

**2025 - 2026 AGE GROUP LONG COURSE SWIMMING COMPETITION – DIVISION II (PART 1)**

**2025 - 2026 第二組長池分齡游泳比賽第一節**

**Date:** 26 April 2025 (Saturday)

**Venue:** Tai Wan Shan Swimming Pool 大環山游泳池

**Morning Warm up:** 0900 - 0945 hours

**Morning Session First Event:** 1000 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: **14 March 2025 (1700 hours)**

截止報名日期 CLOSING DATE FOR ENTRIES: **7 April 2025 (1700 hours)**

**2025 - 2026 AGE GROUP LONG COURSE SWIMMING COMPETITION – DIVISION II (PART 2)**

**2025 - 2026 第二組長池分齡游泳比賽第二節**

**Date:** 24 May 2025 (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	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: **11 April 2025 (1700 hours)**

截止報名日期 CLOSING DATE FOR ENTRIES: **2 May 2025 (1700 hours)**

**2025 - 2026 AGE GROUP LONG COURSE SWIMMING COMPETITION – DIVISION II (PART 3)**

**2025 - 2026 第二組長池分齡游泳比賽第三節**

**Date:** 23 August 2025 (Saturday)

**Venue:** Sun Yat Sen Memorial Park Swimming Pool

**Morning Warm up:** 0830 - 0915 hours

**Morning Session First Event:** 0930 hours

**Afternoon Warm Up:** 1300 - 1345 hours

**Afternoon Session First Event:** 1400 hours

<b>GIRLS 女</b>					<b>BOYS 男</b>	
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	
<b>午膳時間 Lunch Break</b>						
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: **11 July 2025 (1700 hours)**

截止報名日期 CLOSING DATE FOR ENTRIES: **1 August 2025 (1700 hours)**