Annual Long Course Masters Swimming Championships
週年長池先進游泳錦標賽

Date: 29-11-2026 (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	100 M	Breaststroke	蛙泳	2
3	50 M	Freestyle	自由泳	4
5	200 M	Individual Medley	個人四式	6
7	50 M	Backstroke	背泳	8
		Lunch Break 午膳時間		
9	100 M	Freestyle	自由泳	10
11	50 M	Butterfly	蝶泳	12
13	4 x 50 M	Medley Relay	四式接力	14
15	50 M	Breaststroke	蛙泳	16
17	4 x 50 M	Freestyle Relay	自由接力	18