



**HONG KONG AMATEUR SWIMMING ASSOCIATION**

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Ref. No.: 2019120027

17<sup>th</sup> December 2019

By Fax & Email

**TO: All Members and Affiliated Clubs**

Dear all,

**2019-20 Div.III Age Group Short Course Swimming Competition Part 1**  
**- Warm Up Arrangements**

Please note the warm up arrangements of the captioned event to be held at Shing Mun Valley Swimming Pool on 21<sup>st</sup> December 2019 as follows:

**Morning Warm Up:** 0900-0945hrs

**Afternoon Warm Up:** 1300-1345hrs

**Competition Pool**

- **NO dive practice** is allowed throughout the whole event in Competition Pool
- Sprint practice is only allowed from 15 minutes prior to the end of warm up session, swimmers must sprint to the turning end without returning
- Swimmers must leave on the pool sides at the turning end (**directly climbing over the touch pads is strictly prohibited**)

**Warm Up / Cool Down Pool**

- Warm up / cool down pool is for general warm up
- **NO dive and sprints practice are allowed throughout the whole event**

Should you have any enquiry, please feel free to contact Ms. Charling CHEUNG at 2572 8594.

Thank you for your kind attention and cooperation.

Best regards,

David CHIU

Chairman

Swimming Committee

c.c. Executive Committee Members / Vice Chairman & Hon. Secretary, SC