

2011 - 2012 AGE GROUP SHORT COURSE SWIMMING  
COMPETITION - DIVISION I (PART 1)

2011-2012 第一組短池分齡游泳比賽第一節

Date : 3 December 2011(Saturday)

Warm Up : 1730-1815 Hrs

Venue : Hong Kong Sports Institute

Swimming Pool

香港體育學院游泳池

First Event : 1830 Hrs

GIRLS 女

1	13 & 14 YRS	800M
3	15 - 17 YRS	800M
5	18 & OVER	800M
~	13 & 14 YRS	1500M
~	15 - 17 YRS	1500M
~	18 & OVER	1500M

BOYS 男

FREESTYLE	自由泳	~
FREESTYLE	自由泳	~
FREESTYLE	自由泳	~
FREESTYLE	自由泳	2
FREESTYLE	自由泳	4
FREESTYLE	自由泳	6

截止註冊日 CLOSING DATE FOR REGISTRATION: 11 November 2011  
(1700hrs)

截止報名日期 CLOSING DATE FOR ENTRIES: 11 November 2011 (1700hrs)

**2011 - 2012 AGE GROUP SHORT COURSE SWIMMING  
COMPETITION - DIVISION I (PART 1)**

**2011-2012 第一組短池分齡游泳比賽第一節**

Date : 4 December 2011(Sunday)

Venue : Shing Mun Valley Swimming Pool  
城門谷游泳池

Morning Warm Up : 0800-0845 Hrs

Morning First Event : 0900 Hrs

Afternoon Warm Up : 1300-1345 Hrs

Afternoon First Event : 1400 Hrs

**GIRLS 女**

**BOYS 男**

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

截止註冊日 CLOSING DATE FOR REGISTRATION: **11 November 2011(1700hrs)**

截止報名日期 CLOSING DATE FOR ENTRIES: **11 November 2011 (1700hrs)**

**2011 - 2012 AGE GROUP SHORT COURSE SWIMMING  
COMPETITION - DIVISION I (PART 2)**

**2011-2012 第一組短池分齡游泳比賽第二節**

Date : 15 January 2012 (Sunday)

Venue : Shing Mun Valley Swimming  
Pool 城門谷游泳池

Morning Warm Up : 0800-0845 Hrs

Morning First Event : 0900 Hrs

Afternoon Warm Up : 1300-1345 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	FREESTYLE	自由泳	22
23	11 & 12 YRS	50M	FREESTYLE	自由泳	24
25	13 & 14 YRS	50M	FREESTYLE	自由泳	26
27	15 - 17 YRS	50M	FREESTYLE	自由泳	28
29	18 & OVER	50M	FREESTYLE	自由泳	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	BREASTSTROKE	蛙泳	42
43	11 & 12 YRS	50M	BREASTSTROKE	蛙泳	44
45	13 & 14 YRS	50M	BREASTSTROKE	蛙泳	46
47	15 - 17 YRS	50M	BREASTSTROKE	蛙泳	48
49	18 & OVER	50M	BREASTSTROKE	蛙泳	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

截止註冊 CLOSING DATE FOR REGISTRATION: 2 December 2011 (1700hrs)

截止報名日期 CLOSING DATE FOR ENTRIES: 23 December 2011 (1700hrs)

2011 - 2012 AGE GROUP SHORT COURSE SWIMMING  
COMPETITION - DIVISION I (PART 3)

2011-2012 第一組短池分齡游泳比賽第三節

Date : 25 February 2012(Saturday)

Warm Up : 1730-1815 Hrs

Venue : Hong Kong Sports Institute

Swimming Pool

香港體育學院游泳池

First Event : 1830 Hrs

GIRLS 女

1	13 & 14 YRS	1500M
3	15 - 17 YRS	1500M
5	18 & OVER	1500M
~	13 & 14 YRS	800M
~	15 - 17 YRS	800M
~	18 & OVER	800M

BOYS 男

FREESTYLE	自由泳	~
FREESTYLE	自由泳	~
FREESTYLE	自由泳	~
FREESTYLE	自由泳	2
FREESTYLE	自由泳	4
FREESTYLE	自由泳	6

截止註冊日 CLOSING DATE FOR REGISTRATION: 13 January 2012 (1700hrs)

截止報名日期 CLOSING DATE FOR ENTRIES: 3 February 2012 (1700hrs)

**2011 – 2012 AGE GROUP SHORT COURSE SWIMMING  
COMPETITION - DIVISION I (PART 3)**

**2011-2012 第一組短池分齡游泳比賽第三節**

Date : 26 February 2012 (Sunday)

Venue : Shing Mun Valley Swimming Pool  
城門谷游泳池

Morning Warm Up : 0800-0845 Hrs

Morning First Event : 0900 Hrs

Afternoon Warm Up : 1300-1345 Hrs

Afternoon First Event : 1400 Hrs

**GIRLS 女**

**BOYS 男**

7		4 X 100M	MEDLEY RELAY	四式接力	8
9	11 & 12 YRS	200M	BREASTSTROKE	蛙泳	10
11	13 & 14 YRS	200M	BREASTSTROKE	蛙泳	12
13	15 - 17 YRS	200M	BREASTSTROKE	蛙泳	14
15	18 & OVER	200M	BREASTSTROKE	蛙泳	16
17	13 & 14 YRS	400M	IND. MEDLEY	個人四式	18
19	15 - 17 YRS	400M	IND. MEDLEY	個人四式	20
21	18 & OVER	400M	IND. MEDLEY	個人四式	22
23	10 YRS & UNDER	50M	BUTTERFLY	蝶泳	24
25	11 & 12 YRS	50M	BUTTERFLY	蝶泳	26
27	13 & 14 YRS	50M	BUTTERFLY	蝶泳	28
29	15 - 17 YRS	50M	BUTTERFLY	蝶泳	30
31	18 & OVER	50M	BUTTERFLY	蝶泳	32

**LUNCH BREAK 午膳時間**

33	10 YRS & UNDER	100M	FREESTYLE	自由泳	34
35	11 & 12 YRS	100M	FREESTYLE	自由泳	36
37	13 & 14 YRS	100M	FREESTYLE	自由泳	38
39	15 - 17 YRS	100M	FREESTYLE	自由泳	40
41	18 & OVER	100M	FREESTYLE	自由泳	42
43	10 YRS & UNDER	100M	BACKSTROKE	背泳	44
45	11 & 12 YRS	100M	BACKSTROKE	背泳	46
47	13 & 14 YRS	100M	BACKSTROKE	背泳	48
49	15 - 17 YRS	100M	BACKSTROKE	背泳	50
51	18 & OVER	100M	BACKSTROKE	背泳	52

截止註冊日期 CLOSING DATE FOR REGISTRATION: 13 January 2012 (1700hrs)

截止報名日期 CLOSING DATE FOR ENTRIES: 10 February 2012 (1700hrs)