

2024-2025 MASTERS SWIMMING COMPETITION 400m and 800m Freestyle Standard Time

二零二四至二零二五年先進游泳比賽四百米及八百米自由泳標準時間

Male 男子	Master Age Group	<u>18-24</u>	<u>25-29</u>	<u>30-34</u>	<u>35-39</u>	<u>40-44</u>	<u>45-49</u>	<u>50-54</u>	<u>55-59</u>	<u>60-64</u>	<u>65-69</u>	<u>70 Over</u>
	400m	6:46	6:46	6:54	7:00	7:09	7:28	7:42	7:57	8:26	9:22	10:22
	800m	14:25	14:25	14:33	14:42	14:54	15:31	15:54	16:52	18:11	19:26	21:23

Female 女子	Master Age Group	<u>18-24</u>	<u>25-29</u>	<u>30-34</u>	<u>35-39</u>	<u>40-44</u>	<u>45-49</u>	<u>50-54</u>	<u>55-59</u>	<u>60-64</u>	<u>65-69</u>	<u>70 Over</u>
	400m	7:30	7:30	7:40	8:00	8:22	9:01	9:23	9:55	10:33	11:29	12:24
	800m	16:21	16:21	16:23	16:49	17:46	19:16	19:47	20:49	22:13	23:49	25:45

Referee may request swimmers to leave the water if they could not complete the race within the Master Swimming Competition Series standard times for 400m and 800m Freestyle Events. Their results will be recorded as "DNF" (Did Not Finish).

如參加四百米或八百米自由泳的泳員未能於先進游泳比賽的標準時間內游畢全程，裁判有權要求其泳員離開比賽線道，而其成績會記錄為"DNF" (未能完成比賽)。