Team Managers' Meeting (8:00 - 8:30)

| | | Race 1 Men's 2x | | Heat 1 | Time: 09:00 | Racing Distance 2000m |
|------|----------|--------------------|----------------|---------------------|-------------|-----------------------|
| Rank | Time | Club | Crew Name | | | |
| 1 | 07:37.03 | BU | TANG Shun Yin | TUNG Sum Leong | | |
| 2 | 07:49.88 | CUHK (A) | LEUNG Wang Lik | LAM Ngo Fung justin | | |
| 3 | 08:12.85 | нки | WONG Tsz Hin | Samuel De Hoi WONG | | |
| 4 | 09:04.81 | HKUST | CHAN Cho Hon | LAM O Ching | | |

1st - 3rd > Final (Race 13)

| | | Race 2 Men's 2x | | Heat 2 | Time: 09:15 | Racing Distance 2000m |
|------|----------|--------------------|-------------------|---------------|-------------|-----------------------|
| Rank | Time | Club | Crew Name | | | |
| 1 | 07:34.69 | PolyU | TSANG Kwun Ho | CHAN Chun Hei | | |
| 2 | 07:39.92 | CityU | AU-YEUNG Ho Yat | MA Chun Pong | | |
| 3 | 07:42.90 | CUHK (B) | CHEUNG Cheuk Chau | MAN Ho Yiu | | |

1st - 2nd > Final (Race 13)



| | | Race 3 Women's 4+ | | Heat 1 | Time: 09:30 | Racing Distance 2000m |
|------|----------|-------------------------------------|----------------|---------------------|----------------|-----------------------|
| Rank | Time | Club | Crew Name | | | |
| 1 | 07:59.16 | PolyU (A) MOK Ka Wai Anna (Cox) | LAU Pui Hei | LEE Hiu Tung | WAN Hoi Tung | WONG Ho Wing |
| 2 | 08:00.04 | CUHK (A) NG Sze Cheuk Mark (Cox) | CHO Chun Po | LAU Cheuk Ki Jackie | IP Tsz Yu | SARA Chak |
| 3 | 08:04.02 | HKUST (B) LAI Tin Long (Cox) | WONG Tze Ching | CHAU Ka Yu | CHOI Cheuk Yiu | ZHENG Ho Pik |
| 4 | 08:31.07 | HKU TSE Hei Lam Jana (Cox) | LEE Tsz Ching | LI Lok | YU Cheuk Yin | TSENG I Huen |

¹st - 3rd > Final (Race 17)

| | | Race 4 Women's 4+ | | Heat 2 | Time: 09:45 | Racing Distance 2000m |
|------|----------|---------------------------------------|---------------------|-----------------|---------------|-----------------------|
| Rank | Time | Club | Crew Name | | | |
| 1 | 08:15.07 | PolyU (B) YAN Ying Ching (Cox) | CHOW Kiu | NG Po Tung | TSANG Yuet Yi | WONG Wai Ching |
| 2 | 08:23.59 | BU LAU Ka Yu (Cox) | SIN Kwan Yu Queenie | HUI Lok Yiu | CHAN Man Yan | CHAN Yuk Yim |
| 3 | 08:35.65 | HKUST (A) CHAN Wing Yi Cindy (Cox) | CHENG Yi Lam | YEUNG Hoi Ching | NG Hoi Yi | CHAN Ching Yi Joey |
| 4 | 08:41.21 | CUHK (B) Wong Si Ching (Cox) | CHAN Tsz Shan | CHENG Nga Ying | AU Hoi Ching | LEE Kei Yan |

1st - 3rd > Final (Race 17)

Break (10:00 - 10:45)



| | | Race 6 Women's 1x | Heat 2 | Time: 11:00 | Racing Distance 2000m |
|------|------|----------------------|-----------|-------------|-----------------------|
| Rank | Time | Club | Crew Name | | |

Cancelled

3/



| | | Race 7 Men's 4+ | | Heat 1 | Time: 11:15 | Racing Distance 2000m |
|------|----------|---------------------------------------|----------------|----------------|----------------|-----------------------|
| Rank | Time | Club | Crew Name | | | |
| 1 | 08:20.85 | PolyU (A) CHEUNG Hoi Ki (Cox) | CHAN Chun Hei | LEE Chun Hei | CHUI Chun Yui | MAN Chun Shing Jason |
| 2 | 08:26.57 | CUHK (B) POON Pok Man Rodman (Cox) | HON Sui Cheung | TSE Pak Lok | TSE Tsz Hin | PENG YUQIANG |
| 3 | 08:39.23 | PolyU (B) LAI Ho Yin (Cox) | LAM Chun Po | CHU Ho Yeung | LAM Tsz Cheung | LUI Chi Hung |
| 4 | 08:45.23 | EdUHK WU Cheuk Wai (Cox) | WONG Wai Kin | SHANG Kunming | CHOW Man Yui | AU-YEUNG Kai Cheung |
| 5 | 08:56.75 | LU HO Po Sum (Cox) | LAM Chung Hin | SAXENA Shaurya | MANISH Gurung | ZHUO Si Xian |

1st - 3rd > Final (Race 15)

| | | Race 8 Men's 4+ | | Heat 2 | Time: 11:30 | Racing Distance 2000m |
|------|----------|---------------------------------------|---------------|----------------|------------------------------|------------------------|
| Rank | Time | Club | Crew Name | | | |
| 1 | 07:59.70 | HKUST (A) LAI Tin Long (Cox) | CHOI King Fai | MOK Yui Ki | LAU Tsz Hin | WU Dexter |
| 2 | 08:05.74 | CUHK (A) CHAN Tsun Lap (Cox) | AU Ching Nam | LUI Ming Hin | CHENG Ho Alex | LEE Chun Heng |
| 3 | 08:14.91 | BU LAU Fung Yee (Cox) | CHAN Yiu Sum | CHAN Chung Yin | YEUNG Tin Yiu | CHUNG Yu Jie |
| 4 | 08:45.03 | HKUST (B) CHAN Wing Yi Cindy (Cox) | YEUNGChung | CHAN Kwan Ho | TSANG King Hei | KWONG Chi Yan |
| 5 | 09:13.72 | HKU LEUNG Hei Lok Lancelot (Cox) | TAM Ho Him | HSIAO Yau Kit | TAM Anthony Russell Chi Kwan | VERGARA Jason Emmanuel |

1st - 3rd > Final (Race 15)

Lunch (11:45 - 13:30)



| | | Race 9 Women's 2x | | Heat 1 | Time: 15:24 | Racing Distance 2000m |
|------|----------|----------------------|-------------------|----------------------|-------------|-----------------------|
| Rank | Time | Club | Crew Name | | | |
| 1 | 08:46.13 | CUHK (A) | LAM Yee Ching Iry | KAN Yik Hei | | |
| 2 | 08:49.43 | нки | POON O Yu | LEUNG Vivian Wingsee | | |
| 3 | 09:12.23 | LU | CHAN Mei Yu | LIN Hau Wun Nicole | | |
| 4 | 09:19.04 | HKUST | CHENG Yi Lam | CHAN Ching Yi Joey | | |
| 5 | 10:18.73 | CUHK (B) | CHAK Sara | KOWK Tien Wing | | |

1st - 3rd > Final (Race 19)

| | | Race 10 Women's 2x | | Heat 2 | Time: 15:33 | Racing Distance 2000m |
|------|----------|-----------------------|---------------|-----------------|-------------|-----------------------|
| Rank | Time | Club | Crew Name | | | |
| 1 | 09:32.31 | EdUHK | CHENG Shu Ki | TAM Tsz Wai | | |
| 2 | 09:32.78 | BU | CHU Ying Lam | TUNG Wing Yeung | | |
| 3 | 09:50.77 | PolyU (A) | NG Tsz Yan | LEUNG Wing Sze | | |
| | DNF | PolyU (B) | FUNG Ting Wai | LAU So Wan | | |

1st - 3rd > Final (Race 19)



| | | Race 11 Men's 8+ | , | Heat 1 | Time: 15:02 | Racing Distance 2000m |
|------|----------|----------------------------------|----------------------------------|---------------------------------|---|--------------------------------------|
| Rank | Time | Club | Crew Name | | | |
| 1 | 07:25.53 | HKUST LAI Tin Long (Cox) | CHOI King Fai MOK Yui Ki | YEUNG Chung LIU Wai Kit | CHIU Cheuk Yin CHAN Kin Wang Michael | CHAN Kwan Ho TSANG King Hei |
| 2 | 07:32.47 | LU TONG Siu Man (Cox) | FUNG Hau Wai NG Chu Hei | NG Siu Keung LI Tak Ho | LAM Chung Hin SAXENA Shaurya | MANISH Gurung ZHUO Si Xian |
| 3 | 07:43.16 | PolyU (A) TSANG Kwun Ho (Cox) | LEE Chun Hei CHUI Chun Yui | WU Man Pan LAM Chun Po | CHU Ho Yeung LAM Tsz Cheung | LUI Chi Hung MAN Chun Shing Jason |
| 4 | 08:43.12 | PolyU (B) CHEUNG Hoi Ki (Cox) | LI Yui Hei AU-YEUNG Cheuk Hei | LUI Shun Hong CHEUNG Man Tik | CHAN Tung Wong WONG Chung Yu | WONG Cheuk Fei Jeffrey FAN Ho Nam |

1st - 3rd > Final (Race 22)

| | | Race 12 Men's 8+ | | Heat 2 | Time: 15:11 | Racing Distance 2000m |
|------|----------|---------------------------------------|-----------------------------------|--|-------------------------------------|---|
| Rank | Time | Club | Crew Name | | | |
| 1 | 07:04.03 | BU LAU Fung Yee (Cox) | CHING Ching Kam CHAN Cheuk Him | WONG Ka Chun Leung Ming Him | CHAN Yiu Sum CHAN Chung Yin | YEUNGTin Yiu CHUNG Yu Jie |
| 2 | 07:07.20 | CUHK (A) CHAN Tsun Lap (Cox) | AU Ching Nam LUI Ming Hin | WONG Tsz Ho MAK Tin Ngo Oscar | CHENG Ho Alex LEE Chun Heng | LAM Tsz Chung YING Chun Wai |
| 3 | 07:12.76 | HKU LI Yue Man (Cox) | TAM Ho Him HSIAO Yau Kit | LAI Tsz Ng TAM Anthony Russell Chi Kwan | HUI Chi Ming Tianze LI | WONG Tsz Tung VERGARA Jason Emmanuel |
| 4 | 07:16.54 | CUHK (B) POON Pok Man Rodman (Cox) | TSE Tsz Hin PENG YUQIANG | HON Sui Cheung TSE Pak Lok | CHEUNG Cheuk Chau LEUNG Wang Lik | LAU Chi Hang CHAN Chun Hei |

1st - 3rd > Final (Race 22)

Team Managers' Meeting II (14:45 - 15:15)

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20 August 2023

| | | Race 13 Men's 2x | | Final | Time: 09:00 | Racing Distance 2000m |
|------|----------|---------------------|-----------------|---------------------|-------------|-----------------------|
| Rank | Time | Club | Crew Name | | | |
| 1 | 07:09.67 | PolyU | TSANG Kwun Ho | CHAN Chun Hei | | |
| 2 | 07:14.97 | CityU | AU-YEUNG Ho Yat | MA Chun Pong | | |
| 3 | 07:38.52 | нки | WONG Tsz Hin | Samuel De Hoi WONG | | |
| 4 | 07:59.74 | CUHK (A) | LEUNG Wang Lik | LAM Ngo Fung justin | | |
| 5 | 08:36.53 | BU | TANG Shun Yin | TUNG Sum Leong | | |

| | | Race 14 Women's 4- | | Final | Time: 09:15 | Racing Distance 2000m |
|------|----------|-----------------------|------------------|--------------------|-----------------------|-----------------------|
| Rank | Time | Club | Crew Name | | | |
| 1 | 08:06.70 | СИНК | LAU Cheuk Tung | CHAN Sze Chit | CHAN Ching Yan Yanice | HUI Tsz Ching |
| 2 | 08:31.74 | нки | TSE Hei Lam Jana | WONG Cheung Kiu | TSANG Ling Kiu | LEUNG Hiu Lun |
| 3 | 08:40.89 | PolyU | IP Sum Yuet | TSE Hiu Wing Dorma | TSOI Tsz Ying | WONG Tsoi Ying |
| 4 | 10:06.44 | BU | CHAN Wing Sze | NG Wai Yu | Tang Wing Yin | LEE Hoi Man |
| 5 | 10:57.48 | нкиѕт | WONG Tze Ching | CHAU Ka Yu | CHOI Cheuk Yiu | ZHENG Ho Pik |

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Break (09:30 - 10:30)

| | Race 15 Men's 4+ | | Final | Time: 10:30 | Racing Distance 2000m | |
|------|---------------------|---------------------------------------|----------------|----------------|-----------------------|----------------------|
| Rank | Time | Club | Crew Name | | | |
| 1 | 07:13.17 | CUHK (A) CHAN Tsun Lap (Cox) | AU Ching Nam | LUI Ming Hin | CHENG Ho Alex | LEE Chun Heng |
| 2 | 07:23.98 | HKUST (A) LAI Tin Long (Cox) | CHOI King Fai | MOK Yui Ki | LAU Tsz Hin | WU Dexter |
| 3 | 07:36.82 | BU LAU Fung Yee (Cox) | CHAN Yiu Sum | CHAN Chung Yin | YEUNG Tin Yiu | CHUNG Yu Jie |
| 4 | 07:47.67 | PolyU (A) CHEUNG Hoi Ki (Cox) | CHAN Chun Hei | LEE Chun Hei | CHUI Chun Yui | MAN Chun Shing Jason |
| 5 | 07:50.64 | CUHK (B) POON Pok Man Rodman (Cox) | HON Sui Cheung | TSE Pak Lok | TSE Tsz Hin | PENG YUQIANG |
| 6 | 08:07.41 | PolyU (B) LAI Ho Yin (Cox) | LAM Chun Po | CHU Ho Yeung | LAM Tsz Cheung | LUI Chi Hung |

| | | Race 16 Women's 1x | Final | Time: 10:45 | Racing Distance 2000m |
|------|----------|-----------------------|----------------------|-------------|-----------------------|
| Rank | Time | Club | Crew Name | | |
| 1 | 08:44.01 | CUHK (B) | LAM Yee Ching Ivy | | |
| 2 | 08:53.25 | CUHK (A) | KAN Yik Hei | | |
| 3 | 09:00.28 | LU | CHAN Mei Yu | | |
| 4 | 09:10.72 | HKU (B) | LEUNG Vivian Wingsee | | |
| 5 | 09:35.14 | HKU (A) | POON O Yu | | |
| | WD | HKUST | YEUNG Hoi Ching | | |

Break (11:00 - 11:45)

| | | Race 17 Women's 4+ | | Final | Time: 11:45 | Racing Distance 2000m |
|------|----------|---------------------------------------|---------------------|---------------------|----------------|-----------------------|
| Rank | Time | Club | Crew Name | | | |
| 1 | 07:59.80 | PolyU (A) MOK Ka Wai Anna (Cox) | LAU Pui Hei | LEE Hiu Tung | WAN Hoi Tung | WONG Ho Wing |
| 2 | 08:02.93 | CUHK (A) NG Sze Cheuk Mark (Cox) | CHO Chun Po | LAU Cheuk Ki Jackie | IP Tsz Yu | CHAK Sara |
| 3 | 08:04.83 | HKUST (B) LAI Tin Long (Cox) | WONG Tze Ching | CHAU Ka Yu | CHOI Cheuk Yiu | ZHENG Ho Pik |
| 4 | 08:05.92 | PolyU (B) YAN Ying Ching (Cox) | CHOW Kiu | NG Po Tung | TSANG Yuet Yi | WONG Wai Ching |
| 5 | 08:15.18 | BU LAU Ka Yu (Cox) | SIN Kwan Yu Queenie | HUI Lok Yiu | CHAN Man Yan | CHAN Yuk Yim |
| 6 | 08:16.28 | HKUST (A) CHAN Wing Yi Cindy (Cox) | CHENG Yi Lam | YEUNG Hoi Ching | NG Hoi Yi | CHAN Ching Yi Joey |

| | | Race 18 Men's 4- | | Final | Time: 12:00 | Racing Distance 2000m |
|------|----------|---------------------|-----------------|--------------------|-----------------------|-----------------------|
| Rank | Time | Club | Crew Name | | | |
| 1 | 07:02.47 | BU | CHING Ching Kam | CHAN Cheuk Him | WONG Ka Chun | LEUNG Ming Him |
| 2 | 07:07.21 | HKUST | LIU Wai Kit | CHIU Cheuk Yin | CHAN Kin Wang Michael | NG Tsz Fung |
| 3 | 07:23.28 | СИНК | WONG Tsz Ho | MAK Tin Ngo Oscar | LAM Tsz Chung | YING Chun Wai |
| 4 | 08:00.24 | PolyU | LI Yui Hei | AU-YEUNG Cheuk Hei | LUI Shun Hong | CHEUNG Yiu Chung |
| | WD | LU | FUNG Hau Wai | NG Chu Hei | NG Siu Keung | LI Tak Ho |

Break (12:15 - 12:45)

| | | Race 19 Women's 2x | | Final | Time: 12:45 | Racing Distance 2000m |
|------|----------|-----------------------|-------------------|----------------------|-------------|-----------------------|
| Rank | Time | Club | Crew Name | | | |
| 1 | 08:00.43 | CUHK (A) | LAM Yee Ching Ivy | KAN Yik Hei | | |
| 2 | 08:08.32 | нки | POON O Yu | LEUNG Vivian Wingsee | | |
| 3 | 08:35.89 | EdUHK | CHENG Shu Ki | TAM Tsz Wai | | |
| 4 | 08:41.40 | BU | CHU Ying Lam | TUNG Wing Yeung | | |
| 5 | 08:54.25 | PolyU (A) | NG Tsz Yan | LEUNG Wing Sze | | |
| 6 | 14:14.09 | LU | CHAN Mei Yu | LIN Hau Wun Nicole | | |



| | | Race 20 Men's 1x | Final | Time: 13:00 | Racing Distance 2000m |
|------|----------|---------------------|---------------------|-------------|-----------------------|
| Rank | Time | Club | Crew Name | | |
| 1 | 07:38.93 | HKUST | MEHMET Emin Arduc | | |
| 2 | 07:48.65 | CityU (A) | AU-YEUNG Ho Yat | | |
| 3 | 08:02.27 | PolyU | TSANG Kwun Ho | | |
| 4 | 08:06.48 | CUHK (A) | LAM Ngo Fung justin | | |
| 5 | 08:08.12 | CityU (B) | MA Chun Pong | | |
| 6 | 08:30.49 | CUHK (B) | MAN Ho Yiu | | |

Lunch (13:15 - 14:30)

| | | Race 21 Women's 8+ | | Final | Time: 14:30 | Racing Distance 2000m |
|------|----------|------------------------------------|---------------------------------|--|-------------------------------------|---------------------------------|
| Rank | Time | Club | Crew Name | | | |
| 1 | 07:35.00 | CUHK NG Sze Cheuk Mark (Cox) | LAU Cheuk Tung CHAN Sze Chit | CHAN Ching Yan Yanice HUI Tsz Ching | CHO Chun Po LAU Cheuk Ki Jackie | IP Tsz Yu YEUNG Tsoi Yi |
| 2 | 07:43.09 | PolyU (A) MOK Ka Wai Anna (Cox) | CHOW Kiu LAU Pui Hei | LAU So Wan LEE Hiu Tung | NG Tsz Yan WAN Hoi Tung | WONG Ho Wing WONG Wai Ching |
| 3 | 07:55.75 | PolyU (B) YAN Ying Ching (Cox) | FUNG Ting Wai IP Sum Yuet | LEUNG Wing Sze NG Po Tung | TSANG Yuet Yi TSE Hiu Wing Dorma | TSOI Tsz Ying WONG Tsoi Ying |
| 4 | 08:05.20 | HKU YU Cheuk Yin (Cox) | TSE Hei Lam Jana LEUNG Yuk | WONG Cheung Kiu CHONG Pui Yuk | TSANG Ling Kiu LEUNG Hiu Lun | Li Lok TSENG I Huen |
| 5 | 08:13.13 | BU LAU Ka Yu (Cox) | CHAN Yuk Yim NG Wai Yu | CHAN Man Yan SIN Kwan Yu Queenie | LEE Hoi Man HUI Lok Yiu | CHAN Wing Sze CHU Ying Lam |



Break (14:45 - 15:30)

| | | Race 22 Men's 8+ | | Final 1 | Time: 15:30 | Racing Distance 2000m |
|------|----------|----------------------------------|-----------------------------------|--|---|---|
| Rank | Time | Club | Crew Name | | | |
| 1 | 06:47.83 | CUHK (A) CHAN Tsun Lap (Cox) | AU Ching Nam LUI Ming Hin | WONG Tsz Ho MAK Tin Ngo Oscar | CHENG Ho Alex LEE Chun Heng | LAM Tsz Chung YING Chun Wai |
| 2 | 06:53.40 | BU LAU Fung Yee (Cox) | CHING Ching Kam CHAN Cheuk Him | WONG Ka Chun Leung Ming Him | CHAN Yiu Sum CHAN Chung Yin | YEUNGTin Yiu CHUNG Yu Jie |
| 3 | 06:54.66 | HKUST LAI Tin Long (Cox) | CHOI King Fai MOK Yui Ki | YEUNG Chung LIU Wai Kit | CHIU Cheuk Yin CHAN Kin Wang Michael | CHAN Kwan Ho TSANG King Hei |
| 4 | 07:07.41 | LU TONG Siu Man (Cox) | FUNG Hau Wai NG Chu Hei | NG Siu Keung LI Tak Ho | LAM Chung Hin SAXENA Shaurya | MANISH Gurung ZHUO Si Xian |
| 5 | 07:09.71 | HKU LI Yue Man (Cox) | TAM Ho Him HSIAO Yau Kit | LAI Tsz Ng TAM Anthony Russell Chi Kwan | HUI Chi Ming Tianze LI | WONG Tsz Tung VERGARA Jason Emmanuel |
| 6 | 07:34.22 | PolyU (A) TSANG Kwun Ho (Cox) | LEE Chun Hei CHUI Chun Yui | WU Man Pan LAM Chun Po | CHU Ho Yeung LAM Tsz Cheung | LUI Chi Hung MAN Chun Shing Jason |

Prize Presentation (16:15 - 17:00)