



香港中華基督教青年會
Chinese YMCA of Hong Kong

九龍會所
Kowloon Centre

YMCA Swimming Gala
青年會水運會



刊場
Programme



日期 Date : 24/08/2024(星期六 Sat)

時間 Time : 08:45-16:30

地點 Venue :

香港中華基督教青年會九龍會所四樓游泳池

Chinese YMCA of Hong Kong Kowloon Centre 4/F

(九龍油麻地窩打老道 23 號) 23, Waterloo Road, Kln

時間表只供參考，

實際召集及比賽時間以當天賽會宣佈為準。

The schedule is for reference only; the marshalling and competition times are
subject to announcement on the day of the event.

(泳班組) 8-9 歲、10-11 歲及 12 歲或以上

(Swimming Course Group) 8-9 Years old, 10-11 Years old, Aged 12 and above

入場時間 Entry Time : 08:45

比賽時間 Competition Time : 08:55-10:25

(泳班組) 5 歲或以下及 6-7 歲

(Swimming Course Group) Aged 5 and below, 6-7 Years old

入場時間 Entry Time : 10:30

比賽時間 Competition Time : : 10:40-13:35

(公開組) 所有組別 Open Group

入場時間 Entry Time : 14:30

比賽時間 Competition Time : 14:45-16:40

青年會水運會2024(泳班組)YMCA Swimming Gala 2024(Swimming Course Group)

8-9歲、10-11歲及12歲或以上(泳班組) 8-9 Years old,10-11Years old,Aged 12 and above (Swimming Course Group)

入場時間 Entry Time 08:45

比賽時間 Competition Time:08:55-10:25

項目編號Event No.	年齡組別 Age Group	項目名稱 Event	報名人數 Entries	項目組數 Heats
001	8 To 9	男子25 米持板踢腳 Boys 25m kicking with board	9	2
002	8 To 9	女子25 米持板踢腳 Girls 25m kicking with board	4	1
003	12 & Over	男子25 米蛙泳 Boys 25m Breaststroke	1	1
004	12 & Over	女子25 米蛙泳 Girls 25m Breaststroke	1	1
005	10 To 11	男子25 米蛙泳 Boys 25m Breaststroke	5	1
006	10 To 11	女子25 米蛙泳 Girls 25m Breaststroke	2	1
007	8 To 9	男子25 米蛙泳 Boys 25m Breaststroke	9	2
008	8 To 9	女子25 米蛙泳 Girls 25m Breaststroke	7	2
010	12 & Over	男子25 米自由泳 Boys 25m Freestyle	1	1
011	12 & Over	女子25 米自由泳 Girls 25m Freestyle	2	1
012	10 To 11	男子25 米自由泳Boys 25m Freestyle	8	2
013	10 To 11	女子25 米自由泳 Girls 25m Freestyle	7	2
014	8 To 9	男子25 米自由泳 Boys 25m Freestyle	17	3
015	8 To 9	女子25 米自由泳 Girls 25m Freestyle	13	3
017	12 & Over	女子25 米蝶泳 Girls 25m Butterfly	2	1
018	10 To 11	男子25 米蝶泳 Boys 25m Butterfly	1	1
019	10 To 11	女子25 米蝶泳 Girls 25m Butterfly	2	1
021	8 To 9	女子25 米蝶泳 Girls 25m Butterfly	2	1
022	8 To 9	男子25 米持板自由泳 Boys 25m Freestyle with board	7	2
023	8 To 9	女子25 米持板自由泳 Girls 25m Freestyle with board	4	1
024	12 & Over	男子25 米背泳 Boys 25m Backstroke	1	1
025	12 & Over	女子25 米背泳 Girls 25m Backstroke	1	1
026	10 To 11	男子25 米背泳 Boys 25m Backstroke	4	1
027	10 To 11	女子25 米背泳 Girls 25m Backstroke	7	2
028	8 To 9	男子25 米背泳 Boys 25m Backstroke	11	2
029	8 To 9	女子25 米背泳 Girls 25m Backstroke	8	2
030	12 & Over	男子50 米自由泳 Boys 50m Freestyle	2	1
031	12 & Over	女子50 米自由泳 Girls 50m Freestyle	1	1
032	10 To 11	男子50 米自由泳 Boys 50m Freestyle	5	1
033	10 To 11	女子50 米自由泳 Girls 50m Freestyle	5	1
034	8 To 9	男子50 米自由泳 Boys 50m Freestyle	6	1
035	8 To 9	女子50 米自由泳 Girls 50m Freestyle	4	1
036	12 & Over	男子50 米蛙泳 Boys 50m Breaststroke	1	1
037	12 & Over	女子50 米蛙泳 Girls 50m Breaststroke	1	1
038	10 To 11	男子50 米蛙泳 Boys 50m Breaststroke	2	1
039	10 To 11	女子50 米蛙泳 Girls 50m Breaststroke	2	1
041	12 & Over	女子50 米背泳 Boys 50m Backstroke	1	1
043	10 To 11	女子50 米背泳 Girls 50m Backstroke	2	1
044	8 To 9	男子50 米背泳 Boys 50m Backstroke	1	1
045	8 To 9	女子50 米背泳 Girls 50m Backstroke	3	1

青年會水運會2024(泳班組)YMCA Swimming Gala 2024(Swimming Course Group)
5 歲或以下及6-7歲組別(泳班組)Aged 5 and below,6-7 Years old (Swimming Course Group)

入場時間 Entry Time 10:30 比賽時間 Competition Time:10:40-13:35

項目編號Event No.	年齡組別 Age Group	項目名稱Event	報名人數Entries	項目組數 Heats
050	6 To 7	男子50 米自由泳 Boys 50m Freestyle	5	2
051	6 To 7	女子50 米自由泳 Girls 50m Freestyle	1	1
052	5 & Under	男子25 米持板踢腳 Boys 25m kicking with board	10	3
053	5 & Under	女子25 米持板踢腳 Girls 25m kicking with board	6	2
054	6 To 7	男子25 米持板踢腳 Boys 25m kicking with board	13	4
055	6 To 7	女子25 米持板踢腳 Girls 25m kicking with board	9	3
056	6 To 7	男子25 米蛙泳 Boys 25m Backstroke	3	1
057	6 To 7	女子25 米蛙泳 Girls 25m Backstroke	1	1
058	5 & Under	男子25 米持板自由泳 Boys 25m Freestyle with kicking with board	5	1
059	5 & Under	女子25 米持板自由泳 Girls 25m Freestyle with kicking with board	5	1
060	6 To 7	男子25 米持板自由泳 Boys 25m Freestyle with kicking with board	9	3
061	6 To 7	女子25 米持板自由泳 Girls 25m Freestyle with kicking with board	4	1
062	6 To 7	男子25 米背泳 Boys 25m Backstroke	7	2
063	6 To 7	女子25 米背泳 Girls 25m Backstroke	7	2
064	5 & Under	男子25 米自由泳 Boys 25m Freestyle	2	1
065	5 & Under	女子25 米自由泳 Girls 25m Freestyle	2	1
066	6 To 7	男子25 米自由泳 Boys 25m Freestyle	10	3
067	6 To 7	女子25 米自由泳 Girls 25m Freestyle	8	2
Break Time 休息時段				
068	5 & Under	男子水中尋寶競技 Boys Underwater Treasure Hunt	4	1
069	5 & Under	女子水中尋寶競技 Girls Underwate Treasure Hunt	4	1
072	5 & Under	男子5 米持板踢腳 Boys 5m kicking with board	16	4
073	5 & Under	女子5 米持板踢腳 Girls 5m kicking with board	14	3
074	6 To 7	男子5 米持板踢腳 Boys 5m kicking with board	1	1
076	6 To 7	男子10 米持板踢腳 Boys 10m kicking with board	5	1
077	6 To 7	女子10 米持板踢腳 Girls 10m kicking with board	6	1
078	5 & Under	男子10 米持板踢腳 Boys 10m kicking with board	19	4
079	5 & Under	女子10 米持板踢腳 Girls 10m kicking with board	13	3
080	6 To 7	男子10 米持板自由泳 Boys 10m Freestyle with kicking with board	8	2
081	6 To 7	女子10 米持板自由泳 Girls 10m Freestyle with kicking with board	6	1
082	5 & Under	男子10 米持板自由泳 Boys 10m Freestyle with kicking with board	13	3
083	5 & Under	女子10 米持板自由泳 Girls 10m Freestyle with kicking with board	9	2
084	6 To 7	男子10米潛行障礙賽 Boys 10m Underwater Obstacle Course	2	1
086	5 & Under	男子10米潛行障礙賽 Boys 10m Underwater Obstacle Course	14	4
087	5 & Under	女子10米潛行障礙賽 Girls 10m Underwater Obstacle Course	15	4

完

青年會水運會2024(公開組)YMCA Swimming Gala 2024(Open Group)
 入場時間 Entry Time 14:30 比賽時間 Competition Time:14:45-16:40

項目編號Event No.	年齡組別 Age Group	項目名稱Event	報名人數Entries	項目組數 Heats
088	7 & Under	男子25 米自由泳 Boys 25m Freestyle	6	1
089	7 & Under	女子25 米自由泳 Girls 25m Freestyle	2	1
090	8 To 9	男子100米個人四式 Boys 100m Medley	8	2
091	8 To 9	女子100米個人四式 Girls 100m Medley	1	1
092	10 To 11	男子100米個人四式 Boys 100m Medley	5	1
093	10 To 11	女子100米個人四式 Girls 100m Medley	6	2
094	12 To 13	男子100米個人四式 Boys 100m Medley	2	1
096	14 & Over	男子100米個人四式 Boys 100m Medley	2	1
097	14 & Over	女子100米個人四式 Girls 100m Medley	1	1
098	7 & Under	男子50 米蝶泳 Boys 50m Butterfly	2	1
100	8 To 9	男子50 米蝶泳 Boys 50m Butterfly	7	2
101	8 To 9	女子50 米蝶泳 Girls 50m Butterfly	8	2
102	10 To 11	男子50 米蝶泳 Boys 50m Butterfly	7	2
103	10 To 11	女子50 米蝶泳 Girls 50m Butterfly	7	2
104	12 To 13	男子50 米蝶泳 Boys 50m Butterfly	1	1
106	14 & Over	男子50 米蝶泳 Boys 50m Butterfly	3	1
108	7 & Under	男子50 米背泳 Boys 50m Backstroke	3	1
110	8 To 9	男子50 米背泳 Boys 50m Backstroke	10	2
111	8 To 9	女子50 米背泳 Girls 50m Backstroke	10	2
112	10 To 11	男子50 米背泳 Boys 50m Backstroke	5	1
113	10 To 11	女子50 米背泳 Girls 50m Backstroke	5	1
114	12 To 13	男子50 米背泳 Boys 50m Backstroke	4	1
115	12 To 13	女子50 米背泳 Girls 50m Backstroke	3	1
116	14 & Over	男子50 米背泳 Boys 50m Backstroke	2	1
118	7 & Under	男子50米蛙泳 Boys 50m Breaststroke	4	1
119	7 & Under	女子50米蛙泳 Girls 50m Breaststroke	1	1
120	8 To 9	男子50米蛙泳 Boys 50m Breaststroke	13	3
121	8 To 9	女子50米蛙泳 Girls 50m Breaststroke	12	3
122	10 To 11	男子50米蛙泳 Boys 50m Breaststroke	4	1
123	10 To 11	女子50米蛙泳 Girls 50m Breaststroke	8	2
124	12 To 13	男子50米蛙泳 Boys 50m Breaststroke	3	1
125	12 To 13	女子50米蛙泳 Girls 50m Breaststroke	3	1
126	14 & Over	男子50米蛙泳 Boys 50m Breaststroke	2	1
128	7 & Under	男子50米自由泳 Boys 50m Freestyle	7	2
130	8 To 9	男子50米自由泳 Boys 50m Freestyle	16	3
131	8 To 9	女子50米自由泳 Girls 50m Freestyle	17	3
132	10 To 11	男子50米自由泳 Boys 50m Freestyle	11	2
133	10 To 11	女子50米自由泳 Girls 50m Freestyle	12	2
134	12 To 13	男子50米自由泳 Boys 50m Freestyle	7	2
135	12 To 13	女子50米自由泳 Girls 50m Freestyle	3	1
136	14 & Over	男子50米自由泳 Boys 50m Freestyle	6	1
137	14 & Over	女子50米自由泳 Girls 50m Freestyle	1	1

完

比賽須知 Guidelines

1. 是次比賽不設熱身時間。There is no warm-up time for this competition.
2. 參賽泳員請在比賽當天按入場時間進入四樓游泳池觀眾席，泳員需於該項目第一次召集時至召集處報到，召集處位於戶外兒童池，逾時報到者則作自動放棄論。Participants are required to enter the 4th-floor swimming pool stand on the day of the competition according to the admission time. Swimmers must report to the marshalling area at the outdoor children's pool at the first call for their event. Those who report late will be considered as automatic withdrawals.
(每位運動員只可有 1 名家長陪同進入 4/F 游泳池，請遵照當天大會工作人員指示入場)。
Due to the limited number of participants allowed, each athlete can only have one parent accompanying them to enter the 4/F swimming pool. Please follow the instruction from our staffs.
3. 實際比賽時間視乎當日比賽進度，一切以大會公佈為準。The actual competition time will depend on the progress of the competition on the day. All announcements by the organizing committee will prevail.
4. 比賽成績將於比賽後於網上公佈，參加者可掃描 QR Code，參閱比賽成績。Competition results will be posted online after the competition. Participants can scan the QR Code to view the results.
5. 本會有權核實參加者之年齡證明文件。The organization reserves the right to verify the age of the participants.
6. 如有報名者不遵守上述規則，大會保留取消其參加比賽資格，所繳費用，概不發還。If applicants do not follow the above rules, the organizer reserves the right to disqualify them and no refunds will be given.
7. 大會不設上訴(包括任何視像攝錄)，一切結果以大會判決為最終決定，參賽者不得異議。4. There will be no appeals allowed (including any video recordings). All results will be determined by the organizing committee and considered final. Participants may not raise objections.
8. 本會保留使用及刊登泳員活動照片之權利，有關相片及錄影有機會公開刊登及播放，若不希望於活動期間被拍攝，可直接向活動負責人反映。The organization reserves the right to use and publish photos of swimmers' activities. The photos and recordings may be publicly published and played. If you do not wish to be photographed during the event, you can directly inform the event coordinator.
9. 如比賽當日天文台於上午 7 時仍懸掛八號或以上熱帶氣旋警告訊號或黑色暴雨警告訊號或「極端情況」，賽事即告取消，恕不另行通知。 If the Observatory issues a Typhoon Signal No. 8 or above, a Black Rainstorm Warning Signal, or an "Extreme Situation" on the day of the competition at 7:00 am, the swimming gala will be canceled without further notice.

附則 Additional Provisions: :

1. 參賽者必須遵守泳池各項規則。Participants must follow all rules at the pool.
2. 參賽者如在最後召集仍未能報到，作棄權論，恕不補賽。Participants who fail to report for the final call will be considered as forfeiting and will not be given the opportunity for a rematch.

比賽規則 Rules :

1. 所有項目不設初賽，以時間定名次。All events do not have preliminary rounds, rankings will be

determined based on time.

2. 比賽規則依據國際游泳聯會規則執行。Rules and regulations will be implemented according to the regulations of the International Swimming Federation (FINA)
3. 起步可以跳水或單手扶池邊站立開始（5 歲或以下，6-7 歲及持板項目必須在水中單手扶池邊站立起步）The starting method can be either diving or starting with one hand holding the pool edge.

獎勵 Prizes :

1. 所有參加者可獲贈紀念品一份，於比賽當日派發，不設退換。All participants will be given a gift package on the competition day
2. 每項目各組別均設冠、亞、季軍，各獲獎牌一枚。The winner, 1st runner-up and 2nd runner-up of each event will be awarded gold, silver, and bronze medals respectively.
3. 獎牌領取處位於戶外兒童池，得獎者可於成績公佈後前往領取獎牌。Medal collection will be at the outdoor children's pool. Winners can collect their medals after the results are announced.
4. 得獎者如當天未有領取獎牌，可憑會友證於翌日起往一樓詢問處領取獎牌。Winners who do not collect their medals on the day of the event, can present the membership card at the counter on the first floor from the following day to collect medals.

證書 Certificate: :

1. 如需簽發完成游泳比賽時間證書，請於報名時另繳費用每項\$30。請憑收據於比賽後 9 月 16 日至 11 月 15 日 到本會九龍會所活動一樓接待處領取證書，逾期作廢（如在比賽中被取消資格之項目只會獲發出席證明）。Please submit an additional fee of \$30 per event during registration if you require a certificate of completion for the swimming competition, Please present the receipt at the counter on the 1st floor of the Kowloon Centre between 16/9-15/11 to collect the certificate. Certificates not collected within this period will be voided. (If an event is disqualified during the competition, only a participation certificate will be issued.)
2. 證書將列明參加項目及比賽成績，首三名之參加者將列明冠、亞、季軍。The certificate will include the participant's name, the events they participated in, and their competition results. The first, second, and third place winners will be indicated as gold, silver, and bronze respectively.

如有任何查詢，請致電 2783 3636 (陳先生)聯絡 For any inquiries, please contact Mr. Chan at 2783 3636.