

HONG KONG RECORDS (Provisional)

Listed Date: July 26, 2006

HONG KONG LONG COURSE RECORDS (OPEN)

MEN'S EVENTS

50 Free	23.40	Michael WRIGHT, MAC	Asian Games – Hiroshima, Oct.07,94					
100 Free	51.84	Arthur LI, HJC	Olympic Games – Atlanta, Jul.22,96					
200 Free	1:52.48	Mark KWOK Kin-ming, HTA	6 th Asian Swimming Champ. – Pusan, Mar.30,00					
	26.63	55.22	1:23.48					
400 Free	3:58.94	Mark KWOK Kin-ming, HTA	Olympic Games – Sydney, Sept.16,00					
800 Free	8:25.02	Mark KWOK Kin-ming, HTA	Pan Pacific Championships – Atlanta, Aug.10,95					
1500 Free	16:02.83	CHUNG Kwok-leung, HTA	Pan Pac Swim Champ. – Yokohama, Aug.27,02					
50 Back	27.80	YEE Hoi-ping, WTS	Age Group LC Swim Champ 2005, Nov 13, 05					
100 Back	59.71	Alex FONG Lik-sun, SCA	Hong Kong Age Group Champ, Jul.22,00					
200 Back	2:05.47	Alex FONG Lik-sun, SCA	Olympic Games – Sydney, Sept.20,00					
50 Breast	29.62	Andrew RUTHERFURD, LRC	Olympic Games – Barcelona, Jul.26,92					
100 Breast	1:04.23	Andrew RUTHERFURD, LRC	Olympic Games – Barcelona, Jul.26,92					
	29.62							
200 Breast	2:18.26	Tam Chi-kin, SLA	Hong Kong Swimming Champ., Sept.3-5,04					
50 Fly	25.29	Mark KWOK Kin-ming, HTA	Hong Kong Swimming Champ, Sep.7-9,01					
100 Fly	55.78	Arthur LI, HJC	Hong Kong National Championships, Aug.22,93					
200 Fly	2:01.99	Mark KWOK Kin-ming, HTA	Olympic Games – Sydney, Sept.18,00					
200 IM	2:07.30	Mark KWOK Kin-ming, HTA	World Championships – Perth, Jan.17,98					
400 IM	4:29.02	Alex FONG Lik-sun, SCA	Olympic Games – Sydney, Sept.17,00					
4x100 MR	3:51.07	Hong Kong Team	Asian Games – Busan, Oct.04,02					
		Alex FONG Lik-sun, TAM Chi-kin, Mark KWOK Kin-ming, FU Wing						
4x100 FR	3:30.29	Hong Kong Team	Asian Games- Busan, Oct.04,02					
		DOO Kin Lun, KWOK Kin-Ming, SZETO Shui Ki, FU Wing						
4x200 FR	7:38.91	Hong Kong Team	Asian Games – Bangkok, Dec.08,98					
		Mark KWOK Kin-ming, Zachary MOFFATT, Alex FONG Lik-sun, Arthur LI Kai-yien						
	54.93	1:53.04	2:48.95	3:48.15	4:43.55	5:42.46	6:35.27	7:38.91

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HONG KONG LONG COURSE RECORDS (OPEN)

WOMEN'S EVENTS

50 Free	26.14 Hannah WILSON, LRC	7 th Asian Swimming Champ, Mar. 10,06
100 Free	56.63 Hannah WILSON, LRC	Australian Youth Sports Festival, Jan.21,05
200 Free	2:04.97 SZE Hang-yu, WTS	FOS – Olympic TT II., Mar.27-28,04
400 Free	4:24.23 Robyn LAMSAM, HJC	HKASA Age Group Competition, Apr.03,94
800 Free	9:05.03 TOWN Jennifer, SCA	XLIX FoS – LC Swim Time Trial, Apr. 22,06
1500 Free	17:52.20 AU Hoi-shun, SCA	Div.I AG LC SWIM COMP (PART 3), Jul 31, 05
50 Back	29.64 Sherry TSAI Hiu-wai, CUC	Universade Izmir, Aug 14, 05
100 Back	1:03.30 Sherry TSAI Hiu-wai, CUC (STR)	4 th East Asian Games, Macau, Nov.06,05
200 Back	2:17.71 Sherry TSAI Hiu-wai, CUC	4 th East Asian Games, Macau, Nov.02,05
50 Breast	33.08 SUEN Ka-yi, WTS	7 th Asian Swimming Champ, Mar. 08,06
100 Breast	1:12.78 YIP Tsz-wa, DLS	Inter-School Swim Champ Div I., Oct..15,03
200 Breast	2:37.66 TSE Kin-hay, HTA	4 th East Asian Games, Macau, Nov.05,05
50 Fly	27.66 Hannah WILSON, LRC	7 th Asian Swimming Champ, Mar. 06,06
100 Fly	1:00.89 Hannah WILSON, LRC	7 th Asian Swimming Champ, Mar. 08,06
200 Fly	2:16.49 CHAN Wing-suet, HTA	FOS – Olympic TT II., Mar.27-28,04
200 IM	2:21.82 Sherry TSAI Hiu-wai, CUC	East Asian Games, May 21-26,01
400 IM	4:59.70 NAM Carmen, TPS	7 th Asian Swimming Champ, Mar. 05,06
4x100 MR	4:16.90 Hong Kong Team TSAI Hiu-wai, YIP Tsz-wa, SZE Hang-yu, WILSON Hannah 01:03.30(02:16.82 03:19.40 04:16.90	4 th East Asian Games, Macau, Nov.06,05
4x100 FR	3:51.78 Hong Kong Team SZE Hang-yu, TSAI Hiu-wai, FUNG wing-yan, WILSON Hannah 00:58.56 01:55.42 02:54.42 03:51.78	4 th East Asian Games, Macau, Nov.05,05
4x200 FR	8:32.41 Hong Kong Team SZE Hang-yu, TSAI Hiu-wai, FUNG wing-yan, WILSON Hannah 02:09.30 04:13.68 06:24.22 08:32.41	4 th East Asian Games, Macau, Nov.03,05

HONG KONG RECORDS (Provisional)

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HONG KONG LONG COURSE RECORDS (JUNIOR)

MEN'S EVENTS

50 Free	24.26	Zachary MOFFATT, LRC	Hong Kong National Championships, Aug.19,95	
100 Free	53.67	CHEAH Geoffrey, LRC (First Leg)	7 th Asian Swimming Champ, Mar. 08,06	
200 Free	1:58.18	Arthur LI, HJC	Olympic Games Time Trial, Jul.09,88	
400 Free	4:14.42	CHEUNG Siu-hang, KCD	FOS – Olympic TT II., Mar.27-28,04	
800 Free	8:54.17	CHEUNG Siu-hang, KCD	AASF AG Champ., Aug.24-30,03	
1500 Free	16:34.43	CHEUNG Siu-hang, KCD	Hong Kong Swimming Champ., Sept.05,03	
50 Back	28.15	CHEAH Geoffrey	7 th Asian Swimming Champ, Mar. 07,06	
100 Back	1:00.25	CHEAH Geoffrey, LRC	XLIX FoS – LC Swim Time Trial, Apr. 22,06	
200 Back	2:10.44	CHEAH Geoffrey, LRC	7 th Asian Swimming Champ, Mar. 07,06	
50 Breast	30.36	WONG Chun-yan, SCA	HK Long Course Age Group Champ., Nov.09,02	
100 Breast	1:07.52	TAM Chi-kin, SLA	HK Long Course Age Group Champ., Nov.05,94	
200 Breast	2:24.85	TAM Chi-kin, SLA	Asian Swimming Champion. – Bangkok, Apr.15,96	
50 Fly	27.09	Tsang Hung-hei, WTS	HKSSF Inter-School Champ., Oct.19,01	
100 Fly	58.90	WONG Man-kit, PSC	Hong Kong Swimming Champ., Sep 3-5, 04	
200 Fly	2:10.42	WONG Man-kit, PSC	Hong Kong Swimming Champ., Sep 3-5, 04	
200 IM	2:14.01	CHEUNG Siu-hang, KCD	Hong Kong Swimming Champ., Sept.06,03	
400 IM	4:40.20	Alex FONG Lik-sun, SCA	Asia Pacific A.G. Championships, Aug.20,95	
4x100 MR	4:08.64	Hong Kong Team CHEAH Geoffrey, LUK Wing-kin, YU Tak-shing, LAW Kai-chun	Australian Youth Sports Festival, Jan.23,05	
4x100 FR	3:45.56	Hong Kong Team TSE Tsun-ho, Kelvin SIU, WONG Yin-chun, CHEUNG Siu-hang	AASF AG Champ., - Macau, Aug 24-30, 03	
4x200 FR	8:15.71	Hong Kong Team YU Tak-sing, CHENG Ka-ho, LIN Wei-hung, WONG Kai-wai	Australian Youth Sports Festival, Jan.21,05	
	02:01.69	04:05.37	06:10.74	08:15.71

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HONG KONG LONG COURSE RECORDS (JUNIOR)

WOMEN'S EVENTS

50 Free	26.21	CHAN Yu-ning, DLS	Age Group LC Champ, Nov. 08,03
100 Free	56.63	Hannah WILSON, LRC	Australian Youth Sports Festival, Jan.21,05
200 Free	2:06.48	SZE Hang-yu, WTS	Hong Kong Swimming Champ., Sept.06,03
400 Free	4:25.14	Robyn LAMSAM, HJC	Arafura Meet – Darwin, Apr.25,93
800 Free	9:05.03	TOWN Jennifer, SCA	XLIX FoS – LC Swim Time Trial, Apr. 22,06
1500 Free	17:52.20	AU Hoi-shun, SCA	Div.I AG LC SWIM COMP (PART 3), Jul 31, 05
50 Back	30.48	Sherry TSAI Hiu-wai, CUC	HK Long Course Age Group Champ. Nov.07,98
100 Back	1:04.50	Sherry TSAI Hiu-wai, CUC	Asian Games – Bangkok, Dec.11,98
200 Back	2:20.06	Sherry TSAI Hiu-wai, CUC 32.77 1:07.87 1:44.68 2:20.06	Asian Games – Bangkok, Dec.12,98
50 Breast	33.52	SUEN Ka-yi, WTS	Age Group LC Champ, Nov. 08,03
100 Breast	1:12.78	YIP Tsz-wa, DLS	Inter-School Swim Champ Div I., Oct..15,03
200 Breast	2:37.66	TSE Kin-hay, HTA	4 th East Asian Games, Macau, Nov.05,05
50 Fly	28.15	SZE Hang-yu, WTS	Queensland Open & AG Champ., Jan.04, 04
100 Fly	1:01.71	Hannah WILSON, LRC	Australian Youth Sports Festival, Jan.22,05
200 Fly	2:17.87	CHAN Wing-suet, HTA	China National Games, Nov.18,01
200 IM	2:24.20	Sherry TSAI Hiu-wai, CUC	Hong Kong National Championships, Aug.16,98
400 IM	4:59.70	NAM Carmen, TPS	7 th Asian Swimming Champ, Mar. 05,06
4x100 MR	4:28.24	Hong Kong Team	Asia Pacific AG Champ – Kaohsiung, Aug.05,00
4x100 FR	4:02.04	Hong Kong Team SZE Hang-yu, NG Ka-man, Hannah Wilson, FUNG Wing-yan	AASF AG Champ., ZhuHai, Aug.25,02
4x200 FR	8:49.93	Hong Kong Team SZE Hang-yu, NG Ka-man, FUNG Wing-yan, NG Siu-wa	AASF AG Champ., ZhuHai, Aug.25,02

HONG KONG RECORDS (Provisional)

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HONG KONG LONG COURSE RECORDS (AGE GROUP)

BOYS' 10 & UNDER EVENTS

50 Free	29.30	KWONG Chak-lam, WTS	HK Long Course Age Group Champ., Aug.12,01
100 Free	1:03.83	LEE Man-tim, SCA	Age Group LC Champ, Nov.05,04
200 Free	2:17.53	LEE Man-tim, SCA	Hong Kong Swimming Champ., Sep 3-5, 04
50 Back	33.89	LEE Man-tim, SCA	Age Group LC Champ, Nov.05,04
100 Back	1:14.52	LEE Man-tim, SCA	Age Group LC Champ, Nov.05,04
50 Breast	37.73	CHEUK Tin-hon, DLS	Age Group LC Swim Champ 2005, Nov 11, 05
100 Breast	1:21.41	KWOK Sum, PSC	HK Long Course Age Group Champ., Jul.23,00
50 Fly	31.89	HUNG Leung-fung, PSC	Div.I AG LC SWIM COMP (PART 2), June 13, 04
100 Fly	1:10.22	HUNG Leung-fung, PSC	Div.I AG LC SWIM COMP (PART 1), May 23, 04
200 IM	2:37.38	WONG Hung-ting, CYM	Age Group LC Champ, Nov.08,03

HONG KONG LONG COURSE RECORDS (AGE GROUP)

GIRLS' 10 & UNDER EVENTS

50 Free	29.18	LEE Yin-nok, DLS	Age Group LC Champ, Nov.05,04
100 Free	1:03.75	LEE Yin-nok, DLS	Age Group LC Champ, Nov.05,04
200 Free	2:20.98	TOWN Jennifer, HJC	Festival Of Sport-Olympic Time Trial, May 10,03
50 Back	34.08	LO Cheuk-hang, HJC	99 Kaohsiung Int'l AG Swmg. Comp., Jun.19,99
100 Back	1:14.51	LEE Yin-nok, DLS	Age Group LC Champ, Nov.05,04
50 Breast	37.52	MA Hei-tung, DLS	XLIX FoS – LC Swim Time Trial, Apr. 22,06
100 Breast	1:19.77	MA Hei-tung, DLS	XLIX FoS – LC Swim Time Trial, Apr. 22,06
50 Fly	31.84	LO Cheuk-hang, HJC	HKASA D1 Age Group Competition, July 25,99
100 Fly	1:11.04	TOWN Jennifer, HJC	Hong Kong Swimming Champ., Sept.07,03
200 IM	2:34.94	TOWN Jennifer, HJC	Hong Kong Swimming Champ., Sept.06,03

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HONG KONG LONG COURSE RECORDS (AGE GROUP)

BOYS' 11 – 12 YEARS EVENTS

50 Free	26.80 Alvin CHANG, MAC	May 30,87
100 Free	58.66 LUM Ching-tat, HFS	Queenslang O & A Swim Champ, Jan.14,05
200 Free	2:07.09 LAU Chun-leung, KHC	Age Group LC Champ, Nov.05,04
400 Free	4:29.41 LEE Siu-chung, TPS	Div.I AG LC SWIM COMP (PART 1), May 23, 04
50 Back	30.98 SIU Wai-wang, SCA	Age Group LC Champ, Nov.05,04
100 Back	1:07.58 CHEAH Geoffrey, LRC	Age Group LC Champ, Nov.08,03
200 Back	2:24.54 TUNG Andres, HJC	Age Group LC Champ, Nov.08,03
50 Breast	33.34 KWOK Tin-shing Dominic, SCA	Age Group LC Champ, Nov.08,03
100 Breast	1:12.16 TSUI Hoi-tung, HJC	4 th Asian AG Champ, Bangkok, Aug 20,05
200 Breast	2:34.60 TSUI Hoi-tung, HJC	1 st HK Invitational Swim Champ 2005, Sep.3,05
50 Fly	28.99 LAU Chun-leung, KHC	Inter-School Swim Champ (DIV.I) Oct.20,04
100 Fly	1:04.00 CHOW Chun-yu, HTA	Aug.24,97
200 Fly	2:22.38 NG Tik-hong, PSC	HKASA D1 Age Group Competition, May 25,03
200 IM	2:23.79 LAM Muk-yan, PSC	1 st Asian AG Champ., HK, Aug.24-26,01

HONG KONG LONG COURSE RECORDS (AGE GROUP)

GIRLS' 11 – 12 YEARS EVENTS

50 Free	27.81 TANG Hing-tang, SLA	Hong Kong National Championships, Sept.02,00
100 Free	1:00.55 LEE Yin-nok, DLS	Div.I AG LC SWIM COMP (PART 2), July 16, 06
200 Free	2:09.33 NAM Carmen, TPS	XLIX FoS – LC Swim Time Trial, Apr. 22,06
400 Free	4:28.55 NAM Carmen, TPS	7 th Asian Swimming Champ, Mar. 07,06
50 Back	31.66 AU Hoi-shun, SCA	XLVIII FoS – LC Swim Time Trial, Apr 23,05
100 Back	1:07.03 LAU Yin-yan, DLS	2005/2006 Interschool Swim Champ, Oct.26,05
200 Back	2:22.78 LAU Yin-yan, DLS	4 th Asian AG Champ, Bangkok, Aug 21,05
50 Breast	34.33 YIP Tsz-wa, DLS	AASF Age Group Champ., Aug 24,03
100 Breast	1:12.78 YIP Tsz-wa, DLS	Inter-School Swim Champ Div I., Oct..15,03
200 Breast	2:39.47 YIP Tsz-wa, DLS	Hong Kong Swimming Champ., Sept.07,03
50 Fly	29.88 Hannah WILSON, LRC	HKSSF Division 1 (Final), Oct.19,01
100 Fly	1:05.62 CHAN Wing-suet, HTA	Asia Pacific A.G. Champ. – New Delhi, Aug 24,99
200 Fly	2:20.54 NAM Ka-man, TPS	7 th Asian Swimming Champ, Mar. 10,06
200 IM	2:24.37 KWONG Sin-wing, TPS	AASF Age Group Champ., Aug 25,02

HONG KONG RECORDS (Provisional)

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HONG KONG LONG COURSE RECORDS (AGE GROUP)

BOYS' 13 – 14 YEARS EVENTS

50 Free	25.02 Arthur LI, BSC	May 31,87
100 Free	54.13 CHEAH Geoffrey, LRC	British Age Group Championships, Jul.30,05
200 Free	1:59.99 LUM Ching-tat, HFS (ST)	XLIX FoS – LC Swim Time Trial, Apr. 23,06
400 Free	4:17.70 LEE Siu Chung, TPS	1 st HK Invitational Swim Champ 2005, Sep.3,05
800 Free	8:59.76 CHENG Ka-ho, WTS	HKASA D1 Age Group Competition, May 25,03
1500 Free	17:01.29 CHEUNG Siu-hang, KCD	HK LC AG Champ. Nov.08,02
50 Back	28.37 CHEAH Geoffrey, LRC	4 th Asian AG Champ, Bangkok, Aug 20,05
100 Back	1:00.33 CHEAH Geoffrey, LRC	British Age Group Championships, Jul.30,05
200 Back	2:11.65 CHEAH Geoffrey, LRC	British Age Group Championships, Jul.30,05
50 Breast	30.91 LAU Jeffrey, DLS	XLVIII FoS – LC Swim Time Trial, Apr 24,05
100 Breast	1:07.52 TAM Chi-kin, SLA	Nov.05,94
200 Breast	2:26.64 LAM Muk-yan, PSC	Hong Kong Swimming Champ., Sept.06,03
50 Fly	27.23 Alan CHEUNG, HJC	Aug.20,88
100 Fly	1:00.05 Alan CHEUNG, HJC	Aug.21,88
200 Fly	2:13.26 LAU Chun-leung, KHC	XLIX FoS – LC Swim Time Trial, Apr. 22,06
200 IM	2:16.60 LUM Ching-tat, HFS	Age Group LC Swim Champ 2005, Nov 13, 05
400 IM	4:48.99 CHENG Ka-ho, WTS	Queensland Open & AG Champ., Jan.07, 04

HONG KONG LONG COURSE RECORDS (AGE GROUP)

GIRLS' 13 – 14 YEARS EVENTS

50 Free	26.90 Hannah WILSON, LRC	UK National Youth Champ., Aug. 01, 03
100 Free	57.79 Hannah WILSON, LRC	UK National Youth Champ., Aug. 01, 03
200 Free	2:07.33 SZE Hang-yu, WTS	Queensland Open & AG Champ., Jan16,03
400 Free	4:29.90 CHAN Lok-yan, SCA	Hong Kong Swimming Champ., Sept.06,03
800 Free	9:05.03 TOWN Jennifer, SCA	XLIX FoS – LC Swim Time Trial, Apr. 22,06
1500 Free	17:52.20 AU Hoi-shun, SCA	DIV I AG LC SWIM COMP (PART 3), Jul.31,05
50 Back	30.55 WILSON Hannah, LRC	Queensland Open & AG Champ., Jan.07, 04
100 Back	1:04.84 Sherry TSAI Hiu-wai, CUC	World Youth Games – Moscow, July, 98
200 Back	2:21.10 LAU Yin-yan, DLS	05/06 Queensland Open Age Champ, Dec 14,05
50 Breast	34.12 TSE Kin-hay, HTA	4 th Asian AG Champ, Bangkok, Aug 21,05
100 Breast	1:13.02 YIP Tsz-wa, DLS	Age Group LC Champ, Nov.08,03
200 Breast	2:37.66 TSE Kin-hay, HTA	4 th East Asian Games, Macau, Nov.05,05
50 Fly	28.50 SZE Hang-yu, WTS	HKSSF Inter-School Swimming Champ., Oct.23.02
100 Fly	1:02.38 Katie LAU, HJC	Apr.02,94
200 Fly	2:18.97 SIU Tin-wai, *TT	XLIX FoS – LC Swim Time Trial, Apr. 23,06
200 IM	2:24.20 Sherry TSAI Hiu-wai, CUC	Hong Kong National Championships, Aug.16,98
400 IM	5:05.43 HO Sin-wing, THS	XLVIII FoS – LC Swim Time Trial, Apr 23,05

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HONG KONG LONG COURSE RECORDS (AGE GROUP)

BOYS' 15 – 17 YEARS EVENTS

50 Free	23.63 Arthur LI, BSC	Jul.07,90
100 Free	52.56 Arthur LI, BSC	Jul.08,90
200 Free	1:56.48 Arthur LI, BSC	Apr.14,90
400 Free	4:05.24 Alex FONG Lik-sun, SCA	Aug.22,97
800 Free	8:36.57 CHUNG Kwok-leung, HTA	China National Games, Nov.18,01
1500 Free	16:14.25 CHUNG Kwok-leung, HTA	China National Games, Nov.18,01
50 Back	28.15 CHEAH Geoffrey	7 th Asian Swimming Champ, Mar. 07,06
100 Back	59.89 CHUNG Kwok-ting, HTA (FIRST LEG)	7 th Asian Swimming Champ, Mar. 10,06
200 Back	2:07.96 Alex FONG Lik-sun, SCA	Aug.23,97
50 Breast	29.64 LI Cheuk-lun, SCA	HK Inter-School Swimming Champ. (D1), Oct.15,99
100 Breast	1:05.59 TAM Chi-kin, SLA	Pan Pacific Swimming Champ., Aug.11,97
200 Breast	2:20.88 TAM Chi-kin, SLA	Pan Pacific Swimming Champ., Aug.13,97
50 Fly	25.85 Arthur LI, HJC	Nov.18,89
100 Fly	57.29 Duncan TODD, HCC	Jul.27,92
200 Fly	2:06.11 WONG Kai-wai, HFS	XLIX FoS – LC Swim Time Trial, Apr. 22,06
200 IM	2:10.29 Alex FONG Lik-sun, SCA	Aug.22,97
400 IM	4:32.91 Alex FONG Lik-sun, SCA	World Championships – Perth, Jan.13,98

HONG KONG LONG COURSE RECORDS (AGE GROUP)

GIRLS' 15 – 17 YEARS EVENTS

50 Free	26.14 Hannah WILSON, LRC	7 th Asian Swimming Champ, Mar. 10,06
100 Free	56.63 Hannah WILSON, LRC	Australian Youth Sports Festival, Jan.21,05
200 Free	2:04.97 SZE Hang-yu, WTS	FOS – Olympic TT II., Mar.27-28,04
400 Free	4:24.23 Robyn LAMSAM, HJC	Apr.02,94
800 Free	9:11.11 Robyn LAMSAM, HJC	Aug.20,93
1500 Free	17:56.69 SZE Hang-yu, WTS	Div.I AG LC SWIM COMP (PART 2), Jul 18, 04
50 Back	29.88 Sherry TSAI Hiu-wai, CUC	1 st Asian Age Group Champ.HK, Aug.24-26,01
100 Back	1:04.19 Sherry TSAI Hiu-wai, CUC	East Asian Games, May 21-26,01
200 Back	2:20.06 Sherry TSAI Hiu-wai, CUC	Asian Games – Bangkok, Dec.12,98
50 Breast	33.38 SUEN Ka-yi, WTS	1 st HK Invitational Swim Champ 2005, Sep.4,05
100 Breast	1:13.55 LIU Ka-lei, TPS	Pan Pacific Swimming Champ., Aug.24,02
200 Breast	2:39.56 WONG Hiu-nam, SCA	Asian Games - Busan, Oct.03,02
50 Fly	27.66 Hannah WILSON, LRC	7 th Asian Swimming Champ, Mar. 06,06
100 Fly	1:00.89 Hannah WILSON, LRC	7 th Asian Swimming Champ, Mar. 08,06
200 Fly	2:16.49 CHAN Wing-suet, HTA	FOS – Olympic TT II., Mar.27-28,04
200 IM	2:21.82 Sherry TSAI Hiu-wai, CUC	East Asian Games, May 21-26,01
400 IM	5:04.57 CHAN Wing-suet, HTA	Asian Games - Busan, Oct.05,02

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Hong Kong Records Update - List of Summary

Last Updated File: HKRLC20060315 VER.3

Updated Competition: Div I Age Group Long Course Swimming Comp (Part 2) 16/07/2006

100 Free	01:00.55	LEE Yin-nok, DLS	Girls 11 - 12yrs Record
	01:00.63	FUNG Wing-yan, TPS	