

比賽賽程  
**Programme**



**中國香港游泳總會**  
**HONG KONG CHINA SWIMMING ASSOCIATION**  
(MEMBER OF THE FEDERATION WORLD AQUATICS)  
(AFFILIATED TO THE SPORTS FEDERATION AND  
OLYMPIC COMMITTEE OF HONG KONG, CHINA)

**青少年韻律泳推廣計劃評核賽 2025-2026**  
**Assessment of Youth Artistic Swimming Promotion**  
**Scheme 2025 – 2026**

**二零二五年十二月七日 (星期日)**  
**7<sup>th</sup> December 2025 (Sunday)**

**九龍公園游泳池 - 跳水池**  
**Kowloon Park Swimming Pool (Diving Pool)**

Subvented By:



Organized  
by:



中國香港游泳總會  
Hong Kong China  
Swimming  
Association

Subvented  
by:



## 青少年韻律泳推廣計劃評核賽 2025-2026 Assessment of Youth Artistic Swimming Promotion Scheme 2025-2026

日期 / Date: 2025 年 12 月 7 日 (星期日) / 7<sup>th</sup> December 2025 (Sunday)

地點 / Venue: 九龍公園游泳池 (跳水池) / Kowloon Park Swimming Pool (Diving Pool)

### Run-Down

Date / 日期	Time / 時間	Program / 項目
7/12/2025 (Sunday 星期日)	12:00-12:30	比賽場地準備 / Set up (Competition Venue)
	12:30-13:00	裁判會議 / Judges Meeting
	12:30-13:00	熱身時間及示範 / Warm Up & Demonstration
	13:00-13:15	運動員召集 / Marshal
	13:15-13:30	仰浮頭向 / Head First Scull ● 6-7 歲 / Age 6-7 ● 8-9 歲 / Age 8-9 ● 10-11 歲 / Age 10-11
	13:30-13:40	仰浮腳向 / Foot First Scull ● 6-7 歲 / Age 6-7 ● 8-9 歲 / Age 8-9 ● 10-11 歲 / Age 10-11 ● 公開組 / Open
	13:40-13:55	仰泳腿 / Back Flutter Kick ● 6-7 歲 / Age 6-7 ● 8-9 歲 / Age 8-9 ● 10-11 歲 / Age 10-11 ● 公開組 / Open
	13:55-14:05	魚雷腳向 / Propeller ● 8-9 歲 / Age 8-9 ● 10-11 歲 / Age 10-11 ● 公開組 / Open
	14:05-14:15	俯浮倒推 / Paddle Scull ● 6-7 歲 / Age 6-7 ● 8-9 歲 / Age 8-9 ● 10-11 歲 / Age 10-11 ● 公開組 / Open
	14:15-14:25	側踩水 / Side Eggbeater ● 6-7 歲 / Age 6-7 ● 8-9 歲 / Age 8-9 ● 10-11 歲 / Age 10-11 ● 公開組 / Open
	14:25-14:45	比賽場地準備 / Set up (Competition Venue) 運動員召集 / Marshal
	14:45-15:20	節奏游 / Sequence Swim ● 8-9 歲 / Age 8-9 ● 10-11 歲 / Age 10-11 ● 公開組 / Open
	15:20-16:05	一星套花 / Star I Routine ● 6-7 歲 / Age 6-7 ● 8-9 歲 / Age 8-9 ● 10-11 歲 / Age 10-11 ● 公開組 / Open
	16:05-16:40	二星套花 / Star II Routine ● 6-7 歲 / Age 6-7 ● 8-9 歲 / Age 8-9 ● 10-11 歲 / Age 10-11 ● 公開組 / Open
	16:40-16:50	頒獎典禮 / Prize Presentation

Assessment of Youth AS Promotion Scheme - 07/12/2025

Meet Program - AM

**Event 1 Girls 6-7 25 LC Meter Freestyle Head First Scull**

Lane	ID#	Name	Age	Team	Seed Time
<b>Heat 1 of 1 Timed Finals</b>					
2		Chan, Bui Yi Isabelle	6	AS	NT
3		Shi, MengYao	7	AS	NT
4		Ching, Mei Hoi	7	AS	NT
5		Li, Lucy Yu Yan	7	AS	NT

**Event 2 Girls 8-9 25 LC Meter Freestyle Head First Scull**

Lane	ID#	Name	Age	Team	Seed Time
<b>Heat 1 of 3 Timed Finals</b>					
2		Li, Yutong	8	AS	NT
3		Zhou, LingYu	8	AS	NT
4		Zhou, Siqiao	9	AS	NT
5		Song, Jieyu Jasmine	8	AS	NT
<b>Heat 2 of 3 Timed Finals</b>					
1		Liu, Chi Mang	9	AS	NT
2		Chan, Tsz Yui	9	AS	NT
3		Lee, San Yuet Sophie	9	AS	NT
4		Leung, Lok Hei Olivia	9	AS	NT
5		Ng, Hon Ngni	9	AS	NT
<b>Heat 3 of 3 Timed Finals</b>					
1		Mi, Yat Sum	8	AS	NT
2		Law, Kaycee Yuet Ching	8	AS	NT
3		Chiu, Agnes Tsz Yu	8	AS	NT
4		Lam, Tsz Ham	9	AS	NT
5		Zhou, LingJun	8	AS	NT

**Event 3 Girls 10-11 25 LC Meter Freestyle Head First Scull**

Lane	ID#	Name	Age	Team	Seed Time
<b>Heat 1 of 2 Timed Finals</b>					
2		Kam, Nga Man	11	AS	NT
3		Lau, Mei San Maggie	11	AS	NT
4		Li, Tsz Hei Scarlett	11	AS	NT
<b>Heat 2 of 2 Timed Finals</b>					
2		Zhang, Yui Ning	11	AS	NT
3		Ma, Yu Kiu	11	AS	NT
4		Wei, Xinhe	10	AS	NT

**Event 5 Girls 6-7 25 LC Meter Freestyle Foot First Scull**

Lane	ID#	Name	Age	Team	Seed Time
<b>Heat 1 of 1 Timed Finals</b>					
2		Li, Lucy Yu Yan	7	AS	NT
3		Chan, Bui Yi Isabelle	6	AS	NT
4		Shi, MengYao	7	AS	NT

**Event 6 Girls 8-9 25 LC Meter Freestyle Foot First Scull**

Lane	ID#	Name	Age	Team	Seed Time
<b>Heat 1 of 3 Timed Finals</b>					
2		Chow, Tze Kiu	8	AS	NT
3		Zhou, LingJun	8	AS	NT
4		Xie, Hannah Ting Wei	8	AS	NT
5		Shi, Sheng Lan	9	AS	NT
<b>Heat 2 of 3 Timed Finals</b>					
1		Zhou, Siqiao	9	AS	NT
2		Zhu, Jinshang	8	AS	NT
3		Zhou, LingYu	8	AS	NT
4		Leung, Lok Hei Olivia	9	AS	NT
5		Liu, Chi Mang	9	AS	NT

Assessment of Youth AS Promotion Scheme - 07/12/2025

Meet Program - AM

Heat 3 Timed Finals... (Event 6 Girls 8-9 25 LC Meter Freestyle Foot First Scull)

1	Mi, Yat Sum	8 AS	NT
2	Song, Jieyu Jasmine	8 AS	NT
3	Lee, San Yuet Sophie	9 AS	NT
4	Chiu, Agnes Tsz Yu	8 AS	NT
5	Ng, Hon Ngni	9 AS	NT

Event 7 Girls 10-11 25 LC Meter Freestyle Foot First Scull

Lane	ID#	Name	Age	Team	Seed Time
<b>Heat 1 of 1 Timed Finals</b>					
1		Ma, Yu Kiu	11	AS	NT
2		Mak, Kristen	10	AS	NT
3		Li, Tsz Hei Scarlett	11	AS	NT
4		Ng, Cheuk Wing	10	AS	NT
5		Kam, Nga Man	11	AS	NT

Event 8 Girls 25 LC Meter Freestyle Foot First Scull

Lane	ID#	Name	Age	Team	Seed Time
<b>Heat 1 of 1 Timed Finals</b>					
2		Zhu, Jinsa	12	AS	NT
3		Niu, Liao	14	AS	NT
4		Wong, Gaye	12	AS	NT

Event 9 Girls 6-7 25 LC Meter Freestyle Back Flutter Kick

Lane	ID#	Name	Age	Team	Seed Time
<b>Heat 1 of 1 Timed Finals</b>					
2		Ching, Mei Hoi	7	AS	NT
3		Chan, Bui Yi Isabelle	6	AS	NT
4		Shi, MengYao	7	AS	NT

Event 10 Girls 8-9 25 LC Meter Freestyle Back Flutter Kick

Lane	ID#	Name	Age	Team	Seed Time
<b>Heat 1 of 2 Timed Finals</b>					
1		Song, Jieyu Jasmine	8	AS	NT
2		Zhou, LingJun	8	AS	NT
3		Xie, Hannah Ting Wei	8	AS	NT
4		Lee, San Yuet Sophie	9	AS	NT
5		Lee, Faith	8	AS	NT
<b>Heat 2 of 2 Timed Finals</b>					
1		Li, Yutong	8	AS	NT
2		Lam, Tsz Ham	9	AS	NT
3		Chan, Tsz Yui	9	AS	NT
4		Leung, Lok Hei Olivia	9	AS	NT
5		Zhou, LingYu	8	AS	NT

Event 11 Girls 10-11 25 LC Meter Freestyle Back Flutter Kick

Lane	ID#	Name	Age	Team	Seed Time
<b>Heat 1 of 1 Timed Finals</b>					
1		Li, Tsz Hei Scarlett	11	AS	NT
2		Lau, Mei San Maggie	11	AS	NT
3		Kam, Nga Man	11	AS	NT
4		Mak, Kristen	10	AS	NT
5		Wei, Xinhe	10	AS	NT

Event 12 Girls 25 LC Meter Freestyle Back Flutter Kick

Lane	ID#	Name	Age	Team	Seed Time
<b>Heat 1 of 1 Timed Finals</b>					
3		Zhu, Jinsa	12	AS	NT
4		Wong, Gaye	12	AS	NT

## Assessment of Youth AS Promotion Scheme - 07/12/2025

## Meet Program - AM

**Event 14 Girls 8-9 25 LC Meter Freestyle Propeller**

Lane	ID#	Name	Age	Team	Seed Time
<b>Heat 1 of 2 Timed Finals</b>					
2		Zhu, Jinshang	8	AS	NT
3		Lee, Faith	8	AS	NT
4		Choi, Yuen Tung Lea	8	AS	NT
5		Li, Yutong	8	AS	NT
<b>Heat 2 of 2 Timed Finals</b>					
1		Ho, Ching Yin	8	AS	NT
2		Ho, Koey	9	AS	NT
3		Zhou, Siqiao	9	AS	NT
4		Zhu, Sophie Yan Yiu	9	AS	NT
5		Xie, Hannah Ting Wei	8	AS	NT

**Event 15 Girls 10-11 25 LC Meter Freestyle Propeller**

Lane	ID#	Name	Age	Team	Seed Time
<b>Heat 1 of 2 Timed Finals</b>					
2		Zou, YiYan	11	AS	NT
3		Wei, Xinhe	10	AS	NT
4		Zhang, Cynthia	11	AS	NT
<b>Heat 2 of 2 Timed Finals</b>					
2		Zhang, Yui Ning	11	AS	NT
3		Yu, Jiaqi	10	AS	NT
4		Ma, Yu Kiu	11	AS	NT

**Event 16 Girls 25 LC Meter Freestyle Propeller**

Lane	ID#	Name	Age	Team	Seed Time
<b>Heat 1 of 1 Timed Finals</b>					
3		Chan, Huen Ava	6	AS	NT
4		Zhu, Jinsa	12	AS	NT

**Event 17 Girls 6-7 25 LC Meter Freestyle Paddle Scull**

Lane	ID#	Name	Age	Team	Seed Time
<b>Heat 1 of 1 Timed Finals</b>					
3		Li, Lucy Yu Yan	7	AS	NT
4		Chan, Huen Ava	6	AS	NT

**Event 18 Girls 8-9 25 LC Meter Freestyle Paddle Scull**

Lane	ID#	Name	Age	Team	Seed Time
<b>Heat 1 of 2 Timed Finals</b>					
2		Ho, Ching Yin	8	AS	NT
3		Chan, Tsz Yui	9	AS	NT
4		Lam, Tsz Ham	9	AS	NT
<b>Heat 2 of 2 Timed Finals</b>					
2		Ho, Koey	9	AS	NT
3		Choi, Yuen Tung Lea	8	AS	NT
4		Shi, Sheng Lan	9	AS	NT
5		Chow, Tze Kiu	8	AS	NT

**Event 19 Girls 10-11 25 LC Meter Freestyle Paddle Scull**

Lane	ID#	Name	Age	Team	Seed Time
<b>Heat 1 of 1 Timed Finals</b>					
2		Ng, Cheuk Wing	10	AS	NT
3		Zou, YiYan	11	AS	NT
4		Yu, Jiaqi	10	AS	NT
5		Zhang, Cynthia	11	AS	NT

**Event 20 Girls 25 LC Meter Freestyle Paddle Scull**

Lane	ID#	Name	Age	Team	Seed Time
<b>Heat 1 of 1 Timed Finals</b>					
3		Niu, Liao	14	AS	NT
4		Wong, Gaye	12	AS	NT

## Assessment of Youth AS Promotion Scheme - 07/12/2025

## Meet Program - AM

**Event 21 Girls 6-7 25 LC Meter Freestyle Side Eggbeater**

Lane	ID#	Name	Age	Team	Seed Time
<b>Heat 1 of 1 Timed Finals</b>					
3		Ching, Mei Hoi	7	AS	NT
4		Chan, Huen Ava	6	AS	NT

**Event 22 Girls 8-9 25 LC Meter Freestyle Side Eggbeater**

Lane	ID#	Name	Age	Team	Seed Time
<b>Heat 1 of 2 Timed Finals</b>					
1		Ho, Ching Yin	8	AS	NT
2		Lee, Faith	8	AS	NT
3		Chiu, Agnes Tsz Yu	8	AS	NT
4		Liu, Chi Mang	9	AS	NT
5		Ng, Hon Ngni	9	AS	NT
<b>Heat 2 of 2 Timed Finals</b>					
1		Ho, Koey	9	AS	NT
2		Chow, Tze Kiu	8	AS	NT
3		Zhu, Sophie Yan Yiu	9	AS	NT
4		Choi, Yuen Tung Lea	8	AS	NT
5		Zhu, Jinshang	8	AS	NT

**Event 23 Girls 10-11 25 LC Meter Freestyle Side Eggbeater**

Lane	ID#	Name	Age	Team	Seed Time
<b>Heat 1 of 2 Timed Finals</b>					
2		Lau, Mei San Maggie	11	AS	NT
3		Zou, YiYan	11	AS	NT
4		Yu, Jiaqi	10	AS	NT
<b>Heat 2 of 2 Timed Finals</b>					
2		Mak, Kristen	10	AS	NT
3		Zhang, Cynthia	11	AS	NT
4		Zhang, Yui Ning	11	AS	NT
5		Ng, Cheuk Wing	10	AS	NT

**Event 24 Girls 25 LC Meter Freestyle Side Eggbeater**

Lane	ID#	Name	Age	Team	Seed Time
<b>Heat 1 of 1 Timed Finals</b>					
3		Niu, Liao	14	AS	NT



# Assessment of Youth Artistic Swimming Promotion Scheme 2025-2026

Sequence Swim (Group B: Age 8 - 9)

## Start List

Venue: Kowloon Park Swimming Pool - Diving Pool

Date: 7 December 2025 (Sunday)

Start	Name	姓名	Age
1	Chan Tsz Lam	陳祉霖	9
2	Tsang Tsz Yau	曾子柔	8
3	Wan Pui Ka	尹珮嘉	9
4	Zhou Siqiao	周思喬	9
5	Zhu Jinshang	祝瑾尚	8



# Assessment of Youth Artistic Swimming Promotion Scheme 2025-2026

Sequence Swim (Group C: Age 10 - 11)

## Start List

Venue: Kowloon Park Swimming Pool - Diving Pool

Date: 7 December 2025 (Sunday)

<b>Start</b>	<b>Name</b>	<b>姓名</b>	<b>Age</b>
1	Yu Leona Xin Yuan	蔚欣緣	11
2	Li Yumo	李雨默	11
3	Ren Yufei	任妤霏	11
4	Pak Sophie Lulloc	白珞珞	10



# Assessment of Youth Artistic Swimming Promotion Scheme 2025-2026

## Sequence Swim (Group D: Open)

### Start List

Venue: Kowloon Park Swimming Pool - Diving Pool

Date: 7 December 2025 (Sunday)

Start	Name	姓名	Age
1	Sui Chenyi	隋辰憶	12
2	Zhu Jinsa	祝瑾颯	12
3	Li Lucy Yu Yan	李雨欣	7



# Assessment of Youth Artistic Swimming Promotion Scheme 2025-2026

## Star I Routine - Start List

Venue: Kowloon Park Swimming Pool

Date: 7 December 2025 (Sunday)

A: Age 6 - 7

Age B: Age 8 - 9

Group: C: Age 10 - 11

D: Open

Panel A: Group A; C; D			
No.	Name	姓名	Age Group
1	Chan Bui Yi Isabelle	陳貝萱	A
2	Ching Mei Hoi	程熾凱	A
3	Li Lucy Yu Yan	李雨欣	A
4	Li Tsz Hei Scarlett	李紫希	C
5	Ma Yu Kiu	馬虞翹	C
6	Mak Kristen	麥鉸藍	C
7	Ng Cheuk Wing	吳卓穎	C
8	Yu Jiaqi	于佳祺	C
9	Zou Yiyan	鄒奕言	C
10	Niu Liao	牛李淑	D
11	Sui Chenyi	隋辰憶	D
12	Zhu Jinsa	祝瑾颯	D

Panel B: Group B			
No.	Name	姓名	Age Group
1	Chiu Agnes Tsz Yu	趙子瑜	B
2	Choi Yuen Tung Lea	蔡沅彤	B
3	Chow Tze Kiu	鄒子翹	B
4	Ho Ching Yin	何靜妍	B
5	Lam Tsz Ham	林子涵	B
6	Law Kaycee Yuet Ching	羅聿晴	B
7	Lee Faith	李愨瑤	B
8	Leung Lok Hei Olivia	梁樂愷	B
9	Li Yutong	李雨潼	B
10	Ng Hon Ngai	吳侃靄	B
11	Shi Sheng Lan	史聖瀾	B
12	Wong Sze Yat	黃詩逸	B
13	Xie Hannah Ting Wei	謝廷煒	B
14	Zhou Siqiao	周思喬	B
15	Zhu Jinshang	祝瑾尚	B



# Assessment of Youth Artistic Swimming Promotion Scheme 2025-2026

## Star II Routine - Start List

Venue: Kowloon Park Swimming Pool

Date: 7 December 2025 (Sunday)

A: Age 6 - 7

Age B: Age 8 - 9

Group: C: Age 10 - 11

D: Open

Panel A: Group A; C; D			
No.	Name	姓名	Age Group
1	Chan Huen Ava	陳田	A
2	Ching Mei Hoi	程燉凱	A
3	Li Lucy Yu Yan	李雨欣	A
4	Zhang Cynthia	張思雅	C
5	Ma Yu Kiu	馬虞翹	C
6	Mak Kristen	麥鉸藍	C
7	Ng Cheuk Wing	吳卓穎	C
8	Yu Jiaqi	于佳祺	C
9	Zou Yiyan	鄒奕言	C
10	Niu Liao	牛李澍	D
11	Sui Chenyi	隋辰憶	D
12	Zhu Jinsa	祝瑾颯	D

Panel B: Group B			
No.	Name	姓名	Age Group
1	Chan Tsz Yui	陳籽睿	B
2	Choi Yuen Tung Lea	蔡沅彤	B
3	Chow Tze Kiu	鄒子翹	B
4	Lam Tsz Ham	林子涵	B
5	Law Kaycee Yuet Ching	羅聿晴	B
6	Li Yutong	李雨潼	B
7	Ng Hon Ngai	吳侃靄	B
8	Shi Sheng Lan	史聖瀾	B
9	Wong Sze Yat	黃詩逸	B
10	Zhou Siqiao	周思喬	B
11	Zhu Sophie Yan Yiu	朱欣瑤	B
12	Zhu Jinshang	祝瑾尚	B