

Hong Kong Long Course Swimming Time Trial IV
香港長池游泳計時賽 IV

Date : 20th June 2021
日期: 2021年6月20日
Morning Warm Up : 0800-0845 Hrs
上午熱身
Afternoon Warm Up : 1400 - 1445 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 : 1500 Hrs
下午比賽:

		Start Time	Women 女		OQT / "A" Time	OQT / "A" Time + 1%	OST / "B" Time	OST / "B" Time + 1%	W-A	W-B	Men 男
AM		0900 hours		Open 200M FREESTYLE	1:47.02	1:48.09	1:50.23	1:51.33	1:47.06	1:50.81	1
		0910 hours	2	Open 100M FREESTYLE	54.38	54.92	56.01	56.57	54.25	56.15	
		0920 hours		Open 100M BUTTERFLY	51.96	52.48	53.52	54.05	51.96	53.78	3
		0930 hours	4	Open 100M BACKSTROKE	1:00.25	1:00.85	1:02.06	1:02.68	1:00.59	1:02.71	
		0940 hours		Open 50M FREESTYLE	22.01	22.23	22.67	22.89	22.18	22.96	5
		0950 hours	6	Open 100M BREASTSTROKE	1:07.07	1:07.74	1:09.08	1:09.77	1:07.43	1:09.79	
		1000 hours		Open 100M BREASTSTROKE	59.93	1:00.53	1:01.73	1:02.35	59.75	1:01.84	7
		1010 hours	8	Open 100M BUTTERFLY	57.92	58.49	59.66	1:00.26	58.33	1:00.37	
		1020 hours		Open 100M BACKSTROKE	53.85	54.38	55.47	56.02	54.03	55.92	9
		1030 hours	10	Open 400M FREESTYLE	4:07.90	4:10.38	4:15.34	4:17.89	4:10.57	4:19.34	
		1040 hours		Open 400M INDIVIDUAL MEDLEY	4:15.84	4:18.40	4:21.46	4:24.07	4:17.48	4:26.49	11
		1050 hours	12	Open 200M INDIVIDUAL MEDLEY	2:12.56	2:13.89	2:16.54	2:17.91	2:12.98	2:17.63	
*2 nd attempt OST/B + 1% swimmer											
Break											
		1500 hours		Open 200M BREASTSTROKE	2:10.35	2:11.65	2:14.26	2:15.60	2:10.32	2:14.88	13
PM		1510 hours	14	Open 200M FREESTYLE	1:57.28	1:58.45	2:00.80	2:02.01	1:58.66	2:02.81	
		1520 hours		Open 100M FREESTYLE	48.57	49.05	50.03	50.53	48.77	50.48	15
		1530 hours	16	Open 50M FREESTYLE	24.77	25.01	25.51	25.76	25.04	25.92	
		1540 hours		Open 200M INDIVIDUAL MEDLEY	1:59.67	2:00.87	2:03.26	2:04.49	1:59.76	2:03.95	17
		1550 hours	18	Open 200M BREASTSTROKE	2:25.52	2:26.98	2:29.89	2:31.39	2:25.91	2:31.02	
		1600 hours		Open 200M BACKSTROKE	1:57.50	1:58.68	2:01.03	2:02.24	1:58.07	2:02.20	19
		1610 hours	20	Open 200M BACKSTROKE	2:10.39	2:11.69	2:14.30	2:15.64	2:11.08	2:15.67	
		1620 hours		Open 200M BUTTERFLY	1:56.48	1:57.64	1:59.97	2:01.17	1:56.71	2:00.79	21
		1630 hours	22	Open 200M BUTTERFLY	2:08.43	2:09.71	2:12.28	2:13.60	2:09.21	2:13.73	
		1640 hours		Open 400M FREESTYLE	3:46.78	3:49.05	3:53.58	3:55.92	3:48.15	3:56.14	23
		1650 hours	24	Open 400M INDIVIDUAL MEDLEY	4:38.53	4:41.32	4:46.89	4:49.76	4:43.06	4:52.97	
*2 nd attempt OST/B + 1% swimmer											

截止報名日期 **CLOSING DATE FOR ENTRIES: 9th June 2021 (Wednesday) (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