

**2025 – 2026 AGE GROUP LONG COURSE SWIMMING COMPETITION - DIVISION I (PART I)**

**2025 – 2026 第一組長池分齡游泳比賽第一節**

**Date:** 28 June 2025 (Saturday)

**Venue:**

Kowloon Park Swimming Pool 九龍公園游泳池

**Warm up:** 1400 - 1445 hours

**First Event:**

1500 hours

**GIRLS 女**

1	11 & 12 YRS	800M	FREESTYLE
3	13 & 14 YRS	800M	FREESTYLE
5	15 – 17 YRS	800M	FREESTYLE
7	18 & OVER	800M	FREESTYLE
~	13 & 14 YRS	1500M	FREESTYLE
~	15 – 17 YRS	1500M	FREESTYLE
~	18 & OVER	1500M	FREESTYLE

**BOYS 男**

2  
~  
~  
~  
4  
6  
8

截止註冊日期 CLOSING DATE FOR REGISTRATION: 16 May 2025 (1700 hours)

截止報名日期 CLOSING DATE FOR ENTRIES: 6 June 2025 (1700 hours)



**2025 – 2026 AGE GROUP LONG COURSE SWIMMING COMPETITION - DIVISION I (PART II)**

**2025 – 2026 第一組長池分齡游泳比賽第二節**

**Date:** 20 July 2025 (Sunday)

**Venue:** Kowloon Park Swimming Pool 九龍公園游泳池

**Morning Warm up:** 0830 - 0915 hours

**Morning Session First Event:** 0930 hours

**Afternoon Warm Up** 1300 - 1345 hours

**Afternoon Session First Event** 1400 hours

**GIRLS 女**

**BOYS 男**

1	11 & 12 YRS	200M	BACKSTROKE	背泳	2
3	13 & 14 YRS	200M	BACKSTROKE	背泳	4
5	15 – 17 YRS	200M	BACKSTROKE	背泳	6
7	18 & OVER	200M	BACKSTROKE	背泳	8
9	10 YRS & UNDER	50M	BUTTERFLY	蝶泳	10
11	11 & 12 YRS	50M	BUTTERFLY	蝶泳	12
13	13 & 14 YRS	50M	BUTTERFLY	蝶泳	14
15	15 – 17 YRS	50M	BUTTERFLY	蝶泳	16
17	18 & OVER	50M	BUTTERFLY	蝶泳	18
19	10 YRS & UNDER	100M	FREESTYLE	自由泳	20
21	11 & 12 YRS	100M	FREESTYLE	自由泳	22
23	13 & 14 YRS	100M	FREESTYLE	自由泳	24
25	15 – 17 YRS	100M	FREESTYLE	自由泳	26
27	18 & OVER	100M	FREESTYLE	自由泳	28

**LUNCH BREAK 午膳時間**

29		4x100M	MED RELAY	四式接力	30
31	10 YRS & UNDER	50M	BREASTSTROKE	蛙泳	32
33	11 & 12 YRS	50M	BREASTSTROKE	蛙泳	34
35	13 & 14 YRS	50M	BREASTSTROKE	蛙泳	36
37	15 – 17 YRS	50M	BREASTSTROKE	蛙泳	38
39	18 & OVER	50M	BREASTSTROKE	蛙泳	40
41	11 & 12 YRS	400M	FREESTYLE	自由泳	42
43	13 & 14 YRS	400M	FREESTYLE	自由泳	44
45	15 – 17 YRS	400M	FREESTYLE	自由泳	46
47	18 & OVER	400M	FREESTYLE	自由泳	48

截止註冊日期 CLOSING DATE FOR REGISTRATION: 6 June 2025 (1700 hours)

截止報名日期 CLOSING DATE FOR ENTRIES: 27 June 2025 (1700 hours)

**2025 – 2026 AGE GROUP LONG COURSE SWIMMING COMPETITION - DIVISION I (PART III)**

**2025 – 2026 第一組長池分齡游泳比賽第三節**

**Date:** 6 September 2025 (Saturday)

**Venue:**

Kowloon Park Swimming Pool 九龍公園游泳池

**Warm up:** 1400 - 1445 hours

**First Event:**

1500 hours

**GIRLS 女**

1	11 & 12 YRS	800M	FREESTYLE
~	13 & 14 YRS	800M	FREESTYLE
~	15 – 17 YRS	800M	FREESTYLE
~	18 & OVER	800M	FREESTYLE
3	13 & 14 YRS	1500M	FREESTYLE
5	15 – 17 YRS	1500M	FREESTYLE
7	18 & OVER	1500M	FREESTYLE

**BOYS 男**

2	自由泳
4	自由泳
6	自由泳
8	自由泳
~	自由泳
~	自由泳
~	自由泳

截止註冊日期

CLOSING DATE FOR REGISTRATION:

25 July 2025 (1700 hours)

截止報名日期

CLOSING DATE FOR ENTRIES:

15 August 2025 (1700 hours)

**2025 – 2026 AGE GROUP LONG COURSE SWIMMING COMPETITION - DIVISION I (PART III)**

**2025 – 2026 第一組長池分齡游泳比賽第三節**

**Date:** 7 September 2025 (Sunday)

**Venue:** Kowloon Park Swimming Pool 九龍公園游泳池

**Morning Warm up:** 0830 - 0915 hours

**Morning Session First Event:** 0930 hours

**Afternoon 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

截止註冊日期 CLOSING DATE FOR REGISTRATION: 25 July 2025 (1700 hours)

截止報名日期 CLOSING DATE FOR ENTRIES: 15 August 2025 (1700 hours)