

The University Sports Federation of Hong Kong, China

The 55th Annual Aquatic Meet

Date : Sunday, 28 October 2018

Venue : The Swimming Pool of Hong Kong Sports Institute

Programme

Athlete Identity Check: 0815				
08:00-08:30 Secondary Pool		Morning Warm Up		
08:30-09:00 Main Pool				
Athlete Oath: 09:10				
Start: 09:15				
Order	Event			
1(F)	F	200M Freestyle	(Final)	Group
2(F)	M	200M Freestyle	(Final)	Group
3(F)	F	200M Breaststroke	(Final)	Group
4(F)	M	200M Breaststroke	(Final)	Group
5(F)	F	200M Backstroke	(Final)	Group
6(F)	M	200M Backstroke	(Final)	Group
7(F)	F	200M Butterfly	(Final)	Group
8(F)	M	200M Butterfly	(Final)	Group
9(F)	F	4x50M Medley Relay	(Final)	Group
10(F)	M	4x50M Medley Relay	(Final)	Group
11(P)	F	100M Freestyle	(Heat)	Group
12(P)	M	100M Freestyle	(Heat)	Group
13(P)	F	100M Breaststroke	(Heat)	Group
14(P)	M	100M Breaststroke	(Heat)	Group
15(P)	F	100M Backstroke	(Heat)	Group
16(P)	M	100M Backstroke	(Heat)	Group
17(P)	F	100M Butterfly	(Heat)	Group
18(P)	M	100M Butterfly	(Heat)	Group
19(P)	F	50M Freestyle	(Heat)	Group
20(P)	M	50M Freestyle	(Heat)	Group
21(P)	F	50M Breaststroke	(Heat)	Group
22(P)	M	50M Breaststroke	(Heat)	Group
23(P)	F	50M Backstroke	(Heat)	Group
24(P)	M	50M Backstroke	(Heat)	Group
25(P)	F	50M Butterfly	(Heat)	Group
26(P)	M	50M Butterfly	(Heat)	Group
Lunch				

Athlete Identity Check: 13:30				
13:00-13:30 Warm up in Main Pool		Afternoon Warm Up		
13:30-13:45 Start and Short Sprint				
Order	Event			
27(F)	F	200M Ind. Medley	(Final)	Group
28(F)	M	200M Ind. Medley	(Final)	Group
11(F)	F	100M Freestyle	(Final)	
12(F)	M	100M Freestyle	(Final)	
13(F)	F	100M Breaststroke	(Final)	
14(F)	M	100M Breaststroke	(Final)	
15(F)	F	100M Backstroke	(Final)	
16(F)	M	100M Backstroke	(Final)	
17(F)	F	100M Butterfly	(Final)	
18(F)	M	100M Butterfly	(Final)	
19(F)	F	50M Freestyle	(Final)	
20(F)	M	50M Freestyle	(Final)	
21(F)	F	50M Breaststroke	(Final)	
22(F)	M	50M Breaststroke	(Final)	
23(F)	F	50M Backstroke	(Final)	
24(F)	M	50M Backstroke	(Final)	
25(F)	F	50M Butterfly	(Final)	
26(F)	M	50M Butterfly	(Final)	
29(F)	F	400M Freestyle	(Final)	Group
30(F)	M	400M Freestyle	(Final)	Group
Warm Down Session				
31(F)	F	4x100M Freestyle Relay	(Final)	Group
32(F)	M	4x100M Freestyle Relay	(Final)	Group
16:40		Prize Presentation and Closing Ceremony		