

2024 – 2025 AGE GROUP LONG COURSE SWIMMING COMPETITION - DIVISION I (PART I)

2024 – 2025 第一組長池分齡游泳比賽第一節

Date:

29 June 2024 (Saturday)

Venue:

Kowloon Park Swimming Pool 九龍公園游泳池

Warm up:

1400 - 1445 hours

First Event:

1500 hours

GIRLS 女					BOYS 男	
1	11 & 12 YRS	800M	FREESTYLE	自由泳	2	
3	13 & 14 YRS	800M	FREESTYLE	自由泳	~	
5	15 – 17 YRS	800M	FREESTYLE	自由泳	~	
7	18 & OVER	800M	FREESTYLE	自由泳	~	
~	13 & 14 YRS	1500M	FREESTYLE	自由泳	4	
~	15 – 17 YRS	1500M	FREESTYLE	自由泳	6	
~	18 & OVER	1500M	FREESTYLE	自由泳	8	
截止註冊日期		CLOSING DATE FOR REGISTRATION:	17 May 2024 (1700 hours)			
截止報名日期		CLOSING DATE FOR ENTRIES:	7 June 2024 (1700 hours)			

2024 – 2025 AGE GROUP LONG COURSE SWIMMING COMPETITION - DIVISION I (PART I)

2024 – 2025 第一組長池分齡游泳比賽第一節

Date: 30 June 2024 (Sunday)

Morning Warm up: 0830 - 0915 hours

Afternoon Warm up: 1300 - 1345 hours

Venue: Kowloon Park Swimming Pool 九龍公園游泳池

Morning Session First Event: 0930 hours

Afternoon Session First Event: 1400 hours

GIRLS 女					BOYS 男
9	10 YRS & UNDER	100M	BUTTERFLY	蝶泳	10
11	11 & 12 YRS	200M	BUTTERFLY	蝶泳	12
13	13 & 14 YRS	200M	BUTTERFLY	蝶泳	14
15	15 – 17 YRS	200M	BUTTERFLY	蝶泳	16
17	18 & OVER	200M	BUTTERFLY	蝶泳	18
19	10 YRS & UNDER	50M	FREESTYLE	自由泳	20
21	11 & 12 YRS	50M	FREESTYLE	自由泳	22
23	13 & 14 YRS	50M	FREESTYLE	自由泳	24
25	15 – 17 YRS	50M	FREESTYLE	自由泳	26
27	18 & OVER	50M	FREESTYLE	自由泳	28
29	13 & 14 YRS	400M	IND. MEDLEY	個人四式	30
31	15 – 17 YRS	400M	IND. MEDLEY	個人四式	32
33	18 & OVER	400M	IND. MEDLEY	個人四式	34
LUNCH BREAK 午膳時間					
35		4X200M	FREE RELAY	自由接力	36
37	10 YRS & UNDER	100M	BACKSTROKE	背泳	38
39	11 & 12 YRS	100M	BACKSTROKE	背泳	40
41	13 & 14 YRS	100M	BACKSTROKE	背泳	42
43	15 – 17 YRS	100M	BACKSTROKE	背泳	44
45	18 & OVER	100M	BACKSTROKE	背泳	46
47	10 YRS & UNDER	100M	BREASTSTROKE	蛙泳	48
49	11 & 12 YRS	200M	BREASTSTROKE	蛙泳	50
51	13 & 14 YRS	200M	BREASTSTROKE	蛙泳	52
53	15 – 17 YRS	200M	BREASTSTROKE	蛙泳	54
55	18 & OVER	200M	BREASTSTROKE	蛙泳	56

截止註冊日期

CLOSING DATE FOR REGISTRATION:

17 May 2024 (1700 hours)

截止報名日期

CLOSING DATE FOR ENTRIES:

7 June 2024 (1700 hours)

2024 – 2025 AGE GROUP LONG COURSE SWIMMING COMPETITION - DIVISION I (PART II)

2024 – 2025 第一組長池分齡游泳比賽第二節

Date: 28 July 2024 (Sunday)

Morning Warm up: 0830 - 0915 hours

Afternoon Warm Up 1300 - 1345 hours

Venue: Kowloon Park Swimming Pool 九龍公園游泳池

Morning Session First Event: 0930 hours

Afternoon Session First Event 1400 hours

GIRLS 女					BOYS 男	
1	11 & 12 YRS	200M	BACKSTROKE	背泳	2	
3	13 & 14 YRS	200M	BACKSTROKE	背泳	4	
5	15 – 17 YRS	200M	BACKSTROKE	背泳	6	
7	18 & OVER	200M	BACKSTROKE	背泳	8	
9	10 YRS & UNDER	50M	BUTTERFLY	蝶泳	10	
11	11 & 12 YRS	50M	BUTTERFLY	蝶泳	12	
13	13 & 14 YRS	50M	BUTTERFLY	蝶泳	14	
15	15 – 17 YRS	50M	BUTTERFLY	蝶泳	16	
17	18 & OVER	50M	BUTTERFLY	蝶泳	18	
19	10 YRS & UNDER	100M	FREESTYLE	自由泳	20	
21	11 & 12 YRS	100M	FREESTYLE	自由泳	22	
23	13 & 14 YRS	100M	FREESTYLE	自由泳	24	
25	15 – 17 YRS	100M	FREESTYLE	自由泳	26	
27	18 & OVER	100M	FREESTYLE	自由泳	28	
LUNCH BREAK 午膳時間						
29		4x100M	MED RELAY	四式接力	30	
31	10 YRS & UNDER	50M	BREASTSTROKE	蛙泳	32	
33	11 & 12 YRS	50M	BREASTSTROKE	蛙泳	34	
35	13 & 14 YRS	50M	BREASTSTROKE	蛙泳	36	
37	15 – 17 YRS	50M	BREASTSTROKE	蛙泳	38	
39	18 & OVER	50M	BREASTSTROKE	蛙泳	40	
41	11 & 12 YRS	400M	FREESTYLE	自由泳	42	
43	13 & 14 YRS	400M	FREESTYLE	自由泳	44	
45	15 – 17 YRS	400M	FREESTYLE	自由泳	46	
47	18 & OVER	400M	FREESTYLE	自由泳	48	

截止註冊日期

CLOSING DATE FOR REGISTRATION:

14 June 2024 (1700 hours)

截止報名日期

CLOSING DATE FOR ENTRIES:

5 July 2024 (1700 hours)

2024 – 2025 AGE GROUP LONG COURSE SWIMMING COMPETITION - DIVISION I (PART III)

2024 – 2025 第一組長池分齡游泳比賽第三節

Date:

28 September 2024 (Saturday)

Venue:

Kowloon Park Swimming Pool 九龍公園游泳池

Warm up:

1400 - 1445 hours

First Event:

1500 hours

GIRLS 女					BOYS 男	
1	11 & 12 YRS	800M	FREESTYLE	自由泳	2	
~	13 & 14 YRS	800M	FREESTYLE	自由泳	4	
~	15 – 17 YRS	800M	FREESTYLE	自由泳	6	
~	18 & OVER	800M	FREESTYLE	自由泳	8	
3	13 & 14 YRS	1500M	FREESTYLE	自由泳	~	
5	15 – 17 YRS	1500M	FREESTYLE	自由泳	~	
7	18 & OVER	1500M	FREESTYLE	自由泳	~	

截止註冊日期

CLOSING DATE FOR REGISTRATION:

16 August 2024 (1700 hours)

截止報名日期

CLOSING DATE FOR ENTRIES:

6 September 2024 (1700 hours)

2024 – 2025 AGE GROUP LONG COURSE SWIMMING COMPETITION - DIVISION I (PART III)

2024 – 2025 第一組長池分齡游泳比賽第三節

Date: 29 September 2024 (Sunday)

Morning Warm up: 0830 - 0915 hours

Afternoon Warm up: 1300 - 1345 hours

Venue: Kowloon Park Swimming Pool 九龍公園游泳池

Morning Session First Event: 0930 hours

Afternoon Session First Event: 1400 hours

GIRLS 女					BOYS 男	
9	10 YRS & UNDER	200M	IND. MEDLEY	個人四式	10	
11	11 & 12 YRS	200M	IND. MEDLEY	個人四式	12	
13	13 & 14 YRS	200M	IND. MEDLEY	個人四式	14	
15	15 – 17 YRS	200M	IND. MEDLEY	個人四式	16	
17	18 & OVER	200M	IND. MEDLEY	個人四式	18	
19	11 & 12 YRS	100M	BUTTERFLY	蝶泳	20	
21	13 & 14 YRS	100M	BUTTERFLY	蝶泳	22	
23	15 – 17 YRS	100M	BUTTERFLY	蝶泳	24	
25	18 & OVER	100M	BUTTERFLY	蝶泳	26	
27	10 YRS & UNDER	50M	BACKSTROKE	背泳	28	
29	11 & 12 YRS	50M	BACKSTROKE	背泳	30	
31	13 & 14 YRS	50M	BACKSTROKE	背泳	32	
33	15 – 17 YRS	50M	BACKSTROKE	背泳	34	
35	18 & OVER	50M	BACKSTROKE	背泳	36	
LUNCH BREAK 午膳時間						
37		4X100M	FREE RELAY	自由接力	38	
39	11 & 12 YRS	100M	BREASTSTROKE	蛙泳	40	
41	13 & 14 YRS	100M	BREASTSTROKE	蛙泳	42	
43	15 – 17 YRS	100M	BREASTSTROKE	蛙泳	44	
45	18 & OVER	100M	BREASTSTROKE	蛙泳	46	
47	10 YRS & UNDER	200M	FREESTYLE	自由泳	48	
49	11 & 12 YRS	200M	FREESTYLE	自由泳	50	
51	13 & 14 YRS	200M	FREESTYLE	自由泳	52	
53	15 – 17 YRS	200M	FREESTYLE	自由泳	54	
55	18 & OVER	200M	FREESTYLE	自由泳	56	

截止註冊日期

CLOSING DATE FOR REGISTRATION:

16 August 2024 (1700 hours)

截止報名日期

CLOSING DATE FOR ENTRIES:

6 September 2024 (1700 hours)