

## All Hong Kong Inter-Secondary Schools Life Saving Competition Event Record

Grade	Event	Record	Year	Holder	School
B o y s  A	Obstacle Swim – 100m	57.34	08/09	Lum Ching Tat	Diocesan Boys' School
	Rescue Medley - 100m	1:14.22	08/09	Kwok Sum	Ying Wa College
	Manikin Carry with Fins - 100m	58.19	05/06	Mak Kai Ming	Diocesan Boys' School
	Manikin Carry - 50m	34.71	05/06	Mak Kai Ming	Diocesan Boys' School
	Manikin Tow with Fins - 100m	1:01.98	04/05	Yan Ho Chun	Diocesan Boys' School
	Super Lifesaver - 200m	2:24.61	08/09	Leung Ka Ming	Fanling Rhenish Church Secondary School
	<b>Medley Relay - 4 x 50m</b>	<b>1:40.02</b>	<b>11/12</b>	-	<b>Diocesan Boys' School</b>
	Manikin Relay - 4 x 25m	1:36.49	05/06	-	La Salle College
	Line Throw	11.49	09/10	Leung Ka Ming	Fanling Rhenish Church Secondary School

Grade	Event	Record	Year	Holder	School
B o y s  B	Obstacle Swim - 100m	57.80	06/07	Lum Ching Tat	Diocesan Boys' School
	Rescue Medley - 100m	1:18.02	07/08	Chung Lai Yeung	Diocesan Boys' School
	Manikin Carry with Fins - 100m	1:04.18	10/11	Lam Tsun Yi	Diocesan Boys' School
	Manikin Carry - 50m	36.40	07/08	Chung Lai Yeung	Diocesan Boys' School
	<b>Manikin Tow with Fins - 100m</b>	<b>1:01.09</b>	<b>11/12</b>	<b>KAN Sheung Lai</b>	<b>Diocesan Boys' School</b>
	Super Lifesaver - 200m	2:42.65	07/08	Liu Ho Fung	La Salle College
	<b>Medley Relay - 4 x 50m</b>	<b>1:41.43</b>	<b>11/12</b>	-	<b>Diocesan Boys' School</b>
	Manikin Relay - 4 x 25m	1:43.58	07/08	-	La Salle College
	<b>Line Throw</b>	<b>12.54</b>	<b>11/12</b>	-	<b>Diocesan Boys' School</b>

Grade	Event	Record	Year	Holder	School
G i r l s  A	Obstacle Swim - 100m	1:03.04	06/07	Sze Hang Yu	Diocesan Girls' School
	Rescue Medley - 100m	1:23.52	08/09	Lau Joyce Yan Ki	Diocesan Girl's School
	Manikin Carry with Fins - 100m	*1:07.51	08/09	Chan Ka Ka	Heep Yunn School
	<b>Manikin Carry - 50m</b>	<b>39.44</b>	<b>11/12</b>	<b>LEUNG Ya Yuan Rachel</b>	<b>Diocesan Girls' School</b>
	Manikin Tow with Fins – 100m	*1:05.96	09/10	Lai Vivian Hiu Tung	Heep Yunn School
	Super Lifesaver - 200m	2:44.65	08/09	Lau Yin Yan Claudia	Diocesan Girls' School
	Medley Relay - 4 x 50m	1:51.28	10/11	-	Heep Yunn School / Diocesan Girls' School
	<b>Manikin Relay - 4 x 25m</b>	<b>1:50.42</b>	<b>11/12</b>	-	<b>Diocesan Girls' School</b>
	Line Throw	13.90	07/08	Ng Leticia	Diocesan Girls' School

Grade	Event	Record	Year	Holder	School
G i r l s  B	Obstacle Swim – 100m	1:04.50	09/10	Cheng Hei Tung	Heep Yunn School
	<b>Rescue Medley - 100m</b>	<b>1:26.34</b>	<b>11/12</b>	<b>Kan Tsz Yiu</b>	<b>Heep Yunn School</b>
	Manikin Carry with Fins - 100m	1:07.08	08/09	Chan Kin Lok	Heep Yunn School
	Manikin Carry - 50m	42.56	06/07	Li Jamie	Heep Yunn School
	Manikin Tow with Fins - 100m	1:07.44	06/07	Lai Hiu Tung	Heep Yunn School
	Super Lifesaver - 200m	2:44.62	08/09	Chan Kin Lok	Heep Yunn School
	Medley Relay - 4 x 50m	1:52.72	07/08	-	Diocesan Girls' School
	Manikin Relay - 4 x 25m	1:54.28	05/06	-	Heep Yunn School
	Line Throw	15.00	07/08	Chan Siu Suen	Diocesan Girls' School

\* Hong Kong Record

## 全港中學校際拯溺比賽 成績紀錄

組別	項目	成績	年份	姓名	學校
男子甲組	100米游泳障礙賽	57.34	08/09	林政達	拔萃男書院
	100米混合拯救賽	1:14.22	08/09	郭森	英華書院
	100米穿蛙鞋運送假人賽	58.19	05/06	麥啟明	拔萃男書院
	50米運送假人賽	34.71	05/06	麥啟明	拔萃男書院
	100米穿蛙鞋拖帶假人賽	1:01.98	04/05	殷浩俊	拔萃男書院
	200米超級施救員賽	2:24.61	08/09	梁家銘	粉嶺禮賢會中學
	<b>4x50米混合接力賽</b>	<b>1:40.02</b>	<b>11/12</b>	-	<b>拔萃男書院</b>
	4x25米運送假人接力賽	1:36.49	05/06	-	喇沙書院
	拋繩賽	11.49	09/10	梁家銘	粉嶺禮賢會中學

組別	項目	成績	年份	姓名	學校
男子乙組	100米游泳障礙賽	57.80	06/07	林政達	拔萃男書院
	100米混合拯救賽	1:18.02	07/08	鍾禮陽	拔萃男書院
	100米穿蛙鞋運送假人賽	1:04.18	10/11	林浚義	拔萃男書院
	50米運送假人賽	36.40	07/08	鍾禮陽	拔萃男書院
	<b>100米穿蛙鞋拖帶假人賽</b>	<b>1:01.09</b>	<b>11/12</b>	<b>簡尚禮</b>	<b>拔萃男書院</b>
	200米超級施救員賽	2:42.65	07/08	廖浩鋒	喇沙書院
	<b>4x50米混合接力賽</b>	<b>1:41.43</b>	<b>11/12</b>	-	<b>拔萃男書院</b>
	4x25米運送假人接力賽	1:43.58	07/08	-	喇沙書院
	<b>拋繩賽</b>	<b>12.54</b>	<b>11/12</b>	-	<b>拔萃男書院</b>

組別	項目	成績	年份	姓名	學校
女子甲組	100米游泳障礙賽	1:03.04	06/07	施幸余	拔萃女書院
	100米混合拯救賽	1:23.52	08/09	劉昕琦	拔萃女書院
	100米穿蛙鞋運送假人賽	*1:07.51	08/09	陳加珈	協恩中學
	<b>50米運送假人賽</b>	<b>39.44</b>	<b>11/12</b>	<b>梁雅媛</b>	<b>拔萃女書院</b>
	100米穿蛙鞋拖帶假人賽	*1:05.96	09/10	黎曉彤	協恩中學
	200米超級施救員賽	2:44.65	08/09	劉彥恩	拔萃女書院
	4x50米混合接力賽	1:51.28	10/11	-	協恩中學 / 拔萃女書院
	4x25米運送假人接力賽	1:51.43	07/08	-	協恩中學
	拋繩賽	13.90	07/08	吳芷芊	拔萃女書院

組別	項目	成績	年份	姓名	學校
女子乙組	100米游泳障礙賽	1:04.50	09/10	鄭熙彤	協恩中學
	<b>100米混合拯救賽</b>	<b>1:26.34</b>	<b>11/12</b>	<b>簡子嫻</b>	<b>協恩中學</b>
	100米穿蛙鞋運送假人賽	1:07.08	08/09	陳健樂	協恩中學
	50米運送假人賽	42.56	06/07	李芷清	協恩中學
	100米穿蛙鞋拖帶假人賽	1:07.44	06/07	黎曉彤	協恩中學
	200米超級施救員賽	2:44.62	08/09	陳健樂	協恩中學
	4x50米混合接力賽	1:52.72	07/08	-	拔萃女書院
	4x25米運送假人接力賽	1:54.28	05/06	-	協恩中學
	拋繩賽	15.00	07/08	陳筱璇	拔萃女書院

\* 香港紀錄