

Long Course Masters Swimming Competition – Part 3

長池先進游泳比賽 – 第三部份

Date: 12-06-2022 (Sunday)

Venue: Sun Yat Sen Memorial Park Swimming Pool 中山紀念公園游泳池

Morning Warm up/熱身:	0830 – 0920 Hrs
Morning First Event/開始:	0930 Hrs
Afternoon Warm up/熱身:	1300 – 1350 Hrs
Afternoon First Event/開始:	1400 Hrs

MEN				WOMEN	
1	100 M	Breaststroke	蛙泳	2	
3	50 M	Freestyle	自由泳	4	
5	50 M	Backstroke	背泳	6	
7	100 M	Freestyle	自由泳	8	
Lunch Break 午膳時間					
9	4 x 50 M	Freestyle Relay	自由接力	10	
11	50 M	Breaststroke	蛙泳	12	
13	4 x 50 M	Mixed Medley Relay	男女混合四式接力		
14	400 M	Freestyle	自由泳	15	