

**2010 - 2011 AGE GROUP LONG COURSE SWIMMING
COMPETITION - DIVISION I (PART I)**

2010-2011 第一組長池分齡游泳比賽第一節

Date : 5 June 2010 (Saturday)

Venue : Kowloon Park Sw Pool
九龍公園游泳池

Warm Up : 1730-1815 Hrs

Evening First Event : 1830 Hrs

GIRLS女

BOYS男

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

截止報名日期 CLOSING DATE FOR ENTRIES: **14 May 2010 (1700 hrs)**

截止註冊日期 CLOSING DATE FOR REGISTRATION: **23 April 2010 (1700hrs)**

**2010 – 2011 AGE GROUP LONG COURSE SWIMMING
COMPETITION - DIVISION I (PART I)**

2010-2011 第一組長池分齡游泳比賽第一節

Date : 6 June 2010 (Sunday)

Venue : Kowloon Park Sw Pool
九龍公園游泳池

Morning Warm Up : 0800-0845 Hrs

Morning First Event : 0900 Hrs

Afternoon Warm Up : 1300-1345 Hrs

Afternoon First Event : 1400 Hrs

GIRLS女

BOYS男

7	10 YRS & UNDER	100M	BUTTERFLY	蝶泳	8
9	11 & 12 YRS	200M	BUTTERFLY	蝶泳	10
11	13 & 14 YRS	200M	BUTTERFLY	蝶泳	12
13	15 - 17 YRS	200M	BUTTERFLY	蝶泳	14
15	18 & OVER	200M	BUTTERFLY	蝶泳	16
17	10 YRS & UNDER	50M	FREESTYLE	自由泳	18
19	11 & 12 YRS	50M	FREESTYLE	自由泳	20
21	13 & 14 YRS	50M	FREESTYLE	自由泳	22
23	15 - 17 YRS	50M	FREESTYLE	自由泳	24
25	18 & OVER	50M	FREESTYLE	自由泳	26
27	13 & 14 YRS	400M	IND. MEDLEY	個人四式	28
29	15 - 17 YRS	400M	IND. MEDLEY	個人四式	30
31	18 & OVER	400M	IND. MEDLEY	個人四式	32
LUNCH BREAK 午膳時間					
33		4 X 200M	FREE RELAY	自由接力	34
35	10 YRS & UNDER	100M	BACKSTROKE	背泳	36
37	11 & 12 YRS	100M	BACKSTROKE	背泳	38
39	13 & 14 YRS	100M	BACKSTROKE	背泳	40
41	15 - 17 YRS	100M	BACKSTROKE	背泳	42
43	18 & OVER	100M	BACKSTROKE	背泳	44
45	10 YRS & UNDER	100M	BREASTSTROKE	蛙泳	46
47	11 & 12 YRS	200M	BREASTSTROKE	蛙泳	48
49	13 & 14 YRS	200M	BREASTSTROKE	蛙泳	50
51	15 - 17 YRS	200M	BREASTSTROKE	蛙泳	52
53	18 & OVER	200M	BREASTSTROKE	蛙泳	54

截止報名日期 CLOSING DATE FOR ENTRIES: **14 May 2010 (1700 hrs)**

截止註冊日期 CLOSING DATE FOR REGISTRATION: **23 April 2010 (1700hrs)**

**2010 – 2011 AGE GROUP LONG COURSE SWIMMING
COMPETITION - DIVISION I (PART II)**

2010-2011 第一組長池分齡游泳比賽第二節

Date : 4 July 2010 (Sunday)

Venue : Kowloon Park Sw Pool

九龍公園游泳池

Morning Warm Up : 0800-0845 Hrs

Morning First Event : 0900 Hrs

Afternoon Warm Up : 1300-1345 Hrs

Afternoon First Event : 1400 Hrs

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		4 X 100M	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

截止報名日期 CLOSING DATE FOR ENTRIES: **11 June 2010 (1700hrs)**

截止註冊日期 CLOSING DATE FOR REGISTRATION: **20 May 2010 (1700hrs)**

**2010 – 2011 AGE GROUP LONG COURSE SWIMMING
COMPETITION - DIVISION I (PART III)**

2010-2011 第一組長池分齡游泳比賽第三節

Date : 24 July 2010 (Saturday)

Venue : Kowloon Park Sw Pool

九龍公園游泳池

Warm Up : 1730-1815 Hrs

Evening First Event : 1830 Hrs

GIRLS女

BOYS男

1	13 & 14 YRS	1500M	FREESTYLE	自由泳	~
3	15 - 17 YRS	1500M	FREESTYLE	自由泳	~
5	18 & OVER	1500M	FREESTYLE	自由泳	~
~	13 & 14 YRS	800M	FREESTYLE	自由泳	2
~	15 - 17 YRS	800M	FREESTYLE	自由泳	4
~	18 & OVER	800M	FREESTYLE	自由泳	6

截止報名日期 CLOSING DATE FOR ENTRIES: **2 July 2010 (1700hrs)**

截止註冊日期 CLOSING DATE FOR REGISTRATION: **11 June 2010 (1700hrs)**

2010 – 2011 AGE GROUP LONG COURSE SWIMMING COMPETITION - DIVISION I (PART III)

2010-2011 第一組長池分齡游泳比賽第三節

Date : 25 July 2010 (Sunday)

Venue : Kowloon Park Sw Pool

九龍公園游泳池

Morning Warm Up : 0800-0845 Hrs

Morning First Event : 0900 Hrs

Afternoon Warm Up : 1300-1345 Hrs

Afternoon First Event : 1400 Hrs

GIRLS女

BOYS男

7	10 YRS & UNDER	200M	IND. MEDLEY	個人四式	8
9	11 & 12 YRS	200M	IND. MEDLEY	個人四式	10
11	13 & 14 YRS	200M	IND. MEDLEY	個人四式	12
13	15 - 17 YRS	200M	IND. MEDLEY	個人四式	14
15	18 & OVER	200M	IND. MEDLEY	個人四式	16
17	11 & 12 YRS	100M	BUTTERFLY	蝶泳	18
19	13 & 14 YRS	100M	BUTTERFLY	蝶泳	20
21	15 - 17 YRS	100M	BUTTERFLY	蝶泳	22
23	18 & OVER	100M	BUTTERFLY	蝶泳	24
25	10 YRS & UNDER	50M	BACKSTROKE	背泳	26
27	11 & 12 YRS	50M	BACKSTROKE	背泳	28
29	13 & 14 YRS	50M	BACKSTROKE	背泳	30
31	15 - 17 YRS	50M	BACKSTROKE	背泳	32
33	18 & OVER	50M	BACKSTROKE	背泳	34
LUNCH BREAK 午膳時間					
35		4 X 100M	FREE RELAY	自由接力	36
37	11 & 12 YRS	100M	BREASTSTROKE	蛙泳	38
39	13 & 14 YRS	100M	BREASTSTROKE	蛙泳	40
41	15 - 17 YRS	100M	BREASTSTROKE	蛙泳	42
43	18 & OVER	100M	BREASTSTROKE	蛙泳	44
45	10 YRS & UNDER	200M	FREESTYLE	自由泳	46
47	11 & 12 YRS	200M	FREESTYLE	自由泳	48
49	13 & 14 YRS	200M	FREESTYLE	自由泳	50
51	15 - 17 YRS	200M	FREESTYLE	自由泳	52
53	18 & OVER	200M	FREESTYLE	自由泳	54

截止報名日期 CLOSING DATE FOR ENTRIES: **2 July 2010 (1700hrs)**

截止註冊日期 CLOSING DATE FOR REGISTRATION: **11 June 2010 (1700hrs)**