

**2023 – 2024 AGE GROUP LONG COURSE SWIMMING COMPETITION - DIVISION I (PART I)****2023 – 2024 第一組長池分齡游泳比賽第一節**

**Date:** 29 July 2023 (Saturday) **Venue:** Kowloon Park Swimming Pool 九龍公園游泳池  
**Warm up:** 1400 - 1445 hours **First Event:** 1500 hours

**GIRLS 女**

1	13 & 14 YRS	800M	FREESTYLE
3	15 – 17 YRS	800M	FREESTYLE
5	18 & OVER	800M	FREESTYLE
~	13 & 14 YRS	1500M	FREESTYLE
~	15 – 17 YRS	1500M	FREESTYLE
~	18 & OVER	1500M	FREESTYLE

**BOYS 男**

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2
4
6

截止註冊日期 CLOSING DATE FOR REGISTRATION: 16 June 2023 (1700 hours)

截止報名日期 CLOSING DATE FOR ENTRIES: 7 July 2023 (1700 hours)

**\* 2023-2024 Hong Kong Age Group Long Course Swimming Competition - Division I (Part I) is approved by World Aquatics to be the qualifying meet of the World Aquatics Championships 2024 – Doha.**

**\* 2023-2024 第一組長池分齡游泳比賽第一節成功申請為二零二四年世界泳聯游泳錦標賽的達標賽事。**

**2023 – 2024 AGE GROUP LONG COURSE SWIMMING COMPETITION - DIVISION I (PART I)**

**2023 – 2024 第一組長池分齡游泳比賽第一節**

<b>Date:</b>	30 July 2023 (Sunday)	<b>Venue:</b>	Kowloon Park Swimming Pool 九龍公園游泳池
<b>Morning Warm up:</b>	0830 - 0915 hours	<b>Morning Session First Event:</b>	0930 hours
<b>Afternoon Warm up:</b>	1300 - 1345 hours	<b>Afternoon Session First Event:</b>	1400 hours

<b>GIRLS 女</b>					<b>BOYS 男</b>	
7	10 YRS & UNDER	100M	BUTTERFLY	蝶泳	8	
9	11 & 12 YRS	200M	BUTTERFLY	蝶泳	10	
11	13 & 14 YRS	200M	BUTTERFLY	蝶泳	12	
13	15 - 17 YRS	200M	BUTTERFLY	蝶泳	14	
15	18 & OVER	200M	BUTTERFLY	蝶泳	16	
17	10 YRS & UNDER	50M	FREESTYLE	自由泳	18	
19	11 & 12 YRS	50M	FREESTYLE	自由泳	20	
21	13 & 14 YRS	50M	FREESTYLE	自由泳	22	
23	15 - 17 YRS	50M	FREESTYLE	自由泳	24	
25	18 & OVER	50M	FREESTYLE	自由泳	26	
27	13 & 14 YRS	400M	IND. MEDLEY	個人四式	28	
29	15 - 17 YRS	400M	IND. MEDLEY	個人四式	30	
31	18 & OVER	400M	IND. MEDLEY	個人四式	32	

**LUNCH BREAK 午膳時間**

33		4X200M	FREE RELAY	自由接力	34
35	10 YRS & UNDER	100M	BACKSTROKE	背泳	36
37	11 & 12 YRS	100M	BACKSTROKE	背泳	38
39	13 & 14 YRS	100M	BACKSTROKE	背泳	40
41	15 - 17 YRS	100M	BACKSTROKE	背泳	42
43	18 & OVER	100M	BACKSTROKE	背泳	44
45	10 YRS & UNDER	100M	BREASTSTROKE	蛙泳	46
47	11 & 12 YRS	200M	BREASTSTROKE	蛙泳	48
49	13 & 14 YRS	200M	BREASTSTROKE	蛙泳	50
51	15 - 17 YRS	200M	BREASTSTROKE	蛙泳	52
53	18 & OVER	200M	BREASTSTROKE	蛙泳	54

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