



# HONG KONG CHINA SWIMMING ASSOCIATION

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8<sup>th</sup> April 2025  
By Email & By Fax

## **TO: All Full Members and Affiliated Clubs**

Dear all,

### **Hong Kong Open Water Swimming Training Squad**

We are pleased to inform that a regular long-term open water swimming training conducted by squad coach Mr. MAK Ho Yin (HKSI Coach) and some experienced voluntary HKGSA registered coaches.

We now write to invite 2025-26 HKGSA Registered Swimmers who are interested in participating the open water swimming event in the future and desire to achieve to international level in such event are welcome to apply. The training will include two parts, pool distance training and open water training. The training details are shown as follows.

1. Pool Distance Training  
Venue: Wan Chai Swimming Pool  
Date: Every Monday, Tuesday, Thursday, and Friday  
Time: 05:30 – 07:30
2. Open Water Training  
Venue: Repulse Bay / Golden Beach / Tai Mei Tuk / Lung Mei Beach / Mainland China  
Date: To be confirmed  
Time: To be confirmed

The Entry Requirement & General Rules and Regulations listed as below as endorsed by Open Water Swimming Committee:

#### Entry Requirements:

- 1.1 Registered members of HKGSA (SW Discipline) and
- 1.2 HKSAR passport holder and
- 1.3 Age 12 or above and

All applicants are required to provide the following result:

- Achieved 76 points from any 800m or 1500m in LC / SC swimming competitions organized or sanctioned by HKGSA in swimming pool **or**
- Completed 5km or 10km event within the time limit during local open water competitions organized or sanctioned by HKGSA

\*The results have to be achieved within 1 year prior to the application date.

HKGSA reserves the right to expel the member from Open Water Swimming Training Squad. All application must be attached with the supporting results and submit via HKGSA's affiliated clubs.

Should you have any enquiry, please contact Mr. Donald FONG or Ms. Peggy CHU at 2572 8594 or email to [donaldfong@hkgswimming.org.hk](mailto:donaldfong@hkgswimming.org.hk). Thank you for your attention.

Best regards,

SZETO Ping Hang  
Chairman

Open Water Swimming Committee

c.c. Hon. Secretary / Hon. Treasurer / Asst. Hon. Sec./ Executive Committee Members