

Short Course Masters Swimming Competition – Part 2
短池先進游泳比賽 – 第二部份

Date: 11-02-2023 (Saturday)

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

MEN				WOMEN
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	