

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)

2023-24 Long Course Masters Swimming Competition (Part 2)
二零二三至二四年長池先進游泳比賽第二部份

30 April 2023 (Sun)

二零二三年四月三十日(日)

Tung Chung Swimming Pool

東涌游泳池

Subvented by the LCSD



康樂及文化事務署
Leisure and Cultural
Services Department

2023-2024 MSLCP2 - Entry Information

No. of Entries by Event		
Event #	Event Name	Entries
1	Men 200 IM	47
2	Women 200 IM	15
3	Men 100 Breaststroke	82
4	Women 100 Breaststroke	58
5	Men 50 Freestyle	133
6	Women 50 Freestyle	81
7	Men 100 Backstroke	62
8	Women 100 Backstroke	35
9	Men 200 Freestyle	59
10	Women 200 Freestyle	30
11	Men 50 Butterfly	98
12	Women 50 Butterfly	55
13	Men 4x50 Medley Relay	34
14	Women 4x50 Medley Relay	19
15	Mixed 4x50 Freestyle Relay	26
Total		834

Entry information by Day		
Day / Session	No. of Entries	Total
AM	513	834
PM	321	

Long Course Masters Swimming Competition – Part 2
長池先進游泳比賽 - 第二部份

Date: 30-04-2023 (Sunday)

Venue: Tung Chung Swimming Pool 東涌游泳池

Morning Warm up/熱身: 0900 – 0950 Hrs

Morning First Event/開始: 1000 Hrs

Afternoon Warm up/熱身: 1300 – 1350 Hrs

Afternoon First Event/開始: 1400 Hrs

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

二零二三至二四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：	✧ 所有參賽者必須為游泳總會正式註冊的 2023-2024 年度先進組別泳員。2023-24 年註冊費為港幣\$100 元正。 ✧ 年滿 18 歲或以上。 ✧ <u>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。</u>
報名：	✧ 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。 個人項目 ✧ 每名泳員可參加不多於 3 項個人項目。 ✧ 每項報名費為港幣\$15 元正。 接力項目 ✧ 接力採取會際形式。 ✧ 每個屬會最多可派出一隊參加每個年齡組別之接力項目。接力項目可不填寫最佳時間。 ✧ 所有參賽泳員須年滿 25 歲或以上。 ✧ 每位泳員於每項接力項目只能參加一個年齡組別。如泳員參加多於一個年齡組別，該泳員所參與的接力項目成績將會被取消。 ✧ 各隊所有運動員需依照所屬屬會提交的接力表上次序比賽，如運動員沒有依照接力表上的次序比賽，該隊成績將會被取消。 ✧ 每項報名費為港幣\$15 元正。 支票請劃線，抬頭寫 HKGSA。
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) *(包括轉會註冊)
項目：	請參閱項目表。 <u>所有賽事均以時間決定名次，不設初賽。</u>
年齡組：	年齡以比賽年 12 月 31 日計算。 個人項目 ✧ 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 接力項目 ✧ 100-119, 120-159, 160-199, 200-239, 240-279, 280-319, 320-359, 360-399
接力：	✧ 接力名單須於 <u>比賽日 12 時前遞交</u> 。
棄權：	✧ 棄權須於<u>每節開賽 30 分鐘前遞交</u>。 ✧ 每次“缺席”的罰款為港幣\$30 元正。罰款須於下次比賽截止報名前付清，否則將不獲接受報名。
線道安排：	✧ 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：	✧ 首三名將分別獲頒發獎牌。 ✧ *個人項目前八名可分別獲得 9, 7, 6, 5, 4, 3, 2 及 1 分 ✧ *接力首八名得分為 18,14, 12, 10, 8, 6, 4, 2。(年齡 18-24 組除外) ✧ *團體獎項：男子 / 女子組全場冠、亞及季軍。
規則：	✧ 比賽採用世界泳聯的規則。

	✧ 如參加 400m 或 800m 自由泳的泳員未能於先進游泳比賽的標準時間內游畢全程，裁判有權要求其泳員離開比賽線道，而其成績會記錄為“DNF” (未能完成比賽)。 ✧ 男女混合自由接力的隊伍必須由兩男兩女的泳員組成，其成員均為 25 歲或以上，而取得首 8 名的隊伍將獲得 9, 7, 6, 5, 4, 3, 2 及 1 分，該得分將計算在男子及女子的團體分內。 ✧ 泳會必須按照接力名單上填寫的運動員出賽，如被發現有冒認選手或頂包行為，泳會將被嚴厲處分。詳細罰則如下： <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。 <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)。 <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)。 <u>違規記錄於一個財政年度清算(由 4 月 1 日起至 3 月 31 日)</u>												
工作人員安排：	✧ 各參賽屬會需派出以下工作人員數量：<table><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><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></table> ✧ 如屬會不能提供所需工作人員數量，有關屬會將於下個比賽被罰停賽一次。	參賽人數	需要提供工作人員數量	最多可派出工作人員數量	5 至 14 人	1	4	15 至 24 人	2	4	25 人或以上	3	4
參賽人數	需要提供工作人員數量	最多可派出工作人員數量											
5 至 14 人	1	4											
15 至 24 人	2	4											
25 人或以上	3	4											
上訴：	✧ 任何上訴須以書面提出，並須在該項目比賽結果公佈後的 30 分鐘內，連同上訴費港幣\$200 元遞交予總裁判。 ✧ 上訴會交由該比賽之上訴委員會作決定。 ✧ 若上訴被駁回，已繳費用概不發還。												

*海外參賽者並不適用。

Hong Kong Masters Swimming Competition Series 2023-24

Rules & Regulations for Local Competitors

Date / Time	Please see attached event calendar and event list.
Venue	Please see attached event calendar.
Entry Conditions	※ All competitors must be 2023-24 registered masters (MS) swimmers of HKGSA (2023-24 Registration Fee: HK\$100 per swimmer) ※ Age 18 or above. ※ <u>Overseas Teams: All Overseas competitors must be 2023-24 registered masters swimmers of their respective National Swimming Federation.</u>
Entries	※ Entries must be submitted with HKGSA master entry form. Incomplete/incorrect master entry form will be rejected and fees paid will not be refunded. <u>Individual Events</u> ※ Each swimmer is limited to no more than 3 individual events. ※ HK\$15 per individual event <u>Relay Events</u> ※ Relays will be run on a club basis. ※ Each club may enter no more than one team in one age group of each relay event. ※ All swimmers must be aged 25 or above. ※ 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. ※ 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. ※ HK\$15 per team per relay event. Paid by cheque. Crossed cheque made <u>payable to 'HKGSA'.</u>
Closing Date for Entries	21 days prior to the date of competition. (Subject to the announcement of the HKGSA)
Closing Date for Registration	21 days prior to the <u>closing date of entries</u> . (Subject to the announcement of the HKGSA) *(Including Transfer Registration)
Event list	Please see attached event lists. Events will be run as timed finals.

Age Group	- Age is calculated as at 31 December of the year of the competition. Individual Events 18-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90 & over Relay Events 100-119, 120-159, 160-199, 200-239, 240-279, 280-319, 320-359, 360-399																		
Relay	Relay entry form must be submitted before 1200hours on the competition day.																		
Scratches	- Scratches must be submitted 30 minutes before the scheduled start time of each session. - 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.																		
Seeding	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.																		
Awards	- Medals will be awarded to 1st, 2nd and 3rd places. *Point score for first 8 places respectively (exclude Age 18-24 Group): <table><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> *Awards for Clubs: Trophies will be awarded to 1st, 2nd, and 3rd places of Men Overall and Women Overall.	Individual	9	7	6	5	4	3	2	1	Relay	18	14	12	10	8	6	4	2
Individual	9	7	6	5	4	3	2	1											
Relay	18	14	12	10	8	6	4	2											

Rules	※ World Aquatic rules will be applied. ※ Referee may request swimmers to leave the water if they could not complete the race within the Master Swimming Competition Series standard times for 400m and 800m Freestyle Events. Their results will be recorded as “DNF” (Did not Finish). ※ Mixed Freestyle Relay must include 2 Male and 2 Female who are all Age 25 or above. The point scores for first 8 place are: 9,7,6,5,4,3,2,1. The points will be calculated in both Men and Women overall awards. ※ Swimmers shall not replace the swimmers on the swimmers list without HKASA's permission, represented clubs will be punished as follows: <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. <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. <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. <u>Violation would be counted within one financial year, i.e. (starting from 1st April and ending 31st March)</u>												
Official Arrangement	※ Clubs would need to provide the below number of officials for the competition: <table><tr><th>Swimmer(s) attend the competition</th><th>Minimum Numbers of Official need to provide</th><th>Maximum Numbers of Official could be provided</th></tr><tr><td>5-14</td><td>1</td><td>4</td></tr><tr><td>15-24</td><td>2</td><td>4</td></tr><tr><td>25 or more</td><td>3</td><td>4</td></tr></table> ※ Clubs will be suspended from the next competition if failed to fulfil the requirement.	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											

Protest	※ Any protest shall be made in writing to the referee within 30 minutes following the result announcement of the respective event with a protest fee of HK\$200. ※ Protest will be forwarded to the Appeal Board of such competition for decision. The decision of Appeal Board shall be final. ※ If the protest is rejected, the fee paid will be forfeited to the HKGSA.
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* Not apply to Overseas Competitors.

Hong Kong Masters Swimming Competition Series 2023-24

Rules & Regulations for Overseas Competitors

Date / Time	Please see attached event calendar and event list.
Venue	Please see attached event calendar.
Entry Conditions	※ Age 18 or above. ※ <u>Overseas Teams: All Overseas competitors must be 2023-2024 registered masters swimmers of their respective National Swimming Federation.</u>
Entries	※ Entries must be submitted with HKGSA master entry form. Incomplete/incorrect master entry form will be rejected and fees paid will not be refunded. <u>Individual Events</u> ※ Each swimmer is limited to no more than 3 individual events. ※ HK\$20.00 per individual event <u>Relay Events</u> ※ Relays will be run on a club basis. ※ Each club may enter no more than one team in one age group of each relay event. ※ All swimmers must be aged 25 or above. ※ HK\$30.00 per team per relay event. Paid by cheque ONLY. Crossed cheque made <u>payable to 'HKGSA'</u>.
Closing Date for Entries	<u>1 month</u> before the 1 st date of competition of each meet.
Event list	Please see attached event lists. Events will be run as timed finals.
Age Group	※ Age is calculated as at 31 December of the year of the competition. <u>Individual Events</u> ※ 18-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90 & over <u>Relay Events</u> ※ 100-119, 120-159, 160-199, 200-239, 240-279, 280-319, 320-359, 360-399

Relay	※ Relay entry form must be submitted before 1200hours on the competition day.
Scratches	※ Scratches must be submitted 30 minutes before the scheduled start time of each session. ※ Relay entry form must be submitted before 1200hours on the competition day.
Seeding	※ 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.
Awards	※ Medals will be awarded to 1st, 2nd and 3rd places. Separate medals will be awarded to overseas swimmers.
Rules	※ World Aquatic rules will be applied. ※ Referee may request swimmers to leave the water if they could not complete the race within the Master Swimming Competition Series standard times for 400m and 800m Freestyle Events. Their results will be recorded as "DNF" (Did not Finish).
Protest	※ Any protest shall be made in writing to the referee within 30 minutes following the result announcement of the respective event with a protest fee of HK\$200. ※ Protest will be forwarded to the Appeal Board of such competition for decision. The decision of Appeal Board shall be final. ※ If the protest is rejected, the fee paid will be forfeited to the HKGSA.

HONG KONG MASTERS SWIMMING RECORDS

LONG COURSE

(Update to 2022-23 Long Course Masters Swimming Competition - Part 1)

MEN 50M FREESTYLE

				NAME OF MEET	DATE ACHIEVED
LEE MING	SFC	85-89	0:46.70	2015-16 Long Course Masters Swimming Competition - Part 2	31-May-15
LEE MING	SFC	80-84	0:41.01	Spring Masters Swimming Championships 2010	06-Mar-10
<u>TIN SHEUNG KWAI</u>	<u>NWC</u>	<u>75-79</u>	<u>0:31.30</u>	<u>2022-23 Long Course Masters Swimming Competition - Part 1</u>	<u>26-Mar-23</u>
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
<u>NORTJE CRAIG ANDREW</u>	<u>#FB</u>	<u>45-49</u>	<u>0:26.47</u>	<u>2022-23 Long Course Masters Swimming Competition - Part 1</u>	<u>26-Mar-23</u>
FU WING HARBETH	KTS	40-44	0:25.15	2022-23 Long Course Masters Swimming Competition - Part 2	15-Jan-23
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
<u>MAK SUET MAN</u>	<u>SGC</u>	<u>85-89</u>	<u>1:08.53</u>	<u>2022-23 Long Course Masters Swimming Competition - Part 1</u>	<u>26-Mar-23</u>
TAI LI HUA	SFC	80-84	0:43.31	2021-22 Long Course Masters Swimming Competition - Part 3	20-Jun-21
OTSUKA YUKO	SGC	75-79	0:42.67	2014-15 Long Course Masters Swimming Competition - Part 1	22-Mar-15
WANG LI	*WA	70-74	0:38.75	Annual Long Course Masters Swimming Championships 2019	01-Dec-19
TSEUNG NGA WAH	SFC	65-69	0:35.01	2022-23 Long Course Masters Swimming Competition - Part 2	15-Jan-23
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
<u>YAMAGUCHI MIKA</u>	<u>#FL</u>	<u>50-54</u>	<u>0:29.68</u>	<u>2022-23 Long Course Masters Swimming Competition - Part 1</u>	<u>26-Mar-23</u>
<u>KRKALO SHAUNA KATHLEEN</u>	<u>LRC</u>	<u>45-49</u>	<u>0:27.72</u>	<u>2022-23 Long Course Masters Swimming Competition - Part 1</u>	<u>26-Mar-23</u>
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 1)

MEN 200M FREESTYLE	NAME OF MEET					DATE ACHIEVED
LEE MING	SFC	80-84	3:46.70	2010-11 Long Course Masters Swimming Championships - Part 2		20-Jun-10
YANG YEE ZEI	NWC	75-79	3:38.31	2014-15 Long Course Masters Swimming Competition Part 2		29-Jun-14
TSE KWOK PIU	SFC	70-74	2:47.81	2021-22 Long Course Masters Swimming Competition - Part 2		09-May-21
MA ETIENNE	YMC	65-69	2:37.58	2022-23 Long Course Masters Swimming Competition - Part 2		15-Jan-23
HO ROBERT YAU CHUNG	LRC	60-64	2:32.99	2019-20 Long Course Masters Swimming Competition - Part 2		05-May-19
HO ROBERT YAU CHUNG	LRC	55-59	2:24.07	FINA World Masters Championships 2014		10-Aug-14
JOHNSON ERIC ANDREW	LRC	50-54	2:14.33	FINA World Masters Championships 2014		10-Aug-14
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
MORRSION RUTH	LRC	30-34	2:25.29	FINA World Masters Championships 2010		31-Jul-10
MOK HOI MAN SHERON	NWC	25-29	2:16.55	2022-23 Long Course Masters Swimming Competition - Part 2		15-Jan-23
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 Competitoin - 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 Competitoin - 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 1)

MEN 800M FREESTYLE

				NAME OF MEET	DATE ACHIEVED
POLSON IAN HASTINGS	LRC	75-79	16:05.75	2018-19 Long Course Masters Swimming Competition - Part 1	24-Mar-19
<u>CHAN KAM POR</u>	<u>SFC</u>	<u>70-74</u>	<u>13:28.85</u>	<u>2022-23 Long Course Masters Swimming Competition - Part 1</u>	<u>26-Mar-23</u>
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
<u>LANZONE FRANCESCO</u>	<u>BSC</u>	<u>55-59</u>	<u>10:37.84</u>	<u>2022-23 Long Course Masters Swimming Competition - Part 1</u>	<u>26-Mar-23</u>
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
<u>SUEN MING CHU</u>	<u>SFC</u>	<u>75-79</u>	<u>17:34.92</u>	<u>2022-23 Long Course Masters Swimming Competition - Part 1</u>	<u>26-Mar-23</u>
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
<u>LEE SHE KWOK</u>	<u>SFC</u>	<u>85-89</u>	<u>0:57.83</u>	<u>2022-23 Long Course Masters Swimming Competition - Part 1</u>	<u>26-Mar-23</u>
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
<u>O'NEILL DONAL THOMAS</u>	<u>LRC</u>	<u>40-44</u>	<u>0:29.16</u>	<u>2022-23 Long Course Masters Swimming Competition - Part 1</u>	<u>26-Mar-23</u>
NORTJE CRAIG ANDREW	VRC	35-39	0:30.38	2015-16 Long Course Masters Swimming Competition - Part 3	26-Jul-15
LAM YAU SUN DICKSON	#DB	30-34	0:29.77	Annual Long Course Masters Swimming Championships 2019	01-Dec-19
LAU SHIU YUE	#DB	25-29	0:27.65	2022-23 Long Course Masters Swimming Competition - Part 2	15-Jan-23
CHEUNG YAU MING	#DB	18-24	0:28.26	2018-19 Long Course Masters Swimming Competition - Part 1	24-Mar-19

WOMEN 50M BACKSTROKE

				NAME OF MEET	DATE ACHIEVED
TAI LI HUA	SFC	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
<u>LAI SHUI NIN INGRID</u>	<u>YMC</u>	<u>55-59</u>	<u>0:43.15</u>	<u>2022-23 Long Course Masters Swimming Competition - Part 1</u>	<u>26-Mar-23</u>
COGGINS LYNDA ANNE	LRC	50-54	0:35.58	16th FINA World Masters Championships 2015 in Kazan	16-Aug-15
<u>KRKALO SHAUNA KATHLEEN</u>	<u>LRC</u>	<u>45-49</u>	<u>0:34.79</u>	<u>2022-23 Long Course Masters Swimming Competition - Part 1</u>	<u>26-Mar-23</u>
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 1)

MEN 100M BACKSTROKE

				NAME OF MEET	DATE ACHIEVED
CHEUNG TSAN	SFC	80-84	2:21.27	2017-18 Long Course Masters Swimming Competition Part 2	14-May-17
LIU WING CHIU	*TM	75-79	1:52.21	2022-23 Long Course Masters Swimming Competition - Part 2	15-Jan-23
TIN SHEUNG KWAI	NWC	70-74	1:35.27	2018-19 Long Course Masters Swimming Competition - Part 2	06-May-18
HO ROBERT YAU CHUNG	LRC	65-69	1:18.71	2022-23 Long Course Masters Swimming Competition - Part 2	15-Jan-23
HO ROBERT YAU CHUNG	LRC	60-64	1:13.98	FINA World Masters Championships 2019 - Gwangju	17-Aug-19
HO ROBERT YAU CHUNG	LRC	55-59	1:11.73	FINA World Masters Championships 2014	10-Aug-14
RUST STEFAN ROBERT	LRC	50-54	1:08.09	FINA World Masters Championships 2017	19-Aug-17
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
BAI XIUFEN	SFC	70-74	1:40.55	2022-23 Long Course Masters Swimming Competition - Part 2	15-Jan-23
LO LAI YUNG	NWC	65-69	1:50.32	2022-23 Long Course Masters Swimming Competition - Part 2	15-Jan-23
NG YEE MAN	NWC	60-64	1:43.42	2022-23 Long Course Masters Swimming Competition - Part 2	15-Jan-23
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
TAM ALISON MAI LING	#FL	45-49	1:15.99	2022-23 Long Course Masters Swimming Competition - Part 2	15-Jan-23
KELSEY JANE MACFARLAND	LRC	40-44	1:13.75	2015-16 Long Course Masters Swimming Competition - Part 2	31-May-15
KELSEY JANE MACFARLAND	LRC	35-39	1:14.06	2014-15 Long Course Masters Swimming Competition Part 2	29-Jun-14
CARPENTER LINH THUC LUONG	LRC	30-34	1:11.37	16th FINA World Masters Championships 2015 in Kazan	15-Aug-15
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	SFC	70-74	0:53.36	2018-19 Long Course Masters Swimming Competition - Part 3	24-Jun-18
LEUNG WONG YIN HAR HAYLEY	SGC	65-69	0:50.56	2017-18 Long Course Masters Swimming Competition - Part 1	25-Mar-18
LEUNG WONG YIN HAR HAYLEY	SGC	60-64	0:47.46	Long Course Masters Swimming Competition - Part 3 2013	11-Aug-13
LEUNG WAI FAN	KTS	55-59	0:38.73	2017-18 Long Course Masters Swimming Competition - Part 2	14-May-17
LEUNG WAI FAN	KTS	50-54	0:37.63	Annual Long Course Masters Swimming Championships 2015	20-Dec-15
KRKALO SHAUNA KATHLEEN	LRC	45-49	0:34.72	2022-23 Long Course Masters Swimming Competition - Part 2	15-Jan-23
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 1)

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
<u>LAU CHUN NUNG</u>	<u>LTS</u>	<u>75-79</u>	<u>4:33.83</u>	<u>2022-23 Long Course Masters Swimming Competition - Part 1</u>	<u>26-Mar-23</u>
<u>CHAN KAM POR</u>	<u>SFC</u>	<u>70-74</u>	<u>3:34.76</u>	<u>2022-23 Long Course Masters Swimming Competition - Part 1</u>	<u>26-Mar-23</u>
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
<u>FONG LIK SUN</u>	<u>#FB</u>	<u>40-44</u>	<u>2:38.70</u>	<u>2022-23 Long Course Masters Swimming Competition - Part 1</u>	<u>26-Mar-23</u>
<u>KWOK HO TIN</u>	<u>NWC</u>	<u>35-39</u>	<u>2:42.08</u>	<u>2022-23 Long Course Masters Swimming Competition - Part 1</u>	<u>26-Mar-23</u>
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
<u>WONG JIM</u>	<u>SFC</u>	<u>80-84</u>	<u>5:53.00</u>	<u>2022-23 Long Course Masters Swimming Competition - Part 1</u>	<u>26-Mar-23</u>
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
<u>CHEUNG MAN YIU</u>	<u>SGC</u>	<u>40-44</u>	<u>3:27.90</u>	<u>2022-23 Long Course Masters Swimming Competition - Part 1</u>	<u>26-Mar-23</u>
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 1)

MEN 50M BUTTERFLY

				NAME OF MEET	DATE ACHIEVED
YIM KAM WING	SFC	85-89	1:10.42	2019-20 Long Course Masters Swimming Competition - Part 2	05-May-19
MAK HEI CHI	SGC	80-84	0:58.81	Winter Masters Swimming Championships 2008	22-Nov-08
TIN SHEUNG KWAI	NWC	75-79	0:41.68	Annual Masters Swimming Championships 2022	27-Nov-22
FU TAI CHUN	KTS	70-74	0:37.28	Spring Masters Swimming Championships 2007	24-Mar-07
HO ROBERT YAU CHUNG	LRC	65-69	0:33.20	2022-23 Long Course Masters Swimming Competition - Part 2	15-Jan-23
FU TAI CHUN	KTS	60-64	0:30.60	Summer Masters Swimming Championships 1999	19-Jun-99
HO ROBERT YAU CHUNG	LRC	55-59	0:30.04	Annual Long Course Masters Swimming Championships 2015	20-Dec-15
WONG KWOK WAH	KHC	50-54	0:27.94	Annual Long Course Masters Swimming Championships 2017	25-Nov-17
WOODRING DOUGLAS	BSC	45-49	0:27.47	Long Course Masters Swimming Competition - Part 3 2013	11-Aug-13
NORTJE CRAIG ANDREW	#FL	40-44	0:26.85	FINA World Masters Championship 2019 - Gwangju	14-Aug-19
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
TSEUNG NGA WAH	SFC	65-69	0:42.01	2022-23 Long Course Masters Swimming Competition - Part 2	15-Jan-23
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
KRKALO SHAUNA KATHLEEN	LRC	45-49	0:30.39	2022-23 Long Course Masters Swimming Competition - Part 2	15-Jan-23
KRKALO SHAUNA KATHLEEN	LRC	40-44	0:30.39	Annual Long Course Masters Swimming Championships 2022	27-Nov-22
LAU HOK LAM	PSC	35-39	0:32.32	2022-23 Long Course Masters Swimming Competition - Part 2	15-Jan-23
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
<u>CHAN SHING CHI</u>	<u>LTS</u>	<u>75-79</u>	<u>2:02.41</u>	<u>2022-23 Long Course Masters Swimming Competition - Part 1</u>	<u>26-Mar-23</u>
CHAN SHING CHI	LTS	70-74	1:56.24	2018-19 Long Course Masters Swimming Competition - Part 1	24-Mar-19
<u>LEUNG YIU CHUEN</u>	<u>SYS</u>	<u>65-69</u>	<u>1:40.79</u>	<u>2022-23 Long Course Masters Swimming Competition - Part 1</u>	<u>26-Mar-23</u>
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
<u>CHEUNG YAU MING</u>	<u>#DB</u>	<u>25-29</u>	<u>0:58.94</u>	<u>2022-23 Long Course Masters Swimming Competition - Part 1</u>	<u>26-Mar-23</u>
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
<u>KIRKWOOD TAIN MHAIRA</u>	<u>LRC</u>	<u>60-64</u>	<u>1:39.42</u>	<u>2022-23 Long Course Masters Swimming Competition - Part 1</u>	<u>26-Mar-23</u>
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 1)

MEN 200M INDIVIDUAL MEDLEY

				NAME OF MEET	DATE ACHIEVED
LAW KWAI FONG	SFC	80-84	5:10.21	Annual Long Course Masters Swimming Championships 2017	25-Nov-17
WONG SHIU MING	SFC	75-79	4:03.11	2022-23 Long Course Masters Swimming Competition - Part 2	15-Jan-23
CHAN KAM POR	SFC	70-74	3:17.13	Annual Long Course Masters Swimming Championships 2022	27-Nov-22
CHAN KAM POR	SFC	65-69	3:04.42	2017-18 Long Course Masters Swimming Competition - Part 1	25-Mar-18
KOO YU FAT MARCUS	FFA	60-64	2:49.64	Annual Long Course Masters Swimming Championships 2022	27-Nov-22
SAKA TOSHIYUKI	SGC	55-59	2:45.82	2016-17 Long Course Masters Swimming Competition - Part 1	26-Mar-17
CHAN KAM POR	KTS	50-54	2:26.14	Summer Masters Swimming Championships 2004	12-Jun-04
SAKA TAIHEI	SGC	45-49	2:23.04	2010-11 Long Course Masters Swimming Championships - Part 1	20-Mar-11
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 1)

MEN 4 X 50M MEDLEY RELAY

				NAME OF MEET	DATE ACHIEVED
SWORD FISH CLUB	SFC	320+	3:30.63	Annual Long Course Masters Swimming Championships 2012	09-Dec-12
SWORD FISH CLUB	SFC	280+	2:39.12	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
DIOCESAN SCHOOL OLD BOY'S ASSOCIATION LTD	#DB	100+	1:49.32	2022-23 Long Course Masters Swimming Competition - Part 2	15-Jan-23

WOMEN 4 X 50M MEDLEY RELAY

				NAME OF MEET	DATE ACHIEVED
SWORD FISH CLUB	SFC	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
SWORD FISH CLUB	SFC	280+	2:25.20	2022-23 Long Course Masters Swimming Competition - Part 2	15-Jan-23
SWORD FISH CLUB	SFC	240+	2:15.69	2018-19 Annual Long Course Masters Swimming Championships	25-Nov-18
LADIES' RECREATION CLUB	LRC	200+	1:55.82	FINA World Masters Championships 2017	18-Aug-17
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

2023-2024 Long Course Masters Swimming Competition (Part 2)**Reject List**

No.	Name	Event	Club	Remarks
1	Chio Yi Lan	10	DWA	No Record
2	Leung Wing Yin Winnie	2	HFS	Entry Time Slower Than MSQT
3	Alkemade Frank Rogier	5	KTS	No Reg
4	Wong Lok Sum	11	KTS	No Reg
5	Hughes Christine	4, 6	LRC	No Reg
6	Lam Tsz Kiu	3, 5	NWC	No Reg
7	Niu Zili	6	NWC	No Reg
8	Szeto Kwan Yin	7	NWC	No Reg
9	Wong Cheuk Wai	11	NWC	No Reg
10	Buchta Katrin	2, 10	SFC	No Record
11	Chu Tong Man	9	SFC	No Record
12	Hoi Fong Mei	10	SFC	No Record
13	Zhou Jin Jia	1	SFC	No Record
14	Ling Wang Yam	9	WDS	No Record
15	Ang Zhing Vehn	9	*FL	No Record
16	Chan Tsz Ching	10	*FL	No Record
17	Chu Yuan Hun	9	*FL	No Record
18	Smit Marcel	5, 11	*FL	No Reg
19	Chen Pan	3, 5, 11	*TM	No Reg
20	Hsieh Ernie Yat Yeung	5, 11	#DB	No Reg
21	Li Yun Sing	11	#DB	No Reg
22	Davis Shane Joseph	9	#FB	No Record
23	Li Kai Yien Authur	9	#FB	No Record
24	Master Farah Jimmy	10	#FB	No Record

Long Course MS Swimming Competition Part 2 - 30/Apr/2023

Psych Sheet

Event 1 Men 200 LC Meter IM

18-24 MSR: 2:21.50

25-29 MSR: 2:13.80

30-34 MSR: 2:25.69

35-39 MSR: 2:20.07

40-44 MSR: 2:19.17

45-49 MSR: 2:23.04

50-54 MSR: 2:26.14

55-59 MSR: 2:45.82

60-64 MSR: 2:49.64

65-69 MSR: 3:04.42

	ID#	Name	Age	Team	Seed Time
18-24					
1	38369 P	Seo, Ayden Lee Taejun	18	Current Club Ltd	2:56.00
2	37171 #IAZ	Wong, Wai Cheung	18	Current Club Ltd	3:15.00
3	41451 IAZ	Kwan, Wing Hin	19	Crest Ray	3:30.00
25-29					
1	15423 IAZ	Cheung, Yau Ming	26	Diocesan School	2:12.00
2	15262 B	Cheng, Yuan Andrew	26	Kwun Tong	2:27.91
3	42362 IAZ	Leung, Kung Ming	27	YMCA OF Hong Kong	3:00.00
4	21343 IAZ	Yu, Man Hin	27	Sea Green	3:12.00
5	24728 IAZ	Chan, Wing Fa	26	Eastern Winter	3:30.00
30-34					
1	02591	Luk, Wing Kin Andy	34	Kwan Hung	2:30.00
2	42728 P	Febo, Christopher Vincenzo	30	Sword Fish Club	2:31.00
3	06886 B	Li, Chin Long	33	Eastern Winter	2:37.91
4	00104	Lo, Shek Pui	34	Hong Kong Footba	2:40.00
5	05730 IAZ	Wong, Tsz Wa	33	Kwan Hung	2:45.00
6	33387 IAO	Wu, Kenneth Yee Lok	32	Sword Fish Club	2:59.00
35-39					
1	00091	Chan, Lok Yan	39	New Water Polo	2:40.00
2	05179 #ICZ	Wan, Chun Pong Michael	39	Fastlane Swimming	2:45.00
3	00444	Lam, Yau Sun Dickson	38	Diocesan School	3:30.00
4	02938 IBZ	Wong, Lit Ken	37	Dik Wing	3:30.00
5	38303 IAZ	Ng, Ho Yin	38	Sun Yip	3:45.00
40-44					
1	01012 ICZ	Fong, Lik Sun	43	Hong Kong Footba	2:22.00
2	12176 ICZ	Ng, Siu Yu	41	Sword Fish Club	3:08.00
3	49027 IAZ	Ng, Fung Kei	43	Sword Fish Club	3:30.00
4	01948 ICZ	Tang, Ho Yuen	41	Diocesan School	3:45.00
5	40841 IAX	Tsang, Kwok Tung	44	Diocesan School	3:45.00
6	49497 @ICO	Macceod, Andrew Ian	44	LRC	3:45.00
45-49					
1	27471 ICO	Nortje, Craig Andrew	45	Hong Kong Footba	2:25.00
2	24603 IAZ	Hung, Ka Ming	48	YMCA OF Hong Kong	3:30.00
3	16451	Cheng, Ngai Bun	45	Kwun Tong	3:32.27
4	05160	Chan, Ka Wo	46	Diocesan School	3:40.00
50-54					
1	27451 IAZ	Yip, Kin Man Stephen	53	Kwun Tong	3:08.50
55-59					
1	41548 IAZ	Ip, Ka Keung Patrick	55	Hong Kong Footba	3:11.00
2	39982 IAZ	Chow, Wing Chun	59	Sword Fish Club	3:36.00
3	05139	Lin, Fulong	56	Flying Fish	3:42.74

Long Course MS Swimming Competition Part 2 - 30/Apr/2023

Psych Sheet

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

4	13992	Yim, Chung Chee	58	YMCA OF Hong Kong	3:45.00
5	22433 IAZ	Lui, Man Pong	58	New Water Polo	3:55.00
6	38127 IAZ	Leung, Cheung Wai Ricky	55	Sword Fish Club	3:57.00

60-64

1	24256 IAW	Lok, Wai Man	60	New Water Polo	3:40.00
2	32108 IAX	Chan, Kiu	61	Sword Fish Club	3:40.00

65-69

1	06237	Mok, Chu Piu	66	Lai Tsun	3:36.00
2	06187	Kan, Kai Kwong	68	Sea Green	3:45.00
3	06281	Fung, Kam Tai	68	Sword Fish Club	3:48.00

70-74

1	06192	Chu, Shui Yi	72	Sea Green	3:45.00
2	43979	Qi, Songhe	74	New Water Polo	4:00.00
3	11563	Lee, Kwok Hung	70	Sword Fish Club	4:00.00
4	22182 IAZ	Ngai, Yin Leung	74	Sword Fish Club	4:00.00
5	06243	Koo, Choi Fat	73	Wong Tai Sin	4:00.00

75-79

1	06274	Wong, Yau Chuen	77	Sword Fish Club	4:00.00
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Event 2 Women 200 LC Meter IM

18-24 MSR: 2:42.84

25-29 MSR: 2:36.59

30-34 MSR: 2:38.52

35-39 MSR: 2:37.75

40-44 MSR: 2:41.17

45-49 MSR: 2:46.91

50-54 MSR: 2:55.65

55-59 MSR: 3:16.65

60-64 MSR: 3:37.27

65-69 MSR: 3:47.99

	ID#	Name	Age	Team	Seed Time
18-24					
1	26669 P	Mak, Ho Yan	20	Eastern Winter	2:50.68
2	26980 IAZ	Wong, Suet Wing	24	Dik Wing	3:40.00
25-29					
1	12724 IAZ	Wan, Tsz Huen Alexsandra	26	Crest Ray	3:25.00
30-34					
1	06577 IBZ	Leung, Wei Yan	33	Sword Fish Club	3:25.00
2	01262	Mau, Lok Yan Eunice	30	Current Club Ltd	4:25.00
40-44					
1	49442 IAZ	Chan, Yuk Man Phoebe	44	Sword Fish Club	3:02.00
2	45041 IAZ	Fung, Cheuk Ching Candy	41	Hoi Fung	3:45.85
45-49					
1	40853 @IAO	Tam, Alison Mai Ling	45	Fastlane Swimming	2:50.00
50-54					
1	40912 IAZ	Ng, Yee Ling	52	Tolo Harbour	3:55.00
55-59					
1	40575 IAO	Chan, San Ngah	55	Fastlane Swimming	4:10.00
2	06337	Tse, Yee Wah	57	YMCA OF Hong Kong	4:25.00
60-64					
1	49914 @IAXB	Ng, Yee Man	64	New Water Polo	3:40.00
2	16533	Wong, Shun Ying	64	Sea Green	3:58.00
65-69					
1	03503	Castka, Gillian Hancer	67	Sword Fish Club	4:10.00

Long Course MS Swimming Competition Part 2 - 30/Apr/2023

Psych Sheet

75-79... (Event 2 Women 200 LC Meter IM)

1	06357	Suen, Ming Chu	75	Sword Fish Club	4:10.00
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Event 3 Men 100 LC Meter Breaststroke

18-24 MSR: 1:08.54

25-29 MSR: 1:09.75

30-34 MSR: 1:09.75

35-39 MSR: 1:10.50

40-44 MSR: 1:15.87

45-49 MSR: 1:15.29

50-54 MSR: 1:13.66

55-59 MSR: 1:21.91

60-64 MSR: 1:24.69

65-69 MSR: 1:26.42

	ID#	Name	Age	Team	Seed Time
18-24					
1	48045 IAZ	Lo, Tsz Wang	20	Kwun Tong	1:25.00
2	38369 P	Seo, Ayden Lee Taejun	18	Current Club Ltd	1:26.46
3	27803 B	Fan, Ka Ming	24	Current Club Ltd	1:35.00
4	22513 IAZ	Tang, Cheuk Yan	23	Kwun Tong	1:50.00
25-29					
1	05577 IBZ	Yuen, Marcus	29	LRC	1:06.70
2	15423 IAZ	Cheung, Yau Ming	26	Diocesan School	1:07.00
3	50841 @^IM	Chen, Yun Shan	29	Tuen Mun	1:16.00
4	08246 IAZ	Kwok, Chun Lok	29	Kwan Hung	1:26.00
5	42362 IAZ	Leung, Kung Ming	27	YMCA OF Hong Kong	1:29.00
6	21343 IAZ	Yu, Man Hin	27	Sea Green	1:30.00
7	23081 IAZ	Loo, Chun Hei	25	Dik Wing	NT
30-34					
1	02591	Luk, Wing Kin Andy	34	Kwan Hung	1:10.00
2	01728	Cheung, Wai Lun William	32	Diocesan School	1:20.00
3	04877 IBZ	Ng, Yu Ting	32	Sword Fish Club	1:23.00
4	48262 IAZ	Quan, Wing Yeung Marwick	33	Sword Fish Club	1:25.00
5	50188 @^P	Chu, Yuan Hun	34	Fastlane Swimming	NT
35-39					
1	00590 IBZ	Kwok, Ho Tin	36	New Water Polo	1:11.00
2	00091	Chan, Lok Yan	39	New Water Polo	1:20.00
3	41147 IAZ	Mok, Lai Yeung Jason	39	Diocesan School	1:34.00
4	49812 IAZ	Kam, Lik Hang Leonard	36	New Water Polo	1:40.00
5	50494 @^IM	Dong, Jianjun	36	Sword Fish Club	1:40.00
6	50508 @^IM	Zhong, Zhiming	38	Sword Fish Club	1:40.00
7	09136 IAZ	Tsang, Chun Kin	35	New Water Polo	1:50.00
8	00093	Tam, Tak Ching	36	Dik Wing	NT
40-44					
1	40834 IAZ	Chang, Hsi Tse JosephJeremy	44	Diocesan School	1:22.00
2	50012 @IAO	Griffiths, Evan Paul	43	Fastlane Swimming	1:33.00
3	05155	Chan, Albert Kam Ming	42	Diocesan School	1:34.00
4	03796 ICZ	Chan, Pui Kei	42	New Water Polo	1:35.00
5	50499 @^IM	Zhao, Liang	43	Sword Fish Club	1:40.00
6	01948 ICZ	Tang, Ho Yuen	41	Diocesan School	1:45.00
7	45574 IAZ	Ng, Siu Kwong	41	Sword Fish Club	1:45.00
8	23119 IAZ	Chan, Ying Tsung Bosco	42	Sword Fish Club	1:49.00
9	03793 ICZ	Po, Tik San	41	New Water Polo	1:50.00

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Psych Sheet

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

1	17961 ICO	Jones, Simon	47 LRC	1:16.90
2	16451	Cheng, Ngai Bun	45 Kwun Tong	1:25.00
3	46505 IAZ	Chang, Lambert Jen Hsiung	48 Fastlane Swimming	1:30.00
4	05160	Chan, Ka Wo	46 Diocesan School	1:34.00
5	50881 @^IM	Liang, Huajiu	48 New Water Polo	1:41.00
6	48593 IAZ	Cheng, Wai Leung	46 Sword Fish Club	1:45.00
7	40844 IAZ	Lee, Hoi Wang Gary	49 Diocesan School	1:50.00

50-54

1	26317 IAZN	Tung, Shang Wei Timothy	53 Kwun Tong	1:35.00
2	21008 IAZ	Cheung, Chun Kwan Michael	50 Wong Tai Sin	1:35.00
3	42364 IAZ	Lau, Yip Kwong Francis	54 Diocesan School	1:40.00
4	42085 IAZ	Lee, Hon Lun Philip	51 Sword Fish Club	1:45.00
5	22419 IAZ	Fok, Kai Yuen	50 Sword Fish Club	1:50.00
6	35711 IAX	Wong, Fuk Kei	54 Sword Fish Club	1:50.00

55-59

1	13992	Yim, Chung Chee	58 YMCA OF Hong Kong	34.00
2	32253 #IAZ	Watt, Kam Sing Michael	56 Fastlane Swimming	1:20.00
3	18856 IAZ	Au, Mun Shing	58 Sword Fish Club	1:27.00
4	10135 IAZ	Mo, Kim Fung Bosco	59 Kwun Tong	1:40.00
5	27869 IAZ	Lee, Kam Cheong	59 Sword Fish Club	1:50.00
6	40840 IAZ	Ng, Ka Yiu Karl	59 Diocesan School	2:00.00
7	38291 IAZ	Liu, Chun Sing	57 Sword Fish Club	2:00.00
8	50472 @^IM	Cai, Qiusheng	56 Tuen Mun	NT
9	50458 @^IM	Li, Guoxin	58 Tuen Mun	NT

60-64

1	50511 @^IM	Ye, Huanliang	60 Sword Fish Club	1:38.00
2	15528	Tsui, Tak Shing Dominic	61 Fastlane Swimming	1:42.00
3	26176 IAX	Ho, Chung Man	60 Lai Tsun	1:45.00
4	32108 IAX	Chan, Kiu	61 Sword Fish Club	1:50.00
5	50504 @^IM	Wen, Tieyue	61 Sword Fish Club	1:50.00
6	07802	Chau, Kam Tim	63 Sea Green	1:50.00
7	36725 IAZ	Yau, Wai	64 Sea Green	1:51.00
8	41426 IAZ	Tang, Yu Hang Francis	62 Tung Sing	1:53.00
9	26245 IAZ	Choi, Hei Shing	64 Kwun Tong	1:55.00
10	50493 @^IM	Kong, Lingxiong	64 Sword Fish Club	1:55.00
11	45930 IAZ	Lo, Wing Kwong	62 Sun Yip	1:58.00
12	45198 @IAZN	Lam, Tsz Kiu Goldie	61 New Water Polo	2:05.00
13	48289 IAZ	Cheung, Sai Hung Steven	63 Sword Fish Club	2:14.00

65-69

1	50662 @^P	Zong, Cheng	65 Sword Fish Club	1:31.00
2	14555 @IAX	Tang, Kon Leong	67 Sword Fish Club	1:35.00
3	43205	Zhou, Jin Jia	68 Sword Fish Club	1:35.00
4	06176	Wong, Kung Wan	67 Sea Green	1:45.00
5	49915 @IAX	Tai, Yu Chung	65 New Water Polo	1:50.00

70-74

1	06382	Chan, Kam Por	71 Sword Fish Club	1:35.00
2	05917	Yong, Khin Syn	74 Sword Fish Club	1:49.00
3	06243	Koo, Choi Fat	73 Wong Tai Sin	2:00.00
4	11563	Lee, Kwok Hung	70 Sword Fish Club	2:30.00

75-79

1	10274	Lau, Chun Nung	77 Lai Tsun	2:10.00
2	44793 IAZ	Iu, Pui To	76 Diocesan School	2:20.00
3	49541 @IAXN	Yang, Victor	78 Diocesan School	NT

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Psych Sheet

80-84... (Event 3 Men 100 LC Meter Breaststroke)

1	06270	Lam, Luk Kan	82	Sword Fish Club	2:10.00
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85-89

1	17832 IAX	Chan, Sau	86	Sword Fish Club	3:10.00
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Event 4 Women 100 LC Meter Breaststroke

18-24 MSR: 1:13.79

25-29 MSR: 1:22.65

30-34 MSR: 1:18.68

35-39 MSR: 1:20.17

40-44 MSR: 1:21.23

45-49 MSR: 1:26.75

50-54 MSR: 1:29.58

55-59 MSR: 1:35.97

60-64 MSR: 1:46.35

65-69 MSR: 1:51.76

	ID#	Name	Age	Team	Seed Time
18-24					
1	26669 P	Mak, Ho Yan	20	Eastern Winter	1:33.96
2	20969 IAZ	Lui, Wing Lam	21	Kwun Tong	1:35.00
3	26980 IAZ	Wong, Suet Wing	24	Dik Wing	NT
4	31444 #IAZ	Tang, Hiu Tung	22	Pacific	NT
5	23105 IAZ	Ho, Cheuk Wai	22	Dik Wing	NT
6	37318 IAO	Chio, Yi Lan	20	Dik Wing	NT
25-29					
1	50505 @^IM	Huang, Shaofen	29	Sword Fish Club	1:25.00
2	08238 B	Li, Tsz Yu	29	New Water Polo	1:28.00
3	49513 IAZ	To, Yan Wing	27	Crest Ray	1:42.00
4	12724 IAZ	Wan, Tsz Huen Alexsandra	26	Crest Ray	1:45.00
5	47460 IAZ	Mak, Cheuk Lam	28	New Water Polo	1:45.00
30-34					
1	06577 IBZ	Leung, Wei Yan	33	Sword Fish Club	1:46.00
2	28004 IAZ	Kwan, Ka Wan	30	Tung Sing	1:50.00
3	50513 @^IM	Wu, Qiaoling	33	Sword Fish Club	1:55.00
35-39					
1	50839 @^IM	Zhuo, Enqi	39	Tuen Mun	1:42.00
2	41684 IAZ	Leung, Wing Yin Winnie	39	Hoi Fung	1:50.00
3	43489 @IAXN	Wehl Kwok, Hiu Chin June	37	LRC	2:00.00
4	13384 ICZ	Lee, May Sze Mei	36	New Water Polo	2:10.00
40-44					
1	45041 IAZ	Fung, Cheuk Ching Candy	41	Hoi Fung	1:34.00
2	06304 ICZ	Cheung, Man Yiu	44	Sea Green	1:40.00
3	50515 IAZ	Cheung, Hiu Yan	41	Sword Fish Club	1:55.00
4	30072 ICW	Chao, Man Chi	44	New Water Polo	2:00.00
45-49					
1	46247 @IAO	Krkalo, Shauna Kathleen	45	LRC	1:21.94
2	33036 ICO	Coleman, Claire Michelle	45	Fastlane Swimming	1:33.00
3	49205 IAX	Li, Donghui	49	Sea Green	1:57.00
4	33017 IAZ	Ngan, Oi Sze	46	Sword Fish Club	1:59.00
5	45917 @^IM	Huang, Caifang	49	Sword Fish Club	2:00.00
6	46181 IAZ	Ng, Yan Yan Bandy	47	Tung Sing	2:00.00
7	31534 IAZ	Mo, Wing Yee	47	Wong Tai Sin	2:50.00
50-54					
1	35969 IAX	Wang, Ying Lian	51	Tung Sing	1:46.00

Long Course MS Swimming Competition Part 2 - 30/Apr/2023

Psych Sheet

50-54... (Event 4 Women 100 LC Meter Breaststroke)

2	48393 IAZ	Leung, Lin Pik Stella	52	Hoi Fung	1:50.00
3	06349	Ip, Oi Wa Wendy	51	Sword Fish Club	1:50.00
4	36431 @^P	Buchta, Katrin	53	Sword Fish Club	1:55.00
5	49204 IAZ	Cheng, Wai Man	52	Sea Green	1:56.00
6	50502 @^IM	Chen, Mingyan	52	Sword Fish Club	2:00.00
7	35772 IAX	Ban, Xianhai	51	New Water Polo	2:05.00
8	44304 IAX	Choi, Shan Shan	51	Sword Fish Club	2:05.00
9	43063 @IAO	Wong, Rose	53	LRC	2:06.92
10	48201 IAZ	Poon, Nga Yi	50	Tolo Harbour	2:15.00

55-59

1	12894	Lee, Wai Yee Stella	57	Hoi Fung	1:34.00
2	50509 @^IM	Guan, Xiuqin	56	Sword Fish Club	1:48.00
3	50492 @^IM	Guo, Liyan	58	Sword Fish Club	1:55.00
4	38460 IAZ	Tang, Kit Fong Yvonne	59	New Water Polo	2:15.00

60-64

1	26049 IAZ	Kirkwood, Tain Mhaira	60	LRC	1:33.00
2	49914 @IAXB	Ng, Yee Man	64	New Water Polo	1:40.00
3	16533	Wong, Shun Ying	64	Sea Green	1:57.00
4	22428 IAZ	Lau, Yuk Lin Rocky	61	Sea Green	1:58.00
5	34668 IAZ	Tang, Pik Ha	63	New Water Polo	2:05.00
6	24216 IAZ	Li, Chuk Ping	61	Sword Fish Club	2:08.00
7	45187 IAX	Chan, On Mei	60	Sword Fish Club	2:21.00

65-69

1	02711	Fok, Wai Fung	65	Wong Tai Sin	2:00.00
2	06127	Lau, Wai Lin	67	New Water Polo	2:30.00
3	49428 IAX	Leong, Sao Fan	66	New Water Polo	2:30.00

70-74

1	39357 @^P	Mak, Sok Iun	73	Sword Fish Club	1:55.00
2	50480 @^ICX	Lam, Lai Mui	72	Sword Fish Club	2:00.00
3	06356 IAZN	Lo Yeung, Sau Han	70	Kwun Tong	2:11.00

75-79

1	02365	Chow, So Kam	78	Kwun Tong	2:50.00
2	32571 IAZ	Chan, Pui Yee	79	Sword Fish Club	3:00.00

Event 5 Men 50 LC Meter Freestyle

18-24 MSR:	24.17
25-29 MSR:	23.92
30-34 MSR:	24.31
35-39 MSR:	24.80
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
18-24				
1	50457 @^IM	23	Tuen Mun	26.50
2	28439 IAZ	19	Current Club Ltd	26.50
3	48045 IAZ	20	Kwun Tong	27.00
4	37171 #IAZ	18	Current Club Ltd	29.74
5	50181 @^ICO	19	Kwun Tong	30.00
6	38369 P	18	Current Club Ltd	30.06
7	50489 @^IM	23	Sword Fish Club	32.00

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18-24... (Event 5 Men 50 LC Meter Freestyle)

8	25611 B	Chu, Kin Shing	19 Creative Youth	32.30
9	40140 IAZ	Li, Wing Yin	19 Creative Youth	32.31
10	41451 IAZ	Kwan, Wing Hin	19 Crest Ray	50.00
11	22816 #IAZ	Cheung, Tsz Nok	20 Dik Wing	NT

25-29

1	09964 IAZ	Lau, Chak Lam Nicholas	28 Diocesan School	26.00
2	50507 @^IM	Zhou, Boyang	27 Sword Fish Club	26.00
3	15815	Lo, Ting Kin	27 Sea Green	28.00
4	23835 IAZ	Cheuk, Long Hin	25 Juan Hua Club	29.00
5	08246 IAZ	Kwok, Chun Lok	29 Kwan Hung	30.00
6	12759 IAZ	Yue, Suen Yin	29 Sea Green	31.00
7	50500 @^IM	Gu, Siqi	28 Sword Fish Club	40.00

30-34

1	04637 IBZ	Kwan, Yui Hang	30 Current Club Ltd	24.78
2	05854 IAZ	Cho, Wai Ching	32 Flying Fish	27.00
3	19408 #IAZ	Chan, Yue Yat	30 Creative Youth	27.30
4	00104	Lo, Shek Pui	34 Hong Kong Footba	28.00
5	50481 @^P	Nieri, Giacomo	31 Sword Fish Club	28.00
6	50188 @^P	Chu, Yuan Hun	34 Fastlane Swimming	28.46
7	01784 B	Tso, Hiu Fung	32 Diocesan School	30.00
8	49516 @IAX	Chan, Cheuk Wai	31 Crest Ray	50.00
9	42848 P	Li, Yuhui	34 Sword Fish Club	55.00

35-39

1	22420 IAZ	Chan, Chi Ming	37 Kwun Tong	27.00
2	41147 IAZ	Mok, Lai Yeung Jason	39 Diocesan School	29.00
3	46504 @IAO	Coe, Jason George	39 Fastlane Swimming	29.70
4	03713 IBZ	Tang, Chee Kit	37 Diocesan School	30.00
5	23298 IAZ	Li, Cheuk Bun	38 Wong Tai Sin	31.00
6	50508 @^IM	Zhong, Zhiming	38 Sword Fish Club	33.00
7	49017 @ICO	McInnes, Christopher Peter	38 Kwun Tong	34.00
8	09136 IAZ	Tsang, Chun Kin	35 New Water Polo	36.00
9	50494 @^IM	Dong, Jianjun	36 Sword Fish Club	36.00
10	49812 IAZ	Kam, Lik Hang Leonard	36 New Water Polo	40.00
11	50156 IAZ	Pun, Tok Fung Sam	39 New Water Polo	43.80
12	02938 IBZ	Wong, Lit Ken	37 Dik Wing	NT

40-44

1	46248 @ICO	O' Neill, Donal Thomas	43 LRC	26.07
2	39981 IAZ	Mui, Ho Chuen	43 Sword Fish Club	27.09
3	50091 @P	Ang, Zhing Vehn	41 Fastlane Swimming	27.98
4	49497 @ICO	Macceod, Andrew Ian	44 LRC	28.29
5	09165	Cheung, Siu Fung	40 Lai Tsun	29.00
6	50512 @^IM	Ou, Xirong	40 Sword Fish Club	29.00
7	12176 ICZ	Ng, Siu Yu	41 Sword Fish Club	30.00
8	40841 IAX	Tsang, Kwok Tung	44 Diocesan School	30.92
9	42222 IAZ	Yick, Tsip Lam	40 Sword Fish Club	31.00
10	05155	Chan, Albert Kam Ming	42 Diocesan School	32.00
11	40834 IAZ	Chang, Hsi Tse JosephJeremy	44 Diocesan School	32.00
12	50012 @IAO	Griffiths, Evan Paul	43 Fastlane Swimming	32.00
13	50107 @ICO	Hamar, Gabor	42 Kwun Tong	32.00
14	43601	Zhang, Siyuan	42 Sword Fish Club	33.00
15	03796 ICZ	Chan, Pui Kei	42 New Water Polo	35.00
16	03793 ICZ	Po, Tik San	41 New Water Polo	35.00
17	23119 IAZ	Chan, Ying Tsung Bosco	42 Sword Fish Club	50.00

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45-49... (Event 5 Men 50 LC Meter Freestyle)

1	02366	Li, Ka Wing	49	Kwun Tong	30.00
2	28849 IAZ	Chan, Chun Kuen	48	Sword Fish Club	30.00
3	16451	Cheng, Ngai Bun	45	Kwun Tong	31.00
4	42737 IAZ	So, Ma Loi	47	Sword Fish Club	31.00
5	50510 @^IM	Ye, Qiang	48	Sword Fish Club	31.00
6	40844 IAZ	Lee, Hoi Wang Gary	49	Diocesan School	32.00
7	39987 @^P	Chu, Tong Man	47	Sword Fish Club	32.00
8	40923 IAZ	Yip, Kam Wing	46	Sea Green	34.00
9	48593 IAZ	Cheng, Wai Leung	46	Sword Fish Club	39.00
10	29261 IAZ	Lai, Ka Wai	45	Tuen Mun	42.00

50-54

1	10264 #	Faiola, Jeff Alan	52	Island Stingrays	27.64
2	27451 IAZ	Yip, Kin Man Stephen	53	Kwun Tong	29.00
3	49545 @IAO	Anderson, Anthony Craig	51	Kwun Tong	32.00
4	22419 IAZ	Fok, Kai Yuen	50	Sword Fish Club	33.00
5	21814 ICO	Mattoli, Enrico Andrea	53	LRC	33.66
6	43158 IAZ	Chan, Tin Lung	54	Lai Tsun	34.00
7	49443 IAZN	Siu, Cheuk Kuen	51	Sword Fish Club	35.00
8	21008 IAZ	Cheung, Chun Kwan Michael	50	Wong Tai Sin	35.00
9	42085 IAZ	Lee, Hon Lun Philip	51	Sword Fish Club	36.00

55-59

1	50495 @^IM	Zhou, Liang	59	Sword Fish Club	30.00
2	43144	Xiao, Donghong	57	New Water Polo	31.00
3	43198	Huang, Jin Liang	58	Sword Fish Club	31.00
4	50472 @^IM	Cai, Qiusheng	56	Tuen Mun	33.00
5	50463 @^IM	Chen, Xueyong	56	Tuen Mun	33.00
6	10135 IAZ	Mo, Kim Fung Bosco	59	Kwun Tong	33.00
7	22433 IAZ	Lui, Man Pong	58	New Water Polo	33.00
8	24602 IAZ	Li, Ka Wing Peter	58	Sea Green	35.00
9	39982 IAZ	Chow, Wing Chun	59	Sword Fish Club	36.00
10	23495 IAZ	Lam, Ping Fai Randy	55	Kwun Tong	37.00
11	38127 IAZ	Leung, Cheung Wai Ricky	55	Sword Fish Club	37.00
12	50458 @^IM	Li, Guoxin	58	Tuen Mun	43.00
13	44868 IAZ	Leung, Cheong Chau Stephen	58	Diocesan School	44.00
14	50435 @ICX	Fan, Zuopeng	56	Tung Sing	55.00
15	44678 IAZ	Hung, Tin Wai Robert	57	Pacific	NT

60-64

1	30267 IAZ	Leung, Hong Shun Alexander	60	Hoi Fung	32.00
2	50482 @^IM	Chen, Heqiang	60	Sword Fish Club	32.00
3	50485 @^IM	Chen, Shuquan	60	Sword Fish Club	33.00
4	50514 @^IM	Ye, Jinkun	61	Sword Fish Club	33.00
5	45198 @IAZN	Lam, Tsz Kiu Goldie	61	New Water Polo	34.00
6	07802	Chau, Kam Tim	63	Sea Green	35.00
7	41007 IAZ	So, Man Sing	62	Sea Green	35.00
8	45930 IAZ	Lo, Wing Kwong	62	Sun Yip	35.00
9	40942 P	He, Gaoxiong	61	New Water Polo	36.00
10	37048 IAZ	Cheung, Wai Chuen Jimmy	60	Sword Fish Club	36.00
11	40861 IAZ	Cheung, Chi Ming Rover	60	Sword Fish Club	37.00
12	50504 @^IM	Wen, Tieyue	61	Sword Fish Club	37.00
13	50511 @^IM	Ye, Huanliang	60	Sword Fish Club	37.00
14	28339 IAZ	Yim, Chi Yiu	63	New Water Polo	38.00
15	32108 IAX	Chan, Kiu	61	Sword Fish Club	38.00
16	50493 @^IM	Kong, Lingxiong	64	Sword Fish Club	40.00

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Psych Sheet

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

17	20636 IAZ	Pang, Seung Chiu	64	Lai Tsun	44.00
18	41426 IAZ	Tang, Yu Hang Francis	62	Tung Sing	52.00
19	48289 IAZ	Cheung, Sai Hung Steven	63	Sword Fish Club	52.00

65-69

1	14555 @IAX	Tang, Kon Leong	67	Sword Fish Club	33.00
2	50662 @^P	Zong, Cheng	65	Sword Fish Club	34.00
3	43598 @^IM	Chen, Weicai	66	Sword Fish Club	35.00
4	45199 IAZ	Fok, Siu Por	65	Juan Hua Club	36.46
5	05071	Choi, Tony	65	LRC	36.93
6	06785	Leung, Chun Yi	66	New Water Polo	40.00
7	06281	Fung, Kam Tai	68	Sword Fish Club	42.00
8	19292 IAX	Leung, Fu Keung	69	Sea Green	45.00
9	41739 IAZ	Ng, Chin Wing	68	Sea Green	49.00
10	50459 @^IM	Zhu, Weijin	69	Tuen Mun	NT

70-74

1	06398	Cho, Wai Sun	70	Fastlane Swimming	33.88
2	06268	Tse, Kwok Piu	72	Sword Fish Club	36.00
3	41729 IAZ	Ko, Leung Hung Alex	71	Diocesan School	38.00
4	06389	Chan, Hong Wah	70	New Water Polo	39.00
5	50503 @^IM	Feng, Bingkun	72	Sword Fish Club	39.00
6	05917	Yong, Khin Syn	74	Sword Fish Club	39.00
7	45624 IAZ	Mok, Hin Ming	73	Lai Tsun	41.00
8	11563	Lee, Kwok Hung	70	Sword Fish Club	50.00

75-79

1	03845	Tin, Sheung Kwai	76	New Water Polo	31.30
2	44756 IAZ	Lo, Che Hung	75	Lai Tsun	42.00
3	10274	Lau, Chun Nung	77	Lai Tsun	50.00

80-84

1	38301 IAX	Cheung, Hao Yen	80	Lai Tsun	54.00
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85-89

1	05407	Lee, She Kwok	85	Sword Fish Club	50.00
2	15490	Law, Kwai Fong	87	Sword Fish Club	1:05.00

Event 6 Women 50 LC Meter Freestyle

18-24 MSR:	28.20
25-29 MSR:	27.70
30-34 MSR:	28.58
35-39 MSR:	28.65
40-44 MSR:	28.17
45-49 MSR:	27.72
50-54 MSR:	29.68
55-59 MSR:	32.17
60-64 MSR:	34.16
65-69 MSR:	35.01

	ID#	Name	Age	Team	Seed Time
18-24					
1	50379 @^ICO	Kuai, Wen	24	Kwun Tong	31.00
2	50384 IAZ	Hao, Chaohui Suzukitomo	18	Current Club Ltd	50.00
3	23105 IAZ	Ho, Cheuk Wai	22	Dik Wing	NT
4	28242 IAZ	Hang, Kwan Tung Ruby	21	Dik Wing	NT
25-29					
1	11864 B	Chow, Tsz Hei	26	Crest Ray	28.00
2	14069 IAZ	Yuen, Sin Ling	27	Kwun Tong	29.00
3	50496 @^IM	Yue, Danfeng	28	Sword Fish Club	33.00

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Psych Sheet

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

4	43597 @^IM	Su, Wenting	27	Sword Fish Club	40.00
30-34					
1	01655 IB	Zhang, Xiao Tong Isabella	34	Fastlane Swimming	28.29
2	17382 IAZ	Tsui, Man Hei	32	New Water Polo	29.00
3	39995 IAS	Cheong, Sut Ieng	31	Sword Fish Club	34.00
4	50483 @^IM	Dong, Ningjing	33	Sword Fish Club	37.00
5	50513 @^IM	Wu, Qiaoling	33	Sword Fish Club	37.00
6	28004 IAZ	Kwan, Ka Wan	30	Tung Sing	45.00
7	01271 IAZ	Lo, Yan Yin	31	Current Club Ltd	50.00
35-39					
1	26745 ICX	Chen, Yangyang	38	LRC	30.42
2	50491 @^IM	Li, Jieyi	39	Sword Fish Club	36.00
3	43390 ICO	Wong, Sook Leng	35	Hoi Fung	36.25
4	43489 @IAXN	Wehl Kwok, Hiu Chin June	37	LRC	37.93
5	00777 IBZ	Tse, Yu Ting	37	New Water Polo	58.00
6	13384 ICZ	Lee, May Sze Mei	36	New Water Polo	59.00
7	50839 @^IM	Zhuo, Enqi	39	Tuen Mun	NT
8	00288 IBZ	Yip, Wing Yan	35	Dik Wing	NT
40-44					
1	50497 @^IM	Ye, Fengwei	43	Sword Fish Club	34.00
2	50484 @^IM	Ling, Yunning	44	Sword Fish Club	37.00
3	06304 ICZ	Cheung, Man Yiu	44	Sea Green	40.00
4	25238 IAZ	Yip, Po Man	43	New Water Polo	50.00
5	50515 IAZ	Cheung, Hiu Yan	41	Sword Fish Club	50.00
6	30072 ICW	Chao, Man Chi	44	New Water Polo	1:00.00
45-49					
1	46247 @IAO	Krkalo, Shauna Kathleen	45	LRC	27.72
2	40853 @IAO	Tam, Alison Mai Ling	45	Fastlane Swimming	30.00
3	42192 @^IM	Chen, Yunlin	47	Sword Fish Club	35.00
4	46181 IAZ	Ng, Yan Yan Bandy	47	Tung Sing	1:00.00
50-54					
1	50110 IAZ	Chow, Yin Wei Nora	51	New Water Polo	35.00
2	49429 IAZ	Choy, Yee Ling Elina Elain	54	New Water Polo	38.62
3	35969 IAX	Wang, Ying Lian	51	Tung Sing	39.49
4	47040 @IAX	Zou, Shengling	52	Tung Sing	43.00
5	06349	Ip, Oi Wa Wendy	51	Sword Fish Club	45.00
6	43063 @IAO	Wong, Rose	53	LRC	48.03
7	49204 IAZ	Cheng, Wai Man	52	Sea Green	51.00
8	44304 IAX	Choi, Shan Shan	51	Sword Fish Club	55.00
9	40912 IAZ	Ng, Yee Ling	52	Tolo Harbour	55.00
10	50159 @IAX	Yang, Meng Fei	50	Sword Fish Club	1:01.75
11	50471 @^IM	Zhang, Fengxia	53	Tuen Mun	NT
55-59					
1	40907 IAZ	Lai, Shui Nin Ingrid	56	YMCA OF Hong Kong	33.50
2	12894	Lee, Wai Yee Stella	57	Hoi Fung	36.26
3	23323 IAZ	Tam, Choi Ping Scalene	58	New Water Polo	37.00
4	26254 IAX	Ng, Kong Ching	58	New Water Polo	40.00
5	50509 @^IM	Guan, Xiuqin	56	Sword Fish Club	40.00
6	43178 ICW	Hoi, Fong Mei	59	Sword Fish Club	43.00
7	50492 @^IM	Guo, Liyan	58	Sword Fish Club	45.00
8	36045 IAZN	Hsu, Ava	56	LRC	46.58
9	50893 @^P	Niu, Zili	59	New Water Polo	53.00
10	38460 IAZ	Tang, Kit Fong Yvonne	59	New Water Polo	1:00.00
11	44303 IAZ	Lam, Man Lai	57	Sword Fish Club	1:05.00

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Psych Sheet

55-59... (Event 6 Women 50 LC Meter Freestyle)

12	41911 IAZN	Ng, Kit Man Joanna	58	New Water Polo	1:10.00
60-64					
1	26049 IAZ	Kirkwood, Tain Mhaira	60	LRC	32.72
2	41423 IAZ	Chiu, Pauline	61	Tung Sing	41.00
3	43595	Ao, Wai Lan	61	Sword Fish Club	42.00
4	22428 IAZ	Lau, Yuk Lin Rocky	61	Sea Green	48.00
5	36225 IAX	Li, Wai Kam	61	Sea Green	50.00
6	34668 IAZ	Tang, Pik Ha	63	New Water Polo	50.40
7	20640 IAZ	Wong, Fung Yee	63	Sword Fish Club	52.00
8	08956	Yeung, Chin Wai Anita	62	Hoi Fung	55.56
65-69					
1	03503	Castka, Gillian Hancer	67	Sword Fish Club	41.00
2	02711	Fok, Wai Fung	65	Wong Tai Sin	51.00
3	06127	Lau, Wai Lin	67	New Water Polo	1:00.00
4	25237 IAZ	Yu, Chi Seung	65	New Water Polo	1:00.00
5	06213	Mo, Mei Ling	69	Wong Tai Sin	1:02.00
6	49428 IAX	Leong, Sao Fan	66	New Water Polo	1:10.00
70-74					
1	22852 ICX	Bai, Xiufen	72	Sword Fish Club	44.00
2	06356 IAZN	Lo Yeung, Sau Han	70	Kwun Tong	51.00
3	46236 IAZ	Fok, Miu Han	70	Juan Hua Club	53.82
4	50448 @IM	Liu, Xiaodong	72	New Water Polo	58.00
75-79					
1	39991 IAS	Sam, Choi Lin	75	Sword Fish Club	50.00
2	32571 IAZ	Chan, Pui Yee	79	Sword Fish Club	1:00.00
3	02365	Chow, So Kam	78	Kwun Tong	1:10.00
4	17480 IAZ	Chow, Pui Han Angela	77	Lai Tsun	1:10.00
80-84					
1	06374	Wong, Jim	82	Sword Fish Club	55.00
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

Event 7 Men 100 LC Meter Backstroke

18-24 MSR:	1:02.10
25-29 MSR:	1:06.32
30-34 MSR:	1:07.94
35-39 MSR:	1:06.66
40-44 MSR:	1:04.62
45-49 MSR:	1:09.39
50-54 MSR:	1:08.09
55-59 MSR:	1:11.73
60-64 MSR:	1:13.98
65-69 MSR:	1:18.71

	ID#	Name	Age	Team	Seed Time
18-24					
1	28439 IAZ	Cheng, Kam Fung	19	Current Club Ltd	1:00.73
2	22513 IAZ	Tang, Cheuk Yan	23	Kwun Tong	1:08.00
3	19210 B	Hung, Siu Ching Dickson	24	Sword Fish Club	1:20.00
4	27803 B	Fan, Ka Ming	24	Current Club Ltd	1:30.00
5	25611 B	Chu, Kin Shing	19	Creative Youth	NT
25-29					
1	15423 IAZ	Cheung, Yau Ming	26	Diocesan School	58.00
2	50500 @^IM	Gu, Siqi	28	Sword Fish Club	2:00.00

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Psych Sheet

30-34... (Event 7 Men 100 LC Meter Backstroke)

1	06886 B	Li, Chin Long	33 Eastern Winter	1:14.68
2	01728	Cheung, Wai Lun William	32 Diocesan School	1:15.00
3	01784 B	Tso, Hiu Fung	32 Diocesan School	1:15.00
4	05854 IAZ	Cho, Wai Ching	32 Flying Fish	1:30.00

35-39

1	00444	Lam, Yau Sun Dickson	38 Diocesan School	1:08.00
2	03713 IBZ	Tang, Chee Kit	37 Diocesan School	1:15.00
3	05179 #ICZ	Wan, Chun Pong Michael	39 Fastlane Swimming	1:20.00
4	02938 IBZ	Wong, Lit Ken	37 Dik Wing	NT
5	00093	Tam, Tak Ching	36 Dik Wing	NT

40-44

1	40841 IAX	Tsang, Kwok Tung	44 Diocesan School	1:21.00
2	03796 ICZ	Chan, Pui Kei	42 New Water Polo	1:35.00
3	49027 IAZ	Ng, Fung Kei	43 Sword Fish Club	1:35.00
4	05155	Chan, Albert Kam Ming	42 Diocesan School	1:40.00
5	01948 ICZ	Tang, Ho Yuen	41 Diocesan School	1:40.00
6	46248 @ICO	O' Neill, Donal Thomas	43 LRC	2:05.00

45-49

1	27471 ICO	Nortje, Craig Andrew	45 Hong Kong Footba	1:10.00
2	06338 IAZ	Wong, Ka Fai	49 Sword Fish Club	1:30.00
3	05160	Chan, Ka Wo	46 Diocesan School	1:34.00
4	50510 @^IM	Ye, Qiang	48 Sword Fish Club	1:35.00
5	24603 IAZ	Hung, Ka Ming	48 YMCA OF Hong Kong	1:45.00
6	39987 @^P	Chu, Tong Man	47 Sword Fish Club	1:45.00

50-54

1	27451 IAZ	Yip, Kin Man Stephen	53 Kwun Tong	1:30.00
2	06711	Leung, Tsz Kin	51 New Water Polo	1:30.34
3	35711 IAX	Wong, Fuk Kei	54 Sword Fish Club	2:00.00
4	21814 ICO	Mattoli, Enrico Andrea	53 LRC	2:15.00

55-59

1	41548 IAZ	Ip, Ka Keung Patrick	55 Hong Kong Footba	1:25.00
2	43198	Huang, Jin Liang	58 Sword Fish Club	1:30.00
3	18856 IAZ	Au, Mun Shing	58 Sword Fish Club	1:37.00
4	05139	Lin, Fulong	56 Flying Fish	1:45.62
5	22433 IAZ	Lui, Man Pong	58 New Water Polo	1:50.00
6	29472 IAZN	Choi, Kwok Man Tony	57 Sword Fish Club	1:55.00
7	40840 IAZ	Ng, Ka Yiu Karl	59 Diocesan School	2:00.00
8	38291 IAZ	Liu, Chun Sing	57 Sword Fish Club	2:00.00

60-64

1	27460 IAZ	Chan, Ying Chiu Johnson	60 Lai Tsun	1:32.00
2	50482 @^IM	Chen, Heqiang	60 Sword Fish Club	1:40.00
3	24256 IAW	Lok, Wai Man	60 New Water Polo	1:44.00
4	40942 P	He, Gaoxiong	61 New Water Polo	1:56.00

65-69

1	06237	Mok, Chu Piu	66 Lai Tsun	1:43.00
2	06388	Lau, Man Kin	69 Sword Fish Club	1:50.00
3	26318	Suen, Chi Wing	69 Sword Fish Club	1:51.00
4	06281	Fung, Kam Tai	68 Sword Fish Club	1:54.00
5	48753 IAX	Fung, Sik Tong	67 Sea Green	1:58.00
6	06187	Kan, Kai Kwong	68 Sea Green	1:59.00
7	49915 @IAX	Tai, Yu Chung	65 New Water Polo	2:00.00
8	50459 @^IM	Zhu, Weijin	69 Tuen Mun	NT

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Psych Sheet

70-74... (Event 7 Men 100 LC Meter Backstroke)

1	06382	Chan, Kam Por	71	Sword Fish Club	1:46.00
2	06192	Chu, Shui Yi	72	Sea Green	1:58.00
3	20634 IAZ	Wu, Shu Sun	73	New Water Polo	2:00.00
4	22182 IAZ	Ngai, Yin Leung	74	Sword Fish Club	2:09.00
5	06124	Szeto, Kwan Yin	70	New Water Polo	2:15.00

75-79

1	40518 IAZ	Liu, Wing Chiu	75	Tuen Mun	2:00.00
2	06274	Wong, Yau Chuen	77	Sword Fish Club	2:30.00

80-84

1	38301 IAX	Cheung, Hao Yen	80	Lai Tsun	3:11.00
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85-89

1	05407	Lee, She Kwok	85	Sword Fish Club	2:14.00
2	17832 IAX	Chan, Sau	86	Sword Fish Club	3:10.00

Event 8 Women 100 LC Meter Backstroke

18-24 MSR: 1:11.36

25-29 MSR: 1:14.07

30-34 MSR: 1:11.37

35-39 MSR: 1:14.06

40-44 MSR: 1:13.75

45-49 MSR: 1:15.99

50-54 MSR: 1:17.38

55-59 MSR: 1:36.84

60-64 MSR: 1:43.42

65-69 MSR: 1:50.32

	ID#	Name	Age	Team	Seed Time
18-24					
1	26669 P	Mak, Ho Yan	20	Eastern Winter	1:26.26
2	20969 IAZ	Lui, Wing Lam	21	Kwun Tong	1:30.00
3	50379 @^ICO	Kuai, Wen	24	Kwun Tong	1:40.00
25-29					
1	50505 @^IM	Huang, Shaofen	29	Sword Fish Club	1:19.00
2	09959 #IAZ	Mok, Hoi Man Sheron	28	New Water Polo	2:00.00
35-39					
1	26745 ICX	Chen, Yangyang	38	LRC	1:21.19
2	50491 @^IM	Li, Jieyi	39	Sword Fish Club	1:40.00
3	13384 ICZ	Lee, May Sze Mei	36	New Water Polo	2:18.00
4	50839 @^IM	Zhuo, Enqi	39	Tuen Mun	NT
40-44					
1	49442 IAZ	Chan, Yuk Man Phoebe	44	Sword Fish Club	1:45.00
2	25238 IAZ	Yip, Po Man	43	New Water Polo	2:00.00
45-49					
1	06315	Chan, Sui Yee	47	LRC	1:43.12
2	45917 @^IM	Huang, Caifang	49	Sword Fish Club	2:02.00
50-54					
1	43977	Lin, Zihe	54	New Water Polo	1:30.00
2	35772 IAX	Ban, Xianhai	51	New Water Polo	2:00.00
3	47040 @IAZ	Zou, Shengling	52	Tung Sing	2:01.00
4	36431 @^P	Buchta, Katrin	53	Sword Fish Club	2:05.00
5	48393 IAZ	Leung, Lin Pik Stella	52	Hoi Fung	2:10.89
55-59					
1	29752 IAZ	Chow, Yee Heung Liza	59	Lai Tsun	1:44.00
2	40907 IAZ	Lai, Shui Nin Ingrid	56	YMCA OF Hong Kong	1:45.00

Long Course MS Swimming Competition Part 2 - 30/Apr/2023

Psych Sheet

55-59... (Event 8 Women 100 LC Meter Backstroke)

3	50509 @^IM	Guan, Xiuqin	56	Sword Fish Club	1:48.00
4	40575 IAO	Chan, San Ngah	55	Fastlane Swimming	2:01.15
5	06337	Tse, Yee Wah	57	YMCA OF Hong Kong	2:05.00
6	50490 @^IM	Liang, Yanling	59	Sword Fish Club	NT

60-64

1	20640 IAZ	Wong, Fung Yee	63	Sword Fish Club	2:27.00
2	08956	Yeung, Chin Wai Anita	62	Hoi Fung	2:33.00

65-69

1	06127	Lau, Wai Lin	67	New Water Polo	2:30.00
2	02711	Fok, Wai Fung	65	Wong Tai Sin	2:30.00

70-74

1	22852 ICX	Bai, Xiufen	72	Sword Fish Club	1:45.00
2	06356 IAZN	Lo Yeung, Sau Han	70	Kwun Tong	2:15.00
3	07440	Yip, Lai Kuen	72	Lai Tsun	2:30.00

75-79

1	17480 IAZ	Chow, Pui Han Angela	77	Lai Tsun	2:30.00
2	32571 IAZ	Chan, Pui Yee	79	Sword Fish Club	3:00.00

80-84

1	13262	Kwong, Shuet Hing	83	Wong Tai Sin	2:52.56
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85-89

1	06144	Mak, Suet Man	86	Sea Green	2:49.00
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Event 9 Men 200 LC Meter Freestyle

18-24 MSR: 2:06.87

25-29 MSR: 2:05.18

30-34 MSR: 2:05.11

35-39 MSR: 2:05.90

40-44 MSR: 2:07.89

45-49 MSR: 2:10.21

50-54 MSR: 2:14.33

55-59 MSR: 2:24.07

60-64 MSR: 2:32.99

65-69 MSR: 2:37.58

	ID#	Name	Age	Team	Seed Time
18-24					
1	37171 #IAZ	Wong, Wai Cheung	18	Current Club Ltd	3:50.00
25-29					
1	24728 IAZ	Chan, Wing Fa	26	Eastern Winter	2:09.89
2	15815	Lo, Ting Kin	27	Sea Green	2:26.00
3	40333 IAZ	Lam, Pak Lai	26	Flying Fish	2:40.00
4	47043 IAZ	Lam, Pak Lun	29	Flying Fish	3:15.00
5	05577 IBZ	Yuen, Marcus	29	LRC	3:15.00
30-34					
1	02591	Luk, Wing Kin Andy	34	Kwan Hung	2:15.00
2	10309 #IBZ	Leung, Chin Fung	34	New Water Polo	2:30.00
3	33387 IAO	Wu, Kenneth Yee Lok	32	Sword Fish Club	2:34.58
4	14526 IBZ	Ho, Chun Sum Samuel	34	New Water Polo	3:00.00
5	14527 IBZ	Ho, Chun Ting Timothy	34	New Water Polo	3:00.00
6	04604 IBZ	Kwong, Chun Hung	34	Sea Green	3:09.00
35-39					
1	47580 @IAO	Poon, Derrick Gene-ming	35	Fastlane Swimming	2:13.03
2	22420 IAZ	Chan, Chi Ming	37	Kwun Tong	2:21.46
3	44302 ICO	Boas, Michael Joel	38	Fastlane Swimming	2:32.99
4	46504 @IAO	Coe, Jason George	39	Fastlane Swimming	2:32.99

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Psych Sheet

35-39... (Event 9 Men 200 LC Meter Freestyle)

5	05179 #ICZ	Wan, Chun Pong Michael	39 Fastlane Swimming	2:32.99
6	48158 IAZ	Lee, Sung Hai Hysan	39 Diocesan School	3:15.00
7	49017 @ICO	Mcinnes, Christopher Peter	38 Kwun Tong	3:15.00

40-44

1	44769 ICO	Sharp, Braedon	40 Hong Kong Footba	2:09.00
2	01012 ICZ	Fong, Lik Sun	43 Hong Kong Footba	2:10.00
3	12176 ICZ	Ng, Siu Yu	41 Sword Fish Club	2:34.00
4	03409	Ho, Kin Kan	40 Barracuda	2:35.00
5	09165	Cheung, Siu Fung	40 Lai Tsun	2:35.00
6	42708 IAZ	Tang, Wing Chung Jonathan	41 Hoi Fung	2:35.20
7	10317	Ng, Ka Wing	43 Diocesan School	3:20.00
8	45574 IAZ	Ng, Siu Kwong	41 Sword Fish Club	3:20.00
9	38035 IAZ	Mok, Kin Fan	43 Tolo Harbour	3:42.00

45-49

1	37671 @ICO	Stamenovic, Ivan	47 LRC	2:09.51
2	46505 IAZ	Chang, Lambert Jen Hsiung	48 Fastlane Swimming	2:32.99
3	28849 IAZ	Chan, Chun Kuen	48 Sword Fish Club	2:34.00
4	24603 IAZ	Hung, Ka Ming	48 YMCA OF Hong Kong	3:00.00
5	02366	Li, Ka Wing	49 Kwun Tong	3:04.79

50-54

1	10264 #	Faiola, Jeff Alan	52 Island Stingrays	2:17.87
2	48285 IAZ	Wan, Hong Yin Edmund	52 Hong Kong Footba	2:30.00
3	30710 IAZ	Lai, Kin Sun	53 Flying Fish	2:34.53
4	27868 IAZ	Chan, Chi Wah Ringo	51 Sword Fish Club	2:40.00
5	21814 ICO	Mattoli, Enrico Andrea	53 LRC	3:30.00
6	49443 IAZN	Siu, Cheuk Kuen	51 Sword Fish Club	3:40.00

55-59

1	05138	Lanzone, Francesco	55 Barracuda	2:35.00
2	26594 IAZ	Ching, Wai Kin	59 Sword Fish Club	3:02.01
3	32285 IAZ	Chan, Chong Kai Stephen	55 Diocesan School	3:15.00
4	05139	Lin, Fulong	56 Flying Fish	3:27.91
5	40840 IAZ	Ng, Ka Yiu Karl	59 Diocesan School	3:30.00
6	29472 IAZN	Choi, Kwok Man Tony	57 Sword Fish Club	3:40.00

60-64

1	05191	Koo, Yu Fat Marcus	61 Flying Fish	2:33.27
2	15528	Tsui, Tak Shing Dominic	61 Fastlane Swimming	2:45.00
3	37048 IAZ	Cheung, Wai Chuen Jimmy	60 Sword Fish Club	3:16.00
4	13979	Lee, Sing Tim	62 Lai Tsun	3:30.00
5	40861 IAZ	Cheung, Chi Ming Rover	60 Sword Fish Club	3:30.00
6	36725 IAZ	Yau, Wai	64 Sea Green	3:57.00

65-69

1	06331 ICZ	Ma, Etienne	66 YMCA OF Hong Kong	2:45.00
2	06237	Mok, Chu Piu	66 Lai Tsun	3:03.00
3	45199 IAZ	Fok, Siu Por	65 Juan Hua Club	3:45.00
4	26318	Suen, Chi Wing	69 Sword Fish Club	3:45.00
5	41739 IAZ	Ng, Chin Wing	68 Sea Green	3:58.00

70-74

1	06268	Tse, Kwok Piu	72 Sword Fish Club	2:40.00
2	43979	Qi, Songhe	74 New Water Polo	3:30.00

75-79

1	06274	Wong, Yau Chuen	77 Sword Fish Club	3:40.00
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Long Course MS Swimming Competition Part 2 - 30/Apr/2023
Psych Sheet

Event 10 Women 200 LC Meter Freestyle

18-24 MSR: 2:16.66
25-29 MSR: 2:16.55
30-34 MSR: 2:25.29
35-39 MSR: 2:13.59
40-44 MSR: 2:13.70
45-49 MSR: 2:28.14
50-54 MSR: 2:32.26
55-59 MSR: 2:50.45
60-64 MSR: 3:08.53
65-69 MSR: 3:27.53

	ID#	Name	Age	Team	Seed Time
18-24...	(Event 10 Women 200 LC Meter Freestyle)				
1	26980 IAZ	Wong, Suet Wing	24	Dik Wing	3:25.00
25-29					
1	49513 IAZ	To, Yan Wing	27	Crest Ray	3:25.00
2	47460 IAZ	Mak, Cheuk Lam	28	New Water Polo	3:25.00
3	09959 #IAZ	Mok, Hoi Man Sheron	28	New Water Polo	3:25.00
30-34					
1	01655 IB	Zhang, Xiao Tong Isabella	34	Fastlane Swimming	2:19.99
2	06577 IBZ	Leung, Wei Yan	33	Sword Fish Club	2:51.00
3	01441	Yeung, Hiu Ching Judy	32	New Water Polo	3:00.00
4	01262	Mau, Lok Yan Eunice	30	Current Club Ltd	4:00.00
5	00085	Yu, Pei En Priscilla	34	Current Club Ltd	4:00.00
35-39					
1	43390 ICO	Wong, Sook Leng	35	Hoi Fung	3:05.86
40-44					
1	08977	Ho, Yee Yun Rosalind	44	Current Club Ltd	4:00.00
45-49					
1	40853 @IAO	Tam, Alison Mai Ling	45	Fastlane Swimming	2:30.05
2	06315	Chan, Sui Yee	47	LRC	3:27.30
50-54					
1	35969 IAX	Wang, Ying Lian	51	Tung Sing	3:26.00
2	47040 @IAX	Zou, Shengling	52	Tung Sing	3:30.00
3	44304 IAX	Choi, Shan Shan	51	Sword Fish Club	3:40.00
4	06349	Ip, Oi Wa Wendy	51	Sword Fish Club	3:40.00
5	40912 IAZ	Ng, Yee Ling	52	Tolo Harbour	3:40.00
55-59					
1	12894	Lee, Wai Yee Stella	57	Hoi Fung	3:00.00
2	40907 IAZ	Lai, Shui Nin Ingrid	56	YMCA OF Hong Kong	3:10.00
3	36045 IAZN	Hsu, Ava	56	LRC	3:40.00
4	23323 IAZ	Tam, Choi Ping Scalene	58	New Water Polo	3:40.00
60-64					
1	36225 IAX	Li, Wai Kam	61	Sea Green	3:45.00
2	31750 IAZ	Cheung, Lai Ying Anita	60	Lai Tsun	3:55.00
3	20640 IAZ	Wong, Fung Yee	63	Sword Fish Club	3:55.00
65-69					
1	03503	Castka, Gillian Hancer	67	Sword Fish Club	3:25.00
2	19290 IAX	Tseung, Nga Wah	66	Sword Fish Club	3:50.00
3	06355	Lo, Lai Yung	68	New Water Polo	3:55.00
70-74					
1	07440	Yip, Lai Kuen	72	Lai Tsun	3:55.00

Long Course MS Swimming Competition Part 2 - 30/Apr/2023

Psych Sheet

75-79... (Event 10 Women 200 LC Meter Freestyle)

1	17480 IAZ	Chow, Pui Han Angela	77	Lai Tsun	3:55.00
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Event 11 Men 50 LC Meter Butterfly

18-24 MSR:	26.27
25-29 MSR:	26.21
30-34 MSR:	26.54
35-39 MSR:	26.70
40-44 MSR:	26.85
45-49 MSR:	27.47
50-54 MSR:	27.94
55-59 MSR:	30.04
60-64 MSR:	30.60
65-69 MSR:	33.20

	ID#	Name	Age	Team	Seed Time
18-24					
1	28439 IAZ	Cheng, Kam Fung	19	Current Club Ltd	26.12
2	27411 IAZ	Siu, Ka Hang	19	Sword Fish Club	26.90
3	50457 @^IM	Miao, Chenglli	23	Tuen Mun	28.50
4	33975 B	Wong, Hoi Yi Ryan	18	Sword Fish Club	28.77
5	19210 B	Hung, Siu Ching Dickson	24	Sword Fish Club	30.00
6	50489 @^IM	Yang, Zecheng	23	Sword Fish Club	38.00
7	41451 IAZ	Kwan, Wing Hin	19	Crest Ray	50.00
8	25611 B	Chu, Kin Shing	19	Creative Youth	NT
9	22816 #IAZ	Cheung, Tsz Nok	20	Dik Wing	NT
25-29					
1	40333 IAZ	Lam, Pak Lai	26	Flying Fish	26.00
2	09964 IAZ	Lau, Chak Lam Nicholas	28	Diocesan School	28.00
3	50507 @^IM	Zhou, Boyang	27	Sword Fish Club	28.00
4	23835 IAZ	Cheuk, Long Hin	25	Juan Hua Club	30.00
5	16201 B	Kwok, Yuk Hang	27	Kwun Tong	30.00
6	50841 @^IM	Chen, Yun Shan	29	Tuen Mun	32.00
7	08246 IAZ	Kwok, Chun Lok	29	Kwan Hung	33.00
8	23081 IAZ	Loo, Chun Hei	25	Dik Wing	NT
30-34					
1	50481 @^P	Nieri, Giacomo	31	Sword Fish Club	27.00
2	02021 IBZ	Chow, Man Ho	33	Kwan Hung	28.00
3	14526 IBZ	Ho, Chun Sum Samuel	34	New Water Polo	28.00
4	14527 IBZ	Ho, Chun Ting Timothy	34	New Water Polo	28.00
5	10028 IBZ	Tsien, Hanson	30	Crest Ray	29.00
6	42728 P	Febo, Christopher Vincenzo	30	Sword Fish Club	29.05
7	14158 #IAZ	Li, Hok Yee Terence	30	New Water Polo	29.50
8	01728	Cheung, Wai Lun William	32	Diocesan School	32.00
9	01784 B	Tso, Hiu Fung	32	Diocesan School	32.00
10	19408 #IAZ	Chan, Yue Yat	30	Creative Youth	32.50
11	33387 IAO	Wu, Kenneth Yee Lok	32	Sword Fish Club	33.00
12	50188 @^P	Chu, Yuan Hun	34	Fastlane Swimming	33.33
13	48262 IAZ	Quan, Wing Yeung Marwick	33	Sword Fish Club	35.00
14	04604 IBZ	Kwong, Chun Hung	34	Sea Green	40.00
15	42848 P	Li, Yuhui	34	Sword Fish Club	1:00.00
16	49512 IAZ	Ho, Chung	34	Crest Ray	NT
17	05854 IAZ	Cho, Wai Ching	32	Flying Fish	NT
35-39					
1	03716 ICZ	Yan, Ho Chun	38	Diocesan School	26.50

Long Course MS Swimming Competition Part 2 - 30/Apr/2023

Psych Sheet

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

2	44302 ICO	Boas, Michael Joel	38 Fastlane Swimming	33.40
3	23298 IAZ	Li, Cheuk Bun	38 Wong Tai Sin	34.00
4	00099 IAZ	Wong, Cheuk Wai	35 New Water Polo	35.00
5	50494 @^IM	Dong, Jianjun	36 Sword Fish Club	41.00

40-44

1	46248 @ICO	O' Neill, Donal Thomas	43 LRC	26.91
2	44769 ICO	Sharp, Braedon	40 Hong Kong Footba	29.00
3	50512 @^IM	Ou, Xirong	40 Sword Fish Club	30.00
4	49497 @ICO	Macceod, Andrew Ian	44 LRC	30.18
5	39981 IAZ	Mui, Ho Chuen	43 Sword Fish Club	30.34
6	09165	Cheung, Siu Fung	40 Lai Tsun	33.00
7	10317	Ng, Ka Wing	43 Diocesan School	35.00
8	43601	Zhang, Siyuan	42 Sword Fish Club	35.00
9	50107 @ICO	Hamar, Gabor	42 Kwun Tong	37.00
10	49027 IAZ	Ng, Fung Kei	43 Sword Fish Club	39.00
11	49426 IAZ	Lau, Kin Hang	41 New Water Polo	40.00
12	03793 ICZ	Po, Tik San	41 New Water Polo	40.00
13	40558 IAZ	Law, Sai Wo	44 Tolo Harbour	40.00
14	24607 IAZ	Liu, Wah On	41 New Water Polo	43.00

45-49

1	27471 ICO	Nortje, Craig Andrew	45 Hong Kong Footba	28.00
2	06338 IAZ	Wong, Ka Fai	49 Sword Fish Club	32.00
3	37671 @ICO	Stamenovic, Ivan	47 LRC	32.65
4	02366	Li, Ka Wing	49 Kwun Tong	35.00
5	50510 @^IM	Ye, Qiang	48 Sword Fish Club	35.00
6	42737 IAZ	So, Ma Loi	47 Sword Fish Club	38.00

50-54

1	10264 #	Faiola, Jeff Alan	52 Island Stingrays	28.91
2	09558 IAO	Li, Kai Yien Authur	51 Hong Kong Footba	29.05
3	21008 IAZ	Cheung, Chun Kwan Michael	50 Wong Tai Sin	35.00
4	49545 @IAO	Anderson, Anthony Craig	51 Kwun Tong	36.00
5	06711	Leung, Tsz Kin	51 New Water Polo	38.11
6	42085 IAZ	Lee, Hon Lun Philip	51 Sword Fish Club	40.00
7	35711 IAX	Wong, Fuk Kei	54 Sword Fish Club	1:00.00

55-59

1	50495 @^IM	Zhou, Liang	59 Sword Fish Club	33.00
2	43144	Xiao, Donghong	57 New Water Polo	35.00
3	31109 IAZ	Chan, Ping Yan Bryan	57 Hoi Fung	38.75
4	39982 IAZ	Chow, Wing Chun	59 Sword Fish Club	39.00
5	24602 IAZ	Li, Ka Wing Peter	58 Sea Green	42.00
6	38127 IAZ	Leung, Cheung Wai Ricky	55 Sword Fish Club	43.00
7	26594 IAZ	Ching, Wai Kin	59 Sword Fish Club	43.34
8	29472 IAZN	Choi, Kwok Man Tony	57 Sword Fish Club	50.00

60-64

1	50485 @^IM	Chen, Shuquan	60 Sword Fish Club	36.00
2	50514 @^IM	Ye, Jinkun	61 Sword Fish Club	36.00
3	24256 IAW	Lok, Wai Man	60 New Water Polo	37.00
4	07802	Chau, Kam Tim	63 Sea Green	38.00
5	41007 IAZ	So, Man Sing	62 Sea Green	39.00
6	06336	Tse, Siu Kin	61 Sword Fish Club	40.00

65-69

1	43598 @^IM	Chen, Weicai	66 Sword Fish Club	38.00
2	49915 @IAX	Tai, Yu Chung	65 New Water Polo	40.00
3	43205	Zhou, Jin Jia	68 Sword Fish Club	42.00

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Psych Sheet

65-69... (Event 11 Men 50 LC Meter Butterfly)

4	06176	Wong, Kung Wan	67	Sea Green	45.00
5	17725 IAZ	Ng, Yu Hung	65	Sword Fish Club	48.00
6	06187	Kan, Kai Kwong	68	Sea Green	48.00
7	06388	Lau, Man Kin	69	Sword Fish Club	50.00

70-74

1	06382	Chan, Kam Por	71	Sword Fish Club	38.00
2	06398	Cho, Wai Sun	70	Fastlane Swimming	38.88
3	50503 @^IM	Feng, Bingkun	72	Sword Fish Club	50.00
4	06192	Chu, Shui Yi	72	Sea Green	52.00
5	45624 IAZ	Mok, Hin Ming	73	Lai Tsun	55.00
6	22182 IAZ	Ngai, Yin Leung	74	Sword Fish Club	55.36
7	06243	Koo, Choi Fat	73	Wong Tai Sin	1:00.00
8	41729 IAZ	Ko, Leung Hung Alex	71	Diocesan School	1:10.00

75-79

1	03845	Tin, Sheung Kwai	76	New Water Polo	54.30
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80-84

1	06270	Lam, Luk Kan	82	Sword Fish Club	1:05.00
2	38301 IAX	Cheung, Hao Yen	80	Lai Tsun	NT

Event 12 Women 50 LC Meter Butterfly

18-24 MSR:	30.27
25-29 MSR:	29.30
30-34 MSR:	30.75
35-39 MSR:	32.32
40-44 MSR:	30.39
45-49 MSR:	30.39
50-54 MSR:	32.53
55-59 MSR:	36.39
60-64 MSR:	39.95
65-69 MSR:	42.01

	ID#	Name	Age	Team	Seed Time
18-24					
1	21953 B	Chan, Tsz Ching	23	Fastlane Swimming	29.00
2	28945 B	Wong, Hoi Ling Rene	20	Sword Fish Club	34.34
3	20969 IAZ	Lui, Wing Lam	21	Kwun Tong	40.00
4	50384 IAZ	Hao, Chaohui Suzukitomeo	18	Current Club Ltd	50.00
5	31444 #IAX	Tang, Hiu Tung	22	Pacific	NT
6	28242 IAZ	Hang, Kwan Tung Ruby	21	Dik Wing	NT
25-29					
1	14069 IAZ	Yuen, Sin Ling	27	Kwun Tong	31.00
2	50505 @^IM	Huang, Shaofen	29	Sword Fish Club	31.00
3	11864 B	Chow, Tsz Hei	26	Crest Ray	32.00
4	11797 B	Ip, Rainbow	26	Flying Fish	33.00
5	29564 IAZ	Ng, Wai Ying Megan	27	Flying Fish	33.00
6	08238 B	Li, Tsz Yu	29	New Water Polo	33.00
7	50496 @^IM	Yue, Danfeng	28	Sword Fish Club	36.00
8	43597 @^IM	Su, Wenting	27	Sword Fish Club	40.00
9	49513 IAZ	To, Yan Wing	27	Crest Ray	42.00
30-34					
1	01262	Mau, Lok Yan Eunice	30	Current Club Ltd	30.73
2	03730 IBZ	Li, Jamie	31	Kwan Hung	34.00
3	01441	Yeung, Hiu Ching Judy	32	New Water Polo	45.00
4	28004 IAZ	Kwan, Ka Wan	30	Tung Sing	46.00
5	00085	Yu, Pei En Priscilla	34	Current Club Ltd	50.00

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Psych Sheet

35-39... (Event 12 Women 50 LC Meter Butterfly)

1	43390 ICO	Wong, Sook Leng	35	Hoi Fung	45.10
2	00288 IBZ	Yip, Wing Yan	35	Dik Wing	NT

40-44

1	08977	Ho, Yee Yun Rosalind	44	Current Club Ltd	42.11
2	50484 @^IM	Ling, Yunying	44	Sword Fish Club	45.00
3	06304 ICZ	Cheung, Man Yiu	44	Sea Green	50.00
4	30072 ICW	Chao, Man Chi	44	New Water Polo	1:00.00

45-49

1	46247 @IAO	Krkalo, Shauna Kathleen	45	LRC	30.39
2	42192 @^IM	Chen, Yunlin	47	Sword Fish Club	44.00
3	45139 IAZ	Tai, Kwan Yee	46	Hoi Fung	50.00
4	50781 @IAX	Xiong, Youzhen	48	Sea Green	56.00

50-54

1	35772 IAX	Ban, Xianhai	51	New Water Polo	1:00.00
2	49429 IAZ	Choy, Yee Ling Elina Elain	54	New Water Polo	1:00.00
3	36431 @^P	Buchta, Katrin	53	Sword Fish Club	1:00.00
4	50471 @^IM	Zhang, Fengxia	53	Tuen Mun	NT

55-59

1	29752 IAZ	Chow, Yee Heung Liza	59	Lai Tsun	47.00
2	23323 IAZ	Tam, Choi Ping Scalene	58	New Water Polo	50.00
3	26254 IAX	Ng, Kong Ching	58	New Water Polo	52.00
4	50490 @^IM	Liang, Yanling	59	Sword Fish Club	52.00
5	40575 IAO	Chan, San Ngah	55	Fastlane Swimming	53.16
6	41911 IAZN	Ng, Kit Man Joanna	58	New Water Polo	1:44.00

60-64

1	26049 IAZ	Kirkwood, Tain Mhaira	60	LRC	36.39
2	49914 @IAXB	Ng, Yee Man	64	New Water Polo	39.00
3	41423 IAZ	Chiu, Pauline	61	Tung Sing	49.00
4	22428 IAZ	Lau, Yuk Lin Rocky	61	Sea Green	51.00
5	16533	Wong, Shun Ying	64	Sea Green	51.00
6	36225 IAX	Li, Wai Kam	61	Sea Green	59.00
7	34668 IAZ	Tang, Pik Ha	63	New Water Polo	1:00.00
8	45187 IAX	Chan, On Mei	60	Sword Fish Club	1:05.00

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	25237 IAZ	Yu, Chi Seung	65	New Water Polo	1:05.00

70-74

1	39357 @^P	Mak, Sok Iun	73	Sword Fish Club	50.00
2	50448 @IM	Liu, Xiaodong	72	New Water Polo	1:15.00

75-79

1	02365	Chow, So Kam	78	Kwun Tong	1:20.00
2	06357	Suen, Ming Chu	75	Sword Fish Club	1:30.00

Long Course MS Swimming Competition Part 2 - 30/Apr/2023

Psych Sheet

Event 13 Men 4x50 LC Meter Medley Relay

100-119 MSR: 1:49.32
 120-159 MSR: 1:54.76
 160-199 MSR: 1:53.94
 200-239 MSR: 2:03.19
 240-279 MSR: 2:19.80
 280-319 MSR: 2:39.12
 320-359 MSR: 3:30.63

	Team	Relay	Seed Time
100-119... (Event 13 Men 4x50 LC Meter Medley Relay)			
1	Sword Fish Club	M100 A	NT
2	Diocesan School Old Boys' Ass	M100 A	NT
120-159			
1	Kwan Hung Swimming Club	M120 A	2:00.00
2	Kwun Tong Swimming Club	M120 A	NT
3	New Water Polo Club	M120 A	NT
4	Sword Fish Club	M120 A	NT
5	Fastlane Swimming	M120 A	NT
6	Diocesan School Old Boys' Ass	M120 A	NT
160-199			
1	Kwun Tong Swimming Club	M160 A	NT
2	Ladies' Recreation Club	M160 A	NT
3	New Water Polo Club	M160 A	NT
4	Sword Fish Club	M160 A	NT
5	Fastlane Swimming	M160 A	NT
6	Tuen Mun Swimming Association	M160 A	NT
7	Diocesan School Old Boys' Ass	M160 A	NT
8	Hong Kong Football Club	M160 A	NT
200-239			
1	Kwun Tong Swimming Club	M200 A	NT
2	Ladies' Recreation Club	M200 A	NT
3	Lai Tsun Swimming Society	M200 A	NT
4	New Water Polo Club	M200 A	NT
5	Sword Fish Club	M200 A	NT
6	Fastlane Swimming	M200 A	NT
7	Diocesan School Old Boys' Ass	M200 A	NT
8	Hong Kong Football Club	M200 A	NT
240-279			
1	Lai Tsun Swimming Society	M240 A	NT
2	New Water Polo Club	M240 A	NT
3	Sword Fish Club	M240 A	NT
4	Sea Green Swimming & L.S. Club	M240 A	NT
5	Diocesan School Old Boys' Ass	M240 A	NT
280-319			
1	Lai Tsun Swimming Society	M280 A	NT
2	New Water Polo Club	M280 A	NT
3	Sword Fish Club	M280 A	NT
4	Diocesan School Old Boys' Ass	M280 A	NT
320-359			
1	Sword Fish Club	M320 A	NT

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Psych Sheet

Event 14 Women 4x50 LC Meter Medley Relay

100-119 MSR: 2:19.21

120-159 MSR: 2:10.92

160-199 MSR: 2:10.35

200-239 MSR: 2:32.48

240-279 MSR: 2:48.90

280-319 MSR: 3:21.30

	Team	Relay	Seed Time
100-119... (Event 14 Women 4x50 LC Meter Medley Relay)			
1	New Water Polo Club	W100 A	NT
2	Sword Fish Club	W100 A	NT
120-159			
1	Current Club Ltd	W120 A	NT
2	New Water Polo Club	W120 A	NT
3	Sword Fish Club	W120 A	NT
4	Fastlane Swimming	W120 A	NT
160-199			
1	Ladies' Recreation Club	W160 A	NT
2	New Water Polo Club	W160 A	NT
3	Sword Fish Club	W160 A	NT
4	Fastlane Swimming	W160 A	NT
200-239			
1	Tung Sing Athletic Association	W200 A	2:55.00
2	Ladies' Recreation Club	W200 A	NT
3	New Water Polo Club	W200 A	NT
4	Sword Fish Club	W200 A	NT
240-279			
1	Lai Tsun Swimming Society	W240 A	NT
2	New Water Polo Club	W240 A	NT
3	Sword Fish Club	W240 A	NT
4	Sea Green Swimming & L.S. Club	W240 A	NT
280-319			
1	Sword Fish Club	W280 A	NT

Event 15 Mixed 4x50 LC Meter Freestyle Relay

100-119 MSR: 1:51.20

120-159 MSR: 1:48.72

160-199 MSR: 1:52.54

200-239 MSR: 1:55.82

240-279 MSR: 2:15.69

280-319 MSR: 2:25.20

320-359 MSR: 3:38.22

	Team	Relay	Seed Time
X100-119			
1	HK Flying Fish Athletic Assn	X100 A	NT
2	New Water Polo Club	X100 A	NT
3	Sword Fish Club	X100 A	NT
4	Crest Ray Recreation and Sports	X100 A	NT
X120-159			
1	New Water Polo Club	X120 A	NT
2	Sword Fish Club	X120 A	NT
3	Fastlane Swimming	X120 A	NT
X160-199			
1	Ladies' Recreation Club	X160 A	NT

Long Course MS Swimming Competition Part 2 - 30/Apr/2023**Psych Sheet****X160-199... (Event 15 Mixed 4x50 LC Meter Freestyle Relay)**

2	New Water Polo Club	X160	A	NT
3	Sword Fish Club	X160	A	NT
4	Tolo Harbour Swimming T. S.	X160	A	NT
5	Fastlane Swimming	X160	A	NT

X200-239

1	Hoi Fung Swimming Club	X200	A	2:18.00
2	Ladies' Recreation Club	X200	A	NT
3	Lai Tsun Swimming Society	X200	A	NT
4	New Water Polo Club	X200	A	NT
5	Sword Fish Club	X200	A	NT
6	Fastlane Swimming	X200	A	NT
7	Tuen Mun Swimming Association	X200	A	NT

X240-279

1	Lai Tsun Swimming Society	X240	A	NT
2	New Water Polo Club	X240	A	NT
3	Sword Fish Club	X240	A	NT

X280-319

1	Lai Tsun Swimming Society	X280	A	NT
2	New Water Polo Club	X280	A	NT
3	Sword Fish Club	X280	A	NT

X320-359

1	Sword Fish Club	X320	A	NT
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