



Hong Kong China Swimming Association  
中國香港游泳總會  
Hong Kong Open Diving Championships 2023  
二零二三年香港公開跳水錦標賽  
(Organized by HKGSA & Subvented by LCSD)  
(中國香港游泳總會主辦，康樂及文化事務署資助)



Date/日期: 16-17/12/2023 (Sat-Sun/星期六至日)  
Time/時間: 10:00-22:00 (Sat/星期六)、08:00-20:00 (Sun/星期日)  
Venue/場地: Kowloon Park Swimming Pool - Diving Pool  
九龍公園游泳池 - 跳水池

Programme/ 程序

Day 1 / 第一日 (16/12/2023)

Judges Meeting/裁判會議: 14:00

Time

10:00		Warm Up / Training 熱身 / 練習
14:30	Event 1 項目一	Group Open B Men's Synchronized Diving 1M Springboard 男子公開B組雙人一米板
15:05	Event 2 項目二	Group Open A Men's & Women's Synchronized Diving 3M Springboard 男子及女子公開A組雙人三米板
15:35	Event 3 項目三	Group Open B Women's Synchronized Diving 1M Springboard 女子公開B組雙人一米板
16:10	Event 4 項目四	Group Open A Women's Platform 女子公開A組跳台
16:45	Event 5 項目五	Group Open B Men's & Women's Platform 男子及女子公開B組跳台
17:30		End of Day 1 Competition 第一日比賽完結  Training 練習

\*Estimated Start Time

\*預計開始時間

Note: Only divers who are participating in the upcoming event are entitled to train with Competition Springboard or Platform 20 minutes before the start of each event

備註: 運動員只可在所參與的比賽項目前二十分鐘，於比賽跳板或跳台進行練習



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Programme/ 程序

Day 2 / 第二日 (17/12/2023)

Judges Meeting/裁判會議: 9:30

Time

08:00

Warm Up / Training

熱身 / 練習

10:00

Event 6

Group Open B Men's 3M Springboard

項目六

男子公開B組三米板

11:00

Event 7

Group Open A Men's & Women's 1M Springboard

項目七

男子及女子公開A組一米板

11:50

Event 8

Group Open B Women's 3M Springboard

項目八

女子公開B組三米板

**Lunch Break/ 午膳時間**

**Warm Up / Training 熱身 / 練習**

14:30

Event 9

Group Open B Men's 1M Springboard

項目九

男子公開B組一米板

15:50

Event 10

Group Open A Men's & Women's 3M Springboard

項目十

男子及女子公開A組三米板

16:40

Event 11

Group Open B Women's 1M Springboard

項目十一

女子公開B組一米板

17:50

Prize Presentation

頒獎典禮

End of the Competition

比賽完結

\*Estimated Start Time

\*預計開始時間

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