

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:	No Warm up session 不設熱身	Morning Session First Event:	0900 hours
Afternoon Warm Up:	No Warm up session 不設熱身	Afternoon Session First Event:	1400 hours

GIRLS 女					BOYS 男	
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	
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)			

泳員可於早上9點正開始使用非比賽池，直至比賽結束。非比賽池不准跳水。

Non-competition pool will be opened for warm-down starting from 9 a.m. until the end of competition. No diving at non-competition pool.