

**2010 – 2011 AGE GROUP LONG COURSE SWIMMING
COMPETITION – DIVISION III (PART 1A,B)**

2010-2011-第三組長池分齡游泳比賽第一節

Date : Part 1A – 22 May 2010(Saturday) **Venue :** Ma On Shan Sw Pool

馬鞍山游泳池

Date : Part 1B – 22 May 2010 (Saturday) **Venue :** Tai Wan Shan Sw Pool

大環山游泳池

Morning Warm Up : 08:00-08:45 Hrs **Morning Session First Event :** 09:00 Hrs

Afternoon Warm Up : 13:00-13:45 Hrs **Afternoon Session First Event :** 14:00 Hrs

GIRLS 女

BOYS 男

1	13 & 14 YRS	100M	BUTTERFLY	蝶泳	2
3	15 - 16 YRS	100M	BUTTERFLY	蝶泳	4
5	13 & 14 YRS	50M	FREESTYLE	自由泳	6
7	15 - 16 YRS	50M	FREESTYLE	自由泳	8
9	8 YRS & UNDER	50M	FREESTYLE	自由泳	10
11	13 & 14 YRS	100M	BACKSTROKE	背泳	12
13	15 - 16 YRS	100M	BACKSTROKE	背泳	14
15	8 YRS & UNDER	100M	BACKSTROKE	背泳	16

午膳時間 Lunch Break

17	11 & 12 YRS	100M	BUTTERFLY	蝶泳	18
19	9 & 10 YRS	50M	FREESTYLE	自由泳	20
21	11 & 12 YRS	50M	FREESTYLE	自由泳	22
23	9 & 10 YRS	100M	BACKSTROKE	背泳	24
25	11 & 12 YRS	100M	BACKSTROKE	背泳	26

截止報名日期 CLOSING DATE FOR ENTRIES: **30 April 2010 (1700hrs)**

截止註冊日期 CLOSING DATE FOR REGISTRATION: **16 April 2010 (1700hrs)**

**2010-2011 AGE GROUP LONG COURSE SWIMMING
COMPETITION – DIVISION III (PART 2A,B)
2010-2011 第三組長池分齡游泳比賽第二節**

Date : Part 2A – 10 July 2010 (Saturday) **Venue :** Tai Wan Shan Sw Pool
大環山游泳池

Date : Part 2B – 10 July 2010 (Saturday) **Venue :** Tai Po Sw Pool
大埔游泳池

Morning Warm Up : 08:00-08:45 Hrs **Morning Session First Event :** 09:00 Hrs

Afternoon Warm Up : 13:00-13:45 Hrs **Afternoon Session First Event :** 14:00 Hrs

GIRLS 女				BOYS 男	
1	13 & 14 YRS	100M	BREASTSTROKE	蛙泳	2
3	15 - 16 YRS	100M	BREASTSTROKE	蛙泳	4
5	8 YRS & UNDER	100M	BREASTSTROKE	蛙泳	6
7	13 & 14 YRS	50M	BUTTERFLY	蝶泳	8
9	15 - 16 YRS	50M	BUTTERFLY	蝶泳	10
11	8 YRS & UNDER	50M	BUTTERFLY	蝶泳	12
13	13 & 14 YRS	200M	IND. MEDLEY	個人四式	14
15	15 - 16 YRS	200M	IND. MEDLEY	個人四式	16
<i>午膳時間 Lunch Break</i>					
17	9 & 10 YRS	100M	BREASTSTROKE	蛙泳	18
19	11 & 12 YRS	100M	BREASTSTROKE	蛙泳	20
21	9 & 10 YRS	50M	BUTTERFLY	蝶泳	22
23	11 & 12 YRS	50M	BUTTERFLY	蝶泳	24
25	9 & 10 YRS	200M	IND. MEDLEY	個人四式	26
27	11 & 12 YRS	200M	IND. MEDLEY	個人四式	28

截止報名日期 CLOSING DATE FOR ENTRIES: **18 June 2010 (1700hrs)**

截止註冊日期 CLOSING DATE FOR REGISTRATION: **28 May 2010 (1700hrs)**

**2010-2011 AGE GROUP LONG COURSE SWIMMING
COMPETITION – DIVISION III (PART 3A,B)**

2010-2011 第三組長池分齡游泳比賽第三節

Date : Part 3A – 25 September 2010
(Saturday)

Venue : Tai Wan Shan Sw Pool
大環山游泳池

Date : Part 3B – 25 September 2010
(Saturday)

Venue : Ma On Shan Sw Pool
馬鞍山游泳池

Morning Warm Up : 08:00-08:45 Hrs **Morning Session First Event :** 09:00 Hrs

Afternoon Warm Up : 13:00-13:45 Hrs **Afternoon Session First Event :** 14:00 Hrs

GIRLS 女

BOYS 男

1	13 & 14 YRS	100M	FREESTYLE	自由泳	2
3	15 - 16 YRS	100M	FREESTYLE	自由泳	4
5	8 YRS & UNDER	100M	FREESTYLE	自由泳	6
7	13 & 14 YRS	50M	BACKSTROKE	背泳	8
9	15 - 16 YRS	50M	BACKSTROKE	背泳	10
11	8 YRS & UNDER	50M	BACKSTROKE	背泳	12
13	13 & 14 YRS	50M	BREASTSTROKE	蛙泳	14
15	15 - 16 YRS	50M	BREASTSTROKE	蛙泳	16
17	8 YRS & UNDER	50M	BREASTSTROKE	蛙泳	18

午膳時間 Lunch Break

19	9 & 10 YRS	100M	FREESTYLE	自由泳	20
21	11 & 12 YRS	100M	FREESTYLE	自由泳	22
23	9 & 10 YRS	50M	BACKSTROKE	背泳	24
25	11 & 12 YRS	50M	BACKSTROKE	背泳	26
27	9 & 10 YRS	50M	BREASTSTROKE	蛙泳	28
29	11 & 12 YRS	50M	BREASTSTROKE	蛙泳	30

截止報名日期 CLOSING DATE FOR ENTRIES: **3 September 2010 (1700hrs)**

截止註冊日期 CLOSING DATE FOR REGISTRATION: **13 August 2010 (1700hrs)**