離島區分齡游泳比賽 2018
Islands District Age Group Swimming Competition 2018

賽程表 Programme Schedule

時間 Time	項目 Heat	賽事 Event	組別 Age Group
9:00	運動員熱身 Warm up		
9:45	第一次召集 First call		
10:00 - 18:00	1	男子200米自由泳 Men's 200m Freestyle	A- C / D - E / F - G/ H - I
	2	女子200米自由泳 Women's 200m Freestyle	A- C / D - E / F - G/ H - I
	3	男子200米背泳 Men's 200m Backstroke	A- C / D - E / F - G/ H - I
	4	女子200米背泳 Women's 200m Backstroke	A- C / D - E / F - G/ H - I
	5	男子200米胸泳 Men's 200m Breaststroke	A- C / D - E / F - G/ H - I
	6	女子200米胸泳 Women's 200m Breaststroke	A- C / D - E / F - G/ H - I
	7	男子200米蝶泳 Men's 200m Butterfly	A- C / D - E / F - G/ H - I
	8	女子200米蝶泳 Women's 200m Butterfly	A- C / D - E / F - G/ H - I
	開幕典禮及頒獎典禮 Opening Ceremony and Prize Presentation Ceremony		
	9	男子100米自由泳 Men's 100m Freestyle	A-C / D-E / F-J
	10	女子100米自由泳 Women's 100m Freestyle	A-C / D-E / F-J
	11	男子100米背泳 Men's 100m Backstroke	A-C / D-E / F-J
	12	女子100米背泳 Women's 100m Backstroke	A-C / D-E / F-J
	13	男子100米胸泳 Men's 100m Breaststroke	A-C / D-E / F-J
	14	女子100米胸泳 Women's 100m Breaststroke	A-C / D-E / F-J
	15	男子100米蝶泳 Men's 100m Butterfly	A-C / D-E / F-J
	16	女子100米蝶泳 Women's 100m Butterfly	A-C / D-E / F-J
	17	男子50米自由泳 Men's 50m Freestyle	A-C / D-E / F-J
	18	女子50米自由泳 Women's 50m Freestyle	A-C / D-E / F-J
	19	男子50米背泳 Men's 50m Backstroke	A-C / D-E / F-J
	20	女子50米背泳 Women's 50m Backstroke	A-C / D-E / F-J
	21	男子50米胸泳 Men's 50m Breaststroke	A-C / D-E / F-J
	22	女子50米胸泳 Women's 50m Breaststroke	A-C / D-E / F-J
	23	男子50米蝶泳 Men's 50m Butterfly	A-C / D-E / F-J
	24	女子50米蝶泳 Women's 50m Butterfly	A-C / D-E / F-J
	25	男子個人四式 Men's 200m Individual Medley	A-C / D-E / F-G / H-I
	26	女子個人四式 Women's 200m Individual Medley	A-C / D-E / F-G / H-I
	27	男子4x50米自由泳接力 Men's 4x50m Freestyle Relay	A-C / D-E / F-G / H-J
	28	女子4x50米自由泳接力 Women's 4x50m Freestyle Relay	A-C / D-E / F-G / H-J
	29	男子4x50米四式接力 Men's 4x50m Medley Relay	A-C / D-E / F-G / H-J
	30	女子4x50米四式接力 Women's 4x50m Medley Relay	A-C / D-E / F-G / H-J

備註 Remarks：

1. 典禮於上午11時30分舉行.
   The ceremony would commence at 11:30am.
2. 午膳時間:下午1時至2時
   Lunch time: 1:00 pm to 2:00 pm
3. 以上賽程只供參考，一切以大會即場宣布為準。
   This competition schedule is for reference only. Participants should pay attention announcements through the competition.