

# Programme

## 比賽賽程



### HONG KONG CHINA SWIMMING ASSOCIATION

(MEMBER OF THE FEDERATION INTERNATIONALE DE NATATION)  
(AFFILIATED TO THE SPORTS FEDERATION AND  
OLYMPIC COMMITTEE OF HONG KONG, CHINA)

Hong Kong Age Group Long Course Swimming Championships 2023-2024  
香港長池分齡游泳錦標賽 2023-2024

**29 October 2023 (Sun)**

二零二三年十月二十九日(星期日)

Hong Kong Sports Institute

香港體育學院

Address: 25 Yuen Wo Rd, Sha Tin

地址: 新界沙田源禾路 25 號



Subvented by: LCSD



## HKGSA Age Group Long Course Championship 2023-24 Entry Information

No. of Entries by Event		
Event #	Event Name	Entries
1	Girls 13-14 1500 Freestyle	8
2	Boys 13-14 1500 Freestyle	13
3	Girls 15-17 1500 Freestyle	7
4	Boys 15-17 1500 Freestyle	18
5	Girls 18 & Over 1500 Freestyle	3
6	Boys 18 & Over 1500 Freestyle	5
7	Girls 10 & Under 100 Freestyle	10
8	Boys 10 & Under 100 Freestyle	19
9	Girls 11-12 100 Freestyle	25
10	Boys 11-12 100 Freestyle	27
11	Girls 13-14 100 Freestyle	24
12	Boys 13-14 100 Freestyle	22
13	Girls 15-17 100 Freestyle	20
14	Boys 15-17 100 Freestyle	27
15	Girls 18 & Over 100 Freestyle	9
16	Boys 18 & Over 100 Freestyle	11
17	Girls 10 & Under 100 Breaststroke	15
18	Boys 10 & Under 100 Breaststroke	16
19	Girls 11-12 100 Breaststroke	26
20	Boys 11-12 100 Breaststroke	12
21	Girls 13-14 100 Breaststroke	23
22	Boys 13-14 100 Breaststroke	25
23	Girls 15-17 100 Breaststroke	15
24	Boys 15-17 100 Breaststroke	24
25	Girls 18 & Over 100 Breaststroke	7
26	Boys 18 & Over 100 Breaststroke	13
27	Girls 10 & Under 100 Butterfly	15
28	Boys 10 & Under 100 Butterfly	18
29	Girls 11-12 100 Butterfly	17
30	Boys 11-12 100 Butterfly	21
31	Girls 13-14 100 Butterfly	18
32	Boys 13-14 100 Butterfly	22
33	Girls 15-17 100 Butterfly	22
34	Boys 15-17 100 Butterfly	37
35	Girls 18 & Over 100 Butterfly	12
36	Boys 18 & Over 100 Butterfly	13
37	Girls 11-12 200 Backstroke	20
38	Boys 11-12 200 Backstroke	16
39	Girls 13-14 200 Backstroke	14
40	Boys 13-14 200 Backstroke	32
41	Girls 15-17 200 Backstroke	15
42	Boys 15-17 200 Backstroke	28
43	Girls 18 & Over 200 Backstroke	7
44	Boys 18 & Over 200 Backstroke	8
45	Girls 12 & Under 4x50 Freestyle Relay	9
46	Boys 12 & Under 4x50 Freestyle Relay	11
47	Girls 13 & Over 4x50 Freestyle Relay	13
48	Boys 13 & Over 4x50 Freestyle Relay	14
49	Girls 10 & Under 200 Freestyle	10
50	Boys 10 & Under 200 Freestyle	16
51	Girls 11-12 200 Freestyle	16
52	Boys 11-12 200 Freestyle	20
53	Girls 13-14 200 Freestyle	15
54	Boys 13-14 200 Freestyle	20
55	Girls 15-17 200 Freestyle	20
56	Boys 15-17 200 Freestyle	26
57	Girls 18 & Over 200 Freestyle	8
58	Boys 18 & Over 200 Freestyle	11
59	Girls 10 & Under 50 Breaststroke	19
60	Boys 10 & Under 50 Breaststroke	16
61	Girls 11-12 50 Breaststroke	33
62	Boys 11-12 50 Breaststroke	19
63	Girls 13-14 50 Breaststroke	27
64	Boys 13-14 50 Breaststroke	27
65	Girls 15-17 50 Breaststroke	16
66	Boys 15-17 50 Breaststroke	26
67	Girls 18 & Over 50 Breaststroke	11
68	Boys 18 & Over 50 Breaststroke	22
69	Girls 13-14 400 IM	11
70	Boys 13-14 400 IM	12
71	Girls 15-17 400 IM	6
72	Boys 15-17 400 IM	19
73	Girls 18 & Over 400 IM	5
74	Boys 18 & Over 400 IM	7
75	Girls 10 & Under 50 Butterfly	17
76	Boys 10 & Under 50 Butterfly	15
77	Girls 11-12 50 Butterfly	17
78	Boys 11-12 50 Butterfly	23
79	Girls 13-14 50 Butterfly	21
80	Boys 13-14 50 Butterfly	17
81	Girls 15-17 50 Butterfly	25
82	Boys 15-17 50 Butterfly	41
83	Girls 18 & Over 50 Butterfly	19
84	Boys 18 & Over 50 Butterfly	20

  

Entry Information by Day		
Day / Session	No. of Entries	Total
Day 1	54	1552
Day 2 A.M.	752	
Day 2 P.M.	800	
Day 3 A.M.	507	
Day 3 P.M.	434	
<b>Total</b>	<b>2547</b>	



## HONG KONG AGE GROUP LONG COURSE SWIMMING CHAMPIONSHIPS 2023-24

二零二三至二零二四年香港長池分齡游泳錦標賽

(DAY TWO) 第二日

**Date:** 7 October 2023 (Saturday)

**Venue:**

Kowloon Park Swimming Pool

九龍公園游泳池

**AM Warm up:** 0800 - 0845 hours

**Start:**

0900 hours

**PM Warm up:** 1300 - 1345 hours

**Start:**

1400 hours

**GIRLS 女**

**BOYS 男**

7	10 Yrs & Under	100M	Freestyle	自由泳	8
9	11 & 12 Yrs	100M	Freestyle	自由泳	10
11	13 & 14 Yrs	100M	Freestyle	自由泳	12
13	15 – 17 Yrs	100M	Freestyle	自由泳	14
15	18 Yrs & Over	100M	Freestyle	自由泳	16
17	10 Yrs & Under	100M	Breaststroke	蛙泳	18
19	11 & 12 Yrs	100M	Breaststroke	蛙泳	20
21	13 & 14 Yrs	100M	Breaststroke	蛙泳	22
23	15 – 17 Yrs	100M	Breaststroke	蛙泳	24
25	18 Yrs & Over	100M	Breaststroke	蛙泳	26
27	10 Yrs & Under	100M	Butterfly	蝶泳	28
29	11 & 12 Yrs	100M	Butterfly	蝶泳	30
31	13 & 14 Yrs	100M	Butterfly	蝶泳	32
33	15 – 17 Yrs	100M	Butterfly	蝶泳	34
35	18 Yrs & Over	100M	Butterfly	蝶泳	36
37	11 & 12 Yrs	200M	Backstroke	背泳	38
39	13 & 14 Yrs	200M	Backstroke	背泳	40
41	15 – 17 Yrs	200M	Backstroke	背泳	42
43	18 Yrs & Over	200M	Backstroke	背泳	44
45	12 Yrs & Under	4 x 50m	Free Relay	自由接力	46
47	13 Yrs & Over	4 x 50m	Free Relay	自由接力	48

— Lunch Break —

49	10 Yrs & Under	200M	Freestyle	自由泳	50
51	11 & 12 Yrs	200M	Freestyle	自由泳	52
53	13 & 14 Yrs	200M	Freestyle	自由泳	54
55	15 – 17 Yrs	200M	Freestyle	自由泳	56
57	18 Yrs & Over	200M	Freestyle	自由泳	58
59	10 Yrs & Under	50M	Breaststroke	蛙泳	60
61	11 & 12 Yrs	50M	Breaststroke	蛙泳	62
63	13 & 14 Yrs	50M	Breaststroke	蛙泳	64
65	15 – 17 Yrs	50M	Breaststroke	蛙泳	66
67	18 Yrs & Over	50M	Breaststroke	蛙泳	68
69	13 & 14 Yrs	400M	Ind. Medley	個人四式	70
71	15 – 17 Yrs	400M	Ind. Medley	個人四式	72
73	18 Yrs & Over	400M	Ind. Medley	個人四式	74
75	10 Yrs & Under	50M	Butterfly	蝶泳	76
77	11 & 12 Yrs	50M	Butterfly	蝶泳	78
79	13 & 14 Yrs	50M	Butterfly	蝶泳	80
81	15 – 17 Yrs	50M	Butterfly	蝶泳	82
83	18 Yrs & Over	50M	Butterfly	蝶泳	84
85	11 & 12 Yrs	400M	Freestyle	自由泳	86
87	13 & 14 Yrs	400M	Freestyle	自由泳	88
89	15 – 17 Yrs	400M	Freestyle	自由泳	90
91	18 Yrs & Over	400M	Freestyle	自由泳	92
93	12 Yrs & Under	4 x 50m	Medley Relay	四式接力	94
95	13 Yrs & Over	4 x 50m	Medley Relay	四式接力	96

**HONG KONG AGE GROUP LONG COURSE SWIMMING CHAMPIONSHIPS 2023-24**

二零二三至二零二四年香港長池分齡游泳錦標賽

**(DAY THREE) 第三日**

<b>Date:</b>	8 October 2023 (Sunday)	<b>Venue:</b>	Kowloon Park Swimming Pool 九龍公園游泳池
<b>AM Warm up:</b>	0800 - 0845 hours	<b>Start:</b>	0900 hours
<b>PM Warm up:</b>	1300 - 1345 hours	<b>Start:</b>	1400 hours

**GIRLS 女**

**BOYS 男**

97	10 Yrs & Under	100M	Backstroke	背泳	98
99	11 & 12 Yrs	100M	Backstroke	背泳	100
101	13 & 14 Yrs	100M	Backstroke	背泳	102
103	15 – 17 Yrs	100M	Backstroke	背泳	104
105	18 Yrs & Over	100M	Backstroke	背泳	106
107	10 Yrs & Under	50M	Freestyle	自由泳	108
109	11 & 12 Yrs	50M	Freestyle	自由泳	110
111	13 & 14 Yrs	50M	Freestyle	自由泳	112
113	15 – 17 Yrs	50M	Freestyle	自由泳	114
115	18 Yrs & Over	50M	Freestyle	自由泳	116
117	10 Yrs & Under	200M	Ind. Medley	個人四式	118
119	11 & 12 Yrs	200M	Ind. Medley	個人四式	120
121	13 & 14 Yrs	200M	Ind. Medley	個人四式	122
123	15 – 17 Yrs	200M	Ind. Medley	個人四式	124
125	18 Yrs & Over	200M	Ind. Medley	個人四式	126
127	Stairstep 梯級接力	4 X 50M	Medley Relay	四式接力	128

— Lunch Break —

129	11 & 12 Yrs	200M	Butterfly	蝶泳	130
131	13 & 14 Yrs	200M	Butterfly	蝶泳	132
133	15 – 17 Yrs	200M	Butterfly	蝶泳	134
135	18 Yrs & Over	200M	Butterfly	蝶泳	136
137	10 Yrs & Under	50M	Backstroke	背泳	138
139	11 & 12 Yrs	50M	Backstroke	背泳	140
141	13 & 14 Yrs	50M	Backstroke	背泳	142
143	15 – 17 Yrs	50M	Backstroke	背泳	144
145	18 Yrs & Over	50M	Backstroke	背泳	146
147	11 & 12 Yrs	200M	Breaststroke	蛙泳	148
149	13 & 14 Yrs	200M	Breaststroke	蛙泳	150
151	15 – 17 Yrs	200M	Breaststroke	蛙泳	152
153	18 Yrs & Over	200M	Breaststroke	蛙泳	154
155	13 & 14 Yrs	800M	Freestyle	自由泳	156
157	15 – 17 Yrs	800M	Freestyle	自由泳	158
159	18 Yrs & Over	800M	Freestyle	自由泳	160
161	Stairstep梯級接力	4 X 50M	Free Relay	自由接力	162

## 二零二三至二零二四年香港長池分齡游泳錦標賽 外隊比賽規程

日期：	第一日 06/10/2023 (五) 熱身：1700-1745 比賽開始：1800	第二日 07/10/2023 (六) 熱身：0800-0845 比賽開始：0900 熱身：1300-1345 比賽開始：1400	第三日 08/10/2023 (日) 熱身：0800-0845 比賽開始：0900 熱身：1300-1345 比賽開始：1400
地點：	九龍公園游泳池		
報名條件：	✧ 所有參賽者必須為該國游泳總會 2023-2024 年度游泳組別的正式註冊泳員。 ✧ 報名須經該國游泳總會批准及辦理 ✧ 泳員須達到分齡游泳錦標賽標準時間方可參加比賽。		
報名：	✧ 請填妥意向表格及報名總表，報名時必須提交報名總表。 ✧ 報名資料須填寫泳員比賽成績，未填寫泳員比賽成績的報名將不獲受理。 ✧ 參賽隊伍不得多於 50 人 (包括領隊、教練及工作人員)。  <u>個人項目</u> ✧ 每日可參加不多於四項的個人項目。 ✧ 整個比賽中 10 歲或以下及 11 及 12 歲的泳員可參加不多於五項的個人項目。 ✧ 整個比賽中 13 及 14 歲、15 至 17 歲、18 歲或以上的泳員可參加不多於六項的個人項目。 ✧ 如泳員在比賽前或比賽後被發現參加多於指定量，本會將取消該泳員最後一項的項目或成績。  <u>接力項目</u> ✧ 每個國家只可派一隊參加每項接力。		
註冊費用：	個人註冊：每人註冊費為港幣三百元正。 所有費用應在首天比賽或之前支付。		
截止提交參賽意願表：	二零二三年九月一日 (星期五) (1700 小時)		
截止報名：	二零二三年九月十五日 (星期五) (1700 小時)		
項目：	請參閱項目表。所有項目不設初賽，名次以比賽成績計算。		
參賽標準：	請參閱達標時間表。		
年齡組：	✧ 年齡以比賽首日計算。 <u>個人項目</u>		

## 二零二三至二零二四年香港長池分齡游泳錦標賽 外隊比賽規程

	<ul style="list-style-type: none"> <li>◇ 10 歲或以下、11 及 12 歲、13 及 14 歲、15 至 17 歲、18 歲或以上 <u>接力項目</u></li> <li>◇ 12 歲或以下、13 歲或以上、“梯級”(4 位泳員必須分別來自 10 歲或以下、11 及 12 歲、13 及 14 歲、15 歲至 17 歲、18 歲或以上組別。)</li> </ul>
<b>棄權：</b>	<u>所有棄權須於首天比賽一日(工作天)前中午十二時或之前遞交。</u> <u>每次“缺席”的罰款為港幣\$120 元正。</u>
<b>獎項：</b>	◇ 首三名將獲頒發獎牌。
<b>規則：</b>	<ul style="list-style-type: none"> <li>◇ 比賽採用世界泳聯規則及泳總游泳競賽規程。</li> <li>◇ 泳員在其中一項未達標準時間，其屬會將被每項罰款港幣\$120 正 (此規則並不適用於犯規被取消資格的情況)。</li> <li>◇ 未達參賽標準時間的泳員將不獲發獎牌。</li> <li>◇ 泳員申請分段時間紀錄須於每節開賽前 30 分鐘遞交申請表，連同<b>港幣 \$300 元正</b>予總裁判。任何情況下，所繳費用概不發還。</li> </ul> <p><u>接力項目</u></p> <ul style="list-style-type: none"> <li>◇ 接力賽未達標準時間，將被每項罰款港幣\$120 正(此規則並不適用於犯規被取消資格之情況)。</li> <li>◇ 未達參賽標準時間之隊伍將不獲發獎牌。</li> <li>◇ 接力名單須於每節比賽開始前 30 分鐘遞交。</li> </ul>
<b>上訴：</b>	<ul style="list-style-type: none"> <li>◇ 任何上訴須以書面提出，並須在該項比賽成績公佈後三十分鐘內，連同上訴費<b>港幣\$300 元</b>遞交予總裁判。</li> <li>◇ 若上訴被駁回，已繳費用概不發還。</li> </ul>

\* 二零二三至二零二四年香港長池分齡游泳錦標賽成功申請為二零二四年世界泳聯游泳錦標賽及二零二四年巴黎奧運會的達標賽事。

# HONG KONG AGE GROUP LONG COURSE SWIMMING CHAMPIONSHIPS 2023 – 2024

## *Overseas rules & regulations*

<b>Date</b>	<u>Day 1 06/10/2023 (Fri)</u> Warm Up: 1700-1745 Start: 1800	<u>Day 2 07/10/2023 (Sat)</u> Warm Up: 0800-0845 Start: 0900 Warm Up: 1300-1345 Start: 1400	<u>Day 3 08/10/2023 (Sun)</u> Warm Up: 0800-0845 Start: 0900 Warm Up: 1300-1345 Start: 1400
<b>Venue</b>	Kowloon Park Swimming Pool		
<b>Entry Conditions</b>	<ul style="list-style-type: none"> <li>❖ All competitors &amp; teams must be registered swimmers in 2023-2024 of their respective National Swimming Association/Federation.</li> <li>❖ Entries must be submitted through and sanctioned by their respective National Swimming Association/Federation.</li> <li>❖ Swimmers should reach the Age Group Championships qualifying standard.</li> </ul>		
<b>Entries</b>	<ul style="list-style-type: none"> <li>❖ Please complete the attached Preliminary form and Master entry form. Entries must be submitted along with master entry forms.</li> <li>❖ Entry time must be submitted. Entry without entry time will not be accepted.</li> <li>❖ Each country must not exceed 50 pax (including team manager, coaches and officials).</li> </ul> <p><u>Individual Events</u></p> <ul style="list-style-type: none"> <li>❖ Each swimmer is limited to enter not more than 4 events per day.</li> <li>❖ Swimmers in the age group of 10&amp;Under and 11-12 are limited to enter no more than 5 events in total.</li> <li>❖ Swimmers in the age group of 13-14, 15-17 and 18&amp;Over are limited to enter no more than 6 events in total.</li> <li>❖ In case of any swimmer entering number of events in excess of the entry quota, HKGSA will have the sole discretion to cancel the swimmer's last entry event at any point of time.</li> </ul> <p><u>Relay Events</u></p> <ul style="list-style-type: none"> <li>❖ Each country is limited to 1 team in each relay event.</li> </ul>		
<b>Fees</b>	Registration fee will be \$300 per person. Entry fees shall be paid on or before the start of first day competition.		
<b>Closing Date for Preliminary Form</b>	1 September 2023 (Fri) (1700 hrs)		
<b>Closing Date for Entries</b>	15 September 2023 (Fri) (1700 hrs)		

# HONG KONG AGE GROUP LONG COURSE SWIMMING CHAMPIONSHIPS 2023 – 2024

## *Overseas rules & regulations*

<b>Event list</b>	Please see attached event list. Events will be run as timed finals.
<b>Qualifying Standards</b>	Please see attached qualifying times list.
<b>Age Group</b>	<p>❖ <b>Age is calculated as at 1<sup>st</sup> day of the competition.</b></p> <p><u>Individual Events</u></p> <p>❖ 10 &amp; under, 11 &amp; 12, 13 &amp; 14, 15 - 17, 18 &amp; over.</p> <p><u>Relay Events</u></p> <p>❖ 12 &amp; under, 13 &amp; over, “Stairstep” (can include 4 swimmers out of 5 age categories, i.e. 10 &amp; under, 11 &amp; 12, 13 &amp; 14, 15 - 17, 18 &amp; over).</p>
<b>Scratches</b>	<b><u>All scratches must be submitted on or before 12 noon one working day before the first event day. A fine of \$120 will be charged for each “no show”.</u></b>
<b>Awards</b>	❖ Medals will be awarded to 1 <sup>st</sup> , 2 <sup>nd</sup> and 3 <sup>rd</sup> places.
<b>Rules</b>	<p>❖ World Aquatics rules &amp; HKGSA swimming rules will apply.</p> <p>❖ Swimmers who fail to reach the required qualifying times of an event will be fined at HK\$120 per event (this rule is not applicable in the DQ situation).</p> <p>❖ No medals will be awarded to swimmers who fail to meet the qualifying time.</p> <p>❖ Application for Split Time Record: - Swimmers who apply for split time record should submit application form with application fee <b>HK\$300</b> to the Referee 30 minutes before the start of each session. <b>Fee paid will not be refunded in any case.</b></p> <p><u>Relay Events</u></p> <p>❖ Failing to reach the required qualifying time of a relay event will be fined at HK\$120 per event (this rule is not applicable in the DQ situation).</p> <p>❖ No medals will be awarded to teams who fail to meet the qualifying time.</p> <p>❖ Names of swimmers actually swimming on a relay must be submitted 30 minutes before the start of each session.</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 <b>HK\$300</b>.</p> <p>❖ If the protest is rejected, the fee paid will be forfeited to the HKGSA.</p>

\* The Hong Kong Age Group Long Course Swimming Championship 2023 – 2024 is approved by World Aquatics to be the qualifying meet of the World Aquatics Championships 2024 – Doha and the Olympic Games of Paris 2024.



參賽標準：	請參閱達標時間表。
年齡組：	<p>◇ 年齡以比賽首日計算。</p> <p><u>個人項目</u></p> <p>◇ 10 歲或以下、11 及 12 歲、13 及 14 歲、15 至 17 歲、18 歲或以上</p> <p><u>接力項目</u></p> <p>◇ 12 歲或以下、13 歲或以上、“梯級”(4 位泳員必須分別來自 10 歲或以下、11 及 12 歲、13 及 14 歲、15 歲至 17 歲、18 歲或以上組別。)</p>
棄權：	<b><u>所有棄權須於首天比賽一日(工作天)前中午十二時或之前遞交。每次“缺席”的罰款為港幣\$120 元正。</u></b>
獎項：	<p>◇ 首三名將獲頒發獎牌。</p> <p><u>1.最佳泳員獎</u></p> <p>◇ 男女泳員各一名。</p> <p>◇ 最佳泳員獎將頒發給在香港得分表中達到最高分（計至小數後兩個位）的泳員。(不包括分段時間紀錄)</p> <p>◇ 如得分相同，優勝將由下一個最高得分的參賽項目來定奪。</p> <p><u>2.最高積分獎</u></p> <p>◇ 每分齡組別男、女泳員各一名。</p> <p>◇ 最高積分獎頒發給是次比賽中得最高積分者，積分計算方法見附表。</p> <p>◇ 如得分相同，優勝將以金、銀、銅牌數量來定奪。(接力項目除外)如得分仍相同，則以其所破紀錄計算：香港紀錄得 5 分，青少年紀錄得 3 分，分齡紀錄得 2 分。</p> <p>◇ 10 歲或以下及 11 及 12 歲的泳員必須參加二百米個人四式方可競逐最高積分獎。</p> <p><u>3.團體獎項</u></p> <p>◇ 男子全場之冠亞季軍/女子全場之冠亞季軍/屬會全場之冠亞季軍。</p>
規則：	<p>◇ 比賽採用世界泳聯規則及泳總游泳競賽規程。</p> <p>◇ 泳員在其中一項未達標準時間，其屬會將被每項罰款港幣\$120 正 (此規則並不適用於犯規被取消資格的情況)。</p> <p>◇ 未達參賽標準時間的泳員將不獲計分及發獎牌，該泳員的屬會總分將被扣三分。</p> <p>◇ 泳員申請分段時間紀錄須於每節開賽前 30 分鐘遞交申請表，連同<b>港幣\$300 元正</b>予總裁判。任何情況下，<b>所繳費用概不發還</b>。</p> <p>◇ 運動員轉會：轉會競賽運動員在成功轉會日起一年內代表新屬會參與所有計分的比賽中所得的分數（不論個人或接力項目）將不會被計算至新屬會的團體總分。</p> <p><u>接力項目</u></p>

	<ul style="list-style-type: none"> <li>✧ 接力首八名可得分，得分為個人項目的雙倍。</li> <li>✧ 泳會在其中一項接力賽未達標準時間，將被每項罰款港幣\$120 正(此規則並不適用於犯規被取消資格之情況)。</li> <li>✧ 未達參賽標準時間之泳會將不獲計分及發獎牌，該接力隊所代表之屬會總分將被扣六分。</li> <li>✧ 接力名單連註冊編號須於每節比賽開始前 30 分鐘遞交。</li> </ul>
上訴：	<ul style="list-style-type: none"> <li>✧ 任何上訴須以書面提出，並須在該項比賽成績公佈後三十分鐘內，連同上訴費港幣\$300 元遞交予總裁判。</li> <li>✧ 上訴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>

計分表

名次	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
屬會及個人	11	7	6	5	4	3	2	1
接力	22	14	12	10	8	6	4	2

## HONG KONG AGE GROUP LONG COURSE SWIMMING CHAMPIONSHIPS 2023 – 2024

### *Rules & regulations*

<b>Date</b>	<u>Day 1 06/10/2023 (Fri)</u> Warm Up: 1700-1745 Start: 1800	<u>Day 2 07/10/2023 (Sat)</u> Warm Up: 0800-0845 Start: 0900 Warm Up: 1300-1345 Start: 1400	<u>Day 3 08/10/2023 (Sun)</u> Warm Up: 0800-0845 Start: 0900 Warm Up: 1300-1345 Start: 1400
<b>Venue</b>	Kowloon Park Swimming Pool		
<b>Entry Conditions</b>	<ul style="list-style-type: none"> <li>❖ All competitors must be 2023-2024 registered age group swimmers of HKGSA and register to HKGSA at least <u>21 days</u> prior to the closing date of entries.</li> <li>❖ Championship Eligibility rule applies.</li> <li>❖ Swimmers should reach the Age Group Championships qualifying standard.</li> <li>❖ For all new entries for any event entered with no proven result (Long Course/ Short Course), qualify time for individual event shall be used as entry time.</li> </ul>		
<b>Entries</b>	<ul style="list-style-type: none"> <li>❖ Incomplete/incorrect entry information will be rejected and fees paid will not be refunded.</li> <li>❖ Late entries will not be accepted.</li> </ul> <p><u>Individual Events</u></p> <ul style="list-style-type: none"> <li>❖ Each swimmer is limited to enter not more than 4 events per day.</li> <li>❖ Swimmers in the age group of 10&amp;Under and 11-12 are limited to enter no more than 5 events in total.</li> <li>❖ Swimmers in the age group of 13-14, 15-17 and 18&amp;Over are limited to enter no more than 6 events in total.</li> <li>❖ In case of any swimmer entering number of events in excess of the entry quota, HKGSA will have the sole discretion to scratch or cancel the swimmer's last entry event at any point of time.</li> <li>❖ *HK\$15 per individual event.</li> <li>❖ * HK\$ 15 + HK\$ 40 = HK\$ 55 --- For each qualified time ("QT") entry.</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 one team in each relay event.</li> <li>❖ *HK\$15 per team per relay event.</li> <li>❖ * HK\$ 15 + HK\$ 40 = HK\$ 55 --- For each qualified time ("QT") entry.</li> </ul> <p>*Paid by cheque. Crossed cheque made payable to 'Hong Kong China Swimming Association'.</p>		
<b>Closing Date for Entries</b>	21 days prior to the first date of competition. (subject to the announcement of the HKGSA)		

<b>Closing Date for Registration</b>	21 days prior to the closing date of entries. (subject to the announcement of the HKGSA)
<b>Event list</b>	Please see attached event list. Events will be run as timed finals.
<b>Qualifying Standards</b>	Please see attached qualifying times list.
<b>Age Group</b>	<p>❖ <b>Age is calculated as at 1st day of the competition.</b></p> <p><u>Individual Events</u></p> <p>❖ 10 &amp; under, 11 &amp; 12, 13 &amp; 14, 15 - 17, 18 &amp; Over.</p> <p><u>Relay Events</u></p> <p>❖ 12 &amp; under, 13 &amp; over, "Stairstep" (can include 4 swimmers out of 5 age categories).</p>
<b>Scratches</b>	<b><u>All scratches must be submitted on or before 12 noon one working day before the first event day. A fine of \$120 will be charged for each "no show".</u></b>
<b>Awards</b>	<p>❖ Medals will be awarded to 1st, 2nd and 3rd places.</p> <p>❖ Awards for Outstanding Swimmers:</p> <ul style="list-style-type: none"> <li>- Overall Boy/Overall Girl.</li> <li>- Awarded to swimmers scoring the highest point (calculated to 2 decimal places) on the HK Point score table during the Championships. (Split Time Record Excluded)</li> <li>- In case of a tie, the winner will be determined by the second highest scored event obtained.</li> </ul> <p>❖ Awards for High Point Winners:</p> <ul style="list-style-type: none"> <li>- Trophies awarded to each girls and boys age group.</li> <li>- High point winner trophies will be awarded to those swimmers accumulating the highest points in their events using the point score set out below.</li> <li>- In case of a tie, the winner will be determined by the no. of the medals (Relay events excluded) obtained in the following sequences i.e. gold, silver and bronze and finally the no. of records obtained with the following scoring method: HK Record: 5 Points, Junior Record: 3 Points, Age Group Record: 2 Points.</li> <li>- Swimmers in the age group of 10&amp;Under and 11-12 must swim at the 200 I.M. for competing in this award.</li> </ul> <p>❖ Awards for Clubs:</p> <ul style="list-style-type: none"> <li>- Trophies will be awarded to 1st, 2nd, 3rd places of Girls Overall, Boys Overall and Club Overall.</li> </ul>

<p><b>Rules</b></p>	<ul style="list-style-type: none"> <li>❖ World Aquatics rules &amp; HKGSA swimming rules will apply.</li> <li>❖ Swimmers who fail to reach the required qualifying times of an event will be fined at HK\$120 per event (this rule is not applicable in the DQ situation).</li> <li>❖ No points or medals will be awarded to swimmers who fail to meet the qualifying time and three points will be deducted from their respective club points.</li> <li>❖ Application for Split Time Record: <ul style="list-style-type: none"> <li>- Swimmers who apply for split time record should submit application form with application fee <b>HK\$300</b> to the Referee 30 minutes before the start of each session. <b>Fee paid will not be refunded in any case.</b></li> </ul> </li> <li>❖ Swimmers' Club Transfer: Upon compliance with rules in relation to Registration of Club Transfer under Registration of Athletes, the requesting Athlete (as defined therein) can after the 1 month suspension period represent the new club in any meets but no point will be counted towards the new club's total scores for any event (whether individual or relay event) for 1 years from the first effective day of the completed Club Transfer.</li> </ul> <p><b><u>Relay Events</u></b></p> <ul style="list-style-type: none"> <li>❖ The first 8 teams in relay will be awarded points doubled that of individual events.</li> <li>❖ Clubs who fail to reach the required qualifying time of a relay event will be fined at HK\$120 per event (this rule is not applicable in the DQ situation).</li> <li>❖ No points or medals will be awarded to clubs who fail to meet the qualifying time and six points will be deducted from their respective club points.</li> <li>❖ Names of swimmers with registration number actually swimming on a relay must be submitted 30 minutes before the start of each session.</li> </ul>
<p><b>Protest</b></p>	<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 <b>HK\$300</b>.</li> <li>❖ Protest will be forward to the Appeal Board of such competition for decision.</li> <li>❖ If the protest is rejected, the fee paid will be forfeited to the HKGSA.</li> </ul>

**POINT SCORING**

<b>Placing</b>	<b>1<sup>st</sup></b>	<b>2<sup>nd</sup></b>	<b>3<sup>rd</sup></b>	<b>4<sup>th</sup></b>	<b>5<sup>th</sup></b>	<b>6<sup>th</sup></b>	<b>7<sup>th</sup></b>	<b>8<sup>th</sup></b>
Club & Individual	11	7	6	5	4	3	2	1
Relay	22	14	12	10	8	6	4	2

## 熱身安全守則

運動員及教練必須於所有本會舉辦之游泳比賽中，遵守以下熱身安全守則：

### 普通熱身安全守則

由熱身時間開始至熱身完結前十五分鐘期間，以下普通熱身安全守則將會執行：

- 1) 所有泳道只開放用作一般熱身之用。
- 2) 泳員只能以腳入水方式落水。
- 3) 泳員只能以循環游泳方式熱身，不可以從跳台或泳池邊起跳。
- 4) 泳員於熱身後須儘快離開泳道以讓其他泳員能有充足時間進行熱身。泳員更不可於泳池內逗留或嬉戲。
- 5) 泳員須於起點及終點兩旁離開泳池，當泳員穿越泳道時應於泳線下越過並應儘速離開水面，不得潛泳。

### 衝刺及起跳熱身安全守則

由熱身完結前十五分鐘至熱身完結期間，以下衝刺及起跳熱身安全守則將會執行：

- 1) 一般情況下，最外圍四條泳道(左右各兩)將開放用作起跳及衝刺練習。其他泳道仍只用作普通熱身之用。以一個標準泳池作舉例，泳道 0,1 及 8,9 將開放予泳員用作衝刺及起跳練習。
- 2) 泳員必須於練習完畢後儘速離開。
- 3) 長池安排: 衝刺泳道將劃分為兩部份,由起點起計二十五米及由終點起計十五米。
- 4) 短池安排: 衝刺泳道用作予泳員於指定時段及泳道從跳台或水中起跳。泳員只能以單向方式前進。泳員必須於教練監察下作衝刺及起跳練習。
- 5) 進行背泳練習之泳員須留意沒有其他泳員於跳台上同時準備起跳。如有背泳泳員準備起跳，等候中泳員不應踏上跳台。

除以上守則以外，泳員須留意及遵守大會或總裁判現場有關熱身時段安排之宣佈。

### 教練應注意以下事項:

只有泳總註冊教練方能於熱身時間期間在池面逗留，並須佩戴泳總註冊教練證於當眼處。總裁判及泳總職員將於熱身期間進行檢查，未能出示泳總註冊教練證之人仕將不能於池面逗留並須立即離開。未合符註冊資格的教練可申請進入池面許可證。

- 1) 佩戴泳總註冊教練證於當眼處。
- 2) 指導泳員遵守安全指引及熱身注意事項。
- 3) 於泳員熱身期間積極監察其安全及活動。
- 4) 盡量與泳員保持良好溝通。

## **WARM UP RULES**

The following general pool procedures for the **MAIN COMPETITION POOL** must be observed throughout the warm up sessions in every HKGSA swimming competition:

### **GENERAL Warm-up procedure**

From the beginning to 15 minutes prior to the end of warm up session, the following warm up arrangements will be implemented,

- 1) All lanes can be used for general warm-up.
- 2) Swimmers must enter the pool feet first. NO DIVING is allowed.
- 3) Lap Swimming only.
- 4) Swimmers are required to exit the pool on completion of their warm-up to allow other swimmers to have adequate warm-up time. The pool is not for visiting or playing during the warm-up session.
- 5) Swimmers are recommended to cross lanes at the side of Starting or Turning End. They should swim under water when crossing the lane and should break to the surface as soon as possible.

### **Sprint and Start practice Warm-up procedure**

From 15 minutes prior to the end of warm up session, the following warm up arrangements will be implemented,

- 1) In general, the outermost lane(s) should be used for race starts and sprint purpose, the remaining lanes for general warm-up. For instance, for a standard pool, lanes 0,1 and 8, 9 would be reserved as Sprints Lanes for swimmers to have race starts and sprint practice.
- 2) Swimmers must leave the sprint lanes immediately after practice.
- 3) In 50m pool, sprints lanes will be split into two ends, 25m from the Starting end and 15m from the turning end of the pool.
- 4) In 25m pool, sprint lanes are for diving from blocks or for backstroke starts in specified lanes at designated times. One way only! Dive sprints may only be done under the direct supervision of the coach.
- 5) Backstrokers should ensure that they are not starting at the same time while a swimmer is on the block. Swimmers shall not step up on the blocks if there is a backstroker waiting to start.

In addition to the procedures above please be aware of announcements to determine lane usage throughout the meet, as usage may vary at the discretion of the Referee.

**Coaches are responsible for the following:**

Only Registered Coaches of HKGSA are allowed to stay at the pool deck during warm-up time. Registered Coaches are required to wear the Coach Registration Card conspicuously when staying at the pool deck during warm up session. They should process and present the Coach Registration Card to the Referee and designated HKGSA staff for validation. Those who fail to process and present the Coach Registration Card will **not** be permitted to stay at the pool deck. Pool deck entry application is available for coaches who are not eligible to register with HKGSA.

- 1) Wearing the Coach Registration Card conspicuously.
- 2) Instructing swimmers regarding safety guidelines and warm-up procedures.
- 3) Actively supervising their swimmers throughout the warm-up sessions.
- 4) Maintaining as much contact with their swimmers as possible.

# Hong Kong Swimming Point Score 2023 (LC)

## Men

Score	%	Freestyle						Backstroke		
		50m	100m	200m	400m	800m	1500m	50m	100m	200m
100	1.00	21.52	47.86	1:44.62	3:43.58	7:42.55	14:53.60	24.65	53.02	1:55.04
99	1.01	21.74	48.34	1:45.67	3:45.82	7:47.18	15:02.54	24.90	53.55	1:56.19
98	1.02	21.95	48.82	1:46.71	3:48.05	7:51.80	15:11.47	25.14	54.08	1:57.34
97	1.03	22.17	49.30	1:47.76	3:50.29	7:56.43	15:20.41	25.39	54.61	1:58.49
96	1.04	22.38	49.77	1:48.80	3:52.52	8:01.05	15:29.34	25.64	55.14	1:59.64
95	1.05	22.60	50.25	1:49.85	3:54.76	8:05.68	15:38.28	25.88	55.67	2:00.79
94	1.06	22.81	50.73	1:50.90	3:56.99	8:10.30	15:47.22	26.13	56.20	2:01.94
93	1.07	23.03	51.21	1:51.94	3:59.23	8:14.93	15:56.15	26.38	56.73	2:03.09
92	1.08	23.24	51.69	1:52.99	4:01.47	8:19.55	16:05.09	26.62	57.26	2:04.24
91	1.09	23.46	52.17	1:54.04	4:03.70	8:24.18	16:14.02	26.87	57.79	2:05.39
90	1.10	23.67	52.65	1:55.08	4:05.94	8:28.81	16:22.96	27.12	58.32	2:06.54
89	1.11	23.89	53.12	1:56.13	4:08.17	8:33.43	16:31.90	27.36	58.85	2:07.69
88	1.12	24.10	53.60	1:57.17	4:10.41	8:38.06	16:40.83	27.61	59.38	2:08.84
87	1.13	24.32	54.08	1:58.22	4:12.65	8:42.68	16:49.77	27.85	59.91	2:10.00
86	1.14	24.53	54.56	1:59.27	4:14.88	8:47.31	16:58.70	28.10	1:00.44	2:11.15
85	1.15	24.75	55.04	2:00.31	4:17.12	8:51.93	17:07.64	28.35	1:00.97	2:12.30
84	1.16	24.96	55.52	2:01.36	4:19.35	8:56.56	17:16.58	28.59	1:01.50	2:13.45
83	1.17	25.18	56.00	2:02.41	4:21.59	9:01.18	17:25.51	28.84	1:02.03	2:14.60
82	1.18	25.39	56.47	2:03.45	4:23.82	9:05.81	17:34.45	29.09	1:02.56	2:15.75
81	1.19	25.61	56.95	2:04.50	4:26.06	9:10.43	17:43.38	29.33	1:03.09	2:16.90
80	1.20	25.82	57.43	2:05.54	4:28.30	9:15.06	17:52.32	29.58	1:03.62	2:18.05
79	1.21	26.04	57.91	2:06.59	4:30.53	9:19.69	18:01.26	29.83	1:04.15	2:19.20
78	1.22	26.25	58.39	2:07.64	4:32.77	9:24.31	18:10.19	30.07	1:04.68	2:20.35
77	1.23	26.47	58.87	2:08.68	4:35.00	9:28.94	18:19.13	30.32	1:05.21	2:21.50
76	1.24	26.68	59.35	2:09.73	4:37.24	9:33.56	18:28.06	30.57	1:05.74	2:22.65
75	1.25	26.90	59.83	2:10.78	4:39.48	9:38.19	18:37.00	30.81	1:06.28	2:23.80
74	1.26	27.12	1:00.30	2:11.82	4:41.71	9:42.81	18:45.94	31.06	1:06.81	2:24.95
73	1.27	27.33	1:00.78	2:12.87	4:43.95	9:47.44	18:54.87	31.31	1:07.34	2:26.10
72	1.28	27.55	1:01.26	2:13.91	4:46.18	9:52.06	19:03.81	31.55	1:07.87	2:27.25
71	1.29	27.76	1:01.74	2:14.96	4:48.42	9:56.69	19:12.74	31.80	1:08.40	2:28.40
70	1.30	27.98	1:02.22	2:16.01	4:50.65	10:01.32	19:21.68	32.05	1:08.93	2:29.55
69	1.31	28.19	1:02.70	2:17.05	4:52.89	10:05.94	19:30.62	32.29	1:09.46	2:30.70
68	1.32	28.41	1:03.18	2:18.10	4:55.13	10:10.57	19:39.55	32.54	1:09.99	2:31.85
67	1.33	28.62	1:03.65	2:19.14	4:57.36	10:15.19	19:48.49	32.78	1:10.52	2:33.00
66	1.34	28.84	1:04.13	2:20.19	4:59.60	10:19.82	19:57.42	33.03	1:11.05	2:34.15
65	1.35	29.05	1:04.61	2:21.24	5:01.83	10:24.44	20:06.36	33.28	1:11.58	2:35.30
64	1.36	29.27	1:05.09	2:22.28	5:04.07	10:29.07	20:15.30	33.52	1:12.11	2:36.45
63	1.37	29.48	1:05.57	2:23.33	5:06.30	10:33.69	20:24.23	33.77	1:12.64	2:37.60
62	1.38	29.70	1:06.05	2:24.38	5:08.54	10:38.32	20:33.17	34.02	1:13.17	2:38.76
61	1.39	29.91	1:06.53	2:25.42	5:10.78	10:42.94	20:42.10	34.26	1:13.70	2:39.91
60	1.40	30.13	1:07.00	2:26.47	5:13.01	10:47.57	20:51.04	34.51	1:14.23	2:41.06
59	1.41	30.34	1:07.48	2:27.51	5:15.25	10:52.20	20:59.98	34.76	1:14.76	2:42.21
58	1.42	30.56	1:07.96	2:28.56	5:17.48	10:56.82	21:08.91	35.00	1:15.29	2:43.36
57	1.43	30.77	1:08.44	2:29.61	5:19.72	11:01.45	21:17.85	35.25	1:15.82	2:44.51
56	1.44	30.99	1:08.92	2:30.65	5:21.96	11:06.07	21:26.78	35.50	1:16.35	2:45.66
55	1.45	31.20	1:09.40	2:31.70	5:24.19	11:10.70	21:35.72	35.74	1:16.88	2:46.81
54	1.46	31.42	1:09.88	2:32.75	5:26.43	11:15.32	21:44.66	35.99	1:17.41	2:47.96
53	1.47	31.63	1:10.35	2:33.79	5:28.66	11:19.95	21:53.59	36.24	1:17.94	2:49.11

# Hong Kong Swimming Point Score 2023 (LC)

## Men

Score	%	Breaststroke			Butterfly			Ind Medley	
		50m	100m	200m	50m	100m	200m	200m	400m
100	1.00	27.01	59.14	2:08.17	23.06	51.07	1:54.43	1:56.79	4:12.22
99	1.01	27.28	59.73	2:09.45	23.29	51.58	1:55.57	1:57.96	4:14.74
98	1.02	27.55	1:00.32	2:10.73	23.52	52.09	1:56.72	1:59.13	4:17.26
97	1.03	27.82	1:00.91	2:12.02	23.75	52.60	1:57.86	2:00.29	4:19.79
96	1.04	28.09	1:01.51	2:13.30	23.98	53.11	1:59.01	2:01.46	4:22.31
95	1.05	28.36	1:02.10	2:14.58	24.21	53.62	2:00.15	2:02.63	4:24.83
94	1.06	28.63	1:02.69	2:15.86	24.44	54.13	2:01.30	2:03.80	4:27.35
93	1.07	28.90	1:03.28	2:17.14	24.67	54.64	2:02.44	2:04.97	4:29.88
92	1.08	29.17	1:03.87	2:18.42	24.90	55.16	2:03.58	2:06.13	4:32.40
91	1.09	29.44	1:04.46	2:19.71	25.14	55.67	2:04.73	2:07.30	4:34.92
90	1.10	29.71	1:05.05	2:20.99	25.37	56.18	2:05.87	2:08.47	4:37.44
89	1.11	29.98	1:05.65	2:22.27	25.60	56.69	2:07.02	2:09.64	4:39.96
88	1.12	30.25	1:06.24	2:23.55	25.83	57.20	2:08.16	2:10.80	4:42.49
87	1.13	30.52	1:06.83	2:24.83	26.06	57.71	2:09.31	2:11.97	4:45.01
86	1.14	30.79	1:07.42	2:26.11	26.29	58.22	2:10.45	2:13.14	4:47.53
85	1.15	31.06	1:08.01	2:27.40	26.52	58.73	2:11.59	2:14.31	4:50.05
84	1.16	31.33	1:08.60	2:28.68	26.75	59.24	2:12.74	2:15.48	4:52.58
83	1.17	31.60	1:09.19	2:29.96	26.98	59.75	2:13.88	2:16.64	4:55.10
82	1.18	31.87	1:09.79	2:31.24	27.21	1:00.26	2:15.03	2:17.81	4:57.62
81	1.19	32.14	1:10.38	2:32.52	27.44	1:00.77	2:16.17	2:18.98	5:00.14
80	1.20	32.41	1:10.97	2:33.80	27.67	1:01.28	2:17.32	2:20.15	5:02.66
79	1.21	32.68	1:11.56	2:35.09	27.90	1:01.79	2:18.46	2:21.32	5:05.19
78	1.22	32.95	1:12.15	2:36.37	28.13	1:02.31	2:19.60	2:22.48	5:07.71
77	1.23	33.22	1:12.74	2:37.65	28.36	1:02.82	2:20.75	2:23.65	5:10.23
76	1.24	33.49	1:13.33	2:38.93	28.59	1:03.33	2:21.89	2:24.82	5:12.75
75	1.25	33.76	1:13.93	2:40.21	28.83	1:03.84	2:23.04	2:25.99	5:15.28
74	1.26	34.03	1:14.52	2:41.49	29.06	1:04.35	2:24.18	2:27.16	5:17.80
73	1.27	34.30	1:15.11	2:42.78	29.29	1:04.86	2:25.33	2:28.32	5:20.32
72	1.28	34.57	1:15.70	2:44.06	29.52	1:05.37	2:26.47	2:29.49	5:22.84
71	1.29	34.84	1:16.29	2:45.34	29.75	1:05.88	2:27.61	2:30.66	5:25.36
70	1.30	35.11	1:16.88	2:46.62	29.98	1:06.39	2:28.76	2:31.83	5:27.89
69	1.31	35.38	1:17.47	2:47.90	30.21	1:06.90	2:29.90	2:32.99	5:30.41
68	1.32	35.65	1:18.06	2:49.18	30.44	1:07.41	2:31.05	2:34.16	5:32.93
67	1.33	35.92	1:18.66	2:50.47	30.67	1:07.92	2:32.19	2:35.33	5:35.45
66	1.34	36.19	1:19.25	2:51.75	30.90	1:08.43	2:33.34	2:36.50	5:37.97
65	1.35	36.46	1:19.84	2:53.03	31.13	1:08.94	2:34.48	2:37.67	5:40.50
64	1.36	36.73	1:20.43	2:54.31	31.36	1:09.46	2:35.62	2:38.83	5:43.02
63	1.37	37.00	1:21.02	2:55.59	31.59	1:09.97	2:36.77	2:40.00	5:45.54
62	1.38	37.27	1:21.61	2:56.87	31.82	1:10.48	2:37.91	2:41.17	5:48.06
61	1.39	37.54	1:22.20	2:58.16	32.05	1:10.99	2:39.06	2:42.34	5:50.59
60	1.40	37.81	1:22.80	2:59.44	32.28	1:11.50	2:40.20	2:43.51	5:53.11
59	1.41	38.08	1:23.39	3:00.72	32.51	1:12.01	2:41.35	2:44.67	5:55.63
58	1.42	38.35	1:23.98	3:02.00	32.75	1:12.52	2:42.49	2:45.84	5:58.15
57	1.43	38.62	1:24.57	3:03.28	32.98	1:13.03	2:43.63	2:47.01	6:00.67
56	1.44	38.89	1:25.16	3:04.56	33.21	1:13.54	2:44.78	2:48.18	6:03.20
55	1.45	39.16	1:25.75	3:05.85	33.44	1:14.05	2:45.92	2:49.35	6:05.72
54	1.46	39.43	1:26.34	3:07.13	33.67	1:14.56	2:47.07	2:50.51	6:08.24
53	1.47	39.70	1:26.94	3:08.41	33.90	1:15.07	2:48.21	2:51.68	6:10.76

# Hong Kong Swimming Point Score 2023 (LC)

## Women

Score	%	Freestyle						Backstroke		
		50m	100m	200m	400m	800m	1500m	50m	100m	200m
100	1.00	24.08	52.08	1:53.61	4:02.04	8:20.36	15:57.67	27.31	58.79	2:06.38
99	1.01	24.32	52.60	1:54.75	4:04.46	8:25.36	16:07.25	27.58	59.38	2:07.64
98	1.02	24.56	53.12	1:55.88	4:06.88	8:30.37	16:16.82	27.86	59.97	2:08.91
97	1.03	24.80	53.64	1:57.02	4:09.30	8:35.37	16:26.40	28.13	1:00.55	2:10.17
96	1.04	25.04	54.16	1:58.15	4:11.72	8:40.37	16:35.98	28.40	1:01.14	2:11.44
95	1.05	25.28	54.68	1:59.29	4:14.14	8:45.38	16:45.55	28.68	1:01.73	2:12.70
94	1.06	25.52	55.20	2:00.43	4:16.56	8:50.38	16:55.13	28.95	1:02.32	2:13.96
93	1.07	25.77	55.73	2:01.56	4:18.98	8:55.39	17:04.71	29.22	1:02.91	2:15.23
92	1.08	26.01	56.25	2:02.70	4:21.40	9:00.39	17:14.28	29.49	1:03.49	2:16.49
91	1.09	26.25	56.77	2:03.83	4:23.82	9:05.39	17:23.86	29.77	1:04.08	2:17.75
90	1.10	26.49	57.29	2:04.97	4:26.24	9:10.40	17:33.44	30.04	1:04.67	2:19.02
89	1.11	26.73	57.81	2:06.11	4:28.66	9:15.40	17:43.01	30.31	1:05.26	2:20.28
88	1.12	26.97	58.33	2:07.24	4:31.08	9:20.40	17:52.59	30.59	1:05.84	2:21.55
87	1.13	27.21	58.85	2:08.38	4:33.51	9:25.41	18:02.17	30.86	1:06.43	2:22.81
86	1.14	27.45	59.37	2:09.52	4:35.93	9:30.41	18:11.74	31.13	1:07.02	2:24.07
85	1.15	27.69	59.89	2:10.65	4:38.35	9:35.41	18:21.32	31.41	1:07.61	2:25.34
84	1.16	27.93	1:00.41	2:11.79	4:40.77	9:40.42	18:30.90	31.68	1:08.20	2:26.60
83	1.17	28.17	1:00.93	2:12.92	4:43.19	9:45.42	18:40.47	31.95	1:08.78	2:27.86
82	1.18	28.41	1:01.45	2:14.06	4:45.61	9:50.42	18:50.05	32.23	1:09.37	2:29.13
81	1.19	28.66	1:01.98	2:15.20	4:48.03	9:55.43	18:59.63	32.50	1:09.96	2:30.39
80	1.20	28.90	1:02.50	2:16.33	4:50.45	10:00.43	19:09.20	32.77	1:10.55	2:31.66
79	1.21	29.14	1:03.02	2:17.47	4:52.87	10:05.44	19:18.78	33.05	1:11.14	2:32.92
78	1.22	29.38	1:03.54	2:18.60	4:55.29	10:10.44	19:28.36	33.32	1:11.72	2:34.18
77	1.23	29.62	1:04.06	2:19.74	4:57.71	10:15.44	19:37.93	33.59	1:12.31	2:35.45
76	1.24	29.86	1:04.58	2:20.88	5:00.13	10:20.45	19:47.51	33.86	1:12.90	2:36.71
75	1.25	30.10	1:05.10	2:22.01	5:02.55	10:25.45	19:57.09	34.14	1:13.49	2:37.98
74	1.26	30.34	1:05.62	2:23.15	5:04.97	10:30.45	20:06.66	34.41	1:14.08	2:39.24
73	1.27	30.58	1:06.14	2:24.28	5:07.39	10:35.46	20:16.24	34.68	1:14.66	2:40.50
72	1.28	30.82	1:06.66	2:25.42	5:09.81	10:40.46	20:25.82	34.96	1:15.25	2:41.77
71	1.29	31.06	1:07.18	2:26.56	5:12.23	10:45.46	20:35.39	35.23	1:15.84	2:43.03
70	1.30	31.30	1:07.70	2:27.69	5:14.65	10:50.47	20:44.97	35.50	1:16.43	2:44.29
69	1.31	31.54	1:08.22	2:28.83	5:17.07	10:55.47	20:54.55	35.78	1:17.01	2:45.56
68	1.32	31.79	1:08.75	2:29.97	5:19.49	11:00.48	21:04.12	36.05	1:17.60	2:46.82
67	1.33	32.03	1:09.27	2:31.10	5:21.91	11:05.48	21:13.70	36.32	1:18.19	2:48.09
66	1.34	32.27	1:09.79	2:32.24	5:24.33	11:10.48	21:23.28	36.60	1:18.78	2:49.35
65	1.35	32.51	1:10.31	2:33.37	5:26.75	11:15.49	21:32.85	36.87	1:19.37	2:50.61
64	1.36	32.75	1:10.83	2:34.51	5:29.17	11:20.49	21:42.43	37.14	1:19.95	2:51.88
63	1.37	32.99	1:11.35	2:35.65	5:31.59	11:25.49	21:52.01	37.41	1:20.54	2:53.14
62	1.38	33.23	1:11.87	2:36.78	5:34.02	11:30.50	22:01.58	37.69	1:21.13	2:54.40
61	1.39	33.47	1:12.39	2:37.92	5:36.44	11:35.50	22:11.16	37.96	1:21.72	2:55.67
60	1.40	33.71	1:12.91	2:39.05	5:38.86	11:40.50	22:20.74	38.23	1:22.31	2:56.93
59	1.41	33.95	1:13.43	2:40.19	5:41.28	11:45.51	22:30.31	38.51	1:22.89	2:58.20
58	1.42	34.19	1:13.95	2:41.33	5:43.70	11:50.51	22:39.89	38.78	1:23.48	2:59.46
57	1.43	34.43	1:14.47	2:42.46	5:46.12	11:55.51	22:49.47	39.05	1:24.07	3:00.72
56	1.44	34.68	1:15.00	2:43.60	5:48.54	12:00.52	22:59.04	39.33	1:24.66	3:01.99
55	1.45	34.92	1:15.52	2:44.73	5:50.96	12:05.52	23:08.62	39.60	1:25.25	3:03.25
54	1.46	35.16	1:16.04	2:45.87	5:53.38	12:10.53	23:18.20	39.87	1:25.83	3:04.51
53	1.47	35.40	1:16.56	2:47.01	5:55.80	12:15.53	23:27.77	40.15	1:26.42	3:05.78

# Hong Kong Swimming Point Score 2023 (LC)

## Women

Score	%	Breaststroke			Butterfly			Ind Medley	
		50m	100m	200m	50m	100m	200m	200m	400m
100	1.00	30.34	1:05.67	2:22.19	25.40	56.45	2:05.84	2:08.60	4:34.46
99	1.01	30.64	1:06.33	2:23.61	25.65	57.01	2:07.10	2:09.89	4:37.20
98	1.02	30.95	1:06.98	2:25.03	25.91	57.58	2:08.36	2:11.17	4:39.95
97	1.03	31.25	1:07.64	2:26.46	26.16	58.14	2:09.62	2:12.46	4:42.69
96	1.04	31.55	1:08.30	2:27.88	26.42	58.71	2:10.87	2:13.74	4:45.44
95	1.05	31.86	1:08.95	2:29.30	26.67	59.27	2:12.13	2:15.03	4:48.18
94	1.06	32.16	1:09.61	2:30.72	26.92	59.84	2:13.39	2:16.32	4:50.93
93	1.07	32.46	1:10.27	2:32.14	27.18	1:00.40	2:14.65	2:17.60	4:53.67
92	1.08	32.77	1:10.92	2:33.57	27.43	1:00.97	2:15.91	2:18.89	4:56.42
91	1.09	33.07	1:11.58	2:34.99	27.69	1:01.53	2:17.17	2:20.17	4:59.16
90	1.10	33.37	1:12.24	2:36.41	27.94	1:02.10	2:18.42	2:21.46	5:01.91
89	1.11	33.68	1:12.89	2:37.83	28.19	1:02.66	2:19.68	2:22.75	5:04.65
88	1.12	33.98	1:13.55	2:39.25	28.45	1:03.22	2:20.94	2:24.03	5:07.40
87	1.13	34.28	1:14.21	2:40.67	28.70	1:03.79	2:22.20	2:25.32	5:10.14
86	1.14	34.59	1:14.86	2:42.10	28.96	1:04.35	2:23.46	2:26.60	5:12.88
85	1.15	34.89	1:15.52	2:43.52	29.21	1:04.92	2:24.72	2:27.89	5:15.63
84	1.16	35.19	1:16.18	2:44.94	29.46	1:05.48	2:25.97	2:29.18	5:18.37
83	1.17	35.50	1:16.83	2:46.36	29.72	1:06.05	2:27.23	2:30.46	5:21.12
82	1.18	35.80	1:17.49	2:47.78	29.97	1:06.61	2:28.49	2:31.75	5:23.86
81	1.19	36.10	1:18.15	2:49.21	30.23	1:07.18	2:29.75	2:33.03	5:26.61
80	1.20	36.41	1:18.80	2:50.63	30.48	1:07.74	2:31.01	2:34.32	5:29.35
79	1.21	36.71	1:19.46	2:52.05	30.73	1:08.30	2:32.27	2:35.61	5:32.10
78	1.22	37.01	1:20.12	2:53.47	30.99	1:08.87	2:33.52	2:36.89	5:34.84
77	1.23	37.32	1:20.77	2:54.89	31.24	1:09.43	2:34.78	2:38.18	5:37.59
76	1.24	37.62	1:21.43	2:56.32	31.50	1:10.00	2:36.04	2:39.46	5:40.33
75	1.25	37.93	1:22.09	2:57.74	31.75	1:10.56	2:37.30	2:40.75	5:43.08
74	1.26	38.23	1:22.74	2:59.16	32.00	1:11.13	2:38.56	2:42.04	5:45.82
73	1.27	38.53	1:23.40	3:00.58	32.26	1:11.69	2:39.82	2:43.32	5:48.56
72	1.28	38.84	1:24.06	3:02.00	32.51	1:12.26	2:41.08	2:44.61	5:51.31
71	1.29	39.14	1:24.71	3:03.43	32.77	1:12.82	2:42.33	2:45.89	5:54.05
70	1.30	39.44	1:25.37	3:04.85	33.02	1:13.39	2:43.59	2:47.18	5:56.80
69	1.31	39.75	1:26.03	3:06.27	33.27	1:13.95	2:44.85	2:48.47	5:59.54
68	1.32	40.05	1:26.68	3:07.69	33.53	1:14.51	2:46.11	2:49.75	6:02.29
67	1.33	40.35	1:27.34	3:09.11	33.78	1:15.08	2:47.37	2:51.04	6:05.03
66	1.34	40.66	1:28.00	3:10.53	34.04	1:15.64	2:48.63	2:52.32	6:07.78
65	1.35	40.96	1:28.65	3:11.96	34.29	1:16.21	2:49.88	2:53.61	6:10.52
64	1.36	41.26	1:29.31	3:13.38	34.54	1:16.77	2:51.14	2:54.90	6:13.27
63	1.37	41.57	1:29.97	3:14.80	34.80	1:17.34	2:52.40	2:56.18	6:16.01
62	1.38	41.87	1:30.62	3:16.22	35.05	1:17.90	2:53.66	2:57.47	6:18.75
61	1.39	42.17	1:31.28	3:17.64	35.31	1:18.47	2:54.92	2:58.75	6:21.50
60	1.40	42.48	1:31.94	3:19.07	35.56	1:19.03	2:56.18	3:00.04	6:24.24
59	1.41	42.78	1:32.59	3:20.49	35.81	1:19.59	2:57.43	3:01.33	6:26.99
58	1.42	43.08	1:33.25	3:21.91	36.07	1:20.16	2:58.69	3:02.61	6:29.73
57	1.43	43.39	1:33.91	3:23.33	36.32	1:20.72	2:59.95	3:03.90	6:32.48
56	1.44	43.69	1:34.56	3:24.75	36.58	1:21.29	3:01.21	3:05.18	6:35.22
55	1.45	43.99	1:35.22	3:26.18	36.83	1:21.85	3:02.47	3:06.47	6:37.97
54	1.46	44.30	1:35.88	3:27.60	37.08	1:22.42	3:03.73	3:07.76	6:40.71
53	1.47	44.60	1:36.53	3:29.02	37.34	1:22.98	3:04.98	3:09.04	6:43.46



## H. QUALIFICATION TIME STANDARDS

The following table outlines the Qualification Time Standards\* for the Olympic Games Paris 2024:

Men's		Event	Women's	
Olympic Qualifying Time (OQT) - 2 Entries	Olympic Consideration Time (OCT) - 1 Entry		Olympic Qualifying Time (OQT) - 2 Entries	Olympic Consideration Time (OCT) - 1 Entry
21.96	22.07	50m Freestyle	24.70	24.82
48.34	48.58	100m Freestyle	53.61	53.88
1:46.26	1:46.79	200m Freestyle	1:57.26	1:57.85
3:46.78	3:47.91	400m Freestyle	4:07.90	4:09.14
7:51.65	7:54.01	800m Freestyle	8:26.71	8:29.24
15:00.99	15:05.49	1500m Freestyle	16:09.09	16:13.94
53.74	54.01	100m Backstroke	59.99	1:00.29
1:57.50	1:58.09	200m Backstroke	2:10.39	2:11.04
59.49	59.79	100m Breaststroke	1:06.79	1:07.12
2:09.68	2:10.33	200m Breaststroke	2:23.91	2:24.63
51.67	51.93	100m Butterfly	57.92	58.21
1:55.78	1:56.36	200m Butterfly	2:08.43	2:09.07
1:57.94	1:58.53	200m Individual Medley	2:11.47	2:12.13
4:12.50	4:13.76	400m Individual Medley	4:38.53	4:39.92

**\*Explanation:**

- OQTs correspond to the time achieved by the 14<sup>th</sup> Place in the respective preliminary heats of the event in Tokyo 2020.
- All OCTs were derived by adding 0.5% to the OQT time standard.

## Programme

MEN & WOMEN								
	50m	100m	200m	400m	800m	1500m	4 x 100m	4 x 200m
Freestyle	•	•	•	•	•	•		
Backstroke	•	•	•					
Breaststroke	•	•	•					
Butterfly	•	•	•					
Individual Medley			•	•				
Freestyle Relay							•	•
Medley Relay							•	
Mixed Freestyle Relay							•	
Mixed Medley Relay							•	

## Standard Entry Times

WOMEN			MEN	
W - "B"	W - "A"		M - "A"	M - "B"
25.92	25.04	50m Freestyle	22.12	22.89
56.15	54.25	100m Freestyle	48.51	50.21
2:02.81	1:58.66	200m Freestyle	1:47.06	1:50.81
4:19.34	4:10.57	400m Freestyle	3:48.15	3:56.14
8:56.03	8:37.90	800m Freestyle	7:53.11	8:09.67
17:04.20	16:29.57	1500m Freestyle	15:04.64	15:36.30
29.21	28.22	50m Backstroke	25.16	26.04
1:02.71	1:00.59	100m Backstroke	54.03	55.92
2:15.67	2:11.08	200m Backstroke	1:58.07	2:02.20
32.11	31.02	50m Breaststroke	27.33	28.29
1:09.71	1:07.35	100m Breaststroke	59.75	1:01.84
2:31.02	2:25.91	200m Breaststroke	2:10.32	2:14.88
27.24	26.32	50m Butterfly	23.53	24.35
1:00.37	58.33	100m Butterfly	51.96	53.78
2:13.73	2:09.21	200m Butterfly	1:56.71	2:00.79
2:17.63	2:12.98	200m Individual Medley	1:59.53	2:03.71
4:52.97	4:43.06	400m Individual Medley	4:17.48	4:26.49
3:42.20		4x100m Freestyle		3:15.80
8:01.80		4x200m Freestyle		7:14.06
4:02.26		4x100m Medley		3:35.86

WOMEN		MEN	
1 Team	4 x 100 m Freestyle	1 Team	
1 Team	4 x 200 m Freestyle	1 Team	
1 Team	4 x 100 m Medley	1 Team	

Mixed 4 x 100 m Freestyle	1 Team
Mixed 4 x 100 m Medley	1 Team

# HONG KONG SWIMMING RECORDS

Listed Date: 27<sup>th</sup> October 2023

## HONG KONG LONG COURSE RECORDS

### MEN'S EVENTS

50 Free	21.86 HO Ian Yentou, SCA	66th Festival of Sport LC Time Trial, Apr 15-16, 2023
100 Free	49.15 CHEUK Ming Ho, CPS	Div.1 AG LC Swim Comp. Part 2, May. 29-30, 2021
200 Free	1:47.46 CHEUK Ming Ho, CPS	Div.1 AG LC Swim Comp. Part 3, Jun. 26-27, 2021
400 Free	3:50.53 CHEUK Ming Ho, CPS	64 <sup>th</sup> Festival of Sport LC Time Trial II, Apr 18, 2021
800 Free	8:03.41 CHEUK Ming Ho, CPS	Hong Kong National Olympic Time Trial, Mar 21, 2021
1500 Free	15:38.76 CHEUK Ming Ho, CPS	18 <sup>th</sup> Asian Games, Jakarta- Palembang, Aug 19-24, 2018
50 Back	26.00 LAU Shiu Yue, HTA	Div.1 AG LC Swim Comp. Part 3, Jun. 26-27, 2021
100 Back	55.61 KWAN Hayden, PSC	HK Open Swimming Championships 2022, Aug. 19-21, 2022
200 Back	2:00.70 KWAN Hayden, PSC	HK Open Swimming Championships 2022, Aug. 19-21, 2022
50 Breast	28.23 TO Kenneth King Him, LWS	HK Age Group LC SW Championships 2017-18, Nov. 3-5, 2017
100 Breast	1:01.91 TO Kenneth King Him, LWS	Div. 1 AG LC Swim Comp. Part 3, Feb. 10-11, 2018
200 Breast	2:11.31 Adam John CHILLINGWORTH, SCA	66th Festival of Sport LC Time Trial, Apr 15-16, 2023
50 Fly	23.97 NG Cheuk Yin, TPS	HK Age Group LC SW Championships 2019-20, Nov. 1-3, 2019
100 Fly	53.38 NG Cheuk Yin, TPS	Div.1 AG LC Swim Comp. Part 3, Jun. 25-26, 2022
200 Fly	2:00.43 LIM Nicholas Owen Zhaoguang, LRC	62 <sup>nd</sup> FOS – LC Time Trial, April 13-14, 2019
200 IM	2:01.37 TO Kenneth King Him, LWS	29 <sup>th</sup> Summer Universiade, Aug 19-30, 2017
400 IM	4:26.54 WHITTINGTON, Peter Harry, DLS	Thailand Age Group Swimming Championships 2023, Apr 6-11, 2023
<b>*4x100 MR</b>	<b>3:42.40 Hong Kong Team</b>	<b>19<sup>th</sup> Asian Games, Hangzhou 2022, Sep 24-29, 2023</b>
	<b>KWAN Hayden, WONG Benson, NG Cheuk Yin, CHEUK Ming Ho</b>	
	<b>56.20 1:58.50 2:52.28</b>	
4x100 FR	3:21.22 Hong Kong Team	5 <sup>th</sup> East Asian Games, Dec 8, 2009
	LUM Ching Tat, NG Chun Nam Derick, CHEUNG Kin Tat Kent, WONG Kai Wai David	
	50.88 1:40.70 2:31.65	
4x200 FR	7:27.16 Hong Kong Team	5 <sup>th</sup> East Asian Games, Dec 6, 2009
	CHEUNG Kin Tat Kent, NG Chun Nam Derick, LUM Ching Tat, WONG Kai Wai David	
	1:52.46 3:43.70 5:35.08	

\*: Pending for Swimming Committee's Ratification    ^Asian Record    #Hong Kong Best Time

# HONG KONG SWIMMING RECORDS

Listed Date: 27<sup>th</sup> October 2023

## HONG KONG LONG COURSE RECORDS

### WOMEN'S EVENTS

<b>*50 Free</b>	<b>24.30 HAUGHEY Siobhan Bernadette, SCA</b>	<b>19<sup>th</sup> Asian Games, Hangzhou 2022, Sep 24-29, 2023</b>
<b>*A100 Free</b>	<b>52.02 HAUGHEY Siobhan Bernadette, SCA</b>	<b>World Aquatics Swimming World Cup – Berlin, Oct 6-8, 2023</b>
<b><sup>A</sup>200 Free</b>	<b>1:53.92 HAUGHEY Siobhan Bernadette, SCA</b>	<b>Tokyo 2020 Olympic Games, July 23 – August 8, 2021</b>
<b>*400 Free</b>	<b>4:05.30 HAUGHEY Siobhan Bernadette, SCA</b>	<b>World Aquatics Swimming World Cup – Berlin, Oct 6-8, 2023</b>
<b>800 Free</b>	<b>8:41.66 AU Hoi Shun Stephanie, *DW</b>	<b>Olympic Games – Beijing, Aug 14, 2008</b>
<b>1500 Free</b>	<b>16:51.05 HO Nam Wai, WTS</b>	<b>Mare Nostrum 2019 – Barcelona, Jun 15-16, 2019</b>
<b>50 Back</b>	<b>27.98 AU Hoi Shun Stephanie, DWA</b>	<b>Mare Nostrum 2019 – Monaco, Jun 8-9, 2019</b>
<b>100 Back</b>	<b>1:00.22 AU Hoi Shun Stephanie, DWA</b>	<b>FINA Swimming World Cup – Singapore, Aug 15-17, 2019</b>
<b>200 Back</b>	<b>2:09.33 LAU Yin Yan Claudia, DLS</b>	<b>Div.1 AG LC Swim Comp. Part 3, Jul. 2-3, 2016</b>
<b>*50 Breast</b>	<b>30.36 HAUGHEY Siobhan Bernadette, SCA</b>	<b>19<sup>th</sup> Asian Games, Hangzhou 2022, Sep 24-29, 2023 World Aquatics Swimming World Cup – Athens, Oct</b>
<b>100 Breast</b>	<b>1:07.69 KONG Yvette Man Yi, SCA</b>	<b>12<sup>th</sup> Swim Cup Eindhoven 2016, Apr 6 - 10, 2016</b>
<b>200 Breast</b>	<b>2:27.96 KONG Yvette Man Yi, SCA</b>	<b>Edinburgh International Swim Meet, Mar 11-13, 2016</b>
<b>50 Fly</b>	<b>26.55 TAM Hoi Lam, CUC</b>	<b>66th Festival of Sport LC Time Trial, Apr 15-16, 2023</b>
<b>100 Fly</b>	<b>58.12 HAUGHEY Siobhan Bernadette, SCA</b>	<b>66th Festival of Sport LC Time Trial, Apr 15-16, 2023</b>
<b>*200 Fly</b>	<b>2:13.06 MOK Sze Ki, HVA</b>	<b>Hong Kong Open Swimming Champ. 2023, August 18-20, 2023</b>
<b>200 IM</b>	<b>2:12.10 HAUGHEY Siobhan Bernadette, SCA</b>	<b>2017 Arena Pro Swim Series - Santa Clara, USA, June 1-4, 2017</b>
<b>400 IM</b>	<b>4:48.58 CHENG Chloe, PSC</b>	<b>Div.1 AG LC Swim Comp. Part 3, Jun. 26-27, 2021</b>
<b>*4x100 MR</b>	<b>4:01.72 Hong Kong Team AU Hoi Shun Stephanie, HAUGHEY Siobhan Bernadette, KAN Cheuk Tung Natalie, TAM Hoi Lam 1:00.74 2:06.77 3:06.66</b>	<b>19<sup>th</sup> Asian Games, Hangzhou 2022, Sep 24-29, 2023</b>
<b>*4x100 FR</b>	<b>3:39.10 Hong Kong Team CHENG Camille Lily Mei, HAUGHEY Siobhan Bernadette, TAM Hoi Lam, AU Hoi Shun Stephanie 56.11 1:48.03 2:43.69</b>	<b>19<sup>th</sup> Asian Games, Hangzhou 2022, Sep 24-29, 2023</b>
<b>*4x200 FR</b>	<b>8:02.42 Hong Kong Team CHENG Chloe, HAUGHEY Siobhan Bernadette, CHENG Camille Lily Mei, AU Hoi Shun Stephanie 2:03.19 3:57.40 5:59.86</b>	<b>19<sup>th</sup> Asian Games, Hangzhou 2022, Sep 24-29, 2023</b>

\*: Pending for Swimming Committee's Ratification    <sup>A</sup>Asian Record    #Hong Kong Best Time

# HONG KONG SWIMMING RECORDS

Listed Date: 27<sup>th</sup> October 2023

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## HONG KONG LONG COURSE RECORDS

### MIXED'S EVENTS

\*4x100 FR 3:34.96 Hong Kong Team **World Aquatics Championships - Fukuoka, Jul 14-30, 2023**  
LAU Shiu Yue, HO Ian Yentou, CHENG Camille Lily Mei, CHENG Chloe  
52.28 1:41.44 2:37.13

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

### Hong Kong Best Time

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

\*: Pending for Swimming Committee's Ratification    ^Asian Record    #Hong Kong Best Time

# HONG KONG SWIMMING RECORDS

Listed Date: 27<sup>th</sup> October 2023

## HONG KONG LONG COURSE JUNIOR RECORDS (Under 16 years)

### MEN'S EVENTS

50 Free	23.65	NG Chun Nam Derick, WTS	Australian Age Swim. Champ., Apr 07,2010
100 Free	51.24	NG Chun Nam Derick, WTS	HK Age Group LC SW Championships 2009-10, Oct. 24,2009
200 Free	1:52.59	Cheuk Ming Ho, CPS	17 <sup>th</sup> ISF Gymnasiade - Swimming, May 2-9 2018
400 Free	3:57.77	CHEUK, Ming Ho, CPS	HK Age Group LC SW Championships 2017-18, Nov. 3-5,2017
800 Free	8:25.47	CHEUK, Ming Ho, CPS	Div. 1 AG LC Swim Comp. Part 3, Feb. 10-11, 2018
1500 Free	16:00.66	CHEUK, Ming Ho, CPS	HK Age Group LC SW Championships 2017-18, Nov. 3-5,2017
50 Back	26.81	NG Cheuk Yin TPS	Div. 1 AG LC Swim Comp. Part 3, Feb. 10-11, 2018
100 Back	57.73	HO Siu Lun, DLS	HK Age Group LC SW Championships 2019-20, Nov. 1-3,2019
200 Back	2:07.52	NG Cheuk Yin, TPS	HK Open Swimming Champ 2018, Aug. 10-12,2018
<b>*50 Breast</b>	<b>28.83</b>	<b>TSUI Yik Ki, PSC</b>	<b>World Junior Swimming Championships – Netanya, Sep 4-9, 2023</b>
100 Breast	1:03.01	MAK Sai Ting Adam, HTA	HKSSF Div. 1 Inter-School Swim. Comp, Jul 22, 2022
200 Breast	2:14.41	MAK Sai Ting Adam, HTA	65 <sup>th</sup> Festival of Sport LC Time Trial, Apr 23, 2022
50 Fly	24.74	NG Cheuk Yin, TPS	61 <sup>st</sup> FOS – LC SW Time Trial, Apr 14-15 2018
100 Fly	54.42	NG Chun Nam Derick, WTS	8 <sup>th</sup> Asian Swimming Champ., Nov 25, 2009
<b>*200 Fly</b>	<b>2:01.23</b>	<b>LAU Kin Hei James, HTA</b>	<b>World Junior Swimming Championships – Netanya, Sep 4-9, 2023</b>
200 IM	2:05.10	LAU Kin Hei James, HTA	66 <sup>th</sup> Festival of Sport LC Time Trial, Apr 15-16, 2023
400 IM	4:32.42	WHITTINGTON Peter Harry, DLS	HK Age Group LC SW Championships 2019-20, Nov. 1-3,2019
<b>*4x100 MR</b>	<b>3:59.69</b>	<b>PSC</b>	<b>Hong Kong Open Swimming Champ. 2023, August 18-20, 2023</b>
		<b>YU Chi Lung, TSUI Yik Ki, ZHU Xiuping, LAU Tsz Pok</b>	
4x100 FR	3:41.42	Hong Kong Team TAM Sze Shing Thomas, LAM Chak Hang, CHAN Pak Hin, Temana Andrew SHORT	52 <sup>nd</sup> Milo Pram Malaysia AG Champ, Mar 29 – Apr 4,2016
4x200 FR	8:06.77	WTS TAM Sze Shing Thomas, LEUNG Chun Hei Bryan, FONG Ching Yuen, MOK Kai Tik Marcus	Div.1 AG LC Swim Comp. Part 1, May.14-15, 2016

\*: Pending for Swimming Committee's Ratification    ^Asian Record    #Hong Kong Best Time

# HONG KONG SWIMMING RECORDS

Listed Date: 27<sup>th</sup> October 2023

## HONG KONG LONG COURSE JUNIOR RECORDS (Under 16 years)

### WOMEN'S EVENTS

50 Free	25.38 HAUGHEY Siobhan Bernadette, SCA	4 <sup>th</sup> FINA World Junior Swimming Champ., Aug 26-31,2013
100 Free	54.47 HAUGHEY Siobhan Bernadette, SCA	4 <sup>th</sup> FINA World Junior Swimming Champ., Aug 26-31,2013
200 Free	1:59.77 HAUGHEY Siobhan Bernadette, SCA	Tianjin 2013 6 <sup>th</sup> East Asian Games, Oct 10-15,2013
400 Free	4:13.81 AU Hoi Shun Stephanie, *DW	HK Age Group LC SW Championships 2007-08, Nov. 17,2007
800 Free	8:50.21 AU Hoi Shun Stephanie, *DW	3 <sup>rd</sup> H.K. Int' Open Swimming Champ, Aug 31, 2007
1500 Free	16:58.79 Anderson Charlotte Kiki, HIS	2014 Scottish Gas National AG Swim Champ, Jun 25-29,2014
50 Back	29.52 KAN Cheuk Tung Natalie, HVA	HKSSF Div. 2 Inter-School Swim. Comp, Oct 10, 2017
100 Back	1:03.30 CHEUNG Sum Yuet Cindy, TPS	HKSSF Div. 1 Inter-School Swim. Comp, Jul 22, 2022
200 Back	2:16.10 CHEUNG Sum Yuet Cindy, TPS	HK Age Group LC SW Championships 2021-22, Nov 5-7, 2021
50 Breast	32.45 MAN Wui Kiu, CPS	HK Age Group LC SW Championships 2022-23, Nov 4-6, 2022
<b>*100 Breast</b>	<b>1:10.61 MAN Wui Kiu, CPS</b>	<b>World Junior Swimming Championships – Netanya, Sep 4-9, 2023</b>
200 Breast	2:32.79 MA Hei Tung Fiona, SLA	5 <sup>th</sup> East Asian Games, Dec 9, 2009
50 Fly	27.45 LAU Ping Yi Audrey, HTA	HK Age Group LC SW Championships 2019-20, Nov. 1-3,2019
100 Fly	1:00.54 LAU Ping Yi Audrey, HTA	HK Age Group LC SW Championships 2019-20, Nov. 1-3,2019
200 Fly	2:14.06 MOK Sze Ki, HVA	HK Open Swimming Championships 2022, Aug. 19-21, 2022
200 IM	2:13.35 HAUGHEY Siobhan Bernadette, SCA	Tianjin 2013 6 <sup>th</sup> East Asian Games, Oct 10-15,2013
400 IM	4:51.30 HAUGHEY Siobhan Bernadette, SCA	Tianjin 2013 6 <sup>th</sup> East Asian Games, Oct 10-15,2013
4x100 MR	4:19.55 Hong Kong Team FUNG Suet Ying Chloe, CHENG Chloe, LAU Ping Yi Audrey, TSE On Ching	2 <sup>nd</sup> Youth Games of the People's Republic of China, Aug 8-18, 2019
4x100 FR	3:55.42 Hong Kong Team LAU Ping Yi Audrey, CHU Sarah Ting Yan, MOK Sze Ki, LEE Yan Hei	10 <sup>th</sup> Asian Age Group Swimming Championships, Sep 24-27, 2019
4x200 FR	8:32.64 Hong Kong Team LAU Ping Yi Audrey, CHENG Chloe, TSE On Ching, DU Zheng	2 <sup>nd</sup> Youth Games of the People's Republic of China, Aug 8-18, 2019

\*: Pending for Swimming Committee's Ratification    ^Asian Record    #Hong Kong Best Time

# HONG KONG SWIMMING RECORDS

Listed Date: 27<sup>th</sup> October 2023

## HONG KONG AGE GROUP LONG COURSE RECORDS

### BOYS' 10 & UNDER EVENTS

50 Free	29.13 RUAN Wan Hang, WTS	HK Age Group LC SW Championships 2017-18, Nov. 3-5,2017
100 Free	1:02.87 RUAN Wan Hang, WTS	HK Age Group LC SW Championships 2017-18, Nov. 3-5,2017
200 Free	2:15.96 RUAN Wan Hang, WTS	HK Age Group LC SW Championships 2017-18, Nov. 3-5,2017
50 Back	32.29 HO Siu Lun, DLS	The 5 <sup>th</sup> HK Games. May 2-3. 2015
<b>*100 Back</b>	<b>1:12.00 HSIEH Kurtis Yi Hon, TPS</b>	<b>Div. 1 AG LC Swim Comp. Part 1. Jul. 29-30, 2023</b>
50 Breast	36.43 TAM Ka Ming, HVA	HK Age Group LC SW Championships 2007-08, Nov. 17,2007
100 Breast	1:18.73 TAM Ka Ming, *CY	HKSSF Inter-Area Primary Swim Comp., Nov 29, 2008
50 Fly	31.15 HO Siu Lun, DLS	HKSSF Inter-Area Primary Swim Comp, Nov 22, 2014
100 Fly	1:10.22 HUNG Leung-fung, PSC	Div. 1 AG LC Swim Comp. Part 1, May 23, 2004
200 IM	2:32.07 LAU Kin Hei James, HTA	Div. 1 AG LC Swim Comp. Part 3, Sep. 21-22, 2019

## HONG KONG AGE GROUP LONG COURSE RECORDS

### GIRLS' 10 & UNDER EVENTS

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

\*: Pending for Swimming Committee's Ratification    ^Asian Record    #Hong Kong Best Time

# HONG KONG SWIMMING RECORDS

Listed Date: 27<sup>th</sup> October 2023

## HONG KONG AGE GROUP LONG COURSE RECORDS

### BOYS' 11 – 12 YEARS EVENTS

50 Free	25.59	LI Sing Hoi, WTS	HK Age Group LC SW Championships 2017-18, Nov. 3-5, 2017
100 Free	56.91	YICK Sum Kiu, SLA	66 <sup>th</sup> Festival of Sport LC Time Trial, Apr 15-16, 2023
200 Free	2:01.93	Han Pak Kiu, HTA	HK Open Swimming Championships 2022, Aug. 19-21, 2022
400 Free	4:16.08	Han Pak Kiu, HTA	HK Open Swimming Championships 2022, Aug. 19-21, 2022
50 Back	29.28	CHAN Tsz Kwan, TPS	HKSSF Div. 1 Inter-School Swim. Comp., Oct 18, 2019
100 Back	1:03.66	HO Siu Lun, DLS	The 6 <sup>th</sup> Hong Kong Games, May 13-14, 2017
200 Back	2:19.13	MOK Kai Tik Marcus, WTS	HK Age Group LC SW Championships 2013-14, Nov. 8-10, 2019
50 Breast	30.86	TAM Ka Ming, *CY	HKSSF Div. 1 Inter-School Swim. Comp, Oct 14, 2010
100 Breast	1:09.05	LAU Kin Hei James, HTA	HK Open Swimming Championships 2021, Aug. 6-8, 2021
200 Breast	2:30.15	WONG Benson, DLS	HKSSF Div. 1 Inter-School Swim. Comp, 28 Oct, 2015
50 Fly	27.23	CHAN Wai Ching Adrian, WTS	HKSSF Div. 1 Inter-School Swim. Comp, Nov 3, 2022
100 Fly	1:00.08	LAU Kin Hei James, HTA	Hong Kong Long Course Swimming Time Trial IV, June 20, 2021
200 Fly	2:13.93	LAU Kin Hei James, HTA	Div.1 AG LC Swim Comp. Part 3, Jun. 26-27, 2021
200 IM	2:15.50	LAU Kin Hei James, HTA	Div.1 AG LC Swim Comp. Part 3, Jun. 26-27, 2021

## HONG KONG AGE GROUP LONG COURSE RECORDS

### GIRLS' 11 – 12 YEARS EVENTS

50 Free	26.80	HAUGHEY Siobhan Bernadette, SCA	HKSSF Div 1 Inter-School Swim. Comp, Oct 14, 2010
100 Free	57.77	HAUGHEY Siobhan Bernadette, SCA	6 <sup>th</sup> HK Open Swimming Champ., Sep 4, 2010
200 Free	2:06.55	HAUGHEY Siobhan Bernadette, SCA	6 <sup>th</sup> HK Open Swimming Champ., Sep 4, 2010
400 Free	4:28.03	NAM Carmen, TPS	7 <sup>th</sup> Asian Swimming Champ, Mar. 07, 2006
50 Back	31.00	HO Tin Wing, HTA	HK Age Group LC SW Championships 2022-23, Nov 4-6, 2022
100 Back	1:06.02	KWOK Sabrina Christine, SCA	Zoggs Queensland Swim Champ 09, Dec 13, 2009
200 Back	2:21.61	HO Tin Wing, HTA	HK Age Group LC SW Championships 2022-23, Nov 4-6, 2022
50 Breast	33.64	MAN Wui Kiu, CPS	HK Open Swimming Championships 2022, Aug. 19-21, 2022
100 Breast	1:12.78	YIP Tsz-wa, DLS	HKSSF Div. 1 Inter-School Swim Comp., Oct 15, 2003
200 Breast	2:35.62	MA Hei-tung, DLS	LI FOS-Olympic Time Trial II, Apr 20, 2008
50 Fly	28.87	LAI Chu Yi, WTS	7 <sup>th</sup> HK Open Swimming Champ., Sep 4, 2011
100 Fly	1:02.95	MOK Sze Ki, HVA	HK Open Swimming Champ 2019, Aug 9-11, 2019
200 Fly	2:18.68	MOK Sze Ki, HVA	Div. 1 AG LC Swim Comp. Part 1, Jul 13-14, 2019
200 IM	2:21.79	HAUGHEY Siobhan Bernadette, SCA	Div. 1 AG LC Swim Comp. Part 3, Jul 25, 2010

\*: Pending for Swimming Committee's Ratification    ^Asian Record    #Hong Kong Best Time

# HONG KONG SWIMMING RECORDS

Listed Date: 27<sup>th</sup> October 2023

## HONG KONG AGE GROUP LONG COURSE RECORDS

### BOYS' 13 – 14 YEARS EVENTS

50 Free	24.18 LAU Kin Hei James, HTA	HK Age Group LC SW Championships 2022-23, Nov 4-6, 2022
100 Free	52.80 CHEUK Ming Ho, CPS	The 6 <sup>th</sup> Hong Kong Games, May 13-14, 2017
200 Free	1:55.46 LAU Kin Hei James, HTA	66th Festival of Sport LC Time Trial, Apr 15-16, 2023
400 Free	4:07.24 WANG Yi Shun, CPS	66th Festival of Sport LC Time Trial, Apr 15-16, 2023
800 Free	8:37.69 WONG Ming Hong, HTA	Div. 1 AG LC Swim Comp. Part 3, Feb. 28 - Mar. 1, 2015
1500 Free	16:14.23 CHEUK Ming Ho, CPS	60 <sup>th</sup> FOS – LC Time Trial, Apr.15-16,2017
50 Back	27.12 HO Siu Lun, DLS	HKSSF Div. 1 Inter-School Swim. Comp, Oct. 26,2018
100 Back	58.17 HO Siu Lun, DLS	HKSSF Div. 1 Inter-School Swim. Comp, Oct. 26,2018
200 Back	2:09.86 YUK Shing Chi, PSC	HK Age Group LC SW Championships 2017-18, Nov. 3-5,2017
50 Breast	29.08 TSUI Yik Ki, PSC	HKSSF Div. 1 Inter-School Swim. Comp, Nov 3, 2022
100 Breast	1:05.00 LAU Kin Hei James, HTA	HKSSF Div. 1 Inter-School Swim. Comp, Nov 3, 2022
200 Breast	2:18.11 WONG Benson, DLS	HK Open Swimming Champ 2017, July 28-30, 2017
<b>*50 Fly</b>	<b>24.90 LAU Kin Hei James, HTA</b>	<b>Div. 1 AG LC Swim Comp. Part 2, Jun 18, 2023</b>
100 Fly	55.07 LAU Kin Hei James, HTA	66th Festival of Sport LC Time Trial, Apr 15-16, 2023
<b>*200 Fly</b>	<b>2:01.23 LAU Kin Hei James, HTA</b>	<b>World Junior Swimming Championships – Netanya, Sep 4-9, 2023</b>
200 IM	2:05.10 LAU Kin Hei James, HTA	66th Festival of Sport LC Time Trial, Apr 15-16, 2023
400 IM	4:35.30 LAU Kin Hei James, HTA	66th Festival of Sport LC Time Trial, Apr 15-16, 2023

## HONG KONG AGE GROUP LONG COURSE RECORDS

### GIRLS' 13 – 14 YEARS EVENTS

50 Free	25.87 LI Sum Yiu, WDA	HKSSF Div. 1 Inter-School Swim. Comp, Nov 3, 2022
100 Free	56.07 HAUGHEY Siobhan Bernadette, SCA	Age Group LC Champ, Nov 05, 2011
200 Free	2:02.00 CHENG Chloe, PSC	HKSSF Div. 1 Inter-School Swim. Comp., Oct 25, 2019
400 Free	4:19.32 CHENG Chloe, PSC	Div. 1 AG LC Swim Comp. Part 3, Sep. 21-22, 2019
800 Free	8:56.31 HO Wai Nam, WTS	Thailand Age Group Swimming Championships 2017
1500 Free	17:17.68 NAM Carmen, TPS	World Champ 2007 – Melbourne, Mar 26, 2007
50 Back	29.95 LOO Tsz Ki Cherrie, DWA	Div.1 AG LC Swim Comp. Part 3, Jan 27, 2019
100 Back	1:04.18 CHEUNG Sum Yuet Cindy, TPS	Div.1 AG LC Swim Comp. Part 3, Jun. 26-27, 2021
200 Back	2:17.61 LAU Yin Yan Claudia, DLS	Hong Kong Open Champ. 07, Sep 2007
50 Breast	32.45 MAN Wui Kiu, CPS	HK Age Group LC SW Championships 2022-23, Nov 4-6, 2022
<b>*100 Breast</b>	<b>1:10.61 MAN Wui Kiu, CPS</b>	<b>World Junior Swimming Championships – Netanya, Sep 4-9, 2023</b>
200 Breast	2:32.79 MA Hei Tung Fiona, SLA	5 <sup>th</sup> East Asian Games, Dec 9, 2009
50 Fly	27.45 LAU Ping Yi Audrey, HTA	HK Age Group LC SW Championships 2019-20, Nov. 1-3,2019
100 Fly	1:00.54 LAU Ping Yi Audrey, HTA	HK Age Group LC SW Championships 2019-20, Nov. 1-3,2019
200 Fly	2:14.96 LAU Ping Yi Audrey, HTA	HK Age Group LC SW Championships 2019-20, Nov. 1-3,2019
200 IM	2:18.44 HAUGHEY Siobhan Bernadette, SCA	Australian Age Championships, Apr 9-14,2012
400 IM	4:55.42 LAM Hoi Kiu, HTA	18 <sup>th</sup> Asian Games, Jakarta- Palembang, Aug 19-24 , 2018

\*: Pending for Swimming Committee's Ratification    ^Asian Record    #Hong Kong Best Time

# HONG KONG SWIMMING RECORDS

Listed Date: 27<sup>th</sup> October 2023

## HONG KONG AGE GROUP LONG COURSE RECORDS

### BOYS' 15 – 17 YEARS EVENTS

50 Free	22.99 LUM Ching Tat Jeffrey, HFS	8 <sup>th</sup> Asian Swimming Champ., Nov 28, 2009
100 Free	50.48 LUM Ching Tat Jeffrey, HFS	1 <sup>st</sup> Asian Youth Games, Jul 06, 2009
200 Free	1:50.11 CHEUK Ming Ho, CPS	HKSSF Div. 1 Inter-School Swim. Comp., Oct. 25, 2019
400 Free	3:53.05 CHEUK Ming Ho, CPS	62 <sup>nd</sup> FOS – LC Time Trial, April 13-14, 2019
800 Free	8:07.76 CHEUK Ming Ho, CPS	18 <sup>th</sup> Asian Games, Jakarta- Palembang, Aug 19-24, 2018
1500 Free	15:38.76 CHEUK Ming Ho, CPS	18 <sup>th</sup> Asian Games, Jakarta- Palembang, Aug 19-24, 2018
50 Back	26.27 NG Cheuk Yin, TPS	HKSSF Div. 1 Inter-School Swim. Comp, Oct. 19,2018
100 Back	57.38 NG Cheuk Yin, TPS	HKSSF Div. 1 Inter-School Swim. Comp., Oct. 25, 2019
200 Back	2:05.82 NG Cheuk Yin, TPS	7 <sup>th</sup> Hong Kong Games, May 18-19, 2019

<b>*50 Breast</b>	<b>28.83 TSUI Yik Ki, PSC</b>
<b>*100 Breast</b>	<b>1:02.38 MAK Sai Ting Adam, HTA</b>
<b>*200 Breast</b>	<b>2:11.84 MAK Sai Ting Adam, HTA</b>

**World Junior Swimming Championships – Netanya, Sep 4-9, 2023**  
**Mare Nostrum 2023 – Barcelona, May 17-18, 2023**  
**World Junior Swimming Championships – Netanya, Sep 4-9, 2023**

50 Fly	23.97 NG Cheuk Yin, TPS
100 Fly	54.42 NG Chun Nam Derick, WTS
200 Fly	2:02.70 LIM Nicholas Owen Zhaoguang, LRC

HK Age Group LC SW Championships 2019-20, Nov. 1-3,2019  
8<sup>th</sup> Asian Swimming Champ., Nov 25, 2009  
18<sup>th</sup> Asian Games, Jakarta- Palembang, Aug 19-24, 2018

200 IM	2:05.98 LAU Ping Chi, HTA
400 IM	4:26.78 WHITTINGTON, Peter Harry, DLS

HKSSF Div. 1 Inter-School Swim. Comp, Oct. 25, 2019  
Hong Kong National Olympic Time Trial, Mar 21, 2021

## HONG KONG AGE GROUP LONG COURSE RECORDS

### GIRLS' 15 – 17 YEARS EVENTS

50 Free	25.38 HAUGHEY Siobhan Bernadette, SCA	4 <sup>th</sup> FINA World Junior Swimming Champ., Aug 26-31,2013
100 Free	54.47 HAUGHEY Siobhan Bernadette, SCA	4 <sup>th</sup> FINA World Junior Swimming Champ., Aug 26-31,2013
200 Free	1:59.66 HAUGHEY Siobhan Bernadette, SCA	Incheon 2014 Asian Games, Sep 20-26,2014
400 Free	4:13.81 AU Hoi Shun Stephanie, *DW	HK Age Group LC SW Championships 2007-08, Nov. 17,2007
800 Free	8:41.66 AU Hoi Shun Stephanie, *DW	Olympic Games – Beijing, Aug 14, 2008
1500 Free	16:51.05 HO Nam Wai, WTS	Mare Nostrum 2019 – Barcelona, Jun 15-16, 2019
50 Back	28.83 CHEUNG Sum Yuet Cindy, TPS	66 <sup>th</sup> Festival of Sport LC Time Trial, Apr 15-16, 2023
<b>*100 Back</b>	<b>1:01.57 CHEUNG Sum Yuet Cindy, TPS</b>	<b>World Junior Swimming Championships – Netanya, Sep 4-9, 2023</b>
200 Back	2:10.35 CHEUNG Sum Yuet Cindy, TPS	66 <sup>th</sup> Festival of Sport LC Time Trial, Apr 15-16, 2023
50 Breast	31.82 KONG Yvette Man Yi, SCA	5 <sup>th</sup> East Asian Games, Dec 6, 2009
100 Breast	1:08.43 KONG Yvette Man Yi, SCA	8 <sup>th</sup> Asian Swimming Champ., Nov 27, 2009
200 Breast	2:31.65 KONG Yvette Man Yi, SCA	5 <sup>th</sup> East Asian Games, Dec 9, 2009
<b>*50 Fly</b>	<b>27.16 YEUNG Hoi Ching, TPS</b>	<b>World Junior Swimming Championships – Netanya, Sep 4-9, 2023</b>
<b>*100 Fly</b>	<b>59.77 YEUNG Hoi Ching, TPS</b>	<b>World Junior Swimming Championships – Netanya, Sep 4-9, 2023</b>
<b>*200 Fly</b>	<b>2:13.06 MOK Sze Ki, HVA</b>	<b>Hong Kong Open Swimming Champ. 2023, August 18-20, 2023</b>
200 IM	2:13.07 HAUGHEY Siobhan Bernadette, SCA	16 <sup>th</sup> FINA World Championships – Kazan 2015, Aug 2,2015
400 IM	4:48.58 CHENG Chloe, PSC	Div.1 AG LC Swim Comp. Part 3, Jun. 26-27, 2021

\*: Pending for Swimming Committee's Ratification    <sup>A</sup>Asian Record    #Hong Kong Best Time

## 2023-2024 Age Group Long Course &amp; Short Course Swimming Championships Qualifying Times

## 2023-2024 分齡長池及短池游泳錦標賽達標時間

		10 & Under 十歲或以下		11 & 12 十一及十二歲		13 & 14 十三及十四歲		15 & Over 十五歲或以上	
		Girls 女	Boys 男	Girls 女	Boys 男	Girls 女	Boys 男	Girls 女	Boys 男
50M 米	Freestyle 捷泳	0:33.32	0:32.91	0:30.98	0:28.96	0:29.40	0:27.27	0:28.83	0:25.97
100M 米	Freestyle 捷泳	1:13.97	1:13.03	1:07.41	1:05.13	1:03.87	0:59.24	1:02.90	0:55.38
200M 米	Freestyle 捷泳	2:41.13	2:38.41	2:26.73	2:21.81	2:21.69	2:12.12	2:19.97	2:08.25
400M 米	Freestyle 捷泳	~	~	5:01.83	4:54.36	4:57.04	4:38.56	4:52.07	4:34.03
800M 米	Freestyle 捷泳	~	~	~	~	9:50.29	9:42.00	9:50.29	9:30.00
1500M 米	Freestyle 捷泳	~	~	~	~	19:45.00	18:37.54	19:20.00	18:20.31
50M 米	Backstroke 背泳	0:40.24	0:39.08	0:36.10	0:35.23	0:34.87	0:32.78	0:33.77	0:30.58
100M 米	Backstroke 背泳	1:27.52	1:25.42	1:19.23	1:15.26	1:15.80	1:09.31	1:15.80	1:07.39
200M 米	Backstroke 背泳	~	~	2:49.04	2:43.65	2:38.08	2:36.24	2:37.67	2:33.18
50M 米	Breaststroke 蛙泳	0:44.12	0:43.08	0:39.97	0:37.62	0:38.37	0:34.15	0:37.66	0:32.66
100M 米	Breaststroke 蛙泳	1:36.59	1:35.72	1:25.51	1:20.90	1:24.31	1:16.49	1:23.48	1:11.64
200M 米	Breaststroke 蛙泳	~	~	3:07.25	2:58.15	3:04.79	2:44.69	3:02.68	2:41.90
50M 米	Butterfly 蝶泳	0:38.11	0:37.70	0:33.44	0:32.68	0:32.16	0:29.64	0:32.16	0:28.10
100M 米	Butterfly 蝶泳	1:29.75	1:27.12	1:17.10	1:14.56	1:14.27	1:08.50	1:13.38	1:04.75
200M 米	Butterfly 蝶泳	~	~	2:56.17	2:53.25	2:42.26	2:35.68	2:31.17	2:30.74
100M 米	Ind. Medley 個人四式	1:23.12	1:23.02	1:18.17	1:14.89	1:14.78	1:06.56	1:12.54	1:03.33
200M 米	Ind. Medley 個人四式	3:04.80	2:57.16	2:43.16	2:42.61	2:39.22	2:27.65	2:38.84	2:24.55
400M 米	Ind. Medley 個人四式	~	~	~	~	5:48.22	5:19.60	5:38.68	5:19.19

		12 & Under 十二歲或以下		13 & Over 十三歲或以上		Stairstep Relay 梯級接力	
		Girls 女	Boys 男	Girls 女	Boys 男	Girls 女	Boys 男
4 X 50M	Freestyle Relay 自由接力	2:06.12	2:02.98	1:56.88	1:48.28	1:59.74	1:53.27
4 X 50M	Medley Relay 四式接力	2:22.14	2:15.28	2:15.43	2:01.24	2:18.03	2:07.74

## HKGSA Age Group Long Course Championship 2023-24 Reject List

No.	Name	Event	Club	Remarks
1	Yuan Jierui	50	CKW	Entry time slower than QT
2	Cheuk Ming Ho	126	CPS	Wrong Time
3	Wan Iron	18	DLS	Have swimming record
4	Fong Tsz Long Jose	102	DWA	Wrong information of past event
5	Lam Marcus Yin Jit	144	DWA	Entry time slower than QT
6	Choy Siu Fung	66	DWA	Wrong information of past event
7	Li faye	65	FDL	Wrong event
8	Cheng Sophie	65	HIS	Invalid Swimming Record
9	Hong Eric	54	HIS	Wrong information of past event
10	Kwok Thomas	134	HIS	Have swimming record
11	Chan Cheuk Hin	150	HMA	Entry time slower than QT
12	Yeung Tsz Ho	52	HSW	Have swimming record
13	Chan Chak Alfred	112	HSW	Have swimming record
14	Cheng Pak Ho	34	HSW	Wrong event
15	Cheng Pak Ho	82	HSW	Wrong event
16	Wu Yik Ham	34	HSW	Wrong event
17	Wu Yik Ham	82	HSW	Wrong event
18	Fong Pak Yin	120	HTA	Have swimming record
19	Kwok Kin Wai	82	KGC	Wrong information of past event
20	Seeto Wai Ching	135	KGC	Have swimming record
21	Liu Yuen Ching	79	KGC	Wrong information of past event
22	Chan Tsz Chiu	36	KGC	Wrong information of past event
23	Chan Sheung Kwan	44	KGC	Wrong information of past event
24	Chan Hei Ching	109	KGC	Wrong information of past event
25	Mak Chung Hang	64	KHC	Have swimming record
26	Kuang SiuMing Join	10	KHC	Wrong event
27	Kuang SiuMing Join	110	KHC	Wrong event
28	Ma Wing Yu	115	KTC	Wrong event
29	Stamenovic Petra	53	LRC	Have swimming record
30	Stamenovic Petra	155	LRC	Have swimming record
31	Vong Camille	33	LRC	Have swimming record
32	Pong Ryan	142	LRC	Have swimming record
33	Stamenovic Iatok	130	LRC	Wrong Time
34	Cheung Hong Ching	85	LWS	Wrong event
35	Leung Lok Hei	120	NSC	Wrong event
36	Wong Tsz Huen	21	PSC	Wrong information of past event
37	Zhu XiuPing	12	PSC	Wrong information of past event
38	Zhu XiuPing	142	PSC	Wrong information of past event
39	Wan Wui Bun	100	PSC	Have swimming record
40	Chen Wai Yin	40	PSC	Wrong event
41	Huang Zhong Hui Zhi Sofia	59	PSC	Wrong information of past event
42	Yeung Ching Hong Henry	18	PSC	Wrong event
43	Yeung Ching Hong Henry	28	PSC	Wrong event
44	Yeung Ching Hong Henry	118	PSC	Wrong information of past event
45	Lau Tsz Pok	6	PSC	Wrong event
46	Lau Tsz Pok	14	PSC	Entry time slower than QT
47	Tam Tsz Ho	6	PSC	Wrong event
48	Tam Tsz Ho	144	PSC	Wrong event
49	Tong Ching Wa	6	PSC	Wrong event
50	Mok Hoi Man Sheron	15	PSC	Wrong event
51	Chung Man Kiu Jamie	76	PSC	Wrong information of past event
52	Mak Long Kiu	18	PSC	Have swimming record
53	Lo Man Kit	106	SFC	Wrong information of past event
54	Leung Ka Tung	97	SGC	Entry time slower than QT

## HKGSA Age Group Long Course Championship 2023-24 Reject List

No.	Name	Event	Club	Remarks
55	Cheung Man Ho	142	SLA	Have swimming record
56	Chan Pak Yu	130	SYS	Have swimming record
57	Jin Yunle	117	TPS	Wrong Time
58	Ma Gilaine	113	TPS	Wrong information of past event
59	Ip Ali	158	TPS	Wrong information of past event
60	Tian Mui Hing	53	WDA	Wrong event
61	Tian Mui Hing	79	WDA	Wrong event
62	Chang YuJuan	43	WTS	Have swimming record
63	Yeung Ho Yin	120	WTS	Wrong information of past event
64	Chin Wai Lok	144	WTS	Have swimming record
65	Choi Yan Lam	99	WTS	Wrong event
66	Choi Yan Lam	139	WTS	Wrong event
67	Yang Chi Kit	31	*CP	Wrong event
68	Yang Chi Kit	79	*CP	Wrong event
69	Yau Shing Ho	23	*CP	Wrong event
70	Chan Yi Hin	70	*HN	Wrong information of past event
71	Hau Maya Elizabeth	21	*TD	Wrong event
72	Hau Maya Elizabeth	63	*TD	Wrong event
73	Lau Chun To	22	*TD	Wrong event
74	Lau Chun To	64	*TD	Wrong event
75	Chen JiaYu	30	*TM	Wrong event
76	Law Wing Lap	144	*TM	Entry time slower than QT
77	Relay	47	*TM	Wrong Time
78	Relay	161	*TM	Wrong Time
79	Yang Ruei Bin	14	*TM	Wrong event
80	Luk Chun Yu	100	*WA	Wrong information of past event
81	Chan Chee Hon Jayden	150	*WA	Have swimming record

## Hong Kong Age Group LC Swimming Champ 23-24 - 06/10/2023 to 08/10/2023

## Meet Program - Day 3 AM

## Event 97 Girls 10 &amp; Under 100 LC Meter Backstroke

WCA: 1:00.59

WCB: 1:02.71

HKR: 1:00.22

JR: 1:03.30

AGR: 1:11.95

OQT: 59.99

OCT: 1:00.29

1:27.52 QT Qualify Time

AU Hoi Shun Stephanie, DWA

Meet Qualifying: 1:27.52

Lane	ID#	Name	Age	Team	Seed Time
<b>Heat 1 of 2 Timed Finals</b>					
1	51534 IAZ	Lin, Cathy	10	Tuen Mun	1:27.52 QT
2	49641 @IAO	Liu, Ivy	10	Kwan Hung	1:27.52 QT
3	47075 IAZ	Tse, Yuet Tung	8	Tai PO	1:27.52 QT
4	50341 IAZ	Hu, Xinyue	10	Hoi Tin	1:26.75 QT
5	43672 P	Yung, Tsz Zeon	9	Hoi Tin	1:27.28 QT
6	45992 IAZ	Tran, Isobel Anh Gia	10	South China	1:27.52 QT
7	46514 IAZ	Leung, Ka Tung Bessica	10	Sea Green	1:27.52 QT
<b>Heat 2 of 2 Timed Finals</b>					
0	46570 #IAO	Yu, Charlotte Rose	10	Hoi Tin	1:25.33 QT
1	46001 IAZ	Mak, Tsz Wing	9	Hilltop	1:24.45 QT
2	46519 IAZ	Courtney, Sarah Margaret	9	South China	1:23.18 QT
3	46200 IAZ	Kwong, Hoi Yee Phoebe	10	Winner	1:20.42 QT
4	47038 #IAZ	Kwok, You YoYo	10	Hoi Tin	1:18.07 QT
5	48850 B	Lam, Tsz Kei	10	Winner	1:18.35 QT
6	43780 IAZ	Ho, Sin Tung Sebbi	10	Dik Wing	1:22.77 QT
7	48509 @P	Yip, Sheung Chu	10	New Wave	1:24.33 QT
8	49492 B	Au, Wing Cing	9	Winner	1:24.73 QT
9	46390 IAZ	Lam, Hei Yu	10	Pacific	1:25.46 QT



## Hong Kong Age Group LC Swimming Champ 23-24 - 06/10/2023 to 08/10/2023

## Meet Program - Day 3 AM

## Event 98 Boys 10 &amp; Under 100 LC Meter Backstroke

WCA: 54.03

WCB: 55.92

HKR: 55.61

JR: 57.73

AGR: 1:12.00

OQT: 53.74

OCT: 54.01

1:25.42 QT Qualify Time

KWAN Hayden, PSC

Meet Qualifying: 1:25.42

Lane	ID#	Name	Age	Team	Seed Time
<b>Heat 1 of 1 Timed Finals</b>					
0	50335 @IAX	Cheng, Chi Tong	10	Hoi Tin	1:25.42 QT
1	44646 @IAX	Cheng, Chi Shing	9	Win Tin	1:22.57 QT
2	46204 IAZ	Ng, Yi Fung	10	New Wave	1:20.82 QT
3	47275 B	Hsieh, Kyrus Shing Hin	8	Tai PO	1:18.21 QT
4	46119 B	Hsieh, Kurtis Yi Hon	10	Tai PO	1:10.28 QT
5	45662 @	Lee, Hiu Pang	10	Flying Fish	1:16.85 QT
6	46135 IAZ	Leong, Hei Wun	9	Hoi Tin	1:19.87 QT
7	46777 B	Lee, Cheuk Fung	10	Happy Valley	1:22.12 QT
8	44604 IAZ	Lee, Earnest	10	Dik Wing	1:25.42 QT

## Event 99 Girls 11-12 100 LC Meter Backstroke

WCA: 1:00.59

WCB: 1:02.71

HKR: 1:00.22

JR: 1:03.30

AGR: 1:06.02

OQT: 59.99

OCT: 1:00.29

1:19.23 QT Qualify Time

AU Hoi Shun Stephanie, DWA

Meet Qualifying: 1:19.23

Lane	ID#	Name	Age	Team	Seed Time
<b>Heat 1 of 3 Timed Finals</b>					
3	45484 B	Tang, Hai Ting Prudence	11	YMCA OF Hong Kong	1:19.23 QT
4	46535 #IAZ	Ng, Jun Hei	12	Dik Wing	1:19.23 QT
5	51390 IAZ	Deng, Xiaoqin	12	Current Club Ltd	1:19.23 QT
6	40950 B	Sum, Yi Lok	12	Tai PO	1:19.23 QT



Hong Kong Age Group LC Swimming Champ 23-24 - 06/10/2023 to 08/10/2023

Meet Program - Day 3 AM

Heat 2 Timed Finals... (Event 99 Girls 11-12 100 LC Meter Backstroke)

0	46383 @P	Zhang, Hanna	12	Island Stingrays	1:18.98	QT
1	41156 IAZ	Wu, Paak Kei Abby	12	Dik Wing	1:17.74	QT
2	47547 IAZ	Yeung, Cheuk Yiu	11	Win Tin	1:16.98	QT
3	42270 B	Wong, Hei Tung	11	Win Tin	1:16.01	QT
4	50439 @ICX	Wang, Qianyue	12	Hoi Tin	1:14.67	QT
5	42704 @P	Krkalo, Mila Sofia	12	Island Stingrays	1:14.93	QT
6	43175 IAZ	Li, Ann	12	White Dolphin	1:16.49	QT
7	46145 B	Lam, Ching Yee	11	New Wave	1:17.66	QT
8	44740 IAZ	Ma, Yat Yin	11	Hoi Tin	1:18.91	QT
9	47163 B	Lung, Pak Jing	12	Pacific	1:19.23	QT

Heat 3 of 3 Timed Finals

0	43574 P	Au, Tsz Yu Chloe	12	Hoi Tin	1:14.13	QT
1	40519 #B	Keong, Hiu Tung	12	Hoi Tin	1:13.39	QT
2	46507 B	Chen, Wai Yan	11	Dali Swimming Club	1:12.61	QT
3	38797 IAZ	Wong, Hei Ching Henrietta	12	Tai PO	1:10.09	QT
4	46816 IAZ	Chan, Tsz Yu Ashley	12	Hoi Tin	1:07.56	QT
5	46124 #IAZ	Mathis, Kayla J	12	Tai PO	1:08.76	QT
6	42463 B	Ackber, Bertha	12	Hoi Tin	1:12.40	QT
7	45531 IAZ	Zhong, Sin Yiu	11	North Sports	1:12.76	QT
8	44853 #IAZ	Yeung, Gabrielle	12	Pacific	1:13.52	QT
9	45888 IAZ	Lie Ken Jie, Sophie Hoi Hei	11	Jockey Club	1:14.55	QT

Event 100 Boys 11-12 100 LC Meter Backstroke

WCA:	54.03
WCB:	55.92
HKR:	55.61
JR:	57.73
AGR:	1:03.66
OQT:	53.74
OCT:	54.01

KWAN Hayden, PSC

1:15.26 QT Qualify Time

Meet Qualifying: 1:15.26

Lane	ID#	Name	Age	Team	Seed Time
Heat 1 of 2 Timed Finals					
3	46299 IAZ	Lo, Kei Yan Ian	11	Hoi Tin	1:15.26 QT
4	41236 B	Yeung, Ho Yin	12	Win Tin	1:14.19 QT
5	44682 IAZ	Wan, Wui Bun	11	Pacific	1:14.37 QT



**Hong Kong Age Group LC Swimming Champ 23-24 - 06/10/2023 to 08/10/2023**

**Meet Program - Day 3 AM**

**Heat 2 Timed Finals... (Event 100 Boys 11-12 100 LC Meter Backstroke)**

0	40882 B	Lee, Chung Hei Aiden	12	Hoi Tin	1:13.01	QT
1	40122 B	Kor, Pak Yin	12	South China	1:12.09	QT
2	43427 IAZ	Lam, Kayden	11	Chi Pui	1:10.43	QT
3	49674 IAZ	Wong, Nok Yin	12	Tai PO	1:09.95	QT
4	40881 IAZN	Ray-smith, Henry Joseph Evel	12	Hoi Tin	1:08.98	QT
5	43918 @IAX	Chui, Ue Haang	12	White Dolphin	1:09.85	QT
6	39041 IAZ	Lam, Lok Sum	12	Hoi Tin	1:10.19	QT
7	44353 IAZ	Leung, Cheuk Hong	12	Hoi Tin	1:11.27	QT
8	44125 IAZ	Liu, Chun Hay Hayden	12	Pacific	1:12.72	QT
9	44270 IAZ	Luk, Chun Yu	11	Winner	1:13.89	QT

**Event 101 Girls 13-14 100 LC Meter Backstroke**

WCA: 1:00.59  
 WCB: 1:02.71  
 HKR: 1:00.22  
 JR: 1:03.30  
 AGR: 1:04.18  
 OQT: 59.99  
 OCT: 1:00.29

AU Hoi Shun Stephanie, DWA

1:15.80 QT Qualify Time

Meet Qualifying: 1:15.80

Lane	ID#	Name	Age	Team	Seed Time
<b>Heat 1 of 2 Timed Finals</b>					
3	40602 @P	Kwon, Sowon	14	Island Stingrays	1:14.28 QT
4	38967 B	Gao, Elva	14	Hoi Tin	1:13.84 QT
5	42705 @P	Krkalo, Eva Katarina	14	Island Stingrays	1:13.91 QT
6	41159 IAZ	Tang, Cheuk Wing Elke	13	Dik Wing	1:15.23 QT
<b>Heat 2 of 2 Timed Finals</b>					
0	37163 B	Chen, Ki Yan	14	Tai PO	1:12.95 QT
1	40963 IAZ	Chung, Wing Yee Sessie	13	Hoi Tin	1:11.87 QT
2	35752 B	Li, Cheuk Yiu	14	Hoi Tin	1:08.16 QT
3	38055 B	Ho, Tsz Tung	13	Tai PO	1:05.75 QT
4	35345 B	Ho, Tin Wing	13	Hoi Tin	1:04.46 QT
5	36963 IAZ	Chan, Mei Yan	14	Tai PO	1:05.38 QT
6	41265 B	Li, Elizabeth	13	South China	1:07.40 QT
7	38891 IAZ	Leung, Hiu Lam	14	Dik Wing	1:09.77 QT
8	45483 B	Tam, Xin Man Chloe	13	YMCA OF Hong Kong	1:12.38 QT
9	43817 IAZ	Kwok, Hoi Ching	13	Tai PO	1:13.40 QT



## Hong Kong Age Group LC Swimming Champ 23-24 - 06/10/2023 to 08/10/2023

## Meet Program - Day 3 AM

## Event 102 Boys 13-14 100 LC Meter Backstroke

WCA: 54.03

WCB: 55.92

HKR: 55.61

JR: 57.73

AGR: 58.17

OQT: 53.74

OCT: 54.01

KWAN Hayden, PSC

1:09.31 QT Qualify Time

Meet Qualifying: 1:09.31

Lane	ID#	Name	Age	Team	Seed Time
<b>Heat 1 of 2 Timed Finals</b>					
1	37513 IAZ	Wan, Lok Him	14	Dik Wing	1:09.31 QT
2	38337 IAZ	Pong, Yik Hang Ryan	14	LRC	1:08.28 QT
3	49384 IAZ	Li, Louis Ka Wo	13	Pacific	1:06.97 QT
4	36852 IAZ	Chau, Houston	13	Tai PO	1:06.35 QT
5	36791 #IAZ	Fong, Tsz Long Jose	14	Dik Wing	1:06.38 QT
6	35591 B	Shum, Siu Chun	14	Kwun Tong	1:07.49 QT
7	42703 IAZ	Huang, Sebastian Kai	13	Island Stingrays	1:08.30 QT
8	46411 IAZ	Ma, Cheuk Lam	13	Dali Swimming Club	1:09.31 QT
<b>Heat 2 of 2 Timed Finals</b>					
0	40104 B	Cheung, Yung	13	White Dolphin	1:04.96 QT
1	41900 B	Han, Pak Kiu	14	Hoi Tin	1:04.51 QT
2	40455 IAZ	Lam, Wai Lok	14	Sun Yip	1:04.22 QT
3	43419 IAZ	Ho, Tsz Hong	14	Tai PO	1:02.91 QT
4	38701 B	Chung, Hei Chit	14	Hoi Tin	1:00.72 QT
5	43609 P	Wu, Lok Kan	13	Pacific	1:02.16 QT
6	33791 B	Tang, Kak Shing	14	Tai PO	1:03.44 QT
7	41422 B	Yick, Sum Kiu	13	Sea Lion	1:04.29 QT
8	41268 IAZ	Tan, Pak Hei Brian	13	Dik Wing	1:04.58 QT
9	36551 IAZ	Tian, Trevor	14	Tai PO	1:05.28 QT

## Event 103 Girls 15-17 100 LC Meter Backstroke

WCA: 1:00.59

WCB: 1:02.71

HKR: 1:00.22

JR: 1:03.30

AGR: 1:01.57

OQT: 59.99

OCT: 1:00.29

AU Hoi Shun Stephanie, DWA

1:15.80 QT Qualify Time

Meet Qualifying: 1:15.80

Lane	ID#	Name	Age	Team	Seed Time
<b>Heat 1 of 2 Timed Finals</b>					
3	29779 B	Hui, Choi Yan	16	Hoi Tin	1:15.80 QT
4	33828 IAZ	Kor, Ka Hei	15	South China	1:12.24 QT
5	46320 @ICO	Bennett, Alyvia Paige	15	Island Stingrays	1:12.50 QT



**Hong Kong Age Group LC Swimming Champ 23-24 - 06/10/2023 to 08/10/2023**

**Meet Program - Day 3 AM**

**Heat 2 Timed Finals... (Event 103 Girls 15-17 100 LC Meter Backstroke)**

0	42555 @P	Chow, Adison Hailey	15	Island Stingrays	1:09.58	QT
1	37038 IAZ	Chan, Yin Yan	15	Hoi Tin	1:08.50	QT
2	33940 B	Lau, Sze Yuet	16	Hoi Tin	1:07.63	QT
3	33947 IAZ	Chan, Hin Yau	16	Tai PO	1:05.47	QT
4	31597 B	Ng, Cheuk Yan	16	Hoi Tin	1:03.26	QT
5	35455 B	Poon, Lok Yan	15	Chi Pui	1:03.60	QT
6	33874 IAZ	Lee Giselle, Jacinda Jia Hui	15	South China	1:06.92	QT
7	25101 B	Ng, Sze Kwan	17	Kowloon Tong Club	1:07.82	QT
8	34665 IAZN	Chan, Peony	16	Tai PO	1:09.07	QT
9	37596 P	Sandeen, Audrey Elizabeth	15	Island Stingrays	1:10.37	QT

**Event 104 Boys 15-17 100 LC Meter Backstroke**

<b>WCA:</b>	<b>54.03</b>
<b>WCB:</b>	<b>55.92</b>
<b>HKR:</b>	<b>55.61</b>
<b>JR:</b>	<b>57.73</b>
<b>AGR:</b>	<b>57.38</b>
<b>OQT:</b>	<b>53.74</b>
<b>OCT:</b>	<b>54.01</b>

**KWAN Hayden, PSC**

**1:07.39 QT Qualify Time**

**Meet Qualifying: 1:07.39**

Lane	ID#	Name	Age	Team	Seed Time
<b>Heat 1 of 3 Timed Finals</b>					
1	37746 @P	Qiu, Junhao	15	Island Stingrays	1:06.32 QT
2	35390 IAO	Lam, Marcus Yin Jit	15	Dik Wing	1:05.49 QT
3	36111 #IAZ	Yeung, Pun Yin	16	Dali Swimming Club	1:04.66 QT
4	37686 #B	Chang, Hok Hin	15	Tai PO	1:04.36 QT
5	44357 B	Leung, Chun Ho Franky	15	Pacific	1:04.40 QT
6	33767 IAZ	Lee, Cheston	15	Pacific	1:05.36 QT
7	31786 IAZ	Lee, Hon Chung Jonathan	17	South China	1:05.96 QT
8	36191 B	Chan, Ting Kit	15	Tai PO	1:07.39 QT
<b>Heat 2 of 3 Timed Finals</b>					
0	40408 IAZ	Ng, Ming Ip Ethan	17	Tai PO	1:03.60 QT
1	37937 IAZ	Leung, Pak Hei	16	South China	1:03.12 QT
2	35559 B	Yam, Ming Chit Frederick	17	Kowloon Tong Club	1:01.57 QT
3	31985 B	Wong, Tsz Shing	16	Tai PO	1:00.87 QT
4	32042 IAZ	Lee, Jia Jun Jody George	17	South China	1:00.47 QT
5	41163 IAZ	Chan, Tsz Hin	15	Tai PO	1:00.66 QT
6	42614 B	Paau, Sen Wai	15	Tai PO	1:01.36 QT
7	33758 IAZ	Leung, Tsz Wo	16	Hoi Tin	1:02.43 QT
8	33477 IAZ	Leung, Lok Man	16	Tai PO	1:03.23 QT
9	37568 IAZ	Ding, Wilfred Weixin	15	Island Stingrays	1:04.19 QT



**Hong Kong Age Group LC Swimming Champ 23-24 - 06/10/2023 to 08/10/2023****Meet Program - Day 3 AM****Heat 3 Timed Finals... (Event 104 Boys 15-17 100 LC Meter Backstroke)**

0	36547 IAZ	Wong, Yik Yan Sean	16	South China	59.72	QT
1	36914 IAZ	Cheng, Cheuk Kin Jake	15	Dali Swimming Club	58.62	QT
2	39015 P	Chan, Tsz Kwan	16	Tai PO	57.53	QT
3	36737 B	Chan, Wang Hei Terence	17	Tai PO	57.26	QT
4	35292 P	Yu, Dongqi	15	Hoi Tin	55.31	QT
5	29545 IAZN	Cheung, Cheuk To	17	Tai PO	57.20	QT
6	42311 IAZ	Yu, Chi Lung	15	Pacific	57.32	QT
7	34756 IAZ	Hofstede, Adam Marcel	16	Dik Wing	58.42	QT
8	33385 B	Lu, Pat Fan	17	Sun Yip	59.07	QT
9	32061 IAZ	Lee, Donald Cheuk Yiu	16	Hoi Tin	1:00.03	QT

**Event 105 Girls 18 & Over 100 LC Meter Backstroke**

WCA: 1:00.59

WCB: 1:02.71

HKR: 1:00.22

OQT: 59.99

OCT: 1:00.29

1:15.80

QT Qualify Time

AU Hoi Shun Stephanie, DWA

**Meet Qualifying: 1:15.80**

Lane	ID#	Name	Age	Team	Seed Time
<b>Heat 1 of 1 Timed Finals</b>					
3	27430 B	Wong, Ka Yan	20	Tai PO	1:05.42 QT
4	22719 IAZ	Wong, Toto Kwan To	23	Hoi Tin	59.12 QT
5	25098 #B	Fung, Suet Ying Chloe	18	Kowloon Tong Club	1:01.70 QT
6	29117 IAZ	Wong, Po Yin	18	Happy Valley	1:09.61 QT

**Event 106 Boys 18 & Over 100 LC Meter Backstroke**

WCA: 54.03

WCB: 55.92

HKR: 55.61

OQT: 53.74

OCT: 54.01

1:07.39

QT Qualify Time

KWAN Hayden, PSC

**Meet Qualifying: 1:07.39**

Lane	ID#	Name	Age	Team	Seed Time
<b>Heat 1 of 1 Timed Finals</b>					
1	31864 IAZ	Kwong, Bui Ming	18	Hoi Ngai	1:05.05 QT
2	30435 IAZ	Chan, Chin Kan	18	Lai WA	1:00.28 QT
3	15423 IAZ	Cheung, Yau Ming	25	Hoi Tin	56.28 QT
4	12117 IAZ	Lau, Shiu Yue	26	Hoi Tin	52.87 QT
5	28636 B	Chan, Tsz Chiu	20	Keung Sung	55.58 QT
6	27239 B	Chan, Sheung Kwan	21	Keung Sung	57.81 QT
7	17709 B	Whittington, Ryan Michael	22	South China	1:01.40 QT
8	22513 IAZ	Tang, Cheuk Yan	22	White Dolphin	1:07.39 QT



## Hong Kong Age Group LC Swimming Champ 23-24 - 06/10/2023 to 08/10/2023

## Meet Program - Day 3 AM

## Event 107 Girls 10 &amp; Under 50 LC Meter Freestyle

WCA: 25.04

WCB: 25.92

HKR: 24.30

JR: 25.38

AGR: 28.50

OQT: 24.70

OCT: 24.82

33.32 QT Qualify Time

HAUGHEY Siobhan Bernadette,SCA

Meet Qualifying: 33.32

Lane	ID#	Name	Age	Team	Seed Time
<b>Heat 1 of 2 Timed Finals</b>					
3	48209 B	Cheng, Yuen Ki	10	Kwan Hung	33.32 QT
4	49803 B	Pun, Yi Yan	10	Juan Hua Club	33.32 QT
5	48364 B	Ng, Yin Hei	9	Dik Wing	33.32 QT
<b>Heat 2 of 2 Timed Finals</b>					
0	46001 IAZ	Mak, Tsz Wing	9	Hilltop	33.07 QT
1	46614 IAZ	Lam, Hei Yin Phoebe	10	Tai PO	31.90 QT
2	51535 IAZ	Lin, Cindy	10	Tuen Mun	31.35 QT
3	46175 IAZ	Tang, Sum Wing Gladys	10	Dik Wing	31.20 QT
4	44089 B	Yeung, Lei Wah	10	Hoi Tin	30.38 QT
5	45965 #B	He, Man Wai	10	Chi Pui	30.83 QT
6	46831 #B	Tang, Yue Daphne Margarita	10	Tai PO	31.29 QT
7	48509 @P	Yip, Sheung Chu	10	New Wave	31.54 QT
8	44473 #IAZ	Chow, Tsz Tung	10	Tolo Harbour	33.06 QT
9	45688 IAZ	Ma, Tsz Ching Olivia	10	Dik Wing	33.13 QT

## Event 108 Boys 10 &amp; Under 50 LC Meter Freestyle

WCA: 22.12

WCB: 22.89

HKR: 21.86

JR: 23.65

AGR: 29.13

OQT: 21.96

OCT: 22.07

32.91 QT Qualify Time

HO Ian Yentou, SCA

Meet Qualifying: 32.91

Lane	ID#	Name	Age	Team	Seed Time
<b>Heat 1 of 2 Timed Finals</b>					
1	47543 IAZ	Wong, Chun Yiu	9	Winner	32.91 QT
2	46292 IAZ	Wei, Shi Zhuo	10	Hoi Tin	32.91 QT
3	44968 B	Li, Lok Chi Adrian	10	Hoi Tin	32.64 QT
4	46777 B	Lee, Cheuk Fung	10	Happy Valley	32.34 QT
5	46204 IAZ	Ng, Yi Fung	10	New Wave	32.47 QT
6	45844 #IAZ	Yu, Yau Kan	10	Dali Swimming Club	32.91 QT
7	50335 @IAX	Cheng, Chi Tong	10	Hoi Tin	32.91 QT



**Hong Kong Age Group LC Swimming Champ 23-24 - 06/10/2023 to 08/10/2023**

**Meet Program - Day 3 AM**

**Heat 2 Timed Finals... (Event 108 Boys 10 & Under 50 LC Meter Freestyle)**

0	44829 #IAZ	Mak, Long Kiu	10	Pacific	31.85	QT
1	51424 IAZ	Chan, Kai Yuet	10	Kowloon City	31.70	QT
2	46226 B	Chan, Yu Pak	10	Win Tin	31.39	QT
3	45993 IAZ	Au Yeung, Blake	10	Hoi Tin	31.16	QT
4	46391 @IAX	Jiang, Mingjian	10	Pacific	29.71	QT
5	47964 @IAX	Yuan, Jierui	10	Chi Kin	30.93	QT
6	45797 B	Liu, Ho Lun	9	Long Fame	31.32	QT
7	45506 B	Ng, Matthew	10	Winner	31.70	QT
8	48961 IAZ	Zhao, Sidney	10	New Wave	31.79	QT
9	46190 IAZ	Chong, Ka Lok	10	Kowloon City	31.93	QT

**Event 109 Girls 11-12 50 LC Meter Freestyle**

**WCA:** 25.04  
**WCB:** 25.92  
**HKR:** 24.30  
**JR:** 25.38  
**AGR:** 26.80  
**OQT:** 24.70  
**OCT:** 24.82

**HAUGHEY Siobhan Bernadette,SCA**

**30.98 QT Qualify Time**

**Meet Qualifying: 30.98**

Lane	ID#	Name	Age	Team	Seed Time	
<b>Heat 1 of 2 Timed Finals</b>						
0	48422 B	Lo, Hei Yu	11	Tai PO	30.98	QT
1	43778 #IAZ	Lee, Rianne	12	White Dolphin	30.81	QT
2	44094 B	Yuen, Yi Amanda	12	Hoi Tin	30.18	QT
3	48025 IAZ	Chung, Ching	12	Sword Fish Club	29.61	QT
4	45558 IAZ	Wan, Pisces	12	Dali Swimming Club	29.49	QT
5	41156 IAZ	Wu, Paak Kei Abby	12	Dik Wing	29.60	QT
6	43175 IAZ	Li, Ann	12	White Dolphin	29.73	QT
7	49340 IAZ	Ni, Kewen Nicole	12	Tuen Mun	30.28	QT
8	41421 IAZ	Leung, Wing Tung	12	Sea Lion	30.85	QT
9	47345 #IAZ	Cheung, Tsz Wun Karen	12	HK Sportworld	30.98	QT
<b>Heat 2 of 2 Timed Finals</b>						
0	40081 B	Lin, Yee Ka Chloe	12	Hoi Tin	29.33	QT
1	49341 IAZ	Chen, Jiayu	12	Tuen Mun	29.01	QT
2	43110 B	Leung, Sin Ming Sammy	12	Happy Valley	28.97	QT
3	41842 B	Lam, Sze Leong	12	New Wave	28.45	QT
4	40949 B	Sum, Yi Man	12	Tai PO	27.69	QT
5	46816 IAZ	Chan, Tsz Yu Ashley	12	Hoi Tin	28.36	QT
6	46253 @P	Lutz, Gabriella Chelsea	12	Lai WA	28.49	QT
7	39149 IAZ	Xing, Yina	12	Happy Valley	29.00	QT
8	45679 B	Woo, Sin Nga	12	Winner	29.06	QT
9	44674 B	Wan, Ching Yiu Iris	11	Tai PO	29.34	QT



## Hong Kong Age Group LC Swimming Champ 23-24 - 06/10/2023 to 08/10/2023

## Meet Program - Day 3 AM

## Event 110 Boys 11-12 50 LC Meter Freestyle

WCA: 22.12

WCB: 22.89

HKR: 21.86

JR: 23.65

AGR: 25.59

OQT: 21.96

OCT: 22.07

28.96 QT Qualify Time

HO Ian Yentou, SCA

Meet Qualifying: 28.96

Lane	ID#	Name	Age	Team	Seed Time
<b>Heat 1 of 2 Timed Finals</b>					
1	49674 IAZ	Wong, Nok Yin	12	Tai PO	28.96 QT
2	51501 IAZ	Chan, Tsz Nok	12	New Wave	28.96 QT
3	44230 B	Chung, Ho Ching	11	Hoi Tin	28.90 QT
4	48644 IAZ	Chan, Pak Wang	11	Dali Swimming Club	28.39 QT
5	46435 B	Chong, Cheuk Yin	11	New Wave	28.68 QT
6	42547 #IAX	Chow, Ho Yin	12	Tolo Harbour	28.94 QT
7	41206 #B	Chan, Wei Him	11	Dik Wing	28.96 QT
8	45474 #B	Shek, Tsz Hang Jason	12	HK Sportworld	28.96 QT
<b>Heat 2 of 2 Timed Finals</b>					
0	47980 B	Jin, Yu Tong	12	Lai WA	28.33 QT
1	48157 B	Yiu, Chi Him	12	Win Tin	28.17 QT
2	44353 IAZ	Leung, Cheuk Hong	12	Hoi Tin	27.82 QT
3	46182 B	Sung, Pak Kiu	12	Sun Yip	27.47 QT
4	46574 IAZ	Fong, Pak Yin	12	Hoi Tin	27.09 QT
5	42625 #B	He, Yu Hao	12	Chi Pui	27.27 QT
6	39065 B	Leung, Ching To	12	Win Tin	27.48 QT
7	49215 IAZ	Kuang, Siu Ming John	12	Kwan Hung	28.02 QT
8	41236 B	Yeung, Ho Yin	12	Win Tin	28.17 QT
9	42448 B	Lee, Man Hei	12	HK Sportworld	28.35 QT



Hong Kong Age Group LC Swimming Champ 23-24 - 06/10/2023 to 08/10/2023

Meet Program - Day 3 AM

Event 111 Girls 13-14 50 LC Meter Freestyle

WCA: 25.04  
 WCB: 25.92  
 HKR: 24.30  
 JR: 25.38  
 AGR: 25.87  
 OQT: 24.70  
 OCT: 24.82

HAUGHEY Siobhan Bernadette,SCA

29.40 QT Qualify Time

Meet Qualifying: 29.40

Lane	ID#	Name	Age	Team	Seed Time
<b>Heat 1 of 2 Timed Finals</b>					
0	42705 @P	Krkalo, Eva Katarina	14	Island Stingrays	29.30 QT
1	34005 IAZ	Yuen, Hiu Yu Ashley	13	Lai Tsun	28.37 QT
2	38217 IAZ	Yan, Ellie	13	Hoi Tin	28.17 QT
3	42637 B	So, Yin Yan	13	Happy Valley	27.84 QT
4	42134 IAZN	Tang, Kai Ting	13	Dik Wing	27.53 QT
5	33979 IAZ	Liu, Hei Yu	13	White Dolphin	27.53 QT
6	40602 @P	Kwon, Sowon	14	Island Stingrays	27.88 QT
7	46027 B	Ding, Ke	14	Tai PO	28.33 QT
8	41159 IAZ	Tang, Cheuk Wing Elke	13	Dik Wing	29.16 QT
9	41848 B	Tang, Hai Shuen Bernice	13	YMCA OF Hong Kong	29.40 QT
<b>Heat 2 of 2 Timed Finals</b>					
0	37875 B	Chan, Yuk Yan	14	Hoi Tin	27.49 QT
1	38029 B	Leung, Evita Yan	13	Tai PO	27.22 QT
2	40887 IAZ	Au-Yeung, Sze Ching	14	Chi Pui	27.03 QT
3	38422 B	Wang, Long Yee	14	Happy Valley	26.91 QT
4	40738 B	Li, Sum Yiu	14	White Dolphin	25.42 QT
5	44386 @	Li, Yu Qing	13	Win Tin	26.21 QT
6	43424 IAZ	Mathis, Mya Lynn	13	Tai PO	26.96 QT
7	39432 IAZ	Leung, Sze Ki Safira	13	Marlins	27.06 QT
8	37874 IAZ	Choi, Hiu Ying	13	Hoi Tin	27.34 QT
9	40407 B	Chan, Lok Tung	14	Dali Swimming Club	27.51 QT



Hong Kong Age Group LC Swimming Champ 23-24 - 06/10/2023 to 08/10/2023

Meet Program - Day 3 AM

Event 112 Boys 13-14 50 LC Meter Freestyle

WCA: 22.12  
 WCB: 22.89  
 HKR: 21.86  
 JR: 23.65  
 AGR: 24.18  
 OQT: 21.96  
 OCT: 22.07

HO Ian Yentou, SCA

27.27 QT Qualify Time

Meet Qualifying: 27.27

Lane	ID#	Name	Age	Team	Seed Time
<b>Heat 1 of 3 Timed Finals</b>					
3	37159 IAZ	Andiappan, Ethan Siddha Hsu	14	LRC	27.27 QT
4	35949 B	Lo, Sui Hong	14	Dali Swimming Club	27.27 QT
5	38676 #IAZ	Mak, Chung Hang	14	Kwan Hung	27.27 QT
6	44460 IAZ	Lau, Hon Fung	13	Dik Wing	27.27 QT
<b>Heat 2 of 3 Timed Finals</b>					
0	43281 #IAZ	Chan, Chak Alfred	13	HK Sportworld	27.22 QT
1	45164 #IAZ	Wu, Jun	14	Winner	26.65 QT
2	36117 B	Tam, Sing Hin	14	Dali Swimming Club	26.55 QT
3	49384 IAZ	Li, Louis Ka Wo	13	Pacific	26.21 QT
4	43321 IAZ	Po, Jit Shun	13	Ti Dynamics	26.12 QT
5	49312 IAZ	Cai, Zhi Yue	13	Tuen Mun	26.12 QT
6	35258 B	Cheung, Man Ho	13	Sea Lion	26.22 QT
7	44492 IAZ	Cho, Yat	13	Dali Swimming Club	26.58 QT
8	39933 B	Chan, Leong Medwin	13	HK Sportworld	27.20 QT
9	46688 #IAZ	Chan, Yui Hong	14	Dik Wing	27.27 QT
<b>Heat 3 of 3 Timed Finals</b>					
0	37420 IAZ	Ko, Chin Fung	14	Kwun Tong	25.91 QT
1	46409 IAZ	Wang, Zi Ran	13	Island Stingrays	25.89 QT
2	41692 P	Hong, Eric Mingze	14	Island Stingrays	25.84 QT
3	46416 B	Lin, Pak Yin	13	HK Sportworld	25.66 QT
4	43212 B	Tsang, Pak Kiu	13	Sun Yip	25.22 QT
5	33791 B	Tang, Kak Shing	14	Tai PO	25.58 QT
6	39500 IAZ	Lau, Tin Long	14	Kwun Tong	25.66 QT
7	41272 IAZ	Lam, C Yuen Yannis	14	Dik Wing	25.88 QT
8	41529 IAZ	Chan, Yat Fung Evan	14	South China	25.89 QT
9	34490 B	Chen, Yuxuan	14	Chi Pui	25.95 QT



Hong Kong Age Group LC Swimming Champ 23-24 - 06/10/2023 to 08/10/2023

Meet Program - Day 3 AM

**Event 113 Girls 15-17 50 LC Meter Freestyle**

WCA: 25.04  
 WCB: 25.92  
 HKR: 24.30 HAUGHEY Siobhan Bernadette,SCA  
 JR: 25.38  
 AGR: 25.38  
 OQT: 24.70  
 OCT: 24.82  
 28.83 QT Qualify Time

Meet Qualifying: 28.83

Lane	ID#	Name	Age	Team	Seed Time
<b>Heat 1 of 2 Timed Finals</b>					
2	41872 IAZ	Wong, Hei Ching	15	Long Fame	28.68 QT
3	40824 P	Robertson, Claire Mei	15	Island Stingrays	28.42 QT
4	31321 IAZ	Leung, Man Wai Yoyo	16	Pacific	28.19 QT
5	30878 P	Vong, Camille Sara Jia Yi	17	LRC	28.31 QT
6	38627 IAZ	Ho, So Yu	15	Happy Valley	28.45 QT
7	37596 P	Sandeen, Audrey Elizabeth	15	Island Stingrays	28.68 QT
<b>Heat 2 of 2 Timed Finals</b>					
0	37750 #IAZ	So, Ching Nga	15	Hoi Tin	27.53 QT
1	35455 B	Poon, Lok Yan	15	Chi Pui	26.91 QT
2	37017 IAZ	Chan, Tsun Wing	16	Hoi Tin	26.76 QT
3	33742 IAZ	Lam, Chelsie	15	Dali Swimming Club	26.59 QT
4	33715 IAZ	Ma, Gilaine	15	Tai PO	25.46 QT
5	25101 B	Ng, Sze Kwan	17	Kowloon Tong Club	26.39 QT
6	32098 B	Ma, Tsz Tsing Ashley	15	Hoi Tin	26.74 QT
7	29449 B	Leung, Wing Tsun Rachel	17	Win Tin	26.87 QT
8	33492 #IAZ	Chu, Ching Yin Annika	17	Hoi Tin	26.99 QT
9	33187 IAZ	Tse, Tsz Yu	15	Win Tin	27.80 QT

**Event 114 Boys 15-17 50 LC Meter Freestyle**

WCA: 22.12  
 WCB: 22.89  
 HKR: 21.86 HO Ian Yentou, SCA  
 JR: 23.65  
 AGR: 22.99  
 OQT: 21.96  
 OCT: 22.07  
 25.97 QT Qualify Time

Meet Qualifying: 25.97

Lane	ID#	Name	Age	Team	Seed Time
<b>Heat 1 of 4 Timed Finals</b>					
3	33109 B	Seeto, Shun Yin	17	Keung Sung	25.97 QT
4	38859 @IAO	Yang, Rwei Bin	17	Tuen Mun	25.77 QT
5	38979 B	Kwong, Chun Wai Harvey	15	Tai PO	25.89 QT



**Hong Kong Age Group LC Swimming Champ 23-24 - 06/10/2023 to 08/10/2023****Meet Program - Day 3 AM****Heat 2 Timed Finals... (Event 114 Boys 15-17 50 LC Meter Freestyle)**

1	37591 P	Chen, Joshua Luke	15	Island Stingrays	25.21	QT
2	42554 P	Jin, Ethan N	15	Island Stingrays	25.04	QT
3	37575 P	Chen, Jason Q	16	Island Stingrays	24.95	QT
4	35393 B	Law, Lok Hei	16	Win Tin	24.88	QT
5	44357 B	Leung, Chun Ho Franky	15	Pacific	24.88	QT
6	32919 IAZ	Cheng, Ho Wan Jude	15	Island Stingrays	24.96	QT
7	37482 B	Kwan, Ho Yin	15	Riverside	25.16	QT
8	31666 IAZ	Lee, Yat Yuen Yen	16	Hoi Tin	25.57	QT

**Heat 3 of 4 Timed Finals**

0	37757 B	Cheng, Pak Ho	15	HK Sportworld	24.78	QT
1	24292 B	Chu, Hon Hei	16	White Dolphin	24.61	QT
2	36658 IAZ	Ng, Chit	15	Dali Swimming Club	24.49	QT
3	28299 #B	Yeung, Tsun Ho	17	Sword Fish Club	24.30	QT
4	32042 IAZ	Lee, Jia Jun Jody George	17	South China	24.20	QT
5	30733 B	Lai, King Wo	16	Win Tin	24.29	QT
6	36314 IAZ	Mok, Long Sum	15	Lai WA	24.37	QT
7	28249 B	Fung, O See Asaph	17	Kowloon Tong Club	24.58	QT
8	29257 B	He, Shing Ip	17	Chi Pui	24.67	QT
9	36899 B	Kwok, Kin Wai	15	Keung Sung	24.82	QT

**Heat 4 of 4 Timed Finals**

0	33370 IAZ	Hui, Ching Ho	16	Sword Fish Club	23.99	QT
1	32268 IAZ	Leung, Pui Lok	17	Lai Tsun	23.94	QT
2	34756 IAZ	Hofstede, Adam Marcel	16	Dik Wing	23.70	QT
3	38227 IAZ	Lo, Tsz Lam	16	Win Tin	23.65	QT
4	49455 IAZ	Cai, Qi Hong	17	Chi Pui	23.29	QT
5	33435 IAZ	Siu, To	17	Dali Swimming Club	23.39	QT
6	25665 IAZ	Wong, Hoi Nam	17	Dik Wing	23.66	QT
7	42311 IAZ	Yu, Chi Lung	15	Pacific	23.90	QT
8	36913 IAZ	Cheng, Cheuk Chi George	15	Dali Swimming Club	23.98	QT
9	32463 IAZ	Chan, Austin	17	Dik Wing	24.19	QT

**Event 115 Girls 18 & Over 50 LC Meter Freestyle**

WCA: 25.04

WCB: 25.92

HKR: 24.30

OQT: 24.70

OCT: 24.82

28.83 QT Qualify Time

HAUGHEY Siobhan Bernadette,SCA

**Meet Qualifying: 28.83**

Lane	ID#	Name	Age	Team	Seed Time	
Heat 1 of 2 Timed Finals						
3	25098 #B	Fung, Suet Ying Chloe	18	Kowloon Tong Club	28.83	QT
4	22719 IAZ	Wong, Toto Kwan To	23	Hoi Tin	28.05	QT
5	29211 B	Hsieh, Hoi Ying Katrina	18	South China	28.83	QT



**Hong Kong Age Group LC Swimming Champ 23-24 - 06/10/2023 to 08/10/2023****Meet Program - Day 3 AM****Heat 2 Timed Finals... (Event 115 Girls 18 & Over 50 LC Meter Freestyle)**

0	28694 B	Cheuk, Yuet Ying Phoebe	18	Keung Sung	27.73	QT
1	30455 B	Lui, Ho Yee Chloe	18	Win Tin	27.28	QT
2	30744 B	Hui, Ka Ling	18	Win Tin	26.58	QT
3	05641 IBZ	Chan, Kin Lok	29	Win Tin	25.35	QT
4	11920 B	Tam, Hoi Lam	25	Current Club Ltd	24.67	QT
5	04515 ICZ	Sze, Hang Yu	35	Win Tin	25.30	QT
6	21383 B	Ho, Nam Wai Tinky	21	Win Tin	26.01	QT
7	28897 IAZ	Loo, Tsz Ki Cherrie	19	Dik Wing	27.01	QT
8	46247 @IAO	Krkalo, Shauna Kathleen	45	LRC	27.65	QT
9	09959 #IAZ	Mok, Hoi Man Sheron	27	Pacific	27.81	QT

**Event 116 Boys 18 & Over 50 LC Meter Freestyle**

WCA: 22.12

WCB: 22.89

HKR: 21.86

OQT: 21.96

OCT: 22.07

25.97

QT Qualify Time

HO Ian Yentou, SCA

Meet Qualifying: 25.97

Lane	ID#	Name	Age	Team	Seed Time
<b>Heat 1 of 1 Timed Finals</b>					
0	33716 B	Chan, Ngai Cheung	18	Tuen Mun	25.91 QT
1	04637 IBZ	Kwan, Yui Hang	30	Current Club Ltd	24.95 QT
2	31077 B	Lo, Man Kit	19	Sword Fish Club	24.28 QT
3	22824 IAZ	Wong, Lok Kan	19	Hoi Tin	22.99 QT
4	06697 B	Koo, Ralph Yat Ho	25	Hoi Tin	22.44 QT
5	20289 IAZ	Tsui, Wai Chi	21	Win Tin	22.78 QT
6	32248 B	Li, Sing Hoi	18	Win Tin	23.99 QT
7	09964 IAZ	Lau, Chak Lam Nicholas	28	Kowloon City	24.68 QT
8	38153 IAZ	Cheung, Chi Hang	19	Old Folks	25.53 QT
9	29508 #IAZ	Tsang, Pak Ho	20	Tolo Harbour	25.97 QT



## Hong Kong Age Group LC Swimming Champ 23-24 - 06/10/2023 to 08/10/2023

## Meet Program - Day 3 AM

## Event 117 Girls 10 &amp; Under 200 LC Meter IM

WCA: 2:12.98

WCB: 2:17.63

HKR: 2:12.10

JR: 2:13.35

AGR: 2:32.15

OQT: 2:11.47

OCT: 2:12.13

3:04.80

QT Qualify Time

HAUGHEY Siobhan Bernadette,SCA

Meet Qualifying: 3:04.80

Lane	ID#	Name	Age	Team	Seed Time
<b>Heat 1 of 2 Timed Finals</b>					
3	49803 B	Pun, Yi Yan	10	Juan Hua Club	3:04.80 QT
4	50341 IAZ	Hu, Xinyue	10	Hoi Tin	2:56.38 QT
5	50768 @^IM	Chen, Yifei	10	Flying Dragon	3:01.77 QT
6	48516 B	Lee, Yu Ching Sunnie	10	Winner	3:04.80 QT
<b>Heat 2 of 2 Timed Finals</b>					
0	47038 #IAZ	Kwok, You YoYo	10	Hoi Tin	2:55.16 QT
1	51535 IAZ	Lin, Cindy	10	Tuen Mun	2:53.21 QT
2	51534 IAZ	Lin, Cathy	10	Tuen Mun	2:52.38 QT
3	48850 B	Lam, Tsz Kei	10	Winner	2:45.81 QT
4	50688 @IAO	Ho, Kang Ni Chloe	10	Hoi Tin	2:37.76 QT
5	44089 B	Yeung, Lei Wah	10	Hoi Tin	2:44.66 QT
6	46150 B	Huang, Zhong Hui Zhi Sofia	10	Pacific	2:50.35 QT
7	46175 IAZ	Tang, Sum Wing Gladys	10	Dik Wing	2:52.42 QT
8	43780 IAZ	Ho, Sin Tung Sebbi	10	Dik Wing	2:53.81 QT
9	46519 IAZ	Courtney, Sarah Margaret	9	South China	2:55.40 QT

## Event 118 Boys 10 &amp; Under 200 LC Meter IM

WCA: 1:59.53

WCB: 2:03.71

HKR: 2:01.37

JR: 2:05.10

AGR: 2:32.07

OQT: 1:57.94

OCT: 1:58.53

2:57.16

QT Qualify Time

TO Kenneth King Him, LWS

Meet Qualifying: 2:57.16

Lane	ID#	Name	Age	Team	Seed Time
<b>Heat 1 of 2 Timed Finals</b>					
2	47275 B	Hsieh, Kyrus Shing Hin	8	Tai PO	2:57.16 QT
3	44319 IAZ	Lo, Yat Long Matthew	10	Sun Yip	2:57.16 QT
4	48708 @IAX	Wong, Kwan Yu William	9	Chi Pui	2:51.13 QT
5	46226 B	Chan, Yu Pak	10	Win Tin	2:57.16 QT
6	48620 IAZ	Du, Shing Lam Kelvin	10	Win Tin	2:57.16 QT
7	47359 IAZ	Lui, Harris Chi Wo	10	Keung Sung	2:57.16 QT



## Hong Kong Age Group LC Swimming Champ 23-24 - 06/10/2023 to 08/10/2023

## Meet Program - Day 3 AM

## Heat 2 Timed Finals... (Event 118 Boys 10 &amp; Under 200 LC Meter IM)

0	46777 B	Lee, Cheuk Fung	10	Happy Valley	2:50.16	QT
1	45662 @	Lee, Hiu Pang	10	Flying Fish	2:45.59	QT
2	43578 IAZ	Lam, Tsz Sum Karl	10	Chi Pui	2:43.22	QT
3	43667 B	So, Cheuk Tik Chester	10	Hoi Tin	2:38.93	QT
4	46119 B	Hsieh, Kurtis Yi Hon	10	Tai PO	2:36.18	QT
5	46391 @IAX	Jiang, Mingjian	10	Pacific	2:36.24	QT
6	43756 B	Chan, Curtis	10	Win Tin	2:42.95	QT
7	45993 IAZ	Au Yeung, Blake	10	Hoi Tin	2:43.91	QT
8	44968 B	Li, Lok Chi Adrian	10	Hoi Tin	2:45.98	QT
9	46149 @IAX	Yeung, Ching Hong Henry	10	Pacific	2:50.28	QT

## Event 119 Girls 11-12 200 LC Meter IM

WCA: 2:12.98

WCB: 2:17.63

HKR: 2:12.10

JR: 2:13.35

AGR: 2:21.79

OQT: 2:11.47

OCT: 2:12.13

2:43.16

QT Qualify Time

HAUGHEY Siobhan Bernadette,SCA

Meet Qualifying: 2:43.16

Lane	ID#	Name	Age	Team	Seed Time	
<b>Heat 1 of 2 Timed Finals</b>						
1	47157 #IAZ	Wong, Pui Yiu	11	Tuen Mun	2:43.16	QT
2	40768 IAZ	Fung, Hoi Lui	12	Dali Swimming Club	2:42.42	QT
3	42463 B	Ackber, Bertha	12	Hoi Tin	2:39.31	QT
4	45628 IAZ	Chan, Pui Ka	11	White Dolphin	2:38.65	QT
5	45558 IAZ	Wan, Pisces	12	Dali Swimming Club	2:38.83	QT
6	46607 IAZ	Yang, Grace	11	Hoi Tin	2:39.85	QT
7	49341 IAZ	Chen, Jiayu	12	Tuen Mun	2:43.16	QT
8	50439 @ICX	Wang, Qianyue	12	Hoi Tin	2:43.16	QT
<b>Heat 2 of 2 Timed Finals</b>						
0	46124 #IAZ	Mathis, Kayla J	12	Tai PO	2:37.60	QT
1	38394 B	Yeung, Tin Wing	12	Hoi Tin	2:34.41	QT
2	48950 #@P	Gao, Jialian	11	Chi Pui	2:29.83	QT
3	43137 IAZ	Yiu, Sum Yin	12	Win Tin	2:26.91	QT
4	40949 B	Sum, Yi Man	12	Tai PO	2:24.99	QT
5	38797 IAZ	Wong, Hei Ching Henrietta	12	Tai PO	2:25.08	QT
6	38411 B	Yung, Tsz Ching	12	Hoi Tin	2:28.59	QT
7	46816 IAZ	Chan, Tsz Yu Ashley	12	Hoi Tin	2:33.27	QT
8	44674 B	Wan, Ching Yiu Iris	11	Tai PO	2:37.06	QT
9	46253 @P	Lutz, Gabriella Chelsea	12	Lai WA	2:37.97	QT



## Hong Kong Age Group LC Swimming Champ 23-24 - 06/10/2023 to 08/10/2023

## Meet Program - Day 3 AM

## Event 120 Boys 11-12 200 LC Meter IM

WCA: 1:59.53

WCB: 2:03.71

HKR: 2:01.37

JR: 2:05.10

AGR: 2:15.50

OQT: 1:57.94

OCT: 1:58.53

2:42.61 QT Qualify Time

TO Kenneth King Him, LWS

Meet Qualifying: 2:42.61

Lane	ID#	Name	Age	Team	Seed Time
<b>Heat 1 of 3 Timed Finals</b>					
3	47679 B	Tsui, Ka Hei	12	Sun Yip	2:42.61 QT
4	42571 IAZ	Li, Yue Kun	12	Pacific	2:42.61 QT
5	51923 IAZ	Xu, Yiming	12	Tai PO	2:42.61 QT
<b>Heat 2 of 3 Timed Finals</b>					
0	43918 @IAX	Chui, Ue Haang	12	White Dolphin	2:42.54 QT
1	48707 @IAX	Wong, Kwan Ngai Johnny	11	Chi Pui	2:35.76 QT
2	40882 B	Lee, Chung Hei Aiden	12	Hoi Tin	2:34.50 QT
3	46466 IAZ	Tsui, Yik Shun	12	Pacific	2:33.18 QT
4	40881 IAZN	Ray-smith, Henry Joseph Evel	12	Hoi Tin	2:31.90 QT
5	39041 IAZ	Lam, Lok Sum	12	Hoi Tin	2:32.61 QT
6	42008 B	Law, Tsz Lok	11	Win Tin	2:33.81 QT
7	40111 B	Wong, Yik Man Mike	12	South China	2:35.60 QT
8	43394 IAZ	Lam, Cheuk Yin	11	Sun Yip	2:36.79 QT
<b>Heat 3 of 3 Timed Finals</b>					
0	44353 IAZ	Leung, Cheuk Hong	12	Hoi Tin	2:29.47 QT
1	40879 IAZ	Chen, Zheng Xuan Jason	11	Hoi Tin	2:28.66 QT
2	44787 #IAZ	Kam, Yu Hin Villa	12	Sun Yip	2:25.95 QT
3	46985 IAZ	Wong, Chung Kok Helge	12	Pacific	2:22.86 QT
4	49117 @I	Liu, Haoliang	12	Chi Pui	2:21.68 QT
5	39065 B	Leung, Ching To	12	Win Tin	2:22.69 QT
6	45152 B	Wong, Yat Long	12	Tai PO	2:24.52 QT
7	43925 B	Lam, Ka Yeung	12	Pacific	2:28.34 QT
8	43245 B	Wong, Pak Dick	12	Tuen Mun	2:29.38 QT
9	48157 B	Yiu, Chi Him	12	Win Tin	2:31.51 QT



## Hong Kong Age Group LC Swimming Champ 23-24 - 06/10/2023 to 08/10/2023

## Meet Program - Day 3 AM

## Event 121 Girls 13-14 200 LC Meter IM

WCA: 2:12.98

WCB: 2:17.63

HKR: 2:12.10

JR: 2:13.35

AGR: 2:18.44

OQT: 2:11.47

OCT: 2:12.13

2:39.22 QT Qualify Time

HAUGHEY Siobhan Bernadette,SCA

Meet Qualifying: 2:39.22

Lane	ID#	Name	Age	Team	Seed Time
<b>Heat 1 of 2 Timed Finals</b>					
3	44554 B	Lee, Wing Sze	13	Happy Valley	2:39.22 QT
4	38028 B	Leung, Evelyn Yi	14	Tai PO	2:31.73 QT
5	33979 IAZ	Liu, Hei Yu	13	White Dolphin	2:32.95 QT
<b>Heat 2 of 2 Timed Finals</b>					
0	38813 P	Liu, Yuen Ching	13	Keung Sung	2:29.20 QT
1	36101 B	Tang, Tsz Ching Selina	14	Flying Dragon	2:28.15 QT
2	39179 B	Man, Wui Kiu	14	Chi Pui	2:25.92 QT
3	35932 B	Wong, Sze Laam Serena	13	Win Tin	2:23.82 QT
4	35345 B	Ho, Tin Wing	13	Hoi Tin	2:22.74 QT
5	36944 B	Chan, Yi Lok	13	Win Tin	2:23.53 QT
6	39706 B	Yip, Tsz Laam	13	White Dolphin	2:25.15 QT
7	42578 IAZ	Leung, Yan Yui	14	Chi Pui	2:26.19 QT
8	38860 IAZ	Chui, On Tsz	14	Hoi Tin	2:28.78 QT
9	38537 B	Chung, Wing Sum Hazel	14	HK Sportworld	2:31.05 QT

## Event 122 Boys 13-14 200 LC Meter IM

WCA: 1:59.53

WCB: 2:03.71

HKR: 2:01.37

JR: 2:05.10

AGR: 2:05.10

OQT: 1:57.94

OCT: 1:58.53

2:27.65 QT Qualify Time

TO Kenneth King Him, LWS

Meet Qualifying: 2:27.65

Lane	ID#	Name	Age	Team	Seed Time
<b>Heat 1 of 2 Timed Finals</b>					
2	35258 B	Cheung, Man Ho	13	Sea Lion	2:27.65 QT
3	36592 B	Lau, Ka Long	14	Hoi Tin	2:23.06 QT
4	46416 B	Lin, Pak Yin	13	HK Sportworld	2:19.79 QT
5	42703 IAZ	Huang, Sebastian Kai	13	Island Stingrays	2:19.88 QT
6	40757 IAZ	To, Hiu Fung	13	Hoi Tin	2:23.79 QT



## Hong Kong Age Group LC Swimming Champ 23-24 - 06/10/2023 to 08/10/2023

## Meet Program - Day 3 AM

## Heat 2 Timed Finals... (Event 122 Boys 13-14 200 LC Meter IM)

0	41422 B	Yick, Sum Kiu	13	Sea Lion	2:18.09	QT
1	43609 P	Wu, Lok Kan	13	Pacific	2:17.29	QT
2	36805 B	Chan, Leong To	13	Hoi Tin	2:16.70	QT
3	40455 IAZ	Lam, Wai Lok	14	Sun Yip	2:16.36	QT
4	33755 IAZ	Lau, Kin Hei James	14	Hoi Tin	2:03.44	QT
5	49179 @ICX	Zhu, Xiuping	14	Pacific	2:13.92	QT
6	45922 @ICX	Fu, Enze	14	Chi Pui	2:16.66	QT
7	44135 B	So, Chun Hei	14	Kwun Tong	2:17.11	QT
8	32095 B	Lau, Chor Tik	14	Win Tin	2:17.66	QT
9	40651 P	Leung, Tsz Ming	14	White Dolphin	2:19.28	QT

## Event 123 Girls 15-17 200 LC Meter IM

WCA: 2:12.98

WCB: 2:17.63

HKR: 2:12.10

JR: 2:13.35

AGR: 2:13.07

OQT: 2:11.47

OCT: 2:12.13

2:38.84

QT Qualify Time

HAUGHEY Siobhan Bernadette,SCA

Meet Qualifying: 2:38.84

Lane	ID#	Name	Age	Team	Seed	Time
<b>Heat 1 of 2 Timed Finals</b>						
2	42555 @P	Chow, Adison Hailey	15	Island Stingrays	2:36.27	QT
3	46320 @ICO	Bennett, Alyvia Paige	15	Island Stingrays	2:31.58	QT
4	38714 IAZ	Au, Hoi Sin	16	Kwun Tong	2:30.73	QT
5	33874 IAZ	Lee Giselle, Jacinda Jia Hui	15	South China	2:31.47	QT
6	36672 B	Lam, Karman	16	Pacific	2:31.66	QT
7	33715 IAZ	Ma, Gilaine	15	Tai PO	2:38.84	QT
<b>Heat 2 of 2 Timed Finals</b>						
0	35996 IAZ	Yau, Tsz Ching	15	Hoi Tin	2:29.57	QT
1	38628 IAZ	Ho, So Wai	15	Happy Valley	2:25.12	QT
2	29449 B	Leung, Wing Tsun Rachel	17	Win Tin	2:21.05	QT
3	36580 B	Tang, Man Rao Jasmine	15	Tai PO	2:18.66	QT
4	31841 IAZ	Ng, Lai Wa	17	Hoi Tin	2:15.33	QT
5	42490	Wang, Xin Tong	15	Win Tin	2:17.48	QT
6	31301 IAZ	To, Wing Yan	17	Happy Valley	2:19.27	QT
7	34467 B	Chan, Tsz Ching	17	Sea Lion	2:23.60	QT
8	33492 #IAZ	Chu, Ching Yin Annika	17	Hoi Tin	2:25.52	QT
9	37038 IAZ	Chan, Yin Yan	15	Hoi Tin	2:30.64	QT



## Hong Kong Age Group LC Swimming Champ 23-24 - 06/10/2023 to 08/10/2023

## Meet Program - Day 3 AM

## Event 124 Boys 15-17 200 LC Meter IM

WCA: 1:59.53

WCB: 2:03.71

HKR: 2:01.37

JR: 2:05.10

AGR: 2:05.98

OQT: 1:57.94

OCT: 1:58.53

2:24.55 QT Qualify Time

TO Kenneth King Him, LWS

## Meet Qualifying: 2:24.55

Lane	ID#	Name	Age	Team	Seed Time
<b>Heat 1 of 4 Timed Finals</b>					
3	37568 IAZ	Ding, Wilfred Weixin	15	Island Stingrays	2:22.21 QT
4	32919 IAZ	Cheng, Ho Wan Jude	15	Island Stingrays	2:20.37 QT
5	37591 P	Chen, Joshua Luke	15	Island Stingrays	2:21.65 QT
<b>Heat 2 of 4 Timed Finals</b>					
1	37482 B	Kwan, Ho Yin	15	Riverside	2:18.76 QT
2	37757 B	Cheng, Pak Ho	15	HK Sportworld	2:17.75 QT
3	35804 IAZ	Tong, Ching Wa	17	Pacific	2:16.98 QT
4	36157 IAZ	Loo, Tsz Chung Berry	15	Dik Wing	2:15.88 QT
5	31715 IAZ	Tsang, Kei Hon Ian	15	Dik Wing	2:16.34 QT
6	35145 IAZ	Liu, Siu Fung	15	Chi Pui	2:17.44 QT
7	31666 IAZ	Lee, Yat Yuen Yen	16	Hoi Tin	2:18.69 QT
8	37575 P	Chen, Jason Q	16	Island Stingrays	2:19.64 QT
<b>Heat 3 of 4 Timed Finals</b>					
0	28236 B	Lau, Yiu Yeung Jamie	17	Win Tin	2:15.20 QT
1	32061 IAZ	Lee, Donald Cheuk Yiu	16	Hoi Tin	2:12.98 QT
2	34048 IAZ	Wong, Pok Lam	16	Hoi Tin	2:12.56 QT
3	39277 B	Fung, Ho Chun	15	Chi Pui	2:12.21 QT
4	34145 IAO	Ng, Anson	15	Sun Yip	2:11.90 QT
5	36085 B	Hui, Yik Kiu	15	Chi Pui	2:11.92 QT
6	45057 @ICO	Caglar, Mehmet Emre	16	Island Stingrays	2:12.38 QT
7	33935 B	Yau, Pak Ho	15	Chi Pui	2:12.82 QT
8	35393 B	Law, Lok Hei	16	Win Tin	2:13.89 QT
9	35648 IAZ	Lau, Tsz Pok	15	Pacific	2:15.55 QT
<b>Heat 4 of 4 Timed Finals</b>					
0	38539 B	Chan, Wah Royce	15	HK Sportworld	2:10.40 QT
1	29545 IAZN	Cheung, Cheuk To	17	Tai PO	2:08.35 QT
2	48237 IAZ	Wang, Yi Shun	15	Chi Pui	2:07.05 QT
3	35292 P	Yu, Dongqi	15	Hoi Tin	2:05.89 QT
4	25379 B	Mak, Sai Ting Adam	17	Hoi Tin	2:02.26 QT
5	33385 B	Lu, Pat Fan	17	Sun Yip	2:04.25 QT
6	30574 IAZ	Cheung, Ryan	16	Chi Pui	2:06.24 QT
7	38227 IAZ	Lo, Tsz Lam	16	Win Tin	2:07.56 QT
8	36547 IAZ	Wong, Yik Yan Sean	16	South China	2:09.88 QT
9	33608 IAZN	Wan, Chun Lim	17	Pacific	2:11.43 QT



## Hong Kong Age Group LC Swimming Champ 23-24 - 06/10/2023 to 08/10/2023

## Meet Program - Day 3 AM

## Event 125 Girls 18 &amp; Over 200 LC Meter IM

WCA: 2:12.98

WCB: 2:17.63

HKR: 2:12.10

OQT: 2:11.47

OCT: 2:12.13

2:38.84 QT Qualify Time

HAUGHEY Siobhan Bernadette,SCA

Meet Qualifying: 2:38.84

Lane	ID#	Name	Age	Team	Seed Time
<b>Heat 1 of 1 Timed Finals</b>					
3	20766 B	Li, Yuet Sum Phyllis	21	Tai PO	2:25.63 QT
4	29117 IAZ	Wong, Po Yin	18	Happy Valley	2:23.18 QT
5	29060 IAZ	Lam, Hoi Kiu	19	Hoi Tin	2:24.17 QT

## Event 126 Boys 18 &amp; Over 200 LC Meter IM

WCA: 1:59.53

WCB: 2:03.71

HKR: 2:01.37

OQT: 1:57.94

OCT: 1:58.53

2:24.55 QT Qualify Time

TO Kenneth King Him, LWS

Meet Qualifying: 2:24.55

Lane	ID#	Name	Age	Team	Seed Time
<b>Heat 1 of 1 Timed Finals</b>					
0	24279 IAZ	Au, Chung Yin	22	White Dolphin	2:22.14 QT
1	24053 B	Po, Hin Hang	20	Pacific	2:18.31 QT
2	28636 B	Chan, Tsz Chiu	20	Keung Sung	2:11.23 QT
3	25050 B	Kung, Lok Sum	19	Tai PO	2:09.14 QT
4	15423 IAZ	Cheung, Yau Ming	25	Hoi Tin	2:06.79 QT
5	31864 IAZ	Kwong, Bui Ming	18	Hoi Ngai	2:08.25 QT
6	26123 IAZ	Wong, Wai Lun	21	Hoi Tin	2:10.19 QT
7	17709 B	Whittington, Ryan Michael	22	South China	2:12.57 QT
8	29043 B	Tsang, Lok Hei	19	Sun Yip	2:20.89 QT
9	33504 IAZ	Leung, Lok Hei	18	North Sports	2:24.55 QT



## Hong Kong Age Group LC Swimming Champ 23-24 - 06/10/2023 to 08/10/2023

## Meet Program - Day 3 AM

## Event 127 Girls 4x50 LC Meter Medley Relay

2:18.03 QT Qualify Time

Meet Qualifying: 2:18.03

Lane	Team	Relay	Seed Time
<b>Heat 1 of 1 Timed Finals</b>			
0	Keung Sung Swimming Club	A	2:18.03 QT
1	Pacific Swimming Club	A	2:11.31 QT
2	Dali Swimming Club	A	2:06.87 QT
3	Hoi Tin Athletic Assn Ltd	A	1:58.50 QT
4	Tai PO Swimming Club	A	1:54.75 QT
5	Win Tin Swimming Club	A	1:56.43 QT
6	Happy Valley Athletic Assn	A	2:01.53 QT
7	South China Athletic Assn	A	2:09.06 QT
8	Chi Pui Swimming Club Ltd	A	2:18.03 QT

## Event 128 Boys 4x50 LC Meter Medley Relay

2:07.74 QT Qualify Time

Meet Qualifying: 2:07.74

Lane	Team	Relay	Seed Time
<b>Heat 1 of 1 Timed Finals</b>			
0	Dali Swimming Club	A	1:54.40 QT
1	Tai PO Swimming Club	A	1:52.22 QT
2	Chi Pui Swimming Club Ltd	A	1:50.79 QT
3	Pacific Swimming Club	A	1:50.16 QT
4	Hoi Tin Athletic Assn Ltd	A	1:44.84 QT
5	Sun Yip Swimming Club	A	1:49.74 QT
6	White Dolphin Sport Assn	A	1:50.34 QT
7	South China Athletic Assn	A	1:51.70 QT
8	Win Tin Swimming Club	A	1:52.31 QT
9	Tuen Mun Swimming Associat	A	2:06.68 QT



## Hong Kong Age Group LC Swimming Champ 23-24 - 06/10/2023 to 08/10/2023

## Meet Program - Day 3 PM

## Event 129 Girls 11-12 200 LC Meter Butterfly

WCA: 2:09.21

WCB: 2:13.73

HKR: 2:13.06

JR: 2:14.06

AGR: 2:18.68

OQT: 2:08.43

OCT: 2:09.07

2:56.17

QT Qualify Time

MOK Sze Ki, HVA

Meet Qualifying: 2:56.17

Lane	ID#	Name	Age	Team	Seed Time
<b>Heat 1 of 1 Timed Finals</b>					
0	44369 B	Cheung, Chi Ching Clara	12	Win Tin	2:44.06 QT
1	41875 IAZ	Li, Hei Man	12	Sword Fish Club	2:38.06 QT
2	38394 B	Yeung, Tin Wing	12	Hoi Tin	2:33.95 QT
3	45571 B	Chan, Hei Ching	12	Keung Sung	2:32.67 QT
4	38797 IAZ	Wong, Hei Ching Henrietta	12	Tai PO	2:26.05 QT
5	42151 IAZ	Lai, Cheuk Ling Maris	12	Happy Valley	2:31.68 QT
6	45411 B	Ding, Tian	11	Happy Valley	2:33.25 QT
7	45531 IAZ	Zhong, Sin Yiu	11	North Sports	2:35.44 QT
8	45628 IAZ	Chan, Pui Ka	11	White Dolphin	2:42.81 QT
9	46392 IAZ	Cheung, Sum Yiu Lydia	12	Pacific	2:56.17 QT

## Event 130 Boys 11-12 200 LC Meter Butterfly

WCA: 1:56.71

WCB: 2:00.79

HKR: 2:00.43

JR: 2:01.23

AGR: 2:13.93

OQT: 1:55.78

OCT: 1:56.36

2:53.25

QT Qualify Time

LIM Nicholas Owen Zhaoguang

LRC

Meet Qualifying: 2:53.25

Lane	ID#	Name	Age	Team	Seed Time
<b>Heat 1 of 2 Timed Finals</b>					
0	43484 P	Stamenovic, Istok	12	LRC	2:53.25 QT
1	51923 IAZ	Xu, Yiming	12	Tai PO	2:53.25 QT
2	40111 B	Wong, Yik Man Mike	12	South China	2:51.37 QT
3	39576 B	Chan, Pak Yu	12	Sun Yip	2:47.35 QT
4	48707 @IAX	Wong, Kwan Ngai Johnny	11	Chi Pui	2:40.76 QT
5	43174 B	Lam, Chun Hin	12	Sun Yip	2:43.84 QT
6	47679 B	Tsui, Ka Hei	12	Sun Yip	2:47.46 QT
7	42625 #B	He, Yu Hao	12	Chi Pui	2:53.25 QT
8	46500 IAZ	Kwok, Tyler	12	Island Stingrays	2:53.25 QT
9	44269 B	Sum, Wai Chong	11	Winner	2:53.25 QT



**Hong Kong Age Group LC Swimming Champ 23-24 - 06/10/2023 to 08/10/2023**

**Meet Program - Day 3 PM**

**Heat 2 Timed Finals... (Event 130 Boys 11-12 200 LC Meter Butterfly)**

0	42699 IAZ	Chan, Ching Long	12	Pacific	2:39.93	QT
1	43394 IAZ	Lam, Cheuk Yin	11	Sun Yip	2:35.53	QT
2	42571 IAZ	Li, Yue Kun	12	Pacific	2:29.60	QT
3	40879 IAZ	Chen, Zheng Xuan Jason	11	Hoi Tin	2:26.73	QT
4	46985 IAZ	Wong, Chung Kok Helge	12	Pacific	2:23.06	QT
5	45152 B	Wong, Yat Long	12	Tai PO	2:25.11	QT
6	43245 B	Wong, Pak Dick	12	Tuen Mun	2:27.93	QT
7	44445 IAZ	Chan, Tsz Hin	11	Winner	2:31.43	QT
8	43393 IAZ	Lam, Cheuk Hang	11	Sun Yip	2:39.12	QT
9	47411 IAZ	Chen, Wai Yin	12	Pacific	2:40.28	QT

**Event 131 Girls 13-14 200 LC Meter Butterfly**

<b>WCA:</b>	2:09.21	
<b>WCB:</b>	2:13.73	
<b>HKR:</b>	2:13.06	MOK Sze Ki, HVA
<b>JR:</b>	2:14.06	
<b>AGR:</b>	2:14.96	
<b>OQT:</b>	2:08.43	
<b>OCT:</b>	2:09.07	
	2:42.26	QT Qualify Time

Meet Qualifying: 2:42.26

Lane	ID#	Name	Age	Team	Seed Time
<b>Heat 1 of 1 Timed Finals</b>					
1	38029 B	Leung, Evita Yan	13	Tai PO	2:33.71 QT
2	38028 B	Leung, Evelyn Yi	14	Tai PO	2:28.82 QT
3	38813 P	Liu, Yuen Ching	13	Keung Sung	2:27.50 QT
4	43424 IAZ	Mathis, Mya Lynn	13	Tai PO	2:20.93 QT
5	35932 B	Wong, Sze Laam Serena	13	Win Tin	2:22.53 QT
6	40963 IAZ	Chung, Wing Yee Sessie	13	Hoi Tin	2:27.82 QT
7	39706 B	Yip, Tsz Laam	13	White Dolphin	2:30.22 QT
8	48949 IAZ	Chang, Sienna Jing Huan	13	Island Stingrays	2:37.57 QT



Hong Kong Age Group LC Swimming Champ 23-24 - 06/10/2023 to 08/10/2023

Meet Program - Day 3 PM

Event 132 Boys 13-14 200 LC Meter Butterfly

WCA: 1:56.71  
 WCB: 2:00.79  
 HKR: 2:00.43  
 JR: 2:01.23  
 AGR: 2:01.23  
 OQT: 1:55.78  
 OCT: 1:56.36

LIM Nicholas Owen Zhaoguang

LRC

2:35.68 QT Qualify Time

Meet Qualifying: 2:35.68

Lane	ID#	Name	Age	Team	Seed Time
<b>Heat 1 of 2 Timed Finals</b>					
1	44681 IAZ	Wan, Wui Sum	14	Pacific	2:35.68 QT
2	45162 #IAZ	Lau, Chin Fung	14	Pacific	2:31.45 QT
3	40460 IAZ	Zhao, Oscar	13	Hoi Tin	2:28.42 QT
4	36563 B	Leung, Hok Kiu Jason	14	Sun Yip	2:23.77 QT
5	39669 IAZ	Lau, Yiu Him Jayson	14	Win Tin	2:27.44 QT
6	36895 B	Lo, Kei Hon Andre	14	Hoi Tin	2:28.95 QT
7	46151 IAZ	Yang, Rui Xuan Ethan	13	Pacific	2:35.68 QT
<b>Heat 2 of 2 Timed Finals</b>					
0	35385 B	Chong, Hin Yeung	14	Dik Wing	2:21.91 QT
1	49179 @ICX	Zhu, Xiuping	14	Pacific	2:20.34 QT
2	35931 B	Lam, Marcus Pak Hei	13	Win Tin	2:17.46 QT
3	38701 B	Chung, Hei Chit	14	Hoi Tin	2:07.66 QT
4	33755 IAZ	Lau, Kin Hei James	14	Hoi Tin	1:58.13 QT
5	38214 IAZ	Chan, Wai Ching Adrian	13	Win Tin	2:07.30 QT
6	36551 IAZ	Tian, Trevor	14	Tai PO	2:15.83 QT
7	39573 B	Lee, Chak Fung Jaiden	14	Sun Yip	2:19.77 QT
8	37574 P	Chen, Eric Q	14	Island Stingrays	2:21.21 QT
9	40455 IAZ	Lam, Wai Lok	14	Sun Yip	2:22.89 QT

Event 133 Girls 15-17 200 LC Meter Butterfly

WCA: 2:09.21  
 WCB: 2:13.73  
 HKR: 2:13.06  
 JR: 2:14.06  
 AGR: 2:13.06  
 OQT: 2:08.43  
 OCT: 2:09.07

MOK Sze Ki, HVA

2:31.17 QT Qualify Time

Meet Qualifying: 2:31.17

Lane	ID#	Name	Age	Team	Seed Time
<b>Heat 1 of 1 Timed Finals</b>					
3	31301 IAZ	To, Wing Yan	17	Happy Valley	2:20.12 QT
4	32326 B	Mok, Sze Ki	16	Happy Valley	2:10.06 QT
5	36580 B	Tang, Man Rao Jasmine	15	Tai PO	2:16.91 QT
6	38628 IAZ	Ho, So Wai	15	Happy Valley	2:22.18 QT



Hong Kong Age Group LC Swimming Champ 23-24 - 06/10/2023 to 08/10/2023

Meet Program - Day 3 PM

Event 134 Boys 15-17 200 LC Meter Butterfly

WCA: 1:56.71  
 WCB: 2:00.79  
 HKR: 2:00.43  
 JR: 2:01.23  
 AGR: 2:02.70  
 OQT: 1:55.78  
 OCT: 1:56.36

LIM Nicholas Owen Zhaoguang

LRC

2:30.74 QT Qualify Time

Meet Qualifying: 2:30.74

Lane	ID#	Name	Age	Team	Seed Time
<b>Heat 1 of 2 Timed Finals</b>					
2	38026 #IAZ	Wu, Yik Ham	15	HK Sportworld	2:30.74 QT
3	37757 B	Cheng, Pak Ho	15	HK Sportworld	2:30.74 QT
4	33767 IAZ	Lee, Cheston	15	Pacific	2:23.29 QT
5	46485 #IAZ	Kwok, Thomas	15	Island Stingrays	2:26.65 QT
6	42549 B	Kirk, Ian James	15	Lai WA	2:30.74 QT
<b>Heat 2 of 2 Timed Finals</b>					
0	33220 B	Yim, Wai Shing	17	Sword Fish Club	2:21.68 QT
1	36085 B	Hui, Yik Kiu	15	Chi Pui	2:13.71 QT
2	41723 #IAZ	Fong, Yik Yuen	15	Hoi Tin	2:11.45 QT
3	28236 B	Lau, Yiu Yeung Jamie	17	Win Tin	2:06.81 QT
4	33935 B	Yau, Pak Ho	15	Chi Pui	2:03.64 QT
5	34145 IAO	Ng, Anson	15	Sun Yip	2:05.70 QT
6	32042 IAZ	Lee, Jia Jun Jody George	17	South China	2:09.06 QT
7	37575 P	Chen, Jason Q	16	Island Stingrays	2:13.36 QT
8	32463 IAZ	Chan, Austin	17	Dik Wing	2:18.62 QT
9	36113 IAZ	Wong, Tsun Ting	16	Eastern Winter	2:22.34 QT

Event 135 Girls 18 & Over 200 LC Meter Butterfly

WCA: 2:09.21  
 WCB: 2:13.73  
 HKR: 2:13.06  
 OQT: 2:08.43  
 OCT: 2:09.07

MOK Sze Ki, HVA

2:31.17 QT Qualify Time

Meet Qualifying: 2:31.17

Lane	ID#	Name	Age	Team	Seed Time
<b>Heat 1 of 1 Timed Finals</b>					
3	28108 B	Seeto, Wai Ching	19	Keung Sung	2:24.58 QT
4	29902 B	Lam, Cheuk Ue Natalie	19	Sun Yip	2:17.70 QT
5	20766 B	Li, Yuet Sum Phyllis	21	Tai PO	2:22.18 QT
6	18783 IAZ	Wong, Wai Nam	21	White Dolphin	2:26.57 QT



Hong Kong Age Group LC Swimming Champ 23-24 - 06/10/2023 to 08/10/2023

Meet Program - Day 3 PM

**Event 136 Boys 18 & Over 200 LC Meter Butterfly**

WCA: 1:56.71

WCB: 2:00.79

HKR: 2:00.43

OQT: 1:55.78

OCT: 1:56.36

2:30.74 QT Qualify Time

LIM Nicholas Owen Zhaoguang

LRC

Meet Qualifying: 2:30.74

Lane	ID#	Name	Age	Team	Seed Time
<b>Heat 1 of 1 Timed Finals</b>					
1	33495 IAZ	Wan, Siu Chun	19	Tai PO	2:20.87 QT
2	25326 B	Lam, Tsz Him	19	Happy Valley	2:11.76 QT
3	18781 IAZ	Chan, Pak Hin	22	White Dolphin	2:08.18 QT
4	30444 IAZ	Ho, Chung Lun	20	CYM	2:03.01 QT
5	22961 B	Chan, Tsun Hin	18	White Dolphin	2:06.19 QT
6	28256 @IAX	Ma, Zeyuan	20	Chi Pui	2:09.62 QT
7	31864 IAZ	Kwong, Bui Ming	18	Hoi Ngai	2:15.95 QT
8	24053 B	Po, Hin Hang	20	Pacific	2:22.49 QT

**Event 137 Girls 10 & Under 50 LC Meter Backstroke**

WCA: 28.22

WCB: 29.21

HKR: 27.98

JR: 29.52

AGR: 33.49

40.24 QT Qualify Time

AU Hoi Shun Stephanie, DWA

Meet Qualifying: 40.24

Lane	ID#	Name	Age	Team	Seed Time
<b>Heat 1 of 3 Timed Finals</b>					
3	50688 @IAO	Ho, Kang Ni Chloe	10	Hoi Tin	40.24 QT
4	49492 B	Au, Wing Cing	9	Winner	40.24 QT
5	46570 #IAO	Yu, Charlotte Rose	10	Hoi Tin	40.24 QT
<b>Heat 2 of 3 Timed Finals</b>					
0	45992 IAZ	Tran, Isobel Anh Gia	10	South China	40.24 QT
1	47075 IAZ	Tse, Yuet Tung	8	Tai PO	40.24 QT
2	49841 IAZ	Lam, Chi Yin Sophia	10	Hilltop	39.69 QT
3	51534 IAZ	Lin, Cathy	10	Tuen Mun	39.27 QT
4	49641 @IAO	Liu, Ivy	10	Kwan Hung	38.25 QT
5	46614 IAZ	Lam, Hei Yin Phoebe	10	Tai PO	38.33 QT
6	46390 IAZ	Lam, Hei Yu	10	Pacific	39.55 QT
7	51429 #IAZ	Hao, Merlynn	10	HK Sportworld	39.71 QT
8	43672 P	Yung, Tsz Zeon	9	Hoi Tin	40.24 QT



**Hong Kong Age Group LC Swimming Champ 23-24 - 06/10/2023 to 08/10/2023****Meet Program - Day 3 PM****Heat 3 Timed Finals... (Event 137 Girls 10 & Under 50 LC Meter Backstroke)**

0	48509 @P	Yip, Sheung Chu	10	New Wave	37.75	QT
1	46514 IAZ	Leung, Ka Tung Bessica	10	Sea Green	37.61	QT
2	45965 #B	He, Man Wai	10	Chi Pui	36.82	QT
3	48850 B	Lam, Tsz Kei	10	Winner	36.44	QT
4	49803 B	Pun, Yi Yan	10	Juan Hua Club	35.86	QT
5	44089 B	Yeung, Lei Wah	10	Hoi Tin	35.97	QT
6	46200 IAZ	Kwong, Hoi Yee Phoebe	10	Winner	36.73	QT
7	47038 #IAZ	Kwok, You YoYo	10	Hoi Tin	37.09	QT
8	46175 IAZ	Tang, Sum Wing Gladys	10	Dik Wing	37.64	QT
9	43780 IAZ	Ho, Sin Tung Sebbi	10	Dik Wing	38.05	QT

**Event 138 Boys 10 & Under 50 LC Meter Backstroke**

WCA: 25.16

WCB: 26.04

HKR: 26.00

JR: 26.81

AGR: 32.29

39.08

QT Qualify Time

LAU Shiu Yue, HTA

**Meet Qualifying: 39.08**

Lane	ID#	Name	Age	Team	Seed Time	
<b>Heat 1 of 2 Timed Finals</b>						
3	50335 @IAX	Cheng, Chi Tong	10	Hoi Tin	39.08	QT
4	46613 #IAZ	Chan, Chee Mon Kieran	10	Winner	39.08	QT
5	46226 B	Chan, Yu Pak	10	Win Tin	39.08	QT
<b>Heat 2 of 2 Timed Finals</b>						
0	46257 IAZ	Wei, Xizhe	9	Hoi Tin	39.08	QT
1	43667 B	So, Cheuk Tik Chester	10	Hoi Tin	39.08	QT
2	46204 IAZ	Ng, Yi Fung	10	New Wave	38.22	QT
3	44604 IAZ	Lee, Earnest	10	Dik Wing	37.10	QT
4	46119 B	Hsieh, Kurtis Yi Hon	10	Tai PO	32.51	QT
5	45662 @	Lee, Hiu Pang	10	Flying Fish	36.07	QT
6	47275 B	Hsieh, Kyrus Shing Hin	8	Tai PO	37.51	QT
7	43756 B	Chan, Curtis	10	Win Tin	38.41	QT
8	44319 IAZ	Lo, Yat Long Matthew	10	Sun Yip	39.08	QT
9	44646 @IAX	Cheng, Chi Shing	9	Win Tin	39.08	QT



## Hong Kong Age Group LC Swimming Champ 23-24 - 06/10/2023 to 08/10/2023

## Meet Program - Day 3 PM

## Event 139 Girls 11-12 50 LC Meter Backstroke

WCA: 28.22

WCB: 29.21

HKR: 27.98

JR: 29.52

AGR: 31.00

36.10

QT Qualify Time

AU Hoi Shun Stephanie, DWA

Meet Qualifying: 36.10

Lane	ID#	Name	Age	Team	Seed Time
<b>Heat 1 of 2 Timed Finals</b>					
1	40950 B	Sum, Yi Lok	12	Tai PO	36.10 QT
2	42270 B	Wong, Hei Tung	11	Win Tin	36.10 QT
3	46535 #IAZ	Ng, Jun Hei	12	Dik Wing	36.10 QT
4	51390 IAZ	Deng, Xiaoqin	12	Current Club Ltd	35.90 QT
5	41421 IAZ	Leung, Wing Tung	12	Sea Lion	36.10 QT
6	47163 B	Lung, Pak Jing	12	Pacific	36.10 QT
7	50439 @ICX	Wang, Qianyue	12	Hoi Tin	36.10 QT
8	44605 P	Chau, Jasmine	11	Tai PO	36.10 QT
<b>Heat 2 of 2 Timed Finals</b>					
0	45484 B	Tang, Hai Ting Prudence	11	YMCA OF Hong Kong	34.66 QT
1	45531 IAZ	Zhong, Sin Yiu	11	North Sports	34.32 QT
2	40768 IAZ	Fung, Hoi Lui	12	Dali Swimming Club	33.99 QT
3	46507 B	Chen, Wai Yan	11	Dali Swimming Club	33.19 QT
4	46816 IAZ	Chan, Tsz Yu Ashley	12	Hoi Tin	30.98 QT
5	46124 #IAZ	Mathis, Kayla J	12	Tai PO	32.85 QT
6	40519 #B	Keong, Hiu Tung	12	Hoi Tin	33.25 QT
7	43574 P	Au, Tsz Yu Chloe	12	Hoi Tin	34.15 QT
8	46145 B	Lam, Ching Yee	11	New Wave	34.45 QT
9	41156 IAZ	Wu, Paak Kei Abby	12	Dik Wing	35.15 QT

## Event 140 Boys 11-12 50 LC Meter Backstroke

WCA: 25.16

WCB: 26.04

HKR: 26.00

JR: 26.81

AGR: 29.28

35.23

QT Qualify Time

LAU Shiu Yue, HTA

Meet Qualifying: 35.23

Lane	ID#	Name	Age	Team	Seed Time
<b>Heat 1 of 2 Timed Finals</b>					
3	46470 IAZ	Cheng, Ching Lung Mars	12	Sword Fish Club	35.23 QT
4	46435 B	Chong, Cheuk Yin	11	New Wave	35.23 QT
5	44682 IAZ	Wan, Wui Bun	11	Pacific	35.23 QT



**Hong Kong Age Group LC Swimming Champ 23-24 - 06/10/2023 to 08/10/2023****Meet Program - Day 3 PM****Heat 2 Timed Finals... (Event 140 Boys 11-12 50 LC Meter Backstroke)**

1	46574 IAZ	Fong, Pak Yin	12	Hoi Tin	35.23	QT
2	44270 IAZ	Luk, Chun Yu	11	Winner	34.49	QT
3	44125 IAZ	Liu, Chun Hay Hayden	12	Pacific	32.86	QT
4	49674 IAZ	Wong, Nok Yin	12	Tai PO	31.34	QT
5	40881 IAZN	Ray-smith, Henry Joseph Evel	12	Hoi Tin	31.76	QT
6	43427 IAZ	Lam, Kayden	11	Chi Pui	32.96	QT
7	41236 B	Yeung, Ho Yin	12	Win Tin	35.23	QT
8	41206 #B	Chan, Wei Him	11	Dik Wing	35.23	QT

**Event 141 Girls 13-14 50 LC Meter Backstroke**

WCA: 28.22

WCB: 29.21

HKR: 27.98

JR: 29.52

AGR: 29.95

34.87

QT Qualify Time

AU Hoi Shun Stephanie, DWA

Meet Qualifying: 34.87

Lane	ID#	Name	Age	Team	Seed	Time
<b>Heat 1 of 2 Timed Finals</b>						
2	40602 @P	Kwon, Sowon	14	Island Stingrays	33.90	QT
3	43817 IAZ	Kwok, Hoi Ching	13	Tai PO	33.68	QT
4	41159 IAZ	Tang, Cheuk Wing Elke	13	Dik Wing	33.19	QT
5	45483 B	Tam, Xin Man Chloe	13	YMCA OF Hong Kong	33.48	QT
6	43424 IAZ	Mathis, Mya Lynn	13	Tai PO	33.85	QT
7	42705 @P	Krkalo, Eva Katarina	14	Island Stingrays	34.25	QT
<b>Heat 2 of 2 Timed Finals</b>						
0	38891 IAZ	Leung, Hiu Lam	14	Dik Wing	32.71	QT
1	41265 B	Li, Elizabeth	13	South China	31.56	QT
2	36963 IAZ	Chan, Mei Yan	14	Tai PO	30.99	QT
3	40887 IAZ	Au-Yeung, Sze Ching	14	Chi Pui	30.65	QT
4	40407 B	Chan, Lok Tung	14	Dali Swimming Club	29.91	QT
5	35345 B	Ho, Tin Wing	13	Hoi Tin	30.43	QT
6	38055 B	Ho, Tsz Tung	13	Tai PO	30.73	QT
7	35752 B	Li, Cheuk Yiu	14	Hoi Tin	31.51	QT
8	42134 IAZN	Tang, Kai Ting	13	Dik Wing	32.06	QT
9	42637 B	So, Yin Yan	13	Happy Valley	32.88	QT



## Hong Kong Age Group LC Swimming Champ 23-24 - 06/10/2023 to 08/10/2023

## Meet Program - Day 3 PM

## Event 142 Boys 13-14 50 LC Meter Backstroke

WCA: 25.16

WCB: 26.04

HKR: 26.00

JR: 26.81

AGR: 27.12

32.78

LAU Shiu Yue, HTA

QT Qualify Time

Meet Qualifying: 32.78

Lane	ID#	Name	Age	Team	Seed Time
<b>Heat 1 of 3 Timed Finals</b>					
3	37159 IAZ	Andiappan, Ethan Siddha Hsu	14	LRC	32.78 QT
4	46688 #IAZ	Chan, Yui Hong	14	Dik Wing	32.78 QT
5	39071 B	Luk, Man Him	14	Win Tin	32.78 QT
<b>Heat 2 of 3 Timed Finals</b>					
0	43164 B	Lee, Pak Kiu	13	Dik Wing	31.96 QT
1	46411 IAZ	Ma, Cheuk Lam	13	Dali Swimming Club	31.53 QT
2	49312 IAZ	Cai, Zhi Yue	13	Tuen Mun	31.40 QT
3	40104 B	Cheung, Yung	13	White Dolphin	30.79 QT
4	37513 IAZ	Wan, Lok Him	14	Dik Wing	30.45 QT
5	41692 P	Hong, Eric Mingze	14	Island Stingrays	30.56 QT
6	49179 @ICX	Zhu, Xiuping	14	Pacific	31.06 QT
7	36791 #IAZ	Fong, Tsz Long Jose	14	Dik Wing	31.48 QT
8	46303 IAZ	Ho, Tsz Tim	13	Tai PO	31.93 QT
9	44084 IAX	Tse, Tsun Hai	14	Win Tin	32.30 QT
<b>Heat 3 of 3 Timed Finals</b>					
0	41272 IAZ	Lam, C Yuen Yannis	14	Dik Wing	30.30 QT
1	41268 IAZ	Tan, Pak Hei Brian	13	Dik Wing	30.01 QT
2	43419 IAZ	Ho, Tsz Hong	14	Tai PO	29.01 QT
3	43609 P	Wu, Lok Kan	13	Pacific	28.42 QT
4	38701 B	Chung, Hei Chit	14	Hoi Tin	27.04 QT
5	41900 B	Han, Pak Kiu	14	Hoi Tin	27.53 QT
6	38337 IAZ	Pong, Yik Hang Ryan	14	LRC	28.96 QT
7	36852 IAZ	Chau, Houston	13	Tai PO	29.82 QT
8	49384 IAZ	Li, Louis Ka Wo	13	Pacific	30.26 QT
9	38858 B	Lam, Tsz Yeung	14	Hoi Tin	30.33 QT



## Hong Kong Age Group LC Swimming Champ 23-24 - 06/10/2023 to 08/10/2023

## Meet Program - Day 3 PM

## Event 143 Girls 15-17 50 LC Meter Backstroke

WCA: 28.22

WCB: 29.21

HKR: 27.98

JR: 29.52

AGR: 28.83

33.77

QT Qualify Time

AU Hoi Shun Stephanie, DWA

Meet Qualifying: 33.77

Lane	ID#	Name	Age	Team	Seed Time
<b>Heat 1 of 1 Timed Finals</b>					
0	34665 IAZN	Chan, Peony	16	Tai PO	33.77 QT
1	31321 IAZ	Leung, Man Wai Yoyo	16	Pacific	31.52 QT
2	33940 B	Lau, Sze Yuet	16	Hoi Tin	30.40 QT
3	35455 B	Poon, Lok Yan	15	Chi Pui	29.41 QT
4	31597 B	Ng, Cheuk Yan	16	Hoi Tin	28.38 QT
5	33742 IAZ	Lam, Chelsie	15	Dali Swimming Club	29.28 QT
6	33947 IAZ	Chan, Hin Yau	16	Tai PO	29.63 QT
7	33874 IAZ	Lee Giselle, Jacinda Jia Hui	15	South China	30.66 QT
8	37596 P	Sandeen, Audrey Elizabeth	15	Island Stingrays	32.87 QT
9	42555 @P	Chow, Adison Hailey	15	Island Stingrays	33.77 QT

## Event 144 Boys 15-17 50 LC Meter Backstroke

WCA: 25.16

WCB: 26.04

HKR: 26.00

JR: 26.81

AGR: 26.27

30.58

QT Qualify Time

LAU Shiu Yue, HTA

Meet Qualifying: 30.58

Lane	ID#	Name	Age	Team	Seed Time
<b>Heat 1 of 3 Timed Finals</b>					
0	36111 #IAZ	Yeung, Pun Yin	16	Dali Swimming Club	30.58 QT
1	35292 P	Yu, Dongqi	15	Hoi Tin	30.58 QT
2	37746 @P	Qiu, Junhao	15	Island Stingrays	30.58 QT
3	37937 IAZ	Leung, Pak Hei	16	South China	30.47 QT
4	42554 P	Jin, Ethan N	15	Island Stingrays	30.14 QT
5	33767 IAZ	Lee, Cheston	15	Pacific	30.26 QT
6	43415 IAZ	Liu, Xin	15	Winner	30.58 QT
7	36191 B	Chan, Ting Kit	15	Tai PO	30.58 QT
8	35390 IAO	Lam, Marcus Yin Jit	15	Dik Wing	30.58 QT



## Hong Kong Age Group LC Swimming Champ 23-24 - 06/10/2023 to 08/10/2023

## Meet Program - Day 3 PM

## Heat 2 Timed Finals... (Event 144 Boys 15-17 50 LC Meter Backstroke)

0	33477 IAZ	Leung, Lok Man	16	Tai PO	29.46	QT
1	31127 IAZ	Cheng, Chun Hong	16	Dali Swimming Club	28.79	QT
2	37568 IAZ	Ding, Wilfred Weixin	15	Island Stingrays	28.70	QT
3	35559 B	Yam, Ming Chit Frederick	17	Kowloon Tong Club	28.46	QT
4	42614 B	Paau, Sen Wai	15	Tai PO	28.21	QT
5	37686 #B	Chang, Hok Hin	15	Tai PO	28.41	QT
6	28299 #B	Yeung, Tsun Ho	17	Sword Fish Club	28.55	QT
7	36913 IAZ	Cheng, Cheuk Chi George	15	Dali Swimming Club	28.71	QT
8	31786 IAZ	Lee, Hon Chung Jonathan	17	South China	29.01	QT
9	45505 #IAZ	Lau, Hin Chung	15	Hoi Tin	30.00	QT

## Heat 3 of 3 Timed Finals

0	31985 B	Wong, Tsz Shing	16	Tai PO	28.19	QT
1	44357 B	Leung, Chun Ho Franky	15	Pacific	27.87	QT
2	29545 IAZN	Cheung, Cheuk To	17	Tai PO	27.04	QT
3	39015 P	Chan, Tsz Kwan	16	Tai PO	26.39	QT
4	33385 B	Lu, Pat Fan	17	Sun Yip	25.75	QT
5	36737 B	Chan, Wang Hei Terence	17	Tai PO	26.14	QT
6	34756 IAZ	Hofstede, Adam Marcel	16	Dik Wing	26.92	QT
7	42311 IAZ	Yu, Chi Lung	15	Pacific	27.81	QT
8	41163 IAZ	Chan, Tsz Hin	15	Tai PO	28.02	QT
9	36914 IAZ	Cheng, Cheuk Kin Jake	15	Dali Swimming Club	28.20	QT

## Event 145 Girls 18 &amp; Over 50 LC Meter Backstroke

WCA: 28.22

WCB: 29.21

HKR: 27.98

AU Hoi Shun Stephanie, DWA

33.77 QT Qualify Time

## Meet Qualifying: 33.77

Lane	ID#	Name	Age	Team	Seed Time
<b>Heat 1 of 1 Timed Finals</b>					
1	29211 B	Hsieh, Hoi Ying Katrina	18	South China	33.77 QT
2	31348 B	Ma, Wing Yu	18	Kowloon Tong Club	30.34 QT
3	25098 #B	Fung, Suet Ying Chloe	18	Kowloon Tong Club	29.25 QT
4	22719 IAZ	Wong, Toto Kwan To	23	Hoi Tin	27.67 QT
5	28897 IAZ	Loo, Tsz Ki Cherrie	19	Dik Wing	28.17 QT
6	27430 B	Wong, Ka Yan	20	Tai PO	30.23 QT
7	09959 #IAZ	Mok, Hoi Man Sheron	27	Pacific	31.69 QT



## Hong Kong Age Group LC Swimming Champ 23-24 - 06/10/2023 to 08/10/2023

## Meet Program - Day 3 PM

## Event 146 Boys 18 &amp; Over 50 LC Meter Backstroke

WCA: 25.16

WCB: 26.04

HKR: 26.00

LAU Shiu Yue, HTA

30.58 QT Qualify Time

Meet Qualifying: 30.58

Lane	ID#	Name	Age	Team	Seed Time
<b>Heat 1 of 2 Timed Finals</b>					
3	22513 IAZ	Tang, Cheuk Yan	22	White Dolphin	30.12 QT
4	06697 B	Koo, Ralph Yat Ho	25	Hoi Tin	27.92 QT
5	17709 B	Whittington, Ryan Michael	22	South China	28.99 QT
<b>Heat 2 of 2 Timed Finals</b>					
1	33504 IAZ	Leung, Lok Hei	18	North Sports	27.70 QT
2	31077 B	Lo, Man Kit	19	Sword Fish Club	27.52 QT
3	28636 B	Chan, Tsz Chiu	20	Keung Sung	26.74 QT
4	12117 IAZ	Lau, Shiu Yue	26	Hoi Tin	24.38 QT
5	15423 IAZ	Cheung, Yau Ming	25	Hoi Tin	26.45 QT
6	27239 B	Chan, Sheung Kwan	21	Keung Sung	27.00 QT
7	26123 IAZ	Wong, Wai Lun	21	Hoi Tin	27.57 QT
8	30435 IAZ	Chan, Chin Kan	18	Lai WA	27.88 QT

## Event 147 Girls 11-12 200 LC Meter Breaststroke

WCA: 2:25.91

WCB: 2:31.02

HKR: 2:27.96

KONG Yvette Man Yi, SCA

JR: 2:32.79

AGR: 2:35.62

OQT: 2:23.91

OCT: 2:24.63

3:07.25 QT Qualify Time

Meet Qualifying: 3:07.25

Lane	ID#	Name	Age	Team	Seed Time
<b>Heat 1 of 2 Timed Finals</b>					
1	46111 #B	Chau, Pak Yu	11	Tai PO	3:07.25 QT
2	48170 IAZ	Choi, Hei Yi	11	Winner	3:06.41 QT
3	43397 IAZ	Lan, Jacey Laura	11	Jockey Club	3:02.04 QT
4	46607 IAZ	Yang, Grace	11	Hoi Tin	2:59.33 QT
5	45734 #IAZ	Fung, Hei Yiu	11	Sword Fish Club	3:00.43 QT
6	43732 B	On, Hui Ching	12	Pacific	3:03.12 QT
7	47157 #IAZ	Wong, Pui Yiu	11	Tuen Mun	3:07.25 QT
8	44742 #IAZ	Ho, Michelle Yan Sin	12	White Dolphin	3:07.25 QT



## Hong Kong Age Group LC Swimming Champ 23-24 - 06/10/2023 to 08/10/2023

## Meet Program - Day 3 PM

## Heat 2 Timed Finals... (Event 147 Girls 11-12 200 LC Meter Breaststroke)

0	39149 IAZ	Xing, Yina	12	Happy Valley	2:58.05	QT
1	42880 IAZ	Cheng, Lok Ching	12	Win Tin	2:56.38	QT
2	44853 #IAZ	Yeung, Gabrielle	12	Pacific	2:54.13	QT
3	41875 IAZ	Li, Hei Man	12	Sword Fish Club	2:48.70	QT
4	38411 B	Yung, Tsz Ching	12	Hoi Tin	2:43.38	QT
5	43137 IAZ	Yiu, Sum Yin	12	Win Tin	2:48.19	QT
6	48950 #@P	Gao, Jialian	11	Chi Pui	2:50.33	QT
7	41485 IAZ	Tang, Lok Yin	11	Happy Valley	2:54.62	QT
8	43175 IAZ	Li, Ann	12	White Dolphin	2:57.95	QT
9	45558 IAZ	Wan, Pisces	12	Dali Swimming Club	2:58.34	QT

## Event 148 Boys 11-12 200 LC Meter Breaststroke

WCA: 2:10.32

WCB: 2:14.88

HKR: 2:11.31

JR: 2:14.41

AGR: 2:30.15

OQT: 2:09.68

OCT: 2:10.33

2:58.15

QT Qualify Time

Adam John CHILLINGWORTH, SCA

Meet Qualifying: 2:58.15

Lane	ID#	Name	Age	Team	Seed Time	
<b>Heat 1 of 2 Timed Finals</b>						
3	46299 IAZ	Lo, Kei Yan Ian	11	Hoi Tin	2:58.15	QT
4	43451 B	Cheung, Lok Him	12	Flying Fish	2:58.15	QT
5	46466 IAZ	Tsui, Yik Shun	12	Pacific	2:58.15	QT
<b>Heat 2 of 2 Timed Finals</b>						
0	48707 @IAX	Wong, Kwan Ngai Johnny	11	Chi Pui	2:54.29	QT
1	40882 B	Lee, Chung Hei Aiden	12	Hoi Tin	2:50.92	QT
2	49117 @I	Liu, Haoliang	12	Chi Pui	2:42.44	QT
3	45472 B	Yeung, Tsz Ho	12	HK Sportworld	2:39.71	QT
4	39065 B	Leung, Ching To	12	Win Tin	2:36.62	QT
5	44787 #IAZ	Kam, Yu Hin Villa	12	Sun Yip	2:37.95	QT
6	43925 B	Lam, Ka Yeung	12	Pacific	2:41.92	QT
7	42303 B	Mi, Chun Ho	11	Hoi Tin	2:50.20	QT
8	44794 B	Fan, Cheuk Yiu	12	Tai PO	2:51.01	QT
9	43651 P	Chew, Cheuk Him Chester	12	Flying Fish	2:56.96	QT



Hong Kong Age Group LC Swimming Champ 23-24 - 06/10/2023 to 08/10/2023

Meet Program - Day 3 PM

Event 149 Girls 13-14 200 LC Meter Breaststroke

WCA: 2:25.91

WCB: 2:31.02

HKR: 2:27.96

JR: 2:32.79

AGR: 2:32.79

OQT: 2:23.91

OCT: 2:24.63

3:04.79 QT Qualify Time

KONG Yvette Man Yi, SCA

Meet Qualifying: 3:04.79

Lane	ID#	Name	Age	Team	Seed Time
<b>Heat 1 of 2 Timed Finals</b>					
0	36412 #B	Poon, Ka Yan Angel	14	Old Folks	3:04.79 QT
1	46682 @P	Zhang, Jiachun Catherine	13	Win Tin	3:01.20 QT
2	43294 #B	Wong, Tsz Huen	13	Pacific	2:59.86 QT
3	47588 #B	Li, Man Hin	14	Flying Dragon	2:57.16 QT
4	43298 IAZ	Hau, Maya Elizabeth	13	Ti Dynamics	2:53.24 QT
5	38940 IAZ	Kan, Sum Yin	13	Lai WA	2:53.29 QT
6	38887 B	Fung, Hok Yin	14	Win Tin	2:59.51 QT
7	46194 P	Mohanty, Lavanya Mio	13	Island Stingrays	3:00.03 QT
8	41848 B	Tang, Hai Shuen Bernice	13	YMCA OF Hong Kong	3:04.79 QT
<b>Heat 2 of 2 Timed Finals</b>					
0	39998 @P	Wang, Madeleine Rose	13	Win Tin	2:51.89 QT
1	38537 B	Chung, Wing Sum Hazel	14	HK Sportworld	2:49.48 QT
2	36010 #IAZ	Wu, Kwan Lo	13	Win Tin	2:44.85 QT
3	40306 IAZ	Chi, Yi Lam	13	Jockey Club	2:41.45 QT
4	39432 IAZ	Leung, Sze Ki Safira	13	Marlins	2:37.46 QT
5	42578 IAZ	Leung, Yan Yui	14	Chi Pui	2:37.55 QT
6	38860 IAZ	Chui, On Tsz	14	Hoi Tin	2:42.72 QT
7	38528 B	Lam, Tsz Ying	13	Hoi Tin	2:46.35 QT
8	43099 IAZ	Ng, Hoi Ching	14	Win Tin	2:50.81 QT
9	44798 IAZ	Xin, Selina	14	Win Tin	2:52.54 QT



## Hong Kong Age Group LC Swimming Champ 23-24 - 06/10/2023 to 08/10/2023

## Meet Program - Day 3 PM

## Event 150 Boys 13-14 200 LC Meter Breaststroke

WCA: 2:10.32

WCB: 2:14.88

HKR: 2:11.31

JR: 2:14.41

AGR: 2:18.11

OQT: 2:09.68

OCT: 2:10.33

2:44.69 QT Qualify Time

Adam John CHILLINGWORTH, SCA

## Meet Qualifying: 2:44.69

Lane	ID#	Name	Age	Team	Seed Time
<b>Heat 1 of 3 Timed Finals</b>					
3	45162 #IAZ	Lau, Chin Fung	14	Pacific	2:44.69 QT
4	45164 #IAZ	Wu, Jun	14	Winner	2:44.69 QT
5	46416 B	Lin, Pak Yin	13	HK Sportworld	2:44.69 QT
<b>Heat 2 of 3 Timed Finals</b>					
0	45629 B	Chan, Yi Hin	14	Hoi Ngai	2:44.69 QT
1	40739 IAZ	Yu, Tsz Hei	13	White Dolphin	2:43.82 QT
2	43609 P	Wu, Lok Kan	13	Pacific	2:40.63 QT
3	46984 IAZ	Wong, Pak Wai	13	Pacific	2:40.11 QT
4	46409 IAZ	Wang, Zi Ran	13	Island Stingrays	2:38.57 QT
5	40772 P	Lo, Cheuk Hei	13	Sun Yip	2:39.20 QT
6	42703 IAZ	Huang, Sebastian Kai	13	Island Stingrays	2:40.43 QT
7	37356 #IAZ	Chan, Chee Hon Jayden	14	Winner	2:43.18 QT
8	45634 IAZ	Chan, Cheuk Hin	14	Marlins	2:44.69 QT
<b>Heat 3 of 3 Timed Finals</b>					
0	35347 IAZ	Leung, Chak Wai Adrian	14	Hoi Tin	2:36.09 QT
1	40455 IAZ	Lam, Wai Lok	14	Sun Yip	2:32.64 QT
2	32095 B	Lau, Chor Tik	14	Win Tin	2:24.80 QT
3	45922 @ICX	Fu, Enze	14	Chi Pui	2:24.08 QT
4	33755 IAZ	Lau, Kin Hei James	14	Hoi Tin	2:16.19 QT
5	40651 P	Leung, Tsz Ming	14	White Dolphin	2:23.91 QT
6	36592 B	Lau, Ka Long	14	Hoi Tin	2:24.53 QT
7	34714 B	Chan, Chi Kit Javen	14	Win Tin	2:32.34 QT
8	44135 B	So, Chun Hei	14	Kwun Tong	2:32.85 QT
9	37498 B	Lam, Hing Ka	14	Riverside	2:37.04 QT



## Hong Kong Age Group LC Swimming Champ 23-24 - 06/10/2023 to 08/10/2023

## Meet Program - Day 3 PM

## Event 151 Girls 15-17 200 LC Meter Breaststroke

WCA: 2:25.91

WCB: 2:31.02

HKR: 2:27.96

JR: 2:32.79

AGR: 2:31.65

OQT: 2:23.91

OCT: 2:24.63

3:02.68 QT Qualify Time

KONG Yvette Man Yi, SCA

## Meet Qualifying: 3:02.68

Lane	ID#	Name	Age	Team	Seed Time
<b>Heat 1 of 2 Timed Finals</b>					
2	37788 IAZ	Chan, Hoi Lam	15	Tuen Mun	3:02.68 QT
3	31523 #B	Cheung, Tung Yiu	15	Old Folks	2:57.88 QT
4	37593 IAZ	Cheng, Sophie Jiahui	15	Island Stingrays	2:55.52 QT
5	32923 IAZ	Wong, Ying Lam Katie	16	Pacific	2:56.59 QT
6	31321 IAZ	Leung, Man Wai Yoyo	16	Pacific	3:02.68 QT
7	35996 IAZ	Yau, Tsz Ching	15	Hoi Tin	3:02.68 QT
<b>Heat 2 of 2 Timed Finals</b>					
0	35686 IM	Leung, Kai Sheung	15	Keung Sung	2:48.36 QT
1	36672 B	Lam, Karman	16	Pacific	2:46.52 QT
2	31301 IAZ	To, Wing Yan	17	Happy Valley	2:40.07 QT
3	37750 #IAZ	So, Ching Nga	15	Hoi Tin	2:37.76 QT
4	33492 #IAZ	Chu, Ching Yin Annika	17	Hoi Tin	2:33.40 QT
5	33815 IAZ	Wong, Hin Yi	16	Tai PO	2:37.21 QT
6	34467 B	Chan, Tsz Ching	17	Sea Lion	2:38.02 QT
7	33129 IAZ	Lau, Yui Sze	16	Sword Fish Club	2:44.88 QT
8	33742 IAZ	Lam, Chelsie	15	Dali Swimming Club	2:48.07 QT
9	46320 @ICO	Bennett, Alyvia Paige	15	Island Stingrays	2:50.06 QT



## Hong Kong Age Group LC Swimming Champ 23-24 - 06/10/2023 to 08/10/2023

## Meet Program - Day 3 PM

## Event 152 Boys 15-17 200 LC Meter Breaststroke

WCA: 2:10.32

WCB: 2:14.88

HKR: 2:11.31

JR: 2:14.41

AGR: 2:11.84

OQT: 2:09.68

OCT: 2:10.33

2:41.90 QT Qualify Time

Adam John CHILLINGWORTH, SCA

Meet Qualifying: 2:41.90

Lane	ID#	Name	Age	Team	Seed Time
<b>Heat 1 of 2 Timed Finals</b>					
1	36900 B	Kwong, Yin Hei	15	Keung Sung	2:39.16 QT
2	37591 P	Chen, Joshua Luke	15	Island Stingrays	2:35.68 QT
3	38206 #IAZ	Cheung, Pang Cho	16	Kwun Tong	2:33.68 QT
4	36314 IAZ	Mok, Long Sum	15	Lai WA	2:28.92 QT
5	33943 B	Lee, Chun Him	16	Lai WA	2:33.57 QT
6	31822 B	Lau, Ming Yui	17	Lai WA	2:35.62 QT
7	32099 B	Ng, Wai Ting	15	Win Tin	2:36.15 QT
8	32919 IAZ	Cheng, Ho Wan Jude	15	Island Stingrays	2:41.51 QT
<b>Heat 2 of 2 Timed Finals</b>					
0	41024 B	Li, Matthew	15	HK Sportworld	2:27.39 QT
1	45057 @ICO	Caglar, Mehmet Emre	16	Island Stingrays	2:25.25 QT
2	32738 IAZ	Man, Ho Him	17	Lai WA	2:22.79 QT
3	35805 B	So, Chun Hin	16	Tai PO	2:19.75 QT
4	25379 B	Mak, Sai Ting Adam	17	Hoi Tin	2:06.63 QT
5	30574 IAZ	Cheung, Ryan	16	Chi Pui	2:13.36 QT
6	39277 B	Fung, Ho Chun	15	Chi Pui	2:22.63 QT
7	32214 B	Wong, Sum Lam	15	White Dolphin	2:23.65 QT
8	33925 B	Wong, Tsz Ming	17	White Dolphin	2:26.22 QT
9	32061 IAZ	Lee, Donald Cheuk Yiu	16	Hoi Tin	2:28.04 QT

## Event 153 Girls 18 &amp; Over 200 LC Meter Breaststroke

WCA: 2:25.91

WCB: 2:31.02

HKR: 2:27.96

OQT: 2:23.91

OCT: 2:24.63

3:02.68 QT Qualify Time

KONG Yvette Man Yi, SCA

Meet Qualifying: 3:02.68

Lane	ID#	Name	Age	Team	Seed Time
<b>Heat 1 of 1 Timed Finals</b>					
3	27647 IAZ	Tam, Yik Shan	18	Pacific	2:41.09 QT
4	29060 IAZ	Lam, Hoi Kiu	19	Hoi Tin	2:27.69 QT
5	29139 B	Young, Sze Ki	20	Tai PO	2:37.70 QT
6	28108 B	Seeto, Wai Ching	19	Keung Sung	2:50.90 QT



## Hong Kong Age Group LC Swimming Champ 23-24 - 06/10/2023 to 08/10/2023

## Meet Program - Day 3 PM

## Event 154 Boys 18 &amp; Over 200 LC Meter Breaststroke

WCA: 2:10.32

WCB: 2:14.88

HKR: 2:11.31

OQT: 2:09.68

OCT: 2:10.33

2:41.90

QT Qualify Time

Adam John CHILLINGWORTH, SCA

## Meet Qualifying: 2:41.90

Lane	ID#	Name	Age	Team	Seed Time
<b>Heat 1 of 1 Timed Finals</b>					
1	29043 B	Tsang, Lok Hei	19	Sun Yip	2:31.69 QT
2	31440 B	Lau, Yuk Hin	19	Hoi Tin	2:25.61 QT
3	33407 IAZ	Chu, Ho Yin	18	Tai PO	2:22.60 QT
4	30694 IAZ	Cheung, Chi Kit Nicholas	18	Wong Tai Sin	2:14.58 QT
5	26123 IAZ	Wong, Wai Lun	21	Hoi Tin	2:22.08 QT
6	33495 IAZ	Wan, Siu Chun	19	Tai PO	2:23.85 QT
7	38965 IAZ	Kwok, Chun Kiu Joshua	18	Kowloon City	2:29.49 QT
8	25129 B	Chan, Pak Hei	22	Sun Yip	2:38.27 QT

## Event 159 Girls 13 &amp; Over 800 LC Meter Freestyle

13&amp;O WCA: 8:37.90

13&amp;O WCB: 8:56.03

13&amp;O HKR: 8:41.66

13&amp;O JR: 8:50.21

13&amp;O AGR: 8:41.66

13&amp;O OQT: 8:26.71

13&amp;O OCT: 8:29.24

AU Hoi Shun Stephanie, DWA

Lane	ID#	Name	Age	Team	Seed Time
<b>Heat 1 of 2 Timed Finals</b>					
2	35752 B	Li, Cheuk Yiu	14	Hoi Tin	9:50.29
3	38860 IAZ	Chui, On Tsz	14	Hoi Tin	9:50.29
4	37017 IAZ	Chan, Tsun Wing	16	Hoi Tin	9:31.99
5	39706 B	Yip, Tsz Laam	13	White Dolphin	9:39.69
6	36944 B	Chan, Yi Lok	13	Win Tin	9:50.29
<b>Heat 2 of 2 Timed Finals</b>					
0	35932 B	Wong, Sze Laam Serena	13	Win Tin	9:23.06
1	29519 IAZ	Hung, Lok Ching	18	Happy Valley	9:18.94
2	31657 IAZ	Chan, Lok Mei	15	Happy Valley	9:17.95
3	33715 IAZ	Ma, Gilaine	15	Tai PO	8:58.27
4	32326 B	Mok, Sze Ki	16	Happy Valley	8:45.93
5	31841 IAZ	Ng, Lai Wa	17	Hoi Tin	8:53.10
6	38217 IAZ	Yan, Ellie	13	Hoi Tin	9:16.34
7	29902 B	Lam, Cheuk Ue Natalie	19	Sun Yip	9:18.47
8	38627 IAZ	Ho, So Yu	15	Happy Valley	9:20.40
9	40824 P	Robertson, Claire Mei	15	Island Stingrays	9:30.17



## Hong Kong Age Group LC Swimming Champ 23-24 - 06/10/2023 to 08/10/2023

## Meet Program - Day 3 PM

## Event 160 Boys 13 &amp; Over 800 LC Meter Freestyle

13&amp;O WCA: 7:53.11

13&amp;O WCB: 8:09.67

13&amp;O HKR: 8:03.41

13&amp;O JR: 8:25.47

13&amp;O AGR: 8:07.76

13&amp;O OQT: 7:51.65

13&amp;O OCT: 7:54.01

CHEUK Ming Ho, CPS

Lane	ID#	Name	Age	Team	Seed Time
<b>Heat 1 of 4 Timed Finals</b>					
2	42638 IAZ	Ong, Sheng Shu David	14	HK Sportworld	9:42.00
3	36805 B	Chan, Leong To	13	Hoi Tin	9:42.00
4	41723 #IAZ	Fong, Yik Yuen	15	Hoi Tin	9:30.00
5	36113 IAZ	Wong, Tsun Ting	16	Eastern Winter	9:30.00
6	36895 B	Lo, Kei Hon Andre	14	Hoi Tin	9:42.00
<b>Heat 2 of 4 Timed Finals</b>					
0	37746 @P	Qiu, Junhao	15	Island Stingrays	9:30.00
1	35804 IAZ	Tong, Ching Wa	17	Pacific	9:30.00
2	31715 IAZ	Tsang, Kei Hon Ian	15	Dik Wing	9:30.00
3	33829 IAO	Ko, Harry Hing	15	South China	9:18.82
4	40757 IAZ	To, Hiu Fung	13	Hoi Tin	9:16.29
5	45057 @ICO	Caglar, Mehmet Emre	16	Island Stingrays	9:17.49
6	35931 B	Lam, Marcus Pak Hei	13	Win Tin	9:25.50
7	36157 IAZ	Loo, Tsz Chung Berry	15	Dik Wing	9:30.00
8	24053 B	Po, Hin Hang	20	Pacific	9:30.00
9	30574 IAZ	Cheung, Ryan	16	Chi Pui	9:30.00
<b>Heat 3 of 4 Timed Finals</b>					
0	37574 P	Chen, Eric Q	14	Island Stingrays	9:04.17
1	33922 P	So, Kwun Wa	16	White Dolphin	8:59.01
2	35648 IAZ	Lau, Tsz Pok	15	Pacific	8:56.31
3	35385 B	Chong, Hin Yeung	14	Dik Wing	8:51.69
4	39573 B	Lee, Chak Fung Jaiden	14	Sun Yip	8:44.96
5	36727 B	Tsui, Tsz Fung	15	Hoi Tin	8:49.09
6	39277 B	Fung, Ho Chun	15	Chi Pui	8:54.47
7	34145 IAO	Ng, Anson	15	Sun Yip	8:57.43
8	35145 IAZ	Liu, Siu Fung	15	Chi Pui	9:03.06
9	37482 B	Kwan, Ho Yin	15	Riverside	9:11.84



**Hong Kong Age Group LC Swimming Champ 23-24 - 06/10/2023 to 08/10/2023****Meet Program - Day 3 PM****Heat 4 Timed Finals... (Event 160 Boys 13 & Over 800 LC Meter Freestyle)**

0	22961 B	Chan, Tsun Hin	18	White Dolphin	8:38.01
1	25326 B	Lam, Tsz Him	19	Happy Valley	8:34.44
2	38539 B	Chan, Wah Royce	15	HK Sportworld	8:32.53
3	41900 B	Han, Pak Kiu	14	Hoi Tin	8:29.08
4	38214 IAZ	Chan, Wai Ching Adrian	13	Win Tin	8:23.79
5	30733 B	Lai, King Wo	16	Win Tin	8:23.80
6	29043 B	Tsang, Lok Hei	19	Sun Yip	8:32.39
7	36547 IAZ	Wong, Yik Yan Sean	16	South China	8:34.43
8	34048 IAZ	Wong, Pok Lam	16	Hoi Tin	8:37.64
9	35022 IAZ	Ip, Ali	16	Tai PO	8:41.37

**Event 161 Girls 4x50 LC Meter Freestyle Relay**1:59.74 **QT Qualify Time**

Meet Qualifying: 1:59.74

Lane	Team	Relay	Seed Time
<b>Heat 1 of 1 Timed Finals</b>			
0	Chi Pui Swimming Club Ltd	A	1:59.74 QT
1	Pacific Swimming Club	A	1:59.39 QT
2	South China Athletic Assn	A	1:52.59 QT
3	Hoi Tin Athletic Assn Ltd	A	1:49.24 QT
4	Win Tin Swimming Club	A	1:46.21 QT
5	Tai PO Swimming Club	A	1:46.44 QT
6	Happy Valley Athletic Assn	A	1:51.82 QT
7	Keung Sung Swimming Club	A	1:55.23 QT
8	Dali Swimming Club	A	1:59.74 QT
9	Flying Dragon Life Guard Club	A	1:59.74 QT

**Event 162 Boys 4x50 LC Meter Freestyle Relay**1:53.27 **QT Qualify Time**

Meet Qualifying: 1:53.27

Lane	Team	Relay	Seed Time
<b>Heat 1 of 1 Timed Finals</b>			
0	Tuen Mun Swimming Associat	A	1:43.78 QT
1	Pacific Swimming Club	A	1:41.79 QT
2	Dali Swimming Club	A	1:40.92 QT
3	Win Tin Swimming Club	A	1:37.83 QT
4	Hoi Tin Athletic Assn Ltd	A	1:36.78 QT
5	Chi Pui Swimming Club Ltd	A	1:37.10 QT
6	Tai PO Swimming Club	A	1:40.61 QT
7	White Dolphin Sport Assn	A	1:41.03 QT
8	South China Athletic Assn	A	1:42.31 QT
9	Sun Yip Swimming Club	A	1:44.37 QT

