

Event List for Hong Kong Open Swimming Championships 2022

二零二二年香港公開游泳錦標賽 - 項目表

Venue 場地: Victoria Park Swimming Pool

Date 日期: 19-21 August 2022 (星期五至日)

維多利亞公園游泳池

Day 1 第一日						
Warmup: 17:00-17:45 Hrs			Start:18:00 Hrs			
Women 女	Event 項目			Men 男		
QT				QT		
39	04:54.00	Mixed Medley Relay 混合四式接力	4x100M			
1	20:00.00	Freestyle 自由泳	1500M			
40	04:33.07	Mixed Freestyle Relay 混合自由接力	4x100M			
			1500M	Freestyle 自由泳	18:35.64	2
Day 2 第二日						
AM Warmup: 08:00-08:45 Hrs			Start:09:00 Hrs			
PM Warmup: 14:30-15:15 Hrs			Start:15:30 Hrs			
3	02:22.31	Freestyle 自由泳	200M			
			100M	Freestyle 自由泳	00:57.55	4
5	01:25.13	Breaststroke 蛙泳	100M			
			50M	Breaststroke 蛙泳	00:33.49	6
7	01:13.26	Butterfly 蝶泳	100M			
			400M	Ind. Medley 個人四式	05:20.71	8
9	00:34.89	Backstroke 背泳	50M			
			100M	Backstroke 背泳	01:09.08	10
11	02:38.84	Ind. Medley 個人四式	200M			
			200M	Butterfly 蝶泳	02:25.98	12
13	00:30.01	Freestyle 自由泳	50M			
			400M	Freestyle 自由泳	04:34.03	14
15	02:37.67	Backstroke 背泳	200M			
			200M	Breaststroke 蛙泳	02:45.08	16
17	09:50.29	Freestyle 自由泳	800M			
			4x100M	Medley Relay 四式接力	04:26.84	18
19	04:54.00	Medley Relay 四式接力				
Day 3 第三日						
AM Warmup: 08:00-08:45 Hrs			Start:09:00 Hrs			
PM Warmup: 14:30-15:15 Hrs			Start:15:30 Hrs			
			50M	Butterfly 蝶泳	00:29.26	20
21	01:04.84	Freestyle 自由泳	100M			
			200M	Freestyle 自由泳	02:10.45	22
23	00:39.06	Breaststroke 蛙泳	50M			
			100M	Breaststroke 蛙泳	01:13.91	24
25	05:38.68	Ind. Medley 個人四式	400M			
			100M	Butterfly 蝶泳	01:06.03	26
27	01:15.88	Backstroke 背泳	100M			
			50M	Backstroke 背泳	00:32.00	28
29	02:31.17	Butterfly 蝶泳	200M			
			200M	Ind. Medley 個人四式	02:28.92	30
31	04:52.07	Freestyle 自由泳	400M			
			50M	Freestyle 自由泳	00:26.11	32
33	03:03.83	Breaststroke 蛙泳	200M			
			200M	Backstroke 背泳	02:28.79	34
35	00:33.09	Butterfly 蝶泳	50M			
			800M	Freestyle 自由泳	09:00.00	36
37	04:33.07	Free Relay 自由泳接力	4x100M	Free Relay 自由泳接力	03:57.79	38

截止註冊日期 CLOSING DATE FOR REGISTRATION: 8 July 2022 (1700 hours)

截止報名日期 CLOSING DATE FOR ENTRIES: 29 July 2022 (1700 hours)