

**2024 - 2025 AGE GROUP LONG COURSE SWIMMING COMPETITION – DIVISION II (PART 1)****2024 - 2025 第二組長池分齡游泳比賽第一節****Date:** 27 April 2024 (Saturday)**Venue:** Tai Wan Shan Swimming Pool 大環山游泳池**Morning Warm up:** No Warm up session 不設熱身**Morning Session First Event:** 0900 hours**Afternoon Warm Up:** 1300 - 1345 hours**Afternoon Session First Event:** 1400 hours**GIRLS 女****BOYS 男**

1	13 & 14 YRS	200M	FREESTYLE	自由泳	2
3	15 - 17 YRS	200M	FREESTYLE	自由泳	4
5	13 & 14 YRS	100M	BREASTSTROKE	蛙泳	6
7	15 - 17 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 - 17 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 - 17 YRS	200M	BACKSTROKE	背泳	20

**午餐時間 Lunch Break**

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: **15 March 2024 (1700 hours)**截止報名日期 CLOSING DATE FOR ENTRIES: **5 April 2024 (1700 hours)**

**2024 - 2025 AGE GROUP LONG COURSE SWIMMING COMPETITION – DIVISION II (PART 2)****2024 - 2025 第二組長池分齡游泳比賽第二節****Date:** 15 June 2024 (Saturday)**Venue:** Morse Park Swimming Pool 摩士公園游泳池**Morning Warm up:** 0800 - 0845 hours**Morning Session First Event** 0900 hours**Afternoon Warm Up:** 1300 - 1345 hours**Afternoon Session First Event** 1400 hours**GIRLS 女****BOYS 男**

1	13 & 14 YRS	200M	IND. MEDLEY	個人四式	2
3	15 - 17 YRS	200M	IND. MEDLEY	個人四式	4
5	13 & 14 YRS	50M	BACKSTROKE	背泳	6
7	15 - 17 YRS	50M	BACKSTROKE	背泳	8
9	8 YRS & UNDER	50M	BACKSTROKE	背泳	10
11	13 & 14 YRS	100M	FREESTYLE	自由泳	12
13	15 - 17 YRS	100M	FREESTYLE	自由泳	14
15	8 YRS & UNDER	100M	FREESTYLE	自由泳	16
17	13 & 14 YRS	50M	BREASTSTROKE	蛙泳	18
19	15 - 17 YRS	50M	BREASTSTROKE	蛙泳	20
21	8 YRS & UNDER	50M	BREASTSTROKE	蛙泳	22

**午膳時間 Lunch Break**

23	9 & 10 YRS	200M	IND. MEDLEY	個人四式	24
25	11 & 12 YRS	200M	IND. MEDLEY	個人四式	26
27	9 & 10 YRS	50M	BACKSTROKE	背泳	28
29	11 & 12 YRS	50M	BACKSTROKE	背泳	30
31	9 & 10 YRS	100M	FREESTYLE	自由泳	32
33	11 & 12 YRS	100M	FREESTYLE	自由泳	34
35	9 & 10 YRS	50M	BREASTSTROKE	蛙泳	36
37	11 & 12 YRS	50M	BREASTSTROKE	蛙泳	38

截止註冊日期 CLOSING DATE FOR REGISTRATION: **3 May 2024 (1700 hours)**截止報名日期 CLOSING DATE FOR ENTRIES: **24 May 2024 (1700 hours)**

**2024 - 2025 AGE GROUP LONG COURSE SWIMMING COMPETITION – DIVISION II (PART 3)****2024 - 2025 第二組長池分齡游泳比賽第三節****Date:** 17 August 2024 (Saturday)**Venue:** Kwun Tong Swimming Pool 觀塘游泳池**Morning Warm up:** 0800 - 0845 hours**Morning Session First Event:** 0900 hours**Afternoon Warm Up:** 1300 - 1345 hours**Afternoon Session First Event:** 1400 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
17	13 & 14 YRS	200M	BREASTROKE	蛙泳	18
19	15 - 17 YRS	200M	BREASTROKE	蛙泳	20

**午膳時間 Lunch Break**

21	11 & 12 YRS	100M	BUTTERFLY	蝶泳	22
23	9 & 10 YRS	100M	BUTTERFLY	蝶泳	24
25	11 & 12 YRS	50M	FREESTYLE	自由泳	26
27	9 & 10 YRS	50M	FREESTYLE	自由泳	28
29	11 & 12 YRS	100M	BACKSTROKE	背泳	30
31	9 & 10 YRS	100M	BACKSTROKE	背泳	32
33	11 & 12 YRS	200M	BREASTROKE	蛙泳	34

截止註冊日期 CLOSING DATE FOR REGISTRATION: **5 July 2024 (1700 hours)**截止報名日期 CLOSING DATE FOR ENTRIES: **26 July 2024 (1700 hours)**