

Long Course Masters Swimming Competition – Part 1
長池先進游泳比賽 – 第一部份

Date: 23-03-2025 (Sunday)

Venue: Sun Yat Sen Memorial Park Swimming Pool 中山紀念公園游泳池

Morning Warm up/熱身:	0830 – 0920 Hrs
Morning First Event/開始:	0930 Hrs
Afternoon Warm up/熱身:	1300 – 1350 Hrs
Afternoon First Event/開始:	1400 Hrs

MEN			WOMEN	
1	200 M	Breaststroke	蛙泳	2
3	50 M	Freestyle	自由泳	4
5	100 M	Butterfly	蝶泳	6
7	50 M	Breaststroke	蛙泳	8
Lunch Break 午膳時間				
9	4 x 50 M	Freestyle Relay	自由接力	10
11	800 M	Freestyle	自由泳	12