

2004-05 AGE GROUP DIVISION I LONG COURSE AND SHORT COURSE SWIMMING COMPETITIONS

Rules & Regulations

Date/Venue	Please see attached event lists.
Entry Conditions	<ul style="list-style-type: none"> ❖ All competitors must be 2004/05 registered age group swimmers of HKASA and register to HKASA at least <u>21 days</u> prior to the closing date of entries. ❖ Swimmers should reach respective Div I Long Course/Short Course qualifying standard.
Entries	<ul style="list-style-type: none"> ❖ Incomplete/incorrect entry information will be rejected and fees paid will not be refunded. ❖ Late entries will not be accepted. <p><u>Individual Events</u></p> <ul style="list-style-type: none"> ❖ Each swimmer is limited to no more than 4 individual events. ❖ *HK\$12.00 per individual event <p><u>Relay Events</u></p> <ul style="list-style-type: none"> ❖ Relays will be run on a club basis. ❖ Each club may enter one team in each relay event. ❖ *HK\$12.00 per team per relay event <p>*Paid by cash or cheque. Crossed cheque made payable to 'HKASA'.</p>
Closing Date for Entries	14 days prior to the first date of competition (subject to the announcement of the HKASA).
Closing Date for Registration	21 days prior to the closing date of entries (subject to the announcement of the HKASA)
Event list	Please see attached event list. Events will be run as timed finals.
Qualifying Standards	Please see attached qualifying times list.
Age Group	<ul style="list-style-type: none"> ❖ Age is calculated as at the first day of the competition. <p><u>Individual Events</u></p> <ul style="list-style-type: none"> ❖ 10 & under, 11 & 12, 13 & 14, 15 - 17, 18 & over.
Scratches	Scratches must be submitted 30 minutes before the scheduled start time of each session. A fine of \$20 will be charged for each "no show".
Awards	<ul style="list-style-type: none"> ❖ Medals will be awarded to 1st, 2nd and 3rd places. ❖ No medals will be awarded to swimmers who fail to meet the qualifying time
Rules	<ul style="list-style-type: none"> ❖ FINA rules will apply. ❖ Swimmers who apply for split time record should submit application form with application fee HK\$200 to the Referee 30 minutes before the start of each session. <p>Fee paid will not be refunded in any case.</p> <p>Names of swimmers together with registration number actually swimming on a relay must be submitted 30 minutes before the start of each session.</p>
Protest	<ul style="list-style-type: none"> ❖ Any protest shall be made in writing to the referee within 30 minutes following the result announcement of the respective event with protest fee of HK\$200. ❖ Protest will be forward to the Appeal Board of such competition for decision. ❖ If the protest is rejected, the fee paid will be forfeited to the HKASA.

**2004 - 2005 AGE GROUP LONG COURSE SWIMMING
COMPETITION - DIVISION I (PART I)
2004-2005第一組長池分齡游泳比賽第一節**

Date : 23 May 2004 (Sunday)	Venue : Shing Mun Valley Pool 城門谷游泳池
Morning Warm Up : 0800 Hrs	First Event : 0900 Hrs
Afternoon Warm Up : 1300 Hrs	First Event : 1400 Hrs

GIRLS女				BOYS男	
1	13 & 14 YRS	400M	IND. MEDLEY	個人四式	2
3	15 - 17 YRS	400M	IND. MEDLEY	個人四式	4
5	18 & OVER	400M	IND. MEDLEY	個人四式	6
7	10 YRS & UNDER	100M	BUTTERFLY	蝶泳	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	13 & 14 YRS	800M	FREESTYLE	捷泳	18
19	15 - 17 YRS	800M	FREESTYLE	捷泳	20
21	18 & OVER	800M	FREESTYLE	捷泳	22

LUNCH BREAK 午膳時間

23	18 & OVER	4 X 200M	FREE RELAY	自由接力	24
25	10 YRS & UNDER	100M	BREASTSTROKE	蛙泳	26
27	11 & 12 YRS	200M	BREASTSTROKE	蛙泳	28
29	13 & 14 YRS	200M	BREASTSTROKE	蛙泳	30
31	15 - 17 YRS	200M	BREASTSTROKE	蛙泳	32
33	18 & OVER	200M	BREASTSTROKE	蛙泳	34
35	10 YRS & UNDER	50M	FREESTYLE	捷泳	36
37	11 & 12 YRS	50M	FREESTYLE	捷泳	38
39	13 & 14 YRS	50M	FREESTYLE	捷泳	40
41	15 - 17 YRS	50M	FREESTYLE	捷泳	42
43	18 & OVER	50M	FREESTYLE	捷泳	44
45	11 & 12 YRS	200M	BACKSTROKE	背泳	46
47	13 & 14 YRS	200M	BACKSTROKE	背泳	48
49	15 - 17 YRS	200M	BACKSTROKE	背泳	50
51	18 & OVER	200M	BACKSTROKE	背泳	52

截止報名日期 CLOSING DATE FOR ENTRIES: **7 May 2004 (1700 hrs)**

截止註冊日期 CLOSING DATE FOR REGISTRATION: **16 April 2004 (1700hrs)**

**2004 – 2005 AGE GROUP LONG COURSE SWIMMING
 COMPETITION - DIVISION I (PART II)
 2004-2005第一組長池分齡游泳比賽第二節**

Date : 13 June 2004 (Sunday)	Venue : Kowloon Park Swimming Pool 九龍公園游泳池
Morning Warm Up : 0800 Hrs	First Event : 0900 Hrs
Afternoon Warm Up : 1300 Hrs	First Event : 1400 Hrs

GIRLS女

BOYS男

1	11 & 12 YRS	400M	FREESTYLE	捷泳	2
3	13 & 14 YRS	400M	FREESTYLE	捷泳	4
5	15 - 17 YRS	400M	FREESTYLE	捷泳	6
7	18 & OVER	400M	FREESTYLE	捷泳	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	10 YRS & UNDER	100M	BACKSTROKE	背泳	20
21	11 & 12 YRS	100M	BACKSTROKE	背泳	22
23	13 & 14 YRS	100M	BACKSTROKE	背泳	24
25	15 - 17 YRS	100M	BACKSTROKE	背泳	26
27	18 & OVER	100M	BACKSTROKE	背泳	28

LUNCH BREAK 午膳時間

29	18 & OVER	4 X 100M	MED. RELAY	四式接力	30
31	10 YRS & UNDER	100M	FREESTYLE	捷泳	32
33	11 & 12 YRS	100M	FREESTYLE	捷泳	34
35	13 & 14 YRS	100M	FREESTYLE	捷泳	36
37	15 - 17 YRS	100M	FREESTYLE	捷泳	38
39	18 & OVER	100M	FREESTYLE	捷泳	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

截止報名日期 CLOSING DATE FOR ENTRIES: 28 May 2004 (1700hrs)

截止註冊日期 CLOSING DATE FOR REGISTRATION: 7 May 2004 (1700hrs)

**2004 – 2005 AGE GROUP LONG COURSE SWIMMING
COMPETITION - DIVISION I (PART III)
2004-2005第一組長池分齡游泳比賽第三節**

Date : 18 July 2004 (Sunday)	Venue : Kowloon Park Swimming Pool 九龍公園游泳池
Morning Warm Up : 0800 Hrs	First Event : 0900 Hrs
Afternoon Warm Up : 1300 Hrs	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	13 & 14 YRS	1500M	FREESTYLE	捷泳	22
23	15 - 17 YRS	1500M	FREESTYLE	捷泳	24
25	18 & OVER	1500M	FREESTYLE	捷泳	26

LUNCH BREAK 午膳時間

27	18 & OVER	4 X 100M	FREE RELAY	自由接力	28
29	10 YRS & UNDER	200M	FREESTYLE	捷泳	30
31	11 & 12 YRS	200M	FREESTYLE	捷泳	32
33	13 & 14 YRS	200M	FREESTYLE	捷泳	34
35	15 - 17 YRS	200M	FREESTYLE	捷泳	36
37	18 & OVER	200M	FREESTYLE	捷泳	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	11 & 12 YRS	100M	BUTTERFLY	蝶泳	48
49	13 & 14 YRS	100M	BUTTERFLY	蝶泳	50
51	15 - 17 YRS	100M	BUTTERFLY	蝶泳	52
53	18 & OVER	100M	BUTTERFLY	蝶泳	54

截止報名日期 CLOSING DATE FOR ENTRIES: 2 July 2004 (1700hrs)

截止註冊日期 CLOSING DATE FOR REGISTRATION: 11 June 2004 (1700hrs)

2004 – 2005 Div.I Age Group Long Course Swimming Competition Qualifying Times
2004 - 2005 第一組分齡長池游泳比賽達標時間

		10 & Under 十歲或以下		11 & 12 十一歲及十二歲		13 & 14 十三及十四歲		15 & Over 十五歲或以上	
		Girls 女	Boys 男	Girls 女	Boys 男	Girls 女	Boys 男	Girls 女	Boys 男
50M 米	Freestyle 捷泳	00:35.77	00:34.93	00:32.29	00:31.15	00:32.57	00:28.62	00:33.20	00:27.43
100M 米	Freestyle 捷泳	01:20.54	01:17.24	01:10.55	01:08.96	01:06.16	01:02.22	01:10.49	01:00.32
200M 米	Freestyle 捷泳	02:53.85	02:55.92	02:34.29	02:31.34	02:28.15	02:17.67	02:35.50	02:14.65
400M 米	Freestyle 捷泳	~	~	05:37.97	05:23.12	05:19.87	05:01.75	05:19.46	05:05.50
800M 米	Freestyle 捷泳	~	~	~	~	11:15.50	10:57.50	11:08.50	10:30.00
1500M 米	Freestyle 捷泳	~	~	~	~	21:31.50	21:05.00	21:19.50	20:11.50
50M 米	Backstroke 背泳	00:43.80	00:42.91	00:39.30	00:37.46	00:37.66	00:35.21	00:38.00	00:33.38
100M 米	Backstroke 背泳	01:34.13	01:32.31	01:24.76	01:22.63	01:24.00	01:17.36	01:22.00	01:15.00
200M 米	Backstroke 背泳	~	~	03:01.77	02:55.64	03:00.00	02:40.94	02:54.50	02:41.50
50M 米	Breaststroke 蛙泳	00:48.31	00:47.79	00:43.62	00:40.72	00:43.00	00:37.73	00:43.00	00:37.72
100M 米	Breaststroke 蛙泳	01:46.10	01:47.13	01:34.23	01:30.32	01:33.00	01:23.42	01:32.50	01:20.20
200M 米	Breaststroke 蛙泳	~	~	03:18.84	03:06.28	03:20.00	02:57.81	03:18.50	03:01.50
50M 米	Butterfly 蝶泳	00:42.84	00:40.22	00:36.81	00:35.87	00:35.54	00:32.78	00:36.50	00:30.82
100M 米	Butterfly 蝶泳	01:47.50	01:34.51	01:28.00	01:23.06	01:21.00	01:13.11	01:19.50	01:10.29
200M 米	Butterfly 蝶泳	~	~	03:21.00	03:22.50	02:56.50	02:48.08	02:51.50	02:39.00

2004 – 2005 Div.I Age Group Long Course Swimming Competition Qualifying Times
2004 - 2005 第一組分齡長池游泳比賽達標時間

100M 米	Ind. Medley 個人四式	~	~	~	~	~	~	~	~
200M 米	Ind. Medley 個人四式	03:11.96	03:17.57	02:57.94	02:48.21	02:51.44	02:37.25	02:55.00	02:35.73
400M 米	Ind. Medley 個人四式	~	~	~	~	06:19.00	06:01.00	06:15.00	05:45.50
		Girls 女	Boys 男						
4 x200M	Freestyle Relay 自由接力	10:08.02	09:42.04						
4 x100M	Medley Relay 四式接力	05:09.64	04:44.35						
4 x100M	Freestyle Relay 自由接力	04:40.88	04:28.06						

UPDATED qualifying times are shown in "Bold". 以「粗及斜體」顯示的時間是更新及與往年不同。

UPDATED & ADJUSTED qualifying times from last year to meet the standard in Div.1 SC this year. # 代表顯示的時間已根據第一組短池賽之時間作出調整及更新。