

**2007 - 2008 AGE GROUP LONG COURSE SWIMMING  
COMPETITION – DIVISION III (PART 1A,B)  
2007-2008 第三組長池分齡游泳比賽第一節**

**DRAFT**

04 APR 2007

<b>Date :</b> Part 1A – 12 May 2007 (Saturday)	<b>Venue :</b> Ma On Shan Sw Pool 馬鞍山游泳池
<b>Date :</b> Part 1B – 12 May 2007 (Saturday)	<b>Venue :</b> Tai Wan Shan Sw Pool 大環山游泳池

**Morning Warm Up :** 08:00 Hrs **Morning Session First Event :** 09:00 Hrs  
**Afternoon Warm Up :** 12:00 Hrs **Afternoon Session First Event :** 13:00 Hrs

<b>GIRLS 女</b>				<b>BOYS 男</b>	
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	13 & 14 YRS	100M	BACKSTROKE	背泳	10
11	15 - 16 YRS	100M	BACKSTROKE	背泳	12
午膳時間 Lunch Break					
13	11 & 12 YRS	100M	BUTTERFLY	蝶泳	14
15	8 YRS & UNDER	50M	FREESTYLE	自由泳	16
17	9 & 10 YRS	50M	FREESTYLE	自由泳	18
19	11 & 12 YRS	50M	FREESTYLE	自由泳	20
21	8 YRS & UNDER	100M	BACKSTROKE	背泳	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: **20 April 2007 (1700hrs)**

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

**2007-2008 AGE GROUP LONG COURSE SWIMMING  
COMPETITION – DIVISION III (PART 2A,B)**

**2007-2008 第三組長池分齡游泳比賽第二節**

04 APR 2007

<b>Date :</b> Part 2A – 14 July 2006 (Saturday)	<b>Venue :</b> Tai Po Sw Pool 大埔游泳池
<b>Date :</b> Part 2B – 14 July 2006 (Saturday)	<b>Venue :</b> Morse Park Sw Pool 摩士公園游泳池

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**Morning Warm Up :** 08:00 Hrs    **Morning Session First Event :** 09:00 Hrs  
**Afternoon Warm Up :** 12:00 Hrs    **Afternoon Session First Event :** 13:00 Hrs

<b>GIRLS 女</b>				<b>BOYS 男</b>	
1	13 & 14 YRS	100M	BREASTSTROKE	蛙泳	2
3	15 - 16 YRS	100M	BREASTSTROKE	蛙泳	4
5	13 & 14 YRS	50M	BUTTERFLY	蝶泳	6
7	15 - 16 YRS	50M	BUTTERFLY	蝶泳	8
9	13 & 14 YRS	200M	IND. MEDLEY	個人四式	10
11	15 - 16 YRS	200M	IND. MEDLEY	個人四式	12

**午餐時間 Lunch Break**

13	8 YRS & UNDER	100M	BREASTSTROKE	蛙泳	14
15	9 & 10 YRS	100M	BREASTSTROKE	蛙泳	16
17	11 & 12 YRS	100M	BREASTSTROKE	蛙泳	18
19	8 YRS & UNDER	50M	BUTTERFLY	蝶泳	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: **22 June 2007 (1700hrs)**

截止註冊日期 CLOSING DATE FOR REGISTRATION: **1 June 2007 (1700hrs)**

**2007-2008 AGE GROUP LONG COURSE SWIMMING  
COMPETITION – DIVISION III (PART 3A,B)**

**2007-2008 第三組長池分齡游泳比賽第三節**

04 APR 2007

**DRAFT**

<b>Date :</b> Part 3A – 15 September 2007 (Saturday)	<b>Venue :</b> Kwun Tong Sw Pool 觀塘游泳池
<b>Date :</b> Part 3B – 15 September 2007 (Saturday)	<b>Venue :</b> Ma On Shan Sw Pool 馬鞍山游泳池

**Morning Warm Up : 08:00 Hrs    Morning Session First Event : 09:00 Hrs**  
**Afternoon Warm Up : 12:00 Hrs    Afternoon Session First Event : 13:00 Hrs**

<b>GIRLS 女</b>				<b>BOYS 男</b>	
1	13 & 14 YRS	50M	BACKSTROKE	背泳	2
3	15 - 16 YRS	50M	BACKSTROKE	背泳	4
5	13 & 14 YRS	100M	FREESTYLE	自由泳	6
7	15 - 16 YRS	100M	FREESTYLE	自由泳	8
9	13 & 14 YRS	50M	BREASTSTROKE	蛙泳	10
11	15 - 16 YRS	50M	BREASTSTROKE	蛙泳	12
<b>午膳時間 Lunch Break</b>					
13	8 YRS & UNDER	50M	BACKSTROKE	背泳	14
15	9 & 10 YRS	50M	BACKSTROKE	背泳	16
17	11 & 12 YRS	50M	BACKSTROKE	背泳	18
19	8 YRS & UNDER	100M	FREESTYLE	自由泳	20
21	9 & 10 YRS	100M	FREESTYLE	自由泳	22
23	11 & 12 YRS	100M	FREESTYLE	自由泳	24
25	8 YRS & UNDER	50M	BREASTSTROKE	蛙泳	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: 24 August 2007 (1700hrs)**

**截止註冊日期 CLOSING DATE FOR REGISTRATION: 3 August 2007 (1700hrs)**

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

**2007-2008 第三組短池分齡游泳比賽第一節**

04 APR 2007

**DRAFT**

<b>Date:</b> 17 November 2007 (Saturday)	<b>Venue:</b> H.K. Sports Institute Sw Pool 香港體育學院游泳池
<b>Morning Warm Up:</b> 10:00 – 10:30 Hrs	<b>Morning First Event:</b> 10:30 Hrs
<b>Afternoon Warm Up:</b> 12:00-13:00 Hrs	<b>Afternoon First Event:</b> 13:00 Hrs

<b>GIRLS 女</b>				<b>BOYS 男</b>	
1	13 & 14 YRS	100M	BACKSTROKE	背泳	2
3	15 & 16 YRS	100M	BACKSTROKE	背泳	4
5	13 & 14 YRS	50M	BREASTSTROKE	蛙泳	6
7	15 & 16 YRS	50M	BREASTSTROKE	蛙泳	8
9	13 & 14 YRS	50M	BUTTERFLY	蝶泳	10
11	15 & 16 YRS	50M	BUTTERFLY	蝶泳	12

**BREAK 休息**

13	8 YRS & UNDER	100M	BACKSTROKE	背泳	14
15	9 & 10 YRS	100M	BACKSTROKE	背泳	16
17	11 & 12 YRS	100M	BACKSTROKE	背泳	18
19	8 YRS & UNDER	50M	BREASTSTROKE	蛙泳	20
21	9 & 10 YRS	50M	BREASTSTROKE	蛙泳	22
23	11 & 12 YRS	50M	BREASTSTROKE	蛙泳	24
25	8 YRS & UNDER	50M	BUTTERFLY	蝶泳	26
27	9 & 10 YRS	50M	BUTTERFLY	蝶泳	28
29	11 & 12 YRS	50M	BUTTERFLY	蝶泳	30

截止報名日期 CLOSING DATE FOR ENTRIES: 26 October 2007 (1700hrs)

截止註冊日期 CLOSING DATE FOR REGISTRATION: 5 October 2007 (1700hrs)

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

**2007-2008 第三組短池分齡游泳比賽第二節**

04 APR 2007

DRAFT

<b>Date :</b> 19 January 2008 (Saturday)	<b>Venue :</b> HK Sports Institute Sw Pool 香港體育學院游泳池
<b>Morning Warm Up :</b> 10:00 – 10:30 Hrs	<b>Morning First Event :</b> 10:30 Hrs
<b>Afternoon Warm Up :</b> 12:00 – 13:00 Hrs	<b>Afternoon First Event :</b> 13:00 Hrs

<b>GIRLS 女</b>				<b>BOYS 男</b>	
1	13 & 14 YRS	50M	BACKSTROKE	背泳	2
3	15 & 16 YRS	50M	BACKSTROKE	背泳	4
5	13 & 14 YRS	100M	BREASTSTROKE	蛙泳	6
7	15 & 16 YRS	100M	BREASTSTROKE	蛙泳	8
9	13 & 14 YRS	100M	FREESTYLE	自由泳	10
11	15 & 16 YRS	100M	FREESTYLE	自由泳	12

**BREAK 休息**

13	8 YRS & UNDER	50M	BACKSTROKE	背泳	14
15	9 & 10 YRS	50M	BACKSTROKE	背泳	16
17	11 & 12 YRS	50M	BACKSTROKE	背泳	18
19	8 YRS & UNDER	100M	BREASTSTROKE	蛙泳	20
21	9 & 10 YRS	100M	BREASTSTROKE	蛙泳	22
23	11 & 12 YRS	100M	BREASTSTROKE	蛙泳	24
25	8 YRS & UNDER	100M	FREESTYLE	自由泳	26
27	9 & 10 YRS	100M	FREESTYLE	自由泳	28
29	11 & 12 YRS	100M	FREESTYLE	自由泳	30

截止報名日期 CLOSING DATE FOR ENTRIES: 28 December 2007 (1700hrs)

截止註冊日期 CLOSING DATE FOR REGISTRATION: 7 December 2007 (1700hrs)

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

**2007-2008 第三組短池分齡游泳比賽第三節**

04 APR 2007

**DRAFT**

<b>Date :</b> 8 March 2008 (Saturday)	<b>Venue :</b> H K Sports Institute Sw Pool 香港體育學院游泳池
<b>Morning Warm Up :</b> 10:00 – 10:30 Hrs	<b>Morning First Event :</b> 10:30 Hrs
<b>Afternoon Warm Up :</b> 12:00 – 13:00 Hrs	<b>Afternoon First Event :</b> 13:00 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	13 & 14 YRS	100M	IND. MEDLEY	個人四式	10
11	15 & 16 YRS	100M	IND. MEDLEY	個人四式	12

**BREAK 休息**

13	9 & 10 YRS	100M	BUTTERFLY	蝶泳	14
15	11 & 12 YRS	100M	BUTTERFLY	蝶泳	16
17	8 YRS & UNDER	50M	FREESTYLE	自由泳	18
19	9 & 10 YRS	50M	FREESTYLE	自由泳	20
21	11 & 12 YRS	50M	FREESTYLE	自由泳	22
23	8 YRS & UNDER	100M	IND. MEDLEY	個人四式	24
25	9 & 10 YRS	100M	IND. MEDLEY	個人四式	26
27	11 & 12 YRS	100M	IND. MEDLEY	個人四式	28

截止報名日期 CLOSING DATE FOR ENTRIES: 15 February 2008 (1700hrs)

截止註冊日期 CLOSING DATE FOR REGISTRATION: 25 January 2008 (1700hrs)