

Panasonic 二零二三年泛亞韻律泳錦標賽暨
第十九屆香港韻律泳公開賽
Panasonic Pan Asia Artistic Swimming Championships cum
19th Hong Kong Artistic Swimming Open Competition 2023

日期/Date: 二零二三年八月三日至五日(星期四至星期六)
3rd – 5th August 2023 (Thursday - Saturday)

場地/Venue: 九龍公園游泳池(跳水池)
Kowloon Park Swimming Pool (Diving Pool)

程序/Schedule

日期 / Date	時間 / Time	項目 / Event
2/8/2023 (星期三 Wed)	0800 – 1100	比賽場地準備 Set up (Competition Venue)
	1100 – 2200	音樂練習 (見音樂練習時間表) Music Practice (See Music Practice Timetable)
	1930 – 2030	領隊會議 Team Manager Meeting
3/8/2023 (星期四 Thu)	0700 – 0730	比賽場地準備 Set up (Competition Venue)
	0730 – 0830	熱身 Warm Up
	0830 – 0845	裁判會議 Judges Meeting
	0830 – 0845	規定動作召集 (組別: 11-12 歲組、13-15 歲組) Marshal of Figure Competition (Group: Age 11-12, Age 13-15)
	0915 – 1030	規定動作比賽 (組別: 11-12 歲組) Figure Competition (Group: Age 11-12)
		規定動作比賽 (組別: 13-15 歲組) Figure Competition (Group: Age 13-15)
	1045 – 1115	裁判會議 Judges Meeting
	1035 – 1115	熱身 Warm Up
	1115 – 1130	單人自由自選項目召集 (組別: 13-15 歲組) Marshal of Free Solo Events (Group: Age 13-15)
	1130 – 1230	單人自由自選項目 (組別: 13-15 歲組) Free Solo Events (Group: Age 13-15)
	1230 – 1400	午餐 Lunch
	1230 – 1400	熱身 Warm Up
	1400 – 1415	裁判會議 Judges Meeting
	1400 – 1415	單人自由自選項目召集 (組別: 15-19 歲組及公開組) Marshal of Free Solo Events (Group: Age 15-19 & OPEN)
	1415 – 1515	單人自由自選項目 (組別: 15-19 歲組及公開組) Free Solo Events (Group: Age 15-19 & OPEN)
	1515 – 1545	休息 Break
	1545 – 1600	雙人自由自選項目召集 (組別: 10 歲及以下及 11-12 歲組) Marshal of Free Duet Events (Group: Age 10 & under & Age 11-12)
1600 – 1800	雙人自由自選項目 (組別: 10 歲及以下及 11-12 歲組) Free Duet Events (Group: Age 10 & under & Age 11-12)	

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程序/Schedule

日期 / Date	時間 / Time	項目 / Event
4/8/2023 (星期五 Fri)	0700 – 0800	比賽場地準備 Set up (Competition Venue)
	0830 – 0845	裁判會議 Judges Meeting
	0800 – 0845	熱身 Warm Up
	0845 – 0900	單人自由自選項目召集 (組別: 10 歲及以下組) Marshal of Free Solo Events (Group: Age 10 & under)
	0900 – 1030	單人自由自選項目 (組別: 10 歲及以下組) Free Solo Events (Group: Age 10 & under)
	1030 – 1100	休息 Break
	1100 – 1115	單人技術自選項目召集 (組別: 公開組) Marshal of Technical Solo Events (Group: Open)
	1115 – 1200	單人技術自選項目 (組別: 公開組) Technical Solo Events (Group: Open)
	1200 – 1330	午餐 Lunch
	1200 – 1400	熱身 Warm Up
	1330 – 1400	裁判會議 Judges Meeting
	1400 – 1415	單人自由自選項目召集 (組別: 11-12 歲組) Marshal of Free Solo Events (Group: Age 11-12)
	1415 – 1500	單人自由自選項目 (組別: 11-12 歲組) Free Solo Events (Group: Age 11-12)
	1530 – 1545	熱身 Warm Up
	1530 – 1545	裁判會議 Judges Meeting
	1530 – 1600	雙人自由自選項目召集 (組別: 13-15 歲組, 15-19 歲組及公開組) Marshal of Free Duet Events (Group: Age 13-15, Age 15-19 & OPEN)
	1600 – 1715	雙人自由自選項目 (組別: 13-15 歲組, 15-19 歲組及公開組) Free Duet Events (Group: Age 13-15, Age 15-19 & OPEN)
	1730 – 1800	頒獎典禮 - 單人自由自選項目及單人技術自選項目 Prize Presentation - Free Solo Events & Technical Solo Events

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5/8/2023 (星期六 Sat)	0730 – 0845	熱身 Warm Up
	0830 – 0900	裁判會議 Judges Meeting
		比賽場地準備 Set up (Competition Venue)
	0915 – 0930	召集 (運動員進場) Marshal (March in)
	0930 – 1000	運動員進場 March in
	1000 – 1045	熱身 Warm Up
	1045 – 1100	集體自由自選項目召集 (組別: 10 歲及以下, 11-12 歲組, 13-15 歲組及公開組) Marshal of Free Team Events (Group: Age 10 & under, Age 11-12, Age 13-15 & OPEN)
	1100 – 1215	集體自由自選項目 (組別: 10 歲及以下, 11-12 歲組, 13-15 歲組及公開組) Free Team Events (Group: Age 10 & under, Age 11-12, Age 13-15 & OPEN)
	1230 – 1330	頒獎典禮 - 雙人及集體自由自選項目及傑出運動員獎 Prize Presentation – Free Duet, Free Team Events & Outstanding Athlete Award
	1400 – 1600	聯歡宴會 Farewell Party