

# 中國香港學界體育聯會大埔及北區中學分會

## 2026-2027年度中學校際游泳比賽

### 時間表

21/10/2026 (三)

地點：馬鞍山游泳池

| 時間   | 項目            | 初/決賽 | 男甲  | 男乙  | 男丙  | 女甲  | 女乙  | 女丙  |
|------|---------------|------|-----|-----|-----|-----|-----|-----|
| 0830 | 裁 判 及 領 隊 報 到 |      |     |     |     |     |     |     |
| 0900 | 運 動 員 熱 身     |      |     |     |     |     |     |     |
| 0930 | 100自由泳        | 決賽   | 1.  | 3.  | 5.  | 2.  | 4.  | 6.  |
| 1010 | 100蛙泳         | 決賽   | 7.  | 9.  | 11. | 8.  | 10. | 12. |
| 1100 | 100背泳         | 決賽   | 13. | 15. | 17. | 14. | 16. | 18. |
| 1130 | 4x50自由泳接力     | 決賽   | 19. | 21. | 23. | 20. | 22. | 24. |
| 1215 | 午 膳           |      |     |     |     |     |     |     |
| 1330 | 運 動 員 熱 身     |      |     |     |     |     |     |     |
| 1400 | 50自由泳         | 初賽   | 25. | 27. | 29. | 26. | 28. | 30. |
| 1430 | 50蛙泳          | 初賽   | 31. | 33. | 35. | 32. | 34. | 36. |
| 1500 | 50背泳          | 初賽   | 37. | 39. | 41. | 38. | 40. | 42. |
| 1530 | 50蝶泳          | 初賽   | 43. | 45. | 47. | 44. | 46. | 48. |
| 1630 | 第 一 天 比 賽 完 畢 |      |     |     |     |     |     |     |

22/10/2026 (四)

地點：馬鞍山游泳池

| 時間   | 項目            | 初/決賽 | 男甲  | 男乙  | 男丙  | 女甲  | 女乙  | 女丙  |
|------|---------------|------|-----|-----|-----|-----|-----|-----|
| 0830 | 裁 判 及 領 隊 報 到 |      |     |     |     |     |     |     |
| 0900 | 運 動 員 熱 身     |      |     |     |     |     |     |     |
| 0945 | 200自由泳        | 決賽   | 49. | 51. | 53. | 50. | 52. | 54. |
| 1015 | 200個人四式       | 決賽   | 55. | 57. | 59. | 56. | 58. | 60. |
| 1100 | 200蛙泳         | 決賽   | 61. | 63. | 65. | 62. | 64. | 66. |
| 1145 | 午 膳           |      |     |     |     |     |     |     |
| 1315 | 運 動 員 熱 身     |      |     |     |     |     |     |     |
| 1345 | 50自由泳         | 決賽   | 67. | 69. | 71. | 68. | 70. | 72. |
| 1400 | 50蛙泳          | 決賽   | 73. | 75. | 77. | 74. | 76. | 78. |
| 1415 | 50背泳          | 決賽   | 79. | 81. | 83. | 80. | 82. | 84. |
| 1430 | 50蝶泳          | 決賽   | 85. | 87. | 89. | 86. | 88. | 90. |
| 1445 | 4x50四式接力      | 決賽   | 91. | 93. | 95. | 92. | 94. | 96. |
| 1530 | 頒 獎 典 禮       |      |     |     |     |     |     |     |

- 註：
1. 若決賽多於一組者，將以時間定名次。
  2. 各項比賽時間僅供參考，運動員應提前三十分鐘到場準備出賽。
  3. 賽程表方格內數字代表比賽次序，( )內數字代表參賽人數。
  4. 泳員不可進入主池以外範圍，如需使用副池或其他設施，請經公眾入口再次進入泳池。
  5. 有關雷暴警告下的泳池開放安排，請參閱康文署指引。

( [https://www.lcsd.gov.hk/tc/beach/arrangements\\_under\\_thunderstorm\\_warning.html](https://www.lcsd.gov.hk/tc/beach/arrangements_under_thunderstorm_warning.html) )

**The Schools Sports Federation of Hong Kong, China**  
**Tai Po & North District Secondary Schools Area Committee**  
**Inter-school Swimming Competition, 2026-2027**  
**Time Table**

21/10/2026 (Wednesday)

Venue: Ma On Shan Swimming Pool

| Time | Event                                    | H/F   | Boys A | Boys B | Boys C | Girls A | Girls B | Girls C |
|------|------------------------------------------|-------|--------|--------|--------|---------|---------|---------|
| 0830 | Report Time for Judges and Team Managers |       |        |        |        |         |         |         |
| 0900 | Warm Up Session                          |       |        |        |        |         |         |         |
| 0930 | 100m Free Style                          | Final | 1.     | 3.     | 5.     | 2.      | 4.      | 6.      |
| 1010 | 100m Breast Stroke                       | Final | 7.     | 9.     | 11.    | 8.      | 10.     | 12.     |
| 1100 | 100m Back Stroke                         | Final | 13.    | 15.    | 17.    | 14.     | 16.     | 18.     |
| 1130 | 4x50m Freestyle Relay                    | Final | 19.    | 21.    | 23.    | 20.     | 22.     | 24.     |
| 1215 | Lunch                                    |       |        |        |        |         |         |         |
| 1330 | Warm Up Session                          |       |        |        |        |         |         |         |
| 1400 | 50m Free Style                           | Heat  | 25.    | 27.    | 29.    | 26.     | 28.     | 30.     |
| 1430 | 50m Breast Stroke                        | Heat  | 31.    | 33.    | 35.    | 32.     | 34.     | 36.     |
| 1500 | 50m Back Stroke                          | Heat  | 37.    | 39.    | 41.    | 38.     | 40.     | 42.     |
| 1530 | 50m Butterfly                            | Heat  | 43.    | 45.    | 47.    | 44.     | 46.     | 48.     |
| 1630 | End of Day 1                             |       |        |        |        |         |         |         |

22/10/2026 (Thursday)

Venue: Ma On Shan Swimming Pool

| Time | Event                                    | H/F   | Boys A | Boys B | Boys C | Girls A | Girls B | Girls C |
|------|------------------------------------------|-------|--------|--------|--------|---------|---------|---------|
| 0830 | Report Time for Judges and Team Managers |       |        |        |        |         |         |         |
| 0900 | Warm Up Session                          |       |        |        |        |         |         |         |
| 0945 | 200m Free Style                          | Final | 49.    | 51.    | 53.    | 50.     | 52.     | 54.     |
| 1015 | 200m Individual Medley                   | Final | 55.    | 57.    | 59.    | 56.     | 58.     | 60.     |
| 1100 | 200m Breast Stroke                       | Final | 61.    | 63.    | 65.    | 62.     | 64.     | 66.     |
| 1145 | Lunch                                    |       |        |        |        |         |         |         |
| 1315 | Warm Up Session                          |       |        |        |        |         |         |         |
| 1345 | 50m Free Style                           | Final | 67.    | 69.    | 71.    | 68.     | 70.     | 72.     |
| 1400 | 50m Breast Stroke                        | Final | 73.    | 75.    | 77.    | 74.     | 76.     | 78.     |
| 1415 | 50m Back Stroke                          | Final | 79.    | 81.    | 83.    | 80.     | 82.     | 84.     |
| 1430 | 50m Butterfly                            | Final | 85.    | 87.    | 89.    | 86.     | 88.     | 90.     |
| 1445 | 4x50m Medley Relay                       | Final | 91.    | 93.    | 95.    | 92.     | 94.     | 96.     |
| 1530 | Prize Presentation Ceremony              |       |        |        |        |         |         |         |

Remarks:

1. Final events with more than one heat will be swum as timed final.
2. The event time is shown for reference only, HKSSF may adjust the time wherever necessary.  
Swimmers are requested to be present 30 minutes prior to the scheduled competition time, and must report to the Marshalling Area when their events are called.
3. The numbers showed inside the box and ( ) represent the event sequence and no. of participants respectively.
4. Swimmers are not allowed to enter the pool areas outside of the main pool. If you wish to enter the training pool or other facilities, swimmers are required to enter the pool through the public entrance.
5. For opening arrangements for public swimming pool under Thunderstorm warning, please refer to LCSD's website. ( [https://www.lcsd.gov.hk/en/beach/arrangements\\_under\\_thunderstorm\\_warning.html#](https://www.lcsd.gov.hk/en/beach/arrangements_under_thunderstorm_warning.html#) )