

2022 - 2023 AGE GROUP LONG COURSE SWIMMING COMPETITION – DIVISION II (PART 3)

2022 - 2023 第二組長池分齡游泳比賽第三節

Date: 3 September 2022 (Saturday)

Venue: Sun Yat Sen Memorial Park Sw. Pool
中山紀念公園泳池

Morning Session First Event 09:30 hours

Afternoon Session First Event **14:30 hours**

GIRLS 女

BOYS 男

13-14歲組及15-17歲登記入場：上午8時15分 開始
Registration starts for Age 13-14 & Age 15-17 at 8:15 am

熱身 Warm Up: 女子組 Girls: 8:30 - 8:55 am
男子組 Boys: 8:55 - 9:20 am

13-14歲組及15-17歲比賽開始：上午9時30分
Age 13-14 & Age 15-17 First Event starts at 9:30 am

1	13 & 14 YRS	100M	BUTTERFLY	蝶泳	2
3	15 - 17 YRS	100M	BUTTERFLY	蝶泳	4
5	13 & 14 YRS	50M	FREESTYLE	自由泳	6
7	15 - 17 YRS	50M	FREESTYLE	自由泳	8
11	13 & 14 YRS	100M	BACKSTROKE	背泳	12
13	15 - 17 YRS	100M	BACKSTROKE	背泳	14
17	13 & 14 YRS	200M	BREASTROKE	蛙泳	18
19	15 - 17 YRS	200M	BREASTROKE	蛙泳	20

8歲或以下組登記入場：上午11時30分 開始
Registration starts for Age 8 and under at around 11:30 am

熱身：8歲或以下組可在訓練池熱身
Warm Up: Training pool will be opened for Age 8 and under to warm up

8歲或以下組比賽開始：下午12時45分
Age 8 and under First Event starts at around 12:45 pm

9	8 YRS & UNDER	50M	FREESTYLE	自由泳	10
15	8 YRS & UNDER	100M	BACKSTROKE	背泳	16

午膳時間 Lunch Break

11-12歲組登記入場：下午1時15分 開始
Registration starts for Age 11-12 at around 1:15 pm

熱身 Warm Up: 女子組 Girls: 1:30 - 1:55 pm
男子組 Boys: 1:55 - 2:20 pm

11-12歲組比賽開始：下午2時30分
Age 11-12 First Event starts at 2:30 pm

21	11 & 12 YRS	100M	BUTTERFLY	蝶泳	22
25	11 & 12 YRS	50M	FREESTYLE	自由泳	26
29	11 & 12 YRS	100M	BACKSTROKE	背泳	30
33	11 & 12 YRS	200M	BREASTROKE	蛙泳	34

9-10歲組登記入場：下午4時正 開始
Registration starts for Age 9-10 at around 4:00 pm

熱身: 9-10歲組於以下時段可在訓練池熱身
Warm Up: Training pool will be opened for Age 9-10 to warm up at below sessions
女子組 Girls: 4:05 - 4:30 pm
男子組 Boys: 4:30 - 4:55 pm

9-10歲組比賽開始：下午5時正
Age 9-10 First Event starts at around 5:00 pm

23	9 & 10 YRS	100M	BUTTERFLY	蝶泳	24
27	9 & 10 YRS	50M	FREESTYLE	自由泳	28
31	9 & 10 YRS	100M	BACKSTROKE	背泳	32

截止註冊日期 CLOSING DATE FOR REGISTRATION: **22 July 2022 (1700 hours)**

截止報名日期 CLOSING DATE FOR ENTRIES: **12 August 2022 (1700 hours)**