

**Boys – Champions for the past DECADE! Girls – 3<sup>rd</sup> Championship IN A ROW!**  
**in the HKSSF Yuen Long Secondary Schools Area Committee**  
**Inter-school Swimming Championships 2019/20**  
**(10 October to 11 October 2019)**



Our school once again achieved outstanding results in the HKSSF Yuen Long Secondary Schools Area Committee Inter-school Swimming Championships 2019/20, exerting complete dominance in the district. Our Boys Team were unanimously crowned as Champion for the 10<sup>th</sup> consecutive year with a total score of 194 whereas our Girls Team, with the well balanced performance across all divisions, won the 3<sup>rd</sup> consecutive Overall Champion. This year, our students set new records in four events. The Boys Grade A 4x50m Medley team achieved victory, smashing the previous record by a full 5 seconds.

6D WONG Man-fung believed that their remarkable performance was the culmination of the extended hard work put in by every member of the team. 6C HUI Wing-yan regarded the strong sense of team spirit as the key to success since the whole team was motivated in achieving the same goal. She thought the Champion was not only a rewarding and fitting ending to her secondary school life, but was also a seal of recognition for the progress of the team.

Details of outstanding results are as follows:

<b>Boys</b>	<b>Overall Champion</b>
Boys Grade A	Champion
Boys Grade B	2 <sup>nd</sup> Runner-up
<b>Girls</b>	<b>Overall Champion</b>
Girls Grade A	1 <sup>st</sup> Runner-up
Girls Grade B	1 <sup>st</sup> Runner-up
Girls Grade C	1 <sup>st</sup> Runner-up

Details of new records are as follows:

Boys Grade A 100m Breaststroke	1'11"63	6B CHOW Cheuk-wing
Boys Grade A 50m Breaststroke	32"30	6B CHOW Cheuk-wing
Boys Grade A 100m Backstroke	1'07"73	5D CHAN Yat-long
Boys Grade A 4 x 50m Medley	1'58"08	5D CHAN Yat-long 6B CHOW Cheuk-wing 6B SO Tsz-kit 6D WONG Man-fung

### Media Coverage

