

SWIMMING CUP SERIES

2026 – 2027

Apex Fundamental Swimming Championship

SATURDAY & SUNDAY · 3rd - 4th October 2026

VENUE

Hamdan Sports Complex
Dubai, UAE

POOL

25m · 10 Lanes
Anti-wave lane ropes

TIMING

Omega Timing
System

This Fundamental Swimming Championship will be an E-Level competition, specifically designed for swimmers who are new to racing or have limited race experience. The aim is to provide a fun and supportive introduction to competitive swimming.

We believe this event will offer a fantastic opportunity for swimmers to demonstrate their skills and build confidence in a competitive setting.

MEDALS FOR 1ST – 3RD · BOYS & GIRLS · UNLIMITED EVENTS

MEET INFORMATION

Entries, Fees & Age Groups

Everything teams need to know before the closing date.

AGE GROUPS

Girls: 7, 8, 9, 10, 11, 12, 13, 14 Years Old

Boys: 7, 8, 9, 10, 11, 12, 13, 14 Years Old

Age as of 31st December 2026

UNLIMITED EVENTS PER SWIMMER

ENTRY FEES

(Inclusive of VAT)

AED 55 per event — Hy-Tek entry

AED 65 per event — paper entry

SPECTATOR FEES

(Inclusive of VAT)

AED 70 Saturday only

AED 70 Sunday only

AED 100 full event (Sat & Sun)

Spectators 11 years and under enter free — no ticket needed.

HOW TO ENTER

Team entries via Hy-Tek or entry form, emailed to swimmingcommunity2021@gmail.com

CLOSING DATE: Monday, 21 September 2026 · 12:00 noon (Dubai time)

AWARDS Medals for 1st – 3rd place · Boys and Girls · every age group

Events by Age Group

Long course (25m) · all strokes and distances offered per age band.

7 YEARS	Freestyle	50m · 100m
	Backstroke	50m
	Breaststroke	50m
	Butterfly	50m
	Individual Medley	—

8 & 9 YEARS	Freestyle	50m · 100m
	Backstroke	50m · 100m
	Breaststroke	50m · 100m
	Butterfly	50m
	Individual Medley	100m

10 & ABOVE	Freestyle	50m · 100m · 200m
	Backstroke	50m · 100m · 200m
	Breaststroke	50m · 100m · 200m
	Butterfly	50m · 100m
	Individual Medley	100M · 200m

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

Competition Schedule

Saturday Morning 08:30 – 11:30 AM		
Age Group	Events	Gender
10 Years Old	100m Butterfly	Girls & Boys
7 – 10 Years Old	50m Freestyle	Girls & Boys
8 - 10 Years Old	100m Backstroke	Girls & Boys
7 – 10 Years Old	50m Breaststroke	Girls & Boys
10 Years Old	200m Freestyle	Girls & Boys
8 - 10 Years Old	100m IM	Girls & Boys

Saturday Afternoon 13:30 – 16:30 hrs		
Age Group	Events	Gender
8 - 10 Years Old	100m Freestyle	Girls & Boys
10 Years Old	200m Breaststroke	Girls & Boys
7 – 10 Years Old	50m Backstroke	Girls & Boys
10 Years Old	200m IM	Girls & Boys
7 – 10 Years Old	50m Butterfly	Girls & Boys
10 Years Old	200m Backstroke	Girls & Boys
8 - 10 Years Old	100m Breaststroke	Girls & Boys

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

Sunday Afternoon 13:30 – 16:30 hrs		
Age Group	Events	Gender
11 - 14 Years Old	100m Freestyle	Girls & Boys
11 - 14 Years Old	200m Breaststroke	Girls & Boys
11 - 14 Years Old	50m Backstroke	Girls & Boys
11 - 14 Years Old	200m IM	Girls & Boys
11 - 14 Years Old	50m Butterfly	Girls & Boys
11 - 14 Years Old	200m Backstroke	Girls & Boys
11 - 14 Years Old	100m Breaststroke	Girls & Boys

CUT OFF TIMES FOR D LEVEL COMPETITION – SHORT COURSE									
	Female								
Cut off times	7	8	9	10	11	12	13	14	Event
Slower or Equal to	NT	00:42.10	00:40.10	00:37.13	00:35.26	00:33.97	00:32.74	00:31.88	50m Freestyle
Slower or Equal to	NT	01:34.49	01:29.99	01:22.66	01:17.42	01:14.79	01:10.98	01:09.10	100m Freestyle
Slower or Equal to	N/A	03:06.41	02:57.54	02:49.08	02:49.67	02:45.17	02:35.23	03:09.80	200M Freestyle
Slower or Equal to	NT	00:49.40	00:47.04	00:43.23	00:40.79	00:39.61	00:37.92	00:36.91	50m Backstroke
Slower or Equal to	N/A	01:50.04	01:44.80	01:32.67	01:29.45	01:25.60	01:20.66	01:18.52	100m Backstroke
Slower or Equal to	N/A	N/A	N/A	03:15.04	03:25.24	03:19.17	02:51.12	03:47.01	200 Backstroke
Slower or Equal to	NT	00:56.34	00:53.66	00:48.59	00:46.01	00:44.06	00:41.23	00:40.13	50m Breaststroke
Slower or Equal to	N/A	02:07.38	02:01.31	01:45.48	01:40.26	01:36.04	01:30.85	01:28.44	100m Breaststroke
Slower or Equal to	N/A	N/A	N/A	03:44.95	03:31.62	03:25.79	03:15.94	03:55.21	200m Breaststroke
Slower or Equal to	NT	00:47.55	00:45.29	00:40.96	00:38.95	00:37.25	00:35.45	00:34.51	50m Butterfly
Slower or Equal to	N/A	01:52.58	01:47.21	01:35.18	01:27.43	01:24.18	01:19.14	01:34.28	100m Butterfly
Slower or Equal to	N/A	01:37.69	01:33.03	01:28.60	01:24.39	01:20.37	01:16.54	01:11.50	100 IM
Slower or Equal to	N/A	04:03.43	03:51.84	03:19.77	03:11.45	03:05.49	02:54.29	03:30.19	200 IM
CUT OFF TIMES FOR D LEVEL COMPETITION – SHORT COURSE									
	Male								
Cut off times	7	8	9	10	11	12	13	14	Event
Slower or Equal to	NT	00:40.67	00:38.73	00:36.89	00:35.13	00:34.21	00:31.94	00:31.09	50m Freestyle
Slower or Equal to	NT	01:29.50	01:25.24	01:21.18	01:17.32	01:14.89	01:09.90	01:08.05	100m Freestyle
Slower or Equal to	N/A	03:15.02	03:05.73	02:56.89	02:48.46	02:43.59	02:33.84	03:07.25	200M Freestyle
Slower or Equal to	NT	00:46.63	00:44.41	00:42.29	00:40.28	00:39.38	00:36.86	00:35.88	50m Backstroke
Slower or Equal to	N/A	01:41.50	01:36.67	01:32.06	01:27.68	01:24.82	01:19.63	01:17.52	100m Backstroke
Slower or Equal to	N/A	N/A	N/A	03:18.44	03:08.99	03:04.03	02:52.22	03:30.47	200 Backstroke
Slower or Equal to	NT	00:54.14	00:51.56	00:49.11	00:46.77	00:44.72	00:41.95	00:40.84	50m Breaststroke
Slower or Equal to	N/A	01:57.74	01:52.13	01:46.79	01:41.71	01:36.76	01:30.88	01:30.48	100m Breaststroke
Slower or Equal to	N/A	N/A	N/A	03:53.43	03:42.31	03:32.38	03:18.08	04:02.90	200m Breaststroke
Slower or Equal to	NT	00:44.55	00:42.43	00:40.41	00:38.49	00:37.59	00:34.72	00:33.80	50m Butterfly
Slower or Equal to	N/A	01:43.83	01:38.89	01:34.18	01:29.69	01:26.48	01:19.82	01:35.80	100m Butterfly
Slower or Equal to	N/A	01:35.67	01:31.11	01:26.78	01:22.64	01:18.71	01:14.96	01:09.40	100 IM
Slower or Equal to	N/A	03:41.83	03:31.27	03:21.21	03:11.63	03:04.72	02:51.46	03:30.10	200 IM