

Registration	Race no	Heat	Lane	Start Time	Eng Name	Chin Name	Category	Run
	779	1	0	13:20	Chan Ho Kwan	陳灝鈞	Male 21	400m
	780	1	1	13:20	Hung Tik Long	洪迪朗	Male 23	400m
	781	1	2	13:20	Oscar Louis Coggins	奧斯卡	Male Elite	400m
	782	1	3	13:20	Wong Tsz To	黃子圖	Male Elite	400m
	783	1	4	13:20	Ng Yat Hei	吳逸曦	Male Elite Junior 19	400m
	783	1	5	13:20	Chan Yui Fung	陳睿烽	Male Elite Junior 18	400m
	784	1	6	13:20	Fok Wang Hin Ian	霍泓軒	Male Elite Junior 18	400m
	785	1	7	13:20	Tsang Wai Chun	曾滄潛	Male Elite Junior 18	400m
	787	1	8	13:20	Yip Tsz Hin	葉子軒	Male Elite Junior 18	400m
	786	1	9	13:20	Wong Ka Ho	黃嘉豪	Male Elite Junior 18	400m
	802	2	0	13:28	Au Yeung Nathan Siu Wo	歐陽兆和	Male Elite Junior 19	400m
	789	2	1	13:28	Chu Yan Ho	朱昕浩	Male Elite Junior 19	400m
	788	2	2	13:28	Chan Pak Hoi	陳柏愷	Male Elite Junior 19	400m
	795	2	3	13:28	Carson WT Dominic	簡煒晉	Male Elite Junior 17	400m
	796	2	4	13:28	Chow Yu Chak		Male Elite Junior 17	400m
	799	2	5	13:28	Liu Canyu, Nelson	刘璨宇	Male Elite Junior 17	400m
	794	2	6	13:28	Mok Pak Fan	莫柏勛	Male Elite Junior 17	400m
	792	2	7	13:28	Wong Pak Yiu Anson	黃栢堯	Male Elite Junior 17	400m
	797	2	8	13:28	Kei Yin	紀彥	Male Elite Junior 17	400m
	798	2	9	13:28	Lee Tsz Him	李子謙	Male Elite Junior 17	400m
	800	3	0	13:36	Yick Po Shun Yemi	易甫鋤	Male Elite Junior 17	400m
	793	3	1	13:36	Yung Pu Chak	翁溥澤	Male Elite Junior 17	400m
	803	3	2	13:36	Chan Ka Hei Cyrus	陳家晞	Male Elite Junior 16	400m
	791	3	3	13:36	Yim Tsun Fung	嚴浚鋒	Male Elite Junior 16	400m
	806	3	4	13:36	Tsang Auscar	曾竟瑜	Male Elite Junior 16	400m
	790	3	5	13:36	Wong Nok Hei	王諾熙	Male Elite Junior 16	400m
	804	3	6	13:36	Lai Pak Long	黎柏朗	Male Elite Junior 16	400m
	805	3	7	13:36	Shum Yan Tao		Male Elite Junior 16	400m
	807	3	8	13:36	Woo Bono		Male Elite Junior 16	400m
	808	3	9	13:36	Yau Chi Him Ryan	丘志謙	Male Elite Junior 16	400m
	809	4	0	13:44	Tang Ying Sheung	鄧盈雙	Female Elite	400m
	813	4	1	13:44	Tang Hiu Tung	鄧曉桐	Female Elite Junior 18	400m
	810	4	2	13:44	Man Lai Ki Nicole	文麗淇	Female Elite Junior 16	400m
	811	4	3	13:44	Wong Wan Tung	黃允彤	Female Elite Junior 16	400m
	812	4	4	13:44	Lun Anson	倫柏翹	Female Elite Junior 17	400m
	814	4	5	13:44	Chum Tsz Ho	覃子皓	Male Youth 14	200m
	817	4	6	13:44	Edison Wong	黃子健	Male Youth 14	200m
	818	4	7	13:44	Cheng Tsz Leong Louie	鄭梓亮	Male Youth 15	200m
	822	4	8	13:44	Lee Ho Ting	李灝庭	Male Youth 15	200m
	844	4	9	13:44	Anika Gretchen Yang		Female Youth 15	200m
	820	5	0	13:52	Jack William Russell Colin-Jones		Male Youth 15	200m
	819	5	1	13:52	Cheung Wai Ching Jesse		Male Youth 15	200m
	821	5	2	13:52	Kwok Ching Ho		Male Youth 15	200m
	823	5	3	13:52	Wong Chun Hei	黃俊僊	Male Youth 15	200m
	824	5	4	13:52	Au Ho Chun	區皓駿	Male Youth 15	200m
	815	5	5	13:52	Kwan Ho Ming		Male Youth 14	200m
	816	5	6	13:52	Ting Ngai Chun	丁毅臻	Male Youth 14	200m
	825	5	7	13:52	Wan Chak Yan Bosco	溫澤仁	Male Youth 13 & Below	200m
	826	5	8	13:52	Ng Cheuk Kiu		Male Youth 13 & Below	200m
	831	5	9	13:52	Tam Tze Kiu		Male Youth 13 & Below	200m
	830	6	0	13:57	Chau Cheuk Yin Desmond		Male Youth 13 & Below	200m
	816	6	1	13:57	Ting Chun Ching	丁進澄	Male Youth 13 & Below	200m
	827	6	2	13:57	Chan Tsz Long	陳子朗	Male Youth 13 & Below	200m
	828	6	3	13:57	Lam King Sing Kurtis	林敬昇	Male Youth 13 & Below	200m
	829	6	4	13:57	Lau Yik Hei	劉奕希	Male Youth 13 & Below	200m

2024 Benchmarking - Name List (Swim - 6 April 2024)

	833	6	5	13:57	Wong Ho Shan	王昊山	Male Youth 13 & Below	200m
	843	6	6	13:57	Wong Lok Tung	王樂彤	Female Youth 15	200m
	840	6	7	13:57	Chan Oi Yin	陳愛妍	Female Youth 15	200m
	841	6	8	13:57	Sarah Elise Modiano	-	Female Youth 15	200m
	842	6	9	13:57	Tsang Hayley	曾熹兒	Female Youth 15	200m
	834	7	0	14:02	Chan Wai Yin	陳韋弦	Male Youth 15	200m
	836	7	1	14:02	Lam Yat Long	林日朗	Male Youth 15	200m
	837	7	2	14:02	Man Pak Lam Cass	文柏藍	Male Youth 15	200m
	835	7	3	14:02	Lai Shung Him, Jeremy	賴崇謙	Male Junior 16	200m
	838	7	4	14:02	Mok Tsz Him	莫子謙	Male Junior 16	200m
	839	7	5	14:02	Wu Chun Ming	胡晉銘	Male Junior 16	200m
	851	7	6	14:02	Lau Hong Nam	劉康楠	Male Youth 14	200m
	852	7	7	14:02	Wong Lucas	王諾	Male Youth 14	200m
		7	8					
		7	9					
	844	8	0	14:07	Ava Elisabeth Colin-Jones		Female Youth 13 & Below	200m
	845	8	1	14:07	Chau Heulwen	周烜慧	Female Youth 13 & Below	200m
	847	8	3	14:07	Yeung Hiu Yau	楊曉悠	Female Youth 13 & Below	200m
	846	8	2	14:07	Chung Cin Yee Cydnee		Female Youth 13 & Below	200m
	848	8	4	14:07	Ng Yuet Hei		Female Youth 14	200m
	849	8	5	14:07	Alban Modiano	安班	Male Youth 14	200m
	850	8	6	14:07	Chan Pak Hei	陳柏僖	Male Youth 14	200m
	853	8	7	14:07	Mok Carlos Hoi Kit	莫凱傑	Male Youth 13	200m
	854	8	8	14:07	Choi Yui Hang	蔡睿珩	Male Youth 12	200m
		8	9					
	858	9	0	14:12	Leung Hiu Tung	梁曉彤	Female 14	200m
	857	9	1	14:12	Ko Shun, Aidan	高遜	Male 13	200m
	855	9	2	14:12	Cheong Chun Lam	張晉霖	Male 12	200m
	856	9	3	14:12	Wong Cheuk Yat Julien	黃焯一	Male 12	200m
	864	9	4	14:12	Rafael Fok Shing Hang	霍承亨	Male 11	200m
	870	9	5	14:12	Wu Xian Da	巫賢達	Male 11	200m
	871	9	6	14:12	Chan Kai Lim, Cyril	陳啟廉	Male 10	200m
	872	9	7	14:12	Chan Yat Long Jay	陳逸朗	Male 10	200m
	873	9	8	14:12	Li, Jadon	李思恒	Male 10	200m
	874	9	9	14:12	Mok Wan Hin	莫蘊軒	Male 10	200m
	859	10	0	14:17	Chan Pak Kwan	陳柏均	Male 11	200m
	860	10	1	14:17	Chan Pak Long	陳柏朗	Male 11	200m
	861	10	2	14:17	Chan Tsz Shun	陳梓淳	Male 11	200m
	862	10	3	14:17	Hu Jiangzhi	胡江芷	Male 11	200m
	863	10	4	14:17	Kei Lap Yan	紀立人	Male 11	200m
	865	10	5	14:17	Lau Sze Chai, Damon	劉思齊	Male 11	200m
	866	10	6	14:17	Poon Chun Hong Chaska	方俊匡	Male 11	200m
	867	10	7	14:17	Sou Yui Him	蘇睿謙	Male 11	200m
	868	10	8	14:17	Tong Yau Hei	唐佑希	Male 11	200m
	869	10	9	14:17	Wong Chun Him Louis	黃俊謙	Male 11	200m
	875	11	0	14:22	Chan Chin Yui	陳芊睿	Female 10	200m
	876	11	1	14:22	Hu Jiangqi	胡江萋	Female 10	200m
	877	11	2	14:22	Lau Lok Yin Alicia	劉樂然	Female 10	200m
	878	11	3	14:22	Ng Hei Kiu	吳浣僑	Female 10	200m
	879	11	4	14:22	Chung Cheuk Lam	鍾焯琳	Female 11	200m
	880	11	5	14:22	Ho Jessie	何泳悠	Female 11	200m
	881	11	6	14:22	Ma Yi	馬懿	Female 12	200m
	882	11	7	14:22	Ko Kiu	高蕎	Female 14	200m
	883	11	8	14:22	Chan Yi Chun	陳以臻	Female Youth 14	200m
		11	9					