

HONG KONG AGE GROUP LONG COURSE SWIMMING CHAMPIONSHIPS 2023-24

二零二三至二零二四年香港長池分齡游泳錦標賽
(DAY ONE) 第一日

Date:	6 October 2023 (Friday)	Venue:	Kowloon Park Swimming Pool 九龍公園游泳池
Warm up:	1700 – 1745 hours	Start:	1800 hours

GIRLS 女

1	13 & 14 Yrs	1500m	Freestyle 自由泳
3	15 - 17 Yrs	1500m	Freestyle 自由泳
5	18 & Over	1500m	Freestyle 自由泳

BOYS 男

2
4
6

截止註冊日期 CLOSING DATE FOR REGISTRATION: 25 August 2023 (1700 hours)

截止報名日期 CLOSING DATE FOR ENTRIES: 15 September 2023 (1700 hours)

* The Hong Kong Age Group Long Course Swimming Championship 2023 – 2024 is approved by World Aquatics to be the qualifying meet of the World Aquatics Championships 2024 – Doha and the Olympic Games of Paris 2024.

*二零二三至二零二四年香港長池分齡游泳錦標賽成功申請為二零二四年世界泳聯游泳錦標賽及二零二四年巴黎奧運會的達標賽事。

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二零二三至二零二四年香港長池分齡游泳錦標賽
(DAY TWO) 第二日

Date: 7 October 2023 (Saturday)

Venue:

Kowloon Park Swimming Pool

AM Warm up: 0800 - 0845 hours

Start:

九龍公園游泳池

PM Warm up 1300 - 1345 hours

Start:

0900 hours

1400 hours

GIRLS 女

BOYS 男

7	10 Yrs & Under	100M	Freestyle	自由泳	8
9	11 & 12 Yrs	100M	Freestyle	自由泳	10
11	13 & 14 Yrs	100M	Freestyle	自由泳	12
13	15 – 17 Yrs	100M	Freestyle	自由泳	14
15	18 Yrs & Over	100M	Freestyle	自由泳	16
17	10 Yrs & Under	100M	Breaststroke	蛙泳	18
19	11 & 12 Yrs	100M	Breaststroke	蛙泳	20
21	13 & 14 Yrs	100M	Breaststroke	蛙泳	22
23	15 – 17 Yrs	100M	Breaststroke	蛙泳	24
25	18 Yrs & Over	100M	Breaststroke	蛙泳	26
27	10 Yrs & Under	100M	Butterfly	蝶泳	28
29	11 & 12 Yrs	100M	Butterfly	蝶泳	30
31	13 & 14 Yrs	100M	Butterfly	蝶泳	32
33	15 – 17 Yrs	100M	Butterfly	蝶泳	34
35	18 Yrs & Over	100M	Butterfly	蝶泳	36
37	11 & 12 Yrs	200M	Backstroke	背泳	38
39	13 & 14 Yrs	200M	Backstroke	背泳	40
41	15 – 17 Yrs	200M	Backstroke	背泳	42
43	18 Yrs & Over	200M	Backstroke	背泳	44
45	12 Yrs & Under	4 x 50m	Free Relay	自由接力	46
47	13 Yrs & Over	4 x 50m	Free Relay	自由接力	48

— Lunch Break —

49	10 Yrs & Under	200M	Freestyle	自由泳	50
51	11 & 12 Yrs	200M	Freestyle	自由泳	52
53	13 & 14 Yrs	200M	Freestyle	自由泳	54
55	15 – 17 Yrs	200M	Freestyle	自由泳	56
57	18 Yrs & Over	200M	Freestyle	自由泳	58
59	10 Yrs & Under	50M	Breaststroke	蛙泳	60
61	11 & 12 Yrs	50M	Breaststroke	蛙泳	62
63	13 & 14 Yrs	50M	Breaststroke	蛙泳	64
65	15 – 17 Yrs	50M	Breaststroke	蛙泳	66
67	18 Yrs & Over	50M	Breaststroke	蛙泳	68
69	13 & 14 Yrs	400M	Ind. Medley	個人四式	70
71	15 – 17 Yrs	400M	Ind. Medley	個人四式	72
73	18 Yrs & Over	400M	Ind. Medley	個人四式	74
75	10 Yrs & Under	50M	Butterfly	蝶泳	76
77	11 & 12 Yrs	50M	Butterfly	蝶泳	78
79	13 & 14 Yrs	50M	Butterfly	蝶泳	80
81	15 – 17 Yrs	50M	Butterfly	蝶泳	82
83	18 Yrs & Over	50M	Butterfly	蝶泳	84
85	11 & 12 Yrs	400M	Freestyle	自由泳	86
87	13 & 14 Yrs	400M	Freestyle	自由泳	88
89	15 – 17 Yrs	400M	Freestyle	自由泳	90
91	18 Yrs & Over	400M	Freestyle	自由泳	92
93	12 Yrs & Under	4 x 50m	Medley Relay	四式接力	94
95	13 Yrs & Over	4 x 50m	Medley Relay	四式接力	96

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二零二三至二零二四年香港長池分齡游泳錦標賽
(DAY THREE) 第三日

Date: 8 October 2023 (Sunday)

Venue:

Kowloon Park Swimming Pool

AM Warm up: 0800 - 0845 hours

Start:

九龍公園游泳池

PM Warm up: 1300 - 1345 hours

Start:

0900 hours

1400 hours

GIRLS 女

BOYS 男

97 10 Yrs & Under

100M

Backstroke 背泳

98

99 11 & 12 Yrs

100M

Backstroke 背泳

100

101 13 & 14 Yrs

100M

Backstroke 背泳

102

103 15 – 17 Yrs

100M

Backstroke 背泳

104

105 18 Yrs & Over

100M

Backstroke 背泳

106

107 10 Yrs & Under

50M

Freestyle 自由泳

108

109 11 & 12 Yrs

50M

Freestyle 自由泳

110

111 13 & 14 Yrs

50M

Freestyle 自由泳

112

113 15 – 17 Yrs

50M

Freestyle 自由泳

114

115 18 Yrs & Over

50M

Freestyle 自由泳

116

117 10 Yrs & Under

200M

Ind. Medley 個人四式

118

119 11 & 12 Yrs

200M

Ind. Medley 個人四式

120

121 13 & 14 Yrs

200M

Ind. Medley 個人四式

122

123 15 – 17 Yrs

200M

Ind. Medley 個人四式

124

125 18 Yrs & Over

200M

Ind. Medley 個人四式

126

127 Stairstep 梯級接力

4 X 50M

Medley Relay 四式接力

128

— Lunch Break —

129	11 & 12 Yrs	200M	Butterfly	蝶泳	130
131	13 & 14 Yrs	200M	Butterfly	蝶泳	132
133	15 – 17 Yrs	200M	Butterfly	蝶泳	134
135	18 Yrs & Over	200M	Butterfly	蝶泳	136
137	10 Yrs & Under	50M	Backstroke	背泳	138
139	11 & 12 Yrs	50M	Backstroke	背泳	140
141	13 & 14 Yrs	50M	Backstroke	背泳	142
143	15 – 17 Yrs	50M	Backstroke	背泳	144
145	18 Yrs & Over	50M	Backstroke	背泳	146
147	11 & 12 Yrs	200M	Breaststroke	蛙泳	148
149	13 & 14 Yrs	200M	Breaststroke	蛙泳	150
151	15 – 17 Yrs	200M	Breaststroke	蛙泳	152
153	18 Yrs & Over	200M	Breaststroke	蛙泳	154
155	13 & 14 Yrs	800M	Freestyle	自由泳	156
157	15 – 17 Yrs	800M	Freestyle	自由泳	158
159	18 Yrs & Over	800M	Freestyle	自由泳	160
161	Stairstep梯級接力	4 X 50M	Free Relay	自由接力	162