

Swimming

(Aug 2025 Version)

Skills (54%)					Attendance and Participation	Written Examination	
Part 1	Men		Marks	Women			
	Breaststroke 50m	Front Crawl 50m		Breaststroke 50m	Front Crawl 50m		
	38% Results + 3% Quality of skill			38% Results + 3% Quality of skill			
Results	36 or below	28 or below	38	43 or below	32 or below		
	40.0	34.0	34	50.0	38.0		
	47.0	40.0	30	1:00.0	46.0		
	52.0	46.0	27	1:07.0	55.0		
	58.0	52.0	25	1:15.0	1:03.0		
	1:04.0	58.0	23	1:23.0	1:11.0		
	1:10.0	1:04.0	21	1:31.0	1:19.0		
	Completed 50m		20	Completed 50m			
Part 2	Swimming to and from once across the shallow end of the pool: 10% (results) + 3% (quality of skill) (1) If breaststroke is used in Part 1, front crawl will be used in this part and vice versa. (2) Do not stay at the poolside for more than 2 seconds when turning.						
Quality of Skills	3 pts – In the exam, students fulfill the requirements of skill quality and their performances are extremely smooth and skillful 2 pts – In the exam, students fairly fulfill the requirements of skill quality and their performances are fairly smooth and skillful 1 pt – In the exam, students fail to fulfill the requirements of skill quality and their performances are not smooth and skillful						

Number of examination(s) taken: Part 1: Twice (same stroke) in maximum and only the best result will be taken.
Part 2: Only once