

HONG KONG AGE GROUP LONG COURSE SWIMMING CHAMPIONSHIPS 2021-22

二零二一至二零二二年香港長池分齡游泳錦標賽

(DAY ONE) 第一日

Date: 5 November 2021 (Friday) **Venue:** Kowloon Park Swimming Pool
九龍公園游泳池

Warm up: 17:00 – 17:45 hrs **Start:** 18:00 hrs

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 |

BOYS 男

| |
|---|
| 2 |
| 4 |
| 6 |

截止註冊日期 CLOSING DATE FOR REGISTRATION: 24 September 2021 (1700 hours)

截止報名日期 CLOSING DATE FOR ENTRIES: 15 October 2021 (1700 hours)

HONG KONG AGE GROUP LONG COURSE SWIMMING CHAMPIONSHIPS 2021-22

二零二一至二零二二年香港長池分齡游泳錦標賽

(DAY TWO) 第二日

| | | | |
|--------------------|----------------------------|---------------|---------------------------------------|
| Date: | 6 November 2021 (Saturday) | Venue: | Kowloon Park Swimming Pool 九龍公園游泳池 |
| AM Warm up: | 0800 - 0845 hours | Start: | 0900 hours |
| PM Warm up: | 1300- 1345 hours | Start: | 1400 hours |

| GIRLS 女 | | | | | BOYS 男 | |
|----------------|----------------|---------|--------------|------|---------------|--|
| 7 | 10 Yrs & Under | 100M | Freestyle | 自由泳 | 8 | |
| 9 | 11 & 12 Yrs | 100M | Freestyle | 自由泳 | 10 | |
| 11 | 13 & 14 Yrs | 100M | Freestyle | 自由泳 | 12 | |
| 13 | 15 – 17 Yrs | 100M | Freestyle | 自由泳 | 14 | |
| 15 | 18 Yrs & Over | 100M | Freestyle | 自由泳 | 16 | |
| 17 | 10 Yrs & Under | 100M | Breaststroke | 蛙泳 | 18 | |
| 19 | 11 & 12 Yrs | 100M | Breaststroke | 蛙泳 | 20 | |
| 21 | 13 & 14 Yrs | 100M | Breaststroke | 蛙泳 | 22 | |
| 23 | 15 – 17 Yrs | 100M | Breaststroke | 蛙泳 | 24 | |
| 25 | 18 Yrs & Over | 100M | Breaststroke | 蛙泳 | 26 | |
| 27 | 10 Yrs & Under | 100M | Butterfly | 蝶泳 | 28 | |
| 29 | 11 & 12 Yrs | 100M | Butterfly | 蝶泳 | 30 | |
| 31 | 13 & 14 Yrs | 100M | Butterfly | 蝶泳 | 32 | |
| 33 | 15 – 17 Yrs | 100M | Butterfly | 蝶泳 | 34 | |
| 35 | 18 Yrs & Over | 100M | Butterfly | 蝶泳 | 36 | |
| 37 | 11 & 12 Yrs | 200M | Backstroke | 背泳 | 38 | |
| 39 | 13 & 14 Yrs | 200M | Backstroke | 背泳 | 40 | |
| 41 | 15 – 17 Yrs | 200M | Backstroke | 背泳 | 42 | |
| 43 | 18 Yrs & Over | 200M | Backstroke | 背泳 | 44 | |
| 45 | 12 Yrs & Under | 4 x 50m | Free Relay | 自由接力 | 46 | |
| 47 | 13 Yrs & Over | 4 x 50m | Free Relay | 自由接力 | 48 | |

– Lunch Break –

| | | | | | |
|----|----------------|---------|--------------|------|----|
| 49 | 10 Yrs & Under | 200M | Freestyle | 自由泳 | 50 |
| 51 | 11 & 12 Yrs | 200M | Freestyle | 自由泳 | 52 |
| 53 | 13 & 14 Yrs | 200M | Freestyle | 自由泳 | 54 |
| 55 | 15 – 17 Yrs | 200M | Freestyle | 自由泳 | 56 |
| 57 | 18 Yrs & Over | 200M | Freestyle | 自由泳 | 58 |
| 59 | 10 Yrs & Under | 50M | Breaststroke | 蛙泳 | 60 |
| 61 | 11 & 12 Yrs | 50M | Breaststroke | 蛙泳 | 62 |
| 63 | 13 & 14 Yrs | 50M | Breaststroke | 蛙泳 | 64 |
| 65 | 15 – 17 Yrs | 50M | Breaststroke | 蛙泳 | 66 |
| 67 | 18 Yrs & Over | 50M | Breaststroke | 蛙泳 | 68 |
| 69 | 13 & 14 Yrs | 400M | Ind. Medley | 個人四式 | 70 |
| 71 | 15 – 17 Yrs | 400M | Ind. Medley | 個人四式 | 72 |
| 73 | 18 Yrs & Over | 400M | Ind. Medley | 個人四式 | 74 |
| 75 | 10 Yrs & Under | 50M | Butterfly | 蝶泳 | 76 |
| 77 | 11 & 12 Yrs | 50M | Butterfly | 蝶泳 | 78 |
| 79 | 13 & 14 Yrs | 50M | Butterfly | 蝶泳 | 80 |
| 81 | 15 – 17 Yrs | 50M | Butterfly | 蝶泳 | 82 |
| 83 | 18 Yrs & Over | 50M | Butterfly | 蝶泳 | 84 |
| 85 | 11 & 12 Yrs | 400M | Freestyle | 自由泳 | 86 |
| 87 | 13 & 14 Yrs | 400M | Freestyle | 自由泳 | 88 |
| 89 | 15 – 17 Yrs | 400M | Freestyle | 自由泳 | 90 |
| 91 | 18 Yrs & Over | 400M | Freestyle | 自由泳 | 92 |
| 93 | 12 Yrs & Under | 4 x 50m | Medley Relay | 四式接力 | 94 |
| 95 | 13 Yrs & Over | 4 x 50m | Medley Relay | 四式接力 | 96 |

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二零二一至二零二二年香港長池分齡游泳錦標賽

(DAY THREE) 第三日**Date:** 7 November 2021 (Sunday)**Venue:**Kowloon Park Swimming
Pool
九龍公園游泳池**AM Warm up:** 0800 - 0845 hours**Start:**

0900 hours

PM Warm up 1300- 1345 hours**Start:**

1400 hours

GIRLS 女**BOYS 男**

| | | | | | |
|-----|----------------|---------|--------------|------|-----|
| 97 | 10 Yrs & Under | 100M | Backstroke | 背泳 | 98 |
| 99 | 11 & 12 Yrs | 100M | Backstroke | 背泳 | 100 |
| 101 | 13 & 14 Yrs | 100M | Backstroke | 背泳 | 102 |
| 103 | 15 – 17 Yrs | 100M | Backstroke | 背泳 | 104 |
| 105 | 18 Yrs & Over | 100M | Backstroke | 背泳 | 106 |
| 107 | 10 Yrs & Under | 50M | Freestyle | 自由泳 | 108 |
| 109 | 11 & 12 Yrs | 50M | Freestyle | 自由泳 | 110 |
| 111 | 13 & 14 Yrs | 50M | Freestyle | 自由泳 | 112 |
| 113 | 15 – 17 Yrs | 50M | Freestyle | 自由泳 | 114 |
| 115 | 18 Yrs & Over | 50M | Freestyle | 自由泳 | 116 |
| 117 | 10 Yrs & Under | 200M | Ind. Medley | 個人四式 | 118 |
| 119 | 11 & 12 Yrs | 200M | Ind. Medley | 個人四式 | 120 |
| 121 | 13 & 14 Yrs | 200M | Ind. Medley | 個人四式 | 122 |
| 123 | 15 – 17 Yrs | 200M | Ind. Medley | 個人四式 | 124 |
| 125 | 18 Yrs & Over | 200M | Ind. Medley | 個人四式 | 126 |
| 127 | Stairstep 梯級接力 | 4 X 50M | Medley Relay | 四式接力 | 128 |

– **Lunch Break** –

| | | | | | |
|-----|----------------|---------|--------------|------|-----|
| 129 | 11 & 12 Yrs | 200M | Butterfly | 蝶泳 | 130 |
| 131 | 13 & 14 Yrs | 200M | Butterfly | 蝶泳 | 132 |
| 133 | 15 – 17 Yrs | 200M | Butterfly | 蝶泳 | 134 |
| 135 | 18 Yrs & Over | 200M | Butterfly | 蝶泳 | 136 |
| 137 | 10 Yrs & Under | 50M | Backstroke | 背泳 | 138 |
| 139 | 11 & 12 Yrs | 50M | Backstroke | 背泳 | 140 |
| 141 | 13 & 14 Yrs | 50M | Backstroke | 背泳 | 142 |
| 143 | 15 – 17 Yrs | 50M | Backstroke | 背泳 | 144 |
| 145 | 18 Yrs & Over | 50M | Backstroke | 背泳 | 146 |
| 147 | 11 & 12 Yrs | 200M | Breaststroke | 蛙泳 | 148 |
| 149 | 13 & 14 Yrs | 200M | Breaststroke | 蛙泳 | 150 |
| 151 | 15 – 17 Yrs | 200M | Breaststroke | 蛙泳 | 152 |
| 153 | 18 Yrs & Over | 200M | Breaststroke | 蛙泳 | 154 |
| 155 | 13 & 14 Yrs | 800M | Freestyle | 自由泳 | 156 |
| 157 | 15 – 17 Yrs | 800M | Freestyle | 自由泳 | 158 |
| 159 | 18 Yrs & Over | 800M | Freestyle | 自由泳 | 160 |
| 161 | Stairstep梯級接力 | 4 X 50M | Free Relay | 自由接力 | 162 |