

Men

Beginner, A - D ; E - K
 集合時間 10:30 ; 10:45

100M

Beginner, A - D ; E - K
 比賽時間 10:45 ; 11:00

| 比賽時間 | Final | Lane | Group | Number | Name | | Club |
|-------|-------|------|----------|--------|------|---------------------|--------|
| 10:45 | 1 | 1 | Beginner | 1027 | 盧倪鋒 | LO Ngai Fung | WAC |
| 10:45 | 1 | 2 | Beginner | 1023 | | CHEUNG Ka Lai Joey | SCAA |
| 10:45 | 1 | 3 | Beginner | 1004 | 林定邦 | LAM Ting Pang | HVAA |
| 10:45 | 1 | 4 | Beginner | 1025 | | WONG Chun Andy | SCAA |
| 10:45 | 1 | 5 | Beginner | 1001 | 洪嘉隆 | HUNG Ka Lung | CGHCAC |
| 10:45 | 1 | 6 | Beginner | 1017 | 李耀基 | LEE Yiu Kei Charles | LSCAC |
| 10:45 | 1 | 7 | Beginner | 1014 | 謝海發 | TSE Hoi Fat | LSCAC |
| 10:45 | 1 | 8 | Beginner | 1026 | | WONG Robert | SCAA |

| 比賽時間 | Final | Lane | Group | Number | Name | | Club |
|-------|-------|------|----------|--------|------|-----------------------|----------|
| 10:45 | 2 | 1 | Beginner | 1016 | 陸瀚民 | LUK Hon Man Benson | LSCAC |
| 10:45 | 2 | 2 | Beginner | 1006 | 朱永德 | CHU Wing Tak | HVAA |
| 10:45 | 2 | 3 | Beginner | 1019 | 張榮輝 | CHEUNG Wing Fai | PoliceAC |
| 10:45 | 2 | 4 | Beginner | 1030 | 梁俊偉 | LEUNG Chun Wai | WAC |
| 10:45 | 2 | 5 | Beginner | 1021 | 黃詩俊 | WONG Si Chun | PoliceAC |
| 10:45 | 2 | 6 | Beginner | 1029 | 馮鎮宇 | FUNG Chun Yu | WAC |
| 10:45 | 2 | 7 | Beginner | 1002 | 朱永日 | CHU Wing Yat | CGHCAC |
| 10:45 | 2 | 8 | Beginner | 1024 | | WONG Wing Yin Nickson | SCAA |

| 比賽時間 | Final | Lane | Group | Number | Name | | Club |
|-------|-------|------|----------|--------|------|----------------------|----------|
| 10:45 | 3 | 1 | | | | | |
| 10:45 | 3 | 2 | Beginner | 1022 | 鄧駿業 | TANG Chun Yip | PoliceAC |
| 10:45 | 3 | 3 | Beginner | 1020 | 張軒 | CHEUNG Hin | PoliceAC |
| 10:45 | 3 | 4 | Beginner | 1031 | 呂家豪 | LUI Ka Ho | WAC |
| 10:45 | 3 | 5 | Beginner | 1028 | 李墀 | LEE Chi | WAC |
| 10:45 | 3 | 6 | Beginner | 1009 | 鄭家名 | CHENG Ka Ming | HVAA |
| 10:45 | 3 | 7 | Beginner | 1013 | 司徒民浩 | SZETO Timothy Man Ho | LSCAC |
| 10:45 | 3 | 8 | Beginner | 1008 | 葉紹強 | YIP Siu Keung | HVAA |

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Beginner, A - D ; E - K
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|-------|-------|------|-------|--------|------|-------|---------------|----------|
| 10:45 | 4 | 1 | A | A1084 | | KAILU | Saidi | Malaysia |
| 10:45 | 4 | 2 | A | A1117 | 吳哲穎 | NG | Chit Wing | WAC |
| 10:45 | 4 | 3 | A | A1051 | 簡志雄 | KAN | Chi Hung | HVAA |
| 10:45 | 4 | 4 | A | A1062 | 梁家傑 | LEUNG | Ka Kit | LSCAC |
| 10:45 | 4 | 5 | A | A1046 | | CHAN | Ho Kei | HKLRRRC |
| 10:45 | 4 | 6 | A | A1099 | 劉洲權 | LAU | Chau Kuen | SCAA |
| 10:45 | 4 | 7 | A | A1121 | 顏浩然 | NGAN | Ho Yin | WAC |
| 10:45 | 4 | 8 | A | A1016 | 謝浩為 | TSE | Ho Wai Horace | DBSAC |

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|-------|-------|------|-------|--------|------|-------|------------|-------|
| 10:45 | 5 | 1 | | | | | | |
| 10:45 | 5 | 2 | A | A1055 | 陳徵明 | CHAN | Zheng Ming | HVAA |
| 10:45 | 5 | 3 | A | A1119 | 黃志輝 | WONG | Chi Fai | WAC |
| 10:45 | 5 | 4 | A | A1049 | 雷海彬 | LUI | Hoi Pan | HVAA |
| 10:45 | 5 | 5 | A | A1001 | | TSUNG | Mark | AVOHK |
| 10:45 | 5 | 6 | A | A1019 | 劉宇曉 | LAU | Yu Hiu | DBSAC |
| 10:45 | 5 | 7 | A | A1007 | 王緒威 | WONG | Sui Wai | CSRA |
| 10:45 | 5 | 8 | A | A1002 | | KRIEL | Aldo | AVOHK |

| 比賽時間 | Final | Lane | Group | Number | Name | | | Club |
|-------|-------|------|-------|--------|------|-------|----------------|-----------|
| 10:45 | 6 | 1 | | | | | | |
| 10:45 | 6 | 2 | A | A1053 | 黃成輝 | WONG | Shing Fai | HVAA |
| 10:45 | 6 | 3 | A | A1118 | 賴家斌 | LAI | Ka Pun | WAC |
| 10:45 | 6 | 4 | A | A1069 | 梁守謙 | LEUNG | Sau Him Martin | LSCAC |
| 10:45 | 6 | 5 | A | A1120 | 羅敬彬 | LAW | King Pun | WAC |
| 10:45 | 6 | 6 | A | A1077 | 葉偉倫 | YIP | Wai Lun | LSCAC |
| 10:45 | 6 | 7 | A | A1048 | 藍明德 | LAN | Ming Tak | HVAA |
| 10:45 | 6 | 8 | A | A1114 | | NAIDU | Ramesh | Singapore |

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|-------|-------|------|-------|--------|------|-------|---------------------|-----------|
| 10:45 | 7 | 1 | | | | | | |
| 10:45 | 7 | 2 | A | A1029 | 梁肇彬 | LEUNG | Siu Pan Daryl | DBSAC |
| 10:45 | 7 | 3 | A | A1070 | 區志豪 | AU | Chi Hoo Christopher | LSCAC |
| 10:45 | 7 | 4 | A | A1027 | 陳新禧 | CHAN | San Hei Alan | DBSAC |
| 10:45 | 7 | 5 | A | A1104 | 李志輝 | LEE | Chi Fai | SCAA |
| 10:45 | 7 | 6 | A | A1107 | | POON | Chun Pan | SCAA |
| 10:45 | 7 | 7 | A | A1115 | | JIN | Lawrence Kiat Wee | Singapore |
| 10:45 | 7 | 8 | A | A1105 | 黃駿鴻 | WONG | Chun Hung Stephen | SCAA |

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|-------|-------|------|-------|--------|------|-----------------------|-------|
| 10:45 | 8 | 1 | | | | | |
| 10:45 | 8 | 2 | B | B1099 | 黃健安 | WONG Kin On | PAC |
| 10:45 | 8 | 3 | B | B1052 | 李澤銘 | LI Chak Ming | HVAA |
| 10:45 | 8 | 4 | B | B1120 | 羅兆麒 | LO Siu Ki | SCAA |
| 10:45 | 8 | 5 | B | B1088 | 陳勁恆 | CHAN King Hang Ken | LSCAC |
| 10:45 | 8 | 6 | B | B1053 | 王健華 | WONG Kin Wah | HVAA |
| 10:45 | 8 | 7 | B | B1081 | 李嘉暉 | LEE Dennis | LSCAC |
| 10:45 | 8 | 8 | B | B1073 | 陳永光 | CHAN Wing Kwong Derek | LSCAC |

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|-------|-------|------|-------|--------|------|--------------------|----------|
| 10:45 | 9 | 1 | | | | | |
| 10:45 | 9 | 2 | B | B1076 | 陳得鴻 | CHAN Tak Hung | LSCAC |
| 10:45 | 9 | 3 | B | B1111 | 廖志勇 | LIU Chi Yung | SCAA |
| 10:45 | 9 | 4 | B | B1029 | 王逸林 | WONG Yat Lam | DBSAC |
| 10:45 | 9 | 5 | B | B1048 | 雷皓霖 | LUI Ho Lam | HVAA |
| 10:45 | 9 | 6 | B | B1025 | 黃嘉樂 | WONG Carruk | DBSAC |
| 10:45 | 9 | 7 | B | B1001 | | IBRAHIM Shahrani | Brunei V |
| 10:45 | 9 | 8 | B | B1091 | 麥顯能 | MAK Ho Nung Marcus | LSCAC |

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|-------|-------|------|-------|--------|------|------------------------|-------|
| 10:45 | 10 | 1 | | | | | |
| 10:45 | 10 | 2 | B | B1135 | 李濤 | LEE To | TCAA |
| 10:45 | 10 | 3 | B | B1021 | 余遠輝 | YU Yuen Fai | DBSAC |
| 10:45 | 10 | 4 | B | B1106 | 鄭良盛 | CHEUNG Leung Shing Sam | SCAA |
| 10:45 | 10 | 5 | B | B1055 | 鄧浩昌 | TANG Ho Cheong | HVAA |
| 10:45 | 10 | 6 | B | B1071 | 張偉倫 | CHEUNG Wei Lun Alan | LSCAC |
| 10:45 | 10 | 7 | B | B1105 | 李浩銓 | LEE John Ho Chuen | SCAA |
| 10:45 | 10 | 8 | B | B1116 | 陳立致 | CHAN Lap Chi Jacky | SCAA |

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| 10:45 | 11 | 1 | | | | | |
| 10:45 | 11 | 2 | B | B1138 | 陳輝浩 | CHAN Fai Ho | WAC |
| 10:45 | 11 | 3 | B | B1075 | 余致力 | YU Cheeric James | LSCAC |
| 10:45 | 11 | 4 | B | B1134 | 何君龍 | HO Kwan Lung | TCAA |
| 10:45 | 11 | 5 | B | B1133 | 邱威雄 | YAU Wai Hung | TCAA |
| 10:45 | 11 | 6 | B | B1114 | 余偉俊 | YU Wai Chun Peter | SCAA |
| 10:45 | 11 | 7 | B | B1130 | | KOTOBUKI Masashi | Singapore |
| 10:45 | 11 | 8 | B | B1050 | 何劍輝 | HO Kim Fai | HVAA |

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|-------|-------|------|-------|--------|------|-----------|------------------|-----------|
| 10:45 | 12 | 1 | | | | | | |
| 10:45 | 12 | 2 | B | B1044 | 倪以理 | NGAI | Joseph | DBSAC |
| 10:45 | 12 | 3 | B | B1139 | 陳志匡 | CHAN | Chi Hong | WAC |
| 10:45 | 12 | 4 | B | B1060 | 馬建國 | MA | Kin Kwok | LSCAC |
| 10:45 | 12 | 5 | B | B1104 | 盧家恩 | LO | Ka Yan | SCAA |
| 10:45 | 12 | 6 | B | B1070 | 黎爾禮 | LAI | Yee Lai Joseph | LSCAC |
| 10:45 | 12 | 7 | B | B1132 | | AKAHODOMI | Takayuki | Singapore |
| 10:45 | 12 | 8 | B | B1087 | 馮國威 | FUNG | Kwok Wai Lampson | LSCAC |

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|-------|-------|------|-------|--------|------|-------|------------------|-------|
| 10:45 | 13 | 1 | | | | | | |
| 10:45 | 13 | 2 | B | B1074 | 劉頌昇 | LAU | Chung Sing | LSCAC |
| 10:45 | 13 | 3 | B | B1054 | 吳大偉 | NG | Tai Wai | HVAA |
| 10:45 | 13 | 4 | B | B1065 | 梁文傑 | LIANG | Man Kit Jerry | LSCAC |
| 10:45 | 13 | 5 | B | B1019 | 曾慶章 | TSANG | Raymond | DBSAC |
| 10:45 | 13 | 6 | B | B1118 | 何建華 | HO | Kin Wah Jack | SCAA |
| 10:45 | 13 | 7 | B | B1051 | 杜劍鋒 | TO | Kim Fung Raymond | HVAA |
| 10:45 | 13 | 8 | | | | | | |

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|-------|-------|------|-------|--------|------|-------------|-----------|-----------|
| 10:45 | 14 | 1 | | | | | | |
| 10:45 | 14 | 2 | C | C1020 | 雷裕文 | LUI | Timothy | DBSAC |
| 10:45 | 14 | 3 | C | C1021 | 雷裕武 | LUI | Moses | DBSAC |
| 10:45 | 14 | 4 | C | C1091 | 鍾兆年 | CHEONG | Shao Nean | SCAA |
| 10:45 | 14 | 5 | C | C1097 | | WONG | Foong Wee | Singapore |
| 10:45 | 14 | 6 | C | C1022 | 關文輝 | KWAN | Man Fai | DBSAC |
| 10:45 | 14 | 7 | C | C1090 | 關永樂 | KWAN | Wing Lok | SCAA |
| 10:45 | 14 | 8 | C | C1084 | 賴又晴 | LAY YAT MOU | Yau Ching | SCAA |

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|-------|-------|------|-------|--------|------|------------|-------------------|----------|
| 10:45 | 15 | 1 | | | | | | |
| 10:45 | 15 | 2 | C | C1079 | 江成光 | KWONG | Sing Kwong Thomas | SCAA |
| 10:45 | 15 | 3 | C | C1041 | 唐燊 | TONG | Sunny | LSCAC |
| 10:45 | 15 | 4 | C | C1019 | 張嘉恆 | CHEUNG | Princeton | DBSAC |
| 10:45 | 15 | 5 | C | C1029 | 黃浩文 | WONG | Ho Man Albert | DBSAC |
| 10:45 | 15 | 6 | C | C1004 | | HAJI AHMAD | Haji Shahri | Brunei V |
| 10:45 | 15 | 7 | C | C1043 | 衛紹邦 | WAI | Siu Bong Basil | LSCAC |
| 10:45 | 15 | 8 | | | | | | |

| 比賽時間 | Final | Lane | Group | Number | Name | | | Club |
|-------|-------|------|-------|--------|------|-------|------------------|-----------|
| 10:45 | 16 | 1 | | | | | | |
| 10:45 | 16 | 2 | C | C1098 | | FARIS | Abd Wahab | Singapore |
| 10:45 | 16 | 3 | C | C1032 | 周偉雄 | CHAU | Wai Hung Antonio | DBSAC |
| 10:45 | 16 | 4 | C | C1047 | 蔡尚樺 | CHOI | Sheung Wah Alex | LSCAC |
| 10:45 | 16 | 5 | C | C1075 | 祁慶堂 | KI | Hing Tong | PKMSAA |
| 10:45 | 16 | 6 | C | C1087 | 李嘉輝 | LEE | Ka Fai | SCAA |
| 10:45 | 16 | 7 | C | C1031 | 譚仲英 | TAM | Chung Ying Ernie | DBSAC |
| 10:45 | 16 | 8 | | | | | | |

| 比賽時間 | Final | Lane | Group | Number | Name | | | Club |
|-------|-------|------|-------|--------|------|-------|-----------------|-------|
| 10:45 | 17 | 1 | | | | | | |
| 10:45 | 17 | 2 | C | C1040 | 郭兆基 | KWOK | Siu Kay Kevin | LSCAC |
| 10:45 | 17 | 3 | C | C1006 | 黃東康 | WONG | Tung Hong Eddie | CAC |
| 10:45 | 17 | 4 | C | C1013 | 陸敬行 | LUK | King Hang | DBSAC |
| 10:45 | 17 | 5 | C | C1014 | 譚嘉信 | TAM | Ka Shun | DBSAC |
| 10:45 | 17 | 6 | C | C1078 | 林威強 | LAM | Wai Keung Galen | SCAA |
| 10:45 | 17 | 7 | C | C1066 | 黃宇瀚 | JOHAN | Wong | LSCAC |
| 10:45 | 17 | 8 | | | | | | |

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|-------|-------|------|-------|--------|------|-------|--------------------|--------|
| 10:45 | 18 | 1 | D | D1045 | | JAMET | Thierry | HVAA |
| 10:45 | 18 | 2 | D | D1004 | 鍾健偉 | CHUNG | Kin Wai | CAC |
| 10:45 | 18 | 3 | D | D1055 | 何文佳 | HO | Simon | LSCAC |
| 10:45 | 18 | 4 | D | D1034 | 何國聰 | HO | Kwok Chung Anthony | DBSAC |
| 10:45 | 18 | 5 | D | D1052 | | FAN | Edmond | LSCAC |
| 10:45 | 18 | 6 | D | D1043 | 譚景棠 | TAM | King Tong | HKICPA |
| 10:45 | 18 | 7 | D | D1073 | 潘偉全 | PON | Wai Chuen | SCAA |
| 10:45 | 18 | 8 | D | D1054 | 陸秋明 | LUK | Chau Ming | LSCAC |

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|-------|-------|------|-------|--------|------|--------------|--------------------|-----------|
| 10:45 | 19 | 1 | D | D1048 | 黃澤賢 | WONG | Chak Yin Willie | LSCAC |
| 10:45 | 19 | 2 | D | D1012 | 潘智峯 | POON | Chi Fung | CSRA |
| 10:45 | 19 | 3 | D | D1023 | 姚啟鏘 | YIU | Karo Dakchison Jr. | DBSAC |
| 10:45 | 19 | 4 | D | D1010 | | ELLISON | Steve | CSRA |
| 10:45 | 19 | 5 | D | D1046 | | DWI RAHARDJO | Agus | Indonesia |
| 10:45 | 19 | 6 | D | D1056 | 何君達 | HO | Kwan Tat | LSCAC |
| 10:45 | 19 | 7 | D | D1049 | 陳俊國 | CHAN | Chun Kwok Monte | LSCAC |
| 10:45 | 19 | 8 | D | D1002 | | POWER | Thomas Derek | AVOHK |

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|-------|-------|------|-------|--------|------|-------|--------------------|--------|
| 10:45 | 20 | 1 | D | D1039 | 吳家耀 | NG | Ka Yiu Karl | DBSAC |
| 10:45 | 20 | 2 | D | D1059 | 顧向聖 | KOO | Heung Shing Peter | LSCAC |
| 10:45 | 20 | 3 | D | D1085 | 梁潤森 | LEUNG | Yun Sum | SCAA |
| 10:45 | 20 | 4 | D | D1033 | 勞思傑 | LO | Raymond | DBSAC |
| 10:45 | 20 | 5 | D | D1003 | 江國強 | KANG | Kwok Keung Derek | CAC |
| 10:45 | 20 | 6 | D | D1065 | 李志榮 | LEE | Chi Wing | PKMSAA |
| 10:45 | 20 | 7 | D | D1077 | 林建華 | LIM | Kin Wah | SCAA |
| 10:45 | 20 | 8 | D | D1061 | 李啟光 | LEE | Kai Kwong Clarence | LSCAC |

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|-------|-------|------|-------|--------|------|----------|----------------|-----------|
| 10:45 | 21 | 1 | D | D1038 | 李國偉 | LEE | Raymond | DBSAC |
| 10:45 | 21 | 2 | D | D1089 | | TAN | Kevin | Singapore |
| 10:45 | 21 | 3 | D | D1082 | 林俊發 | LAM | Tsun Fat Peter | SCAA |
| 10:45 | 21 | 4 | D | D1014 | 黎同昇 | LAI | Tung Sing | CSRA |
| 10:45 | 21 | 5 | D | D1063 | | MOHD ALI | Shamry | Malaysia |
| 10:45 | 21 | 6 | D | D1078 | 王堅 | WANG | Jian | SCAA |
| 10:45 | 21 | 7 | D | D1075 | 李偉浩 | LI | Wai Ho | SCAA |
| 10:45 | 21 | 8 | D | D1019 | | FONG | Alan | DBSAC |

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|-------|-------|------|-------|--------|------|-------|------------------|-------|
| 11:00 | 22 | 1 | | | | | | |
| 11:00 | 22 | 2 | E | E1024 | | LAU | Cheuk Hang | DBSAC |
| 11:00 | 22 | 3 | E | E1021 | | HUNG | Chuen Kwong | DBSAC |
| 11:00 | 22 | 4 | E | E1020 | | TSANG | Chung Man Albert | DBSAC |
| 11:00 | 22 | 5 | E | E1038 | 梁國伟 | LEUNG | Kwok Wai Toby | LSCAC |
| 11:00 | 22 | 6 | E | E1013 | | LEUNG | Wai Yin Raymond | DBSAC |
| 11:00 | 22 | 7 | E | E1011 | | YIU | Francis | DBSAC |
| 11:00 | 22 | 8 | | | | | | |

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| 11:00 | 23 | 1 | | | | | | |
| 11:00 | 23 | 2 | E | E1059 | 譚國鑾 | TAM | Kwok Luen Kelvin | SCAA |
| 11:00 | 23 | 3 | E | E1014 | | CHOI | Siu Chow Tony | DBSAC |
| 11:00 | 23 | 4 | E | E1066 | | LEE | Chia Chye Michael | Singapore |
| 11:00 | 23 | 5 | E | E1065 | | DIXON | Mark | Singapore |
| 11:00 | 23 | 6 | E | E1052 | 林錦棠 | LAM | Kam Tong | SCAA |
| 11:00 | 23 | 7 | E | E1032 | 周治榮 | CHOW | Chee Wing Anthony | LSCAC |
| 11:00 | 23 | 8 | | | | | | |

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|-------|-------|------|-------|--------|------|-------|-----------------|--------|
| 11:00 | 24 | 1 | | | | | | |
| 11:00 | 24 | 2 | E | E1007 | | KUNG | Wai Ling | DBSAC |
| 11:00 | 24 | 3 | E | E1068 | 黃鉅峰 | HUANG | Chu-Feng | Taiwan |
| 11:00 | 24 | 4 | E | E1016 | | CHEUK | Ho Yeung Gerald | DBSAC |
| 11:00 | 24 | 5 | E | E1012 | | ZEE | Benny | DBSAC |
| 11:00 | 24 | 6 | E | E1053 | 岑瀚林 | SHAM | Hon Lam | SCAA |
| 11:00 | 24 | 7 | E | E1009 | | CHU | Kwok Leung | DBSAC |
| 11:00 | 24 | 8 | | | | | | |

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|-------|-------|------|-------|--------|------|------|-----------------|-----------|
| 11:00 | 25 | 1 | | | | | | |
| 11:00 | 25 | 2 | F | F1063 | | LAM | How Min Jack | Singapore |
| 11:00 | 25 | 3 | F | F1036 | 陳榮熙 | CHAN | Wing Ha | PKMSAA |
| 11:00 | 25 | 4 | F | F1046 | 羅海沙 | LAW | Hoi Sha Sanford | PKMSAA |
| 11:00 | 25 | 5 | F | F1034 | 蔡潤家 | CHOI | Yun Kar | PKMSAA |
| 11:00 | 25 | 6 | F | F1033 | 陳國強 | CHAN | Kwok Keung | PKMSAA |
| 11:00 | 25 | 7 | F | F1025 | 歐敬唐 | AU | King Tong | PKMSAA |
| 11:00 | 25 | 8 | F | F1051 | 黃基林 | WONG | Kee Lam | SCAA |

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| 11:00 | 26 | 1 | | | | | | |
| 11:00 | 26 | 2 | F | F1054 | 嚴天亮 | YIM | Tin Leung, Jimmy | SCAA |
| 11:00 | 26 | 3 | F | F1003 | 張錦光 | CHEUNG | Kam Kwong Anthony | AVOHK |
| 11:00 | 26 | 4 | F | F1027 | 林建新 | LAM | Kin Sun | PKMSAA |
| 11:00 | 26 | 5 | F | F1006 | 廖卓良 | LIU | Cheuk. Leung | CSRA |
| 11:00 | 26 | 6 | F | F1010 | 關健雄 | KWAN | Kim Hung William | DBSAC |
| 11:00 | 26 | 7 | F | F1030 | 陳聯 | CHAN | Luen | PKMSAA |
| 11:00 | 26 | 8 | F | F1056 | 成國棟 | SHING | Kwok Tung | SCAA |

| 比賽時間 | Final | Lane | Group | Number | Name | | | Club |
|-------|-------|------|-------|--------|------|------------|-------------------------------|-----------|
| 11:00 | 27 | 1 | | | | | | |
| 11:00 | 27 | 2 | F | F1047 | 何偉強 | HO | Wai Keung | PKMSAA |
| 11:00 | 27 | 3 | F | F1005 | | HAJI MUDIN | Haji Mohd. Safri @ Haji Tiang | Brunei V |
| 11:00 | 27 | 4 | F | F1062 | | APPU | Mogannavale | Singapore |
| 11:00 | 27 | 5 | F | F1040 | 候慶榮 | HAU | Hing Wing | PKMSAA |
| 11:00 | 27 | 6 | F | F1022 | 葉世雄 | IP | Sai Hung | PKMSAA |
| 11:00 | 27 | 7 | F | F1065 | 張順和 | CHANG | Shun-Ho | Taiwan |
| 11:00 | 27 | 8 | | | | | | |

| 比賽時間 | Final | Lane | Group | Number | Name | | | Club |
|-------|-------|------|-------|--------|------|-------|------------------|--------|
| 11:00 | 28 | 1 | G | G1008 | 梁錦賢 | LEUNG | Kam Yin | PKMSAA |
| 11:00 | 28 | 2 | G | G1019 | 甘應洪 | KAM | Ying Hung Albert | SCAA |
| 11:00 | 28 | 3 | G | G1015 | 顏尊廉 | NGAN | Chun Lim | PKMSAA |
| 11:00 | 28 | 4 | G | G1004 | 高量洪 | KO | Leung Hung Alex | DBSAC |
| 11:00 | 28 | 5 | G | G1001 | | BOOTH | Philip | AVOHK |
| 11:00 | 28 | 6 | G | G1002 | 陳偉志 | CHAN | Wai Chi | CSRA |
| 11:00 | 28 | 7 | G | G1018 | 鄧儉輝 | TANG | Kim Fai | SCAA |
| 11:00 | 28 | 8 | G | G1013 | 吳文默 | NG | Man Mark | PKMSAA |

Men

Beginner, A - D ; E - K
 集合時間 10:30 ; 10:45

100M

Beginner, A - D ; E - K
 比賽時間 10:45 ; 11:00

| 比賽時間 | Final | Lane | Group | Number | Name | | Club |
|-------|-------|------|-------|--------|------|------------------------------|-----------|
| 11:00 | 29 | 1 | | | | | |
| 11:00 | 29 | 2 | H | H1008 | | CHEUNG Ting Por | LSCAC |
| 11:00 | 29 | 3 | H | H1003 | | HAJI MATASAN Haji Abdul Rani | Brunei V |
| 11:00 | 29 | 4 | H | H1012 | 徐發林 | CHUI Fat Lim | SCAA |
| 11:00 | 29 | 5 | H | H1009 | | TIERNEY James Christopher | LSCAC |
| 11:00 | 29 | 6 | H | H1017 | | CHUA Liat Khiang | Singapore |
| 11:00 | 29 | 7 | H | H1005 | | HO Tak Sing Henry | DBSAC |
| 11:00 | 29 | 8 | H | H1016 | | SOH Chin Koon | Singapore |

| 比賽時間 | Final | Lane | Group | Number | Name | | Club |
|-------|-------|------|-------|--------|------|--------------------------------|----------|
| 11:00 | 30 | 1 | | | | | |
| 11:00 | 30 | 2 | J | J1002 | | FOWLER John Garth | AVOHK |
| 11:00 | 30 | 3 | J | J1003 | | HAJI LAHAB Capt (Rtd) Hj Osman | Brunei V |
| 11:00 | 30 | 4 | J | J1007 | 梁鴻志 | LEUNG Hung Che | SCAA |
| 11:00 | 30 | 5 | J | J1006 | 鍾定嘉 | CHUNG Ting Kar | PKMSAA |
| 11:00 | 30 | 6 | J | J1001 | | PILKINGTON Frank | AVOHK |
| 11:00 | 30 | 7 | | | | | |
| 11:00 | 30 | 8 | | | | | |

| 比賽時間 | Final | Lane | Group | Number | Name | | Club |
|-------|-------|------|-------|--------|------|----------------|-------|
| 11:00 | 31 | 1 | K | K1008 | 何瑞安 | HO Shui On | SCAA |
| 11:00 | 31 | 2 | K | K1007 | 郭錦洪 | KWOK Kam Hung | SCAA |
| 11:00 | 31 | 3 | K | K1006 | 周渭川 | CHAU Wai Chuen | SCAA |
| 11:00 | 31 | 4 | K | K1003 | 林振全 | LAM Chun Chuen | SCAA |
| 11:00 | 31 | 5 | K | K1001 | | HAMET Reginald | DBSAC |
| 11:00 | 31 | 6 | | | | | |
| 11:00 | 31 | 7 | L | L1001 | 何湛泉 | HO Cham Chuen | SCAA |
| 11:00 | 31 | 8 | L | L1002 | 潘其四 | PON Ke Se | SCAA |