

2026 – 2027 AGE GROUP LONG COURSE SWIMMING COMPETITION - DIVISION I (PART I)

2026 – 2027 第一組長池分齡游泳比賽第一節

Date:	21 June 2026 (Sunday)	Venue:	Kowloon Park Swimming Pool 九龍公園游泳池
Morning Session Warm up:	0830 - 0915 hours	Morning Session First Event:	0930 hours
Afternoon Session 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	100M	BREASTSTROKE	蛙泳	20
21	11 & 12 YRS	200M	BREASTSTROKE	蛙泳	22
23	13 & 14 YRS	200M	BREASTSTROKE	蛙泳	24
25	15 – 17 YRS	200M	BREASTSTROKE	蛙泳	26
27	18 & OVER	200M	BREASTSTROKE	蛙泳	28

LUNCH BREAK 午膳時間

29		4X200M	FREE RELAY	自由接力	30
31	10 YRS & UNDER	100M	BACKSTROKE	背泳	32
33	11 & 12 YRS	100M	BACKSTROKE	背泳	34
35	13 & 14 YRS	100M	BACKSTROKE	背泳	36
37	15 – 17 YRS	100M	BACKSTROKE	背泳	38
39	18 & OVER	100M	BACKSTROKE	背泳	40
41	10 YRS & UNDER	50M	FREESTYLE	自由泳	42
43	11 & 12 YRS	50M	FREESTYLE	自由泳	44
45	13 & 14 YRS	50M	FREESTYLE	自由泳	46
47	15 – 17 YRS	50M	FREESTYLE	自由泳	48
49	18 & OVER	50M	FREESTYLE	自由泳	50
51	13 & 14 YRS	400M	IND. MEDLEY	個人四式	52
53	15 – 17 YRS	400M	IND. MEDLEY	個人四式	54
55	18 & OVER	400M	IND. MEDLEY	個人四式	56

截止註冊日期 CLOSING DATE FOR REGISTRATION: 8 May 2026 (1700 hours)

截止報名日期 CLOSING DATE FOR ENTRIES: 29 May 2026 (1700 hours)