

全港精英跳繩比賽 2026 暨 香港代表隊選拔賽

(團體賽及單項 - 女子組)

大會流程表

日期：2026 年 1 月 3 日

地點：深水埗體育館 (深水埗深旺道 38 號深水埗康樂文化大樓 2 至 4 樓)

賽事：團體賽及單項 (女子組)

預計開始時間	比賽項目/活動
單人繩四人速度跳接力比賽 (4x 30 秒)	
09:00	9-11 歲 (2015-17 年出生) 女子組 12 - 15 歲 (2011 - 2014 年出生) 女子組 16 歲或以上 (2010 年或之前出生) 女子組
交互繩四人速度跳接力比賽 (4x 30 秒)	
09:20	9-11 歲 (2015-17 年出生) 女子組 12 - 15 歲 (2011 - 2014 年出生) 女子組 16 歲或以上 (2010 年或之前出生) 女子組
單人繩二人二重跳接力比賽 (2x 30 秒)	
09:40	9-11 歲 (2015-17 年出生) 女子組 12 - 15 歲 (2011 - 2014 年出生) 女子組 16 歲或以上 (2010 年或之前出生) 女子組
交互繩單人速度比賽 (60 秒)	
10:15	9-11 歲 (2015-17 年出生) 女子組 12 - 15 歲 (2011 - 2014 年出生) 女子組 16 歲或以上 (2010 年或之前出生) 女子組
團體四人單人繩花式比賽 (75 秒) 團體四人交互繩花式比賽 (75 秒)	
11:00	9-11 歲 (2015-17 年出生) 女子組 12 - 15 歲 (2011 - 2014 年出生) 女子組 16 歲或以上 (2010 年或之前出生) 女子組
午膳時間	

團體二人單人繩花式比賽 (75 秒) 團體三人交互繩花式比賽 (75 秒)	
14:00	9-11 歲 (2015-17 年出生) 女子組 12 - 15 歲 (2011 - 2014 年出生) 女子組 16 歲或以上 (2010 年或之前出生) 女子組
團體二人車輪跳比賽 (75 秒)	
16:15	9-11 歲 (2015-17 年出生) 女子組 12 - 15 歲 (2011 - 2014 年出生) 女子組 16 歲或以上 (2010 年或之前出生) 女子組
頒獎典禮	

- 以上時間只供參考，如有需要，本會會實際情況而作出調動，請留意大會宣佈。
- 各隊伍的比賽次序，請參考相關的出場序。
- 請運動員於比賽項目開始前 **10-15** 分鐘到召集處報到。
- 各運動員必須攜同有效的身份證明文件正本或副本 (證明文件必須印有參賽者樣貌及出生日期，如：香港身份證 / 護照 / 學生手冊) 到召集處報到及進入所屬比賽場區的裁判，以便核對身份。
- 如果運動員 / 隊伍因未經正確途徑進入比賽場區；例如未先到報到處報到，而進入等候區，或比賽場區，該運動員 / 隊伍將不會獲得參賽的資格。

Address: Workshop F on 11/F, Leapont Centre, Nos. 18-28 Wo Liu Hang Road, Shatin, N.T., Hong Kong
香港新界火炭禾寮坑路 18-28 號聯邦中心 11 樓 F 室

Telephone: (852) 9464 9757 Fax: (852) 3020 5764 Website: <http://www.hkropeskiping.org>

E-mail: info@hkropeskiping.org

Heat 1

Entry	Station/Event	Team	Participants	
#38	1: SRSR F 9-11	星辰跳繩部	☐ Lok Chi CHOY ☐ Hao Yin LO	☐ HEI WAN CHU ☐ Yuet Ming WONG
#35	2: SRSR F 9-11	Duckie Learning Centre	☐ Wing Kiu LEUNG ☐ Sum Yu PANG	☐ Tsz Tung LI ☐ Yuet Chi TSOI
#37	3: SRSR F 9-11	JUMPER	☐ Long Hei Lam ☐ WAI CHING LIU	☐ YEUK LAM MOK ☐ NGA SUM ALISHA TAM
#39	4: SRSR F 9-11	香港跳繩精英訓練社(Aces)	☐ Chi Ching Ko ☐ Yi Kiu Ellie Tang	☐ Yui Tung Lau ☐ Ching Man Wong
#36	5: SRSR F 9-11	HKRSAcademy	☐ Yau Ching Chan ☐ Chin Tung So	☐ Yan Tung Kuang ☐ Hiu Tung Wei
#34	6: SRSR F 9-11	Cherry Jump Co.	☐ Eden CHAN ☐ CHEUK TUNG CHANG	☐ Sze Hiu Anthea CHAN ☐ TSZ YU TANYA SHUM
#1109	7: SRSR F 12-15	Vigor	☐ Chi Hei CHAN ☐ YEE CHING KWOK	☐ Kei Ching Alexis LUNG ☐ Sik Tung LI
#1101	8: SRSR F 12-15	Duckie Learning Centre	☐ Chin Yau LAU ☐ Yat Ching YEUNG	☐ Wing Kei NG ☐ Sze Wing YUEN
#1114	9: SRSR F 12-15	香港跳繩精英訓練社(Aces)	☐ Ching Lai ☐ Yuen Man Wong	☐ Cheuk Ying Wong ☐ Yan Tung Yeung
#1113	10: SRSR F 12-15	香港跳繩精英訓練社(Aces)	☐ Tsz Ching Chen ☐ Sum Yau Hailey Lam	☐ Pui Man Ivy Kong ☐ Long Yi Li

Heat 2

Entry	Station/Event	Team	Participants	
#1106	1: SRSR F 12-15	HKSPORTPRO	☐ Yik Sum CHENG ☐ Hoi Shun Ng	☐ Yan Lam Charis Luk ☐ Yui Tam
#1112	2: SRSR F 12-15	星辰跳繩部	☐ Tsz Huen CHOW ☐ Cheuk Yin Ng	☐ Uen Ting CHUNG ☐ Yan Kiu WONG
#1105	3: SRSR F 12-15	HKRSC	☐ Hiu Lam CHAN ☐ Cheuk Lam Jolie NG	☐ Tsz Ying Leung ☐ Hoi Ching WONG
#1110	4: SRSR F 12-15	Vigor	☐ Long Yuet Chan ☐ Ka Yan Ng	☐ Sze Wing Chan ☐ Tin Sheung Yip
#1108	5: SRSR F 12-15	Stunning Rope Skipping Club	☐ Hoi Tung CHEUNG ☐ Hoi Lam LEUNG	☐ Cheuk Yu Lianne LEE ☐ Hoi Kiu WONG
#1102	6: SRSR F 12-15	HKRSAcademy	☐ Hiu Chin AU ☐ Karis SIN	☐ Tsz Yan CHEUNG ☐ Hoi Nam Karen TSANG
#1104	7: SRSR F 12-15	HKRSC	☐ Wai Kiu Cheng ☐ WING LAM KWOK	☐ SO YIN CHU ☐ PAN YIN LEUNG
#1111	8: SRSR F 12-15	星辰跳繩部	☐ Ying Hei CHAN ☐ EMMA WONG	☐ Sum Yau LAW ☐ YAN KI ZHENG
#1103	9: SRSR F 12-15	Fever Jump Rope	☐ Chi Yau Fong ☐ CHEUK YIN NG	☐ Tsz Fei Lai ☐ CHOI LAM CHARLENE NG

Heat 3

Entry	Station/Event	Team	Participants	
#403	1: SRSR F 16+ (S)	Vigor	☐ Sze Lam Roselyn Law ☐ Tung Ting	☐ Hoi Ching Li ☐ Wing Yiu Yim
#398	2: SRSR F 16+ (S)	JUMP TO INFINITY	☐ HOI KI CHUNG ☐ Tsz Yiu HUANG	☐ Ka Ka FAN ☐ Lap Yiu Law
#407	3: SRSR F 16+ (S)	星辰跳繩部	☐ Dodo Hoi Tung LAM ☐ Ngai Lam TAM	☐ Wai Yan LAM ☐ Sin Wah Jennifer WONG
#408	4: SRSR F 16+ (S)	繩研跳繩運動學院	☐ Wan Yeung Lam ☐ Siu Yan Ting	☐ Ching Wa Ma ☐ Ching Ka Wong
#410	5: SRSR F 16+ (S)	香港跳繩精英訓練社(Aces)	☐ Wing Yi CHIANG ☐ Siu Yu LUO	☐ Wing Ching LEE ☐ Yan Tung TO
#394	6: SRSR F 16+ (S)	HKRSAcademy	☐ Man Yi Katrina LEE ☐ Sum Yee LI	☐ Pui Lam LEE ☐ Hiu Tung YUEN
#395	7: SRSR F 16+ (S)	HKRSAcademy	☐ Ka Ying FAN ☐ Ka Yu SHEK	☐ Pui Yee POON ☐ Pui Yu SO
#393	8: SRSR F 16+ (S)	HKRSAcademy	☐ Hiu Lam CHAN ☐ Ching Ho WAN	☐ Kei Ching CHAN ☐ Chui Shan YAN
#404	9: SRSR F 16+ (S)	國際跳繩有限公司	☐ Tsz Mong CHAN ☐ Ming Wai TSANG	☐ Chi Wing CHIANG ☐ Ka Yin YAN
#401	10: SRSR F 16+ (S)	Masterful Studio	☐ Hiu Lam LEE ☐ Tsz Ying WONG	☐ Hoi Tung TAM ☐ Uen Yan LEE

Heat 4

Entry	Station/Event	Team	Participants	
#406	1: SRSR F 16+ (S)	星辰跳繩部	☐ Lai Ching CHAN ☐ Wing Yan LEUNG	☐ Uen Tung CHUNG ☐ Hau Lam WU
#402	2: SRSR F 16+ (S)	Stunning Rope Skipping Club	☐ Mei Wai Cheung ☐ Pui Shan Wan	☐ Cho Yi LAW ☐ Cheuk Lam LI
#405	3: SRSR F 16+ (S)	星辰跳繩部	☐ Yu Ki LI ☐ Nga Hei SIU	☐ Wing SHIH ☐ Yee Kiu SIU
#400	4: SRSR F 16+ (S)	Masterful Studio	☐ Pik Man Carman CHOI ☐ Yat Tung NG	☐ Yuen Ching LAM ☐ Hoi Ching TSE
#409	5: SRSR F 16+ (S)	繩研跳繩運動學院	☐ Yu Fung KO ☐ kai ying Lau	☐ Man Ying LEE ☐ Wing Hei Ling
#396	6: SRSR F 16+ (S)	JUMPER	☐ Sze Nga HUNG ☐ Cheuk Yin Tse	☐ Nga Ting LEUNG ☐ So Wa YEE
#397	7: SRSR F 16+ (S)	JUMPER	☐ Hoi Kiu Chan ☐ Kit Hei LAU	☐ Yee Ting Jim ☐ Wai Ci Yumi Lee
#411	8: SRSR F 16+ (S)	香港跳繩精英訓練社(Aces)	☐ Cheuk Shuen Chan ☐ Cheuk Hay Tsang	☐ Ellie LEONG ☐ Yi Lam WONG
#399	9: SRSR F 16+ (S)	Masterful Studio	☐ Wing Sum KWOK ☐ Ching Hei YIP	☐ Ka Yu WONG ☐ Sze Wai YIP
#1107	10: SRSR F 16+ (S)	HKSPORTPRO	☐ Artemis Jovex CHAN ☐ Tsz Kiu CHAU	☐ Yan Kiu Chau ☐ Heung Ching Ngai

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Heat Sheets by Heat

DDSR_Female

Day 1

Heat 5

Entry	Station/Event	Team	Participants	
#57	1: DDSR F 9-11	JUMPER	☐ Long Hei Lam ☐ YEUK LAM MOK	☐ Hei Yau Leung ☐ NGA SUM ALISHA TAM
#54	2: DDSR F 9-11	Cherry Jump Co.	☐ Sze Hiu Anthea CHAN ☐ Tsz YU TANYA SHUM	☐ CHEUK TUNG CHANG ☐ Man Jit Jetta YEE
#55	3: DDSR F 9-11	Duckie Learning Centre	☐ Wing Kiu LEUNG ☐ Sum Yu PANG	☐ Tsz Tung LI ☐ Yuet Chi TSOI
#56	4: DDSR F 9-11	HKRSAcademy	☐ Yau Ching Chan ☐ Chin Tung So	☐ Yan Tung Kuang ☐ Hiu Tung Wei
#58	5: DDSR F 9-11	香港跳繩精英訓練社(Aces)	☐ Chi Ching Ko ☐ Yui Tung Lau	☐ Lok Hei Lam ☐ Ching Man Wong
#1148	6: DDSR F 12-15	HKRSAcademy	☐ Tsz Yan CHEUNG ☐ Karis SIN	☐ Agnes LEE ☐ Hoi Nam Karena TSANG
#1155	7: DDSR F 12-15	Vigor	☐ Chi Hei CHAN ☐ Sik Tung LI	☐ YEE CHING KWOK ☐ Kei Ching Alexis LUNG
#1157	8: DDSR F 12-15	星辰跳繩部	☐ Sum Yau LAW ☐ EMMA WONG	☐ Chin Tung Relaa SO ☐ YAN KI ZHENG
#1158	9: DDSR F 12-15	星辰跳繩部	☐ Chung Yiu Chan ☐ Cheuk Yin Ng	☐ Uen Ting CHUNG ☐ Yan Kiu WONG
#1152	10: DDSR F 12-15	HKSPORTPRO	☐ Yik Sum CHENG ☐ Hoi Shun Ng	☐ Yan Lam Charis Luk ☐ Yui Tam

Heat 6

Entry	Station/Event	Team	Participants	
#1159	1: DDSR F 12-15	香港跳繩精英訓練社(Aces)	☐ Tsz Ching Chen ☐ Long Yi Li	☐ Pui Man Ivy Kong ☐ Wan Chi Tang
#1160	2: DDSR F 12-15	香港跳繩精英訓練社(Aces)	☐ Ching Lai ☐ Yuen Man Wong	☐ Cheuk Ying Wong ☐ Yan Tung Yeung
#1151	3: DDSR F 12-15	HKRSC	☐ Hiu Lam CHAN ☐ Hoi Ching WONG	☐ Cheuk Lam Jolie NG ☐ HOILAM WONG
#1156	4: DDSR F 12-15	Vigor	☐ Sze Wing Chan ☐ Ka Yan Ng	☐ Ho Yau LEUNG ☐ Long Yuet Chan
#1154	6: DDSR F 12-15	Stunning Rope Skipping Club	☐ Hoi Tung CHEUNG ☐ Hiu Tung LEUNG	☐ Hoi Kiu WONG ☐ Hoi Lam LEUNG
#1149	7: DDSR F 12-15	Fever Jump Rope	☐ Chi Yau Fong ☐ CHEUK YIN NG	☐ Tsz Fei Lai ☐ CHOI LAM CHARLENE NG
#1147	8: DDSR F 12-15	Duckie Learning Centre	☐ Chin Yau LAU ☐ Yat Ching YEUNG	☐ Wing Kei NG ☐ Sze Wing YUEN
#1150	9: DDSR F 12-15	HKRSC	☐ Wai Kiu Cheng ☐ WING LAM KWOK	☐ SO YIN CHU ☐ PAN YIN LEUNG

Heat 7

Entry	Station/Event	Team	Participants
#438	1: DDSR F 16+ (S)	Vigor	☐ Sze Lam Roselyn Law ☐ Tung Ting ☐ Hoi Ching Li ☐ Wing Yiu Yim
#441	2: DDSR F 16+ (S)	星辰跳繩部	☐ Lai Ching CHAN ☐ Uen Tung CHUNG ☐ Wing Yi CHAN ☐ Hau Lam WU
#435	3: DDSR F 16+ (S)	Masterful Studio	☐ Pik Man Carman CHOI ☐ Yat Tung NG ☐ Yuen Ching LAM ☐ Hoi Ching TSE
#428	4: DDSR F 16+ (S)	HKRSAcademy	☐ Hau Lam CHAN ☐ Hong Lam WONG ☐ Ching Ho WAN ☐ Chui Shan YAN
#444	5: DDSR F 16+ (S)	繩研跳繩運動學院	☐ Yu Fung KO ☐ kai ying Lau ☐ Man Ying LEE ☐ Wing Hei Ling
#436	6: DDSR F 16+ (S)	Masterful Studio	☐ Chun Ying YU ☐ Hoi Tung TAM ☐ Uen Yan LEE ☐ Tsz Ying WONG
#443	7: DDSR F 16+ (S)	繩研跳繩運動學院	☐ Wan Yeung Lam ☐ Wing Man Tang ☐ Ching Wa Ma ☐ Ching Ka Wong
#442	8: DDSR F 16+ (S)	星辰跳繩部	☐ Dodo Hoi Tung LAM ☐ Ngai Lam TAM ☐ Wai Yan LAM ☐ Po Yan Tse
#446	9: DDSR F 16+ (S)	香港跳繩精英訓練社(Aces)	☐ Cheuk Shuen Chan ☐ Cheuk Hay Tsang ☐ Tsz Ching Ho ☐ Yi Lam WONG
#440	10: DDSR F 16+ (S)	星辰跳繩部	☐ Yu Ki LI ☐ Yee Kiu SIU ☐ Nga Hei SIU ☐ Tsz Ching Gustave YEUNG

Heat 8

Entry	Station/Event	Team	Participants
#439	1: DDSR F 16+ (S)	國際跳繩有限公司	☐ Tsz Mong CHAN ☐ Ming Wai TSANG ☐ Chi Wing CHIANG ☐ Ka Yin YAN
#433	2: DDSR F 16+ (S)	JUMP TO INFINITY	☐ HOI KI CHUNG ☐ Tsz Yiu HUANG ☐ Ka Ka FAN ☐ Lap Yiu Law
#429	3: DDSR F 16+ (S)	HKRSAcademy	☐ Man Yi Katrina LEE ☐ Sum Yee LI ☐ Pui Lam LEE ☐ Hiu Tung YUEN
#437	4: DDSR F 16+ (S)	Stunning Rope Skipping Club	☐ Mei Wai Cheung ☐ Cho Yi LAW ☐ Shuk Ying Bo Bo Cheung ☐ Cheuk Lam LI
#445	5: DDSR F 16+ (S)	香港跳繩精英訓練社(Aces)	☐ Wing Yi CHIANG ☐ Wing Ching LEE ☐ Yat Yin HO ☐ Yan Tung TO
#430	6: DDSR F 16+ (S)	HKRSAcademy	☐ Pui Yee POON ☐ Hau Ching SIU ☐ Ka Yu SHEK ☐ Pui Yu SO
#432	7: DDSR F 16+ (S)	JUMPER	☐ Hoi Kiu Chan ☐ Kit Hei LAU ☐ Yee Ting Jim ☐ Wing Kei PANG
#434	8: DDSR F 16+ (S)	Masterful Studio	☐ Wing Sum KWOK ☐ Ching Hei YIP ☐ Ka Yu WONG ☐ Sze Wai YIP
#1153	9: DDSR F 16+ (S)	HKSPORTPRO	☐ Artemis Jovex CHAN ☐ Tsz Kiu CHAU ☐ Yan Kiu Chau ☐ Heung Ching Ngai
#431	10: DDSR F 16+ (S)	JUMPER	☐ Sze Nga HUNG ☐ Cheuk Yin Tse ☐ Nga Ting LEUNG ☐ Nga Yu WONG

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Heat Sheets by Heat

SRDU_Female

Day 1

Heat 9

Entry	Station/Event	Team	Participants
#52	1: SRDR F 9-11	香港伊利沙伯中學舊生會小學分校	☐ Cheuk Lam CHAN ☐ Chin Lam CHAU
#50	2: SRDR F 9-11	星辰跳繩部	☐ HEI WAN CHU ☐ Hao Yin LO
#49	3: SRDR F 9-11	元朗區體育會	☐ Wing Yau FUNG ☐ Yat Ching Lee
#48	4: SRDR F 9-11	TONG SIR Rope Skipping Academy	☐ Sze Yu Lam ☐ Tsoi Yin WONG
#53	5: SRDR F 9-11	香港跳繩精英訓練社(Aces)	☐ Chi Ching Ko ☐ Yui Tung Lau
#43	6: SRDR F 9-11	JUMPER	☐ Long Hei Lam ☐ WAI CHING LIU
#44	7: SRDR F 9-11	JUMPER	☐ Hei Yau Leung ☐ YEUK LAM MOK
#45	8: SRDR F 9-11	Masterful Studio	☐ Yan Tung LEE ☐ Wing Lam NG
#42	9: SRDR F 9-11	HKRSAcademy	☐ Chin Tung So ☐ Hiu Tung Wei
#46	10: SRDR F 9-11	Stunning Rope Skipping Club	☐ Cheuk Yan Malissa LEE ☐ Hoi Yiu WONG

Heat 10

Entry	Station/Event	Team	Participants	
#47	1: SRDR F 9-11	TONG SIR Rope Skipping Academy	☐ Tsz Yau Leung	☐ Wing Pui Elyse Li
#41	2: SRDR F 9-11	HKRSAcademy	☐ Yau Ching Chan	☐ Yan Tung Kuang
#51	3: SRDR F 9-11	星辰跳繩部	☐ Lok Chi CHOY	☐ Hoi Ying TANG
#40	4: SRDR F 9-11	Cherry Jump Co.	☐ TSZ YU TANYA SHUM	☐ Man Jit Jetta YEE
#1146	5: SRDR F 12-15	香港跳繩精英訓練社(Aces)	☐ Tsz Ching Chen	☐ Pui Man Ivy Kong
#1140	6: SRDR F 12-15	星辰跳繩部	☐ Chin Tung Rellaa SO	☐ EMMA WONG
#1126	7: SRDR F 12-15	HKSPORTPRO	☐ Yik Sum CHENG	☐ Yan Lam Charis Luk
#1134	8: SRDR F 12-15	TONG SIR Rope Skipping Academy	☐ Wai Kiu FOK	☐ Tin Yu WOO
#1128	9: SRDR F 12-15	SKIPPER'Z	☐ Tsz Hei Lee	☐ Tsz Ying Leung
#1139	10: SRDR F 12-15	國際跳繩有限公司	☐ Chin Wa Ho	☐ Yee Ching IP

Heat 11

Entry	Station/Event	Team	Participants	
#1142	1: SRDR F 12-15	星辰跳繩部	☐ Tsz Huen CHOW	☐ Cheuk Yin Ng
#1141	2: SRDR F 12-15	星辰跳繩部	☐ Ying Hei CHAN	☐ YAN KI ZHENG
#1119	3: SRDR F 12-15	HKRSAcademy	☐ Yi Sum LAM	☐ Sze Yu PANG
#1144	4: SRDR F 12-15	星辰跳繩部	☐ Yee Ching CHAN	☐ Yu Lok Wong
#1123	5: SRDR F 12-15	HKRSC	☐ LETTY HUI	☐ Lok Tung Tsui
#1131	6: SRDR F 12-15	SKIPPER'Z	☐ Yui Suet Chan	☐ Tsz Yan Leung
#1145	7: SRDR F 12-15	繩研跳繩運動學院	☐ Tsz Hei LAW	☐ Hei Tung YUNG
#1135	8: SRDR F 12-15	TONG SIR Rope Skipping Academy	☐ Ho Ching Mung	☐ Kwan Ting Wong
#1137	9: SRDR F 12-15	元朗區體育會	☐ Yuen Tung Chow	☐ Wing Yiu LEUNG

Heat 12

Entry	Station/Event	Team	Participants	
#1117	1: SRDR F 12-15	Duckie Learning Centre	☐ Lok Yan Stephanie CHEUNG	☐ Tsz Yau Kaycee LI
#1125	2: SRDR F 12-15	HKRSC	☐ Tsz Ying Leung	☐ HOI LAM WONG
#1143	3: SRDR F 12-15	星辰跳繩部	☐ Uen Ting CHUNG	☐ Yan Kiu WONG
#1118	4: SRDR F 12-15	Duckie Learning Centre	☐ Chin Yau LAU	☐ Wing Kei NG
#1122	5: SRDR F 12-15	HKRSC	☐ Nok Ching MA	☐ Hiu Tung WONG
#1121	6: SRDR F 12-15	Fever Jump Rope	☐ Chi Yau Fong	☐ Tsz Fei Lai
#1136	7: SRDR F 12-15	Vigor	☐ Chi Hei CHAN	☐ Kei Ching Alexis LUNG
#1127	8: SRDR F 12-15	JUMPER	☐ Chi Yuet Lai	☐ You jia Yommi XIE
#1120	9: SRDR F 12-15	Fever Jump Rope	☐ CHEUK YIN NG	☐ CHOI LAM CHARLENE NG
#1115	10: SRDR F 12-15	Duckie Learning Centre	☐ Hoi Ka CHAN	☐ Yin Sum Iris WONG

Heat 13

Entry	Station/Event	Team	Participants	
#1132	1: SRDR F 12-15	Stunning Rope Skipping Club	☐ Hoi Tung CHEUNG	☐ Hoi Lam LEUNG
#1130	2: SRDR F 12-15	SKIPPER'Z	☐ Hui Ching Chung	☐ Ka Yan Chung
#1138	3: SRDR F 12-15	國際跳繩有限公司	☐ Kaylie Yuri CHENG	☐ Hin Tsun LI
#1116	4: SRDR F 12-15	Duckie Learning Centre	☐ Hei Tung LAU	☐ Sze Wing YUEN
#1133	5: SRDR F 12-15	Stunning Rope Skipping Club	☐ Cheuk Yu Liannne LEE	☐ Hoi Kiu WONG
#1124	6: SRDR F 12-15	HKRSC	☐ Hui Lam CHAN	☐ Hoi Ching WONG
#412	7: SRDR F 16+ (S)	HKRSAcademy	☐ Hui Lam CHAN	☐ Chui Shan YAN
#420	8: SRDR F 16+ (S)	國際跳繩有限公司	☐ Tsz Mong CHAN	☐ Chi Wing CHIANG
#418	9: SRDR F 16+ (S)	RopeZen Academy	☐ Yee Kiu CHAN	☐ Yi Ki KUANG
#413	10: SRDR F 16+ (S)	HKRSAcademy	☐ Ziqi CHEN	☐ Hui Lam SHUM

Heat 14

Entry	Station/Event	Team	Participants	
#421	1: SRDR F 16+ (S)	星辰跳繩部	☐ Yu Ki LI YEUNG	☐ Tsz Ching Gustave
#422	2: SRDR F 16+ (S)	星辰跳繩部	☐ Hoi Tung CHENG	☐ Yan Hei LEUNG
#424	3: SRDR F 16+ (S)	溢動體育有限公司	☐ YING SO	☐ HIU CHING SUM
#425	4: SRDR F 16+ (S)	繩研跳繩運動學院	☐ Wing Hei Ling	☐ Tsz Ching YEUNG
#426	5: SRDR F 16+ (S)	繩研跳繩運動學院	☐ Wan Yeung Lam	☐ Ching Ka Wong
#423	6: SRDR F 16+ (S)	星辰跳繩部	☐ Uen Tung CHUNG	☐ Wing Yan LEUNG
#417	7: SRDR F 16+ (S)	JUMPER	☐ Hoi Kiu Chan	☐ Wai Ci Yumi Lee
#419	8: SRDR F 16+ (S)	元朗區體育會	☐ Ngou Cyun CHAN	☐ Nga Tung ZHU
#414	9: SRDR F 16+ (S)	Fever Jump Rope	☐ Yin Hei CHAN	☐ Sin Hang WAI
#415	10: SRDR F 16+ (S)	HKRSC	☐ MAN KI CHEUNG	☐ Yeuk Tung KEE

Heat 15

Entry	Station/Event	Team	Participants	
#416	1: SRDR F 16+ (S)	HKSPORTPRO	☐ Artemis Jovex CHAN	☐ Yan Kiu Chau
#427	2: SRDR F 16+ (S)	香港跳繩精英訓練社(Aces)	☐ Wing Yi CHIANG	☐ Yan Tung TO
#1129	3: SRDR F 16+ (S)	SKIPPER'Z	☐ Hoi Kei Chan	☐ Pui Yu Peony Chin

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Heat Sheets by Heat

DDSS_Female

Day 1

Heat 16

Entry	Station/Event	Team	Participants	
#63	1: DDSS F 9-11	元朗區體育會	☐ Wing Yau FUNG ☐ Yat Ching Lee	☐ Hannah LAU
#61	2: DDSS F 9-11	HKRSAcademy	☐ Yau Ching Chan ☐ Chin Tung So	☐ Yan Tung Kuang
#62	3: DDSS F 9-11	JUMPER	☐ Long Hei Lam ☐ NGA SUM ALISHA TAM	☐ YEUK LAM MOK
#64	4: DDSS F 9-11	香港跳繩精英訓練社(Aces)	☐ Chi Ching Ko ☐ Ching Man Wong	☐ Lok Hei Lam
#60	5: DDSS F 9-11	Duckie Learning Centre	☐ Tsz Tung LI ☐ Yuet Chi TSOI	☐ Sum Yu PANG
#59	6: DDSS F 9-11	Cherry Jump Co.	☐ Eden CHAN ☐ Man Jit Jetta YEE	☐ Sze Hui Anthea CHAN
#1172	7: DDSS F 12-15	星辰跳繩部	☐ Sum Yau LAW ☐ YAN KI ZHENG	☐ Chin Tung Relaa SO
#1171	8: DDSS F 12-15	Vigor	☐ Chi Hei CHAN ☐ Kei Ching Alexis LUNG	☐ YEE CHING KWOK
#1167	9: DDSS F 12-15	SKIPPER'Z	☐ Tsz Hei Lee ☐ Nga Ching Elie Yeung	☐ Tsz Ying Leung
#1170	10: DDSS F 12-15	Stunning Rope Skipping Club	☐ Yi Ki LEUNG ☐ Sin Yiu SUI	☐ Cheuk Kau LO

Heat 17

Entry	Station/Event	Team	Participants
#1174	1: DDSS F 12-15	星辰跳繩部	☐ Ying Hei CHAN ☐ EMMA WONG ☐ Yu Lok Wong
#1161	2: DDSS F 12-15	Duckie Learning Centre	☐ Hoi Ka CHAN ☐ Sze Wing YUEN ☐ Wing Kei NG
#1168	3: DDSS F 12-15	Stunning Rope Skipping Club	☐ Hoi Tung CHEUNG ☐ Hoi Kiu WONG ☐ Hoi Lam LEUNG
#1169	4: DDSS F 12-15	Stunning Rope Skipping Club	☐ Cheuk Yu Liannne LEE ☐ Hui Tung LEUNG ☐ Hoi Ching LEUNG
#1162	5: DDSS F 12-15	Duckie Learning Centre	☐ Hei Yau CHAN ☐ Tsz Yau Kaycee LI ☐ Lok Yan Stephanie CHEUNG
#1163	6: DDSS F 12-15	HKRSAcademy	☐ Yi Sum LAM ☐ Sze Yu PANG ☐ Agnes LEE
#1173	7: DDSS F 12-15	星辰跳繩部	☐ Chung Yiu Chan ☐ Cheuk Yin Ng ☐ Uen Ting CHUNG
#1175	8: DDSS F 12-15	香港跳繩精英訓練社(Aces)	☐ Tsz Ching Chen ☐ Long Yi Li ☐ Sum Yau Hailey Lam
#1165	9: DDSS F 12-15	HKRSC	☐ Tsz Ying Leung ☐ HOI LAM WONG ☐ Hoi Ching WONG
#1164	10: DDSS F 12-15	Fever Jump Rope	☐ Tsz Fei Lai ☐ CHOI LAM CHARLENE NG ☐ CHEUK YIN NG

Heat 18

Entry	Station/Event	Team	Participants
#1166	1: DDSS F 12-15	HKSPORTPRO	☐ Yan Lam Charis Luk ☐ Yui Tam ☐ Hoi Shun Ng
#453	2: DDSS F 16+ (S)	JUMPER	☐ Nga Ting LEUNG ☐ So Wa YEE ☐ Cheuk Yin Tse
#461	3: DDSS F 16+ (S)	星辰跳繩部	☐ Dodo Hoi Tung LAM ☐ Ngai Lam TAM ☐ Wai Yan LAM
#458	4: DDSS F 16+ (S)	Stunning Rope Skipping Club	☐ Hui Lam Cheng ☐ Yuen Yee WONG ☐ Wai Shan PANG
#451	5: DDSS F 16+ (S)	HKSPORTPRO	☐ Artemis Jovex CHAN ☐ Tsz Kiu CHAU ☐ Yan Kiu Chau
#457	6: DDSS F 16+ (S)	Stunning Rope Skipping Club	☐ Shuk Ying Bo Bo Cheung ☐ Cho Yi LAW ☐ Cheuk Lam LI
#456	7: DDSS F 16+ (S)	RopeZen Academy	☐ Yee Kiu CHAN ☐ Yi Ki KUANG ☐ Sum Yin HO
#462	8: DDSS F 16+ (S)	星辰跳繩部	☐ Sin Yu NG ☐ Sin Wah Jennifer WONG ☐ Po Yan Tse
#460	9: DDSS F 16+ (S)	元朗區體育會	☐ Ngou Cyun CHAN ☐ Nga Tung ZHU ☐ Huen Yau LAM
#454	10: DDSS F 16+ (S)	JUMP TO INFINITY	☐ Ka Ka FAN ☐ Lap Yiu Law ☐ Tsz Yiu HUANG

Heat 19

Entry	Station/Event	Team	Participants
#459	1: DDSS F 16+ (S)	Vigor	☐ Sze Lam Roselyn Law ☐ Tung Ting ☐ Hoi Ching Li
#466	2: DDSS F 16+ (S)	香港跳繩精英訓練社(Aces)	☐ Cheuk Shuen Chan ☐ Yi Lam WONG ☐ Cheuk Hay Tsang
#448	3: DDSS F 16+ (S)	HKRSAcademy	☐ Hui Lam CHAN ☐ Ching Ho WAN ☐ Kei Ching CHAN
#463	4: DDSS F 16+ (S)	繩研跳繩運動學院	☐ Wan Yeung Lam ☐ Ching Ka Wong ☐ Ching Wa Ma
#447	5: DDSS F 16+ (S)	HKRSAcademy	☐ Sum Tim IP ☐ Hong Lam WONG ☐ Wing Yau TAI
#455	6: DDSS F 16+ (S)	Masterful Studio	☐ Uen Yan LEE ☐ Chun Ying YU ☐ Tsz Ying WONG
#465	7: DDSS F 16+ (S)	香港跳繩精英訓練社(Aces)	☐ Wing Ching LEE ☐ Yan Tung TO ☐ Siu Yu LUO
#450	8: DDSS F 16+ (S)	HKRSC	☐ MAN KI CHEUNG ☐ Hoi Ching TANG ☐ Yeuk Tung KEE
#464	9: DDSS F 16+ (S)	繩研跳繩運動學院	☐ Yu Fung KO ☐ Man Ying LEE ☐ kaiying Lau
#452	10: DDSS F 16+ (S)	JUMPER	☐ Yee Ting Jim ☐ Wai Ci Yumi Lee ☐ Kit Hei LAU

Heat 20

Entry	Station/Event	Team	Participants
#449	1: DDSS F 16+ (S)	HKRSAcademy	☐ Ka Yu SHEK ☐ Pui Yu SO ☐ Hau Ching SIU

Heat 21

Entry	Station/Event	Team	Participants	
#501	1: SRTF F 16+ (S)	Masterful Studio	☐ Pik Man Carman CHOI ☐ Yat Tung NG	☐ Yuen Ching LAM ☐ Hoi Ching TSE
#1233	2: DDPF F 12-15	星辰跳繩部	☐ Chung Yiu Chan ☐ Cheuk Yin Ng	☐ Uen Ting CHUNG ☐ Yan Kiu WONG

Heat 22

Entry	Station/Event	Team	Participants	
#508	1: SRTF F 16+ (S)	星辰跳繩部	☐ Dodo Hoi Tung LAM ☐ Ngai Lam TAM	☐ Wai Yan LAM ☐ Sin Wah Jennifer WONG
#1234	2: DDPF F 12-15	香港跳繩精英訓練社(Aces)	☐ Tsz Ching Chen ☐ Long Yi Li	☐ Pui Man Ivy Kong ☐ Wan Chi Tang

Heat 23

Entry	Station/Event	Team	Participants	
#505	1: SRTF F 16+ (S)	國際跳繩有限公司	☐ Tsz Mong CHAN ☐ Ming Wai TSANG	☐ Chi Wing CHIANG ☐ Ka Yin YAN
#1229	2: DDPF F 12-15	Stunning Rope Skipping Club	☐ Hoi Tung CHEUNG ☐ Hoi Lam LEUNG	☐ Hiu Tung LEUNG ☐ Hoi Kiu WONG

Heat 24

Entry	Station/Event	Team	Participants	
#509	1: SRTF F 16+ (S)	繩研跳繩運動學院	☐ Wan Yeung Lam ☐ Siu Yan Ting	☐ Wing Man Tang ☐ Ching Wa Ma
#1227	2: DDPF F 12-15	HKRSC	☐ Wai Kiu Cheng ☐ WING LAM KWOK	☐ SO YIN CHU ☐ PAN YIN LEUNG

Heat 25

Entry	Station/Event	Team	Participants	
#500	1: SRTF F 16+ (S)	Masterful Studio	☐ Wing Sum KWOK ☐ Ching Hei YIP	☐ Ka Yu WONG ☐ Sze Wai YIP
#1226	2: DDPF F 12-15	Fever Jump Rope	☐ Chi Yau Fong ☐ CHEUK YIN NG	☐ Tsz Fei Lai ☐ CHOI LAM CHARLENE NG

Heat 26

Entry	Station/Event	Team	Participants	
#498	1: SRTF F 16+ (S)	JUMPER	☐ Nga Ting LEUNG ☐ Nga Yu WONG	☐ Cheuk Yin Tse ☐ So Wa YEE
#1231	2: DDPF F 12-15	Vigor	☐ Sze Wing Chan ☐ Ka Yan Ng	☐ Ho Yau LEUNG ☐ Long Yuet Chan

Heat 27

Entry	Station/Event	Team	Participants	
#503	1: SRTF F 16+ (S)	Stunning Rope Skipping Club	☐ Mei Wai Cheung ☐ Cho Yi LAW	☐ Pui Shan Wan ☐ Cheuk Lam LI
#1225	2: DDPF F 12-15	HKRSAcademy	☐ Hiu Chin AU ☐ Agnes LEE	☐ Tsz Yan CHEUNG ☐ Karis SIN

Heat 28

Entry	Station/Event	Team	Participants	
#507	1: SRTF F 16+ (S)	星辰跳繩部	☐ Lai Ching CHAN ☐ Uen Tung CHUNG	☐ Wing Yi CHAN ☐ Hau Lam WU
#1228	2: DDPF F 12-15	HKRSC	☐ Hui Lam CHAN ☐ Cheuk Lam Jolie NG	☐ HOI LAM WONG ☐ Hoi Ching WONG

Heat 29

Entry	Station/Event	Team	Participants	
#499	1: SRTF F 16+ (S)	JUMPER	☐ Hoi Kiu Chan ☐ Wing Kei PANG	☐ Yee Ting Jim ☐ Wai Ci Yumi Lee
#1232	2: DDPF F 12-15	星辰跳繩部	☐ Ying Hei CHAN ☐ Chin Tung Rellaa SO	☐ Sum Yau LAW ☐ EMMA WONG

Heat 30

Entry	Station/Event	Team	Participants	
#511	1: SRTF F 16+ (S)	香港跳繩精英訓練社(Aces)	☐ Wing Yi CHIANG ☐ Si Yu LUO	☐ Wing Ching LEE ☐ Yan Tung TO
#1224	2: DDPF F 12-15	Duckie Learning Centre	☐ Chin Yau LAU ☐ Hui Ying YEUNG	☐ Wing Kei NG ☐ Yat Ching YEUNG

Heat 31

Entry	Station/Event	Team	Participants	
#512	1: SRTF F 16+ (S)	香港跳繩精英訓練社(Aces)	☐ Tsz Ching Ho ☐ Cheuk Hay Tsang	☐ Ellie LEONG ☐ Yi Lam WONG
#1230	2: DDPF F 12-15	Vigor	☐ Chi Hei CHAN ☐ Sik Tung LI	☐ YEE CHING KWOK ☐ Kei Ching Alexis LUNG

Heat 32

Entry	Station/Event	Team	Participants	
#504	1: SRTF F 16+ (S)	Vigor	☐ Sze Lam Roselyn Law ☐ Tung Ting	☐ Hoi Ching Li ☐ Wing Yui Yim
#1235	2: DDPF F 12-15	香港跳繩精英訓練社(Aces)	☐ Ching Lai ☐ Yuen Man Wong	☐ Cheuk Ying Wong ☐ Yan Tung Yeung

Heat 33

Entry	Station/Event	Team	Participants	
#502	1: SRTF F 16+ (S)	Masterful Studio	☐ Uen Yan LEE ☐ Tsz Ying WONG	☐ Hoi Tung TAM ☐ Chun Ying YU
#526	2: DDPF F 16+ (S)	JUMPER	☐ Sze Nga HUNG ☐ Cheuk Yin Tse	☐ Nga Ting LEUNG ☐ So Wa YEE

Heat 34

Entry	Station/Event	Team	Participants	
#496	1: SRTF F 16+ (S)	HKRSAcademy	☐ Kei Ching CHAN ☐ Hong Lam WONG	☐ Ching Ho WAN ☐ Chui Shan YAN
#529	2: DDPF F 16+ (S)	Masterful Studio	☐ Pik Man Carman CHOI ☐ Yat Tung NG	☐ Yuen Ching LAM ☐ Hoi Ching TSE

Heat 35

Entry	Station/Event	Team	Participants	
#497	1: SRTF F 16+ (S)	HKRSAcademy	☐ Man Yi Katrina LEE ☐ Sum Yee LI	☐ Pui Lam LEE ☐ Hui Tung YUEN
#535	2: DDPF F 16+ (S)	星辰跳繩部	☐ Lai Ching CHAN ☐ Wing Yan LEUNG	☐ Uen Tung CHUNG ☐ Hau Lam WU

Heat 36

Entry	Station/Event	Team	Participants	
#506	1: SRTF F 16+ (S)	星辰跳繩部	☐ Yu Ki LI ☐ Nga Hei SIU	☐ Wing SHIH ☐ Tsz Ching Gustave YEUNG
#532	2: DDPF F 16+ (S)	Vigor	☐ Sze Lam Roselyn Law ☐ Tung Ting	☐ Hoi Ching Li ☐ Wing Yui Yim

Heat 37

Entry	Station/Event	Team	Participants	
#510	1: SRTF F 16+ (S)	繩研跳繩運動學院	☐ Yu Fung KO ☐ Hang Yu LEUNG	☐ Man Ying LEE ☐ Wing Hei Ling
#533	2: DDPF F 16+ (S)	國際跳繩有限公司	☐ Tsz Mong CHAN ☐ Ming Wai TSANG	☐ Chi Wing CHIANG ☐ Ka Yin YAN

Heat 38

Entry	Station/Event	Team	Participants	
#81	1: SRTF F 9-11	香港跳繩精英訓練社(Aces)	☐ Chi Ching Ko ☐ Yi Kiu Ellie Tang	☐ Yui Tung Lau ☐ Ching Man Wong
#531	2: DDPF F 16+ (S)	Stunning Rope Skipping Club	☐ Mei Wai Cheung ☐ Cheuk Lam LI	☐ Shuk Ying Bo Bo Cheung ☐ Cho Yi LAW

Heat 39

Entry	Station/Event	Team	Participants	
#78	1: SRTF F 9-11	Duckie Learning Centre	☐ Wing Kiu LEUNG ☐ Sum Yu PANG	☐ Tsz Tung LI ☐ Yuet Chi TSOI
#536	2: DDPF F 16+ (S)	星辰跳繩部	☐ Dodo Hoi Tung LAM ☐ Ngai Lam TAM	☐ Wai Yan LAM ☐ Po Yan Tse

Heat 40

Entry	Station/Event	Team	Participants	
#77	1: SRTF F 9-11	Cherry Jump Co.	☐ Eden CHAN ☐ TISZ YU TANYA SHUM	☐ Sze Hiu Anthea CHAN ☐ Man Jit Jetta YEE
#540	2: DDPF F 16+ (S)	香港跳繩精英訓練社(Aces)	☐ Cheuk Shuen Chan ☐ Cheuk Hay Tsang	☐ Tsz Ching Ho ☐ Yi Lam WONG

Heat 41

Entry	Station/Event	Team	Participants	
#79	1: SRTF F 9-11	HKRSAcademy	☐ Yau Ching Chan ☐ Chin Tung So	☐ Yan Tung Kuang ☐ Hiu Tung Wei
#539	2: DDPF F 16+ (S)	香港跳繩精英訓練社(Aces)	☐ Wing Yi CHIANG ☐ Wing Ching LEE	☐ Yat Yin HO ☐ Yan Tung TO

Heat 42

Entry	Station/Event	Team	Participants	
#80	1: SRTF F 9-11	JUMPER	☐ Long Hei Lam ☐ YEUK LAM MOK	☐ Hei Yau Leung ☐ NGA SUM ALISHA TAM
#534	2: DDPF F 16+ (S)	星辰跳繩部	☐ Yu Ki LI ☐ Yee Kiu SIU	☐ Nga Hei SIU ☐ Tsz Ching Gustave YEUNG

Heat 43

Entry	Station/Event	Team	Participants	
#1208	1: SRTF F 12-15	Vigor	☐ Long Yuet Chan ☐ Ka Yan Ng	☐ Sze Wing Chan ☐ Ho Yau LEUNG
#530	2: DDPF F 16+ (S)	Masterful Studio	☐ Hui Lam LEE ☐ Hoi Tung TAM	☐ Uen Yan LEE ☐ Chun Ying YU

Heat 44

Entry	Station/Event	Team	Participants	
#1200	1: SRTF F 12-15	Duckie Learning Centre	☐ Chin Yau LAU ☐ Hui Ying YEUNG	☐ Wing Kei NG ☐ Yat Ching YEUNG
#525	2: DDPF F 16+ (S)	HKRSAcademy	☐ Man Yi Katrina LEE ☐ Sum Yee LI	☐ Pui Lam LEE ☐ Hui Tung YUEN

Heat 45

Entry	Station/Event	Team	Participants	
#1205	1: SRTF F 12-15	HKSPORTPRO	☐ Yik Sum CHENG ☐ Hoi Shun Ng	☐ Yan Lam Charis Luk ☐ Yui Tam
#528	2: DDPF F 16+ (S)	Masterful Studio	☐ Wing Sum KWOK ☐ Ching Hei YIP	☐ Ka Yu WONG ☐ Sze Wai YIP

Heat 46

Entry	Station/Event	Team	Participants	
#1209	1: SRTF F 12-15	星辰跳繩部	☐ Ying Hei CHAN ☐ EMMA WONG	☐ Sum Yau LAW ☐ YAN KI ZHENG
#524	2: DDPF F 16+ (S)	HKRSAcademy	☐ Hui Lam CHAN ☐ Ching Ho WAN	☐ Kei Ching CHAN ☐ Hong Lam WONG

Heat 47

Entry	Station/Event	Team	Participants	
#1212	1: SRTF F 12-15	香港跳繩精英訓練社(Aces)	☐ Ching Lai ☐ Yuen Man Wong	☐ Cheuk Ying Wong ☐ Yan Tung Yeung
#537	2: DDPF F 16+ (S)	繩研跳繩運動學院	☐ Wan Yeung Lam ☐ Siu Yan Ting	☐ Ching Wa Ma ☐ Ching Ka Wong

Heat 48

Entry	Station/Event	Team	Participants	
#1202	1: SRTF F 12-15	Fever Jump Rope	☐ Chi Yau Fong ☐ CHEUK YIN NG	☐ Tsz Fei Lai ☐ CHOI LAM CHARLENE NG
#538	2: DDPF F 16+ (S)	繩研跳繩運動學院	☐ Yu Fung KO ☐ Man Ying LEE	☐ kai ying Lau ☐ Hang Yu LEUNG

Heat 49

Entry	Station/Event	Team	Participants	
#1207	1: SRTF F 12-15	Vigor	☐ Chi Hei CHAN ☐ YEE CHING KWOK	☐ Hei Wing Isabelle Chung ☐ Sik Tung LI
#527	2: DDPF F 16+ (S)	JUMPER	☐ Hoi Kiu Chan ☐ Wai Ci Yumi Lee	☐ Yee Ting Jim ☐ Kit Hei LAU

Heat 50

Entry	Station/Event	Team	Participants	
#1210	1: SRTF F 12-15	星辰跳繩部	☐ Tsz Huen CHOW ☐ Cheuk Yin Ng	☐ Uen Ting CHUNG ☐ Yan Kiu WONG
#84	2: DDPF F 9-11	Cherry Jump Co.	☐ Eden CHAN ☐ CHEUK TUNG CHANG	☐ Sze Hiu Anthea CHAN ☐ Man Jit Jetta YEE

Heat 51

Entry	Station/Event	Team	Participants	
#1206	1: SRTF F 12-15	Stunning Rope Skipping Club	☐ Hoi Tung CHEUNG ☐ Hui Tung LEUNG	☐ Hoi Lam LEUNG ☐ Hoi Kiu WONG
#86	2: DDPF F 9-11	HKRSAcademy	☐ Yau Ching Chan ☐ Chin Tung So	☐ Yan Tung Kuang ☐ Hui Tung Wei

Heat 52

Entry	Station/Event	Team	Participants	
#1204	1: SRTF F 12-15	HKRSC	☐ Tsz Ying Leung ☐ Hoi Ching WONG	☐ Hui Lam CHAN ☐ HOI LAM WONG
#87	2: DDPF F 9-11	JUMPER	☐ Long Hei Lam ☐ YEUK LAM MOK	☐ Hei Yau Leung ☐ NGA SUM ALISHA TAM

Heat 53

Entry	Station/Event	Team	Participants	
#1211	1: SRTF F 12-15	香港跳繩精英訓練社(Aces)	☐ Tsz Ching Chen ☐ Sum Yau Hailey Lam	☐ Pui Man Ivy Kong ☐ Long Yi Li
#85	2: DDPF F 9-11	Duckie Learning Centre	☐ Wing Kiu LEUNG ☐ Sum Yu PANG	☐ Tsz Tung LI ☐ Yuet Chi TSOI

Heat 54

Entry	Station/Event	Team	Participants	
#1203	1: SRTF F 12-15	HKRSC	☐ Wai Kiu Cheng ☐ WING LAM KWOK	☐ SO YIN CHU ☐ PAN YIN LEUNG
#1862	2: DDPF F 9-11	香港跳繩精英訓練社(Aces)	☐ Lok Hei Lam ☐ Ching Man Wong	☐ Chi Ching Ko ☐ Yui Tung Lau

Heat 55

Entry	Station/Event	Team	Participants	
#1201	1: SRTF F 12-15	HKRSAcademy	☐ Hui Chin AU ☐ Karis SIN	☐ Agnes LEE ☐ Hoi Nam Karena TSANG

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Day 1

Heat 56

Entry	Station/Event	Team	Participants	
#482	1: SRPF F 16+ (S)	元朗區體育會	☐ Ngou Cyun CHAN	☐ Nga Tung ZHU
#1221	2: DDSF F 12-15	Vigor	☐ Chi Hei CHAN ☐ Kei Ching Alexis LUNG	☐ YEE CHING KWOK

Heat 57

Entry	Station/Event	Team	Participants	
#484	1: SRPF F 16+ (S)	星辰跳繩部	☐ Wing Yi CHAN	☐ Hau Lam WU
#1217	2: DDSF F 12-15	HKRSAcademy	☐ Hui Chin AU ☐ Agnes LEE	☐ Tsz Yan CHEUNG

Heat 58

Entry	Station/Event	Team	Participants	
#471	1: SRPF F 16+ (S)	HKRSAcademy	☐ Ka Yu SHEK	☐ Yuet Lam Felice WONG
#1215	2: DDSF F 12-15	Duckie Learning Centre	☐ Lok Yan Stephanie CHEUNG	☐ Chi Ching KWAN ☐ Tsz Yau Kaycee LI

Heat 59

Entry	Station/Event	Team	Participants	
#1213	2: DDSF F 12-15	Duckie Learning Centre	☐ Chin Yau LAU ☐ Yat Ching YEUNG	☐ Hui Ying YEUNG

Heat 60

Entry	Station/Event	Team	Participants	
#489	1: SRPF F 16+ (S)	繩研跳繩運動學院	☐ Yu Fung KO	☐ Man Ying LEE
#1219	2: DDSF F 12-15	HKRSC	☐ Hui Lam CHAN ☐ HOI LAM WONG	☐ Cheuk Lam Jolie NG

Heat 61

Entry	Station/Event	Team	Participants	
#485	1: SRPF F 16+ (S)	星辰跳繩部	☐ Uen Tung CHUNG	☐ Wing Yan LEUNG
#1223	2: DDSF F 12-15	香港跳繩精英訓練社(Aces)	☐ Pui Man Ivy Kong ☐ Wan Chi Tang	☐ Sum Yau Hailey Lam

Heat 62

Entry	Station/Event	Team	Participants	
#474	1: SRPF F 16+ (S)	HKRSC	☐ MAN KI CHEUNG	☐ Yeuk Tung KEE
#1222	2: DDSF F 12-15	Vigor	☐ Hei Wing Isabelle Chung	☐ Ho Yau LEUNG ☐ Ka Yan Ng

Heat 63

Entry	Station/Event	Team	Participants	
#469	1: SRPF F 16+ (S)	HKRSAcademy	☐ Hau Ching SIU	☐ Pui Yu SO
#1216	2: DDSF F 12-15	HKRSAcademy	☐ Ka Ying FAN ☐ Yuet Lam Felice WONG	☐ Ka Yu SHEK

Heat 64

Entry	Station/Event	Team	Participants	
#493	1: SRPF F 16+ (S)	香港跳繩精英訓練社(Aces)	☐ Yat Yin HO	☐ Siu Yu LUO
#1214	2: DDSF F 12-15	Duckie Learning Centre	☐ Hoi Ka CHAN ☐ Yin Sum Iris WONG	☐ Wing Kei NG

Heat 65

Entry	Station/Event	Team	Participants	
#486	1: SRPF F 16+ (S)	星辰跳繩部	☐ Dodo Hoi Tung LAM	☐ Ngai Lam TAM
#1220	2: DDSF F 12-15	Stunning Rope Skipping Club	☐ Hui Tung LEUNG ☐ Hoi Kiu WONG	☐ Hoi Lam LEUNG

Heat 66

Entry	Station/Event	Team	Participants	
#473	1: SRPF F 16+ (S)	HKRSC	☐ Yin Ting POON	☐ Tsz Yiu WONG
#1218	2: DDSF F 12-15	Fever Jump Rope	☐ Tsz Fei Lai ☐ CHOI LAM CHARLENE NG	☐ CHEUK YIN NG

Heat 67

Entry	Station/Event	Team	Participants	
#488	1: SRPF F 16+ (S)	繩研跳繩運動學院	☐ Ching Wa Ma	☐ Siu Yan Ting
#516	2: DDSF F 16+ (S)	Masterful Studio	☐ Mei Kei Maggie LAU ☐ Sze Nga NG	☐ Uen Yan LEE

Heat 68

Entry	Station/Event	Team	Participants	
#476	1: SRPF F 16+ (S)	JUMPER	☐ Cheuk Yiu Chan	☐ Sau Yan Ho
#519	2: DDSF F 16+ (S)	國際跳繩有限公司	☐ Chi Wing CHIANG ☐ Ka Yin YAN	☐ Ming Wai TSANG

Heat 69

Entry	Station/Event	Team	Participants	
#467	1: SRPF F 16+ (S)	HKRSAcademy	☐ Sum Tim IP	☐ Hong Lam WONG
#520	2: DDSF F 16+ (S)	星辰跳繩部	☐ Wing Yi CHAN ☐ Hau Lam WU	☐ Wing Yan LEUNG

Heat 70

Entry	Station/Event	Team	Participants	
#494	1: SRPF F 16+ (S)	香港跳繩精英訓練社(Aces)	☐ Wing Yi CHIANG	☐ Wing Ching LEE
#515	2: DDSF F 16+ (S)	HKSPORTPRO	☐ Artemis Jovex CHAN ☐ Tsz Kiu CHAU	☐ Yan Kiu Chau

Heat 71

Entry	Station/Event	Team	Participants	
#495	1: SRPF F 16+ (S)	香港跳繩精英訓練社(Aces)	☐ Cheuk Hay Tsang	☐ Yi Lam WONG
#523	2: DDSF F 16+ (S)	香港跳繩精英訓練社(Aces)	☐ Wing Yi CHIANG ☐ Yan Tung TO	☐ Wing Ching LEE

Heat 72

Entry	Station/Event	Team	Participants	
#468	1: SRPF F 16+ (S)	HKRSAcademy	☐ Sum Yee LI	☐ Hiu Tung YUEN
#522	2: DDSF F 16+ (S)	繩研跳繩運動學院	☐ Yu Fung KO ☐ Man Ying LEE	☐ kai ying Lau

Heat 73

Entry	Station/Event	Team	Participants	
#480	1: SRPF F 16+ (S)	Stunning Rope Skipping Club	☐ Mei Sze Lai	☐ Wai Shan PANG
#517	2: DDSF F 16+ (S)	Vigor	☐ Hoi Ching Li ☐ Wing Yiu Yim	☐ Tung Ting

Heat 74

Entry	Station/Event	Team	Participants	
#478	1: SRPF F 16+ (S)	Masterful Studio	☐ Wing Sum KWOK	☐ Ching Hei YIP
#513	2: DDSF F 16+ (S)	HKRSAcademy	☐ Pui Yee POON ☐ Pui Yu SO	☐ Hau Ching SIU

Heat 75

Entry	Station/Event	Team	Participants	
#491	1: SRPF F 16+ (S)	香港跳繩精英訓練社(Aces)	☐ Shin Hang LO	☐ Ka Ying So
#514	2: DDSF F 16+ (S)	HKRSC	☐ MAN KI CHEUNG ☐ Hoi Ching TANG	☐ Yeuk Tung KEE

Heat 76

Entry	Station/Event	Team	Participants	
#479	1: SRPF F 16+ (S)	Masterful Studio	☐ Hoi Tung TAM	☐ Tsz Ying WONG
#521	2: DDSF F 16+ (S)	繩研跳繩運動學院	☐ Ching Wa Ma ☐ Ching Ka Wong	☐ Tsz Yau Ng

Heat 77

Entry	Station/Event	Team	Participants	
#483	1: SRPF F 16+ (S)	星辰跳繩部	☐ Wing SHIH	☐ Nga Hei SIU
#518	2: DDSF F 16+ (S)	元朗區體育會	☐ Ngou Cyun CHAN ☐ Nga Tung ZHU	☐ Huen Yau LAM

Heat 78

Entry	Station/Event	Team	Participants	
#472	1: SRPF F 16+ (S)	Fever Jump Rope	☐ Yin Hei CHAN	☐ Sin Hang WAI
#83	2: DDSF F 9-11	TONG SIR Rope Skipping Academy	☐ Sze Yu Lam ☐ Wing Kiu YEUNG	☐ Tsoi Yin WONG

Heat 79

Entry	Station/Event	Team	Participants	
#481	1: SRPF F 16+ (S)	Vigor	☐ Sze Lam Roselyn Law	☐ Hoi Ching Li
#82	2: DDSF F 9-11	Cherry Jump Co.	☐ Eden CHAN ☐ CHEUK TUNG CHANG	☐ Sze Hiu Anthea CHAN

Heat 80

Entry	Station/Event	Team	Participants	
#487	1: SRPF F 16+ (S)	星辰跳繩部	☐ Wai Yan LAM	☐ Sin Yu NG

Heat 81

Entry	Station/Event	Team	Participants	
#492	1: SRPF F 16+ (S)	香港跳繩精英訓練社(Aces)	☐ Cheuk Shuen Chan	☐ Ka Yi Liu

Heat 82

Entry	Station/Event	Team	Participants	
#470	1: SRPF F 16+ (S)	HKRSAcademy	☐ Ka Ying FAN	☐ Pui Yee POON

Heat 83

Entry	Station/Event	Team	Participants	
#475	1: SRPF F 16+ (S)	HKSPORTPRO	☐ Artemis Jovex CHAN	☐ Tsz Kiu CHAU

Heat 84

Entry	Station/Event	Team	Participants	
#477	1: SRPF F 16+ (S)	JUMP TO INFINITY	☐ Wing Tung LAW	☐ Sin Yi Lo

Heat 85

Entry	Station/Event	Team	Participants	
#1192	1: SRPF F 12-15	Vigor	☐ Cheuk Ying Law	☐ Sik Tung LI

Heat 86

Entry	Station/Event	Team	Participants	
#71	1: SRPF F 9-11	Masterful Studio	☐ Yan Tung LEE	☐ Wing Lam NG

Heat 87

Entry	Station/Event	Team	Participants	
#76	1: SRPF F 9-11	香港伊利沙伯中學舊生會小學分校	☐ Cheuk Lam CHAN	☐ Chin Lam CHAU

Heat 88

Entry	Station/Event	Team	Participants	
#69	1: SRPF F 9-11	JUMPER	☐ Long Hei Lam	☐ WAI CHING LIU

Heat 89

Entry	Station/Event	Team	Participants	
#66	1: SRPF F 9-11	HKRSAcademy	☐ Elizabeth Chan	☐ Yui Ning Alicia Chong

Heat 90

Entry	Station/Event	Team	Participants	
#73	1: SRPF F 9-11	TONG SIR Rope Skipping Academy	☐ Sze Yu Lam	☐ Wing Kiu YEUNG

Heat 91

Entry	Station/Event	Team	Participants	
#68	1: SRPF F 9-11	HKSPORTPRO	☐ Yik Sum CHENG	☐ Yui Tam

Heat 92

Entry	Station/Event	Team	Participants	
#74	1: SRPF F 9-11	元朗區體育會	☐ Wing Yau FUNG	☐ Hannah LAU

Heat 93

Entry	Station/Event	Team	Participants	
#65	1: SRPF F 9-11	Cherry Jump Co.	☐ Eden CHAN	☐ Man Jit Jetta YEE

Heat 94

Entry	Station/Event	Team	Participants	
#67	1: SRPF F 9-11	HKRSAcademy	☐ Yat Lok Cheung	☐ Sum Yu Wong

Heat 95

Entry	Station/Event	Team	Participants	
#70	1: SRPF F 9-11	JUMPER	☐ YEUK LAM MOK	☐ NGA SUM ALISHA TAM

Heat 96

Entry	Station/Event	Team	Participants	
#75	1: SRPF F 12-15	星辰跳繩部	☐ Ying Hei CHAN	☐ YAN KI ZHENG

Heat 97

Entry	Station/Event	Team	Participants	
#72	1: SRPF F 12-15	Stunning Rope Skipping Club	☐ Cheuk Yan Malissa LEE	☐ Hoi Yiu WONG

Heat 98

Entry	Station/Event	Team	Participants	
#1199	1: SRPF F 12-15	香港跳繩精英訓練社(Aces)	☐ Cheuk Ying Wong	☐ Yuen Man Wong

Heat 99

Entry	Station/Event	Team	Participants	
#1189	1: SRPF F 12-15	Vigor	☐ Hei Wing Isabelle Chung	☐ Kei Ching Alexis LUNG

Heat 100

Entry	Station/Event	Team	Participants	
#1183	1: SRPF F 12-15	HKRSC	☐ Hoi Ching WONG	☐ Hiu Tung WONG

Heat 101

Entry	Station/Event	Team	Participants	
#1194	1: SRPF F 12-15	國際跳繩有限公司	☐ Yuen Yin CHAN	☐ Chin Wa Ho

Heat 102

Entry	Station/Event	Team	Participants	
#1188	1: SRPF F 12-15	TONG SIR Rope Skipping Academy	☐ Wai Kiu FOK	☐ Tin Yu WOO

Heat 103

Entry	Station/Event	Team	Participants	
#1182	1: SRPF F 12-15	HKRSC	☐ LETTY HUI	☐ Lok Tung Tsui

Heat 104

Entry	Station/Event	Team	Participants	
#1184	1: SRPF F 12-15	HKRSC	☐ Hiu Lam CHAN	☐ Cheuk Lam Jolie NG

Heat 105

Entry	Station/Event	Team	Participants	
#1177	1: SRPF F 12-15	Duckie Learning Centre	☐ Lok Yan Stephanie CHEUNG	☐ Tsz Yau Kaycee LI

Heat 106

Entry	Station/Event	Team	Participants	
#1181	1: SRPF F 12-15	Fever Jump Rope	☐ Chi Yau Fong	☐ Tsz FeiLai

Heat 107

Entry	Station/Event	Team	Participants	
#1187	1: SRPF F 12-15	Stunning Rope Skipping Club	☐ Hoi Lam LEUNG	☐ Hoi Kiu WONG

Heat 108

Entry	Station/Event	Team	Participants	
#1197	1: SRPF F 12-15	星辰跳繩部	☐ Chung Yiu Chan	☐ Uen Ting CHUNG

Heat 109

Entry	Station/Event	Team	Participants	
#1190	1: SRPF F 12-15	Vigor	☐ Sze Wing Chan	☐ Ho Yau LEUNG

Heat 110

Entry	Station/Event	Team	Participants	
#1191	1: SRPF F 12-15	Vigor	☐ Long Yuet Chan	☐ Tin Sheung Yip

Heat 111

Entry	Station/Event	Team	Participants	
#1179	1: SRPF F 12-15	HKRSAcademy	☐ Karis SIN TSANG	☐ Hoi Nam Karena

Heat 112

Entry	Station/Event	Team	Participants	
#1180	1: SRPF F 12-15	Fever Jump Rope	☐ CHEUK YIN NG	☐ CHOI LAM CHARLENE NG

Heat 113

Entry	Station/Event	Team	Participants	
#1198	1: SRPF F 12-15	香港跳繩精英訓練社(Aces)	☐ Tsz Ching Chen	☐ Long Yi Li

Heat 114

Entry	Station/Event	Team	Participants	
#1178	1: SRPF F 12-15	HKRSAcademy	☐ Hui Chin AU	☐ Tsz Yan CHEUNG

Heat 115

Entry	Station/Event	Team	Participants	
#1196	1: SRPF F 12-15	星辰跳繩部	☐ Tsz Huen CHOW	☐ Yan Kiu WONG

Heat 116

Entry	Station/Event	Team	Participants	
#1193	1: SRPF F 12-15	國際跳繩有限公司	☐ Kaylie Yuri CHENG	☐ Hin Tsun LI

Heat 117

Entry	Station/Event	Team	Participants	
#1195	1: SRPF F 12-15	星辰跳繩部	☐ Sum Yau LAW	☐ Chin Tung Rellaa SO

Heat 118

Entry	Station/Event	Team	Participants	
#1176	1: SRPF F 12-15	Duckie Learning Centre	☐ Hoi Ka CHAN	☐ Yin Sum Iris WONG

Heat 119

Entry	Station/Event	Team	Participants	
#1185	1: SRPF F 12-15	HKRSC	☐ Tsz Ying Leung	☐ HOI LAM WONG

Heat 120

Entry	Station/Event	Team	Participants	
#1186	1: SRPF F 12-15	JUMPER	☐ Chi Yuet Lai	☐ You jia Yommi XIE

Heat 121

Entry	Station/Event	Team	Participants	
#88	1: WHPF F 9-11	HKRSAcademy	 Chin Tung So	 Hiu Tung Wei

Heat 122

Entry	Station/Event	Team	Participants	
#89	1: WHPF F 9-11	Ziberty Sports Studio	 Man Kei Loi	 Lok Yan Wong

Heat 123

Entry	Station/Event	Team	Participants	
#1237	1: WHPF F 12-15	Duckie Learning Centre	 Wing Kei NG	 Yin Sum Iris WONG

Heat 124

Entry	Station/Event	Team	Participants	
#1236	1: WHPF F 12-15	Duckie Learning Centre	 Hoi Ka CHAN	 Sze Wing YUEN

Heat 125

Entry	Station/Event	Team	Participants	
#1238	1: WHPF F 12-15	Duckie Learning Centre	 Lok Yan Stephanie CHEUNG	 Tsz Yau Kaycee LI

Heat 126

Entry	Station/Event	Team	Participants	
#1861	1: WHPF F 16+ (S)	Jump Lab	 Tsz Yau FONG	 Tsz Ching SO

Heat 127

Entry	Station/Event	Team	Participants	
#544	1: WHPF F 16+ (S)	HKRSC	 MAN KI CHEUNG	 Yeuk Tung KEE

Heat 128

Entry	Station/Event	Team	Participants	
#542	1: WHPF F 16+ (S)	Fever Jump Rope	 Yin Hei CHAN	 Sin Hang WAI

Heat 129

Entry	Station/Event	Team	Participants	
#546	1: WHPF F 16+ (S)	星辰跳繩部	 Wai Yan LAM	 Po Yan Tse

Heat 130

Entry	Station/Event	Team	Participants	
#543	1: WHPF F 16+ (S)	HKRSC	 Wing Laam KWAN	 Cheuk Yiu SIN

Heat 131

Entry	Station/Event	Team	Participants	
#545	1: WHPF F 16+ (S)	JUMP TO INFINITY	 HOI KI CHUNG	 Lap Yiu Law

Heat 132

Entry	Station/Event	Team	Participants	
#541	1: WHPF F 16+ (S)	HKRSAcademy	 Yat Ning Alexis CHONG	 Pui Yu SO

Heat 133

Entry	Station/Event	Team	Participants	
#547	1: WHPF F 16+ (S)	香港跳繩精英訓練社(Aces)	 Shin Hang LO	 Ka Ying So