

HONG KONG ISLAND & KOWLOON SECONDARY SCHOOLS
INTER-SCHOOL SWIMMING COMPETITION 2024-2025
DIVISION THREE (KOWLOON 1)

GUEST OF HONOUR

MS. HUNG YUK YEE

PRINCIPAL OF ST. PAUL'S SCHOOL (LAM TIN)

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 (Kowloon 1) Competition.

- *LEISURE & CULTURAL SERVICES DEPARTMENT for subventing the competition*
- *BANK OF CHINA (HONG KONG) for sponsoring the competition*
- *MR SZETO PING HANG & MR CHING HON WAI for serving as referees*
- *MR LEE KAM KONG for serving as starters*
- *MS CHAN KAM HUNG, CONVENOR for her personal assistance to the competition*
- *UNITED CHRISTIAN COLLEGE (KOWLOON EAST) for providing timekeepers*
- *HOLY TRINITY COLLEGE for providing recorders*
- *KOWLOON 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 (Kowloon 1)

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)

Final Day 25 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		Final
AM	1	8:45am	200m Free Style	Boys A	2
	2		"	Girls A	1
	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	
	26		"	Girls C	2
	27		"	Boys B	1
	28		"	Girls B	2
	29		"	Boys A	1
	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	
	50		"	Girls B	1
	51		"	Boys A	1
	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	

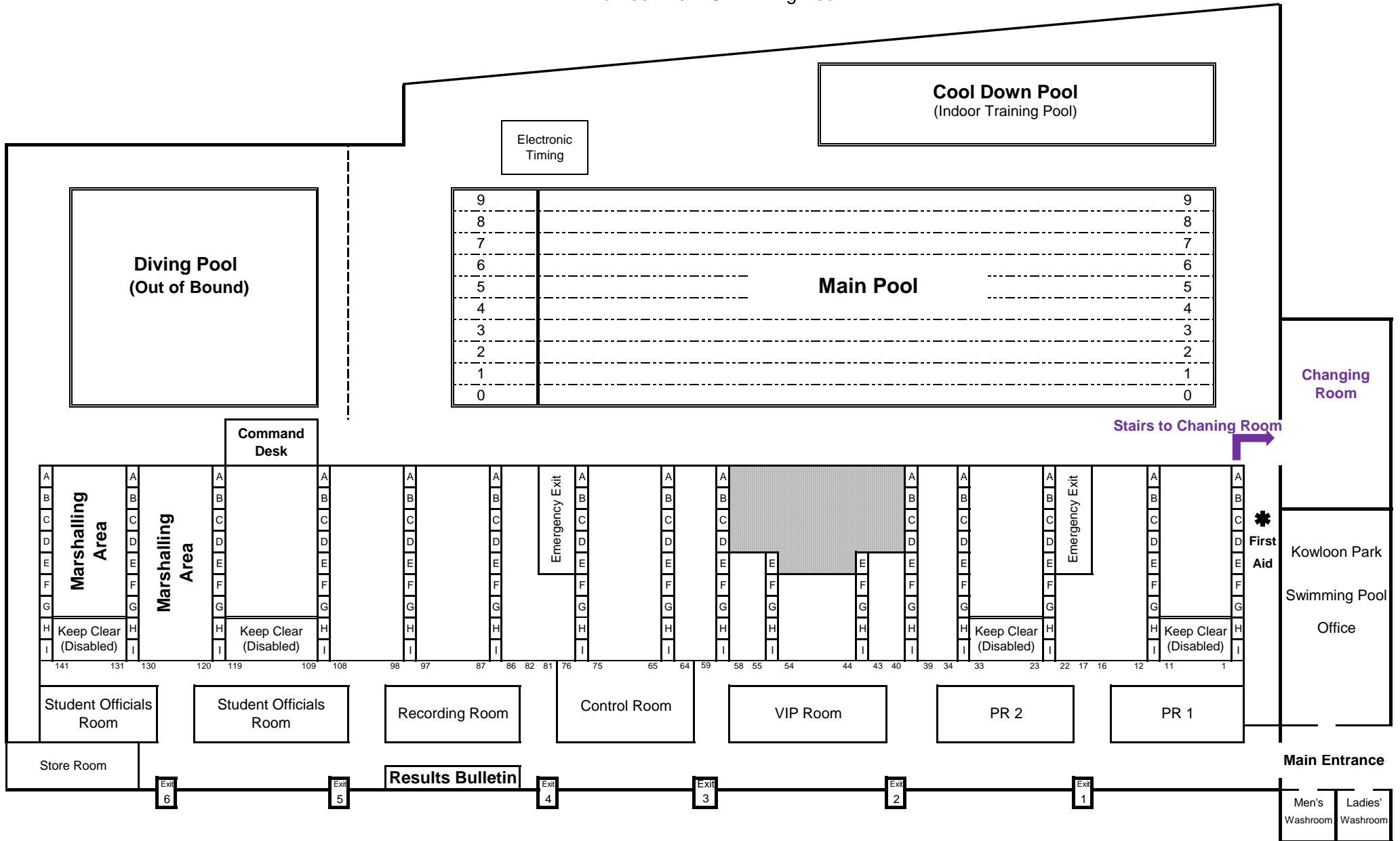
List of Participating Schools of Division Three (Kowloon 1)

	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 【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 marshalling 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 24th September (For Kowloon One). Participating schools may download the programme from the HKSSF website.
 - Go to 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 : 24th 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

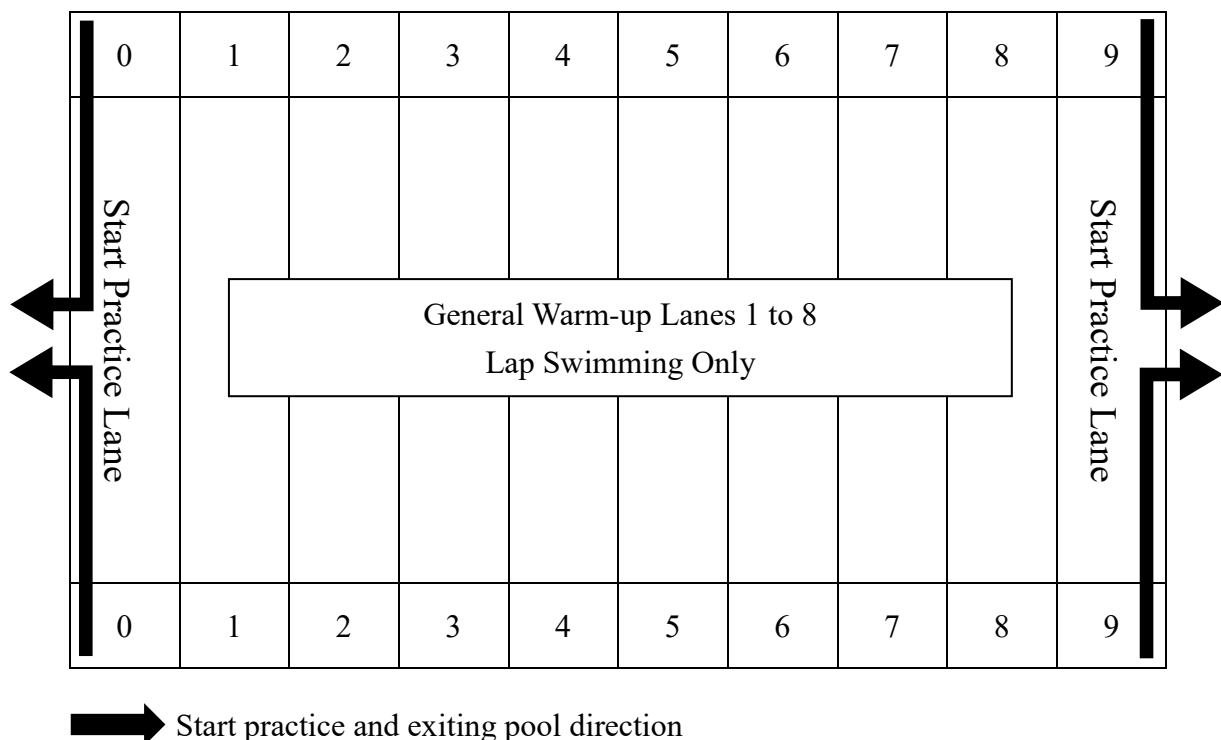
General Warm-up Procedure

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)
Final Day

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

Boys Overall

Position	School	A	B	C	Total
1	Tang King Po School	5	13	10	28
2	Yew Chung International School (Hong Kong Secondary School)	4	6	15	25
3	The YWCA Hioe Tjo Yoeng College	9	3	12	24
4	Queen Elizabeth School	7	9	2	18
5	CCC Ming Kei College	6	8	1	15
5	Choi Hung Estate Catholic Secondary School	8	0	7	15
5	Evangel College	4	3	8	15
5	Homantin Government Secondary School	7	7	1	15
5	Kowloon Tong School (Secondary Section)	5	8	2	15
10	Po Leung Kuk Vicwood K. T. Chong Sixth Form College	14			14
10	United Christian College (Kowloon East)	2	5	7	14
10	United Christian College (Tai Hang Tung)	1	5	8	14
13	Maryknoll Fathers' School	2	7	4	13
14	CCC Kei Chi Secondary School	6	4		10
14	Scientia Secondary School	6		4	10
14	Shun Lee Catholic Secondary School	2	6	2	10
17	Wellington Education Organization Chang Pui Chung Memorial School	2	4	3	9
18	Hong Kong Bluebell College	2	6		8
19	Buddhist Tai Hung College	5	1	1	7
20	Cognitio College (Kowloon)	4	1	1	6
20	Delia Memorial School (Glee Path)	0	6	0	6
20	G. T. (Ellen Yeung) College (Sec. Section)	1	2	3	6
20	Po Leung Kuk Celine Ho Yam Tong College	3	0	3	6
20	Yu Chun Keung Memorial College	2	4		6
25	CCC Kei To Secondary School		4	1	5
25	Delia Memorial School (Broadway)	2	0	3	5
25	Heung To Secondary School (Tseung Kwan O)	1	2	2	5
25	Ng Wah Catholic Secondary School	3	0	2	5
29	Kowloon Technical School		2	2	4
30	CCC Heep Woh College		1	2	3
30	ELCHK Lutheran Secondary School	1	0	2	3
30	Newman Catholic College	1	2	0	3
30	STFA Cheng Yu Tung Secondary School	1	2		3
34	Delia Memorial School (Hip Wo No.2 College)	2			2
34	Po Kok Secondary School	2	0		2
34	SKH St. Benedict's School		2	0	2
34	The Mission Covenant Church Holm Glad College		2	0	2
34	The Salvation Army William Booth Secondary School			2	2
39	Nam Wah Catholic Secondary School	1			1
39	YCH Law Chan Chor Si College			1	1
41	Concordia Lutheran School (Kowloon)	0		0	0
41	Lee Kau Yan Memorial School				0
41	Maryknoll Secondary School				0
41	Tseung Kwan O Government Secondary School				0

Inter-School Swimming Competition 2024-2025

Division Three (Kowloon One)

Day One 27 September 2024

Girls Overall

Position	School	A	B	C	Total
1	Pooi To Middle School	9	11	8	28
2	St. Paul's School (Lam Tin)	5	12	9	26
3	Holy Trinity College	6	7	6	19
4	Yew Chung International School (Hong Kong Secondary School)		6	8	14
5	Leung Shek Chee College	2	5	4	11
5	TWGHs Wong Fut Nam College	7	1	3	11
7	Queen Elizabeth School	3	7	0	10
7	St. Catharine's School for Girls	4	2	4	10
7	The YWCA Hioe Tjo Yoeng College	3	7	0	10
7	United Christian College (Kowloon East)	1	3	6	10
11	G. T. (Ellen Yeung) College (Sec. Section)	5		4	9
11	Homantin Government Secondary School	1	6	2	9
13	Evangel College	6	0	1	7
14	CCC Ming Kei College		3	3	6
14	Delia Memorial School (Glee Path)	3	2	1	6
14	YCH Law Chan Chor Si College		2	4	6
17	Kowloon Tong School (Secondary Section)	3	0	2	5
18	CCC Kei To Secondary School		0	4	4
18	Po Kok Secondary School	2		2	4
18	Tseung Kwan O Government Secondary School			4	4
21	Cognitio College (Kowloon)	2	1		3
21	Delia Memorial School (Broadway)	0	1	2	3
21	Lee Kau Yan Memorial School	1	2		3
21	Newman Catholic College	1		2	3
25	CCC Heep Woh College		2	0	2
25	Heung To Secondary School (Tseung Kwan O)	2			2
25	Po Leung Kuk Celine Ho Yam Tong College			2	2
25	Po Leung Kuk Vicwood K. T. Chong Sixth Form College		2		2
25	Scientia Secondary School		2		2
25	Shun Lee Catholic Secondary School	0	0	2	2
25	STFA Cheng Yu Tung Secondary School			2	2
25	The Mission Covenant Church Holm Glad College		2		2
25	Wellington Education Organization Chang Pui Chung Memorial School	2			2
34	Concordia Lutheran School (Kowloon)			1	1
34	Nam Wah Catholic Secondary School	1			1
36	Buddhist Tai Hung College				0
36	CCC Kei Chi Secondary School	0	0		0
36	Delia Memorial School (Hip Wo No.2 College)			0	0
36	ELCHK Lutheran Secondary School	0	0	0	0
36	Hong Kong Bluebell College			0	0
36	Maryknoll Fathers' School			0	0
36	Maryknoll Secondary School				0
36	Ng Wah Catholic Secondary School			0	0
36	United Christian College (Tai Hang Tung)			0	0

Inter-School Swimming Competition 2024-2025

Division Three (Kowloon One)

Final Day 25 October 2024

Event 1	Boys A Grade 200m Free Style	8:45am
	Record : 1:50.11	Standard : 3:16.00
Final 1	2 Singh Jaskirat	DMS-BW
	3 Wong Wai Ho Henry	PLKVKTC
	4 Young Wing Fung	MKC
	5 Au Nok Ching Matthew	TKPS
	6 Chan Nam	DMS-BW
Final 2	1 Chan Chun Yin	TKPS
	2 Chan Yin Chung	GTEYC
	3 Hui Tsun Wai	KTSS
	4 Ma Shek Chun	LS
	5 Kwong Sheung Yin	HTYC
	6 Ko Man To	KTSS
	7 Chui Wai Tsun	HGSS
	8 Lam Yi Kit	CCK
Event 2	Girls A Grade 200m Free Style	8:45am
	Record : 2:02.60	Standard : 3:55.00
Final	2 Kong Chi Yin	KCS
	3 Kung Hei Tung	PTMS
	4 Leung Suet Yiu	EVANGEL
	5 Chan Sum Yuet	PTMS
	6 Wong Hoi Yung	QES
Event 3	Boys C Grade 100m Breast Stroke	9:15am
	Record : 1:05.72	
Final	1 Hui Chit Man Manco	CPC
	2 Chan Ka Him	HTYC
	3 So Hiu Long	HTYC
	4 Liu, Yinan	YCIS
	5 Judkins Wyeth Stubbs	DMS-BW
	6 Ko Ching Lam	UCC-KE
	7 Lai Tsz Ho	EVANGEL
	8 Tang Ching Nam	TKPS
Event 4	Girls C Grade 100m Breast Stroke	9:15am
	Record : 1:13.00	
Final	1 Fung Tsz Ying	UCC-KE
	2 Liu Sum Yin	SCSG
	3 Wu Lok	DMS-BW
	4 Ho, Michelle Yan Sin	YCIS
	5 Siu Hoi Nam	WFN
	6 Chan Hoi Tung Chris	TKOGSS
	7 Cheng Megan	TKOGSS
	8 Ho, Nicole Kai Sin	YCIS

Event 5	Boys B Grade 100m Breast Stroke	9:15am
	Record : 1:05.00	
Final	1 Hung Tsz Hin	KTSS
	2 Wong Cheuk Kit Hugo	DMS-GP
	3 Liao Siu Lun	KTSS
	4 Ng Iden	QES
	5 Wan Tse Shan Shawn	TKPS
	6 Leung Wai Man	UCC-KE
	7 Chan Ching Kiu	HGSS
	8 Li Yu Sen Brian	SLCSS
Event 6	Girls B Grade 100m Breast Stroke	9:15am
	Record : 1:12.41	
Final	1 Chan Cheuk Yin	LSCC
	2 Law Cheuk Yu	SPS
	3 Hung Wai Kiu Kianca	LSCC
	4 Chan Cheuk Lam	LCCS
	5 Lee Po Ying	HTC
	6 Chan Wan Ching	PTMS
	7 Yu Yat Kiu	PTMS
	8 Cheung Suet Yiu	SPS
Event 7	Boys A Grade 100m Breast Stroke	9:15am
	Record : 1:02.39	
Final	1 Cheng Ho Yeung	KTSS
	2 Li Chit Hei	DMS-BW
	3 Seeto Shun Yin	CHECSS
	4 Chan Cheuk Hin	CYT
	5 Liu Wing To	SLCSS
	6 Lam Ho Yin	PKSS
	7 Tsang Ho Him Ryan	HTYC
	8 Chan Tsz Wo	QES
Event 8	Girls A Grade 100m Breast Stroke	9:15am
	Record : 1:11.31	
Final	1 Cheung Shun Yin	QES
	2 Cheng Man Ni	SPS
	3 Lee Ching Phoebe	KTSS
	4 Yu Kwan Kiu	HTC
	5 Lai Ching Huen	HTSS-TKO
	6 Kwok Sze Ching	CPC
	7 Tik Yi Ting	PTMS
	8 Lee Lok Yan	UCC-KE
Event 9	Boys C Grade 50m Butterfly	9:35am
	Record : 26.10	
Final	1 Tang Chun Hei	HTYC
	2 Kan, Siu Chun	YCIS
	3 Leng, Chon Kuo	YCIS
	4 Yen Ka Hang	UCC-KE
	5 Lee Hiu Pang	PLKCHYT
	6 So Maxwell	UCC-THT
	7 Li Yu Ho	UCC-THT
	8 Yu Pak Lam	KTS

Event 10	Girls C Grade 50m Butterfly	9:35am
	Record : 28.62	
Final	1 Ikeda Sakura	DMS-GP
	2 Cheung Hoi Kiu	KTSS
	3 Wan Chi Ting	SPS
	4 Poon Ka Yi	SPS
	5 Tang Hai Ting Prudence	NCC
	6 Ho Wing Tung	CCCKT
	7 Jian, Yutong	YCIS
	8 Tai Tsz Ki	HTYC
Event 11	Boys B Grade 50m Butterfly	9:35am
	Record : 25.43	
Final	1 Ho Sze Lok	HGC
	2 Kwan Yuen Sheung	NCC
	3 Wong Kwong Wa Donald	YCIS
	4 Chow Pak Hei	CCCKT
	5 Sze Hoi Ching	MFS
	6 Subba, Yoba Hang	YCIS
	7 Choy Ching Hang	TKPS
	8 Hau Ka Shun	TKPS
Event 12	Girls B Grade 50m Butterfly	9:35am
	Record : 27.56	Standard : 48.00
Final	1 Tong Tsz Wing	UCC-KE
	2 Yeung Pui Lam	MKC
	3 Cheung Kwan Yee	LSCC
	4 Chan Shun Ying Iris	SSS
	5 Lo Hoi Tung	PTMS
	6 Chan Man Hei Amanda	SPS
	7 Tang Wing Lam	HGSS
	8 Tik Yi Ching	PTMS
Event 13	Boys A Grade 50m Butterfly	9:35am
	Record : 24.83	
Final	1 Kwan Chi Man	QES
	2 Hsu Cheuk Lap	NWCSS
	3 Tsang Hiu Long	CPC
	4 Lam Tsz Yeung Y Y	PLKVKTC
	5 Yap Ho Yin	HTYC
	6 Chan Donald	HGSS
	7 Wong King Kam	QES
	8 Wong Ho Lam	CPC
Event 14	Girls A Grade 50m Butterfly	9:35am
	Record : 27.29	
Final	1 Mak Ping Ting	HTC
	2 Wong Cheuk Lam Rachel	DMS-GP
	3 Ho Hoi Lam	SCSG
	4 Cheung Hoi Man	GTEYC
	5 Kwok Tsz Kiu	WFN
	6 Yiu Hei Wai	EVANGEL
	7 Lai Ching Huen	HTSS-TKO
	8 Lee Ting Wai Ava	HTYC

Event 15	Boys B Grade 100m Back Stroke	9:50am
	Record : 58.17	
Final	1 Lau Yat Nam	KTSS
	2 Chen Haiyang	HTSS-TKO
	3 Lam Chun Fung Rex	HKBC
	4 He Fu Wang	SKHSBS
	5 Tsang Wai Shing	TKPS
	6 Wong Ho Wang	CPC
	7 Wong Cheuk Kit Hugo	DMS-GP
	8 Lam Tak Sang	GTEYC
Event 16	Girls B Grade 100m Back Stroke	9:50am
	Record : 1:03.30	Standard : 2:10.00
Final	3 Zhang Sammi	PTMS
	4 Hon Choi Wing	SPS
	5 Or Wing Kiu	HTYC
	6 Tse Man Wai	PTMS
Event 17	Boys A Grade 100m Back Stroke	9:50am
	Record : 57.38	Standard : 1:40.00
Final	1 Man Cheuk Nam	PLKVKTC
	2 Hsu Cheuk Lap	NWCSS
	3 Thapa Avil	DMS-BW
	4 Navjot-Singh	DMS-BW
	5 Leung Chi Yin	DMS-HW2C
	6 Lewis Aaron Mathew	DMS-GP
	7 Au Chun Kiu	EVANGEL
	8 Woo Bono	QES
Event 18	Girls A Grade 100m Back Stroke	9:50am
	Record : 1:02.62	Standard : 2:00.00
Final	1 Tam Ngo Fai Hera	SPS
	2 Au Lok Yee	QES
	3 Tsang Tsoi Lam	PTMS
	4 Chan Ka Yan	EVANGEL
	5 Tsoi Cheuk Wing	GTEYC
	6 Lee Lok Yan	UCC-KE
	7 Leung Natalie Tsz Yan	PTMS
Event 19	Boys C Grade 50m Free Style	10:10am
	Record : 24.77	
Final	1 Yeung Chun Lok	HTYC
	2 Ngai Ling Man	TKPS
	3 Lam Chung Hei	UCC-KE
	4 Chan Pak Wang	PLKCHYT
	5 Siu Ching Ho	EVANGEL
	6 Chen, Zhi Chao	YCIS
	7 Chung Chi Yan	CHECSS
	8 Kwan Ting Hang	BTHC
Event 20	Girls C Grade 50m Free Style	10:10am
	Record : 25.87	
Final	1 Ng Wai Ching	PKSS
	2 Ho Hoi Tung	LCCS
	3 Tam Ngo Sum	HTC
	4 Tam Nga Man	PTMS
	5 Ng Yu Nok	CYT
	6 Nee Huen	SPS
	7 Ng Cho Fan	LCCS
	8 Wong Cheuk Yan Yanni	GTEYC

Event 21	Boys B Grade 50m Free Style	10:10am
	Record : 23.91	
Final	1 Chau Chun Hin	CPC
	2 Shen, Ka Fai	YCIS
	3 Cheung Ka Chai	HGSS
	4 Wong Hei Chit	KTS
	5 Chow Pak Hei	CCCKT
	6 Kwan Yuen Sheung	NCC
	7 Wong Shun Cho	YCKMC
	8 Law Cheuk Ting	MKC
Event 22	Girls B Grade 50m Free Style	10:10am
	Record : 25.81	
Final	1 Woo Hiu Ching	HTYC
	2 Kwok Tsz Yau	QES
	3 Tong Tsz Wing	UCC-KE
	4 Yeung Pui Lam	MKC
	5 Cheng Ho Shan	HTYC
	6 Yanagiya Cocomi	DMS-GP
	7 Li, Simeng	YCIS
	8 Lai Ho Ching	HTC
Event 23	Boys A Grade 50m Free Style	10:10am
	Record : 23.47	
Final	1 Fan Cheuk Wing	PLKCHYT
	2 Chung Cheuk Ki	SSS
	3 Lui Kwan Yin	SSS
	4 Yap Ho Yin	HTYC
	5 Kwok Hei	EVANGEL
	6 Tam Tsz Chun	TKPS
	7 Yuen Pak Hei	CHECSS
	8 Pang Tsz Hin	CHECSS
Event 24	Girls A Grade 50m Free Style	10:10am
	Record : 26.38	
Final	1 Lee Hoi Lam	HGSS
	2 Li Yuk Yin Nadia	PTMS
	3 Chong Yan Ki	NWCSS
	4 Kwok Tsz Kiu	WFN
	5 Ho Hoi Lam	SCSG
	6 Shek Hoi Ching	PKSS
	7 Poon Tsz Shing	KTSS
	8 So Sze Yu Stella	SPS
Event 25	Boys C Grade 200m Individual Medley	10:25am
	Record : 2:09.10	Standard : 3:50.00
Final 1	3 Leung Pui Hei Maddox	SSS
	4 Siu Chun Hong	TKPS
	5 Chen Bill Yik Nok	HTYC
	6 Yen Ka Hang	UCC-KE
Final 2	2 Yu Man Sing	TKPS
	3 Liu Pak Hei	GTEYC
	4 Lee Hiu Pang	PLKCHYT
	5 Lau Yuen Yuk	LS
	6 Kwan Ting Hang	BTHC

Event 26	Girls C Grade 200m Individual Medley	10:25am
	Record : 2:23.43	Standard : 4:00.00
Final	2 Wan, Pisces	YCIS
	3 Gao Annabel	PTMS
	4 Cheung Hoi Kiu	KTSS
	5 Tang Rui	KTSS
	6 Poon Ka Yi	SPS
	7 Fung Tsz Ying	UCC-KE
Event 27	Boys B Grade 200m Individual Medley	10:25am
	Record : 2:08.99	Standard : 3:40.00
Final 1	2 Thapa Ajay	DMS-BW
	3 Chan Ching Kiu	HGSS
	4 Yuen Homan	HTYC
	5 Sze Hoi Ching	MFS
	6 Lau Wing Yuen Kobe	TKPS
	7 Gurung Suvaan	DMS-BW
Final 2	2 Chan Sui Lam	KTSS
	3 Wong Ho Wang	CPC
	4 Lin Chak Wo	UCC-THT
	5 Chau Chun Hin	CPC
	6 Ip Kin Hei	KTSS
	7 Tsang Wai Shing	TKPS
Event 28	Girls B Grade 200m Individual Medley	10:25am
	Record : 2:21.39	Standard : 4:15.00
Final	4 Tse Man Wai	PTMS
	5 Chan Wing Hei	SSS
Event 29	Boys A Grade 200m Individual Medley	10:25am
	Record : 2:05.98	Standard : 3:35.00
Final	1 Li Chit Hei	DMS-BW
	2 Lam Tsz Yeung Y Y	PLKVKTC
	3 Wong Ho Lam	CPC
	4 Tsang Hiu Long	CPC
	5 Wong Ka Fai	KTSS
	6 Lam Tak Lam	BTHC
	7 Kwok Wing Fung	CLS
	8 Gurung Alfio Davino Koo Lok Fung	DMS-BW
Event 30	Girls A Grade 200m Individual Medley	10:25am
	Record : 2:17.58	Standard : 3:45.00
Final	2 Wong Hoi Yung	QES
	3 Lam, Si Ching Venice	SPS
	4 Yiu Hei Wai	EVANGEL
	5 Cheung Hoi Man	GTEYC
	6 Lau Sze Yuet	WFN
Event 31	Boys C Grade 50m Breast Stroke	1:30pm
	Record : 30.00	
Final	1 Wong Ho Shan	QES
	2 Lam Ka Yat	NWC
	3 Ko Ching Lam	UCC-KE
	4 Judkins Wyeth Stubbs	DMS-BW
	5 Tsang Pok Sik	GTEYC
	6 Wong Chun Yuen	SSS
	7 Cheng Man Lok	HTYC
	8 Woo Ngai Hin	LS

Event 32	Girls C Grade 50m Breast Stroke	1:30pm
	Record : 33.07	
Final	1 Ho Hoi Tung	LCCS
	2 Siu Hoi Nam	WFN
	3 Cheng Megan	TKOGSS
	4 Ho, Michelle Yan Sin	YCIS
	5 Wu Lok	DMS-BW
	6 Liu Sum Yin	SCSG
	7 Chan Hoi Tung Chris	TKOGSS
	8 Liu Lok Ching Emma	SCSG
Event 33	Boys B Grade 50m Breast Stroke	1:30pm
	Record : 28.76	
Final	1 Wong Sum Cheuk	CYT
	2 Cheung Ka Chai	HGSS
	3 Kao Ching Kiu	EVANGEL
	4 Lin Chak Wo	UCC-THT
	5 Ng Iden	QES
	6 Lam Ka Chun	KCS
	7 Lau Wing Yuen Kobe	TKPS
	8 Li Yu Sen Brian	SLCSS
Event 34	Girls B Grade 50m Breast Stroke	1:30pm
	Record : 32.95	
Final	1 Chan Cheuk Yin	LSCC
	2 Lee Po Ying	HTC
	3 Tang Sum Yin	SCSG
	4 Chan Cheuk Lam	LCCS
	5 Yanagiya Cocomi	DMS-GP
	6 Li, Simeng	YCIS
	7 Wu, On Ni Anneya	YCIS
	8 Law Cheuk Yu	SPS
Event 35	Boys A Grade 50m Breast Stroke	1:30pm
	Record : 28.87	
Final	1 Fong Ho Long	CCK
	2 Young Wing Fung	MKC
	3 Lui Kwan Yin	SSS
	4 Liu Wing To	SLCSS
	5 Seeto Shun Yin	CHECSS
	6 Lam Ho Yin	PKSS
	7 Chan Wing San	BTHC
	8 Chu Tsz Kin	PLKVKTC
Event 36	Girls A Grade 50m Breast Stroke	1:30pm
	Record : 32.69	
Final	1 Cheng Man Ni	SPS
	2 So Tsz Ting	CCK
	3 Kwok Sze Ching	CPC
	4 Yu Kwan Kiu	HTC
	5 Shek Hoi Ching	PKSS
	6 Yuen Yeuk Lan	WFN
	7 Poon Tsz Shing	KTSS
	8 Tik Yi Ting	PTMS

Event 37	Boys C Grade 100m Free Style	1:45pm
	Record : 54.95	
Final	1 Pun Chung Yin	EVANGEL
	2 So Maxwell	UCC-THT
	3 Chen, Zhi Chao	YCIS
	4 Chan Pak Wang	PLKCHYT
	5 Leng, Chon Kuo	YCIS
	6 Chung Chi Yan	CHECSS
	7 Lam Tsz Tung	MFS
	8 Yeung Chun Lok	HTYC
Event 38	Girls C Grade 100m Free Style	1:45pm
	Record : 56.77	
Final	1 Hanashiro, Eimi	YCIS
	2 Choi Chu Yung	HTC
	3 Yeung Cheuk Kiu	CCCKT
	4 Gao Annabel	PTMS
	5 Ng Yu Nok	CYT
	6 Ho Wing Tung	CCCKT
	7 Chow Chung Yan Dorothy	PTMS
	8 Yun Hoi Ching Chelsea	HKBC
Event 39	Boys B Grade 100m Free Style	1:45pm
	Record : 51.76	
Final	1 Wong Shun Cho	YCKMC
	2 Law Kwan Chi	MKC
	3 Law Cheuk Ting	MKC
	4 Wong Hei Chit	KTS
	5 Shen, Ka Fai	YCIS
	6 Ho Sze Lok	HGC
	7 Choy Ching Hang	TKPS
	8 Wu Cho Lok Issac	EVANGEL
Event 40	Girls B Grade 100m Free Style	1:45pm
	Record : 55.96	
Final	1 Tang Tsz Lam	MKC
	2 Ho Chiu Tung	QES
	3 Kwok Tsz Yau	QES
	4 Chan Wing Hei	SSS
	5 Cheng Ho Shan	HTYC
	6 Wu, On Ni Anneya	YCIS
	7 Lai Elise	HTYC
	8 Hung Wai Kiu Kianca	LSCC
Event 41	Boys A Grade 100m Free Style	1:45pm
	Record : 50.66	
Final	1 Chan Hin Lok	CHECSS
	2 Chan Kin Tsun	PLKVKTC
	3 Ma Shek Chun	LS
	4 Chan Yin Chung	GTEYC
	5 Chan Donald	HGSS
	6 Fan Cheuk Wing	PLKCHYT
	7 Shek Tsz Hin	KCS
	8 Tsang Ho Him Ryan	HTYC

Event 42	Girls A Grade 100m Free Style	1:45pm
	Record : 56.74	Standard : 1:35.00
Final	1 Chong Yan Ki	NWCSS
	2 Heung Ka Kei	HTYC
	3 Lam, Si Ching Venice	SPS
	4 Chan Sum Yuet	PTMS
	5 So Sze Yu Stella	SPS
	6 Au Lok Yee	QES
	7 Kong Chi Yin	KCS
	8 Tsang Tsoi Lam	PTMS
Event 43	Boys C Grade 50m Back Stroke	2:00pm
	Record : 28.16	
Final	1 Leung Pui Hei Maddox	SSS
	2 Lee Rodman	SSS
	3 Siu Ching Ho	EVANGEL
	4 Liu, Yinan	YCIS
	5 Lam Chung Hei	UCC-KE
	6 Ngai Ling Man	TKPS
	7 Tsang Pok Sik	GTEYC
	8 Lau Yuen Yuk	LS
Event 44	Girls C Grade 50m Back Stroke	2:00pm
	Record : 30.75	
Final	1 Wong Cheuk Yan Yanni	GTEYC
	2 Leung Ka Ki	PTMS
	3 Tam Nga Man	PTMS
	4 Tang Hai Ting Prudence	NCC
	5 Wan, Pisces	YCIS
	6 Wan Chi Ting	SPS
	7 Yang Zhiyu	UCC-KE
	8 Tam Ngo Sum	HTC
Event 45	Boys B Grade 50m Back Stroke	2:00pm
	Record : 27.12	
Final	1 Chan Hiu Hei Ethan	HGSS
	2 Chan Yui Long Marcus	UCC-KE
	3 Lam Chun Fung Rex	HKBC
	4 He Fu Wang	SKHSBS
	5 Wong Kwong Wa Donald	YCIS
	6 Subba, Yoba Hang	YCIS
	7 Chen Haiyang	HTSS-TKO
	8 Yeung Chi Chun	CCCKT
Event 46	Girls B Grade 50m Back Stroke	2:00pm
	Record : 29.52	
Final	1 Lau Yu Ching	HGSS
	2 Zhang Sammi	PTMS
	3 Or Wing Kiu	HTYC
	4 Tang Sum Yin	SCSG
	5 Hon Choi Wing	SPS
	6 Woo Hiu Ching	HTYC
	7 Chan Shun Ka Natalie	SSS
	8 Lai Ho Ching	HTC

Event 47	Boys A Grade 50m Back Stroke	2:00pm
	Record : 26.27	
Final	1 Wang Lap Yin	YCKMC
	2 Chan Pak Wing	UCC-KE
	3 Leung Chi Yin	DMS-HW2C
	4 Woo Bono	QES
	5 Tam Tsz Chun	TKPS
	6 Man Cheuk Nam	PLKVKTC
	7 Chung Cheuk Ki	SSS
	8 Au Chun Kiu	EVANGEL
Event 48	Girls A Grade 50m Back Stroke	2:00pm
	Record : 29.23	
Final	1 Lee Yam Theng Roxanne	SPS
	2 Lai Shin Yin	SCSG
	3 Kwok Wan Yin	GTEYC
	4 Lau Sze Yuet	WFN
	5 Wong Cheuk Lam Rachel	DMS-GP
	6 Tam Ching Ka Tiffany	HTC
	7 Law Toi Tung	LSCC
	8 Wai Kar Kiu Gaily	PTMS
Event 49	Boys B Grade 200m Breast Stroke	2:20pm
	Record : 2:19.04	Standard : 3:50.00
Final	1 Lai Chung Him	SKHSBS
	2 Wan Tse Shan Shawn	TKPS
	3 Tse Yiu Yan	KTSS
	4 Kao Ching Kiu	EVANGEL
	5 Liao Siu Lun	KTSS
	6 Li Brian	SKHSBS
	7 Yuen Homan	HTYC
	8 Leung Wai Man	UCC-KE
Event 50	Girls B Grade 200m Breast Stroke	2:20pm
	Record : 2:33.35	Standard : 4:15.00
Final	3 Cheuk Ka Yi	LSCC
	4 Chan Wan Ching	PTMS
	5 Fung Tsz Ching	PTMS
	6 Yang Yi	SPS
Event 51	Boys A Grade 200m Breast Stroke	2:20pm
	Record : 2:16.34	Standard : 3:50.00
Final 1	2 Chan Ka Kin	CLS
	3 Cheng Tsz Fung	SKHSBS
	4 Kwong Man Pan	TKPS
	5 Chui Wai Tsun	HGSS
	6 Li Ming Pan	MFS
	7 Kwong Man Hei	TKPS
Final 2	1 Chu Tsz Kin	PLKVKTC
	2 Wu Hoiyik	HTSS-TKO
	3 Cheng Ho Yeung	KTSS
	4 Chan Cheuk Hin	CYT
	5 Pang Chun Hei	KTSS
	6 Fung King Man	CHECSS
	7 Lam Tak Lam	BTHC
	8 Kwok Wing Fung	CLS

Event 52	Girls A Grade 200m Breast Stroke	2:20pm
	Record : 2:36.69	Standard : 4:10.00
Final	3 Lee Ching Phoebe	KTSS
	4 Tam Tsz Yan	EVANGEL
	5 Lee Ting Wai Ava	HTYC
	6 Li Yan Hei	SPS
Event 53	Boys C Grade 4x50m Medley Relay	3:30pm
	Record : 1:51.09	
Final	1	DMS-BW
	2	CPC
	3	EVANGEL
	4	YCIS
	5	TKPS
	6	CHECSS
	7	KTSS
	8	GTEYC
Event 54	Girls C Grade 4x50m Medley Relay	3:30pm
	Record : 2:02.54	Standard : 3:20.00
Final	1	KTSS
	2	CCCKT
	3	HTC
	4	SPS
	5	PTMS
	6	HTYC
	7	GTEYC
	8	YCIS
Event 55	Boys B Grade 4x50m Medley Relay	3:30pm
	Record : 1:46.49	Standard : 2:40.00
Final	1	KCS
	2	DMS-BW
	3	DMS-GP
	4	KTSS
	5	QES
	6	TKPS
	7	HTYC
	8	YCIS
Event 56	Girls B Grade 4x50m Medley Relay	3:30pm
	Record : 1:58.53	Standard : 3:15.00
Final	1	DMS-BW
	2	HTC
	3	LSCC
	4	SPS
	5	HTYC
	6	YCIS
	7	PTMS

Event 57	Boys A Grade 4x50m Medley Relay	3:30pm
	Record : 1:45.08	
Final	1	TKPS
	2	KTSS
	3	EVANGEL
	4	PLKVKTC
	5	QES
	6	HTYC
	7	BTHC
	8	CCK
Event 58	Girls A Grade 4x50m Medley Relay	3:30pm
	Record : 1:58.13	
Final	1	DMS-GP
	2	PTMS
	3	GTEYC
	4	WFN
	5	HTC
	6	EVANGEL
	7	HTYC
	8	SPS
Event 59	Boys C Grade 4x50m Free Style Relay	4:00pm
	Record : 1:43.27	
Final	1	LS
	2	MFS
	3	UCC-THT
	4	UCC-KE
	5	HTYC
	6	YCIS
	7	MKC
	8	KTSS
Event 60	Girls C Grade 4x50m Free Style Relay	4:00pm
	Record : 1:50.26	
Final	1	MKC
	2	DMS-GP
	3	LSCC
	4	SPS
	5	UCC-KE
	6	PTMS
	7	EVANGEL
	8	HTC
Event 61	Boys B Grade 4x50m Free Style Relay	4:00pm
	Record : 1:37.31	
Final	1	HKBC
	2	MKC
	3	HGSS
	4	QES
	5	MFS
	6	TKPS
	7	UCC-THT
	8	KTSS

Event 62	Girls B Grade 4x50m Free Style Relay	4:00pm
	Record : 1:45.65	
Final	1	HTYC
	2	HTC
	3	QES
	4	SPS
	5	PTMS
	6	HGSS
	7	MKC
	8	KTSS

Event 63	Boys A Grade 4x50m Free Style Relay	4:00pm
	Record : 1:33.95	
Final	1	LS
	2	PLKVKTC
	3	KCS
	4	CHECSS
	5	HGSS
	6	SSS
	7	MKC
	8	HTYC

Event 64	Girls A Grade 4x50m Free Style Relay	4:00pm
	Record : 1:46.59	Standard : 2:55.00
Final	1	HTC
	2	PTMS
	3	KCS
	4	QES
	5	SCSG
	6	LS
	7	HTYC
	8	SPS
