

2024 – 2025 AGE GROUP SHORT COURSE SWIMMING COMPETITION – DIVISION III (PART 1)

2024 – 2025 第三組短池分齡游泳比賽第一節

Date:	21 December 2024 (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:	8 November 2024 (1700 hours)
截止報名日期	CLOSING DATE FOR ENTRIES:	29 November 2024 (1700 hours)

2024 – 2025 AGE GROUP SHORT COURSE SWIMMING COMPETITION – DIVISION III (PART 2)

2024 – 2025 第三組短池分齡游泳比賽第二節

Date: 22 February 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	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: **10 January 2025 (1700 hours)**

截止報名日期 CLOSING DATE FOR ENTRIES: **3 February 2025 (1700 hours)**

2024 – 2025 AGE GROUP SHORT COURSE SWIMMING COMPETITION – DIVISION III (PART 3)

2024 – 2025 第三組短池分齡游泳比賽第三節

Date: 22 March 2025 (Saturday)

Morning Warm up: 0900 - 0945 hours

Afternoon Warm Up: 1300 - 1345 hours

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

Morning Session First Event: 1000 hours

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:

7 February 2025 (1700 hours)

截止報名日期

CLOSING DATE FOR ENTRIES:

28 February 2025 (1700 hours)