

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: 1300 - 1345 hours**First Event:**

1400 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
4
6
8
~
~
~

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)