

**2025 – 2026 AGE GROUP LONG COURSE SWIMMING COMPETITION – DIVISION III (PART 1A,B)**

**2025 – 2026 第三組長池分齡游泳比賽第一節**

**Part 1A Date:** 10 May 2025 (Saturday)

**Venue:** Tung Chung Swimming Pool 東涌游泳池

**Part 1A Morning Warm Up:** 0900 - 0945 hours

**Morning Session First Event:** 1000 hours

**Part 1A Afternoon Warm Up:** 1300 - 1345 hours

**Afternoon Session First Event:** 1400 hours

**Part 1B Date:** 10 May 2025 (Saturday)

**Venue:** Ma On Shan Swimming Pool 馬鞍山游泳池

**Part 1B Morning Warm Up:** 0800 - 0845 hours

**Morning Session First Event:** 0900 hours

**Part 1B Afternoon Warm Up:** 1300 - 1345 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

**午餐時間 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: **28 March 2025 (1700 hours)**

截止報名日期 CLOSING DATE FOR ENTRIES: **22 April 2025 (1700 hours)**