



康樂及文化事務署
Leisure and Cultural
Services Department

主辦機構：中國香港潛水總會有限公司

第二十九屆國際長距離蹼泳邀請賽
29th International Long Distance Finswimming Invitational Competition
二零二五年十一月十六日 16th November 2025
比賽章程 Information of the Competition

1v2

比賽日期：2025年11月16日（星期日）

召集時間：上午10時00分

比賽時間：下午12時00分

地點：淺水灣泳灘長堤(近觀音像)

賽程：1000米

水溫：大約24°C - 26°C (參賽者可自行決定是否穿著保暖膠衣)

參賽資格：除國際組外，參加者必需為中國香港潛水總會會員，並擁有香港居民身分證及願意遵守本會章則，及全部符合下列各項比賽條件，方可報名參加：

1. 曾參加中國香港潛水總會(潛總)舉辦的蹼泳推廣訓練班之蹼泳學員；或
2. 曾參加潛總蹼泳屬會舉辦的訓練班之蹼泳學員；
3. 需經由潛總活躍蹼泳屬會及註冊蹼泳教練加簽推薦；
4. 一切提交的資歷需經由潛總作最後審核，如發現提交資歷出現紕漏，其申請將不獲受理。
5. 需參與賽前測試並達到合格時間。

組別：

I. 1000米競賽組(16歲或以上)(雙蹼) – 男子、女子

II. 青少年甲組(13-15歲)1000米(雙蹼) – 男子、女子

III. 青少年乙組(10-12歲)1000米(雙蹼) – 男子、女子

註：基於安全和大會流程安排理由，每位參賽者只可參與一個項目。

比賽形式：單蹼 – 利用單蹼及呼吸管以任何泳式前進

雙蹼 – 利用雙蹼以爬泳前進，必需使用呼吸管

報名費用：港幣100元正

測試：所有參加比賽泳員必須於10月23日或28日晚上7時到李鄭屋游泳池，參加測試，測試時使用的器材需與比賽時用的相約，通過測試後方可確認比賽資格。

1000米參加者：於30分鐘內游畢2000米

3000米參加者：於55分鐘內游畢4000米

付款方法：以劃線支票抬頭『中國香港潛水總會有限公司』郵寄至香港銅鑼灣掃桿埔大球場徑一號奧運大樓1043室，或以現金或支票方式親身遞交。

獎牌：各組設冠、亞及季三名獎項，均有精美獎盃及證書。凡游畢全程之參賽者均獲證書。

報名辦法：填妥蹼泳比賽報名表，連同報名費的劃線支票，抬頭請寫『中國香港潛水總會有限公司』及回郵信封寄回香港銅鑼灣掃桿埔大球場徑一號奧運大樓1043室『中國香港潛水總會』收。

截止報名日期為2025年10月21日下午6時正前，逾期將不獲受理

查詢：電話 2504 8154 或

傳真 2577 5601 或

電郵 enquiry@hkua.org.hk

備註：1. 如有任何遺漏，中國香港潛水總會保留最終決定權。

2. 中國香港潛水總會有權接受或拒絕任何人士參賽，而不須作出解釋。



康樂及文化事務署
Leisure and Cultural
Services Department

主辦機構：中國香港潛水總會有限公司

第二十九屆國際長距離蹼泳邀請賽

The 29th International Long Distance Finswimming Invitational Competition

二零二五年十一月十六日 16th November, 2025

比賽章程 Information of the Competition

1v2

- Date** : 16th November 2025 (Sunday)
- Marshaling** : 10:00 a.m.
- Starting Time**: 12:00 p.m.
- Location** : The Repulse Bay Pier (Nearby Tin Hau and Kwun Yum Statues)
- Race Dist.** : 1000M
- Water Temp** : Approx. 24°C - 26°C (Participants can decide whether to wear wet suit or depending on their own need)
- Eligibility** : Except International group, all applicants must be a valid Hong Kong China Underwater Association (HKCUA) member, have a HKID card, and must observe the roles, terms and conditions of HKCUA, and must conform all the following conditions to register the event:
1. Participants must have participated in any HKCUA finswimming training course; or
 2. Participants must have participated in finswimming training course held by any HKCUA finswimming aligned club;
 3. Applicants must be recommended and signed by one HKCUA active finswimming club and a registered (finswimming) instructor;
 4. HKCUA will make final decisions on all applications, any missing or untruthful information; the application will not be accepted.
 5. Applicants must participate a compulsory qualification test and required to reach qualified time and distance.
- Division** :
- I. 1000M Competition (Age 16 or above) (Bi fin) - Men, Women
 - II. Junior 1 (Age 13-15 years old) 1000M (Bi fin) – Boys, Girls
 - III. Junior 2 (Age 10-12 years old) 1000M (Bi fin) – Boys, Girls
- Notes** : **Due to safety reason and rundown arrangement, each applicant can only apply one event.**
- Description** : **Surface – Use any style to swim with mono fin, snorkel must be used.**
Bi fin - Use crawl stroke to swim with bi-fin, snorkel must be used.
- Entry Fee** : HK\$100 per person
- Test** : **All participants must pass the swimming test for the confirmation of participating the competition, the equipment used during test should be similar to the ones used in the competition.**
Date: 23 Oct 2025 or 28 Oct 2025 Time: 07:00 p.m Venue: Lei Cheng Uk Swimming Pool
1000M: Finished 2000M in 30 minutes
3000M: Finished 4000M in 55 minutes
- Payment** : Post by cheque made payable to “Hong Kong China Underwater Association limited” and post to Room 1043, Olympic House, 1 Stadium Path, So Kon Po, Causeway Bay, Hong Kong. or hand in cash / cheque by your own.
- Awards** : Prizes and certificates will be awarded to the first 3 places for each division. Certificate will be given to all participants who finish the race.
- Entry** : Completed the Finswimming Competition Entry Form with a crossed cheque made payable to “Hong Kong China Underwater Association Limited” and returned envelope to Room 1043, Olympic House, 1 Stadium Path, So Kon Po, Causeway Bay, Hong Kong.

Application deadline is 21st October 2025, 6:00 p.m. Late application will not be accepted

Enquiry : Tel. 2504 8154 or
Fax 2577 5601 or
E-mail enquiry@hkua.org.hk

Note : 1. Any omission will be resolved by the HKCUA.
2. HKCUA has the authority to accept or to reject any application without explanation.