

**THE SCHOOLS SPORTS FEDERATION OF HONG KONG, CHINA**  
**HK Island and Kowloon Secondary Schools Regional Committee**  
 Inter-School Swimming Competition 2024-2025  
Division One Time Table

This time table serves only as a guide and are subject to change if the Management Committee deems it necessary.

Competitors are requested to turn up at least 1 hour before the scheduled time of the event. Events may be held ahead or behind the scheduled time subject to the flow of competition.

**Heats Day : 09 October 2024**

**Venue : Kowloon Park Swimming Pool**

	<u>No.</u>	<u>Time</u>	<u>Event</u>	<u>Boys</u>	<u>Girls</u>
	1	8:45am	100m Breast Stroke	C	
	2		"		C
	3		"	B	
	4		"		B
	5		"	A	
	6		"		A
	7	9:45am	50m Butterfly	C	
	8		"		C
	9		"	B	
	10		"		B
	11		"	A	
	12		"		A
	13	10:30am	100m Back Stroke	C	
	14		"		C
	15		"	B	
	16		"		B
	17		"	A	
	18		"		A
	19	11:30am	50m Free Style	C	
	20		"		C
	21		"	B	
	22		"		B
AM	23		"	A	
	24		"		A
PM	25	1:25pm	50m Breast Stroke	C	
	26		"		C
	27		"	B	
	28		"		B
	29		"	A	
	30		"		A
	31	2:10pm	100m Free Style	C	
	32		"		C
	33		"	B	
	34		"		B
	35		"	A	
	36		"		A
	37	2:55pm	50m Back Stroke	C	
	38		"		C
	39		"	B	
	40		"		B
	41		"	A	
	42		"		A
			<b><i>Break</i></b>		
	43	4:00pm	4x50m Medley Relay	C	
	44		"		C
	45		"	B	
	46		"		B
	47		"	A	
	48		"		A
	49	4:50pm	4x50m Free Style Relay	C	
	50		"		C
	51		"	B	
	52		"		B
	53		"	A	
	54		"		A

**Final : 18 October 2024**

**Venue : Kowloon Park Swimming Pool**

<u>No.</u>	<u>Time</u>	<u>Event</u>	<u>Boys</u>	<u>Girls</u>
1	8:30am	200m Free Style	C	
2		"		C
3		"	B	
4		"		B
5		"	A	
6		"		A
7	10:00am	100m Breast Stroke	C	
8		"		C
9		"	B	
10		"		B
11		"	A	
12		"		A
13	10:20am	50m Butterfly	C	
14		"		C
15		"	B	
16		"		B
17		"	A	
18		"		A
19	10:35am	100m Back Stroke	C	
20		"		C
21		"	B	
22		"		B
23		"	A	
24		"		A
25	10:55am	50m Free Style	C	
26		"		C
27		"	B	
28		"		B
29		"	A	
30		"		A
31	11:10am	200m Individual Medley	C	
32		"		C
33		"	B	
34		"		B
35		"	A	
AM	36	"		A
PM	37	1:35pm	50m Breast Stroke	C
	38		"	C
	39		B	
	40		"	B
	41		A	
	42		"	A
	43	1:50pm	100m Free Style	C
	44		"	C
	45		B	
	46		"	B
	47		A	
	48		"	A

49	2:05pm	50m Back Stroke	C	
50		"		C
51		"	B	
52		"		B
53		"	A	
54		"		A
55	2:25pm	200m Breast Stroke	C	
56		"		C
57		"	B	
58		"		B
59		"	A	
60		"		A

***Break***

61	4:00pm	4x50m Medley Relay	C	
62		"		C
63		"	B	
64		"		B
65		"	A	
66		"		A
67	4:30pm	4x50m Free Style Relay	C	
68		"		C
69		"	B	
70		"		B
71		"	A	
72		"		A

Prize Presentation