



HONG KONG CHINA SWIMMING ASSOCIATION

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16th November 2022
By Email & By Fax

TO: All Full Members and Affiliated Clubs

Dear all,

Hong Kong Open Water Swimming Training Squad

We are pleased to inform that a regular long-term open water swimming training conducted by squad coach Mr. MAK Ho Yin (HKSI Coach) and some experienced voluntary HKGSA registered coaches.

We now write to invite 2022-23 HKGSA Registered Swimmers who are interested in participating the open water swimming event in the future and desire to achieve to international level in such event are welcome to apply. The training will include two parts, pool distance training and open water training. The training details are shown as follows.

1. Pool Distance Training

Venue: Wan Chai Swimming Pool*

Date: Every Monday, Tuesday, Thursday, and Friday

Time: 05:30 – 07:30

*Remarks: the training venue will change to HKSI Swimming Pool during the closure of Wan Chai Swimming Pool

2. Open Water Training

Venue: Repulse Bay / Golden Beach / Tai Mei Tuk

Date: To be confirmed

Time: 09:00 – 12:00

The Entry Requirement & General Rules and Regulations listed as below as endorsed by Open Water Swimming Committee:

Entry Requirements:

- 1.1 Registered members of HKGSA (SW Discipline) and
- 1.2 HKSAR passport holder and
- 1.3 Age 12 or above and

All applicants are required to provide the following result:

- Achieved 76 points from any 800m or 1500m in LC / SC swimming competitions organized or sanctioned by HKGSA in swimming pool from 1st January 2021.

HKGSA reserves the right to expel the member from Open Water Swimming Training Squad. All application must be attached with the supporting results and submit via HKGSA's affiliated clubs.

Should you have any enquiry, please contact Ms. Della LEUNG at 2572 8594 or email to dellaleung@hkgswimming.org.hk. Thank you for your attention.

Best regards,

for SZETO Ping Hang
Chairman
Open Water Swimming Committee
c.c. Hon. Secretary / Hon. Treasurer / Asst. Hon. Sec./ Executive Committee Members