

2024 Benchmarking - Swim Start List

Race No	Name(ENG)	Heat	Time	Lena	Name(CHN)	Gender	Category	Swim	Entry / Remarks
402	Jason Ng Tai Long Hardcastle	1	1:20	1	伍泰龍	M	Male Elite	400m	NSA
403	Oscar Louis Coggins	1	1:20	2		M	Male Elite	400m	NSA
404	Tsang Cheung Sing Nicholas	1	1:20	3	曾祥星	M	Male Elite	400m	NSA
405	Wong Tsz To	1	1:20	4	黃子圖	M	Male Elite	400m	NSA
406	Yu Shing Him	1	1:20	5	余承謙	M	Male Elite	400m	NSA
407	Robib Elg	1	1:20	6		M	Male 22	400m	NSA
408	Hung Tik Long	1	1:20	7	洪迪朗	M	Male 23	400m	NSA
409	Chan Ho Kwan	1	1:20	8	陳灝鈞	M	Male 21	400m	NSA
487	Yip Tak Long	1	1:20	9		M	Male 20	400m	NSA
410	Au-Yeung, Nathan Siu-Wo	2	1:30	1	歐陽兆和	M	Male Elite Junior 19	400m	NSA
411	Chu Yan Ho, Philip	2	1:30	2	朱昕浩	M	Male Elite Junior 19	400m	NSA
412	Chan Pak Hoi	2	1:30	3	陳柏愷	M	Male Elite Junior 19	400m	NSA
413	Wan Chak Lam, Bobby	2	1:30	4	溫澤林	M	Male Elite Junior 18	400m	NSA
414	Fok Wang Hin Ian	2	1:30	5	霍泓軒	M	Male Elite Junior 18	400m	NSA
415	Wong Ka Ho	2	1:30	6	黃嘉豪	M	Male Elite Junior 18	400m	NSA
416	Tsang Wai Chun	2	1:30	7	曾澤濶	M	Male Elite Junior 18	400m	NSA
417	Lo Hin Ching	2	1:30	8	盧衍澄	M	Male Elite Junior 18	400m	NSA
488	Yip Tsz Hin	2	1:30	9		M	Male Elite Junior 18	400m	NSA
418	Chow Yu Chuk	3	1:38	1	周雨澤	M	Male Elite Junior 17	400m	NSA
419	Mok Pak Fan	3	1:38	2	莫柏勳	M	Male Elite Junior 17	400m	NSA
420	Dominic WT Carson	3	1:38	3	簡煒晉	M	Male Elite Junior 17	400m	NSA
421	Yung Pu Chak	3	1:38	4	翁湧澤	M	Male Elite Junior 17	400m	NSA
422	Wong Pak Yiu Anson	3	1:38	5	黃柏堯	M	Male Elite Junior 17	400m	NSA
423	Yick Po Shun Yemi	3	1:38	6	易甫鏗	M	Male Elite Junior 17	400m	NSA
424	Kei Yin	3	1:38	7	紀彥	M	Male Elite Junior 17	400m	NSA
425	Kwan Tsz Fung Jeffrey	3	1:38	8	關梓烽	M	Male 21	400m	NSA
426	Chan Ka Hei Cyrus	4	1:48	1	陳家晞	M	Male Elite Junior 16	400m	NSA
427	Lai Pak Long	4	1:48	2	黎柏朗	M	Male Elite Junior 16	400m	NSA
428	Lam Lok Shi	4	1:48	3	林樂仕	M	Male Elite Junior 16	400m	NSA
429	Yim Tsun Fung	4	1:48	4	嚴浚鋒	M	Male Elite Junior 16	400m	NSA
430	Wong Nok Hei	4	1:48	5	王諾熙	M	Male Elite Junior 16	400m	NSA
431	Tsang Auscar	4	1:48	6	曾竟瑤	M	Male Elite Junior 16	400m	NSA
432	Shum Yan Tao	4	1:48	7	沈恩達	M	Male Elite Junior 16	400m	NSA
433	Lau Tsun Hei	4	1:48	8	劉晉曦	M	Male 21	400m	NSA
435	Lai Shung Him	5	1:56	1	賴崇謙	M	Male Elite Junior 16	400m	NSA
436	Mok Tsz Him	5	1:56	2	莫子謙	M	Male Elite Junior 16	400m	NSA
437	Yau Chi Him	5	1:56	3	丘志謙	M	Male Elite Junior 16	400m	NSA
438	Lo Cheuk Yat	5	1:56	4	盧卓逸	F	Female 20	400m	NSA
439	Cade Wright	5	1:56	5	韋祺	F	Female 21	400m	NSA
440	Bailee Brown	5	1:56	6	彭詩雅	F	Female Elite	400m	NSA
441	Choi Yan Yin	5	1:56	7	蔡欣妍	F	Female Elite	400m	NSA
442	Tang Ying Sheung	5	1:56	8	鄧盈雙	F	Female Elite	400m	NSA
444	Lam Hoi Ching	6	2:05	1	林海晴	F	Female Elite Junior 19	400m	NSA
445	Tang Hiu Tung	6	2:05	2	鄧曉桐	F	Female Elite Junior 18	400m	NSA
446	Man Lai Ki Nicole	6	2:05	3	文麗淇	F	Female Elite Junior 16	400m	NSA
447	Wong Wan Tung	6	2:05	4	黃允彤	F	Female Elite Junior 16	400m	NSA
448	Lun Anson	6	2:05	5	倫柏翹	F	Female Elite Junior 17	400m	NSA
449	Chau Heutwen	6	2:05	6	周焯慧	F	Female Youth 13 & below	200m	NSA
450	Yeung Hiu Yau	6	2:05	7	楊曉悠	F	Female Youth 13 & below	200m	NSA
451	Chung Cin Yee Cydnee	6	2:05	8	鍾倩兒	F	Female Youth 13 & Below	200m	NSA
452	Shum Chung Ning	7	2:15	1	岑頌寧	F	Female Youth 14	200m	NSA
453	Ng Yuet Hei	7	2:15	2	吳悅曦	F	Female Youth 14	200m	NSA
454	Hayley Tsang	7	2:15	3	曾熹兒	F	Female Youth 15	200m	NSA
455	Sarah Modiano	7	2:15	4	方熹	F	Female Youth 15	200m	NSA
456	Wong Lok Tung	7	2:15	5	王樂彤	F	Female Youth 15	200m	NSA
457	Chan Oi Yin	7	2:15	6	陳愛研	F	Female youth 15	200m	NSA
458	Anika Yang	7	2:15	7		F	Female Youth 15	200m	NSA
		7	2:15	8					
459	Ting Chun Ching	8	2:20	1	丁進澄	M	Male Youth 13 & below	200m	NSA
460	Ng Cheuk Kiu	8	2:20	2	吳焯翹	M	Male Youth 13 & below	200m	NSA
461	Tam Tze Kiu	8	2:20	3	譚子翹	M	Male Youth 13 & below	200m	NSA
462	Wan Chak Yan, bosco	8	2:20	4	溫澤仁	M	Male Youth 13 & below	200m	NSA
463	Chung Chi Yan Ian	8	2:20	5	鍾智仁	M	Male Youth 13 & below	200m	NSA
464	Lau Yik Hei	8	2:20	6	劉奕希	M	Male Youth 13 & Below	200m	NSA
465	Chau Cheuk Yin	8	2:20	7	周卓賢	M	Male Youth 13 & below	200m	NSA
466	Au Leong Yin	8	2:20	8	歐亮言	M	Male Youth 13 & below	200m	NSA
467	Chan Oi Hei	9	2:25	1	陳愛希	M	Male Youth 13 & Below	200m	NSA
468	Lee Joi Jin	9	2:25	2	李鎔靖	M	Male Youth 13 & below	200m	NSA
469	Lee Wai Ting	9	2:25	3	李瑋庭	M	Male Youth 13 & Below	200m	NSA
470	Leung Kai Hei	9	2:25	4	梁啟希	M	Male Youth 13 & below	200m	NSA
471	Mak San Mau Jacob	9	2:25	5	麥宸畝	M	Male Youth 13 & below	200m	NSA
472	Wong Chun Him Louis	9	2:25	6	黃俊謙	M	Male Youth 13 & below	200m	NSA
473	Chan Yin Hang	9	2:25	7	陳彥衡	M	Male Youth 14	200m	NSA
474	Chum Tsz Ho	9	2:25	8	韋子皓	M	Male Youth 14	200m	NSA
475	Edison Wong	10	2:30	1	黃子健	M	Male Youth 14	200m	NSA
476	Lacas Wong	10	2:30	2	王諾	M	Male Youth 14	200m	NSA
477	Kwan ho Ming Ethan	10	2:30	3	關浩名	M	Male Youth 14	200m	NSA
478	Ting Ngai Chun	10	2:30	4	丁毅臻	M	Male Youth 14	200m	NSA
479	Cheung Wai Ching Jesse	10	2:30	5	張維正	M	Male Youth 15	200m	NSA
480	Cheng Tsz Leong Louie	10	2:30	6	鄭梓亮	M	Male Youth 15	200m	NSA
481	Wong Chun Hei	10	2:30	7	黃俊傑	M	Male Youth 15	200m	NSA
482	Au Ho Chun	10	2:30	8	區皓駿	M	Male Youth 15	200m	NSA
483	Lee Ho Ting	11	2:35	1	李灝庭	M	Male Youth 15	200m	NSA

## 2024 Benchmarking - Swim Start List

484	Chan Wai Yin	11	2:35	2	陳韋弦	M	Male youth 15	200m	NSA	200m/1500m
485	Kwok Ching Ho	11	2:35	3	郭鈺灝	M	Male Youth 15	200m	NSA	
486	Lam Yat Long	11	2:35	4	林日朗	M	Male Youth 15	200m	NSA	200m/1500m
501	Ho Chun Sum Samuel	11	2:35	5		M	Male Elite Junior 18 and above	200m	NDS	
502	Ho Chun Ting Timothy	11	2:35	6		M	Male Elite Junior 18 and above	200m	NDS	
503	Ng Yat Hei	11	2:35	7	吳逸曦	M	Male Elite Junior 18 and above	200m	NDS	
504	Au Cheuk Yiu Janos	11	2:35	8	區卓堯	M	Male Elite junior 17	200m	NDS	
505	Lee Tsz Hum	12	2:40	1	李子謙	M	Male Elite junior 17	200m	NDS	
506	Wong Yik	12	2:40	2	黃翹	M	Male Elite junior 16	200m	NDS	
507	Evan Chung Long Lam	12	2:40	3	林中朗	M	Male Youth 15	200m	NDS	
508	Man Pak Lam Cass	12	2:40	4	文柏藍	M	Male Youth 15	200m	NDS	200m/1500m
509	Alban Modiano	12	2:40	5	安班	M	Male Youth 14	200m	NDS	
510	Chan Pak Hei	12	2:40	6	陳柏僊	M	Male Youth 14	200m	NDS	
511	Chan Cheuk Long	12	2:40	7	陳卓朗	M	Male Youth 14	200m	NDS	
512	Chan King To	12	2:40	8	陳景滔	M	Male Youth 14	200m	NDS	
513	Lam King Sing Kurtis	13	2:45	1	林敬昇	M	Male Youth 13	200m	NDS	
514	Mok Hoi Kit Carlos	13	2:45	2	莫凱傑	M	Male Youth 13	200m	NDS	
515	Ng Ching Kiu	13	2:45	3	吳政橋	M	Male Youth 13	200m	NDS	200m/800m
516	Choi Yui Hang	13	2:45	4	蔡睿珩	M	Male Youth 12	200m	NDS	
517	Au Cheuk Nam Janko	13	2:45	5	區卓堯	M	Male Youth 12	200m	NDS	200m/800m
518	Chang Hao Che	13	2:45	6	張浩沅	M	Male Youth 12	200m	NDS	200m/800m
519	Wong Sze Kwan Quintus	13	2:45	7	黃詩鈞	M	Male Youth 12	200m	NDS	
520	Wong Cheuk Yat Julien	13	2:45	8	黃焯一	M	Male Youth 12	200m	NDS	200m/800m
521	Wong Hong Ching	14	2:50	1	黃康晴	F	Female Youth 13	200m	NDS	
522	Chan Yi Chun	14	2:50	2	陳以臻	F	Female Youth 14	200m	NDS	
523	Leung Hiu Tung	14	2:50	3	梁曉彤	F	Female Youth 14	200m	NDS	200m/800m
524	Cheung Wan Shun	14	2:50	4	張縉淳	F	Female 12	200m	RS	
525	Ma Yi	14	2:50	5	馬懿	F	Female 12	200m	RS	
526	Pang Tsz Yeuk Yolanda	14	2:50	6	龐子若	F	Female 12	200m	RS	
527	Cheung Heidi	14	2:50	7	張凱堤	F	Female 13	200m	RS	
528	Hui Hiu Naam	14	2:50	8	許曉嵐	F	Female 16 or above	200m	RS	
529	Chau Ceinwen	15	2:55	1	周翹慧	F	Female 10	200m	RS	
530	Hu JiangQi	15	2:55	2	胡江蕪	F	Female 10	200m	RS	
531	Lau Lok Yin Alicia	15	2:55	3	劉樂然	F	Female 10	200m	RS	
532	Chan Chin Yui	15	2:55	4	陳芊睿	F	Female 10	200m	RS	
533	Chan Tsz Shun	15	2:55	5	陳梓淳	F	Female 11	200m	RS	
534	Chung Cheuk Lam	15	2:55	6	鍾焯琳	F	Female 11	200m	RS	
535	Ho Jessie	15	2:55	7	何泳悠	F	Female 11	200m	RS	
536	Lee Hiu Tung Hazel	15	2:55	8	李曉彤	F	Female 11	200m	RS	
537	Chan Yat Long Jay	16	3:00	1	陳逸朗	M	Male 10	200m	RS	
538	Jadon Li	16	3:00	2	李思恒	M	Male 10	200m	RS	
539	Li Travis Yat To	16	3:00	3	李溢韜	M	Male 10	200m	RS	
540	Lo Kwan Jit	16	3:00	4	盧若哲	M	Male 10	200m	RS	
541	Mok Wan Hin	16	3:00	5	莫蘊軒	M	Male 10	200m	RS	
542	Wong Chung Yu Lucas	16	3:00	6	王詭倫	M	Male 10	200m	RS	
543	Xi Jaco Jia Shen	16	3:00	7	奚嘉霖	M	Male 10	200m	RS	
544	Cheung Yat Shun	16	3:00	8	張逸淳	M	Male 10	200m	RS	
545	Au Hok Sum	17	3:05	1	歐學鏗	M	Male 10	200m	RS	
546	Chan Pak Long	17	3:05	2	陳柏朗	M	Male 11	200m	RS	
547	Chaska Poon	17	3:05	3	方俊匡	M	Male 11	200m	RS	
548	Clayton Hou	17	3:05	4	侯彥行	M	Male 11	200m	RS	
549	Fok Shing Hang	17	3:05	5	霍承亨	M	Male 11	200m	RS	
550	Hu Jiang Zhi	17	3:05	6	胡江芷	M	Male 11	200m	RS	
551	Kei Lap Yan	17	3:05	7	紀立人	M	Male 11	200m	RS	
552	Lam Yat Long	17	3:05	8	林逸朗	M	Male 11	200m	RS	
553	Lau Sze Chai Damon	18	3:10	1	劉思齊	M	Male 11	200m	RS	
554	Mok Chung Kit Carso	18	3:10	2	莫宗杰	M	Male 11	200m	RS	
555	Pang Tsz Sum Rolando	18	3:10	3	龐子琛	M	Male 11	200m	RS	
556	Tang Ho Him	18	3:10	4	鄧皓謙	M	Male 11	200m	RS	
557	Tang Tsz Long	18	3:10	5	鄧子朗	M	Male 11	200m	RS	
558	Wong Shun Hei	18	3:10	6	黃淳希	M	Male 11	200m	RS	
559	Wu Xian Da	18	3:10	7	巫賢達	M	Male 11	200m	RS	
560	Cho Yat Long Julian	18	3:10	8	曹日朗	M	Male 12	200m	RS	
561	Ian Wong	19	3:15	1	王誌	M	Male 12	200m	RS	
562	Lai Yat Sing Mark	19	3:15	2	黎逸昇	M	male 12	200m	RS	
563	Chan Pak Kwan	19	3:15	3	陳柏均	M	Male 13	200m	RS	
564	Ngan Shing Hei	19	3:15	4	顏承希	M	Male 13	200m	RS	
565	Ho Jasper	19	3:15	5	何煥朗	M	Male 14	200m	RS	
566	Lai Ming Lok	19	3:15	6	黎銘銘	M	Male 16 or above	200m	RS	
567	Lam Shun Hei	19	3:15	7	劉信義	M	Male 16 or above	200m	RS	
568	Ma Shek Chun	19	3:15	8	馬碩駿	M	Male 16 or above	200m	RS	
569	Wu Chun Ming Marcus	19	3:15	9	胡晉銘	M	Male 16 or above	200m	RS	
Tallulah Wright					韋晞	F	Female 21	400m	NSA	Oversea
Chan Yui Hei Mason					陳睿沛	M	Male Youth 14	200m	NSA	Oversea
Aitan Hilton Goldberg						M	Male Elite Junior 16	400m	NSA	Oversea
Chan Yui Fung					陳睿澤	M	Male Elite Junior 18	400m	NSA	Oversea
Pauline Courret						F	Female Elite Junior 16	400m	NSA	Oversea