

Benchmarking Swim Start List (16 May 2026)

Race No	Heat	Start Time	Lane	English Name	Chinese Name	Gender	Category	Swim Distance	Category	Time
121	1	1:20	0	Chan Pak Hoi	陳柏愷	M	Male 21	400m	NSA	
122	1	1:20	1	Wan Chak Lam	溫澤林	M	Male 20	400m	NSA	
123	1	1:20	2	Au Yeung Nathan Siu Wo	歐陽兆和	M	Male 21	400m	NSA	
203	1	1:20	3	Wong Tsz Yto		M	Male Elite	400m	NSA	
124	1	1:20	4	Yick Po Shun Yemi	易甫鏗	M	Male Elite Junior 19	400m	NSA	
125	1	1:20	5	Kei Yin	紀彥	M	Male Elite Junior 19	400m	NSA	
126	1	1:20	6	Chow Yu Chak	周雨澤	M	Male Elite Junior 19	400m	NSA	
127	1	1:20	7	Wong Chun Him	王俊謙	M	Male Elite Junior 18	400m	NSA	
128	1	1:20	8	Shum Yan Tao	沈恩途	M	Male Elite Junior 18	400m	NSA	
129	2	1:30	1	Yau Chi Him Ryan	丘志謙	M	Male Elite Junior 18	400m	NSA	
130	2	1:30	2	Lam Yat Long	林日朗	M	Male Elite Junior 17	400m	NSA	
131	2	1:30	3	Man Pak Lam Cass	文柏藍	M	Male Elite Junior 17	400m	NSA	
132	2	1:30	4	Cheung Wai Ching Jesse	張維正	M	Male Elite Junior 17	400m	NSA	
133	2	1:30	5	Chan Wai Yin	陳韋弦	M	Male Elite Junior 17	400m	NSA/NDS	
134	2	1:30	6	Edison Wong	黃子健	M	Male Elite Junior 16	400m	NSA	
135	2	1:30	7	Chan King To	陳景滔	M	Male Elite Junior 16	400m	NSA	
136	2	1:30	8	Chum Tsz Ho	覃子皓	M	Male Elite Junior 16	400m	NSA	
137	3	1:40	1	Alban Modiano	安班	M	Male Elite Junior 16	400m	NSA	
138	3	1:40	2	Chan Pak Hei	陳柏僊	M	Male Elite Junior 16	400m	NSA	
139	3	1:40	3	Rico Ho	何兆剛	M	Male Elite Junior 16	400m	NSA/NDS	
140	3	1:40	5	Tang Hiu Tung	鄧曉桐	F	Female 20	400m	NSA	
141	3	1:40	6	Lo Cheuk Yat	盧卓逸	F	Female 22	400m	NSA	
142	3	1:40	7	Cheng Lok Ching	鄭樂澄	F	Female Elite Junior 16	400m	NSA	
143	4	1:50	1	Tam Tze Kiu	譚子翹	M	Male Youth 15	200m	NSA	
144	4	1:50	2	Theodore Tianwei Zhang	張天維	M	Male Youth 15	200m	NSA	
145	4	1:50	3	Ng Ching Kiu	吳政橋	M	Male Youth 15	200m	NSA	
146	4	1:50	4	Hung Kei Chi	孔麒智	M	Male Youth 15	200m	NSA	
147	4	1:50	5	Chan Wei Him	陳維謙	M	Male Youth 15	200m	NSA	
148	4	1:50	6	Lui Lok Chun Titus	雷樂遵	M	Male Youth 15	200m	NSA	
149	4	1:50	7	Ting Chun Ching	丁進澄	M	Male Youth 14 & below	200m	NSA	
150	4	1:50	8	Lau Sze Chai Damon	劉思齊	M	Male Youth 14 & below	200m	NSA	
151	5	1:55	1	Li Travis Yat To	李溢韜	M	Male Youth 14 & below	200m	NSA/NDS	
152	5	1:55	2	Wong Chun Him Louis	黃俊謙	M	Male Youth 14 & below	200m	NSA/NDS	
153	5	1:55	3	Choi Yui Hang	蔡睿珩	M	Male Youth 14 & below	200m	NSA	
154	5	1:55	4	Kei Lap Yan	紀立人	M	Male Youth 14 & below	200m	NSA	
155	5	1:55	5	Chang Hao Che	張浩哲	M	Male Youth 14 & below	200m	NSA/NDS	
156	5	1:55	6	Mak San Mau Jacob	麥宸畝	M	Male Youth 14 & below	200m	NSA	
157	5	1:55	7	Lee Wai Ting	李瑋庭	M	Male Youth 14 & below	200m	NSA	
158	5	1:55	8	Chung Chi Yin Ivin	鍾至玆	M	Male Youth 14 & below	200m	NSA	
159	6	2:00	1	Earnest Lee	李丞恩	M	Male Youth 14 & below	200m	NSA	
160	6	2:00	2	Chan Pak Long Casper	陳柏朗	M	Male Youth 14 & below	200m	NSA	
161	6	2:00	3	Sou Yui Him, Raphael	蘇睿謙	M	Male Youth 14 & below	200m	NSA	
162	6	2:00	4	Cho Yat Long Julian	曹日朗	M	Male Youth 14 & below	200m	NSA	
163	6	2:00	5	Leong Yat Kiu	梁逸喬	M	Male Youth 14 & below	200m	NSA/NDS	
164	6	2:00	6	Chan Lok Fung	陳樂豐	M	Male Youth 14 & below	200m	NSA	
165	7	2:05	1	Mak Ka Pik Abigail	麥珈璧	F	Female Youth 14 & below	200m	NSA	
166	7	2:05	2	Chan Tsz Shun	陳梓淳	F	Female Youth 14 & below	200m	NSA	
167	7	2:05	3	Wu Yu Kiu	胡雨喬	F	Female Youth 14 & below	200m	NSA	
168	7	2:05	4	Chloe Boadicea Wright	韋雪	F	Female Youth 14 & below	200m	NSA	
169	7	2:05	5	Lillian Mo	/	F	Female Youth 14 & below	200m	NSA	
170	7	2:05	6	Lau Sin Yin Chloe	劉善然	F	Female Youth 15	200m	NSA	
171	7	2:05	7	Wong Tsz Yan	黃梓欣	F	Female Youth 15	200m	NDS	
172	8	2:10	1	Ko Cheuk Man	高焯雯	F	Female 10	200m	RS	
173	8	2:10	2	Salomon Estelle	沙凱晴	F	Female 10	200m	RS	
174	8	2:10	3	Poon Yui Kiu	潘蕊喬	F	Female 11	200m	RS	
175	8	2:10	4	Wan Ching	溫晴	F	Female 11	200m	RS	
176	8	2:10	5	Leung Hei Shun	梁熙純	F	Female 11	200m	RS	
177	8	2:10	6	Alexa Mason		F	Female 12	200m	RS	
178	8	2:10	7	Chan Yau Nga	陳柔雅	F	Female 13	200m	RS	
179	8	2:10	8	Lee Olivia	李傲凝	F	Female Youth 12	200m	NDS	
180	9	2:15	1	Chan Yat Long Jay	陳逸朗	M	Male Youth 12	200m	NDS	
181	9	2:15	2	Chi Gavin	遲棟文	M	Male Youth 12	200m	NDS	
182	9	2:15	3	Chan Carlos	陳柏維	M	Male Youth 13	200m	NDS	
183	9	2:15	4	Cheshire Alfie Buddy	卓立天	M	Male Youth 13	200m	NDS	
184	9	2:15	5	Chu Chun Lam	朱俊霖	M	Male Youth 13	200m	NDS	
185	9	2:15	6	Leung Ho Ching Angus	梁皓程	M	Male Youth 13	200m	NDS	
186	9	2:15	7	Wan Iron	溫可為	M	Male Youth 14	200m	NDS	
187	9	2:15	8	Ian Wong	王喆	M	Male Youth 14	200m	NDS	
188	9	2:15	9	Cheshire Leonard Cheshire	卓司龍	M	Male Youth 14	200m	NDS	
189	10	2:20	1	Tang Kwan Yeung Jasper	鄧君揚	M	Male 16 & above	200m	RS	
190	10	2:20	2	Tsang Pok Yin	曾博賢	M	Male 16 & above	200m	RS	
191	10	2:20	3	Cheng Yuji Hugo	鄭祐司	M	Male 15	200m	RS	
192	10	2:20	4	Ngan Shing Hei	顏承希	M	Male 15	200m	RS	
193	10	2:20	5	Wong Tsz Wang	黃梓宏	M	Male 15	200m	RS	

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194	10	2:20	6	Lau Yiu Sing	劉耀陞	M	Male 14	200m	RS	
195	10	2:20	7	Mok Savi Acorn	莫竣堯	M	Male 13	200m	RS	
196	10	2:20	8	Luo Yicheng	駱奕澄	M	Male 12	200m	RS	
197	10	2:20	9	Wong Hei Long	王希朗	M	Male 11	200m	RS	
198	11	2:25	1	Chan Tak Lam	陳德霖	M	Male 10	200m	RS	
199	11	2:25	2	Poon Hei Yu	潘郁渝	M	Male 10	200m	RS	
200	11	2:25	3	Huang Zhengxuan	黃正軒	M	Male 10	200m	RS	
201	11	2:25	4	Tsang Kwun Cheong	曾冠倡	M	Male 10	200m	RS	
202	11	2:25	5	Yiu Yuet Fung Nikan	饒越風	M	Male 10	200m	RS	