

**2007 - 2008 AGE GROUP LONG COURSE SWIMMING
COMPETITION - DIVISION I (PART I)**

2007-2008 第一組長池分齡游泳比賽第一節

04 APR 2007

DRAFT

Date : 3 June 2007 (Sunday)	Venue : Kowloon Park Sw Pool 九龍公園游泳池
Morning Warm Up : 0800 Hrs	Morning First Event : 0900 Hrs
Afternoon Warm Up : 1300 Hrs	Afternoon First Event : 1400 Hrs

GIRLS女				BOYS男	
1	10 YRS & UNDER	100M	BUTTERFLY	蝶泳	2
3	11 & 12 YRS	200M	BUTTERFLY	蝶泳	4
5	13 & 14 YRS	200M	BUTTERFLY	蝶泳	6
7	15 - 17 YRS	200M	BUTTERFLY	蝶泳	8
9	18 & OVER	200M	BUTTERFLY	蝶泳	10
11	10 YRS & UNDER	100M	BREASTSTROKE	蛙泳	12
13	11 & 12 YRS	200M	BREASTSTROKE	蛙泳	14
15	13 & 14 YRS	200M	BREASTSTROKE	蛙泳	16
17	15 - 17 YRS	200M	BREASTSTROKE	蛙泳	18
19	18 & OVER	200M	BREASTSTROKE	蛙泳	20
21	13 & 14 YRS	400M	IND. MEDLEY	個人四式	22
23	15 - 17 YRS	400M	IND. MEDLEY	個人四式	24
25	18 & OVER	400M	IND. MEDLEY	個人四式	26
LUNCH BREAK 午膳時間					
27		4 X 200M	FREE RELAY	自由接力	28
29	10 YRS & UNDER	50M	FREESTYLE	自由泳	30
31	11 & 12 YRS	50M	FREESTYLE	自由泳	32
33	13 & 14 YRS	50M	FREESTYLE	自由泳	34
35	15 - 17 YRS	50M	FREESTYLE	自由泳	36
37	18 & OVER	50M	FREESTYLE	自由泳	38
39	13 & 14 YRS	800M	FREESTYLE	自由泳	~
41	15 - 17 YRS	800M	FREESTYLE	自由泳	~
43	18 & OVER	800M	FREESTYLE	自由泳	~
~	13 & 14 YRS	1500M	FREESTYLE	自由泳	40
~	15 - 17 YRS	1500M	FREESTYLE	自由泳	42
~	18 & OVER	1500M	FREESTYLE	自由泳	44

截止報名日期 CLOSING DATE FOR ENTRIES: 11 May 2007 (1700 hrs)

截止註冊日期 CLOSING DATE FOR REGISTRATION: 20 April 2007 (1700hrs)

**2007 – 2008 AGE GROUP LONG COURSE SWIMMING
COMPETITION - DIVISION I (PART II)**

2007-2008 第一組長池分齡游泳比賽第二節

04 APR 2007

DRAFT

Date : 24 June 2007 (Sunday)	Venue : Shing Mun Valley Swimming Pool 城門谷游泳池
Morning Warm Up : 0800 Hrs	Morning First Event : 0900 Hrs
Afternoon Warm Up : 1300 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	11 & 12 YRS	400M	FREESTYLE	自由泳	20
21	13 & 14 YRS	400M	FREESTYLE	自由泳	22
23	15 - 17 YRS	400M	FREESTYLE	自由泳	24
25	18 & OVER	400M	FREESTYLE	自由泳	26

LUNCH BREAK 午膳時間

27		4 X 100M	MED. RELAY	四式接力	28
29	10 YRS & UNDER	100M	BACKSTROKE	背泳	30
31	11 & 12 YRS	100M	BACKSTROKE	背泳	32
33	13 & 14 YRS	100M	BACKSTROKE	背泳	34
35	15 - 17 YRS	100M	BACKSTROKE	背泳	36
37	18 & OVER	100M	BACKSTROKE	背泳	38
39	10 YRS & UNDER	100M	FREESTYLE	自由泳	40
41	11 & 12 YRS	100M	FREESTYLE	自由泳	42
43	13 & 14 YRS	100M	FREESTYLE	自由泳	44
45	15 - 17 YRS	100M	FREESTYLE	自由泳	46
47	18 & OVER	100M	FREESTYLE	自由泳	48
49	10 YRS & UNDER	50M	BREASTSTROKE	蛙泳	50
51	11 & 12 YRS	50M	BREASTSTROKE	蛙泳	52
53	13 & 14 YRS	50M	BREASTSTROKE	蛙泳	54
55	15 - 17 YRS	50M	BREASTSTROKE	蛙泳	56
57	18 & OVER	50M	BREASTSTROKE	蛙泳	58

截止報名日期 CLOSING DATE FOR ENTRIES: 1 June 2007 (1700hrs)

截止註冊日期 CLOSING DATE FOR REGISTRATION: 11 May 2007 (1700hrs)

**2007 – 2008 AGE GROUP LONG COURSE SWIMMING
COMPETITION - DIVISION I (PART III)**

2007-2008 第一組長池分齡游泳比賽第三節

04 APR 2007

DRAFT

Date : 29 July 2007 (Sunday)	Venue : Kowloon Park Swimming Pool 九龍公園游泳池
Morning Warm Up : 0800 Hrs	Morning First Event : 0900 Hrs
Afternoon Warm Up : 1300 Hrs	Afternoon First Event : 1400 Hrs

GIRLS女			BOYS男		
1	10 YRS & UNDER	200M	IND. MEDLEY	個人四式	2
3	11 & 12 YRS	200M	IND. MEDLEY	個人四式	4
5	13 & 14 YRS	200M	IND. MEDLEY	個人四式	6
7	15 - 17 YRS	200M	IND. MEDLEY	個人四式	8
9	18 & OVER	200M	IND. MEDLEY	個人四式	10
11	10 YRS & UNDER	50M	BACKSTROKE	背泳	12
13	11 & 12 YRS	50M	BACKSTROKE	背泳	14
15	13 & 14 YRS	50M	BACKSTROKE	背泳	16
17	15 - 17 YRS	50M	BACKSTROKE	背泳	18
19	18 & OVER	50M	BACKSTROKE	背泳	20
21	11 & 12 YRS	100M	BREASTSTROKE	蛙泳	22
23	13 & 14 YRS	100M	BREASTSTROKE	蛙泳	24
25	15 - 17 YRS	100M	BREASTSTROKE	蛙泳	26
27	18 & OVER	100M	BREASTSTROKE	蛙泳	28
LUNCH BREAK 午膳時間					
29	4 X 100M		FREE RELAY	自由接力	30
31	10 YRS & UNDER	200M	FREESTYLE	自由泳	32
33	11 & 12 YRS	200M	FREESTYLE	自由泳	34
35	13 & 14 YRS	200M	FREESTYLE	自由泳	36
37	15 - 17 YRS	200M	FREESTYLE	自由泳	38
39	18 & OVER	200M	FREESTYLE	自由泳	40
41	11 & 12 YRS	100M	BUTTERFLY	蝶泳	42
43	13 & 14 YRS	100M	BUTTERFLY	蝶泳	44
45	15 - 17 YRS	100M	BUTTERFLY	蝶泳	46
47	18 & OVER	100M	BUTTERFLY	蝶泳	48
49	13 & 14 YRS	1500M	FREESTYLE	自由泳	~
51	15 - 17 YRS	1500M	FREESTYLE	自由泳	~
53	18 & OVER	1500M	FREESTYLE	自由泳	~
~	13 & 14 YRS	800M	FREESTYLE	自由泳	50
~	15 - 17 YRS	800M	FREESTYLE	自由泳	52
~	18 & OVER	800M	FREESTYLE	自由泳	54

截止報名日期 CLOSING DATE FOR ENTRIES: 6 July 2007 (1700hrs)

截止註冊日期 CLOSING DATE FOR REGISTRATION: 15 June 2007 (1700hrs)

**2007 - 2008 AGE GROUP SHORT COURSE SWIMMING
COMPETITION - DIVISION I (PART 1)**

2007-2008 第一組短池分齡游泳比賽第一節

04 APR 2007
DRAFT

Date : 2 December 2007 (Sunday)	Venue : Shing Mun Valley Swimming Pool 城門谷游泳池
Morning Warm Up : 0800 Hrs	Morning First Event : 0900 Hrs
Afternoon Warm Up : 1300 Hrs	Afternoon First Event : 1400 Hrs

GIRLS 女			BOYS 男		
1		4 X 100M	FREE RELAY	自由接力	2
3	11 & 12 YRS	200M	BUTTERFLY	蝶泳	4
5	13 & 14 YRS	200M	BUTTERFLY	蝶泳	6
7	15 - 17 YRS	200M	BUTTERFLY	蝶泳	8
9	18 & OVER	200M	BUTTERFLY	蝶泳	10
11	10 YRS & UNDER	100M	BREASTSTROKE	蛙泳	12
13	11 & 12 YRS	100M	BREASTSTROKE	蛙泳	14
15	13 & 14 YRS	100M	BREASTSTROKE	蛙泳	16
17	15 - 17 YRS	100M	BREASTSTROKE	蛙泳	18
19	18 & OVER	100M	BREASTSTROKE	蛙泳	20
21	10 YRS & UNDER	50M	BACKSTROKE	背泳	22
23	11 & 12 YRS	50M	BACKSTROKE	背泳	24
25	13 & 14 YRS	50M	BACKSTROKE	背泳	26
27	15 - 17 YRS	50M	BACKSTROKE	背泳	28
29	18 & OVER	50M	BACKSTROKE	背泳	30
LUNCH BREAK 午膳時間					
31	10 YRS & UNDER	200M	FREESTYLE	自由泳	32
33	11 & 12 YRS	200M	FREESTYLE	自由泳	34
35	13 & 14 YRS	200M	FREESTYLE	自由泳	36
37	15 - 17 YRS	200M	FREESTYLE	自由泳	38
39	18 & OVER	200M	FREESTYLE	自由泳	40
41	10 YRS & UNDER	100M	IND. MEDLEY	個人四式	42
43	11 & 12 YRS	100M	IND. MEDLEY	個人四式	44
45	13 & 14 YRS	100M	IND. MEDLEY	個人四式	46
47	15 - 17 YRS	100M	IND. MEDLEY	個人四式	48
49	18 & OVER	100M	IND. MEDLEY	個人四式	50
51	13 & 14 YRS	800M	FREESTYLE	自由泳	~
53	15 - 17 YRS	800M	FREESTYLE	自由泳	~
55	18 & OVER	800M	FREESTYLE	自由泳	~
~	13 & 14 YRS	1500M	FREESTYLE	自由泳	52
~	15 - 17 YRS	1500M	FREESTYLE	自由泳	54
~	18 & OVER	1500M	FREESTYLE	自由泳	56

截止報名日期 CLOSING DATE FOR ENTRIES: 9 November 2007 (1700hrs)

截止註冊日期 CLOSING DATE FOR REGISTRATION: 18 October 2007 (1700hrs)

**2007 - 2008 AGE GROUP SHORT COURSE SWIMMING
COMPETITION - DIVISION I (PART 2)**

2007-2008 第一組短池分齡游泳比賽第二節

04 APR 2007

DRAFT

Date : 13 January 2008 (Sunday)	Venue : Shing Mun Valley Swimming Pool 城門谷游泳池
Morning Warm Up : 0800 Hrs	Morning First Event : 0900 Hrs
Afternoon Warm Up : 1300 Hrs	Morning First Event : 1400 Hrs

GIRLS 女			BOYS 男		
1		4 X 200M	FREE RELAY	自由接力	2
3	10 YRS & UNDER	100M	BUTTERFLY	蝶泳	4
5	11 & 12 YRS	100M	BUTTERFLY	蝶泳	6
7	13 & 14 YRS	100M	BUTTERFLY	蝶泳	8
9	15 - 17 YRS	100M	BUTTERFLY	蝶泳	10
11	18 & OVER	100M	BUTTERFLY	蝶泳	12
13	11 & 12 YRS	200M	BACKSTROKE	背泳	14
15	13 & 14 YRS	200M	BACKSTROKE	背泳	16
17	15 - 17 YRS	200M	BACKSTROKE	背泳	18
19	18 & OVER	200M	BACKSTROKE	背泳	20
21	10 YRS & UNDER	50M	BREASTSTROKE	蛙泳	22
23	11 & 12 YRS	50M	BREASTSTROKE	蛙泳	24
25	13 & 14 YRS	50M	BREASTSTROKE	蛙泳	26
27	15 - 17 YRS	50M	BREASTSTROKE	蛙泳	28
29	18 & OVER	50M	BREASTSTROKE	蛙泳	30
LUNCH BREAK 午膳時間					
31	10 YRS & UNDER	200M	IND. MEDLEY	個人四式	32
33	11 & 12 YRS	200M	IND. MEDLEY	個人四式	34
35	13 & 14 YRS	200M	IND. MEDLEY	個人四式	36
37	15 - 17 YRS	200M	IND. MEDLEY	個人四式	38
39	18 & OVER	200M	IND. MEDLEY	個人四式	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	11 & 12 YRS	400M	FREESTYLE	自由泳	52
53	13 & 14 YRS	400M	FREESTYLE	自由泳	54
55	15 - 17 YRS	400M	FREESTYLE	自由泳	56
57	18 & OVER	400M	FREESTYLE	自由泳	58

截止報名日期 CLOSING DATE FOR ENTRIES: 21 December 2007 (1700hrs)

截止註冊日期 CLOSING DATE FOR REGISTRATION: 30 November 2007 (1700hrs)

**2007 – 2008 AGE GROUP SHORT COURSE SWIMMING
COMPETITION - DIVISION I (PART 3)**

04 APR 2007

2007-2008 第一組短池分齡游泳比賽第三節

Date : 24 February 2008 (Sunday)	Venue : Shing Mun Valley Swimming Pool 城門谷游泳池
Morning Warm Up : 0800 Hrs	Morning First Event : 0900 Hrs
Afternoon Warm Up : 1300 Hrs	Afternoon First Event : 1400 Hrs

DRAFT

GIRLS 女				BOYS 男	
1		4 X 100M	MEDLEY RELAY	四式接力	2
3	11 & 12 YRS	200M	BREASTSTROKE	蛙泳	4
5	13 & 14 YRS	200M	BREASTSTROKE	蛙泳	6
7	15 - 17 YRS	200M	BREASTSTROKE	蛙泳	8
9	18 & OVER	200M	BREASTSTROKE	蛙泳	10
11	13 & 14 YRS	400M	IND. MEDLEY	個人四式	12
13	15 - 17 YRS	400M	IND. MEDLEY	個人四式	14
15	18 & OVER	400M	IND. MEDLEY	個人四式	16
17	10 YRS & UNDER	50M	BUTTERFLY	蝶泳	18
19	11 & 12 YRS	50M	BUTTERFLY	蝶泳	20
21	13 & 14 YRS	50M	BUTTERFLY	蝶泳	22
23	15 - 17 YRS	50M	BUTTERFLY	蝶泳	24
25	18 & OVER	50M	BUTTERFLY	蝶泳	26
LUNCH BREAK 午膳時間					
27	10 YRS & UNDER	100M	FREESTYLE	自由泳	28
29	11 & 12 YRS	100M	FREESTYLE	自由泳	30
31	13 & 14 YRS	100M	FREESTYLE	自由泳	32
33	15 - 17 YRS	100M	FREESTYLE	自由泳	34
35	18 & OVER	100M	FREESTYLE	自由泳	36
37	10 YRS & UNDER	100M	BACKSTROKE	背泳	38
39	11 & 12 YRS	100M	BACKSTROKE	背泳	40
41	13 & 14 YRS	100M	BACKSTROKE	背泳	42
43	15 - 17 YRS	100M	BACKSTROKE	背泳	44
45	18 & OVER	100M	BACKSTROKE	背泳	46
47	13 & 14 YRS	1500M	FREESTYLE	自由泳	~
49	15 - 17 YRS	1500M	FREESTYLE	自由泳	~
51	18 & OVER	1500M	FREESTYLE	自由泳	~
~	13 & 14 YRS	800M	FREESTYLE	自由泳	48
~	15 - 17 YRS	800M	FREESTYLE	自由泳	50
~	18 & OVER	800M	FREESTYLE	自由泳	52

截止報名日期 CLOSING DATE FOR ENTRIES: 1 February 2008 (1700hrs)

截止註冊日期 CLOSING DATE FOR REGISTRATION: 11 January 2008 (1700hrs)