



Hong Kong China Swimming Association
 中國香港游泳總會
 Hong Kong Diving Competition Series 2025-26 (Part 1)
 二零二五至二六年香港跳水計分賽 (第一部)
 (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: 1/2/2026 (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

11:00 Event 2.1 Group Open A Men's 3M Springboard
項目二.一 男子公開A組三米板

Event 2.2 Group Open A Women's 3M Springboard
項目二.二 女子公開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

Lunch Break/ 午膳時間

Training 練習

14:00 Event 4 Group Open B Women's 3M Springboard
項目四 女子公開B組三米板

14:40 Event 5.1 Group Open A Men's 1M Springboard
項目五.一 男子公開A組一米板

Event 5.2 Group Open A Women's 1M Springboard
項目五.二 女子公開A組一米板

15:30 Event 6 Group Open B Men's 3M Springboard
項目六 男子公開B組三米板

16:30 Event 7.1 Group Open A Men's Synchronized Diving 3M Springboard
項目七.一 男子公開A組雙人三米板

Event 7.2 Group Open A Women's Synchronized Diving 3M Springboard
項目七.二 女子公開A組雙人三米板

17:00 Event 8.1 Group Open B Men's Synchronized Diving 1M Springboard
項目八.一 男子公開B組雙人一米板

Event 8.2 Group Open B Women's Synchronized Diving 1M Springboard
項目八.二 女子公開B組雙人一米板

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