

**The University Sports Federation of Hong Kong, China**  
**The 56th Annual Aquatic Meet**

Date : Sunday, 31 October 2021

Venue : Henry Fok Swimming Pool, Stanley Ho Sports Centre, HKU

**Programme**

<b>Athlete Identity Check: 08:00</b>					<b>Athlete Identity Check: 12:15</b>				
<b>07:45-08:15 Sprint and Start Practice</b>				<b>Morning Warm Up</b>	<b>12:45-13:15 Sprint and Start Practice</b>				<b>Afternoon Warm Up</b>
<b>Athlete Oath: 08:25</b>					<b>Athlete Oath: 08:25</b>				
<b>Start: 08:30</b>					<b>Start: 13:30</b>				
		<b>Event</b>					<b>Event</b>		
1(F)	F	200M Freestyle	(Final)	Group	17(F)	M	200M Freestyle	(Final)	Group
2(F)	F	200M Breaststroke	(Final)	Group	18(F)	M	200M Breaststroke	(Final)	Group
3(F)	F	200M Backstroke	(Final)	Group	19(F)	M	200M Backstroke	(Final)	Group
4(F)	F	200M Butterfly	(Final)	Group	20(F)	M	200M Butterfly	(Final)	Group
5(F)	F	4x100M Medley Relay	(Final)	Group	21(F)	M	4x100M Medley Relay	(Final)	Group
<b>Warm Down Session (10 Minutes)</b>					<b>Warm Down Session (10 Minutes)</b>				
6(F)	F	100M Freestyle	(Final)	Group	22(F)	M	100M Freestyle	(Final)	Group
7(F)	F	100M Breaststroke	(Final)	Group	23(F)	M	100M Breaststroke	(Final)	Group
8(F)	F	100M Backstroke	(Final)	Group	24(F)	M	100M Backstroke	(Final)	Group
9(F)	F	100M Butterfly	(Final)	Group	25(F)	M	100M Butterfly	(Final)	Group
10(F)	F	200M Ind. Medley	(Final)	Group	26(F)	M	200M Ind. Medley	(Final)	Group
11(F)	F	50M Freestyle	(Final)	Group	27(F)	M	50M Freestyle	(Final)	Group
12(F)	F	50M Breaststroke	(Final)	Group	28(F)	M	50M Breaststroke	(Final)	Group
13(F)	F	50M Backstroke	(Final)	Group	29(F)	M	50M Backstroke	(Final)	Group
14(F)	F	50M Butterfly	(Final)	Group	30(F)	M	50M Butterfly	(Final)	Group
<b>Warm Down Session (10 Minutes)</b>					<b>Warm Down Session (10 Minutes)</b>				
15(F)	F	400M Freestyle	(Final)	Group	31(F)	M	400M Freestyle	(Final)	Group
16(F)	F	4x100M Freestyle Relay	(Final)	Group	32(F)	M	4x100M Freestyle Relay	(Final)	Group
<b>Prize Presentation</b>					<b>Prize Presentation</b>				