

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 Senior Grade**

**Event: 200m Obstacle Swim**

No.	Name	姓名	School	Sch. Abbr.
1	Chung Sze Ching	鍾詩澄	Carmel Secondary School	CS
2	Huang Apple	黃樂兒	De La Salle Secondary School N.T.	DLS
3	Ma Gilaine	馬紫玲	Diocesan Girls' School	DGS
4	Ma Tsz Tsing Ashley	馬梓晴	Diocesan Girls' School	DGS
5	Choi Yan Hui Jade	蔡昕栩	Fanling Lutheran Secondary School	FLSS
6	Yau Tsz Tung Renee	游芷彤	Fanling Lutheran Secondary School	FLSS
7	Law Wai Lam	羅葦霖	Good Hope School	GHS
8	Yung Hoi Ying	翁凱瑩	Good Hope School	GHS
9	Mok Sze Ki	莫思騏	Heep Yunn School	HYS
10	Li Yuqing	李雨晴	Heep Yunn School	HYS
11	Au Yeung Sin Chun	歐陽善真	HKUGA College	HKUGA
12	Wong Wan Tung	黃允彤	Jockey Club Ti-I College	JCTIC
13	Wong Hoi Wai	黃凱蔚	Lam Tai Fai College	LTFC
14	Tsang Hayley	曾熹兒	Lam Tai Fai College	LTFC
15	Wong Cheuk Yan Danielle	王卓恩	Maryknoll Convent School	MCS
16	Ko Alanis Joyce	高喬思	Maryknoll Convent School	MCS
17	Lin Ka Hei	練家希	Our Lady's College	OLC
18	Li Man Hin	李雯軒	Pui Ching Middle School	PCMS
19	Ng Suet Ying	伍雪盈	Pui Ching Middle School	PCMS
20	Tang Tsz Ching Selina	唐子晴	Pui Kiu College	PKC
21	Chan So Ching Joyce	陳泝晴	Pui Kiu College	PKC
22	Leung Hiu Lam	梁曉琳	St. Margaret's Co-Educational English Secondary and Primary School	SMCESPS
23	Ng Cho Wun	伍楚媛	St. Paul's Co-educational College	SPCC
24	Poon Clarisse	潘浹淳	St. Paul's Co-educational College	SPCC
25	Wong Sze Wun	黃思媛	STFA Lee Shau Kee College	LSKC
26	Lee Tsz Ying	李梓瑩	Tai Po Sam Yuk Secondary School	TPSY
27	Yip Hei Yau	葉熙柔	The True Light School of Hong Kong	TLHK
28	Chan Hau Kiu	陳巧翹	The True Light School of Hong Kong	TLHK
29	Siu Hoi Ni	蕭可妮	Tin Ka Ping Secondary School	TKPSS

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**Participating List - Girls Senior Grade**

**Event: Line Throw**

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No.	School	School Abbr.
1	Diocesan Girls' School	DGS
2	Fanling Kau Yan College	FKYC
3	Fanling Lutheran Secondary School	FLSS
4	Fukien Secondary School (Kwun Tong)	FSS-KT
5	Good Hope School	GHS
6	Heep Yunn School	HYS
7	HKUGA College	HKUGA
8	Jockey Club Ti-I College	JCTIC
9	Kwok Tak Seng Catholic Secondary School	KTSCSS
10	Lam Tai Fai College	LTFC
11	Maryknoll Convent School	MCS
12	Ng Yuk Secondary School	NYSS
13	Pui Ching Middle School	PCMS
14	Pui Kiu College	PKC
15	SKH Lui Ming Choi Secondary School	SKHLMC
16	St. Margaret's Co-Educational English Secondary and Primary Sch	SMCESPS
17	St. Paul's Co-educational College	SPCC
18	STFA Lee Shau Kee College	LSKC
19	Tai Po Sam Yuk Secondary School	TPSY
20	The True Light School of Hong Kong	TLHK

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**Event: 100m Rescue Medley**

No.	Name	姓名	School	Sch. Abbr.
1	Wang Long Yee	王朗宜	Diocesan Girls' School	DGS
2	Leung Evelyn Yi	梁懿	Diocesan Girls' School	DGS
3	Lau Yee Chun	劉宜蓁	Good Hope School	GHS
4	Lam Azland Chi Yeung	林資洋	Good Hope School	GHS
5	Tse Tsz Yu	謝芷瑜	Heep Yunn School	HYS
6	Tse Lai Yiu	謝麗瑤	Heep Yunn School	HYS
7	Chui On Tsz	崔安子	HKUGA College	HKUGA
8	Wong Lok Tung	王樂彤	Jockey Club Ti-I College	JCTIC
9	Hui Hiu Naam	許曉嵐	Jockey Club Ti-I College	JCTIC
10	Lo Lok Yi	羅樂宜	Maryknoll Convent School	MCS
11	Hui Choi Yan	許在炘	Pui Ching Middle School	PCMS
12	Zhou Ha Mi	周哈米	Pui Ching Middle School	PCMS
13	Tang Tsz Ching Selina	唐子晴	Pui Kiu College	PKC
14	Chan So Ching Joyce	陳沛晴	Pui Kiu College	PKC
15	Ng Cho Wun	伍楚媛	St. Paul's Co-educational College	SPCC
16	Ting Sin Heng Shannon	丁善珩	St. Paul's Co-educational College	SPCC
17	Sin Cheuk Tung	冼芍瞳	The True Light School of Hong Kong	TLHK
18	Wong Hei Yan Hannah	黃希恩	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	Fung Wai Ching	馮蔚晴	CCC Hoh Fuk Tong College	HFTC
2	Au-Yeung Sze Ching	歐陽詩澄	Diocesan Girls' School	DGS
3	Wong Hin Yi	王靄怡	Diocesan Girls' School	DGS
4	Chan Sze Wing Wincy	陳思穎	Good Hope School	GHS
5	Yip Wan Yau Cadence	葉韻柔	Good Hope School	GHS
6	Hui Yan Ching	許茵晴	Heep Yunn School	HYS
7	Liu Yuhan	劉禹涵	Heep Yunn School	HYS
8	Ma Tsz Kiu	馬芷翹	HKUGA College	HKUGA
9	Ma Hei Tung	馬熙桐	HKUGA College	HKUGA
10	Choy Man Yi	蔡曼怡	Jockey Club Ti-I College	JCTIC
11	Tang Tsz Kiu Xenia	鄧紫蕎	Jockey Club Ti-I College	JCTIC
12	Cheung Wing Kiu	張詠蕎	Lam Tai Fai College	LTFC
13	Yim Choi Man	嚴彩文	Maryknoll Convent School	MCS
14	Lau Hong Yin Valerie	劉康妍	Maryknoll Convent School	MCS
15	Yu Yuet	余悅	Pentecostal Lam Hon Kwong School	PLHKS
16	Choy Yan Yue Cheryl	蔡恩予	Pui Ching Middle School	PCMS
17	Yuen Ho Yau Sophie	袁可悠	Pui Ching Middle School	PCMS
18	Seo Kate Lee Taeyi	徐泰怡	Pui Kiu College	PKC
19	Wong Hoi Ying	王愷瑩	Pui Kiu College	PKC
20	Tsang King Shun	曾景淳	SKH Lui Ming Choi Secondary School	SKHLMC
21	Chong Yat Ching	莊逸晴	St. Paul's Co-educational College	SPCC
22	Lee Wing Tung	李詠彤	St. Paul's Co-educational College	SPCC
23	Wang Yan Lam	王恩琳	STFA Lee Shau Kee College	LSKC
24	Fong Yik Tung	方奕苟	STFA Lee Shau Kee College	LSKC
25	Kam Peony Mo Cheuk	甘慕芍	The True Light School of Hong Kong	TLHK
26	Fung Tsz Ching Christy	馮籽晴	The True Light School of Hong Kong	TLHK
27	Ko Ka Ching	高嘉晴	Tin Ka Ping Secondary School	TKPSS

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**Event: 50m Manikin Carry**

No.	Name	姓名	School	Sch. Abbr.
1	Chung Sze Ching	鍾詩澄	Carmel Secondary School	CS
2	Fung Wai Ching	馮蔚晴	CCC Hoh Fuk Tong College	HFTC
3	Huang Apple	黃樂兒	De La Salle Secondary School N.T.	DLS
4	Chan Hin Yau	陳衍攸	Diocesan Girls' School	DGS
5	Au-Yeung Sze Ching	歐陽詩澄	Diocesan Girls' School	DGS
6	Chan Hee Tung	陳熙潼	Fanling Kau Yan College	FKYC
7	Kwong Yin Chun	鄺彥湊	Good Hope School	GHS
8	Leung Kai Sheung	梁啟雙	Good Hope School	GHS
9	Tse Tsz Yu	謝芷瑜	Heep Yunn School	HYS
10	Mok Sze Ki	莫思騏	Heep Yunn School	HYS
11	Chui On Tsz	崔安子	HKUGA College	HKUGA
12	Au Yeung Sin Chun	歐陽善真	HKUGA College	HKUGA
13	Wong Hei Sen	黃希晨	Jockey Club Ti-I College	JCTIC
14	Li Wan Hok	李雲鶴	Jockey Club Ti-I College	JCTIC
15	Lau Cheuk Nam	劉焯楠	Kwok Tak Seng Catholic Secondary School	KTSCSS
16	Lau Cheuk Yu	劉焯榆	Kwok Tak Seng Catholic Secondary School	KTSCSS
17	Phung Ho Lam	馮皓琳	Lam Tai Fai College	LTFC
18	Cheuk Hei Tung	卓希瞳	Lam Tai Fai College	LTFC
19	Chan Lok Sum Josie	陳樂心	Maryknoll Convent School	MCS
20	Kan Sum Yin	簡心彥	Maryknoll Convent School	MCS
21	Lin Ka Hei	練家希	Our Lady's College	OLC
22	Choy Yan Yue Cheryl	蔡恩予	Pui Ching Middle School	PCMS
23	Siu Ka Ching	蕭珈晴	Pui Ching Middle School	PCMS
24	Chan Tsz Kiu	陳梓喬	Pui Kiu College	PKC
25	Au Hiu To	區曉陶	Pui Kiu College	PKC
26	Chan Ying Ying Cherry	陳盈盈	SKH Lui Ming Choi Secondary School	SKHLMC
27	Poon Clarisse	潘浣淳	St. Paul's Co-educational College	SPCC
28	Yau Tsz Pui	邱梓蓓	St. Paul's Co-educational College	SPCC
29	Wong Wing Kiu Christy	黃詠翹	STFA Lee Shau Kee College	LSKC
30	Fan Coco Ho Ching	樊可程	The True Light School of Hong Kong	TLHK
31	Leung Ching Tung	梁靖彤	The True Light School of Hong Kong	TLHK
32	Ko Ka Ching	高嘉晴	Tin Ka Ping Secondary School	TKPSS

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**Event: 100m Manikin Tow with Fins**

No.	Name	姓名	School	Sch. Abbr.
1	Leung Wing Tsun Rachel	梁穎湊	Diocesan Girls' School	DGS
2	Poon Lok Yan	潘樂恩	Diocesan Girls' School	DGS
3	Chan Hee Tung	陳熙潼	Fanling Kau Yan College	FKYC
4	Xin Selina	辛天祺	Fukien Secondary School (Kwun Tong)	FSS-KT
5	Chin Sze Wing	錢思穎	Fukien Secondary School (Kwun Tong)	FSS-KT
6	Law Wai Lam	羅葦霖	Good Hope School	GHS
7	Chung Wing Sum Hazel	鍾詠芯	Good Hope School	GHS
8	Li Sum Yiu	李芯瑤	Heep Yunn School	HYS
9	Li Cheuk Yiu	李卓瑤	Heep Yunn School	HYS
10	Ma Tsz Kiu	馬芷翹	HKUGA College	HKUGA
11	Ma Hei Tung	馬熙桐	HKUGA College	HKUGA
12	Chan Hoi Yi	陳凱怡	Jockey Club Ti-I College	JCTIC
13	Tang Tsz Kiu Xenia	鄧紫蕎	Jockey Club Ti-I College	JCTIC
14	Lau Cheuk Nam	劉焯楠	Kwok Tak Seng Catholic Secondary School	KTSCSS
15	Lau Cheuk Yu	劉焯榆	Kwok Tak Seng Catholic Secondary School	KTSCSS
16	Yuen Pui Yin	阮配賢	Lam Tai Fai College	LTFC
17	Cheung Tung Yiu	張童堯	Lam Tai Fai College	LTFC
18	Chan Lok Sum Josie	陳樂心	Maryknoll Convent School	MCS
19	Chan Sum Yu	陳芯榆	Maryknoll Convent School	MCS
20	Yu Yuet	余悅	Pentecostal Lam Hon Kwong School	PLHKS
21	Ng Suet Ying	伍雪盈	Pui Ching Middle School	PCMS
22	Zhou Ha Mi	周哈米	Pui Ching Middle School	PCMS
23	Seo Kate Lee Taeyi	徐泰怡	Pui Kiu College	PKC
24	Wong Hoi Ying	王愷瑩	Pui Kiu College	PKC
25	Tsang King Shun	曾景淳	SKH Lui Ming Choi Secondary School	SKHLMC
26	Chong Yat Ching	莊逸晴	St. Paul's Co-educational College	SPCC
27	Lee Wing Tung	李詠彤	St. Paul's Co-educational College	SPCC
28	Wong Wing Kiu Christy	黃詠翹	STFA Lee Shau Kee College	LSKC
29	Wang Yan Lam	王恩琳	STFA Lee Shau Kee College	LSKC
30	Kam Peony Mo Cheuk	甘慕芍	The True Light School of Hong Kong	TLHK
31	Kong Hui Ching	江栩靖	The True Light School of Hong Kong	TLHK

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**Event: 200m Super Lifesaver**

No.	Name	姓名	School	Sch. Abbr.
1	Leung Evelyn Yi	梁懿	Diocesan Girls' School	DGS
2	Ma Gilaine	馬紫玲	Diocesan Girls' School	DGS
3	Chan Oi Yin	陳愛妍	Good Hope School	GHS
4	Szeto On Ching	司徒安晴	Good Hope School	GHS
5	Li Sum Yiu	李芯瑤	Heep Yunn School	HYS
6	Au Hoi Sin	區海善	Heep Yunn School	HYS
7	Wong Lok Tung	王樂彤	Jockey Club Ti-I College	JCTIC
8	Wong Wan Tung	黃允彤	Jockey Club Ti-I College	JCTIC
9	Wan Tsz Wun Andria	溫子媛	Maryknoll Convent School	MCS
10	Tsiu Cheuk Kiu Katie	趙焯喬	Maryknoll Convent School	MCS
11	Hui Choi Yan	許在炘	Pui Ching Middle School	PCMS
12	Li Man Hin	李雯軒	Pui Ching Middle School	PCMS
13	Yau Tsz Pui	邱梓蓓	St. Paul's Co-educational College	SPCC
14	Ting Sin Heng Shannon	丁善珩	St. Paul's Co-educational College	SPCC
15	Lee Wing Yau	李泳悠	The True Light School of Hong Kong	TLHK
16	Sin Cheuk Tung	洗芍瞳	The True Light School of Hong Kong	TLHK

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**Participating List - Girls Senior Grade**

**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	St. Paul's Co-educational College	SPCC
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**Participating List - Girls Senior 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	The True Light School of Hong Kong	TLHK