

HONG KONG SWIMMING RECORDS

Listed Date:30th July 2021

HONG KONG LONG COURSE RECORDS

MEN'S EVENTS

*50 Free	21.97 HO Ian Yentou, SCA	Hong Kong Long Course Swimming Time Trial IV, June 20, 2021
*100 Free	49.15 CHEUK Ming Ho, CPS	Div.1 AG LC Swim Comp. Part 2, May. 29-30, 2021
*200 Free	1:47.46 CHEUK Ming Ho, CPS	Div.1 AG LC Swim Comp. Part 3, Jun. 26-27, 2021
400 Free	3:50.53 CHEUK Ming Ho, CPS	64 th Festival of Sport LC Time Trial II, Apr 18, 2021
800 Free	8:03.41 CHEUK Ming Ho, CPS	Hong Kong National Olympic Time Trial, Mar 21, 2021
1500 Free	15:38.76 CHEUK Ming Ho, CPS	18 th Asian Games, Jakarta- Palembang, Aug 19-24, 2018
*50 Back	26.00 LAU Shiu Yue, HTA	Div.1 AG LC Swim Comp. Part 3, Jun. 26-27, 2021
*100 Back	56.50 LAU Shiu Yue, HTA	Div.1 AG LC Swim Comp. Part 2, May. 29-30, 2021
200 Back	2:05.07 LAU Shiu Yue, HTA	64 th Festival of Sport LC Time Trial II, Apr 18, 2021
50 Breast	28.23 TO Kenneth King Him, LWS	HK Age Group LC SW Championships 2017-18, Nov. 3-5,2017
100 Breast	1:01.91 TO Kenneth King Him, LWS	Div. 1 AG LC Swim Comp. Part 3, Feb. 10-11, 2018
*200 Breast	2:13.30 Adam John CHILLINGWORTH, SCA	British Swimming Selection Trials 2021, Apr 14-18 2021
50 Fly	23.97 NG Cheuk Yin, TPS	HK Age Group LC SW Championships 2019-20, Nov. 1-3,2019
*100 Fly	53.40 LIM Nicholas Owen Zhaoguang, LRC	Div.1 AG LC Swim Comp. Part 3, Jun. 26-27, 2021
200 Fly	2:00.43 LIM Nicholas Owen Zhaoguang, LRC	62 nd FOS – LC Time Trial, April 13-14, 2019
200 IM	2:01.37 TO Kenneth King Him, LWS	29 th Summer Universiade, Aug 19-30, 2017
400 IM	4:26.78 WHITTINGTON, Peter Harry, DLS	Hong Kong National Olympic Time Trial, Mar 21, 2021
4x100 MR	3:44.16 Hong Kong Team LAU Shiu Yue, TO Kenneth King Him, LIM Nicholas Owen Zhaoguang, WONG Chen Ho Jeremy	18 th Asian Games, Jakarta- Palembang, Aug 19-24, 2018
4x100 FR	3:21.22 Hong Kong Team LUM Ching Tat, NG Chun Nam Derick, CHEUNG Kin Tat Kent, WONG Kai Wai David 50.88 1:40.70 2:31.65	5 th East Asian Games, Dec 8,2009
4x200 FR	7:27.16 Hong Kong Team CHEUNG Kin Tat Kent, NG Chun Nam Derick, LUM Ching Tat, WONG Kai Wai David 1:52.46 3:43.70 5:35.08	5 th East Asian Games, Dec 6, 2009

*: Pending for Swimming Committee's Ratification

#Hong Kong Best Time

HKRLC20210730

HONG KONG SWIMMING RECORDS

Listed Date:30th July 2021

HONG KONG LONG COURSE RECORDS

WOMEN'S EVENTS

50 Free	24.59 HAUGHEY Siobhan Bernadette, SCA	Hong Kong Long Course Swimming Time Trial III, May 9, 2021
*100 Free	52.27 HAUGHEY Siobhan Bernadette, SCA	Tokyo 2020 Olympic Games, July 23 – August 8, 2021
*200 Free	1:53.92 HAUGHEY Siobhan Bernadette, SCA	Tokyo 2020 Olympic Games, July 23 – August 8, 2021
400 Free	4:10.87 HAUGHEY Siobhan Bernadette, SCA	Hong Kong Long Course Swimming Time Trial III, May 9, 2021
800 Free	8:41.66 AU Hoi Shun Stephanie, DWA	Olympic Games – Beijing, Aug 14, 2008
1500 Free	16:51.05 HO Nam Wai, WTS	Mare Nostrum 2019 – Barcelona, Jun 15-16, 2019
50 Back	27.98 AU Hoi Shun Stephanie, DWA	Mare Nostrum 2019 – Monaco, Jun 8-9,2019
100 Back	1:00.22 AU Hoi Shun Stephanie, DWA	FINA Swimming World Cup – Singapore, Aug 15-17, 2019
200 Back	2:09.33 LAU Yin Yan Claudia, DLS	Div.1 AG LC Swim Comp. Part 3, Jul. 2-3, 2016
50 Breast	31.61 YEUNG Jamie Zhen Mei, HTA	18 th FINA World Championships – Gwangju 2019, Jul 21-28, 2019
100 Breast	1:07.69 KONG Yvette Man Yi, SCA	12 th Swim Cup Eindhoven 2016, Apr 6 - 10, 2016
200 Breast	2:27.96 KONG Yvette Man Yi, SCA	Edinburgh International Swim Meet, Mar 11-13, 2016
50 Fly	26.66 Hannah WILSON, SCA	25 th Universiade, Jul. 5, 2009
100 Fly	58.24 Hannah WILSON, SCA	25 th Universiade, Jul. 9, 2009
200 Fly	2:13.91 NAM Carmen, TPS	Zoggs Queensland Swim Champ 09, Dec 18, 2009
200 IM	2:12.10 HAUGHEY Siobhan Bernadette, SCA	2017 Arena Pro Swim Series - Santa Clara, USA, June 1-4, 2017
*400 IM	4:48.58 CHENG Chloe, PSC	Div.1 AG LC Swim Comp. Part 3, Jun. 26-27, 2021
*4x100 MR	4:01.77 Hong Kong Team AU Hoi Shun Stephanie, YEUNG Jamie Zhen Mei, HAUGHEY Siobhan Bernadette , TAM Hoi Lam	Div.1 AG LC Swim Comp. Part 2, May. 29-30, 2021
	1:01.25 2:09.19 3:06.15	
4x100 FR	3:39.94 Hong Kong Team CHENG Camille Lily Mei, AU Hoi Shun Stephanie, SZE Hang Yu, HAUGHEY Siobhan Bernadette	Incheon 2014 Asian Games, Sept 20 th -26 th 2014
	55.67 1:51.18 2:46.23	
4x200 FR	8:04.55 Hong Kong Team CHENG Camille Lily Mei, AU Hoi Shun Stephanie, SZE Hang Yu, HAUGHEY Siobhan Bernadette	Incheon 2014 Asian Games, Sept 20 th -26 th 2014
	2:01.43 4:03.99 6:04.31	

*: Pending for Swimming Committee's Ratification

#Hong Kong Best Time

HKRLC20210730

HONG KONG SWIMMING RECORDS

Listed Date:30th July 2021

HONG KONG LONG COURSE RECORDS

MIXED'S EVENTS

4x100 FR 3:37.67 HTA HK Open Swimming Champ 2017, July 28-30, 2017
WONG Chen Ho Jeremy, MAK Ho Lun Raymond, YU Wai Ting, CHENG Camille Lily Mei

4x100 MR 3:50.22 Hong Kong Team 18th Asian Games, Jakarta- Palembang , Aug 19-24 , 2018
AU Hoi Shun Stephanie, TO Kenneth King Him, LIM Nicholas Owen Zhaoguang, CHENG Camille Lily Mei
1:00.52 2:01.15 2:54.90

Hong Kong Best Time

#4x100 FR 3:32.55 Hong Kong Team 18th FINA World Championships – Gwangju 2019, Jul 21-28, 2019
LIM Nicholas Owen Zhaoguang, HO Ian Yentou, TAM Hoi Lam, CHENG Camille Lily Mei
51.99 1:41.52 2:37.76

*: Pending for Swimming Committee's Ratification

#Hong Kong Best Time

HKRLC20210730

HONG KONG SWIMMING RECORDS

Listed Date:30th July 2021

HONG KONG LONG COURSE JUNIOR RECORDS (Under 16 years)

MEN'S EVENTS

50 Free	23.65 NG Chun Nam Derick, WTS	Australian Age Swim. Champ., Apr 07,2010
100 Free	51.24 NG Chun Nam Derick, WTS	HK Age Group LC SW Championships 2009-10, Oct. 24,2009
200 Free	1:52.59 Cheuk Ming Ho, CPS	17 th ISF Gymnasiade - Swimming, May 2-9 2018
400 Free	3:57.77 CHEUK, Ming Ho, CPS	HK Age Group LC SW Championships 2017-18, Nov. 3-5,2017
800 Free	8:25.47 CHEUK, Ming Ho, CPS	Div. 1 AG LC Swim Comp. Part 3, Feb. 10-11, 2018
1500 Free	16:00.66 CHEUK, Ming Ho, CPS	HK Age Group LC SW Championships 2017-18, Nov. 3-5,2017
50 Back	26.81 NG Cheuk Yin TPS	Div. 1 AG LC Swim Comp. Part 3, Feb. 10-11, 2018
100 Back	57.73 HO Siu Lun, DLS	HK Age Group LC SW Championships 2019-20, Nov. 1-3,2019
200 Back	2:07.52 NG Cheuk Yin, TPS	HK Open Swimming Champ 2018, Aug. 10-12,2018
50 Breast	29.57 FONG Ka Yu, WDA	HKSSF Div. 1 Inter-School Swim. Comp, Oct. 27,2017
100 Breast	1:05.29 WONG Benson, DLS	HKSSF Div. 1 Inter-School Swim. Comp, Oct. 27,2017
200 Breast	2:18.11 WONG Benson, DLS	HK Open Swimming Champ 2017, July 28-30, 2017
50 Fly	24.74 NG Cheuk Yin, TPS	61 st FOS – LC SW Time Trial, Apr 14-15 2018
100 Fly	54.42 NG Chun Nam Derick, WTS	8 th Asian Swimming Champ., Nov 25, 2009
200 Fly	2:06.22 NG Chun Nam Derick, WTS	HK Age Group LC SW Championships 2009-10, Oct. 24-25,2009
200 IM	2:07.94 Lau Ping Chi, HTA	61 st FOS – LC SW Time Trial, Apr 14-15 2018
400 IM	4:32.42 WHITTINGTON Peter Harry, DLS	HK Age Group LC SW Championships 2019-20, Nov. 1-3,2019
4x100 MR	4:03.50 Hong Kong Team MOK Kai Tik Marcus, CHAN Chun Lok, CHAN Pak Hin, LUI Nok Ryan	8 th Asian Age Group Swim. Champ, Oct 1-4, 2015
4x100 FR	3:41.42 Hong Kong Team TAM Sze Shing Thomas, LAM Chak Hang, CHAN Pak Hin, Temana Andrew SHORT	52 nd Milo Pram Malaysia AG Champ, Mar 29 – Apr 4,2016
4x200 FR	8:06.77 WTS TAM Sze Shing Thomas, LEUNG Chun Hei Bryan, FONG Ching Yuen, MOK Kai Tik Marcus	Div.1 AG LC Swim Comp. Part 1, May.14-15, 2016

*: Pending for Swimming Committee's Ratification

#Hong Kong Best Time

HKRLC20210730

HONG KONG SWIMMING RECORDS

Listed Date:30th July 2021

HONG KONG LONG COURSE JUNIOR RECORDS (Under 16 years)

WOMEN'S EVENTS

50 Free	25.38 HAUGHEY Siobhan Bernadette, SCA	4 th FINA World Junior Swimming Champ., Aug 26-31,2013
100 Free	54.47 HAUGHEY Siobhan Bernadette, SCA	4 th FINA World Junior Swimming Champ., Aug 26-31,2013
200 Free	1:59.77 HAUGHEY Siobhan Bernadette, SCA	Tianjin 2013 6 th East Asian Games, Oct 10-15,2013
400 Free	4:13.81 AU Hoi Shun Stephanie, DWA	HK Age Group LC SW Championships 2007-08, Nov. 17,2007
800 Free	8:50.21 AU Hoi Shun Stephanie, DWA	3 rd H.K. Int' Open Swimming Champ, Aug 31, 2007
1500 Free	16:58.79 Anderson Charlotte Kiki, HIS	2014 Scottish Gas National AG Swim Champ, Jun 25-29,2014
50 Back	29.52 KAN Cheuk Tung Natalie, HVA	HKSSF Div. 2 Inter-School Swim. Champ, Oct 10, 2017
100 Back	1:03.48 WONG Kwan To, HTA	HKSSF Div. 1 Inter-School Swim. Champ, Oct 28, 2015
200 Back	2:17.31 LAU Yin Yan Claudia, DLS	4 th HK Int' Open Champ, Sep 12-14, 2008
50 Breast	32.79 CHEUNG Hui Yan Cheyenne, DLS	4 th FINA World Junior Swimming Champ., Aug 26-31, 2013
100 Breast	1:11.30 KONG Yvette Man Yi, DLS	HKSSF Div. 1 Inter-School Swim. Champ, Oct 17, 2008
200 Breast	2:32.79 MA Hei Tung Fiona, SLA	5 th East Asian Games, Dec 9, 2009
50 Fly	27.45 LAU Ping Yi Audrey, HTA	HK Age Group LC SW Championships 2019-20, Nov. 1-3,2019
100 Fly	1:00.54 LAU Ping Yi Audrey, HTA	HK Age Group LC SW Championships 2019-20, Nov. 1-3,2019
200 Fly	2:14.96 LAU Ping Yi Audrey, HTA	HK Age Group LC SW Championships 2019-20, Nov. 1-3,2019
200 IM	2:13.35 HAUGHEY Siobhan Bernadette, SCA	Tianjin 2013 6 th East Asian Games, Oct 10-15,2013
400 IM	4:51.30 HAUGHEY Siobhan Bernadette, SCA	Tianjin 2013 6 th East Asian Games, Oct 10-15,2013
4x100 MR	4:19.55 Hong Kong Team FUNG Suet Ying Chloe, CHENG Chloe, LAU Ping Yi Audrey, TSE On Ching	2 nd Youth Games of the People's Republic of China, Aug 8-18, 2019
4x100 FR	3:55.42 Hong Kong Team LAU Ping Yi Audrey, CHU Sarah Ting Yan, MOK Sze Ki, LEE Yan Hei	10 th Asian Age Group Swimming Championships, Sep 24-27, 2019
4x200 FR	8:32.64 Hong Kong Team LAU Ping Yi Audrey, CHENG Chloe, TSE On Ching, DU Zheng	2 nd Youth Games of the People's Republic of China, Aug 8-18, 2019

*: Pending for Swimming Committee's Ratification

#Hong Kong Best Time

HKRLC20210730

HONG KONG SWIMMING RECORDS

Listed Date:30th July 2021

HONG KONG AGE GROUP LONG COURSE RECORDS

BOYS' 10 & UNDER EVENTS

50 Free	29.13 RUAN Wan Hang, WTS	HK Age Group LC SW Championships 2017-18, Nov. 3-5,2017
100 Free	1:02.87 RUAN Wan Hang, WTS	HK Age Group LC SW Championships 2017-18, Nov. 3-5,2017
200 Free	2:15.96 RUAN Wan Hang, WTS	HK Age Group LC SW Championships 2017-18, Nov. 3-5,2017
50 Back	32.29 HO Siu Lun, DLS	The 5 th HK Games. May 2-3, 2015
100 Back	1:12.02 LAU Hoi Hang, LWS	Div. 1 AG LC Swim Comp. Part 1. Jul. 18-19, 2015
50 Breast	36.43 TAM Ka Ming, HVA	HK Age Group LC SW Championships 2007-08, Nov. 17,2007
100 Breast	1:18.73 TAM Ka Ming, *CY	HKSSF Inter-Area Primary Swim Comp., Nov 29, 2008
50 Fly	31.15 HO Siu Lun, DLS	HKSSF Inter-Area Primary Swim Comp, Nov 22, 2014
100 Fly	1:10.22 HUNG Leung-fung, PSC	Div. 1 AG LC Swim Comp. Part 1, May 23, 2004
200 IM	2:32.07 LAU Kin Hei James, HTA	Div. 1 AG LC Swim Comp. Part 3, Sep. 21-22, 2019

HONG KONG AGE GROUP LONG COURSE RECORDS

GIRLS' 10 & UNDER EVENTS

50 Free	28.50 HAUGHEY Siobhan Bernadette, SCA	Div. 1 AG LC Swim Comp. Part 1, May 25, 2008
100 Free	1:02.44 HAUGHEY Siobhan Bernadette, SCA	Div. 1 AG LC Swim Comp. Part 2, Jun. 29, 2008
200 Free	2:16.52 LOK Hoi Man, WTS	HK Age Group LC SW Championships 2011-12, Nov. 5,2011
50 Back	33.49 MA Wing Yu, *WA	HK Age Group LC SW Championships 2015-16, Nov. 6-8,2015
100 Back	1:11.95 CHENG Jessica Chloe, TPS	Div.1 AG LC Swim Comp. Part 1, May 14-15, 2016
50 Breast	35.23 Lam Chelsie, DLS	3 rd All Hong Kong Inter-Area Primary Schools Swimming Competition 2018-2019, 8 Jun 2019
100 Breast	1:18.24 YIP Hiu Lok, *WA	HK Age Group LC SW Championships 2015-16, Nov. 6-8,2015
50 Fly	30.56 LEE Si Yao Peony, TPS	2 nd All Hong Kong Inter-Area Primary Schools Swimming Competition 2017-2018, 9 June, 2018
100 Fly	1:09.78 LAU Ping Yi Audrey, HTA	Div.1 AG LC Swim Comp. Part 1, May 14-15, 2016
200 IM	2:32.15 HAUGHEY Siobhan Bernadette, SCA	Div. 1 AG LC Swim Comp. Part 3, Jul. 27, 2008

*: Pending for Swimming Committee's Ratification

#Hong Kong Best Time

HKRLC20210730

HONG KONG SWIMMING RECORDS

Listed Date:30th July 2021

HONG KONG AGE GROUP LONG COURSE RECORDS

BOYS' 11 – 12 YEARS EVENTS

50 Free	25.59 LI Sing Hoi, WTS	HK Age Group LC SW Championships 2017-18, Nov. 3-5,2017
100 Free	57.02 CHU, Hon Hei, WDA	Div. 1 AG LC Swim Comp. Part 3, Sep 21-22, 2019
200 Free	2:04.40 LEE Yat Yuen Yen, HTA	HK Age Group LC SW Championships 2019-20, Nov. 1-3,2019
400 Free	4:21.19 LAI King Wo, WTS	HK Age Group LC SW Championships 2019-20, Nov. 1-3,2019
50 Back	29.28 CHAN Tsz Kwan, TPS	HKSSF Div. 1 Inter-School Swim. Comp., Oct 18, 2019
100 Back	1:03.66 HO Siu Lun, DLS	The 6 th Hong Kong Games, May 13-14, 2017
200 Back	2:19.13 MOK Kai Tik Marcus, WTS	HK Age Group LC SW Championships 2013-14, Nov. 8-10,2019
50 Breast	30.24 TAM Ka Ming, *CY	HKSSF Div. 1 Inter-School Swim. Champ, Oct 27, 2010
100 Breast	1:09.54 TAM Ka Ming, *CY	HKSSF Div. 1 Inter-School Swim. Champ, Oct 14, 2010
200 Breast	2:30.15 WONG Benson, DLS	HKSSF Div. 1 Inter-School Swim. Champ, 28 Oct, 2015
50 Fly	27.63 HUI Ching Ho, SFC	HKSSF Div. 1 Inter-School Swim. Comp., Oct 25, 2019
*100 Fly	1:00.08 LAU Kin Hei James, HTA	Hong Kong Long Course Swimming Time Trial IV, June 20, 2021
*200 Fly	2:13.93 LAU Kin Hei James, HTA	Div.1 AG LC Swim Comp. Part 3, Jun. 26-27, 2021
*200 IM	2:15.50 LAU Kin Hei James, HTA	Div.1 AG LC Swim Comp. Part 3, Jun. 26-27, 2021

HONG KONG AGE GROUP LONG COURSE RECORDS

GIRLS' 11 – 12 YEARS EVENTS

50 Free	26.80 HAUGHEY Siobhan Bernadette, SCA	HKSSF Div 1 Inter-School Swim. Champ, Oct 14, 2010
100 Free	57.77 HAUGHEY Siobhan Bernadette, SCA	6 th HK Open Swimming Champ., Sep 4, 2010
200 Free	2:06.55 HAUGHEY Siobhan Bernadette, SCA	6 th HK Open Swimming Champ., Sep 4, 2010
400 Free	4:28.03 NAM Carmen, TPS	7 th Asian Swimming Champ, Mar. 07,2006
50 Back	31.01 MA Wing Yu, HTA	9 th Asian Age Group Swimming Championships, Sep 8-11, 2017
100 Back	1:06.02 KWOK Sabrina Christine, SCA	Zoggs Queensland Swim Champ 09, Dec 13, 2009
200 Back	2:22.78 LAU Yin-yan, DLS	4 th Asian AG Champ, Bangkok, Aug 21,2005
50 Breast	34.27 WONG Hin Yi, TPS	Div. 1 AG LC Swim Comp. Part 2, Jan 12, 2020
100 Breast	1:12.78 YIP Tsz-wa, DLS	HKSSF Div. 1 Inter-School Swim Champ., Oct 15,2003
200 Breast	2:35.62 MA Hei-tung, DLS	LI FOS-Olympic Time Trial II, Apr 20, 2008
50 Fly	28.87 LAI Chu Yi, WTS	7 th HK Open Swimming Champ., Sep 4,2011
100 Fly	1:02.95 MOK Sze Ki, HVA	HK Open Swimming Champ 2019, Aug 9-11, 2019
200 Fly	2:18.68 MOK Sze Ki, HVA	Div. 1 AG LC Swim Comp. Part 1, Jul 13-14, 2019
200 IM	2:21.79 HAUGHEY Siobhan Bernadette, SCA	Div. 1 AG LC Swim Comp. Part 3, Jul 25, 2010

*: Pending for Swimming Committee's Ratification

#Hong Kong Best Time

HKRLC20210730

HONG KONG SWIMMING RECORDS

Listed Date:30th July 2021

HONG KONG AGE GROUP LONG COURSE RECORDS

BOYS' 13 – 14 YEARS EVENTS

50 Free	24.43 LAM Ho Yin Martin, HJC	HKSSF Div. 1 Inter-School Swim. Comp. Oct 23, 2013
100 Free	52.80 CHEUK Ming Ho, CPS	The 6 th Hong Kong Games, May 13-14, 2017
200 Free	1:56.03 CHEUK Ming Ho, CPS	The 6 th Hong Kong Games, May 13-14, 2017
400 Free	4:08.81 CHEUK Ming Ho, CPS	HK Age Group LC SW Championships 2016-17, Nov. 4-6,2016
800 Free	8:37.69 WONG Ming Hong, HTA	Div. 1 AG LC Swim Comp. Part 3, Feb. 28 - Mar. 1, 2015
1500 Free	16:14.23 CHEUK Ming Ho, CPS	60 th FOS – LC Time Trial, Apr.15-16,2017
50 Back	27.12 HO Siu Lun, DLS	HKSSF Div. 1 Inter-School Swim. Comp, Oct. 26,2018
100 Back	58.17 HO Siu Lun, DLS	HKSSF Div. 1 Inter-School Swim. Comp, Oct. 26,2018
200 Back	2:09.86 YUK Shing Chi, PSC	HK Age Group LC SW Championships 2017-18, Nov. 3-5,2017
50 Breast	29.91. TAM Ka Ming, *CY	LV FOS Olympic Time Trial II, Apr 14, 2012
100 Breast	1:05.29 WONG Benson, DLS	HKSSF Div. 1 Inter-School Swim. Comp., Oct 27, 2017
200 Breast	2:18.11 WONG Benson, DLS	HK Open Swimming Champ 2017, July 28-30, 2017
50 Fly	25.75 HO Siu Lun, DLS	62 nd FOS – LC Time Trial, April 13-14, 2019
100 Fly	56.68 NG Chun Nam, Derick, WTS	LII FOS LC Sw. Time Trial, Apr 19, 2009
200 Fly	2:09.62 CHAN Pak Hin, *WD	Div.1 AG LC Swim Comp. Part 3, Feb. 20-21, 2016
200 IM	2:09.42 LAU, Ping Chi, HTA	HKSSF Div. 1 Inter-School Swim. Comp, Oct 27, 2017
400 IM	4:35.75 LAU, Ping Chi, HTA	HK Open Swimming Champ 2017, July 28-30, 2017

HONG KONG AGE GROUP LONG COURSE RECORDS

GIRLS' 13 – 14 YEARS EVENTS

50 Free	25.93 HAUGHEY Siobhan Bernadette, SCA	Australian Age Championships, Apr 9-14,2012
100 Free	56.07 HAUGHEY Siobhan Bernadette, SCA	HK Age Group LC SW Championships 2011-12, Nov. 5,2019
200 Free	2:02.00 CHENG Chloe, PSC	HKSSF Div. 1 Inter-School Swim. Comp., Oct 25, 2019
400 Free	4:19.32 CHENG Chloe, PSC	Div. 1 AG LC Swim Comp. Part 3, Sep. 21-22, 2019
800 Free	8:56.31 HO Wai Nam, WTS	Thailand Age Group Swimming Championships 2017
1500 Free	17:17.68 NAM Carmen, TPS	World Champ 2007 – Melbourne, Mar 26, 2007
50 Back	29.95 LOO Tsz Ki Cherrie, DWA	Div.1 AG LC Swim Comp. Part 3, Jan 27, 2019
*100 Back	1:04.18 CHEUNG Sum Yuet Cindy, TPS	Div.1 AG LC Swim Comp. Part 3, Jun. 26-27, 2021
200 Back	2:17.61 LAU Yin Yan Claudia, DLS	Hong Kong Open Champ. 07, Sep 2007
50 Breast	32.79 CHEUNG Hui Yan Cheyenne, DLS	4 th FINA World Junior Swimming Champ., Aug 26-31,2013
100 Breast	1:11.31 MA Hei Tung Fiona, SLA	5 th East Asian Games, Dec 8, 2009
200 Breast	2:32.79 MA Hei Tung Fiona, SLA	5 th East Asian Games, Dec 9, 2009
50 Fly	27.45 LAU Ping Yi Audrey, HTA	HK Age Group LC SW Championships 2019-20, Nov. 1-3,2019
100 Fly	1:00.54 LAU Ping Yi Audrey, HTA	HK Age Group LC SW Championships 2019-20, Nov. 1-3,2019
200 Fly	2:14.96 LAU Ping Yi Audrey, HTA	HK Age Group LC SW Championships 2019-20, Nov. 1-3,2019
200 IM	2:18.44 HAUGHEY Siobhan Bernadette, SCA	Australian Age Championships, Apr 9-14,2012
400 IM	4:55.42 LAM Hoi Kiu, HTA	18 th Asian Games, Jakarta- Palembang, Aug 19-24 , 2018

*: Pending for Swimming Committee's Ratification

#Hong Kong Best Time

HKRLC20210730

HONG KONG SWIMMING RECORDS

Listed Date:30th July 2021

HONG KONG AGE GROUP LONG COURSE RECORDS

BOYS' 15 – 17 YEARS EVENTS

50 Free	22.99 LUM Ching Tat Jeffrey, HFS	8 th Asian Swimming Champ., Nov 28, 2009
100 Free	50.48 LUM Ching Tat Jeffrey, HFS	1 st Asian Youth Games, Jul 06, 2009
200 Free	1:50.11 CHEUK Ming Ho, CPS	HKSSF Div. 1 Inter-School Swim. Comp., Oct. 25, 2019
400 Free	3:53.05 CHEUK Ming Ho, CPS	62 nd FOS – LC Time Trial, April 13-14, 2019
800 Free	8:07.76 CHEUK Ming Ho, CPS	18 th Asian Games, Jakarta- Palembang, Aug 19-24, 2018
1500 Free	15:38.76 CHEUK Ming Ho, CPS	18 th Asian Games, Jakarta- Palembang, Aug 19-24, 2018
50 Back	26.27 NG Cheuk Yin, TPS	HKSSF Div. 1 Inter-School Swim. Comp, Oct. 19,2018
100 Back	57.38 NG Cheuk Yin, TPS	HKSSF Div. 1 Inter-School Swim. Comp., Oct. 25, 2019
200 Back	2:05.82 NG Cheuk Yin, TPS	7 th Hong Kong Games, May 18-19, 2019
50 Breast	29.19 FONG Ka Yu, WDA	HK Age Group LC SW Championships 2019-20, Nov. 1-3,2019
100 Breast	1:03.91 NG Yan Kin, HTA	51 st Malaysia Age Group Swim Champ., Apr 24-26, 2015
200 Breast	2:15.77 MOK Kai Tik Marcus, WTS	HK Age Group LC SW Championships 2017-18, Nov. 3-5,2017
50 Fly	23.97 NG Cheuk Yin, TPS	HK Age Group LC SW Championships 2019-20, Nov. 1-3,2019
100 Fly	54.42 NG Chun Nam Derick, WTS	8 th Asian Swimming Champ., Nov 25, 2009
200 Fly	2:02.70 LIM Nicholas Owen Zhaoguang, LRC	18 th Asian Games, Jakarta- Palembang, Aug 19-24, 2018
200 IM	2:05.98 LAU Ping Chi, HTA	HKSSF Div. 1 Inter-School Swim. Comp, Oct. 25, 2019
400 IM	4:26.78 WHITTINGTON, Peter Harry, DLS	Hong Kong National Olympic Time Trial, Mar 21, 2021

HONG KONG AGE GROUP LONG COURSE RECORDS

GIRLS' 15 – 17 YEARS EVENTS

50 Free	25.38 HAUGHEY Siobhan Bernadette, SCA	4 th FINA World Junior Swimming Champ., Aug 26-31,2013
100 Free	54.47 HAUGHEY Siobhan Bernadette, SCA	4 th FINA World Junior Swimming Champ., Aug 26-31,2013
200 Free	1:59.66 HAUGHEY Siobhan Bernadette, SCA	Incheon 2014 Asian Games, Sep 20-26,2014
400 Free	4:13.81 AU Hoi Shun Stephanie, DWA	HK Age Group LC SW Championships 2007-08, Nov. 17,2007
800 Free	8:41.66 AU Hoi Shun Stephanie, DWA	Olympic Games – Beijing, Aug 14, 2008
1500 Free	16:51.05 HO Nam Wai, WTS	Mare Nostrum 2019 – Barcelona, Jun 15-16, 2019
50 Back	29.01 Kwok Sabrina Christine YingYing, SCA	4 th FINA World Junior Swimming Champ., Aug 26-31,2013
100 Back	1:01.92 WONG ToTo Kwan To, HTA	10 th Asian Swimming Championships, Nov 17-20, 2016
200 Back	2:15.18 LAU Yin Yan Claudia, DLS	5 th East Asian Games, Dec 6, 2009
50 Breast	31.82 KONG Yvette Man Yi, SCA	5 th East Asian Games, Dec 6, 2009
100 Breast	1:08.43 KONG Yvette Man Yi, SCA	8 th Asian Swimming Champ., Nov 27, 2009
200 Breast	2:31.65 KONG Yvette Man Yi, SCA	5 th East Asian Games, Dec 9, 2009
50 Fly	27.47 KAN Cheuk Tung Natalie, HVA	7 th FINA World Junior Swimming Champ 2019, Aug 20-25, 2019
100 Fly	1:00.48 KAN Cheuk Tung Natalie, HVA	HK Open Swimming Champ 2019, Aug 9-11, 2019
200 Fly	2:13.91 NAM Carmen, TPS	Zoggs Queensland Swim Champ 09, Dec 18, 2009
200 IM	2:13.07 HAUGHEY Siobhan Bernadette, SCA	16 th FINA World Championships – Kazan 2015, Aug 2,2015
*400 IM	4:48.58 CHENG Chloe, PSC	Div.1 AG LC Swim Comp. Part 3, Jun. 26-27, 2021

*: Pending for Swimming Committee's Ratification

#Hong Kong Best Time

HKRLC20210730

HONG KONG SWIMMING RECORDS

Listed Date:30th July 2021

Hong Kong Records Update – List of Summary

Last Updated File: HKRLC20210729

Updated Competition: Tokyo 2020 Olympic Games,

July 23 – August 8, 2021

100m Free	52.27 52.40	HAUGHEY Siobhan Bernadette, SCA HAUGHEY Siobhan Bernadette, SCA	Hong Kong Record
100m Free	52.40 52.70	HAUGHEY Siobhan Bernadette, SCA HAUGHEY Siobhan Bernadette, SCA	Hong Kong Record
100m Free	52.70 52.92	HAUGHEY Siobhan Bernadette, SCA HAUGHEY Siobhan Bernadette, SCA	Hong Kong Record
200m Free	1:53.92 1:54.89	HAUGHEY Siobhan Bernadette, SCA HAUGHEY Siobhan Bernadette, SCA	Hong Kong Record

Updated Competition: British Swimming Selection Trials 2021,

April 14-18, 2021

200m Breast	2:13.30 2:15.34	Adam John CHILLINGWORTH, SCA NG Michael Yu Hin, CPS	Hong Kong Record
-------------	--------------------	--	------------------

Updated Competition: Div. 1 AG LC Swim Comp. Part 3

June 26-27, 2021

200m Free	1:47.46 1:47.61	CHEUK Ming Ho, CPS CHEUK Ming Ho, CPS	Hong Kong Record
50m Back	26.00 26.03	LAU Shiu Yue, HTA LAU Shiu Yue, HTA	Hong Kong Record
100m Fly	53.40 53.63	LIM Nicholas Owen Zhaoguang, LRC LIM Nicholas Owen Zhaoguang, LRC	Hong Kong Record
400m IM	4:48.58 4:51.30	CHENG Chloe, PSC HAUGHEY Siobhan Bernadette, SCA	Hong Kong Record
100 Back	1:04.18 1:04.42	CHEUNG Sum Yuet Cindy, TPS LAU Yin Yan Claudia, DLS	Age Group Record
200 Fly	2:13.93 2:16.51	LAU Kin Hei James, HTA LAU Kin Hei James, HTA	Age Group Record
200 IM	2:15.50 2:16.79	LAU Kin Hei James, HTA LAU Kin Hei James, HTA	Age Group Record
400m IM	4:48.58 4:51.30	CHENG Chloe, PSC HAUGHEY Siobhan Bernadette, SCA	Age Group Record

Updated Competition: Hong Kong Long Course Swimming Time Trial IV

June 20, 2021

50m Free	21.97 22.09	HO Ian Yentou, SCA HO Ian Yentou, SCA	Hong Kong Record
100m Free	52.92 53.30	HAUGHEY Siobhan Bernadette, SCA HAUGHEY Siobhan Bernadette, SCA	Hong Kong Record
100m Fly	53.63 53.70	LIM Nicholas Owen Zhaoguang, LRC CHEAH Geoffrey, SCA	Hong Kong Record
100m Fly	1:00.08 1:01.11	LAU Kin Hei James, HTA SUEN Tsz Hin, PSC	Age Group Record

*: Pending for Swimming Committee's Ratification

#Hong Kong Best Time

HKRLC20210730

HONG KONG SWIMMING RECORDS

Listed Date:30th July 2021

200m IM	2:16.79 2:18.78	LAU Kin Hei James, HTA LU Pat Fan, HVA	Age Group Record
---------	--------------------	---	------------------

Updated Competition: Div. 1 AG LC Swim Comp. Part 2

May 29-30, 2021

100m Free	49.15 49.22	CHEUK Ming Ho, CPS TO Kenneth King Him, LWS	Hong Kong Record
200m Free	1:47.61 1:47.97	CHEUK Ming Ho, CPS CHEUK Ming Ho, CPS	Hong Kong Record
100m Back	56.50 56.63	LAU Shiu Yue, HTA CHEAH Geoffrey, SCA	Hong Kong Record
4x100 MR	4:01.77 4:03.07	Hong Kong Team Hong Kong Team	Hong Kong Record
200m Fly	2:16.51 2:17.51	LAU Kin Hei James, HTA CHOW Yin-Ching, *CY	Age Group Record

*: Pending for Swimming Committee's Ratification

#Hong Kong Best Time

HKRLC20210730