

Hong Kong Schools Sports Federation Yuen Long Secondary Schools Area Committee

Inter-School Swimming Championships 2022-2023

(17 October 2022)

Our students had outstanding performance in the Inter-School Swimming Championships 2022-2023 organised by the Hong Kong Schools Sports Federation Yuen Long Secondary Schools Area Committee. We got the **Champion** in **Girls B Grade**, **1st Runner-up** in **Girl A Grade** and **Overall 1st Runner-up** in **Girls**. The prizes awarded are as follows:

Category	Award	Awardee
Girls B	Champion	3B LEUNG Lok-yiu
		3C LEE Vernice
		3D CHAN Hoi-ting
		4D CHEUNG Hoi-yin Bianca
Girls A	1st Runner-up	5A FONG Ngai-tung
		5B KO Hiu-ching
		5D LO Man-hei
		5D LO Wing-yan
		6A CHOW Cheuk-yiu
		6C WONG Huen-yuet
Girls	Overall 1st Runner-up	1C LEUNG Lok-lam
		1D LAI Yuk-yee
		3B LEUNG Lok-yiu
		3C LEE Vernice
		3D CHAN Hoi-ting
		4D CHEUNG Hoi-yin Bianca
		5A FONG Ngai-tung
		5B KO Hiu-ching
		5D LO Man-hei
		5D LO Wing-yan
		6A CHOW Cheuk-yiu
		6C WONG Huen-yuet

Category	Award	Awardee
4x50m Girls B Medley Relay	Champion	3B LEUNG Lok-yiu
		3C LEE Vernice
		3D CHAN Hoi-ting
		4D CHEUNG Hoi-yin Bianca
4x50m Girls A Freestyle Relay	1 st Runner-up	5A FONG Ngai-tung
		5B KO Hiu-ching
		5D LO Man-hei
		6C WONG Huen-yuet
		5D LO Wing-yan (reserve)
		6A CHOW Cheuk-yiu (reserve)
4x50m Boys A Freestyle Relay	1 st Runner-up	5A NG Chun-ho
		5C CHAU Pak-yin
		5D LAM Tsz-Hin
		5D YEUNG Po-tik
		5E YU Chak-lai Renny (reserve)
		6C CHOI Siu-hang (reserve)

Category	Award	Awardee
Girls A Grade 200m Freestyle stroke	Champion	5B KO Hiu-ching
Girls B Grade 200m Individual Medley		4D CHEUNG Hoi-yin Bianca
Girls B Grade 200m Breaststroke		4D CHEUNG Hoi-yin Bianca
Girls B Grade 50m Backstroke		3C LEE Vernice
Girls A Grade 50m Backstroke	1 st Runner-up	5D LO Man-hei
Girls A Grade 100m Backstroke		5D LO Man-hei
Girls B Grade 50m Freestyle stroke		3C LEE Vernice
Girls A Grade 50m Breaststroke	2 nd Runner-up	6A CHOW Cheuk-yiu
Boys A Grade 200m Breaststroke		6C CHOI Siu-hang
Girls B Grade 50m Breaststroke		3B LEUNG Lok-yiu
Girls A Grade 100m Backstroke	3 rd Runner-up	6A CHOW Cheuk-yiu
Girls A Grade 50m Freestyle stroke		6C WONG Huen-yuet
Boys C Grade 100m Breaststroke		1A CHAN Yin-nam



Principal YUEN and Girls B Grade Swimming Team Members
4D CHEUNG Hoi-yin Bianca, 3C LEE Vernice, 3B LEUNG Lok-yiu,
3D CHAN Hoi-ting (from left to right)



Principal YUEN and Girls A Grade Swimming Team Members
5D LO Wing-yan, 5A FONG Ngai-tung, 6C WONG Huen-yuet, 6A CHOW Cheuk-yiu,
5D LO Man-hei, 5B KO Hiu-ching (from left to right)



Principal YUEN and Swimming Team Female Members

5D LO Wing-yan, 5B KO Hiu-ching, 5A FONG Ngai-tung, 6A CHOW Cheuk-yiu,
6C WONG Huen-yuet, 5D LO Man-hei, 4D CHEUNG Hoi-yin Bianca, 3C LEE Vernice,
3B LEUNG Lok-yiu, 3D CHAN Hoi-ting, 1D LAI Yuk-ye, 1C LEUNG Lok-lam (from left to right)



Principal YUEN and Girls B Grade Medley Relay Team Members

3D CHAN Hoi-ting, 3B LEUNG Lok-yiu,
4D CHEUNG Hoi-yin Bianca, 3C LEE Vernice (from left to right)



Principal YUEN and Girls A Grade Freestyle Relay Team Members
5D LO Wing-yan, 6C WONG Huen-yuet, 5D LO Man-hei, 6A CHOW Cheuk-yiu,
5B KO Hiu-ching, 5A FONG Ngai-tung (from left to right)



Principal YUEN and Boys A Grade Freestyle Relay Team Members
6C CHOI Siu-hang, 5C CHAU Pak-yin, 5D YEUNG Po-tik, 5D LAM Tsz-Hin,
5A NG Chun-ho, 5E YU Chak-lai Renny (from left to right)



Principal YUEN and Individual Event Prize Winners

6C CHOI Siu-hang, 1A CHAN Yin-nam, 3B LEUNG Lok-yiu, 6C WONG Huen-yuet,
5D LO Man-hei, 4D CHEUNG Hoi-yin Bianca, 3C LEE Vernice, 5B KO Hiu-ching,
6A CHOW Cheuk-yiu (from left to right)