

2022 - 2023 AGE GROUP SHORT COURSE SWIMMING COMPETITION - DIVISION I (PART 1)**2022 - 2023 第一組短池分齡游泳比賽第一節**

Date: 16 - 17 July 2022 (Saturday)
Warm up: 14:00-14:45 Hrs

Venue: HKSI Swimming Pool
First Event: 15:00 hours

體育學院游泳池

GIRLS 女

1	13 & 14 YRS	800M	FREESTYLE	自由泳
3	15 - 17 YRS	800M	FREESTYLE	自由泳
5	18 & OVER	800M	FREESTYLE	自由泳
~	13 & 14 YRS	1500M	FREESTYLE	自由泳
~	15 - 17 YRS	1500M	FREESTYLE	自由泳
~	18 & OVER	1500M	FREESTYLE	自由泳

BOYS 男

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2
4
6

截止註冊日期 CLOSING DATE FOR REGISTRATION: **6 June 2022 (1700 hours)**

截止報名日期 CLOSING DATE FOR ENTRIES: **24 June 2022 (1700 hours)**

2022 - 2023 AGE GROUP SHORT COURSE SWIMMING COMPETITION - DIVISION I (PART 1)

2022 - 2023 第一組短池分齡游泳比賽第一節

體育學院游泳池

Date: 16 - 17 July 2022 (Sunday)

Venue: HKSI Swimming Pool

Morning Warm up: 08:00-08:45 hours

Morning Session First Event: 09:00 hours

Afternoon Warm up 13:00 - 13:45 hours

Afternoon Session First Event: 14:00 hours

GIRLS 女

BOYS 男

7	11 & 12 YRS	200M	BUTTERFLY	蝶泳	8
9	13 & 14 YRS	200M	BUTTERFLY	蝶泳	10
11	15 - 17 YRS	200M	BUTTERFLY	蝶泳	12
13	18 & OVER	200M	BUTTERFLY	蝶泳	14
15	10 YRS & UNDER	50M	BACKSTROKE	背泳	16
17	11 & 12 YRS	50M	BACKSTROKE	背泳	18
19	13 & 14 YRS	50M	BACKSTROKE	背泳	20
21	15 - 17 YRS	50M	BACKSTROKE	背泳	22
23	18 & OVER	50M	BACKSTROKE	背泳	24
25	10 YRS & UNDER	100M	BREASTSTROKE	蛙泳	26
27	11 & 12 YRS	100M	BREASTSTROKE	蛙泳	28
29	13 & 14 YRS	100M	BREASTSTROKE	蛙泳	30
31	15 - 17 YRS	100M	BREASTSTROKE	蛙泳	32
33	18 & OVER	100M	BREASTSTROKE	蛙泳	34

LUNCH BREAK 午膳時間

35		4x100M	FREE RELAY	自由接力	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 - 17 YRS	100M	IND. MEDLEY	個人四式	44
45	18 & OVER	100M	IND. MEDLEY	個人四式	46
47	10 YRS & UNDER	200M	FREESTYLE	自由泳	48
49	11 & 12 YRS	200M	FREESTYLE	自由泳	50
51	13 & 14 YRS	200M	FREESTYLE	自由泳	52
53	15 - 17 YRS	200M	FREESTYLE	自由泳	54
55	18 & OVER	200M	FREESTYLE	自由泳	56

截止註冊日期 CLOSING DATE FOR REGISTRATION: **6 June 2022 (1700 hours)**

截止報名日期 CLOSING DATE FOR ENTRIES: **24 June 2022 (1700 hours)**

2022 - 2023 AGE GROUP SHORT COURSE SWIMMING COMPETITION - DIVISION I (PART 2)

2022 - 2023 第一組短池分齡游泳比賽第二節

Date:	17 September 2022 (Saturday)	Venue:	Victoria Park Swimming Pool 維多利亞公園游泳
Morning Warm up:	08:00-08:50 hours (Girls: 08:00 - 08:25; Boys: 08:25 - 08:50)	Morning Session First Event:	09:00 hours
Afternoon Warm Up:	13:00-13:50 hours (Girls: 13:00 - 13:25; Boys: 13:25 - 13:50)	Afternoon Session First Event:	14:00 hours

GIRLS 女					BOYS 男	
1	10 YRS & UNDER	100M	BUTTERFLY	蝶泳	2	
3	11 & 12 YRS	100M	BUTTERFLY	蝶泳	4	
5	13 & 14 YRS	100M	BUTTERFLY	蝶泳	6	
7	15 - 17 YRS	100M	BUTTERFLY	蝶泳	8	
9	18 & OVER	100M	BUTTERFLY	蝶泳	10	
11	11 & 12 YRS	200M	BACKSTROKE	背泳	12	
13	13 & 14 YRS	200M	BACKSTROKE	背泳	14	
15	15 - 17 YRS	200M	BACKSTROKE	背泳	16	
17	18 & OVER	200M	BACKSTROKE	背泳	18	
19	10 YRS & UNDER	50M	FREESTYLE	自由泳	20	
21	11 & 12 YRS	50M	FREESTYLE	自由泳	22	
23	13 & 14 YRS	50M	FREESTYLE	自由泳	24	
25	15 - 17 YRS	50M	FREESTYLE	自由泳	26	
27	18 & OVER	50M	FREESTYLE	自由泳	28	
29		4X200M	FREE RELAY	自由接力	30	

LUNCH BREAK 午膳時間

31	10 YRS & UNDR	200M	IND. MEDLEY	個人四式	32
33	11 & 12 YRS	200M	IND. MEDLEY	個人四式	34
35	13 & 14 YRS	200M	IND. MEDLEY	個人四式	36
37	15 - 17 YRS	200M	IND. MEDLEY	個人四式	38
39	18 & OVER	200M	IND. MEDLEY	個人四式	40
41	10 YRS & UNDER	50M	BREASTSTROKE	蛙泳	42
43	11 & 12 YRS	50M	BREASTSTROKE	蛙泳	44
45	13 & 14 YRS	50M	BREASTSTROKE	蛙泳	46
47	15 - 17 YRS	50M	BREASTSTROKE	蛙泳	48
49	18 & OVER	50M	BREASTSTROKE	蛙泳	50
51	11 & 12 YRS	400M	FREESTYLE	自由泳	52
53	13 & 14 YRS	400M	FREESTYLE	自由泳	54
55	15 - 17 YRS	400M	FREESTYLE	自由泳	56
57	18 & OVER	400M	FREESTYLE	自由泳	58

截止註冊日期 CLOSING DATE FOR REGISTRATION **5 August 2022 (1700 hours)**

截止報名日期 CLOSING DATE FOR ENTRIES: **26 August 2022 (1700 hours)**

2022 - 2023 AGE GROUP SHORT COURSE SWIMMING COMPETITION - DIVISION I (PART 3)

2022 - 2023 第一組短池分齡游泳比賽第三節

Date: 19 - 20 November 2022 (Saturday)

Venue: Victoria Park Swimming

Pool

維多利亞公園游泳池

Warm up: 14:00-14:45 Hrs

First Event: 15:00 hours

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
~	13 & 14 YRS	800M	FREESTYLE	自由泳
~	15 - 17 YRS	800M	FREESTYLE	自由泳
~	18 & OVER	800M	FREESTYLE	自由泳

BOYS 男

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6

截止註冊日期 CLOSING DATE FOR REGISTRATION **7 October 2022 (1700 hours)**

截止報名日期 CLOSING DATE FOR ENTRIES: **28 October 2022 (1700)**

2022 - 2023 AGE GROUP SHORT COURSE SWIMMING COMPETITION - DIVISION I (PART 3)

2022 - 2023 第一組短池分齡游泳比賽第三節

Date: 19 - 20 November 2022 (Sunday)

Venue: Victoria Park Swimming Pool
維多利亞公園游泳池

Morning Warm up: 08:00-08:45 hours

Morning Session First Event: 09:00 hours

Afternoon Warm up: 13:00 - 13:45 hours

Afternoon Session First Event: 14:00 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 - 17 YRS	100M	FREESTYLE	自由泳	14
15	18 & OVER	100M	FREESTYLE	自由泳	16
17	10 YRS & UNDER	50M	BUTTERFLY	蝶泳	18
19	11 & 12 YRS	50M	BUTTERFLY	蝶泳	20
21	13 & 14 YRS	50M	BUTTERFLY	蝶泳	22
23	15 - 17 YRS	50M	BUTTERFLY	蝶泳	24
25	18 & OVER	50M	BUTTERFLY	蝶泳	26
27	11 & 12 YRS	200M	BREASTSTROKE	蛙泳	28
29	13 & 14 YRS	200M	BREASTSTROKE	蛙泳	30
31	15 - 17 YRS	200M	BREASTSTROKE	蛙泳	32
33	18 & OVER	200M	BREASTSTROKE	蛙泳	34

LUNCH BREAK 午膳時間

35		4X100M	MEDLEY RELAY	四式接力	36
37	10 YRS & UNDER	100M	BACKSTROKE	背泳	38
39	11 & 12 YRS	100M	BACKSTROKE	背泳	40
41	13 & 14 YRS	100M	BACKSTROKE	背泳	42
43	15 - 17 YRS	100M	BACKSTROKE	背泳	44
45	18 & OVER	100M	BACKSTROKE	背泳	46
47	13 & 14 YRS	400M	IND. MEDLEY	個人四式	48
49	15 - 17 YRS	400M	IND. MEDLEY	個人四式	50
51	18 & OVER	400M	IND. MEDLEY	個人四式	52

截止註冊日期 CLOSING DATE FOR REGISTRATION **7 October 2022 (1700 hours)**

截止報名日期 CLOSING DATE FOR ENTRIES: **28 October 2022 (1700)**