

2024 – 2025 AGE GROUP LONG COURSE SWIMMING COMPETITION – DIVISION III (PART 1A,B)**2024 – 2025 第三組長池分齡游泳比賽第一節****Part 1A Date:** 8 June 2024 (Saturday)**Venue:** Tung Chung Swimming Pool 東涌游泳池**Part 1A Morning Warm Up:** 0900 - 0945 hours**Morning Session First Event:** 1000 hours**Part 1A Afternoon Warm Up:** 1300 - 1345 hours**Afternoon Session First Event:** 1400 hours**Part 1B Date:** 8 June 2024 (Saturday)**Venue:** Tai Wan Shan Swimming Pool 大環山游泳池**Part 1B Morning Warm Up:** 0900 - 0945 hours**Morning Session First Event:** 1000 hours**Part 1B 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 | 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 |

午餐時間 Lunch Break

| | | | | | |
|----|-------------|------|--------------|------|----|
| 17 | 11 & 12 YRS | 200M | IND. MEDLEY | 個人四式 | 18 |
| 19 | 9 & 10 YRS | 200M | IND. MEDLEY | 個人四式 | 20 |
| 21 | 11 & 12 YRS | 100M | BREASTSTROKE | 蛙泳 | 22 |
| 23 | 9 & 10 YRS | 100M | BREASTSTROKE | 蛙泳 | 24 |
| 25 | 11 & 12 YRS | 50M | BUTTERFLY | 蝶泳 | 26 |
| 27 | 9 & 10 YRS | 50M | BUTTERFLY | 蝶泳 | 28 |

截止註冊日期 CLOSING DATE FOR REGISTRATION: **26 April 2024 (1700 hours)**截止報名日期 CLOSING DATE FOR ENTRIES: **17 May 2024 (1700 hours)**

2024 – 2025 AGE GROUP LONG COURSE SWIMMING COMPETITION – DIVISION III (PART 2A,B)

2024 – 2025 第三組長池分齡游泳比賽第二節

Part 2A Date: 22 June 2024 (Saturday)

Venue: Kwun Tong Swimming Pool

觀塘游泳池

Part 2A Morning Warm Up: 0800 - 0845 hours

Morning Session First Event: 0900 hours

Part 2A Afternoon Warm Up: 1300 - 1345 hours

Afternoon Session First Event: 1400 hours

Part 2B Date: 22 June 2024 (Saturday)

Venue: Sha Tin Jockey Club Swimming Pool 沙田賽馬會游泳池

Part 2B Morning Warm Up: 0800 - 0845 hours

Morning Session First Event: 0900 hours

Part 2B Afternoon Warm Up: 1300 - 1345 hours

Afternoon Session First Event: 1400 hours

GIRLS 女

BOYS 男

| | | | | | |
|----|---------------|------|--------------|-----|----|
| 1 | 13 & 14 YRS | 50M | BACKSTROKE | 背泳 | 2 |
| 3 | 15 - 17 YRS | 50M | BACKSTROKE | 背泳 | 4 |
| 5 | 8 YRS & UNDER | 50M | BACKSTROKE | 背泳 | 6 |
| 7 | 13 & 14 YRS | 100M | FREESTYLE | 自由泳 | 8 |
| 9 | 15 - 17 YRS | 100M | FREESTYLE | 自由泳 | 10 |
| 11 | 8 YRS & UNDER | 100M | FREESTYLE | 自由泳 | 12 |
| 13 | 13 & 14 YRS | 50M | BREASTSTROKE | 蛙泳 | 14 |
| 15 | 15 - 17 YRS | 50M | BREASTSTROKE | 蛙泳 | 16 |
| 17 | 8 YRS & UNDER | 50M | BREASTSTROKE | 蛙泳 | 18 |

午餐時間 Lunch Break

| | | | | | |
|----|-------------|------|--------------|-----|----|
| 19 | 9 & 10 YRS | 50M | BACKSTROKE | 背泳 | 20 |
| 21 | 11 & 12 YRS | 50M | BACKSTROKE | 背泳 | 22 |
| 23 | 9 & 10 YRS | 100M | FREESTYLE | 自由泳 | 24 |
| 25 | 11 & 12 YRS | 100M | FREESTYLE | 自由泳 | 26 |
| 27 | 9 & 10 YRS | 50M | BREASTSTROKE | 蛙泳 | 28 |
| 29 | 11 & 12 YRS | 50M | BREASTSTROKE | 蛙泳 | 30 |

截止註冊日期 CLOSING DATE FOR REGISTRATION: **10 May 2024 (1700 hours)**

截止報名日期 CLOSING DATE FOR ENTRIES: **31 May 2024 (1700 hours)**

2024 – 2025 AGE GROUP LONG COURSE SWIMMING COMPETITION – DIVISION III (PART 3A,B)

2024 – 2025 第三組長池分齡游泳比賽第三節

Part 3A Date: 27 July 2024 (Saturday)

Venue: Kwun Tong Swimming Pool

觀塘游泳池

Part 3A Morning Warm Up: 0800 - 0845 hours

Morning Session First Event: 0900 hours

Part 3A Afternoon Warm Up 1300 - 1345 hours

Afternoon Session First Event 1400 hours

Part 3B Date: 27 July 2024 (Saturday)

Venue: Sun Yat Sen Memorial Park Swimming Pool 中山紀念公園游泳池

Part 3B Morning Warm Up: 0800 - 0845 hours

Morning Session First Event: 0900 hours

Part 3B 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 |

午餐時間 Lunch Break

| | | | | | |
|----|-------------|------|------------|-----|----|
| 17 | 11 & 12 YRS | 100M | BUTTERFLY | 蝶泳 | 18 |
| 19 | 9 & 10 YRS | 100M | BUTTERFLY | 蝶泳 | 20 |
| 21 | 11 & 12 YRS | 50M | FREESTYLE | 自由泳 | 22 |
| 23 | 9 & 10 YRS | 50M | FREESTYLE | 自由泳 | 24 |
| 25 | 11 & 12 YRS | 100M | BACKSTROKE | 背泳 | 26 |
| 27 | 9 & 10 YRS | 100M | BACKSTROKE | 背泳 | 28 |

截止註冊日期 CLOSING DATE FOR REGISTRATION: **14 June 2024 (1700 hours)**

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