

## 2004 AGE GROUP LONG COURSE SWIMMING CHAMPIONSHIPS

### *Rules & regulations*

<b>Date</b>	<table style="width: 100%; border: none;"> <tr> <td style="width: 33%; border: none;"><u>Day 1 05/11/04 (Fri)</u> Warm up: 1730-1815 Start: 1830</td> <td style="width: 33%; border: none;"><u>Day 2 06/11/04 (Sat)</u> Warm Up: 0800-0845 Start: 0900 Warm Up: 1300-1345 Start: 1400</td> <td style="width: 33%; border: none;"><u>Day 3 07/11/04 ( Sun )</u> Warm Up: 0800-0845 Start: 0900 Warm Up: 1300-1345 Start: 1400</td> </tr> </table>	<u>Day 1 05/11/04 (Fri)</u> Warm up: 1730-1815 Start: 1830	<u>Day 2 06/11/04 (Sat)</u> Warm Up: 0800-0845 Start: 0900 Warm Up: 1300-1345 Start: 1400	<u>Day 3 07/11/04 ( Sun )</u> Warm Up: 0800-0845 Start: 0900 Warm Up: 1300-1345 Start: 1400
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<b>Venue</b>	Kowloon Park Swimming Pool			
<b>Entry Conditions</b>	<ul style="list-style-type: none"> <li>❖ 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.</li> <li>❖ Swimmers should reach the Age Group Long Course Championships qualifying standard.</li> </ul>			
<b>Entries</b>	<ul style="list-style-type: none"> <li>❖ Incomplete/incorrect entry information will be rejected and fees paid will not be refunded.</li> <li>❖ Late entries will not be accepted.</li> </ul> <p><u>Individual Events</u></p> <ul style="list-style-type: none"> <li>❖ Each swimmer is limited to enter not more than 3 events for a half-day meet, not more than 4 events per day and 8 events in total.</li> <li>❖ *HK\$12.00 per individual event</li> </ul> <p><u>Relay Events</u></p> <ul style="list-style-type: none"> <li>❖ Relays will be run on a club basis.</li> <li>❖ Each club may enter one team in each relay event.</li> <li>❖ *HK\$12.00 per team per relay event</li> </ul> <p>*Paid by cash or cheque. Crossed cheque made payable to 'HKASA'.</p>			
<b>Closing Date for Entries</b>	14 days prior to the first date of competition (subject to the announcement of the HKASA).			
<b>Closing Date for Registration</b>	21 days prior to the closing date of entries (subject to the announcement of the HKASA)			
<b>Event list</b>	Please see attached event list. Events will be run as timed finals.			
<b>Qualifying Standards</b>	Please see attached qualifying times list.			
<b>Age Group</b>	<ul style="list-style-type: none"> <li>❖ Age is calculated as at 1st day of the competition</li> </ul> <p><u>Individual Events</u></p> <ul style="list-style-type: none"> <li>❖ 10 &amp; under, 11 &amp; 12, 13 &amp; 14, 15 - 17, 18 &amp; Over.</li> </ul> <p><u>Relay Events</u></p> <ul style="list-style-type: none"> <li>❖ 12 &amp; under, 17 &amp; under, "Stairstep" (include swimmers from 10 &amp; under, 11 &amp; 12, 13 &amp; 14, 15 -17 accordingly)</li> </ul>			
<b>Scratches</b>	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".			

<p><b>Awards</b></p>	<ul style="list-style-type: none"> <li>❖ Medals will be awarded to 1st, 2nd and 3rd places.</li> <li>❖ Awards for Outstanding Swimmers: <ul style="list-style-type: none"> <li>- Overall Boy/Overall Girl</li> <li>- Awarded to swimmers scoring the highest point (calculated to 2 decimal places) on the HK Point score table during the Championships.</li> <li>- In case of a tie, the winner will be determined by the second highest scored event obtained.</li> </ul> </li> <li>❖ Awards for High Point Winners: <ul style="list-style-type: none"> <li>- Trophies awarded to each girls and boys age group</li> <li>- High point winner trophies will be awarded to those swimmers accumulating the highest points in their events using the point score set out below.</li> <li>- In case of a tie, the winner will be determined by the no. of the medals obtained in the following sequences i.e. gold, silver and bronze and finally the no. of events participated.</li> </ul> </li> <li>❖ Awards for Clubs: <ul style="list-style-type: none"> <li>- Trophies will be awarded to 1st, 2nd, 3rd places of Girls Overall, Boys Overall and Club Overall.</li> </ul> </li> </ul>
<p><b>Rules</b></p>	<ul style="list-style-type: none"> <li>❖ FINA rules will apply.</li> <li>❖ Swimmers who fail to reach the required qualifying times of an event will not be allowed to swim in the remaining individual events (excluding relays) and fees paid will not be refunded (this rule is not applicable in the Disqualify situation).</li> <li>❖ No points or medals will be awarded to swimmers who fail to meet the qualifying time and three points will be deducted from their respective club points.</li> <li>❖ Application for Split Time Record: <ul style="list-style-type: none"> <li>- 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. <b>Fee paid will not be refunded in any case.</b></li> </ul> </li> </ul> <p><u>Relay Events</u></p> <ul style="list-style-type: none"> <li>❖ Swimmers can swim up an age group in the relay but not swim in both "12 &amp; under" and "17 &amp; under" categories.</li> <li>❖ The first 8 teams in relay will be awarded points doubled that of individual events.</li> <li>❖ Clubs who fail to reach the required qualifying time of an relay event will not be allowed to swim in the remaining relay events and fees paid will not be refunded (this rule is not applicable in the Disqualifying situation)</li> <li>❖ No points or medals will be awarded to clubs who fail to meet the qualifying time and six points will be deducted from their respective club points.</li> <li>❖ Names of swimmers with registration number actually swimming on a relay must be submitted 30 minutes before the start of each session.</li> </ul>

<b>Protest</b>	<ul style="list-style-type: none"> <li>❖ Any protest shall be made in writing to the referee within 30 minutes following the result announcement of the respective event with a protest fee of HK\$200.</li> <li>❖ Protest will be forward to the Appeal Board of such competition for decision.</li> <li>❖ If the protest is rejected, the fee paid will be forfeited to the HKASA.</li> </ul>
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## POINT SCORING

<b>Placing</b>	<b>1st</b>	<b>2nd</b>	<b>3rd</b>	<b>4th</b>	<b>5th</b>	<b>6th</b>	<b>7th</b>	<b>8th</b>
Club & Individual	11	7	6	5	4	3	2	1
Relay	22	14	12	10	8	6	4	2

**AGE GROUP LONG COURSE SWIMMING CHAMPIONSHIPS 2004****二 四年長池分齡游泳錦標賽****(DAY ONE) 第一日**

<b>Date:</b>	5 November 2004 (Fri)	<b>Venue:</b>	Kowloon Park Swimming Pool 九龍公園游泳池
<b>Warm up:</b>	1730 – 1815	<b>Start:</b>	1830

<b>GIRLS 女</b>			<b>BOYS 男</b>	
1	17 Yrs & Under	4 x 50m	Free Relay 自由接力	2
3	12 Yrs & Under	4 x 50m	Free Relay 自由接力	4
5	17 Yrs & Under	4 x 50m	Medley Relay 四式接力	6
7	12 Yrs & Under	4 x 50m	Medley Relay 四式接力	8
9	13 & 14 Yrs	800m	Freestyle 捷泳	-
-	13 & 14 Yrs	1500m	Freestyle 捷泳	10
11	15 - 17 Yrs	800m	Freestyle 捷泳	-
-	15 - 17 Yrs	1500m	Freestyle 捷泳	12
13	18 Yrs & Over	800m	Freestyle 捷泳	-
-	18 Yrs & Over	1500m	Freestyle 捷泳	14

截止報名日期 CLOSING DATE FOR ENTRIES: **21 October 2004 (1700hrs)**

截止註冊日期 CLOSING DATE FOR REGISTRATION: **30 September 2004 (1700hrs)**

# AGE GROUP LONG COURSE SWIMMING CHAMPIONSHIPS 2004

## 二 四年長池分齡游泳錦標賽

### (DAY TWO) 第二日

<b>Date:</b>	6 November 2004 (Sat)	<b>Venue:</b>	Kowloon Park Swimming Pool 九龍公園游泳池
<b>AM Warm up:</b>	0800 – 0845	<b>Start:</b>	0900
<b>PM Warm up:</b>	1300 – 1345	<b>Start:</b>	1400

#### GIRLS 女

#### BOYS 男

15	11 & 12 Yrs	200M	Freestyle	捷泳	16
17	13 & 14 Yrs	200M	Freestyle	捷泳	18
19	15 – 17 Yrs	200M	Freestyle	捷泳	20
21	18 Yrs & Over	200M	Freestyle	捷泳	22
23	10 Yrs & Under	100M	Breaststroke	蛙泳	24
25	11 & 12 Yrs	100M	Breaststroke	蛙泳	26
27	13 & 14 Yrs	100M	Breaststroke	蛙泳	28
29	15 – 17 Yrs	100M	Breaststroke	蛙泳	30
31	18 Yrs & Over	100M	Breaststroke	蛙泳	32
33	10 Yrs & Under	100M	Butterfly	蝶泳	34
35	11 & 12 Yrs	100M	Butterfly	蝶泳	36
37	13 & 14 Yrs	100M	Butterfly	蝶泳	38
39	15 – 17 Yrs	100M	Butterfly	蝶泳	40
41	18 Yrs & Over	100M	Butterfly	蝶泳	42
43	11 & 12 Yrs	200M	Backstroke	背泳	44
45	13 & 14 Yrs	200M	Backstroke	背泳	46
47	15 – 17 Yrs	200M	Backstroke	背泳	48
49	18 Yrs & Over	200M	Backstroke	背泳	50
<b>- Lunch Break -</b>					
51	10 Yrs & Under	100M	Freestyle	捷泳	52
53	11 & 12 Yrs	100M	Freestyle	捷泳	54
55	13 & 14 Yrs	100M	Freestyle	捷泳	56
57	15 – 17 Yrs	100M	Freestyle	捷泳	58
59	18 Yrs & Over	100M	Freestyle	捷泳	60
61	10 Yrs & Under	50M	Breaststroke	蛙泳	62
63	11 & 12 Yrs	50M	Breaststroke	蛙泳	64
65	13 & 14 Yrs	50M	Breaststroke	蛙泳	66
67	15 – 17 Yrs	50M	Breaststroke	蛙泳	68
69	18 Yrs & Over	50M	Breaststroke	蛙泳	70
71	13 & 14 Yrs	400M	Ind. Medley	個人四式	72
73	15 – 17 Yrs	400M	Ind. Medley	個人四式	74
75	18 Yrs & Over	400M	Ind. Medley	個人四式	76
77	10 Yrs & Under	50M	Butterfly	蝶泳	78
79	11 & 12 Yrs	50M	Butterfly	蝶泳	80
81	13 & 14 Yrs	50M	Butterfly	蝶泳	82
83	15 – 17 Yrs	50M	Butterfly	蝶泳	84
85	18 Yrs & Over	50M	Butterfly	蝶泳	86

# AGE GROUP LONG COURSE SWIMMING CHAMPIONSHIPS 2004

## 二 四年長池分齡游泳錦標賽

### (DAY THREE) 第三日

<b>Date:</b>	7 November 2004 (Sun)	<b>Venue:</b>	Kowloon Park Swimming Pool 九龍公園游泳池
<b>A.M. Warm up:</b>	0800 – 0845	<b>Start:</b>	0900
<b>P.M. Warm Up:</b>	1300 – 1345	<b>Start:</b>	1400

<b>GIRLS 女</b>				<b>BOYS 男</b>	
87	10 Yrs & Under	50M	Freestyle	捷泳	88
89	11 & 12 Yrs	50M	Freestyle	捷泳	90
91	13 & 14 Yrs	50M	Freestyle	捷泳	92
93	15 – 17 Yrs	50M	Freestyle	捷泳	94
95	18 Yrs & Over	50M	Freestyle	捷泳	96
97	10 Yrs & Under	100M	Backstroke	背泳	98
99	11 & 12 Yrs	100M	Backstroke	背泳	100
101	13 & 14 Yrs	100M	Backstroke	背泳	102
103	15 – 17 Yrs	100M	Backstroke	背泳	104
105	18 Yrs & Over	100M	Backstroke	背泳	106
107	10 Yrs & Under	200M	Ind. Medley	個人四式	108
109	11 & 12 Yrs	200M	Ind. Medley	個人四式	110
111	13 & 14 Yrs	200M	Ind. Medley	個人四式	112
113	15 – 17 Yrs	200M	Ind. Medley	個人四式	114
115	18 Yrs & Over	200M	Ind. Medley	個人四式	116
<b>- Lunch Break -</b>					
117	11 & 12 Yrs	200M	Butterfly	蝶泳	118
119	13 & 14 Yrs	200M	Butterfly	蝶泳	120
121	15 – 17 Yrs	200M	Butterfly	蝶泳	122
123	18 Yrs & Over	200M	Butterfly	蝶泳	124
125	10 Yrs & Under	50M	Backstroke	背泳	126
127	11 & 12 Yrs	50M	Backstroke	背泳	128
129	13 & 14 Yrs	50M	Backstroke	背泳	130
131	15 – 17 Yrs	50M	Backstroke	背泳	132
133	18 Yrs & Over	50M	Backstroke	背泳	134
135	11 & 12 Yrs	200M	Breaststroke	蛙泳	136
137	13 & 14 Yrs	200M	Breaststroke	蛙泳	138
139	15 – 17 Yrs	200M	Breaststroke	蛙泳	140
141	18 Yrs & Over	200M	Breaststroke	蛙泳	142
143	11 & 12 Yrs	400M	Freestyle	捷泳	144
145	13 & 14 Yrs	400M	Freestyle	捷泳	146
147	15 – 17 Yrs	400M	Freestyle	捷泳	148
149	18 Yrs & Over	400M	Freestyle	捷泳	150
151	Stairstep 梯級接力	4 X 50M	Medley Relay	四式接力	152
153	Stairstep 梯級接力	4 X 50M	Free Relay	自由接力	154

## 2004 – 2005 Age Group Long Course Championships Qualifying Times

2004- 2005 香港長池分齡游泳錦標賽達標時間表

		10 & Under 十歲或以下		11 & 12 十一及十二歲		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	00:35.00	00:33.51	<b>00:31.84</b>	00:30.69	<b>00:30.46</b>	00:28.60	00:30.68	<b>00:26.10</b>
100M 米	Freestyle 捷泳	01:16.11	01:15.24	01:08.82	01:06.83	01:05.95	01:01.20	<b>01:05.12</b>	<b>00:56.59</b>
200M 米	Freestyle 捷泳	<b>02:53.85</b>	<b>02:52.50</b>	02:29.36	02:28.54	02:23.07	<b># 02:17.67</b>	02:29.50	02:12.00
400M 米	Freestyle 捷泳	-	-	<b>05:10.08</b>	05:23.12	05:04.28	04:49.24	05:13.00	<b>04:38.72</b>
800M 米	Freestyle 捷泳	-	-	-	-	10:48.50	<b>10:31.50</b>	10:42.00	<b>10:04.50</b>
1500M 米	Freestyle 捷泳	-	-	-	-	<b>20:40.00</b>	20:14.50	<b>20:28.50</b>	19:23.00
50M 米	Backstroke 背泳	00:41.04	00:40.66	<b>00:37.19</b>	00:37.01	<b>00:35.45</b>	00:33.42	00:36.50	<b>00:32.04</b>
100M 米	Backstroke 背泳	01:30.53	01:32.31	01:21.59	01:20.94	<b>01:17.19</b>	01:12.58	01:18.50	<b>01:11.01</b>
200M 米	Backstroke 背泳	-	-	<b># 03:01.77</b>	02:55.11	<b>02:43.18</b>	<b># 02:40.94</b>	02:47.50	02:35.00
50M 米	Breaststroke 蛙泳	00:45.14	00:44.52	00:41.71	00:38.46	00:41.00	<b>00:35.60</b>	00:41.00	<b>00:33.37</b>
100M 米	Breaststroke 蛙泳	01:42.08	01:36.24	<b>01:28.91</b>	01:26.28	<b>01:28.56</b>	01:19.46	01:29.00	<b>01:13.94</b>
200M 米	Breaststroke 蛙泳	-	-	<b>03:16.71</b>	<b># 03:06.28</b>	03:12.00	<b>02:55.03</b>	03:10.50	02:54.50
50M 米	Butterfly 蝶泳	00:39.14	00:39.26	<b>00:34.43</b>	<b>00:33.53</b>	00:33.77	<b>00:30.58</b>	<b>00:33.67</b>	<b>00:28.44</b>
100M 米	Butterfly 蝶泳	01:38.50	<b># 1:34.51</b>	<b>01:21.61</b>	01:23.00	01:17.50	01:12.50	01:16.00	<b>01:04.58</b>
200M 米	Butterfly 蝶泳	-	-	03:04.00	03:04.50	02:49.50	02:41.50	02:44.50	02:32.50
200M 米	Ind. Medley 個人四式	03:11.96	03:14.42	02:50.10	<b>02:47.20</b>	02:42.86	02:31.22	<b>02:39.97</b>	<b>02:29.54</b>
400M 米	Ind. Medley 個人四式	-	-	-	-	06:04.00	05:40.53	06:00.00	05:31.50
		12 & Under 十二歲或以下			17 & Under 十七歲或以下			Stairstep 梯級組	
		Girls 女	Boys 男	Girls 女	Boys 男	Girls 女	Boys 男	Girls 女	Boys 男
4 X 50M	Freestyle Relay 自由接力	02:16.46	02:17.14	02:04.04	01:55.93	02:10.62	01:59.05		
4 X 50M	Medley Relay 四式接力	02:36.27	02:31.89	02:28.93	02:05.94	02:29.03	02:14.91		

\* UPDATED qualifying times from last year are shown in "Bold".

以「粗及斜體」顯示的時間是更新及與往年不同。