

Benchmarking Swim Start List (16 May 2026)

Race No	Heat	Start Time	Lane	English Name	Chinese Name	Gender	Category	Swim Distance	Category
121	1	1:20	1	Chan Pak Hoi	陳柏愷	M	Male 21	400m	NSA
122	1	1:20	2	Wan Chak Lam	溫澤林	M	Male 20	400m	NSA
123	1	1:20	3	Au Yeung Nathan Siu Wo	歐陽兆和	M	Male 21	400m	NSA
124	1	1:20	4	Yung Pu Chak	翁溥澤	M	Male Elite Junior 19	400m	NSA
125	1	1:20	5	Yick Po Shun Yemi	易甫鏞	M	Male Elite Junior 19	400m	NSA
126	1	1:20	6	Kei Yin	紀彥	M	Male Elite Junior 19	400m	NSA
127	1	1:20	7	Chow Yu Chak	周雨澤	M	Male Elite Junior 19	400m	NSA
128	1	1:20	8	Wong Chun Him	王俊謙	M	Male Elite Junior 18	400m	NSA
129	2	1:30	1	Shum Yan Tao	沈恩途	M	Male Elite Junior 18	400m	NSA
130	2	1:30	2	Yau Chi Him Ryan	丘志謙	M	Male Elite Junior 18	400m	NSA
131	2	1:30	3	Lee Ho Ting	李灝庭	M	Male Elite Junior 17	400m	NSA
132	2	1:30	4	Wong Chun Hei	黃俊偉	M	Male Elite Junior 17	400m	NSA
133	2	1:30	5	Lam Yat Long	林日朗	M	Male Elite Junior 17	400m	NSA
134	2	1:30	6	Man Pak Lam Cass	文柏藍	M	Male Elite Junior 17	400m	NSA
135	2	1:30	7	Cheung Wai Ching Jesse	張維正	M	Male Elite Junior 17	400m	NSA
136	2	1:30	8	Chan Wai Yin	陳韋弦	M	Male Elite Junior 17	400m	NSA/NDS
137	3	1:40	0	Ma Hoi Fan	馬凱勳	M	Male Elite Junior 16	400m	NSA
138	3	1:40	1	Wong Lucas	王諾	M	Male Elite Junior 16	400m	NSA
139	3	1:40	2	Chun Cheuk Long	陳卓朗	M	Male Elite Junior 16	400m	NSA
140	3	1:40	3	Edison Wong	黃子健	M	Male Elite Junior 16	400m	NSA
141	3	1:40	4	Ho Jasper	何頌朗	M	Male Elite Junior 16	400m	NSA
142	3	1:40	5	Chan King To	陳景滔	M	Male Elite Junior 16	400m	NSA
143	3	1:40	6	Chum Tsz Ho	覃子皓	M	Male Elite Junior 16	400m	NSA
144	3	1:40	7	Alban Modiano	安班	M	Male Elite Junior 16	400m	NSA
145	3	1:40	8	Chan Pak Hei	陳柏偉	M	Male Elite Junior 16	400m	NSA
146	3	1:40	9	Rico Ho	何兆剛	M	Male Elite Junior 16	400m	NSA/NDS
147	4	1:50	1	Tang Hiu Tung	鄧曉桐	F	Female 20	400m	NSA
148	4	1:50	2	Lo Cheuk Yat	盧卓逸	F	Female 22	400m	NSA
149	4	1:50	3	Ackber Bertha	區曉彤	F	Female Elite Junior 16	400m	NSA
150	4	1:50	4	Shum Chung Ning	岑頌寧	F	Female Elite Junior 16	400m	NSA
151	4	1:50	5	Ng Yuet Hei	吳悅曦	F	Female Elite Junior 16	400m	NSA
152	4	1:50	6	Cheng Lok Ching	鄭樂澄	F	Female Elite Junior 16	400m	NSA
153	5	2:05	1	Lau Yik Hei	劉奕希	M	Male Youth 15	200m	NSA
154	5	2:05	2	Wan Chak Yan	溫澤仁	M	Male Youth 15	200m	NSA
155	5	2:05	3	Tam Tze Kiu	譚子翹	M	Male Youth 15	200m	NSA
156	5	2:05	4	Theodore Tianwei Zhang	張天維	M	Male Youth 15	200m	NSA
157	5	2:05	5	Ng Ching Kiu	吳政橋	M	Male Youth 15	200m	NSA
158	5	2:05	6	Hung Kei Chi	孔麒智	M	Male Youth 15	200m	NSA
159	5	2:05	7	Chan Wei Him	陳維謙	M	Male Youth 15	200m	NSA
160	5	2:05	8	Lui Lok Chun Titus	雷樂遵	M	Male Youth 15	200m	NSA
161	6	2:10	1	Ting Chun Ching	丁進澄	M	Male Youth 14 & below	200m	NSA
162	6	2:10	2	Lau Sze Chai Damon	劉思齊	M	Male Youth 14 & below	200m	NSA
163	6	2:10	3	Li Travis Yat To	李溢滔	M	Male Youth 14 & below	200m	NSA/NDS
164	6	2:10	4	Wong Chun Him Louis	黃俊謙	M	Male Youth 14 & below	200m	NSA/NDS
165	6	2:10	5	Choi Yui Hang	蔡睿珩	M	Male Youth 14 & below	200m	NSA
166	6	2:10	6	Kei Lap Yan	紀立人	M	Male Youth 14 & below	200m	NSA
167	6	2:10	7	Chang Hao Che	張浩哲	M	Male Youth 14 & below	200m	NSA/NDS
168	6	2:10	8	Mak San Mau Jacob	麥宸畝	M	Male Youth 14 & below	200m	NSA
169	6	2:10	9	Lee Wai Ting	李瓊庭	M	Male Youth 14 & below	200m	NSA
170	7	2:15	1	Chung Chi Yin Ivin	鍾至玆	M	Male Youth 14 & below	200m	NSA
171	7	2:15	2	Earnest Lee	李丞恩	M	Male Youth 14 & below	200m	NSA
172	7	2:15	3	Chan Pak Long Casper	陳柏朗	M	Male Youth 14 & below	200m	NSA
173	7	2:15	4	Sou Yui Him, Raphael	蘇睿謙	M	Male Youth 14 & below	200m	NSA
174	7	2:15	5	Cho Yat Long Julian	曹日朗	M	Male Youth 14 & below	200m	NSA
175	7	2:15	6	Leong Yat Kiu	梁逸喬	M	Male Youth 14 & below	200m	NSA/NDS
176	7	2:15	7	Chan Lok Fung	陳樂澧	M	Male Youth 14 & below	200m	NSA

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Race No	Heat	Start Time	Lane	English Name	Chinese Name	Gender	Category	Swim Distance	Category
177	8	2:20	1	Ma Yi	馬懿	F	Female Youth 14 & below	200m	NSA
178	8	2:20	2	Ho Jessie	何泳悠	F	Female Youth 14 & below	200m	NSA
179	8	2:20	3	Chung Cheuk Lam	鍾焯琳	F	Female Youth 14 & below	200m	NSA
180	8	2:20	4	Mak Ka Pik Abigail	麥珈璧	F	Female Youth 14 & below	200m	NSA
181	8	2:20	5	Chan Tsz Shun	陳梓淳	F	Female Youth 14 & below	200m	NSA
182	8	2:20	6	Wu Yu Kiu	胡雨喬	F	Female Youth 14 & below	200m	NSA
183	8	2:20	7	Chloe Boadicea Wright	韋雪	F	Female Youth 14 & below	200m	NSA
184	8	2:20	8	Lillian Mo	/	F	Female Youth 14 & below	200m	NSA
185	8	2:20	9	Chau, Heulwen	周煥慧	F	Female Youth 15	200m	NSA
186	9	2:25	0	Lau Sin Yin Chloe	劉善然	F	Female Youth 15	200m	NSA
187	9	2:25	1	Ko Cheuk Man	高焯燾	F	Female 10	200m	RS
188	9	2:25	2	Salomon Estelle	沙凱晴	F	Female 10	200m	RS
189	9	2:25	3	Poon Yui Kiu	潘蕊喬	F	Female 11	200m	RS
190	9	2:25	4	Wan Ching	溫晴	F	Female 11	200m	RS
191	9	2:25	5	Leung Hei Shun	梁熙純	F	Female 11	200m	RS
192	9	2:25	6	Alexa Mason		F	Female 12	200m	RS
193	9	2:25	7	Chan Yau Nga	陳柔雅	F	Female 13	200m	RS
194	9	2:25	8	Lee Olivia	李傲凝	F	Female Youth 12	200m	NDS
195	9	2:25	9	Wong Tsz Yan	黃梓欣	F	Female Youth 15	200m	NDS
196	10	2:30	1	Chan Yat Long Jay	陳逸朗	M	Male Youth 12	200m	NDS
197	10	2:30	2	Chi Gavin	遲棟文	M	Male Youth 12	200m	NDS
198	10	2:30	3	Chan Carlos	陳柏維	M	Male Youth 13	200m	NDS
199	10	2:30	4	Cheshire Alfie Buddy	卓立天	M	Male Youth 13	200m	NDS
200	10	2:30	5	Chu Chun Lam	朱俊霖	M	Male Youth 13	200m	NDS
201	10	2:30	6	Leung Ho Ching Angus	梁皓程	M	Male Youth 13	200m	NDS
202	10	2:30	7	Wan Iron	溫可為	M	Male Youth 14	200m	NDS
203	10	2:30	8	Ian Wong	王喆	M	Male Youth 14	200m	NDS
204	10	2:30	9	Cheshire Leonard Cheshire	卓司龍	M	Male Youth 14	200m	NDS
205	11	2:35	1	Tang Kwan Yeung Jasper	鄧君揚	M	Male 16 & above	200m	RS
206	11	2:35	2	Tsang Pok Yin	曾博賢	M	Male 16 & above	200m	RS
207	11	2:35	3	Cheng Yuji Hugo	鄭祐司	M	Male 15	200m	RS
208	11	2:35	4	Ngan Shing Hei	顏承希	M	Male 15	200m	RS
209	11	2:35	5	Wong Tsz Wang	黃梓宏	M	Male 15	200m	RS
210	11	2:35	6	Lau Yiu Sing	劉耀陞	M	Male 14	200m	RS
211	11	2:35	7	Mok Savi Acorn	莫竣堯	M	Male 13	200m	RS
212	11	2:35	8	Luo Yicheng	駱奕澄	M	Male 12	200m	RS
213	11	2:35	9	Wong Hei Long	王希朗	M	Male 11	200m	RS
214	12	2:40	1	Chan Tak Lam	陳德霖	M	Male 10	200m	RS
215	12	2:40	2	Poon Hei Yu	潘邨渝	M	Male 10	200m	RS
216	12	2:40	3	Huang Zhengxuan	黃正軒	M	Male 10	200m	RS
217	12	2:40	4	Tsang Kwun Cheong	曾冠倡	M	Male 10	200m	RS
218	12	2:40	5	Yiu Yuet Fung Nikan	饒越風	M	Male 10	200m	RS