

# HONG KONG SWIMMING CHAMPIONSHIPS 2004

## Rules & Regulations

<b>Date</b>	<u>Day 1 03/09/04 (Fri)</u> Warm Up: 1800-1845 Start: 1900 (TIMED FINAL)	<u>Day 2 04/09/04 (Sat)</u> Warm Up: 0800-0845 Start: 0900 Warm Up: 1415-1515 Start: 1530	<u>Day 3 05/09/04 (Sun)</u> Warm Up: 0800-0845 Start: 0900 Warm Up: 1415-1515 Start: 1530
<b>Venue</b>	Kowloon Park Swimming Pool		
<b>Entry Conditions</b>	<ul style="list-style-type: none"> <li>❖ All competitors must be 2004/05 registered swimmers (SW) of HKASA and register to HKASA at least <u>21 days</u> prior to the closing date of entries.</li> <li>❖ Swimmers should reach qualifying standard.</li> </ul>		
<b>Entries</b>	<ul style="list-style-type: none"> <li>❖ Entries must be submitted with HKASA master entry forms &amp; fees. Incomplete / Incorrect information will be rejected and fees paid will not be refunded.</li> <li>❖ Late entries will not be accepted.</li> <li>❖ Swimmers under 16 years of age must indicate their intention to compete in the Junior category, otherwise placing may be omitted from the Junior category.</li> </ul> <p><u>Individual Events</u></p> <ul style="list-style-type: none"> <li>❖ Each swimmer is limited to no more than 4 individual events.</li> <li>❖ *HK\$12.00 per individual event.</li> </ul> <p><u>Relay Events</u></p> <ul style="list-style-type: none"> <li>❖ Relays will be run on a club basis.</li> <li>❖ Each club may enter one team in each relay event.</li> <li>❖ *HK\$12.00 per team per relay event. Paid by cash or cheque. Crossed cheque made payable to 'HKASA'.</li> </ul>		
<b>Closing Date for Entries</b>	<u>20 August 2004</u> (1700 hrs)	<b>Closing Date for Registration</b>	<u>30 July 2004</u> (1700 hrs)
<b>Event list</b>	Please see attached event list.		
<b>Qualifying Standards</b>	Junior : No. 72 (2004 Hong Kong Swimming Point Score) Open : No. 75 (2004 Hong Kong Swimming Point Score) Relay Events: Please refer to the Relay Qualifying Time		
<b>Age Group</b>	<ul style="list-style-type: none"> <li>❖ Age is calculated as at the first day of the competition.</li> <li>❖ Junior (Under 16) &amp; Open category.</li> </ul>		
<b>Seeding Format</b>	<ul style="list-style-type: none"> <li>❖ Combines Open and Junior races. All swimmers will be seeded according to the submitted entry times and will compete together.</li> <li>❖ Results will be processed into Open &amp; Junior categories.</li> <li>❖ Placing for junior category will be determined by FINAL OVERALL PLACING in each event. Regardless of time achieved in the final, junior swimmers compete in the final in particular event will automatically rank higher than those who fail to enter the final or scratch from the final of that event.</li> <li>❖ Placing for open categories will be determined by FINAL OVERALL PLACING in each event. Timed final will apply to first day events.</li> </ul>		
<b>Awards</b>	<ul style="list-style-type: none"> <li>❖ Medals will be awarded to 1st, 2nd and 3rd places.</li> <li>❖ The first 8 places in individual events will be awarded 11, 7, 6, 5, 4, 3, 2 and 1 accordingly. The first 8 teams in relay will be awarded points doubled that of individual events.</li> <li>❖ Awards for Clubs / Teams :               <ul style="list-style-type: none"> <li>-Club Overall Champion and 1st runners up.</li> <li>-Club Open Men &amp; Open Women Champion and 1st runners up.</li> <li>-Club Junior Men &amp; Junior Women Champion and 1st runners up.</li> </ul> </li> <li>❖ Awards for Swimmers:               <ul style="list-style-type: none"> <li>-Open Men / Open Women High Point Trophy</li> <li>-Junior Men / Junior Women High Point Trophy</li> </ul>               (In case of a tie, the winner will be determined by the no. of the medals obtained in the following sequences i.e. gold, silver and bronze and finally the no. of events participated.)             </li> </ul>		

	<p>-Overall Best Performance Trophy: Awarded to swimmers scoring the highest point (calculated to 2 decimal places) on the HK Point score table during the Championships. (In case of a tie, the winner will be determined by the second highest scored event obtained.)</p> <ul style="list-style-type: none"> <li>❖ Special awards will be presented to swimmers who break Hong Kong records.</li> </ul>
<b>Rules</b>	<ul style="list-style-type: none"> <li>❖ FINA rules will apply.</li> <li>❖ Swimmers' Club Transferal: Upon compliance with rules in relation to Registration of Club Transferal under Registration of Athletes, the requesting Athlete (as defined therein) can after the 1 month suspension period represent the new club in any meets but no mark will be counted towards the new club's total scores for any event (whether individual or relay event) the requesting Athlete participate in the year of the transferal and the following year.</li> <li>❖ Both Open and Junior swimmers must meet the Open qualifying time during the heats in order to enter the final.</li> <li>❖ Swimmers who fail to reach the respective qualifying times in heats will not be counted for points regardless of placing and medals will not be awarded. Three points will be deducted from their respective club points in each case.</li> <li>❖ Swimmers not meeting the qualifying times in the final will not be awarded medals or points in the open category. No club points will be deducted.</li> <li>❖ In the case where events are straight finals, swimmer's not meeting the respective qualifying times will not be awarded medals or points. 3 club points will be deducted except when junior swimmers who meet the junior qualifying times but fail to meet the open qualifying time.</li> <li>❖ In all competitions, a competitor or team not wishing to take part in final in which qualification was earned shall withdraw within 30 minutes following the preliminaries of the event in which the qualification took place.</li> <li>❖ Reserve swimmers in the final list (9th &amp; 10th place) shall report to the marshalling area in due course.</li> <li>❖ Three points will be deducted from clubs totals for each "no show" in the final.</li> <li>❖ Events with 8 or less swimmers will proceed to straight final in the afternoon session. Heats in the morning session and finals in the afternoon session are in the same event order.</li> <li>❖ Name list with registration number of Relay and Scratches Form must be submitted 30 minutes before the scheduled start time of each session.</li> <li>❖ A fine of \$20 will be charged for each "no show".</li> <li>❖ Application for Split Time Record: swimmers who apply for split time record should submit application form with application fee of HK\$200 to the Referee 30 minutes before the start of each session. <b>Fee paid will not be refunded in any case.</b></li> </ul>
<b>Protest</b>	<ul style="list-style-type: none"> <li>❖ Any protest shall be made in writing to the referee within 30 minutes following the result announcement of the respective event with an appeal fee of HK\$200.</li> <li>❖ Protest will be forward to the Appeal Board of such competition for decision.</li> <li>❖ If the protest is rejected, fee paid will be forfeited to the HKASA.</li> </ul>

### POINT SCORING

Placing	1 <sup>st</sup>	2 <sup>nd</sup>	3 <sup>rd</sup>	4 <sup>th</sup>	5 <sup>th</sup>	6 <sup>th</sup>	7 <sup>th</sup>	8 <sup>th</sup>
Club & Individual	11	7	6	5	4	3	2	1
Relay	22	14	12	10	8	6	4	2

# HONG KONG SWIMMING CHAMPIONSHIPS 2004

## 二 四年香港游泳錦標賽

### (DAY ONE) 第一日

<b>Date:</b> 3 September 2004 (Fri)	<b>Venue:</b> Kowloon Park 九龍公園
<b>Warm up:</b> 1800 – 1845	<b>Start:</b> 1900

#### Women 女

1	Junior (under 16)	4 x 100M	Medley Relay 四式接力	2
3	Junior (under 16)	4 x 100M	Free Relay 自由接力	4
5	Freestyle 捷泳	800M	-	-
-	-	1500M	Freestyle 捷泳	6

#### Men 男

### (DAY TWO) 第二日

<b>Date:</b> 4 September 2004 (Sat)	<b>Venue:</b> Kowloon Park 九龍公園
<b>AM Warm up:</b> 0800 – 0845	<b>Start:</b> 0900
<b>PM Warm up:</b> 1415 – 1515	<b>Start:</b> 1530

#### Women 女

7	Freestyle 捷泳	200M			
9	Breaststroke 蛙泳	100M	Freestyle 捷泳	8	
-	-	50M	Breaststroke 蛙泳	10	
11	Butterfly 蝶泳	100M	-	-	
-	-	400M	Ind. Medley 個人四式	12	
13	Backstroke 背泳	50M			
-	-	100M	Backstroke 背泳	14	
15	Ind. Medley 個人四式	200M	Butterfly 蝶泳	16	
17	Freestyle 捷泳	50M			
		400M	Freestyle 捷泳	18	
19	Backstroke 背泳	200M			
		200M	Breaststroke 蛙泳	20	
21	Free Relay 自由接力	4 X 100M	Free Relay 自由接力	22	

#### Men 男

截止報名日期 CLOSING DATE FOR ENTRIES: 20 August 2004 (1700hrs)

截止註冊日期 CLOSEING DATE FOR REGISTRTRION: 30 July 2004 (1700hrs)

# HONG KONG SWIMMING CHAMPIONSHIPS 2004

## 二 四年香港游泳錦標賽

### (DAY THREE) 第三日

<b>Date:</b> 5 September 2004 (Sun)	<b>Venue:</b> Kowloon Park 九龍公園
<b>AM Warm up:</b> 0800 – 0845	<b>Start:</b> 0900
<b>PM Warm up:</b> 1415 – 1515	<b>Start:</b> 1530

#### Women 女

23	Freestyle	捷泳	100M
			50M
25	Breaststroke	蛙泳	50M
			200M
27	Ind. Medley	個人四式	400M
			100M
29	Backstroke	背泳	100M
			100M
31	Butterfly	蝶泳	200M
			50M
33	Freestyle	捷泳	400M
			200M
35	Breaststroke	蛙泳	200M
			50M
37	Butterfly	蝶泳	50M
			200M
39	Medley Relay	四式接力	4 X 100M

#### Men 男

Butterfly	蝶泳	24
Freestyle	捷泳	26
Breaststroke	蛙泳	28
Butterfly	蝶泳	30
Backstroke	背泳	32
Ind. Medley	個人四式	34
Freestyle	捷泳	36
Backstroke	背泳	38
Medley Relay	四式接力	40

截止報名日期 CLOSING DATE FOR ENTRIES: 20 August 2004 (1700hrs)

截止註冊日期 CLOSEING DATE FOR REGISTRTRION: 30 July 2004 (1700hrs)

# Hong Kong Swimming Point Score 2004 (LC)

## Men

Score	%	Freestyle						Backstroke		
		<u>50m</u>	<u>100m</u>	<u>200m</u>	<u>400m</u>	<u>800m</u>	<u>1500m</u>	<u>50m</u>	<u>100m</u>	<u>200m</u>
100	1.00	22.41	49.97	1:48.59	3:49.79	8:00.72	15:16.13	26.12	55.95	1:59.78
99	1.01	22.63	50.47	1:49.68	3:52.09	8:05.53	15:25.29	26.38	56.51	2:00.98
98	1.02	22.86	50.97	1:50.76	3:54.39	8:10.33	15:34.45	26.64	57.07	2:02.18
97	1.03	23.08	51.47	1:51.85	3:56.68	8:15.14	15:43.61	26.90	57.63	2:03.37
96	1.04	23.31	51.97	1:52.93	3:58.98	8:19.95	15:52.78	27.16	58.19	2:04.57
95	1.05	23.53	52.47	1:54.02	4:01.28	8:24.76	16:01.94	27.43	58.75	2:05.77
94	1.06	23.75	52.97	1:55.11	4:03.58	8:29.56	16:11.10	27.69	59.31	2:06.97
93	1.07	23.98	53.47	1:56.19	4:05.88	8:34.37	16:20.26	27.95	59.87	2:08.16
92	1.08	24.20	53.97	1:57.28	4:08.17	8:39.18	16:29.42	28.21	1:00.43	2:09.36
91	1.09	24.43	54.47	1:58.36	4:10.47	8:43.98	16:38.58	28.47	1:00.99	2:10.56
90	1.10	24.65	54.97	1:59.45	4:12.77	8:48.79	16:47.74	28.73	1:01.55	2:11.76
89	1.11	24.88	55.47	2:00.53	4:15.07	8:53.60	16:56.90	28.99	1:02.10	2:12.96
88	1.12	25.10	55.97	2:01.62	4:17.36	8:58.41	17:06.07	29.25	1:02.66	2:14.15
87	1.13	25.32	56.47	2:02.71	4:19.66	9:03.21	17:15.23	29.52	1:03.22	2:15.35
86	1.14	25.55	56.97	2:03.79	4:21.96	9:08.02	17:24.39	29.78	1:03.78	2:16.55
85	1.15	25.77	57.47	2:04.88	4:24.26	9:12.83	17:33.55	30.04	1:04.34	2:17.75
84	1.16	26.00	57.97	2:05.96	4:26.56	9:17.64	17:42.71	30.30	1:04.90	2:18.94
83	1.17	26.22	58.46	2:07.05	4:28.85	9:22.44	17:51.87	30.56	1:05.46	2:20.14
82	1.18	26.44	58.96	2:08.14	4:31.15	9:27.25	18:01.03	30.82	1:06.02	2:21.34
81	1.19	26.67	59.46	2:09.22	4:33.45	9:32.06	18:10.19	31.08	1:06.58	2:22.54
80	1.20	26.89	59.96	2:10.31	4:35.75	9:36.86	18:19.36	31.34	1:07.14	2:23.74
79	1.21	27.12	1:00.46	2:11.39	4:38.05	9:41.67	18:28.52	31.61	1:07.70	2:24.93
78	1.22	27.34	1:00.96	2:12.48	4:40.34	9:46.48	18:37.68	31.87	1:08.26	2:26.13
77	1.23	27.56	1:01.46	2:13.57	4:42.64	9:51.29	18:46.84	32.13	1:08.82	2:27.33
76	1.24	27.79	1:01.96	2:14.65	4:44.94	9:56.09	18:56.00	32.39	1:09.38	2:28.53
75	1.25	28.01	1:02.46	2:15.74	4:47.24	10:00.90	19:05.16	32.65	1:09.94	2:29.73
74	1.26	28.24	1:02.96	2:16.82	4:49.54	10:05.71	19:14.32	32.91	1:10.50	2:30.92
73	1.27	28.46	1:03.46	2:17.91	4:51.83	10:10.51	19:23.49	33.17	1:11.06	2:32.12
72	1.28	28.68	1:03.96	2:19.00	4:54.13	10:15.32	19:32.65	33.43	1:11.62	2:33.32
71	1.29	28.91	1:04.46	2:20.08	4:56.43	10:20.13	19:41.81	33.69	1:12.18	2:34.52
70	1.30	29.13	1:04.96	2:21.17	4:58.73	10:24.94	19:50.97	33.96	1:12.74	2:35.71
69	1.31	29.36	1:05.46	2:22.25	5:01.02	10:29.74	20:00.13	34.22	1:13.29	2:36.91
68	1.32	29.58	1:05.96	2:23.34	5:03.32	10:34.55	20:09.29	34.48	1:13.85	2:38.11
67	1.33	29.81	1:06.46	2:24.42	5:05.62	10:39.36	20:18.45	34.74	1:14.41	2:39.31
66	1.34	30.03	1:06.96	2:25.51	5:07.92	10:44.16	20:27.61	35.00	1:14.97	2:40.51
65	1.35	30.25	1:07.46	2:26.60	5:10.22	10:48.97	20:36.78	35.26	1:15.53	2:41.70
64	1.36	30.48	1:07.96	2:27.68	5:12.51	10:53.78	20:45.94	35.52	1:16.09	2:42.90
63	1.37	30.70	1:08.46	2:28.77	5:14.81	10:58.59	20:55.10	35.78	1:16.65	2:44.10
62	1.38	30.93	1:08.96	2:29.85	5:17.11	11:03.39	21:04.26	36.05	1:17.21	2:45.30
61	1.39	31.15	1:09.46	2:30.94	5:19.41	11:08.20	21:13.42	36.31	1:17.77	2:46.49
60	1.40	31.37	1:09.96	2:32.03	5:21.71	11:13.01	21:22.58	36.57	1:18.33	2:47.69
59	1.41	31.60	1:10.46	2:33.11	5:24.00	11:17.82	21:31.74	36.83	1:18.89	2:48.89
58	1.42	31.82	1:10.96	2:34.20	5:26.30	11:22.62	21:40.90	37.09	1:19.45	2:50.09
57	1.43	32.05	1:11.46	2:35.28	5:28.60	11:27.43	21:50.07	37.35	1:20.01	2:51.29
56	1.44	32.27	1:11.96	2:36.37	5:30.90	11:32.24	21:59.23	37.61	1:20.57	2:52.48
55	1.45	32.49	1:12.46	2:37.46	5:33.20	11:37.04	22:08.39	37.87	1:21.13	2:53.68
54	1.46	32.72	1:12.96	2:38.54	5:35.49	11:41.85	22:17.55	38.14	1:21.69	2:54.88
53	1.47	32.94	1:13.46	2:39.63	5:37.79	11:46.66	22:26.71	38.40	1:22.25	2:56.08

Score	%	Freestyle					Backstroke			
		50m	100m	200m	400m	800m	1500m	50m	100m	200m
52	1.48	33.17	1:13.96	2:40.71	5:40.09	11:51.47	22:35.87	38.66	1:22.81	2:57.27
51	1.49	33.39	1:14.46	2:41.80	5:42.39	11:56.27	22:45.03	38.92	1:23.37	2:58.47
50	1.50	33.62	1:14.96	2:42.89	5:44.69	12:01.08	22:54.20	39.18	1:23.93	2:59.67
49	1.51	33.84	1:15.45	2:43.97	5:46.98	12:05.89	23:03.36	39.44	1:24.48	3:00.87
48	1.52	34.06	1:15.95	2:45.06	5:49.28	12:10.69	23:12.52	39.70	1:25.04	3:02.07
47	1.53	34.29	1:16.45	2:46.14	5:51.58	12:15.50	23:21.68	39.96	1:25.60	3:03.26
46	1.54	34.51	1:16.95	2:47.23	5:53.88	12:20.31	23:30.84	40.22	1:26.16	3:04.46
45	1.55	34.74	1:17.45	2:48.31	5:56.17	12:25.12	23:40.00	40.49	1:26.72	3:05.66
44	1.56	34.96	1:17.95	2:49.40	5:58.47	12:29.92	23:49.16	40.75	1:27.28	3:06.86
43	1.57	35.18	1:18.45	2:50.49	6:00.77	12:34.73	23:58.32	41.01	1:27.84	3:08.05
42	1.58	35.41	1:18.95	2:51.57	6:03.07	12:39.54	24:07.49	41.27	1:28.40	3:09.25
41	1.59	35.63	1:19.45	2:52.66	6:05.37	12:44.34	24:16.65	41.53	1:28.96	3:10.45
40	1.60	35.86	1:19.95	2:53.74	6:07.66	12:49.15	24:25.81	41.79	1:29.52	3:11.65
39	1.61	36.08	1:20.45	2:54.83	6:09.96	12:53.96	24:34.97	42.05	1:30.08	3:12.85
38	1.62	36.30	1:20.95	2:55.92	6:12.26	12:58.77	24:44.13	42.31	1:30.64	3:14.04
37	1.63	36.53	1:21.45	2:57.00	6:14.56	13:03.57	24:53.29	42.58	1:31.20	3:15.24
36	1.64	36.75	1:21.95	2:58.09	6:16.86	13:08.38	25:02.45	42.84	1:31.76	3:16.44
35	1.65	36.98	1:22.45	2:59.17	6:19.15	13:13.19	25:11.61	43.10	1:32.32	3:17.64
34	1.66	37.20	1:22.95	3:00.26	6:21.45	13:18.00	25:20.78	43.36	1:32.88	3:18.83
33	1.67	37.42	1:23.45	3:01.35	6:23.75	13:22.80	25:29.94	43.62	1:33.44	3:20.03
32	1.68	37.65	1:23.95	3:02.43	6:26.05	13:27.61	25:39.10	43.88	1:34.00	3:21.23
31	1.69	37.87	1:24.45	3:03.52	6:28.35	13:32.42	25:48.26	44.14	1:34.56	3:22.43
30	1.70	38.10	1:24.95	3:04.60	6:30.64	13:37.22	25:57.42	44.40	1:35.12	3:23.63
29	1.71	38.32	1:25.45	3:05.69	6:32.94	13:42.03	26:06.58	44.67	1:35.67	3:24.82
28	1.72	38.55	1:25.95	3:06.77	6:35.24	13:46.84	26:15.74	44.93	1:36.23	3:26.02
27	1.73	38.77	1:26.45	3:07.86	6:37.54	13:51.65	26:24.90	45.19	1:36.79	3:27.22
26	1.74	38.99	1:26.95	3:08.95	6:39.83	13:56.45	26:34.07	45.45	1:37.35	3:28.42
25	1.75	39.22	1:27.45	3:10.03	6:42.13	14:01.26	26:43.23	45.71	1:37.91	3:29.62
24	1.76	39.44	1:27.95	3:11.12	6:44.43	14:06.07	26:52.39	45.97	1:38.47	3:30.81
23	1.77	39.67	1:28.45	3:12.20	6:46.73	14:10.87	27:01.55	46.23	1:39.03	3:32.01
22	1.78	39.89	1:28.95	3:13.29	6:49.03	14:15.68	27:10.71	46.49	1:39.59	3:33.21
21	1.79	40.11	1:29.45	3:14.38	6:51.32	14:20.49	27:19.87	46.75	1:40.15	3:34.41
20	1.80	40.34	1:29.95	3:15.46	6:53.62	14:25.30	27:29.03	47.02	1:40.71	3:35.60
19	1.81	40.56	1:30.45	3:16.55	6:55.92	14:30.10	27:38.20	47.28	1:41.27	3:36.80
18	1.82	40.79	1:30.95	3:17.63	6:58.22	14:34.91	27:47.36	47.54	1:41.83	3:38.00
17	1.83	41.01	1:31.45	3:18.72	7:00.52	14:39.72	27:56.52	47.80	1:42.39	3:39.20
16	1.84	41.23	1:31.94	3:19.81	7:02.81	14:44.52	28:05.68	48.06	1:42.95	3:40.40
15	1.85	41.46	1:32.44	3:20.89	7:05.11	14:49.33	28:14.84	48.32	1:43.51	3:41.59
14	1.86	41.68	1:32.94	3:21.98	7:07.41	14:54.14	28:24.00	48.58	1:44.07	3:42.79
13	1.87	41.91	1:33.44	3:23.06	7:09.71	14:58.95	28:33.16	48.84	1:44.63	3:43.99
12	1.88	42.13	1:33.94	3:24.15	7:12.01	15:03.75	28:42.32	49.11	1:45.19	3:45.19
11	1.89	42.35	1:34.44	3:25.24	7:14.30	15:08.56	28:51.49	49.37	1:45.75	3:46.38
10	1.90	42.58	1:34.94	3:26.32	7:16.60	15:13.37	29:00.65	49.63	1:46.31	3:47.58
9	1.91	42.80	1:35.44	3:27.41	7:18.90	15:18.18	29:09.81	49.89	1:46.86	3:48.78
8	1.92	43.03	1:35.94	3:28.49	7:21.20	15:22.98	29:18.97	50.15	1:47.42	3:49.98
7	1.93	43.25	1:36.44	3:29.58	7:23.49	15:27.79	29:28.13	50.41	1:47.98	3:51.18
6	1.94	43.48	1:36.94	3:30.66	7:25.79	15:32.60	29:37.29	50.67	1:48.54	3:52.37
5	1.95	43.70	1:37.44	3:31.75	7:28.09	15:37.40	29:46.45	50.93	1:49.10	3:53.57
4	1.96	43.92	1:37.94	3:32.84	7:30.39	15:42.21	29:55.61	51.20	1:49.66	3:54.77
3	1.97	44.15	1:38.44	3:33.92	7:32.69	15:47.02	30:04.78	51.46	1:50.22	3:55.97
2	1.98	44.37	1:38.94	3:35.01	7:34.98	15:51.83	30:13.94	51.72	1:50.78	3:57.16
1	1.99	44.60	1:39.44	3:36.09	7:37.28	15:56.63	30:23.10	51.98	1:51.34	3:58.36

# Hong Kong Swimming Point Score 2004 (LC)

## Men

Score	%	Breaststroke			Butterfly			Ind Medley	
		50m	100m	200m	50m	100m	200m	200m	400m
100	1.00	28.26	1:01.26	2:12.49	24.26	53.01	1:57.15	2:01.18	4:17.80
99	1.01	28.54	1:01.87	2:13.81	24.50	53.54	1:58.32	2:02.39	4:20.38
98	1.02	28.83	1:02.49	2:15.14	24.75	54.07	1:59.49	2:03.60	4:22.96
97	1.03	29.11	1:03.10	2:16.46	24.99	54.60	2:00.66	2:04.82	4:25.53
96	1.04	29.39	1:03.71	2:17.79	25.23	55.13	2:01.84	2:06.03	4:28.11
95	1.05	29.67	1:04.32	2:19.11	25.47	55.66	2:03.01	2:07.24	4:30.69
94	1.06	29.96	1:04.94	2:20.44	25.72	56.19	2:04.18	2:08.45	4:33.27
93	1.07	30.24	1:05.55	2:21.76	25.96	56.72	2:05.35	2:09.66	4:35.85
92	1.08	30.52	1:06.16	2:23.09	26.20	57.25	2:06.52	2:10.87	4:38.42
91	1.09	30.80	1:06.77	2:24.41	26.44	57.78	2:07.69	2:12.09	4:41.00
90	1.10	31.09	1:07.39	2:25.74	26.69	58.31	2:08.87	2:13.30	4:43.58
89	1.11	31.37	1:08.00	2:27.06	26.93	58.84	2:10.04	2:14.51	4:46.16
88	1.12	31.65	1:08.61	2:28.39	27.17	59.37	2:11.21	2:15.72	4:48.74
87	1.13	31.93	1:09.22	2:29.71	27.41	59.90	2:12.38	2:16.93	4:51.31
86	1.14	32.22	1:09.84	2:31.04	27.66	1:00.43	2:13.55	2:18.15	4:53.89
85	1.15	32.50	1:10.45	2:32.36	27.90	1:00.96	2:14.72	2:19.36	4:56.47
84	1.16	32.78	1:11.06	2:33.69	28.14	1:01.49	2:15.89	2:20.57	4:59.05
83	1.17	33.06	1:11.67	2:35.01	28.38	1:02.02	2:17.07	2:21.78	5:01.63
82	1.18	33.35	1:12.29	2:36.34	28.63	1:02.55	2:18.24	2:22.99	5:04.20
81	1.19	33.63	1:12.90	2:37.66	28.87	1:03.08	2:19.41	2:24.20	5:06.78
80	1.20	33.91	1:13.51	2:38.99	29.11	1:03.61	2:20.58	2:25.42	5:09.36
79	1.21	34.19	1:14.12	2:40.31	29.35	1:04.14	2:21.75	2:26.63	5:11.94
78	1.22	34.48	1:14.74	2:41.64	29.60	1:04.67	2:22.92	2:27.84	5:14.52
77	1.23	34.76	1:15.35	2:42.96	29.84	1:05.20	2:24.09	2:29.05	5:17.09
76	1.24	35.04	1:15.96	2:44.29	30.08	1:05.73	2:25.27	2:30.26	5:19.67
75	1.25	35.33	1:16.58	2:45.61	30.33	1:06.26	2:26.44	2:31.48	5:22.25
74	1.26	35.61	1:17.19	2:46.94	30.57	1:06.79	2:27.61	2:32.69	5:24.83
73	1.27	35.89	1:17.80	2:48.26	30.81	1:07.32	2:28.78	2:33.90	5:27.41
72	1.28	36.17	1:18.41	2:49.59	31.05	1:07.85	2:29.95	2:35.11	5:29.98
71	1.29	36.46	1:19.03	2:50.91	31.30	1:08.38	2:31.12	2:36.32	5:32.56
70	1.30	36.74	1:19.64	2:52.24	31.54	1:08.91	2:32.30	2:37.53	5:35.14
69	1.31	37.02	1:20.25	2:53.56	31.78	1:09.44	2:33.47	2:38.75	5:37.72
68	1.32	37.30	1:20.86	2:54.89	32.02	1:09.97	2:34.64	2:39.96	5:40.30
67	1.33	37.59	1:21.48	2:56.21	32.27	1:10.50	2:35.81	2:41.17	5:42.87
66	1.34	37.87	1:22.09	2:57.54	32.51	1:11.03	2:36.98	2:42.38	5:45.45
65	1.35	38.15	1:22.70	2:58.86	32.75	1:11.56	2:38.15	2:43.59	5:48.03
64	1.36	38.43	1:23.31	3:00.19	32.99	1:12.09	2:39.32	2:44.80	5:50.61
63	1.37	38.72	1:23.93	3:01.51	33.24	1:12.62	2:40.50	2:46.02	5:53.19
62	1.38	39.00	1:24.54	3:02.84	33.48	1:13.15	2:41.67	2:47.23	5:55.76
61	1.39	39.28	1:25.15	3:04.16	33.72	1:13.68	2:42.84	2:48.44	5:58.34
60	1.40	39.56	1:25.76	3:05.49	33.96	1:14.21	2:44.01	2:49.65	6:00.92
59	1.41	39.85	1:26.38	3:06.81	34.21	1:14.74	2:45.18	2:50.86	6:03.50
58	1.42	40.13	1:26.99	3:08.14	34.45	1:15.27	2:46.35	2:52.08	6:06.08
57	1.43	40.41	1:27.60	3:09.46	34.69	1:15.80	2:47.52	2:53.29	6:08.65
56	1.44	40.69	1:28.21	3:10.79	34.93	1:16.33	2:48.70	2:54.50	6:11.23
55	1.45	40.98	1:28.83	3:12.11	35.18	1:16.86	2:49.87	2:55.71	6:13.81
54	1.46	41.26	1:29.44	3:13.44	35.42	1:17.39	2:51.04	2:56.92	6:16.39
53	1.47	41.54	1:30.05	3:14.76	35.66	1:17.92	2:52.21	2:58.13	6:18.97

Score	%	Breaststroke			Butterfly			Ind Medley	
		50m	100m	200m	50m	100m	200m	200m	400m
52	1.48	41.82	1:30.66	3:16.09	35.90	1:18.45	2:53.38	2:59.35	6:21.54
51	1.49	42.11	1:31.28	3:17.41	36.15	1:18.98	2:54.55	3:00.56	6:24.12
50	1.50	42.39	1:31.89	3:18.74	36.39	1:19.52	2:55.73	3:01.77	6:26.70
49	1.51	42.67	1:32.50	3:20.06	36.63	1:20.05	2:56.90	3:02.98	6:29.28
48	1.52	42.96	1:33.12	3:21.38	36.88	1:20.58	2:58.07	3:04.19	6:31.86
47	1.53	43.24	1:33.73	3:22.71	37.12	1:21.11	2:59.24	3:05.41	6:34.43
46	1.54	43.52	1:34.34	3:24.03	37.36	1:21.64	3:00.41	3:06.62	6:37.01
45	1.55	43.80	1:34.95	3:25.36	37.60	1:22.17	3:01.58	3:07.83	6:39.59
44	1.56	44.09	1:35.57	3:26.68	37.85	1:22.70	3:02.75	3:09.04	6:42.17
43	1.57	44.37	1:36.18	3:28.01	38.09	1:23.23	3:03.93	3:10.25	6:44.75
42	1.58	44.65	1:36.79	3:29.33	38.33	1:23.76	3:05.10	3:11.46	6:47.32
41	1.59	44.93	1:37.40	3:30.66	38.57	1:24.29	3:06.27	3:12.68	6:49.90
40	1.60	45.22	1:38.02	3:31.98	38.82	1:24.82	3:07.44	3:13.89	6:52.48
39	1.61	45.50	1:38.63	3:33.31	39.06	1:25.35	3:08.61	3:15.10	6:55.06
38	1.62	45.78	1:39.24	3:34.63	39.30	1:25.88	3:09.78	3:16.31	6:57.64
37	1.63	46.06	1:39.85	3:35.96	39.54	1:26.41	3:10.95	3:17.52	7:00.21
36	1.64	46.35	1:40.47	3:37.28	39.79	1:26.94	3:12.13	3:18.74	7:02.79
35	1.65	46.63	1:41.08	3:38.61	40.03	1:27.47	3:13.30	3:19.95	7:05.37
34	1.66	46.91	1:41.69	3:39.93	40.27	1:28.00	3:14.47	3:21.16	7:07.95
33	1.67	47.19	1:42.30	3:41.26	40.51	1:28.53	3:15.64	3:22.37	7:10.53
32	1.68	47.48	1:42.92	3:42.58	40.76	1:29.06	3:16.81	3:23.58	7:13.10
31	1.69	47.76	1:43.53	3:43.91	41.00	1:29.59	3:17.98	3:24.79	7:15.68
30	1.70	48.04	1:44.14	3:45.23	41.24	1:30.12	3:19.16	3:26.01	7:18.26
29	1.71	48.32	1:44.75	3:46.56	41.48	1:30.65	3:20.33	3:27.22	7:20.84
28	1.72	48.61	1:45.37	3:47.88	41.73	1:31.18	3:21.50	3:28.43	7:23.42
27	1.73	48.89	1:45.98	3:49.21	41.97	1:31.71	3:22.67	3:29.64	7:25.99
26	1.74	49.17	1:46.59	3:50.53	42.21	1:32.24	3:23.84	3:30.85	7:28.57
25	1.75	49.46	1:47.21	3:51.86	42.46	1:32.77	3:25.01	3:32.07	7:31.15
24	1.76	49.74	1:47.82	3:53.18	42.70	1:33.30	3:26.18	3:33.28	7:33.73
23	1.77	50.02	1:48.43	3:54.51	42.94	1:33.83	3:27.36	3:34.49	7:36.31
22	1.78	50.30	1:49.04	3:55.83	43.18	1:34.36	3:28.53	3:35.70	7:38.88
21	1.79	50.59	1:49.66	3:57.16	43.43	1:34.89	3:29.70	3:36.91	7:41.46
20	1.80	50.87	1:50.27	3:58.48	43.67	1:35.42	3:30.87	3:38.12	7:44.04
19	1.81	51.15	1:50.88	3:59.81	43.91	1:35.95	3:32.04	3:39.34	7:46.62
18	1.82	51.43	1:51.49	4:01.13	44.15	1:36.48	3:33.21	3:40.55	7:49.20
17	1.83	51.72	1:52.11	4:02.46	44.40	1:37.01	3:34.38	3:41.76	7:51.77
16	1.84	52.00	1:52.72	4:03.78	44.64	1:37.54	3:35.56	3:42.97	7:54.35
15	1.85	52.28	1:53.33	4:05.11	44.88	1:38.07	3:36.73	3:44.18	7:56.93
14	1.86	52.56	1:53.94	4:06.43	45.12	1:38.60	3:37.90	3:45.39	7:59.51
13	1.87	52.85	1:54.56	4:07.76	45.37	1:39.13	3:39.07	3:46.61	8:02.09
12	1.88	53.13	1:55.17	4:09.08	45.61	1:39.66	3:40.24	3:47.82	8:04.66
11	1.89	53.41	1:55.78	4:10.41	45.85	1:40.19	3:41.41	3:49.03	8:07.24
10	1.90	53.69	1:56.39	4:11.73	46.09	1:40.72	3:42.59	3:50.24	8:09.82
9	1.91	53.98	1:57.01	4:13.06	46.34	1:41.25	3:43.76	3:51.45	8:12.40
8	1.92	54.26	1:57.62	4:14.38	46.58	1:41.78	3:44.93	3:52.67	8:14.98
7	1.93	54.54	1:58.23	4:15.71	46.82	1:42.31	3:46.10	3:53.88	8:17.55
6	1.94	54.82	1:58.84	4:17.03	47.06	1:42.84	3:47.27	3:55.09	8:20.13
5	1.95	55.11	1:59.46	4:18.36	47.31	1:43.37	3:48.44	3:56.30	8:22.71
4	1.96	55.39	2:00.07	4:19.68	47.55	1:43.90	3:49.61	3:57.51	8:25.29
3	1.97	55.67	2:00.68	4:21.01	47.79	1:44.43	3:50.79	3:58.72	8:27.87
2	1.98	55.95	2:01.29	4:22.33	48.03	1:44.96	3:51.96	3:59.94	8:30.44
1	1.99	56.24	2:01.91	4:23.66	48.28	1:45.49	3:53.13	4:01.15	8:33.02

# Hong Kong Swimming Point Score 2004 (LC)

## Women

Score	%	Freestyle						Backstroke		
		50m	100m	200m	400m	800m	1500m	50m	100m	200m
100	1.00	24.95	55.19	1:59.56	4:11.03	8:37.56	16:40.70	28.92	1:01.03	2:10.87
99	1.01	25.20	55.74	2:00.76	4:13.54	8:42.74	16:50.71	29.21	1:01.64	2:12.18
98	1.02	25.45	56.29	2:01.95	4:16.05	8:47.91	17:00.71	29.50	1:02.25	2:13.49
97	1.03	25.70	56.85	2:03.15	4:18.56	8:53.09	17:10.72	29.79	1:02.86	2:14.80
96	1.04	25.95	57.40	2:04.34	4:21.07	8:58.26	17:20.73	30.08	1:03.47	2:16.10
95	1.05	26.20	57.95	2:05.54	4:23.58	9:03.44	17:30.74	30.37	1:04.08	2:17.41
94	1.06	26.45	58.50	2:06.73	4:26.09	9:08.61	17:40.74	30.66	1:04.69	2:18.72
93	1.07	26.70	59.05	2:07.93	4:28.60	9:13.79	17:50.75	30.94	1:05.30	2:20.03
92	1.08	26.95	59.61	2:09.12	4:31.11	9:18.96	18:00.76	31.23	1:05.91	2:21.34
91	1.09	27.20	1:00.16	2:10.32	4:33.62	9:24.14	18:10.76	31.52	1:06.52	2:22.65
90	1.10	27.45	1:00.71	2:11.52	4:36.13	9:29.32	18:20.77	31.81	1:07.13	2:23.96
89	1.11	27.69	1:01.26	2:12.71	4:38.64	9:34.49	18:30.78	32.10	1:07.74	2:25.27
88	1.12	27.94	1:01.81	2:13.91	4:41.15	9:39.67	18:40.78	32.39	1:08.35	2:26.57
87	1.13	28.19	1:02.36	2:15.10	4:43.66	9:44.84	18:50.79	32.68	1:08.96	2:27.88
86	1.14	28.44	1:02.92	2:16.30	4:46.17	9:50.02	19:00.80	32.97	1:09.57	2:29.19
85	1.15	28.69	1:03.47	2:17.49	4:48.68	9:55.19	19:10.81	33.26	1:10.18	2:30.50
84	1.16	28.94	1:04.02	2:18.69	4:51.19	10:00.37	19:20.81	33.55	1:10.79	2:31.81
83	1.17	29.19	1:04.57	2:19.89	4:53.71	10:05.55	19:30.82	33.84	1:11.41	2:33.12
82	1.18	29.44	1:05.12	2:21.08	4:56.22	10:10.72	19:40.83	34.13	1:12.02	2:34.43
81	1.19	29.69	1:05.68	2:22.28	4:58.73	10:15.90	19:50.83	34.41	1:12.63	2:35.74
80	1.20	29.94	1:06.23	2:23.47	5:01.24	10:21.07	20:00.84	34.70	1:13.24	2:37.04
79	1.21	30.19	1:06.78	2:24.67	5:03.75	10:26.25	20:10.85	34.99	1:13.85	2:38.35
78	1.22	30.44	1:07.33	2:25.86	5:06.26	10:31.42	20:20.85	35.28	1:14.46	2:39.66
77	1.23	30.69	1:07.88	2:27.06	5:08.77	10:36.60	20:30.86	35.57	1:15.07	2:40.97
76	1.24	30.94	1:08.44	2:28.25	5:11.28	10:41.77	20:40.87	35.86	1:15.68	2:42.28
75	1.25	31.19	1:08.99	2:29.45	5:13.79	10:46.95	20:50.88	36.15	1:16.29	2:43.59
74	1.26	31.44	1:09.54	2:30.65	5:16.30	10:52.13	21:00.88	36.44	1:16.90	2:44.90
73	1.27	31.69	1:10.09	2:31.84	5:18.81	10:57.30	21:10.89	36.73	1:17.51	2:46.20
72	1.28	31.94	1:10.64	2:33.04	5:21.32	11:02.48	21:20.90	37.02	1:18.12	2:47.51
71	1.29	32.19	1:11.20	2:34.23	5:23.83	11:07.65	21:30.90	37.31	1:18.73	2:48.82
70	1.30	32.44	1:11.75	2:35.43	5:26.34	11:12.83	21:40.91	37.60	1:19.34	2:50.13
69	1.31	32.68	1:12.30	2:36.62	5:28.85	11:18.00	21:50.92	37.89	1:19.95	2:51.44
68	1.32	32.93	1:12.85	2:37.82	5:31.36	11:23.18	22:00.92	38.17	1:20.56	2:52.75
67	1.33	33.18	1:13.40	2:39.01	5:33.87	11:28.35	22:10.93	38.46	1:21.17	2:54.06
66	1.34	33.43	1:13.95	2:40.21	5:36.38	11:33.53	22:20.94	38.75	1:21.78	2:55.37
65	1.35	33.68	1:14.51	2:41.41	5:38.89	11:38.71	22:30.95	39.04	1:22.39	2:56.67
64	1.36	33.93	1:15.06	2:42.60	5:41.40	11:43.88	22:40.95	39.33	1:23.00	2:57.98
63	1.37	34.18	1:15.61	2:43.80	5:43.91	11:49.06	22:50.96	39.62	1:23.61	2:59.29
62	1.38	34.43	1:16.16	2:44.99	5:46.42	11:54.23	23:00.97	39.91	1:24.22	3:00.60
61	1.39	34.68	1:16.71	2:46.19	5:48.93	11:59.41	23:10.97	40.20	1:24.83	3:01.91
60	1.40	34.93	1:17.27	2:47.38	5:51.44	12:04.58	23:20.98	40.49	1:25.44	3:03.22
59	1.41	35.18	1:17.82	2:48.58	5:53.95	12:09.76	23:30.99	40.78	1:26.05	3:04.53
58	1.42	35.43	1:18.37	2:49.78	5:56.46	12:14.94	23:40.99	41.07	1:26.66	3:05.84
57	1.43	35.68	1:18.92	2:50.97	5:58.97	12:20.11	23:51.00	41.36	1:27.27	3:07.14
56	1.44	35.93	1:19.47	2:52.17	6:01.48	12:25.29	24:01.01	41.64	1:27.88	3:08.45
55	1.45	36.18	1:20.03	2:53.36	6:03.99	12:30.46	24:11.02	41.93	1:28.49	3:09.76
54	1.46	36.43	1:20.58	2:54.56	6:06.50	12:35.64	24:21.02	42.22	1:29.10	3:11.07
53	1.47	36.68	1:21.13	2:55.75	6:09.01	12:40.81	24:31.03	42.51	1:29.71	3:12.38

Score	%	Freestyle						Backstroke		
		<u>50m</u>	<u>100m</u>	<u>200m</u>	<u>400m</u>	<u>800m</u>	<u>1500m</u>	<u>50m</u>	<u>100m</u>	<u>200m</u>
52	1.48	36.93	1:21.68	2:56.95	6:11.52	12:45.99	24:41.04	42.80	1:30.32	3:13.69
51	1.49	37.18	1:22.23	2:58.14	6:14.03	12:51.16	24:51.04	43.09	1:30.93	3:15.00
50	1.50	37.43	1:22.79	2:59.34	6:16.55	12:56.34	25:01.05	43.38	1:31.55	3:16.31
49	1.51	37.67	1:23.34	3:00.54	6:19.06	13:01.52	25:11.06	43.67	1:32.16	3:17.61
48	1.52	37.92	1:23.89	3:01.73	6:21.57	13:06.69	25:21.06	43.96	1:32.77	3:18.92
47	1.53	38.17	1:24.44	3:02.93	6:24.08	13:11.87	25:31.07	44.25	1:33.38	3:20.23
46	1.54	38.42	1:24.99	3:04.12	6:26.59	13:17.04	25:41.08	44.54	1:33.99	3:21.54
45	1.55	38.67	1:25.54	3:05.32	6:29.10	13:22.22	25:51.09	44.83	1:34.60	3:22.85
44	1.56	38.92	1:26.10	3:06.51	6:31.61	13:27.39	26:01.09	45.12	1:35.21	3:24.16
43	1.57	39.17	1:26.65	3:07.71	6:34.12	13:32.57	26:11.10	45.40	1:35.82	3:25.47
42	1.58	39.42	1:27.20	3:08.90	6:36.63	13:37.74	26:21.11	45.69	1:36.43	3:26.77
41	1.59	39.67	1:27.75	3:10.10	6:39.14	13:42.92	26:31.11	45.98	1:37.04	3:28.08
40	1.60	39.92	1:28.30	3:11.30	6:41.65	13:48.10	26:41.12	46.27	1:37.65	3:29.39
39	1.61	40.17	1:28.86	3:12.49	6:44.16	13:53.27	26:51.13	46.56	1:38.26	3:30.70
38	1.62	40.42	1:29.41	3:13.69	6:46.67	13:58.45	27:01.13	46.85	1:38.87	3:32.01
37	1.63	40.67	1:29.96	3:14.88	6:49.18	14:03.62	27:11.14	47.14	1:39.48	3:33.32
36	1.64	40.92	1:30.51	3:16.08	6:51.69	14:08.80	27:21.15	47.43	1:40.09	3:34.63
35	1.65	41.17	1:31.06	3:17.27	6:54.20	14:13.97	27:31.16	47.72	1:40.70	3:35.94
34	1.66	41.42	1:31.62	3:18.47	6:56.71	14:19.15	27:41.16	48.01	1:41.31	3:37.24
33	1.67	41.67	1:32.17	3:19.67	6:59.22	14:24.33	27:51.17	48.30	1:41.92	3:38.55
32	1.68	41.92	1:32.72	3:20.86	7:01.73	14:29.50	28:01.18	48.59	1:42.53	3:39.86
31	1.69	42.17	1:33.27	3:22.06	7:04.24	14:34.68	28:11.18	48.87	1:43.14	3:41.17
30	1.70	42.42	1:33.82	3:23.25	7:06.75	14:39.85	28:21.19	49.16	1:43.75	3:42.48
29	1.71	42.66	1:34.37	3:24.45	7:09.26	14:45.03	28:31.20	49.45	1:44.36	3:43.79
28	1.72	42.91	1:34.93	3:25.64	7:11.77	14:50.20	28:41.20	49.74	1:44.97	3:45.10
27	1.73	43.16	1:35.48	3:26.84	7:14.28	14:55.38	28:51.21	50.03	1:45.58	3:46.41
26	1.74	43.41	1:36.03	3:28.03	7:16.79	15:00.55	29:01.22	50.32	1:46.19	3:47.71
25	1.75	43.66	1:36.58	3:29.23	7:19.30	15:05.73	29:11.23	50.61	1:46.80	3:49.02
24	1.76	43.91	1:37.13	3:30.43	7:21.81	15:10.91	29:21.23	50.90	1:47.41	3:50.33
23	1.77	44.16	1:37.69	3:31.62	7:24.32	15:16.08	29:31.24	51.19	1:48.02	3:51.64
22	1.78	44.41	1:38.24	3:32.82	7:26.83	15:21.26	29:41.25	51.48	1:48.63	3:52.95
21	1.79	44.66	1:38.79	3:34.01	7:29.34	15:26.43	29:51.25	51.77	1:49.24	3:54.26
20	1.80	44.91	1:39.34	3:35.21	7:31.85	15:31.61	30:01.26	52.06	1:49.85	3:55.57
19	1.81	45.16	1:39.89	3:36.40	7:34.36	15:36.78	30:11.27	52.35	1:50.46	3:56.87
18	1.82	45.41	1:40.45	3:37.60	7:36.87	15:41.96	30:21.27	52.63	1:51.07	3:58.18
17	1.83	45.66	1:41.00	3:38.79	7:39.38	15:47.13	30:31.28	52.92	1:51.68	3:59.49
16	1.84	45.91	1:41.55	3:39.99	7:41.90	15:52.31	30:41.29	53.21	1:52.30	4:00.80
15	1.85	46.16	1:42.10	3:41.19	7:44.41	15:57.49	30:51.30	53.50	1:52.91	4:02.11
14	1.86	46.41	1:42.65	3:42.38	7:46.92	16:02.66	31:01.30	53.79	1:53.52	4:03.42
13	1.87	46.66	1:43.21	3:43.58	7:49.43	16:07.84	31:11.31	54.08	1:54.13	4:04.73
12	1.88	46.91	1:43.76	3:44.77	7:51.94	16:13.01	31:21.32	54.37	1:54.74	4:06.04
11	1.89	47.16	1:44.31	3:45.97	7:54.45	16:18.19	31:31.32	54.66	1:55.35	4:07.34
10	1.90	47.41	1:44.86	3:47.16	7:56.96	16:23.36	31:41.33	54.95	1:55.96	4:08.65
9	1.91	47.65	1:45.41	3:48.36	7:59.47	16:28.54	31:51.34	55.24	1:56.57	4:09.96
8	1.92	47.90	1:45.96	3:49.56	8:01.98	16:33.72	32:01.34	55.53	1:57.18	4:11.27
7	1.93	48.15	1:46.52	3:50.75	8:04.49	16:38.89	32:11.35	55.82	1:57.79	4:12.58
6	1.94	48.40	1:47.07	3:51.95	8:07.00	16:44.07	32:21.36	56.10	1:58.40	4:13.89
5	1.95	48.65	1:47.62	3:53.14	8:09.51	16:49.24	32:31.37	56.39	1:59.01	4:15.20
4	1.96	48.90	1:48.17	3:54.34	8:12.02	16:54.42	32:41.37	56.68	1:59.62	4:16.51
3	1.97	49.15	1:48.72	3:55.53	8:14.53	16:59.59	32:51.38	56.97	2:00.23	4:17.81
2	1.98	49.40	1:49.28	3:56.73	8:17.04	17:04.77	33:01.39	57.26	2:00.84	4:19.12
1	1.99	49.65	1:49.83	3:57.92	8:19.55	17:09.94	33:11.39	57.55	2:01.45	4:20.43

# Hong Kong Swimming Point Score 2004 (LC)

## Women

Score	%	Breaststroke			Butterfly			Ind Medley	
		50m	100m	200m	50m	100m	200m	200m	400m
100	1.00	31.58	1:08.65	2:28.08	26.82	59.02	2:09.98	2:13.75	4:44.32
99	1.01	31.90	1:09.34	2:29.56	27.09	59.61	2:11.28	2:15.09	4:47.16
98	1.02	32.21	1:10.02	2:31.04	27.36	1:00.20	2:12.58	2:16.42	4:50.01
97	1.03	32.53	1:10.71	2:32.52	27.62	1:00.79	2:13.88	2:17.76	4:52.85
96	1.04	32.84	1:11.40	2:34.00	27.89	1:01.38	2:15.18	2:19.10	4:55.69
95	1.05	33.16	1:12.08	2:35.48	28.16	1:01.97	2:16.48	2:20.44	4:58.54
94	1.06	33.47	1:12.77	2:36.96	28.43	1:02.56	2:17.78	2:21.78	5:01.38
93	1.07	33.79	1:13.46	2:38.45	28.70	1:03.15	2:19.08	2:23.11	5:04.22
92	1.08	34.11	1:14.14	2:39.93	28.97	1:03.74	2:20.38	2:24.45	5:07.07
91	1.09	34.42	1:14.83	2:41.41	29.23	1:04.33	2:21.68	2:25.79	5:09.91
90	1.10	34.74	1:15.51	2:42.89	29.50	1:04.92	2:22.98	2:27.13	5:12.75
89	1.11	35.05	1:16.20	2:44.37	29.77	1:05.51	2:24.28	2:28.46	5:15.60
88	1.12	35.37	1:16.89	2:45.85	30.04	1:06.10	2:25.58	2:29.80	5:18.44
87	1.13	35.69	1:17.57	2:47.33	30.31	1:06.69	2:26.88	2:31.14	5:21.28
86	1.14	36.00	1:18.26	2:48.81	30.57	1:07.28	2:28.18	2:32.48	5:24.12
85	1.15	36.32	1:18.95	2:50.29	30.84	1:07.87	2:29.48	2:33.81	5:26.97
84	1.16	36.63	1:19.63	2:51.77	31.11	1:08.46	2:30.78	2:35.15	5:29.81
83	1.17	36.95	1:20.32	2:53.25	31.38	1:09.05	2:32.08	2:36.49	5:32.65
82	1.18	37.26	1:21.01	2:54.73	31.65	1:09.64	2:33.38	2:37.83	5:35.50
81	1.19	37.58	1:21.69	2:56.22	31.92	1:10.23	2:34.68	2:39.16	5:38.34
80	1.20	37.90	1:22.38	2:57.70	32.18	1:10.82	2:35.98	2:40.50	5:41.18
79	1.21	38.21	1:23.07	2:59.18	32.45	1:11.41	2:37.28	2:41.84	5:44.03
78	1.22	38.53	1:23.75	3:00.66	32.72	1:12.00	2:38.58	2:43.18	5:46.87
77	1.23	38.84	1:24.44	3:02.14	32.99	1:12.59	2:39.88	2:44.51	5:49.71
76	1.24	39.16	1:25.13	3:03.62	33.26	1:13.18	2:41.18	2:45.85	5:52.56
75	1.25	39.48	1:25.81	3:05.10	33.53	1:13.78	2:42.48	2:47.19	5:55.40
74	1.26	39.79	1:26.50	3:06.58	33.79	1:14.37	2:43.77	2:48.53	5:58.24
73	1.27	40.11	1:27.19	3:08.06	34.06	1:14.96	2:45.07	2:49.86	6:01.09
72	1.28	40.42	1:27.87	3:09.54	34.33	1:15.55	2:46.37	2:51.20	6:03.93
71	1.29	40.74	1:28.56	3:11.02	34.60	1:16.14	2:47.67	2:52.54	6:06.77
70	1.30	41.05	1:29.24	3:12.50	34.87	1:16.73	2:48.97	2:53.88	6:09.62
69	1.31	41.37	1:29.93	3:13.98	35.13	1:17.32	2:50.27	2:55.21	6:12.46
68	1.32	41.69	1:30.62	3:15.47	35.40	1:17.91	2:51.57	2:56.55	6:15.30
67	1.33	42.00	1:31.30	3:16.95	35.67	1:18.50	2:52.87	2:57.89	6:18.15
66	1.34	42.32	1:31.99	3:18.43	35.94	1:19.09	2:54.17	2:59.23	6:20.99
65	1.35	42.63	1:32.68	3:19.91	36.21	1:19.68	2:55.47	3:00.56	6:23.83
64	1.36	42.95	1:33.36	3:21.39	36.48	1:20.27	2:56.77	3:01.90	6:26.68
63	1.37	43.26	1:34.05	3:22.87	36.74	1:20.86	2:58.07	3:03.24	6:29.52
62	1.38	43.58	1:34.74	3:24.35	37.01	1:21.45	2:59.37	3:04.58	6:32.36
61	1.39	43.90	1:35.42	3:25.83	37.28	1:22.04	3:00.67	3:05.91	6:35.20
60	1.40	44.21	1:36.11	3:27.31	37.55	1:22.63	3:01.97	3:07.25	6:38.05
59	1.41	44.53	1:36.80	3:28.79	37.82	1:23.22	3:03.27	3:08.59	6:40.89
58	1.42	44.84	1:37.48	3:30.27	38.08	1:23.81	3:04.57	3:09.93	6:43.73
57	1.43	45.16	1:38.17	3:31.75	38.35	1:24.40	3:05.87	3:11.26	6:46.58
56	1.44	45.48	1:38.86	3:33.24	38.62	1:24.99	3:07.17	3:12.60	6:49.42
55	1.45	45.79	1:39.54	3:34.72	38.89	1:25.58	3:08.47	3:13.94	6:52.26
54	1.46	46.11	1:40.23	3:36.20	39.16	1:26.17	3:09.77	3:15.28	6:55.11
53	1.47	46.42	1:40.92	3:37.68	39.43	1:26.76	3:11.07	3:16.61	6:57.95

Score	%	Breaststroke			Butterfly			Ind Medley	
		<u>50m</u>	<u>100m</u>	<u>200m</u>	<u>50m</u>	<u>100m</u>	<u>200m</u>	<u>200m</u>	<u>400m</u>
52	1.48	46.74	1:41.60	3:39.16	39.69	1:27.35	3:12.37	3:17.95	7:00.79
51	1.49	47.05	1:42.29	3:40.64	39.96	1:27.94	3:13.67	3:19.29	7:03.64
50	1.50	47.37	1:42.98	3:42.12	40.23	1:28.53	3:14.97	3:20.63	7:06.48
49	1.51	47.69	1:43.66	3:43.60	40.50	1:29.12	3:16.27	3:21.96	7:09.32
48	1.52	48.00	1:44.35	3:45.08	40.77	1:29.71	3:17.57	3:23.30	7:12.17
47	1.53	48.32	1:45.03	3:46.56	41.03	1:30.30	3:18.87	3:24.64	7:15.01
46	1.54	48.63	1:45.72	3:48.04	41.30	1:30.89	3:20.17	3:25.98	7:17.85
45	1.55	48.95	1:46.41	3:49.52	41.57	1:31.48	3:21.47	3:27.31	7:20.70
44	1.56	49.26	1:47.09	3:51.00	41.84	1:32.07	3:22.77	3:28.65	7:23.54
43	1.57	49.58	1:47.78	3:52.49	42.11	1:32.66	3:24.07	3:29.99	7:26.38
42	1.58	49.90	1:48.47	3:53.97	42.38	1:33.25	3:25.37	3:31.33	7:29.23
41	1.59	50.21	1:49.15	3:55.45	42.64	1:33.84	3:26.67	3:32.66	7:32.07
40	1.60	50.53	1:49.84	3:56.93	42.91	1:34.43	3:27.97	3:34.00	7:34.91
39	1.61	50.84	1:50.53	3:58.41	43.18	1:35.02	3:29.27	3:35.34	7:37.76
38	1.62	51.16	1:51.21	3:59.89	43.45	1:35.61	3:30.57	3:36.68	7:40.60
37	1.63	51.48	1:51.90	4:01.37	43.72	1:36.20	3:31.87	3:38.01	7:43.44
36	1.64	51.79	1:52.59	4:02.85	43.98	1:36.79	3:33.17	3:39.35	7:46.28
35	1.65	52.11	1:53.27	4:04.33	44.25	1:37.38	3:34.47	3:40.69	7:49.13
34	1.66	52.42	1:53.96	4:05.81	44.52	1:37.97	3:35.77	3:42.03	7:51.97
33	1.67	52.74	1:54.65	4:07.29	44.79	1:38.56	3:37.07	3:43.36	7:54.81
32	1.68	53.05	1:55.33	4:08.77	45.06	1:39.15	3:38.37	3:44.70	7:57.66
31	1.69	53.37	1:56.02	4:10.26	45.33	1:39.74	3:39.67	3:46.04	8:00.50
30	1.70	53.69	1:56.71	4:11.74	45.59	1:40.33	3:40.97	3:47.38	8:03.34
29	1.71	54.00	1:57.39	4:13.22	45.86	1:40.92	3:42.27	3:48.71	8:06.19
28	1.72	54.32	1:58.08	4:14.70	46.13	1:41.51	3:43.57	3:50.05	8:09.03
27	1.73	54.63	1:58.76	4:16.18	46.40	1:42.10	3:44.87	3:51.39	8:11.87
26	1.74	54.95	1:59.45	4:17.66	46.67	1:42.69	3:46.17	3:52.73	8:14.72
25	1.75	55.27	2:00.14	4:19.14	46.94	1:43.29	3:47.47	3:54.06	8:17.56
24	1.76	55.58	2:00.82	4:20.62	47.20	1:43.88	3:48.76	3:55.40	8:20.40
23	1.77	55.90	2:01.51	4:22.10	47.47	1:44.47	3:50.06	3:56.74	8:23.25
22	1.78	56.21	2:02.20	4:23.58	47.74	1:45.06	3:51.36	3:58.08	8:26.09
21	1.79	56.53	2:02.88	4:25.06	48.01	1:45.65	3:52.66	3:59.41	8:28.93
20	1.80	56.84	2:03.57	4:26.54	48.28	1:46.24	3:53.96	4:00.75	8:31.78
19	1.81	57.16	2:04.26	4:28.02	48.54	1:46.83	3:55.26	4:02.09	8:34.62
18	1.82	57.48	2:04.94	4:29.51	48.81	1:47.42	3:56.56	4:03.43	8:37.46
17	1.83	57.79	2:05.63	4:30.99	49.08	1:48.01	3:57.86	4:04.76	8:40.31
16	1.84	58.11	2:06.32	4:32.47	49.35	1:48.60	3:59.16	4:06.10	8:43.15
15	1.85	58.42	2:07.00	4:33.95	49.62	1:49.19	4:00.46	4:07.44	8:45.99
14	1.86	58.74	2:07.69	4:35.43	49.89	1:49.78	4:01.76	4:08.78	8:48.84
13	1.87	59.05	2:08.38	4:36.91	50.15	1:50.37	4:03.06	4:10.11	8:51.68
12	1.88	59.37	2:09.06	4:38.39	50.42	1:50.96	4:04.36	4:11.45	8:54.52
11	1.89	59.69	2:09.75	4:39.87	50.69	1:51.55	4:05.66	4:12.79	8:57.36
10	1.90	1:00.00	2:10.44	4:41.35	50.96	1:52.14	4:06.96	4:14.13	9:00.21
9	1.91	1:00.32	2:11.12	4:42.83	51.23	1:52.73	4:08.26	4:15.46	9:03.05
8	1.92	1:00.63	2:11.81	4:44.31	51.49	1:53.32	4:09.56	4:16.80	9:05.89
7	1.93	1:00.95	2:12.49	4:45.79	51.76	1:53.91	4:10.86	4:18.14	9:08.74
6	1.94	1:01.27	2:13.18	4:47.28	52.03	1:54.50	4:12.16	4:19.48	9:11.58
5	1.95	1:01.58	2:13.87	4:48.76	52.30	1:55.09	4:13.46	4:20.81	9:14.42
4	1.96	1:01.90	2:14.55	4:50.24	52.57	1:55.68	4:14.76	4:22.15	9:17.27
3	1.97	1:02.21	2:15.24	4:51.72	52.84	1:56.27	4:16.06	4:23.49	9:20.11
2	1.98	1:02.53	2:15.93	4:53.20	53.10	1:56.86	4:17.36	4:24.83	9:22.95
1	1.99	1:02.84	2:16.61	4:54.68	53.37	1:57.45	4:18.66	4:26.16	9:25.80

## Hong Kong Swimming Point Score

### Long Course 2004

Sex	Events	World Records	Asian Records	Hongkong Records	HKSPS 100 Points
<b>M e n</b>	50m Free	21.64	22.18	23.4	22.41
	100m Free	47.84	50.32	51.84	50.00
	200m Free	1.44.06	1.49.23	1.52.48	1.48.59
	400m Free	3.40.08	3.50.36	3.58.94	3.49.79
	800m Free	7.39.16	7.57.57	8.25.02	8.00.58
	1500m Free	14.34.56	15.10.99	16.02.83	15.16.13
	50m Backstroke	24.99	25.85	28.37	26.40
	100m Backstroke	53.6	55.05	59.71	56.12
	200m Backstroke	1.55.15	1.58.72	2.05.47	1.59.78
	50m Breaststroke	27.18	28.05	29.62	28.28
	100m Breaststroke	59.94	1.00.34	1.04.23	1.01.5
	200m Breaststroke	2.09.97	2.09.97	2.18.74	2.12.89
	50m Butterfly	23.44	24.18	25.29	24.30
	100m Butterfly	51.81	52.55	55.78	53.38
200m Butterfly	1.54.58	1.55.57	2.01.99	1.57.38	
200m Ind Medley	1.58.16	2.00.53	2.07.30	2.02.00	
400m Ind Medley	4.11.09	4.15.38	4.29.02	4.18.50	
<b>W o m e n</b>	50m Free	24.13	24.51	26.7	25.11
	100m Free	53.77	54.01	57.9	55.23
	200m Free	1.56.64	1.56.89	2.05.14	1.59.56
	400m Free	4.03.85	4.05.00	4.24.23	4.11.03
	800m Free	8.16.22	8.25.36	9.11.11	8.37.56
	1500m Free	15.52.10	16.13.01	18.05.21	16.43.44
	50m Backstroke	28.25	28.67	29.88	28.93
	100m Backstroke	59.58	1.00.16	1.03.50	1.01.08
	200m Backstroke	2.06.62	2.07.40	2.18.60	2.10.87
	50m Breaststroke	30.57	30.84	34.18	31.86
	100m Breaststroke	1.06.52	1.06.84	1.13.41	1.08.92
	200m Breaststroke	2.22.99	2.22.99	2.39.56	2.28.51
	50m Butterfly	25.57	26.75	28.5	26.94
	100m Butterfly	56.61	58.38	1.02.18	59.06
200m Butterfly	2.05.78	2.06.77	2.17.40	2.09.98	
200m Ind Medley	2.09.72	2.09.72	2.21.82	2.13.75	
400m Ind Medley	4.33.59	4.34.79	5.04.57	4.44.32	

## 2004 Hong Kong Swimming Championships Relay Qualifying Times

2004 年香港游泳錦標賽接力達標時間表

		15 & Under 十五歲或以下		Open 公開組	
		Girls 女	Boys 男	Women 女	Men 男
4 x 100M	Medley Relay 四式接力	05:09.64	04:44.35	04:53.57	04:44.35
4 x 100M	Freestyle Relay 自由接力	04:40.88	04:28.06	04:40.88	04:17.52

ADJUSTED qualifying times from last year to meet the standard in Div.1 LC this year are shown in "Bold".

以「粗及斜體」顯示的時間是已根據第一組長池賽之時間作出調整。