

**2026 – 2027 AGE GROUP LONG COURSE SWIMMING COMPETITION - DIVISION I (PART I)**

**2026 – 2027** 第一組長池分齡游泳比賽第一節

**Date:** 20 June 2026 (Saturday) **Venue:** Kowloon Park Swimming Pool 九龍公園游泳池  
**Warm up:** 1300 - 1345 hours **First Event:** 1400 hours

**GIRLS 女**

**BOYS 男**

1	11 & 12 YRS	800M	FREESTYLE	自由泳	~
3	13 & 14 YRS	800M	FREESTYLE	自由泳	~
5	15 – 17 YRS	800M	FREESTYLE	自由泳	~
7	18 & OVER	800M	FREESTYLE	自由泳	~
~	11 & 12 YRS	1500M	FREESTYLE	自由泳	2
~	13 & 14 YRS	1500M	FREESTYLE	自由泳	4
~	15 – 17 YRS	1500M	FREESTYLE	自由泳	6
~	18 & OVER	1500M	FREESTYLE	自由泳	8

截止註冊日期 CLOSING DATE FOR REGISTRATION: 8 May 2026 (1700 hours)

截止報名日期 CLOSING DATE FOR ENTRIES: 29 May 2026 (1700 hours)

**2026 – 2027 AGE GROUP LONG COURSE SWIMMING COMPETITION - DIVISION I (PART I)**

**2026 – 2027** 第一組長池分齡游泳比賽第一節

<b>Date:</b>	21 June 2026 (Sunday)	<b>Venue:</b>	Kowloon Park Swimming Pool 九龍公園游泳池
<b>Morning Session Warm up:</b>	0830 - 0915 hours	<b>Morning Session First Event:</b>	0930 hours
<b>Afternoon Session Warm up:</b>	1300 - 1345 hours	<b>Afternoon Session First Event:</b>	1400 hours

**GIRLS 女**

**BOYS 男**

9	10 YRS & UNDER	100M	BUTTERFLY	蝶泳	10
11	11 & 12 YRS	200M	BUTTERFLY	蝶泳	12
13	13 & 14 YRS	200M	BUTTERFLY	蝶泳	14
15	15 – 17 YRS	200M	BUTTERFLY	蝶泳	16
17	18 & OVER	200M	BUTTERFLY	蝶泳	18
19	10 YRS & UNDER	100M	BREASTSTROKE	蛙泳	20
21	11 & 12 YRS	200M	BREASTSTROKE	蛙泳	22
23	13 & 14 YRS	200M	BREASTSTROKE	蛙泳	24
25	15 – 17 YRS	200M	BREASTSTROKE	蛙泳	26
27	18 & OVER	200M	BREASTSTROKE	蛙泳	28

**LUNCH BREAK 午膳時間**

29		4X200M	FREE RELAY	自由接力	30
31	10 YRS & UNDER	100M	BACKSTROKE	背泳	32
33	11 & 12 YRS	100M	BACKSTROKE	背泳	34
35	13 & 14 YRS	100M	BACKSTROKE	背泳	36
37	15 – 17 YRS	100M	BACKSTROKE	背泳	38
39	18 & OVER	100M	BACKSTROKE	背泳	40
41	10 YRS & UNDER	50M	FREESTYLE	自由泳	42
43	11 & 12 YRS	50M	FREESTYLE	自由泳	44
45	13 & 14 YRS	50M	FREESTYLE	自由泳	46
47	15 – 17 YRS	50M	FREESTYLE	自由泳	48
49	18 & OVER	50M	FREESTYLE	自由泳	50
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 & OVER	400M	IND. MEDLEY	個人四式	56

截止註冊日期 CLOSING DATE FOR REGISTRATION: 8 May 2026 (1700 hours)

截止報名日期 CLOSING DATE FOR ENTRIES: 29 May 2026 (1700 hours)

**2026 – 2027 AGE GROUP LONG COURSE SWIMMING COMPETITION - DIVISION I (PART II)**

**2026 – 2027** 第一組長池分齡游泳比賽第二節

<b>Date:</b>	19 July 2026 (Sunday)	<b>Venue:</b>	Kowloon Park Swimming Pool 九龍公園游泳池
<b>Morning Session Warm up:</b>	0830 - 0915 hours	<b>Morning Session First Event:</b>	0930 hours
<b>Afternoon Session Warm up:</b>	1300 - 1345 hours	<b>Afternoon Session First Event:</b>	1400 hours

**GIRLS 女**

**BOYS 男**

1	11 & 12 YRS	200M	BACKSTROKE	背泳	2
3	13 & 14 YRS	200M	BACKSTROKE	背泳	4
5	15 – 17 YRS	200M	BACKSTROKE	背泳	6
7	18 & OVER	200M	BACKSTROKE	背泳	8
9	10 YRS & UNDER	50M	BUTTERFLY	蝶泳	10
11	11 & 12 YRS	50M	BUTTERFLY	蝶泳	12
13	13 & 14 YRS	50M	BUTTERFLY	蝶泳	14
15	15 – 17 YRS	50M	BUTTERFLY	蝶泳	16
17	18 & OVER	50M	BUTTERFLY	蝶泳	18
19	10 YRS & UNDER	100M	FREESTYLE	自由泳	20
21	11 & 12 YRS	100M	FREESTYLE	自由泳	22
23	13 & 14 YRS	100M	FREESTYLE	自由泳	24
25	15 – 17 YRS	100M	FREESTYLE	自由泳	26
27	18 & OVER	100M	FREESTYLE	自由泳	28

**LUNCH BREAK 午膳時間**

29		4x100M	MED RELAY	四式接力	30
31	10 YRS & UNDER	50M	BREASTSTROKE	蛙泳	32
33	11 & 12 YRS	50M	BREASTSTROKE	蛙泳	34
35	13 & 14 YRS	50M	BREASTSTROKE	蛙泳	36
37	15 – 17 YRS	50M	BREASTSTROKE	蛙泳	38
39	18 & OVER	50M	BREASTSTROKE	蛙泳	40
41	11 & 12 YRS	400M	FREESTYLE	自由泳	42
43	13 & 14 YRS	400M	FREESTYLE	自由泳	44
45	15 – 17 YRS	400M	FREESTYLE	自由泳	46
47	18 & OVER	400M	FREESTYLE	自由泳	48

截止註冊日期 CLOSING DATE FOR REGISTRATION: 5 June 2026 (1700 hours)

截止報名日期 CLOSING DATE FOR ENTRIES: 26 June 2026 (1700 hours)

**2026 – 2027 AGE GROUP LONG COURSE SWIMMING COMPETITION - DIVISION I (PART III)****2026 – 2027** 第一組長池分齡游泳比賽第三節**Date:** 5 September 2026 (Saturday)**Venue:**

Kowloon Park Swimming Pool 九龍公園游泳池

**Warm up:** 1300 - 1345 hours**First Event:**

1400 hours

**GIRLS** 女**BOYS** 男

~	11 & 12 YRS	800M	FREESTYLE	自由泳	2
~	13 & 14 YRS	800M	FREESTYLE	自由泳	4
~	15 – 17 YRS	800M	FREESTYLE	自由泳	6
~	18 & OVER	800M	FREESTYLE	自由泳	8
1	11 & 12 YRS	1500M	FREESTYLE	自由泳	~
3	13 & 14 YRS	1500M	FREESTYLE	自由泳	~
5	15 – 17 YRS	1500M	FREESTYLE	自由泳	~
7	18 & OVER	1500M	FREESTYLE	自由泳	~

截止註冊日期

CLOSING DATE FOR REGISTRATION:

24 July 2026 (1700 hours)

截止報名日期

CLOSING DATE FOR ENTRIES:

14 August 2026 (1700 hours)

**2026 – 2027 AGE GROUP LONG COURSE SWIMMING COMPETITION - DIVISION I (PART III)**

**2026 – 2027 第一組長池分齡游泳比賽第三節**

<b>Date:</b>	6 September 2026 (Sunday)	<b>Venue:</b>	Kowloon Park Swimming Pool 九龍公園游泳池
<b>Morning Session Warm up:</b>	0830 - 0915 hours	<b>Morning Session First Event:</b>	0930 hours
<b>Afternoon Session Warm up:</b>	1300 - 1345 hours	<b>Afternoon Session First Event:</b>	1400 hours

**GIRLS 女**

**BOYS 男**

9	10 YRS & UNDER	200M	IND. MEDLEY	個人四式	10
11	11 & 12 YRS	200M	IND. MEDLEY	個人四式	12
13	13 & 14 YRS	200M	IND. MEDLEY	個人四式	14
15	15 – 17 YRS	200M	IND. MEDLEY	個人四式	16
17	18 & OVER	200M	IND. MEDLEY	個人四式	18
19	11 & 12 YRS	100M	BUTTERFLY	蝶泳	20
21	13 & 14 YRS	100M	BUTTERFLY	蝶泳	22
23	15 – 17 YRS	100M	BUTTERFLY	蝶泳	24
25	18 & OVER	100M	BUTTERFLY	蝶泳	26
27	10 YRS & UNDER	50M	BACKSTROKE	背泳	28
29	11 & 12 YRS	50M	BACKSTROKE	背泳	30
31	13 & 14 YRS	50M	BACKSTROKE	背泳	32
33	15 – 17 YRS	50M	BACKSTROKE	背泳	34
35	18 & OVER	50M	BACKSTROKE	背泳	36

**LUNCH BREAK 午膳時間**

37		4X100M	FREE RELAY	自由接力	38
39	11 & 12 YRS	100M	BREASTSTROKE	蛙泳	40
41	13 & 14 YRS	100M	BREASTSTROKE	蛙泳	42
43	15 – 17 YRS	100M	BREASTSTROKE	蛙泳	44
45	18 & OVER	100M	BREASTSTROKE	蛙泳	46
47	10 YRS & UNDER	200M	FREESTYLE	自由泳	48
49	11 & 12 YRS	200M	FREESTYLE	自由泳	50
51	13 & 14 YRS	200M	FREESTYLE	自由泳	52
53	15 – 17 YRS	200M	FREESTYLE	自由泳	54
55	18 & OVER	200M	FREESTYLE	自由泳	56

截止註冊日期 CLOSING DATE FOR REGISTRATION: 24 July 2026 (1700 hours)

截止報名日期 CLOSING DATE FOR ENTRIES: 14 August 2026 (1700 hours)