



Swimming Cup Series 2024-2025



Name:	SC - IST Competitive Swimming Championship – November 2024
Venue:	Hamdan Sports Complex – Dubai, UAE
Pool:	25m, 10 lanes, with anti-wave lane ropes
Timing:	Omega Timing System will be used
Date:	Saturday 2nd & 3rd Sunday November 2024
Age Groups:	Girls: 8-9, 10, 11, 12, 13, 14, 15& Over 25-30, 31-40, 41& Above Masters Boys: 8-9, 10, 11, 12, 13, 14, 15& Over 25-30, 31-40, 41& Above Masters (Age as of 31st December 2024)
Level:	This will be a C level competition which has been designed for swimmers that are competing regularly and need to gain more race experience across multiple events to effectively advance to the next level.
Events:	All the swimmers can participate in unlimited events
Awards:	Medals for 1st – 3rd (Boys and Girls)
Entry Fees: (Inclusive of VAT)	AED 55 per Event for Teams entering via Hy-Tek AED 65 per Event for Team entering via Paper.
Spectators Fees: (Inclusive of VAT)	AED 55 Saturday only AED 55 Sunday only AED 95 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:	Monday 21 st October 2024 at 12.00 (Dubai time)

Events

8-9 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
100m IM	100m & 200m IM	100m & 200m IM

Please note:

The 400 Freestyle event is categorized as an open age group, welcoming participants aged 11 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

Competition Schedule

Saturday Morning: 08:30 – 11:30		
Event	Age	Gender
200m Butterfly	12, 13, 14, 15 & Over	Girls
200m Butterfly	12, 13, 14, 15 & Over	Boys
50m Freestyle	8-9, 10, 11, 12, 13, 14, 15 & Over and Masters	Girls
50m Freestyle	8-9, 10, 11, 12, 13, 14, 15 & Over and Masters	Boys
100m Backstroke	8-9, 10, 11, 12, 13, 14, 15 & Over and Masters	Girls
100m Backstroke	8-9, 10, 11, 12, 13, 14, 15 & Over and Masters	Boys

Saturday Afternoon: 13:30 – 16:30		
Event	Age	Gender
200m Freestyle	10, 11, 12, 13, 14, 15 & Over	Girls
200m Freestyle	10, 11, 12, 13, 14, 15 & Over	Boys
100m IM	8-9, 10, 11, 12, 13, 14, 15 & Over	Girls
100m IM	8-9, 10, 11, 12, 13, 14, 15 & Over	Boys
50m Backstroke	8-9, 10, 11, 12, 13, 14, 15 & Over and Masters	Girls
50m Backstroke	8-9, 10, 11, 12, 13, 14, 15 & Over and Masters	Boys
100m Breaststroke	8-9, 10, 11, 12, 13, 14, 15 & Over and Masters	Girls
100m Breaststroke	8-9, 10, 11, 12, 13, 14, 15 & Over and Masters	Boys



اتحاد الإمارات للسباحة
UAE Swimming Federation

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Sunday Morning: 08:30 – 12:30		
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	8-9, 10, 11, 12, 13, 14, 15 & Over and Masters	Girls
50m Butterfly	8-9, 10, 11, 12, 13, 14, 15 & Over and Masters	Boys
100m Freestyle	8-9, 10, 11, 12, 13, 14, 15 & Over and Masters	Girls
100m Freestyle	8-9, 10, 11, 12, 13, 14, 15 & Over and Masters	Boys
200m Breaststroke	10, 11, 12, 13, 14, 15 & Over	Girls
200m Breaststroke	10, 11, 12, 13, 14, 15 & Over	Boys

Sunday Afternoon: 13:30 – 16:30		
Event	Age	Gender
400m Freestyle	Open (11 & Above) Two heats only	Girls
400m Freestyle	Open (11 & Above) Two heats only	Boys
50m Breaststroke	8-9, 10, 11, 12, 13, 14, 15 & Over and Masters	Girls
50m Breaststroke	8-9, 10, 11, 12, 13, 14, 15 & Over and Masters	Boys
100m Butterfly	8-9, 10, 11, 12, 13, 14, 15 & Over	Girls
100m Butterfly	8-9, 10, 11, 12, 13, 14, 15 & Over	Boys
200m Backstroke	10, 11, 12, 13, 14, 15 & Over	Girls
200m Backstroke	10, 11, 12, 13, 14, 15 & Over	Boys

QUALIFICATION TIMES FOR C LEVEL COMPETITION – SHORT COURSE

	Female							Masters	EVENTS	Male							Masters
	8-9yrs	10yrs	11yrs	12yrs	13yrs	14yrs	15yrs/over			8-9yrs	10yrs	11yrs	12yrs	13yrs	14yrs	15yrs/over	
Qualifying Time	00:40.81	00:37.79	00:35.00	00:33.34	00:33.38	00:32.51	00:32.02	NT	50m Freestyle	00:37.45	00:35.66	00:33.96	00:32.56	00:31.14	00:29.62	00:29.72	NT
Consideration Time	00:46.93	00:43.46	00:40.25	00:38.35	00:38.38	00:37.38	00:36.82			00:43.06	00:41.01	00:39.06	00:37.44	00:35.81	00:34.06	00:34.18	
Qualifying Time	01:31.58	01:24.12	01:16.81	01:13.25	01:12.52	01:10.20	01:09.23	NT	100m Freestyle	01:21.88	01:17.98	01:14.27	01:10.57	01:07.51	01:04.67	01:04.50	NT
Consideration Time	01:45.32	01:36.74	01:28.33	01:24.23	01:23.40	01:20.73	01:19.61			01:34.16	01:29.68	01:25.41	01:21.15	01:17.64	01:14.38	01:14.18	
Qualifying Time	N/A	02:52.08	02:44.30	02:40.15	02:38.12	02:33.00	02:30.94	N/A	200m Freestyle	N/A	02:49.62	02:41.54	02:34.11	02:28.03	02:21.99	02:21.40	N/A
Consideration Time	N/A	03:17.89	03:08.95	03:04.17	03:01.83	02:55.95	02:53.59			N/A	03:15.06	03:05.78	02:57.23	02:50.24	02:43.29	02:42.61	
Qualifying Time	N/A	N/A	05:31.99					N/A	400m Freestyle	N/A	N/A	05:15.39					N/A
Consideration Time	N/A	N/A	06:21.79							N/A	N/A	N/A	06:02.70				
Qualifying Time	00:47.88	00:43.99	00:40.59	00:38.98	00:37.78	00:36.23	00:35.87	NT	50m Backstroke	00:42.94	00:40.89	00:38.95	00:37.58	00:35.60	00:34.26	00:33.18	NT
Consideration Time	00:55.06	00:50.59	00:46.67	00:44.83	00:43.45	00:41.66	00:41.25			00:49.38	00:47.03	00:44.79	00:43.21	00:40.94	00:39.40	00:38.15	
Qualifying Time	01:46.66	01:34.31	01:29.29	01:23.55	01:22.62	01:19.90	01:18.75	NT	100m Backstroke	01:32.73	01:28.32	01:24.11	01:19.74	01:17.59	01:13.38	01:13.66	NT
Consideration Time	02:02.66	01:48.46	01:42.68	01:36.08	01:35.01	01:31.88	01:30.56			01:46.64	01:41.56	01:36.73	01:31.70	01:29.23	01:24.38	01:24.71	
Qualifying Time	N/A	03:18.49	03:06.81	03:00.48	02:55.64	02:51.28	02:50.18	N/A	200m Backstroke	N/A	03:09.78	03:00.74	02:53.17	02:48.78	02:39.64	02:40.05	N/A
Consideration Time	N/A	03:48.26	03:34.84	03:27.56	03:21.99	03:16.98	03:15.70			N/A	03:38.25	03:27.86	03:19.15	03:14.09	03:03.58	03:04.06	
Qualifying Time	00:54.61	00:49.45	00:45.46	00:43.10	00:41.03	00:39.48	00:39.54	NT	50m Breaststroke	00:49.68	00:47.31	00:45.06	00:41.93	00:40.33	00:38.51	00:36.83	NT
Consideration Time	01:02.80	00:56.87	00:52.27	00:49.57	00:47.18	00:45.41	00:45.48			00:57.13	00:54.41	00:51.82	00:48.22	00:46.38	00:44.29	00:42.35	
Qualifying Time	02:03.46	01:47.34	01:39.17	01:33.46	01:33.77	01:30.56	01:28.90	NT	100m Breaststroke	01:48.04	01:42.89	01:37.99	01:30.44	01:26.25	01:22.69	01:22.81	NT
Consideration Time	02:21.98	02:03.44	01:54.05	01:47.48	01:47.84	01:44.15	01:42.23			02:04.24	01:58.33	01:52.69	01:44.00	01:39.18	01:35.09	01:35.23	
Qualifying Time	N/A	03:48.93	03:24.77	03:21.07	03:21.75	03:16.01	03:11.30	N/A	200m Breaststroke	N/A	03:43.58	03:32.93	03:17.77	03:08.48	03:00.37	03:01.19	N/A
Consideration Time	N/A	04:23.27	03:55.48	03:51.23	03:52.01	03:45.42	03:39.99			N/A	04:17.11	04:04.87	03:47.44	03:36.76	03:27.43	03:28.37	
Qualifying Time	00:46.09	00:41.69	00:38.51	00:36.49	00:35.07	00:33.78	00:33.69	NT	50m Butterfly	00:40.30	00:38.39	00:36.56	00:35.19	00:33.69	00:32.09	00:30.76	NT
Consideration Time	00:53.00	00:47.94	00:44.29	00:41.96	00:40.33	00:38.85	00:38.75			00:46.35	00:44.14	00:42.04	00:40.47	00:38.75	00:36.90	00:35.38	
Qualifying Time	01:49.11	01:36.86	01:27.01	01:23.12	01:21.45	01:18.46	01:16.82	N/A	100m Butterfly	01:31.49	01:27.14	01:22.99	01:18.08	01:15.42	01:11.53	01:10.78	N/A
Consideration Time	02:05.48	01:51.39	01:40.06	01:35.59	01:33.67	01:30.23	01:28.34			01:45.22	01:40.21	01:35.43	01:29.79	01:26.73	01:22.26	01:21.40	
Qualifying Time	N/A	N/A	N/A	03:09.84	03:03.00	02:56.68	02:53.08	N/A	200m Butterfly	N/A	N/A	N/A	03:03.15	02:53.79	02:41.74	02:38.75	N/A
Consideration Time	N/A	N/A	N/A	03:38.31	03:30.45	03:23.19	03:19.04			N/A	N/A	N/A	03:30.63	03:19.86	03:06.00	03:02.56	
Qualifying Time	01:45.21	01:36.07	01:28.64	01:24.40	01:21.81	01:18.89	01:18.40	N/A	100m IM	01:34.65	01:30.14	01:25.85	01:21.81	01:18.20	01:14.71	01:12.49	N/A
Consideration Time	01:50.47	01:40.87	01:33.08	01:28.62	01:25.90	01:22.83	01:22.32			01:39.38	01:34.65	01:30.14	01:25.90	01:22.11	01:18.45	01:16.12	
Qualifying Time	N/A	03:23.30	03:09.14	03:01.00	02:58.33	02:54.13	02:51.33	N/A	200m IM	N/A	03:12.98	03:03.79	02:53.25	02:46.42	02:39.82	02:40.50	N/A
Consideration Time	N/A	03:53.80	03:37.51	03:28.15	03:25.08	03:20.25	03:17.02			N/A	03:41.93	03:31.36	03:19.23	03:11.38	03:03.79	03:04.58	