



資助



支持



全港精英跳繩比賽 2026 暨 香港代表隊選拔賽 (個人賽) 大會流程表

日期：2026年1月25日

地點：石硤尾公園體育館 (深水埗南昌街 290 號)

賽事：個人賽 (所有組別)

| 預計開始時間 | 比賽項目/活動 |
|-------------------|--|
| 單人繩速度跳比賽(30 秒) | |
| 09:00 | 9-11 歲 (2015-17 年出生) 男、女子組 12 - 15 歲 (2011 - 2014 年出生) 男、女子組 16 歲或以上 (2010 年或之前出生) 男、女子組 |
| 單人繩速度耐力跳比賽(180 秒) | |
| 10:05 | 9-11 歲 (2015-17 年出生) 男、女子組 12 - 15 歲 (2011 - 2014 年出生) 男、女子組 16 歲或以上 (2010 年或之前出生) 男、女子組 |
| 單人繩三重耐力跳比賽 | |
| 11:40 | 16 歲或以上 (2010 年或之前出生) 男、女子組 |
| 午膳時間 | |

單人繩個人花式比賽(75 秒)

13:30

9-11 歲 (2015-17 年出生) 男、女子組
12 - 15 歲 (2011 - 2014 年出生) 男、女子組
16 歲或以上 (2010 年或之前出生) 男、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 |
|-------|--------------------|------------------|----------------------|
| #5 | 1: SRSS F 9-11 | 元朗區體育會 | 👤 Hoi Ying Fung |
| #1 | 2: SRSS F 9-11 | HKRSC | 👤 Wai Kiu Cheng |
| #3 | 3: SRSS F 9-11 | JUMPER | 👤 NGA SUM ALISHA TAM |
| #11 | 4: SRSS F 9-11 | 香港跳繩精英訓練社(Aces) | 👤 Gabriella Wong |
| #10 | 5: SRSS F 9-11 | 繩研跳繩運動學院 | 👤 Elly Ngai Sum Fung |
| #4 | 6: SRSS F 9-11 | Jump Lab | 👤 Tsz Yu Lai |
| #2 | 7: SRSS F 9-11 | JUMPER | 👤 YEUK LAM MOK |
| #100 | 8: SRSS M 9-11 | 香港跳繩精英訓練社(Aces) | 👤 Yu Yat Pun |
| #95 | 9: SRSS M 9-11 | JUMP TO INFINITY | 👤 Ching Kiu Cho |
| #101 | 10: SRSS M 9-11 | 香港跳繩精英訓練社(Aces) | 👤 Yu Cheung Choi |

Heat 2

| Entry | Station/Event | Team | Participants |
|-------|---------------------|------------------------|---------------------------|
| #91 | 1: SRSS M 9-11 | Duckie Learning Centre | 👤 Yuk Long POON |
| #93 | 2: SRSS M 9-11 | HKRSC | 👤 TSZ HEI AU |
| #98 | 3: SRSS M 9-11 | 香港跳繩精英訓練社(Aces) | 👤 Tin Shing Jadon Chung |
| #92 | 4: SRSS M 9-11 | HKRSC | 👤 TIN HANG TIVON IP |
| #99 | 5: SRSS M 9-11 | 香港跳繩精英訓練社(Aces) | 👤 On Yin Wong |
| #94 | 6: SRSS M 9-11 | HKRSC | 👤 CLAYTON HUNGZEN LUKE |
| #96 | 7: SRSS M 9-11 | Vigor | 👤 Yu Kiu Choi |
| #1014 | 8: SRSS F 12-15 | Fever Jump Rope | 👤 Tsz Fei Lai |
| #1029 | 9: SRSS F 12-15 | Vigor | 👤 YEE CHING KWOK |
| #1030 | 10: SRSS F 12-15 | Vigor | 👤 Sik Tung LI |

Heat 3

| Entry | Station/Event | Team | Participants |
|-------|--------------------|----------|-----------------|
| #1038 | 1: SRSS F 12-15 | 繩研跳繩運動學院 | 👤 Tsz Hei LAW |
| #1036 | 2: SRSS F 12-15 | 星辰跳繩部 | 👤 Sum Yau LAW |
| #1017 | 3: SRSS F 12-15 | HKRSC | 👤 Hiu Tung WONG |

Heat 3

| Entry | Station/Event | Team | Participants |
|-------|---------------------|------------------|-----------------------|
| #1035 | 4: SRSS F 12-15 | 星辰跳繩部 | 👤 Chin Tung Rellaa SO |
| #1011 | 5: SRSS F 12-15 | HKRSAcademy | 👤 Hiu Chin AU |
| #1024 | 6: SRSS F 12-15 | JUMP TO INFINITY | 👤 Ka Yan TSANG |
| #1013 | 7: SRSS F 12-15 | HKRSAcademy | 👤 Yi Sum LAM |
| #1012 | 8: SRSS F 12-15 | HKRSAcademy | 👤 Sze Yu PANG |
| #1022 | 9: SRSS F 12-15 | HKRSC | 👤 Tsz Ying Leung |
| #1027 | 10: SRSS F 12-15 | Vigor | 👤 Chi Hei CHAN |

Heat 4

| Entry | Station/Event | Team | Participants |
|-------|---------------------|-----------------------------|----------------------|
| #1021 | 1: SRSS F 12-15 | HKRSC | 👤 Cheuk Lam Jolie NG |
| #8 | 2: SRSS F 12-15 | 星辰跳繩部 | 👤 Chung Yiu Chan |
| #7 | 3: SRSS F 12-15 | 星辰跳繩部 | 👤 YAN KI ZHENG |
| #1034 | 4: SRSS F 12-15 | 國際跳繩有限公司 | 👤 Suet Sha Lo |
| #1008 | 5: SRSS F 12-15 | Duckie Learning Centre | 👤 Yin Sum Iris WONG |
| #1039 | 6: SRSS F 12-15 | 至專運動學院 | 👤 Yuen Yan Sheung |
| #1025 | 7: SRSS F 12-15 | Stunning Rope Skipping Club | 👤 Hoi Lam LEUNG |
| #6 | 8: SRSS F 12-15 | 星辰跳繩部 | 👤 Ying Hei CHAN |
| #1019 | 9: SRSS F 12-15 | HKRSC | 👤 Hoi Ching WONG |
| #1020 | 10: SRSS F 12-15 | HKRSC | 👤 Hiu Lam CHAN |

Heat 5

| Entry | Station/Event | Team | Participants |
|-------|--------------------|-----------------------------|------------------------------|
| #1018 | 1: SRSS F 12-15 | HKRSC | 👤 LETTY HUI |
| #1026 | 2: SRSS F 12-15 | Stunning Rope Skipping Club | 👤 Hiu Tung LEUNG |
| #9 | 3: SRSS F 12-15 | 星辰跳繩部 | 👤 Cheuk Yin Ng |
| #1016 | 4: SRSS F 12-15 | HKRSC | 👤 Nok Ching MA |
| #1010 | 5: SRSS F 12-15 | Duckie Learning Centre | 👤 Hei Yau CHAN |
| #1037 | 6: SRSS F 12-15 | 星辰跳繩部 | 👤 EMMA WONG |
| #1015 | 7: SRSS F 12-15 | Fever Jump Rope | 👤 Chi Yau Fong |
| #1031 | 8: SRSS F 12-15 | Vigor | 👤 Hei Wing Isabelle Chung |

Heat 5

| Entry | Station/Event | Team | Participants |
|-------|---------------------|------------------------|-----------------------|
| #1028 | 9: SRSS F 12-15 | Vigor | Kei Ching Alexis LUNG |
| #1009 | 10: SRSS F 12-15 | Duckie Learning Centre | Hoi Ka CHAN |

Heat 6

| Entry | Station/Event | Team | Participants |
|-------|---------------------|-----------------|--------------------|
| #1270 | 1: SRSS M 12-15 | 香港跳繩精英訓練社(Aces) | Chun Hei Tsang |
| #1256 | 2: SRSS M 12-15 | Vigor | HO WANG JAY TANG |
| #1244 | 3: SRSS M 12-15 | HKRSAcademy | Chit Nam Anson LOK |
| #1271 | 4: SRSS M 12-15 | 香港跳繩精英訓練社(Aces) | Chun Kit Siu |
| #1249 | 5: SRSS M 12-15 | HKRSC | DAO LANG YEUNG |
| #1242 | 6: SRSS M 12-15 | HKRSAcademy | Sze Long LUK |
| #1267 | 7: SRSS M 12-15 | 至專運動學院 | Man Kiu LAM |
| #1262 | 8: SRSS M 12-15 | 星辰跳繩部 | Pak Hin Kok |
| #1260 | 9: SRSS M 12-15 | 星辰跳繩部 | Hoi Chun CHAN |
| #1251 | 10: SRSS M 12-15 | HKSPORTPRO | Yui Chit Lee |

Heat 7

| Entry | Station/Event | Team | Participants |
|-------|---------------------|-----------------|------------------------|
| #1245 | 1: SRSS M 12-15 | Fever Jump Rope | Yiu Hong Chun |
| #1250 | 2: SRSS M 12-15 | HKRSC | YAU HEI STEWART LAM |
| #1273 | 3: SRSS M 12-15 | 香港跳繩精英訓練社(Aces) | Cheuk Yin LAU |
| #1255 | 4: SRSS M 12-15 | Vigor | Tung Yeung CHEUNG |
| #1254 | 5: SRSS M 12-15 | Vigor | Aden Hei Tung CHUNG |
| #1248 | 6: SRSS M 12-15 | HKRSC | KING YU NG |
| #1240 | 7: SRSS M 12-15 | HKRSAcademy | Long Yin YAN |
| #1269 | 8: SRSS M 12-15 | 香港跳繩精英訓練社(Aces) | Chung Hei Wong |
| #1265 | 9: SRSS M 12-15 | 至專運動學院 | Tung Chak WONG |
| #1247 | 10: SRSS M 12-15 | HKRSC | Nok Tung Ma |

Heat 8

| Entry | Station/Event | Team | Participants |
|-------|--------------------|-------------|----------------------|
| #1243 | 1: SRSS M 12-15 | HKRSAcademy | Chun Kiu Adrian CHAN |

Heat 8

| Entry | Station/Event | Team | Participants |
|-------|---------------------|------------------|------------------------|
| #1272 | 2: SRSS M 12-15 | 香港跳繩精英訓練社(Aces) | 👤 Hui San Lei |
| #1241 | 3: SRSS M 12-15 | HKRSAcademy | 👤 Tin Long YEUNG |
| #1264 | 4: SRSS M 12-15 | 繩研跳繩運動學院 | 👤 Ho Long LIANG |
| #1246 | 5: SRSS M 12-15 | HKRSC | 👤 Chit Wai LEUNG |
| #1268 | 6: SRSS M 12-15 | 至專運動學院 | 👤 Ka Chun NG |
| #1261 | 7: SRSS M 12-15 | 星辰跳繩部 | 👤 Ka Lok CHAN |
| #97 | 8: SRSS M 12-15 | 星辰跳繩部 | 👤 Cheuk Lap Lucas Fong |
| #1266 | 9: SRSS M 12-15 | 至專運動學院 | 👤 Man Ho TSANG |
| #1252 | 10: SRSS M 12-15 | JUMP TO INFINITY | 👤 Tsz Fung MAK |

Heat 9

| Entry | Station/Event | Team | Participants |
|-------|-----------------------|-----------------------------|------------------|
| #1274 | 1: SRSS M 12-15 | 香港跳繩精英訓練社(Aces) | 👤 Yui Kwong |
| #1259 | 2: SRSS M 12-15 | 國際跳繩有限公司 | 👤 Ka Him Chan |
| #1253 | 3: SRSS M 12-15 | Stunning Rope Skipping Club | 👤 Shun Hang WAT |
| #1257 | 4: SRSS M 12-15 | Vigor | 👤 Tsun Ka HO |
| #1263 | 5: SRSS M 12-15 | 繩研跳繩運動學院 | 👤 Tsz Ming TSUI |
| #1239 | 6: SRSS M 12-15 | Duckie Learning Centre | 👤 Hau Yin KWONG |
| #292 | 7: SRSS F 16+ (S) | HKRSC | 👤 Hoi Ching TANG |
| #298 | 8: SRSS F 16+ (S) | Stunning Rope Skipping Club | 👤 Cheuk Lam LI |
| #307 | 9: SRSS F 16+ (S) | 至專運動學院 | 👤 Cheuk Ki HO |
| #304 | 10: SRSS F 16+ (S) | 星辰跳繩部 | 👤 Wing SHIH |

Heat 10

| Entry | Station/Event | Team | Participants |
|-------|----------------------|-----------------|--------------------|
| #309 | 1: SRSS F 16+ (S) | 香港跳繩精英訓練社(Aces) | 👤 Ka Ying So |
| #286 | 2: SRSS F 16+ (S) | HKRSAcademy | 👤 Yue Tong Eden WU |
| #283 | 3: SRSS F 16+ (S) | HKRSAcademy | 👤 Hiu Lam SHUM |
| #281 | 4: SRSS F 16+ (S) | HKRSAcademy | 👤 Hiu Tung YUEN |
| #279 | 5: SRSS F 16+ (S) | HKRSAcademy | 👤 Hiu Lam CHAN |
| #306 | 6: SRSS F 16+ (S) | 濠動體育有限公司 | 👤 Sum Yi LEE |

Heat 10

| Entry | Station/Event | Team | Participants |
|-------|-----------------------|-------------|---|
| #300 | 7: SRSS F 16+ (S) | Vigor |  Hoi Ching Li |
| #294 | 8: SRSS F 16+ (S) | JUMPER |  Yu Tung Lai |
| #301 | 9: SRSS F 16+ (S) | 國際跳繩有限公司 |  Chi Wing CHIANG |
| #280 | 10: SRSS F 16+ (S) | HKRSAcademy |  Hong Lam WONG |

Heat 11

| Entry | Station/Event | Team | Participants |
|-------|-----------------------|------------------|--|
| #303 | 1: SRSS F 16+ (S) | 星辰跳繩部 |  Hoi Tung CHENG |
| #290 | 2: SRSS F 16+ (S) | HKRSC |  Yin Ting POON |
| #295 | 3: SRSS F 16+ (S) | JUMP TO INFINITY |  Tsz Yiu HUANG |
| #282 | 4: SRSS F 16+ (S) | HKRSAcademy |  Pui Lam LEE |
| #293 | 5: SRSS F 16+ (S) | JUMPER |  Cheuk Yan MA |
| #284 | 6: SRSS F 16+ (S) | HKRSAcademy |  Ziqi CHEN |
| #308 | 7: SRSS F 16+ (S) | 香港跳繩精英訓練社(Aces) |  Siu Yu LUO |
| #1023 | 8: SRSS F 16+ (S) | HKRSC |  Hiu Laam Kasie SHE |
| #289 | 9: SRSS F 16+ (S) | HKRSC |  Tsz Yiu WONG |
| #285 | 10: SRSS F 16+ (S) | HKRSAcademy |  Wing Yau TAI |

Heat 12

| Entry | Station/Event | Team | Participants |
|-------|-----------------------|-----------------------------|--|
| #1032 | 1: SRSS F 16+ (S) | Vigor |  Cheuk Ying Law |
| #287 | 2: SRSS F 16+ (S) | HKRSAcademy |  Wai Ka TSANG |
| #288 | 3: SRSS F 16+ (S) | Fever Jump Rope |  Hau Yee WONG |
| #299 | 4: SRSS F 16+ (S) | Vigor |  Sze Lam Roselyn Law |
| #305 | 5: SRSS F 16+ (S) | 星辰跳繩部 |  Tsz Ching Gustave YEUNG |
| #296 | 6: SRSS F 16+ (S) | Masterful Studio |  Uen Yan LEE |
| #302 | 7: SRSS F 16+ (S) | 國際跳繩有限公司 |  Tsz Mong CHAN |
| #291 | 8: SRSS F 16+ (S) | HKRSC |  Cheuk Yiu SIN |
| #310 | 9: SRSS F 16+ (S) | 香港跳繩精英訓練社(Aces) |  Shin Hang LO |
| #297 | 10: SRSS F 16+ (S) | Stunning Rope Skipping Club |  Cho Yi LAW |





Heat 13

| Entry | Station/Event | Team | Participants |
|-------|-----------------------|------------------|--|
| #560 | 1: SRSS M 16+ (S) | HKRSC |  Tsz Hin CHEUNG |
| #561 | 2: SRSS M 16+ (S) | HKRSC |  Chun Lai KONG |
| #548 | 3: SRSS M 16+ (S) | HKRSAcademy |  Yun San LEUNG |
| #551 | 4: SRSS M 16+ (S) | HKRSAcademy |  Ching Yau YUEN |
| #562 | 5: SRSS M 16+ (S) | HKRSC |  Pak Wai CHU |
| #566 | 6: SRSS M 16+ (S) | JUMPER |  Shun Him Zachary CHEUNG |
| #587 | 7: SRSS M 16+ (S) | 繩研跳繩運動學院 |  Cheuk Nam Scott Yau |
| #568 | 8: SRSS M 16+ (S) | Masterful Studio |  Hong Yau CHOI |
| #582 | 9: SRSS M 16+ (S) | 星辰跳繩部 |  Man Hei LAI |
| #577 | 10: SRSS M 16+ (S) | 星辰跳繩部 |  Ho Yiu TANG |






Heat 14

| Entry | Station/Event | Team | Participants |
|-------|-----------------------|------------------|--|
| #581 | 1: SRSS M 16+ (S) | 星辰跳繩部 |  Ching Hin CHAN |
| #550 | 2: SRSS M 16+ (S) | HKRSAcademy |  Tin Yau WONG |
| #567 | 3: SRSS M 16+ (S) | Masterful Studio |  Chi Kin NG |
| #570 | 4: SRSS M 16+ (S) | Masterful Studio |  Chi Hung WONG |
| #579 | 5: SRSS M 16+ (S) | 星辰跳繩部 |  Cheuk Hing KE |
| #565 | 6: SRSS M 16+ (S) | HKRSC |  Po Hang Parco SHUM |
| #584 | 7: SRSS M 16+ (S) | 濠動體育有限公司 |  Hon Man CHAN |
| #558 | 8: SRSS M 16+ (S) | HKRSC |  Tin Long LEE |
| #580 | 9: SRSS M 16+ (S) | 星辰跳繩部 |  Yik Nam HO |
| #585 | 10: SRSS M 16+ (S) | 濠動體育有限公司 |  Pak Ming YIP |

Heat 15

| Entry | Station/Event | Team | Participants |
|-------|----------------------|------------------|---|
| #553 | 1: SRSS M 16+ (S) | HKRSAcademy |  Tsun Hei Edgar HO |
| #555 | 2: SRSS M 16+ (S) | Fever Jump Rope |  Tsz Tik Leung |
| #573 | 3: SRSS M 16+ (S) | SKIPPER'Z |  Hong Tai Yan |
| #572 | 4: SRSS M 16+ (S) | Masterful Studio |  Ka Po LAI |

Heat 15

| Entry | Station/Event | Team | Participants |
|-------|-----------------------|------------------|---|
| #552 | 5: SRSS M 16+ (S) | HKRSAcademy |  Tsz Wai WONG |
| #559 | 6: SRSS M 16+ (S) | HKRSC |  Qing Bin CHEN |
| #554 | 7: SRSS M 16+ (S) | HKRSAcademy |  Kwan Hop Chan |
| #564 | 8: SRSS M 16+ (S) | HKRSC |  Chun Kin Alvin Kwok |
| #578 | 9: SRSS M 16+ (S) | 星辰跳繩部 |  Cheuk Lam KE |
| #569 | 10: SRSS M 16+ (S) | Masterful Studio |  Chun Hei Tsang |

Heat 16

| Entry | Station/Event | Team | Participants |
|-------|-----------------------|------------------|---|
| #583 | 1: SRSS M 16+ (S) | 星辰跳繩部 |  Sing Long Lee |
| #571 | 2: SRSS M 16+ (S) | Masterful Studio |  Chin Hei LAI |
| #576 | 3: SRSS M 16+ (S) | 星辰跳繩部 |  Hoi Hang Chen |
| #563 | 4: SRSS M 16+ (S) | HKRSC |  Hiu Hei XU |
| #589 | 5: SRSS M 16+ (S) | 香港跳繩精英訓練社(Aces) |  Cheuk Him MA |
| #556 | 6: SRSS M 16+ (S) | FORCES |  Pak Hung CHEUNG |
| #586 | 7: SRSS M 16+ (S) | 繩研跳繩運動學院 |  Ho Yuen LOUIE |
| #588 | 8: SRSS M 16+ (S) | 香港跳繩精英訓練社(Aces) |  Shuishan JIANG |
| #549 | 9: SRSS M 16+ (S) | HKRSAcademy |  Pan Hei LAU |
| #1258 | 10: SRSS M 16+ (S) | Vigor |  Yin Hang CHUNG |

Heat 17

| Entry | Station/Event | Team | Participants |
|-------|----------------------|-----------------------------|---|
| #557 | 1: SRSS M 16+ (S) | FORCES |  Wing Lam CHEUNG |
| #591 | 2: SRSS M 16+ (S) | 香港跳繩精英訓練社(Aces) |  Ka Hei LI |
| #575 | 3: SRSS M 16+ (S) | Stunning Rope Skipping Club |  Hoi Lok TAM |
| #574 | 4: SRSS M 16+ (S) | SKIPPER'Z |  Wan Yi Kwong |
| #590 | 5: SRSS M 16+ (S) | 香港跳繩精英訓練社(Aces) |  Ka Lok NG |

Heat 18

| Entry | Station/Event | Team | Participants |
|-------|--------------------|------------------------|--------------------|
| #13 | 1: SRSE F 9-11 | JUMPER | YEUK LAM MOK |
| #16 | 2: SRSE F 9-11 | 元朗區體育會 | Hoi Ying Fung |
| #14 | 3: SRSE F 9-11 | JUMPER | NGA SUM ALISHA TAM |
| #15 | 4: SRSE F 9-11 | Jump Lab | Tsz Yu Lai |
| #22 | 5: SRSE F 9-11 | 香港跳繩精英訓練社(Aces) | Gabriella Wong |
| #12 | 6: SRSE F 9-11 | HKRSC | Wai Kiu Cheng |
| #21 | 7: SRSE F 9-11 | 繩研跳繩運動學院 | Elly Ngai Sum Fung |
| #103 | 8: SRSE M 9-11 | Duckie Learning Centre | Yuk Long POON |
| #112 | 9: SRSE M 9-11 | 香港跳繩精英訓練社(Aces) | Yu Yat Pun |
| #104 | 10: SRSE M 9-11 | HKRSC | TIN HANG TIVON IP |

Heat 19

| Entry | Station/Event | Team | Participants |
|-------|---------------------|------------------|-------------------------|
| #106 | 1: SRSE M 9-11 | HKRSC | CLAYTON HUNGZEN LUKE |
| #113 | 2: SRSE M 9-11 | 香港跳繩精英訓練社(Aces) | Yu Cheung Choi |
| #110 | 3: SRSE M 9-11 | 香港跳繩精英訓練社(Aces) | Tin Shing Jadon Chung |
| #108 | 4: SRSE M 9-11 | Vigor | Yu Kiu Choi |
| #111 | 5: SRSE M 9-11 | 香港跳繩精英訓練社(Aces) | On Yin Wong |
| #107 | 6: SRSE M 9-11 | JUMP TO INFINITY | Ching Kiu Cho |
| #105 | 7: SRSE M 9-11 | HKRSC | TSZ HEI AU |
| #1052 | 8: SRSE F 12-15 | HKRSC | Hiu Lam CHAN |
| #1064 | 9: SRSE F 12-15 | 國際跳繩有限公司 | Suet Sha Lo |
| #1050 | 10: SRSE F 12-15 | HKRSC | LETTY HUI |

Heat 20

| Entry | Station/Event | Team | Participants |
|-------|--------------------|-------|-----------------------|
| #1059 | 1: SRSE F 12-15 | Vigor | Kei Ching Alexis LUNG |
| #1061 | 2: SRSE F 12-15 | Vigor | Sik Tung LI |
| #17 | 3: SRSE F 12-15 | 星辰跳繩部 | Ying Hei CHAN |

Heat 20

| Entry | Station/Event | Team | Participants |
|-------|---------------------|-----------------|--------------------|
| #1069 | 4: SRSE F 12-15 | 至專運動學院 | Yuen Yan Sheung |
| #1046 | 5: SRSE F 12-15 | Fever Jump Rope | Tsz Fei Lai |
| #1054 | 6: SRSE F 12-15 | HKRSC | Tsz Ying Leung |
| #18 | 7: SRSE F 12-15 | 星辰跳繩部 | YAN KI ZHENG |
| #1060 | 8: SRSE F 12-15 | Vigor | YEE CHING KWOK |
| #1068 | 9: SRSE F 12-15 | 繩研跳繩運動學院 | Tsz Hei LAW |
| #1053 | 10: SRSE F 12-15 | HKRSC | Cheuk Lam Jolie NG |

Heat 21

| Entry | Station/Event | Team | Participants |
|-------|---------------------|-----------------------------|----------------------------|
| #1066 | 1: SRSE F 12-15 | 星辰跳繩部 | Sum Yau LAW |
| #1062 | 2: SRSE F 12-15 | Vigor | Hei Wing Isabelle Chung |
| #20 | 3: SRSE F 12-15 | 星辰跳繩部 | Cheuk Yin Ng |
| #1049 | 4: SRSE F 12-15 | HKRSC | Hui Tung WONG |
| #1045 | 5: SRSE F 12-15 | HKRSAcademy | Yi Sum LAM |
| #1044 | 6: SRSE F 12-15 | HKRSAcademy | Sze Yu PANG |
| #1047 | 7: SRSE F 12-15 | Fever Jump Rope | Chi Yau Fong |
| #1051 | 8: SRSE F 12-15 | HKRSC | Hoi Ching WONG |
| #1043 | 9: SRSE F 12-15 | HKRSAcademy | Hui Chin AU |
| #1056 | 10: SRSE F 12-15 | Stunning Rope Skipping Club | Hoi Lam LEUNG |

Heat 22

| Entry | Station/Event | Team | Participants |
|-------|--------------------|------------------------|---------------------|
| #1042 | 1: SRSE F 12-15 | Duckie Learning Centre | Hei Yau CHAN |
| #1040 | 2: SRSE F 12-15 | Duckie Learning Centre | Yin Sum Iris WONG |
| #1048 | 3: SRSE F 12-15 | HKRSC | Nok Ching MA |
| #1041 | 4: SRSE F 12-15 | Duckie Learning Centre | Hoi Ka CHAN |
| #1065 | 5: SRSE F 12-15 | 星辰跳繩部 | Chin Tung Rellaa SO |
| #1067 | 6: SRSE F 12-15 | 星辰跳繩部 | EMMA WONG |
| #19 | 7: SRSE F 12-15 | 星辰跳繩部 | Chung Yiu Chan |
| #1058 | 8: SRSE F 12-15 | Vigor | Chi Hei CHAN |

Heat 22

| Entry | Station/Event | Team | Participants |
|-------|---------------------|-----------------------------|-----------------------|
| #1057 | 9: SRSE F 12-15 | Stunning Rope Skipping Club | 👤 Hiu Tung LEUNG |
| #1289 | 10: SRSE M 12-15 | Vigor | 👤 Aden Hei Tung CHUNG |

Heat 23

| Entry | Station/Event | Team | Participants |
|-------|---------------------|-----------------|------------------------|
| #1309 | 1: SRSE M 12-15 | 香港跳繩精英訓練社(Aces) | 👤 Yui Kwong |
| #1276 | 2: SRSE M 12-15 | HKRSCAcademy | 👤 Long Yin YAN |
| #109 | 3: SRSE M 12-15 | 星辰跳繩部 | 👤 Cheuk Lap Lucas Fong |
| #1281 | 4: SRSE M 12-15 | Fever Jump Rope | 👤 Yiu Hong Chun |
| #1285 | 5: SRSE M 12-15 | HKRSC | 👤 DAO LANG YEUNG |
| #1299 | 6: SRSE M 12-15 | 繩研跳繩運動學院 | 👤 Ho Long LIANG |
| #1292 | 7: SRSE M 12-15 | Vigor | 👤 Tsun Ka HO |
| #1295 | 8: SRSE M 12-15 | 星辰跳繩部 | 👤 Hoi Chun CHAN |
| #1305 | 9: SRSE M 12-15 | 香港跳繩精英訓練社(Aces) | 👤 Chun Hei Tsang |
| #1302 | 10: SRSE M 12-15 | 至專運動學院 | 👤 Man Kiu LAM |

Heat 24

| Entry | Station/Event | Team | Participants |
|-------|---------------------|-----------------------------|--------------------------|
| #1296 | 1: SRSE M 12-15 | 星辰跳繩部 | 👤 Ka Lok CHAN |
| #1288 | 2: SRSE M 12-15 | Stunning Rope Skipping Club | 👤 Shun Hang WAT |
| #1287 | 3: SRSE M 12-15 | JUMP TO INFINITY | 👤 Tsz Fung MAK |
| #1308 | 4: SRSE M 12-15 | 香港跳繩精英訓練社(Aces) | 👤 Cheuk Yin LAU |
| #1286 | 5: SRSE M 12-15 | HKRSC | 👤 YAU HEI STEWART LAM |
| #1290 | 6: SRSE M 12-15 | Vigor | 👤 Tung Yeung CHEUNG |
| #1294 | 7: SRSE M 12-15 | 國際跳繩有限公司 | 👤 Ka Him Chan |
| #1282 | 8: SRSE M 12-15 | HKRSC | 👤 Chit Wai LEUNG |
| #1278 | 9: SRSE M 12-15 | HKRSCAcademy | 👤 Sze Long LUK |
| #1283 | 10: SRSE M 12-15 | HKRSC | 👤 Nok Tung Ma |

Heat 25

| Entry | Station/Event | Team | Participants |
|-------|--------------------|-------|---------------|
| #1297 | 1: SRSE M 12-15 | 星辰跳繩部 | 👤 Pak Hin Kok |

Heat 25

| Entry | Station/Event | Team | Participants |
|-------|---------------------|------------------------|----------------------|
| #1284 | 2: SRSE M 12-15 | HKRSC | KING YU NG |
| #1291 | 3: SRSE M 12-15 | Vigor | HO WANG JAY TANG |
| #1275 | 4: SRSE M 12-15 | Duckie Learning Centre | Hau Yin KWONG |
| #1307 | 5: SRSE M 12-15 | 香港跳繩精英訓練社(Aces) | Hui San Lei |
| #1279 | 6: SRSE M 12-15 | HKRSAcademy | Chun Kiu Adrian CHAN |
| #1303 | 7: SRSE M 12-15 | 至專運動學院 | Ka Chun NG |
| #1304 | 8: SRSE M 12-15 | 香港跳繩精英訓練社(Aces) | Chung Hei Wong |
| #1280 | 9: SRSE M 12-15 | HKRSAcademy | Chit Nam Anson LOK |
| #1306 | 10: SRSE M 12-15 | 香港跳繩精英訓練社(Aces) | Chun Kit Siu |

Heat 26

| Entry | Station/Event | Team | Participants |
|-------|-----------------------|------------------|----------------------------|
| #1300 | 1: SRSE M 12-15 | 至專運動學院 | Tung Chak WONG |
| #1277 | 2: SRSE M 12-15 | HKRSAcademy | Tin Long YEUNG |
| #1301 | 3: SRSE M 12-15 | 至專運動學院 | Man Ho TSANG |
| #1298 | 4: SRSE M 12-15 | 繩研跳繩運動學院 | Tsz Ming TSUI |
| #327 | 5: SRSE F 16+ (S) | JUMP TO INFINITY | Tsz Yiu HUANG |
| #334 | 6: SRSE F 16+ (S) | 國際跳繩有限公司 | Tsz Mong CHAN |
| #322 | 7: SRSE F 16+ (S) | HKRSC | Yin Ting POON |
| #326 | 8: SRSE F 16+ (S) | JUMPER | Yu Tung Lai |
| #337 | 9: SRSE F 16+ (S) | 星辰跳繩部 | Tsz Ching Gustave YEUNG |
| #311 | 10: SRSE F 16+ (S) | HKRSAcademy | Hiu Lam CHAN |

Heat 27

| Entry | Station/Event | Team | Participants |
|-------|----------------------|-----------------------------|---------------------|
| #1055 | 1: SRSE F 16+ (S) | HKRSC | Hiu Laam Kasie SHE |
| #315 | 2: SRSE F 16+ (S) | HKRSAcademy | Hiu Lam SHUM |
| #314 | 3: SRSE F 16+ (S) | HKRSAcademy | Pui Lam LEE |
| #317 | 4: SRSE F 16+ (S) | HKRSAcademy | Wing Yau TAI |
| #329 | 5: SRSE F 16+ (S) | Stunning Rope Skipping Club | Cho Yi LAW |
| #331 | 6: SRSE F 16+ (S) | Vigor | Sze Lam Roselyn Law |

Heat 27

| Entry | Station/Event | Team | Participants |
|-------|-----------------------|-------|---------------|
| #323 | 7: SRSE F 16+ (S) | HKRSC | Cheuk Yiu SIN |
| #336 | 8: SRSE F 16+ (S) | 星辰跳繩部 | Wing SHIH |
| #321 | 9: SRSE F 16+ (S) | HKRSC | Tsz Yiu WONG |
| #332 | 10: SRSE F 16+ (S) | Vigor | Hoi Ching Li |

Heat 28

| Entry | Station/Event | Team | Participants |
|-------|-----------------------|------------------|-----------------|
| #328 | 1: SRSE F 16+ (S) | Masterful Studio | Uen Yan LEE |
| #341 | 2: SRSE F 16+ (S) | 香港跳繩精英訓練社(Aces) | Ka Ying So |
| #312 | 3: SRSE F 16+ (S) | HKRSAcademy | Hong Lam WONG |
| #316 | 4: SRSE F 16+ (S) | HKRSAcademy | Ziqi CHEN |
| #319 | 5: SRSE F 16+ (S) | HKRSAcademy | Wai Ka TSANG |
| #320 | 6: SRSE F 16+ (S) | Fever Jump Rope | Hau Yee WONG |
| #339 | 7: SRSE F 16+ (S) | 至專運動學院 | Cheuk Ki HO |
| #325 | 8: SRSE F 16+ (S) | JUMPER | Cheuk Yan MA |
| #1063 | 9: SRSE F 16+ (S) | Vigor | Cheuk Ying Law |
| #333 | 10: SRSE F 16+ (S) | 國際跳繩有限公司 | Chi Wing CHIANG |

Heat 29

| Entry | Station/Event | Team | Participants |
|-------|-----------------------|-----------------------------|------------------|
| #330 | 1: SRSE F 16+ (S) | Stunning Rope Skipping Club | Cheuk Lam LI |
| #324 | 2: SRSE F 16+ (S) | HKRSC | Hoi Ching TANG |
| #340 | 3: SRSE F 16+ (S) | 香港跳繩精英訓練社(Aces) | Siu Yu LUO |
| #342 | 4: SRSE F 16+ (S) | 香港跳繩精英訓練社(Aces) | Shin Hang LO |
| #318 | 5: SRSE F 16+ (S) | HKRSAcademy | Yue Tong Eden WU |
| #313 | 6: SRSE F 16+ (S) | HKRSAcademy | Hiu Tung YUEN |
| #335 | 7: SRSE F 16+ (S) | 星辰跳繩部 | Hoi Tung CHENG |
| #338 | 8: SRSE F 16+ (S) | 濠動體育有限公司 | Sum Yi LEE |
| #612 | 9: SRSE M 16+ (S) | Masterful Studio | Hong Yau CHOI |
| #627 | 10: SRSE M 16+ (S) | 星辰跳繩部 | Man Hei LAI |





Heat 30

| Entry | Station/Event | Team | Participants |
|-------|-----------------------|-----------------------------|---|
| #634 | 1: SRSE M 16+ (S) | 香港跳繩精英訓練社(Aces) |  Cheuk Him MA |
| #631 | 2: SRSE M 16+ (S) | 繩研跳繩運動學院 |  Ho Yuen LOUIE |
| #622 | 3: SRSE M 16+ (S) | 星辰跳繩部 |  Cheuk Lam KE |
| #605 | 4: SRSE M 16+ (S) | HKRSC |  Chun Lai KONG |
| #621 | 5: SRSE M 16+ (S) | 星辰跳繩部 |  Ho Yiu TANG |
| #614 | 6: SRSE M 16+ (S) | Masterful Studio |  Chi Hung WONG |
| #619 | 7: SRSE M 16+ (S) | Stunning Rope Skipping Club |  Hoi Lok TAM |
| #628 | 8: SRSE M 16+ (S) | 星辰跳繩部 |  Sing Long Lee |
| #592 | 9: SRSE M 16+ (S) | HKRSCAcademy |  Yun San LEUNG |
| #606 | 10: SRSE M 16+ (S) | HKRSC |  Pak Wai CHU |


Heat 31

| Entry | Station/Event | Team | Participants |
|-------|-----------------------|------------------|--|
| #620 | 1: SRSE M 16+ (S) | 星辰跳繩部 |  Hoi Hang Chen |
| #607 | 2: SRSE M 16+ (S) | HKRSC |  Hiu Hei XU |
| #616 | 3: SRSE M 16+ (S) | Masterful Studio |  Ka Po LAI |
| #630 | 4: SRSE M 16+ (S) | 濠動體育有限公司 |  Pak Ming YIP |
| #609 | 5: SRSE M 16+ (S) | HKRSC |  Po Hang Parco SHUM |
| #626 | 6: SRSE M 16+ (S) | 星辰跳繩部 |  Ching Hin CHAN |
| #613 | 7: SRSE M 16+ (S) | Masterful Studio |  Chun Hei Tsang |
| #623 | 8: SRSE M 16+ (S) | 星辰跳繩部 |  Cheuk Hing KE |
| #618 | 9: SRSE M 16+ (S) | SKIPPER'Z |  Wan Yi Kwong |
| #1293 | 10: SRSE M 16+ (S) | Vigor |  Yin Hang CHUNG |











Heat 32

| Entry | Station/Event | Team | Participants |
|-------|----------------------|-----------------|---|
| #603 | 1: SRSE M 16+ (S) | HKRSC |  Qing Bin CHEN |
| #608 | 2: SRSE M 16+ (S) | HKRSC |  Chun Kin Alvin Kwok |
| #599 | 3: SRSE M 16+ (S) | Fever Jump Rope |  Tsz Tik Leung |
| #604 | 4: SRSE M 16+ (S) | HKRSC |  Tsz Hin CHEUNG |




Heat 32

| Entry | Station/Event | Team | Participants |
|-------|-----------------------|-----------------|---|
| #594 | 5: SRSE M 16+ (S) | HKRSAcademy |  Tin Yau WONG |
| #625 | 6: SRSE M 16+ (S) | 星辰跳繩部 |  Yik Nam HO |
| #632 | 7: SRSE M 16+ (S) | 繩研跳繩運動學院 |  Cheuk Nam Scott Yau |
| #635 | 8: SRSE M 16+ (S) | 香港跳繩精英訓練社(Aces) |  Ka Lok NG |
| #598 | 9: SRSE M 16+ (S) | HKRSAcademy |  Kwan Hop Chan |
| #636 | 10: SRSE M 16+ (S) | 香港跳繩精英訓練社(Aces) |  Ka Hei LI |

Heat 33

| Entry | Station/Event | Team | Participants |
|-------|-----------------------|------------------|--|
| #600 | 1: SRSE M 16+ (S) | FORCES |  Pak Hung CHEUNG |
| #611 | 2: SRSE M 16+ (S) | Masterful Studio |  Chi Kin NG |
| #597 | 3: SRSE M 16+ (S) | HKRSAcademy |  Tsun Hei Edgar HO |
| #595 | 4: SRSE M 16+ (S) | HKRSAcademy |  Ching Yau YUEN |
| #629 | 5: SRSE M 16+ (S) | 濶動體育有限公司 |  Hon Man CHAN |
| #633 | 6: SRSE M 16+ (S) | 香港跳繩精英訓練社(Aces) |  Shuishan JIANG |
| #615 | 7: SRSE M 16+ (S) | Masterful Studio |  Chin Hei LAI |
| #610 | 8: SRSE M 16+ (S) | JUMPER |  Shun Him Zachary CHEUNG |
| #617 | 9: SRSE M 16+ (S) | SKIPPER'Z |  Hong Tai Yan |
| #602 | 10: SRSE M 16+ (S) | HKRSC |  Tin Long LEE |

Heat 34

| Entry | Station/Event | Team | Participants |
|-------|----------------------|-------------|---|
| #596 | 1: SRSE M 16+ (S) | HKRSAcademy |  Tsz Wai WONG |
| #593 | 2: SRSE M 16+ (S) | HKRSAcademy |  Pan Hei LAU |
| #601 | 3: SRSE M 16+ (S) | FORCES |  Wing Lam CHEUNG |

Heat 35

| Entry | Station/Event | Team | Participants |
|-------|-----------------------|-----------------------------|------------------------------|
| #359 | 1: SRTU F 16+ (S) | 香港跳繩精英訓練社(Aces) | 👤 Shin Hang LO |
| #344 | 2: SRTU F 16+ (S) | JUMP TO INFINITY | 👤 Tsz Yiu HUANG |
| #358 | 3: SRTU F 16+ (S) | 香港跳繩精英訓練社(Aces) | 👤 Siu Yu LUO |
| #352 | 4: SRTU F 16+ (S) | 國際跳繩有限公司 | 👤 Chi Wing CHIANG |
| #357 | 5: SRTU F 16+ (S) | 濠動體育有限公司 | 👤 YING SO |
| #355 | 6: SRTU F 16+ (S) | 星辰跳繩部 | 👤 Hoi Tung CHENG |
| #353 | 7: SRTU F 16+ (S) | 星辰跳繩部 | 👤 Tsz Ching Gustave YEUNG |
| #343 | 8: SRTU F 16+ (S) | Fever Jump Rope | 👤 Hau Yee WONG |
| #347 | 9: SRTU F 16+ (S) | Stunning Rope Skipping Club | 👤 Cheuk Lam LI |
| #350 | 10: SRTU F 16+ (S) | Vigor | 👤 Cheuk Ying Law |

Heat 36

| Entry | Station/Event | Team | Participants |
|-------|-----------------------|-----------------------------|-----------------------|
| #349 | 1: SRTU F 16+ (S) | Vigor | 👤 Sze Lam Roselyn Law |
| #345 | 2: SRTU F 16+ (S) | Masterful Studio | 👤 Mei Kei Maggie LAU |
| #356 | 3: SRTU F 16+ (S) | 濠動體育有限公司 | 👤 Sum Yi LEE |
| #360 | 4: SRTU F 16+ (S) | 香港跳繩精英訓練社(Aces) | 👤 Ka Ying So |
| #346 | 5: SRTU F 16+ (S) | Stunning Rope Skipping Club | 👤 Cho Yi LAW |
| #348 | 6: SRTU F 16+ (S) | Vigor | 👤 Hoi Ching Li |
| #351 | 7: SRTU F 16+ (S) | 國際跳繩有限公司 | 👤 Tsz Mong CHAN |
| #354 | 8: SRTU F 16+ (S) | 星辰跳繩部 | 👤 Wing SHIH |
| #653 | 9: SRTU M 16+ (S) | 星辰跳繩部 | 👤 Yik Nam HO |
| #646 | 10: SRTU M 16+ (S) | SKIPPER'Z | 👤 Hong Tai Yan |

Heat 37

| Entry | Station/Event | Team | Participants |
|-------|----------------------|------------------|-----------------|
| #643 | 1: SRTU M 16+ (S) | Masterful Studio | 👤 Ka Po LAI |
| #666 | 2: SRTU M 16+ (S) | 香港跳繩精英訓練社(Aces) | 👤 Ka Lok NG |
| #649 | 3: SRTU M 16+ (S) | 國際跳繩有限公司 | 👤 Tik Long Fung |

Heat 37

| Entry | Station/Event | Team | Participants |
|-------|-----------------------|-----------------|----------------|
| #658 | 4: SRTU M 16+ (S) | 濠動體育有限公司 | Hon Man CHAN |
| #650 | 5: SRTU M 16+ (S) | 星辰跳繩部 | Sing Long Lee |
| #661 | 6: SRTU M 16+ (S) | 繩研跳繩運動學院 | Ho Yuen LOUIE |
| #655 | 7: SRTU M 16+ (S) | 星辰跳繩部 | Cheuk Lam KE |
| #637 | 8: SRTU M 16+ (S) | Fever Jump Rope | Tsz Tik Leung |
| #648 | 9: SRTU M 16+ (S) | Vigor | Yin Hang CHUNG |
| #659 | 10: SRTU M 16+ (S) | 濠動體育有限公司 | Pak Ming YIP |

Heat 38

| Entry | Station/Event | Team | Participants |
|-------|-----------------------|-----------------------------|---------------------|
| #651 | 1: SRTU M 16+ (S) | 星辰跳繩部 | Man Hei LAI |
| #654 | 2: SRTU M 16+ (S) | 星辰跳繩部 | Cheuk Hing KE |
| #647 | 3: SRTU M 16+ (S) | Stunning Rope Skipping Club | Hoi Lok TAM |
| #640 | 4: SRTU M 16+ (S) | HKRSC | Tin Long LEE |
| #656 | 5: SRTU M 16+ (S) | 星辰跳繩部 | Ho Yiu TANG |
| #664 | 6: SRTU M 16+ (S) | 香港跳繩精英訓練社(Aces) | Shuishan JIANG |
| #663 | 7: SRTU M 16+ (S) | 繩研跳繩運動學院 | Pan Wing CHAN |
| #645 | 8: SRTU M 16+ (S) | SKIPPER'Z | Wan Yi Kwong |
| #662 | 9: SRTU M 16+ (S) | 繩研跳繩運動學院 | Cheuk Nam Scott Yau |
| #639 | 10: SRTU M 16+ (S) | FORCES | Pak Hung CHEUNG |

Heat 39

| Entry | Station/Event | Team | Participants |
|-------|----------------------|------------------|-----------------|
| #638 | 1: SRTU M 16+ (S) | FORCES | Wing Lam CHEUNG |
| #641 | 2: SRTU M 16+ (S) | Masterful Studio | Chi Kin NG |
| #667 | 3: SRTU M 16+ (S) | 香港跳繩精英訓練社(Aces) | Ka Hei LI |
| #652 | 4: SRTU M 16+ (S) | 星辰跳繩部 | Ching Hin CHAN |
| #660 | 5: SRTU M 16+ (S) | 濠動體育有限公司 | Ho Yin LEONG |
| #657 | 6: SRTU M 16+ (S) | 星辰跳繩部 | Hoi Hang Chen |
| #665 | 7: SRTU M 16+ (S) | 香港跳繩精英訓練社(Aces) | Cheuk Him MA |
| #644 | 8: SRTU M 16+ (S) | Masterful Studio | Chin Hei LAI |

Heat 39

| Entry | Station/Event | Team | Participants |
|-------|----------------------|------------------|---|
| #642 | 9: SRTU M 16+ (S) | Masterful Studio |  Chi Hung WONG |

Heat 40

| Entry | Station/Event | Team | Participants |
|-------|-------------------|-------|---|
| #23 | 1: SRIF F 9-11 | HKRSC |  Wai Kiu Cheng |

Heat 41

| Entry | Station/Event | Team | Participants |
|-------|-------------------|--------|--|
| #25 | 1: SRIF F 9-11 | JUMPER |  NGA SUM ALISHA TAM |

Heat 42

| Entry | Station/Event | Team | Participants |
|-------|-------------------|----------|--|
| #32 | 1: SRIF F 9-11 | 繩研跳繩運動學院 |  Elly Ngai Sum Fung |

Heat 43

| Entry | Station/Event | Team | Participants |
|-------|-------------------|-----------------|--|
| #33 | 1: SRIF F 9-11 | 香港跳繩精英訓練社(Aces) |  Gabriella Wong |


Heat 44

| Entry | Station/Event | Team | Participants |
|-------|-------------------|--------|---|
| #27 | 1: SRIF F 9-11 | 元朗區體育會 |  Hoi Ying Fung |

Heat 45

| Entry | Station/Event | Team | Participants |
|-------|-------------------|----------|--|
| #26 | 1: SRIF F 9-11 | Jump Lab |  Tsz Yu Lai |

Heat 46

| Entry | Station/Event | Team | Participants |
|-------|-------------------|--------|--|
| #24 | 1: SRIF F 9-11 | JUMPER |  YEUK LAM MOK |

Heat 47

| Entry | Station/Event | Team | Participants |
|-------|-------------------|-------|---|
| #116 | 1: SRIF M 9-11 | HKRSC |  TIN HANG TIVON IP |

Heat 48

| Entry | Station/Event | Team | Participants |
|-------|-------------------|-------|---|
| #120 | 1: SRIF M 9-11 | Vigor |  Yu Kiu Choi |

Heat 49

| Entry | Station/Event | Team | Participants |
|-------|-------------------|------------------|---|
| #119 | 1: SRIF M 9-11 | JUMP TO INFINITY |  Ching Kiu Cho |

Heat 50

| Entry | Station/Event | Team | Participants |
|-------|-------------------|-----------------|---|
| #122 | 1: SRIF M 9-11 | 香港跳繩精英訓練社(Aces) |  Tin Shing Jadon Chung |

Heat 51

| Entry | Station/Event | Team | Participants |
|-------|-------------------|-------|---|
| #118 | 1: SRIF M 9-11 | HKRSC |  CLAYTON HUNGZEN LUKE |

Heat 52

| Entry | Station/Event | Team | Participants |
|-------|-------------------|------------------------|---|
| #115 | 1: SRIF M 9-11 | Duckie Learning Centre |  Yuk Long POON |

Heat 53

| Entry | Station/Event | Team | Participants |
|-------|-------------------|-------|--|
| #117 | 1: SRIF M 9-11 | HKRSC |  TSZ HEI AU |

Heat 54

| Entry | Station/Event | Team | Participants |
|-------|-------------------|-----------------|---|
| #123 | 1: SRIF M 9-11 | 香港跳繩精英訓練社(Aces) |  On Yin Wong |

Heat 55

| Entry | Station/Event | Team | Participants |
|-------|-------------------|-----------------|--|
| #124 | 1: SRIF M 9-11 | 香港跳繩精英訓練社(Aces) |  Yu Yat Pun |

Heat 56

| Entry | Station/Event | Team | Participants |
|-------|-------------------|-----------------|--|
| #125 | 1: SRIF M 9-11 | 香港跳繩精英訓練社(Aces) |  Yu Cheung Choi |

Heat 57

| Entry | Station/Event | Team | Participants |
|-------|--------------------|-------|--|
| #1093 | 1: SRIF F 12-15 | Vigor |  Hei Wing Isabelle Chung |

Heat 58

| Entry | Station/Event | Team | Participants |
|-------|--------------------|-------|--|
| #29 | 1: SRIF F 12-15 | 星辰跳繩部 |  YAN KI ZHENG |

Heat 59

| Entry | Station/Event | Team | Participants |
|-------|--------------------|-------|---|
| #1097 | 1: SRIF F 12-15 | 星辰跳繩部 |  Sum Yau LAW |

Heat 60

| Entry | Station/Event | Team | Participants |
|-------|--------------------|------------------------|---|
| #1070 | 1: SRIF F 12-15 | Duckie Learning Centre |  Yin Sum Iris WONG |

Heat 61

| Entry | Station/Event | Team | Participants |
|-------|--------------------|------------------------|---|
| #1071 | 1: SRIF F 12-15 | Duckie Learning Centre |  Hoi Ka CHAN |

Heat 62

| Entry | Station/Event | Team | Participants |
|-------|--------------------|-------------|---|
| #1073 | 1: SRIF F 12-15 | HKRSAcademy |  Hiu Chin AU |

Heat 63

| Entry | Station/Event | Team | Participants |
|-------|--------------------|-------|--|
| #1081 | 1: SRIF F 12-15 | HKRSC |  Hoi Ching WONG |

Heat 64

| Entry | Station/Event | Team | Participants |
|-------|--------------------|-------|--|
| #1082 | 1: SRIF F 12-15 | HKRSC |  Hiu Lam CHAN |

Heat 65

| Entry | Station/Event | Team | Participants |
|-------|--------------------|-------------|---|
| #1074 | 1: SRIF F 12-15 | HKRSAcademy |  Sze Yu PANG |

Heat 66

| Entry | Station/Event | Team | Participants |
|-------|--------------------|------------------|--|
| #1086 | 1: SRIF F 12-15 | JUMP TO INFINITY |  Ka Yan TSANG |

Heat 67

| Entry | Station/Event | Team | Participants |
|-------|--------------------|-------|--|
| #1078 | 1: SRIF F 12-15 | HKRSC |  Nok Ching MA |


Heat 68

| Entry | Station/Event | Team | Participants |
|-------|--------------------|-------|--|
| #1084 | 1: SRIF F 12-15 | HKRSC |  Tsz Ying Leung |

Heat 69

| Entry | Station/Event | Team | Participants |
|-------|--------------------|------------------------|--|
| #1072 | 1: SRIF F 12-15 | Duckie Learning Centre |  Hei Yau CHAN |

Heat 70

| Entry | Station/Event | Team | Participants |
|-------|--------------------|-----------------------------|---|
| #1087 | 1: SRIF F 12-15 | Stunning Rope Skipping Club |  Hoi Lam LEUNG |


Heat 71

| Entry | Station/Event | Team | Participants |
|-------|--------------------|-------|---|
| #1090 | 1: SRIF F 12-15 | Vigor |  Kei Ching Alexis LUNG |

Heat 72

| Entry | Station/Event | Team | Participants |
|-------|--------------------|-------|--|
| #1091 | 1: SRIF F 12-15 | Vigor |  YEE CHING KWOK |

Heat 73

| Entry | Station/Event | Team | Participants |
|-------|--------------------|-----------------------------|--|
| #1088 | 1: SRIF F 12-15 | Stunning Rope Skipping Club |  Hiu Tung LEUNG |

Heat 74

| Entry | Station/Event | Team | Participants |
|-------|--------------------|-------|--|
| #1083 | 1: SRIF F 12-15 | HKRSC |  Cheuk Lam Jolie NG |

Heat 75

| Entry | Station/Event | Team | Participants |
|-------|--------------------|-------|---|
| #1096 | 1: SRIF F 12-15 | 星辰跳繩部 |  Chin Tung Rellaa SO |

Heat 76

| Entry | Station/Event | Team | Participants |
|-------|--------------------|-------|---|
| #1079 | 1: SRIF F 12-15 | HKRSC |  Hiu Tung WONG |

Heat 77

| Entry | Station/Event | Team | Participants |
|-------|--------------------|----------|---|
| #1099 | 1: SRIF F 12-15 | 繩研跳繩運動學院 |  Tsz Hei LAW |

Heat 78

| Entry | Station/Event | Team | Participants |
|-------|--------------------|-------|--|
| #30 | 1: SRIF F 12-15 | 星辰跳繩部 |  Chung Yiu Chan |

Heat 79

| Entry | Station/Event | Team | Participants |
|-------|--------------------|-------|--|
| #31 | 1: SRIF F 12-15 | 星辰跳繩部 |  Cheuk Yin Ng |

Heat 80

| Entry | Station/Event | Team | Participants |
|-------|--------------------|----------|---|
| #1095 | 1: SRIF F 12-15 | 國際跳繩有限公司 |  Suet Sha Lo |

Heat 81

| Entry | Station/Event | Team | Participants |
|-------|--------------------|-----------------|---|
| #1076 | 1: SRIF F 12-15 | Fever Jump Rope |  Tsz Fei Lai |

Heat 82

| Entry | Station/Event | Team | Participants |
|-------|--------------------|-------|---|
| #1080 | 1: SRIF F 12-15 | HKRSC |  LETTY HUI |

Heat 83

| Entry | Station/Event | Team | Participants |
|-------|--------------------|--------|---|
| #1100 | 1: SRIF F 12-15 | 至專運動學院 |  Yuen Yan Sheung |

Heat 84

| Entry | Station/Event | Team | Participants |
|-------|--------------------|-------|---|
| #1092 | 1: SRIF F 12-15 | Vigor |  Sik Tung LI |

Heat 85

| Entry | Station/Event | Team | Participants |
|-------|--------------------|-------|---|
| #1098 | 1: SRIF F 12-15 | 星辰跳繩部 |  EMMA WONG |

Heat 86

| Entry | Station/Event | Team | Participants |
|-------|--------------------|-------------|--|
| #1075 | 1: SRIF F 12-15 | HKRSAcademy |  Yi Sum LAM |

Heat 87

| Entry | Station/Event | Team | Participants |
|-------|--------------------|-------|---|
| #28 | 1: SRIF F 12-15 | 星辰跳繩部 |  Ying Hei CHAN |

Heat 88

| Entry | Station/Event | Team | Participants |
|-------|--------------------|-----------------|--|
| #1077 | 1: SRIF F 12-15 | Fever Jump Rope |  Chi Yau Fong |

Heat 89

| Entry | Station/Event | Team | Participants |
|-------|--------------------|-------|--|
| #1089 | 1: SRIF F 12-15 | Vigor |  Chi Hei CHAN |

Heat 90

| Entry | Station/Event | Team | Participants |
|-------|--------------------|--------|--|
| #1324 | 1: SRIF M 12-15 | JUMPER |  Yat CHAN |

Heat 91

| Entry | Station/Event | Team | Participants |
|-------|--------------------|-----------------|---|
| #1346 | 1: SRIF M 12-15 | 香港跳繩精英訓練社(Aces) |  Hui San Lei |

Heat 92

| Entry | Station/Event | Team | Participants |
|-------|--------------------|-------|--|
| #1317 | 1: SRIF M 12-15 | HKRSC |  Chit Wai LEUNG |

Heat 93

| Entry | Station/Event | Team | Participants |
|-------|--------------------|----------|---|
| #1337 | 1: SRIF M 12-15 | 繩研跳繩運動學院 |  Tsz Ming TSUI |

Heat 94

| Entry | Station/Event | Team | Participants |
|-------|--------------------|-------|---|
| #1329 | 1: SRIF M 12-15 | Vigor |  Tung Yeung CHEUNG |

Heat 95

| Entry | Station/Event | Team | Participants |
|-------|--------------------|-------------|--|
| #1314 | 1: SRIF M 12-15 | HKRSAcademy |  Chun Kiu Adrian CHAN |

Heat 96

| Entry | Station/Event | Team | Participants |
|-------|--------------------|------------------------|---|
| #1310 | 1: SRIF M 12-15 | Duckie Learning Centre |  Hau Yin KWONG |

Heat 97

| Entry | Station/Event | Team | Participants |
|-------|--------------------|-----------------|---|
| #1316 | 1: SRIF M 12-15 | Fever Jump Rope |  Yiu Hong Chun |

Heat 98

| Entry | Station/Event | Team | Participants |
|-------|--------------------|-----------------|---|
| #1347 | 1: SRIF M 12-15 | 香港跳繩精英訓練社(Aces) |  Cheuk Yin LAU |

Heat 99

| Entry | Station/Event | Team | Participants |
|-------|--------------------|-----------------|--|
| #1344 | 1: SRIF M 12-15 | 香港跳繩精英訓練社(Aces) |  Chun Hei Tsang |

Heat 100

| Entry | Station/Event | Team | Participants |
|-------|--------------------|------------|--|
| #1322 | 1: SRIF M 12-15 | HKSPORTPRO |  Yui Chit Lee |

Heat 101

| Entry | Station/Event | Team | Participants |
|-------|--------------------|-------|--|
| #1321 | 1: SRIF M 12-15 | HKRSC |  YAU HEI STEWART LAM |

Heat 102

| Entry | Station/Event | Team | Participants |
|-------|--------------------|-------------|--|
| #1312 | 1: SRIF M 12-15 | HKRSAcademy |  Tin Long YEUNG |

Heat 103

| Entry | Station/Event | Team | Participants |
|-------|--------------------|-------|--|
| #1331 | 1: SRIF M 12-15 | Vigor |  Tsun Ka HO |

Heat 104

| Entry | Station/Event | Team | Participants |
|-------|--------------------|-----------------|--|
| #1345 | 1: SRIF M 12-15 | 香港跳繩精英訓練社(Aces) |  Chun Kit Siu |

Heat 105

| Entry | Station/Event | Team | Participants |
|-------|--------------------|-------|--|
| #121 | 1: SRIF M 12-15 | 星辰跳繩部 |  Cheuk Lap Lucas Fong |

Heat 106

| Entry | Station/Event | Team | Participants |
|-------|--------------------|--------|--|
| #1342 | 1: SRIF M 12-15 | 至專運動學院 |  Ka Chun NG |

Heat 107

| Entry | Station/Event | Team | Participants |
|-------|--------------------|-------|---|
| #1335 | 1: SRIF M 12-15 | 星辰跳繩部 |  Ka Lok CHAN |

Heat 108

| Entry | Station/Event | Team | Participants |
|-------|--------------------|-------|--|
| #1320 | 1: SRIF M 12-15 | HKRSC |  DAO LANG YEUNG |

Heat 109

| Entry | Station/Event | Team | Participants |
|-------|--------------------|--------|---|
| #1341 | 1: SRIF M 12-15 | 至專運動學院 |  Man Kiu LAM |

Heat 110

| Entry | Station/Event | Team | Participants |
|-------|--------------------|--------|--|
| #1340 | 1: SRIF M 12-15 | 至專運動學院 |  Man Ho TSANG |

Heat 111

| Entry | Station/Event | Team | Participants |
|-------|--------------------|-----------------|---|
| #1348 | 1: SRIF M 12-15 | 香港跳繩精英訓練社(Aces) |  Yui Kwong |

Heat 112

| Entry | Station/Event | Team | Participants |
|-------|--------------------|--------|---|
| #1323 | 1: SRIF M 12-15 | JUMPER |  Tsz Wang SO |

Heat 113

| Entry | Station/Event | Team | Participants |
|-------|--------------------|-------|---|
| #1334 | 1: SRIF M 12-15 | 星辰跳繩部 |  Hoi Chun CHAN |

Heat 114

| Entry | Station/Event | Team | Participants |
|-------|--------------------|-------|---|
| #1328 | 1: SRIF M 12-15 | Vigor |  Aden Hei Tung CHUNG |

Heat 115

| Entry | Station/Event | Team | Participants |
|-------|--------------------|-------------|--|
| #1311 | 1: SRIF M 12-15 | HKRSAcademy |  Long Yin YAN |

Heat 116

| Entry | Station/Event | Team | Participants |
|-------|--------------------|-------|--|
| #1330 | 1: SRIF M 12-15 | Vigor |  HO WANG JAY TANG |

Heat 117

| Entry | Station/Event | Team | Participants |
|-------|--------------------|-------|---|
| #1336 | 1: SRIF M 12-15 | 星辰跳繩部 |  Pak Hin Kok |

Heat 118

| Entry | Station/Event | Team | Participants |
|-------|--------------------|----------|---|
| #1333 | 1: SRIF M 12-15 | 國際跳繩有限公司 |  Ka Him Chan |

Heat 119

| Entry | Station/Event | Team | Participants |
|-------|--------------------|-------|---|
| #1318 | 1: SRIF M 12-15 | HKRSC |  Nok Tung Ma |

Heat 120

| Entry | Station/Event | Team | Participants |
|-------|--------------------|-------|--|
| #1319 | 1: SRIF M 12-15 | HKRSC |  KING YU NG |

Heat 121

| Entry | Station/Event | Team | Participants |
|-------|--------------------|--------|--|
| #1339 | 1: SRIF M 12-15 | 至專運動學院 |  Tung Chak WONG |


Heat 122

| Entry | Station/Event | Team | Participants |
|-------|--------------------|-------------|--|
| #1315 | 1: SRIF M 12-15 | HKRSAcademy |  Chit Nam Anson LOK |

Heat 123

| Entry | Station/Event | Team | Participants |
|-------|--------------------|--------|---|
| #1325 | 1: SRIF M 12-15 | JUMPER |  Lok Him CHU |

Heat 124

| Entry | Station/Event | Team | Participants |
|-------|--------------------|-----------------------------|---|
| #1327 | 1: SRIF M 12-15 | Stunning Rope Skipping Club |  Shun Hang WAT |

Heat 125

| Entry | Station/Event | Team | Participants |
|-------|--------------------|----------|---|
| #1338 | 1: SRIF M 12-15 | 繩研跳繩運動學院 |  Ho Long LIANG |

Heat 126

| Entry | Station/Event | Team | Participants |
|-------|--------------------|-------------|--|
| #1313 | 1: SRIF M 12-15 | HKRSAcademy |  Sze Long LUK |

Heat 127

| Entry | Station/Event | Team | Participants |
|-------|--------------------|-----------------|--|
| #1343 | 1: SRIF M 12-15 | 香港跳繩精英訓練社(Aces) |  Chung Hei Wong |

Heat 128

| Entry | Station/Event | Team | Participants |
|-------|--------------------|------------------|--|
| #1326 | 1: SRIF M 12-15 | JUMP TO INFINITY |  Tsz Fung MAK |

Heat 129

| Entry | Station/Event | Team | Participants |
|-------|----------------------|-----------------|--|
| #391 | 1: SRIF F 16+ (S) | 香港跳繩精英訓練社(Aces) |  Ka Ying So |

Heat 130

| Entry | Station/Event | Team | Participants |
|-------|----------------------|-------|---|
| #386 | 1: SRIF F 16+ (S) | 星辰跳繩部 |  Wing SHIH |

Heat 131

| Entry | Station/Event | Team | Participants |
|-------|----------------------|-------------|--|
| #361 | 1: SRIF F 16+ (S) | HKRSAcademy |  Hiu Lam CHAN |

Heat 132

| Entry | Station/Event | Team | Participants |
|-------|----------------------|-------|--|
| #374 | 1: SRIF F 16+ (S) | HKRSC |  Hoi Ching TANG |

Heat 133

| Entry | Station/Event | Team | Participants |
|-------|----------------------|-------|---|
| #381 | 1: SRIF F 16+ (S) | Vigor |  Sze Lam Roselyn Law |

Heat 134

| Entry | Station/Event | Team | Participants |
|-------|----------------------|-------------|--|
| #368 | 1: SRIF F 16+ (S) | HKRSAcademy |  Yue Tong Eden WU |

Heat 135

| Entry | Station/Event | Team | Participants |
|-------|----------------------|-------------|---|
| #363 | 1: SRIF F 16+ (S) | HKRSAcademy |  Hiu Tung YUEN |

Heat 136

| Entry | Station/Event | Team | Participants |
|-------|----------------------|--------|---|
| #376 | 1: SRIF F 16+ (S) | JUMPER |  Yu Tung Lai |

Heat 137

| Entry | Station/Event | Team | Participants |
|-------|----------------------|-------------|---|
| #362 | 1: SRIF F 16+ (S) | HKRSAcademy |  Hong Lam WONG |

Heat 138

| Entry | Station/Event | Team | Participants |
|-------|----------------------|------------------|--|
| #378 | 1: SRIF F 16+ (S) | Masterful Studio |  Mei Kei Maggie LAU |

Heat 139

| Entry | Station/Event | Team | Participants |
|-------|----------------------|-----------------|--|
| #370 | 1: SRIF F 16+ (S) | Fever Jump Rope |  Hau Yee WONG |

Heat 140

| Entry | Station/Event | Team | Participants |
|-------|----------------------|-------|--|
| #382 | 1: SRIF F 16+ (S) | Vigor |  Hoi Ching Li |


Heat 141

| Entry | Station/Event | Team | Participants |
|-------|----------------------|------------------|---|
| #377 | 1: SRIF F 16+ (S) | Masterful Studio |  Uen Yan LEE |

Heat 142

| Entry | Station/Event | Team | Participants |
|-------|----------------------|-------|--|
| #387 | 1: SRIF F 16+ (S) | 星辰跳繩部 |  Tsz Ching Gustave YEUNG |

Heat 143

| Entry | Station/Event | Team | Participants |
|-------|----------------------|-----------------------------|--|
| #379 | 1: SRIF F 16+ (S) | Stunning Rope Skipping Club |  Cho Yi LAW |

Heat 144

| Entry | Station/Event | Team | Participants |
|-------|----------------------|-------------|--|
| #367 | 1: SRIF F 16+ (S) | HKRSAcademy |  Wing Yau TAI |

Heat 145

| Entry | Station/Event | Team | Participants |
|-------|----------------------|-------------|---|
| #366 | 1: SRIF F 16+ (S) | HKRSAcademy |  Ziqi CHEN |

Heat 146

| Entry | Station/Event | Team | Participants |
|-------|----------------------|--------|--|
| #375 | 1: SRIF F 16+ (S) | JUMPER |  Cheuk Yan MA |

Heat 147

| Entry | Station/Event | Team | Participants |
|-------|----------------------|-------|--|
| #371 | 1: SRIF F 16+ (S) | HKRSC |  Tsz Yiu WONG |

Heat 148

| Entry | Station/Event | Team | Participants |
|-------|----------------------|-------|--|
| #1085 | 1: SRIF F 16+ (S) | HKRSC |  Hiu Laam Kasie SHE |

Heat 149

| Entry | Station/Event | Team | Participants |
|-------|----------------------|----------|--|
| #388 | 1: SRIF F 16+ (S) | 濠動體育有限公司 |  Sum Yi LEE |

Heat 150

| Entry | Station/Event | Team | Participants |
|-------|----------------------|--------|---|
| #389 | 1: SRIF F 16+ (S) | 至專運動學院 |  Cheuk Ki HO |

Heat 151

| Entry | Station/Event | Team | Participants |
|-------|----------------------|-------------|--|
| #369 | 1: SRIF F 16+ (S) | HKRSAcademy |  Wai Ka TSANG |

Heat 152

| Entry | Station/Event | Team | Participants |
|-------|----------------------|-------|---|
| #372 | 1: SRIF F 16+ (S) | HKRSC |  Yin Ting POON |

Heat 153

| Entry | Station/Event | Team | Participants |
|-------|----------------------|-------|---|
| #373 | 1: SRIF F 16+ (S) | HKRSC |  Cheuk Yiu SIN |

Heat 154

| Entry | Station/Event | Team | Participants |
|-------|----------------------|-------|--|
| #1094 | 1: SRIF F 16+ (S) | Vigor |  Cheuk Ying Law |


Heat 155

| Entry | Station/Event | Team | Participants |
|-------|----------------------|-------------|---|
| #364 | 1: SRIF F 16+ (S) | HKRSAcademy |  Pui Lam LEE |

Heat 156

| Entry | Station/Event | Team | Participants |
|-------|----------------------|-------------|--|
| #365 | 1: SRIF F 16+ (S) | HKRSAcademy |  Hiu Lam SHUM |

Heat 157

| Entry | Station/Event | Team | Participants |
|-------|----------------------|-----------------------------|--|
| #380 | 1: SRIF F 16+ (S) | Stunning Rope Skipping Club |  Cheuk Lam LI |

Heat 158

| Entry | Station/Event | Team | Participants |
|-------|----------------------|----------|---|
| #384 | 1: SRIF F 16+ (S) | 國際跳繩有限公司 |  Tsz Mong CHAN |

Heat 159

| Entry | Station/Event | Team | Participants |
|-------|----------------------|----------|---|
| #383 | 1: SRIF F 16+ (S) | 國際跳繩有限公司 |  Chi Wing CHIANG |

Heat 160

| Entry | Station/Event | Team | Participants |
|-------|----------------------|-------|--|
| #385 | 1: SRIF F 16+ (S) | 星辰跳繩部 |  Hoi Tung CHENG |

Heat 161

| Entry | Station/Event | Team | Participants |
|-------|----------------------|-----------------|--|
| #392 | 1: SRIF F 16+ (S) | 香港跳繩精英訓練社(Aces) |  Shin Hang LO |

Heat 162

| Entry | Station/Event | Team | Participants |
|-------|----------------------|-----------------|--|
| #390 | 1: SRIF F 16+ (S) | 香港跳繩精英訓練社(Aces) |  Siu Yu LUO |

Heat 163

| Entry | Station/Event | Team | Participants |
|-------|----------------------|-----------------|--|
| #713 | 1: SRIF M 16+ (S) | 香港跳繩精英訓練社(Aces) |  Cheuk Him MA |

Heat 164

| Entry | Station/Event | Team | Participants |
|-------|----------------------|-------|---|
| #681 | 1: SRIF M 16+ (S) | HKRSC |  Chun Lai KONG |

Heat 165

| Entry | Station/Event | Team | Participants |
|-------|----------------------|-------------|--|
| #670 | 1: SRIF M 16+ (S) | HKRSAcademy |  Tin Yau WONG |

Heat 166

| Entry | Station/Event | Team | Participants |
|-------|----------------------|-------|---|
| #697 | 1: SRIF M 16+ (S) | 星辰跳繩部 |  Hoi Hang Chen |

Heat 167

| Entry | Station/Event | Team | Participants |
|-------|----------------------|------------------|---|
| #692 | 1: SRIF M 16+ (S) | Masterful Studio |  Ka Po LAI |

Heat 168

| Entry | Station/Event | Team | Participants |
|-------|----------------------|----------|--|
| #706 | 1: SRIF M 16+ (S) | 濠動體育有限公司 |  Pak Ming YIP |

Heat 169

| Entry | Station/Event | Team | Participants |
|-------|----------------------|-------------|---|
| #669 | 1: SRIF M 16+ (S) | HKRSAcademy |  Pan Hei LAU |

Heat 170

| Entry | Station/Event | Team | Participants |
|-------|----------------------|-----------------|--|
| #712 | 1: SRIF M 16+ (S) | 香港跳繩精英訓練社(Aces) |  Shuishan JIANG |

Heat 171

| Entry | Station/Event | Team | Participants |
|-------|----------------------|------------------|--|
| #691 | 1: SRIF M 16+ (S) | Masterful Studio |  Chin Hei LAI |

Heat 172

| Entry | Station/Event | Team | Participants |
|-------|----------------------|--------|--|
| #686 | 1: SRIF M 16+ (S) | JUMPER |  Shun Him Zachary CHEUNG |

Heat 173

| Entry | Station/Event | Team | Participants |
|-------|----------------------|--------|--|
| #711 | 1: SRIF M 16+ (S) | 至專運動學院 |  Tin Long Yeung |

Heat 174

| Entry | Station/Event | Team | Participants |
|-------|----------------------|------------------|---|
| #688 | 1: SRIF M 16+ (S) | Masterful Studio |  Hong Yau CHOI |

Heat 175

| Entry | Station/Event | Team | Participants |
|-------|----------------------|-----------------|---|
| #715 | 1: SRIF M 16+ (S) | 香港跳繩精英訓練社(Aces) |  Ka Hei LI |

Heat 176

| Entry | Station/Event | Team | Participants |
|-------|----------------------|------------------|--|
| #689 | 1: SRIF M 16+ (S) | Masterful Studio |  Chun Hei Tsang |

Heat 177

| Entry | Station/Event | Team | Participants |
|-------|----------------------|-------|--|
| #1332 | 1: SRIF M 16+ (S) | Vigor |  Yin Hang CHUNG |

Heat 178

| Entry | Station/Event | Team | Participants |
|-------|----------------------|----------|--|
| #705 | 1: SRIF M 16+ (S) | 濠動體育有限公司 |  Hon Man CHAN |

Heat 179

| Entry | Station/Event | Team | Participants |
|-------|----------------------|-----------|--|
| #693 | 1: SRIF M 16+ (S) | SKIPPER'Z |  Wan Yi Kwong |

Heat 180

| Entry | Station/Event | Team | Participants |
|-------|----------------------|--------|---|
| #676 | 1: SRIF M 16+ (S) | FORCES |  Pak Hung CHEUNG |

Heat 181

| Entry | Station/Event | Team | Participants |
|-------|----------------------|-------|--|
| #699 | 1: SRIF M 16+ (S) | 星辰跳繩部 |  Cheuk Lam KE |

Heat 182

| Entry | Station/Event | Team | Participants |
|-------|----------------------|-------------|--|
| #671 | 1: SRIF M 16+ (S) | HKRSAcademy |  Ching Yau YUEN |

Heat 183

| Entry | Station/Event | Team | Participants |
|-------|----------------------|----------|--|
| #708 | 1: SRIF M 16+ (S) | 濶動體育有限公司 |  Ho Yin LEONG |

Heat 184

| Entry | Station/Event | Team | Participants |
|-------|----------------------|-------|---|
| #698 | 1: SRIF M 16+ (S) | 星辰跳繩部 |  Ho Yiu TANG |

Heat 185

| Entry | Station/Event | Team | Participants |
|-------|----------------------|-----------------|---|
| #714 | 1: SRIF M 16+ (S) | 香港跳繩精英訓練社(Aces) |  Ka Lok NG |

Heat 186

| Entry | Station/Event | Team | Participants |
|-------|----------------------|-------------|---|
| #674 | 1: SRIF M 16+ (S) | HKRSAcademy |  Kwan Hop Chan |

Heat 187

| Entry | Station/Event | Team | Participants |
|-------|----------------------|-------------|--|
| #672 | 1: SRIF M 16+ (S) | HKRSAcademy |  Tsz Wai WONG |

Heat 188

| Entry | Station/Event | Team | Participants |
|-------|----------------------|-------|--|
| #680 | 1: SRIF M 16+ (S) | HKRSC |  Tsz Hin CHEUNG |

Heat 189

| Entry | Station/Event | Team | Participants |
|-------|----------------------|----------|---|
| #696 | 1: SRIF M 16+ (S) | 國際跳繩有限公司 |  Tik Long Fung |

Heat 190

| Entry | Station/Event | Team | Participants |
|-------|----------------------|-------|---|
| #703 | 1: SRIF M 16+ (S) | 星辰跳繩部 |  Man Hei LAI |

Heat 191

| Entry | Station/Event | Team | Participants |
|-------|----------------------|-------|--|
| #678 | 1: SRIF M 16+ (S) | HKRSC |  Tin Long LEE |

Heat 192

| Entry | Station/Event | Team | Participants |
|-------|----------------------|----------|---|
| #709 | 1: SRIF M 16+ (S) | 繩研跳繩運動學院 |  Ho Yuen LOUIE |

Heat 193

| Entry | Station/Event | Team | Participants |
|-------|----------------------|-------|--|
| #701 | 1: SRIF M 16+ (S) | 星辰跳繩部 |  Yik Nam HO |

Heat 194

| Entry | Station/Event | Team | Participants |
|-------|----------------------|-----------------|---|
| #675 | 1: SRIF M 16+ (S) | Fever Jump Rope |  Tsz Tik Leung |

Heat 195

| Entry | Station/Event | Team | Participants |
|-------|----------------------|-------|---|
| #684 | 1: SRIF M 16+ (S) | HKRSC |  Chun Kin Alvin Kwok |

Heat 196

| Entry | Station/Event | Team | Participants |
|-------|----------------------|-------|---|
| #679 | 1: SRIF M 16+ (S) | HKRSC |  Qing Bin CHEN |

Heat 197

| Entry | Station/Event | Team | Participants |
|-------|----------------------|-----------|--|
| #694 | 1: SRIF M 16+ (S) | SKIPPER'Z |  Hong Tai Yan |

Heat 198

| Entry | Station/Event | Team | Participants |
|-------|----------------------|----------|--|
| #707 | 1: SRIF M 16+ (S) | 濠動體育有限公司 |  Ka Chun WONG |

Heat 199

| Entry | Station/Event | Team | Participants |
|-------|----------------------|------------------|--|
| #687 | 1: SRIF M 16+ (S) | Masterful Studio |  Chi Kin NG |

Heat 200

| Entry | Station/Event | Team | Participants |
|-------|----------------------|-------|---|
| #700 | 1: SRIF M 16+ (S) | 星辰跳繩部 |  Cheuk Hing KE |

Heat 201

| Entry | Station/Event | Team | Participants |
|-------|----------------------|-------------|---|
| #673 | 1: SRIF M 16+ (S) | HKRSAcademy |  Tsun Hei Edgar HO |

Heat 202

| Entry | Station/Event | Team | Participants |
|-------|----------------------|-------------|---|
| #668 | 1: SRIF M 16+ (S) | HKRSAcademy |  Yun San LEUNG |

Heat 203

| Entry | Station/Event | Team | Participants |
|-------|----------------------|-------|---|
| #704 | 1: SRIF M 16+ (S) | 星辰跳繩部 |  Sing Long Lee |

Heat 204

| Entry | Station/Event | Team | Participants |
|-------|----------------------|----------|---|
| #710 | 1: SRIF M 16+ (S) | 繩研跳繩運動學院 |  Cheuk Nam Scott Yau |


Heat 205

| Entry | Station/Event | Team | Participants |
|-------|----------------------|-------|--|
| #683 | 1: SRIF M 16+ (S) | HKRSC |  Hiu Hei XU |

Heat 206

| Entry | Station/Event | Team | Participants |
|-------|----------------------|--------|---|
| #677 | 1: SRIF M 16+ (S) | FORCES |  Wing Lam CHEUNG |

Heat 207

| Entry | Station/Event | Team | Participants |
|-------|----------------------|-----------------------------|---|
| #695 | 1: SRIF M 16+ (S) | Stunning Rope Skipping Club |  Hoi Lok TAM |

Heat 208

| Entry | Station/Event | Team | Participants |
|-------|----------------------|-------|--|
| #702 | 1: SRIF M 16+ (S) | 星辰跳繩部 |  Ching Hin CHAN |

Heat 209

| Entry | Station/Event | Team | Participants |
|-------|----------------------|------------------|---|
| #690 | 1: SRIF M 16+ (S) | Masterful Studio |  Chi Hung WONG |

Heat 210

| Entry | Station/Event | Team | Participants |
|-------|----------------------|-------|--|
| #685 | 1: SRIF M 16+ (S) | HKRSC |  Po Hang Parco SHUM |

Heat 211

| Entry | Station/Event | Team | Participants |
|-------|----------------------|-------|---|
| #682 | 1: SRIF M 16+ (S) | HKRSC |  Pak Wai CHU |