

## Inter-School Swimming Championships 2023/2024

(13 October 2023)

Our students shone and achieved outstanding performance in the Inter-School Swimming Championships 2023/2024 organised by the Hong Kong Schools Sports Federation Yuen Long Secondary Schools Area Committee. We won the 1<sup>st</sup> Runner-up in Girls Overall, 1<sup>st</sup> Runner-up in Girls B Grade, 2<sup>nd</sup> Runner-up in Girls A Grade, 5<sup>th</sup> Place in Boys B Grade and 6<sup>th</sup> Place in Girls C Grade and some other individual prizes.

Prizes awarded are as follows:

| Category        | Award                     | Awardee                  |
|-----------------|---------------------------|--------------------------|
| Girls Overall   | 1 <sup>st</sup> Runner-up | 1B CHEUNG Shu-hang Perla |
|                 |                           | 1D CHEUNG Wai-kei        |
|                 |                           | 2A MA Ying               |
|                 |                           | 2A LEUNG Lok-lam         |
|                 |                           | 2B LAU Sum-yu            |
|                 |                           | 2C LAI Yuet-yee          |
|                 |                           | 4B LEE Vernice           |
|                 |                           | 4D LEUNG Lok-yiu         |
|                 |                           | 4E CHAN Hoi-ting         |
|                 |                           | 5A LEE Tsoi-yu           |
|                 |                           | 5D CHEUNG Hoi-yin Bianca |
|                 |                           | 6A FONG Ngai-tung        |
| 6B KO Hiu-ching |                           |                          |
| 6D LO Man-hei   |                           |                          |
| Girls B Grade   | 1 <sup>st</sup> Runner-up | 2A LEUNG Lok-lam         |
|                 |                           | 4B LEE Vernice           |
|                 |                           | 4D LEUNG Lok-yiu         |
|                 |                           | 4E CHAN Hoi-ting         |
| Girls A Grade   | 2 <sup>nd</sup> Runner-up | 5A LEE Tsoi-yu           |
|                 |                           | 5D CHEUNG Hoi-yin Bianca |
|                 |                           | 6A FONG Ngai-tung        |
|                 |                           | 6B KO Hiu-ching          |
| 6D LO Man-hei   |                           |                          |

| Category      | Award       | Awardee                  |
|---------------|-------------|--------------------------|
| Boys B Grade  | Fifth Place | 4B LAU Chung-yau         |
|               |             | 4C CHAN Tsz-him          |
|               |             | 4C LEE Yuk-ho Max        |
|               |             | 4C MO Ching-yin Joshua   |
| Girls C Grade | Sixth Place | 1B CHEUNG Shu-hang Perla |
|               |             | 1D CHEUNG Wai-kei        |
|               |             | 2A MA Ying               |
|               |             | 2B LAU Sum-yu            |
|               |             | 2C LAI Yuet-yee          |

| Category                            | Award                     | Awardee                  |
|-------------------------------------|---------------------------|--------------------------|
| 4x50m Girls B Grade Medley Relay    | Champion                  | 2A LEUNG Lok-lam         |
|                                     |                           | 4B LEE Vernice           |
|                                     |                           | 4D LEUNG Lok-yiu         |
|                                     |                           | 4E CHAN Hoi-ting         |
| 4x50m Boys B Grade Freestyle Relay  | 1 <sup>st</sup> Runner-up | 4B LAU Chung-yau         |
|                                     |                           | 4C CHAN Tsz-him          |
|                                     |                           | 4C LEE Yuk-ho Max        |
|                                     |                           | 4C MO Ching-yin Joshua   |
| 4x50m Girls A Grade Medley Relay    | 1 <sup>st</sup> Runner-up | 5A LEE Tsoi-yu           |
|                                     |                           | 5D CHEUNG Hoi-yin Bianca |
|                                     |                           | 6B KO Hiu-ching          |
|                                     |                           | 6D LO Man-hei            |
| 4x50m Boys A Grade Medley Relay     | 2 <sup>nd</sup> Runner-up | 5A HANG Sheung-chun      |
|                                     |                           | 5E SHAM Nok-lam          |
|                                     |                           | 6A NG Chun-ho            |
|                                     |                           | 6D YEUNG Po-tik          |
| 4x50m Girls C Grade Freestyle Relay | 3 <sup>rd</sup> Runner-up | 1B CHEUNG Shu-hang Perla |
|                                     |                           | 2A MA Ying               |
|                                     |                           | 2B LAU Sum-yu            |
|                                     |                           | 2C LAI Yuet-yee          |

| Category                             | Award                     | Awardee                  |
|--------------------------------------|---------------------------|--------------------------|
| Girls B Grade 50m Backstroke         | Champion                  | 4B LEE Vernice           |
| Girls B Grade 100m Backstroke        |                           | 4B LEE Vernice           |
| Girls A Grade 50m Butterfly stroke   |                           | 5D CHEUNG Hoi-yin Bianca |
| Girls A Grade 200m Individual Medley |                           | 5D CHEUNG Hoi-yin Bianca |
| Girls A Grade 200m Freestyle stroke  | 1 <sup>st</sup> Runner-up | 6A FONG Ngai-tung        |
| Boys B Grade 50m Freestyle stroke    | 2 <sup>nd</sup> Runner-up | 4C LEE Yuk-ho Max        |
| Girls A Grade 200m Freestyle stroke  |                           | 6B KO Hiu-ching          |
| Girls C Grade 50m Breaststroke       | 3 <sup>rd</sup> Runner-up | 1B CHEUNG Shu-hang Perla |
| Girls C Grade 50m Freestyle stroke   |                           | 2C LAI Yuet-ye           |
| Boys B Grade 100m Breaststroke       |                           | 4C MO Ching-yin Joshua   |
| Boys B Grade 200m Breaststroke       |                           | 4C MO Ching-yin Joshua   |
| Girls A Grade 50m Breaststroke       |                           | 5A LEE Tsoi-yu           |
| Girls A Grade 100m Breaststroke      |                           | 5A LEE Tsoi-yu           |
| Girls A Grade 50m Backstroke         |                           | 6D LO Man-hei            |



Principal YUEN with Girls C Grade Swimming Team Members  
1B CHEUNG Shu-hang Perla, 2C LAI Yuet-ye and 2A MA Ying (from left to right)



Principal YUEN with Boys B Grade Swimming Team Members  
4C LEE Yuk-ho Max, 4C MO Ching-yin Joshua and 4B LAU Chung-yau (from left to right)



Principal YUEN with Girls B Grade Swimming Team Members  
2A LEUNG Lok-lam, 4D LEUNG Lok-yiu, 4E CHAN Hoi-ting and 4B LEE Vernice (from left to right)



Principal YUEN with Girls A Grade Swimming Team Members  
6A FONG Ngai-tung, 6D LO Man-hei, 5D CHEUNG Hoi-yin Bianca, 6B KO Hiu-ching and  
5A LEE Tsoi-yu (from left to right)



Principal YUEN, Ms YAU Hau-yin (1<sup>st</sup> left) and Girls Swimming Team members:

2A MA Ying, 1B CHEUNG Shu-hang Perla, 2C LAI Yuet-ye, 5A LEE Tsoi-yu, 6A FONG Ngai-tung,  
6D LO Man-hei, 5D CHEUNG Hoi-yin Bianca, 6B KO Hiu-ching, 4B LEE Vernice,  
2A LEUNG Lok-lam, 4D LEUNG Lok-yiu and 4E CHAN Hoi-ting (from left to right)



Principal YUEN, Ms YAU Hau-yin (back row 1<sup>st</sup> left) and Swimming Team Members

|                                   |   |
|-----------------------------------|---|
| Back Row<br>(From left to right)  | 4C LEE Yuk-ho Max, 6A FONG Ngai-tung, 6D LO Man-hei, 4B LEE Vernice, 6B KO Hiu-ching, 5A HANG Sheung-chun and 5E SHAM Nok-lam                           |
| Front Row<br>(From left to right) | 2A MA Ying, 1B CHEUNG Shu-hang Perla, 2C LAI Yuet-ye, 5A LEE Tsoi-yu, 5D CHEUNG Hoi-yin Bianca, 2A LEUNG Lok-lam, 4D LEUNG Lok-yiu and 4E CHAN Hoi-ting |



Principal YUEN with team members of Girls C Grade Freestyle Relay  
2A MA Ying, 1B CHEUNG Shu-hang Perla and 2C LAI Yuet-ye (from left to right)



Principal YUEN with Girls B Grade Medley Relay team members:  
4B LEE Vernice, 2A LEUNG Lok-lam, 4D LEUNG Lok-yiu and 4E CHAN Hoi-ting and  
(from left to right)



Principal YUEN and Boys B Grade Freestyle Relay team members:  
4C LEE Yuk-ho Max, 4C MO Ching-yin Joshua and 4B LAU Chung-yau (from left to right)



Principal YUEN with Girls A Grade Medley Relay team members  
5A LEE Tsoi-yu, 6D LO Man-hei, 5D CHEUNG Hoi-yin Bianca and 6B KO Hiu-ching  
(from left to right)



Photo of Principal YUEN and Boys A Grade A Medley Relay team members  
5E SHAM Nok-lam and 5A HANG Sheung-chun (from left to right)





Photo of Principal YUEN and individual event prize winners

4C MO Ching-yin Joshua, 4C LEE Yuk-ho Max, 5A LEE Tsoi-yu, 6A FONG Ngai-tung,  
6D LO Man-hei, 2C LAI Yuet-ye, 1B CHEUNG Shu-hang Perla, 5D CHEUNG Hoi-yin Bianca,  
4B LEE Vernice and 6B KO Hiu-ching (from left to right)