

## Abu Dhabi Swim for Life - Sep 2026

### *Invitation*

### *Under the Patronage of Abu Dhabi Aquatics Club*

**To: Swimming Coaches, Officials & Team Managers**

*Greetings from Abu Dhabi Swim for Life League 2026 Team!*

*This is the invitation for the upcoming Abu Dhabi Swim for Life League 2026 – 19th September 2026*

|                  |                                                                                                                                                                                                                     |
|------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Name:            | <ul style="list-style-type: none"><li>Abu Dhabi Swim for Life League – Sep 2026.</li></ul>                                                                                                                          |
| Venue:           | <ul style="list-style-type: none"><li>Mohammed Bin Zayed City Swimming Pools - Abu Dhabi.</li></ul>                                                                                                                 |
| Pool:            | <ul style="list-style-type: none"><li>25m, 10 lanes, with anti-wave lane ropes.</li></ul>                                                                                                                           |
| Timing:          | <ul style="list-style-type: none"><li>Omega Timing System will be used.</li></ul>                                                                                                                                   |
| Date:            | <ul style="list-style-type: none"><li>Saturday 19<sup>th</sup> September 2026.</li></ul>                                                                                                                            |
| Age Groups:      | <ul style="list-style-type: none"><li>Girls: 8-9, 10-11, 12-13, 14-15, 16 &amp; Above years old.</li><li>Boys: 8-9, 10-11, 12-13, 14-15, 16 &amp; Above years old.</li><li>*Age as of 31st December 2026.</li></ul> |
| Events:          | <ul style="list-style-type: none"><li>Each swimmer can participate in unlimited events.</li></ul>                                                                                                                   |
| Awards:          | <ul style="list-style-type: none"><li>Medals for 1<sup>st</sup> – 3<sup>rd</sup> (Boys and Girls).</li></ul>                                                                                                        |
| Entry Fees:      | <ul style="list-style-type: none"><li><b>Free of charge.</b></li></ul>                                                                                                                                              |
| Spectators Fees: | <ul style="list-style-type: none"><li><b>Free of charge.</b></li></ul>                                                                                                                                              |
| Entries:         | <ul style="list-style-type: none"><li>Email to: <a href="mailto:Events@adaquaticsclub.ae">Events@adaquaticsclub.ae</a></li></ul>                                                                                    |
| Closing Date:    | <ul style="list-style-type: none"><li>Monday 5<sup>th</sup> September 2026, by 12:00 Noon – Abu Dhabi time</li></ul>                                                                                                |

| 8-9 & 10-11 years old<br>Girls & Boys | 12-13, 14-15 and 16 & above<br>years old<br>Female & Male | Special Olympics UAE<br>Female & Male |
|---------------------------------------|-----------------------------------------------------------|---------------------------------------|
| 50m & 100m Freestyle                  | 50m, 100m & 200m Freestyle                                | 50m, 100m & 200m Freestyle            |
| 50m & 100m Backstroke                 | 50m & 100m Backstroke                                     | 50m & 100m Backstroke                 |
| 50m & 100m Breaststroke               | 50m & 100m Breaststroke                                   | 50m & 100m Breaststroke               |
| 50m Butterfly                         | 50m & 100m Butterfly                                      | 50m & 100m Butterfly                  |
| 100m IM                               | 100m IM                                                   | 100m IM                               |

| Competition Schedule            |                   |               |
|---------------------------------|-------------------|---------------|
| Saturday Morning 07:30 – 11:30  |                   |               |
| Warm-up 07:30 -08:20            |                   |               |
| Age Group                       | Events            | Gender        |
| 8 & above years old             | 100m IM           | Female & Male |
| 8 & above years old             | 50m Freestyle     | Female & Male |
| 8 & above years old             | 100m Backstroke   | Female & Male |
| 8 & above years old             | 50m Butterfly     | Female & Male |
| 8 & above years old             | 100m Breaststroke | Female & Male |
| Saturday Afternoon 1:30 – 05:30 |                   |               |
| Warm-up 1:30 – 02:20            |                   |               |
| Age Group                       | Events            | Gender        |
| 12 & above years old            | 200m Freestyle    | Female & Male |
| 8 & above years old             | 50m Backstroke    | Female & Male |
| 8 & above years old             | 100m Freestyle    | Female & Male |
| 8 & above years old             | 50m Breaststroke  | Female & Male |
| 12 & above years old            | 100m Butterfly    | Female & Male |

## QUALIFICATION TIMES FOR D LEVEL COMPETITION – SHORT COURSE

|                      | Female   |          |          |          |          | EVENTS                 |          |          |          | Male     |          |  |
|----------------------|----------|----------|----------|----------|----------|------------------------|----------|----------|----------|----------|----------|--|
|                      | 8-9      | 10-11    | 12-13    | 14-15    | 16&above |                        | 8-9      | 10-11    | 12-13    | 14-15    | 16&above |  |
| Equal or faster than | 00:41.92 | 00:39.92 | 00:35.10 | 00:33.82 | 00:32.60 | 50m Freestyle          | 00:40.49 | 00:38.56 | 00:34.98 | 00:34.06 | 00:31.80 |  |
| Equal or faster than | 01:34.07 | 01:29.59 | 01:17.08 | 01:14.46 | 01:10.67 | 100m Freestyle         | 01:29.11 | 01:24.86 | 01:16.97 | 01:14.56 | 01:09.59 |  |
| Equal or faster than | N/A      | N/A      | 02:48.92 | 02:44.44 | 02:34.54 | 200m Freestyle         | N/A      | N/A      | 02:47.72 | 02:42.87 | 02:33.16 |  |
| Equal or faster than | 00:49.18 | 00:46.84 | 00:40.61 | 00:39.43 | 00:37.75 | 50m Backstroke         | 00:46.42 | 00:44.21 | 00:40.10 | 00:39.21 | 00:36.69 |  |
| Equal or faster than | 01:49.56 | 01:44.34 | 01:29.05 | 01:25.22 | 01:20.30 | 100m Backstroke        | 01:41.05 | 01:36.24 | 01:27.29 | 01:24.44 | 01:19.28 |  |
| Equal or faster than | 00:56.09 | 00:53.42 | 00:45.81 | 00:43.86 | 00:41.04 | 50m Breaststroke       | 00:53.90 | 00:51.33 | 00:46.56 | 00:44.52 | 00:41.77 |  |
| Equal or faster than | 02:06.81 | 02:00.77 | 01:39.82 | 01:35.61 | 01:30.45 | 100m Breaststroke      | 01:57.22 | 01:51.64 | 01:41.26 | 01:36.33 | 01:30.48 |  |
| Equal or faster than | 00:47.34 | 00:45.09 | 00:38.77 | 00:37.08 | 00:35.29 | 50m Butterfly          | 00:44.36 | 00:42.24 | 00:38.32 | 00:37.42 | 00:34.56 |  |
| Equal or faster than | N/A      | N/A      | 01:27.04 | 01:23.81 | 01:18.79 | 100m Butterfly         | N/A      | N/A      | 01:29.30 | 01:26.10 | 01:19.46 |  |
| Equal or faster than | 01:37.69 | 01:33.03 | 01:28.60 | 01:24.39 | 01:20.37 | 100m Individual Medley | 01:35.67 | 01:31.11 | 01:26.78 | 01:22.64 | 01:18.71 |  |

***In the event of oversubscription, the organizer reserves the right to limit the number of events per swimmer and reject any entries.***

***Thank you, and we hope to see your team compete at the Abu Dhabi Aquatics Club Sports Events***