

HONG KONG SCHOOLS SPORTS FEDERATION
Secondary School Life Saving Championships 2008-2009
Team Result

Participation List

No.	School Name	Grade			
		Boys A	Boys B	Girls A	Girls B
1	Chiu Lut Sau Memorial Secondary School (CLS)	6	7	4	6
2	CNEC Lau Wing Sang Secondary School (LWS)	6	8		6
3	De La Salle Secondary School N.T. (DLSSNT)	7			
4	Diocesan Boy's School (DBS)	13	9		
5	Diocesan Girl's School (DGS)			9	9
6	Fanling Lutheran Secondary School (FLSS)	4	6		5
7	Fanling Rhenish Church Secondary School (FRCSS)	3	3	1	2
8	H.K. & Kln. Kaifong Wemen's Association Sun Fong Chung College (SFC)		2		2
9	Heep Yunn School (HYS)			9	10
10	HKTA The Yuen Yuen Institute No.2 Secondary School (YY2)		2	2	
11	Jockey Club Ti-I College (JCTIC)	9	9	9	8
12	Kau Yan College (KYC)	1		1	
13	Kiangsu-Chekiang College (Kwai Chung) (KCC-KC)	8			
14	Kwun Tong Government Secondary School (KTGSS)	3	5		5
15	La Salle College (LSC)	9	8		
16	Ling Liang Church M H Lau Secondary School (MHLSS)		1		1
17	Maryknoll Convent School (MCS)			9	12
18	Pui Ching Middle School (PCMS)	9	11		11
19	St. Joseph's A-C School (SJACS)	2	3		
20	St. Joseph's College (SJC)	11	12		
21	St. Paul's Co-educational College (SPCEC)	7	9		11
22	St. Paul's College (SPC)	4	6		
23	STFA Lee Shau Kee College (LSK)	5	9	5	9
24	Sung Lan Middle School (SLMS)	7			
25	The Hong Kong Sea School (HKSS)	10	9		
26	True Light Middle School of Hong Kong (TLMS)			9	12
27	Wa Ying College (WYC)	1	2		
28	Ying Wa College (YWC)	11	9		
29	Victoria Shanghai Academy-Secondary Section (VSA)		4		5

Team Result

	Boys A	Boys B	Girls A	Girls B
Champions	DBS (101)	DBS (116)	HYS (123)	DGS (106)
Runner-up	YWC (72)	LSC (74)	DGS (113)	HYS (103)
Third	LSC (64)	SJC (50)	TLMS (56)	JCTIC (40)

Overall Result

Boys	Diocesan Boys' School
Girls	Heep Yunn School

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Boys A Grade

Event	1st	2nd	3rd	4th	5th	6th	7th	8th
Obstacle Swim - 100m (Record : 58.47)	Lum Ching Tat (DBS) * 57.34	Cheung Kin Tat Kent (DBS) *58.22	Au Yeunh Chun Yu (LSC) 1:00.16	Cheung Wai Tong (YWC) 1:00.23	Lo Wai Man (CLS) 1:01.89	Tsang King Keung (SLMS) 1:03.34	Lee Sing Yeung (JCTIC) 1:03.86	Sae Heng Ka Kit (JCTIC) 1:04.13
Rescue Medley - 100m (Record : 1:14.71)	Kwok Sum (YWC) * 1:14.22	Lui Chun Yin (LSC) 1:17.10	Wong Ho Long (YWC) 1:19.15	Lau Chun Leung (DBS) 1:19.22	Ng Tik Hong (DBS) 1:19.65	Ku Man Hei (LSC) 1:20.86	Kong Kei Koi (SJC) 1:24.01	Kwong Chun Hung (JCTIC) 1:25.51
Manikin Carry with Fins - 100m (Record : 58.19)	Cheung Wai Lun (DBS) 59.54	Siu Wai Wang (DBS) 1:01.23	Wong Sai Man (LSC) 1:01.99	Lai Lok Hang (JCTIC) 1:03.85	Lee Cheuk Lun (YWC) 1:07.29	Lee Ho Tin (LSC) 1:08.12	Lau Tat Sun (PCMS) 1:08.51	Li Yun Sing (YWC) 1:11.79
Manikin Carry - 50m (Record : 34.71)	Leung Ka Ming (FRCSS) 35.22	Chung Lai Yeung (DBS) 37.03	Kwok Sum (YWC) 37.54	Lo Ting Fung (JCTIC) 38.34	Wong Ho Long (YWC) 38.75	Lui Sze Chun (SJACS) 39.08	Wong Sai Man (LSC) 41.20	Ku Man Hei (LSC) 41.27
Manikin Tow with Fins - 100m (Record : 1:01.98)	Lo Ting Fung (JCTIC) 1:02.53	Tso Hiu Fung Peter (DBS) 1:02.77	Sae Heng Ka Kit (JCTIC) 1:03.79	Sin Cheuk Pong (DBS) 1:05.20	Cheung Wai Tong (YWC) 1:06.39	Au Yeung Chun Yu (LSC) 1:08.49	Lau Tat Sun (PCMS) 1:11.57	Sun Ka Hei (LSC) 1:12.76
Super Lifesaver - 200m (Record : 2:34.22)	Leung Ka Ming (FRCSS) *2:24.61	Lui Chun Yin (LSC) 2:44.19	Chan Tsz Tsun (SJC) 2:47.29	Wong Kai Wai (SJC) 2:48.99	Lau Ka Long Jason (YWC) 2:49.18	Suen Ka Chun (YWC) 2:50.41	Wong Chak Pang Benson (DBS) 2:50.88	Lee Sing Yeung (JCTIC) 2:52.39
Medley Relay - 4 x 50m (Record : 1:41.17)	(DBS) *1:40.94	(YWC) 1:45.81	(JCTIC) 1:46.24	(SJC) 1:47.92	(LSC) 1:48.37	(PCMS) 1:53.87	(SPCEC) 1:59.48	(LSK) 2:06.30
Manikin Relay - 4 x 25m (Record : 1:36.49)	(DBS) 1:39.21	(LSC) 1:43.35	(YWC) 1:44.48	(SPCEC) 2:13.79	(CLS) 2:19.55	(LSK) 2:23.16	(FRCSS) 2:30.02	(KCC-KC) 3:00.53
Line Throw (Record : 13.24)	Kwong Chun Hung (JCTIC) 13.64	Lee Ho Cheung (JCTIC) 14.21	Fung Lloyd Sum Lloyd (SPCEC) 16.88	Mo Chun Kit (KCC-KC) 18.74	Chan Ka Ki (LSC) 18.81	Tam Ho Ming (DBS) 18.97	Yu Chun Ming (DLSSNT) 20.91	Kwok Kam Sing (PCMS) 21.92

* New Record

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Boys B Grade

Event	1st	2nd	3rd	4th	5th	6th	7th	8th
Obstacle Swim - 100m <i>(Record : 57.80)</i>	Mak Chun Sham (DBS) 1:01.35	Chan Tsz Ho (SJC) 1:01.50	Leung Ka Wa (DBS) 1:02.17	Chan Tsz Yin (SJC) 1:03.09	Ching Kim Fu (LSC) 1:03.14	Benjamin Allen (LSC) 1:03.62	Leung Kai Yin (LSK) 1:06.93	Leung Wai Chun (CLS) 1:07.01
Rescue Medley - 100m <i>(Record : 1:18.02)</i>	Ma Chi Wang (DBS) 1:22.46	Wong Pak Nam (YWC) 1:23.72	Chan Kin Hang (DBS) 1:26.14	Herman Cheng (LSC) 1:26.19	Lau Shing Kwan (LSC) 1:29.27	Chan Ting Him (YWC) 1:30.33	Ma Tak Kan (SJC) 1:31.91	Lau Tat Hei (PCMS) 1:37.67
Manikin Carry with Fins - 100m <i>(Record : 1:04.43)</i>	Ching Kim Fu (LSC) 1:06.20	Or Ming Ho (PCMS) 1:09.17	Lam Jun Hay (DBS) 1:10.79	Tang Ho Tsun (YWC) 1:14.24	Cheuk Tin Hon (DBS) 1:15.05	Law King Yung (LSC) 1:17.07	Liu Chun Hung (YWC) 1:19.01	Lai Mang Wah (SJC) 1:19.33
Manikin Carry - 50m <i>(Record : 36.40)</i>	Ma Chi Wang (DBS) 40.10	Wong Pak Nam (YWC) 41.25	Chan Kin Hang (DBS) 41.61	Chan Long Kiu (LSC) 42.55	Wong Man Hin (LSC) 45.95	Wong Yat Fei (SJC) 47.78	Kong Cheuk Hang (JCTIC) 49.01	Poon Chi Tung (LSK) 52.51
Manikin Tow with Fins - 100m <i>(Record : 1:04.15)</i>	Cheung Tsz Hei (JCTIC) 1:08.04	Lam Jun Hay (DBS) 1:09.56	Wong Yat Fei (SJC) 1:11.16	Sin Chin Yan (DBS) 1:11.39	Ngai Wing Shun (PCMS) 1:11.41	Ho Hin Pong (MHLSS) 1:11.84	Choi Yu Hei (LSC) 1:12.04	Lau Tat Hei (PCMS) 1:12.16
Super Lifesaver - 200m <i>(Record : 2:42.65)</i>	Kwing Ka Ho (LSC) 2:48.61	Cheuk Tin Hon (DBS) 2:49.66	Mak Chun Sham (DBS) 2:53.76	Lam Kwing On (YWC) 2:58.66	Or Ming Ho (PCMS) 2:59.62	Ling Tin Yu (SJC) 3:03.28	Yu Ka Chun (JCTIC) 3:07.89	Chan Curtis (YWC) 3:12.38
Medley Relay - 4 x 50m <i>(Record : 1:41.94)</i>	(DBS) 1:46.91	(SJC) 1:47.24	(LSC) 1:52.89	(PCMS) 1:56.39	(JCTIC) 1:58.50	(SPCEC) 2:00.77	(FLSS) 2:12.13	(KTGSS) 2:14.95
Manikin Relay - 4 x 25m <i>(Record : 1:43.58)</i>	(DBS) 1:52.58	(LSC) 1:52.73	(SPCEC) 2:05.11	(JCTIC) 2:05.52	(YWC) 2:08.48	(LSK) 2:16.82	-----	-----
Line Throw <i>(Record : 14.45)</i>	Law Chun Yip (SJC) 18.18	Chan Kwan Yin (SFC) 22.74	To Yuet Tin (JCTIC) 23.91	Wong Ka Hei (PCMS) 26.28	Law Ming Fung (CLS) 33.08	Wong Long Yin (CLS) 34.80	Wong Man Tat (YWC) 35.12	Tam Yik Man (PCMS) 37.03

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Event	1st	2nd	3rd	4th	5th	6th	7th	8th
Obstacle Swim - 100m <i>(Record : 1:03.04)</i>	Kong Yvette Man Yi (DGS) 1:04.25	Lai Vivian Hiu Tung (HYS) 1:04.64	Wong How Tsing Natalie (DGS) 1:06.41	Cheung Wing Chi (TLMS) 1:08.99	Chow Sin Hang (HYS) 1:09.85	Ma Chun Wai Gloria (TLMS) 1:13.38	Louisa Tong (MCS) 1:14.67	Lee Yuk Chu (YY2) 1:17.24
Rescue Medley - 100m <i>(Record : 1:27.71)</i>	Lau Joyce Yan Ki (DGS) * 1:23.52	Shum Nga Yan (HYS) *1:25.30	Lum Ka Ki (HYS) *1:25.30	Wong Tze Ling Michelle (DGS) 1:38.87	Ho Sin Yee Pauline (TLMS) 1:43.90	Choi Sin Yi (JCTIC) 1:52.04	Rosanna Lau (MCS) 1:57.12	Jenny Ma (MCS) 1:58.14
Manikin Carry with Fins - 100m <i>(Record : 1:07.82)</i>	Chan Ka Ka (HYS) * 1:07.51	Lau Yin Yan Claudia (DGS) 1:10.57	Li Yuen Ki (HYS) 1:11.34	Ng Chau Yu (DGS) 1:17.52	Zoe Chan (MCS) 1:19.36	Ma Chun Wai Gloria (TLMS) 1:21.90	Florence Ng (MCS) 1:26.34	Chong Tsz Woon (CLS) 1:36.09
Manikin Carry - 50m <i>(Record : 41.42)</i>	Lum Ka Ki (HYS) * 41.24	Li Jamie (HYS) 42.73	Lau Joyce Yan Ki (DGS) 42.81	Ho Sin Yee Pauline (TLMS) 53.19	Lee Hiu Man (TLMS) 54.14	Jenny Ma (MCS) 54.22	Cheung Wing Sum (JCTIC) 54.51	Louisa Tong (MCS) 54.74
Manikin Tow with Fins - 100m <i>(Record : 1:10.78)</i>	Lai Vivian Hiu Tung (HYS) *1:07.38	Chan Ka Ka (HYS) *1:07.51	Kong Yvette Man Yi (DGS) *1:10.66	Ng Chau Yu (DGS) 1:15.62	Li Wing Sze (TLMS) 1:19.75	Luk Wing Wah (JCTIC) 1:20.76	Sheir Yei Yan (TLMS) 1:22.47	Ho Wing Chi (KYC) 1:23.04
Super Lifesaver - 200m <i>(Record : 2:47.09)</i>	Lau Yin Yan Claudia (DGS) *2:44.65	Nam Carmen (DGS) 2:49.27	Li Jamie (HYS) 2:54.46	Chow Sin Hang (HYS) 3:03.64	Lai Kit Wa (JCTIC) 3:17.20	Luk Wing Wah (JCTIC) 3:17.34	Zoe Chan (MCS) 3:28.28	-----
Medley Relay - 4 x 50m <i>(Record : 1:52.57)</i>	(DGS) 1:55.13	(HYS) 1:55.26	(MCS) 2:08.91	(TLMS) 2:17.21	(LSK) 2:32.63	(CLS) 2:46.77	-----	-----
Manikin Relay - 4 x 25m <i>(Record : 1:51.43)</i>	(HYS) 1:51.98	(DGS) 2:11.98	(TLMS) 2:13.92	(JCTIC) 2:23.87	(MCS) 2:25.73	-----	-----	-----
Line Throw <i>(Record : 13.90)</i>	Chan Ka Man (HYS) 16.89	Woo Wing Tung (DGS) 17.99	Choi Sin Yi (JCTIC) 26.54	Cheung Wing Sum (JCTIC) 32.75	Lam Sin Tung (TLMS) 42.72	-----	-----	-----

** New Record*

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Girls B Grade

Event	1st	2nd	3rd	4th	5th	6th	7th	8th
Obstacle Swim - 100m (Record : 1:04.73)	Leung Ya Yuan Rachel (DGS) 1:07.03	Chung Yan Ting (DGS) 1:07.66	Chan Lai Yee (HYS) 1:09.13	Yuen Wai Yu (HYS) 1:09.38	Kwok Wai lam (SFC) 1:11.90	Eunice Mau (MCS) 1:11.95	Ho Sin Man Cherry (JCTIC) 1:13.48	Sun Wai Kwan (JCTIC) 1:16.30
Rescue Medley - 100m (Record : 1:26.44)	Yau Fiona Hue Tung (DGS) 1:27.80	Szeto Wun Kee (HYS) 1:27.89	Ng Chui Wa (HYS) 1:29.89	Ng Siu Fung (DGS) 1:36.12	Fong Sin Yi (LSK) 1:40.20	Chan Ling Ling (JCTIC) 1:42.46	Liz Pang (MCS) 1:54.94	Chan Yan Yue Veronica (SPCEC) 2:25.53
Manikin Carry with Fins - 100m (Record : 1:07.27)	Chan Kin Lok (HYS) * 1:07.08	Kong Jacqueline Ann (DGS) 1:13.12	Lee Ariel Yin Nok (DGS) 1:15.16	Hervien Yeung (MCS) 1:15.77	Yuen Wai Yu (HYS) 1:20.64	Wong Priscilla Shu Kiu (TLMS) 1:29.02	Chan Wing Yee (PCMS) 1:30.07	Tsang Wing Sum (JCTIC) 1:30.89
Manikin Carry - 50m (Record : 42.56)	Lam Suet (HYS) 44.66	Yau Fiona Hue Tung (DGS) 45.00	Ng Siu Fung (DGS) 50.29	Chan Ling Ling (JCTIC) 50.51	Fong Sin Yi (LSK) 50.77	Lam Lok Shan (CLS) 55.68	Lam Tsz Kwan (MHLSS) 56.84	Hui Yuet Hang (JCTIC) 59.49
Manikin Tow with Fins - 100m (Record : 1:07.44)	Ng Chui Wa (HYS) 1:09.19	Leung Ya Yuan Rachel (DGS) 1:10.11	Cheng Hei Tung (HYS) 1:15.53	Luk Yan (DGS) 1:18.67	Sun Wai Kwan (JCTIC) 1:19.98	Yau Hoi Ying Kristy (TLMS) 1:33.25	Eunice Lo (MCS) 1:33.95	Lee Wan Sum (PCMS) 1:36.75
Super Lifesaver - 200m (Record : 2:46.92)	Chan Kin Lok (HYS) *2:44.62	Lam Suet (HYS) 2:49.34	Chung Yan Ting (DGS) 2:51.70	Lee Ariel Yin Nok (DGS) 2:51.98	Eunice Mau (MCS) 3:21.21	Kwok Shanice (PCMS) 3:25.90	Hui Yuet Hang (JCTIC) 3:50.33	Lam Tsz Kwan (MHLSS) 3:57.62
Medley Relay - 4 x 50m (Record : 1:52.72)	(DGS) 1:55.16	(PCMS) 2:13.76	(FLSS) 2:22.26	(LSK) 2:25.63	(SPCEC) 2:27.62	(TLMS) 2:38.59	(KTGSS) 2:38.86	-----
Manikin Relay - 4 x 25m (Record : 1:54.28)	(HYS) 2:03.37	(JCTIC) 2:25.05	(LSKC) 2:40.54	(MCS) 2:42.43	(TLMS) 2:42.76	(PCMS) 2:45.45	(SPCEC) 2:58.18	-----
Line Throw (Record : 15.00)	Yu Hui Yin Isla (DGS) 16.68	Szeto Cho Yi (JCTIC) 17.40	Pang Hui Yan (HYS) 18.00	Kwok Wai lam (SFC) 20.12	Ngan Yan Lam (SFC) 20.44	Chau Yuen Ching Eunice (TLMS) 24.79	Wong Ka Yee (HYS) 33.44	-----

* New Record