

## 2025-2026 MASTERS SWIMMING COMPETITION EVENT CALENDAR

二零二五至二零二六年先進游泳比賽年表

Updated 2/12/2025

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	27-04-2025 (SUN)/(日)	07-04-2025 1700 hrs	14-03-2025 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	15-06-2025 (SUN)/(日)	23-05-2025 1700 hrs	02-05-2025 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	28-09-2025 (SUN)/(日)	05-09-2025 1700 hrs	15-08-2025 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	<b>01-02-2026 (SUN)/(日)</b>	<b>09-01-2026 1700 hrs</b>	<b>19-12-2025 1700 hrs</b>	<b>Sun Yat Sen Memorial Park Swimming Pool 中山紀念公園游泳池</b>
Short Course Masters Swimming Competition – Part 2 短池先進游泳比賽 – 第二部份	18-01-2026 (SUN)/(日)	29-12-2025 1700 hrs	05-12-2025 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	22-03-2026 (SUN)/(日)	27-02-2026 1700 hrs	06-02-2026 1700 hrs	Sun Yat Sen Memorial Park Swimming Pool 中山紀念公園游泳

## Long Course Masters Swimming Competition – Part 2

### 長池先進游泳比賽 – 第二部份

**Date:** 27-04-2025 (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:** 15-06-2025 (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:** 28-09-2025 (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:** 01-02-2026 (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:** 18-01-2026 (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:** 22-03-2026 (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	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