

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
3 15 – 17 YRS
5 18 & OVER
~ 13 & 14 YRS
~ 15 – 17 YRS
~ 18 & OVER

1500M FREESTYLE
1500M FREESTYLE
1500M FREESTYLE
800M FREESTYLE
800M FREESTYLE
800M FREESTYLE

自由泳
自由泳
自由泳
自由泳
自由泳
自由泳

BOYS 男

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2
4
6

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: 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
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

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