

65th Festival of Sport - Hong Kong Long Course Swimming Time Trial

第65屆體育節 - 香港長池游泳計時賽

Date : 23rd April 2022
日期: 2022年4月23日

Morning Warm Up : 0800-0845 Hrs
上午熱身

Afternoon Warm Up : 1300 - 1345 Hrs
下午熱身:

Start Time		Women 女				LC Point Score 2021 -22 89 pt	LC Point Score 2021 -22 90 pt	Men男
AM	0900 hours		Open	100M	FREESTYLE	0:53.20	0:52.72	1
	0910 hours	2	Open	200M	FREESTYLE	2:06.84	2:05.70	
	0920 hours		Open	50M	BREASTSTROKE	0:29.98	0:29.71	3
	0930 hours	4	Open	100M	BREASTSTROKE	1:12.94	1:12.28	
	0940 hours		Open	400M	INDIVIDUAL MEDLEY	4:40.80	4:38.27	5
	0950 hours	6	Open	100M	BUTTERFLY	1:02.66	1:02.10	
	1000 hours		Open	100M	BACKSTROKE	0:59.33	0:58.80	7
	1010 hours	8	Open	50M	BACKSTROKE	0:30.31	0:30.04	
	1020 hours		Open	200M	BUTTERFLY	2:07.16	2:06.02	9
	1030 hours	10	Open	200M	INDIVIDUAL MEDLEY	2:22.75	2:21.46	
	1040 hours		Open	400M	FREESTYLE	4:09.11	4:06.86	11
	1050 hours	12	Open	50M	FREESTYLE	0:26.84	0:26.60	
	1100 hours		Open	200M	BREASTSTROKE	2:23.61	2:22.32	13
	1110 hours	14	Open	800M	FREESTYLE	9:15.40	9:10.40	
	1125 hours		Open	50M	BUTTERFLY	0:25.60	0:25.37	15
	1135 hours	16	Open	200M	BACKSTROKE	2:20.28	2:19.02	
	1145 hours		Open	800M	FREESTYLE	8:35.04	8:30.40	17

*2nd attempt LC point Score (2021-22)

Break

PM	1400 hours	18	Open	100M	FREESTYLE	0:58.39	0:57.86	
	1410 hours		Open	200M	FREESTYLE	1:56.91	1:55.85	19
	1420 hours	20	Open	50M	BREASTSTROKE	0:33.84	0:33.54	
	1430 hours		Open	100M	BREASTSTROKE	1:05.65	1:05.05	21
	1440 hours	22	Open	400M	INDIVIDUAL MEDLEY	5:05.65	5:02.90	
	1450 hours		Open	100M	BUTTERFLY	0:56.83	0:56.32	23
	1500 hours	24	Open	100M	BACKSTROKE	1:05.30	1:04.71	
	1510 hours		Open	50M	BACKSTROKE	0:27.48	0:27.24	25
	1520 hours	26	Open	200M	BUTTERFLY	2:19.68	2:18.42	
	1540 hours		Open	200M	INDIVIDUAL MEDLEY	2:09.66	2:08.49	27
	1550 hours	28	Open	400M	FREESTYLE	4:30.14	4:27.71	
	1600 hours		Open	50M	FREESTYLE	0:24.03	0:23.82	29
	1610 hours	30	Open	200M	BREASTSTROKE	2:37.89	2:36.46	
	1620 hours		Open	1500M	FREESTYLE	16:31.90	16:22.96	31
	1630 hours	32	Open	50M	BUTTERFLY	0:28.19	0:27.94	
	1640 hours		Open	200M	BACKSTROKE	2:09.46	2:08.29	33
	1650 hours	34	Open	1500M	FREESTYLE	17:44.53	17:34.94	

*2nd attempt LC point Score (2021-22)

截止報名日期 CLOSING DATE FOR ENTRIES: 15th April 2022 (Friday) (1700 hours)

*subject to swimmer who has achieved LC Point Score (2021-22) - 89 points to below 90 points in the concerned event of this competition

2nd Trial Entry Form shall submit by HKSI Coaches within 30 minutes after official result show on scoreboard