

HONG KONG AGE GROUP SHORT COURSE
SWIMMING CHAMPIONSHIPS 2011-2012
二零一一至二零一二年香港短池分齡游泳錦標賽

(DAY ONE) 第一日

Date: 16 March 2012 (Fri) Venue: Shing Mun Valley Swimming Pool
城門谷游泳池

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

截止註冊日期 CLOSING DATE FOR REGISTRTION: 3 February 2012 (1700hrs)

截止報名日期 CLOSING DATE FOR ENTRIES: 24 February 2012 (1700hrs)

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(DAY TWO) 第二日

Date: 17 March 2012 (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

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 To 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 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
61	15 To 17 Yrs	50M	Butterfly	蝶泳	62
63	18 Yrs & Over	50M	Butterfly	蝶泳	64
65	11 & 12 Yrs	200M	Backstroke	背泳	66
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	200M	Freestyle	自由泳	74
75	11 & 12 Yrs	200M	Freestyle	自由泳	76
77	13 & 14 Yrs	200M	Freestyle	自由泳	78
79	15 To 17 Yrs	200M	Freestyle	自由泳	80
81	18 Yrs & Over	200M	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

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(DAY THREE) 第三日

Date: 18 March 2012 (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

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
125	15 To 17 Yrs	50M	Breaststroke 蛙泳	126
127	18 Yrs & Over	50M	Breaststroke 蛙泳	128
<i>– Lunch Break –</i>				
129	10 Yrs & Under	100 M	Butterfly 蝶泳	130
131	11 & 12 Yrs	100M	Butterfly 蝶泳	132
133	13 & 14 Yrs	100M	Butterfly 蝶泳	134
135	15 To 17 Yrs	100M	Butterfly 蝶泳	136
137	18 Yrs & Over	100M	Butterfly 蝶泳	138
139	10 Yrs & Under	50M	Backstroke 背泳	140
141	11 & 12 Yrs	50M	Backstroke 背泳	142
143	13 & 14 Yrs	50M	Backstroke 背泳	144
145	15 To 17 Yrs	50M	Backstroke 背泳	146
147	18 Yrs & Over	50M	Backstroke 背泳	148
149	11 & 12 Yrs	200M	Breaststroke 蛙泳	150
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