

中國香港學界體育聯會
THE SCHOOLS SPORTS FEDERATION OF HONG KONG, CHINA
2024-2025 年度全港中學校際拯溺比賽
All Hong Kong Inter-Secondary Schools Life Saving Competition 2024-2025
Participating List - Girls Junior Grade

Event: 200m Obstacle Swim

No.	Name	姓名	School	Sch. Abbr.
1	Huang Yu Ying	黃裕瀝	HHCKLABuddhist Ma Kam Chan Memorial English Sec. Sch.	MKC
2	Sum Yi Man	沈綺紋	Diocesan Girls' School	DGS
3	Yan Ellie	嚴晞雯	Diocesan Girls' School	DGS
4	Leung Sze Yan	梁詩恩	Fukien Secondary School (Kwun Tong)	FSS-KT
5	Chau Pak Yu	周栢妤	Good Hope School	GHS
6	Foo Hoi Yu	符凱如	Good Hope School	GHS
7	Mathis Mya Lynn	文雪兒	Heep Yunn School	HYS
8	Mathis Kayla J	文子晴	Heep Yunn School	HYS
9	Tang Yue Daphne Margarita	鄧玥	HKUGA College	HKUGA
10	Yeung Jina Hoi-Ching	楊海晴	HKUGA College	HKUGA
11	Mo Sheung	毛瓊	Jockey Club Ti-I College	JCTIC
12	Wong Hei Lam	黃希琳	Jockey Club Ti-I College	JCTIC
13	Tseung Wing Man	蔣穎汶	Lam Tai Fai College	LTFC
14	Cheng Lok Ching	鄭樂澄	Lam Tai Fai College	LTFC
15	Tan Serena Elizabeth	陳思澄	Maryknoll Convent School	MCS
16	Hung Yi Suen	洪漪璿	Maryknoll Convent School	MCS
17	Fung Kit Ying	馮潔盈	Pui Ching Middle School	PCMS
18	Lam Yin Hei Hailey	林妍希	Pui Kiu College	PKC
19	Qin Yuhan	秦雨晗	Pui Kiu College	PKC
20	Leung Lok Lok	梁諾樂	SKH Lui Ming Choi Secondary School	SKHLMC
21	Lo Lok Yan	勞樂恩	SKH Lui Ming Choi Secondary School	SKHLMC
22	Tsang Yuet Tung	曾悅潼	St. Margaret's Co-Educational English Secondary and Primary School	SMCESPS
23	Lan Jasmine Lauren	藍洛希	St. Paul's Co-educational College	SPCC
24	Chan Anna Brontie	陳思全	St. Paul's Co-educational College	SPCC
25	Tang Yao Saphina Fatima	鄧瑤	St. Stephen's College	SSCS
26	Mok Sum Yi	莫心怡	STFA Lee Shau Kee College	LSKC
27	Li Hei Man	李瑋敏	STFA Lee Shau Kee College	LSKC
28	Yuan Cho Yin	袁楚彥	Tai Po Sam Yuk Secondary School	TPSY
29	Sun Wan Ting	辛韻婷	Tai Po Sam Yuk Secondary School	TPSY
30	Lee Ngoi Cing Churette	李皓澄	The True Light School of Hong Kong	TLHK
31	Yu Ngo Ching	余漱澄	The True Light School of Hong Kong	TLHK
32	Lau Ka Shu	劉迦恕	Tin Ka Ping Secondary School	TKPSS
33	Xue Rui Ya Eva	薛睿雅	Tin Ka Ping Secondary School	TKPSS
34	Chan Wing Fei Monique	陳穎斐	TWGHs Li Ka Shing College	LKS
35	Xiao Shi Ying Saretta	肖施盈	TWGHs Li Ka Shing College	LKS

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Participating List - Girls Junior Grade

Event: Line Throw

No.	School	School Abbr.
1	Diocesan Girls' School	DGS
2	Fanling Kau Yan College	FKYC
3	Fukien Secondary School (Kwun Tong)	FSS-KT
4	Good Hope School	GHS
5	Heep Yunn School	HYS
6	HKUGA College	HKUGA
7	Jockey Club Ti-I College	JCTIC
8	Lam Tai Fai College	LTFC
9	Maryknoll Convent School	MCS
10	Pui Ching Middle School	PCMS
11	Pui Kiu College	PKC
12	SKH Lui Ming Choi Secondary School	SKHLMC
13	St. Paul's Co-educational College	SPCC
14	St. Stephen's College	SSCS
15	STFA Lee Shau Kee College	LSKC
16	Tai Po Sam Yuk Secondary School	TPSY
17	The True Light School of Hong Kong	TLHK
18	TWGHs Li Ka Shing College	LKS

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Event: 100m Rescue Medley

No.	Name	姓名	School	Sch. Abbr.
1	Leung, Evita Yan	梁慇	Diocesan Girls' School	DGS
2	Sum Yi Man	沈綺紋	Diocesan Girls' School	DGS
3	Fung Hoi Lui	馮凱蕾	Good Hope School	GHS
4	Yeung Cheuk Yiu	楊綽瑤	Good Hope School	GHS
5	Chan Hei Ching	陳希澄	Heep Yunn School	HYS
6	Lee Grace Lok Wan	李樂筠	Heep Yunn School	HYS
7	Wong Tsz Ching	黃子晴	HKUGA College	HKUGA
8	So Tsz Yau	蘇紫悠	HKUGA College	HKUGA
9	Ng Cheuk Yee	吳卓頤	Jockey Club Ti-I College	JCTIC
10	Beverly Genesee	貝妮斯	Jockey Club Ti-I College	JCTIC
11	Fung Yeuk Lam Kaycee	馮若霖	Maryknoll Convent School	MCS
12	Ku Tsz Kwan Stephanie	顧子琚	Maryknoll Convent School	MCS
13	Yuen Ho Yuet Zoe	袁可悅	Pui Ching Middle School	PCMS
14	Lam Yin Hei Hailey	林妍希	Pui Kiu College	PKC
15	Qin Yuhan	秦雨晗	Pui Kiu College	PKC
16	Lan Jasmine Lauren	藍洛希	St. Paul's Co-educational College	SPCC
17	Lan Jacey Laura	藍旻希	St. Paul's Co-educational College	SPCC
18	Lin Ching Hei	林晴熙	STFA Lee Shau Kee College	LSKC
19	Cheung Cheuk Yiu Vanessa	張焯堯	STFA Lee Shau Kee College	LSKC
20	Poon Sui Yi Zoe	潘瑞怡	The True Light School of Hong Kong	TLHK
21	Wong Nga Yau	黃雅柔	The True Light School of Hong Kong	TLHK

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Event: 100m Manikin Carry with Fins

No.	Name	姓名	School	Sch. Abbr.
1	Lee Cynthia Shin Kiu	李善喬	Diocesan Girls' School	DGS
2	Lai Cheuk Ling Maris	黎芍伶	Diocesan Girls' School	DGS
3	Chan Rosalyn	陳喬淳	Fanling Kau Yan College	FKYC
4	Moy Nga Yat	梅雅逸	Good Hope School	GHS
5	Hau Ting Ting Kitty	侯珽婷	Good Hope School	GHS
6	Ho Pui Yan	何佩恩	Heep Yunn School	HYS
7	Ho Tsz Tung	何梓桐	Heep Yunn School	HYS
8	So Tsz Yau	蘇紫悠	HKUGA College	HKUGA
9	Yeung Jina Hoi-Ching	楊海晴	HKUGA College	HKUGA
10	Koo Yan Kiu Charlotte	顧殷僑	Jockey Club Ti-I College	JCTIC
11	Cheung Chi Ching Clara	張智晴	Jockey Club Ti-I College	JCTIC
12	Tse Cheuk Lam	謝卓霖	Lam Tai Fai College	LTFC
13	Shum Chun Sherly	沈臻	Lam Tai Fai College	LTFC
14	Wong Tsz Yui Audrey	黃子睿	Maryknoll Convent School	MCS
15	Chan Lok Yu Jolie	陳樂瑜	Maryknoll Convent School	MCS
16	Lam Tsz Ying	林梓英	Pui Ching Middle School	PCMS
17	Wong Ka Lam	黃嘉琳	Pui Ching Middle School	PCMS
18	Wang Cheuk Lam Charis	王綽琳	Pui Kiu College	PKC
19	Lau Hiu Ching	劉曉澄	Pui Kiu College	PKC
20	To Tsz Yin Vanessa	杜梓妍	SKH Lui Ming Choi Secondary School	SKHLMC
21	Fong Lo Chit	方露捷	SKH Lui Ming Choi Secondary School	SKHLMC
22	Fung Hei Yiu	馮晞搖	St. Paul's Co-educational College	SPCC
23	Wong Sze Nga	黃詩雅	St. Paul's Co-educational College	SPCC
24	Lai Yat Ching Clara	黎逸晴	St. Stephen's College	SSCS
25	Mak Yi Ching	麥苾澄	STFA Lee Shau Kee College	LSKC
26	Yang Tsz Yu	楊梓瑜	STFA Lee Shau Kee College	LSKC
27	Xu Sze Wing Viola	許詩詠	Tai Po Sam Yuk Secondary School	TPSY
28	Wong Yung Ching Charmaine	黃雍晴	The True Light School of Hong Kong	TLHK
29	Leung Lok Yan	梁樂欣	The True Light School of Hong Kong	TLHK

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Event: 50m Manikin Carry

No.	Name	姓名	School	Sch. Abbr.
1	Huang Yu Ying	黃裕瀝	HHCKLABuddhist Ma Kam Chan Memorial English Sec. Sch.	MKC
2	Liu Hei Yu	劉熙渝	Diocesan Girls' School	DGS
3	Leung, Evita Yan	梁慇	Diocesan Girls' School	DGS
4	Ng Wai Ting Tiana	吳蔚廷	Good Hope School	GHS
5	Chan Bernice	陳依呈	Good Hope School	GHS
6	Chan Hei Ching	陳希澄	Heep Yunn School	HYS
7	Mathis Mya Lynn	文雪兒	Heep Yunn School	HYS
8	Wong Tsz Ching	黃子晴	HKUGA College	HKUGA
9	Chan Wing Yu	陳咏妤	HKUGA College	HKUGA
10	Ng Cheuk Yee	吳卓頤	Jockey Club Ti-I College	JCTIC
11	Beverly Genesee	貝妮斯	Jockey Club Ti-I College	JCTIC
12	Wong Tsz Ying Ella	王芷凝	Lam Tai Fai College	LTFC
13	Poon Chin Ting	潘芊庭	Lam Tai Fai College	LTFC
14	Jim Tsz Ki	詹子琪	Maryknoll Convent School	MCS
15	Si Ah Ching Taylor	施亞澄	Maryknoll Convent School	MCS
16	Chow Mei Shan	周美珊	Pui Ching Middle School	PCMS
17	Chow Man Sum	周敏心	Pui Ching Middle School	PCMS
18	Li Yeung Sophia	黎讓	Pui Kiu College	PKC
19	Leung Yin Yat	梁妍一	Pui Kiu College	PKC
20	To Tsz Yin Vanessa	杜梓妍	SKH Lui Ming Choi Secondary School	SKHLMC
21	Fong Lo Chit	方露捷	SKH Lui Ming Choi Secondary School	SKHLMC
22	Tsang Yuet Tung	曾悅潼	St. Margaret's Co-Educational English Secondary and Primary School	SMCESPS
23	Wong Sze Nga	黃詩雅	St. Paul's Co-educational College	SPCC
24	Hui Nok Shiloh	許諾	St. Paul's Co-educational College	SPCC
25	Tam Hau Tung	譚考桐	STFA Lee Shau Kee College	LSKC
26	Leung Yuen Chi	梁苑芝	STFA Lee Shau Kee College	LSKC
27	Chiu Man Ching	趙敏晴	Tai Po Sam Yuk Secondary School	TPSY
28	Chan Sin Yu	陳倩茹	Tai Po Sam Yuk Secondary School	TPSY
29	Ling Shun Chi Sheri	凌淳智	The True Light School of Hong Kong	TLHK
30	Sung Yui Chi Lexie	宋睿知	The True Light School of Hong Kong	TLHK
31	Au Hok Yee	區學懿	Tin Ka Ping Secondary School	TKPSS

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Event: 100m Manikin Tow with Fins

No.	Name	姓名	School	Sch. Abbr.
1	Lee Cynthia Shin Kiu	李善喬	Diocesan Girls' School	DGS
2	Yip Tsz Laam	葉子嵐	Diocesan Girls' School	DGS
3	Huang Sally	黃佳瑜	Good Hope School	GHS
4	Ng Jun Hei	吳臻希	Good Hope School	GHS
5	Wong Hei Tung	王晞潼	Heep Yunn School	HYS
6	Ho Tsz Tung	何梓桐	Heep Yunn School	HYS
7	Tang Yue Daphne Margarita	鄧玥	HKUGA College	HKUGA
8	Chan Ho Kiu Megan	陳可翹	HKUGA College	HKUGA
9	Koo Yan Kiu Charlotte	顧殷僑	Jockey Club Ti-I College	JCTIC
10	Leung Sum	梁芯	Jockey Club Ti-I College	JCTIC
11	Ng Hoi Ki	吳凱淇	Lam Tai Fai College	LTFC
12	Tang Hai Shuen Bernice	鄧瑋璇	Lam Tai Fai College	LTFC
13	Lau Kaylie	劉曉澄	Maryknoll Convent School	MCS
14	Wong Joy Ching Ingrid	黃在晴	Maryknoll Convent School	MCS
15	Lam Tsz Ying	林梓英	Pui Ching Middle School	PCMS
16	Wong Ka Lam	黃嘉琳	Pui Ching Middle School	PCMS
17	Ng Tsz Lam	吳梓林	Pui Kiu College	PKC
18	Lai Cheuk Tung Kaitlyn	黎倬彤	Pui Kiu College	PKC
19	Liu Yi Kiu	廖苡喬	SKH Lui Ming Choi Secondary School	SKHLMC
20	On Chung Ching	安頌晴	SKH Lui Ming Choi Secondary School	SKHLMC
21	Lau An Yu	劉晏瑜	St. Paul's Co-educational College	SPCC
22	Wong Tsz Huen	黃子萱	St. Paul's Co-educational College	SPCC
23	Tang Yao Saphina Fatima	鄧瑤	St. Stephen's College	SSCS
24	Lai Yat Ching Clara	黎逸晴	St. Stephen's College	SSCS
25	Mok Sum Yi	莫心怡	STFA Lee Shau Kee College	LSKC
26	Li Hei Man	李瑋敏	STFA Lee Shau Kee College	LSKC
27	Chiu Man Ching	趙敏晴	Tai Po Sam Yuk Secondary School	TPSY
28	Chiu Man Ching	陳倩茹	Tai Po Sam Yuk Secondary School	TPSY
29	Fong Tsit Tong Anson	方婕同	The True Light School of Hong Kong	TLHK
30	Kong Hui Man	江栩文	The True Light School of Hong Kong	TLHK

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Participating List - Girls Junior Grade

Event: 200m Super Lifesaver

No.	Name	姓名	School	Sch. Abbr.
1	Chan Yi Lok	陳懿樂	Diocesan Girls' School	DGS
2	Choi Hiu Ying	蔡曉凝	Diocesan Girls' School	DGS
3	Hau Ting Ting Kitty	侯珽婷	Good Hope School	GHS
4	Fong Siu Ching	方筱晴	Good Hope School	GHS
5	Ho Pui Yan	何佩恩	Heep Yunn School	HYS
6	Lam Tsz Ching	林子晴	Heep Yunn School	HYS
7	Chan Ho Kiu Megan	陳可翹	HKUGA College	HKUGA
8	Chan Wing Yu	陳咏妤	HKUGA College	HKUGA
9	Cheung Chi Ching Clara	張智晴	Jockey Club Ti-I College	JCTIC
10	Leung Sum	梁芯	Jockey Club Ti-I College	JCTIC
11	Li Ann	李安妮	Maryknoll Convent School	MCS
12	Siu Shun Yan Jana	蕭淳恩	Maryknoll Convent School	MCS
13	Fung Kit Ying	馮潔盈	Pui Ching Middle School	PCMS
14	Siu Jona Chung Laam	蕭頌嵐	Pui Ching Middle School	PCMS
15	Wong Tsz Huen	黃子萱	St. Paul's Co-educational College	SPCC
16	Kwok Sze Ching Elise Sylvia	郭思晴	St. Paul's Co-educational College	SPCC
17	Mak Yi Ching	麥苡澄	STFA Lee Shau Kee College	LSKC
18	Lin Ching Hei	林晴熙	STFA Lee Shau Kee College	LSKC
19	Poon Sui Yi Zoe	潘瑞怡	The True Light School of Hong Kong	TLHK
20	Kam Penny Mo Huen	甘慕萱	The True Light School of Hong Kong	TLHK

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Event: 4x25m Manikin Relay

No.	School	School Abbr.
1	Diocesan Girls' School	DGS
2	Good Hope School	GHS
3	Heep Yunn School	HYS
4	HKUGA College	HKUGA
5	Jockey Club Ti-I College	JCTIC
6	Lam Tai Fai College	LTFC
7	Maryknoll Convent School	MCS
8	Pui Ching Middle School	PCMS
9	Pui Kiu College	PKC
10	SKH Lui Ming Choi Secondary School	SKHLMC
11	St. Paul's Co-educational College	SPCC
12	STFA Lee Shau Kee College	LSKC
13	Tai Po Sam Yuk Secondary School	TPSY
14	The True Light School of Hong Kong	TLHK

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Participating List - Girls Junior Grade

Event: 4x50m Medley Relay

No.	School	School Abbr.
1	Diocesan Girls' School	DGS
2	Good Hope School	GHS
3	Heep Yunn School	HYS
4	HKUGA College	HKUGA
5	Jockey Club Ti-I College	JCTIC
6	Lam Tai Fai College	LTFC
7	Maryknoll Convent School	MCS
8	Pui Ching Middle School	PCMS
9	Pui Kiu College	PKC
10	St. Paul's Co-educational College	SPCC
11	STFA Lee Shau Kee College	LSKC
12	Tai Po Sam Yuk Secondary School	TPSY
13	The True Light School of Hong Kong	TLHK