



## HONG KONG AMATEUR SWIMMING ASSOCIATION

Unit L, 9/F, MG Tower, 133 Hoi Bun Road, Kwun Tong, Kowloon

Tel: (852) 2572 8594 Fax: (852) 2591 0792 E-mail: hkasa@hkasa.org.hk Web-site: www.hkasa.org.hk

### <Press Release>

## **Hong Kong Olympic Time Trial 2021 – New Hong Kong Records & Result**

Hong Kong Olympic Time Trial is completed smoothly and successfully on 21<sup>st</sup> March 2021 at Hong Kong Sports Institute's Swimming Pool. CHEUK Ming Ho breaks a new Hong Kong Record in 200m Freestyle in the last event with the time 1:48.46.

The swimmers achieved outstanding results after closed campus training under COVID-19 pandemic.

3 OST achieved and 3 Hong Kong Records are broken today, please see the details as below:

<b>Swimmer Name</b>	<b>Event</b>	<b>Time Achieved</b>	<b>OQT (A Time) / OST (B Time) / HK Record</b>
TAM Hoi Lam	100m Free	55.70	B Time
CHEUK Ming Ho	800m Free	8:03.41	B Time & Hong Kong Record
	200m Free	1:48.46	B Time & Hong Kong Record
WHITTINGTON Peter Harry	400m IM	4:26.78	Hong Kong Record



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<<Photo of CHEUK Ming Ho and Referee Mr. Edward Ho Ming CHENG after achieved OST and breaks new Hong Kong Record after 200m Freestyle>>



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Please find the Olympic qualified swimmers summary listed (as of 21<sup>st</sup> March 2021) below for your reference.

### Women

Event	Swimmer Name	Time Achieved	OQT (A Time) / OST (B Time)
50m Free	HAUGHEY Bernadette Siobhan	24.85	B
100m Free	<b>HAUGHEY Bernadette Siobhan</b>	<b>53.30</b>	<b>A</b>
	CHENG Camille Lily Mei	55.07	B
	*TAM Hoi Lam	55.70	B
200m Free	<b>HAUGHEY Bernadette Siobhan</b>	<b>1:54.98</b>	<b>A</b>
	CHENG Camille Lily Mei	2:00.20	B
400m Free	HAUGHEY Bernadette Siobhan	4:11.90	B
	HO Nam Wai	4:14.04	B
1500m Free	HO Nam Wai	16:51.05	B
100m Back	<b>AU Hoi Shun Stephanie</b>	<b>1:00.22</b>	<b>A</b>
	WONG Toto Kwan To	1:01.29	B
100m Breast	YEUNG Jamie Zhen Mei	1:08.70	B

**Plus 4x 100m & 4 x200m Free Relay**



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### Men

Event	Swimmer Name	Result	OQT (A Time) / OST (B Time)
50m Free	Ian Yentou HO	22.18	B
*200m Free	CHEUK Ming Ho	1:48.46	B
400m Free	CHEUK Ming Ho	3:53.05	B
*800m Free	CHEUK Ming Ho	8:03.41	B

\*subject to FINA approval

You may download the high resolution photos and highlight video at the following link  
<https://drive.google.com/drive/folders/1-QnMakXceT3siQg9I5YQ1bJZT65kL12g?usp=sharing>

Please note that the link will be **invalid** after **23<sup>rd</sup> March 2021 (Tuesday)**.

Should you have any enquiry, please feel free to contact Ms. Charling CHEUNG or Ms. Della LEUNG at 2572 8594

Hong Kong Amateur Swimming Association

21<sup>st</sup> March 2021





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### <新聞稿>

### 香港游泳奧運計時賽 2021 – 成績概覽 港績一破再破

香港游泳奧運計時賽已於三月二十一日於香港體育學院順利完成。香港一班頂尖泳手在過往一年被迫留在香港以持續一年封閉性訓練。雖未能出外參與比賽或習訓，但憑著教練及泳員努力，今天再創佳績。卓銘浩於最後一項 200 米自由泳以 1:48.46 打破香港紀錄。

今天賽事一共有 3 項 B 標同時亦有 3 項刷新香港紀錄。詳情可參閱以下列表：

泳員姓名	項目	成績	OQT (A Time) / OST (B Time) / HK Record
譚凱琳	100 米自由泳	55.70	B 標
卓銘浩	800 米自由泳	8:03.41	B 標及香港紀錄
	200 米自由泳	1:48.46	B 標及香港紀錄
衛恆恩	400 米個人混合泳	4:26.78	香港紀錄



<卓銘浩於 200 米自由泳達到奧運 B 標及刷新新香港紀錄後與總裁判鄭皓明合照>>



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暫時擁有 A Time 或 B Time 詳情

女

項目	泳員姓名	時間	OQT (A Time / OST (B Time)
50 米自由泳	何詩蓓	24.85	B
100 米自由泳	何詩蓓	53.30	A
	鄭莉梅	55.07	B
	*譚凱琳	55.70	B
200 米自由泳	何詩蓓	1:54.98	A
	鄭莉梅	2:00.20	B
400 米自由泳	何詩蓓	4:11.90	B
	何南慧	4:14.04	B
1500 米自由泳	何南慧	16:51.05	B
100 米背泳	歐鎧淳	1:00.22	A
	黃筠陶	1:01.29	B
100 米蛙泳	楊珍美	1:08.70	B



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另外香港隊現時擁有 2 項接力奧運入場券，4x100 米及 4x 200 米自由泳接力

男

項目	泳員姓名	時間	OQT (A Time / OST (B Time))
50 米自由泳	何甄陶	22.18	B
*200 米自由泳	卓銘浩	1:48.46	B
400 米自由泳	卓銘浩	3:53.05	B
*800 米自由泳	卓銘浩	8:03.41	B

\*等待國際泳聯審批

所有比賽照片及節錄影片已上載至以下網址 <https://drive.google.com/drive/folders/1-QnMakXceT3siQg9I5YQ1bJZT65kL12g?usp=sharing>

請留意網址有效至三月二十三日(星期二)。

如有任何問題，歡迎致電 2572 8594 與本會職員張小姐或梁小姐聯絡。

香港業餘游泳總會

二零二一年三月二十一日