

Abu Dhabi Swim for Life 5th Round 2024

Invitation

Under the Patronage of Abu Dhabi Aquatics Club

To: Swimming Coaches, Officials & Team Managers

Greetings from Abu Dhabi Swim for Life League 2024 Team!

This is the invitation for the upcoming Abu Dhabi Swim for Life League 2024 – 28th September 2024.

Name:	<ul style="list-style-type: none">Abu Dhabi Swim for Life League – 5th Round
Venue:	<ul style="list-style-type: none">Mohammed Bin Zayed City Swimming Pools - Abu Dhabi.
Pool:	<ul style="list-style-type: none">25m, 10 lanes, with anti-wave lane ropes.
Timing:	<ul style="list-style-type: none">Omega Timing System will be used.
Date:	<ul style="list-style-type: none">Saturday 28th September 2024.
Age Groups:	<ul style="list-style-type: none">Girls: 8-9, 10-11, 12-13, 14-15, 16 & Above years old.Boys: 8-9, 10-11, 12-13, 14-15, 16 & Above years old.Masters: 25-30, 31-35, 36-40 and 41 and over years old.*Age as of 31st December 2024.
Events:	<ul style="list-style-type: none">Each swimmer can participate in 4 events only.
Awards:	<ul style="list-style-type: none">Medals for 1st – 3rd (Boys and Girls).
Entry Fees:	<ul style="list-style-type: none">Free of charge.
Spectators Fees:	<ul style="list-style-type: none">Free of charge.
Entries:	<ul style="list-style-type: none">Email to: swimmingcommunity2021@gmail.com
Closing Date:	<ul style="list-style-type: none">Monday 9th September 2024, by 12:00 Noon – Abu Dhabi time

8-9 & 10-11 years old Girls & Boys	12-13, 14-15 and 16&above years old Female & Male	Master's 25-30, 31-35, 36-40 & 41&above years old Female & Male
50m & 100m Freestyle	50m, 100m & 200m Freestyle	50m & 100m Freestyle
50m & 100m Backstroke	50m & 100m Backstroke	50m Backstroke
50m & 100m Breaststroke	50m & 100m Breaststroke	50m Breaststroke
50m Butterfly	50m & 100m Butterfly	50m Butterfly
100m IM	100m IM	N/A

Competition Schedule		
Saturday Morning 07:30 – 11:30		
Warm-up 07:30 -08:20		
Age Group	Events	Gender
8 & above years old	100m IM	Female & Male
8 & above years old	50m Freestyle	Female & Male
8 & above years old	100m Backstroke	Female & Male
8 & above years old	50m Butterfly	Female & Male
8 & above years old	100m Breaststroke	Female & Male
Saturday Afternoon 1:30 – 05:30		
Warm-up 1:30 – 02:20		
Age Group	Events	Gender
12 & above years old	200m Freestyle	Female & Male
8 & above years old	50m Backstroke	Female & Male
8 & above years old	100m Freestyle	Female & Male
8 & above years old	50m Breaststroke	Female & Male
12 & above years old	100m Butterfly	Female & Male

QUALIFICATION TIMES FOR D LEVEL COMPETITION - SHORT COURSE

	Female						EVENTS	Male					
	8-9	10-11	12-13	14-15	16&above	Masters		8-9	10-11	12-13	14-15	16&above	Masters
Equal or faster than	00:41.92	00:39.92	00:35.10	00:33.82	00:32.60	00:36.97	50m Freestyle	00:40.49	00:38.56	00:34.98	00:34.06	00:31.80	00:36.72
Equal or faster than	01:34.07	01:29.59	01:17.08	01:14.46	01:10.67	01:22.29	100m Freestyle	01:29.11	01:24.86	01:16.97	01:14.56	01:09.59	01:20.82
Equal or faster than	N/A	N/A	02:48.92	02:44.44	02:34.54	N/A	200m Freestyle	N/A	N/A	02:47.72	02:42.87	02:33.16	N/A
Equal or faster than	00:49.18	00:46.84	00:40.61	00:39.43	00:37.75	00:43.04	50m Backstroke	00:46.42	00:44.21	00:40.10	00:39.21	00:36.69	00:42.10
Equal or faster than	01:49.56	01:44.34	01:29.05	01:25.22	01:20.30	N/A	100m Backstroke	01:41.05	01:36.24	01:27.29	01:24.44	01:19.28	N/A
Equal or faster than	00:56.09	00:53.42	00:45.81	00:43.86	00:41.04	00:48.38	50m Breaststroke	00:53.90	00:51.33	00:46.56	00:44.52	00:41.77	00:48.89
Equal or faster than	02:06.81	02:00.77	01:39.82	01:35.61	01:30.45	N/A	100m Breaststroke	01:57.22	01:51.64	01:41.26	01:36.33	01:30.48	N/A
Equal or faster than	00:47.34	00:45.09	00:38.77	00:37.08	00:35.29	00:40.78	50m Butterfly	00:44.36	00:42.24	00:38.32	00:37.42	00:34.56	00:40.23
Equal or faster than	N/A	N/A	01:27.04	01:23.81	01:18.79	N/A	100m Butterfly	N/A	N/A	01:29.30	01:26.10	01:19.46	N/A
Equal or faster than	01:37.69	01:33.03	01:28.60	01:24.39	01:20.37	N/A	100m Individual Medley	01:35.67	01:31.11	01:26.78	01:22.64	01:18.71	N/A

In the event of oversubscription, the organizer reserves the right to limit the number of events per swimmer and reject any entries.

Thank you, and we hope to see your team compete at the Abu Dhabi Aquatics Club Sports Events