

# Programme

## 比賽賽程



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

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

**2026-27 Long Course Masters Swimming Competition (Part 3)**  
**二零二六至二七年長池先進游泳比賽第三部份**

**7 June 2026 (Sun)**

**二零二六年六月七日(日)**

**Kowloon Tsai Swimming Pool**

**九龍仔游泳池**

**Subvented by the LCSD**



## 2026-27 MSLCP3 - Entry Information

<b>No. of Entries by Event</b>		
<b>Event #</b>	<b>Event Name</b>	<b>Entries</b>
1	Men 100 Breaststroke	87
2	Women 100 Breaststroke	52
3	Men 50 Backstroke	104
4	Women 50 Backstroke	89
5	Men 100 Freestyle	131
6	Women 100 Freestyle	103
7	Men 4x50 Freestyle Relay	48
8	Women 4x50 Freestyle Relay	35
9	Men 50 Breaststroke	122
10	Women 50 Breaststroke	71
11	Mixed 4x50 Medley Relay	45
12	Men 400 Freestyle	64
13	Women 400 Freestyle	34

**Total**

**985**

<b>Entry information by Day</b>		
<b>Day / Session</b>	<b>No. of Entries</b>	<b>Total</b>
AM	566	<b>985</b>
PM	419	

**Long Course Masters Swimming Competition – Part 3**  
**長池先進游泳比賽 – 第三部份**

**Date:** 07-06-2026 (Sunday)

**Venue:** Kowloon Tsai Swimming Pool 九龍仔游泳池

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

<b>MEN</b>				<b>WOMEN</b>	
1	100 M	Breaststroke	蛙泳	2	
3	50 M	Backstroke	背泳	4	
5	100 M	Freestyle	自由泳	6	
Lunch Break 午膳時間					
7	4 x 50 M	Freestyle Relay	自由接力	8	
9	50 M	Breaststroke	蛙泳	10	
11	4 x 50 M	Mixed Medley Relay	男女混合 四式接力		
12	400 M	Freestyle	自由泳	13	

## 二零二六至二七年香港先進游泳比賽系列 比賽規程 (本地適用)

日期/時間：	請參閱比賽年表及項目表。
地點：	請參閱比賽年表。
報名條件：	<ul style="list-style-type: none"> <li>◇ 所有參賽者必須為中國香港游泳總會(泳總)正式註冊的2026-2027 年度先進組別泳員。2026-27 年註冊費為港幣\$150 元正。</li> <li>◇ 年滿 18 歲或以上。</li> <li>◇ <b>外隊參賽：所有參賽者必須為該國總會先進游泳組別的正式註冊泳員。</b></li> </ul>
報名：	<ul style="list-style-type: none"> <li>◇ 必須以泳總報名總表報名，不正確及未填妥的報名總表，將不獲受理，報名費概不發還。</li> </ul> <p><b>個人項目</b></p> <ul style="list-style-type: none"> <li>◇ 每名泳員可參加不多於 3 項個人項目。</li> <li>◇ *每項報名費為港幣\$15 元正。</li> </ul> <p><b>接力項目</b></p> <ul style="list-style-type: none"> <li>◇ 接力採取會際形式。</li> <li>◇ 每個屬會最多可派出一隊參加每個年齡組別之接力項目。接力項目可不填寫最佳時間。</li> <li>◇ 所有參賽泳員須年滿 25 歲或以上。</li> <li>◇ 每位泳員於每項接力項目只能參加一個年齡組別。如泳員參加多於一個年齡組別，該泳員及整隊所參與的任何接力項目成績將會被取消。</li> <li>◇ 各隊所有運動員需依照所屬屬會提交的接力表上次序比賽，如運動員沒有依照接力表上的次序比賽，該隊成績將會被取消。</li> <li>◇ *每項報名費為港幣\$15 元正。</li> <li>◇ 只接受支票付款，支票請劃線，<b>抬頭寫 HKGSA。</b></li> </ul>
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：	註冊須於比賽截止報名 21 日前辦妥。(以泳總的公佈為準) <b>*(包括轉會註冊)</b>
項目：	請參閱項目表。 <b>所有賽事均以時間決定名次，不設初賽。</b>
年齡組：	<p>年齡以比賽年 12 月 31 日計算。</p> <p><b>個人項目</b></p> <ul style="list-style-type: none"> <li>◇ 18-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90 或以上</li> </ul> <p><b>接力項目</b></p> <ul style="list-style-type: none"> <li>◇ 100-119, 120-159, 160-199, 200-239, 240-279, 280-319, 320-359, 360-399</li> </ul>
接力：	◇ 接力名單須於 <b>比賽日中午 12 時前遞交。</b>
棄權：	<ul style="list-style-type: none"> <li>◇ 棄權須於<b>每節開賽 30 分鐘前遞交。</b></li> <li>◇ 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，否則將不獲接受泳會的任何報名。</li> </ul>
線道安排：	◇ 所有參加者，將不按年齡，而是跟據其提交的報名時間作編組，唯成績將按泳員所屬的組別分別處理。

獎項：	<ul style="list-style-type: none"> <li>◇ 個人及接力項目前三名將分別獲頒發獎牌。</li> <li>◇ *前八名分別得分(年齡 18-24 組除外)：</li> </ul> <table border="1" data-bbox="243 132 947 214"> <tr> <td>個人</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>接力</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> <ul style="list-style-type: none"> <li>◇ *團體獎項：男子 / 女子組全場冠、亞及季軍將分別獲頒發獎座。</li> </ul>	個人	9	7	6	5	4	3	2	1	接力	18	14	12	10	8	6	4	2
個人	9	7	6	5	4	3	2	1											
接力	18	14	12	10	8	6	4	2											
規則：	<ul style="list-style-type: none"> <li>◇ 比賽採用世界泳聯的規則。</li> <li>◇ 如參加 400 米或 800 米自由泳項目的泳員如未能於先進游泳比賽的達標時間內游畢全程，裁判有權要求該泳員離開比賽線道，而其成績會記錄為“DNF”(未能完成比賽)。</li> <li>◇ 男女混合自由接力的隊伍必須由兩男兩女的泳員組成，其成員均為 25 歲或以上，而取得首 8 名的隊伍將分別獲得 9, 7, 6, 5, 4, 3, 2 及 1 分，該得分將計算在男子及女子的團體分內。</li> <li>◇ 泳員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行為，該泳會將被嚴厲處分。詳細罰則如下： <ul style="list-style-type: none"> <li><u>第一次違規</u> 有關屬會須就每個違規項目繳交港幣\$1,000 罰款，另外涉事成員在該次比賽中的所有接力項目得分將不會計算在屬會總分內。</li> <li><u>第二次違規</u> 有關屬會須就每個違規項目繳交港幣\$1,000 罰款，另外涉事屬會在該次比賽中的所有接力項目得分將不會計算在屬會總分內(包括男、女子)。</li> <li><u>第三次違規</u> 有關屬會須就每個違規項目繳交港幣\$1,000 罰款，另外涉事屬會在當天比賽的所有項目得分將不會計算在屬會總分內和於下次比賽時不得參與任何接力項目(包括男、女子)。</li> </ul> </li> </ul> <p style="text-align: center;"><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></p>																		
工作人員安排：	<ul style="list-style-type: none"> <li>◇ 各參賽屬會需派出以下工作人員數量：</li> </ul> <table border="1" data-bbox="269 1124 922 1430"> <thead> <tr> <th>參賽人數</th> <th>需要提供工作人員數量</th> <th>最多可派出工作人員數量</th> </tr> </thead> <tbody> <tr> <td>5 至 14 人</td> <td>1</td> <td>4</td> </tr> <tr> <td>15 至 24 人</td> <td>2</td> <td>4</td> </tr> <tr> <td>25 人或以上</td> <td>3</td> <td>4</td> </tr> </tbody> </table> <ul style="list-style-type: none"> <li>◇ 如屬會不能提供上述所需工作人員數量，有關屬會將於下個比賽被罰停賽一次。</li> </ul>	參賽人數	需要提供工作人員數量	最多可派出工作人員數量	5 至 14 人	1	4	15 至 24 人	2	4	25 人或以上	3	4						
參賽人數	需要提供工作人員數量	最多可派出工作人員數量																	
5 至 14 人	1	4																	
15 至 24 人	2	4																	
25 人或以上	3	4																	
上訴：	<ul style="list-style-type: none"> <li>◇ 任何上訴須以書面提出，並須在該項目比賽結果公佈後的 30 分鐘內，連同上訴費港幣\$200 元遞交予總裁判。</li> <li>◇ 上訴會交由該比賽之上訴委員會作決定。</li> <li>◇ 若上訴被駁回，已繳費用概不發還。</li> </ul>																		

\*海外參賽者並不適用。

# Hong Kong Masters Swimming Competition Series 2026-27

## Rules & Regulations for Local Competitors

<b>Date / Time</b>	Please see attached event calendar and event list.
<b>Venue</b>	Please see attached event calendar.
<b>Entry Conditions</b>	<ul style="list-style-type: none"> <li>※ All competitors must be 2026-27 registered masters (MS) swimmers of HKGSA (2026-27 Registration Fee: HK\$150 per swimmer)</li> <li>※ <b>Age 18 or above.</b></li> <li>※ <b><u>Overseas Teams: All Overseas competitors must be 2026-27 registered masters swimmers of their respective National Swimming Federation.</u></b></li> </ul>
<b>Entries</b>	<ul style="list-style-type: none"> <li>※ Entries must be submitted with HKGSA master entry form. Incomplete/incorrect master entry form will be rejected and fees paid will not be refunded.</li> </ul> <p><u>Individual Events</u></p> <ul style="list-style-type: none"> <li>※ Each swimmer is limited to no more than 3 individual events.</li> <li>※ HK\$15 per individual event</li> </ul> <p><u>Relay Events</u></p> <ul style="list-style-type: none"> <li>※ Relays will be run on a club basis.</li> <li>※ Each club may enter no more than one team in one age group of each relay event. It is not compulsory to submit best time for relay event</li> <li>※ All swimmers must be aged <b>25</b> or above.</li> <li>※ Each swimmer is only allowed to participate in one age group of each relay event. If swimmer race in two or more age group relay, concerned team result shall be disqualified.</li> <li>※ The composition of a relay team must be the same order to the submitted relay form. Any club failed to follow the same order will result in disqualified.</li> <li>※ HK\$15 per team per relay event.</li> <li>※ Paid by cheque <b>ONLY</b>. Crossed cheque made <b>payable to 'HKGSA'</b>.</li> </ul>
<b>Closing Date for Entries</b>	21 days prior to the date of competition. (Subject to the announcement of the HKGSA)
<b>Closing Date for Registration</b>	21 days prior to the <u>closing date of entries</u> . (Subject to the announcement of the HKGSA) <b>*(Including Transfer Registration)</b>
<b>Event list</b>	Please see attached event lists. Events will be run as timed finals.

<b>Age Group</b>	<p>※ Age is calculated as at 31 December of the year of the competition.</p> <p><b>Individual Events</b></p> <p>※ 18-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90 &amp; over</p> <p><b>Relay Events</b></p> <p>※ 100-119, 120-159, 160-199, 200-239, 240-279, 280-319, 320-359, 360-399</p>																		
<b>Relay</b>	<p>※ Relay entry form must be submitted <b>before 1200hours</b> on the competition day.</p>																		
<b>Scratches</b>	<p>※ Scratches must be submitted <b>30 minutes before</b> the scheduled start time of each session.</p> <p>※ A fine of \$30 will be charged for each “no show”. Fine payment should be settled before the next competition entry deadline. Otherwise, club entry will not be accepted.</p>																		
<b>Seeding</b>	<p>※ All competitors will be seeded according to the submitted times, regardless of age, but result will be processed according to their own respective age group.</p>																		
<b>Awards</b>	<p>※ Medals will be awarded to 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> places.</p> <p>※ *Point score for first 8 places respectively (exclude Age 18-24 Group):</p> <table border="1" data-bbox="301 1028 951 1105"> <tr> <td>Individual</td> <td>9</td> <td>7</td> <td>6</td> <td>5</td> <td>4</td> <td>3</td> <td>2</td> <td>1</td> </tr> <tr> <td>Relay</td> <td>18</td> <td>14</td> <td>12</td> <td>10</td> <td>8</td> <td>6</td> <td>4</td> <td>2</td> </tr> </table> <p>※ *Awards for Clubs: Trophies will be awarded to 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> places of Men Overall and Women Overall.</p>	Individual	9	7	6	5	4	3	2	1	Relay	18	14	12	10	8	6	4	2
Individual	9	7	6	5	4	3	2	1											
Relay	18	14	12	10	8	6	4	2											

**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 qualifying times for 400m or 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 HKGSA’s permission, represented clubs will be punished as follows:
  - First time of violation  
A fine of HK\$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.
  - Second time of violation  
A fine of HK\$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.
  - Third time of violation  
A fine of HK\$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 relay event shall be suspended from the next competition (Including MEN & WOMEN).

Violation would be counted within one financial year, i.e. (starting from 1<sup>st</sup> April and ending 31<sup>st</sup> March)

**Official Arrangement**

- × Clubs would need to provide number of officials for the competition as below:

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

- × Clubs will be suspended from the next competition if failed to fulfil the above requirement.

<b>Protest</b>	<ul style="list-style-type: none"><li>※ Any protest shall be made in writing to the referee within 30 minutes following the result announcement of the respective event with a protest fee of HK\$200.</li><li>※ Protest will be forwarded to the Appeal Board of such competition for decision. The decision of Appeal Board shall be final.</li><li>※ If the protest is rejected, the fee paid will be forfeited to the HKGSA.</li></ul>
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\* Not apply to Overseas Competitors.

# Hong Kong Masters Swimming Competition Series 2026-27

## *Rules & Regulations for Overseas Competitors*

<b>Date / Time</b>	Please see attached event calendar and event list.
<b>Venue</b>	Please see attached event calendar.
<b>Entry Conditions</b>	<ul style="list-style-type: none"> <li>※ Age 18 or above.</li> <li>※ <u>Overseas Teams: All Overseas competitors must be 2026-2027 registered masters swimmers of their respective National Swimming Federation.</u></li> </ul>
<b>Entries</b>	<ul style="list-style-type: none"> <li>※ Entries must be submitted with HKGSA master entry form. Incomplete/incorrect master entry form will be rejected and fees paid will not be refunded.</li> <li><u>Individual Events</u></li> <li>※ Each swimmer is limited to no more than 3 individual events.</li> <li>※ HK\$20.00 per individual event</li> <li><u>Relay Events</u></li> <li>※ Relays will be run on a club basis.</li> <li>※ Each club may enter no more than one team in one age group of each relay event. It is not compulsory to submit best time for relay event</li> <li>※ All swimmers must be aged 25 or above.</li> <li>※ Each swimmer is only allowed to participate in one age group of each relay event. If swimmer race in two or more age group relay, concerned team result shall be disqualified.</li> <li>※ The composition of a relay team must be the same order to the submitted relay form. Any club failed to follow the same order will result in disqualified.</li> <li>※ HK\$30.00 per team per relay event. Paid by cheque ONLY. Crossed cheque made <b>payable to 'HKGSA'</b>.</li> </ul>
<b>Closing Date for Entries</b>	<u>1 month</u> before the 1 <sup>st</sup> date of competition of each meet.
<b>Event list</b>	Please see attached event lists. Events will be run as timed finals.

<b>Age Group</b>	<p>※ Age is calculated as at 31 December of the year of the competition.</p> <p><b>Individual Events</b></p> <p>※ 18-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90 &amp; over</p> <p><b>Relay Events</b></p> <p>※ 100-119, 120-159, 160-199, 200-239, 240-279, 280-319, 320-359, 360-399</p>
<b>Relay</b>	<p>※ Relay entry form must be submitted <b>before 1200hours</b> on the competition day.</p>
<b>Scratches</b>	<p>※ Scratches must be submitted <b>30 minutes before</b> the scheduled start time of each session.</p>
<b>Seeding</b>	<p>※ All competitors will be seeded according to the submitted times, regardless of age, but result will be processed according to their own respective age group.</p>
<b>Awards</b>	<p>※ Medals will be awarded to 1st, 2nd and 3rd places. Separate medals will be awarded to overseas swimmers.</p>
<b>Rules</b>	<p>※ World Aquatic rules will be applied.</p> <p>※ Referee may request swimmers to leave the water if they could not complete the race within the Master Swimming Competition Series qualifying times for 400m or 800m Freestyle Events. Their results will be recorded as “DNF” (Did Not Finish).</p> <p>※ Mixed Freestyle Relay must include 2 Male and 2 Female who are all Age 25 or above.</p>
<b>Protest</b>	<p>※ 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.</p> <p>※ Protest will be forwarded to the Appeal Board of such competition for decision. The decision of Appeal Board shall be final.</p> <p>※ If the protest is rejected, the fee paid will be forfeited to the HKGSA.</p>

# HONG KONG MASTERS SWIMMING RECORDS

## LONG COURSE

(Update to Annual Long Course Masters Swimming Championships 2025)

MEN 50M FREESTYLE					NAME OF MEET	DATE ACHIEVED
LEE MING	SFC	85-89	0:46.70	2015-16 Long Course Masters Swimming Competition - Part 2		31-May-15
LEE MING	SFC	80-84	0:41.01	Spring Masters Swimming Championships 2010		06-Mar-10
TIN SHEUNG KWAI	NWC	75-79	0:31.30	2022-23 Long Course Masters Swimming Competition - Part 1		26-Mar-23
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
WONG KWOK WAH	#RF	60-64	0:27.09	World Aquatics Masters Championships – Singapore 2025		11-Aug-25
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
NORTJE CRAIG ANDREW	#FB	45-49	0:26.19	2023-24 Long Course Masters Swimming Competition - Part 1		03-Mar-24
YAN HO CHUN	#DB	40-44	0:25.14	World Aquatics Masters Championships – Singapore 2025		14-Aug-25
SMIT MARCEL PIETER ARNOLD	*FL	35-39	0:23.96	World Aquatics Masters Championships – Singapore 2025		11-Aug-25
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
TAI LI HUA	SFC	85-89	0:43.22	Annual Long Course Masters Swimming Championships 2024		01-Dec-24
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
KIRKWOOD TAIN MHAIRA	LRC	60-64	0:33.14	2024-25 Long Course Masters Swimming Competition - Part 2		28-Apr-24
KIRKWOOD TAIN MHAIRA	LRC	55-59	0:32.17	The 1st Asian Masters Swimming Championships 2018 NAGOYA (JPN)		15-Jul-18
YAMAGUCHI MIKA	*FL	50-54	0:29.35	World Aquatics Masters World Championships 2023 - Kyushu		08-Aug-23
KRKALO SHAUNA KATHLEEN	LRC	45-49	0:26.07	World Aquatics Masters Championships – Singapore 2025		11-Aug-25
KRKALO SHAUNA KATHLEEN	LRC	40-44	0:28.17	Annual Long Course Masters Swimming Championships 2022		27-Nov-22
SZE HANG YU	*FL	35-39	0:27.63	2025-26 Long Course Masters Swimming Competition - Part 2		27-Apr-25
ZHANG XIAO TONG ISABELLA	*FL	30-34	0:27.80	World Aquatics Masters World Championships 2023 - Kyushu		08-Aug-23
MOK HOI MAN SHERON	NWC	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
<b>*TSE KWOK PIU</b>	<b>SFC</b>	<b>75-79</b>	<b>1:21.41</b>	<b>Annual Long Course Masters Swimming Championships 2025</b>		<b>01-Feb-26</b>
TSE KWOK PIU	SFC	70-74	1:13.39	2024-25 Long Course Masters Swimming Competition - Part 3		23-Jun-24
FU TAI CHUN	KTS			Annual Masters Swimming Championships 2002		31-Aug-02
MA ETIENNE	YMC	65-69	1:08.31	Annual Long Course Masters Swimming Championships 2022		27-Nov-22
WOODRING MERRITT DOUGLAS	AVO	60-64	1:03.94	World Aquatics Masters Championships – Singapore 2025		08-Aug-25
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
NORTJE CRAIG ANDREW	#RF	45-49	0:58.32	Annual Long Course Masters Swimming Championships 2024		01-Dec-24
O'NEILL DONAL THOMAS	LRC	40-44	0:56.60	2021-22 Long Course Masters Swimming Competition - Part 3		20-Jun-21
SMIT MARCEL PIETER ARNOLD	#FB	35-39	0:53.36	World Aquatics Masters Championships – Singapore 2025		08-Aug-25
LEE MAN TIM	KHC	30-34	0:55.63	World Aquatics Masters Championships – Singapore 2025		08-Aug-25
FU WING HARBETH	KTS			Annual Masters Swimming Championships 2006		26-Aug-06
LEE MAN TIM	HTA	25-29	0:54.16	World Aquatics Masters World Championships 2023 - Kyushu		06-Aug-23
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
SUEN MING CHU	SFC	75-79	1:47.51	2024-25 Long Course Masters Swimming Competition - Part 3		23-Jun-24
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
KIRKWOOD TAIN MHAIRA	LRC	60-64	1:17.42	Annual Long Course Masters Swimming Championships 2023		03-Dec-23
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	1:05.38	World Aquatics Masters World Championships 2023 - Kyushu		06-Aug-23
KRKALO SHAUNA KATHLEEN	LRC	45-49	1:00.74	World Aquatics Masters Championships – Singapore 2025		08-Aug-25
<b>*MASTER FARAH JIMMY</b>	<b>*FB</b>	<b>40-44</b>	<b>1:01.36</b>	<b>Annual Long Course Masters Swimming Championships 2025</b>		<b>01-Feb-26</b>
SZE HANG YU	*FL	35-39	1:01.38	2025-26 Long Course Masters Swimming Competition - Part 3		15-Jun-25
ZHANG XIAO TONG ISABELLA	*FL	30-34	1:01.79	World Aquatics Masters World Championships 2023 - Kyushu		06-Aug-23
<b>*CHAN TSZ CHING</b>	<b>*FL</b>	<b>25-29</b>	<b>0:59.96</b>	<b>Annual Long Course Masters Swimming Championships 2025</b>		<b>01-Feb-26</b>
CHAN TSZ CHING	*FL	18-24	1:00.63	2024-25 Long Course Masters Swimming Competition - Part 3		23-Jun-24

# HONG KONG MASTERS SWIMMING RECORDS

## LONG COURSE

(Update to Annual Long Course Masters Swimming Championships 2025)

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	2:36.59	2023-24 Long Course Masters Swimming Competition - Part 2	30-Apr-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
NORTJE CRAIG ANDREW	#FB	45-49	2:08.80	2024-25 Long Course Masters Swimming Competition - Part 2	28-Apr-24
FONG LIK SUN	#FB	40-44	2:07.25	2024-25 Long Course Masters Swimming Competition - Part 2	28-Apr-24
SMIT MARCEL PIETER ARNOLD	#FB	35-39	2:02.50	World Aquatics Masters Championships – Singapore 2025	10-Aug-25
LEE MAN TIM	KHC	30-34	2:04.40	World Aquatics Masters Championships – Singapore 2025	10-Aug-25
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
SAM CHOI LIN	SFC	75-79	4:32.53	2025-26 Long Course Masters Swimming Competition - Part 2	27-Apr-25
SUEN MING CHU	SFC	70-74	3:36.37	2018-19 Long Course Masters Swimming Competition - Part 2	06-May-18
TSEUNG NGA WAH	SFC	65-69	3:26.68	2024-25 Long Course Masters Swimming Competition - Part 2	28-Apr-24
KIRKWOOD TAIN MHAIRA	LRC	60-64	2:55.64	World Aquatics Masters Championships – Doha 2024	03-Mar-24
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
ZHANG XIAO TONG ISABELLA	*FL	30-34	2:23.47	2023-24 Long Course Masters Swimming Competition - Part 2	30-Apr-23
MOK HOI MAN SHERON	NWC	25-29	2:14.58	2024-25 Long Course Masters Swimming Competition - Part 2	28-Apr-24
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
QI SONGHE	NWC	75-79	7:32.18	2025-26 Long Course Masters Swimming Competition - Part 3	15-Jun-25
TSE KWOK PIU	SFC	70-74	6:23.03	2024-25 Long Course Masters Swimming Competition - Part 3	23-Jun-24
CHAN KAM POR	SFC	65-69	6:00.83	2017-18 Long Course Masters Swimming Competition - Part 3	13-Aug-17
HO ROBERT YAU CHUNG	LRC	60-64	5:24.54	FINA World Masters Championships 2019 - Gwangju	18-Aug-19
LANZONE FRANCESCO	BSC	55-59	5:06.50	World Aquatics Masters Championships – Singapore 2025	13-Aug-25
WATERS ANDREW ALLAN	AVO	50-54	4:53.02	2025-26 Long Course Masters Swimming Competition - Part 3	15-Jun-25
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 MAN TIM	KHC	30-34	4:33.40	World Aquatics Masters Championships – Singapore 2025	13-Aug-25
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
NG YEE MAN	NWC	65-69	6:59.90	2024-25 Long Course Masters Swimming Competition - Part 3	23-Jun-24
KIRKWOOD TAIN MHAIRA	LRC	60-64	6:05.89	World Aquatics Masters Championships – Doha 2024	28-Feb-24
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
CHAN YUK MAN PHOEBE	SFC	45-49	5:15.20	2024-25 Long Course Masters Swimming Competition - Part 3	23-Jun-24
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
MOK HOI MAN SHERON	NWC	30-34	4:50.34	2025-26 Long Course Masters Swimming Competition - Part 3	15-Jun-25
MOK HOI MAN SHERON	NWC	25-29	4:56.10	2024-25 Long Course Masters Swimming Competition - Part 3	23-Jun-24
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 Annual Long Course Masters Swimming Championships 2025)

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
CHAN KAM POR	SFC	70-74	13:28.85	2022-23 Long Course Masters Swimming Competition - Part 1	26-Mar-23
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
LANZONE FRANCESCO	BSC	55-59	10:34.14	World Aquatics Masters Championships – Doha 2024	26-Feb-24
WATERS ANDREW ALLAN	AVO	50-54	10:10.61	2024-25 Long Course Masters Swimming Competition - Part 1	23-Mar-25
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
SUEN MING CHU	SFC	75-79	17:34.92	2022-23 Long Course Masters Swimming Competition - Part 1	26-Mar-23
LO LAI YUNG	NWC	70-74	15:46.86	2024-25 Long Course Masters Swimming Competition - Part 1	23-Mar-25
SUEN MING CHU	SFC	65-69	13:11.38	Annual Long Course Masters Swimming Championships 2013	24-Nov-13
KIRKWOOD TAIN MHAIRA	LRC	60-64	13:07.73	2024-25 Long Course Masters Swimming Competition - Part 1	23-Mar-25
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
CHAN YUK MAN PHOEBE	SFC	45-49	10:52.16	2024-25 Long Course Masters Swimming Competition - Part 1	23-Mar-25
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
MOK HOI MAN SHERON	NWC	30-34	10:15.91	2024-25 Long Course Masters Swimming Competition - Part 1	23-Mar-25
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
LEE SHE KWOK	SFC	85-89	0:57.83	2022-23 Long Course Masters Swimming Competition - Part 1	26-Mar-23
TSUI YAU HO	SFC	80-84	0:54.86	2024-25 Long Course Masters Swimming Competition - Part 3	23-Jun-24
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
FONG LIK SUN	#RF	45-49	0:29.47	World Aquatics Masters Championships – Singapore 2025	13-Aug-25
O'NEILL DONAL THOMAS	LRC	40-44	0:28.69	World Aquatics Masters Championships – Doha 2024	01-Mar-24
TSAI CHUN YU GARY	#DB	35-39	0:30.27	World Aquatics Masters Championships – Singapore 2025	13-Aug-25
SIU WAI WANG DEREK	KHC	30-34	0:28.60	2025-26 Long Course Masters Swimming Competition - Part 3	15-Jun-25
LAU SHIU YUE	#DB	25-29	0:27.65	2022-23 Long Course Masters Swimming Competition - Part 2	15-Jan-23
CHONG MICHAEL YAT TSUN	SFC	18-24	0:28.19	2025-26 Long Course Masters Swimming Competition - Part 3	15-Jun-25

WOMEN 50M BACKSTROKE				NAME OF MEET	DATE ACHIEVED
TAI LI HUA	SFC	85-89	0:52.03	Annual Long Course Masters Swimming Championships 2024	01-Dec-24
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
NG YEE MAN	SFC	60-64	0:45.62	Annual Long Course Masters Swimming Championships 2023	03-Dec-23
<b>*LAI SHUI NIN INGRID</b>	<b>HFS</b>	<b>55-59</b>	<b>0:40.63</b>	<b>Annual Long Course Masters Swimming Championships 2025</b>	<b>01-Feb-26</b>
COGGINS LYNDA ANNE	LRC	50-54	0:35.58	16th FINA World Masters Championships 2015 in Kazan	16-Aug-15
KRKALO SHAUNA KATHLEEN	LRC	45-49	0:33.99	Annual Long Course Masters Swimming Championships 2024	01-Dec-24
<b>*CHAN YANYAN</b>	<b>*FL</b>	<b>40-44</b>	<b>0:32.59</b>	<b>Annual Long Course Masters Swimming Championships 2025</b>	<b>01-Feb-26</b>
SZE HANG YU	*FL	35-39	0:31.53	2025-26 Long Course Masters Swimming Competition - Part 3	15-Jun-25
CARPENTER LINH THUC LUONG	LRC	30-34	0:32.81	FINA World Masters Championships 2014	10-Aug-14
MAK HOI MAN SHERON	#FB	25-29	0:31.91	Annual Long Course Masters Swimming Championships 2023	03-Dec-23
FUNG SUET YING CHLOE	KTC	18-24	0:31.34	2025-26 Long Course Masters Swimming Competition - Part 3	15-Jun-25

# HONG KONG MASTERS SWIMMING RECORDS

## LONG COURSE

(Update to Annual Long Course Masters Swimming Championships 2025)

MEN 100M BACKSTROKE				NAME OF MEET	DATE ACHIEVED
TSUI YAU HO	SFC	80-84	2:05.89	2025-26 Long Course Masters Swimming Competition - Part 2	27-Apr-25
WU SHU SUN	NWC	75-79	1:47.10	2025-26 Long Course Masters Swimming Competition - Part 2	27-Apr-25
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
FONG LIK SUN	#RF	45-49	1:02.60	World Aquatics Masters Championships – Singapore 2025	12-Aug-25
O'NEILL DONAL THOMAS	LRC	40-44	1:01.05	World Aquatics Masters Championships 2024 - Doha	28-Feb-24
NORTJE CRAIG ANDREW	VRC	35-39	1:06.66	2015-16 Long Course Masters Swimming Competition - Part 2	31-May-15
SIU WAI WANG DEREK	KHC	30-34	1:04.83	World Aquatics Masters Championships – Singapore 2025	12-Aug-25
CHEUNG YAU MING	#DB	25-29	1:02.70	2023-24 Long Course Masters Swimming Competition - Part 2	30-Apr-23
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
NG YEE MAN	NWC	65-69	1:37.51	2024-25 Long Course Masters Swimming Competition - Part 2	28-Apr-24
NG YEE MAN	NWC	60-64	1:43.42	2022-23 Long Course Masters Swimming Competition - Part 2	15-Jan-23
LAI SHUI NIN INGRID	YMC	55-59	1:32.18	World Aquatics Masters World Championships 2023 - Kyushu	10-Aug-23
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
SZE HANG YU	*FL	35-39	1:11.91	2025-26 Long Course Masters Swimming Competition - Part 2	27-Apr-25
CARPENTER LINH THUC LUONG	LRC	30-34	1:11.37	16th FINA World Masters Championships 2015 in Kazan	15-Aug-15
MOK HOI MAN SHERON	NWC	25-29	1:10.14	2024-25 Long Course Masters Swimming Competition - Part 2	28-Apr-24
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	90-94	1:13.06	Annual Long Course Masters Swimming Championships 2024	01-Dec-24
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	0:41.67	2023-24 Long Course Masters Swimming Competition - Part 3	18-Jun-23
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
NG WAI FUNG	SFC	60-64	0:35.58	Annual Long Course Masters Swimming Championships 2024	01-Dec-24
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
CHIU KELVIN HO YIN	#FB	40-44	0:32.01	World Aquatics Masters Championships – Singapore 2025	13-Aug-25
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
WONG HO KIU	#RF	25-29	0:30.24	Annual Long Course Masters Swimming Championships 2024	01-Dec-24
CHEUNG CHI KIT NICHOLAS	WDS	18-24	0:27.95	2024-25 Long Course Masters Swimming Competition - Part 1	23-Mar-25

WOMEN 50M BREASTSTROKE				NAME OF MEET	DATE ACHIEVED
TAI LI HUA	SFC	85-89	0:51.78	2025-26 Long Course Masters Swimming Competition - Part 3	15-Jun-25
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
FONG CHOI YING	FFA	70-74	0:53.33	2025-26 Long Course Masters Swimming Competition - Part 3	15-Jun-25
LEUNG WONG YIN HAR HAYLEY	SGC	65-69	0:50.56	2017-18 Long Course Masters Swimming Competition - Part 1	25-Mar-18
<b>*KIRKWOOD TAIN MHAIRA</b>	<b>LRC</b>	<b>60-64</b>	<b>0:45.63</b>	<b>Annual Long Course Masters Swimming Championships 2025</b>	<b>01-Feb-26</b>
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	0:32.47	World Aquatics Masters Championships – Singapore 2025	13-Aug-25
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 Annual Long Course Masters Swimming Championships 2025)

MEN 100M BREASTSTROKE				NAME OF MEET	DATE ACHIEVED
CHI LIEH YUNG	SFC	90-94	2:50.51	Annual Long Course Masters Swimming Championships 2024	01-Dec-24
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
WATT KAM SING MICHAEL	*FL	55-59	1:21.41	2024-25 Long Course Masters Swimming Competition - Part 2	28-Apr-24
COOPER KENNETH ALLEN	#FL	50-54	1:13.66	FINA World Masters Championships 2019 - Gwangju	13-Aug-19
FONG LIK SUN	#RF	45-49	1:11.37	2025-26 Long Course Masters Swimming Competition - Part 3	15-Jun-25
FONG LIK SUN	#FB	40-44	1:10.45	Annual Long Course Masters Swimming Championships 2023	03-Dec-23
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
CHEUNG KAM KWAN RONALD	LRC	25-29	1:07.53	World Aquatics Masters World Championships 2023 - Kyushu	06-Aug-23
CHEUNG CHI KIT NICHOLAS	WDS	18-24	1:01.45	2025-26 Long Course Masters Swimming Competition - Part 3	15-Jun-25

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
SUEN MING CHU	SFC	75-79	2:02.61	Annual Long Course Masters Swimming Championships 2023	03-Dec-23
SUEN MING CHU	SFC	70-74	1:53.65	2018-19 Annual Long Course Masters Swimming Championships	25-Nov-18
NG YEE MAN	NWC	65-69	1:42.94	2024-25 Long Course Masters Swimming Competition - Part 3	23-Jun-24
KIRKWOOD TAIN MHAIRA	LRC	60-64	1:39.76	2023-24 Long Course Masters Swimming Competition - Part 2	30-Apr-23
KIRKWOOD TAIN MHAIRA	LRC	55-59	1:35.97	2018-19 Long Course Masters Swimming Competition - Part 2	06-May-18
YAMAGUCHI MIKA	#RF	50-54	1:26.15	World Aquatics Masters Championships - Singapore 2025	08-Aug-25
KRKALO SHAUNA KATHLEEN	LRC	45-49	1:16.14	World Aquatics Masters Championships - Singapore 2025	08-Aug-25
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
<b>*CHAN WAI TUNG JOCELYN</b>	<b>DWA</b>	<b>25-29</b>	<b>1:20.57</b>	<b>Annual Long Course Masters Swimming Championships 2025</b>	<b>01-Feb-26</b>
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
KOO CHOI FAT	WDS	75-79	4:11.87	2024-25 Long Course Masters Swimming Competition - Part 1	23-Mar-25
CHAN KAM POR	SFC	70-74	3:34.76	2022-23 Long Course Masters Swimming Competition - Part 1	26-Mar-23
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
FONG LIK SUN	#FB	40-44	2:38.70	2022-23 Long Course Masters Swimming Competition - Part 1	26-Mar-23
LUK WING KIN ANDY	KHC	35-39	2:33.87	9th Hong Kong Games Swimming Competition	02-Jun-24
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
CHEUNG CHI KIT NICHOLAS	WDS	18-24	2:16.99	2024-25 Long Course Masters Swimming Competition - Part 1	23-Mar-25

WOMEN 200M BREASTSTROKE				NAME OF MEET	DATE ACHIEVED
WONG JIM	SFC	80-84	5:53.00	2022-23 Long Course Masters Swimming Competition - Part 1	26-Mar-23
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
KIRKWOOD TAIN MHAIRA	LRC	60-64	3:43.21	2024-25 Long Course Masters Swimming Competition - Part 1	23-Mar-25
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
CHAN YUK MAN PHOEBE	SFC	45-49	3:09.76	World Aquatics Masters Championships - Singapore 2025	12-Aug-25
CHEUNG MAN YIU	SGC	40-44	3:19.49	World Aquatics Masters World Championships 2023 - Kyushu	10-Aug-23
NEEDHAM SUZANNE HEIZER	LRC	35-39	2:56.78	FINA World Masters Championships 2012	15-Jun-12
HUGHES CHRISTINE VIRGINIA	LRC	30-34	2:52.97	World Aquatics Masters Championships - Doha 2024	02-Mar-24
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 Annual Long Course Masters Swimming Championships 2025)

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
INGLIS PETER	#FB	70-74	0:36.36	2024-25 Long Course Masters Swimming Competition - Part 2	28-Apr-24
HO ROBERT YAU CHUNG	LRC	65-69	0:33.20	2022-23 Long Course Masters Swimming Competition - Part 2	15-Jan-23
WOODRING MERRITT DOUGLAS	AVO	60-64	0:29.64	World Aquatics Masters Championships – Singapore 2025	10-Aug-25
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 MERRITT 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
SMIT MARCEL PIETER ARNOLD	#FB	35-39	0:25.93	World Aquatics Masters Championships – Singapore 2025	10-Aug-25
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
<u>LEUNG MABEL YUEN YING</u>	<u>SFC</u>	<u>80-84</u>	<u>1:25.26</u>	<u>World Aquatics Masters Championships – Doha 2024</u>	<u>03-Mar-24</u>
SUEN MING CHU	SFC	75-79	0:49.88	2025-26 Long Course Masters Swimming Competition - Part 2	27-Apr-25
ZHENG KEXIN	NWC	70-74	0:46.62	2025-26 Long Course Masters Swimming Competition - Part 2	27-Apr-25
TSEUNG NGA WAH	SFC	65-69	0:41.67	2024-25 Long Course Masters Swimming Competition - Part 2	28-Apr-24
KIRKWOOD TAIN MHAIRA	LRC	60-64	0:37.04	2024-25 Long Course Masters Swimming Competition - Part 2	28-Apr-24
KIRKWOOD TAIN MHAIRA	LRC	55-59	0:36.39	2018-19 Annual Long Course Masters Swimming Championships	25-Nov-18
YAMAGUCHI MIKA	#RF	50-54	0:31.86	2025-26 Long Course Masters Swimming Competition - Part 2	27-Apr-25
KRKALO SHAUNA KATHLEEN	LRC	45-49	0:28.70	World Aquatics Masters Championships – Singapore 2025	10-Aug-25
<u>*MASTER FARAH JIMMY</u>	<u>*FB</u>	<u>40-44</u>	<u>0:29.81</u>	<u>Annual Long Course Masters Swimming Championships 2025</u>	<u>01-Feb-26</u>
<u>*SZE HANG YU</u>	<u>*FL</u>	<u>35-39</u>	<u>0:29.77</u>	<u>Annual Long Course Masters Swimming Championships 2025</u>	<u>01-Feb-26</u>
ZHANG XIAO TONG ISABELLA	*FL	30-34	0:30.25	World Aquatics Masters World Championships 2023 - Kyushu	07-Aug-23
NG KA MAN	KTS	25-29	0:29.30	Annual Long Course Masters Swimming Championships	23-Nov-14
CHAN TSZ CHING	*FL	18-24	0:29.61	2023-24 Long Course Masters Swimming Competition - Part 2	30-Apr-23

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
WU SHU SUN	NWC	75-79	2:01.65	2024-25 Long Course Masters Swimming Competition - Part 1	23-Mar-25
CHAN KAM POR	SFC	70-74	1:33.36	2024-25 Long Course Masters Swimming Competition - Part 1	23-Mar-25
MA ETIENNE	YMC	65-69	1:32.97	2023-24 Long Course Masters Swimming Competition - Part 1	03-Mar-24
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
O'NEILL DONAL THOMAS	LRC	40-44	0:59.06	World Aquatics Masters Championships 2024 - Doha	29-Feb-24
SMIT MARCEL PIETER ARNOLD	#FB	35-39	0:57.83	World Aquatics Masters Championships – Singapore 2025	11-Aug-25
BEAHAN GRANT KENNETH	BSC	30-34	0:58.66	2017-18 Long Course Masters Swimming Competition - Part 1	25-Mar-18
CHEUNG YAU MING	#DB	25-29	0:58.94	2022-23 Long Course Masters Swimming Competition - Part 1	26-Mar-23
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	75-79	1:59.45	2024-25 Long Course Masters Swimming Competition - Part 1	23-Mar-25
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
KIRKWOOD TAIN MHAIRA	LRC	60-64	1:36.26	World Aquatics Masters Championships – Doha 2024	29-Feb-24
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
MASTER FARAH JIMMY	#FB	40-44	1:07.66	World Aquatics Masters Championships – Singapore 2025	11-Aug-25
KELSEY JANE MACFARLAND	LRC	35-39	1:13.49	2011-12 Long Course Masters Swimming Competition - Part 1	04-Mar-12
HUGHES CHRISTINE VIRGINIA	LRC	30-34	1:10.18	World Aquatics Masters Championships – Doha 2024	29-Feb-24
CHAN WING SUET	LRC	25-29	1:08.66	FINA World Masters Championships 2014	10-Aug-14
CHAN TSZ CHING	*FL	18-24	1:07.41	2023-24 Long Course Masters Swimming Competition - Part 1	03-Mar-24

# HONG KONG MASTERS SWIMMING RECORDS

## LONG COURSE

(Update to Annual Long Course Masters Swimming Championships 2025)

### 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 CHIU SHUN	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
WOODRING MERRITT DOUGLAS	AVO	60-64	2:47.55	World Aquatics Masters Championships – Singapore 2025	11-Aug-25
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
FONG LIK SUN	#RF	45-49	2:16.50	World Aquatics Masters Championships – Singapore 2025	11-Aug-25
FONG LIK SUN	#FB	40-44	2:17.83	World Aquatics Masters Championships – Doha 2024	29-Feb-24
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
SUEN MING CHU	SFC	75-79	4:06.12	Annual Long Course Masters Swimming Championships 2023	03-Dec-23
SUEN MING CHU	SFC	70-74	3:49.34	2018-19 Long Course Masters Swimming Competition - Part 2	06-May-18
NG YEE MAN	NWC	65-69	3:36.79	2024-25 Long Course Masters Swimming Competition - Part 2	28-Apr-24
KIRKWOOD TAIN MHAIRA	LRC	60-64	3:25.62	Annual Long Course Masters Swimming Championships 2023	03-Dec-23
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
TAM MEI LING ALISON	*FL	45-49	2:45.26	World Aquatics Masters World Championships 2023 - Kyushu	08-Aug-23
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
HUGHES CHRISTINE VIRGINIA	LRC	30-34	2:37.93	World Aquatics Masters Championships – Doha 2024	29-Feb-24
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+	2:13.41	2023-24 Long Course Masters Swimming Competition - Part 1	03-Mar-24
SWORD FISH CLUB	SFC	240+	2:01.55	Annual Long Course Masters Swimming Championships 2024	01-Dec-24
SEA GREEN SWIMMING & LIFE SAVING CLUB	SGC	200+	1:52.52	2010-11 Long Course Masters Swimming Championships - Part 1	20-Mar-11
HONG KONG FOOTBALL CLUB	#FB	160+	1:40.73	World Aquatics Masters World Championships 2023 - Kyushu	05-Aug-23
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	320+	3:43.13	Annual Long Course Masters Swimming Championships 2024	01-Dec-24
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+	2:02.69	World Aquatics Masters Championships – Singapore 2025	14-Aug-25
KRKALO SHAUNA KATHLEEN, TSANG TING YAN TANIA, KIRKWOOD TAIN MHAIRA, SCHONING NAUJOKS MIRJAM BEATRICE	#FB	160+	1:54.00	World Aquatics Masters Championships – Singapore 2025	14-Aug-25
HONG KONG FOOTBALL CLUB	#FB	160+	1:54.00	World Aquatics Masters Championships – Singapore 2025	14-Aug-25
EICHELBERGER MELISSA, SJOHOLM CHRISTINA, TAM ALISON MAI LING, MASTER FARAH JIMMY	#FB	160+	1:54.00	World Aquatics Masters Championships – Singapore 2025	14-Aug-25
FASTLANE SWIMMING CO LIMITED	*FL	120+	1:52.19	2025-26 Long Course Masters Swimming Competition - Part 3	15-Jun-25
CHAN TSZ CHING, LEUNG HO CHING, CHEN YANYAN, SZE HANG YU	*FL	120+	1:52.19	2025-26 Long Course Masters Swimming Competition - Part 3	15-Jun-25
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 Annual Long Course Masters Swimming Championships 2025)

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+	2:33.32	2024-25 Long Course Masters Swimming Competition - Part 2	28-Apr-24
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
KWAN HUNG SWIMMING CLUB	KHC	120+	1:51.13	World Aquatics Masters Championships – Singapore 2025	14-Aug-25
SIU WAI WANG DEREK, POON DERRICK FENE-MING, LAU CHUN LEUNG JOHNNY, LEE MAN TIM					
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	320+	4:37.13	Annual Long Course Masters Swimming Championships 2024	01-Dec-24
SWORD FISH CLUB	SFC	280+	3:06.66	Annual Long Course Masters Swimming Championships 2024	01-Dec-24
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+	2:19.23	World Aquatics Masters Championships – Singapore 2025	14-Aug-25
TSANG TING YAN TANIA, KRKALO SHAUNA KATHLEEN, KIRKWOOD TAIN MHAIRA, SCHONING NAUJOKS MIRJAM BEATRICE					
LADIES' RECREATION CLUB	LRC	160+	2:10.35	Annual Masters Swimming Championships 1994	17-Sep-94
HONG KONG FOOTBALL CLUB	#FB	120+	2:07.83	World Aquatics Masters Championships – Singapore 2025	14-Aug-25
SJOHOLM CHRISTINA, BARTON LUCY, MASTER FARAH JIMMY, EICHELBERGER MELISSA					
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+	1:51.91	World Aquatics Masters Championships – Singapore 2025	14-Aug-25
KRKALO SHAUNA KATHLEEN, KIRKWOOD TAIN MHAIRA, WOO CHUN KUEN DOUGLAS, STAMENOVIC IVAN					
FASTLANE SWIMMING CO LIMITED	*FL	160+	1:46.49	World Aquatics Masters World Championships 2023 - Kyushu	09-Aug-23
HONG KONG FOOTBALL CLUB	#FB	120+	1:48.59	2025-26 Long Course Masters Swimming Competition - Part 2	27-Apr-25
EICHELBERGER MELISSA ANN, MASTER FARAH JIMMY, SO MAN HON, SMIT MARCEL PIETER ARNOLD					
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
SWORD FISH CLUB	SFC	320+	4:35.50	2022-23 Long Course Masters Swimming Competition - Part 3	12-Jun-22
SWORD FISH CLUB	SFC	280+	2:47.88	2021-22 Long Course Masters Swimming Competition - Part 3	20-Jun-21
SWORD FISH CLUB	SFC	240+	2:43.45	2024-25 Long Course Masters Swimming Competition - Part 3	23-Jun-24
LADIES' RECREATION CLUB	LRC	200+	2:08.05	World Aquatics Masters Championships – Singapore 2025	14-Aug-25
STAMENOVIC IVAN, KRKALO SHAUNA KATHLEEN, WOO CHUN KUEN DOUGLAS, KIRKWOOD TAIN MHAIRA					
HONG KONG FOOTBALL CLUB	#FB	160+	1:59.67	World Aquatics Masters Championships – Singapore 2025	14-Aug-25
SJOHOLM CHRISTINA, CHIU KELVIN HO YIN, SO MAN HON, EICHELBERGER MELISSA					
LADIES' RECREATION CLUB	LRC	120+	2:02.78	World Aquatics Masters Championships – Singapore 2025	14-Aug-25
TSANG TING YAN TANIA, YUEN MARCUS YAT HO, LI PATRICK GUO CHUN, CHEN YANGYANG					
HONG KONG POLICE SWIMMING CLUB	HKP	100+	2:09.75	2023-24 Long Course Masters Swimming Competition - Part 3	18-Jun-23

**2026-2027 Long Course Masters Swimming Competition (Part 3)****Reject List**

No.	Name	Event	Club	Remarks
1	Wong Johathan	5,9	BSC	No Reg
2	Cheng Ngai Bun	1,3,5	KTS	No Reg
3	Yeung Kin Shing	9	KTS	No Reg
4	Li Ying Ho	1,3,5	SGC	No Reg
5	Li Cheuk Ban	5	SGC	No Reg
6	Cheng Wai Leung	1	SGC	No Reg
7	Cheung Chi Yan Clifford	5	SGC	No Reg
8	Wong Ka Sin	6,10	SGC	No Reg
9	Shek Yan Sin	4,6	SGC	No Reg

**2026-27 Long Course MS Swimming Comp P3 - 07/06/2026**  
**Psych Sheet**

**Event 1 Men 100 LC Meter Breaststroke**

**18-24 MSR: 1:01.45**  
**25-29 MSR: 1:07.53**  
**30-34 MSR: 1:09.75**  
**35-39 MSR: 1:10.50**  
**40-44 MSR: 1:10.45**  
**45-49 MSR: 1:11.37**  
**50-54 MSR: 1:13.66**  
**55-59 MSR: 1:21.41**  
**60-64 MSR: 1:24.69**  
**65-69 MSR: 1:26.42**

	<b>ID#</b>	<b>Name</b>	<b>Age</b>	<b>Team</b>	<b>Seed Time</b>
<b>18-24</b>					
1	19430 #B	Mok, Yik Long	24	Hong Kong Police	1:10.00
2	34058 B	Chow, Hong-Yo Sandy	22	Pacific	NT
<b>25-29</b>					
1	55593 IAZ	Yeung, Hoi Kit	27	Juan Hua Club	1:17.00
2	23081 IAZ	Loo, Chun Hei	28	South China	1:50.00
3	15351 IAZ	Chang, Jaw Ting	25	Pacific	NT
<b>30-34</b>					
1	03978	Lau, Chun Sing	34	Tuen Mun S.T.	1:16.00
2	10083 IAZ	Chan, Chun Yin Wilson	32	Hong Kong Police	1:30.00
3	53434 IAZ	Wong, Yin Wai	30	Kwan Hung	1:30.00
4	34840 IM	Dang, Annan	30	New Water Polo	1:30.00
5	15815	Lo, Ting Kin	30	Sea Green	1:35.00
6	54192 #IAX	Wu, Kin Wai	33	Superstar	1:50.00
7	14158 IAZ	Li, Hok Yee Terence	33	Eastern Winter	2:00.00
<b>35-39</b>					
1	04877 IBZ	Ng, Yu Ting	35	Sword Fish Club	1:24.00
2	00452 IA	Wong, Chun Hsin Alexander	36	Kwan Hung	1:25.00
3	01784 B	Tso, Hiu Fung	35	Diocesan School	1:30.00
4	55647 @P	Prebble, Miles Cavin	35	LRC	1:30.01
5	48667 @IRO	Wong, Dominic Clayton Joe	38	Fastlane Swimming	1:32.00
6	00104	Lo, Shek Pui	37	HK Football Club	1:35.00
7	09136 IAZ	Tsang, Chun Kin	38	New Water Polo	1:55.00
8	06886 B	Li, Chin Long	36	Eastern Winter	2:00.00
9	01621 IBZ	So, Man Hon	38	HK Football Club	NT
<b>40-44</b>					
1	48666 @ICO	Upman, David Ross	42	Fastlane Swimming	1:17.00
2	42708 IAZ	Tang, Wing Chung Jonathan	44	Hoi Fung	1:26.34
3	01465 ICZ	Chiang, Filomeno	44	Hong Kong Police	1:30.00
4	55913 @IM	Guan, Ping	41	Sword Fish Club	1:32.00
5	03716 ICZ	Yan, Ho Chun	41	Diocesan School	1:40.00
6	52285 IAO	Lung, Donald Andrew	44	Diocesan School	1:45.00
7	41147 IAZ	Mok, Lai Yeung Jason	42	Diocesan School	1:49.00
8	03793 ICZ	Po, Tik San	44	New Water Polo	1:50.00
9	57050 @^IM	Du, Jun	41	Sword Fish Club	1:50.00
10	45574 IAZ	Ng, Siu Kwong	44	Sword Fish Club	1:55.00
11	00091	Chan, Lok Yan	42	New Water Polo	2:00.00
<b>45-49</b>					
1	53857 IAZ	Lam, Pei Wayne	47	RippleFly Swim Ltd	1:30.00
2	03796 ICZ	Chan, Pui Kei	45	New Water Polo	1:32.00
3	49027 IAZ	Ng, Fung Kei	46	Sword Fish Club	1:35.00

## 2026-27 Long Course MS Swimming Comp P3 - 07/06/2026

## Psych Sheet

## 45-49... (Event 1 Men 100 LC Meter Breaststroke)

4	05160	Chan, Ka Wo	49	Diocesan School	1:47.44
5	40834 IAZ	Chang, Hsi Tse JosephJeremy	47	Diocesan School	1:49.00
6	43948 @^IM	Wang, Shengli	47	New Water Polo	1:50.00
7	57043 IAZ	Cheung, King Yin	48	Sword Fish Club	1:50.00
8	16467 #	Chak, Pui Ching	48	Win Tin	1:50.00
9	23119 IAZ	Chan, Ying Tsung Bosco	45	Sword Fish Club	2:02.00
10	01012 ICZ	Fong, Lik Sun	46	RippleFly Swim Ltd	NT
11	46159 IAZ	Wong, Benjamin Hon Lim	47	AVO	NT
<b>50-54</b>					
1	23497 IAZ	Au Yeung, Wai Kit	52	Kwun Tong	41.30
2	53312 IAZ	Tang, Tin Lok Stephen	50	Win Tin	1:19.67
3	25592 IAZ	Cheung, Wai Kei	54	Flying Fish	1:26.79
4	27868 IAZ	Chan, Chi Wah Ringo	54	Sword Fish Club	1:38.00
5	21008 #IAZ	Cheung, Chun Kwan Michael	53	Win Tin	1:38.00
6	52883 IAZ	Lo, Fu Fui Frankie	51	Win Tin	1:50.00
7	24603 IAZ	Hung, Ka Ming	51	YMCA OF Hong Kong	1:50.00
<b>55-59</b>					
1	30710 IAZ	Lai, Kin Sun	56	Flying Fish	1:31.37
2	26053 IAZ	Wong, Yee Keung	55	Flying Fish	1:35.62
3	42364 IAZ	Lau, Yip Kwong Francis	57	Diocesan School	1:40.00
4	53271 @^IM	Chen, Weizhong	57	New Water Polo	1:45.00
5	27451 IAZ	Yip, Kin Man Stephen	56	Kwun Tong	2:00.00
6	35711 IAX	Wong, Fuk Kei	57	Sword Fish Club	2:00.00
7	52756 IAX	Chueng, Shing	55	Hoi Fung	2:20.20
<b>60-64</b>					
1	05191	Koo, Yu Fat Marcus	64	Flying Fish	1:27.37
2	58517 IAZ	Fung, Bood	61	Tung Sing	1:29.00
3	18856 IAZ	Au, Mun Shing	61	Sword Fish Club	1:30.00
4	50511 @^IM	Ye, Huanliang	63	Sword Fish Club	1:45.00
5	32108 IAX	Chan, Kiu	64	Sword Fish Club	1:46.48
6	10135 IAZ	Mo, Kim Fung Bosco	62	Diocesan School	1:50.00
7	26176 IAX	Ho, Chung Man	63	Lai Tsun	1:50.00
8	27869 IAZ	Lee, Kam Cheong	62	Sword Fish Club	1:50.00
9	39982 IAZ	Chow, Wing Chun	62	Sword Fish Club	2:00.00
<b>65-69</b>					
1	50662 @^P	Zong, Cheng	68	Sword Fish Club	1:38.00
2	45930 IAZ	Lo, Wing Kwong	65	Tung Sing	1:40.00
3	03762	Ha, Chi Ming	67	Flying Fish	1:48.84
4	50782 @IAX	Pang, Shu Ming	65	Sea Green	1:55.00
5	26082 IAZ	Kwok, Wing Pui	68	Hoi Fung	1:58.00
6	25226 IAZ	Choi, Tai Wing	65	Sword Fish Club	2:00.00
7	44359 IAZ	Lee, Chi Wai	67	Kornhill	2:18.24
<b>70-74</b>					
1	36553 IAO	Inglis, Peter	72	HK Football Club	1:40.00
2	43205	Zhou, Jin Jia	71	New Water Polo	1:40.00
3	04508	Chung, Kit Wai	72	Sword Fish Club	1:43.11
4	25228 IAZ	Chan, Fai Ming	72	Lai Tsun	1:50.00
5	48753 IAX	Fung, Sik Tong	70	Sea Green	2:00.00
6	06281	Fung, Kam Tai	71	Sword Fish Club	2:04.00
7	11563	Lee, Kwok Hung	73	Sword Fish Club	2:20.00
8	23123 IAZ	Poon, Wai	74	Sword Fish Club	2:30.00
9	19327 IAZ	Yu, Kwok Chuen	71	Sword Fish Club	2:30.00
<b>75-79</b>					
1	06243 #	Koo, Choi Fat	76	Win Tin	1:58.00

2026-27 Long Course MS Swimming Comp P3 - 07/06/2026

Psych Sheet

75-79... (Event 1 Men 100 LC Meter Breaststroke)

2	06192	Chu, Shui Yi	75	Sea Green	2:00.00
3	22182 IAZ	Ngai, Yin Leung	77	Sword Fish Club	2:27.00

80-84

1	10274	Lau, Chun Nung	80	Lai Tsun	2:20.00
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85-89

1	06270	Lam, Luk Kan	85	Sword Fish Club	2:10.00
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Event 2 Women 100 LC Meter Breaststroke

18-24 MSR:	1:13.79
25-29 MSR:	1:20.57
30-34 MSR:	1:18.68
35-39 MSR:	1:20.17
40-44 MSR:	1:21.23
45-49 MSR:	1:16.14
50-54 MSR:	1:26.15
55-59 MSR:	1:35.97
60-64 MSR:	1:39.76
65-69 MSR:	1:42.94

	ID#	Name	Age	Team	Seed Time
<b>18-24</b>					
1	25097 B	Cheung, Margaret	21	Kowloon Tong Club	1:22.00
2	31206 B	Wong, Hor Kiu	21	Sword Fish Club	1:28.00
3	36426 B	Fung, Wai Ching	19	The Motive	1:34.00
4	54016 #IAZ	Cheng, Hoi Man	21	Long Fame	2:00.00
5	26669 #P	Mak, Ho Yan	23	Dik Wing	2:23.30
<b>25-29</b>					
1	57427 IAZ	Chan, Wai Tung Jocelyn	28	Dik Wing	1:15.87
2	11797 B	Ip, Rainbow	29	Fastlane Swimming	1:28.00
3	23179 IAZ	Chan, Jessica	29	Fastlane Swimming	1:48.00
4	13356 IAZ	Tsang, Tsz Kiu	29	Sea Green	1:50.00
5	55745 IAZ	Siu, Sherine Wing In	26	Hong Kong Police	2:00.00
6	58563 IAZN	Ho, Chun Wai Crystal	26	Sword Fish Club	2:15.00
<b>30-34</b>					
1	08238 B	Li, Tsz Yu	32	LRC	1:30.00
2	13202 IBZ	Chui, Wing Yin	32	Sword Fish Club	2:00.00
<b>35-39</b>					
1	58740 IAZ	Li, King Pui Tracy	39	Hong Kong Police	1:50.00
2	07651 IBZ	Yu, Sze Wai Joyce	38	Hong Kong Police	1:50.00
3	13384 ICZ	Lee, May Sze Mei	39	New Water Polo	2:15.00
<b>40-44</b>					
1	49329 @IAO	Ng, Carmen C M	42	Kwan Hung	1:35.00
2	41684 IAZ	Leung, Wing Yin Winnie	42	Hoi Fung	1:37.88
3	01666 IBZ	Chan, Wing Suet	40	Fastlane Swimming	1:38.00
4	03070	Tu, Pui Yee	42	Hong Kong Police	1:40.00
5	51754 @^IM	Wu, Shuqin	44	New Water Polo	1:41.00
6	57969 IAZ	Wong, Wing Tak Wendy	44	Fastlane Swimming	1:44.00
7	30316 IAZ	Ng, Yee Lam	41	Hong Kong Police	2:00.00
8	52215 @^P	Li, Yunfen	44	New Water Polo	2:00.00
9	55257 IAZ	Cheung, Lee Yin	44	Golden Dolphin	2:10.00
10	34701 IAZ	Au, Hoi Ying	43	Flying Fish	2:13.46
11	50839 @^IM	Zhuo, Enqi	42	Tuen Mun	NT
<b>45-49</b>					
1	43972 @^IM	Liu, Bei	45	New Water Polo	1:45.00
2	43157 @ICO	Lee, Chew Ling	49	LRC	1:45.67

2026-27 Long Course MS Swimming Comp P3 - 07/06/2026

Psych Sheet

50-54... (Event 2 Women 100 LC Meter Breaststroke)

1	33517 IAO	Yamaguchi, Mika	54	RippleFly Swim Ltd	1:24.00
2	27128 IAZ	Lau, Yan Yan	52	Flying Fish	1:46.81
3	59197 IAX	Lam, Po Ngan	53	New Water Polo	1:50.00
4	45917 @^IM	Huang, Caifang	52	New Water Polo	1:55.00
5	50110 #IAZ	Chow, Yin Wei Nora	54	Kwan Hung	2:00.00
6	35772 IAX	Ban, Xianhai	54	New Water Polo	2:00.00
7	06349	Ip, Oi Wa Wendy	54	Sword Fish Club	2:00.00
8	46181 IAZ	Ng, Yan Yan Bandy	50	Tung Sing	2:21.00

55-59

1	54368 ^@IM	Zhang, Youxia	56	Sword Fish Club	1:40.00
2	52998 @^IM	Wu, Xiaomin	57	New Water Polo	1:55.00
3	49204 IAZ	Cheng, Wai Man	55	Sea Green	1:55.00
4	40912 IAZ	Ng, Yee Ling	55	Tolo Harbour	2:00.00
5	43063 @IAO	Wong, Rose	56	LRC	2:02.37
6	33084 IAZ	Mau, Chi Chiu Brenda	58	New Water Polo	2:10.00

60-64

1	57477 @^IM	Liang, Run Qing	60	Sword Fish Club	1:50.00
2	45187 IAX	Chan, On Mei	63	Sword Fish Club	2:18.00

65-69

1	02711 #	Fok, Wai Fung	68	Win Tin	2:15.00
2	44332 @^IM	Xiao, Yun	65	New Water Polo	2:30.00

70-74

1	06127	Lau, Wai Lin	70	New Water Polo	2:30.00
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75-79

1	39357 @^P	Mak, Sok Iun	76	Sword Fish Club	2:30.00
2	02859	Tse, Ka Tsai Angela	76	Flying Fish	2:33.92
3	06212 #	Lo, Yeuk Shuen	77	Win Tin	3:00.00

80-84

1	08936	Leong, Kuai Heng	80	New Water Polo	3:00.00
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Event 3 Men 50 LC Meter Backstroke

18-24 MSR:	28.19
25-29 MSR:	27.65
30-34 MSR:	28.60
35-39 MSR:	30.27
40-44 MSR:	28.69
45-49 MSR:	29.47
50-54 MSR:	30.97
55-59 MSR:	32.57
60-64 MSR:	33.94
65-69 MSR:	35.70

	ID#	Name	Age	Team	Seed Time
<b>18-24</b>					
1	28249 B	Fung, O See Asaph	20	Kowloon Tong Club	30.00
2	30675 B	Chan, Wai Tsun	23	Current Club Ltd	38.00
<b>25-29</b>					
1	09821 IAZ	Au Yeung, Chung Hang Felix	28	RippleFly Swim Ltd	31.00
2	57946 IAZ	Mc Laughlin, Conor	26	LRC	32.05
3	55593 IAZ	Yeung, Hoi Kit	27	Juan Hua Club	32.20
4	58670 IAZ	Stuart, Hallock Huang	25	Fastlane Swimming	38.00
5	20997 B	Yung, Cheuk Long Charlie	27	Kwan Hung	40.00
6	29520 IAZ	Chui, Yu Hin	26	Pacific	NT

## 2026-27 Long Course MS Swimming Comp P3 - 07/06/2026

## Psych Sheet

## 30-34... (Event 3 Men 50 LC Meter Backstroke)

1	56620 @^P	Nguyen, Hy Doan	34	Fastlane Swimming	31.00
2	59160 IAZ	Jimeno, Austin Ed Bonilla	33	Current Club Ltd	40.00
3	14158 IAZ	Li, Hok Yee Terence	33	Eastern Winter	40.00
4	52752 @ICO	Hardy-Lachance, Thierry	34	Fastlane Swimming	45.00
5	01192 IBZ	Cheung, Man To	33	Win Tin	51.00

## 35-39

1	54715 IAZ	Tsai, Chun Yu Gary	39	Diocesan School	30.00
2	00093	Tam, Tak Ching	39	Dik Wing	31.99
3	57565 @^ICO	Reid, Cavan Murray	38	LRC	34.85
4	00101	Yuen, Chester Wai Hei	38	Diocesan School	35.00
5	53849 IAZ	Lai, Wai Lam	39	Csu	35.00
6	51883 IAZ	Liu, Kwok Wing	39	Hoi Fung	39.00
7	05854 IAZ	Cho, Wai Ching	35	Flying Fish	40.00
8	57989 IAZ	Chow, Wing Kin Max	39	Sword Fish Club	42.00
9	00104	Lo, Shek Pui	37	HK Football Club	45.00
10	09136 IAZ	Tsang, Chun Kin	38	New Water Polo	59.00
11	42848 P	Li, Yuhui	37	Sword Fish Club	1:00.00
12	03667 IBZ	Wong, Sai Man Sherman	37	New Water Polo	2:00.00

## 40-44

1	00444	Lam, Yau Sun Dickson	41	Diocesan School	32.00
2	42367 IAO	Chow, Chun Yin	40	Diocesan School	33.00
3	41147 IAZ	Mok, Lai Yeung Jason	42	Diocesan School	34.00
4	03716 ICZ	Yan, Ho Chun	41	Diocesan School	35.00
5	00091	Chan, Lok Yan	42	New Water Polo	40.00
6	55915 @IM	Du, Zhaokun	44	Sword Fish Club	40.00
7	03793 ICZ	Po, Tik San	44	New Water Polo	45.00
8	57422 IAZ	Wong, Lai Hang	44	Hoi Fung	50.00

## 45-49

1	49497 @ICO	Macceod, Andrew Ian	47	LRC	32.87
2	57164 IAZ	Chan, Yiu Bun	45	Tung Sing	33.20
3	48820 IAZ	Lam, Pei Tim	45	LRC	35.66
4	51734 @^ICO	Small, Robert James	47	Fastlane Swimming	36.00
5	57564 IAO	Chanmugam, Devin Nijanthan	49	LRC	38.12
6	05160	Chan, Ka Wo	49	Diocesan School	40.00
7	58771 IAZ	Yiu, Ying Cheung	48	Lai Tsun	40.00
8	03796 ICZ	Chan, Pui Kei	45	New Water Polo	41.00
9	11569	Wong, Lok Shun	49	Flying Fish	43.19
10	51192 IAZ	Lo, Yui Man	49	Flying Fish	45.69
11	23119 IAZ	Chan, Ying Tsung Bosco	45	Sword Fish Club	48.00
12	01012 ICZ	Fong, Lik Sun	46	RippleFly Swim Ltd	NT

## 50-54

1	06711	Leung, Tsz Kin	54	New Water Polo	35.11
2	57930 IAX	Mo, Tin Wai	52	Sword Fish Club	38.00
3	03372	Lau, Allan	53	Sword Fish Club	42.00
4	24603 IAZ	Hung, Ka Ming	51	YMCA OF Hong Kong	42.00
5	19343 IAZ	Leung, Wan Hung Andy	52	Hong Kong Police	45.00
6	06338 IAZ	Wong, Ka Fai	52	Sword Fish Club	48.00
7	44312 @^IM	Ma, Hui	51	New Water Polo	55.00
8	39215 IAZ	Cheung, Chun Hoi Allan	50	Kowloon Tong Club	1:00.00
9	05068	Yuen, Chung Ho Albert	51	South China	NT

## 55-59

1	30710 IAZ	Lai, Kin Sun	56	Flying Fish	37.74
2	27451 IAZ	Yip, Kin Man Stephen	56	Kwun Tong	38.00

## 2026-27 Long Course MS Swimming Comp P3 - 07/06/2026

## Psych Sheet

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

3	56722 @IAON	Medeiros, Steven Joseph	56	Fastlane Swimming	40.00
4	26821 IAZ	Chan, Kwok Chi	55	Sword Fish Club	42.00
5	52275 @^IM	Shan, Jinzhi	58	Sword Fish Club	45.00
6	45582 @IAO	Reeve, Blair	58	LRC	46.51
7	26053 IAZ	Wong, Yee Keung	55	Flying Fish	47.29
8	59203 @IAO	Barbour, Roger John	56	Fastlane Swimming	48.00
9	03555	Fung, Kim Hung	55	YMCA OF Hong Kong	50.00
10	54393 @P	Tan, Yucheng	59	New Water Polo	55.00
11	17701 #IAZ	Lee, Chor Fu	57	Win Tin	58.00
12	35711 IAX	Wong, Fuk Kei	57	Sword Fish Club	1:00.00
13	52756 IAX	Chueng, Shing	55	Hoi Fung	2:20.15
<b>60-64</b>					
1	50514 @^IM	Ye, Jinkun	64	Sword Fish Club	45.00
2	50485 @^IM	Chen, Shuquan	63	New Water Polo	47.00
3	51228 @^IM	Cui, Xiaobin	63	Sword Fish Club	47.00
4	39982 IAZ	Chow, Wing Chun	62	Sword Fish Club	48.00
5	40840 IAZ	Ng, Ka Yiu Karl	62	Diocesan School	50.00
6	31109 IAZ	Chan, Ping Yan Bryan	60	Hoi Fung	50.00
7	22433 IAZ	Lui, Man Pong	61	New Water Polo	50.00
8	21023 IAZ	Ho, Kwong Ngai Eric	63	Sword Fish Club	50.00
9	27869 IAZ	Lee, Kam Cheong	62	Sword Fish Club	50.00
10	35309 IAZ	Ko, Ping Sum Samuel	60	Kowloon Tong Club	51.00
11	32108 IAX	Chan, Kiu	64	Sword Fish Club	52.00
12	44868 IAZ	Leung, Cheong Chau Stephen	61	Diocesan School	55.00
<b>65-69</b>					
1	03215 IAZ	Leung, Yiu Chuen	68	Tung Sing	45.00
2	28893 IAZ	Au, King Tong	69	Tung Sing	49.00
3	43971 IAX	Lau, Kwok Ming	69	New Water Polo	1:00.00
4	25226 IAZ	Choi, Tai Wing	65	Sword Fish Club	1:00.00
<b>70-74</b>					
1	53341 @^IM	Lu, Zhuoying	72	New Water Polo	40.00
2	36553 IAO	Inglis, Peter	72	HK Football Club	45.00
3	06382	Chan, Kam Por	74	Sword Fish Club	50.00
4	06388	Lau, Man Kin	72	Sword Fish Club	52.00
5	06281	Fung, Kam Tai	71	Sword Fish Club	54.00
6	0618F7	Kan, Kai Kwong	71	Sea Green	55.00
7	19327 IAZ	Yu, Kwok Chuen	71	Sword Fish Club	1:00.00
8	23123 IAZ	Poon, Wai	74	Sword Fish Club	1:10.00
9	11563	Lee, Kwok Hung	73	Sword Fish Club	1:30.00
<b>75-79</b>					
1	03845	Tin, Sheung Kwai	79	New Water Polo	40.88
2	37684 IAZ	Mok, Yun Cheung	76	Sword Fish Club	46.00
3	20634 IAZ	Wu, Shu Sun	76	New Water Polo	50.00
4	06192	Chu, Shui Yi	75	Sea Green	50.00
5	38699 IAZ	Tse, Siu Hei	76	Kornhill	52.56
6	44756 IAZ	Lo, Che Hung	78	Lai Tsun	55.00
7	22182 IAZ	Ngai, Yin Leung	77	Sword Fish Club	59.61
8	50503 @^IM	Feng, Bingkun	75	Sword Fish Club	1:00.00
9	40518 IAZ	Liu, Wing Chiu	78	Tuen Mun	1:30.00
<b>80-84</b>					
1	27458 IAZ	Tsui, Yau Ho	82	Sword Fish Club	1:00.00
2	10274	Lau, Chun Nung	80	Lai Tsun	1:10.00
<b>85-89</b>					
1	05407	Lee, She Kwok	88	Sword Fish Club	1:04.00

**2026-27 Long Course MS Swimming Comp P3 - 07/06/2026**  
**Psych Sheet**

**Event 4 Women 50 LC Meter Backstroke**

<b>18-24 MSR:</b>	<b>31.34</b>
<b>25-29 MSR:</b>	<b>31.91</b>
<b>30-34 MSR:</b>	<b>32.81</b>
<b>35-39 MSR:</b>	<b>31.53</b>
<b>40-44 MSR:</b>	<b>32.59</b>
<b>45-49 MSR:</b>	<b>33.99</b>
<b>50-54 MSR:</b>	<b>35.58</b>
<b>55-59 MSR:</b>	<b>40.63</b>
<b>60-64 MSR:</b>	<b>45.62</b>
<b>65-69 MSR:</b>	<b>42.89</b>

	<b>ID#</b>	<b>Name</b>	<b>Age</b>	<b>Team</b>	<b>Seed Time</b>
<b>18-24... (Event 4 Women 50 LC Meter Backstroke)</b>					
1	26669 #P	Mak, Ho Yan	23	Dik Wing	35.30
2	25097 B	Cheung, Margaret	21	Kowloon Tong Club	36.00
3	31314 B	Yiu, Hei Wai	19	Tai PO	36.99
4	31206 B	Wong, Hor Kiu	21	Sword Fish Club	38.00
5	36426 B	Fung, Wai Ching	19	The Motive	43.00
6	58642 IAZ	Chan, Wai Ying	23	Cadix	43.00
7	29721 B	Leung, Yi Tak	24	Hong Kong Police	NT
8	58641 IAZ	Fan, Oi Ching	24	Cadix	NT
9	58643 IAZ	Tam, Cheuk Kiu	20	Cadix	NT
<b>25-29</b>					
1	57947 ICO	Ioda, Aliaksandra	28	LRC	35.01
2	27376 IAZ	Lee, Wai Ki	26	Kwan Hung	38.00
3	58409 IAZ	NG, Sik Yin	29	Hoi Fung	39.00
4	23179 IAZ	Chan, Jessica	29	Fastlane Swimming	40.00
5	18144 IAF	Wong, Yuk Yan	27	Hong Kong Police	40.00
6	22604 IAZ	Ng, Yuen Ying	27	Kwan Hung	40.00
7	24555 IAO	Ho, Nicola Gabrielle	27	Fastlane Swimming	41.50
8	13356 IAZ	Tsang, Tsz Kiu	29	Sea Green	55.00
9	26980 IAZ	Wong, Suet Wing	27	Dik Wing	59.09
<b>30-34</b>					
1	57970 IAZ	Au, Hiu Pui	30	Fastlane Swimming	36.00
2	57429 IAX	Mak, Chung Yee	30	Fastlane Swimming	38.00
3	54108 IAZ	Ng, Esther Ching Hay	32	Fastlane Swimming	42.00
4	05142 IAZ	Hui, Ngan Ting	33	Kowloon Tong Club	42.50
5	57875 IAZ	Hui, Ho Ling	34	Hong Kong Police	50.00
6	51507 IAZ	Hui, Ngan Ying	34	Kowloon Tong Club	2:10.00
<b>35-39</b>					
1	04515 ICZ	Sze, Hang Yu	38	Fastlane Swimming	31.53
2	57912 IAZ	Cheung, Ho Yi	36	Kwan Hung	34.41
3	01928 ICZ	But, Wai Ting	39	Csu	38.00
4	57476 @^IM	Zhang, Xin	39	Sword Fish Club	1:00.00
5	13384 ICZ	Lee, May Sze Mei	39	New Water Polo	2:10.00
<b>40-44</b>					
1	23548 ICX	Chen, Yanyan	41	Fastlane Swimming	32.50
2	52770 IAO	Sjoholm, Ingrid Christina	40	HK Football Club	33.39
3	01666 IBZ	Chan, Wing Suet	40	Fastlane Swimming	35.50
4	26745 ICX	Chen, Yangyang	41	LRC	35.87
5	54353 IAXN	Yeh, Grace Judy	41	HK Football Club	38.00
6	57948 IAO	Chan, Samantha Kwan Wah	40	LRC	39.14
7	57969 IAZ	Wong, Wing Tak Wendy	44	Fastlane Swimming	43.00

## 2026-27 Long Course MS Swimming Comp P3 - 07/06/2026

## Psych Sheet

## 40-44... (Event 4 Women 50 LC Meter Backstroke)

8	57481 IAZ	Ng, Kwan Yee	43	Sword Fish Club	46.00
9	02685 ICZ	Master, Farah Jimmy	41	HK Football Club	53.30
10	30316 IAZ	Ng, Yee Lam	41	Hong Kong Police	55.00
11	52215 @^P	Li, Yunfen	44	New Water Polo	1:00.00
12	34701 IAZ	Au, Hoi Ying	43	Flying Fish	1:02.15
13	55257 IAZ	Cheung, Lee Yin	44	Golden Dolphin	1:05.00
14	50839 @^IM	Zhuo, Enqi	42	Tuen Mun	NT
<b>45-49</b>					
1	46247 @IAO	Krkalo, Shauna Kathleen	48	LRC	33.99
2	40853 @IAO	Tam, Alison Mai Ling	48	HK Football Club	35.00
3	54560 IAO	Lee, Britta Mailyann	47	Kowloon Tong Club	38.00
4	45139 IAZ	Tai, Kwan Yee	49	Hoi Fung	44.00
5	07784 IAZ	Tang, Mei Yin	49	Hong Kong Police	50.00
6	55610 IAZ	Wong, Wing Yin Sominnie	49	Hoi Fung	59.00
7	47583 @IAX	Wei, Yan	48	South China	NT
<b>50-54</b>					
1	35772 IAX	Ban, Xianhai	54	New Water Polo	50.00
2	27128 IAZ	Lau, Yan Yan	52	Flying Fish	51.26
3	45917 @^IM	Huang, Caifang	52	New Water Polo	55.00
4	46181 IAZ	Ng, Yan Yan Bandy	50	Tung Sing	1:00.00
<b>55-59</b>					
1	40907 #IAZ	Lai, Shui Nin Ingrid	59	Hoi Fung	39.99
2	09870 @ICO	Chong, Yin Szu Adeline	56	Fastlane Swimming	45.00
3	52764 @ICO	Schoening Naujoks, Mirjam Be	56	LRC	45.28
4	36431 @^P	Buchta, Katrin	56	Sword Fish Club	48.00
5	54368 ^@IM	Zhang, Youxia	56	Sword Fish Club	50.00
6	47040 @IAX	Zou, Shengling	55	Tung Sing	58.00
7	57981 IAZ	Tang, Mun Yin	58	Hoi Fung	NT
<b>60-64</b>					
1	26254 IAX	Ng, Kong Ching	61	Tung Sing	46.00
2	29752 IAZ	Chow, Yee Heung Liza	62	Lai Tsun	47.00
3	30804 IAON	Yue, Roberta May-wan	63	LRC	50.35
4	37062 IAZ	Lee, E Way Yvonne	60	Kowloon Tong Club	53.00
5	06337	Tse, Yee Wah	60	YMCA OF Hong Kong	55.00
6	16303	Rana, Naomi	60	LRC	57.98
7	41423 IAZ	Chiu, Pauline	64	Tung Sing	58.00
8	51532 IAZ	Shek, Yuk Ching Peggy	62	South China	1:00.57
<b>65-69</b>					
1	49914 @IAXB	Ng, Yee Man	67	New Water Polo	49.00
2	49428 IAX	Leong, Sao Fan	69	New Water Polo	1:10.00
3	02711 #	Fok, Wai Fung	68	Win Tin	1:18.00
4	43955 @^IM	Cui, Guoning	69	New Water Polo	1:20.00
5	08956	Yeung, Chin Wai Anita	65	Hoi Fung	NT
<b>70-74</b>					
1	52109 @^IM	Wang, Yan	70	Sword Fish Club	45.00
2	15147 IAZ	U, Diane Tsan Ming	70	Fastlane Swimming	55.00
3	06355	Lo, Lai Yung	71	New Water Polo	1:00.00
4	53928 @IM	Huang, Lifang	71	Sword Fish Club	1:00.00
5	06127	Lau, Wai Lin	70	New Water Polo	1:15.00
<b>75-79</b>					
1	22852 ICX	Bai, Xiufen	75	Sword Fish Club	44.00
2	39991 IAS	Sam, Choi Lin	78	Sword Fish Club	53.00
3	02859	Tse, Ka Tsai Angela	76	Flying Fish	1:09.58
4	50480 @^ICX	Lam, Lai Mui	75	Sword Fish Club	1:10.00

## 2026-27 Long Course MS Swimming Comp P3 - 07/06/2026

## Psych Sheet

## 75-79... (Event 4 Women 50 LC Meter Backstroke)

5	39357 @^P	Mak, Sok Iun	76	Sword Fish Club	1:10.00
6	07440	Yip, Lai Kuen	75	Lai Tsun	2:10.00

## 80-84

1	17480 IAZ	Chow, Pui Han Angela	80	Lai Tsun	1:18.00
2	32571 IAZ	Chan, Pui Yee	82	Sword Fish Club	1:20.00
3	06372 IAZ	Leung, Mabel Yuen Ying	84	Sword Fish Club	1:24.00
4	08936	Leong, Kuai Heng	80	New Water Polo	1:30.00

## Event 5 Men 100 LC Meter Freestyle

18-24 MSR:	54.18
25-29 MSR:	54.16
30-34 MSR:	55.63
35-39 MSR:	53.36
40-44 MSR:	56.60
45-49 MSR:	58.32
50-54 MSR:	58.29
55-59 MSR:	1:03.62
60-64 MSR:	1:03.94
65-69 MSR:	1:08.31

	ID#	Name	Age	Team	Seed Time
<b>18-24</b>					
1	38761 B	Au-Yeung, Ho Ming	20	Dik Wing	58.99
<b>25-29</b>					
1	58670 IAZ	Stuart, Hallock Huang	25	Fastlane Swimming	58.00
2	19311 B	Tang, Ngo Chi	25	Win Tin	58.00
3	20997 B	Yung, Cheuk Long Charlie	27	Kwan Hung	1:00.00
4	57946 IAZ	Mc Laughlin, Conor	26	LRC	1:01.88
5	15262 B	Cheng, Yuan Andrew	29	Kwun Tong	1:02.00
6	55593 IAZ	Yeung, Hoi Kit	27	Juan Hua Club	1:04.00
7	09821 IAZ	Au Yeung, Chung Hang Felix	28	RippleFly Swim Ltd	1:05.00
8	12832 IAZ	Chi, Oscar	28	Hong Kong Police	1:05.00
9	28567 IAZ	Tam, Wang Yin	26	Eastern Winter	1:10.00
10	55770 @IM	Wang, Xiangkun	27	Sword Fish Club	1:11.00
11	58651	Huang, Lin	26	New Water Polo	1:12.00
<b>30-34</b>					
1	43276 ICO	Gattegno, Julien	34	Fastlane Swimming	59.00
2	56620 @^P	Nguyen, Hy Doan	34	Fastlane Swimming	1:02.00
3	01626 B	Lee, Man Tim	32	Kwan Hung	1:05.00
4	15815	Lo, Ting Kin	30	Sea Green	1:05.00
5	52752 @ICO	Hardy-Lachance, Thierry	34	Fastlane Swimming	1:15.00
6	52515 IAZ	Leung, Kit Chung	33	Hong Kong Police	1:15.00
7	58194 IAZ	Lui, Chun Yin	34	Kwan Hung	1:20.00
<b>35-39</b>					
1	51101 @ICO	Smit, Marcel Pieter Arnold	39	HK Football Club	53.50
2	01621 IBZ	So, Man Hon	38	HK Football Club	58.00
3	14526 IBZ	Ho, Chun Sum Samuel	37	New Water Polo	59.00
4	14527 IBZ	Ho, Chun Ting Timothy	37	New Water Polo	59.00
5	03667 IBZ	Wong, Sai Man Sherman	37	New Water Polo	59.00
6	53101 @ICO	Palmerston, Jeremiah Bradley	35	Fastlane Swimming	1:02.37
7	57565 @^ICO	Reid, Cavan Murray	38	LRC	1:02.86
8	50188 @^P	Chu, Yuan Hun	37	Fastlane Swimming	1:06.00
9	06886 B	Li, Chin Long	36	Eastern Winter	1:10.00
10	48667 @IRO	Wong, Dominic Clayton Joe	38	Fastlane Swimming	1:12.00
11	55647 @P	Prebble, Miles Cavin	35	LRC	1:16.66

## 2026-27 Long Course MS Swimming Comp P3 - 07/06/2026

## Psych Sheet

## 35-39... (Event 5 Men 100 LC Meter Freestyle)

12	00829 IBZ	Cheng, Hok Yee Herrick	35 Tung Sing	1:17.00
13	55352 #IA0	Wong, Wing On	35 New Water Polo	1:30.00
14	05854 IAZ	Cho, Wai Ching	35 Flying Fish	1:50.00
15	55933 @IM	Feng, Rong	39 New Water Polo	1:50.00
16	42848 P	Li, Yuhui	37 Sword Fish Club	2:00.00
17	04353 IBZ	Suen, Wai Lun	38 Flying Fish	NT

## 40-44

1	00091	Chan, Lok Yan	42 New Water Polo	1:00.00
2	22420 IAZ	Chan, Chi Ming	40 Kwun Tong	1:02.00
3	05179 ICZ	Wan, Chun Pong Michael	42 Fastlane Swimming	1:05.00
4	03716 ICZ	Yan, Ho Chun	41 Diocesan School	1:07.00
5	00444	Lam, Yau Sun Dickson	41 Diocesan School	1:08.00
6	12176 ICZ	Ng, Siu Yu	44 Sword Fish Club	1:09.00
7	48856 @IA0	Gallearchie, Jeewantha Madu	42 Fastlane Swimming	1:10.00
8	52508 IAZ	Yuen, Chun Yiu Curtis	40 South China	1:10.22
9	42708 IAZ	Tang, Wing Chung Jonathan	44 Hoi Fung	1:12.25
10	57974 IAZ	Chan, Chi Hin Leon	43 Diocesan School	1:20.00
11	55913 @IM	Guan, Ping	41 Sword Fish Club	1:30.00
12	57422 IAZ	Wong, Lai Hang	44 Hoi Fung	1:30.20
13	57050 @^IM	Du, Jun	41 Sword Fish Club	1:40.00
14	49426 IAZ	Lau, Kin Hang	44 New Water Polo	1:50.00

## 45-49

1	27471 ICO	Nortje, Craig Andrew	48 RippleFly Swim Ltd	1:00.00
2	49497 @ICO	Macceod, Andrew Ian	47 LRC	1:00.93
3	48820 IAZ	Lam, Pei Tim	45 LRC	1:03.40
4	51734 @^ICO	Small, Robert James	47 Fastlane Swimming	1:06.00
5	39981 IAZ	Mui, Ho Chuen	46 Sword Fish Club	1:06.00
6	40107 IAZ	Chan, Falcon	47 Lai Tsun	1:09.00
7	11569	Wong, Lok Shun	49 Flying Fish	1:13.88
8	51192 IAZ	Lo, Yui Man	49 Flying Fish	1:17.10
9	57564 IA0	Chanmugam, Devin Nijanthan	49 LRC	1:17.40
10	49027 IAZ	Ng, Fung Kei	46 Sword Fish Club	1:18.00
11	26077 IAZ	Tsui, Chun Wai	49 Hong Kong Police	1:20.00
12	41148 IAZ	Tang, Kee Wai	46 New Water Polo	1:50.00
13	38035 IAZ	Mok, Kin Fan	46 Tolo Harbour	1:50.00
14	46159 IAZ	Wong, Benjamin Hon Lim	47 AVO	NT

## 50-54

1	53312 IAZ	Tang, Tin Lok Stephen	50 Win Tin	1:03.82
2	28849 IAZ	Chan, Chun Kuen	51 Sword Fish Club	1:06.00
3	39215 IAZ	Cheung, Chun Hoi Allan	50 Kowloon Tong Club	1:10.00
4	02366	Li, Ka Wing	52 Kwun Tong	1:10.00
5	52883 IAZ	Lo, Fu Fui Frankie	51 Win Tin	1:14.44
6	58056 ICO	Vavrek, Egon	50 LRC	1:16.75
7	51531 IAX	Tang, Min	51 Fastlane Swimming	1:20.00
8	19343 IAZ	Leung, Wan Hung Andy	52 Hong Kong Police	1:20.00
9	03372	Lau, Allan	53 Sword Fish Club	1:20.00
10	06338 IAZ	Wong, Ka Fai	52 Sword Fish Club	1:23.00
11	57930 IAX	Mo, Tin Wai	52 Sword Fish Club	1:25.00
12	49443 IAZN	Siu, Cheuk Kuen	54 Sword Fish Club	1:40.00

## 55-59

1	10264 IAO	Faiola, Jeff Alan	55 Island Stingrays	1:04.00
2	27451 IAZ	Yip, Kin Man Stephen	56 Kwun Tong	1:09.00
3	26821 IAZ	Chan, Kwok Chi	55 Sword Fish Club	1:13.00
4	26053 IAZ	Wong, Yee Keung	55 Flying Fish	1:17.60

## 2026-27 Long Course MS Swimming Comp P3 - 07/06/2026

## Psych Sheet

## 55-59... (Event 5 Men 100 LC Meter Freestyle)

5	56722 @IAON	Medeiros, Steven Joseph	56 Fastlane Swimming	1:18.00
6	27470 IAZ	Chan, Tin Hung	58 Hong Kong Police	1:20.00
7	54393 @P	Tan, Yucheng	59 New Water Polo	1:20.00
8	53271 @^IM	Chen, Weizhong	57 New Water Polo	1:22.00
9	45582 @IAO	Reeve, Blair	58 LRC	1:25.30
10	35711 IAX	Wong, Fuk Kei	57 Sword Fish Club	1:45.00
11	17701 #IAZ	Lee, Chor Fu	57 Win Tin	1:48.00

## 60-64

1	05191	Koo, Yu Fat Marcus	64 Flying Fish	1:09.35
2	50482 @^IM	Chen, Heqiang	63 Sword Fish Club	1:15.00
3	50485 @^IM	Chen, Shuquan	63 New Water Polo	1:17.00
4	56410 B	Clark, David James	61 RippleFly Swim Ltd	1:17.90
5	13992	Yim, Chung Chee	61 YMCA OF Hong Kong	1:18.00
6	15528	Tsui, Tak Shing Dominic	64 Fastlane Swimming	1:20.00
7	43144	Xiao, Donghong	60 New Water Polo	1:20.00
8	55783 IC0	Joli-Coeur, Vincent	62 Fastlane Swimming	1:23.00
9	32108 IAX	Chan, Kiu	64 Sword Fish Club	1:28.00
10	39982 IAZ	Chow, Wing Chun	62 Sword Fish Club	1:30.00
11	21023 IAZ	Ho, Kwong Ngai Eric	63 Sword Fish Club	1:30.00
12	40861 IAZ	Cheung, Chi Ming Rover	63 Sword Fish Club	1:36.00
13	53916 IAZ	Ma, Kwok Leung	61 Sword Fish Club	1:40.00
14	10135 IAZ	Mo, Kim Fung Bosco	62 Diocesan School	1:50.00
15	40840 IAZ	Ng, Ka Yiu Karl	62 Diocesan School	1:50.00

## 65-69

1	06331 ICZ	Ma, Etienne	69 YMCA OF Hong Kong	1:09.00
2	50662 @^P	Zong, Cheng	68 Sword Fish Club	1:20.00
3	13979	Lee, Sing Tim	65 Lai Tsun	1:30.00
4	45199 IAZ	Fok, Siu Por	68 New Water Polo	1:30.00
5	52766 IAO	Dundon, Christopher John	68 LRC	1:37.13
6	26082 IAZ	Kwok, Wing Pui	68 Hoi Fung	1:50.00
7	07802	Chau, Kam Tim	66 Sea Green	1:55.00
8	44359 IAZ	Lee, Chi Wai	67 Kornhill	2:05.68

## 70-74

1	53341 @^IM	Lu, Zhuoying	72 New Water Polo	1:15.00
2	14555 @IAX	Tang, Kon Leong	70 Sword Fish Club	1:18.00
3	57926 @^IM	Li, Guoping	70 Sword Fish Club	1:25.00
4	06382	Chan, Kam Por	74 Sword Fish Club	1:30.00
5	04508	Chung, Kit Wai	72 Sword Fish Club	1:30.00
6	55926 @IM	Liu, Guoqing	70 Sword Fish Club	1:35.00
7	52225 @^IM	Chen, Shengyou	70 New Water Polo	1:40.00
8	06281	Fung, Kam Tai	71 Sword Fish Club	1:48.00
9	41729 IAZ	Ko, Leung Hung Alex	74 Diocesan School	1:50.00
10	48753 IAX	Fung, Sik Tong	70 Sea Green	1:55.00
11	19327 IAZ	Yu, Kwok Chuen	71 Sword Fish Club	1:59.00
12	11563	Lee, Kwok Hung	73 Sword Fish Club	2:10.00
13	23123 IAZ	Poon, Wai	74 Sword Fish Club	2:10.00

## 75-79

1	06268	Tse, Kwok Piu	75 Sword Fish Club	1:18.00
2	51227 @^IM	Liang, Shuntian	77 Sword Fish Club	1:30.00
3	23297 IAZ	Chan, Shing Chi	78 Lai Tsun	1:40.00
4	44756 IAZ	Lo, Che Hung	78 Lai Tsun	1:45.00
5	22182 IAZ	Ngai, Yin Leung	77 Sword Fish Club	2:14.87

## 80-84

1	27458 IAZ	Tsui, Yau Ho	82 Sword Fish Club	2:00.00
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## 2026-27 Long Course MS Swimming Comp P3 - 07/06/2026

## Psych Sheet

## 80-84... (Event 5 Men 100 LC Meter Freestyle)

2	09171	Chan, Ying Chi	80	Sword Fish Club	2:20.00
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## 85-89

1	05407	Lee, She Kwok	88	Sword Fish Club	2:24.00
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## Event 6 Women 100 LC Meter Freestyle

18-24 MSR: 1:00.63

25-29 MSR: 59.96

30-34 MSR: 1:01.79

35-39 MSR: 1:01.38

40-44 MSR: 1:01.36

45-49 MSR: 1:00.74

50-54 MSR: 1:05.38

55-59 MSR: 1:14.96

60-64 MSR: 1:17.42

65-69 MSR: 1:28.57

	ID#	Name	Age	Team	Seed Time
<b>18-24</b>					
1	31206 B	Wong, Hor Kiu	21	Sword Fish Club	1:07.00
2	25097 B	Cheung, Margaret	21	Kowloon Tong Club	1:08.00
3	54016 #IAZ	Cheng, Hoi Man	21	Long Fame	1:10.00
4	58642 IAZ	Chan, Wai Ying	23	Cadix	1:12.00
5	31314 B	Yiu, Hei Wai	19	Tai PO	1:50.00
6	58641 IAZ	Fan, Oi Ching	24	Cadix	1:50.00
7	58643 IAZ	Tam, Cheuk Kiu	20	Cadix	1:50.00
8	29721 B	Leung, Yi Tak	24	Hong Kong Police	NT
<b>25-29</b>					
1	21953 B	Chan, Tsz Ching	26	Fastlane Swimming	59.96
2	57947 ICO	Ioda, Aliaksandra	28	LRC	1:04.63
3	26980 IAZ	Wong, Suet Wing	27	Dik Wing	1:09.68
4	11797 B	Ip, Rainbow	29	Fastlane Swimming	1:10.00
5	18144 IAF	Wong, Yuk Yan	27	Hong Kong Police	1:15.00
6	27376 IAZ	Lee, Wai Ki	26	Kwan Hung	1:15.00
7	24555 IAO	Ho, Nicola Gabrielle	27	Fastlane Swimming	1:18.00
8	55348 @IM	Yin, Shenqiao	26	New Water Polo	1:18.00
9	23179 IAZ	Chan, Jessica	29	Fastlane Swimming	1:19.00
10	58409 IAZ	NG, Sik Yin	29	Hoi Fung	1:20.00
11	58675 ICX	Shi, Zhaohe	25	Fastlane Swimming	1:30.00
12	22604 IAZ	Ng, Yuen Ying	27	Kwan Hung	1:30.00
13	58563 IAZN	Ho, Chun Wai Crystal	26	Sword Fish Club	2:00.00
<b>30-34</b>					
1	08238 B	Li, Tsz Yu	32	LRC	1:10.00
2	54108 IAZ	Ng, Esther Ching Hay	32	Fastlane Swimming	1:15.00
3	20985 IAZ	Kwok, Tung Kwan	30	Sword Fish Club	1:22.00
4	13202 IBZ	Chui, Wing Yin	32	Sword Fish Club	2:00.00
5	51507 IAZ	Hui, Ngan Ying	34	Kowloon Tong Club	3:40.00
<b>35-39</b>					
1	13384 ICZ	Lee, May Sze Mei	39	New Water Polo	58.00
2	00288 IBZ	Yip, Wing Yan	38	Dik Wing	1:01.99
3	01928 ICZ	But, Wai Ting	39	Csu	1:06.00
4	07651 IBZ	Yu, Sze Wai Joyce	38	Hong Kong Police	1:30.00
5	57476 @^IM	Zhang, Xin	39	Sword Fish Club	1:50.00
6	54745 @^IM	Liu, Yijun	37	Sword Fish Club	2:00.00
7	57195 IAO	Ho, Carolyn Kar Ning	37	South China	NT

## 2026-27 Long Course MS Swimming Comp P3 - 07/06/2026

## Psych Sheet

## 40-44... (Event 6 Women 100 LC Meter Freestyle)

1	02685 ICZ	Master, Farah Jimmy	41	HK Football Club	1:01.30
2	52770 IAO	Sjoholm, Ingrid Christina	40	HK Football Club	1:03.86
3	54353 IAXN	Yeh, Grace Judy	41	HK Football Club	1:12.00
4	57485 IAZ	Lai, Sophia Chi Lok	43	HK Football Club	1:15.00
5	52180 IAZ	Leung, Man Kee	42	Fastlane Swimming	1:20.00
6	57481 IAZ	Ng, Kwan Yee	43	Sword Fish Club	1:24.00
7	14023	Wu, Pui Yan Natalie	41	Hong Kong Police	1:30.00
8	52215 @^P	Li, Yunfen	44	New Water Polo	1:30.00
9	57948 IAO	Chan, Samantha Kwan Wah	40	LRC	1:30.14
10	47561 IAZ	Leung, Tin Ho	42	Flying Fish	1:33.44
11	41684 IAZ	Leung, Wing Yin Winnie	42	Hoi Fung	1:35.00
12	57615 IAZ	Wan, Amber Nga Ting	40	Fastlane Swimming	1:40.00
13	51099 IAZ	Wong, Jane Tsin	42	Fastlane Swimming	1:40.00
14	47299 IAZ	Kwok, Sum Lan	43	Hoi Fung	1:40.20
15	55257 IAZ	Cheung, Lee Yin	44	Golden Dolphin	1:45.00
16	57954 IAX	Lu, XiuQin	42	Superstar	2:05.00
17	50839 @^IM	Zhuo, Enqi	42	Tuen Mun	NT
<b>45-49</b>					
1	40853 @IAO	Tam, Alison Mai Ling	48	HK Football Club	1:10.00
2	54560 IAO	Lee, Britta Mailyann	47	Kowloon Tong Club	1:14.00
3	45139 IAZ	Tai, Kwan Yee	49	Hoi Fung	1:20.00
4	35765 IAZ	Wong, See Ming	48	Hong Kong Police	1:30.00
5	43157 @ICO	Lee, Chew Ling	49	LRC	1:33.91
6	55610 IAZ	Wong, Wing Yin Sominnie	49	Hoi Fung	2:20.00
7	47583 @IAX	Wei, Yan	48	South China	NT
<b>50-54</b>					
1	33517 IAO	Yamaguchi, Mika	54	RippleFly Swim Ltd	1:04.00
2	32599 IAO	Lee, Christina Maisenne	50	Kowloon Tong Club	1:13.00
3	50110 #IAZ	Chow, Yin Wei Nora	54	Kwan Hung	1:20.00
4	54834	Yang, YongLei	52	New Water Polo	1:20.00
5	35969 IAX	Wang, Ying Lian	54	Tung Sing	1:36.00
6	45917 @^IM	Huang, Caifang	52	New Water Polo	1:40.00
7	59197 IAX	Lam, Po Ngan	53	New Water Polo	1:40.00
8	55932 @IM	Li, Hui	53	Sword Fish Club	1:40.00
9	48028 IAZ	Chan, Wing Yi Winnie	51	Hong Kong Police	1:45.00
<b>55-59</b>					
1	40907 #IAZ	Lai, Shui Nin Ingrid	59	Hoi Fung	1:16.99
2	52764 @ICO	Schoening Naujoks, Mirjam Be	56	LRC	1:24.45
3	36431 @^P	Buchta, Katrin	56	Sword Fish Club	1:26.00
4	55818 @IM	Deng, Xiaohong	56	New Water Polo	1:30.00
5	51706 @^IM	Wang, Shihong	58	New Water Polo	1:38.00
6	36045 IAZN	Hsu, Ava	59	LRC	1:38.93
7	56574 @IAO	Tan, Ee Ling	56	South China	1:44.07
8	47040 @IAX	Zou, Shengling	55	Tung Sing	1:50.00
9	40937 IAZ	Leung, Wai Fan Fanny	56	South China	1:53.67
10	40912 IAZ	Ng, Yee Ling	55	Tolo Harbour	2:00.00
11	57981 IAZ	Tang, Mun Yin	58	Hoi Fung	NT
<b>60-64</b>					
1	37062 IAZ	Lee, E Way Yvonne	60	Kowloon Tong Club	1:33.00
2	12894	Lee, Wai Yee Stella	60	Hoi Fung	1:40.88
3	16303	Rana, Naomi	60	LRC	1:44.33
4	43962 @^IM	Pan, Lijian	61	New Water Polo	1:50.00
5	30804 IAON	Yue, Roberta May-wan	63	LRC	1:52.68

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

6	31750 IAZ	Cheung, Lai Ying Anita	63	Lai Tsun	1:53.00
7	43226 IAZ	Yuen, Lai Ping Anna	60	South China	1:56.49
8	45187 IAX	Chan, On Mei	63	Sword Fish Club	2:00.00
9	50893 @^P	Niu, Zili	62	Sword Fish Club	2:00.00
10	44303 IAZ	Lam, Man Lai	60	Sword Fish Club	2:20.00
<b>65-69</b>					
1	43974 @^IM	Chang, Jianhua	67	New Water Polo	1:55.00
2	05043	Wong, Kim Lan Ada	66	Flying Fish	NT
3	08956	Yeung, Chin Wai Anita	65	Hoi Fung	NT
<b>70-74</b>					
1	15147 IAZ	U, Diane Tsan Ming	70	Fastlane Swimming	1:35.00
2	06355	Lo, Lai Yung	71	New Water Polo	2:00.00
3	46236 IAZ	Fok, Miu Han	73	New Water Polo	2:04.00
4	08955	Chan, Tung Yan Potly	70	Flying Fish	NT
<b>75-79</b>					
1	07440	Yip, Lai Kuen	75	Lai Tsun	1:13.00
2	39991 IAS	Sam, Choi Lin	78	Sword Fish Club	2:00.00
3	06357	Suen, Ming Chu	78	Sword Fish Club	2:00.00
4	50480 @^ICX	Lam, Lai Mui	75	Sword Fish Club	2:24.00
5	06212 #	Lo, Yeuk Shuen	77	Win Tin	2:30.00
<b>80-84</b>					
1	08936	Leong, Kuai Heng	80	New Water Polo	1:30.00
2	17480 IAZ	Chow, Pui Han Angela	80	Lai Tsun	2:18.00
3	32571 IAZ	Chan, Pui Yee	82	Sword Fish Club	2:20.00
4	06372 IAZ	Leung, Mabel Yuen Ying	84	Sword Fish Club	2:40.00

Event 7 Men 200 LC Meter Freestyle Relay

100-119 MSR:	1:36.96
120-159 MSR:	1:40.03
160-199 MSR:	1:40.73
200-239 MSR:	1:52.52
240-279 MSR:	2:01.55
280-319 MSR:	2:13.41
320-359 MSR:	3:09.80

	Team	Relay	Seed Time
<b>100-119</b>			
1	Pacific Swimming Club	M100 A	NT
<b>120-159</b>			
1	Hong Kong Police Swimming	M120 A	2:00.00
2	Kwan Hung Swimming Club	M120 A	NT
3	Kwun Tong Swimming Club	M120 A	NT
4	Ladies' Recreation Club	M120 A	NT
5	New Water Polo Club	M120 A	NT
6	Pacific Swimming Club	M120 A	NT
7	Sword Fish Club	M120 A	NT
8	Sea Green Swimming & L.S. C	M120 A	NT
9	Hong Kong Football Club	M120 A	NT
10	Fastlane Swimming	M120 A	NT
<b>160-199</b>			
1	Kowloon Tong Club	M160 A	2:05.00
2	Tung Sing Athletic Association	M160 A	2:15.00
3	Hong Kong Police Swimming	M160 A	2:25.00
4	HK Flying Fish Athletic Assn	M160 A	NT
5	Hoi Fung Swimming Club	M160 A	NT

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160-199... (Event 7 Men 200 LC Meter Freestyle Relay)

6	Kwun Tong Swimming Club	M160	A	NT
7	Ladies' Recreation Club	M160	A	NT
8	New Water Polo Club	M160	A	NT
9	Sword Fish Club	M160	A	NT
10	Sea Green Swimming & L.S. Club	M160	A	NT
11	South China Athletic Assn	M160	A	NT
12	Hong Kong Football Club	M160	A	NT
13	Fastlane Swimming	M160	A	NT
14	Diocesan School Old Boys' Assn	M160	A	NT

200-239

1	Hong Kong Police Swimming Club	M200	A	2:25.00
2	Tung Sing Athletic Association	M200	A	2:30.00
3	HK Flying Fish Athletic Assn	M200	A	NT
4	Hoi Fung Swimming Club	M200	A	NT
5	Ladies' Recreation Club	M200	A	NT
6	Lai Tsun Swimming Society	M200	A	NT
7	New Water Polo Club	M200	A	NT
8	Sword Fish Club	M200	A	NT
9	Hong Kong Football Club	M200	A	NT
10	Fastlane Swimming	M200	A	NT
11	Diocesan School Old Boys' Assn	M200	A	NT
12	RippleFly Swim Ltd	M200	A	NT

240-279

1	Hong Kong Police Swimming Club	M240	A	2:25.00
2	Ladies' Recreation Club	M240	A	NT
3	Lai Tsun Swimming Society	M240	A	NT
4	New Water Polo Club	M240	A	NT
5	Sword Fish Club	M240	A	NT
6	Fastlane Swimming	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	Sea Green Swimming & L.S. Club	M280	A	NT

320-359

1	Sword Fish Club	M320	A	NT
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Event 8 Women 200 LC Meter Freestyle Relay

- 100-119 MSR: 1:58.55
- 120-159 MSR: 1:52.19
- 160-199 MSR: 1:54.00
- 200-239 MSR: 2:02.69
- 240-279 MSR: 2:34.06
- 280-319 MSR: 2:42.61
- 320-359 MSR: 3:43.13

	Team	Relay	Seed Time
<b>100-119</b>			
1	Hong Kong Police Swimming Club	W100 A	2:25.00
2	Fastlane Swimming	W100 A	NT
<b>120-159</b>			
1	Hong Kong Police Swimming Club	W120 A	2:25.00
2	Kwan Hung Swimming Club	W120 A	NT
3	Ladies' Recreation Club	W120 A	NT
4	New Water Polo Club	W120 A	NT

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120-159... (Event 8 Women 200 LC Meter Freestyle Relay)

5	Sword Fish Club	W120	A	NT
6	Hong Kong Football Club	W120	A	NT
7	Fastlane Swimming	W120	A	NT

160-199

1	Kowloon Tong Club	W160	A	2:10.00
2	Hong Kong Police Swimming	W160	A	2:30.00
3	Ladies' Recreation Club	W160	A	NT
4	New Water Polo Club	W160	A	NT
5	Sword Fish Club	W160	A	NT
6	South China Athletic Assn	W160	A	NT
7	Hong Kong Football Club	W160	A	NT
8	Fastlane Swimming	W160	A	NT

200-239

1	Tung Sing Athletic Association	W200	A	2:40.00
2	HK Flying Fish Athletic Assn	W200	A	NT
3	Hoi Fung Swimming Club	W200	A	NT
4	Ladies' Recreation Club	W200	A	NT
5	New Water Polo Club	W200	A	NT
6	Sword Fish Club	W200	A	NT
7	South China Athletic Assn	W200	A	NT
8	Hong Kong Football Club	W200	A	NT
9	Fastlane Swimming	W200	A	NT

240-279

1	HK Flying Fish Athletic Assn	W240	A	NT
2	Ladies' Recreation Club	W240	A	NT
3	Lai Tsun Swimming Society	W240	A	NT
4	New Water Polo Club	W240	A	NT
5	Sword Fish Club	W240	A	NT

280-319

1	Lai Tsun Swimming Society	W280	A	NT
2	New Water Polo Club	W280	A	NT
3	Sword Fish Club	W280	A	NT

320-359

1	Sword Fish Club	W320	A	NT
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Event 9 Men 50 LC Meter Breaststroke

18-24 MSR:	27.95
25-29 MSR:	30.24
30-34 MSR:	31.11
35-39 MSR:	31.14
40-44 MSR:	32.01
45-49 MSR:	32.70
50-54 MSR:	34.48
55-59 MSR:	35.10
60-64 MSR:	35.58
65-69 MSR:	37.84

	ID#	Name	Age	Team	Seed Time
<b>18-24</b>					
1	57975 IAZ	Lee, Shing Yan	23	Diocesan School	28.00
2	19430 #B	Mok, Yik Long	24	Hong Kong Police	30.00
3	38761 B	Au-Yeung, Ho Ming	20	Dik Wing	32.99
4	59196 IAZ	Choi, Chun Tung	20	Pacific	NT
5	34058 B	Chow, Hong-Yo Sandy	22	Pacific	NT

## 2026-27 Long Course MS Swimming Comp P3 - 07/06/2026

## Psych Sheet

## 25-29... (Event 9 Men 50 LC Meter Breaststroke)

1	22513 IAZ	Tang, Cheuk Yan	26 Kwun Tong	36.00
2	58651	Huang, Lin	26 New Water Polo	38.00
3	57946 IAZ	Mc Laughlin, Conor	26 LRC	38.44
4	23081 IAZ	Loo, Chun Hei	28 South China	38.50
5	58670 IAZ	Stuart, Hallock Huang	25 Fastlane Swimming	42.00
6	15351 IAZ	Chang, Jaw Ting	25 Pacific	NT
7	18027 B	Leung, Lok Hang	26 Pacific	NT

## 30-34

1	05577 IBZ	Yuen, Marcus	32 LRC	30.81
2	04959 IBZ	Ma, Chi Wang Damien	32 Hong Kong Police	33.00
3	34840 IM	Dang, Annan	30 New Water Polo	36.00
4	55587 IAZ	Chan, Ivan	34 South China	54.06

## 35-39

1	00093	Tam, Tak Ching	39 Dik Wing	32.99
2	00385	Cheng, Pong Man Reuben	37 Flying Fish	35.07
3	04877 IBZ	Ng, Yu Ting	35 Sword Fish Club	36.00
4	00314 IBZ	Mok, Hon Hei	38 Hong Kong Police	37.00
5	57565 @^ICO	Reid, Cavan Murray	38 LRC	37.04
6	55647 @P	Prebble, Miles Cavin	35 LRC	38.64
7	00104	Lo, Shek Pui	37 HK Football Club	40.00
8	50188 @^P	Chu, Yuan Hun	37 Fastlane Swimming	42.00
9	33387 IAO	Wu, Kenneth Yee Lok	35 Sword Fish Club	42.00
10	01784 B	Tso, Hiu Fung	35 Diocesan School	45.00
11	55933 @IM	Feng, Rong	39 New Water Polo	50.00

## 40-44

1	42367 IAO	Chow, Chun Yin	40 Diocesan School	32.00
2	52550 IAZ	Chiu, Kelvin Ho Yin	44 HK Football Club	33.00
3	48666 @ICO	Upman, David Ross	42 Fastlane Swimming	33.00
4	22420 IAZ	Chan, Chi Ming	40 Kwun Tong	35.00
5	01465 ICZ	Chiang, Filomeno	44 Hong Kong Police	37.00
6	55915 @IM	Du, Zhaokun	44 Sword Fish Club	38.00
7	48856 @IAO	Gallearchie, Jeewantha Madu	42 Fastlane Swimming	39.00
8	27469 IAX	Lam, Kin Wang	41 Hong Kong Police	40.00
9	32424 IAZ	Law, Tin Yiu	41 Hong Kong Police	40.00
10	57196 IAZ	Chen, Tu Chien Timothy	43 South China	40.66
11	55913 @IM	Guan, Ping	41 Sword Fish Club	42.00
12	03095	Lau, Ko Chun	44 Hong Kong Police	45.00
13	03793 ICZ	Po, Tik San	44 New Water Polo	45.00
14	52508 IAZ	Yuen, Chun Yiu Curtis	40 South China	46.00
15	57050 @^IM	Du, Jun	41 Sword Fish Club	50.00
16	30399 IAZ	Lam, Shu Wing	43 Flying Fish	NT

## 45-49

1	51734 @^ICO	Small, Robert James	47 Fastlane Swimming	34.00
2	57164 IAZ	Chan, Yiu Bun	45 Tung Sing	34.00
3	11544 #IAZN	Fan, Ivan	45 Hoi Fung	35.00
4	48820 IAZ	Lam, Pei Tim	45 LRC	36.80
5	40834 IAZ	Chang, Hsi Tse JosephJeremy	47 Diocesan School	38.00
6	53857 IAZ	Lam, Pei Wayne	47 RippleFly Swim Ltd	38.00
7	58771 IAZ	Yiu, Ying Cheung	48 Lai Tsun	38.00
8	40107 IAZ	Chan, Falcon	47 Lai Tsun	40.00
9	11569	Wong, Lok Shun	49 Flying Fish	40.32
10	57043 IAZ	Cheung, King Yin	48 Sword Fish Club	42.00
11	49497 @ICO	Macedo, Andrew Ian	47 LRC	42.04

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## 45-49... (Event 9 Men 50 LC Meter Breaststroke)

12	51192 IAZ	Lo, Yui Man	49 Flying Fish	42.17
13	05144 IAZ	Tse, Chun Hei	47 Flying Fish	44.02
14	32473 IAZ	Chan, Yiu Chung	49 Hong Kong Police	45.00
15	24965 IAZ	Leung, Yuk Ki	46 Hong Kong Police	45.00
16	55366 IAZ	To, Kin Sing	48 Hong Kong Police	45.00
17	55771 @IM	Huang, Zhangyin	47 Sword Fish Club	50.00
18	18880 IAZ	Chan, Ho Wai Howard	45 Tung Sing	50.00
19	01012 ICZ	Fong, Lik Sun	46 RippleFly Swim Ltd	NT

## 50-54

1	53312 IAZ	Tang, Tin Lok Stephen	50 Win Tin	35.43
2	25592 IAZ	Cheung, Wai Kei	54 Flying Fish	38.53
3	21008 #IAZ	Cheung, Chun Kwan Michael	53 Win Tin	40.00
4	28849 IAZ	Chan, Chun Kuen	51 Sword Fish Club	41.00
5	27868 IAZ	Chan, Chi Wah Ringo	54 Sword Fish Club	42.00
6	02366	Li, Ka Wing	52 Kwun Tong	44.00
7	06338 IAZ	Wong, Ka Fai	52 Sword Fish Club	45.00
8	58056 ICO	Vavrek, Egon	50 LRC	46.18
9	51531 IAX	Tang, Min	51 Fastlane Swimming	50.00
10	41887 IAZ	Woo, Cheuk Yiu Jeffrey	51 YMCA OF Hong Kong	50.00
11	38831 IAZ	Leung, Yin Tat	50 Hoi Fung	50.26
12	23497 IAZ	Au Yeung, Wai Kit	52 Kwun Tong	1:26.00
13	03525 IAZ	Ho, Hon Wing	50 Pacific	NT

## 55-59

1	42364 IAZ	Lau, Yip Kwong Francis	57 Diocesan School	40.00
2	05139	Lin, Fulong	59 Flying Fish	44.73
3	06395	Cheung, Ting Fan	55 Kwun Tong	45.00
4	38127 IAZ	Leung, Cheung Wai Ricky	58 Sword Fish Club	48.00
5	43158 IAZ	Chan, Tin Lung	57 Lai Tsun	50.00
6	43954 @^IM	Gao, Dongyun	56 New Water Polo	58.00

## 60-64

1	05191	Koo, Yu Fat Marcus	64 Flying Fish	39.00
2	18856 IAZ	Au, Mun Shing	61 Sword Fish Club	39.00
3	58517 IAZ	Fung, Bood	61 Tung Sing	39.00
4	43144	Xiao, Donghong	60 New Water Polo	42.00
5	50511 @^IM	Ye, Huanliang	63 Sword Fish Club	43.00
6	40592 IAZ	Fo, Pui Keung	62 Hong Kong Police	45.00
7	26176 IAX	Ho, Chung Man	63 Lai Tsun	47.00
8	44678 IAZ	Hung, Tin Wai Robert	60 Pacific	47.51
9	53581 IAO	Shi, Bertram Emil	60 Fastlane Swimming	48.00
10	10135 IAZ	Mo, Kim Fung Bosco	62 Diocesan School	50.00
11	40840 IAZ	Ng, Ka Yiu Karl	62 Diocesan School	50.00
12	26261 IAZ	Tsun, Chung Wa Jode	62 Hong Kong Police	50.00
13	21023 IAZ	Ho, Kwong Ngai Eric	63 Sword Fish Club	50.00
14	40861 IAZ	Cheung, Chi Ming Rover	63 Sword Fish Club	52.00
15	35309 IAZ	Ko, Ping Sum Samuel	60 Kowloon Tong Club	55.00
16	55847 IAZ	Chan, Wing Man	61 Pacific	NT

## 65-69

1	45930 IAZ	Lo, Wing Kwong	65 Tung Sing	40.00
2	03215 IAZ	Leung, Yiu Chuen	68 Tung Sing	42.00
3	50662 @^P	Zong, Cheng	68 Sword Fish Club	43.00
4	03762	Ha, Chi Ming	67 Flying Fish	46.49
5	19350 IAZ	Leung, Chi Wah	69 Hong Kong Police	50.00
6	50782 @IAX	Pang, Shu Ming	65 Sea Green	55.00
7	41426 IAZ	Tang, Yu Hang Francis	65 Tung Sing	55.00

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65-69... (Event 9 Men 50 LC Meter Breaststroke)

8	25226 IAZ	Choi, Tai Wing	65	Sword Fish Club	1:00.00
<b>70-74</b>					
1	14555 @IAX	Tang, Kon Leong	70	Sword Fish Club	43.00
2	36553 IAO	Inglis, Peter	72	HK Football Club	45.00
3	43205	Zhou, Jin Jia	71	New Water Polo	45.00
4	04508	Chung, Kit Wai	72	Sword Fish Club	46.00
5	14035	Wong, Shing Kuen	73	Lai Tsun	52.00
6	06388	Lau, Man Kin	72	Sword Fish Club	55.00
7	55926 @IM	Liu, Guoqing	70	Sword Fish Club	1:00.00
<b>75-79</b>					
1	20634 IAZ	Wu, Shu Sun	76	New Water Polo	46.00
2	03845	Tin, Sheung Kwai	79	New Water Polo	46.99
3	06192	Chu, Shui Yi	75	Sea Green	55.00
4	10252	Chow, Eugene	75	Diocesan School	58.00
5	06243 #	Koo, Choi Fat	76	Win Tin	58.00
6	50503 @^IM	Feng, Bingkun	75	Sword Fish Club	1:00.00
<b>80-84</b>					
1	10274	Lau, Chun Nung	80	Lai Tsun	1:10.00
<b>85-89</b>					
1	06270	Lam, Luk Kan	85	Sword Fish Club	1:02.00
2	05407	Lee, She Kwok	88	Sword Fish Club	1:14.00

Event 10 Women 50 LC Meter Breaststroke

18-24 MSR:	35.53
25-29 MSR:	36.06
30-34 MSR:	35.23
35-39 MSR:	34.71
40-44 MSR:	34.74
45-49 MSR:	32.47
50-54 MSR:	37.63
55-59 MSR:	38.73
60-64 MSR:	45.63
65-69 MSR:	50.56

	ID#	Name	Age	Team	Seed Time
<b>18-24</b>					
1	25098 #B	Fung, Suet Ying Chloe	21	Fastlane Swimming	35.00
2	54016 #IAZ	Cheng, Hoi Man	21	Long Fame	38.00
3	36426 B	Fung, Wai Ching	19	The Motive	43.00
4	58642 IAZ	Chan, Wai Ying	23	Cadix	43.00
5	58641 IAZ	Fan, Oi Ching	24	Cadix	NT
6	58643 IAZ	Tam, Cheuk Kiu	20	Cadix	NT
<b>25-29</b>					
1	57427 IAZ	Chan, Wai Tung Jocelyn	28	Dik Wing	34.96
2	11797 B	Ip, Rainbow	29	Fastlane Swimming	38.00
3	26980 IAZ	Wong, Suet Wing	27	Dik Wing	38.68
4	55348 @IM	Yin, Shenqiao	26	New Water Polo	42.00
5	58675 ICX	Shi, Zhaohe	25	Fastlane Swimming	50.00
<b>30-34</b>					
1	08238 B	Li, Tsz Yu	32	LRC	37.02
2	02295 IBZ	Tao, Wai Kiu	33	Kwan Hung	40.00
3	05142 IAZ	Hui, Ngan Ting	33	Kowloon Tong Club	46.50
4	57875 IAZ	Hui, Ho Ling	34	Hong Kong Police	50.00
5	57051 @^IM	Huang, Pingying	30	Sword Fish Club	1:10.00

## 2026-27 Long Course MS Swimming Comp P3 - 07/06/2026

## Psych Sheet

## 35-39... (Event 10 Women 50 LC Meter Breaststroke)

1	00288 IBZ	Yip, Wing Yan	38 Dik Wing	37.99
2	01928 ICZ	But, Wai Ting	39 Csui	40.00
3	04515 ICZ	Sze, Hang Yu	38 Fastlane Swimming	40.00
4	58210 IAZ	Kot, Ching Ching Shirley	38 Fastlane Swimming	47.00
5	58740 IAZ	Li, King Pui Tracy	39 Hong Kong Police	50.00
6	54745 @^IM	Liu, Yijun	37 Sword Fish Club	50.00

## 40-44

1	01666 IBZ	Chan, Wing Suet	40 Fastlane Swimming	39.50
2	03070	Tu, Pui Yee	42 Hong Kong Police	40.00
3	57492 @^ICX	Zhang, Miao	41 Sword Fish Club	40.00
4	41684 IAZ	Leung, Wing Yin Winnie	42 Hoi Fung	41.00
5	01625 ICZ	Wu, Ka Wing	44 HK Football Club	43.00
6	49329 @IAO	Ng, Carmen C M	42 Kwan Hung	43.00
7	51754 @^IM	Wu, Shuqin	44 New Water Polo	45.00
8	57481 IAZ	Ng, Kwan Yee	43 Sword Fish Club	45.00
9	47582 @IAX	Dong, Lei	44 South China	48.58
10	52180 IAZ	Leung, Man Kee	42 Fastlane Swimming	50.00
11	32602 IAZ	Tam, Yik Man	42 Kowloon Tong Club	53.00
12	51099 IAZ	Wong, Jane Tsin	42 Fastlane Swimming	57.00
13	57615 IAZ	Wan, Amber Nga Ting	40 Fastlane Swimming	1:00.00

## 45-49

1	46247 @IAO	Krkalo, Shauna Kathleen	48 LRC	33.82
2	40853 @IAO	Tam, Alison Mai Ling	48 HK Football Club	43.00
3	43157 @ICO	Lee, Chew Ling	49 LRC	44.10
4	57968 IAO	Ng, Ada Tsui Lin	45 Fastlane Swimming	47.00
5	07784 IAZ	Tang, Mei Yin	49 Hong Kong Police	50.00
6	49121 IAZ	So, Chin Wing	47 New Water Polo	1:15.00

## 50-54

1	33517 IAO	Yamaguchi, Mika	54 RippleFly Swim Ltd	38.00
2	32599 IAO	Lee, Christina Maisenne	50 Kowloon Tong Club	39.00
3	59197 IAX	Lam, Po Ngan	53 New Water Polo	50.00
4	35969 IAX	Wang, Ying Lian	54 Tung Sing	52.00
5	48028 IAZ	Chan, Wing Yi Winnie	51 Hong Kong Police	55.00
6	06349	Ip, Oi Wa Wendy	54 Sword Fish Club	55.00
7	46181 IAZ	Ng, Yan Yan Bandy	50 Tung Sing	1:00.00

## 55-59

1	54368 ^@IM	Zhang, Youxia	56 Sword Fish Club	50.00
2	31395 IAZ	Chan, Pui Ling	56 Flying Fish	50.87
3	43063 @IAO	Wong, Rose	56 LRC	52.66
4	53926 @IM	Zhang, Runqi	58 Sword Fish Club	1:00.00
5	40937 IAZ	Leung, Wai Fan Fanny	56 South China	1:03.75
6	55769 @IM	Li, Hong	56 Sword Fish Club	1:10.00

## 60-64

1	29752 IAZ	Chow, Yee Heung Liza	62 Lai Tsun	49.00
2	57477 @^IM	Liang, Run Qing	60 Sword Fish Club	50.00
3	16303	Rana, Naomi	60 LRC	50.55
4	51532 IAZ	Shek, Yuk Ching Peggy	62 South China	1:01.42
5	44303 IAZ	Lam, Man Lai	60 Sword Fish Club	1:15.00
6	43226 IAZ	Yuen, Lai Ping Anna	60 South China	1:18.53

## 65-69

1	49914 @IAXB	Ng, Yee Man	67 New Water Polo	49.00
2	49428 IAX	Leong, Sao Fan	69 New Water Polo	1:00.00
3	05043	Wong, Kim Lan Ada	66 Flying Fish	1:01.98

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## 70-74... (Event 10 Women 50 LC Meter Breaststroke)

1	15147 IAZ	U, Diane Tsan Ming	70	Fastlane Swimming	53.00
2	06127	Lau, Wai Lin	70	New Water Polo	1:10.00

## 75-79

1	50480 @^ICX	Lam, Lai Mui	75	Sword Fish Club	1:10.00
2	39357 @^P	Mak, Sok Iun	76	Sword Fish Club	1:10.00
3	06357	Suen, Ming Chu	78	Sword Fish Club	1:10.00
4	06212 #	Lo, Yeuk Shuen	77	Win Tin	1:30.00

## 80-84

1	17480 IAZ	Chow, Pui Han Angela	80	Lai Tsun	1:20.00
2	32571 IAZ	Chan, Pui Yee	82	Sword Fish Club	1:20.00

## Event 11 Mixed 200 LC Meter Medley Relay

100-119 MSR:	2:09.75
120-159 MSR:	2:02.78
160-199 MSR:	1:59.67
200-239 MSR:	2:08.05
240-279 MSR:	2:43.45
280-319 MSR:	2:47.88
320-359 MSR:	4:35.50

	Team	Relay	Seed Time
<b>X100-119</b>			
1	Hong Kong Police Swimming	X100 A	2:20.00
2	Fastlane Swimming	X100 A	NT
<b>X120-159</b>			
1	Dik Wing Association Limited	X120 A	2:04.80
2	Hong Kong Police Swimming	X120 A	2:30.00
3	Win Tin Swimming Club	X120 A	2:30.00
4	Hoi Fung Swimming Club	X120 A	NT
5	Kwan Hung Swimming Club	X120 A	NT
6	Ladies' Recreation Club	X120 A	NT
7	New Water Polo Club	X120 A	NT
8	Sword Fish Club	X120 A	NT
9	South China Athletic Assn	X120 A	NT
10	Hong Kong Football Club	X120 A	NT
11	Fastlane Swimming	X120 A	NT
<b>X160-199</b>			
1	Kowloon Tong Club	X160 A	2:25.00
2	Hong Kong Police Swimming	X160 A	2:30.00
3	Tung Sing Athletic Association	X160 A	2:50.00
4	HK Flying Fish Athletic Assn	X160 A	NT
5	Hoi Fung Swimming Club	X160 A	NT
6	Ladies' Recreation Club	X160 A	NT
7	New Water Polo Club	X160 A	NT
8	Sword Fish Club	X160 A	NT
9	South China Athletic Assn	X160 A	NT
10	Hong Kong Football Club	X160 A	NT
11	Fastlane Swimming	X160 A	NT
<b>X200-239</b>			
1	Hong Kong Police Swimming	X200 A	2:30.00
2	Tung Sing Athletic Association	X200 A	3:00.00
3	HK Flying Fish Athletic Assn	X200 A	NT
4	Ladies' Recreation Club	X200 A	NT
5	Lai Tsun Swimming Society	X200 A	NT

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**X200-239... (Event 11 Mixed 200 LC Meter Medley Relay)**

6	New Water Polo Club	X200	A	NT
7	Sword Fish Club	X200	A	NT
8	Hong Kong Football Club	X200	A	NT
9	Fastlane Swimming	X200	A	NT

**X240-279**

1	Hong Kong Police Swimming	X240	A	2:40.00
2	HK Flying Fish Athletic Assn	X240	A	NT
3	Hoi Fung Swimming Club	X240	A	NT
4	Ladies' Recreation Club	X240	A	NT
5	Lai Tsun Swimming Society	X240	A	NT
6	New Water Polo Club	X240	A	NT
7	Sword Fish Club	X240	A	NT
8	Fastlane Swimming	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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**Event 12 Men 400 LC Meter Freestyle**

- 18-24 MSR: 4:25.08
- 25-29 MSR: 4:32.86
- 30-34 MSR: 4:33.40
- 35-39 MSR: 4:29.74
- 40-44 MSR: 4:35.39
- 45-49 MSR: 4:31.75
- 50-54 MSR: 4:53.02
- 55-59 MSR: 5:06.50
- 60-64 MSR: 5:24.54
- 65-69 MSR: 6:00.83

	ID#	Name	Age	Team	Seed Time
<b>25-29</b>					
1	25287 IAZ	Chiu, Long Kit	26	Sword Fish Club	5:05.00
2	55770 @IM	Wang, Xiangkun	27	Sword Fish Club	6:00.00
<b>30-34</b>					
1	31246 IAZ	Ho, Ka Hei	32	Dik Wing	5:19.68
2	58194 IAZ	Lui, Chun Yin	34	Kwan Hung	6:08.00
3	52752 @ICO	Hardy-Lachance, Thierry	34	Fastlane Swimming	6:30.00
4	01626 B	Lee, Man Tim	32	Kwan Hung	6:54.00
<b>35-39</b>					
1	45108 ICO	MC Hugh, Darren Pascal	39	HK Football Club	4:45.00
2	51101 @ICO	Smit, Marcel Pieter Arnold	39	HK Football Club	4:45.00
3	10309 IBZ	Leung, Chin Fung	37	HK Football Club	4:50.00
4	01621 IBZ	So, Man Hon	38	HK Football Club	5:00.00
5	33387 IAO	Wu, Kenneth Yee Lok	35	Sword Fish Club	5:41.00
6	27874 IAZ	Chan, Cheuk Man	38	New Water Polo	6:00.00
7	30235 IAZ	Cheng, Hang Man	37	Hoi Fung	8:20.00
8	42848 P	Li, Yuhui	37	Sword Fish Club	9:00.00
<b>40-44</b>					
1	44769 ICO	Sharp, Braedon	43	HK Football Club	4:45.00
2	12176 ICZ	Ng, Siu Yu	44	Sword Fish Club	5:48.00
3	54712 IAO	Tham, Edmund	44	Fastlane Swimming	6:00.00
4	05179 ICZ	Wan, Chun Pong Michael	42	Fastlane Swimming	6:00.00

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## 40-44... (Event 12 Men 400 LC Meter Freestyle)

5	01465 ICZ	Chiang, Filomeno	44 Hong Kong Police	NT
6	57196 IAZ	Chen, Tu Chien Timothy	43 South China	NT
<b>45-49</b>				
1	27471 ICO	Nortje, Craig Andrew	48 RippleFly Swim Ltd	5:00.00
2	40712 ICO	Holliday, Simon Gareth	48 HK Football Club	5:30.00
3	49027 IAZ	Ng, Fung Kei	46 Sword Fish Club	6:30.00
4	27133 #IAZ	Poon, Man Chun	45 Win Tin	6:50.49
5	55771 @IM	Huang, Zhangyin	47 Sword Fish Club	7:50.00
6	37781 IAZ	Lo, Kar Lai Gary	48 New Water Polo	8:00.00
<b>50-54</b>				
1	24641 ICO	Cummings, Richard Mark	53 LRC	4:33.35
2	46165 @ICO	Waters, Andrew Allan	52 AVO	4:53.02
3	51473 @IAO	Loh, Yeong Shang	53 Barracuda	5:30.00
4	28849 IAZ	Chan, Chun Kuen	51 Sword Fish Club	5:42.00
5	25592 IAZ	Cheung, Wai Kei	54 Flying Fish	5:44.85
6	58056 ICO	Vavrek, Egon	50 LRC	5:50.81
7	02366	Li, Ka Wing	52 Kwun Tong	6:00.00
8	27868 IAZ	Chan, Chi Wah Ringo	54 Sword Fish Club	6:09.00
9	51531 IAX	Tang, Min	51 Fastlane Swimming	7:00.00
10	49443 IAZN	Siu, Cheuk Kuen	54 Sword Fish Club	7:40.00
11	54714 IAZ	Wong, Tsun Yat Gary	52 Sword Fish Club	7:40.00
12	24603 IAZ	Hung, Ka Ming	51 YMCA OF Hong Kong	7:42.00
13	41887 IAZ	Woo, Cheuk Yiu Jeffrey	51 YMCA OF Hong Kong	8:00.00
<b>55-59</b>				
1	10264 IAO	Faiola, Jeff Alan	55 Island Stingrays	5:12.00
2	05138	Lanzone, Francesco	58 Barracuda	5:15.00
3	24606 IAZ	Tsang, Hin Lap	55 Flying Fish	6:22.23
4	53271 @^IM	Chen, Weizhong	57 New Water Polo	6:50.00
5	27470 IAZ	Chan, Tin Hung	58 Hong Kong Police	7:15.00
6	05139	Lin, Fulong	59 Flying Fish	7:19.78
7	26821 IAZ	Chan, Kwok Chi	55 Sword Fish Club	7:30.00
<b>60-64</b>				
1	56410 B	Clark, David James	61 RippleFly Swim Ltd	6:30.00
2	55783 ICO	Joli-Coeur, Vincent	62 Fastlane Swimming	6:45.00
3	15528	Tsui, Tak Shing Dominic	64 Fastlane Swimming	6:45.00
4	53581 IAO	Shi, Bertram Emil	60 Fastlane Swimming	6:50.00
5	50485 @^IM	Chen, Shuquan	63 New Water Polo	7:00.00
6	26594 IAZ	Ching, Wai Kin	62 Sword Fish Club	7:02.05
7	40861 IAZ	Cheung, Chi Ming Rover	63 Sword Fish Club	7:36.00
8	51228 @^IM	Cui, Xiaobin	63 Sword Fish Club	7:55.00
<b>65-69</b>				
1	17956 IAZ	Chau, Kim Fai	69 Hong Kong Police	3:25.51
2	03215 IAZ	Leung, Yiu Chuen	68 Tung Sing	7:45.00
3	45199 IAZ	Fok, Siu Por	68 New Water Polo	8:00.00
4	43963 @^IM	Song, Xingzhi	69 New Water Polo	8:50.00
5	03762	Ha, Chi Ming	67 Flying Fish	NT
<b>70-74</b>				
1	52225 @^IM	Chen, Shengyou	70 New Water Polo	6:50.00
2	06382	Chan, Kam Por	74 Sword Fish Club	7:10.00
3	26318	Suen, Chi Wing	72 Sword Fish Club	8:15.00
4	06239	Chan, King Yuen	71 Lai Tsun	10:20.00
<b>75-79</b>				
1	06268	Tse, Kwok Piu	75 Sword Fish Club	7:38.00

**2026-27 Long Course MS Swimming Comp P3 - 07/06/2026  
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**Event 13 Women 400 LC Meter Freestyle**

- 18-24 MSR: 5:06.39**
- 25-29 MSR: 4:56.10**
- 30-34 MSR: 4:50.34**
- 35-39 MSR: 4:41.52**
- 40-44 MSR: 4:44.60**
- 45-49 MSR: 5:15.20**
- 50-54 MSR: 5:25.06**
- 55-59 MSR: 6:02.65**
- 60-64 MSR: 6:05.89**
- 65-69 MSR: 6:59.90**

	<b>ID#</b>	<b>Name</b>	<b>Age</b>	<b>Team</b>	<b>Seed Time</b>
<b>18-24...</b>	<b>(Event 13 Women 400 LC Meter Freestyle)</b>				
1	25098 #B	Fung, Suet Ying Chloe	21	Fastlane Swimming	5:00.00
<b>25-29</b>					
1	57427 IAZ	Chan, Wai Tung Jocelyn	28	Dik Wing	4:56.87
2	57947 ICO	Ioda, Aliaksandra	28	LRC	5:15.00
3	57484 @^IM	Wu, Jia Min	26	Sword Fish Club	12:00.00
<b>30-34</b>					
1	54108 IAZ	Ng, Esther Ching Hay	32	Fastlane Swimming	6:30.00
2	09959 IAZ	Mok, Hoi Man Sheron	31	New Water Polo	6:30.00
3	57051 @^IM	Huang, Pingying	30	Sword Fish Club	10:00.00
<b>35-39</b>					
1	04515 ICZ	Sze, Hang Yu	38	Fastlane Swimming	6:00.00
<b>40-44</b>					
1	02685 ICZ	Master, Farah Jimmy	41	HK Football Club	4:59.00
2	52770 IAO	Sjoholm, Ingrid Christina	40	HK Football Club	5:20.00
3	57492 @^ICX	Zhang, Miao	41	Sword Fish Club	5:31.00
4	57969 IAZ	Wong, Wing Tak Wendy	44	Fastlane Swimming	7:00.00
5	14023	Wu, Pui Yan Natalie	41	Hong Kong Police	7:00.00
6	57615 IAZ	Wan, Amber Nga Ting	40	Fastlane Swimming	7:40.00
7	01625 ICZ	Wu, Ka Wing	44	HK Football Club	NT
8	38502 ICO	Alfheim, Mai-britt	44	Barracuda	NT
<b>50-54</b>					
1	06315	Chan, Sui Yee	50	LRC	6:37.36
2	38302 IAZ	Cheung, Man Ling Melody	54	Lai Tsun	7:00.00
3	27128 IAZ	Lau, Yan Yan	52	Flying Fish	7:28.95
4	54834	Yang, YongLei	52	New Water Polo	7:30.00
5	35969 IAX	Wang, Ying Lian	54	Tung Sing	7:56.00
<b>55-59</b>					
1	36431 @^P	Buchta, Katrin	56	Sword Fish Club	6:40.00
2	31395 IAZ	Chan, Pui Ling	56	Flying Fish	7:10.42
3	55818 @IM	Deng, Xiaohong	56	New Water Polo	7:30.00
4	36045 IAZN	Hsu, Ava	59	LRC	7:49.47
5	40912 IAZ	Ng, Yee Ling	55	Tolo Harbour	8:00.00
6	52998 @^IM	Wu, Xiaomin	57	New Water Polo	8:10.00
7	52764 @ICO	Schoening Naujoks, Mirjam Be	56	LRC	NT
<b>60-64</b>					
1	37062 IAZ	Lee, E Way Yvonne	60	Kowloon Tong Club	7:56.00
<b>65-69</b>					
1	49914 @IAXB	Ng, Yee Man	67	New Water Polo	8:00.00
2	43974 @^IM	Chang, Jianhua	67	New Water Polo	8:20.00

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**Psych Sheet**

**70-74... (Event 13 Women 400 LC Meter Freestyle)**

1	52109 @^IM	Wang, Yan	70	Sword Fish Club	7:00.00
2	06355	Lo, Lai Yung	71	New Water Polo	8:00.00

**75-79**

1	02859	Tse, Ka Tsai Angela	76	Flying Fish	NT
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