

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 SHORT COURSE SWIMMING
 COMPETITION - NOVICE (PART 1)
 2004-2005 新秀短池分齡游泳比賽第一節**

| | |
|--|---|
| Date : 08 January 2005 (Saturday) | Venue : Shing Mun Valley Swimming Pool 城門谷游泳池 |
| A.M. Warm Up : 0800 – 0845 Hrs | A.M. First Event : 0900 Hrs |
| P.M. Warm Up : 1300 – 1345 Hrs | P.M. First Event : 1400 Hrs |

| GIRLS 女 | | | | BOYS 男 | |
|----------------|---------------|------|--------------|---------------|----|
| 1 | 8 YRS & UNDER | 100M | BACKSTROKE | 背泳 | 2 |
| 3 | 9 & 10 YRS | 100M | BACKSTROKE | 背泳 | 4 |
| 5 | 8 YRS & UNDER | 50M | BREASTSTROKE | 蛙泳 | 6 |
| 7 | 9 & 10 YRS | 50M | BREASTSTROKE | 蛙泳 | 8 |
| 9 | 8 YRS & UNDER | 100M | FREESTYLE | 捷泳 | 10 |
| 11 | 9 & 10 YRS | 100M | FREESTYLE | 捷泳 | 12 |
| 13 | 8 YRS & UNDER | 50M | BUTTERFLY | 蝶泳 | 14 |
| 15 | 9 & 10 YRS | 50M | BUTTERFLY | 蝶泳 | 16 |

LUNCH BREAK 午膳時間

| | | | | | |
|----|-------------|------|--------------|----|----|
| 17 | 11 & 12 YRS | 100M | BACKSTROKE | 背泳 | 18 |
| 19 | 13 & 14 YRS | 100M | BACKSTROKE | 背泳 | 20 |
| 21 | 15 & 16 YRS | 100M | BACKSTROKE | 背泳 | 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 |
| 29 | 11 & 12 YRS | 100M | FREESTYLE | 捷泳 | 30 |
| 31 | 13 & 14 YRS | 100M | FREESTYLE | 捷泳 | 32 |
| 33 | 15 & 16 YRS | 100M | FREESTYLE | 捷泳 | 34 |
| 35 | 11 & 12 YRS | 50M | BUTTERFLY | 蝶泳 | 36 |
| 37 | 13 & 14 YRS | 50M | BUTTERFLY | 蝶泳 | 38 |
| 39 | 15 & 16 YRS | 50M | BUTTERFLY | 蝶泳 | 40 |

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

截止註冊日期 CLOSING DATE FOR REGISTRATION: 3 December 2004 (1700hrs)

**2004-2005 AGE GROUP SHORT COURSE SWIMMING
 COMPETITION – NOVICE (PART 2)
 2004-2005 新秀短池分齡游泳比賽第二節**

| | |
|--|---|
| Date : 5 February 2005 (Saturday) | Venue : Shing Mun Valley Swimming Pool 城門谷游泳池 |
| A.M. Warm Up : 0800 – 0845 Hrs | A.M. First Event : 0900 Hrs |
| P.M. Warm Up : 1300 – 1345 Hrs | P.M. First Event : 1400 Hrs |

| GIRLS 女 | | | | BOYS 男 | |
|----------------|---------------|------|--------------|---------------|----|
| 1 | 8 YRS & UNDER | 50M | BACKSTROKE | 背泳 | 2 |
| 3 | 9 & 10 YRS | 50M | BACKSTROKE | 背泳 | 4 |
| 5 | 8 YRS & UNDER | 100M | BREASTSTROKE | 蛙泳 | 6 |
| 7 | 9 & 10 YRS | 100M | BREASTSTROKE | 蛙泳 | 8 |
| 9 | 8 YRS & UNDER | 50M | FREESTYLE | 捷泳 | 10 |
| 11 | 9 & 10 YRS | 50M | FREESTYLE | 捷泳 | 12 |
| 13 | 8 YRS & UNDER | 100M | IND. MEDLEY | 個人四式 | 14 |
| 15 | 9 & 10 YRS | 100M | IND. MEDLEY | 個人四式 | 16 |

LUNCH BREAK 午膳時間

| | | | | | |
|----|-------------|------|--------------|------|----|
| 17 | 11 & 12 YRS | 50M | BACKSTROKE | 背泳 | 18 |
| 19 | 13 & 14 YRS | 50M | BACKSTROKE | 背泳 | 20 |
| 21 | 15 & 16 YRS | 50M | BACKSTROKE | 背泳 | 22 |
| 23 | 11 & 12 YRS | 100M | BREASTSTROKE | 蛙泳 | 24 |
| 25 | 13 & 14 YRS | 100M | BREASTSTROKE | 蛙泳 | 26 |
| 27 | 15 & 16 YRS | 100M | BREASTSTROKE | 蛙泳 | 28 |
| 29 | 11 & 12 YRS | 50M | FREESTYLE | 捷泳 | 30 |
| 31 | 13 & 14 YRS | 50M | FREESTYLE | 捷泳 | 32 |
| 33 | 15 & 16 YRS | 50M | FREESTYLE | 捷泳 | 34 |
| 35 | 11 & 12 YRS | 100M | IND. MEDLEY | 個人四式 | 36 |
| 37 | 13 & 14 YRS | 100M | IND. MEDLEY | 個人四式 | 38 |
| 39 | 15 & 16 YRS | 100M | IND. MEDLEY | 個人四式 | 40 |

截止報名日期 CLOSING DATE FOR ENTRIES: 21 January 2005 (1700hrs)

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

2004 – 2005 Novice Age Group Short Course Swimming Competition Qualifying Times
 2004 – 2005 新秀分齡短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 | # 00:36.83 | # 00:35.96 | # 00:33.37 | # 00:32.27 | 00:32.41 | # 00:28.94 | 00:38.00 | 00:29.59 |
| 100M 米 | Freestyle 捷泳 | # 01:33.70 | # 01:30.92 | 01:18.57 | 01:17.22 | 01:12.48 | 01:09.57 | # 01:11.41 | # 01:05.46 | 01:22.00 | 01:08.75 |
| 50M 米 | Backstroke 背泳 | 00:54.22 | 00:53.51 | # 00:44.46 | # 00:44.66 | 00:40.94 | 00:39.83 | # 00:40.26 | 00:36.82 | 00:42.50 | 00:38.50 |
| 100M 米 | Backstroke 背泳 | 02:15.00 | 02:10.50 | 01:32.88 | 01:35.38 | 01:27.69 | 01:25.36 | 01:33.27 | 01:21.63 | 01:32.00 | 01:24.00 |
| 50M 米 | Breaststroke 蛙泳 | # 00:55.98 | 00:53.30 | # 00:48.85 | # 00:48.43 | 00:43.19 | # 00:42.60 | # 00:46.43 | 00:39.16 | 00:47.46 | 00:43.00 |
| 100M 米 | Breaststroke 蛙泳 | 02:03.25 | 02:02.31 | # 01:43.52 | 01:43.05 | # 01:34.49 | 01:30.68 | 01:37.49 | 01:24.35 | 01:43.50 | 01:33.67 |
| 50M 米 | Butterfly 蝶泳 | 00:52.88 | 00:53.07 | 00:42.64 | 00:42.17 | 00:38.64 | 00:36.12 | # 00:38.40 | 00:34.26 | 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 | 02:08.00 | 01:57.07 | # 01:34.79 | # 01:32.60 | 01:22.25 | 01:19.13 | 01:24.58 | 01:14.13 | 01:30.00 | 01:19.31 |
| 200M 米 | Ind. Medley 個人四式 | ~ | ~ | ~ | ~ | ~ | ~ | ~ | ~ | ~ | ~ |

* UPDATED qualifying times from last year are shown in "Bold" font. 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 Novice LC & Div.1 SC this year. # 代表顯示的時間已根據新秀長池賽及第一組短池賽之時間作出調整及更新。

2004 – 2005 Div.I Age Group Short Course Swimming Competition Qualifying Times
2004 – 2005 第一組分齡短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 | 00:35.66 | # 00:34.93 | 00:32.24 | 00:31.15 | 00:30.83 | 00:27.82 | 00:33.20 | 00:26.76 |
| 100M 米 | Freestyle 捷泳 | 01:16.74 | 01:14.67 | 01:08.09 | 01:06.79 | 01:05.37 | 00:59.97 | 01:06.53 | 00:57.74 |
| 200M 米 | Freestyle 捷泳 | 02:50.11 | 02:49.85 | 02:32.57 | 02:31.34 | 02:28.15 | 02:17.31 | 02:35.50 | # 02:14.65 |
| 400M 米 | Freestyle 捷泳 | ~ | ~ | 05:30.94 | 05:17.23 | 05:18.81 | 04:55.07 | # 05:19.46 | 05:05.50 |
| 800M 米 | Freestyle 捷泳 | ~ | ~ | ~ | ~ | 11:15.50 | 10:57.50 | 10:52.97 | 10:09.03 |
| 1500M 米 | Freestyle 捷泳 | ~ | ~ | ~ | ~ | 21:31.50 | 21:05.00 | 21:19.50 | 20:11.50 |
| 50M 米 | Backstroke 背泳 | 00:42.80 | 00:42.91 | 00:38.83 | 00:36.76 | 00:37.66 | # 00:35.21 | 00:38.00 | # 00:33.38 |
| 100M 米 | Backstroke 背泳 | 01:30.61 | 01:26.36 | 01:19.32 | 01:18.81 | 01:16.97 | 01:12.10 | 01:22.00 | 01:08.40 |
| 200M 米 | Backstroke 背泳 | ~ | ~ | 02:58.75 | # 02:55.64 | 03:00.00 | # 02:40.94 | 02:54.50 | 02:41.50 |
| 50M 米 | Breaststroke 蛙泳 | 00:47.01 | 00:47.38 | 00:41.83 | 00:40.62 | 00:41.63 | 00:36.29 | 00:43.00 | 00:34.68 |
| 100M 米 | Breaststroke 蛙泳 | 01:41.45 | 01:41.44 | 01:32.77 | 01:26.90 | 01:29.40 | 01:20.83 | 01:32.50 | # 01:20.20 |
| 200M 米 | Breaststroke 蛙泳 | ~ | ~ | 03:07.69 | # 03:06.28 | 03:12.49 | # 02:57.81 | 03:18.50 | 02:49.60 |
| 50M 米 | Butterfly 蝶泳 | 00:40.26 | 00:39.74 | 00:34.84 | 00:34.55 | 00:34.64 | 00:30.55 | 00:34.98 | 00:29.08 |
| 100M 米 | Butterfly 蝶泳 | 01:41.11 | # 01:34.51 | 01:24.24 | 01:20.14 | 01:20.94 | # 01:13.11 | 01:19.50 | 01:09.11 |
| 200M 米 | Butterfly 蝶泳 | ~ | ~ | 03:21.00 | 03:22.50 | 02:56.50 | # 02:48.08 | 02:51.50 | 02:39.00 |
| 100M 米 | Ind. Medley 個人四式 | 01:31.63 | 01:29.31 | 01:20.15 | 01:17.07 | 01:20.43 | 01:12.30 | 01:23.50 | 01:10.30 |
| 200M 米 | Ind. Medley 個人四式 | 03:11.96 | 03:17.57 | 02:53.72 | 02:48.21 | 02:46.08 | 02:35.35 | 02:55.00 | 02:29.55 |
| 400M 米 | Ind. Medley 個人四式 | ~ | ~ | ~ | ~ | 06:19.00 | 05:40.53 | 06:15.00 | 05:14.67 |

2004 – 2005 Div.I Age Group Short Course Swimming Competition Qualifying Times
2004 – 2005 第一組分齡短池游泳比賽達標時間

| | | Girls 女 | Boys 男 | | | | | | |
|--------|----------------------|----------------|---------------|--|--|--|--|--|--|
| 4×100M | Freestyle Relay 自由接力 | 4:40.88 | 4:28.06 | | | | | | |
| 4×200M | Freestyle Relay 自由接力 | 9:54.03 | 9:20.43 | | | | | | |
| 4×100M | Medley Relay 四式接力 | 4:54.96 | 4:36.04 | | | | | | |

* The UPDATE times which are different from last year are shown in "Bold & Italic" fonts. * 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 LC 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。