

Chan Sui Ki (La Salle) College

Inter-class Swimming Gala 2018-2019

— Entry Information —

- Date** ☺ Tuesday, 18th September, 2018
- Time** ☺ 8:30 a.m. to 12:45 p.m.
- Venue** ☺ Tai Wan Shan Swimming Pool
- Entries** ☺ Each student may enter a **maximum** of **THREE** individual events and **ONE** Relay.
- ☺ Each student **MUST** compete in his own age category.
- Age Categories**
- ☺ **A Grade** — Born in **2002** or **earlier**
- ☺ **B Grade** — Born in **2003** or **2004**
- ☺ **C Grade** — Born in **2005** or **after**
- Entry Forms**
- ☺ Entry forms must be completed using **BLOCK LETTERS** with **FULL NAME** in **ENGLISH** and **CLASS NUMBER**.
- ☺ All entry forms **must be verified and signed** by the *Form-teachers*.
- Deadline for Entries** ☺ All entry forms and reply-slips from parents of participants must be returned to **Mr. K. V. Vong** in the **P.E. Office** **BEFORE 1:00 p.m. Friday, 7th September, 2018.**

LATE ENTRIES WILL NOT BE ACCEPTED!

Event Standards and Records									
Event	A Grade			B Grade			C Grade		
	SD1	SD2	Record	SD1	SD2	Record	SD1	SD2	Record
50 m Free	45"	30"	25.68"	53"	32"	26.00"	58"	35"	27.40"
100 m Free	1'50"	1'17"	57.21"	2'10"	1'20"	1'00.08"	3'10"	1'22"	1'01.07"
200 m Free	5'00"	3'15"	2'15.74"						
50 m Breast	55"	41"	32.63"	1'04"	42"	33.69"	1'15"	45"	35.61"
100 m Breast	2'00"	1'38"	1'14.29"	2'10"	1'40"	1'17.07"	2'40"	1'42"	1'19.51"
200 m Breast	5'00"	3'40"	2'51.09"	5'15"	3'45"	2'48.53"			
50 m Back	60"	42"	31.15"	1'13"	43"	31.46"	1'25"	44"	30.89"
100 m Back	3'00"	1'40"	1'06.73"	3'10"	1'50"	1'08.67"			
50 m Butterfly	60"	37"	28.57"	1'10"	38"	28.73"	1'25"	44"	29.11"
4 x 50 m Free Style Relay	3'30"	2'15"	1'54.39"	3'55"	2'20"	2'01.98"	4'15"	2'30"	2'16.22"

Remarks: 1 point will be awarded for a CSK standard (SD1) and 2 points will be awarded for a HKSSF standard (SD2).

Order of Event

Time	Event No.	Grade	Event	
8:50			Warming-up (stretching)	
9:00 to 9:10			Warming-up in water	
9:15	1	A	200 m Breast	Final
	2	B	200 m Breast	Final
9:35	3	A	50 m Butterfly	Final
	4	B	50 m Butterfly	Final
	5	C	50 m Butterfly	Final
9:45	6	A	50 m Back	Final
	7	B	50 m Back	Final
	8	C	50 m Back	Final
9:55	9	A	100 m Free	Final
	10	B	100 m Free	Final
	11	C	100 m Free	Final
10:15	12	A	50 m Breast	Final
	13	B	50 m Breast	Final
	14	C	50 m Breast	Final
10:45	15	A	200 m Free	Final
10:55	16	A	100 m Back	Final
	17	B	100 m Back	Final
11:05	18	A	50 m Free	Final
	19	B	50 m Free	Final
	20	C	50 m Free	Final
11:20	21	A	100 m Breast	Final
	22	B	100 m Breast	Final
	23	C	100 m Breast	Final
11:35	24		4 x 50 m Invitation Freestyle Relay	
			<i>Medal Presentation for 4 x 50 m Invitation Freestyle Relay</i>	
11:45	25	A	4 x 50 m Freestyle Relay	Final
	26	B	4 x 50 m Freestyle Relay	Final
	27	C	4 x 50 m Freestyle Relay	Final
12:00	28		Staff/Club 4 x 50 m Freestyle Relay	

Prize Giving Ceremony for Team Awards only
(All other prizes will be given out at school later)

Remarks:

- Winners of each event will be determined by their performance times in the Finals.

CSK Swimming Records

(Up to 1st September, 2018)

A Grade

Event	Name	Class	Time	Year
50 m Free	Fan Chun Kit	4C	25.68"	2010
100 m Free	Fan Chun Kit	4C	57.21"	2010
200 m Free	Wong Lit Ken	6B	2'15.74"	2004
50 m Breast	Ng Kai Chin	6A	32.63"	2017
100 m Breast	Ng Kai Chin	6A	1'14.29"	2017
200 m Breast	Wong Cheuk Lun	5C	2'51.09"	2010
50 m Back	Wong Lit Ken	5A	31.15"	2002
100 m Back	Wong Lit Ken	7B	1'06.73"	2005
50 m Butterfly	So Pak Hin	5E	28.57"	2013
200 m I.M.	So Pak Hin	5E	2'27.81"	2013
4 x 50 m Free Style Relay		5B	1'54.39"	2004

B Grade

Event	Name	Class	Time	Year
50 m Free	Fan Chun Kit	3B	26.00"	2009
100 m Free	Fan Chun Kit	3B	1'00.08"	2009
200 m Free	Lau Jeremy Keith	4B	2'15.19"	2002
50 m Breast	Hung Yuk Sen	4A	33.69"	2015
100 m Breast	Ng Kai Chin	4A	1'17.07"	2015
200 m Breast	So Pak Hin	3E	2'48.53"	2011
50 m Back	Wong Lit Ken	4A	31.46"	2001
100 m Back	Mok Ho Tung	3C	1'08.67"	2014
50 m Butterfly	Cheung Tsz Kit	4C	28.73"	2007
200 m I.M.	Wong Lit Ken	4A	2'27.18"	2001
4 x 50 m Free Style Relay		4C	2'01.98"	2002

C Grade

Event	Name	Class	Time	Year
50 m Free	Wu Ho Ming	2D	27.40"	2010
100 m Free	Wu Ho Ming	2D	1'01.07"	2010
200 m Free	Chan Yuen Cheung	2D	2'20.79"	2010
50 m Breast	Wu Ho Ming	1D	35.61"	2009
100 m Breast	So Pak Hin	2E	1'19.51"	2010
200 m Breast	Mok Kai Chung	2E	2'52.39"	2011
50 m Back	Wu Ho Ming	2D	30.89"	2010
100 m Back	Ngan Ching Long	2D	1'24.45"	2006
50 m Butterfly	Wu Ho Ming	2D	29.11"	2010
200 m I.M.	Wu Ho Ming	1D	2'28.20"	2010
4 x 50 m Free Style Relay		2D	2'16.22"	2008

4 x 50 m Invitation Free Style Relay

La Salle College			1'44.56"	2013
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