

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

2025 – 2026 第一組長池分齡游泳比賽第二節

Date: 20 July 2025 (Sunday)

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

Morning Warm up: 0830 - 0915 hours

Morning Session First Event: 0930 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

LUNCH BREAK 午膳時間

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: 6 June 2025 (1700 hours)

截止報名日期 CLOSING DATE FOR ENTRIES: 27 June 2025 (1700 hours)