

## 2021-2022 MASTERS SWIMMING COMPETITION EVENT CALENDER

二零二一至二零二二年先進游泳比賽年表

Updated 23/12/2021

COMPETITION/賽事	DATE/日期	Entry 截止 Deadline 報名	Registration 截止 Deadline 註冊	Swimming Pool 泳池
Long Course Masters Swimming Competition – Part 2 長池先進游泳比賽 – 第二部份	09-05-2021 (SUN)/(日)	16-04-2021 1700 hrs	26-03-2021 1700 hrs	Tung Chung Swimming Pool 東涌游泳池
Long Course Masters Swimming Competition – Part 3 長池先進游泳比賽 – 第三部份	20-06-2021 (SUN)/(日)	28-05-2021 1700 hrs	07-05-2021 1700 hrs	Sun Yat Sen Memorial Park Swimming Pool 中山紀念公園游泳池
Short Course Masters Swimming Competition – Part 1 短池先進游泳比賽 – 第一部份	26-09-2021 (SUN)/(日)	03-09-2021 1700 hrs	13-08-2021 1700 hrs	Shing Mun Valley Swimming Pool 城門谷游泳池
Annual Long Course Masters Swimming Championships 週年長池先進游泳錦標賽	13-02-2022 (SUN)/(日)	21-01-2022 1700 hrs	31-12-2021 1600 hrs	Sun Yat Sen Memorial Park Swimming Pool 中山紀念公園游泳池
Short Course Masters Swimming Competition – Part 2 短池先進游泳比賽 – 第二部份	23-01-2022 (SUN)/(日)	03-01-2022 1700 hrs	10-12-2022 1700 hrs	Shing Mun Valley Swimming Pool 城門谷游泳池
Long Course Masters Swimming Competition – Part 1 長池先進游泳比賽 – 第一部份	20-03-2021 (SUN)/(日)	25-02-2022 1700 hrs	04-02-2022 1700 hrs	Sun Yat Sen Memorial Park Swimming Pool 中山紀念公園游泳池

## **Long Course Masters Swimming Competition – Part 2**

### 長池先進游泳比賽 – 第二部份

**Date:** 09-05-2021 (Sunday) **Venue:** Tung Chung Swimming Pool 東涌游泳池

Morning Warm up/熱身: 0900 – 1000 Hrs

Morning First Event/開始: 1015 Hrs

Afternoon Warm up/熱身: 1300 – 1400 Hrs

Afternoon First Event/開始: 1415 Hrs

<b>MEN</b>				<b>WOMEN</b>	
1	200 M	Individual Medley	個人四式	2	
3	100 M	Breaststroke	蛙泳	4	
5	50 M	Freestyle	自由泳	6	
7	100 M	Backstroke	背泳	8	
Lunch Break 午膳時間					
9	200 M	Freestyle	自由泳	10	
11	50 M	Butterfly	蝶泳	12	
13	4 x 50 M	Medley Relay	四式接力	14	
15	50 M	Breaststroke	蛙泳	16	
17	4 x 50 M	Mixed Freestyle Relay	男女混合自由接力		

## **Long Course Masters Swimming Competition – Part 3**

### 長池先進游泳比賽 – 第三部份

**Date:** 20-06-2021 (Sunday) **Venue:** Sun Yat Sen Memorial Park Swimming Pool 中山紀念公園游泳池

Morning Warm up/熱身: 0830 – 0920 Hrs

Morning First Event/開始: 0930 Hrs

Afternoon Warm up/熱身: 1300 – 1350 Hrs

Afternoon First Event/開始: 1400 Hrs

<b>MEN</b>				<b>WOMEN</b>	
1	100 M	Breaststroke	蛙泳	2	
3	50 M	Freestyle	自由泳	4	
5	50 M	Backstroke	背泳	6	
7	100 M	Freestyle	自由泳	8	
Lunch Break 午膳時間					
9	4 x 50 M	Freestyle Relay	自由接力	10	
11	50 M	Breaststroke	蛙泳	12	
13	4 x 50 M	Mixed Medley Relay	男女混合四式接力		
14	400 M	Freestyle	自由泳	15	

## **Short Course Masters Swimming Competition – Part 1**

### 短池先進游泳比賽 – 第一部份

**Date:** 26-09-2021 (Sunday) **Venue:** Shing Mun Valley Swimming Pool 城門谷游泳池

Morning Warm up/熱身: 0900 – 0950 Hrs  
Morning First Event/開始: 1000 Hrs  
Afternoon Warm up/熱身: 1300 – 1350 Hrs  
Afternoon First Event/開始: 1400 Hrs

<b>MEN</b>				<b>WOMEN</b>	
1	200 M	Breaststroke	蛙泳	2	
3	50 M	Freestyle	自由泳	4	
5	25 M	Breaststroke	蛙泳	6	
7	50 M	Backstroke	背泳	8	
Lunch Break 午膳時間					
9	100 M	Individual Medley	個人四式	10	
11	25 M	Butterfly	蝶泳	12	
13	4 x 25 M	Medley Relay	四式接力	14	
15	50 M	Breaststroke	蛙泳	16	
17	100 M	Freestyle	自由泳	18	
19	4 x 25 M	Mixed Freestyle Relay	男女混合自由接力		

## **Annual Long Course Masters Swimming Championships**

### 週年長池先進游泳錦標賽

**Date:** 13-02-2022 (Sunday) **Venue:** Sun Yat Sen Memorial Park Swimming Pool 中山紀念公園游泳池

Morning Warm up/熱身: 0830 – 0920 Hrs  
Morning First Event/開始: 0930 Hrs  
Afternoon Warm up/熱身: 1300 – 1350 Hrs  
Afternoon First Event/開始: 1400 Hrs

<b>MEN</b>				<b>WOMEN</b>	
1	100 M	Breaststroke	蛙泳	2	
3	50 M	Freestyle	自由泳	4	
5	200 M	Individual Medley	個人四式	6	
7	50 M	Backstroke	背泳	8	
Lunch Break 午膳時間					
9	100 M	Freestyle	自由泳	10	
11	50 M	Butterfly	蝶泳	12	
13	4 x 50 M	Medley Relay	四式接力	14	
15	50 M	Breaststroke	蛙泳	16	
17	4 x 50 M	Freestyle Relay	自由接力	18	

## **Short Course Masters Swimming Competition – Part 2**

### **短池先進游泳比賽 – 第二部份**

**Date:** 23-01-2022 (Sunday) **Venue:** Shing Mun Valley Swimming Pool 城門谷游泳池

Morning Warm up/熱身: 0900 – 0950 Hrs

Morning First Event/開始: 1000 Hrs

Afternoon Warm up/熱身: 1300 – 1350 Hrs

Afternoon First Event/開始: 1400 Hrs

<b>MEN</b>				<b>WOMEN</b>	
1	100 M	Breaststroke	蛙泳	2	
3	50 M	Freestyle	自由泳	4	
5	50 M	Butterfly	蝶泳	6	
7	25 M	Freestyle	自由泳	8	
Lunch Break 午膳時間					
9	200 M	Freestyle	自由泳	10	
11	25 M	Backstroke	背泳	12	
13	4 x 25 M	Freestyle Relay	自由接力	14	
15	50 M	Breaststroke	蛙泳	16	
17	4 x 25 M	Mixed Medley Relay	男女混合四式接力		

## **Long Course Masters Swimming Competition – Part 1**

### **長池先進游泳比賽 – 第一部份**

**Date:** 20-03-2022 (Sunday) **Venue:** Sun Yat Sen Memorial Park Swimming Pool 中山紀念公園游泳池

Morning Warm up/熱身: 0830 – 0920 Hrs

Morning First Event/開始: 0930 Hrs

Afternoon Warm up/熱身: 1300 – 1350 Hrs

Afternoon First Event/開始: 1400 Hrs

<b>MEN</b>				<b>WOMEN</b>	
1	200 M	Breaststroke	蛙泳	2	
3	50 M	Freestyle	自由泳	4	
5	100 M	Butterfly	蝶泳	6	
7	50 M	Backstroke	背泳	8	
Lunch Break 午膳時間					
9	4 x 50 M	Freestyle Relay	自由接力	10	
11	800 M	Freestyle	自由泳	12	