

Hong Kong Schools Sports Federation
All Hong Kong Inter-Secondary Schools Life Saving Competition 2010-2011
Participating Teams

No.	School Name	No. of Participants				
		Boys A	Boys B	Girls A	Girls B	Total
1	Baptist Wing Lung Secondary School (BWLSS)	6	10	0	0	16
2	Chiu Lut Sau Memorial Secondary School (CLS)	6	0	0	6	12
3	De La Salle Secondary School N.T. (DLSSNT)	2	0	0	0	2
4	Diocesan Boy's School (DBS)	12	10	0	0	22
5	Diocesan Girls' School (DGS)	0	0	10	10	20
6	Fanling Lutheran Secondary School (FLSS)	5	0	0	4	9
7	Heep Yunn School (HYS)	0	0	10	11	21
8	HKTA The Yuen Yuen Institute No. 2 Sec. Sch. (YY2)	2	0	0	2	4
9	International Christian School (ICS)	2	0	2	0	4
10	Jockey Club Ti-I College (JCTIC)	10	10	10	10	40
11	Kiangsu-Chekiang College (Kwai Chung) (KCC-KC)	5	4	0	0	9
12	La Salle College (LSC)	10	10	0	0	20
13	Lam Tai Fai College (LTFC)	4	4	4	0	12
14	Maryknoll Convent School (Secondary Section) (MCS)	0	0	10	12	22
15	Pui Ching Middle School (PCMS)	10	10	0	0	20
16	St. Joseph's College (SJC)	10	10	0	0	20
17	St. Paul's Co-educational College (SPCEC)	10	10	10	10	40
18	St. Paul's College (SPC)	10	10	2	0	22
19	STFA Lee Shau Kee College (LSK)	10	10	10	10	40
20	True Light Middle School Of Hong Kong (TLMSHK)	10	0	10	10	30
21	Ying Wa College (YWC)	10	10	0	0	20
		134	108	78	85	405

香港學界體育聯會
Hong Kong Schools Sports Federation

2010-2011 年度全港中學校際拯溺比賽
All Hong Kong Inter-Secondary Schools Life Saving Competition 2010-2011

團體成績 Team Results

	冠軍 Champion	亞軍 1 st Runners-up	季軍 2 nd Runners-up	殿軍 3 rd Runners-up
男子甲組 Boys A Grade	拔萃男書院 Diocesan Boys' School (106)	聖若瑟書院 St. Joseph's College (94.5)	喇沙書院 (69) La Salle College (69)	賽馬會體藝中學 Jockey Club Ti-I College (49)
男子乙組 Boys B Grade	拔萃男書院 Diocesan Boys' School (118)	聖若瑟書院 St. Joseph's College (88)	聖保羅書院 St. Paul's College (60)	英華書院 Ying Wa College (37)
女子甲組 Girls A Grade	協恩中學 Heep Yunn School (125)	拔萃女書院 Diocesan Girls' School (108)	香港真光中學 True Light Middle School Of HK (62)	賽馬會體藝中學 Jockey Club Ti-I College (36)
女子乙組 Girls B Grade	拔萃女書院 Diocesan Girls' School (118)	協恩中學 Heep Yunn School (102)	賽馬會體藝中學 Jockey Club Ti-I College (62)	聖保羅男女中學 St. Paul's Co-educational College (43)

總冠軍 Overall Champion

男子組 Boys	拔萃男書院 Diocesan Boys' School (224)
女子組 Girls	協恩中學 Heep Yunn School (227)

HONG KONG SCHOOLS SPORTS FEDERATION
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Boys A Grade

Event	1st	2nd	3rd	4th	5th	6th	7th	8th
Obstacle Swim - 100m (Reocrd : 57.34)	Lum Ching Tat Jeffrey (DBS) 57.73	Cheung Kin Tat Kent (DBS) 57.93	Ng Chun Nam Derick (SJC) 1:00.73	Lo Wai Man (SJC) 1:01.18	Ching Kim Fu (LSC) 1:02.10	Cheung Wai Tong (YWC) 1:02.43	Wu Tsz Chung (JCTIC) 1:03.17	Law King Yung Darrell (LSC) 1:03.50
Rescue Medley - 100m (Reocrd : 1:14.22)	Chung Lai Yeung Henry (DBS) 1:17.48	Chan Kin Hang Edmund (DBS) 1:22.89	Lee Ho Tin (LSC) 1:23.68	Fu Chun Pong (SJC) 1:28.14	Cheng Hong Yau (SJC) 1:28.19	Lui Chun Yin (LSC) 1:29.48	Ho Danny (SPCEC) 1:39.58	Wu Tsz Chung (JCTIC) 1:41.72
Manikin Carry with Fins - 100m (Reocrd : 58.19)	Cheng Ka Chun (DBS) 1:07.74	Chan Tse Ho (SJC) 1:11.06	Or Ming Ho (PCMS) 1:11.07	Mak Jason Andrew (DBS) 1:12.89	Ching Kim Fu (LSC) 1:15.84	Chan Curtis (YWC) 1:17.19	Tang Ho Tsun (YWC) 1:18.66	Ng Chun Nam Derick (SJC) 1:18.98
Manikin Carry - 50m (Reocrd : 34.71)	Fu Chun Pong (SJC) 39.94	Lee Ho Tin (LSC) 40.50	Ma Chi Wang Darmien (DBS) 40.71	Wong Pak Nam / Po Yue Kai (YWC) / (SJC) 41.39	---	Wong Hackett (DBS) 41.83	Chan Cheuk Hong (JCTIC) 42.68	Chan Long Kiu Kelvin (LSC) 44.58
Manikin Tow with Fins - 100m (Reocrd : 1:01.98)	Lam Jun Hay Nicholas (DBS) 1:05.55	Cheung Wai Tong (YWC) 1:06.49	Lau Tat Hei (PCMS) 1:06.51	Cheung Wai Tong (YWC) 1:07.09	Cheung Tsz Hei (JCTIC) 1:09.23	Choi Ting Tung Barry (SPC) 1:09.82	Chan Tse Ho (SJC) 1:11.43	Law King Yung Darrell (LSC) 1:12.88
Super Lifesaver - 200m (Reocrd : 2:24.61)	Kwong Chun Kit Thomas (DBS) 2:49.67	Cheuk Tin Hon, Bryan (DBS) 2:50.01	Lui Chun Yin (LSC) 2:52.14	Ho Ming San (SJC) 2:52.35	Ling Tin Yu (SJC) 2:54.19	Or Ming Ho (PCMS) 3:00.50	Wong Pak Nam (YWC) 3:01.28	Lau Tat Hei (PCMS) 3:02.22
Medley Relay - 4 x 50m (Reocrd : 1:40.94)	SJC 1:41.05	YWC 1:49.24	LSC 1:50.13	PCMS 1:52.02	JCTIC 1:54.03	LTFC 1:58.22	LSK 2:14.11	---
Manikin Relay - 4 x 25m (Reocrd : 1:36.49)	DBS 1:47.60	JCTIC 1:54.71	LSC 1:54.98	SJC 1:57.94	YWC 2:04.00	LSK 2:15.76	SPC 2:18.94	SPCEC 2:22.45
Line Throw (Reocrd : 11.49)	JCTIC 13.50	SJC 15.39	LSC 16.84	LSK 18.60	DBS 29.71	SPC 31.90	---	---

HONG KONG SCHOOLS SPORTS FEDERATION
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Girls A Grade

Event	1st	2nd	3rd	4th	5th	6th	7th	8th
Obstacle Swim - 100m (Record : 1:03.04)	Chan Kin Lok (HYS) 1:03.35	Cheng Hei Tung (HYS) 1:04.02	Tang Wing Yung Natasha Terri (DGS) 1:06.20	Wong How Tsing Natalie (DGS) 1:07.74	Yeung Lok Yan Zada (MCS) 1:10.45	Yuen Shuk Wai (LTFC) 1:10.71	Mau Lok Yan Eunice (MCS) 1:11.77	Yu Hilarie Hiu Ching (LTFC) 1:23.21
Rescue Medley - 100m (Record : 1:23.52)	Li Jamie (HYS) 1:28.45	Shum Nga Yan (HYS) 1:32.73	Chan Ling Ling (JCTIC) 1:35.86	Ng Siu Fung (DGS) 1:37.79	Wong Hei Ting (DGS) 1:40.19	Poon Nok Yi (TLMSHK) 1:54.26	Lau Hoi Shan Roasanna (MCS) 2:04.22	Chong Hiu Yee Fifi (MCS) 2:12.63
Manikin Carry with Fins - 100m (Record : 1:07.51)	Lai Vivian Hiu Tung (HYS) 1:09.92	Kong Jacqueline Ann (DGS) 1:12.49	Chung Yan Ting (DGS) 1:14.72	Cheng Hei Tung (HYS) 1:17.01	Wong Priscilla Shu Kiu (TLMSHK) 1:29.51	Szeto Cho Yi (JCTIC) 1:32.08	Lam Yin Wai Jaclyn (MCS) 1:34.04	Pang Jeannette Ellen (SPCEC) 1:37.74
Manikin Carry - 50m (Record : 41.24)	Ma Chun Wai Gloria (TLMSHK) 42.54	Li Jamie (HYS) 44.23	Li Joanne (HYS) 46.31	Ng Siu Fung (DGS) 50.24	Chan Ling Ling (JCTIC) 52.64	Poon Nok Yi (TLMSHK) 53.67	Wong Hei Ting (DGS) 54.35	Cheung Wing Sze (JCTIC) 58.41
Manikin Tow with Fins - 100m (Record : 1:05.96)	Lai Vivian Hiu Tung (HYS) 1:06.86	Ng Chui Wa (HYS) 1:08.01	Lee Ariel Yin Nok (DGS) 1:12.61	Leung Ya Ting Noel (DGS) 1:17.69	Ma Sum Yee (JCTIC) 1:21.66	Yung Ka Ching (SPCEC) 1:23.94	Ho Lok Hei (TLMSHK) 1:24.71	Cheung Man Shu (JCTIC) 1:32.53
Super Lifesaver - 200m (Record : 2:44.65)	Lam Suet (HYS) 2:47.57	Ng Chui Wa (HYS) 2:49.50	Lee Ariel Yin Nok (DGS) 2:52.96	Chung Yan Ting (DGS) 2:55.80	Ma Chun Wai Gloria (TLMSHK) 3:01.14	Ma Sum Yee (JCTIC) 3:18.02	Mau Lok Yan Eunice (MCS) 3:23.22	Lim Yan Gin Dianna (TLMSHK) 3:53.43
Medley Relay - 4 x 50m (Record : 1:52.57)	DGS * / HYS *	---	MCS 2:01.24	LTFC 2:19.07	TLMSHK 2:23.25	LSK 2:24.08	JCTIC 2:24.14	SPCEC ▲ 2:26.30
Manikin Relay - 4 x 25m (Record : 1:51.43)	HYS 2:01.08	TLMSHK 2:19.63	DGS 2:23.91	JCTIC 2:31.12	MCS 2:57.53	LSK 3:01.39	---	---
Line Throw (Record : 13.90)	DGS 15.66	TLMSHK 22.54	SPC 34.84	---	---	---	---	---

▲ Hand Time

* New Record

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Boys B Grade

Event	1st	2nd	3rd	4th	5th	6th	7th	8th
Obstacle Swim - 100m (Record : 57.80)	Law Wai Tsun (SJC) 1:00.22	Wong Sing Tsun Derek (DBS) 1:00.49	Au Tsz Ho Michael (DBS) 1:00.74	Chow Hiu Lok (SJC) 1:01.25	Poon Ching Leung Sunny (YWC) 1:05.13	Chan Ho Cheung (LSC) 1:07.36	Cheng Ho Yin (JCTIC) 1:08.60	Jim Pak Hin (SPCEC) 1:09.19
Rescue Medley - 100m (Record : 1:18.02)	Li Long Yin Lewis (DBS) 1:21.13	Lau Chak Lam Nicholas (DBS) 1:25.17	Lau Chun Ming Chris (SJC) 1:28.18	Lau Shing Kwan (LSC) 1:29.30	Cheng Herman (LSC) 1:31.86	Ma Yau Chuen (SPCEC) 1:41.47	Wong Ting Chun (YWC) 1:48.04	Hui Tsit Man (SPC) 1:55.44
Manikin Carry with Fins - 100m (Record : 1:04.43)	Lam Tsun Yi * (DBS) 1:04.18	Ho Chun Hei (PCMS) 1:12.54	Mak Andrew (SJC) 1:14.95	Kwan Tsz Fung Dayson (DBS) 1:21.67	Ng Kai Hong (SJC) 1:23.38	Lam King Huen Nicolas (SPC) 1:23.99	Wu Wing Hei Boris (SPC) 1:25.26	Chan Chak Sum Joshua (LSC) 1:26.12
Manikin Carry - 50m (Record : 36.40)	Ko Ka Chun Marcus (DBS) 40.18	Kwok Darryl Chun Yin (SPC) 41.61	Kan Tsz Chung (DBS) 41.79	Lui Sheung Chung Billy (LSC) 48.10	Chan Cheuk Fung (SJC) 48.30	Li Ming Hei (BWLSS) 49.80	Chung Chak Yin (YWC) 51.01	Cheung Kan Ji (PCMS) 51.36
Manikin Tow with Fins - 100m (Record : 1:04.15)	Chau Tsun Ho * (SPC) 1:01.47	Law Wai Tsun (SJC) 1:06.51	Hau Nok Hin (PCMS) 1:08.30	Ngan Brian (DBS) 1:09.24	Wong Chun Lok (LSC) 1:15.90	Poon Ching Leung Sunny (YWC) 1:16.31	Chak Long Sang (JCTIC) 1:17.40	Kwok Darryl Chun Yin (SPC) 1:17.95
Super Lifesaver - 200m (Record : 2:42.65)	Chau Tsun Ho (SPC) 2:43.80	Lau Chak Lam Nicholas (DBS) 2:45.51	Au Tsz Ho Michael (DBS) 2:57.24	Hau Nok Hin (PCMS) 3:01.06	Cheung Wing Yan (JCTIC) 3:04.60	Suen Tse Hin (SJC) 3:07.45	Fan Kwan Ho (LSC) 3:08.11	Lui Sheung Chung Billy (LSC) 3:08.99
Medley Relay - 4 x 50m (Record : 1:41.94)	SJC 1:47.42	DBS 1:47.82	YWC 1:51.59	PCMS 1:53.01	LTFC 2:00.38	JCTIC 2:00.96	LSK 2:03.83	SPC 2:04.22
Manikin Relay - 4 x 25m (Record : 1:43.58)	DBS 1:49.23	SPC 1:50.75	LSC 2:00.15	JCTIC 2:14.97	SJC 2:26.41	SPCEC 2:36.23	PCMS 2:47.99	---
Line Throw (Record : 13.96)	SJC 17.05	YWC 24.66	SPC 25.37	DBS 25.71	SPCEC 25.85	JCTIC 30.93	---	---

* New Record

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Girls B Grade

Event	1st	2nd	3rd	4th	5th	6th	7th	8th
Obstacle Swim - 100m (Record : 1:04.50)	Wong Ka Yan (DGS) 1:06.80	Chan Lai Yee (HYS) 1:07.64	Ho Sandra (HYS) 1:07.93	Au Jasmine Ying Tung (MCS) 1:13.17	Yeung Yi Ting (JCTIC) 1:13.50	Lee Yuk Chu (YY2) 1:14.85	Leung Chi Ching (DGS) 1:15.94	Chan Helissa Ching Yin (MCS) 1:19.56
Rescue Medley - 100m (Record : 1:26.44)	Leung Ya Yuan Rachel (DGS) 1:29.30	Wong Oi Wun (HYS) 1:36.44	Cheung Yan Tung Dora (DGS) 1:39.54	Ho Sin Man (JCTIC) 1:40.33	Yeung Yi Ting (JCTIC) 1:52.92	Chan Yan Yue Veronica (SPCEC) 2:06.38	Pang Lee Sze Liz (MCS) 2:22.30	
Manikin Carry with Fins - 100m (Record : 1:07.08)	Yuen Wai Yu (HYS) 1:12.55	Wong Yee Ching (DGS) 1:15.16	Lee Tiffany Wan Fung (HYS) 1:21.93	Leung Yan Yee Eunice (MCS) 1:26.49	Tsang Wing Sum (JCTIC) 1:29.39	Wong Tin Wan (SPCEC) 1:40.46	Chiu Hiu Yan Fimmy (MCS) 1:42.48	Yau Hoi Ying Kristy (TLMSHK) 1:45.87
Manikin Carry - 50m (Record : 42.56)	Leung Ya Yuan Rachel (DGS) 42.95	Mak Chung Yee (HYS) 48.17	Cheung Yan Tung (DGS) 48.61	Cheung Hiu Yan (HYS) 48.95	Ho Sin Man (JCTIC) 51.38	Lam Chi Ying Christine (MCS) 53.67	Leung Po Yi (JCTIC) 55.99	Chan Lam (SPCEC) 1:00.53
Manikin Tow with Fins - 100m (Record : 1:07.44)	Cheung Yuen Chun (HYS) 1:09.25	Wong Ka Yan (DGS) 1:13.16	Sun Wai Kwan (JCTIC) 1:15.45	Cheng Chi Wan Wendy (HYS) 1:19.15	Leung Po Yi (JCTIC) 1:28.98	Yau Hoi Ying Kristy (TLMSHK) 1:30.71	Lai Hei Tung (MCS) 1:34.83	Ngai Lok Shu (FLSS) 1:37.53
Super Lifesaver - 200m (Record : 2:46.62)	Wong Yee Ching (DGS) 2:53.36	Ho Sandra (HYS) 3:08.76	Fok Sen Yin (HYS) 3:11.18	Tsang Wing Sum (JCTIC) 3:13.21	Wan Ching Man Andrea (DGS) 3:21.63	Tse Ka Man (MCS) 4:31.87	Lee Cheuk Ying (TLMSHK) 4:58.79	---
Medley Relay - 4 x 50m (Record : 1:52.72)	DGS 1:57.02	HYS 1:57.35	JCTIC 2:14.92	SPCEC 2:18.07	LSK 2:20.70	FLSS 2:33.78	TLMSHK 2:41.13	---
Manikin Relay - 4 x 25m (Record : 1:54.28)	DGS 2:00.95	HYS 2:14.26	JCTIC 2:28.00	MCS 2:56.52	SPCEC 3:03.19	LSK 3:13.81	---	---
Line Throw (Record : 15.00)	SPCEC 20.67	DGS 29.41	TLMSHK 41.46	---	---	---	---	---