

## 2022-2023 MASTERS SWIMMING COMPETITION EVENT CALENDER

二零二三至二零二四年先進游泳比賽年表

Updated 05/02/2024

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	30-04-2023 (SUN)/(日)	11-04-2023 1700 hrs	17-03-2023 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	18-06-2023 (SUN)/(日)	29-05-2023 1700 hrs	05-05-2023 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	17-09-2023 (SUN)/(日)	25-08-2023 1700 hrs	04-08-2023 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	03-12-2023 (SUN)/(日)	10-11-2023 1700 hrs	20-10-2023 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	28-01-2024 (SUN)/(日)	05-01-2024 1700 hrs	15-12-2023 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	<b>03-03-2024 (SUN)/(日)</b>	<b>23-02-2024 1700 hrs</b>	<b>09-02-2024 1700 hrs</b>	<b>Tung Chung Swimming Pool 東涌游泳池</b>

**Long Course Masters Swimming Competition – Part 2**  
**長池先進游泳比賽 – 第二部份**

**Date:** 30-04-2023 (Sunday)

**Venue:** Tung Chung Swimming Pool 東涌游泳池

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	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	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:** 18-06-2023 (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

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

**Short Course Masters Swimming Competition – Part 1**  
**短池先進游泳比賽 – 第一部份**

**Date:** 17-09-2023 (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:** 03-12-2023 (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

<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:** 28-01-2024 (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:** 03-03-2024 (Sunday)

**Venue:** Tung Chung Swimming Pool 東涌游泳池

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	100 M	Butterfly	蝶泳	6	
7	50 M	Breaststroke	蛙泳	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	