

2024 – 2025 AGE GROUP LONG COURSE SWIMMING COMPETITION – DIVISION III (PART 1A,B)

2024 – 2025 第三組長池分齡游泳比賽第一節

Part 1A Date: 8 June 2024 (Saturday)

Part 1A Morning Warm Up: 0900 - 0945 hours

Part 1A Afternoon Warm Up: 1300 - 1345 hours

Venue: Tung Chung Swimming Pool 東涌游泳池

Morning Session First Event: 1000 hours

Afternoon Session First Event: 1400 hours

Part 1B Date: 8 June 2024 (Saturday)

Part 1B Morning Warm Up: 0900 - 0945 hours

Part 1B Afternoon Warm Up: 1300 - 1345 hours

Venue: Tai Wan Shan Swimming Pool 大環山游泳池

Morning Session First Event: 1000 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	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	
午膳時間 Lunch Break						
17	11 & 12 YRS	200M	IND. MEDLEY	個人四式	18	
19	9 & 10 YRS	200M	IND. MEDLEY	個人四式	20	
21	11 & 12 YRS	100M	BREASTSTROKE	蛙泳	22	
23	9 & 10 YRS	100M	BREASTSTROKE	蛙泳	24	
25	11 & 12 YRS	50M	BUTTERFLY	蝶泳	26	
27	9 & 10 YRS	50M	BUTTERFLY	蝶泳	28	

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

截止報名日期 CLOSING DATE FOR ENTRIES: **17 May 2024 (1700 hours)**

2024 – 2025 AGE GROUP LONG COURSE SWIMMING COMPETITION – DIVISION III (PART 2A,B)

2024 – 2025 第三組長池分齡游泳比賽第二節

Part 2A Date:	22 June 2024 (Saturday)	Venue:	Kwun Tong Swimming Pool	觀塘游泳池
Part 2A Morning Warm Up:	0800 - 0845 hours	Morning Session First Event:	0900 hours	
Part 2A Afternoon Warm Up	1300 - 1345 hours	Afternoon Session First Event:	1400 hours	
Part 2B Date:	22 June 2024 (Saturday)	Venue:	Sha Tin Jockey Club Swimming Pool	沙田賽馬會游泳池
Part 2B Morning Warm Up:	0800 - 0845 hours	Morning Session First Event:	0900 hours	
Part 2B Afternoon Warm Up	1300 - 1345 hours	Afternoon Session First Event:	1400 hours	

GIRLS 女					BOYS 男	
1	13 & 14 YRS	50M	BACKSTROKE	背泳	2	
3	15 - 17 YRS	50M	BACKSTROKE	背泳	4	
5	8 YRS & UNDER	50M	BACKSTROKE	背泳	6	
7	13 & 14 YRS	100M	FREESTYLE	自由泳	8	
9	15 - 17 YRS	100M	FREESTYLE	自由泳	10	
11	8 YRS & UNDER	100M	FREESTYLE	自由泳	12	
13	13 & 14 YRS	50M	BREASTSTROKE	蛙泳	14	
15	15 - 17 YRS	50M	BREASTSTROKE	蛙泳	16	
17	8 YRS & UNDER	50M	BREASTSTROKE	蛙泳	18	
午膳時間 <i>Lunch Break</i>						
19	9 & 10 YRS	50M	BACKSTROKE	背泳	20	
21	11 & 12 YRS	50M	BACKSTROKE	背泳	22	
23	9 & 10 YRS	100M	FREESTYLE	自由泳	24	
25	11 & 12 YRS	100M	FREESTYLE	自由泳	26	
27	9 & 10 YRS	50M	BREASTSTROKE	蛙泳	28	
29	11 & 12 YRS	50M	BREASTSTROKE	蛙泳	30	

截止註冊日期	CLOSING DATE FOR REGISTRATION:	10 May 2024 (1700 hours)
截止報名日期	CLOSING DATE FOR ENTRIES:	31 May 2024 (1700 hours)

2024 – 2025 AGE GROUP LONG COURSE SWIMMING COMPETITION – DIVISION III (PART 3A,B)

2024 – 2025 第三組長池分齡游泳比賽第三節

Part 3A Date:	27 July 2024 (Saturday)	Venue:	Kwun Tong Swimming Pool	觀塘游泳池
Part 3A Morning Warm Up:	0800 - 0845 hours	Morning Session First Event:	0900 hours	
Part 3A Afternoon Warm Up	1300 - 1345 hours	Afternoon Session First Event	1400 hours	
Part 3B Date:	27 July 2024 (Saturday)	Venue:	Sun Yat Sen Memorial Park Swimming Poc	中山紀念公園游泳池
Part 3B Morning Warm Up:	0800 - 0845 hours	Morning Session First Event:	0900 hours	
Part 3B Afternoon Warm Up	1300 - 1345 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
午膳時間 <i>Lunch Break</i>					
17	11 & 12 YRS	100M	BUTTERFLY	蝶泳	18
19	9 & 10 YRS	100M	BUTTERFLY	蝶泳	20
21	11 & 12 YRS	50M	FREESTYLE	自由泳	22
23	9 & 10 YRS	50M	FREESTYLE	自由泳	24
25	11 & 12 YRS	100M	BACKSTROKE	背泳	26
27	9 & 10 YRS	100M	BACKSTROKE	背泳	28

截止註冊日期	CLOSING DATE FOR REGISTRATION:	14 June 2024 (1700 hours)
截止報名日期	CLOSING DATE FOR ENTRIES:	5 July 2024 (1700 hours)