



MAS/NSC MID AND LONG DISTANCE SWIMMING CHAMPIONSHIP

8 - 9 OCTOBER
2022

NATIONAL AQUATIC CENTRE
KUALA LUMPUR SPORTS CITY



Hosted by :
PERSATUAN RENANG AMATUR KUALA LUMPUR

5th MAS/NSC MID & LONG DISTANCE SWIM CHAMP - 08/10/2022 to 09/10/2022**Hari Sukan Negara 2022****Session Report**

Session: 1 8th October 2022 (Saturday)

Day of Meet: 1 Starts at 08:00 AM Heat Interval: 40 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Meet Qualifying	Starts at	
Finals	101 Boys 11-12 800 Freestyle Group 3	14	2	12:53.11	08:00 AM	_____
Finals	102 Girls 11-12 800 Freestyle Group 3	20	2	13:48.97	08:30 AM	_____
Finals	103 Boys 13-14 800 Freestyle Group 2	29	4	11:57.69	08:58 AM	_____
Finals	104 Girls 13-14 800 Freestyle Group 2	16	2	12:49.55	09:35 AM	_____
Finals	105 Boys 15-17 200 Backstroke Group 1	15	2	2:47.18	10:00 AM	_____
Finals	106 Girls 15-17 200 Backstroke Group 1	5	1	3:05.32	10:07 AM	_____
Finals	107 Boys 18-25 200 Backstroke Open	0	0	2:38.81	10:11 AM	_____
Finals	108 Girls 18-25 200 Backstroke Open	0	0	2:56.03	10:11 AM	_____
Finals	109 Boys 15-17 800 Freestyle Group 1	18	2	11:15.37	10:11 AM	_____
Finals	110 Girls 15-17 800 Freestyle Group 1	4	1	12:04.18	10:34 AM	_____
Finals	111 Boys 18-25 800 Freestyle Open	1	1	10:41.55	10:46 AM	_____
Finals	112 Girls 18-25 800 Freestyle Open	1	1	11:27.90	10:56 AM	_____
Finals	113 Boys 10 & Under 200 Backstroke Group 4	23	3	3:30.64	11:07 AM	_____
Finals	114 Girls 10 & Under 200 Backstroke Group 4	16	2	3:53.48	11:20 AM	_____
Finals	115 Boys 11-12 200 Backstroke Group 3	21	3	3:11.38	11:30 AM	_____
Finals	116 Girls 11-12 200 Backstroke Group 3	26	3	3:32.13	11:42 AM	_____
Finals	117 Boys 13-14 200 Backstroke Group 2	30	4	2:57.66	11:55 AM	_____
Finals	118 Girls 13-14 200 Backstroke Group 2	20	2	3:16.93	12:06 PM	_____
Finals	119 Boys 10 & Under 200 IM Group 4	32	4	3:34.55	12:14 PM	_____
Finals	120 Girls 10 & Under 200 IM Group 4	22	3	3:57.36	12:31 PM	_____
Finals	121 Boys 11-12 200 IM Group 3	37	4	3:14.93	12:44 PM	_____
Finals	122 Girls 11-12 200 IM Group 3	34	4	3:35.66	12:58 PM	_____
Break: 45 Minutes: Lunch Break						
Finals	123 Boys 13-14 200 IM Group 2	55	6	3:00.96	01:59 PM	_____
Finals	124 Girls 13-14 200 IM Group 2	23	3	3:20.20	02:20 PM	_____
Finals	125 Boys 15-17 200 IM Group 1	31	4	2:50.29	02:31 PM	_____
Finals	126 Girls 15-17 200 IM Group 1	8	1	3:08.39	02:44 PM	_____
Finals	127 Boys 18-25 200 IM Open	1	1	2:41.76	02:48 PM	_____
Finals	128 Girls 18-25 200 IM Open	0	0	2:58.96	02:51 PM	_____
Finals	129 Boys 11-12 400 Freestyle Group 3	36	4	6:16.31	02:51 PM	_____
Finals	130 Girls 11-12 400 Freestyle Group 3	30	4	6:44.34	03:17 PM	_____
Finals	131 Boys 13-14 400 Freestyle Group 2	48	6	5:49.33	03:37 PM	_____
Finals	132 Girls 13-14 400 Freestyle Group 2	26	3	6:15.35	04:07 PM	_____
Finals	133 Boys 15-17 400 Freestyle Group 1	31	4	5:28.74	04:27 PM	_____
Finals	134 Girls 15-17 400 Freestyle Group 1	9	1	5:53.22	04:50 PM	_____
Finals	135 Boys 18-25 400 Freestyle Open	2	1	5:12.27	04:57 PM	_____
Finals	136 Girls 18-25 400 Freestyle Open	1	1	5:35.53	05:02 PM	_____
Finals	137 Boys 10 & Under 4x200 Freestyle Group 4	5	1		05:08 PM	_____
Finals	138 Girls 10 & Under 4x200 Freestyle Group 4	2	1		05:19 PM	_____
Finals	139 Boys 11-12 4x200 Freestyle Group 3 Rela	4	1		05:30 PM	_____
Finals	140 Girls 11-12 4x200 Freestyle Group 3 Rela	4	1		05:40 PM	_____
Finals	141 Boys 13-14 4x200 Freestyle Group 2 Rela	7	1		05:51 PM	_____
Finals	142 Girls 13-14 4x200 Freestyle Group 2 Rela	4	1		06:01 PM	_____
Finals	143 Boys 15-17 4x200 Freestyle Group 1 Rela	3	1		06:12 PM	_____
Finals	144 Girls 15-17 4x200 Freestyle Group 1 Rela	1	1		06:21 PM	_____
Finals	145 Boys 18-25 4x200 Freestyle Open Relay	0	0		06:32 PM	_____
Finals	146 Girls 18-25 4x200 Freestyle Open Relay	0	0		06:32 PM	_____

5th MAS/NSC MID & LONG DISTANCE SWIM CHAMP - 08/10/2022 to 09/10/2022**Hari Sukan Negara 2022****Session Report**

Session: 1 8th October 2022 (Saturday)

Day of Meet: 1 Starts at 08:00 AM Heat Interval: 40 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Meet Qualifying	Starts at
	Swimmers Counts for Warm-ups: 337	====	====		
	Entry / Heat Totals:	715	97		
	Finish Time				06:32 PM _____

5th MAS/NSC MID & LONG DISTANCE SWIM CHAMP - 08/10/2022 to 09/10/2022**Hari Sukan Negara 2022****Session Report**

Session: 2 9th October 2022 (Sunday)

Day of Meet: 2 Starts at 08:00 AM Heat Interval: 40 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Meet Qualifying	Starts at	
Finals	201 Boys 11-12 1500 Freestyle Group 3	11	2	24:49.42	08:00 AM	_____
Finals	202 Girls 11-12 1500 Freestyle Group 3	8	1	26:22.54	08:55 AM	_____
Finals	203 Boys 13-14 1500 Freestyle Group 2	24	3	23:02.65	09:22 AM	_____
Finals	204 Girls 13-14 1500 Freestyle Group 2	10	2	24:29.10	10:31 AM	_____
Finals	205 Boys 15-17 200 Butterfly Group 1	10	2	2:46.57	10:54 AM	_____
Finals	206 Girls 15-17 200 Butterfly Group 1	2	1	3:01.95	10:58 AM	_____
Finals	207 Boys 18-25 200 Butterfly Open	3	1	2:38.23	11:02 AM	_____
Finals	208 Girls 18-25 200 Butterfly Open	0	0	2:52.84	11:05 AM	_____
Finals	209 Boys 15-17 1500 Freestyle Group 1	19	2	21:41.13	11:05 AM	_____
Finals	210 Girls 15-17 1500 Freestyle Group 1	6	1	23:02.48	11:49 AM	_____
Finals	211 Boys 18-25 1500 Freestyle Open	1	1	20:35.96	12:11 PM	_____
Finals	212 Girls 18-25 1500 Freestyle Open	0	0	21:53.24	12:32 PM	_____
Finals	213 Boys 10 & Under 200 Butterfly Group 4	14	2	3:29.86	12:32 PM	_____
Finals	214 Girls 10 & Under 200 Butterfly Group 4	10	2	3:49.25	12:40 PM	_____
Finals	215 Boys 11-12 200 Butterfly Group 3	18	2	3:10.67	12:44 PM	_____
Finals	216 Girls 11-12 200 Butterfly Group 3	9	2	3:28.29	12:52 PM	_____
Finals	217 Boys 13-14 200 Butterfly Group 2	24	3	2:57.01	12:56 PM	_____
Finals	218 Girls 13-14 200 Butterfly Group 2	11	2	3:13.36	01:07 PM	_____
Break: 45 Minutes: Lunch Break						
Finals	219 Boys 10 & Under 200 Breaststroke Group	30	3	3:58.40	02:00 PM	_____
Finals	220 Girls 10 & Under 200 Breaststroke Group	18	2	4:21.81	02:13 PM	_____
Finals	221 Boys 11-12 200 Breaststroke Group 3	25	3	3:36.60	02:23 PM	_____
Finals	222 Girls 11-12 200 Breaststroke Group 3	17	2	3:57.87	02:35 PM	_____
Finals	223 Boys 13-14 200 Breaststroke Group 2	39	5	3:21.07	02:44 PM	_____
Finals	224 Girls 13-14 200 Breaststroke Group 2	13	2	3:40.82	03:00 PM	_____
Finals	225 Boys 15-17 200 Breaststroke Group 1	18	2	3:09.21	03:08 PM	_____
Finals	226 Girls 15-17 200 Breaststroke Group 1	6	1	3:27.80	03:15 PM	_____
Finals	227 Boys 18-25 200 Breaststroke Open	0	0	2:59.74	03:19 PM	_____
Finals	228 Girls 18-25 200 Breaststroke Open	1	1	3:17.39	03:19 PM	_____
Finals	229 Boys 11-12 400 IM Group 3	15	2	6:56.96	03:23 PM	_____
Finals	230 Girls 11-12 400 IM Group 3	16	2	7:35.46	03:38 PM	_____
Finals	231 Boys 13-14 400 IM Group 2	18	2	6:27.07	03:53 PM	_____
Finals	232 Girls 13-14 400 IM Group 2	11	2	7:02.82	04:06 PM	_____
Finals	233 Boys 15-17 400 IM Group 1	10	1	6:04.24	04:21 PM	_____
Finals	234 Girls 15-17 400 IM Group 1	3	1	6:37.88	04:27 PM	_____
Finals	235 Boys 18-25 400 IM Open	0	0	5:46.00	04:34 PM	_____
Finals	236 Girls 18-25 400 IM Open	1	1	6:17.96	04:34 PM	_____
Finals	237 Boys 10 & Under 200 Freestyle Group 4	41	5	3:11.97	04:40 PM	_____
Finals	238 Girls 10 & Under 200 Freestyle Group 4	27	3	3:32.63	04:59 PM	_____
Finals	239 Boys 11-12 200 Freestyle Group 3	59	6	2:54.41	05:11 PM	_____
Finals	240 Girls 11-12 200 Freestyle Group 3	43	5	3:13.19	05:31 PM	_____
Finals	241 Boys 13-14 200 Freestyle Group 2	62	7	2:41.91	05:48 PM	_____
Finals	242 Girls 13-14 200 Freestyle Group 2	35	4	2:59.34	06:11 PM	_____
Finals	243 Boys 15-17 200 Freestyle Group 1	45	5	2:32.36	06:24 PM	_____
Finals	244 Girls 15-17 200 Freestyle Group 1	14	2	2:48.76	06:40 PM	_____
Finals	245 Boys 18-25 200 Freestyle Open	3	1	2:24.73	06:46 PM	_____
Finals	246 Girls 18-25 200 Freestyle Open	1	1	2:40.31	06:49 PM	_____

5th MAS/NSC MID & LONG DISTANCE SWIM CHAMP - 08/10/2022 to 09/10/2022**Hari Sukan Negara 2022****Session Report**

Session: 2 9th October 2022 (Sunday)

Day of Meet: 2 Starts at 08:00 AM Heat Interval: 40 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Meet Qualifying	Starts at	
Finals	247 Mixed 10 & Under 4x200 Freestyle Group	5	1		06:52 PM	_____
Finals	248 Mixed 11-12 4x200 Freestyle Group 3 Rel	5	1		07:04 PM	_____
Finals	249 Mixed 13-14 4x200 Freestyle Group 2 Rel	6	1		07:15 PM	_____
Finals	250 Mixed 15-17 4x200 Freestyle Group 1 Rel	2	1		07:25 PM	_____
Finals	251 Mixed 18-25 4x200 Freestyle Open Relay	1	1		07:35 PM	_____
	Swimmers Counts for Warm-ups: 374	=====	=====			
	Entry / Heat Totals:	770	105			
	Finish Time				07:50 PM	_____

5th MAS/NSC MID & LONG DISTANCE SWIM CHAMP - 08/10/2022 to 09/10/2022**Hari Sukan Negara 2022****Team List**

	Team	Female	Male	Total Athletes	Entries	Relay	Total
1	ASC Anakair Swimming Club	0	1	1	2	0	2
2	CSC Chinese Swimming Club, Penang	10	3	13	49	0	49
3	DASC Darul Amin Swimming Club	0	1	1	3	0	3
4	DSA Dsa Swimming Club	42	67	109	358	12	370
5	IBSC Ikan Bilis Swimming Club	15	37	52	162	10	172
6	JSC Johor Swimming Club	0	1	1	1	0	1
7	KAWA Kawaras Swimming Club	0	3	3	14	0	14
8	MAS Kelab Renang Mas	8	17	25	97	5	102
9	KSAS Kelab Shah Alam Selangor	0	2	2	6	0	6
10	KPGCC Kota Permai Gcc Swim Team	9	8	17	54	1	55
11	KLSC Kuala Lumpur Swimming Club	1	2	3	9	0	9
12	KSC Kujira Swimming Club	1	5	6	23	1	24
13	MKSC Mont Kiara Swimming Club	1	0	1	1	0	1
14	NWSC New Wave Swimming Club	4	12	16	54	0	54
15	PADE Pade-Supersharkz Swimming Club	19	35	54	217	7	224
16	PDT Penang Dolphin Team	11	16	27	129	6	135
17	PGSC Penguin Swimming Club	2	1	3	15	0	15
18	RAR Rakan Akuatik Remaja Melaka	4	1	5	18	0	18
19	SASA Sabah Aquatic Sports Associati	3	3	6	31	0	31
20	SSMS Sekolah Sukan Malaysia Sabah	3	6	9	48	0	48
21	SST Srikl Sharkies	3	10	13	49	1	50
22	UCSI Ucsi Swimming Academy	2	2	4	0	1	1
23	VSC-VI Victoria Swimming Club	0	1	1	5	0	5
24	VTs Vitesse Swim Club	2	3	5	13	0	13
25	WST-ZG Wahoo Swim Team	8	7	15	82	5	87
		148	244	392	1440	49	1489

5th MAS/NSC MID & LONG DISTANCE SWIM CHAMP - 08/10/2022 to 09/10/2022

Hari Sukan Negara 2022

Team Roster

Name	Sex	Age	Name	Sex	Age
Anakair Swimming Club			33 Khoo Zhi Ning, Hannah	F	11
1 Mohd Roffee, Rossidannial	M	11	34 Kobayashi, Kota	M	11
Total Athletes: 1			35 Kobayashi, Shusuke	M	8
Chinese Swimming Club, Penang			36 Koh Jun Sheng, Jason	M	13
1 Ee Lynn, Chang	F	14	37 Koh Lee Shen, Kaylee	F	11
2 Eliza, Yee	F	10	38 Kong Shu Li, Anabelle	F	10
3 Elizabeth Jane, Setzfand	F	11	39 Koo Yu Qing, Joelle	F	12
4 Kai Sheng, Sean, Tan	M	15	40 Lai, In Xuan	M	10
5 Ker Yee, Chloe, Yeap	F	10	41 Lau, Jerriel	F	20
6 Ming Ting, Anabel, Teoh	F	9	42 Lee, Tze-Le	F	15
7 Ming Xuan, Alison, Teoh	F	12	43 Lee Shin Rong, Calvin	M	15
8 Nicholas, Yee	M	9	44 Lee Zhen Hao, Aloysius	M	13
9 Ping Yee, Hooy	F	11	45 Lee Zhen Yuan, Anson	M	11
10 Rio, Shirai	M	16	46 Lem, Chen Yi	M	15
11 Xuan Rou, Tan	F	10	47 Lew Zi Yan, Joanne	F	15
12 Yha Han, Natalia, Ong	F	9	48 Liew, Ze Hou	M	13
13 Yha Rou, Natasha, Ong	F	11	49 Lim Pei Xin, Heidi	F	10
Total Athletes: 13			50 Lim Zhi En, Averie	F	9
Darul Amin Swimming Club			51 Loh Jia Sheng, Jason	M	14
1 Abdul Rashid, Fahim Syahmi	M	10	52 Loong Kar Man, Ivan	M	13
Total Athletes: 1			53 McCartan, Gabriel Francis	M	16
Dsa Swimming Club			54 Mohd Rosli, Nik Adam Mirza	M	13
1 Ahmad Firdaus, Danish Haiqal	M	12	55 Mohd Rosli, Nik Naazneen Mirza	F	10
2 Cham, Yu Xiang	M	15	56 Morgan, Riona Elaine	F	13
3 Cham, Yu Yang	M	12	57 Mu Zi Long, Lewis	M	9
4 Chan Yi Lin, Sophie	F	10	58 Ng, Yean Hsu	M	13
5 Chang, Celina (Yunye)	F	11	59 Ng, Yean Yu	M	15
6 Chang, Sarah (Bokeum)	F	12	60 Ng E Hin, Atticus	M	17
7 Chen Zi An, Alan	M	14	61 Ng E Mun, Hayley	F	15
8 Chew, Juno	M	12	62 Ong Ee Zhe, Elvis	M	12
9 Chong, En Ci	F	13	63 Pan Xiao Song, Shawn	M	13
10 Chong, Jun Jet	M	11	64 Pan Xiao Ying, Celyn	F	14
11 Chong, Jun Ron	M	15	65 Peeters, Sara Sophia	F	13
12 Chong Sue Huey, Hailey	F	14	66 Pok, Sin Yee	F	11
13 Chong Zi Xin, Heidi	F	14	67 Rumawas, Dimas Ardhana	M	12
14 Choo Jien Xiang, Kingston	M	15	68 Saw Zhan Yi, Oscar	M	15
15 Chua Min Han, Ethan	M	12	69 Segar, Neelkantha Arjoo	M	11
16 Chua Min Hao, Evan	M	12	70 Shadzlee, Shahenry Wong	M	17
17 Danish, Emir	M	14	71 So Teng Hoe, Vitus	M	12
18 Dillon, Adam Jeffrey	M	18	72 Soh Je Zhen, Ashton	M	12
19 Ewe Jing Hong, Joshua	M	17	73 Soh Wern Yi, Ashley	F	14
20 Ewe Xin Yue, Josette	F	13	74 Tan, Yenyi	F	14
21 Fujikawa, Kosei	M	15	75 Tan Ee Lin, Evita	F	10
22 Fujimoto, Masato Mark	M	10	76 Tan Khai Xin, Jayden	M	17
23 Hariz Hazli, Muhammad Haziq	M	12	77 Tan Yong Jia, Aiden	M	12
24 Hew, Bo Yu	M	10	78 Teh, Tze Lin	F	16
25 Hills, Gabrielle M.P.	F	12	79 Teoh, Jet Ning	F	7
26 Ho, Megan	F	11	80 Teoh, Jet Shaun	M	11
27 Ho, Zhi Ju	M	9	81 Teoh, Jetto	M	9
28 Jiang, Bo Xiu	M	9	82 Thon, Kok Jin	M	16
29 Kam Yao Qi, Samuel	M	15	83 Tsen Ze Yu, Jacob	M	12
30 Kang, Zhen Tai	M	12	84 Tseng Wei Jian, Tyler	M	11
31 Kay, Finlay Palmer	M	13	85 Wong, Kaylee	F	13
32 Khoo Wei Ee, Kierstan	F	13	86 Wong, Megan	F	15
			87 Wong, Qian Fai	M	15
			88 Wong, Rong Zhen	M	12

5th MAS/NSC MID & LONG DISTANCE SWIM CHAMP - 08/10/2022 to 09/10/2022

Hari Sukan Negara 2022

Team Roster

Name	Sex	Age	Name	Sex	Age
Dsa Swimming Club			33 Marissa Soo, Sze Shuen	F	15
89 Wong Ee Yin, Eunice	F	13	34 Muhammad Farhan Andi, Maroef	M	18
90 Wong Ken Ryu, Jayden	M	15	35 Muhd Asyraaf Adlie, .	M	14
91 Xin, Qi	M	12	36 Muhd Nabil Adlie, .	M	16
92 Yap, Daniel James	M	14	37 Muhd Rayyan Md.Iqbal, .	M	15
93 Yap, Inn Xuan	F	11	38 Nur Ariessa Safiya, .	F	14
94 Yap, Jun Hin	M	13	39 Riseley, Hannah Maegan	F	11
95 Yap, Ke Hui	F	11	40 Riseley, Mika Kirsten	F	14
96 Yap, Miles Nathanael	M	10	41 Seem, Zi Rou Sheryl	F	11
97 Yap, Shi Chi	F	18	42 Shaun Lee, Dingguo	M	13
98 Yap, Yong Jie	M	15	43 Soo, Jeng Hei	F	13
99 Yap, Zhen Yi	M	12	44 Tan, Tze Yuan	M	13
100 Yap Cai Li, Analey	F	10	45 Teo, Zun Jet	M	15
101 Yap Ee Jen, Jayden	M	14	46 Whisky Chew, .	M	16
102 Yap Hay Ee, Hayley Cassandra	F	14	47 Wong, Joelyne	F	11
103 Yeap Shun Quan, Oswald	M	13	48 Xavier Yeoh, Ze-Mynn	M	12
104 Yii, Shyun Tiing	F	16	49 Yap, Eu Wen	M	11
105 Yii, Shyun Wern	F	14	50 Yap, Zhen Kok	M	11
106 Yoong, Chang Lin	M	13	51 Zadrian Chan, Zhi-Weng	M	19
107 Yoong, Chang Shen	M	14	52 Zafran Darwisy, bin Faizal	M	14
108 Zhou, Angel	F	12			
109 Zhou, Anna	F	12			
Total Athletes: 109			Total Athletes: 52		
Ikan Bilis Swimming Club			Johor Swimming Club		
1 Adam Malik, Azizur Riza	M	12	1 Fa'Ang Der, Tia	M	24
2 Aiden Leong, Wei Xuan	M	13			
3 Alana Zaharah Sulong, Bt. Kaharudin	F	16	Total Athletes: 1		
4 Ariano,, Raphael	M	10	Kawaras Swimming Club		
5 Bowie Mak, .	M	10	1 Edric Tay, Jun Han	M	10
6 Brendon Cheah, Wai Kit	M	15	2 Erwin Tay, Jun Hao	M	15
7 Brewer, Ella Robertson	F	14	3 Hii, Puong Jie	M	15
8 Brian How, Jun Bing	M	14			
9 Buckley, Isabelle Chiyi	F	12	Total Athletes: 3		
10 Buckley, Natalie Suyin	F	14	Kelab Renang Mas		
11 Chay, Sean	M	11	1 ., Annur Farisya Najwa	F	16
12 Chay, Zech	M	9	2 ., Khairun Damia	F	12
13 Cheah, Dong Xuan	F	12	3 ., Putri Alya Aleesya	F	9
14 Chin, Yu Kean	M	13	4 ., Putri Dhia Darwisy	F	12
15 Chong, Jing Xin	M	13	5 ., Teresa	F	9
16 Choo, Diwen	M	11	6 Aliff Firdaus, Muhammad	M	10
17 Choo, Lewen	M	14	7 Dawish Amssyar, Muhammad	M	15
18 Damian Seth Lim, .	M	10	8 Jia Huey, Yap	F	15
19 Delia Neryssa Lim, .	F	9	9 Jun EN, Issac Lee	M	14
20 Don Lim, .	M	15	10 Jun Xian, Anselm Lee	M	16
21 Ethan Pang, Hong Jiang	M	14	11 Kai Ler, Choo	M	9
22 Gabriel Kwong, Joe Xian	M	10	12 Kai Sheng, Choo	M	12
23 Harry Chong, Guang Ming	M	17	13 Kye Sern, Hang	M	11
24 Ho, Jia Ming	M	15	14 Mukhriz Zahreen, Muhammad Irffaq	M	17
25 Ho, Jia Xuen	M	13	15 QI Zhen, Yap	M	7
26 Ho, Kai Jie	M	15	16 Qian Hui, Felicia Lee	F	12
27 Ho, Kai Wen	F	10	17 Sun Xin, Jordan EA	M	13
28 Jareick Cheong, Tze Kwang	M	15	18 Wei Ming, Jason Lee	M	13
29 Koh, Boon Chok	M	13	19 YI Jing, Lynna Yeow	F	12
30 Lee, Boon Wei David	M	14	20 Yong Hong, Lai	M	15
31 Lim, Pei Yao	F	12	21 Yong Kang, Lai	M	12
32 Low, Keenen	M	15	22 YU Xiang, Alvin NG	M	13
			23 Zhi Liang, Teo	M	13
			24 ZI Chuen, Yap	M	13

5th MAS/NSC MID & LONG DISTANCE SWIM CHAMP - 08/10/2022 to 09/10/2022

Hari Sukan Negara 2022

Team Roster

Name	Sex	Age	Name	Sex	Age
Kelab Renang Mas			10 Loh, Kirsten	F	15
25 Zi Peng, Maverick Kok	M	10	11 Looi, Ziven	M	10
Total Athletes: 25			12 Looi, Zizou	M	13
Kelab Shah Alam Selangor			13 Pergher, Selma	F	11
1 Jian Hao, Jayvyn Loke	M	15	14 Tan, Isaiah	M	11
2 You Ting, Jayden Loke	M	13	15 Wafeeqa, Reanna	F	14
Total Athletes: 2			16 Yap, Ethan	M	13
Kota Permai Gcc Swim Team			Total Athletes: 16		
1 Ahamd Sanusi, Muhd Lutfir Rahman	M	15	Pade-Supersharkz Swimming Club		
2 Amir Husain, Nur Aleena	F	11	1 Adnan, Aslan	M	13
3 Haqqim Shamsul, Muhammad Asyraaf	M	10	2 Ahmad Humaizi, Azra Nabihah	F	13
4 Hisham, Nurrayyan Shamain	M	12	3 Ang, Jen Son	M	13
5 Jie Xin, Rainne Foo	F	13	4 Boon, Sophie Sue Qing	F	12
6 Khairul Anuar, Adriana Amani	F	14	5 Chong, Houten	M	14
7 Khairul Anuar, Alisha Ameera	F	9	6 Chong, Yuan Yi	F	12
8 Li Hen, Henry Goh	M	15	7 Chong, Zheng Yen	M	17
9 Li Jie, Jayden Goh	M	13	8 Chong, Zheng Yew	M	15
10 Rizal Aslan, Rais Afham	M	12	9 Edwan, Rayyan Iskandar	M	13
11 Ruo Qing, Lee	F	10	10 Fadhlur Rahman, Lutfi Hadi	M	15
12 Ruo Wen, Lee	F	14	11 Goh, Andrew	M	17
13 Wen Xing, Brianna Chong	F	10	12 Hwang, Moses	M	11
14 Xin En, Lauren Chua	F	10	13 Hwang, Zen Yi Isaac	M	13
15 Yi Qi, Jayna Goh	F	15	14 Jassal, Asha Kaur	F	13
16 Zhafran Ramli, Muhammad Fahim	M	8	15 Khew, Mu Han	M	11
17 Zi Ian, Chen	M	12	16 Khew, Zhan Hao	M	15
Total Athletes: 17			17 Khew, Zi Xian	F	13
Kuala Lumpur Swimming Club			18 Khoo, Chung Wei	M	15
1 Benjamin John Chen, Hong Ren	M	15	19 Khoo, Sue Enn	F	12
2 Brudenall, Kimberly	F	15	20 Khor, Yue Lynn Mishya	F	12
3 Mohd Sallehuddin, Johan Arif	M	12	21 Kok, Yen Xi	F	12
Total Athletes: 3			22 Lee, Owen Qi Wen	M	11
Kujira Swimming Club			23 Lee, Yee Jeen	M	17
1 Abdullah, Muhd Farez Riduan	M	14	24 Li, Allison E-Chen	F	11
2 Abdullah, Muhd Amirul Rasul	M	13	25 Lim, Keith Yong Wee	M	15
3 Ahmad Saban, Aiman Hakimi	M	14	26 Lim, Oswald	M	13
4 Norasli, Harith Aiman Adha	M	13	27 Lim, Sean Yu Zhen	M	13
5 Wen Ming, Teo	M	13	28 Mohd Azlan, Mohammad Aqeef	M	11
6 Xi Ying, Teo	F	12	29 Mohd Fadzley, Muhammad Asfa	M	12
Total Athletes: 6			30 Mohd Hanafi, Hafiz	M	12
Mont Kiara Swimming Club			31 Muhamad Faizal, Muhamad Fird	M	13
1 Tjang Rui Yan, Adrienne	F	8	32 Oh, Seongsoo	M	11
Total Athletes: 1			33 See, Hao Shuen	M	15
New Wave Swimming Club			34 Shukor Al-Masrie, Siti Noral	F	14
1 Cheng, Shawn	M	14	35 Sim, Zi Xuan	F	15
2 Eng, Ethan	M	13	36 Soo, Kian Meng	M	14
3 Eng, Samuel	M	10	37 Tai, Zhi Henn	M	14
4 Jun Lin, Eu	M	9	38 Tai, Zi Xuan	F	12
5 Kee Kean, Yoong	M	12	39 Tan, Jamie Guan Jun	F	13
6 Kee Ming, Yoong	M	11	40 Tang, Hermann Bok Yu	M	10
7 Kit, Hayden	M	11	41 Tang, Matthew Kar Ho	M	16
8 Lim, Joshua	M	11	42 Teh, Jed Qi Xian	M	13
9 Loh, Janyan	F	10	43 Teo, Wei Qi	F	13
			44 Tew, Hang Yong	M	14
			45 Wan Othman, Wan Marissa Lee	F	13
			46 Wan Othman, Wan Oliver Yijia	M	12
			47 Wong, Zi An	M	15

5th MAS/NSC MID & LONG DISTANCE SWIM CHAMP - 08/10/2022 to 09/10/2022

Hari Sukan Negara 2022

Team Roster

Name	Sex	Age	Name	Sex	Age
Pade-Supersharkz Swimming Club			3 Kian Heuang, Shane Chong	M	14
48 Yap, Grace Qian Yi	F	12	4 Sharon Voon, Xue RU	F	14
49 Yap, Qi Yi	M	15	5 Yen Ling, Alexis Lee	F	15
50 Yap, Rong Yi	M	13	6 Yen Nie, Laura Lee	F	12
51 Yip, Jia Tung	F	13	Total Athletes: 6		
52 Yu, Nadia Lhamo Luo Yi	F	12	Sekolah Sukan Malaysia Sabah		
53 Zahiruddin, Yusuf Arman Bin	M	14	1 Abdullah, MD Ikwan Haziq	M	15
54 Zaliman, Dania Queshaira	F	13	2 Awg. Sulaiman, MD Danial Saffwan	M	10
Total Athletes: 54			3 Hamid, Hafuza Zunnur Zafran	M	11
Penang Dolphin Team			4 Mohd Kifly, Amiruddin	M	13
1 AW, Romeo	M	12	5 Natalie Kulin, Brendda Jeanne	F	13
2 AW, Yuet Ting	F	10	6 Sarail, MD Nafiz Sazwan	M	14
3 Chan, Erinn	F	7	7 Vikneswaran, Jay	M	13
4 Chong, Zhi Yang	M	12	8 Wei Wen, Lee	F	15
5 Chua, Yik En	F	14	9 Yong Nyuk Ling, Maychell	F	12
6 Hew, Cheryl	F	12	Total Athletes: 9		
7 Kuan, Wei Kang	M	12	Srikl Sharkies		
8 Lai, Daniel	M	8	1 Chan, Henry	M	13
9 Lai, Joshua	M	11	2 Cheah, Allyna	F	10
10 Lai, Samuel	M	14	3 Eleven Teo, Morgan	F	14
11 Lee, Da Yu	M	9	4 Jinn Yuan, Brandon Teh	M	10
12 Lee, Gabriel	M	12	5 Jun Tong, Goh	M	12
13 Lee, Garrel	M	12	6 Jun Yip, Oliver Kwok	M	13
14 Lee, Ruo Faye	F	12	7 Tai Hao, Jared Chan	M	10
15 Lee, Soon Jian	M	9	8 U-Jing, Ashley Cheong	F	11
16 Lee, Yen Ern	F	13	9 Yen Han, Goh	M	10
17 Lee, Yong Jia	F	16	10 Yen Han, Hayden Tan	M	13
18 Lee, Yong Ning	F	15	11 Yen Sern, Goh	M	12
19 Leong, Habe	F	12	12 You, Phang	M	10
20 Leong, Kathryn	F	8	13 ZI Hao, Ong	M	12
21 Ng, Johan	M	10	Total Athletes: 13		
22 Ong, Yee Herng	M	14	Ucsi Swimming Academy		
23 Ong, Yee Lern	M	10	1 Ling Jun Lik, Jones	M	19
24 Ooi, Hong Rui	M	13	2 Peh, Hanli	F	18
25 Seoh, Shan Wen	F	14	3 Tan Ming Yi, Jenifer	F	20
26 Yeoh, Kenneth	M	11	4 Yap Chin Hong, Sebastian	M	19
27 Yeoh, Kevin	M	14	Total Athletes: 4		
Total Athletes: 27			Victoria Swimming Club-VI		
Penguin Swimming Club			1 Chin, Azriel Jeffri	M	10
1 Azmy, Muhd Imann Khaled	M	10	Total Athletes: 1		
2 Bonyamin, Hani Farhana	F	11	Vitesse Swim Club		
3 Mohamad Suadi, Zara Aleesya	F	9	1 Nityananthan, Parvin	M	14
Total Athletes: 3			2 Seng Yue, Averie	F	9
Rakan Akuatik Remaja Melaka			3 Teo Kae-C, Cayden	M	11
1 Lee Min Nee, Winnie	F	12	4 Yun Rui, Kok	M	9
2 Lee Min Xuan, Michelle	F	13	5 Yun Yi, Kok	F	9
3 Muhamad Azhar, Muhammad Aiman	M	12	Total Athletes: 5		
4 Nafeesa, Sabrina	F	12	Wahoo Swim Team-ZG		
5 See RU, Yong	F	12	1 Chng, Saw Huai	M	10
Total Athletes: 5			2 Elyssa Yeoh, Pei Xin	F	11
Sabah Aquatic Sports Associati			3 Ethan Yeoh, Phee Ren	M	14
1 Hon Lok Chou, Kelvin	M	13	4 Hannes Wan, Khai Hern	M	13
2 Joibi, Tanner	M	12			

5th MAS/NSC MID & LONG DISTANCE SWIM CHAMP - 08/10/2022 to 09/10/2022**Hari Sukan Negara 2022****Team Roster**

Name	Sex	Age	Name	Sex	Age
Wahoo Swim Team-ZG					
5 Khoo, Jia Ying	F	12			
6 Lavnesh, AL Kamaleshwaren	M	13			
7 Lee, Zhi Jynn	F	14			
8 Ng, Yu Tong	F	14			
9 Ong, Jenelle	F	14			
10 Quincylla, Mohamad Firdaus	F	14			
11 Tee, Vanness	M	15			
12 Tee, Vivian	F	10			
13 Thong, Zhen Ning	M	14			
14 Yeow, Qian Le	F	10			
15 Yuen, Kwok Kit	M	10			
Total Athletes: 15					
Total Athletes: 392					
Total Relays: 0					

5th MAS/NSC MID & LONG DISTANCE SWIM CHAMP - 08/10/2022 to 09/10/2022**Hari Sukan Negara 2022****Team Rankings - Through Event 251****Combined Team Scores**

Place	Team		Points
1	Dsa Swimming Club	Dsa Swimming Club	994.50
2	Ikan Bilis Swimming Club	Ikan Bilis Swimming Club	547
3	Penang Dolphin Team	Penang Dolphin Team	451
4	Pade-Supersharkz Swimming Club	Pade-Supersharkz Swimming Club	427
5	Wahoo Swim Team	Wahoo Swim Team	346
6	Kelab Renang Mas	Kelab Renang Mas	320
7	Sabah Aquatic Sports Associati	Sabah Aquatic Sports Associati	183.50
8	Kota Permai Gcc Swim Team	Kota Permai Gcc Swim Team	125
9	Srikl Sharkies	Srikl Sharkies	117.50
10	New Wave Swimming Club	New Wave Swimming Club	106
11	Chinese Swimming Club, Penang	Chinese Swimming Club, Penang	100
12	Sekolah Sukan Malaysia Sabah	Sekolah Sukan Malaysia Sabah	58
13	Kawaras Swimming Club	Kawaras Swimming Club	51
14	Kuala Lumpur Swimming Club	Kuala Lumpur Swimming Club	41
15	Rakan Akuatik Remaja Melaka	Rakan Akuatik Remaja Melaka	33
16	Vitesse Swim Club	Vitesse Swim Club	28
17	Victoria Swimming Club	Victoria Swimming Club	16.50
18	Penguin Swimming Club	Penguin Swimming Club	13
18	Darul Amin Swimming Club	Darul Amin Swimming Club	13
20	Johor Swimming Club	Johor Swimming Club	11
20	Ucsi Swimming Academy	Ucsi Swimming Academy	11
22	Kujira Swimming Club	Kujira Swimming Club	8
Total			4,001.00

5th MAS/NSC MID & LONG DISTANCE SWIM CHAMP - 08/10/2022 to 09/10/2022**Hari Sukan Negara 2022****Medal Count****Combined: Men + Women**

Team	Gold	Silver	Bronze	Total
Dsa Swimming Club	29	23	14	66
Ikan Bilis Swimming Club	15	10	11	36
Penang Dolphin Team	9	8	14	31
Kelab Renang Mas	9	5	6	20
Pade-Supersharkz Swimming Club	9	3	7	19
Kota Permai Gcc Swim Team	6	0	3	9
Wahoo Swim Team	5	9	6	20
Sabah Aquatic Sports Associati	3	7	3	13
Srikl Sharkies	1	3	2	6
Sekolah Sukan Malaysia Sabah	1	1	1	3
Ucsi Swimming Academy	1	0	0	1
Johor Swimming Club	1	0	0	1
New Wave Swimming Club	0	2	2	4
Chinese Swimming Club, Penang	0	2	0	2
Rakan Akuatik Remaja Melaka	0	2	0	2
Kawaras Swimming Club	0	1	2	3
Darul Amin Swimming Club	0	0	1	1
Kuala Lumpur Swimming Club	0	0	1	1

5th MAS/NSC MID & LONG DISTANCE SWIM CHAMP - 08/10/2022 to 09/10/2022

Hari Sukan Negara 2022

Meet Summary

Event #	Seed	Prelims	Finals
Event #101			
So Teng Hoe, Vitus - Male - Age: 12 - Dsa - ID#: 46596 - DOB: 24/01/2009			
#101 Boys 11-12 800 Free Group 3	9:30.00 MQ	9:27.80 (1)	MQ 11
Meet Rec: 9:32.86L			
Event #103			
Li Jie, Jayden Goh - Male - Age: 13 - Kota Permai - DOB: 28/01/2008			
#103 Boys 13-14 800 Free Group 2	9:15.00 MQ	9:01.60 (1)	MQ 11
Meet Rec: 9:02.45L			
Event #109			
Jun Xian, Anselm Lee - Male - Age: 16 - Mas - ID#: 061805ANS*JUNX - DOB: 18/06/2005			
#109 Boys 15-17 800 Free Group 1	8:46.28 MQ	8:44.79 (2)	MQ 9
Meet Rec: 8:49.13L			
Tan Khai Xin, Jayden - Male - Age: 17 - Dsa - ID#: 1372 - DOB: 14/09/2004			
#109 Boys 15-17 800 Free Group 1	8:27.00 MQ	8:38.95 (1)	MQ 11
Meet Rec: 8:49.13L			
Event #112			
Lau, Jerriel - Female - Age: 20 - Dsa - ID#: 25501 - DOB: 28/06/2001			
#112 Girls 18-25 800 Free Open	9:50.00 MQ	9:50.75 (1)	MQ 11
Meet Rec: 10:32.00L			
Event #116			
Yen Nie, Laura Lee - Female - Age: 12 - Sasa - ID#: 030609LAUYLEE* - DOB: 06/03/2009			
#116 Girls 11-12 200 Back Group 3	2:35.92 MQ	2:32.75 (1)	MQ 11
Meet Rec: 2:32.91L			
Event #129			
Chong, Zhi Yang - Male - Age: 12 - PDT - ID#: 090117-07-0419 - DOB: 17/01/2009			
#129 Boys 11-12 400 Free Group 3	4:37.66 MQ	4:29.05 (1)	MQ 11
Meet Rec: 4:29.37L			
Event #136			
Lau, Jerriel - Female - Age: 20 - Dsa - ID#: 25501 - DOB: 28/06/2001			
#136 Girls 18-25 400 Free Open	4:39.00 MQ	4:48.93 (1)	MQ 11
Meet Rec: 5:08.38L			
Event #202			
Qian Hui, Felicia Lee - Female - Age: 12 - Mas - ID#: 030409FEL*QIAN - DOB: 04/03/2009			
#202 Girls 11-12 1500 Free Group 3	21:00.00 MQ	19:17.02 (1)	MQ 11
Meet Rec: 19:56.40L			
See RU, Yong - Female - Age: 12 - Rar - DOB: 25/03/2009			
#202 Girls 11-12 1500 Free Group 3	21:30.00 MQ	19:39.37 (2)	MQ 9
Meet Rec: 19:56.40L			
Lee, Ruo Faye - Female - Age: 12 - PDT - ID#: 090914-07-0446 - DOB: 14/09/2009			
#202 Girls 11-12 1500 Free Group 3	NT	19:55.63 (3)	MQ 8
Meet Rec: 19:56.40L			
Event #204			
Khew, Zi Xian - Female - Age: 13 - PADE - ID#: 080611101808 - DOB: 11/06/2008			
#204 Girls 13-14 1500 Free Group 2	21:59.00 MQ	19:54.27 (5)	MQ 6
Meet Rec: 19:55.23L			
Sharon Voon, Xue RU - Female - Age: 14 - Sasa - ID#: 010507XUE*VOON - DOB: 05/01/2007			
#204 Girls 13-14 1500 Free Group 2	19:20.43 MQ	19:31.28 (2)	MQ 9
Meet Rec: 19:55.23L			
Soh Wern Yi, Ashley - Female - Age: 14 - Dsa - ID#: 0807 - DOB: 22/06/2007			
#204 Girls 13-14 1500 Free Group 2	21:00.88 MQ	19:51.97 (4)	MQ 7
Meet Rec: 19:55.23L			
Eleven Teo, Morgan - Female - Age: 14 - Skls - DOB: 14/04/2007			
#204 Girls 13-14 1500 Free Group 2	20:00.00 MQ	19:37.35 (3)	MQ 8
Meet Rec: 19:55.23L			
Brewer, Ella Robertson - Female - Age: 14 - Ibsc - DOB: 11/07/2007			
#204 Girls 13-14 1500 Free Group 2	NT	19:21.40 (1)	MQ 11
Meet Rec: 19:55.23L			

5th MAS/NSC MID & LONG DISTANCE SWIM CHAMP - 08/10/2022 to 09/10/2022

Hari Sukan Negara 2022

Meet Summary

Event #207	Seed	Prelims	Finals
Fa'Ang Der, Tia - Male - Age: 24 - Jsc - DOB: 25/04/1997			
#207 Boys 18-25 200 Fly Open	2:02.00 MQ		2:04.33 (1) MQ 11
Meet Rec: 2:13.37L			
Event #222			
Buckley, Isabelle Chiyi - Female - Age: 12 - Ibsc - ID#: 071509ISACBUCK - DOB: 15/07/2009			
#222 Girls 11-12 200 Breast Group 3	3:04.55 MQ		2:49.19 (1) MQ 11
Meet Rec: 2:52.00L			
Event #225			
Goh, Andrew - Male - Age: 17 - PADE - ID#: 040519140795 - DOB: 19/05/2004			
#225 Boys 15-17 200 Breast Group 1	2:23.44 MQ		2:23.07 (1) MQ 11
Meet Rec: 2:24.58L			
Event #228			
Lau, Jerriel - Female - Age: 20 - Dsa - ID#: 25501 - DOB: 28/06/2001			
#228 Girls 18-25 200 Breast Open	2:59.00 MQ		3:00.63 (1) MQ 11
Meet Rec: 3:03.47L			
Event #236			
Lau, Jerriel - Female - Age: 20 - Dsa - ID#: 25501 - DOB: 28/06/2001			
#236 Girls 18-25 400 IM Open	5:27.00 MQ		5:31.86 (1) MQ 11
Meet Rec: 5:47.87L			

Relay	Seed	Prelims	Finals
1 Wahoo Swim Team			
#142 Girls 13-14 4x200 Freestyle Groi	NT		9:42.51 (3) 8
Meet Rec: 9:43.20L			
Zhi Jynn Lee 14, Yu Tong Ng 14, Jenelle Ong 14, Mohamad Firdaus Quincylla 14			
2 Dsa Swimming Club			
#142 Girls 13-14 4x200 Freestyle Groi	10:20.00		9:41.30 (2) * 9
Meet Rec: 9:43.20L			
Hayley Cassandra Yap Hay Ee 14, Ashley Soh Wern Yi 14, Heidi Chong Zi Xin 14, Celyn Pan Xiao Ying 14			
3 Ikan Bilis Swimming Club			
#142 Girls 13-14 4x200 Freestyle Groi	9:54.17		9:34.89 (1) * 11
Meet Rec: 9:43.20L			
Ella Robertson Brewer 14, Mika Kirsten Riseley 14, . Nur Ariessa Safiya 14, Natalie Suyin Buckley 14			
4 Dsa Swimming Club			
#143 Boys 15-17 4x200 Freestyle Groi	8:45.00		8:13.65 (1) * 11
Meet Rec: 8:38.43L			
Yong Jie Yap 15, Gabriel Francis McCartan 16, Atticus Ng E Hin 17, Jayden Tan Khai Xin 17			
5 Ikan Bilis Swimming Club			
#143 Boys 15-17 4x200 Freestyle Groi	8:38.43		8:20.19 (3) * 8
Meet Rec: 8:38.43L			
Zun Jet Teo 15, Jia Ming Ho 15, Tze Kwang Jareick Cheong 15, . Whisky Chew 16			
6 Pade-Supersharkz Swimming Club			
#143 Boys 15-17 4x200 Freestyle Groi	NT		8:17.23 (2) 9
Meet Rec: 8:38.43L			
Zheng Yen Chong 17, Chung Wei Khoo 15, Matthew Kar Ho Tang 16, Andrew Goh 17			
7 Dsa Swimming Club			
#144 Girls 15-17 4x200 Freestyle Groi	10:10.00		10:04.86 (1) * 11
Meet Rec: 10:42.86L			
Tze-Le Lee 15, Tze Lin Teh 16, Megan Wong 15, Hayley Ng E Mun 15			

Total Athletes: 20

5th MAS/NSC MID & LONG DISTANCE SWIM CHAMP - 08/10/2022 to 09/10/2022

Hari Sukan Negara 2022

Meet Summary

	Seed	Prelims	Finals
Total Relays: 7			

5th MAS/NSC MID & LONG DISTANCE SWIM CHAMP - 08/10/2022 to 09/10/2022**Hari Sukan Negara 2022****2022 Records updated****Meet Rec - Records**

101	Boys 11-12 800 Free Group 3	9:27.80	08/10/2022	Vitus So Teng Hoe - Dsa
102	Girls 11-12 800 Free Group 3	9:48.71	05/10/2019	Rouxin Tan - Esc
103	Boys 13-14 800 Free Group 2	9:01.60	08/10/2022	Jayden Goh Li Jie - Kota Permai
104	Girls 13-14 800 Free Group 2	9:43.29	13/10/2018	Georgene Wee Ee Jern - Dsa
105	Boys 15-17 200 Back Group 1	2:07.13	05/10/2019	Hoe Yean Steve Khiew - Ibsc
106	Girls 15-17 200 Back Group 1	2:34.52	21/10/2017	Kay Yee Karla Lim - Ibsc
107	Boys 18-25 200 Back Open	2:13.03	05/10/2019	Ng Shin Jian - Pade
108	Girls 18-25 200 Back Open	2:44.00	05/10/2019	Jamie Ang Hui Hsien - Wahoo
109	Boys 15-17 800 Free Group 1	8:38.95	08/10/2022	Jayden Tan Khai Xin - Dsa
110	Girls 15-17 800 Free Group 1	9:50.51	05/10/2019	Jerriel Lau - Dsa
111	Boys 18-25 800 Free Open	8:54.33	05/10/2019	Ng Shin Jian - Pade
112	Girls 18-25 800 Free Open	9:50.75	08/10/2022	Jerriel Lau - Dsa
113	Boys 10&U 200 Back Group 4	2:33.41	21/10/2017	Yong Jie Yap - Dsa
114	Girls 10&U 200 Back Group 4	2:41.08	13/10/2018	Xin Lin Chong - Dsa
115	Boys 11-12 200 Back Group 3	2:22.05	05/10/2019	Yong Jie Yap - Dsa
116	Girls 11-12 200 Back Group 3	2:32.75	08/10/2022	Laura Lee Yen Nie - Sasa
117	Boys 13-14 200 Back Group 2	2:09.04	21/10/2017	Hoe Yean Steve Khiew - Ibsc
118	Girls 13-14 200 Back Group 2	2:30.70	13/10/2018	Goh Chia Tong - Mas
119	Boys 10&U 200 IM Group 4	2:35.30	05/10/2019	Bin Zulfikry Muhammad Dhuha - Ibsc
120	Girls 10&U 200 IM Group 4	2:28.67	21/10/2017	Misa Okuzono - Dsa
121	Boys 11-12 200 IM Group 3	2:20.07	05/10/2019	Yong Jie Yap - Dsa
122	Girls 11-12 200 IM Group 3	2:25.99	13/10/2018	Misa Okuzono - Dsa
123	Boys 13-14 200 IM Group 2	2:17.89	21/10/2017	Hoe Yean Steve Khiew - Ibsc
124	Girls 13-14 200 IM Group 2	2:31.60	13/10/2018	Georgene Wee Ee Jern - Dsa
125	Boys 15-17 200 IM Group 1	2:10.40	13/10/2018	Hoe Yean Steve Khiew - Ibsc
126	Girls 15-17 200 IM Group 1	2:27.97	05/10/2019	Goh Chia Tong - Mas
127	Boys 18-25 200 IM Open	2:12.71	21/10/2017	Bell Hollymax - Sasa
128	Girls 18-25 200 IM Open	2:43.40	05/10/2019	Yee Ling Fong - Pade
129	Boys 11-12 400 Free Group 3	4:29.05	08/10/2022	Zhi Yang Chong - Pdt
130	Girls 11-12 400 Free Group 3	4:37.02	13/10/2018	Misa Okuzono - Dsa
131	Boys 13-14 400 Free Group 2	4:13.00	21/10/2017	Hoe Yean Steve Khiew - Ibsc
132	Girls 13-14 400 Free Group 2	4:45.31	05/10/2019	Shun Qi Lim - Pade
133	Boys 15-17 400 Free Group 1	3:59.53	05/10/2019	Hoe Yean Steve Khiew - Ibsc
134	Girls 15-17 400 Free Group 1	4:41.71	05/10/2019	Angelina Chan - Pade
135	Boys 18-25 400 Free Open	4:17.75	13/10/2018	Kevin Yeap Soon Choy - Orca
136	Girls 18-25 400 Free Open	4:48.93	08/10/2022	Jerriel Lau - Dsa
137	Boys 10&U 4x200 Free Group 4 Rel	10:03.44	05/10/2019	Ikan Bilis Swimming Club - Ibsc J Ho, K Matthew Goo, Y Lem, B Muhammad Dhuha
138	Girls 10&U 4x200 Free Group 4 Rel	10:25.96	13/10/2018	Dsa Swimming Club - Dsa G Kim, Y Lean, P Celyn Xiao Ying, X Chong
139	Boys 11-12 4x200 Free Group 3 Rel	8:48.88	05/10/2019	Ikan Bilis Swimming Club - Ibsc J Ho, Z Teo, T Jareick Cheong, B Muhammad Arif
140	Girls 11-12 4x200 Free Group 3 Rel	9:29.55	13/10/2018	Dsa Swimming Club - Dsa B Alma Louise, Z Lew, A Wright, M Okuzono
141	Boys 13-14 4x200 Free Group 2 Rel	8:19.27	13/10/2018	Ikan Bilis Swimming Club - Ibsc Yap, Lay, Sharizan B.Shazali, Muhd Farhan Andi
142	Girls 13-14 4x200 Free Group 2 Rel	9:34.89	08/10/2022	Ikan Bilis Swimming Club - Ibsc Brewer, Riseley, Nur Ariessa Safiya, Buckley
143	Boys 15-17 4x200 Free Group 1 Rel	8:13.65	08/10/2022	Dsa Swimming Club - Dsa Y Yap, G McCartan, A Ng E Hin, J Tan Khai Xin
144	Girls 15-17 4x200 Free Group 1 Rel	10:04.86	08/10/2022	Dsa Swimming Club - Dsa T Lee, T Teh, M Wong, H Ng E Mun
146	Girls 18-25 4x200 Free Open Relay	10:50.87	13/10/2018	New Wave Swimming Club - Nwsc C Ong, C Chung, A Ong, R Chong
201	Boys 11-12 1500 Free Group 3	18:05.10	06/10/2019	Ching Jia Hao - Esc
202	Girls 11-12 1500 Free Group 3	19:17.02	09/10/2022	Felicia Lee Qian Hui - Mas
203	Boys 13-14 1500 Free Group 2	17:18.07	14/10/2018	Lew Yan Zheng - Dsa
204	Girls 13-14 1500 Free Group 2	19:21.40	09/10/2022	Ella Robertson Brewer - Ibsc
205	Boys 15-17 200 Fly Group 1	2:09.43	06/10/2019	Low ken Ji - Ibsc
206	Girls 15-17 200 Fly Group 1	2:27.56	06/10/2019	Keesha Ho - Wahoo

5th MAS/NSC MID & LONG DISTANCE SWIM CHAMP - 08/10/2022 to 09/10/2022**Hari Sukan Negara 2022****2022 Records updated****Meet Rec - Records**

207	Boys 18-25 200 Fly Open	2:04.33	09/10/2022	Tia Fa'Ang Der - Jsc
208	Girls 18-25 200 Fly Open	2:34.53	14/10/2018	Cindy Ong - Nwsc
209	Boys 15-17 1500 Free Group 1	16:08.99	06/10/2019	Sebastian Soon - Ibsc
210	Girls 15-17 1500 Free Group 1	17:41.12	06/10/2019	Goh Chia Tong - Mas
211	Boys 18-25 1500 Free Open	16:53.37	06/10/2019	Kevin Yeap Soon Choy - Orca
212	Girls 18-25 1500 Free Open	20:13.59	06/10/2019	Fong Yee Ling - Pade
213	Boys 10&U 200 Fly Group 4	2:30.50	14/10/2018	Joshua Yin Hao Zhe - Csc
214	Girls 10&U 200 Fly Group 4	2:29.17	22/10/2017	Misa Okuzono - Dsa
215	Boys 11-12 200 Fly Group 3	2:20.17	06/10/2019	Yao Yong jie - Dsa
216	Girls 11-12 200 Fly Group 3	2:28.86	14/10/2018	Bendix Dahl Alma Louise - Dsa
217	Boys 13-14 200 Fly Group 2	2:10.59	22/10/2017	Teck Chen Koh - Dsa
218	Girls 13-14 200 Fly Group 2	2:24.67	14/10/2018	Goh Chia Tong - Mas
219	Boys 10&U 200 Breast Group 4	2:54.87	06/10/2019	Muhd Dhuha Bin Zulfikry - Ibsc
220	Girls 10&U 200 Breast Group 4	2:52.76	21/10/2017	Misa Okuzono - Dsa
221	Boys 11-12 200 Breast Group 3	2:38.83	06/10/2019	Teo Jun Zet - Ibsc
222	Girls 11-12 200 Breast Group 3	2:49.19	09/10/2022	Isabelle Chiyi Buckley - Ibsc
223	Boys 13-14 200 Breast Group 2	2:30.66	06/10/2019	Andrew Goh - Pade
224	Girls 13-14 200 Breast Group 2	2:47.96	06/10/2019	Ng Zi Syuen - Ibsc
225	Boys 15-17 200 Breast Group 1	2:23.07	09/10/2022	Andrew Goh - Pade
226	Girls 15-17 200 Breast Group 1	2:37.97	06/10/2019	Alicia Li Ann Soosai - Esc
227	Boys 18-25 200 Breast Open	2:31.87	06/10/2019	Ng Shin Jian - Pade
228	Girls 18-25 200 Breast Open	3:00.63	09/10/2022	Jerriel Lau - Dsa
229	Boys 11-12 400 IM Group 3	5:03.31	06/10/2019	Yong Jie Yap - Dsa
230	Girls 11-12 400 IM Group 3	5:08.63	14/10/2018	Misa Okuzono - Dsa
231	Boys 13-14 400 IM Group 2	4:50.65	22/10/2017	Hoe Yean Steve Khiew - Ibsc
232	Girls 13-14 400 IM Group 2	5:29.39	22/10/2017	Yumi Okuzono - Dsa
233	Boys 15-17 400 IM Group 1	4:39.59	14/10/2018	Hoe Yean Steve Khiew - Ibsc
234	Girls 15-17 400 IM Group 1	5:10.62	06/10/2019	Angelina Chan - Pade
235	Boys 18-25 400 IM Open	4:48.62	06/10/2019	Ng Shin Jian - Pade
236	Girls 18-25 400 IM Open	5:31.86	09/10/2022	Jerriel Lau - Dsa
237	Boys 10&U 200 Free Group 4	2:16.12	06/10/2019	Muhd Dhuha Bin Zulfikry - Ibsc
238	Girls 10&U 200 Free Group 4	2:14.20	22/10/2017	Misa Okuzono - Dsa
239	Boys 11-12 200 Free Group 3	2:03.41	06/10/2019	Yap Yong Jie - Dsa
240	Girls 11-12 200 Free Group 3	2:10.51	14/10/2018	Misa Okuzono - Dsa
241	Boys 13-14 200 Free Group 2	1:59.48	22/10/2017	Hoe Yean Steve Khiew - Ibsc
242	Girls 13-14 200 Free Group 2	2:12.26	06/10/2019	Lim Shun Qi - Pade
243	Boys 15-17 200 Free Group 1	1:53.90	06/10/2019	Hoe Yean Steve Khiew - Ibsc
244	Girls 15-17 200 Free Group 1	2:10.59	06/10/2019	Ong Yong Qi - Bbgc
245	Boys 18-25 200 Free Open	1:58.75	06/10/2019	Ng Shin Jian - Padde
246	Girls 18-25 200 Free Open	2:22.79	06/10/2019	Fong Yee Ling - Pade
247	Mixed 10&U 4x200 Free Group 4 Re	10:00.52	22/10/2017	Dsa Swimming Club - Dsa H Chong, Y Yap, S Lee, M Okuzono
248	Mixed 11-12 4x200 Free Group 3 Re	9:03.42	14/10/2018	Dsa Swimming Club - Dsa M Okuzono, Z Tan, Z Lew, Y Yap
249	Mixed 13-14 4x200 Free Group 2 Re	8:51.75	14/10/2018	Ikan Bilis Swimming Club - Ibsc M Yap, Z Ng, N Chelsea Lee, M Muhd Farhan Andi
250	Mixed 15-17 4x200 Free Group 1 Re	8:55.71	06/10/2019	Ikan Bilis Swimming Club - Ibsc M Yap, Ashley Ting, karla Lim, Ken Ji Low
251	Mixed 18-25 4x200 Free Open Relay	11:58.01	09/10/2022	Ucsi Swimming Academy - Ucsi Yap Chin Hong, Peh, Ling Jun Lik, Tan Ming Yi

5th MAS/NSC MID & LONG DISTANCE SWIM CHAMP - 08/10/2022 to 09/10/2022

Hari Sukan Negara 2022

Results

Event 101 Boys 11-12 800 LC Meter Freestyle Group 3

Meet Rec: 9:32.86 M 13/10/2018 Anselm Lee Jun Xian

Name	Age	Team	Finals Time	
1 So Teng Hoe, Vitus	12	DSA	9:27.80M	11
31.80	1:06.70	1:42.66	2:19.06	
2:55.22	3:31.54	4:08.25	4:44.79	
5:20.28	5:56.21	6:31.89	7:07.93	
7:43.97	8:19.84	8:54.04	9:27.80	
2 Adam Malik, Azizur Riza	12	IBSC	9:36.88	9
32.87	1:08.70	1:45.35	2:21.91	
2:58.99	3:35.79	4:12.51	4:49.70	
5:25.85	6:02.12	6:37.54	7:13.93	
7:50.08	8:25.83	9:01.29	9:36.88	
3 Kuan, Wei Kang	12	PDT	9:46.60	8
31.50	1:06.59	1:43.22	2:20.60	
2:58.14	3:35.98	4:12.63	4:50.51	
5:28.33	6:06.20	6:44.30	7:22.42	
8:00.32	8:37.05	9:13.39	9:46.60	
4 Yen Sern, Goh	12	SST	9:55.19	7
32.62	1:09.29	1:47.02	2:24.32	
3:02.33	3:40.21	4:18.02	4:55.77	
5:34.10	6:11.95	6:50.56	7:28.66	
8:06.94	8:44.82	9:20.68	9:55.19	
5 Kye Sern, Hang	11	MAS	9:56.97	6
33.18	1:10.29	1:48.14	2:26.39	
3:04.45	3:42.64	4:20.61	4:58.59	
5:36.99	6:14.78	6:52.63	7:30.63	
8:08.52	8:46.09	9:23.26	9:56.97	
6 Yap, Zhen Kok	11	IBSC	10:03.74	5
32.48	1:09.08	1:48.21	2:26.50	
3:05.55	3:43.64	4:21.31	5:00.14	
5:38.08	6:16.05	6:54.26	7:32.78	
8:10.80	8:49.44	9:27.07	10:03.74	
7 Lee, Garrel	12	PDT	10:43.29	4
33.84	1:12.04	1:51.72	2:31.09	
3:11.75	3:51.81	4:33.15	5:15.07	
5:56.43	6:37.75	7:18.18	8:00.23	
8:42.66	9:24.50	10:04.32	10:43.29	
8 Lee, Gabriel	12	PDT	11:03.06	3
33.80	1:13.45	1:56.01	2:39.90	
3:21.21	4:03.52	4:47.42	5:29.48	
6:12.55	6:55.92	7:39.75	8:21.49	
9:03.21	9:44.46	10:24.83	11:03.06	
9 Teoh, Jet Shaun	11	DSA	11:10.50	2
34.51	1:14.04	1:55.70	2:37.68	
3:20.24	4:03.28	4:46.34	5:29.30	
6:11.68	6:54.95	7:37.66	8:20.75	
9:05.18	9:49.03	10:30.31	11:10.50	
10 Hamid, Hafuza Zunnur Za	11	SSMS	11:22.27	1
35.26	1:14.68	1:56.70	2:39.68	
3:23.40	4:06.65	4:50.60	5:35.13	
6:19.67	7:03.15	7:47.64	8:31.62	
9:15.29	9:58.53	10:41.33	11:22.27	

11 Khew, Mu Han 11 PADE 11:23.69

34.59 1:15.30 1:57.98 2:40.81
 3:24.83 4:09.01 4:53.09 5:37.51
 6:23.69 7:08.58 7:52.95 8:38.16
 9:19.42 10:01.52 10:45.46 11:23.69

12 Zi Ian, Chen 12 KPGCC 11:26.71

34.43 1:15.73 1:58.28 2:42.86
 3:27.24 4:11.07 4:54.36 5:38.24
 6:22.58 7:07.79 7:51.95 8:35.22
 9:18.70 10:02.08 10:45.35 11:26.71

13 Oh, Seongsoo 11 PADE 11:56.61

39.27 1:22.38 2:06.70 2:52.03
 3:37.04 4:23.10 5:07.00 5:52.88
 6:40.22 7:27.07 8:13.33 8:58.70
 9:45.92 10:32.19 11:16.26 11:56.61

14 Yap, Zhen Yi 12 DSA 11:58.02

36.69 1:19.57 2:04.67 2:50.72
 3:37.99 4:23.64 5:09.77 5:56.11
 6:42.45 7:29.08 8:16.01 9:01.64
 9:47.76 10:33.73 11:17.33 11:58.02

Event 102 Girls 11-12 800 LC Meter Freestyle Group 3

Meet Rec: 9:48.71 M 05/10/2019 Rouxin Tan

Name	Age	Team	Finals Time	
1 Qian Hui, Felicia Lee	12	MAS	9:59.50	11
32.10	1:08.40	1:46.27	2:24.62	
3:03.23	3:41.89	4:21.00	4:59.58	
5:36.94	6:14.29	6:52.68	7:30.85	
8:09.54	8:47.71	9:24.82	9:59.50	
2 See RU, Yong	12	RAR	9:59.95	9
31.64	1:07.69	1:45.26	2:23.31	
3:01.74	3:40.35	4:19.12	4:58.41	
5:36.52	6:14.76	6:53.46	7:32.57	
8:10.17	8:48.01	9:26.50	9:59.95	
3 Zhou, Angel	12	DSA	10:17.88	8
33.00	1:10.93	1:50.43	2:29.60	
3:09.28	3:48.37	4:27.45	5:06.61	
5:45.54	6:24.76	7:03.83	7:43.01	
8:21.91	9:01.15	9:40.16	10:17.88	
4 Lee, Ruo Faye	12	PDT	10:30.20	7
32.26	1:09.11	1:48.97	2:28.66	
3:08.41	3:48.21	4:28.53	5:07.98	
5:48.45	6:29.47	7:09.91	7:51.02	
8:31.21	9:12.35	9:51.93	10:30.20	
5 Riseley, Hannah Maegan	11	IBSC	10:30.59	6
33.87	1:12.17	1:51.76	2:31.80	
3:11.81	3:51.95	4:31.70	5:12.10	
5:52.23	6:32.36	7:12.63	7:52.98	
8:33.06	9:13.42	9:53.26	10:30.59	
6 Buckley, Isabelle Chiyi	12	IBSC	10:35.30	5
35.79	1:14.87	1:55.25	2:35.29	
3:15.65	3:55.48	4:35.68	5:16.22	
5:56.53	6:37.10	7:17.72	7:57.97	
8:38.57	9:19.23	9:58.94	10:35.30	

5th MAS/NSC MID & LONG DISTANCE SWIM CHAMP - 08/10/2022 to 09/10/2022

Hari Sukan Negara 2022

Results

(Event 102 Girls 11-12 800 LC Meter Freestyle Group 3)

Name	Age	Team	Finals Time	
7 Yap, Grace Qian Yi	12	PADE	10:39.69	4
34.61	1:13.63	1:53.63	2:34.10	
3:14.72	3:55.66	4:36.13	5:16.83	
5:57.64	6:38.33	7:18.81	7:59.74	
8:40.20	9:21.16	10:00.89	10:39.69	
8 Pergher, Selma	11	NWSC	10:55.97	3
36.96	1:17.75	2:00.18	2:41.02	
3:23.01	4:05.38	4:48.47	5:30.22	
6:11.32	6:53.18	7:34.48	8:15.42	
8:57.11	9:36.97	10:17.10	10:55.97	
9 Chong, Yuan Yi	12	PADE	10:56.68	2
35.57	1:15.51	1:57.44	2:39.68	
3:22.17	4:04.18	4:46.01	5:28.61	
6:10.88	6:53.09	7:35.25	8:17.21	
8:57.35	9:39.13	10:18.19	10:56.68	
10 Elizabeth Jane, Setzfand	11	CSC	11:26.67	1
36.29	1:17.52	2:00.48	2:43.94	
3:27.42	4:10.87	4:55.56	5:38.55	
6:21.70	7:06.05	7:50.29	8:34.19	
9:18.35	10:01.47	10:44.71	11:26.67	
11 Yap, Inn Xuan	11	DSA	11:28.46	
36.56	1:17.75	2:00.13	2:43.06	
3:25.01	4:08.51	4:52.33	5:36.66	
6:20.18	7:04.95	7:49.15	8:33.74	
9:18.08	10:02.04	10:44.97	11:28.46	
12 Lee Min Nee, Winnie	12	RAR	11:28.96	
35.46	1:15.50	1:58.21	2:41.85	
3:26.62	4:10.83	4:55.12	5:39.30	
6:24.00	7:08.76	7:53.52	8:38.84	
9:22.80	10:06.10	10:50.64	11:28.96	
13 Bonyamin, Hani Farhana	11	PGSC	11:32.84	
35.85	1:16.49	1:59.10	2:42.99	
3:27.47	4:11.48	4:55.35	5:39.59	
6:25.03	7:09.33	7:55.48	8:39.55	
9:24.06	10:08.66	10:53.31	11:32.84	
14 Khoo, Jia Ying	12	WST-ZG	11:32.99	
36.12	1:17.91	2:01.06	2:43.40	
3:28.09	4:12.67	4:58.16	5:42.86	
6:28.41	7:13.88	7:59.32	8:43.86	
9:27.94	10:12.52	10:54.55	11:32.99	
15 Yong Nyuk Ling, Maychell	12	SSMS	11:41.71	
36.56	1:17.29	2:00.53	2:44.60	
3:29.99	4:14.44	5:00.37	5:44.13	
6:30.21	7:14.61	7:59.27	8:45.15	
9:28.66	10:14.17	10:58.33	11:41.71	
16 Wong, Joelyne	11	IBSC	11:49.01	
36.07	1:16.06	1:58.18	2:41.51	
3:25.53	4:10.71	4:55.70	5:42.36	
6:27.98	7:14.77	8:00.93	8:47.77	
9:33.29	10:19.98	11:04.67	11:49.01	
17 Elyssa Yeoh, Pei Xin	11	WST-ZG	11:53.45	
37.32	1:19.98	2:04.61	2:50.34	
3:36.37	4:21.92	5:07.64	5:52.99	
6:38.95	7:24.36	8:09.62	8:54.95	
9:40.14	10:25.02	11:09.98	11:53.45	

18 Ping Yee, Hooy 11 CSC 11:58.66

38.63 1:21.68 2:06.94 2:52.68
 3:38.52 4:25.05 5:10.96 5:56.65
 6:42.47 7:28.98 8:14.02 8:59.38
 9:44.22 10:30.11 11:14.52 11:58.66

19 Lim, Pei Yao 12 IBSC 12:49.08

39.81 1:25.52 2:14.22 3:03.72
 3:53.38 4:42.95 5:32.05 6:20.92
 7:10.40 7:58.28 8:47.78 9:36.55
 10:26.31 11:16.16 12:04.16 12:49.08

20 Xi Ying, Teo 12 KSC 13:47.11

39.87 1:28.30 2:19.87 3:12.76
 4:05.19 4:59.05 5:53.24 6:47.36
 7:40.23 8:33.58 9:27.72 10:21.96
 11:15.00 12:08.32 12:58.97 13:47.11

Event 103 Boys 13-14 800 LC Meter Freestyle Group 2

Meet Rec: 9:02.45 M 13/10/2018 Jayden Tan

Name	Age	Team	Finals Time	
1 Li Jie, Jayden Goh	13	KPGCC	9:01.60M	11
28.94	1:01.51	1:35.78	2:09.96	
2:44.37	3:19.08	3:53.55	4:28.14	
5:02.78	5:37.24	6:11.50	6:46.31	
7:20.75	7:55.42	8:29.33	9:01.60	
2 Hannes Wan, Khai Hern	13	WST-ZG	9:33.18	9
29.92	1:03.70	1:39.36	2:15.60	
2:52.71	3:30.06	4:07.31	4:43.80	
5:20.82	5:57.45	6:33.91	7:11.00	
7:47.99	8:24.43	9:00.00	9:33.18	
3 Yap Ee Jen, Jayden	14	DSA	9:35.07	8
30.91	1:06.26	1:42.74	2:19.04	
2:55.85	3:32.42	4:08.89	4:45.56	
5:22.31	5:58.98	6:35.85	7:12.12	
7:48.58	8:25.09	9:00.55	9:35.07	
4 Looi, Zizou	13	NWSC	9:35.25	7
30.19	1:03.83	1:39.00	2:14.74	
2:50.69	3:27.26	4:04.44	4:41.04	
5:18.26	5:55.38	6:32.50	7:09.58	
7:46.43	8:23.44	8:59.95	9:35.25	
5 Jun EN, Issac Lee	14	MAS	9:37.03	6
31.81	1:07.37	1:44.57	2:22.16	
2:59.88	3:37.38	4:13.79	4:51.27	
5:28.60	6:04.87	6:41.27	7:17.84	
7:54.77	8:29.69	9:04.18	9:37.03	
6 Kian Heuang, Shane Chor	14	SASA	9:40.51	5
30.10	1:04.22	1:39.71	2:15.86	
2:52.08	3:28.83	4:06.06	4:43.10	
5:20.29	5:57.55	6:35.20	7:12.75	
7:49.85	8:28.04	9:04.17	9:40.51	
7 Yap, Rong Yi	13	PADE	9:43.71	4
30.32	1:05.15	1:40.78	2:17.31	
2:54.12	3:31.56	4:09.04	4:47.08	
5:24.90	6:02.53	6:40.10	7:18.13	
7:55.63	8:32.85	9:09.37	9:43.71	

5th MAS/NSC MID & LONG DISTANCE SWIM CHAMP - 08/10/2022 to 09/10/2022

Hari Sukan Negara 2022

Results

(Event 103 Boys 13-14 800 LC Meter Freestyle Group 2)

Name	Age	Team	Finals Time	
8 Yeoh, Kevin	14	PDT	9:44.49	3
29.38	1:03.01	1:39.52	2:15.92	
2:53.54	3:30.40	4:07.32	4:44.67	
5:22.65	6:00.91	6:39.52	7:18.28	
7:56.52	8:34.41	9:12.29	9:44.49	
9 Lai, Samuel	14	PDT	9:46.28	2
30.29	1:04.37	1:41.40	2:18.37	
2:55.96	3:33.72	4:11.96	4:50.23	
5:28.69	6:07.87	6:45.76	7:22.72	
7:59.24	8:36.99	9:12.35	9:46.28	
10 Danish, Emir	14	DSA	9:54.69	1
32.25	1:07.96	1:45.00	2:23.23	
3:01.00	3:38.48	4:16.44	4:54.53	
5:32.64	6:11.44	6:49.45	7:27.64	
8:06.02	8:44.86	9:20.31	9:54.69	
11 YU Xiang, Alvin NG	13	MAS	9:57.11	
31.27	1:06.33	1:43.72	2:20.87	
2:59.50	3:37.13	4:15.21	4:53.78	
5:32.11	6:11.23	6:50.00	7:29.00	
8:07.29	8:46.06	9:22.47	9:57.11	
12 Ang, Jen Son	13	PADE	10:03.13	
30.84	1:07.44	1:44.78	2:22.55	
3:00.54	3:38.79	4:17.55	4:55.98	
5:34.83	6:13.60	6:52.94	7:32.03	
8:10.92	8:49.75	9:27.73	10:03.13	
13 Yoong, Chang Lin	13	DSA	10:03.48	
31.25	1:08.97	1:47.86	2:27.07	
3:03.76	3:43.34	4:22.49	5:00.80	
5:37.53	6:15.40	6:53.68	7:32.95	
8:10.86	8:48.95	9:26.64	10:03.48	
14 Tew, Hang Yong	14	PADE	10:06.76	
33.95	1:11.79	1:48.90	2:27.46	
3:05.62	3:44.09	4:22.37	5:01.44	
5:39.37	6:18.42	6:57.36	7:36.28	
8:14.88	8:53.84	9:30.41	10:06.76	
15 Norasli, Harith Aiman Ad	13	KSC	10:13.09	
31.62	1:07.94	1:45.84	2:24.27	
3:03.30	3:42.29	4:22.62	5:01.69	
5:41.26	6:20.59	7:00.87	7:40.51	
8:20.32	8:59.93	9:35.22	10:13.09	
16 Hon Lok Chou, Kelvin	13	SASA	10:13.41	
32.66	1:08.69	1:46.37	2:24.45	
3:04.04	3:42.66	4:22.32	5:01.42	
5:41.60	6:20.95	7:00.98	7:40.52	
8:20.23	8:59.38	9:36.90	10:13.41	
17 Ooi, Hong Rui	13	PDT	10:16.55	
32.34	1:08.57	1:47.35	2:26.82	
3:04.15	3:43.74	4:22.91	5:02.83	
5:42.00	6:21.65	7:00.90	7:40.77	
8:20.58	9:00.31	9:38.51	10:16.55	
18 Vikneswaran, Jay	13	SSMS	10:23.74	
33.81	1:11.98	1:50.74	2:29.88	
3:09.07	3:49.13	4:28.69	5:08.40	
5:48.09	6:28.44	7:08.33	7:47.74	
8:27.62	9:07.13	9:46.69	10:23.74	

19 Kay, Finlay Palmer	13	DSA	10:27.60
31.91	1:09.82	1:47.57	2:26.70
3:06.25	3:46.80	4:26.69	5:06.89
5:47.05	6:27.10	7:07.68	7:48.07
8:28.72	9:09.42	9:49.38	10:27.60
20 ZI Chuen, Yap	13	MAS	10:29.78
33.75	1:11.85	1:51.22	2:30.76
3:10.72	3:51.33	4:31.51	5:11.86
5:52.27	6:32.75	7:12.57	7:52.67
8:32.96	9:13.31	9:53.53	10:29.78
21 Sarail, MD Nafiz Sazwan	14	SSMS	10:42.11
32.30	1:07.92	1:45.80	2:25.07
3:04.88	3:45.56	4:25.60	5:07.82
5:49.40	6:32.01	7:13.19	7:55.05
8:37.34	9:21.05	10:03.32	10:42.11
22 Loh Jia Sheng, Jason	14	DSA	10:46.52
32.74	1:10.77	1:50.93	2:31.26
3:12.27	3:53.58	4:35.04	5:15.96
5:57.12	6:39.24	7:21.71	8:03.84
8:46.42	9:28.13	10:08.99	10:46.52
23 Koh, Boon Chok	13	IBSC	10:48.83
33.41	1:11.23	1:51.80	2:32.95
3:14.77	3:57.08	4:39.36	5:21.44
6:03.73	6:45.46	7:27.78	8:08.93
8:50.55	9:30.99	10:10.28	10:48.83
24 Koh Jun Sheng, Jason	13	DSA	11:01.09
37.55	1:17.66	1:58.07	2:40.08
3:22.08	4:03.62	4:45.82	5:28.10
6:10.54	6:53.10	7:35.36	8:17.94
9:00.05	9:41.64	10:22.35	11:01.09
25 Yap, Ethan	13	NWSC	11:06.54
33.38	1:12.34	1:53.44	2:35.53
3:18.05	4:00.52	4:42.97	5:25.52
6:08.85	6:51.97	7:34.64	8:17.29
8:59.92	9:42.80	10:24.98	11:06.54
26 Wen Ming, Teo	13	KSC	11:18.10
32.49	1:09.95	1:52.63	2:36.24
3:19.39	4:03.87	4:48.06	5:31.66
6:15.81	7:00.42	7:45.01	8:28.55
9:13.42	9:56.54	10:39.24	11:18.10
27 Mohd Kifly, Amiruddin	13	SSMS	11:21.96
33.96	1:11.93	1:52.40	2:34.15
3:17.38	4:02.01	4:46.81	5:31.42
6:16.45	7:01.23	7:45.69	8:29.60
9:14.76	9:58.92	10:41.29	11:21.96
28 Eng, Ethan	13	NWSC	11:22.37
33.45	1:12.82	1:54.49	2:38.08
3:22.04	4:04.95	4:48.65	5:31.94
6:15.95	6:59.56	7:44.32	8:29.34
9:13.98	9:59.59	10:41.42	11:22.37
29 Lavnesh, AL Kamaleshwa	13	WST-ZG	11:44.06
33.68	1:13.99	1:57.56	2:42.93
3:28.44	4:15.16	5:00.26	5:44.12
6:31.70	7:17.42	8:02.84	8:49.26
9:34.06	10:20.43	11:03.35	11:44.06

5th MAS/NSC MID & LONG DISTANCE SWIM CHAMP - 08/10/2022 to 09/10/2022

Hari Sukan Negara 2022

Results

Event 104 Girls 13-14 800 LC Meter Freestyle Group 2

Meet Rec: 9:43.29 M 13/10/2018 Georgene Wee Ee Jern

Name	Age	Team	Finals Time	
1 Brewer, Ella Robertson	14	IBSC	9:59.71	11
33.26	1:10.40	1:48.48	2:26.64	
3:04.26	3:42.32	4:20.65	4:59.26	
5:37.41	6:15.50	6:53.48	7:31.94	
8:09.98	8:48.03	9:24.95	9:59.71	
2 Eleven Teo, Morgan	14	SST	10:12.73	9
34.40	1:11.55	1:49.19	2:27.60	
3:05.96	3:44.63	4:23.28	5:02.20	
5:41.03	6:20.33	6:59.64	7:38.99	
8:18.29	8:57.36	9:36.08	10:12.73	
3 Quincylla, Mohamad Fird	14	WST-ZG	10:14.00	8
33.65	1:10.76	1:49.03	2:27.34	
3:05.88	3:44.58	4:23.12	5:02.53	
5:41.58	6:20.46	6:59.87	7:39.17	
8:18.48	8:57.68	9:36.42	10:14.00	
4 Sharon Voon, Xue RU	14	SASA	10:15.09	7
34.13	1:11.49	1:50.29	2:29.28	
3:08.35	3:47.27	4:26.77	5:06.06	
5:44.74	6:23.99	7:02.89	7:42.09	
8:21.72	9:00.73	9:39.10	10:15.09	
5 Buckley, Natalie Suyin	14	IBSC	10:20.97	6
33.48	1:12.13	1:50.45	2:29.46	
3:08.95	3:48.73	4:28.63	5:09.03	
5:48.39	6:28.04	7:07.66	7:47.41	
8:27.17	9:06.30	9:45.14	10:20.97	
6 Khew, Zi Xian	13	PADE	10:21.49	5
32.13	1:08.67	1:46.28	2:24.61	
3:02.87	3:41.78	4:20.73	5:00.33	
5:39.95	6:20.07	7:00.68	7:41.19	
8:21.74	9:00.39	9:42.06	10:21.49	
7 Lee, Yen Ern	13	PDT	10:22.98	4
33.50	1:11.41	1:50.23	2:29.03	
3:07.39	3:46.12	4:25.04	5:04.33	
5:43.98	6:24.01	7:04.55	7:44.88	
8:25.63	9:05.29	9:44.42	10:22.98	
8 Chua, Yik En	14	PDT	10:30.38	3
33.86	1:11.20	1:50.25	2:29.02	
3:08.03	3:47.11	4:26.73	5:06.45	
5:46.24	6:26.24	7:06.80	7:47.99	
8:29.30	9:10.22	9:51.58	10:30.38	
9 Soh Wern Yi, Ashley	14	DSA	10:32.52	2
34.11	1:12.29	1:51.15	2:30.46	
3:09.72	3:49.46	4:29.80	5:10.31	
5:50.74	6:31.30	7:11.85	7:52.37	
8:33.26	9:13.80	9:53.88	10:32.52	
10 Ong, Jenelle	14	WST-ZG	10:35.35	1
35.23	1:13.31	1:52.25	2:31.37	
3:10.77	3:50.72	4:30.48	5:10.51	
5:50.28	6:30.52	7:10.73	7:51.36	
8:32.49	9:14.24	9:55.01	10:35.35	

11 Pan Xiao Ying, Celyn	14	DSA	10:36.08
34.12	1:11.91	1:50.77	2:29.75
3:09.19	3:48.66	4:28.40	5:09.08
5:49.73	6:31.03	7:12.38	7:53.97
8:35.69	9:17.08	9:57.74	10:36.08

12 Tan, Jamie Guan Jun	13	PADE	10:43.56
35.03	1:14.56	1:55.35	2:35.84
3:16.49	3:57.48	4:38.42	5:19.20
6:00.68	6:41.81	7:23.76	8:04.49
8:45.19	9:26.05	10:05.99	10:43.56

13 Ewe Xin Yue, Josette	13	DSA	11:02.02
36.37	1:17.49	1:58.66	2:39.78
3:21.50	4:03.39	4:45.02	5:26.92
6:09.07	6:51.51	7:34.37	8:18.01
9:00.88	9:43.80	10:23.29	11:02.02

14 Morgan, Riona Elaine	13	DSA	11:07.36
34.95	1:14.03	1:54.40	2:36.13
3:17.60	3:59.91	4:42.65	5:25.81
6:09.18	6:51.71	7:35.26	8:18.65
9:01.22	9:43.51	10:25.99	11:07.36

15 Chong Sue Huey, Hailey	14	DSA	11:08.83
34.50	1:14.67	1:58.14	2:40.88
3:24.27	4:07.57	4:50.67	5:33.45
6:16.96	6:59.66	7:42.36	8:25.42
9:07.63	9:49.29	10:28.87	11:08.83

16 Chong Zi Xin, Heidi	14	DSA	11:12.34
34.07	1:13.76	1:55.31	2:37.11
3:19.87	4:02.61	4:45.48	5:27.97
6:11.29	6:54.75	7:38.06	8:21.53
9:05.20	9:48.78	10:31.42	11:12.34

Event 105 Boys 15-17 200 LC Meter Backstroke Group 1

Meet Rec: 2:07.13 M 05/10/2019 Hoe Yean Steve Khiew

Name	Age	Team	Finals Time	
1 Tan Khai Xin, Jayden	17	DSA	2:10.90	11
30.53	1:03.38	1:37.27	2:10.90	
2 Yap, Yong Jie	15	DSA	2:21.69	9
31.90	1:07.33	1:44.83	2:21.69	
3 Hii, Puong Jie	15	KAWA	2:22.89	8
32.16	1:08.93	1:46.74	2:22.89	
4 Tang, Matthew Kar Ho	16	PADE	2:23.82	7
32.64	1:09.28	1:47.46	2:23.82	
5 Chong, Zheng Yen	17	PADE	2:24.54	6
33.38	1:09.64	1:46.84	2:24.54	
6 Abdullah, MD Ikwan Hazi	15	SSMS	2:26.76	5
33.78	1:10.56	1:49.28	2:26.76	
7 Chong, Zheng Yew	15	PADE	2:27.48	4
32.65	1:10.29	1:50.13	2:27.48	
8 Ng, Yean Yu	15	DSA	2:27.54	3
34.20	1:10.49	1:49.86	2:27.54	
9 Lee Shin Rong, Calvin	15	DSA	2:29.00	2
32.21	1:09.31	1:48.97	2:29.00	
10 Ho, Jia Ming	15	IBSC	2:29.41	1
32.32	1:09.68	1:49.22	2:29.41	
11 Jareick Cheong, Tze Kwar	15	IBSC	2:29.50	
33.48	1:11.62	1:50.60	2:29.50	

5th MAS/NSC MID & LONG DISTANCE SWIM CHAMP - 08/10/2022 to 09/10/2022

Hari Sukan Negara 2022

Results

(Event 105 Boys 15-17 200 LC Meter Backstroke Group 1)

Name	Age	Team	Finals Time
12 See, Hao Shuen	15	PADE	2:35.27
34.16	1:13.33	1:56.19	2:35.27
13 Yong Hong, Lai	15	MAS	2:39.92
36.28	1:16.31	1:58.82	2:39.92
14 Lim, Keith Yong Wee	15	PADE	2:47.64
38.46	1:21.17	2:05.57	2:47.64
--- Wong, Zi An	15	PADE	DQ

Event 106 Girls 15-17 200 LC Meter Backstroke Group 1

Meet Rec: 2:34.52 M 21/10/2017 Kay Yee Karla Lim

Name	Age	Team	Finals Time
1 Teh, Tze Lin	16	DSA	2:38.31
35.50	1:15.18	1:56.67	2:38.31
2 Yen Ling, Alexis Lee	15	SASA	2:46.44
37.65	1:18.89	2:02.27	2:46.44
3 Lew Zi Yan, Joanne	15	DSA	2:48.97
38.40	1:21.42	2:05.63	2:48.97
4 ., Annur Farisya Najwa	16	MAS	2:52.93
39.36	1:22.95	2:08.36	2:52.93
5 Jia Huey, Yap	15	MAS	3:02.01
39.92	1:25.60	2:13.98	3:02.01

Event 109 Boys 15-17 800 LC Meter Freestyle Group 1

Meet Rec: 8:49.13 M 21/10/2017 Venn Chieh Wong

Name	Age	Team	Finals Time
1 Tan Khai Xin, Jayden	17	DSA	8:38.95M
28.82	1:00.27	1:32.42	2:04.64
2:37.24	3:10.27	3:44.00	4:17.78
4:51.75	5:25.16	5:58.53	6:31.63
7:04.84	7:37.80	8:10.44	8:38.95
2 Jun Xian, Anselm Lee	16	MAS	8:44.79M
29.60	1:02.74	1:36.16	2:09.93
2:43.69	3:17.18	3:50.53	4:24.20
4:57.41	5:30.45	6:03.52	6:36.70
7:09.96	7:42.97	8:14.48	8:44.79
3 McCartan, Gabriel Francis	16	DSA	9:07.16
30.13	1:03.60	1:37.93	2:12.69
2:47.64	3:22.51	3:57.62	4:32.75
5:07.64	5:42.31	6:17.29	6:52.05
7:26.49	8:00.41	8:34.58	9:07.16
4 Teo, Zun Jet	15	IBSC	9:17.08
30.45	1:04.44	1:38.98	2:14.51
2:49.99	3:25.19	4:00.70	4:36.57
5:12.12	5:48.32	6:24.36	7:00.17
7:35.48	8:11.03	8:45.65	9:17.08
5 Wong Ken Ryu, Jayden	15	DSA	9:32.57
29.83	1:03.09	1:37.54	2:12.78
2:48.24	3:24.00	4:00.30	4:37.03
5:13.91	5:51.20	6:28.54	7:06.10
7:44.38	8:21.89	8:59.21	9:32.57

6 Tee, Vanness	15	WST-ZG	9:33.34	5
30.73	1:05.29	1:40.36	2:16.29	
2:52.31	3:29.31	4:05.28	4:42.47	
5:18.84	5:56.19	6:32.48	7:09.37	
7:46.92	8:23.91	8:59.35	9:33.34	
7 Erwin Tay, Jun Hao	15	KAWA	9:39.14	4
30.96	1:04.68	1:40.04	2:15.94	
2:52.01	3:28.32	4:05.20	4:41.68	
5:18.74	5:55.64	6:32.89	7:10.03	
7:47.97	8:25.68	9:03.27	9:39.14	
8 Dawish Amssyar, Muham	15	MAS	9:43.92	3
31.16	1:05.24	1:40.30	2:16.37	
2:52.42	3:28.82	4:05.61	4:42.61	
5:19.75	5:57.23	6:34.88	7:12.56	
7:50.64	8:28.58	9:06.86	9:43.92	
9 Shadzlee, Shahenry Wong	17	DSA	9:46.80	2
31.65	1:06.25	1:42.38	2:19.02	
2:56.14	3:33.72	4:11.44	4:49.80	
5:27.68	6:05.48	6:43.29	7:21.30	
7:58.79	8:36.20	9:12.24	9:46.80	
10 Brendon Cheah, Wai Kit	15	IBSC	9:53.73	1
33.19	1:09.67	1:46.96	2:24.37	
3:01.53	3:39.26	4:16.60	4:54.06	
5:31.61	6:09.44	6:47.01	7:25.40	
8:03.30	8:40.72	9:17.69	9:53.73	
11 Chong, Zheng Yew	15	PADE	10:02.97	
31.89	1:09.57	1:49.16	2:28.91	
3:08.88	3:47.24	4:26.10	5:04.24	
5:41.80	6:19.66	6:57.99	7:35.84	
8:13.93	8:50.98	9:27.34	10:02.97	
12 Yap, Qi Yi	15	PADE	10:13.80	
32.79	1:09.49	1:48.23	2:27.11	
3:05.68	3:44.78	4:24.10	5:03.78	
5:42.91	6:22.08	7:01.05	7:40.54	
8:19.83	8:59.13	9:37.34	10:13.80	
13 Kam Yao Qi, Samuel	15	DSA	10:15.38	
32.21	1:09.07	1:47.42	2:26.53	
3:06.53	3:45.28	4:25.31	5:04.09	
5:43.68	6:22.94	7:02.60	7:42.20	
8:22.03	9:01.62	9:40.07	10:15.38	
14 Abdullah, MD Ikwan Hazi	15	SSMS	10:23.37	
33.26	1:09.47	1:47.57	2:26.49	
3:05.84	3:45.14	4:25.03	5:04.47	
5:44.19	6:24.42	7:05.12	7:46.40	
8:26.70	9:06.52	9:46.44	10:23.37	
15 Khew, Zhan Hao	15	PADE	10:30.65	
30.62	1:05.70	1:42.57	2:20.92	
3:00.30	3:40.29	4:19.99	5:00.45	
5:41.41	6:22.66	7:04.32	7:46.21	
8:28.13	9:09.63	9:51.42	10:30.65	
16 Muhd Rayyan Md.Iqbal, .	15	IBSC	11:16.63	
36.68	1:17.00	1:56.94	2:38.53	
3:21.51	4:04.78	4:47.62	5:32.03	
6:16.10	6:59.97	7:43.96	8:27.89	
9:11.25	9:54.67	10:37.16	11:16.63	

5th MAS/NSC MID & LONG DISTANCE SWIM CHAMP - 08/10/2022 to 09/10/2022

Hari Sukan Negara 2022

Results

(Event 109 Boys 15-17 800 LC Meter Freestyle Group 1)

Name	Age	Team	Finals Time
17 Ahamd Sanusi, Muhd Lutfir	15	IPCC	12:18.01
34.48	1:14.54	1:59.00	2:45.70
3:32.96		4:21.15	5:09.56
5:57.97		6:46.58	7:34.70
8:23.41	9:11.45	11:34.63	12:18.01

Event 110 Girls 15-17 800 LC Meter Freestyle Group 1

Meet Rec: 9:50.51 M 05/10/2019 Jerriel Lau

Name	Age	Team	Finals Time
1 Ng E Mun, Hayley	15	DSA	10:05.66 11
31.89	1:07.27	1:44.41	2:21.70
2:59.80	3:37.73	4:16.47	4:55.11
5:34.15	6:12.85	6:51.73	7:30.78
8:10.43	8:50.06	9:29.09	10:05.66
2 Yen Ling, Alexis Lee	15	SASA	10:20.34 9
35.01	1:13.75	1:52.94	2:33.19
3:12.34	3:52.22	4:31.43	5:11.28
5:49.93	6:29.66	7:08.62	7:47.74
8:26.47	9:05.51	9:43.14	10:20.34
3 Brudenall, Kimberly	15	KLSC	10:58.52 8
35.12	1:13.87	1:54.82	2:35.71
3:18.14	3:58.77	4:40.34	5:22.31
6:04.77	6:46.49	7:29.22	8:12.34
8:55.15	9:36.38	10:18.20	10:58.52
4 Lee, Tze-Le	15	DSA	11:20.27 7
37.94	1:19.47	2:01.65	2:44.55
3:28.18	4:11.21	4:54.32	5:37.40
6:21.07	7:03.89	7:47.58	8:30.32
9:13.05	9:55.69	10:38.21	11:20.27

Event 111 Boys 18-25 800 LC Meter Freestyle Open

Meet Rec: 8:54.33 M 05/10/2019 Ng Shin Jian

Name	Age	Team	Finals Time
1 Muhammad Farhan Andi,	18	IBSC	8:58.78 11
28.66	1:00.44	1:33.85	2:07.42
2:41.73	3:16.01	3:50.65	4:24.88
4:59.40	5:33.71	6:08.60	6:43.23
7:17.72	7:52.25	8:26.41	8:58.78

Event 112 Girls 18-25 800 LC Meter Freestyle Open

Meet Rec:10:32.00 M 05/10/2019 Fong Yee Ling

Name	Age	Team	Finals Time
1 Lau, Jerriel	20	DSA	9:50.75M 11
32.70	1:08.62	1:46.19	2:23.04
3:00.69	3:37.88	4:15.36	4:52.64
5:29.94	6:07.62	6:45.01	7:22.82
8:00.21	8:37.90	9:15.44	9:50.75

Event 113 Boys 10 & Under 200 LC Meter Backstroke Group 1

Meet Rec: 2:33.41 M 21/10/2017 Yong Jie Yap

Name	Age	Team	Finals Time
1 Chng, Saw Huai	10	WST-ZG	2:44.82 11
37.51	1:20.36	2:04.57	2:44.82
2 Mu Zi Long, Lewis	9	DSA	2:48.33 9
40.22	1:23.52	2:06.02	2:48.33

3 Fujimoto, Masato Mark	10	DSA	2:49.45 8
39.11	1:20.88	2:05.21	2:49.45
4 Gabriel Kwong, Joe Xian	10	IBSC	2:50.69 7
40.68	1:24.00	2:08.38	2:50.69
5 Tang, Hermann Bok Yu	10	PADE	2:50.81 6
41.04	1:24.49	2:09.17	2:50.81
6 Abdul Rashid, Fahim Syal	10	DASC	2:52.17 5
39.99	1:23.10	2:08.14	2:52.17
7 Chin, Azriel Jeffri	10	VSC-VI	2:54.38 4
40.50	1:24.63	2:10.09	2:54.38
8 Awg, Sulaiman, MD Danie	10	SSMS	2:54.88 3
40.90	1:25.54	2:11.60	2:54.88
9 Ong, Yee Lern	10	PDT	2:55.48 2
38.83	1:23.74	2:12.51	2:55.48
10 Jinn Yuan, Brandon Teh	10	SST	2:57.70 1
40.75	1:26.37	2:13.23	2:57.70
11 Yap, Miles Nathanael	10	DSA	2:59.83
40.66	1:26.63	2:15.04	2:59.83
12 Ng, Johan	10	PDT	3:01.68
43.46	1:28.52	2:14.57	3:01.68
13 Looi, Ziven	10	NWSC	3:05.09
43.09	1:30.23	2:18.62	3:05.09
14 Yen Han, Goh	10	SST	3:05.84
43.62	1:31.28	2:19.02	3:05.84
15 ZI Peng, Maverick Kok	10	MAS	3:07.77
44.19	1:31.91	2:20.50	3:07.77
16 Eng, Samuel	10	NWSC	3:08.10
43.70	1:31.59	2:20.94	3:08.10
17 Tai Hao, Jared Chan	10	SST	3:10.28
45.34	1:34.69	2:24.10	3:10.28
18 You, Phang	10	SST	3:14.37
46.07	1:35.79	2:27.91	3:14.37
19 Teoh, Jetto	9	DSA	3:18.04
46.39	1:36.84	2:28.07	3:18.04
20 Lai, In Xuan	10	DSA	3:20.01
46.04	1:36.24	2:28.39	3:20.01
21 Lee, Da Yu	9	PDT	3:31.06
48.26	1:39.90	2:38.14	3:31.06
22 Lee, Soon Jian	9	PDT	3:44.60
52.92	1:50.27	2:49.59	3:44.60
--- Ho, Zhi Ju	9	DSA	DQ

Event 114 Girls 10 & Under 200 LC Meter Backstroke Group 1

Meet Rec: 2:41.08 M 13/10/2018 Xin Lin Chong

Name	Age	Team	Finals Time
1 Tee, Vivian	10	WST-ZG	2:41.57 11
37.34	1:17.98	2:00.57	2:41.57
2 Tan Ee Lin, Evita	10	DSA	2:42.21 9
37.21	1:19.05	2:00.88	2:42.21
3 AW, Yuet Ting	10	PDT	2:44.91 8
38.31	1:20.34	2:03.62	2:44.91
4 Xuan Rou, Tan	10	CSC	2:52.83 7
40.05	1:23.43	2:08.97	2:52.83
5 Seng Yue, Averie	9	VTs	2:54.68 6
41.95	1:26.36	2:12.22	2:54.68

5th MAS/NSC MID & LONG DISTANCE SWIM CHAMP - 08/10/2022 to 09/10/2022

Hari Sukan Negara 2022

Results

(Event 114 Girls 10 & Under 200 LC Meter Backstroke Group

Name	Age	Team	Finals Time	
6 Khairul Anuar, Alisha Am	9	KPGCC	2:59.54	5
42.17	1:27.21	2:15.20	2:59.54	
7 Yun Yi, Kok	9	VTs	3:01.00	4
42.70	1:28.18	2:15.73	3:01.00	
8 Mohamad Suadi, Zara Ale	9	PGSC	3:06.24	3
42.13	1:30.74	2:19.49	3:06.24	
9 Xin En, Lauren Chua	10	KPGCC	3:06.48	2
43.24	1:31.29	2:20.07	3:06.48	
10 Yeow, Qian Le	10	WST-ZG	3:07.07	1
44.48	1:34.19	2:22.04	3:07.07	
11 Eliza, Yee	10	CSC	3:08.84	
40.65	1:28.49	2:19.34	3:08.84	
12 Ruo Qing, Lee	10	KPGCC	3:14.42	
43.70	1:34.16	2:25.96	3:14.42	
13 Ker Yee, Chloe, Yeap	10	CSC	3:19.96	
46.52	1:39.24	2:31.93	3:19.96	
14 Leong, Kathryn	8	PDT	3:37.83	
49.07	1:45.87	2:43.74	3:37.83	
--- Yap Cai Li, Analey	10	DSA	DQ	

Event 115 Boys 11-12 200 LC Meter Backstroke Group 3

Meet Rec: 2:22.05 M 05/10/2019 Yong Jie Yap

Name	Age	Team	Finals Time	
1 Chua Min Hao, Evan	12	DSA	2:30.57	11
32.34	1:10.18	1:50.38	2:30.57	
2 Xin, Qi	12	DSA	2:33.68	9
35.56	1:15.45	1:54.41	2:33.68	
3 Hamid, Hafuza Zunnur Za	11	SSMS	2:35.92	8
36.23	1:14.90	1:55.32	2:35.92	
4 Chong, Zhi Yang	12	PDT	2:42.45	7
38.25	1:20.07	2:03.46	2:42.45	
5 Cham, Yu Yang	12	DSA	2:45.09	6
37.62	1:19.04	2:02.15	2:45.09	
6 Ahmad Firdaus, Danish H	12	DSA	2:45.92	5
37.34	1:19.45	2:03.62	2:45.92	
7 AW, Romeo	12	PDT	2:47.81	4
37.90	1:21.13	2:05.81	2:47.81	
8 Kee Kean, Yoong	12	NWSC	2:47.96	3
37.22	1:23.54	2:06.76	2:47.96	
9 Hwang, Moses	11	PADE	2:49.36	2
38.04	1:21.12	2:07.34	2:49.36	
10 Choo, Diwen	11	IBSC	2:49.46	1
38.38	1:21.77	2:06.73	2:49.46	
11 ZI Hao, Ong	12	SST	2:52.04	
39.78	1:25.66	2:11.43	2:52.04	
12 Lee, Gabriel	12	PDT	2:53.20	
40.55	1:24.39	2:09.58	2:53.20	
13 Khew, Mu Han	11	PADE	2:54.71	
41.55	1:26.87	2:11.88	2:54.71	
14 Mohd Hanafi, Hafiz	12	PADE	2:56.55	
41.42	1:26.54	2:12.31	2:56.55	
15 Tseng Wei Jian, Tyler	11	DSA	2:56.69	
41.96	1:27.28	2:13.24	2:56.69	

16 Zi Ian, Chen	12	KPGCC	2:56.79
40.84	1:24.42	2:11.75	2:56.79
17 Hariz Hazli, Muhammad I	12	DSA	3:02.15
41.81	1:28.00	2:15.37	3:02.15
18 Yong Kang, Lai	12	MAS	3:05.84
42.50	1:29.79	2:18.53	3:05.84
19 Lee, Owen Qi Wen	11	PADE	3:08.81
43.90	1:32.10	2:21.01	3:08.81
20 Tan, Isaiah	11	NWSC	3:41.48
	1:44.15	3:41.48	
--- Xavier Yeoh, Ze-Mynn	12	IBSC	DQ

Event 116 Girls 11-12 200 LC Meter Backstroke Group 3

Meet Rec: 2:32.91 M 13/10/2018 Bendix Dahl Alma Louise

Name	Age	Team	Finals Time	
1 Yen Nie, Laura Lee	12	SASA	2:32.75M	11
34.34	1:12.36	1:52.76	2:32.75	
2 Qian Hui, Felicia Lee	12	MAS	2:39.66	9
36.94	1:17.40	1:59.27	2:39.66	
3 Pergher, Selma	11	NWSC	2:41.67	8
37.38	1:18.45	2:00.50	2:41.67	
4 See RU, Yong	12	RAR	2:41.97	7
37.13	1:19.14	2:01.37	2:41.97	
5 Boon, Sophie Sue Qing	12	PADE	2:42.35	6
36.87	1:18.00	2:00.42	2:42.35	
6 Zhou, Anna	12	DSA	2:44.52	5
37.72	1:20.02	2:02.58	2:44.52	
7 Ho, Megan	11	DSA	2:45.89	4
36.43	1:18.65	2:02.63	2:45.89	
8 Yha Rou, Natasha, Ong	11	CSC	2:47.05	3
38.00	1:20.13	2:04.11	2:47.05	
9 Koh Lee Shen, Kaylee	11	DSA	2:54.78	2
41.14	1:26.44	2:11.24	2:54.78	
10 Lee, Ruo Faye	12	PDT	2:55.38	1
39.80	1:25.05	2:12.11	2:55.38	
11 Seem, Zi Rou Sheryl	11	IBSC	2:56.04	
42.98	1:27.91	2:56.31	2:56.04	
12 Wong, Joelyne	11	IBSC	2:57.78	
41.51	1:26.96	2:13.74	2:57.78	
13 Bonyamin, Hani Farhana	11	PGSC	2:59.01	
42.42	1:27.87	2:14.63	2:59.01	
14 Elyssa Yeoh, Pei Xin	11	WST-ZG	2:59.63	
42.42	1:27.86	2:14.84	2:59.63	
15 Xi Ying, Teo	12	KSC	3:00.39	
42.17	1:28.40	2:15.21	3:00.39	
16 Hew, Cheryl	12	PDT	3:00.45	
43.91	1:30.42	2:16.38	3:00.45	
17 Pok, Sin Yee	11	DSA	3:02.34	
41.41	1:27.35	3:02.45	3:02.34	
18 Cheah, Dong Xuan	12	IBSC	3:02.50	
42.70	1:28.27	2:16.34	3:02.50	
19 Tai, Zi Xuan	12	PADE	3:05.13	
43.41	1:30.75	3:05.19	3:05.13	
20 Yong Nyuk Ling, Maychel	12	SSMS	3:08.90	
43.98	1:31.50	2:20.66	3:08.90	

5th MAS/NSC MID & LONG DISTANCE SWIM CHAMP - 08/10/2022 to 09/10/2022

Hari Sukan Negara 2022

Results

(Event 116 Girls 11-12 200 LC Meter Backstroke Group 3)

Name	Age	Team	Finals Time
21 Khoo, Jia Ying	12	WST-ZG	3:11.15
44.33	1:33.92	3:11.25	3:11.15
22 Nafeesa, Sabrina	12	RAR	3:19.86
46.56	1:36.53	3:20.11	3:19.86
23 Chang, Sarah (Bokeum)	12	DSA	3:34.35
45.54	1:40.48	2:39.07	3:34.35
--- Amir Husain, Nur Aleena	11	KPGCC	DQ
--- U-Jing, Ashley Cheong	11	SST	DQ

Event 117 Boys 13-14 200 LC Meter Backstroke Group 2

Meet Rec: 2:09.04 M 21/10/2017 Hoe Yean Steve Khiew

Name	Age	Team	Finals Time
1 Lee, Boon Wei David	14	IBSC	2:19.81
31.62	1:07.02	1:44.72	2:19.81
2 Lai, Samuel	14	PDT	2:21.30
32.41	1:08.84	1:46.12	2:21.30
3 Adnan, Aslan	13	PADE	2:24.75
32.50	1:09.85	1:48.23	2:24.75
4 Looi, Zizou	13	NWSC	2:27.74
33.94	1:10.68	1:48.88	2:27.74
5 Zahiruddin, Yusuf Arman	14	PADE	2:29.08
34.32	1:11.69	1:50.65	2:29.08
*6 Kian Heuang, Shane Chor	14	SASA	2:29.19
34.18	1:11.73	1:50.44	2:29.19
*6 Chan, Henry	13	SST	2:29.19
34.52	1:12.83	1:52.32	2:29.19
8 Lim, Oswald	13	PADE	2:31.19
33.79	1:12.32	1:52.00	2:31.19
9 Yap, Rong Yi	13	PADE	2:31.88
35.37	1:14.22	1:53.95	2:31.88
10 Edwan, Rayyan Iskandar	13	PADE	2:32.86
35.20	1:14.18	1:54.39	2:32.86
*11 Yoong, Chang Shen	14	DSA	2:33.30
33.74	1:12.14	1:52.70	2:33.30
*11 Abdulllah, Muhd Amirul I	13	KSC	2:33.30
34.73	1:13.25	1:53.71	2:33.30
13 Thong, Zhen Ning	14	WST-ZG	2:33.43
36.14	1:15.37	1:55.21	2:33.43
14 Jun EN, Issac Lee	14	MAS	2:33.55
34.96	1:15.13	1:56.27	2:33.55
15 Ong, Yee Herng	14	PDT	2:33.77
35.57	1:14.35	1:54.55	2:33.77
16 Tew, Hang Yong	14	PADE	2:34.39
36.96	1:16.03	1:56.10	2:34.39
17 Ethan Yeoh, Phee Ren	14	WST-ZG	2:37.52
35.87	1:16.20	1:56.86	2:37.52
18 Ng, Yean Hsu	13	DSA	2:37.88
35.88	1:16.12	1:56.57	2:37.88
19 Yap, Jun Hin	13	DSA	2:39.28
34.74	1:14.74	1:57.82	2:39.28
20 Yap, Ethan	13	NWSC	2:40.25
36.70	1:17.15	1:59.66	2:40.25

21 Yoong, Chang Lin	13	DSA	2:42.87
37.24	1:18.71	2:01.52	2:42.87
22 Lim, Sean Yu Zhen	13	PADE	2:45.98
37.91	1:20.03	2:03.63	2:45.98
23 Chong, Jing Xin	13	IBSC	2:49.57
38.76	1:22.55	2:07.23	2:49.57
24 You Ting, Jayden Loke	13	KSAS	2:50.63
39.59	1:21.31	2:06.30	2:50.63
25 Teh, Jed Qi Xian	13	PADE	2:54.69
40.93	1:25.07	2:10.32	2:54.69
26 Ooi, Hong Rui	13	PDT	2:56.25
41.60	1:25.90	2:12.22	2:56.25
27 Hwang, Zen Yi Isaac	13	PADE	2:57.09
38.92	1:25.36	2:11.98	2:57.09
28 Zafran Darwisy, bin Faiza	14	IBSC	2:58.44
40.61	1:26.87	2:14.46	2:58.44
29 Eng, Ethan	13	NWSC	3:00.33
40.01	1:26.02	2:14.45	3:00.33
30 Tan, Tze Yuan	13	IBSC	3:01.58
41.07	1:25.75	2:13.84	3:01.58

Event 118 Girls 13-14 200 LC Meter Backstroke Group 2

Meet Rec: 2:30.70 M 13/10/2018 Goh Chia Tong

Name	Age	Team	Finals Time
1 Khew, Zi Xian	13	PADE	2:36.14
35.52	1:14.93	1:56.00	2:36.14
2 Seoh, Shan Wen	14	PDT	2:37.00
35.92	1:15.84	1:56.81	2:37.00
3 Yap Hay Ee, Hayley Cassa	14	DSA	2:37.13
35.64	1:15.46	1:56.64	2:37.13
4 Brewer, Ella Robertson	14	IBSC	2:39.73
37.92	1:18.93	2:00.24	2:39.73
5 Riseley, Mika Kirsten	14	IBSC	2:41.32
37.42	1:18.11	2:00.31	2:41.32
6 Buckley, Natalie Suyin	14	IBSC	2:41.98
38.83	1:21.04	2:03.26	2:41.98
7 Khoo Wei Ee, Kierstan	13	DSA	2:43.92
37.96	1:18.70	2:00.98	2:43.92
8 Lee, Zhi Jynn	14	WST-ZG	2:44.97
37.79	1:19.06	2:02.48	2:44.97
9 Jie Xin, Rainne Foo	13	KPGCC	2:47.06
39.34	1:21.68	2:05.59	2:47.06
10 Chong Sue Huey, Hailey	14	DSA	2:47.82
38.15	1:21.26	2:06.86	2:47.82
11 Morgan, Riona Elaine	13	DSA	2:48.52
39.73	1:22.98	2:06.32	2:48.52
12 Chong Zi Xin, Heidi	14	DSA	2:49.60
39.72	1:23.27	2:07.82	2:49.60
13 Quincylla, Mohamad Fird	14	WST-ZG	2:50.90
39.31	1:21.40	2:06.14	2:50.90
14 Ee Lynn, Chang	14	CSC	2:53.58
39.96	1:23.45	2:08.99	2:53.58
15 Peeters, Sara Sophia	13	DSA	2:56.93
39.72	1:23.30	2:10.17	2:56.93
16 Chua, Yik En	14	PDT	2:58.18
42.07	1:28.28	2:13.87	2:58.18

5th MAS/NSC MID & LONG DISTANCE SWIM CHAMP - 08/10/2022 to 09/10/2022

Hari Sukan Negara 2022

Results

(Event 118 Girls 13-14 200 LC Meter Backstroke Group 2)

Name	Age	Team	Finals Time
17 Chong, En Ci	13	DSA	2:59.21
41.35	1:26.94	2:13.64	2:59.21
18 Ruo Wen, Lee	14	KPGCC	2:59.62
40.80	1:25.55	2:12.70	2:59.62
19 Lee Min Xuan, Michelle	13	RAR	3:05.94
42.17	1:28.09	2:18.33	3:05.94
20 Yip, Jia Tung	13	PADE	3:06.51
43.59	1:30.70	2:19.50	3:06.51

Event 119 Boys 10 & Under 200 LC Meter IM Group 4

Meet Rec: 2:35.30 M 05/10/2019 Bin Zulfikry Muhammad Dhuha

Name	Age	Team	Finals Time
1 Fujimoto, Masato Mark	10	DSA	2:42.35
34.66	1:18.36	2:06.69	2:42.35
2 Chng, Saw Huai	10	WST-ZG	2:42.60
33.90	1:16.64	2:07.56	2:42.60
3 Gabriel Kwong, Joe Xian	10	IBSC	2:49.25
35.11	1:19.65	2:11.54	2:49.25
4 Ong, Yee Lern	10	PDT	2:52.93
35.18	1:20.49	2:14.32	2:52.93
5 Ho, Zhi Ju	9	DSA	2:52.95
39.02	1:24.51	2:15.20	2:52.95
6 Ng, Johan	10	PDT	2:53.01
39.98	1:26.29	2:14.00	2:53.01
7 Mu Zi Long, Lewis	9	DSA	2:53.18
40.32	1:24.16	2:16.91	2:53.18
8 Chin, Azriel Jeffri	10	VSC-VI	2:53.58
37.06	1:21.14	2:16.30	2:53.58
9 Tang, Hermann Bok Yu	10	PADE	2:54.53
38.76	1:23.76	2:16.47	2:54.53
10 Awg, Sulaiman, MD Dania	10	SSMS	2:56.25
37.54	1:22.68	2:15.03	2:56.25
11 Abdul Rashid, Fahim Syaf	10	DASC	2:56.27
35.52	1:19.26	2:16.31	2:56.27
12 ZI Peng, Maverick Kok	10	MAS	2:58.91
38.74	1:26.83	2:18.59	2:58.91
13 Looi, Ziven	10	NWSC	2:59.14
38.03	1:24.81	2:19.70	2:59.14
14 Edric Tay, Jun Han	10	KAWA	3:00.48
41.39	1:30.44	2:20.53	3:00.48
15 Jiang, Bo Xiu	9	DSA	3:00.65
39.97	1:27.41	2:20.62	3:00.65
16 Jinn Yuan, Brandon Teh	10	SST	3:00.94
43.62	1:29.59	2:23.68	3:00.94
17 Yen Han, Goh	10	SST	3:01.72
40.30	1:28.22	2:21.92	3:01.72
18 Tai Hao, Jared Chan	10	SST	3:03.68
44.54	1:32.77	2:22.88	3:03.68
19 Hew, Bo Yu	10	DSA	3:08.49
42.85	1:31.67	2:27.76	3:08.49
20 Eng, Samuel	10	NWSC	3:09.66
43.75	1:32.84	2:27.61	3:09.66
21 You, Phang	10	SST	3:11.28
45.29	1:34.97	2:31.14	3:11.28

22 Azmy, Muhd Imann Khale	10	PGSC	3:11.32
41.76	1:31.31	2:26.84	3:11.32
23 Yun Rui, Kok	9	VTS	3:16.93
41.43	1:34.15	2:33.17	3:16.93
24 Lee, Da Yu	9	PDT	3:17.31
41.83	1:36.87	2:36.38	3:17.31
25 Lai, Daniel	8	PDT	3:18.35
42.67	1:34.45	2:32.95	3:18.35
26 Yuen, Kwok Kit	10	WST-ZG	3:18.86
43.69	1:31.46	2:36.09	3:18.86
27 Lai, In Xuan	10	DSA	3:21.43
41.84	1:34.93	2:37.38	3:21.43
28 Teoh, Jetto	9	DSA	3:23.02
46.16	1:37.99	2:35.74	3:23.02
29 Nicholas, Yee	9	CSC	3:31.51
46.71	1:40.57	2:42.66	3:31.51
--- Lee, Soon Jian	9	PDT	DQ
--- Jun Lin, Eu	9	NWSC	DQ
--- Yap, Miles Nathanael	10	DSA	DQ

Event 120 Girls 10 & Under 200 LC Meter IM Group 4

Meet Rec: 2:28.67 M 21/10/2017 Misa Okuzono

Name	Age	Team	Finals Time
1 AW, Yuet Ting	10	PDT	2:39.20
34.50	1:14.62	2:01.38	2:39.20
2 Tee, Vivian	10	WST-ZG	2:45.69
35.74	1:17.36	2:07.86	2:45.69
3 Khairul Anuar, Alisha Am	9	KPGCC	2:52.75
36.41	1:21.69	2:13.78	2:52.75
4 Xuan Rou, Tan	10	CSC	2:59.51
38.45	1:24.52	2:17.74	2:59.51
5 Seng Yue, Averie	9	VTS	3:00.76
38.81	1:24.96	2:21.16	3:00.76
6 Xin En, Lauren Chua	10	KPGCC	3:03.39
37.60	1:22.45	2:22.41	3:03.39
7 Eliza, Yee	10	CSC	3:06.15
40.84	1:27.21	2:22.38	3:06.15
8 Yeow, Qian Le	10	WST-ZG	3:07.76
40.44	1:30.34	2:27.18	3:07.76
9 Lim Pei Xin, Heidi	10	DSA	3:08.36
41.26	1:30.34	2:23.86	3:08.36
10 Mohamad Suadi, Zara Ale	9	PGSC	3:12.94
40.83	1:28.55	2:30.27	3:12.94
11 Ker Yee, Chloe, Yeap	10	CSC	3:15.32
46.44	1:37.34	2:30.29	3:15.32
12 Yun Yi, Kok	9	VTS	3:16.26
46.41	1:35.26	2:34.43	3:16.26
13 Ruo Qing, Lee	10	KPGCC	3:17.42
40.33	1:29.74	2:35.30	3:17.42
14 Cheah, Allyna	10	SST	3:22.11
46.74	1:39.53	2:35.43	3:22.11
15 Yha Han, Natalia, Ong	9	CSC	3:28.33
50.58	1:44.22	2:41.30	3:28.33

5th MAS/NSC MID & LONG DISTANCE SWIM CHAMP - 08/10/2022 to 09/10/2022

Hari Sukan Negara 2022

Results

(Event 120 Girls 10 & Under 200 LC Meter IM Group 4)

Name	Age	Team	Finals Time
16 Mohd Rosli, Nik Naaznee	10	DSA	3:31.39
48.12	1:42.76	2:45.39	3:31.39
17 Ming Ting, Anabel, Teoh	9	CSC	3:31.41
49.07	1:42.96	2:41.23	3:31.41
18 Leong, Kathryn	8	PDT	3:34.12
48.25	1:44.82	2:44.70	3:34.12
19 Yap Cai Li, Analey	10	DSA	3:40.75
47.93	1:43.40	2:50.99	3:40.75
20 Chan, Erinn	7	PDT	4:16.46
51.26	2:11.31	3:17.66	4:16.46
--- Tan Ee Lin, Evita	10	DSA	DQ

Event 121 Boys 11-12 200 LC Meter IM Group 3

Meet Rec: 2:20.07 M 05/10/2019 Yong Jie Yap

Name	Age	Team	Finals Time
1 Chong, Zhi Yang	12	PDT	2:28.83
30.02	1:11.45	1:56.78	2:28.83
2 Adam Malik, Azizur Riza	12	IBSC	2:30.82
32.67	1:15.02	1:57.46	2:30.82
3 Kuan, Wei Kang	12	PDT	2:32.39
31.66	1:14.39	1:59.05	2:32.39
4 Xin, Qi	12	DSA	2:32.72
32.04	1:12.31	1:59.02	2:32.72
5 Lim, Joshua	11	NWSC	2:33.78
33.04	1:15.01	1:57.26	2:33.78
6 Yen Sern, Goh	12	SST	2:36.53
31.29	1:12.46	2:01.48	2:36.53
7 Mohd Sallehuddin, Joha	12	KLSC	2:37.21
30.51	1:11.20	1:59.24	2:37.21
8 Rumawas, Dimas Ardhan	12	DSA	2:38.13
30.97	1:13.79	2:00.49	2:38.13
9 AW, Romeo	12	PDT	2:39.18
34.08	1:17.03	2:00.85	2:39.18
10 Choo, Diwen	11	IBSC	2:43.33
35.60	1:19.48	2:08.88	2:43.33
11 Kit, Hayden	11	NWSC	2:43.76
34.79	1:18.16	2:09.35	2:43.76
12 Hwang, Moses	11	PADE	2:45.73
34.94	1:16.83	2:07.05	2:45.73
13 Cham, Yu Yang	12	DSA	2:46.12
36.53	1:18.67	2:05.81	2:46.12
14 Segar, Neelkantha Arjoo	11	DSA	2:46.34
32.68	1:16.18	2:08.54	2:46.34
15 Hamid, Hafuza Zunnur Za	11	SSMS	2:50.11
37.73	1:16.73	2:10.27	2:50.11
16 Yong Kang, Lai	12	MAS	2:50.63
37.77	1:26.18	2:13.90	2:50.63
17 Lee, Gabriel	12	PDT	2:51.16
36.83	1:20.99	2:15.08	2:51.16
18 ZI Hao, Ong	12	SST	2:51.43
35.55	1:23.26	2:10.21	2:51.43
19 Khew, Mu Han	11	PADE	2:51.50
35.92	1:20.05	2:13.78	2:51.50

20 Kang, Zhen Tai	12	DSA	2:51.81
36.89	1:23.47	2:13.50	2:51.81
21 Teoh, Jet Shaun	11	DSA	2:52.03
37.32	1:23.75	2:13.09	2:52.03
22 Mohd Roffee, Rossidanni	11	ASC	2:52.57
36.56	1:21.79	2:14.43	2:52.57
23 Chong, Jun Jet	11	DSA	2:53.26
38.15	1:23.18	2:14.52	2:53.26
24 Yeoh, Kenneth	11	PDT	2:53.50
35.48	1:25.53	2:18.16	2:53.50
25 Tseng Wei Jian, Tyler	11	DSA	2:53.98
39.37	1:24.21	2:17.02	2:53.98
26 Mohd Hanafi, Hafiz	12	PADE	2:55.08
37.08	1:22.27	2:16.02	2:55.08
27 Muhamad Azhar, Muham	12	RAR	2:55.16
36.25	1:21.62	2:15.46	2:55.16
28 Hariz Hazli, Muhammad I	12	DSA	2:58.01
38.99	1:27.11	2:18.23	2:58.01
29 Lee Zhen Yuan, Anson	11	DSA	2:59.94
37.29	1:24.42	2:18.36	2:59.94
30 Yap, Eu Wen	11	IBSC	3:01.43
37.15	1:29.56	2:22.00	3:01.43
31 Lai, Joshua	11	PDT	3:08.30
42.98	1:34.14	2:26.77	3:08.30
32 Lee, Owen Qi Wen	11	PADE	3:09.51
42.59	1:30.40	2:26.95	3:09.51
--- Wan Othman, Wan Oliver	12	PADE	DQ
--- Mohd Azlan, Mohammad	11	PADE	DQ
--- Ahmad Firdaus, Danish H	12	DSA	DQ
--- Jun Tong, Goh	12	SST	DQ
--- Tsen Ze Yu, Jacob	12	DSA	DQ

Event 122 Girls 11-12 200 LC Meter IM Group 3

Meet Rec: 2:25.99 M 13/10/2018 Misa Okuzono

Name	Age	Team	Finals Time
1 Qian Hui, Felicia Lee	12	MAS	2:36.64
33.33	1:14.40	2:01.31	2:36.64
2 Yen Nie, Laura Lee	12	SASA	2:38.10
32.97	1:11.40	2:01.69	2:38.10
3 Khor, Yue Lynn Mishya	12	PADE	2:39.41
32.02	1:13.53	2:03.50	2:39.41
4 Buckley, Isabelle Chiyi	12	IBSC	2:40.04
35.01	1:18.88	2:02.34	2:40.04
5 Khoo, Sue Enn	12	PADE	2:41.40
33.08	1:15.91	2:02.73	2:41.40
6 Zhou, Angel	12	DSA	2:42.05
34.98	1:17.77	2:05.96	2:42.05
7 Boon, Sophie Sue Qing	12	PADE	2:44.74
32.76	1:14.33	2:08.52	2:44.74
8 Yha Rou, Natasha, Ong	11	CSC	2:49.68
37.50	1:19.88	2:10.92	2:49.68

5th MAS/NSC MID & LONG DISTANCE SWIM CHAMP - 08/10/2022 to 09/10/2022

Hari Sukan Negara 2022

Results

(Event 122 Girls 11-12 200 LC Meter IM Group 3)

Name	Age	Team	Finals Time	
9 Elizabeth Jane, Setzfand	11	CSC	2:50.06	2
36.31 1:21.19	2:09.29	2:50.06		
10 Lee Min Nee, Winnie	12	RAR	2:50.62	1
35.08 1:21.30	2:12.00	2:50.62		
11 Ho, Megan	11	DSA	2:50.76	
32.97 1:15.10	2:12.62	2:50.76		
12 Koh Lee Shen, Kaylee	11	DSA	2:52.57	
36.22 1:20.44	2:14.35	2:52.57		
13 Seem, Zi Rou Sheryl	11	IBSC	2:52.77	
35.49 1:19.68	2:15.03	2:52.77		
14 Yap, Inn Xuan	11	DSA	2:52.94	
38.32 1:24.64	2:13.45	2:52.94		
15 Bonyamin, Hani Farhana	11	PGSC	2:56.85	
36.62 1:23.90	2:17.01	2:56.85		
16 Leong, Habe	12	PDT	2:57.66	
38.24 1:25.76	2:15.96	2:57.66		
17 Pok, Sin Yee	11	DSA	2:59.10	
38.26 1:25.95	2:20.51	2:59.10		
18 Hills, Gabrielle M.P.	12	DSA	3:01.27	
40.35 1:23.27	2:19.03	3:01.27		
19 Yong Nyuk Ling, Maychell	12	SSMS	3:01.81	
38.56 1:24.99	2:22.10	3:01.81		
20 Khoo Zhi Ning, Hannah	11	DSA	3:03.99	
40.35 1:28.71	2:22.76	3:03.99		
21 Tai, Zi Xuan	12	PADE	3:04.09	
40.07 1:28.25	2:23.09	3:04.09		
22 Elyssa Yeoh, Pei Xin	11	WST-ZG	3:04.94	
41.17 1:27.50	2:19.93	3:04.94		
23 Khoo, Jia Ying	12	WST-ZG	3:06.16	
40.77 1:30.17	2:25.12	3:06.16		
24 Hew, Cheryl	12	PDT	3:08.73	
46.39 1:32.94	2:27.60	3:08.73		
25 Cheah, Dong Xuan	12	IBSC	3:09.02	
41.61 1:29.65	2:27.86	3:09.02		
26 U-Jing, Ashley Cheong	11	SST	3:10.52	
41.81 1:33.88	2:30.94	3:10.52		
27 Li, Allison E-Chen	11	PADE	3:10.80	
41.66 1:32.39	2:27.12	3:10.80		
28 Xi Ying, Teo	12	KSC	3:12.78	
45.67 1:30.48	2:25.94	3:12.78		
29 Yu, Nadia Lhamo Luo Yi	12	PADE	3:14.02	
43.21 1:34.28	2:31.80	3:14.02		
30 Lim, Pei Yao	12	IBSC	3:15.50	
42.92 1:35.29	2:35.38	3:15.50		
31 Ming Xuan, Alison, Teoh	12	CSC	3:18.43	
44.08 1:35.80	2:35.29	3:18.43		
32 Kok, Yen Xi	12	PADE	3:23.83	
45.16 1:35.22	2:37.50	3:23.83		
33 Nafeesa, Sabrina	12	RAR	3:29.11	
50.41 1:42.64	2:44.36	3:29.11		
--- Pergher, Selma	11	NWSC	DQ	

Event 123 Boys 13-14 200 LC Meter IM Group 2

Meet Rec: 2:17.89 M 21/10/2017 Hoe Yean Steve Khiew

Name	Age	Team	Finals Time	
1 Adnan, Aslan	13	PADE	2:18.19	11
27.79 1:05.04	1:47.33	2:18.19		
2 Looi, Zizou	13	NWSC	2:22.51	9
29.10 1:07.13	1:50.44	2:22.51		
3 Kian Heuang, Shane Chor	14	SASA	2:22.56	8
29.31 1:07.00	1:51.21	2:22.56		
4 Thong, Zhen Ning	14	WST-ZG	2:23.06	7
29.88 1:07.73	1:50.35	2:23.06		
5 Hannes Wan, Khai Hern	13	WST-ZG	2:23.36	6
30.85 1:10.58	1:51.54	2:23.36		
6 Ong, Yee Hereng	14	PDT	2:24.88	5
31.43 1:12.31	1:54.38	2:24.88		
7 Jun EN, Issac Lee	14	MAS	2:25.68	4
31.32 1:09.71	1:51.53	2:25.68		
8 Yoong, Chang Shen	14	DSA	2:26.67	3
29.82 1:10.01	1:53.92	2:26.67		
9 Chan, Henry	13	SST	2:27.56	2
29.32 1:06.15	1:53.08	2:27.56		
10 Yap, Rong Yi	13	PADE	2:28.11	1
30.59 1:11.09	1:55.82	2:28.11		
11 Zahiruddin, Yusuf Arman	14	PADE	2:28.93	
30.73 1:10.01	1:55.64	2:28.93		
12 Tew, Hang Yong	14	PADE	2:29.04	
31.40 1:10.62	1:55.81	2:29.04		
13 Ho, Jia Xuen	13	IBSC	2:29.56	
29.18 1:11.47	1:55.67	2:29.56		
14 Hon Lok Chou, Kelvin	13	SASA	2:30.91	
30.72 1:10.85	1:56.89	2:30.91		
15 Vikneswaran, Jay	13	SSMS	2:31.69	
31.00 1:12.27	1:56.63	2:31.69		
16 Yoong, Chang Lin	13	DSA	2:31.70	
29.93 1:13.00	2:00.07	2:31.70		
17 Yeoh, Kevin	14	PDT	2:31.76	
29.98 1:11.11	2:00.26	2:31.76		
18 Pan Xiao Song, Shawn	13	DSA	2:32.09	
31.45 1:12.02	2:01.07	2:32.09		
19 Abdullah, Muhd Amirul I	13	KSC	2:32.18	
30.03 1:10.28	1:56.28	2:32.18		
20 YU Xiang, Alvin NG	13	MAS	2:32.22	
28.72 1:08.66	1:57.28	2:32.22		
21 Ethan Yeoh, Phee Ren	14	WST-ZG	2:32.67	
31.22 1:10.70	1:56.83	2:32.67		
22 Muhd Asyraf Adlie, .	14	IBSC	2:33.34	
30.21 1:10.97	1:57.35	2:33.34		
23 Ng, Yean Hsu	13	DSA	2:33.55	
31.13 1:11.87	1:57.73	2:33.55		
24 Zafran Darwisy, bin Faiza	14	IBSC	2:33.78	
30.55 1:11.97	1:57.22	2:33.78		
25 Lim, Oswald	13	PADE	2:34.39	
30.17 1:09.65	1:59.02	2:34.39		
26 Liew, Ze Hou	13	DSA	2:34.54	
31.71 1:12.40	1:57.68	2:34.54		

5th MAS/NSC MID & LONG DISTANCE SWIM CHAMP - 08/10/2022 to 09/10/2022

Hari Sukan Negara 2022

Results

(Event 123 Boys 13-14 200 LC Meter IM Group 2)

Name	Age	Team	Finals Time
27 Edwan, Rayyan Iskandar	13	PADE	2:34.73
30.38	1:10.63	1:57.92	2:34.73
28 Wei Ming, Jason Lee	13	MAS	2:35.01
35.05	1:16.79	2:00.74	2:35.01
29 ZI Chuen, Yap	13	MAS	2:35.43
34.51	1:17.99	1:59.57	2:35.43
30 Yap, Jun Hin	13	DSA	2:36.26
31.07	1:12.16	1:59.51	2:36.26
31 Chong, Jing Xin	13	IBSC	2:36.30
32.68	1:15.25	2:00.87	2:36.30
32 Loh Jia Sheng, Jason	14	DSA	2:36.33
33.65	1:19.14	1:59.81	2:36.33
33 Kay, Finlay Palmer	13	DSA	2:38.00
34.20	1:17.64	2:02.45	2:38.00
34 Norasli, Harith Aiman Ad	13	KSC	2:38.78
32.23	1:15.37	2:02.11	2:38.78
35 Yap, Daniel James	14	DSA	2:40.09
31.06	1:13.59	2:01.07	2:40.09
36 Chen Zi An, Alan	14	DSA	2:41.00
31.44	1:17.79	2:01.59	2:41.00
37 Loong Kar Man, Ivan	13	DSA	2:41.01
33.00	1:16.02	2:02.96	2:41.01
38 Lim, Sean Yu Zhen	13	PADE	2:42.33
33.58	1:15.05	2:03.42	2:42.33
39 Sarail, MD Nafiz Sazwan	14	SSMS	2:43.39
32.79	1:16.06	2:05.97	2:43.39
40 Yap, Ethan	13	NWSC	2:43.58
32.09	1:13.69	2:06.61	2:43.58
41 Koh Jun Sheng, Jason	13	DSA	2:44.57
32.56	1:14.60	2:07.50	2:44.57
42 Abdullah, Muhd Farez Ric	14	KSC	2:45.34
33.12	1:18.35	2:04.87	2:45.34
43 Hwang, Zen Yi Isaac	13	PADE	2:45.58
34.27	1:18.58	2:06.10	2:45.58
44 Mohd Rosli, Nik Adam Mi	13	DSA	2:46.54
34.27	1:20.53	2:06.84	2:46.54
45 Teh, Jed Qi Xian	13	PADE	2:49.36
37.43	1:23.57	2:11.32	2:49.36
46 Ethan Pang, Hong Jiang	14	IBSC	2:50.77
35.75	1:21.28	2:10.87	2:50.77
47 Soo, Kian Meng	14	PADE	2:50.99
35.46	1:21.01	2:11.40	2:50.99
48 Mohd Kifly, Amiruddin	13	SSMS	2:51.21
34.51	1:18.10	2:11.26	2:51.21
49 Lee Zhen Hao, Aloysius	13	DSA	2:51.59
36.17	1:20.34	2:11.80	2:51.59
50 Yeap Shun Quan, Oswald	13	DSA	2:53.16
34.43	1:19.76	2:14.56	2:53.16
51 Chong, Houten	14	PADE	2:53.44
33.53	1:20.78	2:14.73	2:53.44
52 You Ting, Jayden Loke	13	KSAS	2:54.04
36.91	1:21.40	2:14.95	2:54.04
53 Wen Ming, Teo	13	KSC	2:54.51
35.97	1:21.00	2:14.59	2:54.51

54 Lavnesh, AL Kamaleshwa 13 WST-ZG 3:04.36

38.12 1:27.46 2:23.35 3:04.36

--- Zhi Liang, Teo 13 MAS DQ

Event 124 Girls 13-14 200 LC Meter IM Group 2**Meet Rec: 2:31.60 M 13/10/2018 Georgene Wee Ee Jern**

Name	Age	Team	Finals Time
1 Eleven Teo, Morgan	14	SST	2:32.00 11
31.36	1:09.95	1:57.02	2:32.00
2 Lee, Zhi Jynn	14	WST-ZG	2:37.76 9
33.68	1:16.71	2:01.18	2:37.76
3 Brewer, Ella Robertson	14	IBSC	2:38.10 8
32.24	1:13.65	2:03.31	2:38.10
4 Seoh, Shan Wen	14	PDT	2:38.62 7
33.16	1:14.48	2:02.21	2:38.62
5 Wong, Kaylee	13	DSA	2:41.99 6
35.20	1:17.03	2:01.68	2:41.99
6 Quincylla, Mohamad Fird	14	WST-ZG	2:44.48 5
34.77	1:18.56	2:05.20	2:44.48
7 Ng, Yu Tong	14	WST-ZG	2:45.11 4
33.97	1:17.20	2:05.82	2:45.11
8 Ong, Jenelle	14	WST-ZG	2:47.03 3
35.40	1:19.84	2:09.39	2:47.03
9 Tan, Jamie Guan Jun	13	PADE	2:48.88 2
33.97	1:17.75	2:08.83	2:48.88
10 Yii, Shyun Wern	14	DSA	2:49.01 1
34.92	1:18.09	2:11.12	2:49.01
11 Lee, Yen Ern	13	PDT	2:51.38
34.91	1:22.71	2:12.57	2:51.38
12 Wong Ee Yin, Eunice	13	DSA	2:53.12
35.64	1:22.03	2:12.37	2:53.12
13 Nur Ariessa Safiya, .	14	IBSC	2:53.45
35.40	1:23.52	2:14.33	2:53.45
14 Khoo Wei Ee, Kierstan	13	DSA	2:54.49
35.58	1:18.48	2:14.20	2:54.49
15 Ee Lynn, Chang	14	CSC	2:56.06
35.03	1:21.33	2:14.95	2:56.06
16 Khairul Anuar, Adriana A	14	KPGCC	2:56.80
36.85	1:22.03	2:14.19	2:56.80
17 Chong, En Ci	13	DSA	3:01.02
37.33	1:24.30	2:22.09	3:01.02
18 Natalie Kulin, Brendda Je	13	SSMS	3:04.55
35.58	1:28.20	2:25.43	3:04.55
19 Lee Min Xuan, Michelle	13	RAR	3:05.91
36.73	1:26.05	2:20.64	3:05.91
20 Yip, Jia Tung	13	PADE	3:06.30
41.79	1:28.56	2:24.00	3:06.30
21 Wan Othman, Wan Maris	13	PADE	3:12.25
39.63	1:28.54	2:28.91	3:12.25
--- Shukor Al-Masrie, Siti No	14	PADE	DQ
--- Ahmad Humaizi, Azra Na	13	PADE	DQ

5th MAS/NSC MID & LONG DISTANCE SWIM CHAMP - 08/10/2022 to 09/10/2022

Hari Sukan Negara 2022

Results

Event 125 Boys 15-17 200 LC Meter IM Group 1

Meet Rec: 2:10.40 M 13/10/2018 Hoe Yean Steve Khiew

Name	Age	Team	Finals Time	
1 Teo, Zun Jet	15	IBSC	2:16.17	11
28.36	1:06.19	1:44.48	2:16.17	
2 Rio, Shirai	16	CSC	2:16.45	9
29.04	1:05.49	1:45.47	2:16.45	
3 Hii, Puong Jie	15	KAWA	2:16.63	8
28.50	1:04.70	1:44.72	2:16.63	
4 Chong, Zheng Yen	17	PADE	2:17.88	7
28.53	1:05.47	1:45.90	2:17.88	
5 Tee, Vanness	15	WST-ZG	2:19.64	6
28.63	1:06.62	1:48.35	2:19.64	
6 Ng, Yean Yu	15	DSA	2:20.81	5
28.49	1:06.17	1:47.79	2:20.81	
7 Yap, Yong Jie	15	DSA	2:21.90	4
29.16	1:06.21	1:49.38	2:21.90	
8 Tang, Matthew Kar Ho	16	PADE	2:22.24	3
29.04	1:05.98	1:50.24	2:22.24	
9 Cham, Yu Xiang	15	DSA	2:22.52	2
30.05	1:10.73	1:48.49	2:22.52	
10 Chong, Zheng Yew	15	PADE	2:23.45	1
29.79	1:08.48	1:51.75	2:23.45	
11 Ng E Hin, Atticus	17	DSA	2:23.64	
29.88	1:09.83	1:52.00	2:23.64	
12 Lee Shin Rong, Calvin	15	DSA	2:24.68	
29.57	1:08.62	1:50.67	2:24.68	
13 Thon, Kok Jin	16	DSA	2:25.60	
28.14	1:07.90	1:52.29	2:25.60	
14 Abdullah, MD Ikwan Hazi	15	SSMS	2:25.72	
29.48	1:08.23	1:54.66	2:25.72	
15 Erwin Tay, Jun Hao	15	KAWA	2:26.12	
29.43	1:08.68	1:51.37	2:26.12	
16 Wong, Zi An	15	PADE	2:26.48	
29.32	1:08.88	1:50.36	2:26.48	
17 Harry Chong, Guang Ming	17	IBSC	2:29.28	
29.14	1:12.48	1:51.67	2:29.28	
18 Don Lim, .	15	IBSC	2:31.74	
30.70	1:13.12	1:55.60	2:31.74	
19 Yong Hong, Lai	15	MAS	2:33.07	
31.69	1:13.18	1:57.61	2:33.07	
20 Khew, Zhan Hao	15	PADE	2:33.46	
30.99	1:12.84	1:59.20	2:33.46	
21 Lee, Yee Jeen	17	PADE	2:33.75	
29.91	1:14.44	1:59.80	2:33.75	
22 Wong, Qian Fai	15	DSA	2:33.87	
29.33	1:09.93	1:55.41	2:33.87	
23 Ewe Jing Hong, Joshua	17	DSA	2:35.76	
31.57	1:09.90	1:55.42	2:35.76	
24 Kam Yao Qi, Samuel	15	DSA	2:36.73	
31.01	1:14.99	1:59.73	2:36.73	
25 Ho, Kai Jie	15	IBSC	2:38.33	
32.83	1:15.80	2:00.99	2:38.33	
26 Lim, Keith Yong Wee	15	PADE	2:40.50	
30.53	1:15.22	2:03.69	2:40.50	

27 See, Hao Shuen	15	PADE	2:45.76	
30.52	1:13.20	2:07.18	2:45.76	
28 Choo Jien Xiang, Kingstor	15	DSA	2:50.89	
34.75	1:20.30	2:09.77	2:50.89	
29 Kai Sheng, Sean, Tan	15	CSC	2:51.43	
36.86	1:22.05	2:12.24	2:51.43	
--- Mukhriz Zahreen, Muhan	17	MAS	DQ	

Event 126 Girls 15-17 200 LC Meter IM Group 1

Meet Rec: 2:27.97 M 05/10/2019 Goh Chia Tong

Name	Age	Team	Finals Time	
*1 Wong, Megan	15	DSA	2:45.05	10
34.78	1:18.24	2:07.36	2:45.05	
*1 Teh, Tze Lin	16	DSA	2:45.05	10
33.77	1:15.11	2:08.86	2:45.05	
3 Lee, Tze-Le	15	DSA	2:52.21	8
34.46	1:21.30	2:11.95	2:52.21	
4 ., Annur Farisya Najwa	16	MAS	2:59.29	7
38.45	1:22.76	2:17.04	2:59.29	
5 Jia Huey, Yap	15	MAS	3:01.69	6
39.08	1:25.56	2:20.55	3:01.69	
6 Lee, Yong Ning	15	PDT	3:02.56	5
38.61	1:25.66	2:19.69	3:02.56	
7 Lee, Yong Jia	16	PDT	3:05.53	4
40.07	1:26.53	2:24.95	3:05.53	
--- Yi Qi, Jayna Goh	15	KPGCC	DQ	

Event 127 Boys 18-25 200 LC Meter IM Open

Meet Rec: 2:12.71 M 21/10/2017 Bell Hollymax

Name	Age	Team	Finals Time	
1 Muhammad Farhan Andi,	18	IBSC	2:20.75	11
28.42	1:06.43	1:49.34	2:20.75	

Event 129 Boys 11-12 400 LC Meter Freestyle Group 3

Meet Rec: 4:29.37 M 05/10/2019 Yong Jie Yap

Name	Age	Team	Finals Time	
1 Chong, Zhi Yang	12	PDT	4:29.05M	11
30.63	1:04.52	1:39.49	2:14.45	
2:49.09	3:24.28	3:58.19	4:29.05	
2 So Teng Hoe, Vitus	12	DSA	4:29.38	9
30.76	1:04.45	1:39.22	2:14.25	
2:49.06	3:24.13	3:57.94	4:29.38	
3 Yap, Zhen Kok	11	IBSC	4:43.59	8
33.87	1:08.86	1:45.49	2:21.73	
2:57.84	3:33.45	4:09.89	4:43.59	
4 Yen Sern, Goh	12	SST	4:44.30	7
30.96	1:06.62	1:44.01	2:21.24	
2:57.85	3:34.96	4:10.65	4:44.30	
5 Kuan, Wei Kang	12	PDT	4:44.31	6
31.33	1:06.95	1:43.51	2:21.11	
2:57.79	3:34.58	4:11.25	4:44.31	
6 Mohd Sallehuddin, Joha	12	KLSC	4:45.29	5
33.30	1:09.46	1:46.15	2:23.39	
3:00.55	3:37.72	4:12.71	4:45.29	

5th MAS/NSC MID & LONG DISTANCE SWIM CHAMP - 08/10/2022 to 09/10/2022

Hari Sukan Negara 2022

Results

(Event 129 Boys 11-12 400 LC Meter Freestyle Group 3)

Name	Age	Team	Finals Time	
7 Joibi, Tanner	12	SASA	4:45.83	4
33.01	1:08.66	1:44.94	2:21.85	
2:58.55	3:35.11	4:11.23	4:45.83	
8 Kee Kean, Yoong	12	NWSC	4:55.18	3
32.73	1:08.80	1:45.52	2:23.55	
3:00.90	3:38.80	4:17.27	4:55.18	
9 Kye Sern, Hang	11	MAS	4:55.54	2
32.41	1:08.66	1:46.03	2:24.17	
3:03.09	3:41.44	4:19.56	4:55.54	
10 Rumawas, Dimas Ardhan	12	DSA	5:02.07	1
33.23	1:09.10	1:46.74	2:25.47	
3:05.31	3:44.69	4:24.94	5:02.07	
11 Kit, Hayden	11	NWSC	5:04.63	
34.10	1:11.67	1:50.89	2:30.22	
3:09.52	3:48.47	4:27.13	5:04.63	
12 Segar, Neelkantha Arjoo	11	DSA	5:05.32	
35.10	1:13.18	1:51.93	2:30.50	
3:08.99	3:48.26	4:27.26	5:05.32	
13 Tan Yong Jia, Aiden	12	DSA	5:08.82	
32.97	1:10.37	1:49.61	2:29.09	
3:09.07	3:49.02	4:29.85	5:08.82	
14 Lee, Garrel	12	PDT	5:09.51	
33.50	1:10.67	1:50.03	2:29.11	
3:09.60	3:49.19	4:28.79	5:09.51	
15 Choo, Diwen	11	IBSC	5:11.67	
34.57	1:13.05	1:52.97	2:32.98	
3:13.34	3:53.89	4:33.76	5:11.67	
16 AW, Romeo	12	PDT	5:17.22	
35.94	1:16.84	1:57.71	2:38.74	
3:19.13	4:00.72	4:40.41	5:17.22	
17 Yong Kang, Lai	12	MAS	5:17.52	
35.03	1:14.51	1:56.05	2:37.47	
3:18.70	4:00.55	4:40.16	5:17.52	
18 Lee, Gabriel	12	PDT	5:18.88	
33.78	1:13.12	1:53.66	2:34.11	
3:15.47	3:59.47	4:40.10	5:18.88	
19 Yeoh, Kenneth	11	PDT	5:23.52	
35.87	1:15.76	1:57.06	2:39.79	
3:21.78	4:04.11	4:45.53	5:23.52	
20 Zi Ian, Chen	12	KPGCC	5:24.39	
34.68	1:15.50	1:56.58	2:38.50	
3:20.45	4:03.29	4:45.98	5:24.39	
21 Tseng Wei Jian, Tyler	11	DSA	5:26.01	
36.55	1:17.05	1:58.44	2:40.36	
3:22.57	4:05.24	4:46.68	5:26.01	
22 Khew, Mu Han	11	PADE	5:29.40	
37.17	1:18.97	2:02.60	2:43.96	
3:26.33	4:08.19	4:50.75	5:29.40	
23 Oh, Seongsoo	11	PADE	5:36.96	
37.57	1:17.21	2:00.51	2:44.04	
3:27.55	4:11.90	4:55.92	5:36.96	
24 Muhamad Azhar, Muham	12	RAR	5:38.54	
34.52	1:14.60	1:57.84	2:42.14	
3:26.64	4:12.44	4:58.14	5:38.54	

25 Kai Sheng, Choo	12	MAS	5:38.62	
36.41	1:17.38	2:00.82	2:45.47	
3:30.14	4:15.42	4:59.22	5:38.62	
26 Soh Je Zhen, Ashton	12	DSA	5:39.91	
37.95	1:21.00	2:04.96	2:51.13	
3:34.69	4:18.19	5:00.20	5:39.91	
27 Mohd Hanafi, Hafiz	12	PADE	5:41.09	
36.50	1:18.16	2:01.24	2:45.21	
3:29.86	4:15.02	4:59.97	5:41.09	
28 Chew, Juno	12	DSA	5:47.29	
36.37	1:17.63	2:02.86	2:46.28	
3:32.78	4:19.31	5:04.41	5:47.29	
29 Yap, Zhen Yi	12	DSA	5:49.30	
37.46	1:20.63	2:05.95	2:51.33	
3:36.76	4:23.18	5:08.05	5:49.30	
30 Wan Othman, Wan Oliver	12	PADE	5:51.60	
36.50	1:21.58	2:07.11	2:52.89	
3:39.23	4:25.02	5:10.69	5:51.60	
31 Jun Tong, Goh	12	SST	5:52.22	
37.54	1:22.82	2:08.84	2:55.38	
3:42.91	4:29.94	5:15.02	5:52.22	
32 Lee, Owen Qi Wen	11	PADE	5:54.83	
39.34	1:23.33	2:09.71	2:55.64	
3:41.62	4:27.69	5:11.96	5:54.83	
33 Lai, Joshua	11	PDT	6:03.48	
39.23	1:25.37	2:12.24	2:58.57	
3:46.05	4:32.33	5:18.99	6:03.48	

Event 130 Girls 11-12 400 LC Meter Freestyle Group 3

Meet Rec: 4:37.02 M 13/10/2018 Misa Okuzono

Name	Age	Team	Finals Time	
1 YI Jing, Lynna Yeow	12	MAS	4:50.70	11
32.36	1:09.08	1:46.84	2:24.82	
3:02.25	3:39.78	4:16.31	4:50.70	
2 Yen Nie, Laura Lee	12	SASA	4:52.93	9
32.85	1:09.65	1:47.40	2:25.15	
3:03.11	3:40.59	4:18.24	4:52.93	
3 Qian Hui, Felicia Lee	12	MAS	5:06.57	8
34.35	1:12.90	1:52.50	2:31.95	
3:11.49	3:50.54	4:29.63	5:06.57	
4 Riseley, Hannah Maegan	11	IBSC	5:08.48	7
35.22	1:14.38	1:54.39	2:34.30	
3:13.90	3:53.64	4:32.57	5:08.48	
5 Yap, Grace Qian Yi	12	PADE	5:09.36	6
34.70	1:12.98	1:52.10	2:32.07	
3:11.47	3:51.99	4:31.07	5:09.36	
6 Lee, Ruo Faye	12	PDT	5:12.10	5
33.25	1:11.69	1:51.98	2:33.04	
3:13.24	3:54.24	4:34.35	5:12.10	
7 Chong, Yuan Yi	12	PADE	5:13.71	4
33.74	1:12.17	1:51.93	2:32.87	
3:14.01	3:55.56	4:35.46	5:13.71	
8 Koh Lee Shen, Kaylee	11	DSA	5:14.86	3
35.59	1:16.41	1:57.20	2:38.09	
3:17.72	3:57.68	4:37.70	5:14.86	

5th MAS/NSC MID & LONG DISTANCE SWIM CHAMP - 08/10/2022 to 09/10/2022

Hari Sukan Negara 2022

Results

(Event 130 Girls 11-12 400 LC Meter Freestyle Group 3)

Name	Age	Team	Finals Time	
9 Zhou, Anna	12	DSA	5:15.53	2
33.54	1:12.54	1:53.09	2:33.82	
3:14.87	3:56.22	4:37.01	5:15.53	
10 Khoo, Sue Enn	12	PADE	5:16.13	1
33.90	1:12.44	1:52.15	2:32.75	
3:14.45	3:55.13	4:36.84	5:16.13	
11 Boon, Sophie Sue Qing	12	PADE	5:17.13	
35.47	1:15.27	1:56.52	2:37.58	
3:18.89	4:00.05	4:40.53	5:17.13	
12 Seem, Zi Rou Sheryl	11	IBSC	5:20.25	
35.85	1:14.86	1:55.94	2:36.94	
3:18.32	3:59.51	4:41.19	5:20.25	
13 Bonyamin, Hani Farhana	11	PGSC	5:27.52	
35.45	1:15.29	1:57.54	2:39.46	
3:22.34	4:05.42	4:47.95	5:27.52	
14 Lee Min Nee, Winnie	12	RAR	5:31.44	
35.85	1:15.82	1:58.33	2:42.48	
3:25.77	4:09.24	4:52.38	5:31.44	
15 Elizabeth Jane, Setzfand	11	CSC	5:31.88	
36.15	1:16.88	1:59.15	2:42.06	
3:25.41	4:07.82	4:50.55	5:31.88	
16 Yong Nyuk Ling, Maychell	12	SSMS	5:32.22	
35.18	1:14.59	1:56.68	2:39.66	
3:22.59	4:05.31	4:49.79	5:32.22	
17 Yha Rou, Natasha, Ong	11	CSC	5:42.92	
37.38	1:19.34	2:02.65	2:47.03	
3:31.41	4:16.14	5:00.27	5:42.92	
18 Pok, Sin Yee	11	DSA	5:43.17	
36.94	1:19.28	2:03.53	2:47.53	
3:32.17	4:17.07	5:02.52	5:43.17	
19 Yap, Inn Xuan	11	DSA	5:43.83	
37.82	1:20.86	2:05.72	2:49.24	
3:33.70	4:17.64	5:02.17	5:43.83	
20 Ping Yee, Hooy	11	CSC	5:44.08	
37.26	1:19.40	2:03.69	2:48.91	
3:33.06	4:18.30	5:02.83	5:44.08	
21 Khoo, Jia Ying	12	WST-ZG	5:44.20	
37.68	1:20.02	2:04.09	2:49.09	
3:33.36	4:18.11	5:02.56	5:44.20	
22 Khoo Zhi Ning, Hannah	11	DSA	5:46.88	
38.37	1:21.25	2:05.02	2:49.31	
3:34.08	4:19.64	5:04.57	5:46.88	
23 Tai, Zi Xuan	12	PADE	5:48.84	
39.33	1:23.42	2:07.97	2:53.28	
3:38.34	4:23.52	5:06.61	5:48.84	
24 Yu, Nadia Lhamo Luo Yi	12	PADE	5:51.89	
38.83	1:23.49	2:09.00	2:54.89	
3:40.52	4:28.47	5:12.43	5:51.89	
25 Leong, Habe	12	PDT	5:51.94	
37.37	1:21.60	2:08.22	2:53.61	
3:39.13	4:24.22	5:10.30	5:51.94	
26 U-Jing, Ashley Cheong	11	SST	5:52.50	
39.83	1:24.45	2:09.80	2:56.15	
3:42.13	4:26.84	5:12.67	5:52.50	

27 Hew, Cheryl 12 PDT 5:53.78

42.00 1:28.15 2:13.12 2:58.65

3:42.61 4:26.69 5:11.09 5:53.78

28 Elyssa Yeoh, Pei Xin 11 WST-ZG 5:55.41

39.25 1:23.35 2:09.34 2:55.24

3:40.29 4:26.28 5:12.32 5:55.41

29 Xi Ying, Teo 12 KSC 6:30.02

42.49 1:31.10 2:21.44 3:11.52

4:01.89 4:51.96 5:41.75 6:30.02

--- , Khairun Damia 12 MAS DQ

Event 131 Boys 13-14 400 LC Meter Freestyle Group 2

Meet Rec: 4:13.00 M 21/10/2017 Hoe Yean Steve Khiew

Name	Age	Team	Finals Time	
1 Li Jie, Jayden Goh	13	KPGCC	4:17.67	11
28.62	1:00.06	1:32.84	2:05.61	
2:39.14	3:12.20	3:46.17	4:17.67	
2 Ong, Yee Hereng	14	PDT	4:29.14	9
30.57	1:05.36	1:40.10	2:15.28	
2:50.07	3:24.90	3:59.63	4:29.14	
3 Thong, Zhen Ning	14	WST-ZG	4:29.27	8
31.34	1:05.47	1:39.83	2:14.35	
2:49.25	3:23.46	3:57.19	4:29.27	
4 Hannes Wan, Khai Hern	13	WST-ZG	4:30.85	7
30.58	1:04.67	1:40.29	2:15.56	
2:50.64	3:25.39	3:59.67	4:30.85	
5 Lee, Boon Wei David	14	IBSC	4:31.66	6
29.73	1:02.99	1:38.24	2:14.04	
2:49.48	3:25.44	4:00.35	4:31.66	
6 Looi, Zizou	13	NWSC	4:35.43	5
30.11	1:03.50	1:38.09	2:13.37	
2:48.80	3:24.84	4:00.93	4:35.43	
7 Kian Heuang, Shane Chor	14	SASA	4:35.74	4
30.20	1:04.67	1:40.21	2:16.31	
2:51.77	3:27.72	4:03.04	4:35.74	
8 Yap Ee Jen, Jayden	14	DSA	4:36.79	3
29.92	1:04.59	1:39.88	2:15.99	
2:51.22	3:27.14	4:02.77	4:36.79	
9 Yeoh, Kevin	14	PDT	4:39.57	2
29.80	1:04.42	1:40.36	2:17.43	
2:53.88	3:30.73	4:07.72	4:39.57	
10 Danish, Emir	14	DSA	4:40.10	1
30.33	1:04.87	1:40.61	2:17.11	
2:53.36	3:30.42	4:06.98	4:40.10	
11 YU Xiang, Alvin NG	13	MAS	4:41.35	
30.37	1:05.51	1:41.23	2:18.28	
2:55.28	3:32.14	4:07.86	4:41.35	
12 Yap, Rong Yi	13	PADE	4:41.50	
31.41	1:05.91	1:41.44	2:17.97	
2:54.47	3:31.45	4:08.35	4:41.50	
13 Jun EN, Issac Lee	14	MAS	4:42.13	
32.63	1:09.03	1:46.61	2:24.03	
2:59.54	3:35.45	4:10.13	4:42.13	

5th MAS/NSC MID & LONG DISTANCE SWIM CHAMP - 08/10/2022 to 09/10/2022

Hari Sukan Negara 2022

Results

(Event 131 Boys 13-14 400 LC Meter Freestyle Group 2)

Name	Age	Team	Finals Time
14 Tew, Hang Yong	14	PADE	4:45.48
31.53	1:06.60	1:43.09	2:19.92
2:56.75	3:33.97	4:10.17	4:45.48
15 Yoong, Chang Lin	13	DSA	4:46.24
29.95	1:05.37	1:42.14	2:18.89
2:55.65	3:33.14	4:10.42	4:46.24
16 Norasli, Harith Aiman Ad	13	KSC	4:46.91
31.95	1:07.03	1:43.16	2:19.51
2:56.41	3:33.51	4:10.68	4:46.91
17 Abdulllah, Muhd Amirul I	13	KSC	4:48.91
31.65	1:07.33	1:44.22	2:20.65
2:57.66	3:34.79	4:12.26	4:48.91
18 Chin, Yu Kean	13	IBSC	4:49.03
31.02	1:06.14	1:42.93	2:20.38
2:57.46	3:35.45	4:13.27	4:49.03
19 Ethan Yeoh, Phee Ren	14	WST-ZG	4:50.21
31.14	1:06.74	1:44.64	2:22.24
3:00.41	3:38.07	4:15.21	4:50.21
20 Ang, Jen Son	13	PADE	4:50.44
29.74	1:05.34	1:42.63	2:20.60
2:58.67	3:37.65	4:15.50	4:50.44
21 Zahiruddin, Yusuf Arman	14	PADE	4:50.57
31.27	1:06.78	1:44.00	2:22.61
3:01.03	3:38.45	4:16.20	4:50.57
22 Muhd Asyraf Adlie, .	14	IBSC	4:53.69
33.42	1:10.43	1:48.47	2:26.26
3:03.99	3:41.52	4:18.80	4:53.69
23 Hon Lok Chou, Kelvin	13	SASA	4:54.40
32.76	1:09.76	1:47.13	2:25.17
3:03.62	3:43.15	4:19.11	4:54.40
24 Vikneswaran, Jay	13	SSMS	4:55.39
31.52	1:07.76	1:45.73	2:24.39
3:03.01	3:41.04	4:19.92	4:55.39
25 Ooi, Hong Rui	13	PDT	4:55.65
32.41	1:08.70	1:46.24	2:25.47
3:03.35	3:41.78	4:20.03	4:55.65
26 Kay, Finlay Palmer	13	DSA	4:57.41
32.05	1:09.16	1:47.10	2:25.83
3:04.43	3:42.69	4:21.21	4:57.41
27 Sarail, MD Nafiz Sazwan	14	SSMS	4:57.93
32.60	1:07.41	1:44.75	2:24.26
3:02.56	3:42.44	4:22.27	4:57.93
28 Liew, Ze Hou	13	DSA	5:01.17
33.86	1:10.50	1:48.68	2:27.10
3:06.05	3:44.56	4:23.02	5:01.17
29 Wei Ming, Jason Lee	13	MAS	5:04.03
33.84	1:11.24	1:51.37	2:30.46
3:09.96	3:49.52	4:27.88	5:04.03
30 Zafran Darwisy, bin Faiza	14	IBSC	5:04.08
32.23	1:08.60	1:47.10	2:25.60
3:04.64	3:44.19	4:23.90	5:04.08
31 Zhi Liang, Teo	13	MAS	5:04.40
33.42	1:11.37	1:49.21	2:28.50
3:07.30	3:46.94	4:26.53	5:04.40

32 Loh Jia Sheng, Jason	14	DSA	5:12.35
33.84	1:12.75	1:53.26	2:33.24
3:14.34	3:54.48	4:34.68	5:12.35
33 Koh Jun Sheng, Jason	13	DSA	5:15.52
33.82	1:13.13	1:53.48	2:34.10
3:14.78	3:55.11	4:37.01	5:15.52
34 Wen Ming, Teo	13	KSC	5:18.98
33.44	1:12.67	1:53.95	2:35.34
3:17.54	3:59.36	4:40.88	5:18.98
35 Yeap Shun Quan, Oswald	13	DSA	5:19.49
33.52	1:12.40	1:52.88	2:33.29
3:15.23	3:57.47	4:39.24	5:19.49
36 Mohd Kifly, Amiruddin	13	SSMS	5:21.33
36.32	1:16.41	1:57.29	2:39.02
3:20.18	4:02.52	4:43.27	5:21.33
37 Eng, Ethan	13	NWSC	5:21.69
32.81	1:12.51	1:54.15	2:35.81
3:18.87	3:59.77	4:42.55	5:21.69
38 Lee Zhen Hao, Aloysius	13	DSA	5:22.27
34.53	1:14.31	1:54.79	2:36.45
3:17.62	4:00.35	4:42.79	5:22.27
39 Lim, Oswald	13	PADE	5:23.84
34.24	1:14.75	1:57.26	2:39.69
3:21.59	4:03.35	4:45.05	5:23.84
40 Lim, Sean Yu Zhen	13	PADE	5:26.17
35.72	1:16.41	1:58.01	2:41.20
3:23.61	4:06.59	4:49.22	5:26.17
41 Chong, Houten	14	PADE	5:27.42
36.49	1:17.49	1:59.65	2:42.61
3:25.66	4:08.29	4:50.21	5:27.42
42 Soo, Kian Meng	14	PADE	5:29.51
35.39	1:15.74	1:58.78	2:42.17
3:25.39	4:08.77	4:50.33	5:29.51
43 Sun Xin, Jordan EA	13	MAS	5:31.60
33.27	1:13.38	1:55.50	2:39.87
3:23.74	4:07.73	4:50.89	5:31.60
44 Tan, Tze Yuan	13	IBSC	5:35.80
36.90	1:18.15	2:01.02	2:42.77
3:26.27	4:11.18	4:54.19	5:35.80
45 Mohd Rosli, Nik Adam Mi	13	DSA	5:38.62
36.10	1:17.70	2:00.25	2:44.02
3:28.16	4:12.44	4:57.35	5:38.62
46 Hwang, Zen Yi Isaac	13	PADE	5:40.42
33.92	1:14.51	1:58.94	2:43.21
3:27.78	4:12.62	4:57.46	5:40.42
47 Lavnesh, AL Kamaleshwa	13	WST-ZG	5:53.66
34.10	1:15.83	2:01.55	2:48.21
3:35.72	4:20.84	5:08.89	5:53.66

Event 132 Girls 13-14 400 LC Meter Freestyle Group 2

Meet Rec: 4:45.31 M 05/10/2019 Shun Qi Lim

Name	Age	Team	Finals Time
1 Khew, Zi Xian	13	PADE	4:54.23
32.93	1:09.73	1:47.89	2:25.57
3:03.02	3:40.71	4:18.27	4:54.23

5th MAS/NSC MID & LONG DISTANCE SWIM CHAMP - 08/10/2022 to 09/10/2022

Hari Sukan Negara 2022

Results

(Event 132 Girls 13-14 400 LC Meter Freestyle Group 2)

Name	Age	Team	Finals Time	
2 Buckley, Natalie Suyin	14	IBSC	4:57.38	9
32.33	1:10.11	1:48.21	2:27.20	
3:05.61	3:43.59	4:22.54	4:57.38	
3 Quincylla, Mohamad Fird	14	WST-ZG	4:58.33	8
32.68	1:08.85	1:46.05	2:24.20	
3:02.63	3:41.29	4:20.41	4:58.33	
4 Eleven Teo, Morgan	14	SST	4:59.30	7
33.88	1:10.52	1:47.93	2:26.42	
3:04.70	3:43.63	4:22.47	4:59.30	
5 Chua, Yik En	14	PDT	5:01.62	6
32.58	1:10.12	1:49.07	2:28.44	
3:07.79	3:47.85	4:26.38	5:01.62	
6 Sharon Voon, Xue RU	14	SASA	5:02.11	5
33.71	1:11.00	1:49.69	2:28.68	
3:07.75	3:47.11	4:25.78	5:02.11	
7 Pan Xiao Ying, Celyn	14	DSA	5:02.91	4
33.52	1:10.76	1:49.27	2:28.45	
3:07.60	3:47.32	4:26.79	5:02.91	
8 Ong, Jenelle	14	WST-ZG	5:03.52	3
34.04	1:11.29	1:49.82	2:28.84	
3:08.04	3:47.15	4:26.31	5:03.52	
9 Soh Wern Yi, Ashley	14	DSA	5:03.76	2
33.53	1:10.42	1:48.47	2:27.31	
3:06.95	3:47.19	4:27.23	5:03.76	
10 Yap Hay Ee, Hayley Cassa	14	DSA	5:04.08	1
34.30	1:12.09	1:50.01	2:28.39	
3:06.68	3:45.68	4:25.00	5:04.08	
11 Lee, Yen Ern	13	PDT	5:08.33	
33.97	1:12.44	1:50.90	2:30.22	
3:08.95	3:48.91	4:28.62	5:08.33	
12 Chong Zi Xin, Heidi	14	DSA	5:11.63	
34.43	1:13.43	1:53.51	2:33.74	
3:13.91	3:54.28	4:34.27	5:11.63	
13 Wong Ee Yin, Eunice	13	DSA	5:12.74	
35.28	1:14.25	1:54.52	2:34.24	
3:15.46	3:55.43	4:35.20	5:12.74	
14 Jie Xin, Rainne Foo	13	KPGCC	5:13.54	
34.23	1:12.92	1:52.95	2:33.34	
3:13.67	3:54.79	4:35.34	5:13.54	
15 Riseley, Mika Kirsten	14	IBSC	5:16.80	
35.23	1:14.46	1:54.56	2:35.18	
3:16.06	3:57.52	4:38.13	5:16.80	
16 Tan, Jamie Guan Jun	13	PADE	5:17.11	
36.22	1:16.06	1:56.71	2:36.99	
3:17.55	3:58.23	4:39.15	5:17.11	
17 Nur Ariessa Safiya, .	14	IBSC	5:17.22	
35.73	1:14.20	1:54.11	2:34.58	
3:15.37	3:56.64	4:37.75	5:17.22	
18 Shukor Al-Masrie, Siti No	14	PADE	5:25.20	
34.35	1:14.74	1:57.46	2:39.77	
3:22.40	4:04.48	4:45.98	5:25.20	
19 Ewe Xin Yue, Josette	13	DSA	5:25.60	
36.44	1:17.30	1:58.55	2:40.15	
3:23.28	4:05.34	4:46.13	5:25.60	

20 Tan, Yenyi	14	DSA	5:26.37
33.91	1:13.86	1:55.19	2:37.89
3:21.21	4:04.16	4:46.79	5:26.37
21 Chong Sue Huey, Hailey	14	DSA	5:27.35
35.14	1:15.78	1:58.49	2:40.64
3:23.85	4:07.00	4:47.37	5:27.35
22 Khairul Anuar, Adriana A	14	KPGCC	5:34.73
37.14	1:18.70	2:00.92	2:43.39
3:26.98	4:10.16	4:53.01	5:34.73
23 Ruo Wen, Lee	14	KPGCC	5:37.37
36.12	1:16.93	1:58.99	2:42.80
3:26.57	4:11.76	4:55.91	5:37.37
24 Natalie Kulin, Brendda Je	13	SSMS	5:38.97
37.64	1:20.66	2:04.17	2:47.93
3:31.44	4:15.70	4:58.45	5:38.97
25 Chong, En Ci	13	DSA	5:44.17
37.36	1:20.48	2:05.04	2:49.79
3:34.71	4:19.29	5:03.24	5:44.17
26 Ahmad Humaizi, Azra Na	13	PADE	5:48.44
37.40	1:20.33	2:04.93	2:50.40
3:35.32	4:20.50	5:05.38	5:48.44

Event 133 Boys 15-17 400 LC Meter Freestyle Group 1**Meet Rec: 3:59.53 M 05/10/2019 Hoe Yean Steve Khiew**

Name	Age	Team	Finals Time	
1 Jun Xian, Anselm Lee	16	MAS	4:09.71	11
28.69	1:00.41	1:32.44	2:04.47	
2:36.36	3:08.48	3:39.51	4:09.71	
2 McCartan, Gabriel Francis	16	DSA	4:15.20	9
28.47	1:00.51	1:33.56	2:06.15	
2:38.54	3:11.21	3:43.64	4:15.20	
3 Goh, Andrew	17	PADE	4:20.29	8
28.18	1:00.95	1:34.93	2:08.58	
2:42.52	3:16.19	3:49.35	4:20.29	
4 Whisky Chew, .	16	IBSC	4:24.22	7
28.62	1:00.80	1:34.34	2:07.69	
2:41.44	3:16.49	3:51.54	4:24.22	
5 Tee, Vanness	15	WST-ZG	4:25.26	6
29.23	1:01.73	1:34.94	2:09.24	
2:43.71	3:18.71	3:53.18	4:25.26	
6 Hii, Puong Jie	15	KAWA	4:25.45	5
29.34	1:02.59	1:36.55	2:10.77	
2:45.41	3:19.91	3:54.46	4:25.45	
7 Chong, Zheng Yen	17	PADE	4:26.31	4
29.15	1:01.89	1:34.93	2:08.98	
2:43.34	3:18.17	3:52.80	4:26.31	
8 Rio, Shirai	16	CSC	4:27.19	3
29.64	1:02.52	1:36.85	2:11.23	
2:45.62	3:20.69	3:55.57	4:27.19	
9 Wong Ken Ryu, Jayden	15	DSA	4:30.25	2
29.84	1:02.99	1:36.69	2:10.98	
2:45.62	3:20.89	3:56.27	4:30.25	
10 Tang, Matthew Kar Ho	16	PADE	4:31.71	1
29.50	1:02.50	1:36.25	2:11.27	
2:46.67	3:22.20	3:57.62	4:31.71	

5th MAS/NSC MID & LONG DISTANCE SWIM CHAMP - 08/10/2022 to 09/10/2022

Hari Sukan Negara 2022

Results

(Event 133 Boys 15-17 400 LC Meter Freestyle Group 1)

Name	Age	Team	Finals Time
11 Teo, Zun Jet	15	IBSC	4:32.87
29.05	1:03.58	1:38.79	2:14.62
2:50.45	3:26.64	4:02.34	4:32.87
12 Jareick Cheong, Tze Kwan	15	IBSC	4:36.27
30.56	1:04.97	1:40.08	2:15.22
2:51.17	3:27.45	4:03.42	4:36.27
13 Khoo, Chung Wei	15	PADE	4:36.73
29.01	1:02.40	1:38.21	2:13.94
2:50.70	3:26.94	4:03.20	4:36.73
14 Erwin Tay, Jun Hao	15	KAWA	4:37.67
30.12	1:03.76	1:38.96	2:14.68
2:51.22	3:27.53	4:03.76	4:37.67
15 Chong, Jun Ron	15	DSA	4:37.79
30.18	1:03.81	1:38.89	2:14.73
2:50.62	3:26.83	4:03.11	4:37.79
16 Chong, Zheng Yew	15	PADE	4:37.99
29.68	1:04.50	1:40.31	2:15.95
2:51.93	3:28.33	4:04.38	4:37.99
17 Mukhriz Zahreen, Muham	17	MAS	4:38.31
30.20	1:03.15	1:37.70	2:13.54
2:50.09	3:26.61	4:02.88	4:38.31
18 Shadzlee, Shahenry Wong	17	DSA	4:44.00
31.32	1:06.44	1:43.11	2:19.56
2:56.28	3:33.20	4:09.77	4:44.00
19 Dawish Amssyar, Muham	15	MAS	4:44.02
30.45	1:04.81	1:40.60	2:17.12
2:53.48	3:30.83	4:08.31	4:44.02
20 Abdullah, MD Ikwan Hazi	15	SSMS	4:46.40
31.02	1:05.59	1:42.93	2:20.95
2:58.57	3:37.11	4:14.46	4:46.40
21 Brendon Cheah, Wai Kit	15	IBSC	4:47.42
31.37	1:07.59	1:44.12	2:21.05
2:58.15	3:35.63	4:12.46	4:47.42
22 Kam Yao Qi, Samuel	15	DSA	4:51.98
30.28	1:06.59	1:44.15	2:21.83
3:00.48	3:38.88	4:16.75	4:51.98
23 Yong Hong, Lai	15	MAS	4:52.85
31.08	1:05.99	1:42.34	2:19.90
2:57.86	3:37.17	4:15.83	4:52.85
24 Benjamin John Chen, Hon	15	KLSC	4:53.50
32.20	1:08.26	1:45.74	2:23.32
3:01.15	3:39.03	4:16.61	4:53.50
25 Yap, Qi Yi	15	PADE	4:56.71
31.90	1:08.04	1:45.53	2:23.39
3:01.46	3:39.50	4:17.71	4:56.71
26 Wong, Zi An	15	PADE	4:59.09
29.92	1:05.47	1:42.95	2:21.89
3:01.35	3:41.27	4:20.73	4:59.09
27 Low, Keenen	15	IBSC	5:00.00
31.26	1:07.22	1:45.30	2:23.47
3:02.57	3:42.00	4:21.45	5:00.00
28 Don Lim, .	15	IBSC	5:00.34
32.17	1:09.11	1:48.03	2:27.16
3:05.43	3:45.77	4:24.35	5:00.34

29 Ho, Kai Jie 15 IBSC 5:01.36

30.61 1:06.94 1:45.31 2:24.46
3:04.20 3:44.14 4:23.92 5:01.36

30 Kai Sheng, Sean, Tan 15 CSC 5:18.51

33.45 1:11.32 1:51.11 2:31.80
3:13.43 3:55.77 4:38.25 5:18.51

31 Ahamd Sanusi, Muhd Lutfir 15 KPGCC 5:41.25

33.42 1:12.95 1:56.18 2:41.71
3:27.43 4:13.43 4:58.72 5:41.25**Event 134 Girls 15-17 400 LC Meter Freestyle Group 1**

Meet Rec: 4:41.71 M 05/10/2019 Angelina Chan

Name	Age	Team	Finals Time
1 Ng E Mun, Hayley	15	DSA	4:50.02 11
32.34	1:08.53	1:45.77	2:23.38
3:01.24	3:39.09	4:16.28	4:50.02
2 Yen Ling, Alexis Lee	15	SASA	4:50.37 9
32.59	1:08.72	1:45.78	2:22.96
3:00.24	3:37.51	4:14.29	4:50.37
3 Alana Zaharah Sulong, Bt	16	IBSC	5:01.93 8
33.16	1:09.70	1:48.48	2:27.92
3:07.17	3:47.00	4:25.03	5:01.93
4 Teh, Tze Lin	16	DSA	5:09.64 7
33.30	1:10.76	1:50.41	2:30.12
3:10.47	3:51.18	4:31.75	5:09.64
5 Wong, Megan	15	DSA	5:11.23 6
34.40	1:12.89	1:52.25	2:31.85
3:11.66	3:52.23	4:32.48	5:11.23
6 Brudenall, Kimberly	15	KLSC	5:18.04 5
34.77	1:13.85	1:54.35	2:35.20
3:16.40	3:56.85	4:37.41	5:18.04
7 Yi Qi, Jayna Goh	15	KPGCC	5:21.48 4
34.31	1:13.12	1:53.99	2:35.20
3:16.46	3:58.29	4:40.60	5:21.48
8 Lee, Tze-Le	15	DSA	5:40.07 3
36.10	1:17.90	2:01.04	2:45.07
3:29.65	4:13.32	4:56.98	5:40.07
9 Sim, Zi Xuan	15	PADE	6:15.52 2
38.53	1:23.50	2:11.98	3:01.04
3:50.63	4:39.86	5:29.39	6:15.52

Event 135 Boys 18-25 400 LC Meter Freestyle Open

Meet Rec: 4:17.75 M 13/10/2018 Kevin Yeap Soon Choy

Name	Age	Team	Finals Time
1 Dillon, Adam Jeffrey	18	DSA	4:40.72 11
29.43	1:02.60	1:37.67	2:13.13
2:50.63	3:28.04	4:05.96	4:40.72
2 Zadrian Chan, Zhi-Weng	19	IBSC	5:03.96 9
30.31	1:05.53	1:44.47	2:24.34
3:05.68	3:46.70	4:24.95	5:03.96

Event 136 Girls 18-25 400 LC Meter Freestyle Open

Meet Rec: 5:08.38 M 05/10/2019 Fong Yee Ling

Name	Age	Team	Finals Time
1 Lau, Jerriel	20	DSA	4:48.93M 11
32.94	1:09.07	1:45.55	2:22.02
2:59.30	3:36.66	4:14.16	4:48.93

5th MAS/NSC MID & LONG DISTANCE SWIM CHAMP - 08/10/2022 to 09/10/2022

Hari Sukan Negara 2022

Results

Event 137 Boys 10 & Under 4x200 LC Meter Freestyle Group

Meet Rec:10:03.44 M 05/10/2019 Ikan Bilis Swimming Club

J Ho, K Matthew Goo, Y Lem, B Muhammad Dhuha

Team	Relay	Finals Time	
1 DSA		10:09.15	11
1) Fujimoto, Masato Mark 10	2) Jiang, Bo Xiu 9		
3) Yap, Miles Nathanael 10	4) Mu Zi Long, Lewis 9		
33.62	1:11.56	1:50.45	2:27.81
3:02.83	3:42.98	4:25.62	5:06.92
5:40.69	6:20.70	7:02.06	7:41.68
8:15.63	8:53.68	9:31.61	10:09.15
2 SST		10:50.12	9
1) Yen Han, Goh 10	2) You, Phang 10		
3) Tai Hao, Jared Chan 10	4) Jinn Yuan, Brandon Teh 10		
37.75	1:20.06	2:04.79	2:46.44
3:23.42	4:06.30	4:49.26	5:29.02
6:08.18	6:51.27	7:36.49	8:15.63
8:49.71	9:28.32	10:09.96	10:50.12
3 PDT		11:00.13	8
1) Ong, Yee Lern 10	2) Lai, Daniel 8		
3) Lee, Da Yu 9	4) Ng, Johan 10		
35.17	1:14.69	1:54.93	2:30.93
3:08.57	3:54.77	4:46.56	5:31.58
6:08.00	6:54.16	7:43.80	8:28.56
9:02.25	9:41.18	10:22.11	11:00.13
4 IBSC		11:00.25	7
1) Damian Seth Lim, . 10	2) Ariano,, Raphael 10		
3) Chay, Zech 9	4) Gabriel Kwong, Joe Xian 10		
34.05	1:12.92	1:54.25	2:34.06
3:14.71	4:02.39	4:51.24	5:37.17
6:15.43	6:59.83	7:45.79	8:29.16
9:03.38	9:41.96	10:21.96	11:00.25
5 MAS		12:07.41	6
1) Kai Ler, Choo 9	2) QI Zhen, Yap 7		
3) Aliff Firdaus, Muhammad 1	4) ZI Peng, Maverick Kok 10		
39.97	1:26.08	2:12.56	2:56.93
3:38.15	4:27.90	5:17.49	6:07.64
6:50.67	7:39.74	8:29.30	9:17.50
9:56.66	10:39.64	11:23.89	12:07.41

Event 138 Girls 10 & Under 4x200 LC Meter Freestyle Group

Meet Rec:10:25.96 M 13/10/2018 Dsa Swimming Club

G Kim, Y Lean, P Celyn Xiao Ying, X Chong

Team	Relay	Finals Time	
1 KPGCC		10:56.44	11
1) Khairul Anuar, Alisha Amei	2) Xin En, Lauren Chua 10		
3) Ruo Qing, Lee 10	4) Wen Xing, Brianna Chong 1		
34.69	1:15.23	1:56.51	2:37.02
3:12.10	3:51.47	4:32.89	5:13.56
5:50.12	6:33.79	7:18.84	8:02.77
8:38.24	9:21.56	10:09.90	10:56.44

2 DSA		11:25.04	9
1) Yap Cai Li, Analey 10	2) Lim Pei Xin, Heidi 10		
3) Mohd Rosli, Nik Naazneen	4) Tan Ee Lin, Evita 10		
37.27	1:21.84	2:09.47	2:55.80
3:32.39	4:17.54	5:04.85	5:50.91
6:32.99	7:19.87	8:08.56	8:55.62
9:29.16	10:07.19	10:47.12	11:25.04

Event 139 Boys 11-12 4x200 LC Meter Freestyle Group 3 Relay

Meet Rec: 8:48.88 M 05/10/2019 Ikan Bilis Swimming Club

J Ho, Z Teo, T Jareick Cheong, B Muhammad Arif

Team	Relay	Finals Time	
1 DSA		9:14.95	11
1) So Teng Hoe, Vitus 12	2) Xin, Qi 12		
3) Segar, Neelkantha Arjoo 11	4) Rumawas, Dimas Ardhana		
30.24	1:03.29	1:37.07	2:10.30
2:42.63	3:18.44	3:53.43	4:26.77
5:01.73	5:38.95	6:16.03	6:52.33
7:24.84	8:01.68	8:39.26	9:14.95
2 PDT		9:27.61	9
1) Kuan, Wei Kang 12	2) Lee, Garrel 12		
3) Yeoh, Kenneth 11	4) Chong, Zhi Yang 12		
30.61	1:04.83	1:40.65	2:15.98
2:49.94	3:28.76	4:08.76	4:45.56
5:20.04	5:59.81	6:40.04	7:16.74
7:46.88	8:19.98	8:54.26	9:27.61
3 IBSC		9:37.88	8
1) Adam Malik, Azizur Riza 12	2) Choo, Diwen 11		
3) Xavier Yeoh, Ze-Mynn 12	4) Yap, Zhen Kok 11		
30.87	1:04.60	1:40.58	2:15.50
2:48.08	3:25.73	4:05.52	4:42.51
5:16.70	5:58.19	6:41.26	7:21.87
7:52.56	8:27.65	9:02.71	9:37.88
4 PADE		10:49.13	7
1) Oh, Seongsoo 11	2) Wan Othman, Wan Oliver Y		
3) Mohd Hanafi, Hafiz 12	4) Khew, Mu Han 11		
35.56	1:14.46	1:57.46	2:40.75
3:17.00	4:00.64	4:46.60	5:29.06
6:05.28	6:45.96	7:29.36	8:11.05
8:46.52	9:27.25	10:09.68	10:49.13

Event 140 Girls 11-12 4x200 LC Meter Freestyle Group 3 Relay

Meet Rec: 9:29.55 M 13/10/2018 Dsa Swimming Club

B Alma Louise, Z Lew, A Wright, M Okuzono

Team	Relay	Finals Time	
1 PADE		9:44.62	11
1) Khor, Yue Lynn Mishya 12	2) Boon, Sophie Sue Qing 12		
3) Khoo, Sue Enn 12	4) Yap, Grace Qian Yi 12		
34.06	1:11.54	1:48.34	2:21.75
2:54.20	3:32.47	4:13.18	4:51.36
5:23.95	6:01.29	6:40.45	7:18.28
7:52.07	8:28.84	9:07.00	9:44.62

5th MAS/NSC MID & LONG DISTANCE SWIM CHAMP - 08/10/2022 to 09/10/2022

Hari Sukan Negara 2022

Results

(Event 140 Girls 11-12 4x200 LC Meter Freestyle Group 3 Relay)

Team	Relay	Finals Time	
2 DSA		9:49.50	9
1) Koh Lee Shen, Kaylee 11	2) Zhou, Anna 12		
3) Ho, Megan 11	4) Zhou, Angel 12		
34.63	1:13.19	1:50.75	2:27.81
3:00.33	3:39.41	4:20.01	4:58.66
5:30.50	6:07.93	6:47.58	7:26.14
7:58.65	8:35.08	9:13.17	9:49.50
3 MAS		10:18.42	8
1) Qian Hui, Felicia Lee 12	2) ., Khairun Damia 12		
3) ., Putri Dhia Darwisya 12	4) YI Jing, Lynna Yeow 12		
33.08	1:10.60	1:48.19	2:25.17
3:03.00	3:47.80	4:34.57	5:20.27
5:55.46	6:34.40	7:14.82	7:55.62
8:26.15	9:01.38	9:38.82	10:18.42
4 IBSC		10:26.95	7
1) Seem, Zi Rou Sheryl 11	2) Wong, Joelyne 11		
3) Cheah, Dong Xuan 12	4) Buckley, Isabelle Chiyi 12		
36.59	1:16.24	1:56.83	2:35.25
3:10.75	3:51.33	4:32.94	5:14.88
5:50.09	6:32.24	7:16.35	7:59.23
8:33.36	9:11.08	9:49.40	10:26.95

Event 141 Boys 13-14 4x200 LC Meter Freestyle Group 2 Relay)

Meet Rec: 8:19.27 M 13/10/2018 Ikan Bilis Swimming Club

Yap, Lay, Sharizan B.Shazali, Muhd Farhan Andi

Team	Relay	Finals Time	
1 PADE		8:37.20	11
1) Zahiruddin, Yusuf Arman B	2) Tew, Hang Yong 14		
3) Yap, Rong Yi 13	4) Adnan, Aslan 13		
29.98	1:03.02	1:37.81	2:11.11
2:40.30	3:12.78	3:47.85	4:21.45
4:50.03	5:23.20	5:58.10	6:31.74
6:58.70	7:29.82	8:04.21	8:37.20
2 DSA		8:39.30	9
1) Yap Ee Jen, Jayden 14	2) Pan Xiao Song, Shawn 13		
3) Danish, Emir 14	4) Yoong, Chang Shen 14		
29.49	1:02.74	1:36.55	2:09.60
2:39.46	3:13.46	3:48.12	4:21.35
4:51.27	5:24.86	5:58.96	6:31.94
7:00.48	7:32.44	8:05.58	8:39.30
3 PDT		8:48.20	8
1) Lai, Samuel 14	2) Yeoh, Kevin 14		
3) Ooi, Hong Rui 13	4) Ong, Yee Herng 14		
29.85	1:03.71	1:38.30	2:10.03
2:38.63	3:12.00	3:47.61	4:19.51
4:51.24	5:27.44	6:05.50	6:42.98
7:12.40	7:44.19	8:16.07	8:48.20
4 IBSC		8:55.97	7
1) Lee, Boon Wei David 14	2) Choo, Lewen 14		
3) Ho, Jia Xuen 13	4) Muhd Asyraf Adlie, . 14		
29.04	1:01.66	1:35.44	2:06.64
2:37.48	3:12.61	3:48.85	4:25.25
4:53.58	5:26.79	6:02.42	6:38.03
7:09.65	7:44.40	8:20.52	8:55.97

5 WST-ZG		8:58.53	6
1) Ethan Yeoh, Phee Ren 14	2) Hannes Wan, Khai Hern 13		
3) Thong, Zhen Ning 14	4) Lavnesh, AL Kamaleshware		
30.09	1:04.46	1:40.71	2:16.01
2:44.56	3:16.98	3:50.52	4:23.15
4:51.89	5:23.97	5:57.37	6:30.67
7:01.79	7:39.61	8:18.68	8:58.53
6 MAS		9:28.13	5
1) ZI Chuen, Yap 13	2) Wei Ming, Jason Lee 13		
3) Zhi Liang, Teo 13	4) YU Xiang, Alvin NG 13		
32.80	1:09.86	1:48.07	2:23.88
2:56.70	3:32.94	4:11.59	4:46.96
5:18.34	5:54.37	6:31.63	7:08.40
7:39.96	8:15.15	8:51.38	9:28.13
7 KSC		9:39.16	4
1) Abdullah, Muhd Fareez Ridu	2) Norasli, Harith Aiman Adha		
3) Wen Ming, Teo 13	4) Abdullah, Muhd Amirul Ra		
32.81	1:10.40	1:50.11	2:25.46
2:57.13	3:34.08	4:11.15	4:46.43
5:18.85	5:56.43	6:37.26	7:15.74
7:46.36	8:22.93	9:01.80	9:39.16

Event 142 Girls 13-14 4x200 LC Meter Freestyle Group 2 Relay)

Meet Rec: 9:43.20 M 21/10/2017 Dsa Swimming Club

G Wee Ee Jern, A Chow Jia Qian, K Chong, Y Okuzono

Team	Relay	Finals Time	
1 IBSC		9:34.89M	11
1) Brewer, Ella Robertson 14	2) Riseley, Mika Kirsten 14		
3) Nur Ariessa Safiya, . 14	4) Buckley, Natalie Suyin 14		
32.41	1:07.32	1:42.15	2:15.95
2:49.43	3:27.01	4:06.34	4:45.16
5:18.60	5:55.79	6:35.53	7:14.65
7:45.79	8:22.19	8:59.47	9:34.89
2 DSA		9:41.30M	9
1) Yap Hay Ee, Hayley Cassano	2) Soh Wern Yi, Ashley 14		
3) Chong Zi Xin, Heidi 14	4) Pan Xiao Ying, Celyn 14		
32.37	1:08.45	1:47.08	2:25.45
2:57.73	3:34.06	4:12.08	4:49.17
5:22.74	6:01.12	6:40.82	7:17.27
7:50.33	8:27.39	9:06.15	9:41.30
3 WST-ZG		9:42.51M	8
1) Lee, Zhi Jynn 14	2) Ng, Yu Tong 14		
3) Ong, Jenelle 14	4) Quincylla, Mohamad Firda		
32.43	1:07.58	1:44.14	2:20.52
2:54.29	3:33.16	4:13.25	4:51.98
5:24.68	6:01.22	6:39.99	7:17.79
7:50.13	8:26.44	9:04.90	9:42.51
4 PADE		10:25.28	7
1) Tan, Jamie Guan Jun 13	2) Ahmad Humaizi, Azra Nabi		
3) Shukor Al-Masrie, Siti Nora	4) Khew, Zi Xian 13		
35.39	1:15.86	1:57.43	2:37.35
3:14.52	3:58.52	4:42.25	5:24.69
5:59.64	6:40.16	7:21.82	8:01.80
8:34.02	9:10.31	9:48.32	10:25.28

5th MAS/NSC MID & LONG DISTANCE SWIM CHAMP - 08/10/2022 to 09/10/2022

Hari Sukan Negara 2022

Results

Event 143 Boys 15-17 4x200 LC Meter Freestyle Group 1 Relay

Meet Rec: 8:38.43 M 05/10/2019 Ikan Bilis Swimming Club

. Sebastian Soon, M Yap, K Low, H Steve Khiew

Team	Relay	Finals Time
1 DSA		8:13.65M 11
1) Yap, Yong Jie 15	2) McCartan, Gabriel Francis 1	
3) Ng E Hin, Atticus 17	4) Tan Khai Xin, Jayden 17	
28.38	59.66	1:31.96 2:04.36
2:31.90	3:02.46	3:33.30 4:02.76
4:31.16	5:03.88	5:37.89 6:10.12
6:37.37	7:09.07	7:41.56 8:13.65
2 PADE		8:17.23M 9
1) Chong, Zheng Yen 17	2) Khoo, Chung Wei 15	
3) Tang, Matthew Kar Ho 16	4) Goh, Andrew 17	
28.32	59.80	1:31.93 2:03.29
2:31.64	3:03.30	3:37.55 4:11.24
4:39.17	5:10.36	5:43.33 6:15.20
6:42.27	7:12.86	7:44.34 8:17.23
3 IBSC		8:20.19M 8
1) Teo, Zun Jet 15	2) Ho, Jia Ming 15	
3) Jareick Cheong, Tze Kwang	4) Whisky Chew, . 16	
28.50	59.55	1:31.46 2:01.97
2:30.35	3:02.64	3:36.25 4:09.73
4:38.27	5:10.65	5:44.64 6:15.07
6:42.08	7:12.57	7:46.06 8:20.19

Event 144 Girls 15-17 4x200 LC Meter Freestyle Group 1 Relay

Meet Rec:10:42.86 M 21/10/2017 Ikan Bilis Swimming Club

K Karla Lim, R Pavinya, S Liew, . Nurlatifa Zahra

Team	Relay	Finals Time
1 DSA		10:04.86M 11
1) Lee, Tze-Le 15	2) Teh, Tze Lin 16	
3) Wong, Megan 15	4) Ng E Mun, Hayley 15	
28.50	1:16.32	1:59.98 2:42.58
3:14.99	3:51.99	4:31.32 5:10.11
5:45.26	6:24.92	7:05.36 7:44.49
8:16.51	8:53.29	9:29.92 10:04.86

Event 201 Boys 11-12 1500 LC Meter Freestyle Group 3

Meet Rec:18:05.10 M 06/10/2019 Ching Jia Hao

Name	Age	Team	Finals Time
1 Adam Malik, Azizur Riza	12	IBSC	18:14.17 11
31.68	1:07.22	1:43.85	2:20.82
2:57.87	3:35.06	4:12.09	4:49.29
5:26.67	6:04.10	6:41.11	7:18.04
7:55.12	8:32.16	9:09.31	9:46.12
10:23.36	11:00.43	11:37.01	12:13.92
12:50.42	13:26.71	14:03.01	14:39.93
15:16.14	15:52.48	16:28.59	17:04.45
17:39.80	18:14.17		

2 So Teng Hoe, Vitus	12 DSA	18:24.08	9
32.84	1:08.53	1:46.66	2:24.21
3:02.38	3:39.42	4:17.41	4:54.23
5:32.04	6:09.72	6:47.41	7:24.48
8:02.54	8:39.36	9:16.61	9:54.15
10:31.82	11:08.67	11:45.71	12:23.01
12:59.70	13:36.64	14:13.64	14:49.71
15:26.89	16:03.91	16:40.49	17:17.20
17:51.40	18:24.08		
3 Kuan, Wei Kang	12 PDT	18:34.67	8
32.53	1:09.16	1:46.80	2:24.82
3:01.96	3:39.72	4:17.13	4:54.92
5:32.21	6:10.35	6:47.52	7:25.44
8:02.85	8:40.29	9:17.33	9:55.04
10:32.33	11:10.20	11:46.97	12:24.90
13:02.41	13:40.16	14:17.59	14:55.51
15:32.94	16:10.97	16:48.16	17:26.05
18:02.40	18:34.67		
4 Yen Sern, Goh	12 SST	18:49.43	7
33.08	1:09.03	1:47.36	2:25.15
3:03.51	3:41.01	4:19.45	4:57.05
5:35.48	6:13.21	6:51.55	7:29.93
8:08.26	8:46.39	9:24.91	10:02.44
10:40.39	11:18.06	11:56.42	12:33.84
13:12.37	13:50.28	14:28.86	15:05.87
15:43.71	16:21.78	17:00.31	17:38.48
18:15.99	18:49.43		
5 Joibi, Tanner	12 SASA	18:50.39	6
34.78	1:12.27	1:50.32	2:28.79
3:07.10	3:45.32	4:23.88	5:02.37
5:40.64	6:18.98	6:56.36	7:33.73
8:11.03	8:48.46	9:25.61	10:02.76
10:40.34	11:18.24	11:56.22	12:34.49
13:12.76	13:51.27	14:28.17	15:05.79
15:43.41	16:22.72	17:01.43	17:39.60
18:16.23	18:50.39		
6 Kye Sern, Hang	11 MAS	18:58.33	5
34.72	1:12.38	1:49.71	2:27.23
3:05.20	3:43.60	4:21.56	4:59.73
5:37.52	6:15.32	6:53.47	7:31.69
8:10.04	8:47.80	9:27.07	10:05.73
10:44.00	11:23.19	12:01.43	12:40.33
13:18.27	13:56.05	14:33.68	15:11.41
15:49.74	16:27.83	17:06.47	17:45.73
18:23.46	18:58.33		
7 Lee, Garrel	12 PDT	20:24.25	4
35.88	1:13.47	1:52.35	2:31.43
3:12.02	3:52.00	4:33.13	5:13.07
5:53.76	6:34.60	7:15.73	7:56.93
8:39.37	9:20.11	10:02.28	10:43.84
11:26.14	12:07.71	12:50.54	13:32.08
14:14.36	14:54.86	15:37.24	16:19.05
17:01.37	17:43.80	18:25.82	19:06.89
19:45.70	20:24.25		

5th MAS/NSC MID & LONG DISTANCE SWIM CHAMP - 08/10/2022 to 09/10/2022

Hari Sukan Negara 2022

Results

(Event 201 Boys 11-12 1500 LC Meter Freestyle Group 3)

Name	Age	Team	Finals Time	
8 Yap, Zhen Yi	12	DSA	22:41.33	3
38.65	1:21.66	2:06.30	2:52.97	
3:38.11	4:24.74	5:10.49	5:56.78	
6:42.62	7:29.31	8:15.91	9:02.21	
9:48.57	10:36.64	11:22.46	12:08.27	
12:55.47	13:41.91	14:27.50	15:14.59	
15:59.54	16:45.14	17:30.72	18:17.27	
19:03.68	19:49.63	20:34.38	21:20.42	
22:02.31	22:41.33			
9 Chay, Sean	11	IBSC	22:43.06	2
38.27	1:22.42	2:06.74	2:51.55	
3:36.40	4:21.47	5:06.70	5:51.91	
6:37.50	7:23.76	8:08.52	8:53.06	
9:38.27	10:25.21	11:09.78	11:56.05	
12:42.93	13:27.90	14:15.22	15:00.24	
15:46.19	16:31.22	17:17.36	18:03.40	
18:50.80	19:35.58	20:20.72	21:01.71	
22:00.08	22:43.06			
10 Khew, Mu Han	11	PADE	22:45.61	1
37.46	1:21.03	2:05.68	2:50.27	
3:35.21	4:18.64	5:02.83	5:46.83	
6:31.48	7:14.71	7:58.60	8:41.04	
9:24.12	10:07.81	10:51.68	11:36.02	
12:19.03	13:03.11	13:48.84	14:32.60	
15:17.47	16:02.12	16:46.25	17:28.15	
18:09.14	18:49.80	19:45.68	20:20.44	
20:59.07	22:45.61			
11 Yap, Eu Wen	11	IBSC	25:00.32	
41.89	1:29.69	2:17.93	3:07.74	
3:56.79	4:47.97	5:38.89	6:30.53	
7:20.40	8:12.80	9:02.31	9:53.83	
10:44.75	11:36.38	12:28.44	13:20.74	
14:12.04	15:04.68	15:54.98	16:48.14	
17:38.01	18:28.94	19:19.73	20:10.53	
20:59.74	21:50.65	22:40.98	23:28.97	
24:15.28	25:00.32			

Event 202 Girls 11-12 1500 LC Meter Freestyle Group 3

Meet Rec:19:56.40 M 06/10/2019 Sharon Voon Xue Ru

Name	Age	Team	Finals Time	
1 Qian Hui, Felicia Lee	12	MAS	19:17.02M	11
33.89	1:11.65	1:50.59	2:29.08	
3:07.80	3:46.56	4:25.38	5:04.00	
5:43.21	6:21.91	7:00.34	7:39.13	
8:18.41	8:57.17	9:35.92	10:14.73	
10:53.77	11:32.98	12:11.99	12:51.33	
13:30.57	14:09.66	14:48.50	15:27.84	
16:07.08	16:46.09	17:24.85	18:03.28	
18:41.09	19:17.02			

2 See RU, Yong	12	RAR	19:39.37M	9
33.95	1:12.44	1:52.00	2:31.00	
3:10.48	3:49.64	4:28.86	5:08.27	
5:47.63	6:27.01	7:06.56	7:46.09	
8:25.56	9:04.92	9:44.35	10:23.94	
11:03.85	11:43.19	12:22.86	13:02.92	
13:43.36	14:23.61	15:04.07	15:44.10	
16:25.10	17:05.97	17:46.36	18:25.99	
19:04.24	19:39.37			
3 Lee, Ruo Faye	12	PDT	19:55.63M	8
34.69	1:13.26	1:54.12	2:32.58	
3:12.08	3:51.23	4:30.99	5:09.70	
5:49.44	6:29.19	7:09.51	7:49.16	
8:29.63	9:09.57	9:49.86	10:30.50	
11:10.92	11:51.04	12:30.74	13:10.94	
13:51.50	14:32.77	15:13.95	15:55.08	
16:36.21	17:17.01	17:58.59	18:39.70	
19:19.61	19:55.63			
4 Yap, Grace Qian Yi	12	PADE	20:41.01	7
35.06	1:14.72	1:55.70	2:37.10	
3:18.45	3:59.89	4:41.98	5:24.12	
6:06.19	6:48.12	7:29.92	8:11.62	
8:52.81	9:34.29	10:15.61	10:57.54	
11:39.43	12:21.81	13:04.05	13:46.05	
14:27.44	15:09.29	15:50.90	16:33.03	
17:15.54	17:57.89	18:39.56	19:20.97	
20:02.09	20:41.01			
5 Chong, Yuan Yi	12	PADE	21:12.14	6
35.99	1:15.74	1:57.94	2:40.73	
3:23.54	4:05.95	4:48.70	5:31.25	
6:13.66	6:56.93	7:39.54	8:22.66	
9:05.82	9:48.65	10:31.62	11:14.84	
11:57.84	12:41.63	13:23.91	14:07.31	
14:50.88	15:34.44	16:17.30	17:01.13	
17:44.23	18:27.34	19:09.46	19:52.20	
20:33.42	21:12.14			
6 Wong, Joelyne	11	IBSC	22:22.80	5
36.43	1:17.72	2:01.18	2:44.65	
3:28.63	4:12.00	4:56.17	5:40.74	
6:25.96	7:10.52	7:55.55	8:40.85	
9:26.01	10:12.01	10:57.88	11:42.56	
12:29.03	13:15.26	14:00.96	14:45.53	
15:32.11	16:19.03	17:06.35	17:52.06	
18:39.14	19:24.31	20:10.57	20:56.27	
21:39.80	22:22.80			
7 Yong Nyuk Ling, Maychel	12	SSMS	23:05.19	4
35.66	1:14.86	1:58.01	2:42.32	
3:27.93	4:12.27	4:59.68	5:46.19	
6:33.44	7:19.09	8:06.03	8:53.14	
9:40.14	10:27.39	11:16.51	12:03.67	
12:50.20	13:38.25	14:26.38	15:13.23	
16:01.43	16:48.62	17:35.50	18:22.77	
19:11.66	19:59.71	20:47.33	21:33.59	
22:20.11	23:05.19			

5th MAS/NSC MID & LONG DISTANCE SWIM CHAMP - 08/10/2022 to 09/10/2022

Hari Sukan Negara 2022

Results

(Event 202 Girls 11-12 1500 LC Meter Freestyle Group 3)

Name	Age	Team	Finals Time	
8 Lim, Pei Yao	12	IBSC	25:28.53	3
49.68	1:38.18	2:28.43	3:19.99	
4:11.63	5:03.44	5:56.94	6:48.93	
7:41.38	8:32.61	9:23.84	10:15.81	
11:07.77	11:59.19	12:51.76	13:44.18	
14:36.58	15:28.06	16:19.83	17:12.37	
18:02.60	18:52.36	19:41.96	20:32.24	
21:22.93	22:12.11	23:03.93	23:53.93	
24:42.91	25:28.53			

Event 203 Boys 13-14 1500 LC Meter Freestyle Group 2

Meet Rec:17:18.07 M 14/10/2018 Lew Yan Zheng

Name	Age	Team	Finals Time	
1 Thong, Zhen Ning	14	WST-ZG	17:31.53	11
31.13	1:04.89	1:39.99	2:15.35	
2:50.45	3:25.80	4:01.32	4:36.79	
5:11.91	5:47.46	6:23.16	6:58.62	
7:33.96	8:09.46	8:44.87	9:20.11	
9:55.62	10:30.85	11:06.14	11:41.32	
12:16.66	12:52.00	13:27.33	14:02.81	
14:38.44	15:13.59	15:48.93	16:24.09	
16:58.73	17:31.53			
2 Lee, Boon Wei David	14	IBSC	18:05.84	9
29.99	1:04.94	1:41.66	2:18.22	
2:55.33	3:32.17	4:09.35	4:46.56	
5:22.04	5:58.52	6:35.70	7:12.40	
7:48.40	8:25.29	9:02.36	9:38.82	
10:14.97	10:52.31	11:29.18	12:05.56	
12:42.32	13:19.12	13:55.72	14:32.49	
15:08.56	15:45.17	16:21.98	16:58.40	
17:34.02	18:05.84			
3 Hannes Wan, Khai Hern	13	WST-ZG	18:12.00	8
31.37	1:05.92	1:41.91	2:18.44	
2:55.09	3:31.93	4:08.79	4:45.66	
5:22.26	5:58.72	6:35.28	7:11.97	
7:48.97	8:25.75	9:02.04	9:39.13	
10:15.86	10:53.41	11:30.27	12:07.34	
12:43.93	13:20.27	13:57.38	14:34.73	
15:11.07	15:48.17	16:25.14	17:02.10	
17:37.63	18:12.00			
4 Looi, Zizou	13	NWSC	18:28.98	7
31.41	1:06.72	1:43.85	2:20.91	
2:58.64	3:36.89	4:14.80	4:52.48	
5:30.93	6:09.33	6:47.47	7:25.64	
8:03.35	8:40.86	9:18.67	9:56.16	
10:33.71	11:10.75	11:48.15	12:25.11	
13:02.33	13:39.31	14:16.55	14:53.11	
15:30.19	16:07.01	16:43.55	17:19.89	
17:55.86	18:28.98			

5 Yap Ee Jen, Jayden	14	DSA	18:31.29	6
31.49	1:07.20	1:44.35	2:21.52	
2:58.30	3:35.57	4:12.68	4:50.19	
5:27.00	6:04.40	6:42.11	7:19.45	
7:56.65	8:34.03	9:11.74	9:49.05	
10:26.39	11:03.89	11:42.26	12:19.57	
12:57.00	13:35.29	14:12.71	14:50.05	
15:27.49	16:04.97	16:42.60	17:19.91	
17:56.03	18:31.29			
6 Jun EN, Issac Lee	14	MAS	18:38.91	5
32.65	1:09.38	1:46.53	2:24.31	
3:02.25	3:39.89	4:16.96	4:54.72	
5:32.38	6:09.31	6:46.48	7:24.32	
8:01.53	8:39.52	9:16.56	9:54.36	
10:32.99	11:11.38	11:49.32	12:27.54	
13:04.06	13:42.31	14:20.79	14:59.44	
15:36.85	16:15.30	16:53.49	17:30.16	
18:05.01	18:38.91			
7 YU Xiang, Alvin NG	13	MAS	18:48.95	4
31.00	1:06.30	1:42.85	2:19.44	
2:56.56	3:33.84	4:11.65	4:49.42	
5:27.39	6:05.62	6:44.11	7:22.37	
8:00.35	8:39.08	9:17.03	9:56.10	
10:34.68	11:13.41	11:52.55	12:31.14	
13:08.66	13:47.22	14:25.82	15:04.36	
15:42.53	16:21.42	16:59.90	17:38.13	
18:13.51	18:48.95			
8 Yap, Rong Yi	13	PADE	18:51.77	3
32.36	1:08.99	1:46.37	2:23.83	
3:01.83	3:39.64	4:17.65	4:55.95	
5:34.39	6:12.81	6:50.80	7:28.63	
8:06.08	8:43.47	9:21.70	9:59.56	
10:37.78	11:15.88	11:54.12	12:32.54	
13:10.74	13:50.10	14:28.60	15:07.29	
15:45.75	16:24.60	17:02.81	17:40.59	
18:17.80	18:51.77			
9 Nityananthan, Parvin	14	VTS	19:01.40	2
29.85	1:06.19	1:43.33	2:20.74	
2:58.14	3:35.86	4:14.01	4:52.07	
5:30.86	6:09.08	6:47.70	7:26.12	
8:04.81	8:43.99	9:21.46	10:01.00	
10:40.31	11:19.71	11:58.68	12:37.38	
13:16.43	13:55.27	14:34.13	15:12.01	
15:50.85	16:29.72	17:08.25	17:47.54	
18:26.30	19:01.40			
10 Danish, Emir	14	DSA	19:11.06	1
32.27	1:07.57	1:44.80	2:22.75	
3:00.66	3:38.60	4:17.23	4:55.79	
5:34.26	6:13.06	6:51.98	7:30.73	
8:09.77	8:48.37	9:27.81	10:07.21	
10:45.56	11:24.26	12:03.53	12:43.13	
13:22.53	14:01.99	14:41.49	15:20.74	
16:00.58	16:39.98	17:20.05	17:59.77	
18:37.07	19:11.06			

5th MAS/NSC MID & LONG DISTANCE SWIM CHAMP - 08/10/2022 to 09/10/2022

Hari Sukan Negara 2022

Results

(Event 203 Boys 13-14 1500 LC Meter Freestyle Group 2)

Name	Age	Team	Finals Time
11 Chan, Henry	13	SST	19:18.81
30.48	1:06.25	1:43.21	2:21.30
2:59.06	3:37.98	4:17.03	4:57.62
5:37.14	6:17.07	6:56.50	7:36.02
8:15.19	8:54.42	9:33.80	10:12.86
10:52.58	11:31.67	12:10.84	12:50.73
13:29.82	14:10.10	14:49.88	15:29.04
16:08.38	16:47.64	17:26.39	18:04.92
18:41.22	19:18.81		
12 Tew, Hang Yong	14	PADE	19:21.15
33.70	1:11.22	1:49.59	2:28.90
3:08.33	3:47.63	4:27.25	5:06.77
5:46.21	6:25.55	7:04.38	7:43.25
8:22.38	9:01.10	9:39.91	10:18.22
10:57.57	11:36.74	12:16.01	12:54.65
13:33.74	14:12.56	14:51.84	15:30.82
16:09.89	16:49.09	17:26.47	18:05.07
18:43.80	19:21.15		
13 Kay, Finlay Palmer	13	DSA	19:35.88
33.23	1:11.02	1:50.03	2:30.29
3:09.78	3:49.51	4:29.48	5:09.38
5:48.75	6:29.02	7:08.33	7:47.73
8:27.05	9:06.70	9:45.70	10:25.55
11:04.80	11:44.29	12:23.72	13:03.17
13:43.08	14:22.56	15:02.13	15:42.09
16:21.47	17:00.41	17:39.55	18:19.56
18:58.08	19:35.88		
14 Ooi, Hong Rui	13	PDT	19:36.32
32.68	1:08.45	1:46.54	2:25.73
3:04.59	3:44.91	4:23.95	5:04.04
5:43.96	6:24.16	7:03.38	7:43.30
8:23.15	9:02.62	9:42.46	10:21.95
11:01.70	11:41.49	12:21.10	13:00.90
13:39.84	14:19.70	14:59.36	15:39.76
16:19.74	17:00.07	17:39.90	18:20.02
18:59.75	19:36.32		
15 Ang, Jen Son	13	PADE	19:36.55
33.26	1:11.19	1:49.62	2:28.60
3:07.63	3:47.10	4:26.37	5:05.83
5:45.31	6:24.97	7:04.06	7:44.41
8:23.29	9:03.72	9:44.01	10:24.29
11:04.08	11:44.65	12:24.31	13:04.56
13:44.52	14:25.35	15:05.19	15:45.00
16:24.94	17:04.63	17:44.55	18:23.88
19:01.48	19:36.55		
16 Yoong, Chang Lin	13	DSA	19:55.33
34.58	1:14.52	1:55.26	2:35.57
3:16.82	3:57.29	4:38.84	5:20.11
6:01.09	6:42.18	7:21.38	8:02.32
8:42.97	9:23.86	10:04.64	10:45.85
11:26.51	12:07.86	12:48.82	13:28.74
14:06.45	14:45.78	15:24.87	16:04.27
16:43.37	17:23.06	18:03.08	18:43.00
19:22.08	19:55.33		

17 Choo, Lewen	14 IBSC	19:59.75
34.48	1:12.66	1:52.53
3:13.64	3:54.01	4:34.98
5:56.43	6:36.70	7:17.84
8:38.27	9:19.16	9:59.72
11:20.93	12:00.40	12:40.65
14:01.66	14:41.40	15:21.82
16:43.37	17:24.34	18:04.98
19:22.13	19:59.75	
18 Sarail, MD Nafiz Sazwan	14 SSMS	20:08.72
35.64	1:15.47	1:53.84
3:13.33	3:53.71	4:34.18
5:55.13	6:36.43	7:15.76
8:36.88	9:17.90	9:57.18
11:18.85	12:00.20	12:42.12
14:02.96	14:44.32	15:24.32
16:47.59	17:28.74	18:09.30
19:30.48	20:08.72	
19 Koh, Boon Chok	13 IBSC	20:46.63
32.38	1:09.99	1:50.19
3:14.02	3:56.48	4:38.79
6:02.90	6:45.28	7:27.65
8:52.54	9:34.47	10:16.66
11:40.19	12:21.98	13:04.27
14:27.70	15:09.29	15:51.28
17:16.54	17:59.15	18:42.37
20:05.81	20:46.63	
20 Ethan Pang, Hong Jiang	14 IBSC	21:19.17
35.01	1:13.35	1:53.10
3:14.94	3:56.43	4:38.81
6:03.85	6:46.93	7:30.22
8:56.83	9:39.29	10:24.29
11:50.93	12:33.46	13:17.27
14:45.16	15:29.76	16:14.19
17:42.38	18:27.19	19:11.70
20:37.18	21:19.17	
21 Wen Ming, Teo	13 KSC	21:55.90
32.70	1:12.31	1:56.53
3:23.93	4:08.97	4:53.22
6:21.03	7:07.07	7:53.19
9:24.39	10:08.64	10:54.55
12:25.06	13:09.14	13:54.52
15:23.44	16:08.16	16:53.21
18:23.72	19:08.01	19:51.61
21:17.59	21:55.90	
22 Eng, Ethan	13 NWSC	21:58.08
32.82	1:12.70	1:55.79
3:23.54	4:08.94	4:53.47
6:22.61	7:08.05	7:52.76
9:25.34	10:10.79	10:55.47
12:25.90	13:11.80	13:56.50
15:25.88	16:10.79	16:56.04
18:24.94	19:08.49	19:51.27
21:18.63	21:58.08	

5th MAS/NSC MID & LONG DISTANCE SWIM CHAMP - 08/10/2022 to 09/10/2022

Hari Sukan Negara 2022

Results

(Event 203 Boys 13-14 1500 LC Meter Freestyle Group 2)

Name	Age	Team	Finals Time
23 Tai, Zhi Henn	14	PADE	22:14.82
35.61	1:15.04	1:56.86	2:39.45
3:23.45	4:08.01	4:52.78	5:37.19
6:22.97	7:06.70	7:50.70	8:35.06
9:20.14	10:04.61	10:51.28	11:35.72
12:21.57	13:06.83	13:53.58	14:39.44
15:26.32	16:13.71	17:02.49	17:47.64
18:34.37	19:18.71	20:04.22	20:48.94
21:32.29	22:14.82		
24 Lavnesh, AL Kamaleshwa	13	WST-ZG	23:49.69
34.64	1:17.02	2:03.10	2:47.07
3:33.58	4:23.24	5:12.58	5:59.67
6:47.54	7:34.47	8:25.18	9:12.79
10:01.20	10:48.68	11:37.21	12:27.79
13:17.45	14:02.55	14:53.15	15:43.36
16:32.52	17:21.22	18:11.60	18:59.95
19:48.16	20:35.99	21:26.20	22:16.10
23:02.93	23:49.69		

Event 204 Girls 13-14 1500 LC Meter Freestyle Group 2

Meet Rec:19:55.23 M 06/10/2019 Chelsea Lee Ning

Name	Age	Team	Finals Time
1 Brewer, Ella Robertson	14	IBSC	19:21.40M 11
35.29	1:14.03	1:53.55	2:32.49
3:12.06	3:51.28	4:30.49	5:09.49
5:48.48	6:27.74	7:06.58	7:45.73
8:24.47	9:03.55	9:42.66	10:21.63
11:00.69	11:39.69	12:18.88	12:58.01
13:37.08	14:16.13	14:55.12	15:34.06
16:12.98	16:51.88	17:30.86	18:09.26
18:46.77	19:21.40		
2 Sharon Voon, Xue RU	14	SASA	19:31.28M 9
35.16	1:13.73	1:53.05	2:32.36
3:12.21	3:51.53	4:31.20	5:10.70
5:50.05	6:29.65	7:08.98	7:48.34
8:27.62	9:06.60	9:46.08	10:25.35
11:04.44	11:43.60	12:22.78	13:02.09
13:41.37	14:20.61	14:59.53	15:38.67
16:18.27	16:57.85	17:37.19	18:17.11
18:55.34	19:31.28		
3 Eleven Teo, Morgan	14	SST	19:37.35M 8
35.30	1:13.20	1:52.54	2:32.07
3:11.68	3:51.12	4:30.76	5:10.32
5:49.99	6:29.53	7:09.18	7:48.84
8:28.89	9:08.55	9:48.23	10:28.05
11:07.89	11:47.66	12:27.34	13:07.20
13:47.17	14:26.56	15:06.25	15:45.67
16:25.35	17:04.99	17:44.38	18:23.54
19:01.17	19:37.35		

4 Soh Wern Yi, Ashley	14	DSA	19:51.97M 7
34.52	1:12.94	1:52.24	2:31.89
3:11.39	3:50.78	4:30.31	5:10.00
5:49.62	6:29.61	7:09.28	7:49.51
8:29.32	9:09.55	9:49.84	10:30.05
11:10.18	11:50.69	12:31.05	13:11.78
13:52.13	14:32.93	15:13.33	15:54.20
16:34.93	17:16.02	17:56.09	18:36.64
19:15.09	19:51.97		
5 Khew, Zi Xian	13	PADE	19:54.27M 6
35.02	1:13.71	1:52.79	2:32.05
3:11.86	3:51.18	4:30.72	5:09.93
5:48.85	6:29.41	7:08.63	7:48.80
8:28.90	9:09.16	9:48.80	10:29.46
11:09.78	11:50.16	12:30.15	13:10.49
13:51.26	14:32.32	15:12.73	15:53.61
16:34.44	17:16.16	17:57.53	18:38.09
19:17.40	19:54.27		
6 Yap Hay Ee, Hayley Cassa	14	DSA	20:10.03 5
34.54	1:13.63	1:53.81	2:34.23
3:14.72	3:55.05	4:35.57	5:15.95
5:55.97	6:35.27	7:16.09	7:56.21
8:37.15	9:16.88	9:58.28	10:39.14
11:20.04	12:01.44	12:42.07	13:24.01
14:05.30	14:46.81	15:27.95	16:09.57
16:50.64	17:31.60	18:12.80	18:53.30
19:32.46	20:10.03		
7 Chua, Yik En	14	PDT	20:28.33 4
33.94	1:12.35	1:52.27	2:31.59
3:12.49	3:52.59	4:33.26	5:13.07
5:54.60	6:35.60	7:17.02	7:57.83
8:40.01	9:21.49	10:04.76	10:47.32
11:30.48	12:12.45	12:55.34	13:38.16
14:20.73	15:03.01	15:45.36	16:26.38
17:08.57	17:49.57	18:30.82	19:10.62
19:51.19	20:28.33		
8 Tan, Jamie Guan Jun	13	PADE	20:34.78 3
36.22	1:17.18	1:58.38	2:39.34
3:20.28	4:01.72	4:43.06	5:24.28
6:04.73	6:45.73	7:27.16	8:08.50
8:49.82	9:31.04	10:12.79	10:54.43
11:35.91	12:18.02	12:59.88	13:42.12
14:22.74	15:04.66	15:46.08	16:27.50
17:09.87	17:51.23	18:32.86	19:15.21
19:55.99	20:34.78		
9 Pan Xiao Ying, Celyn	14	DSA	20:52.26 2
34.91	1:13.60	1:54.25	2:34.97
3:16.25	3:57.16	4:38.16	5:18.43
6:00.24	6:42.08	7:23.86	8:05.85
8:48.16	9:30.72	10:13.20	10:55.92
11:38.65	12:20.93	13:03.76	13:47.10
14:30.49	15:14.36	15:57.60	16:41.29
17:24.52	18:07.81	18:49.55	19:30.81
20:12.49	20:52.26		

5th MAS/NSC MID & LONG DISTANCE SWIM CHAMP - 08/10/2022 to 09/10/2022

Hari Sukan Negara 2022

Results

(Event 204 Girls 13-14 1500 LC Meter Freestyle Group 2)

Name	Age	Team	Finals Time	
10 Yii, Shyun Wern	14	DSA	20:58.63	1
36.44	1:17.19	1:58.21	2:39.70	
3:20.24	4:01.80	4:42.98	5:24.83	
6:06.62	6:49.00	7:32.15	8:14.16	
8:57.62	9:39.74	10:22.72	11:06.36	
11:49.16	12:32.20	13:14.75	13:58.37	
14:41.84	15:24.10	16:05.98	16:49.31	
17:32.50	18:14.95	18:55.66	19:38.91	
20:21.79	20:58.63			

Event 205 Boys 15-17 200 LC Meter Butterfly Group 1

Meet Rec: 2:09.43 M 06/10/2019 Low ken JI

Name	Age	Team	Finals Time	
1 Jun Xian, Anselm Lee	16	MAS	2:11.05	11
29.52	1:03.42	1:37.03	2:11.05	
2 Whisky Chew, .	16	IBSC	2:14.50	9
28.78	1:01.89	1:37.26	2:14.50	
3 Tee, Vanness	15	WST-ZG	2:15.81	8
28.41	1:02.14	1:38.32	2:15.81	
4 Ho, Jia Ming	15	IBSC	2:29.08	7
32.68	1:12.69	1:50.98	2:29.08	
5 Goh, Andrew	17	PADE	2:32.87	6
30.48	1:09.08	1:50.67	2:32.87	
6 Khew, Zhan Hao	15	PADE	2:36.73	5
30.91	1:08.99	1:51.12	2:36.73	
7 Yong Hong, Lai	15	MAS	2:42.31	4
32.00	1:10.14	1:54.53	2:42.31	
8 See, Hao Shuen	15	PADE	2:42.54	3
33.65	1:15.39	2:00.52	2:42.54	
9 Don Lim, .	15	IBSC	2:50.37	2
32.98	1:14.22	2:01.39	2:50.37	

Event 206 Girls 15-17 200 LC Meter Butterfly Group 1

Meet Rec: 2:27.56 M 06/10/2019 Keesha Ho

Name	Age	Team	Finals Time	
1 Wei Wen, Lee	15	SSMS	2:38.15	11
31.88	1:11.21	1:54.34	2:38.15	
--- Yi Qi, Jayna Goh	15	KPGCC	DQ	

Event 207 Boys 18-25 200 LC Meter Butterfly Open

Meet Rec: 2:13.37 M 06/10/2019 Ng Shin Jian

Name	Age	Team	Finals Time	
1 Fa'Ang Der, Tia	24	JSC	2:04.33M	11
27.82	59.45	1:32.20	2:04.33	
2 Muhammad Farhan Andi,	18	IBSC	2:15.86	9
29.19	1:03.79	1:39.33	2:15.86	
3 Dillon, Adam Jeffrey	18	DSA	2:20.88	8
30.35	1:05.98	1:43.92	2:20.88	

Event 209 Boys 15-17 1500 LC Meter Freestyle Group 1

Meet Rec:16:08.99 M 06/10/2019 Sebastian Soon

Name	Age	Team	Finals Time	
1 Jun Xian, Anselm Lee	16	MAS	16:43.09	11
29.56	1:02.72	1:36.37	2:10.61	
2:44.21	3:18.17	3:51.75	4:25.79	
4:59.73	5:33.82	6:07.42	6:41.34	
7:15.06	7:48.93	8:22.64	8:56.64	
9:30.62	10:04.74	10:38.35	11:12.27	
11:46.01	12:19.68	12:53.22	13:26.77	
14:00.06	14:33.62	15:06.94	15:40.42	
16:12.04	16:43.09			
2 Hii, Puong Jie	15	KAWA	17:38.55	9
30.15	1:04.11	1:38.44	2:12.90	
2:47.99	3:22.81	3:57.71	4:32.82	
5:08.36	5:43.89	6:19.50	6:55.26	
7:31.02	8:06.79	8:42.60	9:18.18	
9:54.20	10:30.13	11:06.06	11:41.84	
12:18.23	12:54.33	13:30.64	14:06.72	
14:42.96	15:18.97	15:55.19	16:31.47	
17:06.20	17:38.55			
3 Ng E Hin, Atticus	17	DSA	18:04.19	8
30.88	1:05.92	1:42.18	2:18.68	
2:55.56	3:31.80	4:07.88	4:44.09	
5:20.04	5:56.71	6:33.91	7:10.86	
7:47.11	8:23.73	9:00.12	9:36.97	
10:14.04	10:50.26	11:26.78	12:03.34	
12:40.49	13:17.38	13:54.33	14:31.37	
15:07.49	15:43.73	16:20.69	16:57.14	
17:33.20	18:04.19			
4 Tee, Vanness	15	WST-ZG	18:04.35	7
32.29	1:07.76	1:43.81	2:19.88	
2:55.47	3:31.96	4:08.42	4:45.53	
5:22.24	5:58.64	6:35.50	7:11.88	
7:48.78	8:25.52	9:02.41	9:39.08	
10:15.34	10:51.84	11:28.13	12:04.39	
12:41.19	13:18.12	13:54.70	14:31.45	
15:08.14	15:44.85	16:21.55	16:58.06	
17:33.01	18:04.35			
5 Wong Ken Ryu, Jayden	15	DSA	18:16.74	6
30.75	1:05.39	1:41.45	2:17.66	
2:54.33	3:30.10	4:06.97	4:42.70	
5:19.29	5:56.19	6:33.40	7:09.55	
7:46.79	8:23.08	9:00.57	9:37.23	
10:14.73	10:51.23	11:28.21	12:04.82	
12:42.35	13:19.40	13:56.91	14:33.82	
15:11.56	15:49.28	16:26.73	17:04.12	
17:41.63	18:16.74			

5th MAS/NSC MID & LONG DISTANCE SWIM CHAMP - 08/10/2022 to 09/10/2022

Hari Sukan Negara 2022

Results

(Event 209 Boys 15-17 1500 LC Meter Freestyle Group 1)

Name	Age	Team	Finals Time	
6 Mukhriz Zahreen, Muham	17	MAS	18:21.25	5
32.06	1:06.97	1:42.89	2:18.59	
2:54.19	3:30.84	4:07.66	4:44.59	
5:21.68	5:58.64	6:35.71	7:13.17	
7:49.97	8:27.04	9:04.01	9:41.58	
10:18.62	10:56.13	11:33.28	12:11.15	
12:48.25	13:25.92	14:03.53	14:41.64	
15:19.39	15:57.17	16:34.67	17:11.01	
17:46.87	18:21.25			
7 Khoo, Chung Wei	15	PADE	18:49.00	4
30.78	1:05.69	1:42.19	2:19.70	
2:56.85	3:34.20	4:12.64	4:50.55	
5:28.74	6:06.86	6:44.98	7:23.24	
8:00.57	8:39.10	9:16.83	9:55.58	
10:33.04	11:11.23	11:48.39	12:27.60	
13:06.24	13:44.03	14:22.76	15:01.22	
15:39.93	16:17.45	16:56.68	17:35.21	
18:13.41	18:49.00			
8 Benjamin John Chen, Hon	15	KLSC	18:59.54	3
32.37	1:08.39	1:45.30	2:22.96	
3:00.93	3:39.16	4:16.96	4:55.54	
5:34.24	6:12.63	6:50.90	7:29.44	
8:07.65	8:46.07	9:24.49	10:02.78	
10:41.05	11:19.72	11:58.21	12:36.73	
13:14.95	13:53.45	14:31.98	15:10.67	
15:49.34	16:28.29	17:06.35	17:44.67	
18:22.39	18:59.54			
9 Brendon Cheah, Wai Kit	15	IBSC	19:03.34	2
32.53	1:09.11	1:46.23	2:23.76	
3:01.39	3:39.00	4:16.69	4:54.46	
5:32.70	6:10.77	6:49.33	7:27.45	
8:06.03	8:44.27	9:22.80	10:01.62	
10:40.62	11:19.66	11:57.82	12:36.91	
13:15.47	13:54.67	14:33.94	15:13.18	
15:52.39	16:31.58	17:10.07	17:48.51	
18:26.37	19:03.34			
10 Dawish Amssyar, Muham	15	MAS	19:09.96	1
30.44	1:05.05	1:41.64	2:18.47	
2:56.42	3:34.22	4:12.48	4:51.01	
5:29.64	6:08.20	6:47.14	7:26.07	
8:05.19	8:44.49	9:23.91	10:02.84	
10:41.74	11:20.69	11:59.95	12:39.34	
13:18.77	13:57.74	14:37.33	15:16.58	
15:56.39	16:35.72	17:14.82	17:54.16	
18:32.95	19:09.96			
11 Erwin Tay, Jun Hao	15	KAWA	19:15.91	
31.13	1:05.86	1:42.66	2:20.15	
2:57.96	3:35.82	4:13.81	4:52.02	
5:30.13	6:08.11	6:46.47	7:24.40	
8:02.55	8:41.43	9:21.31	10:01.44	
10:41.58	11:21.06	12:00.83	12:40.41	
13:20.23	14:00.07	14:40.22	15:20.16	
16:00.32	16:39.05	17:19.63	17:59.31	
18:37.50	19:15.91			

12 Kam Yao Qi, Samuel	15 DSA	19:19.25
31.23	1:08.34	1:47.46
3:05.44	3:44.67	4:24.52
5:43.06	6:22.27	7:01.24
8:19.78	8:58.83	9:37.71
10:55.71	11:34.64	12:13.62
13:31.40	14:10.79	14:49.85
16:08.23	16:46.59	17:25.07
18:41.51	19:19.25	
13 Wong, Qian Fai	15 DSA	19:36.81
33.40	1:10.85	1:49.52
3:08.08	3:47.65	4:26.86
5:45.55	6:25.05	7:04.04
8:22.47	9:01.97	9:41.37
11:01.39	11:41.49	12:21.28
13:41.60	14:21.63	15:01.09
16:20.97	17:00.97	17:40.57
18:59.88	19:36.81	
14 Abdullah, MD Ikwani Hazi	15 SSMS	19:41.66
32.63	1:08.53	1:45.35
3:01.08	3:39.69	4:18.41
5:36.52	6:16.12	6:56.38
8:17.90	8:58.73	9:39.44
11:01.61	11:42.70	12:23.15
13:43.74	14:24.77	15:05.85
16:27.97	17:08.88	17:49.01
19:06.57	19:41.66	
15 Yap, Qi Yi	15 PADE	19:50.27
32.37	1:09.20	1:47.82
3:05.85	3:45.32	4:25.86
5:46.30	6:26.63	7:07.36
8:28.33	9:08.34	9:48.58
11:10.14	11:50.28	12:30.12
13:50.58	14:30.52	15:10.63
16:29.54	17:09.34	17:49.02
19:09.24	19:50.27	
16 Low, Keenen	15 IBSC	20:34.32
32.98	1:10.13	1:50.14
3:08.67	3:48.01	4:27.65
5:49.30	6:29.30	7:09.54
8:31.30	9:12.28	9:53.91
11:18.21	11:59.50	12:43.77
14:08.15	14:50.40	15:33.57
16:59.54	17:44.16	18:27.47
19:53.47	20:34.32	
17 Kai Sheng, Sean, Tan	15 CSC	21:10.93
33.19	1:10.55	1:49.96
3:12.94	3:55.02	4:37.68
6:03.59	6:46.81	7:29.59
8:56.19	9:39.64	10:22.57
11:49.18	12:32.84	13:16.48
14:44.17	15:27.91	16:11.72
17:39.06	18:22.46	19:05.74
20:29.79	21:10.93	

5th MAS/NSC MID & LONG DISTANCE SWIM CHAMP - 08/10/2022 to 09/10/2022

Hari Sukan Negara 2022

Results

Event 210 Girls 15-17 1500 LC Meter Freestyle Group 1

Meet Rec:17:41.12 M 06/10/2019 Goh Chia Tong

Name	Age	Team	Finals Time	
1 Ng E Mun, Hayley	15	DSA	19:31.74	11
33.64	1:11.27	1:49.87	2:29.03	
3:09.01	3:48.70	4:28.17	5:07.85	
5:47.66	6:27.41	7:06.92	7:46.64	
8:26.41	9:06.04	9:45.29	10:24.40	
11:03.88	11:43.65	12:23.44	13:03.13	
13:42.77	14:22.28	15:02.41	15:42.03	
16:21.49	17:00.80	17:39.71	18:19.04	
18:57.01	19:31.74			
2 Yii, Shyun Tiing	16	DSA	20:11.04	9
34.46	1:12.15	1:50.75	2:30.73	
3:10.10	3:49.64	4:29.25	5:08.73	
5:48.55	6:28.61	7:08.42	7:48.49	
8:28.84	9:09.23	9:49.83	10:31.42	
11:12.08	11:53.99	12:35.58	13:17.74	
13:59.20	14:41.54	15:23.42	16:04.43	
16:45.26	17:26.83	18:08.14	18:49.40	
19:30.82	20:11.04			
3 Teh, Tze Lin	16	DSA	20:36.48	8
35.14	1:15.17	1:56.11	2:37.37	
3:18.44	3:59.81	4:40.83	5:21.88	
6:03.51	6:45.41	7:27.90	8:09.88	
8:52.98	9:34.78	10:16.78	11:00.67	
11:42.76	12:24.86	13:07.80	13:49.56	
14:30.20	15:11.20	15:52.39	16:33.70	
17:14.77	17:56.37	18:36.53	19:17.31	
19:57.64	20:36.48			
4 Brudenall, Kimberly	15	KLSC	20:38.41	7
35.01	1:14.64	1:54.81	2:36.36	
3:17.83	3:59.02	4:39.73	5:21.05	
6:02.08	6:43.11	7:24.29	8:05.91	
8:48.28	9:30.15	10:12.75	10:55.51	
11:39.43	12:20.55	13:03.68	13:45.89	
14:29.60	15:10.70	15:52.05	16:33.85	
17:15.01	17:55.67	18:37.12	19:17.65	
19:58.94	20:38.41			
5 Lee, Tze-Le	15	DSA	21:15.38	6
38.79	1:21.25	2:04.93	2:48.64	
3:32.14	4:15.68	4:58.62	5:42.73	
6:25.98	7:09.44	7:52.88	8:35.49	
9:17.93	10:00.94	10:43.38	11:26.16	
12:08.21	12:50.40	13:31.90	14:13.67	
14:55.91	15:37.51	16:20.38	17:02.81	
17:45.41	18:28.49	19:10.66	19:52.72	
20:33.63	21:15.38			

6 Wong, Megan	15	DSA	21:27.35	5
35.98	1:17.66	1:59.99	2:42.95	
3:26.13	4:09.08	4:52.22	5:34.98	
6:18.20	7:00.79	7:43.88	8:26.66	
9:09.83	9:53.18	10:36.76	11:20.11	
12:04.17	12:48.09	13:30.75	14:13.51	
14:56.22	15:38.91	16:22.53	17:06.06	
17:49.10	18:32.98	19:16.60	20:00.34	
20:43.89	21:27.35			

Event 211 Boys 18-25 1500 LC Meter Freestyle Open

Meet Rec:16:53.37 M 06/10/2019 Kevin Yeap Soon Choy

Name	Age	Team	Finals Time	
1 Zadrian Chan, Zhi-Weng	19	IBSC	20:48.05	11
31.27	1:08.78	1:47.80	2:28.08	
3:08.97	3:49.47	4:29.45	5:12.26	
5:54.24	6:37.10	7:18.76	8:02.60	
8:44.06	9:27.79	10:11.08	10:54.50	
11:35.97	12:20.04	13:01.78	13:44.76	
14:27.93	15:11.35	15:54.27	16:37.11	
17:20.07	18:02.47	18:44.79	19:27.75	
20:08.16	20:48.05			

Event 213 Boys 10 & Under 200 LC Meter Butterfly Group 4

Meet Rec: 2:30.50 M 14/10/2018 Joshua Yin Hao Zhe

Name	Age	Team	Finals Time	
1 Gabriel Kwong, Joe Xian	10	IBSC	2:43.08	11
35.07	1:15.87	1:59.97	2:43.08	
2 Chng, Saw Huai	10	WST-ZG	2:46.95	9
34.84	1:19.26	2:05.71	2:46.95	
3 Abdul Rashid, Fahim Syal	10	DASC	2:51.38	8
34.92	1:16.25	2:02.10	2:51.38	
4 Yap, Miles Nathanael	10	DSA	2:52.02	7
35.11	1:18.48	2:05.69	2:52.02	
5 Awg, Sulaiman, MD Danie	10	SSMS	2:59.66	6
37.41	1:24.10	2:12.39	2:59.66	
6 Chin, Azriel Jeffri	10	VSC-VI	2:59.96	5
38.89	1:24.42	2:12.38	2:59.96	
7 Zi Peng, Maverick Kok	10	MAS	3:00.41	4
39.44	1:26.28	2:13.58	3:00.41	
8 Tang, Hermann Bok Yu	10	PADE	3:05.45	3
37.57	1:23.94	2:15.40	3:05.45	
9 Azmy, Muhd Imann Khale	10	PGSC	3:12.82	2
41.39	1:31.71	2:23.81	3:12.82	
10 Yen Han, Goh	10	SST	3:13.56	1
43.79	1:33.24	2:24.19	3:13.56	
11 Looi, Ziven	10	NWSC	3:15.63	
39.16	1:28.69	2:22.25	3:15.63	
12 Lee, Da Yu	9	PDT	3:30.25	
40.94	1:36.32	2:34.51	3:30.25	
13 Jun Lin, Eu	9	NWSC	3:32.21	
44.24	1:38.23	2:35.18	3:32.21	

Event 214 Girls 10 & Under 200 LC Meter Butterfly Group 4

Meet Rec: 2:29.17 M 22/10/2017 Misa Okuzono

Name	Age	Team	Finals Time	
1 Tan Ee Lin, Evita	10	DSA	2:54.31	11
39.12	1:25.12	2:09.18	2:54.31	

5th MAS/NSC MID & LONG DISTANCE SWIM CHAMP - 08/10/2022 to 09/10/2022

Hari Sukan Negara 2022

Results

(Event 214 Girls 10 & Under 200 LC Meter Butterfly Group 4)

Name	Age	Team	Finals Time	
2 AW, Yuet Ting	10	PDT	2:55.57	9
35.25 1:20.12		2:08.00	2:55.57	
3 Khairul Anuar, Alisha Am	9	KPGCC	2:58.69	8
40.17 1:26.21		2:12.61	2:58.69	
4 Tee, Vivian	10	WST-ZG	3:18.11	7
37.37 1:22.76		2:19.23	3:18.11	
5 Yeow, Qian Le	10	WST-ZG	3:19.65	6
43.41 1:35.76		2:30.25	3:19.65	
6 Xuan Rou, Tan	10	CSC	3:23.29	5
38.84 1:30.39		2:25.14	3:23.29	
7 Mohamad Suadi, Zara Ale	9	PGSC	3:23.86	4
44.27 1:36.50		2:30.64	3:23.86	
8 Xin En, Lauren Chua	10	KPGCC	3:32.94	3
39.51 1:31.97		2:33.70	3:32.94	
--- Leong, Kathryn	8	PDT	DQ	

Event 215 Boys 11-12 200 LC Meter Butterfly Group 3

Meet Rec: 2:20.17 M 06/10/2019 Yao Yong jie

Name	Age	Team	Finals Time	
1 Yap, Zhen Kok	11	IBSC	2:30.96	11
32.25 1:09.44		1:50.87	2:30.96	
2 Joibi, Tanner	12	SASA	2:37.02	9
34.89 1:14.83		1:56.92	2:37.02	
3 Kuan, Wei Kang	12	PDT	2:42.67	8
34.57 1:16.21		1:59.18	2:42.67	
4 Chong, Zhi Yang	12	PDT	2:44.47	7
36.76 1:20.16		2:03.13	2:44.47	
5 Segar, Neelkantha Arjoo	11	DSA	2:46.87	6
35.75 1:17.01		2:01.45	2:46.87	
6 Kobayashi, Kota	11	DSA	2:48.42	5
34.97 1:16.51		2:02.73	2:48.42	
7 Ahmad Firdaus, Danish H	12	DSA	2:52.77	4
35.11 1:18.19		2:05.69	2:52.77	
8 Hwang, Moses	11	PADE	2:53.17	3
36.33 1:19.72		2:06.73	2:53.17	
9 Chong, Jun Jet	11	DSA	2:55.58	2
38.62 1:21.96		2:08.62	2:55.58	
10 Yeoh, Kenneth	11	PDT	2:56.97	1
38.27 1:24.48		2:11.92	2:56.97	
11 Yong Kang, Lai	12	MAS	3:00.67	
36.36 1:21.21		2:11.72	3:00.67	
12 Oh, Seongsoo	11	PADE	3:06.69	
40.19 1:25.57		2:16.88	3:06.69	
13 Lee, Garrel	12	PDT	3:10.79	
39.93 1:28.39		2:20.55	3:10.79	
14 Lee, Gabriel	12	PDT	3:23.85	
39.00 1:31.87		2:29.29	3:23.85	
15 Zi Ian, Chen	12	KPGCC	3:28.51	
43.56 1:36.18		2:32.29	3:28.51	

Event 216 Girls 11-12 200 LC Meter Butterfly Group 3

Meet Rec: 2:28.86 M 14/10/2018 Bendix Dahl Alma Louise

Name	Age	Team	Finals Time	
1 Khor, Yue Lynn Mishya	12	PADE	2:35.07	11
35.23 1:15.19		1:56.34	2:35.07	
2 Yi Jing, Lynna Yeow	12	MAS	2:35.19	9
33.85 1:13.28		1:54.56	2:35.19	
3 Qian Hui, Felicia Lee	12	MAS	2:36.01	8
34.30 1:13.74		1:55.23	2:36.01	
4 Yen Nie, Laura Lee	12	SASA	2:39.12	7
33.57 1:12.51		1:55.08	2:39.12	
5 Boon, Sophie Sue Qing	12	PADE	2:54.27	6
33.72 1:17.25		2:06.10	2:54.27	
6 Elizabeth Jane, Setzfand	11	CSC	3:00.58	5
37.27 1:23.71		2:12.51	3:00.58	
7 U-Jing, Ashley Cheong	11	SST	3:11.91	4
40.83 1:29.80		2:22.01	3:11.91	
8 Khoo, Jia Ying	12	WST-ZG	3:12.32	3
42.01 1:31.18		2:22.36	3:12.32	
9 Tai, Zi Xuan	12	PADE	3:19.47	2
40.52 1:30.83		2:24.28	3:19.47	

Event 217 Boys 13-14 200 LC Meter Butterfly Group 2

Meet Rec: 2:10.59 M 22/10/2017 Teck Chen Koh

Name	Age	Team	Finals Time	
1 Li Jie, Jayden Goh	13	KPGCC	2:14.04	11
29.28 1:03.76		1:38.91	2:14.04	
2 Adnan, Aslan	13	PADE	2:15.05	9
29.39 1:04.49		1:40.37	2:15.05	
3 YU Xiang, Alvin NG	13	MAS	2:25.96	8
29.50 1:07.82		1:47.33	2:25.96	
4 Zahiruddin, Yusuf Arman	14	PADE	2:29.34	7
31.79 1:09.40		1:48.25	2:29.34	
5 Yeoh, Kevin	14	PDT	2:29.41	6
31.45 1:09.20		1:49.60	2:29.41	
6 Ang, Jen Son	13	PADE	2:29.43	5
33.10 1:12.06		1:51.18	2:29.43	
7 Chan, Henry	13	SST	2:30.04	4
30.87 1:07.90		1:50.04	2:30.04	
8 Yoong, Chang Shen	14	DSA	2:31.20	3
31.36 1:09.27		1:49.62	2:31.20	
9 Pan Xiao Song, Shawn	13	DSA	2:31.26	2
33.25 1:11.94		1:50.44	2:31.26	
10 Tew, Hang Yong	14	PADE	2:31.93	1
33.67 1:14.01		1:53.83	2:31.93	
11 Jun EN, Issac Lee	14	MAS	2:32.66	
32.96 1:12.09		1:52.94	2:32.66	
12 Muhd Asyraf Adlie, .	14	IBSC	2:37.26	
32.97 1:12.40		1:53.96	2:37.26	
13 Thong, Zhen Ning	14	WST-ZG	2:43.63	
33.53 1:14.34		1:59.19	2:43.63	
14 Sarail, MD Nafiz Sazwan	14	SSMS	2:44.60	
32.73 1:11.39		1:57.01	2:44.60	
15 Koh Jun Sheng, Jason	13	DSA	2:45.87	
32.87 1:13.77		1:59.26	2:45.87	

5th MAS/NSC MID & LONG DISTANCE SWIM CHAMP - 08/10/2022 to 09/10/2022

Hari Sukan Negara 2022

Results

(Event 217 Boys 13-14 200 LC Meter Butterfly Group 2)

Name	Age	Team	Finals Time
16 Danish, Emir	14	DSA	2:46.76
35.29	1:17.54	2:03.90	2:46.76
17 Yap, Daniel James	14	DSA	2:59.90
32.53	1:12.60	2:04.01	2:59.90
18 Lim, Oswald	13	PADE	3:02.16
33.03	1:17.95	2:10.15	3:02.16
19 Chong, Houten	14	PADE	3:04.20
40.19	1:27.97	2:19.00	3:04.20
20 Mohd Kifly, Amiruddin	13	SSMS	3:08.83
34.53	1:18.92	2:13.60	3:08.83
21 Soo, Kian Meng	14	PADE	3:12.78
40.90	1:31.22	2:24.56	3:12.78
22 Tai, Zhi Henn	14	PADE	3:13.52
38.49	1:26.88	2:20.51	3:13.52

Event 218 Girls 13-14 200 LC Meter Butterfly Group 2

Meet Rec: 2:24.67 M 14/10/2018 Goh Chia Tong

Name	Age	Team	Finals Time
1 Seoh, Shan Wen	14	PDT	2:34.63
32.87	1:10.60	1:51.30	2:34.63
2 Lee, Yen Ern	13	PDT	2:38.00
34.16	1:13.41	1:56.25	2:38.00
3 Tan, Jamie Guan Jun	13	PADE	2:47.34
35.36	1:17.25	2:01.99	2:47.34
4 Yii, Shyun Wern	14	DSA	2:50.59
35.09	1:17.50	2:04.71	2:50.59
5 Ng, Yu Tong	14	WST-ZG	2:52.83
35.29	1:19.22	2:05.22	2:52.83
6 Chong Sue Huey, Hailey	14	DSA	2:56.51
37.83	1:23.47	2:11.60	2:56.51
7 Lee, Zhi Jynn	14	WST-ZG	2:59.81
35.81	1:19.65	2:09.39	2:59.81
8 Ee Lynn, Chang	14	CSC	3:00.79
36.53	1:20.49	2:10.24	3:00.79
9 Natalie Kulin, Brendda Je	13	SSMS	3:02.32
36.88	1:24.07	2:15.04	3:02.32
--- Sharon Voon, Xue RU	14	SASA	DQ
--- Khairul Anuar, Adriana A	14	KPGCC	DQ

Event 219 Boys 10 & Under 200 LC Meter Breaststroke Group

Meet Rec: 2:54.87 M 06/10/2019 Muhd Dhuha Bin Zulfikry

Name	Age	Team	Finals Time
1 Ng, Johan	10	PDT	3:04.22
41.75	1:28.76	2:18.46	3:04.22
2 Fujimoto, Masato Mark	10	DSA	3:04.50
43.84	1:30.46	2:17.99	3:04.50
3 Ong, Yee Lern	10	PDT	3:06.83
40.98	1:28.70	2:18.13	3:06.83
4 Edric Tay, Jun Han	10	KAWA	3:18.25
46.82	1:37.41	2:28.84	3:18.25
5 Chng, Saw Huai	10	WST-ZG	3:18.44
44.31	1:36.45	2:28.41	3:18.44

6 Jiang, Bo Xiu	9	DSA	3:19.38	5
43.70	1:35.25	2:26.85	3:19.38	
7 ZI Peng, Maverick Kok	10	MAS	3:19.90	4
46.48	1:36.27	2:28.18	3:19.90	
8 Tai Hao, Jared Chan	10	SST	3:20.79	3
45.02	1:36.95	2:29.93	3:20.79	
9 Tang, Hermann Bok Yu	10	PADE	3:21.12	2
45.23	1:36.90	2:29.34	3:21.12	
10 Gabriel Kwong, Joe Xian	10	IBSC	3:22.76	1
46.67	1:39.04	2:31.43	3:22.76	
11 Mu Zi Long, Lewis	9	DSA	3:22.82	
46.00	1:38.01	2:30.29	3:22.82	
12 Chin, Azriel Jeffri	10	VSC-VI	3:22.94	
46.07	1:38.28	2:30.43	3:22.94	
13 Aliff Firdaus, Muhammad	10	MAS	3:26.07	
45.11	1:37.72	2:32.03	3:26.07	
14 Chay, Zech	9	IBSC	3:26.61	
45.59	1:38.73	2:33.80	3:26.61	
15 Awg, Sulaiman, MD Danie	10	SSMS	3:27.79	
48.20	1:41.83	2:35.31	3:27.79	
16 Azmy, Muhd Imann Khale	10	PGSC	3:29.53	
48.81	1:41.66	2:36.82	3:29.53	
17 Yen Han, Goh	10	SST	3:29.63	
50.15	1:44.96	2:38.28	3:29.63	
18 You, Phang	10	SST	3:29.75	
50.11	1:44.55	2:39.46	3:29.75	
19 Looi, Ziven	10	NWSC	3:36.86	
49.10	1:44.92	2:41.31	3:36.86	
20 Lai, In Xuan	10	DSA	3:37.17	
48.92	1:44.41	2:42.56	3:37.17	
21 Eng, Samuel	10	NWSC	3:42.32	
46.49	1:42.34	2:42.02	3:42.32	
22 Kai Ler, Choo	9	MAS	3:43.62	
52.72	1:49.06	2:46.58	3:43.62	
23 Lai, Daniel	8	PDT	3:46.45	
49.01	1:46.77	2:47.65	3:46.45	
24 Teoh, Jetto	9	DSA	3:46.46	
51.41	1:48.74	2:47.99	3:46.46	
25 Lee, Da Yu	9	PDT	3:46.49	
53.42	1:50.80	2:49.12	3:46.49	
26 Kobayashi, Shusuke	8	DSA	3:49.00	
52.71	1:49.97	2:49.43	3:49.00	
27 Jun Lin, Eu	9	NWSC	3:50.94	
52.33	1:50.48	2:51.06	3:50.94	
--- QI Zhen, Yap	7	MAS	DQ	
--- Haqqim Shamsul, Muham	10	KPGCC	DQ	

Event 220 Girls 10 & Under 200 LC Meter Breaststroke Group

Meet Rec: 2:52.76 M 21/10/2017 Misa Okuzono

Name	Age	Team	Finals Time
1 AW, Yuet Ting	10	PDT	3:00.81
41.06	1:26.66	2:14.16	3:00.81
2 Tan Ee Lin, Evita	10	DSA	3:10.80
45.93	1:34.70	2:23.81	3:10.80

5th MAS/NSC MID & LONG DISTANCE SWIM CHAMP - 08/10/2022 to 09/10/2022

Hari Sukan Negara 2022

Results

(Event 220 Girls 10 & Under 200 LC Meter Breaststroke Group 3)

Name	Age	Team	Finals Time	
3 Khairul Anuar, Alisha Am	9	KPGCC	3:15.99	8
46.08	1:35.90	2:25.60	3:15.99	
4 Ker Yee, Chloe, Yeap	10	CSC	3:20.63	7
46.29	1:37.00	2:30.24	3:20.63	
5 Eliza, Yee	10	CSC	3:22.10	6
44.70	1:35.94	2:29.07	3:22.10	
6 Tee, Vivian	10	WST-ZG	3:26.24	5
45.86	1:37.72	2:32.31	3:26.24	
7 Lim Pei Xin, Heidi	10	DSA	3:27.26	4
45.83	1:38.30	2:32.99	3:27.26	
8 ., Teresa	9	MAS	3:30.62	3
48.25	1:41.16	2:35.20	3:30.62	
9 Cheah, Allyna	10	SST	3:32.35	2
46.10	1:41.05	2:36.46	3:32.35	
10 Ming Ting, Anabel, Teoh	9	CSC	3:35.85	1
47.38	1:42.06	2:39.58	3:35.85	
11 Yeow, Qian Le	10	WST-ZG	3:40.01	
52.21	1:49.03	2:45.72	3:40.01	
12 Yha Han, Natalia, Ong	9	CSC	3:41.25	
51.11	1:47.18	2:44.87	3:41.25	
13 ., Putri Alya Aleesya	9	MAS	3:42.30	
50.63	1:46.07	2:44.04	3:42.30	
14 Lim Zhi En, Averie	9	DSA	4:03.02	
52.89	1:53.98	2:58.43	4:03.02	
15 Teoh, Jet Ning	7	DSA	4:03.66	
57.74	1:59.45	3:02.39	4:03.66	
16 Ho, Kai Wen	10	IBSC	4:03.93	
57.48	2:00.47	3:04.15	4:03.93	
17 Chan, Erinn	7	PDT	4:04.38	
55.91	1:58.90	3:03.42	4:04.38	
--- Leong, Kathryn	8	PDT	DQ	

Event 221 Boys 11-12 200 LC Meter Breaststroke Group 3

Meet Rec: 2:38.83 M 06/10/2019 Teo Jun Zet

Name	Age	Team	Finals Time	
1 AW, Romeo	12	PDT	2:41.96	11
36.10	1:17.71	1:59.89	2:41.96	
2 Lim, Joshua	11	NWSC	2:48.01	9
38.89	1:22.28	2:06.03	2:48.01	
3 Adam Malik, Azizur Riza	12	IBSC	2:52.80	8
38.33	1:21.59	2:06.80	2:52.80	
4 Rumawas, Dimas Ardhan	12	DSA	2:52.84	7
37.83	1:20.93	2:07.53	2:52.84	
5 Joibi, Tanner	12	SASA	2:53.60	6
39.92	1:23.89	2:08.93	2:53.60	
6 Tan Yong Jia, Aiden	12	DSA	2:55.66	5
38.31	1:22.60	2:09.12	2:55.66	
7 Choo, Diwen	11	IBSC	2:56.22	4
40.57	1:25.88	2:11.96	2:56.22	
8 Cham, Yu Yang	12	DSA	2:58.65	3
39.85	1:25.18	2:11.42	2:58.65	
9 Teo Kae-C, Cayden	11	VTs	3:00.04	2
40.51	1:27.01	2:13.51	3:00.04	

10 Kee Ming, Yoong	11	NWSC	3:00.30	1
39.94	1:25.76	2:12.60	3:00.30	
11 Zi Hao, Ong	12	SST	3:00.50	
40.02	1:26.60	2:14.95	3:00.50	
12 Kang, Zhen Tai	12	DSA	3:03.99	
41.02	1:28.01	2:15.81	3:03.99	
13 Yong Kang, Lai	12	MAS	3:04.60	
41.13	1:28.41	2:16.58	3:04.60	
14 Hwang, Moses	11	PADE	3:06.77	
40.47	1:28.50	2:18.44	3:06.77	
15 Hamid, Hafuza Zunnur Ze	11	SSMS	3:10.15	
43.97	1:33.00	2:22.02	3:10.15	
16 Mohd Azlan, Mohammad	11	PADE	3:15.71	
41.17	1:30.95	2:23.51	3:15.71	
17 Chay, Sean	11	IBSC	3:16.78	
43.50	1:34.05	2:25.97	3:16.78	
18 Tsen Ze Yu, Jacob	12	DSA	3:18.25	
42.91	1:33.00	2:26.08	3:18.25	
19 Mohd Hanafi, Hafiz	12	PADE	3:22.16	
45.68	1:36.84	2:30.25	3:22.16	
20 Lee, Garrel	12	PDT	3:24.08	
47.18	1:39.01	2:32.93	3:24.08	
21 Tseng Wei Jian, Tyler	11	DSA	3:28.46	
46.75	1:39.91	2:34.15	3:28.46	
22 Chong, Zhi Yang	12	PDT	3:28.74	
46.11	1:36.58	2:27.80	3:28.74	
23 Lai, Joshua	11	PDT	3:33.60	
46.60	1:41.08	2:37.15	3:33.60	
24 Lee, Owen Qi Wen	11	PADE	3:41.08	
50.03	1:47.05	2:44.42	3:41.08	
25 Hisham, Nurrayyan Sham	12	KPGCC	4:58.93	
1:01.81	2:19.87	3:41.33	4:58.93	

Event 222 Girls 11-12 200 LC Meter Breaststroke Group 3

Meet Rec: 2:52.00 M 16/09/2016 Zi Syuen Ng

Name	Age	Team	Finals Time	
1 Buckley, Isabelle Chiyi	12	IBSC	2:49.19M	11
38.36	1:21.50	2:05.74	2:49.19	
2 Khoo, Sue Enn	12	PADE	2:58.01	9
39.88	1:25.82	2:12.33	2:58.01	
3 Riseley, Hannah Maegan	11	IBSC	2:58.48	8
40.58	1:26.64	2:13.65	2:58.48	
4 Qian Hui, Felicia Lee	12	MAS	3:04.76	7
42.15	1:29.21	2:17.16	3:04.76	
5 Leong, Habe	12	PDT	3:05.46	6
41.45	1:28.70	2:17.89	3:05.46	
6 Yap, Inn Xuan	11	DSA	3:08.80	5
43.09	1:31.50	2:20.75	3:08.80	
7 Yap, Grace Qian Yi	12	PADE	3:14.21	4
42.35	1:32.43	2:23.71	3:14.21	
8 Ping Yee, Hooy	11	CSC	3:14.43	3
45.41	1:35.64	2:26.76	3:14.43	
9 Chong, Yuan Yi	12	PADE	3:14.81	2
43.16	1:34.43	2:24.89	3:14.81	
10 Bonyamin, Hani Farhana	11	PGSC	3:17.58	1
43.35	1:33.54	2:25.35	3:17.58	

5th MAS/NSC MID & LONG DISTANCE SWIM CHAMP - 08/10/2022 to 09/10/2022

Hari Sukan Negara 2022

Results

(Event 222 Girls 11-12 200 LC Meter Breaststroke Group 3)

Name	Age	Team	Finals Time
11 Zhou, Anna	12	DSA	3:22.33
45.72	1:36.96	2:30.06	3:22.33
12 Khoo Zhi Ning, Hannah	11	DSA	3:22.52
44.55	1:35.96	2:29.10	3:22.52
13 Elyssa Yeoh, Pei Xin	11	WST-ZG	3:23.93
44.46	1:35.90	2:29.82	3:23.93
14 Li, Allison E-Chen	11	PADE	3:25.78
46.24	1:37.75	2:32.64	3:25.78
15 Hew, Cheryl	12	PDT	3:35.05
50.70	1:45.65	2:40.58	3:35.05
16 Chang, Sarah (Bokeum)	12	DSA	3:44.55
49.37	1:45.65	2:44.63	3:44.55
--- , Khairun Damia	12	MAS	DQ

Event 223 Boys 13-14 200 LC Meter Breaststroke Group 2

Meet Rec: 2:30.66 M 06/10/2019 Andrew Goh

Name	Age	Team	Finals Time
1 Ong, Yee Herng	14	PDT	2:36.88
36.07	1:16.53	1:57.13	2:36.88
2 Jun EN, Issac Lee	14	MAS	2:42.04
36.53	1:17.22	2:00.23	2:42.04
3 Loh Jia Sheng, Jason	14	DSA	2:42.67
35.56	1:17.60	2:00.05	2:42.67
4 Lee, Boon Wei David	14	IBSC	2:42.68
37.28	1:19.26	2:01.54	2:42.68
5 Vikneswaran, Jay	13	SSMS	2:43.50
35.89	1:17.74	2:00.93	2:43.50
6 Chen Zi An, Alan	14	DSA	2:45.54
36.32	1:18.47	2:01.65	2:45.54
7 ZI Chuen, Yap	13	MAS	2:45.83
35.54	1:17.02	2:01.68	2:45.83
8 Norasli, Harith Aiman Ad	13	KSC	2:47.34
37.74	1:19.85	2:04.17	2:47.34
9 Chin, Yu Kean	13	IBSC	2:50.83
35.94	1:19.32	2:05.13	2:50.83
10 Lai, Samuel	14	PDT	2:51.34
38.36	1:23.35	2:08.27	2:51.34
11 Wei Ming, Jason Lee	13	MAS	2:51.59
37.86	1:21.34	2:06.87	2:51.59
12 Koh, Boon Chok	13	IBSC	2:51.77
37.00	1:19.39	2:05.03	2:51.77
13 Brian How, Jun Bing	14	IBSC	2:52.47
39.34	1:24.63	2:09.29	2:52.47
14 Ethan Yeoh, Phee Ren	14	WST-ZG	2:53.33
37.52	1:22.52	2:07.82	2:53.33
15 Yeoh, Kevin	14	PDT	2:54.48
41.03	1:26.65	2:11.10	2:54.48
16 Liew, Ze Hou	13	DSA	2:54.66
39.22	1:22.59	2:07.93	2:54.66
17 Loong Kar Man, Ivan	13	DSA	2:55.23
38.47	1:22.46	2:08.50	2:55.23
18 Yap, Jun Hin	13	DSA	2:55.58
38.12	1:22.60	2:08.51	2:55.58

19 Yap, Daniel James	14	DSA	2:57.77
38.52	1:23.13	2:10.72	2:57.77
20 Abdullah, Muhd Amirul I	13	KSC	2:58.39
37.85	1:22.90	2:10.80	2:58.39
21 Ng, Yean Hsu	13	DSA	2:59.11
39.68	1:25.34	2:11.73	2:59.11
22 Hwang, Zen Yi Isaac	13	PADE	2:59.27
38.53	1:25.15	2:13.18	2:59.27
23 Yoong, Chang Lin	13	DSA	3:01.65
39.86	1:26.30	2:14.86	3:01.65
24 Lim, Oswald	13	PADE	3:06.17
41.83	1:30.20	2:19.51	3:06.17
25 Mohd Rosli, Nik Adam Mi	13	DSA	3:07.09
40.11	1:26.87	2:16.08	3:07.09
26 Sun Xin, Jordan EA	13	MAS	3:07.55
41.18	1:29.33	2:18.84	3:07.55
27 Ooi, Hong Rui	13	PDT	3:13.68
44.32	1:33.87	2:23.42	3:13.68
28 Aiden Leong, Wei Xuan	13	IBSC	3:15.03
42.19	1:31.68	2:23.76	3:15.03
29 Lee Zhen Hao, Aloysius	13	DSA	3:15.78
43.16	1:32.52	2:24.08	3:15.78
30 Soo, Kian Meng	14	PADE	3:18.87
44.35	1:34.63	2:27.58	3:18.87
31 Yeap Shun Quan, Oswald	13	DSA	3:20.13
41.57	1:31.20	2:25.63	3:20.13
32 Tai, Zhi Henn	14	PADE	3:21.75
43.98	1:34.03	2:27.83	3:21.75
33 Lavnesh, AL Kamaleshwa	13	WST-ZG	3:28.41
45.72	1:38.42	2:34.36	3:28.41
--- Ethan Pang, Hong Jiang	14	IBSC	DQ
--- Jun Yip, Oliver Kwok	13	SST	DQ
--- Zafran Darwis, bin Faiza	14	IBSC	DQ
--- Teh, Jed Qi Xian	13	PADE	DQ
--- Kay, Finlay Palmer	13	DSA	DQ

Event 224 Girls 13-14 200 LC Meter Breaststroke Group 2

Meet Rec: 2:47.96 M 06/10/2019 Ng Zi Syuen

Name	Age	Team	Finals Time
1 Lee, Zhi Jynn	14	WST-ZG	2:53.37
39.88	1:24.00	2:09.18	2:53.37
2 Quincylla, Mohamad Fird	14	WST-ZG	2:57.80
39.22	1:24.04	2:10.44	2:57.80
3 Wong, Kaylee	13	DSA	2:59.28
38.65	1:23.21	2:10.79	2:59.28
4 Seoh, Shan Wen	14	PDT	3:03.54
41.86	1:28.27	2:15.76	3:03.54
5 Lee, Yen Ern	13	PDT	3:04.30
41.40	1:28.32	2:16.02	3:04.30
6 Ewe Xin Yue, Josette	13	DSA	3:07.30
42.17	1:30.10	2:19.11	3:07.30

5th MAS/NSC MID & LONG DISTANCE SWIM CHAMP - 08/10/2022 to 09/10/2022

Hari Sukan Negara 2022

Results

(Event 224 Girls 13-14 200 LC Meter Breaststroke Group 2)

Name	Age	Team	Finals Time	
7 Wong Ee Yin, Eunice	13	DSA	3:08.24	4
41.79	1:29.28	2:18.25	3:08.24	
8 Soo, Jeng Hei	13	IBSC	3:13.93	3
42.68	1:33.21	2:24.68	3:13.93	
9 Nur Ariessa Safiya, .	14	IBSC	3:14.35	2
43.99	1:32.73	2:23.38	3:14.35	
10 Ahmad Humaizi, Azra Na	13	PADE	3:19.07	1
43.26	1:34.27	2:27.09	3:19.07	
11 Khairul Anuar, Adriana A	14	KPGCC	3:21.31	
45.22	1:37.25	2:29.53	3:21.31	
12 Shukor Al-Masrie, Siti No	14	PADE	3:26.28	
44.99	1:36.47	2:31.81	3:26.28	
13 Natalie Kulin, Brendda Je	13	SSMS	3:34.38	
48.00	1:43.23	2:39.27	3:34.38	

Event 225 Boys 15-17 200 LC Meter Breaststroke Group 1

Meet Rec: 2:24.58 M 06/10/2019 Hii Puong Wei

Name	Age	Team	Finals Time	
1 Goh, Andrew	17	PADE	2:23.07M	11
32.55	1:09.76	1:46.50	2:23.07	
2 Harry Chong, Guang Ming	17	IBSC	2:26.43	9
32.04	1:09.36	1:47.61	2:26.43	
3 Cham, Yu Xiang	15	DSA	2:29.37	8
33.95	1:11.34	1:49.28	2:29.37	
4 Teo, Zun Jet	15	IBSC	2:31.58	7
33.70	1:11.42	1:50.44	2:31.58	
5 Rio, Shirai	16	CSC	2:33.62	6
34.50	1:13.89	1:54.15	2:33.62	
6 Shadzlee, Shahenry Wong	17	DSA	2:38.99	5
34.86	1:14.95	1:56.52	2:38.99	
7 Chong, Jun Ron	15	DSA	2:39.49	4
35.17	1:15.21	1:57.17	2:39.49	
8 Ng, Yean Yu	15	DSA	2:41.04	3
34.52	1:15.58	1:56.46	2:41.04	
9 Li Hen, Henry Goh	15	KPGCC	2:42.25	2
34.15	1:14.60	1:58.42	2:42.25	
10 Ng E Hin, Atticus	17	DSA	2:45.30	1
37.00	1:19.00	2:02.35	2:45.30	
11 Wong Ken Ryu, Jayden	15	DSA	2:49.38	
36.25	1:18.96	2:03.84	2:49.38	
12 Brendon Cheah, Wai Kit	15	IBSC	2:51.38	
37.53	1:20.70	2:06.51	2:51.38	
13 Yong Hong, Lai	15	MAS	2:53.82	
38.25	1:22.67	2:08.68	2:53.82	
14 Ho, Kai Jie	15	IBSC	2:59.63	
38.45	1:23.87	2:10.84	2:59.63	
15 Lem, Chen Yi	15	DSA	3:00.12	
39.73	1:25.03	2:12.82	3:00.12	
16 Jian Hao, Jayvyn Loke	15	KSAS	3:01.69	
39.24	1:24.74	2:13.34	3:01.69	
17 Fadhlur Rahman, Lutfi Hadil	15	PADE	3:02.87	
41.20	1:27.55	2:16.02	3:02.87	
18 Ahamd Sanusi, Muhd Lutfir	15	KPGCC	3:26.67	
42.94	1:34.50	2:30.24	3:26.67	

Event 226 Girls 15-17 200 LC Meter Breaststroke Group 1

Meet Rec: 2:37.97 M 06/10/2019 Alicia Li Ann Soosai

Name	Age	Team	Finals Time	
1 Lew Zi Yan, Joanne	15	DSA	3:09.23	11
43.29	1:31.62	2:21.30	3:09.23	
2 Lee, Tze-Le	15	DSA	3:10.32	9
41.88	1:30.06	2:20.70	3:10.32	
3 Loh, Kirsten	15	NWSC	3:13.49	8
43.72	1:33.13	2:22.33	3:13.49	
4 Lee, Yong Ning	15	PDT	3:29.10	7
46.47	1:39.59	2:34.18	3:29.10	
5 Marissa Soo, Sze Shuen	15	IBSC	3:34.96	6
46.80	1:39.50	2:35.87	3:34.96	

Event 228 Girls 18-25 200 LC Meter Breaststroke Open

Meet Rec: 3:03.47 M 06/10/2019 Jamie Ang Hui Hsien

Name	Age	Team	Finals Time	
1 Lau, Jerriel	20	DSA	3:00.63M	11
41.79	1:27.46	2:14.22	3:00.63	

Event 229 Boys 11-12 400 LC Meter IM Group 3

Meet Rec: 5:03.31 M 06/10/2019 Yong Jie Yap

Name	Age	Team	Finals Time	
1 Chong, Zhi Yang	12	PDT	5:18.23	11
34.55	1:15.08	2:00.63	2:42.28	
3:27.18	4:12.81	4:47.52	5:18.23	
2 So Teng Hoe, Vitus	12	DSA	5:18.47	9
33.43	1:12.05	1:57.50	2:40.87	
3:25.69	4:11.78	4:46.70	5:18.47	
3 Yen Sern, Goh	12	SST	5:29.10	8
33.93	1:14.72	1:58.59	2:41.58	
3:30.16	4:18.74	4:55.16	5:29.10	
4 Joibi, Tanner	12	SASA	5:34.27	7
37.41	1:19.87	2:07.44	2:52.11	
3:36.89	4:21.69	4:59.92	5:34.27	
5 AW, Romeo	12	PDT	5:49.68	6
42.05	1:33.79	2:19.89	3:03.43	
3:47.64	4:32.01	5:13.84	5:49.68	
6 Hwang, Moses	11	PADE	5:52.76	5
37.97	1:24.48	2:11.17	2:56.71	
3:45.79	4:33.61	5:14.25	5:52.76	
7 Cham, Yu Yang	12	DSA	5:56.86	4
37.10	1:22.76	2:11.36	2:57.66	
3:44.64	4:32.61	5:16.06	5:56.86	
8 Yong Kang, Lai	12	MAS	6:00.93	3
37.97	1:25.63	2:14.31	3:02.28	
3:51.49	4:41.57	5:22.54	6:00.93	
9 Teoh, Jet Shaun	11	DSA	6:06.58	2
38.99	1:25.00	2:12.49	2:59.08	
3:48.82	4:40.64	5:24.70	6:06.58	
10 Lee, Garrel	12	PDT	6:07.71	1
42.05	1:31.19	2:21.57	3:10.51	
4:01.99	4:53.65	5:32.93	6:07.71	
11 Khew, Mu Han	11	PADE	6:09.92	
42.50	1:33.51	2:19.49	3:04.51	
3:59.58	4:53.24	5:33.96	6:09.92	

5th MAS/NSC MID & LONG DISTANCE SWIM CHAMP - 08/10/2022 to 09/10/2022

Hari Sukan Negara 2022

Results

(Event 229 Boys 11-12 400 LC Meter IM Group 3)

Name	Age	Team	Finals Time
12 Yeoh, Kenneth	11	PDT	6:10.06
41.09	1:29.21	2:18.17	3:07.38
4:00.08	4:52.74	5:31.86	6:10.06
13 Lee, Gabriel	12	PDT	6:17.55
40.06	1:29.63	2:18.86	3:04.85
4:00.39	4:55.43	5:36.42	6:17.55
14 Muhamad Azhar, Muham	12	RAR	6:21.55
36.85	1:20.28	2:11.47	3:00.16
3:57.03	4:53.71	5:38.56	6:21.55
--- Mohd Hanafi, Hafiz	12	PADE	DQ

Event 230 Girls 11-12 400 LC Meter IM Group 3

Meet Rec: 5:08.63 M 14/10/2018 Misa Okuzono

Name	Age	Team	Finals Time
1 Qian Hui, Felicia Lee	12	MAS	5:29.31 11
34.71	1:14.52	1:58.04	2:39.81
3:27.05	4:14.85	4:52.56	5:29.31
2 Zhou, Angel	12	DSA	5:35.93 9
35.75	1:17.08	2:01.73	2:44.26
3:32.21	4:21.52	4:59.67	5:35.93
3 Yen Nie, Laura Lee	12	SASA	5:40.77 8
34.46	1:14.15	1:55.21	2:35.81
3:29.05	4:22.62	5:02.21	5:40.77
4 See RU, Yong	12	RAR	5:41.74 7
33.26	1:12.67	1:58.50	2:42.63
3:34.61	4:26.62	5:04.95	5:41.74
5 Boon, Sophie Sue Qing	12	PADE	5:44.84 6
34.70	1:19.31	2:02.38	2:44.50
3:36.61	4:27.77	5:07.30	5:44.84
6 Elizabeth Jane, Setzfand	11	CSC	6:00.55 5
37.84	1:23.04	2:10.79	2:56.39
3:46.17	4:37.04	5:19.53	6:00.55
7 ., Putri Dhia Darwisya	12	MAS	6:08.86 4
36.66	1:22.43	2:11.22	2:59.15
3:49.29	4:40.28	5:25.88	6:08.86
8 Yha Rou, Natasha, Ong	11	CSC	6:09.68 3
38.86	1:26.56	2:13.53	2:59.79
3:53.04	4:46.15	5:29.29	6:09.68
9 Wong, Joelyne	11	IBSC	6:17.06 2
39.72	1:28.88	2:18.27	3:04.70
3:58.95	4:53.00	5:34.96	6:17.06
10 Bonyamin, Hani Farhana	11	PGSC	6:17.13 1
39.40	1:28.26	2:17.18	3:04.42
3:57.44	4:51.35	5:36.04	6:17.13
11 Yap, Inn Xuan	11	DSA	6:22.09
39.84	1:30.38	2:22.12	3:09.73
4:05.32	5:00.52	5:39.83	6:22.09
12 Elyssa Yeoh, Pei Xin	11	WST-ZG	6:23.58
43.24	1:33.71	2:21.34	3:08.12
4:00.46	4:54.58	5:40.00	6:23.58
13 Khoo, Jia Ying	12	WST-ZG	6:27.69
41.95	1:32.40	2:23.86	3:14.38
4:08.32	5:03.55	5:46.73	6:27.69

14 Yong Nyuk Ling, Maychel	12	SSMS	6:31.77
39.62	1:32.53	2:22.85	3:11.32
4:07.35	5:06.38	5:48.24	6:31.77
15 U-Jing, Ashley Cheong	11	SST	6:36.85
41.56	1:33.05	2:24.06	3:12.68
4:13.38	5:12.35	5:56.13	6:36.85
--- Pok, Sin Yee	11	DSA	DQ

Event 231 Boys 13-14 400 LC Meter IM Group 2

Meet Rec: 4:50.65 M 22/10/2017 Hoe Yean Steve Khiew

Name	Age	Team	Finals Time
1 Adnan, Aslan	13	PADE	5:02.39 11
29.24	1:04.73	1:46.57	2:25.56
3:09.11	3:53.39	4:28.92	5:02.39
2 Hannes Wan, Khai Hern	13	WST-ZG	5:09.04 9
33.23	1:11.48	1:53.54	2:33.94
3:17.12	4:00.89	4:36.74	5:09.04
3 Jun EN, Issac Lee	14	MAS	5:10.65 8
33.39	1:13.35	1:55.39	2:34.99
3:18.11	4:01.75	4:37.91	5:10.65
4 Looi, Zizou	13	NWSC	5:12.74 7
31.52	1:10.73	1:53.39	2:34.87
3:20.86	4:06.49	4:40.74	5:12.74
5 Thong, Zhen Ning	14	WST-ZG	5:15.48 6
31.69	1:09.92	1:53.05	2:34.76
3:21.08	4:06.76	4:42.14	5:15.48
6 Chan, Henry	13	SST	5:17.98 5
31.28	1:08.20	1:48.92	2:28.67
3:18.80	4:07.47	4:43.60	5:17.98
7 Yap, Rong Yi	13	PADE	5:18.95 4
32.33	1:13.72	1:56.55	2:38.12
3:24.58	4:11.30	4:47.80	5:18.95
8 Yoong, Chang Shen	14	DSA	5:22.19 3
31.51	1:09.25	1:54.02	2:36.68
3:24.06	4:11.70	4:47.29	5:22.19
9 Vikneswaran, Jay	13	SSMS	5:32.48 2
33.63	1:13.29	1:59.26	2:42.50
3:29.52	4:16.71	4:56.14	5:32.48
10 Norasli, Harith Aiman Ad	13	KSC	5:39.31 1
34.96	1:17.43	2:03.89	2:49.83
3:35.37	4:22.68	5:01.72	5:39.31
11 Lim, Oswald	13	PADE	5:47.40
33.82	1:17.30	2:01.00	2:43.52
3:37.02	4:29.05	5:10.19	5:47.40
12 Koh Jun Sheng, Jason	13	DSA	5:51.89
33.01	1:12.65	2:00.05	2:44.90
3:39.37	4:33.02	5:13.68	5:51.89
13 Mohd Rosli, Nik Adam Mi	13	DSA	6:14.41
36.29	1:19.71	2:12.95	3:06.12
3:54.25	4:45.87	5:31.09	6:14.41
14 You Ting, Jayden Loke	13	KSAS	6:15.99
38.11	1:26.36	2:13.09	2:59.19
3:56.20	4:53.34	5:35.90	6:15.99

5th MAS/NSC MID & LONG DISTANCE SWIM CHAMP - 08/10/2022 to 09/10/2022

Hari Sukan Negara 2022

Results

(Event 231 Boys 13-14 400 LC Meter IM Group 2)

Name	Age	Team	Finals Time
--- Chen Zi An, Alan	14	DSA	DQ
--- Yoong, Chang Lin	13	DSA	DQ
--- Zahiruddin, Yusuf Arman	14	PADE	DQ

Event 232 Girls 13-14 400 LC Meter IM Group 2

Meet Rec: 5:29.39 M 22/10/2017 Yumi Okuzono

Name	Age	Team	Finals Time
1 Khew, Zi Xian	13	PADE	5:36.76 11
31.84	1:09.26	1:53.53	2:36.20
3:26.14	4:17.19	4:58.29	5:36.76
2 Lee, Yen Ern	13	PDT	5:37.67 9
34.61	1:14.74	2:02.60	2:47.77
3:36.89	4:25.19	5:03.09	5:37.67
3 Seoh, Shan Wen	14	PDT	5:38.14 8
33.53	1:12.28	1:57.12	2:41.37
3:31.29	4:21.39	5:01.56	5:38.14
4 Lee, Zhi Jynn	14	WST-ZG	5:46.39 7
36.19	1:20.17	2:07.80	2:52.86
3:38.28	4:25.37	5:05.53	5:46.39
5 Soh Wern Yi, Ashley	14	DSA	5:49.56 6
36.82	1:20.21	2:07.45	2:51.20
3:40.76	4:31.52	5:11.59	5:49.56
6 Quincylla, Mohamad Fird	14	WST-ZG	5:51.69 5
35.41	1:24.11	2:10.87	2:55.92
3:44.06	4:33.37	5:13.05	5:51.69
7 Tan, Jamie Guan Jun	13	PADE	5:57.67 4
34.83	1:16.00	2:03.25	2:49.88
3:40.92	4:33.13	5:15.75	5:57.67
8 Yii, Shyun Wern	14	DSA	5:57.83 3
35.39	1:18.43	2:05.71	2:53.18
3:46.75	4:39.25	5:19.50	5:57.83
9 Chong Sue Huey, Hailey	14	DSA	5:58.78 2
38.22	1:22.72	2:09.58	2:54.55
3:49.26	4:39.35	5:22.22	5:58.78
10 Ng, Yu Tong	14	WST-ZG	6:03.29 1
36.21	1:21.22	2:09.08	2:55.53
3:46.60	4:38.28	5:21.72	6:03.29
11 Chong, En Ci	13	DSA	6:30.78
38.15	1:26.01	2:17.34	3:04.81
4:03.00	5:02.30	5:47.08	6:30.78

Event 233 Boys 15-17 400 LC Meter IM Group 1

Meet Rec: 4:39.59 M 14/10/2018 Hoe Yean Steve Khiew

Name	Age	Team	Finals Time
1 Jun Xian, Anselm Lee	16	MAS	4:51.40 11
30.07	1:04.70	1:44.84	2:23.47
3:07.00	3:49.93	4:20.39	4:51.40

2 Rio, Shirai	16	CSC	4:52.93 9
30.35	1:05.21	1:45.78	2:24.92
3:07.09	3:48.74	4:22.25	4:52.93
3 Goh, Andrew	17	PADE	4:58.45 8
31.20	1:10.51	1:51.55	2:31.45
3:11.98	3:52.88	4:26.07	4:58.45
4 Hii, Puong Jie	15	KAWA	5:00.28 7
30.52	1:07.27	1:47.89	2:27.65
3:10.89	3:53.94	4:28.69	5:00.28
5 McCartan, Gabriel Francis	16	DSA	5:03.04 6
29.79	1:05.15	1:45.98	2:25.84
3:10.97	3:56.79	4:30.89	5:03.04
6 Tee, Vanness	15	WST-ZG	5:10.82 5
29.91	1:06.19	1:48.51	2:30.49
3:15.45	4:00.53	4:36.97	5:10.82
7 Yong Hong, Lai	15	MAS	5:34.84 4
32.74	1:13.36	1:59.44	2:44.03
3:31.23	4:18.45	5:00.16	5:34.84
8 Khew, Zhan Hao	15	PADE	5:35.04 3
30.92	1:09.00	1:54.10	2:38.62
3:28.27	4:19.19	4:57.72	5:35.04
--- Low, Keenen	15	IBSC	DQ

Event 234 Girls 15-17 400 LC Meter IM Group 1

Meet Rec: 5:10.62 M 06/10/2019 Angelina Chan

Name	Age	Team	Finals Time
1 Yen Ling, Alexis Lee	15	SASA	5:44.03 11
35.29	1:15.93	2:00.80	2:46.04
3:36.59	4:27.34	5:06.65	5:44.03
2 ., Annur Farisya Najwa	16	MAS	6:26.70 9
37.99	1:26.61	2:13.91	3:00.00
3:57.10	4:54.82	5:41.99	6:26.70

Event 236 Girls 18-25 400 LC Meter IM Open

Meet Rec: 5:47.87 M 06/10/2019 Fong Yee Ling

Name	Age	Team	Finals Time
1 Lau, Jerriel	20	DSA	5:31.86M 11
35.11	1:16.22	2:01.49	2:44.77
3:32.27	4:19.37	4:56.43	5:31.86

Event 237 Boys 10 & Under 200 LC Meter Freestyle Group 4

Meet Rec: 2:16.12 M 06/10/2019 Muhd Dhuha Bin Zulfikry

Name	Age	Team	Finals Time
1 Fujimoto, Masato Mark	10	DSA	2:25.19 11
32.68	1:09.41	1:48.06	2:25.19
2 Mu Zi Long, Lewis	9	DSA	2:25.85 9
33.60	1:11.18	1:49.31	2:25.85
3 Damian Seth Lim, .	10	IBSC	2:26.29 8
33.50	1:10.45	1:49.06	2:26.29
4 Chng, Saw Huai	10	WST-ZG	2:28.96 7
33.89	1:12.04	1:52.03	2:28.96
5 Looi, Ziven	10	NWSC	2:30.27 6
34.22	1:12.14	1:51.58	2:30.27
*6 Yap, Miles Nathanael	10	DSA	2:30.44 4.5
33.40	1:11.97	1:52.11	2:30.44

5th MAS/NSC MID & LONG DISTANCE SWIM CHAMP - 08/10/2022 to 09/10/2022

Hari Sukan Negara 2022

Results

(Event 237 Boys 10 & Under 200 LC Meter Freestyle Group 4]

Name	Age	Team	Finals Time	
*6 Chin, Azriel Jeffri	10	VSC-VI	2:30.44	4.5
34.53	1:12.54	1:51.81	2:30.44	
8 Ng, Johan	10	PDT	2:32.08	3
34.82	1:14.16	1:55.02	2:32.08	
9 Gabriel Kwong, Joe Xian	10	IBSC	2:32.12	2
35.00	1:13.16	1:53.35	2:32.12	
10 Ong, Yee Lern	10	PDT	2:32.55	1
34.53	1:12.79	1:53.69	2:32.55	
11 Ho, Zhi Ju	9	DSA	2:33.02	
34.95	1:15.35	1:55.20	2:33.02	
12 Jinn Yuan, Brandon Teh	10	SST	2:33.75	
33.55	1:12.00	1:53.59	2:33.75	
13 Awg, Sulaiman, MD Dania	10	SSMS	2:34.45	
34.13	1:12.12	1:52.87	2:34.45	
14 Tang, Hermann Bok Yu	10	PADE	2:37.19	
36.48	1:16.54	1:58.95	2:37.19	
15 Jiang, Bo Xiu	9	DSA	2:37.27	
34.88	1:14.57	1:56.72	2:37.27	
16 Zi Peng, Maverick Kok	10	MAS	2:41.48	
38.40	1:19.43	2:01.48	2:41.48	
17 Edric Tay, Jun Han	10	KAWA	2:41.58	
38.00	1:19.28	2:01.37	2:41.58	
18 You, Phang	10	SST	2:44.45	
38.71	1:21.38	2:04.96	2:44.45	
19 Hew, Bo Yu	10	DSA	2:45.08	
35.87	1:17.52	2:00.60	2:45.08	
20 Jun Lin, Eu	9	NWSC	2:48.00	
38.24	1:21.32	2:05.28	2:48.00	
21 Lai, In Xuan	10	DSA	2:49.07	
36.68	1:19.79	2:05.37	2:49.07	
22 Yuen, Kwok Kit	10	WST-ZG	2:49.11	
37.93	1:21.92	2:05.43	2:49.11	
23 Eng, Samuel	10	NWSC	2:49.64	
37.06	1:20.56	2:06.09	2:49.64	
24 Tai Hao, Jared Chan	10	SST	2:52.61	
39.01	1:23.77	2:09.41	2:52.61	
25 Yen Han, Goh	10	SST	2:52.93	
39.75	1:25.94	2:11.65	2:52.93	
26 Kobayashi, Shusuke	8	DSA	2:52.99	
38.50	1:23.59	2:08.89	2:52.99	
27 Yun Rui, Kok	9	VTs	2:53.98	
38.67	1:23.19	2:10.27	2:53.98	
28 Chay, Zech	9	IBSC	2:54.61	
39.57	1:24.32	2:11.00	2:54.61	
29 Azmy, Muhd Imann Khale	10	PGSC	2:54.78	
39.64	1:25.20	2:13.16	2:54.78	
30 Kai Ler, Choo	9	MAS	2:56.45	
40.73	1:27.26	2:13.23	2:56.45	
31 Lee, Da Yu	9	PDT	2:57.60	
40.39	1:24.59	2:13.24	2:57.60	
32 Teoh, Jetto	9	DSA	2:59.55	
39.62	1:25.16	2:13.15	2:59.55	
33 Ariano,, Raphael	10	IBSC	3:02.61	
42.27	1:29.92	2:17.55	3:02.61	

34 Lai, Daniel	8	PDT	3:02.89
38.07	1:25.44	2:16.40	3:02.89
35 Aliff Firdaus, Muhammad	10	MAS	3:06.48
41.39	1:28.61	2:17.54	3:06.48
36 Nicholas, Yee	9	CSC	3:06.72
41.40	1:30.24	2:19.70	3:06.72
37 Lee, Soon Jian	9	PDT	3:08.38
42.77	1:30.36	2:22.00	3:08.38
38 Qi Zhen, Yap	7	MAS	3:10.05
43.42	1:33.63	2:23.49	3:10.05
39 Bowie Mak, .	10	IBSC	3:18.77
45.53	1:35.59	2:28.04	3:18.77
40 Haqqim Shamsul, Muham	10	KPGCC	3:45.30
40.84	1:38.37	2:44.33	3:45.30
41 Zhafran Ramli, Muham	8	KPGCC	4:13.12
53.71	2:00.11	3:08.51	4:13.12

Event 238 Girls 10 & Under 200 LC Meter Freestyle Group 4

Meet Rec: 2:14.20 M 22/10/2017 Misa Okuzono

Name	Age	Team	Finals Time	
1 Tee, Vivian	10	WST-ZG	2:25.68	11
33.45	1:10.45	1:48.82	2:25.68	
2 Tan Ee Lin, Evita	10	DSA	2:30.10	9
34.42	1:12.61	1:51.40	2:30.10	
3 AW, Yuet Ting	10	PDT	2:31.12	8
34.74	1:14.20	1:53.69	2:31.12	
4 Xin En, Lauren Chua	10	KPGCC	2:31.58	7
34.65	1:13.72	1:53.22	2:31.58	
5 Seng Yue, Averie	9	VTs	2:34.95	6
35.53	1:15.04	1:55.80	2:34.95	
6 Khairul Anuar, Alisha Am	9	KPGCC	2:35.29	5
35.93	1:16.04	1:56.96	2:35.29	
7 Xuan Rou, Tan	10	CSC	2:40.63	4
34.09	1:12.82	1:56.78	2:40.63	
8 Eliza, Yee	10	CSC	2:41.05	3
37.03	1:17.73	1:59.85	2:41.05	
9 Yun Yi, Kok	9	VTs	2:42.60	2
38.09	1:19.56	2:02.96	2:42.60	
10 Mohamad Suadi, Zara Ale	9	PGSC	2:43.45	1
36.45	1:18.64	2:02.17	2:43.45	
11 Ruo Qing, Lee	10	KPGCC	2:46.30	
36.40	1:18.68	2:03.84	2:46.30	
12 Yeow, Qian Le	10	WST-ZG	2:46.79	
39.23	1:22.90	2:06.89	2:46.79	
13 Lim Pei Xin, Heidi	10	DSA	2:51.67	
37.09	1:21.06	2:08.03	2:51.67	
14 Yap Cai Li, Analey	10	DSA	2:52.19	
36.42	1:19.71	2:07.11	2:52.19	
15 Ker Yee, Chloe, Yeap	10	CSC	2:54.44	
40.18	1:25.34	2:11.53	2:54.44	
16 ., Teresa	9	MAS	3:00.30	
40.57	1:26.53	2:14.68	3:00.30	
17 Loh, Janyn	10	NWSC	3:01.35	
40.17	1:26.11	2:15.39	3:01.35	
18 Mohd Rosli, Nik Naaznee	10	DSA	3:04.05	
40.57	1:26.58	2:15.92	3:04.05	

5th MAS/NSC MID & LONG DISTANCE SWIM CHAMP - 08/10/2022 to 09/10/2022

Hari Sukan Negara 2022

Results

(Event 238 Girls 10 & Under 200 LC Meter Freestyle Group 4)

Name	Age	Team	Finals Time
19 Delia Neryssa Lim, .	9	IBSC	3:05.74
41.08 1:28.16	2:18.12	3:05.74	
20 ., Putri Alya Aleesya	9	MAS	3:06.10
41.65 1:28.02	2:17.70	3:06.10	
21 Yha Han, Natalia, Ong	9	CSC	3:12.66
43.98 1:34.58	2:25.71	3:12.66	
22 Ho, Kai Wen	10	IBSC	3:14.86
45.68 1:35.02	2:27.76	3:14.86	
23 Lim Zhi En, Averie	9	DSA	3:17.67
43.05 1:32.82	2:26.23	3:17.67	
24 Leong, Kathryn	8	PDT	3:18.99
43.20 1:35.47	2:29.75	3:18.99	
25 Teoh, Jet Ning	7	DSA	3:32.59
48.52 1:43.31	2:39.18	3:32.59	
26 Chan, Erinn	7	PDT	4:04.50
52.13 1:58.42	3:02.48	4:04.50	

Event 239 Boys 11-12 200 LC Meter Freestyle Group 3

Meet Rec: 2:03.41 M 06/10/2019 Yap Yong Jie

Name	Age	Team	Finals Time
1 Chua Min Hao, Evan	12	DSA	2:04.33
27.40 58.38	1:31.43	2:04.33	11
2 So Teng Hoe, Vitus	12	DSA	2:07.79
29.77 1:02.25	1:35.48	2:07.79	9
3 Chong, Zhi Yang	12	PDT	2:10.20
29.31 1:02.18	1:36.91	2:10.20	8
4 Kee Kean, Yoong	12	NWSC	2:12.25
30.36 1:04.89	1:39.42	2:12.25	7
5 Mohd Sallehuddin, Johai	12	KLSC	2:12.89
29.02 1:02.63	1:39.46	2:12.89	6
6 Kuan, Wei Kang	12	PDT	2:13.22
31.53 1:05.77	1:40.98	2:13.22	5
7 Yen Sern, Goh	12	SST	2:13.56
30.39 1:04.66	1:40.59	2:13.56	4
8 Yap, Zhen Kok	11	IBSC	2:14.92
31.42 1:06.31	1:41.61	2:14.92	3
9 Xin, Qi	12	DSA	2:15.28
31.48 1:06.47	1:42.06	2:15.28	2
10 Joibi, Tanner	12	SASA	2:19.02
33.83 1:09.10	1:45.07	2:19.02	1
11 Rumawas, Dimas Ardhan	12	DSA	2:19.43
32.42 1:08.24	1:45.60	2:19.43	
12 Segar, Neelkantha Arjoo	11	DSA	2:19.68
33.67 1:08.61	1:44.62	2:19.68	
13 Kye Sern, Hang	11	MAS	2:21.60
32.26 1:08.21	1:45.90	2:21.60	
14 Tan Yong Jia, Aiden	12	DSA	2:22.15
32.15 1:08.55	1:46.58	2:22.15	
15 Choo, Diwen	11	IBSC	2:22.29
32.31 1:07.90	1:46.33	2:22.29	
16 Kit, Hayden	11	NWSC	2:23.17
32.43 1:08.98	1:46.39	2:23.17	
17 Kee Ming, Yoong	11	NWSC	2:23.28
32.13 1:08.30	1:46.29	2:23.28	

18 Teo Kae-C, Cayden	11	VTS	2:25.57
32.93 1:11.26	1:50.55	2:25.57	
19 Lee, Garrel	12	PDT	2:25.80
33.64 1:11.48	1:50.38	2:25.80	
20 Ahmad Firdaus, Danish H	12	DSA	2:27.05
32.82 1:09.67	1:48.14	2:27.05	
21 AW, Romeo	12	PDT	2:27.59
33.25 1:11.33	1:50.64	2:27.59	
22 Mohd Roffee, Rossidanni	11	ASC	2:28.25
32.23 1:08.67	1:48.76	2:28.25	
23 Kobayashi, Kota	11	DSA	2:28.26
33.51 1:10.98	1:50.50	2:28.26	
24 Tseng Wei Jian, Tyler	11	DSA	2:29.28
34.42 1:12.18	1:50.92	2:29.28	
25 Lee, Gabriel	12	PDT	2:29.30
33.55 1:11.43	1:51.81	2:29.30	
26 Khew, Mu Han	11	PADE	2:29.55
34.41 1:13.31	1:52.26	2:29.55	
27 Adam Malik, Azizur Riza	12	IBSC	2:30.45
31.89 1:10.77	1:51.67	2:30.45	
28 Hwang, Moses	11	PADE	2:30.49
35.09 1:13.99	1:54.47	2:30.49	
29 Ong Ee Zhe, Elvis	12	DSA	2:30.55
34.32 1:11.94	1:51.73	2:30.55	
30 Zi Ian, Chen	12	KPGCC	2:30.64
34.21 1:12.26	1:52.32	2:30.64	
31 Kang, Zhen Tai	12	DSA	2:30.68
33.72 1:11.90	1:52.56	2:30.68	
32 Teoh, Jet Shaun	11	DSA	2:30.83
34.31 1:12.73	1:52.55	2:30.83	
33 Yong Kang, Lai	12	MAS	2:30.93
33.33 1:11.93	1:53.28	2:30.93	
34 Yeoh, Kenneth	11	PDT	2:32.31
33.71 1:13.08	1:54.07	2:32.31	
35 Muhamad Azhar, Muham	12	RAR	2:32.53
33.99 1:12.80	1:54.09	2:32.53	
36 Chong, Jun Jet	11	DSA	2:33.81
35.27 1:14.41	1:54.94	2:33.81	
37 ZI Hao, Ong	12	SST	2:34.64
34.31 1:14.33	1:55.59	2:34.64	
38 Hamid, Hafuza Zunnur Ze	11	SSMS	2:35.43
34.17 1:13.66	1:54.76	2:35.43	
39 Hariz Hazli, Muhammad I	12	DSA	2:35.45
34.17 1:13.91	1:55.11	2:35.45	
40 Yap, Zhen Yi	12	DSA	2:36.02
35.79 1:16.37	1:56.88	2:36.02	
41 Chay, Sean	11	IBSC	2:36.21
35.74 1:15.98	1:58.02	2:36.21	
42 Xavier Yeoh, Ze-Mynn	12	IBSC	2:38.11
35.41 1:16.04	1:58.00	2:38.11	
43 Chew, Juno	12	DSA	2:38.68
35.34 1:14.89	1:57.91	2:38.68	
44 Mohd Hanafi, Hafiz	12	PADE	2:39.50
35.41 1:16.01	1:58.83	2:39.50	
45 Tsen Ze Yu, Jacob	12	DSA	2:40.55
35.15 1:14.37	1:58.61	2:40.55	

5th MAS/NSC MID & LONG DISTANCE SWIM CHAMP - 08/10/2022 to 09/10/2022

Hari Sukan Negara 2022

Results

(Event 239 Boys 11-12 200 LC Meter Freestyle Group 3)

Name	Age	Team	Finals Time
46 Wan Othman, Wan Oliver	12	PADE	2:40.83
35.47 1:16.44		2:00.33	2:40.83
47 Kai Sheng, Choo	12	MAS	2:41.96
35.95 1:17.48		2:01.61	2:41.96
48 Yap, Eu Wen	11	IBSC	2:44.09
37.10 1:18.77		2:01.72	2:44.09
49 Lee Zhen Yuan, Anson	11	DSA	2:44.62
35.23 1:16.97		2:01.05	2:44.62
50 Soh Je Zhen, Ashton	12	DSA	2:44.94
37.54 1:19.08		2:03.07	2:44.94
51 Jun Tong, Goh	12	SST	2:45.09
36.64 1:19.74		2:04.53	2:45.09
52 Mohd Fadzley, Muhamme	12	PADE	2:45.53
37.53 1:19.43		2:03.51	2:45.53
53 Lee, Owen Qi Wen	11	PADE	2:49.42
38.21 1:21.88		2:06.87	2:49.42
54 Tan, Isaiah	11	NWSC	2:53.84
38.44 1:22.57		2:09.57	2:53.84
55 Lai, Joshua	11	PDT	2:55.67
41.44 1:25.42		2:13.33	2:55.67
56 Hisham, Nurrayyan Sham	12	KPGCC	4:03.27
50.57 1:55.10		3:02.99	4:03.27
57 Rizal Aslan, Rais Afham	12	KPGCC	4:04.56
51.89 1:55.19		3:00.97	4:04.56

Event 240 Girls 11-12 200 LC Meter Freestyle Group 3

Meet Rec: 2:10.51 M 14/10/2018 Misa Okuzono

Name	Age	Team	Finals Time
1 Yen Nie, Laura Lee	12	SASA	2:19.35
32.56 1:08.65		1:45.26	2:19.35
2 Zhou, Angel	12	DSA	2:20.70
32.32 1:08.21		1:45.52	2:20.70
3 Khor, Yue Lynn Mishya	12	PADE	2:21.87
33.54 1:09.92		1:47.37	2:21.87
4 Buckley, Isabelle Chiyi	12	IBSC	2:23.44
33.78 1:10.46		1:47.96	2:23.44
5 Koh Lee Shen, Kaylee	11	DSA	2:23.50
33.44 1:09.64		1:45.63	2:23.50
6 Ho, Megan	11	DSA	2:26.17
31.81 1:08.69		1:47.92	2:26.17
7 Zhou, Anna	12	DSA	2:26.26
33.26 1:11.20		1:50.13	2:26.26
8 Yap, Grace Qian Yi	12	PADE	2:26.31
33.59 1:11.08		1:49.56	2:26.31
9 Pergher, Selma	11	NWSC	2:26.98
32.97 1:10.64		1:49.21	2:26.98
10 Lee, Ruo Faye	12	PDT	2:27.71
32.85 1:09.31		1:49.20	2:27.71
11 Khoo, Sue Enn	12	PADE	2:27.75
33.35 1:11.22		1:51.57	2:27.75
12 Chong, Yuan Yi	12	PADE	2:29.65
33.72 1:11.74		1:51.40	2:29.65
13 Boon, Sophie Sue Qing	12	PADE	2:29.93
33.69 1:11.99		1:51.97	2:29.93

*14 Yong Nyuk Ling, Maychel	12	SSMS	2:31.42
33.60 1:12.44		1:54.04	2:31.42
*14 Lee Min Nee, Winnie	12	RAR	2:31.42
34.08 1:12.03		1:52.13	2:31.42
16 Seem, Zi Rou Sheryl	11	IBSC	2:33.26
35.64 1:14.34		1:55.22	2:33.26
17 Hills, Gabrielle M.P.	12	DSA	2:35.42
34.76 1:14.38		1:55.37	2:35.42
18 Bonyamin, Hani Farhana	11	PGSC	2:35.77
34.48 1:14.27		1:55.82	2:35.77
19 Yha Rou, Natasha, Ong	11	CSC	2:36.12
34.12 1:13.85		1:55.80	2:36.12
20 ., Putri Dhia Darwisya	12	MAS	2:38.17
34.82 1:14.06		1:56.51	2:38.17
21 Khoo, Jia Ying	12	WST-ZG	2:38.73
36.24 1:17.25		1:59.17	2:38.73
22 Elizabeth Jane, Setzfand	11	CSC	2:38.94
35.54 1:16.41		1:58.39	2:38.94
23 Yap, Inn Xuan	11	DSA	2:39.07
36.13 1:17.48		2:00.42	2:39.07
24 Yap, Ke Hui	11	DSA	2:39.25
36.31 1:17.16		1:58.22	2:39.25
25 Tai, Zi Xuan	12	PADE	2:40.40
35.94 1:16.86		1:59.18	2:40.40
26 Pok, Sin Yee	11	DSA	2:41.08
36.09 1:17.11		2:00.12	2:41.08
27 Cheah, Dong Xuan	12	IBSC	2:42.18
36.40 1:17.42		2:00.56	2:42.18
28 Wong, Joelyne	11	IBSC	2:42.42
36.48 1:17.41		2:01.30	2:42.42
29 Leong, Habe	12	PDT	2:43.46
36.29 1:18.50		2:02.42	2:43.46
30 Khoo Zhi Ning, Hannah	11	DSA	2:44.68
35.92 1:17.37		2:01.40	2:44.68
31 U-Jing, Ashley Cheong	11	SST	2:46.09
38.20 1:20.73		2:04.41	2:46.09
32 Yu, Nadia Lhamo Luo Yi	12	PADE	2:46.58
37.22 1:20.29		2:05.18	2:46.58
33 Elyssa Yeoh, Pei Xin	11	WST-ZG	2:48.62
36.98 1:19.78		2:04.83	2:48.62
34 Ping Yee, Hooy	11	CSC	2:49.38
36.24 1:19.00		2:04.94	2:49.38
35 Lim, Pei Yao	12	IBSC	2:49.56
37.56 1:21.24		2:07.29	2:49.56
36 Hew, Cheryl	12	PDT	2:50.98
38.52 1:24.42		2:08.75	2:50.98
37 Li, Allison E-Chen	11	PADE	2:54.47
40.36 1:25.56		2:12.22	2:54.47
38 Ming Xuan, Alison, Teoh	12	CSC	2:54.92
41.29 1:26.68		2:11.79	2:54.92
39 Nafeesa, Sabrina	12	RAR	2:57.36
40.68 1:26.34		2:12.10	2:57.36
40 ., Khairun Damia	12	MAS	2:59.70
40.16 1:26.37		2:14.71	2:59.70
41 Kok, Yen Xi	12	PADE	3:01.47
39.91 1:25.24		2:13.69	3:01.47

5th MAS/NSC MID & LONG DISTANCE SWIM CHAMP - 08/10/2022 to 09/10/2022

Hari Sukan Negara 2022

Results

(Event 240 Girls 11-12 200 LC Meter Freestyle Group 3)

Name	Age	Team	Finals Time
42 Amir Husain, Nur Aleena	11	KPGCC	3:08.48
38.88	1:26.48	2:17.59	3:08.48

Event 241 Boys 13-14 200 LC Meter Freestyle Group 2

Meet Rec: 1:59.48 M 22/10/2017 Hoe Yean Steve Khiew

Name	Age	Team	Finals Time
1 Li Jie, Jayden Goh	13	KPGCC	2:00.62 11
28.60	59.38	1:30.60	2:00.62
2 Ong, Yee Herng	14	PDT	2:04.72 9
29.58	1:01.57	1:33.95	2:04.72
3 Adnan, Aslan	13	PADE	2:06.23 8
28.57	1:00.32	1:33.44	2:06.23
4 Lee, Boon Wei David	14	IBSC	2:06.66 7
28.94	1:01.36	1:35.37	2:06.66
5 Looi, Zizou	13	NWSC	2:07.17 6
28.81	1:00.84	1:34.26	2:07.17
6 Hannes Wan, Khai Hern	13	WST-ZG	2:07.18 5
29.29	1:01.68	1:35.36	2:07.18
7 Kian Heuang, Shane Chor	14	SASA	2:07.44 4
28.22	1:00.58	1:33.80	2:07.44
8 Danish, Emir	14	DSA	2:09.32 3
29.52	1:02.79	1:36.62	2:09.32
9 Pan Xiao Song, Shawn	13	DSA	2:09.57 2
29.98	1:03.72	1:37.62	2:09.57
10 Yeoh, Kevin	14	PDT	2:09.75 1
28.88	1:02.03	1:37.71	2:09.75
11 Yap, Rong Yi	13	PADE	2:09.76
29.44	1:03.19	1:37.57	2:09.76
12 Zahiruddin, Yusuf Arman	14	PADE	2:09.78
29.16	1:02.33	1:36.55	2:09.78
13 Tew, Hang Yong	14	PADE	2:10.45
28.97	1:01.79	1:36.68	2:10.45
14 Yap Ee Jen, Jayden	14	DSA	2:11.27
29.18	1:02.59	1:37.11	2:11.27
15 Ang, Jen Son	13	PADE	2:11.54
29.39	1:04.19	1:39.64	2:11.54
16 Ho, Jia Xuen	13	IBSC	2:13.30
29.25	1:02.53	1:38.00	2:13.30
17 Chan, Henry	13	SST	2:14.09
29.51	1:03.35	1:39.11	2:14.09
18 Hon Lok Chou, Kelvin	13	SASA	2:14.24
28.83	1:01.99	1:38.11	2:14.24
19 Yoong, Chang Lin	13	DSA	2:14.94
29.01	1:03.28	1:39.84	2:14.94
20 Ng, Yean Hsu	13	DSA	2:15.72
30.61	1:05.49	1:41.32	2:15.72
21 Kay, Finlay Palmer	13	DSA	2:15.79
30.70	1:05.23	1:41.24	2:15.79
22 Zhi Liang, Teo	13	MAS	2:16.62
30.21	1:04.60	1:40.42	2:16.62
23 Liew, Ze Hou	13	DSA	2:17.19
30.25	1:04.73	1:40.87	2:17.19
*24 YU Xiang, Alvin NG	13	MAS	2:18.21
30.32	1:05.75	1:43.49	2:18.21

*24 Zafran Darwisy, bin Faiza	14	IBSC	2:18.21
30.33	1:04.88	1:41.14	2:18.21
26 Cheng, Shawn	14	NWSC	2:18.49
30.76	1:05.24	1:41.67	2:18.49
27 Abdullah, Muhd Amirul I	13	KSC	2:19.01
29.58	1:04.05	1:41.47	2:19.01
28 Vikneswaran, Jay	13	SSMS	2:19.43
31.35	1:06.78	1:43.92	2:19.43
29 Ethan Yeoh, Phee Ren	14	WST-ZG	2:19.83
30.19	1:05.11	1:43.09	2:19.83
30 Muhd Asyraf Adlie, .	14	IBSC	2:20.30
31.68	1:06.97	1:43.64	2:20.30
31 Sarail, MD Nafiz Sazwan	14	SSMS	2:20.83
32.21	1:07.36	1:44.85	2:20.83
32 Lim, Oswald	13	PADE	2:21.17
30.04	1:05.59	1:44.32	2:21.17
33 Choo, Lewen	14	IBSC	2:21.46
31.69	1:06.82	1:44.51	2:21.46
34 Yap, Jun Hin	13	DSA	2:21.90
31.09	1:07.80	1:46.38	2:21.90
35 Yap, Ethan	13	NWSC	2:22.86
31.35	1:06.44	1:43.99	2:22.86
36 Zi Chuen, Yap	13	MAS	2:22.99
32.52	1:09.04	1:46.73	2:22.99
37 Loh Jia Sheng, Jason	14	DSA	2:23.10
30.56	1:07.34	1:46.25	2:23.10
38 Brian How, Jun Bing	14	IBSC	2:23.90
32.92	1:09.55	1:47.39	2:23.90
39 Ooi, Hong Rui	13	PDT	2:24.14
32.48	1:09.20	1:47.35	2:24.14
40 Wei Ming, Jason Lee	13	MAS	2:24.59
32.22	1:08.84	1:48.45	2:24.59
41 Tai, Zhi Henn	14	PADE	2:25.63
32.45	1:09.29	1:47.71	2:25.63
42 Koh Jun Sheng, Jason	13	DSA	2:26.01
32.81	1:09.38	1:48.45	2:26.01
43 You Ting, Jayden Loke	13	KSAS	2:26.06
32.54	1:10.05	1:49.29	2:26.06
44 Mohd Kifly, Amiruddin	13	SSMS	2:26.70
33.99	1:11.39	1:50.11	2:26.70
45 Abdullah, Muhd Fareez Ric	14	KSC	2:27.53
31.82	1:08.46	1:49.60	2:27.53
46 Ethan Pang, Hong Jiang	14	IBSC	2:28.31
33.28	1:10.36	1:49.60	2:28.31
47 Yeap Shun Quan, Oswald	13	DSA	2:28.75
31.88	1:08.31	1:47.86	2:28.75
48 Chen Zi An, Alan	14	DSA	2:28.81
32.36	1:10.48	1:51.00	2:28.81
49 Aiden Leong, Wei Xuan	13	IBSC	2:28.97
33.61	1:11.71	1:52.84	2:28.97
50 Wen Ming, Teo	13	KSC	2:29.01
31.95	1:09.52	1:49.96	2:29.01
51 Lee Zhen Hao, Aloysius	13	DSA	2:30.08
32.09	1:09.36	1:50.21	2:30.08
52 Eng, Ethan	13	NWSC	2:31.85
31.23	1:09.89	1:51.57	2:31.85

5th MAS/NSC MID & LONG DISTANCE SWIM CHAMP - 08/10/2022 to 09/10/2022

Hari Sukan Negara 2022

Results

(Event 241 Boys 13-14 200 LC Meter Freestyle Group 2)

Name	Age	Team	Finals Time
53 Lavnesh, AL Kamaleshwa	13	WST-ZG	2:32.30
33.26	1:12.21	1:52.39	2:32.30
54 Hwang, Zen Yi Isaac	13	PADE	2:34.31
32.74	1:11.34	1:53.39	2:34.31
55 Mohd Rosli, Nik Adam Mi	13	DSA	2:34.56
33.51	1:12.93	1:54.47	2:34.56
56 Soo, Kian Meng	14	PADE	2:34.79
33.68	1:13.04	1:55.14	2:34.79
57 Chong, Houten	14	PADE	2:35.21
35.99	1:17.22	1:58.31	2:35.21
58 Teh, Jed Qi Xian	13	PADE	2:37.30
35.07	1:15.94	1:57.27	2:37.30
59 Tan, Tze Yuan	13	IBSC	2:39.45
35.85	1:16.31	1:59.06	2:39.45
--- Sun Xin, Jordan EA	13	MAS	DQ

Event 242 Girls 13-14 200 LC Meter Freestyle Group 2

Meet Rec: 2:12.26 M 06/10/2019 Lim Shun Qi

Name	Age	Team	Finals Time
1 Brewer, Ella Robertson	14	IBSC	2:13.36 11
31.62	1:06.49	1:40.56	2:13.36
2 Eleven Teo, Morgan	14	SST	2:15.66 9
31.33	1:05.83	1:40.96	2:15.66
3 Buckley, Natalie Suyin	14	IBSC	2:20.72 8
31.35	1:07.57	1:45.36	2:20.72
4 Pan Xiao Ying, Celyn	14	DSA	2:21.66 7
32.08	1:07.98	1:46.10	2:21.66
5 Yap Hay Ee, Hayley Cassa	14	DSA	2:22.11 6
31.79	1:07.40	1:44.75	2:22.11
6 Lee, Zhi Jynn	14	WST-ZG	2:22.69 5
33.31	1:09.51	1:46.65	2:22.69
7 Quincylla, Mohamad Fird	14	WST-ZG	2:23.35 4
32.44	1:09.29	1:47.28	2:23.35
8 Sharon Voon, Xue RU	14	SASA	2:23.42 3
32.94	1:09.84	1:47.33	2:23.42
9 Ong, Jenelle	14	WST-ZG	2:25.27 2
32.37	1:08.55	1:47.16	2:25.27
10 Chua, Yik En	14	PDT	2:25.54 1
32.15	1:09.65	1:49.11	2:25.54
11 Jie Xin, Rainne Foo	13	KPGCC	2:27.22
33.04	1:10.28	1:49.57	2:27.22
12 Wong Ee Yin, Eunice	13	DSA	2:27.37
34.48	1:11.77	1:50.55	2:27.37
13 Riseley, Mika Kirsten	14	IBSC	2:27.42
34.52	1:12.52	1:51.00	2:27.42
14 Soh Wern Yi, Ashley	14	DSA	2:27.81
32.91	1:10.64	1:49.51	2:27.81
15 Tan, Yenyi	14	DSA	2:28.79
34.50	1:12.85	1:51.32	2:28.79
16 Nur Ariessa Safiya, .	14	IBSC	2:29.39
34.28	1:12.27	1:51.20	2:29.39
17 Khoo Wei Ee, Kierstan	13	DSA	2:30.95
34.88	1:12.30	1:51.69	2:30.95

18 Chong Sue Huey, Hailey	14	DSA	2:31.20
34.40	1:13.85	1:54.89	2:31.20
19 Shukor Al-Masrie, Siti No	14	PADE	2:32.60
33.90	1:12.48	1:53.76	2:32.60
20 Tan, Jamie Guan Jun	13	PADE	2:32.92
35.24	1:15.02	1:56.12	2:32.92
21 Wong, Kaylee	13	DSA	2:33.33
33.60	1:12.49	1:53.84	2:33.33
22 Ee Lynn, Chang	14	CSC	2:35.51
35.17	1:15.10	1:56.33	2:35.51
23 Ng, Yu Tong	14	WST-ZG	2:36.81
35.66	1:15.94	1:57.52	2:36.81
24 Peeters, Sara Sophia	13	DSA	2:37.68
34.47	1:13.95	1:55.45	2:37.68
25 Khairul Anuar, Adriana A	14	KPGCC	2:37.82
35.00	1:15.86	1:57.75	2:37.82
26 Soo, Jeng Hei	13	IBSC	2:39.15
36.02	1:16.44	2:00.56	2:39.15
27 Ruo Wen, Lee	14	KPGCC	2:39.39
35.11	1:14.52	1:57.59	2:39.39
28 Ahmad Humaizi, Azra Na	13	PADE	2:39.61
35.37	1:16.16	1:58.62	2:39.61
29 Chong, En Ci	13	DSA	2:41.37
34.47	1:14.71	1:57.76	2:41.37
30 Natalie Kulin, Brendda Je	13	SSMS	2:44.08
36.21	1:17.65	2:01.75	2:44.08
31 Wan Othman, Wan Maris	13	PADE	2:46.64
36.53	1:17.80	2:02.24	2:46.64
32 Yip, Jia Tung	13	PADE	2:48.48
37.56	1:19.07	2:03.97	2:48.48
33 Zaliman, Dania Queshaira	13	PADE	2:48.80
37.97	1:21.32	2:06.54	2:48.80
34 Lee Min Xuan, Michelle	13	RAR	2:51.43
37.20	1:20.21	2:06.12	2:51.43
35 Wafeeqa, Reanna	14	NWSC	3:01.99
39.23	1:24.32	2:13.10	3:01.99

Event 243 Boys 15-17 200 LC Meter Freestyle Group 1

Meet Rec: 1:53.90 M 06/10/2019 Hoe Yean Steve Khiew

Name	Age	Team	Finals Time
1 Li Hen, Henry Goh	15	KPGCC	1:57.89 11
27.33	57.00	1:27.54	1:57.89
2 McCartan, Gabriel Francis	16	DSA	1:58.00 9
27.48	57.86	1:28.47	1:58.00
3 Jun Xian, Anselm Lee	16	MAS	1:58.65 8
28.10	58.80	1:29.31	1:58.65
4 Chong, Zheng Yen	17	PADE	2:00.93 7
27.96	58.49	1:29.88	2:00.93
5 Teo, Zun Jet	15	IBSC	2:01.95 6
27.84	58.16	1:30.11	2:01.95
6 Whisky Chew, .	16	IBSC	2:02.48 5
27.89	58.94	1:30.32	2:02.48
7 Tang, Matthew Kar Ho	16	PADE	2:02.99 4
27.75	58.65	1:31.40	2:02.99
8 Hii, Puong Jie	15	KAWA	2:03.80 3
28.75	1:00.98	1:33.37	2:03.80

5th MAS/NSC MID & LONG DISTANCE SWIM CHAMP - 08/10/2022 to 09/10/2022

Hari Sukan Negara 2022

Results

(Event 243 Boys 15-17 200 LC Meter Freestyle Group 1)

Name	Age	Team	Finals Time	
9 Yap, Yong Jie	15	DSA	2:04.45	2
28.42	59.49	1:32.64	2:04.45	
10 Rio, Shirai	16	CSC	2:05.10	1
28.02	59.59	1:33.14	2:05.10	
11 Lee Shin Rong, Calvin	15	DSA	2:05.65	
28.50	1:00.95	1:34.84	2:05.65	
12 Tee, Vanness	15	WST-ZG	2:06.56	
27.76	59.11	1:31.54	2:06.56	
13 Thon, Kok Jin	16	DSA	2:06.85	
27.76	58.94	1:32.46	2:06.85	
14 Ho, Jia Ming	15	IBSC	2:08.02	
28.23	1:00.61	1:34.84	2:08.02	
15 Wong Ken Ryu, Jayden	15	DSA	2:08.33	
28.56	1:00.79	1:34.59	2:08.33	
16 Ng, Yean Yu	15	DSA	2:08.79	
28.30	1:00.92	1:35.42	2:08.79	
17 Abdullah, MD Ikwan Hazi	15	SSMS	2:09.50	
29.23	1:02.39	1:37.88	2:09.50	
18 Khoo, Chung Wei	15	PADE	2:09.55	
28.17	1:00.47	1:35.77	2:09.55	
19 Lee, Yee Jeen	17	PADE	2:10.62	
28.46	1:00.47	1:35.80	2:10.62	
20 Chong, Jun Ron	15	DSA	2:11.00	
29.09	1:02.42	1:37.29	2:11.00	
21 Shadzlee, Shahenry Wong	17	DSA	2:12.11	
29.92	1:02.41	1:36.95	2:12.11	
22 Erwin Tay, Jun Hao	15	KAWA	2:12.56	
29.28	1:02.22	1:37.52	2:12.56	
23 Dawish Amssyar, Muham	15	MAS	2:13.00	
29.11	1:01.81	1:37.09	2:13.00	
24 Yong Hong, Lai	15	MAS	2:13.21	
30.53	1:03.99	1:39.30	2:13.21	
25 Khew, Zhan Hao	15	PADE	2:14.58	
29.86	1:04.00	1:39.56	2:14.58	
26 Brendon Cheah, Wai Kit	15	IBSC	2:14.65	
30.77	1:06.26	1:41.46	2:14.65	
*27 Cham, Yu Xiang	15	DSA	2:14.89	
29.01	1:01.35	1:37.18	2:14.89	
*27 Don Lim, .	15	IBSC	2:14.89	
29.44	1:03.11	1:39.40	2:14.89	
29 Kam Yao Qi, Samuel	15	DSA	2:18.42	
29.97	1:03.98	1:40.92	2:18.42	
30 Ho, Kai Jie	15	IBSC	2:18.59	
29.83	1:04.38	1:41.86	2:18.59	
31 Ewe Jing Hong, Joshua	17	DSA	2:19.91	
29.64	1:03.01	1:40.18	2:19.91	
32 See, Hao Shuen	15	PADE	2:20.24	
30.72	1:06.70	1:44.51	2:20.24	
33 Wong, Zi An	15	PADE	2:20.77	
28.62	1:03.09	1:41.33	2:20.77	
34 Muhd Nabil Adlie, .	16	IBSC	2:24.45	
31.66	1:07.66	1:46.07	2:24.45	
35 Jian Hao, Jayvyn Loke	15	KSAS	2:24.50	
32.20	1:09.10	1:47.88	2:24.50	

36 Lem, Chen Yi	15	DSA	2:25.85
33.14	1:10.61	1:49.65	2:25.85
37 Lim, Keith Yong Wee	15	PADE	2:26.64
31.76	1:09.33	1:48.80	2:26.64
38 Low, Keenen	15	IBSC	2:26.74
31.14	1:09.49	1:48.88	2:26.74
39 Kai Sheng, Sean, Tan	15	CSC	2:26.86
33.11	1:10.41	1:49.22	2:26.86
40 Choo Jien Xiang, Kingstor	15	DSA	2:35.79
33.20	1:12.02	1:54.55	2:35.79
41 Saw Zhan Yi, Oscar	15	DSA	2:43.22
33.54	1:13.84	1:58.86	2:43.22

Event 244 Girls 15-17 200 LC Meter Freestyle Group 1

Meet Rec: 2:10.59 M 06/10/2019 Ong Yong Qi

Name	Age	Team	Finals Time	
1 Ng E Mun, Hayley	15	DSA	2:17.28	11
31.95	1:07.10	1:42.63	2:17.28	
2 Wei Wen, Lee	15	SSMS	2:18.70	9
32.94	1:09.10	1:45.62	2:18.70	
3 Yen Ling, Alexis Lee	15	SASA	2:19.20	8
32.35	1:08.43	1:44.45	2:19.20	
4 Yii, Shyun Tiing	16	DSA	2:21.29	7
33.49	1:09.51	1:45.34	2:21.29	
5 Alana Zaharah Sulong, Bt	16	IBSC	2:23.26	6
33.29	1:10.17	1:46.90	2:23.26	
6 Wong, Megan	15	DSA	2:25.47	5
33.69	1:11.02	1:48.69	2:25.47	
7 Teh, Tze Lin	16	DSA	2:27.36	4
32.47	1:09.34	1:48.18	2:27.36	
8 Brudenall, Kimberly	15	KLSC	2:29.80	3
32.06	1:09.66	1:49.59	2:29.80	
9 Loh, Kirsten	15	NWSC	2:33.00	2
36.05	1:15.31	1:54.00	2:33.00	
10 Lee, Tze-Le	15	DSA	2:34.42	1
33.66	1:11.56	1:52.87	2:34.42	
11 Lee, Yong Jia	16	PDT	2:39.46	
36.31	1:17.18	1:58.51	2:39.46	
12 Jia Huey, Yap	15	MAS	2:40.56	
34.16	1:15.24	1:57.51	2:40.56	
13 Lee, Yong Ning	15	PDT	2:46.13	
36.80	1:19.33	2:02.92	2:46.13	

Event 245 Boys 18-25 200 LC Meter Freestyle Open

Meet Rec: 1:58.75 M 06/10/2019 Ng Shin Jian

Name	Age	Team	Finals Time	
1 Muhammad Farhan Andi	18	IBSC	1:59.51	11
26.32	56.20	1:27.83	1:59.51	
2 Dillon, Adam Jeffrey	18	DSA	2:09.46	9
28.04	1:00.12	1:34.85	2:09.46	
3 Zadrian Chan, Zhi-Weng	19	IBSC	2:23.70	8
29.76	1:06.42	1:45.46	2:23.70	

Event 246 Girls 18-25 200 LC Meter Freestyle Open

Meet Rec: 2:22.79 M 06/10/2019 Fong Yee Ling

Name	Age	Team	Finals Time	
1 Yap, Shi Chi	18	DSA	2:33.47	11
35.03	1:13.40	1:53.37	2:33.47	

5th MAS/NSC MID & LONG DISTANCE SWIM CHAMP - 08/10/2022 to 09/10/2022

Hari Sukan Negara 2022

Results

Event 247 Mixed 10 & Under 4x200 LC Meter Freestyle Group

Meet Rec: 10:00.52 M 22/10/2017 Dsa Swimming Club

H Chong, Y Yap, S Lee, M Okuzono

Team	Relay	Finals Time	
1 DSA		10:19.59	11
1) Fujimoto, Masato Mark M10	2) Yap Cai Li, Analey W10		
3) Tan Ee Lin, Evita W10	4) Mu Zi Long, Lewis M9		
32.83	1:09.78	1:48.16	2:25.38
3:01.75	3:46.06	4:32.58	5:20.81
5:53.76	6:31.57	7:11.68	7:51.21
8:25.75	9:03.98	9:42.25	10:19.59
2 WST-ZG		10:27.75	9
1) Tee, Vivian W10	2) Yeow, Qian Le W10		
3) Chng, Saw Huai M10	4) Yuen, Kwok Kit M10		
33.32	1:10.24	1:48.74	2:26.79
3:04.22	3:47.01	4:31.61	5:13.25
5:45.38	6:23.41	7:04.37	7:41.39
8:18.50	9:00.96	9:45.60	10:27.75
3 PDT		10:53.38	8
1) Ng, Johan M10	2) Ong, Yee Lern M10		
3) Leong, Kathryn W8	4) AW, Yuet Ting W10		
34.17	1:13.68	1:54.43	2:32.42
3:06.57	3:45.64	4:25.93	5:04.70
5:45.32	6:34.77	7:28.97	8:19.48
8:53.37	9:32.25	10:14.02	10:53.38
4 IBSC		11:35.78	7
1) Gabriel Kwong, Joe Xian M1	2) Ho, Kai Wen W10		
3) Delia Neryssa Lim, . W9	4) Damian Seth Lim, . M10		
35.06	1:13.73	1:53.19	2:31.66
3:13.19	4:03.19	4:57.72	5:49.91
6:32.33	7:22.31	8:14.86	9:01.57
9:34.31		10:55.57	11:35.78
5 MAS		12:28.56	6
1) Aliff Firdaus, Muhammad M	2) ., Teresa W9		
3) ., Putri Alya Aleesya W9	4) ZI Peng, Maverick Kok M10		
41.99	1:30.16	2:20.03	3:06.62
3:50.00	4:37.81	5:27.46	6:14.06
6:55.98	7:43.85	8:33.78	9:24.01
10:06.33	10:53.16	11:40.42	12:28.56

Event 248 Mixed 11-12 4x200 LC Meter Freestyle Group 3 Re

Meet Rec: 9:03.42 M 14/10/2018 Dsa Swimming Club

M Okuzono, Z Tan, Z Lew, Y Yap

Team	Relay	Finals Time	
1 DSA		9:13.86	11
1) Xin, Qi M12	2) Zhou, Angel W12		
3) Ho, Megan W11	4) So Teng Hoe, Vitus M12		
31.37	1:06.27	1:42.18	2:15.40
2:47.84	3:24.64	4:02.65	4:38.53
5:10.00	5:46.97	6:26.23	7:04.79
7:34.59	8:07.06	8:40.95	9:13.86

2 IBSC		9:20.98	9
1) Adam Malik, Azizur Riza M	2) Buckley, Isabelle Chiyi W12		
3) Seem, Zi Rou Sheryl W11	4) Yap, Zhen Kok M11		
29.97	1:04.27	1:39.43	2:12.65
2:46.38	3:23.24	4:01.05	4:36.70
5:10.70	5:48.68	6:27.98	7:06.34
7:36.23	8:09.89	8:45.82	9:20.98
3 PDT		9:34.77	8
1) Kuan, Wei Kang M12	2) Lee, Ruo Faye W12		
3) Leong, Habe W12	4) Chong, Zhi Yang M12		
30.85	1:05.11	1:41.68	2:14.82
2:47.30	3:25.42	4:04.29	4:43.54
5:18.49	6:00.03	6:42.64	7:24.34
7:54.79	8:29.05	9:04.61	9:34.77
4 MAS		9:34.99	7
1) Yong Kang, Lai M12	2) Yi Jing, Lynna Yeow W12		
3) Qian Hui, Felicia Lee W12	4) Kye Sern, Hang M11		
33.08	1:11.46	1:53.03	2:33.59
3:03.84	3:37.67	4:13.59	4:49.02
5:22.01	5:58.49	6:36.48	7:13.66
7:45.85	8:22.36	9:00.31	9:34.99
5 PADE		10:06.41	6
1) Khor, Yue Lynn Mishya W1	2) Mohd Hanafi, Hafiz M12		
3) Khew, Mu Han M11	4) Yap, Grace Qian Yi W12		
32.52	1:08.87	1:46.53	2:23.79
2:58.44	3:38.65	4:21.76	5:04.58
5:38.18	6:18.73	6:57.85	7:35.17
8:08.49	8:47.29	9:27.41	10:06.41

Event 249 Mixed 13-14 4x200 LC Meter Freestyle Group 2 Re

Meet Rec: 8:51.75 M 14/10/2018 Ikan Bilis Swimming Club

M Yap, Z Ng, N Chelsea Lee, M Muhd Farhan Andi

Team	Relay	Finals Time	
1 IBSC		8:55.04	11
1) Lee, Boon Wei David M14	2) Buckley, Natalie Suyin W14		
3) Ho, Jia Xuen M13	4) Brewer, Ella Robertson W1		
29.48	1:02.16	1:36.57	2:07.45
2:38.59	3:14.17	3:51.75	4:26.95
4:56.28	5:29.10	6:05.02	6:40.34
7:11.58	7:46.22	8:21.20	8:55.04
2 WST-ZG		9:03.29	9
1) Hannes Wan, Khai Hern M1	2) Quincylla, Mohamad Firdau		
3) Lee, Zhi Jynn W14	4) Thong, Zhen Ning M14		
29.42	1:01.77	1:35.12	2:06.48
2:39.52	3:16.50	3:53.85	4:30.57
5:03.16	5:39.29	6:17.25	6:55.54
7:23.68	7:55.50	8:29.45	9:03.29
3 DSA		9:05.36	8
1) Yoong, Chang Shen M14	2) Soh Wern Yi, Ashley W14		
3) Pan Xiao Ying, Celyn W14	4) Yap Ee Jen, Jayden M14		
29.19	1:01.75	1:34.05	2:05.18
2:37.56	3:14.79	3:53.63	4:31.32
5:04.04	5:42.34	6:20.80	6:56.35
7:25.22	7:58.22	8:32.52	9:05.36

5th MAS/NSC MID & LONG DISTANCE SWIM CHAMP - 08/10/2022 to 09/10/2022

Hari Sukan Negara 2022

Results

(Event 249 Mixed 13-14 4x200 LC Meter Freestyle Group 2 R

Team	Relay	Finals Time	
4 PADE		9:12.57	7
1) Yap, Rong Yi M13	2) Tan, Jamie Guan Jun W13		
3) Khew, Zi Xian W13	4) Adnan, Aslan M13		
29.47 1:03.00	1:38.39 2:12.62		
2:47.46 3:26.55	4:07.24 4:46.23		
5:16.64 5:52.25	6:28.98 7:05.55		
7:32.58 8:04.10	8:38.02 9:12.57		
5 PDT		9:16.84	6
1) Ong, Yee Herng M14	2) Chua, Yik En W14		
3) Lee, Yen Ern W13	4) Yeoh, Kevin M14		
29.37 1:02.34	1:36.31 2:06.58		
2:40.10 3:19.45	3:59.34 4:37.08		
5:10.65 5:48.64	6:27.45 7:04.11		
7:32.82 8:06.47	8:43.26 9:16.84		
6 WST-ZG	B	10:05.99	5
1) Ong, Jenelle W14	2) Ng, Yu Tong W14		
3) Ethan Yeoh, Phee Ren M14	4) Lavnesh, AL Kamaleshware		
33.33 1:11.83	1:52.37 2:31.50		
3:06.41 3:46.91	4:28.42 5:08.79		
5:38.94 6:15.41	6:53.38 7:29.50		
8:02.14 8:42.17	9:25.45 10:05.99		

Event 250 Mixed 15-17 4x200 LC Meter Freestyle Group 1 Re

Meet Rec: 8:55.71 M 06/10/2019 Ikan Bilis Swimming Club

M Yap, Ashley Ting, karla Lim, Ken Ji Low

Team	Relay	Finals Time	
1 DSA		8:57.96	11
1) Yap, Yong Jie M15	2) Ng E Mun, Hayley W15		
3) Yii, Shyun Tiing W16	4) McCartan, Gabriel Francis M		
29.55 1:02.36	1:36.55 2:09.12		
2:41.73 3:17.65	3:54.42 4:30.35		
5:02.91 5:39.09	6:16.19 6:53.97		
7:21.76 7:53.49	8:26.16 8:57.96		
2 IBSC		9:45.56	9
1) Teo, Zun Jet M15	2) Alana Zaharah Sulong, Bt. K		
3) Marissa Soo, Sze Shuen W1	4) Whisky Chew, . M16		
29.96 1:02.83	1:37.29 2:09.70		
2:42.82 3:21.27	4:01.37 4:39.78		
5:20.09 6:04.50	6:51.35 7:39.10		
8:07.17 8:39.49	9:14.16 9:45.56		

Event 251 Mixed 18-25 4x200 LC Meter Freestyle Open Relay

Team	Relay	Finals Time	
1 UCSI		11:58.01	11
1) Yap Chin Hong, Sebastian M	2) Peh, Hanli W18		
3) Ling Jun Lik, Jones M19	4) Tan Ming Yi, Jenifer W20		
31.72 1:12.55	2:06.02 2:53.56		
3:32.74 4:19.75	5:15.25 6:09.04		
6:44.19 7:28.28	8:18.80 9:10.58		
9:45.82 10:26.24	11:11.05 11:58.01		