

HONG KONG AGE GROUP SHORT COURSE SWIMMING CHAMPIONSHIPS 2025-2026

二零二五至二零二六年香港短池分齡游泳錦標賽

(DAY ONE) 第一日

**Date:** 6 February 2026 (Friday)

**Venue:** Victoria Park Swimming Pool  
維多利亞公園游泳池

**Warm up:** 1700 - 1745 hours

**Start:** 1800 hours

**GIRLS 女**

**BOYS 男**

1	13 & 14 Yrs	1500M	Freestyle 自由泳	2
3	15 – 17 Yrs	1500M	Freestyle 自由泳	4
5	18 & Over	1500M	Freestyle 自由泳	6

截止註冊日期 CLOSING DATE FOR REGISTRATION: 29 December 2025 (1700 hours)

截止報名日期 CLOSING DATE FOR ENTRIES: 16 January 2026 (1700 hours)

HONG KONG AGE GROUP SHORT COURSE SWIMMING CHAMPIONSHIPS 2025-2026

二零二五至二零二六年香港短池分齡游泳錦標賽

(DAY TWO) 第二日

<b>Date:</b>	7 February 2026 (Saturday)	<b>Venue:</b>	Victoria Park Swimming Pool 維多利亞公園游泳池
<b>AM Warm up:</b>	0800 - 0845 hours	<b>Start:</b>	0900 hours
<b>PM Warm up:</b>	1300 - 1345 hours	<b>Start:</b>	1400 hours

GIRLS 女						BOYS 男	
7	10 Yrs & Under	100M	Freestyle	自由泳		8	
9	11 & 12 Yrs	100M	Freestyle	自由泳		10	
11	13 & 14 Yrs	100M	Freestyle	自由泳		12	
13	15 – 17 Yrs	100M	Freestyle	自由泳		14	
15	18 Yrs & Over	100M	Freestyle	自由泳		16	
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17	10 Yrs & Under	100M	Breaststroke	蛙泳		18	
19	11 & 12 Yrs	100M	Breaststroke	蛙泳		20	
21	13 & 14 Yrs	100M	Breaststroke	蛙泳		22	
23	15 – 17 Yrs	100M	Breaststroke	蛙泳		24	
25	18 Yrs & Over	100M	Breaststroke	蛙泳		26	
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27	10 Yrs & Under	200M	Freestyle	自由泳		28	
29	11 & 12 Yrs	200M	Freestyle	自由泳		30	
31	13 & 14 Yrs	200M	Freestyle	自由泳		32	
33	15 – 17 Yrs	200M	Freestyle	自由泳		34	
35	18 Yrs & Over	200M	Freestyle	自由泳		36	
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37	10 Yrs & Under	100M	Ind. Medley	個人四式		38	
39	11 & 12 Yrs	100M	Ind. Medley	個人四式		40	
41	13 & 14 Yrs	100M	Ind. Medley	個人四式		42	
43	15 – 17 Yrs	100M	Ind. Medley	個人四式		44	
45	18 Yrs & Over	100M	Ind. Medley	個人四式		46	
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47	12 Yrs & Under	4 x 50M	Free Relay	自由接力		48	
49	13 Yrs & Over	4 x 50M	Free Relay	自由接力		50	

– Lunch Break –

51	13 & 14 Yrs	400M	Ind. Medley 個人四式	52
53	15 – 17 Yrs	400M	Ind. Medley 個人四式	54
55	18 Yrs & Over	400M	Ind. Medley 個人四式	56
57	10 Yrs & Under	50M	Butterfly 蝶泳	58
59	11 & 12 Yrs	50M	Butterfly 蝶泳	60
61	13 & 14 Yrs	50M	Butterfly 蝶泳	62
63	15 – 17 Yrs	50M	Butterfly 蝶泳	64
65	18 Yrs & Over	50M	Butterfly 蝶泳	66
67	11 & 12 Yrs	200M	Backstroke 背泳	68
69	13 & 14 Yrs	200M	Backstroke 背泳	70
71	15 – 17 Yrs	200M	Backstroke 背泳	72
73	18 Yrs & Over	200M	Backstroke 背泳	74
75	11 & 12 Yrs	200M	Butterfly 蝶泳	76
77	13 & 14 Yrs	200M	Butterfly 蝶泳	78
79	15 – 17 Yrs	200M	Butterfly 蝶泳	80
81	18 Yrs & Over	200M	Butterfly 蝶泳	82
83	11 & 12 Yrs	400M	Freestyle 自由泳	84
85	13 & 14 Yrs	400M	Freestyle 自由泳	86
87	15 – 17 Yrs	400M	Freestyle 自由泳	88
89	18 Yrs & Over	400M	Freestyle 自由泳	90
91	12 Yrs & Under	4 x 50M	Medley Relay 四式接力	92
93	13 Yrs & Over	4 x 50M	Medley Relay 四式接力	94

HONG KONG AGE GROUP SHORT COURSE SWIMMING CHAMPIONSHIPS 2025-2026

二零二五至二零二六年香港短池分齡游泳錦標賽

(DAY THREE) 第三日

**Date:** 8 February 2026 (Sunday)

**Venue:** Victoria Park Swimming Pool  
維多利亞公園游泳池

**AM Warm up:** 0800 - 0845 hours

**Start:** 0900 hours

**PM Warm up:** 1300 - 1345 hours

**Start:** 1400 hours

**GIRLS 女**

**BOYS 男**

95	10 Yrs & Under	100M	Backstroke	背泳	96
97	11 & 12 Yrs	100M	Backstroke	背泳	98
99	13 & 14 Yrs	100M	Backstroke	背泳	100
101	15 – 17 Yrs	100M	Backstroke	背泳	102
103	18 Yrs & Over	100M	Backstroke	背泳	104
105	10 Yrs & Under	50M	Freestyle	自由泳	106
107	11 & 12 Yrs	50M	Freestyle	自由泳	108
109	13 & 14 Yrs	50M	Freestyle	自由泳	110
111	15 – 17 Yrs	50M	Freestyle	自由泳	112
113	18 Yrs & Over	50M	Freestyle	自由泳	114
115	10 Yrs & Under	200M	Ind. Medley	個人四式	116
117	11 & 12 Yrs	200M	Ind. Medley	個人四式	118
119	13 & 14 Yrs	200M	Ind. Medley	個人四式	120
121	15 – 17 Yrs	200M	Ind. Medley	個人四式	122
123	18 Yrs & Over	200M	Ind. Medley	個人四式	124
125	10 Yrs & Under	50M	Breaststroke	蛙泳	126
127	11 & 12 Yrs	50M	Breaststroke	蛙泳	128
129	13 & 14 Yrs	50M	Breaststroke	蛙泳	130
131	15 – 17 Yrs	50M	Breaststroke	蛙泳	132
133	18 Yrs & Over	50M	Breaststroke	蛙泳	134
135	Stairstep 梯級接力	4 x 50M	Medley Relay	四式接力	136

— Lunch Break —

137	10 Yrs & Under	100M	Butterfly	蝶泳	138
139	11 & 12 Yrs	100M	Butterfly	蝶泳	140
141	13 & 14 Yrs	100M	Butterfly	蝶泳	142
143	15 – 17 Yrs	100M	Butterfly	蝶泳	144
145	18 Yrs & Over	100M	Butterfly	蝶泳	146
147	10 Yrs & Under	50M	Backstroke	背泳	148
149	11 & 12 Yrs	50M	Backstroke	背泳	150
151	13 & 14 Yrs	50M	Backstroke	背泳	152
153	15 – 17 Yrs	50M	Backstroke	背泳	154
155	18 Yrs & Over	50M	Backstroke	背泳	156
157	11 & 12 Yrs	200M	Breaststroke	蛙泳	158
159	13 & 14 Yrs	200M	Breaststroke	蛙泳	160
161	15 – 17 Yrs	200M	Breaststroke	蛙泳	162
163	18 Yrs & Over	200M	Breaststroke	蛙泳	164
165	13 & 14 Yrs	800M	Freestyle	自由泳	166
167	15 – 17 Yrs	800M	Freestyle	自由泳	168
169	18 Yrs & Over	800M	Freestyle	自由泳	170
171	Stairstep 梯級接力	4 x 50M	Free Relay	自由接力	172