

2022 – 2023 AGE GROUP SHORT COURSE SWIMMING COMPETITION – DIVISION III (PART 1)

2022 – 2023 第三組短池分齡游泳比賽第一節

Date: 17 December 2022 (Saturday)

Venue:

Shing Mun Valley Sw. Pool
城門谷游泳池

Morning Warm up: 09:00 - 09:45 hours

Morning Session First Event:

10:00 hours

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

Afternoon Session First Event:

14:00 hours

GIRLS 女						BOYS 男	
1	13 & 14 YRS	50M	BREASTSTROKE	蛙泳	2		
3	15 - 17 YRS	50M	BREASTSTROKE	蛙泳	4		
5	8 YRS & UNDER	50M	BREASTSTROKE	蛙泳	6		
7	13 & 14 YRS	100M	BACKSTROKE	背泳	8		
9	15 - 17 YRS	100M	BACKSTROKE	背泳	10		
11	8 YRS & UNDER	100M	BACKSTROKE	背泳	12		
13	13 & 14 YRS	50M	BUTTERFLY	蝶泳	14		
15	15 - 17 YRS	50M	BUTTERFLY	蝶泳	16		
17	8 YRS & UNDER	50M	BUTTERFLY	蝶泳	18		
BREAK 休息							
19	9 & 10 YRS	50M	BREASTSTROKE	蛙泳	20		
21	11 & 12 YRS	50M	BREASTSTROKE	蛙泳	22		
23	9 & 10 YRS	100M	BACKSTROKE	背泳	24		
25	11 & 12 YRS	100M	BACKSTROKE	背泳	26		
27	9 & 10 YRS	50M	BUTTERFLY	蝶泳	28		
29	11 & 12 YRS	50M	BUTTERFLY	蝶泳	30		

截止註冊日期 CLOSING DATE FOR REGISTRATION: **4 November 2022 (1700 hours)**

截止報名日期 CLOSING DATE FOR ENTRIES: **25 November 2022 (1700 hours)**

2022 – 2023 AGE GROUP SHORT COURSE SWIMMING COMPETITION – DIVISION III (PART 2)

2022 – 2023 第三組短池分齡游泳比賽第二節

Date: 28 January 2023 (Saturday)

Venue: Shing Mun Valley Sw. Pool
城門谷游泳池

Morning Warm up: 09:00 - 09:45 hours

Morning Session First Event: 10:00 hours

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

Afternoon Session First Event: 14:00 hours

GIRLS 女					BOYS 男
1	13 & 14 YRS	50M	FREESTYLE	自由泳	2
3	15 - 17 YRS	50M	FREESTYLE	自由泳	4
5	13 & 14 YRS	100M	BREASTSTROKE	蛙泳	6
7	15 - 17 YRS	100M	BREASTSTROKE	蛙泳	8
9	8 YRS & UNDER	100M	BREASTSTROKE	蛙泳	10
11	13 & 14 YRS	50M	BACKSTROKE	背泳	12
13	15 - 17 YRS	50M	BACKSTROKE	背泳	14
15	8 YRS & UNDER	50M	BACKSTROKE	背泳	16
BREAK 休息					
17	9 & 10 YRS	50M	FREESTYLE	自由泳	18
19	11 & 12 YRS	50M	FREESTYLE	自由泳	20
21	9 & 10 YRS	100M	BREASTSTROKE	蛙泳	22
23	11 & 12 YRS	100M	BREASTSTROKE	蛙泳	24
25	9 & 10 YRS	50M	BACKSTROKE	背泳	26
27	11 & 12 YRS	50M	BACKSTROKE	背泳	28

截止註冊日期 CLOSING DATE FOR REGISTRATION: **16 December 2022 (1700 hours)**

截止報名日期 CLOSING DATE FOR ENTRIES: **6 January 2023 (1700 hours)**

2022 – 2023 AGE GROUP SHORT COURSE SWIMMING COMPETITION – DIVISION III (PART 3)**2022 – 2023 第三組短池分齡游泳比賽第三節**

Date: 18 March 2023 (Saturday) **Venue:** Shing Mun Valley Sw. Pool
城門谷游泳池

Morning Warm up: 09:00 - 09:45 hours **Morning Session First Event:** 10:00 hours
Afternoon Warm Up: 13:00-13:45 hours **Afternoon Session First Event:** 14:00 hours

GIRLS 女					BOYS 男	
1	13 & 14 YRS	100M	FREESTYLE	自由泳	2	
3	15 - 17 YRS	100M	FREESTYLE	自由泳	4	
5	8 YRS & UNDER	100M	FREESTYLE	自由泳	6	
7	13 & 14 YRS	100M	IND. MEDLEY	個人四式	8	
9	15 - 17 YRS	100M	IND. MEDLEY	個人四式	10	
11	8 YRS & UNDER	100M	IND. MEDLEY	個人四式	12	
<hr/> BREAK 休息 <hr/>						
13	9 & 10 YRS	100M	FREESTYLE	自由泳	14	
15	11 & 12 YRS	100M	FREESTYLE	自由泳	16	
17	9 & 10 YRS	100M	IND. MEDLEY	個人四式	18	
19	11 & 12 YRS	100M	IND. MEDLEY	個人四式	20	

截止註冊日期 CLOSING DATE FOR REGISTRATION: **3 February 2023 (1700 hours)**

截止報名日期 CLOSING DATE FOR ENTRIES: **24 February 2023 (1700 hours)**