

Annual Long Course Masters Swimming Championships 週年長池先進游泳錦標賽

Date: 03-12-2023 (Sunday)

Venue: Sun Yat Sen Memorial Park Swimming Pool 中山紀念公園游泳池

Morning Warm up/ 0830 – 0920 Hrs
熱身:

Morning First Event/ 0930 Hrs
開始:

Afternoon Warm up/ 1300 – 1350 Hrs
熱身:

Afternoon First Event/開始: 1400 Hrs

MEN				WOMEN	
1	100 M	Breaststroke	蛙泳	2	
3	50 M	Freestyle	自由泳	4	
5	200 M	Individual Medley	個人四式	6	
7	50 M	Backstroke	背泳	8	
Lunch Break 午膳時間					
9	100 M	Freestyle	自由泳	10	
11	50 M	Butterfly	蝶泳	12	
13	4 x 50 M	Medley Relay	四式接力	14	
15	50 M	Breaststroke	蛙泳	16	
17	4 x 50 M	Freestyle Relay	自由接力	18	

