

# Programme

## 比賽賽程



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

(MEMBER OF THE FEDERATION INTERNATIONALE DE NATATION)

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

#### **2022-23 Long Course Masters Swimming Competition (Part 1)**

**二零二二至二三年長池先進游泳比賽第一部份**

**26 March 2023 (Sun)**

**二零二三年三月二十六日(日)**

**Sun Yat Sen Memorial Park Swimming Pool**

**中山紀念公園游泳池**

**Subvented by the LCSD**



## 2022-2023 MSLCP1 - Entry Information

No. of Entries by Event		
Event #	Event Name	Entries
1	Men 200 Breaststroke	68
2	Women 200 Breaststroke	39
3	Men 50 Freestyle	135
4	Women 50 Freestyle	69
5	Men 100 Butterfly	73
6	Women 100 Butterfly	26
7	Men 50 Backstroke	106
8	Women 50 Backstroke	59
9	Men 4x50 Freestyle Relay	33
10	Women 4x50 Freestyle Relay	16
11	Men 800 Freestyle	98
12	Women 800 Freestyle	44

**Total**                      **766**

Entry information by Day		
Day / Session	No. of Entries	Total
AM	575	<b>766</b>
PM	191	

# Long Course Masters Swimming Competition – Part 1

## 長池先進游泳比賽 – 第一部份

**Date:** 26-03-2023 (Sunday)

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

Morning Warm up/熱身: 0830 – 0920 Hrs

Morning First Event/開始: 0930 Hrs

Afternoon Warm up/熱身: 1300 – 1350 Hrs

Afternoon First Event/開始: 1400 Hrs

<b>MEN</b>			<b>WOMEN</b>	
1	200 M	Breaststroke	蛙泳	2
3	50 M	Freestyle	自由泳	4
5	100 M	Butterfly	蝶泳	6
7	50 M	Backstroke	背泳	8
Lunch Break 午膳時間				
9	4 x 50 M	Freestyle Relay	自由接力	10
11	800 M	Freestyle	自由泳	12

## 二零二二至二三年香港先進游泳比賽系列 比賽規程

日期/時間：	請參閱比賽年表及項目表。
地點：	請參閱比賽年表。
報名條件：	<ul style="list-style-type: none"> <li>◇ 所有參賽者必須為游泳總會正式註冊的 2022-2023 年度先進組別泳員。2022-23 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，該泳員所參與的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> </ul> <p>支票請劃線，<b>抬頭寫 HKGSA</b>。</p>
截止報名：	報名須於首日比賽 21 日前辦妥。(以泳總的公佈為準)
截止註冊：	註冊須於 <u>比賽截止報名</u> 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>
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>◇ 接力名單須於<b>比賽日 12 時前遞交</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>◇ 首三名將分別獲頒發獎牌。</li> <li>◇ *個人項目前八名可分別獲得 9, 7, 6, 5, 4, 3, 2 及 1 分</li> <li>◇ *接力首八名得分為 18,14, 12, 10, 8, 6, 4, 2。(年齡 18-24 組除外)</li> <li>◇ *團體獎項：男子 / 女子組全場冠、亞及季軍。</li> </ul>
規則：	<ul style="list-style-type: none"> <li>◇ 比賽採用國際泳聯的規則。</li> <li>◇ 如參加 400m 或 800m 自由泳的泳員未能於先進游泳比賽的標準時間內游畢全程，裁判有權要求其泳員離開比賽線</li> </ul>

	<p>道，而其成績會記錄為“DNF”(未能完成比賽)。</p> <ul style="list-style-type: none"> <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>◇ 泳會必須按照接力名單上填寫的運動員出賽，如被發現有冒認選手或頂包行為，泳會將被嚴厲處分。詳細罰則如下： <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\$1,000 罰款，另外涉事成員在該次比賽中的所有接力項目成績將不會計算在屬會總分內。</li> <li><u>第二次違規</u> 有關屬會須就每個違規項目繳交\$1,000 罰款，另外涉事屬會在該次比賽中的所有接力項目成績將不會計算在屬會總分內(包括男、女子)。</li> <li><u>第三次違規</u> 有關屬會須就每個違規項目繳交\$1,000 罰款，另外涉事屬會在當天比賽的所有項目將不會計算在屬會總分內和於下次比賽時不得參與任何接力項目(包括男、女子)。</li> </ul> </li> </ul> <p><i>違規記錄於一個財政年度清算(由 4 月 1 日起至 3 月 31 日)</i></p>												
<p>工作人員安排：</p>	<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="270 819 921 1130"> <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											
<p>上訴：</p>	<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 2022-23

## *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 2022-23 registered masters (MS) swimmers of HKGSA (2022-23 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 2022-23 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.</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> </ul> <p>Paid by cheque. Crossed cheque made <b>payable to 'HKGSA'</b>.</p>
<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>Scratches</b>	<p>※ Scratches must be submitted <b>30 minutes before</b> the scheduled start time of each session.</p> <p>※ Relay entry form must be submitted <b>before 1200hours</b> on the competition day.</p> <p>※ A fine of \$30 will be charged for each “no show”. Fine payment should be settled before the next competition entry deadline. Otherwise, entry will not be accepted.</p>																		
<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 1009 954 1089"> <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											

<p><b>Rules</b></p>	<ul style="list-style-type: none"> <li>※ FINA rules will be applied.</li> <li>※ Referee may request swimmers to leave the water if they could not complete the race within the Master Swimming Competition Series standard times for 400m and 800m Freestyle Events. Their results will be recorded as “DNF” (Did not Finish).</li> <li>※ 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.</li> <li>※ Swimmers shall not replace the swimmers on the swimmers list without HKASA’s permission, represented clubs will be punished as follows: <ul style="list-style-type: none"> <li><u>First time of violation</u> A fine of \$1000 per violated entry will be penalized to the respective club and all the point scores attained by the violator(s) in relay events will not be given.</li> <li><u>Second time of violation</u> A fine of \$1000 per violated entry will be penalized to the club and all the point scores attained by the respective club in both men and women’s relay events will not be given.</li> <li><u>Third time of violation</u> A fine of \$1000 per violated entry will be penalized to the club and all the point scores attained by the respective club in all events during the competition will not be given and respective club shall be suspended from the next competition.</li> </ul> </li> </ul> <p><u>Violation would be counted within one financial year, i.e. (starting from 1<sup>st</sup> April and ending 31<sup>st</sup> March)</u></p>												
<p><b>Official Arrangement</b></p>	<ul style="list-style-type: none"> <li>※ Clubs would need to provide the below number of officials for the competition:</li> </ul> <table border="1" data-bbox="298 1377 953 1708"> <thead> <tr> <th style="text-align: center;">Swimmer(s) attend the competition</th> <th style="text-align: center;">Minimum Numbers of Official need to provide</th> <th style="text-align: center;">Maximum Numbers of Official could be provided</th> </tr> </thead> <tbody> <tr> <td style="text-align: center;">5-14</td> <td style="text-align: center;">1</td> <td style="text-align: center;">4</td> </tr> <tr> <td style="text-align: center;">15-24</td> <td style="text-align: center;">2</td> <td style="text-align: center;">4</td> </tr> <tr> <td style="text-align: center;">25 or more</td> <td style="text-align: center;">3</td> <td style="text-align: center;">4</td> </tr> </tbody> </table> <ul style="list-style-type: none"> <li>※ Clubs will be suspended from the next competition if failed to fulfil the requirement.</li> </ul>	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
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											

<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 Competition Series 2022-23

*Rules & Regulations for Overseas 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>※ Age 18 or above.</li> <li>※ <u>Overseas Teams: All Overseas competitors must be 2022-2023 registered masters swimmers of their respective National Swimming Federation.</u></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> <li><u>Individual Events</u></li> <li>※ Each swimmer is limited to no more than 3 individual events.</li> <li>※ HK\$20.00 per individual event</li> <li><u>Relay Events</u></li> <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.</li> <li>※ All swimmers must be aged 25 or above.</li> <li>※ HK\$30.00 per team per relay event.</li> </ul> <p>Paid by cheque ONLY. Crossed cheque made <b>payable to 'HKGSA'</b>.</p>
<b>Closing Date for Entries</b>	<b>1 month</b> before the 1 <sup>st</sup> date of competition of each meet.
<b>Event list</b>	Please see attached event lists. Events will be run as timed finals.
<b>Age Group</b>	<ul style="list-style-type: none"> <li>※ Age is calculated as at 31 December of the year of the competition.</li> <li><u>Individual Events</u></li> <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 &amp; over</li> <li><u>Relay Events</u></li> <li>※ 100-119, 120-159, 160-199, 200-239, 240-279, 280-319, 320-359, 360-399</li> </ul>

<b>Scratches</b>	<ul style="list-style-type: none"> <li>※ Scratches must be submitted <b>30 minutes before</b> the scheduled start time of each session.</li> <li>※ Relay entry form must be submitted <b>before 1200hours</b> on the competition day.</li> </ul>
<b>Seeding</b>	<ul style="list-style-type: none"> <li>※ 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.</li> </ul>
<b>Awards</b>	<ul style="list-style-type: none"> <li>※ Medals will be awarded to 1st, 2nd and 3rd places. Separate medals will be awarded to overseas swimmers.</li> </ul>
<b>Rules</b>	<ul style="list-style-type: none"> <li>※ FINA rules will be applied.</li> <li>※ Referee may request swimmers to leave the water if they could not complete the race within the Master Swimming Competition Series standard times for 400m and 800m Freestyle Events. Their results will be recorded as “DNF” (Did not Finish).</li> </ul>
<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>

# HONG KONG MASTERS SWIMMING RECORDS

## LONG COURSE

(Update to 2022-23 Long Course Masters Swimming Competition - Part 2)

MEN 50M FREESTYLE				NAME OF MEET	DATE ACHIEVED
LEE MING	SFC	85-89	0:46.70	2015-16 Long Course Masters Swimming Competition - Part 2	31-May-15
LEE MING	SFC	80-84	0:41.01	Spring Masters Swimming Championships 2010	06-Mar-10
TIN SHEUNG KWAI	NWC	75-79	0:31.79	2022-23 Long Course Masters Swimming Competition - Part 3	12-Jun-22
TIN SHEUNG KWAI	NWC	70-74	0:30.07	2017-18 Long Course Masters Swimming Competition Part 2	14-May-17
TIN SHEUNG KWAI	KTS	65-69	0:29.72	Annual Long Course Masters Swimming Championships	23-Nov-14
FU TAI CHUN	KTS	60-64	0:27.95	Summer Masters Swimming Championships 1999	19-Jun-99
FU TAI CHUN	KTS	55-59	0:28.02	Spring Masters Swimming Championships 1997	22-Mar-97
RUST STEFAN ROBERT	LRC	50-54	0:25.80	FINA World Masters Championships 2017	17-Aug-17
RUST STEFAN ROBERT	LRC	45-49	0:26.47	FINA World Masters Championships 2014	10-Aug-14
<b>FU WING HARBETH</b>	<b>KTS</b>	<b>40-44</b>	<b>0:25.15</b>	<b>2022-23 Long Course Masters Swimming Competition - Part 2</b>	<b>15-Jan-23</b>
WONG KWOK WAH	SCA	35-39	0:24.80	Summer Masters Swimming Championships 2000	27-May-00
FU WING HARBETH	KTS	30-34	0:24.31	Annual Long Course Masters Swimming Championships 2011	11-Dec-11
CHUNG LAI YEUNG	#DB	25-29	0:23.92	2018-19 Annual Long Course Masters Swimming Championships	25-Nov-18
CHANG GERRY 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
<b>MAK SUET MAN</b>	<b>SGC</b>	<b>85-89</b>	<b>1:09.78</b>	<b>2022-23 Long Course Masters Swimming Competition - Part 2</b>	<b>15-Jan-23</b>
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
<b>TSEUNG NGA WAH</b>	<b>SFC</b>	<b>65-69</b>	<b>0:35.01</b>	<b>2022-23 Long Course Masters Swimming Competition - Part 2</b>	<b>15-Jan-23</b>
TSEUNG NGA WAH	SFC	60-64	0:34.16	2019-20 Long Course Masters Swimming Competition - Part 2	05-May-19
KIRKWOOD TAIN MHAIRA	LRC	55-59	0:32.17	The 1st Asian Masters Swimming Championships 2018 NAGOYA (JPN)	15-Jul-18
<b>YAMAGUCHI MIKA</b>	<b>#FL</b>	<b>50-54</b>	<b>0:29.99</b>	<b>2022-23 Long Course Masters Swimming Competition - Part 2</b>	<b>15-Jan-23</b>
YAMAGUCHI MIKA	PSC	45-49	0:30.12	The 1st Asian Masters Swimming Championships 2018 NAGOYA (JPN)	15-Jul-18
KRKALO SHAUNA KATHLEEN	LRC	40-44	0:28.17	Annual Long Course Masters Swimming Championships 2022	27-Nov-22
KELSEY JANE MACFARLAND	LRC	35-39	0:28.65	FINA World Masters Championships 2014	10-Aug-14
ZHANG XIAO TONG ISABELLA	#FL	30-34	0:28.58	Annual Long Course Masters Swimming Championships 2022	27-Nov-22
MOK HOI MAN SHERON	PSC	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	1:13.75	2022-23 Long Course Masters Swimming Competition - Part 3	12-Jun-22
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
RUST STEFAN ROBERT	LRC	45-49	0:59.62	FINA World Masters Championships 2014	10-Aug-14
O'NEILL DONAL THOMAS	LRC	40-44	0:56.60	2021-22 Long Course Masters Swimming Competition - Part 3	20-Jun-21
NORTJE CRAIG ANDREW	VRC	35-39	0:56.13	Long Course Masters Swimming Competition - Part 3 2013	11-Aug-13
BEAHAN, GRANT KENNETH	BSC	30-34	0:56.01	Annual Long Course Masters Swimming Championships 2017	25-Nov-17
FU WING HARBETH	KTS	25-29	0:54.16	Annual Masters Swimming Championships 2006	26-Aug-06
KONG CHUN YIN	HVA	18-24	0:54.18	Annual Long Course Masters Swimming Championships 2013	24-Nov-13

WOMEN 100M FREESTYLE				NAME OF MEET	DATE ACHIEVED
WONG JIM	SFC	80-84	2:10.64	2021-22 Long Course Masters Swimming Competition - Part 3	20-Jun-21
WONG JIM	SFC	75-79	1:54.16	2018-19 Long Course Masters Swimming Competition - Part 3	24-Jun-18
SUEN MING CHU	SFC	70-74	1:39.80	2018-19 Long Course Masters Swimming Competition - Part 3	24-Jun-18
TSEUNG NGA WAH	SFC	65-69	1:28.57	2022-23 Long Course Masters Swimming Competition - Part 3	12-Jun-22
TSEUNG NGA WAH	SFC	60-64	1:22.04	2017-18 Long Course Masters Swimming Competition - Part 1	25-Mar-18
KIRKWOOD TAIN MHAIRA	LRC	55-59	1:14.96	The 1st Asian Masters Swimming Championships 2018 NAGOYA (JPN)	14-Jul-18
YAMAGUCHI MIKA	#FL	50-54	1:06.58	Annual Long Course Masters Swimming Championships 2022	27-Nov-22
YAMAGUCHI MIKA	#FL	45-49	1:07.17	FINA World Masters Championships 2019 - Gwangju	13-Aug-19
KELSEY JANE MACFARLAND	LRC	40-44	1:01.45	16th FINA World Masters Championships 2015 in Kazan	11-Aug-15
KELSEY JANE MACFARLAND	LRC	35-39	1:01.54	FINA World Masters Championships 2014	10-Aug-14
ZHANG XIAO TONG ISABELLA	#FL	30-34	1:02.12	Annual Long Course Masters Swimming Championships 2022	27-Nov-22
MOK HOI MAN SHERON	KTS	25-29	1:01.02	Annual Long Course Masters Swimming Championships 2022	27-Nov-22
NG KA MAN	KTS	18-24	1:02.73	Annual Long Course Masters Swimming Championships 2013	24-Nov-13

# HONG KONG MASTERS SWIMMING RECORDS

## LONG COURSE

(Update to 2022-23 Long Course Masters Swimming Competition - Part 2)

MEN 200M FREESTYLE				NAME OF MEET	DATE ACHIEVED
LEE MING	SFC	80-84	3:46.70	2010-11 Long Course Masters Swimming Championships - Part 2	20-Jun-10
YANG YEE ZEI	NWC	75-79	3:38.31	2014-15 Long Course Masters Swimming Competition Part 2	29-Jun-14
TSE KWOK PIU	SFC	70-74	2:47.81	2021-22 Long Course Masters Swimming Competition - Part 2	09-May-21
<b>MA ETIENNE</b>	<b>YMC</b>	<b>65-69</b>	<b>2:37.58</b>	<b>2022-23 Long Course Masters Swimming Competition - Part 2</b>	<b>15-Jan-23</b>
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
LILJESTROEM LENNART PETER FREDRIC	LRC	45-49	2:10.21	FINA World Masters Championships 2019 - Gwangju	14-Aug-19
STAMENOVIC IVAN	LRC	40-44	2:07.89	FINA World Masters Championships 2019 - Gwangju	14-Aug-19
NORTJE CRAIG ANDREW	VRC	35-39	2:05.90	2013-14 Long Course Masters Swimming Competition - Part 2	23-Jun-13
WANG TIMOTHY JONG	LRC	30-34	2:05.11	2014-15 Long Course Masters Swimming Competition Part 2	29-Jun-14
SOUTOUL DAVID VINCENT OTMAN	#FL	25-29	2:05.18	FINA World Masters Championships 2019 - Gwangju	14-Aug-19
HUI CHUN HIN	EWS	18-24	2:06.87	2012-13 Long Course Masters Swimming Competition - Part 2	17-Jun-12

WOMEN 200M FREESTYLE				NAME OF MEET	DATE ACHIEVED
CHAN WAI KIANG	KTS	80-84	9:35.55	2014-15 Long Course Masters Swimming Competition Part 2	29-Jun-14
WONG JIM	SFC	75-79	4:51.46	2018-19 Long Course Masters Swimming Competition - Part 2	06-May-18
SUEN MING CHU	SFC	70-74	3:36.37	2018-19 Long Course Masters Swimming Competition - Part 2	06-May-18
SUEN MING CHU	SGC	65-69	3:27.53	2014-15 Long Course Masters Swimming Competition Part 2	29-Jun-14
TSEUNG NGA WAH	SFC	60-64	3:08.53	2019-20 Long Course Masters Swimming Competition - Part 2	05-May-19
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
MORRISON RUTH	LRC	30-34	2:25.29	FINA World Masters Championships 2010	31-Jul-10
<b>MOK HOI MAN SHERON</b>	<b>NWC</b>	<b>25-29</b>	<b>2:16.55</b>	<b>2022-23 Long Course Masters Swimming Competition - Part 2</b>	<b>15-Jan-23</b>
LAMB ENEKA MARIE	HIS	18-24	2:16.66	2011-12 Long Course Masters Swimming Competition - Part 2	19-Jun-11

MEN 400M FREESTYLE				NAME OF MEET	DATE ACHIEVED
LAM LIT KWAN	LTS	75-79	8:21.67	2016-17 Long Course Masters Swimming Competition - Part 3	12-Jun-16
CHAN KAM POR	SFC	70-74	6:25.09	2022-23 Long Course Masters Swimming Competition - Part 3	12-Jun-22
CHAN KAM POR	SFC	65-69	6:00.83	2017-18 Long Course Masters Swimming Competition - Part 3	13-Aug-17
HO ROBERT YAU CHUNG	LRC	60-64	5:24.54	FINA World Masters Championships 2019 - Gwangju	18-Aug-19
HO ROBERT YAU CHUNG	LRC	55-59	5:11.90	FINA World Masters Championships 2014	10-Aug-14
LETCHER, RICHARD ROY	LRC	50-54	5:02.73	2019-20 Long Course Masters Swimming Competition - Part 3	23-Jun-19
LILJESTROEM LENNART, PETER FREDRIC	LRC	45-49	4:31.75	The 1st Asian Masters Swimming Championships 2018 NAGOYA (JPN)	12-Jul-18
LILJESTROEM LENNART, PETER FREDRIC	LRC	40-44	4:35.39	FINA World Masters Championships 2017	17-Aug-17
CAGGIO, ANTONINO	LRC	35-39	4:29.74	2019-20 Long Course Masters Swimming Competition - Part 3	23-Jun-19
LEE, YEUNG DARWIN	FWC	30-34	4:46.54	2019-20 Long Course Masters Swimming Competition - Part 3	23-Jun-19
SOUTOUL DAVID VINCENT OTMAN	#FL	25-29	4:32.86	FINA World Masters Championships 2019 - Gwangju	18-Aug-19
LI CHUN HONG	HTA	18-24	4:25.08	2011-12 Long Course Masters Swimming Competition - Part 3	18-Sep-11

WOMEN 400M FREESTYLE				NAME OF MEET	DATE ACHIEVED
SUEN MING CHU	SFC	70-74	7:46.69	2019-20 Long Course Masters Swimming Competition - Part 3	23-Jun-19
SUEN MING CHU	SGC	65-69	7:13.63	Long Course Masters Swimming Competition - Part 3 2013	11-Aug-13
SUEN MING CHU	SGC	60-64	7:02.63	Long Course Masters Swimming Competition - Part 3 2011	18-Sep-11
KIRKWOOD, TAIN MHAIRA	LRC	55-59	6:02.65	The 1st Asian Masters Swimming Championships 2018 NAGOYA (JPN)	12-Jul-18
COGGINS LYNDA ANNE	LRC	50-54	5:25.06	16th FINA World Masters Championships 2015 in Kazan	16-Aug-15
COLEY ALLISON LEIGH	#FL	45-49	5:24.04	2021-22 Long Course Masters Swimming Competition - Part 3	20-Jun-21
KELSEY JANE MACFARLAND	LRC	40-44	4:44.60	16th FINA World Masters Championships 2015 in Kazan	16-Aug-15
KELSEY JANE MACFARLAND	LRC	35-39	4:41.52	FINA World Masters Championships 2014	10-Aug-14
BARNES RUTH	LRC	30-34	5:04.92	Long Course Masters Swimming Competition - Part 3 2013	11-Aug-13
CARPENTER LINH THUC LUONG	LRC	25-29	5:12.71	Long Course Masters Swimming Competition - Part 3 2013	11-Aug-13
MAU LOK YAN EUNICE	CUC	18-24	5:06.39	2011-12 Long Course Masters Swimming Competition - Part 3	18-Sep-11

# HONG KONG MASTERS SWIMMING RECORDS

## LONG COURSE

(Update to 2022-23 Long Course Masters Swimming Competition - Part 2)

MEN 800M FREESTYLE	NAME OF MEET				DATE ACHIEVED
POLSON IAN HASTINGS	LRC	75-79	16:05.75	2018-19 Long Course Masters Swimming Competition - Part 1	24-Mar-19
POLSON IAN HASTINGS	LRC	70-74	14:07.92	2014-15 Long Course Masters Swimming Competition - Part 1	22-Mar-15
CHAN KAM POR	SFC	65-69	12:19.01	2018-19 Long Course Masters Swimming Competition - Part 1	24-Mar-19
HO ROBERT YAU CHUNG	LRC	60-64	11:32.69	2018-19 Long Course Masters Swimming Competition - Part 1	24-Mar-19
SAKA TOSHIYUKI	SGC	55-59	10:38.21	2017-18 Long Course Masters Swimming Competition - Part 1	25-Mar-18
LETCHER RICHARD ROY	LRC	50-54	10:22.08	FINA World Masters Championships 2019 - Gwangju	12-Aug-19
LILJESTROEM LENNART PETER FREDRIC	LRC	45-49	9:28.79	FINA World Masters Championships 2019 - Gwangju	12-Aug-19
LILJESTROEM LENNART, PETER FREDRIC	LRC	40-44	9:30.23	FINA World Masters Championships 2017	14-Aug-17
CUMMINGS RICHARD MARK	LRC	35-39	9:28.64	FINA World Masters Championships 2012	10-Jun-12
WANG TIMOTHY JONG	LRC	30-34	9:43.41	Annual Long Course Masters Swimming Championships 2013	24-Nov-13
YUEN MARCUS	LRC	25-29	10:07.05	2018-19 Long Course Masters Swimming Competition - Part 1	24-Mar-19
TSE HON TING	LWS	18-24	8:53.89	2016-17 Long Course Masters Swimming Competition - Part 1	26-Mar-17

WOMEN 800M FREESTYLE	NAME OF MEET				DATE ACHIEVED
LEUNG MABEL YUEN YING	SFC	75-79	21:40.55	2016-17 Long Course Masters Swimming Competition Part 1	26-Mar-17
SUEN MING CHU	SFC	70-74	16:02.36	2017-18 Long Course Masters Swimming Competition - Part 1	25-Mar-18
SUEN MING CHU	SFC	65-69	13:11.38	Annual Long Course Masters Swimming Championships 2013	24-Nov-13
CASTKA GILLIAN HANCER	SFC	60-64	14:45.69	2018-19 Long Course Masters Swimming Competition - Part 1	24-Mar-19
KIRKWOOD, TAIN MHAIRA	LRC	55-59	12:32.89	2017-18 Long Course Masters Swimming Competition - Part 1	25-Mar-18
COGGINS LYNDA ANNE	LRC	50-54	11:48.01	2014-15 Long Course Masters Swimming Competition - Part 1	22-Mar-15
KWOH DICK YUEN MARY	FFA	45-49	10:54.55	Annual Long Course Masters Swimming Championships 2013	24-Nov-13
KELSEY JANE MACFARLAND	LRC	40-44	9:42.82	16th FINA World Masters Championships 2015 in Kazan	10-Aug-15
KELSEY JANE MACFARLAND	LRC	35-39	9:48.87	FINA World Masters Championships 2014	10-Aug-14
BARNES RUTH	LRC	30-34	10:53.53	Annual Long Course Masters Swimming Championships 2012	09-Dec-12
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
MAK HEI CHI	SGC	85-89	1:05.35	2012-13 Long Course Masters Swimming Competition - Part 3	19-Aug-12
CHEUNG TSAN	SFC	80-84	0:56.40	Annual Long Course Masters Swimming Championships	23-Nov-14
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	0:29.49	2022-23 Long Course Masters Swimming Competition - Part 3	12-Jun-22
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
<b>LAU SHIU YUE</b>	<b>#DB</b>	<b>25-29</b>	<b>0:27.65</b>	<b>2022-23 Long Course Masters Swimming Competition - Part 2</b>	<b>15-Jan-23</b>
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	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
TSEUNG NGA WAH	SFC	60-64	0:46.26	2018-19 Long Course Masters Swimming Competition - Part 1	24-Mar-19
CHOW YEE HEUNG LIZA	LTS	55-59	0:43.53	Annual Long Course Masters Swimming Championships 2019	01-Dec-19
COGGINS LYNDA ANNE	LRC	50-54	0:35.58	16th FINA World Masters Championships 2015 in Kazan	16-Aug-15
LAKE AMBER ROBYN	LRC	45-49	0:35.08	2016-17 Long Course Masters Swimming Competition - Part 3	12-Jun-16
TAM MAI LING ALISON	#FL	40-44	0:34.40	FINA World Masters Championships 2019 - Gwangju	18-Aug-19
KELSEY JANE MACFARLAND	LRC	35-39	0:34.04	Annual Long Course Masters Swimming Championships	23-Nov-14
CARPENTER LINH THUC LUONG	LRC	30-34	0:32.81	FINA World Masters Championships 2014	10-Aug-14
CHARTER ROBYN JUDY	#FB	25-29	0:32.98	2021-22 Long Course Masters Swimming Competition - Part 3	20-Jun-21
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 2022-23 Long Course Masters Swimming Competition - Part 2)

MEN 100M BACKSTROKE				NAME OF MEET	DATE ACHIEVED
CHEUNG TSAN	SFC	80-84	2:21.27	2017-18 Long Course Masters Swimming Competition Part 2	14-May-17
<u>LIU WING CHIU</u>	<u>*FM</u>	<u>75-79</u>	<u>1:52.21</u>	<u>2022-23 Long Course Masters Swimming Competition - Part 2</u>	<u>15-Jan-23</u>
TIN SHEUNG KWAI	NWC	70-74	1:35.27	2018-19 Long Course Masters Swimming Competition - Part 2	06-May-18
<u>HO ROBERT YAU CHUNG</u>	<u>LRC</u>	<u>65-69</u>	<u>1:18.71</u>	<u>2022-23 Long Course Masters Swimming Competition - Part 2</u>	<u>15-Jan-23</u>
HO ROBERT YAU CHUNG	LRC	60-64	1:13.98	FINA World Masters Championships 2019 - Gwangju	17-Aug-19
HO ROBERT YAU CHUNG	LRC	55-59	1:11.73	FINA World Masters Championships 2014	10-Aug-14
RUST STEFAN ROBERT	LRC	50-54	1:08.09	FINA World Masters Championships 2017	19-Aug-17
LILJESTROEM LENNART PETER FREDRIC	LRC	45-49	1:09.39	The 1st Asian Masters Swimming Championships 2018 NAGOYA (JPN)	13-Jul-18
FONG LIK SUN	#FB	40-44	1:04.62	2021-22 Long Course Masters Swimming Competition - Part 2	09-May-21
NORTJE CRAIG ANDREW	VRC	35-39	1:06.66	2015-16 Long Course Masters Swimming Competition - Part 2	31-May-15
LAM YAU SUN DICKSON	#DB	30-34	1:07.94	2019-20 Long Course Masters Swimming Competition - Part 2	05-May-19
WANG HU	*WA	25-29	1:06.32	2010-11 Long Course Masters Swimming Championships - Part 2	20-Jun-10
CHOI DERRICK CHRISTOPHER	LRC	18-24	1:02.10	2013-14 Long Course Masters Swimming Competition - Part 2	23-Jun-13

WOMEN 100M BACKSTROKE				NAME OF MEET	DATE ACHIEVED
WONG JIM	SFC	75-79	2:13.75	2016-17 Long Course Masters Swimming Competition Part 2	24-Apr-16
<u>BAI XIUFEN</u>	<u>SFC</u>	<u>70-74</u>	<u>1:40.55</u>	<u>2022-23 Long Course Masters Swimming Competition - Part 2</u>	<u>15-Jan-23</u>
<u>LO LAI YUNG</u>	<u>NWC</u>	<u>65-69</u>	<u>1:50.32</u>	<u>2022-23 Long Course Masters Swimming Competition - Part 2</u>	<u>15-Jan-23</u>
<u>NG YEE MAN</u>	<u>NWC</u>	<u>60-64</u>	<u>1:43.42</u>	<u>2022-23 Long Course Masters Swimming Competition - Part 2</u>	<u>15-Jan-23</u>
BAI XIUFEN	*WA	55-59	1:36.84	2010-11 Long Course Masters Swimming Championships - Part 2	20-Jun-10
COGGINS LYNDA ANNE	LRC	50-54	1:17.38	16th FINA World Masters Championships 2015 in Kazan	15-Aug-15
<u>TAM ALISON MAI LING</u>	<u>#FL</u>	<u>45-49</u>	<u>1:15.99</u>	<u>2022-23 Long Course Masters Swimming Competition - Part 2</u>	<u>15-Jan-23</u>
KELSEY JANE MACFARLAND	LRC	40-44	1:13.75	2015-16 Long Course Masters Swimming Competition - Part 2	31-May-15
KELSEY JANE MACFARLAND	LRC	35-39	1:14.06	2014-15 Long Course Masters Swimming Competition Part 2	29-Jun-14
CARPENTER LINH THUC LUONG	LRC	30-34	1:11.37	16th FINA World Masters Championships 2015 in Kazan	15-Aug-15
CARPENTER LINH THUC LUONG	LRC	25-29	1:14.07	FINA World Masters Championships 2012	15-Jun-12
LAMB ENEKA MARIE	HIS	18-24	1:11.36	2011-12 Long Course Masters Swimming Competition - Part 2	19-Jun-11

MEN 50M BREASTSTROKE				NAME OF MEET	DATE ACHIEVED
CHI LIEH YUNG	SFC	85-89	1:02.32	Annual Long Course Masters Swimming Championships 2019	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	0:43.11	Annual Masters Swimming Championships 2022	27-Nov-22
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
FU TAI CHUN	KTS	60-64	0:36.61	Annual Masters Swimming Championships 1998	12-Sep-98
WONG LUN KWOK	SFC	55-59	0:35.10	Annual Masters Swimming Championships 2002	31-Aug-02
SIEH TIEN YU	KTS	50-54	0:34.48	2018-19 Long Course Masters Swimming Competition - Part 1	24-Mar-19
COOPER, KENNETH ALLEN	PSC	45-49	0:32.70	2017-18 Long Course Masters Swimming Competition - Part 1	25-Mar-18
WAN LAP SUN	FWC	40-44	0:33.00	Spring Masters Swimming Championships 2006	25-Mar-06
LO JONATHAN KA YAN	LRC	35-39	0:31.14	The 1st Asian Masters Swimming Championships 2018 NAGOYA (JPN)	14-Jul-18
WAN LAP SUN	KTS	30-34	0:31.11	Summer Masters Swimming Championships 1998	13-Jun-98
GLASSMAN ZACHARY	LRC	25-29	0:30.66	2011-12 Long Course Masters Swimming Competition - Part 1	04-Mar-12
YUEN MARCUS	PSC	18-24	0:30.47	2017-18 Long Course Masters Swimming Competition - Part 3	13-Aug-17

WOMEN 50M BREASTSTROKE				NAME OF MEET	DATE ACHIEVED
CHAN WAI KIANG	KTS	85-89	2:23.87	Annual Long Course Masters Swimming Championships 2019	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	SGF	70-74	0:53.36	2018-19 Long Course Masters Swimming Competition Part 3	24-Jun-18
LEUNG WONG YIN HAR HAYLEY	SGC	65-69	0:50.56	2017-18 Long Course Masters Swimming Competition - Part 1	25-Mar-18
LEUNG WONG YIN HAR HAYLEY	SGC	60-64	0:47.46	Long Course Masters Swimming Competition - Part 3 2013	11-Aug-13
LEUNG WAI FAN	KTS	55-59	0:38.73	2017-18 Long Course Masters Swimming Competition - Part 2	14-May-17
LEUNG WAI FAN	KTS	50-54	0:37.63	Annual Long Course Masters Swimming Championships 2015	20-Dec-15
<u>KRKALO SHAUNA KATHLEEN</u>	<u>LRC</u>	<u>45-49</u>	<u>0:34.72</u>	<u>2022-23 Long Course Masters Swimming Competition - Part 2</u>	<u>15-Jan-23</u>
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 2022-23 Long Course Masters Swimming Competition - Part 2)

MEN 100M BREASTSTROKE				NAME OF MEET	DATE ACHIEVED
LEE MING	SFC	85-89	2:42.22	2017-18 Long Course Masters Swimming Competition Part 2	14-May-17
MAK HEI CHI	SGC	80-84	2:08.90	Annual Masters Swimming Championships 2008	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
CHAN KAM POR	*HN	55-59	1:21.91	Summer Masters Swimming Championships 2008	14-Jun-08
COOPER KENNETH ALLEN	#FL	50-54	1:13.66	FINA World Masters Championships 2019 - Gwangju	13-Aug-19
COOPER KENNETH ALLEN	PSC	45-49	1:15.29	2018-19 Long Course Masters Swimming Competition - Part 2	06-May-18
WAN LAP SUN	FWC	40-44	1:15.87	Winter Masters Swimming Championships 2008	22-Nov-08
LO JONATHAN KA YAN	LRC	35-39	1:10.50	The 1st Asian Masters Swimming Championships 2018 NAGOYA (JPN)	15-Jul-18
KWOK HO TIN	NWC	30-34	1:09.75	2019-20 Long Course Masters Swimming Competition - Part 3	23-Jun-19
YUEN MARCUS	LRC	25-29	1:09.75	Annual Long Course Masters Swimming Championships 2019	01-Dec-19
YUEN MARCUS	PSC	18-24	1:08.54	2017-18 Long Course Masters Swimming Competition Part 3	13-Aug-17

WOMEN 100M BREASTSTROKE				NAME OF MEET	DATE ACHIEVED
WONG JIM	SFC	80-84	2:31.67	2021-22 Long Course Masters Swimming Competition - Part 3	20-Jun-21
WONG JIM	SFC	75-79	2:09.00	2016-17 Long Course Masters Swimming Competition - Part 3	12-Jun-16
SUEN MING CHU	SFC	70-74	1:53.65	2018-19 Annual Long Course Masters Swimming Championships	25-Nov-18
SUEN MING CHU	KTS	65-69	1:51.76	Long Course Masters Swimming Competition - Part 3 2013	11-Aug-13
SUEN MING CHU	SCA	60-64	1:46.35	Annual Masters Swimming Championships 2008	06-Sep-08
KIRKWOOD, TAIN MHAIRA	LRC	55-59	1:35.97	2018-19 Long Course Masters Swimming Competition - Part 2	06-May-18
COGGINS LYNDA ANNE	LRC	50-54	1:29.58	Annual Long Course Masters Swimming Championships	23-Nov-14
WONG FUNG YEE	KTS	45-49	1:26.75	Summer Masters Swimming Championships 2009	06-Jun-09
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
LAM LIT KWAN	LTS	75-79	4:33.83	2015-16 Long Course Masters Swimming Competition - Part 1	20-Mar-16
YONG KHIN SYN	SFC	70-74	3:37.34	2018-19 Long Course Masters Swimming Competition - Part 1	24-Mar-19
CHAN KAM POR	SFC	65-69	3:19.33	2017-18 Long Course Masters Swimming Competition - Part 1	25-Mar-18
CHAN KAM POR	SGC	60-64	3:07.34	2011-12 Long Course Masters Swimming Competition - Part 1	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
STAMENOVIC, IVAN	LRC	40-44	3:02.25	2017-18 Long Course Masters Swimming Competition - Part 1	25-Mar-18
LO JONATHAN KA YAN	LRC	35-39	2:47.70	2017-18 Long Course Masters Swimming Competition - Part 1	25-Mar-18
LUK WING KIN ANDY	KHC	30-34	2:36.71	2018-19 Long Course Masters Swimming Competition - Part 1	24-Mar-19
GLASSMAN ZACHARY	LRC	25-29	2:23.47	2011-12 Long Course Masters Swimming Competition - Part 1	04-Mar-12
YUEN MARCUS	PSC	18-24	2:38.14	2017-18 Long Course Masters Swimming Competition - Part 1	25-Mar-18

WOMEN 200M BREASTSTROKE				NAME OF MEET	DATE ACHIEVED
WONG SUI YING	SFC	80-84	9:51.71	2013-14 Long Course Masters Swimming Competition - Part 1	03-Mar-13
OTSUKA YUKO	SGC	75-79	4:39.40	2016-17 Long Course Masters Swimming Competition - Part 1	26-Mar-17
SUEN MING CHU	SFC	70-74	4:01.57	2017-18 Long Course Masters Swimming Competition - Part 1	25-Mar-18
SUEN MING CHU	SGC	65-69	3:58.01	2013-14 Long Course Masters Swimming Competition - Part 1	03-Mar-13
SUEN MING CHU	SCA	60-64	3:54.41	2010-11 Long Course Masters Swimming Championships - Part 1	20-Mar-11
KIRKWOOD TAIN MHAIRA	LRC	55-59	3:31.49	2017-18 Long Course Masters Swimming Competition - Part 1	25-Mar-18
COGGINS LYNDA ANNE	LRC	50-54	3:09.55	FINA World Masters Championships 2014	10-Aug-14
COGGINS LYNDA ANNE	LRC	45-49	3:14.74	FINA World Masters Championships 2012	15-Jun-12
LAKE AMBER ROBYN	LRC	40-44	3:31.46	2014-15 Long Course Masters Swimming Competition - Part 1	22-Mar-15
NEEDHAM SUZANNE HEIZER	LRC	35-39	2:56.78	FINA World Masters Championships 2012	15-Jun-12
MORRISON RUTH	LRC	30-34	2:53.80	FINA World Masters Championships 2010	31-Jul-10
LIU KA LEI	KTS	25-29	3:05.17	2013-14 Long Course Masters Swimming Competition - Part 1	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 2022-23 Long Course Masters Swimming Competition - Part 2)

### MEN 50M BUTTERFLY

				NAME OF MEET	DATE ACHIEVED
YIM KAM WING	SFC	85-89	1:10.42	2019-20 Long Course Masters Swimming Competition - Part 2	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
FU TAI CHUN	KTS	70-74	0:37.28	Spring Masters Swimming Championships 2007	24-Mar-07
<b><u>HO ROBERT YAU CHUNG</u></b>	<b><u>LRC</u></b>	<b><u>65-69</u></b>	<b><u>0:33.20</u></b>	<b><u>2022-23 Long Course Masters Swimming Competition - Part 2</u></b>	<b><u>15-Jan-23</u></b>
FU TAI CHUN	KTS	60-64	0:30.60	Summer Masters Swimming Championships 1999	19-Jun-99
HO ROBERT YAU CHUNG	LRC	55-59	0:30.04	Annual Long Course Masters Swimming Championships 2015	20-Dec-15
WONG KWOK WAH	KHC	50-54	0:27.94	Annual Long Course Masters Swimming Championships 2017	25-Nov-17
WOODRING DOUGLAS	BSC	45-49	0:27.47	Long Course Masters Swimming Competition - Part 3 2013	11-Aug-13
NORTJE CRAIG ANDREW	#FL	40-44	0:26.85	FINA World Masters Championship 2019 - Gwangju	14-Aug-19
NORTJE CRAIG ANDREW	CKW	35-39	0:26.70	Annual Long Course Masters Swimming Championships 2015	20-Dec-15
BEAHAN GRANT KENNETH	BSC	30-34	0:26.54	Annual Long Course Masters Swimming Championships 2017	25-Nov-17
LAU CHUN LEUNG JOHNNY	KHC	25-29	0:26.21	Annual Long Course Masters Swimming Championships 2017	25-Nov-17
CHEUNG YAU MING	#DB	18-24	0:26.27	2018-19 Annual Long Course Masters Swimming Championships	25-Nov-18

### WOMEN 50M BUTTERFLY

				NAME OF MEET	DATE ACHIEVED
WONG JIM	SFC	75-79	1:00.33	2016-17 Long Course Masters Swimming Competition - Part 2	24-Apr-16
SUEN MING CHU	SFC	70-74	0:48.26	Annual Long Course Masters Swimming Championships 2019	01-Dec-19
<b><u>TSEUNG NGA WAH</u></b>	<b><u>SFC</u></b>	<b><u>65-69</u></b>	<b><u>0:42.01</u></b>	<b><u>2022-23 Long Course Masters Swimming Competition - Part 2</u></b>	<b><u>15-Jan-23</u></b>
TSEUNG NGA WAH	SFC	60-64	0:39.95	2018-19 Long Course Masters Swimming Competition - Part 2	06-May-18
KIRKWOOD TAIN MHAIRA	LRC	55-59	0:36.39	2018-19 Annual Long Course Masters Swimming Championships	25-Nov-18
LEE TANYA DIANE	PSC	50-54	0:32.53	The 1st Asian Masters Swimming Championships 2018 NAGOYA (JPN)	13-Jul-18
<b><u>KRKALO SHAUNA KATHLEEN</u></b>	<b><u>LRC</u></b>	<b><u>45-49</u></b>	<b><u>0:30.39</u></b>	<b><u>2022-23 Long Course Masters Swimming Competition - Part 2</u></b>	<b><u>15-Jan-23</u></b>
KRKALO SHAUNA KATHLEEN	LRC	40-44	0:30.39	Annual Long Course Masters Swimming Championships 2022	27-Nov-22
<b><u>LAU HOK LAM</u></b>	<b><u>PSC</u></b>	<b><u>35-39</u></b>	<b><u>0:32.32</u></b>	<b><u>2022-23 Long Course Masters Swimming Competition - Part 2</u></b>	<b><u>15-Jan-23</u></b>
CHAN WING SUET	PSC	30-34	0:30.75	The 1st Asian Masters Swimming Championships 2018 NAGOYA (JPN)	13-Jul-18
NG KA MAN	KTS	25-29	0:29.30	Annual Long Course Masters Swimming Championships	23-Nov-14
WONG YEE CHING	SGC	18-24	0:30.27	Annual Long Course Masters Swimming Championships 2013	24-Nov-13

### MEN 100M BUTTERFLY

				NAME OF MEET	DATE ACHIEVED
LEE MING	SFC	80-84	2:35.84	2010-11 Long Course Masters Swimming Championships - Part 1	20-Mar-11
LAW KWAI FONG	SFC	75-79	2:13.21	2010-11 Long Course Masters Swimming Championships - Part 1	20-Mar-11
CHAN SHING CHI	LTS	70-74	1:56.24	2018-19 Long Course Masters Swimming Competition - Part 1	24-Mar-19
YONG KHIN SYN	SFC	65-69	1:41.99	2015-16 Long Course Masters Swimming Competition - Part 1	20-Mar-16
HO ROBERT YAU CHUNG	LRC	60-64	1:15.51	FINA World Masters Championships 2019 - Gwangju	15-Aug-19
KOO YU FAT MARCUS	FFA	55-59	1:11.94	2016-17 Long Course Masters Swimming Competition - Part 1	26-Mar-17
JOHNSON ERIC ANDREW	LRC	50-54	1:04.49	FINA World Masters Championships 2014	10-Aug-14
SAKA TAIHEI	SGC	45-49	1:00.90	2013-14 Long Course Masters Swimming Competition - Part 1	04-Mar-12
NORTJE CRAIG ANDREW	#FL	40-44	0:59.49	FINA World Masters Championships 2019 - Gwangju	15-Aug-19
CRAIG ANDREW NORTJE	VRC	35-39	0:59.58	FINA World Masters Championships 2014	10-Aug-14
BEAHAN GRANT KENNETH	BSC	30-34	0:58.66	2017-18 Long Course Masters Swimming Competition - Part 1	25-Mar-18
LAU CHUN LEUNG JOHNNY	KHC	25-29	0:59.26	2018-19 Long Course Masters Swimming Competition - Part 1	24-Mar-19
CHEUNG YAU MING	#DB	18-24	0:59.53	2018-19 Long Course Masters Swimming Competition - Part 1	24-Mar-19

### WOMEN 100M BUTTERFLY

				NAME OF MEET	DATE ACHIEVED
SUEN MING CHU	SFC	70-74	1:56.01	2017-18 Long Course Masters Swimming Competition - Part 1	25-Mar-18
SUEN MING CHU	SGC	65-69	1:48.29	Masters Long Course Swimming Competition Part 1	26-Jan-14
SUEN MING CHU	SCA	60-64	1:49.51	2010-11 Long Course Masters Swimming Championships - Part 1	20-Mar-11
KIRKWOOD TAIN MHAIRA	LRC	55-59	1:31.44	2017-18 Long Course Masters Swimming Competition - Part 1	25-Mar-18
LEE TANYA DIANE	PSC	50-54	1:14.85	The 1st Asian Masters Swimming Championships 2018 NAGOYA (JPN)	16-Jul-18
PAZOS CHRISTENA MARIA	LRC	45-49	1:12.50	16th FINA World Masters Championships 2015 in Kazan	13-Aug-15
KELSEY JANE MACFARLAND	LRC	40-44	1:13.55	2014-15 Long Course Masters Swimming Competition - Part 1	22-Mar-15
KELSEY JANE MACFARLAND	LRC	35-39	1:13.49	2011-12 Long Course Masters Swimming Competition - Part 1	04-Mar-12
CHAN WING SUET	PSC	30-34	1:10.44	The 1st Asian Masters Swimming Championships 2018 NAGOYA (JPN)	16-Jul-18
CHAN WING SUET	LRC	25-29	1:08.66	FINA World Masters Championships 2014	10-Aug-14
MAU LOK YAN EUNICE	CUC	18-24	1:13.91	Masters Long Course Swimming Competition Part 1	26-Jan-14

# HONG KONG MASTERS SWIMMING RECORDS

## LONG COURSE

(Update to 2022-23 Long Course Masters Swimming Competition - Part 2)

MEN 200M INDIVIDUAL MEDLEY				NAME OF MEET	DATE ACHIEVED
LAW KWAI FONG	SFC	80-84	5:10.21	Annual Long Course Masters Swimming Championships 2017	25-Nov-17
<b>WONG SHIU MING</b>	<b>SFC</b>	<b>75-79</b>	<b>4:03.11</b>	<b>2022-23 Long Course Masters Swimming Competition - Part 2</b>	<b>15-Jan-23</b>
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
NORTJE CRAIG ANDREW	#FL	40-44	2:19.17	FINA World Masters Championships 2019 - Gwangju	15-Aug-19
NORTJE CRAIG ANDREW	VRC	35-39	2:20.07	FINA World Masters Championships 2014	10-Aug-14
JACOBS DAMIAN CHARLES	LRC	30-34	2:25.69	FINA World Masters Championships 2014	10-Aug-14
GLASSMAN ZACHARY	LRC	25-29	2:13.80	2011-12 Long Course Masters Swimming Competition - Part 1	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
WONG JIM	SFC	75-79	4:49.42	Annual Long Course Masters Swimming Championships 2016	18-Dec-16
SUEN MING CHU	SFC	70-74	3:49.34	2018-19 Long Course Masters Swimming Competition - Part 2	06-May-18
SUEN MING CHU	SGC	65-69	3:47.99	2013-14 Long Course Masters Swimming Competition - Part 2	23-Jun-13
SUEN MING CHU	SCA	60-64	3:37.27	Winter Masters Swimming Championships 2007	27-Jan-08
KIRKWOOD TAIN MHAIRA	LRC	55-59	3:16.65	The 1st Asian Masters Swimming Championships 2018 NAGOYA (JPN)	12-Jul-18
COGGINS LYNDA ANNE	LRC	50-54	2:55.65	FINA World Masters Championships 2014	10-Aug-14
PAZOS CHRISTENA MARIA	LRC	45-49	2:46.91	16th FINA World Masters Championships 2015 in Kazan	13-Aug-15
KELSEY JANE MACFARLAND	LRC	40-44	2:41.17	2014-15 Long Course Masters Swimming Competition - Part 1	22-Mar-15
KELSEY JANE MACFARLAND	LRC	35-39	2:37.75	Annual Long Course Masters Swimming Champions 2013	24-Nov-13
CHAN WING SUET	PSC	30-34	2:38.52	The 1st Asian Masters Swimming Championships 2018 NAGOYA (JPN)	12-Jul-18
CHAN WING SUET	LRC	25-29	2:36.59	FINA World Masters Championships 2014	10-Aug-14
CHARTER ROBYN JUDY	SFC	18-24	2:42.84	2018-19 Annual Long Course Masters Swimming Championships	25-Nov-18

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

WOMEN 4 X 50M FREESTYLE RELAY				NAME OF MEET	DATE ACHIEVED
SWORD FISH CLUB	SFC	280+	2:42.61	Annual Long Course Masters Swimming Championships 2019	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
LADIES' RECREATION CLUB	LRC	160+	1:58.32	16th FINA World Masters Championships 2015 in Kazan	14-Aug-15
LADIES' RECREATION CLUB	LRC	120+	1:55.57	FINA World Masters Championships 2012	14-Jun-12
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 2022-23 Long Course Masters Swimming Competition - Part 2)

MEN 4 X 50M MEDLEY RELAY				NAME OF MEET	DATE ACHIEVED
SWORD FISH CLUB	SFC	320+	3:30.63	Annual Long Course Masters Swimming Championships 2012	09-Dec-12
SWORD FISH CLUB	SFC	280+	2:39.12	2021-22 Long Course Masters Swimming Competition - Part 2	09-May-21
SWORD FISH CLUB	SFC	240+	2:19.80	Long Course Masters Swimming Competition - Part 3 2013	11-Aug-13
THE HONG KONG JOCKEY CLUB	HJC	200+	2:03.19	Winter Masters Swimming Championships 1993	11-Dec-93
YMCA OF HONG KONG	YMC	160+	1:53.94	Summer Masters Swimming Championships 1996	22-Jun-96
DIOCESAN SCHOOL OLD BOY'S ASSOCIATION LTD	#DB	120+	1:54.76	2018-19 Long Course Masters Swimming Competition - Part 1	24-Mar-19
<b><u>DIOCESAN SCHOOL OLD BOY'S ASSOCIATION LTD</u></b>	<b><u>#DB</u></b>	<b><u>100+</u></b>	<b><u>1:49.32</u></b>	<b><u>2022-23 Long Course Masters Swimming Competition - Part 2</u></b>	<b><u>15-Jan-23</u></b>
WOMEN 4 X 50M MEDLEY RELAY				NAME OF MEET	DATE ACHIEVED
SWORD FISH CLUB	SFC	280+	3:21.30	1st Asian Masters Swimming Championships 1996	14-Sep-96
SWORD FISH CLUB	SFC	240+	2:48.90	2017-18 Long Course Masters Swimming Competition Part 1	25-Mar-18
LADIES' RECREATION CLUB	LRC	200+	2:32.48	2016-17 Long Course Master Swimming Competition - Part 2	24-Apr-16
LADIES' RECREATION CLUB	LRC	160+	2:10.35	Annual Masters Swimming Championships 1994	17-Sep-94
LADIES' RECREATION CLUB	LRC	120+	2:10.92	FINA World Masters Championships 2012	14-Jun-12
NEW WATER POLO CLUB	NWC	100+	2:19.21	2018-19 Long Course Masters Swimming Competition - Part 2	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
<b><u>SWORD FISH CLUB</u></b>	<b><u>SFC</u></b>	<b><u>280+</u></b>	<b><u>2:25.20</u></b>	<b><u>2022-23 Long Course Masters Swimming Competition - Part 2</u></b>	<b><u>15-Jan-23</u></b>
SWORD FISH CLUB	SFC	240+	2:15.69	2018-19 Annual Long Course Masters Swimming Championships	25-Nov-18
LADIES' RECREATION CLUB	LRC	200+	1:55.82	FINA World Masters Championships 2017	18-Aug-17
LADIES' RECREATION CLUB	LRC	160+	1:52.54	FINA World Masters Championships 2017	18-Aug-17
FASTLANE SWIMMING CO. LTD	#FL	120+	1:48.72	FINA World Masters Championships 2019 - Gwangju	19-Aug-19
NEW WATER POLO CLUB	NWC	100+	1:51.20	Annual Long Course Masters Swimming Championships 2017	25-Nov-17
MIXED 4 X 50M MEDLEY RELAY				NAME OF MEET	DATE ACHIEVED
HONG KONG FLYING FISH ATHLETIC ASSOCIATION	FFA	100+	2:11.65	2022-23 Long Course Masters Swimming Competition - Part 3	12-Jun-22

## 2022-2023 MASTERS SWIMMING COMPETITION 400m and 800m Freestyle Standard Time

二零二二至二零二三年先進游泳比賽四百米及八百米自由泳標準時間

Male 男子	Master Age Group	<u>18-24</u>	<u>25-29</u>	<u>30-34</u>	<u>35-39</u>	<u>40-44</u>	<u>45-49</u>	<u>50-54</u>	<u>55-59</u>	<u>60-64</u>	<u>65-69</u>	<u>70 Over</u>
	400m	6:46	6:46	6:54	7:00	7:09	7:28	7:42	7:57	8:26	9:22	10:22
	800m	14:25	14:25	14:33	14:42	14:54	15:31	15:54	16:52	18:11	19:26	21:23

Female 女子	Master Age Group	<u>18-24</u>	<u>25-29</u>	<u>30-34</u>	<u>35-39</u>	<u>40-44</u>	<u>45-49</u>	<u>50-54</u>	<u>55-59</u>	<u>60-64</u>	<u>65-69</u>	<u>70 Over</u>
	400m	7:30	7:30	7:40	8:00	8:22	9:01	9:23	9:55	10:33	11:29	12:24
	800m	16:21	16:21	16:23	16:49	17:46	19:16	19:47	20:49	22:13	23:49	25:45

Referee may request swimmers to leave the water if they could not complete the race within the Master Swimming Competition Series standard times for 400m and 800m Freestyle Events. Their results will be recorded as "DNF" (Did Not Finish).

如參加四百米或八百米自由泳的泳員未能於先進游泳比賽的標準時間內游畢全程，裁判有權要求其泳員離開比賽線道，而其成績會記錄為“DNF” (未能完成比賽)。

**Long Course Masters Swimming Competition Part 1**

**Reject List as at 8-3-2023**

<b>No.</b>	<b>Name</b>	<b>Event</b>	<b>Club</b>	<b>Remarks</b>
1	Chan Wing Lam	12	#FL	No Reg

## Long Course MS Swimming Competition Part 1 - 26/Mar/2023

## Psych Sheet

## Event 1 Men 200 LC Meter Breaststroke

18-24 MSR: 2:38.14

25-29 MSR: 2:23.47

30-34 MSR: 2:36.71

35-39 MSR: 2:47.70

40-44 MSR: 3:02.25

45-49 MSR: 2:49.64

50-54 MSR: 2:50.25

55-59 MSR: 2:59.17

60-64 MSR: 3:07.34

65-69 MSR: 3:19.33

	ID#	Name	Age	Team	Seed Time
<b>18-24</b>					
1	27803 B	Fan, Ka Ming	24	Current Club Ltd	3:20.00
<b>25-29</b>					
1	08003 B	Lam, Chun Kit	28	Tuen Mun	3:40.00
<b>30-34</b>					
1	42728 P	Febo, Christopher Vincenzo	30	Sword Fish Club	2:42.00
2	33387 IAO	Wu, Kenneth Yee Lok	32	Sword Fish Club	3:08.00
3	49546 @ICO	Ly, Jonathan	31	Kwun Tong	3:30.00
4	03978	Lau, Chun Sing	31	Marlins	NT
<b>35-39</b>					
1	00590 IBZ	Kwok, Ho Tin	36	New Water Polo	2:36.00
2	44298 IAZ	Tong, Lik Lam	39	Pacific	3:00.00
3	09136 IAZ	Tsang, Chun Kin	35	New Water Polo	3:30.00
4	00444	Lam, Yau Sun Dickson	38	Diocesan School	5:00.00
5	41147 IAZ	Mok, Lai Yeung Jason	39	Diocesan School	5:00.00
<b>40-44</b>					
1	35790 ICO	Launay, Thomas	44	LRC	2:51.66
2	01012 ICZ	Fong, Lik Sun	43	Hong Kong Footba	3:00.00
3	24266 IAZ	Ma, Ling Ho Herwin	40	Hong Kong Police	3:15.00
4	40834 IAZ	Chang, Hsi Tse JosephJeremy	44	Diocesan School	3:40.00
5	50107 @ICO	Hamar, Gabor	42	Kwun Tong	3:40.00
6	42708 IAZ	Tang, Wing Chung Jonathan	41	Hoi Fung	3:45.00
7	05155	Chan, Albert Kam Ming	42	Diocesan School	4:00.00
8	45574 IAZ	Ng, Siu Kwong	41	Sword Fish Club	4:00.00
9	18880 IAZ	Chan, Ho Wai Howard	42	Sun Yip	4:30.00
10	01948 ICZ	Tang, Ho Yuen	41	Diocesan School	5:00.00
11	49658 IAZ	Wong, Ming Yeung Anthony	44	Lai Tsun	NT
<b>45-49</b>					
1	37671 @ICO	Stamenovic, Ivan	47	LRC	2:47.66
2	17961 ICO	Jones, Simon	47	LRC	3:02.50
3	05160	Chan, Ka Wo	46	Diocesan School	3:40.00
4	24603 IAZ	Hung, Ka Ming	48	YMCA OF Hong Kong	3:40.00
5	06227	Wong, Kam Tat	49	Sea Green	3:50.00
6	48593 IAZ	Cheng, Wai Leung	46	Sword Fish Club	3:55.00
7	40835 IAZ	Leung, Wing Hong Alvin	49	Diocesan School	5:00.00
8	41730 IAO	Hui, Peter	48	Diocesan School	5:15.00
<b>50-54</b>					
1	25592 IAZ	Cheung, Wai Kei	51	Flying Fish	3:06.00
2	06310	Chan, Fung Sun	50	Kwun Tong	3:20.00
3	26317 IAZN	Tung, Shang Wei Timothy	53	Kwun Tong	3:30.00
4	21008 IAZ	Cheung, Chun Kwan Michael	50	Wong Tai Sin	3:30.00
5	27868 IAZ	Chan, Chi Wah Ringo	51	Sword Fish Club	3:40.00
6	35849 IAX	Ku, Kin Hing	50	Hoi Fung	3:50.25
7	35711 IAX	Wong, Fuk Kei	54	Sword Fish Club	4:00.00
8	42364 IAZ	Lau, Yip Kwong Francis	54	Diocesan School	5:00.00

**Long Course MS Swimming Competition Part 1 - 26/Mar/2023**

**Psych Sheet**

**55-59... (Event 1 Men 200 LC Meter Breaststroke)**

1	18856 IAZ	Au, Mun Shing	58	Sword Fish Club	3:30.00
2	10135 IAZ	Mo, Kim Fung Bosco	59	Kwun Tong	3:40.00
3	38291 IAZ	Liu, Chun Sing	57	Sword Fish Club	4:00.00
4	40839 IAZ	Leung, Wing Hang Michael	58	Diocesan School	5:00.00
5	40840 IAZ	Ng, Ka Yiu Karl	59	Diocesan School	NT

**60-64**

1	05191	Koo, Yu Fat Marcus	61	Flying Fish	3:10.00
2	26176 IAX	Ho, Chung Man	60	Lai Tsun	3:44.00
3	06256	Chan, Kwong Peter	62	Sea Green	3:50.00
4	25226 IAZ	Choi, Tai Wing	62	Sword Fish Club	3:55.00
5	45198 IAZN	Lam, Tsz Kiu Goldie	61	Sea Green	3:55.00
6	36725 IAZ	Yau, Wai	64	Sea Green	3:55.00
7	32108 IAX	Chan, Kiu	61	Sword Fish Club	4:00.00
8	50093 IAZ	Chu, Wan Fuk	63	New Water Polo	4:20.00
9	44359 IAZ	Lee, Chi Wai	64	Kornhill	4:30.00
10	45930 IAZ	Lo, Wing Kwong	62	Sun Yip	4:50.00

**65-69**

1	06281	Fung, Kam Tai	68	Sword Fish Club	3:40.00
2	06176	Wong, Kung Wan	67	Sea Green	4:00.00
3	49915 @IAX	Tai, Yu Chung	65	New Water Polo	4:30.00

**70-74**

1	06382	Chan, Kam Por	71	Sword Fish Club	3:35.00
2	06192	Chu, Shui Yi	72	Sea Green	3:56.00
3	04504 IAO	Yura, Tadami	71	Sword Fish Club	4:12.00
4	06243	Koo, Choi Fat	73	Wong Tai Sin	4:15.00
5	11563	Lee, Kwok Hung	70	Sword Fish Club	4:30.00
6	22182 IAZ	Ngai, Yin Leung	74	Sword Fish Club	4:46.00

**75-79**

1	40518 IAZ	Liu, Wing Chiu	75	Tuen Mun	4:15.00
2	10274	Lau, Chun Nung	77	Lai Tsun	4:30.00
3	09891	Wong, Chiu Shun	76	Sword Fish Club	5:00.00
4	44793 IAZ	Iu, Pui To	76	Diocesan School	5:15.00

**80-84**

1	06270	Lam, Luk Kan	82	Sword Fish Club	4:30.00
2	23959 IAZ	Chiu, Chin Hung	83	Kornhill	5:57.13

**Event 2 Women 200 LC Meter Breaststroke**

<b>18-24 MSR:</b>	<b>3:13.71</b>
<b>25-29 MSR:</b>	<b>3:05.17</b>
<b>30-34 MSR:</b>	<b>2:53.80</b>
<b>35-39 MSR:</b>	<b>2:56.78</b>
<b>40-44 MSR:</b>	<b>3:31.46</b>
<b>45-49 MSR:</b>	<b>3:14.74</b>
<b>50-54 MSR:</b>	<b>3:09.55</b>
<b>55-59 MSR:</b>	<b>3:31.49</b>
<b>60-64 MSR:</b>	<b>3:54.41</b>
<b>65-69 MSR:</b>	<b>3:58.01</b>

	<b>ID#</b>	<b>Name</b>	<b>Age</b>	<b>Team</b>	<b>Seed Time</b>
<b>18-24</b>					
1	38175 IAZ	Leung, Ka Yi	19	Tolo Harbour	3:15.00
<b>25-29</b>					
1	49513 IAZ	To, Yan Wing	27	Crest Ray	3:50.00
2	12724 IAZ	Wan, Tsz Huen Alexsandra	26	Crest Ray	4:00.00
3	47460 IAZ	Mak, Cheuk Lam	28	New Water Polo	4:00.00
<b>30-34</b>					
1	06577 IBZ	Leung, Wei Yan	33	Sword Fish Club	3:55.00

## Long Course MS Swimming Competition Part 1 - 26/Mar/2023

## Psych Sheet

**35-39... (Event 2 Women 200 LC Meter Breaststroke)**

1	49329 #@IAO	Ng, Carmen C M	39 Pacific	3:20.00
2	35921 IAZ	Lui, Yick Ling	37 Kornhill	3:25.00
3	41684 IAZ	Leung, Wing Yin Winnie	39 Hoi Fung	3:55.40
4	46294 ICX	Lin, Shengzhu	35 New Water Polo	4:10.00

**40-44**

1	06304 ICZ	Cheung, Man Yiu	44 Sea Green	3:31.00
2	45041 IAZ	Fung, Cheuk Ching Candy	41 Hoi Fung	3:57.20
3	02727 ICZ	Lui, Wing Yee	40 Hoi Tin	4:00.00
4	39979 IAZ	Lam, Ling Wai Jessica	44 Lai Tsun	4:00.00
5	30072 ICW	Chao, Man Chi	44 New Water Polo	4:00.00
6	08977	Ho, Yee Yun Rosalind	44 Current Club Ltd	4:20.00

**45-49**

1	49205 IAX	Li, Donghui	49 Sea Green	4:00.00
2	46181 IAZ	Ng, Yan Yan Bandy	47 Tung Sing	4:00.00

**50-54**

1	35969 IAX	Wang, Ying Lian	51 Tung Sing	3:50.00
2	35772 IAX	Ban, Xianhai	51 New Water Polo	4:00.00
3	06349	Ip, Oi Wa Wendy	51 Sword Fish Club	4:00.00
4	49204 IAZ	Cheng, Wai Man	52 Sea Green	4:00.00
5	48393 IAZ	Leung, Lin Pik Stella	52 Hoi Fung	4:10.00
6	48201 IAZ	Poon, Nga Yi	50 Tolo Harbour	4:30.00
7	44304 IAX	Choi, Shan Shan	51 Sword Fish Club	4:39.00
8	43063 @IAO	Wong, Rose	53 LRC	4:48.55

**55-59**

1	12894	Lee, Wai Yee Stella	57 Hoi Fung	3:55.20
2	43083 ICO	Allard, Christine Skowronski	57 Hoi Fung	4:16.64

**60-64**

1	45187 IAX	Chan, On Mei	60 Sword Fish Club	4:00.00
2	22428 IAZ	Lau, Yuk Lin Rocky	61 Sea Green	4:00.00
3	34668 IAZ	Tang, Pik Ha	63 New Water Polo	4:20.00
4	24216 IAZ	Li, Chuk Ping	61 Sword Fish Club	4:48.00
5	16533	Wong, Shun Ying	64 Sea Green	4:53.00

**65-69**

1	26079 IAZN	Fan, Wan Kei	66 Hoi Fung	4:30.27
2	06127	Lau, Wai Lin	67 New Water Polo	4:38.00
3	02711	Fok, Wai Fung	65 Wong Tai Sin	5:15.00

**70-74**

1	06147	Leung Wong, Yin Har Hayley	71 Sea Green	4:50.00
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**75-79**

1	32571 IAZ	Chan, Pui Yee	79 Sword Fish Club	6:00.00
2	08936	Leong, Kuai Heng	77 New Water Polo	8:44.00

**80-84**

1	06374	Wong, Jim	82 Sword Fish Club	5:20.00
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## Long Course MS Swimming Competition Part 1 - 26/Mar/2023

## Psych Sheet

## Event 3 Men 50 LC Meter Freestyle

18-24 MSR:	24.17
25-29 MSR:	23.92
30-34 MSR:	24.31
35-39 MSR:	24.80
40-44 MSR:	25.15
45-49 MSR:	26.47
50-54 MSR:	25.80
55-59 MSR:	28.02
60-64 MSR:	27.95
65-69 MSR:	29.72

ID#	Name	Age	Team	Seed Time
<b>18-24... (Event 3 Men 50 LC Meter Freestyle)</b>				
1	20968 B	22	Diocesan School	25.00
2	17615 IAZ	23	Tolo Harbour	25.00
3	29508 IAZ	20	Tolo Harbour	25.00
4	38185 IAZ	19	Tolo Harbour	26.00
5	28439 IAZ	19	Current Club Ltd	26.50
6	15390 B	24	Diocesan School	27.00
7	24279 IAZ	23	Kwun Tong	28.00
8	48045 IAZ	20	Kwun Tong	28.00
9	50181 @^ICO	19	Kwun Tong	28.00
10	15351 IAZ	22	Pacific	29.50
11	29520 IAZ	23	Pacific	29.50
12	19383 B	24	Kwan Hung	30.00
13	29946 B	21	Current Club Ltd	30.86
14	27803 B	24	Current Club Ltd	33.39
15	19958 IAZ	24	Kwan Hung	35.00
16	22513 IAZ	23	Kwun Tong	35.00
17	39019 IAX	24	Hoi Ngai	40.00
18	41451 IAZ	19	Crest Ray	NT
<b>25-29</b>				
1	10096 #B	27	Kwan Hung	25.00
2	10220 B	26	Kwan Hung	25.00
3	23365 IAZ	25	Tolo Harbour	25.00
4	10409 IAZ	26	Tolo Harbour	25.00
5	28554 IAZ	26	Tolo Harbour	25.00
6	15262 B	26	Kwun Tong	27.00
7	16201 B	27	Kwun Tong	29.00
8	42362 IAZ	27	YMCA OF Hong Kong	29.00
9	02884 IAZ	28	Current Club Ltd	30.00
10	08246 IAZ	29	Kwan Hung	30.00
11	08003 B	28	Tuen Mun	32.00
12	12759 IAZ	29	Sea Green	35.00
<b>30-34</b>				
1	04637 IBZ	30	Current Club Ltd	24.78
2	43276 ICO	31	Fastlane Swimming	27.00
3	19408 IAZ	30	Sword Fish Club	27.00
4	05854 IAZ	32	Flying Fish	27.50
5	14158 #IAZ	30	New Water Polo	27.50
6	01433	33	Diocesan School	28.00
7	50188 @^P	34	Fastlane Swimming	29.00
8	48029 IAZ	33	Hong Kong Police	32.00
9	49951 IAZ	31	Pacific	35.00
10	49516 @IAX	31	Crest Ray	NT
11	49512 IAZ	34	Crest Ray	NT
12	02726 IAZ	30	Diocesan School	NT

## Long Course MS Swimming Competition Part 1 - 26/Mar/2023

## Psych Sheet

## 35-39... (Event 3 Men 50 LC Meter Freestyle)

1	22420 IAZ	Chan, Chi Ming	37 Kwun Tong	27.00
2	00234 IBZ	Lau, Tsun Ting	36 Kwun Tong	28.00
3	41147 IAZ	Mok, Lai Yeung Jason	39 Diocesan School	29.00
4	44302 ICO	Boas, Michael Joel	38 Fastlane Swimming	29.00
5	49017 @ICO	McInnes, Christopher Peter	38 Kwun Tong	29.00
6	47039 IAZ	Ng, Chor Sum Sam	38 Sun Yip	30.00
7	23298 IAZ	Li, Cheuk Bun	38 Wong Tai Sin	31.00
8	09143 ICZ	Chow, Wang Kei	39 Flying Fish	32.00
9	48158 IAZ	Lee, Sung Hai Hysan	39 Diocesan School	35.00
10	09136 IAZ	Tsang, Chun Kin	35 New Water Polo	38.00

## 40-44

1	46248 @ICO	O' Neill, Donal Thomas	43 LRC	26.07
2	39981 IAZ	Mui, Ho Chuen	43 Sword Fish Club	27.92
3	49498 @IAO	Dunwoody, Ross William	42 LRC	28.53
4	09165	Cheung, Siu Fung	40 Lai Tsun	29.00
5	40107 IAZ	Chan, Falcon	44 Lai Tsun	30.00
6	12176 ICZ	Ng, Siu Yu	41 Sword Fish Club	30.00
7	42222 IAZ	Yick, Tsip Lam	40 Sword Fish Club	31.00
8	42708 IAZ	Tang, Wing Chung Jonathan	41 Hoi Fung	32.00
9	49027 IAZ	Ng, Fung Kei	43 Sword Fish Club	32.00
10	47525 IAZ	Wu, Wing Fung	42 Wong Tai Sin	33.00
11	03793 ICZ	Po, Tik San	41 New Water Polo	35.00
12	50090 @IAO	Motoyama, Taichiro	43 Pacific	35.00
13	23119 IAZ	Chan, Ying Tsung Bosco	42 Sword Fish Club	52.00
14	49658 IAZ	Wong, Ming Yeung Anthony	44 Lai Tsun	NT

## 45-49

1	27471 ICO	Nortje, Craig Andrew	45 Hong Kong Footba	26.00
2	39203 IAX	Lau, Hang	49 Sword Fish Club	28.00
3	46474 @ICO	Dynon, James Francis	47 LRC	28.85
4	02366	Li, Ka Wing	49 Kwun Tong	29.00
5	37032 IAZ	Wu, Kai Wing	47 Wong Tai Sin	30.00
6	36554 ICO	Wolfers, Lachlan Robert	49 Hong Kong Footba	31.00
7	42737 IAZ	So, Ma Loi	47 Sword Fish Club	31.00
8	40835 IAZ	Leung, Wing Hong Alvin	49 Diocesan School	34.00
9	48593 IAZ	Cheng, Wai Leung	46 Sword Fish Club	39.00
10	40923 IAZ	Yip, Kam Wing	46 Sea Green	39.00
11	29261 IAZ	Lai, Ka Wai	45 Tuen Mun	42.00

## 50-54

1	27451 IAZ	Yip, Kin Man Stephen	53 Kwun Tong	29.00
2	48285 IAZ	Wan, Hong Yin Edmund	52 Hong Kong Footba	29.39
3	05273	Poon, Ho Keung Danny	53 Flying Fish	30.17
4	28518 IAZ	Yau, Wo Fung	51 Kwun Tong	31.00
5	21814 ICO	Mattoli, Enrico Andrea	53 LRC	33.61
6	43158 IAZ	Chan, Tin Lung	54 Lai Tsun	34.00
7	42085 IAZ	Lee, Hon Lun Philip	51 Sword Fish Club	36.00
8	49545 @IAO	Anderson, Anthony Craig	51 Kwun Tong	38.00
9	35849 IAX	Ku, Kin Hing	50 Hoi Fung	38.18
10		Chua, Anthony	54 Vas Team	X38.99
11	04184	Woo, Siu Ming William	52 Sword Fish Club	50.00
12	06711	Leung, Tsz Kin	51 New Water Polo	58.00

## 55-59

1	43144	Xiao, Donghong	57 New Water Polo	31.00
2	39982 IAZ	Chow, Wing Chun	59 Sword Fish Club	37.00
3	38127 IAZ	Leung, Cheung Wai Ricky	55 Sword Fish Club	37.00
4	10135 IAZ	Mo, Kim Fung Bosco	59 Kwun Tong	39.00
5	06175	Lo, King Man	56 Sea Green	40.00
6	44868 IAZ	Leung, Cheong Chau Stephen	58 Diocesan School	41.00

## Long Course MS Swimming Competition Part 1 - 26/Mar/2023

## Psych Sheet

## 55-59... (Event 3 Men 50 LC Meter Freestyle)

7	05139	Lin, Fulong	56 Flying Fish	NT
<b>60-64</b>				
1	06256	Chan, Kwong Peter	62 Sea Green	33.00
2	07802	Chau, Kam Tim	63 Sea Green	35.00
3	32108 IAX	Chan, Kiu	61 Sword Fish Club	36.00
4	37048 IAZ	Cheung, Wai Chuen Jimmy	60 Sword Fish Club	36.00
5	21023 IAZ	Ho, Kwong Ngai Eric	60 Sword Fish Club	36.00
6	40861 IAZ	Cheung, Chi Ming Rover	60 Sword Fish Club	37.00
7	28339 IAZ	Yim, Chi Yiu	63 New Water Polo	38.00
8	45198 IAZN	Lam, Tsz Kiu Goldie	61 Sea Green	38.00
9	45930 IAZ	Lo, Wing Kwong	62 Sun Yip	38.00
10	41007 IAZ	So, Man Sing	62 Sea Green	39.00
11	20636 IAZ	Pang, Seung Chiu	64 Lai Tsun	44.00
12	41426 IAZ	Tang, Yu Hang Francis	62 Tung Sing	52.00
13	44359 IAZ	Lee, Chi Wai	64 Kornhill	52.24
<b>65-69</b>				
1	14555 @IAX	Tang, Kon Leong	67 Sword Fish Club	32.00
2	05071	Choi, Tony	65 LRC	33.90
3	45199 IAZ	Fok, Siu Por	65 Juan Hua Club	37.74
4	06281	Fung, Kam Tai	68 Sword Fish Club	39.00
5	06388	Lau, Man Kin	69 Sword Fish Club	40.00
6	06187	Kan, Kai Kwong	68 Sea Green	49.00
7	19292 IAX	Leung, Fu Keung	69 Sea Green	49.00
8	48753 IAX	Fung, Sik Tong	67 Sea Green	50.00
<b>70-74</b>				
1	06268	Tse, Kwok Piu	72 Sword Fish Club	34.00
2	41729 IAZ	Ko, Leung Hung Alex	71 Diocesan School	38.00
3	45624 IAZ	Mok, Hin Ming	73 Lai Tsun	39.00
4	06389	Chan, Hong Wah	70 New Water Polo	39.00
5	05917	Yong, Khin Syn	74 Sword Fish Club	44.00
6	06192	Chu, Shui Yi	72 Sea Green	45.00
7	44788 IAZ	Chui, Hong Sheung	74 Diocesan School	46.00
8	11563	Lee, Kwok Hung	70 Sword Fish Club	50.00
9	04504 IAO	Yura, Tadami	71 Sword Fish Club	56.00
<b>75-79</b>				
1	44756 IAZ	Lo, Che Hung	75 Lai Tsun	42.00
2	09171	Chan, Ying Chi	77 Sword Fish Club	47.00
3	09891	Wong, Chiu Shun	76 Sword Fish Club	50.00
4	03845	Tin, Sheung Kwai	76 New Water Polo	58.01
5	49541 @IAXN	Yang, Victor	78 Diocesan School	NT
<b>80-84</b>				
1	38301 IAX	Cheung, Hao Yen	80 Lai Tsun	54.00
2	23959 IAZ	Chiu, Chin Hung	83 Kornhill	1:08.76
<b>85-89</b>				
1	05407	Lee, She Kwok	85 Sword Fish Club	49.00
2	15490	Law, Kwai Fong	87 Sword Fish Club	1:03.00

**Long Course MS Swimming Competition Part 1 - 26/Mar/2023**

**Psych Sheet**

**Event 4 Women 50 LC Meter Freestyle**

<b>18-24 MSR:</b>	<b>28.20</b>
<b>25-29 MSR:</b>	<b>27.70</b>
<b>30-34 MSR:</b>	<b>28.58</b>
<b>35-39 MSR:</b>	<b>28.65</b>
<b>40-44 MSR:</b>	<b>28.17</b>
<b>45-49 MSR:</b>	<b>30.12</b>
<b>50-54 MSR:</b>	<b>29.99</b>
<b>55-59 MSR:</b>	<b>32.17</b>
<b>60-64 MSR:</b>	<b>34.16</b>
<b>65-69 MSR:</b>	<b>35.01</b>

	<b>ID#</b>	<b>Name</b>	<b>Age</b>	<b>Team</b>	<b>Seed Time</b>
<b>18-24... (Event 4 Women 50 LC Meter Freestyle)</b>					
1	27376 IAZ	Lee, Wai Ki	23	Kwan Hung	35.00
2	22604 #IAZ	Ng, Yuen Ying	24	Kwan Hung	35.00
3	42441 IAZ	Pang, Sze Wing	19	Kwan Hung	35.00
4	49846 IAZ	Li, Hong Yu Kanas	20	Pacific	35.00
5	49847 IAZ	Li, Ka Yu Karen	21	Pacific	35.00
6	49026 IAZ	Lee, Wing Tung Ita	24	New Water Polo	40.00
<b>25-29</b>					
1	11864 B	Chow, Tsz Hei	26	Crest Ray	28.00
2	46331 @ICO	Brueck, Hannah Madeleine	27	Fastlane Swimming	30.50
3	09413 B	Fang, Ka Ying	28	Eastern Winter	33.00
<b>30-34</b>					
1	03730 IBZ	Li, Jamie	31	Kwan Hung	31.00
2	39995 IAS	Cheong, Sut Ieng	31	Sword Fish Club	34.00
3	01441	Yeung, Hiu Ching Judy	32	New Water Polo	35.00
4	50163 IAZ	Yim, Man Ting	34	Flying Fish	39.00
5	28004 IAZ	Kwan, Ka Wan	30	Tung Sing	45.00
<b>35-39</b>					
1	02131	Tsang, Ting Yan Tania	37	LRC	31.12
2	03399 ICZ	Suen, Ka Yi	36	New Water Polo	33.00
3	50102 IAO	Li, Jacqueline Hsuanying	36	Fastlane Swimming	34.50
4	43390 ICO	Wong, Sook Leng	35	Hoi Fung	36.54
5	35921 IAZ	Lui, Yick Ling	37	Kornhill	37.07
6	43489 @IAXN	Wehl Kwok, Hiu Chin June	37	LRC	37.40
7	13384 ICZ	Lee, May Sze Mei	36	New Water Polo	58.00
8	00777 IBZ	Tse, Yu Ting	37	New Water Polo	58.00
<b>40-44</b>					
1	08977	Ho, Yee Yun Rosalind	44	Current Club Ltd	33.92
2	44676 IAZ	Lam, Sze Wai Jacqueline	43	Jockey Club	35.00
3	05101	Li, Hiu Fai	41	Sword Fish Club	42.00
4	39979 IAZ	Lam, Ling Wai Jessica	44	Lai Tsun	43.00
<b>45-49</b>					
1	46247 @IAO	Krkalo, Shauna Kathleen	45	LRC	28.17
2	36434 IAZ	Lam, Wing Yan Jada	49	Jockey Club	34.00
<b>50-54</b>					
1	33517 IAO	Yamaguchi, Mika	51	Fastlane Swimming	30.00
2	50110 IAZ	Chow, Yin Wei Nora	51	New Water Polo	37.00
3	35969 IAX	Wang, Ying Lian	51	Tung Sing	40.27
4	31395 IAZ	Chan, Pui Ling	53	Flying Fish	41.00
5	49429 IAZ	Choy, Yee Ling Elina Elain	54	New Water Polo	41.00
6	47040 @IAX	Zou, Shengling	52	Tung Sing	44.00
7	43063 @IAO	Wong, Rose	53	LRC	48.03
8	06349	Ip, Oi Wa Wendy	51	Sword Fish Club	50.00
9	48201 IAZ	Poon, Nga Yi	50	Tolo Harbour	50.00
10	50159 @IAX	Yang, Meng Fei	50	Sword Fish Club	55.00

**Long Course MS Swimming Competition Part 1 - 26/Mar/2023**

**Psych Sheet**

**50-54... (Event 4 Women 50 LC Meter Freestyle)**

11	44304 IAX	Choi, Shan Shan	51	Sword Fish Club	1:00.00
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**55-59**

1	40907 IAZ	Lai, Shui Nin Ingrid	56	YMCA OF Hong Kong	33.00
2	06350	Fu, Mui	55	Kwun Tong	35.00
3	40575 IAO	Chan, San Ngah	55	Fastlane Swimming	39.00
4	26254 IAX	Ng, Kong Ching	58	New Water Polo	40.00
5	48634 IAZ	Cheung, Wing Yee	57	New Water Polo	42.00
6	16303	Rana, Naomi	57	LRC	43.48
7	29831 IAZ	Lowe, Yeuk Ling Dilys	59	Sword Fish Club	55.00
8	23323 IAZ	Tam, Choi Ping Scalene	58	New Water Polo	59.00
9	44303 IAZ	Lam, Man Lai	57	Sword Fish Club	1:10.00

**60-64**

1	05190	Ho, Wan Sai Rita	61	Flying Fish	39.50
2	41423 IAZ	Chiu, Pauline	61	Tung Sing	40.00
3	34668 IAZ	Tang, Pik Ha	63	New Water Polo	50.00
4	22428 IAZ	Lau, Yuk Lin Rocky	61	Sea Green	50.00
5	20640 IAZ	Wong, Fung Yee	63	Sword Fish Club	52.00
6	17891 IAZ	Chan, Siu Ying	62	Sword Fish Club	1:02.00

**65-69**

1	03503	Castka, Gillian Hancer	67	Sword Fish Club	40.00
2	02711	Fok, Wai Fung	65	Wong Tai Sin	52.10
3	43980	Zhang, Jun	65	New Water Polo	59.00
4	06127	Lau, Wai Lin	67	New Water Polo	1:05.00
5	23957 IAX	Yeung, Tun Lim Lily	66	Sword Fish Club	1:05.00
6	49428 IAX	Leong, Sao Fan	66	New Water Polo	1:10.00
7	26079 IAZN	Fan, Wan Kei	66	Hoi Fung	1:11.00

**70-74**

1	22852 ICX	Bai, Xiufen	72	Sword Fish Club	40.00
2	07440	Yip, Lai Kuen	72	Lai Tsun	59.80

**75-79**

1	32571 IAZ	Chan, Pui Yee	79	Sword Fish Club	1:00.00
2	02365	Chow, So Kam	78	Kwun Tong	1:10.00
3	08936	Leong, Kuai Heng	77	New Water Polo	1:12.00

**80-84**

1	06372 IAZ	Leung, Mabel Yuen Ying	81	Sword Fish Club	53.00
2	13262	Kwong, Shuet Hing	83	Wong Tai Sin	1:12.20

**85-89**

1	06144	Mak, Suet Man	86	Sea Green	1:10.00
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**Event 5 Men 100 LC Meter Butterfly**

18-24 MSR: 59.53  
 25-29 MSR: 59.26  
 30-34 MSR: 58.66  
 35-39 MSR: 59.58  
 40-44 MSR: 59.49  
 45-49 MSR: 1:00.90  
 50-54 MSR: 1:04.49  
 55-59 MSR: 1:11.94  
 60-64 MSR: 1:15.51  
 65-69 MSR: 1:41.99

	ID#	Name	Age	Team	Seed Time
<b>18-24</b>					
1	28439 IAZ	Cheng, Kam Fung	19	Current Club Ltd	59.28
2	50181 @^ICO	Zheng, Jiale	19	Kwun Tong	1:06.00
3	24279 IAZ	Au, Chung Yin	23	Kwun Tong	1:08.00
4	49792 @ICO	Phu, Alex	23	Current Club Ltd	1:10.00
5	19958 IAZ	Wong, Ting Toh	24	Kwan Hung	1:30.00
6	20997 B	Yung, Cheuk Long Charlie	24	Kwan Hung	1:30.00

**Long Course MS Swimming Competition Part 1 - 26/Mar/2023**

**Psych Sheet**

**18-24... (Event 5 Men 100 LC Meter Butterfly)**

7	41451 IAZ	Kwan, Wing Hin	19 Crest Ray	NT
<b>25-29</b>				
1	15423 IAZ	Cheung, Yau Ming	26 Diocesan School	57.00
2	19797 IAZ	So, Pak Hin Nico	26 Flying Fish	1:04.00
3	15262 B	Cheng, Yuan Andrew	26 Kwun Tong	1:12.00
4	16201 B	Kwok, Yuk Hang	27 Kwun Tong	1:12.00
<b>30-34</b>				
1	43276 ICO	Gattegno, Julien	31 Fastlane Swimming	1:10.00
2	02021 IBZ	Chow, Man Ho	33 Kwan Hung	1:10.00
3	00385	Cheng, Pong Man Reuben	34 Flying Fish	1:13.00
4	02040	Yei, Tak Sau	34 Flying Fish	1:15.00
5	04048 IBZ	Cheung, Siu Long	32 Hong Kong Police	1:15.00
6	06886 B	Li, Chin Long	33 Eastern Winter	1:20.00
7	14158 #IAZ	Li, Hok Yee Terence	30 New Water Polo	1:20.00
8	33387 IAO	Wu, Kenneth Yee Lok	32 Sword Fish Club	1:22.00
9	02133 IAZ	Turner, Sebastian	32 Kwun Tong	1:25.00
10	48262 IAZ	Quan, Wing Yeung Marwick	33 Sword Fish Club	1:30.00
11	49512 IAZ	Ho, Chung	34 Crest Ray	NT
12	10028 IBZ	Tsien, Hanson	30 Crest Ray	NT
<b>35-39</b>				
1	44302 ICO	Boas, Michael Joel	38 Fastlane Swimming	1:11.29
2	03017 ICZ	Chan, Yau Chuen	37 Hong Kong Police	1:15.00
3	22420 IAZ	Chan, Chi Ming	37 Kwun Tong	1:20.00
4	03713 IBZ	Tang, Chee Kit	37 Diocesan School	1:35.00
<b>40-44</b>				
1	46248 @ICO	O' Neill, Donal Thomas	43 LRC	1:04.00
2	44769 ICO	Sharp, Braedon	40 Hong Kong Footba	1:07.00
3	35790 ICO	Launay, Thomas	44 LRC	1:15.60
4	49497 @ICO	Macceod, Andrew Ian	44 LRC	1:16.20
5	16711 IAZ	Leung, Cheuk Yin Kenny	43 Diocesan School	1:35.00
6	10317	Ng, Ka Wing	43 Diocesan School	1:35.00
7	01948 ICZ	Tang, Ho Yuen	41 Diocesan School	1:57.00
8	18880 IAZ	Chan, Ho Wai Howard	42 Sun Yip	2:00.00
<b>45-49</b>				
1	27471 ICO	Nortje, Craig Andrew	45 Hong Kong Footba	1:00.00
2	02366	Li, Ka Wing	49 Kwun Tong	1:20.00
3	46505 IAZ	Chang, Lambert Jen Hsiung	48 Fastlane Swimming	1:28.00
4	05160	Chan, Ka Wo	46 Diocesan School	1:40.00
5	24603 IAZ	Hung, Ka Ming	48 YMCA OF Hong Kong	1:45.00
<b>50-54</b>				
1	06310	Chan, Fung Sun	50 Kwun Tong	1:20.00
2	25592 IAZ	Cheung, Wai Kei	51 Flying Fish	1:26.00
3	21008 IAZ	Cheung, Chun Kwan Michael	50 Wong Tai Sin	1:30.00
4	42085 IAZ	Lee, Hon Lun Philip	51 Sword Fish Club	1:45.00
5	15166	Leung, Chi Keung	51 Sun Yip	2:00.00
6	17701 IAZ	Lee, Chor Fu	54 Wong Tai Sin	3:00.00
<b>55-59</b>				
1	35313 IAZ	Pong, Chiu Yee Dario	55 LRC	1:40.00
2	26594 IAZ	Ching, Wai Kin	59 Sword Fish Club	1:46.67
3	22433 IAZ	Lui, Man Pong	58 New Water Polo	1:50.00
4	39982 IAZ	Chow, Wing Chun	59 Sword Fish Club	1:50.00
5	24602 IAZ	Li, Ka Wing Peter	58 Sea Green	1:51.00
6	38127 IAZ	Leung, Cheung Wai Ricky	55 Sword Fish Club	1:56.00
7	38291 IAZ	Liu, Chun Sing	57 Sword Fish Club	2:00.00
8	31109 IAZ	Chan, Ping Yan Bryan	57 Hoi Fung	2:10.15
9	05139	Lin, Fulong	56 Flying Fish	NT
<b>60-64</b>				
1	05191	Koo, Yu Fat Marcus	61 Flying Fish	1:15.00

**Long Course MS Swimming Competition Part 1 - 26/Mar/2023**

**Psych Sheet**

**60-64... (Event 5 Men 100 LC Meter Butterfly)**

2	06336	Tse, Siu Kin	61	Sword Fish Club	1:26.00
3	32520 IAX	Lam, Hoi	64	New Water Polo	2:00.00
4	13979	Lee, Sing Tim	62	Lai Tsun	2:12.00
5	07802	Chau, Kam Tim	63	Sea Green	3:50.00

**65-69**

1	03215 IAZ	Leung, Yiu Chuen	65	Sun Yip	1:25.00
2	06331 ICZ	Ma, Etienne	66	YMCA OF Hong Kong	1:35.00
3	17956 IAZ	Chau, Kim Fai	66	Sword Fish Club	1:45.00
4	06176	Wong, Kung Wan	67	Sea Green	2:00.00
5	06239	Chan, King Yuen	68	Lai Tsun	2:10.00
6	06187	Kan, Kai Kwong	68	Sea Green	3:50.00
7	44839 IAXN	Hou, Ting Fun Stephen	69	Hoi Tin	5:00.00

**70-74**

1	43979	Qi, Songhe	74	New Water Polo	1:59.00
2	22182 IAZ	Ngai, Yin Leung	74	Sword Fish Club	2:07.00
3	06243	Koo, Choi Fat	73	Wong Tai Sin	2:25.00
4	11563	Lee, Kwok Hung	70	Sword Fish Club	2:30.00

**75-79**

1	23297 IAZ	Chan, Shing Chi	75	Lai Tsun	2:10.00
2	06274	Wong, Yau Chuen	77	Sword Fish Club	2:30.00

**Event 6 Women 100 LC Meter Butterfly**

- 18-24 MSR: 1:13.91**
- 25-29 MSR: 1:08.66**
- 30-34 MSR: 1:10.44**
- 35-39 MSR: 1:13.49**
- 40-44 MSR: 1:13.55**
- 45-49 MSR: 1:12.50**
- 50-54 MSR: 1:14.85**
- 55-59 MSR: 1:31.44**
- 60-64 MSR: 1:49.51**
- 65-69 MSR: 1:48.29**

	ID#	Name	Age	Team	Seed Time
<b>18-24</b>					
1	20969 IAZ	Lui, Wing Lam	21	Kwun Tong	1:28.00
2	38175 IAZ	Leung, Ka Yi	19	Tolo Harbour	1:35.00
<b>25-29</b>					
1	09413 B	Fang, Ka Ying	28	Eastern Winter	1:17.00
2	08727 B	Hung Yuen Ching, Moose Culle	27	New Water Polo	2:00.00
<b>30-34</b>					
1	01262	Mau, Lok Yan Eunice	30	Current Club Ltd	1:20.00
2	01441	Yeung, Hiu Ching Judy	32	New Water Polo	1:20.00
3	06577 IBZ	Leung, Wei Yan	33	Sword Fish Club	1:39.00
4	28004 IAZ	Kwan, Ka Wan	30	Tung Sing	2:00.00
<b>35-39</b>					
1	01652 IBZ	Lau, Hok Lam	36	Pacific	1:20.00
2	42712 IAZ	Chan, Hiu Ying	39	Real Kinetic	1:40.00
3	35921 IAZ	Lui, Yick Ling	37	Kornhill	1:41.88
4	41684 IAZ	Leung, Wing Yin Winnie	39	Hoi Fung	1:55.26
<b>40-44</b>					
1	49442 IAZ	Chan, Yuk Man Phoebe	44	Sword Fish Club	1:20.00
2	30072 ICW	Chao, Man Chi	44	New Water Polo	2:00.00
3	45041 IAZ	Fung, Cheuk Ching Candy	41	Hoi Fung	2:10.40
4	06304 ICZ	Cheung, Man Yiu	44	Sea Green	2:15.00
<b>55-59</b>					
1	12894	Lee, Wai Yee Stella	57	Hoi Fung	1:57.30
2	23323 IAZ	Tam, Choi Ping Scalene	58	New Water Polo	1:59.00
3	40575 IAO	Chan, San Ngah	55	Fastlane Swimming	2:30.00

## Long Course MS Swimming Competition Part 1 - 26/Mar/2023

## Psych Sheet

## 60-64... (Event 6 Women 100 LC Meter Butterfly)

1	26049 IAZ	Kirkwood, Tain Mhaira	60	LRC	1:40.00
2	45187 IAX	Chan, On Mei	60	Sword Fish Club	2:21.00
3	16533	Wong, Shun Ying	64	Sea Green	3:05.00

## 65-69

1	06355	Lo, Lai Yung	68	New Water Polo	2:40.00
2	23957 IAX	Yeung, Tun Lim Lily	66	Sword Fish Club	3:40.00

## 75-79

1	02365	Chow, So Kam	78	Kwun Tong	3:00.00
2	08936	Leong, Kuai Heng	77	New Water Polo	3:39.00

## Event 7 Men 50 LC Meter Backstroke

18-24 MSR: 28.26

25-29 MSR: 27.65

30-34 MSR: 29.77

35-39 MSR: 30.38

40-44 MSR: 29.49

45-49 MSR: 30.37

50-54 MSR: 30.97

55-59 MSR: 32.57

60-64 MSR: 33.94

65-69 MSR: 35.70

	ID#	Name	Age	Team	Seed Time
<b>18-24</b>					
1	28439 IAZ	Cheng, Kam Fung	19	Current Club Ltd	28.52
2	20968 B	Ho, Sze Ming	22	Diocesan School	29.00
3	38185 IAZ	Chen, Yuk	19	Tolo Harbour	30.00
4	22513 IAZ	Tang, Cheuk Yan	23	Kwun Tong	32.00
5	17615 IAZ	Kong, Man Pok	23	Tolo Harbour	32.00
6	29508 IAZ	Tsang, Pak Ho	20	Tolo Harbour	32.00
7	48045 IAZ	Lo, Tsz Wang	20	Kwun Tong	35.00
8	29946 B	Yip, Shun Kit	21	Current Club Ltd	35.18
9	27803 B	Fan, Ka Ming	24	Current Club Ltd	37.65
10	15351 IAZ	Chang, Jaw Ting	22	Pacific	38.50
11	29520 IAZ	Chui, Yu Hin	23	Pacific	38.50
<b>25-29</b>					
1	15423 IAZ	Cheung, Yau Ming	26	Diocesan School	27.00
2	23365 IAZ	Chan, Wai Kwan	25	Tolo Harbour	32.00
3	10409 IAZ	Lam, Chin Chun	26	Tolo Harbour	32.00
4	24728 IAZ	Chan, Wing Fa	26	Eastern Winter	33.00
5	15262 B	Cheng, Yuan Andrew	26	Kwun Tong	33.00
6	16201 B	Kwok, Yuk Hang	27	Kwun Tong	35.00
7	08246 IAZ	Kwok, Chun Lok	29	Kwan Hung	36.00
<b>30-34</b>					
1	05567 #B	Yeung, Sze Hon	30	Crest Ray	34.00
2	06886 B	Li, Chin Long	33	Eastern Winter	34.00
3	19408 IAZ	Chan, Yue Yat	30	Sword Fish Club	35.00
4	48262 IAZ	Quan, Wing Yeung Marwick	33	Sword Fish Club	37.00
5	04048 IBZ	Cheung, Siu Long	32	Hong Kong Police	38.00
6	33387 IAO	Wu, Kenneth Yee Lok	32	Sword Fish Club	39.00
7	49546 @ICO	Ly, Jonathan	31	Kwun Tong	40.00
8	02726 IAZ	Hsieh, Ernie Yat Yeung	30	Diocesan School	NT
9	05854 IAZ	Cho, Wai Ching	32	Flying Fish	NT
<b>35-39</b>					
1	00444	Lam, Yau Sun Dickson	38	Diocesan School	30.00
2	03713 IBZ	Tang, Chee Kit	37	Diocesan School	34.00
3	42367 IAO	Chow, Chun Yin	37	Diocesan School	35.00
4	48158 IAZ	Lee, Sung Hai Hysan	39	Diocesan School	38.00

**Long Course MS Swimming Competition Part 1 - 26/Mar/2023**

**Psych Sheet**

**35-39... (Event 7 Men 50 LC Meter Backstroke)**

5	23298 IAZ	Li, Cheuk Bun	38 Wong Tai Sin	45.00
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**40-44**

1	46248 @ICO	O' Neill, Donal Thomas	43 LRC	28.14
2	44769 ICO	Sharp, Braedon	40 Hong Kong Footba	33.00
3	49498 @IAO	Dunwoody, Ross William	42 LRC	33.86
4	49497 @ICO	Macceod, Andrew Ian	44 LRC	35.51
5	09165	Cheung, Siu Fung	40 Lai Tsun	36.00
6	50090 @IAO	Motoyama, Taichiro	43 Pacific	38.50
7	40107 IAZ	Chan, Falcon	44 Lai Tsun	40.00
8	01948 ICZ	Tang, Ho Yuen	41 Diocesan School	41.00
9	49027 IAZ	Ng, Fung Kei	43 Sword Fish Club	42.00
10	12176 ICZ	Ng, Siu Yu	41 Sword Fish Club	42.00
11	10317	Ng, Ka Wing	43 Diocesan School	45.00
12	03793 ICZ	Po, Tik San	41 New Water Polo	45.00
13	42222 IAZ	Yick, Tsip Lam	40 Sword Fish Club	45.00
14	23119 IAZ	Chan, Ying Tsung Bosco	42 Sword Fish Club	1:00.00

**45-49**

1	27471 ICO	Nortje, Craig Andrew	45 Hong Kong Footba	32.00
2	28860 IEX	Lin, Qingzhan	49 Sword Fish Club	34.00
3	46474 @ICO	Dynon, James Francis	47 LRC	35.27
4	37671 @ICO	Stamenovic, Ivan	47 LRC	35.76
5	36554 ICO	Wolfers, Lachlan Robert	49 Hong Kong Footba	38.00
6	05160	Chan, Ka Wo	46 Diocesan School	40.00
7	02366	Li, Ka Wing	49 Kwun Tong	40.00
8	42737 IAZ	So, Ma Loi	47 Sword Fish Club	44.00
9	06227	Wong, Kam Tat	49 Sea Green	45.00
10	24603 IAZ	Hung, Ka Ming	48 YMCA OF Hong Kong	45.00
11	48593 IAZ	Cheng, Wai Leung	46 Sword Fish Club	49.00

**50-54**

1	06711	Leung, Tsz Kin	51 New Water Polo	37.81
2	27451 IAZ	Yip, Kin Man Stephen	53 Kwun Tong	38.00
3	30710 IAZ	Lai, Kin Sun	53 Flying Fish	39.00
4	48285 IAZ	Wan, Hong Yin Edmund	52 Hong Kong Footba	39.64
5	28518 IAZ	Yau, Wo Fung	51 Kwun Tong	40.00
6	05273	Poon, Ho Keung Danny	53 Flying Fish	40.23
7	43158 IAZ	Chan, Tin Lung	54 Lai Tsun	43.00
8	27868 IAZ	Chan, Chi Wah Ringo	51 Sword Fish Club	45.00
9		Chua, Anthony	54 Vas Team	X49.99
10	21008 IAZ	Cheung, Chun Kwan Michael	50 Wong Tai Sin	50.00
11	35711 IAX	Wong, Fuk Kei	54 Sword Fish Club	55.00

**55-59**

1	35313 IAZ	Pong, Chiu Yee Dario	55 LRC	37.29
2	41548 IAZ	Ip, Ka Keung Patrick	55 Hong Kong Footba	39.00
3	43144	Xiao, Donghong	57 New Water Polo	42.00
4	05139	Lin, Fulong	56 Flying Fish	43.08
5	18856 IAZ	Au, Mun Shing	58 Sword Fish Club	44.00
6	22433 IAZ	Lui, Man Pong	58 New Water Polo	45.00
7	21736 IAM	Lo, Lai Tou	55 Sword Fish Club	46.00
8	25579 IAZ	Leung, Tak Sing	57 Hoi Fung	46.30
9	29472 IAZN	Choi, Kwok Man Tony	57 Sword Fish Club	48.00
10	39982 IAZ	Chow, Wing Chun	59 Sword Fish Club	48.00
11	06175	Lo, King Man	56 Sea Green	49.00
12	38127 IAZ	Leung, Cheung Wai Ricky	55 Sword Fish Club	59.00
13	40840 IAZ	Ng, Ka Yiu Karl	59 Diocesan School	NT

**60-64**

1	06336	Tse, Siu Kin	61 Sword Fish Club	38.00
2	21023 IAZ	Ho, Kwong Ngai Eric	60 Sword Fish Club	44.00
3	37048 IAZ	Cheung, Wai Chuen Jimmy	60 Sword Fish Club	47.00

**Long Course MS Swimming Competition Part 1 - 26/Mar/2023**

**Psych Sheet**

**60-64... (Event 7 Men 50 LC Meter Backstroke)**

4	40942 P	He, Gaoxiong	61	New Water Polo	48.00
5	07802	Chau, Kam Tim	63	Sea Green	49.00
6	40861 IAZ	Cheung, Chi Ming Rover	60	Sword Fish Club	55.00
7	25226 IAZ	Choi, Tai Wing	62	Sword Fish Club	55.00

**65-69**

1	03215 IAZ	Leung, Yiu Chuen	65	Sun Yip	38.00
2	14555 @IAX	Tang, Kon Leong	67	Sword Fish Club	43.00
3	06281	Fung, Kam Tai	68	Sword Fish Club	46.00
4	06388	Lau, Man Kin	69	Sword Fish Club	49.00
5	49915 @IAX	Tai, Yu Chung	65	New Water Polo	50.00
6	06187	Kan, Kai Kwong	68	Sea Green	50.00
7	26318	Suen, Chi Wing	69	Sword Fish Club	51.00
8	48753 IAX	Fung, Sik Tong	67	Sea Green	55.00

**70-74**

1	06192	Chu, Shui Yi	72	Sea Green	49.00
2	06389	Chan, Hong Wah	70	New Water Polo	55.00
3	44788 IAZ	Chui, Hong Sheung	74	Diocesan School	1:00.00

**75-79**

1	03845	Tin, Sheung Kwai	76	New Water Polo	37.82
2	44756 IAZ	Lo, Che Hung	75	Lai Tsun	50.00
3	06274	Wong, Yau Chuen	77	Sword Fish Club	1:08.00
4	10274	Lau, Chun Nung	77	Lai Tsun	1:10.00

**80-84**

1	38301 IAX	Cheung, Hao Yen	80	Lai Tsun	1:11.00
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**85-89**

1	05407	Lee, She Kwok	85	Sword Fish Club	1:00.00
2	15490	Law, Kwai Fong	87	Sword Fish Club	1:20.00

**Event 8 Women 50 LC Meter Backstroke**

<b>18-24 MSR:</b>	<b>31.58</b>
<b>25-29 MSR:</b>	<b>32.98</b>
<b>30-34 MSR:</b>	<b>32.81</b>
<b>35-39 MSR:</b>	<b>34.04</b>
<b>40-44 MSR:</b>	<b>34.40</b>
<b>45-49 MSR:</b>	<b>35.08</b>
<b>50-54 MSR:</b>	<b>35.58</b>
<b>55-59 MSR:</b>	<b>43.53</b>
<b>60-64 MSR:</b>	<b>46.26</b>
<b>65-69 MSR:</b>	<b>42.89</b>

	ID#	Name	Age	Team	Seed Time
<b>18-24</b>					
1	42441 IAZ	Pang, Sze Wing	19	Kwan Hung	35.00
2	17201 B	Tse, Hiu Tung	24	Kwan Hung	35.00
3	20969 IAZ	Lui, Wing Lam	21	Kwun Tong	38.00
4	49846 IAZ	Li, Hong Yu Kanas	20	Pacific	39.00
5	49847 IAZ	Li, Ka Yu Karen	21	Pacific	45.00
<b>30-34</b>					
1	01262	Mau, Lok Yan Eunice	30	Current Club Ltd	34.15
2	01441	Yeung, Hiu Ching Judy	32	New Water Polo	35.00
3	28004 IAZ	Kwan, Ka Wan	30	Tung Sing	48.00
<b>35-39</b>					
1	02131	Tsang, Ting Yan Tania	37	LRC	35.79
2	03399 ICZ	Suen, Ka Yi	36	New Water Polo	40.00
3	42712 IAZ	Chan, Hiu Ying	39	Real Kinetic	49.00
4	43390 ICO	Wong, Sook Leng	35	Hoi Fung	55.12
5	41684 IAZ	Leung, Wing Yin Winnie	39	Hoi Fung	56.20
6	13384 ICZ	Lee, May Sze Mei	36	New Water Polo	1:05.00

## Long Course MS Swimming Competition Part 1 - 26/Mar/2023

## Psych Sheet

## 40-44... (Event 8 Women 50 LC Meter Backstroke)

1	05101	Li, Hiu Fai	41	Sword Fish Club	44.00
2	44676 IAZ	Lam, Sze Wai Jacqueline	43	Jockey Club	45.00
3	08977	Ho, Yee Yun Rosalind	44	Current Club Ltd	45.69
4	30072 ICW	Chao, Man Chi	44	New Water Polo	1:00.00

## 45-49

1	46247 @IAO	Krkalo, Shauna Kathleen	45	LRC	34.94
2	06315	Chan, Sui Yee	47	LRC	44.18
3	36434 IAZ	Lam, Wing Yan Jada	49	Jockey Club	45.00
4	45139 IAZ	Tai, Kwan Yee	46	Hoi Fung	51.00
5	46181 IAZ	Ng, Yan Yan Bandy	47	Tung Sing	1:00.00

## 50-54

1	49429 IAZ	Choy, Yee Ling Elina Elain	54	New Water Polo	50.00
2	38302 IAZ	Cheung, Man Ling Melody	51	Lai Tsun	55.00
3	47040 @IAX	Zou, Shengling	52	Tung Sing	55.00
4	31395 IAZ	Chan, Pui Ling	53	Flying Fish	58.00
5	35772 IAX	Ban, Xianhai	51	New Water Polo	1:00.00
6	48393 IAZ	Leung, Lin Pik Stella	52	Hoi Fung	1:05.00

## 55-59

1	40907 IAZ	Lai, Shui Nin Ingrid	56	YMCA OF Hong Kong	43.00
2	06350	Fu, Mui	55	Kwun Tong	45.00
3	26254 IAX	Ng, Kong Ching	58	New Water Polo	48.00
4	40575 IAO	Chan, San Ngah	55	Fastlane Swimming	49.50
5	16303	Rana, Naomi	57	LRC	54.46
6	06337	Tse, Yee Wah	57	YMCA OF Hong Kong	55.00
7	43083 ICO	Allard, Christine Skowronski	57	Hoi Fung	55.25
8	29831 IAZ	Lowe, Yeuk Ling Dilys	59	Sword Fish Club	1:10.00

## 60-64

1	05190	Ho, Wan Sai Rita	61	Flying Fish	49.09
2	34668 IAZ	Tang, Pik Ha	63	New Water Polo	50.00
3	20640 IAZ	Wong, Fung Yee	63	Sword Fish Club	1:00.00
4	16533	Wong, Shun Ying	64	Sea Green	1:17.00

## 65-69

1	19290 IAX	Tseung, Nga Wah	66	Sword Fish Club	50.00
2	06355	Lo, Lai Yung	68	New Water Polo	55.00
3	03503	Castka, Gillian Hancer	67	Sword Fish Club	1:00.00
4	06127	Lau, Wai Lin	67	New Water Polo	1:10.00
5	23957 IAX	Yeung, Tun Lim Lily	66	Sword Fish Club	1:10.00
6	26079 IAZN	Fan, Wan Kei	66	Hoi Fung	1:12.00
7	02711	Fok, Wai Fung	65	Wong Tai Sin	1:15.00
8	49428 IAX	Leong, Sao Fan	66	New Water Polo	1:20.00
9	43980	Zhang, Jun	65	New Water Polo	1:28.00

## 70-74

1	22852 ICX	Bai, Xiufen	72	Sword Fish Club	44.00
2	07440	Yip, Lai Kuen	72	Lai Tsun	1:13.00

## 75-79

1	02365	Chow, So Kam	78	Kwun Tong	1:10.00
2	32571 IAZ	Chan, Pui Yee	79	Sword Fish Club	1:20.00
3	06357	Suen, Ming Chu	75	Sword Fish Club	1:20.00

## 80-84

1	06374	Wong, Jim	82	Sword Fish Club	1:10.00
2	06372 IAZ	Leung, Mabel Yuen Ying	81	Sword Fish Club	1:16.00
3	13262	Kwong, Shuet Hing	83	Wong Tai Sin	1:43.08

## 85-89

1	06144	Mak, Suet Man	86	Sea Green	1:19.00
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**Long Course MS Swimming Competition Part 1 - 26/Mar/2023**

**Psych Sheet**

**Event 9 Men 4x50 LC Meter Freestyle Relay**

- 100-119 MSR: 1:36.96
- 120-159 MSR: 1:40.03
- 160-199 MSR: 1:41.91
- 200-239 MSR: 1:52.52
- 240-279 MSR: 2:02.09
- 280-319 MSR: 2:18.05
- 320-359 MSR: 3:09.80

	Team	Relay	Seed Time
<b>100-119... (Event 9 Men 4x50 LC Meter Freestyle Relay)</b>			
1	HK Flying Fish Athletic Assn	M100 A	NT
2	Diocesan School Old Boys' Assn	M100 A	NT
<b>120-159</b>			
1	Kwun Tong Swimming Club	M120 A	1:50.00
2	Sword Fish Club	M120 A	2:15.00
3	New Water Polo Club	M120 A	NT
4	Crest Ray Recreation and Sports	M120 A	NT
5	Diocesan School Old Boys' Assn	M120 A	NT
<b>160-199</b>			
1	Kwun Tong Swimming Club	M160 A	2:10.00
2	Wong Tai Sin District L.S. S.	M160 A	2:10.00
3	Sword Fish Club	M160 A	2:30.00
4	Ladies' Recreation Club	M160 A	NT
5	New Water Polo Club	M160 A	NT
6	Diocesan School Old Boys' Assn	M160 A	NT
7	Hong Kong Football Club	M160 A	NT
<b>200-239</b>			
1	Sun Yip Swimming Club	M200 A	2:02.00
2	Hoi Fung Swimming Club	M200 A	2:16.00
3	Sword Fish Club	M200 A	2:45.00
4	Ladies' Recreation Club	M200 A	NT
5	Lai Tsun Swimming Society	M200 A	NT
6	New Water Polo Club	M200 A	NT
7	Sea Green Swimming & L.S. Club	M200 A	NT
8	Diocesan School Old Boys' Assn	M200 A	NT
<b>240-279</b>			
1	Sword Fish Club	M240 A	3:00.00
2	Ladies' Recreation Club	M240 A	NT
3	Lai Tsun Swimming Society	M240 A	NT
4	New Water Polo Club	M240 A	NT
5	Sea Green Swimming & L.S. Club	M240 A	NT
6	Diocesan School Old Boys' Assn	M240 A	NT
<b>280-319</b>			
1	Sword Fish Club	M280 A	3:30.00
2	Lai Tsun Swimming Society	M280 A	NT
3	New Water Polo Club	M280 A	NT
4	Diocesan School Old Boys' Assn	M280 A	NT
<b>320-359</b>			
1	Sword Fish Club	M320 A	4:15.00

Long Course MS Swimming Competition Part 1 - 26/Mar/2023

Psych Sheet

Event 10 Women 4x50 LC Meter Freestyle Relay

100-119 MSR: 1:58.55  
 120-159 MSR: 1:55.57  
 160-199 MSR: 1:58.32  
 200-239 MSR: 2:12.67  
 240-279 MSR: 2:34.06  
 280-319 MSR: 2:42.61

	Team	Relay	Seed Time
<b>100-119... (Event 10 Women 4x50 LC Meter Freestyle Relay)</b>			
1	New Water Polo Club	W100 A	NT
2	Crest Ray Recreation and Sp	W100 A	NT
<b>120-159</b>			
1	New Water Polo Club	W120 A	NT
<b>160-199</b>			
1	Sword Fish Club	W160 A	2:45.00
2	Ladies' Recreation Club	W160 A	NT
3	New Water Polo Club	W160 A	NT
<b>200-239</b>			
1	Hoi Fung Swimming Club	W200 A	2:27.40
2	Sword Fish Club	W200 A	3:15.00
3	Ladies' Recreation Club	W200 A	NT
4	Lai Tsun Swimming Society	W200 A	NT
5	New Water Polo Club	W200 A	NT
6	Tung Sing Athletic Associati	W200 A	NT
<b>240-279</b>			
1	Sword Fish Club	W240 A	3:30.00
2	Ladies' Recreation Club	W240 A	NT
3	New Water Polo Club	W240 A	NT
<b>280-319</b>			
1	Sword Fish Club	W280 A	3:45.00

Event 11 Men 800 LC Meter Freestyle

18-24 MSR: 8:53.89  
 25-29 MSR: 10:07.05  
 30-34 MSR: 9:43.41  
 35-39 MSR: 9:28.64  
 40-44 MSR: 9:30.23  
 45-49 MSR: 9:28.79  
 50-54 MSR: 10:22.08  
 55-59 MSR: 10:38.21  
 60-64 MSR: 11:32.69  
 65-69 MSR: 12:19.01

	ID#	Name	Age	Team	Seed Time
<b>18-24</b>					
1	49792 @ICO	Phu, Alex	23	Current Club Ltd	10:30.00
2	38185 IAZ	Chen, Yuk	19	Tolo Harbour	12:50.00
3	23030 IAZ	Lam, Ho Hin Vincent	22	Pacific	NT
4	23031 IAZ	Lam, Man Hin Andrew	22	Pacific	NT
<b>25-29</b>					
1	08404 #IAZ	Yeung, Sze Chai	27	Crest Ray	12:00.00
2	28554 IAZ	Yeung, Ka Ho Henry	26	Tolo Harbour	13:00.00
3	24728 IAZ	Chan, Wing Fa	26	Eastern Winter	14:25.00
4	40333 IAZ	Lam, Pak Lai	26	Flying Fish	NT
5	47043 IAZ	Lam, Pak Lun	29	Flying Fish	NT
<b>30-34</b>					
1	05296 B	Hui, Chun Hin	30	New Water Polo	9:00.00
2	10309 #IBZ	Leung, Chin Fung	34	New Water Polo	11:00.00
3	39190 IAZ	Lee, Ka Lun	34	New Water Polo	11:30.00

## Long Course MS Swimming Competition Part 1 - 26/Mar/2023

## Psych Sheet

## 30-34... (Event 11 Men 800 LC Meter Freestyle)

4	04048 IBZ	Cheung, Siu Long	32 Hong Kong Police	12:30.00
5	10028 IBZ	Tsien, Hanson	30 Crest Ray	13:00.00
6	09319 IBZ	Chan, Chun Wing	31 New Water Polo	14:33.00
7	46301 IAZ	Lai, Siu In	30 New Water Polo	16:16.00
8	49924 @ICO	Lemaire, Thibaud Christophe	31 Flying Fish	NT
9	02040	Yei, Tak Sau	34 Flying Fish	NT
10	02021 IBZ	Chow, Man Ho	33 Kwan Hung	NT

## 35-39

1	28529 IAO	Wright, Henry Tomas	36 Barracuda	10:40.00
2	03017 ICZ	Chan, Yau Chuen	37 Hong Kong Police	13:00.00
3	00091	Chan, Lok Yan	39 New Water Polo	13:00.00
4	38303 IAZ	Ng, Ho Yin	38 Sun Yip	16:00.00
5	49427 IAZ	Wong, Man Chun	39 New Water Polo	16:16.00

## 40-44

1	03409	Ho, Kin Kan	40 Barracuda	10:40.00
2	49497 @ICO	Macceod, Andrew Ian	44 LRC	10:40.00
3	44769 ICO	Sharp, Braedon	40 Hong Kong Footba	11:00.00
4	48858 @IAO	Kwok, Kendrick Wing-kay	41 Fastlane Swimming	12:50.00
5	09165	Cheung, Siu Fung	40 Lai Tsun	13:00.00
6	42222 IAZ	Yick, Tsip Lam	40 Sword Fish Club	13:30.00
7	47042 IAZ	Ho, Kin Man	42 Sword Fish Club	14:00.00
8	45574 IAZ	Ng, Siu Kwong	41 Sword Fish Club	14:00.00
9	27133 IAZ	Poon, Man Chun	42 Wong Tai Sin	14:45.53
10	49027 IAZ	Ng, Fung Kei	43 Sword Fish Club	14:50.00
11	42708 IAZ	Tang, Wing Chung Jonathan	41 Hoi Fung	15:32.00
12	40558 IAZ	Law, Sai Wo	44 Tolo Harbour	18:18.00
13	38035 IAZ	Mok, Kin Fan	43 Tolo Harbour	18:18.40
14	30399 IAZ	Lam, Shu Wing	40 Flying Fish	NT

## 45-49

1	37671 @ICO	Stamenovic, Ivan	47 LRC	9:48.53
2	17961 ICO	Jones, Simon	47 LRC	10:40.00
3	46165 @ICO	Waters, Andrew Allan	49 AVO	10:50.00
4	04238	Woo, Chun Kuen Douglas	45 LRC	11:05.10
5	46505 IAZ	Chang, Lambert Jen Hsiung	48 Fastlane Swimming	11:30.00
6	40712 ICO	Holliday, Simon Gareth	45 Hong Kong Footba	11:45.00
7	46103 @ICO	Vavrek, Egon	47 Fastlane Swimming	11:45.00
8	06338 IAZ	Wong, Ka Fai	49 Sword Fish Club	12:00.00
9	32283 IAO	Brewster, Simon Grant	46 Hong Kong Footba	12:30.00
10	36554 ICO	Wolfers, Lachlan Robert	49 Hong Kong Footba	12:45.00
11	47461 IAZ	Tse, Ka Fai	49 New Water Polo	16:00.00
12	48665 IAZ	Law, Kwai Sun	48 New Water Polo	16:16.00
13	16451	Cheng, Ngai Bun	45 Kwun Tong	NT
14	47136 @IAO	Williams, Geoff	48 LRC	NT

## 50-54

1	26821 IAZ	Chan, Kwok Chi	52 Sword Fish Club	12:00.00
2	03372	Lau, Allan	50 Sword Fish Club	12:00.00
3	27868 IAZ	Chan, Chi Wah Ringo	51 Sword Fish Club	13:20.00
4	21814 ICO	Mattoli, Enrico Andrea	53 LRC	13:20.35
5	47465 IAZ	Wong, Ka Po Dick	50 New Water Polo	15:54.00
6	35849 IAX	Ku, Kin Hing	50 Hoi Fung	16:12.00
7	15166	Leung, Chi Keung	51 Sun Yip	21:00.00
8	25592 IAZ	Cheung, Wai Kei	51 Flying Fish	NT
9	30710 IAZ	Lai, Kin Sun	53 Flying Fish	NT
10	06310	Chan, Fung Sun	50 Kwun Tong	NT
11	28518 IAZ	Yau, Wo Fung	51 Kwun Tong	NT

## 55-59

1	05138	Lanzone, Francesco	55 Barracuda	10:40.00
2	22512 ICO	Kehoe, Andrew John	58 LRC	12:00.48

**Long Course MS Swimming Competition Part 1 - 26/Mar/2023**

**Psych Sheet**

**55-59... (Event 11 Men 800 LC Meter Freestyle)**

3	41548 IAZ	Ip, Ka Keung Patrick	55	Hong Kong Footba	12:30.00
4	26594 IAZ	Ching, Wai Kin	59	Sword Fish Club	13:54.49
5	29472 IAZN	Choi, Kwok Man Tony	57	Sword Fish Club	16:15.00
6	38291 IAZ	Liu, Chun Sing	57	Sword Fish Club	17:00.00
7	40840 IAZ	Ng, Ka Yiu Karl	59	Diocesan School	NT

**60-64**

1	06256	Chan, Kwong Peter	62	Sea Green	13:55.00
2	40942 P	He, Gaoxiong	61	New Water Polo	15:12.00
3	40861 IAZ	Cheung, Chi Ming Rover	60	Sword Fish Club	15:45.00
4	13979	Lee, Sing Tim	62	Lai Tsun	16:00.00
5	44359 IAZ	Lee, Chi Wai	64	Kornhill	16:30.00
6	32108 IAX	Chan, Kiu	61	Sword Fish Club	18:00.00
7	37048 IAZ	Cheung, Wai Chuen Jimmy	60	Sword Fish Club	18:00.00
8	21023 IAZ	Ho, Kwong Ngai Eric	60	Sword Fish Club	18:00.00
9	36183 IAO	McCarroll, Adrian James	60	Hong Kong Footba	NT
10	05191	Koo, Yu Fat Marcus	61	Flying Fish	NT
11	47656 IAZ	Lau, Che Hung	61	Kwan Hung	NT

**65-69**

1	17956 IAZ	Chau, Kim Fai	66	Sword Fish Club	14:12.00
2	06237	Mok, Chu Piu	66	Lai Tsun	15:00.00
3	41739 IAZ	Ng, Chin Wing	68	Sea Green	15:00.00
4	06239	Chan, King Yuen	68	Lai Tsun	16:10.00
5	26318	Suen, Chi Wing	69	Sword Fish Club	16:30.00
6	44839 IAXN	Hou, Ting Fun Stephen	69	Hoi Tin	25:00.00

**70-74**

1	33115 IAX	Ng, Kan Sing	70	Sword Fish Club	13:13.00
2	06268	Tse, Kwok Piu	72	Sword Fish Club	13:32.00
3	06382	Chan, Kam Por	71	Sword Fish Club	14:30.00
4	43979	Qi, Songhe	74	New Water Polo	15:00.00
5	04504 IAO	Yura, Tadami	71	Sword Fish Club	16:52.00
6	22182 IAZ	Ngai, Yin Leung	74	Sword Fish Club	17:00.00
7	05917	Yong, Khin Syn	74	Sword Fish Club	20:00.00

**75-79**

1	40518 IAZ	Liu, Wing Chiu	75	Tuen Mun	16:15.00
2	06274	Wong, Yau Chuen	77	Sword Fish Club	17:36.00
3	23297 IAZ	Chan, Shing Chi	75	Lai Tsun	18:00.00
4	09891	Wong, Chiu Shun	76	Sword Fish Club	21:00.00

**Event 12 Women 800 LC Meter Freestyle**

- 18-24 MSR: 10:22.03
- 25-29 MSR: 10:50.58
- 30-34 MSR: 10:53.53
- 35-39 MSR: 9:48.87
- 40-44 MSR: 9:42.82
- 45-49 MSR: 10:54.55
- 50-54 MSR: 11:48.01
- 55-59 MSR: 12:32.89
- 60-64 MSR: 14:45.69
- 65-69 MSR: 13:11.38

	ID#	Name	Age	Team	Seed Time
<b>18-24</b>					
1	38175 IAZ	Leung, Ka Yi	19	Tolo Harbour	14:00.00
<b>25-29</b>					
1	08727 B	Hung Yuen Ching, Moose Culle	27	New Water Polo	13:00.00
2	49513 IAZ	To, Yan Wing	27	Crest Ray	16:00.00
3	47460 IAZ	Mak, Cheuk Lam	28	New Water Polo	16:00.00
4	29564 IAZ	Ng, Wai Ying Megan	27	Flying Fish	NT

**Long Course MS Swimming Competition Part 1 - 26/Mar/2023**

**Psych Sheet**

**30-34... (Event 12 Women 800 LC Meter Freestyle)**

1	38126 IAZ	Lee, Wai Sze	34 New Water Polo	11:30.00
2	06577 IBZ	Leung, Wei Yan	33 Sword Fish Club	14:10.00
3	06608 B	Shek, Yan Sin	30 New Water Polo	16:00.00

**35-39**

1	50189 @ICO	Yung, Li Ling	38 Fastlane Swimming	12:10.00
2	07651 IBZ	Yu, Sze Wai Joyce	35 Hong Kong Police	14:00.00
3	43489 @IAXN	Wehl Kwok, Hiu Chin June	37 LRC	15:20.00
4	46294 ICX	Lin, Shengzhu	35 New Water Polo	16:00.00

**40-44**

1	49790 IAZ	Chan, Wing Sze Vincy	40 Pacific	16:00.00
2	45041 IAZ	Fung, Cheuk Ching Candy	41 Hoi Fung	16:10.30
3	49442 IAZ	Chan, Yuk Man Phoebe	44 Sword Fish Club	17:40.00

**45-49**

1	46247 @IAO	Krkalo, Shauna Kathleen	45 LRC	12:00.00
2	19353 IAZ	Poon, Yee Jane	45 Hong Kong Police	14:30.00
3	06315	Chan, Sui Yee	47 LRC	14:32.04
4	45139 IAZ	Tai, Kwan Yee	46 Hoi Fung	16:02.00
5	33017 IAZ	Ngan, Oi Sze	46 Sword Fish Club	19:16.00

**50-54**

1	38302 IAZ	Cheung, Man Ling Melody	51 Lai Tsun	15:00.00
2	35969 IAX	Wang, Ying Lian	51 Tung Sing	17:00.00
3	40912 IAZ	Ng, Yee Ling	52 Tolo Harbour	18:19.00
4	06349	Ip, Oi Wa Wendy	51 Sword Fish Club	19:00.00
5	48201 IAZ	Poon, Nga Yi	50 Tolo Harbour	20:30.00
6	31395 IAZ	Chan, Pui Ling	53 Flying Fish	NT
7	28770 IAZ	Cromwell, Nicole Samantha	51 LRC	NT

**55-59**

1	12894	Lee, Wai Yee Stella	57 Hoi Fung	16:02.00
2	43083 ICO	Allard, Christine Skowronski	57 Hoi Fung	16:12.00
3	36045 IAZN	Hsu, Ava	56 LRC	16:30.00
4	41911 IAZN	Ng, Kit Man Joanna	58 New Water Polo	20:48.00
5	23323 IAZ	Tam, Choi Ping Scalene	58 New Water Polo	20:59.00
6	32334 IAON	Mccarroll, Jessica Lee Templ	58 Hong Kong Footba	NT
7	40907 IAZ	Lai, Shui Nin Ingrid	56 YMCA OF Hong Kong	NT

**60-64**

1	26049 IAZ	Kirkwood, Tain Mhaira	60 LRC	13:00.00
2	06113	Dudok Van Heel, Jane	62 LRC	14:02.80
3	36225 IAX	Li, Wai Kam	61 Sea Green	16:00.00
4	20640 IAZ	Wong, Fung Yee	63 Sword Fish Club	20:00.00
5	31750 IAZ	Cheung, Lai Ying Anita	60 Lai Tsun	21:00.00

**65-69**

1	03503	Castka, Gillian Hancer	67 Sword Fish Club	15:30.00
2	19290 IAX	Tseung, Nga Wah	66 Sword Fish Club	19:16.00
3	06355	Lo, Lai Yung	68 New Water Polo	19:30.00
4	43980	Zhang, Jun	65 New Water Polo	20:59.00

**75-79**

1	06357	Suen, Ming Chu	75 Sword Fish Club	22:00.00
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