

HONG KONG AGE GROUP LONG COURSE SWIMMING CHAMPIONSHIPS 2025-2026

二零二五至二零二六年香港長池分齡游泳錦標賽

(DAY ONE) 第一日

Date:	31 October 2025 (Friday)	Venue:	Kowloon Park Swimming Pool 九龍公園游泳池
Warm up:	1700 - 1745 hours	Start:	1800 hours

GIRLS 女

1	13 & 14 Yrs	1500m	Freestyle 自由泳
3	15 – 17 Yrs	1500m	Freestyle 自由泳
5	18 & Over	1500m	Freestyle 自由泳

BOYS 男

2
4
6

截止註冊日期 CLOSING DATE FOR REGISTRATION: 19 September 2025 (1700 hours)

截止報名日期 CLOSING DATE FOR ENTRIES: 10 October 2025 (1700 hours)

HONG KONG AGE GROUP LONG COURSE SWIMMING CHAMPIONSHIPS 2025-2026

二零二五至二零二六年香港長池分齡游泳錦標賽

(DAY TWO) 第二日

Date: 1 November 2025 (Saturday)

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

AM Warm up: 0830 - 0915 hours

Start: 0930 hours

PM Warm up: 1300 - 1345 hours

Start: 1400 hours

GIRLS 女

BOYS 男

7	10 Yrs & Under	100M	Freestyle	自由泳	8
9	11 & 12 Yrs	100M	Freestyle	自由泳	10
11	13 & 14 Yrs	100M	Freestyle	自由泳	12
13	15 – 17 Yrs	100M	Freestyle	自由泳	14
15	18 Yrs & Over	100M	Freestyle	自由泳	16
17	10 Yrs & Under	100M	Breaststroke	蛙泳	18
19	11 & 12 Yrs	100M	Breaststroke	蛙泳	20
21	13 & 14 Yrs	100M	Breaststroke	蛙泳	22
23	15 – 17 Yrs	100M	Breaststroke	蛙泳	24
25	18 Yrs & Over	100M	Breaststroke	蛙泳	26
27	10 Yrs & Under	100M	Butterfly	蝶泳	28
29	11 & 12 Yrs	100M	Butterfly	蝶泳	30
31	13 & 14 Yrs	100M	Butterfly	蝶泳	32
33	15 – 17 Yrs	100M	Butterfly	蝶泳	34
35	18 Yrs & Over	100M	Butterfly	蝶泳	36
37	11 & 12 Yrs	200M	Backstroke	背泳	38
39	13 & 14 Yrs	200M	Backstroke	背泳	40
41	15 – 17 Yrs	200M	Backstroke	背泳	42
43	18 Yrs & Over	200M	Backstroke	背泳	44
45	12 Yrs & Under	4 x 50m	Free Relay	自由接力	46
47	13 Yrs & Over	4 x 50m	Free Relay	自由接力	48

— Lunch Break —

49	10 Yrs & Under	200M	Freestyle	自由泳	50
51	11 & 12 Yrs	200M	Freestyle	自由泳	52
53	13 & 14 Yrs	200M	Freestyle	自由泳	54
55	15 – 17 Yrs	200M	Freestyle	自由泳	56
57	18 Yrs & Over	200M	Freestyle	自由泳	58
59	10 Yrs & Under	50M	Breaststroke	蛙泳	60
61	11 & 12 Yrs	50M	Breaststroke	蛙泳	62
63	13 & 14 Yrs	50M	Breaststroke	蛙泳	64
65	15 – 17 Yrs	50M	Breaststroke	蛙泳	66
67	18 Yrs & Over	50M	Breaststroke	蛙泳	68
69	13 & 14 Yrs	400M	Ind. Medley	個人四式	70
71	15 – 17 Yrs	400M	Ind. Medley	個人四式	72
73	18 Yrs & Over	400M	Ind. Medley	個人四式	74
75	10 Yrs & Under	50M	Butterfly	蝶泳	76
77	11 & 12 Yrs	50M	Butterfly	蝶泳	78
79	13 & 14 Yrs	50M	Butterfly	蝶泳	80
81	15 – 17 Yrs	50M	Butterfly	蝶泳	82
83	18 Yrs & Over	50M	Butterfly	蝶泳	84
85	11 & 12 Yrs	400M	Freestyle	自由泳	86
87	13 & 14 Yrs	400M	Freestyle	自由泳	88
89	15 – 17 Yrs	400M	Freestyle	自由泳	90
91	18 Yrs & Over	400M	Freestyle	自由泳	92
93	12 Yrs & Under	4 x 50m	Medley Relay	四式接力	94
95	13 Yrs & Over	4 x 50m	Medley Relay	四式接力	96

HONG KONG AGE GROUP LONG COURSE SWIMMING CHAMPIONSHIPS 2025-2026

二零二五至二零二六年香港長池分齡游泳錦標賽

(DAY THREE) 第三日

Date:	2 November 2025 (Sunday)	Venue:	Kowloon Park Swimming Pool 九龍公園游泳池
AM Warm up:	0830 - 0915 hours	Start:	0930 hours
PM Warm up:	1300 - 1345 hours	Start:	1400 hours

GIRLS 女				BOYS 男	
97	10 Yrs & Under	100M	Backstroke 背泳	98	
99	11 & 12 Yrs	100M	Backstroke 背泳	100	
101	13 & 14 Yrs	100M	Backstroke 背泳	102	
103	15 – 17 Yrs	100M	Backstroke 背泳	104	
105	18 Yrs & Over	100M	Backstroke 背泳	106	
107	10 Yrs & Under	50M	Freestyle 自由泳	108	
109	11 & 12 Yrs	50M	Freestyle 自由泳	110	
111	13 & 14 Yrs	50M	Freestyle 自由泳	112	
113	15 – 17 Yrs	50M	Freestyle 自由泳	114	
115	18 Yrs & Over	50M	Freestyle 自由泳	116	
117	10 Yrs & Under	200M	Ind. Medley 個人四式	118	
119	11 & 12 Yrs	200M	Ind. Medley 個人四式	120	
121	13 & 14 Yrs	200M	Ind. Medley 個人四式	122	
123	15 – 17 Yrs	200M	Ind. Medley 個人四式	124	
125	18 Yrs & Over	200M	Ind. Medley 個人四式	126	
127	Stairstep 梯級接力	4 X 50M	Medley Relay 四式接力	128	
— Lunch Break —					

129	11 & 12 Yrs	200M	Butterfly	蝶泳	130
131	13 & 14 Yrs	200M	Butterfly	蝶泳	132
133	15 – 17 Yrs	200M	Butterfly	蝶泳	134
135	18 Yrs & Over	200M	Butterfly	蝶泳	136
137	10 Yrs & Under	50M	Backstroke	背泳	138
139	11 & 12 Yrs	50M	Backstroke	背泳	140
141	13 & 14 Yrs	50M	Backstroke	背泳	142
143	15 – 17 Yrs	50M	Backstroke	背泳	144
145	18 Yrs & Over	50M	Backstroke	背泳	146
147	11 & 12 Yrs	200M	Breaststroke	蛙泳	148
149	13 & 14 Yrs	200M	Breaststroke	蛙泳	150
151	15 – 17 Yrs	200M	Breaststroke	蛙泳	152
153	18 Yrs & Over	200M	Breaststroke	蛙泳	154
155	13 & 14 Yrs	800M	Freestyle	自由泳	156
157	15 – 17 Yrs	800M	Freestyle	自由泳	158
159	18 Yrs & Over	800M	Freestyle	自由泳	160
161	Stairstep 梯級接力	4 X 50M	Free Relay	自由接力	162