

National Long Course Swimming Trial - 67th Festival of Sport

第67屆體育節 - 長池游泳計時賽

EVENT LIST

Venue: 香港體育學院 HKSI

Date: 13-14 April 2024 (Sat - Sun)

AM Warmup: 0800 - 0845 hours

Start: 0900 hours

PM Warmup: 1430 - 1515 hours

Start: 1530 hours

Day 1

Women	QT	Event			QT	Men
			100M	Freestyle	00:55.38	1
2	02:19.97	Freestyle	200M			
			50M	Breaststroke	00:32.66	3
4	01:23.48	Breaststroke	100M			
			400M	Ind. Medley	05:19.19	5
6	01:13.26	Butterfly	100M			
			100M	Backstroke	01:07.39	7
8	00:33.77	Backstroke	50M			
			200M	Butterfly	02:25.98	9
10	02:38.84	Ind. Medley	200M			
			400M	Freestyle	04:34.03	11
12	00:28.83	Freestyle	50M			
			200M	Breaststroke	02:41.90	13
14	09:50.29	Freestyle	800M			
			50M	Butterfly	00:28.10	15
16	02:37.67	Backstroke	200M			
			800	Freestyle	09:30.00	17

Day 2

Women	QT	Event			QT	Men
18	19:20.00	Freestyle	1500			
			200M	Freestyle	02:08.25	19
20	01:02.90	Freestyle	100M			
			100M	Breaststroke	01:11.64	21
22	00:37.66	Breaststroke	50M			
			100M	Butterfly	01:04.75	23
24	05:38.68	Ind. Medley	400M			
			50M	Backstroke	00:30.58	25
26	01:15.80	Backstroke	100M			
			200M	Ind. Medley	02:24.55	27
28	02:31.17	Butterfly	200M			
			50M	Freestyle	00:25.97	29
30	04:52.07	Freestyle	400M			
			1500M	Freestyle	18:20.31	31
32	03:02.68	Breaststroke	200M			
			200M	Backstroke	02:28.79	33
34	00:32.16	Butterfly	50M			

截止註冊日期 CLOSING DATE FOR REGISTRATION:

1 March 2024 (1700 hours)

截止報名日期 CLOSING DATE FOR ENTRIES:

22 March 2024 (1700 hours)