

Swimming Cup Series 2024-2025

- Name:** SC - IST Fundamental Swimming Championship – October 2024
- Venue:** [Hamdan Bin Mohammed Bin Rashid Sports Complex](#)
- Pool:** 25m, 10 lanes, with anti-wave lane ropes
- Timing:** Omega Timing System
- Date:** Saturday 5th October 2024
- Age Groups:** Girls: 7, 8, 9, 10, 11, & 12 Years Old
Boys: 7, 8, 9, 10, 11, & 12 Years Old
*Age as of 31st December 2024
- Level:** This a E level competition, and its designed for swimmers new to racing or with minimal race experience aimed at providing a fun introduction to racing and the competition
- Events:** All Swimmers may participate in an unlimited number of Events.
- Awards:** Medals for 1st – 3rd (Boys and Girls)
- Entry Fees:** AED 55 per Event for Teams entering via Hy-tek
Inclusive of VAT AED 65 per Event for Team entering via Paper.
- Spectators Fees:** AED 55 Full event
(Inclusive of VAT) AED 35 Per session
- 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
Email to: swimmingcommunity2021@gmail.com
- Closing Date:** Monday 23rd September 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.

Events

7 Years	8 – 9 Years Old	10 & 12 Years Old
50m Freestyle	50m & 100m Freestyle	50m, 100m & 200m Freestyle
50m Backstroke	50m & 100m Backstroke	50m & 100m & 200m Backstroke
50m Breaststroke	50m & 100m Breaststroke	50m & 100m & 200m Breaststroke
50m Butterfly	50m Butterfly	50m & 100m Butterfly
N/A	100m IM	100m & 200m IM

Competition Schedule

Saturday Morning 09:00 – 11:30 AM

Age Group	Events	Gender
10 - 12 Years Old	100m Butterfly	Girls & Boys
7 – 12 Years Old	50m Freestyle	Girls & Boys
8 - 12 Years Old	100m Backstroke	Girls & Boys
7 – 12 Years Old	50m Breaststroke	Girls & Boys
10 - 12 Years Old	200m Freestyle	Girls & Boys
8 - 12 Years Old	100m IM	Girls & Boys

Saturday Afternoon 13:30 – 16:30 hrs

Age Group	Events	Gender
8 - 12 Years Old	100m Freestyle	Girls & Boys
10 - 12 Years Old	200m Breaststroke	Girls & Boys
7 – 12 Years Old	50m Backstroke	Girls & Boys
10 - 12 Years Old	200m IM	Girls & Boys
7 – 12 Years Old	50m Butterfly	Girls & Boys
10 - 12 Years Old	200m Backstroke	Girls & Boys
8 - 12 Years Old	100m Breaststroke	Girls & Boys

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

QUALIFICATION TIMES FOR E LEVEL COMPETITION – SHORT COURSE

	Female						Event	Male					
Qualification time	7	8	9	10	11	12		7	8	9	10	11	12
Slower or Equal to	NT	00:44.71	00:42.58	00:39.43	00:36.53	00:34.79	50m Freestyle	NT	00:41.03	00:39.07	00:37.21	00:35.44	00:33.97
Slower or Equal to	N/A	01:32.17	01:27.78	01:20.14	01:16.43	01:15.67	100m Freestyle	N/A	01:29.71	01:25.44	01:21.37	01:17.50	01:13.63
Slower or Equal to	N/A	N/A	N/A	03:23.48	03:18.48	03:13.21	200M Freestyle	N/A	N/A	N/A	03:22.07	03:17.07	03:11.37
Slower or Equal to	N/A	00:52.46	00:49.96	00:45.90	00:42.35	00:40.67	50m Backstroke	N/A	00:47.05	00:44.81	00:42.67	00:40.64	00:39.21
Slower or Equal to	NT	01:56.86	01:51.30	01:38.42	01:33.17	01:27.18	100m Backstroke	NT	01:41.60	01:36.76	01:32.16	01:27.77	01:23.21
Slower or Equal to	N/A	N/A	N/A	04:10.09	04:00.09	03:52.99	200 Backstroke	N/A	N/A	N/A	03:49.08	03:41.08	03:35.28
Slower or Equal to	NT	00:59.83	00:56.98	00:51.60	00:47.43	00:44.97	50m Breaststroke	NT	00:54.43	00:51.84	00:49.37	00:47.02	00:43.76
Slower or Equal to	N/A	02:15.27	02:08.83	01:52.01	01:43.48	01:37.53	100m Breaststroke	N/A	01:58.37	01:52.73	01:47.37	01:42.25	01:34.37
Slower or Equal to	N/A	N/A	N/A	04:14.55	04:07.55	04:00.74	200m Breaststroke	N/A	N/A	N/A	04:27.06	04:20.06	04:08.45
Slower or Equal to	NT	00:50.50	00:48.09	00:43.50	00:40.19	00:38.08	50m Butterfly	NT	00:44.16	00:42.06	00:40.05	00:38.15	00:36.72
Slower or Equal to	N/A	N/A	N/A	01:51.34	01:42.28	01:38.47	100m Butterfly	N/A	N/A	N/A	01:50.17	01:44.92	01:41.16
Slower or Equal to	N/A	01:43.40	01:38.48	01:24.86	01:18.95	01:15.55	100 IM	N/A	01:28.81	01:24.58	01:20.55	01:16.71	01:12.31
Slower or Equal to	N/A	N/A	N/A	03:52.96	03:43.96	03:36.99	200 IM	N/A	N/A	N/A	03:51.16	03:44.16	03:36.08