

# 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)

**2025-26 Long Course Masters Swimming Competition (Part 2)**  
**二零二五至二六年長池先進游泳比賽第二部份**

**27 April 2025 (Sun)**

**二零二五年四月二十七日(日)**

**Tung Chung Swimming Pool**

**東涌游泳池**

**Subvented by the LCSD**



## 2025-2026 MSLCP2 - Entry Information

No. of Entries by Event		
Event #	Event Name	Entries
1	Men 200 IM	43
2	Women 200 IM	18
3	Men 100 Breaststroke	85
4	Women 100 Breaststroke	35
5	Men 50 Freestyle	109
6	Women 50 Freestyle	68
7	Men 100 Backstroke	48
8	Women 100 Backstroke	37
9	Men 200 Freestyle	61
10	Women 200 Freestyle	33
11	Men 50 Butterfly	77
12	Women 50 Butterfly	47
13	Men 4x50 Medley Relay	29
14	Women 4x50 Medley Relay	23
15	Mixed 4x50 Freestyle Relay	30
<b>Total</b>		<b>743</b>

Entry information by Day		
Day / Session	No. of Entries	Total
AM	443	<b>743</b>
PM	300	

## Long Course Masters Swimming Competition – Part 2

### 長池先進游泳比賽 - 第二部份

**Date:** 27-04-2025 (Sunday)

**Venue:** Tung Chung Swimming Pool 東涌游泳池

Morning Warm up/熱身: 0900 – 0950 Hrs

Morning First Event/開始: 1000 Hrs

Afternoon Warm up/熱身: 1300 – 1350 Hrs

Afternoon First Event/開始: 1400 Hrs

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

## 二零二五至二六年香港先進游泳比賽系列

### 比賽規程 (本地適用)

日期/時間：	請參閱比賽年表及項目表。
地點：	請參閱比賽年表。
報名條件：	<ul style="list-style-type: none"> <li>◇ 所有參賽者必須為中國香港游泳總會(泳總)正式註冊的2025-2026 年度先進組別泳員。2025-26 年註冊費為港幣\$100 元正。</li> <li>◇ 年滿 18 歲或以上。</li> <li>◇ <b>外隊參賽：所有參賽者必須為該國總會先進游泳組別的正式註冊泳員。</b></li> </ul>
報名：	<ul style="list-style-type: none"> <li>◇ 必須以泳總報名總表報名，不正確及未填妥的報名總表，將不獲受理，報名費概不發還。</li> </ul> <p><b>個人項目</b></p> <ul style="list-style-type: none"> <li>◇ 每名泳員可參加不多於 3 項個人項目。</li> <li>◇ *每項報名費為港幣\$15 元正。</li> </ul> <p><b>接力項目</b></p> <ul style="list-style-type: none"> <li>◇ 接力採取會際形式。</li> <li>◇ 每個屬會最多可派出一隊參加每個年齡組別之接力項目。接力項目可不填寫最佳時間。</li> <li>◇ 所有參賽泳員須年滿 25 歲或以上。</li> <li>◇ 每位泳員於每項接力項目只能參加一個年齡組別。如泳員參加多於一個年齡組別，該泳員及整隊所參與的任何接力項目成績將會被取消。</li> <li>◇ 各隊所有運動員需依照所屬屬會提交的接力表上次序比賽，如運動員沒有依照接力表上的次序比賽，該隊成績將會被取消。</li> <li>◇ *每項報名費為港幣\$15 元正。</li> <li>◇ 只接受支票付款，支票請劃線，<b>抬頭寫 HKGSA。</b></li> </ul>
截止報名：	報名須於首日比賽 21 日前辦妥。(以泳總的公佈為準)
截止註冊：	註冊須於比賽截止報名 21 日前辦妥。(以泳總的公佈為準) <b>*(包括轉會註冊)</b>
項目：	請參閱項目表。 <b>所有賽事均以時間決定名次，不設初賽。</b>
年齡組：	<p>年齡以比賽年 12 月 31 日計算。</p> <p><b>個人項目</b></p> <ul style="list-style-type: none"> <li>◇ 18-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90 或以上</li> </ul> <p><b>接力項目</b></p> <ul style="list-style-type: none"> <li>◇ 100-119, 120-159, 160-199, 200-239, 240-279, 280-319, 320-359, 360-399</li> </ul>
接力：	◇ 接力名單須於 <b>比賽日中午 12 時前遞交。</b>
棄權：	<ul style="list-style-type: none"> <li>◇ 棄權須於<b>每節開賽 30 分鐘前遞交。</b></li> <li>◇ 每次“缺席”的罰款為港幣\$30 元正。罰款須於下次比賽截止報名前付清，否則將不獲接受泳會的任何報名。</li> </ul>
線道安排：	◇ 所有參加者，將不按年齡，而是跟據其提交的報名時間作編組，唯成績將按泳員所屬的組別分別處理。

獎項：	<ul style="list-style-type: none"> <li>◇ 個人及接力項目前三名將分別獲頒發獎牌。</li> <li>◇ *前八名分別得分(年齡 18-24 組除外)：</li> </ul> <table border="1" data-bbox="243 132 947 214"> <tr> <td>個人</td> <td>9</td> <td>7</td> <td>6</td> <td>5</td> <td>4</td> <td>3</td> <td>2</td> <td>1</td> </tr> <tr> <td>接力</td> <td>18</td> <td>14</td> <td>12</td> <td>10</td> <td>8</td> <td>6</td> <td>4</td> <td>2</td> </tr> </table> <ul style="list-style-type: none"> <li>◇ *團體獎項：男子 / 女子組全場冠、亞及季軍將分別獲頒發獎座。</li> </ul>	個人	9	7	6	5	4	3	2	1	接力	18	14	12	10	8	6	4	2
個人	9	7	6	5	4	3	2	1											
接力	18	14	12	10	8	6	4	2											
規則：	<ul style="list-style-type: none"> <li>◇ 比賽採用世界泳聯的規則。</li> <li>◇ 如參加 400 米或 800 米自由泳項目的泳員如未能於先進游泳比賽的達標時間內游畢全程，裁判有權要求該泳員離開比賽線道，而其成績會記錄為“DNF”(未能完成比賽)。</li> <li>◇ 男女混合自由接力的隊伍必須由兩男兩女的泳員組成，其成員均為 25 歲或以上，而取得首 8 名的隊伍將分別獲得 9, 7, 6, 5, 4, 3, 2 及 1 分，該得分將計算在男子及女子的團體分內。</li> <li>◇ 泳員必須按照接力名單上填寫的運動員出賽，如被發現有冒認選手行為，該泳會將被嚴厲處分。詳細罰則如下： <ul style="list-style-type: none"> <li><u>第一次違規</u> 有關屬會須就每個違規項目繳交港幣\$1,000 罰款，另外涉事成員在該次比賽中的所有接力項目得分將不會計算在屬會總分內。</li> <li><u>第二次違規</u> 有關屬會須就每個違規項目繳交港幣\$1,000 罰款，另外涉事屬會在該次比賽中的所有接力項目得分將不會計算在屬會總分內(包括男、女子)。</li> <li><u>第三次違規</u> 有關屬會須就每個違規項目繳交港幣\$1,000 罰款，另外涉事屬會在當天比賽的所有項目得分將不會計算在屬會總分內和於下次比賽時不得參與任何接力項目(包括男、女子)。</li> </ul> </li> </ul> <p style="text-align: center;"><u>違規記錄於一個財政年度清算(由 4 月 1 日起至 3 月 31 日)</u></p>																		
工作人員安排：	<ul style="list-style-type: none"> <li>◇ 各參賽屬會需派出以下工作人員數量：</li> </ul> <table border="1" data-bbox="269 1124 922 1430"> <thead> <tr> <th>參賽人數</th> <th>需要提供工作人員數量</th> <th>最多可派出工作人員數量</th> </tr> </thead> <tbody> <tr> <td>5 至 14 人</td> <td>1</td> <td>4</td> </tr> <tr> <td>15 至 24 人</td> <td>2</td> <td>4</td> </tr> <tr> <td>25 人或以上</td> <td>3</td> <td>4</td> </tr> </tbody> </table> <ul style="list-style-type: none"> <li>◇ 如屬會不能提供上述所需工作人員數量，有關屬會將於下個比賽被罰停賽一次。</li> </ul>	參賽人數	需要提供工作人員數量	最多可派出工作人員數量	5 至 14 人	1	4	15 至 24 人	2	4	25 人或以上	3	4						
參賽人數	需要提供工作人員數量	最多可派出工作人員數量																	
5 至 14 人	1	4																	
15 至 24 人	2	4																	
25 人或以上	3	4																	
上訴：	<ul style="list-style-type: none"> <li>◇ 任何上訴須以書面提出，並須在該項目比賽結果公佈後的 30 分鐘內，連同上訴費港幣\$200 元遞交予總裁判。</li> <li>◇ 上訴會交由該比賽之上訴委員會作決定。</li> <li>◇ 若上訴被駁回，已繳費用概不發還。</li> </ul>																		

\*海外參賽者並不適用。

# Hong Kong Masters Swimming Competition Series 2025-26

## Rules & Regulations for Local Competitors

<b>Date / Time</b>	Please see attached event calendar and event list.
<b>Venue</b>	Please see attached event calendar.
<b>Entry Conditions</b>	<ul style="list-style-type: none"> <li>※ All competitors must be 2025-26 registered masters (MS) swimmers of HKGSA (2025-26 Registration Fee: HK\$100 per swimmer)</li> <li>※ <b>Age 18 or above.</b></li> <li>※ <b><u>Overseas Teams: All Overseas competitors must be 2025-26 registered masters swimmers of their respective National Swimming Federation.</u></b></li> </ul>
<b>Entries</b>	<ul style="list-style-type: none"> <li>※ Entries must be submitted with HKGSA master entry form. Incomplete/incorrect master entry form will be rejected and fees paid will not be refunded.</li> </ul> <p><u>Individual Events</u></p> <ul style="list-style-type: none"> <li>※ Each swimmer is limited to no more than 3 individual events.</li> <li>※ HK\$15 per individual event</li> </ul> <p><u>Relay Events</u></p> <ul style="list-style-type: none"> <li>※ Relays will be run on a club basis.</li> <li>※ Each club may enter no more than one team in one age group of each relay event. It is not compulsory to submit best time for relay event</li> <li>※ All swimmers must be aged <b>25</b> or above.</li> <li>※ Each swimmer is only allowed to participate in one age group of each relay event. If swimmer race in two or more age group relay, concerned team result shall be disqualified.</li> <li>※ The composition of a relay team must be the same order to the submitted relay form. Any club failed to follow the same order will result in disqualified.</li> <li>※ HK\$15 per team per relay event.</li> <li>※ Paid by cheque <b>ONLY</b>. Crossed cheque made <b>payable to 'HKGSA'</b>.</li> </ul>
<b>Closing Date for Entries</b>	21 days prior to the date of competition. (Subject to the announcement of the HKGSA)
<b>Closing Date for Registration</b>	21 days prior to the <u>closing date of entries</u> . (Subject to the announcement of the HKGSA) <b>*(Including Transfer Registration)</b>
<b>Event list</b>	Please see attached event lists. Events will be run as timed finals.

<b>Age Group</b>	<p>※ Age is calculated as at 31 December of the year of the competition.</p> <p><b>Individual Events</b></p> <p>※ 18-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90 &amp; over</p> <p><b>Relay Events</b></p> <p>※ 100-119, 120-159, 160-199, 200-239, 240-279, 280-319, 320-359, 360-399</p>																		
<b>Relay</b>	<p>※ Relay entry form must be submitted <b>before 1200hours</b> on the competition day.</p>																		
<b>Scratches</b>	<p>※ Scratches must be submitted <b>30 minutes before</b> the scheduled start time of each session.</p> <p>※ A fine of \$30 will be charged for each “no show”. Fine payment should be settled before the next competition entry deadline. Otherwise, club entry will not be accepted.</p>																		
<b>Seeding</b>	<p>※ All competitors will be seeded according to the submitted times, regardless of age, but result will be processed according to their own respective age group.</p>																		
<b>Awards</b>	<p>※ Medals will be awarded to 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> places.</p> <p>※ *Point score for first 8 places respectively (exclude Age 18-24 Group):</p> <table border="1" data-bbox="298 1028 954 1105"> <tr> <td>Individual</td> <td>9</td> <td>7</td> <td>6</td> <td>5</td> <td>4</td> <td>3</td> <td>2</td> <td>1</td> </tr> <tr> <td>Relay</td> <td>18</td> <td>14</td> <td>12</td> <td>10</td> <td>8</td> <td>6</td> <td>4</td> <td>2</td> </tr> </table> <p>※ *Awards for Clubs: Trophies will be awarded to 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> places of Men Overall and Women Overall.</p>	Individual	9	7	6	5	4	3	2	1	Relay	18	14	12	10	8	6	4	2
Individual	9	7	6	5	4	3	2	1											
Relay	18	14	12	10	8	6	4	2											

**Rules**

- × World Aquatic rules will be applied.
- × Referee may request swimmers to leave the water if they could not complete the race within the Master Swimming Competition Series qualifying times for 400m or 800m Freestyle Events. Their results will be recorded as “DNF” (Did Not Finish).
- × Mixed Freestyle Relay must include 2 Male and 2 Female who are all Age 25 or above. The point scores for first 8 place are: 9,7,6,5,4,3,2,1. The points will be calculated in both Men and Women overall awards.
- × Swimmers shall not replace the swimmers on the swimmers list without HKGSA’s permission, represented clubs will be punished as follows:  
First time of violation  
 A fine of HK\$1000 per violated entry will be penalized to the respective club and all the point scores attained by the violator(s) in relay events will not be given.  
Second time of violation  
 A fine of HK\$1000 per violated entry will be penalized to the club and all the point scores attained by the respective club in both men and women’s relay events will not be given.  
Third time of violation  
 A fine of HK\$1000 per violated entry will be penalized to the club and all the point scores attained by the respective club in all events during the competition will not be given and respective club relay event shall be suspended from the next competition (Including MEN & WOMEN).

Violation would be counted within one financial year, i.e. (starting from 1<sup>st</sup> April and ending 31<sup>st</sup> March)

**Official Arrangement**

- × Clubs would need to provide number of officials for the competition as below:

Swimmer(s) attend the competition	Minimum Numbers of Official need to provide	Maximum Numbers of Official could be provided
5-14	1	4
15-24	2	4
25 or more	3	4

- × Clubs will be suspended from the next competition if failed to fulfil the above requirement.

<b>Protest</b>	<ul style="list-style-type: none"><li>※ Any protest shall be made in writing to the referee within 30 minutes following the result announcement of the respective event with a protest fee of HK\$200.</li><li>※ Protest will be forwarded to the Appeal Board of such competition for decision. The decision of Appeal Board shall be final.</li><li>※ If the protest is rejected, the fee paid will be forfeited to the HKGSA.</li></ul>
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\* Not apply to Overseas Competitors.

# HONG KONG MASTERS SWIMMING RECORDS

## LONG COURSE

(Update to 2024-25 Long Course Masters Swimming Competition - Part 1)

MEN 50M FREESTYLE					NAME OF MEET	DATE ACHIEVED
LEE MING	SFC	85-89	0:46.70	2015-16 Long Course Masters Swimming Competition - Part 2		31-May-15
LEE MING	SFC	80-84	0:41.01	Spring Masters Swimming Championships 2010		06-Mar-10
TIN SHEUNG KWAI	NWC	75-79	0:31.30	2022-23 Long Course Masters Swimming Competition - Part 1		26-Mar-23
TIN SHEUNG KWAI	NWC	70-74	0:30.07	2017-18 Long Course Masters Swimming Competition Part 2		14-May-17
TIN SHEUNG KWAI	KTS	65-69	0:29.72	Annual Long Course Masters Swimming Championships		23-Nov-14
FU TAI CHUN	KTS	60-64	0:27.95	Summer Masters Swimming Championships 1999		19-Jun-99
FU TAI CHUN	KTS	55-59	0:28.02	Spring Masters Swimming Championships 1997		22-Mar-97
RUST STEFAN ROBERT	LRC	50-54	0:25.80	FINA World Masters Championships 2017		17-Aug-17
NORTJE CRAIG ANDREW	#FB	45-49	0:26.19	2023-24 Long Course Masters Swimming Competition - Part 1		03-Mar-24
FU WING HARBETH	KTS	40-44	0:25.15	2022-23 Long Course Masters Swimming Competition - Part 2		15-Jan-23
SMIT MARCEL PIETER ARNOLD	*FL	35-39	0:24.35	World Aquatics Masters World Championships 2023 - Kyushu		07-Aug-23
FU WING HARBETH	KTS	30-34	0:24.31	Annual Long Course Masters Swimming Championships 2011		11-Dec-11
CHUNG LAI YEUNG	#DB	25-29	0:23.92	2018-19 Annual Long Course Masters Swimming Championships		25-Nov-18
CHANG GERRY JUUN YIH	KTS	18-24	0:24:17	Long Course Masters Swimming Competition - Part 3 2013		11-Aug-13

WOMEN 50M FREESTYLE					NAME OF MEET	DATE ACHIEVED
TAI LI HUA	SFC	85-89	0:43.22	Annual Long Course Masters Swimming Championships 2024		01-Dec-24
TAI LI HUA	SFC	80-84	0:43.31	2021-22 Long Course Masters Swimming Competition - Part 3		20-Jun-21
OTSUKA YUKO	SGC	75-79	0:42.67	2014-15 Long Course Masters Swimming Competition - Part 1		22-Mar-15
WANG LI	*WA	70-74	0:38.75	Annual Long Course Masters Swimming Championships 2019		01-Dec-19
TSEUNG NGA WAH	SFC	65-69	0:35.01	2022-23 Long Course Masters Swimming Competition - Part 2		15-Jan-23
KIRKWOOD TAIN MHAIRA	LRC	60-64	0:33.14	2024-25 Long Course Masters Swimming Competition - Part 2		28-Apr-24
KIRKWOOD TAIN MHAIRA	LRC	55-59	0:32.17	The 1st Asian Masters Swimming Championships 2018 NAGOYA (JPN)		15-Jul-18
YAMAGUCHI MIKA	*FL	50-54	0:29.35	World Aquatics Masters World Championships 2023 - Kyushu		08-Aug-23
KRKALO SHAUNA KATHLEEN	LRC	45-49	0:27.03	World Aquatics Masters Championships 2024 - Doha		29-Feb-24
KRKALO SHAUNA KATHLEEN	LRC	40-44	0:28.17	Annual Long Course Masters Swimming Championships 2022		27-Nov-22
YIP WING YAN	DWA	35-39	0:28.10	2023-24 Long Course Masters Swimming Competition - Part 2		30-Apr-23
ZHANG XIAO TONG ISABELLA	*FL	30-34	0:27.80	World Aquatics Masters World Championships 2023 - Kyushu		08-Aug-23
MOK HOI MAN SHERON	NWC	25-29	0:27.70	Annual Long Course Masters Swimming Championships 2022		27-Nov-22
AU HIU PUI	*GW	18-24	0:28.20	2018-19 Annual Long Course Masters Swimming Championships		25-Nov-18

MEN 100M FREESTYLE					NAME OF MEET	DATE ACHIEVED
LEE MING	SFC	85-89	1:49.14	2015-16 Long Course Masters Swimming Competition - Part 3		26-Jul-15
LEE MING	SFC	80-84	1:38.42	Annual Long Course Masters Swimming Championships 2011		11-Dec-11
TZENG TEH REN	SGC	75-79	1:23.46	2016-17 Long Course Masters Swimming Competition - Part 1		26-Mar-17
TSE KWOK PIU	SFC	70-74	1:13.39	2024-25 Long Course Masters Swimming Competition - Part 3		23-Jun-24
FU TAI CHUN	KTS	65-69	1:08.31	Annual Masters Swimming Championships 2002		31-Aug-02
MA ETIENNE	YMC			Annual Long Course Masters Swimming Championships 2022		27-Nov-22
FU TAI CHUN	KTS	60-64	1:04.39	Spring Masters Swimming Championships 1998		21-Mar-98
MA ETIENNE	YMC	55-59	1:03.62	2011-12 Long Course Masters Swimming Competition - Part 1		04-Mar-12
RUST STEFAN ROBERT	LRC	50-54	0:58.29	FINA World Masters Championships 2017		15-Aug-17
NORTJE CRAIG ANDREW	#RF	45-49	0:58.32	Annual Long Course Masters Swimming Championships 2024		01-Dec-24
O'NEILL DONAL THOMAS	LRC	40-44	0:56.60	2021-22 Long Course Masters Swimming Competition - Part 3		20-Jun-21
SMIT MARCEL PIETER ARNOLD	#FB	35-39	0:53.84	Annual Long Course Masters Swimming Championships 2024		01-Dec-24
BEAHAN, GRANT KENNETH	BSC	30-34	0:56.01	Annual Long Course Masters Swimming Championships 2017		25-Nov-17
FU WING HARBETH	KTS			Annual Masters Swimming Championships 2006		26-Aug-06
LEE MAN TIM	HTA	25-29	0:54.16	World Aquatics Masters World Championships 2023 - Kyushu		06-Aug-23
KONG CHUN YIN	HVA	18-24	0:54.18	Annual Long Course Masters Swimming Championships 2013		24-Nov-13

WOMEN 100M FREESTYLE					NAME OF MEET	DATE ACHIEVED
WONG JIM	SFC	80-84	2:10.64	2021-22 Long Course Masters Swimming Competition - Part 3		20-Jun-21
SUEN MING CHU	SFC	75-79	1:47.51	2024-25 Long Course Masters Swimming Competition - Part 3		23-Jun-24
SUEN MING CHU	SFC	70-74	1:39.80	2018-19 Long Course Masters Swimming Competition - Part 3		24-Jun-18
TSEUNG NGA WAH	SFC	65-69	1:28.57	2022-23 Long Course Masters Swimming Competition - Part 3		12-Jun-22
KIRKWOOD TAIN MHAIRA	LRC	60-64	1:17.42	Annual Long Course Masters Swimming Championships 2023		03-Dec-23
KIRKWOOD TAIN MHAIRA	LRC	55-59	1:14.96	The 1st Asian Masters Swimming Championships 2018 NAGOYA (JPN)		14-Jul-18
YAMAGUCHI MIKA	*FL	50-54	1:05.38	World Aquatics Masters World Championships 2023 - Kyushu		06-Aug-23
KRKALO SHAUNA KATHLEEN	LRC	45-49	1:02.25	World Aquatics Masters Championships - Doha 2024		27-Feb-24
KELSEY JANE MACFARLAND	LRC	40-44	1:01.45	16th FINA World Masters Championships 2015 in Kazan		11-Aug-15
KELSEY JANE MACFARLAND	LRC	35-39	1:01.54	FINA World Masters Championships 2014		10-Aug-14
ZHANG XIAO TONG ISABELLA	*FL	30-34	1:01.79	World Aquatics Masters World Championships 2023 - Kyushu		06-Aug-23
MOK HOI MAN SHERON	NWC	25-29	1:01.02	Annual Long Course Masters Swimming Championships 2022		27-Nov-22
CHAN TSZ CHING	*FL	18-24	1:00.63	2024-25 Long Course Masters Swimming Competition - Part 3		23-Jun-24

# HONG KONG MASTERS SWIMMING RECORDS

## LONG COURSE

(Update to 2024-25 Long Course Masters Swimming Competition - Part 1)

MEN 200M FREESTYLE				NAME OF MEET	DATE ACHIEVED
LEE MING	SFC	80-84	3:46.70	2010-11 Long Course Masters Swimming Championships - Part 2	20-Jun-10
YANG YEE ZEI	NWC	75-79	3:38.31	2014-15 Long Course Masters Swimming Competition Part 2	29-Jun-14
TSE KWOK PIU	SFC	70-74	2:47.81	2021-22 Long Course Masters Swimming Competition - Part 2	09-May-21
MA ETIENNE	YMC	65-69	2:36.59	2023-24 Long Course Masters Swimming Competition - Part 2	30-Apr-23
HO ROBERT YAU CHUNG	LRC	60-64	2:32.99	2019-20 Long Course Masters Swimming Competition - Part 2	05-May-19
HO ROBERT YAU CHUNG	LRC	55-59	2:24.07	FINA World Masters Championships 2014	10-Aug-14
JOHNSON ERIC ANDREW	LRC	50-54	2:14.33	FINA World Masters Championships 2014	10-Aug-14
NORTJE CRAIG ANDREW	#FB	45-49	2:08.80	2024-25 Long Course Masters Swimming Competition - Part 2	28-Apr-24
FONG LIK SUN	#FB	40-44	2:07.25	2024-25 Long Course Masters Swimming Competition - Part 2	28-Apr-24
NORTJE CRAIG ANDREW	VRC	35-39	2:05.90	2013-14 Long Course Masters Swimming Competition - Part 2	23-Jun-13
WANG TIMOTHY JONG	LRC	30-34	2:05.11	2014-15 Long Course Masters Swimming Competition Part 2	29-Jun-14
SOUTOUL DAVID VINCENT OTMAN	#FL	25-29	2:05.18	FINA World Masters Championships 2019 - Gwangju	14-Aug-19
HUI CHUN HIN	EWS	18-24	2:06.87	2012-13 Long Course Masters Swimming Competition - Part 2	17-Jun-12

WOMEN 200M FREESTYLE				NAME OF MEET	DATE ACHIEVED
CHAN WAI KIANG	KTS	80-84	9:35.55	2014-15 Long Course Masters Swimming Competition Part 2	29-Jun-14
WONG JIM	SFC	75-79	4:51.46	2018-19 Long Course Masters Swimming Competition - Part 2	06-May-18
SUEN MING CHU	SFC	70-74	3:36.37	2018-19 Long Course Masters Swimming Competition - Part 2	06-May-18
TSEUNG NGA WAH	SFC	65-69	3:26.68	2024-25 Long Course Masters Swimming Competition - Part 2	28-Apr-24
KIRKWOOD TAIN MHAIRA	LRC	60-64	2:55.64	World Aquatics Masters Championships – Doha 2024	03-Mar-24
KIRKWOOD TAIN MHAIRA	LRC	55-59	2:50.45	2018-19 Long Course Masters Swimming Competition - Part 2	06-May-18
COGGINS LYNDA ANNE	LRC	50-54	2:32.26	FINA World Masters Championships 2014	10-Aug-14
PAZOS CHRISTENA MARIA	LRC	45-49	2:28.14	16th FINA World Masters Championships 2015 in Kazan	12-Aug-15
KELSEY JANE MACFARLAND	LRC	40-44	2:13.70	16th FINA World Masters Championships 2015 in Kazan	12-Aug-15
KELSEY JANE MACFARLAND	LRC	35-39	2:13.59	FINA World Masters Championships 2014	10-Aug-14
ZHANG XIAO TONG ISABELLA	*FL	30-34	2:23.47	2023-24 Long Course Masters Swimming Competition - Part 2	30-Apr-23
MOK HOI MAN SHERON	NWC	25-29	2:14.58	2024-25 Long Course Masters Swimming Competition - Part 2	28-Apr-24
LAMB ENEKA MARIE	HIS	18-24	2:16.66	2011-12 Long Course Masters Swimming Competition - Part 2	19-Jun-11

MEN 400M FREESTYLE				NAME OF MEET	DATE ACHIEVED
LIU WING CHIU	*TM	75-79	7:54.53	2024-25 Long Course Masters Swimming Competition - Part 3	23-Jun-24
TSE KWOK PIU	SFC	70-74	6:23.03	2024-25 Long Course Masters Swimming Competition - Part 3	23-Jun-24
CHAN KAM POR	SFC	65-69	6:00.83	2017-18 Long Course Masters Swimming Competition - Part 3	13-Aug-17
HO ROBERT YAU CHUNG	LRC	60-64	5:24.54	FINA World Masters Championships 2019 - Gwangju	18-Aug-19
LANZONE FRANCESCO	BSC	55-59	5:11.47	World Aquatics Masters Championships – Doha 2024	28-Feb-24
LETCHER, RICHARD ROY	LRC	50-54	5:02.73	2019-20 Long Course Masters Swimming Competition - Part 3	23-Jun-19
LILJESTROEM LENNART, PETER FREDRIC	LRC	45-49	4:31.75	The 1st Asian Masters Swimming Championships 2018 NAGOYA (JPN)	12-Jul-18
LILJESTROEM LENNART, PETER FREDRIC	LRC	40-44	4:35.39	FINA World Masters Championships 2017	17-Aug-17
CAGGIO ANTONINO	LRC	35-39	4:29.74	2019-20 Long Course Masters Swimming Competition - Part 3	23-Jun-19
LEE, YEUNG DARWIN	FWC	30-34	4:46.54	2019-20 Long Course Masters Swimming Competition - Part 3	23-Jun-19
SOUTOUL DAVID VINCENT OTMAN	#FL	25-29	4:32.86	FINA World Masters Championships 2019 - Gwangju	18-Aug-19
LI CHUN HONG	HTA	18-24	4:25.08	2011-12 Long Course Masters Swimming Competition - Part 3	18-Sep-11

WOMEN 400M FREESTYLE				NAME OF MEET	DATE ACHIEVED
SUEN MING CHU	SFC	70-74	7:46.69	2019-20 Long Course Masters Swimming Competition - Part 3	23-Jun-19
NG YEE MAN	NWC	65-69	6:59.90	2024-25 Long Course Masters Swimming Competition - Part 3	23-Jun-24
KIRKWOOD TAIN MHAIRA	LRC	60-64	6:05.89	World Aquatics Masters Championships – Doha 2024	28-Feb-24
KIRKWOOD TAIN MHAIRA	LRC	55-59	6:02.65	The 1st Asian Masters Swimming Championships 2018 NAGOYA (JPN)	12-Jul-18
COGGINS LYNDA ANNE	LRC	50-54	5:25.06	16th FINA World Masters Championships 2015 in Kazan	16-Aug-15
CHAN YUK MAN PHOEBE	SFC	45-49	5:15.20	2024-25 Long Course Masters Swimming Competition - Part 3	23-Jun-24
KELSEY JANE MACFARLAND	LRC	40-44	4:44.60	16th FINA World Masters Championships 2015 in Kazan	16-Aug-15
KELSEY JANE MACFARLAND	LRC	35-39	4:41.52	FINA World Masters Championships 2014	10-Aug-14
BARNES RUTH	LRC	30-34	5:04.92	Long Course Masters Swimming Competition - Part 3 2013	11-Aug-13
MOK HOI MAN SHERON	NWC	25-29	4:56.10	2024-25 Long Course Masters Swimming Competition - Part 3	23-Jun-24
MAU LOK YAN EUNICE	CUC	18-24	5:06.39	2011-12 Long Course Masters Swimming Competition - Part 3	18-Sep-11

# HONG KONG MASTERS SWIMMING RECORDS

## LONG COURSE

(Update to 2024-25 Long Course Masters Swimming Competition - Part 1)

MEN 800M FREESTYLE	NAME OF MEET				DATE ACHIEVED
POLSON IAN HASTINGS	LRC	75-79	16:05.75	2018-19 Long Course Masters Swimming Competition - Part 1	24-Mar-19
CHAN KAM POR	SFC	70-74	13:28.85	2022-23 Long Course Masters Swimming Competition - Part 1	26-Mar-23
CHAN KAM POR	SFC	65-69	12:19.01	2018-19 Long Course Masters Swimming Competition - Part 1	24-Mar-19
HO ROBERT YAU CHUNG	LRC	60-64	11:32.69	2018-19 Long Course Masters Swimming Competition - Part 1	24-Mar-19
LANZONE FRANCESCO	BSC	55-59	10:34.14	World Aquatics Masters Championships – Doha 2024	26-Feb-24
<b><u>WATERS ANDREW ALLAN</u></b>	<b><u>AVO</u></b>	<b><u>50-54</u></b>	<b><u>10:10.61</u></b>	<b><u>2024-25 Long Course Masters Swimming Competition - Part 1</u></b>	<b><u>23-Mar-25</u></b>
LILJESTROEM LENNART PETER FREDRIC	LRC	45-49	9:28.79	FINA World Masters Championships 2019 - Gwangju	12-Aug-19
LILJESTROEM LENNART PETER FREDRIC	LRC	40-44	9:30.23	FINA World Masters Championships 2017	14-Aug-17
CUMMINGS RICHARD MARK	LRC	35-39	9:28.64	FINA World Masters Championships 2012	10-Jun-12
WANG TIMOTHY JONG	LRC	30-34	9:43.41	Annual Long Course Masters Swimming Championships 2013	24-Nov-13
YUEN MARCUS	LRC	25-29	10:07.05	2018-19 Long Course Masters Swimming Competition - Part 1	24-Mar-19
TSE HON TING	LWS	18-24	8:53.89	2016-17 Long Course Masters Swimming Competition - Part 1	26-Mar-17

WOMEN 800M FREESTYLE	NAME OF MEET				DATE ACHIEVED
SUEN MING CHU	SFC	75-79	17:34.92	2022-23 Long Course Masters Swimming Competition - Part 1	26-Mar-23
<b><u>LO LAI YUNG</u></b>	<b><u>NWC</u></b>	<b><u>70-74</u></b>	<b><u>15:46.86</u></b>	<b><u>2024-25 Long Course Masters Swimming Competition - Part 1</u></b>	<b><u>23-Mar-25</u></b>
SUEN MING CHU	SFC	65-69	13:11.38	Annual Long Course Masters Swimming Championships 2013	24-Nov-13
<b><u>KIRKWOOD TAIN MHAIRA</u></b>	<b><u>LRC</u></b>	<b><u>60-64</u></b>	<b><u>13:07.73</u></b>	<b><u>2024-25 Long Course Masters Swimming Competition - Part 1</u></b>	<b><u>23-Mar-25</u></b>
KIRKWOOD TAIN MHAIRA	LRC	55-59	12:32.89	2017-18 Long Course Masters Swimming Competition - Part 1	25-Mar-18
COGGINS LYNDA ANNE	LRC	50-54	11:48.01	2014-15 Long Course Masters Swimming Competition - Part 1	22-Mar-15
<b><u>CHAN YUK MAN PHOEBE</u></b>	<b><u>SFC</u></b>	<b><u>45-49</u></b>	<b><u>10:52.16</u></b>	<b><u>2024-25 Long Course Masters Swimming Competition - Part 1</u></b>	<b><u>23-Mar-25</u></b>
KELSEY JANE MACFARLAND	LRC	40-44	9:42.82	16th FINA World Masters Championships 2015 in Kazan	10-Aug-15
KELSEY JANE MACFARLAND	LRC	35-39	9:48.87	FINA World Masters Championships 2014	10-Aug-14
<b><u>MOK HOI MAN SHERON</u></b>	<b><u>NWC</u></b>	<b><u>30-34</u></b>	<b><u>10:15.91</u></b>	<b><u>2024-25 Long Course Masters Swimming Competition - Part 1</u></b>	<b><u>23-Mar-25</u></b>
CARPENTER LINH THUC LUONG	LRC	25-29	10:50.58	Annual Long Course Masters Swimming Championships 2012	09-Dec-12
LAU SZE WING	HTA	18-24	10:22.03	2016-17 Long Course Masters Swimming Competition - Part 1	26-Mar-17

MEN 50M BACKSTROKE	NAME OF MEET				DATE ACHIEVED
LEE SHE KWOK	SFC	85-89	0:57.83	2022-23 Long Course Masters Swimming Competition - Part 1	26-Mar-23
TSUI YAU HO	SFC	80-84	0:54.86	2024-25 Long Course Masters Swimming Competition - Part 3	23-Jun-24
TIN SHEUNG KWAI	NWC	75-79	0:38.96	Annual Long Course Masters Swimming Championships 2022	27-Nov-22
TIN SHEUNG KWAI	NWC	70-74	0:37.82	2019-20 Long Course Masters Swimming Competition - Part 3	23-Jun-19
TIN SHEUNG KWAI	SFC	65-69	0:35.70	FINA World Masters Championships 2014	10-Aug-14
HO ROBERT YAU CHUNG	LRC	60-64	0:33.94	FINA World Masters Championships 2019 - Gwangju	18-Aug-19
HO ROBERT YAU CHUNG	LRC	55-59	0:32.57	FINA World Masters Championships 2014	10-Aug-14
RUST STEFAN ROBERT	LRC	50-54	0:30.97	FINA World Masters Championships 2017	20-Aug-17
SAKA TAIHEI	SGC	45-49	0:30.37	2011-12 Long Course Masters Swimming Competition - Part 1	04-Mar-12
O'NEILL DONAL THOMAS	LRC	40-44	0:28.69	World Aquatics Masters Championships – Doha 2024	01-Mar-24
NORTJE CRAIG ANDREW	VRC	35-39	0:30.38	2015-16 Long Course Masters Swimming Competition - Part 3	26-Jul-15
LAM YAU SUN DICKSON	#DB	30-34	0:29.77	Annual Long Course Masters Swimming Championships 2019	01-Dec-19
LAU SHIU YUE	#DB	25-29	0:27.65	2022-23 Long Course Masters Swimming Competition - Part 2	15-Jan-23
CHEUNG YAU MING	#DB	18-24	0:28.26	2018-19 Long Course Masters Swimming Competition - Part 1	24-Mar-19

WOMEN 50M BACKSTROKE	NAME OF MEET				DATE ACHIEVED
TAI LI HUA	SFC	85-89	0:52.03	Annual Long Course Masters Swimming Championships 2024	01-Dec-24
TAI LI HUA	SFC	80-84	0:53.45	2021-22 Long Course Masters Swimming Competition - Part 3	20-Jun-21
WONG JIM	SFC	75-79	0:55.07	2015-16 Long Course Masters Swimming Competition - Part 1	20-Mar-16
BAI XINFEN	SFC	70-74	0:44.75	2021-22 Long Course Masters Swimming Competition - Part 3	20-Jun-21
BAI XINFEN	SFC	65-69	0:42.89	Annual Long Course Masters Swimming Championships 2019	01-Dec-19
NG YEE MAN	SFC	60-64	0:45.62	Annual Long Course Masters Swimming Championships 2023	03-Dec-23
LAI SHUI NIN INGRID	YMC	55-59	0:41.05	Annual Long Course Masters Swimming Championships 2023	03-Dec-23
COGGINS LYNDA ANNE	LRC	50-54	0:35.58	16th FINA World Masters Championships 2015 in Kazan	16-Aug-15
KRKALO SHAUNA KATHLEEN	LRC	45-49	0:33.99	Annual Long Course Masters Swimming Championships 2024	01-Dec-24
TAM MAI LING ALISON	#FL	40-44	0:34.40	FINA World Masters Championships 2019 - Gwangju	18-Aug-19
KELSEY JANE MACFARLAND	LRC	35-39	0:34.04	Annual Long Course Masters Swimming Championships	23-Nov-14
CARPENTER LINH THUC LUONG	LRC	30-34	0:32.81	FINA World Masters Championships 2014	10-Aug-14
MAK HOI MAN SHERON	#FB	25-29	0:31.91	Annual Long Course Masters Swimming Championships 2023	03-Dec-23
AU HIU PUI	*GW	18-24	0:31.58	2018-19 Annual Long Course Masters Swimming Championships	25-Nov-18

# HONG KONG MASTERS SWIMMING RECORDS

## LONG COURSE

(Update to 2024-25 Long Course Masters Swimming Competition - Part 1)

MEN 100M BACKSTROKE					NAME OF MEET	DATE ACHIEVED
CHEUNG TSAN	SFC	80-84	2:21.27	2017-18 Long Course Masters Swimming Competition Part 2		14-May-17
LIU WING CHIU	*TM	75-79	1:52.21	2022-23 Long Course Masters Swimming Competition - Part 2		15-Jan-23
TIN SHEUNG KWAI	NWC	70-74	1:35.27	2018-19 Long Course Masters Swimming Competition - Part 2		06-May-18
HO ROBERT YAU CHUNG	LRC	65-69	1:18.71	2022-23 Long Course Masters Swimming Competition - Part 2		15-Jan-23
HO ROBERT YAU CHUNG	LRC	60-64	1:13.98	FINA World Masters Championships 2019 - Gwangju		17-Aug-19
HO ROBERT YAU CHUNG	LRC	55-59	1:11.73	FINA World Masters Championships 2014		10-Aug-14
RUST STEFAN ROBERT	LRC	50-54	1:08.09	FINA World Masters Championships 2017		19-Aug-17
NORTJE CRAIG ANDREW	#FB	45-49	1:08.75	2024-25 Long Course Masters Swimming Competition - Part 2		28-Apr-24
O' NEILL DONAL THOMAS	LRC	40-44	1:01.05	World Aquatics Masters Championships 2024 - Doha		28-Feb-24
NORTJE CRAIG ANDREW	VRC	35-39	1:06.66	2015-16 Long Course Masters Swimming Competition - Part 2		31-May-15
LAM YAU SUN DICKSON	#DB	30-34	1:07.94	2019-20 Long Course Masters Swimming Competition - Part 2		05-May-19
CHEUNG YAU MING	#DB	25-29	1:02.70	2023-24 Long Course Masters Swimming Competition - Part 2		30-Apr-23
CHOI DERRICK CHRISTOPHER	LRC	18-24	1:02.10	2013-14 Long Course Masters Swimming Competition - Part 2		23-Jun-13

WOMEN 100M BACKSTROKE					NAME OF MEET	DATE ACHIEVED
WONG JIM	SFC	75-79	2:13.75	2016-17 Long Course Masters Swimming Competition Part 2		24-Apr-16
BAI XIUFEN	SFC	70-74	1:40.55	2022-23 Long Course Masters Swimming Competition - Part 2		15-Jan-23
NG YEE MAN	NWC	65-69	1:37.51	2024-25 Long Course Masters Swimming Competition - Part 2		28-Apr-24
NG YEE MAN	NWC	60-64	1:43.42	2022-23 Long Course Masters Swimming Competition - Part 2		15-Jan-23
LAI SHUI NIN INGRID	YMC	55-59	1:32.18	World Aquatics Masters World Championships 2023 - Kyushu		10-Aug-23
COGGINS LYNDA ANNE	LRC	50-54	1:17.38	16th FINA World Masters Championships 2015 in Kazan		15-Aug-15
TAM ALISON MAI LING	#FL	45-49	1:15.99	2022-23 Long Course Masters Swimming Competition - Part 2		15-Jan-23
KELSEY JANE MACFARLAND	LRC	40-44	1:13.75	2015-16 Long Course Masters Swimming Competition - Part 2		31-May-15
KELSEY JANE MACFARLAND	LRC	35-39	1:14.06	2014-15 Long Course Masters Swimming Competition Part 2		29-Jun-14
CARPENTER LINH THUC LUONG	LRC	30-34	1:11.37	16th FINA World Masters Championships 2015 in Kazan		15-Aug-15
MOK HOI MAN SHERON	NWC	25-29	1:10.14	2024-25 Long Course Masters Swimming Competition - Part 2		28-Apr-24
LAMB ENEKA MARIE	HIS	18-24	1:11.36	2011-12 Long Course Masters Swimming Competition - Part 2		19-Jun-11

MEN 50M BREASTSTROKE					NAME OF MEET	DATE ACHIEVED
CHI LIEH YUNG	SFC	90-94	1:13.06	Annual Long Course Masters Swimming Championships 2024		01-Dec-24
CHI LIEH YUNG	SFC	85-89	1:02.32	Annual Long Course Masters Swimming Championships 2019		01-Dec-19
CHAN KAM	SFC	80-84	0:54.52	Annual Masters Swimming Championships 2009		18-Oct-09
TIN SHEUNG KWAI	NWC	75-79	0:41.67	2023-24 Long Course Masters Swimming Competition - Part 3		18-Jun-23
TIN SHEUNG KWAI	NWC	70-74	0:39.27	2019-20 Long Course Masters Swimming Competition - Part 2		05-May-19
YONG KHIN SYN	SFC	65-69	0:37.84	2014-15 Long Course Masters Swimming Competition Part 2		29-Jun-14
NG WAI FUNG	SFC	60-64	0:35.58	Annual Long Course Masters Swimming Championships 2024		01-Dec-24
WONG LUN KWOK	SFC	55-59	0:35.10	Annual Masters Swimming Championships 2002		31-Aug-02
SIEH TIEN YU	KTS	50-54	0:34.48	2018-19 Long Course Masters Swimming Competition - Part 1		24-Mar-19
COOPER KENNETH ALLEN	PSC	45-49	0:32.70	2017-18 Long Course Masters Swimming Competition - Part 1		25-Mar-18
WAN LAP SUN	FWC	40-44	0:33.00	Spring Masters Swimming Championships 2006		25-Mar-06
LO JONATHAN KA YAN	LRC	35-39	0:31.14	The 1st Asian Masters Swimming Championships 2018 NAGOYA (JPN)		14-Jul-18
WAN LAP SUN	KTS	30-34	0:31.11	Summer Masters Swimming Championships 1998		13-Jun-98
WONG HO KIU	#RF	25-29	0:30.24	Annual Long Course Masters Swimming Championships 2024		01-Dec-24
<b><u>CHEUNG CHI KIT NICHOLAS</u></b>	<b><u>WDS</u></b>	<b><u>18-24</u></b>	<b><u>0:27.95</u></b>	<b><u>2024-25 Long Course Masters Swimming Competition - Part 1</u></b>		<b><u>23-Mar-25</u></b>

WOMEN 50M BREASTSTROKE					NAME OF MEET	DATE ACHIEVED
CHAN WAI KIANG	KTS	85-89	2:23.87	Annual Long Course Masters Swimming Championships 2019		01-Dec-19
TAI LI HUA	SFC	80-84	0:52.77	Annual Long Course Masters Swimming Championships 2019		01-Dec-19
OTSUKA TUKO	SGC	75-79	0:56.26	2014-15 Long Course Masters Swimming Competition - Part 1		22-Mar-15
SUEN MING CHU	SFC	70-74	0:53.36	2018-19 Long Course Masters Swimming Competition - Part 3		24-Jun-18
LEUNG WONG YIN HAR HAYLEY	SGC	65-69	0:50.56	2017-18 Long Course Masters Swimming Competition - Part 1		25-Mar-18
KIRKWOOD TAIN MHAIRA	LRC	60-64	0:46.97	Annual Long Course Masters Swimming Championships 2023		03-Dec-23
LEUNG WAI FAN	KTS	55-59	0:38.73	2017-18 Long Course Masters Swimming Competition - Part 2		14-May-17
LEUNG WAI FAN	KTS	50-54	0:37.63	Annual Long Course Masters Swimming Championships 2015		20-Dec-15
<b><u>KRKALO SHAUNA KATHLEEN</u></b>	<b><u>LRC</u></b>	<b><u>45-49</u></b>	<b><u>0:33.73</u></b>	<b><u>2024-25 Long Course Masters Swimming Competition - Part 1</u></b>		<b><u>23-Mar-25</u></b>
KRKALO SHAUNA KATHLEEN	LRC	40-44	0:34.74	2022-23 Long Course Masters Swimming Competition - Part 3		12-Jun-22
NG KAM FUNG	SFC	35-39	0:34.71	Summer Masters Swimming Championships 2000		27-May-00
BARNES RUTH	LRC	30-34	0:35.23	Annual Masters Swimming Championships 2013		24-Nov-13
IP RAINBOW	FFA	25-29	0:36.06	2022-23 Long Course Masters Swimming Competition - Part 3		12-Jun-22
LI TSZ YIU	HFS	18-24	0:35.53	Annual Masters Swimming Championships 2013		24-Nov-13

# HONG KONG MASTERS SWIMMING RECORDS

## LONG COURSE

(Update to 2024-25 Long Course Masters Swimming Competition - Part 1)

### MEN 100M BREASTSTROKE

				NAME OF MEET	DATE ACHIEVED
CHI LIEH YUNG	SFC	90-94	2:50.51	Annual Long Course Masters Swimming Championships 2024	01-Dec-24
LEE MING	SFC	85-89	2:42.22	2017-18 Long Course Masters Swimming Competition Part 2	14-May-17
MAK HEI CHI	SGC	80-84	2:08.90	Annual Masters Swimming Championships 2008	06-Sep-08
WONG CHIU SHUN	SFC	75-79	1:52.09	Annual Long Course Masters Swimming Championships 2022	27-Nov-22
YONG KHIN SYN	SFC	70-74	1:34.27	2019-20 Long Course Masters Swimming Competition - Part 3	23-Jun-19
CHAN KAM POR	SFC	65-69	1:26.42	2017-18 Long Course Masters Swimming Competition Part 2	14-May-17
KOO YU FAT MARCUS	FFA	60-64	1:24.69	2022-23 Long Course Masters Swimming Competition - Part 3	12-Jun-22
WATT KAM SING MICHAEL	*FL	55-59	1:21.41	2024-25 Long Course Masters Swimming Competition - Part 2	28-Apr-24
COOPER KENNETH ALLEN	#FL	50-54	1:13.66	FINA World Masters Championships 2019 - Gwangju	13-Aug-19
COOPER KENNETH ALLEN	PSC	45-49	1:15.29	2018-19 Long Course Masters Swimming Competition - Part 2	06-May-18
FONG LIK SUN	#FB	40-44	1:10.45	Annual Long Course Masters Swimming Championships 2023	03-Dec-23
LO JONATHAN KA YAN	LRC	35-39	1:10.50	The 1st Asian Masters Swimming Championships 2018 NAGOYA (JPN)	15-Jul-18
KWOK HO TIN	NWC	30-34	1:09.75	2019-20 Long Course Masters Swimming Competition - Part 3	23-Jun-19
CHEUNG KAM KWAN RONALD	LRC	25-29	1:07.53	World Aquatics Masters World Championships 2023 - Kyushu	06-Aug-23
CHEUNG CHI KIT NICHOLAS	WDS	18-24	1:02.67	2024-25 Long Course Masters Swimming Competition - Part 3	23-Jun-24

### WOMEN 100M BREASTSTROKE

				NAME OF MEET	DATE ACHIEVED
WONG JIM	SFC	80-84	2:31.67	2021-22 Long Course Masters Swimming Competition - Part 3	20-Jun-21
SUEN MING CHU	SFC	75-79	2:02.61	Annual Long Course Masters Swimming Championships 2023	03-Dec-23
SUEN MING CHU	SFC	70-74	1:53.65	2018-19 Annual Long Course Masters Swimming Championships	25-Nov-18
NG YEE MAN	NWC	65-69	1:42.94	2024-25 Long Course Masters Swimming Competition - Part 3	23-Jun-24
KIRKWOOD TAIN MHAIRA	LRC	60-64	1:39.76	2023-24 Long Course Masters Swimming Competition - Part 2	30-Apr-23
KIRKWOOD TAIN MHAIRA	LRC	55-59	1:35.97	2018-19 Long Course Masters Swimming Competition - Part 2	06-May-18
YAMAGUCHI MIKA	*FL	50-54	1:27.99	World Aquatics Masters Championships - Doha 2024	27-Feb-24
KRKALO SHAUNA KATHLEEN	LRC	45-49	1:19.68	Annual Long Course Masters Swimming Championships 2024	01-Dec-24
KRKALO SHAUNA KATHLEEN	LRC	40-44	1:21.23	2022-23 Long Course Masters Swimming Competition - Part 3	12-Jun-22
NEEDHAM SUZANNE HEIZER	LRC	35-39	1:20.17	FINA World Masters Championships 2012	11-Jun-12
BARNES RUTH	LRC	30-34	1:18.68	FINA World Masters Championships 2012	11-Jun-12
LIU KA LEI	KTS	25-29	1:22.65	Spring Masters Swimming Championships 2010	06-Mar-10
KONG YVETTE MAN YI	SCA	18-24	1:13.79	2014-15 Long Course Masters Swimming Competition - Part 3	10-Aug-14

### MEN 200M BREASTSTROKE

				NAME OF MEET	DATE ACHIEVED
CHEUNG TSAN	SFC	80-84	5:10.49	Masters Long Course Swimming Competition Part 1	26-Jan-14
<b>KOO CHOI FAT</b>	<b>WDS</b>	<b>75-79</b>	<b>4:11.87</b>	<b>2024-25 Long Course Masters Swimming Competition - Part 1</b>	<b>23-Mar-25</b>
CHAN KAM POR	SFC	70-74	3:34.76	2022-23 Long Course Masters Swimming Competition - Part 1	26-Mar-23
CHAN KAM POR	SFC	65-69	3:19.33	2017-18 Long Course Masters Swimming Competition - Part 1	25-Mar-18
CHAN KAM POR	SGC	60-64	3:07.34	2011-12 Long Course Masters Swimming Competition - Part 1	04-Mar-12
SAKA TOSHIYUKI	SGC	55-59	2:59.17	2016-17 Long Course Masters Swimming Competition - Part 1	26-Mar-17
SAKA TOSHIYUKI	SGC	50-54	2:50.25	2011-12 Long Course Masters Swimming Competition - Part 1	04-Mar-12
SAKA TOSHIYUKI	SGC	45-49	2:49.64	2010-11 Long Course Masters Swimming Championships - Part 1	20-Mar-11
FONG LIK SUN	#FB	40-44	2:38.70	2022-23 Long Course Masters Swimming Competition - Part 1	26-Mar-23
LUK WING KIN ANDY	KHC	35-39	2:33.87	9th Hong Kong Games Swimming Competition	02-Jun-24
LUK WING KIN ANDY	KHC	30-34	2:36.71	2018-19 Long Course Masters Swimming Competition - Part 1	24-Mar-19
GLASSMAN ZACHARY	LRC	25-29	2:23.47	2011-12 Long Course Masters Swimming Competition - Part 1	04-Mar-12
<b>CHEUNG CHI KIT NICHOLAS</b>	<b>WDS</b>	<b>18-24</b>	<b>2:16.99</b>	<b>2024-25 Long Course Masters Swimming Competition - Part 1</b>	<b>23-Mar-25</b>

### WOMEN 200M BREASTSTROKE

				NAME OF MEET	DATE ACHIEVED
WONG JIM	SFC	80-84	5:53.00	2022-23 Long Course Masters Swimming Competition - Part 1	26-Mar-23
OTSUKA YUKO	SGC	75-79	4:39.40	2016-17 Long Course Masters Swimming Competition - Part 1	26-Mar-17
SUEN MING CHU	SFC	70-74	4:01.57	2017-18 Long Course Masters Swimming Competition - Part 1	25-Mar-18
SUEN MING CHU	SGC	65-69	3:58.01	2013-14 Long Course Masters Swimming Competition - Part 1	03-Mar-13
<b>KIRKWOOD TAIN MHAIRA</b>	<b>LRC</b>	<b>60-64</b>	<b>3:43.21</b>	<b>2024-25 Long Course Masters Swimming Competition - Part 1</b>	<b>23-Mar-25</b>
KIRKWOOD TAIN MHAIRA	LRC	55-59	3:31.49	2017-18 Long Course Masters Swimming Competition - Part 1	25-Mar-18
COGGINS LYNDY ANNE	LRC	50-54	3:09.55	FINA World Masters Championships 2014	10-Aug-14
COGGINS LYNDY ANNE	LRC	45-49	3:14.74	FINA World Masters Championships 2012	15-Jun-12
CHEUNG MAN YIU	SGC	40-44	3:19.49	World Aquatics Masters World Championships 2023 - Kyushu	10-Aug-23
NEEDHAM SUZANNE HEIZER	LRC	35-39	2:56.78	FINA World Masters Championships 2012	15-Jun-12
HUGHES CHRISTINE VIRGINIA	LRC	30-34	2:52.97	World Aquatics Masters Championships - Doha 2024	02-Mar-24
LIU KA LEI	KTS	25-29	3:05.17	2013-14 Long Course Masters Swimming Competition - Part 1	03-Mar-13
PANG HIU KWAN	JHC	18-24	3:13.71	2011-12 Long Course Masters Swimming Competition - Part 1	04-Mar-12

# HONG KONG MASTERS SWIMMING RECORDS

## LONG COURSE

(Update to 2024-25 Long Course Masters Swimming Competition - Part 1)

MEN 50M BUTTERFLY				NAME OF MEET	DATE ACHIEVED
YIM KAM WING	SFC	85-89	1:10.42	2019-20 Long Course Masters Swimming Competition - Part 2	05-May-19
MAK HEI CHI	SGC	80-84	0:58.81	Winter Masters Swimming Championships 2008	22-Nov-08
TIN SHEUNG KWAI	NWC	75-79	0:41.68	Annual Masters Swimming Championships 2022	27-Nov-22
INGLIS PETER	#FB	70-74	0:36.36	2024-25 Long Course Masters Swimming Competition - Part 2	28-Apr-24
HO ROBERT YAU CHUNG	LRC	65-69	0:33.20	2022-23 Long Course Masters Swimming Competition - Part 2	15-Jan-23
FU TAI CHUN	KTS	60-64	0:30.60	Summer Masters Swimming Championships 1999	19-Jun-99
HO ROBERT YAU CHUNG	LRC	55-59	0:30.04	Annual Long Course Masters Swimming Championships 2015	20-Dec-15
WONG KWOK WAH	KHC	50-54	0:27.94	Annual Long Course Masters Swimming Championships 2017	25-Nov-17
WOODRING DOUGLAS	BSC	45-49	0:27.47	Long Course Masters Swimming Competition - Part 3 2013	11-Aug-13
NORTJE CRAIG ANDREW	#FL	40-44	0:26.85	FINA World Masters Championship 2019 - Gwangju	14-Aug-19
SMIT MARCEL PIETER ARNOLD	*FL	35-39	0:26.46	World Aquatics Masters World Championships 2023 - Kyushu	07-Aug-23
BEAHAN GRANT KENNETH	BSC	30-34	0:26.54	Annual Long Course Masters Swimming Championships 2017	25-Nov-17
LAU CHUN LEUNG JOHNNY	KHC	25-29	0:26.21	Annual Long Course Masters Swimming Championships 2017	25-Nov-17
CHEUNG YAU MING	#DB	18-24	0:26.27	2018-19 Annual Long Course Masters Swimming Championships	25-Nov-18

WOMEN 50M BUTTERFLY				NAME OF MEET	DATE ACHIEVED
LEUNG MABEL YUEN YING	SFC	80-84	1:27.97	Annual Long Course Masters Swimming Championships 2024	01-Dec-24
SUEN MING CHU	SFC	75-79	0:52.07	2023-24 Long Course Masters Swimming Competition - Part 2	30-Apr-23
SUEN MING CHU	SFC	70-74	0:48.26	Annual Long Course Masters Swimming Championships 2019	01-Dec-19
TSEUNG NGA WAH	SFC	65-69	0:41.67	2024-25 Long Course Masters Swimming Competition - Part 2	28-Apr-24
KIRKWOOD TAIN MHAIRA	LRC	60-64	0:37.04	2024-25 Long Course Masters Swimming Competition - Part 2	28-Apr-24
KIRKWOOD TAIN MHAIRA	LRC	55-59	0:36.39	2018-19 Annual Long Course Masters Swimming Championships	25-Nov-18
LEE TANYA DIANE	PSC	50-54	0:32.53	The 1st Asian Masters Swimming Championships 2018 NAGOYA (JPN)	13-Jul-18
KRKALO SHAUNA KATHLEEN	LRC	45-49	0:28.98	Annual Long Course Masters Swimming Championships 2024	01-Dec-24
KRKALO SHAUNA KATHLEEN	LRC	40-44	0:30.39	Annual Long Course Masters Swimming Championships 2022	27-Nov-22
YIP WING YAN	DWA	35-39	0:30.35	2024-25 Long Course Masters Swimming Competition - Part 2	28-Apr-24
ZHANG XIAO TONG ISABELLA	*FL	30-34	0:30.25	World Aquatics Masters World Championships 2023 - Kyushu	07-Aug-23
NG KA MAN	KTS	25-29	0:29.30	Annual Long Course Masters Swimming Championships	23-Nov-14
CHAN TSZ CHING	*FL	18-24	0:29.61	2023-24 Long Course Masters Swimming Competition - Part 2	30-Apr-23

MEN 100M BUTTERFLY				NAME OF MEET	DATE ACHIEVED
LEE MING	SFC	80-84	2:35.84	2010-11 Long Course Masters Swimming Championships - Part 1	20-Mar-11
<u>WU SHU SUN</u>	<u>NWC</u>	<u>75-79</u>	<u>2:01.65</u>	<u>2024-25 Long Course Masters Swimming Competition - Part 1</u>	<u>23-Mar-25</u>
<u>CHAN KAM POR</u>	<u>SFC</u>	<u>70-74</u>	<u>1:33.36</u>	<u>2024-25 Long Course Masters Swimming Competition - Part 1</u>	<u>23-Mar-25</u>
MA ETIENNE	YMC	65-69	1:32.97	2023-24 Long Course Masters Swimming Competition - Part 1	03-Mar-24
HO ROBERT YAU CHUNG	LRC	60-64	1:15.51	FINA World Masters Championships 2019 - Gwangju	15-Aug-19
KOO YU FAT MARCUS	FFA	55-59	1:11.94	2016-17 Long Course Masters Swimming Competition - Part 1	26-Mar-17
JOHNSON ERIC ANDREW	LRC	50-54	1:04.49	FINA World Masters Championships 2014	10-Aug-14
SAKA TAIHEI	SGC	45-49	1:00.90	2013-14 Long Course Masters Swimming Competition - Part 1	04-Mar-12
O'NEILL DONAL THOMAS	LRC	40-44	0:59.06	World Aquatics Masters Championships 2024 - Doha	29-Feb-24
CRAIG ANDREW NORTJE	VRG	35-39	0:59.58	FINA World Masters Championships 2014	10-Aug-14
BEAHAN GRANT KENNETH	BSC	30-34	0:58.66	2017-18 Long Course Masters Swimming Competition - Part 1	25-Mar-18
CHEUNG YAU MING	#DB	25-29	0:58.94	2022-23 Long Course Masters Swimming Competition - Part 1	26-Mar-23
CHEUNG YAU MING	#DB	18-24	0:59.53	2018-19 Long Course Masters Swimming Competition - Part 1	24-Mar-19

WOMEN 100M BUTTERFLY				NAME OF MEET	DATE ACHIEVED
<u>SUEN MING CHU</u>	<u>SFC</u>	<u>75-79</u>	<u>1:59.45</u>	<u>2024-25 Long Course Masters Swimming Competition - Part 1</u>	<u>23-Mar-25</u>
SUEN MING CHU	SFC	70-74	1:56.01	2017-18 Long Course Masters Swimming Competition - Part 1	25-Mar-18
SUEN MING CHU	SGC	65-69	1:48.29	Masters Long Course Swimming Competition Part 1	26-Jan-14
KIRKWOOD TAIN MHAIRA	LRC	60-64	1:36.26	World Aquatics Masters Championships - Doha 2024	29-Feb-24
KIRKWOOD TAIN MHAIRA	LRC	55-59	1:31.44	2017-18 Long Course Masters Swimming Competition - Part 1	25-Mar-18
LEE TANYA DIANE	PSC	50-54	1:14.85	The 1st Asian Masters Swimming Championships 2018 NAGOYA (JPN)	16-Jul-18
PAZOS CHRISTENA MARIA	LRC	45-49	1:12.50	16th FINA World Masters Championships 2015 in Kazan	13-Aug-15
<u>MASTER FARAH JIMMY</u>	<u>#FB</u>	<u>40-44</u>	<u>1:09.04</u>	<u>2024-25 Long Course Masters Swimming Competition - Part 1</u>	<u>23-Mar-25</u>
KELSEY JANE MACFARLAND	LRC	35-39	1:13.49	2011-12 Long Course Masters Swimming Competition - Part 1	04-Mar-12
HUGHES CHRISTINE VIRGINIA	LRC	30-34	1:10.18	World Aquatics Masters Championships - Doha 2024	29-Feb-24
CHAN WING SUET	LRC	25-29	1:08.66	FINA World Masters Championships 2014	10-Aug-14
CHAN TSZ CHING	*FL	18-24	1:07.41	2023-24 Long Course Masters Swimming Competition - Part 1	03-Mar-24

# HONG KONG MASTERS SWIMMING RECORDS

## LONG COURSE

(Update to 2024-25 Long Course Masters Swimming Competition - Part 1)

### MEN 200M INDIVIDUAL MEDLEY

				NAME OF MEET	DATE ACHIEVED
LAW KWAI FONG	SFC	80-84	5:10.21	Annual Long Course Masters Swimming Championships 2017	25-Nov-17
WONG CHIU SHUN	SFC	75-79	4:03.11	2022-23 Long Course Masters Swimming Competition - Part 2	15-Jan-23
CHAN KAM POR	SFC	70-74	3:17.13	Annual Long Course Masters Swimming Championships 2022	27-Nov-22
CHAN KAM POR	SFC	65-69	3:04.42	2017-18 Long Course Masters Swimming Competition - Part 1	25-Mar-18
KOO YU FAT MARCUS	FFA	60-64	2:49.64	Annual Long Course Masters Swimming Championships 2022	27-Nov-22
SAKA TOSHIYUKI	SGC	55-59	2:45.82	2016-17 Long Course Masters Swimming Competition - Part 1	26-Mar-17
CHAN KAM POR	KTS	50-54	2:26.14	Summer Masters Swimming Championships 2004	12-Jun-04
SAKA TAIHEI	SGC	45-49	2:23.04	2010-11 Long Course Masters Swimming Championships - Part 1	20-Mar-11
FONG LIK SUN	#FB	40-44	2:17.83	World Aquatics Masters Championships – Doha 2024	29-Feb-24
NORTJE CRAIG ANDREW	VRC	35-39	2:20.07	FINA World Masters Championships 2014	10-Aug-14
JACOBS DAMIAN CHARLES	LRC	30-34	2:25.69	FINA World Masters Championships 2014	10-Aug-14
GLASSMAN ZACHARY	LRC	25-29	2:13.80	2011-12 Long Course Masters Swimming Competition - Part 1	04-Mar-12
WONG SING TSUM DEREK	CUC	18-24	2:21.50	Annual Long Course Masters Swimming Champions 2013	24-Nov-13

### WOMEN 200M INDIVIDUAL MEDLEY

				NAME OF MEET	DATE ACHIEVED
SHUM CHING FONG	HFS	80-84	5:35.17	Annual Long Course Masters Swimming Championships 2013	24-Nov-13
SUEN MING CHU	SFC	75-79	4:06.12	Annual Long Course Masters Swimming Championships 2023	03-Dec-23
SUEN MING CHU	SFC	70-74	3:49.34	2018-19 Long Course Masters Swimming Competition - Part 2	06-May-18
NG YEE MAN	NWC	65-69	3:36.79	2024-25 Long Course Masters Swimming Competition - Part 2	28-Apr-24
KIRKWOOD TAIN MHAIRA	LRC	60-64	3:25.62	Annual Long Course Masters Swimming Championships 2023	03-Dec-23
KIRKWOOD TAIN MHAIRA	LRC	55-59	3:16.65	The 1st Asian Masters Swimming Championships 2018 NAGOYA (JPN)	12-Jul-18
COGGINS LYNDA ANNE	LRC	50-54	2:55.65	FINA World Masters Championships 2014	10-Aug-14
TAM MEI LING ALISON	*FL	45-49	2:45.26	World Aquatics Masters World Championships 2023 - Kyushu	08-Aug-23
KELSEY JANE MACFARLAND	LRC	40-44	2:41.17	2014-15 Long Course Masters Swimming Competition - Part 1	22-Mar-15
KELSEY JANE MACFARLAND	LRC	35-39	2:37.75	Annual Long Course Masters Swimming Champions 2013	24-Nov-13
HUGHES CHRISTINE VIRGINIA	LRC	30-34	2:37.93	World Aquatics Masters Championships – Doha 2024	29-Feb-24
CHAN WING SUET	LRC	25-29	2:36.59	FINA World Masters Championships 2014	10-Aug-14
CHARTER ROBYN JUDY	SFC	18-24	2:42.84	2018-19 Annual Long Course Masters Swimming Championships	25-Nov-18

### MEN 4 X 50M FREESTYLE RELAY

				NAME OF MEET	DATE ACHIEVED
SWORD FISH CLUB	SFC	320+	3:09.80	2019-20 Long Course Masters Swimming Competition - Part 3	23-Jun-19
NEW WATER POLO CLUB	NWC	280+	2:13.41	2023-24 Long Course Masters Swimming Competition - Part 1	03-Mar-24
SWORD FISH CLUB	SFC	240+	2:01.55	Annual Long Course Masters Swimming Championships 2024	01-Dec-24
SEA GREEN SWIMMING & LIFE SAVING CLUB	SGC	200+	1:52.52	2010-11 Long Course Masters Swimming Championships - Part 1	20-Mar-11
HONG KONG FOOTBALL CLUB	#FB	160+	1:40.73	World Aquatics Masters World Championships 2023 - Kyushu	05-Aug-23
NEW WATER POLO CLUB	NWC	120+	1:40.03	2018-19 Long Course Masters Swimming Competition - Part 3	24-Jun-18
DIOCESAN SCHOOL OLD BOY'S ASSOCIATION LTD	#DB	100+	1:36.96	2018-19 Long Course Masters Swimming Competition - Part 1	24-Mar-19

### WOMEN 4 X 50M FREESTYLE RELAY

				NAME OF MEET	DATE ACHIEVED
SWORD FISH CLUB	SFC	320+	3:43.13	Annual Long Course Masters Swimming Championships 2024	01-Dec-24
SWORD FISH CLUB	SFC	280+	2:42.61	Annual Long Course Masters Swimming Championships 2019	01-Dec-19
SWORD FISH CLUB	SFC	240+	2:34.06	2018-19 Annual Long Course Masters Swimming Championships	25-Nov-18
LADIES' RECREATION CLUB	LRC	200+	2:12.67	FINA World Masters Championships 2012	14-Jun-12
FASTLANE SWIMMING	*FL	160+	1:54.74	World Aquatics Masters World Championships 2023 - Kyushu	09-Aug-23
LADIES' RECREATION CLUB	LRC	120+	1:55.57	FINA World Masters Championships 2012	14-Jun-12
HONG KONG FLYING FISH ATHLETIC ASSOCIATION	FFA	100+	1:58.55	2022-23 Long Course Masters Swimming Competition - Part 3	12-Jun-22

# HONG KONG MASTERS SWIMMING RECORDS

## LONG COURSE

(Update to 2024-25 Long Course Masters Swimming Competition - Part 1)

MEN 4 X 50M MEDLEY RELAY				NAME OF MEET	DATE ACHIEVED
SWORD FISH CLUB	SFC	320+	3:30.63	Annual Long Course Masters Swimming Championships 2012	09-Dec-12
SWORD FISH CLUB	SFC	280+	2:33.32	2024-25 Long Course Masters Swimming Competition - Part 2	28-Apr-24
SWORD FISH CLUB	SFC	240+	2:19.80	Long Course Masters Swimming Competition - Part 3 2013	11-Aug-13
THE HONG KONG JOCKEY CLUB	HJC	200+	2:03.19	Winter Masters Swimming Championships 1993	11-Dec-93
YMCA OF HONG KONG	YMC	160+	1:53.94	Summer Masters Swimming Championships 1996	22-Jun-96
DIOCESAN SCHOOL OLD BOY'S ASSOCIATION LTD	#DB	120+	1:54.76	2018-19 Long Course Masters Swimming Competition - Part 1	24-Mar-19
DIOCESAN SCHOOL OLD BOY'S ASSOCIATION LTD	#DB	100+	1:49.32	2022-23 Long Course Masters Swimming Competition - Part 2	15-Jan-23
WOMEN 4 X 50M MEDLEY RELAY				NAME OF MEET	DATE ACHIEVED
SWORD FISH CLUB	SFC	320+	4:37.13	Annual Long Course Masters Swimming Championships 2024	01-Dec-24
SWORD FISH CLUB	SFC	280+	3:06.66	Annual Long Course Masters Swimming Championships 2024	01-Dec-24
SWORD FISH CLUB	SFC	240+	2:48.90	2017-18 Long Course Masters Swimming Competition Part 1	25-Mar-18
LADIES' RECREATION CLUB	LRC	200+	2:32.48	2016-17 Long Course Master Swimming Competition - Part 2	24-Apr-16
LADIES' RECREATION CLUB	LRC	160+	2:10.35	Annual Masters Swimming Championships 1994	17-Sep-94
HONG KONG FOOTBALL CLUB	#FB	120+	2:10.46	Annual Long Course Masters Swimming Championships 2024	01-Dec-24
NEW WATER POLO CLUB	NWC	100+	2:19.21	2018-19 Long Course Masters Swimming Competition - Part 2	06-May-18
MIXED 4 X 50M FREESTYLE RELAY				NAME OF MEET	DATE ACHIEVED
SWORD FISH CLUB	SFC	320+	3:38.22	2018-19 Annual Long Course Masters Swimming Championships	25-Nov-18
SWORD FISH CLUB	SFC	280+	2:25.20	2022-23 Long Course Masters Swimming Competition - Part 2	15-Jan-23
SWORD FISH CLUB	SFC	240+	2:15.69	2018-19 Annual Long Course Masters Swimming Championships	25-Nov-18
LADIES' RECREATION CLUB	LRC	200+	1:55.82	FINA World Masters Championships 2017	18-Aug-17
FASTLANE SWIMMING	*FL	160+	1:46.49	World Aquatics Masters World Championships 2023 - Kyushu	09-Aug-23
FASTLANE SWIMMING CO. LTD	#FL	120+	1:48.72	FINA World Masters Championships 2019 - Gwangju	19-Aug-19
NEW WATER POLO CLUB	NWC	100+	1:51.20	Annual Long Course Masters Swimming Championships 2017	25-Nov-17
MIXED 4 X 50M MEDLEY RELAY				NAME OF MEET	DATE ACHIEVED
SWORD FISH CLUB	SFC	320+	4:35.50	2022-23 Long Course Masters Swimming Competition - Part 3	12-Jun-22
SWORD FISH CLUB	SFC	280+	2:47.88	2021-22 Long Course Masters Swimming Competition - Part 3	20-Jun-21
SWORD FISH CLUB	SFC	240+	2:43.45	2024-25 Long Course Masters Swimming Competition - Part 3	23-Jun-24
FASTLANE SWIMMING	*FL	200+	2:20.04	World Aquatics Masters World Championships 2023 - Kyushu	09-Aug-23
FASTLANE SWIMMING	*FL	160+	2:00.48	World Aquatics Masters World Championships 2023 - Kyushu	09-Aug-23
LADIES' RECREATION CLUB	LRC	120+	2:05.95	2021-22 Long Course Masters Swimming Competition - Part 3	20-Jun-21
HONG KONG POLICE SWIMMING CLUB	HKP	100+	2:09.75	2023-24 Long Course Masters Swimming Competition - Part 3	18-Jun-23

## 25-26 LC Master Swimming Competition Part 2 - 27/04/2025

## Psych Sheet

## Event 1 Men 200 LC Meter IM

18-24 MSR: 2:21.50

25-29 MSR: 2:13.80

30-34 MSR: 2:25.69

35-39 MSR: 2:20.07

40-44 MSR: 2:17.83

45-49 MSR: 2:23.04

50-54 MSR: 2:26.14

55-59 MSR: 2:45.82

60-64 MSR: 2:49.64

65-69 MSR: 3:04.42

	ID#	Name	Age	Team	Seed Time
<b>18-24</b>					
1	20968 B	Ho, Sze Ming	24	Diocesan School	2:30.00
2	19430 B	Mok, Yik Long	23	Diocesan School	2:30.00
<b>25-29</b>					
1	28567 #IAZ	Tam, Wang Yin	25	Eastern Winter	2:40.00
2	16830 IAM	Yip, Ming Hei	29	New Water Polo	2:40.00
3	32142 IAZ	Kong, Wai Kam	27	Kwan Hung	3:00.33
<b>30-34</b>					
1	53101 @ICO	Palmerston, Jeremiah Bradley	34	Fastlane Swimming	2:41.51
2	33387 IAO	Wu, Kenneth Yee Lok	34	Sword Fish Club	2:59.00
<b>35-39</b>					
1	06886 B	Li, Chin Long	35	Eastern Winter	2:38.72
<b>40-44</b>					
1	05179 ICZ	Wan, Chun Pong Michael	41	Fastlane Swimming	2:40.00
2	00091	Chan, Lok Yan	41	New Water Polo	3:00.00
3	03796 ICZ	Chan, Pui Kei	44	New Water Polo	3:05.00
4	12176 ICZ	Ng, Siu Yu	43	Sword Fish Club	3:12.00
5	05155	Chan, Albert Kam Ming	44	Diocesan School	3:45.00
<b>45-49</b>					
1	27471 #ICO	Nortje, Craig Andrew	47	RippleFly Swim Ltd	2:22.00
2	37671 @ICO	Stamenovic, Ivan	49	LRC	2:28.90
3	40107 IAZ	Chan, Falcon	46	Lai Tsun	3:06.89
4	05160	Chan, Ka Wo	48	Diocesan School	3:45.00
5	40841 IAX	Tsang, Kwok Tung	46	Diocesan School	3:45.00
6	53312 IAZ	Tang, Tin Lok Stephen	49	Win Tin	3:45.00
<b>50-54</b>					
1	24603 IAZ	Hung, Ka Ming	50	YMCA OF Hong Kong	3:20.00
2	48285 IAZ	Wan, Hong Yin Edmund	54	HK Football Club	3:45.00
3	52883 IAZ	Lo, Fu Fui Frankie	50	Win Tin	3:45.00
4	51531 #IAX	Tang, Min	50	Fastlane Swimming	3:45.00
<b>55-59</b>					
1	27451 IAZ	Yip, Kin Man Stephen	55	Kwun Tong	3:05.12
2	41548 IAZ	Ip, Ka Keung Patrick	57	HK Football Club	3:15.00
3	42202	Rong, Kangwen	58	Sword Fish Club	3:20.00
4	53581 IAO	Shi, Bertram Emil	59	Fastlane Swimming	3:35.00
5	44678 IAZ	Hung, Tin Wai Robert	59	Pacific	3:45.00
6	38127 IAZ	Leung, Cheung Wai Ricky	57	Sword Fish Club	3:58.00
<b>60-64</b>					
1	42203	Ye, Haoqiang	62	Sword Fish Club	3:20.00
2	39982 IAZ	Chow, Wing Chun	61	Sword Fish Club	3:45.00
3	24256 IAW	Lok, Wai Man	62	New Water Polo	3:46.00

25-26 LC Master Swimming Competition Part 2 - 27/04/2025

Psych Sheet

60-64... (Event 1 Men 200 LC Meter IM)

4	32108 IAX	Chan, Kiu	63	Sword Fish Club	3:50.00
5	10135 IAZ	Mo, Kim Fung Bosco	61	Diocesan School	4:00.00

<b>65-69</b>					
1	03215 #IAZ	Leung, Yiu Chuen	67	Tung Sing	3:10.00
2	06237	Mok, Chu Piu	68	Lai Tsun	3:45.00
3	15527	Zhou, Hao	67	Tung Sing	4:00.00

<b>70-74</b>					
1	06382	Chan, Kam Por	73	Sword Fish Club	3:28.00
2	43205	Zhou, Jin Jia	70	New Water Polo	3:50.00
3	06239	Chan, King Yuen	70	Lai Tsun	4:00.00
4	11563	Lee, Kwok Hung	72	Sword Fish Club	4:00.00

<b>75-79</b>					
1	51227 @^IM	Liang, Shuntian	76	Sword Fish Club	3:30.00
2	22182 IAZ	Ngai, Yin Leung	76	Sword Fish Club	4:00.00

Event 2 Women 200 LC Meter IM

18-24 MSR:	2:42.84
25-29 MSR:	2:36.59
30-34 MSR:	2:37.93
35-39 MSR:	2:37.75
40-44 MSR:	2:41.17
45-49 MSR:	2:45.26
50-54 MSR:	2:55.65
55-59 MSR:	3:16.65
60-64 MSR:	3:25.62
65-69 MSR:	3:36.79

	ID#	Name	Age	Team	Seed Time
<b>18-24</b>					
1	31444 IAX	Tang, Hiu Tung	24	Pacific	2:49.07
2	25098 B	Fung, Suet Ying Chloe	20	Kowloon Tong Club	3:40.00
<b>25-29</b>					
1	24555 IAO	Ho, Nicola Gabrielle	26	Fastlane Swimming	3:10.00
2	23179 IAZ	Chan, Jessica	28	Fastlane Swimming	3:30.00
3	26980 IAZ	Wong, Suet Wing	26	Dik Wing	3:37.00
<b>35-39</b>					
1	52770 IAO	Sjoholm, Ingrid Christina	39	HK Football Club	2:50.00
<b>45-49</b>					
1	40853 #@IAO	Tam, Alison Mai Ling	47	HK Football Club	2:45.00
<b>50-54</b>					
1	45917 @^IM	Huang, Caifang	51	New Water Polo	3:55.00
2	06349	Ip, Oi Wa Wendy	53	Sword Fish Club	3:55.00
3	40912 IAZ	Ng, Yee Ling	54	Tolo Harbour	3:55.00
<b>55-59</b>					
1	36431 @^P	Buchta, Katrin	55	Sword Fish Club	3:50.00
2	43102 ICO	Roberts, Tonya Leanne	57	LRC	3:55.00
3	23588 IAZ	Lee, Ying Chi	57	Tung Sing	3:55.00
<b>60-64</b>					
1	51472 @IM	Pang, Yunxiao	61	New Water Polo	3:50.00
<b>65-69</b>					
1	23957 IAX	Yeung, Tun Lim Lily	68	Sword Fish Club	4:10.00
2	14007	Ho, Yuk Ling	68	Tung Sing	4:10.00
<b>75-79</b>					
1	39357 @^P	Mak, Sok Iun	75	Sword Fish Club	4:10.00
2	06357	Suen, Ming Chu	77	Sword Fish Club	4:10.00

25-26 LC Master Swimming Competition Part 2 - 27/04/2025

Psych Sheet

Event 3 Men 100 LC Meter Breaststroke

- 18-24 MSR: 1:02.67
- 25-29 MSR: 1:07.53
- 30-34 MSR: 1:09.75
- 35-39 MSR: 1:10.50
- 40-44 MSR: 1:10.45
- 45-49 MSR: 1:15.29
- 50-54 MSR: 1:13.66
- 55-59 MSR: 1:21.41
- 60-64 MSR: 1:24.69
- 65-69 MSR: 1:26.42

	ID#	Name	Age	Team	Seed Time
<b>18-24... (Event 3 Men 100 LC Meter Breaststroke)</b>					
1	30694 IAZ	Cheung, Chi Kit Nicholas	20	Wong Tai Sin	1:03.00
2	19430 B	Mok, Yik Long	23	Diocesan School	1:10.00
3	45713 IAZ	Hau, Ryan Spencer	19	New Water Polo	1:13.00
4	48045 IAZ	Lo, Tsz Wang	22	Kwun Tong	1:20.00
<b>25-29</b>					
1	24279 IAZ	Au, Chung Yin	25	Kwun Tong	1:20.00
2	55770 @IM	Wang, Xiangkun	26	Sword Fish Club	1:20.00
3	32142 IAZ	Kong, Wai Kam	27	Kwan Hung	1:33.33
4	16830 IAM	Yip, Ming Hei	29	New Water Polo	1:40.00
<b>30-34</b>					
1	42728 P	Febo, Christopher Vincenzo	32	Sword Fish Club	1:11.00
2	04877 IBZ	Ng, Yu Ting	34	Sword Fish Club	1:25.00
3	33387 IAO	Wu, Kenneth Yee Lok	34	Sword Fish Club	1:29.00
4	02580	Lau, Chun Leung Johnny	34	Kwan Hung	1:50.00
<b>35-39</b>					
1	52765 @ICO	Bittl, James Francis	39	LRC	1:17.00
2	00099 IAZ	Wong, Cheuk Wai	37	New Water Polo	1:20.00
3	55914 @IM	Huang, Junzi	37	Sword Fish Club	1:20.00
4	03717 IBZ	Yeung, Ka Ho	38	Dik Wing	1:29.90
5	55910 @IM	Zeng, Xiaodi	36	Sword Fish Club	1:30.00
6	48667 @IRO	Wong, Dominic Clayton Joe	37	Fastlane Swimming	1:35.00
7	55358 @IM	Huang, Tongxiang	39	Sword Fish Club	1:45.00
8	55911 @IM	Luo, Zhijie	36	Sword Fish Club	1:50.00
<b>40-44</b>					
1	48666 @ICO	Upman, David Ross	41	Fastlane Swimming	1:14.00
2	48820 #IAZ	Lam, Pei Tim	44	LRC	1:14.60
3	52550 #IAZ	Chiu, Kelvin Ho Yin	43	HK Football Club	1:18.00
4	00091	Chan, Lok Yan	41	New Water Polo	1:20.00
5	42708 IAZ	Tang, Wing Chung Jonathan	43	Hoi Fung	1:25.00
6	54503 IAZ	Li, Ying Ho	40	Wong Tai Sin	1:30.00
7	03796 ICZ	Chan, Pui Kei	44	New Water Polo	1:33.00
8	48856 @IAO	Gallearachie, Jeewantha Madu	41	Fastlane Swimming	1:35.00
9	52285 IAO	Lung, Donald Andrew	43	Diocesan School	1:45.00
10	45574 IAZ	Ng, Siu Kwong	43	Sword Fish Club	1:45.00
11	05155	Chan, Albert Kam Ming	44	Diocesan School	1:47.44
12	03793 ICZ	Po, Tik San	43	New Water Polo	1:50.00
13	55925 @IM	Zhou, Jiangfan	41	Sword Fish Club	1:50.00
14	23119 IAZ	Chan, Ying Tsung Bosco	44	Sword Fish Club	2:02.00
15	54712 IAO	Tham, Edmund	43	Fastlane Swimming	2:05.00

## 25-26 LC Master Swimming Competition Part 2 - 27/04/2025

## Psych Sheet

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

1	17961 ICO	Jones, Simon	49 LRC	1:15.73
2	53312 IAZ	Tang, Tin Lok Stephen	49 Win Tin	1:20.47
3	16451	Cheng, Ngai Bun	47 Kwun Tong	1:39.00
4	05160	Chan, Ka Wo	48 Diocesan School	1:47.44
5	40834 IAZ	Chang, Hsi Tse JosephJeremy	46 Diocesan School	1:48.00
6	55927 @IM	Liu, Hongming	45 Sword Fish Club	1:50.00
7	41148 IAZ	Tang, Kee Wai	45 New Water Polo	2:00.00
8	55771 @IM	Huang, Zhangyin	46 Sword Fish Club	2:00.00

## 50-54

1	28849 IAZ	Chan, Chun Kuen	50 Sword Fish Club	1:33.00
2	49957 #@IAO	Matsuzawa, Atsushi	54 RippleFly Swim Ltd	1:40.00
3	21008 IAZ	Cheung, Chun Kwan Michael	52 Wong Tai Sin	1:45.00
4	40835 IAZ	Leung, Wing Hong Alvin	51 Diocesan School	1:50.00
5	52756 IAX	Chueng, Shing	54 Hoi Fung	1:52.83

## 55-59

1	26317 IAZN	Tung, Shang Wei Timothy	55 Kwun Tong	1:39.00
2	44664 IAZ	Lau, Chi Wah	58 Hoi Fung	1:40.00
3	42364 IAZ	Lau, Yip Kwong Francis	56 Diocesan School	1:45.00
4	53271 @^IM	Chen, Weizhong	56 New Water Polo	1:45.00
5	38127 IAZ	Leung, Cheung Wai Ricky	57 Sword Fish Club	1:50.00
6	35711 IAX	Wong, Fuk Kei	56 Sword Fish Club	1:50.00
7	38291 IAZ	Liu, Chun Sing	59 Sword Fish Club	2:00.00
8	55899 IAZ	Li, Kwan Chi	55 Sword Fish Club	NT

## 60-64

1	18856 IAZ	Au, Mun Shing	60 Sword Fish Club	1:28.00
2	54832 ICO	Rivet, Paul Emile	60 Fastlane Swimming	1:33.00
3	32108 IAX	Chan, Kiu	63 Sword Fish Club	1:42.00
4	10135 IAZ	Mo, Kim Fung Bosco	61 Diocesan School	1:45.00
5	26176 IAX	Ho, Chung Man	62 Lai Tsun	1:48.00
6	40840 IAZ	Ng, Ka Yiu Karl	61 Diocesan School	1:50.00
7	27869 IAZ	Lee, Kam Cheong	61 Sword Fish Club	1:50.00
8	52308 #@^IM	Liang, Chen	64 Sword Fish Club	1:50.00
9	25226 IAZ	Choi, Tai Wing	64 Sword Fish Club	1:55.00
10	40861 IAZ	Cheung, Chi Ming Rover	62 Sword Fish Club	2:00.00

## 65-69

1	49915 @IAX	Tai, Yu Chung	67 New Water Polo	1:40.00
2	50662 @^P	Zong, Cheng	67 Sword Fish Club	1:43.00
3	14555 @IAX	Tang, Kon Leong	69 Sword Fish Club	1:50.00

## 70-74

1	06382	Chan, Kam Por	73 Sword Fish Club	1:37.00
2	43205	Zhou, Jin Jia	70 New Water Polo	1:40.00
3	04508	Chung, Kit Wai	71 Sword Fish Club	1:45.00
4	06281	Fung, Kam Tai	70 Sword Fish Club	1:50.00
5	06388	Lau, Man Kin	71 Sword Fish Club	2:00.00
6	25228 IAZ	Chan, Fai Ming	71 Lai Tsun	2:10.00
7	11563	Lee, Kwok Hung	72 Sword Fish Club	2:15.00
8	23123 IAZ	Poon, Wai	73 Sword Fish Club	2:15.00
9	19327 IAZ	Yu, Kwok Chuen	70 Sword Fish Club	2:15.00
10	10252	Chow, Eugene	74 Diocesan School	2:20.00

## 75-79

1	06243	Koo, Choi Fat	75 Wong Tai Sin	1:55.00
2	55929 @IM	Yu, Jiangang	79 Sword Fish Club	2:10.00
3	22182 IAZ	Ngai, Yin Leung	76 Sword Fish Club	2:17.00

25-26 LC Master Swimming Competition Part 2 - 27/04/2025

Psych Sheet

75-79... (Event 3 Men 100 LC Meter Breaststroke)

4 44793 IAZ Iu, Pui To 78 Diocesan School 2:20.00

80-84

1 06270 Lam, Luk Kan 84 Sword Fish Club 2:00.00

2 49541 @IAXN Yang, Victor 80 Diocesan School 2:26.00

Event 4 Women 100 LC Meter Breaststroke

18-24 MSR: 1:13.79

25-29 MSR: 1:22.65

30-34 MSR: 1:18.68

35-39 MSR: 1:20.17

40-44 MSR: 1:21.23

45-49 MSR: 1:19.68

50-54 MSR: 1:27.99

55-59 MSR: 1:35.97

60-64 MSR: 1:39.76

65-69 MSR: 1:42.94

	ID#	Name	Age	Team	Seed Time
<b>18-24</b>					
1	31444 IAX	Tang, Hiu Tung	24	Pacific	1:34.75
<b>25-29</b>					
1	26980 IAZ	Wong, Suet Wing	26	Dik Wing	1:29.90
2	43533 IAZ	Wong, Yu Tung	27	New Water Polo	2:00.00
<b>35-39</b>					
1	53921 IAZ	Ho, Hu Kar	37	Sword Fish Club	2:10.00
2	13384 ICZ	Lee, May Sze Mei	38	New Water Polo	2:20.00
3	54745 @^IM	Liu, Yijun	36	Sword Fish Club	2:20.00
<b>40-44</b>					
1	55907 @IM	Bian, Xun	42	Sword Fish Club	1:40.00
2	41684 IAZ	Leung, Wing Yin Winnie	41	Hoi Fung	1:50.48
<b>45-49</b>					
1	40853 #@IAO	Tam, Alison Mai Ling	47	HK Football Club	1:30.00
2	49442 IAZ	Chan, Yuk Man Phoebe	46	Sword Fish Club	1:30.00
3	30072 ICW	Chao, Man Chi	46	New Water Polo	1:35.00
4	43157 @ICO	Lee, Chew Ling	48	LRC	1:40.00
5	53270 @^IM	Xie, Lexian	48	New Water Polo	2:15.00
<b>50-54</b>					
1	35969 IAX	Wang, Ying Lian	53	Tung Sing	1:51.00
2	55356 IA0N	Wiebe, Tamsin Jane	54	Fastlane Swimming	1:51.19
3	55462 IAX	Zheng, Haiming	51	Hoi Fung	1:59.00
4	06349	Ip, Oi Wa Wendy	53	Sword Fish Club	2:00.00
5	44304 IAX	Choi, Shan Shan	53	Sword Fish Club	2:05.00
6	35772 IAX	Ban, Xianhai	53	New Water Polo	2:15.00
<b>55-59</b>					
1	12894	Lee, Wai Yee Stella	59	Hoi Fung	1:50.25
2	23588 IAZ	Lee, Ying Chi	57	Tung Sing	1:59.00
3	43951 #@^IM	Han, Yan	57	Sword Fish Club	2:00.00
4	43063 @IAO	Wong, Rose	55	LRC	2:05.00
<b>60-64</b>					
1	51472 @IM	Pang, Yunxiao	61	New Water Polo	1:50.00
2	51787 @^IM	Li, Weiwei	64	Sword Fish Club	2:00.00
3	45187 IAX	Chan, On Mei	62	Sword Fish Club	2:23.00
4	38460 IAZ	Tang, Kit Fong Yvonne	61	New Water Polo	2:30.00
<b>65-69</b>					
1	52283 @^IM	Li, Weihua	69	Sword Fish Club	2:00.00

25-26 LC Master Swimming Competition Part 2 - 27/04/2025

Psych Sheet

65-69... (Event 4 Women 100 LC Meter Breaststroke)

2	54338 @IM	Peng, Shuyan	66	Sword Fish Club	2:00.00
3	02711	Fok, Wai Fung	67	Wong Tai Sin	2:12.48
4	51785 @^IM	Li, Yuemei	69	Sword Fish Club	2:14.00

70-74

1	55821 @IM	Zheng, Kexin	70	New Water Polo	2:00.00
2	53274 @^IM	Ren, Xumei	72	New Water Polo	2:25.00

75-79

1	39357 @^P	Mak, Sok Iun	75	Sword Fish Club	2:30.00
2	06212	Lo, Yeuk Shuen	76	Wong Tai Sin	2:30.00

Event 5 Men 50 LC Meter Freestyle

18-24 MSR:	24.17
25-29 MSR:	23.92
30-34 MSR:	24.31
35-39 MSR:	24.35
40-44 MSR:	25.15
45-49 MSR:	26.19
50-54 MSR:	25.80
55-59 MSR:	28.02
60-64 MSR:	27.95
65-69 MSR:	29.72

ID#	Name	Age	Team	Seed Time
<b>18-24</b>				
1	24576 IAZ	23	Diocesan School	26.00
2	19311 B	24	Win Tin	26.31
3	30694 IAZ	20	Wong Tai Sin	28.00
<b>25-29</b>				
1	12437 B	29	RippleFly Swim Ltd	27.00
2	25287 IAZ	25	Sword Fish Club	27.00
3	28567 #IAZ	25	Eastern Winter	28.00
4	55770 @IM	26	Sword Fish Club	28.00
<b>30-34</b>				
1	05293 B	34	Kwan Hung	27.00
2	43276 ICO	33	Fastlane Swimming	27.00
3	35851 #IAZ	31	Tung Sing	28.50
4	51281 IAZ	32	Lai Tsun	34.00
5	52752 @ICO	33	Fastlane Swimming	34.00
<b>35-39</b>				
1	51101 #@ICO	38	HK Football Club	24.20
2	47580 #@IAO	37	Kwan Hung	25.90
3	52765 @ICO	39	LRC	26.61
4	10309 #IBZ	36	HK Football Club	28.00
5	55914 @IM	37	Sword Fish Club	28.00
6	55910 @IM	36	Sword Fish Club	30.00
7	48667 @IRO	37	Fastlane Swimming	31.00
8	55933 @IM	38	New Water Polo	33.00
9	55358 @IM	39	Sword Fish Club	33.00
10	55432 ICX	39	Hoi Fung	39.09
<b>40-44</b>				
1	48820 #IAZ	44	LRC	27.00
2	54503 IAZ	40	Wong Tai Sin	28.94
3	03096	44	Kowloon Tong Club	29.00
4	12176 ICZ	43	Sword Fish Club	29.00
5	48856 @IAO	41	Fastlane Swimming	29.00

## 25-26 LC Master Swimming Competition Part 2 - 27/04/2025

## Psych Sheet

## 40-44... (Event 5 Men 50 LC Meter Freestyle)

6	42708 IAZ	Tang, Wing Chung Jonathan	43 Hoi Fung	29.25
7	00444	Lam, Yau Sun Dickson	40 Diocesan School	30.00
8	23298 IAZ	Li, Cheuk Bun	40 Wong Tai Sin	31.00
9	54383 IAX	Sun, Fei	41 Fastlane Swimming	31.00
10	54713 @^P	Ounsiriyos, Trlyn	42 Fastlane Swimming	33.00
11	03793 ICZ	Po, Tik San	43 New Water Polo	35.00
12	45574 IAZ	Ng, Siu Kwong	43 Sword Fish Club	35.00
13	54712 IAO	Tham, Edmund	43 Fastlane Swimming	35.00
14	55925 @IM	Zhou, Jiangfan	41 Sword Fish Club	36.00
15	23119 IAZ	Chan, Ying Tsung Bosco	44 Sword Fish Club	37.00

## 45-49

1	27471 #ICO	Nortje, Craig Andrew	47 RippleFly Swim Ltd	26.30
2	49497 @ICO	MaccLeod, Andrew Ian	46 LRC	26.58
3	53312 IAZ	Tang, Tin Lok Stephen	49 Win Tin	29.25
4	40107 IAZ	Chan, Falcon	46 Lai Tsun	30.00
5	08963 ICZ	Lee, Chun Yeung	45 Wong Tai Sin	30.00
6	37032 IAZ	Wu, Kai Wing	49 Wong Tai Sin	30.00
7	16451	Cheng, Ngai Bun	47 Kwun Tong	32.00
8	55815 @IM	Yu, Shiqi	46 New Water Polo	32.00
9	40558 IAZ	Law, Sai Wo	46 Tolo Harbour	32.29
10	39987 @^P	Chu, Tong Man	49 Sword Fish Club	34.00
11	55927 @IM	Liu, Hongming	45 Sword Fish Club	37.00
12	55771 @IM	Huang, Zhangyin	46 Sword Fish Club	40.00
13	51764 IAZ	Leung, Hang Fai Henry	46 Kowloon Tong Club	41.19
14	41148 IAZ	Tang, Kee Wai	45 New Water Polo	1:00.00

## 50-54

1	31887 #IAZ	Ho, Michael Chak Sing	52 Tung Sing	28.50
2	39203 IAX	Lau, Hang	51 Sword Fish Club	29.00
3	06711	Leung, Tsz Kin	53 New Water Polo	29.11
4	48285 IAZ	Wan, Hong Yin Edmund	54 HK Football Club	30.00
5	02366	Li, Ka Wing	51 Kwun Tong	30.00
6	52883 IAZ	Lo, Fu Fui Frankie	50 Win Tin	31.39
7	40835 IAZ	Leung, Wing Hong Alvin	51 Diocesan School	34.00
8	21008 IAZ	Cheung, Chun Kwan Michael	52 Wong Tai Sin	35.00
9	51531 #IAX	Tang, Min	50 Fastlane Swimming	35.00
10	50404 @IAO	Livotto, Andrea	51 Fastlane Swimming	40.00
11	52756 IAX	Chueng, Shing	54 Hoi Fung	52.63

## 55-59

1	27451 IAZ	Yip, Kin Man Stephen	55 Kwun Tong	29.00
2	43144	Xiao, Donghong	59 New Water Polo	30.00
3	44678 IAZ	Hung, Tin Wai Robert	59 Pacific	33.17
4	53271 @^IM	Chen, Weizhong	56 New Water Polo	35.00
5	38127 IAZ	Leung, Cheung Wai Ricky	57 Sword Fish Club	36.00
6	45582 @IAO	Reeve, Blair	57 LRC	36.44
7	42364 IAZ	Lau, Yip Kwong Francis	56 Diocesan School	38.00
8	31109 IAZ	Chan, Ping Yan Bryan	59 Hoi Fung	44.00
9	35711 IAX	Wong, Fuk Kei	56 Sword Fish Club	45.00
10	55899 IAZ	Li, Kwan Chi	55 Sword Fish Club	NT

## 60-64

1	43529 IAX	Ng, Wai Fung	62 Sword Fish Club	29.00
2	50485 @^IM	Chen, Shuquan	62 New Water Polo	30.00
3	42200 #	Wu, Zhimin	64 Sword Fish Club	30.00
4	54832 ICO	Rivet, Paul Emile	60 Fastlane Swimming	30.00
5	39982 IAZ	Chow, Wing Chun	61 Sword Fish Club	36.00

25-26 LC Master Swimming Competition Part 2 - 27/04/2025

Psych Sheet

60-64... (Event 5 Men 50 LC Meter Freestyle)

6	40861 IAZ	Cheung, Chi Ming Rover	62	Sword Fish Club	37.00
7	55783 IC0	Joli-Coeur, Vincent	61	Fastlane Swimming	38.00
8	32108 IAX	Chan, Kiu	63	Sword Fish Club	38.00
9	51228 @^IM	Cui, Xiaobin	62	Sword Fish Club	38.00
10	27869 IAZ	Lee, Kam Cheong	61	Sword Fish Club	38.00
<b>65-69</b>					
1	50662 @^P	Zong, Cheng	67	Sword Fish Club	33.00
2	49915 @IAX	Tai, Yu Chung	67	New Water Polo	34.00
3	42191	Lin, Haichao	68	Sword Fish Club	34.00
4	55926 @IM	Liu, Guoqing	69	Sword Fish Club	35.00
5	14555 @IAX	Tang, Kon Leong	69	Sword Fish Club	35.00
6	17954 IAX	Cheung, Oi Kwan	67	New Water Polo	38.00
7	52766 IAO	Dundon, Christopher John	67	LRC	41.42
8	53276 @^IM	Liu, Mingzheng	68	New Water Polo	45.00
9	55897 IAZ	Cheng, Chi Hung	69	Sword Fish Club	52.00
10	43598 @^IM	Chen, Weicai	68	New Water Polo	56.00
<b>70-74</b>					
1	04508	Chung, Kit Wai	71	Sword Fish Club	38.00
2	06389	Chan, Hong Wah	72	New Water Polo	39.00
3	41729 IAZ	Ko, Leung Hung Alex	73	Diocesan School	40.00
4	52549 IAZ	Lam, Tak On	71	Sword Fish Club	40.00
5	25228 IAZ	Chan, Fai Ming	71	Lai Tsun	45.00
6	53341 @^IM	Lu, Zhuoying	71	New Water Polo	45.00
7	06281	Fung, Kam Tai	70	Sword Fish Club	45.00
8	10252	Chow, Eugene	74	Diocesan School	50.00
9	19327 IAZ	Yu, Kwok Chuen	70	Sword Fish Club	50.00
10	23123 IAZ	Poon, Wai	73	Sword Fish Club	55.00
11	11563	Lee, Kwok Hung	72	Sword Fish Club	56.00
<b>75-79</b>					
1	44756 IAZ	Lo, Che Hung	77	Lai Tsun	42.00
2	05917	Yong, Khin Syn	76	Sword Fish Club	42.00
3	55929 @IM	Yu, Jiangang	79	Sword Fish Club	59.00
<b>80-84</b>					
1	27458 IAZ	Tsui, Yau Ho	81	Sword Fish Club	50.00
<b>85-89</b>					
1	05407	Lee, She Kwok	87	Sword Fish Club	52.00
2	15490	Law, Kwai Fong	89	Sword Fish Club	1:03.00

Event 6 Women 50 LC Meter Freestyle

18-24 MSR:	28.20
25-29 MSR:	27.70
30-34 MSR:	27.80
35-39 MSR:	28.10
40-44 MSR:	28.17
45-49 MSR:	27.03
50-54 MSR:	29.35
55-59 MSR:	32.17
60-64 MSR:	33.14
65-69 MSR:	35.01

	ID#	Name	Age	Team	Seed Time
<b>18-24</b>					
1	55902 @IM	Li, Yijun	21	Sword Fish Club	32.00
2	31206 B	Wong, Hor Kiu	20	Sword Fish Club	34.00

25-26 LC Master Swimming Competition Part 2 - 27/04/2025

Psych Sheet

25-29... (Event 6 Women 50 LC Meter Freestyle)

1	18350 #IAZ	Lam, Nga Yin Eunice	29	Fastlane Swimming	35.00
2	50379 @^ICO	Kuai, Wen	26	Kwun Tong	38.00
3	52531 IAZ	Woo, Sik Yu	28	Lai Tsun	42.00
4	43533 IAZ	Wong, Yu Tung	27	New Water Polo	1:00.00
<b>30-34</b>					
1	55361 @IM	Huang, Jingyi	32	Sword Fish Club	30.00
2	08238 #B	Li, Tsz Yu	31	Fastlane Swimming	30.00
3	55360 @IM	Huang, Zhenyi	32	Sword Fish Club	33.00
4	54108 IAZ	Ng, Esther Ching Hay	31	Fastlane Swimming	35.00
5	05142 IAZ	Hui, Ngan Ting	32	Kowloon Tong Club	35.25
6	55931 @IM	Cai, Yingjie	33	Sword Fish Club	36.00
7	51507 IAZ	Hui, Ngan Ying	33	Kowloon Tong Club	1:27.89
<b>35-39</b>					
1	00288 IBZ	Yip, Wing Yan	37	Dik Wing	27.70
2	04515 ICZ	Sze, Hang Yu	37	Fastlane Swimming	28.50
3	43390 ICO	Wong, Sook Leng	37	Hoi Fung	35.56
4	13384 ICZ	Lee, May Sze Mei	38	New Water Polo	55.00
5	54745 @^IM	Liu, Yijun	36	Sword Fish Club	1:00.00
<b>40-44</b>					
1	38440 #ICO	Eichelberger, Melissa Ann	42	HK Football Club	28.80
2	52180 IAZ	Leung, Man Kee	41	Fastlane Swimming	33.06
3	41684 IAZ	Leung, Wing Yin Winnie	41	Hoi Fung	40.00
4	32602 IAZ	Tam, Yik Man	41	Kowloon Tong Club	50.00
<b>45-49</b>					
1	46247 @IAO	Krkalo, Shauna Kathleen	47	LRC	27.03
2	33036 ICO	Coleman, Claire Michelle	47	Fastlane Swimming	30.79
3	49442 IAZ	Chan, Yuk Man Phoebe	46	Sword Fish Club	32.05
4	30072 ICW	Chao, Man Chi	46	New Water Polo	36.00
5	43157 @ICO	Lee, Chew Ling	48	LRC	38.00
6	45139 IAZ	Tai, Kwan Yee	48	Hoi Fung	45.00
7	55610 IAZ	Wong, Wing Yin Sominnie	48	Hoi Fung	55.00
8	49121 IAZ	So, Chin Wing	46	New Water Polo	1:06.84
9	54498 IAX	Chiu, Hung Kan	48	Lai Tsun	NT
<b>50-54</b>					
1	33517 IAO	Yamaguchi, Mika	53	RippleFly Swim Ltd	29.70
2	28770 IAZ	Cromwell, Nicole Samantha	53	LRC	34.71
3	55356 IA0N	Wiebe, Tamsin Jane	54	Fastlane Swimming	36.00
4	35969 IAX	Wang, Ying Lian	53	Tung Sing	42.14
5	54749 @^P	Loi, Wai	54	Sword Fish Club	43.00
6	47040 @IAX	Zou, Shengling	54	Tung Sing	49.00
7	55462 IAX	Zheng, Haiming	51	Hoi Fung	50.00
8	44304 IAX	Choi, Shan Shan	53	Sword Fish Club	53.00
<b>55-59</b>					
1	40907 IAZ	Lai, Shui Nin Ingrid	58	YMCA OF Hong Kong	33.00
2	09870 @ICO	Chong, Yin Szu Adeline	55	Fastlane Swimming	35.00
3	37062 IAZ	Lee, E Way Yvonne	59	Kowloon Tong Club	38.54
4	43102 ICO	Roberts, Tonya Leanne	57	LRC	39.70
5	36045 IAZN	Hsu, Ava	58	LRC	43.84
6	43063 @IAO	Wong, Rose	55	LRC	45.48
7	55769 @IM	Li, Hong	55	Sword Fish Club	50.00
<b>60-64</b>					
1	23323 IAZ	Tam, Choi Ping Scalene	60	New Water Polo	37.00
2	52284 @^IM	Huang, Ying	62	Sword Fish Club	38.00

25-26 LC Master Swimming Competition Part 2 - 27/04/2025

Psych Sheet

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

3	26254 #IAX	Ng, Kong Ching	60	Tung Sing	41.00
4	43595	Ao, Wai Lan	63	Sword Fish Club	45.00
5	08956	Yeung, Chin Wai Anita	64	Hoi Fung	50.96
6	55934 @IM	Hui, Kwai Ying	63	New Water Polo	58.00
7	38460 IAZ	Tang, Kit Fong Yvonne	61	New Water Polo	1:00.00

65-69

1	54338 @IM	Peng, Shuyan	66	Sword Fish Club	40.00
2	03503	Castka, Gillian Hancer	69	Sword Fish Club	42.00
3	02711	Fok, Wai Fung	67	Wong Tai Sin	53.97
4	14007	Ho, Yuk Ling	68	Tung Sing	55.00
5	23957 IAX	Yeung, Tun Lim Lily	68	Sword Fish Club	1:00.00

70-74

1	55821 @IM	Zheng, Kexin	70	New Water Polo	41.00
2	46236 IAZ	Fok, Miu Han	72	New Water Polo	52.00
3	53274 @^IM	Ren, Xumei	72	New Water Polo	58.00
4	55403 ICX	Liu, Wanhua	74	New Water Polo	1:00.00
5	06213	Mo, Mei Ling	71	Wong Tai Sin	1:02.00

75-79

1	39991 IAS	Sam, Choi Lin	77	Sword Fish Club	50.00
2	06212	Lo, Yeuk Shuen	76	Wong Tai Sin	1:10.00
3	08936	Leong, Kuai Heng	79	New Water Polo	1:21.20

80-84

1	32571 IAZ	Chan, Pui Yee	81	Sword Fish Club	1:00.00
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85-89

1	13262	Kwong, Shuet Hing	85	Wong Tai Sin	1:12.20
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Event 7 Men 100 LC Meter Backstroke

- 18-24 MSR: 1:02.10
- 25-29 MSR: 1:02.70
- 30-34 MSR: 1:07.94
- 35-39 MSR: 1:06.66
- 40-44 MSR: 1:01.05
- 45-49 MSR: 1:08.75
- 50-54 MSR: 1:08.09
- 55-59 MSR: 1:11.73
- 60-64 MSR: 1:13.98
- 65-69 MSR: 1:18.71

	ID#	Name	Age	Team	Seed Time
<b>18-24</b>					
1	20968 B	Ho, Sze Ming	24	Diocesan School	1:05.00
2	22276 B	Chong, Michael Yat Tsun	24	Sword Fish Club	1:05.00
<b>25-29</b>					
1	09821 IAZ	Au Yeung, Chung Hang Felix	27	RippleFly Swim Ltd	1:08.00
2	32142 IAZ	Kong, Wai Kam	27	Kwan Hung	1:33.33
<b>30-34</b>					
1	05293 B	Siu, Wai Wang Derek	34	Kwan Hung	1:10.00
2	53101 @ICO	Palmerston, Jeremiah Bradley	34	Fastlane Swimming	1:14.51
3	33387 IAO	Wu, Kenneth Yee Lok	34	Sword Fish Club	1:28.00
<b>35-39</b>					
1	06886 B	Li, Chin Long	35	Eastern Winter	1:15.12
2	55911 @IM	Luo, Zhijie	36	Sword Fish Club	1:50.00
3	00115 IBZ	Lin, Wei Hung Kelvin	36	Diocesan School	2:00.00
<b>40-44</b>					
1	00444	Lam, Yau Sun Dickson	40	Diocesan School	1:15.00

25-26 LC Master Swimming Competition Part 2 - 27/04/2025

Psych Sheet

40-44... (Event 7 Men 100 LC Meter Backstroke)

2	05179 ICZ	Wan, Chun Pong Michael	41	Fastlane Swimming	1:16.00
3	03796 ICZ	Chan, Pui Kei	44	New Water Polo	1:30.00
4	05155	Chan, Albert Kam Ming	44	Diocesan School	1:47.00
<b>45-49</b>					
1	37671 @ICO	Stamenovic, Ivan	49	LRC	1:12.00
2	16451	Cheng, Ngai Bun	47	Kwun Tong	1:40.00
3	05160	Chan, Ka Wo	48	Diocesan School	1:47.44
4	08963 ICZ	Lee, Chun Yeung	45	Wong Tai Sin	1:50.00
5	54381 IAZ	Siu, Wai Jung Justin	48	Diocesan School	2:00.00
6	40841 IAX	Tsang, Kwok Tung	46	Diocesan School	2:00.00
<b>50-54</b>					
1	24603 IAZ	Hung, Ka Ming	50	YMCA OF Hong Kong	1:40.00
<b>55-59</b>					
1	41548 IAZ	Ip, Ka Keung Patrick	57	HK Football Club	1:30.00
2	27451 IAZ	Yip, Kin Man Stephen	55	Kwun Tong	1:30.00
3	45582 @IAO	Reeve, Blair	57	LRC	1:43.00
4	44664 IAZ	Lau, Chi Wah	58	Hoi Fung	1:50.00
5	38291 IAZ	Liu, Chun Sing	59	Sword Fish Club	1:50.00
6	29472 IAZN	Choi, Kwok Man Tony	59	Sword Fish Club	1:58.00
7	35711 IAX	Wong, Fuk Kei	56	Sword Fish Club	2:00.00
<b>60-64</b>					
1	18856 IAZ	Au, Mun Shing	60	Sword Fish Club	1:35.00
2	40840 IAZ	Ng, Ka Yiu Karl	61	Diocesan School	2:00.00
3	24256 IAW	Lok, Wai Man	62	New Water Polo	2:00.00
4	25226 IAZ	Choi, Tai Wing	64	Sword Fish Club	2:10.00
<b>65-69</b>					
1	42191	Lin, Haichao	68	Sword Fish Club	1:35.00
2	03215 #IAZ	Leung, Yiu Chuen	67	Tung Sing	1:40.00
3	17954 IAX	Cheung, Oi Kwan	67	New Water Polo	2:00.00
4	53276 @^IM	Liu, Mingzheng	68	New Water Polo	2:04.00
<b>70-74</b>					
1	53341 @^IM	Lu, Zhuoying	71	New Water Polo	1:50.00
2	06388	Lau, Man Kin	71	Sword Fish Club	1:50.00
3	52549 IAZ	Lam, Tak On	71	Sword Fish Club	1:55.00
4	06281	Fung, Kam Tai	70	Sword Fish Club	2:10.00
5	06239	Chan, King Yuen	70	Lai Tsun	2:20.00
6	19327 IAZ	Yu, Kwok Chuen	70	Sword Fish Club	2:30.00
<b>75-79</b>					
1	37684 IAZ	Mok, Yun Cheung	75	Sword Fish Club	1:45.00
2	20634 IAZ	Wu, Shu Sun	75	New Water Polo	2:00.00
3	22182 IAZ	Ngai, Yin Leung	76	Sword Fish Club	2:21.00
<b>80-84</b>					
1	27458 IAZ	Tsui, Yau Ho	81	Sword Fish Club	2:01.00
2	50666 #@^IM	Huang, Zhigong	80	RippleFly Swim Ltd	2:10.00
<b>85-89</b>					
1	05407	Lee, She Kwok	87	Sword Fish Club	2:30.00

## 25-26 LC Master Swimming Competition Part 2 - 27/04/2025

## Psych Sheet

## Event 8 Women 100 LC Meter Backstroke

18-24 MSR: 1:11.36

25-29 MSR: 1:10.14

30-34 MSR: 1:11.37

35-39 MSR: 1:14.06

40-44 MSR: 1:13.75

45-49 MSR: 1:15.99

50-54 MSR: 1:17.38

55-59 MSR: 1:32.18

60-64 MSR: 1:43.42

65-69 MSR: 1:37.51

	ID#	Name	Age	Team	Seed Time
<b>18-24... (Event 8 Women 100 LC Meter Backstroke)</b>					
1	25098 B	Fung, Suet Ying Chloe	20	Kowloon Tong Club	1:30.00
2	55902 @IM	Li, Yijun	21	Sword Fish Club	1:30.00
3	31206 B	Wong, Hor Kiu	20	Sword Fish Club	1:34.00
<b>25-29</b>					
1	52769 @^ICO	Chou, Lou-Salome Yuan Nico	28	HK Football Club	1:20.00
2	23179 IAZ	Chan, Jessica	28	Fastlane Swimming	1:29.00
3	50379 @^ICO	Kuai, Wen	26	Kwun Tong	1:44.00
<b>30-34</b>					
1	05142 IAZ	Hui, Ngan Ting	32	Kowloon Tong Club	1:30.00
2	54108 IAZ	Ng, Esther Ching Hay	31	Fastlane Swimming	1:50.00
3	51507 IAZ	Hui, Ngan Ying	33	Kowloon Tong Club	2:00.00
<b>35-39</b>					
1	04515 ICZ	Sze, Hang Yu	37	Fastlane Swimming	1:15.00
2	52770 IAO	Sjoholm, Ingrid Christina	39	HK Football Club	1:16.00
3	13384 ICZ	Lee, May Sze Mei	38	New Water Polo	2:20.00
<b>40-44</b>					
1	52180 IAZ	Leung, Man Kee	41	Fastlane Swimming	1:40.00
<b>45-49</b>					
1	45139 IAZ	Tai, Kwan Yee	48	Hoi Fung	1:50.25
<b>50-54</b>					
1	45917 @^IM	Huang, Caifang	51	New Water Polo	1:56.00
2	54749 @^P	Loi, Wai	54	Sword Fish Club	2:04.00
3	47040 @IAX	Zou, Shengling	54	Tung Sing	2:05.00
4	35772 IAX	Ban, Xianhai	53	New Water Polo	2:10.00
<b>55-59</b>					
1	40907 IAZ	Lai, Shui Nin Ingrid	58	YMCA OF Hong Kong	1:40.00
2	09870 @ICO	Chong, Yin Szu Adeline	55	Fastlane Swimming	1:40.69
3	36431 @^P	Buchta, Katrin	55	Sword Fish Club	1:45.00
4	37062 IAZ	Lee, E Way Yvonne	59	Kowloon Tong Club	1:56.53
5	43951 #@^IM	Han, Yan	57	Sword Fish Club	2:10.00
<b>60-64</b>					
1	30804 IAON	Yue, Roberta May-wan	62	LRC	1:50.02
2	52222 #@^P	Wang, Min	63	Sword Fish Club	2:10.00
3	08956	Yeung, Chin Wai Anita	64	Hoi Fung	2:30.00
<b>65-69</b>					
1	23957 IAX	Yeung, Tun Lim Lily	68	Sword Fish Club	2:20.00
2	14007	Ho, Yuk Ling	68	Tung Sing	2:20.00
3	02711	Fok, Wai Fung	67	Wong Tai Sin	2:28.77
4	06127	Lau, Wai Lin	69	New Water Polo	2:30.00

25-26 LC Master Swimming Competition Part 2 - 27/04/2025

Psych Sheet

70-74... (Event 8 Women 100 LC Meter Backstroke)

1	22852 ICX	Bai, Xiufen	74	Sword Fish Club	1:31.00
2	06355	Lo, Lai Yung	70	New Water Polo	2:10.00
3	53928 @IM	Huang, Lifang	70	Sword Fish Club	2:10.00

75-79

1	08936	Leong, Kuai Heng	79	New Water Polo	2:30.00
2	06212	Lo, Yeuk Shuen	76	Wong Tai Sin	2:30.00

80-84

1	32571 IAZ	Chan, Pui Yee	81	Sword Fish Club	2:20.00
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85-89

1	13262	Kwong, Shuet Hing	85	Wong Tai Sin	2:52.56
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Event 9 Men 200 LC Meter Freestyle

18-24 MSR: 2:06.87

25-29 MSR: 2:05.18

30-34 MSR: 2:05.11

35-39 MSR: 2:05.90

40-44 MSR: 2:07.25

45-49 MSR: 2:08.80

50-54 MSR: 2:14.33

55-59 MSR: 2:24.07

60-64 MSR: 2:32.99

65-69 MSR: 2:36.59

	ID#	Name	Age	Team	Seed Time
<b>18-24</b>					
1	22816 IAZ	Cheung, Tsz Nok	22	Dik Wing	2:15.00
2	45713 IAZ	Hau, Ryan Spencer	19	New Water Polo	2:15.00
3	19311 B	Tang, Ngo Chi	24	Win Tin	2:15.00
4	50181 @^ICO	Zheng, Jiale	21	Kwun Tong	2:40.00
<b>25-29</b>					
1	25287 IAZ	Chiu, Long Kit	25	Sword Fish Club	3:00.00
2	22513 IAZ	Tang, Cheuk Yan	25	Kwun Tong	3:05.00
<b>30-34</b>					
1	43276 ICO	Gattegno, Julien	33	Fastlane Swimming	2:20.00
2	23695 IAZ	Lee, Michael Le Jin	30	Current Club Ltd	2:24.52
3	04877 IBZ	Ng, Yu Ting	34	Sword Fish Club	3:00.00
4	52752 @ICO	Hardy-Lachance, Thierry	33	Fastlane Swimming	3:00.00
5	51281 IAZ	Hui, Ka Yin	32	Lai Tsun	3:15.00
<b>35-39</b>					
1	51101 #@ICO	Smit, Marcel Pieter Arnold	38	HK Football Club	2:05.00
2	10309 #IBZ	Leung, Chin Fung	36	HK Football Club	2:20.00
3	14526 IBZ	Ho, Chun Sum Samuel	36	New Water Polo	2:20.00
4	38441 ICO	Davis, Shane Joseph	39	HK Football Club	2:30.00
5	01621 #IBZ	So, Man Hon	37	HK Football Club	2:45.00
6	02021 IBZ	Chow, Man Ho	35	Kwan Hung	2:50.00
7	00104	Lo, Shek Pui	36	HK Football Club	3:15.00
8	42848 P	Li, Yuhui	36	Sword Fish Club	3:15.00
<b>40-44</b>					
1	05179 ICZ	Wan, Chun Pong Michael	41	Fastlane Swimming	2:20.00
2	00444	Lam, Yau Sun Dickson	40	Diocesan School	2:30.00
3	12176 ICZ	Ng, Siu Yu	43	Sword Fish Club	2:35.00
4	48666 @ICO	Upman, David Ross	41	Fastlane Swimming	2:40.00
5	42708 IAZ	Tang, Wing Chung Jonathan	43	Hoi Fung	2:52.58

25-26 LC Master Swimming Competition Part 2 - 27/04/2025

Psych Sheet

45-49... (Event 9 Men 200 LC Meter Freestyle)

1	37671 @ICO	Stamenovic, Ivan	49 LRC	2:07.89
2	04238	Woo, Chun Kuen Douglas	47 LRC	2:16.29
3	49497 @ICO	Macceod, Andrew Ian	46 LRC	2:17.00
4	51734 @^ICO	Small, Robert James	46 Fastlane Swimming	2:20.00
5	08963 ICZ	Lee, Chun Yeung	45 Wong Tai Sin	2:40.00
6	39987 @^P	Chu, Tong Man	49 Sword Fish Club	3:12.00
7	10317	Ng, Ka Wing	45 Diocesan School	3:30.00
8	40841 IAX	Tsang, Kwok Tung	46 Diocesan School	3:30.00
9	37781 IAZ	Lo, Kar Lai Gary	47 New Water Polo	3:30.00

50-54

1	46165 @ICO	Waters, Andrew Allan	51 AVO	2:20.00
2	31887 #IAZ	Ho, Michael Chak Sing	52 Tung Sing	2:25.00
3	28849 IAZ	Chan, Chun Kuen	50 Sword Fish Club	2:35.00
4	27868 IAZ	Chan, Chi Wah Ringo	53 Sword Fish Club	3:00.00

55-59

1	44678 IAZ	Hung, Tin Wai Robert	59 Pacific	3:05.47
2	53271 @^IM	Chen, Weizhong	56 New Water Polo	3:10.00
3	53581 IAO	Shi, Bertram Emil	59 Fastlane Swimming	3:10.00
4	52275 @^IM	Shan, Jinzhi	57 Sword Fish Club	3:15.00
5	29472 IAZN	Choi, Kwok Man Tony	59 Sword Fish Club	3:30.00
6	17701 IAZ	Lee, Chor Fu	56 Wong Tai Sin	3:30.00

60-64

1	42203	Ye, Haoqiang	62 Sword Fish Club	2:45.00
2	26594 IAZ	Ching, Wai Kin	61 Sword Fish Club	3:05.00
3	51228 @^IM	Cui, Xiaobin	62 Sword Fish Club	3:05.00
4	50485 @^IM	Chen, Shuquan	62 New Water Polo	3:20.00
5	13979	Lee, Sing Tim	64 Lai Tsun	3:30.00
6	40861 IAZ	Cheung, Chi Ming Rover	62 Sword Fish Club	3:30.00
7	10135 IAZ	Mo, Kim Fung Bosco	61 Diocesan School	3:45.00
8	26176 IAX	Ho, Chung Man	62 Lai Tsun	3:45.00
9	52308 #@^IM	Liang, Chen	64 Sword Fish Club	3:45.00

65-69

1	06331 ICZ	Ma, Etienne	68 YMCA OF Hong Kong	2:30.00
2	06237	Mok, Chu Piu	68 Lai Tsun	3:20.00
3	52225 @^IM	Chen, Shengyou	69 New Water Polo	3:45.00
4	45199 IAZ	Fok, Siu Por	67 New Water Polo	3:45.00
5	15527	Zhou, Hao	67 Tung Sing	3:45.00

70-74

1	06382	Chan, Kam Por	73 Sword Fish Club	3:08.00
2	06239	Chan, King Yuen	70 Lai Tsun	3:40.00
3	26318	Suen, Chi Wing	71 Sword Fish Club	3:45.00

80-84

1	27458 IAZ	Tsui, Yau Ho	81 Sword Fish Club	3:45.00
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25-26 LC Master Swimming Competition Part 2 - 27/04/2025

Psych Sheet

Event 10 Women 200 LC Meter Freestyle

- 18-24 MSR: 2:16.66
- 25-29 MSR: 2:14.58
- 30-34 MSR: 2:23.47
- 35-39 MSR: 2:13.59
- 40-44 MSR: 2:13.70
- 45-49 MSR: 2:28.14
- 50-54 MSR: 2:32.26
- 55-59 MSR: 2:50.45
- 60-64 MSR: 2:55.64
- 65-69 MSR: 3:26.68

ID#	Name	Age	Team	Seed Time
<b>18-24... (Event 10 Women 200 LC Meter Freestyle)</b>				
1	29466 IAZ	Hung, Yi Yan	24 New Water Polo	2:46.00
<b>25-29</b>				
1	26980 IAZ	Wong, Suet Wing	26 Dik Wing	2:29.90
2	18350 #IAZ	Lam, Nga Yin Eunice	29 Fastlane Swimming	3:05.00
3	20985 IAZ	Kwok, Tung Kwan	29 Sword Fish Club	3:25.00
<b>30-34</b>				
1	54108 IAZ	Ng, Esther Ching Hay	31 Fastlane Swimming	3:01.00
<b>35-39</b>				
1	00288 IBZ	Yip, Wing Yan	37 Dik Wing	2:48.00
2	43390 ICO	Wong, Sook Leng	37 Hoi Fung	3:29.35
3	53240 IAZ	Li, Ka Tung Antonia	37 Jockey Club	3:30.00
<b>40-44</b>				
1	02685 ICZ	Master, Farah Jimmy	40 HK Football Club	2:19.00
2	38440 #ICO	Eichelberger, Melissa Ann	42 HK Football Club	2:30.00
3	01625 ICZ	Wu, Ka Wing	43 HK Football Club	2:45.00
4	50247 IAZ	Lo, Ching Yin Esther	43 Jockey Club	3:30.00
<b>45-49</b>				
1	45139 IAZ	Tai, Kwan Yee	48 Hoi Fung	3:13.78
2	44676 IAZ	Lam, Sze Wai Jacqueline	45 Jockey Club	3:15.00
3	43157 @ICO	Lee, Chew Ling	48 LRC	3:40.00
<b>50-54</b>				
1	28770 IAZ	Cromwell, Nicole Samantha	53 LRC	2:59.09
2	50110 IAZ	Chow, Yin Wei Nora	53 New Water Polo	3:10.00
3	38302 IAZ	Cheung, Man Ling Melody	53 Lai Tsun	3:20.00
4	35969 IAX	Wang, Ying Lian	53 Tung Sing	3:27.00
5	40912 IAZ	Ng, Yee Ling	54 Tolo Harbour	3:30.00
6	44304 IAX	Choi, Shan Shan	53 Sword Fish Club	3:40.00
7	47040 @IAX	Zou, Shengling	54 Tung Sing	3:40.00
<b>55-59</b>				
1	40907 IAZ	Lai, Shui Nin Ingrid	58 YMCA OF Hong Kong	3:00.00
2	36431 @^P	Buchta, Katrin	55 Sword Fish Club	3:10.00
3	43977	Lin, Zihe	56 New Water Polo	3:30.00
4	36045 IAZN	Hsu, Ava	58 LRC	3:40.00
5	52764 @ICO	Schoening Naujoks, Mirjam Be	55 LRC	3:40.00
<b>60-64</b>				
1	52222 #@^P	Wang, Min	63 Sword Fish Club	3:45.00
2	23323 IAZ	Tam, Choi Ping Scalene	60 New Water Polo	3:55.00
<b>65-69</b>				
1	03503	Castka, Gillian Hancer	69 Sword Fish Club	3:25.00

25-26 LC Master Swimming Competition Part 2 - 27/04/2025

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70-74... (Event 10 Women 200 LC Meter Freestyle)

1	46236 IAZ	Fok, Miu Han	72	New Water Polo	3:55.00
2	06355	Lo, Lai Yung	70	New Water Polo	3:55.00

75-79

1	39991 IAS	Sam, Choi Lin	77	Sword Fish Club	3:55.00
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Event 11 Men 50 LC Meter Butterfly

18-24 MSR:	26.27
25-29 MSR:	26.21
30-34 MSR:	26.54
35-39 MSR:	26.46
40-44 MSR:	26.85
45-49 MSR:	27.47
50-54 MSR:	27.94
55-59 MSR:	30.04
60-64 MSR:	30.60
65-69 MSR:	33.20

	ID#	Name	Age	Team	Seed Time
<b>18-24</b>					
1	19311 B	Tang, Ngo Chi	24	Win Tin	28.83
2	33975 B	Wong, Hoi Yi Ryan	20	Sword Fish Club	29.91
3	50181 @^ICO	Zheng, Jiale	21	Kwun Tong	30.00
4	30694 IAZ	Cheung, Chi Kit Nicholas	20	Wong Tai Sin	30.00
<b>25-29</b>					
1	04579 IAO	Cheng, Chris	28	HK Football Club	27.00
2	12437 B	Wong, Kai Man	29	RippleFly Swim Ltd	29.00
3	22513 IAZ	Tang, Cheuk Yan	25	Kwun Tong	29.00
4	55770 @IM	Wang, Xiangkun	26	Sword Fish Club	33.00
<b>30-34</b>					
1	05577 IBZ	Yuen, Marcus	31	LRC	28.01
2	55772 @P	Palmisano, Alessandro	31	Sword Fish Club	29.00
3	42728 P	Febo, Christopher Vincenzo	32	Sword Fish Club	30.00
4	23695 IAZ	Lee, Michael Le Jin	30	Current Club Ltd	33.23
5	52752 @ICO	Hardy-Lachance, Thierry	33	Fastlane Swimming	38.00
<b>35-39</b>					
1	51101 #@ICO	Smit, Marcel Pieter Arnold	38	HK Football Club	26.20
2	01621 #IBZ	So, Man Hon	37	HK Football Club	28.00
3	52765 @ICO	Bittl, James Francis	39	LRC	28.00
4	03667 IBZ	Wong, Sai Man Sherman	36	New Water Polo	28.00
5	17157 IAZ	Po, Tak Long	35	Hoi Fung	28.43
6	37418 IAZ	Chu, Fuk Yu Anthony	35	Kwan Hung	30.00
7	55914 @IM	Huang, Junzi	37	Sword Fish Club	30.00
8	55933 @IM	Feng, Rong	38	New Water Polo	35.00
9	55911 @IM	Luo, Zhijie	36	Sword Fish Club	50.00
10	42848 P	Li, Yuhui	36	Sword Fish Club	1:00.00
<b>40-44</b>					
1	52550 #IAZ	Chiu, Kelvin Ho Yin	43	HK Football Club	30.00
2	48820 #IAZ	Lam, Pei Tim	44	LRC	30.50
3	54503 IAZ	Li, Ying Ho	40	Wong Tai Sin	31.70
4	54871 IAZ	Yum, Christopher Carson	40	Jockey Club	34.00
5	23298 IAZ	Li, Cheuk Bun	40	Wong Tai Sin	35.00
6	03793 ICZ	Po, Tik San	43	New Water Polo	40.00
<b>45-49</b>					
1	27471 #ICO	Nortje, Craig Andrew	47	RippleFly Swim Ltd	28.00

## 25-26 LC Master Swimming Competition Part 2 - 27/04/2025

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## 45-49... (Event 11 Men 50 LC Meter Butterfly)

2	49497 @ICO	Macceod, Andrew Ian	46 LRC	29.22
3	51734 @^ICO	Small, Robert James	46 Fastlane Swimming	30.00
4	04238	Woo, Chun Kuen Douglas	47 LRC	30.01
5	10317	Ng, Ka Wing	45 Diocesan School	35.00
6	40107 IAZ	Chan, Falcon	46 Lai Tsun	35.00
7	37032 IAZ	Wu, Kai Wing	49 Wong Tai Sin	35.00
8	55815 @IM	Yu, Shiqi	46 New Water Polo	36.00
9	40558 IAZ	Law, Sai Wo	46 Tolo Harbour	39.90
10	37781 IAZ	Lo, Kar Lai Gary	47 New Water Polo	40.00
11	55771 @IM	Huang, Zhangyin	46 Sword Fish Club	1:00.00

## 50-54

1	06711	Leung, Tsz Kin	53 New Water Polo	32.00
2	39203 IAX	Lau, Hang	51 Sword Fish Club	33.00
3	41908 IAZ	Lee, Chi Hang Edmond	51 Jockey Club	35.50
4	27868 IAZ	Chan, Chi Wah Ringo	53 Sword Fish Club	36.00
5	21008 IAZ	Cheung, Chun Kwan Michael	52 Wong Tai Sin	36.00
6	52883 IAZ	Lo, Fu Fui Frankie	50 Win Tin	38.00
7	51531 #IAZ	Tang, Min	50 Fastlane Swimming	38.00
8	40835 IAZ	Leung, Wing Hong Alvin	51 Diocesan School	48.00

## 55-59

1	43144	Xiao, Donghong	59 New Water Polo	32.00
2	42202	Rong, Kangwen	58 Sword Fish Club	36.00
3	31109 IAZ	Chan, Ping Yan Bryan	59 Hoi Fung	37.37
4	17701 IAZ	Lee, Chor Fu	56 Wong Tai Sin	49.00
5	42365 IAX	Kwan, Man Fai	56 Diocesan School	52.00

## 60-64

1	43529 IAX	Ng, Wai Fung	62 Sword Fish Club	34.00
2	50485 @^IM	Chen, Shuquan	62 New Water Polo	36.00
3	39982 IAZ	Chow, Wing Chun	61 Sword Fish Club	38.00
4	45930 #IAZ	Lo, Wing Kwong	64 Tung Sing	42.00
5	26594 IAZ	Ching, Wai Kin	61 Sword Fish Club	43.34
6	51956 @IM	Bai, Xiang	63 New Water Polo	50.00
7	40840 IAZ	Ng, Ka Yiu Karl	61 Diocesan School	55.00

## 65-69

1	06331 ICZ	Ma, Etienne	68 YMCA OF Hong Kong	35.00
2	42191	Lin, Haichao	68 Sword Fish Club	37.00
3	55926 @IM	Liu, Guoqing	69 Sword Fish Club	38.00
4	50662 @^P	Zong, Cheng	67 Sword Fish Club	38.00
5	03215 #IAZ	Leung, Yiu Chuen	67 Tung Sing	40.00
6	49915 @IAZ	Tai, Yu Chung	67 New Water Polo	42.00
7	52225 @^IM	Chen, Shengyou	69 New Water Polo	45.00
8	53276 @^IM	Liu, Mingzheng	68 New Water Polo	56.00
9	43598 @^IM	Chen, Weicai	68 New Water Polo	59.00
10	15527	Zhou, Hao	67 Tung Sing	1:00.00

## 70-74

1	43205	Zhou, Jin Jia	70 New Water Polo	45.00
2	53341 @^IM	Lu, Zhuoying	71 New Water Polo	50.00
3	52549 IAZ	Lam, Tak On	71 Sword Fish Club	50.00
4	21729 IAX	Chan, Ping Chiu	74 New Water Polo	1:20.00

## 75-79

1	51227 @^IM	Liang, Shuntian	76 Sword Fish Club	36.00
2	20634 IAZ	Wu, Shu Sun	75 New Water Polo	55.00
3	06243	Koo, Choi Fat	75 Wong Tai Sin	55.00

25-26 LC Master Swimming Competition Part 2 - 27/04/2025

Psych Sheet

Event 12 Women 50 LC Meter Butterfly

18-24 MSR:	29.61
25-29 MSR:	29.30
30-34 MSR:	30.25
35-39 MSR:	30.35
40-44 MSR:	30.39
45-49 MSR:	28.98
50-54 MSR:	32.53
55-59 MSR:	36.39
60-64 MSR:	37.04
65-69 MSR:	41.67

	ID#	Name	Age	Team	Seed Time
<b>18-24... (Event 12 Women 50 LC Meter Butterfly)</b>					
1	31444 IAX	Tang, Hiu Tung	24	Pacific	31.90
2	31206 B	Wong, Hor Kiu	20	Sword Fish Club	35.00
3	55902 @IM	Li, Yijun	21	Sword Fish Club	36.00
4	25098 B	Fung, Suet Ying Chloe	20	Kowloon Tong Club	1:00.00
<b>25-29</b>					
1	52769 @^ICO	Chou, Lou-Salome Yuan Nico	28	HK Football Club	35.00
2	18350 #IAZ	Lam, Nga Yin Eunice	29	Fastlane Swimming	38.00
<b>30-34</b>					
1	08238 #B	Li, Tsz Yu	31	Fastlane Swimming	33.50
2	03730 IBZ	Li, Jamie	33	Kwan Hung	34.00
3	55360 @IM	Huang, Zhenyi	32	Sword Fish Club	34.00
4	55361 @IM	Huang, Jingyi	32	Sword Fish Club	35.00
<b>35-39</b>					
1	04515 ICZ	Sze, Hang Yu	37	Fastlane Swimming	29.50
2	00288 IBZ	Yip, Wing Yan	37	Dik Wing	29.90
3	02647 IBZ	Lee, Pui Ka	36	Wong Tai Sin	50.00
<b>40-44</b>					
1	02685 ICZ	Master, Farah Jimmy	40	HK Football Club	31.00
2	01625 ICZ	Wu, Ka Wing	43	HK Football Club	35.00
3	52180 IAZ	Leung, Man Kee	41	Fastlane Swimming	37.15
4	41684 IAZ	Leung, Wing Yin Winnie	41	Hoi Fung	50.23
<b>45-49</b>					
1	46247 @IAO	Krkalo, Shauna Kathleen	47	LRC	28.98
2	33036 ICO	Coleman, Claire Michelle	47	Fastlane Swimming	35.00
3	30072 ICW	Chao, Man Chi	46	New Water Polo	38.00
4	55610 IAZ	Wong, Wing Yin Sominnie	48	Hoi Fung	58.00
<b>50-54</b>					
1	33517 IAO	Yamaguchi, Mika	53	RippleFly Swim Ltd	33.20
2	55356 IA0N	Wiebe, Tamsin Jane	54	Fastlane Swimming	44.00
3	38302 IAZ	Cheung, Man Ling Melody	53	Lai Tsun	45.00
4	35772 IAX	Ban, Xianhai	53	New Water Polo	55.00
5	50110 IAZ	Chow, Yin Wei Nora	53	New Water Polo	55.00
6	40912 IAZ	Ng, Yee Ling	54	Tolo Harbour	1:00.00
<b>55-59</b>					
1	43102 ICO	Roberts, Tonya Leanne	57	LRC	37.04
2	52764 @ICO	Schoening Naujoks, Mirjam Be	55	LRC	45.00
3	43977	Lin, Zihe	56	New Water Polo	45.00
4	51706 @^IM	Wang, Shihong	57	New Water Polo	50.00
5	37062 IAZ	Lee, E Way Yvonne	59	Kowloon Tong Club	50.20
6	43525	Bao, Haiyan	57	New Water Polo	1:08.00

25-26 LC Master Swimming Competition Part 2 - 27/04/2025

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60-64... (Event 12 Women 50 LC Meter Butterfly)

1	52222 #^P	Wang, Min	63	Sword Fish Club	48.00
2	51472 @IM	Pang, Yunxiao	61	New Water Polo	50.00
3	51787 @^IM	Li, Weiwei	64	Sword Fish Club	50.00
4	26254 #IAX	Ng, Kong Ching	60	Tung Sing	52.00
5	45187 IAX	Chan, On Mei	62	Sword Fish Club	1:06.00

65-69

1	54338 @IM	Peng, Shuyan	66	Sword Fish Club	43.00
2	19290 IAX	Tseung, Nga Wah	68	Sword Fish Club	48.00
3	54185 IAZ	Liu, Jing	67	Sword Fish Club	54.00
4	03503	Castka, Gillian Hancer	69	Sword Fish Club	58.00

70-74

1	55821 @IM	Zheng, Kexin	70	New Water Polo	45.00
2	06355	Lo, Lai Yung	70	New Water Polo	55.00

75-79

1	06357	Suen, Ming Chu	77	Sword Fish Club	52.00
2	39357 @^P	Mak, Sok Iun	75	Sword Fish Club	1:15.00
3	08936	Leong, Kuai Heng	79	New Water Polo	1:57.00

Event 13 Men 200 LC Meter Medley Relay

- 100-119 MSR: 1:49.32
- 120-159 MSR: 1:54.76
- 160-199 MSR: 1:53.94
- 200-239 MSR: 2:03.19
- 240-279 MSR: 2:19.80
- 280-319 MSR: 2:33.32
- 320-359 MSR: 3:30.63

	Team	Relay	Seed Time
<b>120-159</b>			
1	Kwan Hung Swimming Club	M120 A	1:55.00
2	New Water Polo Club	M120 A	NT
3	Sword Fish Club	M120 A	NT
4	Fastlane Swimming	M120 A	NT
5	Hong Kong Football Club	M120 A	NT
<b>160-199</b>			
1	Wong Tai Sin District L.S. S.	M160 A	3:00.00
2	New Water Polo Club	M160 A	NT
3	Sword Fish Club	M160 A	NT
4	Fastlane Swimming	M160 A	NT
5	Diocesan School Old Boys' Assn	M160 A	NT
6	Hong Kong Football Club	M160 A	NT
7	Ladies' Recreation Club	M160 A	NT
<b>200-239</b>			
1	The Hong Kong Jockey Club	M200 A	2:40.00
2	Lai Tsun Swimming Society	M200 A	NT
3	New Water Polo Club	M200 A	NT
4	Sword Fish Club	M200 A	NT
5	Fastlane Swimming	M200 A	NT
6	Diocesan School Old Boys' Assn	M200 A	NT
7	Ladies' Recreation Club	M200 A	NT
<b>240-279</b>			
1	Wong Tai Sin District L.S. S.	M240 A	4:00.00
2	Lai Tsun Swimming Society	M240 A	NT
3	New Water Polo Club	M240 A	NT

**25-26 LC Master Swimming Competition Part 2 - 27/04/2025**

**Psych Sheet**

**240-279... (Event 13 Men 200 LC Meter Medley Relay)**

4	Sword Fish Club	M240 A	NT
5	Diocesan School Old Boys' Assn	M240 A	NT

**280-319**

1	Lai Tsun Swimming Society	M280 A	NT
2	New Water Polo Club	M280 A	NT
3	Sword Fish Club	M280 A	NT
4	Diocesan School Old Boys' Assn	M280 A	NT

**320-359**

1	Sword Fish Club	M320 A	NT
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**Event 14 Women 200 LC Meter Medley Relay**

- 100-119 MSR: 2:19.21
- 120-159 MSR: 2:10.46
- 160-199 MSR: 2:10.35
- 200-239 MSR: 2:32.48
- 240-279 MSR: 2:48.90
- 280-319 MSR: 3:06.66
- 320-359 MSR: 4:37.13

	Team	Relay	Seed Time
<b>100-119</b>			
1	Fastlane Swimming	W100 A	NT
<b>120-159</b>			
1	New Water Polo Club	W120 A	NT
2	Sword Fish Club	W120 A	NT
3	Fastlane Swimming	W120 A	NT
4	Hong Kong Football Club	W120 A	NT
<b>160-199</b>			
1	The Hong Kong Jockey Club	W160 A	3:00.00
2	Hoi Fung Swimming Club	W160 A	NT
3	Lai Tsun Swimming Society	W160 A	NT
4	New Water Polo Club	W160 A	NT
5	Sword Fish Club	W160 A	NT
6	Fastlane Swimming	W160 A	NT
7	Hong Kong Football Club	W160 A	NT
8	Ladies' Recreation Club	W160 A	NT
<b>200-239</b>			
1	Lai Tsun Swimming Society	W200 A	NT
2	New Water Polo Club	W200 A	NT
3	Sword Fish Club	W200 A	NT
4	Ladies' Recreation Club	W200 A	NT
<b>240-279</b>			
1	New Water Polo Club	W240 A	NT
2	Sword Fish Club	W240 A	NT
<b>280-319</b>			
1	Wong Tai Sin District L.S. S.	W280 A	4:30.00
2	New Water Polo Club	W280 A	NT
3	Sword Fish Club	W280 A	NT
<b>320-359</b>			
1	Sword Fish Club	W320 A	NT

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Event 15 Mixed 200 LC Meter Freestyle Relay

- 100-119 MSR: 1:51.20
- 120-159 MSR: 1:48.72
- 160-199 MSR: 1:46.49
- 200-239 MSR: 1:55.82
- 240-279 MSR: 2:15.69
- 280-319 MSR: 2:25.20
- 320-359 MSR: 3:38.22

	Team	Relay	Seed Time
<b>X120-159... (Event 15 Mixed 200 LC Meter Freestyle Relay)</b>			
1	Hoi Fung Swimming Club	X120 A	NT
2	New Water Polo Club	X120 A	NT
3	Sword Fish Club	X120 A	NT
4	Fastlane Swimming	X120 A	NT
5	Hong Kong Football Club	X120 A	NT
<b>X160-199</b>			
1	The Hong Kong Jockey Club	X160 A	2:07.00
2	Wong Tai Sin District L.S. S.	X160 A	3:00.00
3	Lai Tsun Swimming Society	X160 A	NT
4	New Water Polo Club	X160 A	NT
5	Sword Fish Club	X160 A	NT
6	Fastlane Swimming	X160 A	NT
7	Hong Kong Football Club	X160 A	NT
8	Ladies' Recreation Club	X160 A	NT
<b>X200-239</b>			
1	YMCA OF Hong Kong	X200 A	2:12.00
2	Wong Tai Sin District L.S. S.	X200 A	3:00.00
3	Hoi Fung Swimming Club	X200 A	NT
4	Lai Tsun Swimming Society	X200 A	NT
5	New Water Polo Club	X200 A	NT
6	Sword Fish Club	X200 A	NT
7	Tung Sing Athletic Association	X200 A	NT
8	Fastlane Swimming	X200 A	NT
9	Ladies' Recreation Club	X200 A	NT
<b>X240-279</b>			
1	Wong Tai Sin District L.S. S.	X240 A	4:00.00
2	Lai Tsun Swimming Society	X240 A	NT
3	New Water Polo Club	X240 A	NT
4	Sword Fish Club	X240 A	NT
<b>X280-319</b>			
1	Lai Tsun Swimming Society	X280 A	NT
2	New Water Polo Club	X280 A	NT
3	Sword Fish Club	X280 A	NT
<b>X320-359</b>			
1	Sword Fish Club	X320 A	NT