إتحاد الإمارات للسباحة
UAE Swimming Federation

Swimming Cup Series 2024-2025

APEX
SPORTS ACADEMY
ENJOY | LEARN | DEVELOP | MOTIVATE | COMPETE

Name:	SC - 1ST Development Swimming Championship – November 2024
Venue:	Hamdan Bin Mohammed Bin Rashid Sports Complex
Pool:	25m, 10 lanes, with anti-wave lane ropes
Timing:	Omega Timing System
Date:	Saturday 16th November 2024
Age Groups:	Girls: 8, 9, 10, 11, 12, 13-14 Years Old Boys: 8, 9, 10, 11, 12, 13-14 Years Old ***Age as of 31st December 2024**
Level:	This a D level competition aims to support swimmers with limited experience in competition as they develop their skills across multiple races and distances. This level is designed to offer swimmers who have slower times compared to the level (C) competitive environment in order to motivate them, but still offer similar technical levels.
Events:	All Swimmers may participate in an unlimited number of 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) **Kindly note:**	AED 55 Full event AED 35 Per session 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 Email to: swimmingcommunity2021@gmail.com
Closing Date:	Monday 4th November 2024 by 12:00 Noon – Dubai time
Payments:	A single payment covering all entries should be made by each Club or Individual. Payments must be for the exact amount and can be paid via cheque or cash at the Admissions Desk upon arrival.

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Events	
8 & 9 Years	**10, 11, 12, & 13 -14 Years Old**
50m, 100m & 200m Freestyle	**50m, 100m & 200m Freestyle**
50m & 100m Backstroke	**50m, 100m & 200m Backstroke**
50m & 100m Breaststroke	**50m, 100m & 200m Breaststroke**
50m & 100m Butterfly	**50m & 100m Butterfly**
100m & 200m IM	**100m & 200m IM**

Competition Schedule

Saturday Morning 08:30 – 11:30 AM		
Age Group	**Events**	**Gender**
8 - 14 Years Old	100m Butterfly	Girls & Boys
8 - 14 Years Old	50m Freestyle	Girls & Boys
8 - 14 Years Old	100m Backstroke	Girls & Boys
8 - 14 Years Old	50m Breaststroke	Girls & Boys
8 - 14 Years Old	200m Freestyle	Girls & Boys
8 - 14 Years Old	100m IM	Girls & Boys

Saturday Afternoon 13:30 – 16:30 hrs		
Age Group	**Events**	**Gender**
8 - 14 Years Old	100m Freestyle	Girls & Boys
10 - 14 Years Old	200m Breaststroke	Girls & Boys
8 - 14 Years Old	50m Backstroke	Girls & Boys
8 - 14 Years Old	200m IM	Girls & Boys
8 - 14 Years Old	50m Butterfly	Girls & Boys
10 - 14 Years Old	200m Backstroke	Girls & Boys
8 - 14 Years Old	100m Breaststroke	Girls & Boys

In the event of oversubscription, the organizer has the right to limit the number of events per swimmer.

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	Female						Event	Male					
QUALIFICATION TIMES FOR D LEVEL COMPETITION – SHORT COURSE													
Qualification	**8**	**9**	**10**	**11**	**12**	**13-14**	**Event**	**8**	**9**	**10**	**11**	**12**	**13-14**
Slower Then	00:43.78	00:41.69	00:38.61	00:35.76	00:34.07	00:34.10	50m Freestyle	00:40.17	00:38.26	00:36.44	00:34.70	00:33.26	00:31.82
Faster Then	00:54.72	00:52.12	00:48.26	00:44.71	00:42.59	00:42.63		00:50.22	00:47.82	00:45.55	00:43.38	00:41.58	00:39.77
Slower Then	01:38.25	01:33.57	01:25.95	01:18.48	01:14.84	01:14.10	100m Freestyle	01:27.85	01:23.66	01:19.68	01:15.88	01:12.10	01:08.98
Faster Then	02:02.82	01:56.97	01:47.44	01:38.09	01:33.55	01:32.62		01:49.81	01:44.58	01:39.60	01:34.85	01:30.12	01:26.23
Slower Then	03:13.84	03:04.61	02:55.82	02:47.88	02:43.63	02:41.55	200M Freestyle	03:11.07	03:01.97	02:53.31	02:45.06	02:37.46	02:31.25
Faster Then	04:02.30	03:50.76	03:39.77	03:29.84	03:24.54	03:21.94		03:58.84	03:47.47	03:36.64	03:26.32	03:16.83	03:09.06
Slower Then	00:51.36	00:48.92	00:44.95	00:41.47	00:39.83	00:38.60	50m Backstroke	00:46.07	00:43.87	00:41.78	00:39.79	00:38.39	00:36.37
Faster Then	01:04.20	01:01.15	00:56.18	00:51.84	00:49.78	00:48.25		00:57.58	00:54.84	00:52.23	00:49.74	00:47.99	00:45.47
Slower Then	01:54.43	01:48.98	01:36.36	01:31.23	01:25.36	01:24.42	100m Backstroke	01:39.49	01:34.75	01:30.24	01:25.94	01:21.48	01:19.28
Faster Then	02:23.03	02:16.22	02:00.46	01:54.03	01:46.70	01:45.52		02:04.36	01:58.44	01:52.80	01:47.43	01:41.85	01:39.10
Slower Then	N/A	N/A	03:22.80	03:10.88	03:04.41	02:59.46	200 Backstroke	N/A	N/A	03:13.91	03:04.67	02:56.94	02:52.45
Faster Then	N/A	N/A	04:13.50	03:58.59	03:50.51	03:44.32		N/A	N/A	04:02.38	03:50.84	03:41.17	03:35.56
Slower Then	00:58.59	00:55.80	00:50.53	00:46.44	00:44.04	00:41.92	50m Breaststroke	00:53.30	00:50.76	00:48.34	00:46.04	00:42.85	00:41.21
Faster Then	01:13.23	01:09.75	01:03.16	00:58.05	00:55.05	00:52.40		01:06.62	01:03.45	01:00.43	00:57.55	00:53.56	00:51.51
Slower Then	02:12.45	02:06.14	01:49.68	01:41.33	01:35.49	01:35.81	100m Breaststroke	01:55.91	01:50.39	01:45.13	01:40.12	01:32.40	01:28.12
Faster Then	02:45.56	02:37.68	02:17.10	02:06.66	01:59.37	01:59.76		02:24.88	02:17.98	02:11.41	02:05.15	01:55.50	01:50.15
Slower Then	N/A	N/A	03:53.90	03:29.22	03:25.44	03:26.14	200m Breaststroke	N/A	N/A	03:48.44	03:37.56	03:22.07	03:12.58
Faster Then	N/A	N/A	04:52.38	04:21.52	04:16.80	04:17.67		N/A	N/A	04:45.55	04:31.95	04:12.59	04:00.73
Slower Then	00:50.62	00:47.09	00:42.59	00:39.35	00:37.28	00:35.83	50m Butterfly	00:46.33	00:41.18	00:39.22	00:37.35	00:35.95	00:34.43
Faster Then	01:03.28	00:58.86	00:53.24	00:49.19	00:46.60	00:44.79		00:57.91	00:51.48	00:49.02	00:46.69	00:44.94	00:43.03
Slower Then	01:57.06	01:51.48	01:38.97	01:28.90	01:24.93	01:23.22	100m Butterfly	01:38.16	01:33.48	01:29.03	01:24.79	01:19.78	01:17.06
Faster Then	02:26.32	02:19.36	02:03.71	01:51.13	01:46.16	01:44.03		02:02.69	01:56.85	01:51.29	01:45.99	01:39.72	01:36.32
Slower Then	01:52.87	01:47.50	01:38.16	01:30.57	01:26.23	01:23.59	100 IM	01:41.54	01:36.71	01:32.10	01:27.71	01:23.59	01:19.90
Faster Then	02:21.09	01:52.87	01:43.06	01:35.10	01:30.54	01:27.76		02:06.93	01:41.54	01:36.71	01:32.10	01:27.77	01:23.90
Slower Then	04:13.13	04:01.07	03:27.72	03:13.25	03:04.93	03:02.21	200 IM	03:37.39	03:27.04	03:17.18	03:07.79	02:57.01	02:50.04
Faster Then	05:16.41	05:01.34	04:19.65	04:01.57	03:51.17	03:47.76		04:31.74	04:18.80	04:06.47	03:54.74	03:41.27	03:32.54