

**2022 - 2023 AGE GROUP SHORT COURSE TIME TRIAL**

二零二二至二零二三年香港短池分齡游泳計時賽

**Date:** 3rd September 2022 (Sat) **Venue:** VPSP 維多利亞公園游泳池

**AM Warm up:** 0930 - 1015 hours **Start:** 1030 hours

**PM Warm up:** 1400- 1445 hours **Start:** 1500 hours

**GIRLS 女****BOYS 男**

1	10 Yrs & Under	100M	Breaststroke	蛙泳	2
3	11 & 12 Yrs	100M	Breaststroke	蛙泳	4
5	13 & 14 Yrs	100M	Breaststroke	蛙泳	6
7	15 To 17 Yrs	100M	Breaststroke	蛙泳	8
9	18 Yrs & Over	100M	Breaststroke	蛙泳	10
11	10 Yrs & Under	200M	Freestyle	自由泳	12
13	11 & 12 Yrs	200M	Freestyle	自由泳	14
15	13 & 14 Yrs	200M	Freestyle	自由泳	16
17	15 To 17 Yrs	200M	Freestyle	自由泳	18
19	18 Yrs & Over	200M	Freestyle	自由泳	20
21	10 Yrs & Under	100M	Ind. Medley	個人四式	22
23	11 & 12 Yrs	100M	Ind. Medley	個人四式	24
25	13 & 14 Yrs	100M	Ind. Medley	個人四式	26
27	15 To 17 Yrs	100M	Ind. Medley	個人四式	28
29	18 Yrs & Over	100M	Ind. Medley	個人四式	30
31	10 Yrs & Under	50M	Butterfly	蝶泳	32
33	11 & 12 Yrs	50M	Butterfly	蝶泳	34
35	13 & 14 Yrs	50M	Butterfly	蝶泳	36
37	15 To 17 Yrs	50M	Butterfly	蝶泳	38
39	18 Yrs & Over	50M	Butterfly	蝶泳	40
41	13 & 14 Yrs	800M	Freestyle	自由泳	42
43	15 To 17 Yrs	800M	Freestyle	自由泳	44
45	18 Yrs & Over	800M	Freestyle	自由泳	46

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— Lunch Break —

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47	11 & 12 Yrs	200M	Breaststroke	蛙泳	48
49	13 & 14 Yrs	200M	Breaststroke	蛙泳	50
51	15 To 17 Yrs	200M	Breaststroke	蛙泳	52
53	18 Yrs & Over	200M	Breaststroke	蛙泳	54
55	10 Yrs & Under	100M	Freestyle	自由泳	56
57	11 & 12 Yrs	100M	Freestyle	自由泳	58
59	13 & 14 Yrs	100M	Freestyle	自由泳	60
61	15 To 17 Yrs	100M	Freestyle	自由泳	62
63	18 Yrs & Over	100M	Freestyle	自由泳	64
65	11 & 12 Yrs	200M	Backstroke	背泳	66
67	13 & 14 Yrs	200M	Backstroke	背泳	68
69	15 To 17 Yrs	200M	Backstroke	背泳	70
71	18 Yrs & Over	200M	Backstroke	背泳	72
73	11 & 12 Yrs	400M	Freestyle	自由泳	74
75	13 & 14 Yrs	400M	Freestyle	自由泳	76
77	15 To 17 Yrs	400M	Freestyle	自由泳	78
79	18 Yrs & Over	400M	Freestyle	自由泳	80

截止註冊日期 CLOSING DATE FOR REGISTRATION: **22 July 2022 (1700 hours)**

截止報名日期 CLOSING DATE FOR ENTRIES: **12 August 2022 (1700 hours)**

**2022 - 2023 AGE GROUP SHORT COURSE TIME TRIAL**

二零二二至二零二三年香港短池分齡游泳計時賽

**Date:** 4th September 2022 (Sun) **Venue:** VPSP 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

<b>GIRLS 女</b>					<b>BOYS 男</b>	
81	10 Yrs & Under	100M	Backstroke	背泳	82	
83	11 & 12 Yrs	100M	Backstroke	背泳	84	
85	13 & 14 Yrs	100M	Backstroke	背泳	86	
87	15 To 17 Yrs	100M	Backstroke	背泳	88	
89	18 Yrs & Over	100M	Backstroke	背泳	90	
91	10 Yrs & Under	50M	Freestyle	自由泳	92	
93	11 & 12 Yrs	50M	Freestyle	自由泳	94	
95	13 & 14 Yrs	50M	Freestyle	自由泳	96	
97	15 To 17 Yrs	50M	Freestyle	自由泳	98	
99	18 Yrs & Over	50M	Freestyle	自由泳	100	
101	10 Yrs & Under	200M	Ind. Medley	個人四式	102	
103	11 & 12 Yrs	200M	Ind. Medley	個人四式	104	
105	13 & 14 Yrs	200M	Ind. Medley	個人四式	106	
107	15 To 17 Yrs	200M	Ind. Medley	個人四式	108	
109	18 Yrs & Over	200M	Ind. Medley	個人四式	110	
111	10 Yrs & Under	50M	Breaststroke	蛙泳	112	
113	11 & 12 Yrs	50M	Breaststroke	蛙泳	114	
115	13 & 14 Yrs	50M	Breaststroke	蛙泳	116	
117	15 To 17 Yrs	50M	Breaststroke	蛙泳	118	
119	18 Yrs & Over	50M	Breaststroke	蛙泳	120	
121	11 & 12 Yrs	200M	Butterfly	蝶泳	122	
123	13 & 14 Yrs	200M	Butterfly	蝶泳	124	
125	15 To 17 Yrs	200M	Butterfly	蝶泳	126	
127	18 Yrs & Over	200M	Butterfly	蝶泳	128	

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**– Lunch Break –**

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129	10 Yrs & Under	100M	Butterfly	蝶泳	130
131	11 & 12 Yrs	100M	Butterfly	蝶泳	132
133	13 & 14 Yrs	100M	Butterfly	蝶泳	134
135	15 To 17 Yrs	100M	Butterfly	蝶泳	136
137	18 Yrs & Over	100M	Butterfly	蝶泳	138
139	10 Yrs & Under	50M	Backstroke	背泳	140
141	11 & 12 Yrs	50M	Backstroke	背泳	142
143	13 & 14 Yrs	50M	Backstroke	背泳	144
145	15 To 17 Yrs	50M	Backstroke	背泳	146
147	18 Yrs & Over	50M	Backstroke	背泳	148
149	13 & 14 Yrs	400M	Ind. Medley	個人四式	150
151	15 To 17 Yrs	400M	Ind. Medley	個人四式	152
153	18 Yrs & Over	400M	Ind. Medley	個人四式	154
155	13 & 14 Yrs	1500M	Freestyle	自由泳	156
157	15 To 17 Yrs	1500M	Freestyle	自由泳	158
159	18 Yrs & Over	1500M	Freestyle	自由泳	160

## 香港短池分齡游泳計時賽 比賽規程

日期:	<p>第一日 03/09/22 (六)</p> <p>熱身: 0930-1015 比賽開始: 1030 熱身:1400-1445 比賽開始: 1500</p>	<p>第二日 04/09/22 (日)</p> <p>熱身: 0800-0845 比賽開始: 0900 熱身:1300-1345 比賽開始: 1400</p>
地點:	維多利亞公園游泳池	
報名條件:	<ul style="list-style-type: none"> <li>✧ 所有參賽者必須為游泳總會正式註冊的 2022-2023 年度分齡組泳員，並於比賽截止報名廿一日前註冊。</li> <li>✧ 泳員須達到附件的標準時間方可參加比賽。成績有效期(長池/ 短池)由 2020 年 1 月 1 日至 2022 年 8 月 12 日</li> <li>✧ 是次比賽不接受以達標時間報名。</li> </ul>	
報名:	<ul style="list-style-type: none"> <li>✧ 未填妥及不正確的報名資料，將不獲受理，報名費概不發還。</li> <li>✧ 截止後的報名將不獲受理。</li> </ul> <p><u>個人項目</u></p> <ul style="list-style-type: none"> <li>✧ 每名泳員最多可參加四個個人項目。</li> <li>✧ 如泳員在比賽前或比賽後被發現參加多於指定數量項目，本會將取消該泳員最後一項的比賽或成績。</li> <li>✧ *每項報名費為港幣\$15 元正。</li> </ul> <p>*請以劃線支票付款，抬頭寫 'Hong Kong China Swimming Association' 。</p>	
截止註冊:	二零二二年七月二十二日 (星期五) 下午五時正	
截止報名:	二零二二年八月十二日 (星期五) 下午五時正	
項目:	請參閱項目表。所有項目不設初賽，名次以比賽成績計算。	
參賽標準:	請參閱達標時間表。	
年齡組:	<ul style="list-style-type: none"> <li>✧ 年齡以比賽首日計算。</li> <li>✧ 10 歲或以下、11 及 12 歲、13 及 14 歲、15 至 17 歲、18 歲或以上</li> </ul>	
棄權:	棄權須於每節開賽三十分鐘前遞交。“缺席”的罰款為每項港幣\$30 元正。	
獎項:	是次比賽不設獎項	
規則:	<ul style="list-style-type: none"> <li>✧ 比賽採用國際泳聯規則及泳總游泳競賽規程。</li> <li>✧ 泳員在其中一項未達標準時間，需每項罰款港幣\$50 正(此規則並不適用於犯規被取消資格的情況)。</li> <li>✧ 泳員申請分段時間紀錄須於每節開賽前 30 分鐘遞交申請表，連同港幣\$300 元正予總裁判。任何情況下，所繳費用概不發還。</li> </ul>	
上訴:	<ul style="list-style-type: none"> <li>✧ 任何上訴須以書面提出，並須在該項目比賽成績公佈後三十分鐘內，連同上訴費用港幣\$300 元遞交予總裁判。</li> <li>✧ 上訴交由該比賽之上訴委員會作決定。</li> <li>✧ 若上訴被駁回，已繳費用概不發還。</li> </ul>	

# AGE GROUP SHORT COURSE SWIMMING TIME TRIAL

## *Rules & Regulations*

<b>Date</b>	<u>Day 1 03/09/22 (Sat)</u> Warm Up: 0930 - 1015 Start: 1030 Warm Up: 1400-1445 Start: 1500	<u>Day 2 04/09/22 (Sun)</u> Warm Up: 0800-0845 Start: 0900 Warm Up: 1300-1345 Start: 1400
<b>Venue</b>	Victoria Park Swimming Pool	
<b>Entry Conditions</b>	<ul style="list-style-type: none"> <li>❖ All competitors must be 2022-2023 registered age group swimmers of HKGSA and register to HKGSA at least <u>21 days</u> prior to the closing date of entries.</li> <li>❖ Swimmers should reach the attached qualifying standard. LC / SC result achieved from recent 2 years, i.e. from 1<sup>st</sup> January 2020 – 12<sup>th</sup> August 2022.</li> <li>❖ QT entries will not be considered for this competition.</li> </ul>	
<b>Entries</b>	<ul style="list-style-type: none"> <li>❖ Incomplete/incorrect entry information will be rejected and fees paid will not be refunded.</li> <li>❖ Late entries will not be accepted.</li> </ul> <p><u>Individual Events</u></p> <ul style="list-style-type: none"> <li>❖ Each swimmer is limited to enter not more than 4 events.</li> <li>❖ In case of any swimmer entering number of events in excess of the entry quota, HKGSA will have the sole discretion to scratch or cancel the swimmer's last entry event at any point of time.</li> <li>❖ *HK\$15 per individual event</li> <li>*Paid by cheque. Crossed cheque made payable to 'Hong Kong China Swimming Association'.</li> </ul>	
<b>Closing Date For Registration</b>	22 <sup>nd</sup> July 2022 (Friday) 1700 hours	
<b>Closing Date for Entries</b>	12 <sup>th</sup> August 2022 (Friday) 1700 hours	
<b>Event list</b>	Please see attached event list. Events will be run as timed finals.	
<b>Qualifying Standards</b>	Please see attached qualifying times list.	
<b>Age Group</b>	<ul style="list-style-type: none"> <li>❖ <b>Age is calculated as at 1st Day of the competition</b></li> </ul> <p><u>Individual Events</u></p> <ul style="list-style-type: none"> <li>❖ 10 &amp; under, 11 &amp; 12, 13 &amp; 14, 15 - 17, 18 &amp; Over.</li> </ul>	
<b>Scratches</b>	<b><i>Scratches must be submitted 30 minutes before the scheduled start time of each session. A fine of \$30 will be charged for each "no show".</i></b>	
<b>Awards</b>	❖ No medals award in this competition	

<b>Rules</b>	<ul style="list-style-type: none"><li>❖ FINA rules &amp; HKGSA swimming rules will apply.</li> <li>❖ Swimmers who fail to reach the required qualifying times of an event will be fined at HK\$50 per event (this rule is not applicable in the DQ situation).</li> <li>❖ Application for Split Time Record:<ul style="list-style-type: none"><li>- Swimmers who apply for split time record should submit application form with application fee <b>HK\$300</b> to the Referee 30 minutes before the start of each session. <b>Fee paid will not be refunded in any case.</b></li></ul></li></ul>
<b>Protest</b>	<ul style="list-style-type: none"><li>❖ Any protest shall be made in writing to the referee within 30 minutes following the result announcement of the respective event with a protest fee of <b>HK\$300</b>.</li> <li>❖ Protest will be forward to the Appeal Board of such competition for decision.</li> <li>❖ If the protest is rejected, the fee paid will be forfeited to the HKGSA.</li></ul>

## Short Course Swimming Time Trial Qualifying Times

## 短池游泳計時賽達標時間

		10 & Under 十歲或以下		11 & 12 十一歲及十二歲		13 & 14 十三及十四歲		15 & Over 十五歲或以上	
		Girls 女	Boys 男	Girls 女	Boys 男	Girls 女	Boys 男	Girls 女	Boys 男
50M 米	Freestyle 捷泳	0:34.60	0:33.42	0:31.07	0:29.66	0:30.10	0:27.38	0:30.10	0:26.61
100M 米	Freestyle 捷泳	1:16.06	1:13.84	1:08.09	1:05.90	1:05.44	1:00.41	1:05.44	0:58.05
200M 米	Freestyle 捷泳	2:51.19	2:42.40	2:27.26	2:24.51	2:26.36	2:14.90	2:25.97	2:10.36
400M 米	Freestyle 捷泳	~	~	5:08.80	4:59.42	5:06.94	4:39.74	5:06.94	4:39.74
800M 米	Freestyle 捷泳	~	~	~	~	10:21.45	9:46.58	10:13.55	9:39.10
1500M 米	Freestyle 捷泳	~	~	~	~	20:01.97	19:03.56	19:39.46	18:42.33
50M 米	Backstroke 背泳	0:41.54	0:39.59	0:36.87	0:36.67	0:36.27	0:33.47	0:36.25	0:32.24
100M 米	Backstroke 背泳	1:28.55	1:28.38	1:20.26	1:18.44	1:17.04	1:12.33	1:17.02	1:09.76
200M 米	Backstroke 背泳	~	~	2:57.55	2:49.19	2:56.37	2:40.72	2:51.67	2:38.55
50M 米	Breaststroke 蛙泳	0:45.40	0:43.27	0:40.49	0:39.86	0:40.05	0:35.43	0:40.05	0:34.89
100M 米	Breaststroke 蛙泳	1:41.46	1:39.55	1:31.32	1:26.36	1:29.70	1:19.08	1:29.67	1:18.00
200M 米	Breaststroke 蛙泳	~	~	3:11.50	3:07.77	3:08.60	2:53.45	3:08.60	2:53.11
50M 米	Butterfly 蝶泳	0:39.17	0:38.04	0:33.83	0:32.91	0:33.50	0:30.21	0:33.49	0:28.89
100M 米	Butterfly 蝶泳	1:41.94	1:34.29	1:22.06	1:18.96	1:18.29	1:09.43	1:17.34	1:05.52
200M 米	Butterfly 蝶泳	~	~	3:06.20	3:00.24	2:56.44	2:47.13	2:43.38	2:35.01
100M 米	Ind. Medley 個人四式	1:26.00	1:24.99	1:18.40	1:16.46	1:15.96	1:08.61	1:14.48	1:05.72
200M 米	Ind. Medley 個人四式	3:11.48	3:08.44	2:52.84	2:48.63	2:47.14	2:34.69	2:46.93	2:28.16
400M 米	Ind. Medley 個人四式	~	~	~	~	6:02.68	5:36.37	6:02.68	5:36.12