

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)

Annual Long Course Masters Swimming Championships
週年長池先進游泳錦標賽

27 November 2022 (Sun)

二零二二年十一月二十七日(日)

Sun Yat Sen Memorial Park Swimming Pool

中山紀念公園游泳池

Subvented by the LCSD



2022-2023 MSLCC - Entry Information

No. of Entries by Event

Event #	Event Name	Entries
1	Men 100 Breaststroke	65
2	Women 100 Breaststroke	36
3	Men 50 Freestyle	116
4	Women 50 Freestyle	56
5	Men 200 IM	61
6	Women 200 IM	35
7	Men 50 Backstroke	81
8	Women 50 Backstroke	51
9	Men 100 Freestyle	97
10	Women 100 Freestyle	50
11	Men 50 Butterfly	89
12	Women 50 Butterfly	52
13	Men 200 Medley Relay	46
14	Women 200 Medley Relay	30
15	Men 50 Breaststroke	82
16	Women 50 Breaststroke	54
17	Men 200 Freestyle Relay	46
18	Women 200 Freestyle Relay	29

Total

1076

Entry information by Day

Day / Session	No. of Entries	Total
AM	501	1076
PM	575	

Annual Long Course Masters Swimming Championships
週年長池先進游泳錦標賽

Date: 27-11-2022 (Sunday)

Venue: Sun Yat Sen Memorial Park Swimming Pool 中山紀念公園游泳池

Morning Warm up/熱身: 0830 – 0920 Hrs

Morning First Event/開始: 0930 Hrs

Afternoon Warm up/熱身: 1300 – 1350 Hrs

Afternoon First Event/開始: 1400 Hrs

MEN				WOMEN	
1	100 M	Breaststroke	蛙泳	2	
3	50 M	Freestyle	自由泳	4	
5	200 M	Individual Medley	個人四式	6	
7	50 M	Backstroke	背泳	8	
Lunch Break 午膳時間					
9	100 M	Freestyle	自由泳	10	
11	50 M	Butterfly	蝶泳	12	
13	4 x 50 M	Medley Relay	四式接力	14	
15	50 M	Breaststroke	蛙泳	16	
17	4 x 50 M	Freestyle Relay	自由接力	18	

二零二二至二三年香港先進游泳比賽系列

比賽規程

日期/時間：	請參閱比賽年表及項目表。
地點：	請參閱比賽年表。
報名條件：	<ul style="list-style-type: none"> ◇ 所有參賽者必須為游泳總會正式註冊的 2022-2023 年度先進組別泳員。2022-23 年註冊費為港幣\$100 元正。 ◇ 年滿 18 歲或以上。 ◇ 外隊參賽：所有參賽者必須為該國總會先進游泳組別的正式註冊泳員。
報名：	<ul style="list-style-type: none"> ◇ 必須以報名總表報名，不正確及未填妥的報名總表，將不獲受理，報名費概不發還。 <p>個人項目</p> <ul style="list-style-type: none"> ◇ 每名泳員可參加不多於 3 項個人項目。 ◇ 每項報名費為港幣\$15 元正。 <p>接力項目</p> <ul style="list-style-type: none"> ◇ 接力採取會際形式。 ◇ 每個屬會最多可派出一隊參加每個年齡組別之接力項目。接力項目可不填寫最佳時間。 ◇ 所有參賽泳員須年滿 25 歲或以上。 ◇ 每位泳員於每項接力項目只能參加一個年齡組別。如泳員參加多於一個年齡組別，該泳員所參與的接力項目成績將會被取消。 ◇ 各隊所有運動員需依照所屬屬會提交的接力表上次序比賽，如運動員沒有依照接力表上的次序比賽，該隊成績將會被取消。 ◇ 每項報名費為港幣\$15 元正。 <p>支票請劃線，抬頭寫 HKGSA。</p>
截止報名：	報名須於首日比賽 21 日前辦妥。(以泳總的公佈為準)
截止註冊：	註冊須於比賽截止報名 21 日前辦妥。(以泳總的公佈為準) *(包括轉會註冊)
項目：	請參閱項目表。 所有賽事均以時間決定名次，不設初賽。
年齡組：	<p>年齡以比賽年 12 月 31 日計算。</p> <p>個人項目</p> <ul style="list-style-type: none"> ◇ 18-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90 或以上 <p>接力項目</p> <ul style="list-style-type: none"> ◇ 100-119, 120-159, 160-199, 200-239, 240-279, 280-319, 320-359, 360-399
棄權：	<ul style="list-style-type: none"> ◇ 棄權須於每節開賽 30 分鐘前遞交。 ◇ 接力名單須於比賽日 12 時前遞交。 ◇ 每次“缺席”的罰款為港幣\$30 元正。罰款須於下次比賽截止報名前付清，否則將不獲接受報名。
線道安排：	◇ 所有參加者，將不按年齡，而是跟據其提交的報名時間作編組，唯成績將按泳員所屬的組別分別處理。
獎項：	<ul style="list-style-type: none"> ◇ 首三名將分別獲頒發獎牌。 ◇ *個人項目前八名可分別獲得 9, 7, 6, 5, 4, 3, 2 及 1 分 ◇ *接力首八名得分為 18,14, 12, 10, 8, 6, 4, 2。(年齡 18-24 組除外) ◇ *團體獎項：男子 / 女子組全場冠、亞及季軍。
規則：	<ul style="list-style-type: none"> ◇ 比賽採用國際泳聯的規則。 ◇ 如參加 400m 或 800m 自由泳的泳員未能於先進游泳比賽的標準時間內游畢全程，裁判有權要求其泳員離開比賽線

	<p>道，而其成績會記錄為“DNF”(未能完成比賽)。</p> <ul style="list-style-type: none"> ◇ 男女混合自由接力的隊伍必須由兩男兩女的泳員組成，其成員均為 25 歲或以上，而取得首 8 名的隊伍將獲得 9, 7, 6, 5, 4, 3, 2 及 1 分，該得分將計算在男子及女子的團體分內。 ◇ 泳會必須按照接力名單上填寫的運動員出賽，如被發現有冒認選手或頂包行為，泳會將被嚴厲處分。詳細罰則如下： <ul style="list-style-type: none"> <u>第一次違規</u> 有關屬會須就每個違規項目繳交\$1,000 罰款，另外涉事成員在該次比賽中的所有接力項目成績將不會計算在屬會總分內。 <u>第二次違規</u> 有關屬會須就每個違規項目繳交\$1,000 罰款，另外涉事屬會在該次比賽中的所有接力項目成績將不會計算在屬會總分內(包括男、女子)。 <u>第三次違規</u> 有關屬會須就每個違規項目繳交\$1,000 罰款，另外涉事屬會在當天比賽的所有項目將不會計算在屬會總分內和於下次比賽時不得參與任何接力項目(包括男、女子)。 <p><i>違規記錄於一個財政年度清算(由 4 月 1 日起至 3 月 31 日)</i></p>												
<p>工作人員安排：</p>	<ul style="list-style-type: none"> ◇ 各參賽屬會需派出以下工作人員數量： <table border="1" data-bbox="270 819 921 1130"> <thead> <tr> <th>參賽人數</th> <th>需要提供工作人員數量</th> <th>最多可派出工作人員數量</th> </tr> </thead> <tbody> <tr> <td>5 至 14 人</td> <td>1</td> <td>4</td> </tr> <tr> <td>15 至 24 人</td> <td>2</td> <td>4</td> </tr> <tr> <td>25 人或以上</td> <td>3</td> <td>4</td> </tr> </tbody> </table> ◇ 如屬會不能提供所需工作人員數量，有關屬會將於下個比賽被罰停賽一次。 	參賽人數	需要提供工作人員數量	最多可派出工作人員數量	5 至 14 人	1	4	15 至 24 人	2	4	25 人或以上	3	4
參賽人數	需要提供工作人員數量	最多可派出工作人員數量											
5 至 14 人	1	4											
15 至 24 人	2	4											
25 人或以上	3	4											
<p>上訴：</p>	<ul style="list-style-type: none"> ◇ 任何上訴須以書面提出，並須在該項目比賽結果公佈後的 30 分鐘內，連同上訴費港幣\$200 元遞交予總裁判。 ◇ 上訴會交由該比賽之上訴委員會作決定。 ◇ 若上訴被駁回，已繳費用概不發還。 												

*海外參賽者並不適用。

Hong Kong Masters Swimming Competition Series 2022-23

Rules & Regulations for Local Competitors

Date / Time	Please see attached event calendar and event list.
Venue	Please see attached event calendar.
Entry Conditions	<ul style="list-style-type: none"> ※ All competitors must be 2022-23 registered masters (MS) swimmers of HKGSA (2022-23 Registration Fee: HK\$100 per swimmer) ※ Age 18 or above. ※ <u>Overseas Teams: All Overseas competitors must be 2022-23 registered masters swimmers of their respective National Swimming Federation.</u>
Entries	<ul style="list-style-type: none"> ※ Entries must be submitted with HKGSA master entry form. Incomplete/incorrect master entry form will be rejected and fees paid will not be refunded. <p><u>Individual Events</u></p> <ul style="list-style-type: none"> ※ Each swimmer is limited to no more than 3 individual events. ※ HK\$15 per individual event <p><u>Relay Events</u></p> <ul style="list-style-type: none"> ※ Relays will be run on a club basis. ※ Each club may enter no more than one team in one age group of each relay event. ※ All swimmers must be aged 25 or above. ※ Each swimmer is only allowed to participate in one age group of each relay event. If swimmer race in two or more age group relay, concerned team result shall be disqualified. ※ The composition of a relay team must be the same order to the submitted relay form. Any club failed to follow the same order will result in disqualified. ※ HK\$15 per team per relay event. <p>Paid by cheque. Crossed cheque made payable to 'HKGSA'.</p>
Closing Date for Entries	21 days prior to the date of competition. (Subject to the announcement of the HKGSA)
Closing Date for Registration	21 days prior to the <u>closing date of entries</u> . (Subject to the announcement of the HKGSA) *(Including Transfer Registration)
Event list	Please see attached event lists. Events will be run as timed finals.

Age Group	<p>※ Age is calculated as at 31 December of the year of the competition.</p> <p>Individual Events</p> <p>※ 18-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90 & over</p> <p>Relay Events</p> <p>※ 100-119, 120-159, 160-199, 200-239, 240-279, 280-319, 320-359, 360-399</p>																		
Scratches	<p>※ Scratches must be submitted 30 minutes before the scheduled start time of each session.</p> <p>※ Relay entry form must be submitted before 1200hours on the competition day.</p> <p>※ A fine of \$30 will be charged for each “no show”. Fine payment should be settled before the next competition entry deadline. Otherwise, entry will not be accepted.</p>																		
Seeding	<p>※ All competitors will be seeded according to the submitted times, regardless of age, but result will be processed according to their own respective age group.</p>																		
Awards	<p>※ Medals will be awarded to 1st, 2nd and 3rd places.</p> <p>※ *Point score for first 8 places respectively (exclude Age 18-24 Group):</p> <table border="1" data-bbox="298 1009 954 1089"> <tr> <td>Individual</td> <td>9</td> <td>7</td> <td>6</td> <td>5</td> <td>4</td> <td>3</td> <td>2</td> <td>1</td> </tr> <tr> <td>Relay</td> <td>18</td> <td>14</td> <td>12</td> <td>10</td> <td>8</td> <td>6</td> <td>4</td> <td>2</td> </tr> </table> <p>※ *Awards for Clubs: Trophies will be awarded to 1st, 2nd, and 3rd places of Men Overall and Women Overall.</p>	Individual	9	7	6	5	4	3	2	1	Relay	18	14	12	10	8	6	4	2
Individual	9	7	6	5	4	3	2	1											
Relay	18	14	12	10	8	6	4	2											

<p>Rules</p>	<ul style="list-style-type: none"> ※ FINA rules will be applied. ※ Referee may request swimmers to leave the water if they could not complete the race within the Master Swimming Competition Series standard times for 400m and 800m Freestyle Events. Their results will be recorded as “DNF” (Did not Finish). ※ Mixed Freestyle Relay must include 2 Male and 2 Female who are all Age 25 or above. The point scores for first 8 place are: 9,7,6,5,4,3,2,1. The points will be calculated in both Men and Women overall awards. ※ Swimmers shall not replace the swimmers on the swimmers list without HKASA’s permission, represented clubs will be punished as follows: <ul style="list-style-type: none"> <u>First time of violation</u> A fine of \$1000 per violated entry will be penalized to the respective club and all the point scores attained by the violator(s) in relay events will not be given. <u>Second time of violation</u> A fine of \$1000 per violated entry will be penalized to the club and all the point scores attained by the respective club in both men and women’s relay events will not be given. <u>Third time of violation</u> A fine of \$1000 per violated entry will be penalized to the club and all the point scores attained by the respective club in all events during the competition will not be given and respective club shall be suspended from the next competition. <p><u>Violation would be counted within one financial year, i.e. (starting from 1st April and ending 31st March)</u></p>												
<p>Official Arrangement</p>	<ul style="list-style-type: none"> ※ Clubs would need to provide the below number of officials for the competition: <table border="1" data-bbox="298 1377 953 1708"> <thead> <tr> <th style="text-align: center;">Swimmer(s) attend the competition</th> <th style="text-align: center;">Minimum Numbers of Official need to provide</th> <th style="text-align: center;">Maximum Numbers of Official could be provided</th> </tr> </thead> <tbody> <tr> <td style="text-align: center;">5-14</td> <td style="text-align: center;">1</td> <td style="text-align: center;">4</td> </tr> <tr> <td style="text-align: center;">15-24</td> <td style="text-align: center;">2</td> <td style="text-align: center;">4</td> </tr> <tr> <td style="text-align: center;">25 or more</td> <td style="text-align: center;">3</td> <td style="text-align: center;">4</td> </tr> </tbody> </table> <ul style="list-style-type: none"> ※ Clubs will be suspended from the next competition if failed to fulfil the requirement. 	Swimmer(s) attend the competition	Minimum Numbers of Official need to provide	Maximum Numbers of Official could be provided	5-14	1	4	15-24	2	4	25 or more	3	4
Swimmer(s) attend the competition	Minimum Numbers of Official need to provide	Maximum Numbers of Official could be provided											
5-14	1	4											
15-24	2	4											
25 or more	3	4											

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

Hong Kong Masters Swimming Competition Series 2022-23

Rules & Regulations for Overseas Competitors

Date / Time	Please see attached event calendar and event list.
Venue	Please see attached event calendar.
Entry Conditions	<ul style="list-style-type: none"> ※ Age 18 or above. ※ <u>Overseas Teams: All Overseas competitors must be 2022-2023 registered masters swimmers of their respective National Swimming Federation.</u>
Entries	<ul style="list-style-type: none"> ※ Entries must be submitted with HKGSA master entry form. Incomplete/incorrect master entry form will be rejected and fees paid will not be refunded. <u>Individual Events</u> ※ Each swimmer is limited to no more than 3 individual events. ※ HK\$20.00 per individual event <u>Relay Events</u> ※ Relays will be run on a club basis. ※ Each club may enter no more than one team in one age group of each relay event. ※ All swimmers must be aged 25 or above. ※ HK\$30.00 per team per relay event. <p>Paid by cheque ONLY. Crossed cheque made payable to 'HKGSA'.</p>
Closing Date for Entries	1 month before the 1 st date of competition of each meet.
Event list	Please see attached event lists. Events will be run as timed finals.
Age Group	<ul style="list-style-type: none"> ※ Age is calculated as at 31 December of the year of the competition. <u>Individual Events</u> ※ 18-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90 & over <u>Relay Events</u> ※ 100-119, 120-159, 160-199, 200-239, 240-279, 280-319, 320-359, 360-399

Scratches	<ul style="list-style-type: none"> ※ Scratches must be submitted 30 minutes before the scheduled start time of each session. ※ Relay entry form must be submitted before 1200hours on the competition day.
Seeding	<ul style="list-style-type: none"> ※ All competitors will be seeded according to the submitted times, regardless of age, but result will be processed according to their own respective age group.
Awards	<ul style="list-style-type: none"> ※ Medals will be awarded to 1st, 2nd and 3rd places. Separate medals will be awarded to overseas swimmers.
Rules	<ul style="list-style-type: none"> ※ FINA rules will be applied. ※ Referee may request swimmers to leave the water if they could not complete the race within the Master Swimming Competition Series standard times for 400m and 800m Freestyle Events. Their results will be recorded as “DNF” (Did not Finish).
Protest	<ul style="list-style-type: none"> ※ Any protest shall be made in writing to the referee within 30 minutes following the result announcement of the respective event with a protest fee of HK\$200. ※ Protest will be forwarded to the Appeal Board of such competition for decision. The decision of Appeal Board shall be final. ※ If the protest is rejected, the fee paid will be forfeited to the HKGSA.

HONG KONG MASTERS SWIMMING RECORDS

LONG COURSE

(Update to 2022-23 Long Course Masters Swimming Competition - Part 3)

MEN 50M FREESTYLE					NAME OF MEET	DATE ACHIEVED
LEE MING	SFC	85-89	0:46.70	2015-16 Long Course Masters Swimming Competition - Part 2		31-May-15
LEE MING	SFC	80-84	0:41.01	Spring Masters Swimming Championships 2010		6-Mar-10
<u>TIN SHEUNG KWAI</u>	<u>NWC</u>	<u>75-79</u>	<u>0:31.79</u>	<u>2022-23 Long Course Masters Swimming Competition - Part 3</u>		<u>12-Jun-22</u>
TIN SHEUNG KWAI	NWC	70-74	0:30.07	2017-18 Long Course Masters Swimming Competition Part 2		14-May-17
TIN SHEUNG KWAI	KTS	65-69	0:29.72	Annual Long Course Masters Swimming Championships		23-Nov-14
FU TAI CHUN	KTS	60-64	0:27.95	Summer Masters Swimming Championships 1999		19-Jun-99
FU TAI CHUN	KTS	55-59	0:28.02	Spring Masters Swimming Championships 1997		22-Mar-97
RUST STEFAN ROBERT	LRC	50-54	0:25.80	FINA World Masters Championships 2017		17-Aug-17
RUST STEFAN ROBERT	LRC	45-49	0:26.47	FINA World Masters Championships 2014		10-Aug-14
FU WING HARBETH	KTS	40-44	0:25.24	2021-22 Long Course Masters Swimming Competition Part 3		20-Jun-21
WONG KWOK WAH	SCA	35-39	0:24.80	Summer Masters Swimming Championships 2000		27-May-00
FU WING HARBETH	KTS	30-34	0:24.31	Annual Long Course Masters Swimming Championships 2011		11-Dec-11
CHUNG LAI YEUNG	#DB	25-29	0:23.92	2018-19 Annual Long Course Masters Swimming Championships		25-Nov-18
CHANG GERRY JUUN YIH	KTS	18-24	0:24:17	Long Course Masters Swimming Competition - Part 3 2013		11-Aug-13

WOMEN 50M FREESTYLE					NAME OF MEET	DATE ACHIEVED
CHAN WAI KIANG	KTS	85-89	2:44.85	Annual Long Course Masters Swimming Championships 2019		1-Dec-19
TAI LI HUA	SFC	80-84	0:43.31	2021-22 Long Course Masters Swimming Competition - Part 3		20-Jun-21
OTSUKA YUKO	SGC	75-79	0:42.67	2014-15 Long Course Masters Swimming Competition - Part 1		22-Mar-15
WANG LI	*WA	70-74	0:38.75	Annual Long Course Masters Swimming Championships 2019		1-Dec-19
<u>TSEUNG NGA WAH</u>	<u>SFC</u>	<u>65-69</u>	<u>0:35.31</u>	<u>2022-23 Long Course Masters Swimming Competition - Part 3</u>		<u>12-Jun-22</u>
TSEUNG NGA WAH	SFC	60-64	0:34.16	2019-20 Long Course Masters Swimming Competition - Part 2		5-May-19
KIRKWOOD TAIN MHAIRA	LRC	55-59	0:32.17	The 1st Asian Masters Swimming Championships 2018 NAGOYA (JPN)		15-Jul-18
COGGINS LYNDA ANNE	LRC	50-54	0:30.65	2014-15 Long Course Masters Swimming Competition - Part 1		22-Mar-15
YAMAGUCHI MIKA	PSC	45-49	0:30.12	The 1st Asian Masters Swimming Championships 2018 NAGOYA (JPN)		15-Jul-18
<u>KRKALO SHAUNA KATHLEEN</u>	<u>LRC</u>	<u>40-44</u>	<u>0:28.80</u>	<u>2022-23 Long Course Masters Swimming Competition - Part 3</u>		<u>12-Jun-22</u>
KELSEY JANE MACFARLAND	LRC	35-39	0:28.65	FINA World Masters Championships 2014		10-Aug-14
CARPENTER LINH THUC LUONG	LRC	30-34	0:28.96	16th FINA World Masters Championships 2015 in Kazan		14-Aug-15
SETO WING YAN	NWC	25-29	0:29.28	2015-16 Long Course Masters Swimming Competition - Part 2		31-May-15
AU HIU PUI	*GW	18-24	0:28.20	2018-19 Annual Long Course Masters Swimming Championships		25-Nov-18

MEN 100M FREESTYLE					NAME OF MEET	DATE ACHIEVED
LEE MING	SFC	85-89	1:49.14	2015-16 Long Course Masters Swimming Competition - Part 3		26-Jul-15
LEE MING	SFC	80-84	1:38.42	Annual Long Course Masters Swimming Championships 2011		11-Dec-11
TZENG TEH REN	SGC	75-79	1:23.46	2016-17 Long Course Masters Swimming Competition - Part 1		26-Mar-17
<u>TSE KWOK PIU</u>	<u>SFC</u>	<u>70-74</u>	<u>1:13.75</u>	<u>2022-23 Long Course Masters Swimming Competition - Part 3</u>		<u>12-Jun-22</u>
FU TAI CHUN	KTS	65-69	1:08.31	Annual Masters Swimming Championships 2002		31-Aug-02
FU TAI CHUN	KTS	60-64	1:04.39	Spring Masters Swimming Championships 1998		21-Mar-98
MA ETIENNE	YMC	55-59	1:03.62	2011-12 Long Course Masters Swimming Competition - Part 1		4-Mar-12
RUST STEFAN ROBERT	LRC	50-54	0:58.29	FINA World Masters Championships 2017		15-Aug-17
RUST STEFAN ROBERT	LRC	45-49	0:59.62	FINA World Masters Championships 2014		10-Aug-14
O'NEILL DONAL THOMAS	LRC	40-44	0:56.60	2021-22 Long Course Masters Swimming Competition - Part 3		20-Jun-21
NORTJE CRAIG ANDREW	VRC	35-39	0:56.13	Long Course Masters Swimming Competition - Part 3 2013		11-Aug-13
BEAHAN, GRANT KENNETH	BSC	30-34	0:56.01	Annual Long Course Masters Swimming Championships 2017		25-Nov-17
FU WING HARBETH	KTS	25-29	0:54.16	Annual Masters Swimming Championships 2006		26-Aug-06
KONG CHUN YIN	HVA	18-24	0:54.18	Annual Long Course Masters Swimming Championships 2013		24-Nov-13

WOMEN 100M FREESTYLE					NAME OF MEET	DATE ACHIEVED
WONG, JIM	SFC	80-84	2:10.64	2021-22 Long Course Masters Swimming Competition - Part 3		20-Jun-21
WONG, JIM	SFC	75-79	1:54.16	2018-19 Long Course Masters Swimming Competition - Part 3		24-Jun-18
SUEN MING CHU	SFC	70-74	1:39.80	2018-19 Long Course Masters Swimming Competition - Part 3		24-Jun-18
<u>TSEUNG NGA WAH</u>	<u>SFC</u>	<u>65-69</u>	<u>1:28.57</u>	<u>2022-23 Long Course Masters Swimming Competition - Part 3</u>		<u>12-Jun-22</u>
TSEUNG NGA WAH	SFC	60-64	1:22.04	2017-18 Long Course Masters Swimming Competition - Part 1		25-Mar-18
KIRKWOOD, TAIN MHAIRA	LRC	55-59	1:14.96	The 1st Asian Masters Swimming Championships 2018 NAGOYA (JPN)		14-Jul-18
COGGINS LYNDA ANNE	LRC	50-54	1:10.99	Annual Long Course Masters Swimming Championships 2014		23-Nov-14
YAMAGUCHI MIKA	#FL	45-49	1:07.17	FINA World Masters Championships 2019 - Gwangju		13-Aug-19
KELSEY JANE MACFARLAND	LRC	40-44	1:01.45	16th FINA World Masters Championships 2015 in Kazan		11-Aug-15
KELSEY JANE MACFARLAND	LRC	35-39	1:01.54	FINA World Masters Championships 2014		10-Aug-14
NG KA MAN	KTS	30-34	1:03.43	2021-22 Long Course Masters Swimming Competition - Part 3		20-Jun-21
NG KA MAN	KTS	25-29	1:02.46	Annual Long Course Masters Swimming Championships 2014		23-Nov-14
NG KA MAN	KTS	18-24	1:02.73	Annual Long Course Masters Swimming Championships 2013		24-Nov-13

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MEN 200M FREESTYLE				NAME OF MEET	DATE ACHIEVED
LEE MING	SFC	80-84	3:46.70	2010-11 Long Course Masters Swimming Championships - Part 2	20-Jun-10
YANG YEE ZEI	NWC	75-79	3:38.31	2014-15 Long Course Masters Swimming Competition Part 2	29-Jun-14
TSE KWOK PIU	SFC	70-74	2:47.81	2021-22 Long Course Masters Swimming Competition - Part 2	9-May-21
CHAN KAM POR	SFC	65-69	2:43.01	2017-18 Long Course Masters Swimming Competition Part 2	14-May-17
HO ROBERT YAU CHUNG	LRC	60-64	2:32.99	2019-20 Long Course Masters Swimming Competition - Part 2	5-May-19
HO ROBERT YAU CHUNG	LRC	55-59	2:24.07	FINA World Masters Championships 2014	10-Aug-14
JOHNSON ERIC ANDREW	LRC	50-54	2:14.33	FINA World Masters Championships 2014	10-Aug-14
LILJESTROEM LENNART PETER FREDRIC	LRC	45-49	2:10.21	FINA World Masters Championships 2019 - Gwangju	14-Aug-19
STAMENOVIC IVAN	LRC	40-44	2:07.89	FINA World Masters Championships 2019 - Gwangju	14-Aug-19
NORTJE CRAIG ANDREW	VRC	35-39	2:05.90	2013-14 Long Course Masters Swimming Competition - Part 2	23-Jun-13
WANG TIMOTHY JONG	LRC	30-34	2:05.11	2014-15 Long Course Masters Swimming Competition Part 2	29-Jun-14
SOUTOUL DAVID VINCENT OTMAN	#FL	25-29	2:05.18	FINA World Masters Championships 2019 - Gwangju	14-Aug-19
HUI CHUN HIN	EWS	18-24	2:06.87	2012-13 Long Course Masters Swimming Competition - Part 2	17-Jun-12

WOMEN 200M FREESTYLE				NAME OF MEET	DATE ACHIEVED
CHAN WAI KIANG	KTS	80-84	9:35.55	2014-15 Long Course Masters Swimming Competition Part 2	29-Jun-14
WONG JIM	SFC	75-79	4:51.46	2018-19 Long Course Masters Swimming Competition - Part 2	6-May-18
SUEN MING CHU	SFC	70-74	3:36.37	2018-19 Long Course Masters Swimming Competition - Part 2	6-May-18
SUEN MING CHU	SGC	65-69	3:27.53	2014-15 Long Course Masters Swimming Competition Part 2	29-Jun-14
TSEUNG NGA WAH	SFC	60-64	3:08.53	2019-20 Long Course Masters Swimming Competition - Part 2	5-May-19
KIRKWOOD, TAIN MHAIRA	LRC	55-59	2:50.45	2018-19 Long Course Masters Swimming Competition - Part 2	6-May-18
COGGINS LYNDA ANNE	LRC	50-54	2:32.26	FINA World Masters Championships 2014	10-Aug-14
PAZOS CHRISTENA MARIA	LRC	45-49	2:28.14	16th FINA World Masters Championships 2015 in Kazan	12-Aug-15
KELSEY JANE MACFARLAND	LRC	40-44	2:13.70	16th FINA World Masters Championships 2015 in Kazan	12-Aug-15
KELSEY JANE MACFARLAND	LRC	35-39	2:13.59	FINA World Masters Championships 2014	10-Aug-14
MORRSION RUTH	LRC	30-34	2:25.29	FINA World Masters Championships 2010	31-Jul-10
NG KA MAN	KTS	25-29	2:18.17	2014-15 Long Course Masters Swimming Competition Part 2	29-Jun-14
LAMB ENEKA MARIE	HIS	18-24	2:16.66	2011-12 Long Course Masters Swimming Competition - Part 2	19-Jun-11

MEN 400M FREESTYLE				NAME OF MEET	DATE ACHIEVED
LAM LIT KWAN	LTS	75-79	8:21.67	2016-17 Long Course Masters Swimming Competition - Part 3	12-Jun-16
CHAN KAM POR	SFC	70-74	6:25.09	2022-23 Long Course Masters Swimming Competition - Part 3	12-Jun-22
CHAN KAM POR	SFC	65-69	6:00.83	2017-18 Long Course Masters Swimming Competition - Part 3	13-Aug-17
HO ROBERT YAU CHUNG	LRC	60-64	5:24.54	FINA World Masters Championships 2019 - Gwangju	18-Aug-19
HO ROBERT YAU CHUNG	LRC	55-59	5:11.90	FINA World Masters Championships 2014	10-Aug-14
LETCHER, RICHARD ROY	LRC	50-54	5:02.73	2019-20 Long Course Masters Swimming Competition - Part 3	23-Jun-19
LILJESTROEM LENNART, PETER FREDRIC	LRC	45-49	4:31.75	The 1st Asian Masters Swimming Championships 2018 NAGOYA (JPN)	12-Jul-18
LILJESTROEM LENNART, PETER FREDRIC	LRC	40-44	4:35.39	FINA World Masters Championships 2017	17-Aug-17
CAGGIO, ANTONINO	LRC	35-39	4:29.74	2019-20 Long Course Masters Swimming Competition - Part 3	23-Jun-19
LEE, YEUNG DARWIN	FWC	30-34	4:46.54	2019-20 Long Course Masters Swimming Competition - Part 3	23-Jun-19
SOUTOUL DAVID VINCENT OTMAN	#FL	25-29	4:32.86	FINA World Masters Championships 2019 - Gwangju	18-Aug-19
LI CHUN HONG	HTA	18-24	4:25.08	2011-12 Long Course Masters Swimming Competition - Part 3	18-Sep-11

WOMEN 400M FREESTYLE				NAME OF MEET	DATE ACHIEVED
SUEN MING CHU	SFC	70-74	7:46.69	2019-20 Long Course Masters Swimming Competition - Part 3	23-Jun-19
SUEN MING CHU	SGC	65-69	7:13.63	Long Course Masters Swimming Competition - Part 3 2013	11-Aug-13
SUEN MING CHU	SGC	60-64	7:02.63	Long Course Masters Swimming Competition - Part 3 2011	18-Sep-11
KIRKWOOD, TAIN MHAIRA	LRC	55-59	6:02.65	The 1st Asian Masters Swimming Championships 2018 NAGOYA (JPN)	12-Jul-18
COGGINS LYNDA ANNE	LRC	50-54	5:25.06	16th FINA World Masters Championships 2015 in Kazan	16-Aug-15
COLEY ALLISON LEIGH	#FL	45-49	5:24.04	2021-22 Long Course Masters Swimming Competition - Part 3	20-Jun-21
KELSEY JANE MACFARLAND	LRC	40-44	4:44.60	16th FINA World Masters Championships 2015 in Kazan	16-Aug-15
KELSEY JANE MACFARLAND	LRC	35-39	4:41.52	FINA World Masters Championships 2014	10-Aug-14
BARNES RUTH	LRC	30-34	5:04.92	Long Course Masters Swimming Competition - Part 3 2013	11-Aug-13
CARPENTER LINH THUC LUONG	LRC	25-29	5:12.71	Long Course Masters Swimming Competition - Part 3 2013	11-Aug-13
MAU LOK YAN EUNICE	CUC	18-24	5:06.39	2011-12 Long Course Masters Swimming Competition - Part 3	18-Sep-11

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MEN 800M FREESTYLE	NAME OF MEET				DATE ACHIEVED
POLSON IAN HASTINGS	LRC	75-79	16:05.75	2018-19 Long Course Masters Swimming Competition - Part 1	24-Mar-19
POLSON IAN HASTINGS	LRC	70-74	14:07.92	2014-15 Long Course Masters Swimming Competition - Part 1	22-Mar-15
CHAN KAM POR	SFC	65-69	12:19.01	2018-19 Long Course Masters Swimming Competition - Part 1	24-Mar-19
HO ROBERT YAU CHUNG	LRC	60-64	11:32.69	2018-19 Long Course Masters Swimming Competition - Part 1	24-Mar-19
SAKA TOSHIYUKI	SGC	55-59	10:38.21	2017-18 Long Course Masters Swimming Competition - Part 1	25-Mar-18
LETCHER RICHARD ROY	LRC	50-54	10:22.08	FINA World Masters Championships 2019 - Gwangju	12-Aug-19
LILJESTROEM LENNART PETER FREDRIC	LRC	45-49	9:28.79	FINA World Masters Championships 2019 - Gwangju	12-Aug-19
LILJESTROEM LENNART, PETER FREDRIC	LRC	40-44	9:30.23	FINA World Masters Championships 2017	14-Aug-17
CUMMINGS RICHARD MARK	LRC	35-39	9:28.64	FINA World Masters Championships 2012	10-Jun-12
WANG TIMOTHY JONG	LRC	30-34	9:43.41	Annual Long Course Masters Swimming Championships 2013	24-Nov-13
YUEN MARCUS	LRC	25-29	10:07.05	2018-19 Long Course Masters Swimming Competition - Part 1	24-Mar-19
TSE HON TING	LWS	18-24	8:53.89	2016-17 Long Course Masters Swimming Competition - Part 1	26-Mar-17

WOMEN 800M FREESTYLE	NAME OF MEET				DATE ACHIEVED
LEUNG MABEL YUEN YING	SFC	75-79	21:40.55	2016-17 Long Course Masters Swimming Competition Part 1	26-Mar-17
SUEN MING CHU	SFC	70-74	16:02.36	2017-18 Long Course Masters Swimming Competition - Part 1	25-Mar-18
SUEN MING CHU	SFC	65-69	13:11.38	Annual Long Course Masters Swimming Championships 2013	24-Nov-13
CASTKA GILLIAN HANCER	SFC	60-64	14:45.69	2018-19 Long Course Masters Swimming Competition - Part 1	24-Mar-19
KIRKWOOD, TAIN MHAIRA	LRC	55-59	12:32.89	2017-18 Long Course Masters Swimming Competition - Part 1	25-Mar-18
COGGINS LYNDA ANNE	LRC	50-54	11:48.01	2014-15 Long Course Masters Swimming Competition - Part 1	22-Mar-15
KWOH DICK YUEN MARY	FFA	45-49	10:54.55	Annual Long Course Masters Swimming Championships 2013	24-Nov-13
KELSEY JANE MACFARLAND	LRC	40-44	9:42.82	16th FINA World Masters Championships 2015 in Kazan	10-Aug-15
KELSEY JANE MACFARLAND	LRC	35-39	9:48.87	FINA World Masters Championships 2014	10-Aug-14
BARNES RUTH	LRC	30-34	10:53.53	Annual Long Course Masters Swimming Championships 2012	9-Dec-12
CARPENTER LINH THUC LUONG	LRC	25-29	10:50.58	Annual Long Course Masters Swimming Championships 2012	9-Dec-12
LAU SZE WING	HTA	18-24	10:22.03	2016-17 Long Course Masters Swimming Competition - Part 1	26-Mar-17

MEN 50M BACKSTROKE	NAME OF MEET				DATE ACHIEVED
MAK HEI CHI	SGC	85-89	1:05.35	2012-13 Long Course Masters Swimming Competition - Part 3	19-Aug-12
CHEUNG TSAN	SFC	80-84	0:56.40	Annual Long Course Masters Swimming Championships	23-Nov-14
TZENG TEH REN	SGC	75-79	0:43.53	2016-17 Long Course Masters Swimming Competition - Part 1	26-Mar-17
TIN SHEUNG KWAI	NWC	70-74	0:37.82	2019-20 Long Course Masters Swimming Competition - Part 3	23-Jun-19
TIN SHEUNG KWAI	SFC	65-69	0:35.70	FINA World Masters Championships 2014	10-Aug-14
HO ROBERT YAU CHUNG	LRC	60-64	0:33.94	FINA World Masters Championships 2019 - Gwangju	18-Aug-19
HO ROBERT YAU CHUNG	LRC	55-59	0:32.57	FINA World Masters Championships 2014	10-Aug-14
RUST STEFAN ROBERT	LRC	50-54	0:30.97	FINA World Masters Championships 2017	20-Aug-17
SAKA TAIHEI	SGC	45-49	0:30.37	2011-12 Long Course Masters Swimming Competition - Part 1	4-Mar-12
<u>O'NEILL DONAL THOMAS</u>	<u>LRC</u>	<u>40-44</u>	<u>0:29.49</u>	<u>2022-23 Long Course Masters Swimming Competition - Part 3</u>	<u>12-Jun-22</u>
NORTJE CRAIG ANDREW	VRC	35-39	0:30.38	2015-16 Long Course Masters Swimming Competition - Part 3	26-Jul-15
LAM YAU SUN DICKSON	#DB	30-34	0:29.77	Annual Long Course Masters Swimming Championships 2019	1-Dec-19
CHUNG LAI YEUNG	#DB	25-29	0:28.12	2018-19 Annual Long Course Masters Swimming Championships	25-Nov-18
CHEUNG YAU MING	#DB	18-24	0:28.26	2018-19 Long Course Masters Swimming Competition - Part 1	24-Mar-19

WOMEN 50M BACKSTROKE	NAME OF MEET				DATE ACHIEVED
TAI LI HUA	SFC	80-84	0:53.45	2021-22 Long Course Masters Swimming Competition - Part 3	20-Jun-21
WONG JIM	SFC	75-79	0:55.07	2015-16 Long Course Masters Swimming Competition - Part 1	20-Mar-16
BAI XINFEN	SFC	70-74	0:44.75	2021-22 Long Course Masters Swimming Competition - Part 3	20-Jun-21
BAI XINFEN	SFC	65-69	0:42.89	Annual Long Course Masters Swimming Championships 2019	1-Dec-19
TSEUNG NGA WAH	SFC	60-64	0:46.26	2018-19 Long Course Masters Swimming Competition - Part 1	24-Mar-19
CHOW YEE HEUNG LIZA	LTS	55-59	0:43.53	Annual Long Course Masters Swimming Championships 2019	1-Dec-19
COGGINS LYNDA ANNE	LRC	50-54	0:35.58	16th FINA World Masters Championships 2015 in Kazan	16-Aug-15
LAKE AMBER ROBYN	LRC	45-49	0:35.08	2016-17 Long Course Masters Swimming Competition - Part 3	12-Jun-16
TAM MAI LING ALISON	#FL	40-44	0:34.40	FINA World Masters Championships 2019 - Gwangju	18-Aug-19
KELSEY JANE MACFARLAND	LRC	35-39	0:34.04	Annual Long Course Masters Swimming Championships	23-Nov-14
CARPENTER LINH THUC LUONG	LRC	30-34	0:32.81	FINA World Masters Championships 2014	10-Aug-14
CHARTER ROBYN JUDY	#FB	25-29	0:32.98	2021-22 Long Course Masters Swimming Competition - Part 3	20-Jun-21
AU HIU PUI	*GW	18-24	0:31.58	2018-19 Annual Long Course Masters Swimming Championships	25-Nov-18

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(Update to 2022-23 Long Course Masters Swimming Competition - Part 3)

MEN 100M BACKSTROKE					NAME OF MEET	DATE ACHIEVED
CHEUNG TSAN	SFC	80-84	2:21.27	2017-18 Long Course Masters Swimming Competition Part 2		14-May-17
LAM LIT KWAN	SFC	75-79	1:56.76	2016-17 Long Course Masters Swimming Competition Part 2		24-Apr-16
TIN SHEUNG KWAI	NWC	70-74	1:35.27	2018-19 Long Course Masters Swimming Competition - Part 2		6-May-18
TIN SHEUNG KWAI	SFC	65-69	1:23.65	FINA World Masters Championships 2014		10-Aug-14
HO ROBERT YAU CHUNG	LRC	60-64	1:13.98	FINA World Masters Championships 2019 - Gwangju		17-Aug-19
HO ROBERT YAU CHUNG	LRC	55-59	1:11.73	FINA World Masters Championships 2014		10-Aug-14
RUST STEFAN ROBERT	LRC	50-54	1:08.09	FINA World Masters Championships 2017		19-Aug-17
LILJESTROEM LENNART, PETER FREDRIC	LRC	45-49	1:09.39	The 1st Asian Masters Swimming Championships 2018 NAGOYA (JPN)		13-Jul-18
FONG LIK SUN	#FB	40-44	1:04.62	2021-22 Long Course Masters Swimming Competition - Part 2		9-May-21
NORTJE, CRAIG ANDREW	VRC	35-39	1:06.66	2015-16 Long Course Masters Swimming Competition - Part 2		31-May-15
LAM YAU SUN DICKSON	#DB	30-34	1:07.94	2019-20 Long Course Masters Swimming Competition - Part 2		5-May-19
WANG HU	*WA	25-29	1:06.32	2010-11 Long Course Masters Swimming Championships - Part 2		20-Jun-10
CHOI DERRICK CHRISTOPHER	LRC	18-24	1:02.10	2013-14 Long Course Masters Swimming Competition - Part 2		23-Jun-13

WOMEN 100M BACKSTROKE					NAME OF MEET	DATE ACHIEVED
WONG JIM	SFC	75-79	2:13.75	2016-17 Long Course Masters Swimming Competition Part 2		24-Apr-16
SUEN MING CHU	SFC	70-74	1:59.12	2019-20 Long Course Masters Swimming Competition - Part 2		5-May-19
LO LAI YUNG	NWC	65-69	1:52.49	2021-22 Long Course Masters Swimming Competition - Part 2		9-May-21
LO LAI YUNG	NWC	60-64	1:45.15	2015-16 Long Course Masters Swimming Competition - Part 2		31-May-15
BAI XIUFEN	*WA	55-59	1:36.84	2010-11 Long Course Masters Swimming Championships - Part 2		20-Jun-10
COGGINS LYNDA ANNE	LRC	50-54	1:17.38	16th FINA World Masters Championships 2015 in Kazan		15-Aug-15
LAKE AMBER ROBYN	LRC	45-49	1:19.43	FINA World Masters Championships 2017		19-Aug-17
KELSEY JANE MACFARLAND	LRC	40-44	1:13.75	2015-16 Long Course Masters Swimming Competition - Part 2		31-May-15
KELSEY JANE MACFARLAND	LRC	35-39	1:14.06	2014-15 Long Course Masters Swimming Competition Part 2		29-Jun-14
CARPENTER LINH THUC LUONG	LRC	30-34	1:11.37	16th FINA World Masters Championships 2015 in Kazan		15-Aug-15
CARPENTER LINH THUC LUONG	LRC	25-29	1:14.07	FINA World Masters Championships 2012		15-Jun-12
LAMB ENEKA MARIE	HIS	18-24	1:11.36	2011-12 Long Course Masters Swimming Competition - Part 2		19-Jun-11

MEN 50M BREASTSTROKE					NAME OF MEET	DATE ACHIEVED
CHI LIEH YUNG	SFC	85-89	1:02.32	Annual Long Course Masters Swimming Championships 2019		1-Dec-19
CHAN KAM	SFC	80-84	0:54.52	Annual Masters Swimming Championships 2009		18-Oct-09
FU TAI CHUN	KTS	75-79	0:49.01	2012-13 Long Course Masters Swimming Competition - Part 2		17-Jun-12
TIN SHEUNG KWAI	NWC	70-74	0:39.27	2019-20 Long Course Masters Swimming Competition - Part 2		5-May-19
YONG KHIN SYN	SFC	65-69	0:37.84	2014-15 Long Course Masters Swimming Competition Part 2		29-Jun-14
FU TAI CHUN	KTS	60-64	0:36.61	Annual Masters Swimming Championships 1998		12-Sep-98
WONG LUN KWOK	SFC	55-59	0:35.10	Annual Masters Swimming Championships 2002		31-Aug-02
SIEH TIEN YU	KTS	50-54	0:34.48	2018-19 Long Course Masters Swimming Competition - Part 1		24-Mar-19
COOPER, KENNETH ALLEN	PSC	45-49	0:32.70	2017-18 Long Course Masters Swimming Competition - Part 1		25-Mar-18
WAN LAP SUN	FWC	40-44	0:33.00	Spring Masters Swimming Championships 2006		25-Mar-06
LO JONATHAN KA YAN	LRC	35-39	0:31.14	The 1st Asian Masters Swimming Championships 2018 NAGOYA (JPN)		14-Jul-18
WAN LAP SUN	KTS	30-34	0:31.11	Summer Masters Swimming Championships 1998		13-Jun-98
GLASSMAN ZACHARY	LRC	25-29	0:30.66	2011-12 Long Course Masters Swimming Competition - Part 1		4-Mar-12
YUEN MARCUS	PSC	18-24	0:30.47	2017-18 Long Course Masters Swimming Competition - Part 3		13-Aug-17

WOMEN 50M BREASTSTROKE					NAME OF MEET	DATE ACHIEVED
CHAN WAI KIANG	KTS	85-89	2:23.87	Annual Long Course Masters Swimming Championships 2019		1-Dec-19
TAI LI HUA	SFC	80-84	0:52.77	Annual Long Course Masters Swimming Championships 2019		1-Dec-19
OTSUKA TUKO	SGC	75-79	0:56.26	2014-15 Long Course Masters Swimming Competition - Part 1		22-Mar-15
SUEN, MING CHU	SFC	70-74	0:53.36	2018-19 Long Course Masters Swimming Competition - Part 3		24-Jun-18
LEUNG WONG YIN HAR HAYLEY	SGC	65-69	0:50.56	2017-18 Long Course Masters Swimming Competition - Part 1		25-Mar-18
LEUNG WONG YIN HAR HAYLEY	SGC	60-64	0:47.46	Long Course Masters Swimming Competition - Part 3 2013		11-Aug-13
LEUNG WAI FAN	KTS	55-59	0:38.73	2017-18 Long Course Masters Swimming Competition - Part 2		14-May-17
LEUNG WAI FAN	KTS	50-54	0:37.63	Annual Long Course Masters Swimming Championships 2015		20-Dec-15
LEUNG WAI FAN	KTS	45-49	0:39.03	Annual Masters Swimming Championships 2007		21-Jul-07
KRKALO SHAUNA KATHLEEN	LRC	40-44	0:34.74	2022-23 Long Course Masters Swimming Competition - Part 3		12-Jun-22
NG KAM FUNG	SFC	35-39	0:34.71	Summer Masters Swimming Championships 2000		27-May-00
BARNES RUTH	LRC	30-34	0:35.23	Annual Masters Swimming Championships 2013		24-Nov-13
IP RAINBOW	FFA	25-29	0:36.06	2022-23 Long Course Masters Swimming Competition - Part 3		12-Jun-22
LI TSZ YIU	HFS	18-24	0:35.53	Annual Masters Swimming Championships 2013		24-Nov-13

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MEN 100M BREASTSTROKE				NAME OF MEET	DATE ACHIEVED
LEE MING	SFC	85-89	2:42.22	2017-18 Long Course Masters Swimming Competition Part 2	14-May-17
MAK HEI CHI	SGC	80-84	2:08.90	Annual Masters Swimming Championships 2008	6-Sep-08
CHAN KAM				Summer Masters Swimming Championships 2005	4-Jun-05
WONG CHIU SHUN	SFC	75-79	1:55.28	2022-23 Long Course Masters Swimming Competition – Part 3	12-Jun-22
YONG KHIN SYN	SFC	70-74	1:34.27	2019-20 Long Course Masters Swimming Competition - Part 3	23-Jun-19
CHAN KAM POR	SFC	65-69	1:26.42	2017-18 Long Course Masters Swimming Competition Part 2	14-May-17
KOO YU FAT MARCUS	FFA	60-64	1:24.69	2022-23 Long Course Masters Swimming Competition – Part 3	12-Jun-22
CHAN KAM POR	*HN	55-59	1:21.91	Summer Masters Swimming Championships 2008	14-Jun-08
COOPER KENNETH ALLEN	#FL	50-54	1:13.66	FINA World Masters Championships 2019 - Gwangju	13-Aug-19
COOPER KENNETH ALLEN	PSC	45-49	1:15.29	2018-19 Long Course Masters Swimming Competition - Part 2	6-May-18
WAN LAP SUN	FWC	40-44	1:15.87	Winter Masters Swimming Championships 2008	22-Nov-08
LO JONATHAN KA YAN	LRC	35-39	1:10.50	The 1st Asian Masters Swimming Championships 2018 NAGOYA (JPN)	15-Jul-18
KWOK HO TIN	NWC	30-34	1:09.75	2019-20 Long Course Masters Swimming Competition - Part 3	23-Jun-19
YUEN MARCUS	LRC	25-29	1:09.75	Annual Long Course Masters Swimming Championships 2019	1-Dec-19
YUEN MARCUS	PSC	18-24	1:08.54	2017-18 Long Course Masters Swimming Competition Part 3	13-Aug-17

WOMEN 100M BREASTSTROKE				NAME OF MEET	DATE ACHIEVED
WONG JIM	SFC	80-84	2:31.67	2021-22 Long Course Masters Swimming Competition - Part 3	20-Jun-21
WONG JIM	SFC	75-79	2:09.00	2016-17 Long Course Masters Swimming Competition - Part 3	12-Jun-16
SUEN MING CHU	SFC	70-74	1:53.65	2018-19 Annual Long Course Masters Swimming Championships	25-Nov-18
SUEN MING CHU	KTS	65-69	1:51.76	Long Course Masters Swimming Competition - Part 3 2013	11-Aug-13
SUEN MING CHU	SCA	60-64	1:46.35	Annual Masters Swimming Championships 2008	6-Sep-08
KIRKWOOD, TAIN MHAIRA	LRC	55-59	1:35.97	2018-19 Long Course Masters Swimming Competition - Part 2	6-May-18
COGGINS LYNDA ANNE	LRC	50-54	1:29.58	Annual Long Course Masters Swimming Championships	23-Nov-14
WONG FUNG YEE	KTS	45-49	1:26.75	Summer Masters Swimming Championships 2009	6-Jun-09
KRKALO SHAUNA KATHLEEN	LRC	40-44	1:21.23	2022-23 Long Course Masters Swimming Competition – Part 3	12-Jun-22
NEEDHAM SUZANNE HEIZER	LRC	35-39	1:20.17	FINA World Masters Championships 2012	11-Jun-12
BARNES RUTH	LRC	30-34	1:18.68	FINA World Masters Championships 2012	11-Jun-12
LIU KA LEI	KTS	25-29	1:22.65	Spring Masters Swimming Championships 2010	6-Mar-10
KONG YVETTE MAN YI	SCA	18-24	1:13.79	2014-15 Long Course Masters Swimming Competition - Part 3	10-Aug-14

MEN 200M BREASTSTROKE				NAME OF MEET	DATE ACHIEVED
CHEUNG TSAN	SFC	80-84	5:10.49	Masters Long Course Swimming Competition Part 1	26-Jan-14
LAM LIT KWAN	LTS	75-79	4:33.83	2015-16 Long Course Masters Swimming Competition - Part 1	20-Mar-16
YONG KHIN SYN	SFC	70-74	3:37.34	2018-19 Long Course Masters Swimming Competition - Part 1	24-Mar-19
CHAN KAM POR	SFC	65-69	3:19.33	2017-18 Long Course Masters Swimming Competition - Part 1	25-Mar-18
CHAN KAM POR	SGC	60-64	3:07.34	2011-12 Long Course Masters Swimming Competition - Part 1	4-Mar-12
SAKA TOSHIYUKI	SGC	55-59	2:59.17	2016-17 Long Course Masters Swimming Competition - Part 1	26-Mar-17
SAKA TOSHIYUKI	SGC	50-54	2:50.25	2011-12 Long Course Masters Swimming Competition - Part 1	4-Mar-12
SAKA TOSHIYUKI	SGC	45-49	2:49.64	2010-11 Long Course Masters Swimming Championships - Part 1	20-Mar-11
STAMENOVIC, IVAN	LRC	40-44	3:02.25	2017-18 Long Course Masters Swimming Competition - Part 1	25-Mar-18
LO JONATHAN KA YAN	LRC	35-39	2:47.70	2017-18 Long Course Masters Swimming Competition - Part 1	25-Mar-18
LUK WING KIN ANDY	KHC	30-34	2:36.71	2018-19 Long Course Masters Swimming Competition - Part 1	24-Mar-19
GLASSMAN ZACHARY	LRC	25-29	2:23.47	2011-12 Long Course Masters Swimming Competition - Part 1	4-Mar-12
YUEN MARCUS	PSC	18-24	2:38.14	2017-18 Long Course Masters Swimming Competition - Part 1	25-Mar-18

WOMEN 200M BREASTSTROKE				NAME OF MEET	DATE ACHIEVED
WONG SUI YING	SFC	80-84	9:51.71	2013-14 Long Course Masters Swimming Competition - Part 1	3-Mar-13
OTSUKA YUKO	SGC	75-79	4:39.40	2016-17 Long Course Masters Swimming Competition - Part 1	26-Mar-17
SUEN MING CHU	SFC	70-74	4:01.57	2017-18 Long Course Masters Swimming Competition - Part 1	25-Mar-18
SUEN MING CHU	SGC	65-69	3:58.01	2013-14 Long Course Masters Swimming Competition - Part 1	3-Mar-13
SUEN MING CHU	SCA	60-64	3:54.41	2010-11 Long Course Masters Swimming Championships - Part 1	20-Mar-11
KIRKWOOD, TAIN MHAIRA	LRC	55-59	3:31.49	2017-18 Long Course Masters Swimming Competition - Part 1	25-Mar-18
COGGINS LYNDA ANNE	LRC	50-54	3:09.55	FINA World Masters Championships 2014	10-Aug-14
COGGINS LYNDA ANNE	LRC	45-49	3:14.74	FINA World Masters Championships 2012	15-Jun-12
LAKE AMBER ROBYN	LRC	40-44	3:31.46	2014-15 Long Course Masters Swimming Competition - Part 1	22-Mar-15
NEEDHAM SUZANNE HEIZER	LRC	35-39	2:56.78	FINA World Masters Championships 2012	15-Jun-12
MORRISON RUTH	LRC	30-34	2:53.80	FINA World Masters Championships 2010	31-Jul-10
LIU KA LEI	KTS	25-29	3:05.17	2013-14 Long Course Masters Swimming Competition - Part 1	3-Mar-13
PANG HIU KWAN	JHC	18-24	3:13.71	2011-12 Long Course Masters Swimming Competition - Part 1	4-Mar-12

HONG KONG MASTERS SWIMMING RECORDS

LONG COURSE

(Update to 2022-23 Long Course Masters Swimming Competition - Part 3)

MEN 50M BUTTERFLY

				NAME OF MEET	DATE ACHIEVED
YIM KAM WING	SFC	85-89	1:10.42	2019-20 Long Course Masters Swimming Competition - Part 2	5-May-19
MAK HEI CHI	SGC	80-84	0:58.81	Winter Masters Swimming Championships 2008	22-Nov-08
LEE CHE KWOK	SFC	75-79	0:53.57	Long Course Masters Swimming Competition - Part 3 2013	11-Aug-13
FU TAI CHUN	KTS	70-74	0:37.28	Spring Masters Swimming Championships 2007	24-Mar-07
FU TAI CHUN	KTS	65-69	0:33.66	Annual Masters Swimming Championships 2002	31-Aug-02
FU TAI CHUN	KTS	60-64	0:30.60	Summer Masters Swimming Championships 1999	19-Jun-99
HO ROBERT YAU CHUNG	LRC	55-59	0:30.04	Annual Long Course Masters Swimming Championships 2015	20-Dec-15
WONG KWOK WAH	KHC	50-54	0:27.94	Annual Long Course Masters Swimming Championships 2017	25-Nov-17
WOODRING DOUGLAS	BSC	45-49	0:27.47	Long Course Masters Swimming Competition - Part 3 2013	11-Aug-13
NORTJE, CRAIG ANDREW	#FL	40-44	0:26.85	FINA World Masters Championship 2019 - Gwangju	14-Aug-19
NORTJE CRAIG ANDREW	CKW	35-39	0:26.70	Annual Long Course Masters Swimming Championships 2015	20-Dec-15
BEAHAN, GRANT KENNETH	BSC	30-34	0:26.54	Annual Long Course Masters Swimming Championships 2017	25-Nov-17
LAU CHUN LEUNG JOHNNY	KHC	25-29	0:26.21	Annual Long Course Masters Swimming Championships 2017	25-Nov-17
CHEUNG YAU MING	#DB	18-24	0:26.27	2018-19 Annual Long Course Masters Swimming Championships	25-Nov-18

WOMEN 50M BUTTERFLY

				NAME OF MEET	DATE ACHIEVED
WONG JIM	SFC	75-79	1:00.33	2016-17 Long Course Masters Swimming Competition - Part 2	24-Apr-16
SUEN MING CHU	SFC	70-74	0:48.26	Annual Long Course Masters Swimming Championships 2019	1-Dec-19
SUEN MING CHU	SGC	65-69	0:45.64	Long Course Masters Swimming Competition - Part 3 2013	11-Aug-13
TSEUNG NGA WAH	SFC	60-64	0:39.95	2018-19 Long Course Masters Swimming Competition - Part 2	6-May-18
KIRKWOOD, TAIN MHAIRA	LRC	55-59	0:36.39	2018-19 Annual Long Course Masters Swimming Championships	25-Nov-18
LEE TANYA DIANE	PSC	50-54	0:32.53	The 1st Asian Masters Swimming Championships 2018 NAGOYA (JPN)	13-Jul-18
PAZOS CHRISTENA MARIA	LRC	45-49	0:32.96	2015-16 Long Course Masters Swimming Competition - Part 3	26-Jul-15
TAM MAI LING ALISON	#FL	40-44	0:32.51	FINA World Masters Championships 2019 - Gwangju	14-Aug-19
KELSEY JANE MACFARLAND	LRC	35-39	0:32.49	Annual Long Course Masters Swimming Championships 2013	24-Nov-13
CHAN WING SUET	PSC	30-34	0:30.75	The 1st Asian Masters Swimming Championships 2018 NAGOYA (JPN)	13-Jul-18
NG KA MAN	KTS	25-29	0:29.30	Annual Long Course Masters Swimming Championships	23-Nov-14
WONG YEE CHING	SGC	18-24	0:30.27	Annual Long Course Masters Swimming Championships 2013	24-Nov-13

MEN 100M BUTTERFLY

				NAME OF MEET	DATE ACHIEVED
LEE MING	SFC	80-84	2:35.84	2010-11 Long Course Masters Swimming Championships - Part 1	20-Mar-11
LAW KWAI FONG	SFC	75-79	2:13.21	2010-11 Long Course Masters Swimming Championships - Part 1	20-Mar-11
CHAN SHING CHI	LTS	70-74	1:56.24	2018-19 Long Course Masters Swimming Competition - Part 1	24-Mar-19
YONG KHIN SYN	SFC	65-69	1:41.99	2015-16 Long Course Masters Swimming Competition - Part 1	20-Mar-16
HO ROBERT YAU CHUNG	LRC	60-64	1:15.51	FINA World Masters Championships 2019 - Gwangju	15-Aug-19
KOO YU FAT MARCUS	FFA	55-59	1:11.94	2016-17 Long Course Masters Swimming Competition - Part 1	26-Mar-17
JOHNSON ERIC ANDREW	LRC	50-54	1:04.49	FINA World Masters Championships 2014	10-Aug-14
SAKA TAIHEI	SGC	45-49	1:00.90	2013-14 Long Course Masters Swimming Competition - Part 1	4-Mar-12
NORTJE, CRAIG ANDREW	#FL	40-44	0:59.49	FINA World Masters Championships 2019 - Gwangju	15-Aug-19
CRAIG ANDREW NORTJE	VRC	35-39	0:59.58	FINA World Masters Championships 2014	10-Aug-14
BEAHAN, GRANT KENNETH	BSC	30-34	0:58.66	2017-18 Long Course Masters Swimming Competition - Part 1	25-Mar-18
LAU CHUN LEUNG JOHNNY	KHC	25-29	0:59.26	2018-19 Long Course Masters Swimming Competition - Part 1	24-Mar-19
CHEUNG YAU MING	#DB	18-24	0:59.53	2018-19 Long Course Masters Swimming Competition - Part 1	24-Mar-19

WOMEN 100M BUTTERFLY

				NAME OF MEET	DATE ACHIEVED
SUEN MING CHU	SFC	70-74	1:56.01	2017-18 Long Course Masters Swimming Competition - Part 1	25-Mar-18
SUEN MING CHU	SGC	65-69	1:48.29	Masters Long Course Swimming Competition Part 1	26-Jan-14
SUEN MING CHU	SCA	60-64	1:49.51	2010-11 Long Course Masters Swimming Championships - Part 1	20-Mar-11
KIRKWOOD, TAIN MHAIRA	LRC	55-59	1:31.44	2017-18 Long Course Masters Swimming Competition - Part 1	25-Mar-18
LEE TANYA DIANE	PSC	50-54	1:14.85	The 1st Asian Masters Swimming Championships 2018 NAGOYA (JPN)	16-Jul-18
PAZOS CHRISTENA MARIA	LRC	45-49	1:12.50	16th FINA World Masters Championships 2015 in Kazan	13-Aug-15
KELSEY JANE MACFARLAND	LRC	40-44	1:13.55	2014-15 Long Course Masters Swimming Competition - Part 1	22-Mar-15
KELSEY JANE MACFARLAND	LRC	35-39	1:13.49	2011-12 Long Course Masters Swimming Competition - Part 1	4-Mar-12
CHAN WING SUET	PSC	30-34	1:10.44	The 1st Asian Masters Swimming Championships 2018 NAGOYA (JPN)	16-Jul-18
CHAN WING SUET	LRC	25-29	1:08.66	FINA World Masters Championships 2014	10-Aug-14
MAU LOK YAN EUNICE	CUC	18-24	1:13.91	Masters Long Course Swimming Competition Part 1	26-Jan-14

HONG KONG MASTERS SWIMMING RECORDS

LONG COURSE

(Update to 2022-23 Long Course Masters Swimming Competition - Part 3)

MEN 200M INDIVIDUAL MEDLEY				NAME OF MEET	DATE ACHIEVED
LAW KWAI FONG	SFC	80-84	5:10.21	Annual Long Course Masters Swimming Championships 2017	25-Nov-17
WONG SHIU MING	SFC	75-79	4:24.87	2016-17 Long Course Masters Swimming Competition - Part 1	26-Mar-17
TIN SHEUNG KWAI	NWC	70-74	3:38.48	Annual Long Course Masters Swimming Championships 2017	25-Nov-17
CHAN KAM POR	SFC	65-69	3:04.42	2017-18 Long Course Masters Swimming Competition - Part 1	25-Mar-18
HO ROBERT YAU CHUNG	LRC	60-64	2:58.40	2018-19 Annual Long Course Masters Swimming Championships	25-Nov-18
SAKA TOSHIYUKI	SGC	55-59	2:45.82	2016-17 Long Course Masters Swimming Competition - Part 1	26-Mar-17
CHAN KAM POR	KTS	50-54	2:26.14	Summer Masters Swimming Championships 2004	12-Jun-04
SAKA TAIHEI	SGC	45-49	2:23.04	2010-11 Long Course Masters Swimming Championships - Part 1	20-Mar-11
NORTJE, CRAIG ANDREW	#FL	40-44	2:19.17	FINA World Masters Championships 2019 - Gwangju	15-Aug-19
NORTJE, CRAIG ANDREW	VRC	35-39	2:20.07	FINA World Masters Championships 2014	10-Aug-14
JACOBS DAMIAN CHARLES	LRC	30-34	2:25.69	FINA World Masters Championships 2014	10-Aug-14
GLASSMAN ZACHARY	LRC	25-29	2:13.80	2011-12 Long Course Masters Swimming Competition - Part 1	4-Mar-12
WONG SING TSUM DEREK	CUC	18-24	2:21.50	Annual Long Course Masters Swimming Champions 2013	24-Nov-13

WOMEN 200M INDIVIDUAL MEDLEY				NAME OF MEET	DATE ACHIEVED
SHUM CHING FONG	HFS	80-84	5:35.17	Annual Long Course Masters Swimming Championships 2013	24-Nov-13
WONG JIM	SFC	75-79	4:49.42	Annual Long Course Masters Swimming Championships 2016	18-Dec-16
SUEN MING CHU	SFC	70-74	3:49.34	2018-19 Long Course Masters Swimming Competition - Part 2	6-May-18
SUEN MING CHU	SGC	65-69	3:47.99	2013-14 Long Course Masters Swimming Competition - Part 2	23-Jun-13
SUEN MING CHU	SCA	60-64	3:37.27	Winter Masters Swimming Championships 2007	27-Jan-08
KIRKWOOD, TAIN MHAIRA	LRC	55-59	3:16.65	The 1st Asian Masters Swimming Championships 2018 NAGOYA (JPN)	12-Jul-18
COGGINS LYNDA ANNE	LRC	50-54	2:55.65	FINA World Masters Championships 2014	10-Aug-14
PAZOS CHRISTENA MARIA	LRC	45-49	2:46.91	16th FINA World Masters Championships 2015 in Kazan	13-Aug-15
KELSEY JANE MACFARLAND	LRC	40-44	2:41.17	2014-15 Long Course Masters Swimming Competition - Part 1	22-Mar-15
KELSEY JANE MACFARLAND	LRC	35-39	2:37.75	Annual Long Course Masters Swimming Champions 2013	24-Nov-13
CHAN WING SUET	PSC	30-34	2:38.52	The 1st Asian Masters Swimming Championships 2018 NAGOYA (JPN)	12-Jul-18
CHAN WING SUET	LRC	25-29	2:36.59	FINA World Masters Championships 2014	10-Aug-14
CHARTER ROBYN JUDY	SFC	18-24	2:42.84	2018-19 Annual Long Course Masters Swimming Championships	25-Nov-18

MEN 4 X 50M FREESTYLE RELAY				NAME OF MEET	DATE ACHIEVED
SWORD FISH CLUB	SFC	320+	3:09.80	2019-20 Long Course Masters Swimming Competition - Part 3	23-Jun-19
NEW WATER POLO CLUB	NWC	280+	2:18.05	2018-19 Long Course Masters Swimming Competition - Part 3	24-Jun-18
SWORD FISH CLUB	SFC	240+	2:02.09	2018-19 Annual Long Course Masters Swimming Championships	25-Nov-18
SEA GREEN SWIMMING & LIFE SAVING CLUB	SGC	200+	1:52.52	2010-11 Long Course Masters Swimming Championships - Part 1	20-Mar-11
LADIES' RECREATION CLUB	LRC	160+	1:41.91	FINA World Masters Championships 2017	18-Aug-17
NEW WATER POLO CLUB	NWC	120+	1:40.03	2018-19 Long Course Masters Swimming Competition - Part 3	24-Jun-18
DIOCESAN SCHOOL OLD BOY'S ASSOCIATION LTD	#DB	100+	1:36.96	2018-19 Long Course Masters Swimming Competition - Part 1	24-Mar-19

WOMEN 4 X 50M FREESTYLE RELAY				NAME OF MEET	DATE ACHIEVED
SWORD FISH CLUB	SFC	280+	2:42.61	Annual Long Course Masters Swimming Championships 2019	1-Dec-19
SWORD FISH CLUB	SFC	240+	2:34.06	2018-19 Annual Long Course Masters Swimming Championships	25-Nov-18
LADIES' RECREATION CLUB	LRC	200+	2:12.67	FINA World Masters Championships 2012	14-Jun-12
LADIES' RECREATION CLUB	LRC	160+	1:58.32	16th FINA World Masters Championships 2015 in Kazan	14-Aug-15
LADIES' RECREATION CLUB	LRC	120+	1:55.57	FINA World Masters Championships 2012	14-Jun-12
<u>HONG KONG FLYING FISH ATHLETIC ASSOCIATION</u>	<u>FFA</u>	<u>100+</u>	<u>1:58.55</u>	<u>2022-23 Long Course Masters Swimming Competition - Part 3</u>	<u>12-Jun-22</u>

HONG KONG MASTERS SWIMMING RECORDS

LONG COURSE

(Update to 2022-23 Long Course Masters Swimming Competition - Part 3)

MEN 4 X 50M MEDLEY RELAY				NAME OF MEET	DATE ACHIEVED
SWORD FISH CLUB	SFC	320+	3:30.63	Annual Long Course Masters Swimming Championships 2012	9-Dec-12
SWORD FISH CLUB	SFC	280+	2:39.12	2021-22 Long Course Masters Swimming Competition - Part 2	9-May-21
SWORD FISH CLUB	SFC	240+	2:19.80	Long Course Masters Swimming Competition - Part 3 2013	11-Aug-13
THE HONG KONG JOCKEY CLUB	HJC	200+	2:03.19	Winter Masters Swimming Championships 1993	11-Dec-93
YMCA OF HONG KONG	YMC	160+	1:53.94	Summer Masters Swimming Championships 1996	22-Jun-96
DIOCESAN SCHOOL OLD BOY'S ASSOCIATION LTD	#DB	120+	1:54.76	2018-19 Long Course Masters Swimming Competition - Part 1	24-Mar-19
YMCA OF HONG KONG	YMC	100+	1:51.11	Spring Masters Swimming Championships 1999	20-Mar-99
WOMEN 4 X 50M MEDLEY RELAY				NAME OF MEET	DATE ACHIEVED
SWORD FISH CLUB	SFC	280+	3:21.30	1st Asian Masters Swimming Championships 1996	14-Sep-96
SWORD FISH CLUB	SFC	240+	2:48.90	2017-18 Long Course Masters Swimming Competition Part 1	25-Mar-18
LADIES' RECREATION CLUB	LRC	200+	2:32.48	2016-17 Long Course Master Swimming Competition - Part 2	24-Apr-16
LADIES' RECREATION CLUB	LRC	160+	2:10.35	Annual Masters Swimming Championships 1994	17-Sep-94
LADIES' RECREATION CLUB	LRC	120+	2:10.92	FINA World Masters Championships 2012	14-Jun-12
NEW WATER POLO CLUB	NWC	100+	2:19.21	2018-19 Long Course Masters Swimming Competition - Part 2	6-May-18
MIXED 4 X 50M FREESTYLE RELAY				NAME OF MEET	DATE ACHIEVED
SWORD FISH CLUB	SFC	320+	3:38.22	2018-19 Annual Long Course Masters Swimming Championships	25-Nov-18
SWORD FISH CLUB	SFC	280+	2:34.42	2021-22 Long Course Masters Swimming Competition - Part 2	9-May-21
SWORD FISH CLUB	SFC	240+	2:15.69	2018-19 Annual Long Course Masters Swimming Championships	25-Nov-18
LADIES' RECREATION CLUB	LRC	200+	1:55.82	FINA World Masters Championships 2017	18-Aug-17
LADIES' RECREATION CLUB	LRC	160+	1:52.54	FINA World Masters Championships 2017	18-Aug-17
FASTLANE SWIMMING CO. LTD	#FL	120+	1:48.72	FINA World Masters Championships 2019 - Gwangju	19-Aug-19
NEW WATER POLO CLUB	NWC	100+	1:51.20	Annual Long Course Masters Swimming Championships 2017	25-Nov-17
MIXED 4 X 50M MEDLEY RELAY				NAME OF MEET	DATE ACHIEVED
<u>HONG KONG FLYING FISH ATHLETIC ASSOCIATION</u>	<u>FFA</u>	<u>100+</u>	<u>2:11.65</u>	<u>2022-23 Long Course Masters Swimming Competition - Part 3</u>	<u>12-Jun-22</u>

Annual Long Course Masters Swimming Championships 2022

Reject List as at 14-11-2022

No.	Name	Event	Club	Remarks
1	Ho Yee Yun Rosalind	21	CUC	Wrong Event
2	Kwan Yui Hang	12	CUC	Wrong Event
3	Lee Michael Le Jin	12	CUC	Wrong Event
4	Mau Lok Yan Eunice	11	CUC	Wrong Event
5	Leung Tak Sing	16	HFS	Wrong Event
6	Sit Tsing Yui Robert	16	HFS	Wrong Event
7	Chan Wing Sze Vincy	10,16	PSC	No Reg

Annual LC Masters Swimming Championships 2022 - 27/11/2022

Psych Sheet

Event 1 Men 100 LC Meter Breaststroke

- 18-24 MSR: 1:08.54
- 25-29 MSR: 1:09.75
- 30-34 MSR: 1:09.75
- 35-39 MSR: 1:10.50
- 40-44 MSR: 1:15.87
- 45-49 MSR: 1:15.29
- 50-54 MSR: 1:13.66
- 55-59 MSR: 1:21.91
- 60-64 MSR: 1:24.69
- 65-69 MSR: 1:26.42

	ID#	Name	Age	Team	Seed Time
18-24					
1	27205 P	Chan, Yan Shing	20	Current Club Ltd	1:15.00
2	27803 B	Fan, Ka Ming	23	Current Club Ltd	1:20.00
25-29					
1	05577 IBZ	Yuen, Marcus	28	LRC	1:09.75
2	47043 IAZ	Lam, Pak Lun	28	Flying Fish	1:30.00
3	08246 IAZ	Kwok, Chun Lok	28	Kwan Hung	1:30.00
30-34					
1	02591	Luk, Wing Kin Andy	33	Kwan Hung	1:11.00
2	04877 IBZ	Ng, Yu Ting	31	Sword Fish Club	1:21.60
3	23960 IAZ	Kong, Ka Wai	34	Kwun Tong	1:30.00
4	49546 @ICO	Ly, Jonathan	30	Kwun Tong	1:35.00
5	09136 IAZ	Tsang, Chun Kin	34	New Water Polo	1:50.00
35-39					
1	00590 IBZ	Kwok, Ho Tin	35	New Water Polo	1:10.00
2	00091	Chan, Lok Yan	38	New Water Polo	1:20.00
3	48666 @ICO	Upman, David Ross	38	Fastlane Swimmin	1:25.00
4	41147 IAZ	Mok, Lai Yeung Jason	38	Diocesan School	1:45.00
5	38303 IAZ	Ng, Ho Yin	37	Sun Yip	1:45.00
6	00093	Tam, Tak Ching	35	Dik Wing	NT
7	04706 IBZ	Hui, Cheung Hin Raymond	38	Dik Wing	NT
40-44					
1	35790 ICO	Launay, Thomas	43	LRC	1:18.48
2	23119 IAZ	Chan, Ying Tsung Bosco	41	Sword Fish Club	1:29.00
3	12176 ICZ	Ng, Siu Yu	40	Sword Fish Club	1:35.00
4	40834 IAZ	Chang, Hsi Tse JosephJeremy	43	Diocesan School	1:45.00
5	01948 ICZ	Tang, Ho Yuen	40	Diocesan School	1:46.00
6	45574 IAZ	Ng, Siu Kwong	40	Sword Fish Club	1:50.00
7	46808 IAZ	Leung, Wang Chi	43	Current Club Ltd	1:55.00
45-49					
1	46505 IAZ	Chang, Lambert Jen Hsiung	47	Fastlane Swimmin	1:25.00
2	17961 ICO	Jones, Simon	46	LRC	1:28.10
3	42737 IAZ	So, Ma Loi	46	Sword Fish Club	1:31.00
4	24603 IAZ	Hung, Ka Ming	47	YMCA OF Hong Kong	1:35.00
5	46388 @ICO	Grimes, Ryan Edward	45	LRC	1:36.87
6	05160	Chan, Ka Wo	45	Diocesan School	1:40.00
7	43890 IAZ	Wong, Chu Hei Alex	46	Satellite	1:40.00
8	40835 IAZ	Leung, Wing Hong Alvin	48	Diocesan School	1:46.00
50-54					
1	25592 IAZ	Cheung, Wai Kei	50	Flying Fish	1:30.00
2	28518 IAZ	Yau, Wo Fung	50	Kwun Tong	1:30.00

Annual LC Masters Swimming Championships 2022 - 27/11/2022

Psych Sheet

50-54... (Event 1 Men 100 LC Meter Breaststroke)

3	26317 IAZN	Tung, Shang Wei Timothy	52 Kwun Tong	1:35.00
4	27868 IAZ	Chan, Chi Wah Ringo	50 Sword Fish Club	1:35.00
5	15166	Leung, Chi Keung	50 Sun Yip	1:45.00
6	42364 IAZ	Lau, Yip Kwong Francis	53 Diocesan School	1:47.00
7	35711 IAX	Wong, Fuk Kei	53 Sword Fish Club	1:53.00
55-59				
1	18856 IAZ	Au, Mun Shing	57 Sword Fish Club	1:30.00
2	38291 IAZ	Liu, Chun Sing	56 Sword Fish Club	1:45.00
3	26176 IAX	Ho, Chung Man	59 Lai Tsun	1:47.00
4	27869 IAZ	Lee, Kam Cheong	58 Sword Fish Club	1:48.00
5	22433 IAZ	Lui, Man Pong	57 New Water Polo	1:50.00
6	05139	Lin, Fulong	55 Flying Fish	NT
60-64				
1	45930 IAZ	Lo, Wing Kwong	61 Sun Yip	1:35.00
2	15528	Tsui, Tak Shing Dominic	60 Fastlane Swimmin	1:36.00
3	32108 IAX	Chan, Kiu	60 Sword Fish Club	1:40.00
4	25226 IAZ	Choi, Tai Wing	61 Sword Fish Club	1:55.00
5	07802	Chau, Kam Tim	62 Sea Green	1:55.00
6	36725 IAZ	Yau, Wai	63 Sea Green	1:55.00
65-69				
1	06281	Fung, Kam Tai	67 Sword Fish Club	1:30.00
2	11563	Lee, Kwok Hung	69 Sword Fish Club	1:39.00
3	06176	Wong, Kung Wan	66 Sea Green	1:45.00
4	25228 IAZ	Chan, Fai Ming	68 Lai Tsun	2:00.00
70-74				
1	04504 IAO	Yura, Tadami	70 Sword Fish Club	1:30.00
2	06192	Chu, Shui Yi	71 Sea Green	1:55.00
3	06243	Koo, Choi Fat	72 Wong Tai Sin	1:55.00
75-79				
1	09891	Wong, Chiu Shun	75 Sword Fish Club	2:00.00
2	10274	Lau, Chun Nung	76 Lai Tsun	2:10.00
3	14029	Ieong, Vun Fai	76 Sword Fish Club	2:30.00
80-84				
1	06270	Lam, Luk Kan	81 Sword Fish Club	2:10.00
2	23959 IAZ	Chiu, Chin Hung	82 Kornhill	2:34.13
85-89				
1	17832 IAX	Chan, Sau	85 Sword Fish Club	3:20.00
2	16471	Wong, Yuen Ying	86 Kornhill	3:25.37

Event 2 Women 100 LC Meter Breaststroke

18-24 MSR:	1:13.79
25-29 MSR:	1:22.65
30-34 MSR:	1:18.68
35-39 MSR:	1:20.17
40-44 MSR:	1:21.23
45-49 MSR:	1:26.75
50-54 MSR:	1:29.58
55-59 MSR:	1:35.97
60-64 MSR:	1:46.35
65-69 MSR:	1:51.76

	ID#	Name	Age	Team	Seed Time
18-24					
1	39029 IAZ	Fung, Yin Ching	20	Hoi Ngai	1:20.00
2	26669 P	Mak, Ho Yan	19	Eastern Winter	1:20.00

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18-24... (Event 2 Women 100 LC Meter Breaststroke)

3	39033 IAZ	Chan, Hang In	20	Hoi Ngai	1:30.00
4	20401 IAZ	Leung, Wan Ki	24	Kwan Hung	1:30.00
25-29					
1	49513 IAZ	To, Yan Wing	26	Crest Ray	1:30.00
2	08727 B	Hung Yuen Ching, Moose Culle	26	New Water Polo	1:50.00
3	31023 IAZ	Cheung, Ka Yu	25	New Water Polo	2:30.00
4	12724 IAZ	Wan, Tsz Huen Alexsandra	25	Crest Ray	NT
30-34					
1	01441	Yeung, Hiu Ching Judy	31	New Water Polo	1:30.00
35-39					
1	35921 IAZ	Lui, Yick Ling	36	Kornhill	1:45.27
2	02727 ICZ	Lui, Wing Yee	39	Hoi Tin	2:00.00
3	13384 ICZ	Lee, May Sze Mei	35	New Water Polo	2:15.00
40-44					
1	40853 @IAO	Tam, Alison Mai Ling	44	Fastlane Swimmin	1:30.00
2	45041 IAZ	Fung, Cheuk Ching Candy	40	Hoi Fung	1:37.20
3	06304 ICZ	Cheung, Man Yiu	43	Sea Green	1:50.00
4	30072 ICW	Chao, Man Chi	43	New Water Polo	2:00.00
45-49					
1	33017 IAZ	Ngan, Oi Sze	45	Sword Fish Club	1:50.00
2	48201 IAZ	Poon, Nga Yi	49	Tolo Harbour	2:15.00
3	23491 IAZ	Lau, Ching Yee Lilian	45	Tuen Mun	NT
50-54					
1	35969 IAX	Wang, Ying Lian	50	Tung Sing	1:48.00
2	27463 IAX	Chen, Yugen	51	New Water Polo	1:50.00
3	06349	Ip, Oi Wa Wendy	50	Sword Fish Club	1:55.00
4	23588 IAZ	Lee, Ying Chi	54	Tung Sing	1:55.00
5	35772 IAX	Ban, Xianhai	50	New Water Polo	2:00.00
6	49204 IAZ	Cheng, Wai Man	51	Sea Green	2:00.00
7	43063 @IAO	Wong, Rose	52	LRC	2:15.00
8	44304 IAX	Choi, Shan Shan	50	Sword Fish Club	2:20.00
9	40937 IAZ	Leung, Wai Fan Fanny	52	New Water Polo	3:30.00
55-59					
1	38289 IAZ	Ng, Wai Lin Angie	58	Sword Fish Club	1:58.00
60-64					
1	16533	Wong, Shun Ying	63	Sea Green	2:30.00
65-69					
1	23957 IAX	Yeung, Tun Lim Lily	65	Sword Fish Club	2:15.00
2	06127	Lau, Wai Lin	66	New Water Polo	2:30.00
70-74					
1	06147	Leung Wong, Yin Har Hayley	70	Sea Green	2:30.00
2	06212	Lo, Yeuk Shuen	73	Wong Tai Sin	2:50.00
75-79					
1	08936	Leong, Kuai Heng	76	New Water Polo	3:33.00
80-84					
1	06374	Wong, Jim	81	Sword Fish Club	2:20.00

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Event 3 Men 50 LC Meter Freestyle

18-24 MSR:	24.17
25-29 MSR:	23.92
30-34 MSR:	24.31
35-39 MSR:	24.80
40-44 MSR:	25.24
45-49 MSR:	26.47
50-54 MSR:	25.80
55-59 MSR:	28.02
60-64 MSR:	27.95
65-69 MSR:	29.72

	ID#	Name	Age	Team	Seed Time
18-24... (Event 3 Men 50 LC Meter Freestyle)					
1	39019 IAX	Hung, Ling Cheung	23	Hoi Ngai	40.00
25-29					
1	04637 #IBZ	Kwan, Yui Hang	29	Current Club Ltd	24.78
2	19408 IAZ	Chan, Yue Yat	29	Sword Fish Club	27.00
3	16201 B	Kwok, Yuk Hang	26	Kwun Tong	27.00
4	05296 B	Hui, Chun Hin	29	New Water Polo	27.50
5	15815	Lo, Ting Kin	26	Sea Green	28.00
6	12759 IAZ	Yue, Suen Yin	28	Sea Green	29.00
7	21343 IAZ	Yu, Man Hin	26	Sea Green	30.00
8	49416 @^ICO	Cheah, Corey Zhi Ming	26	Barracuda	32.00
9	08246 IAZ	Kwok, Chun Lok	28	Kwan Hung	33.00
10	14724 B	Wan, Man Ho Gordon	27	New Water Polo	35.00
11	46301 IAZ	Lai, Siu In	29	New Water Polo	35.00
12	48637 IAZ	Leung, Shu Wing	29	New Water Polo	35.00
13	47585 IAZ	Kwok, Hon Chun	25	Crest Ray	NT
30-34					
1	47580 @IAO	Poon, Derrick Gene-ming	34	Fastlane Swimmin	25.30
2	27874 IAZ	Chan, Cheuk Man	34	New Water Polo	27.00
3	43822 IAZ	Wong, Lu Yeung	32	Flying Fish	28.00
4	02040	Yei, Tak Sau	33	Flying Fish	28.00
5	10683 IBZ	Lee, Tsun Sang	30	Golden Dolphin	29.00
6	05854 IAZ	Cho, Wai Ching	31	Flying Fish	29.00
7	23960 IAZ	Kong, Ka Wai	34	Kwun Tong	29.00
8	10686	Chan, Ching	31	Golden Dolphin	30.00
9	49486 IAO	Haas, Oliver	33	Barracuda	32.00
10	49516 @IAX	Chan, Cheuk Wai	30	Crest Ray	33.00
11	48667 @IRO	Wong, Dominic Clayton Joe	34	Fastlane Swimmin	33.00
12	41150 IAZ	Poon, Chun Yat	30	New Water Polo	35.00
13	38104 IAZ	Wong, Hou Yang Aaron	33	Tung Sing	35.00
14	09136 IAZ	Tsang, Chun Kin	34	New Water Polo	36.00
15	14526 IBZ	Ho, Chun Sum Samuel	33	New Water Polo	40.00
16	49512 IAZ	Ho, Chung	33	Crest Ray	NT
35-39					
1	41147 IAZ	Mok, Lai Yeung Jason	38	Diocesan School	29.00
2	48666 @ICO	Upman, David Ross	38	Fastlane Swimmin	29.80
3	11587	Ng, Yu Hon	39	Sea Green	30.00
4	23298 IAZ	Li, Cheuk Bun	37	Wong Tai Sin	30.00
5	46504 @IAO	Coe, Jason George	38	Fastlane Swimmin	30.50
6	49120 IAZ	Tsang, Sau Fung	36	Juan Hua Club	32.00
7	49018 @ICO	Alkemade, Frank Rogier	35	Kwun Tong	33.00

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35-39... (Event 3 Men 50 LC Meter Freestyle)

8	49427 IAZ	Wong, Wan Chun	38 New Water Polo	35.00
9	03717 IBZ	Yeung, Ka Ho	35 Dik Wing	NT
10	02938 IBZ	Wong, Lit Ken	36 Dik Wing	NT

40-44

1	01591 ICZ	Fu, Wing Harbeth	42 Kwun Tong	25.00
2	11544	Fan, Yiu Wing	41 Flying Fish	27.00
3	35790 ICO	Launay, Thomas	43 LRC	29.78
4	40841 IAX	Tsang, Kwok Tung	43 Diocesan School	30.00
5	12176 ICZ	Ng, Siu Yu	40 Sword Fish Club	30.00
6	38121 IAZ	Cheung, Chi Yan Clifford	42 Sea Green	30.00
7	03793 ICZ	Po, Tik San	40 New Water Polo	30.70
8	49498 @IAO	Dunwoody, Ross William	41 LRC	31.02
9	47525 IAZ	Wu, Wing Fung	41 Wong Tai Sin	34.00
10	49027 IAZ	Ng, Fung Kei	42 Sword Fish Club	36.00
11	23119 IAZ	Chan, Ying Tsung Bosco	41 Sword Fish Club	37.00
12	49496 @ICO	Growney, Christopher	42 Sword Fish Club	38.00
13	46808 IAZ	Leung, Wang Chi	43 Current Club Ltd	41.78
14	38035 IAZ	Mok, Kin Fan	42 Tolo Harbour	42.00
15	29261 IAZ	Lai, Ka Wai	44 Tuen Mun	NT

45-49

1	11569	Wong, Lok Shun	45 Flying Fish	29.00
2	39203 IAX	Lau, Hang	48 Sword Fish Club	29.00
3	37032 IAZ	Wu, Kai Wing	46 Wong Tai Sin	29.00
4	06338 IAZ	Wong, Ka Fai	48 Sword Fish Club	29.02
5	46474 @ICO	Dynon, James Francis	46 LRC	29.85
6	46505 IAZ	Chang, Lambert Jen Hsiung	47 Fastlane Swimmin	30.00
7	49497 @ICO	Maceod, Andrew Ian	45 LRC	31.00
8	40835 IAZ	Leung, Wing Hong Alvin	48 Diocesan School	34.00
9	48665 IAZ	Law, Kwai Sun	47 New Water Polo	35.00
10	40923 IAZ	Yip, Kam Wing	45 Sea Green	35.00
11	48593 IAZ	Cheng, Wai Leung	45 Sword Fish Club	39.00
12	47465 IAZ	Wong, Ka Po Dick	49 New Water Polo	50.00

50-54

1	27451 IAZ	Yip, Kin Man Stephen	52 Kwun Tong	29.00
2	26821 IAZ	Chan, Kwok Chi	51 Sword Fish Club	29.02
3	49443 IAZN	Siu, Cheuk Kuen	50 Sword Fish Club	30.00
4	06711	Leung, Tsz Kin	50 New Water Polo	30.30
5	46434 IAZ	Tse, Chee Ho Bruce	52 Sword Fish Club	33.00
6	43158 IAZ	Chan, Tin Lung	53 Lai Tsun	34.00
7	42085 IAZ	Lee, Hon Lun Philip	50 Sword Fish Club	36.00
8	17701 IAZ	Lee, Chor Fu	53 Wong Tai Sin	36.00
9	49545 @IAO	Anderson, Anthony Craig	50 Kwun Tong	38.00
10	49010 @IAON	Cheung, Stephen Wen Ping	51 Kwun Tong	38.00
11	45582 @IAO	Reeve, Blair	54 LRC	42.01
12	35711 IAX	Wong, Fuk Kei	53 Sword Fish Club	45.00
13	04184	Woo, Siu Ming William	51 Sword Fish Club	50.00

55-59

1	39982 IAZ	Chow, Wing Chun	58 Sword Fish Club	35.00
2	24602 IAZ	Li, Ka Wing Peter	57 Sea Green	35.00
3	21023 IAZ	Ho, Kwong Ngai Eric	59 Sword Fish Club	36.00
4	40861 IAZ	Cheung, Chi Ming Rover	59 Sword Fish Club	37.00
5	37048 IAZ	Cheung, Wai Chuen Jimmy	59 Sword Fish Club	38.00
6	27869 IAZ	Lee, Kam Cheong	58 Sword Fish Club	38.00
7	40840 IAZ	Ng, Ka Yiu Karl	58 Diocesan School	40.00

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

8	05139	Lin, Fulong	55	Flying Fish	NT
60-64					
1	06256	Chan, Kwong Peter	61	Sea Green	32.00
2	46092 @IAO	Munro, Gavin Malcolm	62	LRC	34.27
3	41007 IAZ	So, Man Sing	61	Sea Green	35.00
4	28339 IAZ	Yim, Chi Yiu	62	New Water Polo	40.00
5	45198 IAZN	Lam, Tsz Kiu Goldie	60	Sea Green	40.00
6	41426 IAZ	Tang, Yu Hang Francis	61	Tung Sing	52.00
7	44359 IAZ	Lee, Chi Wai	63	Kornhill	52.24
65-69					
1	06398	Cho, Wai Sun	69	Fastlane Swimmin	33.50
2	33115 IAX	Ng, Kan Sing	69	Sword Fish Club	34.00
3	06389	Chan, Hong Wah	69	New Water Polo	39.00
4	41739 IAZ	Ng, Chin Wing	67	Sea Green	41.00
5	25228 IAZ	Chan, Fai Ming	68	Lai Tsun	48.00
6	11563	Lee, Kwok Hung	69	Sword Fish Club	50.00
7	19292 IAX	Leung, Fu Keung	68	Sea Green	50.00
8	06184	Ng, Pak Chiu	68	Sea Green	50.00
9	40705 IAZ	Lai, Chung Fat Paulus	66	Wong Tai Sin	1:01.00
70-74					
1	06268	Tse, Kwok Piu	71	Sword Fish Club	33.00
2	05917	Yong, Khin Syn	73	Sword Fish Club	37.00
3	23297 IAZ	Chan, Shing Chi	74	Lai Tsun	40.00
4	23123 IAZ	Poon, Wai	70	Sword Fish Club	40.00
5	45624 IAZ	Mok, Hin Ming	72	Lai Tsun	43.00
6	06129	Wu, Pak Yin	72	Sword Fish Club	45.00
75-79					
1	09171	Chan, Ying Chi	76	Sword Fish Club	49.00
2	38301 IAX	Cheung, Hao Yen	79	Lai Tsun	52.00
80-84					
1	05407	Lee, She Kwok	84	Sword Fish Club	49.00
2	28522 IAX	Wong, Tat Choi	81	Sword Fish Club	50.00
3	23959 IAZ	Chiu, Chin Hung	82	Kornhill	1:06.33
85-89					
1	15490	Law, Kwai Fong	86	Sword Fish Club	1:03.00

Event 4 Women 50 LC Meter Freestyle

18-24 MSR:	28.20
25-29 MSR:	29.28
30-34 MSR:	28.96
35-39 MSR:	28.65
40-44 MSR:	28.80
45-49 MSR:	30.12
50-54 MSR:	30.65
55-59 MSR:	32.17
60-64 MSR:	34.16
65-69 MSR:	35.31

	ID#	Name	Age	Team	Seed Time
18-24					
1	18028 B	Leung, Ho Ching	23	Fastlane Swimmin	27.90
2	42441 IAZ	Pang, Sze Wing	18	Kwan Hung	29.72
25-29					
1	01262	Mau, Lok Yan Eunice	29	Current Club Ltd	28.21
2	08238 B	Li, Tsz Yu	28	New Water Polo	29.00

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25-29... (Event 4 Women 50 LC Meter Freestyle)

3	29564 IAZ	Ng, Wai Ying Megan	26 Flying Fish	30.00
4	15442 IBZ	Cheong, Ka Ching	28 Fastlane Swimmin	30.50
5	06608 B	Shek, Yan Sin	29 New Water Polo	35.00
6	07881 IBZ	Po, Sin Hang	29 New Water Polo	35.00
7	49514 IAZ	Tong, Hiu Yan	28 Crest Ray	40.00
8	31023 IAZ	Cheung, Ka Yu	25 New Water Polo	50.00
9	49510 IAZ	Chan, Lok Win	25 Pacific	NT
10	09959 IAZ	Mok, Hoi Man Sheron	27 Pacific	NT

30-34

1	01655 IB	Zhang, Xiao Tong Isabella	33 Fastlane Swimmin	28.25
2	08325	Li, Yan Yung	30 New Water Polo	33.00
3	47086 @ICX	Miao, Amy	33 Barracuda	35.00
4	00288 IBZ	Yip, Wing Yan	34 Dik Wing	NT

35-39

1	01624 IBZ	Wong, Yin Yue Olivia	35 Lai Tsun	32.00
2	02131	Tsang, Ting Yan Tania	36 LRC	32.80
3	49524 @IAO	Lau, Maggie Y	35 Flying Fish	33.00
4	47561 IAZ	Leung, Tin Ho	38 Flying Fish	43.00
5	49329 @IAO	Ng, Carmen C M	38 Dik Wing	NT
6	47057 IAZ	Chan, Sze Wing	35 Pacific	NT

40-44

1	46247 @IAO	Krkalo, Shauna Kathleen	44 LRC	28.80
2	47028 @ICO	Wittke, Alexandra Maria	40 Fastlane Swimmin	36.00
3	44676 IAZ	Lam, Sze Wai Jacqueline	42 Jockey Club	36.50
4	49503 IAZ	Tong, Ka Yee Karen	41 Pacific	40.00

45-49

1	07784 IAZ	Tang, Mei Yin	45 Kwun Tong	34.00
2	36434 #IAZ	Lam, Wing Yan Jada	48 Jockey Club	35.50
3	48201 IAZ	Poon, Nga Yi	49 Tolo Harbour	1:00.00
4	23491 IAZ	Lau, Ching Yee Lilian	45 Tuen Mun	NT

50-54

1	33517 IAO	Yamaguchi, Mika	50 Fastlane Swimmin	29.80
2	28770 IAZ	Cromwell, Nicole Samantha	50 LRC	36.85
3	35969 IAX	Wang, Ying Lian	50 Tung Sing	42.00
4	27463 IAX	Chen, Yugen	51 New Water Polo	50.00
5	47040 @IAX	Zou, Shengling	51 Tung Sing	55.00
6	43063 @IAO	Wong, Rose	52 LRC	1:00.00
7	44304 IAX	Choi, Shan Shan	50 Sword Fish Club	1:00.00
8	40937 IAZ	Leung, Wai Fan Fanny	52 New Water Polo	1:30.00
9	49576 IAZN	Chan, Mei Fun	54 Tuen Mun	NT

55-59

1	26049 IAZ	Kirkwood, Tain Mhaira	59 LRC	38.00
2	26254 IAX	Ng, Kong Ching	57 New Water Polo	40.00
3	48634 IAZ	Cheung, Wing Yee	56 New Water Polo	46.00
4	36045 IAZN	Hsu, Ava	55 LRC	50.00
5	44303 IAZ	Lam, Man Lai	56 Sword Fish Club	59.00
6	29831 IAZ	Lowe, Yeuk Ling Dilys	58 Sword Fish Club	1:12.00

60-64

1	36225 IAX	Li, Wai Kam	60 Sea Green	55.00
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65-69

1	03503	Castka, Gillian Hancer	66 Sword Fish Club	41.00
2	06127	Lau, Wai Lin	66 New Water Polo	1:00.00
3	14007	Ho, Yuk Ling	65 Tung Sing	1:00.00

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70-74... (Event 4 Women 50 LC Meter Freestyle)

1	22852 ICX	Bai, Xiufen	71	Sword Fish Club	35.00
2	06212	Lo, Yeuk Shuen	73	Wong Tai Sin	1:10.00

75-79

1	32571 IAZ	Chan, Pui Yee	78	Sword Fish Club	1:00.00
2	08936	Leong, Kuai Heng	76	New Water Polo	1:25.00

80-84

1	06372 IAZ	Leung, Mabel Yuen Ying	80	Sword Fish Club	52.00
2	13262	Kwong, Shuet Hing	82	Wong Tai Sin	1:12.20

85-89

1	06144	Mak, Suet Man	85	Sea Green	1:10.00
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Event 5 Men 200 LC Meter IM

18-24 MSR: 2:21.50

25-29 MSR: 2:13.80

30-34 MSR: 2:25.69

35-39 MSR: 2:20.07

40-44 MSR: 2:19.17

45-49 MSR: 2:23.04

50-54 MSR: 2:26.14

55-59 MSR: 2:45.82

60-64 MSR: 2:58.40

65-69 MSR: 3:04.42

	ID#	Name	Age	Team	Seed Time
18-24					
1	27205 P	Chan, Yan Shing	20	Current Club Ltd	2:30.00
2	28567 #IAZ	Tam, Wang Yin	22	New Water Polo	2:40.00
3	24692 IAZ	Ho, Hok Wang	20	New Water Polo	2:49.06
4	27803 B	Fan, Ka Ming	23	Current Club Ltd	3:00.00
25-29					
1	40333 IAZ	Lam, Pak Lai	25	Flying Fish	2:30.00
2	19797 IAZ	So, Pak Hin Nico	25	Flying Fish	2:30.00
3	08404 IAZ	Yeung, Sze Chai	26	Flying Fish	2:30.00
4	42728 P	Febo, Christopher Vincenzo	29	Sword Fish Club	2:31.00
5	05296 B	Hui, Chun Hin	29	New Water Polo	2:35.00
6	15262 B	Cheng, Yuan Andrew	25	Kwun Tong	2:38.00
7	24728 IAZ	Chan, Wing Fa	25	Eastern Winter	3:15.00
8	21343 IAZ	Yu, Man Hin	26	Sea Green	3:25.00
30-34					
1	02591	Luk, Wing Kin Andy	33	Kwan Hung	2:28.00
2	14526 IBZ	Ho, Chun Sum Samuel	33	New Water Polo	2:30.00
3	23960 IAZ	Kong, Ka Wai	34	Kwun Tong	2:40.00
4	33387 IAO	Wu, Kenneth Yee Lok	31	Sword Fish Club	2:59.00
5	06886 B	Li, Chin Long	32	Eastern Winter	3:15.00
6	04604 IBZ	Kwong, Chun Hung	33	Sea Green	3:30.00
35-39					
1	00444	Lam, Yau Sun Dickson	37	Diocesan School	2:38.00
2	00091	Chan, Lok Yan	38	New Water Polo	2:40.00
3	03713 IBZ	Tang, Chee Kit	36	Diocesan School	3:05.00
4	48158 IAZ	Lee, Sung Hai Hysan	38	Diocesan School	3:10.00
5	38303 IAZ	Ng, Ho Yin	37	Sun Yip	3:50.00
6	02938 IBZ	Wong, Lit Ken	36	Dik Wing	NT
40-44					
1	01012 ICZ	Fong, Lik Sun	42	Hong Kong Footba	2:22.00

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40-44... (Event 5 Men 200 LC Meter IM)

2	46248 @ICO	O' Neill, Donal Thomas	42 LRC	2:28.45
3	01948 ICZ	Tang, Ho Yuen	40 Diocesan School	4:00.00
45-49				
1	17961 ICO	Jones, Simon	46 LRC	2:58.20
2	05160	Chan, Ka Wo	45 Diocesan School	3:04.00
3	24603 IAZ	Hung, Ka Ming	47 YMCA OF Hong Kong	3:05.00
4	06227	Wong, Kam Tat	48 Sea Green	3:50.00
50-54				
1	25592 IAZ	Cheung, Wai Kei	50 Flying Fish	2:59.00
2	27451 IAZ	Yip, Kin Man Stephen	52 Kwun Tong	3:30.00
3	15166	Leung, Chi Keung	50 Sun Yip	3:50.00
4	41548 IAZ	Ip, Ka Keung Patrick	54 Hong Kong Footba	4:00.00
5	38127 IAZ	Leung, Cheung Wai Ricky	54 Sword Fish Club	4:10.00
55-59				
1	21023 IAZ	Ho, Kwong Ngai Eric	59 Sword Fish Club	3:50.00
2	26594 IAZ	Ching, Wai Kin	58 Sword Fish Club	3:58.67
3	22433 IAZ	Lui, Man Pong	57 New Water Polo	3:59.00
4	39091 IAZ	Luk, Kai Ming Stephen	55 Sword Fish Club	4:00.00
5	38291 IAZ	Liu, Chun Sing	56 Sword Fish Club	4:20.00
60-64				
1	05191	Koo, Yu Fat Marcus	60 Flying Fish	2:55.00
2	03215 IAZ	Leung, Yiu Chuen	64 Sun Yip	3:05.00
3	32108 IAX	Chan, Kiu	60 Sword Fish Club	3:40.00
4	32520 IAX	Lam, Hoi	63 New Water Polo	4:00.00
5	07802	Chau, Kam Tim	62 Sea Green	4:20.00
65-69				
1	44839 IAXN	Hou, Ting Fun Stephen	68 Hoi Tin	2:30.00
2	24640 ICO	Campbell, John Reid	67 Sword Fish Club	3:15.00
3	06237	Mok, Chu Piu	65 Lai Tsun	3:25.00
4	06239	Chan, King Yuen	67 Lai Tsun	3:45.00
5	06176	Wong, Kung Wan	66 Sea Green	4:10.00
6	06388	Lau, Man Kin	68 Sword Fish Club	4:30.00
7	11563	Lee, Kwok Hung	69 Sword Fish Club	4:30.00
8	26318	Suen, Chi Wing	68 Sword Fish Club	4:45.00
70-74				
1	06382	Chan, Kam Por	70 Sword Fish Club	3:35.00
2	40518 IAZ	Liu, Wing Chiu	74 Tuen Mun	4:00.00
3	06192	Chu, Shui Yi	71 Sea Green	4:20.00
4	06243	Koo, Choi Fat	72 Wong Tai Sin	4:50.00
5	22182 IAZ	Ngai, Yin Leung	73 Sword Fish Club	4:58.00
75-79				
1	06274	Wong, Yau Chuen	76 Sword Fish Club	4:52.00
2	09891	Wong, Chiu Shun	75 Sword Fish Club	5:00.00
80-84				
1	28522 IAX	Wong, Tat Choi	81 Sword Fish Club	5:30.00

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Psych Sheet

Event 6 Women 200 LC Meter IM

18-24 MSR: 2:42.84

25-29 MSR: 2:36.59

30-34 MSR: 2:38.52

35-39 MSR: 2:37.75

40-44 MSR: 2:41.17

45-49 MSR: 2:46.91

50-54 MSR: 2:55.65

55-59 MSR: 3:16.65

60-64 MSR: 3:37.27

65-69 MSR: 3:47.99

	ID#	Name	Age	Team	Seed Time
18-24... (Event 6 Women 200 LC Meter IM)					
1	26669 P	Mak, Ho Yan	19	Eastern Winter	2:40.00
2	27291 @P	Lau, Sze Wan	19	Kwun Tong	2:55.00
3	49515 IAZ	Chau, Tsoi Yan	22	Crest Ray	3:00.00
4	16159 IAZ	Cheng, Megan Tszyeuk	23	Hoi Fung	3:16.60
5	23105 IAZ	Ho, Cheuk Wai	21	Dik Wing	NT
25-29					
1	49513 IAZ	To, Yan Wing	26	Crest Ray	2:45.00
2	49514 IAZ	Tong, Hiu Yan	28	Crest Ray	2:45.00
3	05811 B	Tsang, Sze Long	27	Crest Ray	2:50.00
4	49510 IAZ	Chan, Lok Win	25	Pacific	NT
30-34					
1	47085 @ICO	Reinfrank, Alkira Lee	30	Barracuda	2:05.00
2	25223 IAZ	Cheng, Wang Ruby	31	Kwun Tong	3:00.00
3	04032 IBZ	Wong, Po Ki	31	New Water Polo	3:20.00
4	01441	Yeung, Hiu Ching Judy	31	New Water Polo	3:20.00
5	43390 ICO	Wong, Sook Leng	34	Hoi Fung	3:45.30
35-39					
1	46104 @ICO	Sheridan, Kaitlyn Rose	35	Fastlane Swimmin	3:15.00
2	35921 IAZ	Lui, Yick Ling	36	Kornhill	3:35.26
3	41684 IAZ	Leung, Wing Yin Winnie	38	Hoi Fung	3:45.40
4	42712 IAZ	Chan, Hiu Ying	38	Real Kinetic	4:10.00
40-44					
1	49442 IAZ	Chan, Yuk Man Phoebe	43	Sword Fish Club	3:15.00
2	45041 IAZ	Fung, Cheuk Ching Candy	40	Hoi Fung	3:30.40
3	06304 ICZ	Cheung, Man Yiu	43	Sea Green	3:50.00
45-49					
1	36785 IAZ	Inglis, Alexandra Sinead	47	LRC	3:49.37
50-54					
1	35969 IAX	Wang, Ying Lian	50	Tung Sing	3:48.00
55-59					
1	43083 ICO	Allard, Christine Skowronski	56	Hoi Fung	3:16.64
2	26049 IAZ	Kirkwood, Tain Mhaira	59	LRC	3:30.00
3	12894	Lee, Wai Yee Stella	56	Hoi Fung	3:35.20
4	06337	Tse, Yee Wah	56	YMCA OF Hong Kong	4:10.00
5	45187 IAX	Chan, On Mei	59	Sword Fish Club	4:24.00
6	38289 IAZ	Ng, Wai Lin Angie	58	Sword Fish Club	4:50.00
60-64					
1	16533	Wong, Shun Ying	63	Sea Green	5:18.00
65-69					
1	03503	Castka, Gillian Hancer	66	Sword Fish Club	4:30.00

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65-69... (Event 6 Women 200 LC Meter IM)

2	14007	Ho, Yuk Ling	65	Tung Sing	4:30.00
3	06355	Lo, Lai Yung	67	New Water Polo	4:50.00
4	23957 IAX	Yeung, Tun Lim Lily	65	Sword Fish Club	5:20.00

75-79

1	08936	Leong, Kuai Heng	76	New Water Polo	7:29.72
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Event 7 Men 50 LC Meter Backstroke

18-24 MSR:	28.26
25-29 MSR:	28.12
30-34 MSR:	29.77
35-39 MSR:	30.38
40-44 MSR:	29.49
45-49 MSR:	30.37
50-54 MSR:	30.97
55-59 MSR:	32.57
60-64 MSR:	33.94
65-69 MSR:	35.70

	ID#	Name	Age	Team	Seed Time
18-24					
1	27803 B	Fan, Ka Ming	23	Current Club Ltd	37.65
25-29					
1	16201 B	Kwok, Yuk Hang	26	Kwun Tong	33.00
2	05567 B	Yeung, Sze Hon	29	Flying Fish	34.00
3	19408 IAZ	Chan, Yue Yat	29	Sword Fish Club	35.00
4	47043 IAZ	Lam, Pak Lun	28	Flying Fish	37.00
5	13072 IAZ	Mo, Tsun Hei	26	Kwan Hung	40.00
6	14724 B	Wan, Man Ho Gordon	27	New Water Polo	45.00
7	46301 IAZ	Lai, Siu In	29	New Water Polo	45.00
8	48637 IAZ	Leung, Shu Wing	29	New Water Polo	45.00
30-34					
1	06886 B	Li, Chin Long	32	Eastern Winter	33.00
2	05854 IAZ	Cho, Wai Ching	31	Flying Fish	37.00
3	02040	Yei, Tak Sau	33	Flying Fish	39.00
4	04604 IBZ	Kwong, Chun Hung	33	Sea Green	39.00
5	41150 IAZ	Poon, Chun Yat	30	New Water Polo	45.00
35-39					
1	00444	Lam, Yau Sun Dickson	37	Diocesan School	30.00
2	03713 IBZ	Tang, Chee Kit	36	Diocesan School	34.00
3	11587	Ng, Yu Hon	39	Sea Green	42.00
4	23298 IAZ	Li, Cheuk Bun	37	Wong Tai Sin	43.00
5	02938 IBZ	Wong, Lit Ken	36	Dik Wing	NT
6	00093	Tam, Tak Ching	35	Dik Wing	NT
40-44					
1	49498 @IAO	Dunwoody, Ross William	41	LRC	34.05
2	35790 ICO	Launay, Thomas	43	LRC	37.81
3	40841 IAX	Tsang, Kwok Tung	43	Diocesan School	38.00
4	01948 ICZ	Tang, Ho Yuen	40	Diocesan School	40.00
5	49027 IAZ	Ng, Fung Kei	42	Sword Fish Club	41.00
6	03793 ICZ	Po, Tik San	40	New Water Polo	45.00
7	27133 IAZ	Poon, Man Chun	41	Wong Tai Sin	1:01.96
8	23119 IAZ	Chan, Ying Tsung Bosco	41	Sword Fish Club	1:03.00
45-49					
1	46474 @ICO	Dynon, James Francis	46	LRC	35.82
2	49497 @ICO	Maceod, Andrew Ian	45	LRC	36.54

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45-49... (Event 7 Men 50 LC Meter Backstroke)

3	28849 IAZ	Chan, Chun Kuen	47	Sword Fish Club	38.00
4	06338 IAZ	Wong, Ka Fai	48	Sword Fish Club	38.00
5	11569	Wong, Lok Shun	45	Flying Fish	41.00
6	48665 IAZ	Law, Kwai Sun	47	New Water Polo	45.00
7	48593 IAZ	Cheng, Wai Leung	45	Sword Fish Club	51.00

50-54

1	06711	Leung, Tsz Kin	50	New Water Polo	37.01
2	41548 IAZ	Ip, Ka Keung Patrick	54	Hong Kong Footba	38.00
3	26821 IAZ	Chan, Kwok Chi	51	Sword Fish Club	38.00
4	30710 IAZ	Lai, Kin Sun	52	Flying Fish	39.00
5	05273	Poon, Ho Keung Danny	52	Flying Fish	39.00
6	27451 IAZ	Yip, Kin Man Stephen	52	Kwun Tong	39.00
7	28518 IAZ	Yau, Wo Fung	50	Kwun Tong	40.00
8	43158 IAZ	Chan, Tin Lung	53	Lai Tsun	45.00
9	27868 IAZ	Chan, Chi Wah Ringo	50	Sword Fish Club	45.00
10	35711 IAX	Wong, Fuk Kei	53	Sword Fish Club	53.00

55-59

1	22433 IAZ	Lui, Man Pong	57	New Water Polo	43.00
2	21023 IAZ	Ho, Kwong Ngai Eric	59	Sword Fish Club	44.00
3	39982 IAZ	Chow, Wing Chun	58	Sword Fish Club	45.00
4	39091 IAZ	Luk, Kai Ming Stephen	55	Sword Fish Club	45.00
5	06175	Lo, King Man	55	Sea Green	45.00
6	40840 IAZ	Ng, Ka Yiu Karl	58	Diocesan School	46.00
7	29472 IAZN	Choi, Kwok Man Tony	56	Sword Fish Club	47.00
8	38291 IAZ	Liu, Chun Sing	56	Sword Fish Club	50.00
9	05139	Lin, Fulong	55	Flying Fish	NT

60-64

1	03215 IAZ	Leung, Yiu Chuen	64	Sun Yip	38.00
2	06256	Chan, Kwong Peter	61	Sea Green	42.00
3	46092 @IAO	Munro, Gavin Malcolm	62	LRC	42.88
4	25226 IAZ	Choi, Tai Wing	61	Sword Fish Club	55.00

65-69

1	06281	Fung, Kam Tai	67	Sword Fish Club	40.00
2	33115 IAX	Ng, Kan Sing	69	Sword Fish Club	40.00
3	06398	Cho, Wai Sun	69	Fastlane Swimmin	44.00
4	06388	Lau, Man Kin	68	Sword Fish Club	48.00
5	48753 IAX	Fung, Sik Tong	66	Sea Green	50.00
6	26318	Suen, Chi Wing	68	Sword Fish Club	52.00
7	06187	Kan, Kai Kwong	67	Sea Green	55.00
8	06389	Chan, Hong Wah	69	New Water Polo	57.00

70-74

1	06268	Tse, Kwok Piu	71	Sword Fish Club	39.00
2	20634 IAZ	Wu, Shu Sun	72	New Water Polo	50.00
3	23123 IAZ	Poon, Wai	70	Sword Fish Club	50.00
4	22182 IAZ	Ngai, Yin Leung	73	Sword Fish Club	56.75
5	06129	Wu, Pak Yin	72	Sword Fish Club	1:00.00
6	06242	Lau, Heung Wing	73	Wong Tai Sin	1:11.00

75-79

1	03845	Tin, Sheung Kwai	75	New Water Polo	44.07
2	06274	Wong, Yau Chuen	76	Sword Fish Club	54.00
3	10274	Lau, Chun Nung	76	Lai Tsun	1:00.00
4	38301 IAX	Cheung, Hao Yen	79	Lai Tsun	NT

80-84

1	05407	Lee, She Kwok	84	Sword Fish Club	59.00
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85-89... (Event 7 Men 50 LC Meter Backstroke)

1	17832 IAX	Chan, Sau	85	Sword Fish Club	1:10.00
2	16471	Wong, Yuen Ying	86	Kornhill	1:32.16
3	15490	Law, Kwai Fong	86	Sword Fish Club	1:40.00

Event 8 Women 50 LC Meter Backstroke

18-24 MSR: 31.58

25-29 MSR: 32.98

30-34 MSR: 32.81

35-39 MSR: 34.04

40-44 MSR: 34.40

45-49 MSR: 35.08

50-54 MSR: 35.58

55-59 MSR: 43.53

60-64 MSR: 46.26

65-69 MSR: 42.89

	ID#	Name	Age	Team	Seed Time
18-24					
1	42441 IAZ	Pang, Sze Wing	18	Kwan Hung	38.00
2	20969 IAZ	Lui, Wing Lam	20	Kwun Tong	38.00
3	39029 IAZ	Fung, Yin Ching	20	Hoi Ngai	40.00
4	17201 B	Tse, Hiu Tung	23	Kwan Hung	40.00
5	49515 IAZ	Chau, Tsoi Yan	22	Crest Ray	50.00
6	26980 IAZ	Wong, Suet Wing	23	Dik Wing	NT
25-29					
1	07881 IBZ	Po, Sin Hang	29	New Water Polo	38.00
2	05811 B	Tsang, Sze Long	27	Crest Ray	40.00
3	09361 IAZ	Leung, Hoi Yan	28	Kwun Tong	40.00
4	06608 B	Shek, Yan Sin	29	New Water Polo	44.00
30-34					
1	01441	Yeung, Hiu Ching Judy	31	New Water Polo	34.00
2	04032 IBZ	Wong, Po Ki	31	New Water Polo	38.00
35-39					
1	02131	Tsang, Ting Yan Tania	36	LRC	38.00
2	01683	Lam, Ka Yuk Ellen	35	Sword Fish Club	40.00
3	46104 @ICO	Sheridan, Kaitlyn Rose	35	Fastlane Swimmin	41.00
4	02727 ICZ	Lui, Wing Yee	39	Hoi Tin	50.00
5	35921 IAZ	Lui, Yick Ling	36	Kornhill	50.00
6	41684 IAZ	Leung, Wing Yin Winnie	38	Hoi Fung	55.26
7	13384 ICZ	Lee, May Sze Mei	35	New Water Polo	1:00.00
8	47057 IAZ	Chan, Sze Wing	35	Pacific	NT
40-44					
1	40853 @IAO	Tam, Alison Mai Ling	44	Fastlane Swimmin	35.00
2	44676 IAZ	Lam, Sze Wai Jacqueline	42	Jockey Club	50.00
45-49					
1	07784 IAZ	Tang, Mei Yin	45	Kwun Tong	42.00
2	06315	Chan, Sui Yee	46	LRC	45.17
3	36785 IAZ	Inglis, Alexandra Sinead	47	LRC	46.72
4	23491 IAZ	Lau, Ching Yee Lilian	45	Tuen Mun	NT
50-54					
1	43102 ICO	Roberts, Tonya Leanne	54	LRC	40.00
2	28770 IAZ	Cromwell, Nicole Samantha	50	LRC	42.32
3	38302 IAZ	Cheung, Man Ling Melody	50	Lai Tsun	55.00
4	40575 IAO	Chan, San Ngah	54	Fastlane Swimmin	55.90

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50-54... (Event 8 Women 50 LC Meter Backstroke)

5	35772 IAX	Ban, Xianhai	50	New Water Polo	1:00.00
6	47040 @IAX	Zou, Shengling	51	Tung Sing	1:00.00
55-59					
1	29752 IAZ	Chow, Yee Heung Liza	58	Lai Tsun	44.00
2	26254 IAX	Ng, Kong Ching	57	New Water Polo	48.00
3	06337	Tse, Yee Wah	56	YMCA OF Hong Kong	55.00
4	43083 ICO	Allard, Christine Skowronski	56	Hoi Fung	55.25
5	29831 IAZ	Lowe, Yeuk Ling Dilys	58	Sword Fish Club	1:30.00
60-64					
1	05190	Ho, Wan Sai Rita	60	Flying Fish	48.00
2	41423 IAZ	Chiu, Pauline	60	Tung Sing	53.00
3	20640 IAZ	Wong, Fung Yee	62	Sword Fish Club	1:01.00
65-69					
1	06355	Lo, Lai Yung	67	New Water Polo	55.00
2	14007	Ho, Yuk Ling	65	Tung Sing	1:00.00
3	03503	Castka, Gillian Hancer	66	Sword Fish Club	1:05.00
4	23957 IAX	Yeung, Tun Lim Lily	65	Sword Fish Club	1:10.00
70-74					
1	22852 ICX	Bai, Xiufen	71	Sword Fish Club	44.00
2	07440	Yip, Lai Kuen	71	Lai Tsun	1:13.00
75-79					
1	17480 IAZ	Chow, Pui Han Angela	76	Lai Tsun	1:10.00
2	32571 IAZ	Chan, Pui Yee	78	Sword Fish Club	1:10.00
80-84					
1	06374	Wong, Jim	81	Sword Fish Club	1:10.00
2	13262	Kwong, Shuet Hing	82	Wong Tai Sin	1:43.08
85-89					
1	06144	Mak, Suet Man	85	Sea Green	1:20.00

Event 9 Men 100 LC Meter Freestyle

18-24 MSR:	54.18
25-29 MSR:	54.16
30-34 MSR:	56.01
35-39 MSR:	56.13
40-44 MSR:	56.60
45-49 MSR:	59.62
50-54 MSR:	58.29
55-59 MSR:	1:03.62
60-64 MSR:	1:04.39
65-69 MSR:	1:08.31

	ID#	Name	Age	Team	Seed Time
18-24					
1	28567 #IAZ	Tam, Wang Yin	22	New Water Polo	58.00
2	24692 IAZ	Ho, Hok Wang	20	New Water Polo	59.39
3	41451 IAZ	Kwan, Wing Hin	18	Crest Ray	NT
25-29					
1	24728 IAZ	Chan, Wing Fa	25	Eastern Winter	58.00
2	15815	Lo, Ting Kin	26	Sea Green	59.00
3	05296 B	Hui, Chun Hin	29	New Water Polo	59.00
4	09964 IAZ	Lau, Chak Lam Nicholas	27	Diocesan School	1:00.00
5	12437 B	Wong, Kai Man	26	New Water Polo	1:00.00
6	23695 IAZ	Lee, Michael Le Jin	27	Current Club Ltd	1:05.04
7	12759 IAZ	Yue, Suen Yin	28	Sea Green	1:09.00
8	49544 IAZ	Chui, Hiu Fung Roy	28	Kwun Tong	1:25.00

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25-29... (Event 9 Men 100 LC Meter Freestyle)

9	14724 B	Wan, Man Ho Gordon	27	New Water Polo	1:30.00
10	46301 IAZ	Lai, Siu In	29	New Water Polo	1:40.00
30-34					
1	47580 @IAO	Poon, Derrick Gene-ming	34	Fastlane Swimmin	56.40
2	06092 #IAZ	Ng, Yan Ho	32	Hong Kong Police	57.50
3	02021 IBZ	Chow, Man Ho	32	Kwan Hung	58.50
4	27874 IAZ	Chan, Cheuk Man	34	New Water Polo	1:01.00
5	02040	Yei, Tak Sau	33	Flying Fish	1:05.00
6	33387 IAO	Wu, Kenneth Yee Lok	31	Sword Fish Club	1:06.02
7	09319 IBZ	Chan, Chun Wing	30	New Water Polo	1:10.00
8	04604 IBZ	Kwong, Chun Hung	33	Sea Green	1:10.00
9	48667 @IRO	Wong, Dominic Clayton Joe	34	Fastlane Swimmin	1:13.00
10	49486 IAO	Haas, Oliver	33	Barracuda	1:25.00
35-39					
1	00444	Lam, Yau Sun Dickson	37	Diocesan School	1:01.00
2	44302 ICO	Boas, Michael Joel	37	Fastlane Swimmin	1:05.00
3	30399 IAZ	Lam, Shu Wing	39	Flying Fish	1:05.00
4	46504 @IAO	Coe, Jason George	38	Fastlane Swimmin	1:07.00
5	48158 IAZ	Lee, Sung Hai Hysan	38	Diocesan School	1:10.00
6	49018 @ICO	Alkemade, Frank Rogier	35	Kwun Tong	1:15.00
7	49017 @ICO	McInnes, Christopher Peter	37	Kwun Tong	1:15.00
8	49812	Kam, Lik Hang Leonard	35	New Water Polo	2:00.00
9	04706 IBZ	Hui, Cheung Hin Raymond	38	Dik Wing	NT
40-44					
1	04238	Woo, Chun Kuen Douglas	44	LRC	59.27
2	11544	Fan, Yiu Wing	41	Flying Fish	1:03.00
3	38121 IAZ	Cheung, Chi Yan Clifford	42	Sea Green	1:05.00
4	12873	Wan, Ka Fai	40	Sea Green	1:05.00
5	12176 ICZ	Ng, Siu Yu	40	Sword Fish Club	1:06.00
6	16451	Cheng, Ngai Bun	44	Kwun Tong	1:11.00
7	27133 IAZ	Poon, Man Chun	41	Wong Tai Sin	1:19.16
8	48858 @IAO	Kwok, Kendrick Wing-kay	40	Fastlane Swimmin	1:20.00
9	42708 IAZ	Tang, Wing Chung Jonathan	40	Hoi Fung	1:20.02
10	49496 @ICO	Growney, Christopher	42	Sword Fish Club	1:38.00
11	38035 IAZ	Mok, Kin Fan	42	Tolo Harbour	1:40.00
45-49					
1	37671 @ICO	Stamenovic, Ivan	46	LRC	57.97
2	28849 IAZ	Chan, Chun Kuen	47	Sword Fish Club	1:06.00
3	46474 @ICO	Dynon, James Francis	46	LRC	1:07.98
4	46505 IAZ	Chang, Lambert Jen Hsiung	47	Fastlane Swimmin	1:08.00
5	02366	Li, Ka Wing	48	Kwun Tong	1:08.00
6	46388 @ICO	Grimes, Ryan Edward	45	LRC	1:09.85
7	11569	Wong, Lok Shun	45	Flying Fish	1:10.00
8	49530 @^P	Ficarra, Carmelo	46	Pacific	1:10.30
9	47136 @IAO	Williams, Geoff	47	LRC	1:20.00
10	48665 IAZ	Law, Kwai Sun	47	New Water Polo	1:30.00
11	06227	Wong, Kam Tat	48	Sea Green	1:50.00
12	47465 IAZ	Wong, Ka Po Dick	49	New Water Polo	2:00.00
50-54					
1	30710 IAZ	Lai, Kin Sun	52	Flying Fish	1:08.00
2	26821 IAZ	Chan, Kwok Chi	51	Sword Fish Club	1:09.00
3	05138	Lanzone, Francesco	54	Barracuda	1:10.00
4	27868 IAZ	Chan, Chi Wah Ringo	50	Sword Fish Club	1:10.00
5	49443 IAZN	Siu, Cheuk Kuen	50	Sword Fish Club	1:12.00

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50-54... (Event 9 Men 100 LC Meter Freestyle)

6	48285 IAZ	Wan, Hong Yin Edmund	51 Hong Kong Footba	1:15.00
7	07427	Wong, Ho Ming Edwin	53 Barracuda	1:15.00
8	32285 IAZ	Chan, Chong Kai Stephen	54 Diocesan School	1:20.00
9	17701 IAZ	Lee, Chor Fu	53 Wong Tai Sin	1:31.00
10	49010 @IAON	Cheung, Stephen Wen Ping	51 Kwun Tong	1:40.00
55-59				
1	26594 IAZ	Ching, Wai Kin	58 Sword Fish Club	1:19.98
2	39091 IAZ	Luk, Kai Ming Stephen	55 Sword Fish Club	1:20.00
3	24602 IAZ	Li, Ka Wing Peter	57 Sea Green	1:20.00
4	21024 IAZ	Chan, Wai Man Kelvin	58 New Water Polo	1:26.00
5	40861 IAZ	Cheung, Chi Ming Rover	59 Sword Fish Club	1:30.00
6	37048 IAZ	Cheung, Wai Chuen Jimmy	59 Sword Fish Club	1:30.00
7	29472 IAZN	Choi, Kwok Man Tony	56 Sword Fish Club	1:38.00
8	26176 IAX	Ho, Chung Man	59 Lai Tsun	NT
60-64				
1	15528	Tsui, Tak Shing Dominic	60 Fastlane Swimmin	1:10.00
2	46092 @IAO	Munro, Gavin Malcolm	62 LRC	1:17.34
3	13979	Lee, Sing Tim	61 Lai Tsun	1:30.00
4	07802	Chau, Kam Tim	62 Sea Green	1:30.00
5	45198 IAZN	Lam, Tsz Kiu Goldie	60 Sea Green	1:30.00
6	41007 IAZ	So, Man Sing	61 Sea Green	1:45.00
7	36725 IAZ	Yau, Wai	63 Sea Green	1:45.00
8	44359 IAZ	Lee, Chi Wai	63 Kornhill	2:07.36
65-69				
1	06331 ICZ	Ma, Etienne	65 YMCA OF Hong Kong	1:09.18
2	24640 ICO	Campbell, John Reid	67 Sword Fish Club	1:15.00
3	06237	Mok, Chu Piu	65 Lai Tsun	1:18.00
4	06239	Chan, King Yuen	67 Lai Tsun	1:30.00
5	26318	Suen, Chi Wing	68 Sword Fish Club	1:40.00
6	41739 IAZ	Ng, Chin Wing	67 Sea Green	1:45.00
70-74				
1	06268	Tse, Kwok Piu	71 Sword Fish Club	1:22.00
2	05917	Yong, Khin Syn	73 Sword Fish Club	1:32.00
3	04504 IAO	Yura, Tadami	70 Sword Fish Club	1:32.00
4	06129	Wu, Pak Yin	72 Sword Fish Club	1:40.00
75-79				
1	06274	Wong, Yau Chuen	76 Sword Fish Club	2:06.00
80-84				
1	05407	Lee, She Kwok	84 Sword Fish Club	1:30.00
2	28522 IAX	Wong, Tat Choi	81 Sword Fish Club	2:10.00
3	23959 IAZ	Chiu, Chin Hung	82 Kornhill	2:35.20
85-89				
1	15490	Law, Kwai Fong	86 Sword Fish Club	2:20.00
2	17832 IAX	Chan, Sau	85 Sword Fish Club	2:40.00

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Event 10 Women 100 LC Meter Freestyle

18-24 MSR:	1:02.73
25-29 MSR:	1:02.46
30-34 MSR:	1:03.43
35-39 MSR:	1:01.54
40-44 MSR:	1:01.45
45-49 MSR:	1:07.17
50-54 MSR:	1:10.99
55-59 MSR:	1:14.96
60-64 MSR:	1:22.04
65-69 MSR:	1:28.57

ID#	Name	Age	Team	Seed Time
18-24... (Event 10 Women 100 LC Meter Freestyle)				
1	18028 B	Leung, Ho Ching	23 Fastlane Swimmin	1:01.50
2	20401 IAZ	Leung, Wan Ki	24 Kwan Hung	1:30.00
3	49026 IAZ	Lee, Wing Tung	23 New Water Polo	1:30.00
4	26980 IAZ	Wong, Suet Wing	23 Dik Wing	NT
25-29				
1	09413 B	Fang, Ka Ying	27 Eastern Winter	1:06.00
2	09361 IAZ	Leung, Hoi Yan	28 Kwun Tong	1:20.00
3	49510 IAZ	Chan, Lok Win	25 Pacific	NT
4	09959 IAZ	Mok, Hoi Man Sheron	27 Pacific	NT
30-34				
1	01655 IB	Zhang, Xiao Tong Isabella	33 Fastlane Swimmin	1:03.50
2	25223 IAZ	Cheng, Wang Ruby	31 Kwun Tong	1:09.00
3	03730 IBZ	Li, Jamie	30 Kwan Hung	1:12.00
4	39995 IAS	Cheong, Sut Ieng	30 Sword Fish Club	1:17.00
5	47085 @ICO	Reinfrank, Alkira Lee	30 Barracuda	1:20.00
6	47086 @ICX	Miao, Amy	33 Barracuda	1:22.00
7	43390 ICO	Wong, Sook Leng	34 Hoi Fung	1:35.12
8	00288 IBZ	Yip, Wing Yan	34 Dik Wing	NT
35-39				
1	01624 IBZ	Wong, Yin Yue Olivia	35 Lai Tsun	1:10.00
2	49524 @IAO	Lau, Maggie Y	35 Flying Fish	1:12.00
3	13384 ICZ	Lee, May Sze Mei	35 New Water Polo	2:00.00
4	49329 @IAO	Ng, Carmen C M	38 Dik Wing	NT
5	47057 IAZ	Chan, Sze Wing	35 Pacific	NT
40-44				
1	49442 IAZ	Chan, Yuk Man Phoebe	43 Sword Fish Club	1:15.00
2	49503 IAZ	Tong, Ka Yee Karen	41 Pacific	1:22.00
45-49				
1	48942 IAZ	Wong, Wing Sze Sesy	46 Pacific	NT
50-54				
1	33517 IAO	Yamaguchi, Mika	50 Fastlane Swimmin	1:06.20
2	31395 IAZ	Chan, Pui Ling	52 Flying Fish	1:25.00
3	38295 IAZ	Liu, Wai Fun	52 Barracuda	1:31.00
4	43102 ICO	Roberts, Tonya Leanne	54 LRC	1:55.00
5	47040 @IAX	Zou, Shengling	51 Tung Sing	1:55.00
6	40912 IAZ	Ng, Yee Ling	51 Tolo Harbour	2:00.00
55-59				
1	45187 IAX	Chan, On Mei	59 Sword Fish Club	1:30.00
2	23323 IAZ	Tam, Choi Ping Scalene	57 New Water Polo	1:45.00
3	36045 IAZN	Hsu, Ava	55 LRC	1:46.29

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55-59... (Event 10 Women 100 LC Meter Freestyle)

4	31750 IAZ	Cheung, Lai Ying Anita	59	Lai Tsun	1:52.00
60-64					
1	41423 IAZ	Chiu, Pauline	60	Tung Sing	1:40.00
2	22428 IAZ	Lau, Yuk Lin Rocky	60	Sea Green	1:50.00
3	36225 IAX	Li, Wai Kam	60	Sea Green	1:55.00
4	10289	Chan, Wai Yee	64	Lai Tsun	2:05.00
5	28891 IAZ	Wan, Chui Wah	61	Lai Tsun	2:05.00
6	20640 IAZ	Wong, Fung Yee	62	Sword Fish Club	2:05.00
7	25237 IAZ	Yu, Chi Seung	64	New Water Polo	2:30.00
65-69					
1	19290 IAX	Tseung, Nga Wah	65	Sword Fish Club	1:35.00
2	46236 IAZ	Fok, Miu Han	69	Juan Hua Club	2:00.96
70-74					
1	07440	Yip, Lai Kuen	71	Lai Tsun	2:10.00
2	06212	Lo, Yeuk Shuen	73	Wong Tai Sin	2:40.00
75-79					
1	02365	Chow, So Kam	77	Kwun Tong	2:04.00
2	17480 IAZ	Chow, Pui Han Angela	76	Lai Tsun	2:15.00
80-84					
1	06372 IAZ	Leung, Mabel Yuen Ying	80	Sword Fish Club	2:08.00
2	13262	Kwong, Shuet Hing	82	Wong Tai Sin	2:48.49
85-89					
1	06144	Mak, Suet Man	85	Sea Green	2:20.00

Event 11 Men 50 LC Meter Butterfly

18-24 MSR:	26.27
25-29 MSR:	26.21
30-34 MSR:	26.54
35-39 MSR:	26.70
40-44 MSR:	26.85
45-49 MSR:	27.47
50-54 MSR:	27.94
55-59 MSR:	30.04
60-64 MSR:	30.60
65-69 MSR:	33.66

	ID#	Name	Age	Team	Seed Time
18-24					
1	28567 #IAZ	Tam, Wang Yin	22	New Water Polo	30.00
2	15390 B	Lau, Yat Fung	23	Diocesan School	33.00
3	39019 IAX	Hung, Ling Cheung	23	Hoi Ngai	40.00
4	41451 IAZ	Kwan, Wing Hin	18	Crest Ray	NT
25-29					
1	04579 IAO	Cheng, Chris	25	Hong Kong Footba	26.91
2	40333 IAZ	Lam, Pak Lai	25	Flying Fish	28.00
3	24728 IAZ	Chan, Wing Fa	25	Eastern Winter	31.00
4	09964 IAZ	Lau, Chak Lam Nicholas	27	Diocesan School	32.00
5	00529 B	Wong, Lok Sum	29	Kwun Tong	33.00
6	21343 IAZ	Yu, Man Hin	26	Sea Green	33.00
7	49416 @^ICO	Cheah, Corey Zhi Ming	26	Barracuda	35.00
8	13072 IAZ	Mo, Tsun Hei	26	Kwan Hung	40.00
9	34777 IAZ	Au, Kwok Chun	27	Sword Fish Club	46.00
30-34					
1	06092 #IAZ	Ng, Yan Ho	32	Hong Kong Police	27.00
2	14527 IBZ	Ho, Chun Ting Timothy	33	New Water Polo	28.00

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30-34... (Event 11 Men 50 LC Meter Butterfly)

3	43822 IAZ	Wong, Lu Yeung	32 Flying Fish	29.00
4	27874 IAZ	Chan, Cheuk Man	34 New Water Polo	29.00
5	05854 IAZ	Cho, Wai Ching	31 Flying Fish	31.00
6	44485 IAZ	Turner, Sebastian	31 Kwun Tong	31.00
7	10683 IBZ	Lee, Tsun Sang	30 Golden Dolphin	33.00
8	33387 IAO	Wu, Kenneth Yee Lok	31 Sword Fish Club	34.00
9	10686	Chan, Ching	31 Golden Dolphin	35.00
10	49547 IAZ	Tang, Kai Ho Barry	31 Kwun Tong	42.00

35-39

1	00234 IBZ	Lau, Tsun Ting	35 Kwun Tong	30.00
2	00091	Chan, Lok Yan	38 New Water Polo	30.00
3	44302 ICO	Boas, Michael Joel	37 Fastlane Swimmin	33.00
4	23298 IAZ	Li, Cheuk Bun	37 Wong Tai Sin	34.00
5	49120 IAZ	Tsang, Sau Fung	36 Juan Hua Club	35.00
6	03717 IBZ	Yeung, Ka Ho	35 Dik Wing	NT

40-44

1	46248 @ICO	O' Neill, Donal Thomas	42 LRC	28.00
2	48820 IAZ	Lam, Pei Tim	41 Sun Yip	29.00
3	11544	Fan, Yiu Wing	41 Flying Fish	30.00
4	04238	Woo, Chun Kuen Douglas	44 LRC	30.01
5	39981 IAZ	Mui, Ho Chuen	42 Sword Fish Club	31.00
6	10317	Ng, Ka Wing	42 Diocesan School	34.00
7	49498 @IAO	Dunwoody, Ross William	41 LRC	34.06
8	03793 ICZ	Po, Tik San	40 New Water Polo	35.00
9	16451	Cheng, Ngai Bun	44 Kwun Tong	36.00
10	40558 IAZ	Law, Sai Wo	43 Tolo Harbour	36.80
11	49027 IAZ	Ng, Fung Kei	42 Sword Fish Club	39.00
12	49426 IAZ	Lau, Kin Hang	40 New Water Polo	40.00
13	44666 IAZ	Ma, Choi	44 Sun Yip	1:00.00

45-49

1	37671 @ICO	Stamenovic, Ivan	46 LRC	29.53
2	06338 IAZ	Wong, Ka Fai	48 Sword Fish Club	31.00
3	39203 IAX	Lau, Hang	48 Sword Fish Club	32.05
4	49497 @ICO	Macceod, Andrew Ian	45 LRC	32.55
5	02366	Li, Ka Wing	48 Kwun Tong	33.00
6	37032 IAZ	Wu, Kai Wing	46 Wong Tai Sin	33.00
7	21008 IAZ	Cheung, Chun Kwan Michael	49 Wong Tai Sin	36.00
8	42737 IAZ	So, Ma Loi	46 Sword Fish Club	39.00
9	47136 @IAO	Williams, Geoff	47 LRC	46.00
10	26790 ICO	Green, Malcolm John	46 Chi Kin	NT

50-54

1	09558 IAO	Li, Kai Yien Authur	50 Hong Kong Footba	28.00
2	06711	Leung, Tsz Kin	50 New Water Polo	31.88
3	05273	Poon, Ho Keung Danny	52 Flying Fish	32.00
4	25112 IAO	Cheung Alexander, Howarth Y	51 LRC	32.51
5	28518 IAZ	Yau, Wo Fung	50 Kwun Tong	34.00
6	46434 IAZ	Tse, Chee Ho Bruce	52 Sword Fish Club	37.00
7	26053 IAZ	Wong, Yee Keung	51 Flying Fish	40.00
8	42085 IAZ	Lee, Hon Lun Philip	50 Sword Fish Club	40.00
9	49545 @IAO	Anderson, Anthony Craig	50 Kwun Tong	42.00
10	38127 IAZ	Leung, Cheung Wai Ricky	54 Sword Fish Club	42.00
11	48592 @IAW	Kwok, Wah Lun	52 Sword Fish Club	43.00
12	17701 IAZ	Lee, Chor Fu	53 Wong Tai Sin	45.00
13	45582 @IAO	Reeve, Blair	54 LRC	46.22

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55-59... (Event 11 Men 50 LC Meter Butterfly)

1	39982 IAZ	Chow, Wing Chun	58	Sword Fish Club	39.00
2	29472 IAZN	Choi, Kwok Man Tony	56	Sword Fish Club	49.00
3	31109 IAZ	Chan, Ping Yan Bryan	56	Hoi Fung	50.15

60-64

1	05191	Koo, Yu Fat Marcus	60	Flying Fish	32.00
2	06256	Chan, Kwong Peter	61	Sea Green	35.00
3	03215 IAZ	Leung, Yiu Chuen	64	Sun Yip	35.00
4	41007 IAZ	So, Man Sing	61	Sea Green	36.00
5	32520 IAX	Lam, Hoi	63	New Water Polo	50.00

65-69

1	06398	Cho, Wai Sun	69	Fastlane Swimmin	38.00
2	33115 IAX	Ng, Kan Sing	69	Sword Fish Club	38.00
3	06388	Lau, Man Kin	68	Sword Fish Club	48.00
4	06187	Kan, Kai Kwong	67	Sea Green	50.00
5	06184	Ng, Pak Chiu	68	Sea Green	55.00
6	44839 IAXN	Hou, Ting Fun Stephen	68	Hoi Tin	1:10.00

70-74

1	06382	Chan, Kam Por	70	Sword Fish Club	37.00
2	23297 IAZ	Chan, Shing Chi	74	Lai Tsun	48.00
3	22182 IAZ	Ngai, Yin Leung	73	Sword Fish Club	55.79
4	06243	Koo, Choi Fat	72	Wong Tai Sin	1:05.00
5	21729 IAX	Chan, Ping Chiu	71	New Water Polo	1:10.00
6	45624 IAZ	Mok, Hin Ming	72	Lai Tsun	NT

75-79

1	03845	Tin, Sheung Kwai	75	New Water Polo	44.84
2	09891	Wong, Chiu Shun	75	Sword Fish Club	1:00.00
3	38301 IAX	Cheung, Hao Yen	79	Lai Tsun	NT

80-84

1	06270	Lam, Luk Kan	81	Sword Fish Club	1:00.00
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Event 12 Women 50 LC Meter Butterfly

18-24 MSR:	30.27
25-29 MSR:	29.30
30-34 MSR:	30.75
35-39 MSR:	32.49
40-44 MSR:	32.51
45-49 MSR:	32.96
50-54 MSR:	32.53
55-59 MSR:	36.39
60-64 MSR:	39.95
65-69 MSR:	45.64

	ID#	Name	Age	Team	Seed Time
18-24					
1	20969 IAZ	Lui, Wing Lam	20	Kwun Tong	34.00
2	26669 P	Mak, Ho Yan	19	Eastern Winter	35.00
3	42441 IAZ	Pang, Sze Wing	18	Kwan Hung	35.00
4	17201 B	Tse, Hiu Tung	23	Kwan Hung	40.00
5	16159 IAZ	Cheng, Megan Tszyeuk	23	Hoi Fung	42.30
6	23105 IAZ	Ho, Cheuk Wai	21	Dik Wing	NT
7	26980 IAZ	Wong, Suet Wing	23	Dik Wing	NT
25-29					
1	29564 IAZ	Ng, Wai Ying Megan	26	Flying Fish	33.00
2	09413 B	Fang, Ka Ying	27	Eastern Winter	35.00

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25-29... (Event 12 Women 50 LC Meter Butterfly)

3	05811 B	Tsang, Sze Long	27	Crest Ray	40.00
4	08727 B	Hung Yuen Ching, Moose Culle	26	New Water Polo	40.00
5	28004 IAZ	Kwan, Ka Wan	29	Tung Sing	40.00
6	49513 IAZ	To, Yan Wing	26	Crest Ray	45.00
7	09959 IAZ	Mok, Hoi Man Sheron	27	Pacific	NT
30-34					
1	08325	Li, Yan Yung	30	New Water Polo	35.00
2	47086 @ICX	Miao, Amy	33	Barracuda	45.00
3	00288 IBZ	Yip, Wing Yan	34	Dik Wing	NT
35-39					
1	42712 IAZ	Chan, Hiu Ying	38	Real Kinetic	39.00
2	47561 IAZ	Leung, Tin Ho	38	Flying Fish	55.00
40-44					
1	40853 @IAO	Tam, Alison Mai Ling	44	Fastlane Swimmin	33.00
2	46247 @IAO	Krkalo, Shauna Kathleen	44	LRC	33.00
3	49442 IAZ	Chan, Yuk Man Phoebe	43	Sword Fish Club	39.00
4	45041 IAZ	Fung, Cheuk Ching Candy	40	Hoi Fung	40.30
5	38502 ICO	Alfheim, Mai-britt	40	Barracuda	44.00
6	30072 ICW	Chao, Man Chi	43	New Water Polo	1:00.00
45-49					
1	07784 IAZ	Tang, Mei Yin	45	Kwun Tong	38.00
2	06224	Lee, Suk King	46	Wong Tai Sin	1:00.00
3	48942 IAZ	Wong, Wing Sze Sesy	46	Pacific	NT
50-54					
1	38302 IAZ	Cheung, Man Ling Melody	50	Lai Tsun	45.00
2	40575 IAO	Chan, San Ngah	54	Fastlane Swimmin	48.02
3	38295 IAZ	Liu, Wai Fun	52	Barracuda	50.00
4	43102 ICO	Roberts, Tonya Leanne	54	LRC	50.00
5	31395 IAZ	Chan, Pui Ling	52	Flying Fish	53.00
6	35772 IAX	Ban, Xianhai	50	New Water Polo	1:00.00
7	06349	Ip, Oi Wa Wendy	50	Sword Fish Club	1:00.00
8	40912 IAZ	Ng, Yee Ling	51	Tolo Harbour	1:00.00
55-59					
1	26049 IAZ	Kirkwood, Tain Mhaira	59	LRC	40.00
2	29752 IAZ	Chow, Yee Heung Liza	58	Lai Tsun	43.00
3	12894	Lee, Wai Yee Stella	56	Hoi Fung	48.30
4	26254 IAX	Ng, Kong Ching	57	New Water Polo	52.00
5	45187 IAX	Chan, On Mei	59	Sword Fish Club	54.00
6	23323 IAZ	Tam, Choi Ping Scalene	57	New Water Polo	55.00
7	36045 IAZN	Hsu, Ava	55	LRC	1:20.00
8	41911 IAZN	Ng, Kit Man Joanna	57	New Water Polo	1:35.00
60-64					
1	22428 IAZ	Lau, Yuk Lin Rocky	60	Sea Green	50.00
2	36225 IAX	Li, Wai Kam	60	Sea Green	58.00
3	16533	Wong, Shun Ying	63	Sea Green	1:08.00
4	37056 IAZ	Wong, Hoi Ping Carol	62	Tuen Mun	NT
65-69					
1	19290 IAX	Tseung, Nga Wah	65	Sword Fish Club	48.00
2	06355	Lo, Lai Yung	67	New Water Polo	59.00
75-79					
1	02365	Chow, So Kam	77	Kwun Tong	1:02.00
80-84					
1	06372 IAZ	Leung, Mabel Yuen Ying	80	Sword Fish Club	1:10.00

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Psych Sheet

Event 13 Men 200 LC Meter Medley Relay

- 100-119 MSR: 1:51.11
- 120-159 MSR: 1:54.76
- 160-199 MSR: 1:53.94
- 200-239 MSR: 2:03.19
- 240-279 MSR: 2:19.80
- 280-319 MSR: 2:39.12
- 320-359 MSR: 3:30.63

	Team	Relay	Seed Time
100-119... (Event 13 Men 200 LC Meter Medley Relay)			
1	Sea Green Swimming & L.S. C	M100 A	NT
2	HK Flying Fish Athletic Assn	M100 A	NT
3	Kwun Tong Swimming Club	M100 A	NT
4	Diocesan School Old Boys' Assn	M100 A	NT
5	New Water Polo Club	M100 A	NT
120-159			
1	Kwan Hung Swimming Club	M120 A	1:55.00
2	Sword Fish Club	M120 A	2:15.00
3	Ladies' Recreation Club	M120 A	NT
4	HK Flying Fish Athletic Assn	M120 A	NT
5	Barracuda Swimming Club	M120 A	NT
6	Fastlane Swimming Co Limited	M120 A	NT
7	Kwun Tong Swimming Club	M120 A	NT
8	Diocesan School Old Boys' Assn	M120 A	NT
9	Pacific Swimming Club	M120 A	NT
10	New Water Polo Club	M120 A	NT
160-199			
1	HK Flying Fish Athletic Assn	M160 A	2:18.00
2	Sword Fish Club	M160 A	2:25.00
3	Hoi Fung Swimming Club	M160 A	2:37.26
4	Sea Green Swimming & L.S. C	M160 A	NT
5	Wong Tai Sin District L.S. S.	M160 A	NT
6	Ladies' Recreation Club	M160 A	NT
7	Hong Kong Football Club	M160 A	NT
8	Fastlane Swimming Co Limited	M160 A	NT
9	Kwun Tong Swimming Club	M160 A	NT
10	Diocesan School Old Boys' Assn	M160 A	NT
11	Pacific Swimming Club	M160 A	NT
12	New Water Polo Club	M160 A	NT
200-239			
1	HK Flying Fish Athletic Assn	M200 A	2:24.00
2	Sword Fish Club	M200 A	2:35.00
3	Lai Tsun Swimming Society	M200 A	NT
4	Sea Green Swimming & L.S. C	M200 A	NT
5	Wong Tai Sin District L.S. S.	M200 A	NT
6	Ladies' Recreation Club	M200 A	NT
7	Fastlane Swimming Co Limited	M200 A	NT
8	Diocesan School Old Boys' Assn	M200 A	NT
9	New Water Polo Club	M200 A	NT
240-279			
1	Sun Yip Swimming Club	M240 A	2:30.00
2	Sword Fish Club	M240 A	2:45.00
3	Lai Tsun Swimming Society	M240 A	NT

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240-279... (Event 13 Men 200 LC Meter Medley Relay)

4	Sea Green Swimming & L.S.	M240	A	NT
5	Ladies' Recreation Club	M240	A	NT
6	New Water Polo Club	M240	A	NT

280-319

1	Sword Fish Club	M280	A	3:00.00
2	Lai Tsun Swimming Society	M280	A	NT
3	New Water Polo Club	M280	A	NT

320-359

1	Sword Fish Club	M320	A	4:30.00
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Event 14 Women 200 LC Meter Medley Relay

100-119 MSR:	2:19.21
120-159 MSR:	2:10.92
160-199 MSR:	2:10.35
200-239 MSR:	2:32.48
240-279 MSR:	2:48.90
280-319 MSR:	3:21.30

	Team	Relay	Seed Time
100-119			
1	New Water Polo Club	W100 A	NT
120-159			
1	Sword Fish Club	W120 A	2:45.00
2	Hoi Fung Swimming Club	W120 A	3:12.48
3	Ladies' Recreation Club	W120 A	NT
4	Barracuda Swimming Club	W120 A	NT
5	Fastlane Swimming Co Limited	W120 A	NT
6	Kwun Tong Swimming Club	W120 A	NT
7	Pacific Swimming Club	W120 A	NT
8	New Water Polo Club	W120 A	NT
160-199			
1	Hoi Fung Swimming Club	W160 A	2:42.40
2	HK Flying Fish Athletic Assn	W160 A	2:57.00
3	Sword Fish Club	W160 A	3:00.00
4	Ladies' Recreation Club	W160 A	NT
5	Fastlane Swimming Co Limited	W160 A	NT
6	Pacific Swimming Club	W160 A	NT
7	New Water Polo Club	W160 A	NT
200-239			
1	Sword Fish Club	W200 A	3:15.00
2	Tung Sing Athletic Association	W200 A	3:20.00
3	Lai Tsun Swimming Society	W200 A	NT
4	Sea Green Swimming & L.S.	W200 A	NT
5	Tuen Mun Swimming Association	W200 A	NT
6	Ladies' Recreation Club	W200 A	NT
7	New Water Polo Club	W200 A	NT
240-279			
1	Sword Fish Club	W240 A	3:30.00
2	Lai Tsun Swimming Society	W240 A	NT
3	Sea Green Swimming & L.S.	W240 A	NT
4	Ladies' Recreation Club	W240 A	NT
5	New Water Polo Club	W240 A	NT
280-319			
1	Sword Fish Club	W280 A	4:15.00
2	Lai Tsun Swimming Society	W280 A	NT

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Event 15 Men 50 LC Meter Breaststroke

- 18-24 MSR: 30.47**
- 25-29 MSR: 30.66**
- 30-34 MSR: 31.11**
- 35-39 MSR: 31.14**
- 40-44 MSR: 33.00**
- 45-49 MSR: 32.70**
- 50-54 MSR: 34.48**
- 55-59 MSR: 35.10**
- 60-64 MSR: 36.61**
- 65-69 MSR: 37.84**

	ID#	Name	Age	Team	Seed Time
18-24...	(Event 15 Men 50 LC Meter Breaststroke)				
1	15390 B	Lau, Yat Fung	23	Diocesan School	35.00
25-29					
1	42728 P	Febo, Christopher Vincenzo	29	Sword Fish Club	32.00
2	19408 IAZ	Chan, Yue Yat	29	Sword Fish Club	35.00
3	00529 B	Wong, Lok Sum	29	Kwun Tong	38.00
4	47585 IAZ	Kwok, Hon Chun	25	Crest Ray	NT
30-34					
1	02591	Luk, Wing Kin Andy	33	Kwan Hung	31.00
2	47580 @IAO	Poon, Derrick Gene-ming	34	Fastlane Swimmin	31.50
3	02766 IBZ	Ma, Siu Chun Jason	31	Flying Fish	34.00
4	01728	Cheung, Wai Lun William	31	Diocesan School	35.00
5	01326 IBZ	Cheng, Yuen Henry	34	Kwun Tong	36.00
6	04877 IBZ	Ng, Yu Ting	31	Sword Fish Club	37.00
7	48933 IAO	Leung, Ryan Chun Hay	33	Pacific	38.00
8	49546 @ICO	Ly, Jonathan	30	Kwun Tong	45.00
9	09136 IAZ	Tsang, Chun Kin	34	New Water Polo	45.00
10	49516 @IAX	Chan, Cheuk Wai	30	Crest Ray	48.00
35-39					
1	42367 IAO	Chow, Chun Yin	36	Diocesan School	35.00
2	48666 @ICO	Upman, David Ross	38	Fastlane Swimmin	38.00
3	48856 @IAO	Gallearachie, Jeewantha Madu	38	Fastlane Swimmin	39.00
4	11587	Ng, Yu Hon	39	Sea Green	41.00
5	49812	Kam, Lik Hang Leonard	35	New Water Polo	1:00.00
6	03717 IBZ	Yeung, Ka Ho	35	Dik Wing	NT
7	04706 IBZ	Hui, Cheung Hin Raymond	38	Dik Wing	NT
40-44					
1	48820 IAZ	Lam, Pei Tim	41	Sun Yip	35.00
2	46248 @ICO	O' Neill, Donal Thomas	42	LRC	35.80
3	12873	Wan, Ka Fai	40	Sea Green	37.00
4	40558 IAZ	Law, Sai Wo	43	Tolo Harbour	38.80
5	10317	Ng, Ka Wing	42	Diocesan School	40.00
6	49488 IAZ	Pang, Lai Man	44	Wong Tai Sin	40.00
7	04238	Woo, Chun Kuen Douglas	44	LRC	40.46
8	40834 IAZ	Chang, Hsi Tse JosephJeremy	43	Diocesan School	41.00
9	42708 IAZ	Tang, Wing Chung Jonathan	40	Hoi Fung	42.02
10	16451	Cheng, Ngai Bun	44	Kwun Tong	45.00
11	38035 IAZ	Mok, Kin Fan	42	Tolo Harbour	55.00
12	44666 IAZ	Ma, Choi	44	Sun Yip	1:00.00
45-49					
1	06154	Leung, Siu Kin Philip	47	Lai Tsun	35.00

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45-49... (Event 15 Men 50 LC Meter Breaststroke)

2	46388 @ICO	Grimes, Ryan Edward	45 LRC	36.22
3	05160	Chan, Ka Wo	45 Diocesan School	37.00
4	17961 ICO	Jones, Simon	46 LRC	37.21
5	37671 @ICO	Stamenovic, Ivan	46 LRC	37.53
6	42737 IAZ	So, Ma Loi	46 Sword Fish Club	39.00
7	21008 IAZ	Cheung, Chun Kwan Michael	49 Wong Tai Sin	39.00
8	02366	Li, Ka Wing	48 Kwun Tong	40.00
9	47463 IAZ	Kwong, Hoi Tik	46 New Water Polo	40.00
10	43890 IAZ	Wong, Chu Hei Alex	46 Satellite	40.00
11	40835 IAZ	Leung, Wing Hong Alvin	48 Diocesan School	43.00
12	48593 IAZ	Cheng, Wai Leung	45 Sword Fish Club	47.00
13	26790 ICO	Green, Malcolm John	46 Chi Kin	NT

50-54

1	25112 IAO	Cheung Alexander, Howarth Y	51 LRC	35.28
2	05273	Poon, Ho Keung Danny	52 Flying Fish	38.82
3	25592 IAZ	Cheung, Wai Kei	50 Flying Fish	39.00
4	26317 IAZN	Tung, Shang Wei Timothy	52 Kwun Tong	39.00
5	05138	Lanzone, Francesco	54 Barracuda	40.00
6	26053 IAZ	Wong, Yee Keung	51 Flying Fish	41.00
7	07427	Wong, Ho Ming Edwin	53 Barracuda	42.00
8	42085 IAZ	Lee, Hon Lun Philip	50 Sword Fish Club	42.00
9	42364 IAZ	Lau, Yip Kwong Francis	53 Diocesan School	44.00
10	38127 IAZ	Leung, Cheung Wai Ricky	54 Sword Fish Club	47.00
11	47524 IAZ	Lai, Chi Wing Barry	53 Diocesan School	48.00
12	48592 @IAW	Kwok, Wah Lun	52 Sword Fish Club	48.00
13	45582 @IAO	Reeve, Blair	54 LRC	49.25
14	04184	Woo, Siu Ming William	51 Sword Fish Club	59.00

55-59

1	18856 IAZ	Au, Mun Shing	57 Sword Fish Club	40.00
2	26176 IAX	Ho, Chung Man	59 Lai Tsun	46.00
3	40840 IAZ	Ng, Ka Yiu Karl	58 Diocesan School	48.00
4	37048 IAZ	Cheung, Wai Chuen Jimmy	59 Sword Fish Club	48.00
5	40861 IAZ	Cheung, Chi Ming Rover	59 Sword Fish Club	51.00

60-64

1	45930 IAZ	Lo, Wing Kwong	61 Sun Yip	41.00
2	17725 IAZ	Ng, Yu Hung	64 Sword Fish Club	42.00
3	25226 IAZ	Choi, Tai Wing	61 Sword Fish Club	55.00
4	41426 IAZ	Tang, Yu Hang Francis	61 Tung Sing	55.00
5	44359 IAZ	Lee, Chi Wai	63 Kornhill	56.00

65-69

1	03847	Cheung, Kwok Yu	66 Sun Yip	40.00
2	06281	Fung, Kam Tai	67 Sword Fish Club	42.00
3	40705 IAZ	Lai, Chung Fat Paulus	66 Wong Tai Sin	1:25.00

70-74

1	06382	Chan, Kam Por	70 Sword Fish Club	43.00
2	05917	Yong, Khin Syn	73 Sword Fish Club	44.00
3	04504 IAO	Yura, Tadami	70 Sword Fish Club	44.00
4	20634 IAZ	Wu, Shu Sun	72 New Water Polo	58.00

75-79

1	03845	Tin, Sheung Kwai	75 New Water Polo	43.38
2	10274	Lau, Chun Nung	76 Lai Tsun	1:00.00
3	14029	Ieong, Vun Fai	76 Sword Fish Club	1:06.00

80-84

1	06270	Lam, Luk Kan	81 Sword Fish Club	1:10.00
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Event 16 Women 50 LC Meter Breaststroke

18-24 MSR:	35.53
25-29 MSR:	36.06
30-34 MSR:	35.23
35-39 MSR:	34.71
40-44 MSR:	34.74
45-49 MSR:	39.03
50-54 MSR:	37.63
55-59 MSR:	38.73
60-64 MSR:	47.46
65-69 MSR:	50.56

ID#	Name	Age	Team	Seed Time
18-24... (Event 16 Women 50 LC Meter Breaststroke)				
1	20969 IAZ	Lui, Wing Lam	20 Kwun Tong	39.00
2	16159 IAZ	Cheng, Megan Tszyeuk	23 Hoi Fung	45.23
3	39033 IAZ	Chan, Hang In	20 Hoi Ngai	50.00
4	49026 IAZ	Lee, Wing Tung	23 New Water Polo	55.00
5	23105 IAZ	Ho, Cheuk Wai	21 Dik Wing	NT
25-29				
1	08238 B	Li, Tsz Yu	28 New Water Polo	35.50
2	01262	Mau, Lok Yan Eunice	29 Current Club Ltd	36.64
3	15442 IBZ	Cheong, Ka Ching	28 Fastlane Swimmin	40.00
4	08727 B	Hung Yuen Ching, Moose Culle	26 New Water Polo	45.00
5	28004 IAZ	Kwan, Ka Wan	29 Tung Sing	53.00
6	12724 IAZ	Wan, Tsz Huen Alexsandra	25 Crest Ray	NT
30-34				
1	09254 IBZ	Li, Tat Yan	31 Kwun Tong	44.00
2	01552 IBZ	Lai, Hiu Ling	33 New Water Polo	45.00
35-39				
1	01683	Lam, Ka Yuk Ellen	35 Sword Fish Club	43.00
2	42712 IAZ	Chan, Hiu Ying	38 Real Kinetic	45.00
3	47561 IAZ	Leung, Tin Ho	38 Flying Fish	48.00
4	41684 IAZ	Leung, Wing Yin Winnie	38 Hoi Fung	48.20
5	49329 @IAO	Ng, Carmen C M	38 Dik Wing	NT
40-44				
1	46247 @IAO	Krkalo, Shauna Kathleen	44 LRC	34.74
2	08977	Ho, Yee Yun Rosalind	43 Current Club Ltd	47.99
3	49121 IAZ	So, Chin Wing	43 Juan Hua Club	50.00
4	06304 ICZ	Cheung, Man Yiu	43 Sea Green	50.00
5	30072 ICW	Chao, Man Chi	43 New Water Polo	1:00.00
45-49				
1	49205 IAX	Li, Donghui	48 Sea Green	50.00
2	46181 IAZ	Ng, Yan Yan Bandy	46 Tung Sing	51.00
3	48201 IAZ	Poon, Nga Yi	49 Tolo Harbour	1:00.00
4	07512 IAZ	Kwok, Pui Yee Ceige	46 Tuen Mun	NT
50-54				
1	33517 IAO	Yamaguchi, Mika	50 Fastlane Swimmin	40.00
2	35982 IAZ	Chang, Wing Man	50 Lai Tsun	47.00
3	31395 IAZ	Chan, Pui Ling	52 Flying Fish	49.05
4	43063 @IAO	Wong, Rose	52 LRC	50.00
5	06349	Ip, Oi Wa Wendy	50 Sword Fish Club	52.00
6	49204 IAZ	Cheng, Wai Man	51 Sea Green	58.00
7	44304 IAX	Choi, Shan Shan	50 Sword Fish Club	1:00.00

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50-54... (Event 16 Women 50 LC Meter Breaststroke)

8	40912 IAZ	Ng, Yee Ling	51 Tolo Harbour	1:00.00
9	49576 IAZN	Chan, Mei Fun	54 Tuen Mun	NT
55-59				
1	29752 IAZ	Chow, Yee Heung Liza	58 Lai Tsun	47.00
2	48634 IAZ	Cheung, Wing Yee	56 New Water Polo	55.00
3	38289 IAZ	Ng, Wai Lin Angie	58 Sword Fish Club	1:00.00
4	44303 IAZ	Lam, Man Lai	56 Sword Fish Club	1:01.00
5	38460 IAZ	Tang, Kit Fong Yvonne	58 New Water Polo	1:06.00
6	41911 IAZN	Ng, Kit Man Joanna	57 New Water Polo	1:32.00
60-64				
1	41423 IAZ	Chiu, Pauline	60 Tung Sing	54.00
2	22428 IAZ	Lau, Yuk Lin Rocky	60 Sea Green	55.00
3	20640 IAZ	Wong, Fung Yee	62 Sword Fish Club	57.00
4	02711	Fok, Wai Fung	64 Wong Tai Sin	58.00
5	28891 IAZ	Wan, Chui Wah	61 Lai Tsun	1:10.00
6	37056 IAZ	Wong, Hoi Ping Carol	62 Tuen Mun	NT
65-69				
1	06127	Lau, Wai Lin	66 New Water Polo	1:10.00
2	21809 IAZ	Chan, Hung	66 Tuen Mun	NT
70-74				
1	06147	Leung Wong, Yin Har Hayley	70 Sea Green	1:10.00
75-79				
1	02365	Chow, So Kam	77 Kwun Tong	1:02.00
2	17480 IAZ	Chow, Pui Han Angela	76 Lai Tsun	1:12.00
3	32571 IAZ	Chan, Pui Yee	78 Sword Fish Club	1:20.00

Event 17 Men 200 LC Meter Freestyle Relay

100-119 MSR:	1:36.96
120-159 MSR:	1:40.03
160-199 MSR:	1:41.91
200-239 MSR:	1:52.52
240-279 MSR:	2:02.09
280-319 MSR:	2:18.05
320-359 MSR:	3:09.80

	Team	Relay	Seed Time
100-119			
1	Sea Green Swimming & L.S. Club	M100 A	NT
2	HK Flying Fish Athletic Assn	M100 A	NT
3	Kwun Tong Swimming Club	M100 A	NT
4	Diocesan School Old Boys' Assn	M100 A	NT
5	New Water Polo Club	M100 A	NT
120-159			
1	Kwan Hung Swimming Club	M120 A	1:41.92
2	Sword Fish Club	M120 A	2:05.00
3	Ladies' Recreation Club	M120 A	NT
4	HK Flying Fish Athletic Assn	M120 A	NT
5	Barracuda Swimming Club	M120 A	NT
6	Fastlane Swimming Co Limited	M120 A	NT
7	Kwun Tong Swimming Club	M120 A	NT
8	Diocesan School Old Boys' Assn	M120 A	NT
9	Pacific Swimming Club	M120 A	NT
10	New Water Polo Club	M120 A	NT
160-199			
1	HK Flying Fish Athletic Assn	M160 A	1:56.00

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160-199... (Event 17 Men 200 LC Meter Freestyle Relay)

2	Sword Fish Club	M160	A	2:10.00
3	Hoi Fung Swimming Club	M160	A	2:22.60
4	Sea Green Swimming & L.S.	CM160	A	NT
5	Wong Tai Sin District L.S. S.	M160	A	NT
6	Ladies' Recreation Club	M160	A	NT
7	Hong Kong Football Club	M160	A	NT
8	Fastlane Swimming Co Limited	M160	A	NT
9	Kwun Tong Swimming Club	M160	A	NT
10	Diocesan School Old Boys' Assn	M160	A	NT
11	Pacific Swimming Club	M160	A	NT
12	New Water Polo Club	M160	A	NT

200-239

1	HK Flying Fish Athletic Assn	M200	A	2:10.00
2	Sun Yip Swimming Club	M200	A	2:10.00
3	Sword Fish Club	M200	A	2:20.00
4	Lai Tsun Swimming Society	M200	A	NT
5	Sea Green Swimming & L.S.	CM200	A	NT
6	Wong Tai Sin District L.S. S.	M200	A	NT
7	Ladies' Recreation Club	M200	A	NT
8	Fastlane Swimming Co Limited	M200	A	NT
9	Diocesan School Old Boys' Assn	M200	A	NT
10	New Water Polo Club	M200	A	NT

240-279

1	Sword Fish Club	M240	A	2:30.00
2	Lai Tsun Swimming Society	M240	A	NT
3	Sea Green Swimming & L.S.	CM240	A	NT
4	Ladies' Recreation Club	M240	A	NT
5	New Water Polo Club	M240	A	NT

280-319

1	Sword Fish Club	M280	A	2:45.00
2	Lai Tsun Swimming Society	M280	A	NT
3	New Water Polo Club	M280	A	NT

320-359

1	Sword Fish Club	M320	A	4:00.00
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Event 18 Women 200 LC Meter Freestyle Relay

100-119 MSR:	1:58.55
120-159 MSR:	1:55.57
160-199 MSR:	1:58.32
200-239 MSR:	2:12.67
240-279 MSR:	2:34.06
280-319 MSR:	2:42.61

	Team	Relay	Seed Time
100-119			
1	New Water Polo Club	W100 A	NT
120-159			
1	Sword Fish Club	W120 A	2:30.00
2	Hoi Fung Swimming Club	W120 A	2:44.26
3	Ladies' Recreation Club	W120 A	NT
4	Fastlane Swimming Co Limited	W120 A	NT
5	Kwun Tong Swimming Club	W120 A	NT
6	Pacific Swimming Club	W120 A	NT
7	New Water Polo Club	W120 A	NT

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1	Hoi Fung Swimming Club	W160	A	2:22.36
2	Sword Fish Club	W160	A	2:30.00
3	HK Flying Fish Athletic Assn	W160	A	2:40.00
4	Ladies' Recreation Club	W160	A	NT
5	Fastlane Swimming Co Limited	W160	A	NT
6	Pacific Swimming Club	W160	A	NT
7	New Water Polo Club	W160	A	NT

200-239

1	Sword Fish Club	W200	A	2:45.00
2	Tung Sing Athletic Association	W200	A	3:00.00
3	Lai Tsun Swimming Society	W200	A	NT
4	Sea Green Swimming & L.S.	W200	A	NT
5	Tuen Mun Swimming Association	W200	A	NT
6	Ladies' Recreation Club	W200	A	NT
7	New Water Polo Club	W200	A	NT

240-279

1	Sword Fish Club	W240	A	3:00.00
2	Lai Tsun Swimming Society	W240	A	NT
3	Sea Green Swimming & L.S.	W240	A	NT
4	Ladies' Recreation Club	W240	A	NT
5	New Water Polo Club	W240	A	NT

280-319

1	Sword Fish Club	W280	A	3:30.00
2	Lai Tsun Swimming Society	W280	A	NT