中國香港學界體育聯會

THE SCHOOLS SPORTS FEDERATION OF HONG KONG, CHINA

2026-2027 年度全港中學校際拯溺比賽

All Hong Kong Inter-Secondary Schools Life Saving Competition 2026-2027

Participating List - Girls Senior Grade

Event: 200m Obstacle Swim

No.	Name	姓名	School	Sch. Abbr.
1	Sum Yi Man	沈綺紋	Diocesan Girls' School	DGS
2	Chan Yi Lok	陳懿樂	Diocesan Girls' School	DGS
3	Tong Wing Yan Michelle	湯穎欣	Fukien Secondary School (Kwun Tong)	FSS-KT
4	Chow Muk Woo	周牧和	Fukien Secondary School (Kwun Tong)	FSS-KT
5	Ng Wai Ting Tiana	吳蔚廷	Good Hope School	GHS
6	Ng Jun Hei	吳臻希	Good Hope School	GHS
7	Chan Pui Ka	陳沛嘉	Heep Yunn School	HYS
8	Ho Pui Yan	何佩恩	Heep Yunn School	HYS
9	Li Pik Yee	李碧頤	HKCCCU Logos Academy	LA
10	Ip Hiu Ching	葉曉晴	HKCCCU Logos Academy	LA
11	Chan Sin Ki	陳善祈	Holy Family Canossian College	HFCC
12	Cheung Hoi Ching	張凱澄	Holy Family Canossian College	HFCC
13	Ng Cheuk Yee	吳卓頤	Jockey Club Ti-I College	JCTIC
14	Liu, Yuehan	劉悅涵	King George V School	KGV
15	Cheng Lok Ching	鄭樂澄	Lam Tai Fai College	LTFC
16	Tang Hai Shuen Bernice	鄧琋璇	Lam Tai Fai College	LTFC
17	Wong Hoi Ching	黃凱澄	Man Kwan Pak Kau College	MKPC
18	Hung Yi Suen	洪漪璿	Maryknoll Convent School	MCS
19	Ting Yau	丁游	Po Leung Kuk Ngan Po Ling College	PLKNPL
20	Wong Ka Lam	黃嘉琳	Pui Ching Middle School	PCMS
21	Yuen Ho Yuet Zoe	袁可悅	Pui Ching Middle School	PCMS
22	Wang Cheuk Lam Charis	王綽琳	Pui Kiu College	PKC
23	Ng Tsz Lam	吳梓菻	Pui Kiu College	PKC
24	Tang Cheuk Wing Elke	鄧婥穎	Sacred Heart Canossian College	SHCC
25	Lee Wing Sze	李穎思	Sacred Heart Canossian College	SHCC
26	Yu, Yik Huen	余翊萱	St. Mary's Canossian College	SMCC
27	Wong Tsz Huen	黃子萱	St. Paul's Co-Educational College	SPCC
28	Chan Anna Brontie	陳思全	St. Paul's Co-Educational College	SPCC
29	Lau Ki Tak Janea	劉棋淂	Stewards Pooi Kei College	SPKC
30	Li Hei Man	李琋敏	STFA Lee Shau Kee College	LSKC-KT
31	Lee Tsz Ying	李梓莹	Tai Po Sam Yuk Secondary School	TPSY
32	Ling Shun Chi Sheri	凌淳智	The True Light School of Hong Kong	TLHK
33	Leung Ching Tung	梁靖彤	The True Light School of Hong Kong	TLHK

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THE SCHOOLS SPORTS FEDERATION OF HONG KONG, CHINA

2026-2027 年度全港中學校際拯溺比賽

All Hong Kong Inter-Secondary Schools Life Saving Competition 2026-2027

Participating List - Girls Senior Grade

Event: Line Throw

No.	School	School Abbr.
1	Carmel Secondary School	CS
2	Diocesan Girls' School	DGS
3	Fukien Secondary School (Kwun Tong)	FSS-KT
4	Good Hope School	GHS
5	Heep Yunn School	HYS
6	HK Baptist University Affiliated School Wong Kam Fai Secondary & Primary School	HKBUAS
7	HKCCCU Logos Academy	LA
8	HKUGA College	HKUGA
9	Ho Yu College And Primary School (Sponsored By Sik Sik Yuen)	HoYu
10	Holy Family Canossian College	HFCC
11	Jockey Club Ti-I College	JCTIC
12	King George V School	KGV
13	Lam Tai Fai College	LTFC
14	Man Kwan Pak Kau College	MKPC
15	Maryknoll Convent School	MCS
16	Po Leung Kuk Ho Yuk Ching (1984) College	PLKHYC
17	Po Leung Kuk Ngan Po Ling College	PLKNPL
18	Pui Ching Middle School	PCMS
19	Pui Kiu College	PKC
20	Sacred Heart Canossian College	SHCC
21	SALEM-Immanuel Lutheran College	ILC
22	St. Paul's Co-Educational College	SPCC
23	St. Stephen's Girls' College	SSGC
24	STFA Lee Shau Kee College	LSKC-KT
25	Tai Po Sam Yuk Secondary School	TPSY
26	The True Light School of Hong Kong	TLHK
27	TWGHs Kap Yan Directors' College	KYD

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All Hong Kong Inter-Secondary Schools Life Saving Competition 2026-2027

Participating List - Girls Senior Grade

Event: 100m Rescue Medley

No.	Name	姓名	School	Sch. Abbr.
1	Chung Sze Ching	鍾詩澄	Carmel Secondary School	CS
2	Leung, Evita Yan	梁慇	Diocesan Girls' School	DGS
3	Sum Yi Man	沈綺紋	Diocesan Girls' School	DGS
4	Fung Hoi Lui	馮凱蕾	Good Hope School	GHS
5	Ng Wai Ting Tiana	吳蔚廷	Good Hope School	GHS
6	Chan Hei Ching	陳希澄	Heep Yunn School	HYS
7	Lam, Tsz Ying	林梓英	Heep Yunn School	HYS
8	Ng Cheuk Yee	吳卓頤	Jockey Club Ti-I College	JCTIC
9	Wong Lok Tung	王樂彤	Jockey Club Ti-I College	JCTIC
10	Li Ann	李安妮	Maryknoll Convent School	MCS
11	Si Ah Ching Taylor	施亞澄	Maryknoll Convent School	MCS
12	Kwan Tsz Kiu	關芷翹	Po Leung Kuk Ngan Po Ling College	PLKNPL
13	Woo Sin Nga	胡善雅	Po Leung Kuk Ngan Po Ling College	PLKNPL
14	Zhou Ha Mi	周哈米	Pui Ching Middle School	PCMS
15	Li Man Hin	李雯軒	Pui Ching Middle School	PCMS
16	Kei, Lok Lam Mia	紀樂琳	St. Mary's Canossian College	SMCC
17	Lan Jasmine Lauren	藍洛希	St. Paul's Co-Educational College	SPCC
18	Wong Tsz Huen	黃子萱	St. Paul's Co-Educational College	SPCC
19	Yuen Hiu Yu Ashley	袁曉瑜	St. Stephen's Girls' College	SSGC
20	Chan Ho Kan Riley	陳可芹	St. Stephen's Girls' College	SSGC
21	Cheung Cheuk Yiu Vanessa	張焯堯	STFA Lee Shau Kee College	LSKC-KT
22	Sung Yui Chi Lexie	宋睿知	The True Light School of Hong Kong	TLHK
23	Poon Sui Yi Zoe	潘瑞怡	The True Light School of Hong Kong	TLHK

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All Hong Kong Inter-Secondary Schools Life Saving Competition 2026-2027

Participating List - Girls Senior Grade

Event: 100m Manikin Carry with Fins

No.	Name	姓名	School	Sch. Abbr.
1	Yam Hazel	任希悠	Chinese Y.M.C.A. Secondary School	YMCA
2	Au-Yeung Sze Ching	歐陽詩澄	Diocesan Girls' School	DGS
3	Lin Yee Ka Chloe	連以加	Diocesan Girls' School	DGS
4	Yip Wan Yau Cadence	葉韻柔	Good Hope School	GHS
5	Moy Nga Yat	梅雅逸	Good Hope School	GHS
6	Liu Yuhan	劉禹涵	Heep Yunn School	HYS
7	Ho Pui Yan	何佩恩	Heep Yunn School	HYS
8	Poon Lok Yan	潘樂恩	HK Baptist University Affiliated School Wong Kam Fai Secondary & Primary School	HKBUAS
9	Lung Pak Jing	龍柏靜	HKUGA College	HKUGA
10	Tang Tsz Kiu Xenia	鄧紫蕎	Jockey Club Ti-I College	JCTIC
11	Cheung Chi Ching Clara	張智晴	Jockey Club Ti-I College	JCTIC
12	Kan Yan Lam	簡欣霖	Lam Tai Fai College	LTFC
13	Lau Ka Yau	劉迦悠	Lam Tai Fai College	LTFC
14	Wong Hoi Ching	黃凱澄	Man Kwan Pak Kau College	MKPC
15	Tsiu Cheuk Kiu Katie	趙婥喬	Maryknoll Convent School	MCS
16	Chan Sze Nok	陳詩諾	Maryknoll Convent School	MCS
17	Wong Ka Lam	黃嘉琳	Pui Ching Middle School	PCMS
18	Fung Kit Ying	馮潔盈	Pui Ching Middle School	PCMS
19	Lam Man Sai	林文西	SALEM-Immanuel Lutheran College	ILC
20	Tsang Yuet Tung	曾悅潼	St. Margaret's Co-Educational English Secondary and Primary School	SMCESPS
21	Kei, Lok Lam Mia	紀樂琳	St. Mary's Canossian College	SMCC
22	Tse, Lok Lam	謝樂琳	St. Mary's Canossian College	SMCC
23	Fung Hei Yiu	馮晞瑤	St. Paul's Co-Educational College	SPCC
24	Leung Suet Ching	梁雪澄	St. Paul's Co-Educational College	SPCC
25	Tam Yuk Wai Amber	譚旭惠	St. Stephen's Girls' College	SSGC
26	Wu Paak Kei Abby	胡珀其	St. Stephen's Girls' College	SSGC
27	Lau Ki Tak Janea	劉棋淂	Stewards Pooi Kei College	SPKC
28	Chau Ka Yu	周家瑜	Stewards Pooi Kei College	SPKC
29	Li Hei Man	李琋敏	STFA Lee Shau Kee College	LSKC-KT
30	Mok Sum Yi	莫心怡	STFA Lee Shau Kee College	LSKC-KT
31	Chiu Man Ching	趙敏晴	Tai Po Sam Yuk Secondary School	TPSY
32	Leung Lok Yan	梁樂欣	The True Light School of Hong Kong	TLHK
33	Wong Yung Ching Charmaine	黃雍晴	The True Light School of Hong Kong	TLHK
34	Ko Ka Ching	高嘉晴	Tin Ka Ping Secondary School	TKPSS

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Participating List - Girls Senior Grade

Event: 50m Manikin Carry

No.	Name	姓名	School	Sch. Abbr.
1	Yam Hazel	任希悠	Chinese Y.M.C.A. Secondary School	YMCA
2	Leung, Evita Yan	梁慇	Diocesan Girls' School	DGS
3	Au-Yeung Sze Ching	歐陽詩澄	Diocesan Girls' School	DGS
4	Leung Kai Sheung	梁啟雙	Good Hope School	GHS
5	Leung Sin Ming Sammy	梁倩鳴	Good Hope School	GHS
6	Lam, Tsz Ying	林梓英	Heep Yunn School	HYS
7	Chan Hei Ching	陳希澄	Heep Yunn School	HYS
8	Lung Pak Jing	龍柏靜	HKUGA College	HKUGA
9	Ng Ka Man	吳嘉敏	Ho Yu College And Primary School(Sponsored By Sik Sik Yuen)	HoYu
10	Inbua-Nusart, Prewpunseng	李洛詩	Ho Yu College And Primary School(Sponsored By Sik Sik Yuen)	HoYu
11	Leung Wing Ka	梁穎嘉	Holy Family Canossian College	HFCC
12	Ye Hok Wa	葉學樺	Holy Family Canossian College	HFCC
13	Leung Sum	梁芯	Jockey Club Ti-I College	JCTIC
14	Wong Hei Sen	黃希晨	Jockey Club Ti-I College	JCTIC
15	Mou Wing Kiu	繆泳喬	Lai King Catholic Secondary School	LKCSS
16	Wong Tsz Ying Ella	王芷凝	Lam Tai Fai College	LTFC
17	Lo Ching Nga	盧靜雅	Lam Tai Fai College	LTFC
18	Yip Wai Iu	葉韋嬈	Man Kwan Pak Kau College	MKPC
19	Lee Sam Yau	李琛攸	Man Kwan Pak Kau College	MKPC
20	Jim Tsz Ki	詹子淇	Maryknoll Convent School	MCS
21	Si Ah Ching Taylor	施亞澄	Maryknoll Convent School	MCS
22	Lai Cheuk Laam	黎綽嵐	Po Leung Kuk Ho Yuk Ching (1984) College	PLKHYC
23	Ching Hiu Laam Holbie	程曉嵐	Po Leung Kuk Ho Yuk Ching (1984) College	PLKHYC
24	Woo Sin Nga	胡善雅	Po Leung Kuk Ngan Po Ling College	PLKNPL
25	Woo Sin Yu	胡善渝	Po Leung Kuk Ngan Po Ling College	PLKNPL
26	Siu Ka Ching	蕭珈晴	Pui Ching Middle School	PCMS
27	Chow Mei Shan	周美珊	Pui Ching Middle School	PCMS
28	Yiu Tsz Lam Zanna	姚芷琳	Sacred Heart Canossian College	SHCC
29	Tang Cheuk Wing Elke	鄧婥穎	Sacred Heart Canossian College	SHCC
30	Tse, Lok Lam	謝樂琳	St. Mary's Canossian College	SMCC
31	Wong, Jayne Tsz Yin	黃紫彥	St. Mary's Canossian College	SMCC
32	Lan Jasmine Lauren	藍洛希	St. Paul's Co-Educational College	SPCC
33	Yang Grace	楊妙萱	St. Paul's Co-Educational College	SPCC
34	Ng Yui Yin	吳睿嫣	St. Stephen's Girls' College	SSGC
35	Leung Hei Yin Bianca	梁熙妍	St. Stephen's Girls' College	SSGC
36	Chan Megan	陳海蕎	Stewards Pooi Kei College	SPKC
37	Lui Tsz Ching	呂梓晴	Stewards Pooi Kei College	SPKC
38	Tam Hau Tung	譚考桐	STFA Lee Shau Kee College	LSKC-KT
39	Chiu Man Ching	趙敏晴	Tai Po Sam Yuk Secondary School	TPSY
40	Wong Nga Yau	黃雅柔	The True Light School of Hong Kong	TLHK
41	Foo Sing Ching	傅星晴	The True Light School of Hong Kong	TLHK
42	Ko Ka Ching	高嘉晴	Tin Ka Ping Secondary School	TKPSS
43	Cheng Yui Ching Janice	鄭蕊晴	TWGHs Kap Yan Directors' College	KYD

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Participating List - Girls Senior Grade

Event: 100m Manikin Tow with Fins

No.	Name	姓名	School	Sch. Abbr.
1	Liu Hei Yu	劉熙渝	Diocesan Girls' School	DGS
2	Lee Cynthia Shin Kiu	李善喬	Diocesan Girls' School	DGS
3	Chow Muk Woo	周牧和	Fukien Secondary School (Kwun Tong)	FSS-KT
4	Chung Wing Sum Hazel	鍾詠芯	Good Hope School	GHS
5	Ng Jun Hei	吳臻希	Good Hope School	GHS
6	Li Sum Yiu	李芯瑤	Heep Yunn School	HYS
7	Li Cheuk Yiu	李卓瑤	Heep Yunn School	HYS
8	Poon Lok Yan	潘樂恩	HK Baptist University Affiliated School Wong Kam Fai Secondary & Primary School	HKBUAS
9	Chan Ho Kiu Megan	陳可翹	HKUGA College	HKUGA
10	Wong Tsz Yin	黃梓妍	HKUGA College	HKUGA
11	Leung Sum	梁芯	Jockey Club Ti-I College	JCTIC
12	Koo Yan Kiu Charlotte	顧殷僑	Jockey Club Ti-I College	JCTIC
13	Kwok Tsz Yau	郭芷柔	King George V School	KGV
14	Cheuk Hei Tung	卓希曈	Lam Tai Fai College	LTFC
15	Cheung Hei Yi	張稀懿	Lam Tai Fai College	LTFC
16	Li Ann	李安妮	Maryknoll Convent School	MCS
17	Siu Shun Yan Jana	蕭淳恩	Maryknoll Convent School	MCS
18	Lai Cheuk Laam	黎綽嵐	Po Leung Kuk Ho Yuk Ching (1984) College	PLKHYC
19	Zhou Ha Mi	周哈米	Pui Ching Middle School	PCMS
20	Yuen Tsz Yin Agnes	袁祉言	Pui Ching Middle School	PCMS
21	Lau Chi Ying	劉至盈	Pui Kiu College	PKC
22	Ng Tsz Lam	吳梓林	Pui Kiu College	PKC
23	Lam Man Sai	林文西	SALEM-Immanuel Lutheran College	ILC
24	Tsang Yuet Tung	曾悅潼	St. Margaret's Co-Educational English Secondary and Primary School	SMCESPS
25	Yu, Yik Huen	余翊萱	St. Mary's Canossian College	SMCC
26	Tang Hiu Yuet Audrey	鄧曉悅	St. Paul's Co-Educational College	SPCC
27	Lau An Yu	劉晏瑜	St. Paul's Co-Educational College	SPCC
28	Chan Ho Kan Riley	陳可芹	St. Stephen's Girls' College	SSGC
29	Wu Paak Kei Abby	胡珀其	St. Stephen's Girls' College	SSGC
30	Chiu Sharon	趙皓雪	Stewards Pooi Kei College	SPKC
31	Chau Ka Yu	周家瑜	Stewards Pooi Kei College	SPKC
32	Cheung Cheuk Yiu Vanessa	張焯堯	STFA Lee Shau Kee College	LSKC-KT
33	Mok Sum Yi	莫心怡	STFA Lee Shau Kee College	LSKC-KT
34	Poon Sui Yi Zoe	潘瑞怡	The True Light School of Hong Kong	TLHK
35	Fong Tsit Tong Anson	方婕同	The True Light School of Hong Kong	TLHK

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All Hong Kong Inter-Secondary Schools Life Saving Competition 2026-2027

Participating List - Girls Senior Grade

Event: 200m Super Lifesaver

No.	Name	姓名	School	Sch. Abbr.
1	Chung Sze Ching	鍾詩澄	Carmel Secondary School	CS
2	Chan Yi Lok	陳懿樂	Diocesan Girls' School	DGS
3	Lai Cheuk Ling Maris	黎芍伶	Diocesan Girls' School	DGS
4	Chan Bernice	陳依呈	Good Hope School	GHS
5	Chan Oi Yin	陳愛妍	Good Hope School	GHS
6	Li Sum Yiu	李芯瑤	Heep Yunn School	HYS
7	Sun, Qimiao	孫奇妙	Heep Yunn School	HYS
8	Wong Tsz Yin	黃梓妍	HKUGA College	HKUGA
9	Wong Lok Tung	王樂彤	Jockey Club Ti-I College	JCTIC
10	Cheung Chi Ching Clara	張智晴	Jockey Club Ti-I College	JCTIC
11	Kwok Tsz Yau	郭芷柔	King George V School	KGV
12	Tsiu Cheuk Kiu Katie	趙婥喬	Maryknoll Convent School	MCS
13	Siu Shun Yan Jana	蕭淳恩	Maryknoll Convent School	MCS
14	Ting Yau	丁游	Po Leung Kuk Ngan Po Ling College	PLKNPL
15	Li Man Hin	李雯軒	Pui Ching Middle School	PCMS
16	Fung Kit Ying	馮潔盈	Pui Ching Middle School	PCMS
17	Yang Grace	楊妙萱	St. Paul's Co-Educational College	SPCC
18	Tang Hiu Yuet Audrey	鄧曉悅	St. Paul's Co-Educational College	SPCC
19	Yuen Hiu Yu Ashley	袁曉瑜	St. Stephen's Girls' College	SSGC
20	Cheung Tsz Yuet	張子悅	St. Stephen's Girls' College	SSGC
21	Ding Tian	丁天	The True Light School of Hong Kong	TLHK
22	Lee Ngoi Cing Cherette	李皚澄	The True Light School of Hong Kong	TLHK

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All Hong Kong Inter-Secondary Schools Life Saving Competition 2026-2027

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	Holy Family Canossian College	HFCC
5	Jockey Club Ti-I College	JCTIC
6	Lam Tai Fai College	LTFC
7	Maryknoll Convent School	MCS
8	Po Leung Kuk Ngan Po Ling College	PLKNPL
9	Pui Ching Middle School	PCMS
10	St. Paul's Co-Educational College	SPCC
11	St. Stephen's Girls' College	SSGC
12	STFA Lee Shau Kee College	LSKC-KT
13	The True Light School of Hong Kong	TLHK

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All Hong Kong Inter-Secondary Schools Life Saving Competition 2026-2027

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	HK Baptist University Affiliated School Wong Kam Fai Secondary & Primary School	HKBUAS
5	HKUGA College	HKUGA
6	Jockey Club Ti-I College	JCTIC
7	Lam Tai Fai College	LTFC
8	Maryknoll Convent School	MCS
9	Po Leung Kuk Ngan Po Ling College	PLKNPL
10	Pui Ching Middle School	PCMS
11	St. Mary's Canossian College	SMCC
12	St. Paul's Co-Educational College	SPCC
13	St. Stephen's Girls' College	SSGC
14	Stewards Pooi Kei College	SPKC
15	STFA Lee Shau Kee College	LSKC-KT
16	The True Light School of Hong Kong	TLHK