

2023 – 2024 AGE GROUP LONG COURSE SWIMMING COMPETITION – DIVISION III (PART 3A,B)

2023 – 2024 第三組長池分齡游泳比賽第三節

**Part 3A Date:** 23 September 2023 (Saturday) **Venue:** Kwun Tong Swimming Pool 觀塘游泳池

**Part 3A Morning Warm Up:** 0800 - 0845 hours **Morning Session First Event:** 0900 hours

**Part 3A Afternoon Warm Up:** 1300 - 1345 hours **Afternoon Session First Event:** 1400 hours

**Part 3B Date:** 24 September 2023 (Sunday) **Venue:** Ma On Shan Swimming Pool 馬鞍山游泳池

**Part 3B Morning Warm Up:** 0830 - 0915 hours **Morning Session First Event:** 0930 hours

**Part 3B Afternoon Warm Up:** 1300 - 1345 hours **Afternoon Session First Event:** 1400 hours

**GIRLS 女** **BOYS 男**

1	13 & 14 YRS	100 M	BUTTERFLY	蝶泳	2
3	15 - 17 YRS	100 M	BUTTERFLY	蝶泳	4
5	13 & 14 YRS	50M	FREESTYLE	自由泳	6
7	15 - 17 YRS	50M	FREESTYLE	自由泳	8
9	8 YRS & UNDER	50M	FREESTYLE	自由泳	10
11	13 & 14 YRS	100 M	BACKSTROKE	背泳	12
13	15 - 17 YRS	100 M	BACKSTROKE	背泳	14
15	8 YRS & UNDER	100 M	BACKSTROKE	背泳	16

**午膳時間 Lunch Break**

17	11 & 12 YRS	100 M	BUTTERFLY	蝶泳	18
19	9 & 10 YRS	100 M	BUTTERFLY	蝶泳	20
21	11 & 12 YRS	50M	FREESTYLE	自由泳	22
23	9 & 10 YRS	50M	FREESTYLE	自由泳	24
25	11 & 12 YRS	100 M	BACKSTROKE	背泳	26
27	9 & 10 YRS	100 M	BACKSTROKE	背泳	28

截止註冊日期 CLOSING DATE FOR REGISTRATION: **11 August 2023 (1700 hours)**

截止報名日期 CLOSING DATE FOR ENTRIES: **1 September 2023 (1700 hours)**