

# HONG KONG AGE GROUP SHORT COURSE SWIMMING CHAMPIONSHIPS 2022-2023

## 二零二二至二零二三年香港短池分齡游泳錦標賽 (DAY ONE) 第一日

**Date:** 26 May 2023 (Friday) **Venue:** Victoria Park Swimming Pool  
維多利亞公園游泳池

**Warm up:** 17:00 – 17:45 hrs **Start:** 18:00 hrs

### GIRLS 女

1	13 & 14 Yrs	1500M	Freestyle 自由泳
3	15 - 17 Yrs	1500M	Freestyle 自由泳
5	18 & Over	1500M	Freestyle 自由泳

### BOYS 男

2
4
6

截止註冊日期 CLOSING DATE FOR REGISTRATION: 14 April 2023 (1700 hours)

截止報名日期 CLOSING DATE FOR ENTRIES: 5 May 2023 (1700 hours)

HONG KONG AGE GROUP SHORT COURSE SWIMMING CHAMPIONSHIPS 2022-2023

二零二二至二零二三年香港短池分齡游泳錦標賽

(DAY TWO) 第二日

**Date:** 27 May 2023 (Saturday) **Venue:** Victoria Park Swimming Pool  
維多利亞公園游泳池

**AM Warm up:** 0800 - 0845 hours **Start:** 0900 hours  
**PM Warm up:** 1300- 1345 hours **Start:** 1400 hours

GIRLS 女					BOYS 男	
7	10 Yrs & Under	100M	Freestyle	自由泳	8	
9	11 & 12 Yrs	100M	Freestyle	自由泳	10	
11	13 & 14 Yrs	100M	Freestyle	自由泳	12	
13	15 To 17 Yrs	100M	Freestyle	自由泳	14	
15	18 Yrs & Over	100M	Freestyle	自由泳	16	
17	10 Yrs & Under	100M	Breaststroke	蛙泳	18	
19	11 & 12 Yrs	100M	Breaststroke	蛙泳	20	
21	13 & 14 Yrs	100M	Breaststroke	蛙泳	22	
23	15 To 17 Yrs	100M	Breaststroke	蛙泳	24	
25	18 Yrs & Over	100M	Breaststroke	蛙泳	26	
27	10 Yrs & Under	200M	Freestyle	自由泳	28	
29	11 & 12 Yrs	200M	Freestyle	自由泳	30	
31	13 & 14 Yrs	200M	Freestyle	自由泳	32	
33	15 To 17 Yrs	200M	Freestyle	自由泳	34	
35	18 Yrs & Over	200M	Freestyle	自由泳	36	
37	10 Yrs & Under	100M	Ind. Medley	個人四式	38	
39	11 & 12 Yrs	100M	Ind. Medley	個人四式	40	
41	13 & 14 Yrs	100M	Ind. Medley	個人四式	42	
43	15 To 17 Yrs	100M	Ind. Medley	個人四式	44	
45	18 Yrs & Over	100M	Ind. Medley	個人四式	46	
47	12 Yrs & Under	4 x 50M	Free Relay	自由接力	48	
49	13 Yrs & Over	4 x 50M	Free Relay	自由接力	50	

— Lunch Break —

51	13 & 14 Yrs	400M	Ind. Medley	個人四式	52
53	15 To 17 Yrs	400M	Ind. Medley	個人四式	54
55	18 Yrs & Over	400M	Ind. Medley	個人四式	56
57	10 Yrs & Under	50M	Butterfly	蝶泳	58
59	11 & 12 Yrs	50M	Butterfly	蝶泳	60
61	13 & 14 Yrs	50M	Butterfly	蝶泳	62
63	15 To 17 Yrs	50M	Butterfly	蝶泳	64
65	18 Yrs & Over	50M	Butterfly	蝶泳	66
67	11 & 12 Yrs	200M	Backstroke	背泳	68
69	13 & 14 Yrs	200M	Backstroke	背泳	70
71	15 To 17 Yrs	200M	Backstroke	背泳	72
73	18 Yrs & Over	200M	Backstroke	背泳	74
75	11 & 12 Yrs	200M	Butterfly	蝶泳	76
77	13 & 14 Yrs	200M	Butterfly	蝶泳	78
79	15 To 17 Yrs	200M	Butterfly	蝶泳	80
81	18 Yrs & Over	200M	Butterfly	蝶泳	82
83	11 & 12 Yrs	400M	Freestyle	自由泳	84
85	13 & 14 Yrs	400M	Freestyle	自由泳	86
87	15 To 17 Yrs	400M	Freestyle	自由泳	88
89	18 Yrs & Over	400M	Freestyle	自由泳	90
91	12 Yrs & Under	4 x 50M	Medley Relay	四式接力	92
93	13 Yrs & Over	4 x 50M	Medley Relay	四式接力	94

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二零二二至二零二三年香港短池分齡游泳錦標賽

(DAY THREE) 第三日

**Date:** 28 May 2023 (Sunday) **Venue:** Victoria Park Swimming Pool  
維多利亞公園游泳池

**AM Warm up:** 0800 - 0845 hours **Start:** 0900 hours  
**PM Warm up:** 1300- 1345 hours **Start:** 1400 hours

GIRLS 女			BOYS 男		
95	10 Yrs & Under	100M	Backstroke	背泳	96
97	11 & 12 Yrs	100M	Backstroke	背泳	98
99	13 & 14 Yrs	100M	Backstroke	背泳	100
101	15 To 17 Yrs	100M	Backstroke	背泳	102
103	18 Yrs & Over	100M	Backstroke	背泳	104
105	10 Yrs & Under	50M	Freestyle	自由泳	106
107	11 & 12 Yrs	50M	Freestyle	自由泳	108
109	13 & 14 Yrs	50M	Freestyle	自由泳	110
111	15 To 17 Yrs	50M	Freestyle	自由泳	112
113	18 Yrs & Over	50M	Freestyle	自由泳	114
115	10 Yrs & Under	200M	Ind. Medley	個人四式	116
117	11 & 12 Yrs	200M	Ind. Medley	個人四式	118
119	13 & 14 Yrs	200M	Ind. Medley	個人四式	120
121	15 To 17 Yrs	200M	Ind. Medley	個人四式	122
123	18 Yrs & Over	200M	Ind. Medley	個人四式	124
125	10 Yrs & Under	50M	Breaststroke	蛙泳	126
127	11 & 12 Yrs	50M	Breaststroke	蛙泳	128
129	13 & 14 Yrs	50M	Breaststroke	蛙泳	130
131	15 To 17 Yrs	50M	Breaststroke	蛙泳	132
133	18 Yrs & Over	50M	Breaststroke	蛙泳	134
135	Stairstep 梯級接力	4 x 50M	Medley Relay	四式接力	136

— Lunch Break —

137	10 Yrs & Under	100M	Butterfly	蝶泳	138
139	11 & 12 Yrs	100M	Butterfly	蝶泳	140
141	13 & 14 Yrs	100M	Butterfly	蝶泳	142
143	15 To 17 Yrs	100M	Butterfly	蝶泳	144
145	18 Yrs & Over	100M	Butterfly	蝶泳	146
147	10 Yrs & Under	50M	Backstroke	背泳	148
149	11 & 12 Yrs	50M	Backstroke	背泳	150
151	13 & 14 Yrs	50M	Backstroke	背泳	152
153	15 To 17 Yrs	50M	Backstroke	背泳	154
155	18 Yrs & Over	50M	Backstroke	背泳	156
157	11 & 12 Yrs	200M	Breaststroke	蛙泳	158
159	13 & 14 Yrs	200M	Breaststroke	蛙泳	160
161	15 To 17 Yrs	200M	Breaststroke	蛙泳	162
163	18 Yrs & Over	200M	Breaststroke	蛙泳	164
165	13 & 14 Yrs	800M	Freestyle	自由泳	166
167	15 To 17 Yrs	800M	Freestyle	自由泳	168
169	18 Yrs & Over	800M	Freestyle	自由泳	170
171	Stairstep梯級接力	4 x 50M	Free Relay	自由接力	172