

**中國香港游泳總會**  
**HONG KONG CHINA SWIMMING ASSOCIATION**  
**二零二五年香港韻律泳比賽**  
**Hong Kong Artistic Swimming Routine Competition 2025**

日期/Date: 二零二五年七月十三日 (星期日)

13<sup>th</sup> July 2025 (Sunday)

地點/Venue: 九龍公園游泳池(跳水池)

Kowloon Park Swimming Pool (Diving Pool)

比賽程序/Schedule

日期/Date	時間/Time	項目/Event
13/07/2025 (星期日) (Sunday)	0630 – 0900	比賽場地準備 Set up (Competition Venue)
	0730 – 0830	熱身 Warm up
	0815 – 0845	裁判會議 Judges Meeting
	0830 – 0845	節奏游及規定動作召集 Marshal of Sequence Swim & Figure Swim
	0900 – 0930	節奏游 (10 歲或以下組、11 至 12 歲組及 13 歲或以上組) Sequence Swim (Age 10 & under, Age 11-12 and Age 13 or above)
	0930 – 1015	規定動作 (10 歲或以下組、11 至 12 歲組及 13 歲或以上組) Figure Swim (Age 10 & under, Age 11-12 and Age 13 or above)
	1000 – 1015	單人自由自選召集 (10 歲或以下組及 13 至 15 歲組) Marshal of Free Solo (Age 10 & under & Age 13-15)
	1015 – 1200	單人自由自選 (10 歲或以下組及 13 至 15 歲組) Free Solo Routine (Age 10 & under & Age 13-15)
	1200 – 1215	頒獎典禮 - 節奏游及規定動作 Prize Presentation – Sequence Swim & Figure Swim
	1215 – 1315	午膳及熱身 Lunch & Warm-up
	1315 – 1330	裁判會議 Judges Meeting
	1315 – 1330	單人自由自選召集 (11 至 12 歲組、15 至 19 歲組及公開組) Marshal of Free Solo Routine (Age 11-12, Age 15-19 & Open)
	1330 – 1530	單人自由自選 (11 至 12 歲組、15 至 19 歲組及公開組) Free Solo Routine (Age 11-12, Age 15-19 & Open)
	1530 – 1600	裁判會議 Judges Meeting
	1545 – 1600	雙人自由自選召集 (10 歲或以下組、11 至 12 歲組、13 至 15 歲組、15 至 19 歲組及公開組) Marshal of Free Duet Routine (Age 10 & under, Age 11-12, Age 13-15, Age 15-19 and Open)
	1600 – 1745	雙人自由自選 (10 歲或以下組、11 至 12 歲組、13 至 15 歲組及 15 至 19 歲組及公開組) Free Duet Routine (Age 10 & under, Age 11-12, Age 13-15, Age 15-19 and Open)
1815 – 1845	頒獎典禮 - 單人自由自選及雙人自由自選 Prize Presentation – Free Solo & Free Duet Routine	