

# Programme



## **HONG KONG CHINA SWIMMING ASSOCIATION**

(MEMBER OF THE FEDERATION INTERNATIONALE DE NATATION)

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

## **Hong Kong Artistic Swimming Routine Competition 2025**

**13<sup>th</sup> July 2025 (Sunday)**

**Kowloon Park Swimming Pool – Diving Pool**

Subvented By: LCSD



**中國香港游泳總會**  
**HONG KONG CHINA SWIMMING ASSOCIATION**  
**二零二五年香港韻律泳比賽**  
**Hong Kong Artistic Swimming Routine Competition 2025**

日期/Date: 二零二五年七月十三日 (星期日)

13<sup>th</sup> July 2025 (Sunday)

地點/Venue: 九龍公園游泳池(跳水池)

Kowloon Park Swimming Pool (Diving Pool)

比賽程序/Schedule

日期/Date	時間/Time	項目/Event
13/07/2025 (星期日) (Sunday)	0630 – 0900	比賽場地準備 Set up (Competition Venue)
	0730 – 0830	熱身 Warm up
	0815 – 0845	裁判會議 Judges Meeting
	0830 – 0845	節奏游及規定動作召集 Marshal of Sequence Swim & Figure Swim
	0900 – 0930	節奏游 (10 歲或以下組、11 至 12 歲組及 13 歲或以上組) Sequence Swim (Age 10 & under, Age 11-12 and Age 13 or above)
	0930 – 1015	規定動作 (10 歲或以下組、11 至 12 歲組及 13 歲或以上組) Figure Swim (Age 10 & under, Age 11-12 and Age 13 or above)
	1000 – 1015	單人自由自選召集 (10 歲或以下組及 13 至 15 歲組) Marshal of Free Solo (Age 10 & under & Age 13-15)
	1015 – 1200	單人自由自選 (10 歲或以下組及 13 至 15 歲組) Free Solo Routine (Age 10 & under & Age 13-15)
	1200 – 1215	頒獎典禮 - 節奏游及規定動作 Prize Presentation – Sequence Swim & Figure Swim
	1215 – 1315	午膳及熱身 Lunch & Warm-up
	1315 – 1330	裁判會議 Judges Meeting
	1315 – 1330	單人自由自選召集 (11 至 12 歲組、15 至 19 歲組及公開組) Marshal of Free Solo Routine (Age 11-12, Age 15-19 & Open)
	1330 – 1530	單人自由自選 (11 至 12 歲組、15 至 19 歲組及公開組) Free Solo Routine (Age 11-12, Age 15-19 & Open)
	1530 – 1600	裁判會議 Judges Meeting
	1545 – 1600	雙人自由自選召集 (10 歲或以下組、11 至 12 歲組、13 至 15 歲組、15 至 19 歲組及公開組) Marshal of Free Duet Routine (Age 10 & under, Age 11-12, Age 13-15, Age 15-19 and Open)
1600 – 1745	雙人自由自選 (10 歲或以下組、11 至 12 歲組、13 至 15 歲組及 15 至 19 歲組及公開組) Free Duet Routine (Age 10 & under, Age 11-12, Age 13-15, Age 15-19 and Open)	
1815 – 1845	頒獎典禮 - 單人自由自選及雙人自由自選 Prize Presentation – Free Solo & Free Duet Routine	



# Hong Kong Artistic Swimming Routine Competition 2025

Sequence Swim (Age 10 & Under)

## Start List

Venue: Kowloon Park Swimming Pool - Diving Pool

Date: Sunday, 13 July 2025

Marshal Time: 0900-0930

Start	Name	姓名	Age
1	Li Lucy Yu Yan	李雨欣	7
2	Wei Xinhe	魏心禾	10
3	Zhu Sophie Yan Yiu	朱欣瑤	9
4	Wan Pui Ka	尹珮嘉	8
5	Chan Tsz Lam	陳祉霖	9
6	Tsang Tsz Yau	曾子柔	9
7	Zhou Si Qiao	周思喬	9
8	Zhu Jinshang	祝瑾尚	8
9	Xu Enjia	許恩嘉	7
10	Lam Grace	林希妍	8
11	Pak Sophie Lac Lac	白珞珞	10
12	Jin Yallinna YingTong	金穎潼	10



# Hong Kong Artistic Swimming Routine Competition 2025

Sequence Swim (Age 11 - 12)

## Start List

Venue: Kowloon Park Swimming Pool - Diving Pool

Date: Sunday, 13 July 2025

Marshal Time: 0900-0930

Start	Name	姓名	Age
1	Yu Leona Xin Yuan	蔚欣緣	11
2	Li Yumo	李雨默	11
3	Tan Chengrui	譚澄睿	11
4	Ren Yufei	任妤霏	11
5	Zhu Jinsa	祝瑾颯	11



# Hong Kong Artistic Swimming Routine Competition 2025

Sequence Swim (Age 13 & Above)

## Start List

Venue: Kowloon Park Swimming Pool - Diving Pool

Date: Sunday, 13 July 2025

Marshal Time: 0900-0930

Start	Name	姓名	Age
1	Poon Sze Wing	潘施泳	13
2	Ren Yulin	任妤霖	13
3	Wang Joanna	王佳鑫	13



# Hong Kong Artistic Swimming Routine Competition 2025

Figure Swim (Age 10 & Under)

## Start List

Venue: Kowloon Park Swimming Pool - Diving Pool

Date: Sunday, 13 July 2025

Marshal Time: 0930-1015

Compulsory:

106 Straight Ballet Leg (DD1.6)

311 Kip (DD1.6)

301 Barracuda (DD1.8)

227d Swanita Spinning 180° (DD1.9)

Start	Name	姓名	Age
1	Tsang Tsz Yau	曾子柔	9
2	Zhou Si Qiao	周思喬	9
3	Zhu Jinshang	祝瑾尚	8
4	Jin Yallinna YingTong	金穎潼	10
5	Li Lucy Yu Yan	李雨欣	7
6	Wei Xinhe	魏心禾	10
7	Zhu Sophie Yan Yiu	朱欣瑤	9
8	Wan Pui Ka	尹珮嘉	8
9	Chan Tsz Lam	陳祉霖	9
10	Guo Ailsa	郭芷鈺	8



# Hong Kong Artistic Swimming Routine Competition 2025

Figure Swim (Age 11 - 12)

## Start List

Venue: Kowloon Park Swimming Pool - Diving Pool

Date: Sunday, 13 July 2025

Marshal Time: 0930-1015

Compulsory:

106 Straight Ballet Leg (DD1.6)

311 Kip (DD1.6)

301 Barracuda (DD1.8)

227d Swanita Spinning 180° (DD1.9)

Start	Name	姓名	Age
1	Ren Yufei	任好霏	11
2	Li Yumo	李雨默	11
3	Yu Leona Xin Yuan	蔚欣緣	11
4	Zhu Jinsa	祝瑾颯	11



# Hong Kong Artistic Swimming Routine Competition 2025

Figure Swim (Age 13 & Above)

## Start List

Venue: Kowloon Park Swimming Pool - Diving Pool

Date: Sunday, 13 July 2025

Marshal Time: 0930-1015

Compulsory:

356f Whip Continuous Spin 720° (DD3.0)

441 Saturn (DD2.5)

352 Venus (DD3.0)

240i Albatross Spin up 360° (DD2.5)

Start	Name	姓名	Age
1	Ren Yulin	任好霖	13



# Hong Kong Artistic Swimming Routine Competition 2025

Free Solo (Group A: Age 10 & Under)

## Start List

Venue: Kowloon Park Swimming Pool - Diving Pool

Date: Sunday, 13 July 2025

Marshal Time: 1015-1200

Start	Name	姓名	Age
1	Chan Cheuk Nam	陳芍嵐	9
2	Lin Chi Lok	林之樂	9
3	Ho Koey	何蕙	9
4	Yan Wei Kai Kenneth	嚴唯開	10
5	Wang Wan Yin	王婉茵	9
6	Elizabeth Vivian Howell	侯伊莉	10
7	Chan Hei Lam	陳浣琳	10



# Hong Kong Artistic Swimming Routine Competition 2025

Free Solo (Group C: Age 13 - 15)

## Start List

Venue: Kowloon Park Swimming Pool - Diving Pool

Date: Sunday, 13 July 2025

Marshal Time: 1015-1200

Start	Name	姓名	Age
1	Zhou Elliott	周璿亦	13
2	Qiao Ziling	喬子凌	14
3	Yu Chloe Ziyu	于子玉	15
4	Chan Anna Brontie	陳思全	14
5	Zhao Jiaqi	趙嘉琪	14
6	Cheung Marie Cheuk Sum	張綽琛	15
7	Leung Ka Yan	梁家茵	14
8	Zhou Yu Tong	周語桐	13
9	Kay Yan Mei	紀茵薇	15
10	Jing Xiya Seven	荊熙雅	14
11	Chan Chi Ching	陳紓澄	15
12	Chan Wan Chi	陳蘊之	13
13	Kwan Tsz Kiu	關芷翹	15
14	Li Lung Yee Zoe	李龍怡	15
15	Xu Ka Hei	許嘉晞	13
16	Liang LuoTian Angel	梁洛甜	13
17	Chan Sheung Yan	陳上恩	14
18	Lam Ho Huen	林皓綸	14
19	Leung Tze Yan	梁芷慇	13
20	Zhang YuXin	張予心	15
21	Lau Lok Yi	劉樂意	14
22	Cao Aiwei	曹艾唯	14
23	Wong Sum Yin	黃心言	14
24	Lau Tsz Tung	劉梓童	14
25	Ng Kai Yee Kelly	吳佳儀	13
26	Yang Dora	楊晴	14
27	Wen Tsz Huen	文子萱	13
28	Lee Yuen Tze	李婉慈	13



# Hong Kong Artistic Swimming Routine Competition 2025

Free Solo (Group B: Age 11 - 12)

## Start List

Venue: Kowloon Park Swimming Pool - Diving Pool

Date: Sunday, 13 July 2025

Marshal Time: 1330-1530

Start	Name	姓名	Age
1	Choi Sheung Yu	蔡雙如	12
2	Wong Wing Yeung	黃穎洋	12
3	Cheung Xingchen	張星辰	12
4	Liu Yi Ming	劉怡銘	12
5	Ng Kai Ching Sandy	吳佳晴	12
6	Chan Sum Yee	陳心頤	11
7	Li Raina	李雨霏	11
8	Wang Laura Chin Nok	王阡諾	11
9	Fung Lok Yan	馮樂恩	12
10	Wang Wan Xuan	王莞萱	11
11	Ko Allison	高在望	12
12	Huang Yuwei	黃語葳	11
13	Zhang Sum Yu	張心語	12
14	Bak Tin Yu Lily	白天予	12



# Hong Kong Artistic Swimming Routine Competition 2025

Free Solo (Group D: Age 15 - 19)

## Start List

Venue: Kowloon Park Swimming Pool - Diving Pool

Date: Sunday, 13 July 2025

Marshal Time: 1330-1530

Start	Name	姓名	Age
1	Tong Isabelle	唐樂恩	17
2	Wong Wing Ka	黃穎嘉	18
3	Lai Hiu Yin	賴曉妍	17
4	Zhao Meyako	趙詩韻	17
5	Cheng Jasmine	鄭梓翎	17
6	Lam Azland Chi Yeung	林資洋	17
7	Cheung Sum Yuet	張心悅	17
8	Wong Yuen Kiu	黃沅喬	16
9	Chu Yuet Ki	朱悅淇	17
10	Hung Sze Ching	熊詩晴	18
11	Ng Joanna	吳頤頌	16
12	Cheung Hoi Yin	張鎧妍	16
13	Chan Ka Yan	陳加恩	17
14	Yang Zihua	楊姿華	17
15	Wu Kiu Lok	胡翹洛	18
16	Tai Yuen Ching	戴苑澄	18
17	Mak Sin Yu Floris	麥倩瑜	17
18	Kok Man Hei	谷旻熹	16
19	Jiang Cameron Taylor	曾天韻	16



# Hong Kong Artistic Swimming Routine Competition 2025

Free Solo (Group E: Open)

## Start List

Venue: Kowloon Park Swimming Pool - Diving Pool

Date: Sunday, 13 July 2025

Marshal Time: 1330-1530

Start	Name	姓名	Age
1	Chu Ka Wing Katherine	朱家泳	20
2	Wong Yat Tsun	黃浹濤	19
3	Lee Chi Yin	李姿賢	20
4	Lam Nok Yan Lauren	藍諾恩	19



# Hong Kong Artistic Swimming Routine Competition 2025

Free Duet (Group A: Age 10 & under)

## Start List

Venue: Kowloon Park Swimming Pool - Diving Pool

Date: Sunday, 13 July 2025

Marshal Time: 1600-1745

Start	Name	姓名	Age
1	Wang Wan Yin	王婉茵	9
	Chan Cheuk Nam	陳芍嵐	9
2	Chan Hei Lam	陳滙琳	10
	Elizabeth Vivian Howell	侯伊莉	10



# Hong Kong Artistic Swimming Routine Competition 2025

Free Duet (Group B: Age 11 - 12)

## Start List

Venue: Kowloon Park Swimming Pool - Diving Pool

Date: Sunday, 13 July 2025

Marshal Time: 1600-1745

Start	Name	姓名	Age
1	Cheung Xingchen	張星辰	12
	Liu Yi Ming	劉怡銘	12
2	Li Raina	李雨霏	11
	Chan Sum Yee	陳心頤	11
3	Wang Laura Chin Nok	王阡諾	11
	Choi Sheung Yu	蔡雙如	11
4	Ko Allison	高在望	12
	Wang Wan Xuan	王莞萱	12
5	Zhang Sum Yu	張心語	12
	Bak Tin Yu Lily	白天予	12
6	Huang Yuwei	黃語葳	11
	Ng Kai Ching Sandy	吳佳晴	11



# Hong Kong Artistic Swimming Routine Competition 2025

Free Duet (Group C: Age 13 - 15)

## Start List

Venue: Kowloon Park Swimming Pool - Diving Pool

Date: Sunday, 13 July 2025

Marshal Time: 1600-1745

Start	Name	姓名	Age
1	Zhou Yu Tong	周語桐	13
	Zhao Jiaqi	趙嘉琪	14
2	Kay Yan Mei	紀茵薇	15
	Cheung Marie Cheuk Sum	張綽琛	15
3	Chan Anna Brontie	陳思全	14
	Qiao Ziling	喬子凌	14
4	Jing Xiya Seven	荊熙雅	14
	Yang Dora	楊晴	14
5	Zhuang Oi Yui	莊瓊睿	13
	Zhuang Oi Chi	莊瓊慈	13
6	Zhang YuXin	張予心	15
	Yu Chloe Ziyu	于子玉	15
7	Chan Chi Ching	陳紓澄	15
	Kwan Tsz Kiu	關芷翹	15
8	Chan Sheung Yan	陳上恩	14
	Lam Ho Huen	林皓綸	14



# Hong Kong Artistic Swimming Routine Competition 2025

Free Duet (Group D: Age 15 - 19)

## Start List

Venue: Kowloon Park Swimming Pool - Diving Pool

Date: Sunday, 13 July 2025

Marshal Time: 1600-1745

Start	Name	姓名	Age
1	Mak Sin Yu Floris	麥倩瑜	17
	Tong Isabelle	唐樂恩	17
2	Zhao Meyako	趙詩韻	17
	Lam Azland Chi Yeung	林資洋	17
3	Wong Wing Ka	黃穎嘉	18
	Wu Kiu Lok	胡翹洛	18
4	Cheung Sum Yuet	張心悅	17
	Wong Yuen Kiu	黃沅喬	16
5	Cheung Hoi Yin	張鎧妍	16
	Ng Joanna	吳頤頌	16
6	Chu Yuet Ki	朱悅淇	17
	Cheng Jasmine	鄭梓翎	17
7	Lai Hiu Yin	賴曉妍	17
	Yang Zihua	楊姿華	17
8	Kok Man Hei	谷旻熹	16
	Jiang Cameron Taylor	曾天韻	16



# Hong Kong Artistic Swimming Routine Competition 2025

Free Duet (Group E: Open)

## Start List

Venue: Kowloon Park Swimming Pool - Diving Pool

Date: Sunday, 13 July 2025

Marshal Time: 1600-1745

Start	Name	姓名	Age
1	Lee Chi Yin	李姿賢	20
	Lam Nok Yan Lauren	藍諾恩	19
2	Wong Yat Tsun	黃洸濠	19
	Tai Yuen Ching	戴苑澄	18
3	Chu Ka Wing Katherine	朱家泳	20
	Hung Sze Ching	熊詩晴	18