

2022 - 2023 AGE GROUP SHORT COURSE SWIMMING COMPETITION - DIVISION I (PART 3)

2022 - 2023 第一組短池分齡游泳比賽第三節

Date: 19 November 2022 (Saturday)

Venue:

Victoria Park Swimming
Pool
維多利亞公園游泳池

Warm up: 14:00-14:45 Hrs

First Event:

15:00 hours

GIRLS 女

1	13 & 14 YRS	1500M	FREESTYLE	自由泳	~
3	15 - 17 YRS	1500M	FREESTYLE	自由泳	~
5	18 & OVER	1500M	FREESTYLE	自由泳	~
~	13 & 14 YRS	800M	FREESTYLE	自由泳	2
~	15 - 17 YRS	800M	FREESTYLE	自由泳	4
~	18 & OVER	800M	FREESTYLE	自由泳	6

BOYS 男

截止註冊日期 CLOSING DATE FOR REGISTRATION **7 October 2022 (1700 hours)**

截止報名日期 CLOSING DATE FOR ENTRIES: **28 October 2022 (1700 hours)**

2022 - 2023 AGE GROUP SHORT COURSE SWIMMING COMPETITION - DIVISION I (PART 3)

2022 - 2023 第一組短池分齡游泳比賽第三節

Date: 20 November 2022 (Sunday) **Venue:** Victoria Park Swimming Pool
維多利亞公園游泳池

Morning Warm up: 08:00-08:50 hours **Morning Session First Event:** 09:00 hours
(Girls: 08:00 - 08:25; Boys: 08:25 - 08:50)

Afternoon Warm up: 13:00 - 13:45 hours **Afternoon Session First Event:** 14:00 hours

GIRLS 女					BOYS 男	
7	10 YRS & UNDER	100M	FREESTYLE	自由泳	8	
9	11 & 12 YRS	100M	FREESTYLE	自由泳	10	
11	13 & 14 YRS	100M	FREESTYLE	自由泳	12	
13	15 - 17 YRS	100M	FREESTYLE	自由泳	14	
15	18 & OVER	100M	FREESTYLE	自由泳	16	
17	10 YRS & UNDER	50M	BUTTERFLY	蝶泳	18	
19	11 & 12 YRS	50M	BUTTERFLY	蝶泳	20	
21	13 & 14 YRS	50M	BUTTERFLY	蝶泳	22	
23	15 - 17 YRS	50M	BUTTERFLY	蝶泳	24	
25	18 & OVER	50M	BUTTERFLY	蝶泳	26	
27	11 & 12 YRS	200M	BREASTSTROKE	蛙泳	28	
29	13 & 14 YRS	200M	BREASTSTROKE	蛙泳	30	
31	15 - 17 YRS	200M	BREASTSTROKE	蛙泳	32	
33	18 & OVER	200M	BREASTSTROKE	蛙泳	34	

LUNCH BREAK 午膳時間

35		4X100M	MEDLEY RELAY	四式接力	36
37	10 YRS & UNDER	100M	BACKSTROKE	背泳	38
39	11 & 12 YRS	100M	BACKSTROKE	背泳	40
41	13 & 14 YRS	100M	BACKSTROKE	背泳	42
43	15 - 17 YRS	100M	BACKSTROKE	背泳	44
45	18 & OVER	100M	BACKSTROKE	背泳	46
47	13 & 14 YRS	400M	IND. MEDLEY	個人四式	48
49	15 - 17 YRS	400M	IND. MEDLEY	個人四式	50
51	18 & OVER	400M	IND. MEDLEY	個人四式	52

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