

Hong Kong Long Course Swimming Time Trial III  
香港長池游泳計時賽 III

Date : 9<sup>th</sup> May 2021  
日期: 2021年5月9日

Morning Warm Up : 0800-0845 Hrs  
上午熱身

Afternoon Warm Up : 1400 - 1445 Hrs  
下午熱身:

Venue: HKSI

地點: 香港體育學院

Morning First Event : 0900 Hrs

上午比賽:

Afternoon First Event : 1500 Hrs

下午比賽:

Start Time	Women 女			QQT / "A" Time	QQT / "A" Time + 1%	OST / "B" Time	OST / "B" Time + 1%	W-A	W-B	Men 男	
0900 hours		Open	200M	INDIVIDUAL MEDLEY	1:59.67	2:00.86	2:03.26	2:04.49	1:59.76	2:03.95	1
0910 hours	2	Open	100M	BUTTERFLY	57.92	58.49	59.66	1:00.26	58.33	1:00.37	
0920 hours		Open	200M	BUTTERFLY	1:56.48	1:57.64	1:59.97	2:01.17	1:56.71	2:00.79	3
0930 hours	4	Open	200M	FREESTYLE	1:57.28	1:58.45	2:00.80	2:02.00	1:58.66	2:02.81	
0940 hours		Open	50M	FREESTYLE	22.01	22.23	22.67	22.89	22.18	22.96	5
0950 hours	6	Open	100M	BREASTSTROKE	1:07.07	1:07.74	1:09.08	1:09.77	1:07.43	1:09.79	
1000 hours		Open	100M	BREASTSTROKE	59.93	1:00.53	1:01.73	1:02.34	59.75	1:01.84	7
1010 hours	8	Open	100M	BACKSTROKE	1:00.25	1:00.85	1:02.06	1:02.68	1:00.59	1:02.71	
1020 hours		Open	400M	FREESTYLE	3:46.78	3:49.04	3:53.58	3:55.91	3:48.15	3:56.14	9
1030 hours	10	Open	50M	FREESTYLE	24.77	25.02	25.51	25.76	25.04	25.92	
1040 hours		Open	200M	BACKSTROKE	1:57.50	1:58.67	2:01.03	2:02.24	1:58.07	2:02.20	11
*2 <sup>nd</sup> attempt OST/B + 1% swimmer											
Break											
1500 hours	12	Open	100M	FREESTYLE	54.38	54.92	56.01	56.57	54.25	56.15	
1510 hours		Open	400M	INDIVIDUAL MEDLEY	4:15.84	4:18.39	4:21.46	4:24.07	4:17.48	4:26.49	13
1520 hours	14	Open	200M	BACKSTROKE	2:10.39	2:11.69	2:14.30	2:15.64	2:11.08	2:15.67	
1530 hours		Open	100M	BACKSTROKE	53.85	54.38	55.47	56.02	54.03	55.92	15
1540 hours	16	Open	400M	FREESTYLE	4:07.90	4:10.37	4:15.34	4:17.89	4:10.57	4:19.34	
1550 hours		Open	200M	FREESTYLE	1:47.02	1:48.09	1:50.23	1:51.33	1:47.06	1:50.81	17
1600 hours	18	Open	200M	BREASTSTROKE	2:25.52	2:26.97	2:29.89	2:31.38	2:25.91	2:31.02	
1610 hours		Open	200M	BREASTSTROKE	2:10.35	2:11.65	2:14.26	2:15.60	2:10.32	2:14.88	19
1620 hours	20	Open	200M	INDIVIDUAL MEDLEY	2:12.56	2:13.88	2:16.54	2:17.90	2:12.98	2:17.63	
*2 <sup>nd</sup> attempt OST/B + 1% swimmer											

截止報名日期 CLOSING DATE FOR ENTRIES: 28<sup>th</sup> April 2021 (Wednesday) (1200 noon)

\*subject to swimmer who has achieved OST/B +1% or faster in first trial in concerned event

2<sup>nd</sup> Trial Entry Form shall submit by HKSI Coaches within 30 minutes after official result show on scoreboard