

2025 - 2026 AGE GROUP SHORT COURSE SWIMMING COMPETITION – DIVISION II (PART 1)**2025 - 2026 第二組短池分齡游泳比賽第一節****Date:** 6 December 2025 (Saturday)**Venue:** Shing Mun Valley Swimming Pool 城門谷游泳池**Morning Warm up:** 0900 - 0945 hours**Morning Session First Event:** 1000 hours**Afternoon Warm Up:** 1300 - 1345 hours**Afternoon Session First Event:** 1400 hours**GIRLS 女****BOYS 男**

1	13 & 14 YRS	100M	BACKSTROKE	背泳	2
3	15 -17 YRS	100M	BACKSTROKE	背泳	4
5	8 YRS & UNDER	100M	BACKSTROKE	背泳	6
7	13 & 14 YRS	50M	BREASTSTROKE	蛙泳	8
9	15 -17 YRS	50M	BREASTSTROKE	蛙泳	10
11	8 YRS & UNDER	50M	BREASTSTROKE	蛙泳	12
13	13 & 14 YRS	50M	BUTTERFLY	蝶泳	14
15	15 -17 YRS	50M	BUTTERFLY	蝶泳	16
17	8 YRS & UNDER	50M	BUTTERFLY	蝶泳	18

LUNCH BREAK 午膳時間

19	9 & 10 YRS	100M	BACKSTROKE	背泳	20
21	11 & 12 YRS	100M	BACKSTROKE	背泳	22
23	9 & 10 YRS	50M	BREASTSTROKE	蛙泳	24
25	11 & 12 YRS	50M	BREASTSTROKE	蛙泳	26
27	9 & 10 YRS	50M	BUTTERFLY	蝶泳	28
29	11 & 12 YRS	50M	BUTTERFLY	蝶泳	30
31	9 & 10 YRS	200M	FREESTYLE	自由泳	32
33	11 & 12 YRS	200M	FREESTYLE	自由泳	34

截止註冊日期 CLOSING DATE FOR REGISTRATION: **24 October 2025 (1700 hours)**截止報名日期 CLOSING DATE FOR ENTRIES: **14 November 2025 (1700 hours)**

2025 - 2026 AGE GROUP SHORT COURSE SWIMMING COMPETITION – DIVISION II (PART 2)

2025 - 2026 第二組短池分齡游泳比賽第二節

Date: 10 January 2026 (Saturday)

Venue: Shing Mun Valley Swimming Pool 城門谷游泳池

Morning Warm up: 0900 - 0945 hours

Morning Session First Event: 1000 hours

Afternoon Warm Up: 1300 - 1345 hours

Afternoon Session First Event: 1400 hours

GIRLS 女

BOYS 男

1	13 & 14 YRS	100M	BUTTERFLY	蝶泳	2
3	15 -17 YRS	100M	BUTTERFLY	蝶泳	4
5	8 YRS & UNDER	100M	BUTTERFLY	蝶泳	6
7	13 & 14 YRS	50M	BACKSTROKE	背泳	8
9	15 -17 YRS	50M	BACKSTROKE	背泳	10
11	8 YRS & UNDER	50M	BACKSTROKE	背泳	12
13	13 & 14 YRS	100M	FREESTYLE	自由泳	14
15	15 -17 YRS	100M	FREESTYLE	自由泳	16
17	8 YRS & UNDER	100M	FREESTYLE	自由泳	18

LUNCH BREAK 午膳時間

19	11 &12 YRS	100M	BUTTERFLY	蝶泳	20
21	9 & 10 YRS	100M	BUTTERFLY	蝶泳	22
23	11 &12 YRS	50M	BACKSTROKE	背泳	24
25	9 & 10 YRS	50M	BACKSTROKE	背泳	26
27	11 &12 YRS	100M	FREESTYLE	自由泳	28
29	9 & 10 YRS	100M	FREESTYLE	自由泳	30
31	11 &12 YRS	200M	BREASTSTROKE	蛙泳	32

截止註冊日期 CLOSING DATE FOR REGISTRATION: **28 November 2025 (1700 hours)**

截止報名日期 CLOSING DATE FOR ENTRIES: **19 December 2025 (1700 hours)**

2025 - 2026 AGE GROUP SHORT COURSE SWIMMING COMPETITION – DIVISION II (PART 3)

2025 - 2026 第二組短池分齡游泳比賽第三節

Date: 14 March 2026 (Saturday)

Venue: Shing Mun Valley Swimming Pool 城門谷游泳池

Morning Warm up: 0900 - 0945 hours

Morning Session First Event: 1000 hours

Afternoon Warm Up: 1300 - 1345 hours

Afternoon Session First Event: 1400 hours

GIRLS 女

BOYS 男

1	13 & 14 YRS	100M	BREASTSTROKE	蛙泳	2
3	15 -17 YRS	100M	BREASTSTROKE	蛙泳	4
5	8 YRS & UNDER	100M	BREASTSTROKE	蛙泳	6
7	13 & 14 YRS	50M	FREESTYLE	自由泳	8
9	15 -17 YRS	50M	FREESTYLE	自由泳	10
11	8 YRS & UNDER	50M	FREESTYLE	自由泳	12
13	13 & 14 YRS	100M	IND. MEDLEY	個人四式	14
15	15 -17 YRS	100M	IND. MEDLEY	個人四式	16
17	8 YRS & UNDER	100M	IND. MEDLEY	個人四式	18

LUNCH BREAK 午膳時間

19	11 &12 YRS	100M	BREASTSTROKE	蛙泳	20
21	9 & 10 YRS	100M	BREASTSTROKE	蛙泳	22
23	11 &12 YRS	50M	FREESTYLE	自由泳	24
25	9 & 10 YRS	50M	FREESTYLE	自由泳	26
27	11 &12 YRS	100M	IND. MEDLEY	個人四式	28
29	9 & 10 YRS	100M	IND. MEDLEY	個人四式	30
31	11 &12 YRS	200M	BACKSTROKE	背泳	32

截止註冊日期 CLOSING DATE FOR REGISTRATION: **30 January 2026 (1700 hours)**

截止報名日期 CLOSING DATE FOR ENTRIES: **20 February 2026 (1700 hours)**