



# ABU DHABI SWIM FOR LIFE

## INTERNATIONAL SWIMMING CHAMPIONSHIP



**13-15 DECEMBER 2024**

- Name:** **ABU DHABI SWIM FOR LIFE - INTERNATIONAL SWIMMING CHAMPIONSHIP**
- Level:** This will be a Competitive/Performance (C/B) level that supports the development and progression of swimmers who compete regularly, as well as high-level swimmers.  
It is designed for swimmers with extensive competitive experience who are aiming to qualify for the national teams and to improve their capabilities to compete in a variety of events.
- Venue:** **Mohammed Bin Zayed City Swimming Pool - Abu Dhabi**
- Pool:** 50m, 10 lanes, with anti-wave lane ropes
- Timing:** Omega Timing System
- Date:** Friday 13th, Saturday 14th & Sunday 15th December 2024
- Age Groups:** Female Seniors: 12,13, 14,15, 16& over  
Male Seniors: 12,13, 14,15, 16& over  
Girls Juniors: 9, 10, and 11 years old  
Boys Juniors: 9, 10, and 11 years old  
Female Masters: 25-30, 31-40 and 41 & above  
Male Masters: 25-30, 31-40 and 41 & above  
**(Age as of 31st December 2024)**
- Events:** All swimmers can participate in an unlimited number of events
- Awards:** Medals for 1st - 3rd place (Boys and Girls)  
Best Swimmer Trophy in each age group
- Entries:** Team entries can be made using Hy-Tek or using the manual entry form and sent email to:  
**[swimmingcommunity2021@gmail.com](mailto:swimmingcommunity2021@gmail.com)**
- Closing Date:** Monday, November 25th 2024, at 12 noon (Abu Dhabi).

<b>Entry Fees:</b> (Exclusive of VAT)	Free of Charge
<b>Spectators Fees:</b> (Exclusive of VAT)	Free of charge
<b>Anti- Doping:</b>	It is a condition of attending a Abu Dhabi International event that swimmers may be required to be tested for prohibited substances in accordance with the UAE Authority of Sports /WADA/World Aquatics Anti-Doping rules. For further information visit the Anti-Doping section of the UAE Authority of Sports website.
<b>Swimsuits:</b>	All swimsuits must adhere to World Aquatics regulations and display the World Aquatics approved stamp. ( <a href="https://www.fina.org/sites/default/files/frsa.pdf">https://www.fina.org/sites/default/files/frsa.pdf</a> )
<b>Health &amp; Safety:</b>	Please refer to the Health & Safety guidelines at the back of this document.
<b>Contact us:</b>	For more information, please contact us via Email: <a href="mailto:swimmingcommunity2021@gmail.com">swimmingcommunity2021@gmail.com</a>

## Competition Schedule

### Friday Morning

#### Day 1 - Session 1 - Warm Up 7:30

#### Event Start 8:30 – 11:30

NO	Event	Age	Gender	Round
101	1500m Freestyle	Open age group (12 & over) 1 Heat Only	Girls	HDW
102	1500m Freestyle	Open age group (12 & over) 2 Heats Only	Boys	HDW
103	100m Butterfly	12, 13, 14, 15, 16& over	Girls	Heats
104	100m Butterfly	12, 13, 14, 15, 16& over	Boys	Heats
105	200m Freestyle	12, 13, 14, 15, 16& over	Girls	HDW
106	200m Freestyle	12, 13, 14, 15, 16& over	Boys	HDW
107	50m Backstroke	12, 13, 14, 15, 16& over	Girls	Heats
108	50m Backstroke	12, 13, 14, 15, 16& over	Boys	Heats
109	200m Breaststroke	12, 13, 14, 15, 16& over	Girls	HDW
110	200m Breaststroke	12, 13, 14, 15, 16& over	Boys	HDW

### Friday Afternoon

#### Day 1 - Session 2 - Warm Up 14:00

#### Event Start 15:00 – 18:00

NO	Event	Age	Gender	Round
201	200m Butterfly	10 and 11	Girls	HDW
202	200m Butterfly	10 and 11	Boys	HDW
203	50m Backstroke	9, 10, and 11	Girls	HDW
204	50m Backstroke	9, 10, and 11	Boys	HDW
205	100m Freestyle	9, 10, and 11	Girls	HDW
206	100m Freestyle	9, 10, and 11	Boys	HDW
207	50m Breaststroke	9, 10, and 11	Girls	HDW
208	50m Breaststroke	9, 10, and 11	Boys	HDW

### Friday Evening

#### Day 1 - Session 3 - Warm Up 18:00

#### Event Start 18:30 – 20:00

N O	Event	Age	Gender	Round
301	400m IM	Open age group (11 & over)	Girls	HDW
302	400m IM	Open age group (11 & over)	Boys	HDW
	100m Butterfly	12, 13, 14, 15, 16& over	Girls	Finals
	100m Butterfly	12, 13, 14, 15, 16& over	Boys	Finals
	50m Backstroke	12, 13, 14, 15, 16& over and Masters	Girls	Finals
	50m Backstroke	12, 13, 14, 15, 16& over and Masters	Boys	Finals
	4X50 Medley Relay	9-10, 11-12, 13-14, 15 & above	Girls	HDW
	4X50 Medley Relay	9-10, 11-12, 13-14, 15 & above	Boys	HDW

### Saturday Morning

#### Day 2 - Session 4 - Warm Up 7:30

Event Start 8:30 – 11:30

NO	Event	Age	Gender	Round
401	200m Butterfly	12, 13, 14, 15, 16& over	Girls	HDW
402	200m Butterfly	12, 13, 14, 15, 16& over	Boys	HDW
403	50m Freestyle	12, 13, 14, 15, 16& over	Girls	Heats
404	50m Freestyle	12, 13, 14, 15, 16& over	Boys	Heats
405	100m Backstroke	12, 13, 14, 15, 16& over	Girls	Heats
406	100m Backstroke	12, 13, 14, 15, 16& over	Boys	Heats
407	100m Breaststroke	12, 13, 14, 15, 16& over	Girls	Heats
408	100m Breaststroke	12, 13, 14, 15, 16& over	Boys	Heats
409	50m Butterfly	12, 13, 14, 15, 16& over	Girls	Heats
410	50m Butterfly	12, 13, 14, 15, 16& over	Boys	Heats

### Saturday Afternoon

#### Day 2 - Session 5 - Warm Up 13:00

Event Start 14:00 – 16:30

NO	Event	Age	Gender	Round
501	200 IM	9, 10, and 11	Girls	HDW
502	200 IM	9, 10, and 11	Boys	HDW
503	50m Freestyle	9, 10, and 11	Girls	HDW
504	50m Freestyle	9, 10, and 11	Boys	HDW
505	100m Butterfly	9, 10, and 11	Girls	HDW
506	100m Butterfly	9, 10, and 11	Boys	HDW
507	100m Backstroke	9, 10, and 11	Girls	HDW
508	100m Backstroke	9, 10, and 11	Boys	HDW
509	200m Breaststroke	9, 10, and 11	Girls	HDW
510	200m Breaststroke	9, 10, and 11	Boys	HDW

### Saturday Evening

#### Day 2 - Session 6 - Warm Up 17:00

Event Start 17:30 – 20:00

NO	Event	Age	Gender	Round
601	400m Freestyle	Open age group (11 & over)	Girls	HDW
602	400m Freestyle	Open age group (11 & over)	Boys	HDW
	50m Freestyle	12, 13, 14, 15, 16& over and Masters	Girls	Finals
	50m Freestyle	12, 13, 14, 15, 16& over and Masters	Boys	Finals
	100m Breaststroke	12, 13, 14, 15, 16& over and Masters	Girls	Finals
	100m Breaststroke	12, 13, 14, 15, 16& over and Masters	Boys	Finals
	100m Backstroke	12, 13, 14, 15, 16& over and Masters	Girls	Finals
	100m Backstroke	12, 13, 14, 15, 16& over and Masters	Boys	Finals
	50m Butterfly	12, 13, 14, 15, 16& over and Masters	Girls	Finals
	50m Butterfly	12, 13, 14, 15, 16& over and Masters	Boys	Finals
	4x50m Freestyle Relay	9-10, 11-12, 13-14, 15 & above	Girls	HDW
	4x50m Freestyle Relay	9-10, 11-12, 13-14, 15 & above	Boys	HDW

### Sunday Morning

#### Day 3 - Session 7 - Warm Up 7:30

Event Start 8:30 – 11:00

NO	Event	Age	Gender	Round
701	800m Freestyle	Open age group (11 & over) 2 Heat Only	Girls	HDW
702	800m Freestyle	Open age group (11 & over) 3 Heat Only	Boys	HDW
703	50m Breaststroke	12, 13, 14, 15, 16& over	Girls	Heats
704	50m Breaststroke	12, 13, 14, 15, 16& over	Boys	Heats
705	200m Backstroke	12, 13, 14, 15, 16& over	Girls	HDW
706	200m Backstroke	12, 13, 14, 15, 16& over	Boys	HDW
707	100m Freestyle	12, 13, 14, 15, 16& over	Girls	Heats
708	100m Freestyle	12, 13, 14, 15, 16& over	Boys	Heats

### Sunday Afternoon

#### Day 3 - Session 8 - Warm Up 12:00

Event Start 13:00 – 15:30

NO	Event	Age	Gender	Round
801	200m Freestyle	9, 10, and 11	Girls	HDW
802	200m Freestyle	9, 10, and 11	Boys	HDW
803	50m Butterfly	9, 10, and 11	Girls	HDW
804	50m Butterfly	9, 10, and 11	Boys	HDW
805	100m Breaststroke	9, 10, and 11	Girls	HDW
806	100m Breaststroke	9, 10, and 11	Boys	HDW
807	200m Backstroke	9, 10, and 11	Girls	HDW
808	200m Backstroke	9, 10, and 11	Boys	HDW

### Sunday Evening

#### Day 3 - Session 9 - Warm Up 16:00

Event Start 16:30 – 18:00

NO	Event	Age	Gender	Round
901	200m IM	12, 13, 14, 15, 16& over	Girls	HDW
902	200m IM	12, 13, 14, 15, 16& over	Boys	HDW
	50m Breaststroke	12, 13, 14, 15, 16& over and Masters	Girls	Finals
	50m Breaststroke	12, 13, 14, 15, 16& over and Masters	Boys	Finals
	100m Freestyle	12, 13, 14, 15, 16& over and Masters	Girls	Finals
	100m Freestyle	12, 13, 14, 15, 16& over and Masters	Boys	Finals

## QUALIFICATION TIMES – LONG COURSE

	Female								EVENTS	Male							
	8-9yrs	10yrs	11yrs	12yrs	13yrs	14yrs	15yrs	16yrs/over		8-9yrs	10yrs	11yrs	12 yrs	13yrs	14yrs	15yrs	16yrs/over
Qualifying Time	00:40.81	00:37.79	00:35.88	00:34.57	00:33.32	00:32.19	00:31.69	00:30.32	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
Consideration Time	00:46.93	00:43.46	00:41.27	00:39.76	00:38.32	00:37.01	00:36.45	00:34.86		00:45.33	00:43.17	00:41.12	00:40.04	00:37.38	00:35.84	00:34.03	00:33.01
Qualifying Time	01:31.58	01:24.12	01:18.79	01:16.11	01:12.24	01:09.67	01:08.98	01:05.98	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
Consideration Time	01:45.32	01:36.74	01:30.61	01:27.53	01:23.07	01:20.12	01:19.33	01:15.88		01:39.76	01:35.01	01:30.49	01:27.65	01:21.81	01:18.05	01:13.93	01:12.24
Qualifying Time	03:00.68	02:52.08	02:52.67	02:48.09	02:37.98	02:31.27	02:29.33	02:22.83	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
Consideration Time	03:27.78	03:17.89	03:18.57	03:13.30	03:01.67	02:53.96	02:51.72	02:44.26		03:37.37	03:27.02	03:17.16	03:11.46	03:00.05	02:50.93	02:42.62	02:39.22
Qualifying Time	N/A	N/A	05:41.57						400m Freestyle	N/A	N/A	05:20.92					
Consideration Time	N/A	N/A	06:32.81							N/A	N/A	06:09.05					
Qualifying Time	N/A	N/A	10:06.05						800m Freestyle	N/A	N/A	09:36.79					
Qualifying Time	N/A	N/A	N/A	19:15.63					1500m Freestyle	N/A	N/A	N/A	18:21.84				
Qualifying Time	00:47.88	00:43.99	00:41.51	00:40.31	00:38.59	00:36.35	00:35.84	00:34.29	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
Consideration Time	00:55.06	00:50.59	00:47.74	00:46.36	00:44.38	00:41.80	00:41.22	00:39.43		00:51.97	00:49.50	00:47.14	00:46.09	00:43.13	00:40.64	00:38.21	00:37.90
Qualifying Time	01:46.66	01:34.31	01:31.03	01:27.11	01:22.09	01:18.22	01:17.88	01:14.49	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
Consideration Time	02:02.66	01:48.46	01:44.68	01:40.18	01:34.40	01:29.95	01:29.56	01:25.67		01:53.14	01:47.75	01:42.62	01:39.27	01:33.20	01:30.19	01:24.69	01:24.16
Qualifying Time	03:28.41	03:18.49	03:28.88	03:22.70	02:54.15	02:48.83	02:47.00	02:39.74	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
Consideration Time	03:59.67	03:48.26	04:00.21	03:53.10	03:20.28	03:14.15	03:12.05	03:03.70		04:03.85	03:52.24	03:41.18	03:35.38	03:21.56	03:16.28	03:04.51	03:03.99
Qualifying Time	00:54.61	00:49.45	00:46.83	00:44.84	00:41.96	00:40.02	00:38.76	00:37.07	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
Consideration Time	01:02.80	00:56.87	00:53.85	00:51.56	00:48.25	00:46.03	00:44.57	00:42.64		01:00.35	00:57.47	00:54.74	00:52.34	00:49.10	00:45.91	00:42.92	00:42.10
Qualifying Time	02:03.46	01:47.34	01:42.04	01:37.74	01:32.46	01:28.77	01:28.22	01:24.39	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
Consideration Time	02:21.98	02:03.44	01:57.34	01:52.40	01:46.33	01:42.08	01:41.46	01:37.04		02:11.24	02:04.99	01:59.04	01:53.24	01:46.36	01:42.05	01:35.89	01:34.41
Qualifying Time	04:00.37	03:48.93	03:35.36	03:29.44	03:19.41	03:12.56	03:11.61	03:03.28	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
Consideration Time	04:36.43	04:23.27	04:07.67	04:00.85	03:49.32	03:41.45	03:40.35	03:30.77		04:46.85	04:33.20	04:20.19	04:08.57	03:51.83	03:42.52	03:30.07	03:27.65
Qualifying Time	00:46.09	00:41.69	00:39.64	00:37.91	00:36.08	00:34.41	00:33.45	00:31.99	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
Consideration Time	00:53.00	00:47.94	00:45.58	00:43.59	00:41.49	00:39.57	00:38.46	00:36.79		00:49.66	00:47.30	00:45.04	00:43.99	00:40.63	00:38.45	00:35.50	00:34.99
Qualifying Time	01:49.11	01:36.86	01:28.98	01:25.67	01:20.54	01:16.77	01:15.45	01:12.17	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
Consideration Time	02:05.48	01:51.39	01:42.33	01:38.52	01:32.62	01:28.28	01:26.77	01:23.00		01:55.73	01:50.22	01:44.97	01:41.21	01:33.41	01:28.92	01:21.73	01:19.38
Qualifying Time	N/A	03:25.42	03:18.37	03:12.35	03:00.08	02:50.68	02:50.33	02:42.93	200m Butterfly	N/A	03:35.14	03:24.90	03:20.69	03:02.01	02:51.86	02:39.88	02:37.94
Consideration Time	N/A	03:56.24	03:48.12	03:41.20	03:27.09	03:16.28	03:15.88	03:07.36		N/A	04:07.41	03:55.63	03:50.79	03:29.31	03:17.64	03:03.87	03:01.63
Qualifying Time	03:55.94	03:23.30	03:14.84	03:08.78	02:57.37	02:50.99	02:47.89	02:40.59	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
Consideration Time	04:31.33	03:53.80	03:44.07	03:37.09	03:23.98	03:16.63	03:13.07	03:04.67		04:07.26	03:55.48	03:44.27	03:36.18	03:20.67	03:14.45	03:04.90	03:02.87
Qualifying Time	N/A	N/A	06:22.16						400m Individual Medley	N/A	N/A	06:03.09					
Consideration Time	N/A	N/A	07:19.48							N/A	N/A	06:57.56					



**This competition will be run under UAE Swimming Federation and World Aquatics rules and regulations.**

### **UAE Swimming Federation Statement – Safety, Accidents and Incidents**

Safety is the responsibility of every individual involved in the sport.

Identified risks must be reported to either a Club or Meet Official and formally reported to the facility operator.

All accidents must be formally reported.

#### **General**

1. By law all facilities are required to have a Safety Statement in operation. Clubs and Meet Organisers should satisfy themselves that this is the case.
2. Any accidents, however minor, must be reported to UAE Swimming Federation (completion of the Standard Accident Report Form).
3. All volunteers who assist at Abu Dhabi International Events are advised to read the UAE Swimming Federation Safety Statement which is available upon request.

#### **Clubs**

1. All Clubs should obtain and read a copy of the Safety Statement of the pool they are in.
2. It is recommended that Clubs identify risks and formally report them in writing to the relevant personnel at the facility.

#### **Meets**

(Club, Regional and National)

1. Following a meet at which an incident/accident occurred, the Organiser and Race Referee must complete a Meet Accident Report Form and include their contact details.
2. All who attend meets are urged to report any accidents to either the Meet Organiser who immediately reports to the Race Referee or to the Referee directly. Where an accident occurs,
3. “Safety at Swim Meets” must be included in all Programmes for all Meets run under UAE Swimming Federation rules.
4. Officials should be advised to report any concerns they have over possible risks at the facility and to ensure that reporting procedures are followed.
5. Under World Aquatics Law the Referee is in total control of all persons attending the meet and the Referee should take all reasonable steps to ensure their safety.



**This competition is run under UAE Swimming Federation and World Aquatics rules.**

### **Safety at Swim Meets**

***All accidents, however minor must be reported, in writing, to UAE Swimming Federation.***

We would ask the co-operation of swimmers, coaches, spectators and clubs in the application of the following safety measures which are in place for everyone's safety:

#### **1. General:**

- i. Everyone attending Meets must familiarize themselves with the locations and operation of emergency exits.
- ii. Anyone observing anything they consider to be a safety hazard should report it to a Meet Official.
- iii. All persons attending Meets must take all steps to ensure their own safety and the safety of others.
- iv. All walkways must be kept clear of bags, equipment, etc.

#### **2. Starting:**

- i. It is the responsibility of competitors, coaches and clubs to ensure that all swimmers are sufficiently competent to dive start from competition starting blocks. Alternatively, swimmers are reminded that they may start from the poolside.
- ii. In the event of a false start, swimmers should perform a safe entry and not fall into the water.

#### **3. Warm-Up:**

- i. Swimmers and coaches must ensure that they (and swimmers in their charge) take no action that would endanger themselves or others.
- ii. The instructions of those in authority must be obeyed immediately.
- iii. Swimmers are not permitted to dive or jump into lanes other than sprint lanes and then only when the area is sufficiently clear to make a safe entry.
- iv. Do not start sprinting in a sprint lane until non-sprinting swimmers have cleared it.
- v. On finishing a sprint immediately clear the way for the following swimmer(s).

#### **4. Around the Pool (e.g., spectator area, foyer area, etc.)**

Swimmers are not permitted to enter dry areas without first having changed and put on footwear.

- i. Where there is a balcony or rail - swimmers are not permitted to climb over it.
- ii. Glass bottles are not permitted outside designated refreshment areas.

**Thank you for your co-operation in making the Meet a safe experience for all.**