



Hangzhou Water Weekly: Mar. 30-Apr

Training next week

All practices running as usual.

Monday 30th March, for the Yellow Students who are going to the Family Outing at Yuki Gallery meet at the cafeteria at 3pm sharp. For Monday PM Yellow Squad student-athletes, practice will resume as usual with Coach Alan Huang.

Friday 3rd April all afternoon practices canceled:

Family Culture Outing Trip

For the families who signed up, please join the group chat which was shared on HIS Swim Team [Quick Info] group chat!

Bus leaves on Monday 30th March at 3:05pm prompt; Coach Meg and Coach Rob will be present on the trip, but not trip leaders, each family should be responsible for their own child. Thank you!

Shanghai Swimming League Round 4

Congratulations the forty-three student-athletes who participated at the meet hosted by The British International School Puxi (BISSX). The event was a 1-day meet and BISSX hosted a successful and organized competition.

Overall results

Hangzhou International School came 4th best Quality Team scoring an average of 12.44 points per swimmer.

Hangzhou International School came 6th overall best team.

13-14 girls of Hangzhou International School which were: Nemo Zhang, Carol Zhong, Angela Chen, Shirley Lin, Mable Lu, Jiahui Zhou and Helen Zhong! Congratulations girls!

Schools records broken at BISSX were seven individual records and one relay record.

Maya Ma taking another record down in the 400-meter freestyle swimming an impressive 4:48.50

Chen-Yen Lu securing yet another two records in 200-meter freestyle, 2:40.02 and 50 freestyle 30'91.

Lin Lai breaking two of his own records swimming his favorite event 50-meter Breaststroke taking his own time down to 33'23 and 50-meter butterfly to 29'17.

Evan Hu breaking his first school record swimming the 100-m freestyle in 1:01.02!

Carol Zhong showing us blistering speed in the 50-meter free taking that to 27'63 on the relay lead off!

Congratulations to our 13-14 girls' team who swam 4x50-meter freestyle relay and breaking the school record and placing gold medal with a 1:55.73.

Thank you to Coach Meg, Coach Rob, Coach Lynn for doing two weekends back-to-back to support us with the competitions!

ALL-STARS TEAM

Congratulations to the following eight swimmers who made the cut for Shanghai vs Beijing ALL-STAR Meet. All these swimmers have received an invite via SchoolsBuddy.

The qualifying swimmers so far are:

Joy Song F10

Shiying Yu F11

Alison Sun F11

Yihao Zhou M12

Carol Zhong F13

Shirley Lin F13

Maya Ma F13

Flynn Yu F13

As swimmers from each team who are initially are invited decline the invites, the places will go to the next fastest in the lineup. More spaces may open, it is likely that the spaces that will open up might be in the Female and Male 15 & over since that selections of G11-12 might collide with exams and graduation, therefore more spaces for G10s might come up!

Swimmers of the Month – March 2026

