

2004-05 AGE GROUP NOVICE LONG COURSE AND SHORT COURSE SWIMMING COMPETITIONS

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. ❖ All submitted times must be equal to or faster than the Novice qualifying time and slower than the Div.1 qualifying time.
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. ❖ In Long Course competition, swimmer should only chose one location for competition. <p><u>Individual Events</u></p> <ul style="list-style-type: none"> ❖ Each swimmer is limited to no more than 2 individual events. ❖ *HK\$12.00 per individual 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"> ❖ 8 & under, 9 & 10, 11 & 12, 13 & 14, 15 & 16.
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. ❖ Swimmers who reach Division I standard will be awarded "Novice Outstanding Swimmers Award". ❖ No medals will be awarded to swimmers who fail to meet the qualifying time.
Rules	FINA rules & HKASA swimming rules will apply.
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 - NOVICE (PART 1A,B,C)
 2004-2005 新秀長池分齡游泳比賽第一節**

Date : Part 1A – 8 May 2004 (Saturday)	Venue : Ma On Shan Pool 馬鞍山泳池
Date : Part 1B – 15 May 2004 (Saturday)	Venue : Pao Yue Kong Pool 包玉剛泳池
Date : Part 1C – 15 May 2004 (Saturday)	Venue : Tai Wan Shan Pool 大環山泳池

Warm Up : 1230 Hrs

First Event : 1330 Hrs

GIRLS 女

BOYS 男

1	11 & 12 YRS	100M	BUTTERFLY	蝶泳	2
3	13 & 14 YRS	100M	BUTTERFLY	蝶泳	4
5	15 - 16 YRS	100M	BUTTERFLY	蝶泳	6
7	8 YRS & UNDER	50M	FREESTYLE	捷泳	8
9	9 & 10 YRS	50M	FREESTYLE	捷泳	10
11	11 & 12 YRS	50M	FREESTYLE	捷泳	12
13	13 & 14 YRS	50M	FREESTYLE	捷泳	14
15	15 - 16 YRS	50M	FREESTYLE	捷泳	16
17	8 YRS & UNDER	50M	BACKSTROKE	背泳	18
19	9 & 10 YRS	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 - 16 YRS	100M	BACKSTROKE	背泳	26

截止報名日期 CLOSING DATE FOR ENTRIES: 23 April 2004 (1700hrs)

截止註冊日期 CLOSING DATE FOR REGISTRATION: 2 April 2004 (1700hrs)

**2004 – 2005 AGE GROUP LONG COURSE SWIMMING
 COMPETITION - NOVICE (PART 2A,B,C)
 2004-2005 新秀長池分齡游泳比賽第二節**

Date : Part 2A – 10 July 2004 (Saturday)	Venue : Tai Wan Shan Pool 大環山泳池
Date : Part 2B – 10 July 2004 (Saturday)	Venue : Tseng Kwan O Pool 將軍澳泳池
Date : Part 2C – 24 July 2004 (Saturday)	Venue : Shatin Jockey Club Pool 沙田賽馬會泳池

Warm Up : 1230 Hrs

First Event : 1330 Hrs

GIRLS 女

BOYS 男

1	8 YRS & UNDER	100M	BREASTSTROKE	蛙泳	2
3	9 & 10 YRS	100M	BREASTSTROKE	蛙泳	4
5	11 & 12 YRS	100M	BREASTSTROKE	蛙泳	6
7	13 & 14 YRS	100M	BREASTSTROKE	蛙泳	8
9	15 - 16 YRS	100M	BREASTSTROKE	蛙泳	10
11	8 YRS & UNDER	50M	BUTTERFLY	蝶泳	12
13	9 & 10 YRS	50M	BUTTERFLY	蝶泳	14
15	11 & 12 YRS	50M	BUTTERFLY	蝶泳	16
17	13 & 14 YRS	50M	BUTTERFLY	蝶泳	18
19	15 - 16 YRS	50M	BUTTERFLY	蝶泳	20
21	9 & 10 YRS	200M	IND. MEDLEY	個人四式	22
23	11 & 12 YRS	200M	IND. MEDLEY	個人四式	24
25	13 & 14 YRS	200M	IND. MEDLEY	個人四式	26
27	15 - 16 YRS	200M	IND. MEDLEY	個人四式	28

截止報名日期 CLOSING DATE FOR ENTRIES: 25 June 2004 (1700hrs)

截止註冊日期 CLOSING DATE FOR REGISTRATION: 4 June 2004 (1700hrs)

**2004 – 2005 AGE GROUP LONG COURSE SWIMMING
 COMPETITION - NOVICE (PART 3A,B,C)
 2004-2005 新秀長池分齡游泳比賽第三節**

Date : 25 September 2004 (Saturday)	Venue : Kwun Tong Pool 觀塘泳池
Date : 25 September 2004 (Saturday)	Venue : Pao Yue Kong Pool 包玉剛泳池
Date : 2 October 2004 (Saturday)	Venue : Tai Po Pool 大埔泳池

Warm Up : 1230 Hrs

First Event : 1330 Hrs

GIRLS 女

BOYS 男

1	9 & 10 YRS	50M	BACKSTROKE	背泳	2
3	11 & 12 YRS	50M	BACKSTROKE	背泳	4
5	13 & 14 YRS	50M	BACKSTROKE	背泳	6
7	15 - 16 YRS	50M	BACKSTROKE	背泳	8
9	8 YRS & UNDER	100M	FREESTYLE	捷泳	10
11	9 & 10 YRS	100M	FREESTYLE	捷泳	12
13	11 & 12 YRS	100M	FREESTYLE	捷泳	14
15	13 & 14 YRS	100M	FREESTYLE	捷泳	16
17	15 - 16 YRS	100M	FREESTYLE	捷泳	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	13 & 14 YRS	50M	BREASTSTROKE	蛙泳	26
27	15 - 16 YRS	50M	BREASTSTROKE	蛙泳	28

截止報名日期 CLOSING DATE FOR ENTRIES: 10 September 2004 (1700hrs)

截止註冊日期 CLOSING DATE FOR REGISTRATION: 20 August 2004 (1700hrs)

2004 – 2005 Novice Age Group Long Course Swimming Competition Qualifying Times
 2004 - 2005 新秀分齡長池游泳比賽達標時間

		8 & Under 八歲或以下		9 & 10 九歲及十歲		11 & 12 十一及十二歲		13 & 14 十三及十四歲		15 & 16 十五及十六歲	
		Girls 女	Boys 男	Girls 女	Boys 男	Girls 女	Boys 男	Girls 女	Boys 男	Girls 女	Boys 男
50M 米	Freestyle 捷泳	00:44.56	00:41.96	00:37.48	00:37.28	00:34.80	00:33.32	00:34.50	00:31.17	00:38.00	00:31.64
100M 米	Freestyle 捷泳	01:33.70	01:30.92	01:23.81	01:19.87	01:13.13	01:12.12	01:11.41	01:05.46	01:22.00	01:08.75
50M 米	Backstroke 背泳	00:54.22	00:53.51	00:46.10	00:45.23	00:42.05	# 00:39.88	00:40.26	00:38.08	00:42.50	00:38.50
100M 米	Backstroke 背泳	~	~	01:39.09	01:39.42	01:33.75	01:27.25	01:33.27	01:26.36	01:32.00	01:24.00
50M 米	Breaststroke 蛙泳	00:55.98	00:53.30	00:50.24	00:49.86	# 00:45.50	# 00:43.59	00:46.43	00:39.56	00:47.46	00:43.00
100M 米	Breaststroke 蛙泳	02:03.25	02:02.31	01:48.42	# 01:55.12	01:37.43	01:33.81	01:40.23	01:27.76	01:43.50	01:33.67
50M 米	Butterfly 蝶泳	00:52.88	00:53.07	00:45.85	00:43.48	00:39.96	00:38.79	00:38.40	# 00:34.91	00:41.00	00:37.00
100M 米	Butterfly 蝶泳	~	~	02:13.50	02:11.00	01:36.86	01:32.25	01:30.50	01:23.84	01:29.00	01:20.50
100M 米	Ind. Medley 個人四式	~	~	~	~	~	~	~	~	~	~
200M 米	Ind. Medley 個人四式	~	~	03:19.24	03:31.71	03:10.19	03:01.66	03:08.78	02:39.73	03:16.00	03:03.50

* UPDATED qualifying times which 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長池賽之時間作出調整及更新。

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。