

2025 – 2026 AGE GROUP SHORT COURSE SWIMMING COMPETITION – DIVISION III (PART 1)**2025 – 2026 第三組短池分齡游泳比賽第一節****Date:** 20 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	50M	BREASTSTROKE	蛙泳	2
3	15 - 17 YRS	50M	BREASTSTROKE	蛙泳	4
5	8 YRS & UNDER	50M	BREASTSTROKE	蛙泳	6
7	13 & 14 YRS	100M	BACKSTROKE	背泳	8
9	15 - 17 YRS	100M	BACKSTROKE	背泳	10
11	8 YRS & UNDER	100M	BACKSTROKE	背泳	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

BREAK 休息

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

截止註冊日期 CLOSING DATE FOR REGISTRATION:

7 November 2025 (1700 hours)

截止報名日期 CLOSING DATE FOR ENTRIES:

28 November 2025 (1700 hours)

2025 – 2026 AGE GROUP SHORT COURSE SWIMMING COMPETITION – DIVISION III (PART 2)**2025 – 2026 第三組短池分齡游泳比賽第二節**

Date: 28 February 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	50M	FREESTYLE	自由泳	2
3	15 - 17 YRS	50M	FREESTYLE	自由泳	4
5	8 YRS & UNDER	50M	FREESTYLE	自由泳	6
7	13 & 14 YRS	100M	BREASTSTROKE	蛙泳	8
9	15 - 17 YRS	100M	BREASTSTROKE	蛙泳	10
11	8 YRS & UNDER	100M	BREASTSTROKE	蛙泳	12
13	13 & 14 YRS	50M	BACKSTROKE	背泳	14
15	15 - 17 YRS	50M	BACKSTROKE	背泳	16
17	8 YRS & UNDER	50M	BACKSTROKE	背泳	18

BREAK 休息

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

截止註冊日期 CLOSING DATE FOR REGISTRATION: **16 January 2026 (1700 hours)**

截止報名日期 CLOSING DATE FOR ENTRIES: **6 February 2026 (1700 hours)**

2025 – 2026 AGE GROUP SHORT COURSE SWIMMING COMPETITION – DIVISION III (PART 3)**2025 – 2026 第三組短池分齡游泳比賽第三節**

Date: 28 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

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

BOYS 男**BREAK 休息**

13	9 & 10 YRS	100M	FREESTYLE	自由泳	14
15	11 & 12 YRS	100M	FREESTYLE	自由泳	16
17	9 & 10 YRS	100M	IND. MEDLEY	個人四式	18
19	11 & 12 YRS	100M	IND. MEDLEY	個人四式	20

截止註冊日期 CLOSING DATE FOR REGISTRATION: **13 February 2026 (1700 hours)**

截止報名日期 CLOSING DATE FOR ENTRIES: **6 March 2026 (1700 hours)**