

**2021 – 2022 AGE GROUP LONG COURSE SWIMMING COMPETITION – DIVISION III (PART 1A)****2021 – 2022 第三組長池分齡游泳比賽第一節甲部**

|                                  |                            |                                      |                                   |
|----------------------------------|----------------------------|--------------------------------------|-----------------------------------|
| <b>Part 1A Date:</b>             | 24 April 2021 (Saturday)   | <b>Venue:</b>                        | Tung Chung Swimming Pool<br>東涌游泳池 |
| <b>Part 1A Morning Warm up:</b>  | 0900 - 0945 hours          | <b>Morning Session First Event</b>   | 1000 hours                        |
| <b>Part 1A Afternoon Warm-Up</b> | <del>1300-1345 hours</del> | <b>Afternoon Session First Event</b> | <del>1400 hours</del>             |

| <b>GIRLS 女</b> |               |      |              |     | <b>BOYS 男</b> |
|----------------|---------------|------|--------------|-----|---------------|
| 1              | 13 & 14 YRS   | 200M | FREESTYLE    | 自由泳 | 2             |
| 3              | 15 - 16 YRS   | 200M | FREESTYLE    | 自由泳 | 4             |
| 5              | 13 & 14 YRS   | 100M | BREASTSTROKE | 蛙泳  | 6             |
| 7              | 15 & 16 YRS   | 100M | BREASTSTROKE | 蛙泳  | 8             |
| 9              | 8 YRS & UNDER | 100M | BREASTSTROKE | 蛙泳  | 10            |
| 11             | 13 & 14 YRS   | 50M  | BUTTERFLY    | 蝶泳  | 12            |
| 13             | 15 - 16 YRS   | 50M  | BUTTERFLY    | 蝶泳  | 14            |
| 15             | 8 YRS & UNDER | 50M  | BUTTERFLY    | 蝶泳  | 16            |
| 17             | 13 & 14 YRS   | 200M | BACKSTROKE   | 背泳  | 18            |
| 19             | 15 - 16 YRS   | 200M | BACKSTROKE   | 背泳  | 20            |
| 21             | 11 & 12 YRS   | 200M | FREESTYLE    | 自由泳 | 22            |
| 23             | 9 & 10 YRS    | 200M | FREESTYLE    | 自由泳 | 24            |
| 25             | 11 & 12 YRS   | 100M | BREASTSTROKE | 蛙泳  | 26            |
| 27             | 9 & 10 YRS    | 100M | BREASTSTROKE | 蛙泳  | 28            |
| 29             | 11 & 12 YRS   | 50M  | BUTTERFLY    | 蝶泳  | 30            |
| 31             | 9 & 10 YRS    | 50M  | BUTTERFLY    | 蝶泳  | 32            |
| 33             | 11 & 12 YRS   | 200M | BACKSTROKE   | 背泳  | 34            |

截止註冊日期 CLOSING DATE FOR REGISTRATION **12 March 2021 (1700 hours)**

截止報名日期 CLOSING DATE FOR ENTRIES: **7 April 2021 (1700 hours)**

**二零二一至二零二二年第三組長池分齡游泳比賽第一節  
比賽規程**

|         |   |
|---------|---|
| 日期/場地：  | 請參閱項目表。   |
| 報名條件：   | <ul style="list-style-type: none"> <li>✧ 所有參賽者必須為游泳總會正式註冊的 2021-2022 年度分齡組泳員，並於比賽截止報名前廿一日註冊。</li> <li>✧ 泳員須達第三組標準時間及低於第二組標準時間方可參加比賽。</li> <li>✧ 首次報名參與第三組分齡游泳比賽(長池及短池)而未能提交本會舉辦或認可游泳賽事的成績證明，必須以該項的達標時間報名。</li> </ul>  |
| 報名：     | <ul style="list-style-type: none"> <li>✧ 未填妥及不正確的報名資料，將不獲受理，報名費概不發還。</li> <li>✧ 截止後的報名將不獲受理。</li> <li>✧ 在長池賽，泳員只可選擇一個場地作賽。</li> </ul> <p><u>個人項目</u></p> <ul style="list-style-type: none"> <li>✧ 每名泳員長池賽最多可參加三項項目，短池賽最多可參加兩項項目。</li> <li>✧ 如泳員在比賽前或比賽後被發現參加多於指定數量，本會將取消該泳員最後一項的項目或成績。</li> <li>✧ *每項費用為港幣\$15 元正。</li> <li>✧ 所有以達標時間(“QT”)報名的項目 一律為港幣\$15+港幣\$40, 即港幣\$55 元正</li> </ul> <p>*支票請劃線，抬頭寫 HKASA。</p>   |
| 截止報名：   | 報名須於比賽二十一日前辦妥。<br>(以泳總的決定為準)  |
| 截止註冊：   | 註冊須於比賽截止報名二十一日前辦妥。<br>(以泳總的決定為準)  |
| 項目：     | 請參閱項目表。所有項目不設初賽，名次以比賽成績計算。  |
| 參賽標準：   | 請參閱有關的達標時間表。(不達標項目每項罰款港幣 50 元正)   |
| 年齡組：    | <ul style="list-style-type: none"> <li>✧ 年齡以比賽日計算。</li> </ul> <p><u>個人項目</u></p> <p>8 歲或以下、9 及 10 歲、11 及 12 歲、13 及 14 歲、15 及 16 歲<br/>註: 長池分開甲部、乙部 年齡以同一節的首先比賽日計算</p>   |
| 棄權：     | 棄權須於每節開賽三十分鐘前遞交。“缺席”的罰款為每項港幣\$30 元正。  |
| 獎項：     | <ul style="list-style-type: none"> <li>✧ 每個個人項目的首三名將獲頒發獎牌</li> <li>✧ 未達參賽標準時間的泳員將不獲發獎牌。</li> </ul>  |
| 規則：     | ✧ 比賽採用國際泳聯規則及泳總游泳競賽規程。  |
| 防疫措施指引： | <ul style="list-style-type: none"> <li>✧ 所有參加者必須遵守防疫措施指引。請參考附件</li> <li>✧ 請預先填妥健康申報表(香港業餘游泳總會) 於比賽當日入場時遞交。申報表可於以下網址下載：<br/><a href="https://www.hkasa.org.hk/zh-hant/viewfile/?file=dXBsb2FkL3RlbXBsYXRILzIxMjkvcGRmX2ZpbGVzXzIvNjA3NGZmNzMwNTkyNi5wZGY=">https://www.hkasa.org.hk/zh-hant/viewfile/?file=dXBsb2FkL3RlbXBsYXRILzIxMjkvcGRmX2ZpbGVzXzIvNjA3NGZmNzMwNTkyNi5wZGY=</a></li> <li>✧ 如沒有【安心出行】，請預先填妥個人資料表格(康文署)。表格可於以下網址下<br/><a href="https://www.hkasa.org.hk/zh-hant/viewfile/?file=dXBsb2FkL3RlbXBsYXRILzIxMjkvcGRmX2ZpbGVzXzIvNjA3NTRkYTE1Zjc4MC5wZGY=">https://www.hkasa.org.hk/zh-hant/viewfile/?file=dXBsb2FkL3RlbXBsYXRILzIxMjkvcGRmX2ZpbGVzXzIvNjA3NTRkYTE1Zjc4MC5wZGY=</a></li> </ul> |
| 上訴：     | <ul style="list-style-type: none"> <li>✧ 任何上訴須以書面提出，並須在該項目比賽成績公佈後三十分鐘內，連同上訴費用港幣\$300 元遞交予總裁判。</li> <li>✧ 上訴會交由該比賽之上訴委員會作決定。</li> <li>✧ 若上訴被駁回，已繳費用概不發還。</li> </ul>  |

## 2021-22 AGE GROUP DIVISION III LONG COURSE PART 1 SWIMMING COMPETITIONS

### Rules & Regulations

|                                      |  |
|--------------------------------------|--|
| <b>Date/Venue</b>                    | Please see attached event lists.   |
| <b>Entry Conditions</b>              | <ul style="list-style-type: none"> <li>❖ All competitors must be 2021-2022 registered age group swimmers of HKASA and register to HKASA at least <u>21 days</u> prior to the closing date of entries.</li> <li>❖ All submitted times must be equal to or faster than the Division 3 qualifying time and slower than the Division 2 qualifying time.</li> <li>❖ For all new entries for any event entered with no proven result, qualify time for individual event of Division III shall be used as entry time.</li> </ul>  |
| <b>Entries</b>                       | <ul style="list-style-type: none"> <li>❖ Incomplete/incorrect entry information will be rejected and fees paid will not be refunded.</li> <li>❖ Late entries will not be accepted.</li> <li>❖ In Long Course competition, swimmer should only choose one location for competition.</li> </ul> <p><u>Individual Events</u></p> <ul style="list-style-type: none"> <li>❖ Each swimmer is limited to no more than 3 individual events in Long Course Competition and 2 individual events in Short Course Competition.</li> <li>❖ In case of any swimmer entering number of events in excess of the entry quota, HKASA will have the sole discretion to scratch or cancel the swimmer's last entry event at any point of time.</li> <li>❖ *HK\$15 per individual event</li> <li>❖ * HK\$ 15 + HK\$ 40 = HK\$ 55 --- For each qualified time ("QT") entry</li> </ul> <p>*Paid by cheque. Crossed cheque made payable to 'HKASA'.</p>  |
| <b>Closing Date for Entries</b>      | 21 days prior to the date of competition (subject to the announcement of the HKASA).   |
| <b>Closing Date for Registration</b> | 21 days prior to the closing date of entries (subject to the announcement of the HKASA)  |
| <b>Event list</b>                    | Please see attached event list. Events will be run as timed finals.  |
| <b>Qualifying Standards</b>          | Please see attached qualifying times list. (A fine of HK\$50 will be charged of each "not qualified".)   |
| <b>Age Group</b>                     | <ul style="list-style-type: none"> <li>❖ Age is calculated as at the day of the competition.</li> </ul> <p><u>Individual Events</u></p> <ul style="list-style-type: none"> <li>❖ 8 &amp; under, 9 &amp; 10, 11 &amp; 12, 13 &amp; 14, 15 &amp; 16.</li> </ul> <p><b>Remarks: 2 Parts(A,B) of Long Course Competition, the Age is calculated as at the earlier competition day of the same part.</b></p>  |
| <b>Scratches</b>                     | Scratches must be submitted 30 minutes before the scheduled start time of each session. A fine of \$30 will be charged for each "no show".   |
| <b>Awards</b>                        | <ul style="list-style-type: none"> <li>❖ Medals will be awarded to 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> places.</li> <li>❖ No medals will be awarded to swimmers who fail to meet the qualifying time.</li> </ul>   |
| <b>Rules</b>                         | FINA rules & HKASA swimming rules will apply.  |
| <b>Infection Measure</b>             | <p style="text-align: center;"><b>Control</b></p> <ul style="list-style-type: none"> <li>❖ All participants must follow the Infection Control Measure Guidelines. Please see the attachment.</li> <li>❖ Please complete Health Declaration form (HKASA) in advance and submit upon arrival at Pool entrance on event day. Health Declaration form could be downloaded via<br/> <a href="https://www.hkasa.org.hk/en/viewfile/?file=dXBsb2FkL3RlbXBsYXRILzIxMjMjZGZmNTg4MDRIMC5wZGY=">https://www.hkasa.org.hk/en/viewfile/?file=dXBsb2FkL3RlbXBsYXRILzIxMjMjZGZmNTg4MDRIMC5wZGY=</a> </li> <li>❖ Please complete personal details form (LCSD) in advance. Form could be downloaded via:<br/> <a href="https://www.hkasa.org.hk/zhant/viewfile/?file=dXBsb2FkL3RlbXBsYXRILzIxMjMjZGZmNTg4MDRIMC5wZGY=">https://www.hkasa.org.hk/zhant/viewfile/?file=dXBsb2FkL3RlbXBsYXRILzIxMjMjZGZmNTg4MDRIMC5wZGY=</a> </li> </ul> <p>*only applicable for people who do not have "Leave Home Safe" app.</p> |

**Protest**

- ❖ Any protest shall be made in writing to the referee within 30 minutes following the result announcement of the respective event with protest fee of **HK\$300**.
- ❖ Protest will be forward to the Appeal Board of such competition for decision.
- ❖ If the protest is rejected, the fee paid will be forfeited to the HKASA.



# HONG KONG AMATEUR SWIMMING ASSOCIATION

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## 第三組長池分齡游泳比賽第一節甲部 (東涌游泳池) - 防疫措施指引 及 比賽安排

### Division 3 Long Course Part 1 A (Tung Chung Swimming Pool) – Infection Control Measure Guidelines and Competition Arrangement

由於比賽受人數限制，每位運動員只可有 **1** 人陪同入場。而屬會教練人數限制如下：

**1 swimmer could only be accompanied by a guest due to limitation in number of participants. The limit of number of club coaches is listed below:**

| <b>Number of Swimmers</b> | <b>Maximum Number of Coaches</b> |
|---------------------------|----------------------------------|
| 1-4 swimmers              | 1 coach                          |
| 5-8 swimmers              | 2 coaches                        |
| 9 or above                | 3 coaches                        |

#### 防疫措施指引 及比賽安排 / Infection Control Measure Guidelines & Competition arrangement:

1. 所有泳員必須於泳池門口向泳總職員登記及遞交健康申報表。

All swimmers must register with ASA staffs and return the Health Declaration Form before entering the Pool.

為避免阻塞入口通道，請預先填妥健康申報表(香港業餘游泳總會)於比賽當日入場時遞交。申報表可於以下網址下載：

To avoid blockage at the Pool entrance, please complete Health Declaration form (HKASA) in advance and submit upon arrival at Pool entrance on event day. Health Declaration form could be downloaded via:  
<https://www.hkasa.org.hk/zhant/viewfile/?file=dXBsb2FkL3RlbXBsYXRILzIxMjkwZGRmX2ZpbGVzXzIvNjA3NGZmNzNmNTkyNi5wZGY=>

如沒有【安心出行】，請預先填妥個人資料表格(康文署)。表格可於以下網址下載

Please complete personal details form (LCSD) in advance. Form could be downloaded via  
<https://www.hkasa.org.hk/zh-hant/viewfile/?file=dXBsb2FkL3RlbXBsYXRILzIxMjkwZGRmX2ZpbGVzXzIvNjA3NTRkYTE1Zjc4MC5wZGY=>

*\*only applicable for people who do not have "Leave Home Safe" app.*



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2.

|                                  |   |
|----------------------------------|---|
| 游泳池入口開放時間 /<br>Entrance Opening: | 泳員可以於上午 8:45 分開始入場<br><br>The swimming pool entrance open at 8:45am.  |
| 熱身時間 /<br>Warm Up :              | 09:00 am – 09:45 am   |
| 比賽時間 /<br>Competition Start:     | 10:00 am – 12:00 noon~<br><br>比賽完結後一小時內，所有人必須離開游泳池。<br>Everyone must leave the swimming pool within 1 hour after competition completed. |

3. 游泳池看台座位不可以連續超過四張座椅被佔用。

No more than four consecutive seats can be occupied in the same row at the spectator stand.

4. 所有工作人員、運動員及訪客必需全時間佩戴口罩。運動員於泳池比賽線道前方可以除下口罩作準備，請泳員自備口罩套。完成賽事後離開比賽池需佩戴口罩後再返回看台。

Officials, swimmers and guest must wear a mask properly at all times. Swimmers can only take off their masks for preparation at racing lanes. Please all swimmers prepare their own mask cover. Swimmers have to put on the masks again when they leave the competition pool.

5. 熱身時： - 每條線道不可超過 8 名泳員。

Warm up: - No more than 8 swimmers are allowed per swimming lane

6. 如入場後中途需要離開並再返回泳池，請於泳池登記處向泳總職員領取入場證，返回泳池時必須交還。建議泳員完成整個比賽後才離開泳池範圍。

Anyone who wishes to leave the swimming pool in between competition period, please obtain a re-entry permit with ASA staffs at the registration counter and return the permit upon return. Strongly recommend swimmers leave the swimming pool after the competition completed.