

خطة التطوير وجدول البطولات لموسم 2023-2024

Development Plan and Competition Calendar 2024-2023

نشكرك على جعل السنة الأولى من خطة التطوير وجدول البطولات لموسم 2023-2022 شئ نفتخر به!

استعدادًا لموسم 2024-2023، نواصل رؤيتنا وجهودنا التعاونية بقصد مواصلة البناء على نجاحاتنا.

مع وضع ذلك في الاعتبار، قمنا بمراجعة وإجراء بعض التعديلات على معايير التأهيل المختلفة التي نعتقد أنها ستكون أكثر دعمًا لسباحينا جميعًا.

نود أيضًا أن نشارككم أن جدول البطولات لموسم 2023 - 2024 يتضمن الآن 3 بطولات للمسافات الطويلة (800 متر حرة و 1500 متر حرة فقط) موزعة على مدار الموسم للسماح لجميع سباحينا بفرصة أكبر للتنافس في هذه السباقات.

بالإضافة إلى ما سبق، سنواصل تقديم دعمنا الجماعي لمجتمع السباحة في محاولة لرفع الكفاءة الفنية للسباحين على جميع المستويات.

نحن نقدر دعمكم، ونتطلع إلى موسم جديد أكثر نجاحًا.

Thank you for making the first year of our cooperative Development Plan and Competition Calendar in 2022 – 2023 season one we are proud of!

In preparation for the 2023 – 2024 season, we are continuing our vision and cooperative efforts with the intent to continue to build upon our successes.

With this in mind, we have reviewed and made some minor adjustments to the various qualification standards that we believe will be more supportive of our overall community.

We would also like to share with you that the Competition Calendar for 2023 – 2024 now includes 3 Distance Meets (800M Freestyle and 1500M Freestyle only) spread throughout the season to allow all our swimmers a greater opportunity to race these events.

In addition to the above, we will continue to collectively provide our support to the community in an attempt to raise the technical efficiency of swimming on all levels.

We appreciate your support and look forward to an even more successful second season ahead!

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المستوى (أ) – البطولات الدولية

يمثل هذا المستوى أعلى مستوى من البطولات بالنسبة إلى الفئة العمرية وأرقام التأهيل لدعم المعايير الدولية. يجب أن يكون السباح ذو خبرة جيدة في التنافس وفقاً لمعيار الأداء (ب) وأن يكون قادراً على تحقيق أرقام التأهيل اللازمة للمعيار الدولي (أ).

International (A) Standard

This level represents the highest level of competition for age group and qualification time in support of international standards.

Swimmer should be well experienced competing at the Performance (B) Standard and now able to achieve the necessary qualification times for the International (A) Standard.

المستوى (ب) – الاداء العالى

سيكون هذا المستوى من البطولات محوريًا في دعم تطوير وتقديم السباحة. يجب أن يتمتع السباح بخبرة تنافسية واسعة في سباقات متعددة، ويجب أن يكون قد حقق بنجاح معايير المستوى (ج).

Performance (B) Standard

This level of competition remains pivotal in supporting development and progression of swimming.

A swimmer should have extensive competitive experience in multiple events and should confidently achieve the Performance (C) Standard.

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المستوى (ج) – المستوى التنافسي

تم تصميم هذا المستوى لتوفير فرص كبيرة للسباحين للمنافسة بانتظام والسماح بالمنافسة في سباقات متعددة لتسجيل الأرقام المحسنة ولتعزيز المزيد من التقدم التنافسي. إذا كان السباح بالفعل سريعاً جداً في العديد من السباقات، فيرجى التفكير في الارتقاء بهم إلى مستوى الأداء (ب) حيث إن استمرار المشاركة في المعيار التنافسي (ج) لن يدعم على وجه كاف المزيد من النمو التنافسي.

Competitive (C) Standard

This level is designed to create ample opportunities for swimmers to compete regularly and allow for the expanded exposure in multiple races to record improved times and to promote further competitive progress.

If a swimmer is already too fast in multiple events, please consider to advance them to Performance (B) Standard as continued participation in Competitive (C) Standard will not adequately support further competitive growth.

المستوى (د) – المستوى التطويري

تم تصميم هذا المستوى لإتاحة الفرصة للسباحين ذوي الخبرة التنافسية المحدودة لبدء التنافس في سباقات ومسافات متعددة. توفر البيئة الداعمة في أثناء المنافسات فرص كبيرة للسباح لتطوير المستوى الفني والزمن في كافة السباقات. يجب أن يمتلك السباح بعض أرقام التأهيل، ولكن يجب ألا تتجاوز المعايير المحددة.

Development (D) Standard

This level is designed to create the opportunity for swimmers with limited competitive experience to begin racing in multiple events and distances. The environment while competitive provides an equally supportive opportunity for a swimmer to further develop their event techniques.

A swimmer should possess some recorded qualification times but should not exceed the specified qualification standards.

خطه التطوير وجدول البطولات لموسم 2023-2024

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المستوى (هـ) – المستوى التأسيسي

تم تصميم هذا السباحين للسباحين الجدد وصغار السن لاكتساب خبرة تنافسية، ولكي يبدووا في تحقيق أوقات التأهيل اللازمة. للمشاركة في هذا المستوى، لا يحتاج السباحون إلى أرقام تأهليه، وألا يتجاوزوا الوقت المحدد، ولكن يجب أن يكونوا قادرين على السباحة على الأقل مسافة 50 مترًا مع التركيز على الأداء الفني الصحيح. يجب عدم مشاركة السباحين الذين تتجاوز أوقاتهم الأرقام التأهيلية في هذا المستوى.

Fundamentals (E) Standard

This is an entry level meet for new and young swimmers to gain competitive experience and for them to begin to achieve necessary qualification times.

To participate in this level, swimmers do not need to have a recorded event time and/or should not exceed the indicated time, but must be able to swim the 50M strokes with emphasis on technique.

Swimmers with times that exceed the recorded standard should not be entered in this level of competition as this will impact the overall event itself. Likewise, continued performance is best enhanced by offering a correct competitive challenge.

نشكرك مرة أخرى على دعم مجتمع السباحة بوجه عام ومتطلبات المراحل التنافسية بشكل خاص. من خلال القيام بذلك، فأنت لا تساهم فقط في تطوير السباح (السباحين)، ولكنك تساعد أيضًا مجتمعنا الرياضي على النمو داخل دولة الإمارات العربية المتحدة.

Thank you again for supporting our overall swimming community and for working to respect the requirements of the competitive stages. By doing so, you are not only contributing to the development of your individual swimmer(s) but you are also helping our sport community to grow within the United Arab Emirates.

خطه التطوير الجديد وجدول البطولات لموسم 2023-2024
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International (A) Standard – Approximate Qualification

Female			EVENTS	Male		
12-13yrs	14-15yrs	16yrs/over		13-14yrs	15-16yrs	17yrs/over
00:31.00	00:29.39	00:28.94	50m Freestyle	00:29.07	00:27.02	00:26.21
01:07.73	01:03.61	01:02.98	100m Freestyle	01:03.46	00:58.70	00:57.36
02:28.86	02:18.11	02:16.34	200m Freestyle	02:19.33	02:09.12	02:06.41
05:14.87	04:51.11	04:50.97	400m Freestyle	04:58.66	04:35.71	04:31.80
11:01.15	10:06.05	09:55.36	800m Freestyle	10:21.31	09:36.79	09:29.93
21:01.53	19:15.63	18:59.80	1500m Freestyle	19:35.26	18:21.84	18:05.85
00:36.02	00:33.19	00:32.73	50m Backstroke	00:33.26	00:30.34	00:30.09
01:17.24	01:11.42	01:11.11	100m Backstroke	01:12.80	01:07.24	01:06.82
02:52.04	02:34.15	02:32.47	200m Backstroke	02:37.93	02:26.49	02:26.08
00:39.62	00:36.54	00:35.39	50m Breaststroke	00:37.72	00:34.08	00:33.42
01:26.83	01:21.05	01:20.55	100m Breaststroke	01:22.74	01:16.13	01:14.96
03:06.65	02:55.82	02:54.95	200m Breaststroke	03:00.36	02:46.78	02:44.86
00:33.78	00:31.41	00:30.54	50m Butterfly	00:31.39	00:28.18	00:27.78
01:15.88	01:10.09	01:08.89	100m Butterfly	01:12.38	01:04.89	01:03.03
02:50.02	02:35.84	02:35.52	200m Butterfly	02:41.55	02:25.98	02:24.20
02:47.16	02:36.12	02:33.29	200m Individual Medley	02:36.85	02:26.80	02:25.19
05:56.52	05:31.42	05:30.11	400m Individual Medley	05:41.23	05:13.59	05:09.06

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Performance (B) Standard - Approximate Qualification

	Female						EVENTS	Male					
	10yrs	11yrs	12yrs	13yrs	14-15yrs	16yrs/over		10-11yrs	12yrs	13yrs	14yrs	15-16yrs	17yrs/over
Qualifying Time	00:36.15	00:34.32	00:33.07	00:31.88	00:30.79	00:30.32	50m Freestyle	00:34.20	00:33.30	00:31.09	00:29.81	00:28.31	00:27.45
Consideration Time	00:41.57	00:39.47	00:38.03	00:36.66	00:35.40	00:34.86		00:39.33	00:38.30	00:35.76	00:34.28	00:32.55	00:31.57
Qualifying Time	01:20.47	01:15.37	01:12.80	01:09.10	01:06.64	01:05.98	100m Freestyle	01:15.26	01:12.90	01:08.05	01:04.92	01:01.49	01:00.09
Consideration Time	01:32.54	01:26.67	01:23.72	01:19.46	01:16.64	01:15.88		01:26.55	01:23.84	01:18.25	01:14.65	01:10.72	01:09.10
Qualifying Time	02:44.59	02:45.16	02:40.78	02:31.11	02:24.69	02:22.83	200m Freestyle	02:43.99	02:39.25	02:29.75	02:22.17	02:15.26	02:12.43
Consideration Time	03:09.28	03:09.94	03:04.90	02:53.78	02:46.39	02:44.26		03:08.59	03:03.14	02:52.22	02:43.50	02:35.55	02:32.29
Qualifying Time	05:52.45	05:54.18	05:41.57	05:18.15	05:04.97	05:04.82	400m Freestyle	05:49.27	05:40.02	05:20.92	05:04.85	04:48.84	04:44.75
Consideration Time	06:45.32	06:47.30	06:32.81	06:05.88	05:50.72	05:50.55		06:41.65	06:31.02	06:09.05	05:50.58	05:32.17	05:27.46
Qualifying Time	00:42.08	00:39.70	00:38.56	00:36.91	00:34.77	00:34.29	50m Backstroke	00:39.21	00:38.33	00:35.88	00:33.81	00:31.78	00:31.53
Consideration Time	00:48.39	00:45.66	00:44.34	00:42.45	00:39.98	00:39.43		00:45.09	00:44.08	00:41.26	00:38.88	00:36.55	00:36.26
Qualifying Time	01:30.21	01:27.07	01:23.32	01:18.52	01:14.82	01:14.49	100m Backstroke	01:25.35	01:22.57	01:17.52	01:15.02	01:10.44	01:10.00
Consideration Time	01:43.75	01:40.13	01:35.82	01:30.30	01:26.04	01:25.67		01:38.16	01:34.95	01:29.14	01:26.27	01:21.01	01:20.50
Qualifying Time	03:09.86	03:19.79	03:13.89	02:46.58	02:41.49	02:39.74	200m Backstroke	03:03.97	02:59.14	02:47.65	02:43.25	02:33.46	02:33.04
Consideration Time	03:38.34	03:49.76	03:42.97	03:11.57	03:05.71	03:03.70		03:31.57	03:26.02	03:12.79	03:07.74	02:56.48	02:55.99
Qualifying Time	00:47.30	00:44.79	00:42.89	00:40.13	00:38.28	00:37.07	50m Breaststroke	00:45.53	00:43.53	00:40.84	00:38.19	00:35.70	00:35.02
Consideration Time	00:54.40	00:51.51	00:49.32	00:46.15	00:44.03	00:42.64		00:52.36	00:50.06	00:46.96	00:43.91	00:41.05	00:40.27
Qualifying Time	01:42.68	01:37.60	01:33.49	01:28.44	01:24.91	01:24.39	100m Breaststroke	01:39.01	01:34.19	01:28.47	01:24.88	01:19.76	01:18.53
Consideration Time	01:58.08	01:52.24	01:47.51	01:41.70	01:37.65	01:37.04		01:53.86	01:48.32	01:41.74	01:37.62	01:31.72	01:30.31
Qualifying Time	03:38.97	03:26.00	03:20.33	03:10.74	03:04.19	03:03.28	200m Breaststroke	03:36.41	03:26.75	03:12.83	03:05.08	02:54.72	02:52.71
Consideration Time	04:11.82	03:56.90	03:50.38	03:39.35	03:31.82	03:30.77		04:08.87	03:57.76	03:41.75	03:32.84	03:20.93	03:18.62
Qualifying Time	00:39.88	00:37.91	00:36.26	00:34.51	00:32.91	00:31.99	50m Butterfly	00:37.47	00:36.59	00:33.80	00:31.98	00:29.53	00:29.10
Consideration Time	00:45.86	00:43.60	00:41.70	00:39.68	00:37.85	00:36.79		00:43.08	00:42.08	00:38.86	00:36.78	00:33.96	00:33.47
Qualifying Time	01:32.65	01:25.11	01:21.94	01:17.04	01:13.43	01:12.17	100m Butterfly	01:27.31	01:24.18	01:17.70	01:13.96	01:07.98	01:06.03
Consideration Time	01:46.55	01:37.88	01:34.23	01:28.60	01:24.44	01:23.00		01:40.41	01:36.81	01:29.35	01:25.06	01:18.17	01:15.93
Qualifying Time	03:16.49	03:09.74	03:03.98	02:52.25	02:43.26	02:42.93	200m Butterfly	03:15.99	03:11.96	02:54.09	02:44.39	02:32.93	02:31.07
Consideration Time	03:45.96	03:38.20	03:31.58	03:18.09	03:07.75	03:07.36		03:45.39	03:40.75	03:20.21	03:09.04	02:55.87	02:53.73
Qualifying Time	03:14.46	03:06.37	03:00.57	02:49.66	02:43.55	02:40.59	200m Individual Medley	03:06.54	02:59.81	02:46.91	02:41.73	02:33.79	02:32.11
Consideration Time	03:43.63	03:34.33	03:27.65	03:15.11	03:08.08	03:04.67		03:34.52	03:26.78	03:11.95	03:05.99	02:56.86	02:54.92
Qualifying Time	06:46.52	06:28.61	06:22.16	06:04.83	05:47.20	05:45.82	400m Individual Medley	06:47.31	06:28.27	06:03.09	05:51.85	05:28.52	05:23.78
Consideration Time	07:47.50	07:26.90	07:19.48	06:59.56	06:39.28	06:37.70		07:48.40	07:26.52	06:57.56	06:44.63	06:17.80	06:12.35

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Competitive (C) Standard - Approximate Qualification

Female							EVENTS	Male							
9yrs	10yrs	11yrs	12yrs	13yrs	14-15yrs	16yrs/over		9yrs	10yrs	11yrs	12 yrs	13yrs	14yrs	15-16yrs	17yrs/over
00:40.81	00:37.79	00:35.88	00:34.57	00:33.32	00:32.19	00:31.69	50m Freestyle	00:39.42	00:37.54	00:35.75	00:34.81	00:32.51	00:31.17	00:29.59	00:28.70
00:44.89	00:41.57	00:39.47	00:38.03	00:36.66	00:35.40	00:34.86		00:43.36	00:41.29	00:39.33	00:38.30	00:35.76	00:34.28	00:32.55	00:31.57
01:31.58	01:24.12	01:18.79	01:16.11	01:12.24	01:09.67	01:08.98	100m Freestyle	01:26.75	01:22.62	01:18.68	01:16.22	01:11.14	01:07.87	01:04.29	01:02.82
01:40.74	01:32.54	01:26.67	01:23.72	01:19.46	01:16.64	01:15.88		01:35.42	01:30.88	01:26.55	01:23.84	01:18.25	01:14.65	01:10.72	01:09.10
03:00.68	02:52.08	02:52.67	02:48.09	02:37.98	02:31.27	02:29.33	200m Freestyle	03:09.02	03:00.02	02:51.44	02:46.49	02:36.56	02:28.64	02:21.41	02:18.45
03:18.75	03:09.28	03:09.94	03:04.90	02:53.78	02:46.39	02:44.26		03:27.92	03:18.02	03:08.59	03:03.14	02:52.22	02:43.50	02:35.55	02:32.29
06:26.90	06:08.47	06:10.28	05:57.10	05:32.62	05:18.84	05:18.68	400m Freestyle	06:42.57	06:23.40	06:05.14	05:55.47	05:35.50	05:18.71	05:01.97	04:57.69
07:05.59	06:45.32	06:47.30	06:32.81	06:05.88	05:50.72	05:50.55		07:22.82	07:01.74	06:41.65	06:31.02	06:09.05	05:50.58	05:32.17	05:27.46
00:47.88	00:43.99	00:41.51	00:40.31	00:38.59	00:36.35	00:35.84	50m Backstroke	00:45.19	00:43.04	00:40.99	00:40.08	00:37.51	00:35.34	00:33.23	00:32.96
00:52.66	00:48.39	00:45.66	00:44.34	00:42.45	00:39.98	00:39.43		00:49.71	00:47.34	00:45.09	00:44.08	00:41.26	00:38.88	00:36.55	00:36.26
01:46.66	01:34.31	01:31.03	01:27.11	01:22.09	01:18.22	01:17.88	100m Backstroke	01:38.38	01:33.69	01:29.23	01:26.32	01:21.04	01:18.43	01:13.64	01:13.18
01:57.32	01:43.75	01:40.13	01:35.82	01:30.30	01:26.04	01:25.67		01:48.22	01:43.06	01:38.16	01:34.95	01:29.14	01:26.27	01:21.01	01:20.50
03:28.41	03:18.49	03:28.88	03:22.70	02:54.15	02:48.83	02:47.00	200m Backstroke	03:32.05	03:21.95	03:12.33	03:07.29	02:55.27	02:50.67	02:40.44	02:40.00
03:49.25	03:38.34	03:49.76	03:42.97	03:11.57	03:05.71	03:03.70		03:53.25	03:42.14	03:31.57	03:26.02	03:12.79	03:07.74	02:56.48	02:55.99
00:54.61	00:49.45	00:46.83	00:44.84	00:41.96	00:40.02	00:38.76	50m Breaststroke	00:52.48	00:49.98	00:47.60	00:45.51	00:42.69	00:39.92	00:37.32	00:36.61
01:00.07	00:54.40	00:51.51	00:49.32	00:46.15	00:44.03	00:42.64		00:57.72	00:54.97	00:52.36	00:50.06	00:46.96	00:43.91	00:41.05	00:40.27
02:03.46	01:47.34	01:42.04	01:37.74	01:32.46	01:28.77	01:28.22	100m Breaststroke	01:54.12	01:48.68	01:43.51	01:38.47	01:32.49	01:28.74	01:23.38	01:22.10
02:15.80	01:58.08	01:52.24	01:47.51	01:41.70	01:37.65	01:37.04		02:05.53	01:59.55	01:53.86	01:48.32	01:41.74	01:37.62	01:31.72	01:30.31
04:00.37	03:48.93	03:35.36	03:29.44	03:19.41	03:12.56	03:11.61	200m Breaststroke	04:09.44	03:57.56	03:46.25	03:36.14	03:21.59	03:13.49	03:02.67	03:00.56
04:24.41	04:11.82	03:56.90	03:50.38	03:39.35	03:31.82	03:30.77		04:34.38	04:21.32	04:08.87	03:57.76	03:41.75	03:32.84	03:20.93	03:18.62
00:46.09	00:41.69	00:39.64	00:37.91	00:36.08	00:34.41	00:33.45	50m Butterfly	00:43.18	00:41.13	00:39.17	00:38.26	00:35.33	00:33.43	00:30.87	00:30.43
00:50.70	00:45.86	00:43.60	00:41.70	00:39.68	00:37.85	00:36.79		00:47.50	00:45.24	00:43.08	00:42.08	00:38.86	00:36.78	00:33.96	00:33.47
01:49.11	01:36.86	01:28.98	01:25.67	01:20.54	01:16.77	01:15.45	100m Butterfly	01:40.64	01:35.84	01:31.28	01:28.01	01:21.23	01:17.32	01:11.07	01:09.03
02:00.02	01:46.55	01:37.88	01:34.23	01:28.60	01:24.44	01:23.00		01:50.70	01:45.43	01:40.41	01:36.81	01:29.35	01:25.06	01:18.17	01:15.93
03:35.69	03:25.42	03:18.37	03:12.35	03:00.08	02:50.68	02:50.33	200m Butterfly	03:45.90	03:35.14	03:24.90	03:20.69	03:02.01	02:51.86	02:39.88	02:37.94
03:57.26	03:45.96	03:38.20	03:31.58	03:18.09	03:07.75	03:07.36		04:08.49	03:56.66	03:45.39	03:40.75	03:20.21	03:09.04	02:55.87	02:53.73
03:55.94	03:23.30	03:14.84	03:08.78	02:57.37	02:50.99	02:47.89	200m Individual Medley	03:35.01	03:24.77	03:15.02	03:07.99	02:54.50	02:49.08	02:40.78	02:39.02
04:19.54	03:43.63	03:34.33	03:27.65	03:15.11	03:08.08	03:04.67		03:56.51	03:45.25	03:34.52	03:26.78	03:11.95	03:05.99	02:56.86	02:54.92
07:26.25	07:05.00	06:46.27	06:39.53	06:21.41	06:02.98	06:01.54	400m Individual Medley	07:49.47	07:27.11	07:05.82	06:45.92	06:19.60	06:07.85	05:43.45	05:38.50
08:10.88	07:47.50	07:26.90	07:19.48	06:59.56	06:39.28	06:37.70		08:36.41	08:11.82	07:48.40	07:26.52	06:57.56	06:44.63	06:17.80	06:12.35

خطه التطوير الجديد وجدول البطولات لموسم 2023-2024
Development Plan and Competition Calendar 2023-2024

Development (D) Standard - Approximate Qualification

	Female						EVENTS	Male					
	8yrs	9yrs	10yrs	11yrs	12yrs	13yrs/over		8yrs	9yrs	10yrs	11yrs	12yrs	13yrs/ove
Cut Off Time	00:41.83	00:40.81	00:37.79	00:35.88	00:34.57	00:33.32	50m Freestyle	00:41.39	00:39.42	00:37.54	00:35.75	00:34.81	00:32.51
Consideration Time	00:49.15	00:47.95	00:44.40	00:42.16	00:40.63	00:39.16		00:48.63	00:46.32	00:44.11	00:42.01	00:40.91	00:38.20
Cut Off Time	01:33.87	01:31.58	01:24.12	01:18.79	01:16.11	01:12.24	100m Freestyle	01:31.09	01:26.75	01:22.62	01:18.68	01:16.22	01:11.14
Consideration Time	01:50.30	01:47.61	01:38.84	01:32.58	01:29.43	01:24.88		01:47.03	01:41.93	01:37.08	01:32.45	01:29.55	01:23.59
Cut Off Time	03:05.20	03:00.68	02:52.08	02:52.67	02:48.09	02:37.98	200m Freestyle	03:18.47	03:09.02	03:00.02	02:51.44	02:46.49	02:36.56
Consideration Time	03:37.61	03:32.30	03:22.19	03:22.89	03:17.51	03:05.62		03:53.20	03:42.10	03:31.52	03:21.45	03:15.62	03:03.96
Cut Off Time	00:49.07	00:47.88	00:43.99	00:41.51	00:40.31	00:38.59	50m Backstroke	00:47.45	00:45.19	00:43.04	00:40.99	00:40.08	00:37.51
Consideration Time	00:57.66	00:56.26	00:51.69	00:48.77	00:47.36	00:45.35		00:55.76	00:53.10	00:50.57	00:48.16	00:47.09	00:44.07
Cut Off Time	01:49.32	01:46.66	01:34.31	01:31.03	01:27.11	01:22.09	100m Backstroke	01:43.30	01:38.38	01:33.69	01:29.23	01:26.32	01:21.04
Consideration Time	02:08.46	02:05.32	01:50.82	01:46.96	01:42.35	01:36.45		02:01.38	01:55.60	01:50.09	01:44.85	01:41.43	01:35.22
Cut Off Time	03:33.62	03:28.41	03:18.49	03:28.88	03:22.70	02:54.15	200m Backstroke	03:42.65	03:32.05	03:21.95	03:12.33	03:07.29	02:55.27
Consideration Time	04:11.01	04:04.88	03:53.22	04:05.43	03:58.17	03:24.63		04:21.61	04:09.16	03:57.29	03:45.99	03:40.06	03:25.94
Cut Off Time	00:55.97	00:54.61	00:49.45	00:46.83	00:44.84	00:41.96	50m Breaststroke	00:55.10	00:52.48	00:49.98	00:47.60	00:45.51	00:42.69
Consideration Time	01:05.77	01:04.17	00:58.10	00:55.02	00:52.68	00:49.30		01:04.74	01:01.66	00:58.72	00:55.93	00:53.48	00:50.16
Cut Off Time	02:06.54	02:03.46	01:47.34	01:42.04	01:37.74	01:32.46	100m Breaststroke	01:59.82	01:54.12	01:48.68	01:43.51	01:38.47	01:32.49
Consideration Time	02:28.69	02:25.06	02:06.13	01:59.89	01:54.84	01:48.64		02:20.79	02:14.09	02:07.70	02:01.62	01:55.70	01:48.67
Cut Off Time	04:06.38	04:00.37	03:48.93	03:35.36	03:29.44	03:19.41	200m Breaststroke	04:21.91	04:09.44	03:57.56	03:46.25	03:36.14	03:21.59
Consideration Time	04:49.50	04:42.44	04:28.99	04:13.05	04:06.09	03:54.31		05:07.75	04:53.09	04:39.13	04:25.84	04:13.97	03:56.87
Cut Off Time	00:47.24	00:46.09	00:41.69	00:39.64	00:37.91	00:36.08	50m Butterfly	00:45.34	00:43.18	00:41.13	00:39.17	00:38.26	00:35.33
Consideration Time	00:55.51	00:54.15	00:48.98	00:46.57	00:44.54	00:42.39		00:53.28	00:50.74	00:48.32	00:46.02	00:44.95	00:41.51
Cut Off Time	01:51.84	01:49.11	01:36.86	01:28.98	01:25.67	01:20.54	100m Butterfly	01:45.67	01:40.64	01:35.84	01:31.28	01:28.01	01:21.23
Consideration Time	02:11.41	02:08.21	01:53.81	01:44.55	01:40.66	01:34.64		02:04.16	01:58.25	01:52.62	01:47.25	01:43.41	01:35.44
Cut Off Time	04:01.84	03:55.94	03:23.30	03:14.84	03:08.78	02:57.37	200m Individual Medley	03:45.76	03:35.01	03:24.77	03:15.02	03:07.99	02:54.50
Consideration Time	04:44.16	04:37.23	03:58.88	03:48.94	03:41.81	03:28.41		04:25.27	04:12.63	04:00.60	03:49.15	03:40.88	03:25.04

خطه التطوير الجديد وجدول البطولات لموسم 2023-2024
Development Plan and Competition Calendar 2023-2024

Fundamentals (E) Standard - Approximate Qualification

	Female					EVENTS	Male				
	8yrs	9yrs	10yrs	11yrs	12 yrs		8yrs	9yrs	10yrs	11yrs	12 yrs
Cut Off Time	00:44.71	00:42.58	00:39.43	00:37.44	00:36.08	50m Freestyle	00:43.19	00:41.13	00:39.17	00:37.31	00:36.33
Cut Off Time	01:32.17	01:27.78	01:22.22	01:19.42	01:15.38	100m Freestyle	01:35.05	01:30.52	01:26.21	01:22.11	01:19.53
Cut Off Time	00:52.46	00:49.96	00:45.90	00:43.31	00:42.06	50m Backstroke	00:49.52	00:47.16	00:44.91	00:42.77	00:41.82
Cut Off Time	01:56.86	01:51.30	01:38.42	01:34.99	01:30.90	100m Backstroke	01:47.79	01:42.66	01:37.77	01:33.11	01:30.07
Cut Off Time	00:59.83	00:56.98	00:51.60	00:48.86	00:46.79	50m Breaststroke	00:57.49	00:54.76	00:52.15	00:49.67	00:47.49
Cut Off Time	02:15.27	02:08.83	01:52.01	01:46.47	01:41.99	100m Breaststroke	02:05.03	01:59.08	01:53.41	01:48.01	01:42.75
Cut Off Time	00:50.50	00:48.09	00:43.50	00:41.36	00:39.56	50m Butterfly	00:47.31	00:45.06	00:42.91	00:40.87	00:39.92
Cut Off Time	01:43.40	01:38.48	01:24.86	01:21.33	01:18.79	100 Individual Medley	01:34.23	01:29.74	01:25.47	01:21.40	01:18.46

خطه التطوير الجديد وجدول البطولات لموسم 2023-2024
Development Plan and Competition Calendar 2023-2024

	Competition	Date	25m/50m	Venue	Target Level	Qualifying Standards	Age	Host
	Hamilton Aquatics Super Sprint Meet	30 September 2023	25m	HSC	All	No QT's (3 Age Split Sessions)	7/over	Hamilton Aquatics
1	Apex Fundamental	07 October 2023	25m	HSC	Fundamentals	E Standard	7-12 yrs	Apex
1	Hamilton Aquatics Development Series	14 October 2023	25m	HSC	Development	D Standard	8/over	Hamilton Aquatics
1	Hamilton Aquatics Short Course	21-22 October 2023	25m	HSC	Performance	B Standard	10/over	Hamilton Aquatics
	Community Distance Series - Round 1	27 October 2023	25M	AL Wasl	Competitive / Performance	C & Above	11/12 & over	Apex
1	Apex Competitive Swimming Championship	4 -5 November 2023	25m	HSC	Competitive	C Standard	9/over	Apex
2	Hamilton Aquatics First Series	17 November 2023	25m	School	Fundamentals	E Standard	7-11 yrs	Hamilton Aquatics
2	Apex Development	18 November 2023	25m	HSC	Development	D Standard	8-14 yrs	Apex
2	Speedo Short Course Invitational	25-26 November 2023	25m	HSC	Competitive / Performance	B Standard	10/over	Speedo Swim Squads
2	Hamilton Aquatics Winter Wonder	9-10 December 2023	25m	HSC	Competitive	C Standard	10/over	Hamilton Aquatics
3	Apex Invitational Swimming Championship	8-10 December 2023	25m	Abu Dhabi	Performance	B Standard	9/over	Apex
	Community Distance Series - Round 2	26 January 2024	25M	DC	Competitive / Performance	C & Above	11/12 & over	Speedo Swim Squads
2	Apex Fundamental	27 January 2024	25m	HSC	Fundamentals	E Standard	7-12 yrs	Apex
3	Apex Competitive Swimming Championship	3-4 February 2024	50m	HSC	Competitive	C Standard	9/over	Apex
1	Middle East Open Championships	16-18 February 2024	50m	HSC	International / Performance	A Standard	12/Over	Hamilton Aquatics
3	Middle East Junior Championships	16-18 February 2024	50m	HSC	Development	D Standard	11/Under	Hamilton Aquatics
2	Apex International Swimming Championship	8-10 March 2024	50m	HSC	International + Competitive	B Standard	10/over	Apex
5	Hamilton Aquatics Development Series	20 April 2024	25m	HSC	Development	D Standard	8-14 yrs	Hamilton Aquatics
	Community Distance Series - Round 3	26 April 2024	50M	DAA	Competitive / Performance	C & Above	11/12 & over	Hamilton Aquatics
4	Hamilton Aquatics Last Chance Meet	4-5 May 2024	50m	HSC	Performance	B Standard	10/over	Hamilton Aquatics
5	Apex Development	11 May 2024	25m	HSC	Development	D Standard	8-14 yrs	Apex
3	Hamilton Aquatics First Series	17 May 2024	25m	HSC	Fundamentals	E Standard	7-11 yrs	Hamilton Aquatics
5	Speedo Long Course Invitational	18-19 May 2024	50m	HSC	Competitive / Performance	B Standard	10/over	Speedo Swim Squads
6	Hamilton Aquatics Development Series	08 June 2024	25m	HSC	Development	D Standard	8/over	Hamilton Aquatics
6	Apex Open	15-16 June 2023	50m	HSC	Development / Competitive	D+ Standard	10/over	Apex
5	Hamilton Aquatics Summer Sizzler	22-23 June 2023	50m	HSC	Competitive	C Standard	10/over	Hamilton Aquatics