

2022 - 2023 AGE GROUP SHORT COURSE TIME TRIAL

二零二二至二零二三年香港短池分齡游泳計時賽

Date: 3rd September 2022 (Sat) **Venue:** VPSP 維多利亞公園游泳池

AM Warm up: 0900 - 0950 hours (Girls: 0900 - 0925 ; Boys: 0925 - 0950) **Start:** 1000hours

PM Warm up: 1400- 1450 hours (Girls: 1400 - 1425 ; Boys 1425-1450) **Start:** 1500 hours

GIRLS 女**BOYS 男**

1	10 Yrs & Under	100M	Breaststroke	蛙泳	2
3	11 & 12 Yrs	100M	Breaststroke	蛙泳	4
5	13 & 14 Yrs	100M	Breaststroke	蛙泳	6
7	15 To 17 Yrs	100M	Breaststroke	蛙泳	8
9	18 Yrs & Over	100M	Breaststroke	蛙泳	10
11	10 Yrs & Under	200M	Freestyle	自由泳	12
13	11 & 12 Yrs	200M	Freestyle	自由泳	14
15	13 & 14 Yrs	200M	Freestyle	自由泳	16
17	15 To 17 Yrs	200M	Freestyle	自由泳	18
19	18 Yrs & Over	200M	Freestyle	自由泳	20
21	10 Yrs & Under	100M	Ind. Medley	個人四式	22
23	11 & 12 Yrs	100M	Ind. Medley	個人四式	24
25	13 & 14 Yrs	100M	Ind. Medley	個人四式	26
27	15 To 17 Yrs	100M	Ind. Medley	個人四式	28
29	18 Yrs & Over	100M	Ind. Medley	個人四式	30
31	10 Yrs & Under	50M	Butterfly	蝶泳	32
33	11 & 12 Yrs	50M	Butterfly	蝶泳	34
35	13 & 14 Yrs	50M	Butterfly	蝶泳	36
37	15 To 17 Yrs	50M	Butterfly	蝶泳	38
39	18 Yrs & Over	50M	Butterfly	蝶泳	40
41	13 & 14 Yrs	800M	Freestyle	自由泳	42
43	15 To 17 Yrs	800M	Freestyle	自由泳	44
45	18 Yrs & Over	800M	Freestyle	自由泳	46

— Lunch Break —

47	11 & 12 Yrs	200M	Breaststroke	蛙泳	48
49	13 & 14 Yrs	200M	Breaststroke	蛙泳	50
51	15 To 17 Yrs	200M	Breaststroke	蛙泳	52
53	18 Yrs & Over	200M	Breaststroke	蛙泳	54
55	10 Yrs & Under	100M	Freestyle	自由泳	56
57	11 & 12 Yrs	100M	Freestyle	自由泳	58
59	13 & 14 Yrs	100M	Freestyle	自由泳	60
61	15 To 17 Yrs	100M	Freestyle	自由泳	62
63	18 Yrs & Over	100M	Freestyle	自由泳	64
65	11 & 12 Yrs	200M	Backstroke	背泳	66
67	13 & 14 Yrs	200M	Backstroke	背泳	68
69	15 To 17 Yrs	200M	Backstroke	背泳	70
71	18 Yrs & Over	200M	Backstroke	背泳	72
73	11 & 12 Yrs	400M	Freestyle	自由泳	74
75	13 & 14 Yrs	400M	Freestyle	自由泳	76
77	15 To 17 Yrs	400M	Freestyle	自由泳	78
79	18 Yrs & Over	400M	Freestyle	自由泳	80

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

截止報名日期 CLOSING DATE FOR ENTRIES: **12 August 2022 (1700 hours)**

2022 - 2023 AGE GROUP SHORT COURSE TIME TRIAL

二零二二至二零二三年香港短池分齡游泳計時賽

Date: 4th September 2022 (Sun) **Venue:** VPSP 維多利亞公園游泳池

AM Warm up: 0800 - 0850 hours (Girls: 0800 - 0825 ; Boys: 0825 - 0850) **Start:** 0900 hours

PM Warm up: 1300- 1350 hours (Girls: 1300 - 1325 ; Boys: 1325 - 1350) **Start:** 1400 hours

GIRLS 女					BOYS 男	
81	10 Yrs & Under	100M	Backstroke	背泳	82	
83	11 & 12 Yrs	100M	Backstroke	背泳	84	
85	13 & 14 Yrs	100M	Backstroke	背泳	86	
87	15 To 17 Yrs	100M	Backstroke	背泳	88	
89	18 Yrs & Over	100M	Backstroke	背泳	90	
91	10 Yrs & Under	50M	Freestyle	自由泳	92	
93	11 & 12 Yrs	50M	Freestyle	自由泳	94	
95	13 & 14 Yrs	50M	Freestyle	自由泳	96	
97	15 To 17 Yrs	50M	Freestyle	自由泳	98	
99	18 Yrs & Over	50M	Freestyle	自由泳	100	
101	10 Yrs & Under	200M	Ind. Medley	個人四式	102	
103	11 & 12 Yrs	200M	Ind. Medley	個人四式	104	
105	13 & 14 Yrs	200M	Ind. Medley	個人四式	106	
107	15 To 17 Yrs	200M	Ind. Medley	個人四式	108	
109	18 Yrs & Over	200M	Ind. Medley	個人四式	110	
111	10 Yrs & Under	50M	Breaststroke	蛙泳	112	
113	11 & 12 Yrs	50M	Breaststroke	蛙泳	114	
115	13 & 14 Yrs	50M	Breaststroke	蛙泳	116	
117	15 To 17 Yrs	50M	Breaststroke	蛙泳	118	
119	18 Yrs & Over	50M	Breaststroke	蛙泳	120	
121	11 & 12 Yrs	200M	Butterfly	蝶泳	122	
123	13 & 14 Yrs	200M	Butterfly	蝶泳	124	
125	15 To 17 Yrs	200M	Butterfly	蝶泳	126	
127	18 Yrs & Over	200M	Butterfly	蝶泳	128	

– Lunch Break –

129	10 Yrs & Under	100M	Butterfly	蝶泳	130
131	11 & 12 Yrs	100M	Butterfly	蝶泳	132
133	13 & 14 Yrs	100M	Butterfly	蝶泳	134
135	15 To 17 Yrs	100M	Butterfly	蝶泳	136
137	18 Yrs & Over	100M	Butterfly	蝶泳	138
139	10 Yrs & Under	50M	Backstroke	背泳	140
141	11 & 12 Yrs	50M	Backstroke	背泳	142
143	13 & 14 Yrs	50M	Backstroke	背泳	144
145	15 To 17 Yrs	50M	Backstroke	背泳	146
147	18 Yrs & Over	50M	Backstroke	背泳	148
149	13 & 14 Yrs	400M	Ind. Medley	個人四式	150
151	15 To 17 Yrs	400M	Ind. Medley	個人四式	152
153	18 Yrs & Over	400M	Ind. Medley	個人四式	154
155	13 & 14 Yrs	1500M	Freestyle	自由泳	156
157	15 To 17 Yrs	1500M	Freestyle	自由泳	158
159	18 Yrs & Over	1500M	Freestyle	自由泳	160