

The University Sports Federation of Hong Kong, China

The 57th Annual Aquatic Meet

Date : Sunday, 30 October 2022

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

Programme

Athlete Identity Check: 08:15					Athlete Identity Check: 13:15				
0845:-09:15 Morning Warm Up					13:45-14:15 Afternoon Warm Up				
Start: 09:30					Start: 14:30				
		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
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				