

全港精英跳繩比賽 2025 暨 香港代表隊選拔賽 (團體賽及單項 - 女子組) 大會流程表

日期：2025 年 1 月 12 日

地點：保榮路體育館 (上水百和路 19 號)

賽事：團體賽及單項 (女子組)

| 預計開始時間 | 比賽項目/活動 |
|------------------------|---|
| 單人繩四人速度跳接力比賽 (4x 30 秒) | |
| 09:00 | 11 歲或以下 (2014 年或之後出生) 女子組 12 - 15 歲 (2010 - 2013 年出生) 女子組 16 - 18 歲 (2007 - 2009 年出生) 女子組 19 歲或以上 (2006 年或之前出生) 女子組 30 歲或以上 (1995 年或之後出生) 女子組 |
| 交互繩四人速度跳接力比賽 (4x 30 秒) | |
| 09:20 | 11 歲或以下 (2014 年或之後出生) 女子組 12 - 15 歲 (2010 - 2013 年出生) 女子組 16 - 18 歲 (2007 - 2009 年出生) 女子組 19 歲或以上 (2006 年或之前出生) 女子組 30 歲或以上 (1995 年或之後出生) 女子組 |
| 單人繩二人二重跳接力比賽 (2x 30 秒) | |
| 09:36 | 11 歲或以下 (2014 年或之後出生) 女子組 12 - 15 歲 (2010 - 2013 年出生) 女子組 16 - 18 歲 (2007 - 2009 年出生) 女子組 19 歲或以上 (2006 年或之前出生) 女子組 30 歲或以上 (1995 年或之後出生) 女子組 |
| 交互繩單人速度比賽 (60 秒) | |
| 09:48 | 11 歲或以下 (2014 年或之後出生) 女子組 12 - 15 歲 (2010 - 2013 年出生) 女子組 16 - 18 歲 (2007 - 2009 年出生) 女子組 19 歲或以上 (2006 年或之前出生) 女子組 30 歲或以上 (1995 年或之後出生) 女子組 |
| 中場休息 | |

| | |
|--|---|
| 團體四人單人繩花式比賽 (75 秒) 團體四人交互繩花式比賽 (75 秒) | |
| 10:30 | 11 歲或以下 (2014 年或之後出生) 女子組 12 - 15 歲 (2010 - 2013 年出生) 女子組 16 - 18 歲 (2007 - 2009 年出生) 女子組 19 歲或以上 (2006 年或之前出生) 女子組 30 歲或以上 (1995 年或之後出生) 女子組 |
| 午膳時間 | |
| 團體二人單人繩花式比賽 (75 秒) 團體三人交互繩花式比賽 (75 秒) | |
| 14:48 | 11 歲或以下 (2014 年或之後出生) 女子組 12 - 15 歲 (2010 - 2013 年出生) 女子組 16 - 18 歲 (2007 - 2009 年出生) 女子組 19 歲或以上 (2006 年或之前出生) 女子組 30 歲或以上 (1995 年或之後出生) 女子組 |
| 頒獎典禮 | |

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

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

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

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Heat 1 SRSR_Female

Time : 09:00

2025 HKRSA Elite Championship

| Entry | Station/Event | Team | Team Name | Participants |
|-------|-----------------------------|------------------|-----------------------|---|
| #535 | 1: SRSR F 11 and Younger | Cherry Jump Co. | PLK GIRLS | SZE HIU ANTHEA CHAN SZE YIN LAM CHEUK TUNG CHANG |
| #537 | 2: SRSR F 11 and Younger | HKRSU | Aces-細細女 | Yuen Sing Chen Gabriella Wong Lok Hei Lam Man Ching Wong |
| #538 | 3: SRSR F 11 and Younger | TSRSA | TONG SIR Little Girls | Stephanie CHENG Tsoi Yin WONG SzeYu LAM Wing Kiu YEUNG |
| #536 | 4: SRSR F 11 and Younger | Duckie Learning | 培正Female Team | Lok Yan Stephanie Cheung Yan Ching Mok Chi Ching Kwan Ryka Yeung |
| #627 | 5: SRSR F 11 and Younger | Vigor | Vigor 樂樂樂樂 | Ho Tung Cheung Sum Yau Ng Wing Yan Ng Man Sum Tse |
| #626 | 6: SRSR F 12-15 | Skipping Pro Ltd | Universe - 辰奇女俠 | Yee Ching Chan Uen Ting Chung Yee Li Chan Uen Tung Chung |
| #623 | 7: SRSR F 12-15 | Jumper | Jumper - Pocky | Yi Sum Lam Hei Tung Ng Hoi Kiu Lo Sze Yu Pang |
| #628 | 8: SRSR F 12-15 | Vigor | Vigor 吱吱喳喳 | Sze Wing Chan Ho Yau Leung Yee Ching Kwok Ka Yan Ng |

Heat 2 SRSR_Female

| Entry | Station/Event | Team | Team Name | Participants |
|-------|--------------------|---------------------------|----------------------|---|
| #1529 | 1: SRSR F 12-15 | HKSPORTSPRO | PRO-SNACK | Wan Ting Chan Yan Lam Charis Luk Yan Kiu Chau Heung Ching Ngai |
| #619 | 2: SRSR F 12-15 | Duckie Learning Centre | Alpha Jump Free 喵 | Hoi Ka Chan Yin Sum Iris Wong WING YAN LEUNG Sze Wing Yuen |
| #621 | 3: SRSR F 12-15 | Elite | Elite正義王笏 | Ka Ying Fan Karis Sin Pui Yee Poon Hau Ching Siu |
| #624 | 4: SRSR F 12-15 | Jumper | Jumper - Gummy Bears | Tsz Yu Lai Yuen Yan Sheung Yat Hei Lui Yan Ki Zheng |
| #625 | 5: SRSR F 12-15 | RSC | Super 5 Why | Hui Lam Chan Cheuk Lam Jolie NG Nok Ching Ma Tsz Yiu Wong |
| #620 | 6: SRSR F 12-15 | Elite | Elite鳳凰 | Tsz Yan Cheung Hoi Ching Tam Agnes Lee Hoi Nam Karena |
| #622 | 7: SRSR F 12-15 | Fever | Fever-開心樂園餐 | Chi Yau Fong CHOI LAM CHARLENE NG Tsz Fei Lai YU LOK WONG |

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|------|--------------------|------------------------------|-----------|----------------------------------|--------------------------------|
| #629 | 8: SRSR F 12-15 | Yuen Long Sports Association | 元朗區體育會_細女 | Yuen Tung Chow Wing Yiu Leung | Yat Ching Lee Hei Tung Yung |
|------|--------------------|------------------------------|-----------|----------------------------------|--------------------------------|

Heat 3 SRSR_Female

| Entry | Station/Event | Team | Team Name | Participants | |
|-------|------------------------|------------------------------|-----------------|----------------------------------|--------------------------------------|
| #843 | 1: SRSR F 16-18 (S) | Alliance | Alliance Female | Tsz Mong Chan Ming Wai Tsang | Chi Wing Chiang Ka Yin Yan |
| #846 | 2: SRSR F 16-18 (S) | Skipping Pro Ltd | Universe - 女辰 | Wing Shih Yee Kiu Siu | Nga Hei Siu Tsz Ching Gustave |
| #848 | 3: SRSR F 16-18 (S) | Yuen Long Sports Association | 元朗區體育會_大女 | Ngou Cyun Chan Yi Lam Zhong | Tsz Ching Wong Nga Tung Zhu |
| #844 | 4: SRSR F 16-18 (S) | HKRSU | Aces-葵興班女 | Wing Yi Chiang Wing Ching Lee | Yat Yin Ho Yan Tung To |
| #847 | 5: SRSR F 16-18 (S) | Vigor | Vigor C2 | Tsz Ching Chan Hui Wa Lau | Tsz Yin Ho MEI YI WONG |
| #845 | 6: SRSR F 16-18 (S) | Jumper | Jumper - Mochi | Tsz Ying Cheung Hui Wai Lai | Hang Yi Ho Tze Ying Wu |
| #968 | 7: SRSR F 19+ | RSSAHK | SMASH - Clamsel | Yu Fung Ko Hang Yu Leung | Man Ying Lee Hoi Ching Janice Tse |
| #972 | 8: SRSR F 19+ | Ziberty | Ziberty GurLo 1 | Wai Yan Lam Po Yan Tse | Ngai Lam Tam Yu Sha Tsoi |

Heat 4 SRSR_Female

| Entry | Station/Event | Team | Team Name | Participants | |
|-------|------------------|------------------|------------------|-------------------------------------|--------------------------------------|
| #964 | 1: SRSR F 19+ | HKRSU | Aces-Chill Guy | Cheuk Shuen Chan Cheuk Hay Tsang | Man Yan Chung Yi Lam Wong |
| #971 | 2: SRSR F 19+ | Vigor | Vigor 美少女戰士 | Sze Lam Roselyn Law Tung Ting | Hoi Ching Li Wing Yiu Yim |
| #965 | 3: SRSR F 19+ | Jumper | Jumper - Lit-fam | Kai Ying Lau Cheuk Yin Tse | Nga Ting Leung Nga Yu Wong |
| #970 | 4: SRSR F 19+ | Stunning | Stunning_寵旅團 | Mei Wai Cheung Wai Shan Pang | Shuk Ying Bo Bo Kar lu Kally Wong |
| #961 | 5: SRSR F 19+ | Elite | Elite地獄守衛 | Hui Lam Chan Hui Tung Ng | Kei Ching Chan Ching Ho Wan |
| #967 | 6: SRSR F 19+ | Masterful Studio | MFS 壹陸零未 | Yat Tung Ng Ka Yu Wong | Hoi Ching Tse Tsz Ying Wong |

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|------|------------------|------------------|-----------------|-------------------------------|------------------------------|
| #962 | 7: SRSR F 19+ | Elite | Elite半人馬 | Sum Tim Ip Wing Yau Tai | On Yiu Siu Hong Lam Wong |
| #969 | 8: SRSR F 19+ | Skipping Pro Ltd | Universe - 辰奇寶貝 | Wing Yi Chan Yan Hei Leung | Hoi Tung Cheng Hau Lam Wu |

Heat 5 SRSR_Female

| Entry | Station/Event | Team | | Participants | |
|-------|------------------|------------------|---------|------------------------------------|-----------------------------|
| #963 | 1: SRSR F 19+ | Elite | Elite超階 | Man Yi Katrina Lee Chun Ying Yu | Sum Yee Li Hiu Tung Yuen |
| #966 | 2: SRSR F 19+ | Masterful Studio | 全能超街小隊 | Pik Man Carman Choi Uen Yan Lee | Hiu Lam Lee Hoi Tung Tam |
| # | 3: | | | | |
| # | 4: | | | | |
| # | 5: | | | | |
| # | 6: | | | | |
| # | 7: | | | | |
| # | 8: | | | | |

Heat 6 DDSR_Female

Time : 09:20

2025 HKRSA Elite Championship

| Entry | Station/Event | Team | Team Name | Participants | |
|-------|-----------------------------|---------------------------|-----------------------|---|--------------------------------------|
| #562 | 1: DDSR F 11 and Younger | Duckie Learning Centre | 培正Female Team | Lok Yan Stephanie Cheung Sum Yu Pang | Chi Ching Kwan Ryka Yeung |
| #561 | 2: DDSR F 11 and Younger | Cherry Jump Co. | PLK GIRLS | EDEN CHAN SZE YIN LAM | CHEUK TUNG CHANG |
| #564 | 3: DDSR F 11 and Younger | TSRSA | TONG SIR Little Girls | Stephanie CHENG Tsoi Yin WONG | SzeYu LAM Wing Kiu YEUNG |
| #563 | 4: DDSR F 11 and Younger | HKRSU | Aces-細細女 | Yuen Sing Chen Gabriella Wong | Lok Hei Lam Man Ching Wong |
| #1532 | 5: DDSR F 12-15 | HKSPORTSPRO | PRO-SNACK | Wan Ting Chan Yan Lam Charis Luk | Yan Kiu Chau Heung Ching Ngai |
| #685 | 6: DDSR F 12-15 | Elite | Elite正義王笏 | Ka Ying Fan Karis Sin | Pui Yee Poon Hiu Ching Wei |
| #686 | 7: DDSR F 12-15 | Fever | Fever-開心樂園餐 | Tsz Fei Lai CHOI LAM CHARLENE NG | CHEUK YIN NG YU LOK WONG |
| #684 | 8: DDSR F 12-15 | Elite | Elite鳳凰 | Tsz Yan Cheung Hoi Ching Tam | Agnes Lee Hoi Nam Karena Tsang |

Heat 7 DDSR_Female

| Entry | Station/Event | Team | Team Name | Participants |
|-------|------------------------|------------------|----------------------|---|
| #691 | 1: DDSR F 12-15 | Vigor | Vigor 吱吱喳喳 | Sze Wing Chan Yee Ching Kwok Hei Wing Isabelle CHUNG |
| #688 | 2: DDSR F 12-15 | Jumper | Jumper - Gummy Bears | Tsz Yu Lai Yat Hei Lui Nga Yin Law Yuen Yan Sheung |
| #689 | 3: DDSR F 12-15 | RSC | Super 5 Why | Hiu Lam Chan Hiu Tung Wong Nok Ching Ma Tsz Yiu Wong |
| #683 | 4: DDSR F 12-15 | Duckie Learning | Alpha Jump Free 喵 | WING YAN LEUNG Yin Sum Iris Wong Wing Kei Ng Sze Wing Yuen |
| #690 | 5: DDSR F 12-15 | Skipping Pro Ltd | Universe - 辰奇女俠 | Yee Ching Chan Uen Ting Chung Yee Li Chan Yan Kiu Wong |
| #687 | 6: DDSR F 12-15 | Jumper | Jumper - Pocky | Lok Yiu Chu Hoi Kiu Lo Yi Sum Lam Sze Yu Pang |
| #882 | 7: DDSR F 16-18 (S) | Vigor | Vigor C2 | Tsz Ching Chan Wing Hei Wong Tsz Yin Ho MEI YI WONG |
| #878 | 8: DDSR F 16-18 (S) | Alliance | Alliance Female | Tsz Mong Chan Ming Wai Tsang Chi Wing Chiang Ka Yin Yan |

Heat 8 DDSR_Female

| Entry | Station/Event | Team | Team Name | Participants |
|-------|------------------------|------------------|-----------------|--|
| #880 | 1: DDSR F 16-18 (S) | Jumper | Jumper - Mochi | Tsz Ying Cheung Hang Yi Ho Tsz Laam Fong Tze Ying Wu |
| #881 | 2: DDSR F 16-18 (S) | Skipping Pro Ltd | Universe - 女辰 | Yu Ki Li Yee Kiu Siu Wing Shih Tsz Ching Gustave |
| #879 | 3: DDSR F 16-18 (S) | HKRSU | Aces-葵興班女 | Wing Yi Chiang Siu Yu Luo Wing Ching Lee Yan Tung To |
| #1030 | 4: DDSR F 19+ | Masterful Studio | MFS 壹陸零未 | Yat Tung Ng Ka Yu Wong Hoi Ching Tse Tsz Ying Wong |
| #1029 | 5: DDSR F 19+ | Masterful Studio | 全能超街小隊 | Pik Man Carman Choi Uen Yan Lee Hiu Lam Lee Hiu Ching Wen |
| #1025 | 6: DDSR F 19+ | Elite | Elite 半人馬 | Ziqi Chen On Yiu Siu Sum Tim Ip Wing Yau Tai |
| #1031 | 7: DDSR F 19+ | RSSAHK | SMASH - Clamsel | Man Ying Lee Hoi Ching Janice Tse Hang Yu Leung Tsz Ching Yeung |

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|-------|------------------|-------|-------------|--------------------------|--|
| #1034 | 8: DDSR F 19+ | Vigor | Vigor 美少女戰士 | Lee Yan Lau Tung Ting | Sze Lam Roselyn Law Wing Yiu Yim |
|-------|------------------|-------|-------------|--------------------------|--|

Heat 9 DDSR_Female

| Entry | Station/Event | Team | Team Name | Participants | |
|-------|------------------|------------------|------------------|-------------------------------------|------------------------------|
| #1027 | 1: DDSR F 19+ | HKRSU | Aces-Chill Guy | Cheuk Shuen Chan Cheuk Hay Tsang | Man Yan Chung Yi Lam Wong |
| #1032 | 2: DDSR F 19+ | Skipping Pro Ltd | Universe - 辰奇寶貝 | Wing Yi Chan Yan Hei Leung | Yan Yu Hui Hau Lam Wu |
| #1033 | 3: DDSR F 19+ | Stunning | Stunning_寵旅團 | Mei Wai Cheung Wai Shan Pang | Shuk Ying Bo Bo Cheung |
| #1035 | 4: DDSR F 19+ | Ziberty | Ziberty GurLo 2 | Dodo Hoi Tung Lam Ngai Lam Tam | Wai Yan Lam Yu Sha Tsoi |
| #1024 | 5: DDSR F 19+ | Elite | Elite地獄守衛 | Hiu Lam Chan Ching Ho Wan | Hiu Tung Ng Chui Shan Yan |
| #1026 | 6: DDSR F 19+ | Elite | Elite超階 | Man Yi Katrina Lee Chun Ying Yu | Pui Lam Lee Hiu Tung Yuen |
| #1028 | 7: DDSR F 19+ | Jumper | Jumper - Lit-fam | Kai Ying Lau Nga Yu Wong | Nga Ting Leung So Wa Yee |
| # | 8: | | | | |

Heat 10 SRDR_Female

Time : 09:36

2025 HKRSA Elite Championship

| Entry | Station/Event | Team | Team Name | Participants | |
|-------|-----------------------------|------------------|----------------------|-----------------------|-----------------|
| #552 | 1: SRDR F 11 and Younger | HKRSU | Aces-細細女2 | Yuen Sing Chen | Lok Hei Lam |
| #551 | 2: SRDR F 11 and Younger | HKRSU | Aces-細細女1 | Gabriella Wong | Man Ching Wong |
| #659 | 3: SRDR F 12-15 | Vigor | Vigor吱吱喳喳 | Yee Ching Kwok | Ka Yan Ng |
| #654 | 4: SRDR F 12-15 | Elite | Elite機關槍1 | Yat Ning Alexis Chong | Pui Ga Yu |
| #553 | 5: SRDR F 12-15 | Jumper | Jumper - Gummy Bears | Tsz Yu Lai | Yuen Yan Sheung |
| #658 | 6: SRDR F 12-15 | Skipping Pro Ltd | Universe - 辰奇女俠 | Uen Ting Chung | Uen Tung Chung |

| | | | | | |
|------|--------------------|--------|----------------|--------------|-------------|
| #656 | 7: SRDR F 12-15 | Jumper | Jumper - Pocky | Hoi Kiu Lo | Hei Tung Ng |
| #655 | 8: SRDR F 12-15 | Fever | Fever-開心樂園餐 | Chi Yau Fong | YU LOK WONG |

Heat 11 SRDR_Female

| Entry | Station/Event | Team | Team Name | Participants | |
|-------|------------------------|------------------------------|-----------------|-----------------|-----------------|
| #653 | 1: SRDR F 12-15 | Elite | Elite鳳凰1 | Tsz Yan Cheung | Agnes Lee |
| #661 | 2: SRDR F 12-15 | Ziberty | Ziberty Go g1 | Yu Yung Pang | Emma Wong |
| Entry | Station/Event | Team | | Participants | |
| #657 | 3: SRDR F 12-15 | RSC | Super 5 Why | Hui Lam Chan | Tsz Yiu Wong |
| #660 | 4: SRDR F 12-15 | Yuen Long Sports Association | 元朗區體育會_細女 | Yuen Tung Chow | Hei Tung Yung |
| #868 | 5: SRDR F 16-18 (S) | Yuen Long Sports Association | 元朗區體育會_大女 | Yi Lam Zhong | Nga Tung Zhu |
| #865 | 6: SRDR F 16-18 (S) | Masterful Studio | MFS KAM | Ka Wai HUANG | Cheuk Yan Ma |
| #997 | 7: SRDR F 16-18 (S) | Alliance | Alliance Female | Tsz Mong Chan | Chi Wing Chiang |
| #864 | 8: SRDR F 16-18 (S) | Jumper | Jumper - Mochi | Tsz Ying Cheung | Tsz Laam Fong |

Heat 12 SRDR_Female

| Entry | Station/Event | Team | Team Name | Participants | |
|-------|------------------------|------------------|-----------------|-------------------|--------------|
| #867 | 1: SRDR F 16-18 (S) | Vigor | Vigor C2 | Hui Wa Lau | MEI YI WONG |
| #866 | 2: SRDR F 16-18 (S) | Skipping Pro Ltd | Universe - 女辰 | Wing Shih | Yee Kiu Siu |
| #863 | 3: SRDR F 16-18 (S) | HKRSU | Aces-葵興班女 | Wing Yi Chiang | Yan Tung To |
| #1007 | 4: SRDR F 19+ | Ziberty | Ziberty GurLo 3 | Dodo Hoi Tung Lam | Ngai Lam Tam |

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|-------|------------------|------------------|------------------|------------------|-----------------|
| #1001 | 5: SRDR F 19+ | HKRSU | Aces-Chill Guy | Cheuk Shuen Chan | Cheuk Hay Tsang |
| #1005 | 6: SRDR F 19+ | RSSAHK | SMASH - Clamsel | Yu Fung Ko | Man Ying Lee |
| #1006 | 7: SRDR F 19+ | Skipping Pro Ltd | Universe - 辰奇寶貝 | Yan Yu Hui | Yan Hei Leung |
| #1002 | 8: SRDR F 19+ | Jumper | Jumper - Lit-fam | Nga Ting Leung | Cheuk Yin Tse |

Heat 13 SRDR_Female

| Entry | Station/Event | Team | Team Name | Participants | |
|-------|------------------|------------------|--------------|--------------|---------------|
| #1003 | 1: SRDR F 19+ | Masterful Studio | 全能超街小隊 | Hiu Lam Lee | Hiu Ching Wen |
| #1004 | 2: SRDR F 19+ | Masterful Studio | MFS 壹陸零未 | Yat Tung Ng | Hoi Ching Tse |
| #999 | 3: SRDR F 19+ | Elite | Elite地獄守衛半人馬 | Hiu Lam Chan | On Yiu Siu |
| #1000 | 4: SRDR F 19+ | FORCES | Flash | Sum Yi Lee | Wing Yan Wong |
| # | 5: | | | | |
| # | 6: | | | | |
| # | 7: | | | | |
| # | 8: | | | | |

Heat 14 DDSS_Female

Time : 09:48

2025 HKRSA Elite Championship

| Entry | Station/Event | Team | Team Name | Participants | |
|-------|--------------------|------------------|----------------------|----------------------------------|----------------|
| #716 | 1: DDSS F 12-15 | Skipping Pro Ltd | Universe - 辰奇女俠 | Yee Ching Chan Uen Tung Chung | Uen Ting Chung |
| #718 | 2: DDSS F 12-15 | Ziberty | Ziberty Go g2 | Lai Ching Chan Emma Wong | Yu Yung Pang |
| #712 | 3: DDSS F 12-15 | Elite | Elite正義王笏1 | Ka Ying Fan Karis Sin | Pui Yee Poon |
| #714 | 4: DDSS F 12-15 | Jumper | Jumper - Gummy Bears | Nga Yin Law Yan Ki Zheng | Yat Hei Lui |

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|------|--------------------|--------|----------------|------------------------------------|----------------------------|
| #711 | 5: DDSS F 12-15 | Elite | Elite鳳凰2 | Agnes Lee Hoi Nam Karena Tsang | Hoi Ching Tam |
| #713 | 6: DDSS F 12-15 | Jumper | Jumper - Pocky | Lok Yiu Chu Sze Yu Pang | Yi Sum Lam |
| #715 | 7: DDSS F 12-15 | RSC | Super 5 Why | Hiu Lam Chan Cheuk Lam Jolie NG | Nok Ching Ma |
| #717 | 8: DDSS F 12-15 | Vigor | Vigor吱吱喳喳 | Sze Wing Chan Ho Yau Leung | Hei Wing Isabelle CHUNG |

Heat 15 DDSS_Female

| Entry | Station/Event | Team | Team Name | Participants | |
|-------|------------------------|------------------|-----------------|----------------------------------|------------------------|
| #895 | 1: DDSS F 16-18 (S) | HKRSU | Aces-葵興班女 | Yat Yin Ho Siu Yu Luo | Wing Ching Lee |
| #896 | 2: DDSS F 16-18 (S) | Jumper | Jumper - Mochi | Hang Yi Ho Tze Ying Wu | Hui Wai Lai |
| #897 | 3: DDSS F 16-18 (S) | Skipping Pro Ltd | Universe - 女辰 | Wing Shih Yee Kiu Siu | Nga Hei Siu |
| #898 | 4: DDSS F 16-18 (S) | Vigor | Vigor C2 | Tsz Ching Chan Wing Hei Wong | Tsz Yin Ho |
| #1065 | 5: DDSS F 19+ | Skipping Pro Ltd | Universe - 辰奇寶貝 | Hoi Tung Cheng Yan Hei Leung | Yan Yu Hui |
| #1060 | 6: DDSS F 19+ | Elite | Elite地獄守衛1 | Hui Lam Chan Ching Ho Wan | Kei Ching Chan |
| #1067 | 7: DDSS F 19+ | Vigor | Vigor 美少女戰士 | Lee Yan Lau Wing Yiu Yim | Sze Lam Roselyn Law |
| #1064 | 8: DDSS F 19+ | RSSAHK | SMASH - Clamsel | Hang Yu Leung Tsz Ching Yeung | Hoi Ching Janice Tse |

Heat 16 DDSS_Female

| Entry | Station/Event | Team | Team Name | Participants | |
|-------|------------------|---------|------------------|--------------------------------------|-----------------|
| #1061 | 1: DDSS F 19+ | FORCES | Flash | Choi Kiu Eunice Lau Wing Yan Wong | Sum Yi Lee |
| #1062 | 2: DDSS F 19+ | HKRSU | Aces-Chill Guy | Cheuk Shuen Chan Yi Lam Wong | Cheuk Hay Tsang |
| #1068 | 3: DDSS F 19+ | Ziberty | Ziberty GurLo 4 | Dodo Hoi Tung Lam Yu Sha Tsoi | Ngai Lam Tam |
| #1063 | 4: DDSS | Jumper | Jumper - Lit-fam | Kai Ying Lau | Wai Ci Yumi Lee |

F 19+

So Wa Yee

5:
6:
7:
8:

Heat 17 SRTF /
DDPF_Female

Time : 10:30

2025 HKRSA Elite Championship

| Entry | Station/Event | Team | Team Name | Participants |
|-------|-----------------------------|---------------------------|---------------|--|
| #921 | 1: SRTF F 16-18 (S) | Skipping Pro Ltd | Universe - 女辰 | Yu Ki Li Nga Hei Siu Wing Shih Tsz Ching Gustave |
| #605 | 2: DDPF F 11 and Younger | Duckie Learning Centre | 培正Female Team | Lok Yan Stephanie Cheung Yan Ching Mok Chi Ching Kwan Sum Yu Pang |

Heat 18 SRTF / DDPF_Female

| Entry | Station/Event | Team | Team Name | Participants |
|-------|-----------------------------|-----------------|-----------|---|
| #919 | 1: SRTF F 16-18 (S) | HKRSU | Aces-葵興班女 | Yat Yin Ho Siu Yu Luo Wing Ching Lee Yan Tung To |
| #604 | 2: DDPF F 11 and Younger | Cherry Jump Co. | PLK GIRLS | EDEN CHAN SZE YIN LAM CHEUK TUNG CHANG TSZ YU TANYA SHUM |

Heat 19 SRTF / DDPF_Female

| Entry | Station/Event | Team | Team Name | Participants |
|-------|-----------------------------|--------|----------------|---|
| #920 | 1: SRTF F 16-18 (S) | Jumper | Jumper - Mochi | Tsz Ying Cheung Hui Wai Lai Hang Yi Ho Tze Ying Wu |
| #606 | 2: DDPF F 11 and Younger | HKRSU | Aces-細細女 | Yuen Sing Chen Gabriella Wong Lok Hei Lam Man Ching Wong |

Heat 20 SRTF / DDPF_Female

| Entry | Station/Event | Team | Team Name | Participants |
|-------|------------------------|---------------------------------|-----------|--|
| #923 | 1: SRTF F 16-18 (S) | Yuen Long Sports Association | 元朗區體育會_大女 | Ngou Cyun Chan Yi Lam Zhong Tsz Ching Wong Nga Tung Zhu |

| | | | | | |
|------|-----------------------------|-------|-----------------------|----------------------------------|-----------------------------|
| #607 | 2: DDPF F 11 and Younger | TSRSA | TONG SIR Little Girls | Stephanie CHENG Tsoi Yin WONG | SzeYu LAM Wing Kiu YEUNG |
|------|-----------------------------|-------|-----------------------|----------------------------------|-----------------------------|

Heat 21 SRTF / DDPF_Female

| Entry | Station/Event | Team | Team Name | Participants | |
|-------|------------------------|----------|-----------------|---------------------------------|-------------------------------|
| #918 | 1: SRTF F 16-18 (S) | Alliance | Alliance Female | Tsz Mong Chan Ming Wai Tsang | Chi Wing Chiang Ka Yin Yan |
| #817 | 2: DDPF F 12-15 | Jumper | Jumper - Pocky | Lok Yiu Chu Hoi Kiu Lo | Yi Sum Lam Sze Yu Pang |

Heat 22 SRTF / DDPF_Female

| Entry | Station/Event | Team | Team Name | Participants | |
|-------|------------------------|-------|-----------|------------------------------|-------------------------------|
| #922 | 1: SRTF F 16-18 (S) | Vigor | Vigor C2 | Tsz Ching Chan Hui Wa Lau | Tsz Yin Ho Wing Hei Wong |
| #815 | 2: DDPF F 12-15 | Elite | Elite正義王笏 | Ka Ying Fan Karis Sin | Pui Yee Poon Hui Ching Wei |

Heat 23 SRTF / DDPF_Female

| Entry | Station/Event | Team | Team Name | Participants | |
|-------|--------------------|--------|----------------------|------------------------------------|--------------------------------|
| #1126 | 1: SRTF F 19+ | Elite | Elite超階 | Man Yi Katrina Lee Chun Ying Yu | Sum Yee Li Hiu Tung Yuen |
| #818 | 2: DDPF F 12-15 | Jumper | Jumper - Gummy Bears | Tsz Yu Lai Yat Hei Lui | Nga Yin Law Yuen Yan Sheung |

Heat 24 SRTF / DDPF_Female

| Entry | Station/Event | Team | Team Name | Participants | |
|-------|--------------------|-------------|------------------|-------------------------------|-----------------------------------|
| #1128 | 1: SRTF F 19+ | Jumper | Jumper - Lit-fam | Kai Ying Lau Cheuk Yin Tse | Nga Ting Leung Nga Yu Wong |
| #1531 | 2: DDPF F 12-15 | HKSPORTSPRO | PRO-SNACK | Wai Wun Chan Yan Kiu Chau | Wan Ting Chan Heung Ching Ngai |

Heat 25 SRTF / DDPF_Female

| Entry | Station/Event | Team | Team Name | Participants |
|-------|--------------------|------------------|-----------------|------------------------------------|
| #1131 | 1: SRTF F 19+ | RSSAHK | SMASH - Clamsel | Yu Fung Ko Hoi Ching Janice Tse |
| #820 | 2: DDPF F 12-15 | Skipping Pro Ltd | Universe - 辰奇女俠 | Yee Li Chan Uen Tung Chung |

Heat 26 SRTF / DDPF_Female

| Entry | Station/Event | Team | Team Name | Participants |
|-------|--------------------|----------|--------------|---------------------------------|
| #1133 | 1: SRTF F 19+ | Stunning | Stunning_寵旅團 | Mei Wai Cheung Wai Shan Pang |
| #814 | 2: DDPF F 12-15 | Elite | Elite鳳凰 | Tsz Yan Cheung Hoi Ching Tam |

Heat 27 SRTF / DDPF_Female

| Entry | Station/Event | Team | Team Name | Participants |
|-------|--------------------|------------------|-----------------|-------------------------------------|
| #1132 | 1: SRTF F 19+ | Skipping Pro Ltd | Universe - 辰奇寶貝 | Hoi Tung Cheng Yan Hei Leung |
| #816 | 2: DDPF F 12-15 | Fever | Fever-開心樂園餐 | Tsz Fei Lai CHOI LAM CHARLENE NG |

Heat 28 SRTF / DDPF_Female

| Entry | Station/Event | Team | Team Name | Participants |
|-------|--------------------|---------------------------|-------------------|-------------------------------------|
| #1127 | 1: SRTF F 19+ | HKRSU | Aces-Chill Guy | Cheuk Shuen Chan Cheuk Hay Tsang |
| #813 | 2: DDPF F 12-15 | Duckie Learning Centre | Alpha Jump Free 啱 | Hoi Ka Chan Wing Kei Ng |

Heat 29 SRTF / DDPF_Female

| Entry | Station/Event | Team | Team Name | Participants |
|-------|------------------|-------|-----------|-----------------------------|
| #1124 | 1: SRTF F 19+ | Elite | Elite地獄守衛 | Hiu Lam Chan Hiu Tung Ng |

| | | | | | |
|------|--------------------|-----|-------------|------------------------------------|-------------------------------|
| #819 | 2: DDPF F 12-15 | RSC | Super 5 Why | Hiu Lam Chan Cheuk Lam Jolie NG | Nok Ching Ma Hiu Tung Wong |
|------|--------------------|-----|-------------|------------------------------------|-------------------------------|

Heat 30 SRTF / DDPF_Female

| Entry | Station/Event | Team | Team Name | Participants | |
|-------|--------------------|------------------|------------|---------------------------------|--|
| #1130 | 1: SRTF F 19+ | Masterful Studio | MFS 壹陸零未 | Yat Tung Ng Ka Yu Wong | Hoi Ching Tse Tsz Ying Wong |
| #821 | 2: DDPF F 12-15 | Vigor | Vigor 吱吱喳喳 | Sze Wing Chan Yee Ching Kwok | Hei Wing Isabelle CHUNG Ho Yau Leung |

Heat 31 SRTF / DDPF_Female

| Entry | Station/Event | Team | Team Name | Participants | |
|-------|------------------------|----------|-----------------|-----------------------------------|-------------------------------|
| #1135 | 1: SRTF F 19+ | Ziberty | Ziberty GurLo 2 | Dodo Hoi Tung Lam Ngai Lam Tam | Wai Yan Lam Yu Sha Tsoi |
| #944 | 2: DDPF F 16-18 (S) | Alliance | Alliance Female | Tsz Mong Chan Ming Wai Tsang | Chi Wing Chiang Ka Yin Yan |

Heat 32 SRTF / DDPF_Female

| Entry | Station/Event | Team | Team Name | Participants | |
|-------|------------------------|-------|-------------|-----------------------------|------------------------------|
| #1134 | 1: SRTF F 19+ | Vigor | Vigor 美少女戰士 | Lee Yan Lau Tung Ting | Hoi Ching Li Wing Yiu Yim |
| #948 | 2: DDPF F 16-18 (S) | Vigor | Vigor C2 | Tsz Yin Ho Wing Hei Wong | Hui Wa Lau MEI YI WONG |

Heat 33 SRTF / DDPF_Female

| Entry | Station/Event | Team | Team Name | Participants | |
|-------|------------------------|------------------|---------------|-----------------------------|---|
| #1129 | 1: SRTF F 19+ | Masterful Studio | 全能超街小隊 | Hiu Lam Lee Hoi Tung Tam | Uen Yan Lee Hiu Ching Wen |
| #947 | 2: DDPF F 16-18 (S) | Skipping Pro Ltd | Universe - 女辰 | Yu Ki Li Yee Kiu Siu | Nga Hei Siu Tsz Ching Gustave Yeung |

Heat 34 SRTF / DDPF_Female

| Entry | Station/Event | Team | Team Name | Participants |
|-------|------------------------|--------|----------------|---|
| #1125 | 1: SRTF F 19+ | Elite | Elite半人馬 | Ziqi Chen Wing Yau Tai On Yiu Siu Hong Lam Wong |
| #946 | 2: DDPF F 16-18 (S) | Jumper | Jumper - Mochi | Tsz Ying Cheung Hang Yi Ho Tsz Laam Fong Tze Ying Wu |

Heat 35 SRTF / DDPF_Female

| Entry | Station/Event | Team | Team Name | Participants |
|-------|-----------------------------|-------|------------|--|
| #779 | 1: SRTF F 11 and Younger | Vigor | Vigor 樂樂樂樂 | Ho Tung Cheung Sum Yau Ng Wing Yan Ng Man Sum Tse |
| #945 | 2: DDPF F 16-18 (S) | HKRSU | Aces-葵興班女 | Wing Yi Chiang Wing Ching Lee Yat Yin Ho Siu Yu Luo |

Heat 36 SRTF / DDPF_Female

| Entry | Station/Event | Team | Team Name | Participants |
|-------|-----------------------------|-----------------|-----------|--|
| #587 | 1: SRTF F 11 and Younger | Cherry Jump Co. | PLK GIRLS | SZE HIU ANTHEA CHAN SZE YIN LAM CHEUK TUNG TSZ YU TANYA |
| #1186 | 2: DDPF F 19+ | Elite | Elite超階 | Man Yi Katrina Lee Sum Yee Li Pui Lam Lee Hui Tung Yuen |

Heat 37 SRTF / DDPF_Female

| Entry | Station/Event | Team | Team Name | Participants |
|-------|-----------------------------|---------------------------|------------------|--|
| #588 | 1: SRTF F 11 and Younger | Duckie Learning Centre | 培正Female Team | Lok Yan Stephanie Cheung Sum Yu Pang Yan Ching Mok Ryka Yeung |
| #1188 | 2: DDPF F 19+ | Jumper | Jumper - Lit-fam | Kai Ying Lau Nga Yu Wong Nga Ting Leung So Wa Yee |

Heat 38 SRTF / DDPF_Female

| Entry | Station/Event | Team | Team Name | Participants |
|-------|-----------------------------|-------|-----------|---|
| #589 | 1: SRTF F 11 and Younger | HKRSU | Aces-細細女 | Yuen Sing Chen Gabriella Wong Lok Hei Lam Man Ching Wong |

| | | | | | |
|-------|------------------|------------------|-----------------|---------------------------------|--------------------------|
| #1192 | 2: DDPF F 19+ | Skipping Pro Ltd | Universe - 辰奇寶貝 | Hoi Tung Cheng Yan Hei Leung | Yan Yu Hui Hau Lam Wu |
|-------|------------------|------------------|-----------------|---------------------------------|--------------------------|

Heat 39 SRTF / DDPF_Female

| Entry | Station/Event | Team | Team Name | Participants | |
|-------|-----------------------------|-------|-----------------------|----------------------------------|------------------------------|
| #590 | 1: SRTF F 11 and Younger | TSRSA | TONG SIR Little Girls | Stephanie CHENG Tsoi Yin WONG | SzeYu LAM Wing Kiu YEUNG |
| #1184 | 2: DDPF F 19+ | Elite | Elite地獄守衛 | Kei Ching Chan Ching Ho Wan | Hui Tung Ng Chui Shan Yan |

Heat 40 SRTF / DDPF_Female

| Entry | Station/Event | Team | Team Name | Participants | |
|-------|--------------------|---------------------------|-------------------|-------------------------------|--|
| #771 | 1: SRTF F 12-15 | Duckie Learning Centre | Alpha Jump Free 喵 | Hoi Ka Chan Wing Kei Ng | WING YAN LEUNG Yin Sum Iris Wong |
| #1193 | 2: DDPF F 19+ | Stunning | Stunning_寵旅團 | Mei Wai Cheung Mei Sze Lai | Shuk Ying Bo Bo Cheung Wai Shan Pang |

Heat 41 SRTF / DDPF_Female

| Entry | Station/Event | Team | Team Name | Participants | |
|-------|--------------------|------------------|-----------------|-------------------------------------|------------------------------|
| #778 | 1: SRTF F 12-15 | Skipping Pro Ltd | Universe - 辰奇女俠 | Yee Ching Chan Uen Tung Chung | Yee Li Chan Yan Kiu Wong |
| #1189 | 2: DDPF F 19+ | Masterful Studio | 全能超街小隊 | Pik Man Carman Choi Hoi Tung Tam | Hui Lam Lee Hui Ching Wen |

Heat 42 SRTF / DDPF_Female

| Entry | Station/Event | Team | Team Name | Participants | |
|-------|--------------------|------------------|----------------------|-------------------------------|--------------------------------|
| #776 | 1: SRTF F 12-15 | Jumper | Jumper - Gummy Bears | Tsz Yu Lai Yuen Yan Sheung | Yat Hei Lui Yan Ki Zheng |
| #1190 | 2: DDPF F 19+ | Masterful Studio | MFS 壹陸零未 | Yat Tung Ng Ka Yu Wong | Hoi Ching Tse Tsz Ying Wong |

Heat 43 SRTF / DDPF_Female

| Entry | Station/Event | Team | Team Name | Participants |
|-------|--------------------|--------|----------------|---|
| #775 | 1: SRTF F 12-15 | Jumper | Jumper - Pocky | Yi Sum Lam Hei Tung Ng Hoi Kiu Lo Sze Yu Pang |
| #1194 | 2: DDPF F 19+ | Vigor | Vigor 美少女戰士 | Lee Yan Lau Hoi Ching Li Sze Lam Roselyn Law Wing Yiu Yim |

Heat 44 SRTF / DDPF_Female

| Entry | Station/Event | Team | Team Name | Participants |
|-------|--------------------|-------|----------------|---|
| #780 | 1: SRTF F 12-15 | Vigor | Vigor 吱吱喳喳 | Sze Wing Chan Ho Yau Leung Hei Wing Isabelle CHUNG |
| #1187 | 2: DDPF F 19+ | HKRSU | Aces-Chill Guy | Cheuk Shuen Chan Cheuk Hay Tsang Man Yan Chung Yi Lam Wong |

Heat 45 SRTF / DDPF_Female

| Entry | Station/Event | Team | Team Name | Participants |
|-------|--------------------|--------|-----------------|---|
| #773 | 1: SRTF F 12-15 | Elite | Elite 正義王笏 | Ka Ying Fan Karis Sin Pui Yee Poon Hau Ching Siu |
| #1191 | 2: DDPF F 19+ | RSSAHK | SMASH - Clamsel | Yu Fung Ko Hoi Ching Janice Tse Man Ying Lee Tsz Ching Yeung |

Heat 46 SRTF / DDPF_Female

| Entry | Station/Event | Team | Team Name | Participants |
|-------|--------------------|-------|-------------|--|
| #774 | 1: SRTF F 12-15 | Fever | Fever-開心樂園餐 | Chi Yau Fong CHOI LAM CHARLENE NG Tsz Fei Lai YU LOK WONG |
| #1185 | 2: DDPF F 19+ | Elite | Elite 半人馬 | Sum Tim Ip Wing Yau Tai On Yiu Siu Hong Lam Wong |

Heat 47 SRTF / DDPF_Female

| Entry | Station/Event | Team | Team Name | Participants |
|-------|--------------------|-------|-----------|--|
| #772 | 1: SRTF F 12-15 | Elite | Elite 鳳凰 | Tsz Yan Cheung Hoi Ching Tam Agnes Lee Hoi Nam Karena |
| # | 2: | | | |

Heat 48 SRTF / DDPF_Female

Heat 48 SRTF / DDPF_Female

| Entry | Station/Event | Team | Team Name | Participants |
|-------|--------------------|-------------|-----------|------------------------------------|
| #1530 | 1: SRTF F 12-15 | HKSPORTSPRO | PRO-SNACK | Wai Wun Chan Yan Lam Charis Luk |
| # | 2: | | | Wan Ting Chan Heung Ching Ngai |

Heat 49 SRTF / DDPF_Female

| Entry | Station/Event | Team | Team Name | Participants |
|-------|--------------------|------|-----------|-------------------------------|
| #777 | 1: SRTF F 12-15 | RSC | Super 5 | Hiu Lam Chan Hiu Tung Wong |
| # | 2: | | | Nok Ching Ma Tsz Yiu Wong |

Heat 50 SRPF / DDSF_Female

Time : 14:48

2025 HKRSA Elite Championship

| Entry | Station/Event | Team | Team Name | Participants |
|-------|-----------------------------|------------------|-----------------|----------------------------------|
| #583 | 1: SRPF F 11 and Younger | HKRSU | Aces-細細女2 | Yuen Sing Chen |
| #805 | 2: DDSF F 12-15 | Skipping Pro Ltd | Universe - 辰奇女俠 | Yee Ching Chan Uen Tung Chung |
| | | | | Lok Hei Lam Uen Ting Chung |

Heat 51 SRPF / DDSF_Female

| Entry | Station/Event | Team | Team Name | Participants |
|-------|-----------------------------|--------|----------------|-------------------------------|
| #582 | 1: SRPF F 11 and Younger | HKRSU | Aces-細細女1 | Gabriella Wong |
| #803 | 2: DDSF F 12-15 | Jumper | Jumper - Pocky | Yi Sum Lam Sze Yu Pang |
| | | | | Man Ching Wong Hei Tung Ng |

Heat 52 SRPF / DDSF_Female

| Entry | Station/Event | Team | Team Name | Participants |
|-------|------------------------|--------|----------------|-----------------------------------|
| #907 | 1: SRPF F 16-18 (S) | Jumper | Jumper - Mochi | Hang Yi Ho |
| #804 | 2: DDSF F 12-15 | RSC | Super 5 Why | Hiu Lam Chan Tsz Yiu Wong |
| | | | | Tze Ying Wu Cheuk Lam Jolie NG |

Heat 53 SRPF / DDSF_Female

| Entry | Station/Event | Team | Team Name | Participants |
|-------|------------------------|------------------------------|------------------|--|
| #909 | 1: SRPF F 16-18 (S) | Yuen Long Sports Association | 元朗區體育會_大女 | Ngou Cyun Chan Tsz Ching Wong |
| #1162 | 2: DDSF F 19+ | Jumper | Jumper - Lit-fam | Wai Ci Yumi Lee So Wa Yee Nga Ting Leung |

Heat 54 SRPF / DDSF_Female

| Entry | Station/Event | Team | Team Name | Participants |
|-------|------------------------|-------|------------|--|
| #906 | 1: SRPF F 16-18 (S) | HKRSU | Aces-葵興班女 | Yat Yin Ho Siu Yu Luo |
| #1160 | 2: DDSF F 19+ | Elite | Elite地獄守衛3 | Hui Lam Chan Ching Ho Wan Kei Ching Chan |

Heat 55 SRPF / DDSF_Female

| Entry | Station/Event | Team | Team Name | Participants |
|-------|------------------------|------------------|-----------------|---|
| #908 | 1: SRPF F 16-18 (S) | Skipping Pro Ltd | Universe - 女辰 | Yu Ki Li Tsz Ching Gustave Yeung |
| #1164 | 2: DDSF F 19+ | RSSAHK | SMASH - Clamsel | Yu Fung Ko Tsz Ching Yeung Hoi Ching Janice Tse |

Heat 56 SRPF / DDSF_Female

| Entry | Station/Event | Team | Team Name | Participants |
|-------|------------------------|----------|-----------------|--|
| #1090 | 1: SRPF F 16-18 (S) | Alliance | Alliance Female | Tsz Mong Chan Chi Wing Chiang |
| #1161 | 2: DDSF F 19+ | Elite | Elite超階3 | Pui Lam Lee Hui Tung Yuen Sum Yee Li |

Heat 57 SRPF / DDSF_Female

| Entry | Station/Event | Team | Team Name | Participants |
|-------|--------------------|-------|-----------|-------------------------------|
| #745 | 1: SRPF F 12-15 | Vigor | Vigor 笑左 | Ka Yau Hung Cheuk Ying Law |

| | | | | | |
|-------|------------------|------------------|-----------------|--------------------------|---------------|
| #1165 | 2: DDSF F 19+ | Skipping Pro Ltd | Universe - 辰奇寶貝 | Yan Yu Hui Hau Lam Wu | Yan Hei Leung |
|-------|------------------|------------------|-----------------|--------------------------|---------------|

Heat 58 SRPF / DDSF_Female

| Entry | Station/Event | Team | Team Name | Participants | |
|-------|--------------------|------------------|-----------|----------------------------------|-------------------------|
| #737 | 1: SRPF F 12-15 | Elite | Elite鳳凰3 | Tsz Yan Cheung | Hoi Nam Karena Tsang |
| #1163 | 2: DDSF F 19+ | Masterful Studio | MFS FDD3 | Mei Kei Maggie Lau Sze Nga Ng | Uen Yan Lee |

Heat 59 SRPF / DDSF_Female

| Entry | Station/Event | Team | Team Name | Participants | |
|-------|------------------------|------------------|---------------|--------------------------|--------------|
| #738 | 1: SRPF F 12-15 | Elite | Elite正義王笏2 | Ka Ying Fan | Pui Yee Poon |
| #938 | 2: DDSF F 16-18 (S) | Skipping Pro Ltd | Universe - 女辰 | Wing Shih Yee Kiu Siu | Nga Hei Siu |

Heat 60 SRPF / DDSF_Female

| Entry | Station/Event | Team | Team Name | Participants | |
|-------|------------------------|-------|------------------|-------------------------------|----------------|
| #746 | 1: SRPF F 12-15 | Vigor | Vigor siu4 girls | Sik Tung Li | Kei Ching Lung |
| #936 | 2: DDSF F 16-18 (S) | HKRSU | Aces-葵興班女 | Wing Yi Chiang Yan Tung To | Wing Ching Lee |

Heat 61 SRPF / DDSF_Female

| Entry | Station/Event | Team | Team Name | Participants | |
|-------|--------------------|-------|-------------|-------------------------------------|--------------|
| #742 | 1: SRPF F 12-15 | RSC | Super 5 Why | Nok Ching Ma | Tsz Yiu Wong |
| #939 | 2: DDSF F 19+ | Vigor | Vigor 美少女戰士 | Sze Lam Roselyn Law Wing Yiu Yim | Hoi Ching Li |

Heat 62 SRPF / DDSF_Female

| Entry | Station/Event | Team | Team Name | Participants |
|-------|------------------------|--------|----------------|---|
| #739 | 1: SRPF F 12-15 | Fever | Fever-開心樂園餐 | Tsz Fei Lai Chi Yau Fong |
| #937 | 2: DDSF F 16-18 (S) | Jumper | Jumper - Mochi | Tsz Laam Fong Tze Ying Wu Hiu Wai Lai |

Heat 63 SRPF / DDSF_Female

| Entry | Station/Event | Team | Team Name | Participants |
|-------|--------------------|-------|-----------|--------------------------------|
| #744 | 1: SRPF F 12-15 | Vigor | Vigor吱吱喳喳 | Yee Ching Kwok Ho Yau Leung |
| # | 2: | | | |

Heat 64 SRPF / DDSF_Female

| Entry | Station/Event | Team | Team Name | Participants |
|-------|--------------------|------------------------------|-----------|---------------------------------|
| #747 | 1: SRPF F 12-15 | Yuen Long Sports Association | 元朗區體育會_細女 | Yat Ching Lee Wing Yiu Leung |
| # | 2: | | | |

Heat 65 SRPF / DDSF_Female

| Entry | Station/Event | Team | Team Name | Participants |
|-------|--------------------|---------|---------------|---------------------------|
| #748 | 1: SRPF F 12-15 | Ziberty | Ziberty Go g1 | Yu Yung Pang Emma Wong |
| # | 2: | | | |

Heat 66 SRPF / DDSF_Female

| Entry | Station/Event | Team | Team Name | Participants |
|-------|--------------------|--------|----------------|----------------------------|
| #740 | 1: SRPF F 12-15 | Jumper | Jumper - Pocky | Lok Yiu Chu Sze Yu Pang |
| # | 2: | | | |

Heat 67 SRPF / DDSF_Female

| Entry | Station/Event | Team | Team Name | Participants |
|-------|---------------|------|-----------|--------------|
|-------|---------------|------|-----------|--------------|

| | | | | | |
|------|--------------------|---------------|-----------------------------|-------------|-------------|
| #741 | 1: SRPF F 12-15 | Jumper | Jumper - Gummy Bears | Nga Yin Law | Yat Hei Lui |
| # | 2: | | | | |

Heat 68 SRPF / DDSF_Female

| Entry | Station/Event | Team | Team Name | Participants | |
|-------|--------------------|-------------------------|------------------------|----------------|-------------|
| #743 | 1: SRPF F 12-15 | Skipping Pro Ltd | Universe - 辰奇女俠 | Yee Ching Chan | Yee Li Chan |
| # | 2: | | | | |

Heat 69 SRPF / DDSF_Female

| Entry | Station/Event | Team | Team Name | Participants | |
|-------|------------------|-----------------|---------------------|--------------|---------------|
| #1104 | 1: SRPF F 19+ | Stunning | Stunning_寵旅團 | Mei Sze Lai | Wai Shan Pang |
| # | 2: | | | | |

Heat 70 SRPF / DDSF_Female

| Entry | Station/Event | Team | Team Name | Participants | |
|-------|------------------|--------------|-----------------|--------------|--------------|
| #1093 | 1: SRPF F 19+ | Elite | Elite超階1 | Pui Lam Lee | Chun Ying Yu |
| # | 2: | | | | |

Heat 71 SRPF / DDSF_Female Elite Championship

2025 HKRSA

| Entry | Station/Event | Team | Team Name | Participants | |
|-------|------------------|-------------------------|-----------------|----------------|------------|
| #1098 | 1: SRPF F 19+ | Masterful Studio | MFS 壹陸零未 | Hoi Ching Chan | Ka Yu Wong |
| # | 2: | | | | |

Heat 72 SRPF / DDSF_Female

| Entry | Station/Event | Team | Team Name | Participants | |
|-------|---------------|------|-----------|--------------|--|
|-------|---------------|------|-----------|--------------|--|

| | | | | | |
|-------|------------------|--------|-----------------|--------------|---------------|
| #1101 | 1: SRPF F 19+ | RSSAHK | SMASH - Clamsel | Man Ying Lee | Hang Yu Leung |
| # | 2: | | | | |

Heat 73 SRPF / DDSF_Female

| Entry | Station/Event | Team | Team Name | Participants |
|-------|------------------|--------|------------------|---------------------------|
| #1096 | 1: SRPF F 19+ | Jumper | Jumper - Lit-fam | Kai Ying Lau So Wa Yee |
| # | 2: | | | |

Heat 74 SRPF / DDSF_Female

| Entry | Station/Event | Team | Team Name | Participants |
|-------|------------------|------------------|-----------|-------------------------------|
| #1099 | 1: SRPF F 19+ | Masterful Studio | MFS_歌歌歌 | Wai Ying Chu Tsz Ying Wong |
| # | 2: | | | |

Heat 75 SRPF / DDSF_Female

| Entry | Station/Event | Team | Team Name | Participants |
|-------|------------------|------|----------------|---------------------------------|
| #1100 | 1: SRPF F 19+ | RSC | Super Whatever | Yeuk Tung Kee Hoi Ching Tang |
| # | 2: | | | |

Heat 76 SRPF / DDSF_Female

| Entry | Station/Event | Team | Team Name | Participants |
|-------|------------------|-----------------|-----------------|----------------------------|
| #1103 | 1: SRPF F 19+ | Skiping Pro Ltd | Universe - 辰奇寶貝 | Wing Yi Chan Hau Lam Wu |
| # | 2: | | | |

Heat 77 SRPF / DDSF_Female

| Entry | Station/Event | Team | Team Name | Participants |
|-------|------------------|--------|-------------|-----------------------------|
| #1102 | 1: SRPF F 19+ | RSSAHK | Smash - 繩少少 | Ching Wa Ma Siu Yan Ting |

2:

Heat 78 SRPF / DDSF_Female

| Entry | Station/Event | Team | Team Name | Participants |
|-------|------------------|-------|-----------|-----------------------------|
| #1094 | 1: SRPF F 19+ | Elite | Elite超階2 | Sum Yee Li Hiu Tung Yuen |

2:

Heat 79 SRPF / DDSF_Female

| Entry | Station/Event | Team | Team Name | Participants |
|-------|------------------|-------|------------|------------------------------|
| #1092 | 1: SRPF F 19+ | Elite | Elite地獄守衛2 | Hiu Tung Ng Chui Shan Yan |

2:

Heat 80 SRPF / DDSF_Female

| Entry | Station/Event | Team | Team Name | Participants |
|-------|------------------|--------|-----------|-----------------------------|
| #1095 | 1: SRPF F 19+ | FORCES | Flash | Sum Yi Lee Wing Yan Wong |

2:

Heat 81 SRPF / DDSF_Female

| Entry | Station/Event | Team | Team Name | Participants |
|-------|------------------|------------------|-----------|-----------------------------|
| #1097 | 1: SRPF F 19+ | Masterful Studio | 全能超街小隊 | Uen Yan Lee Hoi Tung Tam |

| Entry | Station/Event | Team | Participants |
|-------|---------------|------|--------------|
|-------|---------------|------|--------------|

2: