

2021 – 2022 AGE GROUP LONG COURSE SWIMMING COMPETITION – DIVISION III (PART 1A,B)

2021 – 2022 第三組長池分齡游泳比賽第一節

Part 1A Date:	24 April 2021 (Saturday)	Venue:	Tung Chun Swimming Pool 東涌游泳池
Part 1A Morning Warm up:	0900 - 0945 hours	Morning Session First Event	1000 hours
Part 1A Afternoon Warm Up	1300-1345 hours	Afternoon Session First Event	1400 hours
Part 1B Date:	24 April 2021 (Saturday)	Venue:	TBC
Part 1B Morning Warm up:	0900 - 0945 hours	Morning Session First Event	1000 hours
Part 1B Afternoon Warm Up	1300-1345 hours	Afternoon Session First Event	1400 hours

GIRLS 女					BOYS 男	
1	13 & 14 YRS	200M	FREESTYLE	自由泳	2	
3	15 - 16 YRS	200M	FREESTYLE	自由泳	4	
5	13 & 14 YRS	100M	BREASTSTROKE	蛙泳	6	
7	15 & 16 YRS	100M	BREASTSTROKE	蛙泳	8	
9	8 YRS & UNDER	100M	BREASTSTROKE	蛙泳	10	
11	13 & 14 YRS	50M	BUTTERFLY	蝶泳	12	
13	15 - 16 YRS	50M	BUTTERFLY	蝶泳	14	
15	8 YRS & UNDER	50M	BUTTERFLY	蝶泳	16	
17	13 & 14 YRS	200M	BACKSTROKE	背泳	18	
19	15 - 16 YRS	200M	BACKSTROKE	背泳	20	
午膳時間 <i>Lunch Break</i>						
21	11 & 12 YRS	200M	FREESTYLE	自由泳	22	
23	9 & 10 YRS	200M	FREESTYLE	自由泳	24	
25	11 & 12 YRS	100M	BREASTROKE	蛙泳	26	
27	9 & 10 YRS	100M	BREASTROKE	蛙泳	28	
29	11 & 12 YRS	50M	BUTTERFLY	蝶泳	30	
31	9 & 10 YRS	50M	BUTTERFLY	蝶泳	32	
33	11 & 12 YRS	200M	BACKSTROKE	背泳	34	

截止註冊日期 CLOSING DATE FOR REGISTRATION: **12 March 2021 (1700 hours)**

截止報名日期 CLOSING DATE FOR ENTRIES: **7 April 2020 (1700 hours)**

2021 – 2022 AGE GROUP LONG COURSE SWIMMING COMPETITION – DIVISION III (PART 2B)

2021 – 2022 第三組長池分齡游泳比賽第二節乙部

Part 2B Date: 12 June 2021 (Saturday)

Venue: Sha Tin Jockey Club
Swimming Pool
沙田賽馬會游泳池

Part 2B Morning Warm up: No Warm up session 不設熱身

Part 2B Afternoon Warm Up No Warm up session 不設熱身

Morning Session First Event 0900 hours

Afternoon Session a) Age 9- 10 First Event 1300 hours

Afternoon Session b) Age 11-12 First Event 1530 hours

GIRLS 女

1	13 & 14 YRS	200M	IND. MEDLEY	個人四式	2
3	15 - 16 YRS	200M	IND. MEDLEY	個人四式	4
5	13 & 14 YRS	50M	BACKSTROKE	背泳	6
7	15 - 16 YRS	50M	BACKSTROKE	背泳	8
9	8 YRS & UNDER	50M	BACKSTROKE	背泳	10
11	13 & 14 YRS	100M	FREESTYLE	自由泳	12
13	15 - 16 YRS	100M	FREESTYLE	自由泳	14
15	8 YRS & UNDER	100M	FREESTYLE	自由泳	16
17	13 & 14 YRS	50M	BREASTSTROKE	蛙泳	18
19	15 - 16 YRS	50M	BREASTSTROKE	蛙泳	20
21	8 YRS & UNDER	50M	BREASTSTROKE	蛙泳	22

午膳時間 *Lunch Break*

9 -10歲組登記入場 約下午12:15分開始
Registation start for Age 9-10 , around 12:15pm

9-10歲組比賽開始 約下午1時
Age 9-10 First Event starts at around 1pm

23	9 & 10 YRS	200M	IND. MEDLEY	個人四式	24
27	9 & 10 YRS	50M	BACKSTROKE	背泳	28
31	9 & 10 YRS	100M	FREESTYLE	自由泳	32
35	9 & 10 YRS	50M	BREASTSTROKE	蛙泳	36

11-12歲組登記入場 約下午3時開始
Registation start for Age 11-12 , around 3pm

11-12歲組比賽開始 約下午3時30分
Age 11-12 First Event starts at around 3:30pm

25	11 & 12 YRS	200M	IND. MEDLEY	個人四式	26
29	11 & 12 YRS	50M	BACKSTROKE	背泳	30
33	11 & 12 YRS	100M	FREESTYLE	自由泳	34
37	11 & 12 YRS	50M	BREASTSTROKE	蛙泳	38

截止註冊日期 CLOSING DATE FOR REGISTRATION: **30 April 2021 (1700 hours)**

截止報名日期 CLOSING DATE FOR ENTRIES: **21 May 2021 (1700 hours)**

截止報名日期 CLOSING DATE FOR ENTRIES: **21 May 2021 (1700 hours)**

2021 – 2022 AGE GROUP LONG COURSE SWIMMING COMPETITION – DIVISION III (PART 2A)

2021 – 2022 第三組長池分齡游泳比賽第二節(甲部)

Part 2A Date:	17 July 2021 (Saturday)	Venue:	Kwun Tong Swimming Pool 觀塘游泳池
Part 2A Morning Warm up:	0800 - 0845 hours	Morning Session First Event	0900 hours
Part 2A Afternoon Warm Up	1300-1345 hours	Afternoon Session First Event	1400 hours

GIRLS 女					BOYS 男
1	13 & 14 YRS	200M	IND. MEDLEY	個人四式	2
3	15 - 16 YRS	200M	IND. MEDLEY	個人四式	4
5	13 & 14 YRS	50M	BACKSTROKE	背泳	6
7	15 - 16 YRS	50M	BACKSTROKE	背泳	8
9	8 YRS & UNDER	50M	BACKSTROKE	背泳	10
11	13 & 14 YRS	100M	FREESTYLE	自由泳	12
13	15 - 16 YRS	100M	FREESTYLE	自由泳	14
15	8 YRS & UNDER	100M	FREESTYLE	自由泳	16
17	13 & 14 YRS	50M	BREASTSTROKE	蛙泳	18
19	15 - 16 YRS	50M	BREASTSTROKE	蛙泳	20
21	8 YRS & UNDER	50M	BREASTSTROKE	蛙泳	22
午膳時間 Lunch Break					
23	9 & 10 YRS	200M	IND. MEDLEY	個人四式	24
25	11 & 12 YRS	200M	IND. MEDLEY	個人四式	26
27	9 & 10 YRS	50M	BACKSTROKE	背泳	28
29	11 & 12 YRS	50M	BACKSTROKE	背泳	30
31	9 & 10 YRS	100M	FREESTYLE	自由泳	32
33	11 & 12 YRS	100M	FREESTYLE	自由泳	34
35	9 & 10 YRS	50M	BREASTSTROKE	蛙泳	36
37	11 & 12 YRS	50M	BREASTSTROKE	蛙泳	38

截止註冊日期 CLOSING DATE FOR REGISTRATION: **30 April 2021 (1700 hours)**

截止報名日期 CLOSING DATE FOR ENTRIES: **21 May 2021 (1700 hours)**

2021 – 2022 AGE GROUP LONG COURSE SWIMMING COMPETITION – DIVISION III (PART 3A)

2021 – 2022 第三組長池分齡游泳比賽第三節甲部

Part 3A Date: 25 September 2021 (Saturday)

Venue: Tai Wan Shan Swimming Pool
大環山游泳池

Part 3A Morning Warm up: No Warm up session 不設熱身

Part 3A Afternoon Warm Up No Warm up session 不設熱身

Morning Session First Event

09:00

Afternoon Session First Event

14:00

GIRLS 女

1	13 & 14 YRS	100M	BUTTERFLY	蝶泳
3	15 - 16 YRS	100M	BUTTERFLY	蝶泳
5	13 & 14 YRS	50M	FREESTYLE	自由泳
7	15 - 16 YRS	50M	FREESTYLE	自由泳
9	8 YRS & UNDER	50M	FREESTYLE	自由泳
11	13 & 14 YRS	100M	BACKSTROKE	背泳
13	15 - 16 YRS	100M	BACKSTROKE	背泳
15	8 YRS & UNDER	100M	BACKSTROKE	背泳
17	13 & 14 YRS	200M	BREASTROKE	蛙泳
19	15 & 16 YRS	200M	BREASTROKE	蛙泳

BOYS 男

2
4
6
8
10
12
14
16
18
20

午膳時間 Lunch Break

9-10歲組登記入場 約下午1時30分開始
Registration start for Age 9-10 , around 1:30pm

9-10歲組比賽開始 約下午2時
Age 9-10 First Event starts at around 2pm

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

11 -12歲組登記入場 約下午4時開始
Registration start for Age 11-12 , around 4pm

11-12歲組比賽開始 約下午4時30分開始
Age 11-12 First Event starts at around 4:30pm

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

截止註冊日期 CLOSING DATE FOR REGISTRATION: **13 August 2021 (1700 hours)**

截止報名日期 CLOSING DATE FOR ENTRIES: **3 September 2021 (1700 hours)**

2021 – 2022 AGE GROUP LONG COURSE SWIMMING COMPETITION – DIVISION III (PART 3B)

2021 – 2022 第三組長池分齡游泳比賽第三節乙部

Part 3B Date:	25 September 2021 (Saturday)	Venue:	Sun Yat Sen Memorial Park Sw. Pool 中山紀念公園游泳池
Part 3B Morning Warm up:	No Warm up session 不設熱身	Morning Session First Event	08:30
Part 3B Afternoon Warm Up	No Warm up session 不設熱身	Afternoon Session First Event	14:00

GIRLS 女					BOYS 男	
1	13 & 14 YRS	100M	BUTTERFLY	蝶泳	2	
3	15 - 16 YRS	100M	BUTTERFLY	蝶泳	4	
5	13 & 14 YRS	50M	FREESTYLE	自由泳	6	
7	15 - 16 YRS	50M	FREESTYLE	自由泳	8	
9	8 YRS & UNDER	50M	FREESTYLE	自由泳	10	
11	13 & 14 YRS	100M	BACKSTROKE	背泳	12	
13	15 - 16 YRS	100M	BACKSTROKE	背泳	14	
15	8 YRS & UNDER	100M	BACKSTROKE	背泳	16	
17	13 & 14 YRS	200M	BREASTROKE	蛙泳	18	
19	15 & 16 YRS	200M	BREASTROKE	蛙泳	20	

午膳時間 Lunch Break

9-10歲組登記入場 約下午1時30分開始 Registration starts for Age 9-10 , around 1:30pm						
9-10歲組比賽開始 約下午2時 Age 9-10 First Event starts at around 2pm						

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	

11-12歲組登記入場 約下午4:45分開始 Registration starts for Age 11-12 , around 4:45pm						
11-12歲組比賽開始 約下午5時 Age 11-12 First Event starts at around 5pm						

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	

截止註冊日期 CLOSING DATE FOR REGISTRATION: **13 August 2021 (1700 hours)**

截止報名日期 CLOSING DATE FOR ENTRIES: **3 September 2021 (1700 hours)**