

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

**2024 – 2025 第一組長池分齡游泳比賽第三節**

**Date:** 28 September 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
~	13 & 14 YRS	800M	FREESTYLE	自由泳	4
~	15 – 17 YRS	800M	FREESTYLE	自由泳	6
~	18 & OVER	800M	FREESTYLE	自由泳	8
3	13 & 14 YRS	1500M	FREESTYLE	自由泳	~
5	15 – 17 YRS	1500M	FREESTYLE	自由泳	~
7	18 & OVER	1500M	FREESTYLE	自由泳	~

截止註冊日期

CLOSING DATE FOR REGISTRATION:

16 August 2024 (1700 hours)

截止報名日期

CLOSING DATE FOR ENTRIES:

6 September 2024 (1700 hours)

**2024 – 2025 AGE GROUP LONG COURSE SWIMMING COMPETITION - DIVISION I (PART III)****2024 – 2025 第一組長池分齡游泳比賽第三節****Date:** 29 September 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	200M	IND. MEDLEY	個人四式	10
11	11 & 12 YRS	200M	IND. MEDLEY	個人四式	12
13	13 & 14 YRS	200M	IND. MEDLEY	個人四式	14
15	15 – 17 YRS	200M	IND. MEDLEY	個人四式	16
17	18 & OVER	200M	IND. MEDLEY	個人四式	18
19	11 & 12 YRS	100M	BUTTERFLY	蝶泳	20
21	13 & 14 YRS	100M	BUTTERFLY	蝶泳	22
23	15 – 17 YRS	100M	BUTTERFLY	蝶泳	24
25	18 & OVER	100M	BUTTERFLY	蝶泳	26
27	10 YRS & UNDER	50M	BACKSTROKE	背泳	28
29	11 & 12 YRS	50M	BACKSTROKE	背泳	30
31	13 & 14 YRS	50M	BACKSTROKE	背泳	32
33	15 – 17 YRS	50M	BACKSTROKE	背泳	34
35	18 & OVER	50M	BACKSTROKE	背泳	36

**LUNCH BREAK 午膳時間**

37		4X100M	FREE RELAY	自由接力	38
39	11 & 12 YRS	100M	BREASTSTROKE	蛙泳	40
41	13 & 14 YRS	100M	BREASTSTROKE	蛙泳	42
43	15 – 17 YRS	100M	BREASTSTROKE	蛙泳	44
45	18 & OVER	100M	BREASTSTROKE	蛙泳	46
47	10 YRS & UNDER	200M	FREESTYLE	自由泳	48
49	11 & 12 YRS	200M	FREESTYLE	自由泳	50
51	13 & 14 YRS	200M	FREESTYLE	自由泳	52
53	15 – 17 YRS	200M	FREESTYLE	自由泳	54
55	18 & OVER	200M	FREESTYLE	自由泳	56

截止註冊日期 CLOSING DATE FOR REGISTRATION: 16 August 2024 (1700 hours)

截止報名日期 CLOSING DATE FOR ENTRIES: 6 September 2024 (1700 hours)