hoi Tin	1:07.16	QT
9	44480 P	Cheng, Yu	15	Dik Wing	1:08.47	QT

Heat 4 of 4 Prelims

0	33925 B	Wong, Tsz Ming	17	White Dolphin	1:07.53	QT
1	32099 B	Ng, Wai Ting	16	Win Tin	1:06.42	QT
2	40651 P	Leung, Tsz Ming	14	White Dolphin	1:04.30	QT
3	36314 IAZ	Mok, Long Sum	15	Lai WA	1:03.34	QT
4	25379 B	Mak, Sai Ting Adam	17	Hoi Tin	59.57	QT
5	28535 B	Law, Tsz Hin	21	Hoi Tin	1:02.19	QT
6	32095 B	Lau, Chor Tik	14	Win Tin	1:03.71	QT
7	32214 B	Wong, Sum Lam	16	White Dolphin	1:05.36	QT
8	31822 B	Lau, Ming Yui	18	Lai WA	1:07.01	QT
9	38206 IAZ	Cheung, Pang Cho	17	Kwun Tong	1:08.41	QT

Event 25 Women 400 LC Meter IM

HKR: 4:48.58 CHENG Chloe, PSC

JR: 4:51.30

MR: 4:45.27 ZANG Si Shi, CHN

5:38.68 QT Qualifying Time

Meet Qualifying: 5:38.68

Lane	ID#	Name	Age	Team	Seed	Time
Heat 1 of 2 Prelims						
2	39905 IAZ	Lan, Jasmine Lauren	14	Jockey Club	5:07.56	QT
3	38628 #IAZ	Ho, So Wai	16	Hoi Tin	5:04.02	QT
4	31841 IAZ	Ng, Lai Wa	18	Hoi Tin	4:43.92	QT
5	35932 B	Wong, Sze Laam Serena	14	Win Tin	4:57.35	QT
6	48950 #@P	Gao, Jialian	12	Chi Pui	5:07.04	QT
7	39531 B	Lee, Hoi Lam	14	Win Tin	5:13.43	QT
Heat 2 of 2 Prelims						
1	38028 B	Leung, Evelyn Yi	14	Tai PO	5:15.24	QT
2	38860 IAZ	Chui, On Tsz	15	Hoi Tin	5:07.29	QT
3	29117 #IAZ	Wong, Po Yin	19	Hoi Tin	5:01.83	QT
4	42490	Wang, Xin Tong	15	Win Tin	4:42.99	QT
5	36944 B	Chan, Yi Lok	13	Win Tin	4:57.12	QT
6	39706 B	Yip, Tsz Laam	14	White Dolphin	5:04.48	QT
7	38967 B	Gao, Elva	14	Hoi Tin	5:10.15	QT



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Meet Program

Event 26 Men 100 LC Meter Butterfly

HKR: 53.38

NG Cheuk Yin, TPS

JR: 54.42

MR: 53.45

TRIADY Fauzi Sidiq, IND

1:04.75 QT Qualifying Time

Meet Qualifying: 1:04.75

Lane	ID#	Name	Age	Team	Seed Time
Heat 1 of 4 Prelims					
3	46688 IAZ	Chan, Yui Hong	15	Dik Wing	1:04.34 QT
4	38026 IAZ	Wu, Yik Ham	16	HK Sportworld	1:02.73 QT
5	45627 IAZ	Cheung, Ting Chun	12	Hoi Ngai	1:04.28 QT
6	32789 IAZ	Au-Yeung, Bon Ethan	16	South China	1:04.75 QT
Heat 2 of 4 Prelims					
0	35931 B	Lam, Marcus Pak Hei	14	Win Tin	1:00.29 QT
1	42549 B	Kirk, Ian James	16	Lai WA	59.15 QT
2	32463 IAZ	Chan, Austin	18	Dik Wing	57.40 QT
3	34145 #IAO	Ng, Anson	16	Hoi Tin	56.29 QT
4	32042 IAZ	Lee, Jia Jun Jody George	18	South China	54.34 QT
5	38701 B	Chung, Hei Chit	15	Hoi Tin	55.00 QT
6	30444 #IAZ	Ho, Chung Lun	21	Pacific	57.16 QT
7	41723 IAZ	Fong, Yik Yuen	16	Hoi Tin	57.98 QT
8	41422 B	Yick, Sum Kiu	14	Sea Lion	59.29 QT
9	36563 B	Leung, Hok Kiu Jason	15	Sun Yip	1:02.53 QT
Heat 3 of 4 Prelims					
0	36113 IAZ	Wong, Tsun Ting	17	Eastern Winter	59.44 QT
1	28256 @IAX	Ma, Zeyuan	21	Chi Pui	58.73 QT
2	36085 B	Hui, Yik Kiu	16	Chi Pui	57.38 QT
3	26842 IAZ	Yuk, Shing Chi	21	Pacific	55.69 QT
4	32248 B	Li, Sing Hoi	19	Win Tin	53.65 QT
5	22533 IAZ	Ng, Cheuk Yin	21	Tai PO	54.37 QT
6	49179 @ICX	Zhu, Xiuping	15	Pacific	56.46 QT
7	29884 B	Kwong, Jacob Yat Nam	17	Win Tin	57.94 QT
8	44135 B	So, Chun Hei	15	Kwun Tong	59.25 QT
9	50769 @^ICX	Sun, Maokun	12	Kowloon City	1:02.04 QT
Heat 4 of 4 Prelims					
0	22961 B	Chan, Tsun Hin	19	White Dolphin	59.38 QT
1	31256 @P	Xu, Rui Chen	15	Win Tin	58.20 QT
2	32170 B	Wan, Michael Tsz Shun	17	Tai PO	57.27 QT
3	33935 B	Yau, Pak Ho	16	Chi Pui	55.19 QT
4	25254 B	Ho, Siu Lun	20	Dali Swimming Club	52.77 QT
5	06697 B	Koo, Ralph Yat Ho	26	Hoi Tin	54.36 QT
6	29545 IAZN	Cheung, Cheuk To	18	Tai PO	56.37 QT
7	34048 IAZ	Wong, Pok Lam	17	Hoi Tin	57.46 QT
8	43321 IAZ	Po, Jit Shun	14	Ti Dynamics	59.22 QT
9	36551 IAZ	Tian, Trevor	15	Tai PO	1:00.37 QT



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Meet Program

Event 27 Women 100 LC Meter Backstroke

HKR: 1:00.22 AU Hoi Shun Stephanie, DWA

JR: 1:03.30

MR: 1:00.81 AU Hoi Shun Stephanie, DWA

1:15.80 QT Qualifying Time

Meet Qualifying: 1:15.80

Lane	ID#	Name	Age	Team	Seed Time
Heat 1 of 3 Prelims					
1	35953 IAZ	Siu, Hoi Lam	16	Tai PO	1:12.26 QT
2	41265 B	Li, Elizabeth	14	South China	1:06.72 QT
3	46816 IAZ	Chan, Tsz Yu Ashley	12	Hoi Tin	1:04.98 QT
4	36936 IAZ	Ho, Pui Yan	14	Win Tin	1:02.90 QT
5	38797 IAZ	Wong, Hei Ching Henrietta	12	Tai PO	1:04.38 QT
6	33874 IAZ	Lee Giselle, Jacinda Jia Hui	16	South China	1:05.77 QT
7	33828 IAZ	Kor, Ka Hei	16	South China	1:11.14 QT
8	48850 #B	Lam, Tsz Kei	11	Tai PO	1:13.60 QT
Heat 2 of 3 Prelims					
0	35992 P	Mcfarland, Charlotte Chia-Ju	16	South China	1:14.87 QT
1	46145 #B	Lam, Ching Yee	11	Tai PO	1:11.87 QT
2	39531 B	Lee, Hoi Lam	14	Win Tin	1:06.55 QT
3		Enkh-Amgalan, Ariuntamir	20	Mongolia	X1:04.72 QT
4	35455 B	Poon, Lok Yan	16	Chi Pui	1:01.76 QT
5	31597 B	Ng, Cheuk Yan	17	Hoi Tin	1:03.26 QT
6	35752 B	Li, Cheuk Yiu	14	Hoi Tin	1:05.36 QT
7	38813 #P	Liu, Yuen Ching	14	Hoi Tin	1:08.86 QT
8	45558 IAZ	Wan, Pisces	12	Dali Swimming Club	1:13.26 QT
Heat 3 of 3 Prelims					
0	46200 IAZ	Kwong, Hoi Yee Phoebe	10	Winner	1:14.34 QT
1	46507 B	Chen, Wai Yan	12	Dali Swimming Club	1:11.80 QT
2	46124 IAZ	Mathis, Kayla J	13	Tai PO	1:06.35 QT
3	35345 B	Ho, Tin Wing	14	Hoi Tin	1:04.46 QT
4	36321 B	Cheung, Sum Yuet Cindy	17	Tai PO	58.39 QT
5	29057 B	Cheng, Jessica Chloe	18	Pacific	1:03.08 QT
6	33947 IAZ	Chan, Hin Yau	17	Tai PO	1:05.18 QT
7	37038 IAZ	Chan, Yin Yan	15	Hoi Tin	1:08.48 QT
8	45531 IAZ	Zhong, Sin Yiu	12	North Sports	1:12.58 QT



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Meet Program

Event 28 Men 50 LC Meter Backstroke

HKR: 26.00 LAU Shiu Yue, HTA
JR: 26.81
MR: 25.38 CHUANG Mu Lun, TPE
30.58 QT Qualifying Time

Meet Qualifying: 30.58

Lane	ID#	Name	Age	Team	Seed Time
Heat 1 of 3 Prelims					
0	49384 IAZ	Li, Louis Ka Wo	14	Pacific	29.76 QT
1	33767 IAZ	Lee, Cheston	16	Pacific	28.82 QT
2	36791 IAZ	Fong, Tsz Long Jose	15	Dik Wing	28.24 QT
3	24751 B	Lau, Hoi Hang	19	Lai WA	27.00 QT
4	26842 IAZ	Yuk, Shing Chi	21	Pacific	25.47 QT
5	36914 IAZ	Cheng, Cheuk Kin Jake	16	Dali Swimming Club	26.40 QT
6	23101 P	Li, Chun Yin Jason	23	Sun Yip	27.44 QT
7	37686 B	Chang, Hok Hin	16	Tai PO	28.41 QT
8	38337 IAZ	Pong, Yik Hang Ryan	15	LRC	28.96 QT
Heat 2 of 3 Prelims					
0	44357 B	Leung, Chun Ho Franky	16	Pacific	29.03 QT
1	36335 IAZ	Wu, Yin To	16	Hoi Ngai	28.77 QT
2	41163 IAZ	Chan, Tsz Hin	16	Tai PO	28.02 QT
3	30435 IAZ	Chan, Chin Kan	19	Lai WA	26.87 QT
4	36902 IAO	Kwan, Hayden	21	Pacific	25.08 QT
5	27239 B	Chan, Sheung Kwan	22	Keung Sung	26.31 QT
6	31127 IAZ	Cheng, Chun Hong	17	Dali Swimming Club	27.17 QT
7	38564 IAZ	Fung, Kwun Yui	14	Pacific	28.40 QT
8	40104 B	Cheung, Yung	13	White Dolphin	28.96 QT
Heat 3 of 3 Prelims					
0	31786 IAZ	Lee, Hon Chung Jonathan	18	South China	29.01 QT
1	41268 IAZ	Tan, Pak Hei Brian	14	Dik Wing	28.58 QT
2	41900 B	Han, Pak Kiu	14	Hoi Tin	27.53 QT
3	35666 @IM	Chan, Cheuk Kit	17	Win Tin	26.50 QT
4	12117 IAZ	Lau, Shiu Yue	26	Hoi Tin	24.38 QT
5	28636 B	Chan, Tsz Chiu	21	Keung Sung	26.27 QT
6	17709 B	Whittington, Ryan Michael	23	South China	27.02 QT
7	33758 IAZ	Leung, Tsz Wo	16	Hoi Tin	28.36 QT
8	32457 B	Lau, Chi To	17	Happy Valley	28.92 QT
9	53989 IC0	Chu, Yu Hsiang	14	Tai PO	30.58 QT



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Meet Program

Event 29 Women 200 LC Meter Butterfly

HKR: 2:12.79 YEUNG Hoi Ching, TPS

JR: 2:14.06

MR: 2:12.75 LI Shuang, CHN

2:31.17 QT Qualifying Time

Meet Qualifying: 2:31.17

Lane	ID#	Name	Age	Team	Seed Time
Straight Final in PM Session					
1	28108 B	Seeto, Wai Ching	19	Keung Sung	2:23.93 QT
2	35932 B	Wong, Sze Laam Serena	14	Win Tin	2:19.96 QT
3	29902 B	Lam, Cheuk Ue Natalie	19	Sun Yip	2:17.70 QT
4	31437 B	Yeung, Hoi Ching	17	Tai PO	2:12.57 QT
5	43424 IAZ	Mathis, Mya Lynn	14	Tai PO	2:17.65 QT
6	38628 #IAZ	Ho, So Wai	16	Hoi Tin	2:19.77 QT
7	31301 IAZ	To, Wing Yan	17	Happy Valley	2:20.12 QT
8	45411 #B	Ding, Tian	12	Hoi Tin	2:28.52 QT

Event 30 Men 200 LC Meter IM

HKR: 2:01.37 TO Kenneth King Him, LWS

JR: 2:05.10

MR: 1:59.44 WANG Hsing Hao, TPE

2:24.55 QT Qualifying Time

Meet Qualifying: 2:24.55

Lane	ID#	Name	Age	Team	Seed Time
Heat 1 of 4 Prelims					
3	53989 IC0	Chu, Yu Hsiang	14	Tai PO	2:24.55 QT
4	36111 IAZ	Yeung, Pun Yin	17	Dali Swimming Club	2:24.55 QT
5	43281 IAZ	Chan, Chak Alfred	13	HK Sportworld	2:24.55 QT
Heat 2 of 4 Prelims					
0	33504 IAZ	Leung, Lok Hei	19	North Sports	2:20.56 QT
1	37420 IAZ	Ko, Chin Fung	15	Kwun Tong	2:18.34 QT
2	33608 IAZN	Wan, Chun Lim	18	Pacific	2:14.29 QT
3	31864 IAZ	Kwong, Bui Ming	18	Hoi Ngai	2:08.25 QT
4	21248 B	Lau, Ping Chi	21	Hoi Tin	2:00.52 QT
5	30574 IAZ	Cheung, Ryan	17	Chi Pui	2:06.24 QT
6	34506 B	Yu, Shing Hin	16	Win Tin	2:12.94 QT
7	41422 B	Yick, Sum Kiu	14	Sea Lion	2:16.22 QT
8	40651 P	Leung, Tsz Ming	14	White Dolphin	2:19.06 QT
Heat 3 of 4 Prelims					
0	32095 B	Lau, Chor Tik	14	Win Tin	2:19.71 QT
1	46416 B	Lin, Pak Yin	14	HK Sportworld	2:16.63 QT
2	36592 B	Lau, Ka Long	15	Hoi Tin	2:14.21 QT
3	26123 IAZ	Wong, Wai Lun	21	Hoi Tin	2:07.11 QT
4	25379 B	Mak, Sai Ting Adam	17	Hoi Tin	2:00.44 QT
5	38227 IAZ	Lo, Tsz Lam	17	Win Tin	2:03.49 QT
6	34145 #IAO	Ng, Anson	16	Hoi Tin	2:11.28 QT
7	39065 B	Leung, Ching To	12	Win Tin	2:15.95 QT
8	33109 B	Seeto, Shun Yin	17	Keung Sung	2:18.99 QT
9	46409 IAZ	Wang, Zi Ran	14	Island Stingrays	2:21.62 QT



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Meet Program

Heat 4 Prelims... (Event 30 Men 200 LC Meter IM)

0	43918 @IAZ	Chui, Ue Haang	13	White Dolphin	2:19.19	QT
1	35145 IAZ	Liu, Siu Fung	16	Chi Pui	2:16.49	QT
2	31256 @P	Xu, Rui Chen	15	Win Tin	2:13.60	QT
3	36547 IAZ	Wong, Yik Yan Sean	17	South China	2:07.08	QT
4	30192 B	Whittington, Peter Harry	20	Dali Swimming Club	1:59.98	QT
5	33755 IAZ	Lau, Kin Hei James	15	Hoi Tin	2:03.44	QT
6	33890 IAZ	Lai, Chun Wai	16	Lai WA	2:08.58	QT
7	45922 @ICX	Fu, Enze	15	Chi Pui	2:15.64	QT
8	36895 B	Lo, Kei Hon Andre	15	Hoi Tin	2:18.56	QT
9	34714 B	Chan, Chi Kit Javen	15	Win Tin	2:21.33	QT

Event 31 Women 400 LC Meter Freestyle

HKR:	4:05.30	HAUGHEY Siobhan Bernadette	SCA
JR:	4:13.81		
MR:	4:08.64	HAUGHEY Siobhan Bernadette	
	4:52.07	QT Qualifying Time	

Meet Qualifying: 4:52.07

Lane	ID#	Name	Age	Team	Seed Time	
Heat 1 of 2 Prelims						
1	40963 IAZ	Chung, Wing Yee Sessie	13	Hoi Tin	4:39.71	QT
2	33874 IAZ	Lee Giselle, Jacinda Jia Hui	16	South China	4:32.18	QT
3	23856 B	Leung, Ka Ching	20	Hoi Tin	4:27.97	QT
4	33715 IAZ	Ma, Gilaine	16	Tai PO	4:15.49	QT
5	31841 IAZ	Ng, Lai Wa	18	Hoi Tin	4:18.88	QT
6	37874 IAZ	Choi, Hiu Ying	14	Hoi Tin	4:30.68	QT
7	38860 IAZ	Chui, On Tsz	15	Hoi Tin	4:39.02	QT
8	40426 B	Fong, Sin Ka	13	Long Fame	4:43.03	QT
Heat 2 of 2 Prelims						
0	44674 B	Wan, Ching Yiu Iris	12	Tai PO	4:52.07	QT
1	42134 #IAZN	Tang, Kai Ting	14	Hoi Tin	4:39.37	QT
2	45628 IAZ	Chan, Pui Ka	12	White Dolphin	4:31.61	QT
3	38217 IAZ	Yan, Ellie	14	Hoi Tin	4:21.98	QT
4	42490	Wang, Xin Tong	15	Win Tin	4:14.38	QT
5	32098 B	Ma, Tsz Tsing Ashley	16	Hoi Tin	4:15.98	QT
6	40949 B	Sum, Yi Man	13	Tai PO	4:28.27	QT
7	38394 B	Yeung, Tin Wing	13	Hoi Tin	4:34.27	QT
8	41234 B	Chan, Jacaranda Yik Naam	11	Hoi Tin	4:41.13	QT

Event 32 Men 50 LC Meter Freestyle

HKR:	21.83	HO Ian Yentou, SCA
JR:	23.65	
MR:	22.61	TO Kenneth King Him, LWS
	25.97	QT Qualifying Time

Meet Qualifying: 25.97

Lane	ID#	Name	Age	Team	Seed Time	
Heat 1 of 4 Prelims						
3	35668 B	Chan, Jayden	16	Jockey Club	25.97	QT
4	37083 P	Kwan, Nicholas	16	Tai PO	25.97	QT
5	47848 IAZ	Wong, Hei Chit	15	Ti Dynamics	25.97	QT



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Meet Program

Heat 2 Prelims... (Event 32 Men 50 LC Meter Freestyle)

0	44460 IAZ	Lau, Hon Fung	14	Dik Wing	25.97	QT
1	44357 B	Leung, Chun Ho Franky	16	Pacific	24.82	QT
2	32463 IAZ	Chan, Austin	18	Dik Wing	24.19	QT
3	31077 B	Lo, Man Kit	20	Sword Fish Club	23.42	QT
4	06697 B	Koo, Ralph Yat Ho	26	Hoi Tin	22.44	QT
5	49455 IAZ	Cai, Qi Hong	17	Chi Pui	22.94	QT
6	30798 #IAZ	Yeung, Hei Pui	18	Lai WA	23.90	QT
7	37757 B	Cheng, Pak Ho	16	HK Sportworld	24.38	QT
8	31127 IAZ	Cheng, Chun Hong	17	Dali Swimming Club	25.20	QT

Heat 3 of 4 Prelims

0	39279 B	Shum, Chun Hei	14	White Dolphin	25.63	QT
1	42311 IAZ	Yu, Chi Lung	16	Pacific	24.60	QT
2	24751 B	Lau, Hoi Hang	19	Lai WA	24.09	QT
3	20763 @IAZ	Fok, Chun Wang Anthony	22	Dali Swimming Club	23.33	QT
4	25254 B	Ho, Siu Lun	20	Dali Swimming Club	22.43	QT
5	22824 IAZ	Wong, Lok Kan	20	Hoi Tin	22.89	QT
6	36314 IAZ	Mok, Long Sum	15	Lai WA	23.84	QT
7	36085 B	Hui, Yik Kiu	16	Chi Pui	24.33	QT
8	31915 IAZ	Wong, Ho Yeung	18	Lai WA	24.94	QT

Heat 4 of 4 Prelims

0	38153 IAZ	Cheung, Chi Hang	20	Old Folks	25.40	QT
1	36658 IAZ	Ng, Chit	16	Dali Swimming Club	24.49	QT
2	39015 P	Chan, Tsz Kwan	17	Tai PO	23.96	QT
3	32248 B	Li, Sing Hoi	19	Win Tin	23.10	QT
4	22533 IAZ	Ng, Cheuk Yin	21	Tai PO	22.35	QT
5	20289 IAZ	Tsui, Wai Chi	21	Win Tin	22.78	QT
6	36913 IAZ	Cheng, Cheuk Chi George	16	Dali Swimming Club	23.60	QT
7	31666 IAZ	Lee, Yat Yuen Yen	17	Hoi Tin	24.31	QT
8	35258 B	Cheung, Man Ho	13	Sea Lion	24.94	QT
9	33505 B	Hung, Chin Long	18	Sha Mei 318	25.97	QT

Event 33 Women 200 LC Meter Breaststroke

HKR:	2:27.96	KONG Yvette Man Yi, SCA
JR:	2:32.79	
MR:	2:32.65	LAM Hoi Kiu, HTA
	3:02.68	QT Qualifying Time

Meet Qualifying: 3:02.68

Lane	ID#	Name	Age	Team	Seed Time
Heat 1 of 4 Prelims					
3	48170 IAZ	Choi, Hei Yi	12	Winner	3:00.49 QT
4	45734 IAZ	Fung, Hei Yiu	12	Sword Fish Club	2:56.78 QT
5	46111 B	Chau, Pak Yu	12	Tai PO	2:59.10 QT



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0	47395 IAZ	Yu, Yik Huen	12	Win Tin	2:53.56	QT
1	43099 IAZ	Ng, Hoi Ching	15	Win Tin	2:49.09	QT
2	27647 IAZ	Tam, Yik Shan	19	Pacific	2:41.09	QT
3	48950 #@P	Gao, Jialian	12	Chi Pui	2:36.83	QT
4	33492 IAZ	Chu, Ching Yin Annika	17	Hoi Tin	2:32.83	QT
5	33742 IAZ	Lam, Chelsie	15	Dali Swimming Club	2:35.73	QT
6	34467 B	Chan, Tsz Ching	18	Sea Lion	2:38.02	QT
7	38528 B	Lam, Tsz Ying	13	Hoi Tin	2:42.78	QT
8	47588 B	Li, Man Hin	15	Flying Dragon	2:51.32	QT
9	37788 IAZ	Chan, Hoi Lam	16	Tuen Mun	2:56.37	QT

Heat 3 of 4 Prelims

0	44742 IAZ	Ho, Michelle Yan Sin	12	White Dolphin	2:52.11	QT
1	41875 IAZ	Li, Hei Man	13	Sword Fish Club	2:48.70	QT
2	39706 B	Yip, Tsz Laam	14	White Dolphin	2:39.56	QT
3	38297 IAX	Cheung, Hau Wing	16	Lai WA	2:36.33	QT
4	39179 B	Man, Wui Kiu	14	Chi Pui	2:28.02	QT
5	35670 B	Cheung, Wing Yi Claire	15	Jockey Club	2:35.16	QT
6	38537 B	Chung, Wing Sum Hazel	15	HK Sportworld	2:37.84	QT
7	36672 B	Lam, Karman	16	Pacific	2:42.45	QT
8	39149 IAZ	Xing, Yina	13	Happy Valley	2:50.05	QT
9	43397 IAZ	Lan, Jacey Laura	12	Jockey Club	2:54.19	QT

Heat 4 of 4 Prelims

0	46308 IAZ	So, Hei Shun	13	Kwun Tong	2:51.42	QT
1	43137 IAZ	Yiu, Sum Yin	13	Win Tin	2:44.37	QT
2	36010 IAZ	Wu, Kwan Lo	14	Win Tin	2:39.32	QT
3	42578 IAZ	Leung, Yan Yui	15	Chi Pui	2:36.09	QT
4	29060 IAZ	Lam, Hoi Kiu	20	Hoi Tin	2:27.69	QT
5	40655 IAZ	Ma, Malia	16	Hoi Tin	2:34.26	QT
6	33815 IAZ	Wong, Hin Yi	16	Tai PO	2:37.21	QT
7	40306 IAZ	Chi, Yi Lam	13	Jockey Club	2:41.45	QT
8	41485 IAZ	Tang, Lok Yin	12	Happy Valley	2:49.54	QT
9	50134 IAZN	Wu, Melody	15	South China	2:53.81	QT



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Meet Program

Event 34 Men 200 LC Meter Backstroke

HKR: 2:00.22 KWAN Hayden, PSC

JR: 2:07.52

MR: 2:00.70 KWAN Hayden, PSC

2:28.79 QT Qualifying Time

Meet Qualifying: 2:28.79

Lane	ID#	Name	Age	Team	Seed Time
Heat 1 of 3 Prelims					
0	47275 B	Hsieh, Kyrus Shing Hin	9	Tai PO	2:28.79 QT
1	41163 IAZ	Chan, Tsz Hin	16	Tai PO	2:18.93 QT
2	41268 IAZ	Tan, Pak Hei Brian	14	Dik Wing	2:15.95 QT
3	17709 B	Whittington, Ryan Michael	23	South China	2:10.58 QT
4	28636 B	Chan, Tsz Chiu	21	Keung Sung	2:05.39 QT
5	36914 IAZ	Cheng, Cheuk Kin Jake	16	Dali Swimming Club	2:08.85 QT
6	40455 IAZ	Lam, Wai Lok	15	Sun Yip	2:15.69 QT
7	33608 IAZN	Wan, Chun Lim	18	Pacific	2:17.89 QT
8	40879 IAZ	Chen, Zheng Xuan Jason	12	Hoi Tin	2:22.73 QT
Heat 2 of 3 Prelims					
0	46119 B	Hsieh, Kurtis Yi Hon	11	Tai PO	2:28.79 QT
1	48286 IAZ	Muller, Ethan	16	South China	2:18.48 QT
2	37686 B	Chang, Hok Hin	16	Tai PO	2:15.90 QT
3	39015 P	Chan, Tsz Kwan	17	Tai PO	2:10.23 QT
4	15423 IAZ	Cheung, Yau Ming	26	Hoi Tin	2:01.36 QT
5	30435 IAZ	Chan, Chin Kan	19	Lai WA	2:08.18 QT
6	33758 IAZ	Leung, Tsz Wo	16	Hoi Tin	2:14.01 QT
7	33767 IAZ	Lee, Cheston	16	Pacific	2:17.76 QT
8	49384 IAZ	Li, Louis Ka Wo	14	Pacific	2:22.69 QT
9	38564 IAZ	Fung, Kwun Yui	14	Pacific	2:28.79 QT
Heat 3 of 3 Prelims					
0	43427 IAZ	Lam, Kayden	12	Chi Pui	2:26.69 QT
1	36551 IAZ	Tian, Trevor	15	Tai PO	2:18.15 QT
2	42311 IAZ	Yu, Chi Lung	16	Pacific	2:15.74 QT
3	41900 B	Han, Pak Kiu	14	Hoi Tin	2:09.48 QT
4	36902 IAO	Kwan, Hayden	21	Pacific	2:00.22 QT
5	27239 B	Chan, Sheung Kwan	22	Keung Sung	2:08.07 QT
6	40104 B	Cheung, Yung	13	White Dolphin	2:11.75 QT
7	46985 IAZ	Wong, Chung Kok Helge	13	Pacific	2:17.63 QT
8	39041 IAZ	Lam, Lok Sum	12	Hoi Tin	2:21.07 QT
9	53989 IC0	Chu, Yu Hsiang	14	Tai PO	2:28.79 QT



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Meet Program

Event 35 Women 50 LC Meter Butterfly

HKR: 26.55 **TAM Hoi Lam, CUC**

JR: 27.45

MR: 26.78 **TAO Li, SIN**

32.16 **QT Qualifying Time**

Meet Qualifying: 32.16

Lane	ID#	Name	Age	Team	Seed Time
Heat 1 of 3 Prelims					
0	31469 B	Lee, Si Yao Peony	16	South China	30.80 QT
1	42912 IAZ	Tse, Lai Yiu	14	White Dolphin	30.26 QT
2	38714 IAZ	Au, Hoi Sin	16	Kwun Tong	29.45 QT
3	18783 IAZ	Wong, Wai Nam	22	White Dolphin	28.50 QT
4	29449 B	Leung, Wing Tsun Rachel	17	Win Tin	28.05 QT
5	43424 IAZ	Mathis, Mya Lynn	14	Tai PO	28.35 QT
6	38797 IAZ	Wong, Hei Ching Henrietta	12	Tai PO	28.97 QT
7	38813 #P	Liu, Yuen Ching	14	Hoi Tin	29.65 QT
8	40831 B	Lau, Tsz Tung	16	Dali Swimming Club	30.41 QT
9	41671 #IAZ	Ma, Wai Yan	16	Csu	32.16 QT
Heat 2 of 3 Prelims					
0	45531 IAZ	Zhong, Sin Yiu	12	North Sports	30.79 QT
1	14069 IAZ	Yuen, Sin Ling	27	White Dolphin	30.09 QT
2	49341 IAZ	Chen, Jiayu	13	Tuen Mun	29.18 QT
3	28108 B	Seeto, Wai Ching	19	Keung Sung	28.45 QT
4	31437 B	Yeung, Hoi Ching	17	Tai PO	27.16 QT
5	25101 B	Ng, Sze Kwan	18	Kowloon Tong Club	28.30 QT
6	40887 IAZ	Au-Yeung, Sze Ching	15	Chi Pui	28.95 QT
7	46253 @P	Lutz, Gabriella Chelsea	13	Lai WA	29.53 QT
8	38028 B	Leung, Evelyn Yi	14	Tai PO	30.29 QT
9	41485 IAZ	Tang, Lok Yin	12	Happy Valley	30.96 QT
Heat 3 of 3 Prelims					
0	45571 #B	Chan, Hei Ching	12	Hoi Ngai	30.63 QT
1	38029 B	Leung, Evita Yan	13	Tai PO	29.91 QT
2	46816 IAZ	Chan, Tsz Yu Ashley	12	Hoi Tin	29.12 QT
3	38411 B	Yung, Tsz Ching	13	Hoi Tin	28.39 QT
4	05641 IBZ	Chan, Kin Lok	30	Win Tin	27.03 QT
5	35455 B	Poon, Lok Yan	16	Chi Pui	28.14 QT
6	36827 IAZ	Wong, Anthea Ching Wun	21	Island Stingrays	28.50 QT
7	45894 IAZ	Yu, Kok Yiu	13	Hoi Tin	29.50 QT
8	42151 IAZ	Lai, Cheuk Ling Maris	12	Happy Valley	30.26 QT
9	38930 IAZN	Lee, Simona	18	Hoi Ngai	30.82 QT



Hong Kong Open Swimming Championships 2024 - 12/07/2024 to 14/07/2024

Meet Program

Event 36 Men 800 LC Meter Freestyle

HKR: 8:03.41 CHEUK Ming Ho, CPS

JR: 8:18.64

MR: 8:17.00 XIE, Qi-Lin, TPE

9:00.00 QT Qualifying Time

Meet Qualifying: 9:00.00

Lane	ID#	Name	Age	Team	Seed Time
Heat 1 of 2 Timed Finals					
0	43212 B	Tsang, Pak Kiu	14	Sun Yip	8:49.08 QT
1	37482 B	Kwan, Ho Yin	16	Riverside	8:43.69 QT
2	22961 B	Chan, Tsun Hin	19	White Dolphin	8:38.01 QT
3	35931 B	Lam, Marcus Pak Hei	14	Win Tin	8:34.88 QT
4	03439 IAZ	Sin, Chin Ting Keith	29	South China	8:27.85 QT
5	23101 P	Li, Chun Yin Jason	23	Sun Yip	8:32.06 QT
6	35385 B	Chong, Hin Yeung	15	Dik Wing	8:37.26 QT
7	39573 #B	Lee, Chak Fung Jaiden	15	Hoi Tin	8:42.27 QT
8	35648 IAZ	Lau, Tsz Pok	16	Pacific	8:44.18 QT
9	21052 B	Thorley, William Yan	21	Sha Mei 318	8:52.73 QT

Fastest Heat Swims in PM Sessions

1	30733 B	Lai, King Wo	17	Win Tin	8:23.80 QT
2	35022 IAZ	Ip, Ali	16	Tai PO	8:21.99 QT
3	33922 P	So, Kwun Wa	16	White Dolphin	8:07.71 QT
4	48237 IAZ	Wang, Yi Shun	16	Chi Pui	7:57.52 QT
5	29257 B	He, Shing Ip	18	Chi Pui	8:02.85 QT
6	29884 B	Kwong, Jacob Yat Nam	17	Win Tin	8:16.49 QT
7	38214 #IAZ	Chan, Wai Ching Adrian	14	Hoi Tin	8:23.79 QT
8	29043 B	Tsang, Lok Hei	20	Sun Yip	8:25.34 QT

Event 37 Women 4x100 LC Meter Freestyle Relay

HKR: 3:39.10 Hong Kong Team

JR: 3:51.08

MR: 3:43.49 Hong Kong Team

4:33.07 QT Qualifying Time

Meet Qualifying: 4:33.07

Lane	Team	Relay	Seed Time
Straight Final in PM Session			
1	Pacific Swimming Club	A	4:23.63 QT
2	Chi Pui Swimming Club Ltd	A	4:08.92 QT
3	Happy Valley Athletic Assn	A	4:01.13 QT
4	Win Tin Swimming Club	A	3:56.91 QT
5	Hoi Tin Athletic Assn Ltd	A	3:58.98 QT
6	South China Athletic Assn	A	4:08.54 QT
7	White Dolphin Sport Assn	A	4:09.40 QT
8	Tuen Mun Swimming Associat	A	4:33.07 QT



Hong Kong Open Swimming Championships 2024 - 12/07/2024 to 14/07/2024**Meet Program****Event 38 Men 4x100 LC Meter Freestyle Relay**

HKR: 3:21.22 Hong Kong Team

JR: 3:41.42

MR: 3:19.69 Chinese Taipei

3:57.79 QT Qualifying Time

Meet Qualifying: 3:57.79

Lane	Team	Relay	Seed Time
Heat 1 of 2 Prelims			
2	Dali Swimming Club	A	3:57.79 QT
3	White Dolphin Sport Assn	A	3:43.15 QT
4	Win Tin Swimming Club	A	3:32.19 QT
5	South China Athletic Assn	A	3:38.27 QT
6	Tuen Mun Swimming Associat	A	3:48.54 QT
Heat 2 of 2 Prelims			
2	Pacific Swimming Club	A	3:57.79 QT
3	Hong Kong Sportworld Assn	A	3:41.37 QT
4	Hoi Tin Athletic Assn Ltd	A	3:30.43 QT
5	Chi Pui Swimming Club Ltd	A	3:34.18 QT
6	Kwun Tong Swimming Club	A	3:45.37 QT
7	Kowloon City D. R. & Sports C.	A	3:57.79 QT

