

HONG KONG ISLAND & KOWLOON SECONDARY SCHOOLS  
INTER-SCHOOL SWIMMING COMPETITION 2024-2025  
DIVISION THREE (HONG KONG)

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GUEST OF HONOUR

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MR. NG WUN KIT  
PRINCIPAL OF PUI KIU MIDDLE SCHOOL

Acknowledgement

*The Hong Kong Island & Kowloon Secondary Schools Regional Committee wishes to express its appreciation to the following organizations and persons for their support & assistance to Inter-School Swimming Division Three (Hong Kong) Competition.*

- *LEISURE & CULTURAL SERVICES DEPARTMENT for subventing the competition*
- *BANK OF CHINA (HONG KONG) for sponsoring the competition*
- *MR LAM SIU TONG & MR CHUNG KA BO for serving as referees*
- *MR LEE HO YAT for serving as starters*
- *MS CARRIE LIU, CONVENOR for her personal assistance to the competition*
- *CHONG GENE HANG COLLEGE for providing timekeepers*
- *HONG KONG TRUE LIGHT COLLEGE for providing recorders*
- *VICTORIA PARK SWIMMING POOL for their co-operation*
- *ALL OFFICIALS & JUDGES of the meet*
- *BOCHK SCHOOLS SPORTS VOLUNTEERS*

Inter-School Swimming Competition 2024-2025

Division Three (Hong Kong Island)

**Official List**

Convenor : Ms. Carrie Liu (VSA)  
 Management Committee : Ms. Hong Ka Man (HKTLC)  
 Mr. Ho Kin Lok (WESLEY)

Referees : Mr. Lam Siu Tong Mr. Chung Ka Bo

Starter	: Mr. Lee Ho Yat	- Chief		
	1. Mr. Wong Shu Hei	HKTKP		
Announcers	: 1. Mr. Ko Kam Tong	YCKMC-2	2. Mr. Yip Kin Wing	HKTLC
	3. Mr. Ho Kin Lok	WESLEY		
Marshals	: Mr. Yeung Ying Wai	ABLMCC	- Chief	
	1. Ms. Wong Fung Yie	ABLMCC	11. Mr. Chan Yu To Louis	KC
	2. Ms. Wong Hoi Yan	CGHC	12. Mr. Marlon	KIS
	3. Mr. Asgar Imran	FIS	13. Mr. Cheng Kwan Wai	MSCHK
	4. Ms. Siti Nurjanah	FIS	14. Mr. Rhain Wong	MSCHK
	5. Ms. Wong So Fa Sophia	FSS-SSW	15. Mr. Lin Cheuk Kiu Bryan	PTCC
	6. Mr. Sze Por Wai	FSS-SSW	16. Ms. Kwok Wing Shuen	SCGS
	7. Ms. Lui Man-Fei	HSS	17. Ms. Cheung Tsz Ting	SFCC
	8. Mr. Chan Wai-Chung Fergus	HSS	18. Mr. Luke Wong	SKHLMC
	9. Ms. Leung Ka Lai	HW	19. Mr. Lung Shun Bill	SKHLMC
	10. Mr. Dong Yuanxing	HW	20. Mr. Cameron Au	TSIS
Competitor	: Ms. So Mei Ki	PBSS	- Chief	
Stewards	1. Mr. Ng Chi Kin	CCSC	9. Mr. Chan Chi Kit	LCD
	2. Mr. Adhiraj Rathore	CIS	10. Teacher from LNSS	LNSS
	3. Ms. Yorkie Lai	CIS	11. Ms. Yu Shun Yan Verda	PBSS
	4. Mr. Ng Chiu Man	FHMSS	12. Ms. Ho Pui Han	SFCC
	5. Mr. Kwok Chun Chung	HKTKP	13. Mr. Keith Wojewnik	SIS
	6. Mr. King Tsang	IS	14. Mr. Wong Ching Kwan Bill	SLS
	7. Mr. Jay Sajo	KIS	15. Ms. Mak Tsz Yan Gianne	SPSS
	8. Ms. Cheung Kit King	LCD	16. Ms. Mak Shuk Yee	SPSS
Position Judges	: Ms. Wong Man Yee	CWCC	- Chief	
	1. Ms. Kot Lai Ping	CFSS	7. Ms. Wu Wai Yan	PKMS
	2. Mr. Keung Wai Keung	CPSS	8. Mr. Poon Siu Leung	SJA
	3. Mr. Anton Marsh	HA	9. Mr. Fung Wai Ping	SJA
	4. Mr. Lam Tze Fung	KC	10. Ms. Luk Fung Ching	SMS
	5. Ms. Chan Lai Chu	LWSSS	11. Teacher from SMS	SMS
	6. Ms. Wong Wing Yee	LWSSS	12. Mr. Chun Hung Kwok	TSIS
Turning Judges	: Mr. Chan Bit Leung Barry	SLS	- Chief	
	1. Mr. Darren Mchugh	CANADIAN	7. Mr. Yu Hoi Ming	PYSS
	2. Mr. Geoff Slade	CANADIAN	8. Mr. Yau Wo Yau	RC
	3. Mr. Chan Kwok Leung	CFSS	9. Mr. Cheung Ho Ming Herm.	SIS
	4. Mr. Leung Man Hei	HKSS	10. Mr. Chou Wai Hong	SKHTSK
	5. Mr. Tam Siu Wah Ricky	KCC	11. Mr. Yuen Ho Nam	SKHTSK
	6. Mr. Lam Chi Hon Martin Jam	PYSS		

Inter-School Swimming Competition 2024-2025

Division Three (Hong Kong Island)

**Official List**

Stroke Judges	: Ms. Hong Ka Man	HKTLC	- Chief		
	1. Ms. Bau Hiu Lam Helen	CCSC		7. Mr. Leung Tat Yan	SKWEGSS
	2. Mr. Wong Ka Wai	CSS		8. Ms. Li Hau Yi Dora	SKWEGSS
	3. Mr. Poon Sin Kwan	HKSS		9. Mr. Chiu Kai Tung	SS
	4. Mr. Chan Chun Hei	KLC		10. Mr. So Hung Tak	SS
	5. Ms. Ng Shuk Man	LSTLKK		11. Mr. Sam Lau	SSCS
	6. Mr. Sze Tang Ho	PKMS		12. Ms. Chau Suet Yi	WESLEY
Warm Up &	: 1. Mr. Lau Lap Man	CSS		2. Mr. Marco Yip	IS
Cool Down Pool					
Time keepers	: BOCHK Schools Sports Volunteers			- Mr. Lai Chi Leung	CGHC
	& Students Helpers of Chong Gene Hang College				
Recorders	: Students Helpers of Hong Kong True Light College				
Student Helpers	: BOCHK Schools Sports Volunteers				

## Time Table

Division Three (Hong Kong Island)

Final Day 03 October 2024

8:15AM Officials report to duty

8:30AM Warm up for Boys competition

8:40AM Warm up for Girls competition

Warm up session in the afternoon will be announced by the end of morning competition

This timetable serves as a guide only. The actual event may be held ahead or behind the scheduled time.

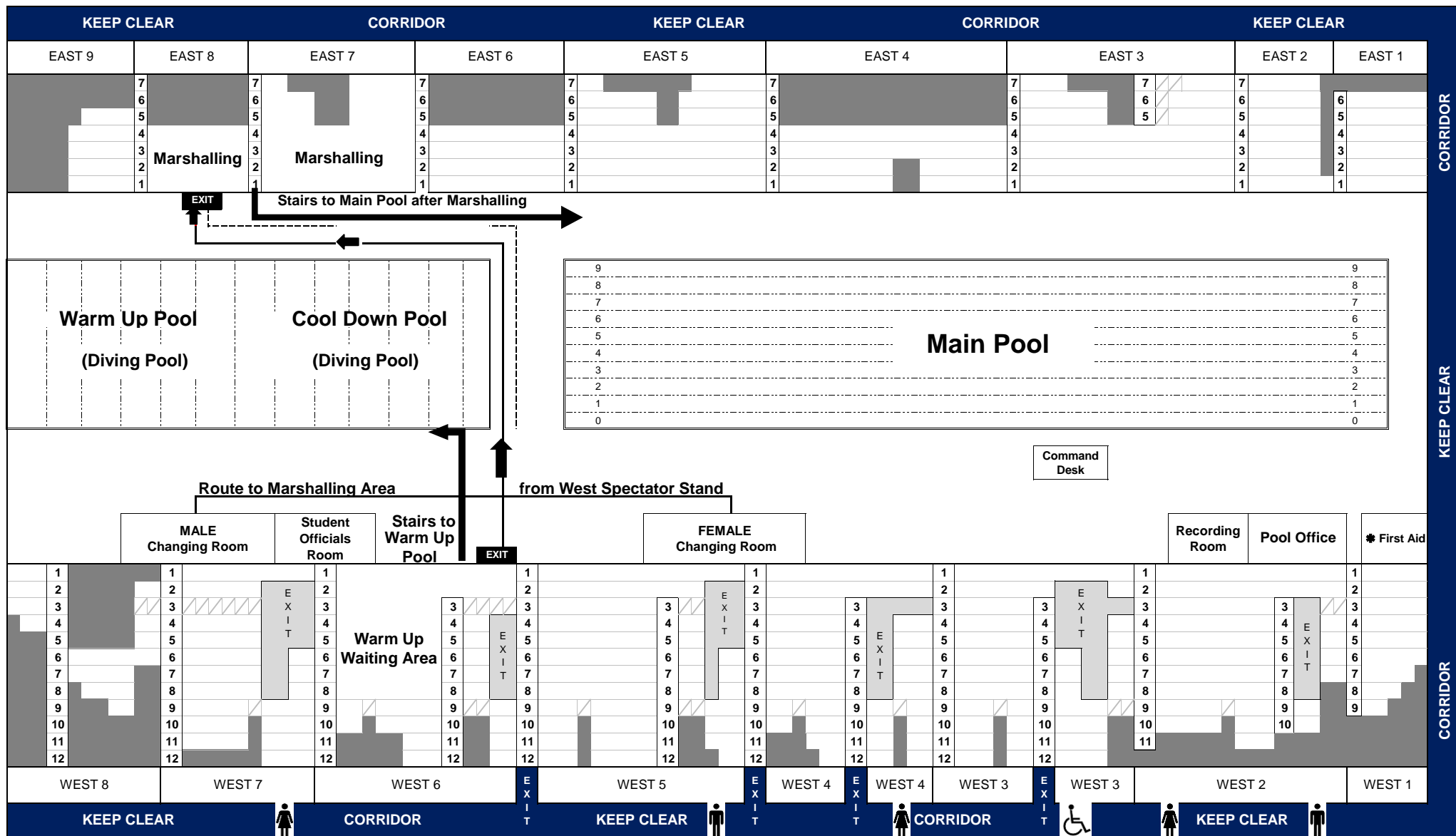
Competitors are requested to turn up at least 1 hour before the scheduled time of the event.

	No.	Time	Event		Heat/Final
AM	49	8:45am	4x50m Free Style Relay	Boys B	2 (Heat)
	50			Girls B	2 (Heat)
	51			Boys A	3 (Heat)
	52			Girls A	3 (Heat)
	1	8:45am	200m Free Style	Boys A	2
	2		"	Girls A	2
	3	9:15am	100m Breast Stroke	Boys C	
	4		"	Girls C	
	5		"	Boys B	
	6		"	Girls B	
	7		"	Boys A	
	8		"	Girls A	
	9	9:35am	50m Butterfly	Boys C	
	10		"	Girls C	
	11		"	Boys B	
	12		"	Girls B	
	13		"	Boys A	
	14		"	Girls A	
	15	9:50am	100m Back Stroke	Boys B	
	16		"	Girls B	
	17		"	Boys A	
	18		"	Girls A	
	19	10:10am	50m Free Style	Boys C	
	20		"	Girls C	
	21		"	Boys B	
	22		"	Girls B	
	23		"	Boys A	
	24		"	Girls A	
	25	10:25am	200m Individual Medley	Boys C	3
	26		"	Girls C	2
	27		"	Boys B	2
	28		"	Girls B	1
	29		"	Boys A	2
	30		"	Girls A	1
PM	31	1:30pm	50m Breast Stroke	Boys C	
	32		"	Girls C	
	33		"	Boys B	
	34		"	Girls B	
	35		"	Boys A	
	36		"	Girls A	
	37	1:45pm	100m Free Style	Boys C	
	38		"	Girls C	
	39		"	Boys B	
	40		"	Girls B	
	41		"	Boys A	
	42		"	Girls A	
	43	2:00pm	50m Back Stroke	Boys C	
	44		"	Girls C	
	45		"	Boys B	
	46		"	Girls B	
	47		"	Boys A	
	48		"	Girls A	
	49	2:20pm	200m Breast Stroke	Boys B	2
	50		"	Girls B	1
	51		"	Boys A	2
	52		"	Girls A	2
	53	3:30pm	4x50m Medley Relay	Boys C	
	54		"	Girls C	
	55		"	Boys B	
	56		"	Girls B	
	57		"	Boys A	
	58		"	Girls A	
	59	4:00pm	4x50m Free Style Relay	Boys C	
	60		"	Girls C	
	61		"	Boys B	
	62		"	Girls B	
	63		"	Boys A	
	64		"	Girls A	

## List of Participating Schools of Division Three (HK Island)

	School			Boys			Girls		
				A	B	C	A	B	C
1	Aberdeen Baptist Lui Ming Choi College	香港仔浸信會呂明才書院	ABLMCC	1	1	1			1
2	Academy of Innovation (Confucius Hall)	孔聖堂禮仁書院	AICH				1		
3	Canadian International School of Hong Kong	香港加拿大國際學校	CANADIAN	1	1	1	1	1	1
4	CCC Kung Lee College	中華基督教會公理書院	KLC	1	1	1		1	
5	Cheung Chuk Shan College	張祝珊英文中學	CCSC	1	1	1	1	1	1
6	Chinese International School	漢基國際學校	CIS	1	1	1	1	1	1
7	Chong Gene Hang College	張振興伉儷書院	CGHC	1	1	1			
8	Clementi Secondary School	金文泰中學	CSS	1	1	1	1	1	1
9	CNEC Lau Wing Sang Secondary School	中華傳道會劉永生中學	LWSSS	1	1	1			1
10	Fortress Hill Methodist Secondary School	炮台山循道衛理中學	FHMSS		1				
11	French International School	法國國際學校	FIS	1	1	1	1	1	1
12	Fukien Secondary School (Siu Sai Wan)	福建中學(小西灣)	FSS-SSW		1	1		1	1
13	Han Academy	漢鼎書院	HA	1		1	1		
14	Hon Wah College	漢華中學	HW	1	1	1	1	1	1
15	Hong Kong Chinese Women's Club College	香港中國婦女會中學	CWCC		1	1	1	1	
16	Hong Kong Sea School	香港航海學校	HKSS	1	1	1			
17	Hong Kong Tang King Po College	香港鄧鏡波書院	HKTKP	1	1	1			
18	Hong Kong True Light College	香港真光書院	HKTLIC				1	1	1
19	Hotung Secondary School	何東中學	HSS				1	1	1
20	Island School	港島中學	IS	1	1	1	1	1	1
21	Kiangsu-Chekiang College	蘇浙公學	KCC	1	1	1	1	1	1
22	King's College	英皇書院	KC	1	1	1			
23	Korean International School	韓國國際學校	KIS		1	1			1
24	Lingnan Secondary School	嶺南中學	LNSS				1		
25	Lok Sin Tong Leung Kau Kui College	樂善堂梁銑琚書院	LSTLKK	1		1	1	1	1
26	Munsang College (Hong Kong Island)	港島民生書院	MSCHK	1	1	1	1	1	1
27	Precious Blood Secondary School	寶血女子中學	PBSS				1	1	1
28	Pui Kiu Middle School	培僑中學	PKMS	1	1	1	1	1	1
29	Pui Tak Canossian College	嘉諾撒培德書院	PTCC					1	
30	Pui Ying Secondary School	培英中學	PYSS	1	1	1	1		1
31	Raimondi College	高主教書院	RC				1	1	1
32	Salesian English School (Secondary Section)	慈幼英文學校(中學部)	SS	1	1	1			
33	Shaukeiwan East Government Secondary School	筲箕灣東官立中學	SKWEGSS	1			1		
34	Singapore International School (Hong Kong)	新加坡國際學校(香港)	SIS	1	1	1	1	1	1
35	SKH Lui Ming Choi Secondary School	聖公會呂明才中學	SKHLMC	1	1	1	1	1	1
36	SKH Tang Shiu Kin Secondary School	聖公會鄧肇堅中學	SKHTSK	1	1	1	1	1	1
37	St. Clare's Girls' School	聖嘉勒女書院	SCGS				1	1	1
38	St. Francis' Canossian College	嘉諾撒聖方濟各書院	SFCC				1	1	1
39	St. Joan of Arc Secondary School	聖貞德中學	SJA	1	1	1	1	1	1
40	St. Louis School	聖類斯中學	SLS	1	1	1			
41	St. Mark's School	聖馬可中學	SMS			1	1		1
42	St. Paul's Secondary School	聖保祿中學	SPSS				1	1	1
43	St. Stephen's College	聖士提反書院	SSCS				1	1	1
44	SWCS Chan Pak Sha School	新會商會陳白沙紀念中學	CPSS	1	1	1			
45	The Chinese Foundation Secondary School	中華基金中學	CFSS	1	1	1		1	1
46	The Methodist Church Hong Kong Wesley College	衛理中學	WESLEY	1	1	1	1	1	1
47	The South Island School	南島中學	TSIS	1	1	1	1	1	1
48	TWGHs Lee Ching Dea Memorial College	東華三院李潤田紀念中學	LCD	1	1	1	1	1	1
49	Victoria Shanghai Academy (Secondary Section)	滬江維多利亞學校(中學部)	VSA	1	1	1			
50	Yu Chun Keung Memorial College No. 2	余振強紀念第二中學	YCKMC-2	1	1		1		
				34	35	36	34	31	33

**Inter-School Swimming Competition 2024-2025**  
**Division Three (Hong Kong Island)**  
 Victoria Park Swimming Pool



Inter-School Swimming Competition 2024-2025 Division Three (HK)

Main Pool Warm Up Lane Allocation

**Boys' Session: 8:30 - 8:40am**

**Girls' Session: 8:40 - 8:50am**

Time for PM warm up session will be announced on the competition day.

	School	Boys Session Lane	Girls Session Lane
1	Aberdeen Baptist Lui Ming Choi College	1	1
2	Canadian International School of Hong Kong	8	8
3	CCC Kung Lee College	8	8
4	Cheung Chuk Shan College	7	7
5	Chinese International School	2	2
6	Chong Gene Hang College	1	-
7	Clementi Secondary School	3	3
8	CNEC Lau Wing Sang Secondary School	7	7
9	Fortress Hill Methodist Secondary School	7	-
10	French International School	7	3
11	Fukien Secondary School (Siu Sai Wan)	4	4
12	Han Academy	2	2
13	Hon Wah College	8	8
14	Hong Kong Chinese Women's Club College	8	8
15	Hong Kong Sea School	3	-
16	Hong Kong Tang King Po College	4	-
17	Hong Kong True Light College	-	4
18	Hotung Secondary School	-	1
19	Island School	6	6
20	Kiangsu-Chekiang College	7	7
21	King's College	8	-
22	Korean International School	1	1
23	Lingnan Secondary School	-	2
24	Lok Sin Tong Leung Kau Kui College	1	4
25	Munsang College (Hong Kong Island)	5	5
26	Precious Blood Secondary School	-	4
27	Pui Kiu Middle School	5	5
28	Pui Tak Canossian College	-	4
29	Pui Ying Secondary School	7	7
30	Raimondi College	-	6
31	Salesian English School	4	-
32	Shaukeiwan East Government Secondary School	3	3
33	Singapore International School (Hong Kong)	5	5
34	SKH Lui Ming Choi Secondary School	6	6
35	SKH Tang Shiu Kin Secondary School	2	2
36	St. Clare's Girls' School	-	2
37	St. Francis' Canossian College	-	7
38	St. Joan of Arc Secondary School	8	8
39	St. Louis School	5	-
40	St. Mark's School	6	6
41	St. Paul's Secondary School	-	4
42	St. Stephen's College	-	1
43	SWCS Chan Pak Sha School	1	-
44	The Chinese Foundation Secondary School	3	3
45	The Methodist Church Hong Kong Wesley College	1	1
46	The South Island School	3	3
47	TWGHs Lee Ching Dea Memorial College	2	2
48	Victoria Shanghai Academy (Secondary Section)	4	-
49	Yu Chun Keung Memorial College No. 2	5	5

## Standard for Swimming (Division Three) 2024-2025

(updated on : 18 December 2023)

Events	Boys			Girls		
	A	B	C	A	B	C
50m Free Style	34.00	35.00	38.00	39.00	41.00	43.00
100m Free Style	1:21.00	1:21.00	1:28.00	1:35.00	1:37.00	1:38.00
200m Free Style	3:16.00	--	--	3:55.00	--	--
50m Back Stroke	43.00	45.00	48.00	51.00	52.00	52.00
100m Back Stroke	1:40.00	1:50.00	--	2:00.00	2:10.00	--
50m Breast Stroke	44.00	47.00	51.00	52.00	52.00	55.00
100m Breast Stroke	1:40.00	1:43.00	1:50.00	1:57.00	1:59.00	2:05.00
200m Breast Stroke	3:50.00	3:50.00	--	4:10.00	4:15.00	--
50m Butterfly	38.00	39.00	45.00	46.00	48.00	50.00
200m Individual Medley	3:35.00	3:40.00	3:50.00	3:45.00	3:55.00	4:00.00
4 x 50m Medley Relay	2:35.00	2:40.00	2:50.00	3:05.00	3:15.00	3:20.00
4 x 50m Free Style Relay	2:15.00	2:30.00	2:40.00	2:55.00	3:00.00	3:10.00



## Inter-School Swimming Competition

(Last Update : 13th June 2024)

### Boys A Grade (under 19)

Event	Record	Year	Holder	School
50m Free Style	23.47	2016-2017	Suen Wai Cheong	Wah Yan College (Kowloon)
100m Free Style	50.66	2019-2020	Cheuk Ming Ho	Diocesan Boys' School
200m Free Style	1:50.11	2019-2020	Cheuk Ming Ho	Diocesan Boys' School
50m Back Stroke	26.27	2018-2019	Ng Cheuk Yin	Diocesan Boys' School
100m Back Stroke	57.38	2019-2020	Ng Cheuk Yin	Diocesan Boys' School
50m Breast Stroke	28.87	2021-2022	Mak Sai Ting Adam	St. Joseph's College
100m Breast Stroke	1:02.39	2023-2024	Cheung Chi Kit Nicholas	Diocesan Boys' School
200m Breast Stroke	2:16.34	2017-2018	Mok Kai Tik Marcus	La Salle College
		2023-2024	Cheung Chi Kit Nicholas	Diocesan Boys' School
50m Butterfly	24.83	2021-2022	Ho Siu Lun	Ying Wa College
200m Individual Medley	2:05.98	2019-2020	Lau Ping Chi	La Salle College
4x50m Medley Relay	1:45.08	2023-2024	Lu Pat Fan Cheung Chi Kit Nicholas Hui Ching Ho Lo Tsz Lam	Diocesan Boys' School
4x50m Free Style Relay	1:33.95	2019-2020	Ng Cheuk Yin Chan Nathan Cheuk Ming Ho Tsui Wai Chi	Diocesan Boys' School

### Boys B Grade (under 16)

Event	Record	Year	Holder	School
50m Free Style	23.91	2007-2008	Lum Ching Tat	Diocesan Boys' School
100m Free Style	51.76	2019-2020	Ho Siu Lun	Ying Wa College
200m Free Style	1:55.39	2009-2010	Ng Chun Nam Derick	St. Joseph's College
50m Back Stroke	27.12	2018-2019	Ho Siu Lun	Ying Wa College
100m Back Stroke	58.17	2018-2019	Ho Siu Lun	Ying Wa College
50m Breast Stroke	28.76	2023-2024	Tsui Yik Ki	St. Joseph's College
100m Breast Stroke	1:05.00	2022-2023	Lau Kin Hei James	Diocesan Boys' School
200m Breast Stroke	2:19.04	2022-2023	Cheung Ryan	La Salle College
50m Butterfly	25.43	2021-2022	Hui Ching Ho	Diocesan Boys' School
200m Individual Medley	2:08.99	2009-2010	Ng Chun Nam Derick	St. Joseph's College
4x50m Medley Relay	1:46.49	2021-2022	Lu Pat Fan So Chun Hin Hui Ching Ho Lo Tsz Lam	Diocesan Boys' School
4x50m Free Style Relay	1:37.31	2022-2023	Ng Tin Ki Chan Tsz Kwan Lau Kin Hei James Lo Tsz Lam	Diocesan Boys' School

### Boys C Grade (under 14)

Event	Record	Year	Holder	School
50m Free Style	24.77	2018-2019	Li Sing Hoi	Pui Ching Middle School
100m Free Style	54.95	2009-2010	Kwong Ka Ho	La Salle College
200m Free Style	2:00.26	2013-2014	Wong Ming Hong	La Salle College
50m Back Stroke	28.16	2017-2018	Ho Siu Lun	Ying Wa College
100m Back Stroke	1:00.52	2017-2018	Ho Siu Lun	Ying Wa College
50m Breast Stroke	30.00	2021-2022	Tsui Yik Ki	St. Joseph's College
100m Breast Stroke	1:05.72	2021-2022	Lau Kin Hei James	Diocesan Boys' School
200m Breast Stroke	2:28.57	2022-2023	Fu Enze	La Salle College
50m Butterfly	26.10	2021-2022	Lau Kin Hei James	Diocesan Boys' School
200m Individual Medley	2:09.10	2021-2022	Lau Kin Hei James	Diocesan Boys' School
4x50m Medley Relay	1:51.09	2021-2022	Cheng Cheuk Kin Jake Lau Kin Hei James Hui Yik Kiu Cheng Cheuk Chi George	Diocesan Boys' School
4x50m Free Style Relay	1:43.27	2023-2024	Yick Sum Kiu Chan Leong To Chan Chak Alfred Cheung Man Ho	Diocesan Boys' School

## Inter-School Swimming Competition

(Last Update : 13th June 2024)

### Girls A Grade (under 19)

Event	Record	Year	Holder	School
50m Free Style	26.38	2022-2023	Ma Gilaine	Diocesan Girls' School
100m Free Style	56.74	2019-2020	Ho Nam Wai	Diocesan Girls' School
200m Free Style	2:02.60	2019-2020	Ho Nam Wai	Diocesan Girls' School
50m Back Stroke	29.23	2016-2017	Wong Toto Kwan To	Diocesan Girls' School
100m Back Stroke	1:02.62	2016-2017	Wong Toto Kwan To	Diocesan Girls' School
50m Breast Stroke	32.69	2013-2014	Yeung Jamie Zhen Mei	Hong Kong International School
100m Breast Stroke	1:11.31	2014-2015	Yeung Jamie Zhen Mei	Hong Kong International School
200m Breast Stroke	2:36.69	2019-2020	Wei Gabrielle Jia Yun	Hong Kong International School
50m Butterfly	27.29	2016-2017	Wong Yuk Yan	Belilios Public School
200m Individual Medley	2:17.58	2013-2014	Haughey Siobhan Bernadette	St. Paul's Secondary School
4x50m Medley Relay	1:58.13	2021-2022	Loo Tsz Ki Cherrie Cheung Hoi Lam Fung Suet Ying Chloe Hui Ka Ling	Diocesan Girls' School
4x50m Free Style Relay	1:46.59	2017-2018	Tse Ching Ting Tsang Hoi Lan Yip Charis Gabrielle Chak Yan Ha Yuen Wai	Heep Yunn School

### Girls B Grade (under 16)

Event	Record	Year	Holder	School
50m Free Style	25.81	2023-2024	Ma Gilaine	Diocesan Girls' School
100m Free Style	55.96	2023-2024	Ma Gilaine	Diocesan Girls' School
200m Free Style	2:02.00	2019-2020	Cheng Chloe	Marymount Secondary School
50m Back Stroke	29.52	2017-2018	Kan Cheuk Tung Natalie	Po Leung Kuk Choi Kai Yau School
100m Back Stroke	1:03.30	2021-2022	Cheung Sum Yuet Cindy	Diocesan Girls' School
50m Breast Stroke	32.95	2014-2015	Cheung Hui Yan Cheyenne	Good Hope School
100m Breast Stroke	1:12.41	2018-2019	Cheng Chloe	Marymount Secondary School
200m Breast Stroke	2:33.35	2009-2010	Ma Hei Tung Fiona	Diocesan Girls' School
50m Butterfly	27.56	2022-2023	Yeung Hoi Ching	Diocesan Girls' School
200m Individual Medley	2:21.39	2018-2019	Lam Hoi Kiu	Diocesan Girls' School
4x50m Medley Relay	1:58.53	2022-2023	Ng Cheuk Yan Lam Chelsie Yeung Hoi Ching Ma Tsz Tsing Ashley	Diocesan Girls' School
4x50m Free Style Relay	1:45.65	2019-2020	Hui Ka Ling Lau Ping Yi Audrey Cheung Hoi Lam Wong Sze Ting	Diocesan Girls' School

### Girls C Grade (under 14)

Event	Record	Year	Holder	School
50m Free Style	25.87	2022-2023	Li Sum Yiu	Heep Yunn School
100m Free Style	56.77	2022-2023	Li Sum Yiu	Heep Yunn School
200m Free Style	2:06.08	2021-2022	Ma Gilaine	Diocesan Girls' School
50m Back Stroke	30.75	2007-2008	Wong How Tsing Natalie	Diocesan Girls' School
100m Back Stroke	1:05.24	2010-2011	Wan Ching Man Andrea	Diocesan Girls' School
50m Breast Stroke	33.07	2022-2023	Man Wui Kiu	King George V School
100m Breast Stroke	1:13.00	2012-2013	Cheung Hui Yan	Good Hope School
200m Breast Stroke	2:36.64	2008-2009	Ma Hei Tung Fiona	Diocesan Girls' School
50m Butterfly	28.62	2021-2022	Li Sum Yiu	Heep Yunn School
200m Individual Medley	2:23.43	2021-2022	Wang Xintong	Victoria Shanghai Academy (Secondary Section)
4x50m Medley Relay	2:02.54	2019-2020	Cheung Sum Yuet Cindy Choy Lai Lam Tse On Ching To Wing Yan	Diocesan Girls' School
4x50m Free Style Relay	1:50.26	2018-2019	Lui Ho Yee Chloe Ng Lai Wa Ma Wing Yu Lee Yan Hei	Heep Yunn School

Inter-School Swimming Competition 2024-2025  
Division Three (Hong Kong Island & Kowloon Two)

The following information has been / will be uploaded to the website and will NOT mail to schools.

- Go to [www.hkssf.org.hk](http://www.hkssf.org.hk) 【Inter-secondary Schools Sports Competition HK Island and Kowloon > Swimming > General Circulars > Division Three】

**1. Electronic Registration Card**

Electronic registration card (E-card) will fully replace the use of physical registration cards in competitions. The electronic device will be RETURNED to student immediately after Marshalling instead of picking up at the Registration Card Counter after the race.

**2. Marshalling**

- 2.1 Since electronic registration card (e-card) will fully replace the use of physical registration cards, hole punch on the e-card will not be applicable. Therefore, **Relay team sheet/ Relay form will be applied in all Relay Events (Both HEATS & FINALS).**
- 2.2 Teams will SUBMIT their relay team sheet and student registration cards **when marshalling.**
- 2.3 No amendment of relay team sheet will be allowed when marshalling.
- 2.4 Relay team sheets will be distributed to the teacher official when reporting duty at the Marshalling Stand at 8:30 am.
- 2.5 It is the responsibility of the teacher in charge and the competitor to ensure that the marshaling procedure is completed as required.

**3. Start List of Day 1** (as released on website)

Schools should check the names CAREFULLY to ensure all entries are included and CORRECT (names must be exactly the same as those in the student registration cards), for such information will also be used for printing of certificates.

**4. Officials Duty & List of Official** (as released on website)

- 4.1 All officials are required to **report to the Convenor at 8:30 am sharp** at the Marshalling Stand. Reporting time for afternoon session will be announced in the morning.
- 4.2 With enough support by volunteers this year, **schools are NOT required to provide one student official.**
- 4.3 If any official fails to report duty on time, students from the school concerned will be strictly prohibited from participating in any race and competition throughout the official absence period. If an official leaves his/her post and does not return, further action will be taken.
- 4.4 The number of officials is just enough to run a competition and all officials should expect to work whole day.
- 4.5 All officials must report and sign IN PERSON on both morning and afternoon sessions of the two day competitions. For the safety and insurance coverage of officials, any substitutions must provide written authorization from Principal and gain approval from the Convenor before 08:30am, otherwise school concerned may not be allowed to compete.
- 4.6 Official vest will be provided for easy identification. All officials must wear the vest during duty and return the vest to the Marshalling by the end of each competition day.
- 4.7 All officials should **wear clean slippers** when entering the Pool Deck Area.

5. **Floor Plan** (as released on website)
6. **House Rules** (as released on website)
7. **Competition Program**
  - 7.1 Programme **WILL NOT BE MAILED / DISTRIBUTED** to schools. Schools are required to download sufficient copies from the HKSSF website.
  - 7.2 The Day One Programme will be uploaded to the HKSSF website on or after 23<sup>rd</sup> September. Participating schools may download the programme from the HKSSF website.
    - Go to [www.hkssf.org.hk](http://www.hkssf.org.hk) **【Inter-secondary Schools Sports Competition HK Island and Kowloon > Swimming > Programs and Results】**
  - 7.3 Final Day Programme will be available on the web on the next working day after competition.
8. **Team Changes**
  - 8.1 No team changes are permitted for individual events unless a registered doctor's certificate is presented to the Convenor to explain the withdrawal of the swimmer. **The swimmer who is replaced will be prohibited to participate in any event on the same day.**
  - 8.2 The deadline for substitution is 9:00 am on Competition Day.
9. **Warm Up**
  - 9.1 **Warm Up Rules** (as released on website)
  - 9.2 **Warm Up Lane Allocation** (as released on website)
  - 9.3 Warm up will be allowed at main pool before competition.
  - 9.4 **BOYS' Session: 8:30am – 8:40am.**
  - 9.5 **GIRLS' Session: 8:40am – 8:50am.**
  - 9.6 First event will start at 9:00am.
  - 9.7 Competitors must leave the pool immediately once their warm up session has been ended.
  - 9.8 Competitors must use the stairs allocated on each side of the pool when leaving the pool. **DO NOT pull themselves up at the touch pad area**, as this may affect the operation of the automatic officiating equipment.
  - 9.9 Time for afternoon warm up will be announced on the competition day.
10. After finishing their races, swimmers must stay in their own lanes and should not leave until all swimmers have completed the race. Any undue obstruction to other swimmers may lead to disqualification.
11. **Cool Down**

The Training Pool will be opened for cool down during competition. For the sake of swimmers' safety and proper control of the cool down activities, please note for the followings:-

  - 11.1 Swimmers are only allowed to use the cool down pool right after their races.
  - 11.2 Swimmers will only be given 15 minutes for cool down.
  - 11.3 Only swimmers, teachers and coaches will be allowed to stay in training pool area.
12. **Display of Results by QR code**

Results will be announced on the website and a QR code will be displayed at the foyer before entering to the spectator stand. Schools should scan the QR code and obtain the latest results.

**13. Control of Competition Area**

Only officials on duty, competitors are allowed to enter the competition area. Team managers, teachers etc. are not allowed to enter the competition area. In the case when non-officials or non-competitors wander around the competition area, teachers in charge should instruct them to leave the competition area.

**14. Hygiene**

14.1 Swimmers, officials entering pool deck area **MUST WEAR SLIPPERS or without shoes.**

14.2 Swimmers should get changed and wash their bodies before warm up in the main pool.

**15. Safety**

15.1 Swimmers must not wander around or chasing each other in the corridor and the spectator stand.

15.2 Please keep the passageway clear to avoid congestion.

15.3 No eating, drinking is allowed at the spectator stand.

15.4 Teachers must instruct their swimmers to look after their personal belongings.

**16. Photography**

**Any student photographer who would like to take photo for their school** has to stay at the spectator stands for photo taking at all time.

Carrie Liu  
Convenor  
(Hong Kong)

Ng Wai Ting  
Convenor  
(Kowloon Two)

To : Schools in Swimming Div. III (HK & K2)

Date : 21<sup>st</sup> September 2024

## Inter-School Swimming Competition (Division Three)

### **House Rules**

#### **1. Pool Deck**

1.1 Non-participants shall not enter the pool deck without permission.

#### **2. Discipline**

2.1 All participants are not allowed to stand on the seats.

2.2 Cheering during 'Start' of race and Announcement is forbidden.

2.3 Any kind of cheering props for sound making such as musical instruments, loudhailers, whistles, clapper sticks, water bottles etc. are not permitted.

2.4 Flags are not permitted to dangle from balconies and should only be waved within own seating allocation

2.5 All participants shall not perform any acts in the venue which may affect the progress of the competition.

All participants shall comply with the rules and announcements of the Management Committee. The matter concerned will also be referred to the Disciplinary Committee of the Hong Kong Island & Kowloon Secondary Schools Regional Committee.

*All our efforts will be implemented to ensure maximum safety for swimmers.*

## Inter-school Swimming Competition Division Three Warm Up Rules

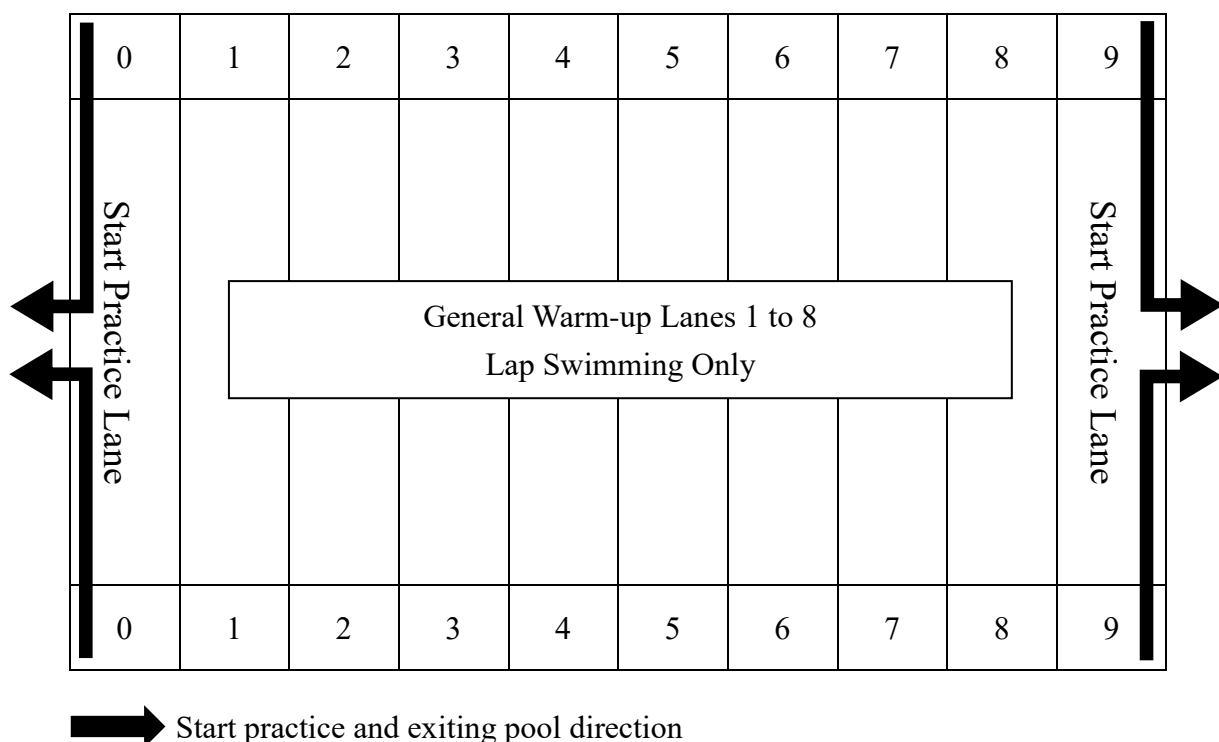
### General Warm-up Procedure

1. Lanes 1 to 8 would be reserved for general warm.
2. Swimmers must enter the pool with feet first. NO DIVING is allowed.
3. Lap swimming only.
4. Swimmers are required to exit the pool on completion of their warm-up to allow other swimmers to have adequate warm-up time.
5. Swimmers are recommended to cross lanes at the side of Starting or Turning End. Swimmers should not swim under water when crossing the lane and should break to the surface as soon as possible.
6. Swimmers must use the stairs allocated on each side of the pool when exiting the pool.

### Start Practice Procedure

1. Lanes 0 and 9 would be reserved for swimmers to have race starts practice, for diving from blocks or backstroke starts.
2. Lanes will be split into two ends with 20m from the starting end and 20m from the turning end of the pool.
3. Swimmers must leave the lanes at 20-25m from the pool side immediately after practice.
4. One way only.
5. Backstrokers should ensure that they are not starting at the same time while a swimmer is on the block; Swimmers shall not step up on the blocks if there is a backstroker waiting to start.

In addition to the procedures above, please pay attention to the announcements made throughout the competition.



THE SCHOOLS SPORTS FEDERATION OF HONG KONG, CHINA  
Hong Kong Island & Kowloon Secondary Schools Regional Committee

Inter-School Swimming Competition  
Division Three (Hong Kong)  
Final Day

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Please Scan This QR code for the  
competition result of today



Result will be removed from the above link after today and uploaded to our website.  
For competition result of other days, please visit <http://hkssf.org.hk/>

Inter-Secondary Schools Sports Competitions (Hong Kong Island and Kowloon) →  
Various Sports Information → Swimming → Programs and Results



Inter-School Swimming Competition 2024-2025

Division Three (Hong Kong Island)

Day One 26 September 2024

**Boys Overall**

Position	School	A	B	C	Total
1	Island School	14	15	13	42
2	Canadian International School of Hong Kong	15	13	13	41
3	Chinese International School	6	16	16	38
3	Pui Kiu Middle School	11	14	13	38
5	The South Island School	7	16	14	37
6	SKH Lui Ming Choi Secondary School	9	11	14	34
7	SKH Tang Shiu Kin Secondary School	5	13	14	32
7	Victoria Shanghai Academy (Secondary Section)	10	8	14	32
9	The Chinese Foundation Secondary School	10	13	5	28
10	St. Louis School	8	9	10	27
11	Hong Kong Tang King Po College	10	6	7	23
12	Cheung Chuk Shan College	7	8	6	21
13	Salesian English School	7	4	7	18
14	Hong Kong Sea School	2	7	7	16
14	King's College	2	7	7	16
16	CNEC Lau Wing Sang Secondary School	7	8	0	15
17	French International School	9		4	13
18	The Methodist Church Hong Kong Wesley College	5	5	2	12
19	Aberdeen Baptist Lui Ming Choi College	4	3	3	10
19	Clementi Secondary School		8	2	10
21	Munsang College (Hong Kong Island)	5	4		9
22	Hon Wah College	1	1	6	8
22	Pui Ying Secondary School	4	0	4	8
22	Singapore International School (Hong Kong)	2	2	4	8
25	Chong Gene Hang College	3	4	0	7
25	St. Joan of Arc Secondary School	4	2	1	7
25	SWCS Chan Pak Sha School	2	3	2	7
28	TWGHs Lee Ching Dea Memorial College	2	1	3	6
29	Lok Sin Tong Leung Kau Kui College	2		2	4
29	Yu Chun Keung Memorial College No. 2	2	2		4
31	CCC Kung Lee College	2	0	1	3
31	Fukien Secondary School (Siu Sai Wan)		3	0	3
33	Fortress Hill Methodist Secondary School		2		2
33	Han Academy	2		0	2
33	Hong Kong Chinese Women's Club College		2	0	2
33	Kiangsu-Chekiang College		1	1	2
33	Shaueiwan East Government Secondary School	2			2
38	Korean International School			0	0

Inter-School Swimming Competition 2024-2025  
 Division Three (Hong Kong Island)  
 Day One 26 September 2024

**Girls Overall**

Position	School	A	B	C	Total
1	St. Francis' Canossian College	13	11	13	37
2	The South Island School	12	9	13	34
3	Island School	10	12	11	33
4	Canadian International School of Hong Kong	7	9	13	29
5	Pui Kiu Middle School	12	4	11	27
6	Chinese International School	6	6	14	26
7	St. Stephen's College	4	11	10	25
8	Hotung Secondary School	8	6	2	16
8	SKH Tang Shiu Kin Secondary School	2	6	8	16
10	Singapore International School (Hong Kong)	4	8	3	15
10	St. Paul's Secondary School		3	12	15
12	The Chinese Foundation Secondary School		8	6	14
13	French International School	1	4	8	13
14	St. Mark's School	2		10	12
15	Hong Kong True Light College	2	2	7	11
15	St. Clare's Girls' School	6		5	11
17	Cheung Chuk Shan College	3	3	4	10
17	SKH Lui Ming Choi Secondary School	3	2	5	10
19	Precious Blood Secondary School	4	3	2	9
19	Munsang College (Hong Kong Island)	2	4	3	9
21	Hon Wah College	3	4	1	8
22	Fukien Secondary School (Siu Sai Wan)		5	1	6
23	Clementi Secondary School	2	2	1	5
23	St. Joan of Arc Secondary School	5		0	5
25	Hong Kong Chinese Women's Club College	2	2		4
25	Pui Ying Secondary School	2		2	4
25	Raimondi College	0	4	0	4
28	Shaueiwan East Government Secondary School	3			3
28	The Methodist Church Hong Kong Wesley College	2	1	0	3
28	TWGHs Lee Ching Dea Memorial College	2		1	3
31	CCC Kung Lee College		2		2
31	Lingnan Secondary School	2			2
31	Lok Sin Tong Leung Kau Kui College	0	1	1	2
31	Pui Tak Canossian College		2		2
35	Aberdeen Baptist Lui Ming Choi College			1	1
36	CNEC Lau Wing Sang Secondary School			0	0
36	Kiangsu-Chekiang College	0		0	0
36	Korean International School			0	0
36	Yu Chun Keung Memorial College No. 2	0			0

Inter-School Swimming Competition 2024-2025

Division Three (Hong Kong Island)

Final Day 03 October 2024

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Event 49 -Boys B Grade 4x50m Free Style Relay -		8:45pm
Record : 1:37.31		Standard : 2:30.00
Heat 1	1	CIS
	2	VSA
	3	CGHC
	4	SKHLMC
	5	FSS-SSW
	6	HKTKP
	7	TSIS
Heat 2	1	CCSC
	2	IS
	3	PKMS
	4	HW
	5	WESLEY
	6	SKHTSK
	7	CANADIAN

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Event 50 -Girls B Grade 4x50m Free Style Relay -		8:45pm
Record : 1:45.65		Standard : 3:00.00
Heat 1	1	HW
	2	PBSS
	3	CANADIAN
	4	SKHTSK
	5	TSIS
	6	CCSC
	7	SKHLMC
Heat 2	1	IS
	2	SPSS
	3	SFCC
	4	PKMS
	5	FSS-SSW
	6	SSCS
	7	HKTLC

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Event 51 -Boys A Grade 4x50m Free Style Relay -		8:45pm
Record : 1:33.95		Standard : 2:15.00
Heat 1	2	IS
	3	MSCHK
	4	WESLEY
	5	HW
	6	CFSS
	7	HKTKP
Heat 2	2	PYSS
	3	SLS
	4	LWSSS
	5	SJA
	6	SKHLMC
	7	SKHTSK

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Heat 3	2	PKMS
	3	CCSC
	4	CGHC
	5	LCD
	6	CANADIAN
	7	VSA

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Event 52 -Girls A Grade 4x50m Free Style Relay - 8:45pm  
Record : 1:46.59 Standard : 2:55.00

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Heat 1	2	HSS
	3	TSIS
	4	SCGS
	5	CANADIAN
	6	SKHTSK
	7	PKMS

Heat 2	2	CCSC
	3	SFCC
	4	YCKMC-2
	5	IS
	6	SJA
	7	HKTLC

Heat 3	2	PYSS
	3	SKHLMC
	4	PBSS
	5	SSCS
	6	RC

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Event 1 Boys A Grade 200m Free Style 8:30am  
Record : 1:50.11 Standard : 3:16.00

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Final 1	1	Wong Chun Wai	WESLEY
	2	Murch, Henry Masayuki	IS
	3	Yam, Jasper Pak Yin	CANADIAN
	4	Chow Long Ngai	SKHTSK
	5	Pang Sze Lok	PKMS
	6	Wong Yin Ho	LWSSS
	7	Wong Ching	SKHTSK
	8	Liu, Brandon Jeun-Yin	IS

Final 2	1	Chan Ho	LWSSS
	2	Yau, Isaac Kei Fung	CANADIAN
	3	Choi Chun Tung	SKHLMC
	4	Choy Chung Hang	CCSC
	5	Ho Man Hin	CPSS
	6	Yuen Tak Bou	SKHLMC
	7	Wu Jun	PKMS
	8	Chuen Ho Hei	WESLEY

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Event 2 Girls A Grade 200m Free Style 8:30am  
Record : 2:02.60 Standard : 3:55.00

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Final 1	2	Chan Kwan Yee	PKMS
	3	Wong Choi Ki	SFCC
	4	Chong, Julianne	TSIS
	5	Tang Sze Ching	PBSS
	6	Waters, Justine Jorre	CANADIAN

Final 2	2	Wong, Ying Lam Katie	IS
	3	Sleigh, Catherine Ella	CANADIAN
	4	Szeto Yan Na	SCGS
	5	Rosboch, Calista Saga	TSIS
	6	Wong Pui Hei	PKMS
	7	Mong Kei Wai	SFCC
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Event 3	Boys C Grade 100m Breast Stroke		9:15am
	Record : 1:05.72		
<hr/>			
Final	1	Leong Yan Sum	KC
	2	Yuen Hon Wang Curtis	CIS
	3	Chang, Marcus Chung Lok	CANADIAN
	4	Tsui Yik Shun	SKHTSK
	5	Leung Kam Yin Evan	SIS
	6	Lent Liam Charles	CIS
	7	Lui Harris Chi Wo	SKHTSK
	8	Chen Yihao Daniel	KCC
<hr/>			
Event 4	Girls C Grade 100m Breast Stroke		9:15am
	Record : 1:13.00		
<hr/>			
Final	1	Chu Tsz Kiu Charlotte	HSS
	2	Tang Yuen Hei	SSCS
	3	Liu, Hei Tung	SPSS
	4	Pang Sze Ki Flora	PKMS
	5	Au, Tsz Yu Chloe	FIS
	6	Chan Yin Ting	HKTLC
	7	Cheung, Hei Lam Kaitlyn	CANADIAN
	8	Dong Annie	CIS
<hr/>			
Event 5	Boys B Grade 100m Breast Stroke		9:15am
	Record : 1:05.00		
<hr/>			
Final	1	Guan George	CIS
	2	Lam Yim Hei Terrence	SKHTSK
	3	Chow Cheuk Yin	CFSS
	4	Wong Ki Chung Kenji	HKSS
	5	Mukhi Santino, Karan	IS
	6	Lee Pak Kiu	KC
	7	Ng Hei Tung	CGHC
	8	Yang, Bo Yuan Alexander	TSIS
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Event 6	Girls B Grade 100m Breast Stroke		9:15am
	Record : 1:12.41		
<hr/>			
Final	1	Leung Sui Ki	SFCC
	2	Yuen Po Ling Gladys	WESLEY
	3	Leung Pui Yung	HKTLC
	4	Cheung Wing Yi Claire	CIS
	5	Zhou Xiaolin	KLC
	6	Cheng, Chi Ching Maegan	CANADIAN
	7	Law Sum Yin	HSS
	8	Zirah Jade	FIS

Event 7	Boys A Grade 100m Breast Stroke	9:15am
	Record : 1:02.39	
Final	1 Mak Chun Ho	SIS
	2 Kwok, Osman Yin Ching	TSIS
	3 Cheng Ho Tin	LWSSS
	4 Mok Tsz Hin Edison	ABLMCC
	5 Mak Chung Hang	CPSS
	6 Wong, Pak Hei	IS
	7 Liu, Theodore Haien	IS
	8 Wang Chi Hoi	SS
Event 8	Girls A Grade 100m Breast Stroke	9:15am
	Record : 1:11.31	
Final	1 Lin, Guang Han	IS
	2 Chan Hoi Yan	SKWEGSS
	3 Shen, Diruo	CANADIAN
	4 Chan Sheung Man	LNSS
	5 Chun Tsz Ki	SCGS
	6 Hui Sum Kiu Alison	SFCC
	7 Li Yau	PKMS
	8 Choi Miriam	PKMS
Event 9	Boys C Grade 50m Butterfly	9:35am
	Record : 26.10	
Final	1 Wang Chun Hoi Jayden	CIS
	2 Su Ka Long	PYSS
	3 Chu Kiu Yeung	SS
	4 Ding Yichen	CIS
	5 Wong, Yik Man Mike	TSIS
	6 Chen Wai Yin	CSS
	7 Chan, Ian	IS
	8 Ho, Stephen	IS
Event 10	Girls C Grade 50m Butterfly	9:35am
	Record : 28.62	
Final	1 Kavvathas Anastasia	CIS
	2 Kwok Sze Yuet	PKMS
	3 Carmona Tina Lau	SFCC
	4 Wang Qianyue	CSS
	5 Ma, Yat Yin	SPSS
	6 Kwok You Yoyo	LCD
	7 Lau Eith	SKHTSK
	8 Zhang, Annabelle	CANADIAN
Event 11	Boys B Grade 50m Butterfly	9:35am
	Record : 25.43	
Final	1 Chiu Lincoln Gerald	VSA
	2 Yau Lai Yin	CSS
	3 Popov, Maksym	IS
	4 Wan Wui Sum	SLS
	5 Tsui Yu Hin	CFSS
	6 Chan Yuen Tik	CPSS
	7 Chan Pak Yu	SKHTSK
	8 Fung, Cheuk Hin Bosco	TSIS

Event 12	Girls B Grade 50m Butterfly	9:35am
	Record : 27.56	
Final	1 Waters, Juliette Jorre	CANADIAN
	2 Leung Tsz Yau	PBSS
	3 Guo Enxi	LSTLKK
	4 Tin Yui	CFSS
	5 Sundjaja Oceana	CIS
	6 Cheung, Sum Yiu Lydia	CANADIAN
	7 Li Chun Yau	SFCC
	8 Lau Sum Yui Selina	SSCS
Event 13	Boys A Grade 50m Butterfly	9:35am
	Record : 24.83	
Final	1 Kwok Yat Hang	PKMS
	2 Pun Yin Sun Brian	CIS
	3 Pong, Yik Hang Ryan	CANADIAN
	4 Chan Zheng Yan Alexander	CFSS
	5 Yum, Eldon Jian Zhang	CANADIAN
	6 Zhuang Ze Cong	SJA
	7 To Hiu Wik	CGHC
	8 Mak Chun Ho	SIS
Event 14	Girls A Grade 50m Butterfly	9:35am
	Record : 27.29	
Final	1 Mak Sin Yu Floris	SFCC
	2 Chan, Ho Ching Samantha	IS
	3 Wong Yin Hei Hayley	HSS
	4 Koh, Li Wen Ashley	TSIS
	5 Lai, Yee Ching Gabriella	TSIS
	6 Aavni Ahuja	CIS
	7 Lam, Caprize	CANADIAN
	8 Tang, Ziyi	IS
Event 15	Boys B Grade 100m Back Stroke	9:50am
	Record : 58.17	
Final	1 He, Alexander Yikai	CANADIAN
	2 Wu Alfred	CSS
	3 Lau Yiu Him Jayson	WESLEY
	4 Andiappan, Ethan Siddha Hsu	IS
	5 Chan Ka Hei	CFSS
	6 Chen Ka Fung	CWCC
	7 Ng Hei Tung	CGHC
	8 Chan King Hei Hagan	PKMS
Event 16	Girls B Grade 100m Back Stroke	9:50am
	Record : 1:03.30	
Final	1 Wong Yeuk Yan	CFSS
	2 Chan, Jiselle	CANADIAN
	3 Lu, Chang	IS
	4 Chung Wing Yee Sessie	SPSS
	5 Chen Ki Yan	CWCC
	6 Shi Sophia Lan	SIS
	7 Lee Ming Huen Abbie	SFCC
	8 He, Avery Yixuan	CANADIAN

Event 17	Boys A Grade 100m Back Stroke	9:50am
	Record : 57.38	
Final	1 To Pak Kiu Ryan	SKHLMC
	2 Lyu Haoyang	VSA
	3 Liu Xin	PKMS
	4 Muller, Ethan	CANADIAN
	5 Srivastava, Shivin	CANADIAN
	6 Lai Cheuk Hei	CFSS
	7 Lam Yu Hon	CIS
	8 Tsang Wai Yeung	SLS
Event 18	Girls A Grade 100m Back Stroke	9:50am
	Record : 1:02.62	
Final	1 Wu Ka Sin	SFCC
	2 Szeto Yan Na	SCGS
	3 Chen Pui Yan	CWCC
	4 Chow, Natalie Karis	TSIS
	5 Fung Siu Yu	SMS
	6 Yuen Po Ying	SKWEGSS
	7 Harvey, Tara Pimchanok Bunon	TSIS
	8 Fung Sze Nga	PKMS
Event 19	Boys C Grade 50m Free Style	10:10am
	Record : 24.77	
Final	1 Wang Yiteng	PKMS
	2 Lau Chun Hang	KC
	3 Tam Shing Yau Brendan	HW
	4 Yiu Chi Him	VSA
	5 Jin Yutong	SIS
	6 Lai Sing Him	SLS
	7 Wei Shi Zhuo	VSA
	8 Ng Ka Nam Dominic	SLS
Event 20	Girls C Grade 50m Free Style	10:10am
	Record : 25.87	
Final	1 Kwok, Nga Cheung Ashley	TSIS
	2 Lam Pui Hei Lyrica	SFCC
	3 Wannemacher Charlene Xin-Ai	CIS
	4 Tang Yao Saphina Fatima	SSCS
	5 Lau Eith	SKHTSK
	6 Tsui, Tsz Ching	SPSS
	7 Gu Xinyue Amy	SKHTSK
	8 Leung, Ka Ka	SPSS
Event 21	Boys B Grade 50m Free Style	10:10am
	Record : 23.91	
Final	1 Ho Chak Hin Sheldon	CFSS
	2 Wijono, Colin	TSIS
	3 Chan Ka Hei	CFSS
	4 Chan Yat Fung Evan	SIS
	5 Cheung Chi Daniel	KCC
	6 Clatworthy Samuel Max	CIS
	7 Yu Tsun Ting Kendric	HKTKP
	8 Popov, Maksym	IS



Event 22	Girls B Grade 50m Free Style	10:10am
	Record : 25.81	
Final	1 He, Avery Yixuan	CANADIAN
	2 Li Chun Yau	SFCC
	3 Tsik Ching Laam	SKHTSK
	4 Tin Yui	CFSS
	5 Lin, Kunyi	IS
	6 Lau Wing Tung Jessica	CSS
	7 Brems, Emily	IS
	8 Chen Huan Xi	FSS-SSW
Event 23	Boys A Grade 50m Free Style	10:10am
	Record : 23.47	
Final	1 Law Wang Yiu Henry	ABLMCC
	2 Yum, Eldon Jian Zhang	CANADIAN
	3 To Hiu Wik	CGHC
	4 Chan Zheng Yan Alexander	CFSS
	5 Chi Hang Samson Poon	CIS
	6 Yeung, Andre Sin Wai	TSIS
	7 Pun Yin Sun Brian	CIS
	8 Lai Hau Lun Marcus	WESLEY
Event 24	Girls A Grade 50m Free Style	10:10am
	Record : 26.38	
Final	1 Swing Sophia Kelly	CIS
	2 Chan, Ho Ching Samantha	IS
	3 Chui, Hoi Ting Katelyn	TSIS
	4 Lai, Yee Ching Gabriella	TSIS
	5 Law Tsz Tin	CCSC
	6 Tang, Ziyi	IS
	7 Wong Wing Hei	HSS
	8 Xiang Lynn	SIS
Event 25	Boys C Grade 200m Individual Medley	10:25am
	Record : 2:09.10	Standard : 3:50.00
Final 1	1 Chu Kiu Yeung	SS
	2 Watanabe, Halunobu	CANADIAN
	3 Leung Kam Yin Evan	SIS
	4 Chen Yihao Daniel	KCC
	5 Wong, Yik Man Mike	TSIS
	6 Chan, Yat Hay Sky	IS
	7 Cheang, Horace	CANADIAN
Final 2	1 Liu Mingyan	PKMS
	2 Lee Ka Hin	CFSS
	3 Lui Harris Chi Wo	SKHTSK
	4 Hui Sze Hon	ABLMCC
	5 Ho Yui Long Horus	WESLEY
	6 Yiu Lok Sardis	PKMS
	7 Chow Chun Hong Lucas	SS
	8 Andiappan, Jeremy	IS

Final 3	1	Kong Chun Hei	SKHLMC
	2	Lim Micah	VSA
	3	Chung Jose Tian Lang	SJA
	4	Lent Liam Charles	CIS
	5	Rory Ruiyi Zhang	CIS
	6	Wong Adrian Yat Hong	VSA
	7	Chee Hok Lai	SKHLMC
	8	Chan Lok Hei	ABLMCC
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Event 26	Girls C Grade 200m Individual Medley		10:25am
	Record : 2:23.43		Standard : 4:00.00
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Final 1	2	Chan, Qing Yi Alex Chi	IS
	3	Kwok You Yoyo	LCD
	4	Carmona Tina Lau	SFCC
	5	Zhang, Annabelle	CANADIAN
	6	Liu Tsz Wai Jamie	SSCS
	7	Kwok Sze Yuet	PKMS
Final 2	2	Cheuk Wa Ling	SFCC
	3	Ma, Yat Yin	SPSS
	4	Chong Seu Kiu	CIS
	5	Kavvathas Anastasia	CIS
	6	Chong, Hei Yee	SPSS
	7	Shen, Runxi	CANADIAN
<hr/>			
Event 27	Boys B Grade 200m Individual Medley		10:25am
	Record : 2:08.99		Standard : 3:40.00
<hr/>			
Final 1	1	Lau Yiu Him Jayson	WESLEY
	2	Wijono, Colin	TSIS
	3	Lee Cheuk Hei Trevis	PKMS
	4	Chan Pak Yu	SKHTSK
	5	Lee Pak Kiu	SLS
	6	Saikamala, Neil Dialdas	CANADIAN
	7	Yau Lai Yin	CSS
Final 2	1	Kiu Sze Chit	CGHC
	2	Fung, Ian Jing Yu	CANADIAN
	3	Chan Cheuk Nam	SKHLMC
	4	Lo Kei Hon Andre	KIS
	5	Chan Yuen Tik	CPSS
	6	Yu Chak Yam	SKHLMC
	7	Cheung Chi Daniel	KCC
	8	Cheung Yat Haang	PKMS
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Event 28	Girls B Grade 200m Individual Medley		10:25am
	Record : 2:21.39		Standard : 4:15.00
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Final	1	Cheung, Sum Yiu Lydia	CANADIAN
	2	Leung Tsz Tung Cathy	SFCC
	3	Lin Ziqi	SSCS
	4	Chung Wing Yee Sessie	SPSS
	5	Lim Avril Yi Qi	CIS
	6	Lee Ming Huen Abbie	SFCC
	7	Lo Na	SSCS

Event 29	Boys A Grade 200m Individual Medley	10:25am
	Record : 2:05.98	Standard : 3:35.00
Final 1	2 Muller, Ethan	CANADIAN
	3 Lam Lang Kai	HKTKP
	4 Kwok Yat Hang	PKMS
	5 Wong, Yik Yan Sean	TSIS
	6 Wong King Chung	SKHTSK
Final 2	2 Wong Yin Lam	HKTKP
	3 Yam, Jasper Pak Yin	CANADIAN
	4 Hui Ching Hei	SS
	5 Chan Cheuk Yu	KC
	6 Wong Ethan Tsz Hang	CCSC
Event 30	Girls A Grade 200m Individual Medley	10:25am
	Record : 2:17.58	Standard : 3:45.00
Final	2 Ho, Natalie Jade	CANADIAN
	3 Mak Hui Yung	PKMS
	4 Wang Xintong	HA
	5 Chan Hoi Yan	SKWEGSS
	6 Chong, Julienne	TSIS
Event 31	Boys C Grade 50m Breast Stroke	1:30pm
	Record : 30.00	
Final	1 Leong Yan Sum	KC
	2 Wong Adrian Yat Hong	VSA
	3 Ho Yui Long Horus	WESLEY
	4 Tsui Yik Shun	SKHTSK
	5 Chang, Marcus Chung Lok	CANADIAN
	6 Yuen Hon Wang Curtis	CIS
	7 Kwok Cheuk Lam	SMS
	8 Chow Chun Hong Lucas	SS
Event 32	Girls C Grade 50m Breast Stroke	1:30pm
	Record : 33.07	
Final	1 Shen, Runxi	CANADIAN
	2 Tang Yuen Hei	SSCS
	3 Liu, Hei Tung	SPSS
	4 Pang Sze Ki Flora	PKMS
	5 Wannemacher Charlene Xin-Ai	CIS
	6 Chan Yin Ting	HKTLC
	7 Chu Tsz Kiu Charlotte	HSS
	8 Wong Tsz Huen	SKHTSK
Event 33	Boys B Grade 50m Breast Stroke	1:30pm
	Record : 28.76	
Final	1 Lee Pak Kiu	KC
	2 Chow Cheuk Yin	CFSS
	3 Cai, Muzhou	CANADIAN
	4 Fung, Cheuk Hin Bosco	TSIS
	5 Wong Ki Chung Kenji	HKSS
	6 Lam Yim Hei Terrence	SKHTSK
	7 Cheng Tsun To	CFSS
	8 Ng Yan Shun Ric	MSCHK

<b>Event 34</b>	<b>Girls B Grade 50m Breast Stroke</b>	<b>1:30pm</b>
	<b>Record : 32.95</b>	
<b>Final</b>	1 Chui, Letitia Hoi Yan	TSIS
	2 Tien Shang Hei Sophia	SIS
	3 Leung Pui Yung	HKTLC
	4 Cheung Wing Yi Claire	CIS
	5 Zhou Xiaolin	KLC
	6 Law Sum Yin	HSS
	7 Chan Tsz Ue	SFCC
	8 Jangbarwala, Ateqa Yusuf	IS
<b>Event 35</b>	<b>Boys A Grade 50m Breast Stroke</b>	<b>1:30pm</b>
	<b>Record : 28.87</b>	
<b>Final</b>	1 Liu, Theodore Haien	IS
	2 Mok Tsz Hin Edison	ABLMCC
	3 Kwok, Osman Yin Ching	TSIS
	4 Chi Hang Samson Poon	CIS
	5 Smeets, Oscar	CANADIAN
	6 Yeung, Andre Sin Wai	TSIS
	7 Mak Chung Hang	CPSS
	8 Wong, Pak Hei	IS
<b>Event 36</b>	<b>Girls A Grade 50m Breast Stroke</b>	<b>1:30pm</b>
	<b>Record : 32.69</b>	
<b>Final</b>	1 Chan Sheung Man	LNSS
	2 Yip Hiu Yu Emma	CIS
	3 Ng Yuen Chi Denise	SIS
	4 Fung Siu Yu	SMS
	5 Wong, Ying Lam Katie	IS
	6 Ho, Natalie Jade	CANADIAN
	7 Hong Ying Ying	PYSS
	8 Abad Maria Angeliah Madla	SJA
<b>Event 37</b>	<b>Boys C Grade 100m Free Style</b>	<b>1:45pm</b>
	<b>Record : 54.95</b>	
<b>Final</b>	1 Wei Shi Zhuo	VSA
	2 Lo Chun Yu Anson	PKMS
	3 Tam Shing Yau Brendan	HW
	4 Yiu Chi Him	VSA
	5 Jin Yutong	SIS
	6 Chung Jose Tian Lang	SJA
	7 Lai Sing Him	SLS
	8 Lau Chun Hang	KC
<b>Event 38</b>	<b>Girls C Grade 100m Free Style</b>	<b>1:45pm</b>
	<b>Record : 56.77</b>	
<b>Final</b>	1 Zhao Jennifer Mulan	CIS
	2 Tsui, Tsz Ching	SPSS
	3 Jangbarwala, Yasmeen Yusuf	IS
	4 Au, Tsz Yu Chloe	FIS
	5 Chong Seu Kiu	CIS
	6 Tang Yao Saphina Fatima	SSCS
	7 Chong, Hei Yee	SPSS
	8 Lam Pui Hei Lyrica	SFCC

Event 39	Boys B Grade 100m Free Style	1:45pm
	Record : 51.76	
Final	1 Luk Wing Yin	WESLEY
	2 Clatworthy Samuel Max	CIS
	3 Yu Tsun Ting Kendric	HKTKP
	4 Chan Yat Fung Evan	SIS
	5 Lau Yi Fung	HKTKP
	6 Tsui Yu Hin	CFSS
	7 Ng Pun Yuen Collin	VSA
	8 Tiu, Marcus Ho Ching	TSIS
Event 40	Girls B Grade 100m Free Style	1:45pm
	Record : 55.96	
Final	1 Wong Ka Yiu Jaclyn	SFCC
	2 Waters, Juliette Jorre	CANADIAN
	3 Lau Wing Tung Jessica	CSS
	4 Sundjaja Oceana	CIS
	5 Lim Avril Yi Qi	CIS
	6 Lam Wan Yu	PTCC
	7 Chan Yau Sum	SKHTSK
	8 To Tsz Yin Vanessa	SKHLMC
Event 41	Boys A Grade 100m Free Style	1:45pm
	Record : 50.66	
Final	1 Law Wang Yiu Henry	ABLMCC
	2 Yau, Isaac Kei Fung	CANADIAN
	3 Choy Chung Hang	CCSC
	4 Wong, Yik Yan Sean	TSIS
	5 Wu Jun	PKMS
	6 Chung Ting Man	SLS
	7 Chan Wang Hei	HKTKP
	8 Park, Sungbeen	IS
Event 42	Girls A Grade 100m Free Style	1:45pm
	Record : 56.74	
Final	1 Xiang Lynn	SIS
	2 Wong Pui Hei	PKMS
	3 Wong Yin Hei Hayley	HSS
	4 Koh, Li Wen Ashley	TSIS
	5 Law Tsz Tin	CCSC
	6 Hong Ying Ying	PYSS
	7 Lam, Caprize	CANADIAN
	8 Wai, Alicia	TSIS
Event 43	Boys C Grade 50m Back Stroke	2:00pm
	Record : 28.16	
Final	1 Li Hai Wei Harry	SKHLMC
	2 Tse Shing Yu	HKTKP
	3 Cheang, Horace	CANADIAN
	4 Lo Chun Yu Anson	PKMS
	5 Leung Lok Tong	SKHTSK
	6 Rory Ruiyi Zhang	CIS
	7 Wang Yiteng	PKMS
	8 Cai, Muhan	CANADIAN

Event 44	Girls C Grade 50m Back Stroke	2:00pm
	Record : 30.75	
Final	1 Yuen Tsz Kei Amanda	SIS
	2 Choi Hoi Kei Bridget	CIS
	3 Zhao Jennifer Mulan	CIS
	4 Liu Tsz Wai Jamie	SSCS
	5 Lee, Kasey Chung Yi	CANADIAN
	6 Jangbarwala, Yasmeen Yusuf	IS
	7 Peloux Margaux	FIS
	8 Yue Peony	HKTLC
Event 45	Boys B Grade 50m Back Stroke	2:00pm
	Record : 27.12	
Final	1 Lam Ka Ho	FSS-SSW
	2 Kokora, Carter Lynn	TSIS
	3 Chen Ka Fung	CWCC
	4 Andiappan, Ethan Siddha Hsu	IS
	5 Lee Pak Kiu	SLS
	6 Lau Yi Fung	HKTKP
	7 Wu Alfred	CSS
	8 Chan Ryen Zai Yin	VSA
Event 46	Girls B Grade 50m Back Stroke	2:00pm
	Record : 29.52	
Final	1 Lau Sum Yui Selina	SSCS
	2 Leung Tsz Yau	PBSS
	3 Chen Ki Yan	CWCC
	4 Lin, Kunyi	IS
	5 Lu, Chang	IS
	6 Shi Sophia Lan	SIS
	7 Chan, Jiselle	CANADIAN
	8 Chen Huan Xi	FSS-SSW
Event 47	Boys A Grade 50m Back Stroke	2:00pm
	Record : 26.27	
Final	1 Ng Suet Lai	HKTKP
	2 Lyu Haoyang	VSA
	3 Lai Cheuk Hei	CFSS
	4 Pong, Yik Hang Ryan	CANADIAN
	5 Liu Xin	PKMS
	6 Srivastava, Shivin	CANADIAN
	7 Wong Ethan Tsz Hang	CCSC
	8 Lam Yu Hon	CIS
Event 48	Girls A Grade 50m Back Stroke	2:00pm
	Record : 29.23	
Final	1 Waters, Justine Jorre	CANADIAN
	2 Yuen Po Ying	SKWEGSS
	3 Aavni Ahuja	CIS
	4 Wong Wing Hei	HSS
	5 Chow, Natalie Karis	TSIS
	6 Chen Pui Yan	CWCC
	7 Yip Hiu Yu Emma	CIS
	8 Mak Sin Yu Floris	SFCC

<b>Event 49</b>	<b>Boys B Grade 200m Breast Stroke</b>	<b>2:20pm</b>
	<b>Record : 2:19.04</b>	<b>Standard : 3:50.00</b>
<b>Final 1</b>	1 Cai Yaohong	PKMS
	2 Lam Kang Yui Elvis	SKHTSK
	3 Cheung, Yin Hei Haydon	CANADIAN
	4 Chan Ho Fuk	CGHC
	5 Chan Sing Chi Alex	PKMS
	6 Peng Chi Yuen Matthew	SKHTSK
	7 Lam, Jovi Jeremy	IS
<b>Final 2</b>	1 Lam, Owen	IS
	2 Chau So Hin	CCSC
	3 Ng Yui Ching	FHMSS
	4 Lo Kei Hon Andre	KIS
	5 Fok Pak Hei	SKHLMC
	6 Tsui Chun Lok	SKHLMC
	7 He, Alexander Yikai	CANADIAN
	8 Wan Leong Tung	CGHC
<b>Event 50</b>	<b>Girls B Grade 200m Breast Stroke</b>	<b>2:20pm</b>
	<b>Record : 2:33.35</b>	<b>Standard : 4:15.00</b>
<b>Final</b>	1 Law Cheuk Ying	SSCS
	2 Yuen Po Ling Gladys	WESLEY
	3 Chan Tsz Ue	SFCC
	4 Bi Qiaochu	SSCS
	5 Chan Hiu Kiu	SKHTSK
	6 Leung Sui Ki	SFCC
	7 Chung Wing Ka	SKHTSK
	8 Cheng, Chi Ching Maegan	CANADIAN
<b>Event 51</b>	<b>Boys A Grade 200m Breast Stroke</b>	<b>2:20pm</b>
	<b>Record : 2:16.34</b>	<b>Standard : 3:50.00</b>
<b>Final 1</b>	2 Lam Lang Kai	HKTKP
	3 Pang Sze Lok	PKMS
	4 Sie Ho Ching	SKHTSK
	5 Chung, Cheuk Yin	CANADIAN
	6 Summers, George Lok-Fai	IS
<b>Final 2</b>	1 Leung Ching Laam	CGHC
	2 Smeets, Oscar	CANADIAN
	3 Chan Chi Kit	SKHTSK
	4 Cheung Ho Yin	SKHLMC
	5 Cheung Ka Wing	SKHLMC
	6 Lee Man Shek	CGHC
	7 Lam Lok	PKMS
	8 Lai, Wan Ki Samuel	IS
<b>Event 52</b>	<b>Girls A Grade 200m Breast Stroke</b>	<b>2:20pm</b>
	<b>Record : 2:36.69</b>	<b>Standard : 4:10.00</b>
<b>Final 1</b>	3 Shen, Diruo	CANADIAN
	4 Chu Tsz Yiu	PKMS
	5 Ng Chung Yan	SKHTSK
	6 Hui Sum Kiu Alison	SFCC
<b>Final 2</b>	2 Ma Lok Yi	SFCC
	3 Ho Tsz Ching	SKHLMC
	4 Chun Tsz Ki	SCGS
	5 Chan Ying Ying Cherry	SKHLMC
	6 Choi Miriam	PKMS

Event 53 Boys C Grade 4x50m Medley Relay		3:30pm
Record : 1:43.27		
Final	1	CFSS
	2	IS
	3	TSIS
	4	SKHTSK
	5	CANADIAN
	6	CIS
	7	SKHLMC
	8	VSA
Event 54 Girls C Grade 4x50m Medley Relay		3:30pm
Record : 2:02.54		
Final	1	TSIS
	2	PKMS
	3	SSCS
	4	CIS
	5	SFCC
	6	IS
	7	FIS
	8	CANADIAN
Event 55 Boys B Grade 4x50m Medley Relay		3:30pm
Record : 1:46.49		
Final	1	CANADIAN
	2	SLS
	3	TSIS
	4	IS
	5	CFSS
	6	SKHTSK
	7	CSS
	8	CIS
Event 56 Girls B Grade 4x50m Medley Relay		3:30pm
Record : 1:58.53		
Final	1	IS
	2	CANADIAN
	3	CIS
	4	RC
	5	SSCS
	6	CFSS
	7	SFCC
	8	TSIS
Event 57 Boys A Grade 4x50m Medley Relay		3:30pm
Record : 1:45.08		
Final	1	SS
	2	IS
	3	CFSS
	4	CANADIAN
	5	PKMS
	6	HKTGP
	7	CCSC
	8	SKHLMC



Event 58	Girls A Grade 4x50m Medley Relay	3:30pm
Record : 1:58.13		
Final	1	SKWEGSS
	2	SSCS
	3	SFCC
	4	PKMS
	5	SCGS
	6	HSS
	7	CANADIAN
	8	IS

Event 59	Boys C Grade 4x50m Free Style Relay	4:00pm
Record : 1:43.90		
Final	1	SMS
	2	SS
	3	SLS
	4	PKMS
	5	VSA
	6	CIS
	7	HKSS
	8	SKHTSK

Event 60	Girls C Grade 4x50m Free Style Relay	4:00pm
Record : 1:50.26		
Final	1	SMS
	2	TSIS
	3	CIS
	4	SPSS
	5	SSCS
	6	SFCC
	7	SKHTSK
	8	CANADIAN

Event 61	Boys B Grade 4x50m Free Style Relay	4:00pm
Record : 1:37.31		
Final	1	
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Event 62	Girls B Grade 4x50m Free Style Relay	4:00pm
Record : 1:45.65		
Final	1	
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Event 63	Boys A Grade 4x50m Free Style Relay	4:00pm
	Record : 1:33.95	

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Event 64	Girls A Grade 4x50m Free Style Relay	4:00pm
	Record : 1:46.59	

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