

2022-2023 MASTERS SWIMMING COMPETITION EVENT CALENDER

二零二二至二零二三年先進游泳比賽年表

Updated 29/06/2022

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	15-01-2023 (SUN)/(日)	23-12-2022 1700 hrs	02-12-2022 1700 hrs	Sun Yat Sen Memorial Park Swimming Pool 中山紀念公園游泳池
Long Course Masters Swimming Competition – Part 3 長池先進游泳比賽 – 第三部份	12-06-2022 (SUN)/(日)	20-05-2022 1700 hrs	29-04-2022 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	04-09-2022 (SUN)/(日)	12-08-2022 1700 hrs	22-07-2022 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	27-11-2022 (SUN)/(日)	04-11-2022 1700 hrs	14-10-2022 1700 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	11-02-2023 (SAT)/(六)	20-01-2023 1700 hrs	30-12-2022 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	26-03-2023 (SUN)/(日)	03-03-2023 1700 hrs	10-02-2023 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: 15-01-2023 (Sunday)

Venue: Sun Yat Sen Memorial Park Swimming Pool 中山紀念公園游泳池

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

MEN		WOMEN		
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: 12-06-2022 (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

MEN		WOMEN		
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: 04-09-2022 (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

MEN			WOMEN	
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: 27-11-2022 (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

MEN			WOMEN	
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: 11-02-2023 (Saturday)

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

MEN				WOMEN	
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: 26-03-2023 (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

MEN				WOMEN	
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	