

AGE GROUP LONG COURSE SWIMMING CHAMPIONSHIPS 2007

二〇〇七年長池分齡游泳錦標賽

(DAY ONE) 第一日

04 APR 2007

DRAFT

Date:	2 November 2007 (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: 12 October 2007 (1700hrs)

截止註冊日期 CLOSING DATE FOR REGISTRATION: 21 September 2007 (1700hrs)

AGE GROUP LONG COURSE SWIMMING CHAMPIONSHIPS 2007

二〇〇七年長池分齡游泳錦標賽

04 APR 2007

(DAY TWO) 第二日

Date:	3 November 2007 (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

DRAFT

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	200M	Freestyle	自由泳	12
13	11 & 12 Yrs	200M	Freestyle	自由泳	14
15	13 & 14 Yrs	200M	Freestyle	自由泳	16
17	15 - 17 Yrs	200M	Freestyle	自由泳	18
19	18 Yrs & Over	200M	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	100M	Freestyle	自由泳	50
51	11 & 12 Yrs	100M	Freestyle	自由泳	52
53	13 & 14 Yrs	100M	Freestyle	自由泳	54
55	15 - 17 Yrs	100M	Freestyle	自由泳	56
57	18 Yrs & Over	100M	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

AGE GROUP LONG COURSE SWIMMING CHAMPIONSHIPS 2007

二〇〇七年長池分齡游泳錦標賽

04 APR 2007

(DAY THREE) 第三日

DRAFT

Date:	4 November 2007 (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

AGE GROUP SHORT COURSE SWIMMING CHAMPIONSHIPS 2008  
二〇〇八年短池分齡游泳錦標賽

04 APR 2007

(DAY ONE) 第一日

Date:	14 March 2008 (Fri)	Venue:	Shing Mun Valley Swimming Pool 城門谷游泳池
Warm up:	1730 – 1815	Start:	1830

DRAFT

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: 22 February 2008 (1700hrs)

截止註冊日期 CLOSING DATE FOR REGISTRTION: 1 February 2008 (1700hrs)

## AGE GROUP SHORT COURSE SWIMMING CHAMPIONSHIPS 2008

## 二〇〇八年短池分齡游泳錦標賽

04 APR 2007

## (DAY TWO) 第二日

Date:	15 March 2008 (Sat)	Venue:	Shing Mun Valley Swimming Pool 城門谷游泳池
AM Warm up:	0800 - 0845	Start:	0900
PM Warm up:	1300 - 1345	Start:	1400

DRAFT

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	200M	Freestyle	自由泳	12
13	11 & 12 Yrs	200M	Freestyle	自由泳	14
15	13 & 14 Yrs	200M	Freestyle	自由泳	16
17	15 To 17 Yrs	200M	Freestyle	自由泳	18
19	18 Yrs & Over	200M	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 To 17 Yrs	100M	Breaststroke	蛙泳	28
29	18 Yrs & Over	100M	Breaststroke	蛙泳	30
31	11 & 12 Yrs	200M	Butterfly	蝶泳	32
33	13 & 14 Yrs	200M	Butterfly	蝶泳	34
35	15 To 17 Yrs	200M	Butterfly	蝶泳	36
37	18 Yrs & Over	200M	Butterfly	蝶泳	38
39	10 Yrs & Under	100M	Ind. Medley	個人四式	40
41	11 & 12 Yrs	100M	Ind. Medley	個人四式	42
43	13 & 14 Yrs	100M	Ind. Medley	個人四式	44
45	15 To 17 Yrs	100M	Ind. Medley	個人四式	46
47	18 Yrs & Over	100M	Ind. Medley	個人四式	48
— Lunch Break —					
49	13 & 14 Yrs	400M	Ind. Medley	個人四式	50
51	15 To 17 Yrs	400M	Ind. Medley	個人四式	52
53	18 Yrs & Over	400M	Ind. Medley	個人四式	54
55	10 Yrs & Under	50M	Butterfly	蝶泳	56
57	11 & 12 Yrs	50M	Butterfly	蝶泳	58
59	13 & 14 Yrs	50M	Butterfly	蝶泳	60
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67	13 & 14 Yrs	200M	Backstroke	背泳	68
69	15 To 17 Yrs	200M	Backstroke	背泳	70
71	18 Yrs & Over	200M	Backstroke	背泳	72
73	10 Yrs & Under	100M	Freestyle	自由泳	74
75	11 & 12 Yrs	100M	Freestyle	自由泳	76
77	13 & 14 Yrs	100M	Freestyle	自由泳	78
79	15 To 17 Yrs	100M	Freestyle	自由泳	80
81	18 Yrs & Over	100M	Freestyle	自由泳	82
83	12 Yrs & Under	4 x 50m	Medley Relay	四式接力	84
85	13 Yrs & Over	4 x 50m	Medley Relay	四式接力	86

AGE GROUP SHORT COURSE SWIMMING CHAMPIONSHIPS 2008

二〇〇八年短池分齡游泳錦標賽

04 APR 2007

(DAY THREE) 第三日

Date:	16 March 2008 (Sun)	Venue:	Shing Mun Valley Swimming Pool 城門谷游泳池
AM Warm up:	0800 – 0845	Start:	0900
PM Warm up:	1300 – 1345	Start:	1400

DRAFT

**GIRLS 女**

**BOYS 男**

87	Stairstep 梯級接力	4 x 50m	Medley Relay	四式接力	88
89	10 Yrs & Under	100m	Backstroke	背泳	90
91	11 & 12 Yrs	100m	Backstroke	背泳	92
93	13 & 14 Yrs	100m	Backstroke	背泳	94
95	15 To 17 Yrs	100m	Backstroke	背泳	96
97	18 Yrs & Over	100m	Backstroke	背泳	98
99	10 Yrs & Under	50m	Freestyle	自由泳	100
101	11 & 12 Yrs	50m	Freestyle	自由泳	102
103	13 & 14 Yrs	50m	Freestyle	自由泳	104
105	15 To 17 Yrs	50m	Freestyle	自由泳	106
107	18 Yrs & Over	50m	Freestyle	自由泳	108
109	10 Yrs & Under	200m	Ind. Medley	個人四式	110
111	11 & 12 Yrs	200m	Ind. Medley	個人四式	112
113	13 & 14 Yrs	200m	Ind. Medley	個人四式	114
115	15 To 17 Yrs	200m	Ind. Medley	個人四式	116
117	18 Yrs & Over	200m	Ind. Medley	個人四式	118
119	10 Yrs & Under	50m	Breaststroke	蛙泳	120
121	11 & 12 Yrs	50m	Breaststroke	蛙泳	122
123	13 & 14 Yrs	50m	Breaststroke	蛙泳	124
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— Lunch Break —					
129	10 Yrs & Under	100 m	Butterfly	蝶泳	130
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133	13 & 14 Yrs	100m	Butterfly	蝶泳	134
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137	18 Yrs & Over	100m	Butterfly	蝶泳	138
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147	18 Yrs & Over	50m	Backstroke	背泳	148
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151	13 & 14 Yrs	200m	Breaststroke	蛙泳	152
153	15 To 17 Yrs	200m	Breaststroke	蛙泳	154
155	18 Yrs & Over	200m	Breaststroke	蛙泳	156
157	11 & 12 Yrs	400m	Freestyle	自由泳	158
159	13 & 14 Yrs	400m	Freestyle	自由泳	160
161	15 To 17 Yrs	400m	Freestyle	自由泳	162
163	18 Yrs & Over	400m	Freestyle	自由泳	164
165	Stairstep 梯級接力	4 x 50m	Free Relay	自由接力	166