

HONG KONG ISLAND & KOWLOON SECONDARY SCHOOLS
INTER-SCHOOL SWIMMING COMPETITION 2024-2025
DIVISION THREE (KOWLOON 2)

GUEST OF HONOUR

MS. NANCY LEE

*PRINCIPAL OF ST. MARGARET'S CO-EDUCATIONAL ENGLISH SECONDARY AND
PRIMARY SCHOOL*

Acknowledgement

The Hong Kong Island & Kowloon Secondary Schools Regional Committee wishes to express its appreciation to the following organizations and persons for their support & assistance to Inter-School Swimming Division Three (Kowloon 2) Competition.

- *LEISURE & CULTURAL SERVICES DEPARTMENT for subventing the competition*
- *BANK OF CHINA (HONG KONG) for sponsoring the competition*
- *MR CHING HON WAI & MR WONG WAI HO for serving as referees*
- *MR LEE HO YAT for serving as starters*
- *MS. NG WAI TING, CONVENOR for her personal assistance to the competition*
- *KOWLOON PARK SWIMMING POOL for their co-operation*
- *ALL OFFICIALS & JUDGES of the meet*
- *STUDENT HELPERS of True Light Girls College*
- *BOCHK SCHOOLS SPORTS VOLUNTEERS*

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. Wong Wai Ho		
Starter	: Mr. Lee Ho Yat			
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. Wong Lai Ching	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)

Final Day 02 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	
	3	9:15am	100m Breast Stroke	Boys C		
	4		"		Girls C	
	5		"	Boys B		
	6		"		Girls B	
	7		"	Boys A		
	8		"		Girls A	
	9	9:35am	50m Butterfly	Boys C		
	10		"		Girls C	
	11		"	Boys B		
	12		"		Girls B	
	13		"	Boys A		
	14		"		Girls A	
	15	9:50am	100m Back Stroke	Boys B		
	16		"		Girls B	
	17		"	Boys A		
	18		"		Girls A	
	19	10:10am	50m Free Style	Boys C		
	20		"		Girls C	
	21		"	Boys B		
	22		"		Girls B	
	23		"	Boys A		
	24		"		Girls A	
	25	10:25am	200m Individual Medley	Boys C		3
	26		"		Girls C	1
	27		"	Boys B		2
	28		"		Girls B	1
	29		"	Boys A		
	30		"		Girls A	
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	
	51		"	Boys A		
	52		"		Girls A	
	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	

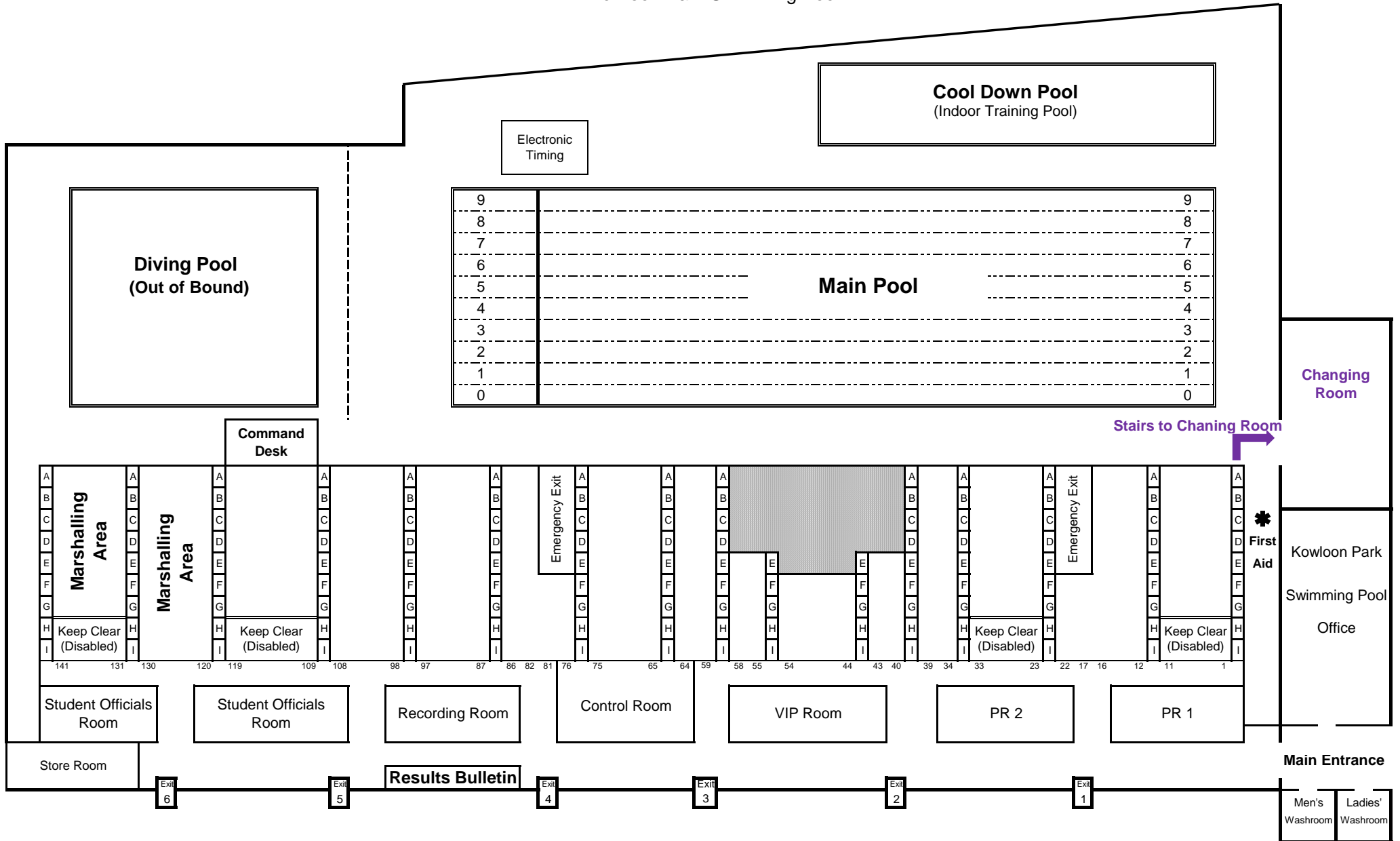
List of Participating Schools of Division Three (Kowloon 2)

	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

Revised on 25.9.24

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	6	6
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	1	6
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	Rhenish Church Pang Hok Ko Memorial College	2	2
41	Sing Yin Secondary School	3	-
42	Sir Ellis Kadoorie Secondary School (West Kowloon)	3	3
43	SKH Holy Trinity Church Secondary School	1	1
44	St. Antonius Girls' College	-	7
45	St. Joseph's Anglo-Chinese School	8	-
46	St. Margaret's Co-Educational English Secondary and Primary School	7	-
47	St. Teresa Secondary School	-	4
48	Stewards Pooi Tun Secondary School	6	6
49	Tak Nga Secondary School	-	5
50	The HKTA Ching Chung Secondary School	4	-
51	True Light Girls' College	-	3
52	Tsung Tsin Christian Academy	5	5
53	Wa Ying College	4	4
54	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

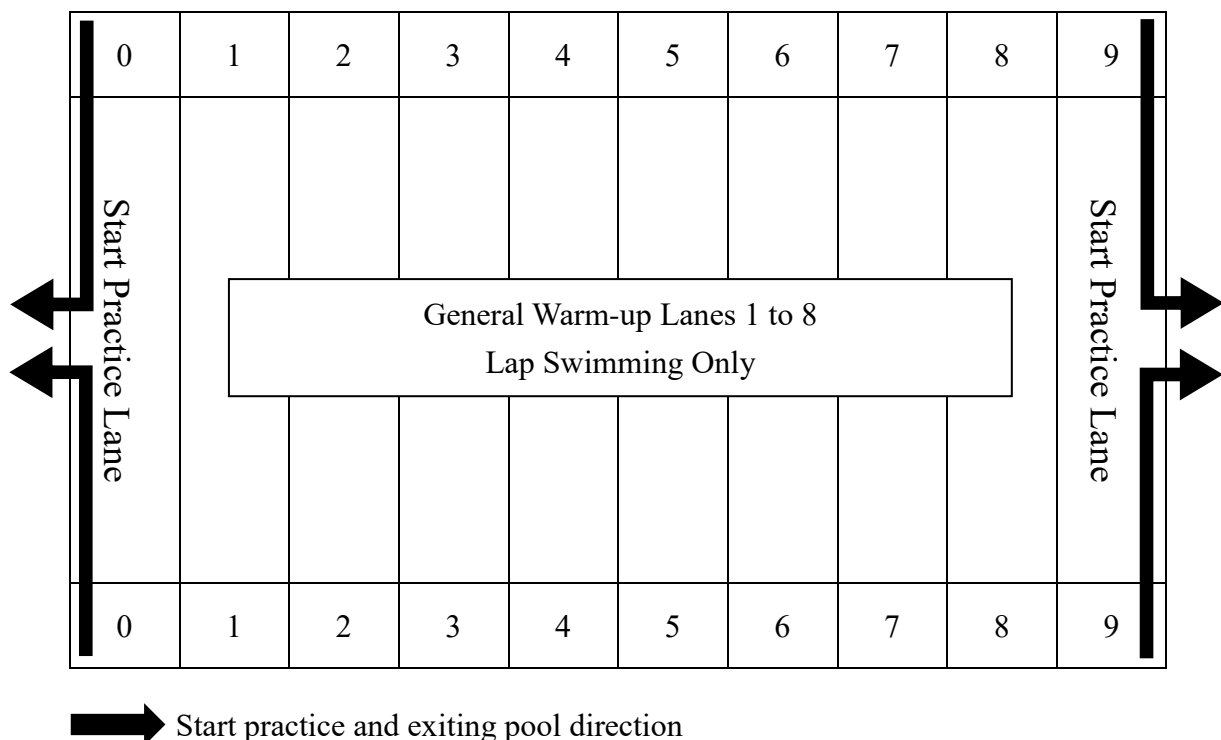
General Warm-up Procedure

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)
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 Two)

Day One 25 September 2024

Boys Overall

Position	School	A	B	C	Total
1	St. Margaret's Co-Educational English Secondary and Primary School	10	16	16	42
2	Nord Anglia International School		17	14	31
3	Tsung Tsin Christian Academy	9	12	9	30
4	HKCCCU Logos Academy	2	11	15	28
5	St. Joseph's Anglo-Chinese School	9	6	8	23
6	Creative Secondary School	5	8	9	22
6	Heung To Middle School (Tai Hang Tung)	8	3	11	22
8	ECF Saint Too Canaan College	5	8	7	20
9	Stewards Pooi Tun Secondary School	4	8	7	19
10	Australian International School Hong Kong	2	6	10	18
10	King Ling College	8	1	9	18
10	Methodist College	2	7	9	18
10	Sing Yin Secondary School		11	7	18
14	Mu Kuang English School	6	7	1	14
14	Christian & Missionary Alliance Sun Kei Secondary School		10	4	14
14	Wa Ying College		4	10	14
17	Po Leung Kuk No. 1 W. H. Cheung College	2	6	5	13
18	Carmel Divine Grace Foundation Secondary School		4	8	12
19	Po Leung Kuk Ho Yuk Ching (1984) College	2	0	9	11
20	Ho Lap College (Sponsored by the Sik Sik Yuen)	2	3	5	10
20	Kwun Tong Government Secondary School	1	9		10
22	SKH Holy Trinity Church Secondary School	3		6	9
23	Bishop Hall Jubilee School		3	5	8
23	International Christian Quality Music Secondary and Primary School		4	4	8
23	POH 80th Anniversary Tang Ying Hei College			8	8
26	HKMA David Li Kwok Po College		3	4	7
26	Delia Memorial School (Hip Wo)	5	1	1	7
26	Rhenish Church Pang Hok Ko Memorial College		1	6	7
29	Kowloon Sam Yuk Secondary School		2	3	5
30	Carmel Secondary School		1	3	4
30	HKICC Lee Shau Kee School of Creativity	4			4
30	Jockey Club Government Secondary School	3	1	0	4
30	MKMCF Ma Chan Duen Hey Memorial College	2	2	0	4
30	Po Leung Kuk Tong Nai Kan Junior Secondary College		2	2	4
30	Man Kwan QualiEd College		4	0	4
36	The HKTA Ching Chung Secondary School		2	1	3
36	NLSI Lui Kwok Pat Fong College		1	2	3
36	FDBWA Szeto Ho Secondary School	1		2	3
36	HKSYCIA Wong Tai Shan Memorial College		3		3
40	HKTA The Yuen Yuen Institute No.3 Secondary School		2		2
40	Lok Sin Tong Wong Chung Ming Secondary School	2		0	2
40	YCH Wong Wha San Secondary School		2	0	2
43	New Asia Middle School	1		0	1
44	Concordia International School	0			0
44	Sir Ellis Kadoorie Secondary School (West Kowloon)	0			0

Inter-School Swimming Competition 2024-2025

Division Three (Kowloon Two)

Day One 25 September 2024

Girls Overall

Position	School	A	B	C	Total
1	HKCCCU Logos Academy	2	14	13	29
1	Holy Family Canossian College	5	12	12	29
3	Tsung Tsin Christian Academy	8	6	11	25
4	Hoi Ping Chamber of Commerce Secondary School	5	2	12	19
5	King Ling College	3	9	5	17
6	ECF Saint Too Canaan College	3	4	8	15
6	True Light Girls' College	6	4	5	15
8	Creative Secondary School	5	6	2	13
8	Heung To Middle School (Tai Hang Tung)	4	6	3	13
10	Our Lady's College	6	2	4	12
11	Christian & Missionary Alliance Sun Kei Secondary School	1	1	9	11
12	St. Teresa Secondary School	4	4	2	10
13	Australian International School Hong Kong	1	4	4	9
13	Carmel Secondary School		6	3	9
15	Carmel Divine Grace Foundation Secondary School		7	1	8
15	Stewards Pooi Tun Secondary School		2	6	8
17	POH 80th Anniversary Tang Ying Hei College	3		4	7
17	St. Antonius Girls' College	0	4	3	7
19	Bishop Hall Jubilee School		5	1	6
19	Kit Sam Lam Bing Yim Secondary School	4	0	2	6
19	Po Leung Kuk No. 1 W. H. Cheung College		1	5	6
22	Man Kwan QualiEd College	4	1		5
22	NLSI Lui Kwok Pat Fong College	2	1	2	5
22	Nord Anglia International School		1	4	5
25	FDBWA Szeto Ho Secondary School		2	2	4
25	HKMA David Li Kwok Po College		2	2	4
25	International Christian Quality Music Secondary and Primary School	2	2		4
25	New Asia Middle School			4	4
25	Po Leung Kuk Ho Yuk Ching (1984) College	0	2	2	4
25	Rhenish Church Pang Hok Ko Memorial College	1	1	2	4
25	SKH Holy Trinity Church Secondary School		2	2	4
25	Tak Nga Secondary School	2	2		4
25	Wa Ying College		2	2	4
34	Kowloon Sam Yuk Secondary School			3	3
34	Our Lady of the Rosary College	0	0	3	3
34	Po Leung Kuk Tong Nai Kan Junior Secondary College			3	3
37	Ho Lap College (Sponsored by the Sik Sik Yuen)	2	0	0	2
37	Jockey Club Government Secondary School	0	2		2
37	Lok Sin Tong Wong Chung Ming Secondary School	2		0	2
40	Concordia International School	1			1
40	Methodist College			1	1
40	Mu Kuang English School	0	1	0	1
40	Sir Ellis Kadoorie Secondary School (West Kowloon)			1	1
44	Delia Memorial School (Hip Wo)		0		0
44	HKSYCIA Wong Tai Shan Memorial College				0

Inter-School Swimming Competition 2024-2025

Division Three (Kowloon Two)

Final Day 02 October 2024

Event 1	Boys A Grade 200m Free Style	8:45am
	Record : 1:50.11	Standard : 3:16.00
Final 1	2 Ngan Wai Hang	TTCA
	3 Man Yui Hei	HTMS-THT
	4 Wong Yik	LSTWCM
	5 Chan Chun Hei	HTCSS
	6 To Jun Lok	SMCESPS
	7 Fung Kin Long	K-LING
Final 2	2 Bui Lang Hei	SMCESPS
	3 Au Chung Him	SJACS
	4 Cheng Lok Hei	WTSMC
	5 Lam Chin Tsun Simpson	DMS-HW
	6 Wong Long Hei Bosco	STCC
	7 Zou Ruiyuan	HTMS-THT
Event 2	Girls A Grade 200m Free Style	8:45am
	Record : 2:02.60	Standard : 3:55.00
Final	2 Yeung Hoi Yu	HFCC
	3 Yau, Tsoi Man	CREATIVE
	4 Hui Sze Wan	OLRC
	5 Wong Lok Tung	HFCC
	6 Chan Hoi Ching	HPCCSS
Event 3	Boys C Grade 100m Breast Stroke	9:15am
	Record : 1:05.72	
Final	1 Lau Tsun Hei Jayden	LA
	2 Lee Chun Yu Max	MDIST
	3 Kwok Pak Hei	K-LING
	4 Ng Matthew	PTSS
	5 Ma Ho Hin	MDIST
	6 Cheng Chun Him	SMCESPS
	7 Chan Kinnson	SJACS
	8 Ho Ka Long	SHSS
Event 4	Girls C Grade 100m Breast Stroke	9:15am
	Record : 1:13.00	
Final	1 Chan Cheuk Ki	RCPHKMC
	2 Lam Ching Shan	SKSS
	3 Hsu Wan Hei Wallis	PLKTNK
	4 Chan Tsz Wing	PLKNO.1C
	5 Tsang Pui Yin	SKSS
	6 Fan Chue Wing	NAMS
	7 Poon Yan Chi	BHJS
	8 Man Wing Sum	DLKP
Event 5	Boys B Grade 100m Breast Stroke	9:15am
	Record : 1:05.00	
Final	1 Lau Art	KTGS
	2 Deng Tsz Lam Jake	NAIS
	3 To Fei	LA
	4 Lam Yat Long	SKSS
	5 Liu Tsz Hin	SMCESPS
	6 Ma Tsz Ho	PLKNO.1C
	7 Mak Pak To	BHJS
	8 Chan Wai Him	SYSS

Event 6	Girls B Grade 100m Breast Stroke	9:15am
	Record : 1:12.41	
Final	1 Tse Hoi Lam	TTCA
	2 Chan Sin Ki	HFCC
	3 Wong Yuen Kiu	STSS
	4 Siu Hoi Ching	BHJS
	5 Chan Chi Ching	RCPHKMC
	6 Chan Wai Man	SHSS
	7 Lao Sze Ue	LA
	8 Kwong Tsz Wan	QUALIED
Event 7	Boys A Grade 100m Breast Stroke	9:15am
	Record : 1:02.39	
Final	1 Zhou Max Virgil	SMCESPS
	2 Ma Man Kit Ricky	PTSS
	3 To Kwan Yu	CREATIVE
	4 Koo Kam Ho	SJACS
	5 Chung Shing Yuk	SJACS
	6 Lam, Yu Kwong Nathan	CREATIVE
	7 Chow Tsz Him	TTCA
	8 Yap Kang Rong	SMCESPS
Event 8	Girls A Grade 100m Breast Stroke	9:15am
	Record : 1:11.31	
Final	1 Chu Wing Yan	K-LING
	2 Law Toi Lam	LKPFC
	3 Cheung Sum Yuet	OLC
	4 Poon Ka Yan Angel	TLGC
	5 Yip Yan Kiu	ICQM
	6 Tsui Hoi Lam	RCPHKMC
	7 Liu Whitney	LA
	8 Chin Si Wing	HFCC
Event 9	Boys C Grade 50m Butterfly	9:35am
	Record : 26.10	
Final	1 Chan Sum Sheung Sean	ICQM
	2 Cheshire Leonard Oscar	CREATIVE
	3 Morgan-Cheng, Jasper	AISHK
	4 Cheng Ching Lung Mars	PLKHYC
	5 Leung, Chasen Pak Ho	AISHK
	6 Li Xiaoang	HTMS-THT
	7 Fung Siu Wai	KSYSS
	8 Lai Tsun Nok	CDGFSS
Event 10	Girls C Grade 50m Butterfly	9:35am
	Record : 28.62	
Final	1 Lam Sze Ching	WYC
	2 Chow Ching Yiu	SEKSS-WK
	3 Wong Hiu Ching	HTCSS
	4 Wong Claire	PTSS
	5 Li Hei Yee Hailey	TYH
	6 Fung Yim Lan Sharon	OLC
	7 Lai Hong Ting	TTCA
	8 Mao Amber	HTMS-THT

Event 11	Boys B Grade 50m Butterfly	9:35am
	Record : 25.43	
Final	1 Ng Ming Hei	MKES
	2 Wong Long Ching	CREATIVE
	3 Harward, Maxim William Patrick Ming Sum	NAIS
	4 Tsang Chiu Yin	SKSS
	5 Tse Tsun Hai	MKES
	6 Wong Cheuk Him	LA
	7 Leung Chun Hei Bosco	SYSS
	8 Xing Enrui	CCSS
Event 12	Girls B Grade 50m Butterfly	9:35am
	Record : 27.56	
Final	1 Wang Jia Xuan	CDGFSS
	2 Tsang Hei Lam Hedy	CREATIVE
	3 Li Hoi Ching	K-LING
	4 Chiu Sze Yui	OLC
	5 Tse Hoi Lam	CDGFSS
	6 Ng Suet Ting	LA
	7 Chung Wei Qi	HTMS-THT
	8 Tik Yi Ching Zita	STSS
Event 13	Boys A Grade 50m Butterfly	9:35am
	Record : 24.83	
Final	1 Cheng Hoi Yau	K-LING
	2 Chow Kai Lun Phoenix	PLKHYC
	3 Cheung Chi Hin	MKES
	4 Kwan Ho Yeung	SMCESPS
	5 Loui, Nathan Andrew	AISHK
	6 Leung Kai Lok	MKES
	7 Siu King To Bosco	JCGSS
	8 Ho Wing Fai	MCDHMC
Event 14	Girls A Grade 50m Butterfly	9:35am
	Record : 27.29	
Final	1 Wong Lok Tung	HFCC
	2 Leung Hoi Lam	CREATIVE
	3 Fok Sze Chai Denise	TTCA
	4 Lau Tsz Tung	TTCA
	5 Ng Wing Tung Jacquelyn	STCC
	6 Suen Hiu Ching	HLC
	7 Siu Hoi Ching	TNSS
	8 Ho Wing Yan Yanice	TLGC
Event 15	Boys B Grade 100m Back Stroke	9:50am
	Record : 58.17	
Final	1 Tam Ho Hong	CDGFSS
	2 Demiral Efe Aslan	NAIS
	3 Chan Yin Ching	HKTAYY3
	4 Leung Hoi Chun	CREATIVE
	5 Wong Nok Yin	SKSS
	6 Hui Yau Wing	DLKP
	7 Loginov Timofei	SMCESPS
	8 Reid, Noah Dennis	NAIS

Event 16	Girls B Grade 100m Back Stroke	9:50am
	Record : 1:03.30	
Final	1 Wong Tsz Yiu Yani	SAGC
	2 Guan Sze Yin	CDGFSS
	3 Pang Jophy	HFCC
	4 Chung Sze Ching	CS
	5 Chan Long Yi	LA
	6 Wong Tsz Yan Janet	HPCCSS
	7 Cheung Hoi Ching	HFCC
	8 Lam Ka Wing	TLGC
Event 17	Boys A Grade 100m Back Stroke	9:50am
	Record : 57.38	Standard : 1:40.00
Final	1 Chan Pak Sin	PTSS
	2 Chan Chun Fung	NAMS
	3 Lam Chin Tsun Simpson	DMS-HW
	4 Lam Kam Fung	HTMS-THT
	5 To Jun Lok	SMCESPS
	6 Leung Tsz Cheung	K-LING
	7 Lui Ngo	SJACS
	8 Lam Ming Long	HTMS-THT
Event 18	Girls A Grade 100m Back Stroke	9:50am
	Record : 1:02.62	Standard : 2:00.00
Final	3 Tong Chung Ki	TLGC
	4 Rial, Phoebe Chanakarn	AISHK
	5 Zhang Yuk Hei	K-LING
	6 Chung Hiu Ying	SKSS
Event 19	Boys C Grade 50m Free Style	10:10am
	Record : 24.77	
Final	1 Lee Wang Lok	CREATIVE
	2 Wong Cheuk Long	LA
	3 Wai Shaun Chun Ting	HTCSS
	4 Lai Pak Yin	STCC
	5 Morgan-Cheng, Jasper	AISHK
	6 Chan Sum Sheung Sean	ICQM
	7 Wong Sing Hon Andy	WYC
	8 Chu King Pok Kingston	PTSS
Event 20	Girls C Grade 50m Free Style	10:10am
	Record : 25.87	
Final	1 Chan Yu Hei	KSSS
	2 Charlotte Mary Blake Lok Ching Harward	NAIS
	3 Wong Hiu Ching	HTCSS
	4 Lau Tsz Wun Amber	STCC
	5 Lui Tsz Tung Miley	LKPFC
	6 Onyemachi Yip Yan Merry	OLC
	7 Mao Amber	HTMS-THT
	8 Lam Sze Ching	WYC

Event 21	Boys B Grade 50m Free Style	10:10am
	Record : 23.91	
Final	1 Lau King Yan Rex	LA
	2 Chan Wang Ching	SYSS
	3 Ng, Tsz Ho Jason	AISHK
	4 Dai Cho Tsun	MDIST
	5 Tang Shun Hei	KSYSS
	6 Kong Tung San	WWS
	7 Xing Enrui	CCSS
	8 Ngai Chau Yuen	SJACS
Event 22	Girls B Grade 50m Free Style	10:10am
	Record : 25.81	
Final	1 Liu Wing Ki	K-LING
	2 Lau Yeuk Nam Natalie	STCC
	3 Chan Sze Ki Kiki	PTSS
	4 Cheung Yik Nga Ashley	DLKP
	5 Chiu Sze Yui	OLC
	6 Kwok Hoi Ching	LKPFC
	7 Rial, Sophie Iyada	AISHK
	8 Chan Long Yi	LA
Event 23	Boys A Grade 50m Free Style	10:10am
	Record : 23.47	
Final	1 Leung Sum Lap	SHSS
	2 Leung Kai Lok	MKES
	3 Koo Kin Yui	TTCA
	4 Loui, Nathan Andrew	AISHK
	5 Kwan Ho Yeung	SMCESPS
	6 Wong Adrian Tsz Kiu	SJACS
	7 Wong Kin Hei Hayden	HKSC
	8 Chow Kai Lun Phoenix	PLKHYC
Event 24	Girls A Grade 50m Free Style	10:10am
	Record : 26.38	
Final	1 Tsui Yan Yuet	HTMS-THT
	2 Lin Ka Hei	OLC
	3 Au Qiao Nan	HFCC
	4 Wan Tsz Ching	TTCA
	5 Siu, Hoi Lam	CREATIVE
	6 Cheng Jasmine	OLC
	7 Suen Hiu Ching	HLC
	8 Cheng Tin Wai	TLGC
Event 25	Boys C Grade 200m Individual Medley	10:25am
	Record : 2:09.10	Standard : 3:50.00
Final 1	2 Pang Kai Lok	RCPHKMC
	3 Wan Chun Yin Adrian	SYSS
	4 Cheng Siu Sing	K-LING
	5 Tsang Chun Hei	SMCESPS
	6 Wong Lok Yin Terence	PLKHYC
Final 2	2 Lai Yat Lam Moses	TYH
	3 Mittelstaedt Ethan Alexander	SMCESPS
	4 Chen Haining	WYC
	5 Chan Kinnson	SJACS
	6 Lee Ming-Jun	LA

Final 3	1	Huan Zeyu	JCGSS
	2	Chan Wai Tung	LA
	3	So Chung Tin	K-LING
	4	Ying Victor	PLKNO.1C
	5	Tsui Ka Hei	CCSS
	6	Ng Matthew	PTSS
	7	Zhou Yexin	WYC
	8	Leung Ho Ting	HTCSS
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Event 26	Girls C Grade 200m Individual Medley		10:25am
	Record : 2:23.43		Standard : 4:00.00
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Final	2	Wong Claire	PTSS
	3	Chan Tsz Wing	PLKNO.1C
	4	Chow Ching Yiu	SEKSS-WK
	5	Poon Yan Chi	BHJS
	6	Tsang Pui Yin	SKSS
	7	Cheng Kai Yi Kylie	LA
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Event 27	Boys B Grade 200m Individual Medley		10:25am
	Record : 2:08.99		Standard : 3:40.00
<hr/>			
Final 1	2	Wong Long Ching	CREATIVE
	3	Ho Shun Chi	HLC
	4	Harward, Maxim William Patrick Ming S	NAIS
	5	Fok Sheung Ue	SYSS
	6	Yau Nok Chun	SMCESPS
Final 2	1	Ho Tsz Him	BHJS
	2	Hui Yau Wing	DLKP
	3	Fung Man Cheuk	MDIST
	4	Tse Tsun Hai	MKES
	5	Lam Cho Hang	PLKNO.1C
	6	Ma Tsz Ho	PLKNO.1C
	7	Fung Ching To	RCPHKMC
	8	Leung Hoi Chun	CREATIVE
<hr/>			
Event 28	Girls B Grade 200m Individual Medley		10:25am
	Record : 2:21.39		Standard : 4:15.00
<hr/>			
Final	2	Li, Karin	NAIS
	3	Lam Po Ying	CS
	4	Cheung Yik Nga Ashley	DLKP
	5	Liu Wing Ki	K-LING
	6	Guan Sze Yin	CDGFSS
	7	Kwok Hoi Ching	LKPFC
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Event 29	Boys A Grade 200m Individual Medley		10:25am
	Record : 2:05.98		Standard : 3:35.00
<hr/>			
Final	3	Wong Tsz Ip	PLKHYC
	4	Au Chung Him	SJACS
	5	Zhou Max Virgil	SMCESPS
	6	Wong Chun Hei	TTCA
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Event 30	Girls A Grade 200m Individual Medley		10:25am
	Record : 2:17.58		Standard : 3:45.00
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Final	3	Teng Nok Yin	CIHS
	4	Tsui Hoi Lam	RCPHKMC
	5	Chui Lok Yiu	TLGC

Event 31	Boys C Grade 50m Breast Stroke	1:30pm
	Record : 30.00	
Final	1 Law Chun Sing	TYH
	2 Chu King Pok Kingston	PTSS
	3 Kwok Pak Hei	K-LING
	4 Cheng Chun Him	SMCESPS
	5 Wong Sing Hon Andy	WYC
	6 Lau Tsun Hei Jayden	LA
	7 Lee Chun Yu Max	MDIST
	8 Kan Pui Hin	HTMS-THT
Event 32	Girls C Grade 50m Breast Stroke	1:30pm
	Record : 33.07	
Final	1 Fung Yim Lan Sharon	OLC
	2 Man Wing Sum	DLKP
	3 Chan Cheuk Ki	RCPHKMC
	4 Fan Chue Wing	NAMS
	5 Lam Ching Shan	SKSS
	6 Lui Tsz Tung Miley	LKPFC
	7 Ho Yi Kiu	HPCCSS
	8 Cheung Wan Yiu	HFCC
Event 33	Boys B Grade 50m Breast Stroke	1:30pm
	Record : 28.76	
Final	1 Tong Wing Hei Moses	PTSS
	2 Chan Wai Him	SYSS
	3 Wong Chung Kwan	LA
	4 Lam Yat Long	SKSS
	5 Liu Tsz Hin	SMCESPS
	6 Mak Pak To	BHJS
	7 Lau Art	KTGS
	8 Lam Wai Chun	WYC
Event 34	Girls B Grade 50m Breast Stroke	1:30pm
	Record : 32.95	
Final	1 Ng Suet Ting	LA
	2 Lao Sze Ue	LA
	3 Rial, Sophie Iyada	AISHK
	4 Chan Sze Ki Kiki	PTSS
	5 Wong Yuen Kiu	STSS
	6 Wong Tsz Yan Janet	HPCCSS
	7 Chung Wei Qi	HTMS-THT
	8 Leung Tsz Kay	CS
Event 35	Boys A Grade 50m Breast Stroke	1:30pm
	Record : 28.87	
Final	1 Chan Kelvin	HTCSS
	2 Tsang Yue Ching	LA
	3 Lam, Yu Kwong Nathan	CREATIVE
	4 Chung Shing Yuk	SJACS
	5 To Kwan Yu	CREATIVE
	6 Li Sheldon Tung Chun	SMCESPS
	7 Ma Man Kit Ricky	PTSS
	8 Xie Jinhan	DMS-HW

Event 36	Girls A Grade 50m Breast Stroke	1:30pm
	Record : 32.69	
Final	1 Kong Yee Man	LSTWCM
	2 Kwok Wing Nam Metta	TLGC
	3 Au Qiao Nan	HFCC
	4 Lau Tsz Tung	TTCA
	5 Rial, Phoebe Chanakarn	AISHK
	6 Cheng Tin Wai	TLGC
	7 Cheung Sum Yuet	OLC
	8 Chin Si Wing	HFCC
Event 37	Boys C Grade 100m Free Style	1:45pm
	Record : 54.95	
Final	1 Li Xiaoang	HTMS-THT
	2 Ying Victor	PLKNO.1C
	3 Leung Ho Ting	HTCSS
	4 Tsui Ka Hei	CCSS
	5 Leung, Chasen Pak Ho	AISHK
	6 Wai Shaun Chun Ting	HTCSS
	7 Wong Cheuk Long	LA
	8 Chan Shun Hei	SMCESPS
Event 38	Girls C Grade 100m Free Style	1:45pm
	Record : 56.77	
Final	1 Yeung Tsz Ching	SKSS
	2 Charlotte Mary Blake Lok Ching Harward	NAIS
	3 Lau Tsz Wun Amber	STCC
	4 Tang Lok Yan	TLGC
	5 Chan Yu Hei	KSSS
	6 Lau Hester	NAMS
	7 Au-Yeung Sze Yan Salina	HPCCSS
	8 Choi Sin Yu	TTCA
Event 39	Boys B Grade 100m Free Style	1:45pm
	Record : 51.76	
Final	1 Hui Ting Hei Alvin	DLKP
	2 Wong Cheuk Him	LA
	3 Fung Man Cheuk	MDIST
	4 Fok Sheung Ue	SYSS
	5 Tsang Chiu Yin	SKSS
	6 Ng, Tsz Ho Jason	AISHK
	7 Kong Tung San	WWS
	8 Ng Ming Hei	MKES
Event 40	Girls B Grade 100m Free Style	1:45pm
	Record : 55.96	
Final	1 Li Hiu Tung	JCGSS
	2 Kwong Man Hei Bella	LA
	3 Lau Yeuk Nam Natalie	STCC
	4 Kong Yat Ching	ICQM
	5 Cheung Marie Cheuk Sum	TNSS
	6 Ma Tsz Yu	BHJS
	7 Chan Wai Man	SHSS
	8 Chu Tsz Ki	HTCSS

Event 41	Boys A Grade 100m Free Style	1:45pm
	Record : 50.66	
Final	1 Wong Long Hei Bosco	STCC
	2 Wong Kin Hei Hayden	HKSC
	3 Wong Adrian Tsz Kiu	SJACS
	4 Chan Chun Hei	HTCSS
	5 Cheung Chi Hin	MKES
	6 Chan Ching Wilson	MDIST
	7 Koo Kin Yui	TTCA
	8 Zhang Ziyu	HTMS-THT
Event 42	Girls A Grade 100m Free Style	1:45pm
	Record : 56.74	
Final	1 Leung Yuet Tung Enya	HTMS-THT
	2 Chung Yuet Yee	HFCC
	3 Lin Ka Hei	OLC
	4 Yau, Tsoi Man	CREATIVE
	5 Chung Hiu Ying	SKSS
	6 Fok Sze Chai Denise	TTCA
	7 Zhang Zirui	HTMS-THT
	8 Yau Ching Lam	TLGC
Event 43	Boys C Grade 50m Back Stroke	2:00pm
	Record : 28.16	
Final	1 Zeng Ho Ting	MKES
	2 Wan Tsz Long	SYSS
	3 Lee Tze Ho	NAIS
	4 Cheng Ching Lung Mars	PLKHYC
	5 Lai Pak Yin	STCC
	6 Hui Yat Kiu Kobe	WYC
	7 Kwok Tsz Yat Eden	STCC
	8 Nguyen, Jake Zhe	AISHK
Event 44	Girls C Grade 50m Back Stroke	2:00pm
	Record : 30.75	
Final	1 Lai Hong Ting	TTCA
	2 Li Hei Yee Hailey	TYH
	3 Wong Hui Yin	HPCCSS
	4 Tang Lok Yan	TLGC
	5 Hsu Wan Hei Wallis	PLKTNK
	6 Lau Hester	NAMS
	7 Cheung Sum Yuet	HPCCSS
	8 Lam Hoi Ling	PLKHYC
Event 45	Boys B Grade 50m Back Stroke	2:00pm
	Record : 27.12	
Final	1 Fung Ching To	RCPHKMC
	2 Chan Wang Ching	SYSS
	3 Wong Nok Yin	SKSS
	4 Dai Cho Tsun	MDIST
	5 Tang Shun Hei	KSYSS
	6 Chan Yin Ching	HKTAYY3
	7 Demiral Efe Aslan	NAIS
	8 Loginov Timofei	SMCESPS

Event 46	Girls B Grade 50m Back Stroke	2:00pm
	Record : 29.52	
Final	1 Chu Tsz Ki	HTCSS
	2 Ma Tsz Yu	BHJS
	3 Li, Karin	NAIS
	4 Kong Yat Ching	ICQM
	5 Chung Sze Ching	CS
	6 Cheung Marie Cheuk Sum	TNSS
	7 Leung, Chantelle Lok Ka	AISHK
	8 Kwong Man Hei Bella	LA
Event 47	Boys A Grade 50m Back Stroke	2:00pm
	Record : 26.27	
Final	1 Lam Ming Long	HTMS-THT
	2 Chan Chun Fung	NAMS
	3 Chan Ching Wilson	MDIST
	4 Lui Ngo	SJACS
	5 Leung Tsz Cheung	K-LING
	6 Li Sheldon Tung Chun	SMCESPS
	7 Lam Kam Fung	HTMS-THT
	8 Chan Pak Sin	PTSS
Event 48	Girls A Grade 50m Back Stroke	2:00pm
	Record : 29.23	
Final	1 Cheng Jasmine	OLC
	2 Leung Hoi Lam	CREATIVE
	3 Wan Tsz Ching	TTCA
	4 Ng Wing Tung Jacquelyn	STCC
	5 Siu, Hoi Lam	CREATIVE
	6 Zhang Yuk Hei	K-LING
	7 Teng Nok Yin	CIHS
	8 Au Charis	TTCA
Event 49	Boys B Grade 200m Breast Stroke	2:20pm
	Record : 2:19.04	Standard : 3:50.00
Final 1	2 Wong Chung Kwan	LA
	3 Tam Ho Hong	CDGFSS
	4 Lo Wang Kit	SMCESPS
	5 Leung Chun Hei Bosco	SYSS
	6 Chan King Tsz	TTCA
Final 2	2 Chun Tsz Hong	HTMS-THT
	3 Cheung Hei Wai	CDGFSS
	4 Lam Cho Hang	PLKNO.1C
	5 Yau Tsz Ching	SMCESPS
	6 Chan Hui Fung	TTCA
	7 To Fei	LA
Event 50	Girls B Grade 200m Breast Stroke	2:20pm
	Record : 2:33.35	Standard : 4:15.00
Final	2 Cheung Lok Lok	K-LING
	3 Chan Chi Ching	RCPHKMC
	4 Siu Hoi Ching	BHJS
	5 Lam Po Ying	CS
	6 Chan Hoi Yu	HTMS-THT

Event 51	Boys A Grade 200m Breast Stroke	2:20pm
	Record : 2:16.34	Standard : 3:50.00
Final	1 Zhu Chik Ho	HTMS-THT
	2 Wong Yik	LSTWCM
	3 Li Sheung Yeung	SMCESPS
	4 Cheng Lok Hei	WTSMC
	5 Koo Kam Ho	SJACS
	6 Wong Tsz Ip	PLKHYC
	7 Chan Lok Hin Marcus	SMCESPS
Event 52	Girls A Grade 200m Breast Stroke	2:20pm
	Record : 2:36.69	Standard : 4:10.00
Final	3 Cheng Hei Lam	ICQM
	4 Poon Ka Yan Angel	TLGC
	5 Chui Lok Yiu	TLGC
	6 Yip Yan Kiu	ICQM
Event 53	Boys C Grade 4x50m Medley Relay	3:30pm
	Record : 1:51.09	
Final	1	SJACS
	2	MDIST
	3	CREATIVE
	4	WYC
	5	LA
	6	HTMS-THT
	7	NAIS
	8	HTCSS
Event 54	Girls C Grade 4x50m Medley Relay	3:30pm
	Record : 2:02.54	Standard : 3:20.00
Final	2	LA
	3	SKSS
	4	TLGC
	5	TYH
	6	TTCA
	7	HFCC
Event 55	Boys B Grade 4x50m Medley Relay	3:30pm
	Record : 1:46.49	
Final	1	NAIS
	2	MKES
	3	MDIST
	4	SKSS
	5	CREATIVE
	6	SMCESPS
	7	KTGS
	8	TTCA
Event 56	Girls B Grade 4x50m Medley Relay	3:30pm
	Record : 1:58.53	Standard : 3:15.00
Final	2	K-LING
	3	TLGC
	4	HTMS-THT
	5	LA
	6	CREATIVE

Event 57	Boys A Grade 4x50m Medley Relay	3:30pm
	Record : 1:45.08	Standard : 2:35.00
Final	1	CREATIVE
	2	HTMS-THT
	3	JCGSS
	4	MDIST
	5	HTCSS
	6	SJACS
	7	SMCESPS
Event 58	Girls A Grade 4x50m Medley Relay	3:30pm
	Record : 1:58.13	Standard : 3:05.00
Final	2	TTCA
	3	K-LING
	4	STSS
	5	TLGC
	6	HTMS-THT
	7	KSSS
Event 59	Boys C Grade 4x50m Free Style Relay	4:00pm
	Record : 1:43.27	
Final	1	LA
	2	NAIS
	3	PLKHYC
	4	AISHK
	5	SMCESPS
	6	STCC
	7	PTSS
	8	TYH
Event 60	Girls C Grade 4x50m Free Style Relay	4:00pm
	Record : 1:50.26	
Final	1	K-LING
	2	TTCA
	3	HFCC
	4	HPCCSS
	5	PTSS
	6	STCC
	7	LA
	8	OLRC
Event 61	Boys B Grade 4x50m Free Style Relay	4:00pm
	Record : 1:37.31	
Final	1	SJACS
	2	SMCESPS
	3	NAIS
	4	LA
	5	SYSS
	6	PLKNO.1C
	7	TTCA
	8	PTSS

Event 62	Girls B Grade 4x50m Free Style Relay	4:00pm
Record : 1:45.65		
Final	1	STCC
	2	TTCA
	3	CS
	4	CDGFSS
	5	HFCC
	6	LA
	7	SAGC
	8	DMS-HW

Event 63	Boys A Grade 4x50m Free Style Relay	4:00pm
Record : 1:33.95		
Final	1	HTMS-THT
	2	STCC
	3	K-LING
	4	SJACS
	5	TTCA
	6	DMS-HW
	7	MKES
	8	SMCESPS

Event 64	Girls A Grade 4x50m Free Style Relay	4:00pm
Record : 1:46.59		Standard : 2:55.00
Final	1	HPCCSS
	2	OLC
	3	CREATIVE
	4	OLRC
	5	TLGC
	6	HFCC
	7	K-LING