

ALL HONG KONG INTER-SECONDARY SCHOOLS LIFE SAVING COMPETITION 2025-2026

2025-2026 年度

全港中學校際 **拯溺** 比賽

資助機構
Subvented by



主辦機構
Organised by



捐助機構
Funded by



香港賽馬會慈善信託基金
The Hong Kong Jockey Club
Charities Trust

協辦機構
Supported by



全港中學校際拯溺比賽

All Hong Kong Inter-Secondary Schools
Life Saving Competition

日期 DATE

21 / 11 / 2025 (五 Fri) & 1 / 12 / 2025 (一 Mon)

時間 TIME

08:00 - 19:00 & 08:00-13:00

地點 VENUE

九龍公園游泳池

Kowloon Park Swimming Pool

主辦機構
Organised by



中國香港學界體育聯會
THE SCHOOLS SPORTS FEDERATION OF HONG KONG, CHINA

資助機構
Subvented by



康樂及文化事務署
Leisure and Cultural
Services Department



協辦機構
Supported by



捐助機構
Funded by



香港賽馬會慈善信託基金
The Hong Kong Jockey Club
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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
 九龍公園游泳池 Kowloon Park Swimming Pool 1/12/2025 (Day 2)
工作人員及裁判名錄 Referees & Officials List

管理委員會	: 馬信安(聖保羅男女-主委) 朱立賢(聖若瑟)	鄧毅恆(馬陳端喜-副主委) 謝凱矜(香港真光)	黎曉彤(協恩) 尹仲林(李兆基) 馬信安(聖保羅男女)	李康怡(男拔萃)
上訴委員會	: (拯總) 黃永恒	(拯總) 符國光		
總裁判	: (拯總) 李志雄			
副總裁判	: (拯總) 潘耀瑤			
項目總監	: (拯總) 劉進穎			
賽事主任	: (拯總) 黃家欣			
發令	: (拯總) 羅浩雲	(拯總) 霍健恒		
終點裁判	: Yeung Lai Him (聖保羅)	楊港翹(新界喇沙)	Li Ho Yin, Gary(神託會培基)	NG WAI NOK(福建中學)
終點攝錄	: (拯總) 林秀芳	(拯總) 陳昊朗		
線道及轉身裁判長	: (拯總) 張浩泰			
線道及轉身裁判	: (拯總) 黎嘉偉 (拯總) 張國忠	(拯總) 鄭根華 (拯總) 李嘉榮	(拯總) 李仲榮 (拯總) 鍾麗芳	(拯總) 黃開萍 (拯總) 蕭頌智
比賽場地設置裁判	: (拯總) 徐英健	(拯總) 嚴志文	(拯總) 陳祉安	(拯總) 林俊希
器材管理長	: (拯總) 梁其禧			
器材管理	: (拯總) 王志輝	(拯總) 李君慧	(拯總) 楊展恒	(拯總) 方博民
後勤支援	:			
潛水員	: (拯總) 外聘人員(11人)			
召集長	: 朱立賢(聖若瑟 - 長)	莫均翹(培正中學 - 長)		
召集	江志偉(心誠) 鄭海健(陳楷)	Fong Ka Yu(聖瑪加利中) Lo Kin Hei(顏寶鈴)	張少洪(體藝) 陳洛瑤(李兆基)	李甘聲(港大同學會書院) 陳子俊(喇沙)
起步及器材檢察	: 余光偉(真道)	蕭安生(浸呂明才)		
上線及起步檢察	: 何綺茵(培僑) 盧穎欣(女拔萃) MA SHEK CHUN(信義中學)	Cheung Chin Ho(男拔萃) Ho Hiu Tung(德望)	Poon Kam Fai(林大輝) Choi Chun Tung(聖公會呂明才)	Yuna Sato(哈羅國際) 莫小琮(聖士提反)
紀錄室	: 黎曉彤(協恩)			
宣布	: 謝凱矜(香港真光)			
熱身池	: Ng Sau Man(瑪利諾修院中)	劉家豪(三育)	鄧建業(九龍華仁)	Lee Wing Yen(王錦輝)
終點成績	: Chan Pak Lam Michael(英華)			
計時長	: 陳永輝(李嘉誠) 許祺森(德信)			
計時隊(16位)	: 賽馬會體藝中學(16人)			
場地及器材支援	: 拖拉假人工作人員(8人)			
服務生(18位)	: 協恩中學(8人) 馬錦明慈善基金馬陳端喜紀念中學(6人) 順德聯誼總會李兆基中學(4人)			

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

[參賽學校名單 Participating Schools List]

No.	學校名稱	School Name	學校簡稱 Sch. Abbr.	參賽人次 No. of Participating Event				
				Boys Senior	Boys Junior	Girls Senior	Girls Junior	Total
1	浸信會呂明才中學	Baptist Lui Ming Choi Secondary School	BLMCSS	6				6
2	佛教大雄中學	Buddhist Tai Hung College	BTHC	1	2			3
3	明愛元朗陳震夏中學	Caritas Yuen Long Chan Chun Ha Sec. Sch.	CYS			2		2
4	中華基督教青年會中學	Chinese Y.M.C.A. Secondary School	YMCA		2	1		3
5	趙聿修紀念中學	Chiu Lut Sau Memorial Secondary School	CLSMSS				2	2
6	啟思中學	Creative Secondary School	CREATIVE	1	2			3
7	新界喇沙中學	De La Salle Secondary School N.T.	DLS	5	3			8
8	拔萃男書院	Diocesan Boys' School	DBS	12	12			24
9	拔萃女書院	Diocesan Girls' School	DGS			12	12	24
10	基督教香港信義會信義中學	ELCHK Lutheran Secondary School	LS		6			6
11	基督教香港信義會心誠中學	Fanling Lutheran Secondary School	FLSS	8	3			11
12	粉嶺禮賢會中學	Fanling Rhenish Church Secondary School	FRCSS	2				2
13	福建中學	Fukien Secondary School (Kwun Tong)	FSS-KT	7	2	4	5	18
14	德望學校	Good Hope School	GHS			12	12	24
15	哈羅香港國際學校	Harrow International school Hong Kong	HIS	8	8	6		22
16	協恩中學	Heep Yunn School	HYS			12	12	24
17	香海正覺蓮社佛教馬錦燦紀念英文中學	HHCKLABuddhist Ma Kam Chan Memorial English Sec. Sch.	MKC				2	2
18	香港浸會大學附屬學校王錦輝中小學	HK Baptist University Affiliated School Wong Kam Fai Secondary & Primary School	HKBUAS	3	2	1		6
19	香港華人基督教聯合會真道書院	HKCCCU Logos Academy	LA	2	2	2	2	8
20	港大同學會書院	HKUGA College	HKUGA	9	12	9	12	42
21	賽馬會體藝中學	Jockey Club Ti-I College	JCTIC	11	12	11	12	46
22	九龍工業學校	Kowloon Technical School	KTS	2				2
23	喇沙書院	La Salle College	LSC	12	12			24
24	林大輝中學	Lam Tai Fai College	LTFC	12	12	11	12	47
25	瑪利諾修院學校(中學部)	Maryknoll Convent School	MCS			10	10	20
26	瑪利諾神父教會學校	Maryknoll Fathers' School	MFS	2				2
27	循道中學	Methodist College	MDIST	2	1			3
28	馬錦明慈善基金馬陳端書紀念中學	MKMCF Ma Chan Duen Hey Memorial College	MCDHMC	5				5
29	慕光英文書院	Mu Kuang English School	MKES	2				2
30	民生書院	Munsang College	MSC				2	2
31	聖母書院	Our Lady's College	OLC			2		2
32	五旬節林漢光中學	Pentecostal Lam Hon Kwong School	PLHKS			2		2
33	保良局馬錦明中學	PLK Ma Kam Ming College	MKMC	4				4
34	保良局顏寶鈴書院	Po Leung Kuk Ngan Po Ling College	PLKNPL	5	4		3	12
35	博愛醫院陳楷紀念中學	POH Chan Kai Memorial College	POHCKMC	4	10			14
36	香港培正中學	Pui Ching Middle School	PCMS	12	11	12	10	45
37	培僑書院	Pui Kiu College	PKC	2				2
38	高主教書院	Raimondi College	RC		2			2
39	嘉諾撒聖心書院	Sacred Heart Canossian College	SHCC			2	4	6
40	南亞路德會沐恩中學	SALEM-Immanuel Lutheran College	ILC				2	2
41	聖公會陳融中學	SKH Chan Young Secondary School	CYSS	2				2
42	聖公會呂明才中學	SKH Lui Ming Choi Secondary School	SKHLMC	8	2	3	2	15
43	聖若瑟書院	St. Joseph's College	SJC	12	12			24
44	聖瑪加利男女英文中小學	St. Margaret's Co-Educational English Secondary and Primary School	SMCESPS		3			3
45	聖保羅男女中學	St. Paul's Co-Educational College	SPCC	6	12	10	12	40
46	聖保羅書院	St. Paul's College	SPC	12	12			24
47	聖士提反書院	St. Stephen's College	SSCS	3	9		2	14
48	聖士提反女子中學	St. Stephen's Girls' College	SSGC			8	8	16
49	香港神託會培基書院	Stewards Pooi Kei College	SPKC	4	7	4	3	18
50	順德聯誼總會李兆基中學	STFA Lee Shau Kee College	LSKC	12	12	9	10	43
51	大埔三育中學	Tai Po Sam Yuk Secondary School	TPSY	12	12	7		31
52	德信中學	Tak Sun Secondary School	TSSS	8	6			14
53	鄧鏡波學校	Tang King Po School	TKPS	4				4
54	香港真光中學	The True Light School of Hong Kong	TLHK			12	12	24
55	田家炳中學	Tin Ka Ping Secondary School	TKPSS	4	4	3	3	14
56	台山商會中學	Toi Shan Association College	TSAC	2				2
57	東華三院甲寅年總理中學	TWGHs Kap Yan Directors' College	KYD		1			1
58	東華三院李嘉誠中學	TWGHs Li Ka Shing College	LKS	4				4
59	華英中學	Wa Ying College	WYC		2			2
60	九龍華仁書院	Wah Yan College (Kowloon)	WYK	11	10			21
61	威靈頓教育機構張沛松紀念中學	Wellington Education Organization Chang Pui Chung Memorial School	CPC	4				4
62	英華書院	Ying Wa College	YWC	12	12			24
參賽總人次 Total No. of Participating Event (不包括接力項目 Exclude Relay Event)				259	236	167	166	828

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
九龍公園游泳池 Kowloon Park Swimming Pool 1 / 12 / 2025 (Day 2)

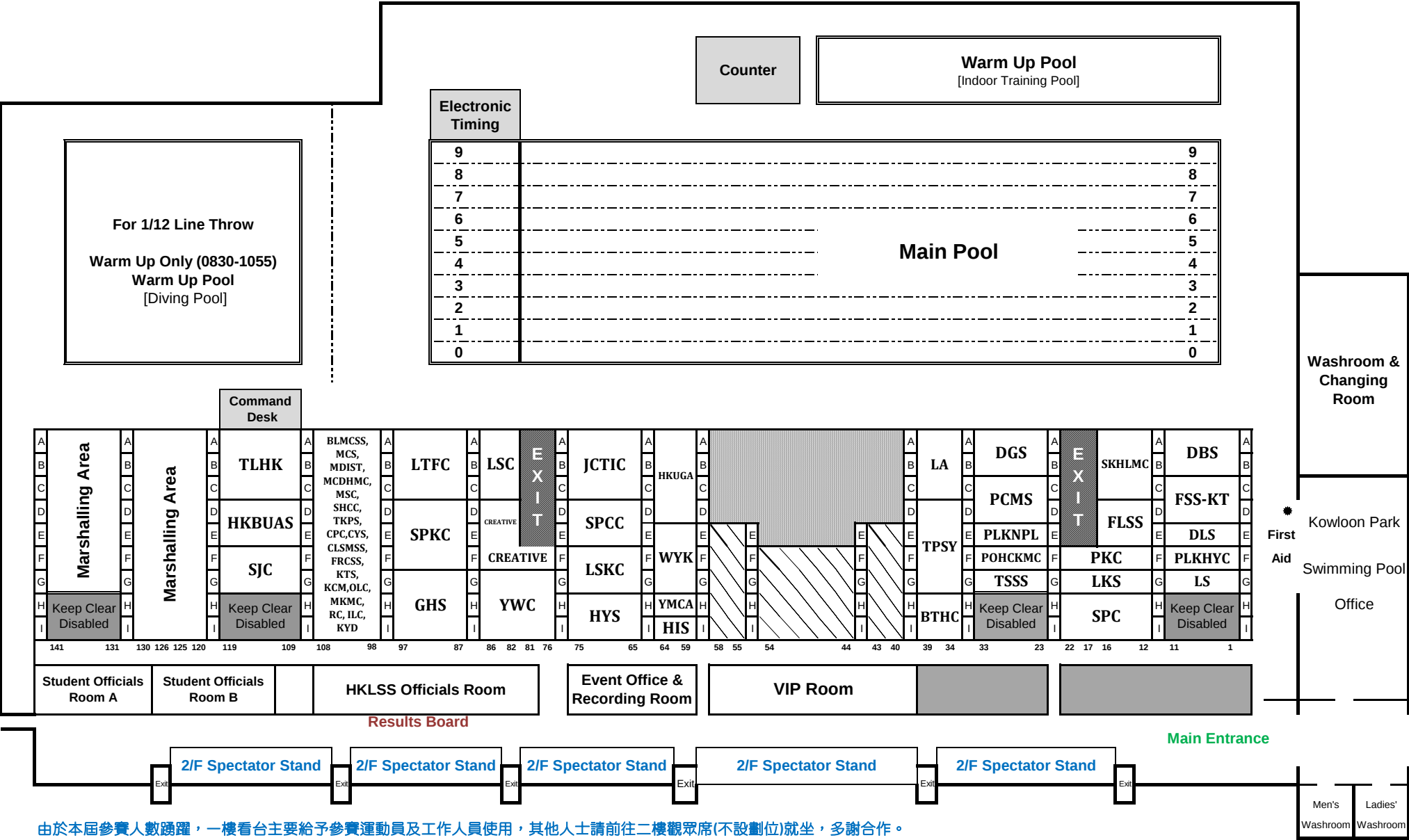
[比賽時間表 Time Table]

08:00 am	開始進場	Entry open
08:05 am	裁判及工作人員報到	Officials report duty
08:30 am	男子組熱身	Warm up for Boys Competitors
08:40 am	女子組熱身	Warm up for Girls Competitors
08:50 am	開始召集	Calling for the first event

時間 Time	項目 Event No.	比賽項目 Event	組別 Grade	決賽 Finals
9:00 am	29	200 米游泳障礙賽 200m Obstacle Swim	男初級 Boys Junior	5
	30		女初級 Girls Junior	4
	31		男高級 Boys Senior	6
	32		女高級 Girls Senior	4
10:30 am	33	拋繩賽 Line Throw	男初級 Boys Junior	4
	34		女初級 Girls Junior	3
	35		男高級 Boys Senior	4
	36		女高級 Girls Senior	3
	🏆頒獎典禮 Prize Presentation Ceremony🏆			

備註: 此賽程表只作參考，大會可能因應實際情況提前或延遲比賽，請留意大會宣布。
 Remark: This time table is for reference only, events will be held ahead or behind the scheduled time, please pay attention to onsite announcement.

2025-2026年度全港中學校際拯溺比賽 - 座位分配圖
All Hong Kong Inter-Secondary Schools Life Saving Competition 2025-2026 - Seating Arrangement
1/12/2025 Day 2
九龍公園游泳池 Kowloon Park Swimming Pool



由於本屆參賽人數踴躍，一樓看台主要給予參賽運動員及工作人員使用，其他人士請前往二樓觀眾席(不設劃位)就坐，多謝合作。

中國香港學界體育聯會

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All Hong Kong Inter-Secondary Schools Life Saving Competition 2025-2026

九龍公園游泳池 Kowloon Park Swimming Pool 01/12/2025

[熱身線道分配 Warm Up Lane Allocation]

上午 Morning Session [男子組 Boys' Category]

線道 Lane	學校簡稱 School
9	男拔萃(DBS) / 喇沙書院(LSC) / 港大同學會書院(HKUGA)
8	真道中(LA) / 體藝(JCTIC) / 培僑(PKC)
7	林大輝(LTFC) / 大雄(BTHC) / 哈羅國際(HIS) / 新界喇沙(DLS)
6	培正中學(PCMS) / 浸附中(HKBUAS) / 馬陳端喜(MCDHMC) 張沛松(CPC) / 高主教書院(RC)
5	聖若瑟書院(SJC) / 聖保羅書院(SPC) / 甲子年(PLKHYC) / 馬錦明(MKMC)
4	聖保羅男女中學(SPCC) / 陳楷(POHCKMC) / 顏寶鈴(PLKNPL) / 九鄧(TKPS)
3	李兆基(LSKC) / 聖公會呂明才中學(SKHLMC) / 浸呂明才(BLMCSS) 顧超文(KCM) / 甲寅(KYD)
2	大埔三育(TPSY) / 信義中學(LS) / 德信(TSSS) / 禮賢會(FRCSS) / 啟思中學(CREATIVE)
1	九龍華仁(WYK) / 英華書院(YWC) / 循道中學(MDIST) / 青年會(YMCA)
0	心誠(FLSS) / 培基(SPKC) / 福建中學(FSS-KT) / 李嘉誠(LKS)

上午 Morning Session [女子組 Girls' Category]

線道 Lane	學校簡稱 School
9	女拔萃(DGS) / 港大同學會書院(HKUGA)
8	真道中(LA) / 體藝(JCTIC)
7	林大輝(LTFC) / 瑪利諾神父中(MFS) / 元陳震夏(CYS) / 哈羅國際(HIS)
6	培正中學(PCMS) / 民生書院(MSC) / 浸附中(HKBUAS)
5	協恩(HYS) / 甲子年(PLKHYC) / 聖母書院(OLC)
4	聖保羅男女中學(SPCC) / 培僑(PKC) / 趙聿修(CLSMSS) / 顏寶鈴(PLKNPL)
3	李兆基(LSKC) / 聖公會呂明才中學(SKHLMC) / 沐恩(ILC)
2	香港真光中學(TLHK) / 啟思中學(CREATIVE) / 大埔三育(TPSY)
1	德望學校(GHS) / 青年會(YMCA) / 聖心(SHCC)
0	培基(SPKC) / 李嘉誠(LKS) / 福建中學(FSS-KT)

【線道表 Start List】

EVENT 29 200m Obstacle Swim - Boys Junior**Final 1**

<u>Lane</u>	<u>Name</u>	<u>School</u>
1	Fung Pak Woon	馮珀桓 (HKUGA)
2	Liu Chun Hay Hayden	廖俊熹 (SPC)
3	Ng King Chun	吳境晉 (TPSY)
4	Wong Cheuk Long	王緯朗 (LA)
5	Lee Chak Yan	李澤仁 (WYK)
6	Leung Moses Ho Ching	梁顯正 (SPCC)
7	Cheung Sui Long	張瑞朗 (POHCKMC)
8	Lee Earnest	李丞恩 (LTFC)

Final 3

<u>Lane</u>	<u>Name</u>	<u>School</u>
1	Lee Yat Yin	李逸言 (LSKC)
2	Wong Darrell	黃楠 (LTFC)
3	Wang Jason	王一諾 (FLSS)
4	Lau Tze Kiu	留子翹 (WYK)
5	Leong Yat Kiu	梁逸喬 (JCTIC)
6	Leung Cheuk Wang	梁卓弘 (YMCA)
7	Chan Ho Him Dickson	陳灝謙 (YWC)
8	Wong Sung Hei	黃崇瑤 (KYD)

Final 5

<u>Lane</u>	<u>Name</u>	<u>School</u>
1	Chan Eason	陳懿迅 (BTHC)
2	Lam Cheuk Yin	林卓諺 (SJC)
3	He Yu Hao	何毓灝 (DBS)
4	Chong Cheuk Yin	莊卓賢 (LSC)
5	Cheung Ting Chun	張庭晉 (LSC)
6	Law Tsz Lok	羅梓洛 (DBS)
7	Lam Cheuk Hang	林卓衡 (SJC)
8	Bai Ho Lam	白浩霖 (LS)

EVENT 30 200m Obstacle Swim - Girls Junior**Final 1**

<u>Lane</u>	<u>Name</u>	<u>School</u>
1	-	- (-)
2	Law Ziling Virginia	羅姿羚 (TLHK)
3	Ho Lok Man Rosanna	何洛汶 (LA)
4	Wong Hei Lam	黃希琳 (JCTIC)
5	Fung Hei Lam Agee	馮晞琳 (MSC)
6	Tang Yue Daphne Margarita	鄧玥 (HKUGA)
7	Leung Sum Yau	梁芯洙 (LTFC)
8	-	- (-)

Final 3

<u>Lane</u>	<u>Name</u>	<u>School</u>
1	Yeung Lok Tung	楊樂彤 (PLKNPL)
2	Wong Janice	黃靖珩 (FSS-KT)
3	Leung Tsz Yin	梁子嫻 (CLSMSS)
4	Ni Ke	倪可 (PCMS)
5	Ko Ching Yiu	高靖銑 (JCTIC)
6	Leung Lok Yin Cassidy	梁樂妍 (TLHK)
7	Siu Jona Chung Laam	蕭頌嵐 (PCMS)
8	-	- (-)

Final 2

<u>Lane</u>	<u>Name</u>	<u>School</u>
1	Ng Pui Hei	吳培禧 (DLS)
2	Leung Tsz Him	梁梓謙 (POHCKMC)
3	Kwan Man Nok	關文諾 (PCMS)
4	Chan Tsz Hin	陳梓軒 (YWC)
5	Chan King To	陳景滔 (JCTIC)
6	Chan Chi Hei	陳智熙 (SPKC)
7	Woo Ngai Hin	胡藝軒 (LS)
8	Lei Man Sheung	李旻尚 (LA)

Final 4

<u>Lane</u>	<u>Name</u>	<u>School</u>
1	Chan Tsz Long Veslie	陳梓朗 (FSS-KT)
2	Hong Wing Min	康詠棉 (SPKC)
3	Lau Chung Shun Timothy	劉宗舜 (TPSY)
4	Yang Justin	楊橋 (SPC)
5	Chow King Ban	周敬斌 (SPCC)
6	Yim Ki Chun Eddie	嚴麒俊 (LSKC)
7	Lo Sze Hang	盧思行 (HKUGA)
8	Hong Yiheng	洪以恒 (PCMS)

Final 2

<u>Lane</u>	<u>Name</u>	<u>School</u>
1	-	- (-)
2	Tsui Hoi Ching Chrissie	徐凱晴 (LSKC)
3	Yang Grace	楊妙萱 (SPCC)
4	Lo Hei Yu	盧晞瑜 (HKUGA)
5	Ip Hiu Ching	葉曉晴 (LA)
6	Tseung Wing Man	蔣穎汶 (LTFC)
7	Chan Anna Brontie	陳思全 (SPCC)
8	-	- (-)

Final 4

<u>Lane</u>	<u>Name</u>	<u>School</u>
1	Yip Hei Wai	葉希慧 (SKHLMC)
2	Au Hoi Ching Abby	區凱晴 (HYS)
3	Chan Pui Ka	陳沛嘉 (HYS)
4	Sum Yi Man	沈綺紋 (DGS)
5	Yeung Tin Wing	楊天穎 (DGS)
6	Chau Pak Yu	周栢好 (GHS)
7	Lin Cindy	林可欣 (GHS)
8	-	- (-)

【線道表 Start List】

EVENT 31 200m Obstacle Swim - Boys Senior**Final 1**

<u>Lane</u>	<u>Name</u>	<u>School</u>
1	Ting Tsz Kan	丁子勤 (LKS)
2	Wong Cheuk Him	王綽謙 (LA)
3	Lam Yu Ching Eugene	林汝政 (SPC)
4	Wong Hei Chit	黃希哲 (KTS)
5	Lo Ka Ho	盧加浩 (TPSY)
6	Wong Edison	黃子健 (SPCC)
7	So Kyle	蘇展榮 (FLSS)
8	-	(-)

Final 3

<u>Lane</u>	<u>Name</u>	<u>School</u>
1	Leung Hok Kiu Jason	梁學橋 (YWC)
2	Hung Lok Lam	洪樂霖 (HKUGA)
3	Chau Yuk Sum	周焜森 (WYK)
4	Wong Lok Hang	王洛衍 (FLSS)
5	Or Anthony	柯柏全 (LTFC)
6	Chan Sheung Yau	陳相佑 (TSSS)
7	Tam Tsz Chun	譚子震 (TKPS)
8	Chan Siu Yin Danny	陳肇賢 (HKBUAS)

Final 5

<u>Lane</u>	<u>Name</u>	<u>School</u>
1	Cheung Kyle Ka-Hay	張嘉熙 (SPC)
2	Yao Wei Hao	姚瑋濠 (PKC)
3	Fung Man Cheuk	馮文焯 (MDIST)
4	Lam Tak Lam	林德霖 (BTHC)
5	Wong Tsz Chun	王子臻 (TSSS)
6	To Fei	杜斐 (LA)
7	Cheng Lachlan	鄭仲鎧 (HKBUAS)
8	Chan Yin Hang	陳彥衡 (LSKC)

Final 2

<u>Lane</u>	<u>Name</u>	<u>School</u>
1	Fu Ka Him	傅嘉謙 (TPSY)
2	Leung Callum Gregson	梁峻棠 (SPCC)
3	Chan Ho Long	陳昊煥 (BLMCSS)
4	Loo Tsz Chung Berry	勞梓聰 (YWC)
5	Wang Nicholas	王驕駒 (SKHLMC)
6	Leung Hoi Chun	梁凱晉 (CREATIVE)
7	Chow Hin Ting	周衍霆 (LKS)
8	Wong Ka Hei	黃嘉熹 (DLS)

Final 4

<u>Lane</u>	<u>Name</u>	<u>School</u>
1	Chau Chun Hin	周雋軒 (CPC)
2	Li Pak Ngai	李柏毅 (SPKC)
3	Fan Cheuk Yiu	樊卓堯 (LTFC)
4	Wan Tsz Shan Shawn	尹旨山 (TKPS)
5	Chan Chun Pang	陳振鵬 (LSKC)
6	Wong Lucas	王諾 (JCTIC)
7	Yu Ming Hei	余銘浹 (WYK)
8	Tsui Chun Lok	徐晉樂 (SKHLMC)

Final 6

<u>Lane</u>	<u>Name</u>	<u>School</u>
1	Liao Zitong	廖梓童 (PCMS)
2	Chui Ue Haang	徐煦桁 (SJC)
3	Ip Ali	葉丞軒 (LSC)
4	Chan Wah Royce	陳樺 (DBS)
5	Lau Chor Tik	劉礎迪 (DBS)
6	Tsang Pak Kiu	曾柏橋 (LSC)
7	Chui Hoi Haang	徐海桁 (SJC)
8	Ma Hoi Fan	馬凱勳 (PCMS)

EVENT 32 200m Obstacle Swim - Girls Senior**Final 1**

<u>Lane</u>	<u>Name</u>	<u>School</u>
1	-	(-)
2	Ma Wai Yan	馬煒欣 (CYS)
3	Li Pik Yee	李碧頤 (LA)
4	Wong Wan Tung	黃允彤 (JCTIC)
5	Wong Tsz Ching	黃子晴 (HKUGA)
6	To Tsz Yin Vanessa	杜梓妍 (SKHLMC)
7	Siu, Hoi Lam	蕭凱琳 (CREATIVE)
8	-	(-)

<u>Lane</u>	<u>Name</u>	<u>School</u>
1	Poon Lok Yan	潘樂恩 (HKBUAS)
2	Tang Cheuk Wing Elke	鄧焯穎 (SHCC)
3	Fung Hei Yiu	馮晞搖 (SPCC)
4	Wong Ka Lam	黃嘉琳 (PCMS)
5	Chan Long Yi	陳朗怡 (LA)
6	Yip Hei Yau	葉熙柔 (TLHK)
7	Wang Yan Lam	王恩琳 (LSKC)
8	-	(-)

Final 2

<u>Lane</u>	<u>Name</u>	<u>School</u>
1	Yau, Tsoi Man	邱采汶 (CREATIVE)
2	Li Hei Man	李瑋敏 (LSKC)
3	Lee Tsz Ying	李梓莹 (TPSY)
4	Leung Lok Yan	梁樂欣 (TLHK)
5	Lau Ki Tak Janea	劉棋淦 (SPKC)
6	Tang Hai Shuen Bernice	鄧瑋璇 (LTFC)
7	Cheng Lok Ching	鄭樂澄 (LTFC)
8	-	(-)

<u>Lane</u>	<u>Name</u>	<u>School</u>
1	Ng Suet Ying	伍雪盈 (PCMS)
2	Liu Yuhon	劉禹涵 (HYS)
3	Law Wai Lam	羅葦霖 (GHS)
4	Ma Gilaine	馬紫玲 (DGS)
5	Ma Tsz Tsing Ashley	馬梓晴 (DGS)
6	Ng Wai Ting Tiana	吳蔚廷 (GHS)
7	Ho Pui Yan	何佩恩 (HYS)
8	-	(-)

【線道表 Start List】

EVENT 33 Line Throw - Boys Junior**Final 1**

<u>Lane</u>	<u>Name</u>	<u>School</u>
1	HK Baptist University Affiliated School Wong Kam Fai Secondary & Primary School	(HKBUAS)
2	St. Paul's Co-Educational College	(SPCC)
3	Tai Po Sam Yuk Secondary School	(TPSY)
4	Ying Wa College	(YWC)
5	Pui Kiu College	(PKC)
6	HKCCCU Logos Academy	(LA)
7	Stewards Pooi Kei College	(SPKC)
8	-	(-)

Final 3

<u>Lane</u>	<u>Name</u>	<u>School</u>
1	POH Chan Kai Memorial College	(POHCKMC)
2	Wah Yan College (Kowloon)	(WYK)
3	Lam Tai Fai College	(LTFC)
4	De La Salle Secondary School N.T.	(DLS)
5	La Salle College	(LSC)
6	Raimondi College	(RC)
7	Po Leung Kuk Ngan Po Ling College	(PLKNPL)
8	HKUGA College	(HKUGA)

EVENT 34 Line Throw - Girls Junior**Final 1**

<u>Lane</u>	<u>Name</u>	<u>School</u>
1	Po Leung Kuk Ngan Po Ling College	(PLKNPL)
2	Lam Tai Fai College	(LTFC)
3	STFA Lee Shau Kee College	(LSKC)
4	TWGHs Li Ka Shing College	(LKS)
5	The True Light School of Hong Kong	(TLHK)
6	Pui Kiu College	(PKC)
7	Munsang College	(MSC)
8	-	(-)

Final 3

<u>Lane</u>	<u>Name</u>	<u>School</u>
1	Po Leung Kuk Ho Yuk Ching (1984) College	(PLKHYC)
2	HKUGA College	(HKUGA)
3	HKCCCU Logos Academy	(LA)
4	Heep Yunn School	(HYS)
5	St. Paul's Co-Educational College	(SPCC)
6	Stewards Pooi Kei College	(SPKC)
7	Maryknoll Convent School	(MCS)
8	Good Hope School	(GHS)

Final 2

<u>Lane</u>	<u>Name</u>	<u>School</u>
1	Fukien Secondary School (Kwun Tong)	(FSS-KT)
2	Harrow International school Hong Kong	(HIS)
3	Tak Sun Secondary School	(TSSS)
4	Po Leung Kuk Ho Yuk Ching (1984) College	(PLKHYC)
5	SKH Lui Ming Choi Secondary School	(SKHLMC)
6	ELCHK Lutheran Secondary School	(LS)
7	Pui Ching Middle School	(PCMS)
8	Jockey Club Ti-I College	(JCTIC)

Final 4

<u>Lane</u>	<u>Name</u>	<u>School</u>
1	MKMCF Ma Chan Duen Hey Memorial College	(MCDHMC)
2	LST Ku Chiu Man Secondary School	(KCM)
3	STFA Lee Shau Kee College	(LSKC)
4	Fanling Lutheran Secondary School	(FLSS)
5	St. Paul's College	(SPC)
6	Buddhist Tai Hung College	(BTHC)
7	Diocesan Boys' School	(DBS)
8	St. Joseph's College	(SJC)

Final 2

<u>Lane</u>	<u>Name</u>	<u>School</u>
1	Sacred Heart Canossian College	(SHCC)
2	Pui Ching Middle School	(PCMS)
3	Jockey Club Ti-I College	(JCTIC)
4	SALEM-Immanuel Lutheran College	(ILC)
5	Diocesan Girls' School	(DGS)
6	SKH Lui Ming Choi Secondary School	(SKHLMC)
7	Chinese Y.M.C.A. College	(YMCA)
8	Fukien Secondary School (Kwun Tong)	(FSS-KT)

【線道表 Start List】

EVENT 35 Line Throw - Boys Senior**Final 1**

<u>Lane</u>	<u>Name</u>	<u>School</u>
1	Po Leung Kuk Ho Yuk Ching (1984) College	(PLKHYC)
2	Methodist College	(MDIST)
3	La Salle College	(LSC)
4	Pui Ching Middle School	(PCMS)
5	HKCCCU Logos Academy	(LA)
6	Ying Wa College	(YWC)
7	Fanling Lutheran Secondary School	(FLSS)
8	Tai Po Sam Yuk Secondary School	(TPSY)

Final 3

<u>Lane</u>	<u>Name</u>	<u>School</u>
1	Buddhist Tai Hung College	(BTHC)
2	Fanling Rhenish Church Secondary School	(FRCSS)
3	Wah Yan College (Kowloon)	(WYK)
4	SKH Lui Ming Choi Secondary School	(SKHLMC)
5	Pui Kiu College	(PKC)
6	POH Chan Kai Memorial College	(POHCKMC)
7	Creative Secondary School	(CREATIVE)
8	MKMCF Ma Chan Duen Hey Memorial College	(MCDHMC)

Final 2

<u>Lane</u>	<u>Name</u>	<u>School</u>
1	St. Joseph's College	(SJC)
2	Lam Tai Fai College	(LTFC)
3	St. Paul's College	(SPC)
4	Jockey Club Ti-I College	(JCTIC)
5	St. Paul's Co-Educational College	(SPCC)
6	De La Salle Secondary School N.T.	(DLS)
7	Diocesan Boys' School	(DBS)
8	Wellington Education Organization Chang Pui Chung Memorial School	(CPC)

Final 4

<u>Lane</u>	<u>Name</u>	<u>School</u>
1	TWGHs Li Ka Shing College	(LKS)
2	STFA Lee Shau Kee College	(LSKC)
3	PLK Ma Kam Ming College	(MKMC)
4	Stewards Pooi Kei College	(SPKC)
5	Po Leung Kuk Ngan Po Ling College	(PLKNPL)
6	Fukien Secondary School (Kwun Tong)	(FSS-KT)
7	HKUGA College	(HKUGA)
8	HK Baptist University Affiliated School Wong Kam Fai Secondary & Primary School	(HKBUAS)

EVENT 36 Line Throw - Girls Senior**Final 1**

<u>Lane</u>	<u>Name</u>	<u>School</u>
1	Fukien Secondary School (Kwun Tong)	(FSS-KT)
2	HKCCCU Logos Academy	(LA)
3	Jockey Club Ti-I College	(JCTIC)
4	Chinese Y.M.C.A. College	(YMCA)
5	Po Leung Kuk Ho Yuk Ching (1984) College	(PLKHYC)
6	Creative Secondary School	(CREATIVE)
7	Heep Yunn School	(HYS)
8	The True Light School of Hong Kong	(TLHK)

Final 3

<u>Lane</u>	<u>Name</u>	<u>School</u>
1	Lam Tai Fai College	(LTFC)
2	Pui Kiu College	(PKC)
3	TWGHs Li Ka Shing College	(LKS)
4	Tai Po Sam Yuk Secondary School	(TPSY)
5	STFA Lee Shau Kee College	(LSKC)
6	SKH Lui Ming Choi Secondary School	(SKHLMC)
7	HKUGA College	(HKUGA)
8	Diocesan Girls' School	(DGS)

Final 2

<u>Lane</u>	<u>Name</u>	<u>School</u>
1	Good Hope School	(GHS)
2	Pui Ching Middle School	(PCMS)
3	Harrow International school Hong Kong	(HIS)
4	Our Lady's College	(OLC)
5	HK Baptist University Affiliated School Wong Kam Fai Secondary & Primary School	(HKBUAS)
6	St. Paul's Co-Educational College	(SPCC)
7	Stewards Pooi Kei College	(SPKC)
8	Maryknoll Convent School	(MCS)

THE SCHOOLS SPORTS FEDERATION OF HONG KONG, CHINA 中國香港學界體育聯會

全港中學校際拯溺比賽紀錄

Records of All Hong Kong Inter-Secondary Schools Life Saving Competition

Updated on 14.11.2025

[Boys Senior Grade 男子高級組]				
Event 項目	Record 成績	Year 年份	Holder 姓名	School 學校
200m Obstacle Swim 200米游泳障礙賽	2:02.74	23/24	Lu Pat Fan 盧不凡	Diocesan Boys' School 拔萃男書院
100m Rescue Medley 100米混合拯救賽	1:04.94	24/25	Chau Wesley 周泓匡	St. Joseph's College 聖若瑟書院
100m Manikin Carry with Fins 100米穿蛙鞋運送假人賽	52.08	24/25	Cheng Chun Hong 鄭竣匡	St. Joseph's College 聖若瑟書院
50m Manikin Carry 50米運送假人賽	31.87	24/25	Hui Yik Kiu 許奕喬	Diocesan Boys' School 拔萃男書院
100m Manikin Tow with Fins 100米穿蛙鞋拖帶假人賽	57.51	24/25	Cheng Chun Hong 鄭竣匡	St. Joseph's College 聖若瑟書院
200m Super Lifesaver 200米超級施救員	2:15.91	24/25	Chau Wesley 周泓匡	St. Joseph's College 聖若瑟書院
4x50m Medley Relay 4x50米混合接力賽	1:32.54	24/25	Cheng Cheuk Chi George 鄭卓知 Cheng Cheuk Kin Jake 鄭卓見 Lo Tsz Lam 盧梓霖 Chan Wah Royce 陳樺	Diocesan Boys' School 拔萃男書院
4x25m Manikin Relay 4x25米運送假人接力賽	1:15.58	24/25	Hui Yik Kiu 許奕喬 Yau Pak Ho 丘栢濠 Lee Ho Hin 李皓騫 Lai King Wo Barry 賴敬和	Diocesan Boys' School 拔萃男書院
Line Throw 拋繩賽	13.02	24/25	Chen James 陳思衡 Wong Chun Him 王俊謙	Ying Wa College 英華書院

[Boys Junior Grade 男子初級組]				
Event 項目	Record 成績	Year 年份	Holder 姓名	School 學校
200m Obstacle Swim 200米游泳障礙賽	2:09.87	22/23	Lau Kin Hei James 劉建希	Diocesan Boys' School 拔萃男書院
100m Rescue Medley 100米混合拯救賽	1:09.63	24/25	Yick Sum Kiu 易森喬	Diocesan Boys' School 拔萃男書院
100m Manikin Carry with Fins 100米穿蛙鞋運送假人賽	56.43	24/25	Lin Pak Yin 林柏言	Diocesan Boys' School 拔萃男書院
50m Manikin Carry 50米運送假人賽	32.68	24/25	Yick Sum Kiu 易森喬	Diocesan Boys' School 拔萃男書院
100m Manikin Tow with Fins 100米穿蛙鞋拖帶假人賽	1:05.07	24/25	Chan Leong To 陳亮圖	Diocesan Boys' School 拔萃男書院
200m Super Lifesaver 200米超級施救員	2:24.14	24/25	Lin Pak Yin 林柏言	Diocesan Boys' School 拔萃男書院
4x50m Medley Relay 4x50米混合接力賽	1:42.11	23/24	Zhu Xiuping 朱修平 Fong Tsz Long Jose 方梓朗 Chan Wai Ching Adrian 陳維正 Ho Tsz Hong 何梓康	St. Joseph's College 聖若瑟書院
4x25m Manikin Relay 4x25米運送假人接力賽	1:21.24	24/25	Yeung Tsz Ho 楊梓皓 Wong Ho Long 黃浩朗 Chan Chak Alfred 陳澤 Yick Sum Kiu 易森喬	Diocesan Boys' School 拔萃男書院
Line Throw 拋繩賽	15.046	23/24	Chin Yi Heng 陳逸亨 Wong Edison 黃子健	St. Paul's Co-Educational College 聖保羅男女中學

[Girls Senior Grade 女子高級組]				
Event 項目	Record 成績	Year 年份	Holder 姓名	School 學校
200m Obstacle Swim 200米游泳障礙賽	2:13.58	23/24	Ma Gilaine 馬紫玲	Diocesan Girls' School 拔萃女書院
100m Rescue Medley 100米混合拯救賽	1:20.66	22/23	Cheung Hoi Lam 張凱琳	Diocesan Girls' School 拔萃女書院
100m Manikin Carry with Fins 100米穿蛙鞋運送假人賽	1:04.05	24/25	Au-Yeung Sze Ching 歐陽詩澄 Wong Hin Yi 王靄怡	Diocesan Girls' School 拔萃女書院
50m Manikin Carry 50米運送假人賽	38.99	24/25	Au-Yeung Sze Ching 歐陽詩澄	Diocesan Girls' School 拔萃女書院
100m Manikin Tow with Fins 100米穿蛙鞋拖帶假人賽	1:04.92	24/25	Li Sum Yiu 李芯瑤	Heep Yunn School 協恩中學
200m Super Lifesaver 200米超級施救員	2:33.61	24/25	Li Sum Yiu 李芯瑤	Heep Yunn School 協恩中學
4x50m Medley Relay 4x50米混合接力賽	1:41.87	24/25	Ma Gilaine 馬紫玲 Poon Lok Yan 潘樂恩 Ma Tsz Tsing Ashley 馬梓晴 Leung Wing Tsun Rachel 梁穎濤	Diocesan Girls' School 拔萃女書院
4x25m Manikin Relay 4x25米運送假人接力賽	1:32.67	24/25	Chan Hin Yau 陳衍攸 Wong Hin Yi 王靄怡 Au-Yeung Sze Ching 歐陽詩澄 Leung Evelyn Yi 梁懿	Diocesan Girls' School 拔萃女書院
Line Throw 拋繩賽	14.52	22/23	Lee Sum Yuet Charlotte 李心悅 Chen Yu Xin 陳語心	Heep Yunn School 協恩中學

[Girls Junior Grade 女子初級組]				
Event 項目	Record 成績	Year 年份	Holder 姓名	School 學校
200m Obstacle Swim 200米游泳障礙賽	2:19.47	22/23	Ma Tsz Tsing Ashley 馬梓晴	Diocesan Girls' School 拔萃女書院
100m Rescue Medley 100米混合拯救賽	1:17.50	24/25	Leung Evita Yan 梁慰	Diocesan Girls' School 拔萃女書院
100m Manikin Carry with Fins 100米穿蛙鞋運送假人賽	1:04.83	24/25	Lee Cynthia Shin Kiu 李善喬	Diocesan Girls' School 拔萃女書院
50m Manikin Carry 50米運送假人賽	36.91	24/25	Leung Evita Yan 梁慰	Diocesan Girls' School 拔萃女書院
100m Manikin Tow with Fins 100米穿蛙鞋拖帶假人賽	1:11.99	22/23	Poon Lok Yan 潘樂恩	Diocesan Girls' School 拔萃女書院
200m Super Lifesaver 200米超級施救員	2:47.99	24/25	Choi Hiu Ying 蔡曉凝	Diocesan Girls' School 拔萃女書院
4x50m Medley Relay 4x50米混合接力賽	1:52.06	23/24	Mathis Mya Lynn 文雪兒 Ho Pui Yan 何佩恩 Li Yuqing 李雨晴 Li Sum Yiu 李芯瑤	Heep Yunn School 協恩中學
4x25m Manikin Relay 4x25米運送假人接力賽	1:33.90	24/25	Liu Hei Yu 劉熙渝 Yiu Sum Yin 姚沁言 Leung Evita Yan 梁慰 So Yin Yan 蘇燕欣	Diocesan Girls' School 拔萃女書院
Line Throw 拋繩賽	16.32	24/25	Lau I Shun 劉漪醇 Lee Rianne 李倩瑜	Diocesan Girls' School 拔萃女書院



2025-2026 年度全港中學校際拯溺比賽

[比賽章則]

1). 比賽資料

日期：2025 年 11 月 21 日(五)及 2025 年 12 月 1 日(一)

時間：08:00 - 19:00 及 08:00 - 13:00

地點：九龍公園游泳池 [地址：九龍尖沙咀柯士甸道 22 號]

2). 參賽資格、組別及報名

2.1 參賽學校必須為中國香港學界體育聯會本年度之會員學校。

2.2 參賽學生必須為中國香港學界體育聯會本年度之註冊運動員。

2.3 男、女子高級組：持有甲組及乙一組註冊證之學生參加。

2.4 男、女子初級組：持有乙二組及丙組註冊證之學生參加。

2.5 每校每項個人項目只能填報二人，接力項目只能填報一隊。

2.6 每一運動員只能參加兩項個人及一項接力項目。

3). 比賽項目

3.1 個人項目：

1. 200 米游泳障礙賽
2. 100 米混合拯救賽
3. 100 米穿蛙鞋運送假人賽
4. 50 米運送假人賽
5. 100 米穿蛙鞋拖帶假人賽
6. 200 米超級施救員賽

3.2 接力項目：

1. 4x50 米混合接力賽
2. 4x25 米運送假人接力賽
3. 拋繩賽

4). 報名費：每組\$350 元

報名費收據連同運動員證書將於賽事完成後一個月內寄予參賽學校。

5). 重要日期

5.1 **截止報名：2025 年 10 月 30 日(星期四)**

5.2 **確認報名資料：2025 年 11 月 6 日(星期四)中午 12 時前**

參賽者名單將於 11 月 4 日(二)上載到學體會網頁 (www.hkssf.org.hk)，請各學校自行到網上查閱以確保資料準確。如發現任何錯誤或遺漏，請於 **11 月 6 日(星期四)中午 12 時前**致電本會跟進。

5.3 **賽程資料：**

比賽時間表、線道表、裁判名單及注意事項將於 **2025 年 11 月 14 日(星期五)**上載，請參賽學校自行於本會網頁查閱，本會不再另函通知。





6). 換人

報名截止後一律不准換人。如運動員生病或受傷而有醫生紙證明者，始可以在比賽當日向召集人申請換人。後補運動員亦須遵守章則 2.6 之規限。

7). 裁判員

7.1 技術裁判由中國香港拯溺總會委派。

7.2 參賽學校必須委派一位體育教師或職員擔任裁判工作。如拒絕委派者，管委會有權取消其參賽資格。

8). 比賽細則

8.1 比賽規則

除特別聲明外，全部採用國際救生總會最新規定之競賽規則<ILS Competition Rulebook 2025 edition – (effective 1 September 2025)>

<https://www.hklss.org.hk/zh-hant/works/subpage/21/> 及

學體會「中學體育運動比賽手冊之通則」執行。

8.2 報到程序

每項目將宣布召集兩次。運動員應向召集處報到而不能直接前往起點。召集程序完畢後，由工作人員帶領運動員前往起點。

8.3 運動員在召集時，必須出示本年度電子學生運動員註冊證（下稱註冊證），電子註冊證必須附有「電子證 E - card」標記，方為有效。否則不能出賽，判作棄權。

8.4 所有項目均為決賽，以時間（電子計時）定名次。

8.5 運動員於其賽事成績宣布後方可離開。如賽事須要重賽而運動員無故離開，該運動員之重賽資格則會被取消。

8.6 凡參加接力隊的學校，須於該項接力賽事進行前 90 分鐘，將參賽名單交到記錄室，逾時作棄權論。賽會將於召集前整理有關名單，必要時重新分配線道。

8.7 非比賽之參與者須符合下列要求

8.7.1 拋繩賽中之溺者須與參賽者屬同一組別及性別，並於召集時出示運動員註冊證。

8.7.2 100 米穿蛙鞋拖帶假人賽及 200 米超級施救員賽中，協助扶持假人之學生須與參賽者屬同一組別及性別，須穿上印有該校校徽或簡寫之運動服裝，並於召集時出示運動員註冊證。

9). 計時

9.1 康文署泳池如設有電子計時系統，則以該系統為正式計時。

9.2 如遇電子計時系統失靈，則該項賽事之全部分組時間均以手計時間為正式成績。而紀錄亦以正式成績為準。

9.3 若運動員在比賽中刷新香港紀錄，而他/她持有中國香港拯溺總會基本銅章或以上，可獲中國香港拯溺總會承認為新香港紀錄（只限電子計時項目）。





10). 計分方法

名次	第一名	第二名	第三名	第四名	第五名	第六名	第七名	第八名
個人項目得分	9	7	6	5	4	3	2	1
接力項目得分	18	14	12	10	8	6	4	2

10.1 若名次相同時，則以相關名次所得之分數總和平均分配。

10.2 如組別總積分相同時，則以下列細則處理：-

10.2.1 學校獲較高名次（先計算冠軍數目，再相同則計算亞軍，如此類推直至第八名）

之數目，多者勝出，如仍相同；

10.2.2 計算破紀錄的項目，項目多者勝出；

10.2.3 如仍相同時，則相同名次。

10.3 如團體總積分相同而影響升降班或獎項頒發時，則以下列細則處理：-

10.3.1 學校獲較高名次（先計算冠軍數目，再相同則計算亞軍，如此類推直至第八名）的組別多者勝出，如仍相同；

10.3.2 計算同分學校的初級組分數，再相同則計算高級組；

10.3.3 如仍相同時，則抽籤決出名次。

11). 獎 項

11.1 個人及接力項目 - 每項目設冠、亞、季、殿獎牌及證書。

11.2 團體 - 每組設冠、亞、季、殿獎盃。

11.3 設男子組團體總冠軍及女子組團體總冠軍各一名（獲獎盃）。將計算其高級及初級組團體得分總和，分數最高之學校獲得。

12). 抗議及上訴

12.1 有關技術規則之抗議及上訴

12.1.1 只有受有關事件影響之學校方可進行抗議及上訴，並由該校領隊老師提出。

12.1.2 領隊老師應於宣布相關成績後 15 分鐘內向賽會辦事處提出口頭抗議。在提出口頭抗議後的 15 分鐘內向賽會辦事處呈交抗議/上訴表。

12.1.3 總裁判會就有關抗議作出裁決。如學校不服總裁判之判決時，須於收到判決後 30 分鐘內向上訴委員會提出上訴。

12.1.4 上訴委員會之判決為最終判決。

12.2 有關賽事管理工作之上訴

12.2.1 只有受有關事件影響之學校方可進行上訴，並由該校領隊老師提出。

12.2.2 賽事管理委員會之判決為最終判決。

13). 器 材

除蛙鞋需要自備外，其他比賽器材一律由賽會提供。有關器材款式，請直接與中國香港拯溺總會職員聯絡。



14). 查詢

➤ 中國香港學界體育聯會(賽務事宜)

電話：2768 8212

傳真：2768 4525

電郵：external@hkssf.org.hk

網址：www.hkssf.org.hk ➤ 全港中學校際比賽 ➤ 拯溺

➤ 中國香港拯溺總會(器材及技術事宜)

電話：2511 8363

傳真：2507 5239

電郵：info@hklss.org.hk

網址：www.hklss.org.hk





All Hong Kong Inter-Secondary Schools Life Saving Competition 2025-2026

[General Rules]

1). Competition Information

Date: 21st November 2025 (Friday) and 1st December 2025 (Monday)

Period: 08:00 – 19:00 and 08:00 – 13:00

Venue: Kowloon Park Swimming Pool (Address: 22 Austin Road, Tsim Sha Tsui, Kowloon)

2). Eligibility & Entries

2.1 Participating School must be member schools of the Schools Sports Federation of Hong Kong, China in this academic year.

2.2 Participants must have registered with the Schools Sports Federation of Hong Kong, China in this academic year.

2.3 Senior Grade (Boys and Girls): Students holding A and B1 Grade cards may only take part in Senior Grade competitions.

2.4 Junior Grade (Boys and Girls): Students holding B2 and C Grade cards may take part in Junior Grade competitions.

2.5 Each school may enter a maximum of 2 athletes for each Individual Event and 1 team in the Relay Event.

2.6 Each competitor may enter a maximum of 2 Individual Event and 1 Relay Event.

3). Events

3.1 Individual Events :

1. 200m Obstacle Swim
2. 100m Rescue Medley
3. 100m Manikin Carry with Fins
4. 50m Manikin Carry
5. 100m Manikin Tow with Fins
6. 200m Super Lifesaver

3.2 Relay Events:

1. 4x50m Medley Relay
2. 4x25m Manikin Relay
3. Line Throw

4). Entry Fee: HK\$ 350 / each Grade

Entry receipts and athlete certificates will be posted within a month after the Competition finishes.



**5). Dates of Importance****5.1 Closing Date: 30th October 2025 (Thursday)****5.2 Confirmation of Entries: 12:00 noon, 6th November 2025 (Thursday)**

Accepted entries will be uploaded to the website of the HKSSF (www.hkssf.org.hk) on 4th November 2025 (Tue) for checking. Schools should check the Participating List carefully to ensure all entries are included and the names of athletes are correct. Discrepancies must be reported to the HKSSF on or before 6th November 2025 (Thu) at 12:00 noon.

5.3 Competition Schedule:

Time Table, Start List, Official List and Competition Notice will be uploaded on HKSSF's website on **14th November 2025 (Fri)**. No further notifications by fax will be made to schools.

6). Substitution

No substitution is allowed after the Closing Date. Substitution on the day of competition will not be considered except in a case supported by a doctor's certificate and with the approval of the Convenor. Substitution of competitors must also abide by the Rules of pt 2.6.

7). Referees

- 7.1 Technical Referees will be appointed by the Hong Kong China Life Saving Society (HKLSS).
- 7.2 Participating school must appoint one P.E. teacher or staff to take part in operation of the Competition (as officials). Fails to comply may results in disqualifications of participation.

8). Rules**8.1 Rules of Competition**

Unless stipulated, all rules and regulations will follow **the General Rules of International Life Saving Federation (ILS) Competition Rulebook 2025 edition — (effective 1 September 2025)**

<https://www.hklss.org.hk/zh-hant/works/subpage/21/>

and the current General Rules of HKSSF's Secondary Schools General Information Booklet.

8.2 Reporting Procedure

Each event will be called twice. Competitors must report to the Marshalling Area when their events are called, they must NOT go straight to the start area. After marshalling, officials will lead competitors to the start area.

8.3 Upon marshalling, Participants MUST present **Electronic** Student Athletes Registration Card (with the mark of "E-Card"). Failing of which, he / she will be disqualified.

8.4 All events will be run as a straight final and places will be decided by the Automatic Equipment Timing.





- 8.5 No competitor(s) should leave the swimming pool until the final results of his/her event are announced. If a swim-off is awarded by the Referee upholding a protest, competitors who have left the swimming pool will forfeit their chance of competing in the swim-off.
- 8.6 Schools must submit the Relay Form to the Control Room at least 90 minutes before the Event. The Organizing Committee reserves the right to re-allot the Lanes if necessary.
- 8.7 Non-Team Members must fulfill the following criteria
- 8.7.1 The Victim of the Line Throw must be in the same Grade and the same sex as the Line Throw Competitor, and he/she is also required to present a valid registration card upon Marshalling.
- 8.7.2 The Manikin Handler in 100m Manikin Tow with Fins Event and 200m Super Lifesaver Event, must wear sportsgear imprinted with School Emblem/School Abbreviation, he /she must be in the same Grade and the same sex with the Competitor, and he/she is also required to present valid registration card upon Marshalling.

9). Timings

- 9.1 The Automatic Equipment time installed in LCSD Swimming Pool will be regarded as the official time.
- 9.2 In the event of the Automatic Equipment failure, the official time will be determined by the digital watches operated manually and it will be regarded as an official record.
- 9.3 Record Breaking – Results of holders of HKLSS's Bronze Medallion Medal or above will be recognized by the HKLSS for any New Hong Kong Record (only limited to results recorded by Automatic Equipment).



**10). Points**

Placing	1 st	2 nd	3 rd	4 th	5 th	6 th	7 th	8 th
Individual Event	9	7	6	5	4	3	2	1
Relay Event	18	14	12	10	8	6	4	2

- 10.1 When tying for a position, competitors will be credited with the average of points awarded to that position and the position(s) following it.
- 10.2 In case of tie on points of Grade, the following criteria will be used:-
- 10.2.1 The grade ranking will be determined by the number of gold medals won, then silver and bronze and so on, up until the 8th position;
- 10.2.2 Should the tie still persist, the grade ranking will be determined by the number of record were broken (by event);
- 10.2.3 Should the tie still persist, schools concerned will be awarded the same position.
- 10.3 In case of tie on Overall points that affect promotion and relegation or award(s), the following criteria will be used:-
- 10.3.1 A school with higher number of champion won in different grades will be placed in a higher position, then second and 3rd place and so on, up until the 8th position. Should the tie persist; then
- 10.3.2 A school with higher ranking in C grade result will be placed in a higher position. Should the tie still persist, B grade result will be considered in the same manner and finally A grade result.
- 10.3.3 Should the tie still persist, a draw will be taken to break the tie.

11). Awards

- 11.1 Individual & Relay Event – Top 4 competitors will be awarded with medals and certificates.
- 11.2 Team – Top 4 teams will be awarded with trophy only.
- 11.3 Overall Champion (Boys and Girls) – will be awarded with Trophies. Points will be calculated by the sum of Senior & Junior Grade points awarded.

12). Protest and Appeals

- 12.1 All protests and appeals concerning technical rules and their interpretation
- 12.1.1 Protests and appeals should be made by the teacher(s) in charge of the school being affected by the incident.
- 12.1.2 A protest against a competitor or a team or against a decision of an official must be lodged verbally with the HKSSF event office within 15 minutes of the posting of the result of the event. Within 15 minutes of the submission of the verbal protest, the Protest/Appeal Form shall be lodged with the HKSSF event office.
- 12.1.3 If the Chief Referee adjudicates and dismisses the protest, or refuses to accept a protest, the decision may be appealed to the appeals committee. Such appeal must be lodged with the appeals committee convenor within 30 minutes of the decision of the protest being advised to the competitor.
- 12.1.4 The decision of the Appeals Committee shall be final.





12.2 All appeals concerning the management of the meet

12.2.1 Appeals should be made by the teacher(s) in charge of the school being affected by the incident.

12.2.2 The decision of the Management Committee of the meet shall be final.

13). Equipment

Except for Fins, other equipment will be provided by the Organising Committee. For details of equipment, please contact staff of the HKLSS.

14). Enquiry

➤ The Schools Sports Federation of Hong Kong, China (Competition Management)

Tel: 2768 8212

Fax : 2768 4525

E-mail: external@hkssf.org.hk

Website: www.hkssf.org.hk

☞ All HK Inter-Secondary Schools Competitions ☞ Life Saving

➤ The Hong Kong China Life Saving Society (Technical Issues)

Tel: 2511 8363

Fax : 2507 5239

E-mail: info@hklss.org.hk

Website: <https://www.hklss.org.hk/zh-hant/>



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

LIFE SAVING SPORTS MANAGEMENT COMMITTEE
拯溺管理委員會

馬信安老師 (主委)
鄧毅恆老師 (副主委)
朱立賢老師
黎曉彤老師
李康怡老師
謝凱羚老師
尹仲林老師
李慧巧女士

聖保羅男女中學
馬錦明慈善基金馬陳端喜紀念中學
聖若瑟書院
協恩中學
拔萃男書院
香港真光中學
順德聯誼總會李兆基中學
中國香港拯溺總會

***** 鳴謝 *****

拯溺管理委員會感謝以下人士及單位鼎力協助本屆比賽:

- 中國香港拯溺總會
- 拔萃男書院擔任服務生
- 香港真光中學擔任服務生
- 順德聯誼總會李兆基中學擔任服務生
- 馬錦明慈善基金馬陳端喜紀念中學擔任服務生
- 賽馬會體藝中學擔任計時隊
- 林大輝中學擔任計時隊
- 協恩中學擔任計時隊及服務生
- 康樂及文化事務署資助
- 九龍公園游泳池工作人員協助
- 大會工作人員及裁判員

(排名不分先後)

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

九龍公園游泳池 KOWLOON PARK SWIMMING POOL

21 / 11 / 2025, 1 / 12 / 2025

[比賽成績 COMPETITION RESULTS]



SCAN ME