

中國香港學界體育聯會荃灣及離島區中學分會  
**2025 - 2026年度校際游泳比賽**  
**比賽時間表**

7/5/2026 (四)

地點：東涌游泳池

時間	項目	初/決賽	男甲	男乙	男丙	女甲	女乙	女丙
0900	裁 判 及 領 隊 報 到							
0910	運 動 員 熱 身							
0940	100蛙泳	決賽	1. (10)	3. (15)	5. (17)	2. (4)	4. (8)	6. (12)
1020	100自由泳	決賽	7. (8)	9. (20)	11. (14)	8. (7)	10. (9)	12. (12)
1050	100背泳	決賽	13. (6)	15. (7)	17. (6)	14. (3)	16. (5)	18. (7)
1110	200個人四式	決賽	19. (2)	21. (4)	23. (7)	20. (4)	22. (6)	24. (3)
1140	200蛙泳	決賽	25. (5)	27. (7)	29. (10)	26. (3)	28. (11)	30. (8)
1215	午 膳							
1315	運 動 員 熱 身							
1335	200自由泳	決賽	31. (8)	33. (10)	35. (9)	32. (4)	34. (7)	36. (5)
1400	50自由泳	決賽	37. (16)	39. (22)	41. (21)	38. (4)	40. (16)	42. (18)
1420	50蝶泳	決賽	43. (5)	45. (12)	47. (10)	44. (5)	46. (6)	48. (5)
1435	50背泳	決賽	49. (8)	51. (9)	53. (14)	50. (4)	52. (7)	54. (13)
1450	50蛙泳	決賽	55. (10)	57. (13)	59. (22)	56. (5)	58. (12)	60. (14)
1515	4x50自由泳接力	決賽	61. (7)	63. (9)	65. (8)	62. (3)	64. (7)	66. (7)
1545	4x50四式接力	決賽	67. (4)	69. (3)	71. (5)	68. (1)	70. (4)	72. (5)
1630	頒 獎 典 禮							

- 註： 1. 所有項目將以時間定名次。  
 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**  
**Tsuen Wan & Islands Secondary Schools Area Committee**  
**Inter-School Swimming Competition, 2025 - 2026**  
**Time Table**

7/5/2026 (Thursday)

Venue : Tung Chung Swimming Pool

Time	Event	H/F	Boys A	Boys B	Boys C	Girls A	Girls B	Girl C
0900	Report Time for Judges and Team Managers							
0910	Warm Up Session							
0940	100m Breast Stroke	Final	1. (10)	3. (15)	5. (17)	2. (4)	4. (8)	6. (12)
1020	100m Freestyle	Final	7. (8)	9. (20)	11. (14)	8. (7)	10. (9)	12. (12)
1050	100m Back Stroke	Final	13. (6)	15. (7)	17. (6)	14. (3)	16. (5)	18. (7)
1110	200m Individual Medley	Final	19. (2)	21. (4)	23. (7)	20. (4)	22. (6)	24. (3)
1140	200m Breast Stroke	Final	25. (5)	27. (7)	29. (10)	26. (3)	28. (11)	30. (8)
1215	Lunch							
1315	Warm Up Session							
1335	200m Freestyle	Final	31. (8)	33. (10)	35. (9)	32. (4)	34. (7)	36. (5)
1400	50m Freestyle	Final	37. (16)	39. (22)	41. (21)	38. (4)	40. (16)	42. (18)
1420	50m Butterfly	Final	43. (5)	45. (12)	47. (10)	44. (5)	46. (6)	48. (5)
1435	50m Back Stroke	Final	49. (8)	51. (9)	53. (14)	50. (4)	52. (7)	54. (13)
1450	50m Breast Stroke	Final	55. (10)	57. (13)	59. (22)	56. (5)	58. (12)	60. (14)
1515	4x50m Freestyle Relay	Final	61. (7)	63. (9)	65. (8)	62. (3)	64. (7)	66. (7)
1545	4x50m Medly Relay	Final	67. (4)	69. (3)	71. (5)	68. (1)	70. (4)	72. (5)
1630	Prize Presentation Ceremony							

Remarks:

1. All events 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.