

2023 - 2024 AGE GROUP LONG COURSE SWIMMING COMPETITION – DIVISION II (PART 1)

2023 - 2024 第二組長池分齡游泳比賽第一節

Date: 9 April 2023 (Sunday) **Venue:** Sun Yat Sen Memorial Park Swimming Pool 中山紀念公園游泳池
Morning Warm up: 0830 - 0915 hours **Morning Session First Event:** 0930 hours
Afternoon Warm Up: 1300 - 1345 hours **Afternoon Session First Event:** 1400 hours

GIRLS 女					BOYS 男
1	13 & 14 YRS	200M	FREESTYLE	自由泳	2
3	15 - 17 YRS	200M	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	BUTTERFLY	蝶泳	12
13	15 - 17 YRS	50M	BUTTERFLY	蝶泳	14
15	8 YRS & UNDER	50M	BUTTERFLY	蝶泳	16
17	13 & 14 YRS	200M	BACKSTROKE	背泳	18
19	15 - 17 YRS	200M	BACKSTROKE	背泳	20
午餐時間 Lunch Break					
21	11 & 12 YRS	200M	FREESTYLE	自由泳	22
23	9 & 10 YRS	200M	FREESTYLE	自由泳	24
25	11 & 12 YRS	100M	BREASTSTROKE	蛙泳	26
27	9 & 10 YRS	100M	BREASTSTROKE	蛙泳	28
29	11 & 12 YRS	50M	BUTTERFLY	蝶泳	30
31	9 & 10 YRS	50M	BUTTERFLY	蝶泳	32
33	11 & 12 YRS	200M	BACKSTROKE	背泳	34

截止註冊日期 CLOSING DATE FOR REGISTRATION: **24 February 2023 (1700 hours)**

截止報名日期 CLOSING DATE FOR ENTRIES: **17 March 2023 (1700 hours)**

2023 - 2024 AGE GROUP LONG COURSE SWIMMING COMPETITION – DIVISION II (PART 2)

2023 - 2024 第二組長池分齡游泳比賽第二節

Date: 14 May 2023 (Sunday) **Venue:** Tung Chung Swimming Pool 東涌游泳池
Morning Warm up: 0900 - 0945 hours **Morning Session First Event** 1000 hours
Afternoon Warm Up: 1300 - 1345 hours **Afternoon Session First Event** 1400 hours

GIRLS 女					BOYS 男	
1	13 & 14 YRS	200M	IND. MEDLEY	個人四式	2	
3	15 - 17 YRS	200M	IND. MEDLEY	個人四式	4	
5	13 & 14 YRS	50M	BACKSTROKE	背泳	6	
7	15 - 17 YRS	50M	BACKSTROKE	背泳	8	
9	8 YRS & UNDER	50M	BACKSTROKE	背泳	10	
11	13 & 14 YRS	100M	FREESTYLE	自由泳	12	
13	15 - 17 YRS	100M	FREESTYLE	自由泳	14	
15	8 YRS & UNDER	100M	FREESTYLE	自由泳	16	
17	13 & 14 YRS	50M	BREASTSTROKE	蛙泳	18	
19	15 - 17 YRS	50M	BREASTSTROKE	蛙泳	20	
21	8 YRS & UNDER	50M	BREASTSTROKE	蛙泳	22	
午膳時間 Lunch Break						
23	9 & 10 YRS	200M	IND. MEDLEY	個人四式	24	
25	11 & 12 YRS	200M	IND. MEDLEY	個人四式	26	
27	9 & 10 YRS	50M	BACKSTROKE	背泳	28	
29	11 & 12 YRS	50M	BACKSTROKE	背泳	30	
31	9 & 10 YRS	100M	FREESTYLE	自由泳	32	
33	11 & 12 YRS	100M	FREESTYLE	自由泳	34	
35	9 & 10 YRS	50M	BREASTSTROKE	蛙泳	36	
37	11 & 12 YRS	50M	BREASTSTROKE	蛙泳	38	

截止註冊日期 CLOSING DATE FOR REGISTRATION: **31 March 2023 (1700 hours)**

截止報名日期 CLOSING DATE FOR ENTRIES: **21 April 2023 (1700 hours)**

2023 - 2024 AGE GROUP LONG COURSE SWIMMING COMPETITION – DIVISION II (PART 3)

2023 - 2024 第二組長池分齡游泳比賽第三節

Date: 25 June 2023 (Sunday)
Morning Warm up: 0900 - 0945 hours
Afternoon Warm Up: 1300 - 1345 hours

Venue: Sha Tin Jockey Club Swimming Pool 沙田賽馬會游泳池
Morning Session First Event: 1000 hours
Afternoon Session First Event: 1400 hours

GIRLS 女						BOYS 男	
1	13 & 14 YRS	100M	BUTTERFLY	蝶泳		2	
3	15 - 17 YRS	100M	BUTTERFLY	蝶泳		4	
5	13 & 14 YRS	50M	FREESTYLE	自由泳		6	
7	15 - 17 YRS	50M	FREESTYLE	自由泳		8	
9	8 YRS & UNDER	50M	FREESTYLE	自由泳		10	
11	13 & 14 YRS	100M	BACKSTROKE	背泳		12	
13	15 - 17 YRS	100M	BACKSTROKE	背泳		14	
15	8 YRS & UNDER	100M	BACKSTROKE	背泳		16	
17	13 & 14 YRS	200M	BREASTROKE	蛙泳		18	
19	15 - 17 YRS	200M	BREASTROKE	蛙泳		20	
午膳時間 Lunch Break							
21	11 & 12 YRS	100M	BUTTERFLY	蝶泳		22	
23	9 & 10 YRS	100M	BUTTERFLY	蝶泳		24	
25	11 & 12 YRS	50M	FREESTYLE	自由泳		26	
27	9 & 10 YRS	50M	FREESTYLE	自由泳		28	
29	11 & 12 YRS	100M	BACKSTROKE	背泳		30	
31	9 & 10 YRS	100M	BACKSTROKE	背泳		32	
33	11 & 12 YRS	200M	BREASTROKE	蛙泳		34	
截止註冊日期	CLOSING DATE FOR REGISTRATION:		12 May 2023 (1700 hours)				
截止報名日期	CLOSING DATE FOR ENTRIES:		2 June 2023 (1700 hours)				