

2021-22 Hong Kong National Olympic Time Trial

2021-2022 香港游泳奧運計時賽

Date : 21st March 2021
日期: 2021年3月21日

Morning Warm Up : 0800-0845 Hrs
上午熱身:

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

Venue: HKSI
地點: 香港體育學院

Morning First Event : 0900 Hrs
上午比賽:

Afternoon First Event : 1400 Hrs
下午比賽:

	Start Time	Women 女				OQT / "A" Time	OQT / "A" Time + 1%	OST / "B" Time	OST / "B" Time + 1%	Men男
AM	0900 hours	1	Open	100M	BUTTERFLY	57.92	58.50	59.66	1:00.26	
	0910 hours		Open	200M	BUTTERFLY	1:56.48	1:57.64	1:59.97	2:01.17	2
	0920 hours	3	Open	200M	FREESTYLE	1:57.28	1:58.45	2:00.80	2:02.01	
	0930 hours		Open	50M	FREESTYLE	22.01	22.23	22.67	22.90	4
	0940 hours	5	Open	100M	BREASTSTROKE	1:07.07	1:07.74	1:09.08	1:09.77	
	0950 hours		Open	100M	BREASTSTROKE	59.93	1:00.53	1:01.73	1:02.35	6
	1000 hours	7	Open	50M	FREESTYLE	24.77	25.02	25.51	25.77	
	1010 hours		Open	800M	FREESTYLE	7:54.31	7:59.05	8:08.54	8:13.43	8
*2 nd attempt OST/B + 1% swimmer										
Break										
PM	1400 hours	9	Open	100M	FREESTYLE	54.38	54.92	56.01	56.57	
	1410 hours		Open	400M	INDIVIDUAL MEDLEY	4:15.84	4:18.40	4:21.46	4:24.07	10
	1420 hours	11	Open	100M	BACKSTROKE	1:00.25	1:00.85	1:02.06	1:02.68	
	1430 hours		Open	100M	BACKSTROKE	53.85	54.39	55.47	56.02	12
	1440 hours	13	Open	400M	FREESTYLE	4:07.90	4:10.38	4:15.34	4:17.89	
	1450 hours		Open	200M	FREESTYLE	1:47.02	1:48.09	1:50.23	1:51.33	14
*2 nd attempt OST/B + 1% swimmer										

截止報名日期 **CLOSING DATE FOR ENTRIES: 12th March 2021 (Friday) (1200 noon)**

*subject to swimmer who has achieved OST/B +1% or faster in first trial in concerned event

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