

Short Course Masters Swimming Competition – Part 2

短池先進游泳比賽 – 第二部份

Date: 28-01-2024 (Sunday)

Venue: Shing Mun Valley Swimming Pool 城門谷游泳池

Morning Warm up/ 0900 – 0950 Hrs
熱身:

Morning First Event/ 1000 Hrs
開始:

Afternoon Warm up/ 1300 – 1350 Hrs
熱身:

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	50 M	Butterfly	蝶泳	6	
7	25 M	Freestyle	自由泳	8	
Lunch Break 午膳時間					
9	200 M	Freestyle	自由泳	10	
11	25 M	Backstroke	背泳	12	
13	4 x 25 M	Freestyle Relay	自由接力	14	
15	50 M	Breaststroke	蛙泳	16	
17	4 x 25 M	Mixed Medley Relay	男女混合四式接力		