

**Inter-School Swimming Competition 2024-2025**  
**Division Three (Kowloon 1)**

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**Official List**

Convenor : Ms. Chan Kam Hung (SHKSBS)  
Management Committee : Mr. Yeung Chun Ling (HGSS)  
Mr. Kwong Sing Kwong (UCC-KE)  
Mr. Li Wai Ting (CHECSS)

Referees : Mr. Szeto Ping Hang Mr. Ching Hon Wai  
Starter : Mr. Lee Kam Kong

Announcers : 1. Ms. Tsang Shuk Yee DMS-HW2C 3. Ms. Lau Shuk Han KTS  
2. Mr. Jerry Luk DMS-BW

Marshals : Ms. Lam Chiu Kit Denise LSCC - Chief  
1. Mr. Cheng Kwan Ho Ivan CHECSS 8. Mr. Ho Pak Fung PLKCHYT  
2. Mr. Wong Chun Man DMS-BW 9. Ms. Chu Wai Yan SPS  
3. Mr. Chan Man Ching Leo DMS-GP 10. Ms. Zhong Shu Hui TKOGSS  
4. Mr. Sam Chau GTEYC 11. Mr. Ng Pak Yi UCC-KE  
5. Mr. Ho Man Leong KCS 12. Mr. Poon Hiu Kong UCC-THT  
6. Ms. Cheung Fong Lin KCS  
7. Ms. Hung Mo Lin Marina NCC

Competitor : Ms. Kong Sin Yee HTC - Chief

Stewards : 1. Mr. Kwan Lok Hin BTHC 7. Mr. 何任廷 SLCSS  
2. Ms. So Sze Man HTC 8. Mr. Siu Kin Fung SLCSS  
3. Mr. Diu Siu Hong HTYC 9. Ms. Ng Cheuk Yan SPS  
4. Ms. Li Ho Lam LKYMS 10. Mr. Lam Sung Sang SSS  
5. Ms. So Man Ting NWCSS 11. Mr. Nicholas Hui YCIS  
6. Mr. Koo Ming Shun Zev PKSS 12. Mr. Gordon Quan YCIS

Turning Judges : Mr. Kwong Sing Kwong UCC-KE - Chief  
1. Mr. Chan Kiu Wai CYT 8. Mr. Ng Chun Hei PLKVKTC  
2. Ms. Lee Fan Man Carmen HGC 9. Ms. Lui Chung Chi SCSG  
3. Ms. Ho Bo Tin HTSS-TKO 10. Mr. Yiu Tsz Leong TKPS  
4. Ms. Lin Wai Yin HTYC 11. Mr. Pang Yiu Fai TKPS  
5. Ms. Mak Tsz Ying LSCC 12. Mr. Lee Koon Sang WFN  
6. Ms. Chan Hoi Lam NWC 13. Mr. Hai Tat Yeung YCKMC  
7. Mr. Ngai Chun Yin PLKVKTC

Stroke Judges : Mr. Li Wai Ting Antony CHECSS - Chief  
1. Mr. Lam Chun Kit BTHC 9. Ms. Ng Chit Ting KTSS  
2. Ms. Chan Wai Ching CCCKT 10. Mr. Sit Wai Lok LS  
3. Mr. Yeung Po Kiu CCK 11. Ms. Wong Hoi Shan LS  
4. Mr. Hui Chun Ho CCK 12. Ms. Chan Wing Fong MKC  
5. Ms. Wong Hoi Ting GTEYC 13. Mr. Lai Hung Kit NWC  
6. Mr. 王國良 HKBC 14. Ms. Tam Chun Hin PLKCHYT  
7. Mr. Choi Ka Ching HTSS-TKO 15. Ms. Lo Ka Yan QES  
8. Mr. Pang Wai Ho KTSS 16. Mr. Leung Ming Ho QES

Inter-School Swimming Competition 2024-2025  
Division Three (Kowloon 1)

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**Official List**

- Time Keepers : 1. Mr. Leung Pak Ho UCC-THT  
Students from United Christian College - Tai Hang Tung
- Positions : Mr. Yeung Chun Ling Junny HGSS - Chief
- |                      |        |                            |      |
|----------------------|--------|----------------------------|------|
| 1. Ms. Chan Tsz Wah  | CLS    | 7. Ms. Lee Siu Ping        | LCCS |
| 2. Ms. Fong Yan Ting | CPC    | 8. Ms. Law Man Chung       | MFS  |
| 3. Mr. Hon Chun Wai  | DMS-GP | 9. Ms. Ng Tsz Yin          | MFS  |
| 4. Mr. Li King Yiu   | HGSS   | 10. Mr. Chu King Tak       | MKC  |
| 5. Ms. Dorcas Lee    | HWC    | 11. Ms. Kwan Wylam Sabrina | PTMS |
| 6. Mr. Alex Tse      | HWC    | 12. Ms. Kung Pui Man       | PTMS |
- Warm Up & : 1. Ms. Lee Wing Sze EVANGEL 2. Mr. Chan Tsz Wai CPC  
Cool Down Pool
- Recorders : Students from Holy Trinity College
- Student Helpers : Students from SKH St. Benedict's School  
: BOCHK Schools Sports Volunteers

## Time Table

### Division Three (Kowloon One)

Day One 27 September 2024

8:15 上午 Officials report to duty

8:30 上午 Warm up for Boys competition

8:40 上午 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		No. Heats
AM	1	8:45am	100m Breast Stroke	Boys C	3
	2		"	Girls C	4
	3		"	Boys B	2
	4		"	Girls B	2
	5		"	Boys A	2
	6		"	Girls A	2
	7	9:45am	50m Butterfly	Boys C	3
	8		"	Girls C	2
	9		"	Boys B	3
	10		"	Girls B	SF
	11		"	Boys A	3
	12		"	Girls A	2
	13	10:30am	100m Back Stroke	Boys B	2
	14		"	Girls B	SF
	15		"	Boys A	2
	16		"	Girls A	SF
	17	10:50am	50m Free Style	Boys C	7
	18		"	Girls C	6
	19		"	Boys B	7
	20		"	Girls B	5
	21		"	Boys A	6
	22		"	Girls A	4
PM	23	1:25pm	50m Breast Stroke	Boys C	6
	24		"	Girls C	6
	25		"	Boys B	6
	26		"	Girls B	4
	27		"	Boys A	4
	28		"	Girls A	3
	29	2:10pm	100m Free Style	Boys C	4
	30		"	Girls C	2
	31		"	Boys B	4
	32		"	Girls B	2
	33		"	Boys A	3
	34		"	Girls A	SF
	35	2:55pm	50m Back Stroke	Boys C	4
	36		"	Girls C	3
	37		"	Boys B	3
	38		"	Girls B	3
	39		"	Boys A	3
	40		"	Girls A	2
	41	4:00pm	4x50m Medley Relay	Boys C	2
	42		"	Girls C	2
	43		"	Boys B	SF
	44		"	Girls B	SF
	45		"	Boys A	2
	46		"	Girls A	2
	47	4:45pm	4x50m Free Style Relay	Boys C	2
	48		"	Girls C	2
	49		"	Boys B	3
	50		"	Girls B	2
	51		"	Boys A	2
	52		"	Girls A	2

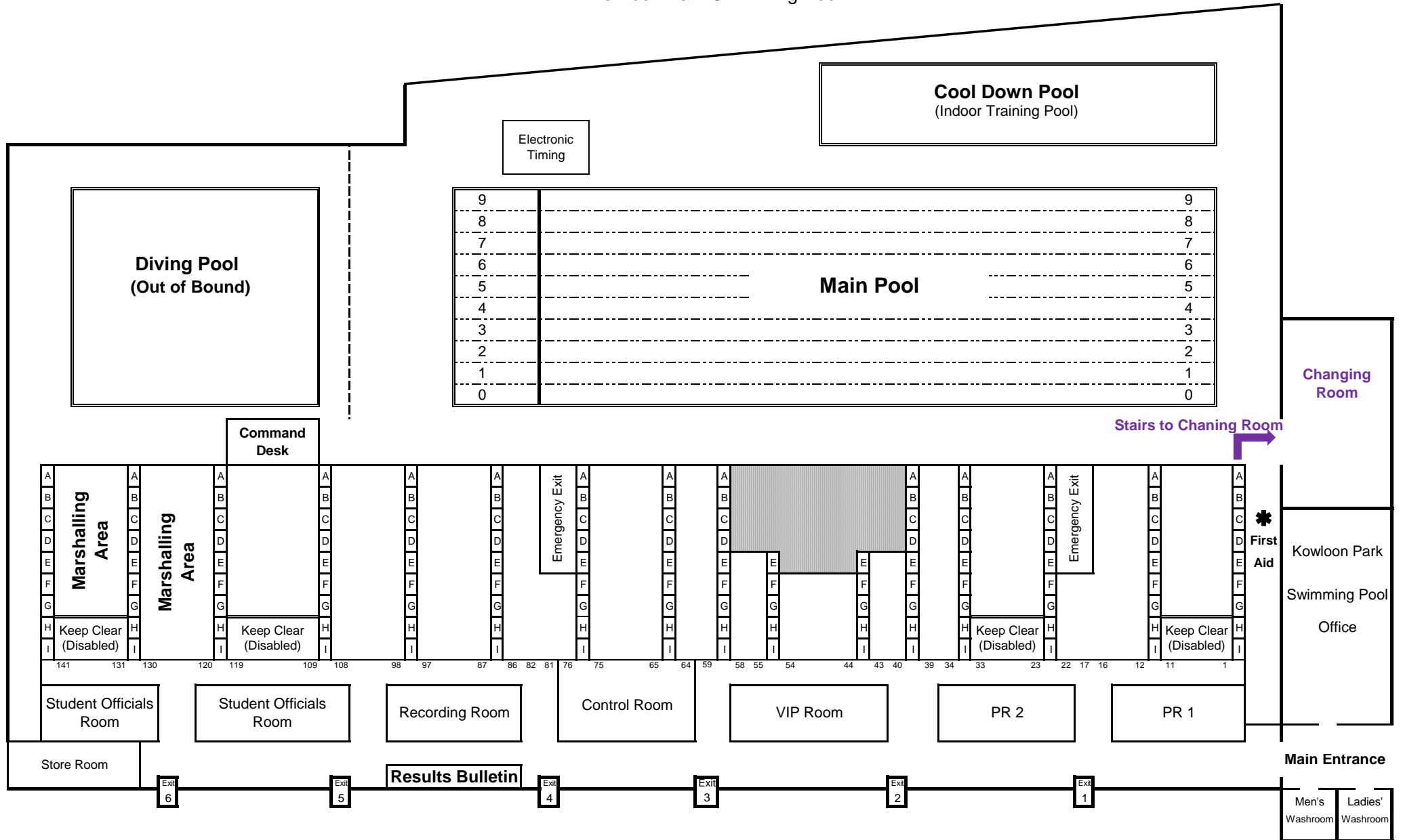
## List of Participating Schools of Division Three (Kowloon 1)

	School			Boys			Girls		
				A	B	C	A	B	C
1	Buddhist Tai Hung College	佛教大雄中學	BTHC	1	1	1			1
2	CCC Heep Woh College	中華基督教會協和書院	HWC		1	1		1	1
3	CCC Kei Chi Secondary School	中華基督教會基智中學	KCS	1	1	1	1	1	
4	CCC Kei To Secondary School	中華基督教會基道中學	CCCKT	1	1	1	1	1	1
5	CCC Ming Kei College	中華基督教會銘基書院	MKC	1	1	1		1	1
6	Choi Hung Estate Catholic Secondary School	彩虹邨天主教英文中學	CHECSS	1	1	1			
7	Cognitio College (Kowloon)	文理書院(九龍)	CCK	1	1	1	1	1	1
8	Concordia Lutheran School (Kowloon)	路德會協同中學	CLS	1		1			1
9	Delia Memorial School (Broadway)	地利亞修女紀念學校(百老匯)	DMS-BW	1	1	1	1	1	1
10	Delia Memorial School (Glee Path)	地利亞修女紀念學校(吉利徑)	DMS-GP	1	1	1	1	1	1
11	Delia Memorial School (Hip Wo No.2 College)	地利亞修女紀念學校(協和二)	DMS-HW2C	1	1	1	1	1	1
12	ELCHK Lutheran Secondary School	基督教香港信義會信義中學	LS	1	1	1	1	1	1
13	Evangel College	播道書院	EVANGEL	1	1	1	1	1	1
14	G. T. (Ellen Yeung) College (Sec. Section)	優才(楊殷有娣)書院(中學部)	GTEYC	1	1	1	1		1
15	Heung To Secondary School (Tseung Kwan O)	將軍澳香島中學	HTSS-TKO	1	1	1	1		
16	Holy Trinity College	寶血會上智英文書院	HTC				1	1	1
17	Homantin Government Secondary School	何文田官立中學	HGSS	1	1	1	1	1	1
18	Hong Kong Bluebell College	香港紫荊書院	HKBC	1	1				1
19	Kowloon Technical School	九龍工業學校	KTS		1	1			
20	Kowloon Tong School (Secondary Section)	九龍塘學校(中學部)	KTSS	1	1	1	1	1	1
21	Lee Kau Yan Memorial School	李求恩紀念中學	LKYMS	1			1	1	
22	Leung Shek Chee College	梁式芝書院	LSCC				1	1	1
23	Maryknoll Fathers' School	瑪利諾神父教會學校	MFS	1	1	1	1	1	1
24	Maryknoll Secondary School	瑪利諾中學	MS		1	1			1
25	Nam Wah Catholic Secondary School	天主教南華中學	NWCSS	1			1		
26	Newman Catholic College	天主教新民書院	NCC	1	1	1	1		1
27	Ng Wah Catholic Secondary School	天主教伍華中學	NWC	1	1	1			1
28	Po Kok Secondary School	寶覺中學	PKSS	1	1		1		1
29	Po Leung Kuk Celine Ho Yam Tong College	保良局何蔭棠中學	PLKCHYT	1	1	1	1	1	1
30	Po Leung Kuk Vicwood K. T. Chong Sixth Form College	保良局莊啟程預科書院	PLKVKTC	1	1		1	1	
31	Pooi To Middle School	香港培道中學	PTMS				1	1	1
32	Queen Elizabeth School	伊利沙伯中學	QES	1	1	1	1	1	1
33	Scientia Secondary School	創知中學	SSS	1		1		1	
34	Shun Lee Catholic Secondary School	順利天主教中學	SLCSS	1	1	1	1	1	1
35	SKH St. Benedict's School	聖公會聖本德中學	SKHSBS	1	1	1			
36	St. Catharine's School for Girls	聖傑靈女子中學	SCSG				1	1	1
37	St. Paul's School (Lam Tin)	藍田聖保祿中學	SPS				1	1	1
38	STFA Cheng Yu Tung Secondary School	順德聯誼總會鄭裕彤中學	CYT	1	1				1
39	Tang King Po School	鄧鏡波學校	TKPS	1	1	1			
40	The Mission Covenant Church Holm Glad College	基督教聖約教會堅樂中學	HGC		1	1		1	
41	The Salvation Army William Booth Secondary School	救世軍卜維廉中學	WBSS			1			
42	The YWCA Hioe Tjo Yoeng College	基督教女青年會丘佐榮中學	HTYC	1	1	1	1	1	1
43	Tseung Kwan O Government Secondary School	將軍澳官立中學	TKOGSS	1					1
44	TWGHs Wong Fut Nam College	東華三院黃笏南中學	WFN				1	1	1
45	United Christian College (Kowloon East)	匯基書院(東九龍)	UCC-KE	1	1	1	1	1	1
46	United Christian College (Tai Hang Tung)	匯基書院(大坑東)	UCC-THT	1	1	1			1
47	Wellington Education Organization Chang Pui Chung Memorial School	威靈頓教育機構張沛松紀念中學	CPC	1	1	1	1	1	1
48	YCH Law Chan Chor Si College	仁濟醫院羅陳楚思中學	LCCS			1		1	1
49	Yew Chung International School (Hong Kong Secondary School)	耀中國際學校(香港中學部)	YCIS	1	1	1	1	1	1
50	Yu Chun Keung Memorial College	余振強紀念中學	YCKMC	1	1				
				38	37	36	31	31	37

# Inter-School Swimming Competition 2024-2025

## Division Three (Kowloon)

Kowloon Park Swimming Pool



Inter-School Swimming Competition 2024-2025 Division Three (Kowloon 1)  
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	Buddhist Tai Hung College	5	-
2	CCC Heep Woh College	6	6
3	CCC Kei Chi Secondary School	4	4
4	CCC Kei To Secondary School	6	6
5	CCC Ming Kei College	4	4
6	Choi Hung Estate Catholic Secondary School	3	3
7	Cognitio College (Kowloon)	2	2
8	Concordia Lutheran School (Kowloon)	3	3
9	Delia Memorial School (Broadway)	8	8
10	Delia Memorial School (Glee Path)	2	2
11	Delia Memorial School (Hip Wo No.2 College)	1	1
12	ELCHK Lutheran Secondary School	3	3
13	Evangel College	5	5
14	G. T. (Ellen Yeung) College (Sec. Section)	3	3
15	Heung To Secondary School (Tseung Kwan O)	7	7
16	Holy Trinity College	-	6
17	Homantin Government Secondary School	7	7
18	Hong Kong Bluebell College	1	-
19	Kowloon Technical School	7	7
20	Kowloon Tong School (Secondary Section)	1	1
21	Lee Kau Yan Memorial School	-	5
22	Leung Shek Chee College	-	5
23	Maryknoll Fathers' School	6	4
24	Nam Wah Catholic Secondary School	1	1
25	Newman Catholic College	3	3
26	Ng Wah Catholic Secondary School	5	5
27	Po Kok Secondary School	4	4
28	Po Leung Kuk Celine Ho Yam Tong College	2	2
29	Po Leung Kuk Vicwood K. T. Chong Sixth Form College	7	7
30	Pooi To Middle School	-	2
31	Queen Elizabeth School	4	4
32	Scientia Secondary School	6	6
33	Shun Lee Catholic Secondary School	3	3
34	SKH St. Benedict's School	1	-
35	St. Catharine's School for Girls	-	4
36	St. Paul's School (Lam Tin)	-	1
37	STFA Cheng Yu Tung Secondary School	8	8
38	Tang King Po School	5	-
39	The Mission Covenant Church Holm Glad College	-	7
40	The Salvation Army William Booth Secondary School	-	-
41	The YWCA Hioe Tjo Yoeng College	6	6
42	Tseung Kwan O Government Secondary School	-	7
43	TWGHs Wong Fut Nam College	-	5
44	United Christian College (Kowloon East)	8	8
45	United Christian College (Tai Hang Tung)	1	1
46	Wellington Education Organization Chang Pui Chung Memorial School	-	2
47	YCH Law Chan Chor Si College	-	7
48	Yew Chung International School (Hong Kong Secondary School)	8	8
49	Yu Chun Keung Memorial College	3	-

## 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 (Kowloon One)

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 24<sup>th</sup> September (For Kowloon One). 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.

Chan Kam Hung  
Convenor  
(Kowloon One)

To : Schools in Swimming Div. III ( K1)

Date : 24<sup>th</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

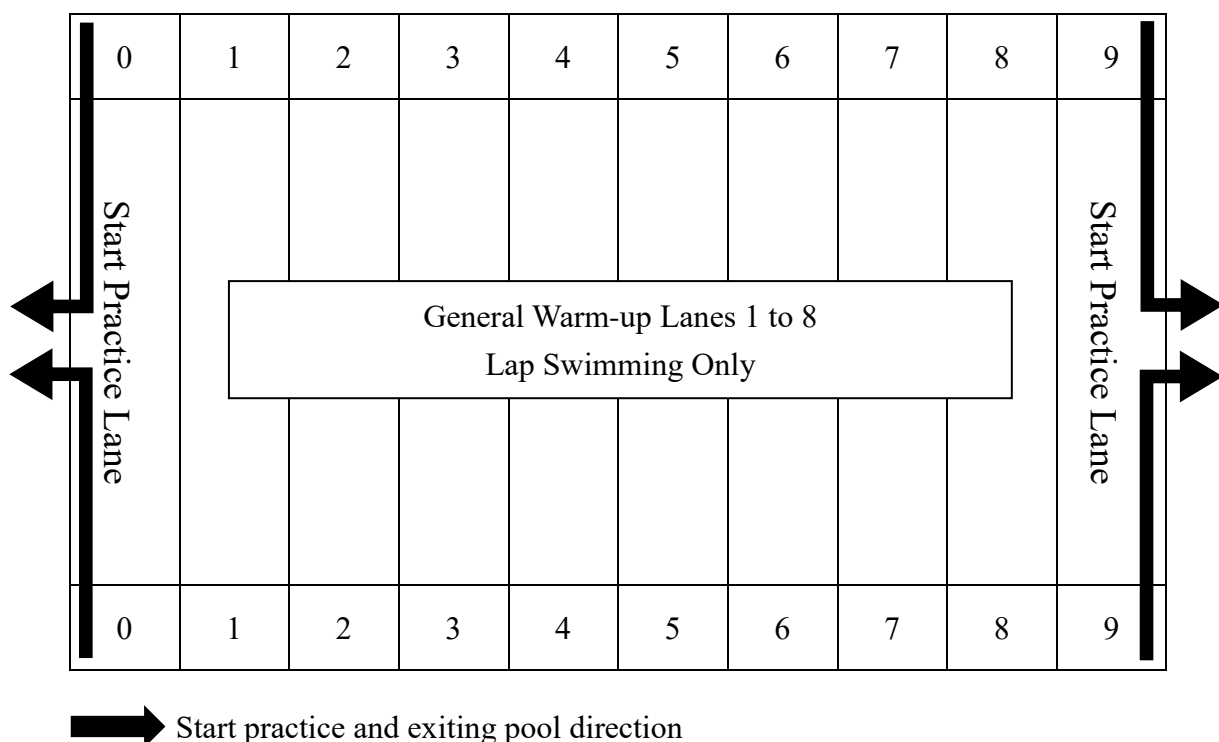
### General Warm-up Procedure

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 (Kowloon One)  
Day One

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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 (Kowloon One)

Day One 27 September 2024

Event 1	Boys C Grade 100m Breast Stroke		8:45am
	Record : 1:05.72		Standard : 1:50.00
Heat 1	1	So Hiu Long	HTYC
	2	Chan Cheuk Hei	NWC
	3	Zhang, Zhoutong	YCIS
	4	Li Cheuk Yin	LCCS
	5	Li Chi Yeung	HWC
	6	Yip Ho Shun	CCCKT
	7	Wan Yau Nam	CPC
Heat 2	1	Wang Zhehan	GTEYC
	2	Lai Tsz Ho	EVANGEL
	3	Li Andy	CHECSS
	4	Liu, Yinan	YCIS
	5	Yeung San Shing	KTSS
	6	Tam Yuet Man	DMS-BW
	7	Tang Ching Nam	TKPS
Heat 3	1	Judkins Wyeth Stubbs	DMS-BW
	2	Li Jiang Jiang	EVANGEL
	3	Yeung Chai	KTSS
	4	Hui Chit Man Manco	CPC
	5	Chan Ka Him	HTYC
	6	Cheung Hon Lam Kingsley	TKPS
	7	Ko Ching Lam	UCC-KE
Event 2	Girls C Grade 100m Breast Stroke		8:45am
	Record : 1:13.00		Standard : 2:05.00
Heat 1	1	Wu Lok	DMS-BW
	2	Ma Hoi Man	SLCSS
	3	Chow Chung Yan Dorothy	PTMS
	4	Fung Tsz Ying	UCC-KE
	5	Lee Hoi Ching Chloe	LSCC
	6	Yeung Cheuk Kiu	CCCKT
	7	Ho, Nicole Kai Sin	YCIS
Heat 2	1	Wong Hei Wai	LSCC
	2	Fung Sum Yin	HGSS
	3	Wan Wing Yan	HTYC
	4	Nee Huen	SPS
	5	Chan Sheung Yan	EVANGEL
	6	Ho, Michelle Yan Sin	YCIS
	7	Chan Hoi Tung Chris	TKOGSS
Heat 3	2	Maple Ting	SPS
	3	Zhen Claire	KTSS
	4	Liu Lok Ching Emma	SCSG
	5	Siu Hoi Nam	WFN
	6	Cheng Megan	TKOGSS
	7	Poon Ka Ching June	HTC



Heat 4	2	Ng Wai Ching	PKSS
	3	Chan Sum Yau	PTMS
	4	Lee Chi Yau	KTSS
	5	Yeung Ho Ning	HTYC
	6	Lee Yan Ching	GTEYC
	7	Liu Sum Yin	SCSG
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Event 3	Boys B Grade 100m Breast Stroke		8:45am
	Record : 1:05.00		Standard : 1:43.00
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Heat 1	1	Lam Pak Long	HGSS
	2	Yiu Alex Ben	DMS-GP
	3	Lee Ho Shing	CCK
	4	Gurung Suvaan	DMS-BW
	5	Sze Tin Hang	PLKCHYT
	6	Wong Nok Him	HTYC
	7	Wan Tse Shan Shawn	TKPS
	8	Hung Tsz Hin	KTSS
Heat 2	1	Gurung Aaron	DMS-BW
	2	Chan Ching Kiu	HGSS
	3	Li Yu Sen Brian	SLCSS
	4	Liao Siu Lun	KTSS
	5	Chu Hong Lam	HTYC
	6	Wong Cheuk Kit Hugo	DMS-GP
	7	Leung Wai Man	UCC-KE
	8	Ng Iden	QES
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Event 4	Girls B Grade 100m Breast Stroke		8:45am
	Record : 1:12.41		Standard : 1:59.00
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Heat 1	1	Yu Yat Kiu	PTMS
	2	Chun Tin Yu Christy	HTYC
	3	Chan Cheuk Yin	LSCC
	4	Law Cheuk Yu	SPS
	5	Wang Jiahe	LCCS
	6	Ko Hazel	UCC-KE
	7	Fan Yiu	QES
	8	Lee Po Ying	HTC
Heat 2	1	Cheung Sau Yi	KTSS
	2	Chan Wan Ching	PTMS
	3	Ho Ka Ying	DMS-BW
	4	Hung Wai Kiu Kianca	LSCC
	5	Cheung Suet Yiu	SPS
	6	Lai Elise	HTYC
	7	Chan Cheuk Lam	LCCS
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Event 5	Boys A Grade 100m Breast Stroke		8:45am
	Record : 1:02.39		Standard : 1:40.00
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Heat 1	1	Tsang Ho Him Ryan	HTYC
	2	Liu Wing To	SLCSS
	3	Cheng Ho Yeung	KTSS
	4	Wu Hoiyik	HTSS-TKO
	5	Chan Cheuk Hin	CYT
	6	Li Chit Hei	DMS-BW
	7	Kwong Man Pan	TKPS
	8	Nalbo Anmol	DMS-GP

Heat 2	1	Chan Nam	DMS-BW
	2	Seeto Shun Yin	CHECSS
	3	Wong Wai Ho Henry	PLKVKTC
	4	Chan Tsz Wo	QES
	5	Pang Chun Hei	KTSS
	6	Lam Ho Yin	PKSS
	7	Chan Chun Lok	HTYC
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Event 6	Girls A Grade 100m Breast Stroke		8:45am
	Record : 1:11.31		Standard : 1:57.00
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Heat 1	1	Tik Yi Ting	PTMS
	2	Kwok Sze Ching	CPC
	3	Chan Ka Yan	EVANGEL
	4	Cheung Shun Yin	QES
	5	Cheng Man Ni	SPS
	6	Tsoi Cheuk Wing	GTEYC
	7	Lee Hang Ling	SCSG
Heat 2	2	Lee Lok Yan	UCC-KE
	3	So Tsz Ting	CCK
	4	Lee Ching Phoebe	KTSS
	5	Yu Kwan Kiu	HTC
	6	Lai Ching Huen	HTSS-TKO
	7	Leung Suet Yiu	EVANGEL
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Event 7	Boys C Grade 50m Butterfly		9:45am
	Record : 26.10		Standard : 45.00
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Heat 1	1	Yau Chit Bogdan	MFS
	2	Lee Hiu Pang	PLKCHYT
	3	Cheung Kai Fun	SLCSS
	4	Yen Ka Hang	UCC-KE
	5	Wong Yik Hei	EVANGEL
	6	Ho Hon Fan Ligern	MKC
	7	Winston Xiao	HTYC
	8	Ng Kit Lun Cuthbert	WBSS
Heat 2	1	Yu Pak Lam	KTS
	2	Leng, Chon Kuo	YCIS
	3	Chu Marvin Chi Ching	HWC
	4	Leung Siu Hei Chayse	KTSS
	5	Wan Yau Nam	CPC
	6	Sun Tin Lok Ernest	HGC
	7	Chan Chung Kiu Oscar	CHECSS
	8	So Maxwell	UCC-THT
Heat 3	1	Thapa Kyaresh	DMS-BW
	2	Tang Chun Hei	HTYC
	3	Wong Sheung Chi	CCK
	4	Kan, Siu Chun	YCIS
	5	Mo On Pui	CHECSS
	6	Siu Chun Hong	TKPS
	7	Lai Tsz Ho	EVANGEL
	8	Li Yu Ho	UCC-THT

Event 8	Girls C Grade 50m Butterfly		9:45am
	Record : 28.62		Standard : 50.00
Heat 1	2	Tai Tsz Ki	HTYC
	3	Jian, Yutong	YCIS
	4	Zhang Xiyue	GTEYC
	5	Tai Lok Ching	UCC-KE
	6	Poon Ka Yi	SPS
	7	Cheung Hoi Kiu	KTSS
	Heat 2	2	Ikeda Sakura
3		Ho Wing Tung	CCCKT
4		Tang Hai Ting Prudence	NCC
5		Wan Chi Ting	SPS
6		Yu Wai Lam	CLS
7		But Hoi Ching	EVANGEL

Event 9	Boys B Grade 50m Butterfly		9:45am
	Record : 25.43		Standard : 39.00
Heat 1	1	Liu Chung Yin	UCC-THT
	2	Wong Nok Him	HTYC
	3	Chan Kam Ho Victor	KCS
	4	Huang Jason	HTSS-TKO
	5	Hau Ka Shun	TKPS
	6	Ho Sze Lok	HGC
	7	Sze Hoi Ching	MFS
	8	Chan Sui Lam	KTSS
Heat 2	1	Choy Ching Hang	TKPS
	2	Tam Chun Hei	HTYC
	3	Liu Qi Gang	LS
	4	Wong Kwong Wa Donald	YCIS
	5	Limbu Jason	DMS-BW
	6	Limbu Samit	DMS-GP
	7	Tam Pok Fong	MKC
Heat 3	1	Subba, Yoba Hang	YCIS
	2	Lor Ching Fung Aidan	UCC-KE
	3	Kwan Yuen Sheung	NCC
	4	Chan Ting Hong Travis	DMS-GP
	5	Ip Kin Hei	KTSS
	6	Chow Pak Hei	CCCKT
	7	Thapa Ajay	DMS-BW

Event 10	Girls B Grade 50m Butterfly		9:45am
	Record : 27.56		Standard : 48.00

S.F

Event 11	Boys A Grade 50m Butterfly		9:45am
	Record : 24.83		Standard : 38.00
Heat 1	1	Wong King Kam	QES
	2	Chan Kin Tsun	PLKVKTC
	3	Hsu Cheuk Lap	NWCSS
	4	Yu, Ka Yui	YCIS
	5	Yap Ho Yin	HTYC
	6	Wong Ho Lam	CPC
	7	Khan Umair	DMS-BW

Heat 2	2	Chan Donald	HGSS
	3	Lee King Yin	DMS-HW2C
	4	Lam Tsz Yeung Y Y	PLKVKTC
	5	Chan Pak Wing	UCC-KE
	6	Fong Ho Long	CCK
	7	Ma Lok Tim	MFS
Heat 3	2	Kwan Chi Man	QES
	3	Wong Sam Yuen	NWC
	4	Pang Tsz Hin	CHECSS
	5	Tang Kai Wang Ryan	KCS
	6	Tsang Hiu Long	CPC
	7	Mirza Taha Hussain	DMS-BW
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Event 12	Girls A Grade 50m Butterfly		9:45am
	Record : 27.29		Standard : 46.00
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Heat 1	1	Lai Ching Huen	HTSS-TKO
	2	Kwok Tsz Kiu	WFN
	3	Wong Cheuk Lam Rachel	DMS-GP
	4	Ho Hoi Lam	SCSG
	5	Yiu Hei Wai	EVANGEL
	6	Kung Hei Tung	PTMS
	7	Lee Ting Wai Ava	HTYC
Heat 2	2	Pun Khushi	DMS-BW
	3	Cheema Tavleenjit Kaur	DMS-GP
	4	Mak Ping Ting	HTC
	5	Cheung Hoi Man	GTEYC
	6	Cheung Tsz Yiu Charlotte	WFN
	7	Li Yuk Yin Nadia	PTMS
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Event 13	Boys B Grade 100m Back Stroke		10:30am
	Record : 58.17		Standard : 1:50.00
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Heat 1	2	Chen Haiyang	HTSS-TKO
	3	He Fu Wang	SKHSBS
	4	Li Jun Him	HTYC
	5	Rai Terence	DMS-BW
	6	Lam Chun Fung Rex	HKBC
	7	Tsang Wai Shing	TKPS
Heat 2	2	Wong Ho Wang	CPC
	3	Wong Cheuk Kit Hugo	DMS-GP
	4	Lau Yat Nam	KTSS
	5	Chan Chi Hong	HTYC
	6	Lam Tak Sang	GTEYC
	7	Limbu Jason	DMS-BW
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Event 14	Girls B Grade 100m Back Stroke		10:30am
	Record : 1:03.30		Standard : 2:10.00
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Event 15	Boys A Grade 100m Back Stroke		10:30am
	Record : 57.38		Standard : 1:40.00
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Heat 1	2	Navjot-Singh	DMS-BW
	3	Au Chun Kiu	EVANGEL
	4	Woo Bono	QES
	5	Man Cheuk Nam	PLKVKTC
	6	Leung Chi Yin	DMS-HW2C

Heat 2	3	Laing Wan Yiu David	HTYC
	4	Hsu Cheuk Lap	NWCSS
	5	Lewis Aaron Mathew	DMS-GP
	6	Thapa Avil	DMS-BW

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Event 16	Girls A Grade 100m Back Stroke	10:30am
	Record : 1:02.62	Standard : 2:00.00

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Event 17	Boys C Grade 50m Free Style	10:50am
	Record : 24.77	Standard : 38.00

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Heat 1	1	Tse Chak Kan	HGSS
	2	Yau Chit Bogdan	MFS
	3	Xie Yang Ye	QES
	4	Yu Wai Lok	CLS
	5	Siu Ching Ho	EVANGEL
	6	Chow Ho Ting	HTSS-TKO
	7	Tsang Pak Him	MKC
	8	Xue, Yuk Shing Ricky	YCIS

Heat 2	1	Ng Ming Nam	MFS
	2	Hachami Ayman	DMS-BW
	3	Law Tsun Yin	UCC-KE
	4	Wong Ho Shan	QES
	5	Cheng Tsz Wo	CPC
	6	Chen, Zhi Chao	YCIS
	7	Pun Chung Yin	EVANGEL
	8	Liang Yuchen	GTEYC

Heat 3	1	Wong Chun Yuen	SSS
	2	Yiu Tsz Chun	SLCSS
	3	Zhang Aicheng	CCK
	4	Chiu Cho Yu Valentine	DMS-GP
	5	Wong Tsz Hin	KTSS
	6	Or Chong	LCCS
	7	Chu Marvin Chi Ching	HWC

Heat 4	1	Kanasaki Masaki	CLS
	2	Lin Yui Shu	HWC
	3	Kwan Ting Hang	BTHC
	4	Lo Hendrik	UCC-THT
	5	Lau Wang Hei	KTSS
	6	Ng Kit Lun Cuthbert	WBSS
	7	Sun Tin Lok Ernest	HGC

Heat 5	1	Yu Pak Lam	KTS
	2	So Hiu Long	HTYC
	3	Wong Pak Ho	HTSS-TKO
	4	Chung Chi Yan	CHECSS
	5	Chan Tsun Hei	TKPS
	6	Yan Chi Shing	MKC
	7	Lee Chun Kit	CPC

Heat 6	1	Ngai Ling Man	TKPS
	2	Cheng Tsz Hong Anson	GTEYC
	3	Chan Yat Sing	LS
	4	Chiu Herman	HGSS
	5	Chan Pak Wang	PLKCHYT
	6	Cheung Kai Fun	SLCSS
	7	Au Chun Wah Aiden	UCC-THT
Heat 7	1	Lam Chung Hei	UCC-KE
	2	Ahmed Zuheeb Ali Yiu	CHECSS
	3	Yeung Chun Lok	HTYC
	4	Lam Ka Yat	NWC
	5	Hachami Yunas	DMS-BW
	6	Woo Ngai Hin	LS
	7	Ng Pik Cho	DMS-GP

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Event 18	Girls C Grade 50m Free Style	10:50am
	Record : 25.87	Standard : 43.00

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Heat 1	1	Ng Yu Nok	CYT
	2	Chan Ka Hei	MFS
	3	Lee Ting Yan	PTMS
	4	Chung Yan Nok	HTYC
	5	Wong Yelsy Yuet-Suen	QES
	6	Ho Hei Man	UCC-KE
	7	Hanashiro, Eimi	YCIS
	8	Choi Kai Yin	EVANGEL
Heat 2	1	Lai Wing Huen	HTC
	2	Ng Lok Yiu	MKC
	3	Wong Ching Kiu	LSCC
	4	Ho Tsz Ching	UCC-KE
	5	Leung Wing Tung Hailey	MFS
	6	Lo Yi Kiu	PLKCHYT
	7	Wong Ho Ching	UCC-THT
	8	Yeung Tsz Ki	DMS-HW2C
Heat 3	1	Luk Wing Yin	DMS-BW
	2	Zhang Chi Yan	KTSS
	3	Ng Cho Fan	LCCS
	4	Wong Hei Wai	LSCC
	5	Wong Wing Lam	SPS
	6	Wong Tsz Yu	HWC
	7	Pan Yat Chi	QES
Heat 4	1	Lam Wing Tung	NWC
	2	Kwan Yan Yan	PLKCHYT
	3	Wong Cheuk Yan Yanni	GTEYC
	4	Tam Ngo Sum	HTC
	5	Tang Rui	KTSS
	6	Ikeda Sakura	DMS-GP
	7	Yiu Sum Yu	DMS-BW
Heat 5	1	Ng Wai Ching	PKSS
	2	Tai Tsz Ki	HTYC
	3	Yun Hoi Ching Chelsea	HKBC
	4	Jian, Yutong	YCIS
	5	Choi Kai Yi	EVANGEL
	6	Ho Hoi Tung	LCCS
	7	Nee Huen	SPS

Heat 6	1	Luk Yuet Hei	MKC
	2	Suen Tsz Ching	CYT
	3	Fong Hei Yan	CLS
	4	Wong Yan Ting	NWC
	5	Tam Nga Man	PTMS
	6	Laurea Micaiah Ryza Talibong	DMS-GP
	7	Kwan Tsz Ching	NCC

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Event 19	Boys B Grade 50m Free Style	10:50am
	Record : 23.91	Standard : 35.00

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Heat 1	1	Lu Etienne	DMS-GP
	2	Cheung Ka Chai	HGSS
	3	Liu Yan Lok	KTSS
	4	Chan Chun Ho	SLCSS
	5	Lai Lok Wai	TKPS
	6	Lui To Ming	PKSS
	7	Lai Long Ching	DMS-BW
	8	Cheng Kwan Chak Marco	YCKMC

Heat 2	1	Hau Ka Shun	TKPS
	2	Fung Ho Yin Herman	QES
	3	Chau Chun Hin	CPC
	4	Lai Kwong Yu	NWC
	5	Chow Pak Hei	CCCKT
	6	Liu Chung Yin	UCC-THT
	7	Lau Cheuk Hei	NCC
	8	Florentino, Jesseryl Alejo Zaldivar	YCIS

Heat 3	1	Wong Shun Cho	YCKMC
	2	Wu Wai Ting	CCK
	3	Cheng Bo Wen	BTHC
	4	Iu Nai Wang	NWC
	5	Che Hing Cheong	PLKCHYT
	6	Wong Hei Chit	KTS
	7	Cheung Ying Chiu	KTSS
	8	Limbu Samit	DMS-GP

Heat 4	1	Or Hon Shing	CCK
	2	Law Kwan Chi	MKC
	3	Wu Cho Lok Issac	EVANGEL
	4	Chan Ho Lam Vigar	SKHSBS
	5	Chan Tak Long	HKBC
	6	Yip Po Sing	BTHC
	7	Chan Yin Pok	HTYC
	8	Chan Hiu Hei Ethan	HGSS

Heat 5	1	Lam Ka Chun	KCS
	2	Chan Yui Long Marcus	UCC-KE
	3	Chan Yuk Wa	SKHSBS
	4	Yeung Chi Chun	CCCKT
	5	Law Cheuk Ting	MKC
	6	Chau Long Sing	HWC
	7	Yu Kin Hei	HKBC
	8	Chu Wing Hei	MFS

Heat 6	1	Shen, Ka Fai	YCIS
	2	Hung Pak Lok Alfred	CHECSS
	3	Tse Ting Hin	SLCSS
	4	Kwan Yuen Sheung	NCC
	5	Ki Wang Tik	MFS
	6	Yiu Yat Him	HWC
	7	Aziz Mohammad Rayan	DMS-BW
	8	Liu Qi Gang	LS

Heat 7	1	Chan Wang Lam	QES
	2	Wong Sum Cheuk	CYT
	3	Tang Cheuk Hei	PKSS
	4	Tsui Chun Wai Jason	KCS
	5	So Chi Long	PLKCHYT
	6	Chong Tsz Ho	UCC-THT
	7	Li Ting Ho	HTYC

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Event 20	Girls B Grade 50m Free Style	10:50am
	Record : 25.81	Standard : 41.00

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Heat 1	1	Xu Yokeah	SPS
	2	Yeung Pui Lam	MKC
	3	Cheng Ho Shan	HTYC
	4	Kwok Yeuk Tung	HGSS
	5	Cheung Kwan Yee	LSCC
	6	Li, Simeng	YCIS
	7	Carpio Joshayne Nathalie Aragon	DMS-BW
	8	Chu Tsz Ching	PLKVKTC
Heat 2	1	Chan, Yuet Ting	YCIS
	2	Mak Ka Wun	LS
	3	Selina Gurung	DMS-BW
	4	Tik Yi Ching	PTMS
	5	Tong Tsz Wing	UCC-KE
	6	Chan Lok Tung	LKYMS
	7	Lau Yu Ching	HGSS
	8	Kwok Tsz Yau	QES
Heat 3	1	Chan Hiu Tung Prudence	CCCKT
	2	Lai Ho Ching	HTC
	3	Ho Chiu Tung	QES
	4	Wong Hei Man Heidi	UCC-KE
	5	Cheung Suet Yiu	SPS
	6	Sung Hoi Yan Hannah	CCK
	7	Ho Hei Tung	HWC
	8	Chow Ka Wai	HGC
Heat 4	1	Chan Sin Yau Kelsey	PTMS
	2	Cheung Hing	KCS
	3	Yanagiya Cocomi	DMS-GP
	4	Leung Sik Yuen	KTSS
	5	Qiu Yi Wen	MKC
	6	Man Sze Kiu Czarín	HTC
	7	Lam Cheuk Wing	HWC
	8	Lam Tsz Ying	WFN



Heat 5	1	Fung Cheuk Lam	KCS
	2	Yuen Tsz Ching Hailey	CCK
	3	Chan Gwyneth Serene	DMS-GP
	4	Lui Sum Jit	KTSS
	5	Lam Ho Yan Peke	LKYMS
	6	Li Pak Yan	SLCSS
	7	Woo Hiu Ching	HTYC
	8	Hung Cheuk Mei	LSCC
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Event 21	Boys A Grade 50m Free Style		10:50am
	Record : 23.47		Standard : 34.00
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Heat 1	1	Yap Ho Yin	HTYC
	2	Wong Ka Fai	KTSS
	3	Wang Lap Yin	YCKMC
	4	Tam Tsz Chun	TKPS
	5	Kwok Ho Yeung	SLCSS
	6	Chan Hei Long	NCC
	7	Wong Sam Yuen	NWC
	8	Chan Yat Long	HGSS
Heat 2	1	Hui Tsun Wai	KTSS
	2	Kwan Ho Wan	TKPS
	3	Cai, Kyle Kai	YCIS
	4	Cheng Tsz Ho Chester	MKC
	5	Yuen Pak Hei	CHECSS
	6	Zhou Ka Wa	NWC
	7	Lo Ko Fung	PLKVKTC
Heat 3	1	Pang Tsz Hin	CHECSS
	2	Wang Jianshiong	HGSS
	3	Wong Tsz Chun	UCC-THT
	4	Kazi Ashin Ishraq Nusa	DMS-BW
	5	Yiu Ho	QES
	6	Chan Chi Hin	CCK
	7	Yu, Ka Yui	YCIS
Heat 4	1	Yung Sheung Yuen	KCS
	2	Chan Chun Ho	PLKCHYT
	3	Lai Tsun Kit Jack	PLKVKTC
	4	Ikeda-Takuma	DMS-GP
	5	Kwok Hei	EVANGEL
	6	Salonga Samuel	DMS-BW
	7	Lam Yi Kit	CCK
Heat 5	1	Sotto Jann Briann Anselmo	DMS-GP
	2	Lok Cheuk Wai	HTSS-TKO
	3	Ma Lok Tim	MFS
	4	Lui Kwan Yin	SSS
	5	Chan Kwan Tuen	KCS
	6	Wong Chun Yin Clement	QES
	7	Fan Cheuk Wing	PLKCHYT
Heat 6	1	Cheung Jack	HKBC
	2	Sit Ting Yik	HTYC
	3	Hung Ho Lam	BTHC
	4	Yuan Lok Tin	HTSS-TKO
	5	Lee King Yin	DMS-HW2C
	6	Chiu Lang Wei	MKC
	7	Chung Cheuk Ki	SSS

Event 22		Girls A Grade 50m Free Style	10:50am
		Record : 26.38	Standard : 39.00
Heat 1	1	Ho Hoi Lam	SCSG
	2	Kuok Wing San	DMS-GP
	3	Pun Saima	DMS-BW
	4	Lin Hoi Lam	LS
	5	Kwok Tsz Kiu	WFN
	6	Cheung Suet Fei	KCS
	7	Wong Cho Kiu	EVANGEL
Heat 2	1	Lee Tsz Tung	LS
	2	Poon Tsz Shing	KTSS
	3	Lee Hoi Lam	HGSS
	4	Li Yuk Yin Nadia	PTMS
	5	Shek Hoi Ching	PKSS
	6	Hung Hiu Ching	QES
	7	Cheung Ho Ching	HTYC
Heat 3	2	Au Hoi Yan	QES
	3	Ho Wing Tsun	DMS-GP
	4	So Sze Yu Stella	SPS
	5	Kong Man Shan	LKYMS
	6	Li Lung Yee Zoe	NCC
	7	Heung Ka Kei	HTYC
	Heat 4	2	Chong Yan Ki
3		Wai Kar Kiu Gaily	PTMS
4		Singh Simran	DMS-BW
5		Lee Yam Theng Roxanne	SPS
6		Law Toi Tung	LSCC
7		Lam Ching Ching	KCS
Event 23		Boys C Grade 50m Breast Stroke	1:25pm
		Record : 30.00	Standard : 51.00
Heat 1	1	Chan Ka Him	HTYC
	2	Wong Ho Shan	QES
	3	Zhang, Zhoutong	YCIS
	4	Rodrigues Princeson Peter	DMS-GP
	5	Ko Ching Lam	UCC-KE
	6	So Kwun Chung	KTSS
	7	Leung Cheuk Nam	NCC
Heat 2	1	Li Andy	CHECSS
	2	Chan Kwan Yui Carson	LCCS
	3	Hui Sin Ming	SKHSBS
	4	Lam Pui Kei	TKPS
	5	Chan Nok Chun Jeremy	EVANGEL
	6	So Kai Chun	BTHC
	7	Lo Pak Ming	MFS
Heat 3	1	Look Long Man	BTHC
	2	Au Tsz Yeung	CPC
	3	Tang Ching Nam	TKPS
	4	Cheng Kai San	MKC
	5	Tsang Pok Sik	GTEYC
	6	Chan Cheuk Hei	NWC
	7	Xue, Yuk Shing Ricky	YCIS

Heat 4	1	Li Chi Yeung	HWC
	2	Yeung San Shing	KTSS
	3	Yue Ngok Kiu	MFS
	4	Wang Zhehan	GTEYC
	5	Tam Yuet Man	DMS-BW
	6	Xie Ka Hin	LS
	7	Ng Pik Cho	DMS-GP

Heat 5	1	Wong Chun Yuen	SSS
	2	Woo Ngai Hin	LS
	3	Yung Kai Pok	QES
	4	Cheung Chun Hei	EVANGEL
	5	Wong Sheung Chi	CCK
	6	Yip Ho Shun	CCCKT
	7	Lam Ka Yat	NWC

Heat 6	2	Judkins Wyeth Stubbs	DMS-BW
	3	Ho Wing Pang	CCCKT
	4	Chan Sze Hon	SKHSBS
	5	Cheng Man Lok	HTYC
	6	Ng Chung Yiu	MKC
	7	Wong Pak Ho	HTSS-TKO

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Event 24	Girls C Grade 50m Breast Stroke	1:25pm
	Record : 33.07	Standard : 55.00

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Heat 1	1	Cheng Jie Shin	EVANGEL
	2	Poon Ka Ching June	HTC
	3	Sum Yan Mei Phoebe	MKC
	4	Chan Ying Tong	PLKCHYT
	5	Wu Lok	DMS-BW
	6	Mak Pui Yi	NWC
	7	Robert Vins Lourdu Rubi Ezhil Arasi	DMS-GP
	8	Ho, Michelle Yan Sin	YCIS

Heat 2	1	Chan Sum Yau	PTMS
	2	Chan Hoi Tung Chris	TKOGSS
	3	Wu Yi Xi	LSCC
	4	Liu Sum Yin	SCSG
	5	Lam Sze Ngai	HWC
	6	Kowk Yu Hannah	GTEYC
	7	Chan Fai Yan	NWC
	8	Siu Hoi Nam	WFN

Heat 3	1	Ng Ka Yin	MKC
	2	Choi Chu Yung	HTC
	3	Tai Lok Ching	UCC-KE
	4	Lee Hoi Ching Chloe	LSCC
	5	Lee Chi Yau	KTSS
	6	Ma Hoi Man	SLCSS
	7	Leung Wing Tung Hailey	MFS

Heat 4	1	Ho Hoi Tung	LCCS
	2	Wong Ho Ching	UCC-THT
	3	Fong Hei Yan	CLS
	4	Lau Ka Wai	PLKCHYT
	5	Yeung Ho Ning	HTYC
	6	Cheuk Wing Ting	SPS
	7	Cheng Megan	TKOGSS

Heat 5	1	Ng Cho Fan	LCCS
	2	Yang Zhiyu	UCC-KE
	3	Liu Lok Ching Emma	SCSG
	4	Chung Yu Sen	GTEYC
	5	Chow Tsz Yik Chasty	WFN
	6	Leung Ka Ki	PTMS
	7	Chan Tsz Tung	EVANGEL

Heat 6	1	Fung Sum Yin	HGSS
	2	Wan Wing Yan	HTYC
	3	Ho, Nicole Kai Sin	YCIS
	4	Yiu Sum Yu	DMS-BW
	5	Wong Tsz Ying	LS
	6	Ng Uen Yi	SPS
	7	Yu Wai Lam	CLS

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Event 25	Boys B Grade 50m Breast Stroke	1:25pm
	Record : 28.76	Standard : 47.00

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Heat 1	1	Cheng Bo Wen	BTHC
	2	Lai Kwong Yu	NWC
	3	Au Tsz Him	CPC
	4	Lau Wai Lun	HGSS
	5	Gurung Aaron	DMS-BW
	6	Chan Tsz Lok	CCK
	7	Tang Cheuk Hei	PKSS
Heat 2	1	Gurung Samuel	DMS-BW
	2	Siu Shi Yuen	MKC
	3	Lam Yat Lim	HKBC
	4	Fung Cheuk Him	QES
	5	Cheung Ying Chiu	KTSS
	6	Li Yu Sen Brian	SLCSS
	7	Chen Kwun Hang	DMS-GP
Heat 3	1	Wong Chun Kin Jayson	HTYC
	2	Tam Pok Fong	MKC
	3	Wu Wai Ting	CCK
	4	Chan Tsz Lok Jaine	KCS
	5	Yiu Yat Him	HWC
	6	Ng Iden	QES
	7	Ki Wang Tik	MFS
Heat 4	1	Cheung Wai Ho	BTHC
	2	Sze Tin Hang	PLKCHYT
	3	Cheng Kwan Chak Marco	YCKMC
	4	Lui To Ming	PKSS
	5	Wong Sum Cheuk	CYT
	6	Kao Ching Kiu	EVANGEL
	7	Hung Tsz Hin	KTSS
Heat 5	1	Lam Lit San	HWC
	2	Tam Chun Hei	HTYC
	3	Lam Chun Hang	SLCSS
	4	So Chi Long	PLKCHYT
	5	Peng Yunching	NCC
	6	Lau Wing Yuen Kobe	TKPS
	7	Lin Chak Wo	UCC-THT

Heat 6	2	Yeung Lai Kiu	DMS-GP
	3	Yu Kin Hei	HKBC
	4	Dai Hei Lung	NCC
	5	Cheung Ka Chai	HGSS
	6	Lam Ka Chun	KCS
	7	Florentino, Jesseryl Alejo Zaldivar	YCIS

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Event 26	Girls B Grade 50m Breast Stroke	1:25pm
	Record : 32.95	Standard : 52.00

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Heat 1	1	Wong Hoi Ching	QES
	2	Chan Lok Tung	LKYMS
	3	Tang Sum Yin	SCSG
	4	Kwok Yeuk Tung	HGSS
	5	Chu Tsz Ching	PLKVKTC
	6	Leung Yuk Ying	SLCSS
	7	Deng Debby	KTSS
	8	Sung Hoi Yan Hannah	CCK

Heat 2	1	Xu Yokeah	SPS
	2	Lam Ho Yan Peke	LKYMS
	3	Chow Ka Wai	HGC
	4	Chan Cheuk Yin	LSCC
	5	Lee Po Ying	HTC
	6	Li Pak Yan	SLCSS
	7	Carpio Joshayne Nathalie Aragon	DMS-BW
	8	Chun Tin Yu Christy	HTYC

Heat 3	1	Ko Hazel	UCC-KE
	2	Yanagiya Cocomi	DMS-GP
	3	Tang Tsz Ching	LS
	4	Fan Yiu	QES
	5	Lui Chi Wing	CCK
	6	Li, Simeng	YCIS
	7	Chan Cheuk Lam	LCCS
	8	Fung Tsz Ching	PTMS

Heat 4	1	Li Yat Hei	DMS-BW
	2	Wu, On Ni Annaya	YCIS
	3	Law Cheuk Yu	SPS
	4	Chan Yue Lam	HGSS
	5	Man Sze Kiu Czarín	HTC
	6	Lam Yee Tsun	LSCC
	7	Yu Yat Kiu	PTMS
	8	Zhou Tsz Ki	HTYC

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Event 27	Boys A Grade 50m Breast Stroke	1:25pm
	Record : 28.87	Standard : 44.00

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Heat 1	1	Chan Chun Lok	HTYC
	2	Cai, Kyle Kai	YCIS
	3	Liu Wing To	SLCSS
	4	Chan Tsz Wo	QES
	5	Nalbo Anmol	DMS-GP
	6	Lo Ko Fung	PLKVKTC
	7	Fong Ho Long	CCK

Heat 2	1	Tang Kai Wang Ryan	KCS
	2	Chan Hin Wai	KTSS
	3	Wu Sau Yeuk	CCK
	4	Wong Chun Yin Clement	QES
	5	Sit Ting Yik	HTYC
	6	Wong Ho Tin	NWC
	7	Hui Chin Cheuk	HGSS
Heat 3	1	Gurung Alfio Davino Koo Lok Fung	DMS-BW
	2	So Long Yiu	BTHC
	3	Chu Tsz Kin	PLKVKTC
	4	Lui Kwan Yin	SSS
	5	Tang Chun Ho	HTSS-TKO
	6	Cheung Jack	HKBC
	7	Seeto Shun Yin	CHECSS
Heat 4	1	Shrestha Pratik Lal	DMS-BW
	2	Cheng Tsz Ho Chester	MKC
	3	Chan Chun Ho	PLKCHYT
	4	Lam Ho Yin	PKSS
	5	Lo Tsz Yeung	KCS
	6	Young Wing Fung	MKC
	7	Chan Wing San	BTHC

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Event 28	Girls A Grade 50m Breast Stroke	1:25pm
	Record : 32.69	Standard : 52.00

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Heat 1	1	So Tsz Ting	CCK
	2	Poon Tsz Shing	KTSS
	3	Wong Oi Lam	PTMS
	4	Shek Yuen Yuen	KCS
	5	Au Hoi Yan	QES
	6	Shing On Kiu	SLCSS
	7	Wu Cheuk Kiu	HTYC
	8	Kuok Wing San	DMS-GP
Heat 2	1	Cheung Suet Fei	KCS
	2	Yuen Yeuk Lan	WFN
	3	Parmar Ishpreet Kaur	DMS-GP
	4	Yu Kwan Kiu	HTC
	5	Kwok Sze Ching	CPC
	6	Pun Khushi	DMS-BW
	7	Fung Pui Shan	SPS
Heat 3	1	Shek Hoi Ching	PKSS
	2	Lai Sheung Yan	KTSS
	3	Pun Saima	DMS-BW
	4	Cheng Man Ni	SPS
	5	Hung Hiu Ching	QES
	6	Chan Ying Tung	GTEYC
	7	Tik Yi Ting	PTMS

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Event 29	Boys C Grade 100m Free Style	2:10pm
	Record : 54.95	Standard : 1:28.00

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Heat 1	1	Mo On Pui	CHECSS
	2	Chan Chun Hei Jayden	DMS-BW
	3	Liang Tsz Hei	KTSS
	4	Cheng Ethan Chi Long	UCC-KE
	5	Li Yu Ho	UCC-THT
	6	Chan Pak Wang	PLKCHYT
	7	Yeung Chun Lok	HTYC

Heat 2	2	Wong Pan Tsun	UCC-KE
	3	Tse Shun Hei	HTSS-TKO
	4	Tang Chun Hei	HTYC
	5	Lam Pui Kei	TKPS
	6	Lin Nok Hei	CLS
	7	Leng, Chon Kuo	YCIS
	Heat 3	2	Zhang Aicheng
3		Wang Tsz Pok	HWC
4		Yue Pak Fung	MFS
5		So Maxwell	UCC-THT
6		Li Cheuk Yin	LCCS
7		Pun Chung Yin	EVANGEL
Heat 4		2	Cheung Hon Lam Kingsley
	3	Ho Wing Pang	CCCKT
	4	Chan Hin Chung Jerald	HTSS-TKO
	5	Chen, Zhi Chao	YCIS
	6	Lam Tsz Tung	MFS
	7	Chung Chi Yan	CHECSS

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Event 30	Girls C Grade 100m Free Style	2:10pm
	Record : 56.77	Standard : 1:38.00

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Heat 1	1	Hanashiro, Eimi	YCIS
	2	Ho Wing Tung	CCCKT
	3	Leung Sze Sze	HTYC
	4	Ng Pui Yi	MFS
	5	Wong Yelsy Yuet-Suen	QES
	6	Chui Tsz Ying	KTSS
	7	Suen Tsz Ching	CYT
	8	Chow Chung Yan Dorothy	PTMS
Heat 2	1	Maple Ting	SPS
	2	Choi Chu Yung	HTC
	3	Chung Yan Nok	HTYC
	4	Yeung Cheuk Kiu	CCCKT
	5	Pan Yat Chi	QES
	6	Yun Hoi Ching Chelsea	HKBC
	7	Ng Yu Nok	CYT
	8	Gao Annabel	PTMS

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Event 31	Boys B Grade 100m Free Style	2:10pm
	Record : 51.76	Standard : 1:21.00

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Heat 1	1	Wu Cho Lok Issac	EVANGEL
	2	Lau Yat Nam	KTSS
	3	Yung Tsz Ho	CCK
	4	Wong Shun Cho	YCKMC
	5	Leung Ming Sam	MFS
	6	Fung Ho Yin Herman	QES
	7	Wong Hei Chit	KTS
	8	Che Hing Cheong	PLKCHYT
Heat 2	1	Tse Yiu Yan	KTSS
	2	Huang Jason	HTSS-TKO
	3	Shen, Ka Fai	YCIS
	4	Lam Tak Sang	GTEYC
	5	Lor Ching Fung Aidan	UCC-KE
	6	Lee Tsz Kiu Cole	HTYC
	7	Law Kwan Chi	MKC
	8	Chan Ting Hong Travis	DMS-GP

Heat 3	1	Li Ting Ho	HTYC
	2	Thakuri Tenzing	DMS-BW
	3	Au Tsz Him	CPC
	4	Chan Tsz Lok Jaine	KCS
	5	Law Cheuk Ting	MKC
	6	Chong Tsz Ho	UCC-THT
	7	Chan Tak Long	HKBC
	8	Choy Ching Hang	TKPS

Heat 4	1	Lam Yat Lim	HKBC
	2	Yeung Lai Kiu	DMS-GP
	3	Leung Wai Lok	MFS
	4	Gurung Samuel	DMS-BW
	5	Chan Wang Lam	QES
	6	Ng Kin Ngok	TKPS
	7	Ho Sze Lok	HGC
	8	Yam Chin Wang	UCC-THT

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Event 32	Girls B Grade 100m Free Style	2:10pm
	Record : 55.96	Standard : 1:37.00

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Heat 1	1	Chan Sin Yau Kelsey	PTMS
	2	Ho Ka Ying	DMS-BW
	3	Kam Ka Ching	SPS
	4	Cheng Ho Shan	HTYC
	5	Kwok Tsz Yau	QES
	6	Chow Tung Hitomi	KTSS
	7	Lai Elise	HTYC
	8	Lam Tsz Ying	WFN

Heat 2	1	Ho Chiu Tung	QES
	2	Chan Man Hei Amanda	SPS
	3	Lu Yeuk Hei Bella	PTMS
	4	Hung Wai Kiu Kianca	LSCC
	5	Wu, On Ni Anneya	YCIS
	6	Chan Wing Hei	SSS
	7	Cheung Sau Yi	KTSS
	8	Tang Tsz Lam	MKC

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Event 33	Boys A Grade 100m Free Style	2:10pm
	Record : 50.66	Standard : 1:21:00

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Heat 1	1	Yip Sze Long	TKPS
	2	Chan Donald	HGSS
	3	Sotto Jann Briann Anselmo	DMS-GP
	4	Li Ming Pan	MFS
	5	Fan Cheuk Wing	PLKCHYT
	6	Chan Hin Lok	CHECSS
	7	Huang Zicheng	MKC
	8	Hung Ho Lam	BTHC

Heat 2	1	Chiu Lang Wei	MKC
	2	Chan Kin Tsun	PLKVKTC
	3	Thapa Avil	DMS-BW
	4	Kwong Sheung Yin	HTYC
	5	Chan Yin Chung	GTEYC
	6	Yuan Lok Tin	HTSS-TKO
	7	Yiu Ho	QES



Heat 3	1	Ko Man To	KTSS
	2	Au Nok Ching Matthew	TKPS
	3	Tsang Ho Him Ryan	HTYC
	4	Ma Shek Chun	LS
	5	Chan Yu Fai	PLKVKTC
	6	Shek Tsz Hin	KCS
	7	Gurung Daniel	DMS-BW

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Event 34	Girls A Grade 100m Free Style	2:10pm
	Record : 56.74	Standard : 1:35.00

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Event 35	Boys C Grade 50m Back Stroke	2:55pm
	Record : 28.16	Standard : 48.00

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Heat 1	1	Siu Ching Ho	EVANGEL
	2	Thapa Kyaresh	DMS-BW
	3	Lai Chun Chung	HWC
	4	Cheng Kai San	MKC
	5	Chan Chung Kiu Oscar	CHECSS
	6	Lam Chun Him Aeneas	HTYC
	7	Lau Yuen Yuk	LS
Heat 2	1	Leung Pui Hei Maddox	SSS
	2	Lam Chung Hei	UCC-KE
	3	Ng Chung Yiu	MKC
	4	Chen Bill Yik Nok	HTYC
	5	Chiu Herman	HGSS
	6	Chan Tsun Hei	TKPS
	7	Liu Pak Hei	GTEYC
Heat 3	1	Yip Wai Fung	UCC-THT
	2	Chan, Yuet Shun	YCIS
	3	Zhang Ming Tao	LS
	4	Cheung Tsz Yin Owen	EVANGEL
	5	Tsang Pok Sik	GTEYC
	6	Lee Rodman	SSS
	7	Chow Ho Ting	HTSS-TKO
Heat 4	1	Liu, Yinan	YCIS
	2	Wong Chun Yin	KTSS
	3	Pang Wang Kit	HGSS
	4	Ngai Ling Man	TKPS
	5	Wong Tai Yin	CPC
	6	Wong Pan Tsun	UCC-KE
	7	Chan Chun Hei Jayden	DMS-BW

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Event 36	Girls C Grade 50m Back Stroke	2:55pm
	Record : 30.75	Standard : 52.00

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Heat 1	1	Luk Wing Yin	DMS-BW
	2	Tang Hai Ting Prudence	NCC
	3	Luk Yuet Hei	MKC
	4	Wan, Pisces	YCIS
	5	Chow Tsz Yik Chasty	WFN
	6	Wan Chi Ting	SPS
	7	Tam Ngo Sum	HTC

Heat 2	1	Ng Ka Yin	MKC
	2	Li Tsz Yin	EVANGEL
	3	Chan Ka Hei	MFS
	4	Cheuk Wing Ting	SPS
	5	Wong Cheuk Yan Yanni	GTEYC
	6	Tam Nga Man	PTMS
	7	Robert Vins Lourdu Rubi Ezhil Arasi	DMS-GP
Heat 3	1	Hui, Leyan	YCIS
	2	Leung Sze Sze	HTYC
	3	Lam Theng Wai Livia	EVANGEL
	4	Yang Zhiyu	UCC-KE
	5	Fong Cheuk Ki	HTC
	6	Leung Ka Ki	PTMS
	7	Raveendra Kumar Leoneeta	DMS-GP
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Event 37	Boys B Grade 50m Back Stroke		2:55pm
	Record : 27.12		Standard : 45.00
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Heat 1	2	Tse Ting Hin	SLCSS
	3	Chan Chi Hong	HTYC
	4	Chen Haiyang	HTSS-TKO
	5	He Pak Lam	BTHC
	6	Ko Yat Hei	TKPS
	7	Santokh-Singh	DMS-GP
	Heat 2	2	Ng Kin Ngok
3		Chan Yui Long Marcus	UCC-KE
4		Subba, Yoba Hang	YCIS
5		Lam Chun Fung Rex	HKBC
6		Li Jun Him	HTYC
7		Rai Terence	DMS-BW
Heat 3		2	Chan Hiu Hei Ethan
	3	Wong Kwong Wa Donald	YCIS
	4	He Fu Wang	SKHSBS
	5	Thakuri Tenzing	DMS-BW
	6	Si Hoi Man	CCK
	7	Yeung Chi Chun	CCCKT
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Event 38	Girls B Grade 50m Back Stroke		2:55pm
	Record : 29.52		Standard : 52.00
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Heat 1	1	Hung Cheuk Mei	LSCC
	2	Wong Hei Man Heidi	UCC-KE
	3	Tang Tsz Lam	MKC
	4	Lo Hoi Tung	PTMS
	5	Lau Yu Ching	HGSS
	6	Chan Shun Ka Natalie	SSS
	7	Chau Sin Nga	HTC
Heat 2	1	Woo Hiu Ching	HTYC
	2	Fong Ka Hei	HGSS
	3	Chan, Yuet Ting	YCIS
	4	Li Yat Hei	DMS-BW
	5	Zhang Sammi	PTMS
	6	Lai Ho Ching	HTC
	7	Hon Choi Wing	SPS

Heat 3	1	Or Wing Kiu	HTYC
	2	Wong Hoi Ching	QES
	3	Selina Gurung	DMS-BW
	4	Tang Sum Yin	SCSG
	5	Wong Yu Ching	SPS
	6	Chan Wai Si	EVANGEL
	7	Yuen Tsz Ching Hailey	CCK
<hr/>			
Event 39	Boys A Grade 50m Back Stroke		2:55pm
	Record : 26.27		Standard : 43.00
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Heat 1	2	Lok Cheuk Wai	HTSS-TKO
	3	Laing Wan Yiu David	HTYC
	4	Muhammad Adeel	DMS-BW
	5	Shek Tsz Hin	KCS
	6	So Long Yiu	BTHC
	7	Kwan Ho Wan	TKPS
Heat 2	2	Wang Lap Yin	YCKMC
	3	Woo Bono	QES
	4	Leung Chi Yin	DMS-HW2C
	5	Au Chun Kiu	EVANGEL
	6	Tam Tsz Chun	TKPS
	7	Man Cheuk Nam	PLKVKTC
Heat 3	2	Kwok Ho Yeung	SLCSS
	3	Chan Yu Fai	PLKVKTC
	4	Chan Pak Wing	UCC-KE
	5	Chung Cheuk Ki	SSS
	6	Ismail Muhammad	DMS-BW
	7	Chan Chi Hin	CCK
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Event 40	Girls A Grade 50m Back Stroke		2:55pm
	Record : 29.23		Standard : 51.00
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Heat 1	1	Singh Simran	DMS-BW
	2	Tam Ching Ka	HTC
	3	Wai Kar Kiu Gaily	PTMS
	4	Wong Cheuk Lam Rachel	DMS-GP
	5	Lau Sze Yuet	WFN
	6	Ma I Ching	HTYC
	7	Shing On Kiu	SLCSS
Heat 2	2	Cheema Tavleenjit Kaur	DMS-GP
	3	Kwok Wan Yin	GTEYC
	4	Wong Oi Lam	PTMS
	5	Lai Shin Yin	SCSG
	6	Law Toi Tung	LSCC
	7	Lee Yam Theng Roxanne	SPS
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Event 41	Boys C Grade 4x50m Medley Relay		4:00pm
	Record : 1:51.09		Standard : 2:50.00
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Heat 1	2		HTSS-TKO
	3		DMS-BW
	4		CPC
	5		YCIS
	6		EVANGEL

Heat 2	2	HTYC
	3	GTEYC
	4	TKPS
	5	KTSS
	6	CHECSS

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Event 42	Girls C Grade 4x50m Medley Relay	4:00pm
	Record : 2:02.54	Standard : 3:20.00

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Heat 1	2	DMS-GP
	3	KTSS
	4	SPS
	5	YCIS
	6	DMS-BW
	7	WFN

Heat 2	2	CCCKT
	3	HTC
	4	CLS
	5	PTMS
	6	HTYC
	7	GTEYC

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Event 43	Boys B Grade 4x50m Medley Relay	4:00pm
	Record : 1:46.49	Standard : 2:40.00

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S.F

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Event 44	Girls B Grade 4x50m Medley Relay	4:00pm
	Record : 1:58.53	Standard : 3:15.00

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Event 45	Boys A Grade 4x50m Medley Relay	4:00pm
	Record : 1:45.08	Standard : 2:35.00

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Heat 1	2	KCS
	3	KTSS
	4	QES
	5	DMS-BW
	6	CLS
	7	EVANGEL

Heat 2	2	BTHC
	3	CCK
	4	TKPS
	5	PLKVKTC
	6	HTYC

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Event 46	Girls A Grade 4x50m Medley Relay	4:00pm
	Record : 1:58.13	Standard : 3:05.00

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Heat 1	2	HTC
	3	DMS-GP
	4	HTYC
	5	SPS
	6	DMS-BW

Heat 2	2	PTMS
	3	GTEYC
	4	WFN
	5	EVANGEL
	6	KTSS

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Event 47	Boys C Grade 4x50m Free Style Relay	4:50pm
	Record : 1:43.27	Standard : 2:40.00

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Heat 1	1	DMS-GP
	2	UCC-THT
	3	UCC-KE
	4	LS
	5	MFS
	6	HWC
	7	HTYC

Heat 2	1	YCIS
	2	CHECSS
	3	MKC
	4	KTSS
	5	DMS-BW
	6	CLS
	7	TKPS

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Event 48	Girls C Grade 4x50m Free Style Relay	4:50pm
	Record : 1:50.26	Standard : 3:10.00

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Heat 1	1	SPS
	2	UCC-KE
	3	LSCC
	4	EVANGEL
	5	DMS-BW
	6	DMS-GP
	7	MKC

Heat 2	1	MFS
	2	PTMS
	3	WFN
	4	HTYC
	5	HTC
	6	PLKCHYT
	7	YCIS

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Event 49	Boys B Grade 4x50m Free Style Relay	4:50pm
	Record : 1:37.31	Standard : 2:30.00

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Heat 1	2	KTSS
	3	UCC-THT
	4	HGSS
	5	TKPS
	6	HTYC
	7	DMS-GP

Heat 2	2	CHECSS
	3	SLCSS
	4	QES
	5	YCIS
	6	CCK
	7	SKHSBS

Heat 3	2	KCS
	3	HKBC
	4	DMS-BW
	5	MFS
	6	MKC
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Event 50	Girls B Grade 4x50m Free Style Relay	4:50pm
	Record : 1:45.65	Standard : 3:00.00
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Heat 1	1	LS
	2	HGSS
	3	UCC-KE
	4	YCIS
	5	DMS-BW
	6	HTC
	7	PTMS
Heat 2	1	LSCC
	2	QES
	3	SPS
	4	KTSS
	5	HTYC
	6	MKC
	7	KCS
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Event 51	Boys A Grade 4x50m Free Style Relay	4:50pm
	Record : 1:33.95	Standard : 2:15.00
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Heat 1	1	CHECSS
	2	KCS
	3	LS
	4	TKPS
	5	PLKVKTC
	6	KTSS
	7	MFS
	8	MKC
Heat 2	1	HGSS
	2	QES
	3	DMS-GP
	4	HTYC
	5	SSS
	6	HTSS-TKO
	7	DMS-BW
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Event 52	Girls A Grade 4x50m Free Style Relay	4:50pm
	Record : 1:46.59	Standard : 2:55.00
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Heat 1	2	LS
	3	SPS
	4	SCSG
	5	DMS-GP
	6	HTYC
	7	KCS
Heat 2	2	DMS-BW
	3	QES
	4	WFN
	5	PTMS
	6	HTC