



The 56th USFHK Annual Aquatic Meet

DATE : 31ST OCT 2021 (SUNDAY)

TIME : 08:30 - 18:00

VENUE : HENRY FOK SWIMMING POOL, STANLEY HO SPORTS CENTRE,
THE UNIVERSITY OF HONG KONG

Organized by:



Subvented by:



<http://www.usfhk.org>

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

Athlete Identity Check: 07:30					Athlete Identity Check: 12:15				
08:00-08:20 Sprint and Start practice			Morning Warm Up		12:45-13:15 Sprint and Start practice			Afternoon Warm Up	
Start: 08:30					Start: 13:30				
		Event					Event		
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
Warm Down Session (10 Minutes)					Warm Down Session (10 Minutes)				
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
Warm Down Session (10 Minutes)					Warm Down Session (10 Minutes)				
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
Prize Presentation					Prize Presentation				