

Inter-School Swimming Competition 2024-2025
Division Three (Kowloon 2)

Official List

Convenor	: Ms. Ng Wai Ting	(TLGC)		
Management Committee	: Ms. Lee Wai Chi	(HPCCSS)		
	Mr. Cheung Chung Hang	(PLKNO.1C)		
	Mr. Lui Mui Hei	(CDGFSS)		
	Mr. Tse Sai Chiu	(WYC)		
Referees	: Mr. Ching Hon Wai	Mr. Lee Kam Kong		
Starter	: Mr. Ng Yuk Kong			
Announcers	: 1. Mr. Lam Hoi Ting	CS	3. Ms. Ng Wai Ting	TLGC
Marshals	: Mr. Cheung Chung Hang	PLKNO.1C - Chief		
	1. Mr. Li Shilong	BHJS	7. Mr. Leung Ching Sau	PLKHYC
	2. Ms. Wong Pik Ling	HTMS-THT	8. Ms. Xiong Yiyun	PLKTNK
	3. Ms. Leung Sze Wan	LSTWCM	9. Mr. Chim Ha Chuen	SJACS
	4. Ms. Li Ho Fung	LSTWCM	10. Mr. Wong Chi Yin	SJACS
	5. Mr. Wong Ngai Chun	MKES	11. Ms. Woo Wing Shan	STSS
	6. Ms. Teacher Of Olrc	OLRC	12. Ms. Ou Jiaqing	TLGC
Competitor	: Mr. Law Wing Lun	WWS - Chief		
Stewards	1. Ms. Cheng Wai Ha	HTCSS	6. Mr. Yuen Ching Cho	PLKHYC
	2. Ms. Lee Ching Yan	HTMS-THT	7. Ms. Lai Chung Ching	PLKNO.1C
	3. Ms. Lin Siu King	K-LING	8. Ms. Yu Dick Kwan	SEKSS-WK
	4. Mr. Chan Hon Wai	MDIST	9. Ms. Un Ka Sin	SHSS
	5. Ms. Liu Yip Lan	OLC	10. Ms. Chan Ling Yee	SKSS
Position Judges	: Mrs. Choi Lok Yee	MCDHMC - Chief		
	1. Mr. Ng Yu Man Ericson	DLKP	5. Mr. Cheng Yue Hang	RCPHKMC
	2. Ms. Sin Wai Mei	ICQM	6. Mr. Pun Pak Sum	STCC
	3. Ms. Ng Yee Fan	OLRC	7. Mr. Lam Hoi Yin	STCC
	4. Mr. Choi Siu Kei	QUALIED	8. Mr. 陳靖彪	SYSS
Turning Judges	: Mr. Leong Weng Chang	DMS-HW - Chief		
	1. Mr. Shum Matthew	DLKP	6. Ms. Leung Fung Ying	KTGS
	2. Mr. Luk Chun Ho	DMS-HW	7. Mr. Ho Hoi Kit	LA
	3. Ms. Ng Pui Kei	HKSC	8. Ms. Alex Wiltshire	NAIS
	4. Ms. Ng Po Yi	ICQM	9. Mr. Chan Hon Shing	PLKTNK
	5. Mr. Chung Chak Keung	JCGSS	10. Ms. Ma Siu Chun	WYC
Stroke Judges	: Mr. Lui Mui Hei	CDGFSS - Chief		
	1. Mr. Ashley Ooi	AISHK	7. Mr. Fung Yat Long	RCPHKMC
	2. Ms. Agnes Lam	AISHK	8. Mr. Wong Chi Ming	SAGC
	3. Ms. Chan Sze Man	CDGFSS	9. Ms. Choy Yuen Tung	TTCA
	4. Mr. Wong Chun Chit	HTCSS	10. Ms. Tse Lok Ching	TTCA
	5. Mr. Lau Tik Hong	KSYSS	11. Mr. Leung Wing Kit	WTSMC
	6. Mr. Au Ka Ho	MKES		

Inter-School Swimming Competition 2024-2025
Division Three (Kowloon 2)

Official List

Warm Up & :

Cool Down Pool 1. Mr. Yu Kwong Wai LA 2. Ms. Cho Hoi Ting Winnie WYC

Time keepers : Ms. Lee Wai Chi Vicky HPCCSS - Chief

1. Ms. Yau Kwok Wai	BHJS	15. Mr. Chan Wai Shing	LKPFC
2. Mr. Ma Ka Chun	CCSS	16. Mr. Huang Ho Ting	MDIST
3. Mr. Calvin Wong	CIHS	17. Mr. Nick Cheung	NAIS
4. Mr. Karandeep Singh	CREATIVE	18. Mr. Cheng Wing Kwai	NAMS
5. Mr. Gregor Mcneish	CREATIVE	19. Mr. Chow Wing Hang	PTSS
6. Mr. Leung Yiu Hei	CS	20. Ms. Chan Wing Yee	PTSS
7. Ms. Gloria Ng	HFCC	21. Mr. Chan Kai Lun	SHSS
8. Ms. Joyce Tung	HFCC	22. Mr. Fok Yee Pong	SKSS
9. Mr. Cheung Chin Wai	HKTAYY3	23. Mr. Yuen Ho Leung	SMCESPS
10. Ms. Law Hoi Tung	HLC	24. Ms. Wong Man Sze	STSS
11. Ms. Cheung Man Yan	HLC	25. Mr. Ho Wai Kit	SYSS
12. Ms. Chan Sze Yau	JCGSS	26. Ms. Lillian Chan	TNSS
13. Ms. Chiu Mei Yue	K-LING	27. Mr. Sin Chun Nok	TYH
14. Ms. Chan Hiu Lam Stephanie	KSSS	28. Ms. Wong Sze Man	TYH

Recorders : Students from True Light Girls College

Student Helpers : BOCHK Schools Sports Volunteers

Time Table

Division Three (Kowloon Two)

Day One 25 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	4
	2		"	Girls C	4
	3		"	Boys B	4
	4		"	Girls B	3
	5		"	Boys A	2
	6		"	Girls A	2
	7	9:45am	50m Butterfly	Boys C	6
	8		"	Girls C	3
	9		"	Boys B	4
	10		"	Girls B	2
	11		"	Boys A	2
	12		"	Girls A	2
	13	10:30am	100m Back Stroke	Boys B	2
	14		"	Girls B	2
	15		"	Boys A	SF
	16		"	Girls A	SF
	17	10:50am	50m Free Style	Boys C	8
	18		"	Girls C	8
	19		"	Boys B	7
	20		"	Girls B	6
	21		"	Boys A	5
	22		"	Girls A	4
PM	23	1:25pm	50m Breast Stroke	Boys C	7
	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	7
	30		"	Girls C	3
	31		"	Boys B	5
	32		"	Girls B	3
	33		"	Boys A	3
	34		"	Girls A	2
	35	2:55pm	50m Back Stroke	Boys C	4
	36		"	Girls C	4
	37		"	Boys B	3
	38		"	Girls B	3
	39		"	Boys A	2
	40		"	Girls A	3
	41	4:00pm	4x50m Medley Relay	Boys C	2
	42		"	Girls C	2
	43		"	Boys B	2
	44		"	Girls B	2
	45		"	Boys A	SF
	46		"	Girls A	2
	47	4:45pm	4x50m Free Style Relay	Boys C	4
	48		"	Girls C	3
	49		"	Boys B	3
	50		"	Girls B	2
	51		"	Boys A	2
	52		"	Girls A	2

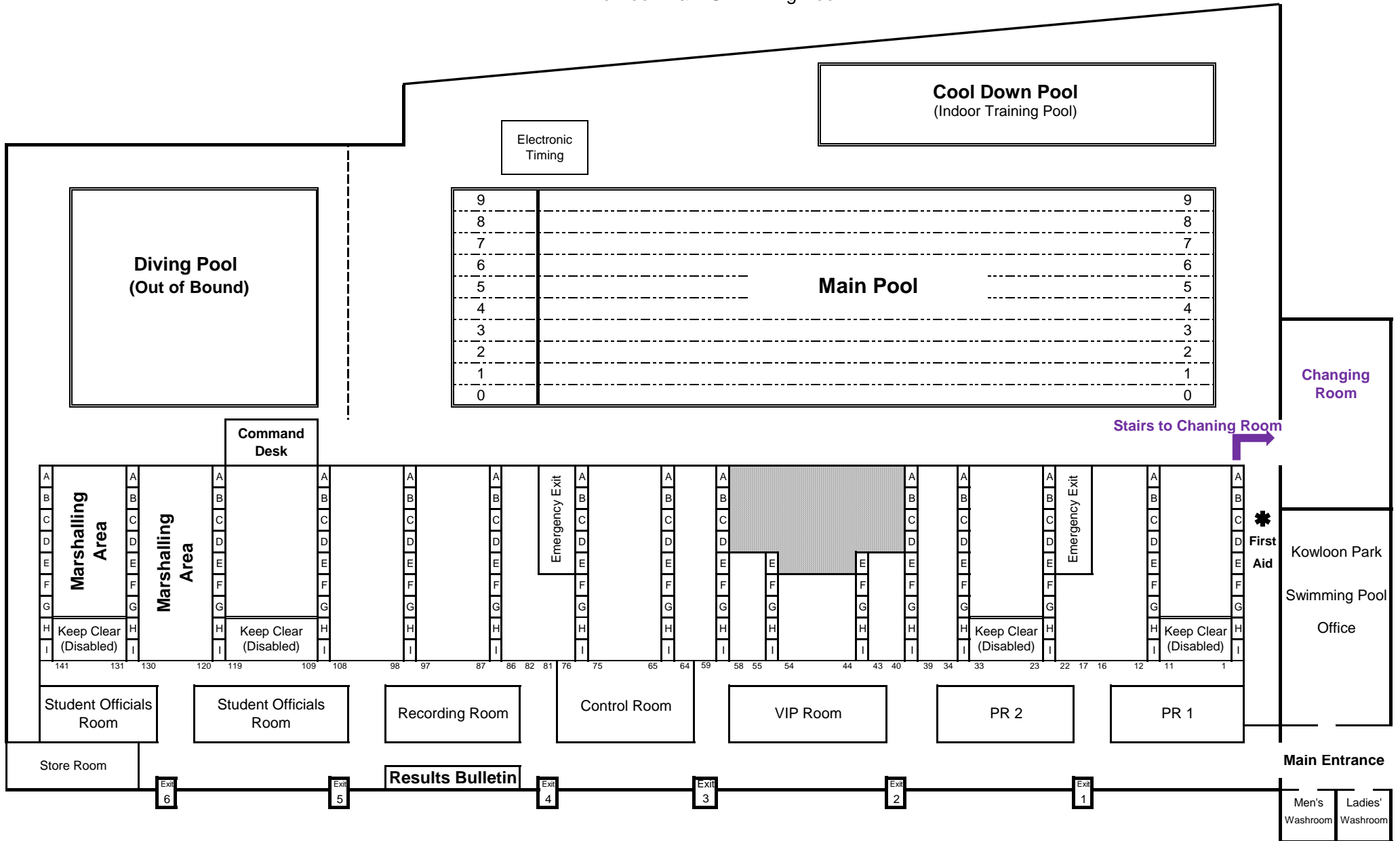
List of Participating Schools of Division Three (Kowloon 2)

	School			Boys			Girls		
				A	B	C	A	B	C
1	Australian International School Hong Kong	香港澳洲國際學校	AISHK	1	1	1	1	1	1
2	Bishop Hall Jubilee School	何明華會督銀禧中學	BHJS	1	1	1	1	1	1
3	Carmel Divine Grace Foundation Secondary School	迦密主恩中學	CDGFSS	1	1	1		1	1
4	Carmel Secondary School	迦密中學	CS		1	1		1	1
5	Christian & Missionary Alliance Sun Kei Secondary School	基督教宣道會宣基中學	SKSS	1	1	1	1	1	1
6	Concordia International School	協同國際學校	CIHS	1			1		
7	Creative Secondary School	啟思中學	CREATIVE	1	1	1	1	1	1
8	Delia Memorial School (Hip Wo)	地利亞修女紀念學校(協和)	DMS-HW	1	1	1	1	1	1
9	ECF Saint Too Canaan College	基督教中國佈道會聖道迦南書院	STCC	1	1	1	1	1	1
10	FDBWA Szeto Ho Secondary School	五邑司徒浩中學	SHSS	1		1		1	1
11	Heung To Middle School (Tai Hang Tung)	香島中學(大坑東)	HTMS-THT	1	1	1	1	1	1
12	HKCCCU Logos Academy	香港華人基督教聯會真道書院	LA	1	1	1	1	1	1
13	HKICC Lee Shau Kee School of Creativity	香港兆基創意書院	HKSC	1					
14	HKMA David Li Kwok Po College	香港管理專業協會李國寶中學	DLKP	1	1	1	1	1	1
15	HKSYCIA Wong Tai Shan Memorial College	香港四邑商工總會黃棣珊紀念中學	WTSMC	1	1	1		1	1
16	HKTA The Yuen Yuen Institute No.3 Secondary School	香港道教聯合會圓玄學院第三中學	HKTAYY3		1				
17	Ho Lap College (Sponsored by the Sik Sik Yuen)	可立中學(薺色園主辦)	HLC	1	1	1	1	1	1
18	Hoi Ping Chamber of Commerce Secondary School	旅港開平商會中學	HPCCSS				1	1	1
19	Holy Family Canossian College	嘉諾撒聖家書院	HFCC				1	1	1
20	International Christian Quality Music Secondary and Primary School	國際基督教優質音樂中學暨小學	ICQM	1	1	1	1	1	1
21	Jockey Club Government Secondary School	賽馬會官立中學	JCGSS	1	1	1	1	1	
22	King Ling College	景嶺書院	K-LING	1	1	1	1	1	1
23	Kit Sam Lam Bing Yim Secondary School	潔心林炳炎中學	KSSS				1	1	1
24	Kowloon Sam Yuk Secondary School	九龍三育中學	KSYSS	1	1	1			1
25	Kwun Tong Government Secondary School	觀塘官立中學	KTGS	1	1				
26	Lok Sin Tong Wong Chung Ming Secondary School	樂善堂王仲銘中學	LSTWCM	1		1	1		1
27	Man Kwan QualiEd College	萬鈞匯知中學	QUALIED		1	1	1	1	
28	Methodist College	循道中學	MDIST	1	1	1			1
29	MKMCF Ma Chan Duen Hey Memorial College	馬錦明慈善基金馬陳端喜紀念中學	MCDHMC	1	1	1			
30	Mu Kuang English School	慕光英文書院	MKES	1	1	1	1	1	1
31	New Asia Middle School	新亞中學	NAMS	1		1			1
32	NLSI Lui Kwok Pat Fong College	新生命教育協會呂郭碧鳳中學	LKPFC	1	1	1	1	1	1
33	Nord Anglia International School	Nord Anglia International School	NAIS		1	1		1	1
34	Our Lady of the Rosary College	聖母玫瑰書院	OLRC				1	1	1
35	Our Lady's College	聖母書院	OLC				1	1	1
36	Po Leung Kuk Ho Yuk Ching (1984) College	保良局甲子何玉清中學	PLKHYC	1	1	1	1	1	1
37	Po Leung Kuk No. 1 W. H. Cheung College	保良局第一張永慶中學	PLKNO.1C	1	1	1		1	1
38	Po Leung Kuk Tong Nai Kan Junior Secondary College	保良局唐乃勤初中書院	PLKTNK		1	1		1	1
39	POH 80th Anniversary Tang Ying Hei College	博愛醫院八十週年鄧英喜中學	TYH			1	1		1
40	Rhenish Church Pang Hok Ko Memorial College	禮賢會彭學高紀念中學	RCPHKMC	1	1	1	1	1	1
41	Sing Yin Secondary School	聖言中學	SYSS	1	1	1			
42	Sir Ellis Kadoorie Secondary School (West Kowloon)	官立嘉道理爵士中學(西九龍)	SEKSS-WK	1				1	1
43	SKH Holy Trinity Church Secondary School	聖公會聖三一堂中學	HTCSS	1	1	1		1	1
44	St. Antonius Girls' College	聖安堂女書院	SAGC				1	1	1
45	St. Joseph's Anglo-Chinese School	聖若瑟英文中學	SJACS	1	1	1			
46	St. Margaret's Co-Educational English Secondary and Primary School	聖瑪加利男女英文中小學	SMCESPS	1	1	1			
47	St. Teresa Secondary School	德蘭中學	STSS				1	1	1
48	Stewards Pooi Tun Secondary School	香港神託會培敦中學	PTSS	1	1	1		1	1
49	Tak Nga Secondary School	德雅中學	TNSS				1	1	1
50	The HKTA Ching Chung Secondary School	香港道教聯合會青松中學	CCSS		1	1			
51	True Light Girls' College	真光女書院	TLGC				1	1	1
52	Tsung Tsin Christian Academy	基督教崇真中學	TTCA	1	1	1	1	1	1
53	Wa Ying College	華英中學	WYC	1	1	1	1	1	1
54	YCH Wong Wha San Secondary School	仁濟醫院王華湘中學	WWS		1	1			
				37	38	40	32	39	42

Inter-School Swimming Competition 2024-2025

Division Three (Kowloon)

Kowloon Park Swimming Pool



Inter-School Swimming Competition 2024-2025 Division Three (Kowloon 2)

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	Australian International School Hong Kong	-	-
2	Bishop Hall Jubilee School	3	3
3	Carmel Divine Grace Foundation Secondary School	2	2
4	Carmel Secondary School	8	8
5	Christian & Missionary Alliance Sun Kei Secondary School	8	8
6	Concordia International School	8	8
7	Creative Secondary School	7	7
8	Delia Memorial School (Hip Wo)	3	3
9	ECF Saint Too Canaan College	5	5
10	FDBWA Szeto Ho Secondary School	6	6
11	Heung To Middle School (Tai Hang Tung)	2	2
12	HKCCCU Logos Academy	4	4
13	HKICC Lee Shau Kee School of Creativity	6	-
14	HKMA David Li Kwok Po College	7	7
15	HKSYCIA Wong Tai Shan Memorial College	2	-
16	HKTA The Yuen Yuen Institute No.3 Secondary School	1	-
17	Ho Lap College (Sponsored by the Sik Sik Yuen)	1	1
18	Hoi Ping Chamber of Commerce Secondary School	-	8
19	Holy Family Canossian College	-	1
20	International Christian Quality Music Secondary and Primary School	5	5
21	Jockey Club Government Secondary School	4	4
22	King Ling College	-	7
23	Kit Sam Lam Bing Yim Secondary School	-	2
24	Kowloon Sam Yuk Secondary School	5	5
25	Kwun Tong Government Secondary School	6	-
26	Lok Sin Tong Wong Chung Ming Secondary School	6	6
27	Man Kwan QualiEd College	5	5
28	Methodist College	6	8
29	MKMCF Ma Chan Duen Hey Memorial College	4	-
30	Mu Kuang English School	3	8
31	New Asia Middle School	4	4
32	NLSI Lui Kwok Pat Fong College	3	3
33	Nord Anglia International School	8	8
34	Our Lady of The Rosary College	-	7
35	Our Lady's College	-	3
36	Po Leung Kuk Ho Yuk Ching (1984) College	1	1
37	Po Leung Kuk No. 1 W. H. Cheung College	1	1
38	Po Leung Kuk Tong Nai Kan Junior Secondary College	2	2
39	POH 80th Anniversary Tang Ying Hei College	1	1
40	Pooi To Middle School	-	6
41	Rhenish Church Pang Hok Ko Memorial College	2	2
42	Sing Yin Secondary School	3	-
43	Sir Ellis Kadoorie Secondary School (West Kowloon)	3	3
44	SKH Holy Trinity Church Secondary School	1	1
45	St. Antonius Girls' College	-	8
46	St. Joseph's Anglo-Chinese School	8	-
47	St. Margaret's Co-Educational English Secondary and Primary School	7	-
48	St. Teresa Secondary School	-	4
49	Stewards Pooi Tun Secondary School	6	6
50	Tak Nga Secondary School	-	5
51	The HKTA Ching Chung Secondary School	4	-
52	True Light Girls' College	-	3
53	Tsung Tsin Christian Academy	5	5
54	Wa Ying College	4	4
55	YCH Wong Wha San Secondary School	7	-

Standard for Swimming (Division Three) 2024-2025

(updated on : 18 December 2023)

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

Inter-School Swimming Competition

(Last Update : 13th June 2024)

Boys A Grade (under 19)

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

Boys B Grade (under 16)

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

Boys C Grade (under 14)

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

Inter-School Swimming Competition

(Last Update : 13th June 2024)

Girls A Grade (under 19)

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

Girls B Grade (under 16)

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

Girls C Grade (under 14)

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

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

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

- Go to www.hkssf.org.hk 【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 23rd September. 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.

Carrie Liu
Convenor
(Hong Kong)

Ng Wai Ting
Convenor
(Kowloon Two)

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

Date : 21st 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

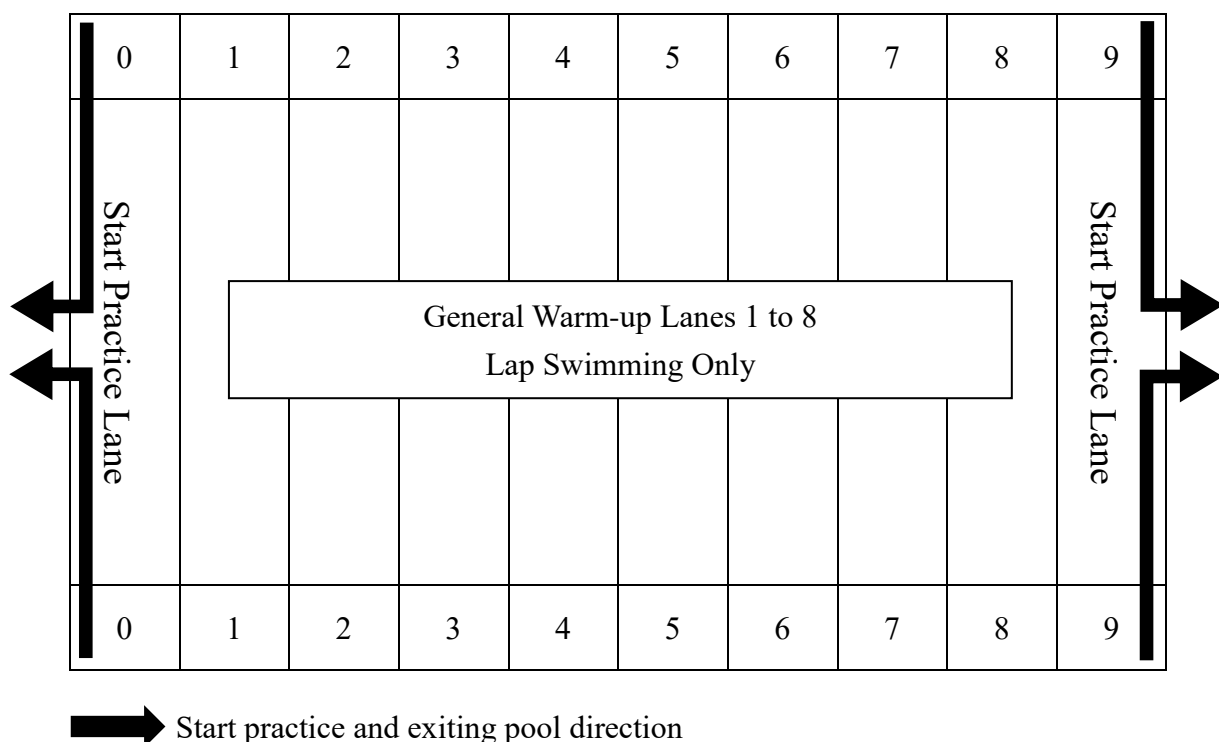
General Warm-up Procedure

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 Two)
Day One

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 Two)

Day One 25 September 2024

Event 1	Boys C Grade 100m Breast Stroke		8:45am
	Record : 1:05.72		Standard : 1:50.00
Heat 1	1	Kwok Pak Hei	K-LING
	2	Har Lok Hin	SKSS
	3	Lam Hei Tung	RCPHKMC
	4	Chan Shun Hei	SMCESPS
	5	Tsang Ling Pok	BHJS
	6	Leung Yat Hei	MCDHMC
	7	Ren, Yun Xiang	NAIS
	8	Wan Lok Him	TTCA
Heat 2	1	Cheng Chun Him	SMCESPS
	2	Ho Ka Long	SHSS
	3	Chan Kinnson	SJACS
	4	Ma Sui Ki	PLKTNK
	5	Hong Shing Him	JCGSS
	6	Lau Tsun Hei Jayden	LA
	7	Lee Chun Yu Max	MDIST
Heat 3	1	Wong Kei Chung	LA
	2	Zhong Rong Xi	SHSS
	3	Shiu Chun Hin	TTCA
	4	Chan Sai Yu	HTCSS
	5	Cheng Ting Chun	PLKTNK
	6	Chan Pak Shing	SYSS
	7	Law Chun Sing	TYH
Heat 4	1	Ng Matthew	PTSS
	2	Ma Ho Hin	MDIST
	3	Rattigan Pierce Lee	NAIS
	4	Tai Ho Sum	CDGFSS
	5	Poon Ho Wai	DLKP
	6	Huon Ka Yu	WYC
	7	Ng Lok Hei	K-LING

Event 2	Girls C Grade 100m Breast Stroke		8:45am
	Record : 1:13.00		Standard : 2:05.00
Heat 1	1	Poon Yan Chi	BHJS
	2	Ho Lok Man Rosanna	LA
	3	Hai Tsz Kok	PTSS
	4	Lam Yin Hei	TTCA
	5	Chu Ka Ka	CDGFSS
	6	Lau Yik Ling Kristina	K-LING
	7	Chen Silin	STSS
Heat 2	1	Ng Ching Pui	TTCA
	2	Fan Chue Wing	NAMS
	3	Chan Tsz Yau Vienne	STSS
	4	Chan Cheuk Ki	RCPHKMC
	5	Tsang Pui Yin	SKSS
	6	Lee Tsz Yin Venice	PLKTNK
	7	Wong Sum Yee Avana	HFCC

Heat 3	2	Lei Man Yan	LA
	3	Lam Ching Shan	SKSS
	4	Ho Yi Kiu	HPCCSS
	5	Leung Wing Ka	HFCC
	6	Leung Kit Ying Kaylee	OLRC
	7	Man Wing Sum	DLKP
Heat 4	2	Ng Mei Yam	HPCCSS
	3	Hsu Wan Hei Wallis	PLKTNK
	4	Chan Tsz Wing	PLKNO.1C
	5	Siu Hei Tung	K-LING
	6	Yau Hoi Shuen	OLRC
	7	Cheung Ka Tsun	TLGC
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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	Ling Cun Jin Evan	DMS-HW
	2	Chan Hui Fung	TTCA
	3	Chan Wai Him	SYSS
	4	Chiang Hon Ki	CS
	5	Lee Lok Him	MCDHMC
	6	Ngai Man Chung	K-LING
	7	Lam Yat Long	SKSS
	8	Deng Tsz Lam Jake	NAIS
Heat 2	1	Cheung Ho Shun	SKSS
	2	Ha, Kai Lai Gavin	AISHK
	3	Keung Yu Yeung	TTCA
	4	Lau Art	KTGS
	5	Lee Tasman	HTMS-THT
	6	Sheng Jingheng	SMCESPS
	7	Wong Paak Qiu Lincoln	LA
Heat 3	1	Leung Cheuk Ming	K-LING
	2	Ng Pak Hei	SYSS
	3	Mak Pak To	BHJS
	4	Ma Tsz Ho	PLKNO.1C
	5	To Fei	LA
	6	Zheng Zenan	DMS-HW
	7	Humphreys, Oliver Jan	NAIS
Heat 4	1	Cheung Hei Wai	CDGFSS
	2	Liu Tsz Hin	SMCESPS
	3	Tsui Wai Shing Carlos	CREATIVE
	4	Ho Ka Wai	HTMS-THT
	5	Chan Tsz Hin Nathan	STCC
	6	Lam Ho Him	SJACS
	7	Lam Pak Kiu Jayden	PTSS
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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	2	Wong Yuen Kiu	STSS
	3	Wong Hau Yee	LA
	4	Cheung Lok Lok	K-LING
	5	Chan Chi Ching	RCPHKMC
	6	Leung Anna Petra	TLGC
	7	Chan Sin Ki	HFCC

Heat 2	2	Chan, Sze Yin	CREATIVE
	3	Chan Wai Man	SHSS
	4	Lo Cheuk Yi	SAGC
	5	Tse Hoi Lam	TTCA
	6	Siu Hoi Ching	BHJS
	7	Chan Hoi Yu	HTMS-THT
Heat 3	2	Lao Sze Ue	LA
	3	Kwong Tsz Wan	QUALIED
	4	Lai Cheuk Laam	PLKHYC
	5	Rao Juliana	HTMS-THT
	6	Cheung Sum Ling	STSS
Event 5 Boys A Grade 100m Breast Stroke			8:45am
	Record : 1:02.39		Standard : 1:40.00
Heat 1	1	Chui Tsz Chun	CIHS
	2	Chow Tsz Him	TTCA
	3	Yap Kang Rong	SMCESPS
	4	To Kwan Yu	CREATIVE
	5	Chung Shing Yuk	SJACS
	6	Ma Man Kit Ricky	PTSS
	7	Xie Jinhan	DMS-HW
	8	Chen Jinghang	K-LING
Heat 2	1	Lam Ho Wan Howie	JCGSS
	2	Wong Tsz Yin	LSTWCM
	3	Lam, Yu Kwong Nathan	CREATIVE
	4	Koo Kam Ho	SJACS
	5	Hui Nok Hei	DMS-HW
	6	Zhou Max Virgil	SMCESPS
	7	Kam Cheuk Wai	MCDHMC
Event 6 Girls A Grade 100m Breast Stroke			8:45am
	Record : 1:11.31		Standard : 1:57.00
Heat 1	1	Liu Whitney	LA
	2	Li Sze Yu	STSS
	3	Law Toi Lam	LKPFC
	4	Chin Si Wing	HFCC
	5	Cheung Sum Yuet	OLC
	6	Yan Lanxuan	HTMS-THT
	7	Li Yi Hin	HPCCSS
	8	Yip Yan Kiu	ICQM
Heat 2	1	Poon Ka Yan Angel	TLGC
	2	Chu Wing Yan	K-LING
	3	Tsui Hoi Lam	RCPHKMC
	4	Ku Tsui Yin	STSS
	5	Yeung Hoi Yu	HFCC
	6	Cheng Hei Lam	ICQM
	7	Hui Wing Yu	HPCCSS
Event 7 Boys C Grade 50m Butterfly			9:45am
	Record : 26.10		Standard : 45.00
Heat 1	1	Liu Shing Yik	WYC
	2	Cheung Ngo Chit Sherlock	DLKP
	3	Lai Tsun Nok	CDGFSS
	4	Chung Yeuk Ting	SMCESPS
	5	Li Xiaoang	HTMS-THT
	6	Wong Lok Yin Terence	PLKHYC
	7	Chiu Long Hin	TTCA

Heat 2	1	Leung, Chasen Pak Ho	AISHK
	2	Wong Ki Hang	SHSS
	3	Hui Ka Chun	PTSS
	4	Lau Chun Yin	KSYSS
	5	Chan Pak Man	SJACS
	6	Lok Ka	HTMS-THT
	7	Lam Hei Tung	RCPHKMC
Heat 3	1	Fung Siu Wai	KSYSS
	2	Cheng Ching Lung Mars	PLKHYC
	3	Cho Yat Long	ICQM
	4	Cheshire Leonard Oscar	CREATIVE
	5	Lau Tsz Chai	RCPHKMC
	6	Ho Johnnon	PLKTNK
	7	Tang Tsz Hin	K-LING
Heat 4	1	Wong Ching Tai	PLKTNK
	2	Pak Tsz Shing	K-LING
	3	Lai Yat Lam Moses	TYH
	4	Kwok Yik Tung	LA
	5	Lee Cheuk Hang	NAIS
	6	Sze Chun Hang	SKSS
	7	Chan Sum Sheung Sean	ICQM
Heat 5	1	Wong Tsz Wang	DMS-HW
	2	Chan Kam Hin	HLC
	3	Tsang Chun Hei	SMCESPS
	4	Yung Tin Long	SJACS
	5	Tam King Sum	NAIS
	6	Cheung Yan Shing	TTCA
	7	Morgan-Cheng, Jasper	AISHK
Heat 6	2	Mok Yik Pui	HLC
	3	Yuen Chun Kiu	LA
	4	Huan Zeyu	JCGSS
	5	Hui Yat Kiu Kobe	WYC
	6	Zhang Hon Chit	CDGFSS
	7	Chan Pak Shing	SYSS

Event 8	Girls C Grade 50m Butterfly	9:45am
	Record : 28.62	Standard : 50.00

Heat 1	1	Choy Yan Nam	HTMS-THT
	2	Chiu Sze Laam	STCC
	3	Lam Sze Ching	WYC
	4	Lai Hong Ting	TTCA
	5	Chan Hei Wun Hera	SAGC
	6	Chow Ching Yiu	SEKSS-WK
	7	Onyemachi Yip Yan Merry	OLC
	8	Law Yan Tung	OLRC
Heat 2	1	Mao Amber	HTMS-THT
	2	Wong Claire	PTSS
	3	Lau Crystal	HFCC
	4	Tai Yan Hei Hazel	TLGC
	5	Lee, Rowina Erin	AISHK
	6	Wong Hiu Ching	HTCSS
	7	Cheng Kai Yi Kylie	LA

Heat 3	1	Au Hang Yu	CREATIVE
	2	Au-Yeung Sze Yan Salina	HPCCSS
	3	Wu XinYao	NAIS
	4	Choi Sin Yu	TTCA
	5	Fung Yim Lan Sharon	OLC
	6	Wong Ching Yee Emily	LA
	7	Li Hei Yee Hailey	TYH
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Event 9	Boys B Grade 50m Butterfly		9:45am
	Record : 25.43		Standard : 39.00
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Heat 1	1	Ho Shun Chi	HLC
	2	Tsang Chiu Yin	SKSS
	3	Chu Long Hin	WTSMC
	4	Yuen Man Chun	PLKNO.1C
	5	Cheung Hei Yeung Andy	SMCESPS
	6	Leung Chun Hei Bosco	SYSS
	7	Tse Chun Hon Terence	K-LING
Heat 2	2	Chan Toa Toa	KTGS
	3	Chun Tsz Hong	HTMS-THT
	4	Chang Chi Lok	SMCESPS
	5	Hui Ting Hei Alvin	DLKP
	6	Zilkha, Theo	NAIS
	7	Tan Rui Zhe Bryan	TTCA
Heat 3	2	Wong Long Ching	CREATIVE
	3	Lam Hiu Sing	QUALIED
	4	Ng Ming Hei	MKES
	5	Xing Enrui	CCSS
	6	Harward, Maxim William Patrick Ming Sum	NAIS
	7	Wong Cheuk Him	LA
Heat 4	2	Tse Tsun Hai	MKES
	3	Tam Jun Ngai Maverick	PLKTNK
	4	Ho Cheuk Kit	MDIST
	5	Chan King Tsz	TTCA
	6	Lu Juncheng	ICQM
	7	Cho Ka Ki	SYSS
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Event 10	Girls B Grade 50m Butterfly		9:45am
	Record : 27.56		Standard : 48.00
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Heat 1	1	Law Pui Yi	MKES
	2	Tse Hoi Lam	CDGFSS
	3	Tik Yi Ching Zita	STSS
	4	Li Hiu Tung	JCGSS
	5	Chung Wei Qi	HTMS-THT
	6	Sui Man Hei	WYC
	7	Li Hoi Ching	K-LING
Heat 2	2	Ng Suet Ting	LA
	3	Tsang Hei Lam Hedy	CREATIVE
	4	Chiu Sze Yui	OLC
	5	Xu Yan Yee	WYC
	6	Wang Jia Xuan	CDGFSS
	7	Tam Tsz Hei	K-LING

Event 11	Boys A Grade 50m Butterfly	9:45am
	Record : 24.83	Standard : 38.00
Heat 1	2 Siu King To Bosco	JCGSS
	3 Cheung Chi Hin	MKES
	4 Cheng Hoi Yau	K-LING
	5 Kwan Ho Yeung	SMCESPS
	6 Loui, Nathan Andrew	AISHK
	7 Ngan Wai Hang	TTCA
Heat 2	2 Man Yui Hei	HTMS-THT
	3 Leung Kai Lok	MKES
	4 Ho Wing Fai	MCDHMC
	5 Cheung Ching Ip	JCGSS
	6 Chow Kai Lun Phoenix	PLKHYC
	7 Chan Lok Hin Marcus	SMCESPS
Event 12	Girls A Grade 50m Butterfly	9:45am
	Record : 27.29	Standard : 46.00
Heat 1	1 Ng Wing Tung Jacquelyn	STCC
	2 Tsang Ching Wun Viola	KSSS
	3 Leung Hoi Lam	CREATIVE
	4 Wong Lok Tung	HFCC
	5 Ho Wing Yan Yanice	TLGC
	6 Cheung Sum Ying	ICQM
	7 Fok Sze Chai Denise	TTCA
Heat 2	1 Lau Tianna Nicole	CREATIVE
	2 Man Wai Yan Natalie	HTMS-THT
	3 Siu Hoi Ching	TNSS
	4 Hui Sze Wan	OLRC
	5 Lau Tin Wing	PLKHYC
	6 Lau Tsz Tung	TTCA
	7 Suen Hiu Ching	HLC
Event 13	Boys B Grade 100m Back Stroke	10:30am
	Record : 58.17	Standard : 1:50.00
Heat 1	1 Tam Ho Hong	CDGFSS
	2 Loginov Timofei	SMCESPS
	3 Demiral Efe Aslan	NAIS
	4 Wong Jean-Dominique Carlo	SYSS
	5 Chan Yin Ching	HKTAYY3
	6 Wong Nok Yin	SKSS
	7 Cheung Ho Man	TTCA
Heat 2	1 Leung Hoi Chun	CREATIVE
	2 Hui Yau Wing	DLKP
	3 Chiu Sze Chai	TTCA
	4 Reid, Noah Dennis	NAIS
	5 Cheung Lai Yiu	SYSS
	6 Hung Wai Ip	SMCESPS
	7 Chan Hui Hin	MCDHMC
Event 14	Girls B Grade 100m Back Stroke	10:30am
	Record : 1:03.30	Standard : 2:10.00
Heat 1	2 Chan Long Yi	LA
	3 Pang Jophy	HFCC
	4 Chung Sze Ching	CS
	5 Wong Tsz Yiu Yani	SAGC
	6 Lam Ka Wing	TLGC

Heat 2	3	Cheung Hoi Ching	HFCC
	4	Wong Tsz Yan Janet	HPCCSS
	5	Au-Yeung Ho Yan	LA
	6	Guan Sze Yin	CDGFSS

Event 15	Boys A Grade 100m Back Stroke	10:30am
	Record : 57.38	Standard : 1:40.00

S.F

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

S.F

Event 17	Boys C Grade 50m Free Style	11:30am
	Record : 24.77	Standard : 38.00

Heat 1	1	Chan Sum Sheung Sean	ICQM
	2	Lam Woon Hin	PLKNO.1C
	3	Avila Achilles Gabriel Mendrez	DMS-HW
	4	Lee Tsz Ho	RCPHKMC
	5	Wan Tsz Long	SYSS
	6	Chan Ching Lok	SKSS
	7	Lai Tsun Nok	CDGFSS
	8	Yuen Tsz Ham	STCC

Heat 2	1	Kan Pui Hin	HTMS-THT
	2	Ho Tsz Chun	LKPFC
	3	Wong Tsz Shing	SJACS
	4	Chan Wai Tung	LA
	5	Chan Ho Ting	BHJS
	6	Liu Tsun Hei	CS
	7	Wai Shaun Chun Ting	HTCSS
	8	Chu Ho Yin	DMS-HW

Heat 3	1	Ng Ting Lok	SYSS
	2	Chu King Pok Kingston	PTSS
	3	Or Hiu Laam	PLKHYC
	4	Cheshire Leonard Oscar	CREATIVE
	5	So Chung Tin	K-LING
	6	Chan Ho Lai	NAMS
	7	Chiu Long Hin	TTCA
	8	Lee Cheuk Kiu	TYH

Heat 4	1	Mok Yik Pui	HLC
	2	Lee Wang Lok	CREATIVE
	3	Fa Chi Yuen	SJACS
	4	Hong Shing Him	JCGSS
	5	Hung Faan Hin	LKPFC
	6	Cho Yat Long	ICQM
	7	Ren, Yun Xiang	NAIS
	8	Chow Ching Tung	MDIST

Heat 5	1	Chiu Ho Lam	MKES
	2	Siu Ho Yeung	MDIST
	3	Lee Sun Yu	CDGFSS
	4	Chan Tsz Hei	TYH
	5	So Pak Lun	HTMS-THT
	6	Ng Yat Hei	PLKNO.1C
	7	Subba Limbu Movin	PLKTNK
	8	Cheng Ho Long	SKSS
Heat 6	1	Lai Pak Yin	STCC
	2	Chung Yeuk Ting	SMCESPS
	3	Lau Yik Hei	HLC
	4	Chung Lok Yin Anthony	RCPHKMC
	5	Wong Wang Hin	HTCSS
	6	Wong Sing Hon Andy	WYC
	7	Morgan-Cheng, Jasper	AISHK
	8	Ho Ka Long	SHSS
Heat 7	1	Chung Ka Chun	MCDHMC
	2	Hui Ka Chun	PTSS
	3	Lam Yin Ho	SMCESPS
	4	Hui Ho Lung	MKES
	5	Chan Yu Hang	PLKHYC
	6	Liu Shi Ze	BHJS
	7	Cheng Ting Chun	PLKTNK
	8	Wong King Hei Daniel	NAIS
Heat 8	1	Chan, Ethan Kin Wah	AISHK
	2	Yeung Long	WYC
	3	Yeung Siu Hei Jeff	SHSS
	4	Leung Yat Long	LSTWCM
	5	Tong Hei Chit	K-LING
	6	Chan Cham Shun	TTCA
	7	Wong Cheuk Long	LA

Event 18 Girls C Grade 50m Free Style 11:30am
Record : 25.87 Standard : 43.00

Heat 1	1	Chan Yu Hei	KSSS
	2	Yeung Tsz Ching	SKSS
	3	Wong Vangie	HLC
	4	Lam Hoi Ling	PLKHYC
	5	Chan Ying Tung	STCC
	6	Leung Mei Hei	KSYSS
	7	Cheung Sum Yuet	HPCCSS
	8	Cheung Wai Yi Jaqueline	BHJS
Heat 2	1	Kwok, Sharon	LSTWCM
	2	Henriksson Chantal Della Conchata	CREATIVE
	3	Lo Sze Yin	K-LING
	4	Chan Yin Tung	PLKNO.1C
	5	Leung Ka Yan	TYH
	6	Mo Hiu Tung	STSS
	7	Charlotte Mary Blake Lok Ching Harward	NAIS
	8	Law Yan Tung	OLRC

Heat 3	1	Cheng Wing Tung	TLGC
	2	Chan Sung Chiing Katie	SHSS
	3	Ye Hok Wa	HFCC
	4	Lai Hoi Yau	RCPHKMC
	5	Lee, Rowina Erin	AISHK
	6	Lau Tsz Wun Amber	STCC
	7	Lam Sin Yau Pansy	KSSS
Heat 4	1	Lau Cheuk Yin	CS
	2	Tse Pui Lam	TTCA
	3	Yip Hiu Yee	MDIST
	4	Cheung Nga Ting	HTMS-THT
	5	Chan Hei Wun Hera	SAGC
	6	Chow Pui Lam	SKSS
	7	Wong Hui Yin	HPCCSS
Heat 5	1	Ng Ching Man	SAGC
	2	Lau Hoi Ching	SHSS
	3	Siu Ashley Carol	MKES
	4	Lam Sze Ching	WYC
	5	Wong Wai Tung	K-LING
	6	Ng Man Chi	PLKNO.1C
	7	Onyemachi Yip Yan Merry	OLC
Heat 6	1	Chan Natania Shui Yin	CREATIVE
	2	Mao Amber	HTMS-THT
	3	Tsui Hei Lam Tara	PTSS
	4	Yang Nga Sze	TLGC
	5	Ingham, Lillia Lei Nga	AISHK
	6	Wang Wing Kwan	PLKTNK
	7	Lui Tsz Tung Miley	LKPFC
Heat 7	1	Tran Cheuk Wing	OLRC
	2	Lei Man Yan	LA
	3	Lee Yan Kiu	TYH
	4	Lee Tsz Yau Vienna	PLKTNK
	5	Chen Yitong	LSTWCM
	6	Choi Yuen Man	RCPHKMC
	7	Chu Ching Yin Clarice	NAIS
Heat 8	1	Tam Yuk Ching	PTSS
	2	Fu Hei Yu	STSS
	3	Kwok Hay Yee	LA
	4	Lo Chung Yin Chloe	TTCA
	5	Leung Kiu Yan	HFCC
	6	Folorunso Jessica Jill Joey	KSYSS
	7	Wong Hiu Ching	HTCSS

Event 19	Boys B Grade 50m Free Style	11:30am
	Record : 23.91	Standard : 35.00

Heat 1	1	Niska, Theo Mikael	NAIS
	2	Ngo Ho Yin	HLC
	3	Cheng Tsz Lok Aiden	STCC
	4	Watt Chung Him	TTCA
	5	Ngai Chau Yuen	SJACS
	6	Cheng Lebin	DMS-HW
	7	Tai Ching Hin	KTGS
	8	Wong Paak Qiu Lincoln	LA

Heat 2	1	Su Yan Ho	TTCA
	2	Tsang Pok Yin	PLKHYC
	3	Pan Ken	PLKTNK
	4	Tong Wai Pan	DMS-HW
	5	Chan Tze Yu	SKSS
	6	Tsoi Kai Yin	STCC
	7	Wong Ho Yin	HLC
	8	Xing Enrui	CCSS
Heat 3	1	Ng Pak Hei	SYSS
	2	Suen Hei Wun	SMCESPS
	3	Lai Nok Fung	K-LING
	4	Lo Tsz Chun	SKSS
	5	Yu Chun Fai	WTSMC
	6	Chan Toa Toa	KTGS
	7	Yeung Ho Wan	WYC
	8	Kong Tung San	WWS
Heat 4	1	Lee Cheuk Lam Brian	PLKNO.1C
	2	Chou, Tsz Yui Hamlyn	AISHK
	3	Leung Tsz Luen	K-LING
	4	Zilkha, Theo	NAIS
	5	Wong Keifer	SJACS
	6	Tsue Yeuk Tin	CDGFSS
	7	Tang Shun Hei	KSYSS
	8	Cheng Ka Hang	PLKHYC
Heat 5	1	Leung Pak Yin	MKES
	2	Cheung Ting Hei William	PTSS
	3	Lau King Yan Rex	LA
	4	Fok Ka Shun	MDIST
	5	Qi Enze	ICQM
	6	Law Teng Hin Preston	LKPFC
	7	Yuen Man Chun	PLKNO.1C
Heat 6	1	Chow Him Po	JCGSS
	2	Lam Wai Chun	WYC
	3	Chiu Ka Ho	MKES
	4	Cheung Hei Yeung Andy	SMCESPS
	5	Dai Cho Tsun	MDIST
	6	Tong Wing Hei Moses	PTSS
	7	Chan Wang Ching	SYSS
Heat 7	1	Lam Hiu Sing	QUALIED
	2	Chen Chun Hing	MCDHMC
	3	Ng, Tsz Ho Jason	AISHK
	4	Chen Jonathan Hao	ICQM
	5	Poon Cheuk Kit	CREATIVE
	6	Chu Long Hin	WTSMC
	7	Chan King Pui Kingsley	RCPHKMC

Event 20 Girls B Grade 50m Free Style
Record : 25.81

11:30am

Standard : 41.00

Heat 1	1	Keung Ka Yu	CDGFSS
	2	Lau Ching Yau	MKES
	3	Uchida Kelly	HTMS-THT
	4	Lam Pui Nam	BHJS
	5	Tsang Hiu Tung	HLC
	6	Kwok Hoi Ching	LKPFC
	7	Ching Hiu Laam Holbie	PLKHYC
	8	Li Jacey	CREATIVE

Heat 2	1	Li Wing Yu	OLRC
	2	Lai Wan Yee Vincy	CS
	3	Yip Hoi Lam Anna	TTCA
	4	Cheung Yik Nga Ashley	DLKP
	5	Chan Sze Ki Kiki	PTSS
	6	Chan Tsz Yau Estee	STSS
	7	Rial, Sophie Iyada	AISHK
	8	To Tsz Huen Yanis	CREATIVE

Heat 3	1	Ma Siu Yan	OLRC
	2	Xu Yan Yee	WYC
	3	Leung, Chantelle Lok Ka	AISHK
	4	Liu Wing Ki	K-LING
	5	Cheng Angela	TLGC
	6	Chan Long Yi	LA
	7	Lau Yeuk Nam Natalie	STCC
	8	Law Hiu Ling	SAGC

Heat 4	1	Lam Hin Yee	DMS-HW
	2	Chiu Sze Yui	OLC
	3	Pang Sum Yau	RCPHKMC
	4	Du Sze Yuen	HTMS-THT
	5	Lau Pui Fan	WYC
	6	Tse Hoi Lam	TTCA
	7	Lai Wing Yin	SKSS

Heat 5	1	Chau Pui Yu	K-LING
	2	Cheung Sum Ling	STSS
	3	Leung Ching Hi	JCGSS
	4	Tse Hoi Lam	CDGFSS
	5	Pang Jophy	HFCC
	6	Li Pik Yee	LA
	7	Wong Tsz Yiu Yani	SAGC

Heat 6	1	Yung Tsz Ham	DMS-HW
	2	Leung Tsz Kay	CS
	3	Heung Wai Lam	JCGSS
	4	Lai Bowen Yuanna	TLGC
	5	Lee Hoi Ching	PLKNO.1C
	6	Yau Ching Yi	HFCC
	7	Ip Ching	STCC

Event 21	Boys A Grade 50m Free Style	11:30am
	Record : 23.47	Standard : 34.00

Heat 1	1	Leung Sum Lap	SHSS
	2	Tsang Yue Ching	LA
	3	Chan Kwok Pan	LSTWCM
	4	Wong Long Ho	SMCESPS
	5	Lau Chun Lok	STCC
	6	Yu Edward	HKSC
	7	Ng Wing Hei	JCGSS
	8	Cai Yaolin	DMS-HW

Heat 2	1	Chow Kai Lun Phoenix	PLKHYC
	2	Son Keon Woo	CREATIVE
	3	Ching Kwai Kin Calvin	HLC
	4	Chan Tak Fan Ricker	PTSS
	5	Wong Adrian Tsz Kiu	SJACS
	6	Wong Tsz Tung	MKES
	7	Zhang Ziyu	HTMS-THT
	8	Sun Ho Sum Sammy	K-LING

Heat 3	1	Sum Kwan Ho	SJACS
	2	Kwan Ho Yeung	SMCESPS
	3	Li Pak Hin Oscar	HLC
	4	Cheung Lok Ki	LSTWCM
	5	Cheng Hoi Yau	K-LING
	6	Yip Ho Cheung	TTCA
	7	Wu Sum Yiu	CIHS
	8	Siu King To Bosco	JCGSS
Heat 4	1	Wong Kin Hei Hayden	HKSC
	2	Chu Long Wai	KTGS
	3	To Chun Ip	PLKNO.1C
	4	Wong Cheuk Hin	STCC
	5	Tsang Yick Yin	MDIST
	6	Ho Ka Tung Brian	CREATIVE
	7	Ho Wing Fai	MCDHMC
Heat 5	1	Koo Kin Yui	TTCA
	2	Loui, Nathan Andrew	AISHK
	3	Yik Kai Fan	HTMS-THT
	4	Cheung Chin Fung	CIHS
	5	Chang Tsz Hin	SEKSS-WK
	6	Leung Kai Lok	MKES
	7	Chan Kelvin	HTCSS

Event 22 Girls A Grade 50m Free Style
Record : 26.38

11:30am

Standard : 39.00

Heat 1	1	Tsang Suet Ying	TYH
	2	Chan Hiu Ying	K-LING
	3	Cheng Jasmine	OLC
	4	Wong Pik Lin	STSS
	5	Siu, Hoi Lam	CREATIVE
	6	Cheng Tin Wai	TLGC
	7	Au Charis	TTCA
	8	Tong Lai Ying	QUALIED
Heat 2	1	Lau Tianna Nicole	CREATIVE
	2	Li Hoi Ting	QUALIED
	3	Au Qiao Nan	HFCC
	4	Tsui Yan Yuet	HTMS-THT
	5	Ho Wing Yan Yanice	TLGC
	6	Lin Ka Hei	OLC
	7	Cheung Sum Ying	ICQM
	8	Chan Hoi Ching	HPCCSS
Heat 3	1	Chung Yuet Yee	HFCC
	2	Tan Kwan Yin	JCGSS
	3	Cheung Ho Ching	HPCCSS
	4	Kong Yee Man	LSTWCM
	5	Chan Sze Ki	KSSS
	6	Wan Tsz Ching	TTCA
	7	Suen Hiu Ching	HLC
	8	Luk Kai Hei	MKES

Heat 4	1	Lin Hau Yu	K-LING
	2	Wan Sze Wing	SAGC
	3	Chan On Yi	HLC
	4	Siu Hoi Ching	TNSS
	5	Chan Yin Ching Chloe	JCGSS
	6	Lee Cheuk Kiu	TYH
	7	Leung Yuet Tung Enya	HTMS-THT
	8	Wong Wing Hei	KSSS
Event 23 Boys C Grade 50m Breast Stroke			1:25pm
	Record : 30.00		Standard : 51.00
Heat 1	1	Leung Yat Hei	MCDHMC
	2	Mak Chung Him	TYH
	3	Lau Tsun Hei Jayden	LA
	4	Tsoi Kai Yu	STCC
	5	Ng Yat Hei	PLKNO.1C
	6	Chan Cham Shun	TTCA
	7	Kwok Pak Hei	K-LING
	8	Yeung Siu Hei Jeff	SHSS
Heat 2	1	Cheng Ho Long	SKSS
	2	Wong Tsz Shing	SJACS
	3	Das Aayush	NAIS
	4	Yung Yau Hei	WWS
	5	Wong Wang Hin	HTCSS
	6	Wong Kei Chung	LA
	7	Cheng Chun Him	SMCESPS
	8	Lee Wang Lok	CREATIVE
Heat 3	1	Chen Haining	WYC
	2	Hung Faan Hin	LKPFC
	3	Chu King Pok Kingston	PTSS
	4	Lee Chun Yu Max	MDIST
	5	Nguyen, Jake Zhe	AISHK
	6	Ng Lok Hei	K-LING
	7	Yu Hei Ming	CS
	8	Ngan Lok Chun	PLKHYC
Heat 4	1	Leung Yat Long	LSTWCM
	2	Shiu Chun Hin	TTCA
	3	Chan Sai Yu	HTCSS
	4	Liu Tsun Hei	CS
	5	Lau Tsz Chai	RCPHKMC
	6	Tai Ho Sum	CDGFSS
	7	Chan, Ethan Kin Wah	AISHK
	8	Zhong Rong Xi	SHSS
Heat 5	1	Law Chun Sing	TYH
	2	Chiu Kwok In Ryan	PLKHYC
	3	Xu Yufeng	CREATIVE
	4	Rattigan Pierce Lee	NAIS
	5	Lee Tsz Ho	RCPHKMC
	6	Chan Ching Lok	SKSS
	7	Chu Pok Hung	MDIST

Heat 6	1	Chan Hoi Chun	STCC
	2	Lam Woon Hin	PLKNO.1C
	3	Wong Keita Ka On	SMCESPS
	4	Leung Ho Kwan	CDGFSS
	5	Kwan Cho Tim	SYSS
	6	Yeung Man Hei	HLC
	7	Tsang Ling Pok	BHJS
Heat 7	1	Lam Hok Him	PLKTNK
	2	Poon Ho Wai	DLKP
	3	Lau Pak Ho	SJACS
	4	Subba Limbu Movin	PLKTNK
	5	Kan Pui Hin	HTMS-THT
	6	Wong Sing Hon Andy	WYC
	7	Wong Ji Feng	PTSS

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

Heat 1	1	Jiang Mingye	CREATIVE
	2	Lee Yan Kiu	TYH
	3	Ho Lok Man Rosanna	LA
	4	Yau Hoi Shuen	OLRC
	5	Lam Ching Shan	SKSS
	6	Chan Sung Chiing Katie	SHSS
	7	Cheung Wan Yiu	HFCC
	8	Cheng Wing Tung	TLGC
Heat 2	1	Lui Tsz Tung Miley	LKPFC
	2	Fung Yim Lan Sharon	OLC
	3	Tam Yuk Ching	PTSS
	4	Liu Xuan	HTMS-THT
	5	Ng Man Chi	PLKNO.1C
	6	Chiu Sing Yau	STSS
	7	Liu Sum Yi	KSSS
	8	Yuen Hoi Ching	STCC
Heat 3	1	Tai Yan Hei Hazel	TLGC
	2	Folorunso Jessica Jill Joey	KSYSS
	3	Leung Kit Ying Kaylee	OLRC
	4	Wang Wing Kwan	PLKTNK
	5	Lo Chung Yin Chloe	TTCA
	6	Chan Tsz Yau Vienne	STSS
	7	Kwok, Sharon	LSTWCM
	8	Lau Cheuk Lok	SKSS
Heat 4	1	Tsui Hei Lam Tara	PTSS
	2	Lau Yik Ling Kristina	K-LING
	3	Chu Ka Ka	CDGFSS
	4	Lee Tsz Yau Vienna	PLKTNK
	5	Lau Hoi Ching	SHSS
	6	Lai Wing Ki	SAGC
	7	Chan Cheuk Ki	RCPHKMC
	8	Wu XinYao	NAIS

Heat 5	1	Ng Ching Man	SAGC
	2	Chan Yin Tung	PLKNO.1C
	3	Hung Yin Yi	CS
	4	Ng Ching Pui	TTCA
	5	Ho Yi Kiu	HPCCSS
	6	Lai Hoi Yau	RCPHKMC
	7	Ip Hiu Ching	LA
	8	Cheung Nga Ting	HTMS-THT
Heat 6	1	Wong Ho Yi	K-LING
	2	Man Wing Sum	DLKP
	3	Ng Mei Yam	HPCCSS
	4	Yuen Nok Yau	STCC
	5	Fan Chue Wing	NAMS
	6	Chen Yitong	LSTWCM
	7	Leung Mei Hei	KSYSS
	8	Leung Kiu Yan	HFCC

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

Heat 1	1	Lee Lok Him	MCDHMC
	2	Tsoi Kai Yin	STCC
	3	Lin Ka Him	KTGS
	4	Lam Ho Him	SJACS
	5	Lee Cheuk Lam Brian	PLKNO.1C
	6	Lau King Yan Rex	LA
	7	Liu Tsz Hin	SMCESPS
Heat 2	1	Chan Wai Him	SYSS
	2	Humphreys, Oliver Jan	NAIS
	3	Pan Ken	PLKTNK
	4	Keung Yu Yeung	TTCA
	5	Chow Cheuk Long	DMS-HW
	6	Mak Pak To	BHJS
	7	Chan Ching Nam Kayden	PTSS
Heat 3	1	Chiang Hon Ki	CS
	2	Tsui Wai Shing Carlos	CREATIVE
	3	Chen Ka Kuen	DMS-HW
	4	Chow Him Po	JCGSS
	5	Chiu Hoi Fung	QUALIED
	6	Lau Art	KTGS
	7	Sin Hui Yat	MKES
Heat 4	1	Poon Cheuk Kit	CREATIVE
	2	Lee Tasman	HTMS-THT
	3	Ma Yidan	JCGSS
	4	Chen Jonathan Hao	ICQM
	5	Lam Yat Long	SKSS
	6	Ngai Man Chung	K-LING
	7	Ha, Kai Lai Gavin	AISHK
Heat 5	1	Cheung Ho Shun	SKSS
	2	Sheng Jing Heng	SMCESPS
	3	Lam Wai Chun	WYC
	4	Tong Wing Hei Moses	PTSS
	5	Xu Henry	SYSS
	6	Deng Tsz Lam Jake	NAIS
	7	Cheng Tsz Lok Aiden	STCC

Heat 6	2	Ho Ka Wai	HTMS-THT
	3	Yeung Ho Wan	WYC
	4	Cheung Ho Man	TTCA
	5	Leung Cheuk Ming	K-LING
	6	Wong Chung Kwan	LA
	7	Qi Enze	ICQM
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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	Zhang Xuxin Sharon	DMS-HW
	2	Yau Ching Yi	HFCC
	3	Cheung Yee Tak	PLKNO.1C
	4	Kwong Tsz Wan	QUALIED
	5	Law Pui Yi	MKES
	6	Keung Ka Yu	CDGFSS
	7	Rial, Sophie Iyada	AISHK
	8	Cho Kayley	CREATIVE
Heat 2	1	Cheung Ying Chi	HLC
	2	Chung Yip Ling	HFCC
	3	Chan Sze Ki Kiki	PTSS
	4	Leung Anna Petra	TLGC
	5	Ng Suet Ting	LA
	6	Tam Tsz Hei	K-LING
	7	Ng Yan Lam	WYC
	8	Tik Yi Ching Zita	STSS
Heat 3	1	Yeung Hannah	TTCA
	2	Rao Juliana	HTMS-THT
	3	Wong Yuen Kiu	STSS
	4	Tsui Karona	KSSS
	5	Pang Sum Yau	RCPHKMC
	6	Ho Nga Man	TLGC
	7	Lee Yu Sze	OLRC
Heat 4	1	Lao Sze Ue	LA
	2	Leung Tsz Kay	CS
	3	Lai Cheuk Laam	PLKHYC
	4	Tsang Hei Lam Hedy	CREATIVE
	5	Wong Tsz Yan Janet	HPCCSS
	6	Yuen Tsz Yui	OLRC
	7	Chung Wei Qi	HTMS-THT
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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	Wong Tsz Yin	LSTWCM
	2	Wong Cheuk Hin	STCC
	3	Ying Yim Tsan	HLC
	4	Lam, Yu Kwong Nathan	CREATIVE
	5	Xie Jinhan	DMS-HW
	6	Chui Tsz Chun	CIHS
	7	Chan Kelvin	HTCSS
	8	Li Sheldon Tung Chun	SMCESPS
Heat 2	1	Chen Jinghang	K-LING
	2	Kam Cheuk Wai	MCDHMC
	3	Cheung Ching Ip	JCGSS
	4	Mok Man Hin Scott	HTCSS
	5	Ma Man Kit Ricky	PTSS
	6	Yik Kai Fan	HTMS-THT
	7	Wong Ka Nam	HLC

Heat 3	1	Fu King	DMS-HW
	2	Wu Sum Yiu	CIHS
	3	Tsang Yue Ching	LA
	4	Ouyang So Nam	SHSS
	5	To Kwan Yu	CREATIVE
	6	Chow Tsz Him	TTCA
	7	Zhu Chik Ho	HTMS-THT
Heat 4	1	Tang Shing Yan	TTCA
	2	Chung Shing Yuk	SJACS
	3	Lam Ho Wan Howie	JCGSS
	4	Yap Kang Rong	SMCESPS
	5	Lau Chun Lok	STCC
	6	Wu Hung Yui	LSTWCM
	7	Chan Tak Fan Ricker	PTSS

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

Heat 1	1	Liu Whitney	LA
	2	Lin Hau Yu	K-LING
	3	Tong Lai Ying	QUALIED
	4	Cheung Sum Yuet	OLC
	5	Ku Tsui Yin	STSS
	6	Cheng Tin Wai	TLGC
	7	Lau Tsz Tung	TTCA
	8	Chin Si Wing	HFCC
Heat 2	1	Kwok Wing Nam Metta	TLGC
	2	Lau Ka Lai	JCGSS
	3	Rial, Phoebe Chanakarn	AISHK
	4	Law Toi Lam	LKPFC
	5	Li Hoi Ting	QUALIED
	6	Li Yi Hin	HPCCSS
	7	Au Qiao Nan	HFCC
	8	Kong Yee Man	LSTWCM
Heat 3	1	Lam Wing Yiu	OLRC
	2	Li Sze Yu	STSS
	3	Lee Cheuk Kiu	TYH
	4	Chui Cheuk Yee	SAGC
	5	Yan Lanxuan	HTMS-THT
	6	Tse Chi Lam	HLC
	7	Chan Hiu Ying	K-LING

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

Heat 1	1	Tsui Ka Hei	CCSS
	2	Chan Tsz Hei	TYH
	3	Har Lok Hin	SKSS
	4	Ho Johnon	PLKTNK
	5	Chan Shun Hei	SMCESPS
	6	Wong Cheuk Long	LA
	7	Zhou Yexin	WYC
Heat 2	1	Lee Sun Yu	CDGFSS
	2	Ying Victor	PLKNO.1C
	3	Wan Chun Yin Adrian	SYSS
	4	Leung, Chasen Pak Ho	AISHK
	5	Leung Ho Ting	HTCSS
	6	Chan Ho Lai	NAMS
	7	Xian Zhenye	SHSS

Heat 3	1	Wong Ching Tai	PLKTNK
	2	Wong Tsz Wang	DMS-HW
	3	Pang Kai Lok	RCPHKMC
	4	Shum Yan Nok Athan	PLKHYC
	5	Tsoi Hon Man	CREATIVE
	6	Liu Shing Yik	WYC
	7	Lau Chun Yin	KSYSS
Heat 4	1	Tang Tsz Hin	K-LING
	2	Or Hiu Laam	PLKHYC
	3	Wong Tsz Hin	BHJS
	4	Xu Yufeng	CREATIVE
	5	Lai Tsz Him	TTCA
	6	Lau Yik Hei	HLC
	7	Li Xiaoang	HTMS-THT
Heat 5	1	Yuen Chun Kiu	LA
	2	Fung Siu Wai	KSYSS
	3	Tsoi Kai Yu	STCC
	4	Lok Ka	HTMS-THT
	5	Chiu Ho Lam	MKES
	6	Wong Yu Sau	CS
	7	Ngai Chi Ho Jasper	TTCA
Heat 6	1	Chan Yuk Yiu	K-LING
	2	Leung Brian Chun Yu	MDIST
	3	Chan Pak Man	SJACS
	4	Wai Shaun Chun Ting	HTCSS
	5	Sze Chun Hang	SKSS
	6	Lee Tze Ho	NAIS
	7	Cheung Ngo Chit Sherlock	DLKP
Heat 7	1	Lee Hong Yat	MDIST
	2	Barc Leo Piotr	NAIS
	3	Chung Lok Yin Anthony	RCPHKMC
	4	Lam Yin Ho	SMCESPS
	5	Ng Yin Hei	TYH
	6	Kwok Tsz Yat Eden	STCC
	7	Yu Hei Ming	CS

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

Heat 1	1	Charlotte Mary Blake Lok Ching Harward	NAIS
	2	Li Mei Yu	HFCC
	3	Chen Silin	STSS
	4	Ip Hiu Ching	LA
	5	Choi Sin Yu	TTCA
	6	Cheng Cheuk Tung	SAGC
	7	Tang Lok Yan	TLGC
	8	Lau Cheuk Lok	SKSS
Heat 2	1	Chan Ngan Yi Bethie	RCPHKMC
	2	Cheung Ka Tsun	TLGC
	3	Chan Yu Hei	KSSS
	4	Lau Tsz Wun Amber	STCC
	5	Lau Hester	NAMS
	6	Henriksson Chantal Della Conchata	CREATIVE
	7	Lo Sze Yin	K-LING

Heat 3	1	Cheung Wan Yiu	HFCC
	2	Tran Cheuk Wing	OLRC
	3	Tse Pui Lam	TTCA
	4	Au-Yeung Sze Yan Salina	HPCCSS
	5	Yeung Tsz Ching	SKSS
	6	Wong Ching Yee Emily	LA
	7	Wong Wai Tung	K-LING
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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	Kong Tung San	WWS
	2	Wu Xinze	CREATIVE
	3	Wong Cayden Kin Chun	TTCA
	4	Leung Tsz Luen	K-LING
	5	Chan Tsz Hin Nathan	STCC
	6	Chan Tze Yu	SKSS
	7	Xu Henry	SYSS
	8	Chiu Yu Tim	LA
Heat 2	1	Chang Chi Lok	SMCESPS
	2	Hui Ting Hei Alvin	DLKP
	3	Chen Chun Hing	MCDHMC
	4	Cheung Ting Hei William	PTSS
	5	Tam Tin Hang	STCC
	6	Fung Man Cheuk	MDIST
	7	Cheng Ka Hang	PLKHYC
	8	Niska, Theo Mikael	NAIS
Heat 3	1	Wong Keifer	SJACS
	2	Chou, Tsz Yui Hamlyn	AISHK
	3	Tsang Pok Yin	PLKHYC
	4	Fok Sheung Ue	SYSS
	5	Ng Ming Hei	MKES
	6	Wong Cheuk Him	LA
	7	Cheng Lebin	DMS-HW
Heat 4	1	Ling Chung Hei	DMS-HW
	2	Tsang Chiu Yin	SKSS
	3	Lau Wing Him	NAIS
	4	Tsue Yeuk Tin	CDGFSS
	5	Ho Cheuk Kit	MDIST
	6	Ngai Chau Yuen	SJACS
	7	Su Yan Ho	TTCA
Heat 5	1	Ho Tsz Him	BHJS
	2	Lai Nok Fung	K-LING
	3	Leung Pak Yin	MKES
	4	Tam Jun Ngai Maverick	PLKTNK
	5	Ng, Tsz Ho Jason	AISHK
	6	Tai Ching Hin	KTGS
	7	Suen Hei Wun	SMCESPS
<hr/>			
Event 32	Girls B Grade 100m Free Style		2:10pm
	Record : 55.96		Standard : 1:37.00
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Heat 1	1	Cheung Marie Cheuk Sum	TNSS
	2	Yip Hoi Lam Anna	TTCA
	3	Chu Tsz Ki	HTCSS
	4	Ho Nga Man	TLGC
	5	Lee Hoi Ching	PLKNO.1C
	6	Kong Yat Ching	ICQM
	7	Li Pik Yee	LA

Heat 2	1	Cheung Yee Tak	PLKNO.1C
	2	Lau Yeuk Nam Natalie	STCC
	3	Chan Wai Man	SHSS
	4	Lau Pui Yee	HFCC
	5	Lo Cheuk Yi	SAGC
	6	Kwong Man Hei Bella	LA
	7	Tse Yin Yee	DLKP
Heat 3	2	Chan Sin Ki	HFCC
	3	Wang Jia Xuan	CDGFSS
	4	Li Hiu Tung	JCGSS
	5	Lam Ka Wing	TLGC
	6	Li Hoi Ching	K-LING
	7	Ma Tsz Yu	BHJS
Event 33 Boys A Grade 100m Free Style			2:10pm
	Record : 50.66		Standard : 1:21:00
Heat 1	1	Zhang Ziyu	HTMS-THT
	2	Wong Long Ho	SMCESPS
	3	Lau Pak Yin	HLC
	4	Chan Ching Wilson	MDIST
	5	Cheung Chin Fung	CIHS
	6	Fung Kin Long	K-LING
	7	To Chun Ip	PLKNO.1C
	8	Chan Kwok Pan	LSTWCM
Heat 2	1	Zou Ruiyuan	HTMS-THT
	2	Wong Adrian Tsz Kiu	SJACS
	3	Koo Kin Yui	TTCA
	4	Chan Chun Hei	HTCSS
	5	Wong Ho Kit	MKES
	6	Cheng Wing Tai	LSTWCM
	7	Wong Kin Hei Hayden	HKSC
	8	Tjung Yu Kiu Marcus	LA
Heat 3	1	Yu Edward	HKSC
	2	Cheung Chi Hin	MKES
	3	Bui Lang Hei	SMCESPS
	4	Chu Long Wai	KTGS
	5	Wong Long Hei Bosco	STCC
	6	Sun Ho Sum Sammy	K-LING
	7	Yip Ho Cheung	TTCA
Event 34 Girls A Grade 100m Free Style			2:10pm
	Record : 56.74		Standard : 1:35.00
Heat 1	1	Chan Sze Ki	KSSS
	2	Zhang Zirui	HTMS-THT
	3	Law Hoi Ki	K-LING
	4	Lin Ka Hei	OLC
	5	Lau Tin Wing	PLKHYC
	6	Yau Ching Lam	TLGC
	7	Chung Hiu Ying	SKSS
Heat 2	1	Tsang Ching Wun Viola	KSSS
	2	Wong Man Hei	TLGC
	3	Fok Sze Chai Denise	TTCA
	4	Cheuk Tsoi Ling	JCGSS
	5	Yau, Tsoi Man	CREATIVE
	6	Leung Yuet Tung Enya	HTMS-THT
	7	Chung Yuet Yee	HFCC

Event 35 Boys C Grade 50m Back Stroke			2:55pm
Record : 28.16			Standard : 48.00
Heat 1	1	Cheung Yan Shing	TTCA
	2	Nguyen, Jake Zhe	AISHK
	3	Wong Keita Ka On	SMCESPS
	4	Wong Yu Sau	CS
	5	Cheng Yiu Tung Ethan	LA
	6	Xian Zhenye	SHSS
	7	Ng Ting Lok	SYSS
	8	So Pak Lun	HTMS-THT
Heat 2	1	Chou, Tsz Hin Miles	AISHK
	2	Yung Tin Long	SJACS
	3	Wan Lok Him	TTCA
	4	Wan Tsz Long	SYSS
	5	Lee Hong Lik	HTMS-THT
	6	Koon Tsz Hung	QUALIED
	7	Hui Yat Kiu Kobe	WYC
	8	Lee Tze Ho	NAIS
Heat 3	1	Yeung Long	WYC
	2	Ma Sui Ki	PLKTNK
	3	Mittelstaedt Ethan Alexander	SMCESPS
	4	Kwok Tsz Yat Eden	STCC
	5	Wong King Hei Daniel	NAIS
	6	Lee Ming-Jun	LA
	7	Cheng Siu Sing	K-LING
	8	Ho Tsz Chun	LKPFC
Heat 4	1	Tsoi Hon Man	CREATIVE
	2	Zeng Ho Ting	MKES
	3	Lee Hong Yat	MDIST
	4	Lai Pak Yin	STCC
	5	Tong Hei Chit	K-LING
	6	Cheng Ching Lung Mars	PLKHYC
	7	Lam Hok Him	PLKTNK
	8	Wong Ki Hang	SHSS
Event 36 Girls C Grade 50m Back Stroke			2:55pm
Record : 30.75			Standard : 52.00
Heat 1	1	Chow Yu Yau	TYH
	2	Chan Ngan Yi Bethie	RCPHKMC
	3	Lai Hong Ting	TTCA
	4	Lee Tsz Yin Venice	PLKTNK
	5	Lam Sin Yau Pansy	KSSS
	6	Lau Hester	NAMS
	7	Lau Crystal	HFCC
	8	Chiu Sze Laam	STCC
Heat 2	1	Ko Hei Nam	CDGFSS
	2	Lam Yin Hei	TTCA
	3	Chow Pui Lam	SKSS
	4	Chu Ching Yin Clarice	NAIS
	5	Yang Nga Sze	TLGC
	6	Ingham, Lillia Lei Nga	AISHK
	7	Lei Man Ki	LA

Heat 3	1	Lau Cheuk Yin	CS
	2	Lam Hoi Ling	PLKHYC
	3	Cheung Wai Yi Jaqueline	BHJS
	4	Li Hoi Ching	LA
	5	Tang Lok Yan	TLGC
	6	Hsu Wan Hei Wallis	PLKTNK
	7	Cheung Sum Yuet	HPCCSS
Heat 4	1	Li Hei Yee Hailey	TYH
	2	Mo Hiu Tung	STSS
	3	Choi Yuen Man	RCPHKMC
	4	Li Mei Yu	HFCC
	5	Chan Ying Tung	STCC
	6	Wong Hui Yin	HPCCSS
	7	Siu Hei Tung	K-LING

Event 37	Boys B Grade 50m Back Stroke	2:55pm
	Record : 27.12	Standard : 45.00

Heat 1	1	Reid, Noah Dennis	NAIS
	2	Cheung Chun Sum Samuel	PTSS
	3	Chiu Yu Tim	LA
	4	Wong Cayden Kin Chun	TTCA
	5	Loginov Timofei	SMCESPS
	6	Tang Shun Hei	KSYSS
	7	Chan King Pui Kingsley	RCPHKMC
Heat 2	1	Wong Nok Yin	SKSS
	2	Tse Chun Hon Terence	K-LING
	3	Lu Juncheng	ICQM
	4	Cheung Lai Yiu	SYSS
	5	Chiu Hoi Fung	QUALIED
	6	Chan Hui Hin	MCDHMC
	7	Ling Chung Hei	DMS-HW
Heat 3	2	Dai Cho Tsun	MDIST
	3	Yau Nok Chun	SMCESPS
	4	Chan Wang Ching	SYSS
	5	Chan Yin Ching	HKTAYY3
	6	Demiral Efe Aslan	NAIS
	7	Fung Ching To	RCPHKMC

Event 38	Girls B Grade 50m Back Stroke	2:55pm
	Record : 29.52	Standard : 52.00

Heat 1	1	Lam Pui Nam	BHJS
	2	Lau Pui Yee	HFCC
	3	Ho Wing Sze	HTMS-THT
	4	Ching Hiu Laam Holbie	PLKHYC
	5	Li, Karin	NAIS
	6	Ng Pui Lam	K-LING
	7	Li Jacey	CREATIVE
	8	Kwong Man Hei Bella	LA
Heat 2	1	Chu Tsz Ki	HTCSS
	2	Cheung Marie Cheuk Sum	TNSS
	3	Cheng Angela	TLGC
	4	Leung, Chantelle Lok Ka	AISHK
	5	Ng Yan Lam	WYC
	6	Au-Yeung Ho Yan	LA
	7	Chung Sze Ching	CS
	8	Ip Ching	STCC

Heat 3	1	Chen Sze Yui	SAGC
	2	Chau Pui Yu	K-LING
	3	Lau Pui Fan	WYC
	4	Cheung Hoi Ching	HFCC
	5	Ma Tsz Yu	BHJS
	6	Kong Yat Ching	ICQM
	7	Lai Bowen Yuanna	TLGC
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Event 39	Boys A Grade 50m Back Stroke		2:55pm
	Record : 26.27		Standard : 43.00
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Heat 1	1	Li Sheldon Tung Chun	SMCESPS
	2	Leung Tsz Cheung	K-LING
	3	Lui Ngo	SJACS
	4	Tjung Yu Kiu Marcus	LA
	5	Mok Man Hin Scott	HTCSS
	6	Chan Chun Fung	NAMS
	7	Lam Kam Fung	HTMS-THT
Heat 2	2	Chan Pak Sin	PTSS
	3	Tang Shing Yan	TTCA
	4	Chan Tak Yin	SMCESPS
	5	Lam Ming Long	HTMS-THT
	6	Cai Yaolin	DMS-HW
	7	Chan Ching Wilson	MDIST
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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	2	Au Charis	TTCA
	3	Man Wai Yan Natalie	HTMS-THT
	4	Siu, Hoi Lam	CREATIVE
	5	Tsang Suet Ying	TYH
	6	Teng Nok Yin	CIHS
	7	Hui Wing Yu	HPCCSS
Heat 2	2	Wong Wing Hei	KSSS
	3	Cheng Jasmine	OLC
	4	Lam Wing Yiu	OLRC
	5	Leung Hoi Lam	CREATIVE
	6	Cheung Ho Ching	HPCCSS
	7	Wong King Yee	STCC
Heat 3	2	Tsui Yan Yuet	HTMS-THT
	3	Chan Yuet Ki	KSSS
	4	Wan Tsz Ching	TTCA
	5	Tong Chung Ki	TLGC
	6	Zhang Yuk Hei	K-LING
	7	Ng Wing Tung Jacquelyn	STCC
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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	1		LA
	2		PLKNO.1C
	3		WYC
	4		K-LING
	5		HTMS-THT
	6		SHSS
	7		SMCESPS
	8		CREATIVE

Heat 2	1	NAIS
	2	BHJS
	3	PLKTNK
	4	SKSS
	5	TTCA
	6	HTCSS
	7	SJACS
	8	MDIST
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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	1	HFCC
	2	PLKNO.1C
	3	SKSS
	4	HTMS-THT
	5	BHJS
	6	TTCA
	7	KSSS
Heat 2	1	LA
	2	STSS
	3	TLGC
	4	CREATIVE
	5	HPCCSS
	6	TYH
	7	K-LING
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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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Heat 1	2	SKSS
	3	LA
	4	HTMS-THT
	5	KTGS
	6	MKES
	7	BHJS
Heat 2	2	TTCA
	3	SYSS
	4	SMCESPS
	5	MDIST
	6	NAIS
	7	CREATIVE
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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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Heat 1	2	HFCC
	3	PLKNO.1C
	4	STSS
	5	WYC
	6	K-LING
Heat 2	3	TLGC
	4	HTMS-THT
	5	LA
	6	CREATIVE

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

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

Heat 1	2	TTCA
	3	K-LING
	4	STSS
	5	HPCCSS
	6	HTMS-THT
	Heat 2	3
4		TLGC
5		KSSS
6		HFCC

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

Heat 1	1	K-LING
	2	JCGSS
	3	TYH
	4	TTCA
	5	SMCESPS
	6	PTSS
	7	SKSS
Heat 2	1	RCPHKMC
	2	SHSS
	3	PLKTNK
	4	HTCSS
	5	PLKNO.1C
	6	BHJS
	7	CDGFSS
Heat 3	2	NAIS
	3	LA
	4	PLKHYC
	5	AISHK
	6	MDIST
	7	SYSS
	Heat 4	2
3		DMS-HW
4		STCC
5		WYC
6		SJACS
7		CREATIVE

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

Heat 1	1	CREATIVE
	2	TLGC
	3	KSSS
	4	LA
	5	BHJS
	6	HPCCSS
	7	PLKTNK

Heat 2	2	HTMS-THT
	3	STSS
	4	K-LING
	5	RCPHKMC
	6	TTCA
	7	PTSS
	Heat 3	2
3		STCC
4		SKSS
5		SAGC
6		HFCC
7		OLRC

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

Heat 1	2	PTSS
	3	JCGSS
	4	TTCA
	5	BHJS
	6	DMS-HW
	7	LA
	Heat 2	2
3		SJACS
4		MDIST
5		K-LING
6		SKSS
7		NAIS
Heat 3		2
	3	SMCESPS
	4	STCC
	5	SYSS
	6	PLKNO.1C

Event 50	Girls B Grade 4x50m Free Style Relay	4:50pm
	Record : 1:45.65	Standard : 3:00.00

Heat 1	1	HTMS-THT
	2	STCC
	3	JCGSS
	4	TLGC
	5	CDGFSS
	6	K-LING
	7	LA
	8	TTCA
Heat 2	1	OLRC
	2	CREATIVE
	3	SAGC
	4	DMS-HW
	5	HFCC
	6	PLKNO.1C
	7	CS
	8	WYC

Event 51 Boys A Grade 4x50m Free Style Relay		4:50pm
Record : 1:33.95		Standard : 2:15.00
Heat 1	1	HTCSS
	2	CREATIVE
	3	PTSS
	4	MDIST
	5	MKES
	6	K-LING
	7	DMS-HW
	8	SJACS
Heat 2	1	STCC
	2	SHSS
	3	SMCESPS
	4	HLC
	5	TTCA
	6	LSTWCM
	7	HTMS-THT

Event 52 Girls A Grade 4x50m Free Style Relay		4:50pm
Record : 1:46.59		Standard : 2:55.00
Heat 1	2	K-LING
	3	CREATIVE
	4	OLRC
	5	TLGC
	6	LSTWCM
	7	HTMS-THT
	Heat 2	2
3		KSSS
4		OLC
5		JCGSS
6		HPCCSS