

2025 – 2026 AGE GROUP LONG COURSE SWIMMING COMPETITION – DIVISION III (PART 1A,B)

2025 – 2026 第三組長池分齡游泳比賽第一節

Part 1A Date: 10 May 2025 (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: 10 May 2025 (Saturday)

Venue: Ma On Shan Swimming Pool 馬鞍山游泳池

Part 1B Morning Warm Up: 0800 - 0845 hours

Morning Session First Event: 0900 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

午膳時間 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: **28 March 2025 (1700 hours)**

截止報名日期 CLOSING DATE FOR ENTRIES: **22 April 2025 (1700 hours)**

2025 – 2026 AGE GROUP LONG COURSE SWIMMING COMPETITION – DIVISION III (PART 2A,B)

2025 – 2026 第三組長池分齡游泳比賽第二節

Part 2A Date:	7 June 2025 (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:	7 June 2025 (Saturday)	Venue:	Tung Chung Swimming Pool	東涌游泳池
Part 2B Morning Warm Up:	0900 - 0945 hours	Morning Session First Event:	1000 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: **25 April 2025 (1700 hours)**

截止報名日期 CLOSING DATE FOR ENTRIES: **16 May 2025 (1700 hours)**

2025 – 2026 AGE GROUP LONG COURSE SWIMMING COMPETITION – DIVISION III (PART 3A,B)

2025 – 2026 第三組長池分齡游泳比賽第三節

Part 3A Date: 26 July 2025 (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: 26 July 2025 (Saturday)

Venue: Sun Yat Sen Memorial Park Swimming Pool 中山紀念

Part 3B Morning Warm Up: 0830 - 0915 hours

Morning Session First Event: 0930 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	
午膳時間 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: **13 June 2025 (1700 hours)**

截止報名日期 CLOSING DATE FOR ENTRIES: **4 July 2025 (1700 hours)**