

Programme

比賽賽程



HONG KONG CHINA SWIMMING ASSOCIATION

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

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

1 December 2024 (Sun)

二零二四年十二月一日(日)

Sun Yat Sen Memorial Park Swimming Pool

中山紀念公園游泳池

Subvented by the LCSD



2024-2025 MSLCC - Entry Information

No. of Entries by Event		
Event #	Event Name	Entries
1	Men 100 Breaststroke	78
2	Women 100 Breaststroke	51
3	Men 50 Freestyle	139
4	Women 50 Freestyle	88
5	Men 200 IM	56
6	Women 200 IM	26
7	Men 50 Backstroke	78
8	Women 50 Backstroke	77
9	Men 100 Freestyle	105
10	Women 100 Freestyle	74
11	Men 50 Butterfly	97
12	Women 50 Butterfly	47
13	Men 4x50 Medley Relay	45
14	Women 4x50 Medley Relay	26
15	Men 50 Breaststroke	118
16	Women 50 Breaststroke	61
17	Men 4x50 Freestyle Relay	46
18	Women 4x50 Freestyle Relay	26
Total		1238

Entry information by Day		
Day / Session	No. of Entries	Total
AM	593	1238
PM	645	

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

Date: 1-12-2024 (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

二零二四至二五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 2024-2025 年度先進組別泳員。2024-25 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
接力：	◇ 接力名單須於 比賽日 12 時前遞交 。
棄權：	<ul style="list-style-type: none"> ◇ 棄權須於每節開賽 30 分鐘前遞交。 ◇ 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：	◇ 比賽採用世界泳聯的規則。

	<ul style="list-style-type: none"> ◇ 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道，而其成績會記錄為“DNF”（未能完成比賽）。 ◇ 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 style="text-align: center;"><u>違規記錄於一個財政年度清算(由 4 月 1 日起至 3 月 31 日)</u></p>												
<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="270 885 919 1193" style="width: 100%; border-collapse: collapse; text-align: center;"> <thead> <tr> <th style="padding: 5px;">參賽人數</th> <th style="padding: 5px;">需要提供工作人員數量</th> <th style="padding: 5px;">最多可派出工作人員數量</th> </tr> </thead> <tbody> <tr> <td style="padding: 5px;">5 至 14 人</td> <td style="padding: 5px;">1</td> <td style="padding: 5px;">4</td> </tr> <tr> <td style="padding: 5px;">15 至 24 人</td> <td style="padding: 5px;">2</td> <td style="padding: 5px;">4</td> </tr> <tr> <td style="padding: 5px;">25 人或以上</td> <td style="padding: 5px;">3</td> <td style="padding: 5px;">4</td> </tr> </tbody> </table> <ul style="list-style-type: none"> ◇ 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 2024-25

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 2024-25 registered masters (MS) swimmers of HKGSA (2024-25 Registration Fee: HK\$100 per swimmer) ※ Age 18 or above. ※ <u>Overseas Teams: All Overseas competitors must be 2024-25 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 <u>payable to 'HKGSA'</u>.</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>																		
Relay	<p>※ Relay entry form must be submitted before 1200hours on the competition day.</p>																		
Scratches	<p>※ Scratches must be submitted 30 minutes before the scheduled start time of each session.</p> <p>※ A fine of \$30 will be charged for each “no show”. Fine payment should be settled before the next competition entry deadline. Otherwise, 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 1028 954 1105"> <tr> <td>Individual</td> <td>9</td> <td>7</td> <td>6</td> <td>5</td> <td>4</td> <td>3</td> <td>2</td> <td>1</td> </tr> <tr> <td>Relay</td> <td>18</td> <td>14</td> <td>12</td> <td>10</td> <td>8</td> <td>6</td> <td>4</td> <td>2</td> </tr> </table> <p>※ *Awards for Clubs: Trophies will be awarded to 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>	<p> ※ World Aquatic rules will be applied. ※ Referee may request swimmers to leave the water if they could not complete the race within the Master Swimming Competition Series 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: <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. <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>	<p> ※ Clubs would need to provide the below number of officials for the competition: </p> <table border="1" data-bbox="298 1377 953 1708"> <thead> <tr> <th>Swimmer(s) attend the competition</th> <th>Minimum Numbers of Official need to provide</th> <th>Maximum Numbers of Official could be provided</th> </tr> </thead> <tbody> <tr> <td>5-14</td> <td>1</td> <td>4</td> </tr> <tr> <td>15-24</td> <td>2</td> <td>4</td> </tr> <tr> <td>25 or more</td> <td>3</td> <td>4</td> </tr> </tbody> </table> <p> ※ Clubs will be suspended from the next competition if failed to fulfil the requirement. </p>	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.
----------------	--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

* Not apply to Overseas Competitors.

Hong Kong Masters Swimming Competition Series 2024-25

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 2024-2025 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

Relay	<ul style="list-style-type: none"> ※ Relay entry form must be submitted before 1200hours on the competition day.
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"> ※ World Aquatic rules will be applied. ※ Referee may request swimmers to leave the water if they could not complete the race within the Master Swimming Competition Series 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 2024-25 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	06-Mar-10
TIN SHEUNG KWAI	NWC	75-79	0:31.30	2022-23 Long Course Masters Swimming Competition - Part 1	26-Mar-23
TIN SHEUNG KWAI	NWC	70-74	0:30.07	2017-18 Long Course Masters Swimming Competition Part 2	14-May-17
TIN SHEUNG KWAI	KTS	65-69	0:29.72	Annual Long Course Masters Swimming Championships	23-Nov-14
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
NORTJE CRAIG ANDREW	#FB	45-49	0:26.19	2023-24 Long Course Masters Swimming Competition - Part 1	03-Mar-24
FU WING HARBETH	KTS	40-44	0:25.15	2022-23 Long Course Masters Swimming Competition - Part 2	15-Jan-23
SMIT MARCEL PIETER ARNOLD	*FL	35-39	0:24.35	World Aquatics Masters World Championships 2023 - Kyushu	07-Aug-23
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 JIUN 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
MAK SUET MAN	SGC	85-89	1:08.53	2022-23 Long Course Masters Swimming Competition - Part 1	26-Mar-23
TAI LI HUA	SFC	80-84	0:43.31	2021-22 Long Course Masters Swimming Competition - Part 3	20-Jun-21
OTSUKA YUKO	SGC	75-79	0:42.67	2014-15 Long Course Masters Swimming Competition - Part 1	22-Mar-15
WANG LI	*WA	70-74	0:38.75	Annual Long Course Masters Swimming Championships 2019	01-Dec-19
TSEUNG NGA WAH	SFC	65-69	0:35.01	2022-23 Long Course Masters Swimming Competition - Part 2	15-Jan-23
KIRKWOOD TAIN MHAIRA	LRC	60-64	0:33.14	2024-25 Long Course Masters Swimming Competition - Part 2	28-Apr-24
KIRKWOOD TAIN MHAIRA	LRC	55-59	0:32.17	The 1st Asian Masters Swimming Championships 2018 NAGOYA (JPN)	15-Jul-18
YAMAGUCHI MIKA	*FL	50-54	0:29.35	World Aquatics Masters World Championships 2023 - Kyushu	08-Aug-23
KRKALO SHAUNA KATHLEEN	LRC	45-49	0:27.03	World Aquatics Masters Championships 2024 - Doha	29-Feb-24
KRKALO SHAUNA KATHLEEN	LRC	40-44	0:28.17	Annual Long Course Masters Swimming Championships 2022	27-Nov-22
YIP WING YAN	DWA	35-39	0:28.10	2023-24 Long Course Masters Swimming Competition - Part 2	30-Apr-23
ZHANG XIAO TONG ISABELLA	*FL	30-34	0:27.80	World Aquatics Masters World Championships 2023 - Kyushu	08-Aug-23
MOK HOI MAN SHERON	NWC	25-29	0:27.70	Annual Long Course Masters Swimming Championships 2022	27-Nov-22
AU HIU PUI	*GW	18-24	0:28.20	2018-19 Annual Long Course Masters Swimming Championships	25-Nov-18

MEN 100M FREESTYLE				NAME OF MEET	DATE ACHIEVED
LEE MING	SFC	85-89	1:49.14	2015-16 Long Course Masters Swimming Competition - Part 3	26-Jul-15
LEE MING	SFC	80-84	1:38.42	Annual Long Course Masters Swimming Championships 2011	11-Dec-11
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>1:13.39</u>	<u>2024-25 Long Course Masters Swimming Competition - Part 3</u>	<u>23-Jun-24</u>
FU TAI CHUN	KTS	65-69	1:08.31	Annual Masters Swimming Championships 2002	31-Aug-02
MA ETIENNE	YMC			Annual Long Course Masters Swimming Championships 2022	27-Nov-22
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	04-Mar-12
RUST STEFAN ROBERT	LRC	50-54	0:58.29	FINA World Masters Championships 2017	15-Aug-17
NORTJE CRAIG ANDREW	#FB	45-49	0:58.48	Annual Long Course Masters Swimming Championships 2023	03-Dec-23
O'NEILL DONAL THOMAS	LRC	40-44	0:56.60	2021-22 Long Course Masters Swimming Competition - Part 3	20-Jun-21
<u>SMIT MARCEL PIETER ARNOLD</u>	<u>*FL</u>	<u>35-39</u>	<u>0:54.42</u>	<u>2024-25 Long Course Masters Swimming Competition - Part 3</u>	<u>23-Jun-24</u>
BEAHAN, GRANT KENNETH	BSC	30-34	0:56.01	Annual Long Course Masters Swimming Championships 2017	25-Nov-17
FU WING HARBETH	KTS			Annual Masters Swimming Championships 2006	26-Aug-06
LEE MAN TIM	HTA	25-29	0:54.16	World Aquatics Masters World Championships 2023 - Kyushu	06-Aug-23
KONG CHUN YIN	HVA	18-24	0:54.18	Annual Long Course Masters Swimming Championships 2013	24-Nov-13

WOMEN 100M FREESTYLE				NAME OF MEET	DATE ACHIEVED
WONG JIM	SFC	80-84	2:10.64	2021-22 Long Course Masters Swimming Competition - Part 3	20-Jun-21
<u>SUEN MING CHU</u>	<u>SFC</u>	<u>75-79</u>	<u>1:47.51</u>	<u>2024-25 Long Course Masters Swimming Competition - Part 3</u>	<u>23-Jun-24</u>
SUEN MING CHU	SFC	70-74	1:39.80	2018-19 Long Course Masters Swimming Competition - Part 3	24-Jun-18
TSEUNG NGA WAH	SFC	65-69	1:28.57	2022-23 Long Course Masters Swimming Competition - Part 3	12-Jun-22
KIRKWOOD TAIN MHAIRA	LRC	60-64	1:17.42	Annual Long Course Masters Swimming Championships 2023	03-Dec-23
KIRKWOOD TAIN MHAIRA	LRC	55-59	1:14.96	The 1st Asian Masters Swimming Championships 2018 NAGOYA (JPN)	14-Jul-18
YAMAGUCHI MIKA	*FL	50-54	1:05.38	World Aquatics Masters World Championships 2023 - Kyushu	06-Aug-23
KRKALO SHAUNA KATHLEEN	LRC	45-49	1:02.25	World Aquatics Masters Championships - Doha 2024	27-Feb-24
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
ZHANG XIAO TONG ISABELLA	*FL	30-34	1:01.79	World Aquatics Masters World Championships 2023 - Kyushu	06-Aug-23
MOK HOI MAN SHERON	NWC	25-29	1:01.02	Annual Long Course Masters Swimming Championships 2022	27-Nov-22
<u>CHAN TSZ CHING</u>	<u>*FL</u>	<u>18-24</u>	<u>1:00.63</u>	<u>2024-25 Long Course Masters Swimming Competition - Part 3</u>	<u>23-Jun-24</u>

HONG KONG MASTERS SWIMMING RECORDS

LONG COURSE

(Update to 2024-25 Long Course Masters Swimming Competition - Part 3)

MEN 200M FREESTYLE					NAME OF MEET	DATE ACHIEVED
LEE MING	SFC	80-84	3:46.70	2010-11 Long Course Masters Swimming Championships - Part 2		20-Jun-10
YANG YEE ZEI	NWC	75-79	3:38.31	2014-15 Long Course Masters Swimming Competition Part 2		29-Jun-14
TSE KWOK PIU	SFC	70-74	2:47.81	2021-22 Long Course Masters Swimming Competition - Part 2		09-May-21
MA ETIENNE	YMC	65-69	2:36.59	2023-24 Long Course Masters Swimming Competition - Part 2		30-Apr-23
HO ROBERT YAU CHUNG	LRC	60-64	2:32.99	2019-20 Long Course Masters Swimming Competition - Part 2		05-May-19
HO ROBERT YAU CHUNG	LRC	55-59	2:24.07	FINA World Masters Championships 2014		10-Aug-14
JOHNSON ERIC ANDREW	LRC	50-54	2:14.33	FINA World Masters Championships 2014		10-Aug-14
NORTJE CRAIG ANDREW	#FB	45-49	2:08.80	2024-25 Long Course Masters Swimming Competition - Part 2		28-Apr-24
FONG LIK SUN	#FB	40-44	2:07.25	2024-25 Long Course Masters Swimming Competition - Part 2		28-Apr-24
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		06-May-18
SUEN MING CHU	SFC	70-74	3:36.37	2018-19 Long Course Masters Swimming Competition - Part 2		06-May-18
TSEUNG NGA WAH	SFC	65-69	3:26.68	2024-25 Long Course Masters Swimming Competition - Part 2		28-Apr-24
KIRKWOOD TAIN MHAIRA	LRC	60-64	2:55.64	World Aquatics Masters Championships – Doha 2024		03-Mar-24
KIRKWOOD TAIN MHAIRA	LRC	55-59	2:50.45	2018-19 Long Course Masters Swimming Competition - Part 2		06-May-18
COGGINS LYNDA ANNE	LRC	50-54	2:32.26	FINA World Masters Championships 2014		10-Aug-14
PAZOS CHRISTENA MARIA	LRC	45-49	2:28.14	16th FINA World Masters Championships 2015 in Kazan		12-Aug-15
KELSEY JANE MACFARLAND	LRC	40-44	2:13.70	16th FINA World Masters Championships 2015 in Kazan		12-Aug-15
KELSEY JANE MACFARLAND	LRC	35-39	2:13.59	FINA World Masters Championships 2014		10-Aug-14
ZHANG XIAO TONG ISABELLA	*FL	30-34	2:23.47	2023-24 Long Course Masters Swimming Competition - Part 2		30-Apr-23
MOK HOI MAN SHERON	NWC	25-29	2:14.58	2024-25 Long Course Masters Swimming Competition - Part 2		28-Apr-24
LAMB ENEKA MARIE	HIS	18-24	2:16.66	2011-12 Long Course Masters Swimming Competition - Part 2		19-Jun-11

MEN 400M FREESTYLE					NAME OF MEET	DATE ACHIEVED
<u>LIU WING CHIU</u>	<u>*TM</u>	<u>75-79</u>	<u>7:54.53</u>	<u>2024-25 Long Course Masters Swimming Competition - Part 3</u>		<u>23-Jun-24</u>
<u>TSE KWOK PIU</u>	<u>SFC</u>	<u>70-74</u>	<u>6:23.03</u>	<u>2024-25 Long Course Masters Swimming Competition - Part 3</u>		<u>23-Jun-24</u>
CHAN KAM POR	SFC	65-69	6:00.83	2017-18 Long Course Masters Swimming Competition - Part 3		13-Aug-17
HO ROBERT YAU CHUNG	LRC	60-64	5:24.54	FINA World Masters Championships 2019 - Gwangju		18-Aug-19
LANZONE FRANCESCO	BSC	55-59	5:11.47	World Aquatics Masters Championships – Doha 2024		28-Feb-24
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
<u>NG YEE MAN</u>	<u>NWC</u>	<u>65-69</u>	<u>6:59.90</u>	<u>2024-25 Long Course Masters Swimming Competition - Part 3</u>		<u>23-Jun-24</u>
KIRKWOOD TAIN MHAIRA	LRC	60-64	6:05.89	World Aquatics Masters Championships – Doha 2024		28-Feb-24
KIRKWOOD TAIN MHAIRA	LRC	55-59	6:02.65	The 1st Asian Masters Swimming Championships 2018 NAGOYA (JPN)		12-Jul-18
COGGINS LYNDA ANNE	LRC	50-54	5:25.06	16th FINA World Masters Championships 2015 in Kazan		16-Aug-15
<u>CHAN YUK MAN PHOEBE</u>	<u>SFC</u>	<u>45-49</u>	<u>5:15.20</u>	<u>2024-25 Long Course Masters Swimming Competition - Part 3</u>		<u>23-Jun-24</u>
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
<u>MOK HOI MAN SHERON</u>	<u>NWC</u>	<u>25-29</u>	<u>4:56.10</u>	<u>2024-25 Long Course Masters Swimming Competition - Part 3</u>		<u>23-Jun-24</u>
MAU LOK YAN EUNICE	CUC	18-24	5:06.39	2011-12 Long Course Masters Swimming Competition - Part 3		18-Sep-11

HONG KONG MASTERS SWIMMING RECORDS

LONG COURSE

(Update to 2024-25 Long Course Masters Swimming Competition - Part 3)

MEN 800M FREESTYLE

				NAME OF MEET	DATE ACHIEVED
POLSON IAN HASTINGS	LRC	75-79	16:05.75	2018-19 Long Course Masters Swimming Competition - Part 1	24-Mar-19
CHAN KAM POR	SFC	70-74	13:28.85	2022-23 Long Course Masters Swimming Competition - Part 1	26-Mar-23
CHAN KAM POR	SFC	65-69	12:19.01	2018-19 Long Course Masters Swimming Competition - Part 1	24-Mar-19
HO ROBERT YAU CHUNG	LRC	60-64	11:32.69	2018-19 Long Course Masters Swimming Competition - Part 1	24-Mar-19
LANZONE FRANCESCO	BSC	55-59	10:34.14	World Aquatics Masters Championships – Doha 2024	26-Feb-24
LI KAI YIEN ARTHUR ALBERT	#FB	50-54	10:19.44	World Aquatics Masters World Championships 2023 - Kyushu	05-Aug-23
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-Mar-13
YUEN MARCUS	LRC	25-29	10:07.05	2018-19 Long Course Masters Swimming Competition - Part 1	24-Mar-19
TSE HON TING	LWS	18-24	8:53.89	2016-17 Long Course Masters Swimming Competition - Part 1	26-Mar-17

WOMEN 800M FREESTYLE

				NAME OF MEET	DATE ACHIEVED
SUEN MING CHU	SFC	75-79	17:34.92	2022-23 Long Course Masters Swimming Competition - Part 1	26-Mar-23
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	09-Dec-12
CARPENTER LINH THUC LUONG	LRC	25-29	10:50.58	Annual Long Course Masters Swimming Championships 2012	09-Dec-12
LAU SZE WING	HTA	18-24	10:22.03	2016-17 Long Course Masters Swimming Competition - Part 1	26-Mar-17

MEN 50M BACKSTROKE

				NAME OF MEET	DATE ACHIEVED
LEE SHE KWOK	SFC	85-89	0:57.83	2022-23 Long Course Masters Swimming Competition - Part 1	26-Mar-23
<u>TSUI YAU HO</u>	<u>SFC</u>	<u>80-84</u>	<u>0:54.86</u>	<u>2024-25 Long Course Masters Swimming Competition - Part 3</u>	<u>23-Jun-24</u>
TIN SHEUNG KWAI	NWC	75-79	0:38.96	Annual Long Course Masters Swimming Championships 2022	27-Nov-22
TIN SHEUNG KWAI	NWC	70-74	0:37.82	2019-20 Long Course Masters Swimming Competition - Part 3	23-Jun-19
TIN SHEUNG KWAI	SFC	65-69	0:35.70	FINA World Masters Championships 2014	10-Aug-14
HO ROBERT YAU CHUNG	LRC	60-64	0:33.94	FINA World Masters Championships 2019 - Gwangju	18-Aug-19
HO ROBERT YAU CHUNG	LRC	55-59	0:32.57	FINA World Masters Championships 2014	10-Aug-14
RUST STEFAN ROBERT	LRC	50-54	0:30.97	FINA World Masters Championships 2017	20-Aug-17
SAKA TAIHEI	SGC	45-49	0:30.37	2011-12 Long Course Masters Swimming Competition - Part 1	04-Mar-12
O'NEILL DONAL THOMAS	LRC	40-44	0:28.69	World Aquatics Masters Championships – Doha 2024	01-Mar-24
NORTJE CRAIG ANDREW	VRG	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	01-Dec-19
LAU SHIU YUE	#DB	25-29	0:27.65	2022-23 Long Course Masters Swimming Competition - Part 2	15-Jan-23
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
<u>MAK SUET MAN</u>	<u>SGC</u>	<u>85-89</u>	<u>1:36.25</u>	<u>2024-25 Long Course Masters Swimming Competition - Part 3</u>	<u>23-Jun-24</u>
TAI LI HUA	SFC	80-84	0:53.45	2021-22 Long Course Masters Swimming Competition - Part 3	20-Jun-21
WONG JIM	SFC	75-79	0:55.07	2015-16 Long Course Masters Swimming Competition - Part 1	20-Mar-16
BAI XINFEN	SFC	70-74	0:44.75	2021-22 Long Course Masters Swimming Competition - Part 3	20-Jun-21
BAI XINFEN	SFC	65-69	0:42.89	Annual Long Course Masters Swimming Championships 2019	01-Dec-19
NG YEE MAN	SFC	60-64	0:45.62	Annual Long Course Masters Swimming Championships 2023	03-Dec-23
LAI SHUI NIN INGRID	YMC	55-59	0:41.05	Annual Long Course Masters Swimming Championships 2023	03-Dec-23
COGGINS LYNDA ANNE	LRC	50-54	0:35.58	16th FINA World Masters Championships 2015 in Kazan	16-Aug-15
TAM LAI LING ALISON	*FL	45-49	0:34.75	World Aquatics Masters World Championships 2023 - Kyushu	11-Aug-23
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
MAK HOI MAN SHERON	#FB	25-29	0:31.91	Annual Long Course Masters Swimming Championships 2023	03-Dec-23
AU HIU PUI	*GW	18-24	0:31.58	2018-19 Annual Long Course Masters Swimming Championships	25-Nov-18

HONG KONG MASTERS SWIMMING RECORDS

LONG COURSE

(Update to 2024-25 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
LIU WING CHIU	*TM	75-79	1:52.21	2022-23 Long Course Masters Swimming Competition - Part 2		15-Jan-23
TIN SHEUNG KWAI	NWC	70-74	1:35.27	2018-19 Long Course Masters Swimming Competition - Part 2		06-May-18
HO ROBERT YAU CHUNG	LRC	65-69	1:18.71	2022-23 Long Course Masters Swimming Competition - Part 2		15-Jan-23
HO ROBERT YAU CHUNG	LRC	60-64	1:13.98	FINA World Masters Championships 2019 - Gwangju		17-Aug-19
HO ROBERT YAU CHUNG	LRC	55-59	1:11.73	FINA World Masters Championships 2014		10-Aug-14
RUST STEFAN ROBERT	LRC	50-54	1:08.09	FINA World Masters Championships 2017		19-Aug-17
NORTJE CRAIG ANDREW	#FB	45-49	1:08.75	2024-25 Long Course Masters Swimming Competition - Part 2		28-Apr-24
O' NEILL DONAL THOMAS	LRC	40-44	1:01.05	World Aquatics Masters Championships 2024 - Doha		28-Feb-24
NORTJE CRAIG ANDREW	VRC	35-39	1:06.66	2015-16 Long Course Masters Swimming Competition - Part 2		31-May-15
LAM YAU SUN DICKSON	#DB	30-34	1:07.94	2019-20 Long Course Masters Swimming Competition - Part 2		05-May-19
CHEUNG YAU MING	#DB	25-29	1:02.70	2023-24 Long Course Masters Swimming Competition - Part 2		30-Apr-23
CHOI DERRICK CHRISTOPHER	LRC	18-24	1:02.10	2013-14 Long Course Masters Swimming Competition - Part 2		23-Jun-13

WOMEN 100M BACKSTROKE		NAME OF MEET				DATE ACHIEVED
WONG JIM	SFC	75-79	2:13.75	2016-17 Long Course Masters Swimming Competition Part 2		24-Apr-16
BAI XIUFEN	SFC	70-74	1:40.55	2022-23 Long Course Masters Swimming Competition - Part 2		15-Jan-23
NG YEE MAN	NWC	65-69	1:37.51	2024-25 Long Course Masters Swimming Competition - Part 2		28-Apr-24
NG YEE MAN	NWC	60-64	1:43.42	2022-23 Long Course Masters Swimming Competition - Part 2		15-Jan-23
LAI SHUI NIN INGRID	YMC	55-59	1:32.18	World Aquatics Masters World Championships 2023 - Kyushu		10-Aug-23
COGGINS LYNDA ANNE	LRC	50-54	1:17.38	16th FINA World Masters Championships 2015 in Kazan		15-Aug-15
TAM ALISON MAI LING	#FL	45-49	1:15.99	2022-23 Long Course Masters Swimming Competition - Part 2		15-Jan-23
KELSEY JANE MACFARLAND	LRC	40-44	1:13.75	2015-16 Long Course Masters Swimming Competition - Part 2		31-May-15
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
MOK HOI MAN SHERON	NWC	25-29	1:10.14	2024-25 Long Course Masters Swimming Competition - Part 2		28-Apr-24
LAMB ENEKA MARIE	HIS	18-24	1:11.36	2011-12 Long Course Masters Swimming Competition - Part 2		19-Jun-11

MEN 50M BREASTSTROKE		NAME OF MEET				DATE ACHIEVED
CHI LIEH YUNG	SFC	85-89	1:02.32	Annual Long Course Masters Swimming Championships 2019		01-Dec-19
CHAN KAM	SFC	80-84	0:54.52	Annual Masters Swimming Championships 2009		18-Oct-09
TIN SHEUNG KWAI	NWC	75-79	0:41.67	2023-24 Long Course Masters Swimming Competition - Part 3		18-Jun-23
TIN SHEUNG KWAI	NWC	70-74	0:39.27	2019-20 Long Course Masters Swimming Competition - Part 2		05-May-19
YONG KHIN SYN	SFC	65-69	0:37.84	2014-15 Long Course Masters Swimming Competition Part 2		29-Jun-14
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		04-Mar-12
CHEUNG CHI KIT NICHOLAS	WDS	18-24	0:28.53	Annual Long Course Masters Swimming Championships 2023		03-Dec-23

WOMEN 50M BREASTSTROKE		NAME OF MEET				DATE ACHIEVED
CHAN WAI KIANG	KTS	85-89	2:23.87	Annual Long Course Masters Swimming Championships 2019		01-Dec-19
TAI LI HUA	SFC	80-84	0:52.77	Annual Long Course Masters Swimming Championships 2019		01-Dec-19
OTSUKA TUKO	SGC	75-79	0:56.26	2014-15 Long Course Masters Swimming Competition - Part 1		22-Mar-15
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
KIRKWOOD TAIN MHAIRA	LRC	60-64	0:46.97	Annual Long Course Masters Swimming Championships 2023		03-Dec-23
LEUNG WAI FAN	KTS	55-59	0:38.73	2017-18 Long Course Masters Swimming Competition - Part 2		14-May-17
LEUNG WAI FAN	KTS	50-54	0:37.63	Annual Long Course Masters Swimming Championships 2015		20-Dec-15
KRKALO SHAUNA KATHLEEN	LRC	45-49	0:33.82	World Aquatics Masters Championships 2024 - Doha		28-Feb-24
KRKALO SHAUNA KATHLEEN	LRC	40-44	0:34.74	2022-23 Long Course Masters Swimming Competition - Part 3		12-Jun-22
NG KAM FUNG	SFC	35-39	0:34.71	Summer Masters Swimming Championships 2000		27-May-00
BARNES RUTH	LRC	30-34	0:35.23	Annual Masters Swimming Championships 2013		24-Nov-13
IP RAINBOW	FFA	25-29	0:36.06	2022-23 Long Course Masters Swimming Competition - Part 3		12-Jun-22
LI TSZ YIU	HFS	18-24	0:35.53	Annual Masters Swimming Championships 2013		24-Nov-13

HONG KONG MASTERS SWIMMING RECORDS

LONG COURSE

(Update to 2024-25 Long Course Masters Swimming Competition - Part 3)

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	06-Sep-08
WONG CHIU SHUN	SFC	75-79	1:52.09	Annual Long Course Masters Swimming Championships 2022	27-Nov-22
YONG KHIN SYN	SFC	70-74	1:34.27	2019-20 Long Course Masters Swimming Competition - Part 3	23-Jun-19
CHAN KAM POR	SFC	65-69	1:26.42	2017-18 Long Course Masters Swimming Competition Part 2	14-May-17
KOO YU FAT MARCUS	FFA	60-64	1:24.69	2022-23 Long Course Masters Swimming Competition - Part 3	12-Jun-22
WATT KAM SING MICHAEL	*FL	55-59	1:21.41	2024-25 Long Course Masters Swimming Competition - Part 2	28-Apr-24
COOPER KENNETH ALLEN	*FL	50-54	1:13.66	FINA World Masters Championships 2019 - Gwangju	13-Aug-19
COOPER KENNETH ALLEN	PSC	45-49	1:15.29	2018-19 Long Course Masters Swimming Competition - Part 2	06-May-18
FONG LIK SUN	#FB	40-44	1:10.45	Annual Long Course Masters Swimming Championships 2023	03-Dec-23
LO JONATHAN KA YAN	LRC	35-39	1:10.50	The 1st Asian Masters Swimming Championships 2018 NAGOYA (JPN)	15-Jul-18
KWOK HO TIN	NWC	30-34	1:09.75	2019-20 Long Course Masters Swimming Competition - Part 3	23-Jun-19
CHEUNG KAM KWAN RONALD	LRC	25-29	1:07.53	World Aquatics Masters World Championships 2023 - Kyushu	06-Aug-23
<u>CHEUNG CHI KIT NICHOLAS</u>	<u>WDS</u>	<u>18-24</u>	<u>1:02.67</u>	<u>2024-25 Long Course Masters Swimming Competition - Part 3</u>	<u>23-Jun-24</u>

WOMEN 100M BREASTSTROKE				NAME OF MEET	DATE ACHIEVED
WONG JIM	SFC	80-84	2:31.67	2021-22 Long Course Masters Swimming Competition - Part 3	20-Jun-21
SUEN MING CHU	SFC	75-79	2:02.61	Annual Long Course Masters Swimming Championships 2023	03-Dec-23
SUEN MING CHU	SFC	70-74	1:53.65	2018-19 Annual Long Course Masters Swimming Championships	25-Nov-18
<u>NG YEE MAN</u>	<u>NWC</u>	<u>65-69</u>	<u>1:42.94</u>	<u>2024-25 Long Course Masters Swimming Competition - Part 3</u>	<u>23-Jun-24</u>
KIRKWOOD TAIN MHAIRA	LRC	60-64	1:39.76	2023-24 Long Course Masters Swimming Competition - Part 2	30-Apr-23
KIRKWOOD TAIN MHAIRA	LRC	55-59	1:35.97	2018-19 Long Course Masters Swimming Competition - Part 2	06-May-18
YAMAGUCHI MIKA	*FL	50-54	1:27.99	World Aquatics Masters Championships - Doha 2024	27-Feb-24
KRKALO SHAUNA KATHLEEN	LRC	45-49	1:19.77	World Aquatics Masters Championships - Doha 2024	27-Feb-24
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	06-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
LAU CHUN NUNG	LTS	75-79	4:33.83	2022-23 Long Course Masters Swimming Competition - Part 1	26-Mar-23
CHAN KAM POR	SFC	70-74	3:34.76	2022-23 Long Course Masters Swimming Competition - Part 1	26-Mar-23
CHAN KAM POR	SFC	65-69	3:19.33	2017-18 Long Course Masters Swimming Competition - Part 1	25-Mar-18
CHAN KAM POR	SGC	60-64	3:07.34	2011-12 Long Course Masters Swimming Competition - Part 1	04-Mar-12
SAKA TOSHIYUKI	SGC	55-59	2:59.17	2016-17 Long Course Masters Swimming Competition - Part 1	26-Mar-17
SAKA TOSHIYUKI	SGC	50-54	2:50.25	2011-12 Long Course Masters Swimming Competition - Part 1	04-Mar-12
SAKA TOSHIYUKI	SGC	45-49	2:49.64	2010-11 Long Course Masters Swimming Championships - Part 1	20-Mar-11
FONG LIK SUN	#FB	40-44	2:38.70	2022-23 Long Course Masters Swimming Competition - Part 1	26-Mar-23
<u>LUK WING KIN ANDY</u>	<u>KHC</u>	<u>35-39</u>	<u>2:33.87</u>	<u>9th Hong Kong Games Swimming Competition</u>	<u>02-Jun-24</u>
LUK WING KIN ANDY	KHC	30-34	2:36.71	2018-19 Long Course Masters Swimming Competition - Part 1	24-Mar-19
GLASSMAN ZACHARY	LRC	25-29	2:23.47	2011-12 Long Course Masters Swimming Competition - Part 1	04-Mar-12
CHEUNG CHI KIT NICHOLAS	WDS	18-24	2:19.39	2023-24 Long Course Masters Swimming Competition - Part 1	03-Mar-24

WOMEN 200M BREASTSTROKE				NAME OF MEET	DATE ACHIEVED
WONG JIM	SFC	80-84	5:53.00	2022-23 Long Course Masters Swimming Competition - Part 1	26-Mar-23
OTSUKA YUKO	SGC	75-79	4:39.40	2016-17 Long Course Masters Swimming Competition - Part 1	26-Mar-17
SUEN MING CHU	SFC	70-74	4:01.57	2017-18 Long Course Masters Swimming Competition - Part 1	25-Mar-18
SUEN MING CHU	SGC	65-69	3:58.01	2013-14 Long Course Masters Swimming Competition - Part 1	03-Mar-13
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
CHEUNG MAN YIU	SGC	40-44	3:19.49	World Aquatics Masters World Championships 2023 - Kyushu	10-Aug-23
NEEDHAM SUZANNE HEIZER	LRC	35-39	2:56.78	FINA World Masters Championships 2012	15-Jun-12
HUGHES CHRISTINE VIRGINIA	LRC	30-34	2:52.97	World Aquatics Masters Championships - Doha 2024	02-Mar-24
LIU KA LEI	KTS	25-29	3:05.17	2013-14 Long Course Masters Swimming Competition - Part 1	03-Mar-13
PANG HIU KWAN	JHC	18-24	3:13.71	2011-12 Long Course Masters Swimming Competition - Part 1	04-Mar-12

HONG KONG MASTERS SWIMMING RECORDS

LONG COURSE

(Update to 2024-25 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	05-May-19
MAK HEI CHI	SGC	80-84	0:58.81	Winter Masters Swimming Championships 2008	22-Nov-08
TIN SHEUNG KWAI	NWC	75-79	0:41.68	Annual Masters Swimming Championships 2022	27-Nov-22
INGLIS PETER	#FB	70-74	0:36.36	2024-25 Long Course Masters Swimming Competition - Part 2	28-Apr-24
HO ROBERT YAU CHUNG	LRC	65-69	0:33.20	2022-23 Long Course Masters Swimming Competition - Part 2	15-Jan-23
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
SMIT MARCEL PIETER ARNOLD	*FL	35-39	0:26.46	World Aquatics Masters World Championships 2023 - Kyushu	07-Aug-23
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
SUEN MING CHU	SFC	75-79	0:52.07	2023-24 Long Course Masters Swimming Competition - Part 2	30-Apr-23
SUEN MING CHU	SFC	70-74	0:48.26	Annual Long Course Masters Swimming Championships 2019	01-Dec-19
TSEUNG NGA WAH	SFC	65-69	0:41.67	2024-25 Long Course Masters Swimming Competition - Part 2	28-Apr-24
KIRKWOOD TAIN MHAIRA	LRC	60-64	0:37.04	2024-25 Long Course Masters Swimming Competition - Part 2	28-Apr-24
KIRKWOOD TAIN MHAIRA	LRC	55-59	0:36.39	2018-19 Annual Long Course Masters Swimming Championships	25-Nov-18
LEE TANYA DIANE	PSC	50-54	0:32.53	The 1st Asian Masters Swimming Championships 2018 NAGOYA (JPN)	13-Jul-18
KRKALO SHAUNA KATHLEEN	LRC	45-49	0:29.02	World Aquatics Masters Championships – Doha 2024	03-Mar-24
KRKALO SHAUNA KATHLEEN	LRC	40-44	0:30.39	Annual Long Course Masters Swimming Championships 2022	27-Nov-22
YIP WING YAN	DWA	35-39	0:30.35	2024-25 Long Course Masters Swimming Competition - Part 2	28-Apr-24
ZHANG XIAO TONG ISABELLA	*FL	30-34	0:30.25	World Aquatics Masters World Championships 2023 - Kyushu	07-Aug-23
NG KA MAN	KTS	25-29	0:29.30	Annual Long Course Masters Swimming Championships	23-Nov-14
CHAN TSZ CHING	*FL	18-24	0:29.61	2023-24 Long Course Masters Swimming Competition - Part 2	30-Apr-23

MEN 100M BUTTERFLY				NAME OF MEET	DATE ACHIEVED
LEE MING	SFC	80-84	2:35.84	2010-11 Long Course Masters Swimming Championships - Part 1	20-Mar-11
CHAN SHING CHI	LTS	75-79	2:02.41	2022-23 Long Course Masters Swimming Competition - Part 1	26-Mar-23
CHAN SHING CHI	LTS	70-74	1:56.24	2018-19 Long Course Masters Swimming Competition - Part 1	24-Mar-19
MA ETIENNE	YMC	65-69	1:32.97	2023-24 Long Course Masters Swimming Competition - Part 1	03-Mar-24
HO ROBERT YAU CHUNG	LRC	60-64	1:15.51	FINA World Masters Championships 2019 - Gwangju	15-Aug-19
KOO YU FAT MARCUS	FFA	55-59	1:11.94	2016-17 Long Course Masters Swimming Competition - Part 1	26-Mar-17
JOHNSON ERIC ANDREW	LRC	50-54	1:04.49	FINA World Masters Championships 2014	10-Aug-14
SAKA TAIHEI	SGC	45-49	1:00.90	2013-14 Long Course Masters Swimming Competition - Part 1	04-Mar-12
O'NEILL DONAL THOMAS	LRC	40-44	0:59.06	World Aquatics Masters Championships 2024 - Doha	29-Feb-24
CRAIG ANDREW NORTJE	VRG	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
CHEUNG YAU MING	#DB	25-29	0:58.94	2022-23 Long Course Masters Swimming Competition - Part 1	26-Mar-23
CHEUNG YAU MING	#DB	18-24	0:59.53	2018-19 Long Course Masters Swimming Competition - Part 1	24-Mar-19

WOMEN 100M BUTTERFLY				NAME OF MEET	DATE ACHIEVED
SUEN MING CHU	SFC	70-74	1:56.01	2017-18 Long Course Masters Swimming Competition - Part 1	25-Mar-18
SUEN MING CHU	SGC	65-69	1:48.29	Masters Long Course Swimming Competition Part 1	26-Jan-14
KIRKWOOD TAIN MHAIRA	LRC	60-64	1:36.26	World Aquatics Masters Championships – Doha 2024	29-Feb-24
KIRKWOOD TAIN MHAIRA	LRC	55-59	1:31.44	2017-18 Long Course Masters Swimming Competition - Part 1	25-Mar-18
LEE TANYA DIANE	PSC	50-54	1:14.85	The 1st Asian Masters Swimming Championships 2018 NAGOYA (JPN)	16-Jul-18
PAZOS CRISTENA 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	04-Mar-12
HUGHES CHRISTINE VIRGINIA	LRC	30-34	1:10.18	World Aquatics Masters Championships – Doha 2024	29-Feb-24
CHAN WING SUET	LRC	25-29	1:08.66	FINA World Masters Championships 2014	10-Aug-14
CHAN TSZ CHING	*FL	18-24	1:07.41	2023-24 Long Course Masters Swimming Competition - Part 1	03-Mar-24

HONG KONG MASTERS SWIMMING RECORDS

LONG COURSE

(Update to 2024-25 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 CHIU SHUN	SFC	75-79	4:03.11	2022-23 Long Course Masters Swimming Competition - Part 2	15-Jan-23
CHAN KAM POR	SFC	70-74	3:17.13	Annual Long Course Masters Swimming Championships 2022	27-Nov-22
CHAN KAM POR	SFC	65-69	3:04.42	2017-18 Long Course Masters Swimming Competition - Part 1	25-Mar-18
KOO YU FAT MARCUS	FFA	60-64	2:49.64	Annual Long Course Masters Swimming Championships 2022	27-Nov-22
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
FONG LIK SUN	#FB	40-44	2:17.83	World Aquatics Masters Championships – Doha 2024	29-Feb-24
NORTJE CRAIG ANDREW	VRC	35-39	2:20.07	FINA World Masters Championships 2014	10-Aug-14
JACOBS DAMIAN CHARLES	LRC	30-34	2:25.69	FINA World Masters Championships 2014	10-Aug-14
GLASSMAN ZACHARY	LRC	25-29	2:13.80	2011-12 Long Course Masters Swimming Competition - Part 1	04-Mar-12
WONG SING TSUM DEREK	CUC	18-24	2:21.50	Annual Long Course Masters Swimming Champions 2013	24-Nov-13

WOMEN 200M INDIVIDUAL MEDLEY				NAME OF MEET	DATE ACHIEVED
SHUM CHING FONG	HFS	80-84	5:35.17	Annual Long Course Masters Swimming Championships 2013	24-Nov-13
SUEN MING CHU	SFC	75-79	4:06.12	Annual Long Course Masters Swimming Championships 2023	03-Dec-23
SUEN MING CHU	SFC	70-74	3:49.34	2018-19 Long Course Masters Swimming Competition - Part 2	06-May-18
NG YEE MAN	NWC	65-69	3:36.79	2024-25 Long Course Masters Swimming Competition - Part 2	28-Apr-24
KIRKWOOD TAIN MHAIRA	LRC	60-64	3:25.62	Annual Long Course Masters Swimming Championships 2023	03-Dec-23
KIRKWOOD TAIN MHAIRA	LRC	55-59	3:16.65	The 1st Asian Masters Swimming Championships 2018 NAGOYA (JPN)	12-Jul-18
COGGINS LYNDA ANNE	LRC	50-54	2:55.65	FINA World Masters Championships 2014	10-Aug-14
TAM MEI LING ALISON	*FL	45-49	2:45.26	World Aquatics Masters World Championships 2023 - Kyushu	08-Aug-23
KELSEY JANE MACFARLAND	LRC	40-44	2:41.17	2014-15 Long Course Masters Swimming Competition - Part 1	22-Mar-15
KELSEY JANE MACFARLAND	LRC	35-39	2:37.75	Annual Long Course Masters Swimming Champions 2013	24-Nov-13
HUGHES CHRISTINE VIRGINIA	LRC	30-34	2:37.93	World Aquatics Masters Championships – Doha 2024	29-Feb-24
CHAN WING SUET	LRC	25-29	2:36.59	FINA World Masters Championships 2014	10-Aug-14
CHARTER ROBYN JUDY	SFC	18-24	2:42.84	2018-19 Annual Long Course Masters Swimming Championships	25-Nov-18

MEN 4 X 50M FREESTYLE RELAY				NAME OF MEET	DATE ACHIEVED
SWORD FISH CLUB	SFC	320+	3:09.80	2019-20 Long Course Masters Swimming Competition - Part 3	23-Jun-19
NEW WATER POLO CLUB	NWC	280+	2:13.41	2023-24 Long Course Masters Swimming Competition - Part 1	03-Mar-24
SWORD FISH CLUB	SFC	240+	2:02.09	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
HONG KONG FOOTBALL CLUB	#FB	160+	1:40.73	World Aquatics Masters World Championships 2023 - Kyushu	05-Aug-23
NEW WATER POLO CLUB	NWC	120+	1:40.03	2018-19 Long Course Masters Swimming Competition - Part 3	24-Jun-18
DIOCESAN SCHOOL OLD BOY'S ASSOCIATION LTD	#DB	100+	1:36.96	2018-19 Long Course Masters Swimming Competition - Part 1	24-Mar-19

WOMEN 4 X 50M FREESTYLE RELAY				NAME OF MEET	DATE ACHIEVED
SWORD FISH CLUB	SFC	280+	2:42.61	Annual Long Course Masters Swimming Championships 2019	01-Dec-19
SWORD FISH CLUB	SFC	240+	2:34.06	2018-19 Annual Long Course Masters Swimming Championships	25-Nov-18
LADIES' RECREATION CLUB	LRC	200+	2:12.67	FINA World Masters Championships 2012	14-Jun-12
FASTLANE SWIMMING	*FL	160+	1:54.74	World Aquatics Masters World Championships 2023 - Kyushu	09-Aug-23
LADIES' RECREATION CLUB	LRC	120+	1:55.57	FINA World Masters Championships 2012	14-Jun-12
HONG KONG FLYING FISH ATHLETIC ASSOCIATION	FFA	100+	1:58.55	2022-23 Long Course Masters Swimming Competition - Part 3	12-Jun-22

HONG KONG MASTERS SWIMMING RECORDS

LONG COURSE

(Update to 2024-25 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	09-Dec-12
SWORD FISH CLUB	SFC	280+	2:33.32	2024-25 Long Course Masters Swimming Competition - Part 2	28-Apr-24
SWORD FISH CLUB	SFC	240+	2:19.80	Long Course Masters Swimming Competition - Part 3 2013	11-Aug-13
THE HONG KONG JOCKEY CLUB	HJC	200+	2:03.19	Winter Masters Swimming Championships 1993	11-Dec-93
YMCA OF HONG KONG	YMC	160+	1:53.94	Summer Masters Swimming Championships 1996	22-Jun-96
DIOCESAN SCHOOL OLD BOY'S ASSOCIATION LTD	#DB	120+	1:54.76	2018-19 Long Course Masters Swimming Competition - Part 1	24-Mar-19
DIOCESAN SCHOOL OLD BOY'S ASSOCIATION LTD	#DB	100+	1:49.32	2022-23 Long Course Masters Swimming Competition - Part 2	15-Jan-23
WOMEN 4 X 50M MEDLEY RELAY				NAME OF MEET	DATE ACHIEVED
SWORD FISH CLUB	SFC	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	06-May-18
MIXED 4 X 50M FREESTYLE RELAY				NAME OF MEET	DATE ACHIEVED
SWORD FISH CLUB	SFC	320+	3:38.22	2018-19 Annual Long Course Masters Swimming Championships	25-Nov-18
SWORD FISH CLUB	SFC	280+	2:25.20	2022-23 Long Course Masters Swimming Competition - Part 2	15-Jan-23
SWORD FISH CLUB	SFC	240+	2:15.69	2018-19 Annual Long Course Masters Swimming Championships	25-Nov-18
LADIES' RECREATION CLUB	LRC	200+	1:55.82	FINA World Masters Championships 2017	18-Aug-17
FASTLANE SWIMMING	*FL	160+	1:46.49	World Aquatics Masters World Championships 2023 - Kyushu	09-Aug-23
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
SWORD FISH CLUB	SFC	320+	4:35.50	2022-23 Long Course Masters Swimming Competition - Part 3	12-Jun-22
SWORD FISH CLUB	SFC	280+	2:47.88	2021-22 Long Course Masters Swimming Competition - Part 3	20-Jun-21
SWORD FISH CLUB	SFC	240+	2:43.45	2024-25 Long Course Masters Swimming Competition - Part 3	23-Jun-24
FASTLANE SWIMMING	*FL	200+	2:20.04	World Aquatics Masters World Championships 2023 - Kyushu	09-Aug-23
FASTLANE SWIMMING	*FL	160+	2:00.48	World Aquatics Masters World Championships 2023 - Kyushu	09-Aug-23
LADIES' RECREATION CLUB	LRC	120+	2:05.95	2021-22 Long Course Masters Swimming Competition - Part 3	20-Jun-21
HONG KONG POLICE SWIMMING CLUB	HKP	100+	2:09.75	2023-24 Long Course Masters Swimming Competition - Part 3	18-Jun-23

Annual LC Masters Swimming Championships 2024 - 01/12/2024

Psych Sheet

Event 1 Men 100 LC Meter Breaststroke

- 18-24 MSR: 1:02.67
- 25-29 MSR: 1:07.53
- 30-34 MSR: 1:09.75
- 35-39 MSR: 1:10.50
- 40-44 MSR: 1:10.45
- 45-49 MSR: 1:15.29
- 50-54 MSR: 1:13.66
- 55-59 MSR: 1:21.41
- 60-64 MSR: 1:24.69
- 65-69 MSR: 1:26.42

	ID#	Name	Age	Team	Seed Time
18-24					
1	30694 #IAZ	Cheung, Chi Kit Nicholas	19	Wong Tai Sin	1:03.00
2	19430 B	Mok, Yik Long	22	Diocesan School	1:20.00
3	48045 IAZ	Lo, Tsz Wang	21	Kwun Tong	1:30.00
4	38369 P	Seo, Ayden Lee Taejun	19	Current Club Ltd	1:31.18
25-29					
1	15481 B	Wong, Ho Kiu	26	RippleFly Swim Ltd	1:08.00
2	53434 IAZ	Wong, Yin Wai	28	Kwan Hung	1:20.00
3	19383 B	Lee, Man Kit	25	Kwan Hung	1:30.00
4	19958 IAZ	Wong, Ting Toh	25	Kwan Hung	1:30.00
30-34					
1	03978 #	Lau, Chun Sing	32	Eastern Winter	1:12.91
2	04637 IBZ	Kwan, Yui Hang	31	Current Club Ltd	1:20.86
3	51530 IAZ	Yuen, Kai Hong	30	South China	1:41.61
35-39					
1	51246 @^IM	Zhang, Wei	36	New Water Polo	1:25.00
2	09136 IAZ	Tsang, Chun Kin	36	New Water Polo	1:50.00
40-44					
1	48666 @ICO	Upman, David Ross	40	Fastlane Swimming	1:16.50
2	52550 IAZ	Chiu, Kelvin Ho Yin	42	Pacific	1:20.00
3	44298 IAZ	Tong, Lik Lam	40	Pacific	1:25.00
4	45574 IAZ	Ng, Siu Kwong	42	Sword Fish Club	1:45.00
5	23119 IAZ	Chan, Ying Tsung Bosco	43	Sword Fish Club	1:46.00
6	05155	Chan, Albert Kam Ming	43	Diocesan School	1:47.44
7	01948 ICZ	Tang, Ho Yuen	42	Diocesan School	1:50.00
8	52285 IAO	Lung, Donald Andrew	42	Diocesan School	2:00.00
45-49					
1	53312 IAZ	Tang, Tin Lok Stephen	48	Win Tin	1:20.83
2	53857 IAZ	Lam, Pei Wayne	45	RippleFly Swim Ltd	1:30.00
3	28849 IAZ	Chan, Chun Kuen	49	Sword Fish Club	1:36.00
4	16451	Cheng, Ngai Bun	46	Kwun Tong	1:40.00
5	05160	Chan, Ka Wo	47	Diocesan School	1:47.44
6	40834 IAZ	Chang, Hsi Tse JosephJeremy	45	Diocesan School	1:48.00
7	38831 IAZ	Leung, Yin Tat	48	Hoi Fung	1:55.73
50-54					
1	52639 @ICO	Cordina, David Henri	51	Kwun Tong	1:28.00
2	27459 IAZ	Lui, Wing Tak Victor	50	Diocesan School	1:30.00
3	26317 IAZN	Tung, Shang Wei Timothy	54	Kwun Tong	1:36.00
4	27868 IAZ	Chan, Chi Wah Ringo	52	Sword Fish Club	1:40.00
5	21008 IAZ	Cheung, Chun Kwan Michael	51	Wong Tai Sin	1:40.00
6	22422 IAZ	Tung, Ching Ho	53	YMCA OF Hong Kong	1:40.00

Annual LC Masters Swimming Championships 2024 - 01/12/2024

Psych Sheet

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

7	15166 #	Leung, Chi Keung	52 Tung Sing	1:45.00
8	35849 IAX	Ku, Kin Hing	51 Hoi Fung	1:47.73
9	40835 IAZ	Leung, Wing Hong Alvin	50 Diocesan School	1:50.00
55-59				
1	52063 @^IM	Xu, Yunan	57 New Water Polo	1:19.00
2	18856 IAZ	Au, Mun Shing	59 Sword Fish Club	1:30.00
3	53581 IAO	Shi, Bertram Emil	58 Fastlane Swimming	1:40.00
4	38127 IAZ	Leung, Cheung Wai Ricky	56 Sword Fish Club	1:50.00
5	35711 IAX	Wong, Fuk Kei	55 Sword Fish Club	1:50.00
60-64				
1	05191	Koo, Yu Fat Marcus	62 Flying Fish	1:25.00
2	43529 IAX	Ng, Wai Fung	61 Sword Fish Club	1:26.00
3	50511 @^IM	Ye, Huanliang	61 Sword Fish Club	1:40.00
4	45930 #IAZ	Lo, Wing Kwong	63 Tung Sing	1:40.00
5	32108 IAX	Chan, Kiu	62 Sword Fish Club	1:42.00
6	52308 #@^IM	Liang, Chen	63 Sword Fish Club	1:42.00
7	37048 IAZ	Cheung, Wai Chuen Jimmy	61 Sword Fish Club	1:45.00
8	39982 IAZ	Chow, Wing Chun	60 Sword Fish Club	1:48.00
9	27869 IAZ	Lee, Kam Cheong	60 Sword Fish Club	1:50.00
10	50782 @IAZ	Pang, Shu Ming	63 Sea Green	1:50.00
11	51283 IAZ	Chan, Shu Hang	60 Hoi Fung	1:55.88
12	25226 IAZ	Choi, Tai Wing	63 Sword Fish Club	1:57.00
13	10135 IAZ	Mo, Kim Fung Bosco	60 Diocesan School	2:00.00
14	40840 IAZ	Ng, Ka Yiu Karl	60 Diocesan School	2:00.00
15	38990 IAZ	Lai, Choi Wood Raymond	63 City East	2:00.00
16	07468	Cheng, Hang Chorong	60 LRC	2:20.00
65-69				
1	43205	Zhou, Jin Jia	69 New Water Polo	1:36.00
2	06281	Fung, Kam Tai	69 Sword Fish Club	1:36.00
3	50662 @^P	Zong, Cheng	66 Sword Fish Club	1:40.00
4	06176	Wong, Kung Wan	68 Sea Green	1:50.00
5	54395 IAZ	Chan, Kun Cheung	69 City East	2:00.00
6	44359 IAZ	Lee, Chi Wai	65 Kornhill	2:10.00
7	49915 @IAZ	Tai, Yu Chung	66 New Water Polo	2:10.00
70-74				
1	04504 IAO	Yura, Tadami	72 Sword Fish Club	1:38.00
2	04508	Chung, Kit Wai	70 Sword Fish Club	1:40.00
3	06382	Chan, Kam Por	72 Sword Fish Club	1:45.00
4	50503 @^IM	Feng, Bingkun	73 Sword Fish Club	1:50.00
5	06243	Koo, Choi Fat	74 Wong Tai Sin	1:55.00
6	11563	Lee, Kwok Hung	71 Sword Fish Club	2:10.00
7	43966 @^IM	Zhang, Jie	71 New Water Polo	2:18.00
75-79				
1	10274	Lau, Chun Nung	78 Lai Tsun	2:10.00
2	22182 IAZ	Ngai, Yin Leung	75 Sword Fish Club	2:17.00
3	49541 @IAXN	Yang, Victor	79 Diocesan School	2:40.00
80-84				
1	53325 IAX	Tang, Siu Chuen	82 Kwun Tong	1:00.00
2	06270	Lam, Luk Kan	83 Sword Fish Club	2:10.00
90-94				
1	38060 IAZ	Chi, Lieh Yung	90 Sword Fish Club	2:15.00

Annual LC Masters Swimming Championships 2024 - 01/12/2024

Psych Sheet

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: 1:19.77
- 50-54 MSR: 1:27.99
- 55-59 MSR: 1:35.97
- 60-64 MSR: 1:39.76
- 65-69 MSR: 1:42.94

ID#	Name	Age	Team	Seed Time
18-24... (Event 2 Women 100 LC Meter Breaststroke)				
1	20969 IAZ	Lui, Wing Lam	22 Kwun Tong	1:28.00
2	37318 IAO	Chio, Yi Lan	21 Dik Wing	1:28.61
3	29466 IAZ	Hung, Yi Yan	23 New Water Polo	1:30.00
4	54016 IAZ	Cheng, Hoi Man	19 Sword Fish Club	1:30.00
5	26669 P	Mak, Ho Yan	21 Eastern Winter	1:45.00
25-29				
1	52768 @^ICO	Barton, Lucy Rebecca	27 HK Football Club	1:25.00
2	11418 P	Chan, Yuan Ting Janet	29 Fastlane Swimming	1:27.00
3	43533 IAZ	Wong, Yu Tung	26 New Water Polo	2:00.00
30-34				
1	40652 IAO	Kong, Ingrid	31 Fastlane Swimming	1:35.00
2	52066 @^IM	Liang, Biyu	30 New Water Polo	2:00.00
3	01716	Lau, Chi Ching	30 Crest Ray	NT
35-39				
1	13384 ICZ	Lee, May Sze Mei	37 New Water Polo	1:58.00
2	48188 IAZ	Tang, Ho Tung Kathy	39 Csu	2:00.00
3	53921 IAZ	Ho, Hu Kar	36 Sword Fish Club	2:20.00
40-44				
1	51754 @^IM	Wu, Shuqin	42 New Water Polo	1:45.00
2	49329 @IAO	Ng, Carmen C M	40 Pacific	1:45.00
3	41684 IAZ	Leung, Wing Yin Winnie	40 Hoi Fung	1:50.73
4	50515 IAZ	Cheung, Hiu Yan	42 Sword Fish Club	1:55.00
5	54558 IAO	Leung, Sharon	41 LRC	2:15.00
45-49				
1	46247 @IAO	Krkalo, Shauna Kathleen	46 LRC	1:17.81
2		Oksana, Boyko	49 Wolf Pack Ukraine	X1:28.99
3	49442 IAZ	Chan, Yuk Man Phoebe	45 Sword Fish Club	1:32.00
4	30072 ICW	Chao, Man Chi	45 New Water Polo	1:38.00
5	06315	Chan, Sui Yee	48 LRC	1:46.66
6	46181 IAZ	Ng, Yan Yan Bandy	48 Tung Sing	2:00.00
7	54389 @IM	Chen, Chunyan	47 New Water Polo	2:02.00
50-54				
1	35969 IAX	Wang, Ying Lian	52 Tung Sing	1:53.00
2	06349	Ip, Oi Wa Wendy	52 Sword Fish Club	1:54.00
3	45917 @^IM	Huang, Caifang	50 New Water Polo	1:58.00
4	49204 IAZ	Cheng, Wai Man	53 Sea Green	1:58.00
5	54398 IAX	Li, Hung Mui	52 City East	2:00.00
6	35772 IAX	Ban, Xianhai	52 New Water Polo	2:00.00
7	40937 IAZ	Leung, Wai Fan Fanny	54 South China	2:15.00

Annual LC Masters Swimming Championships 2024 - 01/12/2024

Psych Sheet

55-59... (Event 2 Women 100 LC Meter Breaststroke)

1	50492 @^IM	Guo, Liyan	59	Sword Fish Club	1:50.00
2	53926 @IM	Zhang, Runqi	56	Sword Fish Club	1:50.00
3	23588 IAZ	Lee, Ying Chi	56	Tung Sing	1:57.00
4	29505 IAZ	Lai, Wai Man	59	New Water Polo	2:10.00
5	33084 IAZ	Mau, Chi Chiu Brenda	56	New Water Polo	2:10.00

60-64

1	51532 IAZ	Shek, Yuk Ching Peggy	60	South China	1:01.42
2	22428 IAZ	Lau, Yuk Lin Rocky	62	Sea Green	1:55.00
3	38289 IAZ	Ng, Wai Lin Angie	60	Sword Fish Club	2:10.00
4	45187 IAX	Chan, On Mei	61	Sword Fish Club	2:19.00

65-69

1	54338 @IM	Peng, Shuyan	65	Sword Fish Club	1:55.00
2	49428 IAX	Leong, Sao Fan	67	New Water Polo	2:13.00
3	02711	Fok, Wai Fung	66	Wong Tai Sin	2:15.54
4	14007	Ho, Yuk Ling	67	Tung Sing	2:20.00
5	43955 @^IM	Cui, Guoning	67	New Water Polo	2:30.00
6	23957 IAX	Yeung, Tun Lim Lily	67	Sword Fish Club	2:30.00

70-74

1	50480 @^ICX	Lam, Lai Mui	73	Sword Fish Club	2:30.00
2	06147	Leung Wong, Yin Har Hayley	72	Sea Green	2:30.00

75-79

1	08936	Leong, Kuai Heng	78	New Water Polo	2:30.00
---	-------	------------------	----	----------------	---------

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:	24.35
40-44 MSR:	25.15
45-49 MSR:	26.19
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					
1	50808 @^P	Cheung, Martin Cheuk-Yue	23	Fastlane Swimming	24.75
2	51730 @^IM	Xi, Kai	22	Sword Fish Club	25.00
3	22276 B	Chong, Michael Yat Tsun	23	Sword Fish Club	25.59
4	20968 B	Ho, Sze Ming	23	Diocesan School	26.00
5	25168 IAZ	Cheung, Tsz Hin Gabriel	23	Sword Fish Club	26.42
6	30694 #IAZ	Cheung, Chi Kit Nicholas	19	Wong Tai Sin	27.00
7	37171 IAZ	Wong, Wai Cheung	19	Current Club Ltd	28.01
8	40782 IAZ	Chan, Ho Long	19	Current Club Ltd	28.74
9	24053 B	Po, Hin Hang	21	Kwan Hung	30.00
10	22513 IAZ	Tang, Cheuk Yan	24	Kwun Tong	30.00
11	38369 P	Seo, Ayden Lee Taejun	19	Current Club Ltd	31.75
25-29					
1	08876 IAZ	Yiu, Sin Chun	29	St. Joseph's Col	28.00
2	53844 ICX	Wang, Yuehan	26	New Water Polo	28.00
3	42362 IAZ	Leung, Kung Ming	28	YMCA OF Hong Kong	30.00
4	08003 B	Lam, Chun Kit	29	Tuen Mun	32.00
5	54615 IAZ	Chan, Wing Hei	26	CYM	35.00

Annual LC Masters Swimming Championships 2024 - 01/12/2024

Psych Sheet

25-29... (Event 3 Men 50 LC Meter Freestyle)

6	26574 IAZ	Kwan, Leong Chun	29	Sword Fish Club	40.00
7	19383 B	Lee, Man Kit	25	Kwan Hung	45.00
8	20997 B	Yung, Cheuk Long Charlie	25	Kwan Hung	45.00

30-34

1	04637 IBZ	Kwan, Yui Hang	31	Current Club Ltd	24.94
2	05293 B	Siu, Wai Wang Derek	33	Kwan Hung	25.50
3	51779 @ICX	Lin, Hang	31	South China	29.76
4	54336 IC0	Le, Bourgeois Antoine Ma	31	Sword Fish Club	30.00
5	33387 IAO	Wu, Kenneth Yee Lok	33	Sword Fish Club	30.00
6	25585 IAZ	Tam, Yat Pang	33	Pacific	32.00
7	52752 @ICO	Hardy-Lachance, Thierry	32	Fastlane Swimming	33.00
8	51281 IAZ	Hui, Ka Yin	31	Lai Tsun	36.00
9	43822 IAZ	Wong, Lu Yeung	34	Flying Fish	NT

35-39

1	01621 #IBZ	So, Man Hon	36	HK Football Club	26.00
2	22420 IAZ	Chan, Chi Ming	38	Kwun Tong	27.00
3	00444	Lam, Yau Sun Dickson	39	Diocesan School	28.00
4	49017 @ICO	McInnes, Christopher Peter	39	Kwun Tong	28.00
5	50188 @^P	Chu, Yuan Hun	35	Fastlane Swimming	28.88
6	48667 @IRO	Wong, Dominic Clayton Joe	36	Fastlane Swimming	31.00
7	09136 IAZ	Tsang, Chun Kin	36	New Water Polo	40.00

40-44

1	50091 @P	Ang, Zhing Vehn	42	Fastlane Swimming	28.00
2	52550 IAZ	Chiu, Kelvin Ho Yin	42	Pacific	28.00
3	48856 @IAO	Gallearachie, Jeewantha Madu	40	Fastlane Swimming	28.80
4	41147 IAZ	Mok, Lai Yeung Jason	40	Diocesan School	29.00
5	11544 #	Fan, Yiu Wing	43	St. Joseph's Col	29.00
6	42024 IAZ	Tang, Cheuk Hang	40	Current Club Ltd	29.50
7	53861 IAZ	Wong, Yu Ching Eugene	44	St. Joseph's Col	30.00
8	46504 @IAO	Coe, Jason George	40	Fastlane Swimming	30.00
9	54711 @^P	Malta, Joao Carlos	42	Fastlane Swimming	30.00
10	11587	Ng, Yu Hon	41	Sea Green	30.00
11	12873	Wan, Ka Fai	42	Sea Green	30.00
12	38121 IAZ	Cheung, Chi Yan Clifford	44	Sea Green	30.25
13	42708 IAZ	Tang, Wing Chung Jonathan	42	Hoi Fung	30.54
14	49027 IAZ	Ng, Fung Kei	44	Sword Fish Club	32.00
15	45574 IAZ	Ng, Siu Kwong	42	Sword Fish Club	32.00
16	42222 IAZ	Yick, Tsip Lam	41	Sword Fish Club	32.00
17	03793 ICZ	Po, Tik San	42	New Water Polo	35.00
18	43601	Zhang, Siyuan	43	Sword Fish Club	40.00
19	23119 IAZ	Chan, Ying Tsung Bosco	43	Sword Fish Club	46.00
20	54397 IAZ	Ngan, Man Fai	44	City East	1:00.00

45-49

1	04238	Woo, Chun Kuen Douglas	46	LRC	26.21
2	49497 @ICO	Maceod, Andrew Ian	45	LRC	26.58
3	11569	Wong, Lok Shun	47	Flying Fish	30.00
4	44312 @^IM	Ma, Hui	49	New Water Polo	30.00
5	37032 IAZ	Wu, Kai Wing	48	Wong Tai Sin	30.00
6	38958 IAZ	Lai, Yiu Kuen	49	CYM	31.00
7	16451	Cheng, Ngai Bun	46	Kwun Tong	31.00
8	39987 @^P	Chu, Tong Man	48	Sword Fish Club	32.00
9	43949 @^IM	Yang, Zhipeng	48	New Water Polo	34.00
10	43948 @^IM	Wang, Shengli	45	New Water Polo	35.00
11	54381 IAZ	Siu, Wai Jung Justin	47	Diocesan School	36.00

Annual LC Masters Swimming Championships 2024 - 01/12/2024

Psych Sheet

45-49... (Event 3 Men 50 LC Meter Freestyle)

12	51531 #IAX	Tang, Min	49 Fastlane Swimming	36.00
13	51247 @^IM	Ding, Kai	48 New Water Polo	36.00
14	38831 IAZ	Leung, Yin Tat	48 Hoi Fung	39.00
15	40923 IAZ	Yip, Kam Wing	47 Sea Green	39.00
16	41885 IAZ	Leung, Kin Lung	48 Kwan Hung	40.00
17	29261 IAZ	Lai, Ka Wai	46 Tuen Mun	NT

50-54

1	10264 IAO	Faiola, Jeff Alan	53 Island Stingrays	26.49
2	31887 #IAZ	Ho, Michael Chak Sing	51 Tung Sing	28.00
3	06711	Leung, Tsz Kin	52 New Water Polo	29.51
4	02366	Li, Ka Wing	50 Kwun Tong	30.00
5	27451 IAZ	Yip, Kin Man Stephen	54 Kwun Tong	30.00
6	03372	Lau, Allan	51 Sword Fish Club	30.99
7	26821 IAZ	Chan, Kwok Chi	53 Sword Fish Club	31.88
8	06338 IAZ	Wong, Ka Fai	50 Sword Fish Club	31.88
9	40835 IAZ	Leung, Wing Hong Alvin	50 Diocesan School	35.00
10	49443 IAZN	Siu, Cheuk Kuen	52 Sword Fish Club	36.00
11	47111 IAZ	Wong, Ka Ho	51 Kwan Hung	40.00
12	50404 @IAO	Livotto, Andrea	50 Fastlane Swimming	41.00
13	54714 IAZ	Wong, Tsun Yat Gary	50 Sword Fish Club	43.00
14	21814 ICO	Mattoli, Enrico Andrea	54 LRC	NT

55-59

1	35677 IAZ	Choy, Kwok Ping	56 Kwun Tong	29.00
2	43144	Xiao, Donghong	58 New Water Polo	30.00
3	54387 @IM	Chen, Xueyong	57 Sword Fish Club	32.00
4	43158 IAZ	Chan, Tin Lung	55 Lai Tsun	34.00
5	53271 @^IM	Chen, Weizhong	55 New Water Polo	35.00
6	22433 IAZ	Lui, Man Pong	59 New Water Polo	35.00
7	32285 IAZ	Chan, Chong Kai Stephen	56 Diocesan School	36.00
8	45582 @IAO	Reeve, Blair	56 LRC	37.32
9	42364 IAZ	Lau, Yip Kwong Francis	55 Diocesan School	38.00
10	53916 IAZ	Ma, Kwok Leung	59 Sword Fish Club	42.88
11	35711 IAX	Wong, Fuk Kei	55 Sword Fish Club	45.00

60-64

1	50495 @^IM	Zhou, Liang	60 Sword Fish Club	33.00
2	50485 @^IM	Chen, Shuquan	61 New Water Polo	34.00
3	21023 IAZ	Ho, Kwong Ngai Eric	61 Sword Fish Club	35.00
4	40861 IAZ	Cheung, Chi Ming Rover	61 Sword Fish Club	37.00
5	32108 IAX	Chan, Kiu	62 Sword Fish Club	38.00
6	41007 IAZ	So, Man Sing	63 Sea Green	40.00
7	41426 IAZ	Tang, Yu Hang Francis	63 Tung Sing	52.00
8	38990 IAZ	Lai, Choi Wood Raymond	63 City East	1:00.00
9	07802	Chau, Kam Tim	64 Sea Green	1:00.00

65-69

1	42191	Lin, Haichao	67 Sword Fish Club	32.00
2	14555 @IAX	Tang, Kon Leong	68 Sword Fish Club	35.00
3	50662 @^P	Zong, Cheng	66 Sword Fish Club	35.00
4	06281	Fung, Kam Tai	69 Sword Fish Club	39.00
5	43971 IAX	Lau, Kwok Ming	67 New Water Polo	40.00
6	52766 IAO	Dundon, Christopher John	66 LRC	41.66
7	52225 @^IM	Chen, Shengyou	68 New Water Polo	42.00
8	44359 IAZ	Lee, Chi Wai	65 Kornhill	52.93
9	54395 IAZ	Chan, Kun Cheung	69 City East	1:00.00
10	17954 IAX	Cheung, Oi Kwan	66 New Water Polo	1:00.00

Annual LC Masters Swimming Championships 2024 - 01/12/2024

Psych Sheet

70-74... (Event 3 Men 50 LC Meter Freestyle)

1	06268	Tse, Kwok Piu	73	Sword Fish Club	33.00
2	06398	Cho, Wai Sun	71	Fastlane Swimming	34.80
3	41729 IAZ	Ko, Leung Hung Alex	72	Diocesan School	38.00
4	06389	Chan, Hong Wah	71	New Water Polo	40.00
5	06388	Lau, Man Kin	70	Sword Fish Club	42.00
6	53341 @^IM	Lu, Zhuoying	70	New Water Polo	50.00
7	04508	Chung, Kit Wai	70	Sword Fish Club	50.00
8	10252	Chow, Eugene	73	Diocesan School	55.00
9	11563	Lee, Kwok Hung	71	Sword Fish Club	55.00
10	23123 IAZ	Poon, Wai	72	Sword Fish Club	55.00
11	19292 IAX	Leung, Fu Keung	70	Sea Green	55.00
12	06184	Ng, Pak Chiu	70	Sea Green	55.00

75-79

1	51227 @^IM	Liang, Shuntian	75	Sword Fish Club	33.00
2	03845	Tin, Sheung Kwai	77	New Water Polo	36.00
3	23297 IAZ	Chan, Shing Chi	76	Lai Tsun	40.00
4	44756 IAZ	Lo, Che Hung	76	Lai Tsun	40.00
5	05917	Yong, Khin Syn	75	Sword Fish Club	43.00
6	49541 @IAXN	Yang, Victor	79	Diocesan School	54.00
7	14029	Ieong, Vun Fai	78	Sword Fish Club	1:00.00

80-84

1	53325 IAX	Tang, Siu Chuen	82	Kwun Tong	30.00
2	27458 IAZ	Tsui, Yau Ho	80	Sword Fish Club	1:00.00

85-89

1	05407	Lee, She Kwok	86	Sword Fish Club	56.00
2	15490	Law, Kwai Fong	88	Sword Fish Club	1:02.00

Event 4 Women 50 LC Meter Freestyle

18-24 MSR:	28.20
25-29 MSR:	27.70
30-34 MSR:	27.80
35-39 MSR:	28.10
40-44 MSR:	28.17
45-49 MSR:	27.03
50-54 MSR:	29.35
55-59 MSR:	32.17
60-64 MSR:	33.14
65-69 MSR:	35.01

	ID#	Name	Age	Team	Seed Time
18-24					
1	28694 B	Cheuk, Yuet Ying Phoebe	20	Sword Fish Club	28.11
2	34922 B	Ma, Wing Sum	20	Sword Fish Club	29.30
3	41455 IAZ	Chan, Wing Yan	18	CYM	31.00
4	28242 IAZ	Hang, Kwan Tung Ruby	22	Dik Wing	31.62
5	31206 B	Wong, Hor Kiu	19	Sword Fish Club	32.00
6	49847 IAZ	Li, Ka Yu Karen	22	Pacific	34.00
7	54016 IAZ	Cheng, Hoi Man	19	Sword Fish Club	34.00
8	27376 IAZ	Lee, Wai Ki	24	Kwan Hung	40.00
9	18489 B	Ng, Sin Yu	23	Kwan Hung	40.00
25-29					
1	11418 P	Chan, Yuan Ting Janet	29	Fastlane Swimming	30.50
2	26980 IAZ	Wong, Suet Wing	25	Dik Wing	31.47
3	23179 IAZ	Chan, Jessica	27	Fastlane Swimming	32.34

Annual LC Masters Swimming Championships 2024 - 01/12/2024

Psych Sheet

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

4	41512 IAZ	Liu, Long Yan Sedna	25 CYM	40.00
5	46852 IAZ	Wong, Hui Yan	25 CYM	40.00
6	22604 IAZ	Ng, Yuen Ying	25 Kwan Hung	40.00
7	20985 IAZ	Kwok, Tung Kwan	28 Sword Fish Club	40.00
8	39587 IAZ	Wong, Hoi Ching	28 Tuen Mun	NT

30-34

1	40652 IAO	Kong, Ingrid	31 Fastlane Swimming	33.50
2	54108 IAZ	Ng, Esther Ching Hay	30 Fastlane Swimming	37.00
3	52066 @^IM	Liang, Biyu	30 New Water Polo	45.00
4	01716	Lau, Chi Ching	30 Crest Ray	NT

35-39

1	00288 IBZ	Yip, Wing Yan	36 Dik Wing	27.70
2	02131	Tsang, Ting Yan Tania	38 LRC	30.71
3	54353 IAXN	Yeh, Grace Judy	39 Fastlane Swimming	32.00
4	49524 @IAO	Lau, Maggie Y	37 Flying Fish	32.80
5	54745 @^IM	Liu, Yijun	35 Sword Fish Club	33.00
6	48188 IAZ	Tang, Ho Tung Kathy	39 Csu	45.00

40-44

1	38440 #ICO	Eichelberger, Melissa Ann	41 HK Football Club	28.63
2	52180 IAZ	Leung, Man Kee	40 Fastlane Swimming	32.75
3	49329 @IAO	Ng, Carmen C M	40 Pacific	34.00
4	42712 IAZ	Chan, Hiu Ying	40 Real Kinetic	34.00
5	47561 IAZ	Leung, Tin Ho	40 Flying Fish	40.29
6	50515 IAZ	Cheung, Hiu Yan	42 Sword Fish Club	44.00
7	54558 IAO	Leung, Sharon	41 LRC	NT

45-49

1		Oksana, Boyko	49 Wolf Pack Ukraine	X30.42
2	40853 #@IAO	Tam, Alison Mai Ling	46 HK Football Club	31.00
3	43157 @ICO	Lee, Chew Ling	47 LRC	37.87
4	49121 IAZ	So, Chin Wing	45 New Water Polo	50.00
5	43964 @^IM	Qiu, Qi	48 New Water Polo	51.00
6	54389 @IM	Chen, Chunyan	47 New Water Polo	52.00
7	06315	Chan, Sui Yee	48 LRC	58.55
8	46181 IAZ	Ng, Yan Yan Bandy	48 Tung Sing	1:00.00

50-54

1	33517 IAO	Yamaguchi, Mika	52 RippleFly Swim Ltd	29.07
2	09870 @ICO	Chong, Yin Szu Adeline	54 Fastlane Swimming	36.50
3	35969 IAX	Wang, Ying Lian	52 Tung Sing	39.92
4	31395 IAZ	Chan, Pui Ling	54 Flying Fish	40.00
5	54834 @^IM	Yang, Yonglei	50 New Water Polo	40.00
6	54749 @^P	Loi, Wai	53 Sword Fish Club	45.00
7	47040 @IAX	Zou, Shengling	53 Tung Sing	45.00
8	43063 @IAO	Wong, Rose	54 LRC	46.71
9	49204 IAZ	Cheng, Wai Man	53 Sea Green	55.00
10	54398 IAX	Li, Hung Mui	52 City East	1:00.00
11	52764 @ICO	Schoening Naujoks, Mirjam Be	54 LRC	NT

55-59

1	40907 IAZ	Lai, Shui Nin Ingrid	57 YMCA OF Hong Kong	32.50
2	52277 @^IM	Lin, Xinyu	55 Sword Fish Club	37.00
3	23323 IAZ	Tam, Choi Ping Scalene	59 New Water Polo	38.00
4	49429 IAZ	Choy, Yee Ling Elina Elain	55 Fastlane Swimming	38.50
5	53014 IAZ	Koo, Wai Man Anne	57 Fastlane Swimming	43.29
6	36045 IAZN	Hsu, Ava	57 LRC	43.58
7	26254 IAX	Ng, Kong Ching	59 New Water Polo	45.00

Annual LC Masters Swimming Championships 2024 - 01/12/2024

Psych Sheet

55-59... (Event 4 Women 50 LC Meter Freestyle)

8	43962 @^IM	Pan, Lijian	59 New Water Polo	48.00
9	54434 @P	Ma, Mya Mya Kyu	58 Sword Fish Club	48.00
10	33084 IAZ	Mau, Chi Chiu Brenda	56 New Water Polo	57.00
11	54394 IAX	Li, Hung Ling	58 City East	1:00.00

60-64

1	06113	Dudok Van Heel, Jane	63 LRC	37.36
2	05190	Ho, Wan Sai Rita	62 Flying Fish	41.82
3	43595	Ao, Wai Lan	62 Sword Fish Club	45.00
4	51787 @^IM	Li, Weiwei	63 Sword Fish Club	47.00
5	38289 IAZ	Ng, Wai Lin Angie	60 Sword Fish Club	48.00
6	20640 IAZ	Wong, Fung Yee	64 Sword Fish Club	52.00
7	54396 IAZN	Tang, Wai Fun Caroline	64 City East	1:00.00

65-69

1	52109 @^IM	Wang, Yan	68 Sword Fish Club	35.86
2	54338 @IM	Peng, Shuyan	65 Sword Fish Club	40.00
3	03503	Castka, Gillian Hancer	68 Sword Fish Club	43.00
4	54185 IAZ	Liu, Jing	66 Sword Fish Club	48.00
5	53928 @IM	Huang, Lifang	69 Sword Fish Club	50.00
6	02711	Fok, Wai Fung	66 Wong Tai Sin	55.63
7	44785 IAZ	Luk, Yuk Mui	66 City East	1:00.00
8	06127	Lau, Wai Lin	68 New Water Polo	1:00.00
9	23957 IAX	Yeung, Tun Lim Lily	67 Sword Fish Club	1:00.00

70-74

1	46236 IAZ	Fok, Miu Han	71 New Water Polo	53.00
---	-----------	--------------	-------------------	-------

75-79

1	39991 IAS	Sam, Choi Lin	76 Sword Fish Club	50.00
2	17480 IAZ	Chow, Pui Han Angela	78 Lai Tsun	1:08.00

80-84

1	32571 IAZ	Chan, Pui Yee	80 Sword Fish Club	1:00.00
2	06372 IAZ	Leung, Mabel Yuen Ying	82 Sword Fish Club	1:10.00
3	13262	Kwong, Shuet Hing	84 Wong Tai Sin	1:12.20

85-89

1	38059 IAX	Tai, Li Hua	85 Sword Fish Club	45.00
2	06144	Mak, Suet Man	87 Sea Green	1:10.00

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:	2:17.83
45-49 MSR:	2:23.04
50-54 MSR:	2:26.14
55-59 MSR:	2:45.82
60-64 MSR:	2:49.64
65-69 MSR:	3:04.42

	ID#	Name	Age	Team	Seed Time
18-24					
1	19311 B	Tang, Ngo Chi	23	Win Tin	2:40.00
2	24053 B	Po, Hin Hang	21	Kwan Hung	2:50.00
3	38234 IAZ	Kwok, King Him	19	Current Club Ltd	3:13.54
25-29					
1	15262 B	Cheng, Yuan Andrew	27	Kwun Tong	2:27.73
2	20997 B	Yung, Cheuk Long Charlie	25	Kwan Hung	2:45.00

Annual LC Masters Swimming Championships 2024 - 01/12/2024

Psych Sheet

25-29... (Event 5 Men 200 LC Meter IM)

3	42362 IAZ	Leung, Kung Ming	28	YMCA OF Hong Kong	3:00.00
4	53844 ICX	Wang, Yuehan	26	New Water Polo	3:20.00
5	08003 B	Lam, Chun Kit	29	Tuen Mun	3:45.00
30-34					
1	06886 B	Li, Chin Long	34	Eastern Winter	2:37.91
2	43276 ICO	Gattegno, Julien	32	Fastlane Swimming	2:40.00
3	44485 IAZ	Turner, Sebastian	33	Kwun Tong	2:45.00
4	48262 IAZ	Quan, Wing Yeung Marwick	34	Sword Fish Club	3:00.00
5	33387 IAO	Wu, Kenneth Yee Lok	33	Sword Fish Club	3:00.00
35-39					
1	14526 IBZ	Ho, Chun Sum Samuel	35	New Water Polo	2:28.00
2	01621 #IBZ	So, Man Hon	36	HK Football Club	2:30.00
3	52980 IAZ	Ma, Sau Him Sean	38	New Water Polo	3:00.00
4	00115 IBZ	Lin, Wei Hung Kelvin	35	Diocesan School	3:10.00
5	51883 IAZ	Liu, Kwok Wing	37	Hoi Fung	3:10.23
40-44					
1	50091 @P	Ang, Zhing Vehn	42	Fastlane Swimming	2:30.00
2	05179 ICZ	Wan, Chun Pong Michael	40	Fastlane Swimming	2:40.50
3	01948 ICZ	Tang, Ho Yuen	42	Diocesan School	3:45.00
4	05155	Chan, Albert Kam Ming	43	Diocesan School	3:47.44
45-49					
1	27471 ICO	Nortje, Craig Andrew	46	RippleFly Swim Ltd	2:22.00
2	24603 IAZ	Hung, Ka Ming	49	YMCA OF Hong Kong	3:15.00
3	16451	Cheng, Ngai Bun	46	Kwun Tong	3:20.35
4	05160	Chan, Ka Wo	47	Diocesan School	3:47.44
5	40107 IAZ	Chan, Falcon	45	Lai Tsun	3:55.00
50-54					
1	27451 IAZ	Yip, Kin Man Stephen	54	Kwun Tong	3:03.33
2	27459 IAZ	Lui, Wing Tak Victor	50	Diocesan School	3:30.00
3	02366	Li, Ka Wing	50	Kwun Tong	3:30.00
4	26053 IAZ	Wong, Yee Keung	53	Flying Fish	3:43.00
5	15166 #	Leung, Chi Keung	52	Tung Sing	3:45.00
55-59					
1	41548 IAZ	Ip, Ka Keung Patrick	56	HK Football Club	3:20.00
2	42202	Rong, Kangwen	57	Sword Fish Club	3:30.00
3	53581 IAO	Shi, Bertram Emil	58	Fastlane Swimming	3:40.00
4	05139	Lin, Fulong	57	Flying Fish	3:42.74
5	22433 IAZ	Lui, Man Pong	59	New Water Polo	3:45.00
6	44678 IAZ	Hung, Tin Wai Robert	58	Pacific	3:45.00
7	38127 IAZ	Leung, Cheung Wai Ricky	56	Sword Fish Club	3:45.00
60-64					
1	50514 @^IM	Ye, Jinkun	62	Sword Fish Club	3:15.00
2	45198 IAZN	Lam, Tsz Kiu Goldie	62	New Water Polo	3:45.00
3	32108 IAX	Chan, Kiu	62	Sword Fish Club	3:50.00
4	27869 IAZ	Lee, Kam Cheong	60	Sword Fish Club	3:50.00
5	26594 IAZ	Ching, Wai Kin	60	Sword Fish Club	3:58.00
6	39982 IAZ	Chow, Wing Chun	60	Sword Fish Club	4:00.00
65-69					
1	03215 #IAZ	Leung, Yiu Chuen	66	Tung Sing	3:35.00
2	43205	Zhou, Jin Jia	69	New Water Polo	3:45.00
3	15527	Zhou, Hao	66	Tung Sing	3:59.00
4	06239	Chan, King Yuen	69	Lai Tsun	4:00.00
5	32520 IAX	Lam, Hoi	65	New Water Polo	4:00.00
6	48753 IAX	Fung, Sik Tong	68	Sea Green	4:00.00

Annual LC Masters Swimming Championships 2024 - 01/12/2024

Psych Sheet

65-69... (Event 5 Men 200 LC Meter IM)

7 06176 Wong, Kung Wan 68 Sea Green 4:00.00

70-74

1 06382 Chan, Kam Por 72 Sword Fish Club 3:35.00

2 11563 Lee, Kwok Hung 71 Sword Fish Club 4:00.00

3 06243 Koo, Choi Fat 74 Wong Tai Sin 4:00.00

75-79

1 22182 IAZ Ngai, Yin Leung 75 Sword Fish Club 4:00.00

Event 6 Women 200 LC Meter IM

18-24 MSR: 2:42.84

25-29 MSR: 2:36.59

30-34 MSR: 2:37.93

35-39 MSR: 2:37.75

40-44 MSR: 2:41.17

45-49 MSR: 2:45.26

50-54 MSR: 2:55.65

55-59 MSR: 3:16.65

60-64 MSR: 3:25.62

65-69 MSR: 3:36.79

	ID#	Name	Age	Team	Seed Time
18-24					
1	31444 IAX	Tang, Hiu Tung	23	Pacific	2:51.75
2	20969 IAZ	Lui, Wing Lam	22	Kwun Tong	3:01.06
3	31206 B	Wong, Hor Kiu	19	Sword Fish Club	3:03.00
4	26669 P	Mak, Ho Yan	21	Eastern Winter	3:15.00
5	53920 @IM	Lan, Yan	20	Sword Fish Club	3:40.00
25-29					
1	26980 IAZ	Wong, Suet Wing	25	Dik Wing	2:57.28
40-44					
1	42712 IAZ	Chan, Hiu Ying	40	Real Kinetic	3:10.00
2	41684 IAZ	Leung, Wing Yin Winnie	40	Hoi Fung	3:31.41
3	43972 @^IM	Liu, Bei	43	New Water Polo	3:50.00
4	47561 IAZ	Leung, Tin Ho	40	Flying Fish	3:50.28
5	34701 IAZ	Au, Hoi Ying	41	Flying Fish	3:55.00
6	52816 IAZ	Leung, Siu Wan	43	Kornhill	3:55.00
45-49					
1		Oksana, Boyko	49	Wolf Pack Ukraine	X3:55.00
50-54					
1	31395 IAZ	Chan, Pui Ling	54	Flying Fish	3:55.00
2	45917 @^IM	Huang, Caifang	50	New Water Polo	3:55.00
3	36431 @^P	Buchta, Katrin	54	Sword Fish Club	3:55.00
4	06349	Ip, Oi Wa Wendy	52	Sword Fish Club	3:55.00
5	40912 IAZ	Ng, Yee Ling	53	Tolo Harbour	3:55.00
55-59					
1	52998 @^IM	Wu, Xiaomin	55	New Water Polo	3:55.00
2	23588 IAZ	Lee, Ying Chi	56	Tung Sing	3:55.00
3	06337	Tse, Yee Wah	58	YMCA OF Hong Kong	3:55.00
60-64					
1	51472 @IM	Pang, Yunxiao	60	New Water Polo	3:48.00
2	50490 @^IM	Liang, Yanling	60	Sword Fish Club	4:00.00
65-69					
1	49914 @IAXB	Ng, Yee Man	65	New Water Polo	3:28.00
2	52109 @^IM	Wang, Yan	68	Sword Fish Club	3:45.00

Annual LC Masters Swimming Championships 2024 - 01/12/2024

Psych Sheet

70-74... (Event 6 Women 200 LC Meter IM)

1 39357 @^P Mak, Sok Iun 74 Sword Fish Club 4:10.00

Event 7 Men 50 LC Meter Backstroke

18-24 MSR: 28.26

25-29 MSR: 27.65

30-34 MSR: 29.77

35-39 MSR: 30.38

40-44 MSR: 28.69

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	22276 B	Chong, Michael Yat Tsun	23	Sword Fish Club	29.95
2	20968 B	Ho, Sze Ming	23	Diocesan School	30.00
3	40782 IAZ	Chan, Ho Long	19	Current Club Ltd	37.98
4	38234 IAZ	Kwok, King Him	19	Current Club Ltd	41.98
25-29					
1	08003 B	Lam, Chun Kit	29	Tuen Mun	45.00
2	26574 IAZ	Kwan, Leong Chun	29	Sword Fish Club	1:00.00
30-34					
1	05293 B	Siu, Wai Wang Derek	33	Kwan Hung	29.08
2		Kam, Travis Hockin	30	Canadian Dolphin	X30.00
3	06886 B	Li, Chin Long	34	Eastern Winter	32.17
4	48262 IAZ	Quan, Wing Yeung Marwick	34	Sword Fish Club	36.00
5	04637 IBZ	Kwan, Yui Hang	31	Current Club Ltd	38.00
6	33387 IAO	Wu, Kenneth Yee Lok	33	Sword Fish Club	39.00
7	25585 IAZ	Tam, Yat Pang	33	Pacific	40.00
8	51530 IAZ	Yuen, Kai Hong	30	South China	NT
35-39					
1	54715 IAZ	Tsai, Chun Yu Gary	37	Diocesan School	30.00
2	00444	Lam, Yau Sun Dickson	39	Diocesan School	32.00
3	52309 #@^IM	Shi, Liang	39	Sword Fish Club	33.00
4	00115 IBZ	Lin, Wei Hung Kelvin	35	Diocesan School	34.00
5	52980 IAZ	Ma, Sau Him Sean	38	New Water Polo	35.00
6	38304 #IAO	Chee, Hoi-Tung Christopher	38	Tung Sing	36.00
7	51883 IAZ	Liu, Kwok Wing	37	Hoi Fung	43.63
8	23298 IAZ	Li, Cheuk Bun	39	Wong Tai Sin	50.00
40-44					
1	46248 @ICO	O' Neill, Donal Thomas	44	LRC	28.14
2	08963 ICZ	Lee, Chun Yeung	44	Wong Tai Sin	38.00
3	41147 IAZ	Mok, Lai Yeung Jason	40	Diocesan School	40.00
4	01948 ICZ	Tang, Ho Yuen	42	Diocesan School	40.00
5	03793 ICZ	Po, Tik San	42	New Water Polo	40.00
6	49027 IAZ	Ng, Fung Kei	44	Sword Fish Club	41.00
45-49					
1	49497 @ICO	Macceod, Andrew Ian	45	LRC	32.87
2	54381 IAZ	Siu, Wai Jung Justin	47	Diocesan School	39.00
3	41885 IAZ	Leung, Kin Lung	48	Kwan Hung	45.00
50-54					
1	06711	Leung, Tsz Kin	52	New Water Polo	35.11

Annual LC Masters Swimming Championships 2024 - 01/12/2024

Psych Sheet

50-54... (Event 7 Men 50 LC Meter Backstroke)

2	27451 IAZ	Yip, Kin Man Stephen	54 Kwun Tong	37.00
3	30710 IAZ	Lai, Kin Sun	54 Flying Fish	39.00
4	26821 IAZ	Chan, Kwok Chi	53 Sword Fish Club	39.88
5	06338 IAZ	Wong, Ka Fai	50 Sword Fish Club	39.88
6	26053 IAZ	Wong, Yee Keung	53 Flying Fish	40.00
7	35849 IAX	Ku, Kin Hing	51 Hoi Fung	50.73
8	21814 ICO	Mattoli, Enrico Andrea	54 LRC	NT

55-59

1	41548 IAZ	Ip, Ka Keung Patrick	56 HK Football Club	39.00
2	43144	Xiao, Donghong	58 New Water Polo	42.00
3	52275 @^IM	Shan, Jinzhi	56 Sword Fish Club	43.00
4	05139	Lin, Fulong	57 Flying Fish	43.08
5	45582 @IAO	Reeve, Blair	56 LRC	51.60
6	43970 @^IM	Liang, Zhiwen	58 New Water Polo	54.00
7	21736 IAM	Lo, Lai Tou	56 Sword Fish Club	54.00
8	35711 IAX	Wong, Fuk Kei	55 Sword Fish Club	57.00

60-64

1	05191	Koo, Yu Fat Marcus	62 Flying Fish	38.00
2	50482 @^IM	Chen, Heqiang	61 Sword Fish Club	40.00
3	15528	Tsui, Tak Shing Dominic	62 Fastlane Swimming	43.50
4	52308 #@^IM	Liang, Chen	63 Sword Fish Club	45.00
5	21023 IAZ	Ho, Kwong Ngai Eric	61 Sword Fish Club	47.00
6	40942 P	He, Gaoxiong	62 New Water Polo	48.00
7	40840 IAZ	Ng, Ka Yiu Karl	60 Diocesan School	50.00
8	45198 IAZN	Lam, Tsz Kiu Goldie	62 New Water Polo	50.00
9	10135 IAZ	Mo, Kim Fung Bosco	60 Diocesan School	55.00
10	25226 IAZ	Choi, Tai Wing	63 Sword Fish Club	55.00
11	38990 IAZ	Lai, Choi Wood Raymond	63 City East	1:00.00

65-69

1	42191	Lin, Haichao	67 Sword Fish Club	41.00
2	03215 #IAZ	Leung, Yiu Chuen	66 Tung Sing	43.00
3	14555 @IAX	Tang, Kon Leong	68 Sword Fish Club	45.00
4	06281	Fung, Kam Tai	69 Sword Fish Club	48.00
5	43971 IAX	Lau, Kwok Ming	67 New Water Polo	57.00
6	49915 @IAX	Tai, Yu Chung	66 New Water Polo	57.00

70-74

1	06398	Cho, Wai Sun	71 Fastlane Swimming	43.80
2	37684 IAZ	Mok, Yun Cheung	74 Sword Fish Club	46.00
3	53341 @^IM	Lu, Zhuoying	70 New Water Polo	50.00
4	20634 IAZ	Wu, Shu Sun	74 New Water Polo	50.00
5	06388	Lau, Man Kin	70 Sword Fish Club	50.00
6	38699 IAZ	Tse, Siu Hei	74 Kornhill	54.16
7	23123 IAZ	Poon, Wai	72 Sword Fish Club	1:10.00

75-79

1	03845	Tin, Sheung Kwai	77 New Water Polo	44.00
2	44756 IAZ	Lo, Che Hung	76 Lai Tsun	50.00
3	06242	Lau, Heung Wing	75 Wong Tai Sin	1:12.00
4	40518 IAZ	Liu, Wing Chiu	76 Tuen Mun	1:15.00

80-84

1	53325 IAX	Tang, Siu Chuen	82 Kwun Tong	34.00
2	27458 IAZ	Tsui, Yau Ho	80 Sword Fish Club	1:01.00

85-89

1	05407	Lee, She Kwok	86 Sword Fish Club	1:04.00
---	-------	---------------	--------------------	---------

Annual LC Masters Swimming Championships 2024 - 01/12/2024

Psych Sheet

Event 8 Women 50 LC Meter Backstroke

18-24 MSR:	31.58
25-29 MSR:	31.91
30-34 MSR:	32.81
35-39 MSR:	34.04
40-44 MSR:	34.40
45-49 MSR:	34.75
50-54 MSR:	35.58
55-59 MSR:	41.05
60-64 MSR:	45.62
65-69 MSR:	42.89

	ID#	Name	Age	Team	Seed Time
18-24... (Event 8 Women 50 LC Meter Backstroke)					
1	34922 B	Ma, Wing Sum	20	Sword Fish Club	34.00
2	41455 IAZ	Chan, Wing Yan	18	CYM	35.00
3	25461 B	Wong, Tsz Wan	21	Compass	36.28
4	20969 IAZ	Lui, Wing Lam	22	Kwun Tong	38.00
5	31206 B	Wong, Hor Kiu	19	Sword Fish Club	38.00
6	28242 IAZ	Hang, Kwan Tung Ruby	22	Dik Wing	39.26
25-29					
1	23179 IAZ	Chan, Jessica	27	Fastlane Swimming	40.16
2	46852 IAZ	Wong, Hui Yan	25	CYM	45.00
3	22604 IAZ	Ng, Yuen Ying	25	Kwan Hung	45.00
4	41512 IAZ	Liu, Long Yan Sedna	25	CYM	50.00
5	43533 IAZ	Wong, Yu Tung	26	New Water Polo	1:00.00
30-34					
1	54108 IAZ	Ng, Esther Ching Hay	30	Fastlane Swimming	45.00
2	01716	Lau, Chi Ching	30	Crest Ray	NT
35-39					
1	00288 IBZ	Yip, Wing Yan	36	Dik Wing	33.50
2	02131	Tsang, Ting Yan Tania	38	LRC	33.85
3	52770 IAO	Sjoholm, Ingrid Christina	38	HK Football Club	34.50
4	54353 IAXN	Yeh, Grace Judy	39	Fastlane Swimming	37.00
5	49524 @IAO	Lau, Maggie Y	37	Flying Fish	43.00
6	48188 IAZ	Tang, Ho Tung Kathy	39	Csu	55.00
7	13384 ICZ	Lee, May Sze Mei	37	New Water Polo	58.00
40-44					
1	52816 IAZ	Leung, Siu Wan	43	Kornhill	44.51
2	41684 IAZ	Leung, Wing Yin Winnie	40	Hoi Fung	50.73
3	34701 IAZ	Au, Hoi Ying	41	Flying Fish	1:03.42
45-49					
1	46247 @IAO	Krkalo, Shauna Kathleen	46	LRC	34.79
2	40853 #@IAO	Tam, Alison Mai Ling	46	HK Football Club	35.00
3	36785 IAZ	Inglis, Alexandra Sinead	49	LRC	45.85
4	45139 IAZ	Tai, Kwan Yee	47	Hoi Fung	47.73
5	46181 IAZ	Ng, Yan Yan Bandy	48	Tung Sing	1:00.00
50-54					
1	09870 @ICO	Chong, Yin Szu Adeline	54	Fastlane Swimming	42.50
2	36431 @^P	Buchta, Katrin	54	Sword Fish Club	48.00
3	54749 @^P	Loi, Wai	53	Sword Fish Club	50.00
4	27128 IAZ	Lau, Yan Yan	50	Flying Fish	54.99
5	47040 @IAX	Zou, Shengling	53	Tung Sing	56.00
6	31395 IAZ	Chan, Pui Ling	54	Flying Fish	58.00

Annual LC Masters Swimming Championships 2024 - 01/12/2024

Psych Sheet

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

7	35772 IAX	Ban, Xianhai	52	New Water Polo	1:00.00
8	43520	Luo, Juanhui	54	New Water Polo	1:00.00
9	44641 IAZ	Chan, Suk Yin	52	Sword Fish Club	1:20.00
10	52764 @ICO	Schoening Naujoks, Mirjam Be	54	LRC	NT
11	40937 IAZ	Leung, Wai Fan Fanny	54	South China	NT
55-59					
1	40907 IAZ	Lai, Shui Nin Ingrid	57	YMCA OF Hong Kong	42.00
2	49429 IAZ	Choy, Yee Ling Elina Elain	55	Fastlane Swimming	49.50
3	26254 IAX	Ng, Kong Ching	59	New Water Polo	52.00
4	53014 IAZ	Koo, Wai Man Anne	57	Fastlane Swimming	53.00
5	06337	Tse, Yee Wah	58	YMCA OF Hong Kong	55.00
6	54394 IAX	Li, Hung Ling	58	City East	1:00.00
7	43962 @^IM	Pan, Lijian	59	New Water Polo	1:01.00
8	43947 @^IM	Xing, Xiaojuan	55	New Water Polo	1:13.97
9	41911 IAZN	Ng, Kit Man Joanna	59	New Water Polo	1:31.00
60-64					
1	06113	Dudok Van Heel, Jane	63	LRC	45.32
2	39985 IC	Yeung, Hiu Wa	61	Sword Fish Club	49.00
3	05190	Ho, Wan Sai Rita	62	Flying Fish	49.09
4	30804 IAON	Yue, Roberta May-wan	61	LRC	49.26
5	50490 @^IM	Liang, Yanling	60	Sword Fish Club	50.00
6	22428 IAZ	Lau, Yuk Lin Rocky	62	Sea Green	1:00.00
7	51532 IAZ	Shek, Yuk Ching Peggy	60	South China	1:01.18
8	20640 IAZ	Wong, Fung Yee	64	Sword Fish Club	1:14.00
65-69					
1	49914 @IAXB	Ng, Yee Man	65	New Water Polo	45.00
2	52109 @^IM	Wang, Yan	68	Sword Fish Club	45.67
3	53928 @IM	Huang, Lifang	69	Sword Fish Club	55.00
4	44785 IAZ	Luk, Yuk Mui	66	City East	1:00.00
5	54185 IAZ	Liu, Jing	66	Sword Fish Club	1:00.00
6	43974 @^IM	Chang, Jianhua	65	New Water Polo	1:05.00
7	23957 IAX	Yeung, Tun Lim Lily	67	Sword Fish Club	1:05.00
8	06127	Lau, Wai Lin	68	New Water Polo	1:10.00
9	14007	Ho, Yuk Ling	67	Tung Sing	1:10.00
70-74					
1	22852 ICX	Bai, Xiufen	73	Sword Fish Club	45.00
2	50480 @^ICX	Lam, Lai Mui	73	Sword Fish Club	1:10.00
3	39357 @^P	Mak, Sok Iun	74	Sword Fish Club	1:15.00
4	06147	Leung Wong, Yin Har Hayley	72	Sea Green	1:30.00
75-79					
1	39991 IAS	Sam, Choi Lin	76	Sword Fish Club	59.00
2	17480 IAZ	Chow, Pui Han Angela	78	Lai Tsun	1:16.00
3	08936	Leong, Kuai Heng	78	New Water Polo	1:32.00
80-84					
1	06374	Wong, Jim	83	Sword Fish Club	1:03.00
2	06372 IAZ	Leung, Mabel Yuen Ying	82	Sword Fish Club	1:33.00
3	13262	Kwong, Shuet Hing	84	Wong Tai Sin	1:43.08
85-89					
1	38059 IAX	Tai, Li Hua	85	Sword Fish Club	53.00
2	06144	Mak, Suet Man	87	Sea Green	1:15.00

Annual LC Masters Swimming Championships 2024 - 01/12/2024

Psych Sheet

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:	54.42
40-44 MSR:	56.60
45-49 MSR:	58.48
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... (Event 9 Men 100 LC Meter Freestyle)					
1	22816 IAZ	Cheung, Tsz Nok	21	Dik Wing	57.83
2	34058 B	Chow, Hong-Yo Sandy	20	Pacific	1:00.00
3	25168 IAZ	Cheung, Tsz Hin Gabriel	23	Sword Fish Club	1:00.00
4	37171 IAZ	Wong, Wai Cheung	19	Current Club Ltd	1:01.58
5	28567 #IAZ	Tam, Wang Yin	24	Eastern Winter	1:05.00
6	50181 @^ICO	Zheng, Jiale	20	Kwun Tong	1:05.00
7	48045 IAZ	Lo, Tsz Wang	21	Kwun Tong	1:10.00
8	47054 IAZ	Ho, Ethan Jordan	22	Diocesan School	1:40.00
25-29					
1	12437 B	Wong, Kai Man	28	RippleFly Swim Ltd	1:01.00
2	12397 B	Lee, Tsz Hong	26	New Water Polo	1:02.00
3	23695 IAZ	Lee, Michael Le Jin	29	Current Club Ltd	1:05.05
4	18442 P	Yeung, Christopher Chun Yin	26	New Water Polo	1:06.00
5	42362 IAZ	Leung, Kung Ming	28	YMCA OF Hong Kong	1:10.00
6	15815	Lo, Ting Kin	28	Sea Green	1:12.00
7	26574 IAZ	Kwan, Leong Chun	29	Sword Fish Club	1:28.00
30-34					
1	02021 IBZ	Chow, Man Ho	34	Kwan Hung	56.76
2	01389	Leung, Wing Chun	32	Diocesan School	1:00.00
3	03978 #	Lau, Chun Sing	32	Eastern Winter	1:03.26
4	51779 @ICX	Lin, Hang	31	South China	1:07.96
5	51281 IAZ	Hui, Ka Yin	31	Lai Tsun	1:12.00
6	54336 ICO	Le, Bourgeois Antoine Ma	31	Sword Fish Club	1:15.00
7	54334 @IM	Li, Liangliang	30	New Water Polo	1:30.00
35-39					
1	51101 #@ICO	Smit, Marcel Pieter Arnold	37	HK Football Club	53.66
2	22420 IAZ	Chan, Chi Ming	38	Kwun Tong	1:01.00
3	49017 @ICO	McInnes, Christopher Peter	39	Kwun Tong	1:03.00
4	45108 ICO	MC Hugh, Darren Pascal	37	VRC	1:03.00
5	10309 #IBZ	Leung, Chin Fung	35	HK Football Club	1:04.00
6	38441 ICO	Davis, Shane Joseph	38	HK Football Club	1:06.00
7	50188 @^P	Chu, Yuan Hun	35	Fastlane Swimming	1:06.66
8	52309 #@^IM	Shi, Liang	39	Sword Fish Club	1:07.00
9	27873 IAZ	Ko, King Hei	36	New Water Polo	1:08.00
10	51246 @^IM	Zhang, Wei	36	New Water Polo	1:10.00
11	00104	Lo, Shek Pui	35	HK Football Club	1:10.50
12	48667 @IRO	Wong, Dominic Clayton Joe	36	Fastlane Swimming	1:12.00
13	42848 P	Li, Yuhui	35	Sword Fish Club	1:40.00
40-44					
1	44769 ICO	Sharp, Braedon	41	HK Football Club	57.00

Annual LC Masters Swimming Championships 2024 - 01/12/2024

Psych Sheet

40-44... (Event 9 Men 100 LC Meter Freestyle)

2	50091 @P	Ang, Zhing Vehn	42 Fastlane Swimming	1:03.00
3	03409	Ho, Kin Kan Adrian	41 Barracuda	1:05.00
4	30399 IAZ	Lam, Shu Wing	41 Flying Fish	1:05.00
5	46504 @IAO	Coe, Jason George	40 Fastlane Swimming	1:06.00
6	48856 @IAO	Gallearachie, Jeewantha Madu	40 Fastlane Swimming	1:06.60
7	42024 IAZ	Tang, Cheuk Hang	40 Current Club Ltd	1:06.76
8	54711 @^P	Malta, Joao Carlos	42 Fastlane Swimming	1:08.00
9	38121 IAZ	Cheung, Chi Yan Clifford	44 Sea Green	1:08.00
10	12873	Wan, Ka Fai	42 Sea Green	1:08.00
11	12176 ICZ	Ng, Siu Yu	42 Sword Fish Club	1:10.00
12	08963 ICZ	Lee, Chun Yeung	44 Wong Tai Sin	1:10.00
13	05179 ICZ	Wan, Chun Pong Michael	40 Fastlane Swimming	1:10.50
14	42708 IAZ	Tang, Wing Chung Jonathan	42 Hoi Fung	1:10.51
15	42222 IAZ	Yick, Tsip Lam	41 Sword Fish Club	1:12.00
16	10317	Ng, Ka Wing	44 Diocesan School	1:30.00
17	38035 IAZ	Mok, Kin Fan	44 Tolo Harbour	1:40.00
18	54397 IAZ	Ngan, Man Fai	44 City East	2:00.00

45-49

1	27471 ICO	Nortje, Craig Andrew	46 RippleFly Swim Ltd	58.00
2	04238	Woo, Chun Kuen Douglas	46 LRC	59.03
3	53312 IAZ	Tang, Tin Lok Stephen	48 Win Tin	1:04.42
4	28849 IAZ	Chan, Chun Kuen	49 Sword Fish Club	1:07.00
5	37032 IAZ	Wu, Kai Wing	48 Wong Tai Sin	1:10.00
6	40107 IAZ	Chan, Falcon	45 Lai Tsun	1:12.00
7	39987 @^P	Chu, Tong Man	48 Sword Fish Club	1:12.00
8	43949 @^IM	Yang, Zhipeng	48 New Water Polo	1:18.00
9	51192 IAZ	Lo, Yui Man	47 Flying Fish	1:19.00
10	51247 @^IM	Ding, Kai	48 New Water Polo	1:28.00
11	43948 @^IM	Wang, Shengli	45 New Water Polo	1:30.00
12	37781 IAZ	Lo, Kar Lai Gary	46 New Water Polo	1:45.00
13	50902 IAZ	Sit, Ming Yeung	47 Pacific	1:50.00
14	41887 IAZ	Woo, Cheuk Yiu Jeffrey	49 YMCA OF Hong Kong	1:50.00

50-54

1	10264 IAO	Faiola, Jeff Alan	53 Island Stingrays	1:02.68
2	06310	Chan, Fung Sun	51 Kwun Tong	1:08.00
3	02366	Li, Ka Wing	50 Kwun Tong	1:08.00
4	26821 IAZ	Chan, Kwok Chi	53 Sword Fish Club	1:09.99
5	03372	Lau, Allan	51 Sword Fish Club	1:09.99
6	21814 ICO	Mattoli, Enrico Andrea	54 LRC	1:16.93
7	49443 IAZN	Siu, Cheuk Kuen	52 Sword Fish Club	1:25.00
8	50404 @IAO	Livotto, Andrea	50 Fastlane Swimming	1:35.00

55-59

1	05138	Lanzone, Francesco	56 Barracuda	1:09.50
2	54387 @IM	Chen, Xueyong	57 Sword Fish Club	1:14.00
3	53271 @^IM	Chen, Weizhong	55 New Water Polo	1:22.00
4	05139	Lin, Fulong	57 Flying Fish	1:24.41
5	39306 IAZ	Lee, Tak Shun Benson	58 Hoi Fung	1:30.54
6	45582 @IAO	Reeve, Blair	56 LRC	1:32.22
7	29472 IAZN	Choi, Kwok Man Tony	58 Sword Fish Club	1:50.00
8	40836 IAZ	Ho, Kwok Chung Anthony	59 Diocesan School	1:55.00
9	42202	Rong, Kangwen	57 Sword Fish Club	NT

60-64

1	50482 @^IM	Chen, Heqiang	61 Sword Fish Club	1:15.00
2	50485 @^IM	Chen, Shuquan	61 New Water Polo	1:16.00

Annual LC Masters Swimming Championships 2024 - 01/12/2024

Psych Sheet

60-64... (Event 9 Men 100 LC Meter Freestyle)

3	26594 IAZ	Ching, Wai Kin	60	Sword Fish Club	1:24.00
4	45198 IAZN	Lam, Tsz Kiu Goldie	62	New Water Polo	1:25.00
5	37048 IAZ	Cheung, Wai Chuen Jimmy	61	Sword Fish Club	1:26.00
6	40942 P	He, Gaoxiong	62	New Water Polo	1:28.00
7	40861 IAZ	Cheung, Chi Ming Rover	61	Sword Fish Club	1:30.00
8	43959 IAX	Li, Yuan	61	New Water Polo	1:40.00
65-69					
1	45199 IAZ	Fok, Siu Por	66	New Water Polo	1:30.00
2	52225 @^IM	Chen, Shengyou	68	New Water Polo	1:38.00
3	15527	Zhou, Hao	66	Tung Sing	1:50.00
4	44359 IAZ	Lee, Chi Wai	65	Kornhill	2:10.00
5	06331 ICZ	Ma, Etienne	67	YMCA OF Hong Kong	2:10.00
70-74					
1	06268	Tse, Kwok Piu	73	Sword Fish Club	1:16.00
2	26318	Suen, Chi Wing	70	Sword Fish Club	1:35.00
3	50503 @^IM	Feng, Bingkun	73	Sword Fish Club	1:40.00
75-79					
1	44756 IAZ	Lo, Che Hung	76	Lai Tsun	1:40.00
80-84					
1	27458 IAZ	Tsui, Yau Ho	80	Sword Fish Club	2:00.00
85-89					
1	06246	Ling, Wang Yam	87	Wong Tai Sin	2:13.00
2	05407	Lee, She Kwok	86	Sword Fish Club	2:15.00
3	15490	Law, Kwai Fong	88	Sword Fish Club	2:20.00

Event 10 Women 100 LC Meter Freestyle

18-24 MSR:	1:00.63
25-29 MSR:	1:01.02
30-34 MSR:	1:01.79
35-39 MSR:	1:01.54
40-44 MSR:	1:01.45
45-49 MSR:	1:02.25
50-54 MSR:	1:05.38
55-59 MSR:	1:14.96
60-64 MSR:	1:17.42
65-69 MSR:	1:28.57

	ID#	Name	Age	Team	Seed Time
18-24					
1	34922 B	Ma, Wing Sum	20	Sword Fish Club	1:04.02
2	25461 B	Wong, Tsz Wan	21	Compass	1:07.00
3	31444 IAX	Tang, Hiu Tung	23	Pacific	1:08.40
4	27376 IAZ	Lee, Wai Ki	24	Kwan Hung	1:15.00
5	29466 IAZ	Hung, Yi Yan	23	New Water Polo	1:15.00
6	37318 IAO	Chio, Yi Lan	21	Dik Wing	1:18.24
25-29					
1	09413 B	Fang, Ka Ying	29	Eastern Winter	1:07.81
2	46331 @ICO	Brueck, Hannah Madeleine	28	Fastlane Swimming	1:10.00
3	18350 #IAZ	Lam, Nga Yin Eunice	28	Fastlane Swimming	1:16.00
4	23179 IAZ	Chan, Jessica	27	Fastlane Swimming	1:16.43
5	09959 IAZ	Mok, Hoi Man Sheron	29	New Water Polo	1:20.00
6	20985 IAZ	Kwok, Tung Kwan	28	Sword Fish Club	1:50.00
7	43597 @^IM	Su, Wenting	28	Sword Fish Club	2:00.00
30-34					
1	50922 @ICO	Hughes, Christine Virginia	33	LRC	1:05.28

Annual LC Masters Swimming Championships 2024 - 01/12/2024

Psych Sheet

30-34... (Event 10 Women 100 LC Meter Freestyle)

2	01262	Mau, Lok Yan Eunice	31	Current Club Ltd	1:08.65
3	03730 IBZ	Li, Jamie	32	Kwan Hung	1:09.99
4	01441	Yeung, Hiu Ching Judy	33	New Water Polo	1:20.00
5	06608 B	Shek, Yan Sin	31	New Water Polo	1:40.00

35-39

1	02685 ICZ	Master, Farah Jimmy	39	HK Football Club	1:02.20
2	52770 IAO	Sjoholm, Ingrid Christina	38	HK Football Club	1:06.00
3	26745 ICX	Chen, Yangyang	39	LRC	1:06.45
4	54353 IAXN	Yeh, Grace Judy	39	Fastlane Swimming	1:10.50
5	50102 IAO	Li, Jacqueline Hsuanying	37	Fastlane Swimming	1:25.00
6	02647 IBZ	Lee, Pui Ka	35	Wong Tai Sin	1:30.00
7	53100 IAX	Wong, Sze Kei	35	Fastlane Swimming	1:32.00
8	13384 ICZ	Lee, May Sze Mei	37	New Water Polo	1:48.00

40-44

1	38440 #ICO	Eichelberger, Melissa Ann	41	HK Football Club	1:05.50
2	44676 IAZ	Lam, Sze Wai Jacqueline	44	Jockey Club	1:24.64
3	38502 ICO	Alfheim, Mai-britt	42	Barracuda	1:29.00
4	50247 IAZ	Lo, Ching Yin Esther	42	Jockey Club	1:38.26
5	53256 @^IM	Deng, Weina	41	New Water Polo	1:48.00
6	47582 @IAX	Dong, Lei	42	South China	NT

45-49

1	40853 #@IAO	Tam, Alison Mai Ling	46	HK Football Club	1:08.00
2	33036 ICO	Coleman, Claire Michelle	46	Fastlane Swimming	1:12.00
3	49442 IAZ	Chan, Yuk Man Phoebe	45	Sword Fish Club	1:18.00
4	08977	Ho, Yee Yun Rosalind	45	Current Club Ltd	1:22.72
5	45139 IAZ	Tai, Kwan Yee	47	Hoi Fung	1:30.00
6	36785 IAZ	Inglis, Alexandra Sinead	49	LRC	1:38.69
7	51799 @^IM	Chen, Xiaoyun	48	New Water Polo	2:00.00

50-54

1	33517 IAO	Yamaguchi, Mika	52	RippleFly Swim Ltd	1:06.00
2	50110 IAZ	Chow, Yin Wei Nora	52	New Water Polo	1:21.00
3	36434 IAZ	Lam, Wing Yan Jada	50	Jockey Club	1:24.00
4	35969 IAX	Wang, Ying Lian	52	Tung Sing	1:33.17
5	09870 @ICO	Chong, Yin Szu Adeline	54	Fastlane Swimming	1:35.00
6	36431 @^P	Buchta, Katrin	54	Sword Fish Club	1:35.00
7	52996 IAX	Shum, Yim	53	Current Club Ltd	1:40.00
8	40912 IAZ	Ng, Yee Ling	53	Tolo Harbour	1:40.00
9	54834 @^IM	Yang, Yonglei	50	New Water Polo	1:40.00
10	47040 @IAX	Zou, Shengling	53	Tung Sing	1:42.00
11	43520	Luo, Juanhui	54	New Water Polo	1:58.00
12	52764 @ICO	Schoening Naujoks, Mirjam Be	54	LRC	2:15.00
13	44641 IAZ	Chan, Suk Yin	52	Sword Fish Club	2:15.00

55-59

1	40907 IAZ	Lai, Shui Nin Ingrid	57	YMCA OF Hong Kong	1:16.00
2	52277 @^IM	Lin, Xinyu	55	Sword Fish Club	1:25.00
3	23323 IAZ	Tam, Choi Ping Scalene	59	New Water Polo	1:38.00
4	36045 IAZN	Hsu, Ava	57	LRC	1:39.09
5	43525	Bao, Haiyan	56	New Water Polo	1:58.00
6	54434 @P	Ma, Mya Mya Kyu	58	Sword Fish Club	2:05.00

60-64

1	26049 IAZ	Kirkwood, Tain Mhaira	61	LRC	1:17.42
2	06113	Dudok Van Heel, Jane	63	LRC	1:23.37
3	43595	Ao, Wai Lan	62	Sword Fish Club	1:42.00
4	54396 IAZN	Tang, Wai Fun Caroline	64	City East	2:00.00

Annual LC Masters Swimming Championships 2024 - 01/12/2024

Psych Sheet

60-64... (Event 10 Women 100 LC Meter Freestyle)

5	39985 IC	Yeung, Hiu Wa	61	Sword Fish Club	2:00.00
6	30804 IAON	Yue, Roberta May-wan	61	LRC	2:20.00
7	37056 IAZ	Wong, Hoi Ping Carol	64	Tuen Mun	NT

65-69

1	19290 IAX	Tseung, Nga Wah	67	Sword Fish Club	1:35.00
2	03503	Castka, Gillian Hancer	68	Sword Fish Club	1:38.00
3	43974 @^IM	Chang, Jianhua	65	New Water Polo	1:45.00
4	52149 @^IM	Li, Huiling	66	Sword Fish Club	2:30.00

70-74

1	46236 IAZ	Fok, Miu Han	71	New Water Polo	2:03.00
2	50480 @^ICX	Lam, Lai Mui	73	Sword Fish Club	2:20.00

75-79

1	39991 IAS	Sam, Choi Lin	76	Sword Fish Club	2:00.00
2	06212	Lo, Yeuk Shuen	75	Wong Tai Sin	2:30.00

80-84

1	32571 IAZ	Chan, Pui Yee	80	Sword Fish Club	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: 26.46

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: 33.20

	ID#	Name	Age	Team	Seed Time
18-24					
1	19311 B	Tang, Ngo Chi	23	Win Tin	28.00
2	50181 @^ICO	Zheng, Jiale	20	Kwun Tong	29.00
3	33975 B	Wong, Hoi Yi Ryan	19	Sword Fish Club	29.00
4	19430 B	Mok, Yik Long	22	Diocesan School	30.00
5	24053 B	Po, Hin Hang	21	Kwan Hung	30.00
6	22513 IAZ	Tang, Cheuk Yan	24	Kwun Tong	32.00
25-29					
1	53844 ICX	Wang, Yuehan	26	New Water Polo	30.00
2	18442 P	Yeung, Christopher Chun Yin	26	New Water Polo	30.00
3	12437 B	Wong, Kai Man	28	RippleFly Swim Ltd	33.00
4	06863	Miao, Ho Yeung Ernest	29	Pacific	33.00
5	23695 IAZ	Lee, Michael Le Jin	29	Current Club Ltd	33.23
6	08876 IAZ	Yiu, Sin Chun	29	St. Joseph's Col	35.00
7	19958 IAZ	Wong, Ting Toh	25	Kwan Hung	40.00
8	19383 B	Lee, Man Kit	25	Kwan Hung	45.00
9	19797 IAZ	So, Pak Hin Nico	27	Flying Fish	NT
30-34					
1	05577 IBZ	Yuen, Marcus	30	LRC	28.01
2		Kam, Travis Hockin	30	Canadian Dolphin	X29.00
3	01389	Leung, Wing Chun	32	Diocesan School	30.00
4	00749 B	Cheng, Ka Ki Kelvin	32	Kwan Hung	30.50
5	48262 IAZ	Quan, Wing Yeung Marwick	34	Sword Fish Club	32.00
6	51779 @ICX	Lin, Hang	31	South China	32.60
7	52752 @ICO	Hardy-Lachance, Thierry	32	Fastlane Swimming	37.00

Annual LC Masters Swimming Championships 2024 - 01/12/2024

Psych Sheet

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

8	43822 IAZ	Wong, Lu Yeung	34 Flying Fish	NT
35-39				
1	51101 #@ICO	Smit, Marcel Pieter Arnold	37 HK Football Club	26.50
2	03667 IBZ	Wong, Sai Man Sherman	35 New Water Polo	28.00
3	27874 IAZ	Chan, Cheuk Man	36 New Water Polo	29.00
4	53849 IAZ	Lai, Wai Lam	37 Csu	31.00
5	00385	Cheng, Pong Man Reuben	35 Flying Fish	32.00
6	50486 @^IM	Liao, Qi	38 Sword Fish Club	35.00
7	23298 IAZ	Li, Cheuk Bun	39 Wong Tai Sin	35.00
8	38441 ICO	Davis, Shane Joseph	38 HK Football Club	36.00
9	01622 ICZ	Wong, Chun Ho John	39 St. Joseph's Col	40.00
10	49017 @ICO	Mcinnis, Christopher Peter	39 Kwun Tong	40.00
11	42848 P	Li, Yuhui	35 Sword Fish Club	50.00
40-44				
1	46248 @ICO	O' Neill, Donal Thomas	44 LRC	26.91
2	44769 ICO	Sharp, Braedon	41 HK Football Club	28.50
3	11544 #	Fan, Yiu Wing	43 St. Joseph's Col	31.00
4	02029 IAZ	Wong, King Fung Kelvin	40 St. Joseph's Col	31.00
5	54711 @^P	Malta, Joao Carlos	42 Fastlane Swimming	33.50
6	03793 ICZ	Po, Tik San	42 New Water Polo	35.00
7	41147 IAZ	Mok, Lai Yeung Jason	40 Diocesan School	36.00
8	10317	Ng, Ka Wing	44 Diocesan School	36.00
9	19591 IAZ	Ho, Tze Him Lincoln	42 Tolo Harbour	45.00
10	43601	Zhang, Siyuan	43 Sword Fish Club	50.00
11	54397 IAZ	Ngan, Man Fai	44 City East	1:00.00
12	38035 IAZ	Mok, Kin Fan	44 Tolo Harbour	1:00.00
45-49				
1	27471 ICO	Nortje, Craig Andrew	46 RippleFly Swim Ltd	28.00
2	49497 @ICO	Macceod, Andrew Ian	45 LRC	29.22
3	04238	Woo, Chun Kuen Douglas	46 LRC	30.01
4	44312 @^IM	Ma, Hui	49 New Water Polo	34.00
5	40107 IAZ	Chan, Falcon	45 Lai Tsun	36.00
6	37032 IAZ	Wu, Kai Wing	48 Wong Tai Sin	38.00
7	41887 IAZ	Woo, Cheuk Yiu Jeffrey	49 YMCA OF Hong Kong	39.00
8	40558 IAZ	Law, Sai Wo	45 Tolo Harbour	39.90
9	11569	Wong, Lok Shun	47 Flying Fish	40.00
10	37781 IAZ	Lo, Kar Lai Gary	46 New Water Polo	40.00
11	51531 #IAX	Tang, Min	49 Fastlane Swimming	42.00
12	51192 IAZ	Lo, Yui Man	47 Flying Fish	44.00
50-54				
1	10264 IAO	Faiola, Jeff Alan	53 Island Stingrays	29.18
2	23497 IAZ	Au Yeung, Wai Kit	50 Kwun Tong	30.00
3	03372	Lau, Allan	51 Sword Fish Club	31.99
4	06310	Chan, Fung Sun	51 Kwun Tong	32.00
5	06711	Leung, Tsz Kin	52 New Water Polo	32.00
6	39203 IAX	Lau, Hang	50 Sword Fish Club	32.00
7	25112 IAO	Cheung Alexander, Howarth Y	53 LRC	32.51
8	21008 IAZ	Cheung, Chun Kwan Michael	51 Wong Tai Sin	40.00
9	38451 IAZ	Chong, Ming Hing	52 CYM	50.00
10	43954 @^IM	Gao, Dongyun	54 New Water Polo	59.00
55-59				
1	43144	Xiao, Donghong	58 New Water Polo	32.00
2	53271 @^IM	Chen, Weizhong	55 New Water Polo	39.00
3	13992	Yim, Chung Chee	59 YMCA OF Hong Kong	39.00

Annual LC Masters Swimming Championships 2024 - 01/12/2024

Psych Sheet

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

4	32285 IAZ	Chan, Chong Kai Stephen	56	Diocesan School	40.00
5	53916 IAZ	Ma, Kwok Leung	59	Sword Fish Club	43.00
6	44678 IAZ	Hung, Tin Wai Robert	58	Pacific	45.50
7	39306 IAZ	Lee, Tak Shun Benson	58	Hoi Fung	55.73
8	43970 @^IM	Liang, Zhiwen	58	New Water Polo	58.00
9	29472 IAZN	Choi, Kwok Man Tony	58	Sword Fish Club	58.00

60-64

1	50485 @^IM	Chen, Shuquan	61	New Water Polo	36.00
2	50514 @^IM	Ye, Jinkun	62	Sword Fish Club	38.00
3	39982 IAZ	Chow, Wing Chun	60	Sword Fish Club	42.00
4	21023 IAZ	Ho, Kwong Ngai Eric	61	Sword Fish Club	42.00
5	26594 IAZ	Ching, Wai Kin	60	Sword Fish Club	46.00
6	41007 IAZ	So, Man Sing	63	Sea Green	55.00
7	51956 @IM	Bai, Xiang	62	New Water Polo	59.00
8	07802	Chau, Kam Tim	64	Sea Green	1:20.00

65-69

1	42191	Lin, Haichao	67	Sword Fish Club	37.00
2	03215 #IAZ	Leung, Yiu Chuen	66	Tung Sing	38.00
3	52225 @^IM	Chen, Shengyou	68	New Water Polo	46.00
4	15527	Zhou, Hao	66	Tung Sing	59.00

70-74

1	36553 IAO	Inglis, Peter	70	HK Football Club	36.00
2	53341 @^IM	Lu, Zhuoying	70	New Water Polo	50.00
3	06388	Lau, Man Kin	70	Sword Fish Club	50.00
4	10252	Chow, Eugene	73	Diocesan School	1:03.00
5	06184	Ng, Pak Chiu	70	Sea Green	1:08.00

75-79

1	51227 @^IM	Liang, Shuntian	75	Sword Fish Club	36.00
2	23297 IAZ	Chan, Shing Chi	76	Lai Tsun	52.00
3	22182 IAZ	Ngai, Yin Leung	75	Sword Fish Club	57.04

Event 12 Women 50 LC Meter Butterfly

18-24 MSR:	29.61
25-29 MSR:	29.30
30-34 MSR:	30.25
35-39 MSR:	30.35
40-44 MSR:	30.39
45-49 MSR:	29.02
50-54 MSR:	32.53
55-59 MSR:	36.39
60-64 MSR:	37.04
65-69 MSR:	41.67

	ID#	Name	Age	Team	Seed Time
18-24					
1	28694 B	Cheuk, Yuet Ying Phoebe	20	Sword Fish Club	31.00
2	31444 IAX	Tang, Hiu Tung	23	Pacific	31.90
3	27376 IAZ	Lee, Wai Ki	24	Kwan Hung	35.00
25-29					
1	09959 IAZ	Mok, Hoi Man Sheron	29	New Water Polo	32.00
2	09413 B	Fang, Ka Ying	29	Eastern Winter	34.23
3	18350 #IAZ	Lam, Nga Yin Eunice	28	Fastlane Swimming	38.00
4	43597 @^IM	Su, Wenting	28	Sword Fish Club	55.00
30-34					
1	01262	Mau, Lok Yan Eunice	31	Current Club Ltd	30.86

Annual LC Masters Swimming Championships 2024 - 01/12/2024

Psych Sheet

30-34... (Event 12 Women 50 LC Meter Butterfly)

2	50922 @ICO	Hughes, Christine Virginia	33 LRC	32.75
3	02295 IBZ	Tao, Wai Kiu	31 Kwan Hung	40.00
4	01441	Yeung, Hiu Ching Judy	33 New Water Polo	40.00
35-39				
1	00288 IBZ	Yip, Wing Yan	36 Dik Wing	30.35
2	02685 ICZ	Master, Farah Jimmy	39 HK Football Club	31.00
3	26745 ICX	Chen, Yangyang	39 LRC	32.32
4	00085	Yu, Pei En Priscilla	35 Current Club Ltd	36.13
40-44				
1	01625 #ICZ	Wu, Ka Wing	42 HK Football Club	34.00
2	52180 IAZ	Leung, Man Kee	40 Fastlane Swimming	36.86
3	51754 @^IM	Wu, Shuqin	42 New Water Polo	42.00
4	38502 ICO	Alfheim, Mai-britt	42 Barracuda	43.00
5	44676 IAZ	Lam, Sze Wai Jacqueline	44 Jockey Club	43.00
6	47561 IAZ	Leung, Tin Ho	40 Flying Fish	47.37
7	34701 IAZ	Au, Hoi Ying	41 Flying Fish	57.00
45-49				
1	46247 @IAO	Krkalo, Shauna Kathleen	46 LRC	29.02
2	30072 ICW	Chao, Man Chi	45 New Water Polo	40.00
3	08977	Ho, Yee Yun Rosalind	45 Current Club Ltd	42.11
4	36785 IAZ	Inglis, Alexandra Sinead	49 LRC	42.51
5	42192 @^IM	Chen, Yunlin	48 Sword Fish Club	43.00
6	51799 @^IM	Chen, Xiaoyun	48 New Water Polo	59.00
50-54				
1	36434 IAZ	Lam, Wing Yan Jada	50 Jockey Club	42.00
2	35772 IAX	Ban, Xianhai	52 New Water Polo	1:00.00
3	40912 IAZ	Ng, Yee Ling	53 Tolo Harbour	1:00.00
55-59				
1	26254 IAX	Ng, Kong Ching	59 New Water Polo	58.00
2	43525	Bao, Haiyan	56 New Water Polo	1:08.00
60-64				
1	26049 IAZ	Kirkwood, Tain Mhaira	61 LRC	37.47
2	51472 @IM	Pang, Yunxiao	60 New Water Polo	43.00
3	41423 IAZ	Chiu, Pauline	62 Tung Sing	49.00
4	51787 @^IM	Li, Weiwei	63 Sword Fish Club	50.00
5	45187 IAX	Chan, On Mei	61 Sword Fish Club	1:05.00
65-69				
1	49914 @IAXB	Ng, Yee Man	65 New Water Polo	47.00
2	19290 IAX	Tseung, Nga Wah	67 Sword Fish Club	48.00
3	03503	Castka, Gillian Hancer	68 Sword Fish Club	54.00
4	06355	Lo, Lai Yung	69 New Water Polo	55.00
5	43955 @^IM	Cui, Guoning	67 New Water Polo	1:20.00
70-74				
1	39357 @^P	Mak, Sok Iun	74 Sword Fish Club	1:10.00
75-79				
1	06357	Suen, Ming Chu	76 Sword Fish Club	55.00
2	08936	Leong, Kuai Heng	78 New Water Polo	1:37.00
80-84				
1	06372 IAZ	Leung, Mabel Yuen Ying	82 Sword Fish Club	1:30.00

Annual LC Masters Swimming Championships 2024 - 01/12/2024

Psych Sheet

Event 13 Men 4x50 LC Meter Medley Relay

- 100-119 MSR: 1:49.32
- 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: 2:33.32
- 320-359 MSR: 3:30.63

	Team	Relay	Seed Time
120-159... (Event 13 Men 4x50 LC Meter Medley Relay)			
1	St. Joseph's College Old Boys'	M120 A	2:20.00
2	Kwun Tong Swimming Club	M120 A	NT
3	New Water Polo Club	M120 A	NT
4	Pacific Swimming Club	M120 A	NT
5	Sword Fish Club	M120 A	NT
6	Sea Green Swimming & L.S. C	M120 A	NT
7	Fastlane Swimming	M120 A	NT
8	Hong Kong Football Club	M120 A	NT
9	Ladies' Recreation Club	M120 A	NT
160-199			
1	Wong Tai Sin District L.S. S.	M160 A	3:00.00
2	HK Flying Fish Athletic Assn	M160 A	NT
3	Hoi Fung Swimming Club	M160 A	NT
4	Kwun Tong Swimming Club	M160 A	NT
5	New Water Polo Club	M160 A	NT
6	Pacific Swimming Club	M160 A	NT
7	Sword Fish Club	M160 A	NT
8	Sea Green Swimming & L.S. C	M160 A	NT
9	Tung Sing Athletic Association	M160 A	NT
10	Fastlane Swimming	M160 A	NT
11	Diocesan School Old Boys' Ass	M160 A	NT
12	Hong Kong Football Club	M160 A	NT
13	Ladies' Recreation Club	M160 A	NT
200-239			
1	YMCA OF Hong Kong	M200 A	2:30.00
2	Kwun Tong Swimming Club	M200 A	NT
3	Lai Tsun Swimming Society	M200 A	NT
4	New Water Polo Club	M200 A	NT
5	Sword Fish Club	M200 A	NT
6	Fastlane Swimming	M200 A	NT
7	Diocesan School Old Boys' Ass	M200 A	NT
8	Hong Kong Football Club	M200 A	NT
9	Ladies' Recreation Club	M200 A	NT
240-279			
1	Lai Tsun Swimming Society	M240 A	NT
2	New Water Polo Club	M240 A	NT
3	Sword Fish Club	M240 A	NT
4	Sea Green Swimming & L.S. C	M240 A	NT
5	Fastlane Swimming	M240 A	NT
6	Diocesan School Old Boys' Ass	M240 A	NT
7	Ladies' Recreation Club	M240 A	NT
280-319			
1	Wong Tai Sin District L.S. S.	M280 A	3:00.00

Annual LC Masters Swimming Championships 2024 - 01/12/2024

Psych Sheet

280-319... (Event 13 Men 4x50 LC Meter Medley Relay)

2	Lai Tsun Swimming Society	M280	A	NT
3	New Water Polo Club	M280	A	NT
4	Sword Fish Club	M280	A	NT
5	Sea Green Swimming & L.S. Club	M280	A	NT
6	Diocesan School Old Boys' Assn	M280	A	NT

320-359

1	Sword Fish Club	M320	A	NT
---	-----------------	------	---	----

Event 14 Women 4x50 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	Fastlane Swimming	W100 A	NT
120-159			
1	New Water Polo Club	W120 A	NT
2	Sword Fish Club	W120 A	NT
3	Fastlane Swimming	W120 A	NT
4	Hong Kong Football Club	W120 A	NT
5	Ladies' Recreation Club	W120 A	NT
160-199			
1	Current Club Ltd	W160 A	NT
2	HK Flying Fish Athletic Assn	W160 A	NT
3	New Water Polo Club	W160 A	NT
4	Sword Fish Club	W160 A	NT
5	Fastlane Swimming	W160 A	NT
6	Hong Kong Football Club	W160 A	NT
7	Ladies' Recreation Club	W160 A	NT
200-239			
1	Wong Tai Sin District L.S. S.	W200 A	3:00.00
2	New Water Polo Club	W200 A	NT
3	Sword Fish Club	W200 A	NT
4	Tung Sing Athletic Association	W200 A	NT
5	Fastlane Swimming	W200 A	NT
6	Ladies' Recreation Club	W200 A	NT
240-279			
1	City East Sports Club	W240 A	5:30.00
2	New Water Polo Club	W240 A	NT
3	Sword Fish Club	W240 A	NT
4	Ladies' Recreation Club	W240 A	NT
280-319			
1	New Water Polo Club	W280 A	NT
2	Sword Fish Club	W280 A	NT
320-359			
1	Sword Fish Club	W320 A	NT

Annual LC Masters Swimming Championships 2024 - 01/12/2024

Psych Sheet

Event 15 Men 50 LC Meter Breaststroke

18-24 MSR:	28.53
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	30694 #IAZ	Cheung, Chi Kit Nicholas	19 Wong Tai Sin	29.00
2	51730 @^IM	Xi, Kai	22 Sword Fish Club	30.00
3	32363 IAZ	Wong, Tsz Shing	19 Dik Wing	33.10
4	22816 IAZ	Cheung, Tsz Nok	21 Dik Wing	33.44
5	19430 B	Mok, Yik Long	22 Diocesan School	35.00
6	34058 B	Chow, Hong-Yo Sandy	20 Pacific	36.00
7	54726 IAZ	Lam, Ka Chun	21 St. Joseph's Col	40.00
8	28567 #IAZ	Tam, Wang Yin	24 Eastern Winter	40.00
9	50181 @^ICO	Zheng, Jiale	20 Kwun Tong	40.00
10	47054 IAZ	Ho, Ethan Jordan	22 Diocesan School	48.00
25-29				
1	15481 B	Wong, Ho Kiu	26 RippleFly Swim Ltd	30.00
2	12397 B	Lee, Tsz Hong	26 New Water Polo	36.00
3	06863	Miao, Ho Yeung Ernest	29 Pacific	36.00
4	08876 IAZ	Yiu, Sin Chun	29 St. Joseph's Col	40.00
5	19958 IAZ	Wong, Ting Toh	25 Kwan Hung	40.00
30-34				
1	05577 IBZ	Yuen, Marcus	30 LRC	30.81
2	42728 P	Febo, Christopher Vincenzo	31 Sword Fish Club	31.00
3	03978 #	Lau, Chun Sing	32 Eastern Winter	32.26
4	54192 IAX	Wu, Kin Wai	31 Juan Hua Club	44.00
5	54334 @IM	Li, Liangliang	30 New Water Polo	46.00
35-39				
1	22420 IAZ	Chan, Chi Ming	38 Kwun Tong	34.00
2	00104	Lo, Shek Pui	35 HK Football Club	38.00
3	50486 @^IM	Liao, Qi	38 Sword Fish Club	38.00
4	10309 #IBZ	Leung, Chin Fung	35 HK Football Club	39.00
5	27873 IAZ	Ko, King Hei	36 New Water Polo	39.00
6	45108 ICO	MC Hugh, Darren Pascal	37 VRC	40.00
7	01622 ICZ	Wong, Chun Ho John	39 St. Joseph's Col	45.00
8	42848 P	Li, Yuhui	35 Sword Fish Club	1:00.00
40-44				
1	52550 IAZ	Chiu, Kelvin Ho Yin	42 Pacific	33.00
2	48666 @ICO	Upman, David Ross	40 Fastlane Swimming	34.00
3	44298 IAZ	Tong, Lik Lam	40 Pacific	35.00
4	46248 @ICO	O' Neill, Donal Thomas	44 LRC	36.34
5	12873	Wan, Ka Fai	42 Sea Green	37.00
6	11544 #	Fan, Yiu Wing	43 St. Joseph's Col	38.00
7	50499 @^IM	Zhao, Liang	44 Sword Fish Club	38.00
8	08964 #IAZ	Yeung, Wai Kam William	41 Tung Sing	39.00

Annual LC Masters Swimming Championships 2024 - 01/12/2024

Psych Sheet

40-44... (Event 15 Men 50 LC Meter Breaststroke)

9	42708 IAZ	Tang, Wing Chung Jonathan	42 Hoi Fung	40.87
10	11587	Ng, Yu Hon	41 Sea Green	41.00
11	42222 IAZ	Yick, Tsip Lam	41 Sword Fish Club	43.00
12	10317	Ng, Ka Wing	44 Diocesan School	44.00
13	49027 IAZ	Ng, Fung Kei	44 Sword Fish Club	44.00
14	52285 IAO	Lung, Donald Andrew	42 Diocesan School	45.00
15	45574 IAZ	Ng, Siu Kwong	42 Sword Fish Club	45.00
16	03409	Ho, Kin Kan Adrian	41 Barracuda	49.00
17	19591 IAZ	Ho, Tze Him Lincoln	42 Tolo Harbour	50.00
18	38035 IAZ	Mok, Kin Fan	44 Tolo Harbour	50.00
19	44769 ICO	Sharp, Braedon	41 HK Football Club	55.00

45-49

1	53312 IAZ	Tang, Tin Lok Stephen	48 Win Tin	36.00
2	05160	Chan, Ka Wo	47 Diocesan School	37.00
3	40558 IAZ	Law, Sai Wo	45 Tolo Harbour	39.90
4	40834 IAZ	Chang, Hsi Tse JosephJeremy	45 Diocesan School	40.00
5	11569	Wong, Lok Shun	47 Flying Fish	40.00
6	38958 IAZ	Lai, Yiu Kuen	49 CYM	41.00
7	51531 #IAZ	Tang, Min	49 Fastlane Swimming	55.00
8	50902 IAZ	Sit, Ming Yeung	47 Pacific	1:00.00
9	05068	Yuen, Chung Ho Albert	49 South China	NT

50-54

1	23497 IAZ	Au Yeung, Wai Kit	50 Kwun Tong	30.00
2	25112 IAO	Cheung Alexander, Howarth Y	53 LRC	34.88
3	41908 IAZ	Lee, Chi Hang Edmond	50 Jockey Club	36.50
4	27459 IAZ	Lui, Wing Tak Victor	50 Diocesan School	38.00
5	06338 IAZ	Wong, Ka Fai	50 Sword Fish Club	39.88
6	30710 IAZ	Lai, Kin Sun	54 Flying Fish	40.00
7	52639 @ICO	Cordina, David Henri	51 Kwun Tong	40.00
8	26317 IAZN	Tung, Shang Wei Timothy	54 Kwun Tong	40.00
9	26053 IAZ	Wong, Yee Keung	53 Flying Fish	44.00
10	35849 IAZ	Ku, Kin Hing	51 Hoi Fung	44.20
11	46434 IAZ	Tse, Chee Ho Bruce	54 Sword Fish Club	45.00
12	40835 IAZ	Leung, Wing Hong Alvin	50 Diocesan School	47.00
13	38451 IAZ	Chong, Ming Hing	52 CYM	50.00
14	43954 @^IM	Gao, Dongyun	54 New Water Polo	52.00
15	21008 IAZ	Cheung, Chun Kwan Michael	51 Wong Tai Sin	1:45.00

55-59

1	35677 IAZ	Choy, Kwok Ping	56 Kwun Tong	34.00
2	52063 @^IM	Xu, Yunan	57 New Water Polo	35.00
3	32253 IAZ	Watt, Kam Sing Michael	57 Fastlane Swimming	35.50
4	05138	Lanzone, Francesco	56 Barracuda	38.50
5	18856 IAZ	Au, Mun Shing	59 Sword Fish Club	39.00
6	42364 IAZ	Lau, Yip Kwong Francis	55 Diocesan School	42.00
7	44678 IAZ	Hung, Tin Wai Robert	58 Pacific	44.36
8	43158 IAZ	Chan, Tin Lung	55 Lai Tsun	45.00
9	21736 IAM	Lo, Lai Tou	56 Sword Fish Club	48.00
10	40836 IAZ	Ho, Kwok Chung Anthony	59 Diocesan School	52.00
11	19345 #IAZ	Kwok, Yam Yung	59 YMCA OF Hong Kong	NT

60-64

1	43529 IAZ	Ng, Wai Fung	61 Sword Fish Club	38.00
2	52308 #@^IM	Liang, Chen	63 Sword Fish Club	40.00
3	45930 #IAZ	Lo, Wing Kwong	63 Tung Sing	40.00
4	50511 @^IM	Ye, Huanliang	61 Sword Fish Club	41.00

Annual LC Masters Swimming Championships 2024 - 01/12/2024

Psych Sheet

60-64... (Event 15 Men 50 LC Meter Breaststroke)

5	15528	Tsui, Tak Shing Dominic	62	Fastlane Swimming	41.50
6	51283 IAZ	Chan, Shu Hang	60	Hoi Fung	43.33
7	26176 IAX	Ho, Chung Man	61	Lai Tsun	47.00
8	37048 IAZ	Cheung, Wai Chuen Jimmy	61	Sword Fish Club	47.00
9	10135 IAZ	Mo, Kim Fung Bosco	60	Diocesan School	48.00
10	40840 IAZ	Ng, Ka Yiu Karl	60	Diocesan School	48.00
11	50782 @IAX	Pang, Shu Ming	63	Sea Green	49.00
12	40861 IAZ	Cheung, Chi Ming Rover	61	Sword Fish Club	50.00
13	18872 IAZ	Chan, Kin Chung	63	Wong Tai Sin	50.00
14	25226 IAZ	Choi, Tai Wing	63	Sword Fish Club	55.00
15	41426 IAZ	Tang, Yu Hang Francis	63	Tung Sing	58.00

65-69

1	50662 @^P	Zong, Cheng	66	Sword Fish Club	40.00
2	14555 @IAX	Tang, Kon Leong	68	Sword Fish Club	42.00
3	43205	Zhou, Jin Jia	69	New Water Polo	43.00
4	54395 IAZ	Chan, Kun Cheung	69	City East	1:00.00
5	49915 @IAX	Tai, Yu Chung	66	New Water Polo	1:03.00

70-74

1	36553 IAO	Inglis, Peter	70	HK Football Club	40.00
2	06382	Chan, Kam Por	72	Sword Fish Club	45.00
3	50503 @^IM	Feng, Bingkun	73	Sword Fish Club	49.00
4	06389	Chan, Hong Wah	71	New Water Polo	50.00
5	06243	Koo, Choi Fat	74	Wong Tai Sin	50.00
6	04508	Chung, Kit Wai	70	Sword Fish Club	54.00
7	43966 @^IM	Zhang, Jie	71	New Water Polo	55.00
8	10252	Chow, Eugene	73	Diocesan School	1:20.00

75-79

1	05917	Yong, Khin Syn	75	Sword Fish Club	50.00
2	10274	Lau, Chun Nung	78	Lai Tsun	1:05.00
3	23289 IAX	Chan, Chi Chung	76	Lai Tsun	1:10.00
4	49541 @IAXN	Yang, Victor	79	Diocesan School	1:15.00
5	14029	Ieong, Vun Fai	78	Sword Fish Club	1:15.00

80-84

1	06270	Lam, Luk Kan	83	Sword Fish Club	1:10.00
---	-------	--------------	----	-----------------	---------

85-89

1	06246	Ling, Wang Yam	87	Wong Tai Sin	1:12.00
---	-------	----------------	----	--------------	---------

90-94

1	38060 IAZ	Chi, Lieh Yung	90	Sword Fish Club	1:18.00
---	-----------	----------------	----	-----------------	---------

Event 16 Women 50 LC Meter Breaststroke

18-24 MSR:	35.53
25-29 MSR:	30.60
30-34 MSR:	35.23
35-39 MSR:	34.71
40-44 MSR:	34.74
45-49 MSR:	33.82
50-54 MSR:	37.63
55-59 MSR:	38.73
60-64 MSR:	46.97
65-69 MSR:	50.56

	ID#	Name	Age	Team	Seed Time
18-24					
1	28694 B	Cheuk, Yuet Ying Phoebe	20	Sword Fish Club	35.13
2	37318 IAO	Chio, Yi Lan	21	Dik Wing	38.96

Annual LC Masters Swimming Championships 2024 - 01/12/2024

Psych Sheet

18-24... (Event 16 Women 50 LC Meter Breaststroke)

3	54016 IAZ	Cheng, Hoi Man	19	Sword Fish Club	40.00
4	25461 B	Wong, Tsz Wan	21	Compass	41.63
5	28242 IAZ	Hang, Kwan Tung Ruby	22	Dik Wing	43.76
6	49847 IAZ	Li, Ka Yu Karen	22	Pacific	47.00
25-29					
1	52768 @^ICO	Barton, Lucy Rebecca	27	HK Football Club	37.50
2	11418 P	Chan, Yuan Ting Janet	29	Fastlane Swimming	38.00
3	46331 @ICO	Brueck, Hannah Madeleine	28	Fastlane Swimming	41.00
30-34					
1	01262	Mau, Lok Yan Eunice	31	Current Club Ltd	36.41
2	08238 #B	Li, Tsz Yu	30	Fastlane Swimming	38.00
3	50922 @ICO	Hughes, Christine Virginia	33	LRC	38.23
4	02295 IBZ	Tao, Wai Kiu	31	Kwan Hung	40.00
5	40652 IAO	Kong, Ingrid	31	Fastlane Swimming	42.00
6	01441	Yeung, Hiu Ching Judy	33	New Water Polo	50.00
35-39					
1	54745 @^IM	Liu, Yijun	35	Sword Fish Club	42.00
2	00085	Yu, Pei En Priscilla	35	Current Club Ltd	42.24
3	50102 IAO	Li, Jacqueline Hsuanying	37	Fastlane Swimming	48.00
4	53100 IAX	Wong, Sze Kei	35	Fastlane Swimming	49.00
5	53921 IAZ	Ho, Hu Kar	36	Sword Fish Club	59.00
40-44					
1	49329 @IAO	Ng, Carmen C M	40	Pacific	42.00
2	01625 #ICZ	Wu, Ka Wing	42	HK Football Club	44.00
3	52180 IAZ	Leung, Man Kee	40	Fastlane Swimming	45.89
4	47582 @IAX	Dong, Lei	42	South China	47.54
5	53256 @^IM	Deng, Weina	41	New Water Polo	50.00
6	50515 IAZ	Cheung, Hiu Yan	42	Sword Fish Club	50.00
7	54558 IAO	Leung, Sharon	41	LRC	NT
45-49					
1	30072 ICW	Chao, Man Chi	45	New Water Polo	44.00
2	43157 @ICO	Lee, Chew Ling	47	LRC	44.10
3	08977	Ho, Yee Yun Rosalind	45	Current Club Ltd	47.09
4	42192 @^IM	Chen, Yunlin	48	Sword Fish Club	49.00
5	43964 @^IM	Qiu, Qi	48	New Water Polo	52.00
50-54					
1	33517 IAO	Yamaguchi, Mika	52	RippleFly Swim Ltd	38.03
2	50110 IAZ	Chow, Yin Wei Nora	52	New Water Polo	48.00
3	27128 IAZ	Lau, Yan Yan	50	Flying Fish	53.00
4	06349	Ip, Oi Wa Wendy	52	Sword Fish Club	55.00
5	43063 @IAO	Wong, Rose	54	LRC	56.01
55-59					
1	43102 ICO	Roberts, Tonya Leanne	56	LRC	51.44
2	52998 @^IM	Wu, Xiaomin	55	New Water Polo	52.00
3	53926 @IM	Zhang, Runqi	56	Sword Fish Club	53.00
4	33084 IAZ	Mau, Chi Chiu Brenda	56	New Water Polo	1:03.00
60-64					
1	51472 @IM	Pang, Yunxiao	60	New Water Polo	50.00
2	51787 @^IM	Li, Weiwei	63	Sword Fish Club	53.00
3	44332 @^IM	Xiao, Yun	63	New Water Polo	58.00
4	38289 IAZ	Ng, Wai Lin Angie	60	Sword Fish Club	58.00
5	51532 IAZ	Shek, Yuk Ching Peggy	60	South China	1:01.42
6	45187 IAX	Chan, On Mei	61	Sword Fish Club	1:10.00
7	22428 IAZ	Lau, Yuk Lin Rocky	62	Sea Green	1:10.00

Annual LC Masters Swimming Championships 2024 - 01/12/2024

Psych Sheet

60-64... (Event 16 Women 50 LC Meter Breaststroke)

8	37056 IAZ	Wong, Hoi Ping Carol	64 Tuen Mun	NT
65-69				
1	54338 @IM	Peng, Shuyan	65 Sword Fish Club	50.00
2	52149 @^IM	Li, Huiling	66 Sword Fish Club	57.00
3	51785 @^IM	Li, Yuemei	68 Sword Fish Club	57.00
4	49428 IAX	Leong, Sao Fan	67 New Water Polo	59.00
5	02711	Fok, Wai Fung	66 Wong Tai Sin	59.07
6	06127	Lau, Wai Lin	68 New Water Polo	1:10.00
70-74				
1	06213	Mo, Mei Ling	70 Wong Tai Sin	1:20.00
2	06147	Leung Wong, Yin Har Hayley	72 Sea Green	1:40.00
75-79				
1	06357	Suen, Ming Chu	76 Sword Fish Club	58.00
2	17480 IAZ	Chow, Pui Han Angela	78 Lai Tsun	1:14.00
3	06212	Lo, Yeuk Shuen	75 Wong Tai Sin	1:30.00
80-84				
1	32571 IAZ	Chan, Pui Yee	80 Sword Fish Club	1:20.00

Event 17 Men 4x50 LC Meter Freestyle Relay

- 100-119 MSR: 1:36.96
- 120-159 MSR: 1:40.03
- 160-199 MSR: 1:40.73
- 200-239 MSR: 1:52.52
- 240-279 MSR: 2:02.09
- 280-319 MSR: 2:13.41
- 320-359 MSR: 3:09.80

	Team	Relay	Seed Time
100-119			
1	Kwan Hung Swimming Club	M100 A	1:40.00
120-159			
1	St. Joseph's College Old Boys'	M120 A	2:00.00
2	Kwun Tong Swimming Club	M120 A	NT
3	New Water Polo Club	M120 A	NT
4	Pacific Swimming Club	M120 A	NT
5	Sword Fish Club	M120 A	NT
6	Sea Green Swimming & L.S.	M120 A	NT
7	Fastlane Swimming	M120 A	NT
8	Hong Kong Football Club	M120 A	NT
9	Ladies' Recreation Club	M120 A	NT
160-199			
1	Wong Tai Sin District L.S. S.	M160 A	3:00.00
2	HK Flying Fish Athletic Assn	M160 A	NT
3	Hoi Fung Swimming Club	M160 A	NT
4	Kwun Tong Swimming Club	M160 A	NT
5	New Water Polo Club	M160 A	NT
6	Pacific Swimming Club	M160 A	NT
7	Sword Fish Club	M160 A	NT
8	Sea Green Swimming & L.S.	M160 A	NT
9	Tung Sing Athletic Association	M160 A	NT
10	Fastlane Swimming	M160 A	NT
11	Diocesan School Old Boys' Assn	M160 A	NT
12	Hong Kong Football Club	M160 A	NT
13	Ladies' Recreation Club	M160 A	NT

Annual LC Masters Swimming Championships 2024 - 01/12/2024

Psych Sheet

200-239... (Event 17 Men 4x50 LC Meter Freestyle Relay)

1	YMCA OF Hong Kong	M200	A	2:15.00
2	Kwun Tong Swimming Club	M200	A	NT
3	Lai Tsun Swimming Society	M200	A	NT
4	New Water Polo Club	M200	A	NT
5	Sword Fish Club	M200	A	NT
6	Fastlane Swimming	M200	A	NT
7	Diocesan School Old Boys' Assn	M200	A	NT
8	Hong Kong Football Club	M200	A	NT
9	Ladies' Recreation Club	M200	A	NT

240-279

1	Lai Tsun Swimming Society	M240	A	NT
2	New Water Polo Club	M240	A	NT
3	Sword Fish Club	M240	A	NT
4	Sea Green Swimming & L.S. Club	M240	A	NT
5	Fastlane Swimming	M240	A	NT
6	Diocesan School Old Boys' Assn	M240	A	NT
7	Ladies' Recreation Club	M240	A	NT

280-319

1	Wong Tai Sin District L.S. S.	M280	A	3:00.00
2	Lai Tsun Swimming Society	M280	A	NT
3	New Water Polo Club	M280	A	NT
4	Sword Fish Club	M280	A	NT
5	Sea Green Swimming & L.S. Club	M280	A	NT
6	Diocesan School Old Boys' Assn	M280	A	NT

320-359

1	Sword Fish Club	M320	A	NT
---	-----------------	------	---	----

Event 18 Women 4x50 LC Meter Freestyle Relay

100-119 MSR:	1:58.55
120-159 MSR:	1:55.57
160-199 MSR:	1:54.74
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	Fastlane Swimming	W100 A	NT
120-159			
1	New Water Polo Club	W120 A	NT
2	Sword Fish Club	W120 A	NT
3	Fastlane Swimming	W120 A	NT
4	Hong Kong Football Club	W120 A	NT
5	Ladies' Recreation Club	W120 A	NT
160-199			
1	Current Club Ltd	W160 A	NT
2	HK Flying Fish Athletic Assn	W160 A	NT
3	New Water Polo Club	W160 A	NT
4	Sword Fish Club	W160 A	NT
5	Fastlane Swimming	W160 A	NT
6	Hong Kong Football Club	W160 A	NT
7	Ladies' Recreation Club	W160 A	NT
200-239			
1	Wong Tai Sin District L.S. S.	W200 A	3:00.00

Annual LC Masters Swimming Championships 2024 - 01/12/2024

Psych Sheet

200-239... (Event 18 Women 4x50 LC Meter Freestyle Relay)

2	New Water Polo Club	W200 A	NT
3	Sword Fish Club	W200 A	NT
4	Tung Sing Athletic Association	W200 A	NT
5	Fastlane Swimming	W200 A	NT
6	Ladies' Recreation Club	W200 A	NT

240-279

1	City East Sports Club	W240 A	5:10.00
2	New Water Polo Club	W240 A	NT
3	Sword Fish Club	W240 A	NT
4	Ladies' Recreation Club	W240 A	NT

280-319

1	New Water Polo Club	W280 A	NT
2	Sword Fish Club	W280 A	NT

320-359

1	Sword Fish Club	W320 A	NT
---	-----------------	--------	----