

**2024 – 2025 AGE GROUP LONG COURSE SWIMMING COMPETITION - DIVISION I (PART I)**

**2024 – 2025 第一組長池分齡游泳比賽第一節**

**Date:** 29 June 2024 (Saturday)

**Venue:**

Kowloon Park Swimming Pool 九龍公園游泳池

**Warm up:** 1400 - 1445 hours

**First Event:**

1500 hours

**GIRLS 女**

**BOYS 男**

1	11 & 12 YRS	800M	FREESTYLE	自由泳	2
3	13 & 14 YRS	800M	FREESTYLE	自由泳	~
5	15 – 17 YRS	800M	FREESTYLE	自由泳	~
7	18 & OVER	800M	FREESTYLE	自由泳	~
~	13 & 14 YRS	1500M	FREESTYLE	自由泳	4
~	15 – 17 YRS	1500M	FREESTYLE	自由泳	6
~	18 & OVER	1500M	FREESTYLE	自由泳	8

截止註冊日期 CLOSING DATE FOR REGISTRATION: 17 May 2024 (1700 hours)

截止報名日期 CLOSING DATE FOR ENTRIES: 7 June 2024 (1700 hours)

**2024 – 2025 AGE GROUP LONG COURSE SWIMMING COMPETITION - DIVISION I (PART I)**

**2024 – 2025 第一組長池分齡游泳比賽第一節**

**Date:** 30 June 2024 (Sunday)

**Venue:** Kowloon Park Swimming Pool 九龍公園游泳池

**Morning Warm up:** 0830 - 0915 hours

**Morning Session First Event:** 0930 hours

**Afternoon Warm up:** 1300 - 1345 hours

**Afternoon Session First Event:** 1400 hours

**GIRLS 女**

**BOYS 男**

9	10 YRS & UNDER	100M	BUTTERFLY	蝶泳	10
11	11 & 12 YRS	200M	BUTTERFLY	蝶泳	12
13	13 & 14 YRS	200M	BUTTERFLY	蝶泳	14
15	15 – 17 YRS	200M	BUTTERFLY	蝶泳	16
17	18 & OVER	200M	BUTTERFLY	蝶泳	18
19	10 YRS & UNDER	50M	FREESTYLE	自由泳	20
21	11 & 12 YRS	50M	FREESTYLE	自由泳	22
23	13 & 14 YRS	50M	FREESTYLE	自由泳	24
25	15 – 17 YRS	50M	FREESTYLE	自由泳	26
27	18 & OVER	50M	FREESTYLE	自由泳	28
29	13 & 14 YRS	400M	IND. MEDLEY	個人四式	30
31	15 – 17 YRS	400M	IND. MEDLEY	個人四式	32
33	18 & OVER	400M	IND. MEDLEY	個人四式	34

**LUNCH BREAK 午膳時間**

35		4X200M	FREE RELAY	自由接力	36
37	10 YRS & UNDER	100M	BACKSTROKE	背泳	38
39	11 & 12 YRS	100M	BACKSTROKE	背泳	40
41	13 & 14 YRS	100M	BACKSTROKE	背泳	42
43	15 – 17 YRS	100M	BACKSTROKE	背泳	44
45	18 & OVER	100M	BACKSTROKE	背泳	46
47	10 YRS & UNDER	100M	BREASTSTROKE	蛙泳	48
49	11 & 12 YRS	200M	BREASTSTROKE	蛙泳	50
51	13 & 14 YRS	200M	BREASTSTROKE	蛙泳	52
53	15 – 17 YRS	200M	BREASTSTROKE	蛙泳	54
55	18 & OVER	200M	BREASTSTROKE	蛙泳	56

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