

**Long Course Masters Swimming Competition – Part 1**  
**長池先進游泳比賽 – 第一部份**

**Date:** 22-03-2026 (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

<b>MEN</b>			<b>WOMEN</b>	
1	200 M	Breaststroke	蛙泳	2
3	50 M	Freestyle	自由泳	4
5	100 M	Butterfly	蝶泳	6
7	50 M	Breaststroke	蛙泳	8
Lunch Break 午膳時間				
9	4 x 50 M	Freestyle Relay	自由接力	10
11	800 M	Freestyle	自由泳	12