

中國香港游泳總會
HONG KONG CHINA SWIMMING ASSOCIATION
 二零二六年香港韻律泳比賽
Hong Kong Artistic Swimming Routine Competition 2026

日期/Date: 二零二六年七月五日 (星期日) 5th July 2026 (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	
05/07/2026 (星期日) (Sunday)	0630 – 0900	比賽場地準備 Set up (Competition Venue)	
	0730 – 0830	熱身 Warm up	
	0800 – 0900	裁判會議 Judges Meeting	
	0845	召集: 單人自由自選 (10 歲或以下組及 13 至 15 歲組) Marshal: Free Solo (Age 10 & under & Age 13-15)	
	0900 – 1115	單人自由自選 (10 歲或以下組 及 13 至 15 歲組) Free Solo (Age 10 & under & Age 13-15)	
	1100	召集: 節奏游及規定動作 Marshal: Sequence Swim & Figure Swim	
	1115 – 1145	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)	
	1145 – 1230	規定動作 Figure Swim	Panel A: 10 歲或以下組 Panel A: Age 10 & under
			Panel B: 13 歲或以上組及 11 至 12 歲組 Panel B: Age 13 or above & Age 11-12
	1245	召集: 得獎者 (前四名) – 節奏游及規定動作 Marshal: Awardees (the top fourth) – Sequence Swim & Figure Swim	
	1300 – 1315	頒獎典禮 – 節奏游及規定動作 Prize Presentation – Sequence Swim & Figure Swim	
	1230 – 1330	午膳及熱身 Lunch & Warm-up	
	1315 – 1330	裁判會議 Judges Meeting	
	1315	召集: 單人自由自選 (11 至 12 歲組及 15 至 19 歲組) Marshal: Free Solo Routine (Age 11-12 & Age 15-19)	
	1330 – 1445	單人自由自選 (11 至 12 歲組及 15 至 19 歲組) Free Solo Routine (Age 11-12 & Age 15-19)	
	1500 – 1515	裁判會議 Judges Meeting	
	1515	召集: 雙人自由自選 (10 歲或以下組、13 至 15 歲組、11 至 12 歲組及 15 至 19 歲組) Marshal: Free Duet Routine (Age 10 & under, Age 13-15, Age 11-12 & Age 15-19)	
	1530 – 1715	雙人自由自選 (10 歲或以下組、13 至 15 歲組、11 至 12 歲組及 15 至 19 歲組) Free Duet Routine (Age 10 & under, Age 13-15, Age 11-12 & Age 15-19)	
1730	召集: 得獎者 (前四名) – 單人自由自選及雙人自由自選 Marshal: Awardees (the top fourth) – Free Solo Routine & Free Duet Routine		
1745 – 1815	頒獎典禮 – 單人自由自選及雙人自由自選 Prize Presentation – Free Solo & Free Duet Routine		