

2026 – 2027 AGE GROUP LONG COURSE SWIMMING COMPETITION - DIVISION I (PART III)

2026 – 2027 第一組長池分齡游泳比賽第三節

Date:	5 September 2026 (Saturday)	Venue:	Kowloon Park Swimming Pool 九龍公園游泳池
Warm up:	1300 - 1345 hours	First Event:	1400 hours

GIRLS 女					BOYS 男
~	11 & 12 YRS	800M	FREESTYLE	自由泳	2
~	13 & 14 YRS	800M	FREESTYLE	自由泳	4
~	15 – 17 YRS	800M	FREESTYLE	自由泳	6
~	18 & OVER	800M	FREESTYLE	自由泳	8
1	11 & 12 YRS	1500M	FREESTYLE	自由泳	~
3	13 & 14 YRS	1500M	FREESTYLE	自由泳	~
5	15 – 17 YRS	1500M	FREESTYLE	自由泳	~
7	18 & OVER	1500M	FREESTYLE	自由泳	~

截止註冊日期 CLOSING DATE FOR REGISTRATION: 24 July 2026 (1700 hours)

截止報名日期 CLOSING DATE FOR ENTRIES: 14 August 2026 (1700 hours)

2026 – 2027 AGE GROUP LONG COURSE SWIMMING COMPETITION - DIVISION I (PART III)

2026 – 2027 第一組長池分齡游泳比賽第三節

Date:	6 September 2026 (Sunday)	Venue:	Kowloon Park Swimming Pool 九龍公園游泳池
Morning Session Warm up:	0830 - 0915 hours	Morning Session First Event:	0930 hours
Afternoon Session Warm up:	1300 - 1345 hours	Afternoon Session First Event:	1400 hours

GIRLS 女					BOYS 男	
9	10 YRS & UNDER	200M	IND. MEDLEY	個人四式	10	
11	11 & 12 YRS	200M	IND. MEDLEY	個人四式	12	
13	13 & 14 YRS	200M	IND. MEDLEY	個人四式	14	
15	15 – 17 YRS	200M	IND. MEDLEY	個人四式	16	
17	18 & OVER	200M	IND. MEDLEY	個人四式	18	
19	11 & 12 YRS	100M	BUTTERFLY	蝶泳	20	
21	13 & 14 YRS	100M	BUTTERFLY	蝶泳	22	
23	15 – 17 YRS	100M	BUTTERFLY	蝶泳	24	
25	18 & OVER	100M	BUTTERFLY	蝶泳	26	
27	10 YRS & UNDER	50M	BACKSTROKE	背泳	28	
29	11 & 12 YRS	50M	BACKSTROKE	背泳	30	
31	13 & 14 YRS	50M	BACKSTROKE	背泳	32	
33	15 – 17 YRS	50M	BACKSTROKE	背泳	34	
35	18 & OVER	50M	BACKSTROKE	背泳	36	
LUNCH BREAK 午膳時間						
37		4X100M	FREE RELAY	自由接力	38	
39	11 & 12 YRS	100M	BREASTSTROKE	蛙泳	40	
41	13 & 14 YRS	100M	BREASTSTROKE	蛙泳	42	
43	15 – 17 YRS	100M	BREASTSTROKE	蛙泳	44	
45	18 & OVER	100M	BREASTSTROKE	蛙泳	46	
47	10 YRS & UNDER	200M	FREESTYLE	自由泳	48	
49	11 & 12 YRS	200M	FREESTYLE	自由泳	50	
51	13 & 14 YRS	200M	FREESTYLE	自由泳	52	
53	15 – 17 YRS	200M	FREESTYLE	自由泳	54	
55	18 & OVER	200M	FREESTYLE	自由泳	56	

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