

2024 港青水運會

YMCA SWIMMING GALA

章程 Prospectus

日期 Date	2024 年 10 月 1 日 (星期二, 公眾假期) October 1 st , 2024 (Tuesday, Public Holiday)
時間 Time	10:00am – 6:00pm *實際時間有機會因賽程而調整，大會保留最終決定權 *The actual competition time will be adjusted according to the schedule, and the organising committee reserves the right of final decision.
地點 Venue	九龍尖沙咀梳士巴利道 41 號香港基督教青年會一樓室內恆溫訓練池 1/F Indoor Training Pool, YMCA of Hong Kong, 41 Salisbury Road, Tsim Sha Tsui, Kowloon
報名日期 Enrolment Period	2024 年 8 月 13 日至 2024 年 8 月 30 日 August 13 th to August 30 th , 2024

組別與項目 Age Group and Events

5 歲組別 Age group	6-7 歲組別 Age group	8-9 歲組別 Age group	10-11 歲組別 Age group	12-13 歲組別 Age group
25 米浮板踢腳 m Kickboard	25 米浮板踢腳 m Kickboard	25 米浮板踢腳 m Kickboard	25/50 米捷泳 m Freestyle	25/50 米捷泳 m Freestyle
25 米捷泳 m Freestyle	25 米捷泳 m Freestyle	25 米捷泳 m Freestyle	25 米背泳 m Backstroke	25 米背泳 m Backstroke
	25 米背泳 m Backstroke	25 米背泳 m Backstroke	25/50 米蛙泳 m Breaststroke	25/50 米蛙泳 m Breaststroke
6-10 歲組別 Age group	25 米蛙泳 m Breaststroke	25 米蛙泳 m Breaststroke	25 米蝶泳 m Butterfly	25 米蝶泳 m Butterfly
3x25 米親子接力 m Family Relay	4x25 米接力 m Relay	25 米蝶泳 m Butterfly	100 米個人四式 m Individual Medley	100 米個人四式 m Individual Medley
	2x25 米親子接力 m Family Relay	4x25 米接力 m Relay	4x25 米接力 m Relay	4x25 米接力 m Relay
6-9, 10-13 歲組別 Age group		2x25 米親子接力 m Family Relay	2x25 米親子接力 m Family Relay	2x25 米親子接力 m Family Relay
3x25 米祖孫接力 m Grandparents & Grand-kids Relay				



2024 YMCA Swimming Gala (2024港青水運會)

Session 1 第一節比賽 (10:00-13:30)

Session 2 第二節比賽 (14:30-18:00)

Events 賽事	Events 賽事
Ages 8-9 Individual, Family & Mixed Relay (八歲至九歲個人、家庭及混合接力賽)	Age 5 (五歲個人賽)
Ages 10-11 Individual, Family & Mixed Relay (十歲至十一歲個人、家庭及混合接力賽)	Ages 6-10 3x25m Family Relay (家長及六歲至十歲3x25米親子接力)
	Ages 6-9, 10-13 2x25m Grandparents & Grand-kids Relay (家長及六歲至九歲、十歲至十三歲2 x 25米祖孫接力)
	Ages 6-7 Individual, Family & Mixed Relay (六歲至七歲個人、家庭及混合接力賽)
	Ages 12-13 Individual, Family & Mixed Relay (十二歲至十三歲個人、家庭及混合接力賽)

Events and Age Group 比賽項目及年齡組別

Freestyle kicking with kickboard 自由式浮板踢腳

Event Code	Name of Event	項目	Age Group
24SASESG100101	Boys 25m Freestyle kicking with kickboard	男子25米自由式 浮板踢腳	5 yrs
24SASESG100102	Girls 25m Freestyle kicking with kickboard	女子25米自由式 浮板踢腳	5 yrs
24SASESG100201	Boys 25m Freestyle kicking with kickboard	男子25米自由式 浮板踢腳	6 - 7 yrs
24SASESG100202	Girls 25m Freestyle kicking with kickboard	女子25米自由式 浮板踢腳	6 - 7 yrs
24SASESG100301	Boys 25m Freestyle kicking with kickboard	男子25米自由式 浮板踢腳	8 - 9 yrs
24SASESG100302	Girls 25m Freestyle kicking with kickboard	女子25米自由式 浮板踢腳	8 - 9 yrs

Freestyle 自由式

Event Code	Name of Event	項目	Age Group
24SASESG100103	Boys 25m Freestyle	男子25米自由式	5 yrs
24SASESG100104	Girls 25m Freestyle	女子25米自由式	5 yrs
24SASESG100203	Boys 25m Freestyle	男子25米自由式	6 - 7 yrs
24SASESG100204	Girls 25m Freestyle	女子25米自由式	6 - 7 yrs
24SASESG100303	Boys 25m Freestyle	男子25米自由式	8 - 9 yrs
24SASESG100304	Girls 25m Freestyle	女子25米自由式	8 - 9 yrs
24SASESG100401	Boys 25m Freestyle	男子25米自由式	10 - 11 yrs
24SASESG100402	Girls 25m Freestyle	女子25米自由式	10 - 11 yrs
24SASESG100501	Boys 25m Freestyle	男子25米自由式	12 - 13 yrs
24SASESG100502	Girls 25m Freestyle	女子25米自由式	12 - 13 yrs
24SASESG100409	Boys 50m Freestyle	男子50米自由式	10 - 11 yrs
24SASESG100410	Girls 50m Freestyle	女子50米自由式	10 - 11 yrs
24SASESG100509	Boys 50m Freestyle	男子50米自由式	12 - 13 yrs
24SASESG100510	Girls 50m Freestyle	女子50米自由式	12 - 13 yrs

Backstroke 背泳

Event Code	Name of Event	項目	Age Group
24SASESG100205	Boys 25m Backstroke	男子25米背泳	6 - 7 yrs
24SASESG100206	Girls 25m Backstroke	女子25米背泳	6 - 7 yrs
24SASESG100305	Boys 25m Backstroke	男子25米背泳	8 - 9 yrs
24SASESG100306	Girls 25m Backstroke	女子25米背泳	8 - 9 yrs
24SASESG100403	Boys 25m Backstroke	男子25米背泳	10 - 11 yrs
24SASESG100404	Girls 25m Backstroke	女子25米背泳	10 - 11 yrs
24SASESG100503	Boys 25m Backstroke	男子25米背泳	12 - 13 yrs
24SASESG100504	Girls 25m Backstroke	女子25米背泳	12 - 13 yrs

Swimmers must enter in their respective age group category. Age is calculated as at the date of Swimming Gala.
參賽者必須根據其年齡所屬組別，年齡以比賽當日計算。

Enrolment Period 報名時間: 13/08 - 30/08, 2024

查詢 Enquiries:

Tel: 2268-7010 (水運組Aquatics Unit)

Email: aquatics@ymcahk.org.hk

WhatsApp: 6909-9202

Breaststroke 蛙泳

Event Code	Name of Event	項目	Age Group
24SASESG100207	Boys 25m Breaststroke	男子25米蛙泳	6 - 7 yrs
24SASESG100208	Girls 25m Breaststroke	女子25米蛙泳	6 - 7 yrs
24SASESG100307	Boys 25m Breaststroke	男子25米蛙泳	8 - 9 yrs
24SASESG100308	Girls 25m Breaststroke	女子25米蛙泳	8 - 9 yrs
24SASESG100405	Boys 25m Breaststroke	男子25米蛙泳	10 - 11 yrs
24SASESG100406	Girls 25m Breaststroke	女子25米蛙泳	10 - 11 yrs
24SASESG100505	Boys 25m Breaststroke	男子25米蛙泳	12 - 13 yrs
24SASESG100506	Girls 25m Breaststroke	女子25米蛙泳	12 - 13 yrs
24SASESG100411	Boys 50m Breaststroke	男子50米蛙泳	10 - 11 yrs
24SASESG100412	Girls 50m Breaststroke	女子50米蛙泳	10 - 11 yrs
24SASESG100511	Boys 50m Breaststroke	男子50米蛙泳	12 - 13 yrs
24SASESG100512	Girls 50m Breaststroke	女子50米蛙泳	12 - 13 yrs

Butterfly 蝶泳

Event Code	Name of Event	項目	Age Group
24SASESG100309	Boys 25m Butterfly	男子25米蝶泳	8 - 9 yrs
24SASESG100310	Girls 25m Butterfly	女子25米蝶泳	8 - 9 yrs
24SASESG100407	Boys 25m Butterfly	男子25米蝶泳	10 - 11 yrs
24SASESG100408	Girls 25m Butterfly	女子25米蝶泳	10 - 11 yrs
24SASESG100507	Boys 25m Butterfly	男子25米蝶泳	12 - 13 yrs
24SASESG100508	Girls 25m Butterfly	女子25米蝶泳	12 - 13 yrs

Individual Medley 個人四式

Event Code	Name of Event	項目	Age Group
24SASESG100413	Boys 100m Individual Medley	男子100米個人四式	10 - 11 yrs
24SASESG100414	Girls 100m Individual Medley	女子100米個人四式	10 - 11 yrs
24SASESG100513	Boys 100m Individual Medley	男子100米個人四式	12 - 13 yrs
24SASESG100514	Girls 100m Individual Medley	女子100米個人四式	12 - 13 yrs

Mixed Freestyle Relay 分齡自由式混合接力

Event Code	Name of Event	項目	Age Group
24SASESG100608	Mixed 4 x 25m Freestyle Relay	4 x 25米自由式 混合接力	6 - 7 yrs
24SASESG100609	Mixed 4 x 25m Freestyle Relay	4 x 25米自由式 混合接力	8 - 9 yrs
24SASESG100610	Mixed 4 x 25m Freestyle Relay	4 x 25米自由式 混合接力	10 - 11 yrs
24SASESG100611	Mixed 4 x 25m Freestyle Relay	4 x 25米自由式 混合接力	12 - 13 yrs

Family Relay 親子接力

Event Code	Name of Event	項目	Age Group
24SASESG100601	2 x 25m Family Relay (Parent & Child 6-7 yrs)	2 x 25米親子接力(家長及六歲至七歲)	6 - 7 yrs
24SASESG100602	2 x 25m Family Relay (Parent & Child 8-9 yrs)	2 x 25米親子接力(家長及六八歲至九歲)	8 - 9 yrs
24SASESG100603	2 x 25m Family Relay (Parent & Child 10-11 yrs)	2 x 25米親子接力(家長及十歲至十一歲)	10 - 11 yrs
24SASESG100604	2 x 25m Family Relay (Parent & Child 12-13 yrs)	2 x 25米親子接力(家長及十二歲至十三歲)	12 - 13 yrs
24SASESG100605	2 x 25 Grandparents & Grand-kids Relay (Parent & Child 6-9 yrs)	2 x 25米祖孫接力(家長及六歲至九歲)	6 - 9 yrs
24SASESG100606	2 x 25 Grandparents & Grand-kids Relay (Parent & Child 10-13 yrs)	2 x 25米祖孫接力(家長及十歲至十三歲)	10-13 yrs
24SASESG100607	3 x 25m Family Relay (Parent & Child 6-10 yrs)	3 x 25米親子接力(家長及六歲至十歲)	6 - 10 yrs

參賽者須知 Notes to Participants

1. 比賽按國際游泳聯會(FINA)比賽規則進行。FINA Rules will be applied.
2. 所有結果以計時作決定。Results in all events will be determined by timed finals.
3. 賽果不設上訴。本會保留所有賽果之決定權。
No appeals will be entertained. The YMCA of Hong Kong organising committee reserves the right of final decision.
4. 獎勵：每項獎前三名。Prizes will be given to top 3 finishers in each event.
5. 比賽期間須佩戴泳帽。Participants are required to wear swimming cap.
6. 參賽者應留意將參與之比賽項目，並於比賽前三十分鐘到達泳池等待召集。報名平台上或電子收據上顯示之比賽時間並非當日比賽實際時間，實際比賽時間會因賽程而調整，大會保留最終決定權。
Participants and parents should pay attention to the event schedule and report to the marshal area 30 minutes prior to the starting time for marshaling. The competition time displayed on Online Platform or receipt IS NOT the actual competition time on the day. The actual competition time will be adjusted according to the schedule, and the organising committee reserves the right of final decision.
7. 3 x 25 米親子接力隊員可包括一位家長加兩位小朋友，或兩位家長加一位小朋友。
3 x 25m Family Relays can be made up of one parent plus two children, or two parents plus one child.
8. 有關接力賽：一經報名後，本會均不會接受以任何理由更改隊員(包括候補參賽者)。
For all relay events, team members (including substitute participant) cannot be changed for any reason.
9. 由於觀看台空間有限，請於適當時間入場觀賞賽事，替閣下子女打氣。
Due to the limited space in the Viewing Gallery, please enter at the appropriate time to cheer for your children.

報名注意事項 Enrolment Instructions

1. 請細閱港青水運會之參賽者須知。Please read the above Notes to Participants carefully.
2. 參賽者必須根據其年齡所屬組別，年齡以比賽當日計算。
Participants must enrol according to their respective age groups. Age is calculated as of the date of the Swimming Gala.
3. 每位參賽者只可參與最多 3 項個人及 3 項接力項目，多於以上限制之報名費用恕不退還。
Each participant can enrol in a maximum of 3 individual events and 3 relay events. Payment for entries in excess will not be refunded.
4. 所有報名的帳戶均需以參賽者的姓名和出生日期報名（必須與身份證上姓名相同）。
All account registrations for enrolment must be completed using the participant's name and date of birth
(Must be the same as ID copies).
5. 所有賽事 (除了接力)：請於「上載文件」處上傳參賽者的身份證副本 (pdf/ 圖片) 以待核實。我們核對證件後，您會收到一封有關「活動留位已經完成」的郵件，屆時請於 mcs.ymcahk.org.hk 登入>購物車>結帳，並於 2 天內繳付費用。
All event (except Relay) : Please click "Upload Document" and upload participant's ID copy (pdf / image file) for approval. After we confirm the validity of your uploaded proof, you will receive an e-mail regarding "Your application has been successfully reserved". By that time, please login at mcs.ymcahk.org.hk>Shopping Cart>Check out and settle the payment online within 2 days.
6. 接力賽事報名：
 - 6.1 所有接力賽事參賽者必須同時為個人項目賽事參賽者(親子接力賽家長成員除外)。
 - 6.2 只需其中一位參賽者代表報名。
 - 6.3 親子接力賽之參加者必須以小朋友之個人帳戶報名。
請於「上載文件」處上傳所有參賽者（連同一位候補參賽者）的身份證副本（放在同一份 pdf/ 同一張圖片）以待核實，上載後不得更改接力名單。我們核對證件後，您會收到一封有關「活動留位已經完成」的郵件，屆時請於 mcs.ymcahk.org.hk 登入>購物車>結帳，並於 2 天內繳付費用，在繳付費用頁面的特別需要/備註部分填寫所有參賽者的中英文全名。
Relay Enrolment:
 - 6.1 Must be same age group, all relay participants must be an individual event's participant (except for Family Relay parents).
 - 6.2 Only one participant needs to enrol on behalf of the team.
 - 6.3 For family relay, please use the child participant's account to enroll.
Please click "Upload Document" and upload all participants' (with one substitute participant) ID copies (put on the same pdf / the same image file) for approval. Relay team lineup cannot be changed after submission. After we confirm the validity of your uploaded proof, you will receive an e-mail regarding "Your application has successfully reserved". By that time, please login at mcs.ymcahk.org.hk>Shopping Cart>Check out and settle the payment online within 2 days. On the payment page, please fill in all participants' CHINESE and ENGLISH FULL names on the Special Request / Remarks box.

7. 所有項目報名(包括接力賽)，恕不接受任何轉調/退出申請或參賽者之間的轉讓/交換，並且嚴禁由他人替代出席，而已繳交之費用將不獲退還。

Any request of event (including relays) transfer or withdrawal after enrolment is not allowed. No refund for such cases. Participants must not exchange or transfer events with one another after enrolment. Replacement attendees prohibited.

8. 所有報名資料必須填寫正確，否則報名將被視為無效而不作退款。

Incomplete or incorrect information may result in an unsuccessful application, which is non-refundable.

9. 參賽者或其家長/監護人必須於後頁所列之選手包領取日蒞臨港青尖沙咀總部領取選手包
(每位參賽者只獲發一份選手包)

Participants or their parents/guardian must collect their Swimmer's pack at YMCA Tsimshatsui Headquarters in person during Swimmer Pack Collection Period (Each participant will only receive one swimmer's pack) (Please refer to next page).

10. 倘若於截止報名日期前仍未收到報名結果(正式收據)或後補通知，2268-7010 向水運組查詢。

If no enrolment result (official receipt) or waiting list acknowledgement email is received on or before enrolment deadline, please contact Aquatics Unit at 2268-7010.

11. 報名平台上顯示之比賽時間並非當日比賽實際時間，實際比賽時間會因賽程而調整，大會保留最終決定權。

The competition time displayed on Online Platform IS NOT the actual competition time on the day. The actual competition time will be adjusted according to the schedule, and the organising committee reserves the right of final decision.

12. 有關比賽最新資訊及安排，請參閱本會網上報名平台 2024 港青水運會專頁

(<https://mcs.ymcahk.org.hk/zh/YMCASwimmingGala2024>)。

For event updated information and arrangement, please visit our online enrolment platform 2024 Swimming Gala Page (<https://mcs.ymcahk.org.hk/en/YMCASwimmingGala2024>).

13. 有關水運會賽程、規則及其他資料，請參閱網上報名平台或致電 2268-7010 或 WhatsApp 6909-9202 向水運組查詢。

For event schedule, rules and other information, please visit our online enrolment platform or contact Aquatics unit at 2268-7010 or WhatsApp 6909-9202.

選手包領取日 Date of Swimmers' pack Collection

領取組別 Age group collection	日期 Dates	時間 Time
Ages 8-9, 10-11 歲	21 – 22/09/2024 (Sat, Sun)	11:00-17:00
Ages 5, 6-7, 12-13 歲	28 – 29/09/2024 (Sat, Sun)	11:00-17:00

地點 Venue: 港青(尖沙咀)大堂會員服務部櫃台側 Open area beside G/F Member Services Counter, YMCA (TST)

領取選手包時，請帶同正式收據(電子收據)。

Please bring along your official receipt (E-receipt) to collect the Swimmer's Pack.

如未能於上述時段內領取選手包，可在於辦公時間致電 2268-7010 水運組領取。

Participants who cannot pick up swimmer packs at the above time slot can contact Aquatic unit at 2268-7010 during officer hours to collect the pack at 1/F.