



ST. PAUL'S COLLEGE

Annual Swimming Gala - Heats Day

Date : Thursday, 4th September, 2008.
Time : 8:20 a.m. - 12:00 noon
Venue : Victoria Park Swimming Pool
Guest of Honour : Mr. Ha Man Ho (Former Science Department Head)

OFFICIALS

Chairman of the Meet	:	Dr. J.R. Kennard			
Vice chairmen	:	Mr. H.W. Wong	Mr. C.H. Mak		
Organizing Secretaries	:	Mrs. Y.H. Chung	Mr. D.Y. Yuen	Mr. W.W. Mak	
Referees	:	Mr. W.H. Wong	Mr. W.W. Mak		
Starters	:	Mr. W.L. Tang	Mr. W.K. Wong		
		Mak Ho Chun (7C)	Yu Kin Wai (7A)	Wong Yun Kai (7A)	
Competitors' Marshalls	:	Mr. K.C. Au Yeung	Mr. K.W. Wong	Mr. H.L. Yeung	Mr. C.S. Mah
		Mr. K.S. Kwok	Mr. C.C. Chan	College Prefects	
Competitors' Stewards	:	Mr. H.C. Ho	Mr. F.Y. Ho	Mr. S.N. Tse	Mr. K.H. Mok
		Fung Kai Tsun (7C)	Lai Yat Sing (7B)		
Announcers	:	Mrs. W.P. Lam	Mr. K.C. Chan	Miss L.K. Chan	Mrs. Y.L. Kwok
		Mr. W.I. Yu	Miss. C.S. Kou	Mr. A. Chan	
Timekeepers	:	College Timing Teams			
Chief Position Judges	:	Miss W.C. Fung	Miss L.W. Wu	Mrs. M.K. See	Miss P.S. Kwok
		Miss. W.K. Yu	Miss K.Y. Ng		
Position Judges	:	Lai Hei Tsun (7C)	Wong Gar Jun (7C)	Yuen Pak Hei (7C)	Lam Tsz Hong (7C)
		Tang Tsz Hong (7C)	Tong Dik Wai (6B)	Lo Cheuk Piu (6C)	Law Hong Yin (6C)
		College Prefects			
Co-ordinators	:	Miss M.S. Lee	Miss S.C. Cheng	Miss K.C. Ho	Mrs. S. Hsu
Stroke Judges	:	Mr. K.W. Ng	Mr. S.C. Tam		
Turning and Relay	:	Miss Y.S. Leung	Mr. C.D. Yurk	Miss W. Yiu	Mr. C.L. Wong
Takeover Judges	:	Miss K.Y. Kwong	Miss H.Y. Ko	Miss W.S. Wong	Kwok Hong Ming (7C)
		Wong Siu Long (6A)	Wong Wai Hin (6A)	Lai Wing Hang (6A)	
Chief Recorders	:	Mr. Y.K. Fu	Mr. K.H. Yuen		
Recorders	:	Kwong Hei Man (6A)	Yau Mat Ka (6A)	Chan Hiu Yan (6A)	College Prefects
Computer Advisors	:	Mrs. Y.O. Zai	Mr. W.C. Tsoi		
Prizes	:	Miss Y.S. Chan	Miss W.Y. Yuen	Miss W.C. Cheung	
Prize-winners Marshalls	:	Miss S.Y. Ngan	Miss S.M. Yu	Mr. W.H. Poon	College Prefects
Discipline	:	Mr. Y.H. Li	Mr. Y.L. Chow	Miss S.C. Yu	Mr. K.H. Ngan
		Miss M.Y. Shek	Miss L.N. Chan	Miss P.S. Chan	Mr. T.O. Chu
		College Prefects			
Video Production	:	Miss S.L. Cheung	Mr. W.C. Lam		
Photography	:	Mr. A. Chan	Photographic Club		
Runners and Helpers	:	Mrs. P.M. Lau	Scouts		
First-aiders	:	Mr. F. Ngan	The Youth Red Cross		
Duty Teachers	:	Miss L.K. Chan	Mr. K.H. Ngan	Mr. W.C. Lam	
Deep-end Safety	:	Mr. H.K. Ho	Mr. P.C. Chan	Mr. D.B. Williamson	
		Mr. W.F. Ryan	Mr. C.C. Lau	Mr. K.L. Cheung	Mr. C.Y. Ho
Best Cheering Team	:	Dr. J.R. Kennard	Mr. H.W. Wong	Mr. C.H. Mak	
		Mrs. Y.H. Chung	Mr. D.Y. Yuen		
Prayer	:	Revd. O.L. Mok			
Prefects-in-charge	:	Chan Hok Fung (6B)	Cheung Yik Long (6B)		
House Advisor	:	Mr. W.K. Wong			
Transportation	:	Mr. S.F. Lau	School Janitors		

If 2 or more persons are named for any event or duty, the first shall be considered the chief official.

ORDER OF EVENTS

- 7:45 a.m. Prefects and officials may enter the swimming pool and carry out seating preparation.
 8:05 a.m. The entrance will be open and the school will be seated according to "House".
 Competitors may warm up in the pool. (Please refer to the layout plan.)
 8:20 a.m. Roll-call will be taken.
 8:30 a.m. Opening Ceremony.
 8:45 a.m. All Officials, Prefects, Scouts, Youth Red Cross and the School Timing Team please report to duty at the Official Stand right after the Opening Ceremony.

EVENT NO.	TIME(a.m.)	GRADE	EVENTS	TYPE
1	9:00	C	50M BACK STROKE	2 HEATS
2		B	50M BACK STROKE	1 FINAL
3		A	50M BACK STROKE	2 HEATS
4	9:15	C	50M BREAST STROKE	5 HEATS
5		B	50M BREAST STROKE	2 HEATS
6		A	50M BREAST STROKE	3 HEATS
7	9:35	C	50M FREE STYLE	6 HEATS
8		B	50M FREE STYLE	2 HEATS
9		A	50M FREE STYLE	2 HEATS
10	10:00	C	100M BACK STROKE	1 FINAL
11		B	100M BACK STROKE	1 FINAL
12		A	100M BACK STROKE	1 FINAL
13	10:15	C	100M BREAST STROKE	3 FINALS
14		B	100M BREAST STROKE	2 FINALS
15		A	100M BREAST STROKE	1 FINAL
16	10:30	C	100M FREE STYLE	3 FINALS
17		B	100M FREE STYLE	1 FINAL
18		A	100M FREE STYLE	2 FINALS
19	10:45	F. 1	25M KICKBOARD	5 FINALS
20	11:00	C	25M BUTTERFLY	3 FINALS
21		B	25M BUTTERFLY	2 FINALS
22		A	25M BUTTERFLY	4 FINALS
23	11:15	C	25M BREAST STROKE	9 FINALS
24		B	25M BREAST STROKE	5 FINALS
25		A	25M BREAST STROKE	8 FINALS
26	11:30	C	25M FREE STYLE	12 FINALS
27		B	25M FREE STYLE	8 FINALS
28		A	25M FREE STYLE	9 FINALS
29	11:45	OPEN	200M BREAST STROKE	3 FINALS
30	11:55	OPEN	200M FREE STYLE	3 FINALS
	12:00	-	SCHOOL IS DISMISSED	

LAYOUT PLAN



SWIMMING RECORDS AND STANDARDS

EVENT	GRADE	HOLDER	YEAR	RECORD	STANDARD
50M FREE STYLE	A	FAN KIN PONG	2003	26.57	35.00
50M BREAST STROKE	A	WONG CHEUK YAN	2004	34.10	41.50
50M BACK STROKE	A	LUI MING CHUN	2000	32.78	50.00
200M BREAST STROKE	A	FUNG BOOD	1982	2'46.10	3'35.00
100M FREE STYLE	A	FAN KIN PONG	2004	58.52	1'35.00
100M BREAST STROKE	A	WONG CHEUK YAN	2004	1'17.05	1'45.00
100M BACK STROKE	A	LUI MING CHUN	2000	1'13.86	2'20.00
50M FREE STYLE	B	HO KA FAI	1982	26.00	39.00
50M BREAST STROKE	B	KWOK KWAN KUEN	2003	34.25	45.00
50M BACK STROKE (Short Course - Hand Time)	B	LUI MING CHUN, PIERRE	1999	32.56	55.00
50M BACK STROKE	B	CHAN KIN HEI	2006	31.64	60.00
200M BREAST STROKE	B	HUI WANG YUE, DEREK	1997	2'54.66	3'50.00
100M FREE STYLE	B	WONG CHEUK YAN	2002	1'00.58	1'45.00
100M BREAST STROKE	B	KWOK KWAN KUEN	2003	1'16.17	1'50.00
100M BACK STROKE	B	CHAN KIN HEI	2006	1'11.48	2'30.00
50M FREE STYLE	C	WONG HO CHUNG	1998	28.49	44.00
50M BREAST STROKE	C	FONG YUEN MING	1998	35.89	50.00
50M BACK STROKE	C	CHAN KIN HEI	2005	33.85	70.00
200M BREAST STROKE	C	FONG YUEN MING	1998	2'46.62	4'20.00
100M FREE STYLE	C	LAU KING LUN	1991	1'01.60	2'20.00
100M BREAST STROKE	C	FONG YUEN MING	1998	1'17.86	1'55.00
100M BACK STROKE	C	CHAN KIN HEI	2005	1'15.85	2'40.00
50M BUTTERFLY	OPEN	HO KA FAI	1982	28.04	55.00
4X50M IND.MEDLEY	OPEN	CHAN KIN HEI	2006	2'28.28	3'45.00
200M FREE STYLE	OPEN	WONG CHEUK YAN	2002	2'12.40	3'35.00
200M BREAST STROKE	OPEN	CHAN KIN HEI	2006	2'45.03	3'50.00
100M BACK STROKE	OPEN	PANG KAI TAI	1990	1'12.75	2'20.00

THINGS TO NOTE

- **QUALIFYING FOR FINALS** : The BEST 8 in the heats will qualify for the finals.
- **PRESENTATION OF MEDALS** : Medals will be given out *right after the final events*. WINNERS of the 1st three places in a final race should quickly assemble at the prize-giving stand immediately after the announcement.
- **SWIMMING RULES**: *The start in Freestyle, Breaststroke and Butterfly races shall be with a dive (Except junior students). On the long whistle from the starter's marshall, the swimmers shall step onto the starting platform and **remain there**. On the starter's command "take your marks", they shall immediately take up a starting position with **at least one foot at the front of the starting platforms**. When all swimmers are **STATIONARY**, the Starter shall give the starting signal (horn or whistle or command). The Starter shall call back the competitors at the first false start and remind them of not starting before the starting signal. After the **FIRST** false start **ANY** swimmer starting before the starting signal has been given shall be disqualified.*
- *Freestyle means that in an event so designated the competitor may swim any style, except that in individual medley relay events, freestyle means any style other than backstroke, breaststroke or butterfly. In freestyle swimming, turning and finishing, the swimmer can touch the wall with **ANY PART OF THE BODY**. A hand touch is not obligatory.*

IMPORTANT NOTES FOR ALL COMPETITORS

SCORING SYSTEM:

Standard Time Score - for reaching standard in heats /straight final events	+1 point
New Record Score - for each new record set in heats /final events	+1 point
Penalty Score – for competitors who failed to turn up for competition without excuse	- 1 point
Position Score – 1 st position 9 points; 2 nd position 7 points;8 th position	+1 point

REMEMBER to receive your prizes from the Guest-of-Honour in **FULL SCHOOL UNIFORM / PROPER SPORTS ATTIRE**. As a matter of COURTESY : **Bow - Shake Hand - Say "Thank You! "**

Transportation:

Fare

Remarks

- | | | |
|----------------|---------------------------|---|
| 1. Tram | \$ 2.00 | Suitable for students living near Tin Hau |
| 2. MTR | \$ 3.00 - \$ 15.00 | Suitable for students living near MTR stations |
| 3. Bus | \$ 3.90 - \$ 15.30 | Please refer to the table below. |

Bus No.	Frequency (min)	Fare	Terminals
2	8 – 11	\$ 3.90	Shau Kei Wan to Central
2A	10 – 15	\$ 3.90	Yiu Tung Estate to Wan Chai Ferry Pier
2X	7 – 9	\$ 5.30	Shau Kei Wan to Wan Chai Ferry Pier
5	6 – 13	\$ 3.40	Kennedy Town to Whitfield Road (Tin Hau)
8	7 – 9	\$ 5.80	Siu Sai Wan to Wan Chai Ferry Pier
8P	4 – 10	\$ 5.80	Siu Sai Wan to Wan Chai Ferry Pier
8S	/	\$ 7.90	Siu Sai Wan to Happy Valley Race Course
10	6 – 13	\$ 3.40	Kennedy Town to North Point Ferry Pier
23	5	\$ 6.50	Pokfield Road to North Point Ferry Pier
42	7 – 15	\$ 6.50	Wah Fu to North Point
77	10 – 18	\$ 7.00	Tin Wan to Shau Kei Wan
99	12 – 15	\$ 7.00	South Horizons to Shau Kei Wan
102	5 – 10	\$ 9.40	Mei Foo to Shau Kei Wan
118	5 – 10	\$ 9.40	Sham Shui Po to Shau Kei Wan
170	12 – 15	\$ 15.30	Wa Fu to Shatin KCR Station
671	16 – 20	\$ 10.60	Lee Lok Street (Ap Lei Chau) to Diamond MTR Station
690	8 – 15	\$ 12.80	Hoi Sing Garden (Tseung Kwan O) to Central
914	12 – 19	\$ 8.90	Sham Shui Po to Tin Hau
948	7 – 8 (6:30 am – 7:00 am)	\$ 15.30	Tsing Yi to Tin Hau