



Hong Kong Rope Skipping Academy

香港專業花式跳繩學校

香港個人全能跳繩公開賽2019

參賽者出場序 (30/3)

公開組出場序 30秒速度跳 / 2分鐘速度耐力跳 / 45秒個人指定花式

場次	預計時間			場區一	場區二	場區三	場區四	場區五	場區六	場區七	場區八	場區九
1	9:30	10:12	11:15	Tam Pui Ian (2001)	leong Nga Man (2002)	Chao Cheng Man (2003)	Cheong Pui lo (2003)	Chan Nga Cheng (2003)	Lao Ka Lei (2003)	Kuok Hang U (2003)	Lei Chi Leng (2003)	Chan Wing Yin (2006)
2	9:32	10:15	11:19	Yu Wing Tung (2006)		Lee Cheuk Laam (2006)	Yiu Wing Sze (2006)	Lam Hoi Ying (2006)	Yeung Wing Sze (2006)	Wongsinkei (2006)	Lam Wing Shan (2006)	Liu Ka Yi (2006)
3	9:34	10:18	11:23	Shum Hiu Lam (2006)	Ng Tsz Ching (2006)	Chloe Chan Yung Mei (2006)	Lin,Yu-Ting (2006)	Chen,Wan-Yu (2006)	Chen,Meng-Chun (2006)	Hung,Yi-Ting (2006)	Hsieh,Wan-Yu (2006)	Ting Tung (2006)
4	9:36	10:21	11:27	Fan Hei Ching (2006)	Cheung Man Ki (2006)	Kwok Sin Wai (2006)	Chui Hoi Kiu (2006)	Chong Amelie Faye (2006)	So Tsz Ching (2006)	Yick Sin Yu (2006)	Lam Wing Yin (2006)	Hong Ka Wan (2006)
5	9:38	10:24	11:31	Tsang Chelsea (2007)	Huang Suet Man (2007)	Woo Cheuk Luen Cherry (2007)	Chan Yee Kiu (2007)	Lam Fong Yu (2007)	Ho Kwan Ling (2007)	Hui Yook Ching (2007)	Wong Sin Wah (2007)	Yue Jacey (2007)
6	9:40	10:27	11:35	Yeung Hiu Yan (2007)	Lam Yu Ying (2007)	Mok Miu Yan (2007)	Kuang Yi Ki (2007)	Ho Ching Ki (2007)	Cheung Ka Yu Shana (2007)	Ng Cheuk Yu (2007)	Law Sze Lam Roselyn (2007)	Chan Sze Wan (2007)
7	9:42	10:30	11:39	Cheung Yee Shan (2007)	Ko Ho Yi (2007)	Ko Lok Yi (2007)	Hu Cheuk Ka (2007)	Chow Hei Tung Chloe (2007)	Lam Yee Elyse (2007)	Wong Sze Sze (2007)	Ip Chui Yi (2007)	Tung Cheuk Wa (2007)
8	9:44	10:33	11:43	Ip Wing (2007)	Ng Hiu Tung (2008)	Lai Hau Ling Charlene (2008)	Cheng Hei Ching (2008)	Cheng Hei Tung (2008)	Lam Hoi Shuen (2008)	Leung Man Ching (2008)	Yim Lok Ting (2008)	Wong Tsz Wan (2008)
9	9:46	10:36	11:47	Choi Jocasta (2008)	Wong Yi Wing (2008)	Chan Hiu Tung (2008)	Hung,Pin-Hsun (2008)	Hsien,Ching-Chi (2008)	Huang,Yu-Li (2008)	Tsai,Pei-Yuan (2008)	Chan Chi Lam (2008)	Yim Tsoi Kiu (2008)
10	9:48	10:39	11:51	Lee Wai Kiu Jane (2008)	Ling Crystal (2008)	Chin Shih Yun (2008)	Cheah Cheuk Yan (2008)	Ip,Joyce Tsz Ying (2008)	Sze Esmé (2008)	Cheng Sum Yu Sophie (2008)	Mak Yan Wing (2008)	Liu Ho In (2008)
11	9:50	10:42	11:55	Lam Ching (2008)	Leung Icy (2008)	Yau Hiu Lam (2008)	Zhong Yi Lam (2008)	Poon Ho Yee (2008)	Chan Yi (1981)	Chan Long Ting (1994)	Tam Yee Ching (1995)	Wong Chun Wai (1997)
12	9:52	10:45	11:59	Hsu Cheung Lam (1998)	Ng Ho Man (1998)	Owais Muhammad (1999)	Cheung Wai Hong (1999)	Chong Tsz Fung (1999)	Wong Lap Ting (2000)	Ko Ming Chung (2000)	Lee Ho Yin (2000)	Ng Kwan Ho (2002)
13	9:54	10:48	12:03	Lau Cheuk Fung (2003)	Fong Chung Kan (2003)	Tang Ka Kit (2003)		Tam Hoi Lok (2003)	Wong Po Yiu (2003)	Chao Kai Chon (2003)	Chu Leong Hei (2004)	
14	9:56	10:51	12:07	Leung Ming Fai (2004)	Wong Sui Shan (2005)	Kwok Ho Wang (2005)	Fung Tik Long (2005)	Chan Kai Fung (2005)	Tse Marcus Wai Kong (2005)	Yeung Kai Nam (2009)	Yu Siu Long (2009)	Li Sze Yiu (2009)
15	9:58	10:54	12:11	Chu Yat Long Enoch (2009)	Li Ka Hei (2009)	Mong Yat Kiu (2009)	Lo Wing Ho (2009)	Li Cheuk Yin (2009)	Leung Tsz Tik (2009)	Ngan Ching Yin Anson (2009)	Yeung Ho Hin (2009)	Cheng Ching Lam (2009)
16	10:00	10:57	12:15	So Fai Hoi (2009)	Lau Mo Chit Trevor (2009)	Lee Wang Ngai (2009)	Chiu Man Yui (2010)	Tse Tung Lam (2010)	Tang Ming Ho (2010)	Leung Chun Long Gino (2010)	Lau Chuen Wing (2010)	Kwok Ho Him (2010)
17	10:02	11:00	12:19	Chung Pok Yu (2010)	Lau King Yan Rex (2009)	Chan Tik Yin (2010)	Chow Ho Ting Alvin (2010)	Leung Ho Hei (2010)	Chan Ching Hin (2010)	Lam Mang I Marco (2010)	Cheuk Yat (2010)	Yip Kai Yin Angus (2010)
18	10:04	11:03	12:23	Lui Ngo Fei Brandon (2010)	Kwok Cheuk Wang (2010)	Law Tsz Chun (2010)	Lee Chin Kiu Carson (2010)	Chan Ho Him (2010)	Lau Chin Yu (2011)	Cheng Pak Hei (2011)	Au Yeung Hey (2011)	Cheung Lok Hei (2011)
19	10:06	11:06	12:27	Hung,Ping-Hsien (2011)	Leung Winson (2011)	Chan Chun Yin (2011)	Pan Peixi (2011)	Pang Pak Hei (2011)	Mak Ka Chun (2011)	Ng Tsz Sin (2012)	Tung Pak Kiu (2012)	Chau Ngo Hin Alton (2012)
20	10:08	11:09	12:31	Chan Yik Hang (2012)	Chan Man Hei (2012)	Chan Lok Hin (2012)	Ho Nok Hang Elvis (2012)	Lee Ho Nam (2011)	Theodore Tsui Hon Man (2012)	Wong Zi Zing (2012)	Leung Tsz Pak (2013)	Lo Shun Yin (2013)
21	10:10	11:12	12:35	Cheung Kayden Cheuk Shing (2013)	Heung Pak Hei (2013)	Kwok Pak Hin (2013)	Ho Tsun Hei Edgar (2005)					

挑戰組出場序 30秒速度跳 / 2分鐘速度耐力跳 / 45-60秒自選花式

場次	預計時間			場區一	場區二	場區三	場區四	場區五	場區六	場區七	場區八	場區九
1	14:30	14:38	15:00	Ng Sze Nga (1995)	Su,Jia-Yi (1997)	Sum Hiu Ching (1998)	Chan Shuk Man (1998)	Tai Wing Yau (1999)	Wan Ching Ho (1999)	Tsang Chui Ying (1999)	Cheung Lai Chu (1999)	Li Tsz Yuet (2001)
2	14:32	14:41	15:36	Wan Yan Kei, Esther (2002)	Mak Yee Kiu (2003)	Wong Nok Sum (2003)	Ng Hei Man (2003)	Chan Tsz Lam (2003)	Ng Wai Chi (1994)	Wong Hei Kit (1995)	Ho Chu Ting (1995)	Chien Tzu-Hsiang (1998)
3	14:32	14:44	16:12	Tam Hoi Kin (1998)	Lau Pan Hei (1998)	Tsui Ying Nam Kay (1998)	Tang Shun Yin (1998)	Tseng, Kuo-Hsuan (1999)	Wong Ho Ching (1999)	Chan Man Hei (2000)	Siu Man Chun (2000)	Shum Long Hin (2000)
4	14:34	14:47	16:48	Chan Chi Lok (2000)	Yuen Ho Fung (2001)	Chan Long Hei (2002)	Leung Yun San (2002)	Lee Chun Ming (2002)	Law Kei Fung Macor (2002)	Tom Chi Yuen (2003)	Tam Cheuk Hin (2003)	Yiu Chun Hin (2003)
5	14:36	14:50	17:24	Pang Pak Kin (2003)	Kan Yu Wing (2003)	Kwan Chi Kan (2003)						



HKRS Academy
Everything about Rope Skipping
★★★★★





Hong Kong Rope Skipping Academy

香港專業花式跳繩學校

香港個人全能跳繩公開賽2019

參賽者出場序 (31/3)

公開組出場序 30秒速度跳 / 2分鐘速度耐力跳 / 45秒個人指定花式

場次	預計時間			場區一	場區二	場區三	場區四	場區五	場區六	場區七	場區八	場區九
1	9:30	10:08	11:05	Cheng Tsz Yan (1998)	Chan Ka Wing (1998)	Lau Yeuk Lan (1999)	Lee Man Ying (1999)	Yeung Hoi Ching (2000)	Cheng Ka Wai Kendall (2000)	Leung Ching Shun Coby (2002)	Kai Tin Sum (2002)	Hui Ka Tung (2003)
2	9:32	10:11	11:09	Ng Tsz Yan (2003)	Chan Hei Man (2003)	Tsui Kami (2003)	Law Wan Kiu (2003)	Kwok Tsoi Yiu (2004)	Chao Hiu Lan (2004)	Yu Heiman (2004)	Yu Hoi Yee Anthea (2005)	Kwok Wing Yan (2005)
3	9:34	10:14	11:13	Chen Zi Qi (2005)	Larose Louna Tsin Wai (2005)	Bux Abdula Hanipha (2005)	Lin,Yi-Jhen (2005)	Chong Audrie (2010)	Tang Hoi Man (2005)	Chan Lok Yiu (2005)	Syeda Shifa (2005)	Ho Shu Ting Charlot (2005)
4	9:36	10:17	11:17	Lau Sin Yi (2005)	Wan Yuen Sin (2005)	Lau Lee Yan (2005)	Lau Yu Shan (2005)	Law Wing Tung (2005)	Tsoi Yu Sha (2005)	Fong Tsz Yau (2005)	Wong Yuet Lam Felice (2009)	Mak Ho Ching (2009)
5	9:38	10:20	11:21	Shek Ka Yu (2009)	Poon Yan Nok Nicole (2009)	Wai Kok Ching (2009)	Lin Yuet (2009)	Lai Tsz Ue (2009)	Lai Hei Tung (2009)	Chow Ching Man (2009)	Cheng Hei Tung (2009)	Wong O Ching , Mia (2009)
6	9:40	10:23	11:25	Wong Ka Ki Kasandra (2009)	Wong Tsz Ki Kailey (2009)	Leung Tsz Yin (2009)	Siu Ka Wan (2009)	Lau Yi Kwan (2009)	Lam Cheuk Yan (2009)	Yip Kiu Jamie (2009)	Chan Sze Nok (2009)	Law Sum Yau (2009)
7	9:42	10:26	11:29	Chan Yi Nga (2009)	Ma Hei Yu (2009)	Lai Jade Cheuk Wing (2009)	Chu Ka Pui (2009)	Chan Kiu On Joanna (2009)	Wu Hau Lam (2009)	Chan Hei Yi Haydee (2009)	Chow Lok Ching Cadee (2009)	So Pui Yu (2009)
8	9:44	10:29	11:33	Monasch Tsui Yu Lam (2009)	Wong Ka Yu Alvina (2009)	Lam Ho Kiu Kirra (2009)	Leung Sze Ching (2009)	Tham Hei Kiu (2009)	Poon Pui Yee (2010)	Chong Yat Ning Alexis (2010)	Fan Ka Ying (2010)	Lee, Hoi Yiu (2010)
9	9:46	10:32	11:37	Yu Pui Ga (2010)	Wing Tsz Ying (2010)	Omachi Riona (2010)	Ng Tsz Wan (2010)	Chan Hiu Nam (2010)	Law Cheuk Ying (2010)	Leung Ka Man (2010)	Deng Min (2010)	Wong Hoi Ki (2010)
10	9:48	10:35	11:41	Wong Hau Yee (2010)	Chan Yin Hei (2010)	Siu Hau Ching (2010)	Luk Tsz Ching Katreena (2010)	Loo Tin Yau Andrea (2010)	Lam Lam (2010)	Zhu Nga Tung (2010)	Chan Lai Ching (2010)	Yim Kai Wan (2010)
11	9:50	10:38	11:45	Tsang Lok Hei (2010)	Tsang Kwan Yi Renae (2010)	Yang Pu Zhi (2010)	Wong Sum Yi (2010)	Hui Yan Ting (2010)	Poon Cheuk Yau (2010)	Leung Kai Lin (2011)	Chan Hoi Ka (2011)	Lai Hoi Ching Chelsea (2011)
12	9:52	10:41	11:49	Lo Yik Yin (2011)	Lo Cheuk Kiu (2011)	Chan Sum Yau (2011)	Lee Hong Yau (2011)	Wu On Lam (2011)	Chan Hei To Hazel (2011)	Chen Yin Tung (2011)	Chan Tin Yau Jyoti (2011)	Ho Yat Sum Kardja (2011)
13	9:54	10:44	11:53	Choi Ching Huen (2011)	Stirling, Riley Joy (2011)	Lai Lok Tung Clarice (2011)	Lin Hei Tung (2011)	Chow Yik Lok (2012)	Chan Wang Hei Sonice (2012)	Poon Wing Man (2012)	Lam Chin Yu (2012)	Law Yee Laam Elim (2012)
14	9:56	10:47	11:57	Sheena, Chow (2012)	Pang Hei Man (2012)	Emma Wong (2012)	Fan Hei Nam (2012)	Chan Hoi Lam (2012)	Cheung Hoi Ki (2012)	Lai Chui Yee (2012)	Poon Wai Ching (2012)	Siang Chi Ching Joyce (2012)
15	9:58	10:50	12:01	Fong Tin Lam (2012)	Lo Hoi Kiu (2012)	Leung Ho Yau (2013)	Lam Sum Yiu Mitzi (2013)	Chan Tin Yu Jutta (2013)	Ng Sze Wing (2013)	Chong Zurie (2014)	Chan Lok Long (2006)	Che Ming Yip (2006)
16	10:00	10:53	12:05	Liu Chak Man (2006)	Leung Tsun Lam (2006)	Ng Cheuk Fung (2006)	Chow Lok Hei (2006)	Kwong Wan Yi (2006)	Cheung Shun Him (2006)	Yu Ching Lam (2007)	Liu Hoi Chun (2007)	Chan Wang Hei (2007)
17	10:02	10:56	12:09	Chow Chung Him (2007)	Chan Hui Sing Collin (2007)	Thong Ho Chun (2007)	Ip Chun Hei (2007)	Lam Hoi To (2007)	Chan Hin Shing Eden (2007)	Sit Chin Man (2007)	Cheung Yui Wai (2007)	Dai Chun Yin (2007)
18	10:04	10:59	12:13	Fan Hoi Tsun (2008)	Tang Chun Hay (2008)	Lee Cheuk Chit (2008)	Lo Ching Nam (2008)	Chan Leong Yin (2008)	Kwok Wai Lun (2008)	Chan Pan Wing (2008)	Chan Wang Kai (2008)	Lam Yu Wing (2008)
19	10:06	11:02	12:17	Chan Pak Wun (2008)	Yeung Yan Nam (2003)	Chan Tsz Chung Ryan (2008)	Choi Ho Kiu (2008)	Yip Chun Hin, Baron (2008)	Chan Hin Shue Harry (2008)	Kun Hei Yu (2008)	Fung Chun Hei (2008)	Ho Tsz Hei Garrett (2007)

挑戰組出場序 30秒速度跳 / 2分鐘速度耐力跳 / 45-60秒自選花式

場次	預計時間			場區一	場區二	場區三	場區四	場區五	場區六	場區七	場區八	場區九
1	14:30	14:40	15:02	Sa Hiu (2005)	Tsang Long Yuet (2005)	Ng Tsz Hei, Heidy (2005)	Li Yuet Ting (2005)	Chung Hiu Yau (2005)	Yip Oi Ming (2005)	Lui Suet Yan (2005)	Li Cheuk Lam (2005)	Chan Kei Nam (2005)
2	14:32	14:43	15:38	Li Cheuk Ki (2005)	Lam Po Ying (2005)	Chen Sze Wun (2005)	Wu Yi Lan Evelyn (2005)	Lee Ching Yi (2006)	Lee Pui Lam (2006)	Yuen Hiu Tung (2006)	Li Sum Yee (2006)	Chiu Man Yuet (2006)
3	14:34	14:46	16:14	Chan Sum Yu (2007)	Tsang Wai Ka (2007)	Wong Po Yuet Charlotte (2008)	Lee Hiu Ching Katrina (2008)	Cheung Pak Lok (2004)	Shi Man To (2004)	Choy Ka Yuen ,Rex (2004)	Yuen Ching Yau (2005)	Ng Ting Hei (2005)
4	14:36	14:49	16:50	Mak Chi Hin (2005)	Tsui Chi San (2005)	Tam Ho Hin (2005)	Chan Chun Yin (2005)	Tao Pak Nok (2005)	Leung Pak Wai (2005)	Kong Chun Hei (2006)	Chan Hei Long Isaac (2006)	Lum Long Yat (2006)
5	14:38	14:52	17:26	To Sai Kin (2007)	Leung Ho Chit (2007)	Wong Hung Fai (2008)	Marcus Lu-Nielsen (2007)	Ng Ho Yu (2008)	Lam Kin To (2009)			



HKRS Academy
Everything about Rope Skipping
★★★★★

