

64th Festival of Sport - Hong Kong Long Course Swimming Time Trial II
第64屆體育節 - 香港長池游泳計時賽 II

Date : 18th April 2021
日期: 2021年4月18日

Morning Warm Up : 0800-0845 Hrs
 上午熱身

Afternoon Warm Up : 1400 - 1445 Hrs
 下午熱身:

Venue: HKSI
 地點: 香港體育學院

Morning First Event : 0900 Hrs
 上午比賽:

Afternoon First Event : 1500 Hrs
 下午比賽:

	Start Time	Women 女			OQT / "A" Time	OQT / "A" Time + 1%	OST / "B" Time	OST / "B" Time + 1%	Men男
AM	0900 hours		Open	200M INDIVIDUAL MEDLEY	1:59.67	2:00.87	2:03.26	2:04.49	1
	0910 hours	2	Open	100M BUTTERFLY	57.92	58.50	59.66	1:00.26	
	0920 hours		Open	200M BUTTERFLY	1:56.48	1:57.64	1:59.97	2:01.17	3
	0930 hours	4	Open	200M FREESTYLE	1:57.28	1:58.45	2:00.80	2:02.01	
	0940 hours		Open	50M FREESTYLE	22.01	22.23	22.67	22.90	5
	0950 hours	6	Open	100M BREASTSTROKE	1:07.07	1:07.74	1:09.08	1:09.77	
	1000 hours		Open	100M BREASTSTROKE	59.93	1:00.53	1:01.73	1:02.35	7
	1010 hours	8	Open	50M FREESTYLE	24.77	25.02	25.51	25.77	
	1020 hours		Open	400M FREESTYLE	3:46.78	3:49.05	3:53.58	3:55.92	9
	1030 hours	10	Open	100M BACKSTROKE	1:00.25	1:00.85	1:02.06	1:02.68	
	1040 hours		Open	200M BACKSTROKE	1:57.50	1:58.68	2:01.03	2:02.24	11
*2 nd attempt OST/B + 1% swimmer									
Break									
PM	1500 hours	12	Open	100M FREESTYLE	54.38	54.92	56.01	56.57	
	1510 hours		Open	400M INDIVIDUAL MEDLEY	4:15.84	4:18.40	4:21.46	4:24.07	13
	1520 hours	14	Open	200M BACKSTROKE	2:10.39	2:11.69	2:14.30	2:15.64	
	1530 hours		Open	100M BACKSTROKE	53.85	54.39	55.47	56.02	15
	1540 hours	16	Open	400M FREESTYLE	4:07.90	4:10.38	4:15.34	4:17.89	
	1550 hours		Open	200M FREESTYLE	1:47.02	1:48.09	1:50.23	1:51.33	17
	1600 hours	18	Open	200M BREASTSTROKE	2:25.52	2:26.98	2:29.89	2:31.39	
	1610 hours		Open	200M BREASTSTROKE	2:10.35	2:11.65	2:14.26	2:15.60	19
	1620 hours	20	Open	200M INDIVIDUAL MEDLEY	2:12.56	2:13.89	2:16.54	2:17.91	
*2 nd attempt OST/B + 1% swimmer									

截止報名日期 **CLOSING DATE FOR ENTRIES: 7th April 2021 (Wednesday) (1200 noon)**

*subject to swimmer who has achieved OST/B +1% or faster in first trial in concerned event

2nd Trial Entry Form shall submit by HKSI Coaches within 30 minutes after official result show on scoreboard