

**Hong Kong Short Course Swimming Time Trial**  
香港短池游泳計時賽

**Date :** 17<sup>th</sup> July 2022  
**日期:** 2022年7月17日

**Venue:** HKSI  
**地點:** 香港體育學院

**Morning Warm Up :** 0800-0845 Hrs  
**上午熱身**

**Morning First Event :** 0900 Hrs  
**上午比賽:**

**Afternoon Warm Up :** 1300 - 1345 Hrs  
**下午熱身:**

**Afternoon First Event :** 1400 Hrs  
**下午比賽:**

	Start Time	Women 女				WCA	WCB	Men 男
AM	0900 hours		Open	100M	FREESTYLE	0:47.23	0:48.88	1
	0910 hours	2	Open	100M	FREESTYLE	0:53.78	0:55.66	
	0920 hours		Open	100M	BREASTSTROKE	0:57.63	0:59.65	3
	0930 hours	4	Open	100M	BREASTSTROKE	1:06.18	1:08.50	
	0940 hours		Open	50M	BACKSTROKE	0:23.75	0:24.58	5
	0950 hours	6	Open	50M	BACKSTROKE	0:26.81	0:27.75	
	1000 hours		Open	200M	BUTTERFLY	1:53.61	1:57.59	7
	1010 hours	8	Open	200M	BUTTERFLY	2:08.85	2:13.36	
	1020 hours		Open	400M	FREESTYLE	3:42.50	3:50.29	9
	1030 hours	10	Open	400M	FREESTYLE	4:06.95	4:15.59	
	1040 hours		Open	100M	INDIVIDUAL MEDLEY	0:52.98	0:54.83	11
	1050 hours	12	Open	100M	INDIVIDUAL MEDLEY	0:59.65	1:01.74	
	1100 hours		Open	200M	BACKSTROKE	1:52.66	1:56.60	13
	1110 hours	14	Open	200M	BACKSTROKE	2:07.19	2:11.64	
	1120 hours		Open	50M	BUTTERFLY	0:22.91	0:23.71	15
	1130 hours	16	Open	50M	BUTTERFLY	0:25.82	0:26.72	
	1140 hours		Open	1500M	FREESTYLE	14:49.29	15:20.42	17
	1205 hours	18	Open	800M	FREESTYLE	8:29.17	8:46.99	
<b>Break</b>								
PM	1400 hours		Open	200M	FREESTYLE	1:44.08	1:47.72	19
	1410 hours	20	Open	200M	FREESTYLE	1:55.60	1:59.65	
	1420 hours		Open	50M	BREASTSTROKE	0:26.57	0:27.50	21
	1430 hours	22	Open	50M	BREASTSTROKE	0:30.45	0:31.52	
	1440 hours		Open	100M	BUTTERFLY	0:50.57	0:52.34	23
	1450 hours	24	Open	100M	BUTTERFLY	0:57.40	0:59.41	
	1500 hours		Open	400M	INDIVIDUAL MEDLEY	4:09.19	4:17.91	25
	1510 hours	26	Open	400M	INDIVIDUAL MEDLEY	4:37.54	4:47.25	
	1520 hours		Open	100M	BACKSTROKE	0:51.30	0:53.10	27
	1530 hours	28	Open	100M	BACKSTROKE	0:58.08	1:00.11	
	1540 hours		Open	200M	BREASTSTROKE	2:06.23	2:10.65	29
	1550 hours	30	Open	200M	BREASTSTROKE	2:23.38	2:28.40	
	1600 hours		Open	50M	FREESTYLE	0:21.40	0:22.15	31
	1610 hours	32	Open	50M	FREESTYLE	0:24.44	0:25.30	
	1620 hours		Open	200M	INDIVIDUAL MEDLEY	1:55.25	1:59.28	33
	1630 hours	34	Open	200M	INDIVIDUAL MEDLEY	2:10.16	2:14.72	
	1640 hours		Open	800 M	FREESTYLE	7:45.02	8:01.30	35
	1700 hours	36	Open	1500M	FREESTYLE	16:15.27	16:49.40	

截止報名日期 CLOSING DATE FOR ENTRIES: 4th July 2022 (Monday) at 1200 noon

**二零二二至二零二三年第一組短池游泳計時賽  
比賽規程**

日期/場地：	二零二二年七月十七日 體育學院游泳池
報名條件：	<ul style="list-style-type: none"> <li>◇ 所有參賽者必須為游泳總會正式註冊的 2022-2023 度分齡組泳員。</li> <li>◇ 所有項目只設 1 組 (最快 8 名)</li> <li>◇ 報名項目需達得分表 <b>88</b> 分或以上</li> <li>◇ 所有項目接受最近兩年長池 / 短池比賽報名成績 (2020 年 1 月 1 日至 2022 年 7 月 4 日)</li> <li>◇ 運動員必須跟據政府【疫苗通行證】計劃相關條款完成接種。請參看附件。報名時請提交相關接種紀錄。</li> </ul>
報名：	<ul style="list-style-type: none"> <li>◇ 未填妥或不正確的報名資料，將不獲受理，報名費概不發還。</li> <li>◇ 截止後的報名將不獲受理。</li> </ul> <p><u>個人項目</u></p> <ul style="list-style-type: none"> <li>◇ 每名泳員<u>不設</u>報名數目上限</li> <li>◇ 每項名費為港幣\$15 元正</li> </ul> <p>*支票請劃線，抬頭寫 HKGSA</p>
截止註冊：	二零二二年六月二十四日(星期五)十二時正或之前辦妥
截止報名：	二零二二年七月四日(星期一)十二時正或之前辦妥
項目：	請參閱項目表。所有項目不設初賽，名次以比賽成績計算。
棄權：	棄權須於每節開賽三十分鐘前遞交。“缺席”的罰款為每項港幣\$30 元正。
獎項：	◇ 是次比賽不設獎牌
規則：	<ul style="list-style-type: none"> <li>◇ 比賽採用國際泳聯規則及泳總游泳競賽規程。</li> <li>◇ 所有項目只設一組。(最快 8 名)</li> <li>◇ 泳員申請分段時間紀錄須於每節開賽前 30 分鐘遞交申請表，連同港幣 300 元正予總裁判。任何情況下，所繳費用概不發還。</li> </ul>
防疫措施指引：	◇ 所有參加者(包括運動員，教練及工作人員)必須遵守防疫措施指引。請參考附件
上訴：	<ul style="list-style-type: none"> <li>◇ 任何上訴須以書面提出，並須在該成績公佈後三十分鐘內，連同上訴費港幣\$300 元遞交予總裁判。</li> <li>◇ 上訴交由該比賽之上訴委員會作決定。</li> <li>◇ 若上訴被駁回，已繳費用概不發還。</li> </ul>

**2022 – 2023 DIVISION 1 - SHORT COURSE SWIMMING TIME TRIAL***Rules & Regulations*

<b>Date/Venue</b>	17 <sup>th</sup> July 2022 HKSI Swimming Pool
<b>Entry Conditions</b>	<ul style="list-style-type: none"> <li>❖ All competitors must be 2022 – 2023 registered age group swimmers of HKGSA.</li> <li>❖ <b>1 heat for all Open events (top 8)</b></li> <li>❖ Swimmers achieve minimum Point Score 88pt or above of concerned event</li> <li>❖ <b>LC / SC results achieved from recent 2 years will be considered, i.e. from 1<sup>st</sup> January 2020 – 4<sup>th</sup> July 2022</b></li> <li>❖ Have been fully vaccinated according to the Government Dosage Schedule for Vaccine Pass. Please refer to the attached for more information. Submit vaccination record together with entry application.</li> </ul>
<b>Entries</b>	<ul style="list-style-type: none"> <li>❖ Incomplete/incorrect entry information will be rejected and fees paid will not be refunded.</li> <li>❖ Late entries will not be accepted</li> </ul> <p><u>Individual Events</u></p> <ul style="list-style-type: none"> <li>❖ <b>Each swimmer is NO limit to individual events</b></li> <li>❖ *HK\$15 per individual event *Paid by cheque. Crossed cheque made payable to 'HKGSA'.</li> </ul>
<b>Closing Date for Registration</b>	24 <sup>th</sup> June 2022 (Friday) 1200 noon
<b>Closing Date for Entries</b>	4 <sup>th</sup> July 2022 (Monday) 1200 noon
<b>Event list</b>	Please see attached event list. Events will be run as timed finals.
<b>Scratches</b>	Scratches must be submitted 30 minutes before the scheduled start time of each session. A fine of \$30 will be charged for each "no show".
<b>Awards</b>	❖ No Medals will be awarded in this competition
<b>Rules</b>	<ul style="list-style-type: none"> <li>❖ FINA rules &amp; HKGSA swimming rules will apply.</li> <li>❖ <b>There is only ONE Heat in Open Group. (Top 8)</b></li> <li>❖ Swimmers who apply for split time record should submit application form with application fee <b>HK\$300</b> to the Referee 30 minutes before the start of each session. <b>Fee paid will not be refunded in any case.</b></li> </ul>
<b>Infection Control Measure</b>	❖ All participants (Swimmers, Coaches and Officials) must follow the Infection Control Measure Guidelines. Please see the attachment.
<b>Protest</b>	<ul style="list-style-type: none"> <li>❖ Any protest shall be made in writing to the referee within 30 minutes following the result announcement of the respective event with protest fee of <b>HK\$300</b>.</li> <li>❖ Protest will be forward to the Appeal Board of such competition for decision.</li> <li>❖ If the protest is rejected, the fee paid will be forfeited.</li> </ul>