

Programme

比賽賽程



HONG KONG AMATEUR SWIMMING ASSOCIATION

(MEMBER OF THE FEDERATION INTERNATIONALE DE NATATION)

(AFFILIATED TO THE SPORTS FEDERATION AND
OLYMPIC COMMITTEE OF HONG KONG, CHINA)

2021-22 Div.III Age Group Long Course Swimming Competition (Part 1A)

二零二一至二二年第三組長池分齡游泳比賽第一節甲部

24 April 2021 (Sat)

二零二一年四月二十四日(星期六)

Tung Chung Swimming Pool

東涌游泳池

Address: 5 Tat Tung Road, Tung Chung

地址：東涌達東路5號

Subvented by the LCSD



Hosting Clubs

Current Club Ltd

2021-2022 D3LCP1A - Entry Information (Before Re-entry)

No. of Entries by Event		
Event #	Event Name	Entries
1	Girls 13-14 200 Freestyle	3
2	Boys 13-14 200 Freestyle	4
3	Girls 15-16 200 Freestyle	2
4	Boys 15-16 200 Freestyle	2
5	Girls 13-14 100 Breaststroke	0
6	Boys 13-14 100 Breaststroke	7
7	Girls 15-16 100 Breaststroke	2
8	Boys 15-16 100 Breaststroke	3
9	Girls 8 & Under 100 Breaststroke	0
10	Boys 8 & Under 100 Breaststroke	0
11	Girls 13-14 50 Butterfly	1
12	Boys 13-14 50 Butterfly	1
13	Girls 15-16 50 Butterfly	1
14	Boys 15-16 50 Butterfly	3
15	Girls 8 & Under 50 Butterfly	0
16	Boys 8 & Under 50 Butterfly	1
17	Girls 13-14 200 Backstroke	3
18	Boys 13-14 200 Backstroke	5
19	Girls 15-16 200 Backstroke	1
20	Boys 15-16 200 Backstroke	2
21	Girls 11-12 200 Freestyle	1
22	Boys 11-12 200 Freestyle	6
23	Girls 9-10 200 Freestyle	2
24	Boys 9-10 200 Freestyle	3
25	Girls 11-12 100 Breaststroke	0
26	Boys 11-12 100 Breaststroke	2
27	Girls 9-10 100 Breaststroke	2
28	Boys 9-10 100 Breaststroke	1
29	Girls 11-12 50 Butterfly	0
30	Boys 11-12 50 Butterfly	4
31	Girls 9-10 50 Butterfly	5
32	Boys 9-10 50 Butterfly	2
33	Girls 11-12 200 Backstroke	1
34	Boys 11-12 200 Backstroke	5

Total

75

Entry information by Day		
Day / Session	No. of Entries	Total
A.M.	41	75
P.M.	34	

2021 – 2022 AGE GROUP LONG COURSE SWIMMING COMPETITION – DIVISION III (PART 1A)**2021 – 2022 第三組長池分齡游泳比賽第一節甲部**

Part 1A Date:	24 April 2021 (Saturday)	Venue:	Tung Chung Swimming Pool 東涌游泳池
Part 1A Morning Warm up:	0900 - 0945 hours	Morning Session First Event	1000 hours
Part 1A Afternoon Warm-Up	1300-1345 hours	Afternoon Session First Event	1400 hours

GIRLS 女					BOYS 男	
1	13 & 14 YRS	200M	FREESTYLE	自由泳	2	
3	15 - 16 YRS	200M	FREESTYLE	自由泳	4	
5	13 & 14 YRS	100M	BREASTSTROKE	蛙泳	6	
7	15 & 16 YRS	100M	BREASTSTROKE	蛙泳	8	
9	8 YRS & UNDER	100M	BREASTSTROKE	蛙泳	10	
11	13 & 14 YRS	50M	BUTTERFLY	蝶泳	12	
13	15 - 16 YRS	50M	BUTTERFLY	蝶泳	14	
15	8 YRS & UNDER	50M	BUTTERFLY	蝶泳	16	
17	13 & 14 YRS	200M	BACKSTROKE	背泳	18	
19	15 - 16 YRS	200M	BACKSTROKE	背泳	20	
21	11 & 12 YRS	200M	FREESTYLE	自由泳	22	
23	9 & 10 YRS	200M	FREESTYLE	自由泳	24	
25	11 & 12 YRS	100M	BREASTSTROKE	蛙泳	26	
27	9 & 10 YRS	100M	BREASTSTROKE	蛙泳	28	
29	11 & 12 YRS	50M	BUTTERFLY	蝶泳	30	
31	9 & 10 YRS	50M	BUTTERFLY	蝶泳	32	
33	11 & 12 YRS	200M	BACKSTROKE	背泳	34	

截止註冊日期 CLOSING DATE FOR REGISTRATION **12 March 2021 (1700 hours)**

截止報名日期 CLOSING DATE FOR ENTRIES: **7 April 2021 (1700 hours)**

**二零二一至二零二二年第三組長池分齡游泳比賽第一節
比賽規程**

日期/場地：	請參閱項目表。
報名條件：	<ul style="list-style-type: none"> ✧ 所有參賽者必須為游泳總會正式註冊的 2021-2022 年度分齡組泳員，並於比賽截止報名前廿一日註冊。 ✧ 泳員須達第三組標準時間及低於第二組標準時間方可參加比賽。 ✧ 首次報名參與第三組分齡游泳比賽(長池及短池)而未能提交本會舉辦或認可游泳賽事的成績證明，必須以該項的達標時間報名。
報名：	<ul style="list-style-type: none"> ✧ 未填妥及不正確的報名資料，將不獲受理，報名費概不發還。 ✧ 截止後的報名將不獲受理。 ✧ 在長池賽，泳員只可選擇一個場地作賽。 <p><u>個人項目</u></p> <ul style="list-style-type: none"> ✧ 每名泳員長池賽最多可參加三項項目，短池賽最多可參加兩項項目。 ✧ 如泳員在比賽前或比賽後被發現參加多於指定數量，本會將取消該泳員最後一項的項目或成績。 ✧ *每項費用為港幣\$15 元正。 ✧ 所有以達標時間(“QT”)報名的項目 一律為港幣\$15+港幣\$40, 即港幣\$55 元正 <p>*支票請劃線，抬頭寫 HKASA。</p>
截止報名：	報名須於比賽二十一日前辦妥。 (以泳總的決定為準)
截止註冊：	註冊須於比賽截止報名二十一日前辦妥。 (以泳總的決定為準)
項目：	請參閱項目表。所有項目不設初賽，名次以比賽成績計算。
參賽標準：	請參閱有關的達標時間表。(不達標項目每項罰款港幣 50 元正)
年齡組：	<ul style="list-style-type: none"> ✧ 年齡以比賽日計算。 <p><u>個人項目</u></p> <p>8 歲或以下、9 及 10 歲、11 及 12 歲、13 及 14 歲、15 及 16 歲 註: 長池分開甲部、乙部 年齡以同一節的首先比賽日計算</p>
棄權：	棄權須於每節開賽三十分鐘前遞交。“缺席”的罰款為每項港幣\$30 元正。
獎項：	<ul style="list-style-type: none"> ✧ 每個個人項目的首三名將獲頒發獎牌 ✧ 未達參賽標準時間的泳員將不獲發獎牌。
規則：	✧ 比賽採用國際泳聯規則及泳總游泳競賽規程。
防疫措施指引：	<ul style="list-style-type: none"> ✧ 所有參加者必須遵守防疫措施指引。請參考附件 ✧ 請預先填妥健康申報表(香港業餘游泳總會) 於比賽當日入場時遞交。申報表可於以下網址下載： https://www.hkasa.org.hk/zh-hant/viewfile/?file=dXBsb2FkL3RlbXBsYXRILzIxMjkvcGRmX2ZpbGVzXzIvNjA3NGZmNzMwNTkyNi5wZGY= ✧ 如沒有【安心出行】，請預先填妥個人資料表格 (康文署)。表格可於以下網址下 https://www.hkasa.org.hk/zh-hant/viewfile/?file=dXBsb2FkL3RlbXBsYXRILzIxMjkvcGRmX2ZpbGVzXzIvNjA3NTRkYTE1Zjc4MC5wZGY=
上訴：	<ul style="list-style-type: none"> ✧ 任何上訴須以書面提出，並須在該項目比賽成績公佈後三十分鐘內，連同上訴費用港幣\$300 元遞交予總裁判。 ✧ 上訴會交由該比賽之上訴委員會作決定。 ✧ 若上訴被駁回，已繳費用概不發還。

Protest

- ❖ Any protest shall be made in writing to the referee within 30 minutes following the result announcement of the respective event with protest fee of **HK\$300**.
- ❖ Protest will be forward to the Appeal Board of such competition for decision.
- ❖ If the protest is rejected, the fee paid will be forfeited to the HKASA.



HONG KONG AMATEUR SWIMMING ASSOCIATION

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第三組長池分齡游泳比賽第一節甲部 (東涌游泳池) - 防疫措施指引 及 比賽安排

Division 3 Long Course Part 1 A (Tung Chung Swimming Pool) – Infection Control Measure Guidelines and Competition Arrangement

由於比賽受人數限制，每位運動員只可有 **1** 人陪同入場。而屬會教練人數限制如下：

1 swimmer could only be accompanied by a guest due to limitation in number of participants. The limit of number of club coaches is listed below:

Number of Swimmers	Maximum Number of Coaches
1-4 swimmers	1 coach
5-8 swimmers	2 coaches
9 or above	3 coaches

防疫措施指引 及比賽安排 / Infection Control Measure Guidelines & Competition arrangement:

1. 所有泳員必須於泳池門口向泳總職員登記及遞交健康申報表。

All swimmers must register with ASA staffs and return the Health Declaration Form before entering the Pool.

為避免阻塞入口通道，請預先填妥健康申報表(香港業餘游泳總會)於比賽當日入場時遞交。申報表可於以下網址下載：

To avoid blockage at the Pool entrance, please complete Health Declaration form (HKASA) in advance and submit upon arrival at Pool entrance on event day. Health Declaration form could be downloaded via:
<https://www.hkasa.org.hk/zhant/viewfile/?file=dXBsb2FkL3RlbXBsYXRILzIxMjMjZjZpbGVzXzIvNjA3NGZmNzNmNTkyNi5wZGY=>

如沒有【安心出行】，請預先填妥個人資料表格(康文署)。表格可於以下網址下載

Please complete personal details form (LCSD) in advance. Form could be downloaded via
<https://www.hkasa.org.hk/zh-hant/viewfile/?file=dXBsb2FkL3RlbXBsYXRILzIxMjMjZjZpbGVzXzIvNjA3NTRkYTE1Zjc4MC5wZGY=>

**only applicable for people who do not have "Leave Home Safe" app.*



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2.

游泳池入口開放時間 / Entrance Opening:	泳員可以於上午 8:45 分開始入場 The swimming pool entrance open at 8:45am.
熱身時間 / Warm Up :	09:00 am – 09:45 am
比賽時間 / Competition Start:	10:00 am – 12:00 noon~ 比賽完結後一小時內，所有人必須離開游泳池。 Everyone must leave the swimming pool within 1 hour after competition completed.

3. 游泳池看台座位不可以連續超過四張座椅被佔用。

No more than four consecutive seats can be occupied in the same row at the spectator stand.

4. 所有工作人員、運動員及訪客必需全時間佩戴口罩。運動員於泳池比賽線道前方可以除下口罩作準備，請泳員自備口罩套。完成賽事後離開比賽池需佩戴口罩後再返回看台。

Officials, swimmers and guest must wear a mask properly at all times. Swimmers can only take off their masks for preparation at racing lanes. Please all swimmers prepare their own mask cover. Swimmers have to put on the masks again when they leave the competition pool.

5. 熱身時： - 每條線道不可超過 **8** 名泳員。

Warm up: - No more than 8 swimmers are allowed per swimming lane

6. 如入場後中途需要離開並再返回泳池，請於泳池登記處向泳總職員領取入場證，返回泳池時必須交還。建議泳員完成整個比賽後才離開泳池範圍。

Anyone who wishes to leave the swimming pool in between competition period, please obtain a re-entry permit with ASA staffs at the registration counter and return the permit upon return. Strongly recommend swimmers leave the swimming pool after the competition completed.

熱身安全守則

運動員及教練必須於所有本會舉辦之游泳比賽中，遵守以下熱身安全守則：

普通熱身安全守則

由熱身時間開始至熱身完結前十五分鐘期間，以下普通熱身安全守則將會執行：

- 1) 所有泳道只開放用作一般熱身之用
- 2) 泳員只能以腳入水方式落水。
- 3) 泳員只能以循環游泳方式熱身，不可以從跳台或泳池邊起跳
- 4) 泳員於熱身後須儘快離開泳道以讓其他泳員能有充足時間進行熱身。泳員更不可於泳池內逗留或嬉戲
- 5) 泳員須於起點及終點兩旁離開泳池，當泳員穿越泳道時應於泳線下越過並應儘速離開水面，不得潛泳

衝刺及起跳熱身安全守則

由熱身完結前十五分鐘至熱身完結期間，以下衝刺及起跳熱身安全守則將會執行：

- 1) 一般情況下，最外圍四條泳道(左右各兩)將開放用作起跳及衝刺練習。其他泳道仍只用作普通熱身之用。以一個標準泳池作舉例，泳道 0,1 及 8,9 將開放予泳員用作衝刺及起跳練習。
- 2) 泳員必須於練習完畢後儘速離開
- 3) 長池安排: 衝刺泳道將劃分為兩部份(五十米池)，由起點起計二十五米及由終點起計十五米
- 4) 短池安排: 衝刺泳道用作予泳員於指定時段及泳道從跳台或水中起跳。泳員只能以單向方式前進。泳員必須於教練監察下作衝刺及起跳練習
- 5) 進行背泳練習之泳員須留意沒有其他泳員於跳台上同時準備起跳。如有背泳泳員準備起跳，等候中泳員不應踏上跳台

除以上守則以外，泳員須留意及遵守大會或總裁判現場有關熱身時段安排之宣佈

教練應注意以下事項:

只有泳總註冊教練方能於熱身時間期間在池面逗留，並須佩戴泳總註冊教練證於當眼處。總裁判及泳總職員將於熱身期間進行檢查，未能出示泳總註冊教練證之人仕將不能於池面逗留並須立即離開。**未合符註冊資格的教練可申請進入池面許可證。**

- 1) 佩戴泳總註冊教練證於當眼處
- 2) 指導泳員遵守安全指引及熱身注意事項
- 3) 於泳員熱身期間積極監察其安全及活動
- 4) 盡量與泳員保持良好溝通

WARM UP RULES

The following general pool procedures for the **MAIN COMPETITION POOL** must be observed throughout the warm up sessions in every HKASA swimming competition:

GENERAL Warm-up procedure

From the beginning to 15 minutes prior to the end of warm up session, the following warm up arrangements will be implemented,

- 1) All lanes can be used for general warm-up.
- 2) Swimmers must enter the pool feet first. NO DIVING is allowed
- 3) Lap Swimming only.
- 4) Swimmers are required to exit the pool on completion of their warm-up to allow other swimmers to have adequate warm-up time. The pool is not for visiting or playing during the warm-up session.
- 5) Swimmers are recommended to cross lanes at the side of Starting or Turning End. They should swim under water when crossing the lane and should break to the surface as soon as possible.

Sprint and Start practice Warm-up procedure

From 15 minutes prior to the end of warm up session, the following warm up arrangements will be implemented,

- 1) In general, the outermost lane(s) should be used for race starts and sprint purpose, the remaining lanes for general warm-up. For instance, for a standard pool, lanes 0,1 and 8, 9 would be reserved as Sprints Lanes for swimmers to have race starts and sprint practice.
- 2) Swimmers must leave the sprint lanes immediately after practice.
- 3) In 50m pool, sprints lanes will be split into two ends in standard 50m pool, 25m from the Starting end and 15m from the turning end of the pool.
- 4) In 25m pool, sprint lanes are for diving from blocks or for backstroke starts in specified lanes at designated times. One way only! Dive sprints may only be done under the direct supervision of the coach.
- 5) Backstrokers should ensure that they are not starting at the same time while a swimmer is on the block. Swimmers shall not step up on the blocks if there is a backstroker waiting to start.

In addition to the procedures above please be aware of announcements to determine lane usage throughout the meet, as usage may vary at the discretion of the Referee.

Coaches are responsible for the following:

Only Registered Coaches of HKASA are allowed to stay at the pool deck during warm-up time. Registered Coaches are required to wear the Coach Registration Card conspicuously when staying at the pool deck during warm up session. They should process and present the Coach Registration Card to the Referee and designated HKASA staff thereat for validation. Those who fail to process and present the Coach Registration Card will **not** be permitted to stay at the pool deck. Pool deck entry application is available for coaches who are not eligible to register with HKASA.

- 1) Wearing the Coach Registration Card conspicuously
- 2) Instructing swimmers regarding safety guidelines and warm-up procedures.
- 3) Actively supervising their swimmers throughout the warm-up sessions.
- 4) Maintaining as much contact with their swimmers as possible.

2021-2022 Div.I Age Group Long Course & Short Course Swimming Competitions Qualifying Times

2021-2022 第一組分齡長池及短池游泳比賽達標時間

		10 & Under 十歲或以下		11 & 12 十一歲及十二歲		13 & 14 十三及十四歲		15 & Over 十五歲或以上	
		Girls 女	Boys 男	Girls 女	Boys 男	Girls 女	Boys 男	Girls 女	Boys 男
50M 米	Freestyle 捷泳	0:34.60	0:33.42	0:31.07	0:29.66	0:30.10	0:27.38	0:30.10	0:26.61
100M 米	Freestyle 捷泳	1:16.06	1:13.84	1:08.09	1:05.90	1:05.44	1:00.41	1:05.44	0:58.05
200M 米	Freestyle 捷泳	2:51.19	2:42.40	2:27.26	2:24.51	2:26.36	2:14.90	2:25.97	2:10.36
400M 米	Freestyle 捷泳	~	~	5:08.80	4:59.42	5:06.94	4:39.74	5:06.94	4:39.74
800M 米	Freestyle 捷泳	~	~	~	~	10:21.45	9:46.58	10:13.55	9:39.10
1500M 米	Freestyle 捷泳	~	~	~	~	20:01.97	19:03.56	19:39.46	18:42.33
50M 米	Backstroke 背泳	0:41.54	0:39.59	0:36.87	0:36.67	0:36.27	0:33.47	0:36.25	0:32.24
100M 米	Backstroke 背泳	1:28.55	1:28.38	1:20.26	1:18.44	1:17.04	1:12.33	1:17.02	1:09.76
200M 米	Backstroke 背泳	~	~	2:57.55	2:49.19	2:56.37	2:40.72	2:51.67	2:38.55
50M 米	Breaststroke 蛙泳	0:45.40	0:43.27	0:40.49	0:39.86	0:40.05	0:35.43	0:40.05	0:34.89
100M 米	Breaststroke 蛙泳	1:41.46	1:39.55	1:31.32	1:26.36	1:29.70	1:19.08	1:29.67	1:18.00
200M 米	Breaststroke 蛙泳	~	~	3:11.50	3:07.77	3:08.60	2:53.45	3:08.60	2:53.11
50M 米	Butterfly 蝶泳	0:39.17	0:38.04	0:33.83	0:32.91	0:33.50	0:30.21	0:33.49	0:28.89
100M 米	Butterfly 蝶泳	1:41.94	1:34.29	1:22.06	1:18.96	1:18.29	1:09.43	1:17.34	1:05.52
200M 米	Butterfly 蝶泳	~	~	3:06.20	3:00.24	2:56.44	2:47.13	2:43.38	2:35.01
100M 米	Ind. Medley 個人四式	1:26.00	1:24.99	1:18.40	1:16.46	1:15.96	1:08.61	1:14.48	1:05.72
200M 米	Ind. Medley 個人四式	3:11.48	3:08.44	2:52.84	2:48.63	2:47.14	2:34.69	2:46.93	2:28.16
400M 米	Ind. Medley 個人四式	~	~	~	~	6:02.68	5:36.37	6:02.68	5:36.12
		Girls 女	Boys 男						
4x200M	Freestyle Relay 自由接力	9:53.39	9:33.33						
4x100M	Medley Relay 四式接力	4:57.17	4:37.20						
4x100M	Freestyle Relay 自由接力	4:33.07	4:18.40						

2021-2022 Div.II Age Group Long Course & Short Course Swimming Competitions Qualifying Times

2021- 2022 第二組分齡長池及短池游泳比賽達標時間

		8 & Under		9 & 10		11 & 12		13 & 14		15 & 16	
		八歲或以下		九歲及十歲		十一及十二歲		十三及十四歲		十五及十六歲	
		Girls 女	Boys 男	Girls 女	Boys 男	Girls 女	Boys 男	Girls 女	Boys 男	Girls 女	Boys 男
50M 米	Freestyle 捷泳	0:45.57	0:41.84	0:36.43	0:35.80	0:33.41	0:32.35	0:33.24	0:29.81	0:32.76	0:28.47
100M 米	Freestyle 捷泳	1:36.49	1:33.07	1:22.52	1:20.74	1:14.84	1:11.65	1:14.62	1:05.83	1:14.46	1:05.62
200M 米	Freestyle 捷泳	~	~	3:02.50	3:00.98	2:56.19	2:53.23	2:56.19	2:47.16	2:56.19	2:47.16
50M 米	Backstroke 背泳	0:54.40	0:53.67	0:44.62	0:42.63	0:41.42	0:40.13	0:40.21	0:37.74	0:40.10	0:37.71
100M 米	Backstroke 背泳	1:53.44	1:51.42	1:41.42	1:36.68	1:32.10	1:25.94	1:31.40	1:23.49	1:28.63	1:23.26
200M 米	Backstroke 背泳	~	~	~	~	3:56.92	3:46.34	3:51.67	3:40.67	3:51.67	3:40.67
50M 米	Breaststroke 蛙泳	0:58.16	0:58.03	0:51.51	0:48.55	0:46.47	0:43.36	0:45.85	0:39.51	0:43.97	0:38.95
100M 米	Breaststroke 蛙泳	2:03.84	2:03.49	1:53.66	1:46.77	1:43.02	1:39.42	1:42.98	1:36.27	1:40.79	1:29.92
200M 米	Breaststroke 蛙泳	~	~	~	~	3:40.75	3:29.28	3:40.75	3:16.01	3:40.75	3:16.01
50M 米	Butterfly 蝶泳	0:54.04	0:54.04	0:48.43	0:43.69	0:41.24	0:38.50	0:41.24	0:37.74	0:40.31	0:37.74
100M 米	Butterfly 蝶泳	2:05.73	1:51.60	1:54.52	1:45.37	1:35.86	1:33.64	1:29.98	1:21.25	1:29.98	1:17.72
100M 米	Ind. Medley 個人四式	1:50.00	1:45.00	1:33.63	1:30.94	1:23.86	1:19.95	1:23.27	1:13.56	1:22.51	1:12.12
200M 米	Ind. Medley 個人四式	~	~	3:32.02	3:30.57	3:06.59	2:58.71	3:06.46	2:49.29	3:06.46	2:49.29

2021-2022 Div.III Age Group Long Course & Short Course Swimming Competitions Qualifying Times

2021 - 2022 第三組分齡長池及短池游泳比賽達標時間

		8 & Under		9 & 10		11 & 12		13 & 14		15 & 16	
		八歲或以下		九歲及十歲		十一及十二歲		十三及十四歲		十五及十六歲	
		Girls 女	Boys 男	Girls 女	Boys 男	Girls 女	Boys 男	Girls 女	Boys 男	Girls 女	Boys 男
50M 米	Freestyle 捷泳	0:48.41	0:42.29	0:37.60	0:35.92	0:35.93	0:33.54	0:35.93	0:32.42	0:35.93	0:32.31
100M 米	Freestyle 捷泳	1:45.47	1:36.86	1:26.96	1:21.50	1:23.11	1:16.72	1:22.56	1:15.45	1:20.54	1:15.45
200M 米	Freestyle 捷泳	~	~	3:14.43	3:01.80	3:14.43	3:01.80	3:14.43	3:01.80	3:14.43	3:01.80
50M 米	Backstroke 背泳	0:57.66	0:54.48	0:47.32	0:45.62	0:47.32	0:44.84	0:46.35	0:44.57	0:45.61	0:44.57
100M 米	Backstroke 背泳	2:04.12	1:55.72	1:46.11	1:40.68	1:45.78	1:38.39	1:41.76	1:38.01	1:36.87	1:33.19
200M 米	Backstroke 背泳	~	~	~	~	4:10.00	4:06.83	4:10.00	4:06.83	4:10.00	4:06.83
50M 米	Breaststroke 蛙泳	1:01.58	0:59.42	0:53.13	0:50.13	0:51.87	0:47.86	0:51.59	0:44.78	0:47.17	0:44.70
100M 米	Breaststroke 蛙泳	2:20.56	2:05.97	1:56.30	1:53.11	1:55.25	1:46.59	1:54.13	1:46.12	1:47.93	1:40.44
200M 米	Breaststroke 蛙泳	~	~	~	~	4:10.56	3:31.40	4:10.56	3:31.40	4:10.56	3:31.40
50M 米	Butterfly 蝶泳	1:07.46	1:04.42	0:52.67	0:45.88	0:48.29	0:42.66	0:48.29	0:42.62	0:47.24	0:42.62
100M 米	Butterfly 蝶泳	~	~	2:07.55	1:48.90	1:46.41	1:44.91	1:42.04	1:33.63	1:32.07	1:28.09
100M 米	Ind. Medley 個人四式	1:51.52	1:46.58	1:33.87	1:31.14	1:26.85	1:20.39	1:26.85	1:20.35	1:26.85	1:18.85
200M 米	Ind. Medley 個人四式	~	~	3:44.04	3:36.62	3:27.79	3:13.92	3:24.78	3:12.17	3:24.78	3:10.02

2021-2022 Div.III Age Group Long Course Swimming Competition (Part 1A)
Reject List

No.	Name	Event	Club	Remarks
1	Hu Ching Ho	2	SFC	Have swimmming record faster than D2QT
2	Yim Wai Shing	4	SFC	Have swimmming record faster than D2QT
3	Yim Wai Shing	8	SFC	Have swimmming record faster than D2QT
4	Lau Yu Sze	1	SFC	Have swimmming record faster than D2QT
5	Leung Chung Hang	1	SFC	Have swimmming record faster than D2QT
6	Leung Chung Hang	11	SFC	Have swimmming record faster than D2QT
7	Cheung Ka Ho	4,8	SYS	No Reg
8	Chang Wai Yin	22	WTS	Entry time faster than D2QT
9	Lee Cynthia Shin Kiu	23	WTS	Entry time faster than D2QT

**2021-22 Div.3 Age Group LC Swimming Comp. P1A - 24-Apr-21
Psych Sheet**

Event 1 Girls 13-14 200 LC Meter Freestyle2:26.36 **D1 D1 Qualifying Time**2:56.19 **D2 D2 Qualifying Time**3:14.43 **QT Qualifying Time****Meet Qualifying: 2:56.20 - 3:14.43**

	ID#	Name	Age	Team	Seed Time
1	37035 IAZ	Ip, Ka Wei Katherine	14	Happy Valley	3:14.43 QT
2	39604 IAZ	Leung, Sum	13	Happy Valley	3:14.43 QT
3	36150 IAZ	Wong, Yin Hei Hayley	13	Happy Valley	3:14.43 QT

Event 2 Boys 13-14 200 LC Meter Freestyle2:14.90 **D1 D1 Qualifying Time**2:47.16 **D2 D2 Qualifying Time**3:01.80 **QT Qualifying Time****Meet Qualifying: 2:47.17 - 3:01.80**

	ID#	Name	Age	Team	Seed Time
1	36430 P	Chu, Tsun Ho	13	Sword Fish Club	3:01.80 QT
2	36717 P	Wong, Ho Chun	14	Sword Fish Club	3:01.80 QT
3	28131 #B	Ching, Lok Hei Sergius	14	Sun Yip	3:01.80 QT
4	35390 IAO	Lam, Marcus Yin Jit	13	Dik Wing	3:01.80 QT

Event 3 Girls 15-16 200 LC Meter Freestyle2:25.97 **D1 D1 Qualifying Time**2:56.19 **D2 D2 Qualifying Time**3:14.43 **QT Qualifying Time****Meet Qualifying: 2:56.20 - 3:14.43**

	ID#	Name	Age	Team	Seed Time
1	27403 IAZ	Yuen, Hiu Tung Alyssa	16	Lai Tsun	3:14.43 QT
2	28897 IAZ	Loo, Tsz Ki Cherrie	16	Dik Wing	3:14.43 QT

Event 4 Boys 15-16 200 LC Meter Freestyle2:10.36 **D1 D1 Qualifying Time**2:47.16 **D2 D2 Qualifying Time**3:01.80 **QT Qualifying Time****Meet Qualifying: 2:47.17 - 3:01.80**

	ID#	Name	Age	Team	Seed Time
1	40672 #IAX	Ng, Chi Cheong	15	Sun Yip	3:01.80 QT
2	27121 #IAZ	Tong, King Hey Ethan	15	Sun Yip	3:01.80 QT

Event 6 Boys 13-14 100 LC Meter Breaststroke1:19.08 **D1 D1 Qualifying Time**1:36.27 **D2 D2 Qualifying Time**1:46.12 **QT Qualifying Time****Meet Qualifying: 1:36.28 - 1:46.12**

	ID#	Name	Age	Team	Seed Time
1	39568 IAZ	Cheung, Yu Curtis	14	Sun Yip	1:38.97 QT
2	33370 IAZ	Hui, Ching Ho	14	Sword Fish Club	1:46.12 QT
3	28131 #B	Ching, Lok Hei Sergius	14	Sun Yip	1:46.12 QT
4	29884 B	Kwong, Jacob Yat Nam	14	Win Tin	1:46.12 QT
5	34756 IAZ	Hofstede, Adam Marcel	14	Dik Wing	1:46.12 QT
6	42047 IAZ	Larsen, Axel Andomang	14	Dik Wing	1:46.12 QT
7	36159 #P	Vaccari, Tommaso	14	Dik Wing	1:46.12 QT

**2021-22 Div.3 Age Group LC Swimming Comp. P1A - 24-Apr-21
Psych Sheet**

Event 7 Girls 15-16 100 LC Meter Breaststroke

1:29.67 D1 D1 Qualifying Time
1:40.79 D2 D2 Qualifying Time
1:47.93 QT Qualifying Time

Meet Qualifying: 1:40.80 - 1:47.93

	ID#	Name	Age	Team	Seed Time
1	27403 IAZ	Yuen, Hiu Tung Alyssa	16	Lai Tsun	1:47.93 QT
2	28897 IAZ	Loo, Tsz Ki Cherrie	16	Dik Wing	1:47.93 QT

Event 8 Boys 15-16 100 LC Meter Breaststroke

1:18.00 D1 D1 Qualifying Time
1:29.92 D2 D2 Qualifying Time
1:40.44 QT Qualifying Time

Meet Qualifying: 1:29.93 - 1:40.44

	ID#	Name	Age	Team	Seed Time
1	32268 IAZ	Leung, Pui Lok	15	Lai Tsun	1:40.44 QT
2	35894 B	Chui, Ka Yeung	15	Win Tin	1:40.44 QT
3	31179 IAZ	Lau, Tsz Hong	16	Dik Wing	1:40.44 QT

Event 11 Girls 13-14 50 LC Meter Butterfly

33.50 D1 D1 Qualifying Time
41.24 D2 D2 Qualifying Time
48.29 QT Qualifying Time

Meet Qualifying: 41.25 - 48.29

	ID#	Name	Age	Team	Seed Time
1	39569 B	Ng, Man Ka	14	Happy Valley	48.29 QT

Event 12 Boys 13-14 50 LC Meter Butterfly

30.21 D1 D1 Qualifying Time
37.74 D2 D2 Qualifying Time
42.62 QT Qualifying Time

Meet Qualifying: 37.75 - 42.62

	ID#	Name	Age	Team	Seed Time
1	28131 #B	Ching, Lok Hei Sergius	14	Sun Yip	42.62 QT

Event 13 Girls 15-16 50 LC Meter Butterfly

33.49 D1 D1 Qualifying Time
40.31 D2 D2 Qualifying Time
47.24 QT Qualifying Time

Meet Qualifying: 40.32 - 47.24

	ID#	Name	Age	Team	Seed Time
1	29519 IAZ	Hung, Lok Ching	16	Happy Valley	47.24 QT

Event 14 Boys 15-16 50 LC Meter Butterfly

28.89 D1 D1 Qualifying Time
37.74 D2 D2 Qualifying Time
42.62 QT Qualifying Time

Meet Qualifying: 37.75 - 42.62

	ID#	Name	Age	Team	Seed Time
1	40672 #IAX	Ng, Chi Cheong	15	Sun Yip	42.62 QT
2	35894 B	Chui, Ka Yeung	15	Win Tin	42.62 QT
3	41122 ICX	Ling, Haozhi	15	Dik Wing	42.62 QT

**2021-22 Div.3 Age Group LC Swimming Comp. P1A - 24-Apr-21
Psych Sheet**

Event 16 Boys 8 & Under 50 LC Meter Butterfly

38.04 D1 D1 Qualifying Time

54.04 D2 D2 Qualifying Time

1:04.42 QT Qualifying Time

Meet Qualifying: 54.05 - 1:04.42

ID#	Name	Age	Team	Seed Time
1	44319 #IAZ	Lo, Yat Long	Matthew 8 Sun Yip	1:04.42 QT

Event 17 Girls 13-14 200 LC Meter Backstroke

2:56.37 D1 D1 Qualifying Time

3:51.67 D2 D2 Qualifying Time

4:10.00 QT Qualifying Time

Meet Qualifying: 3:51.68 - 4:10.00

ID#	Name	Age	Team	Seed Time
1	31657 IAZ	Chan, Lok Mei	13 Happy Valley	4:10.00 QT
2	38283 B	Leung, Yat Sum	13 Happy Valley	4:10.00 QT
3	31707 B	Tung, Sze Mang	13 Happy Valley	4:10.00 QT

Event 18 Boys 13-14 200 LC Meter Backstroke

2:40.72 D1 D1 Qualifying Time

3:40.67 D2 D2 Qualifying Time

4:06.83 QT Qualifying Time

Meet Qualifying: 3:40.68 - 4:06.83

ID#	Name	Age	Team	Seed Time
1	39568 IAZ	Cheung, Yu Curtis	14 Sun Yip	4:06.83 QT
2	29884 B	Kwong, Jacob Yat Nam	14 Win Tin	4:06.83 QT
3	35390 IAO	Lam, Marcus Yin Jit	13 Dik Wing	4:06.83 QT
4	42047 IAZ	Larsen, Axel Andomang	14 Dik Wing	4:06.83 QT
5	36159 #P	Vaccari, Tommaso	14 Dik Wing	4:06.83 QT

Event 19 Girls 15-16 200 LC Meter Backstroke

2:51.67 D1 D1 Qualifying Time

3:51.67 D2 D2 Qualifying Time

4:10.00 QT Qualifying Time

Meet Qualifying: 3:51.68 - 4:10.00

ID#	Name	Age	Team	Seed Time
1	29519 IAZ	Hung, Lok Ching	16 Happy Valley	4:10.00 QT

Event 20 Boys 15-16 200 LC Meter Backstroke

2:38.55 D1 D1 Qualifying Time

3:40.67 D2 D2 Qualifying Time

4:06.83 QT Qualifying Time

Meet Qualifying: 3:40.68 - 4:06.83

ID#	Name	Age	Team	Seed Time
1	27121 #IAZ	Tong, King Hey	Ethan 15 Sun Yip	4:06.83 QT
2	31179 IAZ	Lau, Tsz Hong	16 Dik Wing	4:06.83 QT

Event 21 Girls 11-12 200 LC Meter Freestyle

2:27.26 D1 D1 Qualifying Time

2:56.19 D2 D2 Qualifying Time

3:14.43 QT Qualifying Time

Meet Qualifying: 2:56.20 - 3:14.43

ID#	Name	Age	Team	Seed Time
1	31684 B	Ching, Wan Yui	Theodora 12 Happy Valley	3:14.43 QT

2021-22 Div.3 Age Group LC Swimming Comp. P1A - 24-Apr-21

Psych Sheet

Event 22 Boys 11-12 200 LC Meter Freestyle

2:24.51 D1 D1 Qualifying Time

2:53.23 D2 D2 Qualifying Time

3:01.80 QT Qualifying Time

Meet Qualifying: 2:53.24 - 3:01.80

ID#	Name	Age	Team	Seed Time
1	44335 B	Cheung, Chun Wang	11 Sea Lion	3:01.80 QT
2	41422 B	Yick, Sum Kiu	11 Sea Lion	3:01.80 QT
3	39574 #B	Lau, Yi Fung	11 Sun Yip	3:01.80 QT
4	34145 IAO	Ng, Anson	12 Sun Yip	3:01.80 QT
5	40671 #IAZ	Zhai, Ka Chun	12 Sun Yip	3:01.80 QT
6	35931 B	Lam, Marcus Pak Hei	11 Win Tin	3:01.80 QT

Event 23 Girls 9-10 200 LC Meter Freestyle

2:51.19 D1 D1 Qualifying Time

3:02.50 D2 D2 Qualifying Time

3:14.43 QT Qualifying Time

Meet Qualifying: 3:02.51 - 3:14.43

ID#	Name	Age	Team	Seed Time
1	39575 #B	Chan, Shawn	10 Happy Valley	3:14.43 QT
2	41420 B	Wong, Ka Ying	10 Sea Lion	3:14.43 QT

Event 24 Boys 9-10 200 LC Meter Freestyle

2:42.40 D1 D1 Qualifying Time

3:00.98 D2 D2 Qualifying Time

3:01.80 QT Qualifying Time

Meet Qualifying: 3:00.99 - 3:01.80

ID#	Name	Age	Team	Seed Time
1	44337 B	Huen, Kin Sing	9 Sea Lion	3:01.80 QT
2	39576 #B	Chan, Pak Yu	10 Sun Yip	3:01.80 QT
3	45911 IAZ	Chan, Tsz Hong	10 Dik Wing	3:01.80 QT

Event 26 Boys 11-12 100 LC Meter Breaststroke

1:26.36 D1 D1 Qualifying Time

1:39.42 D2 D2 Qualifying Time

1:46.59 QT Qualifying Time

Meet Qualifying: 1:39.43 - 1:46.59

ID#	Name	Age	Team	Seed Time
1	39573 B	Lee, Chak Fung Jaiden	11 Sun Yip	1:41.24 QT
2	36157 IAZ	Loo, Tsz Chung Berry	12 Dik Wing	1:46.59 QT

Event 27 Girls 9-10 100 LC Meter Breaststroke

1:41.46 D1 D1 Qualifying Time

1:53.66 D2 D2 Qualifying Time

1:56.30 QT Qualifying Time

Meet Qualifying: 1:53.67 - 1:56.30

ID#	Name	Age	Team	Seed Time
1	39575 #B	Chan, Shawn	10 Happy Valley	1:56.30 QT
2	41421 IAZ	Leung, Wing Tung	10 Sea Lion	1:56.30 QT

Event 28 Boys 9-10 100 LC Meter Breaststroke

1:39.55 D1 D1 Qualifying Time

1:46.77 D2 D2 Qualifying Time

1:53.11 QT Qualifying Time

Meet Qualifying: 1:46.78 - 1:53.11

ID#	Name	Age	Team	Seed Time
1	39576 #B	Chan, Pak Yu	10 Sun Yip	1:53.11 QT

2021-22 Div.3 Age Group LC Swimming Comp. P1A - 24-Apr-21

Psych Sheet

Event 30 Boys 11-12 50 LC Meter Butterfly

32.91 D1 D1 Qualifying Time

38.50 D2 D2 Qualifying Time

42.66 QT Qualifying Time

Meet Qualifying: 38.51 - 42.66

	ID#	Name	Age	Team	Seed Time
1	42296 B	Chang, Wai Yin	11	Win Tin	39.43 QT
2	44335 B	Cheung, Chun Wang	11	Sea Lion	42.66 QT
3	40671 #IAZ	Zhai, Ka Chun	12	Sun Yip	42.66 QT
4	45247 IAZ	Zhang, Tsz Ngong	12	Dik Wing	42.66 QT

Event 31 Girls 9-10 50 LC Meter Butterfly

39.17 D1 D1 Qualifying Time

48.43 D2 D2 Qualifying Time

52.67 QT Qualifying Time

Meet Qualifying: 48.44 - 52.67

	ID#	Name	Age	Team	Seed Time
1	41421 IAZ	Leung, Wing Tung	10	Sea Lion	52.67 QT
2	45605 IAZ	Siu, Man Wing	9	Sea Lion	52.67 QT
3	45607 IAZN	Siu, Man Yan	10	Sea Lion	52.67 QT
4	41412 B	Wong, Wan Yui	10	Sea Lion	52.67 QT
5	42048 IAZ	Lee, Cynthia Shin Kiu	10	Win Tin	52.67 QT

Event 32 Boys 9-10 50 LC Meter Butterfly

38.04 D1 D1 Qualifying Time

43.69 D2 D2 Qualifying Time

45.88 QT Qualifying Time

Meet Qualifying: 43.70 - 45.88

	ID#	Name	Age	Team	Seed Time
1	39576 #B	Chan, Pak Yu	10	Sun Yip	44.04 QT
2	44337 B	Huen, Kin Sing	9	Sea Lion	45.88 QT

Event 33 Girls 11-12 200 LC Meter Backstroke

2:57.55 D1 D1 Qualifying Time

3:56.92 D2 D2 Qualifying Time

4:10.00 QT Qualifying Time

Meet Qualifying: 3:56.93 - 4:10.00

	ID#	Name	Age	Team	Seed Time
1	31684 B	Ching, Wan Yui Theodora	12	Happy Valley	4:10.00 QT

Event 34 Boys 11-12 200 LC Meter Backstroke

2:49.19 D1 D1 Qualifying Time

3:46.34 D2 D2 Qualifying Time

4:06.83 QT Qualifying Time

Meet Qualifying: 3:46.35 - 4:06.83

	ID#	Name	Age	Team	Seed Time
1	41422 B	Yick, Sum Kiu	11	Sea Lion	4:06.83 QT
2	39571 IAZ	Cheung, Chi Daniel	12	Sun Yip	4:06.83 QT
3	39573 B	Lee, Chak Fung Jaiden	11	Sun Yip	4:06.83 QT
4	34145 IAO	Ng, Anson	12	Sun Yip	4:06.83 QT
5	35931 B	Lam, Marcus Pak Hei	11	Win Tin	4:06.83 QT