

Long Course Masters Swimming Competition – Part 2
長池先進游泳比賽 - 第二部份

Date: 30-04-2023 (Sunday)

Venue: Tung Chung Swimming Pool 東涌游泳池

Morning Warm up/熱身: 0900 – 0950 Hrs

Morning First Event/開始: 1000 Hrs

Afternoon Warm up/熱身: 1300 – 1350 Hrs

Afternoon First Event/開始: 1400 Hrs

MEN				WOMEN
1	200 M	Individual Medley	個人四式	2
3	100 M	Breaststroke	蛙泳	4
5	50 M	Freestyle	自由泳	6
7	100 M	Backstroke	背泳	8
Lunch Break 午膳時間				
9	200 M	Freestyle	自由泳	10
11	50 M	Butterfly	蝶泳	12
13	4 x 50 M	Medley Relay	四式接力	14
15	4 x 50 M	Mixed Freestyle Relay	男女混合自由 接力	