

**The University Sports Federation of Hong Kong, China**

**The 53rd Annual Aquatic Meet**

Date : Sunday, 23 October 2016

Venue : The Swimming Pool of Hong Kong Sports Institute

**Programme**

Order	Time	Marshal Start	Marshal End	Event			Order	Time	Marshal Start	Marshal End	Event		
	08:15			<b>Athlete Identity Check</b>				13:30			<b>Athlete Identity Check</b>		
<b>08:00-08:30 Secondary Pool</b>				<b>Morning Warm Up</b>			<b>13:00-13:30 Warm up in Main Pool</b>				<b>Afternoon Warm Up</b>		
<b>08:30-09:00 Main Pool</b>							<b>13:30-13:45 Start and Short Sprint</b>						
	09:10			<b>Athlete Oath</b>			27(F)	14:00	13:45	13:55	F	200M Ind. Medley (Final)	2 Group
1(F)	09:15	09:00	09:10	F	200M Freestyle (Final)	2 Group	28(F)	14:08	13:53	14:03	M	200M Ind. Medley (Final)	3 Group
2(F)	09:23	09:08	09:18	M	200M Freestyle (Final)	3 Group	11(F)	14:18	14:03	14:13	F	100M Freestyle (Final)	
3(F)	09:33	09:18	09:28	F	200M Breaststroke (Final)	2 Group	12(F)	14:23	14:08	14:18	M	100M Freestyle (Final)	
4(F)	09:41	09:26	09:36	M	200M Breaststroke (Final)	3 Group	13(F)	14:28	14:13	14:23	F	100M Breaststroke (Final)	
5(F)	09:51	09:36	09:46	F	200M Backstroke (Final)	2 Group	14(F)	14:33	14:18	14:28	M	100M Breaststroke (Final)	
6(F)	09:59	09:44	09:54	M	200M Backstroke (Final)	2 Group	15(F)	14:38	14:23	14:33	F	100M Backstroke (Final)	
7(F)	10:07	09:52	10:02	F	200M Butterfly (Final)	2 Group	16(F)	14:43	14:28	14:38	M	100M Backstroke (Final)	
8(F)	10:15	10:00	10:10	M	200M Butterfly (Final)	2 Group	17(F)	14:48	14:33	14:43	F	100M Butterfly (Final)	
9(F)	10:30	10:15	10:25	F	4x50M Medley Relay (Final)	2 Group	18(F)	14:53	14:38	14:48	M	100M Butterfly (Final)	
10(F)	10:35	10:20	10:30	M	4x50M Medley Relay (Final)	2 Group	19(F)	15:00	14:45	14:55	F	50M Freestyle (Final)	
11(P)	10:39	10:24	10:34	F	100M Freestyle (Heat)	3 Group	20(F)	15:04	14:49	14:59	M	50M Freestyle (Final)	
12(P)	10:45	10:30	10:40	M	100M Freestyle (Heat)	3 Group	21(F)	15:08	14:53	15:03	F	50M Breaststroke (Final)	
13(P)	10:51	10:36	10:46	F	100M Breaststroke (Heat)	3 Group	22(F)	15:12	14:57	15:07	M	50M Breaststroke (Final)	
14(P)	10:57	10:42	10:52	M	100M Breaststroke (Heat)	3 Group	23(F)	15:16	15:01	15:11	F	50M Backstroke (Final)	
15(P)	11:03	10:48	10:58	F	100M Backstroke (Heat)	2 Group	24(F)	15:20	15:05	15:15	M	50M Backstroke (Final)	
16(P)	11:07	10:52	11:02	M	100M Backstroke (Heat)	3 Group	25(F)	15:24	15:09	15:19	F	50M Butterfly (Final)	
17(P)	11:13	10:58	11:08	F	100M Butterfly (Heat)	2 Group	26(F)	15:28	15:13	15:23	M	50M Butterfly (Final)	
18(P)	11:17	10:44	10:54	M	100M Butterfly (Heat)	2 Group	29(F)	15:32	15:17	15:27	F	400M Freestyle (Final)	2 Group
19(P)	11:21	11:06	11:16	F	50M Freestyle (Heat)	3 Group	30(F)	15:42	15:27	15:37	M	400M Freestyle (Final)	2 Group
20(P)	11:26	11:11	11:21	M	50M Freestyle (Heat)	3 Group		15:52			<b>Warm Down Session</b>		
21(P)	11:31	11:16	11:26	F	50M Breaststroke (Heat)	3 Group	31(F)	16:15	16:00	16:10	F	4x100M Freestyle Relay (Final)	2 Group
22(P)	11:36	11:21	11:31	M	50M Breaststroke (Heat)	3 Group	32(F)	16:27	16:12	16:22	M	4x100M Freestyle Relay (Final)	2 Group
23(P)	11:41	11:26	11:36	F	50M Backstroke (Heat)	2 Group		16:40	<b>Prize Presentation and Closing Ceremony</b>				
24(P)	11:46	11:31	11:41	M	50M Backstroke (Heat)	3 Group							
25(P)	11:51	11:36	11:46	F	50M Butterfly (Heat)	2 Group							
26(P)	11:56	11:41	11:51	M	50M Butterfly (Heat)	3 Group							
	12:01			<b>Lunch</b>									