

# 2023 – 2024 AGE GROUP LONG COURSE SWIMMING COMPETITION – DIVISION III (PART 1A,B)

## 2023 – 2024 第三組長池分齡游泳比賽第一節

**Part 1A Date:** 22 April 2023 (Saturday) **Venue:** Tai Wan Shan Swimming Pool 大環山游泳池  
**Part 1A Morning Warm Up:** 0900 - 0945 hours **Morning Session First Event:** 1000 hours  
**Part 1A Afternoon Warm Up:** 1300 - 1345 hours **Afternoon Session First Event:** 1400 hours

**Part 1B Date:** 29 April 2023 (Saturday) **Venue:** Tai Wan Shan Swimming Pool 大環山游泳池  
**Part 1B Morning Warm Up:** 0900 - 0945 hours **Morning Session First Event:** 1000 hours  
**Part 1B Afternoon Warm Up:** 1300 - 1345 hours **Afternoon Session First Event:** 1400 hours

GIRLS 女			BOYS 男		
1	13 & 14 YRS	200 M	IND. MEDLEY	個人四式	2
3	15 - 17 YRS	200 M	IND. MEDLEY	個人四式	4
5	13 & 14 YRS	100 M	BREASTSTROKE	蛙泳	6
7	15 - 17 YRS	100 M	BREASTSTROKE	蛙泳	8
9	8 YRS & UNDER	100 M	BREASTSTROKE	蛙泳	10
11	13 & 14 YRS	50M	BUTTERFLY	蝶泳	12
13	15 - 17 YRS	50M	BUTTERFLY	蝶泳	14
15	8 YRS & UNDER	50M	BUTTERFLY	蝶泳	16
午膳時間 Lunch Break					
17	11 & 12 YRS	200 M	IND. MEDLEY	個人四式	18
19	9 & 10 YRS	200 M	IND. MEDLEY	個人四式	20
21	11 & 12 YRS	100 M	BREASTSTROKE	蛙泳	22
23	9 & 10 YRS	100 M	BREASTSTROKE	蛙泳	24
25	11 & 12 YRS	50M	BUTTERFLY	蝶泳	26
27	9 & 10 YRS	50M	BUTTERFLY	蝶泳	28

截止註冊日期 CLOSING DATE FOR REGISTRATION: **10 March 2023 (1700 hours)**

截止報名日期 CLOSING DATE FOR ENTRIES: **31 March 2023 (1700 hours)**

# 2023 – 2024 AGE GROUP LONG COURSE SWIMMING COMPETITION – DIVISION III (PART 2A,B)

## 2023 – 2024 第三組長池分齡游泳比賽第二節

**Part 2A Date:** 26 August 2023 (Saturday) **Venue:** Kwun Tong Swimming Pool 觀塘游泳池  
**Part 2A Morning Warm Up:** 0800 - 0845 hours **Morning Session First Event:** 0900 hours  
**Part 2A Afternoon Warm Up:** 1300 - 1345 hours **Afternoon Session First Event:** 1400 hours

**Part 2B Date:** 9 September 2023 (Saturday) **Venue:** Kwun Tong Swimming Pool 觀塘游泳池  
**Part 2B Morning Warm Up:** 0800 - 0845 hours **Morning Session First Event:** 0900 hours  
**Part 2B Afternoon Warm Up:** 1300 - 1345 hours **Afternoon Session First Event:** 1400 hours

GIRLS 女					BOYS 男
1	13 & 14 YRS	50M	BACKSTROKE	背泳	2
3	15 - 17 YRS	50M	BACKSTROKE	背泳	4
5	8 YRS & UNDER	50M	BACKSTROKE	背泳	6
7	13 & 14 YRS	100 M	FREESTYLE	自由泳	8
9	15 - 17 YRS	100 M	FREESTYLE	自由泳	10
11	8 YRS & UNDER	100 M	FREESTYLE	自由泳	12
13	13 & 14 YRS	50M	BREASTSTROKE	蛙泳	14
15	15 - 17 YRS	50M	BREASTSTROKE	蛙泳	16
17	8 YRS & UNDER	50M	BREASTSTROKE	蛙泳	18
午膳時間 Lunch Break					
19	9 & 10 YRS	50M	BACKSTROKE	背泳	20
21	11 & 12 YRS	50M	BACKSTROKE	背泳	22
23	9 & 10 YRS	100 M	FREESTYLE	自由泳	24
25	11 & 12 YRS	100 M	FREESTYLE	自由泳	26
27	9 & 10 YRS	50M	BREASTSTROKE	蛙泳	28
29	11 & 12 YRS	50M	BREASTSTROKE	蛙泳	30

截止註冊日期 CLOSING DATE FOR REGISTRATION: **14 July 2023 (1700 hours)**

截止報名日期 CLOSING DATE FOR ENTRIES: **4 August 2023 (1700 hours)**

# 2023 – 2024 AGE GROUP LONG COURSE SWIMMING COMPETITION – DIVISION III (PART 3A,B)

## 2023 – 2024 第三組長池分齡游泳比賽第三節

**Part 3A Date:** 23 September 2023 (Saturday) **Venue:** Kwun Tong Swimming Pool 觀塘游泳池

**Part 3A Morning Warm Up:** 0800 - 0845 hours **Morning Session First Event:** 0900 hours

**Part 3A Afternoon Warm Up:** 1300 - 1345 hours **Afternoon Session First Event:** 1400 hours

**Part 3B Date:** 24 September 2023 (Sunday)

**Venue:** Ma On Shan Swimming Pool 馬鞍山游泳池

**Part 3B Morning Warm Up:** 0830 - 0915 hours **Morning Session First Event:** 0930 hours

**Part 3B Afternoon Warm Up:** 1300 - 1345 hours **Afternoon Session First Event:** 1400 hours

GIRLS 女					BOYS 男	
1	13 & 14 YRS	100 M	BUTTERFLY	蝶泳	2	
3	15 - 17 YRS	100 M	BUTTERFLY	蝶泳	4	
5	13 & 14 YRS	50M	FREESTYLE	自由泳	6	
7	15 - 17 YRS	50M	FREESTYLE	自由泳	8	
9	8 YRS & UNDER	50M	FREESTYLE	自由泳	10	
11	13 & 14 YRS	100 M	BACKSTROKE	背泳	12	
13	15 - 17 YRS	100 M	BACKSTROKE	背泳	14	
15	8 YRS & UNDER	100 M	BACKSTROKE	背泳	16	
午膳時間 Lunch Break						
17	11 & 12 YRS	100 M	BUTTERFLY	蝶泳	18	
19	9 & 10 YRS	100 M	BUTTERFLY	蝶泳	20	
21	11 & 12 YRS	50M	FREESTYLE	自由泳	22	
23	9 & 10 YRS	50M	FREESTYLE	自由泳	24	
25	11 & 12 YRS	100 M	BACKSTROKE	背泳	26	
27	9 & 10 YRS	100 M	BACKSTROKE	背泳	28	

截止註冊日期 CLOSING DATE FOR REGISTRATION: 11 August 2023 (1700 hours)

截止報名日期 CLOSING DATE FOR ENTRIES: 1 September 2023 (1700 hours)