

HONG KONG AGE GROUP LONG COURSE SWIMMING CHAMPIONSHIPS 2026-2027

二零二六至二零二七年香港長池分齡游泳錦標賽

(DAY ONE) 第一日

Date: 29 October 2026 (Thursday) **Venue:** Kowloon Park Swimming Pool 九龍公園游泳池
Warm up: 1700 - 1745 hours **Start:** 1800 hours

GIRLS 女

1	12 Yrs & Under	4 x 50m	Free Relay 自由接力
3	13 Yrs & Over	4 x 50m	Free Relay 自由接力
5	13 & 14 Yrs	800M	Freestyle 自由泳
7	15 – 17 Yrs	800M	Freestyle 自由泳
9	18 Yrs & Over	800M	Freestyle 自由泳

BOYS 男

2
4
6
8
10

(DAY TWO) 第二日

Date: 30 October 2026 (Friday) **Venue:** Kowloon Park Swimming Pool 九龍公園游泳池
Warm up: 1700 - 1745 hours **Start:** 1800 hours

GIRLS 女

11	12 Yrs & Under	4 x 50m	Medley Relay 四式接力
13	13 Yrs & Over	4 x 50m	Medley Relay 四式接力
15	13 & 14 Yrs	1500m	Freestyle 自由泳
17	15 – 17 Yrs	1500m	Freestyle 自由泳
19	18 & Over	1500m	Freestyle 自由泳

BOYS 男

12
14
16
18
20

截止註冊日期 CLOSING DATE FOR REGISTRATION: 17 September 2026 (1700 hours)

截止報名日期 CLOSING DATE FOR ENTRIES: 8 October 2026 (1700 hours)

HONG KONG AGE GROUP LONG COURSE SWIMMING CHAMPIONSHIPS 2026-2027

二零二六至二零二七年香港長池分齡游泳錦標賽

(DAY THREE) 第三日

Date:	31 October 2026 (Saturday)	Venue:	Kowloon Park Swimming Pool	九龍公園游泳池
AM Warm up:	0830 - 0915 hours	Start:	0930 hours	
PM Warm up:	1300 - 1345 hours	Start:	1400 hours	

GIRLS 女

BOYS 男

21	10 Yrs & Under	100M	Freestyle	自由泳	22
23	11 & 12 Yrs	100M	Freestyle	自由泳	24
25	13 & 14 Yrs	100M	Freestyle	自由泳	26
27	15 – 17 Yrs	100M	Freestyle	自由泳	28
29	18 Yrs & Over	100M	Freestyle	自由泳	30
31	10 Yrs & Under	100M	Breaststroke	蛙泳	32
33	11 & 12 Yrs	100M	Breaststroke	蛙泳	34
35	13 & 14 Yrs	100M	Breaststroke	蛙泳	36
37	15 – 17 Yrs	100M	Breaststroke	蛙泳	38
39	18 Yrs & Over	100M	Breaststroke	蛙泳	40
41	10 Yrs & Under	100M	Butterfly	蝶泳	42
43	11 & 12 Yrs	100M	Butterfly	蝶泳	44
45	13 & 14 Yrs	100M	Butterfly	蝶泳	46
47	15 – 17 Yrs	100M	Butterfly	蝶泳	48
49	18 Yrs & Over	100M	Butterfly	蝶泳	50
51	11 & 12 Yrs	200M	Backstroke	背泳	52
53	13 & 14 Yrs	200M	Backstroke	背泳	54
55	15 – 17 Yrs	200M	Backstroke	背泳	56
57	18 Yrs & Over	200M	Backstroke	背泳	58
— Lunch Break —					
59	10 Yrs & Under	200M	Freestyle	自由泳	60
61	11 & 12 Yrs	200M	Freestyle	自由泳	62
63	13 & 14 Yrs	200M	Freestyle	自由泳	64
65	15 – 17 Yrs	200M	Freestyle	自由泳	66
67	18 Yrs & Over	200M	Freestyle	自由泳	68
69	10 Yrs & Under	50M	Breaststroke	蛙泳	70
71	11 & 12 Yrs	50M	Breaststroke	蛙泳	72
73	13 & 14 Yrs	50M	Breaststroke	蛙泳	74
75	15 – 17 Yrs	50M	Breaststroke	蛙泳	76
77	18 Yrs & Over	50M	Breaststroke	蛙泳	78
79	13 & 14 Yrs	400M	Ind. Medley	個人四式	80
81	15 – 17 Yrs	400M	Ind. Medley	個人四式	82
83	18 Yrs & Over	400M	Ind. Medley	個人四式	84
85	10 Yrs & Under	50M	Butterfly	蝶泳	86
87	11 & 12 Yrs	50M	Butterfly	蝶泳	88
89	13 & 14 Yrs	50M	Butterfly	蝶泳	90
91	15 – 17 Yrs	50M	Butterfly	蝶泳	92
93	18 Yrs & Over	50M	Butterfly	蝶泳	94
95	11 & 12 Yrs	400M	Freestyle	自由泳	96
97	13 & 14 Yrs	400M	Freestyle	自由泳	98
99	15 – 17 Yrs	400M	Freestyle	自由泳	100
101	18 Yrs & Over	400M	Freestyle	自由泳	102

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HONG KONG AGE GROUP LONG COURSE SWIMMING CHAMPIONSHIPS 2026-2027

二零二六至二零二七年香港長池分齡游泳錦標賽

(DAY FOUR) 第四日

Date:	1 November 2026 (Sunday)	Venue:	Kowloon Park Swimming Pool	九龍公園游泳池
AM Warm up:	0830 - 0915 hours	Start:	0930 hours	
PM Warm up:	1300 - 1345 hours	Start:	1400 hours	

GIRLS 女

BOYS 男

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

— Lunch Break —

135	11 & 12 Yrs	200M	Butterfly	蝶泳	136
137	13 & 14 Yrs	200M	Butterfly	蝶泳	138
139	15 – 17 Yrs	200M	Butterfly	蝶泳	140
141	18 Yrs & Over	200M	Butterfly	蝶泳	142
143	10 Yrs & Under	50M	Backstroke	背泳	144
145	11 & 12 Yrs	50M	Backstroke	背泳	146
147	13 & 14 Yrs	50M	Backstroke	背泳	148
149	15 – 17 Yrs	50M	Backstroke	背泳	150
151	18 Yrs & Over	50M	Backstroke	背泳	152
153	11 & 12 Yrs	200M	Breaststroke	蛙泳	154
155	13 & 14 Yrs	200M	Breaststroke	蛙泳	156
157	15 – 17 Yrs	200M	Breaststroke	蛙泳	158
159	18 Yrs & Over	200M	Breaststroke	蛙泳	160
161	Stairstep 梯級接力	4 X 50M	Free Relay	自由接力	162

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截止報名日期 CLOSING DATE FOR ENTRIES: 8 October 2026 (1700 hours)