

# 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)

#### **2024-25 Long Course Masters Swimming Competition (Part 1)**

二零二四至二五年長池先進游泳比賽第一部份

**23 March 2025 (Sun)**

二零二五年三月二十三日(日)

**Sun Yat Sen Memorial Park Swimming Pool**

中山紀念公園游泳池

**Subvented by the LCSD**



# 2024-2025 MSLCP1 - Entry Information

## No. of Entries by Event

Event #	Event Name	Entries
1	Men 200 Breaststroke	55
2	Women 200 Breaststroke	47
3	Men 50 Freestyle	164
4	Women 50 Freestyle	100
5	Men 100 Butterfly	78
6	Women 100 Butterfly	36
7	Men 50 Breaststroke	138
8	Women 50 Breaststroke	95
9	Men 4x50 Freestyle Relay	36
10	Women 4x50 Freestyle Relay	29
11	Men 800 Freestyle	73
12	Women 800 Freestyle	30

**Total**

**881**

## Entry information by Day

Day / Session	No. of Entries	Total
AM	713	<b>881</b>
PM	168	

**Long Course Masters Swimming Competition – Part 1**  
**長池先進游泳比賽 – 第一部份**

**Date:** 23-03-2025 (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

<b>MEN</b>			<b>WOMEN</b>	
1	200 M	Breaststroke	蛙泳	2
3	50 M	Freestyle	自由泳	4
5	100 M	Butterfly	蝶泳	6
7	50 M	Breaststroke	蛙泳	8
Lunch Break 午膳時間				
9	4 x 50 M	Freestyle Relay	自由接力	10
11	800 M	Freestyle	自由泳	12

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

	<ul style="list-style-type: none"> <li>◇ 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）。</li> <li>◇ 男女混合自由接力的隊伍必須由兩男兩女的泳員組成，其成員均為 25 歲或以上，而取得首 8 名的隊伍將獲得 9, 7, 6, 5, 4, 3, 2 及 1 分，該得分將計算在男子及女子的團體分內。</li> <li>◇ 泳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"> <li><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。</li> <li><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)。</li> <li><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)。</li> </ul> </li> </ul> <p style="text-align: center;"><u>違規記錄於一個財政年度清算(由 4 月 1 日起至 3 月 31 日)</u></p>												
<p>工作人員安排：</p>	<ul style="list-style-type: none"> <li>◇ 各參賽屬會需派出以下工作人員數量：</li> </ul> <table border="1" data-bbox="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"> <li>◇ 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。</li> </ul>	參賽人數	需要提供工作人員數量	最多可派出工作人員數量	5 至 14 人	1	4	15 至 24 人	2	4	25 人或以上	3	4
參賽人數	需要提供工作人員數量	最多可派出工作人員數量											
5 至 14 人	1	4											
15 至 24 人	2	4											
25 人或以上	3	4											
<p>上訴：</p>	<ul style="list-style-type: none"> <li>◇ 任何上訴須以書面提出，並須在該項目比賽結果公佈後的 30 分鐘內，連同上訴費港幣\$200 元遞交予總裁判。</li> <li>◇ 上訴會交由該比賽之上訴委員會作決定。</li> <li>◇ 若上訴被駁回，已繳費用概不發還。</li> </ul>												

\*海外參賽者並不適用。

# Hong Kong Masters Swimming Competition Series 2024-25

## Rules & Regulations for Local Competitors

<b>Date / Time</b>	Please see attached event calendar and event list.
<b>Venue</b>	Please see attached event calendar.
<b>Entry Conditions</b>	<ul style="list-style-type: none"> <li>※ All competitors must be 2024-25 registered masters (MS) swimmers of HKGSA (2024-25 Registration Fee: HK\$100 per swimmer)</li> <li>※ <b>Age 18 or above.</b></li> <li>※ <b><u>Overseas Teams: All Overseas competitors must be 2024-25 registered masters swimmers of their respective National Swimming Federation.</u></b></li> </ul>
<b>Entries</b>	<ul style="list-style-type: none"> <li>※ Entries must be submitted with HKGSA master entry form. Incomplete/incorrect master entry form will be rejected and fees paid will not be refunded.</li> </ul> <p><u>Individual Events</u></p> <ul style="list-style-type: none"> <li>※ Each swimmer is limited to no more than 3 individual events.</li> <li>※ HK\$15 per individual event</li> </ul> <p><u>Relay Events</u></p> <ul style="list-style-type: none"> <li>※ Relays will be run on a club basis.</li> <li>※ Each club may enter no more than one team in one age group of each relay event.</li> <li>※ All swimmers must be aged <b>25</b> or above.</li> <li>※ Each swimmer is only allowed to participate in one age group of each relay event. If swimmer race in two or more age group relay, concerned team result shall be disqualified.</li> <li>※ The composition of a relay team must be the same order to the submitted relay form. Any club failed to follow the same order will result in disqualified.</li> <li>※ HK\$15 per team per relay event.</li> </ul> <p>Paid by cheque. Crossed cheque made <b>payable to 'HKGSA'</b>.</p>
<b>Closing Date for Entries</b>	21 days prior to the date of competition. (Subject to the announcement of the HKGSA)
<b>Closing Date for Registration</b>	21 days prior to the <u>closing date of entries</u> . (Subject to the announcement of the HKGSA) <b>*(Including Transfer Registration)</b>
<b>Event list</b>	Please see attached event lists. Events will be run as timed finals.

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

<p><b>Rules</b></p>	<ul style="list-style-type: none"> <li>※ World Aquatic rules will be applied.</li> <li>※ 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).</li> <li>※ 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.</li> <li>※ Swimmers shall not replace the swimmers on the swimmers list without HKASA’s permission, represented clubs will be punished as follows: <ul style="list-style-type: none"> <li><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.</li> <li><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.</li> <li><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.</li> </ul> </li> </ul> <p><u>Violation would be counted within one financial year, i.e. (starting from 1<sup>st</sup> April and ending 31<sup>st</sup> March)</u></p>												
<p><b>Official Arrangement</b></p>	<ul style="list-style-type: none"> <li>※ Clubs would need to provide the below number of officials for the competition:</li> </ul> <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> <ul style="list-style-type: none"> <li>※ Clubs will be suspended from the next competition if failed to fulfil the requirement.</li> </ul>	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											

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

# Hong Kong Masters Swimming Competition Series 2024-25

*Rules & Regulations for Overseas Competitors*

<b>Date / Time</b>	Please see attached event calendar and event list.
<b>Venue</b>	Please see attached event calendar.
<b>Entry Conditions</b>	<ul style="list-style-type: none"> <li>※ Age 18 or above.</li> <li>※ <u>Overseas Teams: All Overseas competitors must be 2024-2025 registered masters swimmers of their respective National Swimming Federation.</u></li> </ul>
<b>Entries</b>	<ul style="list-style-type: none"> <li>※ Entries must be submitted with HKGSA master entry form. Incomplete/incorrect master entry form will be rejected and fees paid will not be refunded.</li> <li><u>Individual Events</u></li> <li>※ Each swimmer is limited to no more than 3 individual events.</li> <li>※ HK\$20.00 per individual event</li> <li><u>Relay Events</u></li> <li>※ Relays will be run on a club basis.</li> <li>※ Each club may enter no more than one team in one age group of each relay event.</li> <li>※ All swimmers must be aged 25 or above.</li> <li>※ HK\$30.00 per team per relay event.</li> </ul> <p>Paid by cheque ONLY. Crossed cheque made <b>payable to 'HKGSA'</b>.</p>
<b>Closing Date for Entries</b>	<b>1 month</b> before the 1 <sup>st</sup> date of competition of each meet.
<b>Event list</b>	Please see attached event lists. Events will be run as timed finals.
<b>Age Group</b>	<ul style="list-style-type: none"> <li>※ Age is calculated as at 31 December of the year of the competition.</li> <li><u>Individual Events</u></li> <li>※ 18-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90 &amp; over</li> <li><u>Relay Events</u></li> <li>※ 100-119, 120-159, 160-199, 200-239, 240-279, 280-319, 320-359, 360-399</li> </ul>

<b>Relay</b>	<ul style="list-style-type: none"> <li>※ Relay entry form must be submitted <b>before 1200hours</b> on the competition day.</li> </ul>
<b>Scratches</b>	<ul style="list-style-type: none"> <li>※ Scratches must be submitted <b>30 minutes before</b> the scheduled start time of each session.</li> <li>※ Relay entry form must be submitted <b>before 1200hours</b> on the competition day.</li> </ul>
<b>Seeding</b>	<ul style="list-style-type: none"> <li>※ 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.</li> </ul>
<b>Awards</b>	<ul style="list-style-type: none"> <li>※ Medals will be awarded to 1st, 2nd and 3rd places. Separate medals will be awarded to overseas swimmers.</li> </ul>
<b>Rules</b>	<ul style="list-style-type: none"> <li>※ World Aquatic rules will be applied.</li> <li>※ 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).</li> </ul>
<b>Protest</b>	<ul style="list-style-type: none"> <li>※ Any protest shall be made in writing to the referee within 30 minutes following the result announcement of the respective event with a protest fee of HK\$200.</li> <li>※ Protest will be forwarded to the Appeal Board of such competition for decision. The decision of Appeal Board shall be final.</li> <li>※ If the protest is rejected, the fee paid will be forfeited to the HKGSA.</li> </ul>

# HONG KONG MASTERS SWIMMING RECORDS

## LONG COURSE

(Update to Annual Long Course Masters Swimming Championships 2024)

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 JUUN YIH	KTS	18-24	0:24:17	Long Course Masters Swimming Competition - Part 3 2013	11-Aug-13	

WOMEN 50M FREESTYLE					NAME OF MEET	DATE ACHIEVED
<b><u>TAILI HUA</u></b>	<b><u>SFC</u></b>	<b><u>85-89</u></b>	<b><u>0:43.22</u></b>	<b><u>Annual Long Course Masters Swimming Championships 2024</u></b>	<b><u>01-Dec-24</u></b>	
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	
TSE KWOK PIU	SFC	70-74	1:13.39	2024-25 Long Course Masters Swimming Competition - Part 3	23-Jun-24	
FU TAI CHUN	KTS	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	
<b><u>NORTJE CRAIG ANDREW</u></b>	<b><u>#RF</u></b>	<b><u>45-49</u></b>	<b><u>0:58.32</u></b>	<b><u>Annual Long Course Masters Swimming Championships 2024</u></b>	<b><u>01-Dec-24</u></b>	
O'NEILL DONAL THOMAS	LRC	40-44	0:56.60	2021-22 Long Course Masters Swimming Competition - Part 3	20-Jun-21	
<b><u>SMIT MARCEL PIETER ARNOLD</u></b>	<b><u>#FB</u></b>	<b><u>35-39</u></b>	<b><u>0:53.84</u></b>	<b><u>Annual Long Course Masters Swimming Championships 2024</u></b>	<b><u>01-Dec-24</u></b>	
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	
SUEN MING CHU	SFC	75-79	1:47.51	2024-25 Long Course Masters Swimming Competition - Part 3	23-Jun-24	
SUEN MING CHU	SFC	70-74	1:39.80	2018-19 Long Course Masters Swimming Competition - Part 3	24-Jun-18	
TSEUNG NGA WAH	SFC	65-69	1:28.57	2022-23 Long Course Masters Swimming Competition - Part 3	12-Jun-22	
KIRKWOOD TAIN MHAIRA	LRC	60-64	1:17.42	Annual Long Course Masters Swimming Championships 2023	03-Dec-23	
KIRKWOOD TAIN MHAIRA	LRC	55-59	1:14.96	The 1st Asian Masters Swimming Championships 2018 NAGOYA (JPN)	14-Jul-18	
YAMAGUCHI MIKA	*FL	50-54	1:05.38	World Aquatics Masters World Championships 2023 - Kyushu	06-Aug-23	
KRKALO SHAUNA KATHLEEN	LRC	45-49	1:02.25	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	
CHAN TSZ CHING	*FL	18-24	1:00.63	2024-25 Long Course Masters Swimming Competition - Part 3	23-Jun-24	

# HONG KONG MASTERS SWIMMING RECORDS

## LONG COURSE

(Update to Annual Long Course Masters Swimming Championships 2024)

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
LIU WING CHIU	*TM	75-79	7:54.53	2024-25 Long Course Masters Swimming Competition - Part 3	23-Jun-24
TSE KWOK PIU	SFC	70-74	6:23.03	2024-25 Long Course Masters Swimming Competition - Part 3	23-Jun-24
CHAN KAM POR	SFC	65-69	6:00.83	2017-18 Long Course Masters Swimming Competition - Part 3	13-Aug-17
HO ROBERT YAU CHUNG	LRC	60-64	5:24.54	FINA World Masters Championships 2019 - Gwangju	18-Aug-19
LANZONE FRANCESCO	BSC	55-59	5:11.47	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
NG YEE MAN	NWC	65-69	6:59.90	2024-25 Long Course Masters Swimming Competition - Part 3	23-Jun-24
KIRKWOOD TAIN MHAIRA	LRC	60-64	6:05.89	World Aquatics Masters Championships – Doha 2024	28-Feb-24
KIRKWOOD TAIN MHAIRA	LRC	55-59	6:02.65	The 1st Asian Masters Swimming Championships 2018 NAGOYA (JPN)	12-Jul-18
COGGINS LYNDA ANNE	LRC	50-54	5:25.06	16th FINA World Masters Championships 2015 in Kazan	16-Aug-15
CHAN YUK MAN PHOEBE	SFC	45-49	5:15.20	2024-25 Long Course Masters Swimming Competition - Part 3	23-Jun-24
KELSEY JANE MACFARLAND	LRC	40-44	4:44.60	16th FINA World Masters Championships 2015 in Kazan	16-Aug-15
KELSEY JANE MACFARLAND	LRC	35-39	4:41.52	FINA World Masters Championships 2014	10-Aug-14
BARNES RUTH	LRC	30-34	5:04.92	Long Course Masters Swimming Competition - Part 3 2013	11-Aug-13
MOK HOI MAN SHERON	NWC	25-29	4:56.10	2024-25 Long Course Masters Swimming Competition - Part 3	23-Jun-24
MAU LOK YAN EUNICE	CUC	18-24	5:06.39	2011-12 Long Course Masters Swimming Competition - Part 3	18-Sep-11

# HONG KONG MASTERS SWIMMING RECORDS

## LONG COURSE

(Update to Annual Long Course Masters Swimming Championships 2024)

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-Nov-13
YUEN MARCUS	LRC	25-29	10:07.05	2018-19 Long Course Masters Swimming Competition - Part 1	24-Mar-19
TSE HON TING	LWS	18-24	8:53.89	2016-17 Long Course Masters Swimming Competition - Part 1	26-Mar-17

WOMEN 800M FREESTYLE	NAME OF MEET				DATE ACHIEVED
SUEN MING CHU	SFC	75-79	17:34.92	2022-23 Long Course Masters Swimming Competition - Part 1	26-Mar-23
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
TSUI YAU HO	SFC	80-84	0:54.86	2024-25 Long Course Masters Swimming Competition - Part 3	23-Jun-24
TIN SHEUNG KWAI	NWC	75-79	0:38.96	Annual Long Course Masters Swimming Championships 2022	27-Nov-22
TIN SHEUNG KWAI	NWC	70-74	0:37.82	2019-20 Long Course Masters Swimming Competition - Part 3	23-Jun-19
TIN SHEUNG KWAI	SFC	65-69	0:35.70	FINA World Masters Championships 2014	10-Aug-14
HO ROBERT YAU CHUNG	LRC	60-64	0:33.94	FINA World Masters Championships 2019 - Gwangju	18-Aug-19
HO ROBERT YAU CHUNG	LRC	55-59	0:32.57	FINA World Masters Championships 2014	10-Aug-14
RUST STEFAN ROBERT	LRC	50-54	0:30.97	FINA World Masters Championships 2017	20-Aug-17
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	VRC	35-39	0:30.38	2015-16 Long Course Masters Swimming Competition - Part 3	26-Jul-15
LAM YAU SUN DICKSON	#DB	30-34	0:29.77	Annual Long Course Masters Swimming Championships 2019	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
<b><u>TAI LI HUA</u></b>	<b><u>SFC</u></b>	<b><u>85-89</u></b>	<b><u>0:52.03</u></b>	<b><u>Annual Long Course Masters Swimming Championships 2024</u></b>	<b><u>01-Dec-24</u></b>
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
<b><u>KRKALO SHAUNA KATHLEEN</u></b>	<b><u>LRC</u></b>	<b><u>45-49</u></b>	<b><u>0:33.99</u></b>	<b><u>Annual Long Course Masters Swimming Championships 2024</u></b>	<b><u>01-Dec-24</u></b>
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 Annual Long Course Masters Swimming Championships 2024)

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	VRG	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
<b><u>CHI LIEH YUNG</u></b>	<b><u>SFC</u></b>	<b><u>90-94</u></b>	<b><u>1:13.06</u></b>	<b><u>Annual Long Course Masters Swimming Championships 2024</u></b>		<b><u>01-Dec-24</u></b>
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
<b><u>NG WAI FUNG</u></b>	<b><u>SFC</u></b>	<b><u>60-64</u></b>	<b><u>0:35.58</u></b>	<b><u>Annual Long Course Masters Swimming Championships 2024</u></b>		<b><u>01-Dec-24</u></b>
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
<b><u>WONG HO KIU</u></b>	<b><u>#RF</u></b>	<b><u>25-29</u></b>	<b><u>0:30.24</u></b>	<b><u>Annual Long Course Masters Swimming Championships 2024</u></b>		<b><u>01-Dec-24</u></b>
<b><u>CHEUNG CHI KIT NICHOLAS</u></b>	<b><u>WDS</u></b>	<b><u>18-24</u></b>	<b><u>0:28.35</u></b>	<b><u>Annual Long Course Masters Swimming Championships 2024</u></b>		<b><u>01-Dec-24</u></b>

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 Annual Long Course Masters Swimming Championships 2024)

### MEN 100M BREASTSTROKE

				NAME OF MEET	DATE ACHIEVED
<b><u>CHI LIEH YUNG</u></b>	<b><u>SFC</u></b>	<b><u>90-94</u></b>	<b><u>2:50.51</u></b>	<b><u>Annual Long Course Masters Swimming Championships 2024</u></b>	<b><u>01-Dec-24</u></b>
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
CHEUNG CHI KIT NICHOLAS	WDS	18-24	1:02.67	2024-25 Long Course Masters Swimming Competition - Part 3	23-Jun-24

### WOMEN 100M BREASTSTROKE

				NAME OF MEET	DATE ACHIEVED
WONG JIM	SFC	80-84	2:31.67	2021-22 Long Course Masters Swimming Competition - Part 3	20-Jun-21
SUEN MING CHU	SFC	75-79	2:02.61	Annual Long Course Masters Swimming Championships 2023	03-Dec-23
SUEN MING CHU	SFC	70-74	1:53.65	2018-19 Annual Long Course Masters Swimming Championships	25-Nov-18
NG YEE MAN	NWC	65-69	1:42.94	2024-25 Long Course Masters Swimming Competition - Part 3	23-Jun-24
KIRKWOOD TAIN MHAIRA	LRC	60-64	1:39.76	2023-24 Long Course Masters Swimming Competition - Part 2	30-Apr-23
KIRKWOOD TAIN MHAIRA	LRC	55-59	1:35.97	2018-19 Long Course Masters Swimming Competition - Part 2	06-May-18
YAMAGUCHI MIKA	*FL	50-54	1:27.99	World Aquatics Masters Championships - Doha 2024	27-Feb-24
<b><u>KRKAŁO SHAUNA KATHLEEN</u></b>	<b><u>LRC</u></b>	<b><u>45-49</u></b>	<b><u>1:19.68</u></b>	<b><u>Annual Long Course Masters Swimming Championships 2024</u></b>	<b><u>01-Dec-24</u></b>
KRKAŁO 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
LUK WING KIN ANDY	KHC	35-39	2:33.87	9th Hong Kong Games Swimming Competition	02-Jun-24
LUK WING KIN ANDY	KHC	30-34	2:36.71	2018-19 Long Course Masters Swimming Competition - Part 1	24-Mar-19
GLASSMAN ZACHARY	LRC	25-29	2:23.47	2011-12 Long Course Masters Swimming Competition - Part 1	04-Mar-12
CHEUNG CHI KIT NICHOLAS	WDS	18-24	2:19.39	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 Annual Long Course Masters Swimming Championships 2024)

### 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
<b><u>LEUNG MABEL YUEN YING</u></b>	<b><u>SFC</u></b>	<b><u>80-84</u></b>	<b><u>1:27.97</u></b>	<b><u>Annual Long Course Masters Swimming Championships 2024</u></b>	<b><u>01-Dec-24</u></b>
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
<b><u>KRKALO SHAUNA KATHLEEN</u></b>	<b><u>LRC</u></b>	<b><u>45-49</u></b>	<b><u>0:28.98</u></b>	<b><u>Annual Long Course Masters Swimming Championships 2024</u></b>	<b><u>01-Dec-24</u></b>
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 CHRISTENA MARIA	LRC	45-49	1:12.50	16th FINA World Masters Championships 2015 in Kazan	13-Aug-15
KELSEY JANE MACFARLAND	LRC	40-44	1:13.55	2014-15 Long Course Masters Swimming Competition - Part 1	22-Mar-15
KELSEY JANE MACFARLAND	LRC	35-39	1:13.49	2011-12 Long Course Masters Swimming Competition - Part 1	04-Mar-12
HUGHES CHRISTINE VIRGINIA	LRC	30-34	1:10.18	World Aquatics Masters Championships – Doha 2024	29-Feb-24
CHAN WING SUET	LRC	25-29	1:08.66	FINA World Masters Championships 2014	10-Aug-14
CHAN TSZ CHING	*FL	18-24	1:07.41	2023-24 Long Course Masters Swimming Competition - Part 1	03-Mar-24

# HONG KONG MASTERS SWIMMING RECORDS

## LONG COURSE

(Update to Annual Long Course Masters Swimming Championships 2024)

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
<b>SWORD FISH CLUB</b>	<b>SFC</b>	<b>240+</b>	<b>2:01.55</b>	<b>Annual Long Course Masters Swimming Championships 2024</b>	<b>01-Dec-24</b>
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
<b>SWORD FISH CLUB</b>	<b>SFC</b>	<b>320+</b>	<b>3:43.13</b>	<b>Annual Long Course Masters Swimming Championships 2024</b>	<b>01-Dec-24</b>
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 Annual Long Course Masters Swimming Championships 2024)

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
<u>SWORD FISH CLUB</u>	<u>SFC</u>	<u>320+</u>	<u>4:37.13</u>	<u>Annual Long Course Masters Swimming Championships 2024</u>	<u>01-Dec-24</u>
<u>SWORD FISH CLUB</u>	<u>SFC</u>	<u>280+</u>	<u>3:06.66</u>	<u>Annual Long Course Masters Swimming Championships 2024</u>	<u>01-Dec-24</u>
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
<u>HONG KONG FOOTBALL CLUB</u>	<u>#FB</u>	<u>120+</u>	<u>2:10.46</u>	<u>Annual Long Course Masters Swimming Championships 2024</u>	<u>01-Dec-24</u>
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

**Long Course Masters Swimming Competition Part 1**

**Reject List as at 19-3-2025**

<b>No.</b>	<b>Name</b>	<b>Event</b>	<b>Club</b>	<b>Remarks</b>
<b>1</b>	<b>Li Hung Mui</b>	<b>2</b>	<b>CES</b>	<b>100m Record Slower Than QT</b>
<b>2</b>	<b>Lai Wai Lam</b>	<b>11</b>	<b>*CU</b>	<b>No 200m Record</b>
<b>3</b>	<b>Joao Carlos Malta</b>	<b>11</b>	<b>*FL</b>	<b>No 200m Record</b>
<b>4</b>	<b>Kwok Cho Kei</b>	<b>4</b>	<b>#CR</b>	<b>No Reg</b>

## 2024-2025 MASTERS SWIMMING COMPETITION 400m and 800m Freestyle Standard Time

二零二四至二零二五年先進游泳比賽四百米及八百米自由泳標準時間

Male 男子	Master Age Group	<u>18-24</u>	<u>25-29</u>	<u>30-34</u>	<u>35-39</u>	<u>40-44</u>	<u>45-49</u>	<u>50-54</u>	<u>55-59</u>	<u>60-64</u>	<u>65-69</u>	<u>70 Over</u>
	400m	6:46	6:46	6:54	7:00	7:09	7:28	7:42	7:57	8:26	9:22	10:22
	800m	14:25	14:25	14:33	14:42	14:54	15:31	15:54	16:52	18:11	19:26	21:23

Female 女子	Master Age Group	<u>18-24</u>	<u>25-29</u>	<u>30-34</u>	<u>35-39</u>	<u>40-44</u>	<u>45-49</u>	<u>50-54</u>	<u>55-59</u>	<u>60-64</u>	<u>65-69</u>	<u>70 Over</u>
	400m	7:30	7:30	7:40	8:00	8:22	9:01	9:23	9:55	10:33	11:29	12:24
	800m	16:21	16:21	16:23	16:49	17:46	19:16	19:47	20:49	22:13	23:49	25:45

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).

如參加四百米或八百米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)。

LC Master Swimming Competition Part 1 24-25 - 23/03/2025

Psych Sheet

Event 1 Men 200 LC Meter Breaststroke

- 18-24 MSR: 2:19.39
- 25-29 MSR: 2:23.47
- 30-34 MSR: 2:36.71
- 35-39 MSR: 2:33.87
- 40-44 MSR: 2:38.70
- 45-49 MSR: 2:49.64
- 50-54 MSR: 2:50.25
- 55-59 MSR: 2:59.17
- 60-64 MSR: 3:07.34
- 65-69 MSR: 3:19.33

	ID#	Name	Age	Team	Seed Time
<b>18-24</b>					
1	30694 IAZ	Cheung, Chi Kit Nicholas	20	Wong Tai Sin	2:20.00
2	27411 IAZ	Siu, Ka Hang	21	Sword Fish Club	3:00.00
3	54974 IAX	Zhang, Peifeng	22	New Water Polo	3:30.00
<b>25-29</b>					
1	53434 IAZ	Wong, Yin Wai	29	Kwan Hung	3:00.11
<b>30-34</b>					
1	03978 #	Lau, Chun Sing	33	Eastern Winter	2:46.31
2	04637 IBZ	Kwan, Yui Hang	32	Current Club Ltd	3:00.00
3	42728 P	Febo, Christopher Vincenzo	32	Sword Fish Club	3:00.00
4	05642 IBZ	Lok, Ho Chun	31	Hong Kong Police	3:05.00
5	10221 IBZ	Tam, Ka Ho Ricky	34	Hong Kong Police	3:05.00
6	04877 IBZ	Ng, Yu Ting	34	Sword Fish Club	3:05.00
<b>35-39</b>					
1	02591	Luk, Wing Kin Andy	36	Kwan Hung	2:30.00
2	51246 @^IM	Zhang, Wei	37	New Water Polo	3:10.00
3	03713 IBZ	Tang, Chee Kit	39	Diocesan School	3:30.00
4	00104	Lo, Shek Pui	36	HK Football Club	3:30.00
<b>40-44</b>					
1	03796 ICZ	Chan, Pui Kei	44	New Water Polo	3:26.00
2	52285 IAO	Lung, Donald Andrew	43	Diocesan School	3:45.00
3	48820 #IAZ	Lam, Pei Tim	44	LRC	3:45.00
4	38303 IAZ	Ng, Ho Yin	40	Sun Yip	3:45.00
5	05155	Chan, Albert Kam Ming	44	Diocesan School	3:47.44
<b>45-49</b>					
1	17961 ICO	Jones, Simon	49	LRC	2:49.75
2	49027 IAZ	Ng, Fung Kei	45	Sword Fish Club	3:28.00
3	53312 IAZ	Tang, Tin Lok Stephen	49	Win Tin	3:30.00
4	43949 @^IM	Yang, Zhipeng	49	New Water Polo	3:45.00
5	48593 #IAZ	Cheng, Wai Leung	48	Wong Tai Sin	3:45.00
6	05160	Chan, Ka Wo	48	Diocesan School	3:47.44
<b>50-54</b>					
1	26053 IAZ	Wong, Yee Keung	54	Flying Fish	3:29.00
2	21008 IAZ	Cheung, Chun Kwan Michael	52	Wong Tai Sin	3:35.00
3	27868 IAZ	Chan, Chi Wah Ringo	53	Sword Fish Club	3:40.00
4	24603 IAZ	Hung, Ka Ming	50	YMCA OF Hong Kong	3:40.00
5	47461 #IAZ	Tse, Ka Fai	51	Crest Ray	3:45.00
6	15166 #	Leung, Chi Keung	53	Tung Sing	3:55.00
<b>55-59</b>					
1	26317 IAZN	Tung, Shang Wei Timothy	55	Kwun Tong	3:25.00
2	53271 @^IM	Chen, Weizhong	56	New Water Polo	3:45.00

**LC Master Swimming Competition Part 1 24-25 - 23/03/2025**

**Psych Sheet**

**55-59... (Event 1 Men 200 LC Meter Breaststroke)**

3	38291 IAZ	Liu, Chun Sing	59	Sword Fish Club	3:45.00
4	35711 IAX	Wong, Fuk Kei	56	Sword Fish Club	3:45.00

**60-64**

1	50782 @IAZ	Pang, Shu Ming	64	Sea Green	2:57.00
2	05191	Koo, Yu Fat Marcus	63	Flying Fish	3:10.00
3	18856 IAZ	Au, Mun Shing	60	Sword Fish Club	3:30.00
4	32108 IAX	Chan, Kiu	63	Sword Fish Club	3:40.00
5	25226 IAZ	Choi, Tai Wing	64	Sword Fish Club	3:59.00
6	10135 IAZ	Mo, Kim Fung Bosco	61	Diocesan School	4:00.00
7	40840 IAZ	Ng, Ka Yiu Karl	61	Diocesan School	4:00.00
8	38990 IAZ	Lai, Choi Wood Raymond	64	City East	4:00.00
9	52308 #@^IM	Liang, Chen	64	Sword Fish Club	4:00.00

**65-69**

1	52302 @^IM	He, Jiaming	68	New Water Polo	3:30.00
2	49915 @IAZ	Tai, Yu Chung	67	New Water Polo	3:40.00
3	36725 IAZ	Yau, Wai	66	Sea Green	3:58.00
4	06176	Wong, Kung Wan	69	Sea Green	4:00.00

**70-74**

1	06382	Chan, Kam Por	73	Sword Fish Club	3:40.00
2	43205	Zhou, Jin Jia	70	New Water Polo	3:50.00
3	25228 IAZ	Chan, Fai Ming	71	Lai Tsun	4:00.00
4	11563	Lee, Kwok Hung	72	Sword Fish Club	4:00.00
5	06192	Chu, Shui Yi	74	Sea Green	4:00.00

**75-79**

1	22182 IAZ	Ngai, Yin Leung	76	Sword Fish Club	4:00.00
2	06243	Koo, Choi Fat	75	Wong Tai Sin	4:00.00

**Event 2 Women 200 LC Meter Breaststroke**

- 18-24 MSR: 3:13.71**
- 25-29 MSR: 3:05.17**
- 30-34 MSR: 2:52.97**
- 35-39 MSR: 2:56.78**
- 40-44 MSR: 3:19.49**
- 45-49 MSR: 3:14.74**
- 50-54 MSR: 3:09.55**
- 55-59 MSR: 3:31.49**
- 60-64 MSR: 3:54.41**
- 65-69 MSR: 3:58.01**

	ID#	Name	Age	Team	Seed Time
<b>18-24</b>					
1	31444 IAX	Tang, Hiu Tung	24	Pacific	3:18.46
<b>25-29</b>					
1	52768 @^ICO	Barton, Lucy Rebecca	28	HK Football Club	3:20.00
2	23688 IAZ	Mok, Ka Ka Janis	25	Fastlane Swimming	3:25.00
3	49513 IAZ	To, Yan Wing	29	Crest Ray	3:40.00
<b>30-34</b>					
1	08900 IBZ	Lam, Suet	32	Hong Kong Police	3:00.00
2	38653 IAZ	Sin, Wai Ting	31	Golden Dolphin	3:40.00
3	52066 @^IM	Liang, Biyu	31	New Water Polo	3:40.00
<b>35-39</b>					
1	43489 @IAXN	Wehl Kwok, Hiu Chin June	39	LRC	3:31.06
2	00412	Tsui, Po Kei	37	Hong Kong Police	3:40.00
<b>40-44</b>					
1	49329 #@IAO	Ng, Carmen C M	41	Kwan Hung	3:25.00

## LC Master Swimming Competition Part 1 24-25 - 23/03/2025

## Psych Sheet

**40-44... (Event 2 Women 200 LC Meter Breaststroke)**

2	50839 @^IM	Zhuo, Enqi	41 Tuen Mun	3:30.00
3	52169 #@^IM	Li, Zhijia	41 Sword Fish Club	3:36.00
4	41684 IAZ	Leung, Wing Yin Winnie	41 Hoi Fung	3:44.43
5	51754 @^IM	Wu, Shuqin	43 New Water Polo	3:50.00
6	48188 IAZ	Tang, Ho Tung Kathy	40 Csu	3:55.00
7	51405 IAXN	Lau, On Yue	42 Hoi Fung	3:55.00
8	30316 IAZ	Ng, Yee Lam	40 Hong Kong Police	3:55.00
9	54558 IAO	Leung, Sharon	42 LRC	3:55.00

**45-49**

1	06304 ICZ	Cheung, Man Yiu	46 Sea Green	3:20.00
2	46181 IAZ	Ng, Yan Yan Bandy	49 Tung Sing	3:55.00

**50-54**

1	45917 @^IM	Huang, Caifang	51 New Water Polo	3:35.00
2	35969 IAX	Wang, Ying Lian	53 Tung Sing	3:49.00
3	35772 IAX	Ban, Xianhai	53 New Water Polo	3:50.00
4	27128 IAZ	Lau, Yan Yan	51 Flying Fish	3:53.13
5	44304 IAX	Choi, Shan Shan	53 Sword Fish Club	3:55.00
6	06349	Ip, Oi Wa Wendy	53 Sword Fish Club	3:55.00
7	49204 IAZ	Cheng, Wai Man	54 Sea Green	3:55.00

**55-59**

1	31395 IAZ	Chan, Pui Ling	55 Flying Fish	3:55.00
2	52764 @ICO	Schoening Naujoks, Mirjam Be	55 LRC	3:55.00
3	23588 IAZ	Lee, Ying Chi	57 Tung Sing	3:55.00

**60-64**

1	26049 IAZ	Kirkwood, Tain Mhaira	62 LRC	3:31.49
2	51472 @IM	Pang, Yunxiao	61 New Water Polo	4:00.00
3	51532 IAZ	Shek, Yuk Ching Peggy	61 South China	4:10.00
4	24216 IAZ	Li, Chuk Ping	63 Sword Fish Club	4:10.00
5	38289 IAZ	Ng, Wai Lin Angie	61 Sword Fish Club	4:10.00
6	52222 #@^P	Wang, Min	63 Sword Fish Club	4:10.00
7	22428 IAZ	Lau, Yuk Lin Rocky	63 Sea Green	4:10.00

**65-69**

1	49428 IAX	Leong, Sao Fan	68 New Water Polo	4:10.00
2	52299 @^IM	Wang, Jungang	67 New Water Polo	4:10.00
3	43980	Zhang, Jun	67 New Water Polo	4:10.00
4	52283 @^IM	Li, Weihua	69 Sword Fish Club	4:10.00
5	16533	Wong, Shun Ying	66 Sea Green	4:10.00
6	14007	Ho, Yuk Ling	68 Tung Sing	4:10.00
7	02711	Fok, Wai Fung	67 Wong Tai Sin	4:10.00

**70-74**

1	06147	Leung Wong, Yin Har Hayley	73 Sea Green	4:10.00
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**75-79**

1	02859	Tse, Ka Tsai Angela	75 Flying Fish	4:10.00
2	39357 @^P	Mak, Sok Iun	75 Sword Fish Club	4:10.00

LC Master Swimming Competition Part 1 24-25 - 23/03/2025

Psych Sheet

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: 24.35  
 45-49 MSR: 25.15  
 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
<b>18-24... (Event 3 Men 50 LC Meter Freestyle)</b>				
1	28249 B	Fung, O See Asaph	19 Kowloon Tong Club	24.50
2	20968 B	Ho, Sze Ming	24 Diocesan School	26.00
3	30694 IAZ	Cheung, Chi Kit Nicholas	20 Wong Tai Sin	26.00
4	41976 IAZ	Lau, Hoi Pak	20 Creative Youth	27.00
5	40140 #IAZ	Li, Wing Yin	21 Creative Youth	27.00
6	19430 B	Mok, Yik Long	23 Diocesan School	28.00
7	24576 IAZ	Tsang, Long Kiu	23 Diocesan School	28.00
8	48045 IAZ	Lo, Tsz Wang	22 Kwun Tong	28.00
9	54974 IAX	Zhang, Peifeng	22 New Water Polo	28.00
10	33975 B	Wong, Hoi Yi Ryan	20 Sword Fish Club	28.00
11	40782 IAZ	Chan, Ho Long	20 Current Club Ltd	28.74
12	25611 #B	Chu, Kin Shing	21 Creative Youth	29.00
13	50181 @^ICO	Zheng, Jiale	21 Kwun Tong	30.00
14	38234 IAZ	Kwok, King Him	20 Current Club Ltd	30.31
15	47054 IAZ	Ho, Ethan Jordan	23 Diocesan School	33.00
<b>25-29</b>				
1	12832 IAZ	Chi, Oscar	27 Hong Kong Police	26.00
2	23835 IAZ	Cheuk, Long Hin	27 Juan Hua Club	27.29
3	55593 IAZ	Yeung, Hoi Kit	26 Juan Hua Club	27.30
4	28567 #IAZ	Tam, Wang Yin	25 Eastern Winter	28.00
5	17034 IAZ	Yeung, Yue Hin Gerry	28 Juan Hua Club	28.12
6	22513 IAZ	Tang, Cheuk Yan	25 Kwun Tong	32.00
<b>30-34</b>				
1	04637 IBZ	Kwan, Yui Hang	32 Current Club Ltd	24.94
2	09964 IAZ	Lau, Chak Lam Nicholas	30 Diocesan School	26.00
3	05293 B	Siu, Wai Wang Derek	34 Kwan Hung	27.10
4	53101 @ICO	Palmerston, Jeremiah Bradley	34 Fastlane Swimming	28.25
5	01728	Cheung, Wai Lun William	34 Diocesan School	29.00
6	05854 IAZ	Cho, Wai Ching	34 Flying Fish	29.00
7	54336 IC0	Le, Bourgeois Antoine Ma	32 Sword Fish Club	29.00
8	52515 IAZ	Leung, Kit Chung	32 Hong Kong Police	29.59
9	51779 @ICX	Lin, Hang	32 South China	29.76
10	51281 IAZ	Hui, Ka Yin	32 Lai Tsun	36.00
11	02766 IBZ	Ma, Siu Chun Jason	34 Flying Fish	NT
12	52204 IAZ	Chan, Tsz Ming	33 Pacific	NT
13	55587 IAZ	Chan, Ivan	33 South China	NT
<b>35-39</b>				
1	37418 IAZ	Chu, Fuk Yu Anthony	35 Kwan Hung	27.10
2	45952 IAZ	Lau, Pak Ka	35 Hong Kong Police	28.00
3	03713 IBZ	Tang, Chee Kit	39 Diocesan School	29.00

LC Master Swimming Competition Part 1 24-25 - 23/03/2025

Psych Sheet

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

4	48667 @IRO	Wong, Dominic Clayton Joe	37	Fastlane Swimming	31.00
5	52508 IAZ	Yuen, Chun Yiu Curtis	39	South China	31.78
6	03312 IAZ	Li, Yun Sing	35	Diocesan School	35.00
7	55358 @IM	Huang, Tongxiang	39	Sword Fish Club	35.00
8	55432 ICX	Zhou, Yuchen	39	Hoi Fung	40.00
9	43822 IAZ	Wong, Lu Yeung	35	Flying Fish	NT

40-44

1	49017 @ICO	McInnes, Christopher Peter	40	Kwun Tong	28.00
2	52550 IAZ	Chiu, Kelvin Ho Yin	43	Pacific	28.00
3	48820 #IAZ	Lam, Pei Tim	44	LRC	28.40
4	54503 IAZ	Li, Ying Ho	40	Wong Tai Sin	28.56
5	48856 @IAO	Gallearachie, Jeewantha Madu	41	Fastlane Swimming	28.80
6	44302 ICO	Boas, Michael Joel	40	Fastlane Swimming	29.80
7	42222 IAZ	Yick, Tsip Lam	42	Sword Fish Club	30.00
8	11587	Ng, Yu Hon	42	Sea Green	30.05
9	12873	Wan, Ka Fai	43	Sea Green	30.05
10	03793 ICZ	Po, Tik San	43	New Water Polo	35.00
11	55373 IAZ	Cheung, Chiu Sing	40	Blue Angel	42.93

45-49

1	27471 #ICO	Nortje, Craig Andrew	47	RippleFly Swim Ltd	26.50
2	51734 @^ICO	Small, Robert James	46	Fastlane Swimming	27.80
3	53312 IAZ	Tang, Tin Lok Stephen	49	Win Tin	28.00
4	39215 IAZ	Cheung, Chun Hoi Allan	49	Kowloon Tong Club	28.50
5	08963 ICZ	Lee, Chun Yeung	45	Wong Tai Sin	29.98
6	40107 IAZ	Chan, Falcon	46	Lai Tsun	30.00
7	37032 IAZ	Wu, Kai Wing	49	Wong Tai Sin	30.00
8	11569	Wong, Lok Shun	48	Flying Fish	30.96
9	54381 IAZ	Siu, Wai Jung Justin	48	Diocesan School	31.00
10	16451	Cheng, Ngai Bun	47	Kwun Tong	33.00
11	51192 IAZ	Lo, Yui Man	48	Flying Fish	33.18
12	52794 @^P	Tatsukawa, Shingo	48	Sea Green	33.80
13	43949 @^IM	Yang, Zhipeng	49	New Water Polo	34.00
14	43948 @^IM	Wang, Shengli	46	New Water Polo	35.00
15	05144 IAZ	Tse, Chun Hei	46	Flying Fish	35.96
16	37781 IAZ	Lo, Kar Lai Gary	47	New Water Polo	38.00
17	48593 #IAZ	Cheng, Wai Leung	48	Wong Tai Sin	39.00
18	40923 IAZ	Yip, Kam Wing	48	Sea Green	49.00
19	54397 IAZ	Ngan, Man Fai	45	City East	1:00.00
20	29261 IAZ	Lai, Ka Wai	47	Tuen Mun	NT

50-54

1	06711	Leung, Tsz Kin	53	New Water Polo	29.11
2	46505 IAZ	Chang, Lambert Jen Hsiung	50	Fastlane Swimming	30.00
3	06316	Chan, Sze Tat	50	Hong Kong Police	30.00
4	52639 @ICO	Cordina, David Henri	52	Kwun Tong	30.00
5	02366	Li, Ka Wing	51	Kwun Tong	30.00
6	28849 IAZ	Chan, Chun Kuen	50	Sword Fish Club	30.00
7	44312 @^IM	Ma, Hui	50	New Water Polo	30.30
8	23497 IAZ	Au Yeung, Wai Kit	51	Kwun Tong	31.00
9	26821 IAZ	Chan, Kwok Chi	54	Sword Fish Club	31.00
10	52883 IAZ	Lo, Fu Fui Frankie	50	Win Tin	31.39
11	40835 IAZ	Leung, Wing Hong Alvin	51	Diocesan School	34.00
12	38958 IAZ	Lai, Yiu Kuen	50	CYM	35.00
13	51531 #IAX	Tang, Min	50	Fastlane Swimming	37.00
14	48392 IAZ	Chan, Ting	52	Hoi Fung	37.00

## LC Master Swimming Competition Part 1 24-25 - 23/03/2025

## Psych Sheet

## 50-54... (Event 3 Men 50 LC Meter Freestyle)

15	38843 IAX	Cheung, Hon Sum	53 Hilltop	37.00
16	49443 IAZN	Siu, Cheuk Kuen	53 Sword Fish Club	39.88
17	54714 IAZ	Wong, Tsun Yat Gary	51 Sword Fish Club	39.88
18	50404 @IAO	Livotto, Andrea	51 Fastlane Swimming	40.00
19	42085 IAZ	Lee, Hon Lun Philip	53 Sword Fish Club	40.00
20	04184	Woo, Siu Ming William	54 Sword Fish Club	50.00
21	52756 IAX	Chueng, Shing	54 Hoi Fung	50.25

## 55-59

1	27451 IAZ	Yip, Kin Man Stephen	55 Kwun Tong	29.00
2	35677 IAZ	Choy, Kwok Ping	57 Kwun Tong	30.00
3	53271 @^IM	Chen, Weizhong	56 New Water Polo	30.00
4	30710 IAZ	Lai, Kin Sun	55 Flying Fish	30.11
5	43144	Xiao, Donghong	59 New Water Polo	31.00
6	54387 @IM	Chen, Xueyong	58 Sword Fish Club	32.00
7	44678 IAZ	Hung, Tin Wai Robert	59 Pacific	33.44
8	43158 IAZ	Chan, Tin Lung	56 Lai Tsun	35.00
9	31109 IAZ	Chan, Ping Yan Bryan	59 Hoi Fung	36.00
10	42364 IAZ	Lau, Yip Kwong Francis	56 Diocesan School	38.00
11	35309 IAZ	Ko, Ping Sum Samuel	59 Kowloon Tong Club	38.02
12	45582 @IAO	Reeve, Blair	57 LRC	38.06
13	25579 IAZ	Leung, Tak Sing	59 Hoi Fung	40.25
14	39306 IAZ	Lee, Tak Shun Benson	59 Hoi Fung	42.00
15	35711 IAX	Wong, Fuk Kei	56 Sword Fish Club	44.00
16	54393 @P	Tan, Yucheng	58 New Water Polo	45.00

## 60-64

1	22591 P	Saka, Toshiyuki	63 Sea Green	28.50
2	05119 @IAO	Woodring, Merritt Douglas	60 AVO	28.79
3	42200 #	Wu, Zhimin	64 Sword Fish Club	29.00
4	50495 @^IM	Zhou, Liang	61 Sword Fish Club	29.00
5	06256	Chan, Kwong Peter	64 Sea Green	33.00
6	50485 @^IM	Chen, Shuquan	62 New Water Polo	34.00
7	41007 IAZ	So, Man Sing	64 Sea Green	34.00
8	40592 IAZ	Fo, Pui Keung	61 Hong Kong Police	35.00
9	26176 IAX	Ho, Chung Man	62 Lai Tsun	35.00
10	37048 IAZ	Cheung, Wai Chuen Jimmy	62 Sword Fish Club	36.00
11	39982 IAZ	Chow, Wing Chun	61 Sword Fish Club	36.00
12	22433 IAZ	Lui, Man Pong	60 New Water Polo	37.00
13	40861 IAZ	Cheung, Chi Ming Rover	62 Sword Fish Club	37.00
14	40836 IAZ	Ho, Kwok Chung Anthony	60 Diocesan School	38.00
15	40839 IAZ	Leung, Wing Hang Michael	60 Diocesan School	40.00
16	10135 IAZ	Mo, Kim Fung Bosco	61 Diocesan School	40.00
17	40840 IAZ	Ng, Ka Yiu Karl	61 Diocesan School	40.00
18	53916 IAZ	Ma, Kwok Leung	60 Sword Fish Club	42.88
19	38990 IAZ	Lai, Choi Wood Raymond	64 City East	1:00.00

## 65-69

1	50662 @^P	Zong, Cheng	67 Sword Fish Club	33.00
2	14555 @IAX	Tang, Kon Leong	69 Sword Fish Club	34.00
3	03215 #IAZ	Leung, Yiu Chuen	67 Tung Sing	34.00
4	52225 @^IM	Chen, Shengyou	69 New Water Polo	35.00
5	49915 @IAX	Tai, Yu Chung	67 New Water Polo	36.00
6	17954 IAX	Cheung, Oi Kwan	67 New Water Polo	38.00
7	45199 IAZ	Fok, Siu Por	67 New Water Polo	38.00
8	43971 IAX	Lau, Kwok Ming	68 New Water Polo	40.00
9	07802	Chau, Kam Tim	65 Sea Green	41.00

**LC Master Swimming Competition Part 1 24-25 - 23/03/2025**

**Psych Sheet**

**65-69... (Event 3 Men 50 LC Meter Freestyle)**

10	06331 ICZ	Ma, Etienne	68 YMCA OF Hong Kong	NT
<b>70-74</b>				
1	06268	Tse, Kwok Piu	74 Sword Fish Club	35.00
2	06398	Cho, Wai Sun	72 Fastlane Swimming	36.00
3	04508	Chung, Kit Wai	71 Sword Fish Club	37.00
4	41729 IAZ	Ko, Leung Hung Alex	73 Diocesan School	38.00
5	06389	Chan, Hong Wah	72 New Water Polo	39.00
6	53341 @^IM	Lu, Zhuoying	71 New Water Polo	40.00
7	52549 IAZ	Lam, Tak On	71 Sword Fish Club	40.00
8	06281	Fung, Kam Tai	70 Sword Fish Club	45.00
9	06388	Lau, Man Kin	71 Sword Fish Club	45.00
10	19327 IAZ	Yu, Kwok Chuen	70 Sword Fish Club	48.00
11	11563	Lee, Kwok Hung	72 Sword Fish Club	50.00
12	23123 IAZ	Poon, Wai	73 Sword Fish Club	50.00
13	06184	Ng, Pak Chiu	71 Sea Green	55.00
14	54395 IAZ	Chan, Kun Cheung	70 City East	1:00.00
<b>75-79</b>				
1	51227 @^IM	Liang, Shuntian	76 Sword Fish Club	33.00
2	55496 @P	Funano, Tetsuo	77 Sea Green	35.50
3	03845	Tin, Sheung Kwai	78 New Water Polo	39.00
4	44756 IAZ	Lo, Che Hung	77 Lai Tsun	40.00
5	05917	Yong, Khin Syn	76 Sword Fish Club	42.00
6	09171	Chan, Ying Chi	79 Sword Fish Club	50.00
<b>80-84</b>				
1	27458 IAZ	Tsui, Yau Ho	81 Sword Fish Club	50.00
2	49541 @IAXN	Yang, Victor	80 Diocesan School	52.00
<b>85-89</b>				
1	05407	Lee, She Kwok	87 Sword Fish Club	52.00
2	15490	Law, Kwai Fong	89 Sword Fish Club	1:03.00

**Event 4 Women 50 LC Meter Freestyle**

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

	<b>ID#</b>	<b>Name</b>	<b>Age</b>	<b>Team</b>	<b>Seed Time</b>
<b>18-24</b>					
1	28694 B	Cheuk, Yuet Ying Phoebe	21	Sword Fish Club	28.15
2	31206 B	Wong, Hor Kiu	20	Sword Fish Club	31.00
3	55370 IAX	Chan, Nga Wing	21	Blue Angel	35.93
4	32204 IAZ	Chan, Kei Yau	22	Blue Angel	36.11
5	55371 IAZ	Guo, Tsz Ching	21	Blue Angel	36.98
6	55372 IAZ	Cheung, Hoi Yan	22	Blue Angel	42.43
7	25097 B	Cheung, Margaret	20	Kowloon Tong Club	45.00
8	25098 B	Fung, Suet Ying Chloe	20	Kowloon Tong Club	45.00
9	54016 IAZ	Cheng, Hoi Man	20	Sword Fish Club	NT
<b>25-29</b>					
1	11864 B	Chow, Tsz Hei	28	Crest Ray	27.00

## LC Master Swimming Competition Part 1 24-25 - 23/03/2025

## Psych Sheet

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

2	18028 B	Leung, Ho Ching	26 Fastlane Swimming	29.50
3	46331 @ICO	Brueck, Hannah Madeleine	29 Fastlane Swimming	30.50
4	52769 @^ICO	Chou, Lou-Salome Yuan Nico	28 HK Football Club	32.00
5	24555 IAO	Ho, Nicola Gabrielle	26 Fastlane Swimming	32.12
6	49513 IAZ	To, Yan Wing	29 Crest Ray	33.00
7	18350 #IAZ	Lam, Nga Yin Eunice	29 Fastlane Swimming	36.00
8	50379 @^ICO	Kuai, Wen	26 Kwun Tong	37.00
9	41512 IAZ	Liu, Long Yan Sedna	26 CYM	38.00
10	52696 @ICX	Wen, Zhibin	27 Tung Sing	40.00
11	20985 IAZ	Kwok, Tung Kwan	29 Sword Fish Club	45.00
12	43533 IAZ	Wong, Yu Tung	27 New Water Polo	1:00.00

## 30-34

1	50922 @ICO	Hughes, Christine Virginia	34 LRC	28.07
2	03730 IBZ	Li, Jamie	33 Kwan Hung	30.99
3	02295 IBZ	Tao, Wai Kiu	32 Kwan Hung	31.99
4	09413 B	Fang, Ka Ying	30 Eastern Winter	33.00
5	05142 IAZ	Hui, Ngan Ting	32 Kowloon Tong Club	33.00
6	54108 IAZ	Ng, Esther Ching Hay	31 Fastlane Swimming	36.00
7	51507 IAZ	Hui, Ngan Ying	33 Kowloon Tong Club	37.80

## 35-39

1	00288 IBZ	Yip, Wing Yan	37 Dik Wing	27.90
2	52770 IAO	Sjoholm, Ingrid Christina	39 HK Football Club	29.00
3	43489 @IAXN	Wehl Kwok, Hiu Chin June	39 LRC	35.15
4	43390 ICO	Wong, Sook Leng	37 Hoi Fung	39.00
5	54745 @^IM	Liu, Yijun	36 Sword Fish Club	40.00
6	13384 ICZ	Lee, May Sze Mei	38 New Water Polo	45.00

## 40-44

1	38440 #ICO	Eichelberger, Melissa Ann	42 HK Football Club	28.63
2	54353 IAXN	Yeh, Grace Judy	40 Fastlane Swimming	32.00
3	52180 IAZ	Leung, Man Kee	41 Fastlane Swimming	33.00
4	54558 IAO	Leung, Sharon	42 LRC	34.60
5	48188 IAZ	Tang, Ho Tung Kathy	40 Csu	37.87
6	51405 IAXN	Lau, On Yue	42 Hoi Fung	42.00
7	41684 IAZ	Leung, Wing Yin Winnie	41 Hoi Fung	43.00
8	55257 IAZ	Cheung, Lee Yin	43 Golden Dolphin	50.00
9	55390 @IM	Zhou, Yiling	41 New Water Polo	50.00
10	02685 ICZ	Master, Farah Jimmy	40 HK Football Club	NT

## 45-49

1	46247 @IAO	Krkalo, Shauna Kathleen	47 LRC	27.03
2	08977	Ho, Yee Yun Rosalind	46 Current Club Ltd	34.96
3	43157 @ICO	Lee, Chew Ling	48 LRC	37.60
4	45139 IAZ	Tai, Kwan Yee	48 Hoi Fung	39.00
5	43194	Cao, Min	45 Sword Fish Club	40.00
6	25238 IAZ	Yip, Po Man	45 New Water Polo	45.00
7	46181 IAZ	Ng, Yan Yan Bandy	49 Tung Sing	50.00
8	43964 @^IM	Qiu, Qi	49 New Water Polo	52.00
9	49121 IAZ	So, Chin Wing	46 New Water Polo	59.59
10	53270 @^IM	Xie, Lexian	48 New Water Polo	1:10.00

## 50-54

1	33517 IAO	Yamaguchi, Mika	53 RippleFly Swim Ltd	29.70
2	28770 IAZ	Cromwell, Nicole Samantha	53 LRC	32.91
3	50110 IAZ	Chow, Yin Wei Nora	53 New Water Polo	35.00
4	45736 IAZ	Tam, Chee Yun Joyce	50 Lai Tsun	36.00
5	35969 IAX	Wang, Ying Lian	53 Tung Sing	39.41

## LC Master Swimming Competition Part 1 24-25 - 23/03/2025

## Psych Sheet

**50-54... (Event 4 Women 50 LC Meter Freestyle)**

6	47040 @IAX	Zou, Shengling	54 Tung Sing	46.00
7	40912 IAZ	Ng, Yee Ling	54 Tolo Harbour	47.00
8	55462 IAX	Zheng, Haiming	51 Hoi Fung	52.34

**55-59**

1	09870 @ICO	Chong, Yin Szu Adeline	55 Fastlane Swimming	35.50
2	52764 @ICO	Schoening Naujoks, Mirjam Be	55 LRC	38.43
3	37062 IAZ	Lee, E Way Yvonne	59 Kowloon Tong Club	38.54
4	36431 @^P	Buchta, Katrin	55 Sword Fish Club	40.00
5	43102 ICO	Roberts, Tonya Leanne	57 LRC	41.00
6	16303	Rana, Naomi	59 LRC	42.16
7	36045 IAZN	Hsu, Ava	58 LRC	43.84
8	43063 @IAO	Wong, Rose	55 LRC	46.71
9	54394 IAX	Li, Hung Ling	59 City East	1:00.00
10	43226 IAZ	Yuen, Lai Ping Anna	59 South China	NT

**60-64**

1	23323 IAZ	Tam, Choi Ping Scalene	60 New Water Polo	37.00
2	38289 IAZ	Ng, Wai Lin Angie	61 Sword Fish Club	40.00
3	26254 #IAZ	Ng, Kong Ching	60 Tung Sing	40.00
4	50490 @^IM	Liang, Yanling	61 Sword Fish Club	43.00
5	08956	Yeung, Chin Wai Anita	64 Hoi Fung	45.00
6	43962 @^IM	Pan, Lijian	60 New Water Polo	46.00
7	52284 @^IM	Huang, Ying	62 Sword Fish Club	46.00
8	44332 @^IM	Xiao, Yun	64 New Water Polo	48.00
9	22428 IAZ	Lau, Yuk Lin Rocky	63 Sea Green	48.00
10	38460 IAZ	Tang, Kit Fong Yvonne	61 New Water Polo	1:00.00
11	51532 IAZ	Shek, Yuk Ching Peggy	61 South China	NT

**65-69**

1	52109 @^IM	Wang, Yan	69 Sword Fish Club	36.30
2	52283 @^IM	Li, Weihua	69 Sword Fish Club	50.00
3	05043	Wong, Kim Lan Ada	65 Flying Fish	51.64
4	43955 @^IM	Cui, Guoning	68 New Water Polo	55.00
5	02711	Fok, Wai Fung	67 Wong Tai Sin	57.18
6	54396 IAZN	Tang, Wai Fun Caroline	65 City East	1:00.00
7	06127	Lau, Wai Lin	69 New Water Polo	1:00.00
8	52299 @^IM	Wang, Jungang	67 New Water Polo	NT

**70-74**

1	53928 @IM	Huang, Lifang	70 Sword Fish Club	44.00
2	06355	Lo, Lai Yung	70 New Water Polo	50.00
3	46236 IAZ	Fok, Miu Han	72 New Water Polo	53.00
4	06213	Mo, Mei Ling	71 Wong Tai Sin	1:02.00

**75-79**

1	02859	Tse, Ka Tsai Angela	75 Flying Fish	53.88
2	06212	Lo, Yeuk Shuen	76 Wong Tai Sin	1:20.00

**80-84**

1	32571 IAZ	Chan, Pui Yee	81 Sword Fish Club	1:00.00
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**85-89**

1	06144	Mak, Suet Man	88 Sea Green	1:10.00
2	13262	Kwong, Shuet Hing	85 Wong Tai Sin	1:12.20

LC Master Swimming Competition Part 1 24-25 - 23/03/2025

Psych Sheet

Event 5 Men 100 LC Meter Butterfly

18-24 MSR:	59.53
25-29 MSR:	58.94
30-34 MSR:	58.66
35-39 MSR:	59.58
40-44 MSR:	59.06
45-49 MSR:	1:00.90
50-54 MSR:	1:04.49
55-59 MSR:	1:11.94
60-64 MSR:	1:15.51
65-69 MSR:	1:32.97

	ID#	Name	Age	Team	Seed Time
<b>18-24... (Event 5 Men 100 LC Meter Butterfly)</b>					
1	28249 B	Fung, O See Asaph	19	Kowloon Tong Club	58.00
2	50181 @^ICO	Zheng, Jiale	21	Kwun Tong	1:18.00
3	27411 IAZ	Siu, Ka Hang	21	Sword Fish Club	1:20.00
<b>25-29</b>					
1	04579 IAO	Cheng, Chris	28	HK Football Club	1:02.50
2	22513 IAZ	Tang, Cheuk Yan	25	Kwun Tong	1:10.00
3	16830 IAM	Yip, Ming Hei	29	New Water Polo	1:10.00
4	12832 IAZ	Chi, Oscar	27	Hong Kong Police	1:15.00
5	19810 IAZ	Lau, Ka Chun	29	Hong Kong Police	1:50.00
6	23835 IAZ	Cheuk, Long Hin	27	Juan Hua Club	1:50.00
7	17034 IAZ	Yeung, Yue Hin Gerry	28	Juan Hua Club	1:50.00
<b>30-34</b>					
1	53101 @ICO	Palmerston, Jeremiah Bradley	34	Fastlane Swimming	1:18.00
2	04877 IBZ	Ng, Yu Ting	34	Sword Fish Club	1:30.00
3	52752 @ICO	Hardy-Lachance, Thierry	33	Fastlane Swimming	1:40.00
4	02766 IBZ	Ma, Siu Chun Jason	34	Flying Fish	1:50.00
5	51779 @ICX	Lin, Hang	32	South China	1:50.00
<b>35-39</b>					
1	51101 #@ICO	Smit, Marcel Pieter Arnold	38	HK Football Club	1:02.00
2	02021 IBZ	Chow, Man Ho	35	Kwan Hung	1:03.07
3	01621 #IBZ	So, Man Hon	37	HK Football Club	1:09.00
4	06092 IAZ	Ng, Yan Ho	35	Hong Kong Police	1:15.00
5	02805 IBZ	To, Ching Yi	36	New Water Polo	1:15.00
6	00104	Lo, Shek Pui	36	HK Football Club	1:20.50
7	43822 IAZ	Wong, Lu Yeung	35	Flying Fish	1:50.00
8	52508 IAZ	Yuen, Chun Yiu Curtis	39	South China	1:50.00
<b>40-44</b>					
1	00091	Chan, Lok Yan	41	New Water Polo	1:07.00
2	03796 ICZ	Chan, Pui Kei	44	New Water Polo	1:15.00
3	44302 ICO	Boas, Michael Joel	40	Fastlane Swimming	1:16.00
4	23298 IAZ	Li, Cheuk Bun	40	Wong Tai Sin	1:20.00
5	54503 IAZ	Li, Ying Ho	40	Wong Tai Sin	1:20.00
6	38303 IAZ	Ng, Ho Yin	40	Sun Yip	1:40.00
7	05155	Chan, Albert Kam Ming	44	Diocesan School	1:54.00
<b>45-49</b>					
1	51192 IAZ	Lo, Yui Man	48	Flying Fish	44.00
2	27471 #ICO	Nortje, Craig Andrew	47	RippleFly Swim Ltd	1:00.00
3	49497 @ICO	MaccLeod, Andrew Ian	46	LRC	1:05.56
4	51734 @^ICO	Small, Robert James	46	Fastlane Swimming	1:10.00
5	10317	Ng, Ka Wing	45	Diocesan School	1:30.00

**LC Master Swimming Competition Part 1 24-25 - 23/03/2025**

**Psych Sheet**

**45-49... (Event 5 Men 100 LC Meter Butterfly)**

6	16451	Cheng, Ngai Bun	47 Kwun Tong	1:45.00
7	05160	Chan, Ka Wo	48 Diocesan School	1:54.00
8	40107 IAZ	Chan, Falcon	46 Lai Tsun	2:05.00
<b>50-54</b>				
1	03372	Lau, Allan	52 Sword Fish Club	1:20.00
2	02366	Li, Ka Wing	51 Kwun Tong	1:28.00
3	06338 IAZ	Wong, Ka Fai	51 Sword Fish Club	1:28.00
4	06310	Chan, Fung Sun	52 Kwun Tong	1:30.00
5	27868 IAZ	Chan, Chi Wah Ringo	53 Sword Fish Club	1:30.00
6	51531 #IAZ	Tang, Min	50 Fastlane Swimming	1:45.00
7	27459 IAZ	Lui, Wing Tak Victor	51 Diocesan School	1:50.00
8	26821 IAZ	Chan, Kwok Chi	54 Sword Fish Club	1:50.00
9	21008 IAZ	Cheung, Chun Kwan Michael	52 Wong Tai Sin	1:50.00
10	41887 IAZ	Woo, Cheuk Yiu Jeffrey	50 YMCA OF Hong Kong	1:50.00
11	42085 IAZ	Lee, Hon Lun Philip	53 Sword Fish Club	1:55.00
12	10264 IAO	Faiola, Jeff Alan	54 Island Stingrays	2:05.00
13	15166 #	Leung, Chi Keung	53 Tung Sing	2:15.00
<b>55-59</b>				
1	30710 IAZ	Lai, Kin Sun	55 Flying Fish	39.54
2	39306 IAZ	Lee, Tak Shun Benson	59 Hoi Fung	1:50.00
3	38127 IAZ	Leung, Cheung Wai Ricky	57 Sword Fish Club	1:55.00
4	32285 IAZ	Chan, Chong Kai Stephen	57 Diocesan School	2:15.00
<b>60-64</b>				
1	05191	Koo, Yu Fat Marcus	63 Flying Fish	1:20.70
2	06256	Chan, Kwong Peter	64 Sea Green	1:40.00
3	32108 IAX	Chan, Kiu	63 Sword Fish Club	1:46.00
4	22433 IAZ	Lui, Man Pong	60 New Water Polo	1:50.00
5	26594 IAZ	Ching, Wai Kin	61 Sword Fish Club	1:54.71
6	39982 IAZ	Chow, Wing Chun	61 Sword Fish Club	1:58.00
7	50485 @^IM	Chen, Shuquan	62 New Water Polo	2:20.00
<b>65-69</b>				
1	17956 #IAZ	Chau, Kim Fai	68 Hong Kong Police	42.00
2	06331 ICZ	Ma, Etienne	68 YMCA OF Hong Kong	1:33.00
3	03215 #IAZ	Leung, Yiu Chuen	67 Tung Sing	1:50.00
4	52225 @^IM	Chen, Shengyou	69 New Water Polo	1:52.00
5	07802	Chau, Kam Tim	65 Sea Green	2:20.00
6	15527	Zhou, Hao	67 Tung Sing	2:20.00
<b>70-74</b>				
1	43205	Zhou, Jin Jia	70 New Water Polo	1:50.00
2	52549 IAZ	Lam, Tak On	71 Sword Fish Club	1:55.00
3	06382	Chan, Kam Por	73 Sword Fish Club	1:56.00
4	06239	Chan, King Yuen	70 Lai Tsun	2:00.00
5	11563	Lee, Kwok Hung	72 Sword Fish Club	2:20.00
6	06187	Kan, Kai Kwong	70 Sea Green	2:20.00
<b>75-79</b>				
1	51227 @^IM	Liang, Shuntian	76 Sword Fish Club	1:45.00
2	20634 IAZ	Wu, Shu Sun	75 New Water Polo	2:00.00
3	06243	Koo, Choi Fat	75 Wong Tai Sin	2:00.00
4	23297 IAZ	Chan, Shing Chi	77 Lai Tsun	2:20.00

## LC Master Swimming Competition Part 1 24-25 - 23/03/2025

## Psych Sheet

## Event 6 Women 100 LC Meter Butterfly

18-24 MSR: 1:07.41

25-29 MSR: 1:08.66

30-34 MSR: 1:10.18

35-39 MSR: 1:13.49

40-44 MSR: 1:13.55

45-49 MSR: 1:12.50

50-54 MSR: 1:14.85

55-59 MSR: 1:31.44

60-64 MSR: 1:36.26

65-69 MSR: 1:48.29

	ID#	Name	Age	Team	Seed Time
<b>18-24... (Event 6 Women 100 LC Meter Butterfly)</b>					
1	31444 IAX	Tang, Hiu Tung	24	Pacific	1:14.96
2	31206 B	Wong, Hor Kiu	20	Sword Fish Club	1:30.00
3	25098 B	Fung, Suet Ying Chloe	20	Kowloon Tong Club	1:40.00
4	54016 IAZ	Cheng, Hoi Man	20	Sword Fish Club	1:50.00
5	25097 B	Cheung, Margaret	20	Kowloon Tong Club	2:00.00
<b>25-29</b>					
1	24555 IAO	Ho, Nicola Gabrielle	26	Fastlane Swimming	1:28.00
<b>30-34</b>					
1	50922 @ICO	Hughes, Christine Virginia	34	LRC	1:10.18
2	01262	Mau, Lok Yan Eunice	32	Current Club Ltd	1:16.02
3	09413 B	Fang, Ka Ying	30	Eastern Winter	1:17.00
4	08900 IBZ	Lam, Suet	32	Hong Kong Police	1:20.00
5	38653 IAZ	Sin, Wai Ting	31	Golden Dolphin	1:50.00
6	52066 @^IM	Liang, Biyu	31	New Water Polo	2:00.00
<b>35-39</b>					
1	00288 IBZ	Yip, Wing Yan	37	Dik Wing	1:09.00
2	00412	Tsui, Po Kei	37	Hong Kong Police	2:00.00
<b>40-44</b>					
1	02685 ICZ	Master, Farah Jimmy	40	HK Football Club	1:13.00
2	42712 IAZ	Chan, Hiu Ying	41	Real Kinetic	1:23.00
3	30316 IAZ	Ng, Yee Lam	40	Hong Kong Police	2:00.00
4	34701 IAZ	Au, Hoi Ying	42	Flying Fish	2:15.00
5	47582 @IAX	Dong, Lei	43	South China	2:15.00
<b>45-49</b>					
1	40853 #@IAO	Tam, Alison Mai Ling	47	HK Football Club	1:23.00
2	51120 IAZ	Yee, Hoi Yan	48	Flying Fish	2:15.00
<b>50-54</b>					
1	36785 IAZ	Inglis, Alexandra Sinead	50	LRC	1:56.00
2	35772 IAX	Ban, Xianhai	53	New Water Polo	2:00.00
3	45917 @^IM	Huang, Caifang	51	New Water Polo	2:15.00
4	06349	Ip, Oi Wa Wendy	53	Sword Fish Club	2:15.00
<b>55-59</b>					
1	36431 @^P	Buchta, Katrin	55	Sword Fish Club	2:00.00
2	37062 IAZ	Lee, E Way Yvonne	59	Kowloon Tong Club	2:05.00
3	31395 IAZ	Chan, Pui Ling	55	Flying Fish	2:15.00
<b>60-64</b>					
1	52222 #@^P	Wang, Min	63	Sword Fish Club	2:00.00
2	45187 IAX	Chan, On Mei	62	Sword Fish Club	2:25.00
<b>65-69</b>					
1	52299 @^IM	Wang, Jungang	67	New Water Polo	2:30.00

**LC Master Swimming Competition Part 1 24-25 - 23/03/2025**

**Psych Sheet**

**65-69... (Event 6 Women 100 LC Meter Butterfly)**

2	16533	Wong, Shun Ying	66	Sea Green	2:30.00
3	14007	Ho, Yuk Ling	68	Tung Sing	2:30.00

**70-74**

1	06355	Lo, Lai Yung	70	New Water Polo	2:18.00
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**75-79**

1	06357	Suen, Ming Chu	77	Sword Fish Club	2:10.00
2	39357 @^P	Mak, Sok Iun	75	Sword Fish Club	2:30.00

**Event 7 Men 50 LC Meter Breaststroke**

<b>18-24 MSR:</b>	<b>28.35</b>
<b>25-29 MSR:</b>	<b>30.24</b>
<b>30-34 MSR:</b>	<b>31.11</b>
<b>35-39 MSR:</b>	<b>31.14</b>
<b>40-44 MSR:</b>	<b>33.00</b>
<b>45-49 MSR:</b>	<b>32.70</b>
<b>50-54 MSR:</b>	<b>34.48</b>
<b>55-59 MSR:</b>	<b>35.10</b>
<b>60-64 MSR:</b>	<b>35.58</b>
<b>65-69 MSR:</b>	<b>37.84</b>

	<b>ID#</b>	<b>Name</b>	<b>Age</b>	<b>Team</b>	<b>Seed Time</b>
<b>18-24</b>					
1	30694 IAZ	Cheung, Chi Kit Nicholas	20	Wong Tai Sin	29.00
2	45713 IAZ	Hau, Ryan Spencer	19	New Water Polo	31.88
3	19430 B	Mok, Yik Long	23	Diocesan School	32.00
4	32043 IAZ	Li, Cheuk Fung Ryan	19	Current Club Ltd	32.77
5	20968 B	Ho, Sze Ming	24	Diocesan School	33.00
6	33975 B	Wong, Hoi Yi Ryan	20	Sword Fish Club	34.00
7	48045 IAZ	Lo, Tsz Wang	22	Kwun Tong	38.00
8	40782 IAZ	Chan, Ho Long	20	Current Club Ltd	39.00
9	38234 IAZ	Kwok, King Him	20	Current Club Ltd	42.00
10	47054 IAZ	Ho, Ethan Jordan	23	Diocesan School	50.00
<b>25-29</b>					
1	19810 IAZ	Lau, Ka Chun	29	Hong Kong Police	35.00
2	28566 IAZ	Lai, ShuFan Joshua Steven	25	Fastlane Swimming	38.00
3	28567 #IAZ	Tam, Wang Yin	25	Eastern Winter	40.00
<b>30-34</b>					
1	42728 P	Febo, Christopher Vincenzo	32	Sword Fish Club	32.00
2	03978 #	Lau, Chun Sing	33	Eastern Winter	32.26
3	09964 IAZ	Lau, Chak Lam Nicholas	30	Diocesan School	34.00
4	05642 IBZ	Lok, Ho Chun	31	Hong Kong Police	34.00
5	10221 IBZ	Tam, Ka Ho Ricky	34	Hong Kong Police	35.00
6	04877 IBZ	Ng, Yu Ting	34	Sword Fish Club	37.00
7	01728	Cheung, Wai Lun William	34	Diocesan School	38.00
8	54336 IC0	Le, Bourgeois Antoine Ma	32	Sword Fish Club	41.00
9	51281 IAZ	Hui, Ka Yin	32	Lai Tsun	50.00
10	05854 IAZ	Cho, Wai Ching	34	Flying Fish	NT
11	02766 IBZ	Ma, Siu Chun Jason	34	Flying Fish	NT
12	55587 IAZ	Chan, Ivan	33	South China	NT
<b>35-39</b>					
1	02591	Luk, Wing Kin Andy	36	Kwan Hung	31.00
2	42367 IAO	Chow, Chun Yin	39	Diocesan School	32.00
3	51246 @^IM	Zhang, Wei	37	New Water Polo	35.00
4	03312 IAZ	Li, Yun Sing	35	Diocesan School	40.00
5	48667 @IRO	Wong, Dominic Clayton Joe	37	Fastlane Swimming	40.00

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35-39... (Event 7 Men 50 LC Meter Breaststroke)

6	55358 @IM	Huang, Tongxiang	39	Sword Fish Club	45.00
7	55432 ICX	Zhou, Yuchen	39	Hoi Fung	50.00
8	09136 IAZ	Tsang, Chun Kin	37	New Water Polo	59.00

40-44

1	52550 IAZ	Chiu, Kelvin Ho Yin	43	Pacific	33.00
2	00091	Chan, Lok Yan	41	New Water Polo	34.00
3	48820 #IAZ	Lam, Pei Tim	44	LRC	34.62
4	48856 @IAO	Gallearachie, Jeewantha Madu	41	Fastlane Swimming	37.00
5	27469 IAX	Lam, Kin Wang	40	Hong Kong Police	37.00
6	05155	Chan, Albert Kam Ming	44	Diocesan School	40.00
7	11587	Ng, Yu Hon	42	Sea Green	40.00
8	54503 IAZ	Li, Ying Ho	40	Wong Tai Sin	40.00
9	42222 IAZ	Yick, Tsip Lam	42	Sword Fish Club	43.00
10	03793 ICZ	Po, Tik San	43	New Water Polo	45.00
11	55373 IAZ	Cheung, Chiu Sing	40	Blue Angel	1:00.64

45-49

1	17961 ICO	Jones, Simon	49	LRC	33.90
2	53312 IAZ	Tang, Tin Lok Stephen	49	Win Tin	35.43
3	27471 #ICO	Nortje, Craig Andrew	47	RippleFly Swim Ltd	36.00
4	51734 @^ICO	Small, Robert James	46	Fastlane Swimming	36.00
5	39215 IAZ	Cheung, Chun Hoi Allan	49	Kowloon Tong Club	36.50
6	05160	Chan, Ka Wo	48	Diocesan School	37.00
7	50012 @IAO	Griffiths, Evan Paul	45	Fastlane Swimming	39.00
8	10317	Ng, Ka Wing	45	Diocesan School	40.00
9	11569	Wong, Lok Shun	48	Flying Fish	40.72
10	49027 IAZ	Ng, Fung Kei	45	Sword Fish Club	42.00
11	05144 IAZ	Tse, Chun Hei	46	Flying Fish	44.71
12	48593 #IAZ	Cheng, Wai Leung	48	Wong Tai Sin	45.00
13	16451	Cheng, Ngai Bun	47	Kwun Tong	48.00
14	16467	Chak, Pui Ching	47	Wong Tai Sin	50.00
15	08963 ICZ	Lee, Chun Yeung	45	Wong Tai Sin	50.00
16	54397 IAZ	Ngan, Man Fai	45	City East	1:00.00

50-54

1	27459 IAZ	Lui, Wing Tak Victor	51	Diocesan School	37.00
2	06316	Chan, Sze Tat	50	Hong Kong Police	39.00
3	38451 IAZ	Chong, Ming Hing	53	CYM	40.00
4	38958 IAZ	Lai, Yiu Kuen	50	CYM	40.00
5	23497 IAZ	Au Yeung, Wai Kit	51	Kwun Tong	40.00
6	52639 @ICO	Cordina, David Henri	52	Kwun Tong	40.00
7	44312 @^IM	Ma, Hui	50	New Water Polo	40.00
8	28849 IAZ	Chan, Chun Kuen	50	Sword Fish Club	41.00
9	21008 IAZ	Cheung, Chun Kwan Michael	52	Wong Tai Sin	42.00
10	38843 IAX	Cheung, Hon Sum	53	Hilltop	43.00
11	02366	Li, Ka Wing	51	Kwun Tong	43.00
12	26053 IAZ	Wong, Yee Keung	54	Flying Fish	43.67
13	40835 IAZ	Leung, Wing Hong Alvin	51	Diocesan School	44.00
14	48392 IAZ	Chan, Ting	52	Hoi Fung	45.00
15	42085 IAZ	Lee, Hon Lun Philip	53	Sword Fish Club	46.00
16	51531 #IAX	Tang, Min	50	Fastlane Swimming	55.00
17	52756 IAX	Chueng, Shing	54	Hoi Fung	1:02.35

55-59

1	42364 IAZ	Lau, Yip Kwong Francis	56	Diocesan School	40.00
2	35677 IAZ	Choy, Kwok Ping	57	Kwun Tong	40.00
3	26317 IAZN	Tung, Shang Wei Timothy	55	Kwun Tong	40.00

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55-59... (Event 7 Men 50 LC Meter Breaststroke)

4	43144	Xiao, Donghong	59 New Water Polo	40.00
5	27451 IAZ	Yip, Kin Man Stephen	55 Kwun Tong	44.00
6	43158 IAZ	Chan, Tin Lung	56 Lai Tsun	44.00
7	25579 IAZ	Leung, Tak Sing	59 Hoi Fung	45.00
8	38127 IAZ	Leung, Cheung Wai Ricky	57 Sword Fish Club	46.00
9	35711 IAX	Wong, Fuk Kei	56 Sword Fish Club	49.00
10	45582 @IAO	Reeve, Blair	57 LRC	49.09
11	31109 IAZ	Chan, Ping Yan Bryan	59 Hoi Fung	50.00
12	21736 IAM	Lo, Lai Tou	57 Sword Fish Club	52.00
13	43954 @^IM	Gao, Dongyun	55 New Water Polo	54.00
14	54393 @P	Tan, Yucheng	58 New Water Polo	55.00

60-64

1	18856 IAZ	Au, Mun Shing	60 Sword Fish Club	39.00
2	05119 @IAO	Woodring, Merritt Douglas	60 AVO	39.07
3	50514 @^IM	Ye, Jinkun	63 Sword Fish Club	42.00
4	40592 IAZ	Fo, Pui Keung	61 Hong Kong Police	45.00
5	50782 @IAX	Pang, Shu Ming	64 Sea Green	45.00
6	40839 IAZ	Leung, Wing Hang Michael	60 Diocesan School	47.00
7	26176 IAX	Ho, Chung Man	62 Lai Tsun	47.00
8	39982 IAZ	Chow, Wing Chun	61 Sword Fish Club	47.00
9	10135 IAZ	Mo, Kim Fung Bosco	61 Diocesan School	50.00
10	40840 IAZ	Ng, Ka Yiu Karl	61 Diocesan School	50.00
11	40861 IAZ	Cheung, Chi Ming Rover	62 Sword Fish Club	50.00
12	52308 #@^IM	Liang, Chen	64 Sword Fish Club	50.00
13	40836 IAZ	Ho, Kwok Chung Anthony	60 Diocesan School	52.00
14	25226 IAZ	Choi, Tai Wing	64 Sword Fish Club	55.00
15	41426 IAZ	Tang, Yu Hang Francis	64 Tung Sing	55.00
16	22433 IAZ	Lui, Man Pong	60 New Water Polo	58.00
17	38990 IAZ	Lai, Choi Wood Raymond	64 City East	1:00.00

65-69

1	03215 #IAZ	Leung, Yiu Chuen	67 Tung Sing	39.00
2	49915 @IAX	Tai, Yu Chung	67 New Water Polo	42.00
3	52225 @^IM	Chen, Shengyou	69 New Water Polo	43.00
4	14555 @IAX	Tang, Kon Leong	69 Sword Fish Club	43.00
5	50662 @^P	Zong, Cheng	67 Sword Fish Club	44.00
6	06176	Wong, Kung Wan	69 Sea Green	50.00
7	36725 IAZ	Yau, Wai	66 Sea Green	53.00

70-74

1	41729 IAZ	Ko, Leung Hung Alex	73 Diocesan School	45.00
2	04508	Chung, Kit Wai	71 Sword Fish Club	45.00
3	06281	Fung, Kam Tai	70 Sword Fish Club	48.00
4	53341 @^IM	Lu, Zhuoying	71 New Water Polo	50.00
5	43205	Zhou, Jin Jia	70 New Water Polo	50.00
6	06389	Chan, Hong Wah	72 New Water Polo	51.00
7	06388	Lau, Man Kin	71 Sword Fish Club	55.00
8	06187	Kan, Kai Kwong	70 Sea Green	56.00
9	06192	Chu, Shui Yi	74 Sea Green	58.00
10	54395 IAZ	Chan, Kun Cheung	70 City East	1:00.00
11	23123 IAZ	Poon, Wai	73 Sword Fish Club	1:00.00
12	19327 IAZ	Yu, Kwok Chuen	70 Sword Fish Club	1:00.00

75-79

1	03845	Tin, Sheung Kwai	78 New Water Polo	45.79
2	44756 IAZ	Lo, Che Hung	77 Lai Tsun	50.00
3	20634 IAZ	Wu, Shu Sun	75 New Water Polo	50.00

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**75-79... (Event 7 Men 50 LC Meter Breaststroke)**

4	05917	Yong, Khin Syn	76	Sword Fish Club	50.00
5	06243	Koo, Choi Fat	75	Wong Tai Sin	50.00
6	22182 IAZ	Ngai, Yin Leung	76	Sword Fish Club	1:04.00
7	06242	Lau, Heung Wing	76	Wong Tai Sin	1:07.00

**80-84**

1	49541 @IAXN	Yang, Victor	80	Diocesan School	1:00.00
2	06270	Lam, Luk Kan	84	Sword Fish Club	1:10.00

**85-89**

1	05407	Lee, She Kwok	87	Sword Fish Club	1:16.00
2	15490	Law, Kwai Fong	89	Sword Fish Club	1:20.00

**Event 8 Women 50 LC Meter Breaststroke**

<b>18-24 MSR:</b>	<b>35.53</b>
<b>25-29 MSR:</b>	<b>36.06</b>
<b>30-34 MSR:</b>	<b>35.23</b>
<b>35-39 MSR:</b>	<b>34.71</b>
<b>40-44 MSR:</b>	<b>34.74</b>
<b>45-49 MSR:</b>	<b>33.82</b>
<b>50-54 MSR:</b>	<b>37.63</b>
<b>55-59 MSR:</b>	<b>38.73</b>
<b>60-64 MSR:</b>	<b>46.97</b>
<b>65-69 MSR:</b>	<b>50.56</b>

	ID#	Name	Age	Team	Seed Time
<b>18-24</b>					
1	25098 B	Fung, Suet Ying Chloe	20	Kowloon Tong Club	34.00
2	28694 B	Cheuk, Yuet Ying Phoebe	21	Sword Fish Club	34.94
3	25097 B	Cheung, Margaret	20	Kowloon Tong Club	35.50
4	31206 B	Wong, Hor Kiu	20	Sword Fish Club	41.00
5	55370 IAX	Chan, Nga Wing	21	Blue Angel	49.00
6	55371 IAZ	Guo, Tsz Ching	21	Blue Angel	49.28
7	55372 IAZ	Cheung, Hoi Yan	22	Blue Angel	1:05.94
8	32204 IAZ	Chan, Kei Yau	22	Blue Angel	NT
9	54016 IAZ	Cheng, Hoi Man	20	Sword Fish Club	NT
<b>25-29</b>					
1	52768 @^ICO	Barton, Lucy Rebecca	28	HK Football Club	37.50
2	46331 @ICO	Brueck, Hannah Madeleine	29	Fastlane Swimming	40.50
3	18028 B	Leung, Ho Ching	26	Fastlane Swimming	42.00
4	52696 @ICX	Wen, Zhibin	27	Tung Sing	42.00
5	26980 IAZ	Wong, Suet Wing	26	Dik Wing	42.82
6	46852 IAZ	Wong, Hui Yan	26	CYM	45.00
7	18350 #IAZ	Lam, Nga Yin Eunice	29	Fastlane Swimming	48.00
8	43533 IAZ	Wong, Yu Tung	27	New Water Polo	1:00.00
<b>30-34</b>					
1	01262	Mau, Lok Yan Eunice	32	Current Club Ltd	36.41
2	08238 #B	Li, Tsz Yu	31	Fastlane Swimming	39.00
3	02295 IBZ	Tao, Wai Kiu	32	Kwan Hung	39.03
4	50922 @ICO	Hughes, Christine Virginia	34	LRC	39.50
5	51507 IAZ	Hui, Ngan Ying	33	Kowloon Tong Club	45.23
6	05142 IAZ	Hui, Ngan Ting	32	Kowloon Tong Club	46.63
7	38653 IAZ	Sin, Wai Ting	31	Golden Dolphin	50.00
<b>35-39</b>					
1	52770 IAO	Sjoholm, Ingrid Christina	39	HK Football Club	42.00
2	43489 @IAXN	Wehl Kwok, Hiu Chin June	39	LRC	44.58
3	54745 @^IM	Liu, Yijun	36	Sword Fish Club	45.00

## LC Master Swimming Competition Part 1 24-25 - 23/03/2025

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## 35-39... (Event 8 Women 50 LC Meter Breaststroke)

4	13384 ICZ	Lee, May Sze Mei	38	New Water Polo	55.00
5	53921 IAZ	Ho, Hu Kar	37	Sword Fish Club	1:05.00

## 40-44

1	49329 #@IAO	Ng, Carmen C M	41	Kwan Hung	41.00
2	54558 IAO	Leung, Sharon	42	LRC	44.76
3	42712 IAZ	Chan, Hiu Ying	41	Real Kinetic	46.00
4	52180 IAZ	Leung, Man Kee	41	Fastlane Swimming	46.61
5	51754 @^IM	Wu, Shuqin	43	New Water Polo	48.00
6	55257 IAZ	Cheung, Lee Yin	43	Golden Dolphin	50.00
7	50839 @^IM	Zhuo, Enqi	41	Tuen Mun	50.00
8	55390 @IM	Zhou, Yiling	41	New Water Polo	50.00
9	51405 IAXN	Lau, On Yue	42	Hoi Fung	55.00
10	41684 IAZ	Leung, Wing Yin Winnie	41	Hoi Fung	55.00
11	34701 IAZ	Au, Hoi Ying	42	Flying Fish	NT
12	47582 @IAX	Dong, Lei	43	South China	NT

## 45-49

1	46247 @IAO	Krkalo, Shauna Kathleen	47	LRC	33.82
2	06304 ICZ	Cheung, Man Yiu	46	Sea Green	41.00
3	40853 #@IAO	Tam, Alison Mai Ling	47	HK Football Club	43.00
4	43157 @ICO	Lee, Chew Ling	48	LRC	44.10
5	08977	Ho, Yee Yun Rosalind	46	Current Club Ltd	47.09
6	43964 @^IM	Qiu, Qi	49	New Water Polo	52.00
7	46181 IAZ	Ng, Yan Yan Bandy	49	Tung Sing	55.00
8	45139 IAZ	Tai, Kwan Yee	48	Hoi Fung	59.00
9	25238 IAZ	Yip, Po Man	45	New Water Polo	1:00.00
10	53270 @^IM	Xie, Lexian	48	New Water Polo	1:15.00
11	49121 IAZ	So, Chin Wing	46	New Water Polo	1:20.00

## 50-54

1	33517 IAO	Yamaguchi, Mika	53	RippleFly Swim Ltd	38.30
2	50110 IAZ	Chow, Yin Wei Nora	53	New Water Polo	48.00
3	27128 IAZ	Lau, Yan Yan	51	Flying Fish	48.54
4	49204 IAZ	Cheng, Wai Man	54	Sea Green	49.00
5	44304 IAX	Choi, Shan Shan	53	Sword Fish Club	55.00
6	06349	Ip, Oi Wa Wendy	53	Sword Fish Club	55.00
7	40912 IAZ	Ng, Yee Ling	54	Tolo Harbour	55.00
8	55462 IAX	Zheng, Haiming	51	Hoi Fung	59.25

## 55-59

1	16303	Rana, Naomi	59	LRC	50.55
2	43102 ICO	Roberts, Tonya Leanne	57	LRC	50.78
3	09870 @ICO	Chong, Yin Szu Adeline	55	Fastlane Swimming	52.00
4	43063 @IAO	Wong, Rose	55	LRC	56.01
5	43947 @^IM	Xing, Xiaojuan	56	New Water Polo	58.00
6	40937 IAZ	Leung, Wai Fan Fanny	55	South China	59.22
7	52711 IAZ	Liu, Chi Yan Christine	59	Hilltop	1:10.00
8	43226 IAZ	Yuen, Lai Ping Anna	59	South China	NT

## 60-64

1	52222 #@^P	Wang, Min	63	Sword Fish Club	48.00
2	41423 IAZ	Chiu, Pauline	63	Tung Sing	49.00
3	51472 @IM	Pang, Yunxiao	61	New Water Polo	50.00
4	50492 @^IM	Guo, Liyan	60	Sword Fish Club	50.00
5	52284 @^IM	Huang, Ying	62	Sword Fish Club	50.00
6	38289 IAZ	Ng, Wai Lin Angie	61	Sword Fish Club	58.00
7	22428 IAZ	Lau, Yuk Lin Rocky	63	Sea Green	1:00.00
8	51532 IAZ	Shek, Yuk Ching Peggy	61	South China	1:01.42

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**60-64... (Event 8 Women 50 LC Meter Breaststroke)**

9	38460 IAZ	Tang, Kit Fong Yvonne	61 New Water Polo	1:05.00
10	08956	Yeung, Chin Wai Anita	64 Hoi Fung	1:07.25

**65-69**

1	02711	Fok, Wai Fung	67 Wong Tai Sin	57.69
2	44785 IAZ	Luk, Yuk Mui	67 City East	1:00.00
3	49428 IAX	Leong, Sao Fan	68 New Water Polo	1:00.00
4	51785 @^IM	Li, Yuemei	69 Sword Fish Club	1:00.00
5	05043	Wong, Kim Lan Ada	65 Flying Fish	1:00.41
6	16533	Wong, Shun Ying	66 Sea Green	1:05.00
7	43955 @^IM	Cui, Guoning	68 New Water Polo	1:08.00
8	43980	Zhang, Jun	67 New Water Polo	1:08.00

**70-74**

1	46236 IAZ	Fok, Miu Han	72 New Water Polo	30.00
2	55403 ICX	Liu, Wanhua	74 New Water Polo	1:00.00
3	06213	Mo, Mei Ling	71 Wong Tai Sin	1:06.00
4	06147	Leung Wong, Yin Har Hayley	73 Sea Green	1:20.00

**75-79**

1	06357	Suen, Ming Chu	77 Sword Fish Club	1:00.00
2	39357 @^P	Mak, Sok Iun	75 Sword Fish Club	1:05.00
3	06212	Lo, Yeuk Shuen	76 Wong Tai Sin	1:30.00
4	02859	Tse, Ka Tsai Angela	75 Flying Fish	NT

**80-84**

1	32571 IAZ	Chan, Pui Yee	81 Sword Fish Club	1:20.00
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**Event 9 Men 4x50 LC Meter Freestyle 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
<b>120-159</b>			
1	Hong Kong Police Swimming Club	M120 A	1:52.68
2	Pacific Swimming Club	M120 A	2:00.00
3	Kwun Tong Swimming Club	M120 A	NT
4	New Water Polo Club	M120 A	NT
5	South China Athletic Assn	M120 A	NT
6	Sword Fish Club	M120 A	NT
7	Fastlane Swimming	M120 A	NT
8	Hong Kong Football Club	M120 A	NT
<b>160-199</b>			
1	Wong Tai Sin District L.S. S.	M160 A	2:00.00
2	Kwun Tong Swimming Club	M160 A	NT
3	Ladies' Recreation Club	M160 A	NT
4	New Water Polo Club	M160 A	NT
5	Sword Fish Club	M160 A	NT
6	Fastlane Swimming	M160 A	NT
7	Hong Kong Football Club	M160 A	NT
<b>200-239</b>			
1	Wong Tai Sin District L.S. S.	M200 A	2:00.00
2	Hong Kong Police Swimming Club	M200 A	2:15.00
3	HK Flying Fish Athletic Assn	M200 A	NT

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**200-239... (Event 9 Men 4x50 LC Meter Freestyle Relay)**

4	Hoi Fung Swimming Club	M200	A	NT
5	Kwun Tong Swimming Club	M200	A	NT
6	Lai Tsun Swimming Society	M200	A	NT
7	New Water Polo Club	M200	A	NT
8	Sword Fish Club	M200	A	NT
9	Fastlane Swimming	M200	A	NT
10	Diocesan School Old Boys' Assn	M200	A	NT
11	Hong Kong Football 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	Diocesan School Old Boys' Assn	M240	A	NT

**280-319**

1	Lai Tsun Swimming Society	M280	A	NT
2	New Water Polo Club	M280	A	NT
3	Sword Fish Club	M280	A	NT
4	Sea Green Swimming & L.S. Club	M280	A	NT

**320-359**

1	Sword Fish Club	M320	A	NT
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**Event 10 Women 4x50 LC Meter Freestyle Relay**

- 100-119 MSR: 2:19.21
- 120-159 MSR: 2:10.46
- 160-199 MSR: 2:10.35
- 200-239 MSR: 2:32.48
- 240-279 MSR: 2:48.90
- 280-319 MSR: 3:06.66
- 320-359 MSR: 4:37.13

	Team	Relay	Seed Time
<b>100-119</b>			
1	Fastlane Swimming	W100 A	NT
<b>120-159</b>			
1	Hong Kong Police Swimming Club	W120 A	2:15.00
2	New Water Polo Club	W120 A	NT
3	Sword Fish Club	W120 A	NT
4	Fastlane Swimming	W120 A	NT
5	Hong Kong Football Club	W120 A	NT
<b>160-199</b>			
1	Kowloon Tong Club	W160 A	1:54.74
2	Hoi Fung Swimming Club	W160 A	NT
3	Ladies' Recreation Club	W160 A	NT
4	Lai Tsun Swimming Society	W160 A	NT
5	New Water Polo Club	W160 A	NT
6	Sword Fish Club	W160 A	NT
7	Fastlane Swimming	W160 A	NT
8	Hong Kong Football Club	W160 A	NT
<b>200-239</b>			
1	Kowloon Tong Club	W200 A	2:12.67
2	Tung Sing Athletic Association	W200 A	2:54.00
3	HK Flying Fish Athletic Assn	W200 A	NT
4	Ladies' Recreation Club	W200 A	NT
5	Lai Tsun Swimming Society	W200 A	NT

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200-239... (Event 10 Women 4x50 LC Meter Freestyle Relay)

6	New Water Polo Club	W200	A	NT
7	South China Athletic Assn	W200	A	NT
8	Sword Fish Club	W200	A	NT

240-279

1	City East Sports Club	W240	A	4:00.00
2	New Water Polo Club	W240	A	NT
3	Sword Fish Club	W240	A	NT
4	Sea Green Swimming & L.S.	W240	A	NT

280-319

1	Wong Tai Sin District L.S. S.	W280	A	3:30.00
2	New Water Polo Club	W280	A	NT
3	Sword Fish Club	W280	A	NT

Event 11 Men 800 LC Meter Freestyle

- 18-24 MSR: 8:53.89
- 25-29 MSR: 10:07.05
- 30-34 MSR: 9:43.41
- 35-39 MSR: 9:28.64
- 40-44 MSR: 9:30.23
- 45-49 MSR: 9:28.79
- 50-54 MSR: 10:19.44
- 55-59 MSR: 10:34.14
- 60-64 MSR: 11:32.69
- 65-69 MSR: 12:19.01

	ID#	Name	Age	Team	Seed Time
<b>18-24</b>					
1	40140 #IAZ	Li, Wing Yin	21	Creative Youth	11:00.00
2	19311 B	Tang, Ngo Chi	24	Win Tin	14:25.00
<b>25-29</b>					
1	08404 IAZ	Yeung, Sze Chai	29	Crest Ray	11:20.00
<b>30-34</b>					
1	33387 IAO	Wu, Kenneth Yee Lok	34	Sword Fish Club	11:30.00
2	05296 B	Hui, Chun Hin	32	New Water Polo	14:30.00
<b>35-39</b>					
1	02591	Luk, Wing Kin Andy	36	Kwan Hung	9:59.88
2	45108 ICO	MC Hugh, Darren Pascal	38	VRC	10:00.00
3	06886 B	Li, Chin Long	35	Eastern Winter	11:17.81
4	00115 IBZ	Lin, Wei Hung Kelvin	36	Diocesan School	12:00.00
5	27874 IAZ	Chan, Cheuk Man	37	New Water Polo	12:00.00
6	42848 P	Li, Yuhui	36	Sword Fish Club	14:30.00
7	38441 ICO	Davis, Shane Joseph	39	HK Football Club	14:42.00
8	10309 #IBZ	Leung, Chin Fung	36	HK Football Club	14:42.00
9	14526 IBZ	Ho, Chun Sum Samuel	36	New Water Polo	14:42.00
10	14527 IBZ	Ho, Chun Ting Timothy	36	New Water Polo	14:42.00
<b>40-44</b>					
1	44769 ICO	Sharp, Braedon	42	HK Football Club	10:00.00
2	05179 ICZ	Wan, Chun Pong Michael	41	Fastlane Swimming	11:11.20
3	50091 @P	Ang, Zhing Vehn	43	Fastlane Swimming	11:30.00
4	46504 @IAO	Coe, Jason George	41	Fastlane Swimming	11:45.00
5	27133 IAZ	Poon, Man Chun	44	Wong Tai Sin	14:28.29
6	42708 IAZ	Tang, Wing Chung Jonathan	43	Hoi Fung	14:54.00
7	12873	Wan, Ka Fai	43	Sea Green	14:54.00
8	23298 IAZ	Li, Cheuk Bun	40	Wong Tai Sin	14:54.00

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45-49... (Event 11 Men 800 LC Meter Freestyle)

1	49027 IAZ	Ng, Fung Kei	45	Sword Fish Club	14:00.00
2	43948 @^IM	Wang, Shengli	46	New Water Polo	14:30.00
3	11569	Wong, Lok Shun	48	Flying Fish	15:31.00
4	08963 ICZ	Lee, Chun Yeung	45	Wong Tai Sin	15:31.00

50-54

1	46165 @ICO	Waters, Andrew Allan	51	AVO	10:21.44
2	31887 #IAZ	Ho, Michael Chak Sing	52	Tung Sing	11:00.00
3	51473 @IAO	Loh, Yeong Shang	52	Barracuda	11:28.00
4	27868 IAZ	Chan, Chi Wah Ringo	53	Sword Fish Club	13:00.00
5	06310	Chan, Fung Sun	52	Kwun Tong	13:46.69
6	51233 @^IM	Ou, Enjian	51	Sword Fish Club	13:50.00
7	28849 IAZ	Chan, Chun Kuen	50	Sword Fish Club	14:20.00
8	03372	Lau, Allan	52	Sword Fish Club	14:40.00
9	27459 IAZ	Lui, Wing Tak Victor	51	Diocesan School	14:48.00
10	06338 IAZ	Wong, Ka Fai	51	Sword Fish Club	14:48.00
11	26821 IAZ	Chan, Kwok Chi	54	Sword Fish Club	15:00.00
12	24606 IAZ	Tsang, Hin Lap	54	Flying Fish	15:54.00
13	26053 IAZ	Wong, Yee Keung	54	Flying Fish	15:54.00
14	10264 IAO	Faiola, Jeff Alan	54	Island Stingrays	15:54.00
15	52883 IAZ	Lo, Fu Fui Frankie	50	Win Tin	15:54.00
16	24603 IAZ	Hung, Ka Ming	50	YMCA OF Hong Kong	15:54.00

55-59

1	05138	Lanzone, Francesco	57	Barracuda	10:45.00
2	41548 IAZ	Ip, Ka Keung Patrick	57	HK Football Club	12:00.00
3	54387 @IM	Chen, Xueyong	58	Sword Fish Club	15:00.00
4	53271 @^IM	Chen, Weizhong	56	New Water Polo	15:30.00
5	29472 IAZN	Choi, Kwok Man Tony	59	Sword Fish Club	16:20.00
6	27470 IAZ	Chan, Tin Hung	57	Hong Kong Police	16:52.00
7	17701 IAZ	Lee, Chor Fu	56	Wong Tai Sin	16:52.00

60-64

1	47656 IAZ	Lau, Che Hung	63	Kwan Hung	11:33.31
2	22512 ICO	Kehoe, Andrew John	60	LRC	12:12.22
3	15528	Tsui, Tak Shing Dominic	63	Fastlane Swimming	14:00.00
4	50482 @^IM	Chen, Heqiang	62	Sword Fish Club	14:00.00
5	06256	Chan, Kwong Peter	64	Sea Green	14:00.00
6	50485 @^IM	Chen, Shuquan	62	New Water Polo	14:30.00
7	26594 IAZ	Ching, Wai Kin	61	Sword Fish Club	14:43.85
8	37048 IAZ	Cheung, Wai Chuen Jimmy	62	Sword Fish Club	15:00.00
9	40861 IAZ	Cheung, Chi Ming Rover	62	Sword Fish Club	15:35.00
10	13979	Lee, Sing Tim	64	Lai Tsun	16:22.86
11	50511 @^IM	Ye, Huanliang	62	Sword Fish Club	16:45.00
12	32108 IAX	Chan, Kiu	63	Sword Fish Club	18:00.00

65-69

1	06237	Mok, Chu Piu	68	Lai Tsun	14:10.00
2	52302 @^IM	He, Jiaming	68	New Water Polo	15:00.00
3	15527	Zhou, Hao	67	Tung Sing	17:30.00

70-74

1	06382	Chan, Kam Por	73	Sword Fish Club	13:56.00
2	06268	Tse, Kwok Piu	74	Sword Fish Club	14:40.00
3	06239	Chan, King Yuen	70	Lai Tsun	16:00.00
4	50503 @^IM	Feng, Bingkun	74	Sword Fish Club	16:00.00
5	26318	Suen, Chi Wing	71	Sword Fish Club	18:30.00

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75-79... (Event 11 Men 800 LC Meter Freestyle)

1	43979	Qi, Songhe	76	New Water Polo	17:00.00
2	23297 IAZ	Chan, Shing Chi	77	Lai Tsun	18:01.00
3	40518 IAZ	Liu, Wing Chiu	77	Tuen Mun	20:00.00

Event 12 Women 800 LC Meter Freestyle

18-24 MSR: 10:22.03  
 25-29 MSR: 10:50.58  
 30-34 MSR: 10:53.53  
 35-39 MSR: 9:48.87  
 40-44 MSR: 9:42.82  
 45-49 MSR: 10:54.55  
 50-54 MSR: 11:48.01  
 55-59 MSR: 12:32.89  
 60-64 MSR: 14:45.69  
 65-69 MSR: 13:11.38

	ID#	Name	Age	Team	Seed Time
<b>18-24</b>					
1	29466 IAZ	Hung, Yi Yan	24	New Water Polo	13:35.00
2	31444 IAX	Tang, Hiu Tung	24	Pacific	16:21.00
<b>25-29</b>					
1	26980 IAZ	Wong, Suet Wing	26	Dik Wing	11:29.00
<b>30-34</b>					
1	09959 IAZ	Mok, Hoi Man Sheron	30	New Water Polo	16:23.00
<b>35-39</b>					
1	52770 IAO	Sjoholm, Ingrid Christina	39	HK Football Club	11:00.00
2	07651 IBZ	Yu, Sze Wai Joyce	37	Hong Kong Police	16:49.00
<b>40-44</b>					
1	02685 ICZ	Master, Farah Jimmy	40	HK Football Club	10:33.73
2	50839 @^IM	Zhuo, Enqi	41	Tuen Mun	12:00.00
3	52169 #@^IM	Li, Zhijia	41	Sword Fish Club	15:00.00
4	45041 IAZ	Fung, Cheuk Ching Candy	43	Hoi Fung	16:30.00
5	14023	Wu, Pui Yan Natalie	40	Hong Kong Police	17:46.00
<b>45-49</b>					
1	49442 IAZ	Chan, Yuk Man Phoebe	46	Sword Fish Club	11:00.00
2	06315	Chan, Sui Yee	49	LRC	14:46.17
3	51120 IAZ	Yee, Hoi Yan	48	Flying Fish	19:16.00
<b>50-54</b>					
1	28770 IAZ	Cromwell, Nicole Samantha	53	LRC	12:45.35
2	38302 IAZ	Cheung, Man Ling Melody	53	Lai Tsun	14:50.00
3	35969 IAX	Wang, Ying Lian	53	Tung Sing	16:48.00
4	36785 IAZ	Inglis, Alexandra Sinead	50	LRC	19:47.00
5	40912 IAZ	Ng, Yee Ling	54	Tolo Harbour	19:47.00
<b>55-59</b>					
1	36431 @^P	Buchta, Katrin	55	Sword Fish Club	13:45.00
2	36045 IAZN	Hsu, Ava	58	LRC	15:45.72
3	52998 @^IM	Wu, Xiaomin	56	New Water Polo	20:00.00
4	31395 IAZ	Chan, Pui Ling	55	Flying Fish	20:49.00
<b>60-64</b>					
1	51780 IAZ	Chan, Kei Tsz	61	New Water Polo	16:05.00
2	51472 @IM	Pang, Yunxiao	61	New Water Polo	20:00.00
3	26049 IAZ	Kirkwood, Tain Mhaira	62	LRC	22:13.00
<b>65-69</b>					
1	52109 @^IM	Wang, Yan	69	Sword Fish Club	14:00.00

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**65-69... (Event 12 Women 800 LC Meter Freestyle)**

2	03503	Castka, Gillian Hancer	69	Sword Fish Club	15:15.00
3	43980	Zhang, Jun	67	New Water Polo	20:00.00

**70-74**

1	06355	Lo, Lai Yung	70	New Water Polo	22:00.00
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