

**2023 – 2024 AGE GROUP LONG COURSE SWIMMING COMPETITION - DIVISION I (PART I)****2023 – 2024 第一組長池分齡游泳比賽第一節**

**Date:** 29 July 2023 (Saturday) **Venue:** Kowloon Park Swimming Pool 九龍公園游泳池  
**Warm up:** 1400 - 1445 hours **First Event:** 1500 hours

**GIRLS 女**

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

**BOYS 男**

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2
4
6

截止註冊日期 CLOSING DATE FOR REGISTRATION: 16 June 2023 (1700 hours)

截止報名日期 CLOSING DATE FOR ENTRIES: 7 July 2023 (1700 hours)

**\* 2023-2024 Hong Kong Age Group Long Course Swimming Competition - Division I (Part I) is approved by World Aquatics to be the qualifying meet of the World Aquatics Championships 2024 – Doha.**

**\* 2023-2024 第一組長池分齡游泳比賽第一節成功申請為二零二四年世界泳聯游泳錦標賽的達標賽事。**

**2023 – 2024 AGE GROUP LONG COURSE SWIMMING COMPETITION - DIVISION I (PART I)**

**2023 – 2024 第一組長池分齡游泳比賽第一節**

<b>Date:</b>	30 July 2023 (Sunday)	<b>Venue:</b>	Kowloon Park Swimming Pool 九龍公園游泳池
<b>Morning Warm up:</b>	0830 - 0915 hours	<b>Morning Session First Event:</b>	0930 hours
<b>Afternoon Warm up:</b>	1300 - 1345 hours	<b>Afternoon Session First Event:</b>	1400 hours

<b>GIRLS 女</b>					<b>BOYS 男</b>	
7	10 YRS & UNDER	100M	BUTTERFLY	蝶泳	8	
9	11 & 12 YRS	200M	BUTTERFLY	蝶泳	10	
11	13 & 14 YRS	200M	BUTTERFLY	蝶泳	12	
13	15 - 17 YRS	200M	BUTTERFLY	蝶泳	14	
15	18 & OVER	200M	BUTTERFLY	蝶泳	16	
17	10 YRS & UNDER	50M	FREESTYLE	自由泳	18	
19	11 & 12 YRS	50M	FREESTYLE	自由泳	20	
21	13 & 14 YRS	50M	FREESTYLE	自由泳	22	
23	15 - 17 YRS	50M	FREESTYLE	自由泳	24	
25	18 & OVER	50M	FREESTYLE	自由泳	26	
27	13 & 14 YRS	400M	IND. MEDLEY	個人四式	28	
29	15 - 17 YRS	400M	IND. MEDLEY	個人四式	30	
31	18 & OVER	400M	IND. MEDLEY	個人四式	32	
<b>LUNCH BREAK 午膳時間</b>						
33		4X200M	FREE RELAY	自由接力	34	
35	10 YRS & UNDER	100M	BACKSTROKE	背泳	36	
37	11 & 12 YRS	100M	BACKSTROKE	背泳	38	
39	13 & 14 YRS	100M	BACKSTROKE	背泳	40	
41	15 - 17 YRS	100M	BACKSTROKE	背泳	42	
43	18 & OVER	100M	BACKSTROKE	背泳	44	
45	10 YRS & UNDER	100M	BREASTSTROKE	蛙泳	46	
47	11 & 12 YRS	200M	BREASTSTROKE	蛙泳	48	
49	13 & 14 YRS	200M	BREASTSTROKE	蛙泳	50	
51	15 - 17 YRS	200M	BREASTSTROKE	蛙泳	52	
53	18 & OVER	200M	BREASTSTROKE	蛙泳	54	

截止註冊日期 CLOSING DATE FOR REGISTRATION: 16 June 2023 (1700 hours)

截止報名日期 CLOSING DATE FOR ENTRIES: 7 July 2023 (1700 hours)

**2023 – 2024 AGE GROUP LONG COURSE SWIMMING COMPETITION - DIVISION I (PART II)**

**2023 – 2024 第一組長池分齡游泳比賽第二節**

**Date:** 18 June 2023 (Sunday)

**Venue:** Kowloon Park Swimming Pool 九龍公園游泳池

**Morning Warm up:** 0800 - 0845 hours

**Morning Session First Event:** 0900 hours

**Afternoon Warm Up** 1300 - 1345 hours

**Afternoon Session First Event:** 1400 hours

<b>GIRLS 女</b>					<b>BOYS 男</b>	
1	11 & 12 YRS	200M	BACKSTROKE	背泳	2	
3	13 & 14 YRS	200M	BACKSTROKE	背泳	4	
5	15 - 17 YRS	200M	BACKSTROKE	背泳	6	
7	18 & OVER	200M	BACKSTROKE	背泳	8	
9	10 YRS & UNDER	50M	BUTTERFLY	蝶泳	10	
11	11 & 12 YRS	50M	BUTTERFLY	蝶泳	12	
13	13 & 14 YRS	50M	BUTTERFLY	蝶泳	14	
15	15 - 17 YRS	50M	BUTTERFLY	蝶泳	16	
17	18 & OVER	50M	BUTTERFLY	蝶泳	18	
19	10 YRS & UNDER	100M	FREESTYLE	自由泳	20	
21	11 & 12 YRS	100M	FREESTYLE	自由泳	22	
23	13 & 14 YRS	100M	FREESTYLE	自由泳	24	
25	15 - 17 YRS	100M	FREESTYLE	自由泳	26	
27	18 & OVER	100M	FREESTYLE	自由泳	28	
<b>LUNCH BREAK 午膳時間</b>						
29		4x100M	MED RELAY	四式接力	30	
31	10 YRS & UNDER	50M	BREASTSTROKE	蛙泳	32	
33	11 & 12 YRS	50M	BREASTSTROKE	蛙泳	34	
35	13 & 14 YRS	50M	BREASTSTROKE	蛙泳	36	
37	15 - 17 YRS	50M	BREASTSTROKE	蛙泳	38	
39	18 & OVER	50M	BREASTSTROKE	蛙泳	40	
41	11 & 12 YRS	400M	FREESTYLE	自由泳	42	
43	13 & 14 YRS	400M	FREESTYLE	自由泳	44	
45	15 - 17 YRS	400M	FREESTYLE	自由泳	46	
47	18 & OVER	400M	FREESTYLE	自由泳	48	

截止註冊日期 CLOSING DATE FOR REGISTRATION: 5 May 2023 (1700 hours)

截止報名日期 CLOSING DATE FOR ENTRIES: 29 May 2023 (1700 hours)

2023 – 2024 AGE GROUP LONG COURSE SWIMMING COMPETITION - DIVISION I (PART III)

2023 – 2024 第一組長池分齡游泳比賽第三節

**Date:** 9 March 2024 (Saturday) **Venue:** Kowloon Park Swimming Pool 九龍公園游泳池  
**Warm up:** 1400 - 1445 hours **First Event:** 1500 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	2
~	15 – 17 YRS	800M	FREESTYLE	自由泳	4
~	18 & OVER	800M	FREESTYLE	自由泳	6

**BOYS 男**

截止註冊日期 CLOSING DATE FOR REGISTRATION: 26 January 2024 (1700 hours)

截止報名日期 CLOSING DATE FOR ENTRIES: 16 February 2024 (1700 hours)

**2023 – 2024 AGE GROUP LONG COURSE SWIMMING COMPETITION - DIVISION I (PART III)**

**2023 – 2024 第一組長池分齡游泳比賽第三節**

**Date:** 10 March 2024 (Sunday)

**Venue:** Kowloon Park Swimming Pool 九龍公園游泳池

**Morning Warm up:** 0800 - 0845 hours

**Morning Session First Event:** 0900 hours

**Afternoon Warm up:** 1300 - 1345 hours

**Afternoon Session First Event:** 1400 hours

**GIRLS 女**

**BOYS 男**

7	10 YRS & UNDER	200M	IND. MEDLEY	個人四式	8
9	11 & 12 YRS	200M	IND. MEDLEY	個人四式	10
11	13 & 14 YRS	200M	IND. MEDLEY	個人四式	12
13	15 - 17 YRS	200M	IND. MEDLEY	個人四式	14
15	18 & OVER	200M	IND. MEDLEY	個人四式	16
17	11 & 12 YRS	100M	BUTTERFLY	蝶泳	18
19	13 & 14 YRS	100M	BUTTERFLY	蝶泳	20
21	15 - 17 YRS	100M	BUTTERFLY	蝶泳	22
23	18 & OVER	100M	BUTTERFLY	蝶泳	24
25	10 YRS & UNDER	50M	BACKSTROKE	背泳	26
27	11 & 12 YRS	50M	BACKSTROKE	背泳	28
29	13 & 14 YRS	50M	BACKSTROKE	背泳	30
31	15 - 17 YRS	50M	BACKSTROKE	背泳	32
33	18 & OVER	50M	BACKSTROKE	背泳	34

**LUNCH BREAK 午膳時間**

35		4X100M	FREE RELAY	自由接力	36
37	11 & 12 YRS	100M	BREASTSTROKE	蛙泳	38
39	13 & 14 YRS	100M	BREASTSTROKE	蛙泳	40
41	15 - 17 YRS	100M	BREASTSTROKE	蛙泳	42
43	18 & OVER	100M	BREASTSTROKE	蛙泳	44
45	10 YRS & UNDER	200M	FREESTYLE	自由泳	46
47	11 & 12 YRS	200M	FREESTYLE	自由泳	48
49	13 & 14 YRS	200M	FREESTYLE	自由泳	50
51	15 - 17 YRS	200M	FREESTYLE	自由泳	52
53	18 & OVER	200M	FREESTYLE	自由泳	54

截止註冊日期 CLOSING DATE FOR REGISTRATION: 26 January 2024 (1700 hours)

截止報名日期 CLOSING DATE FOR ENTRIES: 16 February 2024 (1700 hours)