

中國香港學界體育聯會元朗區中學分會
2025 - 2026年度校際游泳比賽
比賽時間表

9/10/2025 (四)

地點：元朗游泳池

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							
0845	運 動 員 熱 身							
1000	100自由泳	決賽	1. (15)	3. (25)	5. (35)	2. (9)	4. (16)	6. (29)
1100	100蛙泳	決賽	7. (9)	9. (22)	11. (28)	8. (10)	10. (16)	12. (16)
1120	100背泳	決賽	13. (4)	15. (9)	17. (7)	14. (5)	16. (6)	18. (5)
1215	4x50自由泳接力	決賽	19. (11)	21. (14)	23. (20)	20. (10)	22. (13)	24. (13)
1200	午 膳							
1345	運 動 員 熱 身							
1415	50自由泳	初賽	25. (36)	27. (43)	29. (50)	26. (19)	28. (25)	30. (35)
1500	50蛙泳	初賽	31. (22)	33. (32)	35. (40)	32. (11)	34. (17)	36. (27)
1545	50背泳	初賽	37. (15)	39. (13)	41. (26)	38. (11)	40. (14)	42. (20)
1615	50蝶泳	初賽	43. (14)	45. (21)	47. (25)	44. (直接決賽)	46. (11)	48. (17)
1640	200個人四式	決賽	49. (7)	51. (7)	53. (8)	50. (4)	52. (5)	54. (8)
1715	第 一 天 比 賽 完 畢							

10/10/2025 (五)

地點：元朗游泳池

時間	項目	決賽	男甲	男乙	男丙	女甲	女乙	女丙
0830	裁 判 及 領 隊 報 到							
0845	運 動 員 熱 身							
0915	200自由泳	決賽	55. (9)	57. (16)	59. (24)	56. (6)	58. (11)	60. (6)
1000	50自由泳	決賽	61. (8)	63. (8)	65. (8)	62. (8)	64. (8)	66. (8)
1015	50蛙泳	決賽	67. (8)	69. (8)	71. (8)	68. (8)	70. (8)	72. (8)
1030	50背泳	決賽	73. (8)	75. (8)	77. (8)	74. (8)	76. (8)	78. (8)
1045	50蝶泳	決賽	79. (8)	81. (8)	83. (8)	80. (7)	82. (8)	84. (8)
1100	200蛙泳	決賽	85. (7)	87. (17)	89. (9)	86. (6)	88. (9)	90. (9)
1150	4x50四式接力	決賽	91. (10)	93. (13)	95. (11)	92. (8)	94. (12)	96. (11)
1245	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。

The Schools Sports Federation of Hong Kong, China

Inter-School Swimming Championships, 2025 - 2026

Time Table

9/10/2025 (Thursday)

Venue : Yuen Long Swimming Pool

Time	Event	H/F	Boys A	Boys B	Boys C	Girls A	Girls B	Girl C
0830	Report Time for Judges and Team Managers							
0845	Warm Up Session							
0915	100m Freestyle	Final	1. (15)	3. (25)	5. (35)	2. (9)	4. (16)	6. (29)
1000	100m Breast Stroke	Final	7. (9)	9. (22)	11. (28)	8. (10)	10. (16)	12. (16)
1100	100m Back Stroke	Final	13. (4)	15. (9)	17. (7)	14. (5)	16. (6)	18. (5)
1120	4x50m Freestyle Relay	Final	19. (11)	21. (14)	23. (20)	20. (10)	22. (13)	24. (13)
1215	Lunch							
1345	Warm Up Session							
1415	50m Freestyle	Heat	25. (36)	27. (43)	29. (50)	26. (19)	28. (25)	30. (35)
1500	50m Breast Stroke	Heat	31. (22)	33. (32)	35. (40)	32. (11)	34. (17)	36. (27)
1545	50m Back Stroke	Heat	37. (15)	39. (13)	41. (26)	38. (11)	40. (14)	42. (20)
1615	50m Butterfly	Heat	43. (14)	45. (21)	47. (25)	44. (Straight Final)	46. (11)	48. (17)
1640	200m Individual Medley	Final	49. (7)	51. (7)	53. (8)	50. (4)	52. (5)	54. (8)
1715	End of Day 1							

10/10/2025 (Friday)

Venue : Yuen Long Swimming Pool

Time	Event	H/F	Boys A	Boys B	Boys C	Girls A	Girls B	Girl C
0830	Report Time for Judges and Team Managers							
0845	Warm Up Session							
0915	200m Freestyle	Final	55. (9)	57. (16)	59. (24)	56. (6)	58. (11)	60. (6)
1000	50m Freestyle	Final	61. (8)	63. (8)	65. (8)	62. (8)	64. (8)	66. (8)
1015	50m Breast Stroke	Final	67. (8)	69. (8)	71. (8)	68. (8)	70. (8)	72. (8)
1030	50m Back Stroke	Final	73. (8)	75. (8)	77. (8)	74. (8)	76. (8)	78. (8)
1045	50m Butterfly	Final	79. (8)	81. (8)	83. (8)	80. (7)	82. (8)	84. (8)
1100	200m Breast Stroke	Final	85. (7)	87. (17)	89. (9)	86. (6)	88. (9)	90. (9)
1150	4x50m Medley Relay	Final	91. (10)	93. (13)	95. (11)	92. (8)	94. (12)	96. (11)
1245	Prize Presentation Ceremony							

Remarks:

- Events with more than one heat will be swum as timed final.
- 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.
- The numbers showed inside the box and () represent the event sequence and no. of participants respectively.