

# Short Course Masters Swimming Competition – Part 1

## 短池先進游泳比賽 – 第一部份

Date: 17-09-2023 (Sunday)

Venue: Shing Mun Valley Swimming Pool 城門谷游泳池

Morning Warm up/ 0900 – 0950 Hrs  
熱身:

Morning First Event/ 1000 Hrs  
開始:

Afternoon Warm up/ 1300 – 1350 Hrs  
熱身:

Afternoon First Event/開始: 1400 Hrs

MEN			WOMEN	
1	200 M	Breaststroke	蛙泳	2
3	50 M	Freestyle	自由泳	4
5	25 M	Breaststroke	蛙泳	6
7	50 M	Backstroke	背泳	8
Lunch Break 午膳時間				
9	100 M	Individual Medley	個人四式	10
11	25 M	Butterfly	蝶泳	12
13	4 x 25 M	Medley Relay	四式接力	14
15	50 M	Breaststroke	蛙泳	16
17	100 M	Freestyle	自由泳	18
19	4 x 25 M	Mixed Freestyle Relay	男女混合 自由接力	