

## Short Course Masters Swimming Competition – Part 1

### 短池先進游泳比賽 – 第一部份

Date: 04-09-2022 (Sunday)

Venue: Shing Mun Valley Swimming Pool 城門谷游泳池

Morning Warm up/熱身:	Group A: 0900-0930 Group B: 0935-1005
Morning First Event/開始:	1015 Hrs
Afternoon Warm up/熱身:	Group A: 1300-1330 Group B: 1335-1405
Afternoon First Event/開始:	1415 Hrs

<b>MEN</b>				<b>WOMEN</b>	
1	200 M	Breaststroke	蛙泳	2	
3	50 M	Freestyle	自由泳	4	
5	25 M	Breaststroke	蛙泳	6	
7	50 M	Backstroke	背泳	8	
Lunch Break 午膳時間					
9	100 M	Individual Medley	個人四式	10	
11	25 M	Butterfly	蝶泳	12	
13	4 x 25 M	Medley Relay	四式接力	14	
15	50 M	Breaststroke	蛙泳	16	
17	100 M	Freestyle	自由泳	18	
19	4 x 25 M	Mixed Freestyle Relay	男女混合 自由接力		

