

**Short Course Masters Swimming Competition – Part 1****短池先進游泳比賽 – 第一部份****Date:** 13-09-2026 (Sunday)**Venue:** Shing Mun Valley Swimming Pool 城門谷游泳池

Morning Warm up/熱身: 0900 – 0950 Hrs

Morning First Event/開始: 1000 Hrs

Afternoon Warm up/熱身: 1300 – 1350 Hrs

Afternoon First Event/開始: 1400 Hrs

| <b>MEN</b>       |          |                       |              | <b>WOMEN</b> |  |
|------------------|----------|-----------------------|--------------|--------------|--|
| 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<br>自由接力 |              |  |