

中國香港學界體育聯會
THE SCHOOLS SPORTS FEDERATION OF HONG KONG, CHINA
2025-2026 年度全港中學校際拯溺比賽
All Hong Kong Inter-Secondary Schools Life Saving Competition 2025-2026
Participating List - Girls Junior Grade

Event: 200m Obstacle Swim

No.	Name	姓名	School	Sch. Abbr.
1	Leung Tsz Yin	梁子嫣	Chiu Lut Sau Memorial Secondary School	CLSMSS
2	Sum Yi Man	沈綺紋	Diocesan Girls' School	DGS
3	Yeung Tin Wing	楊天穎	Diocesan Girls' School	DGS
4	Wong Janice	黃靖珩	Fukien Secondary School (Kwun Tong)	FSS-KT
5	Chau Pak Yu	周栢妤	Good Hope School	GHS
6	Lin Cindy	林可欣	Good Hope School	GHS
7	Chan Pui Ka	陳沛嘉	Heep Yunn School	HYS
8	Au Hoi Ching Abby	區凱晴	Heep Yunn School	HYS
9	Ip Hiu Ching	葉曉晴	HKCCCU Logos Academy	LA
10	Ho Lok Man Rosanna	何洛汶	HKCCCU Logos Academy	LA
11	Tang Yue Daphne Margarita	鄧玥	HKUGA College	HKUGA
12	Lo Hei Yu	盧晞瑜	HKUGA College	HKUGA
13	Ko Ching Yiu	高靖鈔	Jockey Club Ti-I College	JCTIC
14	Wong Hei Lam	黃希琳	Jockey Club Ti-I College	JCTIC
15	Leung Sum Yau	梁芯淑	Lam Tai Fai College	LTFC
16	Tseung Wing Man	蔣穎汶	Lam Tai Fai College	LTFC
17	Fung Hei Lam Agee	馮晞琳	Munsang College	MSC
18	Yeung Lok Tung	楊樂彤	Po Leung Kuk Ngan Po Ling College	PLKNPL
19	Siu Jona Chung Laam	蕭頌嵐	Pui Ching Middle School	PCMS
20	Ni Ke	倪可	Pui Ching Middle School	PCMS
21	Yip Hei Wai	葉希慧	SKH Lui Ming Choi Secondary School	SKHLMC
22	Chan Anna Brontie	陳思全	St. Paul's Co-Educational College	SPCC
23	Yang Grace	楊妙萱	St. Paul's Co-Educational College	SPCC
24	Tsui Hoi Ching Chrissie	徐凱晴	STFA Lee Shau Kee College	LSKC
25	Leung Lok Yin Cassidy	梁樂妍	The True Light School of Hong Kong	TLHK
26	Law Ziling Virginia	羅姿玲	The True Light School of Hong Kong	TLHK

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Event: Line Throw

No.	School	School Abbr.
1	Chinese Y.M.C.A. College	YMCA
2	Diocesan Girls' School	DGS
3	Fukien Secondary School (Kwun Tong)	FSS-KT
4	Good Hope School	GHS
5	Heep Yunn School	HYS
6	HKCCCU Logos Academy	LA
7	HKUGA College	HKUGA
8	Jockey Club Ti-I College	JCTIC
9	Lam Tai Fai College	LTFC
10	Maryknoll Convent School	MCS
11	Munsang College	MSC
12	Po Leung Kuk Ho Yuk Ching (1984) College	PLKHYC
13	Po Leung Kuk Ngan Po Ling College	PLKNPL
14	Pui Ching Middle School	PCMS
15	Pui Kiu College	PKC
16	Sacred Heart Canossian College	SHCC
17	SALEM-Immanuel Lutheran College	ILC
18	SKH Lui Ming Choi Secondary School	SKHLMC
19	St. Paul's Co-Educational College	SPCC
20	Stewards Pooi Kei College	SPKC
21	STFA Lee Shau Kee College	LSKC
22	The True Light School of Hong Kong	TLHK
23	TWGHs Li Ka Shing College	LKS

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Event: 100m Rescue Medley

No.	Name	姓名	School	Sch. Abbr.
1	Sum Yi Man	沈綺紋	Diocesan Girls' School	DGS
2	Yung Tsz Ching	翁梓澄	Diocesan Girls' School	DGS
3	Foo Hoi Yu	符凱如	Good Hope School	GHS
4	Fung Hoi Lui	馮凱蕾	Good Hope School	GHS
5	Lee, Grace Lok Wan	李樂筠	Heep Yunn School	HYS
6	Chan Hei Ching	陳希澄	Heep Yunn School	HYS
7	Huang Yu Ying	黃裕瀾	HHCKLABuddhist Ma Kam Chan Memorial English Sec. Sch.	MKC
8	So Tsz Yau	蘇紫悠	HKUGA College	HKUGA
9	Lung Pak Jing	龍柏靜	HKUGA College	HKUGA
10	Ng Cheuk Yee	吳卓頤	Jockey Club Ti-I College	JCTIC
11	Zou Chun Yue	鄒椿玥	Jockey Club Ti-I College	JCTIC
12	Lam Ching Yee	林靖儀	Lam Tai Fai College	LTFC
13	Lee Hiu Tung Hazel	李曉彤	Lam Tai Fai College	LTFC
14	Chan Lok Yu Jolie	陳樂瑜	Maryknoll Convent School	MCS
15	Fung Yeuk Lam Kaycee	馮若霖	Maryknoll Convent School	MCS
16	Cheung Ho Ting	張皓婷	Po Leung Kuk Ngan Po Ling College	PLKNPL
17	Chau Jasmine	周知言	Sacred Heart Canossian College	SHCC
18	Wong Sze Nga	黃詩雅	St. Paul's Co-Educational College	SPCC
19	Tang Hiu Yuet Audrey	鄧曉悅	St. Paul's Co-Educational College	SPCC
20	Ngai Hui Yuen Katie	魏煦鉉	St. Stephen's Girls' College	SSGC
21	Tsang Yin Nga	曾妍雅	STFA Lee Shau Kee College	LSKC
22	Ho Lok Yi	何樂兒	STFA Lee Shau Kee College	LSKC
23	Wong Yuet Kayla	黃悅	The True Light School of Hong Kong	TLHK
24	Kong Hui Man	江栩文	The True Light School of Hong Kong	TLHK
25	Au Hok Yee	區學懿	Tin Ka Ping Secondary School	TKPSS

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Event: 100m Manikin Carry with Fins

No.	Name	姓名	School	Sch. Abbr.
1	Leung Tsz Yin	梁子嫣	Chiu Lut Sau Memorial Secondary School	CLSMSS
2	Mathis Kayla J	文子晴	Diocesan Girls' School	DGS
3	Lin Yee Ka Chloe	連以加	Diocesan Girls' School	DGS
4	Wong Janice	黃婧珩	Fukien Secondary School (Kwun Tong)	FSS-KT
5	Chow Muk Woo	周牧和	Fukien Secondary School (Kwun Tong)	FSS-KT
6	Yip Wan Yau Cadence	葉韻柔	Good Hope School	GHS
7	Au Ka Yu	區嘉妤	Good Hope School	GHS
8	Cheung Ka Yu	張珈瑜	Heep Yunn School	HYS
9	Leung, Ka Tung Bessica	梁嘉童	Heep Yunn School	HYS
10	Tang Yue Daphne Margarita	鄧玥	HKUGA College	HKUGA
11	Liu Yuen Lam	廖婉霖	HKUGA College	HKUGA
12	Cheung Chi Ching Clara	張智晴	Jockey Club Ti-I College	JCTIC
13	Beverly Genesee	貝妮斯	Jockey Club Ti-I College	JCTIC
14	Leung Sum Yau	梁芯淑	Lam Tai Fai College	LTFC
15	Dong Chao Ran Eve	董超然	Lam Tai Fai College	LTFC
16	Wong Tsz Yui Audrey	黃子睿	Maryknoll Convent School	MCS
17	Kam Jocelyn Tsin Yu	金芊語	Maryknoll Convent School	MCS
18	Fung Hei Lam Agee	馮晞琳	Munsang College	MSC
19	Fung Kit Ying	馮潔盈	Pui Ching Middle School	PCMS
20	Yuen Ho Yuet Zoe	袁可悅	Pui Ching Middle School	PCMS
21	Chau Jasmine	周知言	Sacred Heart Canossian College	SHCC
22	Lam Man Sai	林文西	SALEM-Immanuel Lutheran College	ILC
23	Leung Tze Yan	梁芷慇	St. Paul's Co-Educational College	SPCC
24	Pong Yik Yan Cynthia	龐奕昕	St. Paul's Co-Educational College	SPCC
25	Chan Wan Chi	陳蘊之	St. Stephen's College	SSCS
26	Tsang Tsz Tung	曾子彤	St. Stephen's Girls' College	SSGC
27	Ko Yi Ching Kaydence	高懿澄	Stewards Pooi Kei College	SPKC
28	Ho Lok Yi	何樂兒	STFA Lee Shau Kee College	LSKC
29	Leung Lok Sum	梁樂心	The True Light School of Hong Kong	TLHK
30	Tam Wing Yu Hailey	譚穎妤	The True Light School of Hong Kong	TLHK

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Event: 50m Manikin Carry

No.	Name	姓名	School	Sch. Abbr.
1	Wan Ching Yiu Iris	溫靖瑤	Diocesan Girls' School	DGS
2	Lee Rianne	李倩瑜	Diocesan Girls' School	DGS
3	Chow Muk Woo	周牧和	Fukien Secondary School (Kwun Tong)	FSS-KT
4	Yau Yuet	邱玥	Fukien Secondary School (Kwun Tong)	FSS-KT
5	Yeung Cheuk Yiu	楊綽瑤	Good Hope School	GHS
6	Leung Sin Ming Sammy	梁倩鳴	Good Hope School	GHS
7	Pang, Tsz Yeuk Yolanda	龐子若	Heep Yunn School	HYS
8	Chan Hei Ching	陳希澄	Heep Yunn School	HYS
9	Huang Yu Ying	黃裕滢	HHCKLABuddhist Ma Kam Chan Memorial English Sec. Sch.	MKC
10	So Tsz Yau	蘇紫悠	HKUGA College	HKUGA
11	Lung Pak Jing	龍柏靜	HKUGA College	HKUGA
12	Beverly Genesee	貝妮斯	Jockey Club Ti-I College	JCTIC
13	Wong Hei Lam	黃希琳	Jockey Club Ti-I College	JCTIC
14	Chan Sze Yin	陳詩賢	Lam Tai Fai College	LTFC
15	Poon Chin Ting	潘芊庭	Lam Tai Fai College	LTFC
16	Chan Lok Yu Jolie	陳樂瑜	Maryknoll Convent School	MCS
17	Wong Joy Ching Ingrid	黃在晴	Maryknoll Convent School	MCS
18	Yeung Lok Tung	楊樂彤	Po Leung Kuk Ngan Po Ling College	PLKNPL
19	Chow Man Sum	周敏心	Pui Ching Middle School	PCMS
20	Chow Mei Shan	周美珊	Pui Ching Middle School	PCMS
21	Yiu Tsz Lam Zanna	姚芷琳	Sacred Heart Canossian College	SHCC
22	Ho Sin Tung Sebbi	何倩彤	Sacred Heart Canossian College	SHCC
23	Wong Pui Yin Charis	黃沛言	St. Paul's Co-Educational College	SPCC
24	Lan Jacey Laura	藍旻希	St. Paul's Co-Educational College	SPCC
25	Lo Chung Yan	盧頌恩	St. Stephen's Girls' College	SSGC
26	Wong Chloe	黃朗晴	St. Stephen's Girls' College	SSGC
27	Chan Megan	陳海蕎	Stewards Pooi Kei College	SPKC
28	Lui Tsz Ching	呂梓晴	Stewards Pooi Kei College	SPKC
29	Tam Hau Tung	譚考桐	STFA Lee Shau Kee College	LSKC
30	Leung Yuen Chi	梁苑芝	STFA Lee Shau Kee College	LSKC
31	Wong Nga Yau	黃雅柔	The True Light School of Hong Kong	TLHK
32	Ling Shun Chi Sheri	凌淳智	The True Light School of Hong Kong	TLHK
33	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 Rianne	李倩瑜	Diocesan Girls' School	DGS
2	Lai Cheuk Ling Maris	黎芍伶	Diocesan Girls' School	DGS
3	Wan Hei Yeen Hailey	溫晞然	Good Hope School	GHS
4	Huang Sally	黃佳瑜	Good Hope School	GHS
5	Wong Cheuk Ying Siena	黃卓盈	Heep Yunn School	HYS
6	Wong Hei Tung	王晞潼	Heep Yunn School	HYS
7	Chan Ho Kiu Megan	陳可翹	HKUGA College	HKUGA
8	Lo Hei Yu	盧晞瑜	HKUGA College	HKUGA
9	Ng Cheuk Yee	吳卓頤	Jockey Club Ti-I College	JCTIC
10	Zou Chun Yue	鄒椿玥	Jockey Club Ti-I College	JCTIC
11	Ng Ngai Kiu	吳艾翹	Lam Tai Fai College	LTFC
12	Shum Chun Sherly	沈臻	Lam Tai Fai College	LTFC
13	Cheung Yin	張妍	Maryknoll Convent School	MCS
14	Wong Hei Yiu	黃晞瑤	Maryknoll Convent School	MCS
15	Siu Jona Chung Laam	蕭頌嵐	Pui Ching Middle School	PCMS
16	Mui Tung Wing Angela	梅冬穎	Pui Ching Middle School	PCMS
17	Lam Man Sai	林文西	SALEM-Immanuel Lutheran College	ILC
18	On Chung Ching	安頌晴	SKH Lui Ming Choi Secondary School	SKHLMC
19	Tang Hiu Yuet Audrey	鄧曉悅	St. Paul's Co-Educational College	SPCC
20	Leung Tze Yan	梁芷慇	St. Paul's Co-Educational College	SPCC
21	Chan Wan Chi	陳蘊之	St. Stephen's College	SSCS
22	Tsang Tsz Tung	曾子彤	St. Stephen's Girls' College	SSGC
23	Leung Hei Yin Bianca	梁熙妍	St. Stephen's Girls' College	SSGC
24	Lin Ching Hei	林晴熙	STFA Lee Shau Kee College	LSKC
25	Ngai On Yee	魏安儀	STFA Lee Shau Kee College	LSKC
26	Kong Hui Man	江栩文	The True Light School of Hong Kong	TLHK
27	Chu Pui Yan Emma	朱霏恩	The True Light School of Hong Kong	TLHK
28	Cheung Sze Yu	張思語	Tin Ka Ping Secondary School	TKPSS

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Event: 200m Super Lifesaver

No.	Name	姓名	School	Sch. Abbr.
1	Lai Cheuk Ling Maris	黎芍伶	Diocesan Girls' School	DGS
2	Sum Yi Lok	沈綺洛	Diocesan Girls' School	DGS
3	Wong Ching Ching Wynn	黃靖晴	Good Hope School	GHS
4	Fong Siu Ching	方筱晴	Good Hope School	GHS
5	Chan Pui Ka	陳沛嘉	Heep Yunn School	HYS
6	Lam Tsz Ching	林子晴	Heep Yunn School	HYS
7	Chan Wing Yu	陳咏妤	HKUGA College	HKUGA
8	Wong Tsz Yin	黃梓妍	HKUGA College	HKUGA
9	Cheung Chi Ching Clara	張智晴	Jockey Club Ti-I College	JCTIC
10	Lui Pak Ue	呂柏妤	Jockey Club Ti-I College	JCTIC
11	Lam Ching Yee	林靖儀	Lam Tai Fai College	LTFC
12	Lee Hiu Tung Hazel	李曉彤	Lam Tai Fai College	LTFC
13	Wong Tsz Yui Audrey	黃子睿	Maryknoll Convent School	MCS
14	Fung Yeuk Lam Kaycee	馮若霖	Maryknoll Convent School	MCS
15	Fung Kit Ying	馮潔盈	Pui Ching Middle School	PCMS
16	Ni Ke	倪可	Pui Ching Middle School	PCMS
17	Lan Jacey Laura	藍旻希	St. Paul's Co-Educational College	SPCC
18	Wong Sze Nga	黃詩雅	St. Paul's Co-Educational College	SPCC
19	Ngai Hui Yuen Katie	魏煦鉉	St. Stephen's Girls' College	SSGC
20	Lo Chung Yan	盧頌恩	St. Stephen's Girls' College	SSGC
21	Lin Ching Hei	林晴熙	STFA Lee Shau Kee College	LSKC
22	Tsang Yin Nga	曾妍雅	STFA Lee Shau Kee College	LSKC
23	Lee Ngoi Cing Cherette	李靚澄	The True Light School of Hong Kong	TLHK
24	Yu Ngo Ching	余璈澄	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	Fukien Secondary School (Kwun Tong)	FSS-KT
3	Good Hope School	GHS
4	Heep Yunn School	HYS
5	HKUGA College	HKUGA
6	Jockey Club Ti-I College	JCTIC
7	Lam Tai Fai College	LTFC
8	Maryknoll Convent School	MCS
9	Pui Ching Middle School	PCMS
10	Pui Kiu College	PKC
11	St. Paul's Co-Educational College	SPCC
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Event: 4x50m Medley Relay

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