| Date      | Sport        | Time          | Event   | Athlete/s                           | Result             | Remark                  |
|-----------|--------------|---------------|---|-------------------------------------|--------------------|-------------------------|
| 21/8/2014 | Swimming     | 10:00 - 11:11 | Men's 200m Backstroke - Heats - Men's 200m Backstroke - Heats             | LAU Shiu Yue                        | 28th/ 29 (2:10.70) |                         |
| 21/8/2014 | Swimming     | 10:00 - 11:11 | Women's 200m Breaststroke - Heats - Women's 200m breaststroke - Heats     | YEUNG Jamie Zhen Mei                | 20th/ 22 (2:37.97) |                         |
| 21/8/2014 | Swimming     | 10:00 - 11:11 | Mixed 4 x 100m Medley Relay - Heats - Mixed 4 x 100m Medley Relay - Heats | HAUGHEY Siobhan Bernadette,         |                    |                         |
|           |              |               |   | YEUNG Jamie Zhen Mei, CHOI Shing    | 18th/ 18 (4:10.03) |                         |
|           |              |               |   | Tung Sutton and LAU Shiu Yue        |                    |                         |
| 21/8/2014 | Table Tennis | 13:00         | Mixed Team eighth-finals - round of 1/8                                   | IDOO Hoi Kem / HUNG Ka Tak          | Win                | Qualified to semi-final |
|           |              |               | HKG vs POL  |                                     | (2:0)              |                         |
| 21/8/2014 | Badminton    | 17:00         | Mixed Doubles Medal Matches - Mixed Doubles Gold Medal Match              | ING Tsz Yau (with Malaysian player) | Win                | Gold Medal              |
|           |              |               |   |                                     | (2:0)              |                         |
| 21/8/2014 | Swimming     | 18:00 - 18:04 | Women's 50m Freestyle Finals - Women's 50m Freestyle Final                | HAUGHEY Siobhan Bernadette          | 5th/ 8 (25.61s)    |                         |