

**HONG KONG AGE GROUP LONG COURSE SWIMMING
CHAMPIONSHIPS 2010-2011**
二零一零至二零一一年香港長池分齡游泳錦標賽

(DAY ONE) 第一日

Date: 5 November 2010 (Fri) **Venue:** Kowloon Park Swimming Pool
九龍公園游泳池

Warm up: 1730 – 1815 **Start:** 1830

GIRLS 女

BOYS 男

1	13 & 14 Yrs	800M	Freestyle 自由泳	-
-	13 & 14 Yrs	1500M	Freestyle 自由泳	2
3	15 - 17 Yrs	800M	Freestyle 自由泳	-
-	15 - 17 Yrs	1500M	Freestyle 自由泳	4
5	18 Yrs & Over	800M	Freestyle 自由泳	-
-	18 Yrs & Over	1500M	Freestyle 自由泳	6

截止報名日期 CLOSING DATE FOR ENTRIES: **15 October 2010 (1700hrs)**

截止註冊日期 CLOSING DATE FOR REGISTRATION: **24 September 2010 (1700hrs)**

**HONG KONG AGE GROUP LONG COURSE SWIMMING
CHAMPIONSHIPS 2010-2011**
二零一零至二零一一年香港長池分齡游泳錦標賽

(DAY TWO) 第二日

Date: 6 November 2010 (Sat) **Venue:** Kowloon Park Swimming Pool
九龍公園游泳池

AM Warm up: 0800 – 0845

Start: 0900

PM Warm up: 1300 – 1345

Start: 1400

GIRLS 女

BOYS 男

7	12 Yrs & Under	4 X 50M	Free Relay	自由接力	8
9	13 Yrs & Over	4 X 50M	Free Relay	自由接力	10
11	10 Yrs & Under	100M	Freestyle	自由泳	12
13	11 & 12 Yrs	100M	Freestyle	自由泳	14
15	13 & 14 Yrs	100M	Freestyle	自由泳	16
17	15 – 17 Yrs	100M	Freestyle	自由泳	18
19	18 Yrs & Over	100M	Freestyle	自由泳	20
21	10 Yrs & Under	100M	Breaststroke	蛙泳	22
23	11 & 12 Yrs	100M	Breaststroke	蛙泳	24
25	13 & 14 Yrs	100M	Breaststroke	蛙泳	26
27	15 – 17 Yrs	100M	Breaststroke	蛙泳	28
29	18 Yrs & Over	100M	Breaststroke	蛙泳	30
31	10 Yrs & Under	100M	Butterfly	蝶泳	32
33	11 & 12 Yrs	100M	Butterfly	蝶泳	34
35	13 & 14 Yrs	100M	Butterfly	蝶泳	36
37	15 – 17 Yrs	100M	Butterfly	蝶泳	38
39	18 Yrs & Over	100M	Butterfly	蝶泳	40
41	11 & 12 Yrs	200M	Backstroke	背泳	42
43	13 & 14 Yrs	200M	Backstroke	背泳	44
45	15 – 17 Yrs	200M	Backstroke	背泳	46
47	18 Yrs & Over	200M	Backstroke	背泳	48
– Lunch Break –					
49	10 Yrs & Under	200M	Freestyle	自由泳	50
51	11 & 12 Yrs	200M	Freestyle	自由泳	52
53	13 & 14 Yrs	200M	Freestyle	自由泳	54
55	15 – 17 Yrs	200M	Freestyle	自由泳	56
57	18 Yrs & Over	200M	Freestyle	自由泳	58
59	10 Yrs & Under	50M	Breaststroke	蛙泳	60
61	11 & 12 Yrs	50M	Breaststroke	蛙泳	62
63	13 & 14 Yrs	50M	Breaststroke	蛙泳	64
65	15 – 17 Yrs	50M	Breaststroke	蛙泳	66
67	18 Yrs & Over	50M	Breaststroke	蛙泳	68
69	13 & 14 Yrs	400M	Ind. Medley	個人四式	70
71	15 – 17 Yrs	400M	Ind. Medley	個人四式	72
73	18 Yrs & Over	400M	Ind. Medley	個人四式	74
75	10 Yrs & Under	50M	Butterfly	蝶泳	76
77	11 & 12 Yrs	50M	Butterfly	蝶泳	78
79	13 & 14 Yrs	50M	Butterfly	蝶泳	80
81	15 – 17 Yrs	50M	Butterfly	蝶泳	82
83	18 Yrs & Over	50M	Butterfly	蝶泳	84
85	12 Yrs & Under	4 X 50M	Medley Relay	四式接力	86
87	13 Yrs & Over	4 X 50M	Medley Relay	四式接力	88

**HONG KONG AGE GROUP LONG COURSE SWIMMING
CHAMPIONSHIPS 2010-2011**
二零一零至二零一一年香港長池分齡游泳錦標賽

(DAY THREE) 第三日

Date: 7 November 2010 (Sun) **Venue:** Kowloon Park Swimming Pool
九龍公園游泳池

A.M. Warm up: 0800 – 0845

Start: 0900

P.M. Warm Up: 1300 – 1345

Start: 1400

GIRLS 女

BOYS 男

89	Stairstep 梯級接力	4 X 50M	Medley Relay	四式接力	90
91	10 Yrs & Under	100M	Backstroke	背泳	92
93	11 & 12 Yrs	100M	Backstroke	背泳	94
95	13 & 14 Yrs	100M	Backstroke	背泳	96
97	15 – 17 Yrs	100M	Backstroke	背泳	98
99	18 Yrs & Over	100M	Backstroke	背泳	100
101	10 Yrs & Under	50M	Freestyle	自由泳	102
103	11 & 12 Yrs	50M	Freestyle	自由泳	104
105	13 & 14 Yrs	50M	Freestyle	自由泳	106
107	15 – 17 Yrs	50M	Freestyle	自由泳	108
109	18 Yrs & Over	50M	Freestyle	自由泳	110
111	10 Yrs & Under	200M	Ind. Medley	個人四式	112
113	11 & 12 Yrs	200M	Ind. Medley	個人四式	114
115	13 & 14 Yrs	200M	Ind. Medley	個人四式	116
117	15 – 17 Yrs	200M	Ind. Medley	個人四式	118
119	18 Yrs & Over	200M	Ind. Medley	個人四式	120
– Lunch Break –					
121	11 & 12 Yrs	200M	Butterfly	蝶泳	122
123	13 & 14 Yrs	200M	Butterfly	蝶泳	124
125	15 – 17 Yrs	200M	Butterfly	蝶泳	126
127	18 Yrs & Over	200M	Butterfly	蝶泳	128
129	10 Yrs & Under	50M	Backstroke	背泳	130
131	11 & 12 Yrs	50M	Backstroke	背泳	132
133	13 & 14 Yrs	50M	Backstroke	背泳	134
135	15 – 17 Yrs	50M	Backstroke	背泳	136
137	18 Yrs & Over	50M	Backstroke	背泳	138
139	11 & 12 Yrs	200M	Breaststroke	蛙泳	140
141	13 & 14 Yrs	200M	Breaststroke	蛙泳	142
143	15 – 17 Yrs	200M	Breaststroke	蛙泳	144
145	18 Yrs & Over	200M	Breaststroke	蛙泳	146
147	11 & 12 Yrs	400M	Freestyle	自由泳	148
149	13 & 14 Yrs	400M	Freestyle	自由泳	150
151	15 – 17 Yrs	400M	Freestyle	自由泳	152
153	18 Yrs & Over	400M	Freestyle	自由泳	154
155	Stairstep 梯級接力	4 X 50M	Free Relay	自由接力	156