

2022 -2023 AGE GROUP SHORT COURSE SWIMMING COMPETITION – DIVISION II (PART 1)**2022-2023 第二組短池分齡游泳比賽第一節****Date:** 12 November 2022 (Saturday)**Venue:** Shing Mun Valley Sw. Pool
城門谷游泳池**Morning Warm up:** 09:00 - 0945 hours**Morning Session First Event:** 10:00 hours**Afternoon Warm Up:** 13:00-13:45 hours**Afternoon Session First Event:** 14:00 hours**GIRLS 女**

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

BOYS 男**LUNCH BREAK 午膳時間**

19	9 & 10 YRS	100M	BACKSTROKE	背泳	20
21	11 & 12 YRS	100M	BACKSTROKE	背泳	22
23	9 & 10 YRS	50M	BREASTSTROKE	蛙泳	24
25	11 & 12 YRS	50M	BREASTSTROKE	蛙泳	26
27	9 & 10 YRS	50M	BUTTERFLY	蝶泳	28
29	11 & 12 YRS	50M	BUTTERFLY	蝶泳	30
31	9 & 10 YRS	200M	FREESTYLE	自由泳	32
33	11 & 12 YRS	200M	FREESTYLE	自由泳	34

截止註冊日期 CLOSING DATE FOR REGISTRATION: **30 September 2022 (1700 hours)**截止報名日期 CLOSING DATE FOR ENTRIES: **21 October 2022 (1700 hours)**

2022 - 2023 AGE GROUP SHORT COURSE SWIMMING COMPETITION – DIVISION II (PART 2)**2022 - 2023 第二組短池分齡游泳比賽第二節****Date:** 14 January 2023 (Saturday)**Venue:** Shing Mun Valley Sw. Pool
城門谷游泳池**Morning Warm up:** 09:00 - 0945 hours**Morning Session First Event:** 10:00 hours**Afternoon Warm Up:** 13:00-13:45 hours**Afternoon Session First Event:** 14:00 hours**GIRLS 女**

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

BOYS 男**LUNCH BREAK 午膳時間**

19	11 &12 YRS	100M	BUTTERFLY	蝶泳	20
21	9 & 10 YRS	100M	BUTTERFLY	蝶泳	22
23	11 &12 YRS	50M	BACKSTROKE	背泳	24
25	9 & 10 YRS	50M	BACKSTROKE	背泳	26
27	11 &12 YRS	100M	FREESTYLE	自由泳	28
29	9 & 10 YRS	100M	FREESTYLE	自由泳	30
31	11 &12 YRS	200M	BREASTSTROKE	蛙泳	32

截止註冊日期 CLOSING DATE FOR REGISTRATION: **2 December 2022 (1700 hours)**截止報名日期 CLOSING DATE FOR ENTRIES: **23 December 2022 (1700 hours)**

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

2022 - 2023 第二組短池分齡游泳比賽第三節

Date: 4 March 2023 (Saturday)

Venue: Shing Mun Valley Sw. Pool
城門谷游泳池

Morning Warm up: No Warm up session 不設熱身

Morning Session First Event: 09:00 hours

Afternoon Warm Up: 13:00-13:45 hours

Afternoon Session First Event: 14:00 hours

GIRLS 女

BOYS 男

1	13 & 14 YRS	100M	BREASTSTROKE	蛙泳	2
3	15 -17 YRS	100M	BREASTSTROKE	蛙泳	4
5	8 YRS & UNDER	100M	BREASTSTROKE	蛙泳	6
7	13 & 14 YRS	50M	FREESTYLE	自由泳	8
9	15 -17 YRS	50M	FREESTYLE	自由泳	10
11	8 YRS & UNDER	50M	FREESTYLE	自由泳	12
13	13 & 14 YRS	100M	IND. MEDLEY	個人四式	14
15	15 -17 YRS	100M	IND. MEDLEY	個人四式	16
17	8 YRS & UNDER	100M	IND. MEDLEY	個人四式	18

LUNCH BREAK 午膳時間

19	11 &12 YRS	100M	BREASTSTROKE	蛙泳	20
21	9 & 10 YRS	100M	BREASTSTROKE	蛙泳	22
23	11 &12 YRS	50M	FREESTYLE	自由泳	24
25	9 & 10 YRS	50M	FREESTYLE	自由泳	26
27	11 &12 YRS	100M	IND. MEDLEY	個人四式	28
29	9 & 10 YRS	100M	IND. MEDLEY	個人四式	30
31	11 &12 YRS	200M	BACKSTROKE	背泳	32

截止註冊日期 CLOSING DATE FOR REGISTRATION: 20 January 2023 (1700 hours)

截止報名日期 CLOSING DATE FOR ENTRIES: 10 February 2023 (1700 hours)