

2023 – 2024 AGE GROUP LONG COURSE SWIMMING COMPETITION - DIVISION I (PART I)**2023 – 2024 第一組長池分齡游泳比賽第一節****Date:** 29 July 2023 (Saturday)**Venue:**

Kowloon Park Swimming Pool 九龍公園游泳池

Warm up: 1400 - 1445 hours**First Event:**

1500 hours

GIRLS 女

1	13 & 14 YRS	800M	FREESTYLE
3	15 – 17 YRS	800M	FREESTYLE
5	18 & OVER	800M	FREESTYLE
~	13 & 14 YRS	1500M	FREESTYLE
~	15 – 17 YRS	1500M	FREESTYLE
~	18 & OVER	1500M	FREESTYLE

BOYS 男

~	自由泳
~	自由泳
~	自由泳
2	自由泳
4	自由泳
6	自由泳

截止註冊日期 CLOSING DATE FOR REGISTRATION: 16 June 2023 (1700 hours)

截止報名日期 CLOSING DATE FOR ENTRIES: 7 July 2023 (1700 hours)

2023 – 2024 AGE GROUP LONG COURSE SWIMMING COMPETITION - DIVISION I (PART I)

2023 – 2024 第一組長池分齡游泳比賽第一節

Date: 30 July 2023 (Sunday)

Venue:

Kowloon Park Swimming Pool 九龍公園游泳池

Morning Warm up: 0830 - 0915 hours

Morning Session First Event:

0930 hours

Afternoon Warm up 1300 - 1345 hours

Afternoon Session First Event:

1400 hours

GIRLS 女					BOYS 男
7	10 YRS & UNDER	100M	BUTTERFLY	蝶泳	8
9	11 & 12 YRS	200M	BUTTERFLY	蝶泳	10
11	13 & 14 YRS	200M	BUTTERFLY	蝶泳	12
13	15 - 17 YRS	200M	BUTTERFLY	蝶泳	14
15	18 & OVER	200M	BUTTERFLY	蝶泳	16
17	10 YRS & UNDER	50M	FREESTYLE	自由泳	18
19	11 & 12 YRS	50M	FREESTYLE	自由泳	20
21	13 & 14 YRS	50M	FREESTYLE	自由泳	22
23	15 - 17 YRS	50M	FREESTYLE	自由泳	24
25	18 & OVER	50M	FREESTYLE	自由泳	26
27	13 & 14 YRS	400M	IND. MEDLEY	個人四式	28
29	15 - 17 YRS	400M	IND. MEDLEY	個人四式	30
31	18 & OVER	400M	IND. MEDLEY	個人四式	32
LUNCH BREAK 午膳時間					
33		4X200M	FREE RELAY	自由接力	34
35	10 YRS & UNDER	100M	BACKSTROKE	背泳	36
37	11 & 12 YRS	100M	BACKSTROKE	背泳	38
39	13 & 14 YRS	100M	BACKSTROKE	背泳	40
41	15 - 17 YRS	100M	BACKSTROKE	背泳	42
43	18 & OVER	100M	BACKSTROKE	背泳	44
45	10 YRS & UNDER	100M	BREASTSTROKE	蛙泳	46
47	11 & 12 YRS	200M	BREASTSTROKE	蛙泳	48
49	13 & 14 YRS	200M	BREASTSTROKE	蛙泳	50
51	15 - 17 YRS	200M	BREASTSTROKE	蛙泳	52
53	18 & OVER	200M	BREASTSTROKE	蛙泳	54

截止註冊日期 CLOSING DATE FOR REGISTRATION: 16 June 2023 (1700 hours)

截止報名日期 CLOSING DATE FOR ENTRIES: 7 July 2023 (1700 hours)

2023 – 2024 AGE GROUP LONG COURSE SWIMMING COMPETITION - DIVISION I (PART II)

2023 – 2024 第一組長池分齡游泳比賽第二節

Date: 18 June 2023 (Sunday)

Venue: Kowloon Park Swimming Pool 九龍公園游泳池

Morning Warm up: 0845 - 0930 hours

Morning Session First Event: 0945 hours

Afternoon Warm Up 1300 - 1345 hours

Afternoon Session First Event: 1400 hours

GIRLS 女					BOYS 男
1	11 & 12 YRS	200M	BACKSTROKE	背泳	2
3	13 & 14 YRS	200M	BACKSTROKE	背泳	4
5	15 - 17 YRS	200M	BACKSTROKE	背泳	6
7	18 & OVER	200M	BACKSTROKE	背泳	8
9	10 YRS & UNDER	50M	BUTTERFLY	蝶泳	10
11	11 & 12 YRS	50M	BUTTERFLY	蝶泳	12
13	13 & 14 YRS	50M	BUTTERFLY	蝶泳	14
15	15 - 17 YRS	50M	BUTTERFLY	蝶泳	16
17	18 & OVER	50M	BUTTERFLY	蝶泳	18
19	10 YRS & UNDER	100M	FREESTYLE	自由泳	20
21	11 & 12 YRS	100M	FREESTYLE	自由泳	22
23	13 & 14 YRS	100M	FREESTYLE	自由泳	24
25	15 - 17 YRS	100M	FREESTYLE	自由泳	26
27	18 & OVER	100M	FREESTYLE	自由泳	28
LUNCH BREAK 午膳時間					
29		4x100M	MED RELAY	四式接力	30
31	10 YRS & UNDER	50M	BREASTSTROKE	蛙泳	32
33	11 & 12 YRS	50M	BREASTSTROKE	蛙泳	34
35	13 & 14 YRS	50M	BREASTSTROKE	蛙泳	36
37	15 - 17 YRS	50M	BREASTSTROKE	蛙泳	38
39	18 & OVER	50M	BREASTSTROKE	蛙泳	40
41	11 & 12 YRS	400M	FREESTYLE	自由泳	42
43	13 & 14 YRS	400M	FREESTYLE	自由泳	44
45	15 - 17 YRS	400M	FREESTYLE	自由泳	46
47	18 & OVER	400M	FREESTYLE	自由泳	48

截止註冊日期 CLOSING DATE FOR REGISTRATION: 5 May 2023 (1700 hours)

截止報名日期 CLOSING DATE FOR ENTRIES: 29 May 2023 (1700 hours)

2023 – 2024 AGE GROUP LONG COURSE SWIMMING COMPETITION - DIVISION I (PART III)

2023 – 2024 第一組長池分齡游泳比賽第三節

Date: 9 March 2024 (Saturday) **Venue:** Kowloon Park Swimming Pool 九龍公園游泳池
Warm up: 1400 - 1445 hours **First Event:** 1500 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: 26 January 2024 (1700 hours)

截止報名日期 CLOSING DATE FOR ENTRIES: 16 February 2024 (1700 hours)

2023 – 2024 AGE GROUP LONG COURSE SWIMMING COMPETITION - DIVISION I (PART III)

2023 – 2024 第一組長池分齡游泳比賽第三節

Date: 10 March 2024 (Sunday)

Venue: Kowloon Park Swimming Pool 九龍公園游泳池

Morning Warm up: 0830 - 0915 hours

Morning Session First Event: 0930 hours

Afternoon Warm up: 1300 - 1345 hours

Afternoon Session First Event: 1400 hours

GIRLS 女

BOYS 男

7	10 YRS & UNDER	200M	IND. MEDLEY	個人四式	8
9	11 & 12 YRS	200M	IND. MEDLEY	個人四式	10
11	13 & 14 YRS	200M	IND. MEDLEY	個人四式	12
13	15 - 17 YRS	200M	IND. MEDLEY	個人四式	14
15	18 & OVER	200M	IND. MEDLEY	個人四式	16
17	11 & 12 YRS	100M	BUTTERFLY	蝶泳	18
19	13 & 14 YRS	100M	BUTTERFLY	蝶泳	20
21	15 - 17 YRS	100M	BUTTERFLY	蝶泳	22
23	18 & OVER	100M	BUTTERFLY	蝶泳	24
25	10 YRS & UNDER	50M	BACKSTROKE	背泳	26
27	11 & 12 YRS	50M	BACKSTROKE	背泳	28
29	13 & 14 YRS	50M	BACKSTROKE	背泳	30
31	15 - 17 YRS	50M	BACKSTROKE	背泳	32
33	18 & OVER	50M	BACKSTROKE	背泳	34

LUNCH BREAK 午膳時間

35		4X100M	FREE RELAY	自由接力	36
37	11 & 12 YRS	100M	BREASTSTROKE	蛙泳	38
39	13 & 14 YRS	100M	BREASTSTROKE	蛙泳	40
41	15 - 17 YRS	100M	BREASTSTROKE	蛙泳	42
43	18 & OVER	100M	BREASTSTROKE	蛙泳	44
45	10 YRS & UNDER	200M	FREESTYLE	自由泳	46
47	11 & 12 YRS	200M	FREESTYLE	自由泳	48
49	13 & 14 YRS	200M	FREESTYLE	自由泳	50
51	15 - 17 YRS	200M	FREESTYLE	自由泳	52
53	18 & OVER	200M	FREESTYLE	自由泳	54

截止註冊日期 CLOSING DATE FOR REGISTRATION: 26 January 2024 (1700 hours)

截止報名日期 CLOSING DATE FOR ENTRIES: 16 February 2024 (1700 hours)