



Hong Kong China Swimming Association  
中國香港游泳總會  
Hong Kong Diving Competition Series 2025-26 (Part 2)  
二零二五至二六年香港跳水計分賽 (第二部)  
(Organized by HKGSA & Subvented by LCSD)  
(中國香港游泳總會主辦 · 康樂及文化事務署資助)



Date/日期: 8/3/2026 (Sun/星期日)  
Time/時間: 08:00-20:00 (Sun/星期日)  
Venue/場地: Kowloon Park Swimming Pool - Diving Pool  
九龍公園游泳池 - 跳水池

**Programme/ 程序**

Judges Meeting/裁判會議: 9:30

**Time**

8:00

Training  
練習

10:00      Event 1      Group Open B Women's 1M Springboard  
項目一      女子公開B組一米板

11:10      Event 2      Group Open A Men's 3M Springboard  
項目二      男子公開A組三米板

11:50      Event 3      Group Open B Men's 1M Springboard  
項目三      男子公開B組一米板

12:40      Event 4      Group Open A Women's 3M Springboard  
項目四      女子公開A組三米板

Lunch Break/ 午膳時間  
Training 練習

14:30      Event 5      Group Open A Men's 1M Springboard  
項目五      男子公開A組一米板

15:10      Event 6      Group Open B Women's 3M Springboard  
項目六      女子公開B組三米板

16:00      Event 7      Group Open A Women's 1M Springboard  
項目七      女子公開A組一米板

16:45      Event 8      Group Open B Men's 3M Springboard  
項目八      男子公開B組三米板

17:50      Event 9.1      Group Open A Men's Synchronized Diving 3M Springboard  
項目九.一      男子公開A組雙人三米板

Event 9.2      Group Open A Women's Synchronized Diving 3M Springboard  
項目九.二      女子公開A組雙人三米板

18:30      Event 10.1      Group Open B Men's Synchronized Diving 1M Springboard  
項目十.一      男子公開B組雙人一米板

Event 10.2      Group Open B Women's Synchronized Diving 1M Springboard  
項目十.二      女子公開B組雙人一米板

19:00      Prize Presentation  
頒獎典禮

End of the Competition  
比賽完結

\*Estimated Start Time  
\*預計開始時間

Note: Only divers who are participating in the upcoming event are entitled to train with Competition Springboard or Platform 20 minutes before the start of each event  
備註: 運動員只可在所參與的比賽項目前二十分鐘 · 於比賽跳板或跳台進行練習