

2022 – 2023 AGE GROUP LONG COURSE SWIMMING COMPETITION – DIVISION III (PART 3A,B)

2022 – 2023 第三組長池分齡游泳比賽第三節

Part 3A Date:	24 September 2022 (Saturday)	Venue:	Kwun Tong Swimming Pool 觀塘游泳池
Part 3A Morning Warm up:	0800 - 0850 hours (Girls: 08:00 - 08:25; Boys: 08:25 - 08:50)	Morning Session First Event	09:00 hours
Part 3A Afternoon Warm Up	13:00-13:50 hours (Girls: 13:00 - 13:25; Boys: 13:25 - 13:50)	Afternoon Session First Event	14:00 hours
Part 3B Date:	24 September 2022 (Saturday)	Venue:	Sun Yat Sen Memorial Park Sw. Pool 中山紀念公園游泳池
Part 3B Morning Warm up:	0830 - 0920 hours (Girls: 08:30 - 08:55; Boys: 08:55 - 09:20)	Morning Session First Event	09:30 hours
Part 3B Afternoon Warm Up	13:00-13:50 hours (Girls: 13:00 - 13:25; Boys: 13:25 - 13:50)	Afternoon Session First Event	14:00 hours

GIRLS 女					BOYS 男
1	13 & 14 YRS	100M	BUTTERFLY	蝶泳	2
3	15 - 17 YRS	100M	BUTTERFLY	蝶泳	4
5	13 & 14 YRS	50M	FREESTYLE	自由泳	6
7	15 - 17 YRS	50M	FREESTYLE	自由泳	8
9	8 YRS & UNDER	50M	FREESTYLE	自由泳	10
11	13 & 14 YRS	100M	BACKSTROKE	背泳	12
13	15 - 17 YRS	100M	BACKSTROKE	背泳	14
15	8 YRS & UNDER	100M	BACKSTROKE	背泳	16

午膳時間 Lunch Break

17	11 & 12 YRS	100M	BUTTERFLY	蝶泳	18
19	9 & 10 YRS	100M	BUTTERFLY	蝶泳	20
21	11 & 12 YRS	50M	FREESTYLE	自由泳	22
23	9 & 10 YRS	50M	FREESTYLE	自由泳	24
25	11 & 12 YRS	100M	BACKSTROKE	背泳	26
27	9 & 10 YRS	100M	BACKSTROKE	背泳	28

截止註冊日期 CLOSING DATE FOR REGISTRATION: **12 August 2022 (1700 hours)**

截止報名日期 CLOSING DATE FOR ENTRIES: **2 September 2022 (1700 hours)**