

2022 – 2023 AGE GROUP LONG COURSE SWIMMING COMPETITION – DIVISION III (PART 1A,B)

2022 – 2023 第三組長池分齡游泳比賽第一節

Part 1A Date:	9 April 2022 (Saturday)	Venue:	Tung Chung Swimming Pool 東涌游泳池
Part 1A Morning Warm up:	0900 - 0945 hours	Morning Session First Event	1000 hours
Part 1A Afternoon Warm Up	1300-1345 hours	Afternoon Session First Event	1400 hours

Part 1B Date:	9 April 2022 (Saturday)	Venue:	Tai Wan Shan Swimming Pool 大環山游泳池
Part 1B Morning Warm up:	0900-0945 hours	Morning Session First Event	1000 hours
Part 1B Afternoon Warm Up	1300-1345 hours	Afternoon Session First Event	1400 hours

GIRLS 女

1	13 & 14 YRS	200M	IND. MEDLEY	個人四式	2
3	15 - 17 YRS	200M	IND. MEDLEY	個人四式	4
5	13 & 14 YRS	100M	BREASTSTROKE	蛙泳	6
7	15 - 17 YRS	100M	BREASTSTROKE	蛙泳	8
9	8 YRS & UNDER	100M	BREASTSTROKE	蛙泳	10
11	13 & 14 YRS	50M	BUTTERFLY	蝶泳	12
13	15 - 17 YRS	50M	BUTTERFLY	蝶泳	14
15	8 YRS & UNDER	50M	BUTTERFLY	蝶泳	16

BOYS 男

午膳時間 Lunch Break

17	11 & 12 YRS	200M	IND. MEDLEY	個人四式	18
19	9 & 10 YRS	200M	IND. MEDLEY	個人四式	20
21	11 & 12 YRS	100M	BREASTROKE	蛙泳	22
23	9 & 10 YRS	100M	BREASTROKE	蛙泳	24
25	11 & 12 YRS	50M	BUTTERFLY	蝶泳	26
27	9 & 10 YRS	50M	BUTTERFLY	蝶泳	28

截止註冊日期 CLOSING DATE FOR REGISTRATION **25 February 2022 (1700 hours)**

截止報名日期 CLOSING DATE FOR ENTRIES: **18 March 2022 (1700 hours)**

2022 – 2023 AGE GROUP LONG COURSE SWIMMING COMPETITION – DIVISION III (PART 2A,B)

2022 – 2023 第三組長池分齡游泳比賽第二節

Part 2A Date:	4 June 2022 (Saturday)	Venue:	Kwun Tong Swimming Pool 觀塘游泳池
Part 2A Morning Warm up:	0800 - 0845 hours	Morning Session First Event	0900 hours
Part 2A Afternoon Warm Up	1300-1345 hours	Afternoon Session First Event	1400 hours
Part 2B Date:	11 June 2022 (Saturday)	Venue:	Tung Chung Swimming Pool 東涌游泳池
Part 2B Morning Warm up:	0900-0945 hours	Morning Session First Event	1000 hours
Part 2B Afternoon Warm Up	1300-1345 hours	Afternoon Session First Event	1400 hours

GIRLS 女

BOYS 男

1	13 & 14 YRS	50M	BACKSTROKE	背泳	2
3	15 - 17 YRS	50M	BACKSTROKE	背泳	4
5	8 YRS & UNDER	50M	BACKSTROKE	背泳	6
7	13 & 14 YRS	100M	FREESTYLE	自由泳	8
9	15 - 17 YRS	100M	FREESTYLE	自由泳	10
11	8 YRS & UNDER	100M	FREESTYLE	自由泳	12
13	13 & 14 YRS	50M	BREASTSTROKE	蛙泳	14
15	15 - 17 YRS	50M	BREASTSTROKE	蛙泳	16
17	8 YRS & UNDER	50M	BREASTSTROKE	蛙泳	18

午膳時間 Lunch Break

19	9 & 10 YRS	50M	BACKSTROKE	背泳	20
21	11 & 12 YRS	50M	BACKSTROKE	背泳	22
23	9 & 10 YRS	100M	FREESTYLE	自由泳	24
25	11 & 12 YRS	100M	FREESTYLE	自由泳	26
27	9 & 10 YRS	50M	BREASTSTROKE	蛙泳	28
29	11 & 12 YRS	50M	BREASTSTROKE	蛙泳	30

截止註冊日期 CLOSING DATE FOR REGISTRATION **22 April 2022 (1700 hours)**

截止報名日期 CLOSING DATE FOR ENTRIES: **13 May 2022 (1700 hours)**

2022 – 2023 AGE GROUP LONG COURSE SWIMMING COMPETITION – DIVISION III (PART 3A,B)

2022 – 2023 第三組長池分齡游泳比賽第三節

Part 3A Date:	24 September 2022 (Saturday)	Venue:	Kwun Tong Swimming Pool 觀塘游泳池
Part 3A Morning Warm up:	0800 - 0845 hours	Morning Session First Event	09:00 hours
Part 3A Afternoon Warm Up	13:00-13:45 hours	Afternoon Session First Event	14:00 hours

Part 3B Date:	24 September 2022 (Saturday)	Venue:	Sun Yat Sen Memorial Park Sw. Pool 中山紀念公園游泳池
Part 3B Morning Warm up:	08:30-0915 hours	Morning Session First Event	09:30 hours
Part 3B Afternoon Warm Up	13:00-13:45 hours	Afternoon Session First Event	14:00 hours

GIRLS 女					BOYS 男
1	13 & 14 YRS	100M	BUTTERFLY	蝶泳	2
3	15 - 17 YRS	100M	BUTTERFLY	蝶泳	4
5	13 & 14 YRS	50M	FREESTYLE	自由泳	6
7	15 - 17 YRS	50M	FREESTYLE	自由泳	8
9	8 YRS & UNDER	50M	FREESTYLE	自由泳	10
11	13 & 14 YRS	100M	BACKSTROKE	背泳	12
13	15 - 17 YRS	100M	BACKSTROKE	背泳	14
15	8 YRS & UNDER	100M	BACKSTROKE	背泳	16

午膳時間 *Lunch Break*

17	11 & 12 YRS	100M	BUTTERFLY	蝶泳	18
19	9 & 10 YRS	100M	BUTTERFLY	蝶泳	20
21	11 & 12 YRS	50M	FREESTYLE	自由泳	22
23	9 & 10 YRS	50M	FREESTYLE	自由泳	24
25	11 & 12 YRS	100M	BACKSTROKE	背泳	26
27	9 & 10 YRS	100M	BACKSTROKE	背泳	28

截止註冊日期 CLOSING DATE FOR REGISTRATION: **12 August 2022 (1700 hours)**

截止報名日期 CLOSING DATE FOR ENTRIES: **2 September 2022 (1700 hours)**