

2022– 2023 AGE GROUP LONG COURSE SWIMMING COMPETITION - DIVISION I (PART I)**2022 – 2023 第一組長池分齡游泳比賽第一節**

Date: 2-3 April 2022
Warm up: 14:00-14:45 Hrs
Venue: KPSP 九龍公園游泳池
First Event: 15:00 hours

GIRLS 女					BOYS 男
1	Open	100M	FREESTYLE	自由泳	2
3	Open	200M	BACKSTROKE	背泳	4
5	Open	100M	BREASTSTROKE	蛙泳	6
7	Open	400M	FREESTYLE	自由泳	8
9	Open	100M	BUTTERFLY	蝶泳	10
11	Open	200M	INDIVIDUAL MEDLEY	個人四式	12
13	Open	50M	BREASTSTROKE	蛙泳	14
15	Open	50M	BACKSTROKE	背泳	16
17	Open	50M	BUTTERFLY	蝶泳	18
19	Open	200M	FREESTYLE	自由泳	20
21	13 & 14 YRS	800M	FREESTYLE	自由泳	~
23	15 – 17 YRS	800M	FREESTYLE	自由泳	~
25	18 & OVER	800M	FREESTYLE	自由泳	~
~	13 & 14 YRS	1500M	FREESTYLE	自由泳	22
~	15 – 17 YRS	1500M	FREESTYLE	自由泳	24
~	18 & OVER	1500M	FREESTYLE	自由泳	26

截止註冊日期 CLOSING DATE FOR REGISTRATION: **18 February 2022 (1700 hours)**

截止報名日期 CLOSING DATE FOR ENTRIES: **11 March 2022 (1700 hours)**

2022– 2023 AGE GROUP LONG COURSE SWIMMING COMPETITION - DIVISION I (PART I)

2022 – 2023 第一組長池分齡游泳比賽第一節

Date: 2-3 April 2022

Venue: KPSP 九龍公園游泳池

Morning Warm up: 08:00-08:45 hours

Morning Session First Event: 09:00 hours

Afternoon Warm up: 13:00 - 13:45 hours

Afternoon Session First Event: 14:00 hours

GIRLS 女

BOYS 男

27	10 YRS & UNDER	100M	BUTTERFLY	蝶泳	28
29	11 & 12 YRS	200M	BUTTERFLY	蝶泳	30
31	13 & 14 YRS	200M	BUTTERFLY	蝶泳	32
33	15 - 17 YRS	200M	BUTTERFLY	蝶泳	34
35	18 & OVER	200M	BUTTERFLY	蝶泳	36
37	10 YRS & UNDER	50M	FREESTYLE	自由泳	38
39	11 & 12 YRS	50M	FREESTYLE	自由泳	40
41	13 & 14 YRS	50M	FREESTYLE	自由泳	42
43	15 - 17 YRS	50M	FREESTYLE	自由泳	44
45	18 & OVER	50M	FREESTYLE	自由泳	46
47	13 & 14 YRS	400M	IND. MEDLEY	個人四式	48
49	15 - 17 YRS	400M	IND. MEDLEY	個人四式	50
51	18 & OVER	400M	IND. MEDLEY	個人四式	52

LUNCH BREAK 午膳時間

53		4X200M	FREE RELAY	自由接力	54
55	10 YRS & UNDER	100M	BACKSTROKE	背泳	56
57	11 & 12 YRS	100M	BACKSTROKE	背泳	58
59	13 & 14 YRS	100M	BACKSTROKE	背泳	60
61	15 - 17 YRS	100M	BACKSTROKE	背泳	62
63	18 & OVER	100M	BACKSTROKE	背泳	64
65	10 YRS & UNDER	100M	BREASTSTROKE	蛙泳	66
67	11 & 12 YRS	200M	BREASTSTROKE	蛙泳	68
69	13 & 14 YRS	200M	BREASTSTROKE	蛙泳	70
71	15 - 17 YRS	200M	BREASTSTROKE	蛙泳	72
73	18 & OVER	200M	BREASTSTROKE	蛙泳	74
75	Open	1500M	FREESTYLE	自由泳	~
~	Open	800M	FREESTYLE	自由泳	76

截止註冊日期 CLOSING DATE FOR REGISTRATION: 18 February 2022 (1700 hours)

截止報名日期 CLOSING DATE FOR ENTRIES: **11 March 2022 (1700 hours)**

2022 – 2023 AGE GROUP LONG COURSE SWIMMING COMPETITION - DIVISION I (PART II)**2022 – 2023 第一組長池分齡游泳比賽第二節**

Date: 05-Jun-22 **Venue:** VPSP 維多利亞公園游泳池
Morning Warm up: 08:00-0845 hours **Morning Session First Event:** 09:00 hours
Afternoon Warm Up 13:00-13:45 hours **Afternoon Session First Event:** 14:00 hours

GIRLS 女

1	11 & 12 YRS	200M	BACKSTROKE	背泳	2
3	13 & 14 YRS	200M	BACKSTROKE	背泳	4
5	15 - 17 YRS	200M	BACKSTROKE	背泳	6
7	18 & OVER	200M	BACKSTROKE	背泳	8
9	10 YRS & UNDER	50M	BUTTERFLY	蝶泳	10
11	11 & 12 YRS	50M	BUTTERFLY	蝶泳	12
13	13 & 14 YRS	50M	BUTTERFLY	蝶泳	14
15	15 - 17 YRS	50M	BUTTERFLY	蝶泳	16
17	18 & OVER	50M	BUTTERFLY	蝶泳	18
19	10 YRS & UNDER	100M	FREESTYLE	自由泳	20
21	11 & 12 YRS	100M	FREESTYLE	自由泳	22
23	13 & 14 YRS	100M	FREESTYLE	自由泳	24
25	15 - 17 YRS	100M	FREESTYLE	自由泳	26
27	18 & OVER	100M	FREESTYLE	自由泳	28

BOYS 男**LUNCH BREAK 午膳時間**

29		4x100M	MED RELAY	四式接力	30
31	10 YRS & UNDER	50M	BREASTSTROKE	蛙泳	32
33	11 & 12 YRS	50M	BREASTSTROKE	蛙泳	34
35	13 & 14 YRS	50M	BREASTSTROKE	蛙泳	36
37	15 - 17 YRS	50M	BREASTSTROKE	蛙泳	38
39	18 & OVER	50M	BREASTSTROKE	蛙泳	40
41	11 & 12 YRS	400M	FREESTYLE	自由泳	42
43	13 & 14 YRS	400M	FREESTYLE	自由泳	44
45	15 - 17 YRS	400M	FREESTYLE	自由泳	46
47	18 & OVER	400M	FREESTYLE	自由泳	48

截止註冊日期 CLOSING DATE FOR REGISTRATION: **22 April 2022 (1700 hours)**

截止報名日期 CLOSING DATE FOR ENTRIES: **13 May 2022 (1700 hours)**

2022 – 2023 AGE GROUP LONG COURSE SWIMMING COMPETITION - DIVISION I (PART III)

2022 – 2023 第一組長池分齡游泳比賽第三節

Date: 25-26 June 2022 **Venue:** VPSP 維多利亞公園游泳池
Warm up: 14:00-14:45 Hrs **First Event:** 15:00 hours

GIRLS 女					BOYS 男	
1	13 & 14 YRS	1500M	FREESTYLE	自由泳	~	
3	15 – 17 YRS	1500M	FREESTYLE	自由泳	~	
5	18 & OVER	1500M	FREESTYLE	自由泳	~	
~	13 & 14 YRS	800M	FREESTYLE	自由泳	2	
~	15 – 17 YRS	800M	FREESTYLE	自由泳	4	
~	18 & OVER	800M	FREESTYLE	自由泳	6	

截止註冊日期 CLOSING DATE FOR REGISTRATION: **13 May 2022 (1700 hours)**

截止報名日期 CLOSING DATE FOR ENTRIES: **6 June 2022 (1700 hours)**

2022 – 2023 AGE GROUP LONG COURSE SWIMMING COMPETITION - DIVISION I (PART III)**2022 – 2023 第一組長池分齡游泳比賽第三節**

Date: 25-26 June 2022 **Venue:** VPSP 維多利亞公園游泳池
Morning Warm up: 08:00-08:45 hours **Morning Session First Event:** 09:00 hours
Afternoon Warm up: 13:00 - 13:45 hours **Afternoon Session First Event:** 14:00 hours

GIRLS 女

7	10 YRS & UNDER	200M	IND. MEDLEY	個人四式	8
9	11 & 12 YRS	200M	IND. MEDLEY	個人四式	10
11	13 & 14 YRS	200M	IND. MEDLEY	個人四式	12
13	15 - 17 YRS	200M	IND. MEDLEY	個人四式	14
15	18 & OVER	200M	IND. MEDLEY	個人四式	16
17	11 & 12 YRS	100M	BUTTERFLY	蝶泳	18
19	13 & 14 YRS	100M	BUTTERFLY	蝶泳	20
21	15 - 17 YRS	100M	BUTTERFLY	蝶泳	22
23	18 & OVER	100M	BUTTERFLY	蝶泳	24
25	10 YRS & UNDER	50M	BACKSTROKE	背泳	26
27	11 & 12 YRS	50M	BACKSTROKE	背泳	28
29	13 & 14 YRS	50M	BACKSTROKE	背泳	30
31	15 - 17 YRS	50M	BACKSTROKE	背泳	32
33	18 & OVER	50M	BACKSTROKE	背泳	34

BOYS 男**LUNCH BREAK 午膳時間**

35		4X100M	FREE RELAY	自由接力	36
37	11 & 12 YRS	100M	BREASTSTROKE	蛙泳	38
39	13 & 14 YRS	100M	BREASTSTROKE	蛙泳	40
41	15 - 17 YRS	100M	BREASTSTROKE	蛙泳	42
43	18 & OVER	100M	BREASTSTROKE	蛙泳	44
45	10 YRS & UNDER	200M	FREESTYLE	自由泳	46
47	11 & 12 YRS	200M	FREESTYLE	自由泳	48
49	13 & 14 YRS	200M	FREESTYLE	自由泳	50
51	15 - 17 YRS	200M	FREESTYLE	自由泳	52
53	18 & OVER	200M	FREESTYLE	自由泳	54

截止註冊日期 CLOSING DATE FOR REGISTRATION: **13 May 2022 (1700 hours)**截止報名日期 CLOSING DATE FOR ENTRIES: **6 June 2022 (1700 hours)**