

2023 – 2024 AGE GROUP LONG COURSE SWIMMING COMPETITION - DIVISION I (PART II)

2023 – 2024 第一組長池分齡游泳比賽第二節

Date: 18 June 2023 (Sunday)

Venue: Kowloon Park Swimming Pool 九龍公園游泳池

Morning Warm up: 0845 - 0930 hours

Morning Session First Event: 0945 hours

Afternoon Warm Up 1300 - 1345 hours

Afternoon Session First Event: 1400 hours

GIRLS 女					BOYS 男	
1	11 & 12 YRS	200M	BACKSTROKE	背泳	2	
3	13 & 14 YRS	200M	BACKSTROKE	背泳	4	
5	15 - 17 YRS	200M	BACKSTROKE	背泳	6	
7	18 & OVER	200M	BACKSTROKE	背泳	8	
9	10 YRS & UNDER	50M	BUTTERFLY	蝶泳	10	
11	11 & 12 YRS	50M	BUTTERFLY	蝶泳	12	
13	13 & 14 YRS	50M	BUTTERFLY	蝶泳	14	
15	15 - 17 YRS	50M	BUTTERFLY	蝶泳	16	
17	18 & OVER	50M	BUTTERFLY	蝶泳	18	
19	10 YRS & UNDER	100M	FREESTYLE	自由泳	20	
21	11 & 12 YRS	100M	FREESTYLE	自由泳	22	
23	13 & 14 YRS	100M	FREESTYLE	自由泳	24	
25	15 - 17 YRS	100M	FREESTYLE	自由泳	26	
27	18 & OVER	100M	FREESTYLE	自由泳	28	
<b>LUNCH BREAK 午膳時間</b>						
29		4x100M	MED RELAY	四式接力	30	
31	10 YRS & UNDER	50M	BREASTSTROKE	蛙泳	32	
33	11 & 12 YRS	50M	BREASTSTROKE	蛙泳	34	
35	13 & 14 YRS	50M	BREASTSTROKE	蛙泳	36	
37	15 - 17 YRS	50M	BREASTSTROKE	蛙泳	38	
39	18 & OVER	50M	BREASTSTROKE	蛙泳	40	
41	11 & 12 YRS	400M	FREESTYLE	自由泳	42	
43	13 & 14 YRS	400M	FREESTYLE	自由泳	44	
45	15 - 17 YRS	400M	FREESTYLE	自由泳	46	
47	18 & OVER	400M	FREESTYLE	自由泳	48	

截止註冊日期 CLOSING DATE FOR REGISTRATION: 5 May 2023 (1700 hours)

截止報名日期 CLOSING DATE FOR ENTRIES: 29 May 2023 (1700 hours)