



Swimming Cup Series 2023-2024



Name:	SC - Open Swimming Championship - June 2024
Venue:	Hamdan Sports Complex – Dubai, UAE
Pool:	50m, 10 lanes, with anti-wave lane ropes
Timing:	Omega Timing System will be used
Date:	Saturday & Sunday 15 - 16 June 2024
Age Groups:	Girls: 8 & U, 9, 10, 11, 12, 13, 14, 15& Over 25-30, 31-40, 41& Above Masters Boys: 8 & U, 9, 10, 11, 12, 13, 14, 15& Over 25-30, 31-40, 41& Above Masters (Age as of 31st December 2024)
Level:	This will be an open level competition designed for swimmers of varying abilities to earn race experience in multiple events as well as compete with high standard swimmers to advance to the next level.
Events:	All the swimmers can participate in unlimited events
Awards:	Medals for 1st – 3rd (Boys and Girls)
Entry Fees: (Exclusive of VAT)	AED 50 per Event for Teams entering via Hy-Tek AED 60 per Event for Team entering via Paper.
Spectators Fees: (Exclusive of VAT)	AED 45 Saturday only AED 45 Sunday only AED 80 full event (Saturday & Sunday)
Kindly note:	Spectators 11 years and under are free and don't need to book any ticket.
Entries:	Team entries can be made using Hy-Tek or entry form and sent via email to swimmingcommunity2021@gmail.com ,
Closing Date:	Thursday, 30 May 2024 at 12.00 noon (Dubai time)

Events

8 & U - 9 Years Old	10 & 11 Years Old	12 & Above Years Old
50m & 100m Freestyle	50m, 100m & 200m Freestyle	50m, 100m, 200m & 400 Freestyle
50m & 100m Backstroke	50m & 100m & 200m Backstroke	50m & 100m & 200m Backstroke
50m & 100m Breaststroke	50m & 100m & 200m Breaststroke	50m & 100m & 200m Breaststroke
50m & 100m Butterfly	50m & 100m Butterfly	50m, 100m & 200m Butterfly
N/A	200m IM	200m IM

Please note:

The 400 Freestyle event is categorized as an open age group, welcoming participants aged 12 and above. This event will consist of two heats for boys and two heats for girls only.

Masters
50m & 100m Freestyle
50m & 100m Backstroke
50m & 100m Breaststroke
50m Butterfly

Session	Warm-Up		Rece Time
	Girls	Boys	
Saturday Morning - 1	07:15 – 07:40	07:45 – 08:10	08:15 – 11:00
Saturday Between - 2	11:20 – 11:55		12:00 – 14:30
Saturday Afternoon - 3	14:50 – 15:25		15:30 – 18:00
Sunday Morning - 4	07:30 – 07:55	08:00 – 08:25	08:30 – 11:00
Sunday Afternoon - 5	11:20 – 11:55		12:00 – 14:30
Sunday Afternoon - 6	14:50 – 15:25		15:30 – 18:00

Competition Schedule

Saturday Morning: 08:15 – 11:00		
Event	Age	Gender
200m Butterfly	12, 13, 14, 15 & Over	Girls
200m Butterfly	12, 13, 14, 15 & Over	Boys
50m Freestyle	8 & U, 9, 10, 11, 12, 13, 14, 15 & Over and Masters	Girls
50m Freestyle	8 & U, 9, 10, 11, 12, 13, 14, 15 & Over and Masters	Boys
100m Backstroke	8 & U, 9, 10, 11, 12, 13, 14, 15 & Over and Masters	Girls

Saturday Between: 12:00 – 14:30		
Event	Age	Gender
100m Backstroke	8 & U, 9, 10, 11, 12, 13, 14, 15 & Over and Masters	Boys
200m Freestyle	10, 11, 12, 13, 14, 15 & Over	Girls
200m Freestyle	10, 11, 12, 13, 14, 15 & Over	Boys
50m Backstroke	8 & U, 9, 10, 11, 12, 13, 14, 15 & Over and Masters	Girls
50m Backstroke	8 & U, 9, 10, 11, 12, 13, 14, 15 & Over and Masters	Boys

Saturday Afternoon: 15:30 – 18:00		
Event	Age	Gender
100m Breaststroke	8 & U, 9, 10, 11, 12, 13, 14, 15 & Over and Masters	Girls
100m Breaststroke	8 & U, 9, 10, 11, 12, 13, 14, 15 & Over and Masters	Boys
200m Backstroke	10, 11, 12, 13, 14, 15 & Over	Girls
200m Backstroke	10, 11, 12, 13, 14, 15 & Over	Boys

Sunday Morning: 08:30 – 11:00		
Event	Age	Gender
200m IM	10, 11, 12, 13, 14, 15 & Over	Girls
200m IM	10, 11, 12, 13, 14, 15 & Over	Boys
50m Butterfly	8 & U, 9, 10, 11, 12, 13, 14, 15 & Over and Masters	Girls
50m Butterfly	8 & U, 9, 10, 11, 12, 13, 14, 15 & Over and Masters	Boys

Sunday Between: 12:00 – 14:30		
Event	Age	Gender
200m Breaststroke	10, 11, 12, 13, 14, 15 & Over	Girls
200m Breaststroke	10, 11, 12, 13, 14, 15 & Over	Boys
100m Freestyle	8 & U, 9, 10, 11, 12, 13, 14, 15 & Over and Masters	Girls
100m Freestyle	8 & U, 9, 10, 11, 12, 13, 14, 15 & Over and Masters	Boys
50m Breaststroke	8 & U, 9, 10, 11, 12, 13, 14, 15 & Over and Masters	Girls

Sunday Afternoon: 15:30 – 18:00		
Event	Age	Gender
50m Breaststroke	8 & U, 9, 10, 11, 12, 13, 14, 15 & Over and Masters	Boys
400m Freestyle	Open (12& Above) Two heats only	Girls
400m Freestyle	Open (12 & Above) Two heats only	Boys
100m Butterfly	8 & U, 9, 10, 11, 12, 13, 14, 15 & Over	Girls
100m Butterfly	8 & U, 9, 10, 11, 12, 13, 14, 15 & Over	Boys

QUALIFICATION TIMES FOR OPEN LEVEL COMPETITION – LONG COURSE

	Female								EVENTS	Male							
	8&U	9yrs	10yrs	11yrs	12yrs	13yrs	14yrs	15yrs/over		8&U	8-9yrs	10yrs	11yrs	12yrs	13yrs	14yrs	15yrs/over
Qualifying Time	00:42.74	00:40.81	00:37.79	00:35.88	00:34.57	00:33.32	00:32.19	00:31.69	50m Freestyle	00:40.17	00:39.42	00:37.54	00:35.75	00:34.81	00:32.51	00:31.17	00:29.59
Consideration Time	00:53.42	00:46.93	00:43.46	00:41.27	00:39.76	00:38.32	00:37.01	00:36.45		00:50.22	00:45.33	00:43.17	00:41.12	00:40.04	00:37.38	00:35.84	00:34.03
Qualifying Time	01:35.91	01:31.58	01:24.12	01:18.79	01:16.11	01:12.24	01:09.67	01:08.98	100m Freestyle	01:27.85	01:26.75	01:22.62	01:18.68	01:16.22	01:11.14	01:07.87	01:04.29
Consideration Time	01:59.89	01:45.32	01:36.74	01:30.61	01:27.53	01:23.07	01:20.12	01:19.33		01:49.81	01:39.76	01:35.01	01:30.49	01:27.65	01:21.81	01:18.05	01:13.93
Qualifying Time	N/A	N/A	02:52.08	02:50.67	02:48.09	02:37.98	02:31.27	02:29.33	200m Freestyle	N/A	N/A	03:00.02	02:51.44	02:46.49	02:36.56	02:28.64	02:21.41
Consideration Time	N/A	N/A	03:17.89	03:15.57	03:13.30	03:01.67	02:53.96	02:51.72		N/A	N/A	03:16.50	03:14.40	03:11.46	03:00.05	02:50.93	02:42.62
Qualifying Time	N/A	N/A	N/A	N/A	05:31.99				400m Freestyle	N/A	N/A	N/A	N/A	05:15.39			
Consideration Time	N/A	N/A	N/A	N/A	06:21.79					N/A	N/A	N/A	N/A	06:02.70			
Qualifying Time	00:50.14	00:47.88	00:43.99	00:41.51	00:40.31	00:38.59	00:36.35	00:35.84	50m Backstroke	00:46.07	00:45.19	00:43.04	00:40.99	00:40.08	00:37.51	00:35.34	00:33.23
Consideration Time	01:02.68	00:55.06	00:50.59	00:47.74	00:46.36	00:44.38	00:41.80	00:41.22		00:57.58	00:51.97	00:49.50	00:47.14	00:46.09	00:43.13	00:40.64	00:38.21
Qualifying Time	01:51.70	01:46.66	01:34.31	01:31.03	01:27.11	01:22.09	01:18.22	01:17.88	100m Backstroke	01:39.49	01:38.38	01:33.69	01:29.23	01:26.32	01:21.04	01:18.43	01:13.64
Consideration Time	02:19.63	02:02.66	01:48.46	01:44.68	01:40.18	01:34.40	01:29.95	01:29.56		02:04.36	01:53.14	01:47.75	01:42.62	01:39.27	01:33.20	01:30.19	01:24.69
Qualifying Time	N/A	N/A	03:28.88	03:25.70	03:22.70	02:54.15	02:48.83	02:47.00	200m Backstroke	N/A	N/A	03:21.95	03:12.33	03:07.29	02:55.27	02:50.67	02:40.44
Consideration Time	N/A	N/A	04:00.21	03:57.20	03:53.10	03:20.28	03:14.15	03:12.05		N/A	N/A	03:52.24	03:41.18	03:35.38	03:21.56	03:16.28	03:04.51
Qualifying Time	00:57.19	00:54.61	00:49.45	00:46.83	00:44.84	00:41.96	00:40.02	00:38.76	50m Breaststroke	00:53.30	00:52.48	00:49.98	00:47.60	00:45.51	00:42.69	00:39.92	00:37.32
Consideration Time	01:11.49	01:02.80	00:56.87	00:53.85	00:51.56	00:48.25	00:46.03	00:44.57		01:06.62	01:00.35	00:57.47	00:54.74	00:52.34	00:49.10	00:45.91	00:42.92
Qualifying Time	02:09.30	02:03.46	01:47.34	01:42.04	01:37.74	01:32.46	01:28.77	01:28.22	100m Breaststroke	01:55.91	01:54.12	01:48.68	01:43.51	01:38.47	01:32.49	01:28.74	01:23.38
Consideration Time	02:41.62	02:21.98	02:03.44	01:57.34	01:52.40	01:46.33	01:42.08	01:41.46		02:24.88	02:11.24	02:04.99	01:59.04	01:53.24	01:46.36	01:42.05	01:35.89
Qualifying Time	N/A	N/A	03:48.93	03:35.36	03:29.44	03:19.41	03:12.56	03:11.61	200m Breaststroke	N/A	N/A	03:57.56	03:46.25	03:36.14	03:21.59	03:13.49	03:02.67
Consideration Time	N/A	N/A	04:23.27	04:07.67	04:00.85	03:49.32	03:41.45	03:40.35		N/A	N/A	04:33.20	04:20.19	04:08.57	03:51.83	03:42.52	03:30.07
Qualifying Time	00:50.62	00:46.09	00:41.69	00:39.64	00:37.91	00:36.08	00:34.41	00:33.45	50m Butterfly	00:46.33	00:43.18	00:41.13	00:39.17	00:38.26	00:35.33	00:33.43	00:30.87
Consideration Time	01:03.28	00:53.00	00:47.94	00:45.58	00:43.59	00:41.49	00:39.57	00:38.46		00:57.91	00:49.66	00:47.30	00:45.04	00:43.99	00:40.63	00:38.45	00:35.50
Qualifying Time	01:54.27	01:49.11	01:36.86	01:28.98	01:25.67	01:20.54	01:16.77	01:15.45	100m Butterfly	01:38.16	01:40.64	01:35.84	01:31.28	01:28.01	01:21.23	01:17.32	01:11.07
Consideration Time	02:22.84	02:05.48	01:51.39	01:42.33	01:38.52	01:32.62	01:28.28	01:26.77		02:02.69	01:55.73	01:50.22	01:44.97	01:41.21	01:33.41	01:28.92	01:21.73
Qualifying Time	N/A	N/A	N/A	N/A	03:12.35	03:00.08	02:50.68	02:50.33	200m Butterfly	N/A	N/A	N/A	N/A	03:20.69	03:02.01	02:51.86	02:39.88
Consideration Time	N/A	N/A	N/A	N/A	03:41.20	03:27.09	03:16.28	03:15.88		N/A	N/A	N/A	N/A	03:50.79	03:29.31	03:17.64	03:03.87
Qualifying Time	N/A	N/A	03:23.30	03:14.84	03:08.78	02:57.37	02:50.99	02:47.89	200m IM	N/A	N/A	03:24.77	03:15.02	03:07.99	02:54.50	02:49.08	02:40.78
Consideration Time	N/A	N/A	03:53.80	03:44.07	03:37.09	03:23.98	03:16.63	03:13.07		N/A	N/A	03:55.48	03:44.27	03:36.18	03:20.67	03:14.45	03:04.90