瑪利諾神父教會學校
Tel : (852) 2777 5117
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Maryknoll Fathers' School
2 To Yuen Street
Tai Hang Tung
Kowloon, Hong Kong

Circular No.: A006/2627

All HK Inter-Secondary Schools Life Saving Competition

6 November 2026

Dear Parents/ Guardians:

The school facilitates whole-person development of students and is committed to offering diverse learning experiences across domains. We highly recommend that your child participate in the activity mentioned above. Please find the details below.

Event:	**All HK Inter-Secondary Schools Life Saving Competition**	Target:	Swimming Team Members
Date:	12/11/2026 (Thursday) 13/11/2026 (Friday)	TIC:	Mr Chan Siu Pong, Ms Law Man Chung
Time:	Please refer to the competition schedule	Dress Code:	PE Uniform
Departure:	Kowloon Park Swimming Pool		
Activity Venue:	Kowloon Park Swimming Pool		
Note:	• **Participants must gather at the Competition Venue an hour before.** • Students should bring their own HKSSF Student Registration Cards, student cards and wear the appropriate school sports team uniform when reporting. • There will be a debriefing session after the competition, and students will be dismissed at the venue.		

Please reply to the eNotice no later than 12 November 2026. Should you have any enquiries, please feel free to contact Mr. Chan Siu Pong or Ms. Law Man Chung at 2777 5117.

MARYKNOLL FATHERS' SCHOOL 瑪利諾神父教會學校

Yours faithfully,

Mr Yuen Cheung Oi
Principal

Reply Slip

Student Name: _____ Class: _____ Class Number: _____

I acknowledge the arrangements for the event **All HK Inter-Secondary Schools Life Saving Competition** and:

□ I give my consent for my child to participate in the above course/activity.
□ I do not give my consent for my child to participate in the above course/activity.
*Emergency contact no.
*Student's contact no.

'Each one of you has received a special grace, so, like good stewards responsible for all these varied graces of God, put it at the service of others.' (1 Peter 4:10)

2026-2027 年度全港中學校際拯溺比賽
All Hong Kong Inter-Secondary Schools Life Saving Competition 2026-2027
九龍公園游泳池 Kowloon Park Swimming Pool 12 / 11 / 2026 (Day 1)

[比賽時間表 Time Table] (暫定 Tentative)

08:00 am	開始進場	Entry open
08:05 am	裁判及工作人員報到	Officials report duty
08:30 am	男子組熱身	Warm up for Boys Competitors
08:40 am	女子組熱身	Warm up for Girls Competitors
08:50 am	開始召集	Calling for the first event

時間 Time	比賽項目 Event	組別 Grade
9:00 am	200 米游泳障礙賽 200m Obstacle Swim	男初級 Boys Junior
		女初級 Girls Junior
		男高級 Boys Senior
		女高級 Girls Senior
10:30 am	拋繩賽 Line Throw	男初級 Boys Junior
		女初級 Girls Junior
		男高級 Boys Senior
		女高級 Girls Senior

備註: 確實比賽時間表將於 2026 年 11 月 5 日(星期四)上載，請參賽學校自行於本會網頁查閱，本會不再另函通知。
Remark: Confirmed Time Table will be uploaded on HKSSF's website on 5th November 2026 (Thu).
No further notifications by fax will be made to schools.

2026-2027 年度全港中學校際拯溺比賽
All Hong Kong Inter-Secondary Schools Life Saving Competition 2026-2027
九龍公園游泳池 Kowloon Park Swimming Pool 13/ 11 / 2026 (Day 2)

[比賽時間表 Time Table] (暫定 Tentative)

08:00 am	開始進場	Entry open
08:05 am	裁判及工作人員報到	Officials report duty
08:30 am	男子組熱身	Warm up for Boys Competitors
08:40 am	女子組熱身	Warm up for Girls Competitors
08:50 am	開始召集	Calling for the first event

時間 Time	比賽項目 Event	組別 Grade
9:00 am	100 米混合拯救賽 100m Rescue Medley	男初級 Boys Junior
		女初級 Girls Junior
		男高級 Boys Senior
		女高級 Girls Senior
10:15 am	100 米穿蛙鞋運送假人賽 100m Manikin Carry with Fins	男初級 Boys Junior
		女初級 Girls Junior
		男高級 Boys Senior
		女高級 Girls Senior
11:15 am	50 米運送假人賽 50m Manikin Carry	男初級 Boys Junior
		女初級 Girls Junior
		男高級 Boys Senior
		女高級 Girls Senior
12:15 pm	100 米穿蛙鞋拖帶假人賽 100m Manikin Tow with Fins	男初級 Boys Junior
		女初級 Girls Junior
		男高級 Boys Senior
		女高級 Girls Senior
2:05 – 2:15pm 男子組熱身 Warm up for Boys Competitors 2:15 – 2:25pm 女子組熱身 Warm up for Girls Competitors		
2:30 pm	200 米超級施救員賽 200m Super Lifesaver	男初級 Boys Junior
		女初級 Girls Junior
		男高級 Boys Senior
		女高級 Girls Senior
3:30 pm	4x25 米運送假人接力賽 4x25m Manikin Relay	男初級 Boys Junior
		女初級 Girls Junior
		男高級 Boys Senior
		女高級 Girls Senior
4:30 pm	4x50 米混合接力賽 4x50m Medley Relay	男初級 Boys Junior
		女初級 Girls Junior
		男高級 Boys Senior
		女高級 Girls Senior
	ꕥ頒獎典禮 Prize Presentation Ceremonyꕥ	

備註: 確實比賽時間表將於 2026 年 11 月 5 日(星期四)上載，請參賽學校自行於本會網頁查閱，本會不再另函通知。
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