

## Abu Dhabi Swim for 3rd 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 – 20<sup>th</sup> April 2024.*

Name:	<ul style="list-style-type: none"><li>Abu Dhabi Swim for Life League – 3rd Round</li></ul>
Venue:	<ul style="list-style-type: none"><li>Mohammed Bin Zayed City Swimming Pools - Abu Dhabi.</li></ul>
Pool:	<ul style="list-style-type: none"><li>50m, 10 lanes, with anti-wave lane ropes.</li></ul>
Timing:	<ul style="list-style-type: none"><li>Omega Timing System will be used.</li></ul>
Date:	<ul style="list-style-type: none"><li>Saturday 20<sup>th</sup> April 2024.</li></ul>
Age Groups:	<ul style="list-style-type: none"><li>Girls: 9-10, 11-12, 13-14, 15-16, 17-18, and 19-24 years old.</li><li>Boys: 9-10, 11-12, 13-14, 15-16, 17-18, and 19-24 years old.</li><li>Masters: 25-30, 31-35, 36-40 and 41 and over years old.</li><li>*Age as of 31st December 2024.</li></ul>
Events:	<ul style="list-style-type: none"><li>Each Club is allowed to participate in a maximum of 4 Girls and 4 Boys in each individual race for each age group.</li></ul>
Awards:	<ul style="list-style-type: none"><li>Medals for 1<sup>st</sup> – 3<sup>rd</sup> (Boys and Girls).</li></ul>
Entry Fees:	<ul style="list-style-type: none"><li><b>Free of charge.</b></li></ul>
Spectators Fees:	<ul style="list-style-type: none"><li><b>Free of charge.</b></li></ul>
Entries:	<ul style="list-style-type: none"><li>Email to: <a href="mailto:swimmingcommunity2021@gmail.com">swimmingcommunity2021@gmail.com</a></li></ul>
Closing Date:	<ul style="list-style-type: none"><li>Thursday 4<sup>th</sup> April 2024, by 12:00 Noon – Abu Dhabi time</li></ul>

9-10 & 11-12 years old Girls & Boys	13-14, 15-16,17-18 & 19-24 years old Female & Male	25-30, 31-35, 36-40 & 41&above years old Female & Male
50m & 100m Freestyle	50m & 100m Freestyle	50m & 100m Freestyle
50m & 100m Backstroke	50m & 100m Backstroke	50m & 100m Backstroke
50m & 100m Breaststroke	50m & 100m Breaststroke	50m & 100m Breaststroke
50m & 100m Butterfly	50m & 100m Butterfly	50m & 100m Butterfly
N/A	200m IM	N/A

### Competition Schedule

**Saturday Morning 09:30 – 11:30**

**Warm-up 08:30 – 09:20**

Age Group	Events	Gender
13-24 years old	200m IM	Female
9 & above years old	50m Backstroke	Female & Male
9 & above years old	100m Butterfly	Female & Male
9 & above years old	100m Breaststroke	Female & Male
9 & above years old	50m Freestyle	Female & Male

### Competition Schedule

**Saturday Afternoon 02:30 – 05:30**

**Warm-up 01:30 – 02:20**

Age Group	Events	Gender
13-24 years old	200m IM	Male
9 & above years old	50m Breaststroke	Female & Male
9 & above years old	100m Freestyle	Female & Male
9 & above years old	100m Backstroke	Female & Male
9 & above years old	50m Butterfly	Female & Male

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