



Hong Kong China Swimming Association  
中國香港游泳總會  
Hong Kong Diving Competition Series 2022-23 (Part 2)  
二零二二至二三年香港跳水計分賽 (第二部)  
(Organized by HKGSA & Subvented by LCSD)  
(中國香港游泳總會主辦，康樂及文化事務署資助)



Date/日期: 12/2/2023 (Sun/星期日)  
Time/時間: 08:00-20:00 (Sun/星期日)  
Venue/場地: Kowloon Park Swimming Pool - Diving Pool  
九龍公園游泳池 - 跳水池

**Programme/ 程序**

Judges Meeting/裁判會議: 9:00

**Time**

8:00		Warm Up / Training 熱身 / 練習
9:30	Event 1 項目一	Group Open B Men's 1M Springboard 男子公開B組一米板
10:30	Event 2 項目二	Group Open A Women's 3M Springboard 女子公開A組三米板
11:10	Event 3 項目三	Group Open B Women's 1M Springboard 女子公開B組一米板
11:55	Event 4 項目四	Group Open A Men's 3M Springboard 男子公開A組三米板
<b>Lunch Break/ 午膳時間</b> <b>Warm Up / Training 熱身 / 練習</b>		
13:40	Event 5 項目五	Group Open A Women's 1M Springboard 女子公開A組一米板
14:15	Event 6 項目六	Group Open B Men's 3M Springboard 男子公開B組三米板
14:55	Event 7 項目七	Group Open A Men's 1M Springboard 男子公開A組一米板
15:25	Event 8 項目八	Group Open B Women's 3M Springboard 女子公開B組三米板
16:00	Event 9 項目九	Group Open B Men's Synchronized Diving 1M Springboard 男子公開B組雙人一米板
16:30	Event 10 項目十	Group Open A Men's & Women's Synchronized Diving 3M Springboard 男子及女子公開A組雙人三米板
17:00	Event 11 項目十一	Group Open B Women's Synchronized Diving 1M Springboard 女子公開B組雙人一米板
17:20		Prize Presentation 頒獎典禮  End of the Competition 比賽完結

\*Estimated Start Time  
\*預計開始時間

Note: Only divers who are participating in the upcoming event are entitled to train with Competition Springboard or Platform 20 minutes before the start of each event  
備註: 運動員只可在所參與的比賽項目前二十分鐘，於比賽跳板或跳台進行練習